

# Together

SEPTEMBER 2019 #101

magazine

*Technology:  
Back to work  
Money & Politics*

**Oxfam  
& Caritas**

**Travel**  
Basel  
Alsace wine  
Bayeux  
Golf Hulencourt

**Luxury showcase  
Real estate:  
Make mistakes**

*Fashion & Beauty  
Fashion Windows*

**Personal  
development**

Mother Earth  
Gratitude  
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## Editor's LETTER

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

## ON THE COVER



James McAvoy stars  
in *IT Chapter Two*

## THE ROAD IS LONG

They returned in trickles to my/our neighbourhood, reluctantly dragging their heels back home, back to work, a staggered reversal of the exodus that – seems like mere moments ago – had sent them off to temporary, fleeting paradises. One of my neighbours returns at the same every year as August wanes, and every year I ask her the same question: “Ça était les vacances?” And, annually, I get the same reply: “C’est fini.” I am more of a glass-half-full kinda guy. As soon as I come back from my holidays, tan fading rapidly, I am mapping out in my mind – and in the bigger mindscape that is that new-fangled internet thing – my next break. I may one day go blind from checking out rail timetables (frequent non-flyer) that would whisk me off to Saint Malo or to Marseilles or to Perpignan which would allow me to head to Barcelona, or further to Ronda and the Alhambra.

When I was a wee boy I couldn’t wait to get out of the house and found every means available of avoiding chores. My mother had two questions for my many siblings: “Where’s he gone?” and “Why didn’t you stop him?” And just one question for me, as I was caught mid-step heading out the door: “Where do you think you’re going?” It was a rhetorical question. I can’t properly express this to my grump glass-half-empty neighbour. Her ship has well and truly sailed until next year. For me the journey is never over – *jamais fini*.

**Paul Morris**

Editor



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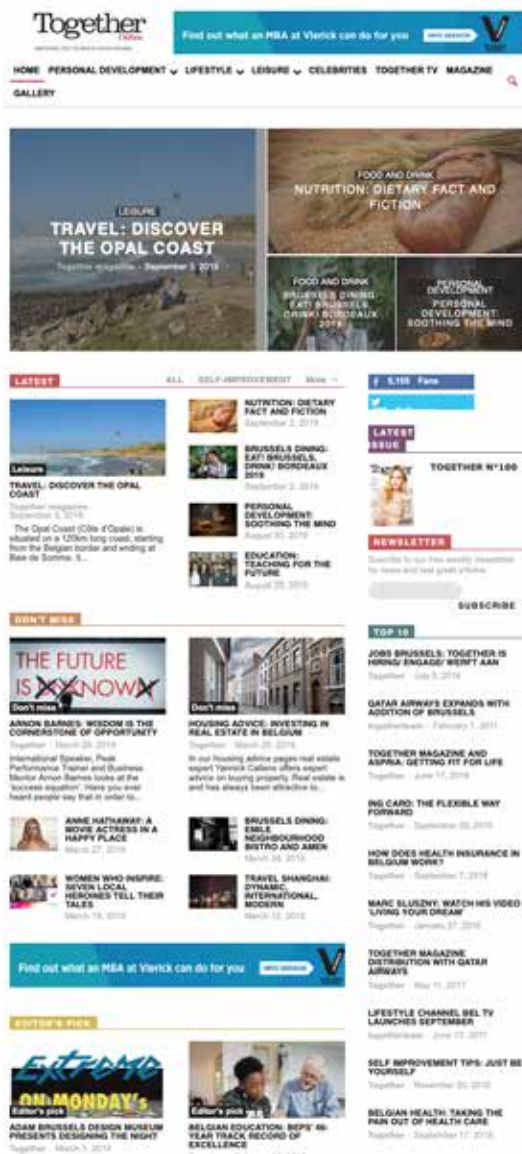
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And happy reading!

## Health & Fitness: The Truth About Detox Diets

Sophie Bruno looks at the truth about detox diets. They have infiltrated mainstream dietary trends. In fact, it has become a buzzword. Celebrities do it. Spas offer it. High street health stores promote exclusive bottles of juice to accomplish it. However, this notion that our body requires cleansing is rather nebulous, which perhaps explains why it has eluded public suspicion.

## Self-help: The Power of Kindness

Intuitive Healer Katarina Winslow reflects on the power of kindness. What is it that keeps your life going without any demands or conditions? What is there, whether you are demanding, uncooperative, envious, angry, sad, powerful or defeated? When you look closer, it is your own heart that is your most loyal companion on this road called life. Even though we rarely or never give our heart any attention or gratitude, it keeps beating through thick and thin.

## Travel: Discover Beautiful Vietnam

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



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# Starring in **Belgium**



## Cher

Here We Go Again Tour 2019 with special guest Bright Light Bright Light is the seventh solo concert tour by American singer-actress Cher in support of her twenty-sixth studio album *Dancing Queen*. This is the first time the singer has embarked on a world tour since her *Living Proof: The Farewell Tour* (2002–2005). **28 September**. Sport Paleis, Antwerp. Tickets: from **€50.90 - €140.50** [www.livenation.be](http://www.livenation.be)

## The Delines + The Calicos

The Delines is an American band from Portland, Oregon. The mainstay is formed by guitarist-composer Willy Vlautin and songstress Amy Boone. They have just completed their moving second CD *The Imperial* (out here via V2). Support-act will be the rightful winners of *Rock Rally 2018*, The Calicos. "The comparison with The War on Drugs isn't pulled out of thin air but... they just as easily remind one of Neil Young, Nick Drake and Wilco. And, yes,



those are serious compliments." *HUMO*. **31 October**. AB Club. Tickets **€15** [www.anciennebelgique.be](http://www.anciennebelgique.be)



## Psychedelic Furs

The Psychedelic Furs are an English rock band founded in London in February 1977. Led by charismatic singer Richard Butler and his brother Tim Butler on bass guitar, they were one of the many acts spawned from the British post-punk scene. Their music went through several phases, from an initially austere art rock sound to later touching on new wave and hard rock. *Heaven*, *Pretty In Pink*, *Love My Way* and *Talk Talk Talk*... Repeatedly, mighty melodic pop-rock awaits you. **25 October**. AB Main Hall. Tickets €28 [www.anciennebelgique.be](http://www.anciennebelgique.be)

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# Charity: Caritas International Belgium

**Caritas** explains the vital work it does in Belgium

**A**s a Belgian non-profit organization for international solidarity, we support victims of violence, natural disasters and poverty.

We support migrants by offering a humanitarian and individualized response for everyone during the migrant process using:



*Caritas haedr-selma-yazen*

its level, has a role within the larger group. Everything that can be better executed at a lower level should be at this level. Common obstacles will be met at a higher level.

No one country or organization can singlehandedly solve all these problems. Importantly, only a union of forces can lead to lasting solutions.

- A small-scale reception and social support for asylum seekers
- First-line of welcome for migrants
- Integration support for refugees
- Support for family reunification
- Supervision and support for unaccompanied foreign minors
- Aid for voluntary return and sustainable reintegration in the country of origin
- Visits to detention centres

## Our vision

Caritas International strives for a world of peace, solidarity and justice. A world in which each individual's dignity constitutes a fundamental value that riches are best shared amongst everyone.

Caritas International draws its inspiration from the Christian vision of God and society, based on the Gospel. Every person has the right to a dignified life and should be able to enjoy their fundamental rights. Access to healthy food, clean water, medical care, education, employment and adequate housing should be guaranteed.

Our work is founded on these values of solidarity and also of subsidiarity, so that the autonomy of every structure of a company or organization is respected. Every structure, at

## Our mission

Caritas International supports victims of violence, natural disasters and poverty in their own country or on the run by collaborating with our national and international networks. We accomplish our mission without discriminating based on nationality, political, philosophical or religious beliefs.

It helps the most vulnerable people and supports them in their search for sustainable solutions. Caritas International and its partners provide effective emergency aid in times of crisis. In addition, we implement rehabilitation and development projects in order to give people the ability to take control of their own life and future.

It also welcomes asylum seekers and defends migrants' rights to material services, social services and legal services in Belgium and in their country of origin or home country. We denounce the unjust situations and dysfunctions that our collaborators have witnessed and we advocate for structural solutions. Our expertise nourishes a work of information and education with the goal of reaching the greater public, and more specifically, the scholarly world.  
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# Oxfam: Fill me up, please!

Oxfam's 'Empty Shop' does an encore in Brussels

From 17 October to 16 November, Oxfam-Solidarité will be opening an Empty Shop in Brussels, a trendy shop where you can find designer clothes and objects from renowned and less-well-known designers, with all profits going to finance Oxfam projects worldwide.

"The principle of Empty Shop by Oxfam is, as the name implies, to take an empty shop and fill it with designer clothes and designer objects," explained Eva Vervecken of Oxfam-Solidarité's second-hand department.

Oxfam is calling on all the big names in Belgium's fashion world - designers, stylists, fashionistas - to donate clothes and designer objects, be they original creations, unique pieces, or 'end of series' items. However, anyone and everyone can donate clothes or designer objects, as long as they are of good quality.

So, do you have designer clothes in your closet or items on your shelves that you want to see go to a good cause? Then, why not donate them to the Empty Shop by Oxfam? "We are not necessarily looking for brands, as long as they are quality products. We want to show the public that it is possible to find nuggets in our stores without annihilating your budget," says Vervecken. "Even though

Tineke D Haese, The Empty Shop by Oxfam



you're in a second-hand shop, you can still come out with a Dries Van Noten creation."

This is the second time that Oxfam has opened an Empty Shop in Brussels. In October 2017, the first store took up residence in the heart of Brussels, on Rue Antoine Dansaert. Thanks to the many donations from Jean-Paul Knott, Filippa K and Nathalie Vleeschouwer, the first store made €31,980. The profits were donated to fund Oxfam projects around the world - one in three people in the world lives in poverty. Oxfam is determined to change this situation by mobilizing citizen power. Around the world, Oxfam is working to find solutions so that everyone can escape from poverty.

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# PERSONAL DEVELOPMENT

*I received the message that no matter what happens, she will survive*

PERSONAL  
DEVELOPMENT

Fitness

## It's never too late to start exercising

**Aspria** takes a look at how to stay active as you get older



**I**ncreasing your levels of activity in your 40s and 50s can be just as beneficial to your health – in terms of boosting life expectancy – as being a lifelong exerciser. But why, what activities should you do, and how often?

A recent study has thrown fascinating new light on the value of being active as you get older.

For those who haven't yet come across this research, a quick summary of the key findings:

1. If you start exercising later in life – even if it

isn't until your 50s – you reduce your risk of early death just as much as people who have exercised their entire lives.

2. Even if you've exercised throughout your teens, 20s and 30s, don't start taking it easy as you get older, because your life expectancy will start to drop again.

The clear message: we need to get, and remain, active if we want to keep our life expectancy high.

### **The exercise prescription**

The overall conclusions and advice based on this study are clear:



**“ GET, AND REMAIN, ACTIVE ”**



1. Being active is great for our health. Where do we start? The list of health benefits is seemingly never-ending, but just as a taster, research shows regular physical activity has a positive impact on a large number of commonly occurring chronic diseases, such as hypertension, high cholesterol, arthritis, diabetes and insomnia, not to mention helping prevent a number of forms of cancer.

It also has a proven role in preventing cognitive decline: research suggests it can cut the incidence of Alzheimer's disease in half, pushing back cognitive decline by as much as 10–15 years.

And if that isn't enough, new research even suggests exercise can help slow the way our body ages at a cellular level – by up to nine years – helping you not just feel but actually look younger.

2. We need to stay active as we age, establishing a lifelong habit.

Of course, what we can expect of our body will naturally decline as we get older – but given the huge impact physical activity has on our long-term mental and physical health, it's important that we don't simply shrug our shoulders and resign ourselves to a dramatic decline in our fitness levels as soon as we pass a certain age.

So, what's the fitness norm for each age group – and do you meet it? Just how fit should you be at any given age to maximise your chances of good health?

3. We should aim for around an hour a day, but anything we do is better than being inactive. In fact, did you know that as little as one hour of exercise – not even every day, but every week – can offer “significant protection” against depression?

This is the conclusion of an Australian research team – and they weren't just talking about happy hormones after a workout. They found evidence that even small amounts of exercise can have a lasting impact on our mental state.

Specifically, people who reported doing no exercise had a 44% higher chance of developing depression than those who were exercising one to two hours a week. The study concluded that 12% of cases of depression could have been prevented if participants had taken part in just one hour of physical activity each week.


4. It's never too late to start! Aspria's expert team is fully trained when it comes to exercise, with plenty of activities on offer whatever your levels of fitness or mobility.

All activities have been designed to accommodate the common issues associated with age; we also take into account the clinical history, lifestyle and daily routine of everyone who takes part.

## **“ IT CAN CUT THE INCIDENCE OF ALZHEIMER'S DISEASE IN HALF ”**

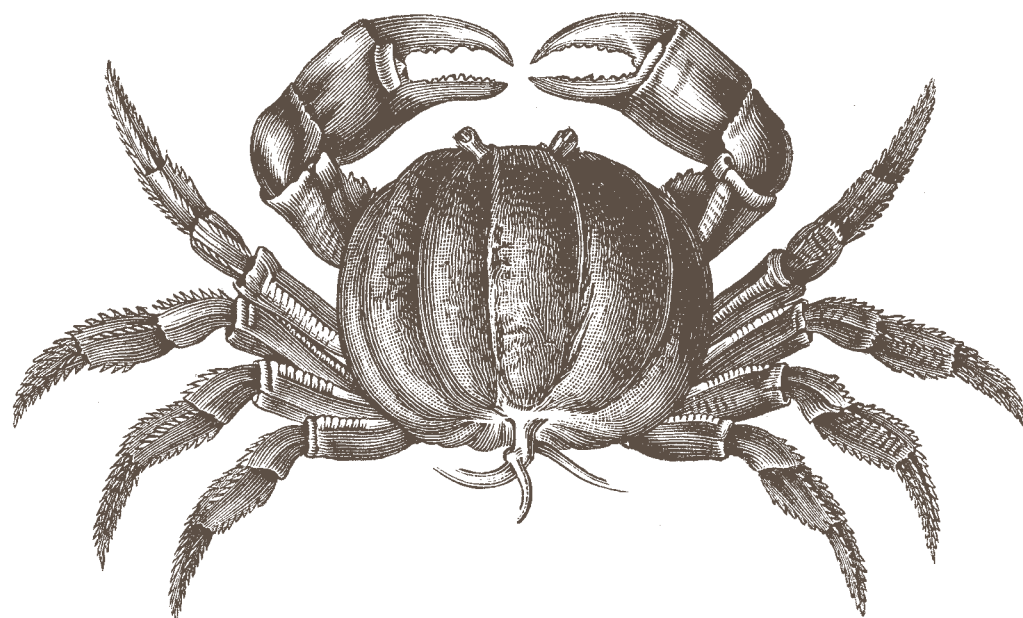
Sessions focus on functional movements that train the body to comfortably perform everyday movements and activities: carrying shopping, bending down, walking upstairs or down the street, interacting with grandchildren and so on.

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# Respect Mother Earth and life will respect you

Intuitive Healer **Katarina Winslow** reflects on our relationship with our caregiver



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**W**ho is your ultimate caregiver? Who feeds you and ensures that you have everything you need to stay alive? Who is it that even makes life possible? Some people may say it is my loved ones; others may give credit to their ambition and work; others may say it is the power they hold, while the more esoteric may give credit to the stars, the moon and the constellations of our cosmos.

Looking closer at the reality of life, going beyond our first impressions and our top-of-mind agendas, we find that the one answer is the same for all of us. While being part of humanity and being a living, breathing human being on planet earth, it is she - Mother Earth - that is our ultimate caregiver. However detached you are from nature, you can't deny that you need the air that the Earth is creating to stay alive.

Self-help

Mother Earth is working day and night to make the oxygen in the sky remain at a certain level, so that we may fill our lungs for yet another day of being alive. Neither can we deny that all that nourishes our bodies stems from nature. If we zoom in, it wouldn't be wrong to say that it is the Earth that is our 'original' larder. So, Mother Earth is not only providing the air, she is also providing the nutrients that make life on this planet possible. Whether you are a carnivore, a vegetarian, or a vegan, what you feed yourself is provided by the one entity that has what it takes to sustain life - Mother Earth. She provides the grass for the cows, she sustains the oceans for the lobster and the cod, she receives the sun for the crops, and she makes the wind blow to fertilize it all in the endless cycles of nature.

The question is, what do we give back for this selfless act of love? What do we return to our ultimate source of life? Mother Earth is not only giving us the possibility to experience life; she is also the source of all that we need to stay alive yet another day. Going even further, she not only offers the opportunity for us to have life, she is also our most powerful agent for rejuvenation and bliss. If you feel low, take a walk in the forest or by the seaside, and you will see that you are not alone. You will feel held by her soothing presence, and you will feel the connection to her presence and love. Love is what she is; she is pure unconditional love; she gives everything and expects nothing.

With all this love below our feet, how come humanity has evolved to a state of complete slumber to her love? How come people, who want to defend her rights to be respected, are scorned and ridiculed - even hated and threatened - while the destruction of our basis for life continues unabated? To ignore the fact that without Mother Earth you are nothing is completely absurd. What will you breathe when the air is polluted? What will you feed yourself when the oceans are

wasted? Where will you wash yourself when the water is gone? What will you eat when the crops are dead? Where will you live when you have destroyed all the love that was below your feet?

To be grateful for the unconditional love Mother Earth holds for us all is the basis for being human. You just need to open your mind a bit more, unveil your heart from the shells of false protection and realise that Mother Earth is your life. Without her, no matter how secure or powerful you are, there is no life for humanity, there is no life for you.

On my many spiritual journeys, at one point, I received the message that no matter what happens, she will survive. It was comforting, even soothing, to know that whatever is destroyed, she will be the last one standing. She is the embodiment of not only love but strength beyond any human construct. However many wars that are fought, and however many natural disasters we will have to endure, she will survive when all humans have perished - or flown to Mars. She is and will always be the basis for our life, and if she is not, it means that we are gone. We are long gone to another dimension where we may start dreaming of having a new opportunity to experience life on a planet as beautiful as our beloved Earth. We may begin to dream with such intensity and bliss that we will be given a second chance. A second chance to start respecting the one person that makes our life beautiful. The one person, yes, believe it or not, she is a living, breathing creature just like you and me.

The other day, I talked to my beloved about Russian dolls, and I was happy to find that we both had a love for these in our childhood. There was something mysterious and true about these dolls; one person containing another, then yet another — a touch of the mystery of life, the micro cosmoses of the macro cosmoses. The universe, in the universes, is a true reality of our existence. There is an

## “ THE EARTH THAT IS OUR 'ORIGINAL' LARDER ”



ocean of life in our seas; there is a universe in your eye; there are many layers of illusions englobing our visions of ourselves and the concepts of life. But the one illusion that we cannot - and should never - deny is that Mother Earth is the essence of our life as human beings on planet Earth.

Let us all wake up to the respect that we need to embrace for our home, our caregiver, our basis for life. Let the rain wash away your tears, let the wind blow your problems away, let the sun melt your heart, and open yourself to feel the embrace

that Mother Earth holds. She is not only holding your feet while you walk to work, or the car you are driving or being driven in. She not only puts all the flavours on your plate. She is not only filling your lungs with air so that you may breathe yet another breath. She is also there for you to soothe you, heal you, and make you aware of the beauty, care and respect a life may hold.

We all share the same planet. Together. ●

## “ YOU WILL FEEL HELD BY HER SOOTHING PRESENCE ”

# Be grateful

...even when things don't go your way, says **Karen Northshield**



**I**t's easy to be grateful and be thankful when things go your way but difficult to show any sign of acknowledgment or feel grudge when they don't. But first of all, do you even acknowledge you're being grateful when you are and should be? That's the first step. If you don't come to that realization, it's difficult then to move forward. When you took your summer vacation and holiday period, the sun was out and the air was cool, all reasons to be grateful for, right? All it takes is it to rain on your day off or a visit you had planned to be cancelled, or

## “THOSE ARE THE MOMENTS TO CHERISH”

disorganization in your agenda and your mood could be set off. So how does one remain grateful in times of rain? If you don't acknowledge you're being grateful when you have all the reasons to be then it'll be all the more difficult to find some sense of gratefulness at times of difficulty.

Let's admit. Life is not easy. Life is not fair. You may be having financial or personal issues, health issues, etc. There is plenty to be upset and worried about. My suggestion is to start with the basics. Start by recognizing the person you are. Start by

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Self-help

smiling at yourself in the mirror. What can you see in the mirror that you are grateful for? Start with one thing. Then look out the window and choose something to be grateful for: a tree, a bird, a sun ray. Then move on to your home, what elements give you peace or what elements might you need to pass on to give you space and comfort.

Then the workspace. Which is probably of all the places the most stressful. But in a small way, there are ways to be grateful and it doesn't necessarily have to come from the outside. Expecting things to happen may never happen. But the grace comes from within. Start by smiling, which is the body's natural stress relief and plain killer. Offer someone a smile and most likely they will smile back. It's the law of cause and effect.

Then the next step, which is highly likely to be the most challenging, is taking action/doing something about it. Often, when we're overstressed, we need vacation time.

But even vacation can turn out not to be as planned. We expect freedom, liberty to choose, silence, fun, relaxation. But sometimes it goes in the opposite direction. This all goes the same for vacation time. We've all been there, not had a safe travel, had to be put up in a different hotel room, we end up next to noisy kids, the rental car breaks down, things don't go as planned. In those times it's important to take a breather. Just take one nice breath of air and look up, the sun just might be smiling. In that instant what more could you ask for? Go back to the basics, just like when you wake up in the morning: wash your face, brush your teeth, those small two steps should feel good already. Then go on from there. Out of two choices you can make, you can always make two choices at any given moment (make coffee or make tea), (take the stairs or the lift), (talk to a colleague or meditate in silence.)

This applies to vacation as well. The power of gratitude when travelling is the power to adjust. Climbers know this, sailors know this. The sailor's secret is that he adapts his wings to the wind. The climber may have to step down to choose a different rock that would lead to a different road. But the power of gratitude is very strong, the focus should be not only on the end but also in baby steps because it's those baby steps that lead you there. So, if on your vacation your trip is not going as planned, change the sails. of your course or try on a different pair of shoes. You might end up having fun or even more fun than with the idea you had in mind. Life isn't easy, but the small things can bring moments of happiness and joy. Those are the moments to cherish.

It's important to come back to basics when you are feeling in a low spot and find something within or outside of you to become grateful again. What can you do in that given moment to make the

positive switch in your mind go on? Sometimes it's just finding the switch and at times it's getting the courage to turn it on. Once you find that thought or feeling, keep doing it over and over again until it turns into a trend. 🎯

## “ BACK TO BASICS WHEN YOU ARE FEELING IN A LOW SPOT ”



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# How to choose your massage

**Sarbani Sen** marks your card on massage options



**D**id you know that massage not only has benefits for the body but also psychological benefits?

Touch is a precious sense that connects us directly with intimacy. A lot of information goes through the touch of the patient's skin: its warmth, its texture, but also its vibration. The patient also receives information by the touch of the therapist, which can provide an immediate peace or something that takes some time to tune in. The touch can be soft, enveloping and soothing or deep, sustained and almost painful, depending on the approach chosen.

By acting on the body, massage has positive effects on the mind, attention, awareness and decision-making. It brings the patient to a new energy level, giving him total wellbeing, relaxing his muscles but also his mind, dramatically improving humour, helping fight stress, anxiety and depression. When we get touched, the body produces some joy hormones that are irreplaceable for deep sense of satisfaction and wellbeing.

However, you must know how to choose the type of massage in harmony with the needs of the body at a given moment. There are different types of massages adapted to different needs:

## “ TOUCH IS A PRECIOUS SENSE ”



### 1. Need to relax muscularly

After a long day of multiple professional or personal tensions, after an intensive sports training, or travel by plane or train, the body naturally aches. In this case, we recommend a traditional Indian massage with hot oil. It will give your muscle relief and an immediate benefit in terms of psychic relaxation, deep relaxation. It can be administered with an essential oil appropriate to your needs. Deep muscle relaxation with the warmth of the oil, at body temperature, will bring your senses to heaven and let you relax and unwind fully.

### 2. Need to 'empty your head'

If you are going through a complicated period

and you have relationship problems or professional issues; if you are experiencing burn out or need to find meaning in everyday life; you are in a period of transition of life or simply you have too much of everything on your plate right now, in this case we recommend the energy treatment (also called 'Bars' because it stimulates some energy bars on the head). This treatment works essentially on the meridians of Chinese medicine that are on the skull. With some points enabled, it will allow you to restore the hard disk, clean up the storage space of your brain, allow swifter opening of files and more space for creativity. Our energetic body really



plays the role of protector of the physical body. Therefore, any weakening of this energetic body causes, at a certain time, a vulnerability of the physical body: the fatigue settles durably and the disease can take over.

The energy treatment balances the energy system of the human being by harmonizing the operation of its energetic motors and eliminating blockages of its channels (vessels, meridians and nadis).

### 3. Need to reconnect with your body, vitality, find joy

In this case, we recommend the massage of 5 elements. It is a more sensual and playful massage. We arouse all the sensations of the

body: the rhythm, the different touches, the hot, the cold. It combines softness, depth and lightness. It awakens all senses.

In general, we are attracted to the right treatment and the right person at the right time. Trust your intuition, your instinct. Let yourself be guided by your gut. If it's an unpleasant experience, you'll come out with a life lesson, vital information that was meant for you, helping you grow. If the experience was nice, it was meant to be, so,

enjoy the after moments of a massage even hours and days later and step into serenity and deep relaxation.

Bon voyage! 🍀

## “ MASSAGE HAS POSITIVE EFFECTS ON THE MIND ”



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# Are you bigger than your mistakes?

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** says mistakes can be a challenge

**E**very time I write an article for this wonderful magazine, I use my personal experiences from my different businesses as a form of inspiration.

During the past few weeks, I was confronted with a challenge, a mistake that could have cost me a lot of money! At first, I was relaxed when I received the news of this 'error in judgement', this mistake. And then I moved from being relaxed to a bit concerned, back to relaxed, to angry, to frustrated and am glad to say I am now totally relaxed and back in my power.

The reason for sharing this with you is because many times I see business owners worrying and being nervous about errors and mistakes in their business caused by either poor thinking or simple lousy decision making. And this normally happens when we are either too eager or too emotional. I always say: "When emotions are high, intelligence is low." That's why I always recommend the business leaders that I coach never to make decisions in an emotional state. Because when you make a decision from an emotional state what can follow as a result is, usually, a dark cloud of challenges.

When you make a mistake, treat it as an opportunity to learn. Especially in business! The reality is, if you want to swim with the sharks be prepared to get bitten. In other words: be OK with making mistakes.

So, during this business challenge I realized



how important it is to be resilient and centred. Almost like being the eye of the storm. When there is chaos happening around you, ask yourself: "Am I the calm, eye of the storm, or am I the storm?"

And this topic leads to one major factor, probably one of the most undervalued skillsets that I believe entrepreneurs and business leaders need in order to succeed and I mean succeed BIG. And that is a resilient mindset! Because it is so easy to be 'taken out of the game'. Especially by other people's comments or harsh words, even if they really don't know you and what you stand for.

I believe one of the most important factors in

## PERSONAL DEVELOPMENT

### Success

being a successful businessperson is your ability to handle the heat. In other words, what's your ability to stay centred in your power when the shit 'hits the fan' as they say? What is your ability to be the person, to be the leader that can control their emotions and not let other people's garbage affect you and take you out of the game?

Think about it like this. Let's say you consider yourself as a fairly resilient person and on a scale of 1-10 you can handle all challenges under an 8. Perhaps, because you consider your resilient mindset to be a solid 9 out of 10 in the game of mental warfare and mental power. So, what happens when a challenge shows up that is considered a 6 or a 7? Well, no problem, you deal with it, even if it is painful and tough you simply deal with it and move on.

Now, let's say that you consider yourself as a resilient individual, on a scale 1-10 an 8!. Great! But what happens when a challenge 9 or 10 shows up? Well basically your f\*\*\*\*\* - excuse the French.

And this is exactly what I do with people who come to train with me at my business development and personal development events, like my *Beyond Business Mastery* training program for business leaders and business owners.

What I do there is teach you to increase your confidence levels, trust levels and ability to handle challenges to far greater levels than prior to training with me. Because my belief is that if I can make you more resilient to handle challenges that you will inevitably face, then the greater your ability to make more impact

and ultimately step further out of your comfort zone.

### And here is the key:

Most people don't understand that if you want to have great results in business, life or relationships, you first need to step out of your comfort zone, then go through your fear zone and only then can you step into your growth zone. And that's where the real magic happens. That's why I make it my purpose to, frequently, do things that scare me.

Whether it is jumping out of a plane (with a parachute of course!) or doing my annual *Safari Leadership Experience* in South Africa. All designed to make me and my clients bigger players, bigger leaders, bigger people, so that no challenge can 'take us out of the game'.

Because the bigger person you become, the bigger challenges you can face and overcome. Meaning the greater success you will have.

This month, Warren Buffet celebrated his 89th birthday, and I want to sum

up this article with one of his quotes: "You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you, that means everyone can control you. Breathe and allow things to pass."

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) 📧

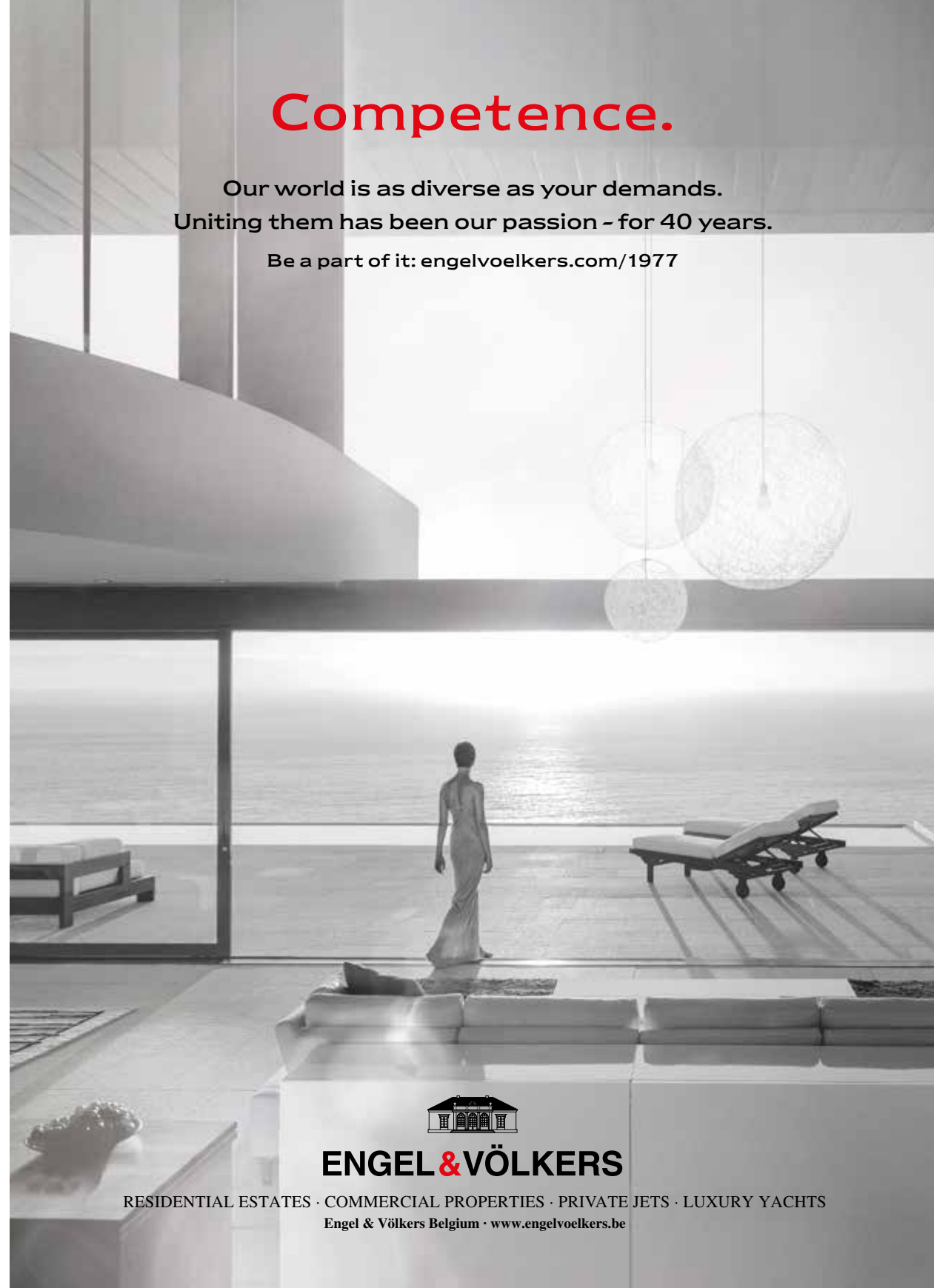


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# Beloved enemy

**Reetika Gupta-Chaudhary** suggests we look towards our enemies for inspiration



“You have enemies? Good. That means you’ve stood up for something, sometime in your life.”

*Winston Churchill*

Our lives are made up of many different characters - there is a hero, a mentor, a friend and an enemy. I am going to focus on our enemy, an enemy who challenges us and whom we have to fight against in order to achieve our share of success.

Many of the personal development books that I have read have taught me an important lesson: that if someone's motivation or enthusiasm is low, an enemy/resistance is all they need to lift them from that state. I learnt to value my enemies as these are the people who have actually motivated me to shake off my fears and take charge of my life.

You might be wondering where in our normal lives do we find these enemies?

Well, these could be just about anyone. For some, their enemy might be an aggressive

office colleague or state laws hampering their business growth. For some others it could be a boss who is constantly on top of you and misses no opportunity to put you down when you make a mistake. Hang on! What about that friend who silently is your biggest competitor?

My next question for you to consider is: could you possibly be your own biggest enemy? The answer is Yes. In most situations we are our own bottleneck and stop ourselves from success because of our own fears and doubts.

In my case, my enemy was my father - the challenge of raising even a small voice against his wishes kept me far away from my comfort zone.

Very early in my life, I had realized that I will have to fight against the very orthodox mindset of my father in order to have even the slightest chance of realizing my dreams. My father had very different goals and aspirations for 'my life'. He wanted a safe

and comfortable life for me, whereas I was ambitious and always wanted a financially independent life. My father's idea of a good life was for me to sit at home and enjoy the luxuries provided to me by the men in my life (at that time that man was my father and later it would be my rich husband).

As a child, I was told that I could only complete basic education before my father would find a wealthy man and get me married. Frankly, the thought of getting married and be dependent on my husband was not only scary but also emotionally sickening. I never doubted my father's intentions, which were nothing but good to his way of thinking. But it was equally evident that his protective ways were stopping me from achieving my dreams.



utter surprise I noticed my father proudly flaunting my achievements to his friends. Now, the next challenge of presenting my desire to pursue higher education from a prestigious college outside of my city stared me in the face. As soon as I stated my desire to live away from home, a state of panic gripped my father as he was concerned about my safety and was uncomfortable with my ambitions. But he certainly was moved by my dedication and hard work and reluctantly consented to my idea of pursuing higher education.

This was a huge win for me, I went to college and continued to follow my dreams despite all the challenges offered by life. My father continued with his notion of getting me married and even met a few prospective grooms. Luckily, none fitted his own bill, and I didn't let any of that distract me. I concentrated wholeheartedly on

my studies and managed to secure a place in one of the top universities for Master's in Journalism in India. Once again, seeing my determination and persistence, my father had to allow me to pursue my Master's.

We have all been in similar situations, we hate the feeling of someone standing in the way of our dreams. The harsh reality of our own loved ones standing in the way of your dreams is not easy to digest. However, identifying your enemy and the challenges posed by them can actually help you to tap into some of your strongest emotions which you can use to propel yourself forward in life.

Looking back, I would probably not have been able to do any of that if it wasn't for the inspiration -albeit in the form of resistance - provided to me by my 'beloved enemy', my father. ●

## “ AN ENEMY WHO CHALLENGES US ”

I struggled along and persisted in my efforts to study hard and achieve my goal, which at that time was to secure admission to one of the prestigious universities and get a well-paying job. I wanted to make my own decisions and be responsible for my own destiny. With a burning desire to succeed, my determination amplified with every inch of resistance and challenge that I faced. My own father was standing firm, blocking my dreams, but little did he know that the more he tried to censor my dreams, the stronger the force became with which I fought back. The constant fear of my father thwarting my efforts and thereby preventing me from achieving my dreams made me more persistent and doubly motivated.

As a result of my keen efforts and hard work not only did I pass my exams but I was also the top scorer in my city. Newspapers approached me for my photograph as they wanted to publish my achievements. To my

# Be Successful: Coaching books

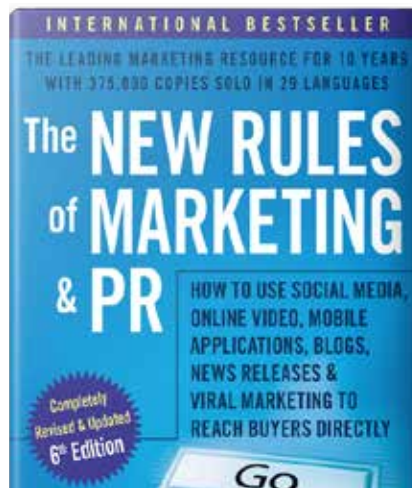
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She is one of the most booked speakers in the world and an international best-selling author whose work has been translated into 36 languages. In 2017, Mel broke self-publishing records with her international best-seller *The 5 Second Rule*. It was named the #1 audiobook in the world and the fifth most read book of the year on Amazon. When Mel launched her science backed productivity planner, *The 5 Second Journal*, the first print run sold out worldwide within minutes.

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## Why Growing Your Business Need Not Be Hard Work.

By Arnon Barnes

Reflecting back on my years in business since I was a teenager, I realised 'hard work' alone to achieve business growth never produced the best results for me.

It was not until I had a 'business growth blueprint' that I was able to produce repeatable successes across different business and industries.

The most exciting part for me is that it's also helped many entrepreneurs quickly multiply their business revenue like nothing they've experienced before. But what is this really?

It's really about understanding the 'algorithm' in every business that can lead to explosive growth. Let me explain. For many years I was doing all the things that many 'business gurus' told me to do, such as:

- Work harder
- Learn to sell better
- Do more networking
- Improve my marketing
- Train my staff



And yes, they gave me some results; BUT they only helped improve my business marginally.

My search for a better solution led me to Tony, a family friend who at that time already had several successful businesses.

When I met Tony, he told me bluntly, "There's 3 main differences between us which explains why your business has plateaued." I was puzzled.

Tony continued: "Firstly you hire staff, I build championship teams. Secondly, I grow through partnerships, not just marketing. Thirdly, I'm a leader and you are a manager"

Over the next few months I learned from Tony:

- A blueprint to build and grow a 'championship team'
- The 5 catalysts to create a 'revolutionary business growth'
- A leadership mindset that supports rapid business growth
- How to become 'magnetic' and attract better, high-paying customers and repel 'problem customers'



With Tony's guidance, I grew my business to where I wanted it to be in record time. And I actually worked less and enjoyed my business more. I was eventually able to sell that business for millions of Euros and become financially free at 28.

I've entered multiple businesses since and repeated this system. Every time I got outstanding results, regardless of what industry I dove into.

Because at its core, every business has the same DNA...once I discovered how to 'crack the code' – a business grows without fail every single time.

Eventually, measuring my success solely by dollars and cents became less meaningful to me. I started helping others who came to me for help.

Here what some of my clients have achieved with this blueprint:

- "In the 100-year history of our business, we're now making more money than we've ever made before." - **Giles, Poperinge**
- "Arnon has helped us break all financial records for our business. Best part is, the business is fully systemised and grows without me 97% of the time." - **Stijn, Ledegem**

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The good news is I'm putting together a 2-day event. I'm sharing my personal blueprints, systems, checklists, and deepest insights that have helped me and my clients achieve outstanding results in business.

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- The 5 key areas of your business you need to improve immediately to add a 'Zero' to your bottom line
- How to attract and keep the amazing team members that'll propel your business to the next level
- Build a resilient mindset and destroy limiting beliefs

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# The Being and the Universe

In chapter one of his series of reflections, **Axel Trinh Cong**, medium and therapist, studies a subtler dimension of Life



Since its launch in 2007, *Together Magazine* has aimed to inspire its readers by offering them an opening on the world, or rather on worlds. While our environment is indeed made up of tangible elements and material success, it also includes a subtler dimension, sensitive, evasive and indefinable, which touches on personal development and even spirituality.

Taking one's place in this world requires the ability to dare to consider spirituality in its entirety: matter and non-matter, life and death, light and darkness, here and elsewhere. What is denounced here and elsewhere as obscurantism is only the symptom of the paralysis of the materialistic brain of the person who makes this

denunciation.

The heart feeds and inspires the brain, while the brain gives the heart a reason to beat. One cannot function permanently without the other. And the *Together* team has understood this – let us congratulate them and thank them.

So, the scene is set, and, since this is between me and you, I bet that the formula 'there is such thing as luck' fits this magazine very well. It is probably by chance that the magazine asked me for this contribution consisting of eight articles. And it's probably not by chance that today, one way or another, you are reading these lines.



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Each being is composed of an energy of its own. In everyday language we define her by physical traits: she's tall, she's a redhead, or characteristics such as she is funny, he is open-minded. Sometimes we borrow more pictorial formulations - such as 'she has such energy' or 'I don't feel it, there is darkness in him' - appeal more to our sensitivity than to our mind, the latter only serving to formulate a feeling.

The energy that characterizes each being is made of fullness but also emptiness. There are places where we feel our strength, our power, just as there are in the depths of ourselves those other areas which are dead, suffering, wounded or deserted.

And it is precisely this state of being, this energetic profile - more important and more powerful than any other aspect in our efforts to govern our life - that determines the encounter with such and such a person or the reactions to different situations. What we are living, therefore, depends on our inner state and not on this thing called chance, a very convenient and very practical concept invoked by those who choose to suffer in life or deny their involvement in what is happening to them. Blame it on someone else or 'I have no luck': it's all too easy.

From then on, when Life interferes and makes sure that we are always meeting the

same type of idiot, incompetent boss or bad guy in whom we can place no trust, invariably we fail in some domain or other and that fear reappears relentlessly - it's a call to return to oneself, to that inner self and find the disfunction or the hurt.

Carl Gustav Jung (1875-1961), spiritual father and inventor of analytical psychology, became Freud's detractor after being his pupil and friend. He had a formidable formula to illustrate his mechanism: if you do not face

to your shadow, if you have not made the unconscious conscious, this unconscious will direct your life and you will call it "fate. All those things you do not want to know about your self end up arriving from the outside as if it were destiny.

Chance or coincidence? It was around the same time, in the middle of the last century, that

another man, coming from a very different context but nevertheless endowed with great wisdom, wrote that what we could see as the corollary of Jung's quote: be the change you want to see in the world. He was Mohandas Karamchand Gandhi, 1869-1948.

Indeed, if I choose to realize that what I attract to me is also the reflection of my inner state, of what I release as energy, and if I modify it, then I will start to attract new people and experiences. To change your environment, just change yourself. No luck involved! Each of us is the author of our own

destiny, the principal actor in the play we have chosen to interpret.

So, to come back to our starting point, there is probably no luck at work in you finding yourself here, facing these lines, this information. This is not a stroke of luck, but probably the fact that part of you is ready to carry on reading... and do something about it.

Many people are dissatisfied with their existence. The first reflex to overcome this discontent is to change: change hairstyle, change partners, change jobs, etc. The observation, in most cases, is that this is not enough. These cosmetic and superficial modifications, all relatively easy to put in place, bring only a passing satisfaction, a path that will wind back around to the old situation.

Even changes of habit or behaviour are, in most cases, insufficient to breathe new energy. Just think of those well-intentioned New Year's resolutions, promised from the heart and with the best intention in the world - and see what's left of come in springtime.

A change in the physical and material conditions of our existence is not enough to influence it, simply because we are not just made of matter. Our being also conceals a

subtler dimension, sensitive and as unalterable as indefinable, energetic, which touches on the fields of psychology, the emotional and the spiritual.

Far from being a new-age fantasy, this energy dimension is decisive in the course of our encounters and our actions. For a long time, psychologists, for want of anything better, have named this 'the unconscious', an aspect of the self which, without the knowledge of our conscious, takes this or

that decision for us. But if this unconscious determines, chooses, slices, avoids, it is indeed an energy.

But then, if this unconscious energetic thing is the key to any change in my life, what is it doing? What is it powered by? Is it a brake, a resource, or both? And how to access it in order to implement this evolution, this development to

which you aspire?

This is the journey I propose to begin in the following months: a journey through the various dimensions of the Being and the Universe.

**Axel Trinh Cong**  
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## “ TO CHANGE YOUR ENVIRONMENT, JUST CHANGE YOURSELF ”

## “ THE VARIOUS DIMENSIONS OF THE BEING AND THE UNIVERSE ”



# Networking: New Entrepreneur Eldorado of the 21st century

**Jérémie Vanopdenbosch** offers up the keys to expanding your business



**W**hen you start a business or a new business, you are asked for two things. The first is to create a business plan and the second is to have a business model.

Despite this, many companies go bankrupt within the first five years of their existence while, at the same time, other companies grow exponentially. These companies, which are more successful than the others, all have one thing in common: besides a business plan and a business model, they have integrated an additional component into their activities to make it a reality. A triptych. This

last, lesser-known component, which makes all the difference at the beginning of the 21st century, is the Business Entourage.

Today, we live in a world that is evolving faster and faster, where half of the current professions will disappear within the next 10 to 15 years and where competition is increasingly important. In this bubbling ocean with millions of companies that all have skills and knowledge, only those who have taken the time to develop more of a network and, therefore, a Business Entourage, will really stand out and reach the very top in their sector. The proof? When a company

celebrates an important milestone in its history, 80% of the speech of its founder or its CEO is devoted to thanks! This is to highlight all the relationships that have contributed directly or indirectly to its success, which have been decisive in the evolution of the company and without which this common goal of success could not have been possible.

This translates into the saying 'No man is an island'. If you stay alone or isolated, you will not go very far! In the various stages of your company's advancement, from start-ups, scale-ups to the ultimate level of a unicorn (a privately held start-up company valued at over \$1 billion), you will need to surround yourself with people you will meet on your journey and who will guide you, propel you, advise you, support you, complement you and give you visibility to get through all these stages of growth.

## The current paradox

Despite this, very few companies take the time to build a network. But why?

Since childhood, we are preconditioned to have fears. Who has never heard his parents tell him, for example, "Don't speak to strangers"? And the fear of the unknown is one of the biggest barriers in creating a network, just like the fear of reaching your goals, of being rejected, of not knowing what to say or feeling insignificant when meeting someone.

Mastering your fears will take you forward, and the entrepreneurs who have understood it realized that by overcoming their fears they were sometimes only a handshake away from changing their lives. The famous writer J.K. Rowling is the proof. No fewer than a dozen publishing houses rejected her book. Surpassing this fear of rejection, she ended up signing the contract of her life, which has made her fortune estimated at one billion dollars!

But how to create your network? Everyone can create a network, even the most shy or introverted among us. To build a network, you must develop what is called a relational intelligence. The relational quotient (RQ) that measures this intelligence is probably a lesser-known concept than the intelligence quotient (IQ) and yet your relational intelligence is the most powerful of intelligences.

This is one of the reasons why most of the great bosses of GAFA (Google, Apple, Facebook and Amazon) have succeeded without ever having obtained a degree. Where the intelligence quotient is genetic, the relational quotient develops and is therefore evolutionary. You must learn to develop it because your level of success as an individual or as a company is directly related

to the quality of the relationships you have with your peers.

Some entrepreneurs have understood this to such an extent that they

have focused their entire core business on this one key skill: creating real empires. Jorge Mendes, Cristiano Ronaldo's agent, is the perfect example. He has developed such a high level of interpersonal intelligence and empathy for people that today he has one of the most influential contact lists in the world of football – and he knows how to activate and monetize it. Every year, it earns him and his company a turnover of eight or nine figures.

As folks rightly say: "Work your network and then your network will work for you".

## Influence networks

For those who want to go a step further in mastering their networking skills, there is one additional and crucial principle to assimilate: creating value. In building your relationships, you must think in terms of value and, therefore, bring value to others.

**“ THE FEAR OF THE UNKNOWN IS ONE OF THE BIGGEST BARRIERS ”**



To create value, you must be able to connect people. And the purpose of getting in touch is to create a connection between a person's needs and the talents or skills of another person. Here, we reach the supreme level and the very essence of networking by entering the world of connectors.

Everyone can become a connector and yet there are very few connectors in the world. To be a connector, you just have to be able to be an observer and a matchmaker. And the possibilities of creating connections between two people are almost endless with the 7.5 billion people on our planet.

By creating a link and helping people - for the pleasure of giving pleasure without expecting anything in return - you will activate the principle of reciprocity. The more you give and the less you wait for, the more you will receive. And the first thing you will receive is the confidence of others -

the greatest collaborations and greatest success stories begin with relationships of mutual trust. Having an authentic network around you is the best card up your sleeve!

By multiplying these links, little by little, with the amplifying effect of word-of-mouth, you will build your sphere of privileged contacts and an address book that will grow exponentially. This relationship book will become your biggest growth lever - not only for you and your company, but also for

others. And so, you will become a person who, over time, will gain influence because you will have the ability, through your network, to positively impact the trajectory

of all your projects and also the projects of others.

This is where the magic of network power lies! ❶

## “ DEVELOP WHAT IS CALLED A RELATIONAL INTELLIGENCE ”

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# The Silicon Valley of Europe

**Dave Deruytter** has been catching up with European progress on its silicon revolution

*India is steaming ahead*



**T**here is great respect around the globe for the success of Silicon Valley in California on the West Coast of the US. For a decade the whole world has been looking for the keys to its success in order to copy it in their home country.

Innovation or starters' hubs are all around Europe too. Taken on their own, they are very small compared to Silicon Valley. Combined, they could be powerful, if they would cooperate efficiently and have the required support from investors or governments.

Silicon Valley leads the pack, particularly in large, breakthrough innovation, but China and other countries are improving their

game. Even in the US there is competition for California from the East Coast, New York and Boston too.

In China, Shanghai is high on the radar, but also Shenzhen and Guangdong province in the south of the country. In Asia there is more than just China alone -Tokyo, Seoul and Singapore are forging ahead too. I was pretty impressed by Tokyo on my recent trip there. Japan may be ready for a new awakening and the upcoming Tokyo Olympics in 2020 may lead the way to their renewed visibility on the international scene. Further in Asia, also Mumbai in India is steaming ahead. In the EU, London is still the paramount number one. Still, it remains to be seen what Brexit

will bring, and Berlin, Paris, Amsterdam and Barcelona are getting stronger.

Studies point to five key differences between the US and Europe on the starters/innovation scene:

1. Europe lacks a pure capitalistic approach, so there is not enough risk-taking and too much protectionism. European investors are too focused on revenue and not enough on pure growth.

2. The speed of action is slower in Europe. Money from investors is less quickly disbursed and in smaller amounts. Failing, and starting all over again, is not as welcome or as fast as it should be.

3. Entrepreneurship and innovation are not stimulated enough by education and governments.

4. There are fewer European universities (and their research centres) in the top ten of the best universities around the world – the list is dominated by the US. Talent is key to innovation, starting a business or even expanding it later on.

5. The European market is more fragmented than the US one. Business models and plans have to take care of different languages and cultural biases.

In today's 24/7 connected world, fragmented hubs like in Europe may function more efficiently than before.

If diversity really adds to performance then Europe should do well. Still, for large breakthrough innovations worldwide it is better to grow fast in a large uniform market and squeeze out the competition there, before using your profits or momentum to conquer the smaller or fragmented markets.

China is developing US-style and has the

market size and uniformity, giving it an advantage over Europe. So has India, but with less uniformity. Both China and India still lack top universities and related research facilities. But they see more and more compatriots studying overseas at top universities returning home to launch or join local success stories.

Beautiful weather and a beach nearby may be less of a critical factor to success than to have talent, entrepreneurial spirit and money around. Silicon Valley is an exception given that it has both. Still, the likes of New York, London and Amsterdam are on the rise and they do not have the weather or the beaches. A good quality of life, safety, education, health care and infrastructure in general do the trick.

As we can work anywhere these days, at least if there is a good broadband Wi-Fi connection, it is more important to have a network of experts, entrepreneurs, regulators, and venture capitalists at your fingertips.

The fact that the EU leads the world as far as regulation (GDPR, Internet tax) is concerned does not bode well for starters or innovators here. A key change the EU innovation scene really needs is an entrepreneurial or innovative spirit with regulators. This should lead to a real single market instead of "you can sell in our EU country, but you have to comply with our local regulation on top of the one in your EU home country". Language issues can be overcome by the likes of Google Trans-

late. Cultural differences do not count for all products and services. For example, smart phones and ISPs are the same anywhere, as will 5G when it comes.

In your project simply embrace the local environment and culture. Engage with the local people in the countries and they will join your high-speed train to success. The best example is the vast variety of apps in the app

**“ MUMBAI  
IN INDIA IS  
STEAMING  
AHEAD ”**



stores of Google, Apple and others.

Belgium has a quite active innovation or starters' scene, particularly in the neighbourhood of its world class universities. The region of Leuven might currently be leading the pack with their launch, a few years ago, of 'Leuven MindGate'. All the local players and stakeholders are teamed up with one common goal of innovation and business development and that is always a recipe for success.

If the EU as a whole wants to become the leading force in business innovation a true entrepreneurial and innovative spirit in regulation is essential, starting with a real single market, which means you comply with the local regulations in your home market (an EU member state), then you can work in any other EU country in the same way,

without having to comply (on top of that) with the local regulations in that other EU country. That would stimulate cross-border EU business and innovation a lot and speed up the much-needed convergence of all business-related laws or regulations in the EU and cut the red tape. On top of that, entrepreneurship and innovation should be priorities on the school agendas from an early age.

There is no time to lose and if this change would be a

deal breaker for certain EU countries then the ones that agree have to force ahead - alone. If that leads to a two-speed EU, too bad for the other countries; they have a choice. For the EU to rise and shine (again) it needs a competitive innovation and starters scene. That would also help to bridge the gap in 'R&D' as a percentage of turnover its companies have compared to their US or Asian counterparts. ●

## “ FOCUSED ON REVENUE AND NOT ENOUGH ON PURE GROWTH ”

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Real estate

# Make mistakes in real estate

**Yannick Callens** says that the power of repetition is the key to your mistakes

**I** hope your holiday went well and that you have made lots of mistakes! Yes, you read that correctly - I repeat, especially for you: 'I hope you made a lot of mistakes this summer.'

In real estate, how do you think experience is acquired? By practicing! Like a sportsman who trains day after day, you must stay consistent and persevere to the end. You will build the muscles of your brain and mind, particularly that of the mind. Do you know the difference? Let me explain: a professional golfer, his brain sees the green, the hole and the trees, but his mind sees the path to be the best... and win the most tournaments. What I recommend in real estate, especially for beginners, is to visit as many properties as possible. Identify the advantages and disadvantages as you perceive them, and list them all.

During the first months, visit, visit, visit! You will train your mind to see the invisible. But Yannick, you say, what is the invisible?

Let's say that the visible are the walls, the location, the repairs needed, the tenants - the invisible, on the other hand, is the 'trend' of the market, the 'demand' of the market, 'the potential' of the market, the potential profitability. All the important things for your purchase that, at the beginning, your mind does not see, but your brain does.

To become a real-estate investor, you have to

become 100% involved. It takes courage and perseverance to repeat, repeat, repeat. In other words, you have to train. The table that illustrates this is the 'cone of experience' (also known as 'cone of learning'). It was developed by educational psychologist Edgar Dale: after two weeks, we tend to retain 10% of what we read, 20% of what we hear, 30% of what we see, but 90% of what we say and do. This is all about real action - the nature of the commitment is active and not passive.

For 90 days, visit, visit and visit! At the end of the day, write a summary of your steps on a single page of a notebook, your discoveries, the pros and cons - the good, the bad and the ugly.

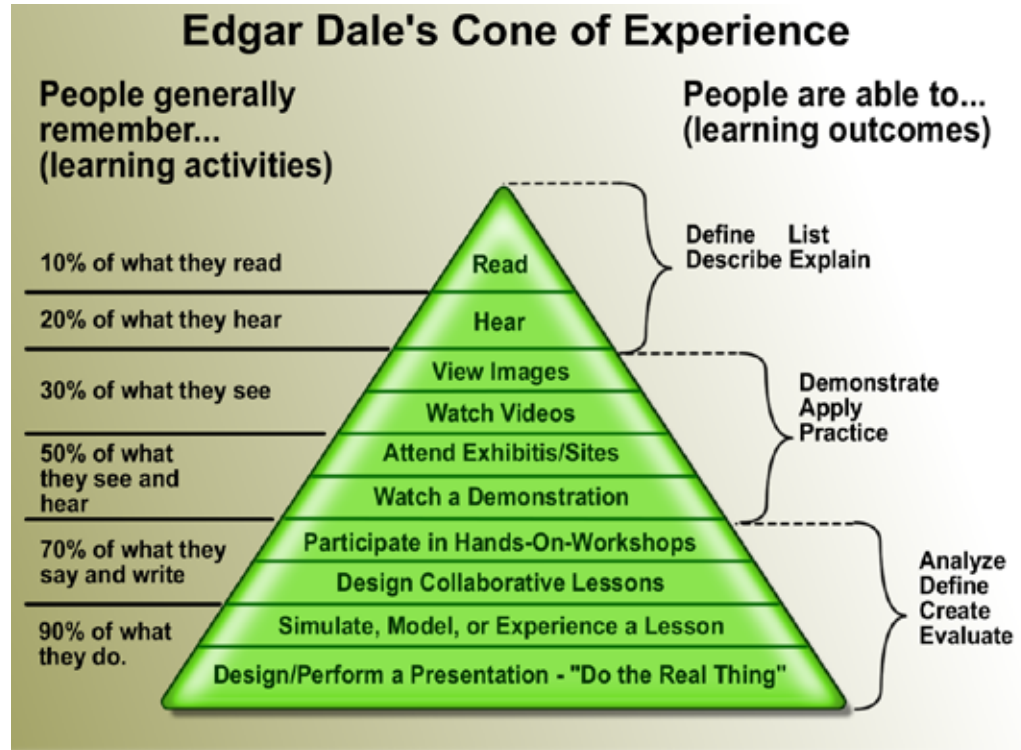
How can an individual learn anything if he is afraid of making mistakes? If you observe a

baby learning to walk, you will see him get up, fall and cry. After a while, he will try again, he will get up, fall and cry. He repeats the process until he can stand, walk and then run. The more mistakes he makes, the more his universe will

expand.

At school, we are taught that students who remember the right answers are smart. And that students who make mistakes are stupid. Then, in the corporate world, we dismiss employees who make mistakes. In other words, once a child goes to school, his or her learning process is slowed down. He

**“ DURING THE FIRST MONTHS, VISIT, VISIT, VISIT! ”**



begins to learn fear of mistakes and to avoid making mistakes.

The majority of employees have learned to be afraid of making mistakes; they have been taught that only stupid people make mistakes. They have been taught not to make mistakes, rather than to learn from them.

Buckminster Fuller, a visionary for his time, wrote: "Only when the human being admits to having made a mistake is he getting closer to the mysterious integrity that governs the universe." In other words, as soon as an individual recognizes that he has made his mistake, he is getting closer to universal power.

In summary, learn from your mistakes, because the consequence is the experience, the experience you need to become the best investor who is (already) in you!

Your mistakes are worth gold! Or rather, cashflow - do not be afraid to make mistakes. ❶

**“ YOUR MIND  
DOES NOT SEE,  
BUT YOUR  
BRAIN DOES ”**

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# Technology: Must-have gadgets

Our tech guy **Colin Moors** suggests some gadgets that will help you settle back into work



**B**y the time you get to read this, the summer holidays will be a hazy memory of soft wines, warm, olive-scented evenings and romantic sunsets. Or the nightmare of three days on the autoroute, with nothing to eat except service-station sandwiches accompanied by the sound of bored children whose tablets have run out of charge. Either way, it's time to go back to the office so you can pay for next year's trip. Obviously, you'll need to make the next 48 weeks a little more bearable, so I have lined up some must-have gadgets to ease you back onto the treadmill. "Must-have" is quite subjective, so bear with me.

First up, something not strictly techie. Don't worry, pointless gadgets are coming. There have been numerous studies that show that standing at your desk is better for posture and general health than sitting. I'm actually writing this while standing and have been a fan for a long time. Of course, you can't just

stand *all* day. This is why it's good to invest in a good adjustable system, so you can alternate sitting and standing as it suits. The bad news? It won't help you lose weight, as some of the marketing might like you to believe. In fact, the calorie difference between sitting and standing is a massive 24 calories, about the same as in a regular-sized carrot. No quick wins to be had here, I'm afraid. I like the ones provided by *varidesk.com* - they provide space for a dual-monitor setup (because who doesn't want to pretend to be an evil genius in his clifftop lair?) and various other bits and bobs like USB charging to make the experience more attractive. They are by no means the only supplier and there are scores to choose from, just search on '**adjustable standing desk**'. I make no commission, so knock yourself out.

On with the tech. You might be cool, but are you "answering calls on a replica **Star Trek communicator**" cool? If you have no idea



what this means, you may skip along to the next thing. If you do, you already know you want one. The iconic flip-open device with the distinctive gauze flip cover can be used to request beaming up, to order the attack on a Klingon warship or to call your partner and explain to them that you're on the train in a very loud voice. It's fully Bluetooth compatible and can be used as a speaker or a regular phone but of course, you'll have to have your mobile phone with you as well, at least within the 5-metre Bluetooth range. It comes with a wireless retro-look charging stand and is modelled on 3D scans of the original props. It's the only device that makes you look centuries ahead of the curve and 40 years out of date all in one go. Available in

Europe from *getdigital.eu*, among others. Currently selling for around €160.

Coffee: The fluid that fuels many a late-finish or tedious meeting. Coffee and tech have a strong relationship - the world's first rudimentary webcam was cobbled together from an old video capture card and a spare computer in order to monitor the coffee pot in the Trojan Room of Cambridge University in 1991. Caffeine-free programming wasn't a thing in those days.

If you've ever found yourself caught in the vicious cycle of making coffee, getting busy, realizing it's cold and making another, only to do the same all over again, the **Ember** is for you. It's a coffee cup

**“ ICONIC FLIP-  
OPEN DEVICE  
WITH THE  
DISTINCTIVE  
GAUZE FLIP  
COVER ”**



Photo © VARIDESK

€40 all-in. I love my tech, but even I think things have gone too far sometimes.

Something many haven't considered is the benefit - no, in fact the sheer delight - of a pair of **noise-cancelling headphones**. If the soundtrack to your daily commute is the tchikita-tchikita- tchikita of someone's in-ear headphones, or you work in an open-plan office or if you just want to make it abundantly clear that chit-chat is not an option, an investment of around €250 can clear your head and free your mind. If you aren't familiar with them, they do pretty much as their name suggests. How they do it is

the strange thing - they do it by creating more sound. They monitor the incoming sound from your surroundings, then create more sound waves that exactly mirror them, filling in the peaks and troughs of the sounds, effectively cancelling them out. They're still very much there, you just can't hear them. I'll leave you to do your own research on the best ones but you'll never go far wrong choosing Sony, Sennheiser or Bose. Your music will sound better, your day calmer and your life better.

For me, if it were a choice between a mug with a light or a set of noise-cancelling headphones for roughly the same price, I know what I'd go for. You might *really* like coffee though, I don't know. 🍵

that comes with a built-in heater and will keep your coffee at the temperature you like it, all day long. It's got an app (of course it has) so you can set your preferred temperature and the mug will remember this and activate as soon as a hot liquid is poured in. The regular-sized mug holds around 300 ml and will alert your smartphone when your drink is up to temperature. And, er, that's pretty much it. You could be forgiven for thinking that this is a mere trinket, something to give as an amusing gift to a friend. Well, you could indeed do that, if you *really* liked your friend and have a spare €150 down the back of the sofa. Yes, you read that correctly - €150 for a mug with a light in it. Still, if this is your cup of tea go to [ember.com](http://ember.com) and slap down the plastic. Me? I bought an electric Moka Pot and a really nice cup for under

## “ €150 FOR A MUG WITH A LIGHT IN IT ”



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# Ursula – The Musical

Catherine Feore looks at a surprise nomination that will shape the future of the bloc



*New City Hall of Hannover, Lower Saxony*

**T**he EU had a fractious time agreeing on the new candidate for the position of President of the European Commission, finally settling on Ursula von der Leyen. A disappointed parliament saw their Spitzenkandidaten process swept aside by the heads of government and consigned to the dustbin of history – at least for the next five years of history. The parliament bestowed their imprimatur on Ursula 16 July with a decent margin of 56 votes, though she was only nine votes ahead of the 374 needed for her coronation as President-elect.

Von der Leyen's background has been well-picked over since her surprise nomination. She was born in our very own city of Brussels and is the daughter of a senior Eurocrat - in the Brussels bubble that's almost royalty. The family returned to



*Ursula von der Leyen (centre)*

Germany where her father became prime minister of Lower Saxony. She revealed at the press conference following her election that her father had hoped to become a European commissioner; he could only be delighted to see his little 'Rose' become not just a commissioner, but president.

While studying at the London School of Economics, she lived under an assumed name as her family were targeted by the Baader-Meinhof gang. She went on to study to become a doctor specializing in women's medicine and has a Master's in Public Health. She is married to German nobility and has a whopping seven children. Most people would have been happy to draw the line there, but von der Leyen followed her father's footsteps into Lower Saxon politics and a further precipitous rise to Federal ministerial level,

Politics

where she held two posts and had a stalwart supporter in Angela Merkel.

I like to imagine renowned musical lyricist Tim Rice, phoning his former collaborator Andrew Lloyd Weber:

TR – Andrew, I've got an idea, I have finally found inspiration: Ursula!

ALW – That's great Tim, but I'm really not interested. We've done Jesus, Joseph, Evita, Cats, Phantom. I'm done. And who the hell is Ursula?

TR – The President-elect of the European Commission.

ALW – But didn't you vote Leave in the referendum? You remember we had that argument?

TR – I went with my gut instinct, there was a barrage of misinformation. Andrew, I was wrong and there's only one way to reunite our dis-United Kingdom and renew our friendship - a West End hit musical!

ALW – As a fellow knight of the realm, I agree, but do you think that a German politician that no one in the UK has ever heard of would be the right vehicle? What about 'Thatcher – the 70s'?

TR – There you are wrong *mon ami*, or should I say *mein Freund*. She fell in love with a German aristocrat, she has seven children – sounds like anyone you know? She is the First 'First Lady' of the European Union.

This is going to be like *The Sound of Music* meets *Evita*. Madonna's already on board!

Returning to the real world, or maybe not, von der Leyen - let's call her VDL - managed to win the hearts and minds of MEPs from across the parliament, by laying out a broad and

ambitious programme. How deliverable this will be, will rest on the enthusiasm of the EU's 27 heads of government – assuming the UK does finally leave.

On climate, VDL said that she will push for a climate-neutral Europe by 2050 – this was very nearly agreed on at the last European Council, but Poland and others dug their heels in. Her assurance that “we will leave no one behind as we move forward”, a “Just Transition Fund” will reassure those most affected by this target. There is also a Macron-pleasing reference to a carbon border tax to be bolted on to the Emissions Trading Scheme, as well as stronger provisions and enforcement of environmental factors in trade agreements.

On the economy, VDL appears to take the softer (well, slightly softer) line that the Commission has actually pursued over recent years. She supports the “full flexibility within the Stability and Growth Pact”, whose strictures have been blamed by some for aggravating the EU's almost moribund growth rates. She also gave a very strong nod to the Socialist and Democrat Group by saying that she would propose a European unemployment benefit reinsurance scheme, should the EU's economy take a further hit. And with Brexit on the near horizon and Trump still in the White House, that is a very real possibility. She has thrown her weight

behind action on digital taxation for “big tech” and will “fight to make” a common consolidated corporate tax base, with a single rule book “a reality”.

The commitments continue: a restart on migration; making the ‘rule of law’ an

integral part of the budget; a European minimum wage; a two-year conference on the Future of Europe starting in 2020 – with the door open for treaty changes; and,

## “ IN THE BRUSSELS BUBBLE THAT'S ALMOST ROYALTY ”

## “ AND, CHAMPAGNE FOR EVERYONE! ”



The European Commission

champagne for everyone! Well, not the last item, but I wouldn't have been surprised – and I think it might be popular.

Finally, on Brexit, not much was said – other than that she was open to the idea of an extension if a good reason could be provided. But, in theory at least, these issues should be done and dusted before she formally becomes President on 1 November.

Sadly, her first days, weeks and months may well be dominated with the realpolitik of

Brexit – especially if there is an extension. If Boris sticks to his promise of the UK leaving the EU, ‘no ifs, no buts’, by 31 October and if the EU sticks to its position of not

reopening the Withdrawal Agreement, day one of the job will be the unbridled chaos of a ‘no deal’ Brexit. The EU will be well-prepared, the UK less so. The most immediate

issue may be whether the EU should offer to airlift food and medical supplies. Oh well, I guess she'll just have to climb every mountain and ford every stream. ●

## “ THE UNBRIDLED CHAOS OF A ‘NO DEAL’ BREXIT ”

TONY ROBBINS

As seen on **NETFLIX**

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# LIFESTYLE

*They also return to the source, to the symbolic and ancestral values*

*Desert Design, Nicolas Schimp*

LIFESTYLE

Luxury

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# Fashion Windows

Photographer: **Maria Dawlat**

Art Director: **Nicholas Sirot**

Hair & Makeup:

**Elke binnemans @ touch Dominique models, using Sisley  
Cosmétiques and Kevin Murphy.**

**Model Daphné @ Dominique models**

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*Total look: Christian Wijnants Rings: Messika*



Total look: **Dior Rings: Messika**





*Total look:* **Christian Wijnants Jewellery: Dior Beauty: Sisley - SOS night mass velours aux fleurs de safran.**

*Make-up:* **Sisley - Phyto-teint ultra éclat - ivory 1 - Phyto cernes éclat 1**

**Les phyto-ombres - sparkling purple 34, silky French blue 23, glow silver 42.**

**Phyto khol star - sparkling blue. - Phyto-khol perfect - snow**

**Mascara - so volume 1 black - Phyto lip delight 1 #cool**

*Hair:* **Kevin Murphy - Shimmer.shine spray - Hair.resort.spray - Doo.over spray**



*Suit:* **Christian Wijnants Top: Collectors Club Watch: Ice-Watch Jewellery: Messika**



*Pullover:* JeanPaulKnott *Dress:* Collectors Club *Boots:* Christian Wijnants



Shirt: **Liu Jo** Skirt & coat: **Collectors Club** Boots: **Sarenza** Earrings: **Dior**



Handbag: **Dior** Capture Youth redness soother & plump filler **Dior** Lipstick: **Dior rouge** Palette regard couture: **Dior**

Shopping

# Shopping



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## Nathan Baume

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[www.nathan-baume.be](http://www.nathan-baume.be)



Nathan-Baume



### Ginette NY

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[www.ginette-ny.com](http://www.ginette-ny.com)

**Hollister**  
 The scent of Festival Nite For Him is both energetic and magnetic. It has top notes of fresh pineapple and birch leaves, layered over a twist of herbal, woody accord and ginger root, drying down to memorable oak moss and ambergris. For Her is a fruity, soft fragrance that will "transport you to an endless evening filled with dancing crowds and your favourite songs". For Him and For Her: 100ml: **€45**  
[www.hollisterco.com](http://www.hollisterco.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 immediately presented as an object of decoration in their own right... and reusable! Semi-precious stones mixed with vegetable wax can be recovered once the candle is used up. Candle: **€69, €79** for the gold-leaf version  
[www.solya.be](http://www.solya.be)



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## LIFESTYLE

Beauty

# And we're back!

The sweet memories of the holidays are gradually fading away and giving way to a period that's favourable for new things. These newbies complete a look already well under way at the beginning of September. And that's good! From the tips of the hair to body and face care, and, of course, the perfect make up. "Let's go shopping!" says **Caroline Dierckx**



2



3



1



6

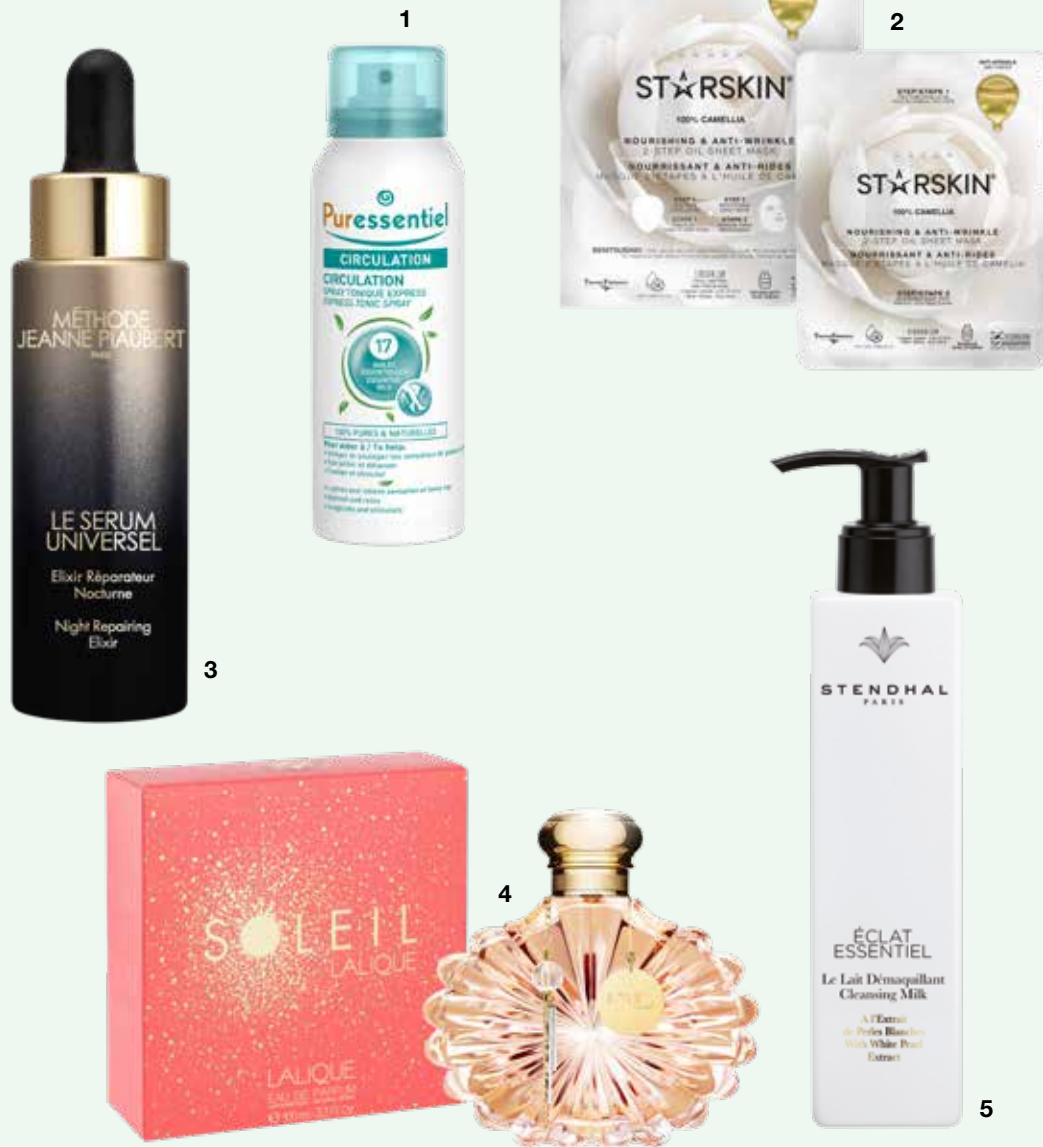


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Design

# DESERT DESIGN from Arnaud Maurières

**Lucia Esteves** is inspired by her grandmothers' textiles



**F**or her upcoming exhibition in La Forêt, Lucia Esteves decided to present a part of the collection of Arnaud Maurières. This plant grower and landscape artist is known internationally for his design collection and is especially passionate about unique textile creations of women from the East Moroccan desert: Beautiful colourful carpets.

Lucia Esteves says: "Arnaud takes these women out of the shadows, which touches me particularly, especially since my grandmothers were also active in the textile industry. Their tradition is passed on from woman to woman and is like a common

thread that connects past, present and future generations.

"Moreover, the carpets are exceptionally modern, even though they also return to the source, to the symbolic and ancestral values that these women want to express. A universal language that appeals to everyone, across all times and physical boundaries."

For more than a century, most collections of Moroccan tribal fabrics have been collected by merchants, who purchase them from buyers who cross villages where they negotiate with the men of the weavers. So, the women themselves have absolutely no






## “ THEIR TRADITION IS PASSED ON FROM WOMAN TO WOMAN ”

contact with the people who buy their creations.

Arnaud Maurières and Eric Ossart have been collecting art and design since the 1990s. It was pure coincidence that they discovered the exceptional carpets of the Aït Khebbach, during a journey through the eastern desert of Morocco in December 2010. With the help of their friend Lahcen Aït Khouya and his family they crossed the desert to meet the weavers.

Conversations with the women show that

this is a recent phenomenon: they have only been weaving these rugs since the 1980s, due to a prolonged drought that forced the nomads to adopt a more sedentary way of life. Now that they no longer weave or repair tents, the women started making sleeping mats for the whole family. They come up with designs and combine the most unique colours and fabrics. The women of the Aït Khebbach are getting more and more involved and push their creativity. **17 October until 7 November 2019.** La Forêt by Lucia, Uccle.  
[www.laforetdelucia.be](http://www.laforetdelucia.be) 



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LIFESTYLE

Shopping deco

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Shopping deco



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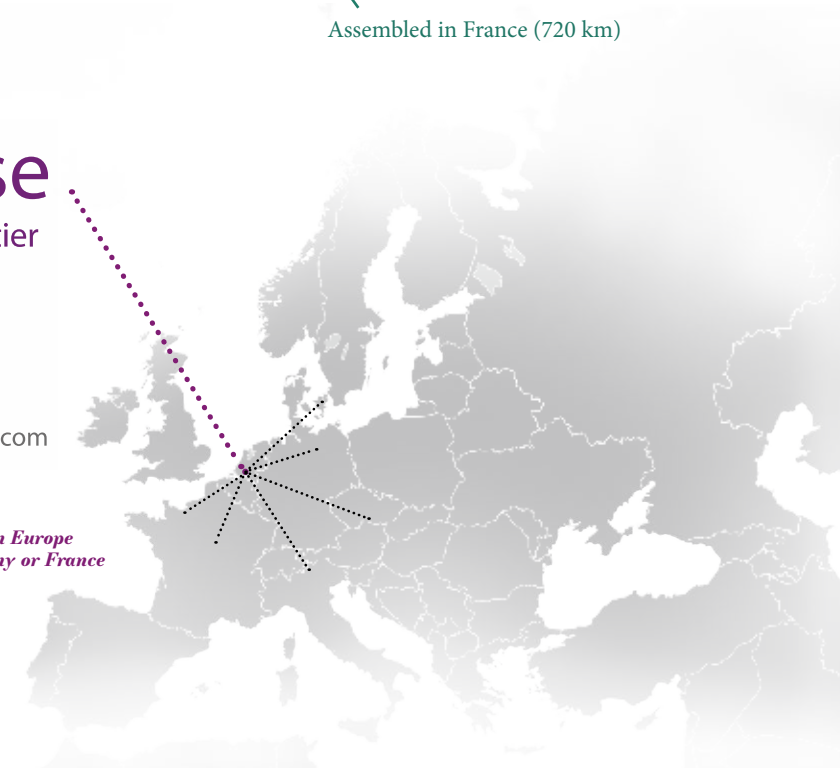
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# LIFE OF LEISURE

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LIFE OF  
LEISURE

Interview

## James McAvoy: In love with his trade

Together sat down with a young Scottish actor whose rise is nothing short of meteoric



**H**aving been the scary guy in *Split*, James McAvoy is now on the other side of the fear fence. It sounds like the grass is certainly greener for him, judging by his comments of being completely disturbed on the set of the forthcoming concluding part of *IT*.

Were it not, though, for a visit to his school by actor David Hayman – when McAvoy was just 16 – his career path may well have headed in a very different direction – the priesthood was an option, he had already been accepted into the Royal Navy, and he's also been offered a place at the Royal Scottish Academy of Music and Drama.

Hayman's visit cemented for McAvoy the desire to move forward with drama – he'd soon moved to London, and his 2004 break as car thief Steve McBride in Channel 4

dramedy *Shameless* set a career in motion. Big screen roles followed in *The Chronicles of Narnia* and *The Last King of Scotland*, but his biggest impact came in *Atonement* opposite Keira Knightley.

Franchise films have taken over recently, and his appearances as Professor Xavier in *X-Men: Days of Future Past* and *X-Men: Apocalypse* lifted his profile even further.

However, perhaps it was his immense performance in M. Night Shyamalan's *Split* as nine disturbed personalities that cemented his invitation to take on the adult version of character Bill Denbrough in the second instalment of Andy Muschietti's adaptation of Stephen King's book, in the forthcoming *IT: Chapter Two*. Set 27 years after the first, Pennywise terrorises the Losers Club as they come back to Derry to battle the killer clown.

Interview

**Together: So many people are excited to see the second instalment of *IT*. What can you tell us about the film and what was it like to shoot?**

James McAvoy: I really enjoyed shooting this movie, especially when you get to do that with a bunch of really great actors and an amazing director. The cast is absolutely incredible. All of that was something which I was really proud to be a part of.

However, there were times when I was thinking to myself that what was going on was extremely disturbing. You are kind of looking around at each other thinking: 'This is really messed up [laughs]'. Messed up in a good way, though.

**There have been rumours you had quite a stressful time on set.**

It was a freaky shoot and there was lots of freaky stuff going on and those images we had shot on the day would literally be coming back to haunt me during the night. I'm not someone who gets scared easily and I read the book as a kid, but it didn't have the same effect on me as it did when I went back to it as an adult – I am being serious when I say that it left me with nightmares. I think it was because what I was reading was then being recreated in front of my eyes.

What Bill (Skarsgård) does with Pennywise is really incredible. Yes, he is dressed as a clown and he obviously wears the scary makeup and a funny voice, but the level of commitment to the character and the sheer amount of effort which he puts into it... it's nothing short of remarkable. What he does is disturbing, just as he was in the first film.

I am told that I can't say too much about it and him, specifically. I have had press notes telling me not to talk too much about Bill and bits of other things to avoid mentioning, as

well. What I can say is that he was pretty disturbing on set and that once he had done his bit, all of us adult actors playing 'The Losers' were vocal about it being so uncomfortable. [Laughs].

I think the job of an actor is to enable an audience to suspend belief. In this instance, it was the actors suspending belief too, and the more we delved into that psychological imprint the more difficult we found to climb out of it.

**Like some sort of immersive drama?**

Yes, it was. I mean, I know that sounds strange, because we would be shooting and pausing, shooting and pausing, but it was very easy to stay in the moment, and I think when you're creating drama that is essential... you need to maintain that link to

your art, no matter what it is you do. As soon as you break off from the focus of what you are doing – to have lunch, answer the door, make a cup of tea, whatever it is – you lose the attachment to it, whether voluntarily or not.

We are all very much full of respect for him, right now.

**We don't actually see you in many romantic comedies, which you're really designed for in so many ways. Do you intentionally avoid them?**

I don't have a problem with romcoms, I actually like watching a good rom-com, if I'm honest. *Starter for Ten*, that was kind of a rom-com, and *Becoming Jane* that was maybe a period-style rom-com. I guess I suppose when things have been going well, and it's been going my own way, I feel like I try and mix it up as much as possible. If variety is on offer, it's nice to be able to take it.

When I talk about being believable in roles, one I don't think I would be is as a leading



**“ I HAVEN'T GOT SOMEWHERE BECAUSE I HAVE A PRETTY FACE ”**





“SOMETIMES THAT COULD BE  
OVERPOWERING FOR ME”



man in a romantic comedy! I'm not attractive enough for a start [laughs], and this isn't me fishing for compliments or fan-mail – I'm being completely honest. When you take those roles, there is always the feeling that people will completely throw out the notion that the chance of the beautiful woman starring opposite me could fall in love with someone who looks like me.

I am not one to worry about whether someone is going to find me attractive when filming and I am very much aware that it's been spoken about, but I'm honestly not. It's not about insecurity, I know I'm okay, but I haven't got somewhere because I have a pretty face [laughs].

**You've achieved so much in your career. Do you ever get the chance to pat yourself on the back?**

The work is never done, and I hope that my greatest achievements are still to arrive, but who knows if they will? For every job I do, I put as much in as I can because if what I do doesn't work, there may be no next one. You have got to also bear in mind that it can be all about the ratios. There are so many options for casting directors out there and there just aren't enough roles to go around.

So, for everyone who is successful, another one or two are missing out. Fear is certainly one motivation and every time that you are successful for an audition or someone wants you that badly, you don't want to let them down or let yourself down. Should they not like you or what you are offering them, that is hard to take, that's a lot to deal with.

**So, what do you look for when you are considering whether or not to audition for a particular part?**

Well, I find myself asking some of the same things when considering roles - if I go for it, what am I going to learn? Will I be in my comfort zone or can it stretch me? Would it be a film or character that I would pay to go

and see? These are very important things and especially as we are in the business of putting burns on seats, you have to weigh this kind of stuff up.

**What have you learned from the long time that you have been working in the industry?**

Well, I would certainly say that I am more in control in the sense that when I am shooting a scene, I am not as concerned as I used to be about whether the way I was playing that character in question was convincing. Would the audience believe that my performance was authentic or credible? That feeling is more or less behind me and in the past, but it was at the forefront of my mind in days gone by and sometimes that could be overpowering for me.

I have always wanted to tell the truth in a role and play that to the best of my ability. But now for me, it is now more about my interpretation of the truth, and I allow the story to show me where it should be going, instead of where it could possibly go. I am a huge believer in engineering the truth and the reality of what that truth is. I couldn't say that I recommend that to anyone else, because that is just the way that I like to work.

Advice and guidance are all well and good, but you have to be in control of your own thoughts and destiny and what that means to you.

**Has that been difficult to keep your life private as you've gotten more famous?**

I'm a private person and I have always been like that, and acting or fame hasn't brought that on. The way I was brought up by my grandparents, that comes naturally, so it's not something that I have to work at. I find it a little off-putting talking about myself if I am honest.

It's more because I am not one to want to know about other people's goings on, so I

“FEAR IS  
CERTAINLY ONE  
MOTIVATION”



wouldn't be quick to be broadcasting things about my own life.

That said, I have tried to become less guarded. My nature is to be a bit wary and suspicious, so I'm constantly working to be more open and fearless.

**Was this your most intense role yet?**

I love sci-fi, action heroes and dark stories, but being on stage is a much more intense experience. There's nothing like it - whether you're an actor or a member of the audience. The theatre is electrifying in a way that working on a film, shooting a scene and then waiting around for hours to shoot the next scene, can never match. Macbeth was the

most physical role that I've ever played - I broke two fingers and a rib and got stitches above my eye. I got caught up in the violence of the play and that's the kind of level you want to get to as an actor.

**“ BE IN  
CONTROL OF  
YOUR OWN  
THOUGHTS AND  
DESTINY ”**

**You have stated previously that you thrive on the emotional release that comes with acting?**

I really like this job. I've had so many wonderful experiences working with very gifted actors. It's the best feeling in

the world and it just reinforces how much I love my work... I feel sorry for actors who don't enjoy acting. I'm one of the ones that do! 🎬

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LIFE OF  
LEISURE

Cinema

# Monica Bellucci: Irréversible

During this year's Venice Film Festival, **Federico Grandesso** spoke to Italian movie star Monica Bellucci



**B**ellucci attended the 76th Venice International Film Festival, organized by La Biennale di Venezia, to present a new cut of the cult movie *Irréversible* (2002) by French film director Gaspar Noé.

Monica Bellucci is an Italian actress and model, who began her career as a fashion model, modeling for the likes of Dolce & Gabbana and Dior, before making a transition to Italian films and later Hollywood films and French films. She is often considered among the most beautiful women in the world. She is perhaps best known to American audiences for her role as Persephone in the 2003 science-fiction films *The Matrix Reloaded* and *The Matrix Revolutions*, and

she has most recently played a Bond girl in the 2015 James Bond film *Spectre*.

*Irréversible* is a 2002 French experimental psychological thriller drama film, written and directed by Gaspar Noé and starring Monica Bellucci, Vincent Cassel and Albert Dupontel. The film employs a reverse chronology and follows two men through the streets of Paris as they seek to avenge a brutally raped girlfriend.

**Together: Looking back to when you did *Irreversible*, how do you feel now? Why it is an important movie for you?**

Bellucci: When I did the film 17 years ago, I didn't have children. This is a big difference, because now when I look at my daughters

## Cinema

and their generation, I see that they are more aware of speaking about these sensitive subjects. Society's rules are changing, we are less scared to talk about difficult subjects, women are less scared to speak about them. I think this is a feminist movie made by a man. When I asked director Gaspar Noé why he chose me for this movie, he answered: "Because I wanted to see how men sometimes want to destroy beauty." This movie is very polemic, but through it we can talk about subjects that are very important - it is a violent film but it also talks about love, friendship, relationships, intimacy in a couple, birth and domination, sexual crime and killers' instinct. This film shows the beauty and monstrosity of being human. From a cinematic point of view, we had the chance of shooting a 20-minute shot and in cinema this hardly ever happens – it was like a theatre experience and a cinema school for a couple of months.

### As an experienced actress how do you face everyday difficulties on set?

It can happen sometimes that things are difficult on set, because I think that every film is a different experience and every director wants something different. There are directors who like to dominate and others who don't, so each one has his own way of working. When you make a choice to become an actress, you are ready to accept this experience. I think there is a rational choice, but there is also an irrational process when you choose a movie. As time goes by, you realize, little by little, the puzzle of the work - I have often done women in a man's world and the difficulties they face.

### Do you think films are still important and have an influence on the public?

Yes, I still believe that films sometimes can change the world and they are important for culture, sometimes, when you come out of a movie you feel different. Some films, like *A Clockwork Orange* (1971) by Stanley Kubrick, are very disturbing but also very strong and beautiful.

### What do you expect from a cinema project?

Today, when I make a film, I think a lot about my daughters and if today they would have asked me to do a movie like *Irreversible*, I don't know if I would have. I always need to search for projects that make me feel alive, I need excitement and strong subjects. I like to have the experience of jumping into different things.

## “ SOCIETY'S RULES ARE CHANGING ”

### Looking at the past, as an Italian, what do you think about Federico Fellini?

It is so funny because there is project about Fellini I'm involved in, but I can't say any more at the moment. For me,

Federico Fellini is a maestro. When you look at movies like *La Dolce Vita* (1961) or *La Strada* (1956), it is incredible how this man could make movies that were so different, yet realistic. For me, *La Dolce vita* is so oneiric, like a fantasy, I consider him a poet and he could portray women like Anita Ekberg, Claudia Cardinale and Giulietta Masina with love and femininity.

### You worked with several important cinema maestros, what drives you towards a film director?

It is a matter of love. When I make a choice, I can work two days with a maestro like David Lynch then I can stay three years with Emir Kusturica up in the mountains – again, I'm looking for films that make me feel alive. I also had the chance to work with talented directors like Sam Mendes. I also like to work with young directors - I just finished a movie with a young female Tunisian director, Kaouthar Ben Hania. She was in Cannes three years ago with a very strong movie; it is important for me to work with female directors.

### You are a very versatile actress. Do you prefer cinema or TV at this point in your career?

If the roles are nice it is OK. I did *Call My Agent* and I had a great experience, then *Mozart in the Jungle* was great; for me you can do either TV or cinema, it is all about having a strong role. ❶



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LIFE OF  
LEISURE

Travel

# Little Guest: All packed and ready!

*Together* spoke to an exciting holiday start-up now teaming up with Samsonite

**T**hanks to the collaboration between holiday start-up Little Guest Hotels and Samsonite Luggage, all little ones who are lucky enough to be going on a Little Guest holiday for ten nights or more will be the delighted recipients of a luxury Samsonite Dream Rider suitcase, which will be delivered directly to the parents of the little angels.

A word or two to bring you up to speed - the Belgian start-up Little Guest specializes in online sales of high-end family vacations in which the children are little kings and queens and, in collaboration with world leader in luxury luggage Samsonite, children travelling to Little Guest hotels can now receive their Samsonite suitcase at home, before going on vacation.

"Our two brands share the same promise: to provide children and their families with a unique travel experience that is about excellence," said Jérôme Stefanski, founder of Little Guest. The thirty-something dad adds: "It's an honour for a young company such as ours to partner with a brand like Samsonite, recognized worldwide for the quality of its products, its design and its innovations."

And Ilke Lustig, director of the Samsonite Kids range, said: "This collaboration highlights Samsonite's know-how and inspiration for our products designed here in Belgium, at our European headquarters. The

result is suitcases and playful bags for the 'little guest'. Parents are no longer stressed about going on vacation with their children."

Founded in 2016, The Little Guest Hotels Collection is the first collection of upscale hotels dedicated to families with children from 0 to 12 years old. A new father, Jérôme forgot the baby's bottle and underestimated

how many diapers were needed, but he couldn't be saved by the 5\* hotel that welcomed them. Jérôme and his wife, Sophie, realized that the solution lay in a concept, namely 'The Little Guest Hotels Collection'.

The start-up advises and guides hoteliers in the design of the

reception reserved for families. Everything is carefully thought out to combine a top-of-the-range approach (spa, golf, gourmet cuisine) with a specific programme dedicated to children (baby and kids-clubs, creative workshops, sports activities). The collection now includes 120 hotels around the world.

Founded in 1910, the Samsonite brand is a world leader in luggage. The multinational is known for its innovations, for the lightness and strength of its products made from revolutionary materials and recycled materials. The brand offers products ranging from travel, business, children and lifestyle accessories.

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## “ THE REAL STORY OF INTRIGUING MARRAKESH ”

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# Basel-bound

**Mark Browne** headed for a cultural haven in the south



ARTBASEL Galerie Eigen + Art, Olaf Nicolai © Art Basel

**L**ocated in northwest Switzerland, on the borders of France and Germany, Basel is a historic medieval city established along the river Rhine. Overshadowed by some of the more famous Swiss cities in many respects in recent decades, Basel is an artistic and cultural hotspot, as well as being home to a host of key pharmaceutical industries. This combination of modern business infrastructure with a cultural hub in an eminently manageable sized city, which prides itself on being a “pocket sized metropolis”, make it an ideal weekend destination.

Featuring a medieval old town centred around a central square with a 16th century townhall, its charming winding cobblestone

streets afford access to the well preserved 12th century cathedral and a host of historic buildings and small squares. The famous 16th century scholar Erasmus, whose name is now synonymous with the European university exchange program, is buried in a tomb here. The historic Mittlere Brücke is a renovated bridge spanning the Rhine that originally dates from 1225. However, old as it is, the current town is foreshadowed by the earlier Roman settlement of Augusta Raurica, which lies to the east of the current city and which is now accessible as an open-air museum and archaeological site.

Museums feature highly on the list of attractions of the town, with examples including the local history and natural history museums as well as more niche-focussed

ones such as the pharmaceutical museum and the paper mill. However, art is more celebrated still. The city hosts a wide range of art and sculpture galleries, including the Fine Arts Museum, the Museum of Contemporary Art, the Kunsthalle and the Museum Tinguely dedicated to the Swiss artist of that name. Its location as a key business centre means that is also home to a number of cultural foundations which further support the arts and even the local offices of Novartis are on the cultural trail.

## When to visit

Basel's reputation as an artistic centre means that there is a continuous stream of new art exhibitions and cultural events. However, the highlight is the annual Art Basel international event which takes place over several days in June and features the works of upwards of 4,000 contemporary artists from around the world. This has proven so popular that it now also takes place in Hong Kong and Miami under the same name! Another key local event is BaselWorld, a significant watch and jewellery show which showcases these traditional Swiss industries that bridge art and technology and takes place in March. Basel is also one of the most famous cities in Europe for the celebration of Carnival (known as ‘Fasnacht’), which takes place annually between February and March, depending on the dates of Easter in a given year and features thousands of masked and fully-

costumed revellers celebrating the festivities over three days and nights. Other prominent events in Basel include the Basel Tattoo in July, the autumn fairs in November and the Christmas market in December. As a university city, Basel plays host to a lively nightlife for most of the year even outside

these signature attractions.

## Where to stay

The principal hotel of the city is the regal ‘Trois Rois’, located in the old town on the banks of the Rhine. Its central

location makes it the ideal spot to explore the city and its many artistic charms. However, it is by no means merely a stopping off point but very much a destination in its own right. Founded in

1681 it is one of the oldest hotels in Europe and was lovingly restored with painstaking attention to detail in recent years so that visitors can enjoy the historic ambience and location with fully modern convenience and standards. Visiting means joining the ranks of an incredible list of past guests, including royalty, aristocrats, generals, politicians but especially figures from the arts including famous writers, composers and artists ranging from Wagner to the Rolling Stones!

Nor is it just dwelling on its reputation as a “grand hotel with a proud past”. The hotel is very much a living place with a lively ambience – it strives to be “rich in history, young at heart”. It places itself at the centre of contemporary Basel artistic and cultural



Abendstimmung Rhein Basel / Evening Mood Rhine Basel Tourismus

## “ POCKET SIZED METROPOLIS ”

# Travel

events such as the famous Basel Tattoo and art shows, with specifically designed vacation packages. Its sweeping terrace overlooking the Rhine has won best hotel city terrace, just one of a range of accolades earned from a wide variety of review bodies. It also affords a good vantage point to watch those engaging in the popular Rhine swims, which the hotel will also assist with for those keen to try this adventure in the fast-moving flow below.



Basler Herbstmesse Autumn Fair Basel Tourismus

## “ RICH IN HISTORY, YOUNG AT HEART ”

In terms of culinary delights it afford visitors a broad selection of choices ranging from the haute cuisine of the Cheval Blanc , which is ranked in the top 100 restaurants in the world and one of a very small number of hotel restaurants to have ever been awarded three Michelin stars, to a brasserie and Italian restaurant called Chez Donati. The bar is also a worthwhile destination in its own right. Its historical aspect and associations are complemented by its contemporary cocktails, award-winning cigar lounge and mixology classes.

### How to get there

Basel is well served by road and rail links. The main station is located centrally only a short stroll from the old town and there is a well-connected network of city buses and trams across the city for those seeking local transport. Basel airport, known as ‘EuroAirport Basel-Mulhouse-Freiburg’, is only a 20-minute bus ride from the central train station. It provides a good network of European flights and is also open to budget carriers such as Ryanair and EasyJet. For those traveling from further afield, Zurich airport is only just over an hour away and there are direct train links. ❶



Guggenkonzer Basel Fasnacht Carnival Basel Tourismus



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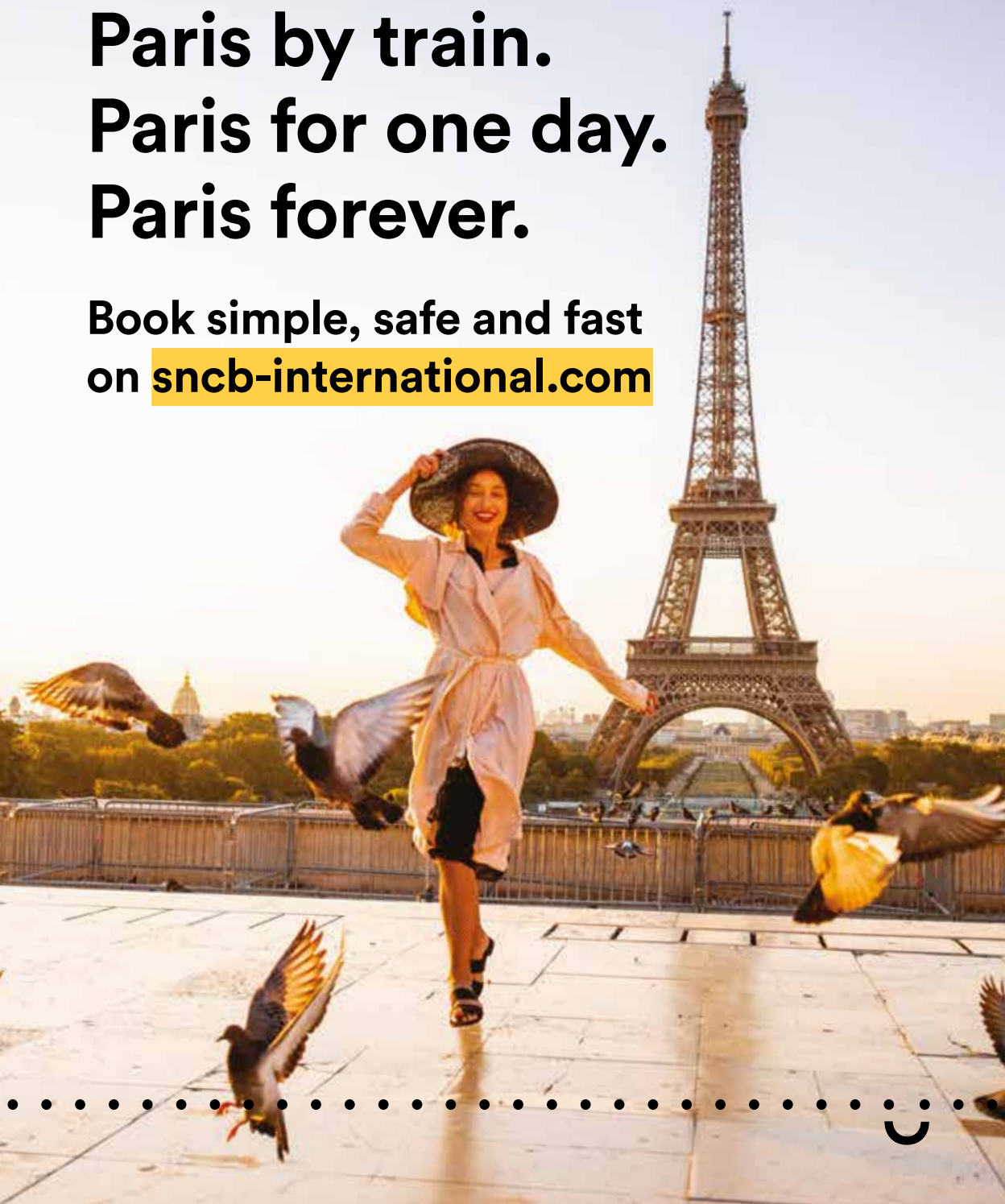
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# Alsace: On the Route des Vins...

**Catherine Feore** experiences a Damascene conversion in the Alsace

*Route des Vins*



**L**ike many residents of Brussels working in or around the European institutions, I find myself hopping on the TGV and heading down to Strasbourg for the European Parliament's plenary session six or seven times each year. It is one of Europe's little anomalies that the European Parliament has three bases: an administrative staff in Luxembourg; committees and political groups meeting in Brussels and a further building to house its main plenary sessions in Strasbourg.

The arrangement has been embedded in the EU's treaties since 1992 and is therefore close to immutable. To the woman on the

Brussels hybrid bus it doesn't make much sense, but mention treaty change in front of your average European prime minister and he – or sometimes she – tends to turn a pale shade of green.

## When in Strasbourg!

When in Strasbourg, I only drink the local wines, a nice Riesling, a Pinot Noir or at the end of a hard day's work I might treat myself to a Crémant d'Alsace. Once or twice a year, I enjoy a Gewürztraminer as an aperitif if it is offered. I like these wines – but I hadn't begun to understand how utterly wonderful and unique they are, until I visited the Route des Vins.

Travel

My first stop on the Route was Molsheim. If you are travelling with a car enthusiast you might want to pop into the Musée de la Chartreuse, interesting in its own right, which hosts the Fondation Bugatti. Bugatti is now part of the less flashy Volkswagen family but it still makes the Bugatti Veyron, which is a snip at a little more than €1.5 million or thereabouts.



We visited the nearby Domaine Neumeyer with Jérôme Neumeyer, his family have been making wine for more than four generations. Overlooking the vines of the Grand Cru Bruderthal – one of 51 Grand Crus in the region – Jérôme explained Alsace's unique geography. To the north, we could see the steeple of Strasbourg cathedral, to the east the Black Forest – though it was a little cloudy – and to the west the Vosges, which provides a barrier that gives the region an almost continental climate. It's a little hotter in summer, a little colder in winter and quite a bit drier all year round. The majestic Rhine in the middle of the valley marks the boundary between France and Germany.

## “ THAT MOST CAPRICIOUS OF GRAPES, PINOT NOIR ”

The soil is a rich geological mosaic - within metres you can move from granite to limestone, from chalk to sandstone. The winemakers focus on around seven grapes of the region, from the redoubtable Rheinland Riesling to that most capricious of grapes, Pinot Noir, which flourishes in this valley. Walking around the vines at the Domaine Weinbach-Faller, the differences in soil colour and texture are visible to the naked eye.

The main house on the Domaine Weinbach is a former Capuchin monastery. The array of exotic number plates outside show that it is still a place of pilgrimage, even if for a rather different kind of pilgrim. The domain is famous for its four grand crus. Grand cru or not, these wines were all delightful. The

Fallers are pioneers of the Alsace brand and Grand Cru Schlossberg was the first to be officially recognized in 1975.

Alsace is famous for its hearty food – though delicious, it's a little heavy for my taste on summer. We dined at the Michelin starred l'Alchemille, run by Chef Jérôme Jaegle. Like the winemakers he is surrounded by in Kaysersberg, his plates reflect a respect for

the surrounding nature. Jaegle works with locally grown – often in his own garden – organic produce using the latest culinary techniques. We enjoyed each plate with an assortment of wines from Wolfberger and Charles Frey. Should you find yourself in Strasbourg, La Particule (2 Place St Thomas) serves Frey's wines, though their opening hours are a little peculiar - so check beforehand.

Alsatian wines are to my mind some of the most versatile, they work well with dishes from all corners of the globe. Which brings me to Domaine Mitnacht and one of the most jaw-droppingly wonderful meals I have ever eaten; helped no doubt by looking out at dusk falling over the vineyards and the tiniest sliver of moon.

Yuka Mitnacht, trained in Japan and France, is a chef without parallel - as luck would have it, she is married to Christophe, a winemaker who shares her passion for flavour. We were dazzled by an array of beautifully presented and fascinating Japanese influenced dishes, each one with a wine from the Domaine. In my barely legible notes there are lots of 'Pinot Gris 2017', 'Riesling 2015, calcaire' and 'Pinot Blanc & Auxerrois', all followed by exclamation marks.

Alsace is full of postcard perfect views and fairy-tale villages; it is hard to believe that it had such a torrid and turbulent past. Some villages like Ammerschwihr were almost completely destroyed in the Second World War, others like Mittelbergheim were mostly saved. This is where we met Thomas Boeckel, who can trace his roots to the village to the 17th century. It was fascinating to visit the cellars and winery located in the heart of the village. I tried to nod along sagely at the different technical

descriptions and I really enjoyed their Gewürztraminer and crémants - even though I'm not quite sure what malolactic fermentation is, it does seem to smooth the edges and give that slight touch of brioche.

I tread carefully when mentioning chocolate makers from another country in a Belgian magazine, but a wine and chocolate tasting organized at the Domaine Freyburger was simply revelatory. At the outset I was a little cynical, thinking that this might be something of a gimmick. Nathalie Freyburger guided us through what were sublime pairings of Grand Cru Kaefferkopf wines and Vincent Strackar chocolates. The chocolatier and winemaker worked closely together in finding the perfect combinations that reflected, enhanced and made both sing. A granitic Riesling with a 64% Peruvian chocolate filled with Mirabelle confit infused with green tea; a subtle Gewürztraminer served with a 73% Vietnamese chocolate filled with Madagascan vanilla. I brought a bottle of Grand Cru La Trilogie 2017 home with me – a mixture of Gewürztraminer, Riesling and Pinot Gris – and I am going to try to recreate the experience with some of Belgium's finest chocolates.

Like all converts, I have become the most fervent zealot. On my return to Brussels, I looked at all the major supermarket wine shops online, and with the exception of Colruyt, which has 15 wines from Alsace, none had anything other than the most basic selection. What we were told by many producers is that they did sell their wines

in Belgium, but often directly to restaurants. This needs to change. ●

## “ LIGHT FADING OVER THE VINEYARDS AND THE TINIEST SLIVER OF MOON ”

# Hulencourt Golf: Aiming high

**James Drew** talks to the Belgian golf academy's latest recruit



“‘Aimpoint’ reinforces Hulencourt Golf Academy prowess,” says lead instructor Peter Bacon.

So, how much more accurate do you want your putting to be? Apparently, ‘Aimpoint’ can help you.

With his great coaching experience, Titleist Performance Institute Instructor Peter Bacon, who joined Hulencourt Golf Academy on 1 May as Lead Instructor, is one of the few certified ‘AimPoint’ professionals in Belgium. The AimPoint method, used by many

professional players, has been developed for a better reading of the slopes on the greens. It is now very much appreciated by amateurs, but requires very precise coaching, which the new Hulencourt Academy teacher can provide.

## So, what’s it all about then, Peter?

“Essentially, Aimpoint is all about allowing you to find exactly the right direction for your shot. It’s about learning to take internal measurements around your put, which enable you to find your exact line of fire.”

And the system is already taking off – European Tour winners, major champions and the top pros around the world all use it. Instruction takes place over two-hour sessions, which cover all you need to know about applying the system to short, medium and long putts.

Peter was chosen by Hulencourt to strengthen the academy’s team. He joins Jérôme Theunis (Head Instructor), Naima Ghilain (Instructor) and Emmanuel Spies (physiotherapist) in the now very famous Walloon golf school, just 30 minutes outside Brussels.

Peter also has all the certificates and skills related to the many technological tools used at the Academy, such as TrackMan (Master Certification), SamLab and SkyTrak – for Peter, though, it is all about simplicity: “In golf, you have got to keep things simple – turning our clients complicated problems with their swing, their drive, their putt, into simple solutions.”

And he is also very much a fan of the technological advances from which golf has recently benefited: “Take Trackman, for example. It is a radar system, which allows us to measure a client’s swing, to see exactly what a player is doing, and assist with improvement as best we can. It is based on a multi-million-dollar radar system, which came first, and someone had the bright idea of applying it to golf!”

“And I am very happy to now be a part of the teaching team of the Hulencourt Golf Academy, which I consider to be the best academy in Belgium. Thanks to its five-star infrastructures, both outdoor and indoor, Hulencourt is the best place to learn, whatever the level of the player. There are two types of membership available, to the golf club proper, and to the academy which, between them, have everything the golfer needs, with both outdoor and indoor facilities and access to a small golf course for practice



and a gym. Membership runs for three, six or 12 months, with lessons and workshops available with our three professionals.”

Jérôme Theunis, who runs the Hulencourt Golf Academy, said: “We are very excited to welcome Peter to our team. We are strengthening our very best service to our students and members, and the arrival of Peter allows us to further develop the academy and receive the very best Belgian players.”

And the course itself, located just 30 minutes away from Brussels, is a golfer’s dream – boasting two full courses, Le Vallon and Le Verger, both have much to offer the most exacting player. Le Vallon is the Championship course and is widely acclaimed as being one of the best-conditioned courses in Belgium, designed by French architect Jean-Manuel Rossi.

Le Verger, on the other hand, is a 9-hole course that suits beginners and younger players, which is technically testing and always in good condition, offering as good a challenge as any 9-hole course in the country.

Come, the tees await you. What more could you wish?

[www.golfhulencourt.be](http://www.golfhulencourt.be) ●

Dining

# Le Clos des Récollets: Old school modernized

**Colin Moors** tested a venue reminiscent of the golden days of restaurant dining



**T**here are over 40 hotels in the "smallest city in the world", Durbuy. The old city proper has a couple of thousand inhabitants, you'll need to book a place to stay. How about somewhere right in the thick of it, and oozing charm? Le Clos des Récollets has the location and the fascination of an old-world inn but with air conditioning, friendly staff and a top-notch restaurant.

The restaurant is *extremely* popular - you will definitely need to book. In the dining room there's linen and silver everywhere, but



certainly not in a stuffy, staid way. It's bright and lively, as are the staff, and they have managed to set the place up so there's intimacy and restaurant conviviality. On a typically busy night we were impressed by the unflappability of the staff. Wines were kept to one side, like in the golden days of restaurant dining, but we never suffered an empty glass.

The food is carefully chosen and, despite the warning that the chef prefers quality over speed, we never felt as if there was a single issue with our meal. Unlike some restaurants, the set menu is very much a moveable feast, as we were able to substitute other menu items at will. While we chose from a very well curated wine list (a Chassagne-Montrachet Villages, thank you for asking), every menu is available with individual accompanying wines for a very reasonable supplement. The menu is subject to change (as it should be) so have a look at their web site. Just between us - it isn't even close to being the most expensive place in town. In a town fiercely geared towards the tourist, I get the impression that Le Clos has higher aspirations than simply churning visitors through.

Also, Le Clos Récollets has eight comfortable rooms upstairs - so stay the night and awake in time for a tasty and plentiful breakfast.

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### Meet Meat

No need to guess what this Brussels restaurant specializes in. We were presented with a cutting board loaded with the fresh cuts of Argentinean beef on offer – and a very informative description of each one. I plumped for the *contrafilet* (sirloin). My dining partner chose the *medialuna de vacio*, sliced flank that has been slowly grilled and is served with a parsley, garlic and olive oil sauce. Both were delicious and served up with excellent Belgian fries.

As for the good stuff in the bottle, we started with a lively, refreshing Argentinean Sparkling, followed by an impressive range of Malbec red wines, known for being refined, vigorous and balanced, all from the city of Mendoza, the heart of Argentina's wine country. The Meet Meat in Uccle boasts very high ceilings and the *mur en briques* walls that are so typical of the north. Meet Meat's architects came across the original brick walls during the restoration and brought the rich reds back to life. Reds, I think, that match a few of those Malbecs in the bottles.  
[www.meetmeat.be](http://www.meetmeat.be)



### Be Burger

Another popular Brussels meat venue has recently added to the family with a restaurant on Chaussée de Boondael, right in the middle of the lively Cimitière d'Ixelles area. I was about to inform my dining partner that they had introduced a new vegetarian burger – in the hope that I wouldn't be the one to try it, but she had already decided to give it a go. Win win.

We always agree not to have the same dish, but this time it was a tale of one city (Milano), two succulent burgers. Veggie Milano is a Quorn-based burger, with rucola, tomatoes, gorgonzola, fried onions, basil, Be Burger sauce and barbecue sauce. For the ingredients of my Milano Angus, simply remove the Quorn and add Black Angus beef and Serrano ham. Be Burger's chef, Philippe Lartigue, says: "Our cuisine is based on discovery, creativity and sharing. My recipes reflect my inspiration and my culinary passion."

[www.beburger.be/en](http://www.beburger.be/en)

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Books

# Books: Stephen Wilkes: Day to Night

Our latest book from TASCHEN's impressive canon features an emotional photo journey

Photo © TASCHEN



If you were to stand in one spot at an iconic location for 30 hours and simply observe, never closing your eyes, you still wouldn't be able to take in all the detail and emotion found in a Stephen Wilkes panoramic photograph. Not only does Wilkes shoot over 1,500 exposures from a fixed angle, he also distills this visual information afterwards in his studio, painstakingly composing selected frames into a single image.

*Day to Night* presents 60 epic panoramas created between 2009 and 2018, shot everywhere from Africa's Serengeti to the Champs-Élysées in Paris, from the Grand Canyon to Coney Island, from Trafalgar Square to Red Square.

## The photographer

Stephen Wilkes's work has appeared in *Vanity Fair*, *Time*, *Fortune*, *National*

*Geographic*, *Sports Illustrated*, in campaigns for Nike, American Express, Sony, and Rolex, and is included in the collections of the Houston Museum of Fine Arts, Museum of the City of New York, 9/11 Memorial Museum and many more.

## The author

Lyle Rexer is a New York-based writer, curator, and art critic. He is a contributor to *Photograph* magazine, and has written for many others including *Art in America*, *Aperture*, and *Modern Painters*.

## Stephen Wilkes: Day to Night

Hardcover with two fold-outs, 260 pages  
Multilingual Edition: English, French, German  
Price: €100

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# What's on Belgium

## Children of the Resistance

The comic strip *Children of the Resistance* is now on display at the BELvue museum until 6 October 2019. The result of a collaboration between Lombard Publishing, visit.brussels and the BELvue museum, the exhibition plunges visitors into the world of the comic book, so they learn, in a fun way, about the challenging times of the resistance.

In a small French village that's occupied by the German army, three children refuse to be defeated by the enemy. But how can they resist such a powerful enemy when they're only 13 years old?

The key to its success? A fascinating period, believable characters, meticulous documentation and an immersive narrative. *The Children of the Resistance* has become a point of reference, an educational tool that's won many awards. The series has already sold almost 400,000 copies. Each year, sales of the new album are doubled. Five albums have been published, and the 6th book, *Désobéir*, will be published in January 2020.

The exhibition's Commissioner, Manon Aknin, presents the exhibition: "The exhibition is in three languages: French, Dutch and English. It was important for us to include a 'Belgian'



Europe Comics

component. The comic book is set in France, but the idea was also to talk about what happened in Belgium. We also wanted to add an educational angle. Through playing a game, children learn more about the resistance: they not only discover how members of the resistance helped allied pilots get back to England, but also learn about using rationing coupons, creating false papers, etc."

The scenes across three rooms have been designed with this in mind. The first room presents the background to the

war: children can walk over a map of Europe, just like the comic strip characters on the front cover. The second room is designed like a typical hideout of resistance members, showing the kinds of tools often used by them: a typewriter, leaflets, a fake version of the newspaper *Le Soir*, etc. The third room takes you into the living room of a person from this period, with the radio as the final part of the game: children can let England know about the allied pilot's arrival and check whether they have successfully completed all the stages of the game.

The authors: Vincent Dugomier, script writer, Benoît Ers, artist. Until 6 October. BELvue museum, Brussels.  
[www.belvue.be/en](http://www.belvue.be/en)

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## LIFE OF LEISURE

What's on Belgium

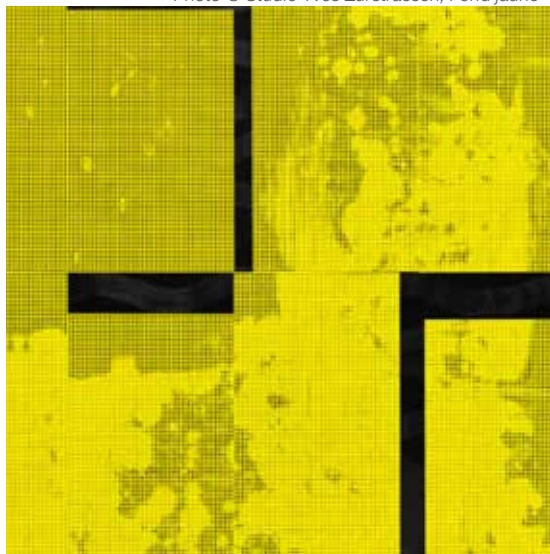
### Yves Zurstrassen

A solo exhibition by the Belgian artist Yves Zurstrassen. Under the title *Free*, the exhibition provides a unique and selective overview of the past 10 years. The exhibition starts with his most recent works and ends with a series from 2009.

Although Yves Zurstrassen's painting has evolved throughout the years, there is something that remains intact: the desire to combine the expressive painterly gesture, which is intuitive and free, with calculated, precise, mathematical forms.

Zurstrassen's paintings are carefully constructed, layer by layer, combining different techniques and revisiting the artistic practices that determined the history of abstraction in the 20th century - always with a view of deconstructing them. The result of this deconstruction is a series of works that is rhythmically and formally related to free jazz. Zurstrassen is strongly influenced by musicians such as John Coltrane, Ornette Coleman, Eric Dolphy,

Photo © Studio Yves Zurstrassen, Fond jaune



Joëlle Léandre and Evan Parker, with whom he "communicates through painting". **26 September 2019 – 12 January 2020.** BOZAR. Tickets: **Free entrance** [www.bozar.be](http://www.bozar.be)

### Gabriel Kuri: Sorted, resorted

Gabriel Kuri creates sculptures that embody questions of value, arresting usually intangible flows of information in witty and engaging forms. His practice is strikingly material and his exhibition at WIELS adopts material as its organizing principle, sorting his works into four categories: paper, plastic, metal, and construction materials. This is an absurdly simplistic approach to complex, conceptually driven works that are rarely made of just one element.

Kuri gathers his resources from a variety of sites before combining them in a manner that draws upon tradition of assemblage with a nod to Surrealist montage, fusing references from his native Mexico with his adopted home, Belgium. It will comprise over 60 works, including new pieces produced for the occasion, revealing both the diversity of Kuri's formal approach and the consistency of his underlying themes: notions of commercial and cultural value, consumerism, as well as material and its poetic (mis)use. **5 January 2020.** WIELS, Brussels. [www.wiels.org](http://www.wiels.org)



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

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## LIFE OF LEISURE

What's on Belgium

### ARTONOV Festival

The 5th edition of the ARTONOV Festival will take place in various Art nouveau, Art Deco and stunning architectural venues, making it a sensory journey where the architectural space becomes part of the art. The event will present several exceptional international and Belgian interdisciplinary creations, such as Carolyn Carlson's new creation *The Seventh Man*, an artist full of symbolic and poetic significance.

For the first time, the festival introduces a modernist space with Olivier Strebelle's former home-workshop, where company Le Geste qui Sauve presents a performance representative of the creative work promoted by the festival. It's a dialogue that promises to be a great mix of architecture and gestural theatre. The festival will also take place in a venue of contemporary architecture, the MAD



Photo © ARTONOV

Brussels Fashion and Design Platform. In a style that is both contemporary and highly sensory, writer Ryoko Sekiguchi and chef Sugio Yamaguchi invite us on a cartographic journey through the sights and sounds of the food we eat. The theme this year is 'L'intuition du geste' (The Intuition of Gesture). Various venues in Brussels. [www.festival-artonov.eu](http://www.festival-artonov.eu)

### Frank Devos: UNREVEALED

Talent Developer, under the name Palm Beach, Sandrine Viu Masia has produced commercials for more than a decade. With her vast experience as a producer, Sandrine realized that being the link between two parts is "what makes her smile, the lovely itch". The Dutch director/photographer has finally agreed to show his photographic work at the venue. Devos is mostly active with street photography while travelling in a foreign country for work or holidays. He is a storyteller and likes to observe simple human behaviour. He likes to grab the 'moment' but always with respect for the person who 'hops' in front of his lens. There



Photo © Frank Devos

is always a questioning in what's real and what's not - some of the pictures will tell us, some won't but in the end... it doesn't matter, you made your own story... [www.thepalmbeach.be](http://www.thepalmbeach.be)

What's on Belgium

### Giovanni Corvaja Masterclass

DIVA invites goldsmith Giovanni Corvaja for a five-day masterclass in Studio DIVA. He shares his knowledge about working with fine wires in precious metals, the choice of alloys, tools and equipment and their sourcing, technical and creative solutions and the practical experiencing will be covered in depth. Are you professionally active as a jewellery designer, silversmith or goldsmith? Or are you an ambitious student? This masterclass might be a unique opportunity for you.



the *Golden Handkerchief*, a piece made from hand-woven golden fabric. **28 October – 1 November.**

Also at DIVA, the second part of a series of *Rooms of Wonder* exhibitions is opening at the DIVA diamond museum on September 13th 2019. The Antwerp design duo Wouters & Hendrix takes over the baton from Axel Vervoordt as guest curators. **13 September 2019 - 16 February 2020.** DIVA diamond museum, Antwerp  
[www.divaantwerp.be/en](http://www.divaantwerp.be/en)

Born in Padua, Italy, Giovanni Corvaja has been exhibiting his work internationally since 1989 and presented his pieces in more than 150 solo and group exhibitions worldwide. He is renowned as the creator of the mythical *Golden Fleece Collection*, a series of five unique pieces made from hand-spun golden fur. The epic collection has been followed by

### Mad Goat International Comedy Festival

With among others Paul Merton & The Impro Chums (UK), Reginald D. Hunter (US), Liza Treyger (US), and a variety of English- and Dutch-spoken shows. Arenberg, DE Studio, Stad Antwerpen, Pretpraters and LiveComedy.be are joining forces right after the summer and will organize Mad Goat International Comedy Festival at the end of September. Buy day or weekend passes. **27 and 28 September.** Antwerp  
[www.madgoat.be](http://www.madgoat.be)



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What's on international

# Two tapestries, one town

The Game of Thrones® Tapestry to exhibit in Bayeux

*The Game of Thrones® Tapestry*



all over the world to Northern Ireland and has been seen by around 150,000 visitors to the Ulster Museum."

From September 13th 2019, the historic Hôtel du Doyen in the centre of Bayeux will welcome its 'cousin from Northern Ireland', where it will be exhibited until December 31st 2019.

The two tapestries will be within walking distance of each other, and for Patrick Gomont, Mayor of Bayeux, the choice of venue was both natural

and symbolic: "This vast 18th building and former residence of the Dean of the Cathedral was home to the Bayeux Tapestry just after the Second World War. The Tapestry was exhibited there until 1982, when it was transferred to the old seminary, where it is still housed today."

Finola O'Mahony explained: "Tourism Ireland has been working hard to build awareness of Northern Ireland around the world, highlighting our connection with Game of Thrones® to fans everywhere. I am confident that the epic journey our Game of Thrones® Tapestry is about to embark upon will inspire French fans – as well as those further afield – to visit Northern Ireland."

Antoine Verney, Head of Conservation at the Museums of Bayeux, is delighted to see the Bayeux Tapestry in the limelight: "This exhibition gives us the opportunity to showcase our near-millennium-old tapestry to a new audience, and we are really looking forward to doing just that – this is further evidence of the timelessness of the Bayeux Tapestry." Hotel du Doyen, Bayeux. ●

**F**ollowing the final season of the award-winning HBO series, which aired in spring 2019, Tourism Ireland's much-vaunted Game of Thrones® Tapestry will make its maiden voyage to Bayeux in Normandy, north-western France, home of the world-famous 11th century Bayeux Tapestry. There, the Game of Thrones® Tapestry will be exhibited from September 13th 2019 alongside its historic counterpart, which was a key source of inspiration for its newest neighbour.

A large number of the scenes in Game of Thrones® – the most-watched television series in the world – were filmed in Northern Ireland. The adventures and landscapes captured on screen have been preserved in a gigantic, multi-award-winning tapestry – 80 metres or over 250 feet in length – designed by Tourism Ireland, woven from linen supplied by one of the last surviving linen mills in Northern Ireland and hand-embroidered by a team at the National Museums NI.

"The tapestry has been hugely successful", said Finola O'Mahony, Head of Europe at Tourism Ireland. "It has attracted visitors from

## 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



Photo © Artemis

### The Snow Queen: Mirrorlands

In this exciting adventure from major animator talent Robert Lence and Aleksey Tsitsilin (*The Snow Queen 2* (2014)), a powerful king nearly loses his whole family due to the Snow Queen's evil deeds, but finds a way to ban all the magic from the world - all the possessors of magic powers are now trapped in Mirrorlands. Who can stop the rot? Look to Gerda...  
80 mins.

### A Rainy Day in New York

Woody Allen's latest, woo-hoo! Well, as usual, we will know soon enough if it is worth bouquets or brickbats, but advance word is very good - the cast is certainly ensemble, it stars Timothée Chalamet, Elle Fanning, Selena Gomez, Jude Law, Diego Luna and Liev Schreiber.  
92 mins.

### Le Dindon

Classic French farce, from Jalil Lespert (*Tell No One* (2006)). Walking in Paris, Monsieur de Pontagnac (Guillaume Gallienne) falls under the spell of a beautiful stranger. While he follows her home, he realizes that this young woman is none other than the wife of his friend Vatel. Pontagnac will have to deal not only with this particular situation but also with a new fashionable game all about fidelity and infidelity that is starting to spread in society.  
85 mins.

### The Work Wife

After a tense few months following a miscarriage and an unemployment spell, things are finally looking up for Sean (Kevin Sizemore) and Lisa Miller (Elizabeth Harnois) when Sean lands his dream job at an advertising firm. But when Sean's assistant, Jen (Cerina Vincent), his self-proclaimed 'Work Wife', begins vying for his affection, it soon becomes clear that she will stop at nothing to rip their marriage apart and claim him as her own. Michael Feifer (*Abandoned* (2010)) directs.  
86 mins. 11

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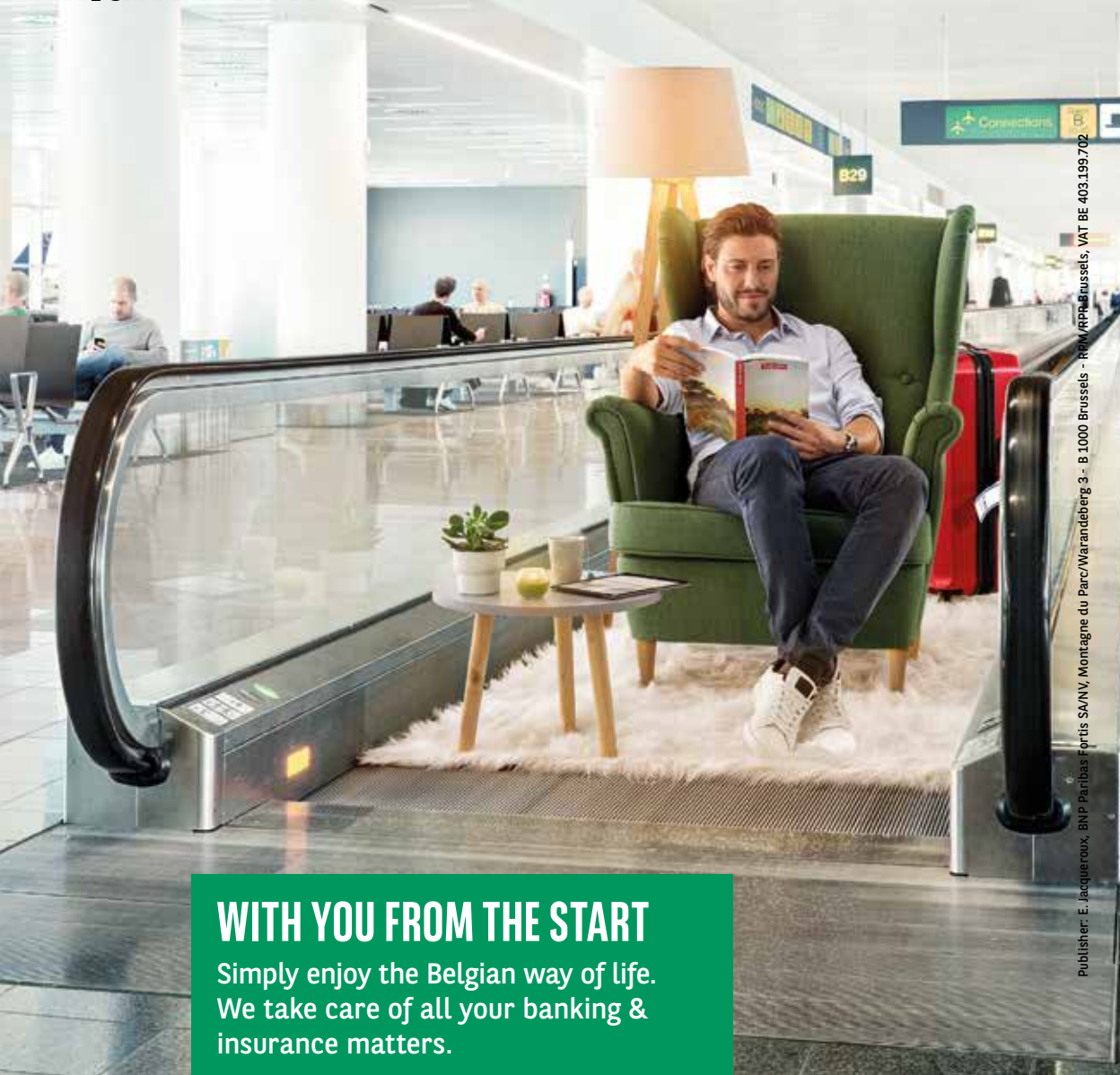
  
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