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Fashion
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PERSONAL DEVELOPMENT

Combat sports
Hope and healing
Arnon Barnes: Get extrovert
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Interview

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Editor's LETTER

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

A SPRING IN YOUR STEP

I find it very strange to think that when it's spring in the northern hemisphere, it's autumn in the southern hemisphere and vice versa. But I like imagining those powerful changes of colour spreading constantly around the globe. Not only do the buds start to appear, the birds construct their homes anew and the soil smells different - it's also carnival time. I love most watching the festivities in New Orleans, as it celebrates the best music in the world in fantastic parades. Spring seems to have more going on than the other three seasons, including Easter, St Patrick's Day and May Day. And people in Belgium get out of the house once more, often to go to concerts and other outdoor events - one of my favourites is HOPLA!, the outdoor circus festival which is entirely free of charge and takes place in several Brussels neighbourhoods (www.hopla.brussels/).

And I came across an article on chopra.com suggesting *5 Rituals for a Fresh Start*. They are: Practice 108 Sun Salutations, Plant Some Seeds, Create Your Own Cleanse, Head for the Hills and Set Some Intentions. I have to go now and get a start on those sun salutations and practice some juggling.

ON THE COVER



Tom Hanks
has written a book...

Paul Morris
Editor



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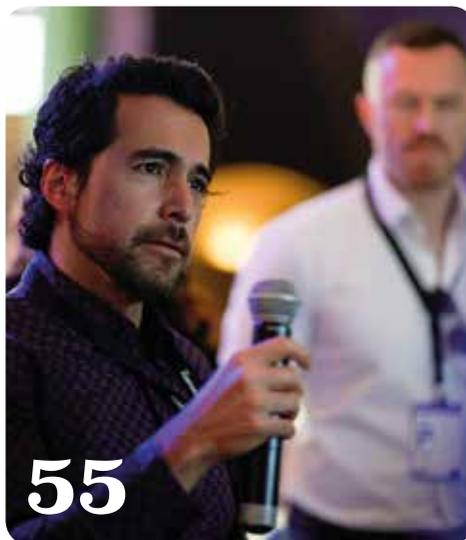


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Get extrovert

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Brussels dining: Emile neighbourhood bistro and AMEN

Located between Place Flagey and the Ixelles cemetery, this 'trendy' bistro of the Brussels Capital has kept all the old-world charm of the 'old neighbourhood' bistro, while maintaining the original setting and adding more contemporary notes - this place has a little bit of extra soul which makes it very attractive. With a wildly charming décor, it is a great place to meet for a drink or have a meal with friends.

Travel Shanghai: Dynamic, international, modern

In his latest travel Shanghai article Dave Deruytter wonders if it is powering ahead to international stardom. The waterfront view from the Bund at the Puxi side of the city towards the other shore of the Huangpu

river, Pudong, is legendary by now. 40 years ago, one saw nothing but rice paddy-fields there. Today, the visitor observes probably the highest concentration of skyscrapers in the world, including some of the top ten tallest buildings on the planet. You can go up in some of those skyscrapers on the Pudong side to have a breathtaking bird's eye view over the city, or cruise on the river and watch both sides, old and new.

Personal development: The law of the jungle

In her latest personal development article Intuitive Healer Katarina Winslow reflects on our true nature. To be inquisitive is part of who I am, and curiosity has brought me answers to many questions over the years. The answers have come through my own experience, through other people and through messages from my guides, my angels, the ones who care for us all from the other side of life. Approaching middle

age, I admit there has been quite some time for serious reflection. As a teenager, I investigated the selfish gene theory, the idea that everything in nature is based on the survival of the gene. ●



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Starring in Belgium

Will Moors looks at upcoming concerts in Belgium

Blood Red Shoes

Laura-Mary Carter and Steven Ansell go by the name Blood Red Shoes, a garage indie rock band from Brighton, England. Since forming all the way back in 2004, the duo has been involved in Brighton's large indie rock scene for years. The two-piece have released five albums and one EP, each taking on a different sound than the previous release. Covering all the rocks from psych, punk, indie and more, the duo have an eclectic line-up of tracks from their 15 years as a band. The duo is now looking towards their tour of Europe, following the release of their commercially and critically acclaimed 2019 album, *Get Tragic*. This record sees them follow a more experimental binge with tracks such as *Mexican Dress* which feature a more danceable, perhaps even Queens of the



Stone Age-esque rock tinge. 25 April. Botanique. Rotonde, standing. Tickets: **€23**
www.botanique.be



Giant Rooks

Giant Rooks are an up-and-coming indie pop set originating from Hamm, Germany. The band have a feel similar to the signature style of modern indie-radio pop, but they make a great effort to really make the music their own. The ultra-clean guitar and bass

layered into tracks like *Småland* and *Bright Lies* make for earwormy pop with interesting detail that may not be obvious on the first listen.

Since forming in 2014, the band have released two EPs – *The Times are Bursting the Lines* and *New Estate*. The group have also already amassed a large online following, with over 23,000 followers on Facebook, and their singles regularly gain well over two million Spotify plays each.

The band are currently embarking on a tour with over 30 dates planned, ahead of the release of their new single *Wild Stare*. **30 April**. Ancienne Belgique, Club. Tickets: **€15**
www.abconcerts.be



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The care provided being only partially covered by the subsidies, L'ACCUEIL must find additional funds each year. This balance is financed by your tireless generosity. The 'Art for L'ACCUEIL' exhibition and sale brings together some of these funds.

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For children from 0 to 6 years whose parents are having relationship or personal difficulties that temporarily make them unable to provide a safe parenting function for the harmonious development of their child, L'ACCUEIL responds to the demands of families as well as the various social or legal services that seek, in situations of abuse or neglect, protection for the child and help for the family.

The initiative proposes to integrate parents in their child's life through daily visits and their participation in meals, care, toilets, recreational and educational activities. In times of great family distress, it is sometimes



essential to remove a child from his or her home environment in order to protect him/her or to prevent a state of crisis persisting, that the maltreatment reoccurs, is exacerbated or that neglect sets in.

'Art for L'ACCUEIL'

'Art for L'ACCUEIL' will open its doors to art lovers at HANGAR ART CENTER, Place du Châtelain 18, 1050 Ixelles.

The Nocturnes of this event, always very appreciated by the public and the press, remain today an appointment not to be missed. More than 180 artists, galleries and donors offer us beautiful paintings, sculptures, photos, drawings, jewellery and design objects. These works are offered for sale during the exhibition. Come and buy these objects, during a beautiful evening where you can find friends and acquaintances. The funds raised is paid to the L'ACCUEIL - Child Protection Centre ASBL. The organization of 'Art for L'ACCUEIL' is entirely funded by our generous partners. **23-26 May.**

www.lesamidelaccueil.be
www.laccueil.be/cpe

Combat sports: A lifestyle choice

Maxence S.A explains the benefits of combat sports for adults and children



Combat sports are a current trend which is drawing in increasing numbers of people, regardless of their age, and which seems more and more like a lifestyle choice rather than just a way of letting off steam.

"Hajime...Matte...Rei!"
(Begin...Stop...Bow!)

Every Sunday you'll find Maria and Matteo, our budding young judokas, on the *tatami* (Judo mat) at Aspria Arts-Loi under the watchful eye of their Sensei (instructor/master), Aymerick Glowacki.

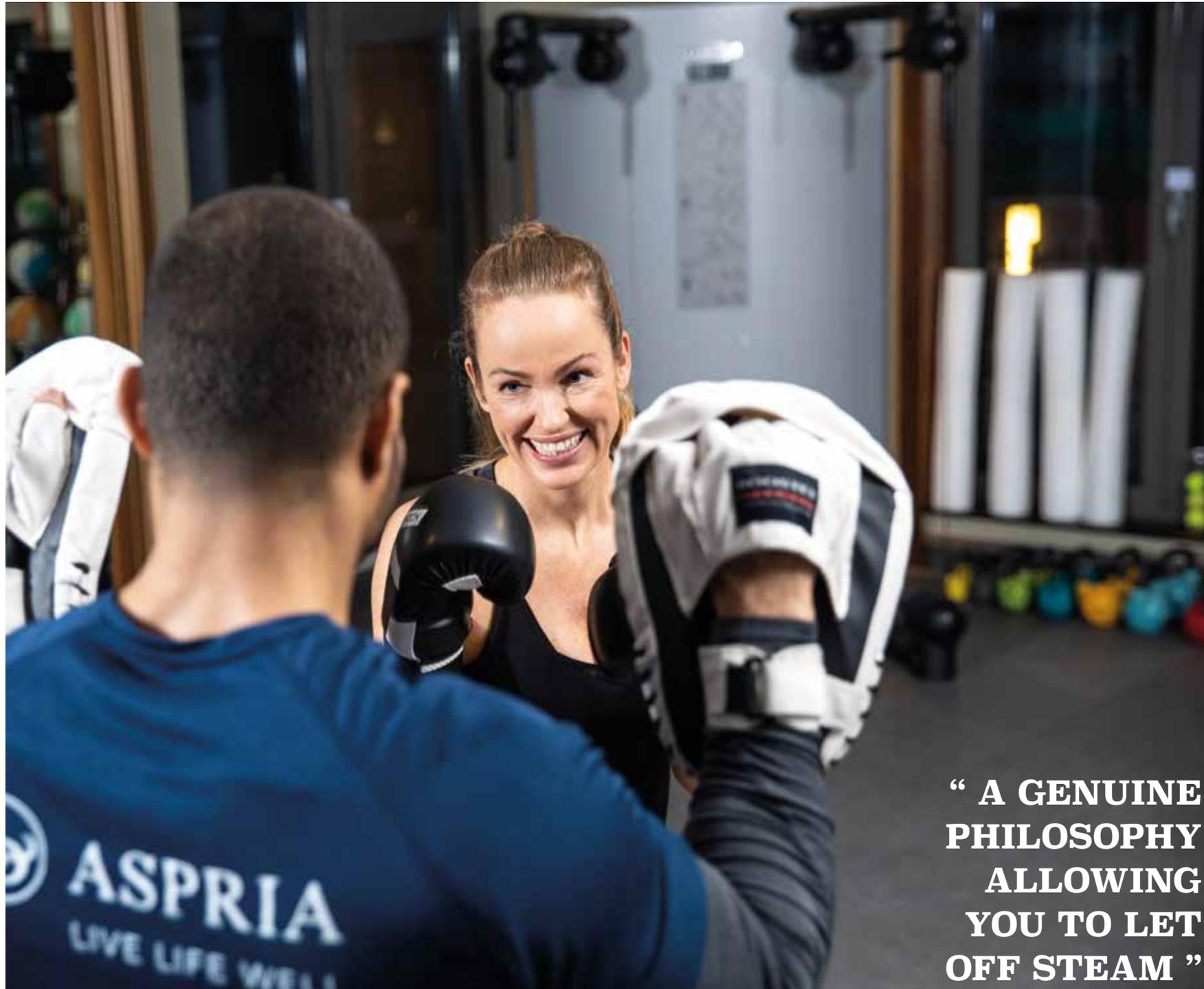
Judo, and combat sports in general, follow a genuine philosophy allowing you to let off steam at the same time as instilling some important values such as respect for others and humility. It's rare for people to practise these sports and to shout about it from the rooftops.

**" HAJIME...
MATTE...
REI! "**

It's true that our appetite for combat sports has become strong over the last few years; whether you live in town or in the country, specialist clubs are flourishing in many places, often combining multiple disciplines.

PERSONAL DEVELOPMENT

Hope is the seed of healing



**“ A GENUINE
PHILOSOPHY
ALLOWING
YOU TO LET
OFF STEAM ”**

The members who belong to them are drawn from all walks of life, and age is almost irrelevant. It's not unusual to rub shoulders with a fortysomething executive, some seniors (yes, grandma and grandpa are also allowed to have fun and work on their flexibility using combat), and the little kids who featured at the start of this article.

So, why so much enthusiasm? It's really quite simple: when we step onto the tatami, just like with other sports, life's little worries, work stress and bad tempers are not admitted - instead they are left in the changing rooms! In addition to the need to learn complex techniques and holds which could one day help you get out of a tricky situation, for many people the origin of combat sports lies in the fruit of a philosophy, a way of life, created with the sole goal of achieving harmony between the body and spirit. That's one of the reasons we talk about learning fundamental human values before unleashing the physical side. That's also why it's essential to be able to create or strengthen these foundations, even from a very young age.

At Aspria, it's something our teams put into practice every day so that we can offer you the best support in your chosen sports, whatever they are. The saying '*mens sana in corpore sano*', meaning '*a healthy mind in a healthy body*', takes on its full meaning here and combat sports can be considered as a practical application of this motto.

Already well known as a multi-disciplinary sports club, Aspria has kickstarted the process in this context, offering numerous classes in judo, Qwan Qi Do, Thai boxing, karate and capoeira at its clubs.

Find the group class timetable for children and adults at www.aspria.be and then kick your shoes off, slip on your *kimono* (traditional judo tunic) and follow the example of Maria and Matteo, making Aspria your *Dojo* (place where you practise judo)! ●



Hope is the seed of healing

Intuitive Healer **Katarina Winslow** reflects on the external and internal enemy



Why is it that we feed on the fear of each other and believe in the idea of an enemy? Maybe it is time to ask more questions about why the concept of the enemy has taken such a deep root in our societies. Evidently, the Brain's Negative Bias is a reason as our biological and psychological programming reacts more intensely to threats and dangers to protect our survival. We also learn more and faster from dangerous and threatening situations because these are the experiences that we need to remember for our sheer survival. Our life doesn't depend on our happiness, so to 'register' all that is happy and beautiful is not crucial for our physical continuity, whereas threats and nightmares are.

But are there other causes we have ignored? The many conflicts in the world are not new, but this doesn't explain why people at the top of it indulge in feeding on fear and violence.

It is, of course, logical that our existential fears and our instinctive brain must take some blame for people focusing and feeding on negative information. But is there perhaps another truth closer to us than we can imagine? Could it be that on a deeper level we are afraid of ourselves and our own inner enemies? Are we afraid of the one part of us that has difficulties in giving ourselves permission to live, the part that is fearful of a happy and peaceful life? Could the reason for



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Self-help

sustaining an exterior enemy be an attempt to escape our interior enemy and our personal fears? To push it even further, the root cause could be that we are afraid of life. There would be no reason to buy into and feed on the concept of the enemy if we weren't also scared of something inside of ourselves. There must be an internal psychological reason for our exterior behaviour beyond the Brain's Negative Bias. Surely, what is within is without.

Let's face the uncomfortable truth: separation, fear and the concept of an enemy are about to destroy our sense of security. The idea of an enemy is both detrimental to the global climate and slowly killing our joy and happiness. We could regain our power and change the trends of society if we took a closer look inward and fought our internal enemy rather than focusing on the dragons in the fairy tales and on our TV screens.

The psychological truth is that what we focus on also resides within. Maybe the focus on the external threats is to compensate for the part of us that is not sure we have the right to live. Are we prone to feed on conflict and separation as a compensation for not addressing our inner conflicts?

If we all stopped believing in the outer enemy and the idea that we must defeat each other, we would focus on overcoming ourselves, on conquering our inner conflicts and be at peace. Before things escalate, it would be helpful to make a switch inward and make peace with ourselves and thereby contribute to world peace.

Things would rapidly change if we aimed at making peace in our internal separation instead of feeding on it. We would help the

world by becoming more conscious and making a firm decision to supply our mental, emotional and psychological selves with peaceful sustenance. You can't feed on conflict and expect to be at peace.

It is true that it is not easy to be happy in a world that is getting more conflictual by the day. Still, you do much more for the world if you allow yourself to be happy instead of sustaining a gloomy feeling of 'it is too late'. Even if it is difficult to ignore the many worried and sad-looking people who walk the streets, try to smile and ignite a little flame of hope. We can all agree that it is tough to live in a climate where there are significant threats to the survival of our

planet. On top of the growing decline, society becomes more competitive. It is not strange that people panic about losing their jobs and that mistrust grows at work, leading people to burnouts and suicides.

When you take a step back and see the big picture, it is understandable. People spend an average of

eight hours a day at work, with less and less credit or validation for their efforts. To have no recognition is draining. Another growing problem is the lack of essential human contact, trust and friendly conversations. There is little time left for laughter, mutual encouragement, and inspiration. For many people, the time spent at work has become a long-drawn-out suffering filled with stress and anxiety. Many people worry about who will take the credit for their work and who is out to get them.

As people are focusing more than ever before on conflicts and horror, the virus of an enemy grows everywhere. The old saying 'separate to better rule' is gaining ground as our morals decline. It is a timeless trick. The

“ EXPERIENCES THAT WE NEED TO REMEMBER FOR OUR SHEER SURVIVAL ”



maxim 'divide et impera' was first attributed to Philip II of Macedon, and the maxim 'divide ut regnes' was used by the Roman ruler Caesar, and by Napoleon. Today this old tool of political power is infused with a contagious virus in most areas of our societies. And we keep feeding on its fuel, through TV series, movies, computer games and thriller novels. The separation virus has become increasingly 'popular' and marketable as people become exponentially more miserable.

To eradicate the virus, it would be good to make a U-turn and face our inner enemy. Imagine if by making friends with ourselves we could heal the world. In these turbulent times, we need to fight our internal enemies more than ever before and allow ourselves to be happy. We need to embrace positive perspectives that keep our energies high and inspirational. More than anything, we need essential human contact and trust. We need to pierce the veil of separation and enter the space of confidence towards one another and confidence in ourselves.

To pretend that we are not human is inhuman. We need to start creating our own rules of how it should be to go to work, and how we should feel towards our colleagues

“ THE ROOT CAUSE COULD BE THAT WE ARE AFRAID OF LIFE ”

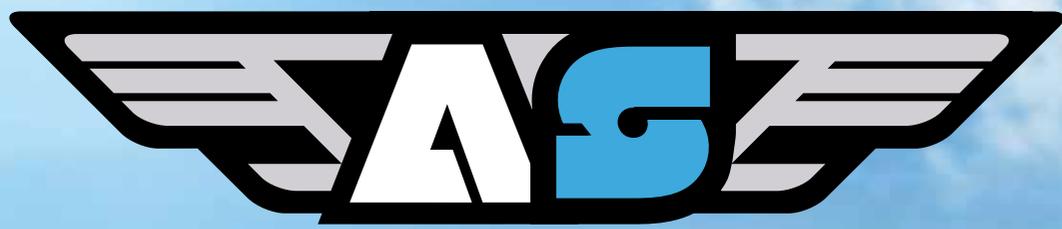
because the irony is that we are all in the same boat. The colleague that you are fearing is fearing you. A lack of trust, joy, inspiration, companionship, safety, and security is depressing for anybody. Nobody wants to be a number in a system that is approaching the edge of destruction. Nobody wants to hit the wall, and still, we are all slowly led towards it by pretending that everything

is fine; it is not.

When things are at their worst, 'hope' is the one tool to hold on to fiercely. It holds true for personal healing, and it holds true for the healing of this world. Hope is the seed of healing, and we ignite that hope by igniting it in each other.

For that to happen, we need to address the inner enemy instead of escaping into the external sustenance of fear. If you let yourself shine in a dark world, you will see that the light will come on in many other places. Don't let the candle of hope burn out. Face your inner shadow, switch on your light and make it brighter. Let's all become more conscious about our internal conflicts so that we can let the hope in this world grow.

Together. ●



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Arnon Barnes: Get extrovert

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** says you need to play to win – always



Sitting at 30,000 feet, comfortable in my chair in the front row of the plane, and suddenly it made me think: 'How did I get here?'. After all I grew up in a middle-class family, in a suburb of Johannesburg, South Africa, during the volatile end years of apartheid. My parents certainly were not wealthy and after their divorce, my mom decided to take my younger sister, baby brother and myself to Israel to begin a new life. It was rough and difficult being in another country, not speaking the language and having to scrape by every month just to pay for rent and some food.

doors to wealth and success. As the eldest son, it was my duty to help my mom as much as possible. I did not finish school or attend a fancy college as I needed to bring in money and help raise my younger siblings. No golden spoon, no head start in life.

Some may say, I got lucky, but I know better. I credit all my current achievements, success and wealth to something I'd like to call 'extroverting'. According to the dictionary extrovert means "a person concerned primarily with the physical and social environment" whereas introvert means "a person concerned primarily with his or her own thoughts and feelings". Both have their benefits and I dare to say each of us has parts of both within us. However, when it

Needless to say, we also were not connected to the kind of people that open

Self-help

comes to reaching my level of success, it is imperative you understand the importance of 'extroverting'.

Now in order to explain this idea or concept, let's journey back to a place we are all familiar with; let's talk about school. As a kid in school, I remember being told, on multiple occasions, to 'be quiet', 'sit still', 'stop making a noise' and my all-time favourite, 'don't talk with your neighbour'; any of this sound familiar? If it was not said to you, I'm pretty sure you heard it being said to some classmates at certain times.

From a young age we are taught (forced) to act introvert. To focus only on ourselves, our own thoughts and feelings. So, when I started getting involved in business, I was taught some harsh lessons from day one. The funny thing is, after all those years conforming to an introvert way of behaving, it was quite shocking to me that I realized that in business, in life even, I don't get very far if I keep to myself, to my own thoughts and feelings, and I don't share those with anyone. In order for me, or anyone, to be successful and create wealth in my business and life, I need to be social, interact with people whether it's clients, partners or competitors, acting extrovert is what gets me to the next level.

Looking at the most popular and recognizable brands, songs, movies, products or services on the planet they all 'got there' by exposing themselves openly, some even aggressively and more importantly, all of them do it unapologetically. They all sought after making themselves heard using every medium possible to catch people's attention. These recognizable brands, products and people dedicated tremendous amounts of energy, time and resources to extroverting.

Most of the business owners and leaders I work with called me first because they realize the importance of having someone

that will watch their game, give them 'no-nonsense feedback' and help them uncover their blind-spots, that are costing them time and money. Very quickly though, one thing becomes apparent to us and that is that most people don't feel comfortable about extroverting.

And when they do extrovert they seem to do just about enough 'to spin the wheel', create a small ripple, hardly what I call impact. They'll make a few more calls and have an extra meeting here or there, and when results don't hit immediately, they say "you see, it doesn't work in my industry, business or niche" (pick whatever excuse you've heard your inner-voice say to you at least once in your life).

Some business leaders will even think that they are taking the offensive approach and 'doing whatever it takes' and they just don't understand why they are not reaching their wanted level of wealth and success. It's only when they realize, if they are being honest, that they are extroverting in a non-inspiring, non-strategic way. It's great if you're all about

action and offense and making a loud noise, but when you're doing it in a way that has no connection to your business values, mission and long-term vision, then what are you really doing?

Always remember that business is an offensive and an aggressive sport and if you don't like that then maybe business is not for you. Most people play the business game, 'not to lose', taking a defensive approach and that is not what I consider winning the business game. Right now, I want to challenge you to play the game to WIN!

Meet and work with Arnon Barnes live? Join his next upcoming 2-day event in Belgium. For more information on the event, or coaching, contact his office via info@arnonbarnes.com

**“ NO GOLDEN
SPOON, NO
HEAD START
IN LIFE ”**



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Self-help

Ain't no cure for love...

Sarbani Sen begs to differ

Photo © Pisces



Under the influence of this Super full moon in Libra, I cannot resist dipping into the abyss of relationships.... Because, of all the issues that come up in life, the toughest can sometimes be the couple life, or our relationships to the 'other(s)'. In this article I want to help us get some clarity on who we are in a couple, or in a group, and discuss some tools on how to get back to reason when it comes to over-emotional subjects with the significant other half.

From an astrological point of view, there are various aspects to check in a couple's chart. For example, we could start with where is

his Venus (the kind of woman he likes)? In which astrological house does she evolve (the kind of universe we'll be swimming in)? If we are a woman, what sign is our Mars? If it's a fiery Mars (Aries, Sagi, Leo) then it means we constantly look for a dominant man, someone who is spontaneous and straightforward, someone that likes to take risks. If our Mars is rather earthy (Taurus, Virgo, Capri) then we nurture needs of security, of routine, of a lush worldly material life. If he's in the sign of Air (Aquarius, Gemini or Libra) then we're more into a light affair, something fun and creative, constantly in movement. Water (Pisces, Cancer or Scorpio) will be a search for deeper

connection, deeper meaning, very emotional without being tartly.

The Enneagram is another brilliant tool that can give us some clues on understanding the other, on why the hell is he behaving like that? Well because he has a base 7, so his goal will be this and that. At the end of the day, the way we behave and interact is all about education and childhood strategies.

From a romantic point of view, we could ask ourselves what is romance? What are all the points of view we have on romance? What are the images haunting us as soon as we meet someone? What are all the expectations we have regarding what he should say and do? How many times do we argue because he/she did not use the perfect wording that we were expecting? For us, in our couple life, it happens all the time. I have an overwhelmed Venus position in Pisces, which makes me very demanding. I have high expectations in Love and see it almost as a spiritual thing. I need deep connection (Pisces, remember?) at all times. He, on the other hand, has a Venus - in conjunction with Sun - in Taurus (an earthier version of love).

These animals don't like to be pushed or criticized. His is a sweet temper as long as words flow like honey to his ears. (Enhanced by a Moon in Libra, matters of beauty, harmony, justice). I have a Moon in Aries (fiery, outspoken, direct, abrupt, ready to fight and actually quite stimulated by it). After 9 years, I feel we've learned! Thanks to Astrology I don't make jokes about him being a sissy anymore (which I know he is) because I know it wouldn't help the situation. If I love him, I learn to be sweet in his ears, and he sadly (Taureans feel quite pity for themselves) steps into allowance of the competitive bastard he married. As years go by, we realize that we always

choose someone for a good reason: may it be to challenge us, or point us towards our wounds, repeat damaged scenario, help us heal, or simply bring us back to equilibrium between dualities in presence.

So how do we transcend the polarizing effect: from being in total symbiosis with our partner to exploding (or exploring) and feeding personal needs? Here are a few solutions to that.

First, the easiest way (I'm sure you've tried it before) is a good fight. Yes, damn right, what better and more efficient way to dissolve the magnet effect than an explosion? It's physical, nothing personal. A softer solution, is to be more aware of the energies at stake, and the emotional level of each other when interacting. Sometimes it feels more reasonable to give and take some space, stay at a soothing distance, allowing the other to process his emotions and the energies he's struggling with. Come

**“ OF ROUTINE,
OF A LUSH
WORLDLY
MATERIAL LIFE ”**

back to the space of self-realization. We are two separate beings and we are here on earth to realize ourselves. You could also organize some recurring fun activities outside. In order to keep a healthy relationship, it is vital to stop waiting for the other, stop expecting to be fed in all the parts of us by one person, spend quality and fun time with friends. Keep some alone time and space for oneself.

Another way is to 'know thyself', self-analyze. Most of the time when we feel lovesick it's because we have some deeper issues at stake. It's a good moment to go and check what is there for us from our childhood, what comes up when we are in that drama space? Who does it belong to? And what else is possible? Observe and step out of childhood (lost) feelings and wounds. It can be very interesting and fruitful to talk to the little girl or boy inside. Listen to what he or she has to say. Where does it

**PERSONAL
DEVELOPMENT**

Self-help

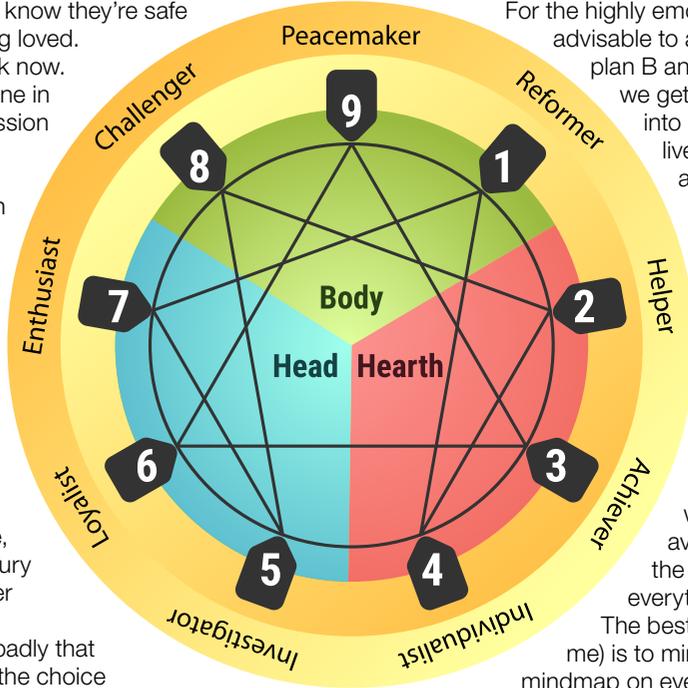
hurt? Let them know they're safe – they are being loved. Everything is ok now. This can be done in self-healing session (writing, or speaking out loud) and it can be handled in therapy too. It is time we come out and be the adult we want to be.

When we are in the 'distractor implant' of love, anger rage or fury and all the other ones (wanting something so badly that we don't have the choice anymore and make ourselves mad about it) the whole world revolves around our implant and distracts us from our main goal in life which is certainly 'other'. Once we step out of it, we are free again, and we can be in the space of 'everything is possible' again - the space of joy and creativity. A good way is to remind ourselves to step out of drama and trauma. If we feel really stuck in a negative spiral, we can use spiritual tools to get more information on certain situations that are bugging us. I use meditation, automatic writing, tarot cards, oracles and Astrology. I ask for clarity and answers. I usually get wise ideas and go for a walk in nature or sleep.

Photo © Taurus



Enneagram

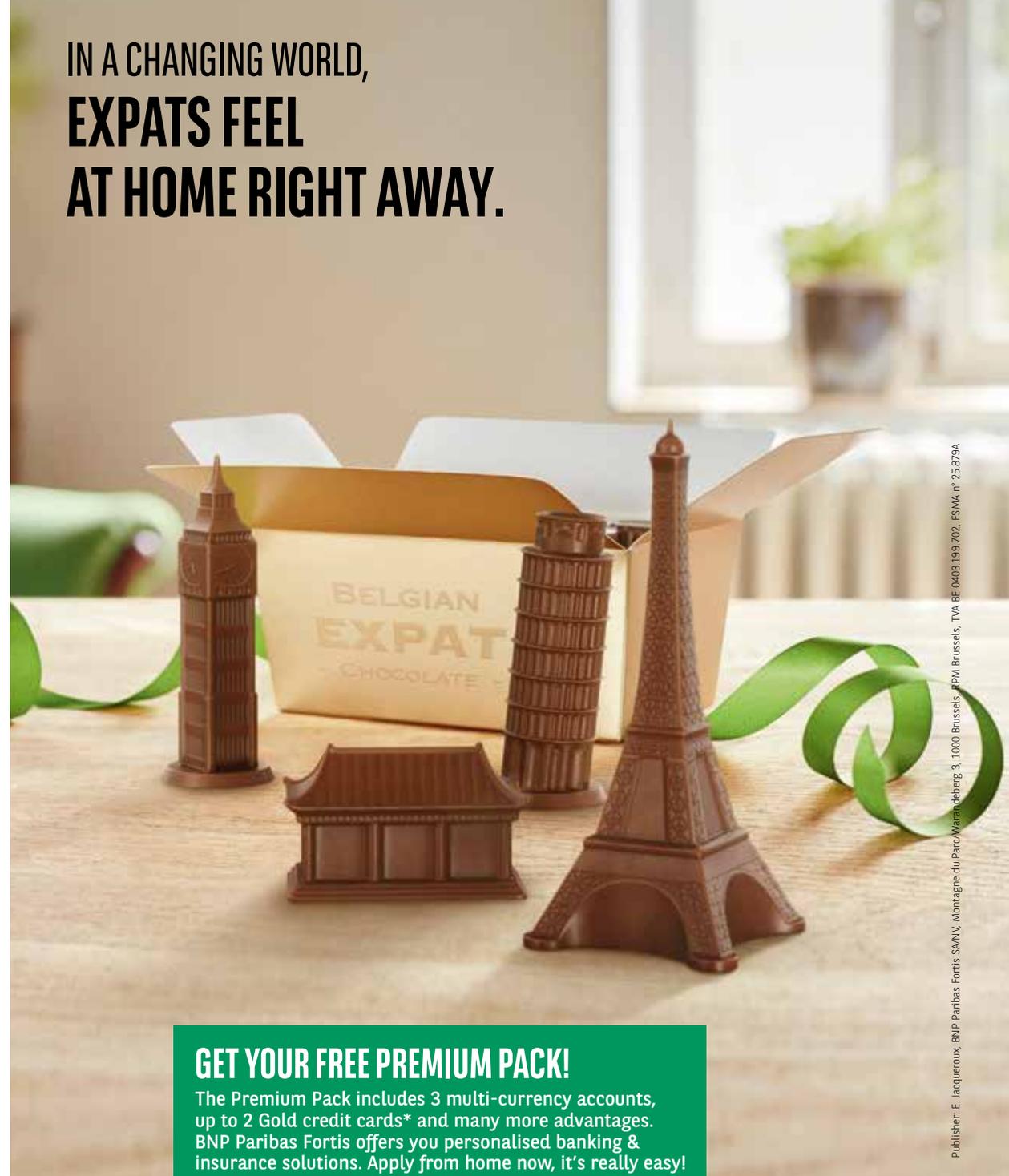


For the highly emotional, it is advisable to always have a plan B and C, because we get over involved into other people's lives, and forget about ours. Hence the distractor implant concept. Our whole world collapses once the significant other half disappears or ruins it. So, what to do to avoid the pain and the sense of losing everything at once?

The best thing to do (for me) is to mindmap. I mindmap on everything. Make a large drawing of your life and what you want to put in it. Maybe even go for a collage. Not all of us are good at it, but it helps us to go for the larger picture, step out of the narrow world of 'him' or 'her and start dreaming again. Life is not all about relationships! What else do you want in your life? What does it look like? And most of all how does it make you feel? You'd be surprised how a vision board collage can expand your reality! For me it works miracles. Suddenly you become the centre of your life again, and you find joy and inspiration in other small things such as

going out, dancing, hanging out or learning the piano. Try to fit your bucket list into it! What have you always dreamed of doing?

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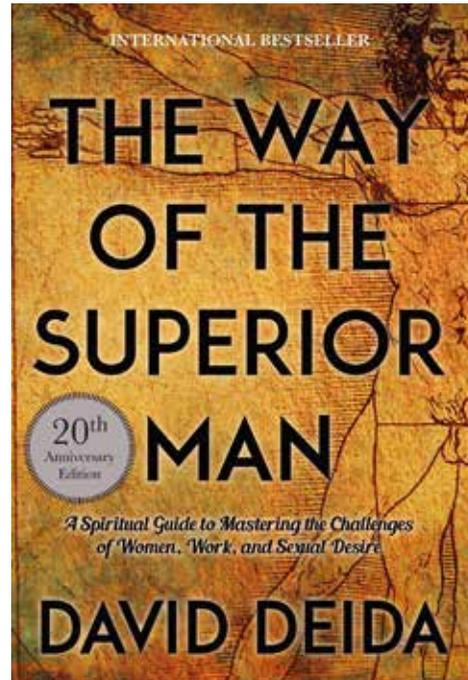
Two more books that will guide you in your quest for excellence



The Way of the Superior Man

This popular work by American author David Deida is subtitled: *A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire*. Though much has changed in society since the first publication of *The Way of the Superior Man* twenty years ago, men of all ages still “tussle with the challenges of women, work, and sexual desire”. Including an all-new preface by author David Deida, this 20th-anniversary edition of the classic guide to male spirituality offers the next generation the opportunity to cultivate trust in the moment and put forth the best versions of themselves in an ever-changing world.

In *The Way of the Superior Man*, Deida explores the most important issues in men’s lives - from career and family to women and intimacy to love and spirituality - to offer a practical guidebook for living a masculine life of integrity, authenticity and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.



Deida writes about the sexual and spiritual relationship between men and women. His ten books have been published in 25 languages. He conducts spiritual growth and

intimacy workshops and is one of the many founding associates at the Integral Institute. He has conducted research and taught classes at the University of California at Santa Cruz, Lexington Institute in Boston, San Jose State University and Ecole Polytechnique in Paris. He is the author of numerous essays, articles, and books on human

spirituality including *The Way of the Superior Man*, *Finding God Through Sex*, *Blue Truth* and the autobiographical novel *Wild Nights*. www.deida.info

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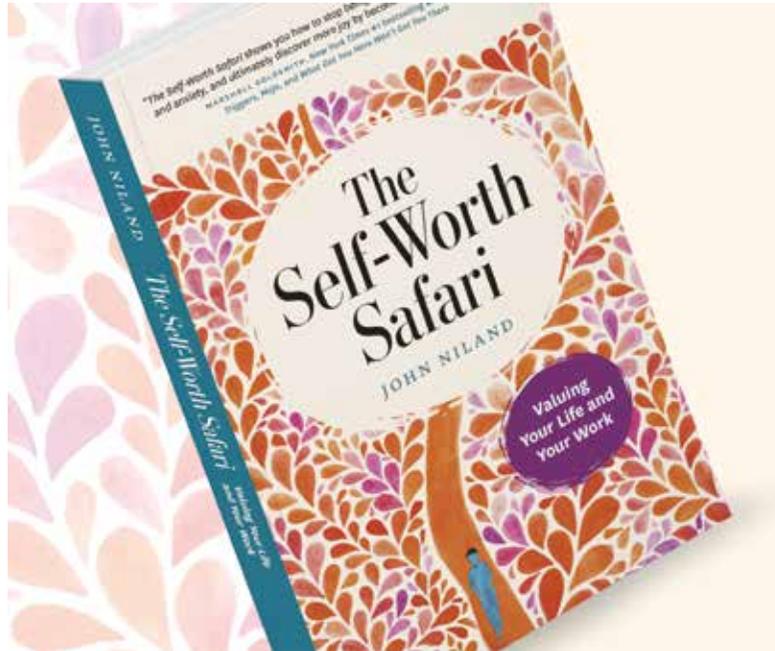
Be success

The Self-Worth Safari: Valuing Your Life and Your Work - John Niland

In your career and work, finances, and indeed all areas of life, experience the transformative power of a key relationship - the friendship you have with yourself.

In a world obsessed with building self-esteem - doing activities to improve our reputation with ourselves - our sense of wellbeing hinges on performance, the whims of good luck and positive outcomes. But when we don't measure up to our own tough standards, things don't go our way or life falls apart, we are called to access a deeper source of resilience, that of self-worth. In *The Self-Worth Safari*, author, speaker and business coach John Niland invites us on a powerful adventure to uncover this intrinsic state of value, which is ultimately untouched by changing fortune.

Along the journey, seven self-worth shifts reorient our perspective. Through simple, practical actions, we train ourselves to step off the hamster wheel of self-esteem and onto the untrodden paths of self-worth. We move from a stance of self-reproach to self-acceptance; from constantly evaluating our performance to focusing on our usefulness to clients, customers and others; from a preoccupation with 'being interesting' to finding interest in the people and circumstances around us. By applying these shifts through six key 'terrains of life' - the



body, relationships and family, career and work, money and status, friendship and environment and leisure - we develop a faithful ally in challenging times. We better rebound from setbacks, find new meaning in what we do and honour ourselves as a valuable member of any enterprise or team.

“ SEVEN SELF-WORTH SHIFTS REORIENT OUR PERSPECTIVE ”

An adept, highly knowledgeable and often humorous guide, Niland offers stories from his own life and from previous Safari participants to illuminate self-worth in action. Drawing on more than eighteen years as a business

coach, he provides a proven path to self-worth, on which we learn to build confidence, trust ourselves, and take a new lease on happiness and freedom.
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Money

The economy: Structural sustainability

Dave Deruytter suggests we have to make some difficult decisions now to save the planet

Hannover, Germany car production line



We have all ordered a product online, at least once. More often we bought it on a foreign website, rather than on a local one. The product itself was probably produced in Asia, shipped to the foreign country, put in a large warehouse there, before a ‘man in a diesel van’ took on the delivery of the package to us in Belgium. Agreed, if we would have bought the product in a shop nearby, the ecological footprint would probably not have been much smaller. That product would also have been produced in Asia, but maybe shipped directly to Belgium, avoiding a second cross border transportation.

Can't we produce more products locally?

The raw materials would then have to be shipped here, as Belgium does not have any iron ore, or oil, or any of other typical raw materials needed. Still, as a large share of the production machinery used worldwide is produced in Germany, an important part of the production chain would come from a bordering country. That would be an improvement.

Could 3D printers be an even better solution?

The ingredients that those printers use for production sometimes also come from far



away. Still, if the 3D printers are produced in Belgium or in a neighbouring country, again the ecological footprint should be smaller.

Why is this not happening?

Labour cost is very high in the EU - so high that producing a product in a plant thousands of kilometres away and shipping it from there is cheaper than producing it locally. Also, the EU has strict ecological requirements for factories on its soil. That is not the case in many of those low-cost production countries. Furthermore, by no longer producing much locally in the EU for decades now, our workers have lost the necessary skills and experience to produce many of the products that are hot buys today, such as smartphones for example.

If we would make shipping, or transport in general, much more expensive, that should have an effect. A carbon tax for example, which the polluter pays. But we should go further and ban products produced in a non-ecological way from ever entering

the EU. Thirdly, we should start producing more locally again in the EU. And education should help us prepare the workers needed to do so, with the right knowledge and skills.

Of course, we are not efficiently using our ‘polluting’ products today either. Our cars stand idle very often. When our children leave home, we have rooms to spare. Our old smartphones are put away in a cupboard. The widespread sharing of houses (Airbnb) and cars (Uber), instead of all of us owning at least one of each, would have another big positive effect on the climate. The circular economy should grow much bigger. From scrap material reuse, our old smartphones for example, to clothing getting a second or even a third life.

“ THE EU HAS STRICT ECOLOGICAL REQUIREMENTS FOR FACTORIES ”

The world would not necessarily be a much better place on the climate side, if all the cars were simply replaced by electric ones. At least we would lack electricity. For food, local produce should always be favoured over foreign produce. It typically

Money

Apple mobile experience, Nanjing



Chinese smartphones

has a smaller ecological footprint than food coming from far away, transported by heavy diesel trucks. Do we really need strawberries in winter? Here again, a tax on transport could do the trick in changing habits.

We should not be afraid of prices rising as a consequence of the above measures. Inflation has been very low for years and it would good for it to come back a bit, certainly if it is for such a good cause.

Needless to say, all of the above would have a big impact on the current composition of the economy and GDP of all our countries. Fewer houses and fewer cars means fewer production machines to make them, less financing, less insurance. That would have to be compensated with other elements in the service industry. The same goes for when we would want to reduce private travel, by car or by plane.

In order not to shock the system too much and so create a deep worldwide economic crisis, good planning and monitoring, plus ever more stimulation of new economic

activities, should be pursued. Creating an innovation culture, starting at school, is key to getting there. Also, employees and workers of companies should be stimulated to keep on learning and innovating.

All of this is easier said than done. But, to wait for the earth to crumble under our pollution is not an option. Anyhow, it is clear by now that air pollution leads to more deaths worldwide than smoking cigarettes or other smokeware does.

**“ WE SHOULD
GO FURTHER
AND BAN
PRODUCTS ”**

In conclusion, the options are becoming clear on how we can tackle sustainability structurally, but there is still a lot of work on to be done to steer the economy in the right direction through innovation and education, without creating a worldwide economic crisis. We should not be afraid

of urging the developing economies from becoming greener too. Anyway, by exporting our ecological problems to them, we do not advance globally. Thus, an internationally coordinated action is required to save the planet and in consequence save ourselves. There is no plan B and certainly no planet B. ●

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Get organized

Our tech guy **Colin Moors** helps you get better organized

Pondering what to write about this issue, my mind wandered for a while. Quite a while. In fact, it was still wandering come deadline day. "I need some serious organization in my life", I thought. So there and then, the thought occurred to me - perhaps I could use some of the hundred-odd apps on my phone or computer to help me. A radical notion, no? The upshot of this procrastination and the massive mental leap I made is this column right here. I'm going to take the 'if-you-can't-do-teach' approach and tell you how to organize your life in the vain hope some of it might rub off on me.

If you're anything like me, you love a good list. Or even a list of lists. The caveat with software that provides this functionality is that it'll suck you in with juicy features such as cloud backup and syncing, multiple lists and the ability to schedule or share tasks with other users of the platform. Having dangled this tasty carrot, they are quick to whip it away when you actually want to do



“ ONENOTE DOES ALL THIS AND MORE AND MORE ”



something useful with it, so be aware that setting up share groups, multiple lists and the like will probably cost you a couple of euro. This caveat is also in place for pretty much everything else in this article. I guess you know the drill.

I'll start with my favourite, **Remember the Milk**. This is available for a surprising array of devices, including the Amazon Fire and the Blackberry (yes, really) and it works in all major browsers. It also syncs with various online calendars and Twitter. They really have gone the extra mile to imagine potentially any scenario in which you may want to add an entry to a list and present you with myriad ways of doing so. On Twitter and decide to add a reminder to watch that cat video? Tweet RTM and it'll add a note to a list for you. Similarly, you can email a note and it'll update

for you. Integration with calendars means reminders can be set for when you really have to watch that cat video. If voice control is your thing and you really don't mind looking a bit of a nincompoop shouting "buy

pop tarts" into your phone on a crowded train, go for it. RTM responds to most of the well-known digital assistants and will keep you up-to-date accordingly. Side note: The woman who does the voice for Siri follows me on Twitter. I have no idea why.

Other list apps are available, as the disclaimer goes. Honourable mentions go to **Microsoft To-Do** and **Wunderlist**. Wunderlist itself was developed by a small team of programmers in Berlin and as of last year became ensconced in the warm embrace of Microsoft or sucked in by the evil empire, depending on how you view these things. In return for developing MS To-Do, they are at liberty to offer Wunderlist pro for free. I'd say that was a win-win. There's also **Todoist**, which offers pretty much the same stuff as the others. Bear in mind that the 'pro' versions of these other two will hit you for around €3 a month. **Office 365** subscribers get To-Do as part of the package.

Noted

I carry around a notepad. Yes, one made of trees, like some kind of caveman. I also carry a paper diary and a retractable pencil. I also carry a Galaxy Note 9 because I love the pen. I think you can see where this is going. Notes. Of course, it's not just "remember to return Dave's USB stick" scrawled on the back of a beer mat. No, this is hi-tech stuff. Probably the best-known is **Microsoft OneNote**. This is pre-installed on Windows 10 machines or can be downloaded free for Windows, Mac and Android/iOS. Storage is supplied via

OneDrive and is thus limited to 5 GB, the default storage allocation. If you feel like a bit more breathing space, they'll happily sell you more. Are you thinking you'd perhaps you'd be better off with an independent

competitor? Firmly in this category sits a very well-known product

- **Evernote**. Naturally, it's available for many platforms to give you that seamless integration

developers imagine we all crave. Both these offerings stack up about the same with many ways to add content, whether it be supplying a URL, drawing on the screen, or just good old-fashioned typing.

There are two big differences between them, however. Evernote is very much the business app, in which you can only add notes in the usual linear fashion, albeit very effectively. It will also add canned images and can search the text in pictures, so if you

scanned the menu at Karen's Eatery and wanted to find it later, simply searching for 'Karen' would be enough to find it. OneNote does all this and more and more successfully emulates the sort of notebook nerds like me carry around. Open a note, tap anywhere and away you go. No rigid lines here. The kicker here is the pricing. OneNote is free unless you

exceed 5 GB of storage and Evernote will cost you around €100 per year if you want the bells and whistles. Microsoft leveraging its position to squeeze out the competition? Probably - but OneNote really is good.



“ IF YOU'RE ANYTHING LIKE ME, YOU LOVE A GOOD LIST ”



“ THE ONLY MUST-DO IS TO SET A STRONG PASSWORD ”

Pass it on

Slightly tangential but organization is organization. **KeePass** is the tool for keeping your passwords in one place. This piece of completely free software is a must for the forgetful and the inveterate scribbler of passwords onto post-its or scraps of paper taped to a monitor. It keeps all your passwords in one place and provides numerous options for grading and categorizing them. The only must-do is to set a strong password as the master to avoid opening it up to naughty hackers. See previous issues of together for my advice on choosing a password. With functions such as the ability to store the master file on Dropbox, you'll never be without a password. It'll even fill the fields in for you, if you like that sort of thing.

OK, now go and send this page to your note-taking software and set a reminder to read my column again next month. ●



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UCCLE – Quartier Churchill – à l'entrée du Bois de la Cambre, et à prox. des commerces et transports en commun – BIENTÔT EN VENTE bel appartement spacieux et de caractère (260 m2) ds un immeuble de standing très bien entretenu – étage élevé avec très belle vue dégagée sur le bois et à l'arrière sur les jardins – beau living lumineux, sàm séparée, cuisine équipée avec pte terrasse Sud, office, 4 ch, 2 sdb, 1 sbb +sdd, terrasse Sud/ouest, nbreux placards. Gd garage 2 V en option (50.000 €), cave.



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UCCLE- Quartier Churchill – prox Bois de la Cambre, des commerces et transports en commun – ds un bel immeuble de standing parfaitement entretenu, bel appartement de 165 m2 en très bon état et comprenant living spacieux, 3 ch, sdb, cuisine équipée, balcon avant, terrasse Sud à l'arrière, cave. Garage en option (35.000 €) – Loué actuellement – PEB 128 – CO2 25 – 450.000 €

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PERSONAL
DEVELOPMENT

Housing

Real estate is a marathon, not a sprint

Our real-estate expert **Yannick Callens** suggests that you take your time



Spring shows the tip of its nose, summer is coming and we want to be in the best shape possible. In order to achieve this result, it is necessary to be consistent and persevere, with taking up sports, for example.

Real estate is the same thing – it is a marathon and not a sprint, where consistency and perseverance are the key words.

I want to address common mistakes to help you ensure a successful investment in real estate.

The first mistake is not knowing yourself, not training and only listening to and believing what the majority of people say. You should

listen to only those who have achieved your goal and who are successful in real estate. Many of these successful people like to share and will be happy to do so. Other people's experience saves you time. Personally, that's how I learned, from the mistakes of others.

Do not fall into emotional thinking, subjectively saying that a property is "interesting". Stay objective and do your own calculations. Calculate all ancillary costs and make a 'Worst Case' estimate, if there is more work required than was expected, for example. Concerning expenses related to the purchase, after obtaining the property, there are often surprises. If you receive a quote, consider asking 5% or 10% more, from your bank.



Not calculating your profitability well and therefore having a property that is not self-financing is a common mistake. Take into account the annual fees (indexed cadastral income, insurance and your expenses) in your calculations.

You can negotiate concerning all plans, contractors, property prices, costs related to the purchase, rates, guarantees, suspension of payments. It is a completely human affair, you are not dealing with robots, and humans are emotional beings.

Do not forget the credit suspension clause! If you forget this clause, you will not be able to cancel the purchase if you cannot find enough financing.

Visit a professional entrepreneur/expert with a strategy and an objective, compare the

offers of banks, know the market prices, the different properties and their prices. Check the co-ownership reports and the mandatory documents that the seller must provide (such as the PEB certificate, town planning, electricity).

Do test the rental demand of the sector in which you are purchasing, and do not use additional money to invest or buy cash.

Stay consistent and persistent on these points throughout your purchase – even if you

do not achieve your goal immediately, you will ensure that you are travelling in the right direction. Since we cannot change the direction of the wind, we must learn to guide the sails. Aye-aye, Captain. ●

“ YOU ARE NOT DEALING WITH ROBOTS ”

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European Elections

Our political correspondent **Gerry Callaghan** looks ahead to the EU elections in May



Citizens are set to elect a new European Parliament at the end of May, and the legislative body has released its first projections for the EU-wide vote. The projections detail which parties are expected to win seats, and it anticipates the centre-right European People's Party (EPP) will remain the largest party, ahead of the centre-left Socialists and Democrats (S&D). However, the centre-right and centre-left 'grand coalition' that has run the parliament for 40 years is set to lose its majority. The two parties have long called the shots but

polls suggest the groups will only win around 45% of seats, down from 53% this term.

The Parliament's Public Opinion Monitoring Unit based its projections on voting intention polls from each individual EU nation and adapted the results to the current makeup of the political groups. The redesigned European Parliament is expected to have 705 seats in total, which will include lawmakers from 27 different European nations, after the expected departure of the United Kingdom at the end of June. Under

the projections, the EPP Group is expected to win 183 seats and the S&D Group expects to take 135 seats, respectively. The pro-business Alliance of Liberal Democrats in Europe group is expected to remain the third biggest party with 75 seats.

Led by Chancellor Angela Merkel, the German Christian Democrat (CDU) alliance are set to remain the biggest single party with 29 seats, but only just ahead of Italy's League. The far-right group, in government in Rome, are expected to have 27 seats which is an indication of strengthening nationalist

sentiment across Europe, against the more established pro-EU movements. While traditional parties are set to retain a dominance that would allow a continuation of the broad centrist majority that has tended to support legislation from the European Commission, gains for radicals on the right, taking up to 14% of seats, could introduce more uncertainty in policy formulation. The EPP, to which Merkel's CDU belongs, would take 26% of the new chamber, down from 29%. That outstrips the S&D Group, whose share drops six points to 19% under the projections, partly due to the loss of British seats after Brexit - as parliament slims down from its 751 seats at present.

The UK's ruling Conservative party does not sit with the EPP so their departure would hit the European Conservatives and Reformists (ECR), dropping that group from third place to fifth. The two far-right Eurosceptic groups among the eight in the current parliament would see their share rise to 14% from 10%,

despite the loss of Brexit campaigners the UK Independence Party. That, in turn, reflects gains for Italy's League, adding 21 seats, Germany's AfD, gaining 11, and Marine Le Pen's French National Rally, which would add six seats if polls remain unchanged.

However, realignments of the existing groups are likely after voting ends and before the new parliament sits in July. Italy's 5-Star movement, in government with the League, sits now with UKIP but has looked at joining groups further left in the chamber. The polls

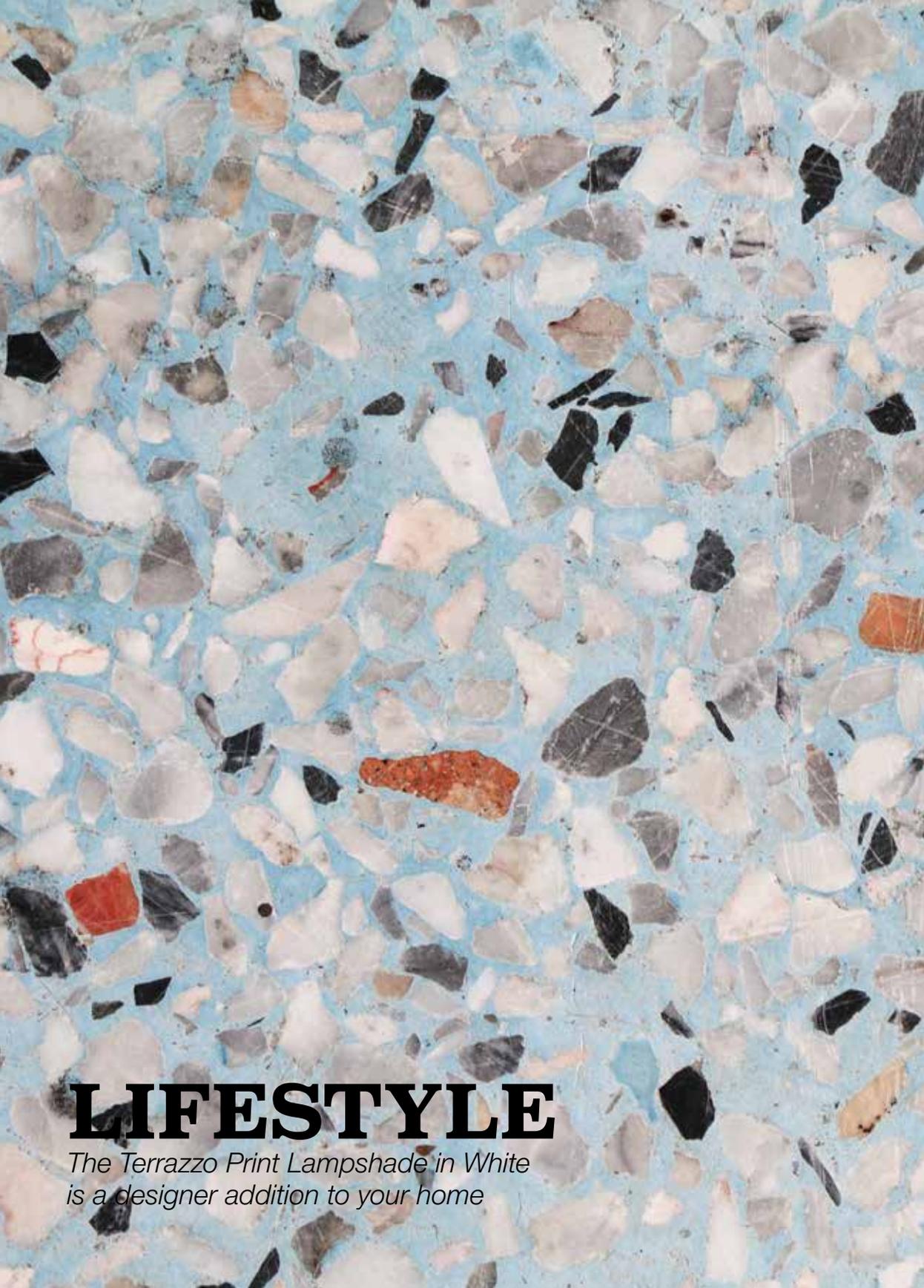
“ AN INDICATION OF STRENGTHENING NATIONALIST SENTIMENT ”



suggest it could gain eight seats to 22 in May, but those may not, in fact, bolster the far-right. There are also question marks over the alignment of some 24 seats for Poland's ruling Law and Justice party, often hostile to Brussels, as its ECR allies the British Conservatives depart. Also unclear are the 18 French seats which polls suggest President Emmanuel Macron's En Marche movement may win.

Therefore, the new chamber is expected to be less stable and predictable than it has

been historically. The loss of an overall majority for the 'grand coalition' will weaken the parliament in some sense, but until the elections have taken place and votes are counted, then the makeup of the parliament is difficult to predict. New additions to the parliament have not yet pledged allegiance to any of the sitting groups, and until negotiations take place when parliament sits in July, we cannot have a concrete idea of how the parliament will operate legislatively. EU-wide voting takes place between the 23 and 26 May. ●



LIFESTYLE

The Terrazzo Print Lampshade in White is a designer addition to your home

Fashion from Portugal

Caroline Dierckx headed to the Iberian peninsula to find out more about Portugal's clothing industry

Photo © Aris Setya



In the beautiful city of Porto in Portugal the ATP Textile and Clothing Association of Portugal's *Fashion from Portugal* takes place to promote the textile sector. It has been the biggest fashion event of the Iberian Peninsula for 20 years.

Of course, the atmosphere was very 'fashionable' and very enthusiastic towards the various designers who presented their collections. Between catwalk parades we discovered this impressive project – and there was some local port to test! Our

favourites were Katty Xiomara and Mearn who really impressed us!

Katty says: "The brand's philosophy falls within the concept of designer-driven pieces that are aspirational yet accessible, elegant and timeless, sophisticated but playful, ultra-feminine with perfect tailoring, meticulous structures and shapes, bold use of colour and print; for women who are confident in themselves and their style choices, strong attitude, individual style and by with a romantic spirit."



PORTUGAL FASHION describes Meam: "Meam is a daring and original clothes brand that aims to fill the world with a singular, charismatic and determined elegance, allowing each of us the power to leave a strong personal footprint on the future we build, always in a fashionable way. The first steps were given focusing on strong and daring women, so that any woman could be comfortable in her own skin."

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"Recently, a new challenge was placed. Behind a strong, fashionable and determined woman there's always a special man. Thus, Meam decided it was time to launch a Men's range. Meam's man has a strong fashion sense, likes to be different and practical. He's a man that has to keep up with Meam's strongminded woman."

PORTUGAL FASHION embodies a means of informing young people about opportunities and supporting a real change in the textile sector. Set up in 1995, the project has become one of the biggest fashion events on the Iberian Peninsula in those 20 years. It has stood out for its discovery of new assets and making real partnerships between production and design, as well as for the growing fame of Portuguese fashion on national and international catwalks.

PORTUGAL FASHION is now much more than a fashion event. It is synonymous with culture, modernism and focusing on promoting the national image, asserting itself as a reference for the creativity and aesthetic sophistication of Portugal abroad.

The *Fashion from Portugal* initiative aims to

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LIFESTYLE

Fashion

reinforce the external communication of one of the most dynamic and exporting sectors of the Portuguese economy, which is reinforced after a hard period of adjustment, restructure and modernization. Today, highly technologically advanced companies are renowned for their know-how, their creativity, flexibility, service and strongly commitment to sustainability - in addition to strongly oriented to international markets.

It is important to underline that the textile and clothing Industry exports more than €5.4 billion annually to more than 185 countries, which represents about 10% of all Portuguese sales abroad and a net transactions balance of more than one billion euros. Undoubtedly, one of the most strategic activities of the national economy. The *Fashion from Portugal* programme will take place over a year.

ATP - Associação Têxtil e Vestuário de Portugal (Textile and Clothing Association of Portugal) is an employer association that gathers 500 companies from the entire

Photo © Aris Setya



Photo © Aris Setya

Portuguese textile and clothing sector. Altogether, these companies are responsible for more than 35,000 jobs, and a turnover of €3,000 million; two thirds of this value represents exports. The sector represents 9% of total Portuguese exports. www.portugalfashion.com/en

KIDS RUSH

15

Photographer: Maria Dawlat

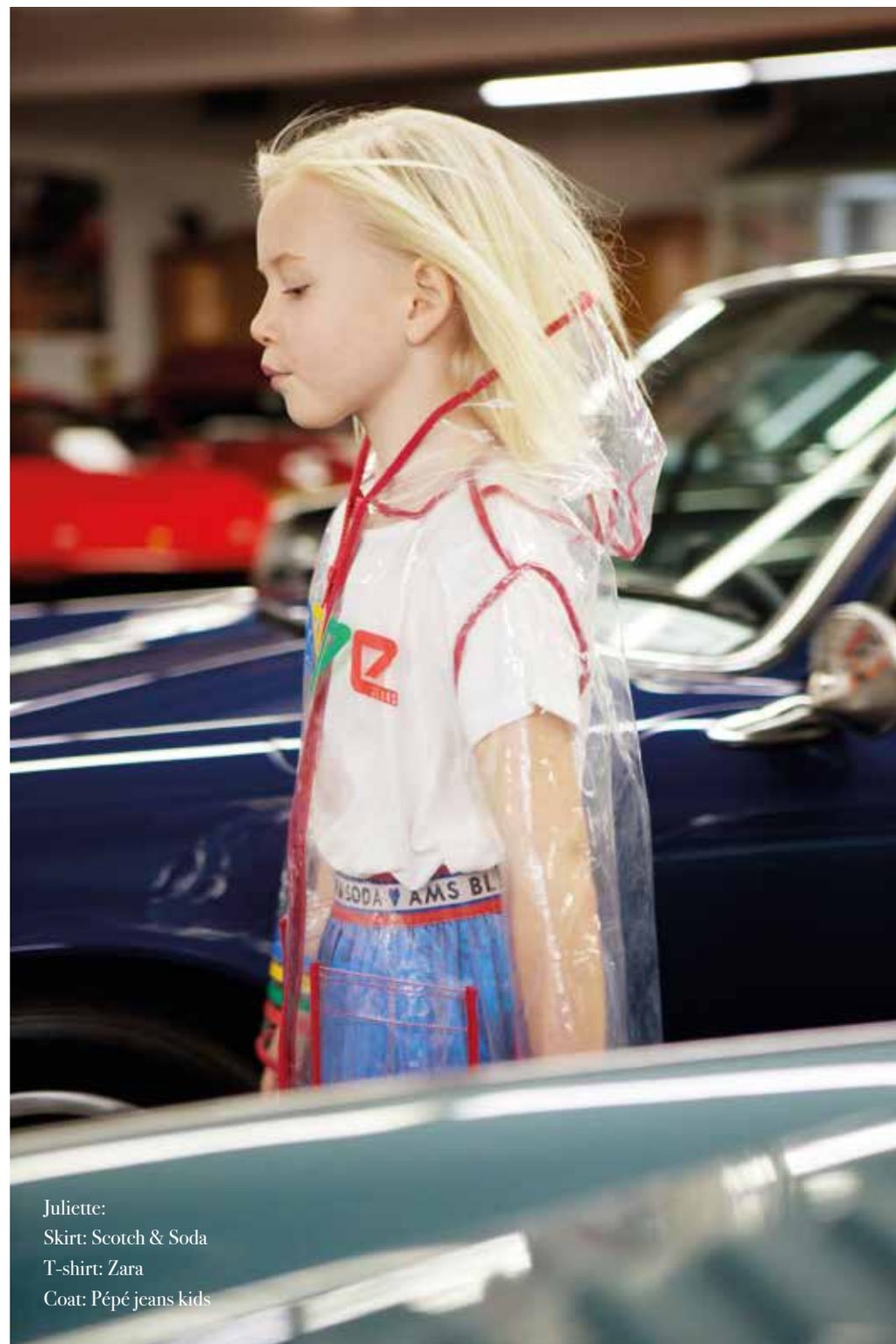
Art director: Nicholas Sirot

Make-up artist : Beatrice stick @Models office. be

Models: Juliette & Alina @Ministar.be

Special thank to Paul Grant and Automobiles Vanderveken Bruxelles

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Juliette:

Skirt: Scotch & Soda

T-shirt: Zara

Coat: P p  jeans kids



Juliette:
Denim jacket: Guess Kids



Juliette:
Pullover: Ao76
Denim jacket & trousers: Guess Kids
Sneakers: Veja



Alina:
Total look: CKS
Shoes: Dr. Martens



Juliette:
Total look: Scotch & Soda



Alina:
Total look: CKS
Shoes: Dr. Martens



Total look: Zara kids
Shoes: Dr. Martens



Shoes: Dr. Martens
Socks: Calzedonia



Juliette:
Total look: CKS
Socks: Calzedonia
Shoes: Veja

Shopping

Shopping

Cartier Carat Brilliant Bouquet

Carat, the new fragrance from Cartier, bottles the seven colours of a prism that converge into a single pure scent, akin to a diamond. Capturing the light, the diamond bottle inspired by Art Deco diffracts the colours of a prism and mirrors their reflections in its glass square-cut facets. Carat de Cartier 50 ml: **€90**

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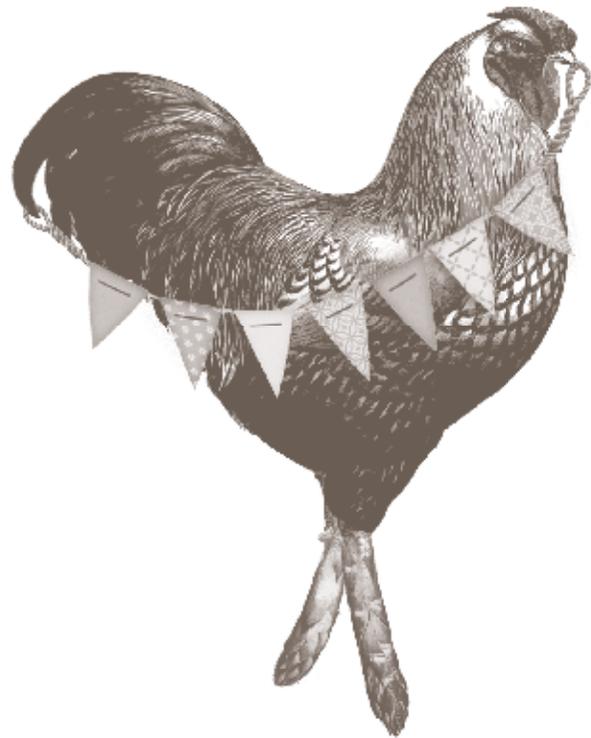

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Beauty

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Caroline Dierckx welcomes the springtime...

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www.dior.com

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www.laprairie.com

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www.rituals.com



Design

Design: Greybrook House

Our design partner **Essential Home** takes a peek inside a beautiful renovation in London

Fenton Whelan designed a multi-unit, boutique, residential development in London's Mayfair, blending the Art Déco style of the building with contemporary living. Entering the living space, bespoke furniture is framed by stained glass windows. Adjacent, the Bulthaup kitchen juxtaposes with the cool green breakfast room upholstery creating an iconic entertaining space with a sumptuous bar area with backlit onyx. The refined elegance of the master suite can be seen in the lacquered finish wardrobes and the Alcantara upholstered headboard. The master ensuite is framed by the Nosir Saint Laurent bookmatched feature wall and marbled pattern flooring.



Four further ensuite bedrooms contain upholstered headboards, bookmatched marble and bespoke joinery. A beautiful marble staircase leads to access to a private roof terrace with views of London's iconic skyline framed. A second formal terrace is situated to the rear with decking and frameless glass balustrading.

Fenton Whelan is a multi-disciplinary property and design business where secure investment, exquisite design and rigorous development management are perfectly

integrated. It combines years of expertise in real estate with meticulous attention to design detail and a creative contact book that stretches around the world. Its international clientele includes the owners of some of London's most prestigious properties. Their purpose is clear: to secure and enhance the very best with dedication, creativity and unparalleled flair.

Fenton Whelan's aim with every project is to reflect perfectly the essence of a clients' character within the style that is inherent to the property, through commissioning bespoke pieces from a global network of leading artisans and designers, whilst maintaining the original character of the building. The result is something truly unique and exquisitely executed, where the past finds relevance and the new shines through.



**“ BESPOKE
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Design



Russel bar chair

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It delves into space age aesthetics, being produced in creamy velvet fabrics mixed with polished brass.

Russel bar chair

Comforting swivel base

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www.essentialhome.eu



Situé sur la prestigieuse Avenue Louise, au pied de la tour ITT, le Callens Café s'exhibe dans un décor contemporain où il est de bon ton de voir et d'être vu. Ce lieu branché de la capitale est en outre doté d'un espace, aménagé comme un appartement indépendant raffiné et privatif, pour organiser vos événements business ou privés. On croise toujours une célébrité au Callens Café ! Ce qui n'est que normal au vu de sa cuisine créative qui ravit tous les palais pour un prix plus que raisonnable... Le midi, cet élégant restaurant fait le plein d'une clientèle business se régaland de «quick dishes» servis en un temps record. Le soir venu, aux plaisirs de l'assiette se mêle une ambiance toujours plus festive. Pour les belles soirées d'été, une nouvelle terrasse verte à l'abri du vent et chauffée n'attend plus que vous pour déguster les différents mets goûteux arrosés d'un bon verre de rouge.

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Shopping deco

Decor Shopping



Terrazzo Print Lampshade – White
The Terrazzo Print Lampshade in White is a designer addition to your home, which is sure to give a Mediterranean feel to your interior. This patterned shade features a white mosaic with gold, black and grey accents within the design. €35
www.redcandy.co.uk



Karlsson Tom Terrazzo Wall Clock
Modern concrete wall clock Karlsson Tom Terrazzo in pink. Very fashionable in the 1970s, the Terrazzo look makes its comeback and is the new hip designer style this season, used by Shiro Kuramata for example or Tom Dixon. The Karlsson wall clock Tom Terrazzo in pretty pink adds a chic industrial touch to your walls. €95
www.thedesigngiftshop.com



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Shopping deco



Box Of Australian Animal Decorations

This box of Australian animal decorations is pop-in-a-bag easy to post and unbreakable and as cute as! Made from a variety of contrasting native timbers, each box contains a koala, possum, goanna, wombat, kangaroo and a platypus. **€15**
www.australianwoodwork.com.au

Hand Carved Gum Leaf Bookmark Letter Opener

Each one an original, hand-carved piece with a unique shape, these essence-of-Australia gum leaf inspired, dual-purpose bookmark/letter openers are an ideal gift when you want something that says Australia. Made from various and beautiful native timbers, depending on what is available at the time. **€10**
www.australianwoodwork.com.au



Australian Animal Puzzle

A variety of contrasting native timbers are used in this ever popular puzzle, creating a lively visual pattern which clever young minds will remember to help them fit the pieces together. Harder than it looks but not too hard, this a wonderful child's gift that is sturdy and lightweight for posting. **€20**
www.australianwoodwork.com.au



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Shopping deco



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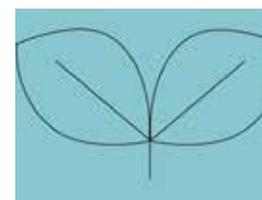
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Defining your signature style

The Happy Closet



Deirdre Clehane Debbie Clerkin



www.instagram.com/thehappyclosetbrussels

We believe that one of the simplest ways to seemingly effortless self-confidence is to develop a signature style in the way you dress.

Streamlining your wardrobe to its' essentials and cultivating a uniform of sorts can also be incredibly liberating. Eliminating superfluous distractions and only owning items you love can, in Marie Kondo speak "spark joy".

So how does this apply to getting dressed every day?

Discovering the colours, cuts and styles that suit you, learning about your best outfit combinations and only wearing variations of these not only saves time but also unnecessary stress.

In his eight years in office, Barack Obama only ever wore a dark suit with a white shirt. Why? Because, he says, already knowing what to wear was one less decision to make each day!

Signature style doesn't have to mean slavishly sticking to the same outfit formula every day. Some of our favourite fashion icons have their signature looks and we certainly wouldn't call them boring... Audrey Hepburn's cropped trousers and boatneck tops, Kate Moss's skinny jeans and Meghan Markle's tailored trench. Sometimes a single aspect can become your signature look. It could be your hairstyle, make-up (red lipstick) or accessory trick (Anna Wintour's dark glasses). Discovering your personal style can be a powerful confidence boost. Not only will you always feel on top of your game, but when you are most like yourself you'll feel great in even the most uncomfortable situations.

So how do you go about creating a signature style?

Silhouette is key; know your body and its proportions. Try out different colours, patterns and hemlines, but ensure that they fit in with your shape requirements.

If you would like to discover your signature style and reap the rewards of owning a capsule wardrobe that works for you, your lifestyle and your budget, get in touch with us at The Happy Closet.

www.thehappyclosetbrussels.com

You can follow us on Instagram to keep up to date with what we like in Brussels right now

www.instagram.com/thehappyclosetbrussels

LIFE OF LEISURE

The mountains in the summer are arguably even more stunning than the winter



Tom Hanks: An uncommon type

Together chatted to one of the most successful actors on the planet... who now also writes books



One of an exclusive club of two – alongside Spencer Tracy – to win back-to-back Best Actor gongs, Tom Hanks's nods from the Academy came for his performances in the films *Philadelphia* in 1993 and *Forrest Gump* the following year.

This summer, his voice work of 'Woody' in the fourth instalment of the *Toy Story* franchise will be heard in cinemas across the globe, and perhaps another glorious double was on the cards again, had it not been for significant delays to World War II drama *Greyhound*.

Hanks has also recently turned his hand to

writing. Not scriptwriting, but a novel... so it turns out that he can pen a good book too. The stories are based on things that he has had "rattling around my head for a long time".

**“ THERE’S NO
REAL WORK
THAT YOU
HAVE TO DO ”**

While Hanks and his company, Playtone Entertainment, continue to forge a path based on three decades' solid experience at the top table of cinematic accomplishments, getting together with publishers Penguin has ultimately

provided the ideal platform for a new project that's been well-received by critics and readers alike, with *Uncommon Type* finding



its way onto the New York Times Bestseller list.

Together: So, you wrote a book called Tom Hanks: Uncommon Type – Some Stories. How did that come about?

Tom Hanks: Yeah, and the ‘Some Stories’ was an interesting addition to the cover, and I don’t know anything about how to do that. So, the editor at Penguin (the publishers), Peter Gethers – who is a fabulous guy, by the way – and I spoke about this and I asked him what we would call the book.

Uncommon Type, the publishers really loved that, but alongside there was obviously some fierce debate at Random House HQ as to whether it would be ‘Some Stories’ or ‘Short Stories’ or ‘A Bunch of Stories’ or just ‘Stories’? They clearly seemed incredibly concentrated on what the word was that was going to come before the word: ‘Stories’.

They came up with ‘Some...’ and I wasn’t drawn on whether I would get involved and so I left them to battle it out. My day job as an actor has always been one that has been based on pure and utter instinct, where actually a lot is expected of you, but you don’t have to show anybody what it is.

You have to be attracted to it and you have to have passion for what you do, but you don’t have to explain it, you don’t have to talk about it, there’s no real work that you have to do or that you have to show. You just have to come up and whoever it is that you’re working with, they will give you the direction and then you go and do it and then they can play around with it.

Does it feel good to get these ideas out?

It does, yes, because some of the ideas in that book have lingered because they have

been rattling around my head for an awfully long time, and are also born out of things that I have seen or situations I have walked past. I thought about and without any clue to the actual reality or the truth of what was going on; I elaborated on them for a story and that’s the end result.

How do you want the book to come across? Are you worried about presenting it wrong?

I think that the desire as one of the artists involved is that you want to somehow represent why you made the movie in the first place, the work that you put into it and some support of the end result. There are

just some people who don’t give a sh*t about that coming out of your mouth and I do get that, that’s fine.

However, when you are given a list of bullet points from the studio basically saying: “Here’s how we would like to sell this movie... study these bullet points and they will tell you about the character that you play and it will tell you what your movie is about and why you made the movie.”

They will all end up having catchphrases on this and then you will end up using them in the interviews and they have mostly come from these experts in the marketing departments and whose ‘job it is’ to promote movies. They will tell you that: “... we are trying to promote this now, as an argument between science or God!”

There’s me saying: “Well, I never saw the movie as being a question between science or God.” Then they will say: “Well, we understand that... but that is the way that we are promoting the movie.”

Does a part of you not want to go along with it?

You have to! You have all of this pressure on

“ THEY HAVE BEEN RATTLING AROUND MY HEAD FOR AN AWFULLY LONG TIME ”



“ TALKING OUT OF SYNC AND ABOUT SOMETHING WHICH YOU DON'T AGREE WITH ”



you and not one person, nobody, prepares you for the soul-sucking, self-loathing that you will have of trying to talk about your movie to an endless parade of people who don't care what you have to say for six minutes a pop! They don't care, they just don't care.

A handful will and when you see them, they are going to love what you have done with the movie and your role in it, but other than that you are going to have 745 six-minute interviews and then you're going to have a snack for 10 minutes and then you're gonna come right back and do some others.

Why not just act?

Remember, that you have been doing this for nine days in a row and this is your 12th city, you've been yelled at and told what to say to promote this movie, every second of the day.

You've been stuffed into cars, taken off and getting your photo taken and had people scream at you. You can't even string together words with your lips anymore and you think that you are talking, but you're out

of sync with what you are actually saying.

By this time, the person that you are talking to who is about 147 on that day and whose interview with you is going to be seen by everyone on the TV monitors at the gas station and then people are standing there watching these monitors at the gas station and thinking: "Well, there's Tom Hanks and he's talking to me through the gas station monitor!"

What makes it worse is that you're talking out of sync and about something which you don't agree with but that is because you are going through the process given to you and you've plugged into the promotional campaign.

So, that made it the ideal setting for a story like the one in

“ I WAS ON STAGE WITH MORE SILENCE THAN I HAD LINES ”

Uncommon Type?

The guy in the book is thinking: "Wow, I get all of this money and fame and all I have to do is give some interviews?" Then, 24 hours later you want to shoot yourself in the head for actually coming along on this thing. Literally, you have just got to tough it out.



What's been the most bizarre junket you've done?

In terms of content, it was probably when I did *Charlie Wilson's War*. The movie was about the collapse of the Afghan war, the collapse of the Soviet Union, the machinery of politics, by way of two or three of the most colourful characters who actually lived in this as they did it.

Do you know what absolutely every single television interviewer asked me about that film? Showing my ass in the hot tub! "So, Tommy Hanks... you climbed out of that hot tub..." "Yes, I did, at the beginning of the movie." "You showed your ass... what's that like?" [Laughs]. You know, it's far more important to show my ass in a movie than the entire collapse of the Soviet Union. That is not nearly as important as my fat ass!

You started off doing a lot of comedy early in your career and now you are mainly known for more serious performances. What provoked that change?

Early on, you have to understand that I was just a guy who was loud and funny and then I did three years of classic repertory and then I came out of that and I was an actor. I got the job because I was loud and funny, but then I was literally disciplined and also via the experience of working with those professionals.

I was in a play called *Juno and the Paycock* by Sean O'Casey and I played a role called Gerry Divine which is only two little tiny scenes. In fact, in a lot of productions he might even actually be cut, or he comes in so fast. The second time that he shows up, he breaks the heart of Juno's daughter.

It was a magnificent production of it, and I was on stage with more silence than I had lines and it was very powerful. I am actively remembering there being a silence in which



everybody was leaning forward. The power of it was the words in the play, but there was also something about the way that I was directed and some aspect of being in a moment. I actively remember that: "It shouldn't be that good," and that was one of the building blocks of where I was trying to figure out how to do this for a living.

It is a bit different with comedies nowadays, as well. A lot of the great comedies that are being made right now is that they have stand-up comics coming in and literally improvise, with the scenes being built



around them right there. But to be the actor, you don't get to do that. You don't get to make stuff up. So, you got to listen and do as you're told!

I believe that for one of your comedy roles, the 1988 film Punchline, you actually studied stand-up comedy...

I did, but boy that was petrifying. It's one of the smart things that I did, and Barry Sobel and I began to build an act and David Seltzer, who wrote the screenplay, just wrote jokey chuffer in there. It was not the act and I mean, it wasn't funny and it didn't have any cohesiveness to it so we had to build an act.

I wasn't a stand-up comic; I wasn't a guy that went down to open mic nights or anything like that. But I had to start doing that before we had an act. There was one time that I couldn't get on at the 'The Comedy Store' because the owner, Mitzy Shore, said that I wasn't funny.

So, that was petrifying going on for three

minutes and thinking: "No, no... I got some material here," and 17 seconds in, you've said all of the material and there's no way for you to be able to get off stage. But eventually we got some stuff and it worked out and I was able to get into the rhythm and I had enough stuff that was cohesive and worked and I could riff off of, if the audience was there. We ended up doing the 'Catch A Rising Star' comedy club in New York.

And once you nail the technique, the feeling is so addictive. It's the most intense experience; it's wonderful. ●

**“ IT'S THE
MOST INTENSE
EXPERIENCE;
IT'S
WONDERFUL ”**



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Travel

Alpine Escapism

Alps In Luxury offers up ideal summer holidays



Alps In Luxury was created with a dedicated focus on delivering a whole website that opens eyes to the numerous amazing experiences that can be had on a summer mountain holiday. This brand focuses solely on holidays to the Alps during the summer months, the plethora of activities available, and features the best luxury chalets from the ski portfolios that are available to book in the summer in the most beautiful mountain resorts.

The Alps In Luxury portfolio showcases the most luxurious rental chalets on the market, often at a fraction of the winter price. The variety of luxury chalets have been hand-picked by the Alps In Luxury team who have experienced the properties, service and resorts first-hand. The luxury chalets come in

a range of sizes, have different levels of service and each have their own unique facilities, from yoga terraces and private cinemas to swimming pools and wellness facilities that rival those you would find in the best 5-star hotels.

A summer holiday in the Alps suits those seeking an alternative to the regular beach holiday, offering an opportunity to enjoy spectacular scenery, relax in the peace and tranquillity of the mountains or getting involved in the endless variety of outdoor activities that will appeal to the whole family, regardless of age.

Director Andy Castle says: "The mountains in the summer are arguably even more stunning than the winter. Diverse landscapes, with an





Magical days and enchanted nights!



abundance of flora, fauna and resident wildlife all to be seen. We fell in love with the Alps in the summer following some chalet visits that were made in the summer season and now make it an essential annual holiday.”

Summer in the Alps can be as action-packed as you want it to be, with so many great activities that will keep the whole family entertained. Adrenaline junkies will be keen to take part in white water rafting, mountain biking, rock climbing and even summer skiing. Those that want to take in the astounding beauty of the mountains with something a little less strenuous, will appreciate activities like hot air ballooning and parapenting. Those that don't want to sacrifice a relaxing summer holiday can just take a picnic and find a secluded mountain stream or lake where they can soak up the glorious sunshine and breathe in the fresh mountain air.

The summer season is short in the Alps, with peak season in July and August. The days are long and warm, with a refreshing mountain breeze, perfect for al-fresco dining and BBQ's on the terrace of a luxury chalet. Resorts are buzzing with life during these peak summer months, with mountain restaurants serving up some delicious alpine cuisine and bars serving cold drinks, perfect after a day of exploring the mountains.

**“ RESORTS
ARE
BUZZING
WITH LIFE ”**

Alps In Luxury offer completely impartial advice because they do not work for any one particular resort or chalet operator. They know their properties inside and out. Nobody is better placed to advise why you should consider an Alps summer holiday this year. Now is the ideal time to book a luxury summer holiday to the mountains and Alps In Luxury will be able to find the perfect summer chalet to cater for all.

Travel

Chalet Black Squirrel, Chamonix

Chalet Black Squirrel is located in the beautiful old village of Les Bois, the chalet is extremely peaceful. Walking and hiking trails are on the doorstep the main road with bus and rail links into Chamonix are a 10-minute walk away and Chamonix Golf Club is a 5-minute ride in the car or a 15-minute walk. This chalet is nestled among the trees and offers amazing mountain views. Named after the black furred red squirrels living in the garden, Chalet Black Squirrel is a brand new, modern and comfortable chalet in a wonderful, tranquil location. From the huge windows in the double height living space, you have a 180-degree view of the Dru, the Aiguille du Midi, Mont Blanc to Flegere.

The pool/sauna area and the cinema room are on the second level. A hot tub located in the garden is easily accessed from three of the bedrooms or via the steps leading from a side balcony on the first floor.

The cinema room has a drop-down large screen and projector that lets you watch TV (Netflix, Sky news, etc) or show your photos of the day's activities. There is a sound system in all the living areas to stream your Spotify playlists. Mont Blanc Region, France. Self-Catered, Sleeps 8-12. Find out more on the website:

www.alpsinluxury.com



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Wallonia, Land of Water

We look at the *Land of Water* year and the best spots to visit in Wallonia



Pack and Raft a Nisramont © WBT-Denis Closon

The city of Spa in Wallonia is all set to launch the theme year 2019 Wallonia, Land of Water. Wallonia, Land of Water will highlight, during 2019, the pleasures of water in Wallonia, be it by fishing, crossing a loch, taking a boat trip, visiting a dam in the depths of a lake, or relaxing in a bubble bath!

Truly, there are many opportunities for sightseeing and leisure around water in Wallonia. Looking for adventure? Browse the banks of the Meuse by bike, stroll alongside a refreshing torrent, take a plunge in a

recreational pool, enjoy fishing or explore exceptional underwater caves.

Wallonia's excellent holiday accommodation, whether by a lake or in a wellness centre, will allow you to discover many enjoyable tourist activities in and around water. Go down the water slides in a water park, thrill to a kayak ride or take a cruise in the Meuse, there is so much to discover about water!

And the finest cuisine is also available - have you ever eaten aboard a houseboat? Or even in a restaurant with panoramic views of



Wellin-LaLesse © WBT-DavidSamyn

a dam? Many establishments will offer you dishes based on fish, whether trout or river salmon, or a regional specialty such as escavèche (a fish dish preserved in vinegar). Enjoy your visit to Wallonia, to combine nautical pleasures with gastronomic delights.



LacsDeLeauDheure © WBT-DavidSamyn

And that's not all – from 28 March to 14 July, the 100th anniversary of the Tour De France Yellow Jersey will be taking place as part of the Grand Départ of the Tour de France in Brussels. Espace Wallonie is delighted to be housing the official, unique exhibition *100 Years of the Yellow Jersey* - you can even buy the official Tour de France merchandise in the shop. 2019 is a significant year for Belgian Tour de France anniversaries – it marks 50 years since the first victory of Eddy Merckx (1969), 100 years of the Yellow Jersey, worn 111 times by Eddy Merckx (still a record), and the last Grand Départ from Brussels took place in 1958.

Indeed, it was during the 11th edition of the Tour in 1919 that Henri Desgrange, founder and director of the race that year, created the myth of the 'Yellow Jersey' in the newspaper *L'Auto*, which was the main sponsor of the race at the time. Since then, this is how the first-placed racer is easily recognizable among the riders.

www.walloniabelgiumtourism.com

Find out more about the Espace Wallonie, a space dedicated to Wallonia in Brussels: bit.ly/2OumBDY



Travel

Hotel de la Source Spa-Francorchamps

Located in the heart of the Ardennes, the 4-star design hotel overlooks the famous La Source bend of the Spa-Francorchamps circuit. The architecture of the interior spaces blends perfectly with the luxury and comfort of the 90 rooms and suites. The hotel also has a wellness area including sauna, chromatic showers, fitness area and massages.

In a modern and refined setting, the Chef offers a cuisine where the highest quality produce is carefully selected. From aperitifs

Photo © Hotel de la Source



to liqueurs, you can also discover the very trendy atmosphere of the bar.

You can also discover the many activities, such as walks in the Fagnes or cycling on the Ravel, visit the medieval town of Stavelot and

its museums, tasting special beers – and of course the car races. Spa-Francorchamps has everything it needs to seduce you!

Hotel de la Source Spa-Francorchamps

22 Route du Circuit,
4970 Francorchamps
+32(0)87 79 58 00
reservations@hotel-de-la-source.com
www.hotel-de-la-source.com

Bois du Cazier

Inscribed on the UNESCO World Heritage List and labelled European Heritage, the Bois du Cazier offers, against the backdrop of industrial heritage, three museum spaces (the Museum of Industry, the Museum of Glass and Space 8 August, perfect alloy of coal, iron and glass. The former colliery also has a wooded area of 25 hectares, converted into a semi-natural park, to discover an unusual biotope. Walking trails, accessible to the public, crisscross its three slag heaps.



Downloadable for free on your smartphones and tablets, the new mobile Bois du Cazier app offers a 'nature' course of 3km, a walk that is an ideal way of discovering the fauna and flora that populate the wooded area – it is also

fun with unusual routes.

Orienteering is an original activity to enjoy with family or friends, for fun or in competition – and you can come in jeans and sneakers.

www.leboisducazier.be

Logis de Belgique

For all those who want novelty, authentic pleasures, and unique atmospheres, hoteliers and restaurateurs Logis de Belgique have everything your heart desires. Our Chefs, in love with their soil, offer you fresh, seasonal products that they cook with pleasure to make you discover all the flavours of our 'terroirs'.

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For business trips or family stays, the Logis de Belgique will never cease to surprise you....

www.logis.be

Landal Village l'Eau d'Heure

Have a pleasant stay in a unique environment surrounded by exceptional nature and discover what the Ardennes have to offer you. Stay at Landal Village l'Eau d'Heure, a holiday park located on the edge of the lakes of l'Eau d'Heure. Sailing, kayaking or surfing: all these activities of leisure are possible. And you will have plenty of fun at will in the swimming pool!

Open all year round.
For prices consult the website.



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Travel

Domaine de Seneffe

Live an 18th century experience at Château de Seneffe. Domaine de Seneffe is a place where all the facets of social life in the 18th century are revealed. Savour castle life and dive into the heart of the museum to discover life during the golden era through the permanent collection and two exhibitions.

The Golden Triangle: 14 May 2019 – 10 May 2020

Thirteen characters are waiting for you to open the book of their story. Elements of

Photo © Domaine de Seneffe-Photo : F. Vauban.



decorations, goldsmiths' work, tools, books and paintings will help illustrate the chronicle of Enlightenment society in full effervescence.

Code(s) and colour(s): 1 May – 11 November

2019

From May 1 lovers of urban art and outdoor exhibitions or just curious people who are out for a stroll can head to our garden and share a new experience with ten Belgian and European artists, in a context that highlights the codes and colours of the city.

More info: www.chateaudeseneffe.be

Adventure Valley Durbuy

Adventure Valley is located on the border of the Ardennes and close to Durbuy, the smallest city in the world, which well known for its narrow streets and its gastronomy.

Adventure Valley offers a multitude of outdoor activities such as tree climbing, via ferrata (protected climbing route), nature walks with the family and indoor activities that include escape room and laser game. All these activities take place in the heart of nature, in a peaceful and family orientated environment. To continue the experience, Adventure Valley suggests you go 'Glamping' and discover unusual accommodation located in lush greenery



not far from the park. Two choices are available to you: Bali tents (comfort) or Shaka tents (luxury) - they boast breathtaking views of the region.

Open every day from 1 April to 31/10. From 1 November to 31 March open only at the weekend and by reservation

weekdays.

Prices vary according to the activities chosen. Description and price of activities on our website.

Adventure Valley Durbuy
1 Rue de Rome - 6940 Durbuy
Tel: +32(0)86 21 28 15
info@lpm.be
www.adventure-valley.be

Les Comtes de Méan

In the heart of Liège, the commercial and tourist capital of Wallonia, the hotel complex Les Comtes de Méan is the result of the joining of two buildings listed as exceptional heritage of Wallonia.

Photo © Les Comtes de Méan



a venue for up to 300 people and a reception with a capacity of 450. Relax in the bar and settle down comfortably on terraces that overlook 'The Ardent City', undoubtedly Wallonia's friendliest place.

It is one of Belgium's most renowned hotels due to its majestic décor and sophisticated Bistronic restaurant. It also boasts a wellness centre swimming pool, jacuzzi, sauna and fitness. Book into one of the 126 well-appointed rooms - 47 Classic rooms, 16 Classic rooms with a view, 3 PRM rooms, 51 Deluxe rooms, 7 suites and 1 Royal suite. There are also 12 dedicated meeting rooms,

The hotel complex Les Comtes de Méan is ideally suited for business clients and aims at being an exclusive place for everyone, but with a warm hospitality. The complex proudly promises "a haven of peace" for every visitor who walks through its doors. Put simply: it is a combination of the very best facilities with great service.

www.lescomtesdemean.be

Photo © Tourisme Stavelot

The Abbey of Stavelot

Come and discover Abbey of Stavelot and its site, listed as a major heritage of Wallonia, and witness the fascinating history of one of the oldest monastic foundations in Belgium and the world's most beautiful racing circuit together with the artistic world of one of the 19th century's outstanding figures, the poet Guillaume Apollinaire.



etc. can be tailored to your requirements. Events can also be specifically developed in the cloister, museums, garden, remains, etc. Please do not hesitate to contact us!

Abbey of Stavelot is a delightful destination for any type of organization, with its wonderful cloister garden, its three museums of international standard, its prestigious rooms and its age-old cellars. The meeting rooms can accommodate from 15 to 500 persons. Packages combining seminars, museum visits, activities, meals,

Don't miss the Spa-Francorchamps Racetrack Museum - located in Abbey's magnificent vaulted cellars, it retraces the prestigious history of the track. Original visual documents, educational panels and a continually renewed presentation of exceptional vehicles retrace the passion of the competition, from the pioneers to the present day: Ferrari, March, Chevron, Porsche, Cooper...

There is now an opportunity to try the brand-new Formula 1 simulator.
www.abbayedestavelot.be/en

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Travel

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mission and imagine the challenges of tomorrow. Hundreds of astronaut candidates join us every year to share a hectic adventure, a journey where technological and human frontiers know no bounds. The immersion is total and the challenge lives up to everyone's expectations.

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Champêtre in Wallonia is a unique experience for people with an unconditional love of nature or those who just need a break away from the hustle and bustle of the big city.

Accueil Champêtre

in Wallonia, our countryside has so much to offer you!

www.accueilchampetre.be



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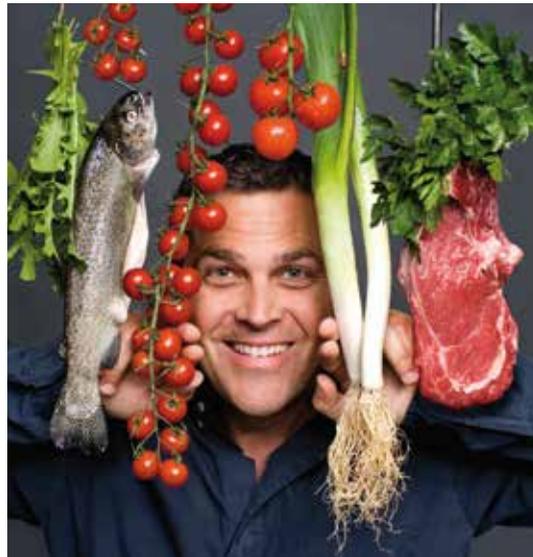
Crete: A journey of a thousand flavours

Caroline Dierckx takes a tour of the gastronomy on Greece's largest island

Want to discover Crete in an original, exclusive and above all gastronomic way? The largest and most famous Greek island has all the assets to make your holiday unforgettable. Enjoy the pleasant Greek sun in the seaside resorts and culture is never far away – Crete contains a wealth of historical treasures.

On this exceptional culinary journey with Albert 'Stoemp' Verdeyen, you will discover the Greek island of Crete and its splendid cuisine. Albert Verdeyen is a renowned chef who, after 13 years creating fabulous dishes in high-level kitchens, now works as a private chef and kitchen consultant, and is also the author of cookbooks such as *Albert of Belgium* and a presenter of TV culinary programs. On the menu: scintillating stopovers and workshops, where you will have the chance to prepare many delicacies together – the cooking workshops are at the hotel and on location where Albert will allow you to discover all the secrets of Greek cuisine. After the workshop, together with the whole group, you can feast on your own delicious dishes.

The core of Cretan cuisine consists of food derived from natural sources. Historically, people consumed seasonal products, available in the wider local area. Traditional cuisine was widespread in the island until the 1960s when, with improving living standards, alimentary patterns changed towards more meat and other animal-derived produce. Fresh fruit and dried fruits, pulses, endemic wild herbs and aromatic plants, and rough cereals, whose cultivation was favoured by the regional climate, were consumed in great amounts and constituted



the base of the Cretan cuisine during that period.

An outing to Heraklion Fruit and Vegetable Market, a three-course lunch in one of the island's best restaurants, a visit to an olive oil farm, wine tasting and a friendly *mezze* in a local tavern. For the uninitiated, a *mezze* is a small snack, a unique dining experience and, in Crete and Greece, it is normal for groups of friends and families to come together and enjoy a *mezze*. The purpose of the *mezze*? To improve the taste of the drink (usually *raki* or *ouzo*) and make a social gathering special.

In addition, the culinary discovery of the city of Rethymno is another delightful moment on the menu, and all visits offer an excellent opportunity for Albert to unveil the secrets of Crete cuisine.

And finally, a typical Cretan evening on a farm, where the owner will slowly cook his meat over a wood fire: authentic village cooking with a *sirtaki* dance (think *Zorba The Greek*).

What counts the most in traditional Cretan cuisine is the imagination. Cretans may eat greens or legumes every day, but they almost never eat the same food, continuously inventing new ways of bringing out the quality of ingredients through various simple and ingenious combinations.

You will succumb to the delights of *stifádo*, *moussaka*, fresh octopus, *souvláki*, *ouzo*, *feta*, *spanakópita*, *baklava* and homemade *raki*. Are your taste buds already tingling?

A Neckermann guide is available for you during the entire stay.

“ THE CULINARY DISCOVERY OF THE CITY OF RETHYMNO IS ANOTHER DELIGHTFUL MOMENT ”

Practical information
Accommodation: Hotel SANTIDO Blue Sea Beach ***** A comfortable, all-inclusive hotel
Dates planned: 24/5/2019 and 27/9/2019 (price per double garden view) €1,199
Direct flight: Brussels Airlines, all transfers included. ●

<http://bit.do/eLV2w> (Dutch)
<http://bit.do/eLV2E> (French)



Stanhope Hotel Brussels: Refreshing an historic establishment

Stanhope Hotel Brussels by
Thon Hotels reveals its new design

Stanhope Hotel Brussels by Thon Hotels announces the end of a vast renovation of its 125 rooms, common areas and the 9 conference rooms perfect for meetings, dinners and private lunches. The hidden gem of the European district invites you to discover or rediscover its terrace, the Library Bar, the Brighton Restaurant and its renovated rooms.



The historic 5 star hotel in Brussels, Stanhope Hotel by Thon Hotels was always a discreet and recognized hotel. Keeping many details of the 19th century, the hotel has modernized its interior and the amenities of all its rooms.

The new interior decoration remains faithful to the classic style, preserving the unique and historic heritage of Stanhope Hotel Brussels by adding a new colour palette and contemporary design.

The historic establishment with its four houses now offers two different styles. The House of Presidents, Lords and Ambassadors - three historic mansions of the 19th century feature the new rooms renovated by the Chief Designer of the Olav Thon Group, Sissel Berdal Haga and the interior designer Trond Ramsoeskar. The fourth house was designed by Pieter Porter from Antwerp.

This boutique hotel is the perfect place to stay in a calm property with a quiet garden.

On weekends, the breakfast buffet opens until noon to let you have some more time to enjoy your bed. Ideally located a few minutes' walk from the Royal Palace, the European Parliament and the Sablons, the hotel is close to tourist attractions, shopping areas and the European institutions.

The Brighton Restaurant is open Monday to Friday evening, offering the opportunity to enjoy fine French cuisine with the opportunity to sit on the terrace in the shade of a century-old Magnolia.

This boutique hotel is the ideal place for your business trips during the week, private and non-private meals, for a tasting close to the open fireplace or a romantic weekend stay.

Stanhope Hotel Brussels
Address: 9 Rue du Commerce,
Brussels 1000
Phone: 02 506 91 11
www.stanhope.be

Le Mas de Pierre

Saint-Paul-de-Vence



THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Perched on a rock, Saint-Paul-de-Vence was originally a natural observatory. Surrounded by ramparts, this Provençal village is one of the most beautiful in the country. It is here, in the midst of songs of cicadas and perfumes of lavender, citrus fruits and olive trees, that the prestigious kids-friendly hotel Le Mas de Pierre is located.

Le Mas de Pierre is definitely a family address. In addition to the swimming pool and the large garden where your tribe will flow happy days under the Provençal sun, you will also discover what you can do at petanque, badminton, football or ping-pong. During the school holidays, Alice's Little House welcomes children from 3 to 10 years !



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Dining

Dining

Photo © The Milano



Pillows Hotel – The Living

The Living - the bar and restaurant part of Pillows Hotel in Place Rouppe - nestles in with some friendly local bars, making it a great spot for the whole evening.

Chef Trung Hoang started us off with one of the better starters I've eaten in a while. The squid was cooked to perfection as you might expect but the addition of deep, earthy black lentils kept it grounded and flavoursome. More surprising was the addition of fava beans, an almost meaty jus and a foam that I was convinced was some kind of fennel at first but which turned out to be an Amaretto flavour. I would not have imagined that working but work it did – the plate was clean at the end! The main was a superb coquelet - crispy skinned breast and a ballotine served with red cabbage, Brussels sprouts and fondant potatoes. The flavour profile was spot on, with nothing too sweet or bitter and tied together - surprisingly - by a carefully and delicately pickled lettuce heart.

www.pillowshotels.com/brussels/



Comptoir Be Burger

Comptoir Be Burger is bang slap in the middle of my favourite square in Brussels - Saint Catherine. Stepping through the door your first impression will be of the sheer grandeur of the place – the décor is very modern, colourful and warm. And you can tell immediately that the staff know their onions. Among the new burgers on offer is the Milano with my favourite combination, including Black Angus, Jambon serrano, gorgonzola, fried onions and olives. An unusual newbie is the Beirut, packed with kefta, Halloumi, hot green peppers, fried onions and a double sauce of Harrissa and barbecue. And the buns are great, with a crispy top like toasted cornflakes.

A plus: we sat downstairs but upstairs there is plenty of space to hold a party and it has its own fumoir so no need for inveterate smokers to head down to street level. It's a resto-bar but I for one would not be capable of resisting the succulent burgers on offer. It's simply a must when you're in town. Check the site for their other burger joints. www.beburger.be/en

Deli... ces et Plaisirs!



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www.delitrateur.com

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TRAITEUR

Wine: Château de Brossay

Clear blue sky, warm rays of sunshine, soft spring, joy of life... the atmosphere has never been so light as the gloominess is war for a 'rosé' ambiance. The Anjou, the famous cabernet of the Loire, soon appears thanks to the radiant atmosphere. It is Château de Brossay 2018 which proudly bears the name that will make you blush with pleasure.



For exactly 100 years the family of Hubert Deffois, the winemaker who runs the castle today, has been striving to produce fresh and accessible wines, helped along by the sources of Layon and its stony slopes. The wine is characterized by the full taste of strawberry and gooseberry. Today this wine carries the HVE 3 certificate with pride. This label stands for Haute Valeur Environnementale (High Environmental Value), level 3. It is a certificate issued by the French government for agricultural products that are characterized by their high value in terms of environmentally friendly production. A positive contribution to biodiversity, a responsible approach to phytosanitary products and fertilizers and a water policy that is respectful of the environment and future generations are among the characteristics of this label.

“ RESPECTFUL OF THE ENVIRONMENT AND FUTURE GENERATIONS ”

If geniality was a wine, it would certainly be Cabernet d'Anjou. The pleasant companion of simple and cosy tables: from snacks to white meat, from warm starters to exotic dishes.

Loire-Propriétés, a beloved producer of the Belgians, is the story of a sustainable mutual appreciation that connects Belgian consumers with the largest producer of the Loire Valley. Through numerous appellations in store shelves - more than ten in total - Loire Propriétés, a group of winemakers united around four cooperative wine cellars, a distillery and a trading company, has seen its exports to Belgium increase in the last 15 years. Since the beginning of the third millennium, its sales have grown by 50% in our country, making the company the third largest importer of Loire wines. Château de Brossay, Cabernet d'Anjou (Colruyt: **€5.95**) www.loire-proprietes.com

eat2five: The diet-box

Sit back and let **eat2five** look after your gastronomic needs

in your diet, you are losing unnecessary kilos in a controlled manner.

Food Waste

Around a third of the world's food is lost or thrown away each year. Currently, we waste 1.6 billion tons of food annually, worth about \$1.2 trillion dollars, according to the World Economic Forum. Being on a diet-box, you minimize grocery shopping to possibly occasionally over weekends. Thanks to this you don't buy food, which then is wasted if you have no time to prepare it.

Time saving

Five meals are prepared in convenient and recyclable trays that are brought to your home or office each morning. It's less time to prepare a meal, invent recipes and clean up afterwards. You save time that you would usually waste in stores and in your kitchen. You have more time to spend with your family, friends, and workouts or for your pleasure.

The only thing you need to do is to choose the appropriate diet and enjoy the new way of healthy eating.

A diet-box is a form of healthy eating that is delivered directly to your home or office, every morning from Monday to Friday – easy! It's a smart and popular way of eating in many European countries and finally it's available in Brussels.

When you're busy and have little cooking time to spare and you want to eat healthily – why not order a diet-box which is a great alternative to spending daily time in the kitchen trying to follow your diet plan.

Health on a plate

Eating in a hurry is not conducive to a healthy lifestyle. A diet-box ensures confidence that you eat healthy with perfectly balanced meals that are tailored-made for your needs in terms of calories and your preferences (traditional or vegetarian diets).

This is the end of frozen and fast foods. You start a new stage in your life by eating systematically high-quality meals. With this form of healthy nutrition, you don't need to count calories and you also don't have to look for ideas for delicious recipes that fit with your calorific limits.



A qualified team (dietitian & chef) do it for you. Every day you'll eat five fresh, tasty and varied meals that make you feel healthy. And by choosing an appropriate level of calories

www.eat2five.eu
info@eat2five.eu
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Books

NYT. 36 Hours. Europe

Taschen has just released the 3rd edition of a classic travel guide

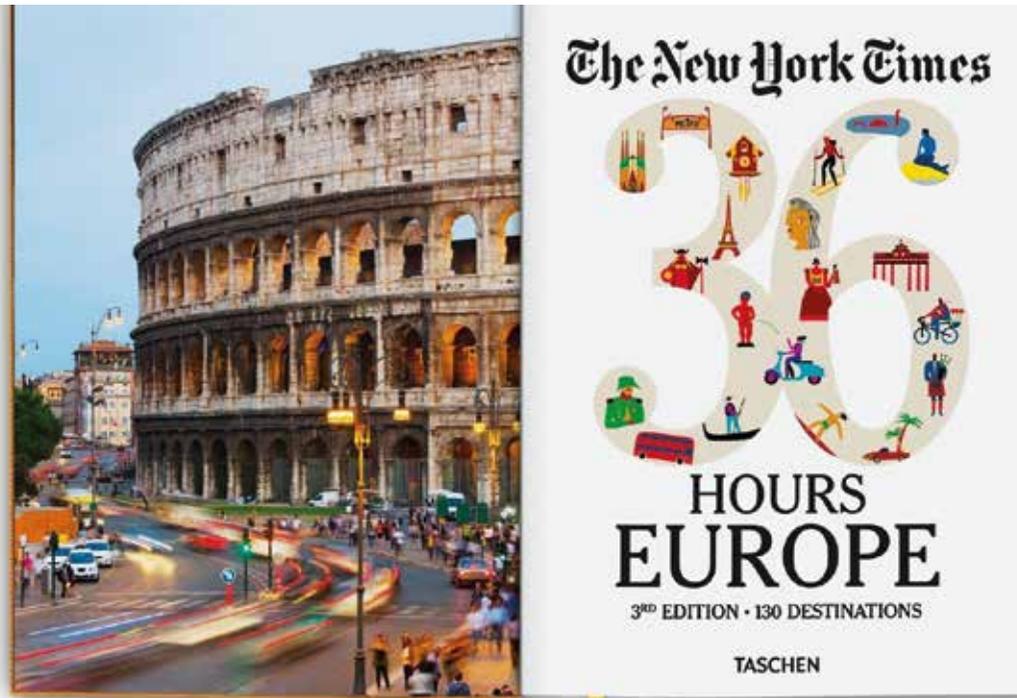


Through ancient wonders, world capitals, and tiny places with infectious personalities, Europe packs some serious travel punches. The world's second-smallest continent makes up for size with its intricate cultures and abundant charms, boasting artistic masterpieces and architectural marvels as much as natural splendour.

With 130 expert itineraries from The *New York Times's* popular 36 Hours column, this

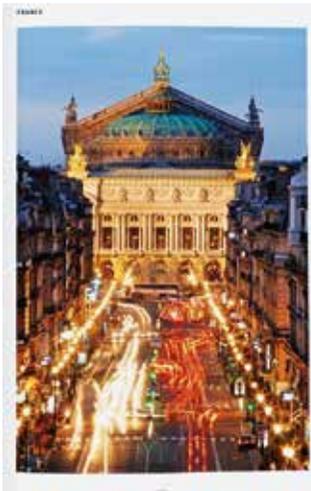
updated and revised third edition of the best-selling 36 Hours Europe reveals the continent's brightest gems and best-kept secrets, including 20 new stories. From wine tastings in Burgundy to Flamenco in Seville, from historical Cyprus to easy going Copenhagen, you'll find the antique and the cutting-edge, the renowned and the unexpected, and all distilled into neat 36-hour schedules, so you can transform your weekends into European adventures.





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- 20 new stories
- Detailed city-by-city maps that pinpoint every stop on your itinerary

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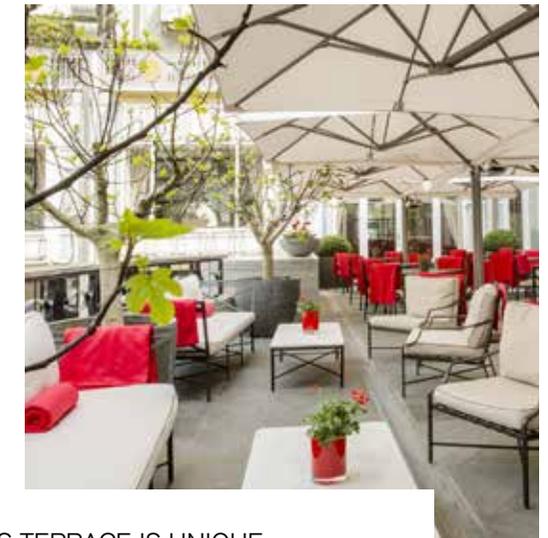
The editor

Barbara Ireland, a writer and editor based in upstate New York, is a former deputy travel editor and deputy op-ed page editor at *The New York Times*. While on the *Times* staff, she commissioned and edited many travel articles and wrote a few herself. She is a graduate of Cornell University and was a John S. Knight journalism fellow at Stanford University.

NYT. 36 Hours. Europe. 3rd Edition, Barbara Ireland Flexicloth, with ribbon bookmark and thumb index, 16.8 x 24 cm, 672 pages, ISBN 978-3-8365-7338-2 www.taschen.be



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What's on Belgium

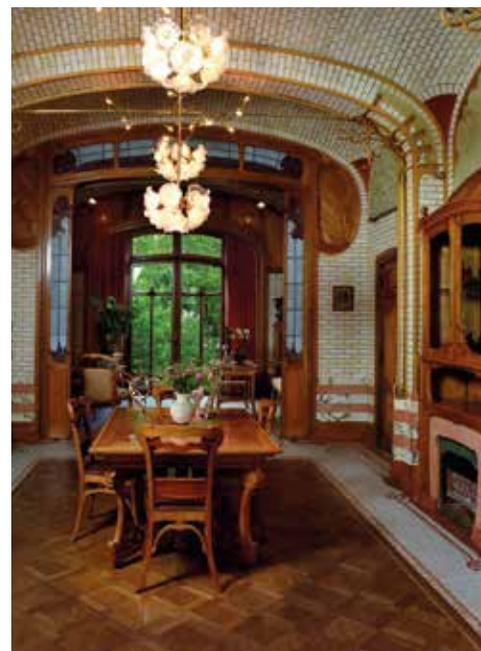


Photo © Musée_Horta(c)Paul_Louis



La Monnaie - Tristan und Isolde

"As I have never truly experienced the happiness of love in my life," Richard Wagner wrote to Franz Liszt in December 1854, "I would like to erect a monument to this most beautiful of all dreams, a work in which this love can be expressed to the full." At the time, he was writing the first outlines of *Tristan und Isolde*. Wagner conceived his opera as an extended dialogue between two lovers, Tristan of Cornwall and Isolde, an Irish princess who had been married off to King Marke.

Tristan und Isolde is Wagner's hymn to love and death, and in his harmonies, melodies, and aesthetics he resolutely explored new directions. Ralf Pleger, a prize-winning director of innovative musical films, is aiming for an immersion in the Wagnerian combination of words and music in partnership with the visual artist Alexander Polzin. Their approach allows Alain Altinoglu every opportunity to let the cosmic dimension of the score ring out clearly. **Until 15 May.** La Monnaie, Brussels. **€18 - €74** www.lamonnaie.be/en

Horta Museum – Collectors' Collection

For its triple anniversary - 100 years since the sale of the Horta House by Horta himself, 50 years of the opening of the museum, 30 years of its restoration – the Horta Museum (Saint-Gilles) reveals three extraordinary exhibitions that focus on a rather unknown aspect of the architect: Victor Horta as a collector. The three exhibitions happen simultaneously in the three buildings of the museum, which has never been done before: the Horta house, the studio and the extension. The exhibition, which deals with the notion of the collection, sheds a different light on each of the three museum spaces. In the extension one can discover art works from private collections in a "mise en abyme" by the artist Elisabeth Horth. In Victor Horta's studio, a particular collection is united by the young Brussels collector Jonathan Mangelinckx, with important works by Serrurier-Bovy, Paul Hankar and other adherents of Art nouveau. **Until 30 June.** Horta Museum. www.hortamuseum.be

What's on



BOZAR - Richard Venlet

Its walls, floors, ceiling and windows... The work of the Brussels artist Richard Venlet is hybrid, combining sculpture, installation, research into art history, exhibition design and architecture. He transforms existing spaces into 'open frameworks' or presentation contexts within which the culture of the exhibit is explored. For his exhibition at BOZAR he has assembled a diverse range of artefacts, props, works of art and archive material accumulated over the past 25 years. The exhibition provides an insight into Venlet's work and at the same time forms a new and autonomous project.

Until 19 May. BOZAR. Free entrance
www.bozar.be

Exit

Immigrants from different Eastern European countries are locked inside an abandoned building, somewhere in Great Britain. The wait feels interminable but it is particularly well-suited to introspection. "What does it feel like to have left something and got nothing in return?" is what the protagonists seem to be asking.

Divided into seven scenes, the performance cleverly analyses the reactions, customs, innate or acquired behaviour, lack of confidence, fears and dreams of migrants from the Balkans. In this novel experience, the director, Árpád Schilling, a major figure of contemporary theatre, didn't give the actors a script but asked them to improvise during rehearsals, from scenarios they had been given. The result is incredibly authentic and this is what makes Exit so special. The Hungarian, Romanian and Serbian actors find in their roots and personal identities the



raw material that they refine before the audience's eyes.

Árpád Schilling is one of the most important Hungarian theatre directors. He founded the theatre company Krétakör - The Chalk Circle, with which he performed valuable plays around the world. The young director caused a furore wherever he went. **24-25 April. BOZAR. Tickets: €14 – €12**
www.bozar.be

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Beach number 1
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Lars von Trier's *Melancholia: The Diamond*

Lars von Trier is a voice that contemporary culture really listens to. Now, he presents a new work for an exhibition context. The first documentary von Trier made at film school was about diamonds, and the fascination with these stones has stayed with him ever since. A few years ago, he launched the idea to "execute re-workings of carefully selected diamonds that thematically each spring from one of my films".



To rearticulate the hard core of his film *Melancholia*, released in 2011, von Trier had a rare twin diamond – two stones grown together hundreds of millions of years ago – cut in ambiguous ways: neither raw nor finished with all the polished surfaces required by the diamond industry. As far as we know, this is the only diamond of its caste (around 12 carats) to

have been fashioned into a thought-form rather than a wearable work of art. *Melancholia: The Diamond* is accompanied by a comprehensive screening programme at Cinema Zuid, the art-house cinema that is part of M HKA. **Until 30 April**. Cinema Zuid, Antwerp.
www.muhka.be

Alfons Hoppenbrouwers – *Harmonic Sequences*

The life and work of Alfons Hoppenbrouwers (1930-2001), member of the Congregation of the Brothers of the Christian Schools, is characterized by great social and pedagogical engagement, coupled with an artistic and culture-based vision. In addition to being an architect, teacher and co-founder of the Sint-Lukas archive, he was also a visual artist. Out of his interest in Gestalt psychology, baroque music and architecture, Hoppenbrouwers developed geometric work in which he investigated how abstract oppositions - figure versus background - and cognitive arrangements of complex mathematical calculations generate form and arrange colour in the flat plane of plastic spatiality.



Harmonic Sequences presents a selection of geometric-abstract paintings in which musical compositions are converted

into a mathematical-based visual language. **5 May**. M HKA, Antwerp.
www.muhka.be

**LIFE OF
LEISURE**

What's on

Brussels Jazz Weekend

Brussels Jazz Weekend is a brand new and free festival, tailored for the countless jazz fans in Brussels and the rest of the country. The city will breathe jazz for three days in a row, with concerts on many unique locations. Outdoor you'll find the music in open air, for instance at Grand Place or Saint Catherine's Square. Aside from that, there are dozens of bars and clubs that offer fantastic jazz in all shapes and sizes.

Numerous jazz fans from the Brussels region and from far beyond will have the opportunity to explore the city with the intoxicating, festive and warm sounds of Belgian and international jazz. In open air and in many venues and bars, the public will

be able to enjoy live music, jazz in all its forms: from swing to bebop, blues, rock and world music, depending on the tastes and the inspiration of the musicians who will give the best of themselves in order to make this festival unforgettable. **24-26 May.** Various venues.
www.brusselsjazzweekend.be

Photo © Ancienne Belgique



Floralia Brussels

Floralia Brussels is one of the most popular flower trips in Belgium. Each year the Spring Flower Show attracts more than 35 000 visitors. Everyone can enjoy the flower beauty in the 14 ha park, greenhouse, Donjon and chapel of the castle of Groot-Bijgaarden. Especially for the 450th anniversary of Pieter Bruegel's death, Floralia Brussels celebrates his great artwork during the exhibition. A number of reproductions of Bruegel paintings with a touch of contemporary Floral Art will be displayed in the newly renovated greenhouse. Tribute to Van Eyck In 2020, Ghent will pay tribute during one year to Van Eyck. The Flemish Master is inextricably linked to the city through his

world-famous masterpiece, the Mystic Lamb. Ghent will offer a full programme in order to show the legacy of this virtuoso master and how it is still very much alive in the city and its inhabitants after six centuries.
www.floralia-brussels.be/en/

Photo © Floralia Brussels



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What's on

What's on International

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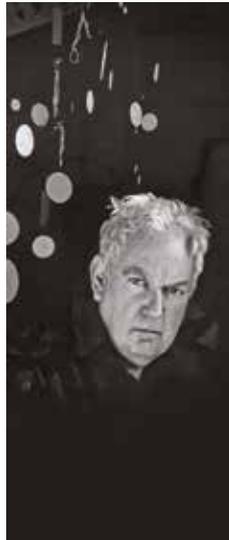


Photo © Pablo Picasso



Exhibition Calder-Picasso Alexander Calder and Pablo Picasso – two of the most seminal figures of twentieth-century art – innovated entirely new ways to perceive grand themes. While the resonances between them are filled with endless possibilities, a key connection can be found specifically in their exploration of the void, or the absence of space, which both artists defined from the figure through to abstraction. Calder and Picasso wanted to present or represent non-space, whether by giving definition to a subtraction of mass, as in Calder's sculpture, or by expressing contortions of time, as in Picasso's portraits. Calder externalized the void through curiosity and intellectual expansion, engaging unseen forces in ways that challenge dimensional limitations. The exhibition will comprise approximately 120 works that explore how these two artists, each in his own very different ways, engaged with the void and all that it implies about a world. **19 February – 25 August.** Picasso Museum, Paris.

www.museepicassoparis.fr/en

A man in a dark suit, white shirt, and tie is riding a kick scooter down a city street. He is wearing a brown leather helmet and goggles, leaning forward in a dynamic pose. The background shows blurred city buildings and cars, suggesting motion.

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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



Shazam!

Yes, I know, *another* superhero film from DC Comics. Oh, well, this one at least looks interesting. Two years after Steppenwolf's invasion (and we're assuming you know what that means?), Billy Batson (Asher Angel and Zachary Levi), a troubled 14-year-old orphan living in Philadelphia, is set up to move into a new foster home – his seventh – with the Vazquez family and their other five foster kids in Fawcett City. One day, Billy gets on a subway car and finds himself transported to a different realm where an ancient wizard gives him the power to transform into a godlike adult superhero by uttering the word "Shazam!" And the rest, as they say... Directed by David F. Sandberg, who previously gave us supernatural horror flick *Annabelle: Creation* (2017).
125 mins.

The Missing Link

Intriguing stop-motion animation film from Merseyside auteur Chris Butler (*ParaNorman* (2012)), *Missing Link* follows myths and monsters investigator, Sir Lionel Frost (voice of Hugh Jackman) who sets off on an adventure to the Pacific Northwest to prove the existence of a legendary creature, Bigfoot Mr. Link (voice of Zach Galifianakis), and he is up against the doubt and disbelief of his scientific peers.
94 mins.

Pet Sematary

Well, it is now 30 years since the last effort to film what is one of Stephen King's very finest all-out horror tales – the first version, made in 1989 by Mary Lambert, was only so-so. This one (directed by Kevin Kölsch and Dennis Widmyer (*Starry Eyes* (2014))) follows Dr. Louis Creed (Jason Clarke), who, after relocating with his wife Rachel (Amy Seimetz) and their two young children from Boston to rural Maine, discovers a mysterious burial ground hidden deep in the woods near the family's new home. When tragedy strikes, Louis turns to his unusual neighbour, Jud Crandall (John Lithgow), setting off a perilous chain reaction that unleashes an unfathomable evil with horrific consequences. Scary? Here's hoping...
100 mins.

At Eternity's Gate

This looks like a belter – a dramatization of the final years of Vincent Van Gogh's life that ascribes to the controversial theory that the great artist may have died as a result of mischief rather than suicide, with renowned painter and film-maker Julian Schnabel (*The Diving Bell and the Butterfly* (2007)) directing Willem Dafoe as Van Gogh and Oscar Isaac as Paul Gauguin.
110 mins.

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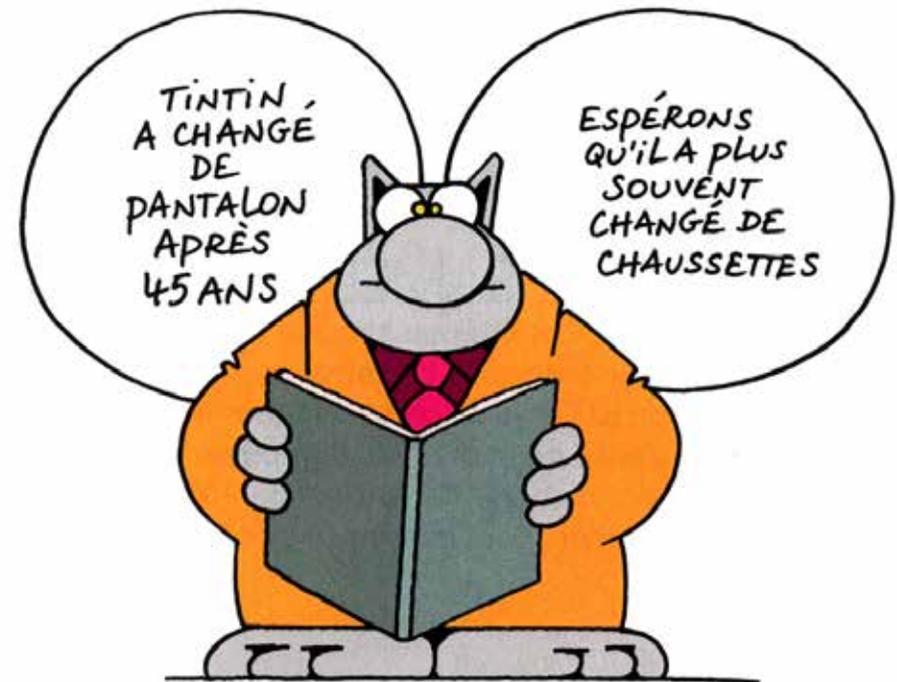
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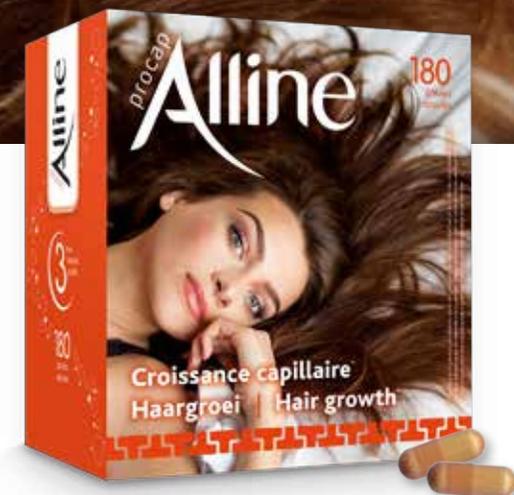
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