

Together

magazine

NOVEMBER 2019 #103

Interview Spike Lee
Health for kids
Fashion & watches

Luxury chalets
Wine & Dining
Politics, Money
& Real estate

TRAVEL
Ski Special
Siam
Smart tourism

Personal development

The new us
Consistency
Being a victim
Perpetual movement

Simon
Baker
Interview

Mon
GUERLAIN

NEW EAU DE PARFUM INTENSE





LONGINES®



Elegance is an attitude

Simon Baker
Simon Baker



The Longines Master Collection

Procap Alline

100%

of users observe **less hair loss***

Pure keratin

+ Vitamins **B1, B2, B3, B5, B6, B8, B9, B12**
+ Vitamins **C, E, β -carotene**
+ **Copper, iron, zinc**

2 capsules daily

30 capsules : € 19,⁹⁰

180 capsules : € 99,⁰⁰

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

** Zinc contributes to normal protein synthesis and to the maintenance of normal hair.

Alline Procap

*supports the fight
against breast cancer
in collaboration with*

**Pink
RIBBON**

**WIN AN APPOINTMENT
WITH YOUR HAIRDRESSER,
WORTH 100 €**

Several appointments to win @ www.allineprocap.com
Till 31/12/2019





MY PLACE TO INDULGE...

Unwind in your very own refuge in the city,
with swimming pools, fitness, studio classes,
spa and support personalised for your needs.

Join today, pay next year.*

* Terms & conditions apply.

 **ASPRIA**
LIVE LIFE WELL

02 508 08 08
ASPRIA.COM






YOUR DRIVING PLEASURE
BEGINS AT BMW BRUSSELS.



BAYERISCHE MOTOREN WERKE

 GIVE WAY TO SAFETY.

Environmental information (RD 19/03/04): www.bmw.be

7,1-11,6L/100KM • 184-265G/KM CO₂(WLTP)

BMW Brussels
Branch of BMW Belux
Chaussée de Louvain 864
1140 Brussels
Tel. 02 730 49 11
www.bmwbrussels.be
marc.moncousin@bmw.be

Editor's LETTER

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

ON THE COVER



Simon Baker talks about
his work and family life

X MARKS THE SPOT

In just a few of our articles this month we deal with family (Simon Baker), US politics (Spike Lee) and climate change (Catherine Feore), and don't they make a sad trilogy these days. They are inseparable triplets who may just bring the planet crashing to its knees – or up to its knees in what is currently left of our sustainable land mass as the waters trickle ever outwards to ensure there won't be much dry land left to fret over. The Trumps of this world are old and haggard and they couldn't give a damn, even about their children and their grandchildren's future. Agent Orange, as Spike Lee calls him in our pages this month, is hell-bent on a pure capitalist system that cannot sustain itself without a social contract with those who are not so well off, the displaced souls sailing the seas, the poor immigrants fighting to get a stuffy place on a sealed lorry bound for London.

Our only instinct when we rise in the morning should be to wonder about those people – how those families in the short term can get by and what happens in the medium and long term. Trump and Johnson and all those other cronies have the warmth of a rock in winter in their hearts, and it's a cold, cold winter facing thousands and thousands of people across the globe, thanks to their 'fake' wars.

It's heart-warming that young folks are marching for the climate, for the planet, for their futures and their children's future. But there is a little box provided in schools and church halls in every country in the world where you can make the most powerful statement of all – put a tick in the ballot box and tell them where to put it.

Paul Morris

Editor



 /togethermagazine

 /Togethermagazinebelgium

 @together_Mag

Contents

NOVEMBER 2019

- 11 Welcome letter
- 12 Contents & contributors
- 16 Together online
- 18 Starring in Belgium
- 20 Charity: Médecins Sans Frontières



Fitness
Massage

28



Arnon Barnes
Be disciplined

37

PERSONAL DEVELOPMENT

- 23 Interview: Simon Baker
- 28 Fitness: Massage
- 32 Self-help: The new us
- 37 Arnon Barnes: Be disciplined
- 41 Self-help: Be, do, have
- 44 Self-help: Perpetual movement
- 50 Self-help: Egregore
- 56 Money: Positives
- 60 Be Successful books
- 65 Real estate: Duality
- 70 Politics: Ringing in the new



Luxury
Mountain retreats

77



Shopping

92

LIFESTYLE

- 77 Luxury: Mountain retreats
- 81 World of time
- 82 Watches
- 88 Books: Past lives
- 92 Shopping
- 99 Beauty
- 102 Design: Three women
- 110 Decor shopping

So magic gifts So inno!



The only department store in Belgium.
More than 800 brands under one roof.



So many styles!

VOLVO

DIPLOMATIC
SALES



YOUR VOLVO XC60 AND XC40. TAILORED TO YOUR UNIQUE REQUIREMENTS.

DISCOVER OUR DIPLOMATIC SALES OFFERS,
COURTESY OF OUR AUTHORISED DEALER NETWORK.

ACB Group

Overijse
Schaerbeek
Zaventem

ARDSON

Mons

DE SMET

Drogenbos

RUTTEN

Hechtel-Eksel

STERCKX


Sint-Genesius-Rode

AUTOPOLIS

Grand-Duché
de Luxembourg

2,0 – 10,1 L/100 KM | 46 - 229 G CO₂/KM (WLTP)

Contact your dealer for information about your vehicle taxes.

 **GIVE WAY TO SAFETY** Environmental information RD 19/03/2004: www.volvocars.be

Together magazine

PUBLISHER

David Mc Gowan

david@togethermedia.eu

ACCOUNT DIRECTOR

Caroline Dierckx

caroline@togethermedia.eu

+32 479 47 47 77

ACCOUNT MANAGER

Isabelle Ferrier

isabelle@togethermedia.eu

+32 476 85 08 34

MANAGEMENT ASSISTANT

Suzanne Ofner

suzanne@togethermedia.eu

EDITOR

Paul Morris

paul@togethermedia.eu

SOCIAL MEDIA

ACCOUNT MANAGER

Hervé Ndonga

hervé@togethermedia.eu

DESIGNER

Xavier Bostem

xavier.be@carafe.be

CONTRIBUTORS

Arnon Barnes; Aspria; Yannick Callens

Axel Trinh Cong; Dave Deruytter

Caroline Dierckx; James Drew; Catherine Feore

Philippe Geluck; Reetika Gupta-Chaudhary

David Mc Gowan; Natalie Morris; Paul Morris

Sarbari Sen; Melanie de Lacy Staunton

Taschen; Anja Van Der Borgh; Katarina Winslow

ART DIRECTOR

Nicholas Sirot

FOUNDER

Jérôme Stéfanski

jerome@togethermedia.eu

Together Media

Brusselsesteenweg, 187 – 1560 Hoeilaart

+32 (02) 644 90 92

info@togethermedia.eu - www.togethermag.eu

Make sure that you get

your monthly printed magazine

Just send an email to subscribe@togethermedia.eu

For advertising sales rates please consult

www.togethermag.eu

Nothing in this magazine may be reproduced in whole or in part without the written permission of the publisher. The publisher cannot be held responsible for the views and opinions expressed in this magazine by contributors. Together is neither responsible for nor endorses the content of published advertisements, nor can the magazine be held responsible for any errors or inaccuracies in the same.



Celebrity interview
Spike Lee

117



Ski dossier
Ski dossier

138

LIFE OF LEISURE

117 Celebrity interview: Spike Lee

126 Travel: The Siam, Bangkok

130 Travel: Smart tourism

134 Travel: Bayeux Game of Thrones

138 Travel: Ski dossier

156 Belgian wine: Mérula

159 Dining

169 What's on Belgium

175 What's on International

176 Cinema news

178 Le Chat: Your honour...

Be inspired on www.togethermag.eu



Together magazine in your (non-virtual) mailbox!

If you want to make sure that you get your monthly printed magazine, it's best to subscribe to our special delivery service. And it couldn't be simpler – just send an email to the dedicated email address: subscribe@togethermedia.eu. And happy reading!

Personal development: Are you bigger than your mistakes?

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

Travel: Exploring modern Munich

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

Celebrity: James Mc Avoy, in love with his trade

Together sat down with a young Scottish actor James McAvoy whose rise is nothing short of meteoric. Having 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... ❶



Nathan-Baume

EXPO

BO
ZAR

CENTRE FOR FINE ARTS
BRUSSELS



06 DEC. '19 – 19 APR. '20

KEITH HARING

PALAIS DES BEAUX-ARTS
BRUXELLES
PALEIS VOOR SCHONE KUNSTEN
BRUSSEL

Rue Ravensteinstraat 23
1000 Brussels
+32 2 507 82 00 / bozar.be

.be



PARLEMENT DE BRUXELLES
PARLAMENTARIJSTEN KONGRES

be
be.brussels



LA VILLE
DE STAD



TAT

BRUZZ

canva

dS De
standaard

Knack

Klara

Interpol

La Jere

LE SOIR

LE VIP

Copyright image: Keith Haring artwork, 1981 © Keith Haring Foundation

Starring in Belgium

Dimitri Vegas & Like Mike

Dimitri Vegas & Like Mike are bringing Tomorrowland's successful 'Garden Of Madness' to Antwerp, joined by a number of national and international A-list stars that will be announced in due course. In addition to cool beats, partygoers will also be treated to an impressive production filled with breathtaking special effects. **20 and 21 December.** Sportpaleis, Antwerp. Tickets: **€36 - €55.38** www.sportpaleis.be/en



Europalia Romania: Karpov not Kasparov & Deathbycoconut

The eccentric duo Karpov not Kasparov follow the rules and strategies of chess through action and reaction of drums, synthesizers and voice. With catchy, danceable sound. Their live shows include aerobic classes, contemporary dance moves, silent movie screenings, ballet acts or projections of live chess games played by the audience. **28 November.** Ancienne Belgique, Club: **€13** www.anciennebelgique.be



The Colorist Orchestra & Gabriel Rios

The eight-member collective around Aarich Jespers and Kobe Proesmans stands out and enthral due to a doubly innovative vision: the unique collaboration with a singer-songwriter and a combination of uniquely applied classical instruments with rather unusual and eclectic equipment. **22 January 2020.** Ancienne Belgique, Club: **€26** www.anciennebelgique.be



Médecins Sans Frontières: Making an impact

MSF is a remarkable organization saving lives throughout the world

Photo © Médecins Sans Frontières

Médecins Sans Frontières (MSF) translates to Doctors without Borders. We provide medical assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare. Our teams are made up of tens of thousands of health professionals, logistic and administrative staff - bound together by our charter. Our actions are guided by medical ethics and the principles of impartiality, independence and neutrality. We are a non-profit, self-governed, member-based organisation.



bring a forgotten crisis into view, or to denounce abuses, or challenge the diversion of assistance, or to call out policies that restrict access to medical care or essential medicines. The MSF Access Campaign pushed for access to essential medicines, diagnostic tests and vaccines for patients in our projects and beyond, funded thanks to the prize money from the Nobel Peace Prize, which MSF was awarded in 1999. Thousands of logisticians on the field make sure that everything runs smoothly. From maintaining the cold chain during vaccination campaigns, to servicing vehicles; from organising the provision of water and sanitation in a camp to setting up a field hospital - logistics is what makes our work possible. Our supply centres in France, Belgium and the Netherlands (plus their regional hubs) dispatch pre-packaged kits, supplies and medicines needed for treating patients and running programmes. They guarantee the safety of medical and non-medical supplies, and deliver what our teams need, wherever needed and when they need it. ❶

Our teams conduct independent evaluations to determine medical needs and assess what assistance to provide. Different criteria determine what we do, such as the magnitude of a given crisis. We regularly question the form, relevance and impact of our presence, taking into account what other organisations do. Rapid and effective response to emergencies is at the core of our work. If mortality rates soar in just a few weeks, the main challenge is to save as many lives as possible in as short a time. MSF keeps pre-packaged kits so that teams can offer rapid lifesaving assistance - from surgical kits, inflatable hospitals to cholera kits. Our proximity to people in distress implies a duty to raise awareness to improve their situation. Our teams may witness violence, atrocities, and neglect in the course of their work. Témoignage - translated as bearing witness - is the act of raising awareness, either in private or in public, about what we see happening in front of us. At times, MSF may speak out publicly to



CELEBRATE NEW YEAR WITH TANGLA HOTEL BRUSSELS

3 OFFERS, ONE FESTIVE ATMOSPHERE

For All confirmed reservations, Receive 10% of your reservation amount in credit to use during your next visit at Tangla Hotel Brussels in 2020 !



NEW YEAR PARTY

128 € per person

Sumptuous European 6-course dinner in our Imperial ballroom with a live band followed by a dance party with DJ and a glass of Champagne offered at Midnight.



TANG DYNASTY DINNER

108 € per person

Chinese 6-course menu with a glass of Champagne at Midnight.



LE CINQ DINNER

98 € per person

Euro-Asian festive buffet with a glass of Champagne at Midnight.

More information at www.tanglabrussels.com or scan the QR code

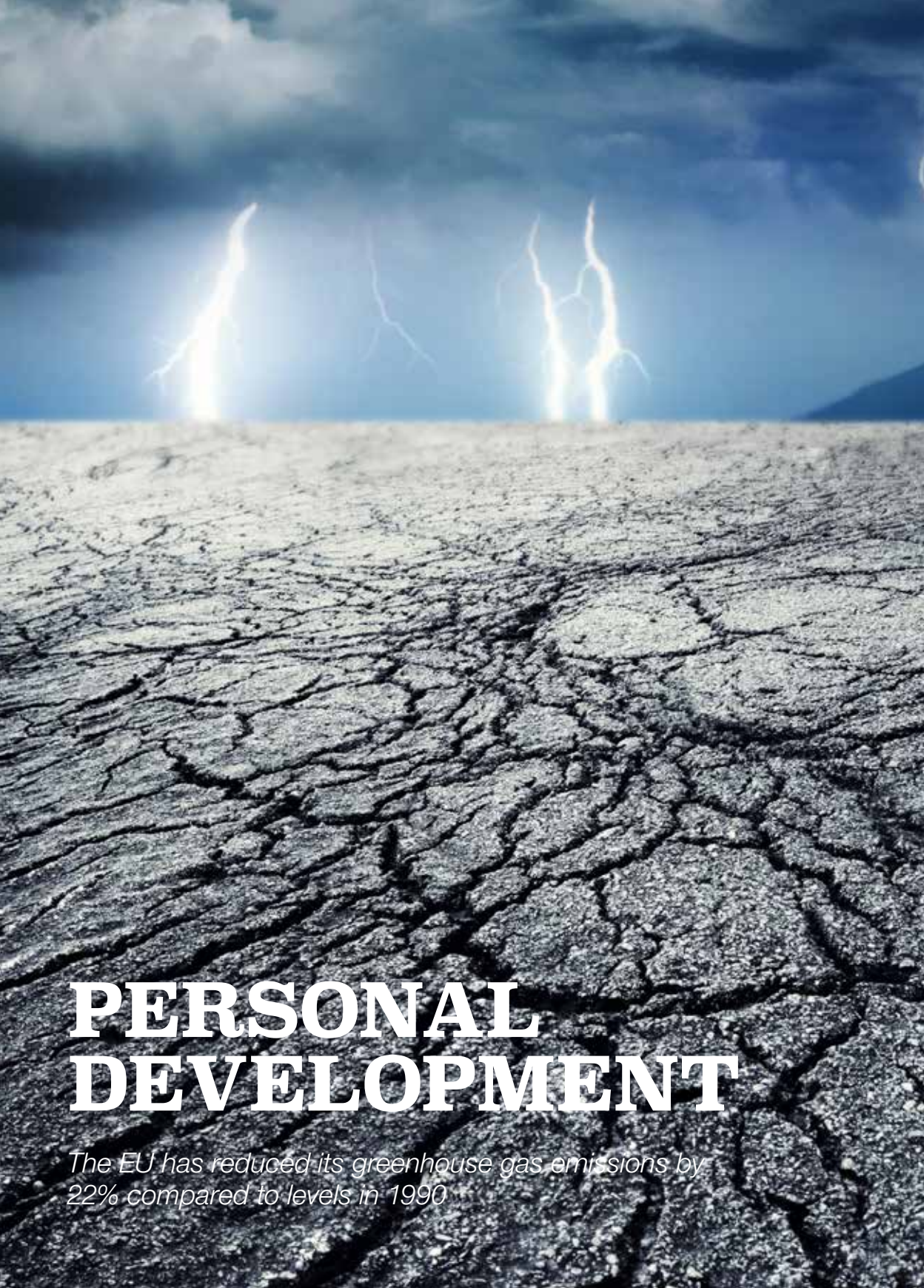


TOMBOLA GRAND PRIZE

Return tickets Beijing with Hainan Airlines & 4 nights at Tangla Hotel Beijing for 2 persons.

TANGLA HOTEL BRUSSELS

Av. Emmanuel Mounier 5, 1200 Woluwe St Lambert
+32 2 345 67 89 | info@tanglabrussels.com | www.tanglabrussels.com



PERSONAL DEVELOPMENT

The EU has reduced its greenhouse gas emissions by 22% compared to levels in 1990

PERSONAL
DEVELOPMENT

Interview

Simon Baker: Connecting with the truth

Together publisher **David Mc Gowan** sat down with a fine actor who is also an ambassador of time itself

Breath



Together: Tell us about your experience as the brand ambassador of Longines?

Simon Baker: We have been working together for seven years now, which has been fantastic, we have been to a lot of different places around the world, a lot of great events and different experiences. I have a good relationship with all of the staff that work there, and they've been very accepting and very warm. So, it means a lot to me. I really enjoy it. And from here, tomorrow, I will go to Switzerland, to Santa Mia and to the factory (my first time) and go through and have a look at the museum. It is exciting because I like knowing how things work and I like to see what's behind the design, you know - we all see the beauty of this great watch, but I want to see it in a thousand pieces!

Nicole Kidman is the godmother of one of your children, and she is the ambassador for Omega, and you're the ambassador for Longines. So, is that by total chance or is it by design? Are you more sensitive to watch mechanisms or aesthetics?

It is total chance about Nicole Kidman. Oh, I'm very much drawn to the aesthetic of a watch. Absolutely. But that's really only because I don't pull them apart, I don't completely understand the mechanics; I know that when you move an automatic watch, you can feel the weight spin around, and I think that's intriguing, and I really want to know what's going on. I'm very much drawn to these theoretical watches and the different materials that are used and the way the light hits them.

Interview

You do a lot of sports. So, do you wear a watch while you play?

Yeah, sometimes I do and sometimes I don't. It just depends. This one, I'll probably wear because it's beautiful and it's really suited to the water. But the other hydro conquest that I always surf with has a steel strap.

What do you do if you're like five minutes ahead of your takes? Do you go on Instagram?

Sometimes I just think about whatever it is that I'm doing, why I'm there, it just depends. If there are things that I have to deal, the benefit is that you can deal with a lot of stuff in a lot of different places these days. So yeah, if I'm waiting for someone and I've got three or four things to do, if I can do them in that period of time and free myself up afterwards - it's really always a compromise, isn't it? You do it now. If you can do it later, you should do it now.

What's the first thing you do in the morning?

I have a drink of water. Water, just plain water sometimes. Sometimes with lemon juice. Sometimes I meditate.

So, what do you dream of? What do you want to do?

It's less about what it is that I want to do, and it's more about how I want to feel when I'm doing it, because you can do great things but not enjoy what it is that you're doing because of some other anxiety. And then in hindsight, you look back and you go, wow, what I did there, it was really great but I was so tense and so anxious and uptight about it that I didn't enjoy what it was, so I should do it again and this time really just relax and enjoy the process of doing it. It's more about adjusting my own philosophical or psychological approach to it, to what it is that I'm doing, doing things without feeling guilty is good.

Are you also very passionate about horse riding?

Yes. Well, I love horses, they're incredible. They are just beautiful, powerful creatures, and I love the experience of riding them. I've ridden a bit, I'm kind of a 'champion' rider as I had the great fortune of being able to learn to ride a horse. My relationship with horses started when I had to learn to ride a horse for

a film, because I had around four hours of riding every day. And then when we shot the film, for three months we were riding every day as well and developing a

relationship with the horse, and there is something really potent about the relationship between the rider and the horse.

So, would you say that you're 'living the dream' or living your dream, the dream that you had as a young child growing up or let's say later on in your teens or early twenties, your dream today. Can it be that you're living the life you dreamed of?

No, no, because I never dreamt of any of this. I'm living sort of outside of that, you know, so, you know, every day that I'm in this situation, it's kind of almost sort of surreal. I just take it, it's sort of moment by moment because the way I grew up, I, I didn't ever dream of, I didn't have a dream. So, I'm improvising as much as I can and really just trying to enjoy each of these moments and not jump out too far and look back and panic and be overwhelmed. So, my general approach is to simplify everything back to just the basis of connections.

At what moment in your life do you remember first thinking 'I want to be an actor'?

I think it was pretty early on, when I first understood the notion of performance. I grew up in a very ideal, idyllic place, but I didn't grow up in the best family circumstances. Like with a lot of families, there were different sorts of tensions that existed. But I

The Mentalist



“ I WANT MY KIDS TO BE HAPPY ”



Margin Call



understood the release of humour in those situations and I used performance to help me get through certain situations. So, I guess it was somewhat unconsciously during that period, when I was quite young. But then, I think my relationship with my mother developed in my early teens, with watching films and watching films on the television. So, when I first started seeing films for the first time, I thought, 'Oh, this, I'd like to do this.' I thought, wow, I'd like to be able to connect with people in that way.

And then did you think, well, I'm going to go to Hollywood?

No, I didn't think that at all. It was all just a pipe dream, like how cool that would be. But I was of the mind that every single person sitting in that cinema was looking at the person in the film and going, 'I want to be an actor too. That would be really great.'

And so, what would you say to young aspiring actors? What would you recommend that they have to do to have a successful career in acting?

A successful career in acting can be measured in so many different ways, and the obvious way to measure a successful career in acting is how you are perceived by the public. Right. But I would also suggest to not worry about how you're perceived by the public, but to worry more about your ideas and your privileged position, the honour of being able to connect, which always comes back to the truth. How you connect with anyone is about truth.

What projects are you working on today?

I'm developing two different projects for different films that I'm going to direct in Australia. I am signed on to do a film next year and another Australian film, which is a biopic of someone quite well known, an Australian artist called Del Kathryn Barton. I'm now in the process of developing stuff to work on as a director, but I don't want to

work too much at the moment because I've got one kid left at home and he has one year left of school and he's my youngest and I've made a commitment to myself and to him to be home as much as possible.

Do you regret not having been there for your other children or having been there less?

It's not about regret so much. It's more just, it's a combination of time moving in a direction for me and for them. And you know, I've got three kids and, in a year, year and a half, we'll be empty nesters, so what does that mean? It's like, okay, well I've only got this much time, so I am going to make the very most of it.

You have been married for more than 20 years now. Obviously, you're a really good-looking guy, a model. You probably get a lot of opportunities. What would you say are the keys to a successful marriage, especially when working within your industry?

Any relationship is not without many, many challenges. So, I guess it's, it's never really taking the great moments for granted. I think the truth is that having kids has put so much more into the relationship, it takes the focus and the attention of both of you. You've got to have kind of a united goal, which is raising the kids and enjoying that experience. I think you do it because you want to do it.

What do you believe is your mission in life?

I think just to get through it without too much carnage, carnage for yourself and for others. Carnage for yourself is a tough one because it's a profession in which people can be self-destructive.

Would you want your children to follow in your footsteps?

I want my kids to be happy. You know, if one wants to be a plumber or one wants to be a poet, I want them to be happy. ❶

**“ JUST RELAX
AND ENJOY
THE PROCESS
OF DOING IT ”**

The many benefits of massage

The power of massage is far more wide-reaching than you ever imagined, say the experts at **Aspria**



Promoting muscle regrowth after injury, helping premature babies become strong enough to leave hospital, improving sleep quality and creating social bonds. Here are four things you never knew massage could do.

Most people see massage as a way to ease aching muscles, to unwind and to promote better sleep – but in fact, there are many other reasons to have a massage of which you’ve probably never heard before.

1 – Massage can stimulate muscle regrowth

Massage can boost the regrowth of muscle tissue after an injury by stimulating protein production in cells. This in itself is an interesting finding, but it gets even more intriguing. According to the US researchers behind this study, if you injure a limb and it cannot be massaged, you can still benefit from this muscle growth phenomenon: they found that when the opposite, uninjured limb was massaged, muscle in the *other leg* – that is, the injured, non-massaged limb – also grew faster.



2 – Massage can boost growth in premature babies

A 2015 study found that twice daily 15-minute massage therapy sessions, over a period of two weeks, significantly increased weight gain, height and head circumference in premature babies. The number of bowel movements also increased, and infants were discharged sooner from hospital.

3 – Massage can improve sleep

You’ve probably experienced for yourself how a relaxing massage can promote a great night’s sleep, but there’s research to show particular benefits for specific groups.

“ MASSAGE CAN BOOST THE REGROWTH OF MUSCLE TISSUE ”

Daily massages for full-term new-born babies, by their mothers, has been shown to improve the sleep patterns not only of the infants, but also of their mothers.

Indeed, the findings were so significant that the study authors recommended all NICU nurses be trained in massage therapy techniques, so all pre-term infants could be given this treatment.

Similarly, for autistic children, studies have shown how massages given by parents before bedtime can improve the children’s sleep – they go to sleep faster, stay asleep for longer and wake less during the night.



4 – Massage is medicine

The above are just a handful of the many hundreds of studies reporting the extensive benefits of massage. The list goes on and on.... lower blood pressure among those with hypertension and pre-hypertension; improved perceptions of self-efficacy among patients with multiple sclerosis; reduced labour pain among women giving birth; improved movement in Parkinson's sufferers; a positive impact on lung function among asthmatic children...

**“ INFANTS WERE
DISCHARGED
SOONER ”**

One could even go so far as to say it's a form of complementary medicine – one that offers an unparalleled range of proven health benefits for the whole of society.

The three Aspria clubs in Brussels offer first-class spa facilities for their members but also for non-members. All treatments and massages will be tailor-made to your emotional and physical needs following a personalized consultation with our experts.

Discover more on
www.aspria.com



**Where the world
is my classroom**

Edison & Alice, aged 4

**BSB
FOR
EVER**
THE BRITISH SCHOOL OF BRUSSELS

BSB offers a safe and
secure school environment
surrounded by nature.

Visit us
BritishSchool.be

1111 - The new us

Intuitive healer and therapist,
Katarina Winslow reflects on rebirth



Have you ever heard of rebirth? The process of being reincarnated or born again. Visualizing resurrection, most of us can probably imagine someone who met Jesus - seeing someone glowing with their face lit up by the communion with Christ. But do you know that there is today a concept of rebirth that is widespread in the spiritual and consciousness-raising community on this planet?

The idea does not even have a name; it is a series of numbers. Guess the code? It is as simple as it gets, yes, it is '1111'. Maybe it is a coincidence, but I would like to believe that it is not. Last time I got a new iPhone, the access code provided by Apple was just that, '1111'. Maybe Apple simply stated that they were ahead of their time, in the loop, at

the top, at the peak of consciousness.

Actually, '1111' is the symbol of a wake-up call, the number for activation.

'1111' is also the first number when you start to study numerology. After all, everything in our binary system is made of ones and zeros.

There are numbers in many places. For example, our names are made of numbers. Each letter in your name corresponds to a number. All digits have a significant meaning that we can learn to understand so as to comprehend ourselves more. The name you are called inhabits a sound frequency that influences you more than you may think. I have personally experienced the power of the frequency of a name, as I have had two

different names in this lifetime. My childhood nickname 'Katti' made me feel very different and much heavier than my birth name Katarina.

Having reconquered my birth name Katarina, my energies run much lighter, as it adds up to the number 3, which stands for fun, lightness and communication.

Looking closer at the number '1111', we discover that it is a signal that the Universe wants to send us a message that it is on our side. That we are in alignment with the cosmos. As you know, everything is frequency, energy and vibration - we know that now, ever since Nikola Tesla claimed, "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

He stated this in 1942, and we are just starting to accept it in a more mainstream way. No worries, maybe we will embrace the concept of '1111' in the year 3000. The thing is that if we accept the concept now, there is more probability that humanity will survive. '1111' stands for being in alignment with the intention for life, to be aware of higher guidance and accept that there is something which is beyond what we can see and touch - the mystery.

Being middle-aged, it took me some time to get accustomed to what is 'unseen' by the eye, to cultivate my communion with the divine. If you are interested in knowing more about my journey, I am happy to announce that I have just released my first book on Amazon. The title is *Eye (I) - The Healing of a Healer*. Through a childhood with a narcissistic stepfather, sexual abuse and years suffering from bulimia, I tell my story about the hard road I had to travel to receive my healing gift.

The thing is that when you are vibrating on the frequency of '1111', or you see these numbers somewhere, it is the Universe telling you that you are vibrating on a good vibe. It is a happy sign from the Universe that you are on track.

'1' is the creator, so when it is times 4, it is in alignment with the symbolism of '4' - family, humanity and inclusiveness of all life, the structure of nature. The number 4 is the number that connects mind-body-spirit with the physical world of structure and organization. It symbolizes the safety and security of home, of our planet. The need for stability and a solid foundation of humanitarian values.

At its highest, it is an awakening call to start over. To listen to different music and to be guided by something more authentic, closer to the intention for life. To distance yourself from the idea that destruction is more potent than creation. You could say that in the realm of the vibration of '1111', someone who plants a thousand trees is more powerful than someone who is destroying nature to build unsustainable factories. Pretty cool logic if we put common sense on top of our agendas. An alignment for anybody who loves life - the authentic, the beautiful and the true.

So, let us get back to the basics and follow the ascended masters' guidance to a rebirth, an awakening and new activation. Let us open our hearts to a period of new life, natural growth and revival.

Not far from rebirth, there is also the concept of Catharsis, a purging, a purification of the old. I believe that in any rebirth, we need to 'cleanse' ourselves of the past, the outdated and the 'illusioned' self. The self that is separated from life, and that makes a division with other people, needs to be purged from our consciousness. There needs to be a purgation of our

“ A WAKE-UP CALL, THE NUMBER FOR ACTIVATION ”



emotions, particularly the ones of pity and fear. It is the process of releasing and thereby providing relief from strong or repressed emotions.

It makes me think that the origins of the theatre were made for just that, to help us get rid of our fears and experience a revival. In ancient Greece, when people gathered in the village to see the spectacle of a sacrificial rite, it was meant to purge people from the fear of death so that they could feel better afterward.

That is the true meaning of a good movie, a divine opera or an alternative theatre play -

you come out of it reawakened, afresh like some density has left your mind, body and soul. So, maybe we could stop watching anything that makes us experience less than a catharsis. Remember, the idea is to march to a new frequency, a frequency that makes you feel good. Let us stop accepting anything less than excellent. You only need three things, an awakened mind, a respected body, and an open heart to create a fourth

“ IN ALIGNMENT WITH THE INTENTION FOR LIFE ”

idea, which is the three of them together in a cosmic dance.

Remember, you are floating on a globe in the middle of the Universe. Listen to what the Universe has to say now while you can, let us all start to co-create with the gift of life, instead of destroying it, destroying ourselves and nature.

For that to happen, we need to embrace recovery, rehabilitation, rejuvenation,

renaissance,
renewal,
restoration
and the
awakening that
is slumbering
inside of us all,

waiting to be unveiled.

Let us all wake up from our global hypnosis and make a comeback this autumn.

Together as 1111.

1 (you) 1 (me) 1 (us) 1 (humanity) = 4 (family)

1

WALLONIE TERRE D'EAU

SILENCE / SHAPES // FILIPPO MINELLI

22.11.2019 > 12.01.2020

Espace Wallonie / Rue Marché aux Herbes 25-27 / 1000 Bruxelles
walloniebelgique.tourisme.be/EspaceWallonie



LA FABRIQUE DES REGARDS / PHOTO FILIPPO MINELLI, LACS DE L'EAU D'HEURE, COURTESY GALERIE RIVE GAUCHE



SPACIOUS . INVITING . DIFFERENT

The bullet you don't see

International Speaker, Peak Performance
Trainer and Business Mentor **Arnon Barnes**
looks at an interesting case scenario



A few weeks ago, I caught an interview online with Simon Sinek (motivational speaker and author of *Start with Why*). In the interview, Simon started asking these questions to the journalist interviewing him:

What would happen if you never brushed your teeth and only went to the dentist twice a year? Well, you'd have no teeth.

What does brushing your teeth for two minutes twice a day actually do for you? Simon answers his own question, 'not much'. Simon asks: But what if you were to, consistently, invest two minutes, twice a day, every day, once in the morning and once in the evening to in brushing your teeth. Then what would happen? Well, in this case

scenario you would surely have clean and healthy teeth.

Simon continues to ask... What would happen if you went to the gym once for two hours, would you see a change in your body after those two hours? The journalist replies, 'no'.

And if you went the next day for another two hours, would you see a change in your body? Again, 'no', replies the journalist.

And if on the third day you were to then spend eight hours in the gym after that would you see a difference in your body? The journalist replies again with a certain, 'no'. And that's exactly when most people quit. When they don't see immediate results.

PERSONAL DEVELOPMENT

Self-help

Simon goes on... But happens if you were to go to the gym for a month for an hour a day, then would you see a difference in your body? The journalist replies with a convinced, 'yes!'

The reason I chose to share this message with you the reader is because during the last eight years of my life I have

dedicated a considerable amount of my life's energy to supporting, training and coaching business owners and business leaders with teams from all over the world - the interesting thing is that so many of them have thought that growing a great business, one that will create financial freedom, happens overnight.

The reality is, just like brushing your teeth; to see results you need to be consistent. You need to be disciplined and accountable, when you are committed to achieve real results. The secret is to be consistent. It's the power of consistency that will create and sculpt your dreams, your goals. Not taking action once, but rather an ongoing, committed and disciplined regime.

And what astounds me is that there are so many business owners who refuse to consistently educate themselves. Whether it is reading a book on how to grow your business, scale up, strengthening your team, increasing profitability or another route you can take is to simply attend a seminar that will help you create more awareness around



“ YOU NEED TO BE DISCIPLINED AND ACCOUNTABLE ”

some of these subjects. The reality is, that everyone; you, me and everyone you know, we all have a blind spot. We all have somethings in our lives that we simply don't see. And remember it's not the bullet you see that will kill you, it's the bullet you don't see that will kill you.

So, if we all have a blind spot and consistency is one of the keys to success, which I think will be easy enough for you to agree with, then how can you solve this problem. Because going to a seminar is great, reading a book is great but the real secret to achieving real results and high levels of success is - accountability!

If you want to have real results in the real world then being consistent is key. But life isn't that simple and that's why I believe in the power of coaching. Yes, a seminar or a book will give you a 'momentary kick', but the game is won through consistency. With a good coach, you will surely benefit from their ability to hold you accountable so you can be true and consistent in achieving your goals. And, more importantly, getting a coach, whether it is a nutritional coach, a fitness coach or a business coach, will help you be all you can be.

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 or check out his website www.arnonbarnes.com 📍



92% SOLD
NEARBY THE EUROPEAN QUARTER,
NATO AND ZAVENTEM
READY TO MOVE IN



LES BALCONS
WOLUVE

85 APARTMENTS
UNIQUE SOUTH OR EAST FACING TERRACES
STRATEGIC LOCATION
ENERGY EFFICIENT LIVING (A-LABEL)



COMMITTED TO EXCELLENCE
ANOTHER SUCCESS STORY BY ORYX-PROJECTS.BE

WWW.LESBALCONS.BE | INFO@LESBALCONS.BE | T. 09 370 75 05

Ready for your new adventure in Belgium?

ING makes your life easy
by helping you organize
all your financial affairs.
Call +32 2 464 66 64,
or go to ing.be/expats



Banking, financial and/or insurance offer subject to acceptance by ING Belgium (or, where appropriate, the relevant insurance company) and to mutual agreement. Terms and conditions (regulations, rates, key information documents for investors or savers and other supplementary information) available from any ING branch or on www.ing.be. ING Belgium SA/nv – Bank – avenue Marnix 24, B-1000 Brussels – Brussels RPM/RPR – VAT: BE 0403.200.393 – BIC: BBRUBEBB – IBAN: BE45 3109 1560 2789. Insurance broker registered with the FSMA under the number 12381A. Publisher: Philippe Wallez - Cours Saint-Michel 60, B-1040 Brussels.

Be, do, have...

Reetika Gupta-Chaudhary unveils
a magic formula



Have you ever been in a situation where you have been a victim of the circumstances?

How many times in life have you blamed someone or something for all the wrong things happening in your life? The honest answer should be almost always, isn't it? I had a client (a smart-looking Italian woman) who came to me with a problem. She said: "I have so much negativity in my life and no matter how hard I try to escape it, it seems to be constantly catching up." I smiled and said: "It looks like you have been trying really hard to find happiness."

She looked slightly surprised, perhaps at the promptness with which I had seemed to

understand her situation, also hopeful and eager for me to quickly hand over some kind, miraculous formula that would suddenly make all negativity vanish with a flip of a hand. I got up from my chair, walked towards her and said: "I totally get your problem but I don't think I can help you." I saw the light vanish from her eyes as I said those words.

She looked utterly confused and after a small pause asked: "Are you saying you cannot help me at all?" "No," I said.

Still looking confused, she said: "Well that's OK if you can't, but may I ask, have I offended you in some way?" She quietly got up and as she was grabbing her bag ready to leave, I said to her: "Well, I cannot help



failed to get rid of a problem that has been haunting us forever. The irony here is that this truth has to be told, and I did exactly that.

Realizing her disappointment, I quickly added: "What I am saying is, only if YOU take the responsibility of helping yourself then we can work together and slowly move you in the right direction."

Let me explain, I meet many clients who come to me looking for a magic solution to their problem and, as a coach, it is my responsibility to help them realize that the change outside can only be achieved by bringing about a

change on the inside.

The magic formula people look for is a *be-do-have*. In essence, you need to *be* the change you want, then *do* the things that will lead to that change and then *have* the change you wished for.

Most people follow it in the opposite way. For example, they think, when I have a million

pounds in my bank account that's when I will be happy as I will be rich. According to the formula, you first *be* that rich person, meaning you think of yourself as if you were

already a millionaire. What would you do with your money? How would you have used your time effectively in order to be productive?

Then, based on these answers, you take the relevant action, in other words *do* what you would have done with whatever limited resources you have. Then those actions will start bringing results, and finally you will have what you always wanted, in this case millions in your bank account. Magic!

you but I know of someone who can." Once again, her eyes lit up and she looked at me eagerly, waiting for me to refer her to this great therapist/coach who would be able to help her after all.

"Do you really want to know who can help you?" I asked.

"Of course I want to know that's the reason I am sitting here today. I've heard some really good things about you, and that's why I came to you." she said.

"That's great. I am really grateful that you put your trust in me but let me tell you this - the only person who can help you is you," I said. "How does that sound to you?"

Her face was a kaleidoscope of emotions. Finally anger took over and she said: "If I could help myself, I wouldn't have come to you."

Well, this is something none of us want to hear, especially when we have tried and

" TAKES YOU OUT OF YOUR COMFORT ZONE "



Internal transformation is a journey that takes you out of your comfort zone

We all tend to sit on some limiting beliefs, such as I live in an economy where I can't make much money, or there are no good opportunities left for me out there. The first step in the transformational process is to identify these beliefs. The beliefs that are holding us back reaching our full potential in life.

The second step in the transformation process is to admit that these beliefs need to go. These beliefs are not serving us, but are making us feel comfortable since blaming another person or economy is easier. We, therefore, tend to not change these beliefs, as changing these beliefs will take us out of our comfort zone.

The third step in the process is replacing these limiting beliefs with the ones that will help us grow. Repeating and affirming these positive beliefs to ourselves every day until they permanently replace the old beliefs will help us create the change that we always

wished for: you will meet the right people, you are always at the right place at the right time, etc.

Coming back to my client. Even though, at first, she had looked confused and angry, she seemed to have quickly gathered herself up as if a realization dawned on her. She said: "I have understood, I need to stop being a victim." We both smiled in acknowledgement. As she quietly got up, I noticed a gentle relief on her face that I normally see in people when they finally

" I DON'T THINK I CAN HELP YOU "

admit to themselves that the change needs to happen on the inside.

I think this was the end of my first session, but surely a beginning of her transformational journey.

A change inside will help you to cause an effect on the external environment, otherwise you will forever live to be an effect (victim) of a cause (external environment). Which one do you prefer? ●

Perpetual movement

In chapter three of his series **Axel Trinh-Cong** asks us to focus our energy on the new season that is upon us

Newton's Cradle



In our first two articles, we spoke about energy in a broad sense, while giving particular attention to personal energy and its impact on our individual journeys.

For this third chapter, I would like to invite the reader to reflect on a major change in energy, which we can all witness right now - the arrival of autumn.

At first glance, this observation might seem obvious, pointless, even frivolous. Yet, this could not be further from the truth. Indeed, the energy of our surroundings can be as influential as the one that stems from within.

One must only look at nature to see that everything is change, transformation and transmutation. The entire universe is in perpetual movement. In this perspective, any ideas of a generally perfect, durable - and therefore fixed - balance are simply illusions. Ancient Chinese thinkers perfectly captured this movement in the I Ching (The Book of Transformations), an extraordinary, over 2000-year-old tool for deciphering energy. The book contains 64 figures, each composed of 6 yin and yang signs. The 63rd figure represents an absolutely perfect and ideal arrangement of the six yin and yang signs, but also cautions that we shouldn't be carried away by this paroxysmal state - meaning that it is impossible to do more or



RETOUCHÉ PHOTO


**MICHEL
HERBELIN**
ATELIER D'HORLOGERIE FRANÇAISE
DEPUIS 1947

www.michel-herbelin.com
#michelherbelin

Info - 02 896 93 90



Antarès
with interchangeable straps

Self-help

better - because change is inevitable. As for the 64th figure – the last one of the treatise – it shows us how behind the apparent chaos, which results from the previous symbol, lies the emergence of a new, fairer, more constructive and more fertile order.

Whilst nature favours change, this is rarely the case for our status-quo-loving species. Indeed, there is a side to the human incarnated soul that has the (unfortunate) tendency to refuse change. With a preference for the comfort zone where, surrounded by its beliefs, prejudices and principles that it imagines – and desires – to be forever static, it prepares to fight against any perturbances from outside its tightly closed system. It is in this sense that we might say, sometimes, that human nature is inherently unnatural.

However, it is also true that one of humanity's great challenges is to be able to attain harmony with nature, to learn from within ourselves, inside our kind of microcosmos, to embrace the world's natural movement (to which we of course belong anyway, but from which we too often cut ourselves) by gaining access to the art of transmutations. Or in other words, by allowing natural changes (on the macrocosmic level) to penetrate, influence and inspire our own internal natures (the microcosmic level).

This relationship between the macro and the microcosmos is twofold: on one hand, one must open up to the external world of constant transformation in order to discover and amplify one's own internal nature. On the other hand, it is important to remain oneself, to not be corrupted by change – this is another way we might nourish and strengthen our internal natures.

That's the theory. But in practice, anyone can see that we all possess an ego, and ego

only has one obsession: to endure, in a way that is utterly fixed and unchangeable. From the ego's perspective, any kind of change is synonymous with death, and to live is to remain in the place that always is and always has been, a world full of certainty, where what was will always be. This desire for things to remain exactly as they are might be a serious hindrance, but it is also a vital resource. Indeed, the ego, which tends towards immortality, is a response to the anguish caused by the knowledge of death. Therefore, we must essentially strive to give it its proper place within our internal system, without allowing it to take over.

When we attempt to evolve in a meaningful way, we often find that our chief adversary is the ego. In order to confront it, we must realize that in actual fact, it is the *absence* of change that should be synonymous with death. To understand this, we need only think of a flat electroencephalogram (or EEG), wherein things no longer move – a sight that can only mean the individual has ceased living. To live fully means to die from the perspective of the ego and everything that would keep us in a static state; and then to be reborn through change, and attain something new, and more perfect.

But who among us would choose to die? Only those who have the courage to be

reborn. One cannot go on living in the same state without having at some point to redefine oneself, to regenerate by letting go of old patterns and anything that is no longer useful. The only way to revive a tree is to prune it.

This is precisely what is constantly happening all around us – this is nature's way. After summer, here comes autumn with its procession of dead leaves and, uncoincidentally, the Day of the Dead. All of it is a necessary stage on the way to spring and summer.

“ IDEAL ARRANGEMENT OF THE SIX YIN AND YANG SIGNS ”

Gossip disk, used to predict fate



Every turn of the seasons is a reminder that the natural universe has its own laws and dynamic. There is no happenstance, no place for the incongruous or the imperfect, no chaos or anarchy. And we, as humans, have an active role to play within it.

Autumn arrives like the bell signaling the end of playtime – it tells us that summer cannot go on endlessly, that everything has a limit, including our strength, our freedom ... and our time on this Earth. It is also a time for post-harvest evaluation: what were my goals at the beginning of spring? How was I able to bring them to fruition? How was I able to bloom? How did I contribute to the world, beyond my own personal satisfactions? What did I offer? And for what purpose? This is how Nature invites us to strive for objectivity in our relationship with ourselves as well as with the rest of the world.

Autumn is also the time when the sun begins to fade and the nights grow longer each day. It's the return of the absence of light, and of the potential gift this absence contains. In the realm of light, everything appears to be clear, even obvious. We seem to have a firm grasp on the situation. And of course, this leads

to a loss in attention and consciousness. In the light of summer, everything seems easy and straightforward: we can indulge in carelessness and exuberance, without fear. We can experience the sweet taste of nonchalance, and we might feel a sense of weightlessness. But in the absence of light, the illusion of visibility vanishes.

Now everything is a shapeless blur, and we must rely on other, more subtle senses than vision to comprehend our surroundings. During that half of the year, between both equinoxes, when the night wins over the day,

“ WHAT WAS WILL ALWAYS BE ”



Nature reminds us that our sensibilities, our emotions, our gut feelings and subconscious are as valuable as our five senses, our will and our mental capacity for consciousness.

Autumn also clearly marks the beginning of the road towards the darkest time of the year. But this obscurity must not be taken at face value, for it is in its depths – when the night is longest – that the Light of Christmas emerges. Change occurs in the most hidden and obscure of places, deep within our wounds. Light comes when we need it the most. To quote Carl Jung: “One does not become enlightened by imagining figures of light, but by making the darkness conscious.” He then added: “But this is often a difficult, and therefore unpopular task.”

By embracing the rhythm of Nature, and allowing ourselves to be fascinated and inspired by it, we can bring ourselves to face questions such as: What can I allow to die? What part of me no longer serves a purpose? What is keeping me in a state of non-being?

And on the basis of this introspection, we can begin to prepare for winter, and for profound change.

Autumn energy calls for this introspection as well as for kindness. The key is to elucidate parts of our being with clear-sightedness and love, rather than harm ourselves with bitter judgement.

And with these tools, may your next harvest be all the more fruitful. 🍂

NISSAN INTELLIGENT MOBILITY



Innovation
that excites

VERSIONS SUPER ÉQUIPÉES LIVRABLES DE STOCK !



NISSAN MICRA N-CONNECTA IG-T 100

Équipements de série :

- Jantes alliage 16" • Feux antibrouillard avant
- Caméra de recul avec capteurs de stationnement
- Système d'infodivertissement NissanConnect
- Commandes au volant : ordinateur de bord, téléphone, audio, régulateur/limiteur de vitesse

JUSQU'À 4.850 €⁽¹⁾ D'AVANTAGES

Prime conditionnelle de recyclage de 1.350 € incluse⁽⁵⁾

Il y a déjà une Nissan MICRA à pd 11.990 €⁽²⁾

Prime conditionnelle de recyclage de 1.350 € incluse⁽⁵⁾

NISSAN QASHQAI URBAN EDITION DIG-T 140

Équipements de série :

- Barres de toit couleur argent • Peinture métallisée • Caméra de recul
- Système d'infodivertissement New NissanConnect
- Apple CarPlay® & Android Auto®
- Toit panoramique en verre • Jantes alliage 17"

À PD 20.390 €⁽³⁾

Prime conditionnelle de recyclage de 2.600 € incluse⁽⁵⁾

Il y a déjà un Nissan QASHQAI à pd 18.390 €⁽⁴⁾

Prime conditionnelle de recyclage de 2.600 € incluse⁽⁵⁾

CONDITIONS EXCEPTIONNELLES !

NISSAN | BRUSSELS

Nissan Brussels
Lozenberg 13
1932 St.-Stevens-Woluwe
Tél: 32 (0)2 711 20 00

Nissan Brussels South
Ruisbroeksesteenweg 76
1180 Uccle
Tél: 32 (0)2 377 95 00

Nissan Brussels West
Chaussée de Gand 1334
1932 St.-Agatha-Berchem
Tél: 32 (0)2 464 09 30

www.nissan-brussels.be



(1) Avantage client total composé d'une remise sur stock (3.500 €) et d'une prime conditionnelle de recyclage (1.350 €), calculé sur base d'un prix catalogue recommandé de 19.340 € pour une Nissan MICRA N-Connecta IG-T 100 de stock. (2) Prix, remise sur stock (3.500 €) et prime conditionnelle de recyclage (1.350 €) déduites, calculé sur base d'un prix catalogue recommandé de 16.840 € pour une Nissan MICRA Visia IG-T 100 de stock. (3) Prix, remise sur stock (3.000 €), remise spéciale «Urban Edition» (2.050 €) et prime conditionnelle de recyclage (2.600 €) déduites, calculé sur base d'un prix catalogue recommandé de 28.040 € pour un Nissan QASHQAI Urban Edition DIG-T 140 de stock. (4) Prix, remise sur stock (3.000 €) et prime conditionnelle de recyclage (2.600 €) déduites, calculé sur base d'un prix catalogue recommandé de 23.990 € pour un Nissan QASHQAI Visia DIG-T 140 de stock. (5) Prime de recyclage : par respect pour l'environnement, Nissan se charge de recycler votre ancien Véhicule Hors d'Usage (VHU) et vous offre une prime additionnelle à l'achat d'une nouvelle Nissan. Offre non cumulable avec toute autre prime de reprise ou prime de recyclage. Le VHU doit avoir plus de six mois d'immatriculation au nom du propriétaire de la Nissan neuve et être en état complet, y compris tous les documents de bord légaux. La facture et la carte grise de la Nissan neuve doivent être au même nom et à la même adresse que le VHU. Les offres (1) à (5) sont valables uniquement pour les particuliers du 01/10/2019 au 31/10/2019 sur un nombre limité de véhicules de stock, chez les concessionnaires Nissan participants. Annonceur : Nissan Belux s.a. (Importateur), Bist 12, 2630 Aartselaar - TVA BE0838.306.068 - RPM Anvers - beluxfr@nissan-services.eu. Photos non contractuelles. Informations environnementales: A.R. 19/03/2004 - www.nissan.be.

Émissions et consommation des véhicules présentés : 126-181 G/KM 5,3-7,1 L/100KM (WLTP) DONNONS PRIORITÉ À LA SÉCURITÉ.

Egrégore: The power of collective intelligence

Jérémie Vanopdenbosch explains about the values and workings of his group



September 27, 2019, 8:00 am. A highly secret location and an oval table ready to welcome 10 experts, CEO and entrepreneurs from totally different backgrounds to meet and participate in what is called an Egrégore. What is an Egrégore business?

An Egrégore business is a collective of leaders and entrepreneurs who have similar ideas, common values, a goal and the same ideal of working together to exceed the innovative possibilities of each individual of the group.

This is the higher category of conference, seminar or mastermind meeting, according to more refined learning and more advanced strategies with a higher return in terms of development of knowledge, investment and business.

3 goals are included:

- Group together to share strategies, give advice, receive advice and reveal what works best now
- Create strong business relationships and partnerships to increase results for all members involved
- Build a privileged community of experts

with the ability to make individual intelligences converge towards something much stronger: collective intelligence

“ CREATING BRIDGES OF KNOWLEDGE ”

The power of collective intelligence

By creating bridges of knowledge, the complementarity of these ‘bridges’ could lead to extraordinary results and very significant win-win effects via a pooling of all this know-how.

For example, a business executive can learn advanced techniques from a sports world



The Royal International Club Château Sainte-Anne offers a full spectrum of services to business and family members: conferences, culture, sports... in a unrivalled environment in Brussels.

RUE DU VIEUX MOULIN 103 - 1160 BRUXELLES - TÉL. CLUB: +32 (0)2 663 37 25 - WWW.CHATEAU-SAINTE-ANNE.BE



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

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



champion to achieve a vision and goals that are out of the ordinary, and likewise, a world champion of sport can learn from a great boss how to create a company, develop it and make it grow.

In the end, through these synergies, millions of dollars have been created, and if these meetings had not been put in place, none of this would have happened. The idea is to structure this and create privileged exchanges in high-end locations to provoke and activate this power of collective thought and the universal principle, which states that: "We can go fast, but together we can go still further."

By bringing together different people who have a particular and recognized talent, they become the solution to the needs of others. And when the 'match' becomes almost perfect, the results that follow are then extraordinary. A quest for performance and excellence.

Success is about getting the best. And since we are the average of the five people we are closest to, it is important to surround ourselves with five people who are better than us. This is exactly how we progress.

We do not speak here of a generic theory known to the general public, learned in large assemblies, but of experiments and case studies of millimetres that have earned each participant the right to be recognized as the best in their fields, which is called the 1%.

And when we gather the 1%, we can only get closer to excellence because we learn what the 1% has done that is so special and so different. And so is born a performance circle that has people all on the same wavelength, which turns into a circle of excellence. How do we participate in such an event?

In Belgium, there are very few such events as they require prerequisites and a high degree of experience from the participants.

Concerning the Egrégore organized by Jérémie Vanopdenbosch, it aims to be one of

Advertorial

the most selective and qualitative in Belgium. To adhere to it, one must respect very precise criteria: to be a leader or a world authority in one's own field, to be an expert with more than 10,000 hours of experience, to be a growing entrepreneur, to have a positive impact on more than 100,000 people, a turnover of at least €1 million and an unusual mindset.

If you meet one of these criteria, you are eligible, but this does not guarantee access to the round table. 90% of the requests are refused, explains Jeremie, because the Egrégore is, furthermore, for people who are very open-minded and who prefer altruism to individualism or egotism. Without this, it is not possible to trade optimally and create value. In addition, as the day of Egrégore can last more than 15 hours, we also make sure the people have a certain endurance in concentration to keep the pace.

At the end of this selection process, each member who enters the collective will receive more from Egrégore than they will bring. This is called the principle of reciprocity to the power 1,000.

The members of the first edition:

Manzul Akhmedov (Expert Sport and Champion Mindset)
Lucas Beguin (Mixology Business Expert)
Stella Bida (Expert Authority Business)
Yannick Callens (Investment Business Expert)
Danilo Duchesnes (Digital Business Expert)
Racso Jugarap (Expert Branding Business)
David Mc Gowan (Media Business Expert)
Anthony Urbain (Finance Expert Business)
Jérémy Vanopdenbosch (Expert Networking Business)
Julie Van Der Weerden (Participant)
Thuy Vi Nguyen (Participant)

Special thanks to Bastian Baker, International Artist, as special guest

More info:
contact@jeremie-vanopdenbosch.com

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**

The Business Owner Masterclass Program

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.

When you come to my 'Business Owner Masterclass Program', you'll walk away with:

- 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

Many attendees get excited and energised by their business results after being disappointed for many years, and they finally achieve work-life harmony.

Take the next step to regain your personal power and take charge of your business and more importantly, your life today

For more information on this special event, visit <https://www.businessownermasterclass.nl> or call us on +316 1552 2495



In search of the positives

Dave Deruytter asks: Are negative interest rates coming to a place near you?

European Central Bank, Frankfurt



And he wonders if that is good news for borrowers and investors alike and what the risk might be.

Negative interest rates in the euro have been around for a few years. Government bonds in the euro, in countries with a strong credit rating, have negative interest rates and very long maturities. Six months ago, you could still get a small positive interest on a 10-year German government bond (Bund) - today it is negative and you will have to go to a maturity of 25 years before you get a positive interest.

However, people who invested in 10-year Bunds six months ago still have a positive return today, because their capital has gained more from the falling interest rates than the loss in interest itself.

Obvious gainers of negative, or low, interest rates are the borrowers. And that is part of what the authorities want to obtain with such low, and even negative, interest rates that have never been seen before. They want to see investments increase because that leads to extra economic growth. Another part of



what the governments want to see is fewer savings, and that in continental Europe is a key problem. People are very reluctant there to transform their savings into investments, at least those who have money and a house of their own to live in.

Are they (too?) prudent investors?

Economic growth in Europe is lacklustre at best, and the lingering international trade war does not hint at better times soon. Will a partial trade agreement between the US and China really change the climate of uncertainty and distrust? It may be a start, but there is a very long way to go. What will be the result of the change in relations between the UK and the EU? As long as the people do not feel a 'not too bad' outcome, it will weigh on confidence and thus on consumption. In the meantime, digital disruption is leading to particularly large employers shedding staff. That should one day lead to a turn in the ever-falling unemployment rates for almost a decade. On the other hand, it may confirm or even improve the profitability of such companies. Nevertheless, the recent bankruptcy of Thomas Cook is a wake-up call that even great brands can go under.

Are negative interest rates an issue only for the euro countries?

Next to Japan, that is indeed currently the case. But economic growth is faltering almost all over the globe and in its wake so are interest rates in the dollar and in the currencies of other major economies. China is doing everything it can to try to keep its economic growth at 6%. But observers worry that it may be increasing the debt levels in its economy by too much and that possibly the quality of that debt is deteriorating. That is indeed a major point of attention when governments all around the globe are stimulating investment and at the same time are giving banks incentives to lend more. In many euro countries savers still get a slightly positive interest rate on their savings whereas the market interest rates are negative and

banks have to pay 0.5% when depositing money at the European Central Bank (ECB).

The risk is also with governments and companies that are

heavily indebted. Today they pay a very low interest on their debt, but if one day interest rates go up again, they would see their budget balance or profits turn sour very quickly.

Interest rates are often set by central banks linked to inflation. Consumer inflation is low, even very low asset inflation is quite high,

“ THAT LEADS TO EXTRA ECONOMIC GROWTH ”



reaching risky levels. Indeed, share prices are high in many countries.

It is a tight balancing act.

Low or negative interest rates over a long period of time tend to dope asset prices and we may be nearing alarm levels, particularly if the lingering international trade war continues to depress worldwide economic growth for too long. It may sound strange, but one may be kind of hoping for a slowing US economy so that the US authorities will ease their pressure on the international trade and investment system. Of course, the recent pressure has also worked on speeding up the necessary correction for some imbalances on that front, from reducing structural trade surpluses to solving or improving intellectual property right issues or regulations.

“ REAL ESTATE PRICES ARE EVEN HIGHER ”

Still, negotiation and gradual approaches using the existing rules and bodies in place

are to be favoured over unilateral shocks to the system. Shock therapy has a great risk of denting consumer confidence. Once that is gone it takes years to restore, and consumer spending is a very important part of the GDP in many countries. The last thing the world economy needs is to spiral into a recession or see widespread deflation (falling prices).

In conclusion, in principle there is no real issue with negative interest rates as long as savers keep on trusting the banking system and do not have to pay for keeping their money there rather than

under their mattresses. Indeed, a run on the banking system is a guarantee of a crash. If the debt quality can be kept under control, as well as asset inflation, there are no real downsides to low or negative interest rates. However, if that situation continues for many years the risk is high. Then investors would think that prices can only go up and that investments can never turn sour. A recipe for a big crash. ●



INVEST IN ONE OF BRUSSELS' GREENEST DISTRICTS

- APARTMENTS FINISHED TO A HIGH STANDARD IN A COVETED NEIGHBOURHOOD
- EXCEPTIONAL LOCATION NEAR EMBASSIES AND INTERNATIONAL COMPANIES
- SMOOTH RENTAL THANKS TO RENTAL SERVICE SPECIALISING IN EXPATS

MORE INFORMATION? 02/201 00 01 OR WWW.PARCSENY.BE



powered by



Be successful

Two more books that will help you climb the ladder to success

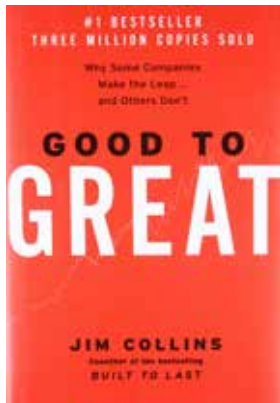
Good to Great by Jim Collins

Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning.

But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great?

Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck.

The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all



twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't.

The findings of the *Good to Great* study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include:

- Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness.
- The Hedgehog Concept: (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence.
- A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology.
- The Flywheel and the Doom Loop: Those who launch radical change programmes and wrenching restructurings will almost certainly fail to make the leap.

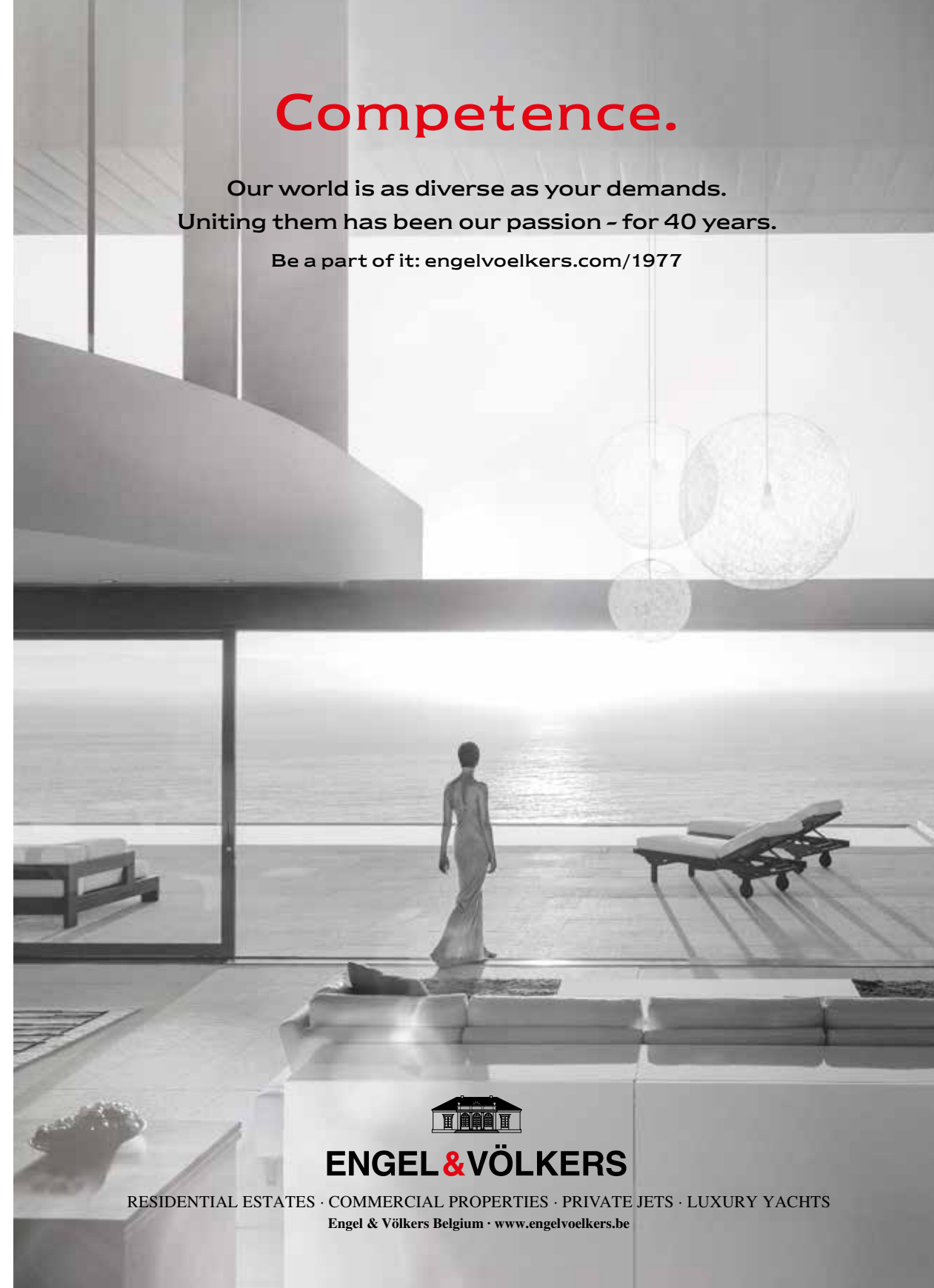
"Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people."

Perhaps, but who can afford to ignore these findings?

Competence.

Our world is as diverse as your demands.
Uniting them has been our passion - for 40 years.

Be a part of it: engelvoelkers.com/1977



ENGEL & VÖLKERS

RESIDENTIAL ESTATES · COMMERCIAL PROPERTIES · PRIVATE JETS · LUXURY YACHTS

Engel & Völkers Belgium · www.engelvoelkers.be

Be success

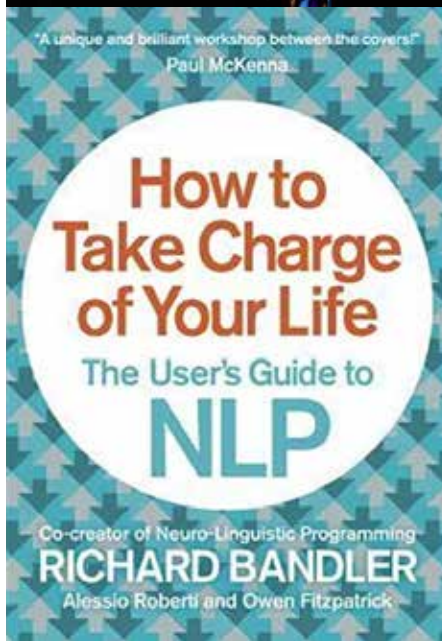
How To Take Charge Of Your Life by Richard Bandler

Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.

Richard Bandler – the world-renowned co-creator of NLP who has helped millions around the world change their lives for the better – has teamed up once again with Italian NLP Master Trainer Alessio and co-founder of the Irish Institute of NLP Owen, to offer a simple yet engaging introduction to the ground-breaking ideas of NLP.

Written in the form of a fable, *How To Take Charge Of Your Life* is the prequel to *The Ultimate Introduction to NLP*. Once again Bandler invites readers into his workshops and illustrates the theories and techniques he has spent years developing.

Based around a three-day introductory course, this book will give you the tools you need to start making an effective change today. From explaining the importance of self-belief and how to change beliefs, to how to control your emotions and negative thinking, and how to create the life you want.



Bandler has continued to improve and evolve the field of NLP and gone on to develop other seminars as well, Design Human Engineering®, Persuasion Engineering®, Neuro-Hypnotic Repatterning® to name a few. He has been interviewed by a variety of magazines from *Psychology Today* to *Newsweek*. Most major newspapers, TV Networks and Radio Stations around the world have interviewed him over the past 30+ years.

His website says: "Dr. Bandler, a mathematician, philosopher, modeler, teacher, artist and composer for four decades has left a legacy of books, videos, audios, art, students and a body of knowledge that will change therapy, education and medicine forever. He has hundreds of thousands of students and hundreds of licensed institutes all over the world. Dr. Bandler has made his mark and says he is just getting warmed up."

This is an easy-to-read and inspiring account that readers can turn to time and again.

'The must have self-help book!' Paul McKenna

Find out more on his website...
www.richardbandler.com

“
AN MBA SHOWS THAT YOU HAVE A BUSINESS ATTITUDE AND MINDSET AND IT HAS GIVEN ME GREAT CREDIBILITY WITH CLIENTS AND INVESTORS.
”

KATRIEN VANHONACKER,
Founder-Director BioConAct

A NEW GLOBAL EXPERIENCE AWAITS YOU
Discover our Global Executive MBA

WWW.VLERICK.COM/GLOBAL-EMBA



Offices



Residential



Retail & Services

A REAL ESTATE DEVELOPER REACHING YOUR EXPECTATIONS



www.besixred.com - 02 402 64 87 - info@besixred.com

PERSONAL
DEVELOPMENT

Real estate

Duality in real estate

Our real estate expert **Yannick Callens** advises us to rest for long-term investment

Hong Kong apartments



Money has never been so cheap and access to property so difficult.

Recently, there has been another wave of rate cuts; a Belgian bank offered a negotiated fixed rate of 0.92% for a 20-year mortgage in September to one of its customers. This is a historic low, below the symbolic threshold of 1%. Money has never been so cheap to finance property.

Nevertheless, access to credit is becoming more difficult. Europe sanctions Belgium for its flexibility to give mortgage credit, and the National Bank is tightening its criteria for granting credit.

Belgians have never invested so much in real estate, and household debt is exploding. More and more, I'm talking about a speculative bubble of Belgian real estate price per m2, which remains low compared to other European capitals.

**“ THIS IS A
HISTORIC
LOW ”**

To give you an idea, the m2 price in Hong Kong is \$80,000, and apartments are selling. Belgium has not reached these amounts, but, since summer, we have seen prices soar. The Belgian saver and investor does

not have much choice because there are few alternatives, and I see that more and more people are becoming nervous. As I often say, there is money but the time aspect is also very important. Do not waste your time burning your wings in the short term, take the



time to rest for long-term investment. There is a huge difference to saving in the long run, and therefore losing money because of inflation, and investing in the long run to create alternative sources of income.

In real estate, I recommend three points to which you must pay attention.

The first is education.

Always stay abreast of what's going on and know your market like a pro, be expert in the field in which you want to invest. Read and collect as much information as you can and talk to people.

The second point is time. Be a master of your own time and regain control over your time. This will give you a helicopter view of your situation and the direction of your investments. Highest is best. Time is relative, and it is you who decides whether it passes quickly or slowly by the position you are in.

“ A SPECULATIVE BUBBLE OF BELGIAN REAL ESTATE ”

The last point, which is very important, is your advisors. Surround yourself with your best advisors. Do not be afraid to change while there is still time. And don't wait for the storm before cleaning up. Surround yourself with people who want to pull you up.

If you master your knowledge, you control your time and you are well taken care of... You have all the cards in your

hand to control your real estate investment. Whether you live there or rent it, it's an investment!

If you wish to be advised or if you need information for your next real estate investment, please do not hesitate to contact me by email at info@yannickcallens.be 📧



URBAN COURT

A residential project in the heart of Brussels, in a quiet area, but also close to the bustle of the Grand Place and City2.



Start of
commercialization:
September 2019!



Urban Court is made up of 3 buildings around a private garden, totaling 142 apartments from 1 to 3 bedrooms, mezzanine studios ideal for investment or a pied-à-terre, as well as luxury penthouses.

WWW.URBAN-COURT.BE

MORE INFO : WWW.AGRESIDENTIAL.BE
INFO@AGRESIDENTIAL.BE | +32 2 226 65 27

Real estate

THOMAS & PIRON: Air and light housing

We look at an ambitious pilot project... inspired by nature

THOMAS & PIRON and VELUX shared their expertise to provide concrete answers to the specific needs of each and every client.

This construction project aims to optimize the energy efficiency of our homes, to achieve the ultimate in brightness, temperature management and humidity, in order to achieve an ideal living environment that is both healthy and very pleasant.

The two brands, both present for many years in the construction sector, have decided to work hand in hand on this project.

The combination of vertical windows with roof windows optimizes the supply of natural light in all the upper rooms of the house, making a total of eight roof windows and two skylights that have been added to the initial project. The incredible gain in brightness and energy savings that results from these additions is very evident.

The house is the latest addition to the Tomwood by Thomas & Piron wood frame houses. This exclusive hybrid wood frame concept has many advantages: it allows for an improvement to the thermal inertia of the building and regulates the hygrometric level. Cédric Herbiet, Tomwood Director, adds: "Acoustic comfort is not neglected."

The final VELUX ACTIVE touch makes for absolute comfort, with automatic control of the indoor climate by measuring room parameters and automatically opening or



closing VELUX INTEGRA electrical products such as windows, rolling shutters, blinds or even exterior awnings to block the sun.

Intelligent sensors are placed in the various rooms of the house and control three essential elements: the temperature, the humidity and the level of CO2, all of which can very easily be managed from your smartphone.

Find out more without delay!
www.thomas-piron.eu



WELCOME HOME!

Searching for an overnight stay?
Or looking to stay a couple of months?
Either way, we'd love to have you.

ROXI's a long & short-stay concept in Brussels fully equipped with a gym, laundry and coffee bar. Book your stay online!

Brussels
Hippocrateslaan 14
1932 Zaventem

Ghent
Opening soon

www.roxi-residence.com

 [roxi_residence](https://www.instagram.com/roxi_residence)

 [ROXI residence](https://www.facebook.com/ROXI.residence)



roxi

Ring in the new

Catherine Feore casts an eye over the new boys and girls in the EU



The October European Council has just come to an end. It will probably be remembered most vividly for the first and hopefully last appearance of British Prime Minister Boris Johnson; a charming, bumbling rogue to some; a contemptible megalomaniac and inveterate liar to others.

Other than endorsing a revised Brexit deal, there was a skirmish over the opening of accession negotiations for North Macedonia and Albania. To say that these countries have taken enormous steps to get to this point is not an understatement - Macedonia had to change its name, which required a treaty and ratification by both the Greek and now North Macedonian parliaments. Having set this condition, a few states, namely France, the Netherlands and Denmark, decided to block the opening of talks.

As the doughty warhorses Presidents Juncker and Tusk took their last bow, there

was a new face at the table. It was the President-elect Ursula von der Leyen who was invited to present her agenda. One of the issues that is at the very top of her list is the environment. Von der Leyen has entrusted this task to a well-known figure in Brussels, Frans Timmermans.

Recently approved by the European Parliament, Frans Timmermans will be the Executive Vice-President for the European Green Deal. Timmermans is most widely known for his efforts to defend the rule of law within the EU. However, as First Vice-President in the current Commission, he also led work on the circular economy and plastics strategies, including the phasing out of single-use plastics. He has been asked to present his European Green Deal within the first 100 days of the new mandate. We should expect to see a new European Climate Law on the tables of heads of government by the next European Council in



eat2five.eu

Who we are

Every day, between meetings, conferences and family duties, it's hard to find time for healthy cooking.

At **eat2five** we use our expertise on your behalf to design a healthy and delicious diet.

With **eat2five** you will eat 5 tasty meals a day and you will be able to gain proper eating habits and eating patterns.

Our Chef will take care of a variety of meals and will prepare fresh and tasty food every morning.

We deliver every morning from Monday to Friday.

www.eat2five.eu

✉ info@eat2five.eu

☎ +32 2 675 88 42

📷 [eat2five](#)

📘 [eat2five.eu](#)

Frans Timmermans



December. The law will set a goal of climate neutrality by 2050. As he put it bluntly to MEPs: "We can't afford to screw this up."

Timmermans acknowledges that this is not going to be easy, nothing less than "rebooting our society" is required, but shifting public opinion may come to his rescue. A 2018 poll conducted by the

European Parliament found that 75% of those surveyed wanted greater EU action on environmental protection. This year's European

elections witnessed a surge in the green vote. Greta Thunberg has brought the issue to the fore, and there is a sense of urgency that has sometimes been lacking in the face of other crises. There appears to be a new will that something has to be done and that that something will have to be turbo charged – but not by fossil fuels.

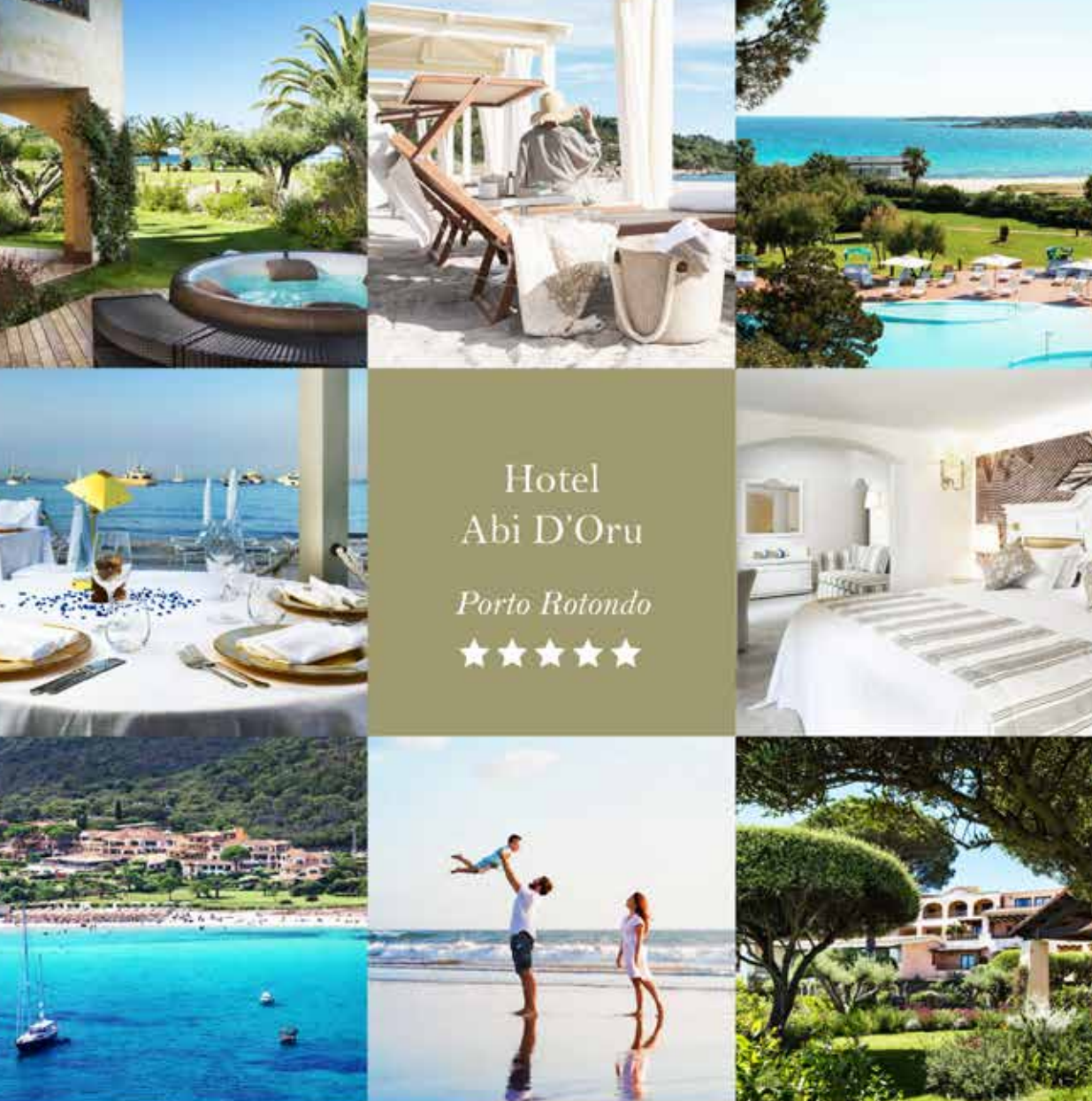
The 2050 target was nearly agreed on at an earlier European Council, but some countries – Poland, in particular – were concerned as they have a greater dependence on cheap coal. The idea is to link the 2050 target to a Just Transition Fund and a Sustainable Europe Investment Plan that could lever €1 trillion in investment over a decade.

In his hearing, Timmermans pointed to the fact that 50 million people in Europe struggle to pay their energy bills - one idea is to help them lower their consumption

through better insulation or fitting solar panels. Rather than expecting to pay for these transformations up front, the EU is looking at fair financing programmes so that people won't have to pay upfront. This would also help to create local jobs.

Given the scale and nature of the challenge, the approach of the EU will be

**" AT THE VERY TOP
OF HER LIST IS THE
ENVIRONMENT "**



Hotel
Abi D'Oru
Porto Rotondo
★★★★★

THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Located on the northeast coast of Sardinia; often referred to as « The Daughter of the Mediterranean », the sublime Abi D'Oru hotel is surrounded by crystal clear waters and white sand beaches.

Offering incredible views of the Marinella gulf, this kid-friendly address promises an idyllic stay for families with the highest expectations. Abi D'Oru describes itself as a peaceful, bucolic and chic haven as well as a meeting point for sports and nautical enthusiasts.



LITTLE GUEST
HOTELS COLLECTION

BOOK ONLINE AND GET EXCLUSIVE PRIVILEGES : [LITTLEQUEST.COM](https://www.littleguest.com)



multi-faceted. Timmermans mentioned greening of transport, sustainable food from “farm to fork”, reviewing the energy taxation directive and on and on. This is not going to be easy, but it is not impossible. The EU has reduced its greenhouse gas emissions by 22% compared to levels in 1990, while the EU’s economy has grown by 58%.

Further afield, there is a massive BUT. While Europe has no doubt made some progress, global emissions have continued to grow by 63% over the same period. Europe doing its bit alone just won’t cut it. That is why Europe will have to use its leverage as a destination of goods and setter of standards. There are many different ways that this can be done, and a multi-pronged approach will be needed. One measure already in place, but which the EU intends to strengthen, is to make all trade

deals subject to compliance with Paris COP21 targets. An option favoured by France, and that the President-elect, is to apply a carbon border tax on goods coming into Europe, but this is suspected by some as protectionist and by others as unworkable.

Countries outside Europe are also taking environmental measures. In 2018, China banned the import of waste material into China – about

85% of the EU’s plastic waste had been exported to China.

The European Union has set ambitious targets, so the political will to make change happen needs to be consolidated. Each and every single one of us has a role to play in the people we vote for and the personal choices we make. These changes may be costly, but the cost of inaction is existential. ❶

“ A GOAL OF CLIMATE NEUTRALITY BY 2050 ”

Fancy an alternative to buying a flat ?

**TREAT YOURSELF
TO A 4* HOTEL SUITE !**



*Leave the management of your property
to a trusted hotel management group
and don’t worry about anything.*

WWW.AGORA-IMMO.BE • +32 (0) 10 48 36 51

ECKELMANS
CONCEPT IMMOBILIER



LIFESTYLE

Haute Horlogerie sector, such as heritage, tradition and storytelling, resulted in a true hype about vintage

LIFESTYLE

Luxury

Luxury: In the mountains this winter

Experts in luxury chalets Cimalpes suggest three chalets that might just take your fancy this winter



Chalet Orca

The exclusive Chalet Orca is one of the most prestigious chalets in Val d'Isère. Located in Le Fornet, a slightly outlying and residential ancestral hamlet at the foot of an exceptional ski area, Chalet Orca is part of Le Mouton à Bascule, a complex of two prestigious chalets unique in the French Alps. It is undoubtedly one of the most beautiful chalets built in the resort. The level of amenities and services is worthy of the most prestigious hotels.

The location of Chalet Orca is one of the only places to guarantee maximum sunshine all year round. Its huge floor-to-ceiling windows, with a 180-degree view, will revolutionize the way you experience your stay by offering a total immersion in the heart of the resort.

The lower level has a magnificent wine cellar, an incredible wellness area a stone jacuzzi with tiled armchairs, a sauna, a hammam, a large Italian shower and a sports hall fully



equipped with the latest technologies.

The upper level consists of four magnificent bedrooms, with views overlooking the hamlet of Le Fornet and the forest and are equipped to the very highest standard. All the walls of the upper floor living room form the bay window and therefore a 180-degree view like a real complete immersion in the heart of Val d'Isère.

tinyurl.com/y2uj6p4v



Le Creux du Gypse

Le Creux du Gypse is a large, friendly chalet a few metres from the ski slopes of Méribel Village.

You can enjoy a breathtaking view of the surrounding mountains from the outdoor jacuzzi installed on the south-facing balcony of the main room. This magnificent living space is very bright and the large fireplace in its centre gives it a cosy and warm atmosphere.

The spacious Master room will charm you with its hammam and balcony without vis-à-vis. The other rooms will offer you beautiful spaces where wood is king and warms the atmosphere. Children will love the bunk beds in their rooms.

Finally, to ensure that your stay is synonymous with relaxation, a garage is at your disposal in this chalet.

Méribel Les Allues is a ski resort that was developed adjacent to the traditional hamlet of Morel, with its centre situated at about 1400 metres above sea level. The Tarentaise Valley has the biggest concentration of world-class ski resorts in the world. Most



well-known neighbour systems are Paradiski (Les Arcs, La Plagne) and Espace Killy (Val-d'Isère and Tignes). A weekly lift ticket in Méribel/Les Trois Vallées offers a choice to ski one day in each of the other two systems mentioned. There were once plans to interlink all systems and resorts to create the - by far - largest ski area in the world. However, that vision was ended with the creation of the Vanoise National Park.

Cimalpes' note: "Ideal chalet for a family with 4 children near the slopes of Méribel village. Cozy atmosphere with its large fireplace in the centre of the living room and its outdoor jacuzzi on a terrace facing south and a magnificent view." tinyurl.com/y2r6tvmx



Chalet La Grange 1855

Typically Savoyard with a Bellevilloise signature, Chalet La Grange is the newest addition to the village of Villarabout. La Grange is an authentic chalet mainly composed of wood and stone. Its vast living room offers a large and very bright living room thanks to a large bay window at the corner of the chalet and allowing you to see a stunning view over the summit of the Cochet. A beautiful fireplace, made of stone and wood, separates the living room from the dining area, which is composed of a modern kitchen opening onto the dining room.

In this renovated barn, nothing is left to chance. Wrought iron, heavy wool, furniture, screws, all the details are refined and filled with this Savoyard heritage. The grey colours of the furniture combined with the wood of the chalet offer an elegant and cocooning



atmosphere. Sophisticated and harmonious shades that bring softness and warmth to these large spaces.

The chalet has five pretty cosy rooms and a sauna where it's nice to relax in winter. The chalet's terrace will also allow you to relax while contemplating the panoramic view of the summit of the Roc de la Lune. tinyurl.com/y44jq65l



4,6 - 8,2 L/100 KM • 121 - 187 G/KM CO₂ (WLTP).

Contact your dealer for any information regarding the taxation of your vehicle.
Environmental information RD 19/3/2004: www.mercedes-benz.be - Give safety priority.

Diplomacy often involves compromise.

The new B-Class does not.

Introducing the family car reinvented. More dynamic, more agile, more intuitive, more efficient and more comfortable than ever before... the new Mercedes-Benz B-Class was built for those who want more and are not afraid to ask for it. Indeed, with its adaptive voice-activated MBUX interface, asking is all you have to do.

Ask your nearest authorised Mercedes-Benz dealer about our extremely attractive conditions reserved exclusively for diplomats.



Luxury watches: Hall of Time has genuine passion

This Brussels luxury watches store celebrates its 10th anniversary!

From one era to the next, we only change foolishness and enthusiasm as the years go by. And if the time of the soul is as immutable as that of passion, the Hall of Time can light up the big dates like torches.

What a better occasion than its tenth birthday to celebrate with dignity a legitimacy that builds on years of wisdom. Always on time when it comes to putting its know-how at the service of the most famous watch brands, the entire Hall of Time team demonstrates once again that it has more than one clock tower in its bag.

The ten years have witnessed the development of a house that has built its reputation by valuing the largest manufacturers of tradition in the watch industry. As are often the most successful, the ten years of history of Hall of Time is based above all on a genuine passion that drives Françoise Lanoizelet and Emmanuel Hankard. Their dream was realized beyond all expectations in an exceptional space for all those who, like them, share the love of watches and the mechanics of beautiful watchmaking.



**“ THEIR DREAM
WAS REALIZED
BEYOND ALL
EXPECTATIONS ”**

care and the same requirement: all its members are recognized for their watchmaking knowledge and sense of service.

Come and discover a unique place in Brussels that will offer you the ideal atmosphere to shop with confidence.

Hall of Time has spent ten years listening to time and sharing knowledge with a loyal clientele it has been able to blow its birthday candles with dignity, without extinguishing the flame!

www.halloftime.be ●

The Hall of Time is located along the famous Avenue Louise, at the foot of Wiltcher's Hotel, formerly the Conrad. Its founders, animated by the same vision, have gathered their passions - watchmaking, architecture and contemporary art - in a unique place. With a strong personality, the store has a sober and modern design. The team that works there has been trained with the same

Tic ta(1)k

Anja Van Der Borcht goes vintage

A few years ago, leading values in the Haute Horlogerie sector, such as heritage, tradition and storytelling, resulted in a true hype about vintage. Vintage today goes one step further and is now also finding expression in the form of vintage pilot watches, vintage wristbands, vintage-inspired dials and vintage green as a trend colour. How did vintage become so modern nowadays?

Round square

Bell & Ross, known for its aviation watches with an iconic square case, is now unveiling the BR05, a new automatic model (40mm) that boasts a resolutely urban look and feel with case lines that combine round and square and at the same time harks back to the seventies with its integrated design. The integration of case and bracelet (the first link forms part of the case) brings another dimension to the watch, giving the impression it is made out of one piece.



Back to the '30s

Today, **Longines** revisits a model typical of the 1930s - characterised by the aesthetic of its sector dial - to bring forth the Longines Heritage Classic, driven by a new, exclusive calibre featuring a silicon balance spring, which helps to reduce the impact of magnets on the precision of the watch. The Longines Heritage Classic is also distinctive for the diameter of its stainless-steel case: 38.50mm, a contemporary dimension that reflects the elegant pieces of the 1930s.

“ REFLECTS THE ELEGANT PIECES OF THE 1930S ”

Evergreen

In their search for purity and architectural lines, more and more watch brands find inspiration in the Art Deco movement. The new vintage-inspired Mansart (34 mm) from **March LA.B** is refined in its simplicity. This automatic watch is inspired by the octagonal architecture of the Place Vendôme, designed by Jules Hardouin-Mansart, architect of Louis XIV, The Sun King. A contemporary tribute.

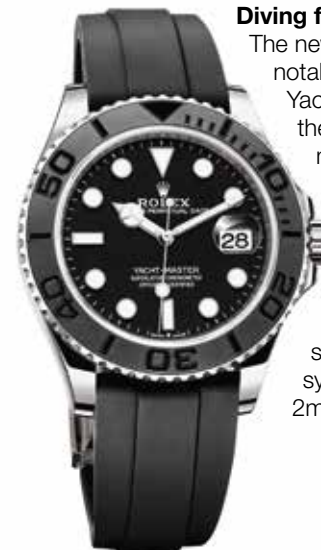




French chic

The Baignoire watch is a cult **Cartier** object. The story began in 1912 when Louis Cartier took the traditional round watch shape and elongated it. His stylistic experiment culminated in two straight, parallel lines joined by two curves, which formed the shape of a bathtub (baignoire in French) – hence its name.

This small model in yellow gold is equipped with a quartz movement.



Diving fun

The new **Rolex** Oyster Perpetual Yacht-Master 42 is notable for featuring the first white-gold case in the Yacht-Master collection, as well as for being the first in the family to be outfitted with the self-winding manufacture Calibre 3235, a new-generation mechanical movement that sets new standards of performance. With its 42mm, this watch is larger than existing models in 37mm and 40mm sizes and, since it is milled from a solid piece of 18k white gold, it is quite heavy. The watch fastens to the wrist with Rolex's Oysterlock bracelet and safety clasp with an added Glidelock extension system that allows you to adjust the bracelet length in 2mm increments up to an additional 20mm.



Mountain eagle

Karl-Fritz Scheufele, part of the family behind the Swiss brand **Chopard**, convinced his father and grandfather to give the iconic St. Moritz – the first watch created in 1980 by his father, Karl-Friedrich Scheufele, now co-president of Chopard – a make-over. The three generations worked hard, and the result is this new sport-chic Alpine Eagle timepiece. Inspired by the Alps and the imperious strength of the eagle, this watch is as majestic as the bird itself. Available in different sizes with automatic movement.



Neo-pilot

Proudly reinterpreting vintage in its 1858 range, **Montblanc** pays tribute to the tool watches coming out of the Minerva Manufacture a century ago, destined for use by the military or explorers. The bronze case (42 mm), green dial and woven strap of the Montblanc 1858 Automatic Chronograph Limited Edition would surely have appealed to those pioneers of aviation! 🕒



Current week number

Patek Philippe introduces a new function in its range of calendar watches. La Calatrava Semainier ref 5212A-001 indicates the number of the week in addition to the day and date. The watch with a case (40mm) in stainless steel also features a new automatic movement.



Cushion shape

With its cambered square case (40mm) made of cellulose acetate or in polished steel, offering a breathtaking view of the balance wheel at 9 o'clock; not to mention the transparent case-back, giving an unobstructed view of the automatic movement, the Clubmaster Iconic from **Briston** fascinates day in, day out.



Aye aye, Captain

Inspired by the sailing boats competing in the America's Cup Race in Newport (Rhode Island), the Newport became the iconic watch from **Michelin Herbelin**. These quartz watches have a nautical style with all the functionality of a durable sports watch. Available this season with many new finishings in the women's as well as the men's versions.



Caspian Tradition

La Maison du Caviar

*by
Caspian Tradition*



L'exquise saveur des Perles noires

The exquisite flavor of Beluga Caviar

Caspian Tradition

Avenue des Pâquerettes, 55 1410 Waterloo - Belgium

Tel : +32 2 354 97 90.

info@caspiantradition.com

La Maison du Caviar - Marché Matinal de Bruxelles

Quai des Usines, 22-23 G302 1000 Bruxelles - Belgium

Tel : +32 2 736 86 63.

ines@caspiantradition.com

www.caspiantradition.com

Fashion

Midcentury Memories. The Anonymous Project

New York Magazine said: “The subjects in each image are unknown, nameless in a way that highlights the universal nature of photography.”



Rewind back to the mid-century, before the age of Instagram and Snapchat, where people were using 35mm cameras loaded with colour film to document both monumental and mundane moments in their lives. They took pictures of their loved ones, their vacations, their celebrations. They memorialized the births of babies; a child in a cowboy outfit; a new colour television set; sightseeing in National Parks; fishing trips; lazing on the beach; weddings; office parties; family reunions; holding hands, kissing and dancing. Imagining these lives and the possible stories that lie behind the images is what makes *The Anonymous Project* such a compelling

journey into our past. The passing of time is enhanced by the book's narrative that begins with scenes of early childhood and ends with seniors, with all the stages of life in between.

It all started with an innocent purchase on eBay. Filmmaker Lee Shulman bought a set of 35mm Kodachrome slides, anonymous family photos, and was so taken with what he calls “the emotional value of these slices of life” that he knew he had to have more. He launched *The Anonymous Project* in 2007 and has since acquired around 700,000 images either by donation or via vintage sellers. As noted, photography critic Richard B. Woodward writes in the introduction: “It is significant - and fascinating - that in virtually



**“ THERE ARE NO
STRANGERS HERE ”**






every image here, photographer and subject seem to know one another. In this embracing album of humanity, no one exists in isolation. There are no strangers here."

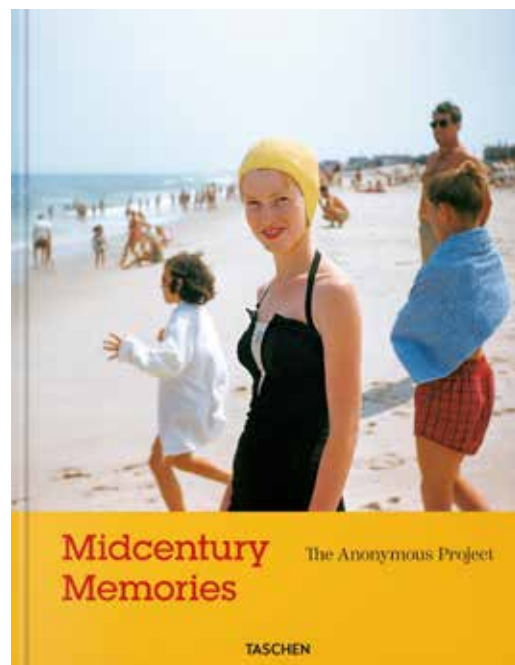
This curated collection of just under 300 images taken between the 1940s and '70s offers an intimate glimpse into the lives of these anonymous subjects. The locations, dates, and the subjects may be unknown—but these shots taken by skilled amateur photographers, and the fascinating stories they contain, are universally familiar.

The contributor

London-born Lee Shulman is a graduate of the University of Westminster. He is an award-winning film director working in advertising and music videos. In 2017, he founded The Anonymous Project, which has become one of the most important collections of amateur photography slides in the world. The work has been exhibited in Paris and Milan and will be presented this year at the prestigious Rencontres D'Arles Photography Festival in France. **€40**

TASCHEN Store Brussels, Grand Sablon/
Grote Zavel, Rue Lebeauststraat 18, 1000
Brussels

www.taschen.be 



Ø X F Ø R D

TAILORED



YOUR SUIT
AT WORK
OR AT HOME.
TAILOR-MADE



Today's businessmen are no longer restricted to the nine-to-five working day, which is precisely why we invented the Oxford Suit Truck. Our 'flying tailor' concept allows you to make an appointment with our skillful tailors whenever and wherever it suits you best.

Oxford stands for heritage and sartorial excellence. For over twenty-five years, we have been crafting bespoke garments to dress the modern man.

OXFORD ANTWERPEN
HUIDEVETTERSSTRAAT 53 A
2000 ANTWERPEN

Shopping

Shopping



Bio-Melatonin Complex

Pharma Nord's Bio-Melatonin Complex is a safe and natural food supplement to help you get a good night's sleep – ideal for anyone with a hectic lifestyle and people on long flights. This product is very effective thanks to the melatonin it contains. Indeed, melatonin is a natural substance that regulates perfectly the body's internal clock and the circadian cycle to sleep. Melatonin production by the body depends on exposure to daylight and the darkness of the night. The modern pace of life or jet lag, the consumption of caffeine, alcohol and tobacco, light screens (TV, tablet, smartphone etc) and a number of other factors reduce the production of melatonin in the body and can cause sleep problems. Bio-Melatonin Complex contains melatonin and helps maintain adequate melatonin levels in the body, which play an important role in the sleep-wake rhythm. Use: One tablet melted under the tongue, more or less half an hour before bedtime. Melatonin is not addictive. Bio-Melatonin Complex from Pharma Nord, on sale in pharmacy www.pharmanord.be



ageLOC® LuminaSpa NU SKIN

With this versatile skin care device, give your face and eyes the most advanced care while using the magic of ageLOC® technology. Remove stains and excess oil from your skin, while getting a more even skin tone, and a little smoother and softer. This refillable, water-resistant facepiece features patented ageLOC® technology. And Two-Sense Motion to clean the skin more effectively. Use: 2 minutes, twice a day, preferably with activating cleansers. Results obtained from the first use. NU SKIN is the # 1 system of home beauty systems according to Euromonitor, the international independent world leader in strategic market research. Discover the full range of beauty devices: www.nuskin.com



Andy Wolf: made in Austria



davidrose

optométriste - lunetier

Rue de Trèves 16
1050 Brussels
(Luxembourg district)
+32(0)2 512 66 10
davidrose.optique@gmail.com

davidrose commitments :
- 95% of our frames are crafted in Europe
- Lenses manufactured in Germany or France



Clément Lunetier: handmade in his workshop in Strasbourg, France

RES/REI: handmade in Italy, near Treviso



A SWEET SECRET HANDMADE WITH LOVE IN THE KINGDOM OF BELGIUM.

Discover our fascinating story & buy online at:
Cuberdonsleopold.com



Magritte Limited Edition

Follow us on facebook.com/cuberdonsleopold and Instagram/CuberdonsLeopold

© C.H./ADAGP, Paris 2019

LIFESTYLE

Shopping

Lindt in Belgium

For all Belgian gourmets and fond of chocolate that melts in the mouth! Lindt opens its second store in Belgium. Recently, the new chocolate box has been installed on rue du Luxembourg. Lindt chocolate has been around for 175 years - it still melts in your mouth and has not aged!

Lindt remains the number 1 in the field of premium chocolate in the world. The holiday season is coming soon, and the two Lindt shops are already ready for Halloween, St. Nicholas and of course Christmas. A pleasure for the eyes, but especially for the mouth.

www.chocolate.lindt.com

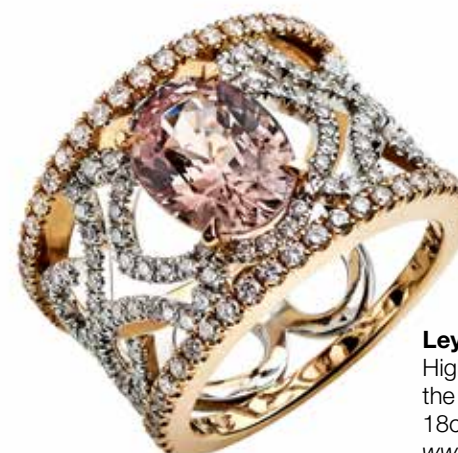


One More

Belgian jewellery designers One More like to make women shine. As usual, diamonds and gold play the leading role in the new collection.

Eolo earrings composed of yellow gold discs and diamonds: **€1,635**

www.one-more.be



Leysen

High jewellery collection. Oval-cut sapphire of 3.52cts in the centre and interlaced brilliant-cut diamonds setting 18carat rose gold: **€14,800**

www.leysen.eu





Dinh van

Pulse earrings, paved hoops, pink gold dias: **€6,500**
www.dinhvan.com

Ginette NY

Mini Ever Ring, 18 carat, rose gold, black and white diamonds, large diamond disc ring: **€4,820**
www.ginette-ny.com



Dior Lady Art Athi Patra Ruga

Dior Lady Art

A timeless icon, the Lady Dior never ceases to reinvent itself, like today's woman. An ode to femininity's multiple nature, this manifesto harmonizes with every personality. It is an emblem of an inherently refined, self-assured, trans-generational attitude. This bag represents the quintessence of the Dior spirit, its signature codes and haute couture savoir-faire - a gem of craftsmanship. For the fourth edition of Dior Lady Art, eleven artists from around the world have participated in the game of metamorphosis by rendering the iconic Lady Dior as a unique piece of art. An exercise in virtuoso style. From one horizon to the next, from Mexico to Japan and Portugal to the United States.
www.dior.com



© Maasmechelen Village 2019 10/19

A Magical Village Christmas

Experience the charms of a traditional Christmas at **Maasmechelen Village**, with twinkling lights, spectacular savings and even a dusting of snow.
 Shop **Sandro**, **ba&sh** and **Essentiel**, with up to **60% off***.

Open every day from 10 a.m. to 7 p.m.,
 including on **Sundays** and **bank holidays**.

MaasmechelenVillage.com

MAASMECHELEN VILLAGE

A MEMBER OF THE BICESTER VILLAGE SHOPPING COLLECTION®

*on the recommended retail price.



boudoir du regard

Haute style le Boudoir

Place Georges Brugmann, 22 - 1050 Ixelles
+ 32 2 660 29 63 - bruxelles@boudoirduregard.com - www.boudoirduregardbruxelles.be



un regard haute couture

Le boudoir du regard est le premier Brow Studio design à Bruxelles dédié à la beauté des yeux.... Restructuration, micro-pigmentation, rehaussement ou extension de cils : les techniques de maquillage semi-permanent exclusives subliment votre regard ... Un must !



LIFESTYLE

Beauty

Beauty

Caroline Dierckx advises us to wear our inner beauty ritual on the outside!

When daylight becomes more and more discreet, we take the opportunity to relax in our warm homes. We cherish our faces by moisturizing and pampering them with appropriate care. We over-protect our skin as we prepare it for the oncoming festive season – it's coming around the bend!



1.



2.



3.



Atoderm SOS Spray care of **Bioderma**, for all itching whether regular or temporary. Price 50ml: **€9.29** / 2. **Klorane**, soothing and very gentle eye makeup remover, rich in blueberry extract. Without rinsing. Ideal for lens wearers: 100m, **€8** / 3. **L'Occitane**, Cocon de Serenity Soap with a relaxing fragrance: **€12**



A-Oxitive Avène, a range of antioxidant treatments. Use morning and evening with the appropriate product for a skin protected from environmental oxidative stress: from **€25.50** to **€34.90**



1. **Ravintsara** essential oil, Puressentiel. Antiviral and anti-infectious. Tonic, it accelerates recovery and helps fight against fatigue: 5ml, **€7.15** / 2. An ultra-refreshing ritual by **René Furterer**: **ABSOLUE KERATINE**. Renaissance Sublime care for damaged fragile hair: 100 ml, **€32.50** / 3. **WR Eye Pen**, The Colours of Black. A pencil for the eyes that is both mechanical and water resistant. For sensitive eyes: **€14.30**. Available four colours in pharmacy / 4. **100BON L'EAU DU PARC**. Di opts for eco-perfumery with 100BON. Original colognes based on natural ingredients and essential oils. Comes in five fragrances: **€35** / 5. **LOEWE** Aura Pink Magnolia for her. A floral Eau de Parfum gourmand with a 20% concentration in essential oils, where magnolia is the star ingredient: 100ml, **€130**. Available in independent perfumeries and at Paris XL ●



Aujourd'hui plus que jamais HELENA RUBINSTEIN révolutionne le soin et repousse les limites de la science cellulaire pour la peau en s'intéressant à un nouveau territoire de recherche : la reprogrammation cellulaire.

Prodigy Cellglow Concentrate, reprogramme les cellules et active des messages de jeunesse régénérateurs. **Powercell Skinmunity Sérums**, agit pour une qualité de peau et une protection anti-pollution. **Re-plasty Age Recovery night**, soin nuit ultra concentré à effet pansement, répare les signes de l'âge.



DÉCOUVREZ LE NOUVEAU FOND DE TEINT HYBRIDE INFUSÉ DE SOIN
90% DE SOIN & 100% DE GLOW

VOTRE CADEAU

PRODIGY CELLGLOW, THE FOUNDATION BRUSH

Recevez un pinceau à l'achat du nouveau Fond De Teint Prodigy Cellglow.*



Design

Women in Design

This month we look at three essential design stores in Brussels



Three distinct DNAs and three interior tips for this season

Ligne - Oona Simon

The vintage trend seems to continue, if we are to believe interior design magazines and 'revival' trade fairs. A trend that finds an echo in models reissued mainly by Danish firms.

Go green, duck colour velvet, green marble, plants. Knoll Oval Table by Saarinen, Verde Alpi Marble: **€13,673**

Due to our long experience (founded in 1966), we have the opportunity to offer our customers a wide choice from the biggest brands of furniture and accessories. Our job is to guess what the customer wants, to find it among all our references and to satisfy his or her desires. We never recommend brands or items with a quality or after sales service of which we are not sure. Our advice does not stop there: we can also advise on the colour of the walls, the material of the carpets or help you to find a sofa according to the length of the legs.

shop.ligne.be



Les Tissus du Sablon - Sandrine Heregots

"The main trend that is taking shape this season invites us on a journey through the archives of the big-name design houses through the reissue of wallpaper classics and the launch of matching fabrics. One of our showcases will be dedicated in October to the famous trees by Cole & Son who celebrate their 60th birthday. This journey back in time is accompanied by travels around the world, with prints that take us to the discovery of exotic landscapes, wildlife and rich and wild flora. There is also a multiplication of designer collections, such as Jean-Paul Gaultier, Lacroix and Matthew Williamson, and an 'arty' trend with the Christian Astugueville wallpapers and fabrics for Pierre Frey. Finally, this winter we want soft and warm textures, wool and velvet.

"Our DNA: diversification, a multi-style offer, helpfulness and attentiveness in order to offer a tailor-made, high-end service."

www.tissusdusablon.be





La Forêt - Lucia Esteves

"The return to chic, haute couture, white, black, gold and red..."

Lucia's DNA is above all a lifestyle, which is expressed even on the table. Lucia Esteves knows how to install magic in an interior, guided by her sensitivity, intuition and eye. "When I enter the house of my clients, I quickly decode their personality and way of life. Then I understand the shortfalls and I try to remedy it by adding sensitivity to the functional side by mixing contrasts of material, beautiful objects and above all the nuances of colours..."

Cushion Vice Vesra Jacquard Stone Kilim
Ocher, 40x60: €130
www.luciaesteves.be



Staircase designer who enhances exceptional interiors
www.vdv-design.be

Design

Design

LIGNE Design Store, Brussels

On the occasion of the commemoration of the 100th anniversary of the Bauhaus, Knoll launches a Limited Edition of 500 numbered units, with the structure in black chrome. Marcel Breuer was an apprentice at the Bauhaus when he began experimenting with tubular steel as a way of building a more transparent chair.

Inspired by the frame of a bicycle and influenced by the constructivist theories of the De Stijl movement, Breuer reduced the form of the classic club chair to its elemental lines and planes.

Note: only 500 of the Wassily Limited Edition Chair have been produced, all with a serial number and special stamp on the structure to mark the 100th anniversary of Bauhaus. The Chair is provided with a certificate of authenticity. Available at LIGNE.



Galerie de la Reine 12. Through reading Domus and Interni and attending numerous fairs, the showcase of Ligne became a real reference. Our calling was to become the best of the best to present of contemporary furniture - for everyone".

Marcel Lajos Breuer was a Hungarian-born modernist architect, and furniture designer. At the Bauhaus, he designed the Wassily Chair and the Cesca Chair, which is among the 10 most important chairs of the 20th century. Breuer extended the sculptural vocabulary he had developed in the carpentry shop at the Bauhaus into a personal architecture that made him one of the world's most popular architects at the peak of 20th century design. His work includes art museums, libraries, college buildings and residences. Many are in a Brutalist architecture style.

Knoll Wassily Lounge Chair 'Bauhaus 100th Anniversary Limited Edition', black chrome and black slings, designed by Marcel Breuer, 1925: **€2,420+VAT**
www.ligne.be

LIGNE explains its ethos: "What seems obvious today was not at all back in the days, the heydays and awakening of the design, in the early seventies. Few people knew Artek, Cassina, Zanotta were the first brands that appeared in our Ligne window

Bexley.com
QUALITY FOR MEN



Chemises 50€

3 pour **99€** - 5 au choix **129€**

Chaussures Ville et Boots 139€

La 2^e paire au choix **99€**

Ceintures 29€

La 2^e au choix **19€**

Embauchoirs Cèdre Rouge 29€

2 paires **39€** - 4 paires **69€**

Costumes 199€

Le pantalon supplémentaire **59€**



«Un prix défiant toute concurrence, in-dis-cu-table» (Pointure) - «Rapport qualité-prix imbattable» (Capital)

NOS BOUTIQUES

PARIS 4^e 35, bd Henri IV
PARIS 6^e 116, bd St Germain
PARIS 7^e 39, bd Raspail
PARIS 8^e 11, rue La Boétie
PARIS 8^e 76/78, av. des Champs Elysées
PARIS 8^e 4, rue Chauveau Lagarde

PARIS 15^e 325/327, rue Vaugirard
PARIS 17^e Palais des Congrès
LYON 1^{er} 38, rue Edouard Herriot
LYON 2^e 4, rue Childebert
LYON 6^e 51, cours Franklin Roosevelt
MARSEILLE 6^e 32, rue Montgrand
AIX-EN-PROVENCE 25, rue Thiers

NICE 30, rue de l'Hôtel des Postes
TOULOUSE 40, rue de Metz
ANNECY 7, rue Sommeiller
LILLE 55, rue Esquermoise
NANTES 3, rue Rubens
BORDEAUX 12, rue Montesquieu
BRUXELLES Galerie de la Pte Louise

SHOP ONLINE

WWW.BEXLEY.COM

- Leader since 1996 -

Chaussures, Prêt-à-porter, Accessoires

Shoes, Menswear, Accessories

Go local ...



TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



SPEAK THE LANGUAGE

Dutch courses, workshops for children, practice opportunities



MEET THE PEOPLE

Clubs and activities for children and adults



DISCOVER THE REGION

Randkrant and RINGtv

welkom.derand.be

local information and events on
www.randkrant.be - www.ringtv.be



RANDKRANT



LIFESTYLE

Design

Flamant du Sablon

The brand's Sablon shop is a must-see in Brussels




There has been a magnificent reopening of the Flamant du Sablon boutique, which reveals the superb renovations of this mythical palace and reveals its brand-new logo.

After 41 years of existence, this world-famous Belgian brand has adopted a more contemporary branding, while keeping its fundamental values. Flamant has always been about making each house a unique and warm home. This philosophy emphasizes their new slogan: 'You're home'.

The Sablon shop is the perfect reflection of the brand's vision for the future. It now has wider alleys, new spaces and a friendly bar. We like to stroll there, get inspired, spend a moment in an exceptional setting.

Also worthy of note is their own genever... ideal for perfumed cocktails - this pretty bottle with its superb design will attract many converts. Also new this autumn: Flamant opens three pop-up stores in Hasselt, Kortrijk and Namur for Christmas.

A provider to the Court since 2007, this national pride has not finished seducing its loyal customers and is also concentrating on new and future generations...

www.flamant.com 



Shopping

Shopping decor



Circu

Fantasy Air Bookcase is the perfect piece to complement your kids' dreams. Inspired by the world of adventure, this piece is a reference to the Disney movie *Up!* Parents can imagine and relive the life of the famous Phileas Fogg, from the movie *Around the World in 80 days*. This piece by CIRCUCU is a chest of drawers that is perfect to store the children's clothing. With large storage capacities, thanks to several drawers with a vintage suitcase design, this amazing piece will help parents organize the room.

www.circu.net

Maison Valentina

The Prisma stool is a symphony of meticulous proportions based on a simple square black velvet, created with the same empowering and passionate aesthetics in its design. The unified softness conceptions of well-defined geometric shapes end in a gold-plated surplice. This luxury item adapts perfectly to any

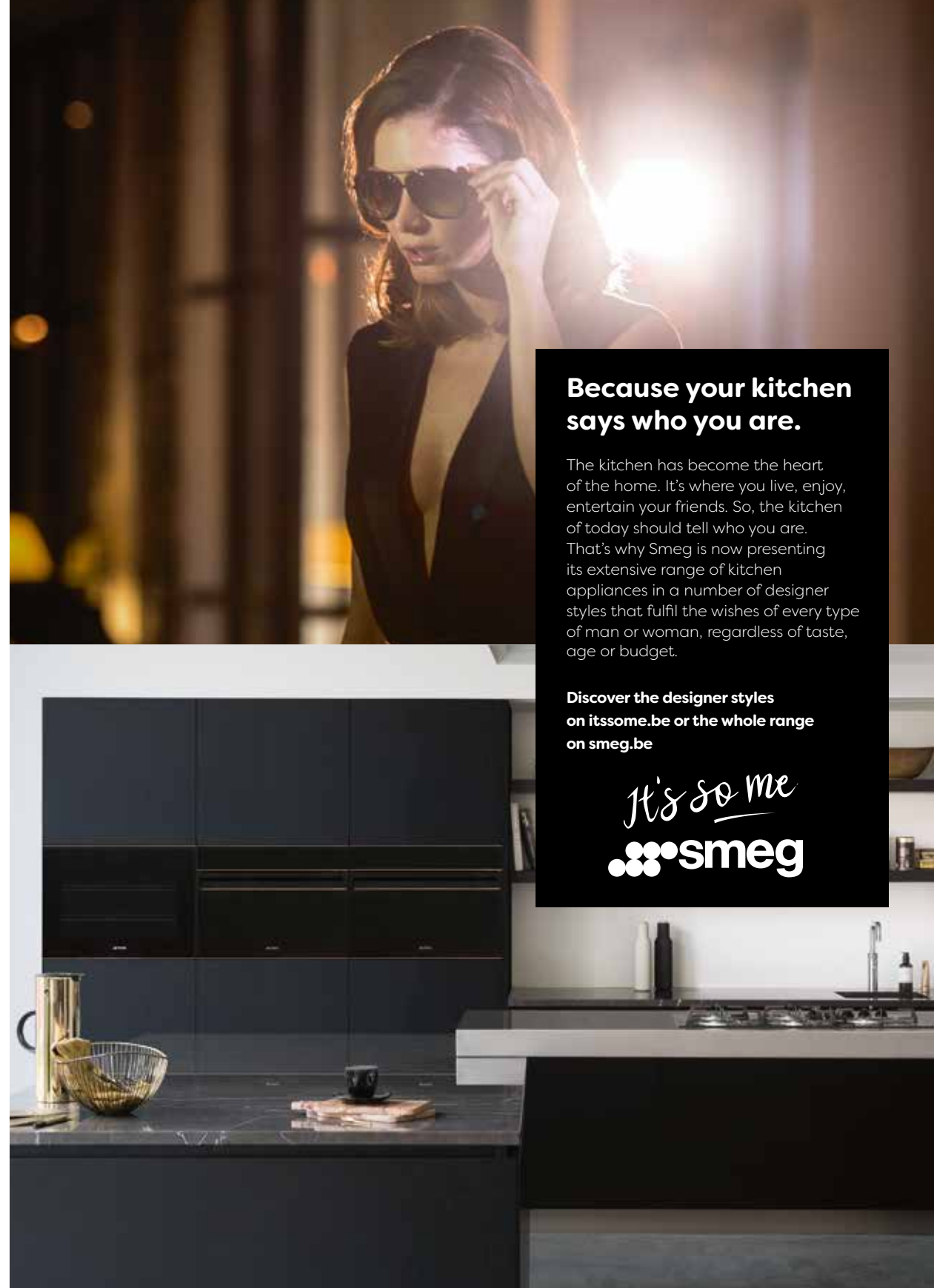
www.maisonvalentina.net



Meir Australia Pty Ltd

Featuring the same Black Gold electroplated finish as our larger products, this waste is available with or without overflow fittings. This 32mm Black Gold Pop-up Waste is designed for basin or bath drain hole sizes at approximately 45mm in diameter. Not sure if you need a black pop-up waste with or without an overflow? An overflow is a small hole in the side of a basin or bath, used to drain excess water away before the basin or bath overflows. If your basin or bath has an overflow hole, it will require a pop-up waste with overflow.

www.meir.com.au/locations



Because your kitchen says who you are.

The kitchen has become the heart of the home. It's where you live, enjoy, entertain your friends. So, the kitchen of today should tell who you are. That's why Smeg is now presenting its extensive range of kitchen appliances in a number of designer styles that fulfil the wishes of every type of man or woman, regardless of taste, age or budget.

Discover the designer styles
on itssome.be or the whole range
on smeg.be

It's so me
smeg

D-SIGN STORE CONCEPT



AMÉNAGEMENT MOBILIER INTÉRIEUR & EXTÉRIEUR PROFESSIONNEL & PRIVÉ

HORECA | BUREAUX | COLLECTIVITÉS | MAISON DE REPOS | HÔPITAUX | PRIVÉS

www.dsign-storeconcept.com

14-16 Rue Pierre Gassée - 1080 Bruxelles - GSM +32 475 985 999

TEL.+32 2 347 63 94 - info@dsign-storeconcept.com

LIFESTYLE

Shopping



Live laugh love ltd

Decorative Glass Bottle (1 only). Give your bathroom a touch of vintage charm with this lovely chemist bottle and cork stopper. You can either fill this bottle with your lotions and potions or leave it empty, it is certainly pretty enough! Either way they will add a decorative touch to any shelf or mantle. **€6**
www.livelaughlove.co.uk

MADE.COM

Don't let your bathroom miss out on style. The Bran toilet roll holder slips a luxe touch in at every level. Made in India for a durable, quality design, Bran's copper finish will add a luxe touch to your place. Whether your home is large or small, Bran offers a storage solution for you. Including bedroom, bathroom, and hallway accessories, sleek style throughout the home just got easy. **€19**
www.made.com



Satara Australia

Branch Stool Small. This attractive branch side table is made from teak branches and a solid slice of teak - showing the attractive timber grain. Suitable as a stool or table for both indoors and outdoors. **€124**
www.satara.com.au

Eichholtz

There's not a superlative that can describe the sheer fabulous beauty of this chandelier.

Surrounding this incredible dome cage are hundreds of gorgeous glass-cut diamonds separated by intricately detailed wire borders. This marvellous chandelier is like a decadent disco ball just waiting to host a dinner party of the finest taste. Chandelier Kasbah

Oval Medium. €950

www.sweetpeaandwillow.com



DelightFULL

Coltrane mid-century wall sconce is inspired by the famous John Coltrane and it is the perfect piece to create a beautiful lighting effect both indoors and outdoors. Handmade in steel by DelightFULL's skilled artisans, it is a great example of how less is more. This wall light fixture has matte black and gold powder paint finishes, which give it a more contemporary style. It is prepared to be used in more humid atmospheres, making it the perfect outdoor sconce. Price on demand www.delightfull.eu



Sweetpea & Willow

The Lockley Chaise longue has deliciously shapely curves. The seat is long enough for you to stretch your legs out and the back high enough to support your shoulders. You can have this either as left hand or right hand so it will look great anywhere. This is such a comfortable piece of furniture that it will make you wish for a stack of glossy

magazines or a bestseller to read with no interruptions. At the front it has gorgeous antique brown mahogany feet with brass castors. €115 www.sweetpeaandwillow.com



F

a touch of Flamant

FLAMANT

YOU'RE HOME

A touch of Flamant. That's what turns nice into beautiful. Elegant into absolutely gorgeous. It's essential for anyone with an eye for perfection. Our collections turn your house into a warm home.

Whether you go for a simple accessory or a complete interior. That's a touch of Flamant. Truly unique.



flamant.com

ANTWERP / BRUSSELS / KNOKE-ZOUTE / PARIS / SINT-GENESIUS-RODE / SINT-MARTENS-LATEM

Spike Lee: Being proud of who you are

Together met up with an iconic movie director celebrating an anniversary

Three decades after the release of what many deem to be his society-defining breakthrough, Shelton Jackson Lee – or Spike Lee, as he is perhaps better known – continues to plot a route through equality, prejudice, culture and creative relevance.

While the desire is to challenge and change, Spike Lee believes we're already pushing the difficult questions. And he should know...

Together: So, it's the 30th anniversary of your iconic work *Do The Right Thing*. It still holds up as relevant today as it was in 1989.

Why do you think that is?

Spike Lee: Well, shit hasn't changed. The murderer's chokehold of Radio Raheem was based upon the real NYPD chokehold of a graffiti artist, whose name was Michael Stewart. It was at Union Square subway station, and the guy was smaller than me. The cops jumped on him and choked him to death. Also, at the end of the film, we shout out some other families, people who have been killed by NYPD.

So, many years later when I saw the NYPD do the same thing to Eric Garner, it was like: "This is the same shit." Recently, the United States department of 'just us' cleared officers of anything. Also, they waited until the day before the statute of limitations was going to run out. The next day was the fifth anniversary of his murder – it took five years.

As we know, the list is too long to go over people of colour who have been killed by the forces, and they don't go to jail. So, the authorities don't put that much on the lives of coloured people.

When this film came out, there were a lot of reviews from people on both sides of the fence, and the one thing that always got me was when reviewers would talk about



LIFE OF LEISURE

It might even lead to a true realization of the legacy of tapestries, as well as other ancient image-based storytelling devices

Interview

'lament' the loss of the pizzeria, and they put more weight on the loss of white-owned property than a black life. So, that's another thing which has not changed.

This was the biggest project you had undertaken at the time. Can you tell us about how you went about this and the thought process behind it?

The title was something which came first, and I knew what I wanted it to be, but from there, everything just started to trickle in. I know that I wanted it to be the hottest day of summer. The heat in New York, after it gets past 95°, shit is crazy. All of those people in the projects living on top of each other, that just shouldn't happen. So, I knew that I wanted that to be in the film, and as

the day goes on, the temperature goes up and we see things escalate.

I wanted to have the whole thing shot in one block and four years ago, New York City had that street renamed Do The Right Thing Way. That's the only street named after a movie in the history of the city. So, the film takes place



in one day and you see the many characters that live in the block, and even though it came out in 1989, I wrote it in 1988.

So, I was talking about justification in 1988, I was talking about global warming, I was talking about police brutality and several things we had in our crystal ball. I did not



APERO CHAMBON Every Thursday 5-8pm: free appetizers

LADIES NIGHT Every Friday Night: presents for all Ladies

JUMBO HOUR Every Saturday 5-8pm: XXL Drinks

11 Rue d'Argent 1000 - Bruxelles

Réservations : +32 (0) 489.70.57.03 - Jeanjacques@chambon.brussels

www.chambon.brussels

Interview

predict a black president, though! [Laughs].

I have to give a shout out again to *Night of the Hunter* with Robert Mitchum, and that was written by James Agee, and that's where the style was at the time – knuckle rings. So, that's where I got the idea: instead of putting tattoos, Radio Raheem has love and hate.



You have been particularly outspoken about Donald Trump.

But we just live in a very, very shaky time in the world now with this guy in the White House, I call him Agent Orange. I mean, it's serious, now and as President Barack

Hussein Obama has said, this coming election could be the most important election in history. The United States of America is really about the soul of the country.

That's where the battle is now, and this guy in the White House is on the wrong side of history. We showed that at the end of *BlackKkKlansman*, where the President of the United States of America, the so-called leader of the free world, refused to repudiate the Klan, neo-Nazis, and he said that he couldn't do it.

He was afraid that he would lose his base, and the same way he keeps saying: "Send her back, send her back..." (in reference to Ilhan Omar). Then he says: "That wasn't me, I wasn't saying it." You know, he was egging them mother*ckers on!

“ YOU’VE GOT TO BE PROUD OF WHO YOU ARE AND WHAT YOU DO ”

You put a video up on social media with the death of the film's main protagonist having shocking similarities to that of Eric Garner...

Yeah, I spoke to my editor, Barry Brown, who has cut many of my

So, that's where we are, and that's one of the reasons why this film is still relevant, because if you've seen the film, you will know that this shit is still going on. It's not a history lesson, it's not a relic, it's still – you could say – reflected in the headlines.

films. When I saw the horrific footage of the murder of Eric Garner, I called Barry and I said to him that we had to cut it. So, he came over and all of us did it, and we cut some footage together and we put it up on Facebook, where we cut back and forth between the murders of Eric Garner, real life, and Ray Raheem, fictional.

But, as I said before, the chokehold murder of Ray Raheem was based upon Michael Stewart, and nothing happened to the cops who choked Michael Stewart to death. So, that's where we are at, now.

When this film came out, it didn't look like anything else which was out and also didn't sound like anything else.

Well, the look of the film is not down to the director, that is more down to the DP (Director of Photography) who was Ernest Dickerson, the costume designer, who was Ruth Carter, the production designer, Wynn Thomas.



Ernest and I went to film school together and Ang Lee as well; we were all in the same class.

Ruth Carter won an Oscar for *Black Panther*, and she had been nominated before for *Armistad* and *Malcolm X*. Wynn Thomas has been a production designer for a long time and was working recently on a new film, *The Five Bloods*.

So, we sat in a room, and I told everyone that we want people to be sweating while they were watching this film. The red wall where you see the corner men, that was not the colour of the wall, Wynn painted it that colour. Ernest would put butane and things below the lens and Ruth would have costumes with no colour. All of this contributes to the heat.



The music fits the piece so poignantly, as well...

Another shout out that I have got to give is to Public Enemy's Chuck D. Because, I forgot how many times you hear *Fight the Power*. But I knew that every time you saw Ray Raheem he's got a hip-hop song blasting, and I wanted an anthem. So, any song that is in the film as much as it is, has to be a great one.

I automatically thought of Public Enemy, but

Interview

what you see in the film was not the first demo. We weren't ready to show the film to them, so the first attempt wasn't what we needed, and we waited and waited. Then, when I showed them the film, Chuck knew exactly what we needed.

They had a look at the script, but it's not the same as when you see the film. But they knew exactly what they wanted to do and how to do it, and they used the Isley Brothers song 'Fight the Power' and put their own touches and style to that.

When you've had projects that haven't caught on for some reason, how do you contend with that?

I've always been of the opinion that the good stuff will come to the top in the end, even if it takes a while. Having your art missed by an audience isn't just the privilege of up-and-coming or unknown directors, it happens to everyone.

Throughout my career, I have had big movies mixed in with those that didn't register at all. There are reasons why people may not yet have seen any particular films and works – not just mine – when they originally came out. There are some films of mine which have been missed by people; *Bamboozled* is definitely one of those, *25th Hour*. Do I mind? Well, I'd



rather they got the attention they deserved in the first place, but over time they do, and when that happens, they take on their own persona. It is a story beyond a plot.

There is certainly one method that stands above all others when it comes to being found – you've got to be yourself, you've got to be proud of who you are and what you do. If it's your voice, you have far more chance of having your voice heard and your work seen. If you're the same as other people, you will never stand out. Don't ever follow the trends.

**“ WITH TV
THERE IS NO
LONG ASCENT ”**

**“ THEY AIN'T
COMING BACK
NEXT TIME
AROUND ”**

Speaking of following at least one trend, how have you found the switch to TV drama with the likes of *She's Gotta Have It*?

The thing with Netflix is you've got to be on it, all the time. We were looking at 10 episodes of between 30 and 40 minutes, and there's no let-up. You cannot have a quiet period like you might in a film where you are trying to build some sort

Sun to Thur: open from 18h to midnight,
from midnight (limited menu to 2h)
Frid to Sat: open from 18h to midnight,
from midnight (limited menu to 3h)



VIAGE
GRILL
GRAND CASINO BRUSSELS

Grand Casino Brussels VIAGE
Anspach Boulevard 30 - 1000 Brussels
+32 2 300 01 00
www.viage.be

Always keep in mind that you must be at least 21 years old and must bring valid ID with you to register at the casino

Interview

of feeling, some sort of drama. With TV there is no long ascent, there is no tapering. Instead, you have a product that needs to be at it from minute one, needs to draw you in, needs to get to a storyline and have that played out, usually in full, by the end. If you fail on any one of those things, then there's a chance you've lost your audience, and they ain't coming back next time around.

With a movie, certainly in terms of cinemagoers and the traditional box office, once they have paid their money they are in the seat and you have them. You can be more dramatic, more artistic, more considered over what it is you are giving them and how you want to shape and sculpt that viewer for the duration of the film.

You can do very little for long periods then hit them, bam, at the end. With Netflix and this generation of TV drama, you don't get that opportunity, so the presentation is different and, to an extent, the way you shape your characters – their personalities – is different too. ❶



**“ WE JUST LIVE
IN A VERY,
VERY SHAKY
TIME IN THE
WORLD NOW ”**



ALFA ROMEO STELVIO

LAISSEZ-VOUS CONDUIRE PAR VOS ÉMOTIONS

Jusqu'à **8.100 €** d'avantages sur stock⁽¹⁾.

Chez Alfa Romeo, nous créons des icônes. Dans le respect de l'esthétique italienne, avec une passion de l'innovation et de la performance pour un plaisir de conduite incomparable. Faites-en l'expérience au volant de l'Alfa Romeo Stelvio.

(1) Avantage total soumis à conditions, valable à l'achat d'un Stelvio B-Tech 2.2 diesel 160ch de stock et sans options, composé de la remise Alfa Romeo 3.735€, de la remise supplémentaire 'B-Tech' de 2.500€ et de la remise sur stock de 1.865€⁽²⁾. (2) Avantage à l'achat d'un Stelvio B-Tech 2.2 diesel 160ch de stock et sans options. Avantage pouvant varier en fonction de la motorisation et du montant des options du véhicule sélectionné. La liste des véhicules de stock concernés est disponible chez votre distributeur Alfa Romeo. Offre valable dans la limite des stocks disponibles. (1) à (2) - Ces offres sont TVAC, réservées aux clients particuliers et valables dans le réseau participant du 07/10/19 au 31/10/19. Retrouvez le réseau participant sur www.alfaromeo.be. E.R.: Yann Chabert. Annonceur: FCA Belgium S.A., Rue Jules Cockx 12 a - 1160 Bruxelles. RPM: Bruxelles. BCE 0400.354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales [A.R. du 19.03.04]: www.alfaromeo.be. Photo à titre illustratif et non-contractuelle.

6.1-9.6 L/100 KM • 159-218 G/KM CO₂ (WLTP)
Contactez votre concessionnaire pour toute information relative à la fiscalité de votre véhicule.



La meccanica delle emozioni



GEBROEDERS MERCKX
Brusselsesteenweg 341, 3090 Overijse
Téléphone : 02 687 64 30

Travel

Bangkok: The Siam

Melanie de Lacy Staunton visited a unique hotel



In the midst of buzzing Bangkok, lies an exclusive retreat reminiscent of a Hollywood star's country estate. The Siam is a work of art, not only in its astonishing design, but also in the boundless antiques and artefacts that infiltrate every corner of the property. The Siam is so unique that even if you stayed there every year, each visit would always be its own singular experience, with new discoveries. This is truly one of the most exquisite hotels I've ever had the privilege to stay in. There are no two ways about it - The Siam is an absolute showstopper!

Arriving at The Siam, you cannot help but be completely awe-struck by the depth of thought that has gone into the design. From the moment you walk through the entrance, there is no inch of The Siam that isn't

deserving of a million photographs. I preferred to roam around the property, like you would a museum, and revel in all the history, art and collectors' items. For any Bill Bensley fans you will not be disappointed. His signature Black and white aesthetic, which is always so striking, permeates every facet of the hotel.

This urban luxury resort comprises 39 suites and villas, and no two rooms are exactly the same. What I admired was that the hotel could easily have included 100 rooms, however, The Siam instead prioritized the guest experience and a feeling of intimacy over capacity. The suites and villas are Immense, and all have different themes. Each motif is very tasteful, and the differences are subtle yet significant.

Brussels Airport. Tokyo. Deal.



7 direct flights every week
with Japanese Airline **ANA**
from Brussels Airport to Tokyo

Brussels Airport, your gateway to Asia

Travel

As you walk towards the river, there are 11 villas, each with its own private plunge pool, which is amazing! We stayed in a courtyard pool villa and, holy moly, I felt like a celebrity staying in this place. The villa was out of this world, with a split-level bedroom, roman style bathroom with vaulted ceiling – it has a private courtyard with plunge pool and a roof terrace with deck chairs. Moreover, there are a few extra special villas that have riverfront views. Finally, if you're looking for something with the utmost space and privacy, then make a request for Connie's Cottage.

Every guest at The Siam has a designated butler. Our butler, Gub, was fantastic. He showed us around the entire property and revealed so many interesting facts about the numerous historical pieces in the hotel. If it weren't for Gub, I may never have noticed that in the library there were newspapers displayed dating back to 1879. Furthermore, I might have missed the movie tickets that lined the walls of the screening room or not realized that all the antique film cameras were from genuine movie sets.

An activity that is an absolute must at The Siam is the cooking class. It was so much fun, and the kitchen is in the most beautiful setting, overlooking the gardens and the river. I am a notoriously bad cook, but our chef Thammarach was wonderful and somehow helped me make the most delicious Phad Thai, Green Curry and even a Tom Yum Goon. You get to enjoy your three-course meal as you cook, and then walk away with a recipe book and

“AN ABSOLUTE SHOWSTOPPER!”

specially adorned Siam aprons, which was a lovely touch. It was the most memorable cooking experience I have ever had.

Talking of cooking, the food at The Siam was authentic and tasty Thai food at its best.

Breakfasts at Chon Thai were a delicious mix of buffet options and a few special a la carte dishes. Have a drink in one of the coolest bars in Bangkok at the Deco Bar and Bistro,

which is essentially an art installation made out of instruments. Café Cha is the place to go for a coffee and a meander around the most interesting furniture pieces I've ever seen. Finally, have a relaxing poolside drink at the Bathers Bar to really get you into holiday mode!

Connie's Cottage



Connie's Cottage Bedroom



The Siam's private pier, perched on the river. It was so relaxing and secluded. I've never experienced this feeling in a city hotel before.

As The Siam is situated slightly away from the centre of Bangkok, it has its own boat that you can ride into town or simply hop on board to enjoy a complimentary cruise down the river. The location of the hotel makes it feel like a true sanctuary in bustling Bangkok, and yet it is only a short boat ride away from all the action.

Another must try is the Opium Spa. They have a Moroccan style bathhouse for relaxation, which you can use even if you're not having a treatment. The most intriguing part of the spa was that they have a tattoo parlour; this is something I have never seen before. Also, you must visit the gym, even if you hate the gym. The Siam has its own Muay Thai Boxing ring, and the decor in the gym is super retro. In keeping with the rest of the hotel, it has a plethora of vintage fitness memorabilia and old school leather boxing bags. You feel like you're in a gym from the 50s whilst simultaneously having access to all the latest state-of-the-art equipment.

What I loved most about The Siam, in addition to the history and art, was the feeling that you were staying in what felt like your own luxury country home. The pool, which overlooks the Chao Praya River, had such a chilled vibe with the colonial style Bathers Bar and grass underfoot. In the evenings, I relished having a glass of wine on

Finally, I have to mention the people. The Siam has so many elements that are amazing that it is no surprise that the service is also second to none. During our stay, we felt so often that the staff went above and beyond to do incredibly thoughtful things for us. One night, the chef made one of our favourite Thai dishes, even though it wasn't on the menu, simply because we had mentioned it when we had our cooking class!

Brought to life through the vision and passion of the Sukosol family and the architectural prowess of Bill Bensley, staying at The Siam was one of the most special experiences I have ever had. Even as I checked out, I was still utterly captivated by its extraordinary design and magnificent collectables. If you are a fan of art and antiques, along with suites that are out of this world and a hotel that takes city luxury to new heights, then there is, hands down, no better place to be a guest in Bangkok than The Siam. www.siamhotel.grandluxuryhotels.com

Travel

EU Smart Tourism Award: Lyon and Helsinki

Catherine Feore visited this year's winners of the prestigious award



Tourism plays a crucial role in generating growth and jobs. It is estimated to contribute to some 10% of the EU's GDP and employs around 25 million people. The EU smart tourism initiative, supported by the European Commission, enables Europe's cities to learn from one another; it promotes a more innovative, accessible and sustainable approach to tourism.

“ INTELLIGENT SOLUTIONS TO A WIDE RANGE OF CHALLENGES ”

You may think 'smart' just means digital, but it is really just shorthand for intelligent solutions to a wide range of challenges and includes the evolution of digital products and services - access for all visitors, sustainable development and support to creative industries and heritage.

We visited the first winners of this award, the cities of Lyon and Helsinki, to see some of these innovative approaches.

Lyon

Lyon is a large, thriving city on the confluence of the Rhône and Saône rivers. It is a culinary place of worship, with recipes based on celebrated local produce. We stayed in a delightful boutique hotel called the Hôtel de l'Abbaye, opposite the Basilica of St Martin d'Ainay.

No son of this proud city is more fêted than the man described by Gault et Millau as the 'Chef of the Century', Paul Bocuse. And in the city, he is not just revered, he is loved. Bocuse died in 2018, but even before that the city changed the name of its famous indoor market to the Halles Paul Bocuse. I was told that when he was older, he left most of the cooking to those he had trained, but that he could tell if his chefs had cooked something in the wrong way, just by the sounds he could hear emanating from the kitchen.

Lyon has more than 4,000 restaurants, 19 of which share a total of 25 stars. The Rue du Boeuf is the street with the most star-rated restaurants in France. The Tourism Information Office launched a new tool entitled 'C'est Lyon qui Régale' to promote the city's dazzling gastronomic heritage.

As proud as the Lyonnais are of Bocuse, the restaurant kitchen is not just the resort of men in toques, Lyon is also very proud of its women chefs; indeed, Bocuse began his career in the kitchen of Mère Brazier.

The 'Mères Lyonnaises' were originally the cooks of rich bourgeois families, but when they fell on hard times, their cooks ended up setting up their own restaurants, many of which enjoy the label 'Bouchons Lyonnais'. Solid, no-nonsense, unpretentious, beautifully prepared, hale and hearty food. When in Lyon, you must start your meal with a

'Communard', which is the same as kir, but replaces the white wine with red wine, and the name reflects the city's strong workers rights, which dates back to the revolt of silk workers in the 19th century. We ate at Les Culottes Longues, 42 rue Sala.



One of the most endearing aspects of this city's approach to tourism is its respect for its own residents. We learnt from 'Only Lyon', the local tourism office, that Lyon puts its residents first. They want the right type of tourism; they don't want to court masses of people and they recognize that the city has physical limits. They are starting to look carefully at data to make sure that they use the city's resources as efficiently as possible to achieve a sustainable balance.

One last word, a newly renovated Grand Hôtel-Dieu in the centre has just reopened its doors, a great place to enjoy Lyon's culinary traditions and to shop! Don't miss the traboules passageways in the old city. The Musée des Confluences was a fascinating and slightly

weird conceptual jamboree about, well, everything.
www.onlylyon.com

“ LYON IS ALSO VERY PROUD OF ITS WOMEN CHEFS ”

Travel

Helsinki

Not only geographically far apart, the cities of Helsinki and Lyon are different in almost every sense; language and climate most obviously, but also in history, culture and way of life. A statement of the obvious, but a reminder of Europe's wonderful diversity and what makes the continent so great.

In Helsinki, we stayed in the recently renovated landmark Marski hotel. The hotel's cocktail bar is described as 'legendary' and the 'elite of cocktail bars'. It is also nice that they use Finnish award-winning gins.

However, the city is replete with more sustainable lifestyle choices. If you aren't sure where to start, go to the MyHelsinki website. You can find a full itinerary of sustainable attractions, sustainable eateries, bars and even clubs, there's also a list of sustainable shops, where you can purchase long-lasting design, vintage or recycled items.

If you enjoy modern architecture that puts sustainability front and centre, Helsinki holds many gems. The sauna is a national obsession – according to legend, there are some Finns who don't like the sauna, but they have never been spotted and most are thought to be extinct. They even have a Ferris wheel with a sauna. One of particular architectural merit is the Löyly public sauna looking out on to the sea.

It may sound odd to say visit the public library, but Helsinki Central Library Oodi is well worth a guided tour. It is stunning in its design and cost a meagre €98 million. When I asked if there was public rioting at the cost, I was told with a shrug of the shoulders that it was around the same cost as 10km of road. Seen through this optic, how could you disagree? But this library is not just a triumph of design, it is also a triumph of function. It has books, but there are also music studios – with instruments and top-end recording facilities, gaming rooms, all sort of tool rooms with everything from sewing machines to 3D



Photo © Oodi

printers. If you are seeking inspiration and best practice, Oodi is a must.

For relaxation, visit the Suomenlinna Sea Fortress UNESCO World Heritage Site, a short ferry trip from the city and a great way to stretch the legs. It is also close to the little island of Lonna, which has a wonderful sauna, and afterwards you can swim in the Gulf of Finland with the swans - they look scary but they are OK if you stay at a respectful distance. After your dip you can enjoy the restaurant, which has delicious Finnish dishes using the freshest of local ingredients.

Finally, I would highly recommend Nolla. This is a high-end restaurant with an almost pathological obsession with making everything - and I mean literally everything - from the soap that is recycled from kitchen fat in the toilets to the in-house composting system for sustainable food. This obsession has had a ripple effect across Helsinki, with the owners asking or suggesting that their providers make more sustainable changes. We know this from our conversation with one of the three owners, and that is one of the most refreshing things about Nolla. The food was great, the atmosphere was welcoming, but at no point were we lectured at or told about how environmentally sound we were being. It was a great restaurant that just happens to be a world leader in sustainability.

www.myhelsinki.fi/en/think-sustainably ●



SHARE UNFORGETTABLE MOMENTS IN THE HEART OF THE ARDENNES' NATURE!

Choose the perfect place for your stay, couple, with family or friends, among our selection of more than 1,700 holiday homes, cottages or villas.

**A holiday home in the Ardennes?
The first step is Ardennes-Etape!**

www.ardennes-etape.com

ARDENNES-ÉTAPE[®]
An Awaze Company

Bayeux: A game of tapestries

Natalie Morris is offered a dream trip to Normandy



In the life of a fan, there can be a wide variety of experiences which make the act of disproportionately obsessing over something a little more special. In the case of Game of Thrones fans, this might include slightly obvious – but no less exciting – experiences, such as visiting all the recognizable shooting locations in Northern Ireland; but fan satisfaction might also come in the form of the utterly unexpected. In fact, it might be argued that the most exciting experience of all is to be surprised, even somewhat bewildered, when the object of fanaticism steps out of its specific – albeit sizable – place in popular culture, and somehow enters a wholly different kind of space.

For instance, witnessing a press conference in the Norman town of Bayeux, with political representatives and tourism officials from Bayeux and the island of Ireland, open with the Game of Thrones theme played by a four-piece band, might have this particularly heart-fluttering effect.

If you haven't heard of the Game of Thrones Tapestry, made in Northern Ireland and now on tour at the Hotel du Doyen in Bayeux, you might be surprised, or simply confused. Let me explain – sort of – from the beginning.

In 1803, Napoleon Bonaparte wrote an edict in which he officially and very solemnly entrusted to the people of Bayeux the care of something they had already been deeply



treasured for about seven centuries: a medieval tapestry running nearly 70 metres long, depicting the legendary Franco-English wars fought by Normandy's still most legendary figure, William the Conqueror.

Present-day *Bayeusiens* continue to take pride in this edict as well as in the tapestry itself, which to a great extent represents their heritage. Probably commissioned in the second half of the 11th century by the Bishop Odo of Bayeux (William's half-brother), it has miraculously remained almost intact throughout all of France's historical twists and turns, all thanks to the care (or *bon soin*, in Napoleon's words) which the various clergymen, scholars and citizens have devoted to it. Their protective spirit, which has saved the artwork from revolutionaries trying to rip it to shreds in order to protect weapons from the elements as well as German air raids during World War Two, remains quite manifest to this day.

Since mid-September of this year, the Hotel du Doyen, where the famous tapestry was

once displayed, now houses a new ambitious piece of embroidered storytelling. This one is 88 metres-long, was commissioned by Tourism Ireland, and it is almost as inspired by the Bayeux Tapestry as it is by the hit television series Game of Thrones. When the people in charge of the Bayeux's cultural and historical heritage got word of the project, they responded with the greatest compliment imaginable – they asked if they could borrow it.

"We feel like we've won an Oscar!" Finola O'Mahony, the Tourism Ireland Head of

" WE FEEL LIKE WE'VE WON AN OSCAR! "

Europe, can hardly list all the accomplishments the Game of Thrones Tapestry represents, perhaps because this extraordinary endeavour is so multi-faceted. One crucial aspect is the

craft: every inch is embroidered (as is the original Bayeux tapestry) and woven by hand, with local linen, the making of which is deeply embedded in Northern Ireland's history. Another crucial element is the connection with another European town through culture. In this respect, the apparently genuine appreciation with which the *Bayeusiens* have



approached this ode to their precious legacy is in itself a thing to behold. Perhaps this project is special because it's something new – not a copy, but an original, modern nod to an old way of telling stories.

This ties into another crucial sentiment expressed by the team which brought the project to fruition: the desire to make something *real*, which would last. Not merely a reference to the series and to the fact that it was filmed in their country, but something tangible, important in and of itself, which could reflect the very real impact Game of Thrones has had on Northern Ireland as the place where the battle of Blackwater Bay was fought, but also, among other things, as a producer of filmmaking expertise.

Aside from all this context in which the tapestry was born, the work itself doesn't disappoint. Not only is the care and creativity which went into the project evident on

account of its beauty, more importantly, it's also evident in the creative ways in which 8 seasons-worth of story have been remarkably condensed into 88 metres of fabric. Multiple scenes from the series are conveyed through what can be captured in a single photograph, with, for fans at least, none of the feeling being lost. In fact, going through the entire story in ten minutes (the first time, that is), can prove to be quite the emotional roller-coaster. As a consequence, it might even lead to a true realization of the legacy of tapestries, as well as other ancient image-based storytelling devices.

And then, another odd and

unexpected feeling of surprise might stem from the experience, as one might suddenly be reminded of what a great tale it all was, and still is. Hôtel du Doyen, Bayeux. **Until 31**

December 2019

www.bayeuxmuseum.com/en

tourismni.com, Northern Ireland Tourism

“ AN ORIGINAL, MODERN NOD TO AN OLD WAY OF TELLING STORIES ”



MANOIR DE LÉBIOLES
HOTEL.SPA.RESTAURANT

"Plus valet quam lucet" - "There is more to it than meets the eye"



Manoir de Lébioles · Domaine de Lébioles 1/5 · B-4900 Spa (Creppe)
Tel: +32 (0) 87/ 79 19 00 · Fax: +32 (0) 87/ 79 19 99 · manoir@manoirdelebioles.com
www.manoirdelebioles.com

Travel

Skiing: Head for the snowy heights...

Caroline Dierckx runs the rule over just a few of the excellent ski destinations that await you

Photo © J-P. NOISILLIER - nuts.fr



For many years the mountain has offered a dazzling choice of amazing activities for everyone! So, of course, the ski and 'powder' lovers will have a great time, but also those who, at their own pace, will enjoy the benefits that each destination offers its visitors. From skiing, of course, to snowshoeing, from gastronomy to wellness, from sled dogs to bicycles, to festive events! This year once more the resorts have gone all out to make sure you enjoy new experiences. *Together* has pinned some of them on your winter board...

Savoie Mont Blanc

In the heart of Savoie Mont-Blanc, nestled in

the Alps between the Aravis, Beaufortain and Mont Blanc ranges, you will find the four preserved villages of the Val d'Arly, which will welcome you for rich and unforgettable moments among their inhabitants. Discover an intact and authentic heritage, enjoy large ski areas, let yourself be surprised by a chamois, taste the flavours of the soil. We love: the Village of Notre Dame de Bellecombe, which is at the heart of Espace Diamant and its 192km of snow-covered slopes. Stroll through this charming village with old-world charm, where you can sip hot chocolate far from the hustle and bustle of cities.

www.valdaryl-montblanc.com

HONORED
TO BE PART OF YOUR
BEST MOMENTS
AROUND THE TABLE
FOR 120 YEARS



120 years
S. PELLEGRINO
Tastefully Italian

Photo © Hervé Le Sobre



Morzine

There's lots of news from Morzine this winter: new slopes; remodelled fun parks; lots of new accommodation; exciting events, such as a European women's ski cup; new activities, including torchlight snowshoe walks in the woods with mulled wine, and

escape games. We like: green initiatives and portraits of some of the locals that make Morzine the place that it is – a truly charming village, with a rich heritage that offers so much more than simply skiing and snowboarding. www.morzine-avoriaz.com

Photo © Agence 360



Station Les Arcs: 1 destination, 5 sites!

The Arc 2000 site is dominated by the Aiguille Rouge, with a summit of Les Arcs (3,226m), the high point of the Free ride. Arc 1950 Le Village is a small 5-star nugget in the heart of Les Arcs. A pedestrian village at the foot of the lifts, upscale accommodation and access to wellness areas for all residences - a must! Arc 1800 is composed of four pedestrian villages on the edge of the forest. The site offers a wide range of après-ski and arctic festivity opportunities at Arc 1600, the Les Arcs architectural 'lab', where it all began. Directly connected to the brand-new funicular with a design look and eco-responsible (works 100% with electricity) at the Bourg-Saint-Maurice TGV station. The

latter is the capital of Haute-Tarentaise and is the 'base camp Les Arcs'. You can be on the slopes in seven minutes with the funicular. We love: La Folie Douce, which arrives in Les Arcs from December 14, 2019. More info: www.lafoliedouce.com www.lesarcs.com



Saadiyat Rotana Resort And Villas

Abu Dhabi



THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Right on the Saadiyat Island, just 500 meters away from the heart of Abu Dhabi (United Arab Emirates) awaits the amazing Saadiyat Rotana Resort and Villas. Flanked by the warm seas of the Persian Gulf, this hotel and its modern Arab architecture promise families an idyllic stay full of luxury and elegance.

Nestled in the heart of a tropical paradise, the Saadiyat Rotana is a peaceful oriental haven surrounded by a palm grove, crystalline waters and white sand beaches.



LITTLE GUEST
HOTELS COLLECTION

BOOK ONLINE AND GET EXCLUSIVE PRIVILEGES : LITTLEQUEST.COM

Travel

Tignes

Tignes is the first ski area in the world to have obtained the Green Globe certification for its lifts with low ecological impact. Tignes boasts the view from the Glacier de la Grande Motte, perched at over 3,032m altitude. From there, the skiers - confirmed or otherwise - start on a legendary blue track, to the assault the 570m difference in altitude that separates them from the finish line. As for accommodation, there is a nice novelty for luxury enthusiasts in the Chalet 'Le Kaya', on the top floor of the contemporary building Semper Vivens in Tignes le Lac. It offers a myriad of services for an upscale holiday. We like: an unusual activity reserved for the most adventurous - ice diving, a discipline provided by the highest diving school in Europe... you couldn't make it up!
www.tignes.net

Les Alpes du Sud

The Queyras and Guillestrois, located in the Alpes du Sud (05) make up an incredible playground for families. Lovers of open spaces can practice a multitude of sports activities. Holidaymakers who prefer the gentle approach will find in the mountain corners of paradise conducive to healing and perfect for oxygen. We like: the ideas 'good plans' offered on the website with stays from €120.
www.queyras-montagne.com

In Switzerland

In Crans Montana nature lovers enjoy the sheer beauty of the landscape. From the first flakes, experience winter sports with 140 km of track, snowshoeing, many cross-country ski trails, a large ice rink and one of the most beautiful snowparks in Switzerland. Everything is there for you to surpass yourself. The resort is also a haven of peace. Lovers of wellbeing and shopping are invited to relax in one of the magnificent spas and indulge in beautiful luxury brands. For gourmets, some starred tables at 'cabins' offering traditional dishes will delight one and all. We love: the Etoile Bella Lui festival, which invites you to discover the magic of winter in the heart of Crans-Montana, animated by the Chemin des Lanternes, a craft market and a Ferris wheel. (From 6/12 to 5/01/2020).
www.crans-montana.ch

Photo © Monica Dalmasso



Photo © Manu Molle Qeyvras



Photo © CMTC Samuel Devantery



purdégor

Réalisation : Guillaume La Sala / OT Orcières. Photo : Gisele Baron.



www.orcieres.com



Le Grand Massif

The Grand Massif, the fourth largest ski area in France, is located in the heart of Haute-Savoie between Geneva and Chamonix. It covers 40,000 hectares and connects five resorts: Flaine, Les Carroz d'Araches, Morillon, Samoëns and Sixt-Fer-à-Cheval. The five different and complementary entities allow visitors to benefit from 265 km of tracks and a breathtaking panorama of Mont Blanc.



The village resort of Samoëns delights with its history and culture. The homeland of stonemasons, it has preserved its heritage - discover it through while strolling in its picturesque streets. The church of Samoëns, its botanical garden and the Place du Gros Tilleul, are particularly worth looking out for.
tinyurl.com/y4jkh8gy

Samoëns is also about a wide range of activities. Apart from the joys of skiing, you

can also discover the mountain... differently. I tested: The Afghan Walk, a wonderful relaxing experience in the heart of nature. Learn to synchronize your breathing with the pace of your steps and rediscover your internal emotions. It implores our senses to develop another perception of our environment. Considered as 'active meditation', this walk combines peace and relaxation.
www.nature-quintessence.fr



Morillon, a village resort since 1958

This ski-in ski-out family resort seduces with its traditional charm, natural setting, skiing and many other unusual activities. Don't miss the all-terrain Segcross, a single-seat electric vehicle consisting of a platform equipped with two parallel wheels. You remain standing, and speed and direction are generated by your movements. A great – but odd – experience!
tinyurl.com/yyufpzfd

Another popular activity is the night snowshoeing, which also makes us appreciate the mountain differently: the tranquillity of the night, the splendour of the stars, the snap-crackle of the snow. This magical moment is rewarded when you make it back – by torchlight and laughs galore – with a delicious Savoyard fondue, comfortably settled in a genuine Mongolian Yurt. Festive atmosphere guaranteed.
<https://tinyurl.com/y3kxj8ob>
Accommodation suggestion: the Hôtel Le Morillon offers comfort and conviviality. We appreciate its open fire, swimming pool and spa. Nestled in an enchanting environment, it

offers a magnificent view of the snow-covered peaks.
www.hotellemorillon.com

Member of the Grands Sites de France network, Sixt is located at the doors of the largest nature reserve of the region. Ideal destination for nature lovers, the site offers a cascade of activities (yoga, cross-country skiing, dog sledding). In the village, a nearby ski area is ideal for sliding sports in a family atmosphere and just 10 minutes from the Grand Massif area. Its breathtaking, 100% authentic and preserved surroundings make it an ideal destination.
tinyurl.com/y4jzlesd

To sum up, The Grand Massif has a thousand other more nuggets for you to discover...



MMV: The 100% mountain experience

MMV, the specialist in mountain holidays Club, offers the guarantee of moments of relaxation and lightness, laughter and fun assumed. The properties are located in the most beautiful resorts of the French Alps, great mythical destinations and resort-villages, so that everyone is catered for! Club Residences or MMV Club Hotels combine comfort, freedom and conviviality.



During the day, skiing and other outdoor activities hold the spotlight, while at the end of the day it's gourmet après-ski before going on to festive evenings organized by animators that are as dynamic as they are friendly.

The MMV Residences combine the autonomy of a residence with the friendliness of a club while the Club Hotels offer half board, full board or all inclusive, varied offers that adapt to your preferences.

The wellness plus: the relaxation, sauna, Hammam, relaxation bath and heated pool. Here you'll find the epitome of wellbeing and

relaxation – add to that care of very good quality.

The activities plus: there is entertainment at the club for everyone, no matter the age group, supervised by passionate teams – teenagers and young children especially go back home from holidays full of memories and with stars in their eyes.

With sixteen alpine resorts, MMV welcomes more than 220,000 holidaymakers every year. The MMV spirit seduces by the conviviality of its places, its activities and the excellent quality of the services proposed.
www.mmv-holidays.co.uk



TRANSFORM THE ORDINARY INTO AN EXTRAORDINARY HOLIDAY!



Photos : Andy Perant - Pierre & Vacances
aerocom.eu



arc1950.com

Sometimes you prefer that we leave you to chill out

Essential holiday protection, for all your holidays abroad and in Belgium, all year round.

The days when you worried about holiday cover are long gone. Sign up for annual assistance and travel all year round, alone or accompanied by family and friends, in complete safety.

Why subscribe to a travel assistance contract? As soon as you leave Belgium, the culture changes and so do your habits: whether it be health care, hospitals, doctors, governmental authority or simply the language... The administration systems are generally not the same, and this is without taking into consideration the difficulty of organizing assistance in a foreign country.

In the event of an accident or disease the consequences are generally more expensive and more serious. You cannot depend on your loved ones who are still in Belgium. If you are travelling accompanied by family and/or friends, you will also have to provide accommodation and repatriation for yourself and the rest of the group. With an assistance agency, you make a simple phone call and everything is settled. You will be taken care of in case of an incident on holiday, or if your car breaks down, even in Belgium.

The annual formula: Complete peace of mind and it's less expensive

The annual formula offers a complete medical assistance, which protects you all year on your trips to foreign countries (holidays, city trips, touring). The formula is valid for a victim of a disease or an accident, with medical reimbursement, repatriation, organizing and helping the people who accompanied you on the holiday, providing contact with your loved

ones who stayed in Belgium, assistance at your home in Belgium and administrative and logistical aid.

The benefits of annual assistance: Because you can never be too careful!

Annual assistance allows you to escape on holiday in all serenity. Not only does it already have a complete formula, the annual assistance offers you extra options to increase the value of annual assistance abroad. You can take out annual assistance that includes your car, assuring complete medical assistance all year round and an efficient breakdown service in Belgium and abroad.

The ideal combination for travelling in complete safety

To reserve your holiday and travel in complete serenity, we suggest you combine the annual assistance with Europ Assistance's 'cancellation insurance' option which will protect you before your departure.

You can now enjoy your holidays with your family or friends right till the end

Sometimes due to an accident or illness abroad, it is important that you repatriate as quickly as possible. However, sometimes you prefer to wait until the end of your holiday and make the best of the sunny weather before you go home. A broken arm doesn't necessarily mean a ruined holiday. At Europ Assistance, you can benefit from a personalized solution - not just sometimes but all the time. We assist you 24/7 every day. Contact us on 02.541.90.00 📞

THE HOLIDAY INSURANCE THAT ADAPTS ITSELF TO SUIT YOU



Travel insurance that gives you maximum protection for a single trip or for every trip you take during the entire year. At Europ Assistance you benefit from a customized solution not sometimes but always. We assist you 24 hours a day.

Contact us on 02/541.90.00 or at www.europ-assistance.be

 **europ
assistance**

St Moritz: Europe's first winter resort

Mark Browne ponders the attractions of a classic skiing option



As the autumn progresses and the weather turns colder, thoughts turn once again to the upcoming winter sports season. With a myriad of options available, it can of course be difficult to determine where best to spend precious vacation time.

Nestled in Switzerland's Engadine valley, surrounded by sloping mountains and verged by its iconic lake, St Moritz presents a picture-postcard vision of a winter resort. The winding streets of the town are resplendent with their luxurious hotels that present an interesting array of architectural styles, while the valley itself remains unspoiled by excessive construction. Festival lights brighten the dark on winter evenings and

present a cheery glow amidst the darkness to beckon revellers after a day on the slopes. A veritable winter paradise.

The train journeys leading to St Moritz are worth a mention in their own right. Routes such as the Gottard Panoramic route are among the most scenic in the world. The Rhaetian Railway has been recognized by UNESCO as a world heritage site, due to the area's outstanding natural beauty. The road route also presents stunning vistas and indeed has become popular as a touring location for classic car rallies.

Rather than engaging in further travel immediately after a flight to Zurich, it is pleasant to linger and explore the attractions

of the city itself. Switzerland's largest city and an international cosmopolitan business centre, it nevertheless retains the charm and intimacy of a smaller town. Its location on the lake, with snow-capped mountains in the distance and the Limat river running through it, affords fantastic vistas, while the historic old town is a delight to visit - its historic buildings are filled with interesting traditional and more modern dining options.

A great option that allows visitors to experience the city while ensuring that they are already in holiday mode is to stay in the Hotel Atlantis. This 5-star spa resort hotel, part of the Giardino group, is located on a hillside at the foot of the Uetliberg mountain on the fringe of the city, with views over both the city itself and the countryside around it from the hotel's balconies. This allows guests to relax in the convivial detached ambience of a resort while still being close enough to visit the city.

The hotel has played host to numerous famous guests, including well-known luminaries visiting Zurich to give concerts, drawn not only by its luxurious setting but also its sleek modernistic style – the hotel was only built in 1970 making it a relative newcomer to the luxury world in Zurich. However, it was completely renovated in 2015, with rooms expanded in size to meet contemporary demands for a more spacious environment. Refurbished to the highest standards with excellent attention to detail throughout, the hotel maintains its 70s flare while featuring a range of Swiss styles in the guest rooms that lend a local flavour to the sleek post-modern style.

The hotel also houses the Ecco Restaurant, which boasts an impressive two Michelin stars.

The resort officially opens for skiing in late October, however many hotels only open later in the season and closer to the Christmas holiday period. Timing is critical. Because the resort hosts various well-known festivals throughout the winter season, it may

be preferable to select a quieter time during the season.

In addition to the usual winter sports, St Moritz is famous for tobogganing on the infamous Cresta run. Even novices can book a practice session to try it out – if they dare.

Off the slopes, the town offers plenty of opportunities to

indulge in retail therapy in its array of high-end shops. It is worth noting that St Moritz originally became famous as a place of quiet relaxation and recuperation due to the healing powers of its

natural waters. Not surprisingly, it therefore remains a fantastic location to indulge in spa therapies.

A name that has become synonymous with alpine glamour and luxury is the 5-star Kulm hotel. Originally dating back to the 1850s, the substantial 173-room Kulm has been a centre piece of winter tourism in St Moritz ever since. It is perfectly located in the town centre, but high enough on the hillside to be afforded an uninterrupted view over the lake. The hotel offers all the facilities one would expect of a top-class, modern 5-star ski resort hotel (with seven restaurants, including the two-Michelin-starred K) but maintains the ambience of a bygone era.



“ THE HEALING POWERS OF ITS NATURAL WATERS ”



The Snow Queen comes to the 3 Valleys

For an even more magical 2020 season, The 3 Valleys will be decked in the colours of Walt Disney Studios' new animated film *The Snow Queen 2*, which will be released in cinemas on 20 November.

Entertainment, family and sharing are all values that bring together The 3 Valleys - the largest ski area in the world - and Disney. It is therefore natural that they have joined forces for a creative partnership that will delight all the family. Discover a unique event system of *The Snow Queen 2* on the slopes. Visitors will be offered a real treasure hunt, wearing skis and following in the footsteps of Elsa and Anna through a priceless journey.

13 fun adventures, indicated on a map of the ski area, including tracks renamed *The Snow Queen 2* - these are unusual places: ice cave, labyrinth and cabin, gondolas decorated in the colours of movie and a mystery place... in which Olaf might have been hiding.

There are rewards and challenges. Try to win at the end of the stay a medal, a diploma and many other surprises. The 13 adventures will be found on a dedicated slopes map, revisited for the occasion. Two tracks will

benefit from a specific scenography called *The Frozen 2*: in Courchevel, the *Alpine Garden Trail* and in Méribel, *The Animal Trail*. Gondola lifts will be decorated in the colours of *The Frozen 2*.

Les 3 Vallées® make up the world's largest ski area. Take a look at these impressive figures:

- 600km of pistes accessible on skis, 328 downhill skiing pistes, 1,512 hectares of maintained pistes, 62,000 total difference in height, 166 ski lifts, more than 2,100 snow canons, 35,000 hectares of nature and 105km² of skiable area.

www.les3vallees.com/en

Want to travel?

Blue Elephant takes you to Thailand!

Discover **unique, original and authentic recipes** that will take your taste buds on an asian journey!



BLUE ELEPHANT

7:30-22:00

OPEN 7/7

www.delitraiteur.com





FOOTBALL - TENNIS - RUNNING - BASKET
HOCKEY - SPORTS D'HIVER - NATATION - FITNESS

CHAUSSÉE DE NIVELLES 18-20
1420 BRAINE L'ALLEUD
+32 (0) 2 384 31 55

Shopping ski

Hydroflask

Never without my Hydroflask - even in winter sports, hydration is important. Hydroflask has a double-walled stainless-steel bottle that keeps liquids warm for six hours: **€34.95** (530ml) and **€39.95** (700ml).



Julbo Globe

Experienced skiers are convinced by the *Julbo Globe* and the advantages of its **REACTIV** visor on a lightweight, compact helmet without compromising style or performance: **€299.95**

Salomon skis


The Salomon Z12 GW S/FORCE 9 (with bindings) is the ideal ski for

experienced ski racers looking for speed and stability to carve curves on different types of snow:

€600



Salomon ICECOOL JACKET

On the slopes or in the lifts, Salomon's ICECOOL JACKET regulates your body temperature with Flowtech technology. PrimaLoft® insulation provides optimum warmth while the four-way stretch material provides excellent freedom of movement: **€500** 



Wine

Belgian wine: M rula

A fine example of sustainable viticulture in the Bruges region

After winning a gold medal in 2018 and a silver medal for the election of the best Belgian wines by the association of Flemish sommeliers, Oostkamp winemaker Marino Moenaert presents his new sustainable range of Houtland wines.

Prestigious awards and new range

The winemaker from Oostkamp near Bruges, Marino Moenaert, was awarded a silver medal the same week he presented his range under its new name M rula - a reference to the blackbird that is the symbol of his city of Oostkamp.

The new range consists of:

- M rula Johanniter
- Merula 100% Johanniter
- M rula wit (Merula blanc) a blend of four white grape varieties: Auxerrois, Johanniter, Solaris and Siegerrebe.
- Merula 100% Pinot Gris
- M rula: local wines for gastronomy (high level)

After ten years of hard and rewarding work, Marino's ambition is to offer his wines to local gastronomy at a (very) high level and which is, more than ever, in search of quality local products.

www.merulawines.com



A (s')offrir en ligne

Epicurien :
6 bouteilles, 60  / mois

Explorateur :
3 bouteilles, 35  / mois

H doniste :
2 grands vins, 40  / mois

Votre coffret mensuel

Vins biologiques, exclusifs en provenance directe de producteurs ind pendants europ ens. Une fiche de d gustation par vin ainsi qu'une pr sentation du vigneron, du vignoble et de la r gion. Pr s lectionn s par Alexis Van Lede et approuv s par Eric Boschman.

En pratique

A retirer sur place ou livraison partout en Belgique. Abonnement sans engagement. 15% de r duction sur les recommand s.

Profitez

Vente de vins bios et exclusifs de notre cave,  v nements sur mesure et ap ros mensuels, box et abonnements.



LE PLAISIR DE D COUVRIR
le-vin-du-mois.be



Dining



OUVERT 7/7 midi et soir | SERVICE VOITURIER

COMMANDES EN LIGNE | SERVICE TRAITEUR (emporter & livraison)
SALLE PRIVATIVE pour toutes vos réceptions privées & professionnelles

TOUCAN BRASSERIE +32 2 345 30 17 | TOUCAN SUR MER +32 2 340 07 40 | Avenue Louis Lepoutre, 1, 17-19, 1050 Bruxelles
www.toucanbrasserie.com | Facebook.com/restaurantstoucan



Icones: A haven of good food

In the heart of the European district, Icones Restaurant Martin's Hotel offers you an escape from the hustle and bustle of the city to enjoy a haven of peace. Far from being exclusively reserved for hotel guests, the restaurant offers visitors a taste of European cuisine in a subdued atmosphere, or you can always opt for the splendid terrace at the back where you can see the chef preparing live barbecue grills.

Of Greek origin, Chef Antreas Nikdimas first studied at a hotel school in Greece before working in Switzerland for various restaurants with Chef Nicholas Tsiknakos. He then completed an internship in England in the 3-star restaurant, 'The Fat Ducks'. Today, Nikdimas has been living in Belgium for more than seven years: "I always came to Belgium for the holidays, and I finally decided to settle here with my wife. I first worked at the Kafenio, a Greek restaurant close to here, because I did not speak French very well at the time."

We were seated at the window, looking out on all that very hustle and bustle with a glass of cava bubbling away nicely. Antreas and his colleagues were extremely helpful and



Photo © Antreas Nikdimas

friendly. We studied the menu, but Antreas said: "Never mind that. Let me surprise you. I like trying things out, so, I will make a few dishes I know you will enjoy." And he was absolutely right. The highlights were the 63-degree egg (over one

hour to cook it) with crushed truffle flakes on top, which was absolutely excellent – the 'perfect egg' as he called it. For me, the highlight was the magret de canard, while my dining partner was bowled over by the "amazing pavlova, decadent but not too sweet, with citrus fruits balancing the richness of the cream and meringue".

It's worth noting that there are high ceiling, toned-down colours and – most importantly – plenty of leg room.
tinyurl.com/yxddupt7

Dining

Bruneau by Maxime Maziers

Go to a mythical address in Brussels, masterfully created by Maxime Maziers. It is a charming welcome that awaits you, and you can be comfortably installed at a round table in front of the large window overlooking the terrace. After a detailed look at the menu, which gives pride of place to noble and seasonal products, we left it to the chef to concoct a four-course bespoke menu. We went for tasty and refined 'neat' dishes. Depending on the season, the menu changes. We enjoyed the saddle of hare and White Hen Faisane with white truffle. We also adored a fabulous dessert, the not-too-sweet traditional peach melba,



reworked by the chef with a crunchy crumble and a gorgeous vanilla ice cream. We had the chance to meet chef Maxime Maziers who was elected Young Chef of the Year at Gault & Millaut 2019 for Brussels. www.bruneau.be

Brinz'l

It's almost four years since this little Uccle restaurant opened its doors, and throughout the years it has gone from strength to strength. Indeed, head chef Laure Genonceaux has offered us an assertive and refined cuisine - it must be emphasized that in the beautifully coloured plates there is evidence of titanic work, from appetizers to dessert. And our taste buds gave thanks that evening! For business lunches or just for pleasure, at noon only, Brinz'l offers a 3-course Market Menu at €49. There is an excellent selection of menus (5 and 6 courses), or you can choose à la carte from starters, main courses and seasonal desserts. You must be sure to try the



poached pear with white wine, creamy dulce and Tonka ice cream. A beautiful wine cellar completes the selection of dishes. We recommend that you let yourself be guided by the sommelier. www.brinzl.be

THE 1040

ETTERBEEK'S MODERN BRASSERIE

NEW ON THE PLACE JOURDAN THE ETTERBEEK'S MODERN BRASSERIE



BUSINESS LUNCH SERVED EVERY DAY
TWO-COURSE MENU AT €29 | THREE-COURSE MENU AT €32

PLACE JOURDAN 1 | 1040 BRUSSELS

THE1040.BE | +32 2 235 51 23



MENU DU PATRON À 41.50 €

Le foie d'oie au naturel et sa gelée de Sauternes
Ou Carpaccio de boeuf aux truffes

•

La cassolette de fruits de mer sauce Homardine
Ou Ravioles farcies aux champignons des bois et truffe

•

Râble de lièvre, tradition "Arlequin"
Ou Le festival de gibier

Ou Le filet de boeuf aux champignons des bois
Ou Duo de poissons pochés
petits légumes et sauce mousseline

•

L'assiette mixte de fromages
Ou Choix de pâtisseries
Ou Fruits de saison

MENU DU CHEF À 24,50 €

Entrées

Ballotine de jambon gratinée aux chicons
Ou Soupe des pêcheurs sauce rouille
Ou Les nouilles au ragoût de lièvre
Ou Duo de pâtés de gibier
Ou Croquettes de gibier aux marrons
Ou Le carpaccio de boeuf au parmesan
Ou Escargots à la forestière

Plats

Filet mignon de "Blanc-Bleu", sauce Périgieux
Ou Le civet de lièvre à l'ancienne
Ou L'escalope de veau au Parme
Ou Foie de veau sauté au Madère
Ou Filet de loup de mer Méditerranée
Ou Le lapin sauce Chasseur
Ou Civet de marcassin Grand Veneur

Dessert

Pâtisserie maison

info@aureposdeschasseurs.be
11 Avenue Charle-Albert - 1170 Watermael-Boitsfort
02 660 46 72
Ouvert tous les jours de 11h à 23h
Parking aisé au-repos-des-chasseurs.be

Samourai

Samourai, located on rue du Fossé aux Loups, has been an authentic temple of Japanese food since 1974 and one of the only establishments in Brussels that continues the tradition of this sophisticated cuisine. The chef, Saito Harumi, takes you on a voyage with his sushi and sashimi, perfectly prepared 'dashi' soup and teppanyaki fish or meat dishes. Highly skilled Chef Saito Harumi brings you authentic and high-quality Japanese food. The dishes are always beautifully presented with a strong emphasis on freshness and presentation. Most of our regular customers, are entrusting the entire dinner experience to the chef with a multi-course menu. The chef will craft a series of courses, usually



comprising sushi, sashimi, grilled and/or simmered dishes, using the freshest Japanese ingredients he has in store. Worth trying out... the Kaiseki ceremonial set menu is only served in the evening until 9 p.m. €99/pp. If it's just a quick lunch you're after, then try the Bentô menu, with four small dishes and a soup, served with pickled vegetables and rice for €27. www.samourai-bruxelles.be

The Poet

Trendy restaurant and bar, The Poet is now open in the centre of Brussels. A stone's throw from Place du Luxembourg in Brussels, with all its access to the heart of EU democracy with the European Parliament, is a bright and lively new address. It satisfies appetites from morning to night, from breakfast to dinner, in an elegant and refined setting. The Poet, ideally located, is the perfect place to relax after work and spend a friendly moment with friends or colleagues over a drink, with the possibility of dining. The mixologist adapts to the dreams of his customers and gives his imagination full flow to offer dazzling cocktails. The restaurant



also has its own beer, brewed in Hoeilaart. For breakfast, lunch and dinner, it is all about traditional cuisine, both classic and contemporary, with a twist! www.thepoetbrussels.com

Dining

Pack'n Joy

Pack'n Joy is a Belgian brand offering 100% natural, gluten-free and vegetarian dishes. The dishes offered are 100% organic in season and cooked with local products.

Slow cooking and raw sauces in order to preserve a maximum of naturally occurring nutrients and vitamins. The recipes are created by a nutritionist chef to ensure a balanced diet. In keeping with the concept, packaging is 100% natural, biodegradable and recyclable.

The good news is that Pack'n Joy is expanding its offer with a new range of prepared dishes, available in stores next to their salads. The range contains new seasonal recipes with comforting and gourmet dishes, always varied and qualitative: Crazy Potato, Pumpkinutto, Crunchy and Couscous.

Since October, evening meals are available in all Delitrateur stores and from Rob in



Woluwe, Foodies Market in Waterloo, The Place to Bio in Tervuren, Bio Concept in Ixelles, Biostory in Waterloo and Genval as well Ibis Châtelain.
packnjoy.be

The Barn

In the words of Quentin Labrique and Julien de Brouwer, the men who built The Barn: "We are two young entrepreneurs, surrounded by a team of enthusiasts, and together we started this great adventure! After working several years in the field of sport, the furious desire to undertake our own project and make a difference took over. Therefore, we decided to bring together our skills and our energy to embark on a human and sustainable project. In May 2017, supported by a team of 10 people, we opened The Barn. Today, the relationships with our partners and employees are getting stronger and our team is constantly growing."

Basically, Barn cuts out the middle man. The produce comes directly from the farms and



other producers so that not only is it very fresh but it cuts extra transport and packaging. We go down to the one in Etterbeek regularly, especially on Sunday when the farm chickens are turning on the spit.
thebarn.bio/en



Rob
THE GOURMETS'
MARKET

OUR GOURMET DAYS
BE PART OF THIS UNMISSABLE TASTING EXPERIENCE!

IN-STORE TASTINGS ON 29 AND 30/11/2019

On 29 and 30 November from 11 AM to 5 PM, you can taste our seasonal delights and novelties, all of exceptional quality and carefully selected for you. Seize

the opportunity to meet our **small producers, passionate artisans** who enjoy sharing their love for good products. Make sure to attend this extraordinary event!

Find our detailed programme on www.rob-brussels.be as from 12 November.

Dining

Terza Luna

A stone's throw from place Dumont in Stockel, Terza Luna serves gourmet Italian cuisine with an emphasis on fresh produce and authentic Italian flavours. The third restaurant launched by Antonio Mastrogiovanni, in the wake of the success of I Latini on place Sainte Catherine and Le Médicis, at the same address, Terza Luna encapsulates thirty years of culinary experience in a stylish and elegant yet simple and friendly atmosphere with a cellar that reflects the oenological relations nurtured over the years with some of the great Italian wineries. United by their native Salerno, Antonio Mastrogiovanni has teamed up with Daniel Adinolfi and Giovanni Casaburi. Together, they exude a spirit and atmosphere like back home and import products from Cilento, located south of Salerno, including wine and olive oil. There is



a magnificent open kitchen. On sunny days, a terrace can accommodate more than 40 seats. Closed Saturday noon and Sunday evening.
www.terzaluna.be

Photo © Luc Viatour

Charlu

Come and enjoy gourmet bistro Charlu, in which the best French specialties are revisited with flair and talent. While keeping the essentials of the beautiful decor of the old bistro, Charlu's new operators decided to radically change the restaurant's gastronomic orientation. The new team at Charlu is far from being composed of unknown 'bistronomic' cuisine lovers. Behind the project, we find Patrick Triest, who has carved out a good reputation in Uccle. Always seduced by Charlu, he did not hesitate to renovate and innovate. Many wonders are available over the months and seasons, a reflection of the best of French cuisine. From Wednesday to Friday, there is an unbeatable lunch at €18, with the dish of the day at €13.50 but also a 3-course menu at €35 and 5 courses for €52. So, for a gourmet and relaxed getaway, here is an address that will become a must for all lovers of beautiful gourmet tables!
resto-charlu.be/en



WHERE TO EAT IN BRUSSELS ?

The Brasseries Georges is probably the most Parisian Brasserie with the largest choice of seafood in Brussels! Heated in winter, the terrace is an absolute must!

WHERE?

Avenue Winston Churchill, 259 – 1180 Brussels

RESERVATIONS?

www.brasseriesgeorges.be - +32 2 347 21 00



WHERE TO GO OUT?

Mirano Brussels: Set in a former cinema, the Mirano has brightened up nights in Brussels for over 30 years with its famous revolving dance floor!

WHERE?

Chaussée de Louvain, 38 - 1210 Brussels

More info? www.miranobrussels.com

Spirito Brussels: Located in an old Anglican church, the Spirito has been ranked as one of the most beautiful clubs in the world!

WHERE?

Rue de Stassart, 18-22 - 1050 Brussels

More info? www.spiritobrussels.com

Du 4 décembre 2019 au 26 janvier 2020

LA REVUE

DES GALERIES

Bernard Lefrancq, Angélique Leleux, Denis Carpentier, Anne Chantraine,
Marie-Sylvie Hubot, Gauthier Bourgois, Frédéric Celini, Natasha Henry,
Kris Castelijns, Philippe Peters et Cécile Djunga.

Mise en scène : **Alexis Goslain**

Décors : **Francesco Deleo**

Costumes : **Ronald Beurms et Fabienne Miessen**

Lumières : **Laurent Comiant**

Chorégraphies : **Kylian Campbell**

Réalisation musicale : **Bernard Wrincq**

► www.trg.be
02 512 04 07



LE SOIR

LE VIF



En coproduction avec La Coop asbl et Shelter Prod
avec le soutien de taxshelter.be, ING et du tax-shelter du gouvernement fédéral belge

What's on Belgium

NATIONA(L) ARTIST SUPERMARKET

NATIONA(L) ARTIST SUPERMARKET is a multidisciplinary supermarket giving local artists, creatives and cultural initiatives access to the tools of globalization. The NATIONA(L) ARTIST SUPERMARKET will feature a creators' market, where visitors can buy gifts of all shapes and sizes in the run-up to Christmas, an exclusive sample of local artists, designers, artisans, creatives and cultural initiatives selected by a panel of ambassadors who are all experts in their respective fields. Discover the very best of



home-grown Belgian creativity in every field of the arts. **28 November - 15 December.**
Vandenborgh building, Brussels.
www.nationalstore.be

Ekphrasis

The Boghossian Foundation presents the exhibition Ekphrasis, curated by Bruno Corà, director of the Burri Foundation in Italy. It brings together pieces from more than forty artists from around the world, whose languages are as varied as the media they use, but in whose works the use of words plays a key role. The definition of the Greek word ekphrasis is a constructed description of a work of art, real or imaginary, often designed on a model so as to achieve great evocative force.

There is a great tradition of artists who have concerned themselves with both the visual arts and literature, poetry or politics, and for whom text is a constituent element of their work. The exhibition explores, through the contemporary artists gathered here, the issues raised and various preferred modes of the use of writing in visual art. Some of the artists featured in the exhibition use language as "charged" writing, where the meaning lies in the format, others address personal messages to the viewer. **Until 9 February 2020.** Boghossian Foundation, Villa Empain
www.boghossianfoundation.be





Exhibition: The Grand-Place to be

The Grand-Place to be celebrates the 20th anniversary of the inclusion of the Grand-Place of Brussels on the UNESCO World Heritage List. Standing five metres tall, the original statue of Saint Michael, specially moved for the occasion, guides the visitor through some rare and previously unseen pieces. Paintings, objects, engravings and photographs illustrate the eventful history of the square, its various functions and uses and its transformations from the 12th century to today. The restoration is presented to the public for the first time. Until 29 December 2019 at the Museum of the City of Brussels (Maison du Roi). www.brussels.be



The Handy Events Guide

To do everything it can to accommodate persons with reduced mobility during events, visit.brussels has produced a practical guide for the organisation of outdoor events accessible to this section of the population, the Handy Events Guide - The Keys to Accessible Events. This guide was created in collaboration with AMT Concept (handy.brussels) and Access-i. The guide is available free of charge online and in three languages and is a practical check-list

that can be used to organise any event in a public space. It is aimed primarily at the key stakeholders in the events field, such as advertisers, organisers and events agencies as well as site managers and owners. The guide is available in PDF format at visit.brussels/en. Other initiatives are also helping persons with reduced mobility to have an enjoyable stay. visit.brussels/en



MUSEUM
DE
REEDE

2019-2020 EXHIBITIONS

PERMANENT
MUNCH GOYA ROPS



PICASSO

La Celestina |
Life Between the Lines
06.06.2019 – 04.11.2019

© SUCCESSION PICASSO | SABAM BELGIUM 2019
ODALISQUE 29.05.1968



ITALIAN GRAPHIC NOVEL

Giardino | Matticchio |
Pettinato
07.11.2019 – 13.01.2020



GERMAN EXPRESSIONISTS

Kirchner | Heckel | Nolde |
Pechstein | Mueller
30.01.2020 – 04.05.2020



PAULA REGO °1935

Portuguese artist |
paintings & graphics |
based on storybooks
07.05.2020 – 03.08.2020



MARCELLE HANSELAAR °1945

Dutch artist | graphic oeuvre
theatrical illusions | humor
06.08.2020 – 02.11.2020



MUSEUM-DEREDE.COM
[@MUSEUMDEREEDE](https://www.instagram.com/museumdereede)

MON | TUE | THU | FRI | SAT | SUN
11 AM-5 PM (OR BY APPOINTMENT)
WEDNESDAY CLOSED

Ernest Van Dijckkaai 7
2000 Antwerpen
T. +32 (0)3 434 03 04
info@museum-dereede.be

What's on

**Artists in
Architecture -
Re-Activating
Modern
European
Houses**

After a two-week residency in some of the most incredible houses of the 20th century in Belgium, Italy, Romania and Spain, the artists and architects selected for the Artists in Architecture programme will present their work in the Horta Hall in BOZAR.

Jacques Ligot in House Strebelle in Uccle, Something Fantastic & Fernanda Tellez in the Willy van der Meeren House in Tervuren, Susanne Mariacher & Helene Schauer in the Marcel Iancu House in Bucharest, Luke James in Casa LeWitt in Praiano, Elena



Mazzi in Casina Fiorelli in Pompeii and Ben Weir in Casa Vilaro in Barcelona, have taken up residence in houses that were built or once inhabited by remarkable cultural figures. Each artist elaborated a unique proposal that BOZAR will present as a wall project in the Horta Hall.
www.bozar.be/en

**Man of La
Mancha**

On 4 October 1968, the US musical *Man of La Mancha* opened at La Monnaie, translated into French by Jacques Brel. Now the KVS and La Monnaie are joining forces to stage a new production as a tribute to Brel and perhaps also as a symbol of 'le temps où Bruxelles brusselait', but with its gaze firmly fixed on the city of today and tomorrow. Michael De Cock, the Artistic Director of the KVS, directs this emblematic musical, in which Cervantes, with the



manuscript of his novel Don Quixote under his arm, ends up in an Inquisition prison and performs the story of the Don for his fellow prisoners. "To dream the impossible dream... to follow that star...". **4 December – 10 December.** La Monnaie.
www.lamonnaie.be/en

LIGHT ART FESTIVAL

Visit to the planets of
the Little Prince



KNOKKE-HEIST

7-8, 14-15, 21-23, 25-30 DECEMBER

1-5 JANUARY

LIGHTARTFESTIVAL.BE



What's on International

An artist of extraordinary freedom

Photo © RMN-Grand Palais
(musée du Louvre)/Michel Urtado



“AN ARTIST OF EXTRAORDINARY FREEDOM”

the instrument of his art, seeking nothing less than to bring life to his paintings. The exhibition is the culmination of more than ten years of work, notably including new scientific examinations of the Louvre's paintings and the conservation treatment of three of them, allowing for better understanding of da Vinci's artistic practice and pictorial technique. Clarification of his biography has also emerged through the exhaustive re-examination of archival documents. The exhibition will paint the portrait of a man and an artist of extraordinary freedom.

Organized by:
Vincent Delieuvin,

Department of Paintings, and Louis Frank,
Department of Prints and Drawings, Musée
du Louvre.

Audio guide:

Discover the exhibition in more detail with 22 commentaries by Louvre curators (available in French and English). **Until 24 February 2020.** Louvre, Paris.

www.louvre.fr/en ⓘ

Leonardo da Vinci – Five centuries on...

The year 2019 marks the 500th anniversary of the death of Leonardo da Vinci in France, of particular importance for the Louvre, which holds the largest collection in the world of da Vinci's paintings, as well as 22 drawings. The museum is seizing the opportunity in this year of commemorations to gather as many of the artist's paintings as possible around the five core works in its collections: *The Virgin of the Rocks*, *La Belle Ferronnière*, the *Mona Lisa* (which will remain in the gallery where it is normally displayed), the *Saint John the Baptist* and the *Saint Anne*. The objective is to place them alongside a wide array of drawings as well as a small but significant series of paintings and sculptures from the master's circle.

This unprecedented retrospective of da Vinci's painting career will illustrate how he placed utmost importance on painting and how his investigation of the world, which he referred to as “the science of painting”, was

Montessori



Children on the move®

Invitation Christmas Market International Montessori School 'Hof Kleinenberg'

Multilingual education for children aged 1 to 18



The International Montessori School invites you to a new format Christmas Fair!

Held at our school which is situated in a beautifully decorated and historic rectangular farm.

Come to browse and buy beautiful hand made and original presents for friends and family
Decoration · Clothing · Children's books · Jewellery · Art, paintings · Quality toys · And much more....

New stallholders welcome!

Saturday December 14 from 11.00 to 16.00 hrs.

Kleinenbergstraat 97-99, 1932 Sint Stevens Woluwe, 02-721-2111

www.international-montessori.org

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



Terminator: Dark Fate

This, to be fair looks promising – with James Cameron involved for the first time since *Terminator 2: Judgement Day* (1991), this is set on an alternate timeline from sequels *Terminator 3: Rise of the Machines* (2003), *Terminator Salvation* (2009) and *Terminator Genisys* (2015), and sees Linda Hamilton, Arnold Schwarzenegger and Edward Furlong returning in their roles of Sarah Connor, the T-800 'Terminator' and John Connor, respectively, reuniting after 28 years. Any good? Well, 27 years after the events of *Terminator 2: Judgement Day*, a new, modified liquid metal Terminator (Gabriel Luna) is sent from the future by Skynet in order to terminate Dani Ramos (Natalia Reyes), a hybrid cyborg human (Mackenzie Davis), and her friends. Sarah Connor comes to their aid, as well as the original Terminator, for a fight for the future. Tim Miller (*Deadpool* (2016)) directs.
128 mins.

Charlie's Angels

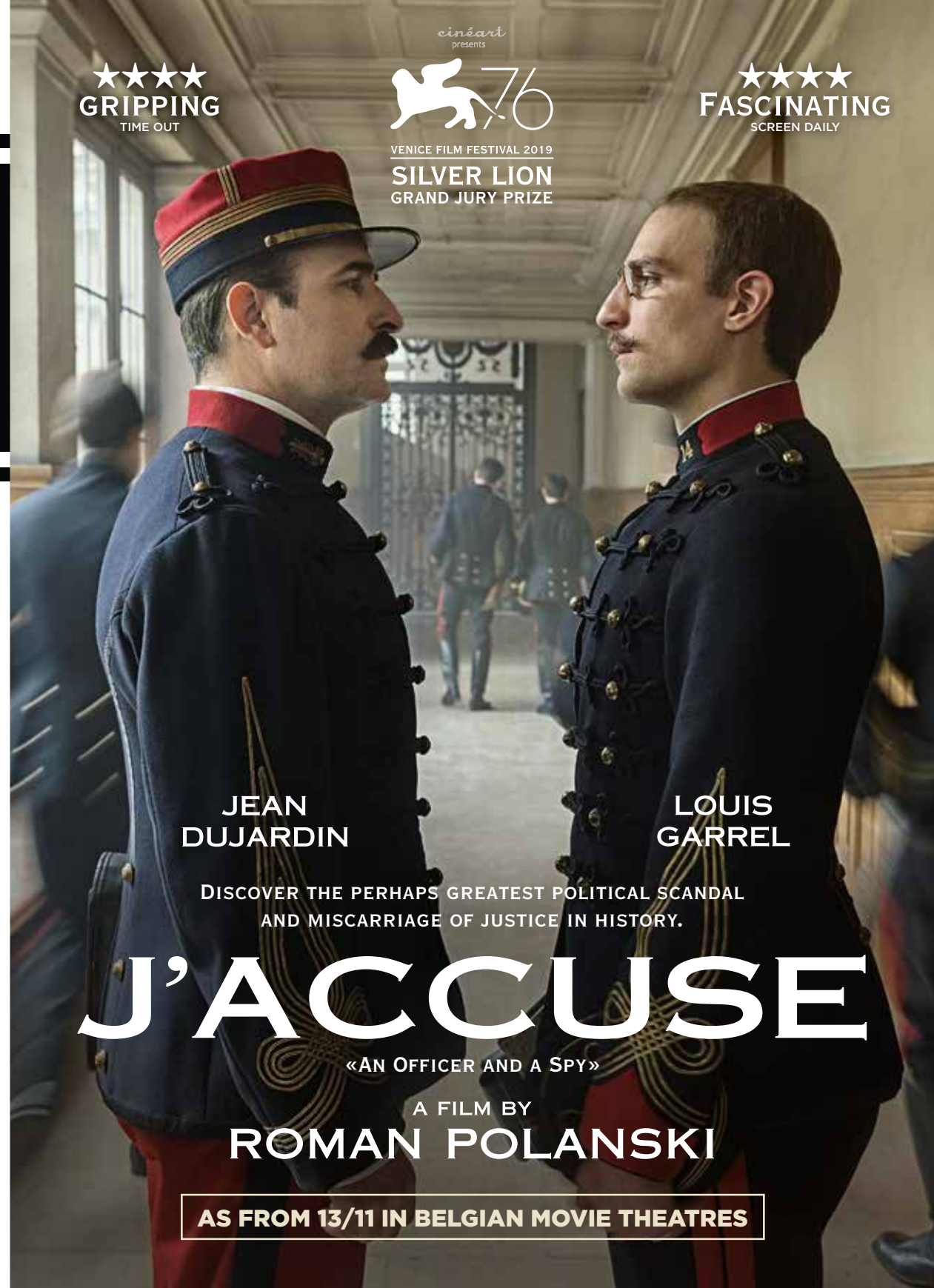
Well, the Angels are back – Kristen Stewart, Naomi Scott, Ella Balinska as the gals, now called into action to protect all that we hold dear. When a young systems engineer blows the whistle on a dangerous technology, these Angels are called into action, putting their lives on the line to protect us all.
Running time TBC.

Atlantics

Supernatural romantic drama mush-fest, by the looks of it, but, to be fair, it did win the Grand Prix at Cannes this year. Mati Diop, the first black female director to be nominated for the Palme D'Or, directs a tale of a futuristic-looking tower, about to be officially opened, for which the construction workers have not been paid for months. One night, the workers decide to leave the country by sea, in search of a brighter future. Among them is Souleiman (Ibrahima Traoré), the lover of Ada (Mame Bineta Sane). However, Ada is betrothed to another man. Days later, a fire ruins Ada's wedding and a mysterious fever starts to spread.
104 mins.

Spirits in the Forest

It's all about the music of Depeche Mode – it's in cinemas for one night only, 21 November. Across 2017/2018 Depeche Mode embarked on their Global Spirit Tour, in which they performed to more than 3 million fans at 115 shows across the globe. This new visually striking film, directed by award-winning filmmaker and long-time artistic collaborator Anton Corbijn, captures the energy and spectacle of the band's performance from the tour, along with a deeper look into how their music and shows have been woven into the fabric of their fans' lives.
Running time TBC. ❶



★★★★★
GRIPPING
TIME OUT

cinéart
presents
76
VENICE FILM FESTIVAL 2019
SILVER LION
GRAND JURY PRIZE

★★★★★
FASCINATING
SCREEN DAILY

JEAN
DUJARDIN

LOUIS
GARREL

DISCOVER THE PERHAPS GREATEST POLITICAL SCANDAL
AND MISCARRIAGE OF JUSTICE IN HISTORY.

J'ACCUSE

«AN OFFICER AND A SPY»

A FILM BY
ROMAN POLANSKI

AS FROM 13/11 IN BELGIAN MOVIE THEATRES

Your Honour, you know me.
My client is clearly right – after all,
he chose me to represent him



LE CHAT by Philippe Geluck

A large advertisement for indoor skydiving. At the top, there is a logo that says "AIRSPACE" in a stylized font with wings. Below the logo, a person wearing a blue jumpsuit and a helmet is shown floating in a wind tunnel, with their arms outstretched. The background is a bright blue sky with white clouds. Below the person, the text "INDOOR SKYDIVING" is written in large, bold, blue letters. Underneath that, the phrase "Come Fly With Us...!!" is written in a smaller, italicized blue font. At the bottom of the advertisement, there are three small images: the first shows the exterior of the Airspace building; the second shows two people in a wind tunnel; the third shows a person in a wind tunnel with a crowd of people watching from behind a glass barrier.

www.airspace.be

Rue Charles Lindbergh 26 - 6041 Charleroi



atomiumexpo

BRUEGEL,

A POETIC EXPERIENCE



18.09.2019 > 13.09.2020

An innovative world and mind

Square de l'Atomiumsquare 1 / 1020 Bruxelles – Brussel

www.atomium.be/Bruegel

