

Together

magazine

JUNE 2019 #99

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wine school

TRAVEL

Verbier
Bethlehem
Modern Munich
Indonesia

Technology
Green power

Money & Politics

Institut Jules Bordet

LUXURY CARS

REAL ESTATE
The right choices

FITNESS

Sitting is
the new smoking

Fashion & Beauty
Silence of shadows
Corthay shoes

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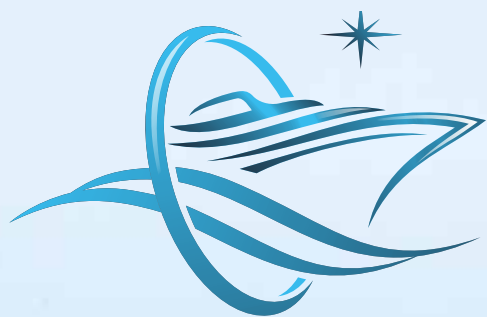
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Editor's LETTER

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

ON THE COVER



Matt Damon stars
in *Ford v. Ferrari*

A CENTURY NOT OUT

It's that time of year when folks turn their thoughts to the summer holidays, start checking out new items for their wardrobe to fit the occasion – often clothes they wouldn't be caught dead in in their workplace or neighbourhood. And, of course, attempting to lay at least the foundations of a decent tan.

We're no different at *Together* but this coming summer will be a very special one for us. Our summer issue will mark the magic number: 100. In times which are tough for printed magazines I'd like to blow our trumpet if I may and say that it is quite remarkable to have reached – to use cricket parlance – 'a century not out'. We'll talk more about all this in T100 but this heads up will mark your card so that you can look out for what will be a very special issue.

Why not add a copy of *Together* to your suitcase this Summer - put your feet up by the beach, sip a cold drink and enjoy our usual heady mix of articles.

Paul Morris

Editor



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Contents

JUNE 2019

- 11 Welcome letter
- 14 Contents & contributors
- 18 Together online
- 20 Starring in Belgium
- 22 Charity: Autism Europe



Self-help
Don't sit down



Technology
Green Power

PERSONAL DEVELOPMENT

- 25 **Fitness:** Don't sit down
- 28 **Self-help:** Is this true?
- 34 **Self-help:** Dance of life
- 39 **Arnon Barnes:** Power of proximity
- 42 **Be Successful books**
- 47 **Be Successful:** Robert Kiyosaki
- 50 **Real estate:** Good choices
- 54 **Money:** Good Management
- 58 **Technology:** Green power
- 62 **Politics:** EU elections

14 | togethermag.eu



Luxury
Cars



Beauty

LIFESTYLE

- 69 **Luxury cars**
- 74 **Fashion:** Silence of shadows
- 85 **Fashion:** Cortney shoes
- 88 **Shopping**
- 93 **Beauty**
- 96 **Design:** Zaventem Ateliers
- 100 **Decor shopping**

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Breguet
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EXPLORER

THE NEW FRAGRANCE FOR MEN



119

Travel
Modern Munich



132

Books
Stan Lee Story

LIFE OF LEISURE

105 Celebrity interview: Matt Damon
113 Travel: Star clipper
116 Travel: Verbier
119 Travel: Modern Munich
122 Travel: Bethlehem
126 Dining: Chez Léon, Beer Factory
130 Bordeaux wine school
132 Books: Stan Lee Story
136 What's on Belgium
142 What's on International
144 Cinema news
146 Le Chat: Remote control

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Personal Development: Sarbani Sen explains her six steps to ecological transition.

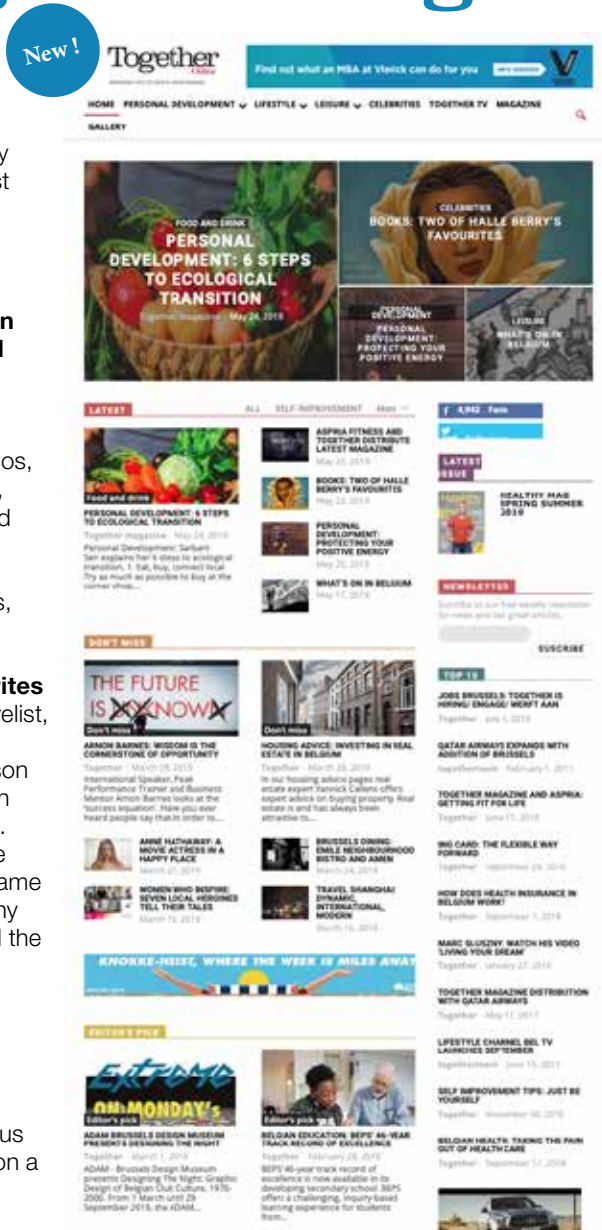
Try as much as possible to buy at the corner shop, avoid big chains, eat in harmony with the seasons (avoid mangos, pineapple or strawberries in the winter), avoid buying in mega supply chains and supermarkets. Buy local for food and clothes. For food, there are plenty of providers in Brussels (Efarmz, Tanneurs, Saint Gilles market etc).

Books: Two of Halle Berry's Favourites

Love. Toni Morrison is an American novelist, essayist, editor, teacher and professor emerita at Princeton University. Morrison won the Pulitzer Prize and the American Book Award in 1988 for *Beloved* (1987). The novel, one of Halle Berry's favourite books, 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.

Luxury travel: Head for Alpine escapism this summer

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



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Starring in Belgium

Bedouine

After a critically acclaimed debut album, singer-songwriter Azniv Korkejian, better known as Bedouine, returns to the scene with a new album titled *Bird Songs of a Killjoy*. Someone who describes herself as a "killjoy" does not leave anything out on this album which borrows from previous same old folk influences of the 60s and 70s – music that wants to be like the ideal soundtrack for summer days. The artist was born in Aleppo, Syria, then moved to Saudi Arabia where she lived until she was 10, before emigrating to the United States with her family. Music is a family story among the Korkejian - Azniv grew up lulled by the traditional Armenian



and Arabic music that her singer father played at home. However, her music is far removed from these traditional sounds and sounds very American, reminiscent of 60s folk. **10 September.** Botanique, Rotunde. Tickets: **€16**
www.botanique.be

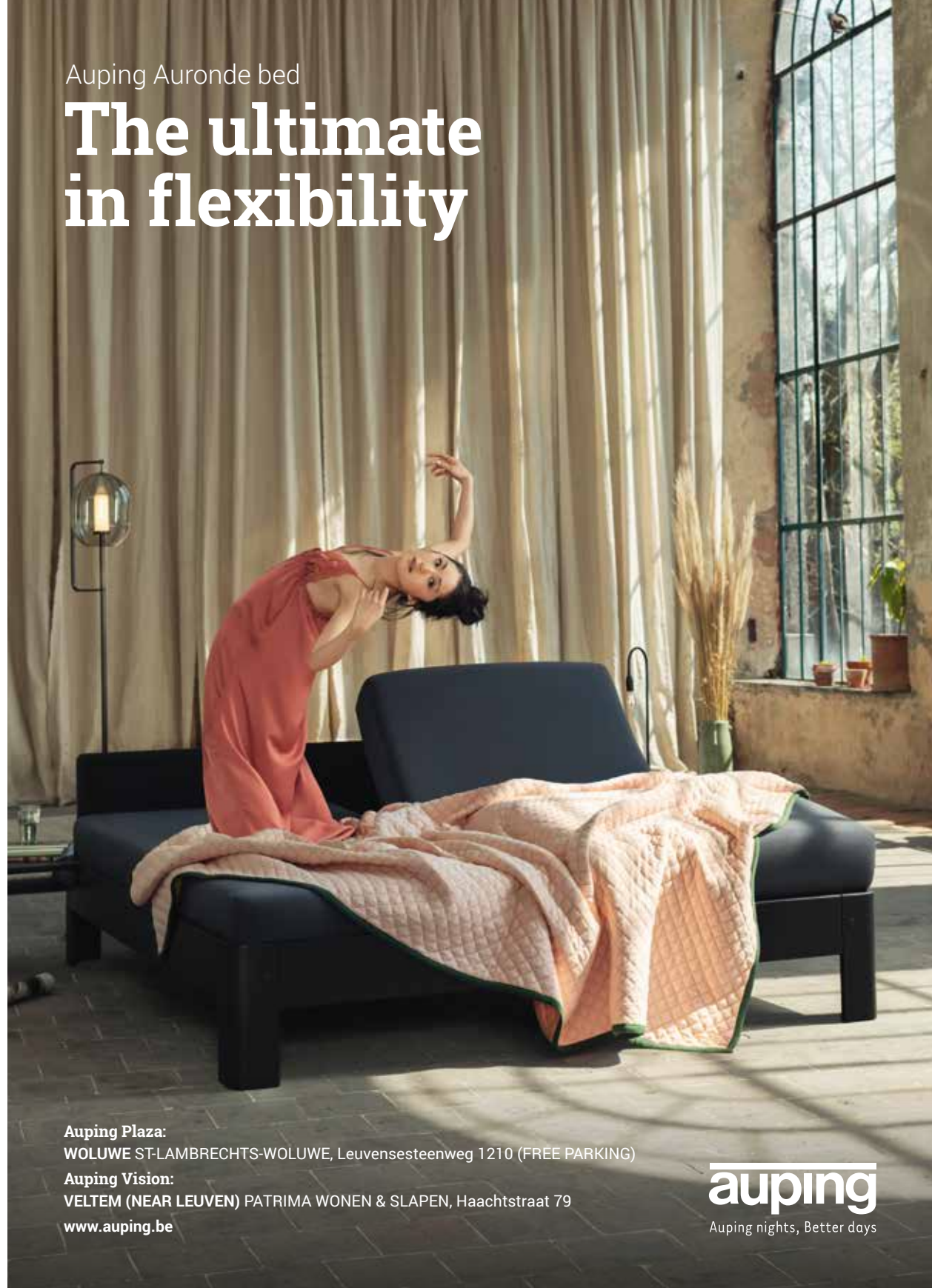
Rosanne Cash

America's Rosanne Cash is indeed 'a daughter of'. She is the eldest daughter of country musician Johnny Cash and Vivian Liberto Cash Distin, Johnny Cash's first wife. So, you first think country? Yet, after far more than ten years in the studio and on stage, her musical skill has developed so strongly and so personally that we can hardly pin her oeuvre to one genre. With an iconic sound that transcends country, pop, rock, and blues, Rosanne Cash's voice and vision have captured American life for generations of fans. Since her recent concerts in the Roma and at Dranouter Ms Cash has completed her latest, very well-received, CD *She Remembers Everything* on the highly esteemed Blue Note label (out here via Universal). **14 September.** Ancienne Belgique. Tickets: **€34**
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Clinical care

What makes the Institut Bordet so exceptional is the truly multidisciplinary nature of its approach to diagnosis and therapy. Once diagnosis is made, treatment decisions are taken. These decisions are reached through collective consideration and joint agreement by a number of specialist doctors and health-care professionals who are experts in the type of cancer concerned: oncologists, surgeons, radiotherapists, etc. These therapeutic strategies call upon the most up-to-date techniques.

Research

A key feature of the Institut Jules Bordet is the close integration of research and medical practice, which enables patients to take part in clinical studies of all the latest therapeutic modalities and to benefit as quickly as possible from the latest discoveries made in research laboratories. Numerous clinical research programmes are conducted in cooperation with other cancer centres and national and international networks.

Teaching

Academically speaking, and working within the framework of the missions it receives

from the Université Libre de Bruxelles, the Institut Bordet is renowned for the quality of its teaching. Every year, dozens of medical students and doctors on specialist courses come to train with our medical teams.
www.bordet.be/en

'Les Amis de l'Institut Bordet' run an important team of volunteers within the hospital. These volunteers fulfil a double mission:

- Offering hospitalised patients a snack each afternoon
- Receiving patients on arrival in the Institute and guiding them in line with the purpose of their visit.

As it is concerned to provide patients with a professional listening service, the Jules Bordet Institute has chosen not to use volunteer listeners. Patients are received by a team of psychologists who have been specially trained for this role. But of course, there is still plenty of room for human contacts that bring warmth, and for kind words and deeds.
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PERSONAL DEVELOPMENT

To ask for more truth is essential in healing yourself, solving a problem and finding innovative solutions

PERSONAL
DEVELOPMENT

Fitness

Why sitting is the new smoking

Kate Cracknell reports that research suggests that extended bouts of sitting can be bad for your health



But why, how bad... and what can we do about it?

Sitting down. It's something we all do a lot of. And when we say a lot... Research suggests we spend as much as 80% of our working day seated. Then we come home from work and many of us will spend hours sat on the sofa watching TV.

So, what does that matter? After all, sitting down is pretty innocuous... isn't it?

Well, actually, no.

Sitting has in fact been dubbed 'the new smoking' – this generation's big lifestyle challenge, with hidden but serious repercussions for our health.

Let's quantify that.

1 hour, minus 22 minutes

Research from Australia indicates that every hour of sitting cuts approximately 22 minutes from our lifespan. Yes, you read that right. In fact, the World Health Organisation identifies physical inactivity as the fourth biggest risk factor for death, after high blood pressure, smoking and high blood glucose. It's estimated to be responsible for some 3.2 million deaths each year, including over 670,000 premature deaths (before the age of 60), and is the root cause of 27% of diabetes.

Physical inactivity is also linked to heart disease, various types of cancer, muscular and back problems, depression and stroke.

Sitting patterns

So, if we absolutely have to sit at our desks – if that's unavoidable – is there anything we can do to help ourselves? Actually, yes: new



research from the US suggests the risk of early death isn't only about the total amount of time spent sitting. It's also about how that sitting time is spread throughout the day.

Specifically, the study found that adults who sit for one to two hours at a time without moving have a higher mortality rate than those who accrue the same amount of total sitting time, but split across a number of shorter spells.

The health risk was lowest among those who, for the most part, managed to sit for less than 30 minutes at a time.

Why take the risk?

As is so often the case, there are other studies that say sitting down isn't a problem as long as you meet the World Health Organisation's physical activity recommendations: at least 150 minutes of moderate exercise a week for adults.

And there are certainly studies to show how building regular activity into our day can

“ REPLACE 30 MINUTES OF SITTING WITH 30 MINUTES OF ACTIVITY ”



make a big difference - replace 30 minutes of sitting with 30 minutes of activity to reduce risk of early death by up to 35%.

With that in mind, here are a few recommendations:

– At work, take regular breaks from your computer, even if it's just to stretch or walk around the office for five minutes.


– Hold 'standing meetings' with your colleagues, rather than all sitting around a table; even better, try 'walking meetings' – talk as you walk.

– Stand while you have your breakfast and/or lunch.

– Park a little further from the office and walk the rest of the distance. If you take public transport, opt to stand on the train or bus rather than sit.

– At home, take regular breaks from the TV; modern technology means even live programmes can be paused, so there's no excuse not to get up and stretch your legs every half an hour.

– To get yourself in the habit, you could even set an alarm every 30 minutes as a prompt to stand up. Repeat throughout the day and it soon adds up!

Let's try to change your habits and move!
www.aspria.com 

Is this true?

Intuitive Healer **Katarina Winslow** reflects on a fundamental question

Is this true? To ask for more truth is essential in healing yourself, solving a problem and finding innovative solutions. Truth is the surest way to find more answers to a discordant state of mind, a problematic situation or a chaotic world. This fundamental question about what is real is part of Byron Katie's meditation practice *The Work*. 'Is this true?' is a question that changes perspectives, reveals new answers and allows you to see things differently. Most often when we are feeling stuck there is a blind spot somewhere, there is something that we have failed to understand about ourselves, others or a situation. By digging deeper into our beliefs about ourselves and asking more questions about what we believe is true we open up to see things in a new light, and we may let go of the thought, feeling or psychological state that kept us in the dark.

In the same spirit, Ayn Rand said in 1947 in her philosophical system *Objectivism* that all evil comes from the absence of thought. Let us face the truth, in any group, politics or dogma there is in general a huge part of absence of thought. The system we have created, with separation and belonging to different groups and political structures, comes with a massive blind spot. And the blind spot is that once we belong to something exterior to ourselves, an organization, religion or other dogma we stop thinking, stop questioning. *A Course in Miracles*, a unique spiritual self-study program designed to awaken us, is



getting to the same core problematic by saying: "I am willing to see this differently." To be able to ask more questions and to see things differently is a psychological reality for personal healing. It is when we ask questions that we find answers.

In these times the same holds true for global

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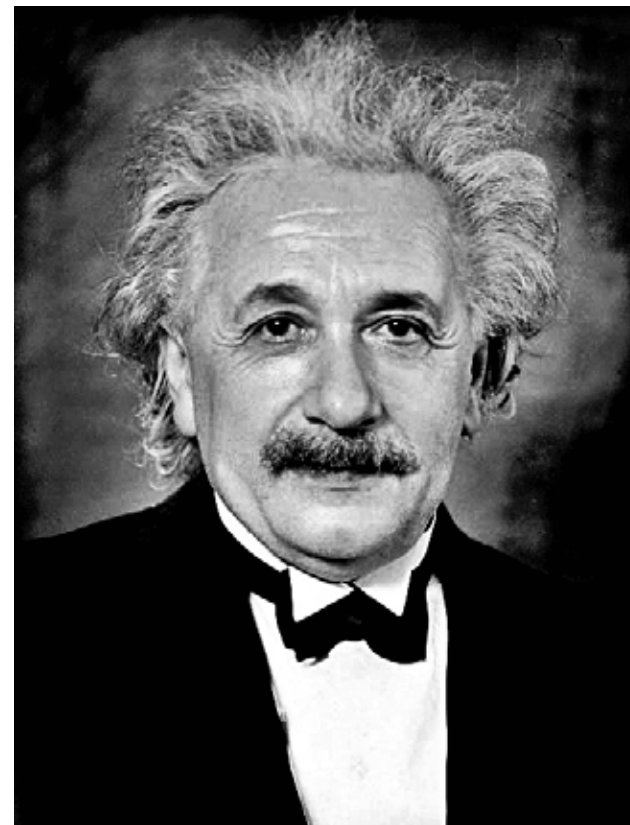
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PERSONAL

DEVELOPMENT

Self-help



ALBERT EINSTEIN © Einstein in Vienna in 1921, Ferdinand Schmutzer

healing - we need to step out of the unspoken laws of any structure, and all ask ourselves more questions about truth.

Just as in personal healing you need to be fearless in your search for truth because truth is always the answer. The macro cosmos of our micro cosmoses reflects the same reality. To heal society, we need to get to the truth. Einstein said: "We cannot solve our problems with the same level of thinking that created them."

This universal truth is especially relevant if something is created based on a lie. When deceived or manipulated, you will never find an answer by analysing the degree of deceit

or manipulation; there are no answers in the degree or the nuance of a lie. The answer is in going beyond the myth. Just as in personal development and self-healing, we need to go deeper and look at the motivations that created a set of beliefs. In personal healing, by going deeper, we find many unexpected answers, and we finally arrive at the motivation, protection, or illusion that made us feel the way we do to untie the knots of our illusionary selves.

We live in a system based on righteousness instead of truth. To be able to take your place and make a mark in this world, you should be 100% right, which means that you should refrain from asking questions. If you are 100% right, there is no need to ask questions because you are inhabiting the absolute position of belonging to a clan, group, political party or dogma. Pushing it further it means that even if the fundamental belief is wrong, immoral, unproductive, destructive, untrue or you refrain from finding a

solution, you still need to firmly and surely keep the position of righteousness. Righteousness is the essential origin of the problems we are facing in the world today.

“ TRUTH IS THE SUREST WAY TO FIND MORE ANSWERS ”

To be 100% sure of anything is dangerous. It is critical for the simple reason that you stop thinking, you stop searching for the truth. In personal psychology, this is just as dangerous. If you believe it to be true that you are worthless and

that your life has no meaning, you might one day end up taking your own life. Of course, the thoughts that you held for real were very far from the truth. Staying attached to being 100% convinced by your own thoughts and



illusions about yourself, you will end up in a destructive place. We may take any belief and see that if we believe it is 100% true and we leave no room for questioning, we will sooner or later end up in a destructive place, and that is what has happened to the world. We have ended up in such planetary destruction, violence, corruption and righteousness because we have gone along with what we have been told and stopped thinking. Now it is time to listen to the masters that came before us and hear what they were saying: "We cannot solve our problems with the same level of thinking that created them." You might not solve righteousness with more righteousness. You may not find a solution by being 100% right

in whatever your belief is, because it is your belief that created the problem in the first place. Just as with the suicidal girl, it was not by finding out how worthless she was and to what degree her life was meaningless that she would find a solution. It was by questioning her fundamental belief that she would find a solution. It was by asking, is this true?

It is time for us to wake up from our slumber of righteousness and step into asking ourselves if things are true, right or real? Just as with the suicidal girl it was not true that she was worthless and that her life had no meaning. What was true was that she was not able to see herself clearly as she had by her conditioning being kept away from the truth about how wonderful she was. She hadn't had enough love in her life to be able to be herself and see her profound nature. In the future, it is asked of us to look deeper and to look beyond any belief, dogma or political inclination and leave more room for questions. Is this true? Where did this idea stem from? Who is the winner in this? In whose interest was this

idea formed? The most important question is, is this true to who I am? To ask more questions and not to have to be 100% sure of anything, to leave room for new thoughts, new ideas and new solutions is our next challenge. Let us all leave room for new truths and innovative solutions by asking ourselves one question.

Is this true?

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Self-help

The Dance of Life: Two steps forward, one step back

Sarbani Sen challenges MPS to a duel...



As a woman, we regularly (I would even say monthly) experience a very striking event commonly called PMS (premenstrual syndrome). On my side, I observe that when my hormones are in shambles I become worried for nothing, more negative, I lack motivation, procrastinate and have very low self-esteem. (By the way, this book taught me a lot about women's cycles: redmoonthebook.com)

In order to counter the effects, I put myself in some challenging routines. Like getting up at 05h00 to meditate, perform Kundalini Yoga Kryas, do recalibrations (from Perelandra), yoga until 07h00, running around the lake and other physical activities that would help ease the mind. But sometimes it does not

change anything. I still suffer a fall of hormones, panic and distress. Suddenly my negative and fearful thoughts are devastating when just a few days ago I was ready to climb the Himalayas. So apparently I have a great potential that I sabotage every month! Total lack of clarity (to be informed of when, I suggest you download the App Clue that calculates the when, what and how of the phenomena).

This makes me take a brave decision: in the name of my business (and my relationships) that cannot progress in "one step forward and three back" rhythm, I decide to take the entrepreneur test to find out where I am at in my professional life. (Here is one that I find quite interesting: reussitemax.com/)

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Self-help

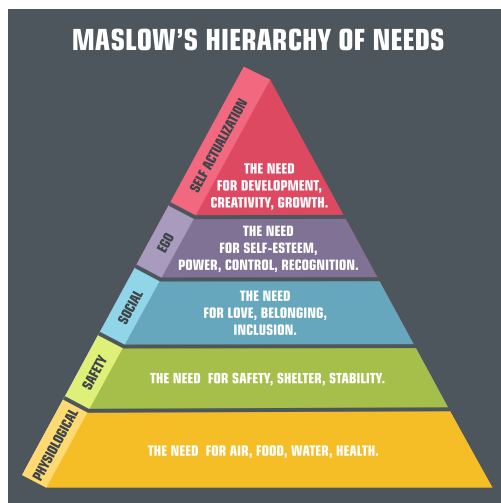
itsmytree/). Based on this test, it appears that I do have specific goals and dreams, I have a facility to take action, I usually take my responsibilities, I surround myself in the face of adversity, I am very happy and fulfilled (half of the cycle!), and I have an environment conducive to success. But on the other hand, I need to improve my self-confidence and stabilize my energy level, work on my brakes and my limiting beliefs (have better confidence and self-esteem and even self-consciousness). I feel I am ready to take the good decisions towards my professional success and fulfillment, And am well motivated to improve my weaknesses.

Step 1: Stabilize my energy level

This seems to me a priority now. So I went to find out how to reduce or eradicate this PMS thing. You will be surprised: healthy food and routines! I knew that alcohol + dairy products

+ gluten + meat on a daily basis were bad for me and had already stopped that. So I decided to get up every day at 4h30 to study Kryas, meditate, breathe and do yoga, to be more consistent with my food, to do sports every day (run, swim, yoga, dance, climb, golf), to work on my projects with joy, faith and good humour. One thing that definitely made a difference was the '40 days challenge' by the Dutch Kundalini Yoga School. They walk you through a daily routine (every day the same) and make you feel connected. In creating a community around the practice you feel connected. This is very stimulating of course.

And the breath focused exercises are super powerful and help shift so much in your energy, the clarity of your aura, your thoughts. Basically I feel I have a better grasp on myself. I feel less helpless and ruled by my brain.



Step 2: Improve my self-confidence

According to the many videos watched on YouTube, it is absolutely necessary to modify the inner speech: to be well wishing, to seek the sweetness, to speak intelligently to oneself without lying, to be clear, to speak to oneself as one would like to be spoken to. It is also important to build your own benchmark: when will I consider that I have improved my self-

confidence? What are my real goals? It is also important to remind oneself of our natural qualities and accomplishments, to give recognition to others and to feed ours.

**“ IT APPEARS
THAT I DO
HAVE SPECIFIC
GOALS AND
DREAMS ”**

Incidentally, a friend reminded me of *Basic Needs Theory* as described by Maslow. She had the intuition that my cyclic time bombs were not merely due to my hormones. Maslow breaks down needs into two categories: lower and higher needs. The former

include physiological needs (food, hydration, sleep, breathing) and safety needs. As long as the physiological needs are not satisfied, the organism remains dominated by the latter, relegating the other needs to the background. These are the most dominant needs of any living being. In a state of dissatisfaction, these needs represent the



single goal towards which the whole organism is mobilized, making any other need irrelevant or even non-existent. Once satisfied, these physiological needs disappear (temporarily), allowing the emergence of another less dominant need.

The need for security encompasses the needs of stability, structure, order, justice, protection, laws and boundaries. This need for security, if satisfied, allows the individual to free himself from fear, anxiety and chaos and induces a sense of strength and control of his world. In a peaceful situation, this need for security manifests itself mainly through the desire for a stable and protected job, the desire to save, the preference for what is familiar with the unknown, the need to live in a coherent society etc. The greater the dissatisfaction of this need, the more the security is sought, through employment, a source of protection assured by another.

This feeling of security is built up in childhood apparently, because of the assurance of parental protection and the sense of security felt by the parental couple themselves. When the physiological needs are met and the security needs are relatively met, then the so-called higher needs can emerge. In my case, the lack of security resonates with me. I strongly believe that it can also come from an imbalance of the first chakra. The root chakra is responsible for our relationship to life, our anchor and our ability to be stable and feel safe.

Higher needs include the need for love and belonging. Every individual is driven by the needs of love, affection and belonging to a group. The need for love manifests itself as much in the need to give as to receive affection. In the absence of satisfaction of this need, the individual feels a thirst for relationships or a place in the social group.

Following this reading I started asking myself a lot of questions: What are my achievements that I would like to see recognized? Do I grant myself the recognition I would like to receive from others? How? When? From whom, precisely, do I want recognition? About what? What signs? And how does my need for social belonging manifest itself? Which groups do I belong to? To what extent is my need for social inclusion satisfied? Which groups do I want to join? What's stopping me? What can I put in place to fully satisfy my need for belonging?

Step 3: Coaching

Faced with all these questions, I resumed myself. Although I am myself a coach and mentor, I strongly believe it is healthy to remain accompanied for those moments of life where everything is a little shadier. So I decided to go back to a regular coaching with a trusted person, aligned with my current needs and values to help me evaluate my progress and help me to keep the pace. It is with this person, mentor that I will continue the path of my vibratory elevation that requires the cleansing of my residual shadows. I am geared to keep dancing with ease, joy and glory whatever the circumstances, for life is all there is. All the rest is mental edification. 🕉

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PERSONAL
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Success

The power of proximity

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** encourages us to get out of 'stuck'



Have you ever heard the saying, 'Tell me who your friends are, and I'll tell you who you are?'

This month I want to focus on an influencing power that most people tend to either forget about or simply underestimate. I'm talking about the people in your life and the importance of surrounding yourself with people that will uplift you, encourage you, and ultimately help you on your journey to achieve more success, more happiness, more wealth and even more love and connection. Whenever I am coaching a business leader, one of the questions that I find intriguingly useful is to ask: "Who are the people that you are surrounding yourself with, on a daily, weekly or a monthly basis?"

And here is why that question has helped me

transform so many businesses all around the world. I find a lot of business owners and business leaders find themselves at some stage of their career in a place called 'stuck'. Have you ever felt like that? I'm sure you have.

And although there can be several reasons for this, I believe a critical reason that lots of people feel stuck is because of a lack of growth. So how can we grow our business and our income exponentially and get 'unstuck'? And also, here is a question that I have found to be useful at times: "Who is a person or a company that if I could connect with and win their business, well simply put, life will never be the same again (in a positive way)?"

What we, as business owners, want to pro-

Success

create is something called The Power of Proximity! We all know many people. Some enter our life through relatedness others through choice. However, what most people don't realize is that today we live in an age called 'the connection age'. And based on research it has been proven that we live in an exciting (digital) era through something called the '6 degrees of separation' theory, we can connect with anyone on the planet. In other words, we all are a maximum of 6 introductions away from meeting anyone that we want to meet. All we need to do is activate the chain.

Because of that, if you're in business today, one of the most effective and efficient ways to grow your business, grow your influence is to make greater impact and add more value to the marketplace. A great way to do that is simply to surround yourself with people that will have the power to support your vision, your product or your services. By either them being loyal consumers of what it is that you have to offer, or, maybe even more important, by asking them to connect you to people that want what you have to share.

I have clients that have built multi-million euro companies, and their marketing strategy is simple but very effective. They use The Power of Proximity!

They surround themselves with people that are decision-makers, people that can help them elevate their activities by simply making one phone call, one introduction or a recommendation. These people have the power to influence.

So, ask yourself, who are the influencers that you have around you? And are they really people that can direct traffic towards your business? Or perhaps you need to 'up your game' and start surrounding yourself with bigger players. If you feel stuck it could be because you find yourself bored 'playing the

same game' at the same level, with the same people all the time.

Maybe it is time for you to start playing a bigger game? And by surrounding yourself with bigger players you give yourself an uncomfortable task and that is the task to grow. Growth is what nature demands of all of us. Remember, you're either growing or dying. There is no in-between.

By pushing your boundaries and your willingness to get uncomfortable; to meet and surround yourself with bigger players, power players, influencers, you will see how magic starts to happen for your business because as soon as you leverage off the concept of Proximity is Power you will find yourself on the short-cut trail to achieving what it is you really want to achieve for your business.

" I'M TALKING ABOUT THE PEOPLE IN YOUR LIFE "

At my events, a common question that people ask me all the time is: "How do I make more money?" I strongly feel that is the wrong question. Even though, yes, most people are looking for money, the

reality is that you don't need to look for more money, you simply need to look for more people, and not just anyone, but rather the right people.

Are the people that you are currently surrounding yourself with the people that have the power to influence?? Do these people know the 'big dogs' in your industry? And can they create an opening, a short-cut for you so that you can utilise the power of proximity to meet and connect with the right people? The people that will take your business, your life and your bank account to the next level.

Meet and work with Arnon Barnes live? Join one of his next upcoming events in Europe. For more information on the event, or coaching, contact his office via info@arnonbarnes.com ❶

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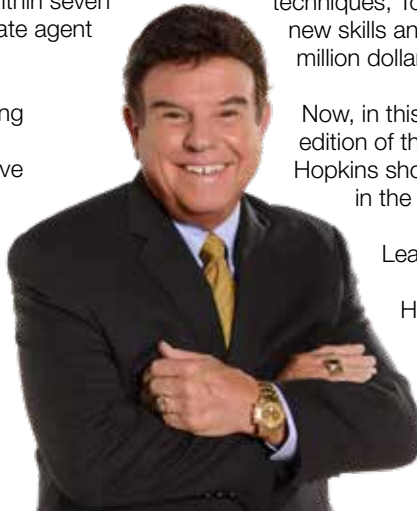
Our first book, *How to Master the Art of Selling*, is by **Tom Hopkins** whose sales and coaching record is simply phenomenal

Amazon describes Hopkins as: "A world-renowned Builder of Sales Champions. His proven-effective sales strategies have helped millions of sales professionals and business owners in industries to serve more clients, make more sales and earn millions in income."

Tom got his start in real estate sales when he was just 19 years of age. After an initial period of abject failure, he started learning the communication skills that within seven years made him the #1 real estate agent in the US.

Since 1976 he has been teaching others his simple, yet powerful strategies and tactics through live events, books, audios, videos and online training. Many of his online courses have been approved for continuing education credits in the financial services arena through www.tomhopkins.com.

Tom Hopkins states that he "wasn't born to wealth and privilege. He was a mediocre student and began his work life in construction carrying steel". At the age of 19, he was married with a child on the way and trying to find a better way to support his young family. Since he wasn't afraid of meeting new people and was known to be somewhat talkative someone suggested he try selling. After looking around at the people who were dressed well and driving new cars, he decided on the field of real estate. His first six months in real estate were anything but successful.



He says: "I had sold only one home and averaged \$42 a month in income. I was down to my last \$150 in savings when a man came into the real estate office promoting a three-day sales training seminar with J. Douglas Edwards. Tom hadn't yet heard of either "sales training" or Mr. Edwards. He decided to invest his last bit of savings in the program.

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Scaling Up: How a Few Companies Make It... and Why the Rest Don't (Rockefeller Habits 2.0)

It's been over a decade since Verne Harnish's best-selling book *Mastering the Rockefeller Habits* was first released - its concept was based on the leadership and management practices used by John D. Rockefeller. In the book, Harnish outlined three "pillars" to the habits: "Priorities", "Data" and "Rhythm". He recommends the practice of holding "huddles", or short daily meetings, in order for small business to maintain focus on strategic goals and establish accountability.

Scaling Up (Rockefeller Habits 2.0) is the first major revision of this business classic which details practical tools and techniques for building an industry-dominating business. This book is written so everyone - from frontline employees to senior executives - can get aligned in contributing to the growth of a firm. *Scaling Up* focuses on the four major decision areas every company must get right: People, Strategy, Execution and Cash. The book includes a series of new one-page tools including the updated One-Page Strategic Plan and the Rockefeller Habits Checklist™, which more than 40,000 firms around the globe have used to scale

their companies successfully - many to \$10 million, \$100 million, and \$1 billion and beyond – while enjoying the climb!

Verne C. Harnish is founder of the Young Entrepreneurs' Organization (YEO), now known as Entrepreneurs' Organization, and the Association of Collegiate Entrepreneurs. He also serves as co-founder and Principal of Gazelles Growth Institute and as founder and Chief Executive Officer of Gazelles, Inc. He chairs the "Birthing of Giants" leadership programme at the Massachusetts Institute of Technology and the MIT/WEO Advanced Business Program for entrepreneurs over 40.

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Be Successful: Robert Kiyosaki

David Mc Gowan, publisher of *Together Magazine*, met one of his heroes to talk about the future of real estate



David Mc Gowan (DM): It's my great honour to be here today with Robert Kiyosaki, American businessman and author. So, Robert, as I just shared with you, I read your book 15 years ago and that completely changed my life. The education I got from that book was priceless. So, today, I have a couple of questions for you. It's more talking about the future, because I'm not going to ask you what are the keys to success, because you explain that in your book, with 30 million copies sold. I think you know that this book is providing great value in terms of education. But I'm wondering, what is in your opinion the biggest lie about real estate today?

Robert Kiyosaki (RK): I think the greatest lie I've heard recently is that real estate always goes up in value. It goes down too I think - the biggest lie is people invest in real estate for real estate. The primary reason I invest in real estate can be explained in two words, debt and taxes. So, the more debt I use on real estate the less tax I pay. And this is true all over the world - the tax laws and debt laws are the same throughout the world. So, whereas a lot of people are investing in real estate to make money, I'm investing in real estate to use debt, as the more debt I carry the less tax I pay. So, I make more money. It's what's called 'phantom income'. So, there are many different ways a person can get rich with real estate, more than just owning your house.

Be success

DM: And how do you perceive the rise in social media? How do you see the link between social media and real estate evolving in the future?

RK: Well, I don't know social media. But I do know in my company we use it to attract clients and potential tenants and keep them with us. But also, what AI (Artificial Intelligence) is doing is reducing the number of employees. So, again, the rich get richer because you can run larger portfolios with fewer people, unfortunately. So that's when I go back to the states for a few months, and the next thing my friends and I are talking about how we can (and I hate to say this) eliminate more employees. That's the future.

DM: And how do you see the role of the banker evolving in real estate?

RK: Well there's a love-hate relationship between bankers that has caused a lot of problems in the world - the Federal Reserve Bank, Wall Street as well as the US Treasury that caused the last 2008 debacle, which almost brought down the world economy. You have to find honest bankers, but there are not very many of them, because it's always about self-interest. So, I just had an appraisal done and the reason that there was such a big disconnect between the property and its value was there were guys who were bribing their appraiser. So, the appraiser produced an elevated appraisal and the banks therefore lent more than they should have, and that's what brought the thing down. It was the banking system plus financial derivatives and then the whole thing came down and instead of all those bankers being punished, they were given bonuses by the US taxpayer. So, it's a really messed-up system. That's why you have to be smarter, that's all I am saying, it's not good or bad, it's just about being smarter.

DM: Do you see Facebook and Google playing a role in lending for real estate in the future?

RK: I don't. I don't do that crowdfunding stuff at all. You know, to me, it's still very basic dog's work. You rent it out, and you have to be very careful about funding anything. So, I don't agree with crowdfunding, because I think that there are going to be huge scandals, which is always the case with anything that looks too easy. So, you know, debt is a very powerful four-letter word and I take it very seriously. So, when I'm raising capital, I want to make sure that I'm clean and the money coming in is clean. So that's why I'm kind of old school.

DM: So those are the main questions that I had; I know you're tied for time and I just wanted also to share a story with you - we launched *Together Magazine* in the Ivory Coast, and I was with some of the team and we were driving down the road and, do you know, they were actually selling your book at the traffic lights? It was incredible. They gave one to one of my colleagues and he was delighted with it and he has thanked me for it ever since.

RK: Yeah, it's like how many books have you sold? More than 30 million that we know of, but at least 41 million in estimates, because there's also the pirated books, which I am happy about.

DM: So, thank you so much for sharing and for your contribution today, it has been a real honour to meet you.

RK: Thank you, and keep up the good work [points to *Together Magazine*]. I give you guys credit - I mean with this magazine you're flying into the face of the future right here, it's hard work, so congratulations to you. Thank you so much.
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Real-estate: Event + Choice = Result

Yannick Callens asks us to make the right choices



In this real-estate article, I want to return to the mindset one needs to have during your real-estate purchase, the follow-up with tenants and the work that is necessary.

From the many seminars that I have conducted in the world of personal development, I have noticed several things: 80% of all that we do and undertake is psychology, and, of those who undertake real-estate investment, more than 80% are unaware that psychology plays a real part in real estate. Ultimately, it's your own mindset that will guide you through the real-estate process, and not just paying attention to prices or the market and its trends.

**“ A VISION
WITHOUT ACTION
IS JUST A
HALLUCINATION ”**

A formula that I appreciate and that from my point of view is very interesting and simple to apply is this one (in real estate as in any field in your life):

$E + C = R$ - Event +
Choice = Result.

In each event or situation, it is the choice that you make that will bring your result. This is important to know if you

have to make a decision like choosing and buying a property, and I would even say that our unconscious mind has a real influence on our decisions.

Another aspect I learned during my training and coaching - over our entire lives, our thoughts about the present, being aware of



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



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the moment, represent only around 1% of our thought processes. That is to say, 99% of our thoughts are focused on the past (and often the regrets of the past) or the future (and its anxieties, many of which never arrive).

It is also interesting, when we have to make a real estate decision, to take into account a simple question - 'Why?' In real estate, this is very important, because you should know why you intend to buy real estate. Recently, at a real estate seminar, a speaker, Mahery, explained why he was investing in real estate: "For my family, I know that my mother will not have much in her retirement." Personally, I was very touched by this 'why'.

Do you really know why you want to make real-estate investments? Are you aware that you are ready to be in debt to the tune of several hundreds of thousands of euros for a period of more than 20 years? And by signing with a person whom you do not know, who if he asked you for €20 in the street, you would not give it to him?! In most cases, this 'why' is an unconscious signifier.

In real estate, I recommend this formula: Be focused, know precisely what you want. Adopt the best strategies, by informing yourself as much as possible, by following

the people who have already accomplished what you want, even if it is the purchase of a studio!

Take action! Henry Ford said: "A vision without action is just a hallucination." And the difference between fear and courage is action!

To return to the point of the best strategies and information, real estate remains a safe bet. In Belgium, a 4-bedroom house has an average price of €285,000 (up 2.9% in one year). Houses with 2 bedrooms have an average price of



€200,000 (an increase of 5.3% in one year) and apartments have an average price of €182,000 (an increase of 2.5% in one year). In Brussels, a villa has an average price of €847,500 (up 3.4%), a two-bedroomed house has an average price of €376,000 (up 4.2%) and an apartment has an average price of €199,000 (up 4.7%).

Do not underestimate your emotions in your real-estate choices, they are stronger than you think. Thoughts lead to feelings and it is these feelings that will make you take action and achieve your result. ❶

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Money

Good money management

Dave Deruyter offers up the secrets of successful financial housekeeping



To start with a joke: this article is not about how to marry a rich person. Although marrying a rich person could potentially go hand-in-hand with leading a happy life, very often it does not end that way. And we won't study how to win the lottery. Yes, you can, but your chances are very slim. Many lottery schemes only pay out about half the amount that players put in. Thus, on average, you lose half of what you 'invest'.

According to common wisdom, money would only be the sixth most important thing in life, if it is important at all.

- Health comes first
- Second is the health of your loved-ones
- Third, a roof over your head
- Then, an interesting daily occupation
- Fifth, a fulfilling hobby

And, there you go - money comes in at number six to pay for all of the above.

Money does not make you happy.

The richest people on earth are typically not the happiest. There seems to be a correlation between the amount of money you have and the amount of greed you show. There are

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Money

exceptions of course, particularly in the US with the likes of Marc Zuckerberg, Bill Gates and others. A regular, interesting, occasionally challenging, daytime occupation is invaluable to happiness and health, just as being physically active is key.

Still, having no income, or money, at all is dreadful.

A minimum salary for everyone on earth?

It is a very interesting and attractive thought. Still, problems occur when trying to figure out how to fund this. How to decide fairly about who should pay for it? What with the different stages of economic development of countries, or their Purchase Power Parity indices? Then, if people receive money for nothing, will there be enough incentive left for them to contribute to the economy, to society? Initiatives like free education for all are probably better, just as seed money for start-ups is a good idea to help people set up their own business and succeed.

Some principles of money management that can make your financial life easier.

- Start saving when you are young
- Put some money aside every month for a rainy day
- Do not borrow to cover for your regular expenses

To buy a house, to invest in your company,



to invest in the education of your children are all often worth borrowing for. Still, the classical banking rule of thumb is: 'Do not pay more than one third of your regular income to repay your borrowings' – this advice

has value even today. Or, how about: 'If you cannot save any money today, how would you be able to repay a loan tomorrow?'.

And... borrowing money also costs money!

The basics of savings

Set aside small amounts of money every month from a young age. Invest that money in a balanced way according to your investor profile, and it should yield an important sum of money in your later years, or even good money after a decade or two, allowing you

to make that down payment for buying your house. €20 per month over 40 years yields €9,600 before any interest. €100 per month over 10 years results in €12,000 before interest.

The basics of spending efficiently

Your daily shopping behaviour can make a big difference to the balance of your bank account. If you need €250 in groceries per month and you buy those at a discounter instead of at an upscale supermarket you may get the same, or similar, for €200, but without the 'posh' experience. That is €50 already per month in savings.

If you prepare one nice dinner at home every weekend instead of eating out twice, you can



save €25 per week easily. That is another €100 per month in savings. Big ticket items can also make important differences. Should you really spend €2,000 on that holiday, or can you get something closer to home, or in a less well-known place, for half the price that is just as good?

Even more costly items are cars and houses. Particularly because their cost is not only in the purchase price, but also in the running costs. A car needs gasoline, maintenance, insurance and replacement after some years. A house needs water, gas, electricity, insurance, cleaning and maintenance. Both are also taxed on a yearly basis. do not own them you have other costs, like public transport or the monthly rent and charges, to pay for. But, small gains, even one percent, make a big difference on expensive items of €10,000 or €100,000.

The real name of the game in saving is not only to reduce your spending by buying efficiently, but also to effectively put the financial gain aside on a savings or an invest account, and not touch that money. Of course, money is not made for savings alone. You are only as rich as what you can

spend. Still, a bit of reflection, analysis and comparison before spending your money, and putting the gains of efficiently spending on a savings or invest account, will help you a lot in bringing together that amount of money needed for the down payment on your house 10 years from now, or for any other project you may have.

Starting to save is not easy, because there is so little in the account at the start. Like with many good things in life it takes perseverance to advance and to achieve your goal. Once you get to a 4-digit amount on your bank account, it becomes a lot easier. And after that, if you invest in a diversified way according to your investor profile, compound interest or other income will start to provide support. It is never too late to start saving. Give yourself an objective that you can reach and monitor your progress at the end of each month. Do not give up. There are apps around that will help you with managing your budget and reaching your savings target. ❶

Green Power!

Our tech guy **Colin Moors** takes a shower, finds a nest and recharges his batteries



Unless you have been living in a cave for a few years, or are the 45th President of the United States, you'll no doubt be fully apprised of the situation with climate change and the worrying effects of carbon emissions on the planet. Many people are now actively choosing to do their bit to mitigate the use of fossil fuels and change the way they do things in the hope of a more sustainable planet. Technology can help in surprising and varied ways in reducing your carbon footprint. Even the most obvious things may have escaped your notice. For example, most DIY retailers (and others) sell rechargeable batteries that use

**“ MOST
DOMESTIC
SHOWERS WILL
USE AROUND 8
LITRES OF
WATER PER
MINUTE ”**

solar power. Don't worry about this being Belgium, the sun doesn't have to be visible in order for the charger to work. Most of the standard chargers will charge 6 to 8 AA or AAA batteries and will cost you around €25. Good for around 1,000 charges, the initial outlay may seem pricey but the return on your investment - and the zero carbon and minimal pollution - will make you feel better financially and morally in no time.

What else can you do to improve your energy usage? Quite a bit - and don't forget that most of these energy saving tips will save you money, so it really is a no-lose situation. One of my

favourites, as a person who would live in the shower if possible, is the low-flow shower technology. Gone are the days when low flow meant you had to run around in the shower in order to get wet. These days, the heads are designed to fire water at you as if it were under pressure, giving you that 'power shower' feeling, even from a much lower water throughput. What has all this got to do with energy? Obviously, if you're heating water for a shower, the less you use, the less will need re-heating in the water tank. Most domestic showers will use around 8 litres of water per minute, meaning around 40-50 litres would be used in the average shower. Low flow nozzles use around 2 litres per minute. OK, I know it's not technically tech-based but it's too good to leave out.

Back to actual tech now with some smart connected home stuff. It may also interest you to know that many of these devices can be coordinated via the app If This Then That (IFTTT), which we looked at in last month's issue. First and foremost, an honourable mention goes to intelligent thermostats. Many electricity companies around Europe now give you the option of a thermostat that will react to various inputs other than mere temperature, or you can buy yourself one off the shelf at many big electrical stores. For the sake of this piece, I'll

be concentrating on the Nest from Google, simply because it has the biggest range of features and has the most advanced artificial intelligence. Bear in mind that they are quite expensive (around €300, with extra sensors at around €25) but they will "pay for themselves in 2 years", if you're inclined to believe the sales pitch of Google. Either way, energy gets saved, so you can feel good about that.

The key to the Nest thermostat is how it learns from your behaviour what to do and when. For example, if you get home from work and turn up the heating two or three times in a row, it will adjust to a higher temperature until it senses you turning it down or off. It's these little incremental things that it does that lead to bigger savings overall. Spending a little more cash on some separate individual thermostats will mean you can tailor the temperatures in certain rooms. Say your dog is at home in the utility room for a few hours and the temperature drops, you can easily set the device to maintain a comfortable heat in that room, while economising on the rest of the house.

Another canny little trick is knowing where you are. If you normally leave for work at seven in the morning, it'll have a look around using sensors and keep the heating on if you're still around. It'll check your location via





your phone and if everyone is out, it'll switch off or go into background mode with a money-saving heat setting. Naturally it logs everything, so you can see how much you've saved and also how to make its predictions and your heating bills better. There's also the option to control things via your mobile phone - of course. It wouldn't be Google without some kind of product synergy, would it?

Sadly, there's no space to write volumes about one of my favourite things - electric cars. However, Tesla, possibly the most famous name in electric vehicles, also does a very neat line in solar tiles for roofs. The two main advantages of these are that they look like a regular man-made roof tile and that they capture and more importantly store, the energy from the sun. This really is something of a game-changer when you consider that they are often cheaper than conventional

tiles. Depending on your local rules and regulations, you could build a house that pretty much pays all its own electricity bills.

Obviously, common sense applies as well, so turn your thermostat down, turn off the lights, and fit LEDs. There's no app for that, just go old-style digital and use your hands. ☛

“ IT LEARNS FROM YOUR BEHAVIOUR WHAT TO DO AND WHEN ”

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Informations environnementales (AR 103/2004) : www.honda.be

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The Union: A brighter future?

Catherine Feore looks back at the night of the EU elections and what it all means



**“ EACH
COUNTRY WILL
READ THE
RESULTS
THROUGH
THEIR OWN
OPTICS ”**

As I write this, the dust hasn't quite settled on the European Parliamentary elections of 2019. It has been a night of thrills and spills. At moments uplifting, at others deeply saddening.

For the first time since 1994 the turnout was more than 50%. Whether people were voting for national or European issues they decided to register their concern/anger/dissatisfaction/hope in large numbers at a European election.

Early in May I attended a briefing by a very august think tank, which included an

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analysis by a highly respected academic institute, presenting some troubling projections. I am delighted to say that the well-known pollsters they referenced were somewhat off the mark.

Green Wave

27 May was a very good night for green parties across Europe.

One of the most festive areas of the European Parliament was the Green Party's room - they even ran out of beer at one stage. I started to worry about sustainability, but when I was offered a glass of Prosecco instead, my worries were washed away.

Exit polls from countries who had gone to vote on 23 and 24 May hinted that there were some intriguing green shoots. Ireland, who didn't elect a single Green in 2014 appeared to have gained two seats and possibly three once the UK leaves

the EU. That may not sound like a lot, but Ireland only has 11 seats. The Irish Prime Minister Leo Varadkar acknowledged their success and said that it was a clear sign to all parties of the need to take climate change seriously.

“ 27 MAY WAS A VERY GOOD NIGHT FOR GREEN PARTIES ”

Each time an estimate came in there was a roar in the room, never louder than when the estimates showed that the Greens would be only second to the Christian Democrats in Germany, with around 21 seats. In an election, where the central Christian Democratic (EPP) and Socialist and Democratic (S&D) have lost some ground, the Green MEPs have the potential to become kingmakers.

Maybe it was the Greta Thunberg effect. The European tour by the shy platted Swedish school girl seemed to touch hearts and minds.



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Anti-European insurgency interrupted

It was predicted that anti-European (largely right wing, but also left-wing parties) would perform strongly and might even become the second-largest political group. In fact, they made relatively few gains at the European level. France's Marine Le Pen, rebranded but unchanged Rassemblement National's percentage of the vote went down, the Alternative für Deutschland gained a modest - but hardly impressive three seats and PVV of Geert Wilders was almost wiped out. Italy's far right Lega Nord was the most successful party in Italy, but overall the centre did hold.

Votes on the hard Eurosceptic left and right went down, but parties who flout the rule of law in the more mainstream parties, are very much still there. The centre parties might now find the courage of their convictions and stand up to these elements, but that remains to be seen and definitely one to watch. The S&D's Timmermans will be perceived as a more staunch of the rule of law than the EPP's Manfred Weber who seemed slow and reluctant to suspend Viktor Orban's Fidesz party from his group.

Brexit means...

The participation of the UK in the European elections may have helped to focus minds. Very few Eurosceptical parties actually advocate leaving the EU today, instead the rhetoric has changed and the more nationalist parties are calling for less integration and more sovereignty within the

EU. Any country witnessing the chaos in the UK would be foolhardy to try this experiment at home. Which brings us to the UK's result.

The UK remains bitterly and more deeply divided than ever before. The main Conservative and Labour parties have both lost seats and views appear to have become even more polarized. Nevertheless, throughout June we will see the top contenders to become British prime minister vying for the hearts and minds of the rapidly ageing broadly Leave-supporting Conservative membership by demonstrating their resolve to be tough with the EU and keep the option of 'no deal' Brexit on the negotiating table. Except that the EU-27 have repeatedly and politely informed the UK that their negotiations are done.

Apart from the broad developments each country will read the results through their own optics. Greek Prime Minister Alexis Tsipras will organize snap elections; the high turnout in Romania might make the government pause for thought; the Lega Nord might also see their advances as a good moment to test their apparent popularity in a general election.

An American president who frowns on multilateralism and an aggressive Russia may be helping Europeans see the benefits of working together and defending common interests. Tough times lie ahead, but the EU's future is looking just a little bit brighter.

❶



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LIFESTYLE

Luxury

Aston Martin Zagato: The dream team

Concours of Elegance brings a rather special collection of luxury cars to London



Photo © Aston Martin DB4 GT Zagato, Tim Scott

Concours of Elegance has announced the first of its special features: a world-first display of one of every single Aston Martin Zagato variant ever built. In the year that the Italian atelier celebrates its centenary, Concours of Elegance pays homage to one of the greatest creative partnerships in automotive history.

From the 1960 DB4 GT Zagato through to the Vanquish Zagato Coupé, Volante, Speedster and Shooting Brake, 16 different Zagato variants will be on display. Rarities such as the one-off DB9 Spyder Zagato Centennial, Virage Shooting Brake Zagato

Centennial and V12 Vanquish Roadster Zagato, as well as DB4 GT Zagato '1 VEV' will all be on display.

The Aston Martin Zagato Celebratory Display is being curated by the Aston Martin Owners Club (AMOC), supported by Aston Martin Lagonda and Zagato.

Aston Martin and Zagato first came together with the reveal of the DB4 GT Zagato at the Earl's Court Motor Show in 1960. Initially designed with aerodynamics and light weight in mind – to make the DB4 GT quicker on-track – nobody could have



known that this car would provide the spark for one of the motoring industry's greatest ever double-acts. Into the more modern era and we saw the next fruits of the Aston Martin Zagato partnership in 2011 – around the 50th anniversary of their first creation – with the V12 Vantage-based V12 Zagato. Then, even more recently, there was the reveal of the gorgeous Vanquish Zagato Coupé, Volante, Speedster and Shooting Brake variants. Earlier this year, Aston Martin and Zagato revealed the next step in their partnership: the DBZ Centenary Collection, in celebration of 100 years of Zagato – two cars you can only buy as a pair. The special pair includes a Zagato-styled variant of the new DBS Superleggera

“ ONE OF THE MOTORING INDUSTRY'S GREATEST EVER DOUBLE-ACTS ”

and a continuation of the original DB4 GT Zagato. Only 19 pairs are available globally.

That's part of the enduring appeal of Aston Martin Zagato models - they aren't just beautiful and ferocious, they're also extremely rare. Only every so often will the two companies come together to create their next automotive artwork and, even when they do, the production numbers are extremely limited: Only 52 V8 Vantage Coupés, only 100 DB7 Zagatos, only 65 V12 Zagatos and a mere 28 Vanquish Zagato Speedsters.

Although the Aston Martin Zagato display will be gathered at Hampton Court Palace

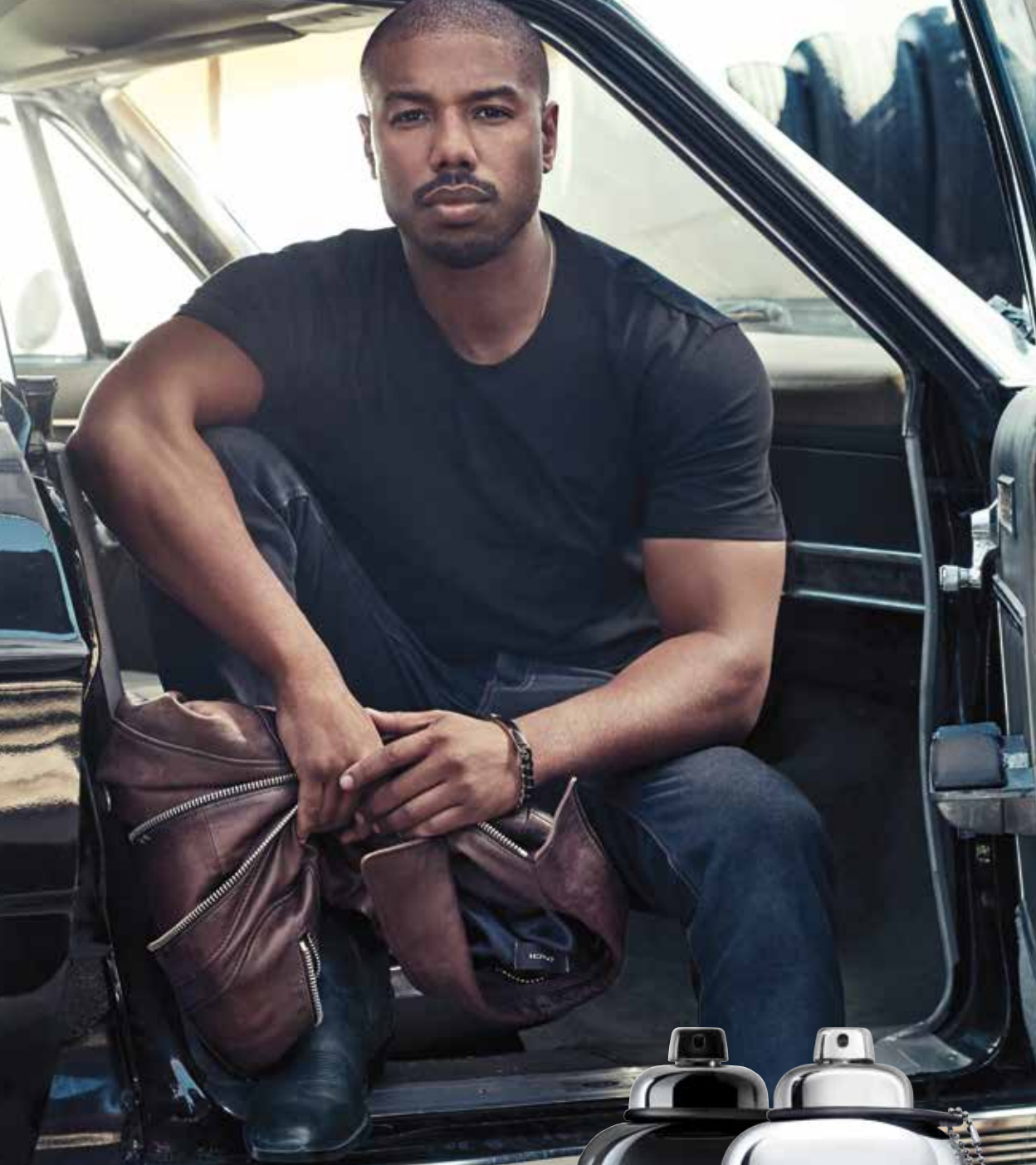
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Luxury




for all three days of the Concours of Elegance, Saturday 7 September is the day to attend for Aston Martin enthusiasts. As part of the event's car club displays – gathering hundreds of rare vehicles from the nation's top car clubs – there will be an astonishing display of over 50 rare and exotic models on display courtesy of the Aston Martin Owners Club.

The Concours of Elegance's main display of around 60 vehicles will be the focal point of the event, telling the story of the motor car from the 1890s right through to the modern day, picking out icons and rarities from the world's most famous car brands, including Lamborghini, Ferrari, Bugatti and Rolls-Royce.

Andrew Evans, Concours of Elegance Director, said: "The Aston Martin Zagato partnership has produced such a consistently astonishing array of cars that it

almost deserves an event of its own. We've got so much world-class content at our event this year, however, this Aston Martin Zagato celebratory display is one that I personally can't wait to see."

Concours of Elegance, **6-8 September**.
Hampton Court Palace, East Molesey,
Surrey. **Tickets from £40**
www.concoursforelegance.co.uk 



Silence *of shadows*

Photographer: Maria Dawlat

Art Director: Nicholas Sirot

Hair & Make up Elke Binnemans @ touch Dominique models, using Sisley cosmétiques and Kevin Murphy

Model: Rieke @ Dominique models



Dress:
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Dress: Twinset
Belt: Zara
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Dress: Miss Sixty for Zalando

Beauty: Sisley Sisleyouth, Sisleya le teint OB porcelaine, phyto cerne éclat 1,
So Volume mascara, Blur Expert poudre, phyto eye twist 11 cuivre.

Hair style Products Kevin Murphy: Hair Resort spray, Easy Rider



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Top: CKS
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LIFESTYLE

Fashion

Corthay: Saint Germain chic at its very best

This month we look at the work of a shoemaker inspired by gastronomy

Photo © @AlexisToureau84



A very special know-how passed on from one generation to the next by the Compagnons, a French medieval guild, is brought to life in the bespoke atelier at No.1 Rue Volney, Paris.

The pursuit of perfection in boot making is like a never-ending quest, a constant challenge to reach excellence. Knowledge, savoir-faire and experimentation are at the heart of Maison Corthay. Playing with materials, techniques, colours and shapes.


Pierre Corthay has been fascinated by textures and shapes since his youth. His great aunt, Valentine Schlegel, a modernist ceramic sculptor with a love for curves, introduced him to a universe of contours and

construction by teaching him the foundations of the art. Twenty years on, the desire for purity and noble shapes can be traced throughout Pierre Corthay's creations. Hence, the Corthay shoe is renowned for its distinctive silhouette and sleek lines, sculpted aerodynamics in leather with a distinctive twist.

As strange as it might sound, when creating the Saint Germain last, Pierre Corthay was inspired by gastronomy. He thought that even if we all fall for a truly sophisticated experience in a fancy restaurant, sometimes our best experiences in gastronomy come from classics: an old recipe, top-notch ingredients, perfect execution all lead to a



familiar yet fantastic moment. The Saint Germain last does not try to compete with the highly contemporary Sèvres, rather the opposite. It brings us back to the basics of shoemaking. The lines are sharp but not aggressive, the toe is as round/square that isn't too pointy, the fitting is generous. It's the perfect everyday last for work or for leisure. Its name is for Saint Germain des Prés, one of Paris's chicest neighbourhoods, home to Le Bon Marché and Le Café de Flore which used to be the playground of dandy figures such as Marcel Proust and Serge Gainsbourg. The new Corthay last pays tribute to all those gentlemen who helped make Paris the most elegant city in the world.

www.corthay.com 



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Briston

A close-up image of a Briston Automatic watch. The watch has a black dial with white Arabic numerals and a red outer ring. The brand name 'BRISTON' is visible on the dial. It features a red strap and a silver-toned case.



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FREYWILLE

Freywille Hommage to Hundertwasser, an Austrian-born New Zealand artist and architect who also worked in the field of environmental protection. Hundertwasser stood out as an opponent of "a straight line" and any standardization, expressing this concept in the field of building design. His best-known work is the Hundertwasserhaus in Vienna, Austria, characterised by imaginative vitality and uniqueness.

Helena Watch: **€2,000**
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Beauty: Get a fit body!

The beautiful month of June brings with it a feeling of lightness. It's almost the holiday, and we prepare ourselves properly to enjoy a smooth summer. Let's focus on slimming products that will give us a little help in the quest for the perfect body we're looking for.

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LIFESTYLE

Beauty

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Design

Design: Zaventem Ateliers

Lionel Jadot's 'common concept' has produced something very much out of the ordinary

In September 2018, Brussels designer Lionel Jadot opened Zaventem Ateliers, which he installed in a 6,000 square metre, nineteenth-century paper factory in the centre of Zaventem, near Brussels.

The daring project was realised by means of an ambitious and visionary renovation and transformation of the building, which had been abandoned for over 40 years, into a contemporary arts and crafts centre.

Zaventem Ateliers contain 32 workshops, ranging from 80 to 400 m² in size, dedicated to the production and transformation of materials, communal leisure areas, a surprising terrace and in the near future also a new restaurant concept intended as a laboratory, which is in keeping with the spirit of the property.

At the heart of Zaventem Ateliers, visitors can now find the 'Grand Hall', a



central, communal, 800 m² lane dedicated to 'showcases' and exhibitions. This exhibition space has a dual purpose: on the one hand, the 'showcases' put the different craftsmen in the spotlight who are active in the building, on the other hand it will also house a few autonomous exhibitions that are currently being prepared. Creative director and co-founder of the Base Design agency, Dimitri Jeurissen, will be its first curator.

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Lionel Jadot conceived Zaventem Ateliers as a meeting space around 'a common concept': to allow craftsmen, designers and other creative minds to inspire each other.

Today, almost all workshops are occupied by a group of exceptional craftsmen, working with ceramics, leather, metal, marble or wood. They hail from Ghent, Antwerp, Brussels, Ostend and even Paris. There is a pleasant village atmosphere and, together, all these very different personalities form an eclectic and stimulating group.

Design



The workshops:
 Alexandre Lowie Alfa Brussels by Goldwood Studio
 Atelier 185/ Clem Vanhee
 Atelier Arno Declercq
 Atelier Ben Storms
 Ateliers Charles Schambourg / Nacarat
 Atelier Lionel Jadot
 Atelier Sophie Coucke
 Atelier Thomas Serruys

Zaventem Ateliers

Fabriekstraat 15/19
 1930 Zaventem
 Workshops can be visited by appointment
 Tel: 02 538 0593
www.zaventemateliers.com



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

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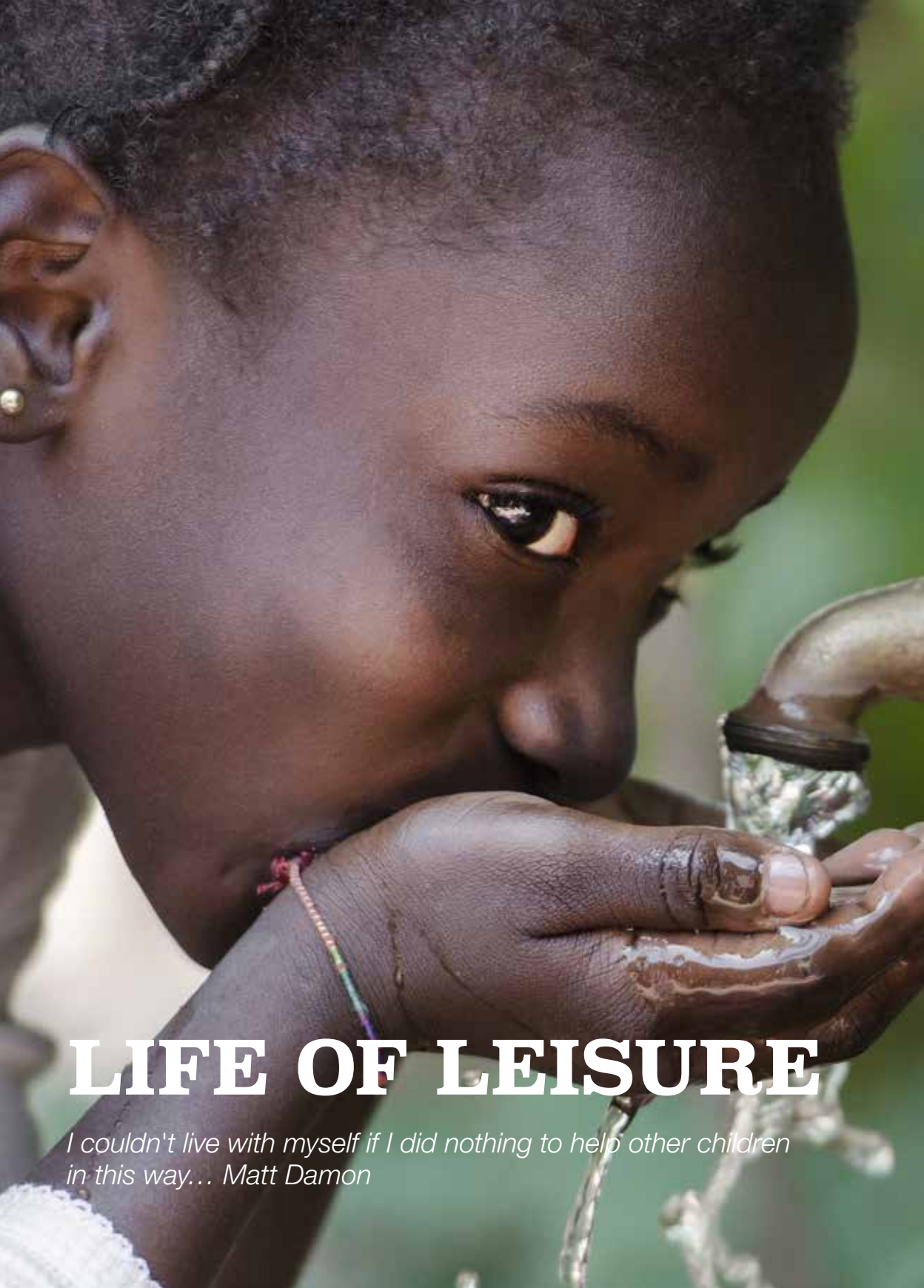
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LIFE OF LEISURE

I couldn't live with myself if I did nothing to help other children in this way... Matt Damon

LIFE OF
LEISURE

Interview

Matt Damon: Committed to the craft

This month we sat down with an actor who can be justifiably proud of his career



You could never say Matt Damon doesn't commit to his craft. Starving himself for his first major project in *Courage Under Fire*, piling on the muscle for his starring roles in the *Bourne* franchise, losing his eyebrows for *Downsizing*, from last year.

He said: "Let's just say I won't be doing the eyebrows thing again - any attraction my wife had for me... gone!"

After an intense year or two, it's good to hear Matt Damon joking. With the harassment controversy still reverberating around Tinseltown, it has been a difficult period for all of the leading lights in the industry... but notably Damon, for whom Harvey Weinstein gave the then 27-year-old and best pal Ben Affleck their big break when he produced *Good Will Hunting* to

Oscar glory.

By association, both stars have come under scrutiny; but Damon, now less than two years short of his half-century, surges ahead, both on the big screen – with the hugely anticipated *Ford v. Ferrari* – and a number of philanthropic roles and projects outside of the industry which, while not relinquishing from the ties of association, do at least paint a compassionate, caring, sympathetic side to someone who might easily let others do the hard work.

In this year's *Ford v. Ferrari*, Damon rides opposite Christian Bale in a movie that is tipped even to give the *Fast & Furious* franchise a race to the line. The movie tells the story of the iconic battle between the motoring brands to win the 1966 Le Mans Grand Prix.



The 20th Century Fox production has undergone countless delays, and in the long lead-up to a November release, its stars are understandably secretive about what may be in store.

Damon lives in LA with wife, Luciana Barosso and their four kids, Isabella, 12, Gia, 10, and Stella, eight; and step daughter Alexia, 20, from Barosso's previous marriage.

Together: Ford v. Ferrari has been talked about for a long time. Does the secrecy over this film make it frustrating?

Matt Damon: I've had many movies over the years that have fallen under the same conditions. It's something you get used to, and usually by the time you're promoting it in junkets or press events you've moved on to the next project, or even the one after that.

All I can say is that it was a pleasure to be involved in something that was such an iconic part of history. And more than that, you look at how the race and the era shaped the fortunes of these two magnificent manufacturers, going forward, and it's a pleasure to be at the start of it.

“ A COMPASSIONATE, CARING, SYMPATHETIC SIDE ”

It's also been exciting for me as a motor-racing fan – who could imagine anything better than this for someone who loves anything on four wheels?

People are already talking about Ford v. Ferrari in terms

of Fast & Furious and Rush...

You know, actors, some actors... I'll be diplomatic, who say they don't care about the box office return whatsoever, aren't being honest because it does invade your thought process at some point, there's no denying or running away from that. Especially huge movies like this with gargantuan budgets where there's a lot of



investment and these investors want a return.

When I did *The Great Wall*, I said personally I wanted the movie to do really well because I was so proud of it – so proud of the thousands of people involved with what was undoubtedly the biggest movie I'd ever been a part of. But did that make any difference to how it was received, and would that change the success of any future movie, even *Jason Bourne*? No.

Speaking of Jason Bourne, will there be another?

There might be another, and there might have been the last. I don't know if I have it in me, physically [laughs]. The last one was rough. So, I don't know, honestly. I said it after the one before, we're done, there's no more coming. I had to eat my words, happily eat my words.

Right at this minute, I don't see it happening but maybe in a couple years, ring in my 50th with another chapter.

Back to cars – your relationship with them is rather... schizophrenic?

I think people find it strange that I can own a Tesla at the same time as I've got a Toyota Hybrid in the garage. I guess that shows I have excitement and a conscience [laughs].

The truth is I don't believe in pigeon-holing myself. I wouldn't just take film roles in one

genre, so at the same time I see the benefits and the merits of having a car that respects and does the least damage to the environment... while at the same time wanting something a bit sportier. Surely it's better to have something that is positive and good, rather than just a garage full of supercars?

“ THE ERA SHAPED THE FORTUNES OF THESE TWO MAGNIFICENT MANUFACTURERS ”



**“ THE
TRUTH IS I
DON’T
BELIEVE IN
PIGEON-
HOLING
MYSELF ”**

Christian Bale is a formidable co-star, but who has been the best?

I wouldn't speculate as to the best, but I've always said George Clooney is someone I admire. He's an incredibly generous and beautiful man. He's also one of the best directors I've worked with. And the more I get to know him, and the older he gets, the more I respect and appreciate what a great and good man he is.

It's almost frustrating to be his friend, because you know that you can never repay his generosity. I've never found one thing I didn't like about the man in all the time I've known him.

Tell us about the ecological and humanitarian work you've been doing for many years including your Water.org and H2O Africa Foundation?

I was raised to be actively interested and engaged in the world and be a responsible human being. Children are dying all over the world, particularly in Africa, from a lack of access to clean water and sanitation. The technology exists to



**“ SURELY IT’S
BETTER TO
HAVE
SOMETHING
THAT IS
POSITIVE AND
GOOD ”**

provide everyone with clean, safe drinking water and I wanted to be part of the effort to stop children from dying so unnecessarily because of this problem. I'm the father of four children, and I couldn't live with myself if I did nothing to help other children in this way. At least I can make use of my name and whatever recognition I have to do some good for kids who deserve our care.

You travel to places which are affected, and you speak to the locals and hear them speak. What kind of stories are they talking to you about?

I have met people in various countries around the world who have been affected by the water crisis and there are some pretty incredible moments. Around about the beginning of this decade I was in Haiti and we had helped bring water to this particular village which had none. I was talking to a 13-year-old girl who said that this meant she was no longer going to

have to scavenge for water and go on these organized water collections.



She was putting in three to four hours a day on these hunts for water and I asked her what she was going to do with all this extra time, I mean, she was going to have extra time to do her homework. She looked at me with some disdain and said: "I don't need extra time to do homework... I am the smartest kid in my class!" [Laughs].



“ I COULDN'T LIVE WITH MYSELF IF I DID NOTHING TO HELP OTHER CHILDREN IN THIS WAY ”

So, taken aback a little by that reply, I said to her: "Okay, hotshot. What are you going to do with all of this extra time?" She looked at me and she said: "I am going to play." That just shook me to my base, because these kids shouldn't be burdened with these things and this extreme poverty is this tremendous burden. ●



1966 24 Hours of Le Mans

Ford v Ferrari revisits this classic race in 1966. The 1966 24 Hours of Le Mans was the 34th Grand Prix of Endurance, and took place on 18 and 19 June 1966. It was also the seventh round of the 1966 World Sportscar Championship season. This was the first overall win at Le Mans for the Ford GT40 as well as the first overall win for an American constructor. It was also the debut Le Mans start for two significant drivers: Henri Pescarolo, who went on to set the record for the most starts at Le Mans; and Jacky Ickx, whose record of six Le Mans victories stood until beaten by Tom Kristensen in 2005.

The race became the subject of a 2009 book, detailing the race and the famous background rivalry between Enzo Ferrari and Henry Ford II - written by A.J. Baime it was titled *Go Like Hell*, the words shouted by Bruce McLaren to Chris Amon as they drove to their famous victory.

The film focuses on the story of two men who attempt to give Ford a competitive advantage over racing champion Ferrari during the race. Christian Bale plays English racer Ken Miles, who teams up with American car designer Carroll Shelby (Matt Damon) to create the revolutionary car that will give Ford a run for its money.





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Sail in luxury to the islands of Indonesia

This month we look at a company that allows you to set sail in style

When it comes to setting sail, putting all the pressures and worries of your daily life behind you and setting forth on the ocean waves for beautiful, exotic locations, it doesn't get much better than boarding an authentic Star Clippers four master.

With Star Clippers, based in Sweden, you can hoist the sails in Bali and set sail for the most beautiful islands of Indonesia, with perhaps the most idiosyncratic, exciting and relaxing cruise line. The Swedish owner, passionate about traditional sailing, has the most beautiful and authentic four and five masters in the world. Modern ships with every comfort provided, they are nevertheless entirely based on the sailing ships of the epoch. As soon as your ship hits the water, the sails go up and you will enjoy a unique experience.

In summer 2019, the hospitable island of Bali is the home port of the eponymous ship *Star Clipper*, a four masted barquentine built as a cruise ship. She is the first clipper ship in this class since 1912 – a luxury vessel, she sails under the Maltese flag. From June to September, the ship will be your starting point for an exciting exploration trip along the three major Indonesian islands, Bali, Lombok and Java.

And, don't worry about becoming seasick – all ships are equipped with stabilizers!



With its thousands of islands, Indonesia is nothing less than a joy awaiting your discovery by sea. It is the world's largest island country, with more than seventeen thousand islands, and modern-day Indonesia has a multicultural, multilingual and multi-ethnic society, with a complex cultural mixture that differs significantly from the original indigenous cultures.

Indonesia currently holds nine items representing UNESCO's Intangible Cultural Heritage, which include wayang puppet theatre, kris, batik, education and training on making Indonesian batik, angklung, saman dance, noken, and the three genres of traditional Balinese dance.

With Star Clippers, you can avoid the stress of luggage and transfers, or taking rickety ferries – your captain will take you to magical destinations every day. The itineraries are full, with a wonderful mix of Indonesian culture and nature. Moreover, the ship offers many sporting possibilities, such as snorkelling and diving, kayaking, swimming, or even mast climbing (if you dare).

And, what about doing nothing apart from relaxing on exotic beaches and enjoying wonderful food and drink at the barbecue?

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Verbier: Surpass yourself

Caroline Dierckx spent a wonderful summer in Verbier



Do you dream of marvelling at breathtaking landscapes and combining discovery and exclusive activities? Whether you are adventurer or hedonist, the Verbier region offers experiences adapted to all desires. Welcome to a resort that offers excellence!

Direction Switzerland and more particularly Verbier/Val de Bagnes - la Tzoumaz...

Throughout the summer, the resort offers a multitude of activities that genuinely allow you to surpass yourself whatever your physical condition. We were offered two programs to choose from: Sport and Adventure or Nature and Discovery. We chose the latter.

Day 1: A walk in the heart of Verbier Village to discover its history, dropping by the dairy that did not leave our taste buds unmoved as

we tried the cheese raclette and *tommes maison*.

Day 2: On the heights of Tzoumaz, we went with a mountain guide for a gourmet gathering – two hours later we tasted the fruits of what we had picked in a 3-course menu in a charming little inn. In the afternoon, some beautiful pastures further along, we arrived at an event where the sound of the horns of the Alps was simply charming. In the evening, we dined at the Ferme du Soleil, an authentic place that complements Verbier's agritourism offer.

Day 3: The alarm clock rang at four in the morning. We were on the way to sunrise at Mont Fort. After climbing by cable car, we arrived at 3,300m – time for a bit of contemplation. The shy rays of the sun let us glimpse the surrounding mountains:



Matterhorn, Combins massif and even Mont Blanc... a magical moment! For the less timid - even at this height - you can opt for a yoga class. In this package a hearty breakfast at the Igloo des Gentianes is also included. In the afternoon, time for a thrilling ride down the slopes on an all-terrain scooter equipped with brakes and suspensions! Fun guaranteed! A good traditional meal at the restaurant Le Namasté rounded off our day in style.

Day 4 (and last): The mountain bike choice is very complete, including Cross-Country, Enduro, E-Bike MTB - it's hard not to succumb to the call of the handlebars here! Verbier/Val de Bagnes and La Tzoumaz boast more than 800km of trail routes, single or mountain roads passable by all.


To reach the summits, we took electric mountain bikes - never refuse a little push. The climb is not without effort but the panoramas are dazzling.

The rest of the team were thrilled by wonderful sensations that were part of the

sportier program. Here are some of them: located in Médran, the Suspended Path, three courses, three levels, three degrees of difficulty. A jump of 12 metres high, zip lines and many games. Mountain biking for pro riders - the Tour du Mont-Fort is an all-mountain bike route that offers links to the resorts of Nendaz, Verbier and Tzoumaz. Finally, visit the Bike Park during the final descent on Verbier. The Chamois Trail hike is one of the most spectacular hikes in the area. And, finally, the Via Ferrata des Gentianes, hitherto unseen route with an arrival at 3,300 metres.

In conclusion, the invigorating air and the wonders of nature have invaded my body and mind with pure energy!

Practical information: Flight from Brussels to Geneva with SN Brussels Airlines.

Throughout the summer, Verbier sets up its activities with a VIP Pass. Inquire at the Tourist Office:
www.verbier.ch/en/vip-pass.htm
www.verbier.ch 

Modern Munich

This spring, **Mark Browne** visited Bavaria's capital to experience another side of this modern cosmopolitan city

Munich, a city that is renowned worldwide for its famous annual Oktoberfest, may have fallen victim to being typecast from a visitor's perspective due to the festival's popularity and international reputation. Its global success means that tourism in Munich inevitably conjures up initial images of traditional lederhosen and dirndl costumes, steins of beer and oompah brass bands!

Culture

The capital of the southern German state, and former kingdom of Bavaria, Munich is a cultural apex which spoils visitors with a choice of over 80 museums and galleries, as well as theatres and opera.

Museums range from traditional sites such as the Residenz, former home to the city's rulers, the Bavarian National Museum or the Bavarian State Archaeological Centre to

options celebrating more recent technological advances.

The Deutsches Museum is one of the largest museums of technology in the world and displays over 17,000 artefacts. The museum illustrates the development of each scientific discipline through a combination of static exhibits along with demonstrations and experiments. Highlights include rare early jet planes. Speaking of engines, the BMW Museum, which is located in an iconic modern building that is in itself worth a view, hosts a fascinating series of exhibits that are of interest well beyond the narrow scope of car enthusiasts. It includes examples of



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BMW's first vehicles all the way through to the contemporary fleet, including the motorcycles and race cars also produced. It also demonstrates modern production methods and gives insights into potential future transport technological developments.

All eras and branches of the art scene are catered to and indeed the city even boasts its own art district, the Kunstareal. Interesting artistic options for visitors include the Glyptothek: Munich's Ancient Sculpture Gallery, the Old Picture Gallery (Alte Pinakothek), one of the world's largest such facilities with an enviable collection which displays works dating from the 14th century or the Schack Gallery (Sammlung Schack), which primarily displays the development of German art throughout the 19th century.

For those with an interest in more modern art, the Pinakothek der Moderne houses Germany's largest museum for modern art and is located in an imposing modern building right in the centre of the Kunstareal. Another option is the Museum Brandhorst, a relatively recent addition to the city's cultural scene, having only opened in 2009. It houses an impressive collection of modern art. Highlights include works by Andy Warhol, Cy Twombly and Damien Hirst.

The National Theatre, an impressive neo-classical building which is the largest opera house in Germany, plays host to the Bavarian State opera and State Ballet companies. It is open for guided tours daily so visitors can

see backstage and get a glimpse into the life of the all those working on the productions, as well as attending events there.

The Munich opera festival takes place from the end of June and throughout July and this year will feature not only traditional renowned works, such as *La Traviata*, but also premieres of a range of contemporary works.

Shopping

A bustling metropolis of almost 1.5 million people, Munich is in fact the centre of a hinterland with a population four times that number. Not surprisingly then it hosts some fantastic shopping options. The central pedestrian area around the Rathaus and iconic squares such as Marienplatz are lined with department stores and offer a vast selection amidst the splendours of the old city.

Designer fashion and couture stores can be found on nearby Maximilianstrasse, which also hosts the Bavarian State Opera. However for those looking for something trendier and more unusual the Glockenbachviert area around Gärtnerplatz may be of greater interest. Boutique designer stores and local creative talent make shopping here a more unique and contemporary Munich experience.

Nature

Bavaria is famous for its green countryside and Munich itself affords visitors the chance to experience that through its local parks, such as the English Garden. A huge urban park dating back to the late 18th century, it also holds some manmade items of interest including follies and a traditional Japanese teahouse.

Day Trips

Munich is also an excellent base from which to branch out and explore the broader Bavarian hinterland. Popular day trips include excursions to the fairy-tale Neuschwanstein Castle. For those seeking a more mountainous environment the town of Garmisch is easily accessible and affords

access to Germany's highest mountain, the Zugspitze. Visitors can ascend all year round and skiing is available throughout the winter.

Where to stay

For those wishing to experience the modern side of the city as part of their stay rather than the more customary styled municipal lodgings, such as the Bayerischerhof, the Roomers Hotel is a classic option.

With 280 extravagant rooms and suites the hotel offers a wide choice in lodging levels while still preserving an overall element of intimacy. Housed in a modern building, the style focused nature of this concept design hotel, which is a member of the Autograph Collection, is immediately apparent when you enter the reception area. This is strikingly adorned with a Harley Davidson motorbike, one of the brands that has collaborated in initiatives with this hotel concept.

Rooms are all fitted to the highest standards, featuring 42-inch flat screen TVs and Bang and Olufsen sound systems throughout. The marbled bathrooms, retro-inspired furniture, rug-lined floors and mirrored walls imbue the rooms with the ambience and intimacy of an upscale apartment rather than the sterility often associated with hotel rooms. Notable facilities of the hotel include the spa and fitness centre as well as its bars. Apart from the sedate and ambient main reception bar, the sleek Roomers Style bar offers an extravagant array of cocktails and bar nibbles in a more night club type ambience with a live DJ at weekends until the early hours. It's a hugely popular spot within the city so guests can enjoy an insight into contemporary Munich style and nightlife right on their doorstep or use it as a base from which to explore the nocturnal city life beyond.

Eating out

While Munich houses many restaurants offering traditional hearty Bavarian fare it's also home to a diverse range of establishments offering a global choice of cuisines, many of which have been adapted



and refined to meet local tastes.

A great choice for those wishing to experience contemporary cuisine of a more international flavour in a stylish environment is IZAKAYA, conveniently located on Langestraase, adjacent to the Roomers hotel. Their 'shared-dining' menu offers modern Japanese cuisine with South American influence.

A traditional Robata grill sits at the heart of the restaurant, giving centre stage to chefs creating dishes such as Temari Sushi, Kombujime and Corn Tempura, as well as some Rabata specialities. IZAKAYA also has a sophisticated menu of small Sakana dishes and a Japanese hot plate, as well as sushi and sashimi seasoned with exotic Peruvian spices. However, apart from the sublime exotic food, the restaurant stands out due to its avant-garde interior design, which features contrasting natural materials crafted to create an atmosphere that exudes warm sensuality. An intricate fish mobile made of natural beech wood floating over the main table is also a memorable iconic feature of the restaurant.

In short, it's clear that Munich offers visitors an array of exciting cultural options to experience far beyond the scope of its stereotype!

www.zugspitze.de

www.roomers-munich.com

www.izakaya-restaurant.com/munich ❶

Walled Off Hotel: Bethlehem's very own Walldorf

Catherine Feore went to Bethlehem to stay in some rather unusual accommodation



The Walled Off Hotel known locally as the 'Banksy Hotel' boasts "the worst view in the world". The hotel is right beside the wall that separates the occupied Palestinian Territories from Israel. When I asked a Jerusalem taxi driver to take me to Bethlehem in the West Bank, he said that he could only take me to the wall and then I would have to walk across and take another taxi.

Staying in an art hotel was a fascinating, all-encompassing experience. Residents have to sign a fairly draconian form informing them that if something is either damaged or

missing at the time of check out, the guest will have to pay an amount estimated by the hotel management. Since a recent Banksy work was sold for \$1.4 million, this could be expensive.

“ A FASCINATING, ALL-ENCOMPASSING EXPERIENCE ”

stayed in the dormitory which was inspired by an army dorm from the British mandate - while basic, it was well designed and comfortable. Have no fear though, if you prefer a bit more luxury on holiday, there are other options, including the Presidential

The hotel is small with ten rooms as well as a small dormitory. The rooms were designed by Banksy, Sami Musa and Dominique Pétrin. I

Suite, which even has a tiki bar, home cinema and roof garden.

Every Saturday there is a live concert with performers from Palestine's music scene, many artists have trained or teach at the Edward Said National Conservatory of Music. Even if you miss the Saturday performance, the 'Haunted Piano' performs pieces composed for the hotel by well-known artists such as Tom Waits and Flea from the Red Hot Chili Peppers "playing jazz piano with his feet".

You can have a simple meal with a selection of local beers, but the reception staff will be happy to recommend places to eat in and around Bethlehem. Indeed, the staff were helpful on all matters on where to visit and how to get around.

It's as easy to walk into the centre of Bethlehem as get a taxi, but to visit sights like the Mar Saba Monastery, Jericho and the Dead Sea maybe team up with a couple of other residents and find a driver for the day, Ala'a taxi enjoys particular loyalty from the hotel staff - and his contact details can be found on the wall.

Balfour Declaration

The hotel was created very secretly in a disused concrete building over a fourteen-month period. Its original aim was to mark



the centenary of the Balfour Declaration of 1917. Balfour, then British foreign secretary, supported by the British Zionist movement, wanted to create a national home for the Jewish people. Sixty-seven fateful words received the imprimatur of the British cabinet.

The original plan was for a limited one-year project, but in 2019 the Walled Off is still going strong. In its first year

alone, the hotel received 50,000 visits.

O little town of Be-e-eth-le-hem!

Some are concerned that Banksy's often ludic works might diminish the gravity of the situation in the Occupied Territories. In the book 'Banksy - Wall and Piece' he writes: "Palestine is now the world's largest open-air prison and the ultimate activity holiday destination for graffiti artists." I can understand how that might make people feel uncomfortable, but the ultimate arbiter has to be the local population and most locals spoke about Banksy and his work in almost Messianic terms.

Aware of the need not just to entertain, there is a small museum with an overview of the agreement and how the Palestinian situation has evolved since the Balfour declaration. It is free to visit for Palestinians and the hotel's residents. A small shop beside the museum has a selection of books on the region for those who want to learn more.



An art gallery shows the works of up and coming Palestinian artists – when I was there Haya Ka'abneh was exhibiting. However, if you feel inspired by the hotel and gallery you don't have to be just an onlooker. Popular with children and adults alike, the Wall*Art (get it) beside the hotel shows you how to create your own stencils, which you can then apply to the wall.

Walking tour of the wall

When making your reservation you can choose to go on the walking tour of the wall and the Aida Refugee Camp. My guide was Marwan who grew up in the camp. The situation is shocking - in one section of the wall, soldiers throw their rubbish from their watch tower, including plastic bottles containing urine into the Muslim cemetery below. Roof top water tanks are shot at, there are regular arbitrary arrests and detention, and the economy continues to suffer, resulting in high unemployment. The population is under siege and if the West Bank is bad, I dread to think of the situation in Gaza.

Israelis describe their need to defend themselves, but the collective punishment of an entire people seems to be disproportionate and wrong. It also begs the question 'How can this conflict ever be brought to an end?'

In these dark times it is difficult to feel hopeful - there is no easy solution and both sides will alienate their most vengeful and extreme wings if they take the necessary steps to achieve peace. I have some feelings of hope from meeting good people on either side of the wall. The taxi driver who left me at the wall asked me why I was going to Bethlehem and I said it was because I wanted to hear the views from the other side. He seemed to agree that that was reasonable – though he also shook his head and said he thought they (the Palestinians) were stupid, “we give them water, education everything” – which would be hotly contested by the other side. Nevertheless, I saw a small glimmer of hope, the acknowledgement that there was another side, another view, maybe not the “worst view in the world”.

www.walldoffhotel.com

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Dining



Chez Léon – a new look

Chez Léon has been a fixture on the Brussels dining scene for many decades. But they never rest on their laurels – they are in constant evolution. In order to please its loyal and demanding clientele, the restaurant has completely renovated its kitchen in the form of black and white checkerboard, a tribute to the great chef Robuchon. The folks at Chez Léon have a (Belgian) sense of humour.

Chef Valmy will work in these sparkling new surroundings. Valmy went to the Namur hotel school with Kevin, the son of the boss and 6th generation of Vanlancker – the new generation steps forward. It's his task to produce the wonderful local meals that have become synonymous with the place – mussels in many varieties, the colourful fish platter, Coucou de Malines, frogs' legs, Waterzooi, lobster, goat's cheese and fried bacon, pasta and soups... just to name a few delicacies from a large and varied menu. Two staples of Belgian gastronomy are very much in evidence: the excellent frites (of course that's how they started out back in the day) and their very own Belgian beer.

This institution has been about family since its inception – so, naturally, children still eat for free!

www.chezleon.be

126 | togethertmag.eu



The Beer Factory

Situated as it is on place du Luxembourg facing the European Parliament, it comes as no surprise that their menu is very varied. It strikes the perfect balance between local Belgian cuisine and food that visitors from other might miss from – on the menu side by side you'll find Fish and Chips and Moules (5 choices including Provencal and Spaghetti). If like it spicy try the Chili con care.

There are three distinct areas: the large bustling terrace, a ground floor that has old school brasserie décor with a shiny copper beer vat dominating the ceiling above the oval bar and an upstairs area overlooking the hustle and bustle of the square. Its name suggests that it has an impressive beer menu but it also has some excellent wines – we tried the Caves Saint-Christophe Chardonnay, which perfectly complemented the Fish and Chips.

It really is a top-notch brasserie with democratic prices and a dedicated staff. One of our favourite things about is that on Thursday nights – when the square is teeming with revellers and resounding to Techno music – The Beer Factory terrace is a haven of peace.

www.brasserie-beer-factory.be

Deli... ces et Plaisirs!



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Deli
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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

Grand crus – by the glass!

A new wine cellar for Brighton Restaurant

Open since 1991, the Brighton Restaurant, at the heart of the Stanhope Hotel Brussels by Thon Hotels, is the perfect establishment to enjoy a fine dining experience in an elegant setting, perfectly located close to Place du Luxembourg and the Royal Palace of Brussels. The Brighton Restaurant is open to all (including non-residents).

The interior design is inspired by the Royal Pavillon of Brighton, offering our guests a calm and discreet moment. If the weather allows, you can enjoy your dinner on our peaceful terrace under a 100-year old Magnolia tree.

The chef of Brighton Restaurant, Laurent Gauze, member of the Académie Culinaire de France, carefully creates menus inspired by local products. Combined with these seasonal products, the restaurant proposes an exquisite wine selection at affordable prices - a unique wine cellar in Brussels. Thanks to this precise and rare selection of wines, passionate or curious novices can taste a "grand cru". The decision to offer the possibility to sample exceptional wines is a real extra value for our guests. Since January 2019, the "grand cru" tasting is available as well by the glass.

With a new system "Coravin", without alteration and total opening of the bottle, the clients can currently taste a Clos Vougeot (Jacques Prieur – Red wine) or a Corton Charlemagne (Girardin - white wine). Thanks to this "grand-cru by glass" system, guests



can enjoy one or several glasses of wine at an affordable price. This opens a variety of possibilities for a food and wine pairing.

This way you can taste a glass to discover unknown or famous wines before ordering the full bottle for future events or dinners.

On 7 June, Brighton Restaurant welcomes an exclusive dinner menu inspired by wines. Wine and food lovers are more than welcome. For this first gastronomic wine travel, "Bourgogne", "Pinot noir" and "Chardonnay" will be served with sturgeon, Foie Gras and other dishes, with the exceptional presence of the "Vincent Girardin Domaine". All the wines come from Maison Girardin.

All reservations can be made only at brighton@stanhope.be.

For more information:
www.brightonrestaurant.be

Wine

The Bordeaux Wine School: Wine pioneers

Our wine page this month looks at a burgeoning, eager organization

For thirty years, The Bordeaux Wine School, located in the heart of the city of Bordeaux but also based all around the world, welcomes all those who wish to know more about the vine and wine whether they are amateurs, professionals or experts.

Over the past thirty years, all the courses, workshops and training sessions have been animated by passionate professionals such as wine growers and winemakers, oenologists and sommeliers eager to share their knowledge and know-how concerning Bordeaux vineyards. The Bordeaux Wine Council (CIVB) opened this wine school in 1989 to share its expertise and interest with as many people as possible.

This pioneering model, which has never ceased to evolve, asserts its originality through a unique educational device. The Bordeaux Wine School is now established in 21 countries with a team of 250 accredited professionals. They train over 85,000 people every year through different workshops and daily courses, ranging from basic to professional level. These fun and casual courses (Choco'Bordeaux workshop, food and wine pairings) are always tailored and adapted to each profile and level.

They may be winemakers, oenologists, sommeliers, catering and food professionals or even 'Master of Wine'! All these wine lovers have a rich and solid professional background and the diversity of their profile



and expertise in their own country are all assets in their teaching approach. The 250 Bordeaux Wine School tutors represent a strong and renowned network around the world and a reference-community for both professionals and consumers. In addition, 27 partner schools (catering, hospitality, sommellerie or general public), leaders in their countries, undertake to set up a specific training programme on Bordeaux wines with accredited tutors from the Bordeaux Wine School.

For its 30th anniversary, the Bordeaux Wine School has undergone a complete renovation and transformation and will inaugurate the new tasting and training areas in spring 2019. There will be two new tasting rooms: one, 'Rive Gauche' with a big tasting table, and 'Rive Droite', a bigger one, including a more intimate space with a wine cellar, called 'Denis Dubourdieu' as a tribute to the famous French oenologist. These new areas will all have connected video equipment for online training and worldwide broadcasted courses for "wine geeks". www.ecoleduvindebordeaux.com



The art of cooking is a matter of passion, freedom and love. "Let yourself be tempted by carefully chosen seasonal produce, naturally prepared with a touch of originality that will make your meal unforgettable."

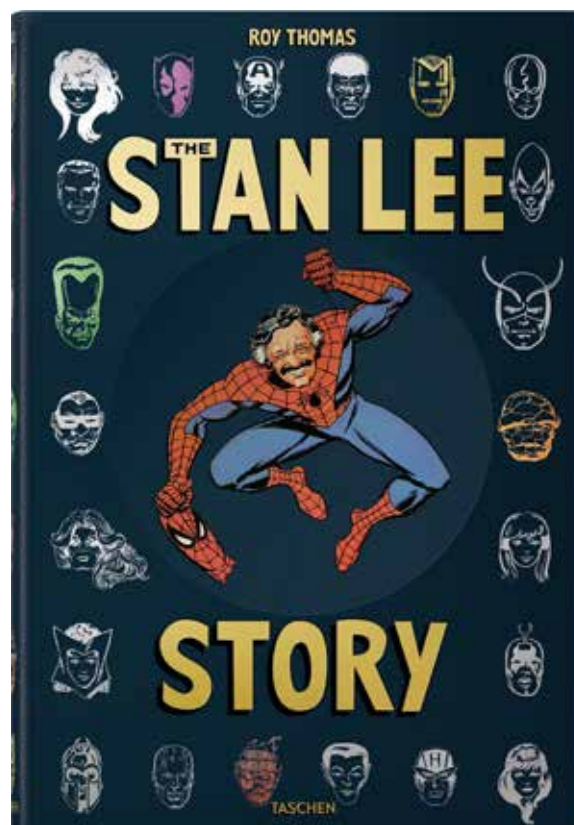
LA TABLE DE MUS

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Books: The Stan Lee Story

Syfy.com says: "Of all the tributes to the late Marvel legend, *The Stan Lee Story* is perhaps the largest and most ambitious..."



Photos © TASCHEN

First published as a signed Collector's Edition and sold out within a week, this is an unparalleled account of the life and times of Stan Lee, written and edited with the Godfather of comics himself. His tale is told by Roy Thomas, who brings "you are there" insights to Lee's journey alongside never-before-seen photographs, original comic art, and rare comic book facsimiles — a tribute worthy of the man.

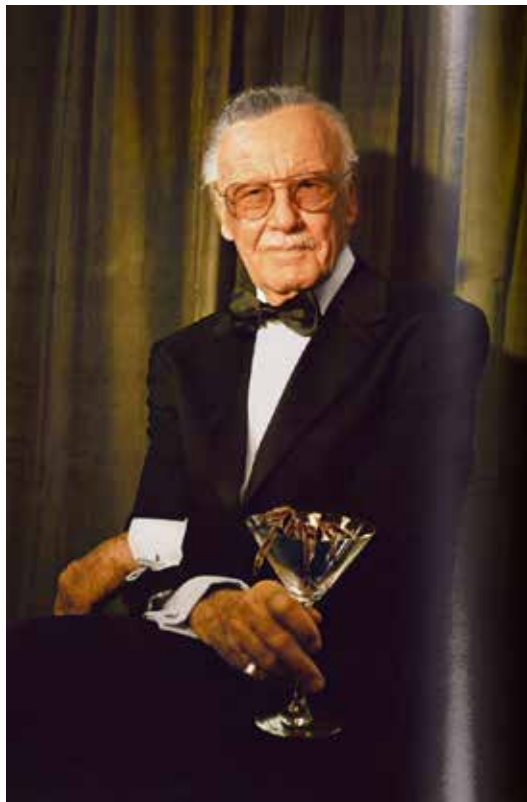
First published as a signed Collector's Edition, now available as an unlimited XXL edition
Stan Lee, Roy Thomas
Hardcover, 29.3 x 43.7 cm, 624 pages: **€150**

TASCHEN Store Brussels, Grand Sablon/Grote Zavel, Rue Lebeauststraat 18, 1000 Brussels
www.taschen.be



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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
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ou Roulade d'asperges à l'Argenteuil

Cuisse de caneton au Cerry (cerise)
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What's on

What's on Belgium



Exhibition: 100 Years of the Yellow Jersey

The 100th anniversary of the Tour De France Yellow Jersey will be taking place as part of the Grand Départ of the Tour de France in Brussels. 2019 is a significant year for Belgian Tour de France anniversaries – it marks 50 years since the first victory of Eddy Merckx (1969), 100 years of the Yellow Jersey, worn 111 times by Eddy Merckx (still a record), and the last Grand Départ from Brussels took place in 1958.

The race was first organized in 1903 to increase sales for the newspaper L'. In 1919 Henri Desgrange, founder and director of the race that year, created the myth of the 'Yellow Jersey' in the newspaper L'Auto, which was the main sponsor of the race at the time. Since then, this is how the first-placed racer is easily recognizable among the riders.

Until 14 July. Espace Wallonie, Brussels.
www.expositions-wallonie.be



The Tale of Tsar Saltan, of his Son the Renowned and Mighty Bogatyr Prince Gvidon Saltanovich, and of the Beautiful Princess-Swan

For the centenary of Pushkin's birth in 1899, Nikolai Rimsky-Korsakov drew inspiration from one of his celebrated fairy tales and composed a delightfully imaginative opera, with the *Flight of the Bumblebee* an instant hit. The composer's gift for melody and orchestration combines perfectly with the poet's often absurd humour and overflowing imagination. Alain Altinoglu can here revel in the role of orchestral wizard, as he did recently in *The Golden Cockerel*, while Russian director Dmitri Tcherniakov returns with a many-layered psychological conclusion to the opera season. **Until 29 June.** La Monnaie.

www.lamonnaie.be

Du 28 MARS au 14 JUILLET 2019

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What's on


Intimate Audrey

Intimate Audrey is a 'bespoke' exhibition on the life of Audrey Hepburn created by her son, Sean Hepburn Ferrer, to celebrate her 90th birthday anniversary in her birth town of Brussels, Belgium. All of its profits will go to EURORDIS- Rare Diseases Europe and the Brugmann and Bordet hospitals in Brussels. Composed in large part of unpublished photographs, it focuses entirely on the woman - not the icon. It is the woman behind the legend who is 'coming home'.

meters over the first 2 floors of the Vanderborcht Building in Brussels includes several hundred original and re-printed photographs, a limited amount of memorabilia, dresses and accessories, as well as her never before seen fashion drawings and humanitarian writings. A series of poignant videos bring each of its chapters to life. **Until 25 August.** Espace Vanderborcht, Brussels. Tickets from €10 www.intimateaudrey.org



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What's on

Tour & Taxis Summer Edition

Celebrate the best of Brussels this summer at Tour & Taxis! With pop-up restaurants, exclusive bars, live music, sports and activities for everyone! Delicious food, refreshing drinks, exclusive cocktails, free open-air cinema and activities for everyone.

You know Tour & Taxis for bringing Brussels together for events such as BRAFA, Art Brussels, la Foire du Livre and the International Brussels Tattoo Convention, to name only a few. Now Tour & Taxis is giving everyone the chance to "celebrate the best of Brussels" at the Tour & Taxis Summer Edition, running from June through September. This months-long festival will feature music, food and activities so residents and tourists alike can relax and enjoy the warmer months on the beautiful Tour & Taxis site.



The Summer Edition will coincide with other summer events on the Tour & Taxis site such as the Brussels Beer Fest, Color Run, Bike Brussels, and the Brussels Design Market. Come to the grand opening on 27 June and discover all the best of Brussels. **27 June - 29 September.** Tour & Taxis. www.tour-taxis.com

The 12th Time Zone. A Contemporary Art report from Russia

Russia's thriving contemporary art scene is paying a visit to Brussels. From Russian artists of international renown to promising talent from the country's vast regions: discover them all in the Centre for Fine Arts this summer. The exhibition in the Centre for Fine Arts is an invitation to discover Russia's fictitious 12th time zone; that of contemporary art.

The curators have selected an artist or collective per city, with the aim to show the wide range of artistic practices. The 12th Time Zone is therefore presented as a scene report providing a look



at the multi-faceted array of art across the sprawling Russian landscape. Five artists are creating new work especially for the exhibition. **28 June-8 September.** BOZAR. www.bozar.be

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www.misenplage.be



What's on

What's on International

Dior: From Paris to the World

Following its resounding success at the Denver Art Museum, the exhibition Dior: From Paris to the World is arriving, in a new version, at the Dallas Museum of Art.

This retrospective celebrates more than seventy years of haute couture, in a voyage across time and the many countries explored by the founding couturier and his successors, elevated by the magic of a scenography that has been specially reinterpreted for this museum. It will also present more than 200



Photo ©JAMES FLORIO

exceptional pieces, from original sketches to haute couture creations exhibited here for the first time ever - it unveils the behind-the-scenes workings and richness of the universes, both fashion and beauty, at the House of Dior. **Until 1 September.** Dallas Museum of Art. www.dma.org

Candytopia

What if an eccentric chocolatier and a daredevil pop star had a whirlwind romance, got married while skydiving, and had a glamorous, glittering love child who grew up to rule a small nation? Welcome to Candytopia, where colossal candyfloss constructions meld with a tantalizing taffy twistedness! Explore the sprawling sanctuary of confectionary bliss, tastefully curated by Hollywood Candy Queen Jackie Sorkin, realized by master fabricator Zac Hartog, and brought to life by life-long retailer, John



Goodman. This four-month interactive art installation celebrates the vibrant colours and flavours of our favourite sugary delights across over a dozen environments, from flying unicorn pigs to a marshmallow tsunami. **\$23 for kids; \$30 for adults** www.candytopia.com ⓘ

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Cinema: All the latest movies playing in Belgium

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



Greta

Intriguing, *Single White Female*-esque thriller from acclaimed director Neil Jordan (*The Crying Game* (1992)) - Frances (Chloë Grace Moretz) encounters lonely widow Greta (Isabelle Huppert) who becomes disturbingly obsessed with her. Splendid performances from the two leads, particularly Huppert, keep this tense and menacing. 98 mins.

Child's Play

Another remake/reboot - remember Chucky? Course you do, he was at one point blamed in the UK for the sins of a nation after the James Bulger murder (*Child's Play* 3 (1991)). Amazingly enough, Mark Hamill plays the voice of Chucky. Do we have another franchise to look forward to, do you think? Please, no... Running time TBC

Men in Black: International

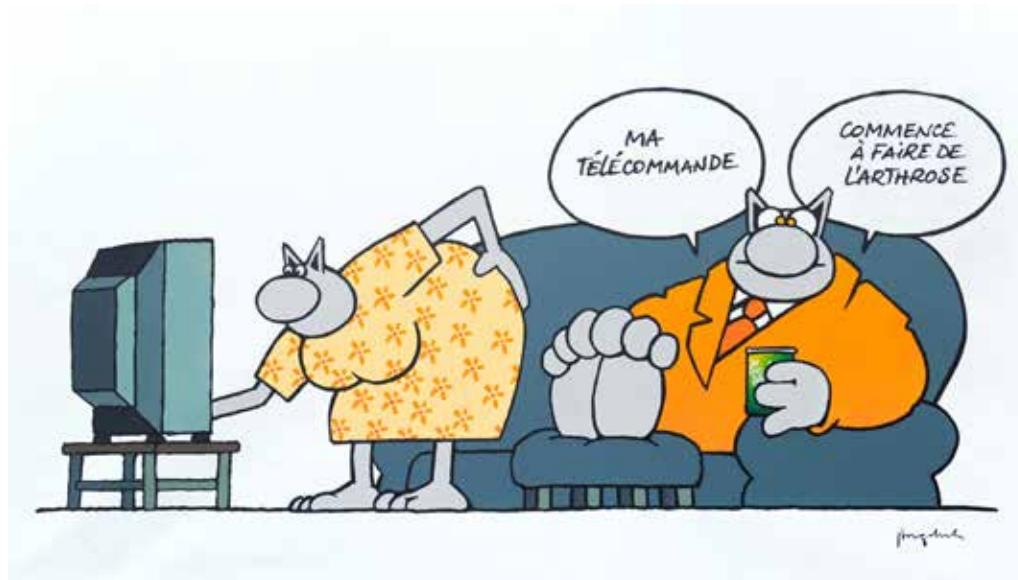
Men in Black goes UK for its fourth installment - alien attacks, no Will Smith or Tommy Lee Jones, instead we have Chris Thompson and Tessa Thompson this time around, as a London-based team of Men in Black (MIB) secret agents who become involved in a series of alien attacks that sends them traveling around the globe. F. Gary Gray (*Straight Outta Compton* (2015)) directs. 118 mins.

Toy Story 4

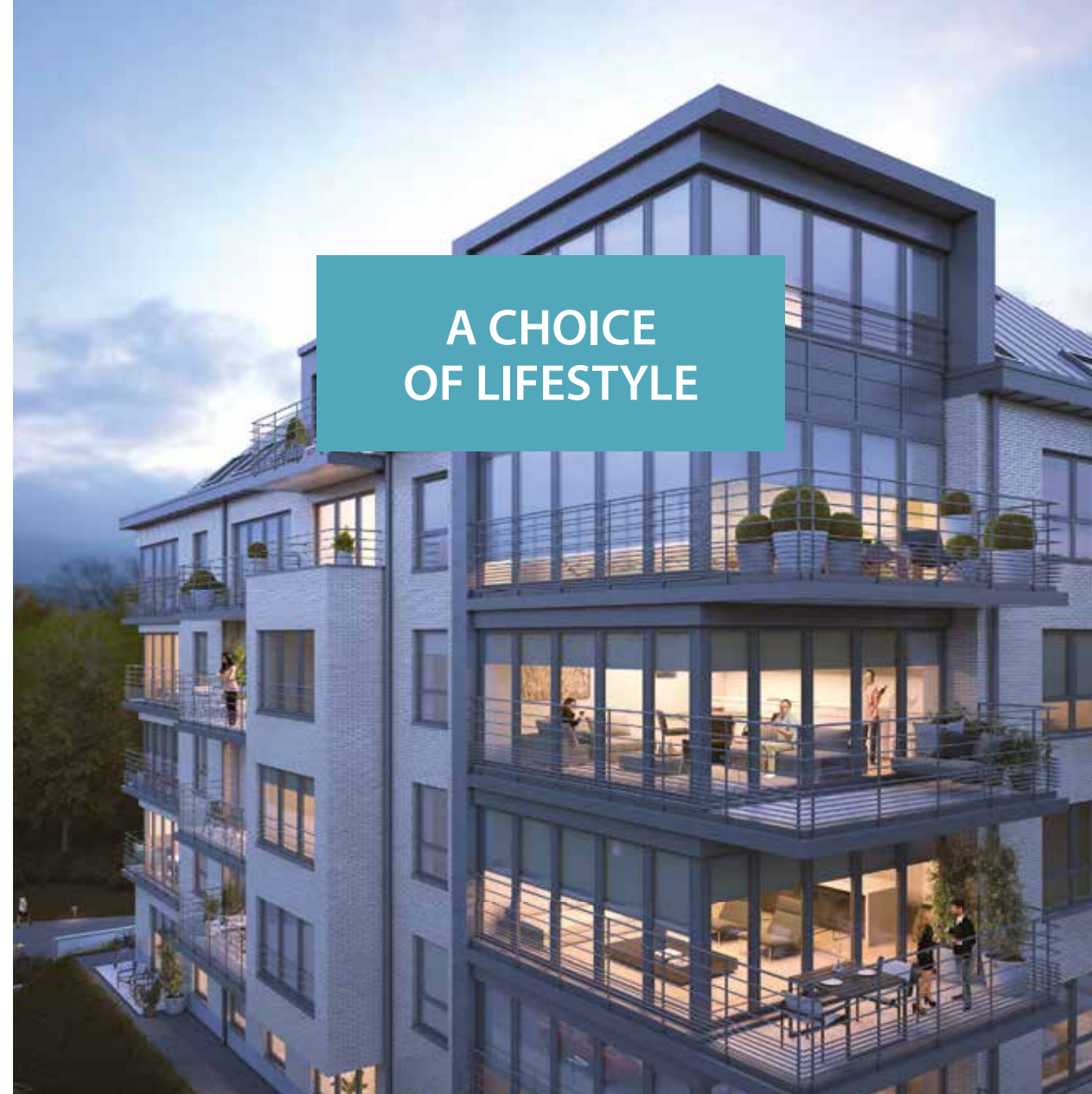
And here is a franchise that it's always a joy to have another sequel to - you might have thought there wouldn't have been another follow-on, after the beautiful, touching denouement to *Toy Story* 3 (2010), but no - Woody and the gang, seemingly happy with their new keeper and playmate Bonnie, encounter a new toy, Forky who, a bit like Buzz Lightyear back in the day, is having existential problems being a toy. Joyous, simply joyous. 89 mins.



It appears that my
remote control has
developed a case of
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