

Together

magazine

SEPTEMBER 2018 #91

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& Politics

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SPECIAL

Be Successful

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Heading east

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The light within
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Bradley Cooper



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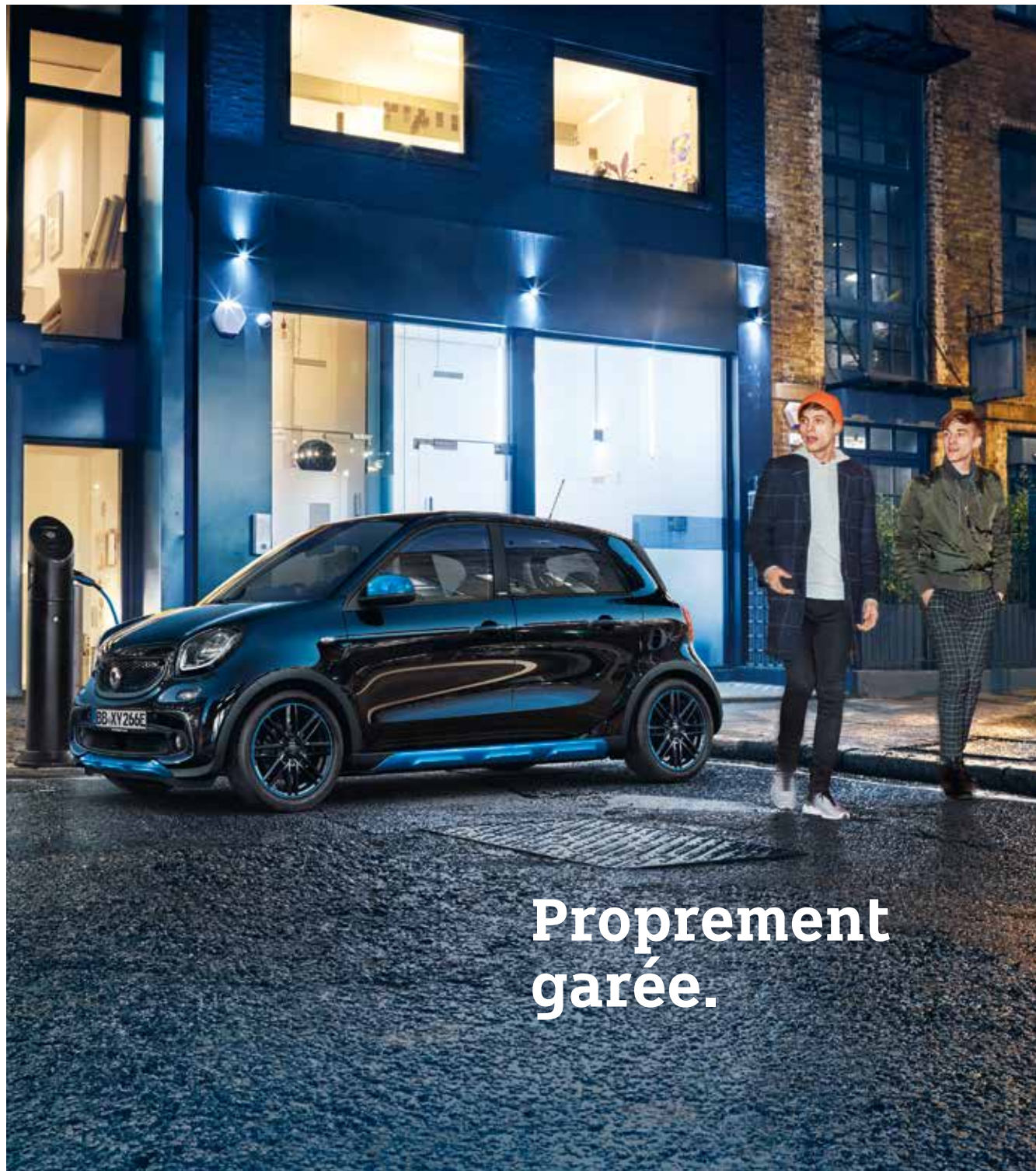
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Editor's LETTER

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

ON THE COVER



Bradley Cooper stars
in *A Star is Born*

DON'T SETTLE FOR THE ORDINARY

La rentrée in Belgium is obviously synonymous with the dreaded return to work or back to school. But be positive: it's a great opportunity to use those recharged batteries, like a second start to the year. And, more importantly, all that blood, sweat and tears we put into the first part of the year – often a slow burner period – will surely deliver its fruits in the final four months, that last lap towards the new year.

In football parlance: "It's a game of two halves." Emboldened by the things that we picked up, the new things we learned about ourselves in that early part of the year, the nuggets of newfound knowledge that will propel us forward into the autumn leaves and beyond into what may well be – after all the sun that has been streaming lately – a very rude winter.

Our Be Successful books often offer great advice from the coaches that change people's lives. Deepak Chopra says in these pages that a person may attain "perfect health", a condition "that is free from disease, that never feels pain", and "that cannot age or die". Salesman extraordinaire Grant Cardone puts it more directly: "You're after big goals, you don't want to settle for the ordinary."

Paul Morris
Editor



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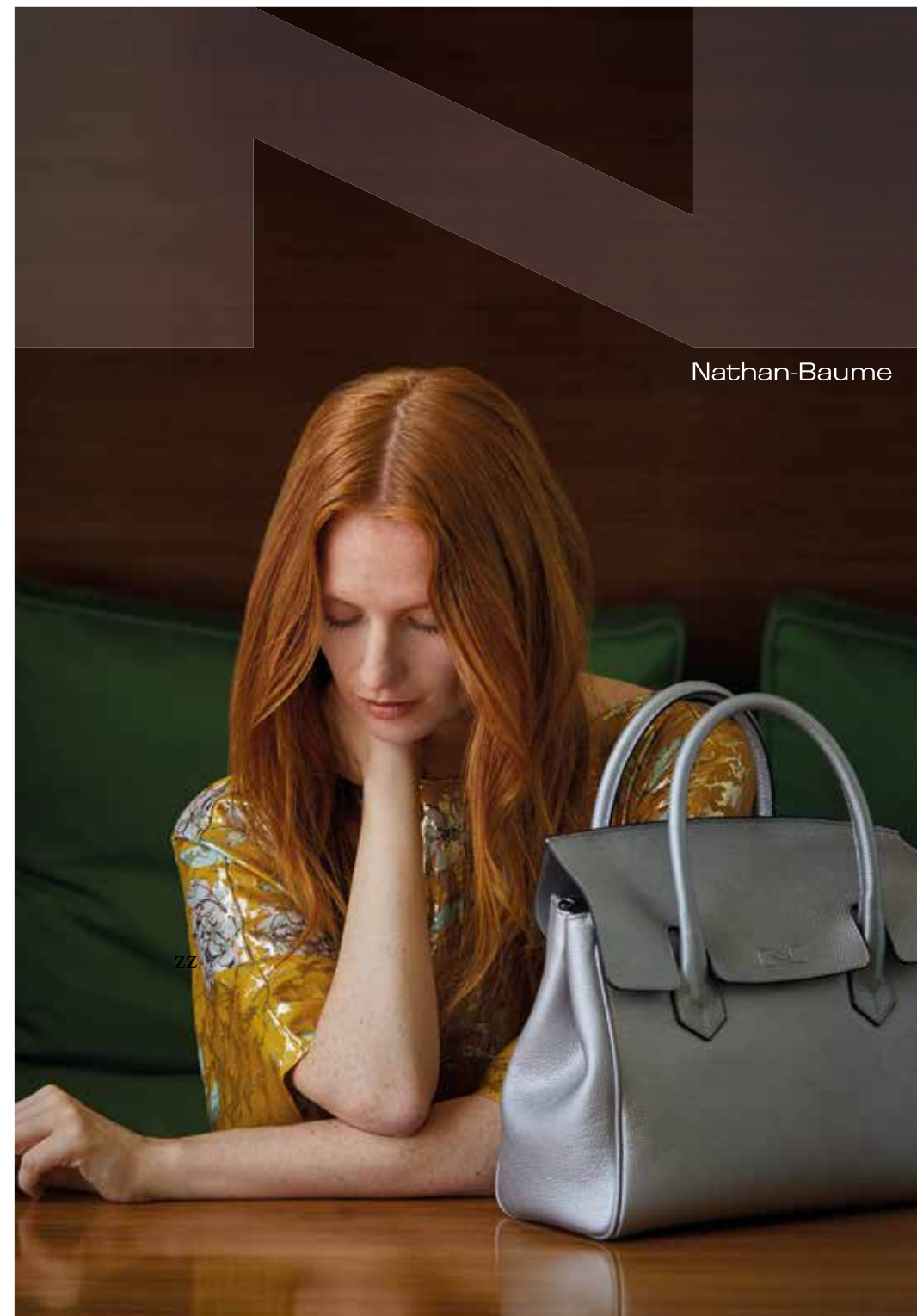


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Nathan-Baume



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Self-help: Fair play spreads values across culture

In her latest self-help article Karen Northshield looks at the new universal value. "The important thing in life is not to triumph but to compete... not victory but combat... not winning but taking part..." These are the founding words of Pierre de Coubertin, founder of the International Olympic Committee (IOC) and father of the modern Olympic Games (Athens, 1896). In this founding text lies a fundamental principle, not only in sports but also in life.

Belgian fashion: RUSÉE is a new upcycling ethical label

This month's fashion Belgian fashion interview is with the founders of a new fashion company. At the origin of RUSÉE, Géraldine Louis, founder and initiator of the project, imagined in collaboration with the stylist Pauline Danhaive, a bag with a 100% Belgian design, ethical and made in France. Multi-functional handbags ... from Petit RUSÉE to grand RUSÉE, including the removable purse. RUSÉE's concept: "Create respectful luxury designs without compromise!"



How does health insurance in Belgium work?

James Drew recounts how easy Partena Business & Expats make health insurance when you arrive in Belgium. To be fair, the Belgian health-care system is well known for being quite complex (like most of the things in Belgium that are bureaucratic) but, as is usually the case, your job will normally provide you with health coverage in exchange for a portion of your salary per month (usually around 1%), and these payments will be made to the 'mutuelles' or 'mutualités' ('ziekenfonds' in Dutch), which are the organizations that carry out the large portion of the system's responsibilities to its citizens.

Travel Italy: Club Med offers Bella Italia in summer

In a Travel Italy special Mélanie Hollebecq helps us discover all the beauty of the country. Club Med invites you to travel to the

south of Italy to discover its dream beaches, typical villages and its most beautiful natural wonders. As a family, as a couple or with friends, whether you are looking for a sports holiday or just want to laze about, Club Med's three 'flagship resorts' invite you to live the Dolce Vita in every way. ●


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Starring in Belgium



Shania Twain: Shania NOW Tour

Having returned to the UK with a show-stealing performance at this summer's Radio 2 Live in Hyde Park and releasing her acclaimed chart-topping new album *NOW*, multi-platinum and multi-award winning Shania Twain has announced a further nine shows to her unmissable Autumn 2018 European tour. With the release of her stunning new album and three decades into her storied career, Shania Twain has never sounded better. Containing the singles *Swingin' With My Eyes Closed* and the joyful lead track and radio mainstay *Life's About to Get Good*. **10 October**. Sportpaleis, Antwerp. Tickets: €49-€99 www.livenation.be



Lord Huron

Lord Huron is an American indie band based in Los Angeles. Melodious polyphonic alt.country, indie-folk, rock-chanson... that melancholy branch. With American Ben Schneider as mainstay and meaningful album titles like *Lonesome Dreams*, *Strange Trails* and now their latest CD release *Vide Noir*. The poignant *The Night We Met* is also familiar from the soundtrack of the Netflix series *13 Reasons Why*. **23 October**. Ancienne Belgique. Tickets: €25 www.abconcerts.be



Cat Power

Charlyn Marie 'Chan' Marshall, better known by her stage name Cat Power, is an American singer-songwriter, musician, occasional actress and model. She headlines her only Brussels show following the release of her new album, *Wanderer*, in its entirety by Marshall and includes appearances by longtime friends and compatriots, as well as guest vocals courtesy of friend and recent tour-mate Lana Del Rey. A remarkable return from an iconic American voice. **26 October**. Ancienne Belgique. Tickets: €31 www.abconcerts.be 



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What does ECAS do?

Coordinate the enquiries and their responses between the legal experts. Topics typically handled by Your Europe advice concern social security (questions about pension rights, family benefits, unemployment benefits), vehicles (registering or buying a car in another EU country, driving licences), visas (Schengen and other visas for people from outside the EU), residence (the right to live in another EU country, and what formalities are involved), work (recognition of professional qualifications and diplomas, people sent to work abroad), and taxes (finding out in which country you have to pay taxes).

YEA Expert - Annual Training Seminar


Your Europe Advice is an EU advice service provided by legal experts from ECAS operating under contract with the European Commission. It consists of a team of about 60 lawyers who cover all 24 official EU languages and are familiar both with EU law and national laws in all EU countries. Your Europe Advice replies to questions from citizens or businesses on their personal EU rights. The experts respond to the questions within one week, free of charge and in the language chosen by the user. Enquiries can be submitted either via an online form or by phone (00 800 67891011). Every year the

Your Europe Advice experts answer around 21,000 enquiries.

Ensure the quality control of the replies in terms not only of legal accuracy, but especially of the user-friendliness of the replies (easily understandable and jargon-free language, links to legal provisions and signposting to relevant authorities).

Develop quarterly feedback reports on the latest developments based on the enquiries received by YEA. These reports are used by the Internal Market Scoreboard to highlight ongoing issues with

developing the internal market. Co-organize with the European Commission an annual training seminar for YEA experts in Brussels. Facilitate YEA outreach activities in the member states.

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PERSONAL DEVELOPMENT

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PERSONAL
DEVELOPMENT

Health

Join the tribe!

Aspria's **Kate Cracknell** looks at the perfect way to deliver your fitness results



At Aspria Arts-Loi, we wanted to find new ways to help you achieve your goals: to help you become fitter, stronger and healthier. That's what TribalFit is all about. Combining cardiovascular work with bodyweight training and exercises that use special functional equipment – from medicine balls to boxing bags to battleropes – TribalFit will bring together the best of CrossFit, Tabata and other high-intensity interval training (HIIT) concepts.

You can use the TribalFit zone to work out on your own, but group training is key to the concept, with a series of specially created TribalFit programmes designed by Aspria in

collaboration with functional training specialist Escape. These instructor-led sessions promise to be great fun but also highly effective, specifically designed to deliver results – fast – whatever your current level of fitness or experience of training in this way.

In these interactive, engaging sessions, our trainers will guide and inspire you to lift, run, pull, push, row and climb. In this way, TribalFit not only gets you fit – it also gets you fit for life, training your body in all the forms of movement it naturally has to do on a daily basis. The classes develop agility, co-ordination, speed and strength, and generally condition your body to carry out day-to-day movements



comfortably and without injury. And all this at the same time as working your cardiovascular system and burning fat.

So, whether you're a young mum having to bend, lift and rotate to carry your child, a golfer or tennis player who wants to be match-fit and injury-free, an office worker who needs to strengthen their core and improve their posture after long hours at a desk or an older person who needs to safely sit, stand and walk, TribalFit is for you.

Flexible schedule

We've also listened to our members' feedback regarding the challenges of getting to class on time when your schedules are already so busy. We're therefore introducing a highly flexible new concept that we'll offer during peak times over lunch and after work: a continuous functional training circuit.

“ TO HELP YOU BECOME FITTER, STRONGER AND HEALTHIER ”

A magnetic pull!

This continuous circuit will still be instructor-led, but you don't have to turn up at a set time. The session will run for two hours at lunchtime, and another two hours in the early evening, and you can turn up and start working out at any point during those two hours. We'd recommend you try and stay for 30–35 minutes, so you can do the circuit a couple of times... but it's totally up to you. Just jump in and out of the circuit whenever suits you – because after all, any workout is better than no workout!

Finally, the new TribalFit zone is going to look so good that you'll really want to train in it! One half of the space will be outdoors on the terrace, including a running track, while the other half will be indoors... but with one continuous floor design and a huge wall of windows, it will be as though the outdoors has



been brought inside, with all the positive vibes that brings.

Add to that all the new equipment you'll be able to experiment with – equipment that makes training genuinely fun, like a workout playground – and this will be an area we're confident everyone will gravitate towards, whether you take part in the classes or incorporate the zone into your own workouts to add a fresh twist to your training.

However, the addition of TribalFit will inject new energy and variety into the functional training opportunities at Aspria – and that can only be a good thing, both in terms of your enjoyment and the results you achieve.

Discover the TribalFit zone at Aspria ArtsLoi soon!

www.aspria.com **i**



In the purest form

Intuitive Healer **Katarina Winslow** reflects on the light within



To be enlightened is to have switched on the light. Divine enlightenment comes from the source; it bathes you in the spiritual light. I have had the good fortune to have two profoundly illuminating experiences in my life, and both happened to me when I was in a very dark place. The first time I went from feeling 'hopeless' to peaceful in one single breath. As we all know, hope is the last thing to abandon us. When you find yourself in a dark place, always hold onto hope.

The second time I went from deep sorrow to complete illumination in a heartbeat. My tears stopped, and everything was perfect - there was only light. My crown chakra cracked open, and I found myself standing in an

infinite beam of light. The bliss was absolute, and I would never be the same again. Since then, I can plug into the source whenever I want, and it is this connection I use to help illuminate hidden issues in people's experience.

In some mysterious way, I received these blessings when it was pitch dark in my world. We all know that when you turn on the light at home you can see clearer, especially when it is dark outside. Even if you have not had an enlightening experience, it is by illuminating your wounds that you take the first steps to heal yourself. To heal yourself is to be dedicated to loving yourself more. When you make things visible, when what was hidden becomes visible, you gain clarity. Just as

light is one of the essential elements for our physical existence, so is the illumination of your experience important for your psychological wellbeing.

The sun rises each day and lights up our world, for us to see the beauty of nature and the beauty of life. In these times, more than ever, we need to illuminate all the things that prevent us from truly loving ourselves and be happy, so we can bring our own inner light into the world. If you turn on the light within, you can see more clearly the light around you. When you are happier, you seek to connect with people and projects that are life-enhancing instead of attaching to fear and negativity.

I believe you need to first enlighten yourself to be fully aware that the sun shines on you too. You need to illuminate the pain you have endured to become free. It is a process, but one that leads to happiness and joy. When you give yourself permission to love life, life is more beautiful. Just as in the physical world, when you spread light on a shadow it dissolves. The same happens when you illuminate your wounds—they dissolve.

To become enlightened is to make things visible. To switch on the light so that you can see the truth about yourself and your experience. To become pure, you need to become a detective in your inner world, and you need to become a lover of truth. You need to keep searching until all your shadows have been dissolved and you truly know who you are.

Truth, enlightenment and love are all based on unity. To be the light is to be pro-everything and pro-everybody. Pro-everything in the sense that there is nothing that you don't want to look at - you want to see it all, to transcend it all. Pro-everybody in the sense that everybody that triggers you, is an invitation to look at the wound you still carry inside. If there was no wound, you would not be triggered. And pro-everybody in the sense that we are all

part of one humanity. Above all, we need to be pro-truth.

It is when you illuminate your own experience and understand more, that you can let go of patterns, feelings and thoughts that are not serving your highest self and your purest form.

Then to forgive becomes a guiding star, not because what others did was acceptable but because you want to love yourself more. In the end, forgiveness is all about how much you are willing to love yourself. To be able to leave all the psychological pain that you have accumulated on your life's journey is to leave the shadows behind and to step into the light.

To make it a bit more figurative, you could imagine your wounds as dark spots, shadows in your energy field, your aura. When the dark spots are illuminated, they do not exist anymore, and you no longer feel the pain of the past.

It is not enough to gain insight on your own experience and to forgive; there are more challenges to being human. The next greatest challenge is to feel whole in a world of duality. To be able to keep your peace in a world of separation is not easy, but part of the human condition. Life on earth is an existence made

of duality: day and night, hot and cold, darkness and light, and fear and love. To choose the light, you need first to understand the light. The light is pure consciousness, and pure consciousness is wholeness, unity, and love. It is to have illuminated everything in yourself that kept

the light from your consciousness, and then to stay connected with the consciousness of wholeness.

There are two ways that we keep ourselves from being whole, from feeling united inside, from being pure light and pure love. The keyword for all human suffering is separation. We separate ourselves from being whole inside by living outside of ourselves, seeking approval and recognition from others. Of

“ BECOME A DETECTIVE IN YOUR INNER WORLD ”



course, we all need other people, but there is a difference between appreciating approval and recognition, and to constantly be seeking it. You can imagine that you separate yourself from yourself because there is one part inside of you and the other part is floating around outside of you seeking to feel whole by others. When you really think about it, of course, you cannot, however much you try, feel whole if there is one part inside of you and another part outside of you seeking. You are fragmented and separated in space.

The other way we fragment ourselves is in time. When you are not one with your whole being in the present moment, one part of you is divided into yesterday and maybe another into tomorrow. How can you feel whole when you are not there? It is an impossible equation, and still, we keep regretting our past so that we can live better tomorrow. Or fearing the future in the hope of being happier today.

“ TO FORGIVE BECOMES A GUIDING STAR ”

While all this is happening, we have failed to live the moment, believing that there is a future moment that will be just perfect for us to start living. To be enlightened is to know that now is all there is, and to be there fully and present to see the light, in gratitude of life.

How pure can we become? How free can we be of our limiting beliefs? How much light and love can we contain?

Let us all be right here and shine brightly to illuminate our own experience and the experience of everybody's life we touch.

Together.

Find out more:
Katarina Winslow Therapist, Intuitive Healer,
Writer
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The road to writing

In the first of two essays, **Gemma Rose** charts her winding and probably interminable trajectory towards writing for a living



I am first and foremost a writer. But I hear that writing doesn't pay, especially for a freelancer. I've met many a freelance journalist, in London and in Brussels, warning me of the perils of journalism, the end of print publishing, the competition, the lower rates, the internet democratizing writing but also driving down revenues and income streams. I've chatted with journalists who've downsized because money was tight or that they have to

work on the dining table, whilst their kids are doing homework, instead of having the privilege of a study, or at least one's own desk.

I've heard this story before: the low rates, the high competition. "Crime doesn't pay," was a very common adage when I was trying (and failing) to become a barrister in London. Due to the cuts in legal aid, which concerned the type of law I wanted to practice, my peers were



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barely earning the minimum wage. After getting bogged down by their horror stories, a couple of questions started to resurface: “If things are so bad, why am I up against between 500 to 1,000 people for one job?” I asked myself. Or “Why are barristers complaining about the low pay but are showing up for work, managing to go on holiday and pay the rent, instead of quitting?” These may have been too simple questions, but 10 years on I’ve come down to two conclusions: that meaning in one’s job is probably more important than the salary; and that if someone really finds their job meaningful, they will always find a way to live.

A less charitable part of me wonders if these barristers just didn’t want other people entering their profession and taking their work.

To the horror of my husband, I’ve spent the last two years threatening to quit my day job and become a freelance writer. “Show me your business plan! Talk to other freelance writers! Save!” he pleads in desperation. He is of a different nature than I. He believes in life-long security, of routine and a pension. I’m a dreamer, I crave diversity, I can’t stand being stuck in an office all day and as for a pension, well who’s to say I’ll still be around in 30 years? I hope so but one just never knows.

Since I’m in a partnership, I agreed. I spoke to freelance and employed writers, I researched the internet, I even managed to find this book on how writers make money called *Scratch: Writers,*

Money and the Art of Making a Living (Simon & Schuster Paperbacks, 2017). In my research, I found quite a bit of “do as I say, but not as I do” type of advice, the primary being writers advising me not to quit the day job and go freelance when they themselves quit their jobs and went freelance or were always freelance. There’s also lot of side-hustling in writing – many writers or journalists were also

“ MEANING IN ONE’S JOB IS PROBABLY MORE IMPORTANT THAN THE SALARY ”

copywriters, communication specialists, editors, proof-readers, tutors and translators to help pay the bills. I realized soon enough that I wasn’t ready to quit my job and go freelance, and yet at the same time, full-time work left me too tired to spare my evenings and weekends to honing my craft. There was another middle way: going part-time.

I work in a big organisation with lots of procedures and regulations, which made requesting for part-time work very daunting. But as a result of a set of circumstances, my department agreed to letting me work three days a week for one year.

I decided to spend the other two days on writing, a bit of resting and inspiration. Before going part-time I had lots of plans: joining a co-working space and a writers’ group, hanging out with other arty types in cool cafés, launching my website, pitching articles and stories, applying for editorial internships or jobs and meeting writers. The plan was that in a year’s time, I’d have done all the ground work so that I could quit the day job and start my new career.

Except that, unsurprisingly, it didn’t end up like that. I did pitch but I got rejections, the co-working space just seemed like a waste of

money as did the hanging out in cool cafés, when I could just work at home and have as many cups of teas as I like, for free. I never did find the time to build a new website. To top it all off, I spent quite a

bit of my precious part-time straying off into completely different directions. One being how to run a food truck business...

To be continued in next month’s issue of Together... ❶

“ BEFORE GOING PART-TIME I HAD LOTS OF PLANS ”

Become friends with your fear and move mountains

Anna Boroshok offers five actionable techniques to deal with fear



Understand what holds you back. There could be a whole multitude of reasons that trigger fear in you: some episodes that happened in your past, mentality that was shaped through the years, influence of people who surround you. How do you identify which one is yours? You need to go into your unconscious to understand yourself better and identify the factors that prevent you from acting at your full potential.

Here is an exercise for you. Find a calm place where no one will bother you. Sit down, close your eyes and take five deep breaths. Now,

imagine that you are inside your brain. There is a lift in front of you. Enter it and go seven levels down. When you arrive you will see a corridor and the door at the end of it. Behind that door you will find your unconscious self. While you walk to the door, try to see what you feel. Is it easy or difficult to walk towards yourself? Are you afraid of opening the door? If yes, why? Now, open the door. What do you see? Is it a dark or bright room? Do you see yourself in there? How do you look? What surrounds your unconscious self? Beware that you can find yourself in a very poor state, and your unconscious self will first of all refuse to

communicate. In that case you need to repeat the exercise over and over again until you can hug yourself, connect to yourself and start talking. You will be surprised how many answers your unconscious self can give you to the questions that were torturing you for years.

Ask yourself about what fears you have and why, what stops you on the way to your ambitions? If you find out that you have a trauma, you need to accept it and view it as a learning moment that made you wiser. Beware that you will not solve your fear problems with one exercise - it is supposed to connect you to your unconscious self and give you further directions. Simply trust yourself and take the necessary steps your unconscious self tells you to do. Continue working on this exercise. If you want to properly work on it, read *The Dark Side of Light Chasers: Reclaiming your power, creativity, brilliance, and dreams* by Debbie Ford.

2. Know that fear is a natural reaction to danger which might not even exist. It goes back to prehistoric times when we had to survive in very harsh conditions. Fear was a mobilizing force to keep us alive

amongst roaring beasts of enormous sizes and sharp teeth. These times have passed but our brain preserved the same mechanisms to make us ready to freeze, run or attack. When you are mindful about it, it is easier to reason with your fear. Next time you feel it take over your control, talk to your fear. Imagine that it as a living being and tell it: "I know you are trying to protect me, but there is nothing to be afraid of. Look, take my hand, let's go and do it together."

"Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better." - Samuel Beckett

3. Don't overthink and decompose. Overthinking is our worst enemy because we start complicating our vision, get scared and never start doing what we dream about. It is

particularly intrinsic to women. We try to solve all the problems well ahead before they actually happen (if happen at all). You need to learn to be mindful about that. Whenever you feel you are stuck, think about what exactly halts your progress. If it is something planned too well ahead, stop thinking about it and focus on something that could be done now to bring you there. If you are stuck with a current issue, decompose. What does it mean? If you procrastinate with a task, most probably it means that your brain can't figure out where to start. For example, you need to hold your first online webinar but you keep on procrastinating. You are scared of something but don't even know what exactly. Decompose your big elephant into small parts: what do I need for an online workshop? Stable connection, online platform, content, anything else? Identify where you are stuck. For example, if you don't have a stable connection, what can you do? Buy a sim-card, find a venue with stable connection, etc. Drill until you know what to do and a problem is solved.

“ BEHIND THAT DOOR YOU WILL FIND YOUR UNCONSCIOUS SELF ”

4. Put the weight of fear on the shoulders of Universe, God or whatever you believe in. This is a very powerful exercise but to do it, you really need to believe

into a power wiser than you that knows what is best for you and takes care of each step you take. For some people it will be the Universe, for some God, for some Allah.

Whenever you are facing a stressful situation which stresses you a lot, for example, you have to present at a conference with 100+ audience and you are paralyzed by fear thinking and overthinking about how it will go and how you should stand, behave and speak to shine like a star. What if you put the burden of all this pressure on a power much stronger and wiser than you are? Let's take the Universe for this exercise. Imagine that you literally take this burden off your shoulders and put it on the shoulders of the Universe. The Universe in its turn is more than happy to take care of you, because it knows better than you




what is your life passage and what to do, so you would achieve it. Trust it, and you will succeed.

"Success consists of going from failure to failure without loss of enthusiasm." — Winston Churchill

5. View every failure as a next step to success. If you think that you shouldn't fail, you will hardly ever succeed. You need to shift your mind into understanding that each failure is the next step to your success. Each failure teaches you something new, makes you stronger, wiser, and tougher. Did you know that Stephen King received so many rejection letters for Carrie that he kept them all on a spike in his bedroom? Have you heard that Henry Ford went bankrupt twice before he established Ford Motors? Thomas Edison's teachers said he was "too stupid to learn anything." He was fired from his first two jobs for being "non-productive." As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The

light bulb was an invention with 1,000 steps." Remember that "Winners are not people who never fail but people who never quit." - Edwin Louis Cole.

In times of uncertainty, remember: fortune favours the brave.

Anna Boroshok
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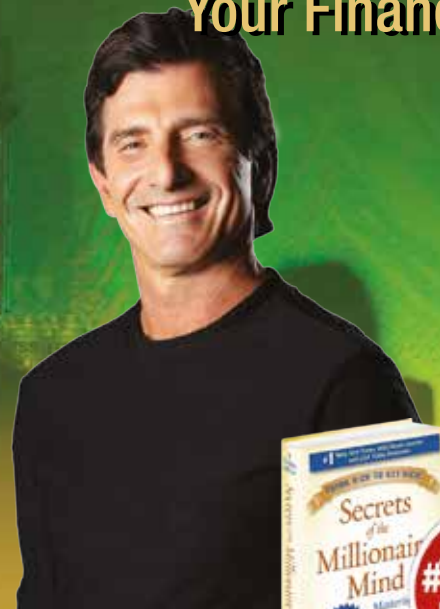
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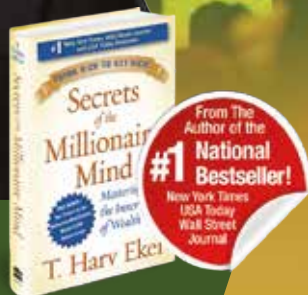
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Joseph McClendon III: Yes, you can!

Together's publisher **David McGowan** catches up with
Ultimate Performance Specialist
Joseph McClendon III



Since 1986, Joseph McClendon III has been helping people to overcome the fears, phobias and emotional challenges that hold up lives and progress. He was taught his art by best-selling author and speaker Anthony Robbins, and from there he has gone on to become an expert in coaching business professionals to overcome inner and outer obstacles.

Joseph has delivered many workshops, coaching sessions, keynote addresses, seminars and training programmes and one-on-one therapeutic interventions and has presented his ideas to well over three million people around the globe. His remarkable ability

to go straight to the core of the challenge and effect rapid change makes him a unique commodity in business, health and wellness, and personal improvement.

He holds a doctorate in neuropsychology and several certifications in the neurosciences, and is an expert in life transformation by assisting others in overcoming fears, phobias and emotional challenges. His remarkable ability to go straight to the core of the challenge and effect rapid change makes him a unique commodity as a turnaround specialist and success coach for the people he has taught worldwide. Joseph has authored two books with world-famous peak performance coach



Anthony Robbins, including the bestseller *Unlimited Power: A Black Choice*.

David: About five years ago, I heard Anthony Robbins speak at UPW, and he changed my life. And on the second day, you came, and after a very short time, I was absolutely charmed by your charisma on stage, and the value that you give is the same standard as Tony Robbins, so I really want to congratulate you on that.

Joseph: Thank you very much. That means a lot. It really is my honour, to be up on that stage, because somebody helped me, and so my outcome in life these days is to ensure that I am giving people something, not just so they can learn something, but so they can really do something with their lives.

You have worked with Tony Robbins for around 32 years now – what is he like to work for?

Well, to be honest, he is my friend first, and we became friends before I started working with

him. I came to him because I was at a very low point in my life – I was doing OK financially, but I was miserable, extremely miserable.

My passion was always to be a musician, but I couldn't pursue my passion, I was working as a technician. So, I went to the UPW, and I watched Tony do a phobia cure, which

normally take months to years to complete, and he did it in like half an hour, and I thought 'wooah, I gotta learn that!', so I got over my fear of quitting my job - I managed to quit it, then I got a recording contract, for CBS records. After three years, I then decided it was time to do something else, so I contacted Tony again

and decided to write a book then go from there.

So, what is he like to work with, really?

Well, he's not my boss, but working with him is always an experience, because Tony is a perfectionist - he likes things done the right way, he is driven, and very meticulous about how he wants things done. I am that way as well, so we work very well together.

**“ MY FATHER
WAS A MILITARY
MAN, AND HE
WAS VERY, VERY
DISCIPLINED ”**

What would you say were the keys to your success Joseph?

I learned very early how to 'refocus' – anybody can focus, in the moment, but the key is to follow what I teach, to keep coming back to it, and to refocus. I was fortunate as well, because my father was a military man, and he was very, very disciplined, and so he gave me a very good work ethic.

I surround myself with people who are better than me, which enables me always to learn from them. Even though, at the risk of sounding arrogant, at my level, I am always doing another seminar and learning from the experience.

At what age did you become financially free, and what did that change?

The age was about 35, and here is what changed – I realised that money was no longer like what it used to be to me. I went shopping for something, and I saw a belt, and I liked it. It cost way more than I would normally have spent on just a belt, and previously I would have thought no, hold off, you don't need that, but what I actually thought was I like that, and I am going to buy it! Then, I went from there, and then, a few days later, I saw a watch, and this is 25 years ago, and the watch was \$10,000, and I thought, I want that watch, I am going to get it! In that moment that I realized I could buy what I wanted, I had no guilt about buying the watch, as I definitely would have had before in my previous life, and I had the great anticipation of giving the same amount of money away, to charity, and I did, and that is what changed my life.

Is fear of success itself something that you experienced?

Essentially, fear of success is like a fear of

rejection, like the idea that if you succeed, then your friends who are not successful are not going to like you any more, they are going to judge you. And the other thing it is like, is the fear of loss – when you become successful, you start becoming afraid of losing what you now have. So, what I apply is something called C.T.F.D, which stands for Calm The Freak Down. I have a conversation with myself every day, where I tell myself, everything is fine, C.T.F.D.



Some people succeed faster than others. What would you say is the key strategy to get further, faster?

There is a multi-faceted answer to that question. The

**“ BRING
YOUR WORST
NIGHTMARE
ALONG WITH
YOU ”**

proportion of people who succeed is directly related to the proportion of people who just keep going. It is all about the psychology of activity – action is going to the gym and lifting weights. If you want to build your muscles, that is exactly what you are going to have to do. Activity is repeated action until you achieve your goals. That is the

psychology of success."

What is your approach to each seminar that you give?

What I try to say to all my guests is, when you come to the seminar, bring your worst nightmare along with you. Your biggest fear, your biggest doubt or uncertainty, whatever it is, because by the end of that day, you will no longer be afraid of it. And this will not be something that I do to you, it's something I am going to show you, and then you are going to do it.

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Grant Cardone is an internationally renowned business and sales expert. Named the number-one sales trainer in the world and number one of the 25 Marketing Influencers to Watch in 2017 by *Forbes*. He is the author of seven sales and business books, including the New York Times bestselling author of *If You're Not First, You're Last*, and Axiom Award Winner *Sell or Be Sold*, and creator of Cardone University, the premier online sales training tool in the world with over 50,000,000 users and counting.

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The Seven Spiritual Laws of Success

Deepak Chopra has subtitled his book: *A Pocketbook Guide to Fulfilling Your Dreams*

Deepak Chopra is an Indian-born American author, public speaker, alternative medicine advocate, and a prominent figure in the New Age movement. Through his books and videos, he has become one of the best-known and wealthiest figures in alternative medicine.

Chopra studied medicine in India before emigrating to the United States in 1970 where he completed residencies in internal medicine and endocrinology. As a licensed physician, he became chief of staff at the New England Memorial Hospital (NEMH) in 1980. He met Maharishi Mahesh Yogi in 1985 and became involved with the Transcendental Meditation movement (TM). He resigned his position at NEMH shortly thereafter to establish the Maharishi Ayurveda Health Center.

Chopra gained a following in 1993 after he was interviewed on *The Oprah Winfrey Show* about his books. He then left the TM movement to become the executive director of Sharp HealthCare's Center for Mind-Body Medicine and in 1996 he co-founded the Chopra Center for Wellbeing.



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Chopra believes that a person may attain "perfect health", a condition "that is free from disease, that never feels pain", and "that cannot age or die".

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The inflation conundrum

With the world economy in a state of flux **Dave Deruytter** tracks the future of inflation



With the Brexit date approaching and a worldwide trade war gaining momentum, what are the expectations for future global inflation?

The short answer is that both Brexit on a European level and the trade war on a global level should push up prices of goods and services, because international trade will become more expensive. The simple conclusion of that statement alone would be that inflation should rise - and in its wake interest rates should rise too.

But global matters are never as simple as the result of one single observation. To believe

this conclusion at face value would be to cut corners without an in-depth analysis. Indeed, Brexit and the global trade war will also slow international trade. As a result, world economic growth should slow down too. That in turn will reduce the possibility for companies to raise the prices of their goods or services. As a result of this second observation, price pressures should stay weak. Adding to that, prices for oil and other raw materials will also be under pressure if the world economic growth slows down. The conclusion of this second statement is continuous low inflation or no inflationary pressures. Quite the opposite conclusion of the earlier observation.

Still, this is not where the inflation analysis ends.

The disintermediation pressures of the past decade, because of Internet 2.0, are not showing any signs of abating yet. This means that the disruption of existing businesses is not yet over and should continue. Artificial intelligence (AI) is on the rise and it puts a lot of manual or simple jobs at great risk of disappearing. This long-term deflationary trend is adding to the two trends mentioned above.

One should almost be happy, from the inflation side at least, that Brexit, and even more the global trade war, is preventing the two other forces from pulling the world economy into a deflationary spiral. The risk of which is still very much present and not under control yet. Fortunately, voices are luckily getting louder for finding ways to tax the added value of the internet sufficiently or for making sure that both classical businesses and new disruptive businesses have a true level playing field on the side of regulation and taxation. That is what is really needed to bring the global economy in balance again. We do not need Brexit or trade wars, certainly not in the longer run.

Another element in this worldwide inflation analysis should be the resurgence of prudence surrounding the stability of the bank and financial sector. Indeed, recent stress tests have shown renewed weakness with southern European banks and even some others. That will of course limit the speed of increasing interest rates, particularly in Europe. To make matters even more complex, one should not underestimate the effect of the future unwinding of the vast amounts in Quantitative Easing (QE) assets that the central banks hold worldwide. That in turn should increase interest rates.

In the margin of this inflation analysis, that hints at no big risk of an increase of global inflation, it remains peculiar that companies keep on

targeting Return on Equity (ROE) levels of 15% or more and that Price Earning (PE) levels of equities, particularly in Europe, stay at 'normal' (read: rather low) levels, notwithstanding the very low interest rates as a result of the low inflation levels. ROEs of 15% in the age of long term interest rates at 7% were a mark-up of 8% for the extra risk equity investors take as compared to bond investors. Today with long-term interest rates at near zero and still few inflation prospects, the mark up is almost 15%.

One can question whether that is logical or sustainable. Particularly in Europe, investors still seem to be wary of the fact that inflation may make an unexpected jump again, followed by interest rates. In the US and Asia, the picture is a little different but also there the risk mark-up for equities looks structurally high. All of this may hint that, if inflation would indeed stay low

for the foreseeable future, equity prices can still have a way to go up. To some extent this is also true for real estate, although prices are already high in many markets, as is supply.

Interesting times are ahead for sure on the international

business and investment side. An overweight position as an investor in equities is still a possibility, but do not play it to the extreme. Indeed, once the global economy has finally found its balance again, we could very well be in for an equity correction or a crash or a long-term glide. A long-term glide of the stock markets should not necessarily be a problem if you are ready to play the downward equities trend with put options. Of course, this is only a valid option as long as your investor profile warrants you to do so - and only for a reasonable part of your investments. Indeed, investing and gambling are very different things. The first is to fund your future projects or to give your children a kick start in life, the latter is 'fun' to some, but they can lose it all. And gambling you should only do with the money you can really spare. ❶

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Are cookies bad for you?

Our tech guy **Colin Moors** delves into the mystery of HTTP cookies – the ones girl guides don't sell



Unless you have been away to the moon in the past couple of months, you'll have noticed that most web sites serving the EU will now have a pop-up box notifying you of the company's obligations under the EU's General Data Protection Regulation (GDPR) regarding cookies. This is either part of the landmark "right to be forgotten" legislation initiated by the EU, or a faceless bureaucracy meddling in our lives, depending on which side of the fence you sit.

Either way, cookies (the small data files that are stored in your web browser's temporary storage or 'cache') fall under this regulation as they can, and sometimes do, store information on you personally. If not, there's a possibility

that they could hold data that would personally identify your surfing habits or sites visited. I say 'could' because by and large they don't. There's still a fair amount of mystique around the use of cookies but they are mostly not that sinister. I'll get on to their misuse later but first, a quick 101 in cookie-ology.

There follows a brutally simple attempt to explain things a little. You'll be fine. Netscape, the early innovators in web browsing and e-commerce applications, wanted a way to store partial transactions. Imagine you've been drunk shopping on the internet and plopped a Renault Mégane in the checkout cart. We've all done it, I won't judge. Before committing the purchase, you've fallen asleep. Three days



later, you are browsing the Renault site again and it mysteriously asks if you still want that Mégane in black with the alloy wheels. Basically, there's your cookie at work.

Rather than store incomplete and potentially unfulfilled transactions on their servers where they would mount up and fill expensive server space, Netscape invented a way of storing these things on your personal machine, for later retrieval, often with a "time to live" or expiry date. The first real-life use of cookies was mostly just to check if you had already been to the site you landed on, chiefly so the company that owned the site could gather data on traffic statistics in the days when hosting an internet server was as costly as running a small village and every kilobyte transferred needed to be justifiable. A useful analogy for a cookie is a car parking ticket. You go to the car park, drive in and take a ticket from the machine. You now no longer have a car to look after but have a piece of paper. The paper has no value in and

of itself but you can hand it back in later for a car.

Pretty soon after the early days of identification only, the wider use of cookies started and continued in the way we vaguely know and possibly don't love today. There are around eight different distinct types of cookie but to save you all from snoozing and spilling your

coffee, I'll explain the big three, which make up 99.9% of all cookies on your machine at home or work.

“ THERE'S STILL A FAIR AMOUNT OF MYSTIQUE ”

Session cookie: A session cookie is there

for, well, the session. Not much to surprise or amaze there. Such a cookie is there for the 'user experience' part of a site visit and is destroyed upon leaving, or when your session ends (i.e. you close the browser or shut down the machine). It remembers you from page to page, so you don't get into a mess when navigating. It's also useful if there's a checkout on the site, so you don't lose your basket contents, for example.

Persistent cookie:

Once again, the clue is very much in the name. Normally, these have an expiry - sometimes a year or more - and are used primarily for such mundane tasks as keeping you logged on to your mail or something similar. It can remember preferences, so you don't have to pick your colour scheme or default language every time you visit. Because they persist, they can sometimes be hijacked by advertisers to track your habits, although this is increasingly uncommon because of the third-party cookie (up next).


Third-party cookie: These are the little rascals that everyone gets excited about. There's usually nothing to fear, unless you are not a fan of targeted ads for the sort of thing you wouldn't show your mother. Strap in, here comes the techy bit. Say you visit a site (www.site-a.com), usually, the cookie name would wholly or partially match the domain name. If there's an advertisement on the page, supplied by annoying-ads.com, the advert will set a cookie corresponding to their own site. This cookie then hangs around and when you visit a new site, will add another cookie whenever their adverts appear. This way, they can track where you've been, how long you were there and what you looked at, just by reading all the cookies in their name.

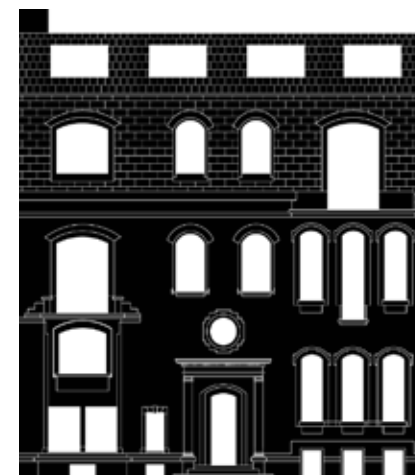
This is all very normal, sadly. In these days when 'monetizing content' is king, it's not going to get better. They aren't harmful as such but you may be concerned over your privacy. In addition to the choices the GDPR give you, most browsers will allow you to block tracking cookies (as they are also known). You may need to install an addon to help but mostly, it's fairly easy to block them.

The sure-fire way to be safe is to avoid any cookies at all. This can easily be achieved by using the incognito function of your existing browser. The big-name browsers all have this option which is useful if you're looking for a gift for your wife and definitely not looking at porn. This mode, usually available wherever you'd

"OFTEN WITH A "TIME TO LIVE" OR EXPIRY DATE"

find the 'new tab' option, will open a window that will store no history, cookies, passwords or other browsing data other than files you download.

Have fun out there on the internet and may all your cookies be chocolate chip. 



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Catching up with Brexit

Gerry Callaghan takes a look at the lay of the land in the EU's Brexit negotiations



Dominic Raab and Michel Barnier

The European Union and United Kingdom have 17-18 October set as a key deadline in Brexit negotiations. By then, both are expected to have settled the terms of the UK's withdrawal agreement, allowing enough time for ratification at Westminster and the European Parliament in Brussels before the leaving date in March 2019. A further declaration on the anticipated future relationship between Britain and the EU is also expected. However, officials in Brussels have pointed out a recent standstill in developments makes it highly unlikely that

settlements will be secured before the summit. Major outstanding issues need to be resolved, including the Irish border situation, the terms of UK withdrawal and the future trade ties between the two blocs.

The way things stand, the EU will sit on its hands until after the UK Conservative Party conference at the end of September because in-fighting between the 'Brexiters' and 'Remoaners' have stalled progress. UK Prime Minister Theresa May must get support from her cabinet and backbenchers for the deal, to

ensure it is not rejected by parliament at the final stretch. Downing Street is still adamant that Britain's intention is to secure a deal as quickly as possible, with October's summit still being the goal. A spokesperson for No. 10 said: "We have always been clear the Brexit is a challenging process. But we have made good progress so far, and are publishing a white paper next month setting out clearly what our future plans will achieve."

There may be, however, one solid sticking point. London has fumed at Brussels' proposed emergency plan in which Northern Ireland would effectively remain largely run by EU trade rules after Brexit, unless better ideas emerge. The UK government says this proposal would effectively separate Northern Ireland from the rest of the UK and create a border in the Irish Sea. Instead the UK would like to see the backstop apply to the entire UK, but negotiators are yet to find a solution that is acceptable to both sides.

Negotiations on the "divorce" deal resumed after the summer break, but even the bloc's Brexit negotiator signalled that a deal is increasingly unlikely to be wrapped up in time for October. "I'm not going to say (it must come in) October. A few days here or there, beginning of November. But not much later than that, certainly," Michel Barnier told a joint news conference with Britain's Brexit Minister Dominic Raab.

The view taken off-the-record by British ministers more closely matches Michel Barnier's. It's been reported across the mainstream that the deadline has now slipped, with senior frontbenchers signalling that October is becoming less plausible the longer the deadlock in London continues.

Both Barnier and Raab agreed that, while there has been progress in drafting possible cooperation between the EU and Britain on

security and defence after Brexit, the Irish border and trade ties were still the key sticking points. "If we have that ambition, that pragmatism and that energy on both sides, I'm confident we can reach that agreement by October," Dominic Raab said at the same conference.

According to Reuters, some Brussels diplomats said the process could even slip into December, leaving little or no time for ratification of the agreement before Britain becomes the first country ever to leave the EU in the spring of next year. Gabriele Zimmer, a German MEP who deals with Brexit for the Parliament, doubts a deal can be reached by October. "It will be very hard," she said. "We didn't see any concrete proposal that would work on the Irish border issue. November is the last moment. December is already too late for us."

In broadcast interviews senior figures also pressed the need for urgency, with European Commission President Jean-Claude Juncker calling for UK negotiators to finally "make clear their positions", and Dutch Prime Minister Mark Rutte saying: "I am not losing

patience, but time is getting shorter and shorter to come to an agreement."

The EU leaders summit in October was viewed as the make-or-break moment for a concrete Brexit deal, leaving enough time for the elaborate ratification process by EU member states, Westminster and the European Parliament. However, to replace nearly five decades of co-operation in everything from food standards to space exploration and global diplomacy takes an awful lot of time, and these delays have stirred talk that Britain could eventually crash out with no agreement in place at all. **1**

"TIME IS GETTING SHORTER AND SHORTER TO COME TO AN AGREEMENT"

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LIFESTYLE

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LIFESTYLE

Luxury

Luxury hotel suites: Six of the best

Elite Traveler, the world's leading private jet lifestyle magazine, announces its Top 100 Suites for 2018 featuring the best, most opulent suites from 35 countries around the world

Catering to ultra-high-net-worth individuals flying on private jets, *Elite Traveler*'s panel of luxury travel writers hand-picked suites from eight distinct categories (Design, City, Historic, Views, Beaches, Wellness, Outdoors and Family) to provide a discerning, modern traveller with the best the world has to offer.

This definitive list of the most opulent, extravagant and decadent

accommodations on the planet takes you on a journey of discovery from the hills of Bali to the shore of Lake Geneva. Exceptional amenities, stunning design and over-the-top attention to detail ensure these suites are a cut above the rest.

Four Seasons Hotel George V, Paris - The Penthouse

When you this Art Deco hotel, there's simply no place you could be other than Paris. With Louis XVI style from acclaimed designer Pierre-Yves Rochon, dramatic floral arrangements from Jeff Leatham and as Europe's only hotel to boast five Michelin stars among its three



restaurants, it's pure perfection. On the eighth floor, The Penthouse's silk-upholstered walls, glossy marble floors and gilded architectural details continue the classic elegance, which sleekly hides modern technology. The pastel-and-gold colours weave their way through the rooms, ending in the showstopping conservatory. White-floral-fabric walls and scores of white orchids decorate the space, which is flooded with light from the glass walls leading to the private terrace, where views of the famed Golden Triangle's rooftops and a superlative vista of the Eiffel Tower beg for intimate dinners. **From \$26,500 per night.** www.fourseasons.com/paris

LIFESTYLE

Luxury

Ty Warner Mansion, Mexico

Las Ventanas al Paraíso, a Rosewood Resort, San Jose del Cabo, Mexico. One of the most expensive suites in the world, the Ty Warner Mansion certainly warrants the high price tag. Designed by legendary architect Jorge Torres, the 28,000-sq-ft, two-bedroom beachfront mansion has everything you could ever need: theatre room, state-of-the-art gym, personal spa with complimentary treatments, a courtyard with one of the world's largest



360-degree gardens complete with life-size chess pieces, plus three swimming pools including a glass-bottom pool and beachfront infinity pool, which is the setting for a remote-controlled firework display. Light up the sky over the Sea of Cortez with tequila in hand from the in-suite library that

houses rare bottles including Clase Azul Ultra and Don Julio Real. **From \$35,000 per night.**

www.rosewoodhotels.com

Mandarin Oriental Barcelona, Spain

Just steps away from Plaça de Catalunya, La Pedrera and Antoni Gaudí's Casa Batlló, Mandarin Oriental Barcelona houses one of the city's most glamorous penthouses. Take the elevator directly to the Penthouse Suite where you'll find a 2,542-sq-ft, two-bedroom paradise, created by award-winning Spanish designer Patricia Urquiola. The space, occupying the hotel's



entire eighth floor, features sophisticated and contemporary decor with a soothing colour palette, floor-to-ceiling windows and two terraces with scenic vistas of the Barcelona cityscape. The terrace is best enjoyed with an alfresco dinner as you watch the sun set over the Passeig de Gràcia.

From \$16,500 per night. www.mandarinoriental.com/Luxury-Hotel/Barcelona

Hôtel Martinez, Cannes

Hôtel Martinez is one of Cannes' most exclusive places to stay, and the Art Deco hotel has seen its fair share of celebrities since it opened in the 1920s, but it's the Cannes Film Festival that drives the Hollywood crowd year after year. The Penthouse Suite is a coveted spot thanks to rooftop views of the Bay of Cannes, Boulevard



de la Croisette and the hotel's private beach. The 17,975-sq-ft penthouse is set on the seventh floor of the hotel, and 3,122 sq ft of the immense space is dedicated to the open, wood-panelled terrace with manicured greenery and sun lounges. Inside, original paintings by Matisse and Picasso

adorn the walls. **From \$53,200 per night.** www.cannesmartinez.grand.hyatt.com



penthouse apd.

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LIFESTYLE

Luxury

Royal Penthouse Suite

The Royal Penthouse Suite at Hotel President Wilson is just about as grandiose as they come. As one of the most expensive suites in Europe, it spans the entire eighth floor of the hotel and showcases striking views of Lake Geneva and Mont Blanc through floor-to-ceiling bay windows. As you walk in, you're greeted by a resplendent living room, grand piano, billiards table and collection of rare books. If the views from your living room aren't enough, the suite's terrace allows you to see all of Geneva without having to leave your room. The marble bathroom with Jacuzzi has a gorgeous



lake view and Hermès bathroom amenities. For the security conscious, the suite includes a panic button, bullet-proofed windows and cameras. **From \$80,000 per night.**
www.starwoodhotels.com

Amanera, Cabrera, Dominican Republic

Hidden within 2,170 acres of dense Caribbean jungle, the secluded Amanera resort overlooks Playa Grande, one of the world's loveliest beaches. The 2,626-sq-ft Two-bedroom Bay View Casa is positioned on top of a 60-ft cliff on the western tip of the beach, and as the name suggests, has unobstructed panoramas thanks to the floor-to-ceiling glass doors. The rooms are strategically positioned to maximize the dramatic views and interiors are light and airy with lofty ceilings and warm wooden touches — not that you'll spend much time indoors; the huge terrace complete with



506-sq-ft private pool is designed for days spent lazing in the sun. **From \$5,500 per night.**

www.aman.com

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Victoria:
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Shoes Dr. Martens
Hair colour:
'Flash Make up'
l'Oréal Professionnel.

Tom:
Total look CKS
Shoes Dr. Martens



Calogero :
Total look Scotch & Soda
Blue Watch Flik-Flak
Iris to the right:
Top Liu-Jo
Trousers Vingino
Tom:
Vest Scotch & Soda
Trousers Uniqlo
Personal cap
Mila
overalls in jeans and T-shirt Tommy Hilfiger
Watch Flik-Flak

Mila :
overalls in jeans and t-shirt Tommy Hilfiger
Watch Flik-Flak
Socks Calzedonia
Shoes veja
Calogero :
Total look Scotch & Soda
Shoes Dr. Martens



Victoria:
Top Twinset
Trousers Guess
Shoes Dr. Martens



Coat 'Icon' Vingino
Hair colour:
'Flash Make up'
l'Oréal Professionnel.



Loriana:
Pull-over Ao76
Skirt Tommy Hilfiger
coat Patrizia Pepe
sunglasses Chloé



Calogero:
Total look CKS
Watch Flik-Flak
Personal cap

Your Blue Heaven at Maasmechelen Village

Together takes a look at the latest transformation taking place at Maasmechelen Village



From the end of August, the Blue Edition has begun at Maasmechelen Village, and it runs until 4 November.

For more than two months, the village will undergo a visual transformation and offer a unique multi-sensory experience to its customers – the Blue Edition is much more than a seasonal campaign, it's a unique and carefully designed programme to discover the new face of the village and to offer visitors the chance to add personality to style.

The campaign will be divided into three themes: Denim & Lifestyle, Formal & Accessories and Outerwear & Lifestyle.

In a dedicated pop-up, Maasmechelen Village will organize a series of styling sessions allowing its customers to enjoy a tailor-made and personalized experience. Discover the Belgian way of life, in blue, ranging from shopping to music, through decor and even gastronomy. The windows, meanwhile, will be adorned with a sumptuous baroque decor, inspired by the autumn campaign of The

Bicester Village Shopping Collection, which was created by the Senegalese artist Omar Victor Diop.

The Village is set to bubble over with energy, life and surprises. From shopping to gastronomy, from hospitality to music, there is a wealth of experiences waiting to be discovered in Maasmechelen Village.

A touch of personalization

With the arrival of so many new brands, everyone can find something to enjoy in Maasmechelen Village and this autumn, the Village is offering its guests the opportunity to look for those little touches that will add individuality, personality and exclusivity to their style.

Innovative workshops will be organized, during which customers can find their perfect jeans, and designers will be available to customers to customize their favourite denim items. Other interactive sessions will take place, allowing customers to develop their own style, selecting the perfect winter coat or learning how to wear and style a costume.

New face, new brands

This Blue Edition is more than just a seasonal campaign: it's a unique and carefully designed programme that will offer visitors an unexpected experience in Maasmechelen Village. This is the opportunity to discover a wealth of brands, including Komono, L'Oreal and Herschel Supply, the trendy Canadian brand that has turned the backpack into a real 'star bag'!

Waffles, fries and beer...

Belgium is renowned for its cuisine and, during the Blue Edition, you will find touches of blue on the menu of all restaurants in the Village. Taste buds will be truly spoiled, and the Blue Edition will also be a feast for the eyes. In the heart of the Village, you will be seduced by the facades and the blue flowers as well as the

azure-tinted lights, which will appear at the end of each day.

Diamond Experience

Maasmechelen Village has recently become the ultimate diamond destination, thanks to its unique pop-up shop, in collaboration with the Antwerp World Diamond Center (AWDC) and HRD Antwerp. During the Blue Edition, the store will offer an exceptional range of diamonds and jewellery, in the theme of the campaign.

This season, Maasmechelen Village will celebrate its uniqueness. The Blue Edition will create authentic memories, thanks to its celebration of the Belgian way of life: culture, fashion and cuisine. An experience with something old, new and blue.

About Maasmechelen Village

With its strategic location, 60 minutes from the cities of Antwerp and Brussels, Maasmechelen Village is

the combination of surrealist art (thanks to the artist painter Magritte, born in the region) and the incredible range of gastronomy and art of living. A mirror of the urban evolution of the big Belgian cities and a mix of design, architecture and fashion, Maasmechelen Village is part of The Bicester Village Shopping Collection, a portfolio of 11 fashion destinations across Europe and China. The Villages are home to the biggest names in fashion and lifestyle, offering an extraordinary experience to visitors from all over the world. Developed and managed by Value Retail, the collection represents an entrepreneurial story, based on an innovative spirit based on a simple idea: redefine the luxury shopping experience, while offering exceptional value for money.

Maasmechelen Village
Zetellaan 100, 3630 Maasmechelen

Tel: 0800 40 236
www.maasmechelenvillage.com



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GIVE WAY TO SAFETY Environmental information RD 19/03/2004: www.volvocars.be. The model pictured here is only for the purposes of illustration. *Recommended catalogue price V60 D3 Eco Man: standard model: €34,950 incl. VAT. Offer valid through 31/10/2018. Includes all benefits offered by Volvo Car Belux and its participating dealers.

LIFESTYLE

Fashion

Nathan-Baume: A luxurious and trendy winter made in Belgium



Together takes a look at a Belgian company that believes in style, glamour, functionality and magic

Nathan-Baume spoils us with four new collections - each one as original and as elegant as the others.

Star model of the line EVENT is MEGHAN, a modern and practical bag with two zipped compartments. Decorated with a black and gold contrasted band, Nathan-Baume gives the line a chic sportswear look. For a more luxurious and bolder look, the bags have also been adorned with fur-like leather combined with grained leather.

Since its creation, the Belgian brand Nathan-Baume has been astonishing us with the elegance, functionality and impeccable craftsmanship of its luxury leather goods. Over time, Nathan-Baume has risen to the challenge of preserving the timelessness of its creations while remaining resolutely contemporary.

Rigour, refinement and creativity renew these collections season after season, adding to its vast directory of colours and materials. The lines of bags, small leather goods, luggage and also shoes are available in grained leathers, smooth or textured and in a carefully selected palette of colours.

Underlining the Nathan-Baume brand is the presence of the ubiquitous 'N' monogram which is engraved within or rises outwards like a jewel.

The winter trend leans towards purified modernism but is marked by audacity and willpower, privileging the wilder elements but always with finesse and authenticity.



The NATHAN line offers a choice of current and functional models adapted to everyday use. The modern aesthetics of the line summarize Belgian creativity that combines style and functionality. This collection, imprinted with the N logo engraved discreetly, consists of essential models that you can take with you wherever you go.

To avoid all jealousy, active women will not be left out this year. Nathan-Baume unveils its new N SPORT shoes collection designed for sportive and casual-styled audiences! Eye-catcher of the collection is the bold 'N' logo and the sole composed in contrasting stripes for a modern and graphic look.
www.nathan-baume.be



Shopping

Chaumet Bee my Love bracelets

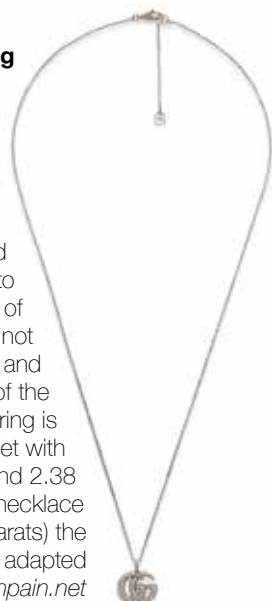
Following the stackable Bee my Love rings, a cheeky nod to the Maison's imperial past, Chaumet had an irresistible desire to enlarge the graphic bands and create an ensemble of collectable bangles. Express who you are with one, five, ten or more! The new language of bracelets is about strong design and a sign of recognition. A life-long piece of jewellery and a symbol of belonging since time immemorial, the bracelet is the identity object with which we celebrate our happiest moments. It is also a universal lucky charm, a cherished protective talisman never to be taken off **€4,690**

www.chaumet.com



Gucci GG Running

Gucci enriches its GG Running collection with a new jewellery set. Made in 18-carat white gold, the creations are set with diamonds and bear the GG logo. This iconic element gives these pieces an audacious, modern appeal and clearly states their connection to Gucci. The new extension consists of generously sized pieces, which do not go unnoticed, but also delicate and refined pieces. The bold design of the large versions of the necklace and ring is dominated by the GG logo set with diamonds (respectively 4.72 and 2.38 carats). For the small versions of the necklace (2.02 carats) and the ring (0.92 carats) the size of the logo has been elegantly adapted to their dimensions. www.blanpain.net



Messika: Asymmetrical earrings

This season, we find the trend of asymmetrical earrings, it is part of the essentials of the jewellery box! Combine a simple diamond button in one ear with a larger earring in the other ... The Joy and My Twin collections play with asymmetry and diamonds. www.messika.com



Cartier Carat

The exciting new perfume from Cartier. It captures the light, diffracting all the colours of the prism and mirroring the multiple reflections of its clean-cut glass facets. An Art Deco faceted bottle updated by Cartier with modern, clean-cut square edges. In a structure as pure and simple as the scent itself, it evolves from clear white to rainbow hues, a holographic projection of colourful vibrations. Pared down to the essentials: the fire of diamond and the surprise of a crystalline cap that clicks open with one hand...30 ml: **€49.50**, 50 ml: **€72.90**, 100 ml: **€126.90**
www.cartier.com

Fabienne Kriwin Collection

Her jewels in gold and gemstones are to be seen in an elegant setting in the heart of Brussels. Located in the Brugmann district, the place fits perfectly with the elegance of rooms, all of them unique, and with the temperament of their creator, a woman who has always been immersed in art and love of beautiful things. Ring 3 rings in brushed gold, 18 carats and pink closed quartz set: **€2,295**

www.fabiennekriwin.com



ICE swiss - White

Summer time is read 'on the rocks' on the dial of the bold and exclusive ICE swiss. Every wrist movement triggers an avalanche of light between the hands and the index. Its immaculate look sparkles like snow in the sun thanks to 300 Swarovski® Zirconia. Radiating coolness, the ICE swiss is completely white from its ultra-soft silicone strap to its polyamide case that's as smooth as ice. **€199**
www.ice-watch.com/en



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Advertorial

Maasmeechelen: Where everyone will find a rare jewel

Together takes a look at the Diamond Experience at Maasmeechelen Village and talks to its curator, Marcel Pruwer.

Since 4 May, 2018, Maasmeechelen Village has become the ultimate diamond destination and a magnificent haven for the world's most precious stones. This initiative was organized in collaboration with the prestigious diamond institutions Antwerp World Diamond Center (AWDC) and HRD Antwerp.

Presented in partnership with the International Institute of Diamond Grading and Research (IIGR), founded by the DE BEERS GROUP and in collaboration with curator Marcel Pruwer, who is a former president of the Diamond Exchange in Antwerp, Maasmeechelen Village invites you on a journey through the history and mystery of diamonds, from their fascinating geological origins to their embodiment of love and luxury.

Nestled in a beautiful space, created by Créneau International's designers, visitors will be able to immerse themselves in 15th-century Antwerp, to discover the incredible story of the eighteenth-century Reyns sisters who were true pioneers of their era. Marcel Pruwer will share his past experience in the diamond industry and his unique know-how acquired with the local jewellers of Antwerp.

"I just love the idea of being able to experiment with the customer in his or her diamond choices," Marcel explains. "This is simply a fabulous opportunity to create a unique atmosphere in our store, 3,000 metres of



wonderful diamond technology, in which our customers will be given a free hand to experiment."

The range of diamonds on offer is remarkable – presented by renowned merchants including Dali Diamond and, if you want an original setting for your exceptional stone, Ineke Symoens and Stefan Foubert from UNTOLD will enable you to design your own custom creation, and the exclusive collection of Scintilla Monaco will also be presented.



In addition, the Diamond Experience will be at pains to point out that acquiring a diamond need not be as expensive as is frequently imagined: "I am confident that we can find a beautiful stone to fit everyone's budget," says Marcel.

This 'experiment' will allow every customer the opportunity to acquire uncut diamonds delivered with a unique certificate. To reflect the brilliance of diamonds, Maasmeechelen Village has created a dazzling display of splendid showcases and artistic installations, which will be as dazzling as the stones that are being celebrated during these three months. Everyone will find a rare jewel.

Maasmeechelen Village
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Maasmeechelen 3630
Belgium
www.maasmeechelenvillage.com



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LIFESTYLE

Beauty

Summertime blues

Our beauty expert **Delphine Stefens** offers some tips for prolonging the summer

The summer is almost over but why not hold on to it a little longer with an exclusive perfume inspired by the Côte d'Azur? And to keep that summer glow going, you may want to try an innovative serum or emulsion that revives the skin from within. However, be sure to cleanse your skin first with a gentle oil or soothing micellar water. And finally, remember that a killer mascara and bold lips are the ideal pick-me up, all year round.



Hydrating and Soothing
Micellar Water (**€33**),
Lancôme



Lash Queen Feline
Elegance (**€35**),
Helena Rubinstein.
From 15 September



Climax Mascara (**€25**),
Nars. From 17
September at Parfuma.

L'huile Anti-pollution
Cleansing Oil (**€38**),
Chanel





Aerin Eclat de Vert (**€19.90**),
Aerin Lauder. From 3 September
at Parfumeries Chantilly, Bergamot,
Parfuma, Guttman & Aura and
www.estelauder.be



L'Intemporel Light Emulsion (**€14.50**),
Givenchy. At Ici Paris XL and Paris 8



Abeille Royale Double R
Renew & Repair Serum
(from **€131**), **Guerlain**.



Phyto-Rouge
Rose Delhi
(**€43**), **Sisley**.

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Reciprocity Design Liège 2018

40 days of international design...



Reciprocity Design Liège is an international triennale of design and social innovation. Initiated by Paul-Émile Mottard, Provincial Deputy in charge of Culture and President of the Provincial Centre for Arts and Crafts of Liège (Office Provincial des Métiers d'Art de Liège – OPMA), it is organized by the Province of Liège-Culture in collaboration with OPMA and Wallonie Design. The event's artistic director is Giovanna Massoni, who draws on her experience and engagement with the two previous editions. A consultant and journalist, since 2005 she has curated both Belgian and international design exhibitions.

The next edition will take place in prestigious locations across Liège and its province, with the participation of other cities of the Euregio Meuse-Rhine. And to make it easier for schools and other educational institutions to visit, the duration of the 2018 event has been significantly extended.

Since its first edition in 2012, Reciprocity has questioned design and its impact in cultural, economic and social contexts. Its main mission is to provoke, value, and welcome international expressions generated by an open and diversified approach. Here,

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On compte en Belgique des milliers de sortes de salles de bains différentes. Il y a des salles de bains où on ne fait que passer et celles où on s'installe. Celles où on rit, on danse, on chante et parfois tout cela en même temps. C'est parce que l'on sait tout ça, que Facq crée depuis plus de 130 ans les salles de bains préférées des Belges.

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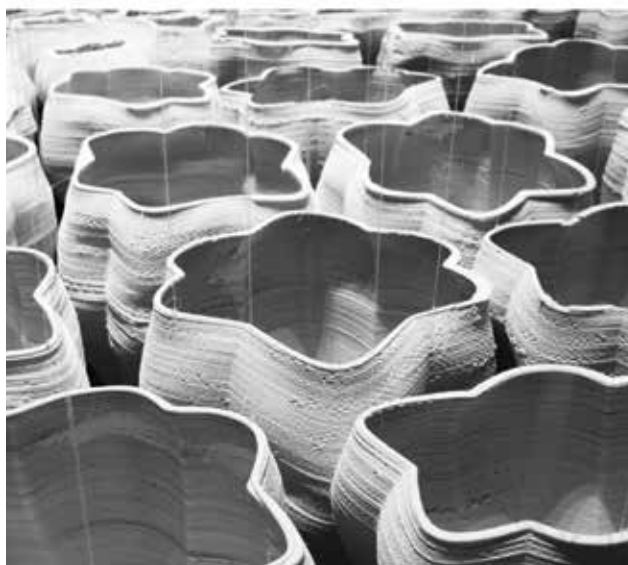
The Design Triennale, combining local and global

The main exhibitions will take place at the Musée de la Vie Zallonne/ Espace Saint-Antoine and for the first time the Museum La Boverie. This new location was originally used as a pavilion for the World Fair in Liege at the turn of the 20th century. It reopened in 2016, following extensive redevelopment work largely carried out by the Liege architecture office p.Hd (Paul Hautecler), with award-winning French architect Rudy Ricciotti building a glazed wing that overlooks the Meuse river. The museum houses the city's fine art collection, and also acts as a multidisciplinary exhibition space that is in partnership with Le Louvre.

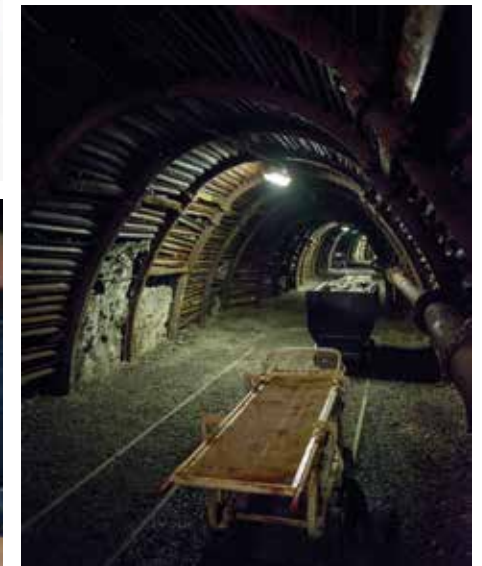
The Triennale is strongly connected to the ongoing revitalization of the city. In addition to museum spaces, a selection of Liège-based galleries and centres of art and design will host related events that celebrate contemporary creativity. the neighbourhood of the planned bavière cultural hub will also be invested with a series of activities and interventions – a manifestation of research in design for social innovation on the streets.

And in another move to make Reciprocity a global platform, for the first time the organizers have invited a guest exhibition from one of the world's leading players in design to take up residence in the city for the duration of the Triennale. in 2018 this will be FabRica, the prestigious international research centre. **5 October until 25 November.** Liège.

www.reciprocityliege.be 



“ ITS MAIN MISSION IS TO PROVOKE, VALUE, AND WELCOME INTERNATIONAL EXPRESSIONS ”



LIFE OF LEISURE

The freshness, lightness and diverse flavours of Vietnamese food are – to my mind – the best in Asia

LIFE OF
LEISURE

Interview

Bradley Cooper: A star is born

Together spoke to a writer, director and musician who was blown away by Lady Gaga



Bradley Cooper may be currently one of Hollywood's biggest draws but there remains a pleasant grounded quality afforded to one who didn't get his big break until well into his mid-30s with *The Hangover*.

Since then, he's gone on to star in a slew of box office blockbusters, from *The A-Team*, *Limitless*, *Guardians of the Galaxy* and pick up three consecutive Oscar nominations for efforts in *Silver Linings Playbook*, *American Hustle* and *American Sniper*.

Naturally, his love life is a prime target for the press and after an ill-fated brief marriage to actress Jennifer Esposito, Bradley has dated Renee Zellweger, Zoe Saldana, Suki Waterhouse and is currently romancing model Irina Shayk. But while frantically hounded by the paparazzi, the level-headed actor seems to take it all in his stride.

In this interview, he talks about the brilliant *A Star is Born*, the upcoming remake he stars in alongside Lady Gaga that is already set to challenge box office records globally.

Bradley also opens up to talk extensively about his passion for food, his work ethic and the vagaries of fame.

Together: After directing, writing, producing and starring in this film and you've also just done a movie with Clint Eastwood, where do you want your career to go next?

Bradley Cooper: Well, firstly time. I am 43 years old and time... I don't know how you feel about it, but that's the biggest currency and I just want to make sure that I utilize that time to the best degree possible. So, this movie was all said and done probably four years of my life and every minute and second was worth it.

In the movie there is a touching scene when Ally, played by your co-star Lady Gaga, for the first time plays her own music to the public. Was it special?

It was indeed special, but I wish the audience could have been there to actually watch it happen because while we were filming this movie, we had the opportunity of watching and being a part of watching Lady Gaga sing every day. The whole crew would sit back, and we were all kind of forgetting that we were doing a job – every time she sang, we were just sort of sitting there watching it and feeling very grateful that we were there at this moment to watch this incredible artist do her thing.

How scary was it for you when Lady Gaga suggested that you sing live in the film?

You know, this is the thing about people needing people. She made me feel so comfortable from the first day we met - in the fact we sang together that very first 15-20 minutes we knew each other, and I'd be lying if I said that I was nervous, because she made me feel so comfortable, she really did. She's very present and warm and when you see an artist of that calibre treat you like a peer, it's very emboldening.

You got to sing at Coachella...

Talk about Gaga as an actress, to have a world superstar musician who just did the half-time



show at the Superbowl, to have her act – because that is major acting – she's stepping on a stage for the first time, blew me away as a director and as a fellow actor watching her, because I fully believed that she had never stepped on a stage of that scope and we didn't do that one time, we shot that over two or three days and every single time it felt fresh and new and I felt like I was dragging this person very reluctantly... who by the way fell on the floor most of the takes, because she wouldn't let go of my hand!

How does fame condition your daily life?

The thing that I love about Jackson Maine's character is that he really doesn't think about fame at all. In the opening scene of the movie you may be expecting somebody to be filled with elation after just coming off this very bombastic opening. He seems quite melancholic and takes a swig from a bottle of gin that's in the backseat and that was one of the things that I wanted to portray with this character that he is operating from a completely different viewpoint, so that's not something that he's dealing with.

Me personally, the thing about fame that I find fascinating is the sonic element of it and that's what we have in the movie. There is tonnes of noise and then all of a sudden, you're alone. I didn't want to have any sort of paparazzi in the movie, but more to capture what it feels like from an experiential point. And that's why the movie has that rhythm.

What new things did you learn on this project?

The best thing that you can do in terms of

storytelling or whatever piece of art that you're trying to create is to do something that challenges you to such a degree that you learn something at every turn. I have to say that I would be here for two hours talking to you about all of the things that I have learned in this experience.

That all came across because somebody believed in me and she believed in me and I think that that is the key. Even getting this movie made, Sue Crowe believed in this movie

when maybe not everyone else did and she is absolutely the reason that this movie was able to be made, single-handedly.

It's all about people believing in you and I think that if I could go on and have another experience where

I'm working with somebody who I feel believes in me that much, I think that's why you have an opportunity to learn and grow because you're willing to face your fear. Learning usually comes with facing fear and I certainly faced it singing and directing and writing a movie, for sure.

Q: How about some of your stylistic choices behind the camera in terms of the way to design the film?

There's a lot to talk about but I will just make it simple. The main thing was probably six years ago when I was at a Metallica concert and I had met Lars Ullrich the night before and I told him that I was a huge fan and he said: "Come to our concert." I had always been in the crowd before that and so we were with him and his father and we were behind the drum kit and I saw the scope of it and I think that was the first time that I thought: "Wow, this composition is incredible," and it's not what



“ IT’S VERY
EMBOLDENING ”



many people feel and you know, the term 'That guy's a rock star' is assigned to people when they're not even in music.

Q: Did you watch the Cukor version of A Star is Born from 1954? If so, is your version any sort of an homage to that film?

Yeah, that George Cukor film is incredible. James Mason and Judy Garland, that movie slays me and actually, Ally walking up the ramp singing that prelude to *Somewhere Over the Rainbow* was our way of, you know, paying respect to that film, and then having the title come across that was an attempt to sort of bow down to that film. We also shoot in the shrine... that the last scene is in the Shrine Auditorium which is where Judy Garland's 20-minute musical sort of interval occurs in that film so that was a very special place to be able to shoot.

“ FOUR YEARS
OF MY LIFE AND
EVERY MINUTE
AND SECOND
WAS WORTH IT ”

Q: Could you tell us about your scenes in the film with Sam Elliott, because they are incredible?

Yeah, if he said no (to being in the film) then I would have had a major problem because I wrote that for him, the whole story, around the fact that he would do it. Every time that I got to work with him was a real privilege and I thought, thank God that I am here right now.

Q: So it's well know that you're a big foodie...

I love food. Eating it [laughs] I love all kinds of food. I love pizza. I love pizza too much. I could eat it all day every day [laughs] Growing up in

an Italian household, my grandmother was an amazing cook, and food was highly significant in my family. I love to cook myself, I'm always cooking for friends.

Q: Are you afraid that it could all end tomorrow?



I know what it's like not to work. It's a struggling industry and you never know what's around the corner. I think that's true of any job so it's a badge of honour being called a busy actor. I know so many who still struggle and I know what it's like.

It took me years to get to where I am today and I am so unbelievably grateful for the opportunities coming my way. It just wouldn't feel right turning any of them down, so the good ones, I want to do them all and keep working with great actors and directors.

Q: Were you always a big dreamer?

I've always been someone who's had big dreams. Always but there's never been any intentional planning towards movie stardom. For me, it's just stay healthy, basically and I know this won't last so enjoy every day so enjoy each

and every day. It would be ungrateful not to.

Q: Robert De Niro is an actor you've worked with repeatedly. Does that feel surreal to you?

Completely surreal. I see him as a man now, that myth is utterly broken, he is my friend... which is, in itself, a very surreal occurrence.



**“ THAT ALL CAME
ACROSS BECAUSE
SOMEBODY BELIEVED
IN ME ”**

I remember he came to my grad school and I asked him a question and it was the most nerve-wracking experience of my life. It was like a beam of light shot through my stomach when he looked at me and I used that as fuel for years when I would put myself on the line for something... when I would get

rejected and getting turned down over and over - I'd think to the reception I got from Robert De Niro that day and it would keep me going. ❶



Vietnam: Another world

Together's **Catherine Feore** visits the historical and beautiful land of Vietnam

A visit to Vietnam begins on Vietnam Airlines. Flying from Paris Charles de Gaulle – just a hop, skip and a jump from Brussels – is usually uneventful, but due to a train delay (and some tight scheduling on my part), getting to the gate resulted in a race to the finish. Collapsing into my business class seat, I was swiftly presented with a list of drinks, including concoctions invented by Vietnam's most celebrated cocktail baristas. Breathless, this was just the pick-me-up I needed – this is definitely the way to travel.

Vietnam Airlines flies to Ho Chi Minh City (Saigon), but you can equally fly direct to Hanoi. Both cities have their charms and, let's face it, if you've managed to fly half way around the globe, you want to see as much as possible. There are excellent internal flights and, if you are less pressed for time, you can take a train between the two main cities.

The bustling modernity of Ho Chi Minh, with its

skyscrapers and swarms of mopeds, doesn't immediately scream 'Socialist Republic', but the occasional sighting of a large mural with a hammer and sickle is a reminder that this country is still... just that. In the mid-80s, Vietnam opened its doors to a freer economy, and since then has enjoyed rapid economic growth.

The freshness, lightness and diverse flavours of Vietnamese food are – to my mind – the best in Asia. An absolute must in Ho Chi Minh

Ho Chi Minh



is the Street Food tour offered by Saigon Vespa Tours. Thankfully, for those who might be concerned about negotiating the chaotic streets, there is a driver, so you can enjoy the view from the pillion seat of your lovingly restored vintage Vespa. The moped tour starts with a visit to the highest bar overlooking this city's ever-growing horizons. The tour takes around four hours and is a great way to discover the best street food available. Our guide helped us to order and explained each of the dishes.

Vietnam may be moving into the future with alacrity, but it is not a country that has forgotten its past. Growing up in the 1980s, there was no end of American films about the Vietnam war, from *The Deer Hunter* to *Platoon*. The full horror of the war is laid out in grim and unsanitized detail in the War Remnants Museum. It is a sombre and thought-provoking record of the conflict.

The legacy of the war continues to this day, from the pollution caused by the highly toxic

Tràng An lakes



Agent Orange. There is a room in the museum dedicated to the pesticide and its impact on the environment and human health. The museum is a reminder of the horror of war and is part of a network of museums for peace.

There is much to see in the city, but if you want to get out to see the surrounding area there are regular tours to the Mekong Delta. The river is vital for the country's agriculture. Small islands specialize in different handicrafts and agricultural products from honey to coconut

sweets. We took a boat to visit some islands and were then given a tour of the narrow canals on a narrower wooden boat.

After a long day visiting the sights, you can easily find spas offering massages and beauty treatments. By Brussels standards, this is very good value and a foot and leg massage is a great way to end a busy day.

Hanoi has a very different feel from Saigon – there is more evidence of the city's colonial

past in the French Quarter. The Old City is higgledy-piggledy, and has a heavy-duty railway line going through its narrow streets – quite a spectacle, if you manage to get there for one of the two times per day a train passes through.

Vietnam's lacquered boxes are recognized around the world for their craftsmanship. Hanoi works with two historical lacquer-making villages, which have specialized in carefully crafting these goods for centuries. Today, this ancient craft is matched with contemporary designs.

Hanoi doesn't just preserve traditional craftsmanship, it has also preserved a number of historic buildings across the city that now host their shops. The Hanoi shops are beautiful oases in the heart of the city. The Hanoi House (shop) on Hang Dao is in the heart of what was the silk dyeing street, which dates from the Ly and Tran dynasties of the 11th to 14th Century. If you can only visit one, I would go to the Hanoi House (38 Hang Dao), located in Thang Long.

We visited Hao Lo prison which is now a museum – thankfully! Built in the late 19th century by the French colonial powers, it is another testament to the country's past. The prison was used to hold American prisoners of war, including the late Senator John McCain, who was held there for many years. The conditions described were appalling – the museum is not for the faint hearted.

Other museums that are worth a visit are the award-winning Vietnamese Women's Museum and the Museum of Ethnology, which show the full diversity of this country, which is made up of 54 ethnic groups from five different ethnolinguistic families.

Moving on to more recent times, Obama made a state visit to Vietnam in May 2016 to build further bonds between the US and Vietnam. You can follow in his footsteps and drop into the Bun Cha Huong Lien, where he went with the late Anthony Bourdain – celebrity chef and

street-food enthusiast. You can enjoy the 'Combo Obama', which includes a Bun Cha (grilled pork and noodle dish), seafood roll and a Hanoi beer for the princely sum of 85,000 dong (around €3.5!)

If you want a break from the city's buzz, it is possible to take a trip to Tráng An lakes in the Ninh Binh region. Less famous than the undoubtedly very scenic Ha Long Bay, also a UNESCO World Heritage site, it is a spectacular landscape of limestone peaks and caves. It is possible to take a boat tour of between one and three hours through this beautiful and tranquil landscape, which has inspired the creation of several Buddhist temples that you can stop off and visit. The boats go through a series of caves that are wonderfully cool and a welcome retreat from the sun.

“ THERE IS MORE EVIDENCE OF THE CITY'S COLONIAL PAST IN THE FRENCH QUARTER ”

Whatever your passion, there is something for you in Vietnam. There was so much to see and so much left unseen. If you can, avoid high summer, but do try to give yourself at least a fortnight in this beautiful country that is rich in history and culture.

Where to stay

We stayed at the Sheraton Saigon Hotel and Towers, Ho Chi Minh City. The hotel has a great breakfast – start the day, the Viet Nam way with a Pho Noodle Soup. The hotel has live jazz most evenings. It also has a pool and is located on the bustling Donk Khoi street.

In Hanoi, we stayed in the Apricot Hotel, ideally located beside the Lotus Water Puppet theatre – which put on delightful performances, accompanied with traditional Vietnamese music. It is also opposite the Hoan Kiem Lake, which is nice to stroll round in the evening. The hotel has a roof pool, with a bar and a great view over the city. The hotel is also full of interesting contemporary Vietnamese art, including a bronze sculpture of Ho Chi Minh, at the entrance to the hotel, studiously writing a decree with pen in one hand and cigarette in the other. ❶

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Jordan: She's a thing of beauty

Corinne Verstraete chooses an unusual holiday destination

Jordan may not be the most obvious holiday destination due to the Middle Eastern conflict, but this little oasis of peace is in fact a gorgeous and fascinating country for your next sun-drenched break.

Admittedly, Jordan suffers from a difficult geographical situation with neighbours on all sides being prone to war, terrorist attacks and home to ISIS militants. Nestled between Syria, Iraq and Saudi Arabia and separated from Egypt only by the Red Sea, Jordan is indeed the victim of a very unlucky position on the map. But in fact, Jordan does not participate in any of the conflicts or war activities in the area. It is a peaceful country, without obvious signs of extremism. It is also one of the most welcoming countries to neighbouring refugees. In 2016, Jordan was named as the largest refugee-hosting country per capita in the world, hosting refugees mainly from Palestine, Syria, Iraq and many other countries.

The friendly, warm and welcoming attitude of the Jordanians only becomes edgy when the conversation turns to Israel. Although Jordan signed a peace treaty with Israel in 1994,



neither people can cross borders, creating a real divide - both physically and mentally - between both countries.

Early Jordan's economic development is the result of the important trade routes between Egypt and Iraq which were obliged to pass through Jordan. As early as the 4th Century BC, this is how Jordan put its name on the map. Then after 500 BC Nabateans migrated to Jordan and developed a rich kingdom based on the trade routes through the area. Their capital was Petra, now a UNESCO world heritage centre. The beauty of Petra is totally breath-taking! Words cannot describe the view as you walk down the *Siq* (a very narrow gorge), turn the last corner and are unexpectedly facing this thing of beauty. It is so obvious why Petra is one of the new Seven



Wonders of the World! The archaeological site of Petra is vast and a thorough visit can easily take up a couple of days. But visiting just one day will give you a really good first impression, especially with a local guide.

Of course, Petra is the absolute highlight of Jordan, but certainly not the only one not to be missed. A site that can easily be combined with Petra is Wadi Rum, a protected desert

wilderness in southern Jordan. It features dramatic sandstone mountains, natural arches, prehistoric inscriptions and steep chasms lined with carvings. The natural watering hole of Lawrence's Spring is named after British soldier Lawrence of Arabia, who allegedly washed there. Again, a local guide can take you to see the (hidden) places of interest in a 4x4 car. Apart from the historical value of the

desert, you would be forgiven for wanting to visit just to admire the mesmerising colours of the sand and to stare at the sunset from a totally idyllic location.

But it's not just culture, nature and friendly people that make up the beauty of Jordan. The underwater world is just as amazing! Diving schools along the Red Sea resort of Aqaba (a tiny stretch of land along the Red Sea and

bordering on Israel to the west and Iraq to the east and facing the Egyptian resort of Taba) will introduce you to the likes of octopus, clown fish and pufferfish in the coral reef along the shore or further in the sea.

Day trips to Petra and Wadi Rum can easily be undertaken from one of the hotels or resorts in Aqaba, making this the perfect

base for a diverse Jordanian holiday. We tried the Mövenpick Resort in Tala Bay and the Intercontinental in Aqaba. both luxury award-winning hotels that let you combine relaxation with inland adventure and discovery.

The Mövenpick Resort & Spa Tala Bay is a 5* resort about 10km outside of Aqaba. This multiple award-winning resort is spacious and airy with low rise buildings spread across beautiful gardens and pools along the sandy beach.

The most exclusive feature is the private palm tree-lined beach with amazing views of the Red Sea and the Egyptian mountains in the background. Lying on a sunbed in this amazing location is guaranteed to bring instant gratification!

This contemporary resort also features a pool area of more than 3,000 square metres, including a waterslide to keep the kids busy. There are several Jacuzzis in the pool area and watching the sun set into the Red Sea whilst being gently massaged by the bubbles is an experience I would thoroughly recommend.

The certified diving centre is on-site to offer beginners and experienced divers an amazing diving trip. The friendly and competent instructors give very clear explanations before taking you into the water, with a special kids/ junior programme for families.

For an exclusive pampering treat, try the Zara Spa which offers revolutionary experiences such as the 'Ice Fountain' to stimulate circulation and tighten the skin, and 'Experience Showers' to completely revitalize the body through the inventive use of light and fragrance. The spa covers 1,200sqm and features 11 different types of treatment rooms. These include a sky-light hydro pool, honeymoon suite, relaxing sauna, skin-enhancing steam rooms, natural products

shop, beauty salon, nail studio and relaxing tranquillity areas.

There is certainly plenty of choice for food and drinks in the resort. The great standard of the buffet restaurant with a variety of dishes on offer, live cooking stations and a special children's menu will satisfy all taste buds. Alternatively, try the award-winning à la carte restaurant serving Italian cuisine for a more intimate dinner. Lunch can also be enjoyed at the poolside restaurant serving salads, snacks and pizzas all day until sunset. And don't forget to enjoy try some of Mövenpick's famous ice-cream when you're there!

In true Middle Eastern style, you can enjoy a shisha water pipe and nightly belly-dancing shows, or head to the hotel's nightclub, renowned as one of the best nightspots in the city.

“ TO ADMIRE THE MESMERISING COLOURS OF THE SAND ”

The hotel's stunning location is amplified by its contemporary design, featuring local motifs and vibrant artworks. This resort truly is a pleasure for all the senses with a captivating atmosphere for families, holidaymakers

and corporate guests.

Another amazing hotel on the Gulf of Aqaba is the Intercontinental Resort. Within easy walking distance from the city centre, this 5* star hotel offers spacious rooms in a recently refurbished building.

Its grand entrance with high ceilings and glass wall overlooking the Red Sea is a real eye catcher when you check in. Immediately you will be immersed in a holiday mood, admiring the pool, the beach and the Gulf before even checking into the room.

The private 300m beach in front of the hotel is gorgeous and you'll easily forget how close to the city you are. Many water sports activities are available and can be booked via the hotel, such as scuba diving, water skiing, banana

boats and many more.

The pool area is beautifully laid out with a quieter adults' area and separate kid's zone, an outdoor heated swimming pool and a Jacuzzi. The beach restaurant, nestled between the pools and the beach, boasts a great menu and the view will be very hard to beat. And here is a real sign of luxury: every day when collecting your beach towels, you will receive a cooler box with water bottles to keep you hydrated at the pool and the beach all day!

As for the leisure facilities, InterContinental Spa brings together all the elements needed to nurture the body, mind and soul. The candle-lit oriental atmosphere creates a sense of serenity and calmness, not to mention the professional therapists that attend to every preference and need, as well as the treatments that are rich in Dead Sea nutrients. Facial and body treatments are offered in a thoroughly modern facility enhanced with special features. The gym and spa also include the latest machines, Jacuzzis, steam, sauna, and is open 24 hours for in-house guests.

There are many dining options at the resort, including six restaurants, cafes and bars that offer different settings which vary between elegance and smart casual. The international buffet is delicious and for a real treat try the famous à la carte restaurant that has delicious Lebanese and Middle Eastern cuisine. A couple of bars with breath-taking views of the Red Sea and the sunset are the perfect



setting for enjoying a drink and the tunes of the oriental singer.

The walk into Aqaba takes less than 10 minutes and the city gives a real taste of Middle Eastern culture. It has plenty of shopping and eating opportunities, a variety of historical ruins and a famous aquarium.

Jordanians are really friendly and will give you a warm welcome whenever they greet you. Tourism has fallen 66% since 2011 and the effect on the economy is tangible for all Jordanians, especially those working in the travel industry. Whilst visiting Jordan was once a crowded experience, now you can enjoy the spectacular sights without the discomfort of the crowds. Not ideal for the Jordan economy, but as a tourist, you can certainly appreciate the experience.

We travelled with a low-cost airline to Eilat and crossed the border from Israel to Jordan. Don't expect to whiz through at 120km/h on the motorway! You will need to take an Israeli taxi to the Jordan border, cross by foot and take a Jordanian taxi on the other side. It's an adventure that takes at least an hour, but the prices are unbeatable and the experience reminds you of how different the world can be outside of Europe. Alternatively, you can travel via the capital Amman or catch a tour operator flight directly to Aqaba.

①

Heading East – once more

Dave Deruytter looks ahead to a journey of (re)discovery with his son to Tokyo, Hong Kong and Shanghai

A street in downtown Shanghai



It has been more than a decade since I visited these three great cities, and more than two decades for some. I lived in Tokyo twice and travelled to Hong Kong and Shanghai yearly. That was in the period 1989 until 2000 - I was there three times as expat in the East Asia region.

I trust big changes have happened to the three cities in the meantime, particularly on the infrastructure side, but has there been any major change in the culture or the way of life of

the people there?

My desk search on Google and Google Maps shows that the public transport system in Tokyo has not changed much over the past quarter of a century. Still, in Shanghai things seem to have changed dramatically even over the past decade alone. Hong Kong - no surprise - hovers in between, but at least Kowloon seems to have taken a big change for the better.

But from a distance I can't really feel the culture or the local people's lives. OK, videos on YouTube can give a certain impression, particularly for someone who has been there before, but it is nothing like the real life one can only experience by being there. Curiosity is a key driver in life, and an online search effort certainly makes a rather expensive trip to East Asia all the more interesting and worthwhile.

With Google Street View I have been standing in front of the two buildings where I once lived in Tokyo - a very special feeling bringing back those days before my eyes. Indeed, all that online search work has brought back fond memories, such as the autumn hiking trips in the hills around Tokyo. But after a while I started to be more interested in the new areas or activities of these cities and the things I didn't visit in the past.

Only after booking the trip and choosing the cities, it came to my attention that Tokyo, Hong Kong and Shanghai all have a Disneyland park. I have never visited any, and will leave it to other writers to visit all three parks and make a comparative study.

As I will be on this trip with my son of almost 18 years, I sometimes check my preliminary findings with him. He is interested, but kind of would rather leave all the discovery for when we are actually there. Totally possible, but the digital migrant in me likes to prepare and... pre-enjoy.

So, I read that the greater Tokyo metropolitan area, including the city of Yokohama, boasts more than 38 million inhabitants, making it the largest metropolis, population-wise, in the world. I am a bit hesitant to believe this, given the very large metropolises in China and India, that are still growing very fast.

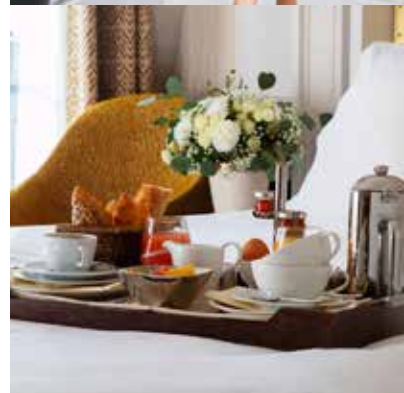
Tokyo Metro station



“TOKYO, HONG KONG AND SHANGHAI ALL HAVE A DISNEYLAND PARK”

38 million people would represent a large country in Europe, Poland or Spain for example, and it is more than three times the population of Belgium. It also struck me that 38 million people is more than the total population of Canada, the second largest country in the world in surface after Russia. The order of visiting the cities has been chosen in function of their history, at least as a large city. Tokyo is the oldest city, then Hong Kong and finally Shanghai, which is a very new city.

In the meantime, I have looked up the top things to do in all three cities and their surroundings. No surprise, we will not have the time to visit all options. I convinced my son of going to that region because I may offer him added value - having lived or travelled there before, I will let him call the shots, limiting myself essentially to informing him as best as possible about what to expect about the places I have been to before. It should be very refreshing and interesting for me to see his choices, as I would surely not have chosen all of them myself. ①



THE MOST BEAUTIFUL LUXURY KIDS-FRIENDLY HOTEL IN PARIS

The Madison Hotel is an intimate and warm location, ideally located in the heart of Saint-Germain-des-Prés, just opposite its famous church. It is also close to various tourist sites, such as the Jardin du Luxembourg, the Louvre and the Musée d'Orsay.

This boutique hotel has 50 rooms and suites, 1 breakfast room and 1 bar (self-service), 1 laundry room (washing machine, dryer and iron are available for free), 1 room service and 1 concierge service.

Connecting rooms, welcome gift, baby-sitting service, slippers and fluffy bathrobes, board games, colouring kits, construction games (Lego and Kapla), play mats, toys and book... everything is designed for the lucky kids!

OFFICIAL MEMBER OF



Radisson Blu Hotel Nice

Caroline Dierckx headed for the Côte d'Azur to stay in a breath-taking hotel

For one or more nights, the Radisson Blu Hotel Nice offers all the comfort you need on one of the most famous avenues in the world - the Promenade des Anglais. What could be more wonderful than waking up facing the deep azure waters of the Mediterranean? The Radisson Blu Hotel Nice has been totally renovated and has focused on the cosy and very designer atmosphere that is important to Radisson Blu. The comfort of the room and the lounges is worth emphasizing. All rooms and suites have a high-end service such as free high-speed Wi-Fi, air conditioning, mini bar, concierge 24/24 and tea and coffee available.

In season, head for the 8th floor and enjoy the sun and the view – it boasts a 700m2 panoramic terrace with a 150m2 swimming pool. We ordered excellent cocktails at the Pool Bar & Lounge. If a soothing sea dip tickles your fancy, go down to the Regence Beach by Radisson Blu private beach – a pure joy.

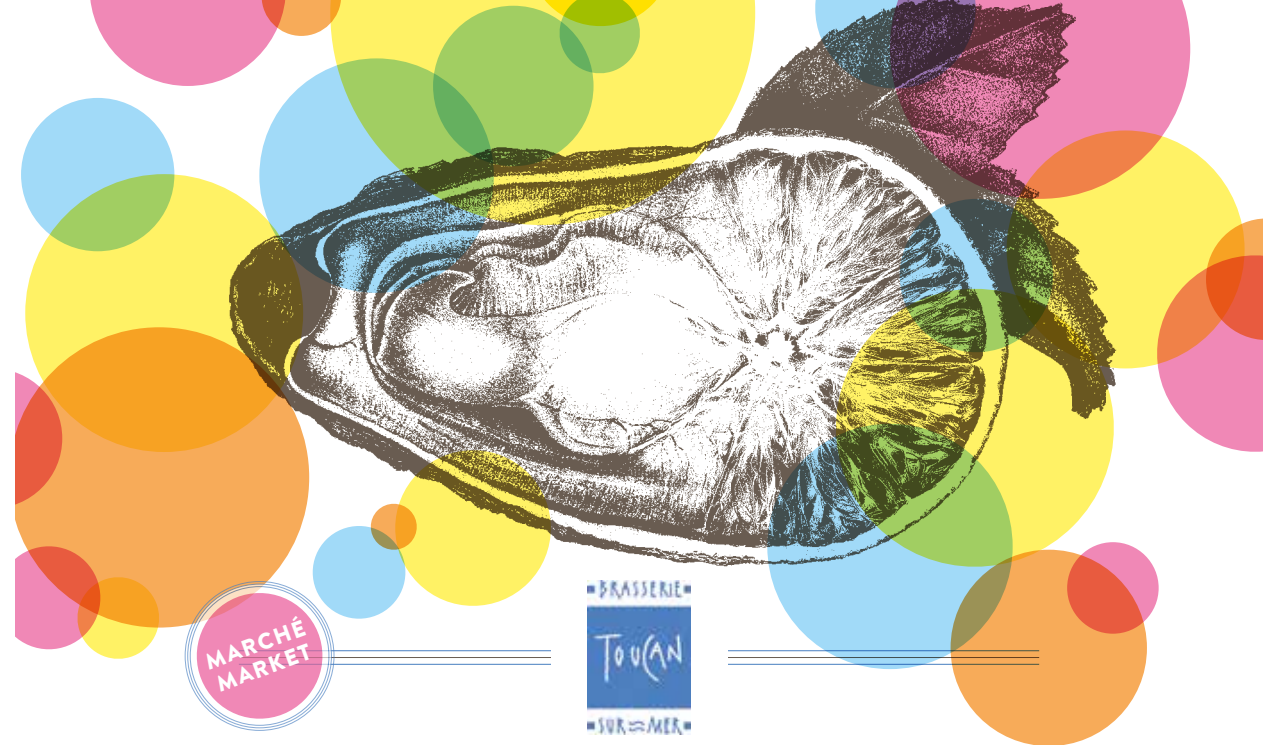
The gastronomy has certainly not been left out - the hotel opened a new restaurant in May 2017, the Calade Rooftop



Restaurant, where the chef offers a cuisine inspired by Nice with Mediterranean accents - using seasonal produce, of course. You can smell fresh herbs such as basil, mint or admire the strawberries or the beautiful peppers in the kitchen garden trays at the entrance to the restaurant – simply mouth-watering. The icing on the cake: the breath-taking view of the Bay of Angels. There is also the Le 223 restaurant and bar where we enjoyed the Super Breakfast in a warm, modern atmosphere on a very sunny day in June. After that, the obligatory walk on the Promenade des Anglais - a unique moment.

Practical details:
Bicycle rental and valet parking on request
Nice International Airport is 4km away and the train station 5km
Taxi service and bus stop right outside the hotel
Ideal starting point to go to Cannes or Monte Carlo, and the French Alps are not very far
Perfect stop to go to Corsica from the port of Nice

Radisson Blu Hotel Nice
223 Promenade des Anglais
Nice 06200, France
www.radissonblu.com/en/hotel-nice



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Ardennes-Etape: Share beautiful memories with your loved ones

Together takes a look at what a leading Ardennes travel agency can offer you



Covering a large portion of the Ardennes, the team meets, selects and advises the house owners. Ardennes-Etape has chosen to promote accommodation offering excellent value for money managed by enthusiasts of hospitality and the region.

The Ardennes-Etape site allows you to book online a holiday in a holiday home, a villa, a trailer, a castle, a bungalow (housing from 2 to 60 people!) and the team of advisers is available to answer tenants' questions 7 days a week!

The motto of Ardennes-Etape? To offer you an unforgettable holiday in the Belgian Ardennes. Quality and service are the watchwords.

The Belgian Ardennes has long been renowned as one of Europe's finest get-away-from-it-all destinations – and with Ardennes-Etape, it's all about quality – with a selection of more than 1,600 beautiful holiday homes in the Ardennes to choose from, quality is guaranteed – it's simply down to you to choose your favourite holiday home according to your own dreams and desires.

Established in Stavelot since 2002, Ardennes-Etape offers holidaymakers the perfect stay.

As a gift, each holidaymaker will receive the Ardennes-Pass Guide with a host of ideas to enjoy the Ardennes and unique discounts in more than 140 attractions.

On the agency's website, you can choose from luxury villas, chalets, bungalows, country cottages, unusual locations, cabins and charming houses, with full descriptions and numerous photos of all the cottages and castles... as well as all the tourist information and activities you could wish for to spend a great break with your family or friends.

And the Ardennes destinations for which the agency provides accommodation are also wide-ranging – Durbuy, Malmedy, Dinant,

Vielsalm, La Roche-en-Ardenne, Houffalize, the Eau d'Heure Lakes... and you can enjoy that your holiday home also comes with all the trimmings, such as a swimming pool, sauna, steam room and jacuzzi. And you are welcome to bring your dog!

There is so much to look forward to – relax in nature and enjoy the spectacular views, walks in the forest, mountain bike circuits and very fine wining and dining, as you prefer.

Family moments are precious – make time for the ones you love and experience the Ardennes as never before, thanks to Ardennes-Etape. Why not take a weekend or long weekend break? It's only two hours by car from Brussels!

Luxury for all the family

For luxury, comfort and family fun, you really can't do much better than the beautiful 5-star luxury villa which can play home to up to 23 people, children and babies included, to be found between Aubel and Henri-Chapelle. For the ultimate in relaxation, this former farm building has no fewer than 9 bedrooms and 9 bathrooms and 12 hectares of grounds.

The villa comes equipped with a large swimming-pool, sauna, infrared cabin, billiards table, table football and darts, and there is also a ground-level trampoline and pétanque. (cf. ref 105638-01)

Cosy up in Coo

Or perhaps you want some real quality time with your significant other? If that is the case, there is a very cosy cottage just waiting for you in Coo – with four stars, this charming and contemporary setting is perfectly located to allow you to discover all the beauties of the region and, with a beautiful terrace that is just perfect for barbecues, you've got your holiday made! (cf. ref 105914-01)



Dog friendly in Vielsalm

And let's not forget man's best friend! Ardennes-Etape are very understanding when it comes to looking after your beloved dog, and the luxury villa in Vielsalm (which sleeps eight) is perfect for your pet, with eight hectares and its beautiful private pond – it offers a fabulous outdoor setting. Inside, you will enjoy optimal comfort and beautifully appointed rooms. (105612-01)

Reward yourself in the Ardennes

Few people would disagree that the Ardennes is the most beautiful countryside in Belgium – the hills are wild and rugged. Elsewhere, there are thick forests and deep river valleys dotted with beautiful towns and villages. Head a little

further in to admire the high green peaks or spectacular underground water systems. It is a place to go out and be in harmony with nature. The Ardennes are rewarding at any time of the year. In summer, the rivers sparkle and everything is green: well-marked hiking trails require you to put on your best boots. In winter, a layer of snow covers the heights: perfect for the most intrepid skiers and hikers. The region is also distinguished by its gastronomy: game, wild boar, cheese and smoked ham and pâté des Ardennes.

Whether it's a much-needed break with your family, a spontaneous getaway with your friends or the chance for some quality, intimate time with your beloved (after all, love is... surprising your significant other with a weekend away to the Ardennes) it's all waiting for you with Ardennes-Etape.

Ardennes-Etape
Avenue Constant Grandprez 29
4970 Stavelot
Belgium
Tel : 080 292 400
en.ardennes-etape.be 

Hulencourt's Golf Academy swings high!

James Drew revisits Hulencourt Golf Club in the south of Brussels

After a successful first year for the Hulencourt Golf Academy, Hulencourt Golf Club's Head of Performance Jérôme Theunis talks about the direction that the academy is taking.

The motto in Latin of Hulencourt Golf Club is *Nihil Melius Quam Bona Vita*, which translates as 'There is nothing better than a good life'. Too true, too true – and Hulencourt is certainly setting its stall out as far as providing the great golf life is concerned for its ever-growing clientele.

"We have had a very good first year," Jérôme explains. "We have learned a lot about what people really want from their golf training, particularly the parts of the game that people really want to train on."

And it's all about the training: "Our indoor centre, where a great deal of our training takes place, is already proving very popular, in winter time, from November onwards. We have established a system that we feel works very well. Essentially, it means we have a place, an indoor training centre, where players can train throughout the year, irrespective of the weather. The centre benefits from the latest swing analysis technologies, and also allows for putting and approaches practice on high quality artificial greens."



Jérôme Theunis with top student, Jean de Wouters

And, when biomechanics golf specialist Emmanuel Spies is part of the team, one can only imagine what improvements can be made. So, Jérôme, what is biomechanics as far as golf is concerned?

"Emmanuel specializes in biomechanics, which is defined as the study of the mechanical laws relating to the movement or structure of living organisms. He uses what we know as the K-Vest – worn by the golfer, this is a system to analyze all the important body parts during the golf swing, to identify how improvements may be made, and, in addition, we offer a complete screening service to identify how overall fitness and toning may be improved."

And it is certainly a game for young and old at Hulencourt – Jérôme is very proud of the progress that is being made with the Junior Programme, in particular the dazzling efforts of one young star, 18-year-old Jean de Wouters.



Jérôme Theunis

"Jean has already qualified for the upcoming World Cup and Junior Olympics, so we are obviously very proud and pleased for him. And, we have other young players who are progressing very well in their training, many of them international."

And the club is also proving a big hit with the expat community: "Our association with the St. John's School in Waterloo has really opened the doors for expats," Jérôme explains "and we offer some very good deals to get them to join and to keep them interested."

Jérôme himself has certainly made his mark when it comes to the beautiful game – a former Belgian Junior Champion, Jérôme's professional career developed on the European Tours, eventually winning the Neuchatel Open in 2004. Retiring as a playing pro in 2008, Jérôme became coach to Belgian Ryder Cup star Nicolas Colsaerts, before joining Hulencourt as head pro in 2013 and opening the Golf Academy in 2017.

The Hulencourt also has two immaculately maintained courses, 'Le Vallon' and 'Le Verger' – Le Vallon is the Championship course and is widely acclaimed as being one of the best conditioned courses in Belgium, designed by French architect Jean-Manuel Rossi, while 'Le Verger' is a 9-hole course that suits beginners and younger players.

And, it is fair to say, the Hulencourt Golf Academy by Jérôme Theunis has modern facilities that are perfect for learning golf in all



Emmanuel Spies in the fitness centre

seasons. From the practice range, which is a large training area with 20 mats, including 10 covered ones, to the putting green, which is a large training area for putting with several elevations and grass that is cut in the same

manner as on the course, and a training area that's reserved for approaches and small range play, you have it all covered!

There is of course also a fitness and cardio gym to help you improve your physical condition, with

changing rooms and showers available. It's all about fitness, right?

And word is getting around about just how good Hulencourt is – the prestigious Callaway brand, world leader in golf equipment, has recently chosen Hulencourt as the national base for its showroom and the presentation of its products.

So, what do you think? No time like the present, and right now would seem the ideal time to take the first step and become a member of this wonderful golf club, to enjoy the course, its exceptional academy, and the first-rate training and coaching that Jérôme and his team will provide.

Join, and you will swing!

Hulencourt Golf Club & Academy
Route de Lillois
1472 Genappe
Belgium
Tel: 067 79 40 40
www.golfhulencourt.be ❶

Belga Queen turns sweet 16!

Together takes a look at one of Brussels' most iconic brasserie restaurants.

Created by Antoine Pinto back in 2002, Belga Queen, in 16 years, has become one of Brussels' absolute must-visit gastronomic adventures. The restaurant was born in the heart of Brussels and the building dates from the 18th century (it previously housed Hôtel de la Poste and then the Crédit du Nord bank). It combines the charms of history and architecture that is still resplendent today, with its impressive vaulted room, staircases to scamper up and a glass roof overlooking the main hall.

By the time Antoine Pinto's masterpiece arrived, Pinto already had the design of 30 restaurants to his credit (more than 100 now with its architecture office, Pinto&Co – www.pintoandco.be), and provided sublime comfort, with room for two hundred people to sit and enjoy themselves, in a set-up that is light years away from 'Brasserie elbow to elbow' - here, Pinto provides club armchairs.

In 1986, he was the first chef, outside Italy, to receive the Italian Academy of Gastronomy diploma and received in 1993 the same distinction from the Portuguese Academy. He created the new Portuguese cuisine by reinterpreting the classics and it was in this context that he was asked by the government to represent Lisbon, cultural capital in 1993 in Barcelona. On this occasion he will organize and realize 5 banquets of 250 people in the 5 most important palaces of Barcelona, he presented for each banquet a different



8-courses menu with accord food and Portuguese wine. While he seduces gourmets with his cuisine, he is no less an artist in architecture and an interior designer by his training.

At the age of 17, Pinto enrolled at the Beaux-Arts in Liège during the day

and learned the secrets of the ovens in the evening, he became interested in gastronomy and soon realized that cooking was a means of expression. While he seduces gourmets with his cuisine, he is no less an artist in architecture and an interior designer by his training.

Further afield, the chef and his team are at the service of your palate: the kitchen strives for perfection always. Each culinary element is in its place, and before your meal, a selection of divine cocktails and aperitifs, the largest selection of remarkable wines from Belgian vintners from all over the world, and comfortable leather loungers await you, with Havana cigars also offered at privileged prices.

On the programme every weekend: an atmosphere worthy of the big clubs in London or Paris with Friday and Saturday night DJsets. For the combination of class, cuisine and location, you can't do much better in Brussels than Belga Queen!

Belga Queen
32 Rue du Fossé aux Loups - Brussels 1000
Tel: 02 217 2187
www.belgaqueen.be

KNOKKE-HEIST, SEA-SALTY SWEET

An exquisite fresh fish with a view on the sea, star spangled menus, this is how food heaven must be. Time ticks more slowly as the red sun sets, to savor the moment, this is as good as gastronomy gets. A healthy outdoor breakfast, a savory snack, ice-cream and waffles, they come as a pack. Four o'clock coffee and exceptional tart, life is good for the Young at Heart.

YOUNG AT HEART
#gustronomy #myKH



MYKNOKKE-HEIST.BE

KNOKKE-HEIST

Dining

32 candles for l'Orchidée Blanche

The Zen serene style begins at the entrance and remains as you head upstairs in an atmosphere redolent of a colonial house on the banks of the Mekong - the invitation to go on a journey begins. Dressed in Ao Dai, the traditional dress, the girls provide a professional service with a smile. On the occasion of the anniversary, the house invited us for a culinary journey from North to South Vietnam. We tasted the "pho gà" soup - traditional and popular, garnished



with rice pasta and chopped chicken in a broth perfumed with basil ... To die for! Then came the steamy bites, the "bun thit nuong" rice vermicelli with pork chop and prawns with tamarind sauce. Flavours that really transport us to Vietnam. We finished the meal off in a light manner with a delicious fresh mango. An essential address for those who wish to (re)

discover genuine Vietnamese cuisine.
www.orchidee-blanche.com

Chez Léon

Just a stone's throw from the legendary Grand-Place in Brussels, this institution has been welcoming Brussels residents and tourists alike eager to taste the culinary art of Belgium for over 125 years. The atmosphere is a little "like home", no wonder that Jacques Brel, Johnny Hallyday and Charles Aznavour have crossed the threshold of a restaurant which was awarded the label "Brusselicious" in 2017. We enjoyed



the lobster stoemp from the famous Plateau Léon with wine or Leon's own beer which was developed by the Brasserie Saint-Feuillien especially for them. Right now, the star are the mussels from Zeeland, which are available in no fewer than 14 different preparations!

Head to the heart of the capital of Europe for one of the most emblematic places of Brussels gastronomy.
www.chezleon.be

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Advertorial

Belgian Luxembourg: Nature, discoveries and flavours

We look at a Belgian region that is close and surprising

Did you know that after only one's hour drive the urban landscapes of Brussels give way to the vast expanses of the landscape at the heart of the Ardennes, in Belgian Luxembourg? This is probably why the province remains the country's favourite destination! If an hour's drive seems too long, the good news is you can find out all about the region in the European district at the La Maison du Luxembourg.

Make your plans for The Weekend of Landscapes

Don't hesitate to plan your nature getaway on September 29th and 30th. As every year, we call it the Weekend of Landscapes. For this 10th edition, eight locations with different landscapes will offer unusual or original activities to discover, with a bracing walk, unseen and enchanting landscapes and surprising and remarkable sites that have marked history.

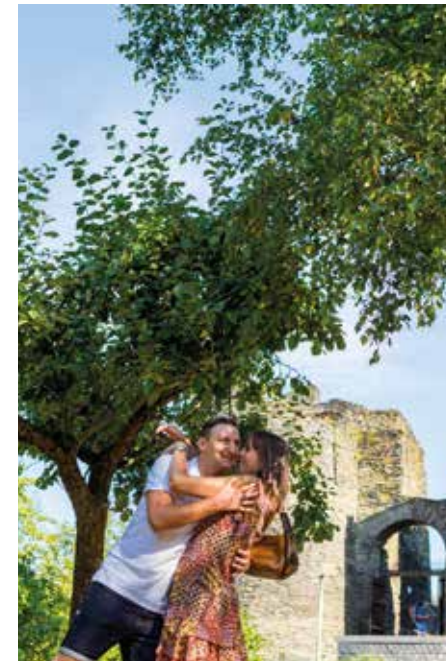
You can enjoy a meal with produce from the local soil in a former

mine at 25m deep, take a bike ride to the rhythm of the troubadours, participate in a puzzle game or share a simple snack in a medieval castle. Food lovers will love a walk during mushroom season in the Ardennes and Gaume. Ceps, morels, oyster mushrooms and chanterelles will make your mouth water! And the roars of the stags as they attempt to attract a mate is a privileged moment and a highlight of life in the Ardennes forest. It is up to you to choose according to your desires! groupes.luxembourg-belge.be

Discover the region's wealth of discoveries, its artists and the wonderful flavours

During October, November and December there are a number of excellent exhibitions with emblematic pictures that are symbolic of the area. A great favourite of visitors are the samplings of local produce including smoked trout from Le Grand Vivier (Bertogne), The "Pétillant ardennais" drink (Ste-Ode) and the very popular Ardennes ham - among many others.

More information:
www.maisonduluxembourg.be



Château de Valmer: Get lost in the vineyards and gardens

We feature winemakers who happily open up their fine wines and their unusual cucurbits to visitors

The estate was established on a rocky spur overlooking the Brenne valley on limestone slopes - the 300 hectares estate cleverly combines a renowned vineyard, Renaissance terraced gardens, cultivated land and woods with bicentenary trees. According to tradition, the Château de Valmer belonged to Charles VII. The terraces, moats and troglodytic chapel were built at the beginning of the 16th century. The present buildings - the portal, the outbuildings, the Petit Valmer - date from 1640 and are the work of Sieur Thomas Bonneau, King Louis XIII's adviser.

The same family has maintained, supported and passed on this exceptional place for over 120 years. The 32 hectares of the vineyard estate surround the terraced gardens like a horseshoe in order to benefit from the best exposure of its south/south-west facing hillsides.

Jean de Saint Venant (5th generation of winegrowers) cultivates the 20 parcels of the estate planted with white chenin grape variety, the only authorised grape variety in the Vouvray appellation. Planted on hillsides with clay-limestone soils overlooking the Brenne valley, the Château de Valmer declines the four facets of the chenin: bubbles, dry, semi-sweet and sweet.

The entire estate is managed according to the principles of agriculture raisonnée in order to preserve biodiversity and limit inputs. All our



wines are made on site.

The grapes are gently guided in pneumatic gravity presses to preserve them intact before being pressed for a long time to guarantee the best juice extraction and aroma preservation. The juices ferment

at low temperatures in thermoregulated vats, thanks to natural (indigenous) yeasts which guarantee the respect and expression of our terroir. Vinification takes place in the semi-buried century-old cellars built in 1905, which have the particularity of being equipped with glass concrete vats.

The gardens

Between nature and culture, the splendours of the past are still within the walls of the Italian Renaissance terraces: the elegant balustrades, the Florentine fountains, the troglodytic chapel, the statuary, the topiaries, the architecture worked but never ostentatious form a rare ensemble. Seven levels, spread over five hectares and more than twenty meters of unevenness, offer balconies opening on the landscape of the valley.

The vegetable garden, where grapes, clematis, valerians, santolines, roses, lavenders, unusual cucurbits, dahlias, sage and a thousand other varieties of vegetables and flowers mix, presents a fertile and joyful polyphony. The harmony which emerges is a testimony of the past but also, today, the fruit of the daily work and the wise eyes of the gardeners.

www.chateaudevalmer.com/en 

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What's on Belgium



Chris Marker: Memories of the Future

BOZAR and La Cinématèque française join forces for a journey through the world and archives of Chris Marker (1921-2012), the militant filmmaker behind *La Jetée* (1962), not to mention an author, photographer, artist, musician and globetrotter. Nouvelle Vague film director Alain Resnais called him "the prototype of the twenty-first-century man." Hyper-versatile and cosmopolite. ICEBERG is a workshop, a workspace and a meeting space inspired by the work of Chris Marker, where visitors can experiment with plenty of analogue and digital tools, texts, images and sounds. **19**

September 2018 – 6 January 2019.

BOZAR.

www.bozar.be



Design Generations

Design Generations is an exhibition presented in collaboration with Wallonie-Bruxelles Design-Mode (WBDM) within the framework of Intersections, the ADAM's biennial contemporary design event. It invites visitors to take a fresh look at design by demonstrating the profound value of this profession, which has witnessed and often advocated changes in our society over the last century. Ten Belgian design companies explain their approach through a selection of products, some from the past (permanently held in the Museum), some from the present (taken from their current collections) and some from the future (imaginary objects). Through its multi-sensory approach, which reveals spatio-temporal links and intersections, the exhibition offers a true experience of the world of design, improving our understanding of the lives of the objects that surround us and of their intelligence, both retroactive and prospective. **Until 4**

November. ADAM Brussels Design Museum.
www.adamuseum.be/en

The Magic Flute

In Brussels, the 2018-19 opera season opens with *Die Zauberflöte*. Wolfgang Amadeus Mozart (1756-1791) was thirty-five years old and only had a few weeks to live when his friend Emanuel Schikaneder (1751-1812), actor, singer and director of a small Viennese theatre in the German language, asked him to compose a Singspiel on the theme of an oriental tale that would bear the name of *Die Zauberflöte*, *The Magic Flute*. The subject is not original but contains many popular stereotypes. Schikaneder himself wrote the libretto, introducing the Masonic ideal and rites, staged the opera for its world premiere and, to top it off, sang the



Photo © Philippe DeGobert

role of Papageno. **Until 3 October.** La Monnaie. Tickets: various prices www.lamonnaie.be

Bernard Villers: La Couleur Manifeste

La couleur manifeste, the exhibition of works by Bernard Villers at the Botanique, asserts the poetic and sensory force of colour. Colour is certainly manifest. Rather than merely present, it is the very subject of his work. Unhindered by any realistic representation, it is free to tell its own story and to provoke emotional responses. As soon as you enter the exhibition, the gaze takes in the whole space, creating a singular reading path that brings together works that are sometimes thirty years apart. Though they may differ in terms of intentions and ideas, all interrogate the power of colour. As you begin to move, you will distinguish the effects on the surfaces of the



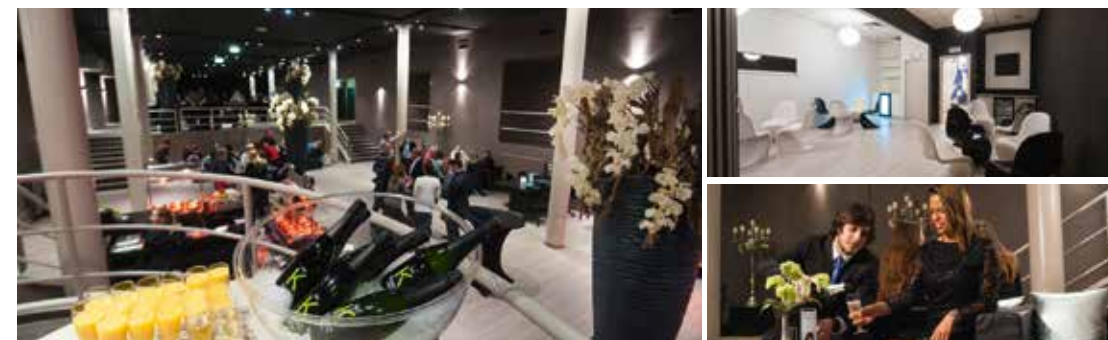
works when a Prussian blue is juxtaposed with a Senegal yellow, or an English red is pitted against a Veronese green. At closer range, you become aware of the pictorial medium and the incidence of light upon it. **Until 28 October.** Botanique, Museum. Tickets: €5.50 www.botanique.be

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12/01 Music Show Scotland	22/01 Snow Patrol	26/01 Mister Cover	28/02 & 15/05 Patrick Bruel	



What's on

Red Bull: Another challenge

Red Bull Kumite? It's a boosted tournament that brings together all the biggest stars of the game *Street Fighter V* – it takes place in a cage in a place in France which is still kept secret. In this international competition, the top 16 of the best players on the planet will give the best of themselves in front of thousands of spectators – to win the title and achieve the eternal glory. You can also choose your favourite character, choose the right tactics and show off your reflexes during the first Belgian playoffs. Earn a place for the world playoffs – it's your last chance. 256 players from all over the world will



compete for the last two places for the grand final in France! Do you have the qualities to meet this challenge? **6 October 2018.** Emergence XL, Brussels. www.redbull.com/be

Van Gogh: The immersive experience

Have you ever dreamed of stepping into a painting? To become completely immersed in the work before you, making reality around you fade into the new world created by the artist? You will be able to experience all of this and more first hand in the Bourse de Bruxelles at Van Gogh: The immersive experience.



Thanks to the most recent virtual projection technology you will become a part of the spectacular, incomparable universe of Vincent Van Gogh. The experience will let you discover the life of the artist in a new way: his time at the convent and in Arles, the secrets from the letters he wrote to his brother and much more. You will participate in a unique sound and light show, which will immerse you in the world of

the renowned and familiar images of Vincent Van Gogh. No one will leave untouched.

Van Gogh: the immersive experience is a 360 degrees experience in the universe of one of the greatest geniuses of the last century. A moment not to miss! **10 October 2018 – 6 January 2019.** Bourse de Bruxelles/Beurs van Brussel. Tickets and Ticketmaster/Fnac. www.expovangogh.be ⓘ

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What's on

What's on international



Prague Crossroads International Theatre Festival

This year's Prague Crossroads international theatre festival, dedicated to Václav Havel's political and literary legacy, will again feature remarkable performances by foreign artists. The extraordinary event, with its programme encompassing progressive drama and other crossover projects, will include debates with creators, lectures and discussions. Prague Crossroads will open with the production *Gavrilo Princip*, to be performed by the Dutch company *De Warme Winkel*. Within this year's festival edition, Prague will host international theatre stars the local audience has not previously seen and will conclude with the New Riga Theatre production *Brodsky/Baryshnikov*, starring the celebrated ballet artist Mikhail Baryshnikov. **29 September – 7 October.** New Stage (Nová scéna), Prague. www.prazskekrizovatky.cz



The Invisible Exhibition

Imagine that all the lights have gone out... The Invisible Exhibition in Prague is a unique interactive journey to an invisible world, where in total darkness you find your way out only by touch, sounds and scent. Interesting? Strange? Weird? Or... natural? Could an hour of blindness open your eyes? On this invisible journey you will be led by blind or partially sighted people through 7 differently furnished places. A tour starts every 15 minutes. Have you ever seen a talking clock before? A Braille typewriter? Or perhaps talking scales? At the other venue of the exhibition devices and objects used by blind people on a daily basis are shown. The programme is approximately 90 minutes long. You will be in the dark for at least one hour and the rest you will spend in the visible part. Put on comfortable shoes! The exhibition is suitable for children above 7 years of age. **Until 31 December 2019.** New Town Hall (Novoměstská radnice), Prague. Tickets: Check prices (in Kč) on the website. www.prague.eu/en ⓘ

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



BlacKkKlansman

Time for the latest Spike Lee joint, and that is normally a real pleasure - it's set in 1972, and stars John David Washington as Detective Ron Stallworth, who was the first African-American detective in the Colorado Springs police department, who sets out to infiltrate and expose the local chapter of the Ku Klux Klan. A searing indictment of the hypocrisy and racism of the times, with more than a few messages for today.
135 mins.

Papillon

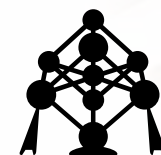
And the latest remake hits our screens, a new take on Franklin J. Schaffner's 1973 original, which starred Steve McQueen and Dustin Hoffman, with both based on the 1969 autobiography by French convict Henri Charrière, nicknamed 'Papillon'. Unjustly imprisoned for murder, Charlie Hunnam plays the safecracker from the Parisian underworld who was condemned to life in a notorious penal colony on Devil's Island in French Guiana, South America. He swears he will escape and forms an unlikely alliance with quirky convicted counterfeiter Louis Dega (Rami Malek), who in exchange for his protection, agrees to finance Papillon's escape, ultimately resulting in a bond of lasting friendship. Michael Noer (*Vesterbro* (2007) and *The Wild Hearts* (2008)) directs.
133 mins.

City of Lies

City of Lies tells the story of American hero and former LAPD detective, Russell Poole (Johnny Depp), who in 1997 is working the murder cases of rappers Tupac Shakur and The Notorious B.I.G. A reporter, based on journalist Randall Sullivan's collaboration with Russell Poole, "Jack" Jackson, teams up with Poole after nearly two decades to find out the truth.
112 mins.

Journeyman

The story of middleweight boxing champion Matty Burton (Paddy Considine, who also writes and directs), who, approaching the end of his career, knows that he must make his money and get out of the game to secure a home and future with his wife and baby daughter. After a titanic fight with the brash and controversial Andre Brite, Matty collapses on his living room floor, a delayed reaction to a devastating punch. Awakening from the coma, the real fight begins. Suffering from memory loss and with his personality altered, Matty must begin to piece his life back together as his world disintegrates.
92 mins. ❶



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