

# Together

MAY 2019 #98

## magazine

### Fitness

Breathe simply

MONEY & POLITICS

### TECHNOLOGY :

This & That

### Fashion & Beauty

Fine jewellery

Mystical Incantation

### PERSONAL DEVELOPMENT

A kind heart

Adapt, lead, change

Rewrite your history

Step out of 3D

Be successful books

### Autism Europe

### TRAVEL

Corsica

Tel Aviv

Radisson Red

*Luxury gems  
Real estate:  
Profitability*

**Design:**

**Ditre Italia**

# Halle Berry

Interview

**Fruit**

**fuzetea**

**Herbs**

**Tea**

**Taste  
the perfect fusion.  
Tea, fruit and herbs.**



**fuzetea**



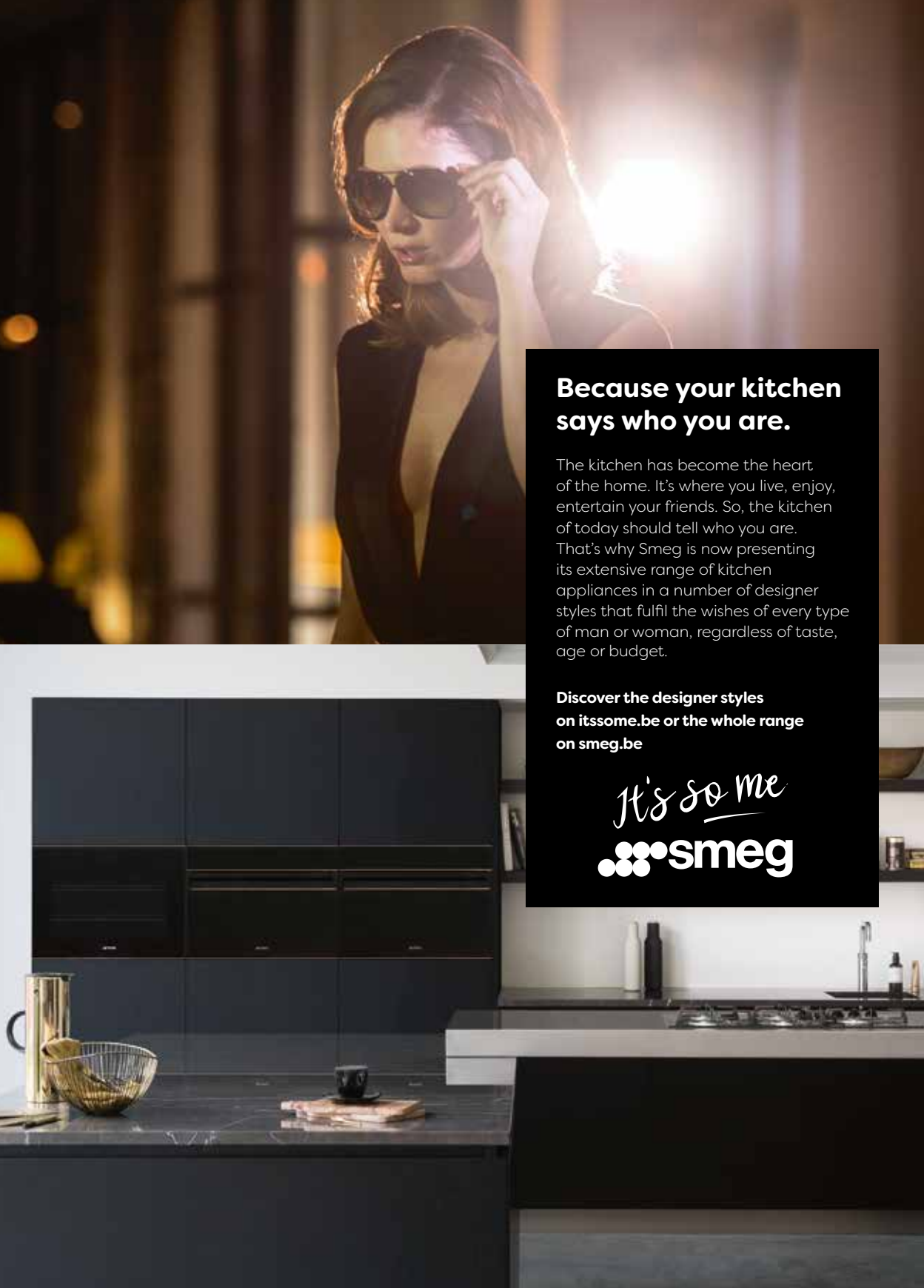
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## Editor's LETTER

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

## HAIL, HAIL, CESAR

At *Together* we love, we adore people who inspire others, and sometimes those people – in the earthly sense – are taken from us but when their presence is so powerful it seems like they're... still hanging around. I was devastated this week to hear about the passing of – an old cliché that fits this time – a legend, not just for my team Celtic but for lots of folks who know their football across Europe and beyond.

What did he do? As an imperious captain he led Celtic, under the (man)management of the mighty Jock Stein, to nine league titles in a row. He played 822 times for the club he loved, the club he joined as a very young man, and he came back twice as manager to win four further league titles in our hour of need.

But he transcended football – he applied his knowledge and his warmth across the board, everybody was welcome. It was fitting that three days before he died Athletic Club Bilbao awarded him the 'One Club Man' for his lifelong dedication to Celtic. Athletic Club Bilbao have a Basque region only policy in the signing of players – McNeill captained Celtic to a European Cup final win in 1967 against the guys with all the money. The Celtic players were all born within 30-odd kilometres of Celtic Park – and they annihilated Inter Milan. All this was improbably possible under the leadership of someone who came to be known as 'Cesar'. Not after the Roman Emperor but after Cesar Romero the actor with whom he shared the car model in the original film *Ocean's Eleven*.

I posted on Facebook that there were not just enough words to describe the man, except just to say that Cesar was a *mensch*. Thanks, big man...

### Paul Morris

Editor



## ON THE COVER



Halle Berry stars in *John Wick: Chapter 3 – Parabellum*

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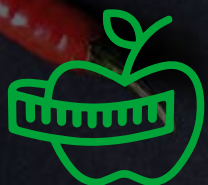
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# Together magazine

PUBLISHER  
**David Mc Gowan**  
david@togethermedia.eu

ACCOUNT DIRECTOR  
**Caroline Dierckx**  
caroline@togethermedia.eu  
+32 479 47 47 77

ACCOUNT MANAGER  
**Isabelle Ferier**  
isabelle@togethermedia.eu  
+32 476 85 08 34  
**Hussein Jahwar**  
hussein@togethermedia.eu  
+32 487 19 20 51

MANAGEMENT ASSISTANT  
**Suzanne Ofner**  
suzanne@togethermedia.eu

EDITOR  
**Paul Morris**  
paul@togethermedia.eu

SOCIAL MEDIA  
ACCOUNT MANAGER  
**Hervé Ndonga**  
herve@togethermedia.eu  
**Valeria Alvarez**  
valeria@togethermedia.eu

DESIGNER  
**Xavier Bostem**  
xavier@togethermedia.eu

CONTRIBUTORS  
Arnon Barnes; Anna Boroshok; Erika Brincat  
Yannick Callens; Kate Cracknell; Caroline Dierckx  
James Drew; Dave Deruytter; Catherine Feore  
Philippe Geluck; Colin Moors; Will Moors  
Paul Morris; Sarbani Sen; Taschen  
Katarina Winslow

ART DIRECTOR  
**Nicholas Sirot**

FOUNDER  
**Jérôme Stéfanski**  
jerome@togethermedia.eu

**Together Media**  
Brusselsesteenweg, 187 – 1560 Hoeilaart  
+32 (02) 644 90 92  
info@togethermedia.eu - www.togethermag.eu

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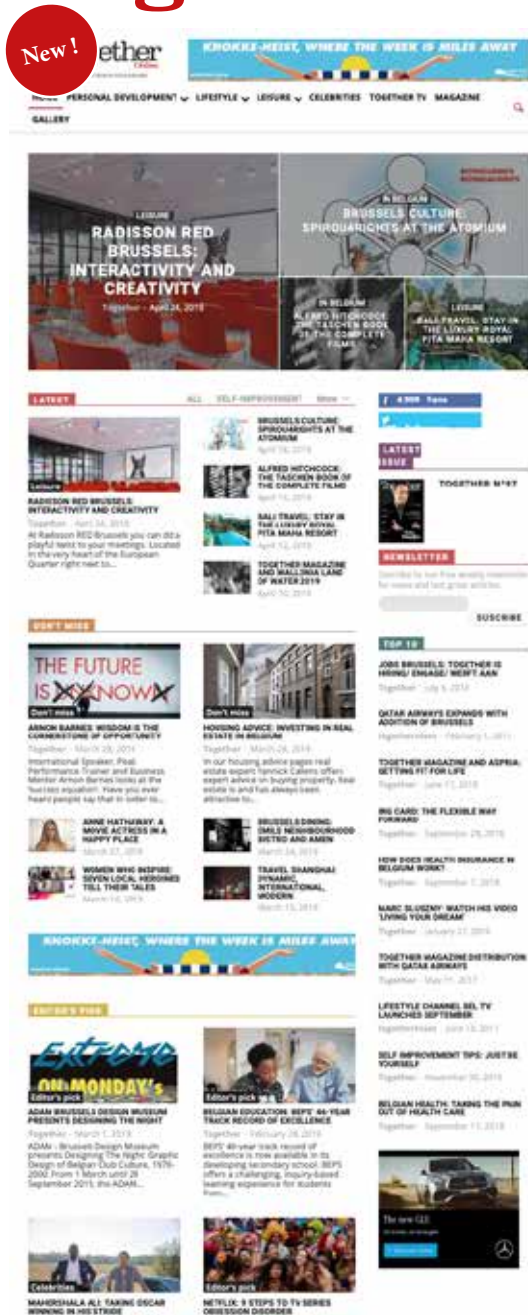
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And happy reading!

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## **Business Mentor Arnon Barnes giving back to society**

International Speaker, Peak Performance Trainer and Business Mentor Arnon Barnes defines hard work. When I decided to focus on developing my coaching and training skills, little did I know that especially when starting out within this niche, I'd get to meet the 'broke' people. As any business owner may know, when starting up a company it's not always roses, glitter and glamour.

## **Radisson RED Brussels: Interactivity and creativity**

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# Starring in Belgium

**Will Moors** looks at upcoming concerts in Belgium

## Blank Banshee

BLANK BANSHEE is a Canadian electronic music producer, and one of the early adopters of the 'vaporwave' genre. Vaporwave is one of the odder genres of music to develop recently, its main signature being throwbacks to 80s and early 90s technology. BLANK BANSHEE applies this to his music, making ambient electronic music out of sound effects from Windows 95 and early video games.

His music started out catering to an interesting niche in the electronic music scene. In recent years, however, the idea of 'vaporwave' has become more mainstream due to the internet culture of nostalgia. Because of this, BLANK BANSHEE's music has garnered attention from electronic music fans and nostalgia-junkies globally.



BLANK BANSHEE's last record, *Mega*, was released in 2016 to commercial and critical acclaim and can (of course) be found on cassette as well as online. He is currently touring Europe. **25 May.** Ancienne Belgique, AB Club. Tickets: **€15** [www.abconcerts.be](http://www.abconcerts.be)

## Pottery

Pottery are a five-piece rock group from Montreal. The group consists of Tom Gould, Paul Jacobs, Jacob Shepansky, Peter Baylis and Austin Boylan. The five all bring different sounds to the table, combining fast guitar, punchy rhythm and distorted vocals. The resulting sound is upbeat, even pop tinged post punk, as well as a rockabilly style similar to The Cramps.



titled *Pottery No. 1*, will be released on 10 May, during a tour of Europe which will feature festival and headline sets. May 17. Le Botanique. Tickets: **€15** [www.botanique.be](http://www.botanique.be)

The group released their first single, *Hank Williams*, in November of last year which quickly gained them attention far outside their hometown fanbase. Their first album, self-



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# A New Dynamic for Autism

Brussels-based **Autism-Europe** talks about the latest initiative to help those suffering from autism

**E**urope counts an estimated 7.4 million people on the autism spectrum (1% of the population according to prevalence studies). This is more than the entire population of Bulgaria. Autism is therefore by no means a rare condition. However, the diversity of the spectrum and the fact it is a largely invisible condition means that it can be quite easy to overlook the difficulties experienced by autistic people.

Autism is complex lifelong disability. People on the autism spectrum experience persistent difficulties with social communication and social interaction, and might display restricted and repetitive patterns of behaviours, activities or interests.

Although they might not always be obvious, the barriers they and their families find themselves confronted with are numerous. In all EU countries, at varying levels, they have similar difficulties in accessing a diagnosis, inclusive education adapted to their needs, employment, person-centred and life-long support, and lack services to assist them in moments of transition throughout their lifespan. As a result, many people on the autism spectrum are deprived of the right to enjoy life in the community.

Since 1983, the international organization Autism-Europe (AE) has been advancing the rights of autistic people and their families and helping them improve their quality of life. Based in Brussels, AE ensures effective liaison among 90-member autism organisations in 38 European countries, including 28 member states of the EU, governments and European and international institutions. In order to respond to the daily challenges autistic people face, each year AE conducts Europe-wide awareness raising campaign. In 2019, the motto is 'A New



Confederación Autismo España

Dynamic for Autism. I ∞ autism'.

AE encourages individuals, families, groups, companies or associations to post pictures of them doing the infinity gesture on social media using the hashtag #AutismDay2019, together with an explanation of what kind of action they take to support an inclusive society for autistic people. The infinity symbol, which symbolizes neurodiversity, strength and unity. This year, the campaign is also closely linked to the objectives of Autism-Europe's 12th International Congress, taking place in Nice (France) in September 2019 and expecting more than 1,5K participants.

There are many ways to support AE and improve the quality of life of people on the autism spectrum. You can become a (individual) member, make a donation, fundraise on behalf of AE, subscribe to its biannual magazine LINK, sponsor AE on behalf of a business, or even volunteer and use your skills to contribute to its work.

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# PERSONAL DEVELOPMENT

*The body gets a sensation of joy, freedom or at least some oxygen in the cells*

## 4-7-8 breathing: The simple formula

**Kate Cracknell** offers a few reminders of how we should breathe properly



**O**ver the years, you've probably forgotten how to breathe properly. But it's easy to re-learn this vital skill, and the benefits are significant – from improved productivity at work to enhanced sleep.

You probably think you know how to breathe.

Actually, more to the point, you most likely have never given it much thought – it's just something your body does naturally, automatically, without having to think about it.

But therein lies the problem.

Because in fact, it would do us all good to pay more attention to our breathing. Here's why...

### “ THE LUNGS BECOME FULLY CHARGED WITH AIR ”

#### **1 – It makes you more productive at work**

Breathing properly improves your levels of focus and productivity at work.

Stress is one of the biggest contributors to illness and absenteeism among employees; it's been estimated to cost the US economy \$300 billion per year. And even if you aren't off

## Fitness

work as a result, stress is something that affects all of us – and that unquestionably impacts our ability to focus and think creatively.

But there is a simple solution. Deep breathing has been shown to have a significant, positive impact on our ability to deal with stress.

Let's take a step back.

As babies, we naturally breathe abdominally – that is, breathing in such a way that our belly goes in and out. This deep breathing is very relaxing. However, the way we breathe tends to change as we get older. We start to shallow breathe, and that's because the short, fast breaths we associate with feeling scared are also brought on by stress.

The problem is, extended periods of stress result in us always breathing like this – it's as if our bodies un-learn how to breathe naturally. We end up only ever breathing into the top third of our lungs. The result? We aren't getting the oxygen we need to keep our brains and bodies firing optimally.

Once these bad habits are ingrained, you have to consciously reverse them, teaching your body how to breathe again.

How do you do that? Simple. When you're



sitting at your desk, every hour or two, take a moment to focus on your breathing. Take 10 slow, deep breaths right into your belly, so it expands when you breathe in; if in doubt, put your hand on your belly to feel it move. Breathe in through your nose and out through your mouth.

One top tip: if you find yourself sighing while If you've been sitting at your desk, it often means you've been breathing incorrectly; this is a great time to take 10 of your deep, slow, abdominal breaths.

Over time, your body will re-learn how to breathe – and you'll find you're less stressed, more productive and more energised.

### 2 – It helps you sleep

There are, in fact, plenty of techniques designed to help us breathe deeply. Another technique, developed by sleep specialist Dr Andrew Weil, includes an element of breath-holding. Known as the 4-7-8 method, it's designed to calm the mind, relax the muscles and help us get to sleep.

## “ THE WAY WE BREATHE TENDS TO CHANGE AS WE GET OLDER ”



The technique works as follows:

1. Breathe in through your nose for a count of four; feel your belly expanding.
2. Hold that breath for a count of seven.
3. Blow out through your mouth for a slow count of eight. Ideally you should put your tongue behind your teeth, so you make a whooshing sound as you exhale.

This method is based on a yoga technique – Pranayama – and it works, says Weil, because the lungs become fully charged with air and bring more oxygen into the body. In turn, this promotes a state of mental and physical calm.

Once again, it comes down to the amazing ability of deep breathing to expel stress from our bodies. In this case, though, rather than helping us focus at work, the benefit is enhanced sleep: the 4-7-8 technique is said to help us fall asleep in a shorter period of

time, and even sleep longer through the night.

### 3 – You'll get more from your workouts

Focusing on breathing while you exercise is also important, and not only in classes like yoga and Pilates where it's emphasized throughout every move. Indeed, adopting the correct breathing techniques can ensure you get the best results from every workout you do.

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# A kind heart

Intuitive Healer **Katarina Winslow**  
reflects on the power of kindness

**W**hat is it that keeps your life going without any demands or conditions? What is there, whether you are demanding, uncooperative, envious, angry, sad, powerful or defeated? When you look closer, it is your own heart that is your most loyal companion on this road called life. Even though we rarely or never give our heart any attention or gratitude, it keeps beating through thick and thin. Through all the storms and pleasures life can contain.

What then are the qualities of the heart? If you imagine your own heart as a person in your life and gave it some characteristics, you would find loyalty. Loyalty to life, to keep going and for your body to keep living. But there is more than commitment in something that asks for nothing but gives everything. We say generous at heart; a heart is generous and above all it is kind.

The most exceptional quality of your heart is its kindness. The kindness of no judgment, no exception and no exclusion, it just keeps pulsating, in a kind way.

How come then that kindness is derided in our society, and that it is more acceptable to be stepping on other people to arrive at the top than to be kind and compassionate? How come that the people who ignore the gratitude of their heart have managed to gain



control of most of the territory in our world? The qualities furthest away from the essence of life are the qualities that are favoured in order to get a work promotion. We all know by now that there is something fundamentally wrong in the way our society is designed. It used to be derided to be kind, it would be considered naive and, in some cases, plain dumb. Why did we buy into this lie when our pure essence is the embodiment of kindness?

You don't need to be Einstein to understand that life-enhancing qualities, such as loyalty, kindness, generosity and compassion, are beautiful. You don't need to be exceptionally skilled at anything to see that our societies lack empathy. Could it be that this is where we completely missed the mark? Of course, for people who indulge in fear, conflict, power and separation there is not much we can do apart from waiting for them to wake up from the slumber of missing the mark of their essence - the kindness of their heart. Even



if you have taken a road off track, your heart knows the path; listen to it.

For the others, the ones who feel they do not have a place in this world due to their kind and soft heart, I would say that now is the time to open it, even more. Make it resonate beyond the exterior chaos. Make your heart beat even louder so that more and more people dare to take the path of kindness, because it is kindness that will eventually save us. In a dark and troubled world, we need more kind people, we need more caring people, we need more compassionate people. We need to get back to

the essence of what it means to be human, and what it means to be kind. We need to be there for each other, and we need to be there for Mother Earth. We need to remember our hearts and their qualities, and we need to see that these qualities are the essence of our existence on this planet. The air we breathe, the water we drink, the food we eat, the sun we gaze at and the flowers we smell

they have the same qualities as a great heart. The sun inhabits the loyalty of our essential nature, Mother Earth, so embrace the kindness of the heart, and remember that the air keeps filling our lungs no matter how much we pollute it.

**“ YOUR OWN  
HEART THAT  
IS YOUR  
MOST LOYAL ”  
COMPANION ”**

That is the new challenge we are up against, to find our way back to our essence, to the original plan of life. And if you are lost, you don't have to travel very far; it is a short road, but the critical path for humanity to meet the current challenges we are up against. You don't have to travel to another continent or climb Kilimanjaro, you

just need to go thirty centimetres inwards and upwards. You only need to take the essential leap from your brain to your heart. It is only thirty centimetres, so you can do it. It is in the heart that we will find the answers that we are all looking for. It is there that we will see beauty, humanity, compassion, care and kindness. It is there within you that you will find the answer and the world will find it





salvation.

You might ask how you would be able to do this? The answer is to heal yourself, so that you remember your essence. Once healed, you may march to a different drum, the drum of your essential nature. When you remember who you are, you see the love in you. Because love is what you are. So, don't let anybody tell you anything else.

If you listen to the core - the generosity and the kindness of your own heart - you will know what is true, no matter what is going on in the outer world. Listen so carefully that you will see that kindness is the answer. To believe that goodness is weak when a heart is kind is illogical. It is even more absurd when we realise that the heart is the vital organ for any life form. Just as the earth is the most important organism for our survival, even though it's mistreated, it still allows us yet another day, through the infinity of the universe and her abundant nature - in the

## “ MAKE IT RESONATE BEYOND THE EXTERIOR CHAOS ”

same way the heart keeps us alive. Without the abundance of nourishment that the earth provides for humans and animals, life would not be possible. The earth is kind to give us everything we need.

The heart is kind to keep you alive. Be kind, considerate and caring, and then, in the end, everything will be fine. You will see that everything that we have been made to believe moves far away from our essential nature. If we can all stay in our hearts, together we may be the change we are looking for. Know your essential nature, and know that the heart is kind, because no matter where you are, what you do, or how you feel it keeps beating.

Let us all stay kind.

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# Rewrite your history and unblock your potential

**Anna Boroshok** looks at two case studies that will give you hope that you can turn things around



**W**hy do I always attract emotionally unavailable partners? Why do I push away people who are dear to me? Why do I shut down when people criticize me?

If any of these questions ever tortured you, good news! You are limited by your harmful past and you can rewrite it. Before we go into 'how', let me explain to you how it works.

When we are children and experience traumas, we develop protective mechanisms and turn them into habits which then limit us all throughout our adult life. We also learn the model of relationships from our parents because this is the only reality we live in for

many years. Even though the relationships were dysfunctional, we will unconsciously attract partners who recreate those dysfunctional relationships or we will spoil the relationships by ourselves (unwillingly, of course) rebuilding the model of relationships we witnessed during our childhood.

Let me tell you two stories to give you a better understanding on how it works.

## Story Number 1

Meet Ella. She is a 35-year-old web designer and has trouble making her opinion heard both at work and in her personal life. In fact, every time she thinks she needs to speak up, she cannot because she thinks that her



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Self-help

opinion is not valuable or might be wrong. This prevents Ella from growing her career and building balanced loving relationships where she can freely express herself and be heard by a partner.

Let us have a look at why this happens to Ella. When she was a kid, her father criticised her for her opinions; shouted at her when she could not complete home work as per his expectations; and he did not allow her to express her opinion in front of adults. As a child, Ella developed a protective mechanism of shutting down and being silent. She learned to keep her opinion to herself which now affects her adult life. At work she is not able to express her ideas and agrees with opinions with others even though she does not like them. This makes her feel bad about herself and makes her a mediocre employee with no opinion and no possibility to grow. In her personal relationships she is also not speaking out about accumulating negative feelings and emotions which eventually bring the relationships to an end.

Is there anything Ella can do about her harmful patterns and protective behaviours she has developed as a child? She definitely can. First of all, she needs to look into her past to identify those moments when she had developed her protective mechanisms. She will also need to forgive her father for behaving in such a harmful way as he was acting out of his own traumas and limitations. Finally, she will need to become aware of her protective mechanisms in her daily life and start breaking them. For example, she could start speaking out at work and express her ideas; she could start working on her



confidence by reading relevant books and taking relevant personal development courses.

In her personal life, she could talk openly to her partner and explain what she experienced as a child and how it prevents her from speaking out about what troubles her in the adult life. Then, she could express her concerns about what makes her feel bad and good in relationships and think together with a partner how they can both work on making these relationships a better place for both of them.

## “ WE CAN REWRITE OUR STORIES ”

### Story Number 2

Meet Anna. She is 30 years old and has just

divorced her husband she spent seven years with. Anna has filed for divorce because she felt her husband was not emotionally available to her so she cheated on him because she was missing his attention and love.

After the divorce Anna has continued meeting guys who did not want or were not ready to build loving and meaningful relationships with her. However, when there was a nice loving guy appearing on her horizon, she would push him away. Let us

have a look at her past to understand why. When Anna was a child, she was craving her father's love because she felt he was not there for her. He was always coming home late, did not spend time with her, and did not show her any affection. When she was 11 years old, she saw him cheating on her mother with another woman. Then, he left her and her mother for another family.

What has Anna learned from this experience as a child? She has concluded that she is not worthy of love; that to be loved, she always needs to prove herself to someone by being very nice and doing the best for a partner - in other words, buying her partner's love instead of just being who she is and receiving love without any trading.

Even though consciously Anna did not want to attract a partner like her father, that is exactly what she was doing unconsciously.

On top of that, desperately trying to win the partner's heart, she would overdo things for him, pushing him even further away. Remembering that her father was a cheater, she was also trying to control where her partners go and who they talk to. This was putting a lot of pressure on relationships and eventually destroy them.

Additionally, Anna has developed a pattern of a 'strong' woman. Because she was abandoned by her father, she decided for herself that she will do everything to be independent and cold-hearted so she would always be ready for the unexpected: to be abandoned. This was not allowing her to relax in relationships, to show her vulnerabilities and connect with a partner on a deeper level.

Seems like Anna has developed a robust and complex set of harmful patterns and

behaviours. But even this story can be rewritten. Let us have a look how.

To break through her harmful story, Anna will need to become an adult, because until now she was living according to the protective mechanisms she has developed as a child and she was still behaving as that scared, abandoned child from her past. Once she becomes aware of how the childhood traumas affect her present, she steps into her adult life where she is able to recognize her harmful patterns, break them and create a new story. Here is how it could work for Anna:

When she meets a new guy, she can become more aware of her patterns from the past. For example, if there is a guy who is genuinely interested in her, she could consciously choose not run away from such a guy and allow herself to be loved and cared for.

When in relationships, Anna could let go of her 'independence' and learn to be more vulnerable and trustful towards her partner. Coming back to the memories of her father cheating, she could share them with her partner and explain why she becomes jealous when she sees other

women around him.

As you can see, we can rewrite our stories. It requires time, it requires a lot of work with yourself and others but it is very rewarding. Do it for yourself.

Anna Boroshok  
Founder of Fearless Female Founders  
[we-fearless.com](http://we-fearless.com)  
[contact@we-fearless.com](mailto:contact@we-fearless.com) 📧

## “ ELLA DEVELOPED A PROTECTIVE MECHANISM OF SHUTTING DOWN ”



# How to step out of 3D

**Sarbani Sen** explains how to escape from modern stress



**F**or most of us, the world we've incarnated into is made of technology, stress and desire. However, according to Ayurveda, our world is a mix of 5 stages of being: from the denser form, which is the world of desires, fears and pain, to the etheric stage which is the world above form and structure. For this ancestral Indian medical tradition, there are techniques to move from one to the other. In quantum healing, we also consider that there are several dimensions, and usually we work with the 3-4 bodies around our 'physical body'. These bodies have different names and

consistencies such as etheric body, astral body, mental body and causal body. Each has its own set of chakras or internal energetic motors (etheric chakras, mental chakras and astral chakras). So, when we feel stuck, and unhappy with the 3D we live in, there are simple techniques we can use to transcend this state, and live our incarnation differently.

There are a few things we can integrate into our morning routine that can have an impact in supporting us in being more mindful, self-compassionate, connected, and resilient

throughout the day, which are qualities of the 4th dimension, somewhere above the veil of consciousness. This posture may allow us to actually act upon our reality instead of undergoing it. Set your judgments aside and try these out over the next weeks as an experiment... allow your experience to be your guide.

## Off to a mindful start

Rather than going straight for the coffee or tea when waking up, see if you can take in a big glass of water. Your body is dehydrated—your body needs water; it hasn't had a drink of water all night long. You might even want to delay the morning breakfast. Keep fasting some more hours, see if you can stretch until lunch. Sleeping hours count as fasting so if you want to go easy on your internal organs, give them some rest - it is advised to fast and skip some of the meals, some of the days of the week so as to let our system clear, thus clearing the mind at the same time. It might sound difficult at first, but trust me, the morning delaying of eating makes it a lot easier, and the sense of control we get over our life is very encouraging when it comes to stepping out of automatisms and routines linked to the 3D reality.

Then, instead of grabbing your technology to begin with, go outside and take in the sky, take in a tree - allow your eyes and body to take that in. Breathing exercises are very important. When subject to sorrow, sadness, or over mentalizing, mindful breathing will take you out of it instantly. Look at the light around you. Remember that book by James Redfield (*The Secret of the Andes*) where he was talking about the glow around trees, things and people? Well look for it. Focus and try to connect with nature around you, even that plant in your bathroom. Maybe you'll find that glow around a person in the bus or in the traffic, or a book, anything really. Pay attention to the magic of life

around you. Once you start being aware of it, it speaks in images, coincidences and encounters.

Did you realize that once you settle into your chair in the office, all magic disappears? Don't you agree we're seated on chairs far too often and far too long every day? This is bad for our blood circulation, for our joints and for our psyche. Try walking a few minutes every hour, or doing some yoga moves, bends, stretches, breathing exercises etc. The fluids are stimulated and the body gets a sensation of joy, freedom or at least some oxygen in the cells. And once you reconnect to joy, you've won the battle against points of views, judgments and boredom in general. See how your work instantly becomes interesting again, how creative you've become, how happy you are about this new project that seemed like a

## “ ALLOW YOUR EXPERIENCE TO BE YOUR GUIDE ”

mountain. Now that you are breathing deep again, and connected to your joy, it takes on a whole new colour.

There are some allies from the vegetal and mineral world too that can help us step into the

higher dimensions. Essential oils and fragrances are some of them. Find your own special 'feel good' or 'enlightening' smell. It can be Cedar of Atlas or Himalaya (to be more concentrated, detached and focused), Sandalwood Ylang Ylang and Jasmin for more sensuality. Depending on the period of the month, the one or the other might be perfect. Go and explore, maybe you can even create your own? Try composing your own fragrance. Flower essences may strongly influence all levels of the multidimensional human system, from the physical/biomolecular levels up to the higher subtle and soul levels. Minerals have a similar effect. Personally? I use amethyst and rose quartz for peace and harmony. I use them in special rollers with oil, essential oils of Ylang Ylang, crystals and some Bach flowers drops. I discovered Selenite recently, which





helps elevate vibration in the room. You can use it to clear your personal energy and pass it all over your aura, or simply let it be in a corner of the room and let it do its job. This crystal radiates light from the inside, as if it contained a bulb, which is why we use it to increase the frequency of vibration.

Distractor implants are the main obstacles on our way to self-consciousness and reaching higher realms. Once we are trapped in emotions such as anger, rage, fury, hate, love, sex, jealousy and shame, we are 'under the veil of consciousness', which means that we become that emotion and are incapable of dissociating our experience of emotion and the emotion itself. According to Access Consciousness TM, workaholicism is a major distractor implant too and is a catalyst of the worldly material energies we are trapped in. Without knowing, we are overwhelmed, over-anxious and spending too much time on something that is

## “ GO OUTSIDE AND TAKE IN THE SKY ”

taking all our attention. If this takes away our ability to reach out to the world and be our fullest self, then we might be in a distractor implant. This is why we need to be observant of our thoughts and activities.

What are the other activities we could indulge in, in order to enter the other realms our incarnation has to offer? Why not try the 'eternal being' technique? What would an eternal being do? As an eternal being, we tend to expand, our breath is more relaxed, deeper, and we feel omnipotent. As Dalai Lama wisely puts it: "With the realization of one's own potential and self confidence in one's ability, one can build a better world." So why not try? Just for fun, just for now? What else is possible with this body with this life? Is this narrow part of reality (work, family, sex, travel and money consumerism etc) really all there is to life experience? 🕒



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# Adapt, lead and change

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** looks at what successful people have in common



After years of researching the some of the most successful people on the planet, such as Oprah Winfrey, Jeff Bezos and Mark Zuckerberg, I've come to realize they all have one thing in common. One thing that continuously shows up in all these success stories are people that are open, willing to adapt, lead and even CHANGE!

As a business leader myself one of the things that always astounds me is seeing business owners who simply refuse to adapt, refuse to reinvent themselves and refuse to change. Stuck in their old patterns and old ways.

They are so stuck running things the same old way that it causes friction between them and the younger generation of employees on their team.

I am constantly blessed to get asked to work with teams of so many companies and to discover something very interesting - the employees that are in the company chose to leave their last job, primarily because the leader in that previous organization was so used to doing things 'his/her way'. And refused to adapt, refused to change, refused to evolve to the new age that we are currently living in.



## Success

Looking at the past its very clear that we have, as a human species, evolved from age to age. And will continue to do so. From the industrial age to the information age to the digital age. Which brings us to what I believe we are in and that's the connection age. As humans we are evolving faster than we have evolved before. This is due to many reasons but primarily down to the advancements of technology, AI and social media to name a few.

The reality is that a lot of business owners are running their business in a way that they are either ignoring the fact that if they don't evolve to fit in, to be a part of the new age thinking that comes with the younger generations, such as Gen Z who have just entered adulthood (Gen Z - Born after 1995) than they will eventually dissolve and die. Or they have fear and are so

confused about all the advancements in social media and other 'cannot be ignored' human advancements that they find themselves trapped and some are even unwilling to learn the new ways of the world.

Primarily and understandably the generation of baby boomers. Or and this is the worst, they are just too comfortable to attempt to change, and why they should. However, the lessons taught from the unwillingness to change and evolve are and can be fatal.

Sadly, 'old school' business owners will soon find out, maybe when it's too late, that their old ways of being, thinking and doing business no longer have a future in this new day and age.

As always, nature will, as she has always done for millions of years and will continue to do, weed out the weakest. Natural selection happens in species and eco systems but it is also is happening in the business world – the fact that a billion-dollar company like Blockbuster evolved into a dinosaur and disappeared just indicates how important it is to evolve and change. Because if you refuse

to change with modern times you will simply get left behind.

Doesn't sound very inspiring, does it?

Well, let's get inspired. One of the most important keys to continuing to be competitive and even lead any market or industry is your ability, the business leader to ANTICIPATE 'what's around the corner', just like a game of chess. Ask yourself, where is my market turning to? What new technologies can I use or create that will give me an edge in the market place? What is really important for my consumers? And how can I widen my pipeline of distribution with a stronger 'go to market' strategy that will lower the barrier for the consumer to buy and make the process with the least amount of resistance?

## “ REFUSE TO REINVENT THEMSELVES ”

Recently I was coaching one of my Elite Coaching Clients, a very successful businessman, leading a multi-million euro company and after asking him these and several other powerful questions, he realized that if his ways

of doing and orchestrating his business don't change, evolve and most importantly (here is the BIG one) INNOVATE, he will turn into dust, eventually, just like Blockbuster and many others did in the past because they were so stuck in their 'old ways'.

From my experience the ONLY way to keep up in today's market place and remain on the forefront and even leading an industry is through innovation.

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](mailto:info@arnonbarnes.com) 📧



6,1- 9,4 L/100 KM · 161- 214 G CO<sub>2</sub>/KM (according to NEDC standards).  
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Be success

# Be Successful

We look at two of Halle Berry's favourite books –  
Halle is our featured celebrity this month

## Some Love, Some Pain, Sometime:

Some Love, Some Pain, Sometime: Joan Cooper was an American playwright and author known by her pen name, J. California Cooper. She wrote 17 plays and was named Black Playwright of the Year in 1978 for her play *Strangers*. It was at the encouragement of Alice Walker that Cooper turned from her claim to fame in the theatre and started writing short stories. Her first collection *A Piece of Mine* was published in 1984. Two other story collections followed, before the release of her first novel, *Family*, in 1991. Cooper wrote *Funny Valentines*, which later was turned into a 1999 TV movie starring Alfre Woodard and Loretta Devine.

Awards Cooper won include the American Book Award (for her 1986 short-story collection *Homemade Love*), a James Baldwin Writing Award and a Literary Lion Award from the American Library Association.

Whether through her stories or her legendary readings, J. California Cooper has an uncanny ability to reach out to readers like an old and dear friend. Her characters are plain-spoken and direct: simple people for whom life, despite its ever-present struggles, is always worth the journey.

In *Some Love, Some Pain, Sometime*, Cooper's characteristic themes of romance, heartbreak, struggle and faith resonate. We meet Darlin, a self-proclaimed femme fatale who uses her wiles to try to find a husband; MLee, whose life seems to be coming to an end at the age of forty until she decides to set out and see if she can make a new life for herself; Kissy and Buddy, both trying and failing to find them until they finally meet each other; and Aberdeen, whose daughter



Photo © Givens Foundation

Uniqua shows her how to educate herself and move up in the world.

These characters and others offer inspiration, laughter, instruction and pure enjoyment in what is one of J. California Cooper's finest story collections.

You can listen to Cooper reading a selection of recordings on Givens Foundation here: [tiny.cc/7rmf5y](http://tiny.cc/7rmf5y)

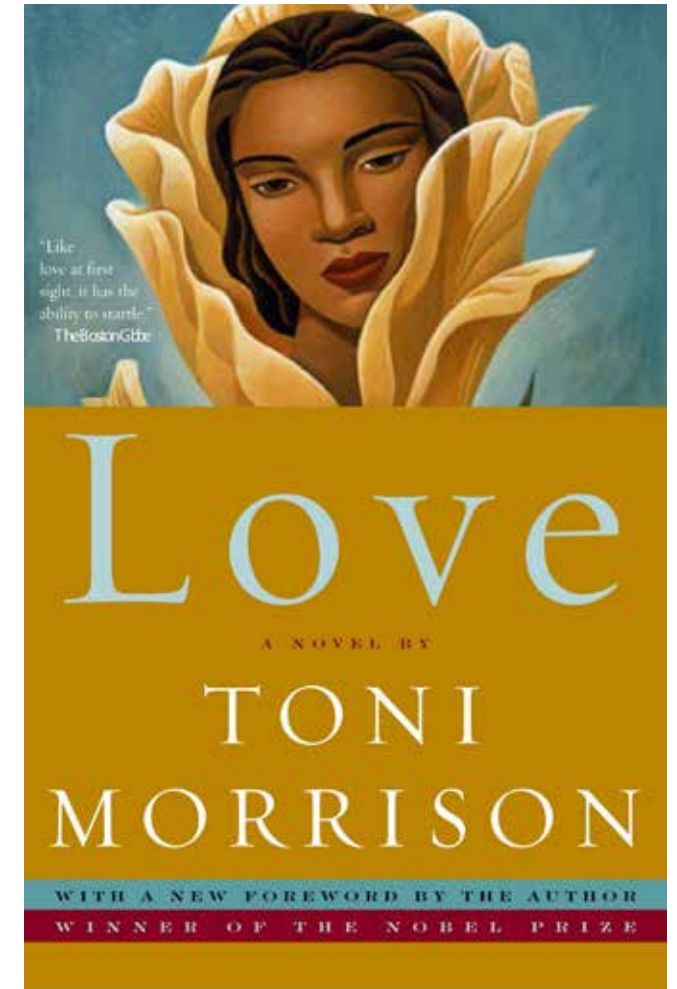
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## LOVE

Toni Morrison is an American novelist, essayist, editor, teacher and professor emeritus at Princeton University.

Morrison won the Pulitzer Prize and the American Book Award in 1988 for *Beloved* (1987). The novel was adapted into a film of the same name (starring Oprah Winfrey and Danny Glover) in 1998. Morrison was awarded the Nobel Prize in Literature in 1993. In 1996, the National Endowment for the Humanities selected her for the Jefferson Lecture, the U.S. federal government's highest honour for achievement in the humanities. She was honoured with the 1996 National Book Foundation's Medal of Distinguished Contribution to American Letters. Morrison wrote the libretto for a new opera, *Margaret Garner*, first performed in 2005. On May 29, 2012, President Barack Obama presented Morrison with the Presidential Medal of Freedom. In 2016, she received the PEN/Saul Bellow Award for Achievement in American Fiction.

Morrison's spellbinding novel is a Faulknerian symphony of passion and hatred, power and perversity, colour and class that spans three generations of black women in a fading beach town. In life, Bill Cooney enjoyed the affections of many women, who would do almost anything to gain his favour. In death his hold on them may be even stronger. Wife, daughter, granddaughter, employee, mistress: As Morrison's protagonists stake their furious claim on Cooney's memory and estate, using everything from intrigue to outright violence, she creates a work that is shrewd, funny, erotic, and heart wrenching.



Halle Berry said: "Toni Morrison's writings challenge me to think and feel deeply. LOVE deals with the pain young women suffer when they are deprived of proper parental love and guidance. This novel touches me deeply and inspires me to provide my children everyday with the mothering they truly deserve." She also famously said: "I'd rather have my nose in a book, than someone else's business." ●

# Making sense of the markets

**Dave Deruytter** leads you through the maze of the world's financial markets



**S**low economic growth and high earnings are keeping the financial markets in check. Interest rates are forecasted to stay low in the near future and will offer support to stock prices.

Equity markets are always correctly priced at any given time, balancing offer and demand. Nobody has a crystal ball to predict the future. Still, we all want to make sense of the current levels of the financial markets and have a view on their future performance.

The pace of economic growth in most of the countries around the world is slowing down. China aims for just over 6% in economic

growth, the lowest in decades. The US economy is decelerating, leading to about 2% economic growth this year. The European economies lead the slower growth group. Some EU countries have a hard time to even grow their economy at 1%.

Next to economic growth, earnings, particularly future earnings, are another favourite indicator of investors. The current earnings of quite a few stocks are already on the high side. One can doubt the capacity of companies to deliver even more earnings per share.

Eventually comes the question of the



potential of the alternatives to shares for investment, bonds and real estate on top.

If the economic growth of the large countries decelerates, and official interest rates stay low, bonds may have a period of strong performance, but only because of potential capital gains, not because of the coupons they pay.

Real estate? Yes, of course, it always is an interesting alternative, but aren't prices already really high in many markets? Is the US housing market getting into dangerous territory again, because of over-borrowing by people? To diversify your real estate assets, mutual funds or companies that invest themselves in real estate, are an option to

consider. Because of very low interest rates, cash is not a real investment alternative today, unless as a safe haven, but that is costly. In most of the EU you do not get enough interest on savings accounts to cover for inflation. Thus, part of your capital

invested in cash is eaten away by inflation. Gold is another asset investors turn to when they are not sure about the outlook of the financial markets. Gold essentially is a raw material, an asset with only potential for capital gain, yet no dividend or interest income.

**“ NOBODY HAS  
A CRYSTAL  
BALL TO  
PREDICT THE  
FUTURE ”**

If you need regular income from your investments, the only options are stocks with a high dividend yield, bonds with a high coupon, or real estate with a high rent. All of which are not so easy to come by these



## PERSONAL DEVELOPMENT

### Money

days. Plus, if you find them, there must be a reason why they have to offer a higher dividend, interest or rent income than the average of the market. There is no extra income return without any risk.

Politics are influencing the financial markets too. The Brexit saga is lingering on, keeping the bulls at bay. On the international trade front there could be a deal in the making between the US and China, but that news has been around for a few months now, and apparently without a conclusion nearby. No surprise that quite a few investors are sidelined, though we saw a small bull run on the stock markets so far this year, mainly because of a lack of alternatives.

If people would put a larger part of their income into consumption rather than in investments, that should be a good thing for the worldwide economic growth. In this fast changing and challenging time with a lot of workers in burnout, shouldn't we be outsourcing more of our daily household tasks in order to balance our lives? Of course, first we should be able to afford that. For that to be the case, it is important that the wages of the middle class are high enough. If one looks at the starting wages of the young people joining the workforce today, substantially high wages are not guaranteed.

If on top of extra consumption some new big innovations could come through and create new pockets for business or new economic growth, we might be heading upwards



structurally again on the financial markets. 'AI' and 'Big Data' look promising, but the more we learn about them the further away real breakthroughs seem to be. Most realizations in both fields look more like evolutions than revolutions. Will it be 5G and the Internet of Things that will do the trick then? Maybe, but rumours have been around in those markets for quite some time now too. If there is no delivering soon, investors may see it as a false promise or again as a gradual evolution rather than a Big Bang.

The question on the mind of many investors remains whether or not we will first have a recession, or even a small or big crash on the financial markets, before heading upwards structurally again. They remember the worldwide financial and economic turmoil that started at the end of 2007 with the collapse of Lehman Brothers, plus the rebuilding of the system and trust thereafter. The financial markets could go either way when looking at the cards today. ❶

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# What is your profitability?

Our real estate expert **Yannick Callens** crunches the numbers on how to make rental income

**I**nvesting in real estate combines security and insured benefits. By calculating the return on your real estate investments beforehand, you know what you can expect. But how exactly is the real estate yield calculated?

Before investing in real estate, you obviously want to know how much your investment will earn you. Investors often use attractive rates of return. However, they often forget to say that the return they are talking about is a gross return. They simply deduct the purchase price and notary fees from the monthly rental income. In reality, the net real estate return is a few percent lower, so it is certainly necessary to take into account the various additional costs.

## How to calculate the gross rent performance of a piece of real estate

The gross yield of your property is easily calculated:

Simply divide the annual rental income by the total purchase price (excluding fees).

Then multiply the result by one hundred to get the gross yield.

Example:



Purchase price: €150,000 excluding fees

Rental income: €600 per month

Gross yield:  $(600 \times 12) / 150,000 = 4.8\%$

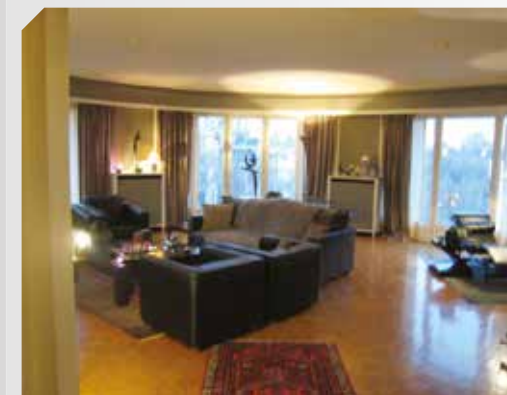
This rate does not correspond to actual performance. In order to get a good idea of the return on your investment, it is better to calculate the net return.

The net return takes into account the purchase price as well as all additional costs. Indeed, when buying a property, you must pay several unique fees:

- Registration Fees / T.V.A.
- Notaries' fees (also taken into account in the calculation of the gross yield)
- Deed fees
- Costs for any renovations or refurbishment



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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.



**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

### Real estate

There are also various recurring annual (or monthly) fees:

- Real estate tax
- Interest on borrowed capital
- Possible maintenance costs

When calculating the yield, it is necessary to take into account all the expenses of purchase, as well as expenses equivalent to 2 months of rent per year.

Example:

Purchase price: €175,000, fees included

Rental income: €600 per month

Net return:  $(600 \times 10) / 175,000 = 3.43\%$

### Optimize your rental income: limit inoccupancy

A vacancy is the number-one enemy of your performance. A frequent tenant change increases the risk of vacancy. Similarly, when you want to rent your property as a vacation home, monthly fixed rental income is not guaranteed. To enjoy optimal rental income, choose an investment in a new or renovated building with a good location. If, in addition, you apply for a market-based rent, you will likely get the best return on your investment.

### Real estate value continues to rise

House prices continue to grow each year. So, you will do a great job if you later decide to resell your property. This aspect obviously has a positive effect on the long-term return on your investment.

### Rental income up

Not only does the value of your property increase, but your monthly rental income also rises every year. Indeed, the rent can be



indexed once a year on the basis of the current health index rising. As a result, the return on your investment will increase each year.

### The leverage effect increases your return on capital invested

Mortgage interest rates remain relatively low. Therefore, for your real estate investment, it is beneficial to take advantage of financial leverage in the form of mortgage or bullet credit. Thus, a small contribution of €75,000, for example, will allow you to invest in real estate. In addition, the financing also has a positive impact on your return, thanks to its leverage effect.

Low current borrowing rates allow you to maximize your return by financing a small portion of your investment with equity and borrowing the rest.

Real estate is a safe investment. Limited capital, an attractive loan and the tax benefits of buying real estate help ensure good returns. In order to make the most of your property, opt for a highly sought-after building on the rental market. ●

**“ IT IS  
CERTAINLY  
NECESSARY TO  
TAKE INTO  
ACCOUNT THE  
VARIOUS  
ADDITIONAL  
COSTS ”**

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# This and That

Our tech guy **Colin Moors** encourages you to automate your life



Even though we spend an inordinate amount of time jabbing at the screen of our favourite phone or tablet, or clacking away on the computer keyboard there are always times we need to do something else. There are all kinds of built-in tricks to make your device do the things you want with little or no interaction - from fingerprint unlocking face scanning to lesser used functions such as setting a 'safe space' where your phone will remain unlocked at the location you specify. Of course, all these features will vary wildly depending on the make and model of the device - if only there was something you could use to automate your life online that crossed all these barriers. Well, there is.

Called **If This Then That**, or IFTTT, it's the one-stop shop for automation in the entire digital work and play space, and a lot more besides. The biggest selling point is the low, low price of free but also that there are literally thousands of pre-made applets for automating things - many of which may not have even occurred to you. Can you make your own applets? Yes, but that's a little beyond the scope of an article this short. A quick web search will light your way if you feel the need. Oh, and for the pedantic, it's pronounced like 'rift' without the R.

IFTTT is geared towards well-established web platforms such as Twitter, Facebook and Instagram or to wearables such as Fitbit and several phone-based fitness apps. It may



also be of interest to you if you have any of the 'connected home' gear such as Nest, Smart Things and the like. It's been well-known in tech circles for quite some time but there seems to be a recent push to get people using it - largely because the company makes its money helping out businesses involved in automation and there has been a huge upsurge in connected apps and devices in the past few years. I blame Generation Z. Let's start with a few examples most of us will understand without explanation, then move on to the slightly more esoteric. You will need the IFTTT app installed on your phone of choice and an account on the internet site to get the best out of it.

## “ IT'S THE ONE-STOP SHOP FOR AUTOMATION ”

Have you ever lost your phone somewhere in the house? Of course, you have. If you've set up IFTTT and are near your Google Home or Alexa device, just tell it to find your phone. They'll turn up the ringer to maximum and place a call to your device. Now just follow the ring. Yes, you could ask someone to call but your phone is already lost, isn't it? Going from loud ringing to none at all, IFTTT can scan your Google calendar to see if you have a meeting. If so, it will mute your phone, allowing you to listen to Geoff from accounts run down the latest figures without

interruption. If your accounts guy is anything like ours, it can also set a vibrating alarm for five minutes before the end - then turn your speaker back on. If you've spent the entire day wondering why you aren't getting messages because your speaker was off, this is a truly fool-proof feature.

Perhaps you have trouble with your phone's Wi-Fi eating into your battery time. It's easy to forget to turn it off, meaning it will constantly search for a network, sucking the life from your phone. Just set up the applet that will turn off your Wi-Fi when you go further than, say, 200 metres from your home - and then turn it back on at the same distance. While you're about it, why not get it set

up so that when you are in range of your house, your automated lighting system will turn on the security light so you can see to get your key in the door?

The possibilities, while not strictly endless, are many and varied. As long as your app, device or system is supported by IFTTT, the combination of things you can achieve on a fire-and-forget basis is quite astonishing. Imagine the scenario: You are on the drive home from work. Once you reach the set distance, your Roomba stops cleaning and





goes into its house for the evening, the hall lights switch on and a tweet is sent to Pizza Hut (if it's Friday) ordering your usual pre-weekend Quattro Stagioni and as you walk in the door, the TV switches on and shows you the weather for tomorrow. All this is available right now, to people with the equipment (and the money) and more apps and devices are brought in all the time.

After a little playtime you may well get addicted to automating everything (I take no responsibility) and will find you can add your current weight to your Fitbit progress via a connected set of scales, send your Uber receipts to your expenses app or directly to a spreadsheet in the cloud or flash

## “ YOU MAY WELL GET ADDICTED TO AUTOMATING EVERYTHING ”

the lights in your house when you get a mention on Twitter. The latter option seems unnecessarily narcissistic but hey, you're the king or queen of your automated world now.

I think my favourite idea is one of the simpler and more elegant. You're at a party and the guy you're talking to turns out to be a nerd and won't stop talking about the latest automation technology or whatever. Your IFTTT is your knight in binary armour, reacting to a keyword in your speech or subtle button press while your hand is in your pocket

to place a call to you so you "have to take this, sorry". Nobody wants to be stuck at a party with a tech nerd. ❶

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# BMW Brussels

**BMW Brussels** has undergone an impressive renovation



**B**MW Brussels is located in the heart of the city of Brussels, close to all European and international institutions. Just a glance is enough to spot it: the site of BMW Brussels on the Chaussée de Louvain in Evere, is big ... very big. In June 2014 BMW Brussels, the subsidiary of the BMW importer in Belgium and Luxembourg, reopened after an impressive renovation. Since then, 30,000 m<sup>2</sup> have been dedicated to the pleasure of driving in all its forms.

In the two buildings overlooking the Chaussée de Louvain, the entire range of new vehicles is on two levels, including the Diplomatic Sales department,

which is considered to be *the* reference point for BMW in Belgium, as well as for after-sales service. Each year, BMW

Brussels welcomes more than 18,000 cars for maintenance or repair.

The buildings overlooking Avenue Mommaerts house the largest BMW Premium Selection showroom in the country, with more than 200 recently acquired used cars, as well as a BMW Motorrad showroom offering the full range in a choice of colours. The rest of the space on the site includes the stock of new cars, parking for test

cars, shops and workshops. The solar panels, covering a large part of the roof, generate 70% of the energy necessary for



the operation of the site each year.

BMW Brussels is easy to reach by car, bus, bike, motorbike or scooter. The site has more than 500 indoor and outdoor parking spaces, and is near a bus stop on the Chaussée de Louvain and Avenue Mommaerts, and offers DriveNow/ShareNow, Scooty and Lime. BMW Brussels customers can take advantage of a wide range of mobility solutions for service or repair. Cars, bicycles (electric or manual), motorcycles and scooters (electric or manual) are at their disposal.

Through its many partnerships, BMW Brussels actively supports the cultural, economic and sporting life of Brussels.

Marc Moncousin, head of Diplomatic Sales, has been working for more than 29 years in the automobile industry and is very passionate about BMW.

He says: "The key to BMW's success over the years has been in offering a complete range of products to fit every driving need and offering real driving pleasure. In the coming years, BMW will be offering more than 25 electric and hybrid models – it will be my pleasure to help you find the car of your dreams!" 🗣️

## How to get there

BMW Brussels New Cars  
Chaussée de Louvain 864  
1140 Evere  
Tel: +32 2 730 48 16  
[marc.moncousin@bmw.be](mailto:marc.moncousin@bmw.be)

Business hours  
Monday - Friday: 08h30 – 18h30  
Saturday: 10h00 – 17h00

## BMW Brussels Used Cars Premium Selection

Av. L. Mommaerts 1  
1140 Evere –  
Tel: +32 2 730 48 99  
[bmwpremiumselection@bmwbrussels.be](mailto:bmwpremiumselection@bmwbrussels.be)

Business hours  
Monday - Friday: 09h30 – 18h30  
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## BMW Brussels Motorrad

Av. L. Mommaerts 3  
1140 Evere  
Tel: +32 2 730 49 19  
[info.motorrad@bmwbrussels.be](mailto:info.motorrad@bmwbrussels.be)

Business hours  
Monday: 08h30 – 12h30/13h00 – 17h00  
Tuesday - Friday: 08h30 – 12h30, 13.00 – 18h30  
Saturday: 10h00 – 17h00



# This time I'm voting

Catherine Feore runs the rule over the upcoming European elections



The byline of the European elections is 'This time I'm voting'. The European Parliament has set up a non-partisan platform committed to persuading people to vote in the European elections on 23-26 May 2019. They already have one hundred and fifty thousand volunteers willing to hit the street and help get that vote out.

The Parliament has slowly accrued more powers and – contrary to popular belief – enjoys real influence over legislative proposals. One could comb through its decisions and agree or disagree, but my

own verdict is that the European Parliament has been a positive force for good. It's usually pushed EU member countries to make that extra effort and be that little bit more ambitious.

The European Council's workings are still far from transparent, but the Parliament has prised open the door and, at the very least, manages to open discussions providing much-needed additional democratic oversight of the decisions of European ministers – the same ones who are ready to blame 'Brussels' for just about anything.

Photo © cor.europa.eu



**“ THE  
EUROPEAN  
PARLIAMENT  
HAS BEEN A  
POSITIVE FORCE  
FOR GOOD ”**

And yet, despite its growing might, turnout has diminished with every election. In the first direct elections in 1979 average turnout was 62%, in 2014 it was 42.6%. Interestingly, it is some of the more recent members that have the poorest turnout. In Slovakia in 2014, only 13% bothered to go to the polls. Seriously Slovakia, what's your excuse? Was it raining? The more recent members are also the principle beneficiaries of European funding. Less than a quarter of Poles made it to the polls in 2014 – this is a country that was allocated more than €100 billion from various EU funds for the 2014–2020 period.

The best in class are the Belgians, with turnout at 90%. The very simple reason for this is compulsory voting. I have mixed feelings about this approach, but the *quid pro quo* of living in a liberal democracy and having rights, is having responsibilities. Is it really too much effort to use your vote?

There's also plenty of choice in forthcoming elections. Do you hate the EU? Vote for a party that hates the EU. Do you want to see climate change given greater prominence? Vote for a green party, or a party with solid green credentials. Think that climate change is a fiction developed by a global liberal elite? Again, there's a party for you. Do you hate austerity? Or are you a disaster capitalist? Not a bother, there is a whole spectrum of parties who take different views on what the EU's economic future should look like – find the one that corresponds most closely to your views.

My message is this, love it, hate it, want to reform it, reconstruct it, rejuvenate it, destroy

it, but for goodness sake take your responsibilities as a citizen and as a voter seriously. Running around in high-visibility clothing, attacking police men and burning things is not the answer. Look at the UK, if you want to leave, you can, nobody is going to send in tanks to stop you.

Pollsters anticipate a surge in support for anti-EU and far-right parties this time around. Europe will probably have to deal with a successful Brexit Party, a sort of UKIP on steroids, led by Nigel Farage. The EU-27 will have to wait stoically for 31 October for the UK's departure – or an ever more unlikely dramatic *volte face*. It is anticipated that the centre ground will become ever more narrow and smaller factions will wield greater power. But whatever the challenges, all roads lead to dialogue and the pursuit of shared interests.

## La vie en rose...

Am I a little starry-eyed about the European Parliament? Possibly, even probably.

The European Parliament has often represented the conscience of Europe, with resolutions and own opinions on everything from the plight of Rohingya refugees, to arms sales to Saudi Arabia. These resolutions may lack force, but they reflect the higher calling of our MEPs, and may be part of the longed-for tidal wave, where justice can rise up and hope and history rhyme – to borrow from Seamus Heaney.

Heaney wrote his words of hope in 1991, when peace in Northern Ireland was still a distant dream. In 1993, before the first IRA



ceasefire I was working for an MEP in Strasbourg. I was waiting for the lift one day and to my horror when the doors opened I saw that Northern Ireland's three opposing MEPs were already installed. With trepidation I stepped into the lift ready for a steely silence or worse - Ian Paisley MEP had achieved some notoriety for shouting at Pope John Paul II when he addressed the Parliament in 1988, calling him the Anti-christ.

On the journey to my floor the MEPs laughed and joked and generally got on like a house on fire. When I got out of the lift I was shocked, and then I was angry. If these people could behave normally in Strasbourg, why couldn't they behave normally in Strabane? I told a colleague about what I had witnessed, he shrugged his shoulders and said that they were famous for working well together "in Europe".

Today (26 April), a week after the murder of Northern Irish journalist Lyra McKee, killed by a member of an organization calling itself the New IRA, I think back on all that has been achieved and all that is now in danger. I think about the role Europe played in the

process, often barely visible, an enabler, quietly creating a Europe where borders were less dividing and identity could be more fluid and multiple.

Throughout the Brexit process MEPs from Lithuania to Portugal have expressed their concern over Northern Ireland, a small part of the EU that most of them have probably never visited. German Christian Democrats, Italian Social Democrats, Belgian Greens and the European Parliament in its glorious diversity decided to stand full-square behind the European Commission and in defence of the achievements of the imperfect but nevertheless precious Good Friday Agreement.

"So, hope for a great sea-change  
On the far side of revenge.  
Believe that further shore  
Is reachable from here."

Get out there and vote!

①

**“ IS IT REALLY  
TOO MUCH  
EFFORT TO USE  
YOUR VOTE? ”**



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# Diamonds are forever

Auction specialist **Steve Lansdale** says that Ceylon Sapphires should spark top bids at Heritage Auctions' Spring Fine Jewellery Auction

**S**ales should continue recent demand for top-end diamonds. Colourless and fancy coloured diamonds, Ceylon sapphires and a dazzling array of gem-set jewellery will be in high demand at Heritage Auctions' Spring Fine Jewellery Auction in Dallas, Texas.

The sale offers a beautifully curated selection of jewellery from fine designer brand names, a list that includes Cartier, DeBeers, David Webb, Tony Duquette, Tiffany and Van Cleef & Arpels. The event also includes an exceptional assemblage of rare gems, including Columbian Emeralds, Rubies and Spinel from Burma, Ceylon Sapphires and a Chameleon Diamond.

"We are very pleased to offer such a wide variety of richly hued jewels, many with vibrant spring colours," Heritage Auctions Senior Director of Fine Jewellery Jill Burgum said. "There is a balance of materials from the 1800s to the present, with a strong emphasis on well-made and mid-century pieces, and it is exciting to see them come to the auction forefront."

An Art Deco Diamond, Platinum Ring (estimate: \$100,000-150,000) is a breathtaking piece with a round-cornered rectangular modified brilliant-cut diamond weighing four carats, enhanced by European, full and single-cut diamonds with a combined weight of approximately 0.10 carat and set in platinum. The ring is accompanied by a CIA report that declares "E colour, VVS2 clarity."



Imaged by Heritage Auctions, HA.com



## LIFESTYLE

*The jewel is an intimate object, a link that is woven between the skin and the self*

A stunning Ceylon Sapphire, Diamond, Palladium Ring (estimate: \$70,000-\$90,000) boasts a massive cushion-shaped sapphire weighing a 22.24 carats, enhanced by baguette, full and single-cut diamonds with a combined weight of roughly 2.00 carats, and set in palladium. The ring is accompanied by a 2016 AGL report stating "Natural Corundum, Sapphire, Origin Ceylon (Sri Lanka), No Gemological Evidence of Heat."



Imaged by Heritage Auctions, HA.com



Imaged by Heritage Auctions, HA.com

An imposing emerald that is the featured centerpiece of a Colombian Emerald, Diamond, Gold Pendant (estimate: \$60,000-80,000) weighs in at 57.01 carats, is enhanced by full-cut diamonds with a combined weight of approximately two carats and is accompanied by a GIA report that states "Natural Beryl, Emerald, Origin Colombia, Clarity Enhanced (F2)."



Imaged by Heritage Auctions, HA.com

Other top lots in the auction include, but are not limited to:  
Diamond, White Gold Bracelet, Cartier (estimate: \$50,000-\$70,000)



Emerald, Diamond, Platinum Bracelet, Van Cleef & Arpels (estimate: \$40,000-\$60,000)

Imaged by Heritage Auctions, HA.com



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Diamond, Platinum Earrings, Tiffany & Co. (estimate: \$40,000-\$60,000)

Heritage Auctions is the largest fine art and collectibles auction house founded in the United States, and the world's largest collectibles auctioneer. Heritage maintains offices in New York, Dallas, Beverly Hills, San Francisco, Chicago, Palm Beach, London, Paris, Geneva, Amsterdam and Hong Kong.  
[www.ha.com](http://www.ha.com)





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Featuring a combined weight of nearly 104 carats of diamonds, a Diamond White Gold Jewellery Suite, Adler (estimate: \$60,000-80,000) includes a necklace featuring full-cut diamonds with a combined weight of 62.56 carats, a bracelet with full-cut diamonds weighting a total of 31.55 carats and a pair of earrings with 9.88 carats of full-cut diamonds. The diamonds on each are set in 18k white gold, and marked Adler.



Imaged by Heritage Auctions, HA.com

Another eye-catching sapphire is featured on a Ceylon Sapphire, Diamond, White Gold Ring (estimate: \$60,000-80,000). The dominant stone is an emerald-cut sapphire weighing 18.08 carats, enhanced by pear-shaped diamonds weighing approximately 1.21 carats, complemented by 1.36 carats of full-cut diamonds and accented by round and pear-shaped sapphires with a combined weight of 2.17 carats. The jewels are set in 18k white gold, and the ring is accompanied by a GRS report declaring "Natural Sapphire, Origin Sri Lanka, No indications of Thermal Treatment".



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A woman with long, wavy brown hair is seated in a yellow upholstered chair with white trim. She is wearing a sleeveless, shimmering, sequined dress that catches the light. She is looking back over her shoulder towards the camera with a slight smile. The background is a dark, ornate room with a large, dark wooden cabinet or wall paneling. The lighting is dramatic, with strong highlights on the woman's dress and face, and deep shadows in the background.

# *Mystical*

## *Incantation*

Photographer: Xavier F. Martin

Assistant: Max Taille

Art director: Nicholas Sirot

Hair & Make-up Artist: DB for Lancôme & L'Oréal Professionnel Paris

Model: Léa de wouters [www.dominiquemodels.com](http://www.dominiquemodels.com)

Total look: H&M  
Jewel: Collectors Gallery





Handbag: Dior  
Couture colour long-wear powder blush n°219  
Eau de toilette: Miss Dior  
Dior Addict Lip Glow n°004



Total look: Natan couture  
Jewel: Collectors Gallery  
Hat: H&M  
L'Oréal Professionnel Paris:  
Hairspray Infinium Lumière Ultimate  
Flowers: 'le Jardin du Siam' Uccle



Lancôme:  
 L'Absolu Mademoiselle Shine lipstick n° 232  
 Mascara Hypnôse Doll Eyes Brun  
 Ombre à paupière Hypnôse Or Erika I 112

Bush Subtil Rose sable 02  
 Teint Idol Ultra Wear 010  
 L'Oréal Professionnel Paris:  
 Huile nutritive capillaire Mythic Oil



Total look: Dior





Dress: & Other Stories



Total look: Carine Gilson  
Necklace: Collectors Gallery



Total look: H&M  
Lavalier by Alexandre Schorine for Maison Dorée



Dress: & Other Stories  
Mantle: Isabelle Bajart  
Jewellery: Collectors Gallery





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**PERSONAL  
DEVELOPMENT**

Fashion

# The fine art of jewellery

This month's design pages are dedicated to the women who will rock the jewellery world in 2019

Photo © Alexandre Bibaut



Axelle Delhaye  
Butterfly bracelet **€2,250**



Axelle Delhaye  
Multi ball ring **€1,450**



Axelle Delhaye  
Emerald owl ring **€680**



Axelle Delhaye e16082 **€750**,  
e16077 **€450**



Photo © athos burez

## Axelle Delhaye

Each piece has its own history that can never be matched nor reproduced. Ancient symbols, Victorian motifs and long-lost memories are some of the designer's beloved directions, fulfilling her ideal vision of a playful sophistication.

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



Aurore de Heusch © Merel\_Hart

### Aurore de Heusch

Art inspires the life and desires of Aurore de Heusch. Photography, fashion, design, architecture impress and touch. The jewel is an intimate object, a link that is woven between the skin and the self. A family bond that tells a unique story that runs through the generations. An alchemy between the mineral world and the universe of emotions.

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



Aurore de Heusch  
Necklace leather **€265**



Aurore de Heusch  
Bracelet xxy **€365**



Aurore de Heusch  
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Aurore de Heusch  
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Magda Lenova  
Chic 18k rose gold ring  
set with diamonds **€1,980**



Magda Lenova  
Iconic 18k white gold chain choker  
set with diamonds **€8,220**



Magda Lenova  
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lift ring set with diamonds and  
moving diamonds **€2,970**



Magda Lenova  
Romantic 18k rose and white gold  
emerald set with diamonds **€2,760**



### Magda Lenova

Made to order in Antwerp, my timeless collections reflect emotion and passion which are the core of my universe. It is an invitation to discovery anchored in the respect but blossoming in modernity. The diamond at the centre of my world is pure, rare, radiant and mesmerizing. Above all, it complements the woman wearing it. In my opinion, being unique is more than magnetic elegance, it's a state of mind, a style.  
[www.magdalenova.com](http://www.magdalenova.com)





### Sophia Vari @Collectors Gallery

Sophia Vari is a Greek artist who lives and works in Monaco. Specializing in bronze sculpture, she is also known for collages, oils, watercolours and gained widespread recognition for her stunning jewellery, or "wearable sculptures". They are made from models created of plastiline. They combine geometric lines and sensual curves in silver, gold and ebony.

[www.collectors-gallery.com](http://www.collectors-gallery.com)



Sophia Vari  
Medee

Photo © Philippe Garcia



Sophia Vari  
Amazones II

Photo © Philippe Garcia



Sophia Vari  
Les pleiades I

Photo © Philippe Garcia



Sophia Vari  
Brooch pendant Clytia

Photo © Philippe Garcia

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[www.leysen.eu/en/](http://www.leysen.eu/en/)



Nutrientals Polishing Peel. A non-abrasive scrub for a smooth result that you can proudly show off: **€38.05**  
[www.nuskin.com](http://www.nuskin.com)

The Cube ring, paved white gold: **€2,600**  
*www.dinhvan.com*



A Girl in Capri, Eau De Toilette. 90ml: **€69**,  
50ml: **€49**, 30ml: **€35**  
[www.lanvinparfums.com](http://www.lanvinparfums.com)

Fleur D'Ange, a Relaxing and Moisturizing  
Perfumed Body Care Water, a divine  
formulation for a moisturizing and soothing  
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The Bel Air range, a series of original and colorful picnic baskets: for two **€94.90**, for four **€104.90**, for six people **€149.90**  
[www.lesjardinsdelacomtesse.com](http://www.lesjardinsdelacomtesse.com)





## LIFESTYLE

Shopping

### Mademoiselle Rochas Couture

New creation from perfumer Juliette Karagueuzoglou, this floral woody is redolent of Parisian nights, elegance, vibrancy - endless. Eau De Parfum Natural Spray: 90ml  
**€90**, 50ml **€65**, 30ml **€45**  
[www.rochas.com/en](http://www.rochas.com/en)



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# HELENA RUBINSTEIN A SPIRIT OF AVANT-GARDE

Ambitious and unafraid to challenge the status quo, Helena Rubinstein was a true pioneer of the beauty industry. In a time when much of the professional world was closed to women, she had the vision to turn an homemade skin cream into a business opportunity, going on to build a cosmetics empire that would make her history's first self-made woman.



## PIONEERING BEAUTY SINCE 1902

The story of Helena Rubinstein, the brand, and Helena Rubinstein, the woman, are one and the same. Today, driven by the same spirit avant-garde, HELENA RUBINSTEIN pushes the boundary of a unique science, cellular skin science. Since 2008, Helena Rubinstein's alliance with the medical expertise of LACLINIC-MONTREUX and Dr. Pfulg has enabled it to offer the best of aesthetic medicine and cosmetic surgery in one place. The skincare range RE-PLASTY is one of the fruits of this collaboration, replicating the effects of treatments offered at LACLINIC. Determined to put science at the service of beauty, HELENARUBINSTEIN never stopped collaborating with scientific experts and subjects all its products to rigorous testing in leading world clinics.

In 2012, a partnership with Dr. Lemaître from INSERM research center breaks new ground in cosmetics. With his team, he explores for HELENA RUBINSTEIN the path to reprogram skin cells, and co-develops PRODIGY CELLGLOW, a futuristic anti-ageing and brightening line.

## THE PIONEER BRAND IN CELLULAR SKIN SCIENCE

Today, more than ever, HELENA RUBINSTEIN is revolutionizing skincare once again and breaking new ground taking interest in cellular reprogramming. Leading by the avant-garde spirit of its founder, the brand was the very first to use native cells in skincare, making cellular skin science a unique expertise.

## THE QUEST FOR A GLOWING SKIN

It is no wonder that these days, skin that glows has become the holy grail of beauty, sought after by everybody. Whatever your age, nothing brings out your natural beauty better than a luminous, glowing complexion that looks like it is lit up from within. With its new PRODIGY CELLGLOW Deep Renewing Concentrate, HELENA RUBINSTEIN introduces a hero of anti-ageing and brightening.

### YOUR HELENA RUBINSTEIN GIFT



Offered to ICI PARIS XL with the purchasing of Helena Rubinstein products. Within the limits of available stocks. Ask your Perfumery for more details.

### WE LIKE ♥

The fresh feeling of this concentrate that drenches skin with hydration, leaving it wrapped with a healthy rosy glow.

### WE ADOPT ♥ ♥

A fast-penetrating texture that preps skin for makeup in the morning, to combine with The Radiant Regenerating Cream at night when skin asks for more attention and comfort.



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THE DEEP RENEWING  
CONCENTRATE

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

Helena Rubinstein is available at ICI PARIS XL & GALERIA INNO

HELENA RUBINSTEIN

## LIFESTYLE

Beauty

# Beauty: Focus on exclusive care

'In May, do as you please' is a saying that you should apply with joy! So, we have chosen the new fragrances that smell of a fine summer with adapted care products. Play with creamy textures, gels or fluids, and pamper your face and body!



### Klorane

New at Klorane, the capuaçu fruit-based shower gel, an innovative ingredient from organic farming. It comes from the Amazonian forest. The name of this plant comes from tupi, an indigenous language in which 'cupuaçu' means 'which looks a little like cocoa'. The seeds of the fruit are used as a source of butter, ideal for skin care. Klorane helps to keep dryness, irritation and tightness as just bad memories. Shower cream 200ml: **€6.90**

### GALENIC

A trio of SOS masks to help you find perfect skin. Three beauty masks with distinct and complementary actions. In just a few minutes, the skin is intensely cleansed with the **Warming Detox Mask**, purified and mattified with the **Cold Purifying Mask** and revitalized with the **Hydrating Mask**. **€35/ piece**







#### SAMPAR

Oils in One by SAMPAR, a true cocktail of eight precious oils, is the first oil enriched in fat soluble hyaluronic acid that promotes natural hydration and prevents dehydration, and it plumps and smooths the appearance of the skin, enhances the complexion and embellishing the skin. A grease-free makeup that lasts all day long. **€45: 30ml bottle**



#### Paco Rabanne

Invictus and Olympéa, eau de toilette and eau de parfum, Paco Rabanne Chapter 2: Enter the legend... Invictus, fiery-spicy woody, calibrated for victory. Tornado of guaiac and red amber metal freshness, hot desert, stainless. Eau de Parfum 100ml: **€108**

Olympéa Legend, Flower of the Desert. The divine vanilla mirage and salty plum. Voluptuousness in power. Olympéa Forever - Eau Legend, Eau de Parfum 80ml: **€127.58**

#### La Prairie

Latest innovation La Prairie Platinum Rare Cellular Life Lotion. The ultimate rejuvenation! Enriched with Platinum Peptide and powerful ingredients supporting the detoxifying mechanisms of the skin, Platinum Rare Cell Life Lotion also contains the exclusive Cellular Complex that infuses the skin with nutrients and rejuvenating factors. The texture of the skin is refined, wrinkles and fine lines are smoothed and elasticity is improved. **Price on demand**



## My Happy Closet Experience



Francesca Puccio, founder and owner of Standing Renovation

I love clothes but didn't really love my wardrobe. Despite having lots of clothes, I probably used 5% of it 95% of the time (even less than the 80-20 rule!). I was stuck in a style rut wearing the same jeans and sneakers uniform everyday and felt I needed help to make some changes.

My name is Francesca Puccio and I run my own interior renovation business. My time is mostly spent running between dusty building sites around Brussels, where I need to be comfortable, and client meetings where I need to both look and feel professional and stylish.

From the menu of Happy Closet services, I chose the Closet Detox and Look-Book as I felt they best suited my needs.

For the Closet Detox, Debbie and Deirdre came to my home and helped me look at my clothes, shoes and accessories from a totally new perspective. It was such a good experience because they made me realise I already had a lot to wear (some of which I had completely forgotten about!). In fact, I only needed a few extra items to allow me create several new looks. For example I had a lot of trousers that I was not wearing because I didn't have the right type of shoes to go with them.

My customised Look Book gives me all the advice I could ever need on which colours to wear and which to avoid, my body shape and proportions, and what to look for when shopping for clothes and accessories to flatter my shape.

I refer to it all the time as it gives me endless combinations so I feel wardrobe-ready for any occasion. Now I look forward to getting dressed rather than staring at my clothes with zero inspiration.

What I particularly liked about working with The Happy Closet was the attention Debbie and Deirdre put into understanding my lifestyle and coming up with new ideas that are easy to implement, are in line with who I am and yet push me slightly out of my comfort zone which, as we know, is where the magic happens.

## The Happy Closet



Deirdre Clehane Debbie Clerkin  
[www.thehappyclosetbrussels.com](http://www.thehappyclosetbrussels.com)  
[www.instagram.com/thehappyclosetbrussels](https://www.instagram.com/thehappyclosetbrussels)

Design

# Ditre Italia: The designers

At this year's Salone Internazionale del Mobile di Milan, Ditre Italia launched new lines from confirmed designers

## Anna von Schewen

Swedish designer and architect Anna von Schewen graduated from Konstfack (University College of Arts, Crafts and Design) in Stockholm 1995. She started her design studio in 1997 and is continuously working with some of the most renowned Swedish manufacturers such as Gärsnäs, String and Svenskt Tenn. In 2014 she took a new step into an international career, by her collaboration with Italian high-end brands De Padova and Zanotta followed by the launch of her first products for Arflex Japan in 2016. She has gained a reputation for her experimental and exploring approach to furniture design as well as exhibition design and architecture.



## Daniele Lo Scalzo Moscheri

Daniele Lo Scalzo Moscheri is an architect, designer and art director. Born in 1963, he graduated at Politecnico di Milano and coursed a Master in 4Advanced Technology Application on Industrial design manufacture4 in Florida. He was consultant of Piero Lissoni until 1994 and he has collaborated with Boffi, Porro and Living. He opened his own studio in Milan. He designs projects for important Italian furniture companies like Tisettanta, Matteo Grassi and Casamilano.



## Edi and Paolo Ciani

Product and Interior designers of Studio Associato, Edi and Paolo Ciani have designed deal furnishing accessories and interior design items for more than 30 years. Both of them achieved the diploma of technical designer of furniture. In 1987, Edi Ciani began designing furnishing accessories and Industrial Design items. In 1992, he founded the Studio Edi e Paolo Ciani Design with his brother Paolo. The studio has always been a reference point, in particular for the companies of Distretto Industriale della Sedia and for northern Italy, but it is also sought by prestigious international companies.



## Federica Biasi

Federica Biasi was born in 1989 and graduated with honours from European Institute of Design in 2011. From 2011 to 2013 she worked with design agencies based in Milan. In 2014 she moved to Amsterdam to observe and understand Nordic design and the emerging trends, focusing on the aesthetic beauty and the formal simplicity which has inspired her personal style. Currently she is art director of the Italian company Mingardo, and she also collaborates as creative consultant with design companies such as Fratelli Guzzini, focusing on worldwide trends research and forecasting:





## BURATTI ARCHITETTI

Gabriele Buratti, architect and professor of interior architecture at the Faculty of Design of Politecnico of Milan (2003-2010), and Oscar Buratti, architect, form the architecture and design studio BURATTI ARCHITETTI. There are several scales of the project on which the studio works, from the architecture of buildings and urban areas to the interior of buildings, from the design of furniture and objects to exhibitions and showrooms, in an intense and varied professional career, where themes, places and typologies, companies and people, materials and workmanship are intertwined.

## Nika Zupanc

Product and interior designer Nika Zupanc became a globally recognised name with the launch of the Lolita lamp, her first object to be produced by Moooi. Zupanc works as an independent designer who is constantly involved in fresh projects that grow out of distinctive interpretations of modern culture, contemporary design and available technological options. Her products are part of the range of distinguished design companies such as Moooi, Sé, Moroso and Nodus and she works with prestigious clients on specially assigned projects such as her installation *Room of one's own for Dior*. ❶



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# Shopping decor

## Lola & Mawu - Vintage Indigo basket

Made of natural undyed straw and recycled vintage indigo, these beautiful baskets are 100% organic. Indigo shawls are traditionally made in West Africa from locally grown cotton which is hand-spun and dyed with vegetable dye to achieve a deep blue colour. The shawls are then carefully worn over many years. That means this recycled fabric is probably 20-25 years old, which creates gorgeous variations and shades of blue seen in this unique basket.

Hand-woven in Northern Ghana, all of the baskets are fair trade and every purchase provides meaningful income to the makers. Each basket is one of a kind. Handcrafted with love. Eco-friendly and Vegan Made in Ghana: **€49**

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



## Recycled Bistro Table and Chairs

Smithers of Stamford's round metal retro bistro tables adds some retro charm to industrial design. Handmade from recycled oil drums with new rustic steel frame, the tables come with four chairs. Ideal for alfresco dining with a vintage, retro twist. Cool furniture for cafes, bars and the home patio: **€650**

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

## Bone China 'Bee Free' Half Pint Jug

This beautiful half pint china jug has been decorated with flowers and buzzing bees in a deep, rich summery shade of yellow. The collaborative artwork is by the talented artists of ARTHOUSE Unlimited. ARTHOUSE Unlimited is a collective of artists living with complex epilepsy and learning disabilities all of whom require varying levels of support. The artists work alongside instructors to create artworks which are developed into unique products. All artwork derives from the skills each artist brings to the enterprise and every contribution holds real value. The jug is decorated inside with 'Bee Free' a lovely message supporting our hard-working bees! A matching mug is also available. **€18**

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



## Mead Garden Bench Set, Charcoal Grey

Invite everyone for an al fresco lunch - there's always room to squeeze up on a Mead bench set. Serve sandwiches and Pimms, and don't forget to bring the football. Made with sturdy recycled polywood, so it's a green investment piece that'll last many summers, picnics and garden parties to come. Check out the rounded edges on the

benches and table. It's a cool, modern design feature that's on both the Graphite Blue and Chalk White versions. It's a great place to eat lunch. Or if you're working from home, turn Mead into your outdoor desk for the day. And when not in use, the benches tuck neatly underneath the table. **€580**

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



## LIFESTYLE

Shopping deco



### Bensimon Home Autour du Monde

Blue Moon, Mask: €365

Blue Moon, Plates: €58-€98

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



### Marie's Corner

Ashton green chair

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



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# LIFE OF LEISURE

*The city, like its inhabitants, is warm, welcoming and occasionally wacky*

LIFESTYLE

Interview

## Halle Berry: Changing the movie business

*Together sat down with an actress, producer, entrepreneur... and mum*



**H**alle Berry returns to the big screen for the first time since playing 'Ginger' alongside Colin Firth, Taron Egerton and Mark Strong in *Kingsman: The Golden Circle*, in 2017. And she has chosen another action film, but this time a serious all-action portrayal in contrast to the comedy of Matthew Vaughn.

The Cleveland native joins the John Wick franchise with former Matrix co-stars Keanu Reeves and Laurence Fishburne, as she tries to facilitate Wick's escape from New York City after a \$14million bounty is placed

on his head.

Berry has been spending a lot more time on the other side of the camera as executive producer, notably on the TV revival of 1992 comedy film *Boomerang*, which starred Eddie Murphy and Robin Givens, and provided a platform for the likes of Martin Lawrence and Chris Rock.

**“ YOU WANT TO WORK HARDER AND GROW IN WHAT YOU DO ”**

Berry was also producer on the 2017 thriller *Kidnap* and both series of TV sci-fi drama *Extant* – she also starred in both.



Interview

After being pictured consoling her close friend, female UFC superstar Cris Cyborg following her first defeat in 13 years last December to Amanda Nunes, Berry announced that she was going to make her directorial debut based on MMA, with a film entitled *Bruised*. She will star as the main protagonist and fighter Jackie Justice, yet little else is known about the plot or synopsis as yet.

# “ YOU NEED A VERY STRONG WORK ETHIC. I GET THAT FROM MY MOTHER ”

**Together: When Lena Waithe called you to get together for Boomerang, what made you jump at the chance?**

Halle Berry: Well, at first, I didn't jump at the chance and I was actually trying to talk Lena out of doing it, if I am totally honest! I was like: "No, please don't mess with *Boomerang*. People love it the way it is and there's no place for that story nowadays."

Then she was trying to sweet-talk me and said: "Well, suppose we did do the story... what would that story be?" So, we then batted some ideas about for a while and talked about what we could do, and we came up with a 10-show series and it should be what it is.

A modern take on those old characters and that it should be for the millennials, it should be for what this generation of kids and young adults are struggling with, who they are, and it should be something that will evolve and move forward, because we are also moving forward as a people.

So, when we talked about the show in those



terms it made me think that there is indeed a place for it. But you can't say no to Lena, as much as I did try.

**How do you want it to resonate with the new generation?**

Well, me personally... I want them to see themselves and feel proud of what they see. I hope that this new young cast feels exactly the same way, because they should.

**So, working as an executive producer on Boomerang, as well as Kidnap and Extant... is that something you want to continue doing?**

It's very satisfying to have more creative control over what you're doing. We're seeing a lot of women doing that now because we need to create these opportunities for ourselves if we're going to change things in this business.

These projects are very unusual and it's important that these films do well if we're going to get more female-driven projects made in the future. The key is that the female audiences come to see these films,

especially in the premiere weekend.

This industry is based on box office results. We depend on that. So, if we're going to succeed as producers and actors with these kinds of projects, we need women to come out and support us, too.

**You worked on Extant for two seasons. Is that what also convinced you to go back to television with Boomerang?**

Television is becoming more important than ever for actors looking to do quality projects. I also wanted to be able to work in Los Angeles on Extant while I was looking after my baby (Maceo).

**You're also very active as a business entrepreneur with your own production company and your 50% ownership in a lingerie company (Scandale). How big a part of your life is that now?**

It's incredibly important to find something you are passionate about. Then you want to work harder and grow in what you do. It's the kind of thing where you never say to yourself: "Thank God it's Friday," because

# “ THEY'VE HELPED ME DISCOVER A LOT ABOUT MYSELF ”



## “ YOU NEED TO INSPIRE THE PEOPLE WHO WORK FOR YOU”



you like the work and you want to be successful.

### **Are there any similarities between acting and running your own businesses?**

You need a very strong work ethic. I get that from my mother. I also believe that if you're going to succeed in business you need to be very hands-on, you need to inspire the people who work for and you also need to be tough when you need to be. And work very hard.

That is what people respect, and that makes for a much better workplace. You also get more done.

### **How do manage your life as a single mother?**

My children make me a better individual and give so much meaning to my life. They've helped me discover a lot about myself and also given me more joy than I ever expected.

I waited a long time to start a family, but I don't think I was ready until I hit 40. I had to

figure out a lot of things first and when I finally had my first child, I felt ready for that responsibility.

### **You're generally recognised as one of the most beautiful as well as the fittest women in Hollywood. How do you stay in such great shape?**

As a diabetic, I've had to be careful when it comes to paying close attention to what I eat and leading a healthy lifestyle. I had no choice, but it's also paid off for me. I've also tried to be a role model for other people who have diabetes and show that you can lead a very productive life and not let it hold you back.

I think taking care of your body also makes you feel more confident and energetic overall and I'm sure it makes me feel more positive about my life in general.

### **You've said in the past that your mother has been a role model for you. Do you also see yourself as a role model for your children?**

Yes. I'm very conscious of living in a way that





will inspire and teach my children to be better individuals. I want to be as kind and wise and grateful when I'm around them so that they will appreciate those qualities as they grow older and make their way in life.

I want to set a very good example for them and share the values that have always been a big part of my world and helped guide me. I want to love them, teach them, and help them grow up with a sense of curiosity and generosity that will carry them through life.

**Your image is that of an actress who always seems to be playing very serious women facing very difficult situations as you've done in films like *Monster's Ball* or *Things We Lost in the Fire* or last year's *The Call*? But you seem much more light-hearted in person?**

I've played so many dark or serious characters in my career that it's hard for people to separate me from them. I'd rather people think of me as Jinx in *Die Another Day* because she has a sense of fun that I

also have when it comes to looking at the world.

I've had my struggles in life but I'm not a tortured soul like some of my screen roles. This is actually one of the lightest times in my life and I feel that so many good things have been happening to me of late. It's just that as an actor you're attracted to the heavy and serious stuff because that's where the great drama tends to be found.

## “ I WOULD JUMP AT THE CHANCE TO DO A GOOD COMEDY ”

But I would jump at the chance to do a good comedy, but I know that I'm not going to be the first person that comes to mind!

**How has your experience as a mother changed you?**

I think I'm pretty much the same person I've been for

most of my life. I feel I've grown a lot and discovered a lot of things about myself and about life during that time. But my spirit is the same. My children have fulfilled a need in me, though.

I have strong instincts as a mother, and I've



experienced so much pure joy looking after them and feeling that I have a beautiful family around me that I can share my life with. It's the best kind of feeling.

**You're still spoken of as one of the most beautiful women in Hollywood. Do you feel a certain pride in that at this stage in your life?**

It's very flattering. I'm grateful that I have good genes and that I'm not getting wrinkly. But I've also always eaten very well and taken care of my body. As a diabetic, I'm very aware of everything I eat and so I've never had the luxury to eat a lot of junk food.

So, in an odd way I've been able to turn my illness into a positive force for living a very healthy life.

**Your husband is French, and you've spoken many times about wanting to move to Paris one day. Is that still a dream of yours?**

Yes. We love our time in Paris and one day I'm sure that I'll be living there. Maybe when

Nahla turns 18 and she goes off to college.

The one thing about France which has always appealed to me is that they have laws protecting your privacy and I think your children should be off-limits to the paparazzi. In France you have that protection.

**How do you see your life evolving now?**

I'm enjoying every moment of this time in my life. I have a wonderful family, I'm doing interesting work, and I feel that my children make my life more beautiful every day. ●





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At the Kids' Club, children from 2 to 12 years old can take part FREE in various activities with varied themes: sports, world cultures, plastic arts, make-up, meeting and picnic with donkeys, swimming games in the children's pool, themed evenings, beekeeping workshop, introduction to golf.



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LIFE OF  
LEISURE

Travel

# Corsica: Belgodère-Palasca Club

Caroline Dierckx discovered  
Northern Corsica with Belambra Club



**F**irst of all, you have to choose the best way to go to Corsica. There is a plane from Brussels or Charleroi, or a combination of the car and boat. We opted for the latter. This seems to be the easiest way to reach the Belgodère-Palasca Club in Northern Corsica, and to keep your car for greater mobility.

After crossing France, we arrived in Nice, where we spent the night before taking the boat to Ile Rousse, which takes around five hours. And there, the west coast of Corsica appeared before us – a huge reward after this long journey! What we liked was the proximity of the club and the port of Ile Rousse – just 15 minutes is enough to get to the club. In a vast preserved pine forest of a

25-hectare park, the infrastructure and the houses (there are 345) blend perfectly with the landscape. A key asset of the club is the beautiful and long sandy beach between Ile Rousse and Saint-Florent, where our eyes marvelled at the breathtaking sunsets.

#### Club infrastructure

A heated swimming pool of 450m2 with paddling pool which is nicely in the shade, thanks to the straw roof; very nice for toddlers. The pool is lively with its midday games but calm later in the day. Need refreshment? Go to the bar-lounge, with its superb terrace. For the sporty – there are two tennis courts, beach volleyball and a pétanque pitch.





The accommodations are very pleasant, with a fully equipped kitchenette, 2 bedrooms, a bathroom and a lovely private terrace. Baby kits are free, but do not forget to reserve, and bed linen is included. For a departure without any stress, we opted for the departure cleaning (a pre-paid service).

#### Food and discoveries

The restaurant is full of beautiful seasonal produce and also salty or sweet Corsican specialties. We enjoyed a feast every day on quality food! Belambra is also a baby-friendly restaurant.


#### Sports and activities

There is something for the whole family – sports tournaments, fitness with Les Mills, aperitif games... I particularly enjoyed the Yoga class on the beach facing the Mediterranean. Complete healing! The nautical base on the beach also belongs to the club.

For your children, big or small, Belambra Clubs is paradise! My 10-year-old son had a fantastic week. The assistants are ultra-competent and ultra-kind.



#### Excursions

We visited Ile Rousse and its market. Absolutely not to be missed from Ile Rousse is the small tourist coastal train - we discovered beautiful landscapes and some hidden sandy beaches. Magnificent! Corsica at the Belambra club experience is an excellent choice!  
[www.belambra.be](http://www.belambra.be) 

  
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# Tel Aviv – Daring to Dream

**Catherine Feore** visits the venue for this year's Eurovision song contest



Photo © Tel Aviv Bauhaus

**I**srael will host the Eurovision Song Contest on 18 May. Israel has won the competition four times, but this is the first time that the show will be held in Tel Aviv, rather than in Jerusalem. Tel Aviv is a buzzing, modern city, with a beautiful beachfront. The city, like its inhabitants, is warm, welcoming and occasionally wacky.

## A-ba-ni-bi

Going through the security at Ben Gurion airport, I was eye-balled by the passport control. Where was I coming from? Brussels. Why had I flown via Georgia? What was I doing in Israel? Where was I staying? I explained that I was on a press trip to find out more about the plans for the city and the song contest. This was met with a raised

eyebrow. I realized more detail was needed and decided to name the well-known Israeli Eurovision winners I would be meeting, Dana International and Izhar Cohen - except I couldn't remember Cohen's name on the spot - so instead I sang the chorus of the 1978 winner's 'A-ba-ni-bi' with dance moves. After the performance, the security appeared to surmise that while I might be mad, I didn't appear to be dangerous.

## Eurovisionados

Tel Aviv has no shortage of Eurovision aficionados. Every Sunday evening in Lima Night Club, there is a 'Euroflash' where a group of around eight performers lip synch and re-enact the original choreography of various Eurovision songs. We met with the



Photo © Dana International, Dr. Avishai Teicher

Israeli Eurovision fan club - who can only be described as obsessive - but in a good way. These are the kind of people who would choose Andorran Eurovision contestants from 2004-2014 as their specialist subject on *Mastermind*.

What the Telavivians really want to do is share the love of their city and Eurovision; many locals are volunteering or organizing events around the city. One thing is clear about this year's contest - it is going to be one hell of a party. So while the tickets have sold like hot cakes, there will still be a lot of fun to be had outside the venue.

Members of the fan club said they welcomed the chance to show Israel as not just somewhere that is associated with conflict, but as a country that loves music.

## Musical crossroads

Tel Aviv has many rich musical traditions. Ester Reda, an actress and singer of Ethiopian Jewish origin, says that this diversity informed her music, borrowing from Ethiopian, jazz and European influences among others. A-WA, a gutsy group of three

no-nonsense Yemenite sisters, combined their very rhythmic traditions with more contemporary hip-hop, Greek music, reggae and jazz. Already dizzy with the fusion on offer, we visited Idan Raichel, of his eponymous Project. Raichel has collaborated with artists from around the world and blends Latin American, African and Arabic influences among others.

It's really hard to escape the love of music. On a culinary tour of the Yemenite quarter of Tel Aviv - which I would highly recommend ('Get it while it's fresh') - we stopped in a coffee shop where a former New York cantor served Turkish coffee and then lifted a microphone to serenade us with a few numbers ranging from a traditional Jewish song to Frank Sinatra's *My Way*.

## “ SHARE THE LOVE OF THEIR CITY AND EUROVISION ”

## Bauhaus - International Style

It is worth giving a quick heads-up to the city's - sometimes neglected - architecture. 2019 marks the 100<sup>th</sup> anniversary of the foundation of the Bauhaus movement. Tel Aviv's 'White City' comprises more than 4,000 buildings designed in the Bauhaus/International Style by German Jewish architects who immigrated to the city





following the rise of the Nazis is a UNESCO World Cultural Heritage Site.

#### Jaffa

Jaffa is Tel Aviv's older sister city, less brash than its younger sister, it is one of the oldest harbours in the world. It would be easier to list those who have not claimed the city at one time or another: the Egyptians, the Greeks, the Arabs, the Crusaders, the Ottomans ... and of course the Brits. If you have time for little else, drop into HaZaken VeHayam for lunch for traditional mezze and seafood.

#### Daring to Dream

The byline of the Eurovision is 'Daring to Dream'. Visiting Israel on the week of a general election it was impossible to ignore politics. Benny Gantz (Israel Resilience Party) and Bibi Netanyahu (Likud) peered down from posters – in the case of Netanyahu, shaking hands with US President Donald Trump. Netanyahu said that the Golan Heights and West Bank settlements should be recognized as Israeli territory, while Gantz was Chief of General Staff of the Israel Defence Forces during 'Operation Protective Edge' in 2014. An operation condemned by the UN Human Rights Council for inflicting a "massive degree of death and destruction in Gaza" that could amount to war crimes. The UN – may it be



added – were not silent on the Palestinian use of armed force in the same report. Either way the election result would not reflect the dreams of those living in the occupied Palestinian Territories.

Some have called on a boycott of the Eurovision, the Israeli artists we spoke to said that this was the wrong approach and urged dialogue. Raichel said people should come to the region to learn, stay a few days and visit Tel Aviv, Jerusalem, East Jerusalem, Ramallah, Gaza and nearby countries. Former laureate Izhar Cohen said he thought it was unfair to boycott; he invited people to come to Israel and see the real situation for themselves, he said that Israelis take a boycott as a sign of hating them, rather than loving Palestinians.

## "IT'S REALLY HARD TO ESCAPE THE LOVE OF MUSIC"

#### Can't go?

You can't make it to Tel Aviv? That's a pity, but

the production team will be trying to involve everyone in the fun with the official app that will allow you to fully participate, cast your vote and receive a thank you message from the contestants, as well as providing a selfie-filter to spice up your pictures from the night.

And my hot tip, from those in the know. The Netherlands is a very strong contender. You read it here first! ❶

# R is for RED...

...and recycling, reusing, reducing

#### When hotels go green

You don't need to look far to find great examples of eco-friendly hotels that have already embraced more sustainable practices. Radisson RED Brussels hotel can be mentioned as an example demonstrating the sector's willingness to move towards energy savings, waste reductions and community-supportive actions.



room's door or on the Radisson RED app. The same principle applies to meeting facilities where extra-large dry-erase walls offer a smart alternative to flip-charts.

#### Team's involvement

In the case of Radisson RED Brussels, all departments contribute to make a difference. You can skip a daily room cleaning to get a value

voucher in return or choose to donate the same amount for a good cause. The OUIBar's team invites you to buy a 'suspended coffee' for people who can't afford one and uses the 'too good to go' app to avoid food waste. Finally, Radisson RED Brussels is a Meeting and Events partner with 'Les Filles, plaisirs culinaires' famous cooks to promote catering buffets made with fresh local and seasonal ingredients.

#### Save the date! Swap Party event coming soon

On 27 June 2019, Radisson RED Brussels will hold its annual charity 'Swap Party', a type of 'swap meet' where participants exchange their valued but no longer used clothing, books and vinyls for ones that are 'new to them'. The event is combined with a festive afterwork at the OUIBar + KTCHN.

Stay tuned with the charity Swap Party and many other events held at Radisson RED Brussels (yoga classes, parties, afterworks...) via their Twitter and Facebook pages, @radissonredbrussels and [www.facebook.com/RadissonRedBrussels](https://www.facebook.com/RadissonRedBrussels) ❶

#### Eco-friendly technologies

In 2016, Radisson RED Brussels was the very first hotel in Belgium to invest in a Tesla Powerwall Battery, a revolutionary device that charges using the renewable power generated by the 20 solar panels installed on the hotel's roof. It allows the hotel to reduce the property's electrical usage by providing the necessary energy to fuel the 'digital wall' and lights in the hotel's lobby. On top of this, the SportsArt equipment integrated into the gym offer cycles and ellipticals that convert the power generated by exercise into utility-grade electricity put back into the grid or used to charge your cell phone!

#### Recycling - reusing - reducing

Here, all guest rooms feature Bolon carpets made from recycled plastic materials and refillable dispensers for bath products that contribute to spare the use of individual packaging. Naturally, the hotel's OUIBar + KTCHN restaurant banned the use of plastic straws.

Since the property is aiming towards a 100% paperless policy, all useful information can be found on the TV screen, a sticker on the



### MENU DU PATRON À 41,50 €

Brioché Périgourdin et sa gelée au vieux porto  
Ou salade de crevettes grises en sauce cocktail

•

L'Œuf poché aux pointes d'asperges mousseline  
Ou poêlés de St Jacques et scampis en sauce tartare

•

Filet pur flambé aux deux poivres  
Ou Selle d'agneau et sa bouquetière de légumes frais  
Ou Filets de sole meunière aux asperges, sauce mousseline

•

L'assiette de fromages mixte  
Ou choix de Pâtisseries maison  
Ou Fruits frais de saison

### MENU DU CHEF À 24,50 €

Le tartare de saumon au coulis de ciboulette  
ou Salade tiède de foie de volaille et lardons  
ou Champignons sautés à la roquette  
ou Artichaut breton à la vinaigrette  
ou Raviolis aux épinards en sauce rose  
ou Roulade d'asperges à l'Argenteuil

•

Cuisse de caneton au Cerry (cerise)  
ou Filet mignon à l'estragon  
ou Grenadin de veau à la crème de moutarde  
ou Filet de Loup de mer en sauce verte  
ou Emincé de foie de veau à la lyonnaise  
ou Tournedos d'agneau et sa frivolité de légumes

•

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**02 660 46 72**

**Ouvert tous les jours de 11h à 23h**  
**Parking aisé au-repos-des-chasseurs.be**

# Het Pomphuis: An Antwerp gem

Initiated in 1918, the construction works of Het Pomphuis were finalized in 1920. The 3 massive cast-iron installations of Het Pomphuis, in its time one of the largest establishments in Europe, drained the neighbouring dry dock so a vessel could be maintained, embarked and disembarked. The shipping company Red Star Line made use of its services on a regular basis.



A loyal customer in those days was the vessel *Belgenland*, operating a shipping line between Antwerp and New York. The atmosphere of the vessel and the grandeur of the Art Nouveau movement are still apparent. The centrifugal pumps were able to drain the dry dock in a mere 2 hours. In 1982, Het Pomphuis was put out of service. The dry dock nr 7 has disappeared in order to facilitate the widening of the Albert canal. In 1996, it was even suggested to demolish this construction, however, the department of cultural conservation was able to prevent this and has classified the building as a monument.

The architectural style is eclectic and has acquired Art Nouveau characteristics. The inside of the building is divided into one vast space containing an impressive 7-metre-deep pit. The staircases along the inner walls of the entry hall lead up to metal galleries displaying graceful iron parapets on two levels. The tall rounded arch windows are a striking feature boasting the original positioning of the metal rods.

To prevent this monument from falling into ruin, permission was given to find a new use.

After multiple propositions, the choice was for an exciting bar and restaurant. The rebuilding was concluded on 25 May 2002. After the spectacular opening, it became quite clear that Antwerp had gained a new gem.

Throughout the day, you can have a drink, as well as pre-dinner and after-dinner drinks in the Bar & Lounge. Or reserve a table in the restaurant where you and your company can choose from different zones with diverse table sizes.

In the Mezzanine the oval table offers space for a minimum of 10 people and a maximum of 22. Here you can experience the atmosphere of the restaurant while still enjoying some privacy. You must make reservations for the Mezzanine in advance. When the weather is nice, the Terrace offers the beautiful sights and sounds of the Antwerp harbour and its passing ships. The terrace is also divided into a lounge and a restaurant zone. Dedicated free parking is available on both sides of Het Pomphuis. [www.hetpomphuis.be](http://www.hetpomphuis.be) 1



# Bubbles and beauty

This month we dedicate our wine page to a pack that really pampers

**H**as your idea of luxury changed over the years because you became a mom? It used to involve high heels and fancy clothes, now it means taking time for a good glass of wine, spending time with family and even more important: taking time for yourself. Taking a relaxing hot bath after a hard day at work, and of course investing in good skincare.

That is exactly what you need to get the right energy to achieve those weekly goals and even to chase new dreams.

Mom's Self Care Luxury Set contains a cream body butter, a facial day cream, a heart shaped sponge and a bottle of Freixenet. The perfect ingredients for some me-time in the bathroom. It's about creating small rituals in your weekly routine where it's just about you. And you deserve that!

Mom's Self Care Luxury Set includes:

1. A rich, smooth body butter that melts on the skin for glowing, silky-smooth results



## “THE PERFECT INGREDIENTS FOR SOME ME-TIME”

and pays extra attention to: dry, sensitive and problem skin, healing and restoring the natural glow of your skin 100% natural ingredients provide intense nourishment for the skin while repairing and restoring its natural moisture balance with every use. A pure wellness treatment for your skin, every day.

2. A luxury replenishing and soothing facial day cream. 100% natural active ingredients and

aromas provide intensive nourishment and optimum protection for the skin while moisturizing elements ensure smooth, radiant results.

3. A heart shaped sponge: a sponge made from 100% konjac powder, specially developed for gentle facial cleansing.

4. Last but not least: a bottle of Freixenet cava Brut.

Price: €85 - which means a 20% discount off the regular price.

Happy Mother's Day! Enjoy! 🍷

# TOUT N'EST QUE PLAISIR !



Sandwich, wrap, panini.  
On peut manger vite fait sur le pouce  
tout en s'en léchant les doigts.

Baguettes et viennoiseries cuites  
sur place. Pain livré chaque matin.  
Obsession fraîcheur.



Un poulet bon  
pour votre santé  
et pour la planète.



Salades, spécialités grecques  
et sushis. La légèreté aussi doit  
avoir du goût.



Le monde entier atterrit  
dans nos frigos : Thaïlande, Chine,  
Japon, Grèce, Italie et  
Belgique (tout de même !).



Des desserts à vous couper le souffle  
élaborés par nos artisans...  
Macarons, tartes, cheesecakes, crumbles...  
De quoi assouvir les envies  
gourmandes de chacun.

Venir aux heures  
qui vous conviennent  
et déguster sur place  
si vous le souhaitez.



7:30-22:00

OPEN 7/7

Books

# Books: MoonFire by Norman Mailer

This month we look at a book dealing with the single most historic event of the 20th century

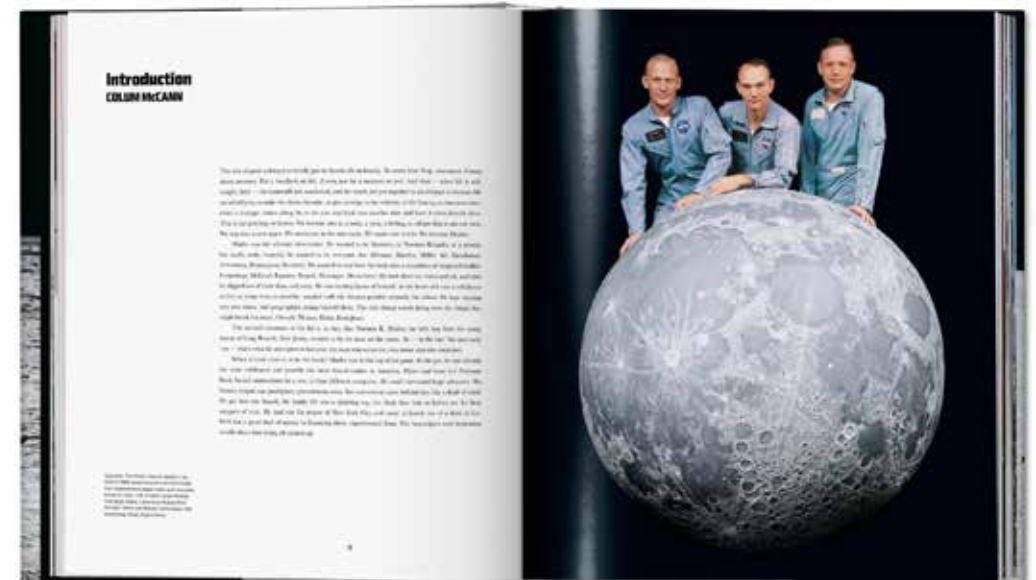
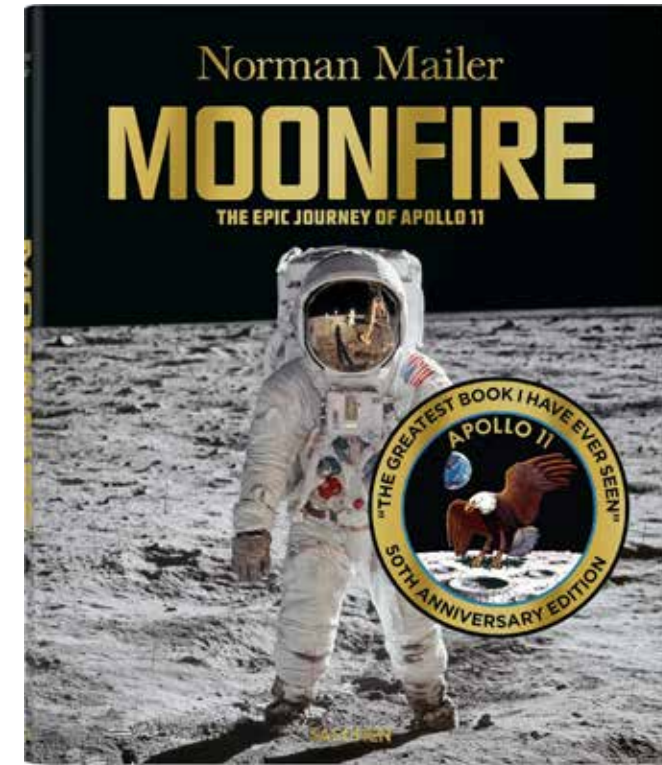


On 20 July 1969, Neil Armstrong, Buzz Aldrin, and Michael Collins met John F. Kennedy's call for a manned Moon landing by the end of the 1960s. A decade of tests and training, a staff of 400,000 engineers and scientists, a budget of billions, and the most powerful rocket ever launched all combined in an unprecedented event watched by millions the world over. And no one captured the men, the mood, and the machinery like Norman Mailer.

One of the greatest writers of the 20th century, Norman Mailer was hired by *LIFE* magazine in 1969 to cover the Moon shot.

He enhanced his reportage in the brilliantly crafted book, *Of a Fire on the Moon*, which is excerpted here. Equally adept at examining the science of space travel and the psychology of the people involved - from Saturn V rocket engineer Wernher von Braun to the crucial NASA support staff to the three astronauts - Mailer provides provocative and trenchant insights into this epoch-making event.

Illustrating this volume are hundreds of photographs and maps from the NASA vaults, magazine archives, and private collections. These images document the







development of the agency and the mission, life inside the command module and on the Moon's surface, and the world's jubilant reaction to the landing. This 50-year anniversary edition includes captions by leading Apollo 11 experts that explain the history and science behind the images, citing the mission log, publications of the day and postflight astronaut interviews; while an evocative introduction by Colum McCann celebrates Mailer's incomparable skill at transforming "the science of space... the weight of history... the breadth of mythology" into prose.

#### The author

Norman Mailer (1923–2007) was one of the 20th century's greatest and most influential writers, as well as one of America's most renowned and controversial literary figures. The best-selling author of a dozen novels and 20 works of nonfiction, he also wrote stage plays, screenplays, television miniseries, hundreds of essays, two books of poetry and a collection of short stories. A two-time Pulitzer Prize winner, he lived in Brooklyn, New York, and Provincetown, Massachusetts.

#### The contributing author

Colum McCann is the author of eight books, including *Let the Great World Spin*. He has written for *The New York Times*, *Atlantic Monthly*, *GQ*, *The Times* (London), *The Irish Times*, and *La República*.

Norman Mailer. *MoonFire*. 50th Anniversary Edition

Colum McCann  
Hardcover with fold-outs, 27 x 32.6 cm, 348 pages: €40

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**“ THE SCIENCE  
OF SPACE... THE  
WEIGHT OF  
HISTORY... ”**



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.

Avenue Louise, 480 • 1050 Bruxelles  
+322 647 66 68  
Fermé samedi midi et dimanche





What's on

# What's on Belgium

## A Street Art Trail about Bruegel

visit.brussels, in collaboration with the Brussels collective Farm Prod has been working on a street art trail to pay homage to the Flemish old master Pieter Bruegel right in the heart of the Belgian capital. You'll be able to see a first work by the French artist Lazoo in the Marolles neighbourhood, while finishing touches are being put to another on the Rue Baron Horta. Brussels and Bruegel are inextricably linked.

The artist spent most of his life in Brussels, where he is also buried. Brussels was a great source of inspiration for Bruegel, in fact two-thirds of his works were painted here. His influential patrons lived in Mont des Arts, a short walk from his house. Today, it houses a significant part of Bruegel's work. After the Kunsthistorisches Museum of Vienna, the Royal Museums of Fine Arts of Belgium have the largest collection of Bruegel's paintings and the Royal Library has no less than 90 engravings.

visit.brussels, in collaboration with the collective Farm Prod, has also paid homage to Pieter Bruegel by developing a street art trail in the heart of the city. The route takes in



Photo © visit.brussels - Jean-Paul Remy



Photo © visit.brussels, Manuel Carbonell Martinez

institutions, passing through places with some notable Bruegel connections (historical links and permanent collections, etc.). A first glimpse of the work on this trail can already be seen on Rue Haute, close to the Porte de Halle. It is a work by the French artist Lazoo,

inspired by the 'The Wedding Dance'. A second monumental work is currently in progress, close to BOZAR on the Rue Baron Horta. From mid-June onward, at least eleven frescoes, also painted by artists forming part of the

collective together with famous invited artists, will be able to be admired along the trail. A great opportunity to discover Bruegel in a different light. Additional information: Farm Prod

FARM PROD is a collective formed by a number of visual artists centred around various creative projects, based in Brussels since 2003. Though from the same artistic background, each member has, over the years, been developing their own skills. For the past 15 years, these separate spirits have been organising and participating together in socio-cultural events in Belgium and abroad. [www.farmprod-collective](http://www.farmprod-collective).

# KNOKKE-HEIST, WHERE THE WEEK IS MILES AWAY

No hustle on the horizon, no bustle to be seen. The fun takes its distance from the functional and the pressure steams off. Stare into space or meet a loved one's gaze, take the sea's bait and procrastinate. Beauty, good moods and attention are passed around a rich table full of weekend. Hello child, hello brother, hello spouse, hello mother. This week you have done your part, this weekend you can be Young at Heart.

**YOUNG AT HEART**  
#luxurays #myKH

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

KNOKKE-HEIST



What's on

### IncarNations: African Art as Philosophy

South-African artist/curator Kendell Geers and Congolese art collector Sindika Dokolo selected together 150 works of art from Dokolo's impressive collection. Their aim is to lead the visitor towards a change in the perspective on ancient and contemporary African art, by focusing on the spirituality that binds them. Incarnations is at once a mix and exchange between classical and contemporary art from Africa and its diasporas. The masks, images and historic objects act as milestones, anchoring contemporary works in the ancient context of live creation. For the first time, the classical and contemporary works of this art collection are presented together to the general public.



The scenography, a vibrant compilation of image, sound and colour, evokes associations with the dynamic bustle of an African metropolis and underpins the vitality of the works on display. The exhibition includes works by Sammy Baloji, William Kentridge, Tracey Rose, Wangechi Mutu, Otobong Nkanga, Yinka Shonibare, Pascale Marthine Tayou, Ana Mendieta, Kehinde Wiley, Andres Serrano, Aida Muluneh, Mwangi Hutter, Hank Willis Thomas, Tracey Rose, Adrian Piper, Lubaina Himid, Roger Ballen, Zanele Muholi, Phyllis Galembo... 28 June - 6 October. BOZAR. [www.bozar.be](http://www.bozar.be)



### Leonardo Da Vinci: The inventions of a genius

This exhibition was created in Brugge in 2017 by Jean-Christophe Hubert & Vincent Damseaux, both from Liège. Currently displaying in Lyon, this exhibition also toured Istanbul & Antalya. Barcelona, Moscow, Kiev and Dubai will follow Liège. Through this world's largest collection of 120 models created in Liège and based on Da Vinci's original sketches, visitors will discover 250 objects featuring documents and reproductions of the genius. Displayed through a dynamic and astonishing scenography, the collection will be displayed like never ever before.

More than an inventor, Leonardo Da Vinci also excelled in the way he transmitted both ancient technologies and knowledges that helped mould the future. His inquisitive nature also pushed him to elaborate both scientific and technical knowledges that had been ignored by European Culture.

The exhibition consists of several themes featuring 'the War', 'Strategic systems', 'Weaponry & engines' and 'Mechanics and mechanical drives'.

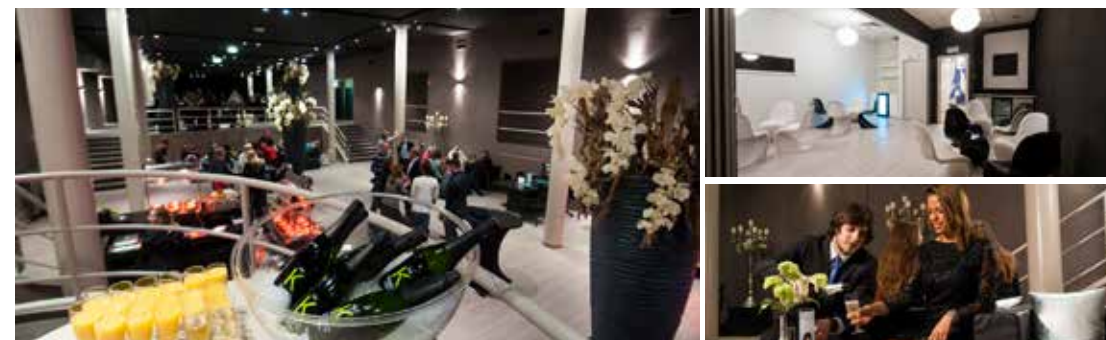
Masterpieces and Artwork will also complete the exhibition with previously unreleased movies. Architectural projects as far as scientific treatises will include the famous 'Vitruvian Man', the drawing presenting 'the proportions of the human body'. 2 July - 5 December. Musée de la Vie Wallonne, Liège. [www.provincedeliege.be/viewallonne](http://www.provincedeliege.be/viewallonne)

## ENJOY FOREST NATIONAL AS A VIP

Treat yourself and your partner to a worry-free and entertaining night; celebrate an occasion with friends; invite your business partners to network in an informal setting; or motivate your staff with an original reward. It's all possible at Forest National.

Our VIP area offers plenty of possibilities and can be customized to your needs. Whether you want to roll out the red carpet or keep it more low key, our VIP experience fits all!

Check out our range of VIP offers and turn your next visit into an unforgettable experience.



14, 15 & 16/05, 28/11 Patrick Bruel



14/06 Bryan Adams



14/10 New Order



21-24/11 Corteo



08/12 Kendji Girac





What's on

## LABIOMISTA

LABIOMISTA is a unique, evolving work of art by Koen Vanmechelen is a vigorous hybrid of art, science and society.

"LABIOMISTA is a tribute to the mix of life itself," says the artist who realised this project in close partnership with the city of Genk. LABIOMISTA is the embodiment of Vanmechelen's art and philosophy. Internationally acclaimed for its exploration of the intersections between art, science and community, his oeuvre spans 20 years and ranges from painting and sculpture to video art, mixed-media installations and 'living art' projects. Vanmechelen is motivated by his belief in art as a catalyst for mutual understanding and as a guiding light in our search for answers to the great challenges of the 21st century – in particular – the relationship between nature and culture, and sustainable community development.



LABIOMISTA is an atypical project, emerging from a remarkable collaboration between an artist, Koen Vanmechelen, and a city, Genk. "As the most culturally diverse city in Flanders, we share Koen Vanmechelen's conviction that diversity explains the present and shapes the future. That's why we are confident to give him free rein to produce a bountiful harvest in the fertile ground of Zwartberg, both in terms of artistic experiments and social redevelopment," says Wim Dries, the Mayor of Genk. From 6 July. Genk.  
[www.labiomista.be](http://www.labiomista.be)

## GEORG KARL PFAHLER – COLOR & SPACE

This is the first exhibition of his work in Belgium since 1964. Pfahler (1926-2002) was an internationally recognized artist known for his vibrant colourful work and abstract geometric painting style. Focussing on the dynamic between shapes with a deeper relationship between space and colour, Pfahler became a thought leader and one of the first European artists to simultaneously work in action, Colour Field and hard-edge painting.

He represented Germany at the Venice Biennale in 1970 alongside Günther Uecker, Heinz Mack and Thomas Lenk; and at the Sao Paulo Biennale in 1981. For his entire career and until his death, Pfahler focused on the relationship between shape, space and colour. Pioneer of the Colour Field painting movement, his work can be found in the permanent collection of the Daimler



Contemporary and the Neue Nationalgalerie in Berlin (Germany), the Kunstmuseum Stuttgart (Germany) and the MoMA in New York (USA), amongst others. **Until 29 June.** QG Gallery, Brussels.  
[www.qg-gallery.com](http://www.qg-gallery.com)





## JEEP COMPASS. BORN TO BE WILD.

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PROFITEZ DES JEEP, EXPLORER DAYS JUSQU'AU 31 MAI ET VENEZ TESTER VOTRE SUV PRÉFÉRÉ.

La Jeep, Compass concentre tout l'ADN Jeep, dans un authentique SUV compact de caractère, conçu pour toute la famille. Découvrez comment ses systèmes de sécurité, ses nombreuses technologies innovantes et son confort inégalable répondront à toutes vos exigences, même les plus imprévisibles.

 DONNONS PRIORITÉ À LA SÉCURITÉ.

 (L/100 KM) : 5,1-8,3 NEDC 2.0  (G/KM) : 129 - 190 NEDC 2.0

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Golf

# The National Golf Brussels: Junior workshops

The National Golf Brussels will organize golf workshops during the school holidays



**T**he workshops are open to all juniors born between 2001 and 2009 for boys and girls, and are open to non-members. The next workshops will take place from 1-5 July and from 19-23 August 2019.

These are the topics covered during workshop weeks:

- Putting
- Long shots – irons
- Long shots – driver, woods & hybrids
- Short game around the green
- Bunkers
- Approach (20 to 70m)
- How to handle difficult positions/

situations on the course

- Physical training & exercises (including other ball games)
- Mental coaching (preparation, concentration, confidence, attitude on the course).

All the above-mentioned topics are covered during workshops. At the end of the week, an evaluation of each junior is made.

Price: €250 per week including a hot lunch. Registrations are possible via our Club Secretary, Jan Pieter Vanfraechem ([vanfraechem@thenational.be](mailto:vanfraechem@thenational.be)) or phone (+32 (0)2 767 39 69) or via our website [www.thenational.be](http://www.thenational.be)

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What's on

## What's On International: Double Oh SE7EN

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### Bond In Motion

Bond In Motion is the official exhibition of James Bond vehicles that feature in the renowned film series. It is the largest display of its kind ever staged in London.

James Bond first hit the big screen in 1962, when Ian Fleming's 007 was introduced to cinema audiences around the world as the Double O agent in *Dr No*. Half a century and six Bonds later, the franchise is now one of the longest running in cinema history.

In the main exhibition space the numerous vehicles on display include the archetypal Bond car, the Aston Martin DB5, Goldfinger's majestic Rolls-Royce Phantom III and the unforgettable Lotus Esprit S1 submersible from *The Spy Who Loved Me*. Displayed alongside less predictable 007 modes of transport such as the Citroën 2CV and the Crocodile Submarine the exhibit also includes a variety of aircraft, boats and motorcycles.

These creative action vehicles play a pivotal role in all 24 movies and continue to propel James Bond to the cutting-edge of cinematic espionage. There are no replicas

- every vehicle exhibited is an original used for filming. The majority are loaned from the archive of EON Productions who produce the movies and the Ian Fleming Foundation who have located and restored many of the vehicles.

The upper mezzanine features several examples of the creative process of the production company's art department - never-before-seen concept art and storyboards. Original items on display from the James Bond film series include concept drawings, storyboards, scripts, model miniatures and full-size cars, boats, and motorbikes. Highlights include the Aston Martin DB10 from *Spectre*, the Aston Martin DB5 from *GoldenEye*; the 'Wet Nellie' Lotus Esprit S1 from *The Spy Who Loved Me*; the Rolls-Royce Phantom III from *Goldfinger*; and the 'Little Nellie' Wallis WA-116 Agile Autogyro from *You Only Live Twice*.

*Bond In Motion* displays both the adrenalin-pumping high performance machinery and the unique 007 defining inventions that are essential to the continuing James Bond story.

[www.londonfilmmuseum.com](https://www.londonfilmmuseum.com) ❶



## 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



### Captive State

Intriguing sci-fi thriller from the States, directed by Rupert Wyatt (*Rise of the Planet of the Apes* (2011)) – in 2019, Chicago is placed under martial law when extraterrestrials invade across the globe. The Drummond family is attempting to flee the city but every exit is barricaded. After breaking through an unmanned barricade, the car stops inside a tunnel where extraterrestrials are waiting at the other end. Before they can reverse, the aliens attack, vaporizing the father and mother in the front but leaving their two sons alive in the backseats. We cut to nine years later, and the human race has capitulated to the aliens...  
109 min.

### Third Act

Heartwarming documentary film directed by Lotte Stoops (*Grande Hotel* (2010)) and Mieke Struyve (*De paardenkoers* (2005)) about the third act which comes to many of us – ageing. *Third Act* tells the story of Leo, who is 80 years old and tours the world with the internationally renowned dance-theatre company Peeping Tom. On stage Leo is condemned to an elderly home crowded by local extras in their third age. But in real life, his wife waits for him – in an elderly home in Belgium. What do you do in the third and last act of your life? And what do the elderly in other countries and cultures do when the curtain is about to fall? 79 mins.

### Tel Aviv On Fire

Salam (Kais Nashif), a charming 30-year-old Palestinian living in Jerusalem, works as an intern on the popular Palestinian soap opera *Tel Aviv on Fire*, produced in Ramallah. He meets the commander of the check point, Assi, whose wife is a huge fan of the show. In order to impress her, Assi gets involved in the writing of the show. Salam soon realizes that Assi's ideas could get him a promotion as a screenwriter, but, squeezed between an Army officer and the Arab backers, Salam can only solve his problems with a final master stroke. Sameh Zoabi (*Under the Same Sun* (2013)) directs with aplomb.  
97 mins.

### Godzilla: King of the Monsters

We are back for the 35th (count them) installment in the *Godzilla* franchise, following the heroic efforts of the crypto-zoological agency Monarch as its members face off against a battery of god-sized monsters, including the mighty Godzilla, who collides with Mothra, Rodan, and his ultimate nemesis, the three-headed King Ghidorah. When these ancient super-species - thought to be mere myths - rise again, they all vie for supremacy, leaving humanity's very existence hanging in the balance. Michael Dougherty (*Krampus* (2015)) is in charge of the monster.  
Running time TBC

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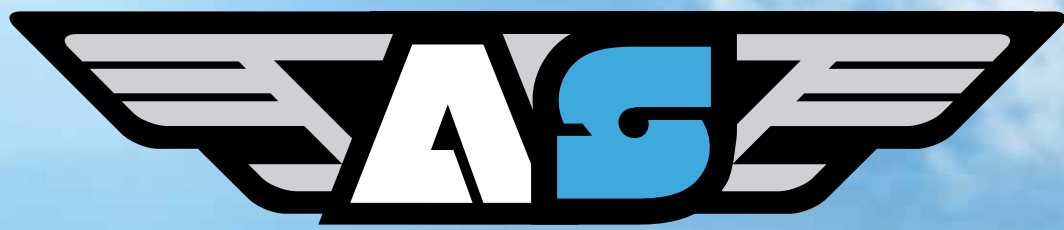


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\* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

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