

# Together

magazine

#100

Never ever, ever,  
ever give up on your dreams.

# Together zine

JULY/AUGUST 2019 #100

**Fitness**  
Strength training

*Belgian Kids' Fund*  
*Le Petit Prince*  
*Luxury cars: Bentley*  
*Royal Botania*

eat! BRUSSELS,  
drink! BORDEAUX

Design: iide  
Travel  
Poland  
Wallonia  
Le Touquet

*Real estate:*  
*Crowdfunding*  
*Fashion & Beauty*  
*Manhattan sunset*  
*Flamant*

## Personal development

Marking the milestones  
100 years of truth  
Be Successful books  
A peaceful summer  
Technology: Next Century  
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**Sienna  
Miller**  
Interview



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## Editor's LETTER

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

## ON THE COVER



Sienna Miller stars  
in *American Woman*

## TOGETHER: BORN IN BELGIUM



To arrive at this juncture - 100 issues behind us, all safely tucked up in bed - brings a slightly surreal feeling. In that time, the magazine has grown exponentially, month on month.

Back in the day, the first issue was a winter-born baby, weighing in at 80 pages - and bi-monthly. Since then, we have recently almost hit the 200 mark and now hover around 150+ ten times a year. We have spawned our *Healthy* supplement and reached out with *Together* to such far-flung places as Abidjan on the Ivory Coast.

We are very much an international publication but resolutely Made in Belgium, of which we are extremely proud. Since day one we have highlighted the rich vein of talent that courses through this country that we all call home: artists, filmmakers, bespoke tailors and cobblers, craftsmen in precious gems and furniture - it's a long list. And, of course, there are the entrepreneurs who are very dear to our hearts - the folks who dare to dream, who never give up, inspiring those around them along the way.

Stay onboard with us for the rest of the ride...

**Paul Morris**

Editor



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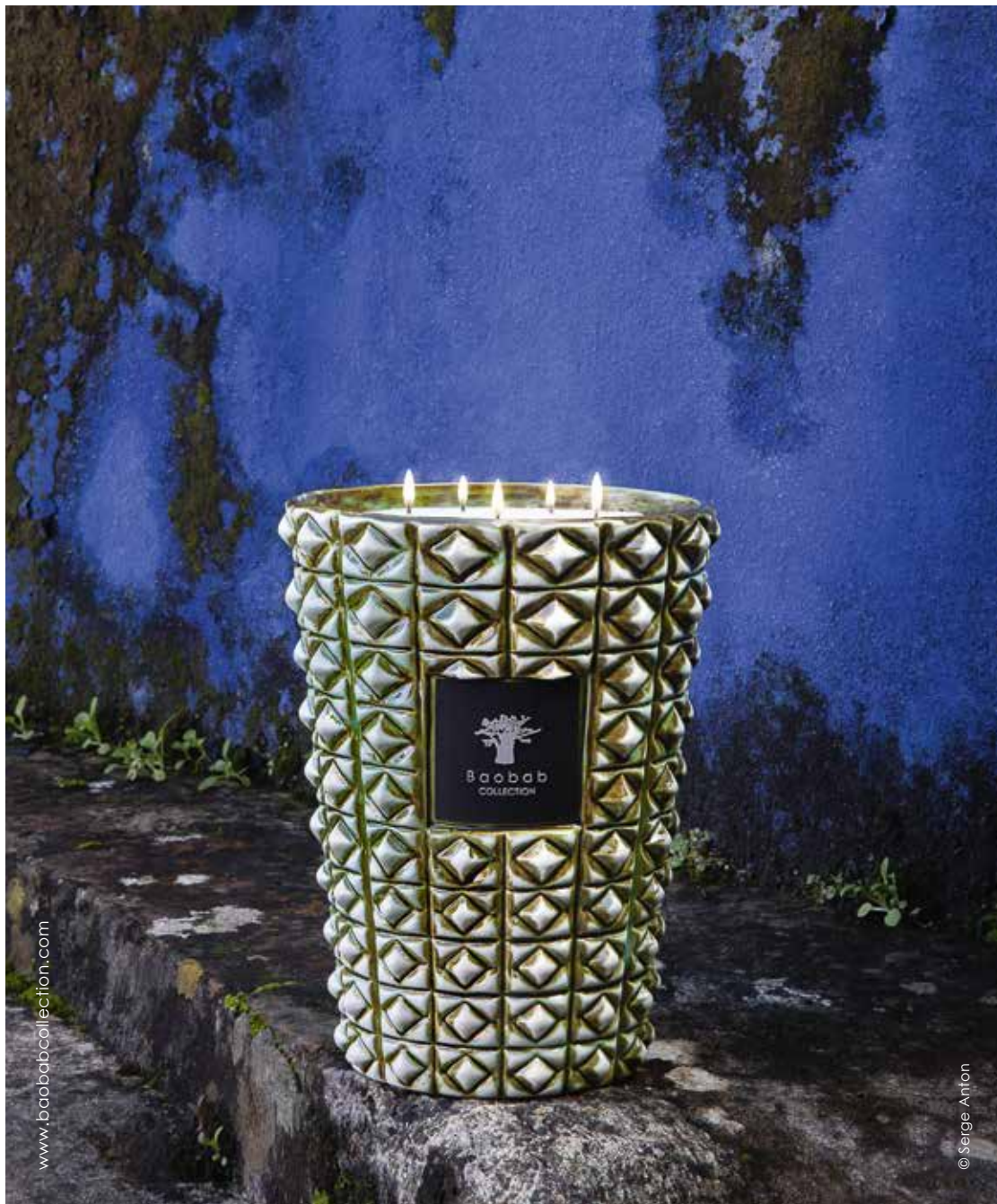


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JACOB COHËN

## Arnon Barnes says 'Adapt, lead and change'

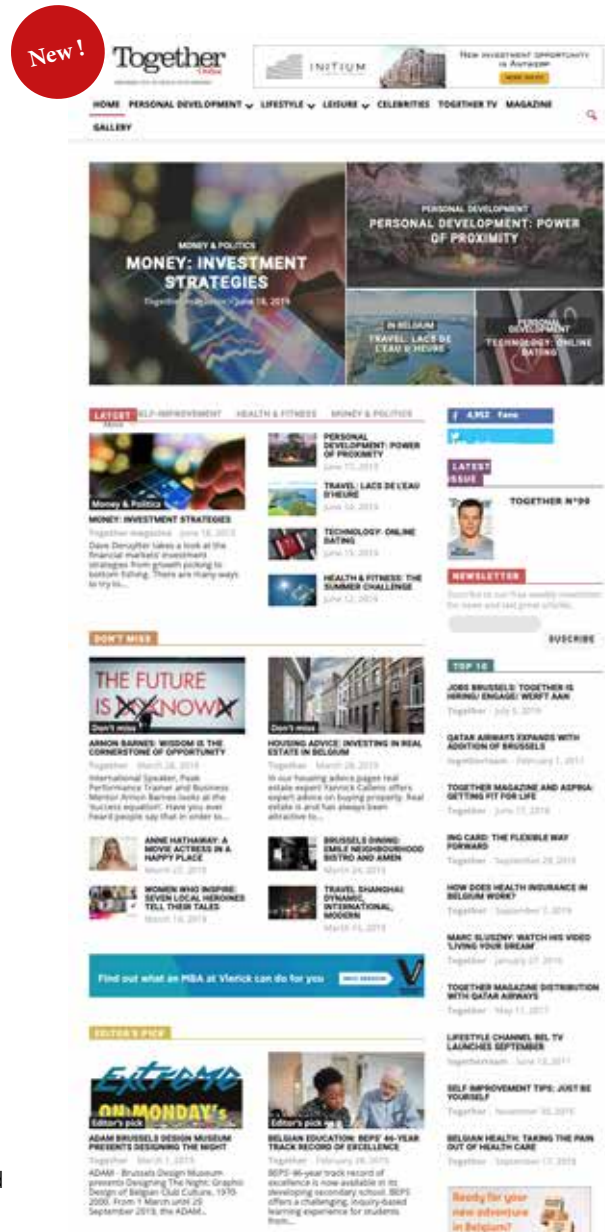
International Speaker, Peak Performance Trainer and Business Mentor Arnon Barnes looks at what successful people have in common. After years of researching the some of the most successful people on the planet, such as Oprah Winfrey, Jeff Bezos and the Mark Zuckerberg's of this world, I've come to realize they all have one thing in common. One thing that continuously shows up in all these success stories are people that are open, willing to adapt, lead and even CHANGE!

## Movie star Halle Berry is changing the film business

In our movie star interview, *Together* sat down with an actress, producer, entrepreneur... and mum. Halle Berry returns to the big screen for the first time since playing 'Ginger' alongside Colin Firth, Taron Egerton and Mark Strong in *Kingsman: The Golden Circle*, in 2017. And she has chosen another action film, but this time a serious all-action portrayal in contrast to the comedy of Matthew Vaughn.

## Travel: Green Key Sustainable Tourism

In our travel pages, we look at an impressive initiative to make our hotel stays more environmentally friendly. The Green Key concept of sustainable travel and tourism is already catching on in Brussels. Green key is a non-governmental, non-profit independent programme, recognised and supported by the World Tourism Organization and UNEP. It is the largest global eco-label for accommodation and has a national administration centre in each participating country. ●



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# Starring in Belgium



PHOTO: Rozi Plain

## Rozi Plain

Her music has always felt like a freeze-frame. A colourful and graceful snapshot of the world, paused, suspended in time, and then gently toyed with, like stepping out of the linear world as we know it. Wide awake in dreaming. There have been three records over the past decade, each one just like this, alluring and beguiling in the delicate nature through which they exist, as if one wrong move could lead the whole thing to collapse in on itself. **28 September.** Botanique, Rotonde. Tickets: **€15**  
[www.botanique.com](http://www.botanique.com)

## Martin Kohlstedt (solo)

German piano virtuoso Martin Kohlstedt is often – not surprisingly, rather predictably – mentioned in the same breath as that other contemporary neo-classical hero: Nils Frahm. On his first visit to London, *The Daily Telegraph* aptly summarized: "What sets Kohlstedt apart is the undercurrent of anxiety, and the occasional moments of grandeur." He recorded his latest album with the 70-member GewandhausChor from Leipzig. Béguinage Church, Brussels. Tickets: **€20**  
[www.abconcerts.be](http://www.abconcerts.be)



PHOTO: Peter Runkewitz

PHOTO: The Rubens



## The Rubens

The Rubens recently supported P!NK on 42 of her *Beautiful Trauma* tour dates. *LO LA RU* debuted at #3 on the Australian album charts, and it was recorded in a converted WWII bunker in their hometown. Picking up from where their triple Hottest 100-topping single *Hoops* left off, the new record pushes the band's sound into new territory featuring exuberant party jam *Million Man*, crowd favourite *God Forgot* and album standout *Never Ever* (ft. Sarah Aarons), which racked up 20 million streams so far. **14 September.** Ancienne Belgique, Club. Tickets: **€17, €19**  
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# The Belgian Kids' Fund for Paediatric Research

QFCUH's scientific foundation promotes paediatric research within the network of the Université Libre de Bruxelles

In particular, it provides scholarships to paediatricians in training. Associations like The Belgian Kids' Fund can only survive through donations and, if necessary, through legacies.

## A donation

This donation can be either punctual or spread over the year by standing order (monthly, quarterly or annually). Tax deductibility is guaranteed for any donation of at least €40 on an annual basis paid into the account of The Belgian Kids' Fund. Mention in your communication 'Gift for research' and a tax certificate will be sent to you in February of the following year.

A birth, an anniversary, a wedding or a death are all moments that punctuate our lives and to which we like to bring a resonance, an amplitude, a special meaning, with the desire to involve the maximum number of people. By funding a research grant to a young paediatrician, as a tribute to an event or a loved one, you take part in the great challenge of improving the lives and health of children in Belgium and around the world. Your family, friends or acquaintances can also make a donation to The Belgian Kids' Fund at these events.

It is now possible to donate to The Belgian Kids' Fund via Facebook. Do not hesitate to invite your friends on your birthday, a party, the end of your studies, and offer to donate to BKF.

## Legacies

The Belgian Kid's Fund may be designated as a beneficiary of a share of succession (the



opinion of a notary is recommended, whose advice is free). You can also visit the website [www.dons-legs.be](http://www.dons-legs.be). Here you will find all the necessary information regarding bequests and donations for a good cause of which our scientific fund is a part.

## An action

Do not hesitate to organize sports, culinary, cultural or other actions and be a sponsor for the benefit of BKF. Whether it's with your family, your colleagues or your children's school, every opportunity is good to choose BKF as a good cause for your action.

## Volunteer

Do you have talents, such as animator, cook, organizer, mover? You are welcome to support us during our Kids' Days, our shows, our charity dinners, our raffles, our auctions or our Christmas markets. Join BKF and experience unique moments with their volunteer teams. You will not regret it!

Contact:

Laurence Bosteels at [bkf@huderf.be](mailto:bkf@huderf.be).  
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## The Antoine de Saint-Exupéry Youth Foundation

The Antoine de Saint-Exupéry Youth Foundation, operating under the umbrella of the Fondation de France, celebrates its 10th anniversary this year. It was created by the family of the famed French writer and pilot, and his admirers from across the literary, scientific and aerospace spheres. The foundation honours Saint-Exupéry's memory and continues his work, by passing on his universal humanist values and broadcasting his messages of peace and solidarity, the challenge to better oneself, and his pioneering approach to the environment, to the youngest members of the community, both in France and internationally.

FASEJ is faithful to the spirit of the author and aviator when he encouraged us to build a society based on respect for our fellow humans, on cultural diversity, on solidarity, on universal fraternity, on commitment and on personal responsibility. Its philanthropic actions in the fields of education and culture, and its aim to combat illiteracy, are undertaken to improve the daily lives of young people, helping them gain skills for a more successful future.

The Antoine de Saint-Exupéry Youth Foundation is working to achieve its only goal: to keep the memory of *The Little Prince* alive and to share the literary works of its author, in order to give young people the skills of reflection, altruism, commitment, and an enlightened civic conscience.



To celebrate their successful partnership, IWC and FASEJ organized a *10 years, 10 days* event in Paris, featuring a carefully curated selection of historic artefacts and original photographs, and also honouring the foundation's vital work in various countries around the world over the last decade.

A particular highlight of the exhibition will be a Pilot's Watch Perpetual Calendar Chronograph Edition *Le Petit Prince* (Ref. IW392202) in 18-carat 5N gold. Featuring a spectacular midnight blue dial, this special edition is limited to 250 pieces worldwide. The auction lot itself is piece 10 out of 250. Watch lovers around the world will be able to place bids on the unique timepiece honouring Antoine de Saint-Exupéry's most famous literary work *The Little Prince*. The timepiece will be offered within Sotheby's Watches Online sale, open for bidding exclusively online from **8-17 July**.

For further information and to bid in the sale visit [www.sothebys.com/watchesjuly](http://www.sothebys.com/watchesjuly) [www.fasej.org](http://www.fasej.org)



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# PERSONAL DEVELOPMENT

*I have no enemies and no hatred*

PERSONAL  
DEVELOPMENT

Fitness

## Head for the weights

**Kate Cracknell** and **Reney Nazim** offer five reasons why you should strength train



**T**raining our muscles isn't just about toning up and looking good. It's also key to weight loss, mental health and ageing well.

What does your typical workout look like? Are you a cardio fan, always opting for a heart-pumping session on the treadmill, bike, cross-trainer or rower – all the while steering away from the weights?

If so, consider this: alongside the recommended 150 minutes of moderate intensity cardiovascular exercise we do each week, experts now advocate twice-weekly strengthening and balance activities

for all adults to maintain and improve health.

And with good reason. Whether your preferred form of strength training involves fixed machines, free weights or even just your body weight – there are huge benefits to be gained. Training our muscles is categorically not just about toning up and looking good; the 650+ muscles of our body also impact our metabolism, our mood and the ageing of our body.

Here, we outline five important reasons why we should all include strength training in our workout routines...



Fitness

**#1 – It helps you lose weight**

While you might want to get on a cardio machine to burn calories today, it's weight training that's key to boosting your body's ongoing calorie burn.

That's because, in addition to burning calories during the workout itself, weight training also increases your resting metabolism – that is, the rate at which your body burns calories when you're just going about your day rather than exercising.

A study by group exercise specialist Les Mills compared the physiological effects of two distinct types of class – free weights and cycling – and found that Human Growth Hormone (HGH) was significantly higher after a free-weights workout than after cycling. This is significant, because HGH burns fat and builds lean muscle tissue – and muscle tissue is important for ongoing calorie expenditure, because it burns more calories than fat. The more muscle you can build, the more calories your body will burn, even when you're resting or asleep.

The result? A 2017 study published in the journal *Obesity* found that, compared with dieters who didn't exercise and those who did only aerobic exercise, dieters who did strength training four times a week for 18 months lost the most fat – about 18lbs, compared with 10lbs for non-exercisers and 16lbs for aerobic exercisers.



**#2 – It improves your mood**

Resistance training is an energy booster: it can elevate your levels of endorphins, which in turn lifts energy levels and improves mood.

But there's more to it than the instant feel-good factor: there also appears to be a connection between muscle training and the alleviation of depression.

**“ IT  
IMPROVES  
YOUR  
MOOD ”**

A meta-analysis published in *JAMA Psychiatry* in 2018 examined the results of 33 studies on depression and strength training – studies that spanned 2,000 participants in total, both male and female and of various ages.

The aggregated results showed a significant reduction in the incidence of depression as a result of resistance training. Those with mild to moderate depression who strength trained two or more days a week saw notable reductions in their symptoms; the findings suggested even greater benefits for those with more severe depression.

Interestingly, people got a mood boost from resistance training regardless of their health status: whether they were clinically depressed before their respective studies

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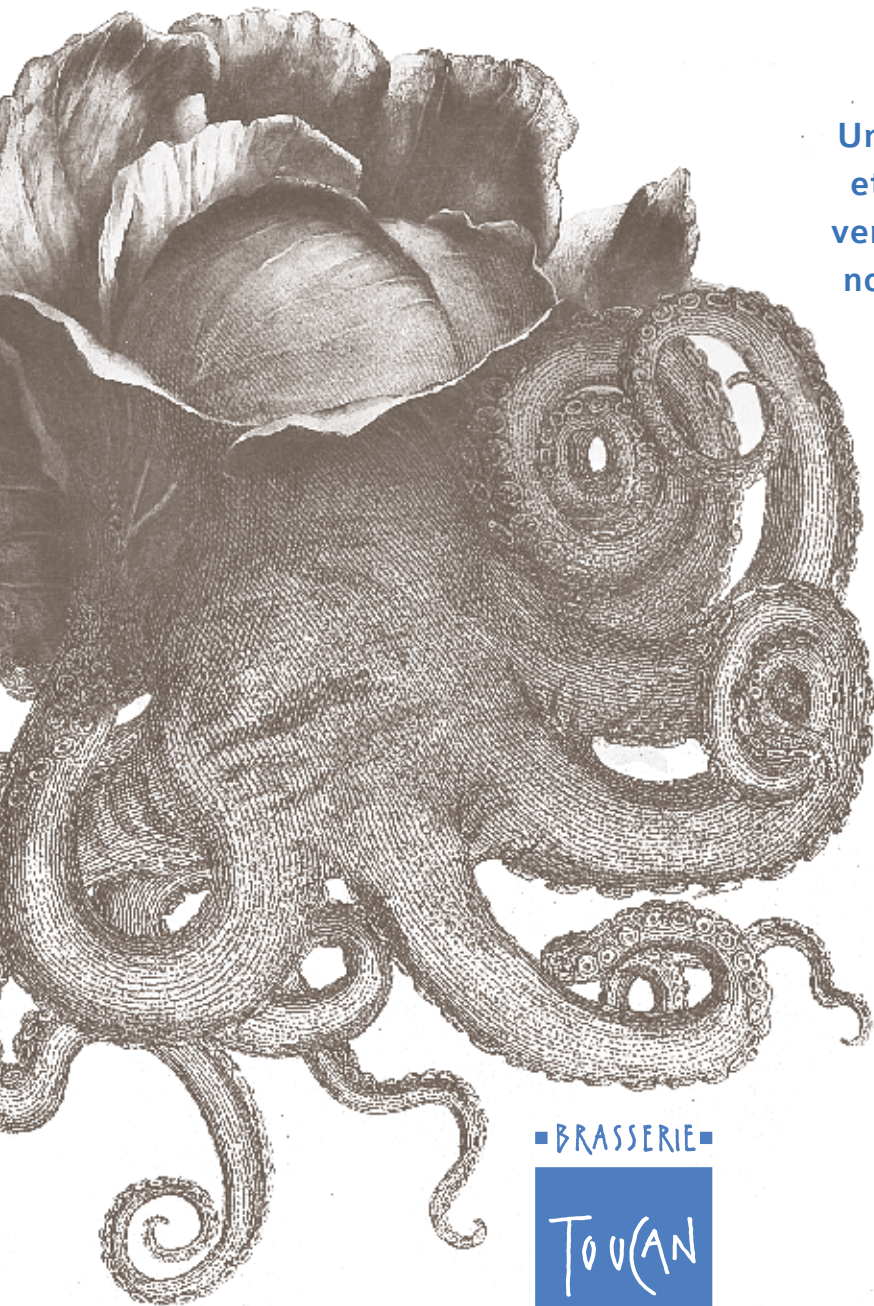
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## PERSONAL DEVELOPMENT

Fitness



commenced or not, they were less likely to be depressed at the conclusion if they had been assigned to a weight-training group.

Additionally, improvements in mood were seen regardless of how often people took part in resistance training, and irrespective of whether (or not) they actually got stronger as a result of their workouts.

### #3 – It boosts your motivation

Resistance training improves exercise motivation in older adults – this according to a recent Finnish study.

The study of 104 healthy – but not sufficiently active – 65- to 75-year-olds investigated the impact of a nine-month supervised resistance training programme on exercise motivation, exercise planning and exercise self-efficacy.

Interestingly, the nine-month programme was found to boost the intrinsic motivation for both training and physical activity in general: the participants started to enjoy exercising.

Not only that, but exercise planning also increased – participants started to think about how to start and maintain a physically active lifestyle – and nearly half of them continued resistance training independently after completing the supervised programme.

### #4 – It lessens the blow of menopause

At around the age of 30, we start losing as much as 3%–5% of lean muscle mass each

year due to ageing. But we can push back on this.

According to studies, carrying out just 30 minutes of high-intensity resistance and impact training, twice a week, can improve functional performance, as well as bone density, structure and strength in postmenopausal women with low bone

mass – with no negative side-effects.

### #5 – It lets you live your life

Frailty among older adults is a big problem, and muscle strength – or lack thereof – lies at the heart of this. Indeed, poor muscle strength increases the risk of a fall by 76%, while those who have already had a fall are three times more likely to fall again.

The widely recommended twice-weekly strength-training workouts therefore become even more critical as we age: adults over the age of 65 should undertake strength training at least twice a week, working all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) to build muscle strength and muscle mass and preserve bone density – and with it, independence and vitality.

For this audience, very slow repetitions are the key, as well as plenty of rest between workouts to avoid injury. The important thing is to incorporate load-bearing activity into our routines – even if all we can do at first is bear our own body weight while walking.

Ultimately, maintaining muscle is fundamental to our ability to carry out everyday activities with ease. It's the key to continuing to live our lives as we know them.

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# 100 years of truth

Intuitive Healer **Katarina Winslow** reflects on rebirth and ageing



**W**e are moving quickly into a new era of truth. More and more people are going inward by seeking to understand themselves better and getting to the essence of who they are to be happy. To find the truth of who you are, people are stripping off the illusions of their negative self-images and their emotional and psychological wounding. To heal this world, in the same way, we need to strip off the illusions of society and reveal the real intention of life - a happy life.

**“ THE MORE ROMANTIC MAY RELATE IT TO 100 KISSES ”**

Talking about life, I instantly related the celebration of this 100th issue of *Together* to a hundred years. For some reason, the sound of a hundred made my brain connect to 100 years. Our minds associate words in various manners. We all make different connections in our brain waves. Some people might relate the number 100 to 100 reasons why? Others may immediately connect the number hundred to 100 million or a hundred billion for that matter. The more romantic may relate it to 100 kisses. No matter what, talking about years, I believe that in the future

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Ava, aged 6

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we will talk about this time in history as 'the hundred years of truth'. More revelations about society emerge every day: the aggression on the climate, aggression on women and children, corruption and deceit, power and misuse of it, growth of racism and separation... to just touch the tip of the iceberg.

Even if everything seems more chaotic by the day and there are severe threats to the climate, the positive aspect is that at least we start to see what we need to attend to. Just as in personal healing, it is dark and uncomfortable at the beginning of bringing our wounds to the surface - the same holds true for society. It always gets darker before it becomes brighter. When we throw more light on the truth, we see more of the pain that society holds. There may have to be 100 years of truth for us to heal this world, but if we continue to bring the truth to the surface, healing will eventually happen. With truth as our guiding star, I am convinced that we will be able to provoke a rebirth of human consciousness.

Talking about rebirth and years, I can't help reflect on my experience as a carer for old and disabled people in my teenage years. It

is fortunate to have a glimpse of ageing already at the early age of sixteen. For four long years, I spent my weekends, holidays, and an entire year after high school working with old and disabled people. I can't begin to tell you what I learnt during those years, but I can tell you that it was a real blessing. It was a gift to see with my own eyes how little power we already have in the face of ageing as a teenager. Above anything, it taught me to be grateful for the little things in life and to not taking anything for granted.

I believe what the world needs right now is for more people to become conscious of not take anything for granted. To help that happen, I would like to put a spotlight on ageing. After all, ageing concerns us all. In the face of our own mortality, we are all equal, regardless of our success or lack of it. With this in mind, do you know that most people end up wearing a nappy? Not the little invisible ones that you use for your menstrual cycle, but a big and bulky one where you are forced to do all your needs. Already back then, in 1985 in the welfare state of Sweden, there was no way that we carers managed to take all the old and disabled people to the bathroom in time. Imagine what the future will bring for our

generation. In spite of the sad reality of having to wear a nappy at the end of your life, the most shocking thing to me as a young carer was the yucky smell of the parboiled potatoes wafting through the restaurant and the corridors of the complex.

Did you know that at the end of your life most of us won't even have the freedom to choose what to eat? Also, if we are lucky to still be able to lift the spoon to our own mouth, we will have no power over what is on our plate. There is nothing that will protect us from the lack of flavour in our dishes, nor the solitude involved in getting old.

During my years as a care worker, I met people from all walks of life in a fancy area by the seaside in the south of Sweden - just imagine what it was like in the less-favoured areas. The most striking thing all the old and disabled people all had in common was heart-breaking loneliness. It didn't seem to matter who you had been or what kind of life you had lived, they were all so lonely. It seemed everyone was just dropped in their apartment, filling their days with hours and hours of solitude, waiting for time to pass and life to end.

Among the people I got to know, there was a foreign correspondent who had spoken eight different languages and travelled all over the world. Sadly, there were no signs left in her appearance of her adventurous and courageous life. After several electrical shock treatments, she had been reduced to a vegetable in a wheelchair with no possibility to care for herself. Some people lost their sight and hearing, others had rheumatism or multiple sclerosis. Some people had lived through the war and hid their coffee under their bed, some fine ladies had lost their husbands - there was dementia and despair. Whether you had ten, one or no children, it

didn't seem to matter - the common denominator was solitude, and a profound loneliness.

For the more robust ones who still managed to walk on their own, the highlight of the day was to be able to go to the supermarket. A simple hello, thank you and goodbye at the cash register cheered up their day. Visits were restricted to birthdays and Christmas, as their children were busy living their own lives. It is difficult to condense in a few lines what it means to become old, but what I can say is that it involves helplessness, solitude and humiliation. If you haven't understood compassion yet, you will do so when you are sitting there on your own in your too-big nappy and eating smelly food.

## “ START MAKING REAL CHANGES IN THIS WORLD NOW ”

We all know that the world is facing enormous challenges at the moment and that we need to rethink how we care for ourselves, others, and the planet. To become conscious that one day it will be you and I sitting there alone in our wheelchairs could speed up the

development of a more compassionate world. No matter what you believe, no matter your values, we are all equal in the face of ageing. If I had a magic wand, I would like to give us all a glimpse of our aged self so that a light of compassion and gratitude for the small things in life could grow in all of our hearts.

Let us understand that nothing we own will save us from the reality of ageing, and what is the point being the richest in the graveyard?

With this in mind, let us start making real changes in this world now.

Not in a hundred years... ❶



# 5 tips for a peaceful summer

**Sarbani Sen** offers very valuable tips for making more of your life



## 1) Follow the joy

Whatever you do this summer, let your inner joy be the GPS of your days. How to identify what energy you're in? Well, usually when it's joy, you will feel something like bubbles in the abdomen, a sensation of lightness - you could even feel there's light in your body and in your face. Sometimes people feel expansion in the chest, like an enlargement of our breathing capacity. This is called a 'heart chakra expansion'. Shoulders will go back naturally and you will breathe deeper, with more serenity. You can also activate this sensation by actually doing these movements, sitting up straight or laying down, breathing deep and pulling your shoulders back, connecting your shoulder blades. Feel the sensation of joy filling your body and soul.

**“ THIS IS CALLED A ‘HEART CHAKRA EXPANSION’ ”**

And when in doubt on what to do, don't do anything. Stick to what your heart and body dictate. If it's nothing, then do nothing. Don't compare and slide into the social media 'Instagramable' victimization syndrome. Let others do and show what they want - this is about you. Don't feel miserable if nothing big or worth sharing is coming up for you. Let the universe provide exactly what you need, and sometimes it takes time. Be confident, trust the process. In the meantime, do something that really makes you feel good. Read a book, play with watercolours, take care of your plants, buy a new plant or anything that comes up. Don't judge what's there for you. Just be and do what feels good.



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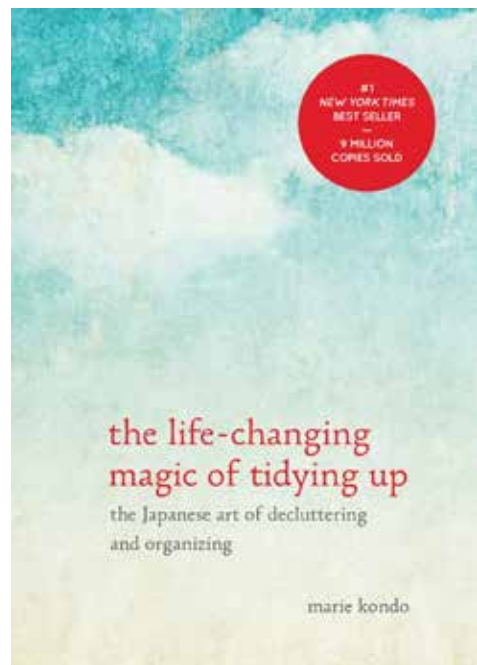


Photo © Marie Condo

## 2) Get some alone time

If your summer is packed with loads of fun moments in groups, travelling to festivals, meeting people, family or friends, taking care of and nurturing the kids, make sure to make some space to be alone. Spending time alone, allows us to regenerate, to reconnect with our inner source, to unleash our creativity and gets us back on our mission path. Being with people all the time is draining our energetic fields - it can weigh on us and reduce our light. We need to be very careful how and with whom we spend our time. Let's be more conscious and cautious about our actions, thoughts or deeds.

Alone time is perfect for reading some books on spirituality or self-help. It will reduce our stress, help us find out about a new technique to release tension even more and get to the zero point of needs and fears. Just be. Being consistent with having alone time will frequently enable you to feel more confident and less dependent on others. You may increase your comfortableness in

your own skin, making it easier for you to meet new people and develop long-lasting and healthy relationships.

Find a suitable space to be alone. Decide on suitable ways to keep your sacred time alone, such as locking the doors, barring access, going somewhere where others can't find you, or leaving your usual spot and going where people don't know you. Discuss your preference to be alone in given spaces as well. For example, you might tell your family members something like, "On Wednesday and Thursdays from 6:30-7:15 I will be putting up this 'do not disturb' sign on my bedroom door. That means that any questions or emergency things will have to wait until 7:15." You can also leave your home to find some place to be alone, such as a garden, park, local library, small café, or art gallery.

## 3) Learn something new

The more people practice a new skill they are learning, the denser the myelin in their brains becomes, which helps them learn even better. Your learning speed increases. Learning a new skill helps you learn things faster over time. By stimulating neurons in the brain, more neural pathways are formed and electrical impulses travel faster across them as you attempt to process new information. The more pathways that are formed, the faster impulses can travel.

Perhaps the most important reason of all is that learning something new will make you happier, will boost your self-esteem and give you the pleasure to enjoy some new activity or skill in your life.

## 4) Make some space for the new

Take some time this summer to clean your house, space and documents. This will bring renewed energy into your life, and make you feel lighter. Organizing, decluttering, throwing away, helps us to make more space to step into 'the new'.

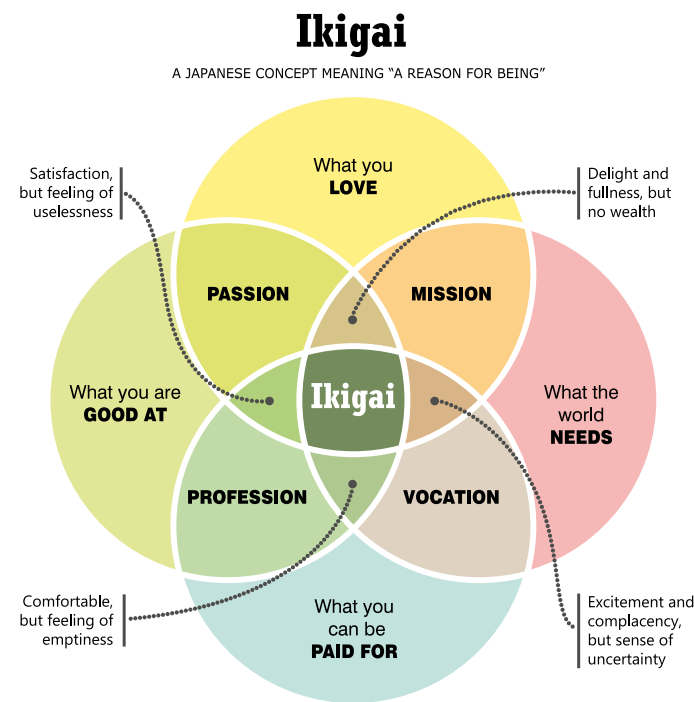
Thanks to Marie Condo, and her new Netflix

programme, the Japanese tidying guru gives us the promises of not only a decluttered house, but also a clean mind. "When you put your house in order, you put your affairs, and your past in order, too," Kondo explains in her 2014 book *The Life-Changing Magic of Tidying*. As a result, you can see quite clearly what you need and what you don't, and what you should and shouldn't do. But is it really as simple as asking whether everything you own truly "sparks joy" and then throwing away anything that doesn't?

Most tidying methods advocate a room-by-room or little-by-little approach, condemning you to pick away at your piles of stuff forever. The KonMari Method™ encourages tidying by category – not by location – beginning with clothes, then moving on to books, papers, komono (miscellaneous items), and, finally, sentimental items. Keep only those things that speak to the heart, and discard items that no longer spark joy. Thank them for their service – and then let them go. People around the world have been drawn to this philosophy not only due to its effectiveness, but also because it places great importance on being mindful, introspective and forward-looking.

## 5) Find your Ikigai

Why not go a step deeper and refresh the meaning of purpose in your life? An *ikigai* is essentially a reason to get up in the morning: a reason to enjoy life. According to the Japanese, everyone has an *ikigai*. Your *ikigai* lies at the centre of four interconnecting circles: that which you love, that which you can be paid for, that which the world needs, that which you are good at. According to this Japanese model, the intersections of these



circles, will point out your vocation, mission, passion and profession. If you are lacking in one area, you are missing out on your life's potential. Not only that, but you are missing out on your chance to live a long and happy life.

You can ask yourself these few questions to start with: are you doing something that you love; that the world needs; that you are good at; and that you can be paid for? How can you live with purpose today, to live a longer and healthier life? There is lots of *ikigai* help online, find your own. It is a long process, start writing a bit today, and see how it evolves as the days go by. If you set your intention to have your *ikigai* during your holidays, don't try doing it in a day. It takes maturity, insight, reflection, even some communication with other people, to get some clarity on aspects of your personality, on the potential jobs and hobbies that could come out. You will feel a sense of purpose and will have more energy available for whatever you are doing, because you are aligned with your inner self. ●



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Success

# Arnon Barnes: Mark the milestones

International Speaker, Peak Performance Trainer  
and Business Mentor **Arnon Barnes** advises  
us how to optimize and use market forces



This is the 100<sup>th</sup> edition of *Together* magazine and what better way to highlight such a great achievement than illuminating and emphasizing the importance of having milestones in your business.

One thing that always astounds me is that a lot of business owners do not have a clear road map or milestone calendar. Something to refer to and be able to identify whether your business is on target or not. So many of you out there are comfortable with your steady growth that you miss opportunities to do better, optimize and use the market forces to your advantage.

Instead you are, unknowingly, drifting in the abyss.

Milestones are not to be confused with your company's vision. All business owners will

**“ YOU ARE,  
UNKNOWINGLY,  
DRIFTING IN THE  
ABYSS ”**

have clarity on the vision and mission of their company. The long-term goal you want to reach or impact you want to make in your industry or on this world is something that usually ignites the

entrepreneurial fire in us and the reason WHY we started our businesses in the first place.

Whilst having a clear vision and mission is imperative for a successful business, lacking





milestones will make the journey so much harder and the risks of straying off your path increase.

Having both short-term and long-term milestones in place provides clarity and opportunities to celebrate successes and wins along the way. It allows you, as a business owner, to more easily monitor the progress on your way to achieving the desired success. It's also a key element in your decision-making process. Sometimes it's hard to see what one (little) day-to-day action contributes to the greater, long-term, vision of your company. Milestones are the best way to measure whether you and your team's actions are aligned with the greater good. The ancient Chinese proverb says it best: "If you fail to plan, you plan to fail."

Milestones can also be used to give your team that extra drive and firepower they need to rise to the occasion and lift your company and your joined successes. When a team has clarity, the team has power!

This is both good news and great news. The good news: it all starts with the leadership of the business. The great news: it all starts with the leadership of the business. In other words, you as the leader of your business have the power to create a successful business, a successful team.

You control the power to do, the power to create and the power to deliver value to the marketplace, effectively and efficiently, using milestones. I must warn you though - what most businesses do, when they notice that they are 'off track' and are not going to hit their monthly, quarterly or annual milestones, is 'lower the target'. This is a rookie and huge mistake, because running a business is never about lowering your values, standards

and desired outcome. It is about sticking to your beliefs and doing whatever it takes to get to the desired outcome by increasing your activities. Instead of lowering your milestones and compromising your vision, increase energy levels.

The reality is that by creating a milestone map or calendar, you are setting yourself and your team up for a win. That's what great leadership is about: creating a winner mentality and keeping that momentum throughout your company culture.

Having had the blessing to work with the CEO, visionary and leader behind *Together Magazine*, David McGowan, made one thing very clear to me. *Together Magazine* is powered by a driven, passionate and inspirational force. Setting milestones that must be achieved by a team that is uncompromising in their work ethics. A true leader to the core. This is the secret to their success, and I congratulate David and his team on achieving this milestone and can't wait to celebrate many more with them!

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](mailto:info@arnonbarnes.com)



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Be success

# Self-Care for the Real World

Our first Be Successful book is doing the rounds of the famous and not-so famous

Photo © penguin.co.uk

**I**n common with many celebrities, Sienna Miller is a big fan of this cult self-help book, which is subtitled 'Practical self-care advice for everyday life'. Miller has praised it for being "sane, smart and deeply wise".

Wellness pioneers (and sisters) Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime's journey towards self-care, and how you can apply them to your life, wherever you are.

They advise: "Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you've got your boat, you'll still be rocked by the same waves, but you'll have a feeling of safety, and a stability that means you can pick other people up on your way."

Once such quote is: "Katia and I are very self-critical and have to help each other when we get into a critical funk (and I love being self-deprecating, because I thought it



was funny to put myself down). But we are learning to change the track. Pay attention today and see what you can change. You don't have to be dramatic and overly positive - that can just sound fake. But notice what you think when you look in the mirror or when you try something new or go to a party and think 'no one wants to talk to me?' And change the track!"

The *Sunday Times* says: "Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind."

## No Enemies, No Hatred

Another favourite of Miller's is *No Enemies, No Hatred*, a book by Nobel Peace Prize-winning writer and activist Liu Xiaobo, which contains a wide selection of his writings and poetry between 1989 and 2009. When the Nobel Peace Prize was awarded on December 10, 2010, its recipient, Liu





Xiaobo, was in Jinzhou Prison, serving an eleven-year sentence for what Beijing called incitement to subvert state power. In Oslo, actress Liv Ullmann read a long statement the activist had prepared for his 2009 trial. It read in part: "I stand by the convictions I expressed in my June Second Hunger Strike Declaration twenty years ago, I have no enemies and no hatred. None of the police who monitored, arrested, and interrogated me, none of the prosecutors who indicted me, and none of the judges who judged me are my enemies."

## "AN AID TO REFLECTION FOR WESTERN READERS"

That statement is one of the pieces in this book, which includes writings spanning two decades, providing insight into all aspects of Chinese life. These works not only chronicle a leading dissident's struggle against tyranny but enrich the record of universal longing for freedom and dignity. Liu speaks pragmatically, yet with deep-seated passion, about peasant land disputes, the Han Chinese in Tibet, child slavery, the CCP's

Olympic strategy, the Internet in China, the contemporary craze for Confucius, and the Tiananmen massacre. Also presented are poems written for his wife, Liu Xia, public documents, and a foreword by Václav Havel.

PD Smith of *The Guardian* wrote: "Liu's essays and poems speak eloquently of his fearless commitment to defending human dignity, as well as his insight into China's history and culture." Thor Halvorssen of *Forbes* called it "a provocatively

sophisticated compendium of observations of contemporary Chinese authoritarian society". According to Jonathan Mirsky of *The New York Times*: "Liu demonstrates a considerable amount of anger while retaining his Gandhian nonviolent spirit."

This collection is an aid to reflection for Western readers who might take for granted the values Liu has dedicated his life to achieving for his homeland.  
[www.hrw.org/tag/liu-xiaobo](http://www.hrw.org/tag/liu-xiaobo) ❶



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# Real Estate crowdfunding: A new way to save

**Yannick Callens** offers a solution to protect your savings from inflation



One in two Belgians is actively seeking to protect savings from inflation. According to ING's monthly survey, which measures investor sentiment in Belgium, 52% of respondents say they are actively looking to protect their money from inflation. The interest rate remains desperately low. This is a real worry for Belgian investors, who have seen their savings erode in the face of inflation that for some time now has persisted. In my opinion a solution to this problem is crowdfunding, which is gaining in popularity.

**“ FAR FROM  
BECOMING A  
COMMON  
PRACTICE IN  
BELGIUM ”**

While the concept is in full swing in the Netherlands, the United Kingdom, the United States and France, which has some 50 active platforms, it is still far from becoming a common practice in Belgium. Crowdfunding investing in the real-estate sector is a safe solution because savings are guaranteed by the real estate's value and the yield can be 8% annual, unlike banks with their average rate of return of 0.11%. That's 7,000% more than a conventional savings account.



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What is crowdfunding in real estate? This is crowdfunding that offers the opportunity for a majority of individuals to invest in the real-estate sector and have high profitability without, for example, going public. Capital is less exposed and the fixed yield protects against current inflation without taking risks. Why crowdfunding in real estate? Quite simply, it is a good way to invest without the constraints of real estate, saving time and avoiding the administrative formalities. At Immo Crowdfunding ([www.immofunding.be](http://www.immofunding.be)) 8% per year is the guaranteed rate of return that you can receive, thanks to

crowdfunding in real estate. In my opinion, this system is currently a good solution in the medium to long term over six to 24 months to take the time to buy real estate and not be hampered by inflation on your well-deserved savings.

Investing in Immo Crowdfunding means investing in medium-sized, local projects and getting out at the right time. Playing the stock market is not for everyone. Older investors

have become more reluctant to take on riskier, higher paying investments, and thus are potentially more exposed to low interest

rates and inflation.

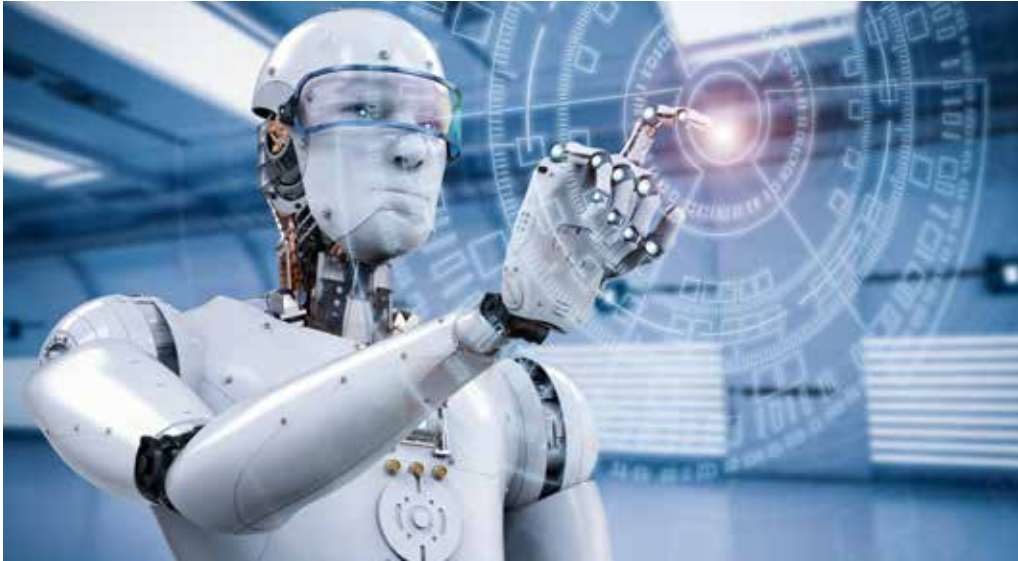
Anyone who currently has cash in their savings account and does not wish to risk their money in the stock market can request information from an advisor at Immo Crowdfunding at 02 669 0707 or go to [www.immofunding.be](http://www.immofunding.be) ■

**“ 8% GROSS IS  
GUARANTEED ”**



# The relative importance of Digital

**Dave Deruytter** wonders if digital is as important as futurists claim it will be?



**F**uturists like to dwell about the far future of things and how important Digital will be by then. Robots, IOT, Big data, AI, and their amazing potential, are thrown at us in big volumes. The further in the future they make their predictions, the shakier the foundations of their often-linear extrapolations in a static world, and the slimmer the chances are of them becoming true one day.

Predictions more than five years in the future are not to be taken too seriously.

The famous 'Club of Rome' think tank has been wrong many times with their very long-term predictions. For example, they said

that petroleum reserves would have been depleted by 1990. But petroleum is still around today, in reasonable abundance. The problem with predictions in the far future is that nothing in life evolves in a linear manner and that the benchmark for environmental changes rapidly.

Still, long-term predictions are correct now and then.

Yes, one in a million times, and that one time we are made to

remember by the futurists. The 999,999 failures are conveniently buried for us. Yes, Leonardo Da Vinci was far ahead of his time, but what about the millions of his contemporaries?

**“ THE LATTER,  
MONEY,  
BEARS NO  
NAME ”**



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# A REAL ESTATE DEVELOPER REACHING YOUR EXPECTATIONS



Even if many predictions about Digital should come out one day, will it be Digital for all? Will Digital be cheap enough compared to other options? Will it be simple enough for people to use it? If not, half of the population will not be able to buy it; and half of the population will not be able to use it to its full potential.

How important is Digital in the economy today and what is its potential?

Let's start with one of the most important industries around: construction. In calculation and design, management and aftercare, yes Digital makes a great contribution, but what about Digital concrete, buildings or bridges? Where is my Digital home?

Another key industry is food. Same here, in the pre- and the post-phase there is much

room for Digital enhancement. But where is the Digital spaghetti or champagne?

Car manufacturing, and machinery manufacturing in general, do not escape this reasoning either. Yes, robots dominate production and service; and CAD/CAM is key in development. But where is my Digital car, machine or robot?

Much of industry is still quite manual or physical, although robots are all around to help. It is not easy to find a good plumber or cook these days, but a robot fixing your plumbing or running the kitchen of your

favourite restaurant is not something that can economically compete with the human alternative anytime soon, if ever.

Even in the service industry Digital is not all.

**“ THE SLIMMER THE CHANCES ARE OF THEM BECOMING TRUE ”**



## Money

People want personalised service. Some services, though possible online, are far too complex, not easily simplified and not personal enough.

Cyber security is a big concern with Digital, and cybercrime is on the rise.

Keeping thieves out of your house is reasonably easy with locks and alarm systems, or just by being at home. Less so with cyber thieves who are hiding most often unseen in the bits and bytes on your computer, smartphone or Wi-Fi router. Thieves thrive in the masses where they cannot easily be seen. 'Internet everywhere, Internet of Things', sounds like music to their ears. And be sure, with ever rising IT processing speed, all passwords can be found in jiff time.

When you hear a voice, it is already not easy to imagine the person behind it, even worse so with bits and bytes. "This is your bank, please give us your password to update it." Yes, sure... No, of course it is not your bank, it is a thief trying to steal your money. Chatbot 'Sophie' with her good looks and soft voice may be run by a clever old male crook, trying to steal your data or money.

It is time for the thinking about Digital and its future to mature.

Digital is a great opportunity and will bring a lot of added value to business and society, but is only part of it all. There is much more to innovation than Digital only. There are advances in medical care, in climate-related products and services, in new more efficient ways of working (such as the circular economy, Agile and others), in new materials and products in general.

The positive side about the pressure of AI on all kinds of tasks that humans perform today

is that it forces us to keep on improving and become more efficient ourselves. As long as the latter does not force too many people to burnout it's a good thing. 'Servant leadership' should compensate for the negative effects of the ever and fast changing business world on people. Leaders should actively really care about their people and serve them

Another good evolution is that the Digital natives seem to learn a sense of "what can be trusted online, or not" early on in their life because they are brought up with Digital. Digital migrants may be more at risk, particularly in the beginning. Still, they may know better when the non-Digital alternatives are better or cheaper. Yes, even in this matter, age diversity has its value, just as diversity has in everything.

Be reasonable and prudent concerning Digital and its future, particularly when it is about your personal data or money. The former, your personal data, is not a commodity, often not replaceable. The latter, money, bears no name... ❶

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# Private banking

**Yannick Callens** asks: Are Generation Y and private banking compatible?

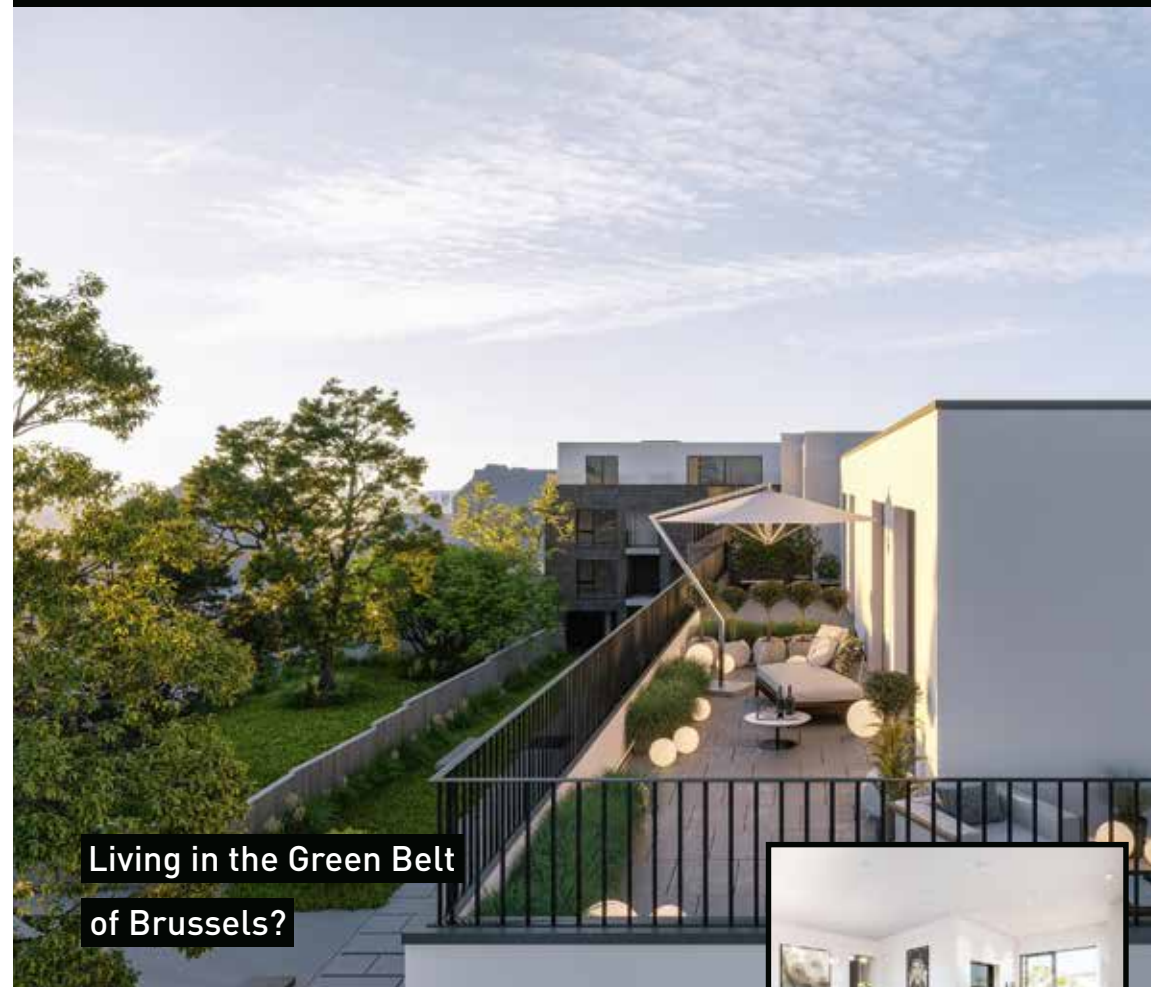


**W**hen two completely different worlds meet, that's where we are today. At the crossroads where the Y Generation becomes mature enough to meet private banking. All over the world, new millionaires are getting younger, acquiring, for example, new technologies, social networks, new ideas etc.

In addition, it is the Y Generation that has shaken up the habits of society, codes, the

'establishment' and especially those of the banking world. Generation Y wants everything, and right now!

So, do they want tailor-made, personalized, private-banking offers? Generation Y is the group of people born between 1980 and 2000 in Western civilization, who are perceived as having specific sociological and behavioural characteristics - an equivalent term is 'millennial'. They were young enough at the massive introduction of consumer



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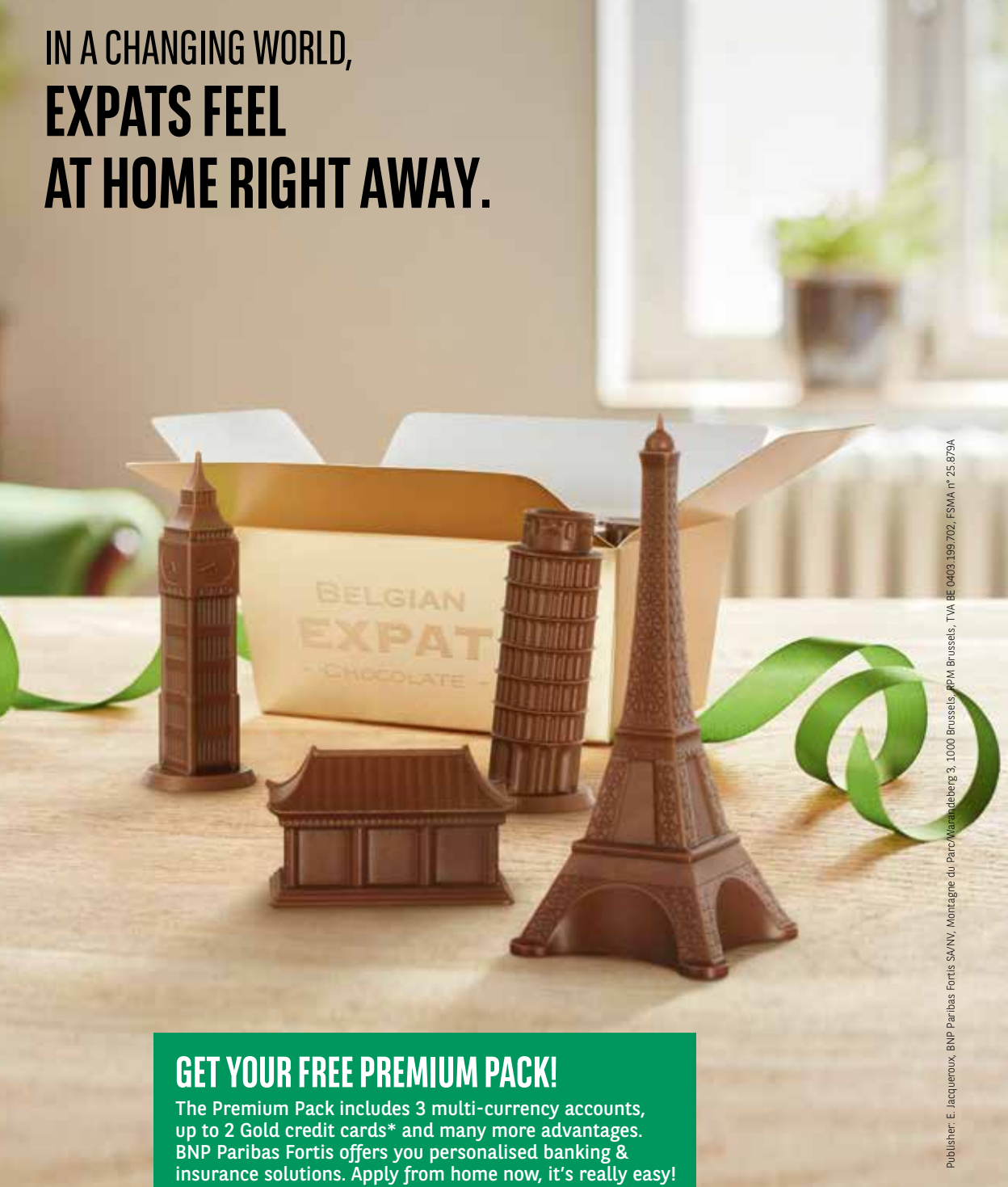
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## PERSONAL DEVELOPMENT

Money



computing to have acquired an intuitive mastery that usually exceeds that of their parents. They were also born with the beginnings of the public interest for 'ecologism'.

But what is private banking? A private bank provides highly personalized and sophisticated financial services, often referred to as 'Wealth Management', to individuals with 'significant' net worth. Originally family based, with a personal commitment from the private banker with his family fortune, they are now frequently specialized departments of general network banks, which provide their high-end clientele with services similar to those of an independent private bank.

If Generation Y thinks more about 'entrepreneurship', a radical change in

codes, and, for some, about 'empire', and that private banking is rather based on 'the family' and 'heritage', do these different words ultimately not in fact mean the same thing? Namely, to leave a legacy of experience for future generations?

Private banking can provide solutions through its customized services to Generation Y, but it will have to listen to the needs of its customers. Because the world is moving fast, faster and faster, much like

the money that they want to optimize.

In 2019, is it the one in a suit who is working for the one in shorts and T-shirt? Or is it the other way around? I invite you to decide for yourself. From my point of view, both can work together and find solutions to their needs. ❶

## “ GENERATION Y WANTS EVERYTHING, AND RIGHT NOW! ”





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# The Next Century?

Our tech guy **Colin Moors**  
dabbles in futurology

**N**ot really, no - but as we say "hello" to this, the 100th issue of *Together*, I thought it might be fun to have a wistful gaze into the future and to what technology holds for us in the next ten years, or 100 issues of *Together*. I imagine I will be looking back at this issue on my brain-implemented video chip while hovering above Brussels in my flying car. Well, that's what I imagine. I wonder what people whose job it is to predict the future think? "Futurologist" is possibly the best job in the world, as there are no wrong answers, so that's why I set myself up here as your resident Futurologist. Feel free to come back to me in ten years to tell me how way off I was.

**Wireless charging:** No, not the sort that means you need to plop your device down on to a pad or belt like some kind of caveman. I mean **really** wireless. Companies such as Ossia are leading the way in developing the idea of a room- or office-wide charging field that charges your devices whenever you enter into it. You will be able to just walk into the office and your stuff will start charging with no need to plug in a cable or fight for that last available wall socket. Imagine walking out of your house, having done nothing, and your Bluetooth earbuds are at 100%. This is a concept that's in heavy development, so it's likely to emerge as a pretty common thing in the coming decade.

**Fewer traffic fatalities:** This can only be a good thing, as a recent report stated that the



figure for accidents caused by human error was a worrying 95%. With Tesla leading the way in autonomously driven vehicles, other companies are clamouring to keep up, offering more and stranger features you didn't know you needed. The Heads-up Display (HUD) is very likely to appear as standard, as it's already coming to market in various guises. A HUD is basically what Iron Man sees in the helmet of his suit - information projected onto the glass of your windscreen, offering warnings, maps and more directly in your line of vision, so there's no need to look down at the GPS, for example. There's an app called Hudway (iOS and Android) if you fancy trying it for yourself, albeit at a very basic level. It can't be long before the HUD is adopted as, at least, an option in cars of the near future.

5G (the fifth generation of mobile data networks) is gaining traction and could be in limited public operation as soon as 2021. 5G is crucial in the sphere of car-to-car communication. I'm not talking about phone calls here, either - I'm talking cars talking to each other. By communicating with each other in a set area, it will be possible to alert each other when, say, a car is too close or behaving in an unexpected way. All the safety features available today will be faster and more responsive, and the vehicular hive mind will keep things running smoothly. 5G



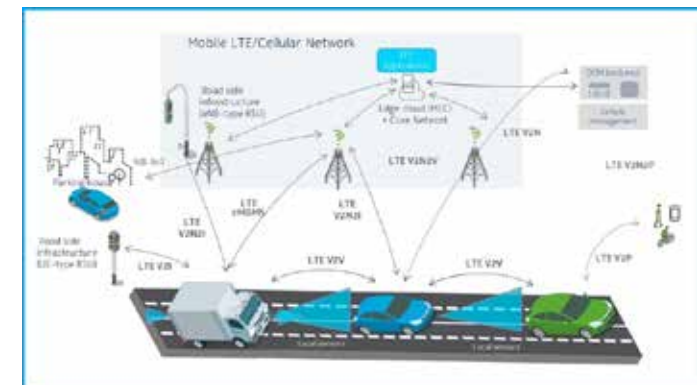


enabled cars will also benefit further from another technology called C-V2X (a somewhat tenuous set of initials standing for "Cellular Vehicle to Everything", I have no idea what the hyphen is doing there). C-V2X will allow cars to communicate without first having to send a signal to a cellular data tower, meaning communications are truly car-to-car. This goes some way to allaying the fears of "what happens when I'm out of range of a tower?"

**Energy storage:** Really not a sexy subject but an important one. In these days of #ClimateCrisis and the very real need to clean up our act and stop burning so much fossil fuel, the problem persists that we can't very effectively store any of the energy we can get from wind, solar or wave power. Your

country's electricity grid isn't stored energy either, rather a very delicate balancing act between all the production methods to keep the supply at expected levels. If a cheap and safe way of storing energy could be found, it would realistically change the way we use electricity forever. Primarily, it would mean that any power you generate for yourself via solar cells or other means could be stored by you, at your home or business for use whenever you need it. It could also provide a boost for less-developed countries where the infrastructure is possibly not that stable.

One particularly good idea that's frankly way out of my comfort zone scientifically, is hydrogen fuel cell storage. Strap in, and I'll try to explain so even I can understand. The electricity generated by your wind turbine (for



example) is used to split water into its two component elements, hydrogen and oxygen. The process is known as electrolysis - not to be confused with the hair removal procedure of the same name. Having separated the component parts, the hydrogen is stored and used to power a fuel cell that reverses the process, combining hydrogen and oxygen to create the only by-product of the process - water. The advantages to this are many; zero pollution, free electricity (and also heat, as part of the process) and power autonomy to name but three.

**Flying cars:** Possibly. No, really. A startup with the awkward name of Alaka'i (derived from the Hawaiian word denoting the importance of leadership for all you word nerds out there) has produced a flying car

prototype called the Skai. Well, I say 'car', it looks more like a giant drone but it does have a range of 640 km and is powered by - wait for it - hydrogen fuel cells. Throw in some 5G to coordinate the traffic and it's all starting to look pretty convergent, isn't it? 🚗



# Jobs for the boys – or girls

**Catherine Feore** looks into the not-too-distant future of the EU employment merry-go-round



I am not a great fan of futurology or personality politics in journalism, but with so many top jobs up for grabs in the EU, it's hard not to join in the speculation. All are focused on this human drama with way too many characters; hacks are greedily eyeing-up the possibility of producing a lot of copy over the normally dull summer months. Expect to see the drama unfold over the next days, weeks, months to come. Thwarted ambitions, triumphant victories, sly operators, low cunning and high office – and that's just the race to become the next British prime minister.

Where the UK's race is like its famous Grand National with many runners of varying ability and interesting backstories, the EU's challenge is more like a game of three-dimensional chess. The EU is a little more dignified – so far – but a lot more complex.

It's also a bit less fun and much more nerdy. Nobody is ever going to ask Valdis Dombrovskis if he ever snorted cocaine. Whether this is a good or a bad thing depends on your perspective. Do you want your country run by the latest person to hop out of the clown car, or do you prefer a measured debate based on who has the qualifications, broad political support and personal skills to steer the EU through the next five years?

## **Slaying the Lernaean Hydra**

President of the European Council, Donald Tusk, tried to head-off this Herculean task at the pass (to mix my metaphors) by organizing an informal dinner just two days after the European Parliamentary elections.

There are many big posts up for grabs: his own – President of the European Council; President of the European Commission;

**“ THERE ARE MANY FURTHER  
TWISTS AND TURNS AHEAD ”**



President of the European Parliament; President of the European Central Bank; and High Representative of the European Union for Foreign Affairs and Security Policy. Then there are lots of runner-up prizes, and some are pretty impressive. There are the big commission jobs: Competition, Trade, Internal Market, Economic and Monetary Union, Financial Services.

Didn't get one of these? Well there are also European Commission Vice-Presidential posts – more money and less work, what's not to like?!

For the MEPs there are Vice-Presidents posts in the European Parliament, chairmanships of important committees and influential and high-profile roles – like the Brexit Steering Committee.

European posts failing, you could be given a

nod and a wink that you are being considered for an upcoming 'world' job, and there's always ECA, EIB, EIF, EBRD and other trinkets. Who knows, they may even need to find a new chairman for the International Monetary Fund (IMF).

There is much to be taken into consideration.

## **Jobs for the boys (and girls)...**

... with an eye on geographic distribution - East/West, North/South; with another eye on size - the big versus the small countries; a further eye on political balance; and probably a number of other factors I haven't even considered, it is clear that some complicated trade-offs will be needed.

It used to be that the heads of government could divvy up the posts relatively easily with lots of side deals and promises, but this has



## PERSONAL DEVELOPMENT

### Politics

changed with a less biddable European Parliament. The recent elections also mean the main groups of social democrats and Christian Democrats wield less influence within the Parliament and no party holds an overall majority. This weakens the parliament's ability to agree on and coronate their *Spitzenkandidat* (a party's lead candidate).

Commissioners will have to be approved in hearings before the relevant committee in September. In the past, the Parliament has rejected proposed candidates. In 2004 the Parliament's Civil Liberties Committee vetoed Rocco Buttiglione because of his views on women and homosexuality. In 2009, the parliament deemed Alenka Bratušek, a former Prime Minister of Slovenia, as unqualified and others, such as Miguel Cañete and Jonathan Hill, faced some tough resistance because of their previous roles. The current President of the European Commission, Jean-Claude Juncker, even faced a vote in Council – though only Hungary and the UK voted against him.

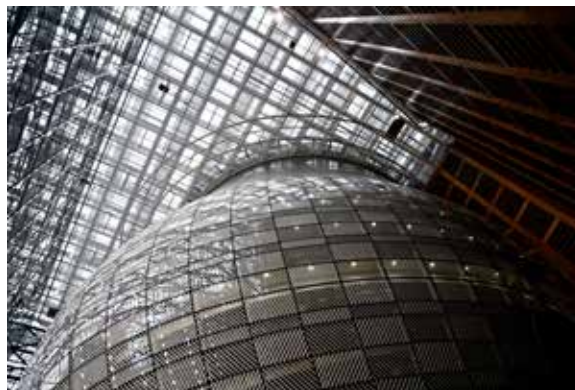
The only concrete commitment from Tusk's dinner was to fill two of the most senior roles with women.

### Why have only two women when you could have five?!

So, just for the fun of it, I am going to make some confident predictions that will no doubt be proved wrong in the very near future.

President of the European Commission – Margrethe Vestager, she's popular, charismatic, was a government minister, as former Commissioner for Competition has made a lot of tough decisions. And yes, she would be the first woman in the job. (Decision June/July, mandate from 1 November)

President of the European Council – Dalia Grybauskaitė is coming to the end of her



second mandate as President of Lithuania, constitutionally she cannot stand again. Grybauskaitė was also a European Commissioner in 2004-2009.

President of the European Parliament – Mairead McGuinness, currently a Vice-President. She is an MEP from the Irish party Fine Gael, which is part of the largest group in Parliament, the EPP. If the parliament wants someone with a lot of sass and a lot of steal, Mairead is the woman, she's also a great communicator. (Mandate begins July).

President of the European Central Bank – Christine Lagarde, currently the Managing Director of the IMF and former Finance Minister of France, is respected, tough and widely liked. She, of course, is also a she. Some may fear the politicization of this role – but in the IMF she has been seen as impartial. (Mandate begins November).

High Representative of the European Union – Kristalina Georgieva, was a former Vice-President of the European Commission under Juncker from 2014-2016. She has been the Chief Executive of the World Bank since 2017 and served for a short time as its Acting President. She is Bulgarian, highly respected and has much experience in the field of development.

All bets are off, but don't fret too much. Whoever succeeds will be guided by broader objectives outlined by the Council and the European Parliament. ❶

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LIFESTYLE

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Luxury





Luxury cars

# Motoring: Bentley celebrates 100 years

Our motoring correspondent **Bob Monard** looks back at a centenary of an elite brand



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It is sometimes forgotten, but the British brand Bentley was first constructed by another subject of her gracious Majesty: Rolls-Royce.

Bentley is clearly delighted with its 100th anniversary, and the oldest and latest models of the EXP 2 racing car were present at Rétromobile at the Paris Expo Porte de Versailles.

Highlighting Bentley's evolution over the past 100 years, the British brand's booth in Paris offered visitors a unique opportunity to explore the heritage and innovation of the luxury car manufacturer. The new Continental GT Convertible joins its illustrious ancestor in Paris: it is the quintessential open-air grand tourer. Although separated by 100 years of automobile evolution, the two models share the fundamental characteristics of Bentley: both are genuine

Grand Tourers; both offer performance levels that mark the sector; and both have an innovative technology from the very start.

A legacy of the Cricklewood era, the EXP 2 is the oldest Bentley. It made its debut at the 1919 Olympia Motor Show. It is an iconic car in the history of this century-old brand. Drawing on W.O.'s experience in pre-war competition, EXP 2 was also the first of the brand's cars to win a race powered by a 3.0-litre four-cylinder engine at a top speed of 80mph.

Frank Clement, a development engineer and driver, won the Brooklands Junior Sprint Handicap on May 16, 1921 with EXP2, the first race win for Bentley. Clement won not only the first victory of the brand but also left very famous drivers in his wake.

W.O. created a company whose goal was simple: to build "a good fast car that must be the best in its class". This guiding principle has always guided Bentley, which is



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## LIFESTYLE

Luxury cars



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Relaunched in 1998 by new owners VW, the Bentley brand remains even more faithful than ever to its precious 'British touch'. And the Belgian Dirk van Braeckel, Design Director of Bentley 20 years ago, who will certainly not contradict me.

### Bentley in competition

The manufacturer has won six victories at the 24 Hours of Le Mans: in 1924, 1927, 1928, 1929, 1930 and in 2003. In 2001, Bentley returned to endurance racing in the Sarthe with the EXP Speed 8 model equipped with a turbocharged Audi V8 block. Bentley ranked third and fourth in 2002 behind Audi, its sister car at VW. In 2003, Bentley stood on the two highest steps of the podium!

### Bentley at Le Mans 2019!

The world's largest endurance race pays tribute to the Bentley centennial! The rue du

Mans has been renamed 'Rue des Bentley Boys', the all-new Flying Spur world premiere will be at the parade rounds, classic models can be viewed on the *Bentley Through The Decades* screen and the new Bentley exhibition will remain open until September at the Museum of the 24 Hours of Le Mans. The Bentley centenary is clearly all the rage!

A prestigious manufacturer, Bentley has always combined the nobility of mechanics, the luxurious refinement of the material and absolute comfort. Since 1998, the English handmade and the Germanic technological knowhow have earned Bentley a glittering reputation for one hundred years. And it's not over...

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Swimsuit **Dior** Bracelets **Ole Lynggard & Dior** Shoes **Christian Wijnants** - Hair: **Kérastase soleil** Huile sirène



Total look **H&M** Boots **Christian Wijnants** Bracelets **Ole Lynggard & Dior** - **Lancôme** beauty: Mascara Hypnôse Doll Eyes Brun Ombre à paupière Hypnôse, - Or Erika I 112 Bush Subtil Rose sable 02



Coat **Christian Wijnants** Sun glasses **Persol** Bracelets **Ole Lynggard & Dior**



Overall **Simone** Swimsuit **Eres** Hair clips **Zara**



Deco

# Flamant: A success story Made in Belgium

This month *Together* looks at a remarkable, inspired local company



**T**he story of this mythical house began 40 years ago, when Alex Flamant, son of an antique dealer, realized his

first design project, which was the origin of the Flamant brand: the artisanal reinterpretation of furniture and antique decorative objects made from beautiful materials and of durable quality.

It wasn't long before Alex Flamant came up with an innovative idea: think about the house in its totality. A true pioneer in the field,

he created 'total look' collections inspired by the past with contemporary touches.

## “ THE RESULT OF A JOURNEY OF INSPIRATION ”

prestigious brand seduces new generations by reinventing itself while maintaining the values that are dear to the firm:

- Influences from the north and south of the country

Very quickly recognized worldwide, Flamant continues to confirm its own DNA and inspires a generation of lovers of decor. Constantly seeking renewal, the



- A very personal colour palette
- Materials chosen for their undeniable quality (linen, raw timber, hand-blown glass, wrought iron etc)
- The specialist work of true craftsmen around the world

Each Flamant product has a unique story and is the result of a journey of inspiration. The creations are the fruit of a proliferation of ideas of a passionate team of designers, stylists and others.

Today, more than 3,000 references and 500 seasonal novelties beautify our homes and gardens. Offering a wonderful choice, the collection of furniture, accessories, linens, lighting and paintings brings to our homes that extra bit of soul that makes all the difference.

Combining traditional craftsmanship and modern design, Flamant creates charismatic pieces of timeless quality. The team is convinced that in this ever-changing and hectic world, with very little time for



contemplation, the need for comfort, a sense of warmth and security is of great importance. Flamant meets this need by offering holistic decoration that creates the warm and welcoming atmosphere of a real home.

Customer-orientated, and with both quality and creativity, Flamant has many very nice surprises for you. See you very soon.  
[www.flamant.com/flamant/](http://www.flamant.com/flamant/)

# Shopping

## ATELIER P.

The latest collection of P.C. Boschmans, a well-established Belgian company founded in 1865. The letter P. refers to Petrus Boschmans, the founder of the company. Petrus's century-old tradition is still being practiced by his great-grandchildren and the employees of the company. As a tribute to Petrus, they decided to relaunch some of his creations together with other designs by his successors. Each item has been given a name of a family member who worked (or are still working) for the firm. Peter wedding rings: pink gold 18kt: **€295** (2 mm), **€495** (4 mm) **€895** (6mm)

[www.atelier-p.be](http://www.atelier-p.be)



## BVLGARI

BVLGARI is famous for its glamorous gemstone jewellery, luxury watches, perfumes and leather goods.



Octo cufflinks in pink gold and onyx. **€4,180**

Silver Octo cufflinks. **€530**

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



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## Shopping



### #Spirou4rights

In honour of the installation #Spirou4rights, the Atomium has created a unique line of merchandising inspired by the comic book hero defending the Universal Declaration of Human Rights. Only available in the shop of the Atomium. Displayed products: notebook, magnet, pen, pencil. Made In Belgium. [www.atomium.be](http://www.atomium.be)

### Le Labo

Handmade from reclaimed oak, this limited-edition box was crafted as a throwback to the golden days of Americana – a time when barbers were more than just simple groomers.

Grooming Box: **€338**  
[www.llelabofragrances.com](http://www.llelabofragrances.com)



### Solya

The Belgian jewellery brand, Solya, has launched GEMME, a collection of 100% vegan candles. These candles, with a subtle perfume of cotton flower, are an object of decoration in their own right... and reusable! Semi-precious stones mixed with vegetable wax can be recovered once the candle has been used up. Made In Belgium. Candle: **€69, €79** for the gold leaf version. [www.solya.be](http://www.solya.be)



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



**The Chaumet Garden of Earthly Delights**  
Faithful to its naturalistic tradition, Chaumet celebrates a living and symbolic flora and fauna by enriching its collections with new creation: captivating brooches and cocktail rings to light up special occasions, and new Bee My Love pieces for everyday wear. Alveole gold ring: [www.chaumet.com](http://www.chaumet.com)

# Beauty: Maximum protection for a radiant summer

**Caroline Dierckx** runs the rule over the best summer solar protection

**N**owadays, sun care is more and more efficient and comfortable for the skin. There's no reason to do without it this summer. Prepare your suitcase and don't forget to pack some high protection.

Bioderma



Avène



La Roche-Posay



Collistar



**Bioderma** Photoderm Nude Touch SPF 50+: **€19.99**  
**Avène** Thermal Spa Sun Care, SWITCH Spray SPF 50+ effect 200 ml for children: **€22.20**  
**Collistar** Protective Crystal Stick, ideal for tattoos – blemishes SPF 50: **€29.99**  
**La Roche-Posay** Shaka Fluid, invisible and ultra-resistant SPF 50+ 50 ml: **€18**





Nuxe

Furterer



Bee Nature



Vichy



Lierac

**Furterer** Sun Ritual protective summer fluid 100 ml indicative price: **€13.90**  
**Vichy** Beach protect against dehydration Vichy SPF 30 & SPF 50 200 ml: **€21.95**  
**Nuxe** after-sun fresh milk 200 ml: **€18.50**  
**Lierac** Sun care protector for eyes SPF 50 LIERAC SUNISSIME: **€24.90**  
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boudoir du regard

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Design

# Design: Salon iide 2019

We look at the upcoming International Interior Design Exhibition (iide)

The 'International Interior Design Exhibition' was born in London in 1982. The brainchild of Fleur Rossdale, her iconic design exhibitions propelled interior design into orbit over two decades. Together with the publication of *The World of Interiors*, the era produced an insatiable hunger for interior design in the United Kingdom and a new clientele clambering at the doors of professional designers. The influence of her shows continued, attracting 30,000 visitors to each exhibition with a marked knock-on effect on real estate.

Since these early days when fairs were few and far between, Fleur has watched the growth of international design exhibitions, often filling vast exhibition halls to overwhelming effect. Recognizing that the cultural city of Brussels enjoys many remarkable fine-art fairs with a public interested to learn more about interior design, Fleur re-launched *iide* last November at Hôtel de la Poste. With domestic settings, *iide* met with immediate success and enthusiasm from both professional and private visitors. The purpose-built rooms designed around fine art re-established the intimate quality of her high-level niche exhibitions with the illusion of entering a real home.

This September, *Salon iide* will open its doors to complete rooms on the first and second floors at Hôtel de la Poste as *Salon iide*. Nestling in the Tour & Taxi complex, the wonderfully proportioned restored rooms will be seen for the first time in 40 years. Following the exhibition, the designer rooms

Photo © Benedetti Carlucci



will be used for private dining, incremental to the spirit of *Salon iide*, continuing to provide a very special and intimate experience.

With everything for sale and to order, *Salon iide* showcases international interior designers in fully decorated haute couture rooms, bringing together their chosen suppliers, skilled artisans, artists and art galleries in one unique composition. Visitors will meet the designers, can order fabrics and furniture, make an appointment for their particular project or simply enjoy the design experience.

*Salon iide* will bring a leading fabric house

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### Design

to the exhibition to work with an outstanding designer each year, creating a room around their product as a work of art to live in. This year, Diego Fortunato is designing Le Salon Dedar.

Last year, *iide* welcomed more than 5,000 visitors during their first edition in Brussels, attracting 30% design professionals and 70% high net worth clients. Adjacent to *Salon iide*, the Mood + Indigo Trade Fair at Tour & Taxis, where with joint tickets available, visitors will see the full process from pattern design at Mood to fully designed rooms.

*Salon iide* are delighted to welcome the following designers as participants to date: Diego Fortunato for Dedar (Italy), Gerald Watelet (Belgium), Gilles de Meulemeester (Belgium), Benedetti Interieur with KB-Evolution 21 (Belgium), L Decoration International (Belgium), Guimar Urbina Interiors (USA/Venezuela), Maria Westerberg (Sweden) & IDH by Fleur Rossdale (UK).

With interior designers working with craftsmen and suppliers to achieve a successful interior composition, at *Salon iide* we see artisan talent coming into its own under the guidance of a visionary interior designer, a synergy demonstrated at the height of design integrity. 10-15 September 2019, Hôtel de la Poste, Tour & Taxis, [www.iide.be](http://www.iide.be) 



Photo © Gerald\_Watelet



Photo © Benedetti salon



Photo © Diego Fortunato Mayfair Lamps



Photo © Diego Fortunato library



Photo © Diego Fortunato sit furniture escofet

Shopping Decor

# Shopping Decor

Pillows, blankets and rugs in various fabrics and colours. The Danish design company Vipp launches its first collection of ultra-soft and decorative textiles for the living room and bedroom



**VIPP WOOL BAMBOO RUG** Vipp wool/bamboo rug, medium. Light grey, silver black, burgundy. New Zealand wool, bamboo fibre: **€1,079**



**VIPP VELVET PILLOWS** Vipp velour pillow. Warm grey, dark beige, silver black, burgundy, mustard yellow. 83% cotton, 9% modal, 8% polyester: **€99**



**VIPP WOOL BLANKET** Vipp wool blanket. Dark grey, brown. 54% wool, 24% acrylic, 12% alpaca, 10% polyamide: **€209**  
[www.vipp.com](http://www.vipp.com)



HOME AUTOUR DU MONDE table set: **€6.50**



HOME AUTOUR DU MONDE BOWL: **€9.50**  
[www.bensimon.com](http://www.bensimon.com)



HOME AUTOUR DU MONDE Plate: **€11.50**



## LIFESTYLE

Shopping decor



### Eichholtz Ramage Coffee Table

Are you looking for a new coffee table to transform your living area? Look no further, you've just found it! This stunning design from Eichholtz has a rectangular, clear glass table top. Completing and complementing the overall look are the gold-finished geometrically shaped legs.

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

### Lime Lace

Stunning King Edison Gold Wall Lamp by Mineheart features a miniature brass chandelier suspended inside a hand-blown glass shade. Designed by Young & Battaglia, it combines the pure simplicity of an Edison light bulb with the romance and glamour of a Kings chandelier. This eye-catching wall lamp will make a real design statement placed in an alcove, on either side of a bed or in a hallway.

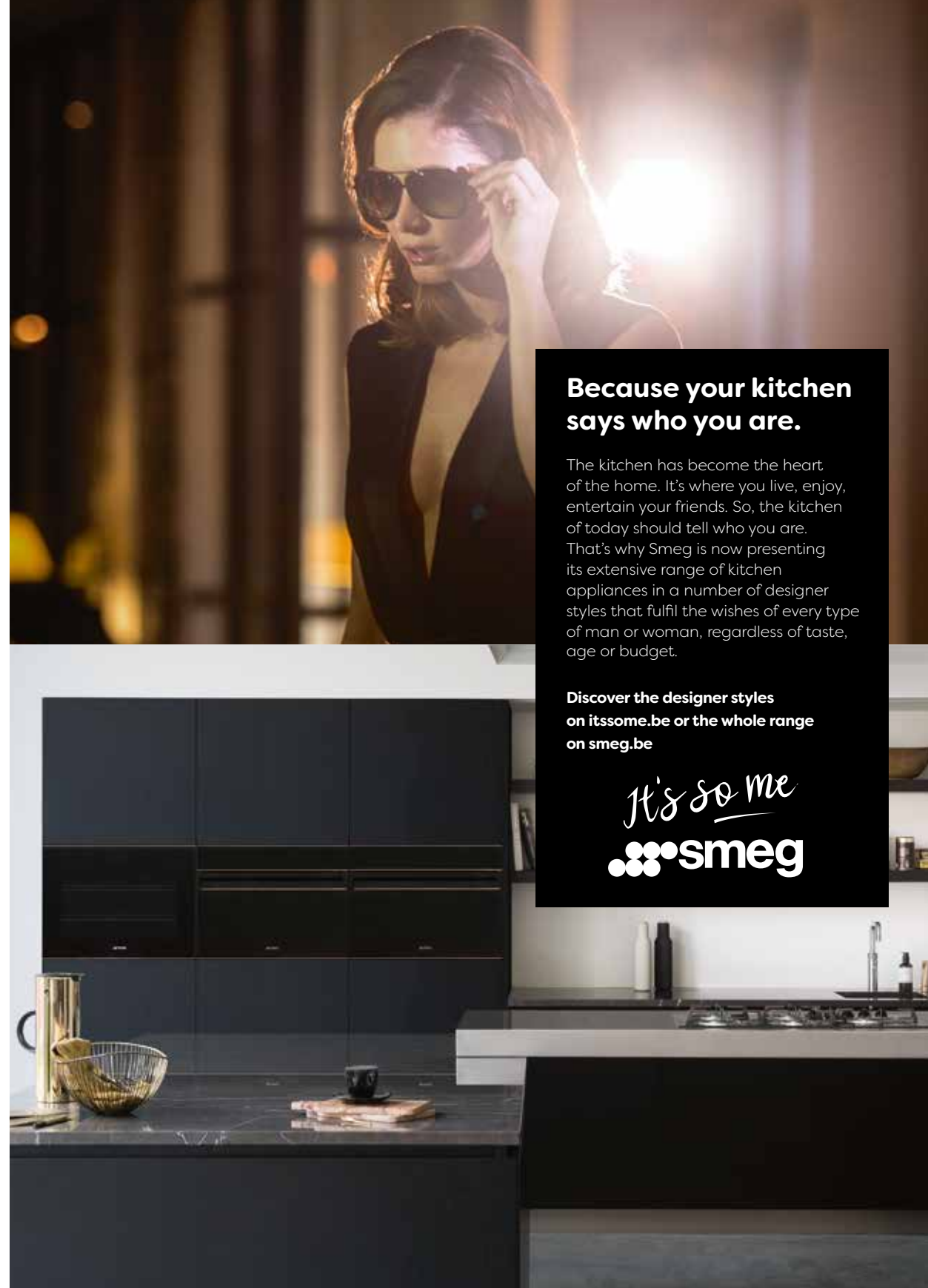
[www.limelace.co.uk](http://www.limelace.co.uk)



### Essential Home

Collins Bar Chair, Mid-Century Modern Designs For Summer Vacation. Collins is a crescent, open-back bar chair designed with sleek mid-century modern lines. It has glamorous glossy black legs, accented by polished brass details, especially in the bottom of the legs, and is upholstered in velvet. A luxurious statement for your home furnishing.

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



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# LIFE OF LEISURE

- This woman begins as one thing and ends as another

LIFE OF  
LEISURE

Interview

## Sienna Miller: A native New Yorker

*Together sat down with an actress who has tackled some very difficult roles*



Often classed as a Brit but actually a native New Yorker, it may have taken 35 years for Sienna Miller to go back – although she was born four full years after the catchy *Odyssey* hit – but the actress known mostly for her roles as troubled or emotionally drained characters says she definitely feels at home in the Big Apple.

As if testing the water a little, Miller spent a few years in the city as a teenager where she was studying, whilst

also acting and spending time as a model for Coca-Cola, for *Vogue* and for that iconic 2003 Pirelli calendar shoot. But it wasn't until 2016 that she moved to New York full-time with her daughter Marlowe, six months after splitting with Marlowe's father, Tom Sturridge.

Miller's film choices have often been patterned by off-screen events. It all started when she played the love interest of future James Bond, Daniel

**“ ALSO ABOUT  
THE RESILIENCE  
OF THE HUMAN  
SPIRIT ”**

Miller's film choices have often been patterned by off-screen events. It all started when she played the love interest of future James Bond, Daniel





Craig, in Matthew Vaughn's gangster-flick *Layer Cake*, alongside Jude Law – with whom she would later have an on-off romance. Then, following the remake of *Alfie*, also with Law, she endured tabloid newspapers covertly take pictures of her naked whilst on set for movie *Hippie Hippie Shake*, which was later abandoned.

Within three months of her giving birth to Marlowe in 2012, she was back to work in *Foxcatcher*, alongside Steve Carell, Channing Tatum and Mark Ruffalo. The same year, Miller would star in Clint Eastwood's *American Sniper* with Bradley Cooper.

The actress's new film, *American Woman*, sees her star alongside Christina Hendricks, Aaron Paul and Amy Madigan in director Jake Scott's drama set in a blue-collar town in Pennsylvania. She plays a 32-year-old woman whose teen daughter goes missing, leaving her to raise her young grandson alone.

**“ I'M SO SENSITIVE  
AND I READ THINGS  
ON AN EMOTIONAL  
LEVEL ”**

The story is told over the course of 11 years, on a journey that wades through hope, despair and, finally, the long-awaited discovery of the truth.

**Together: This is your first leading role in a while, and a very intense one. You play a character whose teenage daughter disappears and leaves you to raise her child, your grandson. As a mother yourself, was that a difficult part to play emotionally?**

Sienna Miller: I think that as a female actor it is probably the hardest thing that you could imagine, as that is one of the hardest things for a person to go through.

I think that if you have children, you do this thing where you imagine how devastating it would be if it happened to you, but you sort of go there in your mind as an actor.

There was something very interesting about exploring that, but also about the resilience of the human spirit. This woman begins as one thing and ends as another and I think that you are left – in spite of the tragedy that she goes through - with a real feeling of







hope and courage and it is a pretty powerful story.

It was really when I read the script – and it often happens when I am clear that I want to do something – but I had a total vision of how to do it and that happened with this film.

The subject matter is obviously very dark – this a woman who loses a child and that was something by which I was very daunted. But as soon as I met the director, Jake Scott, and we started having creative conversations, then I really felt like I could do it with that group.

**Are you very emotional?**

Yes. I am. I totally respond on a feel-think level. It's all about instinct and I think it's good for me in my job. But it's sometimes hard to navigate life because I'm so sensitive

and I read things on an emotional level and I think that's what actors do and that's why they're notoriously difficult or overly-emotional.

**Christina Hendricks plays your sister and I understand that before you shot this movie, neither of you had ever met before.**

That is true, and Christina is someone whose work I have loved for years, but no, we had never met prior to filming. It is strange when you have to form a close bond for a project with someone who you have never even spoken to

previously.

I remember when I first got there for the first day of filming I met with Jake, and he wanted us to go upstairs to a bathroom and put make-up on each other. We were both

**“ THAT  
RELATIONSHIP IS  
ONE OF THE MOST  
POWERFUL  
ASPECTS OF THE  
FILM ”**

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like: "Oh God, please no!" [Laughs]. I think I remember Christina saying: "I think that is going to make us feel more uncomfortable with each other."

But somehow, that really broke the ice and before I saw her and realized that she had been cast in such a role, I was wondering how that would work. Because she is the most glamorous and beautiful woman, and I don't know if I have ever felt more of a sibling-like bond with an actor, and that relationship is one of the most powerful aspects of the film.

I think, though, ultimately it comes with the script because it was a fully realized thing. It was a total gift and it was very mapped out and very, very clear. Jake, as a director, managed to create this environment where it was almost an instantaneous family. He really spent a lot of time individually with each of us explaining the back story and he casts it in a way where we just were a family. It was one of those magical things where Christina and I met, and it just felt right.

**Ever since you did Foxcatcher, you've got to work on some quality movies.**

I think I have a better sense of a decent

**" I THINK MUCH OF  
IT HAS TO DO WITH  
GETTING OLDER "**





Interview

script now, perhaps that's what you learn growing up as an actor. Clearly, I'm doing something right if I'm getting to work with Clint Eastwood, James Gray, Bennett Miller, Ben Affleck. Something has happened, something has changed, I think much of it has to do with getting older.

**You are also starring opposite Russell Crowe and Naomi Watts in *The Loudest Voice*, which is a TV mini-series about former Fox Chairman and CEO, Roger Ailes, and looking at the transformation you went through, it's amazing. How did that feel?**

It was pretty liberating, actually. I am playing a real woman, Elizabeth Ailes, who was married to Roger and she is a very religious Republican woman. It was a really interesting role to play and I felt very much like I could completely go there in terms of the character, because of it. But four hours of being in make-up and having prosthetics is a lot! [Laughs].

**What made you make the move to New York?**

I was born in New York, so I feel very at home living there, now. Over time, my work has become increasingly based in the US, so it made much more sense to live there. Especially now that my daughter is in school, it means that I don't have to spend too much time away from her, except for filming.

It is a welcome change and nice. I still have so much love for London and I feel extremely fortunate to be able to go back when I can - even if it's for a small amount of time.

**When you're on the red carpet, you always look stunning and stylish. Now that your daughter is getting older, is she recognizing this more and more?**



Well, she is very much into her own kind of thing. I loved it when she was still so little and I had the chance to choose what to dress her in, like a little orphan and all of that was very cute. But now, all she wants to wear is hi-tops and leggings and she will not let me get involved! I want her to wear some dresses.

What also isn't really fair is that she wants to dress me in belly shirts and I'm sorry, no, no, no. Those days are well and truly in the past [laughs].

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LIFE OF  
LEISURE

Travel

# O! Polé!

**Jeanie Keough** offers four reasons to visit the Opoloski region of south-western Poland



1. **A chance to travel back in time**, (while living in the lap of affordable luxury)  
The Opole Silesia region was once the place where the Polish royalty and aristocracy built their mansions and palaces, hence the 200 spectacular castles that can be found there. The good news is that because the area belonged to the German occupation during WWII, the exteriors of the castles were protected and therefore well-

preserved. The bad news is that the castles' interiors were largely gutted and destroyed during the post-war Soviet invasion (the soldiers pulled the wainscoting from the walls to use it as firewood after having burnt or wrecked everything else).

**“ 365 ROOMS, 99 TOWERS, AS WELL AS A CONCERT HALL ”**

When the castles fell to ruin, many of the locals salvaged relics, which still sit in their living rooms and backyards. Since then, the castles have had storied





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## LIFE OF LEISURE

Travel



### 2. Nature

With three large lakes in the region, the Odra and Nysa rivers snaking through national parks and quaint villages, old train routes that have been converted into bike paths, a more rustic way to travel through the area could be to stay at the various lake campgrounds or rent a lakeside cottage. The area is great for summer activities and cycling or hiking trips through the fields of colza and lush forests or alongside the river. It would be fun to create your own castle tour by bicycle and treat yourself to a well-deserved lunch or dinner at either the Sulislaw palace in Grodzko, or the Hotel Bajka in Grodzko.

histories as Soviet administration offices, farms, residential flats and even sanatoriums. Over the past 10 to 15 years, however, there has been an attempt to restore them to their former glory. (There is even a Polish reality tv show called *Let's buy a castle* about what private buyers have done with them). Many have been turned into hotels and wellness centres. With their excellent restaurants and picturesque grounds, it is easy to understand why they make for great wedding venues and quiet family getaways.

We stayed in Moszna castle, which has 365 rooms, 99 towers, as well as a concert hall decorated in the neoclassical and gothic styles of its original splendour. Visitors to the castle can walk the stunning grounds, take an historical tour of the owner's elaborate private quarters, and sit in the large basement chapel, which the Soviets used as a horse stable, the evidence of which can be seen in the marble stairs, chipped by hooves. School groups regularly come through on *Harry Potter Tours*, and indeed it is easy to imagine JK Rowling staying in one of the standard rooms while penning *The Philosopher's Stone*. The concert hall functions as a cultural centre where locals can attend performances. We were lucky enough to see the most incredible (and totally unexpected) accordion performance by two young virtuosos whose names bear mentioning – Lukasz Gogol and Grzegorz Kuryla. Together, they made the Amelie Poulin soundtrack sound like *Twinkle Twinkle Little Star*.

For water sport enthusiasts, Nysa Lake and Otmuchowski Lakes have great beaches and are perfect spots for windsurfing, sailing, water skiing and the like. The Turawskie Lakes are closer to Opole city (about 15-20 km from the centre) and accessible via a bike path through a pine forest that goes directly there. Kayaking jaunts are possible with local river guides who will take you down the Mala Panew river. Equestrian events are big at the Jakubus Palace (also a 4-star hotel) in Jakubowice where 800 horses and 1,100 riders gather in July for a horseback riding event that brings people from all over Eastern Europe. There are 47 sport horses on the palace grounds, and they have even built stables underneath luxury suites in a modern spin on the way house barns (or *einhaus* in German) used to house livestock and people under one roof.

### 3. Food

Fans of pierogi, sauerkraut, and/or pickles might be interested in further developing their palate by trying traditional Silesian fare. *Karp po Niemodlinsku* is a carp dish that the region is known for as it is fished locally. There is a delicious sour buttermilk soup served with rye bread and seasoned with marjoram. *Panczkraut* is well worth a try – pork chops served with fried sauerkraut mixed with potatoes, fried onion, and bacon;





and the traditional Sunday dinner beef roulade with red cabbage and potato dumplings known as *kluski slaskie*, the Polish version of gnocci. All must-eats. While many restaurants are beginning to serve international cuisine in an effort to be cosmopolitan, several chefs are serving up new takes on classic dishes to preserve Polish culinary heritage. Hotel breakfast buffets are an exotic mix of patés and cold deli meats, unusual cheeses and Polish crêpes (*Nalesniki*), and to-die-for bread – naturally, an early morning feast fit for a king (or queen).

The Polish are also crazy about coffee – an innovative Polish specialty coffee roaster known as Hard Beans is creating a buzz (literally and figuratively) in the coffee world and taking roasting to the next level. They are the first coffee roaster in the world to test the ideal conditions in which to store beans by storing it in different fridges with regulated temperatures. They're also in the process of patenting a first-of-its-kind industrial cold-brew press they've designed.

#### 4. History

WWII and its aftermath decimated Poland. As such, you'd expect there not to be much evidence of history that survived. However, the Silesian region is steeped in it – from museum collections at the Museum of Opole Silesia (aka Opole Regional Museum) that display fossils from the Early Bronze Age, as

well as the traditional costumes, rituals, and pastimes of the region's peoples. There is a section devoted to 18th and 19th century art collections as well. About 6km outside of Opole proper is a reconstructed open-air village built in the rural architectural style. Visitors can see typical Polish wooden houses of yore and learn about how the people lived and worked. Travel northeast of the city toward Kluczbork and Olesno and you'll find several intact wooden churches along the way. Also, in Opole city, you can visit a factory where they make hand-painted egg and porcelain – a long-standing cultural tradition in the region. And of course, there is the Polish song museum, which the region is famous for.



**How to get there** – LOT Polish Airlines offers flights from Brussels Zaventem to Warsaw with a short connection to Wrocław, which is a 45-minute drive to Opole. Flights to Katowice are also an option, followed by a 1h15-minute drive to Opole.

#### About the Opole Silesia region

The Opolski Voivodeship borders eastern Czech Republic. German is officially recognized as a second language in the region.

Opole was voted by Poles in September 2018 as the 8th most liveable city in the country, scoring high points for being clean and green. [www.visitopolskie.pl](http://www.visitopolskie.pl) 📍

# Enjoy the festival vibes before flying



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# Favourite destination: Le Touquet-Paris-Plage

**Caroline Dierckx** headed west to a special destination



**I**t only takes three hours by car from the Belgian capital, Brussels, to arrive on the Opal Coast and, more specifically, Le Touquet. A popular destination as soon as the warm weather arrives, which is instantly understandable once you get there. A beautiful atmosphere surrounds the resort with its iodized air, which allows the body to fully oxygenate. A place to relax, a place to discover.

The resort has no shortage of assets, with its remarkable natural environment, its long fine sand beach (7km), its dunes, its magnificent landscapes at the Bay of Canche, its 800 hectares of maritime pine,

poplar and alder forests, which are more than 100 years old and are perfectly preserved.

## Touquet wellbeing

Visit the Novotel, which offers a magnificent view of the sea. Its 'feet in the sand' proximity, so close to the sea, is seductive, and why not go for a thalassotherapy session for total relaxation? The icing on the cake: the sea view room. A must! Wellbeing is also provided by the numerous walks on marked trails in the

forest or on other routes, where you can discover the rich fauna and flora that is everywhere.

**“ A PLACE  
TO RELAX,  
A PLACE TO  
DISCOVER ”**



## Touquet Culture

Art lovers are truly at home. The museum in the forest is a typical Anglo-Norman villa, which always has an exhibition, with a full media library. There is also a 31-stage historic course that offers a discovery of the resort's most beautiful architecture. Take a stroll to explore the rich heritage of the resort, its treasures and public and private buildings, some of which are classified as Historical Monuments. For the bravest, climb the 306 steps of the iconic 55-metre Le Touquet lighthouse, which was rebuilt after the war in 1949.



## Touquet gastronomy

Your taste buds can enjoy the specialties of the Côte d'Opale. On the menu, moules-frites and fresh fish at Novotel's Maison Mer, which offers healthy and tasty cuisine. Take an aperitif at the Perard oyster bar, where you must try the famous fish soup, which has been awarded the highest distinction of the Label Rouge. For sweet pleasures, enjoy Chocolats du Chat Bleu, a centenary specialty, as well as biscuits from the Manufacture du Touquet.



## Touquet sport

There is an iconic activity to be enjoyed when there is enough wind: sand yachting. There are also many water sports, such as surfing, paddling and kite surfing. For the other, more terrestrial sports, there is splendid golf between dunes and forest at a flagship course. For horse lovers, take a ride along the Canche.





#### Touquet shopping

To end a day in Le Touquet, what could be better than to have a shopping moment to bring back a nice souvenir or handicrafts? The world's biggest brands are also available in the resort, which is resolutely elegant.

#### Touquet beach

Tanning, strolling, reading, swimming, the Le Touquet beach is one of the very best, truly beautiful. End the day with an aperitif at the beach bar, watching the sun set on the horizon. Do not hesitate to visit the beauty of the Opal Coast, to enjoy a moment for yourself or with friends and families. The region is exceptional - you will return from your stay invigorated in every way.

## “ ART LOVERS ARE TRULY AT HOME ”

#### Useful information:

How to get there: By car from Brussels (between 2h30 and 3h)

Where to stay: Hotel Novotel Thalassa Le Touquet or Westminster \*\*\*\*

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Editeur responsable : Honda Motor Europe Ltd, Belgian Branch - Doornveld 180-184 - B-1731 Zellik - Numéro de TVA : BE 0467.016.396

Informations environnementales (AR 19/3/2004) : [www.honda.be](http://www.honda.be) DONNONS PRIORITÉ À LA SÉCURITÉ



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# Wallonia: The holiday region that is so close to home

**Catherine Feore** headed south...  
to the watery south

LA MEUSE WBT-JL Flémal-Dinant - the Meuse



I have a good friend who can be thrown into a wild fury by the simple use of a formerly trending portmanteau word. Nothing would annoy him more than me 'womansplaining' that we should maybe escape all things 'Brexit' and 'chillax' on a 'staycation'. But that is precisely what I think I will do.

I have gone on many holidays to various bits of Belgium's wilderness – OK, the Ardennes is hardly the deepest Amazonian forest, but there is still plenty of forest, verdant valleys and, as I recently discovered, even lakes to enjoy. It is such a joy to go on holiday without having to suffer airport security, long

flights and the general inconvenience of leaving your country. On the grounds of sheer convenience alone, nothing beats Wallonia.

## Virtue signalling

For the paltry sum of €10 you can buy a weekend train ticket that will allow you to go anywhere your heart desires within the Kingdom of Belgium; even if you are taking your car – which may be more convenient for some locations – you will almost certainly have a smaller carbon footprint than if you hop on a plane. So, it's a great way to show off your eco-warrior credentials.

DESCENTE LE LESSE WBT/J-L Flémal-Descente de la Lesse



This year, the region is celebrating water with *Wallonia, Land of Water*. As the Wallonie Belgique site explains, they are shining a light on the region's watery pleasures and pursuits – 'Whether by bike, on foot, by kayak, on a barge, in a bathing suit, bathrobe, on the terrace, or under an umbrella!'

Here are a couple of suggestions:

## Pays des Lacs – Belgium's lake district

I've enjoyed Belgium's coast, canals and rivers, but until recently I didn't know that Belgium also has a 'Pays des Lacs'. The lakes are an hour-and-a-half drive from Brussels and are a great place to relax. Golden Lakes Village is a little like a Center Parcs with a hotel and independent villas of two to four rooms to let. It is a great place if you have children, as there are lots of nearby activities that will keep them out-and-about and entertained. Even if there's a downpour, there is an aquacentre and lots of fun indoor activities. I decided to try paddle-boarding for the first time. After pulling on a wet suit and warily setting off on a misty, slightly mizzly morning, I completely zoned out. Within 10 minutes, all the cares of the world were forgotten and I was enjoying the trees, swans and flotillas of ducklings carefully following their mummy around the edge of the lake.

There is plenty to do and see in the surrounding area. I would recommend a short trip to the home of one of Belgium's most renowned Trappist beers, Scourmont Abbey, in the village of Forges. I picked up some very fine 'Première' barrel triple-fermented Chimay that I've never seen in Brussels.

In the nearby village, Château de Chimay is well worth a guided visit – you might even be lucky enough to meet the current Princess Elisabeth, who sometimes welcomes visitors and recounts the family history and can describe the characters in the castle's portraits. The castle has its very own jewel of a theatre where the family holds public concerts – though not during the summer. Definitely one to keep in mind when you need a break later in the year for a special treat – especially if combined with dinner at the BiB Gourmand-recommended L'Original.

## Namur

If you don't want to drive, hop on the train. The medieval city of Namur is an hour's train journey from Brussels. The Hotel des Tanneurs (rue des Tanneurs 13B) is a beautifully restored warren of 35 rooms. Each room is unique and decorated in a modern way while respecting the building's ancient fabric. Tanneurs suggests that it was once a





tannery, but rumours say it may also have been a prison, a convent, and even a 'house of ill repute' – though hopefully not all three at the same time. Today, it is a four-star hotel with a popular restaurant.

Namur is where the rivers Sambre and the mighty Meuse meet. A great way to enjoy the car-free cycle paths along the river banks is to rent an electric bike ([www.provelo.org](http://www.provelo.org) – 1 Place de la Station).

Some people may think this is cheating, but you still have to peddle! One great watery route to take is from Namur towards the Jardins d'Annevoie – the power assistance to the gardens makes the ascent up the steep hill a pleasure rather than a chore. The Jardins d'eau at Annevoie are always a pleasure to visit. This year, renowned international Italian artist Filippo Minelli will be animating the gardens and its remarkable fountains with a performance piece of art using smoke flares called Silence/Shapes, giving form to silence. The

garden's fountains, which have been in operation for more than 250 years, operate through gravitational force and a canal system rather than complicated machinery. It is a remarkable engineering feat.

Finally, spend another day in Namur to enjoy the Citadel. There is a guided tour of its inner workings, that brilliantly melds the guide and genuinely instructive video animations along the way; but pay attention, there are some questions at the end!

Wallonia is just a stone's-throw away, but when you get there, you feel a world away from the day to day. Enjoy!

[www.walloniebelgiquetourisme.be](http://www.walloniebelgiquetourisme.be)  
[www.location-ardennes.be](http://www.location-ardennes.be)  
[www.chateaudechimay.be](http://www.chateaudechimay.be) ❶

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# Brussels by bike: Saddle up

We look at the many initiatives encouraging us to get on our bikes



**2**019 is a year like no other for Brussels. This year, Brussels is celebrating the 50th anniversary of the first Tour de France victory of Belgian cycling legend Eddy Merckx, as well as being the starting point (Grand Départ) for the 2019 Tour de France. A unique occasion for the European capital to both celebrate cycling and honour its cultural heritage.

## Cycling in Brussels

Brussels boasts no fewer than 218km of cycle paths. The Brussels-Capital region has seen the number of cyclists double over the last five years. This upward trend, observed since the beginning of the century, has continued with an average annual increase of 13% since 2010. (source:

Brussels Bike Observatory).

Brussels has changed over the years and has given more and more space to bikes. The infrastructure still isn't perfect, but things are improving every year. Laying out cycle paths, creating new parking for bikes, increasing the 30km/h zones, just some of the many initiatives, both public and private, that encourage the people of Brussels to get on their bikes.

## Bike for Brussels

With Bike for Brussels, Brussels Mobility (regional public service in charge of transport throughout the whole Brussels-Capital region) aims to put Brussels residents in the saddle. In order to do this, the service is

**“ BELGIUM IS  
HISTORICALLY  
A CYCLING  
COUNTRY ”**



supporting several Brussels organisations who promote cycling in the capital. Good parking maps, suggestions of routes to get around the city safely or even key bike-repair places, these organizations communicate with cyclists every day to make cycling in the city easier for them. For more information visit: [bike.brussels/en/](http://bike.brussels/en/)

## Brussels Environment for a greener city

Brussels has more than 8,000 hectares of green spaces, making up almost half the area. From the huge Sonian Forest (Forêt de Soignes) to the Bois de la Cambre, many green areas in Brussels are accessible by bike. To preserve these green spaces and improve the capital's air quality, the regional public authority Brussels Environment is working to create and manage green spaces and preserve natural areas. It is also encouraging Brussels residents to use more 'gentle' methods of transport, for a city that is greener and more picturesque. For more information visit: [environnement.brussels](http://environnement.brussels)

## Regional cycle routes

These are routes that are recommended for medium and long-distance trips. As a rule of thumb, they use local roads that have lighter

traffic, are slower in pace and as a result are less stressful than main roads. For more information visit: [mobilite-mobiliteit.brussels/en](http://mobilite-mobiliteit.brussels/en)

## The Bikes in Brussels Fund

A Brussels resident who is passionate about cycling has recently set up the Bikes in Brussels Fund (managed by the King Baudouin Foundation). This fund aims to support projects for infrastructure or equipment that are started by associations, authorities or private and public partnerships. These projects are designed to encourage cyclists to get around the city, by responding to users' expectations. The fund is aimed at small and medium-sized projects as much as those needing more substantial work and investment. For more information visit: [www.kbs-frb.be/en/](http://www.kbs-frb.be/en/)

## Brussels and the Tour de France

The 2019 Grand Départ has once again put Brussels and Belgium in the saddle. The Great Loop has included Belgium a total of 47 times, but the story really began in the European capital back in 1947. The Tour has passed through Brussels 11 times. The Grand Départ first took place there during the Universal Exhibition in 1958. It was also in Brussels that Eddy Merckx wore his very first Yellow Jersey, in Woluwe-Saint-Pierre in 1969, near his family grocery store.

Belgium is historically a cycling country. With its three classic bike races in Flanders, two in Ardennes and around 10 semi-classics, the flat country offers a choice of races for amateur cyclists. On an international level, Belgium is ranked second in the cycling nations, according to the International Cycling Union (source: UCI, 29 May 2019).

It is for all these reasons that Brussels feels great pride and fondness for the Tour de France, which has enthralled so many cycling fans by putting their champions in the spotlight. ●

Dining

# FOODPHOTO FESTIVAL

FOODPHOTO FESTIVAL is an initiative of the German food photographer Günter Beer



Photo © Vivi D'Angelo\_Eating with the Gods/FOODPHOTO FESTIVAL 2019

**B**eer, with Event Producer Manon Straver and a team of enthusiastic collaborators, created the festival in 2010. The worldwide unique event brings together professionals from all over the world to exchange and learn about the art of food photography and honour the best photographers of the year with the FOODPHOTO and FOODFEATURE awards.

## Why a food photo festival?

Food photography is one of the leading disciplines in professional photography and has more specialized publications, more sales and a larger audience than either fashion or news photography. Food photography is synonymous with cutting-edge technology. It is a pioneer in using the most innovative potential of cameras, lighting

and post-production to create new images boasting amazing technical and creative quality. In this respect it resembles its forerunners, the mediaeval painters, who in their day were geniuses of colouring, composition and spatial representation. Everyone can discover the artistic diversity and creative energy that this discipline brings to cooking. There is no other realm of human culture that is as influenced by photography as food.

Saskia de Wal from The Netherlands was announced as winner of the FOODPHOTO Award 2019 and German photographer Vivi D'Angelo was awarded with the FOODFEATURE Award 2019.  
[www.foodphotofestival.com](http://www.foodphotofestival.com) 



Photo © Vivi D'Angelo\_Eating with the Gods/FOODPHOTO FESTIVAL 2019



Photos © Saskia de Wal Celebrating Pleasure/FOODPHOTO FESTIVAL 2019





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 Ou Les Ravigoles de Homard  
 •  
 Selle d'agneau persillée accompagnée de sa bouquetière  
 Ou Lotte aux poireaux  
 Ou Charolais de bœuf à l'estragon  
 •  
 L'assiette mixte de fromages  
 Choix de Pâtisseries maison  
 Ou Fruits frais de saison

### MENU DU CHEF À 24,50 €

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 Ou Croquettes aux Crevettes roses et grises  
 Ou Melon au Jambon  
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 Ou Noisette d'Agneau au Romarin  
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# Le Petit-Fils: A great find



**N**estled a stone's throw from the old Aywiers Abbey, in the Couture-Saint-Germain Lasnois area, in an adorable house with warm decor, this restaurant appeals to food lovers from around here and abroad.

On the decorative side, the front reveals a warm, cosy atmosphere - the dining room boasts an open fire and the walls are adorned with paintings signed by Sébastien's grandfather.

At the back, the spacious veranda, bathed in light, opens out onto the splendid flowered terrace and the luscious garden – this is a place to watch the seasons come and go.

You will be served gourmet cuisine composed of seasonal produce of irreproachable quality. The chef, Sébastien Leroy, assisted by Florian, delivers refined dishes, revisiting the classics with creativity while respecting the original flavours. From the morning market and from the best suppliers, the cleverly selected produce is turned into something 'homemade' - this perfectly mastered cooking simply spoils the taste buds.

In the dining room, Sébastien's wife Inès ensures perfect service in a friendly atmosphere. All round, a very nice meal at a reasonable price in a beautiful setting that was recently renovated. This magnificent restaurant will no doubt continue to make new converts. A must!



**Le Petit-Fils**  
 13a Rue de l'Abbaye  
 Lasne 1380  
 02 633 4171  
 www.lepetitfils.be



# Dining



## Loola

New kid on the block on Avenue Louise, this pizza and salads restaurant is nothing short of excellent. The pizza base is made in a small traditional atelier by an Italian father and son team. In fact, young Daniele's portrait graces the dining room wall. Co-owner Olivier explained: "We love to show people our suppliers - we have a very strong relationship with all of them." What is very unusual about Loola is that you choose from a small pizza base or a large one and then... you get to do the rest, by asking for your favourite ingredients from a wide choice of toppings. From a salad point of view, it's the same idea. The takeaway salads are served in large bowls specially made from reconditioned oyster boxes. Some of the desserts are housed in former camembert boxes. The decor is fresh, modern and colourful. On one of the walls a large slogan says 'Fast Good', and that about sums the place up perfectly.

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



## Osteria Romana

Chef Filippo La Vecchia serves fine Mediterranean cuisine and offers a taste of what might well be the best carbonara in the capital. "It's a traditional recipe - we use pig's cheek. Where I come from, Roma, we use every part of the animal." It's the unquestionable star of what is a very good menu, which also includes La Gricia, the first version of the popular Amatriciana "before the advent of tomato in Italy". We plumped for the three-course menu, starting with 'Baby Artichokes in the Jewish Way', served on a twisted, knotted branch. Then came the famous succulent carbonara served in reconditioned heavy cooking pots - and they certainly keep your food hot. The classic house version of Tiramisu topped things off - all this accompanied by a chilled Chardonnay Pinot Blanc from Tuscany.

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



*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."*

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## LIFE OF LEISURE

Dining



The *Delta Guide of Brussels* includes a selection of 840 restaurants and 140 hotels that it has carefully selected to help you choose the establishment that will suit your needs. There is something for every taste! Looking for a great restaurant in Uccle or Schuman with a terrace, open on Sunday, with democratic prices, with a charming decor? This is no longer mission impossible. Most establishments have a column written by one of the Delta food columnists. €24.75 [www.deltaweb.be](http://www.deltaweb.be)

### Gold medal for Hispania

For 2019, gastronomic guide awarded will present the prestigious Delta Gold to Spanish restaurant Hispania, recognizing it as the restaurant of the year in the Brussels region. The award was received with honour by Chef Adrian Mancheño. He said: "Receiving the Golden Delta is a great joy and a recognition of our commitment to gastronomy. Since the opening of our doors at the end of 2016, we have been recognized as the benchmark of Spanish cuisine in the Benelux, but this prize puts us in the spotlight in the avant-garde of the country's gastronomy. It is the fruit of the work of our team and I congratulate warmly." [www.hispaniarestaurants.com](http://www.hispaniarestaurants.com) 🏆

### Delta Guide to Brussels

The 2019 Delta Guide to Brussels highlight restaurants, hotels and seminar rooms in Brussels – with its Discovery Passport it is the most practical and up-to-date local gastronomic guide.

Easy to search, the *Delta Guide of Brussels* is the indispensable companion for fans of going out, whether it be festive or serious. It takes into account all budgets and all tastes: it allows everyone to find what they want. Thanks to a detailed index system published at the end of the book, the reader navigates easily throughout the guide. The selection criteria are multiple: prices, types of cuisine, specialties, neighbourhoods or the setting for example. They allow readers to find an establishment that really suits them – you will no doubt find a rare pearl.





# Het Pomphuis: An Antwerp gem

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



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

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

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

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

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

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

# eat! BRUSSELS, drink! BORDEAUX 2019

It's back, one of the most popular gastronomic events in the capital



Bordeaux & Red Bordeaux Supérieur; Côtes de Bordeaux; St-Emilion Pomerol Fronsac; Médoc; Graves; Sweet Bordeaux; Rosé, Dry Whites and Bordeaux Sparkling wines. The Bordeaux Wine School will offer workshops, where beginners can discover the secrets of Bordeaux wines and the more experienced can refine their appreciation.

18 new chefs will join the event to champion their restaurants. We welcome back Bozar, Brinz'I, Le Tournant, Rouge Tomato,

Racines, Crab Club, Humphrey, San Sablon, Sanzaru and la Truffe Noire. The newcomers: 1040 (Jean Philippe Watteyne), Aux Armes de Bruxelles, Fernand Obb, Gramm, Gus, Toshiro, Isabelle Arpin, Kamo, Kitchen 151, La Canne en Ville, Les Brigittines, Les Caves d'Alex, Lou Ferri, My Tannour, Old Boy, Petites Racines, Toshiro and Viva m' Borna. 4 cheesemakers and 4 Brussels' pastry chefs will showcase their gourmet dishes. The cheesemakers are from Comptoir, Le Comptoir de Samson, Julien Hazard, La Fruitière. The pastry chefs are from Cokoa, Nikolas Koulepis, Pâtisserie Sasaki, Garcia.

## Cocktail master-classes

On the Sunday, some of the top Brussels' mixologists will show visitors the secrets behind their signature cocktails. The second year of the Brussels prawn croquettes competition will take place on Sunday from midday. And don't miss the Ecole du vin de Bordeaux workshops.

**5-8 September.** Brussels Park. [www.eat.brussels](http://www.eat.brussels) ●

**W**ith 18 new chefs on the menu foodies and gourmet enthusiasts have a rendezvous at this year's festival, which once again is giving pride of place to the big names in both Brussels' gastronomy and Bordeaux wines. For this eighth edition of the festival, 18 new restaurants and top local chefs will join in and showcase their signature dishes in their pop-up kitchens. Completing the Sunday menu are brand-new cocktail master-classes and the second year of the big Brussels' prawn croquettes competition. This is the perfect opportunity to discover the talents behind Belgian gastronomy in friendly and pleasant surroundings. Cheese and desert bars will also make up this year's gourmet menu.

## Bordeaux Wines

More than 40 wine merchants will be at the festival to highlight the range of Bordeaux wines - reds, whites, rosé and sparkling wines - which will be the perfect accompaniments to the dishes created by the chefs. Six Bordeaux wine families will be represented in a dedicated pavilion: Red



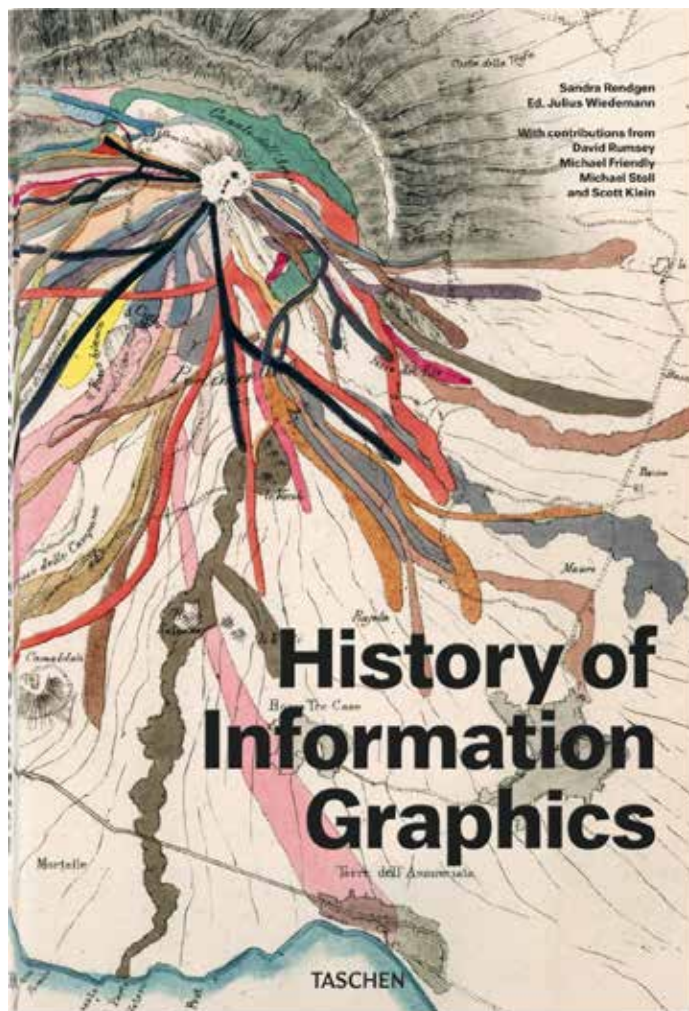
## Books: History of Information Graphics

The latest from Taschen is a fascinating journey into the world of information graphics

In the age of big data and digital distribution, when news travel ever further and faster and media outlets compete for a fleeting slice of online attention, information graphics have swept center stage. At once nuanced and neat, they distill abstract ideas, complex statistics, and cutting-edge discoveries into succinct, compelling and masterful designs. Cartographers, programmers, statisticians, designers, scientists, and journalists have developed a new field of expertise in visualizing knowledge.

This XL-sized compendium explores the history of data graphics from the Middle Ages right through to the digital era. Curated by Sandra Rendgen, some 400 milestones span astronomy, cartography, zoology, technology and beyond. Across medieval manuscripts and parchment rolls, elaborate maps, splendid popular atlases, and early computer-based information design, we systematically break down each work's historical context, including such highlights as Martin Waldseemüller's famous world map, the meticulous nature studies of Ernst Haeckel, and many unknown treasures.

Photo © BASCHEN



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Hot on the heels of the best-selling *Information Graphics* and *Understanding the World*, this third volume fills the gap as an unprecedented reference book for data freaks, designers, historians and anyone thirsty for knowledge. An enthralling exploration into the teachings, research and lives of generations past.

### The author

Sandra Rendgen studied art history and cultural studies in Berlin and Amsterdam. Her work, both as an editor and in developing concepts for media installations, concentrates on the interface between image culture and technology, with a particular focus on data visualization, interactive media and the history of how information is conveyed. She is the author of TASCHEN's *Information Graphics* and *Understanding the World*.

### The editor

Julius Wiedemann studied graphic design and marketing and was an art editor for newspapers and design magazines in Tokyo before joining TASCHEN in 2001. His titles include the *Illustration Now!* and *Record Covers series*, as well as the infographics collection and books about advertising and visual culture.

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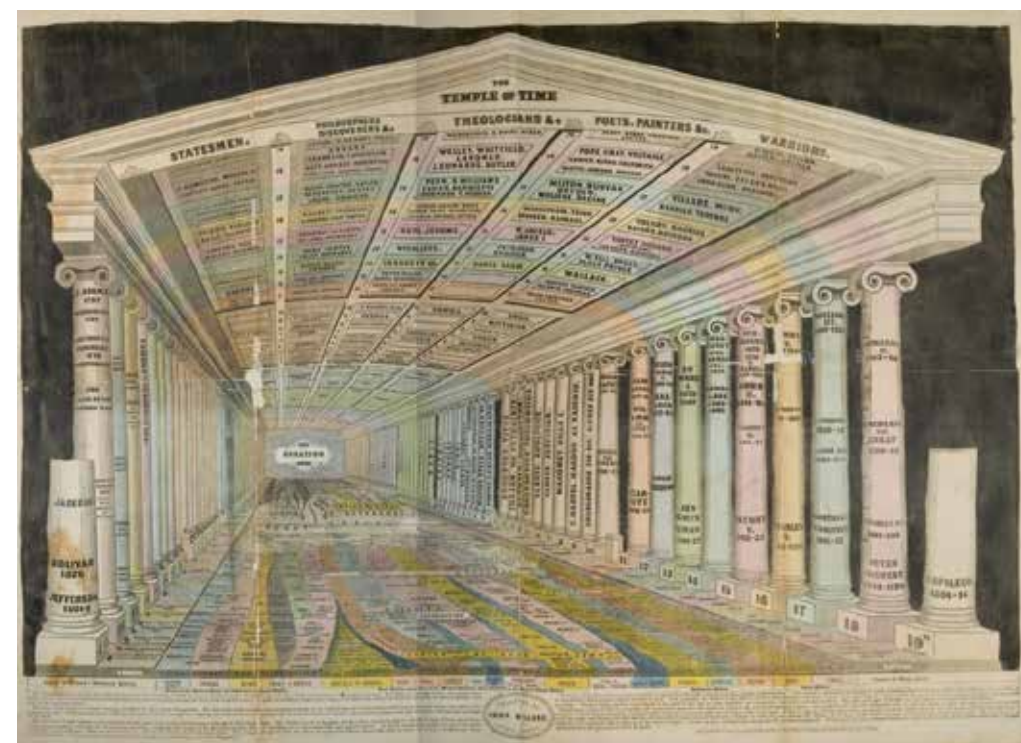


Photo © TASCHEN, Willard's Map of Time



Photo © BASCHEN





What's on

# What's On Belgium

## Brancusi

The flagship event of EUROPALIA ROMANIA is a prestigious exhibition devoted to Constantin Brancusi (1876-1957), one of the most influential sculptors of the 20th century. This will be the first time a solo exhibition highlighting the work of this particularly versatile artist will take place in Brussels - the last retrospective was organised in Paris almost 25 years ago. Brancusi is a key figure in the history of art; he is considered to be a pioneer of modernism.



Several pieces will be showcased for the first time alongside works by Rodin under whom Brancusi briefly studied. **2 October 2019 – 12 January 2020.** BOZAR. [www.bozar.be](http://www.bozar.be)



## Macbeth Underworld

Just four years after the premiere of his *Penthesilea*, Pascal Dusapin has come up with a new opera, commissioned by La Monnaie. Together with his librettist Frédéric Boyer, he delves into the darkest regions of the human soul, this time via iconic symbols

of evil in humankind: Shakespeare's *Macbeth* and *Lady Macbeth*. The young French director Thomas Jolly who is familiar with Shakespeare's world will direct, while conductor Alain Altinoglu does justice to the intense drama and the vocal and orchestral richness of the score. The result is a bloodstained gothic opera, in which the ill-fated couple is condemned to relive its own tragedy, haunting their memory and ours.

"The story of *Those Two* continues to haunt our own time..." — Pascal Dusapin. **20 September – 5 October.** La Monnaie. Tickets: €10 - €159 [www.lamonnaie.be](http://www.lamonnaie.be)

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Various sculptures in  
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**CULINARY HOTSPOTS**  
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[mykh.be/arttour](http://mykh.be/arttour)



**10 July – 18 August**  
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**Tickets:**  
[www.gatsbybelgium.be](http://www.gatsbybelgium.be)

**10 – 18 August**  
**ART NOCTURNE**  
Cultural Centre Scharpoord  
International Art Fair



**17 – 25 August**  
**INTERNATIONAL**  
**FIREWORK FESTIVAL**  
Beach Meerlaan

**20 – 21 September**  
**IMMO INVEST DAYS:**  
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**10 – 13 October**  
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### Brussels Design September 2018

Over the years, Brussels Design September has become the annual flagship event for design enthusiasts. For one month, the city hosts an array of over 100 unmissable cultural and commercial events offering a meeting platform between the public and a great number of Belgian and international designers. Brussels Design September will feature exhibitions, conferences, open houses, an Arts & Crafts tour, Commerce Design Brussels and Brussels Design Market. A multitude of dialogues between designers, architects and design lovers as well as the chance to discover urban trails between the many pop-up stores, shops, workshops, galleries and cultural spaces. This year's edition will be marked by the latest trends in Belgian and international design and will be highlighted by the multi-disciplinary spirit of different influences, movements, crafts and professions of current day design.

**September.** Various venues in Brussels.  
[www.designseptember.be](http://www.designseptember.be)



Photo © Mario García Torres



### Mario García Torres: Illusion Brought Me Here

*Illusion Brought Me Here* is the first major solo exhibition of Mario García Torres in Belgium. On this occasion, the Mexican artist presents his own abridged version of a retrospective: a new sound piece entitled *Silence's Wearing Thin Here*, composed of

voices and soundtracks from his earlier works. García Torres unravels untold or 'minor' histories, with a predilection for avant-garde art and music from the 1960s and 70s. He re-creates historical exhibitions and even 'completes' unfinished artworks, often blurring original and re-enactment, past and present. He engages in dialogues with enigmatic and radical figures that were mainly active before he was born, such as the

Brussels artist Marcel Broodthaers and the Mexican-American composer Conlon Nancarrow.

**Until 18 August.** Wiels Gallery, Brussels  
[www.wiels.org/en](http://www.wiels.org/en)

What's on



Photo © Copyright AtoutGraphisme-Fabrice Bourgoin

### 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. **Until 14 July.** Espace Wallonie, Brussels.

The Yellow Jersey exhibition is followed (and replaced) by an exhibition on the 1st UNESCO World Geopark in Belgium from 20 July in Espace Wallonie and runs all through the summer, until 15 September. The Global Geopark, it is located in Wallonia, in the Famenne-Ardenne region. It covers more than 900 km<sup>2</sup> in the municipalities of Beauraing, Durbuy, Hotton, Marche-en-Famenne, Nassogne, Rochefort, Tellin and Wellin. This geopark has a tourism and scientific potential that is distinguished by treasures such as caves, soils rich in biodiversity, unique rocks and local initiatives promoting natural heritage.

### Events for the general public

**4 July:** Between 15h15 and 15h30: Wallonia Belgium Tourism, a partner of the Walloon cycling team WANTY GOBERT, is organizing a signature session at the Espace Wallonie in Brussels. The session will precede the procession and the official presentation of all the teams on the Grand Place at 17h30 pm.



Photo © www.geoparcfamenneardenne.be

**5 July:** Reading of texts and poems from *Tout Eddy est dit* by Jeanne Rahier (1896-1981) on the epic Merckx. Rahier spent her entire life in Seraing. Widowed at the end of 1965, she found a form of comfort in the writing she did in Walloon and in French. In 1969, she became passionate about Eddy Merckx and followed his career. She was inspired to write many poems that are removed, touching and comical. Registration on [info@wbttourisme.be](mailto:info@wbttourisme.be). State your name and the number of people. This is a free event, but the number of places is limited.

L'Espace Wallonie de Bruxelles is located on Rue Marché aux Herbes, 25-27, 1000 Brussels, just two minutes from the Grand Place and Fan Park, Place de Brouckère. The Wallonia Boutique offers Tour de France and Grand Départ Brussels products. Nocturnes until 21h00 on 4 July, 19h00 on 5 and 6 July. [www.expositions-wallonie.be](http://www.expositions-wallonie.be) 📍



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What's on

# What's on International Paris



## LaPlage de Glazart

For the 7th consecutive year, the Glazart concert hall holds its 'seaside' outdoor event: sunbeds, sand, pétanque tournaments and food trucks are on the programme, plus outdoor clubbing evenings and free concerts. Party nights under the night sky to enjoy summer with music. Featuring: Macha y el Bosque Depresivo, le Kraven Krew, 3672 Techno, ÖPAK... This new season of LaPlage de Glazart will welcome emerging talents, such as the psyche rock band Al-Qasar marked by the Middle Eastern psychedelic scenes of the 60's and revealed to Transmusicales, who will rub shoulders with internationally renowned artists such as the cult Melvins and Femi Kuti. **Until 28 September.** La Villette, Paris.  
[www.laplage2019.com](http://www.laplage2019.com)



## Musical Fountains Show

With the arrival of summer, the gardens of the Palace of Versailles become the setting for a magical display. The ornamental ponds and waterfalls in the avenues designed by Le Nôtre offer a wonderful spectacle as fountains play and jets of water intertwine.

Visitors are invited to discover these enchanting water features and a selection of baroque music that accompanies them, as they stroll around the grounds. This show can be combined with the Fountains Night Show, the Royal Serenade in the Hall of Mirrors and the Musical Gardens promenade. **Until 27 October.** Palace of Versailles, Versailles. **€9.50.** Reduced rate: **€8.** Free for children aged under 6  
[en.chateauversailles-spectacles.fr](http://en.chateauversailles-spectacles.fr)

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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



### Dirty God

Actual acid attack survivor Vicky Knight stars as a young mother who is forced to reconstruct her life after a brutal acid attack. Directed by Sacha Polak, whose English-language debut this is. 104 mins.

### Spider Man: Far From Home

Reboot city, again - for those who watched *Avengers: Endgame*, this sees Peter Parker (Tom Holland) heading for a school trip to Europe with his classmates. But wait... he is recruited by Nick Fury (Samuel L. Jackson) to battle the Elementals, four extradimensional humanoids who became immortals with power over natural forces and who ruled a kingdom on Earth before the rise of the original Atlantis. Young director Jon Watts (*Spiderman: Homecoming* (2017)) is at the helm. Running time TBC.

### The Lion King

Jon Favreau (*Iron Man* (2008)) brings live (well, CGI) action to Disney's 1994 classic, which sees Simba the young lion, the son of Mufasa and the Prince of the Pride Lands, hoping to follow in his father's footsteps. Mufasa's brother, Scar, plots to betray Mufasa and take over the Pride Lands, forcing Simba into exile, where he meets Timon and Pumbaa. Simba has to make an alliance, and rebuild himself fully to take what is rightfully his. Let's face it, if you loved the original, you're going to love this, no? Running time TBC.

### Once Upon A Time in Hollywood

And this, of course, is the one that everyone's talking about - Quentin Tarantino is back (following his split from The Weinstein Company after Weinstein's sexual misconduct allegations), and he has got Leonardo DiCaprio and Brad Pitt along for the ride, in this tale of the end of the glory days of Hollywood. 159 mins.

### Fast & Furious: Hobbs and Shaw

This is a spin-off from *The Fast and the Furious* franchise featuring two characters, Luke Hobbs and Deckard Shaw in the leading roles, starring Dwayne Johnson and Jason Statham. God save us all, Helen Mirren is along for the ride as well - DSS federal agent Hobbs and former SAS operative turned mercenary Shaw, two men who dislike each other intensely, are forced to team up to stop a new threat emerging from Brixton Lore, a cyber-genetically enhanced international terrorist who created a deadly virus that could threaten the human race. David Leitch (*John Wick* (2014)) directs. Running time TBC.

### Playmobil: The Movie

More fun and games and, if this is anywhere near as funny as *The Lego Movie* (2014) you're in for a blast - Marla (voiced by Anya Taylor-Joy) is forced to abandon her carefully structured life to embark on an epic journey to find her younger brother Charlie (Gabriel Bateman) in the wonderful world of Playmobil toys. Lino DiSalvo is the debutant director. 110 mins.

### Good Boys

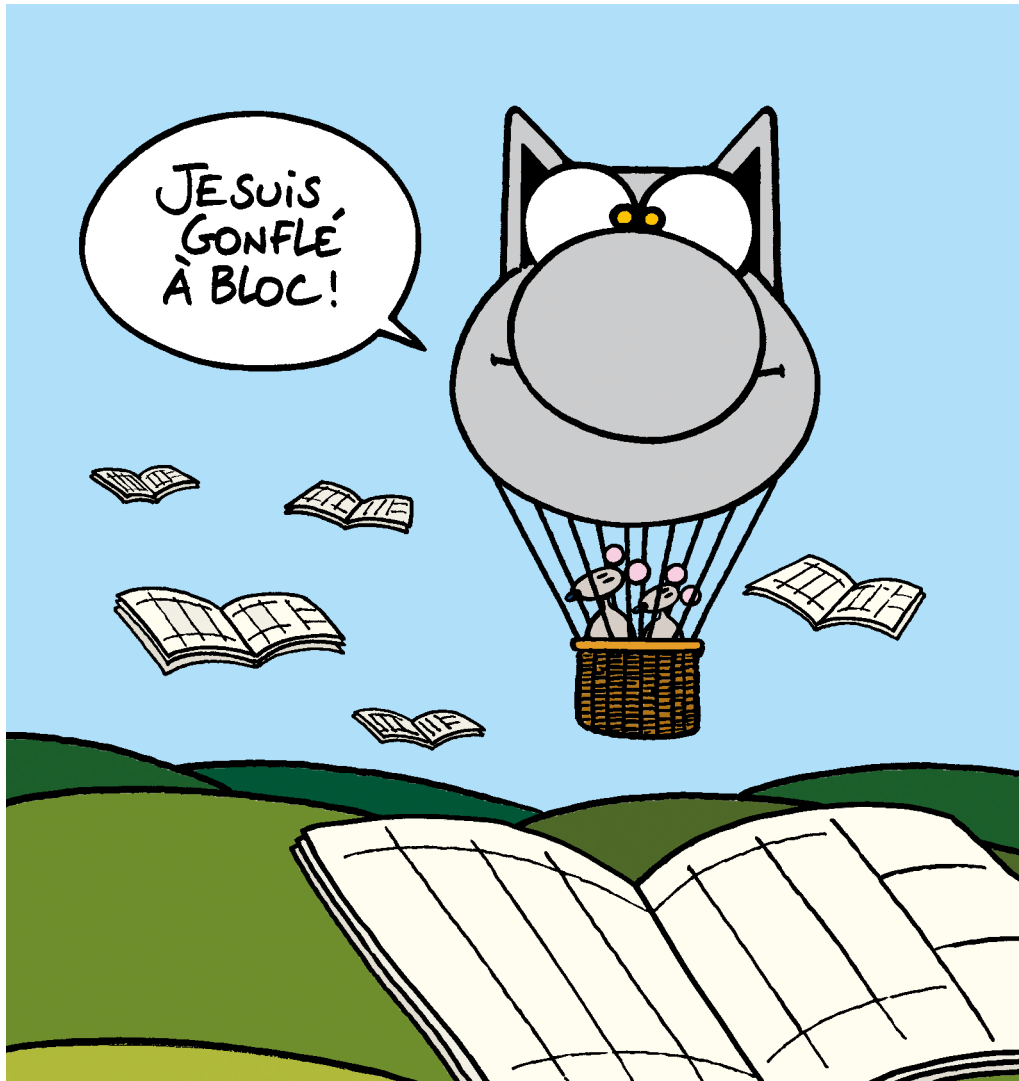
After being invited to his first kissing party, 12-year-old Max (Jacob Tremblay) is panicking because he does not know how to kiss. Eager for some pointers, Max and his best friends, Thor (Brady Moor) and Lucas (Keith L. Williams), decide to use Max's dad's drone, which they are forbidden to touch, to spy on a teenage couple who are making out. But when things go ridiculously wrong, the drone is confiscated. Desperate to get it back before Max's dad gets home, the boys skip school and set off on an odyssey of epically bad decisions. First-time director Gene Stupnitsky is at the helm. 95 mins.

### Spies in Disguise

In this computer-animated comedy, the voice of Will Smith is "the world's most awesome spy" Lance Sterling, who must save the day. He teams up with gadget inventor Walter (Tom Holland), while disguised as a pigeon. Go figure. Running time TBC. 🕒



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and raring to go



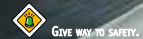
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