

# Together

azine

OCTOBER 2017 #82

**Technology**  
QUANTUM

**Politics**  
ICELAND

**BEAUTY**  
Feel good

**FITNESS**  
The healthy  
choice

*Motoring*  
Jaguar and smart

**DESIGN**  
Room with a view  
Rouge de Chine  
Floating piers

**LUXURY**  
**HISTORIC**  
**TIMEPIECES**

**SPORTS**  
**NUTRITION**

**MONEY**  
A new  
crisis?

**Charity**  
Pink October

**TRAVEL**  
La Bastide de Gordes  
Toronto  
L'Alpe d'Huez

**PERSONAL**  
**DEVELOPMENT**  
Ground zero  
Intuitive healing  
Flotation tank

Reese  
**Witherspoon**  
INTERVIEW

SIGNATURE  
N°14

The best spots  
for the best time

Club Med   
amazing you

Discover all our Winter Resorts on  
[www.clubmed.be](http://www.clubmed.be) or in our Club Med Agencies



NOUVELLE JAGUAR XF SPORTBRAKE

ESPACE A L'ARRIÈRE.  
EXTASE A L'AVANT.



## NEW XF SPORTBRAKE À PARTIR DE 369 € PAR MOIS

Découvrez la nouvelle Jaguar XF Sportbrake. Reprenant les lignes caractéristiques de la XF berline, la XF Sportbrake présente un raffinement similaire, tout en offrant davantage d'espace et de polyvalence. Avec un espace de chargement extrêmement vaste et encore plus de place pour les passagers, le style de la XF entre dans une nouvelle dimension. Et avec une large gamme de motorisations, incluant le moteur Ingenium diesel 2.0 litres de 163 ch ou le moteur Ingenium essence de 250 ch, les performances de la XF Sportbrake se montrent à la hauteur de votre style de vie. La XF Sportbrake est disponible à partir de 43 290 € TVA VAC, ou 369 €/mois HTVA en renting.\*

**Jaguar Brussels** - [www.jaguarbrussels.be](http://www.jaguarbrussels.be)

**Jaguar Brussels East - Zaventem** Leuvensesteenweg 432, 1930 Zaventem - T. 02/669.01.40

**Jaguar Brussels South - Waterloo** Chaussée de Bruxelles 750, 1410 Waterloo - T. 02/389.09.09

**Jaguar Brussels West - Drogenbos** Grote Baan 334, 1620 Drogenbos - T. 02/333.09.50

## THE ART OF PERFORMANCE

4,5-6,8 L/100 KM. CO<sub>2</sub>: 118-155 G/KM.

Jaguar Care : 3 ans de garantie, d'assistance et d'entretiens programmés, kilométrage illimité. Informations environnementales (AR 19/03/04) : [jaguar.guar.be](http://jaguar.guar.be). Donnons priorité à la sécurité.

\*Renting financier avec option d'achat de 20% sur une durée de 60 mois. Valable uniquement à des fins professionnelles. Sous réserve d'acceptation de votre dossier par AlphaCrédit S.A., société de leasing, rue Ravenstein 60/15 - 1000 Bruxelles. RPM Bruxelles. BCE : 0445.781.316. Cet exemple est basé sur les conditions tarifaires valables au 01/10/2017, prix net du véhicule € 35.776,86 HTVA et un acompte de € 8.836,88 HTVA.

**More than 1.000 destinations,  
all on one site: b-europe.com**



**www.b-europe.com  
One platform to all trains**

**Why book  
with SNCB Europe?**

- ✓ Largest international selection
- ✓ Lowest available rates
- ✓ Affordable cancellation insurance
- ✓ 24/7 customer service



**Buy your international train tickets**

 [www.b-europe.com](http://www.b-europe.com)

 Mobile app



 Contact Center SNCB Europe > 070 79 79 79 (0,30€/min)  
Special Products > 070 79 79 70 (0,30€/min)  
Groups > 070 79 79 81 (0,30€/min)

 SNCB stations with international purchase

 SNCB Europe approved travel agent

THALYS 

 EUROSTAR

TGV®

ICE

IC



Q60

DRIVEN BY A SENSATION  
NOT A DESTINATION

INFINITI | BRUSSELS

DISCOVER OUR DIPLOMATIC SALES



INFINITI

EMPOWER THE DRIVE

SPECIAL OFFERS  
ON SELECTED STOCK MODELS

To find out more visit [www.infiniti.be](http://www.infiniti.be)  
or our Showroom in Zaventem-Woluwe  
321 Leuvensesteenweg

**IN A CHANGING WORLD,  
EXPATS FEEL  
AT HOME RIGHT AWAY..**







# SOMETHING EXTRAORDINARY EVERY DAY™

Make it yours

Personalise your look this autumn at Maasmechelen Village in more than 100 boutiques, offering savings up to 60% on the recommended retail price all year round. **Open on Sundays and bank holidays.**

7 For All Mankind · Anne de Solène · **Armani** · Asics · **Björn Borg** · Boggi Milano · Calvin Klein Underwear · Clarks · **Converse** · K.I.D.S. · Demeyere · Desigual · **Diesel** · Escada · **Essentiel** · Façonnable · Falke · **Fossil** · **Furla** · Gastra · Gant · **Garcia** · Geox · Golfino · Guess · G-Star RAW · Home & Cook · HUGO BOSS · Karen Millen · **Kipling** · **Lacoste** · Le Creuset · Leonardo · Leonidas · **LIU·JO** · Marc O'Polo · L'Occitane en Provence · **Marlies Dekkers** · Maruti McGregor · Napapijri · Neuhaus · Neuville · Nookie's · Peuterey · **Petit Bateau** · **Protest** · River Woods · River Woods Kids · **Rodania** · Sandro · Sarah Pacini · Sarar · **Scapa** · Schiesser · Simone Pérèle · **Stijn Helsen** · SuperTrash · **Swarovski** · Ted Baker · The Society Shop · Timberland · **UGG®** · Van Gils · **Versace** · Van Lier · Villebrequin · Villeroy & Boch · Watch Station · Wolford · and many more



**MAASMECHELEN  
VILLAGE**

BICESTER VILLAGE  
LONDON

KILDARE VILLAGE  
DUBLIN

LA VALLÉE VILLAGE  
PARIS

WERTHEIM VILLAGE  
FRANKFURT

INGOLSTADT VILLAGE  
MUNICH

MAASMECHELEN VILLAGE  
BRUSSELS

FIDENZA VILLAGE  
MILAN

LA ROCA VILLAGE  
BARCELONA

LAS ROSAS VILLAGE  
MADRID

SUZHOU VILLAGE  
SUZHOU

SHANGHAI VILLAGE  
SHANGHAI





# WHAT DOES SUCCESS LOOK LIKE FOR YOU?

*Feeling like I can achieve anything.*

Become a member today and create your own success story at Aspria.  
We guarantee you will feel the difference in 90 days\*.



REDUCING  
MY STRESS  
LEVELS

LOOKING  
GOOD



FEELING  
HEALTHY

CONNECTING  
WITH  
PEOPLE





# LUXURY FOR THE LONG-HAUL.

Enjoy 180° flat-bed seats with direct aisle access and premium dining and entertainment options in Delta One®, available on all nonstop flights from Brussels to the USA.

For further information please visit DELTA.COM.



KEEP CLIMBING



© 2017 Delta Air Lines, Inc.

## Editor's LETTER

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

## ON THE COVER



Reese Witherspoon stars in  
*Home Again*

## JUST HOLD ON

It is stating the obvious that the world doesn't have its troubles to seek right now – on a daily basis it seems like it's reaching biblical proportions. But somewhere along the line – whether we are parents or not – we have to accentuate the positive and encourage young children to find another way of living with each other and reject the tyrants that have taken over the everyday lives of many people across the globe – 278 mass shootings in the US already this year, fascists moving into Catalonia and beating up young (mostly female, how brave) voters, bewildered boat people floating at the mercy of the waves somewhere offshore and then there's the pathetic ancient standoffs across the continents in the name of power, wealth and territory.

At *Together* – and among many of my friends and relations – we are accentuating the positive by believing in and investing in a future for our children and us – right now. It's easy to let the days go by and not stop and consider what effect all of this will have on future generations. Time slips by, leaving untold damage in its wake.

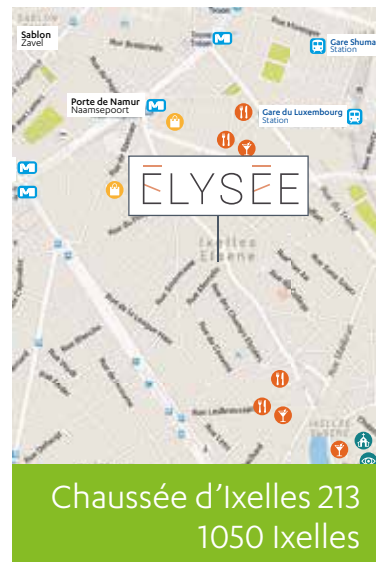
I liked a post on Facebook by a Californian friend who used to contribute brilliantly to *Together* and you could hear her blood boiling after the 'record' mass killing in Las Vegas, employing some very industrial language along the way to say – for the umpteenth time – that enough is surely enough.

Clearly this time what happened in Las Vegas can't stay in Las Vegas

**Paul Morris**  
Editor



ENJOY BRUSSELS FROM ABOVE!  
**YOUR PENTHOUSE  
IN A TOP LOCATION.**



Surrounded by the trendy neighborhoods of Louise, Flagey, Toison d'Or.  
10 minutes walk from the European headquarters.



In the heart of the city center!  
A stone's throw from culture, leisure and city transport.

**02 880 55 80**  
**bouygues-immobilier.be**

**SALES  
OFFICE**

Rue Jules Cockx 12 A (Metro Delta)  
1160 Auderghem

**INVEST IN  
NEW PROPERTY!**

THINK BIG  
WITH A **SMALL BUDGET**

**INVEST IN STUDENT  
HOUSING IN IXELLES!**

EVERY YEAR,  
THOUSANDS OF STUDENTS  
ARE SEARCHING FOR A **ROOM**

**WHY NOT YOURS?**

Monday to Friday from 9 am to 7 pm  
Saturday from 10 am to 6 pm or by appointment

**SIGN UP** for pre-launch information  
on **www.bouygues-immobilier.be**



# Contents

OCTOBER 2017

17 Welcome letter  
20 Contents & contributors  
24 Together online  
26 Starring in Belgium  
28 Charity: Pink October



40

**Self-help**  
Ground Zero



67

**Motoring**  
Jaguar & smart

## PERSONAL DEVELOPMENT

31 **Fitness:** Motivation  
35 **Health:** Sports nutrition  
40 **Self-help:** Ground zero  
46 **Self-help:** Intuitive healing  
50 **Self-help:** Free floating  
55 **Technology:** Quantum  
59 **Money:** New crisis?  
63 **Politics:** Iceland  
67 **Motoring:** Jaguar & smart

20 | togethermag.eu



85

**Luxury**  
Historic timepieces



97

**Design**  
Floating piers

## LIFESTYLE

74 **Design shoot:** Room with a view  
85 **Luxury:** Historic timepieces  
89 **Shopping**  
92 **Beauty:** Feel good  
96 **Design:** Rouge de Chine  
97 **Design:** Floating piers



DS 3 CONNECTED CHIC

*Limited Edition*

DS AUTOMOBILES

SPIRIT OF  
AVANT-GARDE



Bit-tone Red Rubi body colour / black Onyx roof colour  
Chrome side rubbing strips  
16 inch black diamond cut « Aristée » alloy wheels  
LED foglights  
Automatic air-conditioning  
7 inch colour touchscreen with navigation  
DS Connect Box, Mirror Screen

DS prefers TOTAL  GIVE PRIORITY TO SAFETY.

DSautomobiles.be

 3,4 – 4,5 L / 100 KM @ 87 – 107 G CO<sub>2</sub> / KM

Environmental information (RD 19/03/2004): [www.dsautomobiles.be/fr/univers-ds/consommation-a-l-usage.html](http://www.dsautomobiles.be/fr/univers-ds/consommation-a-l-usage.html).  
More information to be obtained from DS dealers. Non contractual visual.



Coming to work  
in a country with  
200 days of rain  
is your choice

We will do our utmost to guide  
you financially.

Moving to Belgium? ING offers all the banking and  
insurance services you need in your own language, even  
before you arrive.

Call us on +32 2 464 66 64  
or surf to [ing.be/expat](http://ing.be/expat)



# Together magazine

PUBLISHER

**David Mc Gowan**

[david@togethermedia.eu](mailto:david@togethermedia.eu)

KEY ACCOUNT DIRECTOR

**Renaud Philippart**

[renaud@togethermedia.eu](mailto:renaud@togethermedia.eu)

+32 (0) 494 64 67 93

ACCOUNT DIRECTOR

**Caroline Dierckx**

[caroline@togethermedia.eu](mailto:caroline@togethermedia.eu)

+32 (0) 479 47 47 77

ACCOUNT MANAGER

**Antoine Bouvier**

[antoine@togethermedia.eu](mailto:antoine@togethermedia.eu)

+32 (0) 472 37 21 51

EDITOR

**Paul Morris**

[paul@togethermedia.eu](mailto:paul@togethermedia.eu)

DESIGNER

**Xavier Bostem**

[xavier.b@carafe.be](mailto:xavier.b@carafe.be)

CONTRIBUTORS

Mark Browne; Kate Cracknell  
Caroline Dierckx; James Drew  
David Deruytter; Philippe Geluck  
Bob Monard; Colin Moors  
Natalie Morris; Paul Morris  
Sarbari Sen; Delphine Stefens; Ien Vitse

ART DIRECTOR

**Nicholas Sirot**

ONLINE EDITOR

**Paul Morris**

[paul@togethermedia.eu](mailto:paul@togethermedia.eu)

FOUNDER

**Jérôme Stéfanski**

**Together Media**

Boulevard St Michel, 47

B-1040 Brussels

+32 (0)2 400 00 24

[info@togethermedia.eu](mailto:info@togethermedia.eu)

[www.togethermag.eu](http://www.togethermag.eu)

For advertising sales rates please consult  
[www.togethermag.eu](http://www.togethermag.eu)

Nothing in this magazine may be reproduced in whole or in part  
without the written permission of the publisher.  
The publisher cannot be held responsible for the views and  
opinions expressed in this magazine by contributors. *Together* is  
neither responsible for nor endorses the content of published  
advertisements, nor can the magazine be held responsible for  
any errors or inaccuracies in the same.

[togethermag.eu](http://togethermag.eu) | 23



**Travel**  
Toronto



**What's on International**  
Munich

## LIFE OF LEISURE

**101 Celebrity interview:** Reese Witherspoon

**109 Travel:** Bastide de Gordes

**112 Travel:** Toronto

**117 Travel:** L'Alpe D'Huez

**121 Dining:** Métropole, Delivroo

**123 Wining:** Bourgogne harvest

**125 What's on Belgium**

**131 What's on International:** Munich

**132 What's on cinema**

**134 Le Chat:** Horizontal trampolining



# Be inspired on [www.togethertmag.eu](http://www.togethertmag.eu)

## Belgian fashion: Doriane Van Overeem Care Label

Jeanie Keogh catches up with a Belgian fashion 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 90C, for example – some might be inclined to never trust washing machines again....

## Be successful:

### Arnon Barnes, father and entrepreneur

Our Be Successful article this month features an interview by David Mc Gowan with a serial entrepreneur.

*David Mc Gowan: So, Arnon, tell us who you are.*

Arnon Barnes: My name is Arnon Barnes, and I am a serial entrepreneur, peak-performance trainer, international speaker, investor and, in general, a person who likes to have fun in life.

*That's a lot of different caps, so what would you say was your main profession today?*

My main profession today is being a father (laughs), being a father and being an entrepreneur. I have one son, a beautiful three-and-a-half-year-old...

## Gourmet Wallonia:

### Itinéraires Gourmands en Wallonie

Gourmet Wallonia! Wallonie Belgique Tourisme presents its first exhibition 'Itinéraires Gourmands en Wallonie', devoted to the thematic year 'La Wallonie Gourmande'. On the programme are 28 circuits in three dimensions, highlighting the diversity of Walloon craftsmen and producers in the south of the country. The exhibition takes its source in the brochure '28 gourmet itineraries"', created in collaboration with the tourist offices. There are no less than 28 showcases that will make your mouth water and will take you on a discovery of the most beautiful corners of Wallonia and 140 local producers and craftsmen...

## Luxury India: Guest is God on a personal tour

This month's luxury offering is a remarkable personalized tour of luxury 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. Epic India Travel believes in the Indian concept of 'AtithiDevobhava' meaning Guest is God.... 1



# 'FORGET YOUR INDUSTRY:'



## MANAGING INNOVATION IN AN AGE OF CONVERGENCE

Keynote by Prof Fredrik Hacklin,  
expert in entrepreneurship & strategy

## JOIN THE VLERICK EXPAT EVENT

29 NOVEMBER 2017  
CAMPUS BRUSSELS

[WWW.VLERICK.COM/EXPATEVENT](http://WWW.VLERICK.COM/EXPATEVENT)

# Starring in Belgium

## Mogwai

Mogwai are a Scottish post-rock band, formed in 1995 in Glasgow. The band consists of Stuart Braithwaite (guitar, vocals), Barry Burns (guitar, piano, synthesizer, vocals), Dominic Aitchison (bass guitar), and Martin Bulloch (drums). The band typically compose lengthy guitar-based instrumental pieces that feature dynamic contrast, melodic bass guitar lines, and heavy use of distortion and effects.

**21 October.** Ancienne Belgique.

Tickets: **€33**

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



## Father John Misty

With a flair à la Nick Cave, Joshua Tillman - aka Father John Misty - waltzes through a subversive world full of orchestral indie-pop & rock, or Sufjan Stevens in an enduring courtship dance with Elliott Smith, Randy Newman, John Grant and Brian Wilson bathed in profusely romantic and ambiguous lyrics full of irony and sarcasm. **12 November.** Ancienne Belgique. Tickets: **€27**

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



## Depeche Mode Global Spirit Tour

The British electronic music band's 2017 European stadium tour will see the band play to more than 1.5 million fans in 32 cities in 21 countries across Europe in support of the group's 14th studio album, *Spirit*. Among the twenty plus songs are *Cover Me*, *Personal Jesus* and David Bowie cover *Heroes*. They have had 50 songs in the UK Singles Chart and seventeen top 10 albums in the UK chart; they have sold over 100 million records worldwide. **26 November.** Sportpaleis, Antwerp.

Tickets: **€57, €67 and €77.**

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



A | D | A | M | BRUSSELS  
DESIGN  
MUSEUM

## A MAN? I SIT ON IT!

RUTH FRANCKEN - *Man Chair* - 1968

Ruth Francken denounces [condemns] the male chauvinism of her time [1968] and replies to it by [mis]treating in her turn the male image, here reduced to the state of object.

PLASTICARIUM 50 YEARS OF PLASTIC DESIGN

THE PERMANENT EXHIBITION OF THE DESIGN MUSEUM

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

HEYZEL Place de Belgique - 1020 Brussels



# Pink October

A wonderful initiative is celebrating 25 years of breast cancer awareness

**T**he pink ribbon is an international symbol of breast cancer awareness. Pink ribbons, and the color pink in general, identify the wearer or promoter with the breast cancer brand and express moral support for women with breast cancer. Pink ribbons are most commonly seen during National Breast Cancer Awareness Month.

Charlotte Hayley, who had battled breast cancer, introduced the concept of a peach coloured breast cancer awareness ribbon. She attached them to cards saying: "The National Cancer Institute's annual budget is 1.8 billion US dollars, and only 5 percent goes to cancer prevention. Help us wake up our legislators and America by wearing this ribbon."



Photo © czpz.org


Breast Cancer Awareness Month (BCAM), also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded The Breast Cancer Research Foundation and established the pink ribbon as its symbol.

The color pink is considered feminine in modern Western countries. It evokes traditional feminine gender roles, caring for other people, being beautiful, being good, and being cooperative. The pink ribbon represents fear of breast cancer, hope for the future, and the charitable goodness of people and businesses who publicly support the breast cancer movement. It is intended to evoke solidarity with women who currently have breast cancer. Breast cancer organizations use the pink

ribbon to associate themselves with breast cancer, to promote breast cancer awareness, and to support fundraising. Some breast cancer-related organizations,

such as Pink Ribbon International, use the pink ribbon as their primary symbol. A variety of events around the world are organized in October, including walks and runs, and the pink illumination of landmark buildings. In the United States, the National Football League promotes breast cancer awareness by incorporating pink on and off the field, and comic strip artists use pink on one day in October.

This year will be a bit special: Pink Ribbon has been fighting breast cancer for 25 years on a global scale and for 10 years in Belgium, where many well-known brands have once more got behind the initiative. Find out more in our Beauty pages and on the official website. [www.pink-ribbon.be](http://www.pink-ribbon.be) 

## FULL FACIAL SCAN FOR UNIQUE, TAILOR-MADE 3D PRINTED EYEWEAR



**Hoet**  
optiek

## CREATORS OF YOUR IMAGE

Vlamingstraat 19, B-8000 Brugge +32 50 33 50 02  
Antoine Dansaertstraat 97, B-1000 Brussel +32 2 511 04 47  
[www.hoet-optiek.be](http://www.hoet-optiek.be)



# PERSONAL DEVELOPMENT

*We looked upwards, past the trees, at the chaotic jumble of buildings, all different and equally impressive*



## The healthy choice: gym or sofa?

**Kate Cracknell** shares five top tips that will help you stay motivated



**Y**ou've told yourself you'll go to the gym this evening, but then one of your friends suggests catching up for a glass of wine or going out for dinner. Either that or you've simply had a long day at work - you're tired and all you want to do is collapse on the sofa. Somehow the determination you felt this morning disappears and your gym visit is bumped to 'tomorrow'.

Sound familiar?

This is a scenario most of us battle with: finding the motivation to go the gym when there are so many other things we'd much rather do!

The good news is there are things you can do to help you keep your motivation levels high. Here are our five top tips:

### 1. Find your 'why'

"Motivation is fuel," says Philippe Godin, professor of psychology of physical activity and sport at UCL in Brussels. "It's motivation that makes you train long and hard towards your goals. That makes you resistant to pain. That encourages you to make sacrifices to move towards becoming the athlete you know you can be." But without a goal to work towards - whether your inner athlete is a 20k runner or simply someone who wants to shape up and lose weight - it's hard to stay motivated. The 'why' of exercise is key.





So what's your 'why'? What's your ultimate goal – but even beyond this, why is it important to you that you achieve this goal?

## 2. Monitor your progress

Dr. Paul McCarthy, a sports psychologist who is resident at Glasgow Caledonian University in the UK, explains: "Most people come to the gym with a goal, but don't know how to achieve it. They come with the intention and motivation but need the strategy, and then feedback, to succeed in their goals – otherwise the intention and motivation wears off."

The strategy can come from Aspria's wellbeing advisors and personal trainers, but what are the options in terms of objective feedback?

In fact there are many, not least AspriaPro – Aspria's very own in-depth health and wellbeing assessment, which covers everything from blood pressure to cardiovascular fitness – where follow-up appointments track your progress compared to previous readings.

But if you're a member of a club that doesn't yet have AspriaPro, fear not: there are plenty of other ways to keep track of progress.

If weight loss is your key objective, you might like to invest in smart scales which can tell you your balance of fat versus muscle – you may not have lost weight, but if your muscle mass goes up and your fat mass drops, you'll look better and will burn more calories even at rest.

If improvements in fitness or run times are your goal, there are now hundreds of apps and wearables out there that can complement the input from your personal trainer or wellbeing advisor: apps that show graphs of your steps walked, calories burned, time taken to run set distances and so on. You name it, there's likely to be an app out there that will show you the exact data you want to track.

You can also go low-tech, as Lionel Gonnet – personal trainer for Aspria in Brussels – explains: "Standing on normal scales to weigh yourself makes no sense, because this doesn't measure fat mass and can be very demotivating.

"If my clients don't have access to body scanning and intelligent blood tests, I encourage them to learn to recognise results for themselves: simply standing in front of a mirror, for example, or feeling the change in the fit of their clothes."

**“ THAT  
ENCOURAGES  
YOU TO MAKE  
SACRIFICES ”**



## 3. Find things you love doing

If you're easily talked out of going to the gym, it could quite simply be that you aren't a gym bunny. That's fine. Exercising doesn't have to mean going to the gym – it's just about moving and getting your heart rate up, in whatever way you like.

The important thing is to find something you genuinely love doing, so your workout isn't a chore but rather something you actively look forward to and prioritise.

As Gonnet explains: "There are two forms of motivation: intrinsic and extrinsic. The former is when you're motivated by the activity itself – by the enjoyment you derive from that activity. The latter involves being motivated by consequences of the activity: either getting positive results or avoiding negative consequences.

"In fitness, you need both: you need to see results to stay motivated, but you also have to enjoy what you do. Without this, motivation will not last."

So, what activity will bring you intrinsic motivation? Do you enjoy going for a walk or a bike ride? Maybe swimming is for you, or tennis, or volleyball. Or perhaps there's a class that will capture your imagination, from aerial yoga to dance to boxing.

We suggest you keep trying everything until you find the activity that puts a biggest smile on your face!

## 4. Find a workout buddy

There's nothing like feeling responsibility to another person to help you stick to your exercise promises: if you agree to train with a friend and then drop out, you're letting not only yourself down, but them too.

This can be a serious boost to motivation, not only in the short term but also longer term, as data from the UK shows: in a study by The Retention People, members who made a friend at the gym – someone to work out with – were 40% less likely to lose motivation and cancel their membership than those who didn't have a workout buddy.

## 5. Keep things fresh

If you start feeling bored in your exercise routine, your motivation is likely to drop. Variety is key and you shouldn't let yourself get stale.

We recommend you refresh your workout programme regularly, so you keep progressing rather than plateauing, and so you keep having fun – both of which are vital to remaining motivated. ●



DEDICATED TO GASTRONOMY

## [ THE BEST MADE EVEN BETTER ]

REFURBISHED STORE, NEW WINE CELLAR, NEW E-SHOP...  
WELCOME TO ROB! MORE THAN EVER, WE INVITE YOU  
TO SAVOUR A UNIQUE EXPERIENCE.

OUR BIG CONTEST!



PASS THE APRON TO ROB,  
SIT BACK AND ENJOY!  
TO PARTICIPATE, CALL INTO THE STORE  
FROM 5/10 TO 31/10

NEW!



NEW WEBSITE  
[WWW.ROB-BRUSSELS.BE](http://WWW.ROB-BRUSSELS.BE)

ROB THE GOURMETS' MARKET  
28 boulevard de la Woluwe - 1150 Woluwe-Saint-Pierre  
Tel: 02 771 20 60

All gastronomes  
follow Rob on



PERSONAL  
DEVELOPMENT

Nutrition

# Forget the shakes...

...The best sports nutrition is just healthy food says nutrition expert **Ilen Vitse**

**T**here is no need for synthetic (or organic) supplements and shakes unless you are a professional athlete. As a qualified sports dietician and cook I help professional triathletes get that extra percent needed to beat their record. I also work with leisure athletes to maximize their results and prevent injuries. My main pro-tip: forget the shakes.

Sports nutrition is a hot topic and its importance is being acknowledged more and more. Rightfully so, since you get the energy your body needs out of what you eat and drink. As an athlete, whether it's professional or for leisure, eating right can have a tremendous effect on results, recovery and injury sensitivity.

But how do you eat right? Common sense will get you a long way. As a sports dietician I see a lot of sportspeople using shakes, powders and supplements because they are convinced that's what a fit body needs. At the same time they're eating irregularly, skipping meals and chomping down fast food. But hey, they have an expensive post workout shake so they think their body receives all the nutrients a champion needs.

### The basics

The basics of decent sports nutrition is healthy food, nothing more, nothing less. Everything your body needs to recover from a workout you'll find in natural ingredients and whole meals. Here's how the plate of your main meal of the day should look: half of it should be filled with vegetables, a quarter with carbohydrates (carbs) such as rice, quinoa, pasta or potatoes and the remaining quarter should consist of



meat, fish or a vegetarian alternative. You should never use more than a tablespoon of fat, preferably vegetable oil, per person whilst preparing your meal.

The way in which you consume that meal is important as well. Be mindful when you're having dinner. Eat slowly, chew sufficiently and be aware of the food that is in your mouth. This will send signals to your brain that you are in fact eating and it induces the feeling of saturation – this way you eat enough to replenish the vital nutrients and no more. Moreover chewing makes the digestion system run more efficiently. So don't shove it down your gob while watching TV.

### Cheap, healthy and yummy

Instead of taking in a whey protein shake after a power session at the gym, eat a cup of low-fat yoghurt. That contains all the whey you need. Read the labels when you're shopping for food: Look for yoghurt that is low in fat (0 to 5 gr/100 gr) and low in sugar (0 to 5 gr/100 gr), but high in proteins (aim for 10gr/100gr). Eat 250 grammes of this stuff in the first fifteen minutes after finishing your training. It will not



## PERSONAL DEVELOPMENT

### Nutrition

only help your muscles to recover, it will also help to prevent injury. Besides, it is cheaper, healthier and more yummy than a shake.

Since you have the yoghurt in the fridge, have some before going to sleep. In addition to whey protein it also contains casein, a type of protein the body takes in much more slowly. Get some casein into your system before bedtime to help your muscles recover all night long. It's a widespread concept among pro athletes to prevent injuries. Other casein sources are soft curd cheese or low fat (chocolate) milk.

Magnesium supplements are popular with endurance sports enthusiasts because it has been suggested that it prevents muscle cramps. While a magnesium deficiency can induce cramps, it's highly unlikely that you have a shortage of the mineral when you're eating fruit and vegetables regularly – and guess what, you can find it in yoghurt as well. There is one thing that prevents muscle cramps: drinking enough water while training. If you drink sufficiently – that means drinking before you get thirsty – and you still cramp up, adjust your training intensity.

### No restrictions

That brings us to the best sports drink on (or is it off?) the market: plain old tap water. A lot of sodas are branded as being the beverage for athletes. A lot of these "commercial sports drinks" contain way too much sugar to replenish the vital nutrients after working out, as their commercials often promise. Water on the other hand will fulfil that promise just fine. If you are training for more than an hour and a half, or when you're transpiring extensively, you might benefit from

## “ GET SOME CASEIN INTO YOUR SYSTEM BEFORE BEDTIME ”

an isotonic or a hypotonic sports drink. But again, if you don't practice sports professionally, and by that I mean training intensively every day, you don't have much to gain from this.

And last but not least: there are no restrictions in sports nutrition. You don't have to give up on your favourite snack. Common sense comes into play again. Eat that piece of chocolate, just don't eat the whole lump. Have a beer, but don't drink it immediately after your workout. Have your yoghurt first. Include a cheat day in your training schedule – it's a boost for the moral! 🍷



## CHEZ DELITRAITEUR

# DES SANDWICHES DÉLICIEUX POUR LES PETITS CREUX

Brie



Italien



Poulet



7:30–22:00

OPEN 7/7



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

# Daily wellbeing

We look at some of the healthy benefits from Cerule's innovative products

**C**erule develops and innovates products that aid our wellbeing, inspired by the research of Christian Drapeau, author of the book *Cracking the Stem Cell Code*.

## What is Cyactiv?

Cyactiv is an extract of blue pigment concentrate of spirulina, called phycocyanin. Also known as spirulina, *Arthrospira platensis* is, just like AFA, a blue-green algae. It provides a wide range of micronutrients and specific compounds such as phycocyanin, which is the blue pigment that is found in all blue-green algae. In its natural state, phycocyanin is a powerful antioxidant that also helps to protect against solar radiation.

Cyactiv is produced from spirulina, using a unique filtration system that allows other concentrates, in addition to phycocyanin, to work in synergy in order to optimize well-being.

Klamath Alga (AFA) contains 115 micronutrients, is recognized as being the most complete food on the planet, and grows in a freshwater lake called Lake Klamath. Numerous users attest to its benefits in many areas.

## It is a source of:

Vitamins: A, B (B1 B2 B3 and B12), C, E, F, K  
Mineral soils: Ca, Mg, Ph  
Oligo elements: Manganese, zinc, iron, bore, selenium  
Glutathione, Beta carotene, omega 3 and 6, proteins, chlorophyll, essential amino acids, and a good source of phenylethylamine.

## What are the ingredients in StemEnhance Ultra?

Aphanizomenon Flos-Aquae (AFA) is a blue-green algae that grows naturally in Lake Klamath in the south of Oregon. This

blue-green seaweed was allegedly the first source of life on Earth, and this symbolizes its durability and longevity. It brings to the body a complete range of micronutrients and nutraceutical compounds. Cerule uses an extract from the intracellular portion of AFA, via a centrifugation process and filtration, in order to produce StemEnhance Ultra.

*Arthrospira platensis* is also known as spirulina – *Arthrospira platensis* is, like AFA, a blue-green alga. It brings a range of micronutrients and specific compounds including a low-weight yellow molecular compound. Ongoing research has revealed that this substance helps to mobilize well-being.

*Undaria pinnatifida* is known in Japanese cuisine under the name of wakame, and is a brown algae that is commonly known as sea fern. Although it grows in many parts of the world, the wakame used in StemEnhance Ultra comes from seas of Patagonia and Tasmania, which are known for their the purity of their waters.

## What is PlasmaFlo?

PlasmaFlo is an exclusive mixture of fibrinolytic enzymes, concentrated plant extracts and powerful antioxidants, formulated to optimize your well-being.

## What are the ingredients of PlasmaFlo?

Enzymes: *Aspergillus oryzae* is a micro-organism that has been used since antiquity in the fermentation of various products, including sake and miso. When this micro-organism is grown on specific nutritional sources, it produces enzymes that specifically digest fibrin.

*Centella asiatica*: *Centella asiatica* has been



used for centuries in Chinese medicine and Ayurvedic health. It was said to be the secret of the longevity of Ching-Yun, a Chinese man who was for a long time the oldest human to have ever lived. In Europe, this plant has for centuries been used in the vegetable elixir of the Grande Chartreuse.

*Hippophae rhamnoides*: *Largousier* is a spiny shrub, originating in the temperate zones of Europe and Asia, and was used by the healers of ancient Greece. The berries that are part of PlasmaFlo come from the high plateaus of Tibet.

*Theobroma cacao*: The cocoa bean is the seed of the cocoa fruit. The fermentation and roasting of the bean is used to manufacture chocolate, however, in its natural state the cocoa bean is a very rich source of nutrients and antioxidants.

Citrus Lemon: Lemon has always been recognized for its many properties, including its bioflavono and other antioxidants. Maud Grieve once said: "It is probable that the lemon is the most important fruit for maintaining health."

*Glea europea* (hydroxytyrosol): The olive has been used since antiquity as a food, but also for its many biological properties. Olive oil is

rich in anthocyanidins and polyphenols, including foleuropein and hydroxytyrosol.

*Haematococcus pluvialis* (astaxanthin): A derivative of arotene, astaxanthin is produced by the microalgae *haematococcus pluvialis*. Astaxanthin is mainly known for its exceptional antioxidant properties.

*Ginkgo biloba*: Originating from Chinese fossilized trees dating back more than 270

million years, ginkgo has been used for centuries in traditional Chinese medicine for its multiple health-giving properties and as a symbol of longevity.

Thousands of users already trust CERULE's innovative products in France and other countries. Try them out and reach your own conclusions – you can enjoy preferential rates, and even

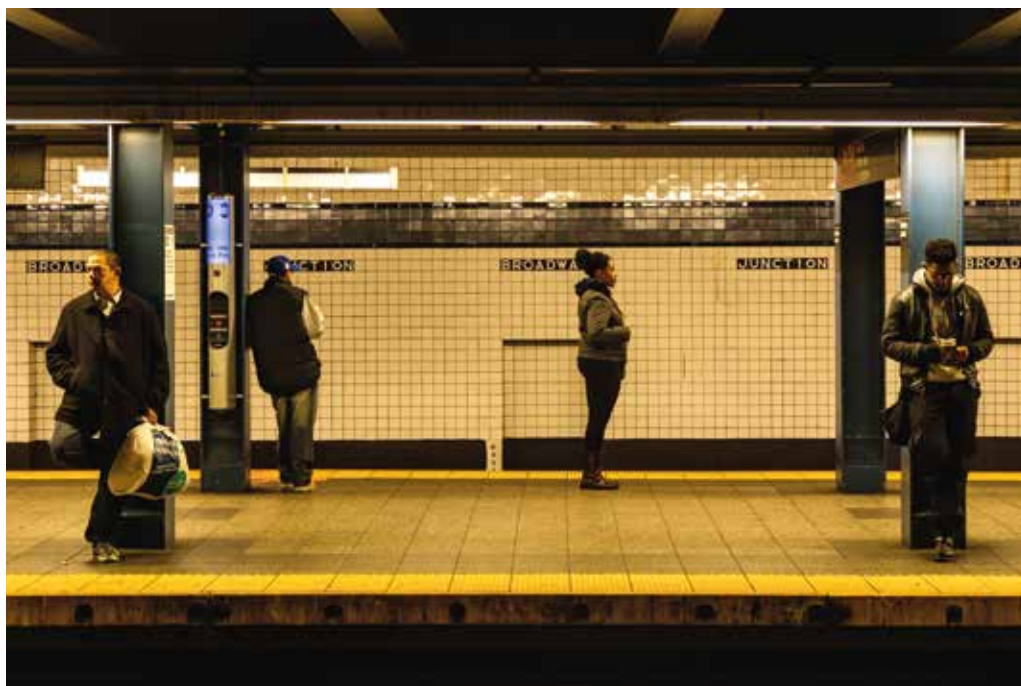
change your choice if you so wish. I remain at your disposition for all complementary information – contact us: [www.cerule.com](http://www.cerule.com)

*All Stemtech Gamma products are not to be used as a replacement for medicines, nor prescribed treatments, and are not intended to diagnose, treat or prevent disease. ❶*



# A New York smile

**Natalie Morris** gets off at the wrong subway stop and is given strange directions



**I**n the closing scene of Charlie Chaplin's *Modern Times* – a beautiful critique of capitalism and the plight of working men and women – the *gamine* sighs, and fatalistically asks: "What's the use of tryin'?" Chaplin responds by urging her to "puck up", and they set off down the road to their new life. Now her face has turned from sad and downtrodden to stern and fierce, ready to fight her way through the many injustices of the world. Chaplin sees this, and stops her. Grinning and pointing to the corners of his mouth, he seems to give her an even more important lesson: if she is indeed going to go forth with courage, but full of nothing besides hate and anger towards the system, what's the point of anything?

During this scene, a melody plays in the background which was composed by Chaplin, and later received lyrics from other writers to form a standalone song. The beginning goes as follows:

*Smile, though your heart is aching  
Smile, even though it's breaking  
When there are clouds in the sky  
you'll get by*

I heard it properly for the first time this summer, in the New York subway. I was there alone, on a little ten-day adventure before the beginning of the new university year. A man sang and played it on his movable piano, and I sat there on the platform listening intently, genuinely



I ♥  
BSB

## 98% of families who visit BSB choose our school

"The learning opportunities that BSB provide for our children are unique. My children settled in quickly and are very happy!"



Mrs Oki from Japan, who chose BSB for her twins Aika and Kaito (Year 1)

**Your  
favourite  
school**

To find out why, visit  
[www.britishschool.be/whyBSB](http://www.britishschool.be/whyBSB)

moved by his straightforward but no less powerful rendition. As for the town itself, I can't say I liked it right away. In truth I had a lot of reservations, induced not least by an overheard conversation between two young people about my age, discussing whether it was safer to sleep on rooftops or the old-fashioned way, on the street.

Shortly after this, I became acquainted with a small parcel of Central Park. Standing among other tourists on a little bridge, we looked upwards, past the trees, at the chaotic jumble of buildings, all different and equally impressive, seemingly having forcefully sprung up of their own accord, with no intention of design or harmony to oversee the end result – only competition. I felt as though this was the only moment I had had until now to reflect on what I saw, as if the only place one could actually see the city was outside of it, within this much-needed natural refuge.

## “WHAT’S THE USE OF TRYIN’ ”

It occurred to me that, in general, I had been experiencing what I believe to be a crucial difference between America (or at least, New York) and the European cities that used to be all I knew. Although the latter can be just as loud and fast and even vicious as this place, there is something extremely man-made about them. By that I mean that by contrast a European town will take you by the hand and show you its beauty and culture just as it wants you to see it. It will also make sure that, as a visitor, you feel important, taken care of - comfortable. New York makes no such efforts of hospitality. It doesn't care whether you can get a look at its wonderful architecture from your ant-like perspective on the sidewalk, past the trucks and shouting workmen, or whether you can use its temperamental subway system... Or whether you're in your early twenties, and sleeping on rooftops to avoid the dangers of the street.

All these things were known to me in some form or another before I witnessed it all first hand, of course. But what occurred to me then was just how much this town wasn't like the man-made, delicately crafted world in which I grew up, but far more like nature itself, in the

form of a town. It was neither benevolent nor vicious, it just was. It was a force in itself, and in its sweeping grandeur and mightiness it simply didn't care about little ant-like me. In that sense, America does a much better job of understanding, and imitating, life. That can be a good or a bad thing. At best, I thought, it serves to make up the inimitable beauty of this particular city.

That same day, I got on the wrong train and ended up in Harlem, far away from my hostel on the Upper West Side. Taking out my map of the subway, I rushed to another platform from where I was going to take a different train and then another to get home. As I walked along, still staring at the map just to be sure I was on the right track, I was stopped by a man's voice (which I had started off by ignoring instinctively): “Can I give you some advice?” he said. “Put the map away. Everyone can see you're a tourist.” I immediately shoved my map-shaped sculpture back into my handbag, while he proceeded to teach me the correct way of getting by, with a phone application I knew nothing about and which offered the crucial possibility of pretending not to be lost.

I believe in his mind a mentor-mentee (or, perhaps more accurately, a *mansplainer-mansplaine*) relationship was formed, as he continued to educate me as we stepped on the train. Upon learning such things as you must always work for yourself and never be content with giving up your talents to someone else – he owned and ran his own fitness centre – and that you must earn your money in the city but not spend it there – he lived in New Jersey. I was surprised and rather suspicious at this person's happy-go-lucky approach towards the harsh competitiveness of his world, as well as towards the fact that he was unable to live decently in the place in which he worked. When I dared make the suggestion that this still seemed like a particularly tough city, he shook his head in a stereotypical refusal to accept the obvious: “You can do anything here,” he said.



In the last stages of our shared little underground journey, I mentioned I had been to Ground Zero the day before. Luckily the conversation was coming to an end, because I was finally at a loss concerning ways to respond without seeming condescending. He said: “You know it was an inside job, right?” I said I didn't think it was, but politely feigned an interest in the theory to which he evidently subscribed. “It was a demolition project,” he said, referring to the infamous luxury shopping mall shamelessly established at the very sight, as evidence of it all having been in the cold interest of someone powerful. Had this sort of thing come up while speaking to a Belgian person at home, I would have rolled my eyes and laughed it off as ridiculous. But now that seemed like a woefully inappropriate reaction, as he explained why he didn't “think” but “knew” it was true, and his ever-smiling face was suddenly overtaken by the sombre gravity of the subject. Before we could get any deeper, we had arrived at my stop. He quickly reminded me of what I was supposed to do next, and wished me good luck with an air of gentle sarcasm, the smile having returned. While I journeyed on alone back to the youth hostel, I pondered a little on what I had

learned, despite the obvious conspiracy theory and clichés about the American dream. In particular, the stark contrast between the man's seemingly unwavering faith in the way in which his country and town functioned, and his equally firm belief in the idea that such a tragedy had been designed by his own people, and not by any kind of outside enemy, seemed very telling. I thought that someone who was capable of berating a tourist about the wonderful, inspiring benefits of capitalism, all the while holding in his heart the deep conviction that the shopping-mall-building powers that be had so little care for the lives of his compatriots was not irrational, but deliberately lying to himself as well as others.

There was obviously a great amount of hurt in him which required some moulding and redirecting in order to carry on not just living, but smiling. Then a heavy load of sadness overcame me, and as I climbed into my top bunk bed at the hostel, I thought that I was right to hold back my contrary views about the American system as I had. It wouldn't have changed anything, and not because he was brainwashed, but because he knew it all already. ●



Advertorial

# Business Rebel Masterclass



**A**rnon Barnes creates a business revolution with ACTION. Without any education he managed to achieve Financial Freedom at the age of 28. He's renowned for 100% content training; a MASTER at LIVE on-the-spot problem solving with real-world solutions.

A business mentor, peak performance trainer and published author. During his live events he challenges business owners and entrepreneurs to re-examine their life and business decisions through powerful personal development processes. He provides people with LIFE-CHANGING INSIGHTS and combines them with HANDS-ON TOOLS so you can go out there and do it. Experience for yourself at the Business Rebel Masterclass. 18-19 November 2017. Brussels, Belgium

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



**ARNON  
BARNES**

**BRUSSELS  
18-19 NOV 2017**

**SPEED UP YOUR BUSINESS GROWTH**

**GET UNSTUCK**

**BUILD THE WINNER MINDSET**

**CHOOSE THE RIGHT BUSINESS PARTNERS**

**100% CONTENT TRAINING**

**LIVE ON-THE-SPOT PROBLEM SOLVING**

**REAL-WORLD SOLUTIONS**

## BUSINESS REBEL MASTERCLASS

GET YOUR TICKETS

[WWW.BUSINESSREBELMASTERCLASS.COM](http://WWW.BUSINESSREBELMASTERCLASS.COM)

# Your soul knows the truth

Intuitive Healer **Katarina Winslow** looks at time and space in the soul

**H**ave you ever noticed how some people frown at you when you mention the soul? Like you are of another species and out of touch with reality.

Maybe it is just me who notices. The soul is not only the truth about who we are but also part of my work as an intuitive healer. Our soul is timeless, measureless and bountiful, and we all have one. In AD 500 it was natural for a man to accept he had a soul, the only question back then was did a woman have a soul too? Why do we still refuse to acknowledge this intangible and measureless part of us that is called the soul? In accepting the existence of the soul, we accept our connectedness, and then everything else we have been taught falls apart.

I cannot help being astonished that people gladly accept that chats can move through space via a computer frequency in a nanosecond, whereas connecting with a friend or a lover with your spirit is still completely unimaginable and unacceptable in the year 2017. The truth is, it is just as easy, for one simple reason.

Time does not exist in the space of the soul.

Our soul vibrates in and out of our bodies; it has a frequency. Ever heard of a quantum leap? It is the scientific concept that proves that time does not exist.

Without a doubt, our soul exists outside and beyond the human construct of time. To put it simply: the soul is outside and beyond the duality of this world. This world is made of



duality and contrast while the soul world is made of unity and wholeness, which is where the magic happens.

Man has always tried to understand the mystery of the universe, since the beginning of calculus, while it is in the mysterious that the beauty of our existence is to be found. Life is supposed to remain undefinable, mysterious and measureless, just like the soul is. Einstein said it so wisely: "There are only two ways to live your life: as though nothing is a miracle, or as though everything is a miracle."

Remember one of the happiest moments of your life? Was there not a weightless and measureless feeling in your experience? Was it not in the unspoken that you found your bliss? In the space in-between?

That is your soul. That is what the soul is: your consciousness, your awareness, your beauty and the one part of you that has all the answers, if you only listen.

Your soul holds your memories, guarded and protected until you are ready to uncover the



**UBI**  
United Business  
Institutes



[www.ubi.edu](http://www.ubi.edu)

## BE PREPARED FOR A CHANGING WORLD

**Next Academic Intake : February 5, 2018**

**UNITED BUSINESS  
INSTITUTES - BRUSSELS**  
Avenue Marnix, 20  
B-1000 Brussels  
☎ Tel. 02 548 04 80  
✉ [info@ubi.edu](mailto:info@ubi.edu)

**UNITED BUSINESS  
INSTITUTES -  
LUXEMBOURG**  
Campus Wiltz - Château de Wiltz  
L-9516 Wiltz - Luxembourg  
☎ Tel. 00 352 27 99 01 82



- **BA (HONS) BUSINESS STUDIES  
3-YEAR BACHELOR DEGREE**
- **MBA – MASTER OF BUSINESS  
ADMINISTRATION**

- The opportunity to study Business in Brussels or Luxembourg.
- Small classes taught in English by business professionals.
- Strong academic course of study plus practical training.
- Yearly in-company internships.
- International environment.
- Programmes validated by Middlesex University London. The students will be awarded a Middlesex University London degree on successful completion.





# Domaine de Manville



*Les Baux-de-Provence*

## THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

The Domaine de Manville is a French family-run, 5-star hotel located in Les Baux-de-Provence, near the Luberon. Nestled in the heart of the Alpilles Nature Park, the hotel is surrounded by olive and pine trees and vineyards.

This rural palace offers 30 rooms and sumptuously decorated suites, and also nine hotel houses. The hotel features a cinema, a gourmet restaurant, access to the golf course, a spa, two outdoor swimming pools, an indoor swimming pool, a fitness room, a seminar room, a library and a games room.

At the Domaine de Manville, families benefit from special attention to make their stay unforgettable: kids-club, babysitting service, excursions, birthday celebration, baby cosmetics, kids's menus, bottle warmers, baby phones etc.

OFFICIAL MEMBER OF



*The Little Guest  
Hotels Collection™*

MORE INFO: [LITTLEGUESTCOLLECTION.COM](http://LITTLEGUESTCOLLECTION.COM)

## PERSONAL DEVELOPMENT

Self-help

truth. Your soul/higher consciousness actually knows everything you have experienced. It has memorized your deep hurts and unpleasant patterns, your rejections and your fears. It is the 'all-seeing' eye, the one that sees beyond the apparent and the visible. A memory that 'holds' the bigger picture and that knows what to let go of to become free.

This is the part of you with which I work. There is a psychic dimension to the healing to release you from wounded energy and forgotten memories. The healing work is undefinable, just like your soul is. We are so much more than we can ever imagine; we are so much more than our bodies. And we can become so much more when we tap into our forgotten memories to release them energetically from our being; that is what an intuitive healer does. I see, I trust and I release.

It is a mystical, interchanged gift between your soul and mine. Your soul shows me the wounds you are ready to give up. The wounds you are ready to release to our unconditionally loving mother, Mother Earth. She is the one who comforts us and soothes all the pain I see in people.

As I lay down on my sofa visualizing your aura, I see a movie of your wounds: smaller hurts and bigger traumas, abuse, loss and depression. In my guidance to do this work, I have received many messages from the spiritual realm. Like the one time I was awakened at 3am to have an angel whisper in my ear: "It is because you can see people's wounds that you have this gift."

Initially, I am just a channel, an all-seeing eye observing the movie that your soul is projecting onto my third eye. There I see things and events from your past, feelings you carry portrayed by animals and insects. Spiders are control, and snakes are unpleasant feelings. Bandages and mummification are hurts and abuse. I work with your shadow, the wounded part of you. Various symbols show up as a reflection of your feelings and of your pain. What I see is as varied as there are human experiences. A bookshelf in the stomach

of somebody who escaped into literature; even though books are marvellous you are not supposed to live solely through books. A prison cave in the chest can symbolize a trans-generational burden being transmitted within a family from one generation to another. An umbrella is your feelings of being unlucky. A broken umbrella is not only unlucky, it is a sign of having been scorned and beaten.

In the second phase, I enter a more creative role where I look for solutions, ways to release your soul from the elements I see. Most of the things seen are released with ease and received with unconditional love by mother nature. Sometimes I need help and I ask the angels and the light for guidance.

Mother Earth opens her crust, just like an unconditionally loving mother opens her arms to comfort her child. She swallows the discarded umbrellas, the tear-filled eyes, the anger and the hurt. The sarcastic speech or the false identity, the mask and the pretender, the one who undervalues herself, the one part of you who has lost faith in humanity. The abuse and the scorn, the loneliness and the pain. The abandonment of a dream, the loss, easing the pain of feeling unloved by a parent.

Mother Earth's love is so beautiful and so strong.

Where the intuitive healing gift is deeply powerful is in the detachment of an energetic hold, from a trauma or from another person.

When we heal ourselves at our essence, we help heal humanity.

How come there are no funny faces when you talk about the ego? Could it have something to do with the fact that the ego keeps us separated while the soul makes us belong to one another?

As one humanity. Together.

# Flotation

**Sarbani Sen** describes how she survived a sensory deprivation tank experience



**W**hen I first went to see Geert (the owner of a deprivation tank) we had agreed on an exchange: I would give him some Bars (ultimate energetic cleansing technique, 36 points activated on the head) and he would offer to let me float in the tank. As I'm always ready to try some new experiment with this incarnated body of mine, I agreed to drive myself to Hasselt, and I really thought it was a good idea. Somehow, the night before, I started receiving some physical warnings: a sense of asphyxiation and claustrophobia! I could no longer breathe and felt some symptoms I had never felt before!

How come? Was my body telling me not to go? "Danger, danger, don't go!"

Next morning I immediately called Geert and told him I'd rather not come, as I started having symptoms of asthma, asphyxiation and claustrophobia (??!) I could tell he was smiling on the other end of the phone. Gently and very calmly he told me I was having some deep resistance, and for him it was even more of a sign that I should try it out. I was probably simply being scared to face some things I did not want to see.

Somehow, it all made sense, and I felt very light, and I saw myself entering the car and 70 min later I was there! His centre is very high-tech and it felt like entering the wings of NASA: blue rays shining out of the deprivation tank, in a totally white and empty room, aseptic, clinical. I got the shivers. He invited me to a shower (although the water is changed before each person, you don't want to float in your own grease or residues of shampoo). After having him explain the sequence of it all (shower, lights on and off, end of sequence etc), he silently slipped out of the room, leaving me with a sense of pride: if he did it and thinks I'm tough enough, so let me do this! I can do this.

The water is exactly body temperature. Magnesium salt makes you float as if you are in the Dead Sea. Naked body floating in blue lighted tank. Windows and tops closed. The float reminded me of my Israeli holidays. Back then I also felt this was fun but after a while you lose the point of it. Ideas come and go. "Oh this is fun. I can move. I can sleep. Let me try the floater for my head. Nice. My neck is supported. Let me keep it. So what's next? Shall I try to sleep? Geert said I'd fall into deep relaxation. He usually sleeps.... Why am I not sleeping?" After ten minutes of watching my anxious thoughts, the lights went off as explained. But of course I wasn't ready. Even more anxious thoughts came up. Fear of death, fear of murder, fear of electrocution, sensations of holocaust. I had no idea I had so many fears in me after all these years of personal development work! This was the most intense hour for me for a decade!

All that agitation for nothing: after all I was just lying in a tank, watching my brain work out all the options of a possible death! "What if other people died here? Did I actually check on this centre? Should I have come without telling anyone?" I freaked out and saw myself

entering total paranoia. Very interesting indeed. Then slowly thoughts started calming me down - they became rarer and my breath became peaceful again. After almost one hour of a troubled mind, I started to relax a bit and eventually fell asleep.

## **"YOU FLOAT AS IF YOU ARE IN THE DEAD SEA"**

After the 90 minutes of the usual program, the motor went on, and so did the lights. I started laughing at myself! How intense and interesting. What a major release of tensions and deep inner mechanisms and archaic survival processes! I had done some major deep cleansing in there. I felt I connected to the *egregores* (an occult concept representing a 'thoughtform' or 'collective group mind') of the Jewish holocaust, of medieval torture, maybe even of several deaths of my previous lives. It was all resolved in this lukewarm water.

When I stepped out I shared the dark corners of my mind with Geert. He smiled and handed me a book on the Avatar Course, a course created by Harry Palmer, the creator of this deprivation tank. So this was a first part of a whole process of grasping your thoughts, controlling your mind instead of being controlled by it. As he puts it himself:

## **"I HAD NO IDEA I HAD SO MANY FEARS INSIDE ME"**

"There are *word lessons*, and there are *world lessons*. A word lesson is an effort to convey an experience via spoken or written symbols. A word lesson can be informative or enjoyable or inspiring. A word lesson is an expression of someone's belief. A word lesson can convey

descriptions and instructions, but as far as experience, it is a pale substitute. A word lesson should not be confused with a world lesson.

A world lesson is something that you live through. It's something you encounter and deal with in life. And from the world lesson you emerge changed, more experienced, wiser. A





## Chiang Mai Thailand

Explore more of the world with our expanding network.  
Flights starting 12 December 2017.



qatarairways.com



**QATAR**  
AIRWAYS  
الخطوط الجوية القطرية  
GOING PLACES TOGETHER

## PERSONAL DEVELOPMENT

### Self-help

world lesson is an experience. It does not require translation into symbols or sounds for you to remember it. It becomes part of what you know, how you define yourself to yourself. A word lesson seldom has this impact."

For me the sensory deprivation tank had been a world lesson for sure! In 90 minutes, I had a clearer picture of my deeper inner patterns. I could clearly see the processes jeopardizing my everyday relations and somehow smile at them. I also believe that we are filled with events and sensations that come from the collective unconsciousness, stuff that we lived ages, centuries ago and that still flow in our veins. We still have fears from the Middle Ages, burning of witches, other lives of our own or of others. How else could I feel such a fear lying in a warm water tank? What could have happened, rationally? The fears we feel, that reside inside our beings are all irrational and linked to our personal and collective history. I warmly recommend the experience for the most courageous of you. It really sets you free. As it all rises to consciousness it can no longer undermine your daily life - that's what I believe.

I admit that I did go back a second time. I felt so relaxed at the end of the first time that I felt I wanted to have the good part only for 90 minutes this time. The second time was less of a deep cleansing. My thoughts bumped into each other: from organizing the kids (I manage five!), to creating new projects, to the article I was going to write and bla bla bla. Then I relaxed so deeply that I could enjoy the floating even more. My eyes got used to the darkness and I could now see the light from outside infiltrate the tank. It felt as if I was in the protected maternal womb. Very soothing. And after a while I heard myself think: "Ok so what's next? How much more fun can I have with this body in this water?" I then got treated to a hot ginger compress massage... but I'll tell you about that next time.

The Great Boost, Hasselt,  
[www.thegreatboost.be](http://www.thegreatboost.be) 1

## Eden Park P A R I S



**LE FRENCH FLAIR<sup>\*</sup>**

\*L'inspiration française

195 Chaussée de Bruxelles - 1410 Waterloo



# PLUS QU'UN SUV, UNE ALFA ROMEO



ALFA ROMEO STELVIO 2.2 Diesel 150 ch  
À PARTIR DE 39.550 €<sup>(1)</sup>

Moteurs puissants en aluminium • Boîte automatique à 8 rapports • Technologies et systèmes de sécurité innovants • Direction d'une précision exceptionnelle • Arbre de transmission en fibre de carbone

WWW.ALFAROMEO.BE

(1) Offre TVAC à l'achat d'une Alfa Romeo Stelvio 2.2 Diesel 150 ch AT8 sans options, réservée aux clients particuliers et valable dans le réseau participant jusqu'au 31 octobre 2017. Retrouvez le réseau participant sur [www.alfaromeo.be](http://www.alfaromeo.be). E.R.: Y. Chabert, Annonceur FCA Belgium S.A., Rue Jules Cockx 12 a - 1160 Bruxelles. RPM : Bruxelles. BCE 0400.354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales [AR 19/03/04]: [www.alfaromeo.be](http://www.alfaromeo.be). La photo illustrée ne correspond pas à la version et au prix indiqués.

⛽ (L/100 KM): 4.7 - 7.0 NEDC ⚡ (G/KM): 124 - 161 NEDC 🛡️ DONNONS PRIORITÉ À LA SÉCURITÉ.

*La meccanica delle emozioni*



GEBROEDERS MERCKX  
Brusselsesteenweg 341, 3090 Overijse  
Téléphone : 02 687 64 30

PERSONAL  
DEVELOPMENT

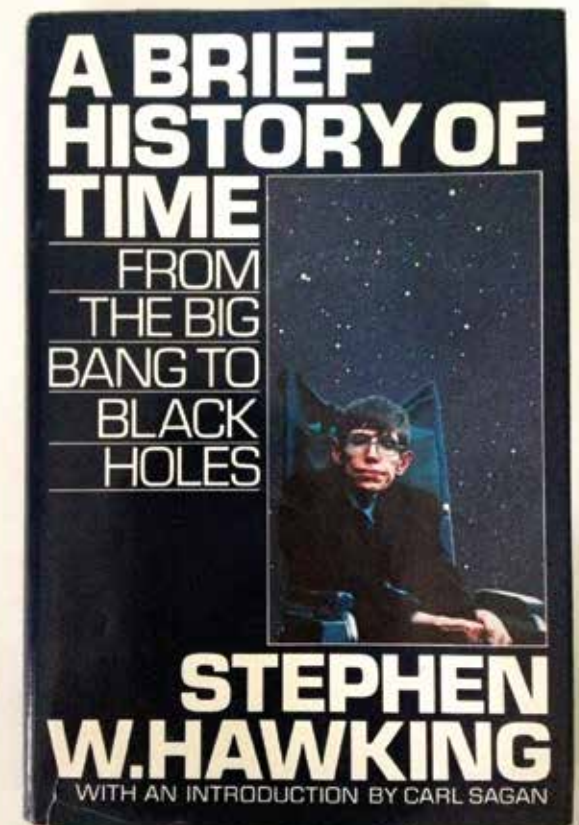
Technology

# The speed of light... slowed down

Our tech guy **Colin Moors** delves into a physical barrier to shifting a lot of stuff around inside a chip...

**W**riting this article, I was put in mind of an old music hall gag: What's the difference between light and hard? Answer: You can sleep with a light on. A cheap shot which I hope will foreshadow my piece on the next and newest generation of computers that are possibly just around the corner. Because, you see, the future is light (or sound, as we will see) and it's pretty hard to understand without being Stephen Hawking. So, for those like me who got to about page 15 of *A Brief History of Time* before giving up and picking up the latest Scandinavian noir novel, I shall attempt to describe what will be going on in words even I can understand.

Long story short, a group of scientists in the University of Sydney in Australia has managed to store light as sound for the first time in history. "Big deal", I hear you cry. Well, it kind of is. You see, the fastest machines we currently have rely on using slow old electrons to shift all the data around. While they are pretty fast, there is a physical (as in physics, no I don't understand it either) barrier to shifting a lot of stuff around inside a chip. In layman's terms, an electron has mass and so attracts gravity, friction and all the tedious other stuff that stops us flying around like birds and is the reason why Ryanair are still in business. The photon is a particle of light, and as such moves



at the speed of, well – the speed of light and has zero mass. Zero mass means it'll generally whizz around at any speed it jolly well pleases, which is pretty much always the speed of light, unless impeded by something. This is due to something called the Higgs Field, something



else that will only ever come up in a particularly fiendish pub quiz, unless you're a physicist.

So why does converting light into sound get the lab coat brigade all a-twitter? The sharp-eyed among you will have realized that it's all about limitations and potential. As of today, we are shifting stuff around Europe at an alarming rate, due to the infrastructure rollout of fibre-optic cabling, either by EU decree or by private media companies wanting to sell you football, Netflix and whatever else it is that floats your boat as quickly as possible. All this speed is down to your new friend, the photon.

As with everything in life, a chain is only ever as good as its weakest link. This weak link as far as the supply of football and associated services goes is your digibox or router, neither of which can read light. So how does the latest series of *Game of Thrones* get to you? Because they slow it down. If it wasn't for the tedious business of electrons, the world of computing and digital information in general would be a completely different landscape. Luckily, if you're under 70 years old and reading this at the time of publishing, you'll probably get to enjoy all the cool new things that'll be happening soon.

Photons are still insanely quick at carrying data, so something needs to be done now to prevent them all from spilling out and covering your living room in zeros and ones (no, this doesn't happen, please don't write in). Currently, your weak link digibox or whatever apparatus you have will have the data presented to it in the fastest manner possible as it reaches your home. The current system is via copper cables, meaning that the photons have to be converted to electrons, so they can squish them into the cable that serves your router or TV box.

This, however, is still too fast for most home computer chips to be able to handle, so they will 'buffer' the data, or at least some part of the operating system will take care of that bit for

you. Still fast enough to watch your favourite shows without a hitch but not as fast as it could be. The speed – and trust me on this – will be a massive game-changer.

But why is the sound thing so important? Well, because it can be made to move at around a lot faster than any old electron and we could build the chips to do it. We're looking at a huge speed increase for minimal outlay. Surely something there to please everyone? More specifically, the fact that light and sound have very similar properties makes this new research entirely practical. Simply put, the light can be slowed down (because it is way too fast) to the speed of the ultimate weakest link in a supply chain. The speeds achieved have been calculated at one tenth the speed of light, or around 30,000 kilometres per second.

The science behind this is fascinating but a bit astounding. If you're not of a scientific mind – and if not, how did you make it this far? – look away now. The process is called Simulated

Brillouin Scattering, catchy, huh? This involves sending a light wave carrying the data and a 'helper' wave. The waves are sent at the same time and when they collide, they excite the material carrying them to produce a

sound wave that corresponds to the data being carried. If there was to be a third light wave, another 'helper', it could carry back the respondent signal, thus making the whole system a lot faster than it already is. Be assured, if you live another five years, you'll see this sort of thing happening in a TV near you.

Of course, the holy grail of any such experiment would be to build an infrastructure that would be able to carry light end-to-end without any physical barrier or self-imposed slowing. Me, I'll settle for one tenth the speed of light to be going on with. However, any deaths I get in Counter Strike: Global Offensive will be bad luck, cheap tactics or a programming error – nothing to do with the network speed. ❶

## “ THE SCIENCE BEHIND THIS IS FASCINATING BUT A BIT ASTOUNDING ”



Winxx is a project of  
**BRUSSELS PROJECTS**  
Building your Future

## YOUR EXXCELLENT INVESTMENT

- In-house letting agency with more than 25 years of experience: BBF is market leader for expat housing in Brussels.
- Invest in high-end studio's, 1 and 2 bedroom apartments.
- Interesting alternative to your savings account.
- Iconic architecture and superior finishes.
- Exclusive and trendy living in the Manhattan district near the historic center.
- Reliable and international tenants.

More info via **0800 997 33**  
or via [www.winxx.be](http://www.winxx.be)



BRUSSELS | 1140

# LEOPOLD VIEWS

Open house on  
**OCTOBER 22**  
FROM 14H UNTIL 17H

On the following address:  
10 RUE DE GENÈVE  
1140 EVERE

## FOR SALE

Studios & apartments

### INVEST IN REAL ESTATE IN BRUSSELS

- € Exceptionally low registration taxes
- 🏠 High return on investment: attractive rental prices
- 📍 AAA location: near NATO and European Institutions
- 📄 Worry free rental at your disposal

02 761 70 60

WWW.LEOPOLDVIEWS.BE  
BRUSSEL@MATEXI.BE



Welcome  
to the  
neighbourhood.

## PERSONAL DEVELOPMENT

Money

# The crash: Ten years on

Our financial expert **Dave Deruytter** looks back over the decade and into the future

**W**e are ten years on from the financial and economic crisis of 2007. Are we finally out of the woods, or is a new, bigger crisis brewing?

Ten years ago, Lehman Brothers went bankrupt and the worst financial and economic crisis since the Wall Street crash of 1929 hit us all. Excessive lending to the private housing market in the US was a direct cause: sub-prime loans proved to be really sub-sub-sub-prime. The world economy went through a dark period for a few years. Greece almost went bankrupt and there were very serious issues with many banks. Countries such as Portugal, Ireland and Spain saw economic circumstances deteriorate fast, resulting in, among other things, high unemployment, particularly among young people.

Many countries had to rescue their banks. Central banks lowered their interest rates to below zero and started programmes to buy financial assets on a regular basis to inject massive liquidity into the financial markets (Quantitative Easing: QE). Even the super economic growth engine of China came temporarily to a standstill.



Luckily the massive concerted efforts by countries and central banks stopped the haemorrhage. New rules for banking were defined (Basel 3). Banks had to prop up their capital, improve liquidity and now face regular stress tests. Greece was rescued a few times in quick succession. As a result, from the outside one can say that the world economy and the financial system today is in good shape, at least in a better shape than ten years ago.

Still there is no room for complacency. Recently, we have seen rescues of banks in Southern Europe again. In the EU, big banks are still far too big compared to GDP. In China, the excessive lending has shifted from the



banks to shadow lenders. In the US, study borrowings and credit card debts are far too high to be sustainable in the future. Japan has never really overcome its 1990s real estate bubble and has a very high total debt ratio. Many countries in continental Europe face a serious pension crisis and are highly indebted – plus they are running budget deficits. All in all, we haven't reformed or restructured the way of doing business, the way of governing and financing enough to be safe for the next even bigger crisis.

It is good that the Federal Reserve, the Central Bank of the US, is planning to reduce its now enormous balance sheet of financial assets (QE assets). The plan sounds feasible. The Fed would simply not replace maturing debt. If they were to sell financial assets outright, interest rates would go up too fast or instability might occur. We will have to see how all of this goes and hope that the European Central Bank (ECB) will follow suit one day. The ECB is currently still buying billions of euros in financial assets per month under its own QE program. One would like to see that amount of buying being reduced and eventually stopped. Only then can the reduction of the massive QE assets the ECB holds begin.

As you can sense, all of this is a tightrope balancing act. And it will not make disappear the aforementioned structural issues in almost every major country of the world. What really needs to happen is that governments, people and businesses should abide by the rules and regulations of this world.

Effective control on the application of the laws and regulations is what is lacking in many of the key economies of the world today. There is almost no control and that leads to gigantic issues, be it not collecting the taxes due, or paying for social security benefits where not

warranted. Let shadow banking grow into a multibillion euro problem. Allow credit card and study debts grow out of proportion. Banks that are in dire straits paying interest well above market and making their situation ever worse. To put it very bluntly: If we continue to f@&k the system, the system will f@&k us. How? By crumbling and leaving nothing but chaos and anarchy.

The right to freedom does not include the right to f@&k the system, contrary to what too many 'would be' leaders of this world may have let too many people not only think it but also believe. The law and the rules are for others, not for me. And the pot is calling the kettle black. We need people and business to put their feet back on the ground, to stop living on a cloud where money is free. It is not because you disrupt an existing business or a whole industry that you are not governed by the same laws or that you should not pay taxes.

It is not because there is a war in your country that you can pick and choose at random a country where you want to go and live as a refugee. The nearest safe one to your country should do. Of course, the other countries should provide those nearby countries with ample financial and logistic support. If refugees have no intention to go back to their home country after the war there to rebuild it, how different are they compared to an economic migrant? For economic migrants, there are very different rules than for refugees.

All in all, one should not put all the faith in the central banks. It is the governments that should steer the populations clear of the current lingering excesses and poor mentality towards applying and abiding by the rules and regulations. Only effective control of the laws and regulations will lead us out of the real troubles of our capitalistic world today, where the rule of law should reign. ❶

## “ ARE WE FINALLY OUT OF THE WOODS, OR IS A NEW, BIGGER CRISIS BREWING? ”



FENIX - EVERE

Your first profit?  
The purchase.



1 bedroom  
apartement from  
**€ 149.500**\*

\*prices are exd. VAT,  
registration fee,  
notary fee and utilities.



1- 2 or 3  
bedroom  
apartments



immediate  
occupancy



beautiful view  
over the city



next to the  
European  
Commission



10 min to  
Brussels Airport

More information?  
**www.project-fenix.be or call +32 (0)2 626 29 29**



MADE-TO-MEASURE SUITS AND SHIRTS

WWW.ATELIERNA.COM

301/303 AVENUE LOUISE, 1050 BRUXELLES  
SQUARE FRERE-ORBAN 7, 1040 BRUXELLES  
LEOPOLDSTRAAT 5, 2000 ANVERS

  
**ATELIER.NA**  
PARIS

**PERSONAL**  
DEVELOPMENT

Politics

# Iceland: A history of swift change

**Gerry Callaghan** heads north to track murky goings-on



**I**celandic President Guðni Jóhannesson accepted a request from Prime Minister Bjarni Benediktsson in September to dissolve parliament. The governing centre-right coalition collapsed as information came to light about Benediktsson's father, who helped expunge the criminal record of a convicted paedophile. The outgoing government is the shortest lived in Iceland's history, having only come to power in January. The election will be held on 28 October.

The small Nordic nation, of 340,000 people, has a history of swift change after corruption scandals – the previous administration was dissolved last year after the then Prime Minister, Sigmundur David Gunnlaugsson, and his wife were accused – as part of the Panama Papers scandal – of setting up a shell company in the British Virgin Islands to avoid tax. That revelation prompted thousands of angry Icelanders to take to the streets, and spurred anger now being intensified by this latest scandal.



One day after the parliament's summer break ended, the centrist Bright Future party dropped out of the three-party coalition, eliminating its single-seat majority. Protesters began gathering near the parliament building to vent their frustration. The Prime Minister said at a press conference: "We have lost the majority, and I don't see anything that indicates we can regain that. I am calling an election."

The party blamed him for failing to inform the government that his father wrote a letter recommending Hjalti Sigurjón Hauksson be pardoned. Hauksson was convicted in 2004 of raping his stepdaughter almost daily for 12 years, starting when she was five years old. He served nearly six years in prison, but was granted 'restored honour' last August. Under a clause in Iceland's penal code, dating back to 1940, offenders can apply to have their honour restored which will allow them to serve in positions of responsibility, in public office or as an attorney, if three respectable citizens provide a letter of recommendation.

**"EVEN NOW HE  
CONTINUES TO  
HARASS HER IN  
TEXT MESSAGES"**

The Icelandic media pushed the Justice Ministry to release the names of those who have sought to use the clause which has faced heavy criticism from advocates of victims of sexual abuse. Hauksson's victim described the pardon as "surreal", saying that even now he continues to harass her with text messages and phone calls.

The Icelandic leader said he was shocked to learn of his father's letter, saying: "I want to stress that it was a shock for me to hear this. I could never have signed such a letter and I would never have defended such actions." His father apologized saying that he in no way absolved Hauksson of responsibility for his crimes. "I did not think of it as something that would justify Hjalti's position toward his victim," he said in a statement. "What was supposed to be a small gesture of goodwill toward a convicted criminal has instead turned into a

continuation of the tragedy for the victim. For this, I again apologize."

Sveinsson's letter, written in June 2016, became public last week but the justice minister, Sigridur Andersen, said that she had told the Prime Minister about it in July. The Bright Future party accused the government of a "serious breach of trust" for concealing its existence and pulled out of the conservative coalition. Politicians across the political spectrum have seized on the scandal to call for greater transparency.

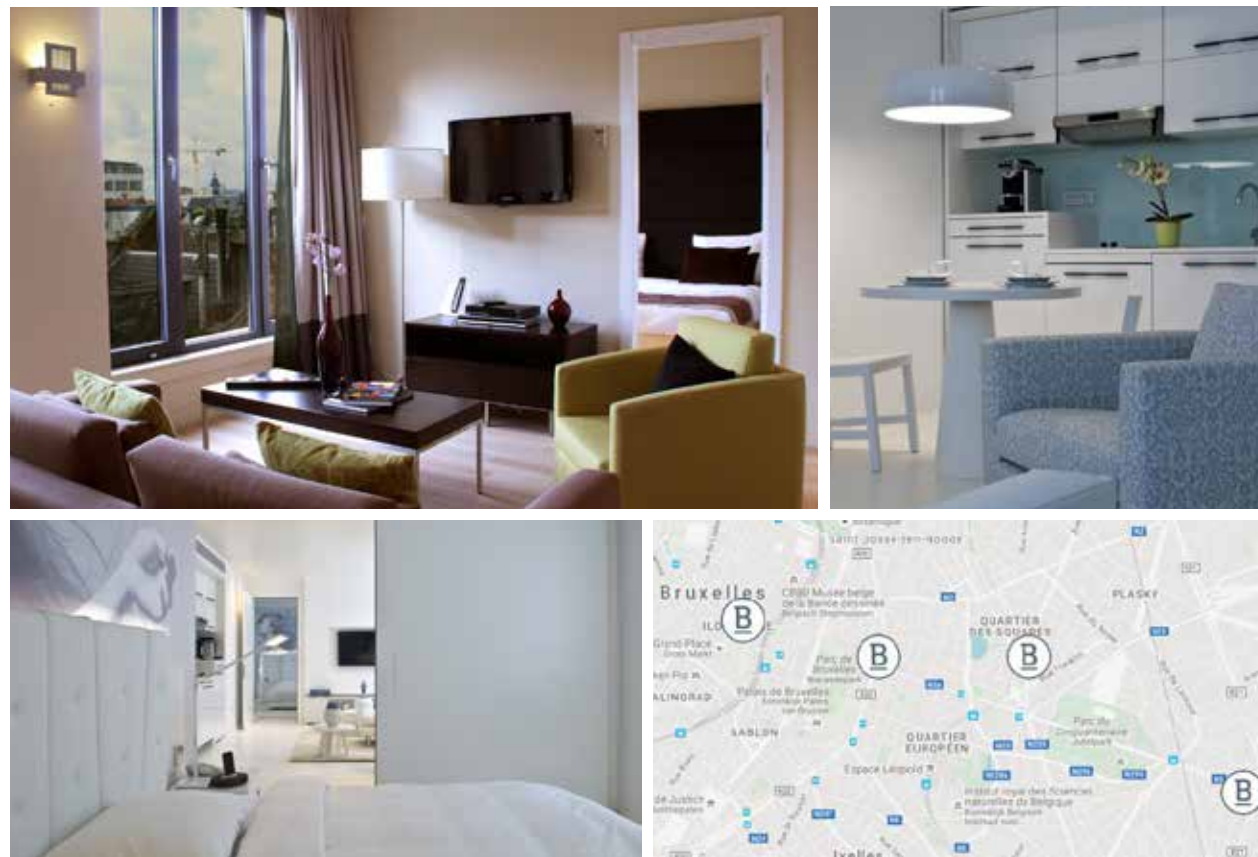
A poll conducted by Fréttablaðið has the Left-Greens and the Independence Party tied in first place with 23% each. The third biggest party in parliament is the Pirate Party with 13.7%, down from 14.5% last year, with the Progressive Party following with 10%. Bright Future, the party that last week broke up the government coalition seems to be benefitting greatly from its move, currently polling at 7%. At the end of August, Bright Future was polling at just 2.8%, far below the 5% minimum needed to enter parliament. The

other member of the outgoing three-party government the Reform Party is set to get 5% of the vote, the same as the Social Democrats. The biggest surprise of the poll, however, is the strength of the recently formed People's Party which continues to grow in parliament, with the party now set to take nearly 11% of the vote. ①

# B-aparthotels

## Serviced apartments in every corner of Brussels

Be in your own space also in Antwerp, The Hague and Amsterdam.



Studio, duplex, apartment 1 to 3 bedrooms with hotel services.  
Stay from 1 night to several months.





# LIFESTYLE

*100,000 square meters of shimmering dahlia yellow fabric above a modular floating dock system*

## LIFESTYLE

Motoring

# Jaguar F-Pace: A reliable pleasure

Our motoring correspondent **Bob Monard** gets behind the wheel of a very classy vehicle

Unveiled two years ago at the Frankfurt Motor Show, the Jaguar F-PACE had already done the biggest loop (360 °) in the world! Boasting a bold grille curved by typical hips, a muscular bonnet with air intakes, discreet full-LED front lights, 22" wheels rims, this Jaguar has it all it needs to please its five occupants who will delight in all this comfort with generous headroom and space to stretch your legs - and a 650-litre boot. With a length of 4,731mm and a wheelbase of 2,874mm, the new F-PACE features distinctive Jaguar reduced overhangs and an exceptionally spacious passenger compartment. An authentic, seductive crossover, the F-Pace delights with its unrivaled design. It's a Jaguar for heaven's sake! Versatile in its remarkable practicality, dynamic in its engines dedicated to different types of driving, we have here a classy vehicle indeed, dedicated to a band of motorists who are unfortunately becoming fewer and fewer: lovers of driving.

Petrol-wise, this beautiful vehicle offers a 2-litre all-wheel drive delivering 250 and 300 hp as well as 3-litre 380 hp. For diesel, the choice is between 2 litres boasting 163, 180 in thrust mode and 180, 240 and 300 hp with four-



wheel transmission to the four wheels with an adapted coating system. The dynamics, taking advantage of the rigid, lightweight aluminum architecture, go without saying as they facilitate life on the road, thanks to the InControlTouch Pro multimedia system with 10.2" touch screen, a powerful quad-core processor, a SSD (solid-state drive) and a very fast Ethernet system: the interface is intuitive, the graphics are clear and responsive while infotainment and connectivity are more advanced.

Its F-Type-derived chassis has the torque-on-demand vector system, power steering and a variety of technologies (accelerator, automatic transmission and steering parameters) that adapt to the driver's wishes.

The active safety level is equally high with a





stereo camera at the heart of the self-contained emergency braking system which includes pedestrian detection in addition to lane change and trajectory warning, panel recognition, the intelligent speed limiter and the Driver Condition Monitor.

Jaguar's first SUV, the F-Pace performs equally well on major roads as it does off the beaten track. Combining refinement and high-end

## “ IT’S A JAGUAR FOR HEAVEN’S SAKE! ”

comfort, this thoroughbred vehicle combines a great look with the pleasure of driving and much more. Better still, its pricing (from €44,310 to €77,710) is wide-ranging – for this segment!

It's also worth noting that the Jaguar F-PACE comes with three years of free maintenance from the first start-up without any mileage limitation. ❶



## YOUR EXCLUSIVE DREAMED TAILOR



DEGAND  
Brussels



Motoring

# Smart electric drive: Agile on the road, quick on the grip!

Our motoring correspondent **Bob Monard** test-drives a car built for the town



**T**his smart city slicker (the 'smart' is written with a small 's' even though it belongs to the giant Mercedes-Benz!) appeared in 1998, was updated eight years later and is the smallest car marketed in our region. Recently, it was hooked up – to the mains. Derived from the third-generation fortwo, it houses an electric engine from the 82-hp Renault Zoé, which guarantees 130 km/h and a range of 160 km. Stable and rather comfortable, this little electric darling shines through with its maneuverability and vivacity: 11.5 seconds to reach 100 km/h in the comfort of a muffled ambience.

The suitability of the chassis, braking grip, no

unexpected road behavior (active braking assist), steering diameter (6.95 m) all make this playful smart stand out – it offers safe driving that will delight even the most jaded among us.

In addition to the smart fortwo, the smart fortwo cabrio and smart forfour are also available in electric version. With zero emissions, the smart is now obviously the star of our saturated and polluted cities. And good news (respect for our environment) never travels alone – all smart electric models are equipped as standard with a new very powerful charger has been integrated so that it requires only 45 minutes before you can take to the road again! What's more, the smart fortwo cabrio is the only



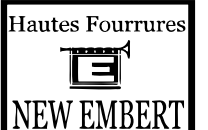
NEW EMBERT  
Hautes Fourrures

NEW EMBERT was founded in 1954.

Over the years, this high-end house of fur fashion has specialized in the creation of unique, tailor-made pieces, marrying materials and following even the wildest of trends. With her son Lionel Fuchs, Madame Lejeune demonstrates that fur always makes it possible to enhance women and that is why it is not a forgotten luxury for new generations. High-end fur, very fashionable creations, but with respect and love for tradition.

Transformation, repair and regeneration of your furs.

**NEW EMBERT**  
35 CHAUSSEE DE CHARLEROI  
1060 BRUXELLES  
02/6405424  
WWW.NEWEMBERT.COM





Motoring

electric cabrio on the market.

So as not to let it feel alone on the road, this electro has joined the forfour which can take four occupants. This means that the third generation smart has capitalized to the maximum in this clean self-powered mode.

This smart electric car is small (2.69m x 1.51m) but sturdy! What's more, the smart electric drive is not just an electric car. Whether in two-seater versions, four-seater versions or with the roof up, each smart model is a real smart: dynamic, agile and manageable for a journey in town and out of town thanks to the pep of its electric engine - coupled with an automatic transmission that will delight fans of smooth road handling.


Totally customizable, the smart electric drive can be equipped with individualized equipment packs. Customization is also available in the

## “RECENTLY, IT WAS HOOKED UP – TO THE MAINS”



'choose' and 'create' modes. Its design consists of a black livery with distinctive elements ... in green! In addition, the smart control application controls tyre pressure, battery level and range. And you can set the start time on the pre-air-conditioning.

As the first manufacturer and the only one to offer electric thrust on all its models, smart is a real alternative. According to this brief summary by its designers "functionality, emotion and innovation are the three core values of smart". To which we subscribe willingly and add respect for our environment. And that of other road users. Intelligent mobility is not a vain expression. Smart electric drive offers us very sound proof.

Available from €22,603 to €25,870, it is the embodiment of elegant urban mobility! 



# The best of the best of the best

## BRUSSELS EXCLUSIVE LABELS. HOME OF THE TOP BRANDS.

The 70 top brands that come under *the Brussels Exclusive Labels* umbrella make up what can only be described as the crème de la crème. Some are more recent, others more established; some are well known, others more niche. But they all have something in common. They are dedicated to luxury and cultivate a certain way of life. Savoir-faire and tradition are their hallmarks. But they also know how to surprise, create and innovate.

Every season, they pull out all the stops to seduce a demanding and cosmopolitan clientèle.

The client is welcomed with the appropriate respect. They know that they can find that exclusive, rare and unique article here, and they appreciate the attention to detail and quality which are the DNA of these top brands. Those who pay us a visit are never disappointed.

80  
YEARS  
OF BRUSSELS QUALITY

SYMBOL OF QUALITY  
BRUSSELS  
EXCLUSIVE  
LABELS  
Chambre du Haut Commerce  
Kamer van Hoge Koophandel  
SYMBOL OF QUALITY

WWW.BRUSSELS-EXCLUSIVE-LABELS.BE



# Room with a view

Photographer: Maria Dawlat

Art direction: Nicholas Sirot

Special thanks to: Marie Laoureux of  
[ardennes-etape.com](http://ardennes-etape.com), +3280 29 24 00







Laundry basket and two-colour plaid:  
TheCocoonalist  
Little basket bicolor:  
Bensimon Home autour du monde  
On the banister:  
two handbags by Lilo Bag  
On the stair step:  
handbag by Nathan Baume

### **The orangerie**

Near Durbuy - the smallest city in the world - Anne and Damien launched themselves into a huge project: the renovation of a house that dates from the XVIIIth Century, which was completely abandoned and flooded! After 5 years of hard work and courage, the young couple is finally ready to show us their holiday home which can accommodate up to 8 persons.

Anne - with her artistic spirit - gets inspired by lots of decoration magazines and regularly strolls around at flea markets in order to enjoy the atmosphere and to find interesting objects which she can use for creating a warm and cosy holiday home. Her search and her strolls resulted in a neoclassical style. It's a decoration style she stays loyal to throughout her discoveries. On top of that, her husband Damien who is a landscaper for Bronfort Espaces Verts, grows and maintains a wonderful garden which also adds a lot of charm to the house. Their goal: to do everything as if it was for themselves in order to offer a great experience to the holidaymakers they get to welcome. «I want to be able to give them a wonderful time together, I want to see them happy and satisfied with their stay in our holiday home», Anne explains.

If you would like to discover this holiday home with your friends or family, don't hesitate to check it out on the Ardennes-Etape website (reference 104757-03).

Ardennes-Etape offers you more than 1500 holiday homes in the Belgian Ardennes, with every house having its own style! You can find more information on [en.ardennes-etape.com](http://en.ardennes-etape.com) or by phone on +32 80 29 24 00.



Dishes on the table: white bowls by TheCocoonalist  
 Green bowl and plate: Bensimon Home autour du monde  
 On the floor: handbag by Lilu Bag



Two bowls:  
 Bensimon Home autour du monde







Blue plaid: APC  
Cushion with dog print: Maison du Monde



White plaid: La liste Tunisienne & APC  
Lipstick: Dior 'double rouge' and powder Diorific  
'Precious rocks' and parfum Dior 'j'adore l'or'  
Shower gel and soap: Hermès 'eau de Narcisse bleue'  
Handbag: Le Tanneur



Cushion with dog print: Maison du Monde  
Patchwork cushion: APC  
Sheepskin: Ikea





Plaid and square cushion: TheCocoonalist  
Rectangular cushion and tea tray:  
Bensimon Home autour du monde



On the wooden bench: Rectangular cushion  
by Bensimon Home autour du monde  
Plaid: TheCocoonalist  
Camera: mini 90 INSTAX Fujifilm



**B.R.M.**  
-- Chronographes --



GF6-44-SA-N-SQ-ABLC

Pour toutes informations :  
infos@brm-manufacture.com - +33(0)1 61 02 00 25

[www.brm-manufacture.com](http://www.brm-manufacture.com)

madame  
TIGARD

LES BALLES  
BLANCHES

swing



LE PRIX  
GOLF & COUNTRY-CLUB

LE GRAND  
ST TROPHÉE  
LE CHAMPIONNAT DE TOUS LES AMATEURS

BCM Sports

LIFESTYLE

Watches

## Historic timepieces: Moonwalkers to tastemakers

Five captivating luxury watches come up for auction in October at **Heritage Auctions**

**W**hen Heritage Auctions opens its autumn Timepieces Auction 24 October in New York, bidders will see fresh-to-market rarities with intriguing provenance. Never before offered, this hand-curated selection matches moonwalkers with tastemakers to create a choice selection of unusual additions for the advanced collector. Here are five of the most unusual and highly sought after examples the auction has to offer, as well as those with historical significance.



Imaged by Heritage Auctions, HA.com

### Universal Genève Very Fine Compax 'Nina Rindt', circa 1965

Nina Rindt was the model wife of racing driver Jochen Rindt, the only driver to posthumously win the Formula One World Drivers' Championship. She famously wore an identical Universal Genève Compax during the 1970's, giving rise to it becoming known as the "Nina Rindt." (est. **\$20,000-30,000**)



### Audemars Piguet for Cartier

This gold Audemars Piguet/Cartier wristwatch was given as a wedding gift by New York artist, author and heiress Gloria Vanderbilt to her husband-to-be, Oscar winning film director Sidney Lumet. (est. **\$6,000-8,000**)

## LIFESTYLE

### Watches



#### Omega Speedmaster Professional Moonwatch Apollo 11 '40th Anniversary' Limited Edition

To commemorate the 40th anniversary of the Apollo 11 moon landings, Omega presented this watch to Buzz Aldrin, the second man to walk on the moon. Its Limited edition number 11 of course. (est. **\$5,000-6,000**)



#### Jules Jurgensen Gold Bow Set Minute Repeater

J. Parker Read was the direct descendant of George Read, one of the original signatories of the Declaration of Independence and the United States Constitution and was a successful film producer in his own right. This watch was given to him by Thomas Ince, one of the original moguls to build modern Hollywood. (est. **\$5,000-8,000**).

Imaged by Heritage Auctions, MA.com



#### Heuer For Abercrombie & Fitch 'Seafarer' Chronograph With Tide Indication, circa 1960

Between the 1950's and 70's, Abercrombie & Fitch retailed a watch called the 'Seafarer', manufactured by Heuer in Switzerland for A & F on a private-label basis. These were produced with special dials to show the times of the high and low tides, with vivid colours and stout case making the Seafarer the perfect vintage Heuer chronograph. (est. **\$1,500-2,000**)

**Heritage Auctions** is the largest fine art and collectibles auction house founded in the United States, and the world's largest collectibles auctioneer, with auction houses worldwide.  
[www.ha.com](http://www.ha.com)





A SWEET SECRET  
HANDMADE WITH LOVE  
IN THE KINGDOM OF BELGIUM.

Discover our fascinating story & buy online at:  
Cuberdonsleopold.com



Follow us on [facebook.com/cuberdonsleopold](https://facebook.com/cuberdonsleopold) and [Instagram/CuberdonsLeopold](https://Instagram/CuberdonsLeopold)

LIFESTYLE

Shopping

# Shopping



**Agent Provocateur**  
Aphrodisiaque 80ml €95



**Montblanc**  
LEGEND NIGHT 100 ML €78



**Trussardi**  
Riflesso - EDT 100ml €87



**BVLGARI**  
Goldea The Roman Night 75ml €108



**Boucheron**  
Quatre Abdn for Men - EDP 100ml €85



**ICE-WATCH** CITY mirror €99



**Scherrer**  
Eau de toilette 50 ml €65  
Eau de toilette 100 ml €89



**Missoni** Parfum Pour Homme 100ml €76



**Mavala Stylish Pink**  
Coral red, discreet, biting mouth effect €17.50

**Mavala Dark Velvet**  
Intense wine red, almost Gothic €17.50

**ANDY WOLF,** HANDMADE.

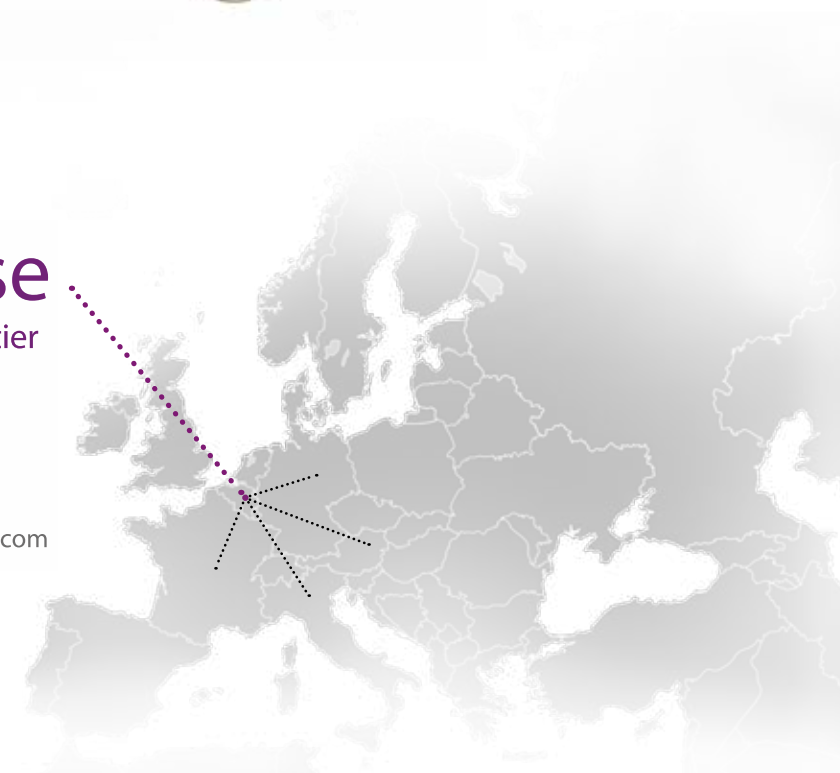
Designed in Austria (1100 km)



Assembled in France (720 km)

**davidrose**  
optométriste - lunetier

Rue de Trèves 16  
1050 Brussels  
(Luxembourg district)  
+32(0)2 512 66 10  
davidrose.optique@gmail.com



Acetate from Castiglione Olana, Italy (872 km)



**MARTIN&MARTIN**

Designed and assembled in Cologne, Germany (216 km)



# Do good, look good, feel good

Dramatically Different Moisturizing Lotion + (€56.37) by Clinique



Our beauty expert **Delphine Stefens** highlights a very worthwhile annual cause

**O**ctober is breast cancer awareness month, the annual effort to increase awareness of the disease and raise funds. Evelyn H. Lauder launched the Breast Cancer Campaign 25 years ago and the Breast Cancer Research Foundation a year later. More recently and in Belgium, the Estée Lauder Companies joined forces with KULeuven to develop an app that will launch on the 5<sup>th</sup> of this month to help patients to better monitor their symptoms and report in real time.

Others have also joined the effort to improve care and find a cure with Yon-Ka contributing to the French campaign Le Cancer du Sein, Parlons-en! while at home RainPharma is donating to Think Pink. See how you can help do good, look good and feel good!

Hand Relief Moisturizing Creme (€30) by Aveda



Intral Redness Relief Soothing Serum (€60) by Darphin



Pink Ribbon Knockout Eyes Collection (€ 57) by Estée Lauder

Limited Edition Advanced Night Repair (€124) by Estée Lauder



Exceptional Hand & Nail Cream (€ 19.95) by RainPharma



Pamplemousse Vitalizing Cream (€37.50) by Yon-Ka

[www.bcacampaign.com](http://www.bcacampaign.com)  
[www.pink-ribbon.be](http://www.pink-ribbon.be)  
[www.think-pink.be](http://www.think-pink.be)  
[www.cancerdusein.org](http://www.cancerdusein.org)



Beautiful hands and feet thanks to Pronails top quality products and a renowned nail stylist.  
Apply an exceptional gel that is solid and thin and does not damage your nails.  
Our centre is accredited as a **‘ProNails Premium Lounge’**.

### Our other services include:

Applying false eyelashes • Body Care  
Wellness • Face care • Semi-Permanent Makeup

📍 Chaussée de Waterloo 649,  
1050 Ixelles (La Bascule)  
☎ +32 (0)2 345 63 84  
📞 +32 (0) 472 84 40 19

🌐 [www.jackynailsbeauty.be](http://www.jackynailsbeauty.be)  
f jackynailsbeauty  
Open **Tuesday to Saturday**  
from 10h to 18h30

## Slimming and weight loss centre in Brussels

### For men and women

#### What do they do?

The results obtained by cryotherapy or chromotherapy will surprise you. For all problems of stretch marks, scars, cellulite, varicose veins, fat, water retention, wrinkles, double chin, hair loss, heavy legs, venous and lymphatic circulation, decreased energy, sleep disturbance, lack of concentration or sexual appetite...

#### Cryotherapy

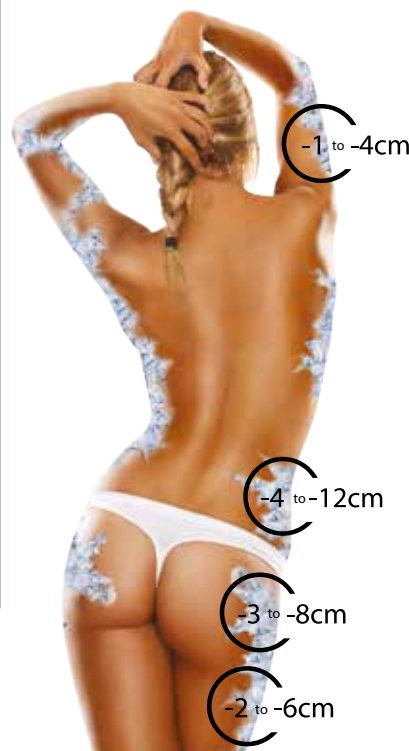
Cryotherapy is a natural face and body sculptor with immediate and permanent effects!

#### Chromotherapy

Chromotherapy is a revolution in practical aesthetics, for **slimming, firming** and **rejuvenating**, but also for **physical, aesthetic or emotional problems...**

#### Mesopor®

Spectacular results on the face without surgery or injections: Mésopor multiplies the effects of the active ingredients of Reneve products with visible results from the first session and effectively treats facial imperfections.



**Don't wait  
make your  
appointment today**

Come and test **cryotherapy**,  
the only alternative to liposuction.  
Lose 1 to 4 cm in one trial session  
at -50% \*

\*Refundable when taking a subscription,  
offer cannot be combined.



# The Floating Piers: Constant change

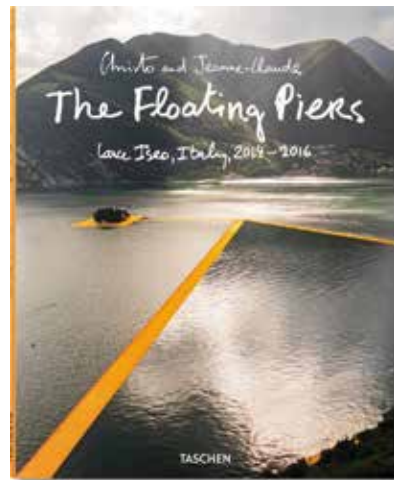
This elegant book by **Taschen** beautifully illustrates a remarkable design project

**F**rom June 18 to July 3, 2016, 100 kilometres east of Milan and 200 kilometres west of Venice, *The Floating Piers* by Christo and Jeanne-Claude allowed 1.2 million people to walk on water. The project, comprising 100,000 square meters of shimmering dahlia yellow fabric above a modular floating dock system of 220,000 high-density polyethylene cubes created a three-kilometre walkway across the surface of Lake Iseo, connecting the mainland to the islands of Monte Isola and San Paolo.

"It is all about walking," said Christo of the project. "Including the stretches on the land, you have to walk five kilometres to appreciate the project, the constantly changing views, the lake, the mountains, the other visitors. All these things together are the final artwork." The experience was as tactile as it was visual, a multisensory wonder of undulating fabric, shimmering yellow, and ever-shifting light upon the water.

In this Collector's Edition (No. 161–1,000), signed and designed by Christo himself, the artist presents this extraordinary environmental work from start to finish. On 846 pages, he reveals the couple's earliest concept of a floating surface on tranquil waters back in 1970 through renewed interest in the project, research into possible locations, technical developments, material production, and the final 16-day experience with enraptured visitors from around the world.

To round off this unique project book and privileged insight into Christo and Jeanne-



**“WALK FIVE  
KILOMETRES TO  
APPRECIATE THE  
PROJECT, THE  
CONSTANTLY  
CHANGING  
VIEWS, THE  
LAKE, THE  
MOUNTAINS”**

Claude's practice, the volume includes a swatch of the project's original dahlia yellow fabric. Limited Collector's Edition of 840 copies signed by Christo and Wolfgang Volz, each with a 24 x 24 cm swatch of *The Floating Piers'* original dahlia yellow fabric.

Also available as four different Limited Art Editions, each with a separate project book signed by Christo and Wolfgang Volz.

*The Floating Piers*  
Christo & Jeanne-Claude, Wolfgang Volz, Germano Celant, Adam Blackbourn  
Hardcover in slipcase with piece of fabric and six fold-out pages, 29 x 27 cm, 846 pages. **€750**  
ISBN 978-3-8365-4787-1 (English, Italian)

Christo and Jeanne-Claude. *The Floating Piers*

Christo & Jeanne-Claude, Wolfgang Volz, Jonathan William Henery

Softcover with flaps, 23.5 x 29 cm, 128 pages

**€19.99**

[www.taschen.com](http://www.taschen.com) ⓘ



Photos © Wolfgang Volz

Design

# Rouge de Chine: Marrying beautiful objects

**Natalia van Wassenhove** lights up spaces with beautiful objects

**F**or nearly twenty years now, Natalia van Wassenhove has made her mark on the world of decoration through her Rouge de Chine brand.

Natalia began her professional career in an art gallery. At the time, she regularly presented works of art staged in interiors. The link with interior decoration seemed obvious. The art of marrying beautiful objects is clearly flowing through her DNA. When you go into her shop, Chinese antiquities are immediately clearly part of her specialties. However, Rouge de Chine also offers objects from other countries, such as Morocco, France, Italy and Africa with representatives in many countries) – she boasts a vast assortment of fabrics, as well as top brands such as Baxter, Meridini and Knoll. In Natalia's place, each object is unique. and originality is paramount.

## Here's how it all started...

In the centre of the pretty town of Lasne, Natalia already took on her third shop, endowed with a stunning bare wood facade. It had quickly felt cramped in her two previous establishments – they were simply too small to shelter all her many treasures. Even though she set up in the premises of a former reputable shoe store just three short years ago, Rouge de Chine has succeeded in imposing itself as an establishment with clear values. New styles regularly refresh the taste of what's on offer inside. The surface of 450m2



shows off the exceptional work of a very talented decorator. The showroom houses armchairs, cupboards, bookcases, desks, carpets and a vast collection of fabrics. A small shop got bigger...

Listening to the customer, great service, constant diligence and audacity are all part of her credo. She says: «I take the time to listen to the wishes of the customer, it is an essential element. I always adapt to people and their interior. In my opinion, furniture or objects that are full of history and emotion must be integrated into the decoration. People have to feel comfortable in their home.»

Not all of her clients are looking for Asian style, but Natalia does not stop there. «My interiors are all elegant, warm and friendly. They invite the journey.»

## Vision and approach

Natalia van Wassenhove is able to detect the changing trends and colours in fashion. Spontaneously, she is ahead of future trends. Her interiors consist of unique items and high quality furniture. She has the gift of marrying elements from different eras, allowing her to concoct original interiors able to withstand the wear and tear of time.

## Forward thinking

Rouge de Chine is the perfect place to find exceptional collections and objects or to discover elegant, unusual interiors.

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

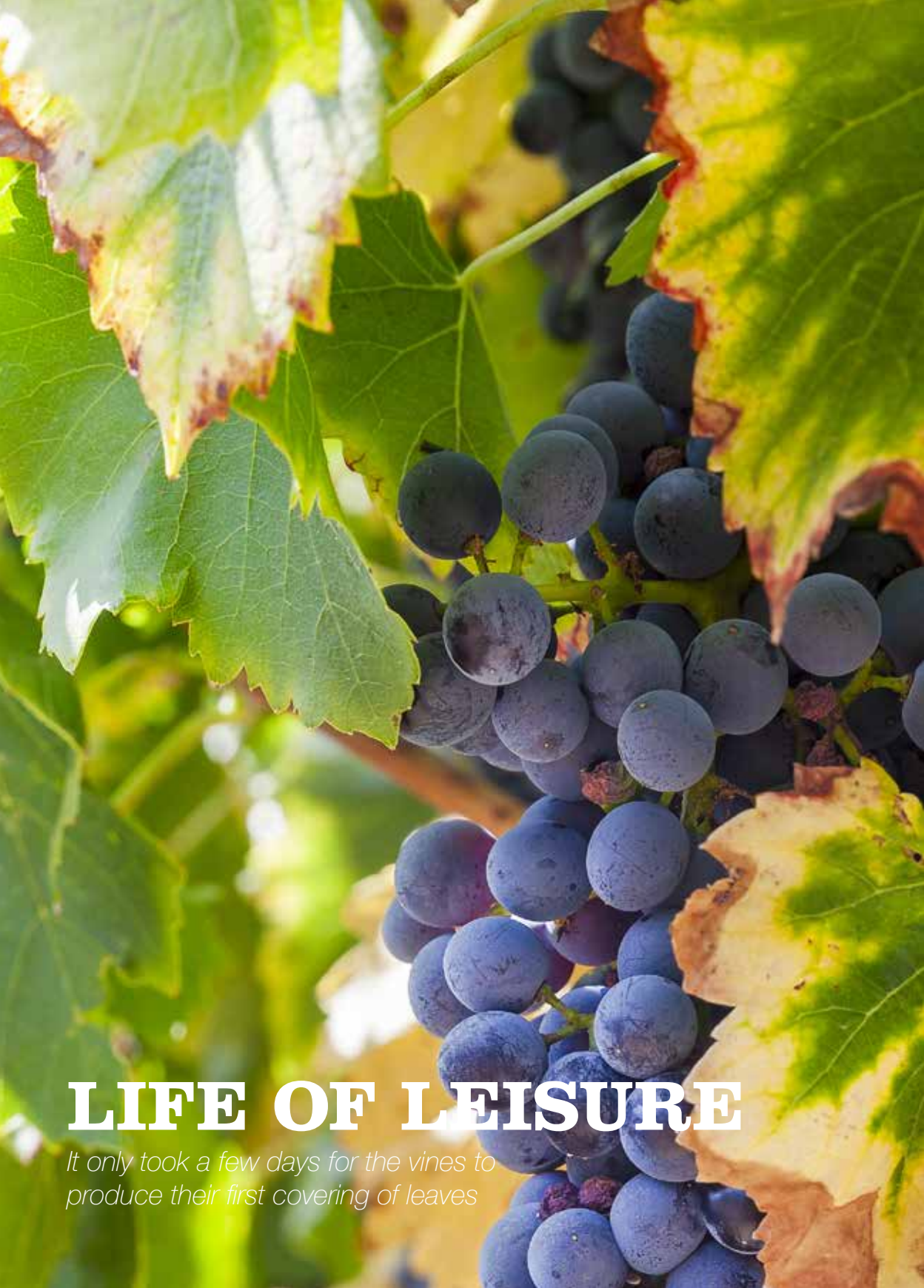


A FRIENDLY LIGHT, A LIFESTYLE!



**LES ATELIERS DE LA CAMBRE**  
852 CHAUSSÉE DE WATERLOO À UCCLE - [WWW.DAVIDTS.COM](http://WWW.DAVIDTS.COM)





## LIFE OF LEISURE

*It only took a few days for the vines to produce their first covering of leaves*

LIFE OF  
LEISURE

Interview

# Reese Witherspoon: Laugh at yourself

This month, *Together* sits down with a gorgeous, talented Tennessean



**T**his is a very big year in the life of Reese Witherspoon. Her *Big Little Lies* TV mini-series turned out to be a massive popular and critical success and earned her and series co-star Nicole Kidman nominations for best actress. It was also a personal triumph on another level for Witherspoon - she spearheaded development of the series via her Pacific Standard production company, hired her *Wild* director Jean-Marc Vallée to direct and brought her good friend Nicole Kidman on board as both co-star and co-executive producer.

Witherspoon delivered arguably the best performance of her career in the role of Madeline, *Lies'* whirlring dervish/Type A meddlesome Monterey mom and social gadfly. The series earned Reese some of the best reviews of her career and could well be said to eclipse even her Oscar-winning turn in *Walk the Line* or harrowing journey in *Wild*.

Now the 41-year-old actress is returning to her earlier big screen comic roots in *Home Again*, a sparkling romantic comedy - her first since 2012's *This Means War* - that marks the directorial debut of Haillee Meyers-Shyer, the



daughter of veteran rom-com guru Nancy Meyers. Reese stars as 40-year-old single mom Alice Kinney who struggles to rebuild her life in L.A. after separating from her husband (Michael Sheen). Comic complications ensue when she allows three young filmmakers to crash in her new home and who then vie for her affections. *Home Again* co-stars Nat Wolff, Candice Bergen, Jon Rudnitsky, Pico Alexander, and Lake Bell.

With respect to returning to rom-com duty, Witherspoon confesses that she always enjoys the chance to indulge in laughter: "I started playing drama when I was young and then I went to the comedy. I've been fortunate enough to be able to switch between genres, and projects like *Wild* and *Big Little Lies* have been very important moments in my life and career. But I always enjoy doing comedies and getting to laugh a lot. Over the years, I've learnt the art of laughing at oneself and enjoy life more."

Looking ahead, the response to *Big Little Lies* has been so positive that Witherspoon has asked Australian novelist Liane Moriarty (who wrote the eponymous novel which was adapted for the series by David E. Kelley) to come up with an outline for a second season.

"We hope so. I mean, Nicole and I have been talking to Liane about new ideas of what these characters could do," said Witherspoon. "It seems like people just love the characters, so hopefully we can go on a Season 2."

Reese even took to Facebook to prod Moriarty into action and her lobbying seems to have paid off. Said Moriarty: "I have started to think about ways this could continue... I'm absolutely open to it because, once I started thinking, it was too much fun to see what I could do and to see these characters again."

Reese has three children, two, Ava, 17, and Deacon, 13, by her previous marriage to actor Ryan Phillippe, and a 4-year-old boy, Tennessee, from current husband Jim Toth.

**Together: Reese, this would appear to be a very fertile creative time for you?**

Reese: I'm in a good place in my life and as an artist and I have high expectations for the



## PLUS QU'UN SUV, UNE ALFA ROMEO



### ALFA ROMEO STELVIO À PARTIR DE 39.550 €<sup>(1)</sup>

Moteurs puissants en aluminium • Boîte automatique à 8 rapports • Système de transmission intégrale Q4 • Technologies et systèmes de sécurité innovants • Direction d'une précision exceptionnelle • Arbre de transmission en fibre de carbone •

[WWW.ALFAROMEO.BE](http://WWW.ALFAROMEO.BE)

(1) Offre TVAC à l'achat d'une Alfa Romeo Stelvio 2.2 Diesel 150 ch RWD avec boîte automatique à 8 rapports et sans options, réservée aux clients particuliers et valable dans le réseau participant jusqu'au 31 août 2017. Retrouvez le réseau participant sur [www.alfaromeo.be](http://www.alfaromeo.be). E.R.: Yann Chabert. Annonceur FCA Belgium S.A., Rue Jules Cockx 12a - 1160 Bruxelles. RPM: Bruxelles. BCE 0400.354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales [A.R. du 19.03.04]: [www.alfaromeo.be](http://www.alfaromeo.be). Photo à titre illustratif et non-contractuelle. La photo illustrée ne correspond pas au prix indiqué.

4,7-7 L/100 KM CO<sub>2</sub> 124-161 g CO<sub>2</sub>/KM  DONNONS PRIORITÉ À LA SÉCURITÉ. [FCA | FLEET & BUSINESS](http://FCA.FLEET&BUSINESS)

*La meccanica delle emozioni*







future. It's very rewarding and a lot of fun but in the end there's a lot of hard work involved.

**What is the difference between where you are today and where you were nearly a decade ago and admitted going through a crisis, following your divorce from Ryan Phillippe?**

A while back I felt that I had lost my inspiration and my direction and today my work fits with my ambitions about what I want to accomplish and the ideas I have for new projects.

My husband Jim (Toth) has had a lot to do with that. He's helped encourage me to be bolder in my outlook and now with my production company I'm able to create opportunities not just for myself but for other women to write and direct.

**Now that you've entered your 40s, would you say that you have attained a certain**

**calm and confidence about how you want to move forward?**

Yes. As you grow older so many things become clearer. Now I focus on the positives, on what I know how to do, and on enjoying my family life and being a good mother instead of wasting time on things that are not important and distract you from what you really want to do.

**Big Little Lies must give you a tremendous sense of satisfaction in being able to put together such an impressive cast of women that is not often seen on TV or film?**

I'm very proud of being able to bring together so many extraordinarily gifted women like Nicole, Shailene, Laura and Zoe to be part of this series. I was getting tired of seeing so many talented women relegated to secondary, girlfriend kinds of roles. And getting to spend time with them has made me appreciate even more how frustrating it is for women in our business to be able to find good roles.

**You were obviously frustrated with the lack of opportunities out there?**

I wasn't just frustrated for myself but for a lot of other women I know who share with me their horror stories about not being able to find good roles.

What made me really angry was the lack of interest that our industry had in telling stories



from a women's perspective and, even worse, seeing fantastic actresses forced to play only wives or girlfriends type characters. It's important to talk about women with greater complexity.

**Did share a lot of similar perspectives with your character Madeline?**

There are a lot of similarities. Madeline was for me a kind of cross-section of what so many women are facing in their forties. She's divorced and remarried.

She's a mother seeing her eldest child start asserting her independence and dealing with issues all mothers face as their relationship with their partner changes or breaks down after many years or when their children start asserting themselves more when they get to be teenagers.

It's not the story of my life, but it's not that far off from what I've been through and some of the experiences I've had and the questions I've had to deal with.

**You're the mother of three children. Now**



**that your production company is more active than ever does it make it harder to manage things?**

The teenagers are much more demanding. You're constantly having to guide them through all those big first moments in their lives – the first love of their life, getting their first car, and then thinking about college.

The relationship is much more complicated compared to when they're young and your main concerns are very practical – making their meals, driving them to school, getting them to bed on time. And they usually listen to you.

**And teenagers don't?**

When your kids get to be teenagers, they very rarely agree with anything you tell them. And when it comes to a 17-year-old girl, you begin to realize that you don't know anything about her anymore. I find myself calling my mom and asking her for advice. I ask her: "Am I ruining their lives?" (Laughs)

**You grew up in Tennessee, part of the American south and its distinctive culture. Raising your children in L.A., do**



**you still try to give them a sense of your southern upbringing and roots?**

Southern women have a strong sense of humour, they laugh at themselves, and they don't scream if they see a cockroach. The first thing I taught my eldest children was riding horses, getting to spend time with animals and playing outdoors. Also, when they were little, I didn't allow them to watch TV. I didn't want them sitting in front of the TV set all day and I tried to get them to play and do as many creative kinds of activities as possible.

**Do you have any particular philosophy with respect to your role as a mother?**

I try to encourage them to be active and do sports. I also want to give them enough freedom so that they can develop their own individuality and not feel like their mother is trying to control their lives, not that they listen to you anyway! (Laughs)

My parents were very thoughtful and inspiring to me and I grew up with an independent spirit. I want my children to be able to discover their own interests and pursue their own ambitions.

**You seem to still have plenty ambition when it comes to your work these days.**

I do! I've seen how much you can do when you work hard and don't wait for the phone to ring. I went through that and then I decided to stop being complacent and start creating my own projects and working with people whom I admire and who have a vision similar to my own.

**You're still very youthful-looking. Does ageing bother you?**

No. I don't mind it at all. It's amazing. When I first saw *Big Little Lies* in the rehearsal room, I immediately noticed the wrinkles on my face and I said: "I like them, I won them one by one (laughs). I worked hard to have these wrinkles!"

1



2,1 - 8,4 L/100 KM • 49 - 192 g CO<sub>2</sub>/KM Environmental information RD 19/3/2004: [www.mercedes-benz.be](http://www.mercedes-benz.be) - Give safety priority.

## The Mercedes E-Class. Masterpiece of Intelligence.

As a diplomat, you're always looking for intelligent solutions. It's why we know you'll appreciate the extensive driver assistance systems and innovative technologies in the new Mercedes E-Class. Such as the Active Brake Assist function that combines distance and collision warning with braking assistance, and remote parking using your smartphone. Discover this Masterpiece of Intelligence at your authorised Mercedes-Benz dealer.

**Mercedes-Benz**  
The best or nothing.







## TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



## SPEAK THE LANGUAGE

Dutch courses, workshops for children, practice opportunities



## MEET THE PEOPLE

Clubs and activities for children and adults



## DISCOVER THE REGION

Randkrant and local information

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



Check out our English, French and German pages  
or pay a visite to our centres

'de Rand', Kaasmarkt 75, 1780 Wemmel T. 02 456 97 80 - [info@derand.be](mailto:info@derand.be)

LIFE OF  
LEISURE

Travel

# La Bastide de Gordes: Towering, timeless, triumphant

**James Drew** takes in the stunning location of Hotel Bastide de Gordes in southern France



Some trips begin with hyperbole. Some locations are simply beyond compare. Some experiences are simply beyond parallel and, if you will forgive all this hyperbole straight off the bat, all of the above come somewhere near to capturing the pleasure of a trip to Hotel Bastide de Gordes.

No two ways about it – the location is truly stunning. It represents quite a trip from most places in Europe, but don't let that worry you – once you arrive, you will know it was worth it.

Located in the village of Gordes, which is classified as one of the prettiest in France, high atop a stunning cliff range, La Bastide de Gordes offers 18th-century décor and panoramic views of the Luberon Valley from its many terraces and hanging gardens. This majestic château, built upon 12th-century ramparts, seamlessly blends history with elegance. The property was completely

renovated at the beginning of 2017 and was awarded the title of Palace 5-star hotel in 2016.

The spacious rooms and suites have a private bathroom with a bathtub, with additional separate shower in some rooms. A flat-screen satellite TV is also included, and Wi-Fi is free of charge in all rooms.

The hotel's restaurants, the Orangerie and La Citadelle, serve Provençal cuisine based on seasonal local produce, accompanied by local wines. Guests can enjoy their meal in the vaulted dining room or on the shaded terrace with views of the valley. The establishment's third restaurant, the Pèir I Pierre Gagnaire TT, which was recently honoured with a star in the Michelin guide, offers gourmet dishes prepared by the team of the French chef Michelin

star Pierre Gagnaire.

And so, how was it? Well, first-class service doesn't even come close. There are always those hotels that, from the moment you arrive, you simply know that the staff, the bartenders, the waiters are simply delighted to see you – and Bastide de Gordes is definitely in this category.

And the food? Wow! Preferably preceded by a quality local gin and tonic (the bar stocks several), take your pick from the Orangerie (typical Provençal style with excellent Mediterranean dishes and first-class lunches), La Citadelle (wonderful for a romantic, moonlit gastronomic adventure) or, the Michelin-starred restaurant Pèir, which pays sublime tribute to the produce and flavours of the region. The terrace and the view it offers are amazing for dining, and the wine list is truly one of the best in the region. For this visitor, the beef tenderloin (Pèir) was just amazing, and the waiting staff are very attentive, efficient and friendly.

And, perhaps to burn off any excess that you may have enjoyed, there is also the Spa Sisley Paris, with Jacuzzi, a hammam, a chromatic indoor pool and a solarium. Boasting stunning views of the valley, the two outdoor swimming pools of the garden are surrounded by a sun terrace – quite remarkable. Open since spring 2017, the spa is 1,600 m² and unparalleled in Provence. A partner with the Lov Hotel Collection, of which La Bastide de Gordes is a member, for more than ten years, architect Christophe Tollemer wished to recreate in the heart of this Provençal Palace a unique universe, inspired by the great abbeys. With



## “ FIRST-CLASS SERVICE DOESN'T EVEN COME CLOSE ”

its vaulted ceilings and walnut doors, the new spa is a true wellness centre.

And, if you can possibly drag yourself away from the hotel, why not pay a visit to the beautiful village of Gordes? An ancient Roman enclave, Gordes plays

host to market day once a week. On Tuesday mornings, merchants from the area set up booths and sell their wares.

These typically include

food, clothing, instruments, Provençal dishes, decorations and handicrafts. Additionally, the village has two bakeries and a variety of shops. Around the village there are many ancient hamlets. Their names mostly come from the family names occupying the places (Gros, Imbert, Martin, Cortasse, etc.) or from the activity performed there (les bouillons, les bouilladoires). Located in the valley at southwest, the 'les Imberts' hamlet is the biggest and owns a church built between 1785 and 1792. Besides this church, there are some elements and façades of the 18th century.

But you had really better be quick if you would like to still visit in 2017 – the hotel will be closed for extensive renovations from 29 October 2017-31 March 2018.

Past a certain point, words fail. A visit to La Bastide de Gordes will live with you forever.

[www.bastide-de-gordes.com](http://www.bastide-de-gordes.com)



## HEALTH INSURANCE IN BELGIUM: directly feel at home with our VIP service!

In Belgium, you will benefit from one of the best health care systems in the world, including work disability compensations, maternity leave, special interventions for serious and/or chronic diseases etc. Each situation is subject to a specific procedure and varies according to your professional and family situation. Upon arriving in Belgium, **one of your priorities should be to sign up with a health insurance company.**

In most European countries, you are automatically enlisted to the social security. In Belgium, you must choose a health insurance company (mutualité/ ziekenfonds). They are your intermediary between your medical needs and the reimbursements you are legally entitled to. Moreover, your health insurance company offers a whole range of health related advantages such as reimbursements for optical, prevention, vacation, etc.

Visit our specific point of contact in the heart of Europe:

AGENCY: rue Montoyer 41



Contact us to register now  
[expats@bepartena.be](mailto:expats@bepartena.be)  
02 44 44 700

**PARTENA**  
Business & Expats



MANAGING YOUR HEALTH IN BELGIUM

E.R.: Partenamut, Boulevard Louis Mettwie 74/76 - 1080 Bruxelles; Partena Ziektenfonds, Sluisweg 2 - 9000 Gent - Document non contractuel. Seuls les statuts sont opposables. Janvier 2017. Partenamut et Partena Ziektenfonds, agents d'assurance (n° OCM 5003c et 5006c) pour la SMA Mutuelle Entraide Hospitalisation, agréée sous le n° de code OCM 750/01 pour les branches 2 et 18.



# Toronto: Past in the present

**Mark Browne** sampled the many, varied aspects of a fine north American city



**N**ew York has long been the siren calling point to Europeans visiting North America for a long weekend break, but with greater accessibility due to growth in transatlantic flights, other North American cities are increasingly becoming short-stay destinations for those willing to explore international options.

One of the foremost of these is Canada's economic and cultural capital, Toronto. Still enjoying a construction boom which is seeing the city's skyline transformed into a shiny new

version of Manhattan, the city manages to retain a calm that really sets it well apart from that more boisterous urban centre.

Staying in the elegant St Germain hotel on the edge of the financial district and not far from the waterfront I decided to take a weekend break there to find out more. A stylish modern hostelry, the generous room size of the St Germain was an instant counterpoint from typical New York hotels and set a pleasant tone for the weekend to come.

For history buffs, a tour of the remains of the

Fort York is an interesting nearby attraction to commence a city tour. Dating back to the 18th century, these battlements saw action in the war of 1812 but today the broad 43-acre grassy site is a peaceful historic monument providing an oasis of calm right in the city. The visitor centre brings its history, as well as that of the city, back to life, but also provides a showcase for a variety of visiting exhibits.

Another reminder of the city's past, nearby on the water's edge, is Irish Park. A small park featuring an evocative memorial to those who travelled to the new world in the 19th century

of the routes in the Discovery Walks, a collection of self-guided walks. The series of walks spread out across the city includes a tour of downtown Toronto, featuring some of its most noteworthy buildings and historical sites, as well as green spaces and urban parks, all helpfully illuminated with informative signs placed along the route. The minimum walking time for this route is around two hours but with stops on the route and minor irresistible diversions it can easily be used to form the basis for a full day's sightseeing around the city centre. More information can be found at this link: [www1.toronto.ca](http://www1.toronto.ca).



from famine-struck Ireland, it's now a tranquil sanctuary affording great views of Lake Ontario and the nearby glass towers of the central financial district. Hard to believe this is only metres away from the heart of the action in the Rogers Centre, the towering home of the Toronto Blue Jays. The stadium serves as a venue for a host of events in addition to baseball, keeping it in use throughout the year and ensuring that the Entertainment District it is located in is constantly lively.

A great way to explore the city is to follow one

A highlight on this route is the cathedral. The Cathedral of St James is an Anglican church dating back to the 19th century. Still an impressive structure, its lofty spires are today dwarfed by the glass skyscrapers which form its backdrop, providing an interesting collage of different ages.

For lunch why not take in the St Lawrence Market. An imposing bricked structure with a history dating back to the early 19th century, it is still very much a vibrant and working food market with a myriad of stalls catering for all



tastes and cultures. I recommend you to try the freshly-prepared hot bacon rolls. Made from the finest Canadian bacon, of course, and seasoned with brown sugar- fantastic! The market also hosts a range of events with a culinary flavour for those wishing to learn skills – both local and international.

A wander along the architectural highlights of the city should not omit passing through the university. Dating back to 1827, Toronto University occupies an impressive 180 acre campus not far from the financial district and downtown. A stroll around the grounds affords views of an impressive combination of Romanesque and Gothic Revival buildings, giving the college something of the air of a Harry Potter movie set.

Another architectural feature not far away in the Discovery District of Toronto is the Toronto Parliament. Set in the Queens Park, this impressive, even regal structure, provides a marked contrast to the packed developments downtown.


There is no shortage of shopping options in downtown Toronto. The large Eaton Centre, located right in the heart of the city, provides a myriad of options in one convenient spot. It also provides a particularly pleasant environment to browse between in Toronto's

icy winter.

On the more cultural side, Toronto is a veritable hub, featuring a host of museums and galleries. The AGO, with its impressive collection of modern and contemporary works, is particularly worth a visit. And while there, why not take the time to interrupt your viewings to relax in its chic tea rooms for afternoon tea or a light lunch.

For visitors looking to take advantage of the potential for outdoor sports in Canada's crisp fresh air during the winter season, it's worth noting that although Toronto does not have any significant mountain ranges in its immediate vicinity, there is a choice of options for a day trip skiing outside the city. The Blue Mountain resort, just over two hours north of Toronto has some of the most extensive

facilities, with 14 lifts and over 42 trails, but closer options to the city include the Glen Eden Ski Area and Hockley valley. There are even options such as Centennial Park within the borders of the city itself.

So, with an interesting history, a vibrant cultural and entertainment scene it seems Toronto has something for everyone. Definitely a city that can offer weekend visitors a packed and lively schedule! 

## “ ITS LOFTY SPIRES ARE TODAY DWARFED BY THE GLASS SKYSCRAPERS ”

  
**AIR MAURITIUS**

# Fall asleep in Europe... Wake up in Mauritius



## Fly NON-STOP with Air Mauritius

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





## Essque Zalu

★★★★★

*Zanzibar*

### THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

The 5-star Essque Zalu Zanzibar is located on the Zanzibar Archipelago in the middle of the Indian Ocean, off Tanzania.

This boutique hotel has 40 suites, 8 villas with swimming pool, 1 spa, 2 restaurants, 3 bars, a magnificent infinity pool, a children's club, a water sports centre, a fitness centre and a boutique inspired by African crafts.

Essque Zalu is perfect for families: kids-club (from 4 to 12 years), babysitting service, welcome gift, strollers, baby bottles and bottle warmers, baby cosmetics, teats, babyphones, high chairs, baby baths, games and books, cribs... and an amazing programme of massages and care specially reserved for children!

OFFICIAL MEMBER OF



MORE INFO: [LITTLEGUESTCOLLECTION.COM](http://LITTLEGUESTCOLLECTION.COM)

LIFE OF  
LEISURE

Travel

# L'Alpe d'Huez: A ski resort rich in emotions

**Caroline Dierckx** headed for a resort that has one of the largest gradients in the world



**T**he extensive ski area at L'Alpe d'Huez sits at an altitude of 1,860 metres and offers magnificent ski slopes, such as Auris en Oisans, Alpe d'Huez, Oz en Oisans, Vaujany, Villard Reculas, Garde en Oisans and Le Freney, covering 25km of track and connected by seventy ski lifts. There are also two snow parks and specific slopes for night skiing, sledding and also for beginners. It really has something for everyone.

### Discover the domain

The Alpe d'Huez is well known for its skiing enthusiasts. It was a beautiful sunny day when I finally discovered the resort. Accompanied by





an ESF instructor, we set off, heading for PIC WHITE, at 3,300 metres the domain's highest spot. We had a breathtaking view of snow-capped peaks beneath an azure blue sky. A pure moment of happiness! A few kilometres later we reached the longest black run in Europe: La Sarenne.

We lunched in Auris and had an entire afternoon's skiing ahead of us. Chin up as we took to a chairlift that runs in both directions! We didn't just go up - we went also down, down, down... An enduring memory for someone like me who suffers from vertigo!

Luckily a nice relaxing moment awaited me at La Folie Douce. At the end of the Marmot ski lift (2,700 meters) we had lunch at La Fruitière restaurant, boasting magnificent decor and generous cuisine. This place not only offers conviviality and fine food, it has a trendy musical ambiance. It's nice to party in the afternoon!

If you haven't tried it yet, I highly recommend a dog sled ride. It's fun, and you get another view of the mountain. On the other hand, for the foolhardy it is possible to book a flight over the mountains by plane.

#### The setting sun

When the sun sets behind its majestic mountains, the resort promises a multitude of

nocturnal activity, including the fantastic snowmobiling - these 'poweer sleds' really are amazing. One behind the other, we weaved around the mountain. It was a wonderful sensation experiencing the black of nighttime with bright stars above. I recommend driving the snowmobile to experienced people since it goes very fast and you have to remain highly attentive. I was in the perfect spot - the passenger seat!

This is also a great place for fans of hiking, skiing and tobogganing at night. Of course, in the heart of the Alpe d'Huez there are numerous restaurants and bars welcoming families or friends for animated evenings and a bit of clubbing. Some good ideas for good grub: L'Altibar and le Grenier. Or head for l'Hôtel les Grandes Rousses and listen to a band or two.

So don't wait to reserve your skiing holiday at the Alpe d'Huez! You will not be disappointed if you love hurtling down those snowy slopes!

#### Getting there

By plane: Lyon Saint-Exupéry (150km) and Grenoble (99km)

By train: Grenoble SNCF station, with a correspondence at the Alpe d'Huez bus station on VFD/Transaltitude coaches.

By car: around 895km

[www.alpedhuez.com](http://www.alpedhuez.com) ⓘ



# LE TUBE DE L'HIVER !



**UN CONCENTRÉ DE NEIGE ET DE SOLEIL  
POUR UN SÉJOUR RICHE EN ÉMOTIONS**

Votre semaine en appartement + skipass 6 jours  
**OFFERT : accès illimité piscine et patinoire !**

Réservez vite au 04 92 55 89 69  
ou rendez-vous sur [orcleres.com](http://orcleres.com)

à partir de  
**239€**/pers\*



\*Prix par personne sur une base de 4 personnes occupation maximale, durant l'hiver 2017-2018. Sous réserve de disponibilité, hors frais de dossier, hors assurance annulation.



## Quatre générations au service de la tradition



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

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

Jean Callens



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

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

Avenue Louise 480, 1050 Bruxelles  
Tél. : +32 (0)2 647 66 68 [www.callenscafe.be](http://www.callenscafe.be)

# Dining

## Café Metropole

One of our favourite spots for a bit of lunch or dinner is the Métropole Café. It's not just that it's nice to be seen there – it is – or that the decor is exquisite, with the highest ceiling in town – also true – or that the food is proper eating with no pretensions – again correct – or that that staff are so attentive – which they are... If you walked in off the street and your wallet was light at the end of the month you might well do a swift turnaround and walk out. In fact for such a stunning ambiance and excellent grub the prices on the menu at the Métropole are distinctly democratic. I polished



off the 350gr Irish sirloin while my dining partner enjoyed homemade pasta stuffed with mushrooms and sauce. The wines perfectly complemented all the meals and the world went by outside as it always does. We will be back.  
[www.metropolehotel.com](http://www.metropolehotel.com)

## Deliveroo

On a somewhat different note we are also fans of the Les Super Filles du Tram, based close to Flagey and also of Deliveroo, who can bring the Super Filles to your very door. These days you don't have to go there to appreciate their succulent – and hefty – burgers. You can do what we did – ensconce yourself in a cafe in Place Jourdan (you don't have to stay cooped up at home) on a balmy night, order some chilled vino and wait.

Well, not just wait. Once you have ordered online from Deliveroo you can track your delivery online (it's the best bit really, all that



tension) and even find out how many kilometres the Deliveroo boy/girl has averaged on their deliveries on those sturdy bicycles.

Deliveroo adds new venues all the time, with a fantastic variety across town – in fact they recently caught a big fish in the shape of Quick but that's not my kind of burger. You can't win 'em all.  
[www.deliveroo.be](http://www.deliveroo.be)

# Bourgogne harvest

The guardians of the grape announce that there is enthusiasm in the Bourgogne region

## Menu du Patron à 41,50 euros

*Le foie d'oie au naturel et sa gelée de Sauternes  
ou Carpaccio de bœuf aux truffes*

\*\*\*

*La cassolette de Fruits de mer  
et sauce Homardine*

*Ou Ravioles farcis aux champignons des bois  
et truffe*

\*\*\*

*Râble de lièvre, tradition "Arlequin"  
ou Le festival de gibier*

*ou Le filet de Bœuf aux Champignons des bois  
ou Duo de poissons pochés, petits légumes  
et sauce mousseline*

\*\*\*

*L'assiette mixte de fromages  
ou Choix de pâtisseries  
ou Fruits de saison*

## Menu du Chef à 24,50 euros

*Ballotine de jambon gratinée aux chicons  
ou Soupe des pêcheurs sauce rouille  
ou Les nouilles au ragoût de lièvre  
ou Les calamars farcis sur coulis de tomates  
ou Croquettes de gibier aux marrons  
ou Le carpaccio de bœuf au parmesan  
ou Escargots à la forestière*

\*\*\*

*Filet mignon de "Blanc-Bleu", sauce Périgueux  
ou Le civet de lièvre à l'ancienne  
ou L'escalope de veau au Parme  
ou Foie de veau sauté au Madère  
ou Filet de Loup de mer Méditerranée  
ou Tournedos de lapereau sauce "chasseur"  
ou Civet de marcassin Grand Veneur*

\*\*\*

*Pâtisserie maison*

## « SALLE DE SÉMINAIRE ET BANQUET DE 20P À 150P »

AVENUE CHARLE ALBERT 11 - 1170 WATERMAEL-BOITSFORT  
(BOULEVARD DU SOUVERAIN, DERRIÈRE LE BÂTIMENT AXA)  
02 660 46 72 - WWW.REPOS-DES-CHASSEURS.COM

**I**n the Bourgogne winegrowing region the mood is one of relief and joy because the 2017 vintage is everything the winegrowers had hoped for. This year, it all happened very quickly. The harvest began at the end of August, with quality and quantity much in evidence.

After a series of vintages that have suffered the whims of the weather - the 2016 in particular - the Bourgogne winegrowing region has returned to cruising speed in terms of production, while averages across the rest of France are down.

The 2017 season started how it meant to go on. Mild weather at the end of winter into early spring led to early and fast bud-burst. And in mid-April, it only took a few days for the vines to produce their first covering of leaves, some 7-10 days ahead of the average over 1994-2016. From then on, the vines grew at breakneck speed, thanks to the weather which offered sunshine, heat, and the odd welcome spell of rain. There was little disease, and the number of sprays was reduced across the entire campaign.

There was no downtime as the vines dictated the pace, and it seemed that everything happened in a rush. By mid-June, the plants were flowering, and the first fruit appeared soon after. The suggestion that this would be an early vintage was confirmed – still 7-10 days ahead of the average over 1994-2016 – and the idea that harvesting would begin at the very start of



September seemed increasingly likely.

During the summer months, we had a few periods of intense heat, and the weather was fairly mixed, but ripening continued at a good pace. On 23 August, the first grapes were picked in the south of the region, to be used in the production of Crémant de Bourgogne.

In general terms, the whites reached maturity before the reds, and this perfectly healthy and ripe fruit was gathered in the sunshine. The more delicate Pinot Noir required greater patience. More autumnal weather arrived in early September and the rain was another element that needed to be considered when selecting a harvest date. Picking peaked during the first two weeks of September.

The good yields this year were a huge relief for many, but quality was also there in spades, which is, of course, essential to the Bourgogne winegrowing region.

[www.bourgogne-wines.com](http://www.bourgogne-wines.com) 1







**+80 ARTISTS ON STAGE!**

# Disney

## IN CONCERT

---

**MAGICAL MUSIC FROM THE MOVIES**

---

**VERSION FRANCOPHONE 26 DEC 2017**  
 avec: **ROXANE LE TEXIER, CANDICE PARISE, NUNO RESENDE, DAN MENASCHE**

---

**VLAAMSE VERSIE 27 DEC 2017**  
 met: **DEBORAH DE RIDDER, ELKE BUYLE, GENE THOMAS, GIOVANNI KEMPER**

---

**PAL A E IS 12 • BRUSSELS**  
**www.cineconcert.be**

# What's on Belgium

## Wallonia: Itinéraires Gourmands en Wallonie

Wallonie Belgique Tourisme presents its first exhibition 'Itinéraires Gourmands en Wallonie', devoted to the thematic year 'La Wallonie Gourmande'. On the program are 28 circuits in three dimensions, highlighting the diversity of Walloon craftsmen and producers in the south of the country.

The exhibition takes its source in the brochure '28 gourmet itineraries', created in collaboration with the tourist offices.

There are no less than 28 showcases that will make your mouth water and will take you on a discovery of the most beautiful corners of Wallonia and 140 local producers and craftsmen. This exhibition will also showcase eleven producers through portraits and also through their know-how and tastings. These will begin with the arrival of the Darcis chocolate maker on **Saturday, October 14.**

In the future, Wallonie Belgique Tourisme will



present exhibitions at the Espace Wallonie in alternation with the public services of Wallonia. Throughout the year, Brussels locals and tourists alike, eager for information and Walloon discoveries, can find all that they are looking for there.

In addition, a shop will open at the inauguration of the exhibition. You will find a wide range of Walloon products and books, which will be added to during the year.  
[walloniebelguetourisme.be](http://walloniebelguetourisme.be)

## George Parker: An Alchemist in Brussels

George Parker has dedicated his life to exploring the secrets of the creation process. How do we change from A to what we want reality to be? Especially when our target reality doesn't exist yet! Focused on unveiling that secret, Parker reinvented himself and became a stand-up illusionist and mentalist. He created successful theatre shows and became a faculty member of Jeff



McBride's Magic & Mystery School in Las Vegas, the most prestigious school in the world according to the BBC.

At the end of October, in Brussels, George Parker will host two unique events plus coaching sessions.  
 LectureShows©: *Stop Repeating Your Past. Start*

*Rehearsing Your Future!* and *The Fifth Element.*  
**27, 28 and 29 October.** Le Trac, Brussels.  
[www.georgeparker.be](http://www.georgeparker.be)

### PhotoBrussels Festival: 'Portrait' (2017)

The second edition of PhotoBrussels Festival will take place from 17 November 2017 to 20 January 2018 on the theme of portrait.

The selection for 2017 includes world famous photographers as well as young talents emerging on the Belgian and European artistic scene: between 15 and 20 artists for some 200 photographs on display.

In addition this year, PhotoBrussels Festival has invited photography students from La Cambre and the Antwerp Fine Arts Academy to display their work on portraits, a thought process inspired by their professors who will give a conference open to the public on this occasion.

To radiate all over Brussels, PhotoBrussels Festival has integrated 5 galleries and cultural centres in the Festival ... of portraits. **17**

**November to 20 January 2018.**

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



Photo © Clark & Pougnaud

### It's only Rock'n'roll!: The Rolling Stones - 1965/1985

The Stones as you've never seen them before with photos of Mick Jagger, Brian Jones, Keith Richards, Charlie Watts, Bill Wyman and others in their golden years. The gallery PHOTO HOUSE in Brussels makes zooms in on the out-of-print artists who immortalized the band in the 60s and 70s, including Terry O'Neill, Gered Mankowitz, Michael Cooper, Dominic Lamblin and Bob Gruen.. The group that embodied the Swinging Sixties and the Seventies glitter are a part of the pantheon of rock legends.



photos, never seen before in Belgium, telling the story of The Rolling Stones over two decades. **22 September-31 October 2017.** PHOTOHOUSE, Brussels. [www.photohouse.fr](http://www.photohouse.fr)

This exhibition shows off a series of original

# KNOKKE-HEIST OPEN FOR SUNDAY SHOPPERS



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

**YOUNG AT HEART**  
#shoponsunday #myKH

[MYKNOKKE-HEIST.BE](http://MYKNOKKE-HEIST.BE)

**KNOKKE-HEIST**



What's on

# AfricaMuseum@ BOZAR: Africa Pop-up Museum

AfricaMuseum@BOZAR is the meeting space of the Royal Museum for Central Africa set up at the Centre for Fine Arts during its renovation until 2017. In addition to its Studio Congo (a workshop for young audiences) and a presentation of the architectural renovation model, this space also presents temporary installations on themes linked to the Africa Museum.

BOZAR has provided the RMCA with a space for its Studio Congo, which is a part of Africamuseum @ BOZAR and families discover the Congo's natural and cultural treasures on a creative way in. This is a production of the Royal Museum for Central Africa which is under renovation - the museum reopens in June 2018, it will have drastically changed in appearance. The museum's collections and exhibitions have always



travelled around Europe, Africa, and the United States.

But during the renovation, the masterpieces from our showcases appear in the most diverse places, and the museum can be found in Los Angeles, Paris, New York, and Florida. **Until 31 December '17.** BOZAR, foyers. [www.bozar.be](http://www.bozar.be)

# Lucius Silla

In Mozart's seventh opera, which he composed in 1772 at the age of sixteen, a complete about-turn to clemency made the Roman ruler Lucius Sulla into a forerunner of Emperor Titus, whose praises Mozart sang in his final opera seria. Despite its strong ties with tradition, Lucio Silla is the masterpiece of a young genius, full of originality and profoundly felt music. By playing with the codes of opera seria, the German director Tobias Kratzer and the conductor Antonello Manacorda underscore the universal dimension of the personal relationships in the story. Ancient Rome is replaced by a contemporary, dark setting, in which illusion and reality merge. But Silla's message remains timeless: "What



triumph can rival the victory over one's own heart?"  
Agenda. **Until 15 November.** La Monnaie.  
Ticket prices: **€10 to €49**  
[www.lamonnaie.be](http://www.lamonnaie.be)



Book your holiday home  
on [www.Ardennes-Etape.be](http://www.Ardennes-Etape.be)  
and experience unforgettable moments!

**ARDENNES-ÉTAPE**  
by NOVASOL





“Time is money.”

moving **Alex's** way

**N°1**  
IN BELGIUM

Europcar Business  
Become client in 3 minutes  
on [europcar.be](https://europcar.be)

**Europcar**  
moving **your** way

**LIFE OF  
LEISURE**

What's on international

# What's On International: Munich

## **Adolphe Braun: A European Photography Business and the 19th-Century Visual Arts**

Frenchman Adolphe Braun (1812-1877) was one of Europe's most successful 19th-century photographers. He trained as a draftsman and initially worked for the textile industry in Alsace, before, in 1854, turning his attention to photography. From 1860, Braun used his large-format camera to take pictures of the Alpine landscape and cities of Switzerland, and these, on occasion, served as sources for the paintings of Gustave Courbet. In addition to animal studies and photographs of architecture and landscapes, Braun specialized in art reproductions. Braun & Cie, his photographic company, was renowned for its ability to replicate the tonal values of paintings, sculptures and prints, as can be seen in their works in Europe's most famous art museums.



This exhibition breaks new ground in covering the full range of Adolphe Braun's skills, and draws on some 200 original photographs and paintings by 19th-century artists such as Courbet, Fantin-Latour and Médard. **Until 21 January 2018.** Stadtmuseum, Munich. [www.muenchner-stadtmuseum.de/en](http://www.muenchner-stadtmuseum.de/en)

## **Keeping the Memory Alive: Slave and Forced Labourers of the Third Reich from Poland 1939–1945**

The exhibition *Keeping the Memory Alive. Slave and forced labourers of the Third Reich from Poland 1939–1945* focuses on the fates of individuals - the exhibition depicts the inhumane system of forced labour. Drawing on a variety of source materials such as photos, documents and narratives, the reconstructed biographies testify to the exploitation and suffering endured by the almost three million slave and forced labourers under the Nazi regime. The history of the former forced labourer camp preserved in Neuaußing will also be presented. The exhibition will be realized in cooperation with the Foundation "Polish-German Reconciliation"



and the Nazi Forced Labour Documentation Centre Berlin-Schönneweide. NS-Dokumentationszentrum München. **Until 29 October.** [www.ns-dokuzentrum-muenchen.de](http://www.ns-dokuzentrum-muenchen.de)





## Cinema: All the latest movies playing in Belgium

Brussels' leading film critic **James Drew** looks ahead to films that will adorn the cinema screens in Belgium

### Blade Runner 2049

Well, this is certainly one that the world and his wife are hoping they've got right. 35 years have passed since Ridley Scott's masterly *Blade Runner* (1982). Of course, details are hazy on this one, but it stars Ryan Gosling as LAPD Officer K, a new *Blade Runner* who, quote, "discovers a dark secret that could bring an end to humanity". His trail leads him to the original *Blade Runner*, Rik Deckard (Harrison Ford), who had disappeared some 30 years before. Apparently, it's neo-noir, it's dark, it's long, and Denis Villeneuve (*Arrival* (2016)) directs. Here's hoping...  
163 mins.

### The Ritual

It's based on the award-winning Brit-horror novel by Andrew Nevill, and advance word has it that it's creepy, intense and very scary, which is all good. Directed by David Bruckner (*Southbound* (2015)), it stars Rafe Spall as Luke, who decides to go for a trip to the woods with a group of old friends. A very, very bad idea - something is stalking them. Ulp!  
94 mins.

### American Assassin

Dismissed in some quarters as being trite and clichéd, with performances generally praised however, this is a Michael Cuesta (*Kill the Messenger* (2014)) film based on Vince Flynn's 2010 novel of the same name. Starring Dylan O'Brien as Mitch Rapp, whose girlfriend dies at the hands of a radical Islamist jihadist cell in Ibiza, Spain. 18 months later, enter black operations unit Orion head Stan Hurley (Michael Keaton), who trains Rapp to embark on a mission of vengeance.  
111 mins.

### Happy BirthDead

Hmmm, it would appear that the slasher film has made a return, but this one at least has a reasonably interesting premise - Tree Gelbman (Jessica Rothe) must relive the same day over and over again on her birthday and figure out who attempts to kill her at her party every time and why. She is killed at the end of each day by a serial killer with a smiling mask obscuring his features. Immediately upon dying, she wakes up again in the morning with full memory of what she's experienced. She decides to try and determine the apparent killer's identity - there may be trouble ahead. *Paranormal Activity* writer Christopher B. Landon directs.  
Running time TBC



### Menu Diner All-in\*

Weekdays: €46,50

€38<sup>pp</sup>

Weekend and bank holidays\*\*: €48

€39,50<sup>pp</sup>

\* Cava, water, ½ bottle house wine white or red, coffee or tea, all you can eat dinner and dessert. Can not be accumulated with other actions. Valid from 1 September up to and including 30 December 2017.

Please make a reservation in advance and announce your All-in choice

\*\* weekend & bank holidays : Friday & Saturday evening, Sunday and bank holidays

**WOK**<sup>®</sup>  
**DYNASTY**  
restaurants  
BRUSSELESTEENWEG 554  
**OVERIJSE**  
T 02 657 55 75

BOORTMEERBEEK  
AARTSELAAR  
ST-MARTENS-LATEM  
HEVERLEE



# Horizontal trampolining



LE CHAT by Philippe Geluck



MONSIEURPNEUS.be

WITH AND WITHOUT  
APPOINTMENT  
AVEC ET SANS  
RENDEZ-VOUS

WITH AND WITHOUT APPOINTMENT  
AVEC ET SANS RENDEZ-VOUS

**+32 2 736 00 04**

- **Large stock choice**  
*Grand choix de pneus en stock*
- **Summer/winter tyre storage**  
*Stockage de vos pneus été/hiver*
- **Wheel balancing**  
*Géométrie et équilibrage*
- **"Pick-Up" Service :**  
*private, company and embassy*  
*Service «Pick-Up» :*  
*particulier, entreprise et ambassade*

- **Large rim choice**  
*Grand choix de jantes*
- **Instant repair**  
*Réparation immédiate*
- **Professional team**  
*Personnel spécialisé*
- **Personalized service**  
*Service personnalisé*



*Much more than just tyres!*

From **June 2017** come and discover all the Monsieur PneuS "pluses" and benefit immediately from all our discounts!

*Bien plus que des pneus !*

À partir de **juin 2017** venez découvrir tous **les plus** Monsieur PneuS et profitez immédiatement de nos nombreuses réductions!

**BRUSSELS**

Av. L. Mommaerts, 10-12 • 1140 Brussels  
Tel. 02/736.00.04

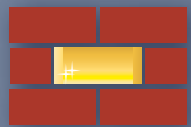
**GENVAL**

Av. Albert 1<sup>er</sup>, 180 • 1332 Genval  
Tel. 02/652.50.08

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



Olivier Rossato



VEND SANS AFFICHE

+32 474 400 800



L'INCONTOURNABLE EN IMMOBILIER

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

# procap Alline

# 100%

of users observe **less hair loss**\*

**Pure keratin**

+ Vitamins **B1, B2, B3, B5, B6, B8, B9, B12**

+ Vitamins **C, E,  $\beta$ -carotene**

+ **Copper, iron, zinc**

2 capsules daily

30 capsules : € 19,<sup>90</sup>

180 capsules : € 99,<sup>00</sup>

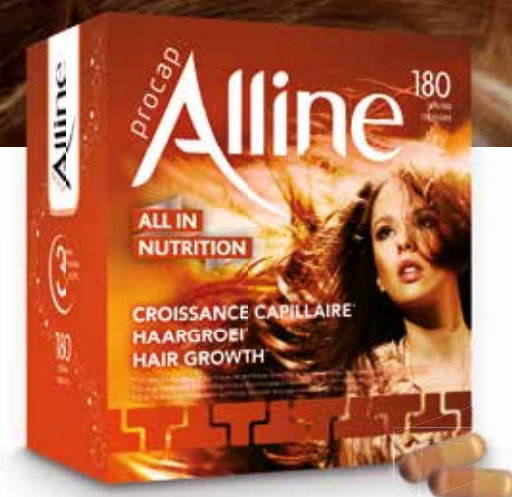
\* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

\*\* Zinc contributes to normal protein synthesis and to the maintenance of normal hair.

“ The results of Alline Procap  
are impressive :  
my hair is stronger, more shiny  
and more voluminous.

Anne, 37 years old

”



**WIN AN APPOINTMENT  
WITH YOUR HAIRDRESSER,  
WORTH 100 €**

Several appointments to win @ [www.allineprocap.com](http://www.allineprocap.com)  
Till 31/12/2017





Sheer  
Driving Pleasure



# ON A MISSION.

## THE NEW BMW X3.



GIVE WAY TO SAFETY.

Environmental information (RD 19/03/04): [www.bmw.be](http://www.bmw.be)

5-8.4 L/100 KM • 132-193 G/KM CO<sub>2</sub>



### **BMW Brussels.**

Your BMW dealer in the city.

Marc Moncousin • Chaussée de Louvain 864 • 1140 Evere • Tel. 02 730 49 11

[marc.moncousin@bmw.be](mailto:marc.moncousin@bmw.be) • [www.bmwbrussels.be](http://www.bmwbrussels.be)