

Together

FEBRUARY 2020 #105

magazine

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WATFIT

*Wine
& Dining*

COLLECTIBLE Design Fair
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BOOKS
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Editor's LETTER

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

ON THE COVER



Robert Downey Jr.
stars in *Dolittle*

LISTS

It's hardly fair, is it? We had to be on our best behaviour or we were off the Big Guy's list, which has but two columns: naughty or nice. There's no room whatsoever for manoeuvre there – no 'not that bad when you think about it' or 'sure, he's doing his best'. No sooner has the fairy dust evaporated and the coals cooled on the open fire than we are been asked to be... even better. All year round. I ask you: now is that fair?

Not only do we have to be good for twelve whole months, we have to make another list – yes! – but this time there's no... how can I put it? Reward. It's to improve yourself and your life and the life of others around you. And the pressure is on because you have to confide in all and sundry the details of these lofty notions of improving throughout the year ahead – steadily and faithfully. And you can't lie.

We have three writers tackling this very topic in these pages, each one grappling with the February Conundrum: these silly promises have been contrived on a long, dry January session aimed at detoxing away the hangover of rich festive victuals. So, do we give them the boot altogether or accept that January was a bad time to start them, a bad time to be 'even better'. And February isn't too late a place to start – again.

I have every confidence in all of you to keep your word to yourself that you will stick like glue to those resolutions. I mean, after all, you're the only one who would really know if you failed, right? Wrong. The Big Guy in the suit would know, and his is a list which only has two columns. Happy New Year all the same!

Paul Morris

Editor



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NEW EAU DE PARFUM INTENSE



Contents

FEBRUARY 2020

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



Fitness
Massage

25



Self-help
Set your goals

38

PERSONAL DEVELOPMENT

- 25 **Fitness:** Watfit
- 28 **Self-help:** Plan your year
- 34 **Self-help:** Universal love
- 38 **Self-help:** Set your goals
- 42 **Self-help:** Knowledge, experience
- 44 **Arnon Barnes:** Know what you want
- 46 **Be successful books**
- 52 **Real estate:** Perseverance
- 56 **Money:** The Bull Run
- 60 **Politics:** EU abroad
- 64 **Nature:** Muddy waters



Shopping
St Valentines

85



Luxury
Motoring

104

LIFESTYLE

- 69 **Luxury:** Go yachting
- 72 **Fashion shoot**
- 82 **Fashion Revolution**
- 85 **Shopping St Valentines**
- 92 **Beautify yourself**
- 94 **Design:** COLLECTIBLE fair
- 98 **Decor shopping**
- 104 **Luxury motoring**

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PUBLISHER
David Mc Gowan
david@togethermedia.eu

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

ACCOUNT MANAGER
Isabelle Ferier
isabelle@togethermedia.eu
+32 476 85 08 34

MANAGEMENT ASSISTANT
Suzanne Ofner
suzanne@togethermedia.eu

EDITOR
Paul Morris
paul@togethermedia.eu

SOCIAL MEDIA
ACCOUNT MANAGER
Hervé Ndonga
herve@togethermedia.eu

DESIGNER
Xavier Bostem
xavier.be@carafe.be

CONTRIBUTORS
Arnon Barnes; Aspria
Yannick Callens; COLLECTIBLE
Matthew Cossolotto; Robert Downey Jr.
Axel Trinh Cong; Mark Browne; Dave Deruytter
Caroline Dierckx; James Drew; Fashion Revolution
Catherine Feore; Philippe Geluck
Reetika Gupta-Chaudhary; Charlie Mackesy
Bob Monard; Paul Morris
Jean O'Connor; TASCHEN
Anna Vondrouskova; Jocko Willink
Katarina Winslow; World Wildlife Fund

ART DIRECTOR
Nicholas Sirot

FOUNDER
Jérôme Stéfanski
jerome@togethermedia.eu

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

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togethermag.eu | 17



Travel
Ski Zamatt

125



What's on Belgium

144

LIFE OF LEISURE

- 117 Celebrity interview:** Robert Downey Jr.
- 125 Travel:** Ski Zamatt
- 130 Travel:** Sainte Foy
- 135 Books:** Peter Lindbergh
- 138 Wine:** Ruffus in Belgium
- 140 Dining**
- 144 What's on Belgium**
- 150 What's on International**
- 152 Cinema news**
- 153 Le Chat:** The seashell

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And happy reading!

Interview: Spike Lee

Three decades after the release of what many deem to be his society-defining breakthrough, Spike Lee 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...

Personal Development: I Know That

I am sure you have, at some point or other in your life. When someone was advising you about something or when you went to a personal development seminar or while reading a motivational book, for a fleeting second, albeit subconsciously, yes, you have thought to yourself 'I already know that'.

Health & Fitness: New Trends for 2020

By showing exercisers how they're doing in their workouts colour-coded heart-rate training zones encourage everyone to put their all into their training, and with it get better results from their workouts. This technology has been around for a while now, but it's fast becoming an indispensable part of a workout. 📌



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Charlie Cunningham + Sophie Jamieson

Cunningham's last visit brought responses such as 'London-resident Cunningham writes wonderful songs that are characterised by impressive melodies and very personal, intimate themes. He's known for his percussive guitar sound and has toured King Creosote, Mighty Oaks and the legendary Rodríguez.' Back with his latest, excellently received album *Permanent Way*. **13 March**. AB Box. Tickets: **€20**
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Commander Spoon

Commander Spoon (from Brussels) interweave their eclectic range of influences with an energetic jazz sound. They are inspired by hip-hop, R&B and electronica as well as African and Brazilian music. They are saxophonist Pierre Spataro, who is also the brain behind the cosmic melodies, guitarist Florent Jeuniaux, bass-player Fil Caporali, and drummer Sammy Wallens. The band has released three EPs, and we will see the release of their first full album this year. **19 March**. AB Club. Tickets: **€12**
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The WWF global network has worked for nearly 60 years to protect the future of nature. In 2016, WWF embraced a bold new strategy and transformation designed to make the organization stronger and even more effective in tackling the challenges ahead.

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Together, in partnership with foundations, governments, businesses, communities, individuals and our more than six million members, we can conserve many of the world's most ecologically important regions.

Together, we can

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- Strengthen local communities' ability to conserve the natural resources they depend upon
- Transform markets and policies to reduce the impact of the production and consumption of commodities




“ TOGETHER WE CAN ”

- Ensure that the value of nature is reflected in decisions made by individuals, communities, governments and businesses
- Mobilize hundreds of millions of people to support conservation

Together, we can protect life on our planet—including our own. Because together, anything is possible.

“Conservation endures as a living discipline because it is inhabited by a magnificent collection of people. Only by working together can we create solutions to the most vexing problems we face.” Carter Roberts, President & CEO of WWF.

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Fitness

Working your core really can be fun

Anna Vondrouskova, WATFIT instructor for Aspria in Brussels, explains why everyone should try WATFIT



How would you describe WATFIT?

WATFIT is a group exercise class that takes place in the swimming pool; its name combines 'water' (WAT) and 'fitness' (FIT).

The WATFIT workout takes place on an adapted, inflatable mat that floats on the surface of the swimming pool. However, although the mat is moored in place so it can't drift around the pool, there's an element of instability, which ensures all the exercises challenge the individual's balance.

What sort of exercises do you do in WATFIT?

The 45-minute class consists of a warm-up, followed by cardio intervals alternated with strengthening exercises (standing, lying down and sitting) – squats on the mat is just one example. There is then a cool-down before we finish the workout with some stretching.

There are no added weights, or indeed any equipment other than the mat, as the bodyweight workout can already be very challenging on the floating mat.



What if you fall off the board?

I admit it can sound a bit scary, but my experience is that even from the very first time you try and stand on the board, you can feel your body adapting and finding its balance. That confidence then increases with every class as your strength and stamina build.

And be assured, WATFIT is a very safe workout. As I mentioned, the boards are moored in place – to the edge of the pool from one side and a rope from the other – so they float safely in place, allowing even beginners to follow the class and focus on technique rather than worrying about drifting off!

Worst case scenario, you might fall off once or twice – but that's all part of the game anyway!

What are the benefits of WATFIT for the exerciser?

It's a class with so many benefits that I highly recommend it to everyone, from beginners to pro athletes.

As I mentioned before, the floating mat provides an unstable surface, which means the body has to work hard to maintain its balance during every movement. It really focuses on the all-important core muscles, especially the abdominals, back muscles and muscles of

the pelvic floor.

Most important of all, WATFIT is tremendous fun – and that matters, because the key to any good workout routine is that you enjoy it and want to come back for more!

**“ THE
BODYWEIGHT
WORKOUT CAN
ALREADY BE
VERY
CHALLENGING ”**



**“ THAT
CONFIDENCE
THEN
INCREASES ”**



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Turn your resolutions into promises

In the first of two articles about keeping your resolutions, **Matthew Cossolotto** offers valuable advice



It's February 2020. Do you know where your New Year's resolutions are? Have you already abandoned them, just like last year and the years before that? Millions of well-intentioned people around the world – perhaps including you – kicked off 2020 by making a few New Year's resolutions. This well-meaning, but frequently futile, annual ritual inspired American actress and director Joey Lauren Adams to compose the following tongue-in-cheek blessing: “May all your troubles last

as long as your New Year's resolutions.”

Let's face it: New Year's resolutions are notoriously short-lived and ineffective. They simply don't work. Various surveys over the years have shown that most resolutions are abandoned before the end of January. Now that we've turned the calendar to February, just about all New Year's resolutions have already been left by the wayside.

“ A PROMISE IS LIKE A GOAL OR RESOLUTION ON STEROIDS ”

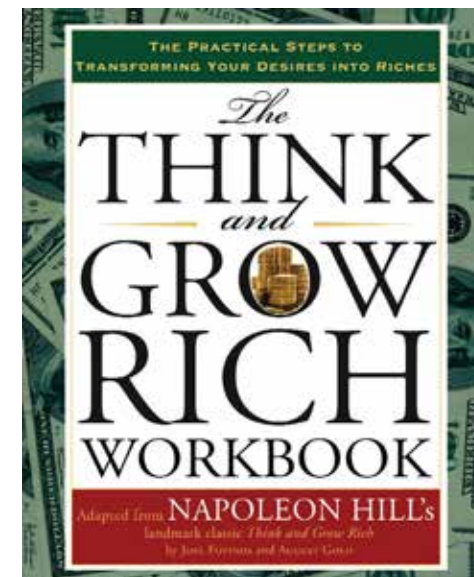
Don't give up! I'm here to offer a way for you to resurrect your resolutions. But first you have to understand something about resolutions. They are inherently flawed and feeble as a way of changing habits and behaviour. Why? For one thing, the word 'resolution' itself is weak. And words are important. Resolution has no inherent power. It's a word that begs to be ignored. It feels 'non-binding' the moment the word passes our lips. Members of legislative bodies pass so-called non-binding resolutions all the time, and this sense of verbal frailty seeps into the collective unconscious. I suggest you purge the term New Year's resolution from your vocabulary.

My advice for 2020 is to turn your New Year's resolutions – whether you've already abandoned them or not – into New Year's promises. A promise is much more powerful than either a resolution or a goal. That's why I created the GPS Success System: Goals into Promises = Success. GPS.

A promise is like a goal or resolution on steroids. It comes from the heart, whereas goals and resolutions are much more cerebral. If you use the two magic words — I promise — you will feel a much stronger emotional commitment to your top objectives for the year. By making a heartfelt promise — to yourself or to someone you care about — you will hold yourself accountable. Your integrity will be on the line. You'll have some emotional skin in the game.

My promise to my mother on her deathbed

I have experienced the power of making a promise first-hand. I made a promise to my mother on her deathbed that I would finish writing a book she had been encouraging me to write and dedicate it to her memory. Her face lit up and she said: “You do that, Matthew. You do that.” I knew right away that failure was not an option, that I had crossed the proverbial Rubicon. There was no turning



back or making excuses any more. I had to keep my word. At that moment, what had been simply a casual idea or a vague goal was transformed into a magnificent, heart-powered mission. I'm proud to say I kept that promise. The resulting book is called *HabitForce!*, published with the following dedication: “In loving memory of my mother...”

I did it, Mom! Finally. I can honestly say that this book would never have been completed had I not made that promise to

“ FAILURE WAS NOT AN OPTION ”

you at home in Gasquet, California, a few weeks before you passed away. This vividly demonstrates the power of making a promise, especially to your mother! In the spirit of that dedication, my mission is

to spread the power of making a promise to millions of people around the world. I sum up my message in four simple, mantra-like statements: Make a promise. Keep your word. Change your life. Transform the world.

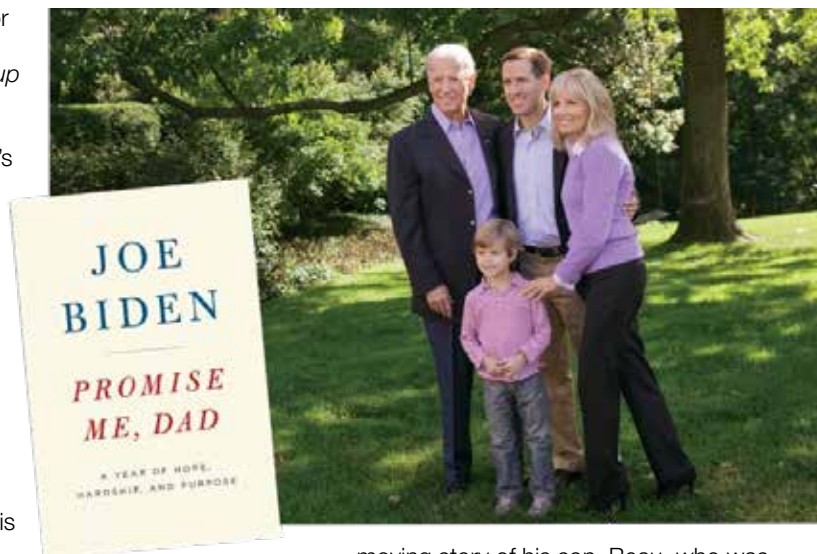
My forthcoming book – titled *The Power of a Promise* – includes a foreword by Jack

Self-help

Canfield, co-creator of the mega-best-selling *Chicken Soup for the Soul* series. Here's an excerpt from Jack Canfield's uplifting foreword: "When Matthew first told me about the heartfelt promise he made to his mother... I was hooked. You could say he had me at 'I promise.' There was something very attractive, almost magnetic, about this concept. And I say that as somebody who has been intimately involved in the personal development field for many years. I've seen and heard just about everything... With a promise your heart and emotions are fully engaged. Because of this, a promise is what I call a personal empowerment 'twofer.' It combines The Power of Intention with The Law of Attraction."

Jack Canfield grasps the power of a promise as a way to jumpstart the personal-change process. Best-selling author John Assaraf also gets it. As he explained in an interview for my book: "There is something uniquely powerful about making a promise that goes beyond traditional goal-setting. Setting a promise takes it to a whole new dimension. We are neurologically wired to keep our promises."

Fortunately, the power of a promise is not the exclusive province of personal development authors and self-help gurus. It's something we all can readily access. In his book, *Promise Me, Dad*, former U.S. Vice President Joe Biden recounts the



moving story of his son, Beau, who was losing his battle against brain cancer. Close to the end of his life, Beau asked his father to promise him that he would be OK after Beau passed away. At first, Biden responded vaguely that he would be OK. But that wasn't good enough for Beau. He made his father promise that he would be OK, that he would not use Beau's death as a reason to turn in but as a reason to turn out, to continue to be engaged and not to withdraw from public life.

Joe Biden made a heartfelt promise to his dying son. Hence the title of the book:

Promise Me, Dad. It's my personal belief that Joe Biden decided to run for President of the United States at least in part because he made that promise to his son.

This story captures the unique potency of the word 'promise'. It also underscores how powerful it can be to turn New Year's resolutions into New Year's promises. Words really do matter. Napoleon Hill, author of the self-help classic *Think and Grow Rich*, recognized the power of making a promise as part of the first step in his

**"YOUR HEART
AND EMOTIONS
ARE FULLY
ENGAGED"**

Where I shape
my future

Nikita, aged 18

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PERSONAL DEVELOPMENT

Self-help

five-step self-confidence formula for achievement. Here's how Hill describes what readers should say to themselves: "Step One: I know that I have the ability to achieve the object of my definite purpose in life; therefore, I demand of myself persistent, continuous action toward its attainment, and I here and now promise to render such action." (My emphasis.)



Many of us – millions of us – watch videos, attend workshops, or read self-help books and articles on topics as wide-ranging as improving your health, finding your soul mate, handling finances, being a better parent, building a money-making business and expanding your consciousness. At some point most, if not all, of these programmes will bring up the subject of setting goals. As well they should, since goal-setting is an excellent and even essential tool for clarifying what we really want to be, do and have.

The unique power of making a promise derives from the fact that a promise is heart-centric. Unlike goals, intentions or resolutions, a promise comes from the heart and it's backed by a deep emotional commitment.

“ THEY SIMPLY DON'T WORK ”

Making a promise is your secret weapon in your personal-change arsenal. If you really want to make positive changes in your life in 2020 — perhaps lose weight, get fit, start a business, find another job, learn a foreign language, quit smoking or write a book — the first thing to do is to make a heartfelt promise. Doing so unleashes an irresistible

force that will help you follow through.

Why? Because most people are loath to break their promises. We all know instinctively since we were kids that it's wrong to break a promise. Most of us will bend over backwards to keep our word. A promise is a promise after all.

Always remember: you can change a goal or resolution but you can only break a promise. There's a big difference between the two. And as the expression goes in French: 'Vive la différence.' If you tap into the power of a promise in 2020, it could make a world of difference in helping you reach your goals this year and beyond.

Matthew Cossolotto is a former Nato speechwriter. Author of several self-help books. He conducts public speaking workshops and other Personal Empowerment programs in Brussels and beyond. www.ThePodiumPro.com, Matthew.Cossolotto@gmail.com 📧



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Universal Love

Intuitive healer and therapist **Katarina Winslow**, suggests we shine a light



Imagine all the lit candles on our St Valentine tables, I can't help thinking of the Swedish song that goes, 'Light a candle and let it burn...', encouraging us to come together in love. If lighting a candle and letting it burn isn't representative of love, I don't know what is. And maybe the 'let it burn' part is more important right now than the ignition - to never extinguish the lights in our hearts. There is a candle burning inside each one of us. No matter how many layers of shaded illusions a person has collected throughout life, there is a light deep within each one of us.

To safeguard that light, to never blow out the flame that is the light within you is to protect love. To always turn your face towards the sun, to be like a sunflower. To perceive the

love in life, the love in another, and the love in you. To encourage the life of the flame, and to breathe oxygen into its longevity. To treasure the joy of the fire and ignite it again and again when it gets shadowed.

Love is not only a state of being, but it is also an act of benevolence towards life itself and care for self and others. It is, above all, a conscious act of safeguarding your own inner light. And for love to be pure and definitely real, we all need to illuminate the love of life

together, to magnify the radiance to a universal reach. We need to recognise the light in one another, to understand that you are me, and I am you. That is what the world is demanding of us at this time in history if we want to save humanity from its own destruction. We are asked to throw light on

**“ THERE IS A
LIGHT DEEP
WITHIN EACH
ONE OF US ”**



all that is fake, divided, dark and corrupted.

Universal love is not that much different from personal and intimate love, it is there to cast a light on the shadows. In personal love and in helping a person to heal him or herself, you start out by looking at their shadows. As a healer and a therapist, you see an emotionally and psychologically wounded person, no matter what the distress they are in, as a whole human being. You know and safeguard the circle of love that the person is, even if they themselves fail to see it. To perceive a whole and unique human being is the starting point to help a person heal. In the end, the state a person is in depends on the colour of the tinted glasses they are wearing. How you feel depends on through what illusory veil you see the world.

You could say that a person's wounds are like dark spots on a beautiful unity called love. So, as a healer, you throw light on the shadows, the dark places a person is carrying so that there is only light. When the wounded parts, the dark spots, the fear, the trauma, the separation have been enlightened, there is only love left, only our

essence. In psychology, just as in love, it helps to see a person as a unity of a definite whole, being aware that it is only some parts that are in the shade.

A wounded person carries shadows, and the shadow-self is the fearful, the anxious and the depressed or something else that makes loving oneself more complicated than it has to be. The shadow parts are all that is preventing a person from loving him or herself. To extend this metaphor out in the world, I believe that in today's climate, more and more people are gaining the awareness that we can't really keep our personal love

just to ourselves anymore. The world needs your love, and it needs it badly, it even demands of you to spread the light of love in the dark places of our system.

Looking at the world today, we can humbly accept that we all need to come together and bring whatever light we hold to the table. We are beyond the illusion that one hero, that one person only will save the world. We are stepping into the awareness that to make love conquer this world, we need to see the love in one

**“ WE NEED TO
RECOGNISE
THE LIGHT IN
ONE ANOTHER ”**



another and let it shine as brightly as it can. Urgently, we need to bring forth all our torches for the benefit of the whole, for the benefit of humanity. We can do that by illuminating the unchallenged, the fake and the corrupted. In favour of all that is true to nature, the life-giving and the authentic. It is only together that we can call forth the true, the beautiful and the good. It is only by guarding the light in our hearts that we can let love win. Take this opportunity of St Valentine's to deeply cherish the light within yourself and within your beloved. And, at the same time, extend it outwards to become a beacon in this world. No matter what you do or where you are, there is always something that you can do to make this world a better place. Sometimes, it may be an extreme act of courage calling on the fake and the corrupted, but at other times it might be in the smallest little action that you make a contribution to this world. A smile at an old lady in the supermarket, a helping hand across the street, the joy in starting a conversation with a stranger, or giving somebody flowers.

Whatever you do and wherever you are, I am convinced that it is the small everyday interactions with other human beings that provide meaning to our existence. We are not made to live isolated and separated from

each other, we are not even made to fight one another - that is a human construct to divide and conquer. A concept that keeps us from love itself. Love is wholeness, love is to illuminate the shadows of yourself and the shadows of our world. To help humanity heal for the world to heal, we need to spread our personal and intimate love out into our societies to make this world whole. Remember that the original intention for life is not destruction but creation, and with all our loving lights combined, we can make that happen. Let us just take one little step for love, one small step for humanity as we keep our candles lit even brighter the darker it gets. Start by loving yourself, then your neighbour, then a foreigner, then the whole of humanity. That is how universal we need to become if we want our species to keep cherishing the gift of life. The Earth is strong and beautiful - she is hundreds and thousands of times more powerful than any man on this planet, and she will definitely survive. That is not the question. The question is, do we love ourselves enough, do we love life sufficiently to make it universal, to make saving humanity a state of the heart - a universal art? Together. ❶

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Goals 2020 – there is still hope

Reetika Gupta-Chaudhary offers her take on resurrecting those forgotten resolutions



I find the transition from December into January quite extreme. December is the month of celebrations and festivities dotted with Christmas, travel, gifts, all leading up to an exhilarating new year bash. January on the other hand, is a bit of a drag. There is a universal feeling of 'post event blues' - our massive new year's resolutions and goals only worsen this feeling of world weariness. We spend the first half of January settling back into a routine, and the rest of it is spent feeling guilty because we could not

even begin to think about the big goals and promises we made to ourselves at the start of the new year, let alone live up to them.

Good news! It's not all over, how about making a fresh start from the month of February? Remember, we still have 48 weeks/235 days left of this year to achieve our goals; in other words, we still have 235 more opportunities to achieve the goals that we

set for this year.

Goal setting or 'new year resolutions' as we

**“ IT'S ONLY
HALF A KILO
IN A WEEK ”**

may like to call them are meant to inspire us to act. For some, it could be losing weight, for others achieving sales targets, for others it could be finding an ideal partner. Just because January wasn't the most ideal start, by no means does it imply that the rest of the year is going to be equally disappointing.

Let's get back on track

In my work as a coach and helping clients achieve their goals, I have managed to condense all my experience and learning thus far into the following steps. By following these steps, I assure you that you will see your goals coming to life:

1. Make it easy for your mind to accept

We generally set goals for the whole of next year and, contrary to the common belief, this is not always helpful. The fact that we have set the goal for the entire year means that subconsciously we believe that we still have a lot of time to complete our tasks, and the sheer endlessness of the time limit makes it cumbersome. The solution to this is breaking down the one-year goal into a monthly goal and further into weekly targets.

Let's take a simple example of losing weight. If you say that you have to lose 20 kilos in the next year, how does that sound to you? Yes, maybe after a couple of drinks on the Christmas party you may say it's definitely possible, but as soon as the hangover calms down and fear takes over, you ask: '20 kilos! How on earth am I going to do that?' And then you go back into the 'Oh it's not new year yet' mode with a feeling of 'eat whatever I can before I kill myself with dieting next year'. And then next year, other things take over and it never happens. However, if you break 20 kilos into 12 months, it's only 1.66 kilos per month. Does that seem achievable? Let's break it down a bit more: it's only half a kilo in a week.

2. Make Goal Setting interesting and inspiring experience

Normally, we tend to set our goals in terms of numbers/figures and let's be honest here, most of us are not motivated and inspired by numbers. We might have targets, but until these targets are backed by inspired actions there is a bleak chance of these targets getting fulfilled. For some of us who are employed, we have bosses who inspire us to take actions, but those of us who are self-employed, how on earth are we supposed to keep ourselves motivated to achieve these mundane number targets?

I help my clients by asking them to use their imagination. Thinking back on the previous example, in order for you to take inspired action to lose 20 kilos you might want to forget the numbers and switch to a feeling mode, by concentrating on how you are going to look once you have lost the 20 kilos. For those who want some further help simply follow the three easy steps below:

Imagine: Close your eyes and imagine yourself in the dresses that you have always wanted to wear. Imagine that you are sitting by the beach in your bikini, imagine the attention you are getting from people because you look gorgeous!

Feel: How does that make you feel? Soak in this feeling and feel it in your body. Heighten your emotion and get involved in it like you have already achieved it.

Seal it: And when you are at the height of this happy emotion, seal it with an affirmation. It's a statement that reminds you of this experience and feelings that you have just encountered. For example, 'I finish what I start' or 'I always achieve my goals' etc. Remember whatever your affirmation is it needs to resonate with you as a happy emotion.

**“ 99%
PROBABILITY
OF ACHIEVING
YOUR GOALS ”**



3. Write your goals down every day.

Science has proven that writing down your goals helps you achieve them at least 50% faster. All my clients write down their goals first thing in the morning and when written in a particular format (I can't go into the details in this article), there is almost a 99% probability of achieving your goals.

4. Set daily intentions

When you are writing down your goals daily it's a good idea to set an intention for the day. How this helps is that you are planning your day ahead; in this way, you are spending your day by choice and not by chance. Would you agree if you don't have any goals to achieve in your day you will probably be spending your day

solving the challenges like new emails or a colleague issue or someone giving you their negative energy? You spend the rest of the day dealing with that, whereas if you have a

goal for the day you will spend the day consciously - you will be able to avoid anything which does not deserve your energy and stands in the way of achieving your goal for today. Isn't that magical?

I hope the above helps you achieve your goals for 2020 but if you do have any question please feel

free to contact me on the details below:

Reetika Gupta Chaudhary
reetika@success-systems.uk

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EARTH ARE
WE SUPPOSED
TO KEEP
OURSELVES
MOTIVATED ”**

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From knowledge to experience: The Way of Silence

In the latest of his series of contemplations, **Axel Trinh-Cong** considers the Laws of Nature



Personal accomplishment, awakening, self-actualization and the path to discovering life's mysteries are all dynamic and ever-changing things that cannot be attained through words alone, however accurate they may be. At a certain point, one must face the experience of standing alone, before the Absolute.

Every being, story and destiny is unique – in this way we are all divided.

But every being, story and destiny operates under the same Laws of Nature – in this way everything is connected.

Although these Laws frame our lives by giving them meaning, purpose and even challenges, it is a matter of dignity for any living being – one might even say it is the biggest challenge of our existence – to be able to bring these rules to life, each in our own unique way. In a sense, they can be

compared to a music score: some might play it baroque, others classical, jazzy, or even rock 'n roll, because from a metaphysical point of view every player is unique.

And so, the Universe offers us *matter*, or, in other words, the framework within which it is up to each of us to provide our interpretation of the music. It is only through our active and conscious contribution that the Universe ceases to be a rigid, detached and even tyrannical entity, and becomes a living thing within us all.

This is where the concept of doctrines can be problematic. I will define a doctrine – or method – as the personal interpretation of one Being, in a certain place and at a certain point in time. Therefore, to follow a doctrine means to apply someone else's model to oneself. In a way, it is as if we were attempting to fit into someone else's clothes. This can be useful and even life-saving – for a while.

For those who wish to go further, the journey must be continued in one's own internal silence, where we may find our own path, our personal sound.

Two things must be distinguished: on the one hand, all the beliefs, representations, metaphors and concepts that aid us in our journey towards the absolute; on the other hand, the absolute itself and its laws. This distinction is crucial, because we must avoid giving too much importance to that which is only meant as an expression of a much

higher principle. To fail to do so is what we call idolatry, and it is, sadly, very common.

Different representations, metaphors, concepts, methods and approaches can be useful in our quest to put into form that which escapes form itself. But they are the means, not the end.

At a certain point, it is necessary to overcome the need for representation and enter into the realm of experience. For some, this may be reminiscent of Plato's allegory of the cave, which describes the concrete experience of the Absolute. By necessity, this experience is beyond words and concepts.

But perhaps, more importantly, it can only be personal and intimate – however frightening it may be to find oneself alone before the Absolute, without master, companion or therapist to hold our hand.

In conclusion, let us reiterate that the path we are searching for lies not in the finger pointing the way, but in the way itself – silent and internal.

This is why, as a therapist, companion and facilitator, I firmly believe that past a certain point, the individual must continue their journey alone. That is where the limit lies of what I can possibly have to offer another soul, and I can but accept it.

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“ EVERY BEING, STORY AND DESTINY IS UNIQUE ”

Know what you want

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** wants us to be very specific



If there is one thing I can't stress enough, it's the importance of setting clear, very specific and intentional goals. Therefore, in the last quarter of 2019 I took the time to reflect, get crystal clear on my business goals for 2020, and I push my clients to do the same.

Whilst coaching thousands of entrepreneurs from all over the world, I've noticed that goal setting does one of two things. A small group gets extremely excited, whereas the majority of people get completely overwhelmed.

**“ YOU MUST
REWARD
YOURSELF ”**

Aside from limiting beliefs, one of the main reasons I see is that most entrepreneurs

don't know what they really want. I mean, do you? Do you know exactly what you want? When this happens, I ask them to make a sketch of their ideal situation. We spend a good amount of time painting this situation on a clean canvas and, whatever it may be, start breaking it down piece by piece.

Because, how do you eat an elephant? Bite by bite. And to be able not to forget your goals you must be S.M.A.R.T... Personally, I don't fully agree with this notion, and let me tell you why. Yes, your goals should be specific and measurable, but achievable?

When the Wright Brothers wanted to fly a heavy steel machine through the sky in 1903,



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do you think the people then thought this was achievable? They probably thought this was a very unrealistic and unachievable goal. I don't believe in unrealistic goals; I only believe in unrealistic timelines. Get a little unrealistic and get excited about your unrealistic goals.

To me, the 'A' stands for Agreed Upon. There is nothing more frustrating than having a team where everyone's nose is pointed in a different direction. Ultimately, this costs time, energy, resources and money. Therefore, it is very important to have your goals Agreed Upon.

The 'R' stands for Relevant. Yes, goals should support the company's mission and vision. Why else would you work on them? Yet, I've changed the 'R' to Rewarded. You must reward yourself, even after achieving the smallest of goals. My team and I celebrate all our wins, no matter how big or how small. It's important to nurture your inner child or else you will always feel unfulfilled, and that's no way of living.

Lastly, yes, your goals must be Time Sensitive. You must give yourself a realistic time frame for accomplishing your smaller goals, which are necessary to achieving your ultimate objective.

It's all good and well focusing on smaller goals. Smaller goals are the stepping stones to our ultimate goal. Now, here's the catch. To me 'smaller goals' just sounds a little weak. Words have meaning, and we are what we think, what we say and what we repeat. That's why you shouldn't focus on smaller goals, but rather on Game Changers. I'm not saying neglect your smaller goals, but rather put a large amount of focus on something that will change the game for you and get you to your ultimate goal faster. Who



would you have to send emails to? Who would you have to joint venture with? Call and have meetings with? The key here is to think out of the box, be willing to get a little uncomfortable because we all know that that's where the magic happens.

At the end of the day, ultimate goals, smaller goals and Game Changers are a crucial part of a company's survival. Nevertheless, they need to be backed up by ACTION. Otherwise they're just great ideas. After all, the greatest gifts on planet earth are reserved, not for the thinkers, but for action takers. So, my question to you is: "What Game Changers are you going to act on in 2020?"

Meet and work with Arnon Barnes live? Join one of his 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

Be successful

The ultimate guide on leadership from the bestselling co-author of *Extreme Ownership*.

Leadership Strategy and Tactics
The ultimate guide on leadership from the bestselling co-author of *Extreme Ownership*.

In the military, a field manual provides instructions in simple, clear, step-by-step language to help soldiers complete their mission. In the civilian sector, books offer information on everything, from fixing a leaky faucet to developing an effective workout programme to cooking a good steak.

But what if you are promoted into a new position, leading your former peers? What if you don't get selected for the leadership position you wanted? How do you overcome imposter syndrome, when you aren't sure you should be leading? As a leader, how do you judiciously dole out punishment? What about reward? How do you build trust with both your superiors and your subordinates? How do you deliver truthful criticism up and down the chain of command in a tactful and positive way?

These are all questions about leadership - the most complex of all human endeavours. And while there are books out there that provide solid leadership principles, books like *Extreme Ownership* and *The Dichotomy of Leadership*, there is no leadership field manual that provides a direct, situational,

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pragmatic how-to guide that anyone can instantly put to use.

Until now. *Leadership Strategy and Tactics* explains how to take leadership theory, quickly translate that theory into applicable strategy, and then put leadership into action at a tactical level. This book is the solution that leaders at every level need - not just to understand the leadership game, but also

how to play the leadership game, and win it.

Jocko Willink was a Navy SEAL for 20 years, rising through the ranks to become the commander of Task Unit

Bruiser, the most decorated Special Operations Unit of the Iraq War. After retiring, Jocko continued on the disciplined path of success, co-founding Echelon Front, a multi-million dollar leadership and management consulting company, writing the *New York Times* bestsellers *Extreme Ownership*, *Discipline Equals Freedom*, and *The Dichotomy of Leadership*, along with the *Way of the Warrior Kid* children's book series, and creating one of the top-ranking podcasts, Jocko podcast.

“ THESE ARE ALL QUESTIONS ABOUT LEADERSHIP ”



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The Boy, the Mole, the Fox and the Horse

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"What do you want to be when you grow up?" asked the mole.
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"EXPLORES LIFE'S UNIVERSAL LESSONS"

Perseverance is the key to real estate success

Our real estate expert
Yannick Callen says: Finish it!



Preparing and making a 99% real estate purchase is not a deal. In real estate, as with most of your actions, it is a question of doing it or not doing it. 'Trying' does not exist, it is a word coined by humans to describe something that is unreal. As soon as you become fully aware of the power of the two states, everything becomes simpler: finalize or don't finalize, there are no half measures.

When you are interested in real estate and want to make real estate investments, you have to make the decision to go all the way. Perseverance is the key.

A good example to help you understand this is the marathon: if the runner runs 38km and

stops, his achievement is above average, even extraordinary. Nevertheless, a marathon is 42km long, so has he completed it? No, because to be called a marathon runner you have to be able to finish the full race. I repeat: you have to completely finish what you are doing. Ditto in your real estate investment, finish what you undertake!

In my many years of experience, I find that persistence is the most important factor. And now that I'm aware of this, I'm focusing on finalizing everything I start. Be a good finisher! How many times and in what area do you start a task that you don't finish? Or that you do 30%, 70% or even 99% of the task without finalizing?

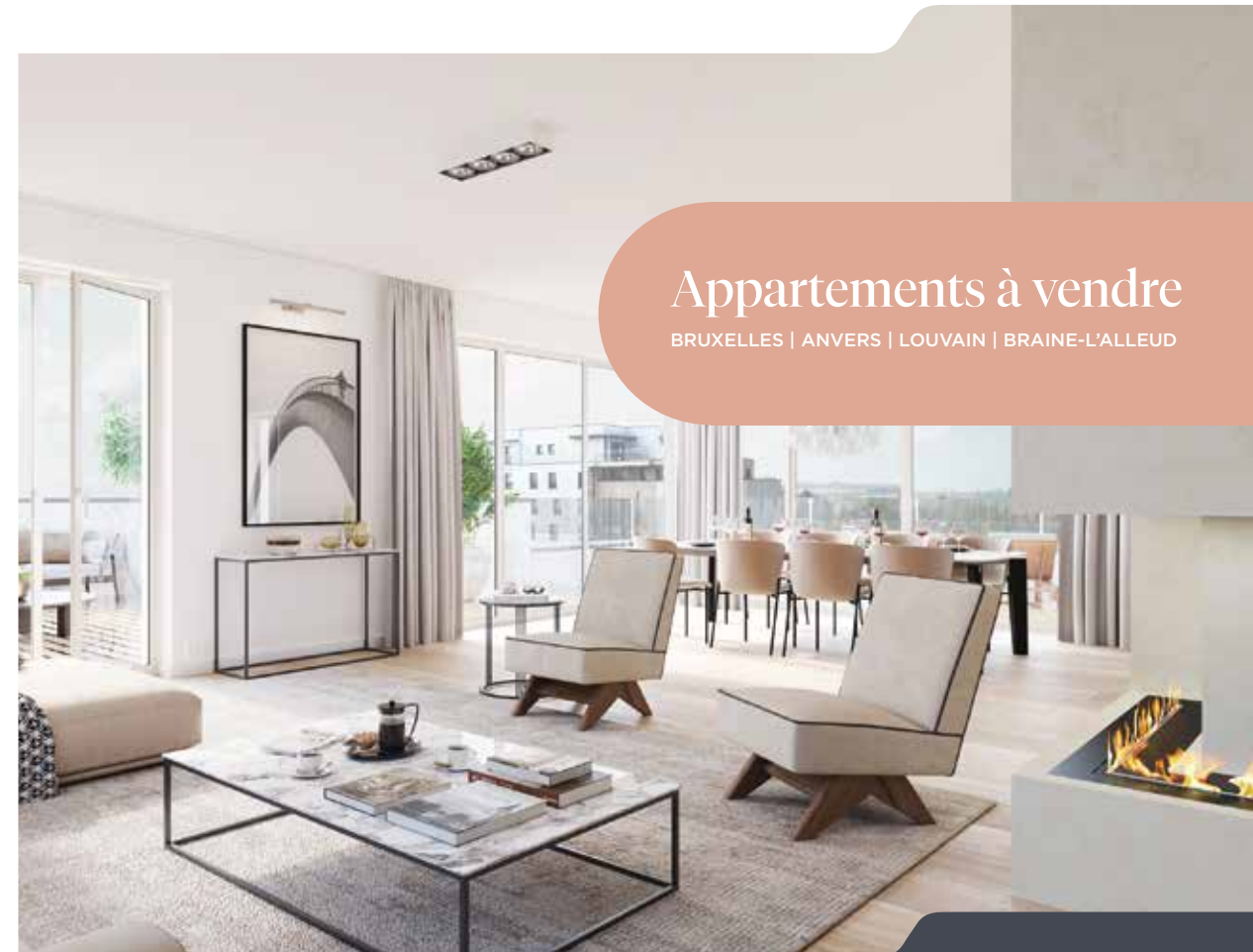
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Often, there is a reason for not wanting to complete a task. Have you ever heard of the fear of success? It is as strong, perhaps even stronger, than the fear of failure. Another term for this is procrastination. We leave a task lying around or we promise to do it, but we never seem to manage to.

You'd like to know why?

You are in a pattern in which you are afraid of no longer being loved or being as perfect as you are today. Because if you take on a new task or finalize a task you will 'change'. Who likes change? Human beings adore habits. You are afraid that you will no longer be loved or that you will no longer be perfect in this new situation.

And who do you not want to disappoint? In your past, who did you not want to lose or stay perfect for? That's where the blockage is. Once you have identified where the blockage is and who you do not want to disappoint, you will move forward and you

will have an easier time completing your actions.

Become a good finisher! Persist! This is what I wish for all of you, and in large quantities. The difference in real estate is the same. How many people do I know who have been looking for property for several years without finalizing? Many! And often we also say how we do everything the same way. Now that

you have the diagram above, you can more easily identify and accept it to finalize.

Do you want to own your home? Do you

want to move on to your next real estate investment? You no longer want it! Do it! And do it 100%, finish the action you take. It's not just about taking action but making the decision to go all the way. Do you feel ready to finalize now?

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The bull is still on the run

Dave Deruytter asks: Where does it go from here?



The current bull run of the stock market in the US is the longest in history. It started after the worldwide financial and economic crisis of 2007-2008. The decade-long increase has been fuelled by unprecedented low interest rates and extremely loose monetary policy by the central bank, including the introduction of Quantitative Easing, the Central Bank's massive financial asset buying programme.

There was a fear for an end to the bull run in 2018 when the US Federal Reserve started to increase interest rates again. Still, as that

increase was stopped, even reversed, the financial markets soon recovered.

In other regions around the world, things are different. Europe hasn't seen similar consistent gains over the past decade on its stock markets. Economic growth was much lower than in the US - Brexit, a potential trade war and migration issues put pressure on positive sentiment. In China, there has been slower economic growth than previously, due to high debt levels and the trade war with the US. These are all factors that make their financial markets

more subdued than in the US. Next to financial assets, real estate investments also did very well over the past 10 years. Real estate has done extremely well around the world, doped by very low interest rates and low unemployment in many countries. The fast-rising number of people in the middle class in developing countries has helped this sector too.

Lower economic growth, low increases in wage and bottoming low interest rates make observers wonder if all of this can continue much longer. Agreed, they were already prudent three years ago - and still the markets powered ahead, notwithstanding a poor year in 2018.

The TINA syndrome? TINA: There Is No Alternative. With interest on savings accounts close to zero and a questionable possibility for positive return in the bond market, what other alternatives does an investor have than to invest in stocks or real estate? Gold or other precious metals? Yes, but they do not yield dividends or interest income. Crypto currencies or other such assets? As long as the Central Banks do not embrace them, mainstream investors will not move on them. Plus, there are doubts about their real added value over the current currency system.

Technology is always an interesting area in which to invest. Particularly new technology, especially digital, including 'disrupters' of established companies, just like in any sector. What is the real potential of 5G, Big data, AI? The hunt for unicorns and their copycats or offspring is still on. Private equity continues to be very active in the innovation sector. But investors with long memories recall the Internet bubble explosion of 2000. In particular, AI and Big data appear to need



more time to yield real tangible results than anticipated a few years ago.

Theoretically, bonds could show capital gains in a negative interest rate environment too. But in practice, there would be a run on banks, as people would take their money in cash and keep it in a safe rather than at the bank if interest rates become substantially negative.

The real question is, do the interest rates really need to bounce back to 'normal' levels, as happened in the US back in 2017-2018? If yes, we have seen the financial markets correct themselves by 10-20 % in such circumstances. Many long-term investors would not be scared by a correction year, but a real crash is never impossible. The debt



levels of households in the US are again very high, and also debt levels of US companies and the US government. Japan is an example to the whole world: very high debt, slow growth and a decreasing population. Luckily, the technology of many Japanese companies is still excellent. India is becoming too inward looking, and its economic growth is decreasing.

There is some good news that may kick in this year too. A phased solution to the trade war between the US and China. An orderly Brexit with a good new deal for both the UK and the EU. Still, these factors have been anticipated for such a long time now that their effect is already factored in to asset prices.

The current state of the financial and real estate markets looks fragile. It will not take much of a scare for them to go down. And if the drop cannot be contained to a correction, structural selling will start. Having said that,

**“ STAY
BALANCED,
BELIEVE IN
INNOVATION
AND KEEP YOU
COOL ”**

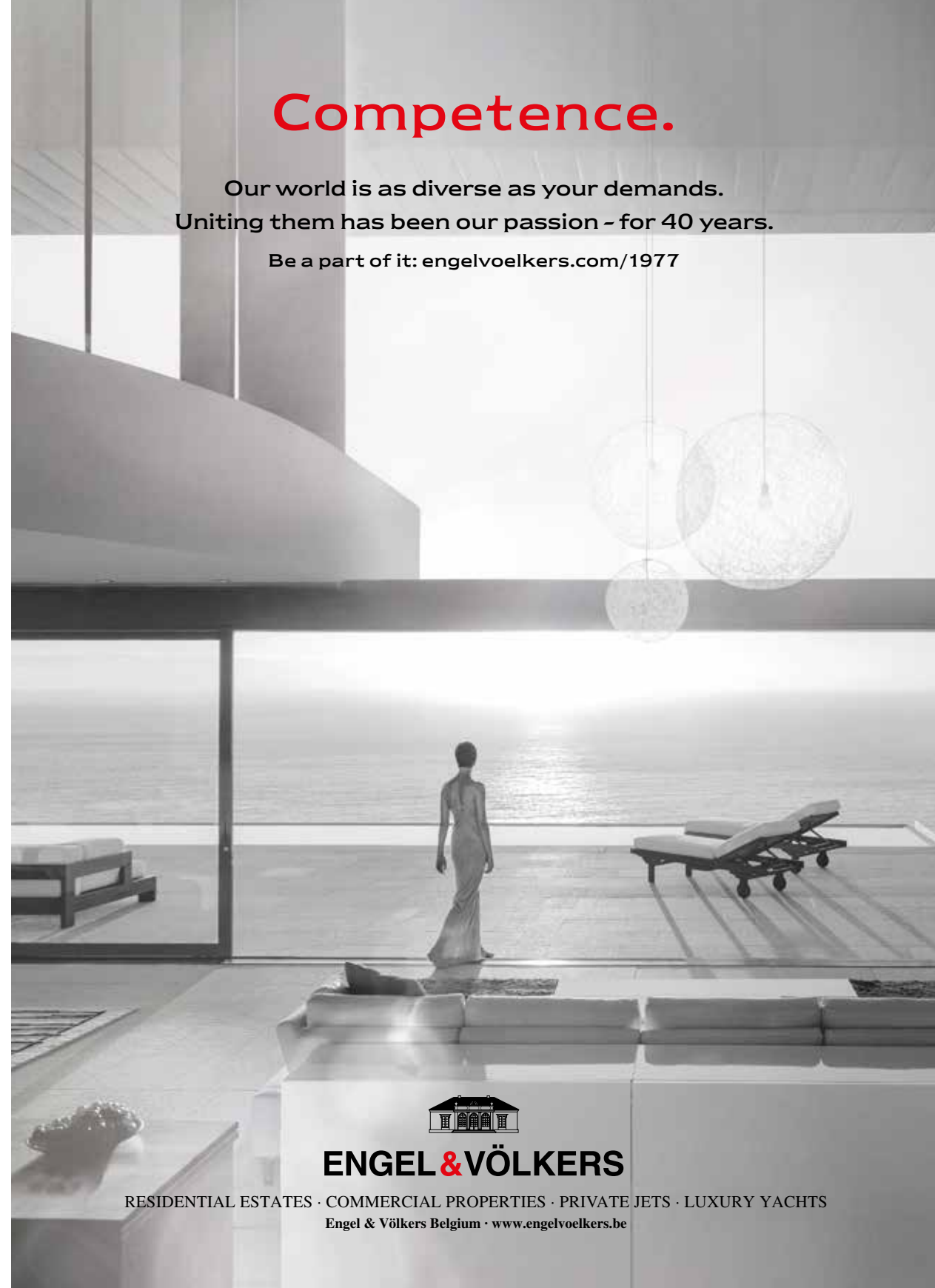
there are still quite a lot of investors with important cash positions who are interested in buying after a correction. As long as there is no real alternative to shares and real estate (much higher interest rates for example), the chances for a real crash are low. However, the US household debt and the Chinese 'shadow banking' issues must be watched closely on the structural risk side. Either one has the capacity to turn a correction into a crash.

For the pragmatic investor, there is no alternative to investing according to their investor profile and time horizon. The fact that cash does not yield income has to be accepted because it is merely the result of good risk management. Do not be tempted by TINA. Still, a flight to cash is not a good option either as it has a lower return than inflation today. Stay balanced, believe in innovation and keep your cool. 🍷

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Player or playground?

Catherine Feore takes a look at Europe's new geopolitical ambitions



In the midst of faltering multilateral efforts on just about every front - a UN whose resolutions are regularly ignored and whose Security Council is neutered by its permanent members, a WTO which has been immobilized by the failure of the US to nominate members to its appellate body, the breach or exit from the Paris Climate Accord by some of its signatories, to name some of the headlines - European Commission President Ursula von der Leyen has bravely stuck her neck out and declared: "My Commission will be a geopolitical one,

committed to sustainable policies. I want the European Union to be the guardian of multilateralism."

When the last Commission, led by its very first 'Spitzenkandidat', added the byline that it was going to be a 'political Commission', it was met with much mockery from the commentariat. When it suggested that the institution enjoyed more democratic legitimacy than it does, it seemed to ignore the fact that Commissions have always been subject to the political forces of their times



and that inevitably it would be the heads of government who ultimately call the shots - a fact that seemed to be confirmed when Macron, Merkel and Sanchez huddled together to agree on their candidates for the EU's top jobs, ditching the 'Spitzenkandidat' approach.

We had barely ushered in the new decade when President Trump decided, without consulting allies - even those present on the ground in Iraq - to sanction a drone attack on Iranian General Qasem Soleimani responsible for the Quds force and the deputy chairman of Iraq's Popular Mobilization Forces. An escalating situation in Iraq and Iran, as well as the urgent need for de-escalation in Libya, led to a commotion of diplomatic action and an extraordinary Foreign Affairs Council being held in the second week of the new year.

Europe's lack of influence has been stark. The EU's High Representative Josep Borrell put it very well

in a speech in India recently: "[Europe] is still a player in search of an identity. We still do not know exactly what kind of role we want to play [...] Europeans have different histories and we have to build a common story. These different histories have shaped our different visions of the world. As a result, we do not have a common strategic culture."

Borrell doesn't underestimate the challenges of pooling sovereignty in the area of foreign and security policy, but he makes it clear that there is a stark choice: "Do we want to be a player or a playground?"

**" THEY DUNNO
KNOW WHAT
THEY WANT,
THEY'RE
EUROPEAN! "**

The EU cannot claim to be a superpower in terms of military might, and while the euro is stronger than one might have imagined a decade ago, its international role is still weak compared to the dollar. However, where the EU can rightly claim 'superpower' status is as a trading group. It's

certainly not perfect, but in the grand scheme of things it has been relatively benevolent - better access for certain goods, lowering the

volume of its agriculture subsidies, opening up its markets. The EU also has the world's largest development aid budget. In addition, it has shown that it is willing to stand up to some very powerful corporate voices in its competition policy and on regulatory matters, such as data protection, and as a global standard setter. What these fields show is that when Europe has a clear mandate, it can be incredibly powerful.

Von der Leyen has put in place a new Group for External Coordination (EXCO), which will discuss current international issues and co-ordinate positions to be taken in international fora or during summits on a weekly basis. The aim is to align the internal and external dimensions of the Commissions' work. In her political guidelines, Von der Leyen includes 'A Stronger Europe in the World' as one of six "headline ambitions" for her five-year term.

The EU has tentatively dipped its toes in the water of defence spending. It modestly proposed to spend €5.5 billion on a European Defence Fund in 2021-2027, which had the advantage of funding joint innovation and trying to create a more competitive defence industrial base. The EU has had a very fragmented approach when it comes to defence. It spends less than half of what the US spends and has 173 systems, while the US has 30. By way of example, the US has one main type of battle tank system, whereas the EU has 17. While intra-EU relations are sometimes ropey, I don't think anyone thinks that Spain is about to go to war against Latvia. However, even this modest effort has been slapped down by the Finnish Presidency who proposed reducing this budget to EUR 2.5 billion, this does not bode well for the EU's common foreign and security policy endeavours.

"Anyone can see what's wrong with it"
EU leaders are wont to quote Winston Churchill. Churchill - among other things - was an amateur bricklayer. When a journalist,

who knew something about the trade, pointed out that the wall he was working on was not plumb, the prime minister retorted: "Anyone can see what's wrong with it, but can you see what's right with it?"

It's not perfect, but if the EU is not going to make a decent effort at being the 'guardian of multilateralism' who, pray, stands a chance? This is not just a matter of internal concern. Canada and Japan are rooting for us to keep multilateral trade alive, environmentalists know that if Europe does not take an ambitious lead, the planet is stuffed, even the US wants the Europe in Nato to improve its Contribution, and while the EU's own record is mixed, it is nevertheless seen by some as a 'shining city on the hill', a bastion of enlightenment values.

"They dunno what they want, they're European!"

Many have mulled over Europe's inability to get its act together on the global stage, citing the apocryphal remark from Kissinger: "Who do I phone if I want to speak to Europe?" I prefer to think back to my student days. Having run out of funds, a French girl who was working as an au pair in New Jersey and I decided to hitch from Montreal to New York. We managed to get to New York state and then, as darkness fell - and in a stroke of dumb luck - spotted a coach with New York City emblazoned across it and flagged it down. Arriving in the early hours of the morning at the Port Authority Bus Terminal, we headed to the nearest diner. A waitress gruffly asked us what we wanted. When we didn't yet know, she turned around and shouted to the short-order chef: "They dunno

know what they want, they're European!"

So, whether you like it or not -

and that includes you Brits - to the rest of the world you are 'European'; and, sometimes you have to stop prevaricating and make your mind up or you'll annoy a feisty world, impatient for you to act. ❶



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Agriculture's muddy waters

Jean O'Connor looks at the agricultural industry's solemn duty to the planet



When we think about environmental threats to the planet, tractors, ploughs and vegetables are rarely the first thing that comes to mind. And yet, agriculture is the single most destructive force to biodiversity. Having said that, agriculture is also the most powerful tool we have in the fight against poverty, both in terms of consumption and in terms of job creation (65% of the world's least financially well-off earn their living in or around agriculture).

A staggering 40% of the earth has been cleared for agriculture. Irrigation is the biggest use of water on the planet, and lakes and rivers are running dry. Unsustainable farming

methods continue to degrade land and generate pollution. In fact, agriculture is the greatest contributor to climate change today and generates 30% of greenhouse emissions – that's more than all electricity, industry, planes, trains or automobiles.

At the same time, every 10 seconds a child still dies of malnutrition, more than HIV/AIDS, TB and malaria put together. And of those suffering from malnutrition who do not die, damage to their brain development is irreversible, creating knock-on effects not just for them, their families and their communities, but to entire economies as well. This is a continuing reality at a time where there is enough food on the planet for every person

living on it to consume 2,700kcal per day, if only it were distributed equally.

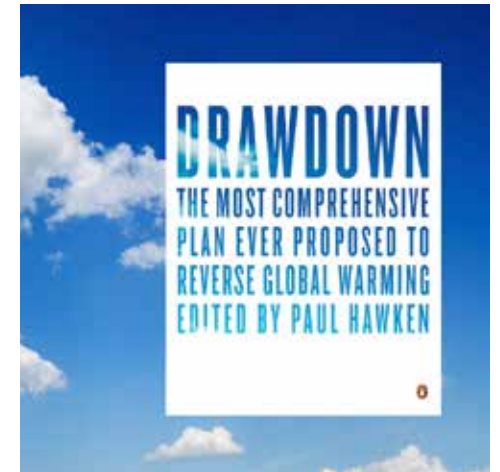
The earth's population stands at 7 billion, and that will very soon grow to more than 9 billion over the next few decades – that means agriculture production is going to have to at least double in the coming years. But how can agriculture grow exponentially without destroying the planet? As the economist Kenneth Boulding said: "Anyone who believes exponential growth can go on forever in a finite world, is either a madman or an economist."

Today, conventional farming methods use 10kcal of fuel on average for every 1kcal of food produced, so the numbers just aren't adding up. Number 12 of the UN's 2030 Development Goals adopted in 2015 is Responsible Consumption and Production. Their 2019 interim report does not bode well for the future.

It is within the context of this overwhelming dilemma of food security versus environmental security that we need to search for answers. Reducing food waste? Eating less or no meat? Eating less or no dairy? Sustainable farming? GMOs? Government incentives? Freezing agricultural footprints? Organic Farming? Permaculture? Improved conventional farming? A change in individual spending choices? All of the above?

Project Drawdown, a non-profit group aimed at generating climate solutions, put out a list of 100 ideas to address climate change in 2017, a substantive part of which was linked to agriculture and its damaging effect on the planet. These solutions operated around five key points: closing yield gaps on 'underperforming' land, limiting farmland expansion in tropical areas, reducing food waste, changing diet and using agricultural inputs more strategically.

Dr. Jonathan Foley is a leading environmental scientist, speaker, writer and Project Drawdown's Executive Director. In a recent



“ IRRIGATION IS THE BIGGEST USE OF WATER ON THE PLANET ”

TED Talk, he suggests a term that he has coined 'Terraculture' – or farming for the whole planet. It is a potential combination of many answers but, at its heart it requires a global conversation and ensuing international understanding and consideration for what he calls the "other inconvenient truth". This means conversations on both the grass-roots local level *and* the international business level.

Terraculture would not just seek to balance the impact of agriculture on our planet, but also improve farming methods in conjunction with indigenous needs and knowledge so as to ensure a constant food source for centuries to come.

In a utopian version of our world where altruism reigned this could work, and yet there are so many challenges involved. These challenges include balancing short-term business outcomes with short and long-term humanitarian and environmental outcomes,



communicating one integrated message to all those involved in agriculture across the globe and having it resonate, and involving people or groups with varying priorities, be that because they are living at different ends of the poverty spectrum, or are operating within differing value systems.

The world, for example, is littered with the skeletons of development projects gone wrong that didn't take into account varying cognitive models or different ways of approaching life, where increasing yield may be the ultimate goal for one, while less time working in the fields and more time to rest and spend with family for the same yield may be the ultimate goal of another.

For organizations such as Project Drawdown, getting this Terraculture message Across, therefore, will be no mean feat. In fact, getting *any* message of global partnership in

“ LIMITING FARMLAND EXPANSION IN TROPICAL AREAS ”

the fight against environmental degradation or social injustice is going to be a challenge, just because of the fact that we are all different and perceive the world from different angles.

But perhaps, in this age of heightened global awareness about the state of the

environment, there may be an opening. And perhaps there may be a realization that so little is ever achieved in opposition to, and yet so much in cooperation *with*...

As Japan's natural farming pioneer Masanobu Fukuoka said in his seminal work, *The One-Straw Revolution*: “The

ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.” In the same way then, it seems the only way forward will be a coming together of forces, peoples and priorities to find a common ground to heal our ground, together. ●

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LIFESTYLE

Luxury

Solaris Yachts: We are sailing

It all began in Venice for a specialist in yacht design and build

All Photos © Solaris Yachts



The venture started in the 1970s in Aquileia, on the shores of the Venetian Lagoon, where first the Romans and then the Serenissima Republic left their important seafaring heritage, which was taken up by Solaris Yachts. With forty years of dedicated boat building and refitting experience, and a unique know-how, the technical department and the skilled workers of Solaris design and build quality sailing yachts, combining technology and strength with the traditional manufacture of the incomparable wood interiors.

Luxury



The sea is the ultimate judge, and it is thanks to the sea that Solaris is able to improve by practicing the technique of continuous development in the company. The quality of Solaris goes beyond the structural components, and is evident in the entire yachts, using only what works better and lasts no longer; because of this continuous and precise work of selection and research of the best materials and equipment, it is possible to create such unique yachts.

**“ THE SEA IS
THE ULTIMATE
JUDGE ”**



In 2013 Solaris founded Performance Boats as a company dedicated to building big yachts in carbon. Performance Boats has an advanced facility among the most complete, best-equipped and technologically advanced in the world and has an international team of highly-qualified technicians with more than 20 years' experience in the construction of sailing yachts over 90'. The combination of an experienced team, sophisticated equipment and advanced technologies makes this department one of the best in the world.
www.solarisyachts.com

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Phyto ombre Mat nude 11 - Mascara So Volume 1 noir
Phyto blush twist glow 4 - Le phyto rouge 11 beige Tahiti
 Hair **Kevin Murphy Shimmer Shine**
 Hair Resort **Bedroom hair**

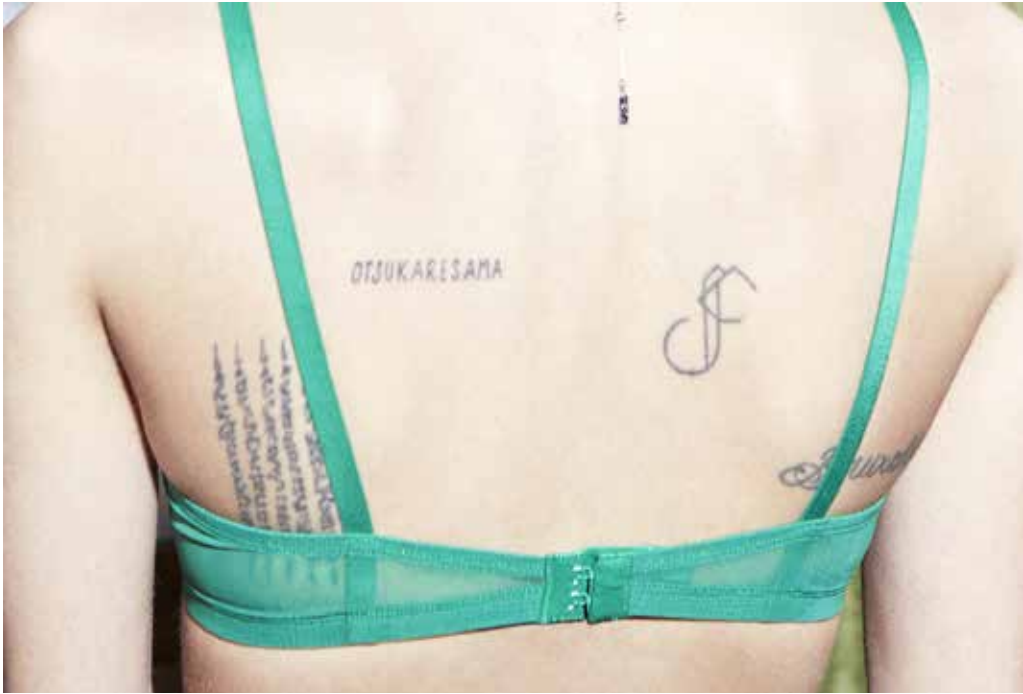




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Bra **Eres**



Fashion

Fashion Revolution: Making the fashion industry work

Fashion Revolution explains its place in the world of modern fashion



Fashion Revolution in Bangladesh

We are Fashion Revolution. We are people from all around the world who make the fashion industry work. We are the people who wear clothes. And we are the people who make them. We are designers, academics, writers, business leaders, policymakers, brands, retailers, marketers, producers, makers, workers and fashion lovers. We are the industry and we are the public. We are world citizens. We are you.

Our vision

We believe in a fashion industry that values people, the environment, creativity and profit in equal measure.

Our mission

We want to unite people and organizations to work together towards radically changing the way our clothes are sourced, produced and consumed, so that our clothing is made in a

safe, clean and fair way. We believe that collaborating across the whole value chain — from farmer to consumer — is the only way to transform the industry. Our mission is to bring everyone together to make that

happen. Fashion Revolution is a global movement that runs all year long.

We celebrate fashion as a positive influence,

“OUR MISSION IS TO BRING EVERYONE TOGETHER”



Fashion revolution in Barcelona

while also scrutinizing industry practices and raising awareness of the fashion industry's most pressing issues. We aim to show that change is possible, and encourage those who are on a journey to create a more ethical and sustainable future for fashion.

Fashion Revolution strives to be action-oriented and solution focused. Rather than making people feel guilty, we help them recognize that they have the power to do something to make a positive change. We often call ourselves “pro-fashion protesters” because we love fashion and want to see it become a force for good.

We try to always be bold, provocative, inquisitive, accessible and inclusive. We tend to avoid negative protesting, victimising and naming and shaming. We do not target specific individual companies because we believe that the industry's problems are bigger than any one company's actions. We do not advocate boycotting, simply because we don't see it as an effective way to achieve systemic change.



Fashion revolution Orsola and Carry, the team

How we are funded

Fashion Revolution (both the Community Interest Corporation and Charitable Foundation) is generously funded by private foundations, institutional grants, commercial organisations and donations from individuals.

Donations made through the Fashion Revolution website will go to the Fashion Revolution Foundation (in order to enable us to claim Gift Aid, where appropriate, from our supporters) OR directly to a Country Office, where they are established. Please be sure to check if your country can accept donations directly on their country page. Check the home page for coordinators in Belgium.

Fashion Revolution Week

Fashion Revolution Week is our #whomademyclothes campaign in April, which falls on the anniversary of the Rana Plaza factory collapse, which killed 1,138 people and injured many more on 24 April 2013. That is the day Fashion Revolution was born. During this week, brands and producers are encouraged to respond with the hashtag #imadeyourclothes and to demonstrate transparency in their supply chain. **20 – 26 April 2020.** www.fashionrevolution.org



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Shopping



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pieces that will make you
swoon. Price: **€1,890**
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It is this challenge that makes you irresistible. The audacity that makes you bold, and you need the right possessions. Whether you are headed out for a quick weekend getaway or an unexpected business trip, having the right traveling bag makes all the difference. Price: **€895**
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and the Commission. The Commission has also been asked to consider the possibility of introducing a new instrument, such as a Directive, to ensure that the Member States are able to implement the provisions of the Treaty on the subject of the free movement of persons.



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Silk pouches produced in collaboration with Belgian artist Roseline d'Oreye for Valentine's Day. Available at Maison Degand. Dim.: 40x40cm. Price: **€135**
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René Furterer hair rituals: Back to the roots

Advertorial

This month we look at a company who blazed a trail in hair care

Pioneer René Furterer was the first, in 1957, to recognize the importance of the scalp in hair care rituals. An expert in hair health for over 60 years, the brand relies on essential oils, a true René Furterer signature – these are precious ingredients both for their effectiveness and for the extraordinary sensory journey.

“Beautiful hair grows on a healthy scalp, just like a plant on fertile soil.”
 René Furterer, 1957



“ EXTRAORDINARY SENSORY JOURNEY ”

A healthy, balanced scalp is a strong scalp capable of giving birth to a beautiful head of hair that is full of vitality. Indeed, it is on this living surface that the hair bulbs are anchored.

Back to the roots!

This is why taking care of your scalp is not an option, it is a vital gesture.

The deeply beneficial effect of essential oils

René Furterer has forged a strong and unique expertise in scalp care, which has led him to develop an expert approach in the use of essential oils, the powerful ingredients that rebalance the scalp.

Start each hair ritual with the application of a concentrate of essential oils to prepare the scalp - this is how René Furterer envisions hair care.

Learn the correct reflexes!

How do you find your scalp right now? Dull, tired and weakened hair? Stimulate and tone the scalp with Complex 5.

Itching, irritation, uncomfortable scalp or asphyxiated hair (dandruff or scalp that greases faster than normal)? Soothe and purify the scalp with Astera fresh.

The products are available from our Ambassador Lounge La Maison by JV.
www.lamaisonbyjv.com



St Valentine's Day!

Caroline Dierckx offers up some choices for that special February gift

We immerse ourselves in the heady scents of St Valentine's Day! And yes, it is a month of sweetness where the pleasure of giving to a loved one is very important to us. Keep it romantic and playful, using our suggestions for gift ideas that will spark many a smile and make all lovers want to love each other even more.

The Bella Hadid look?
Dior Raspberry Lip Glow Oil:
€38.43



The Male Aviator,
The new fragrances
by Jean Paul Gaultier:
125 ml, **€104**
and **"Classic" Pin Up**
100 ml: **€117**



Dior Palette Rosy Glow:
€38.85

An elegant design
from **Carolina Herrera,**
Good Girl:
50ml, **€99**



Quatre en rouge Boucheron Paris:
100ml, **€94**
On sale at Galeria Inno, Ici Paris XL, Planet Parfum and independent perfumeries.



Perfume La Collection
Carven - Paris Havana Eau
de parfum: 125ml Vapo:
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RITUALS The
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Want a bite of **Nina Ricci** - Nina
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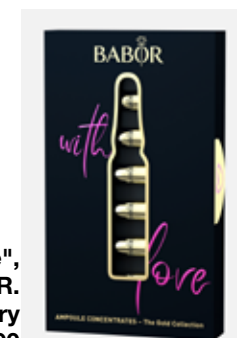
Limited edition "With Love",
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A gem for beautiful skin every
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Nivea - Rice scrub with Organic Raspberry 75ml:
€6.99



Romantic accessory
by Liu Jo: **€119**



Design

COLLECTIBLE design fair

COLLECTIBLE is the pioneering fair dedicated exclusively to 21st-century contemporary collectible design

COLLECTIBLE_Arthur_Hofner_Paris



COLLECTIBLE_Victoria_Magniant_Paris_01

Experimental in its approach, COLLECTIBLE is a one-of-a-kind platform for the showcase and discovery of the best in collectible design today. Seeking to continuously push the boundaries of creativity, the fair brings together established and emerging galleries, designers and design studios in a dynamic, integrated space and collaborates with leading curators, design institutions and foundations to deliver groundbreaking commissions and curated projects.

COLLECTIBLE presents an expanded roster of over 100 international exhibitors and an exciting new panorama of unique and limited-edition works by practitioners from a mixed range of disciplines, sitting at the crossroads of design, architecture and art.

Interdisciplinary spaces and ateliers, renowned for their innovative and experimental approaches, further enrich the depth and scope of the fair. London-based Blue Mountain School conceives a special project bringing together sustainable design

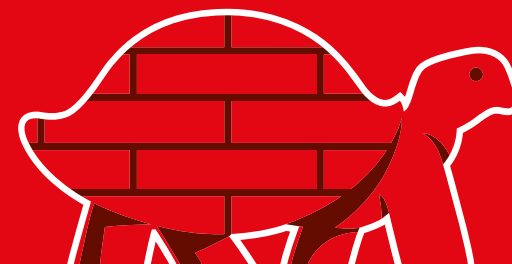
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COLLECTIBLE_Editions du cote_Biarritz Elkano credit Claudia Lederer



COLLECTIBLE_FAINA_Kyiv_Victoria Yakusha_2

“
**RENOWNED
FOR
THEIR
INNOVATIVE
AND
EXPERIMENTAL
APPROACHES**
”

COLLECTIBLE_Scene_Ouverte_Paris_William Coggin_Bookshelves_credit_Vincent Amar



in line with their core mission. Emerging design hub and residency Zaventem Ateliers, located outside Brussels, feature new works by talented makers based in the communal workshop.

This year also sees the introduction of BESPOKE, a brand-new section showcasing signature works by individual designers and design studios through fresh creations and high-end commissions. Among the highlights, DIM Atelier, reputed for their level of craftsmanship, showcase new eye-catching lighting pieces in bronze, while BRUT Collective (Brussels) present a variation of their second edition of BODEM, a curated ensemble of art and design pieces produced in collaboration with Belgian architectural practice Antoine Architectural Finishes.

The CURATED SECTION, dedicated to

COLLECTIBLE_Musingselles_Nyc_Set 6_Collection



COLLECTIBLE_Vormen_Brussel_Gomitochair-1



designers and design studios with no gallery representation, is a space for radical experimentation and discovery where participants are required to explore pioneering ideas and processes in design.

Established in 2018 by art and design professionals Clélie Debehault and Liv Vaisberg, COLLECTIBLE is the only fair in the world to solely focus on 21st-century design. Breaking away from the traditional fair format, COLLECTIBLE seeks to reinterpret the design fair model by offering visitors the opportunity to immerse themselves in an open and integrated space where designers, design studios, galleries, institutions and foundations come together.

5 - 8 March. Vanderborcht building, 50 rue de l'Ecuyer 1000 Brussels www.collectible.design

COLLECTIBLE_Nicolas_Erauw_Belgium_Collectible_2



COLLECTIBLE_Jeroenverrecht_7893



Design

Shopping Decor



Nedgis - Pop Colours

As daylight gradually dissipates, pop colours are in order this winter. They are indeed very popular in this season of greyness where the sun is hiding. Yellow suspension unfold - Muuto: **€169**



Nedgis – Astep

The Model 548 table lamp from the Italian house Astep is the creation of the famous designer Gino Sarfatti. The founder of Astep, Alessandro Sarfatti, wanted to pay tribute to his grandfather by recreating these works: **€1,100**



Nedgis - Vita Copenhagen

This is Asteria Safran, a magnificent pendant lamp designed by Anders Klem for the Danish brand Vita Copenhagen. Minimalist and refined, Asteria is suitable for all atmospheres: **€269**
www.nedgis.com

Chaplin's - Tearoom Lounge

A truly timeless design, the elegant Tearoom collection with chair and plinth table exemplifies Menu's nostalgic design language. All soft curves and plush upholstery, it fits well into both period and contemporary homes: **Price on demand**



Chaplin's - Scandi Soft Style

Chaplin's were automatically drawn to Scandi styles during the cooler months. In their smooth minimalism and sculptural sparseness, one finds a sense of calm that is often absent from the festive season. Lounge Chair, Eave Sofa, JWDA Floor Lamp and Gravel Rug by Menu: **Price on demand**



Chaplin's – Verpan

Hive is a charming pendant light from the archives of Verner Panton. Depending on the finish chosen, it can be avant-garde or retro, the series of nested shades working together to create a gorgeously diffused light source: **Price on demand**
www.chaplin's.co.uk

Design



Covet Paris - White Wonderland

Bring back the 20s with this beautiful living room setting. Velvet sofa and armchairs in white velvet contrasting with the exuberance of the gold in the centre tables. Products on the image: Saboteur Armchair, Saboteur Sofa, Empire Side Table, Empire Side Table Small, Empire Centre Table, Explosion Mirror, Lighting (LUXXU Modern Design & Living), Draycott Wall, Empire Suspension: **Price on demand**



Covet Paris - Glamorous Dining

A glamorous dining room ready for all the needs of the new season. The Beyond dining table and its polished surface give a sense of dark luxury to the room, while the crystal lighting and velvet dining chair light up this

room and make it extra glamorous. Completed with the Crown Mirror and the Spear Console, this is the perfect dining room setting: **Price on demand**
www.covethouse.eu



KitchenCraft World of Flavours

Nourish the mind, body and soul with a warming ramen or a simmering pot of Katsu curry with a kick on a cold winter night and bring traditional Japanese cuisine to your kitchen. This Cast Iron Cooking Pot is made from heavy durable enamelled cast iron to allow heat to distribute evenly so you can simmer and infuse the flavour of your dish with perfection: **Price on demand**

KitchenCraft Le'Xpress

Keep your tea fresh and give your kitchen a glamorous glow with this copper-finished tea caddy from Le'Xpress. It's the perfect balance of contemporary trends, timeless style and classic practicality. This tea tin can store up to 750 grams of teabags or loose tea leaves. Its airtight, tight-fitting round lid keeps flavour locked in for longer. And with its gorgeous copper finish, it won't look out of place in your kitchen - whether it's traditionally styled or ultra-modern! **Price on demand**

www.kitchencraft.co.uk





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La Forma Chair,
Middle of Nowhere
Print: **Price on
demand**
www.norsu.com.au



Norsu Boys Room
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business by an elephant. It was ceramic, covered in spots
and contained a small slot on its perfectly rounded back in
which a child could place his coins... Violet eyes Prints, Pax
& Hart print, Norsu Interiors Cushions, Mustard Made Shorty
Locker, Honey-Honey Wall hangings: **Price on demand** ●



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

Motoring

Motoring your way through 2020

Bob Monard offers an overview of what the car manufacturers have in store for us this year



You probably saw them at the Heysel. If not, you will no doubt cross their paths during the coming year - on Belgian and European road networks – or perhaps even further afield.

A for ALFA ROMEO

The new Alfa Romeo Giulia and Stelvio include exclusive technological updates, such as the new infotainment system with connected services, touch screen and a new

man-machine interface. Also, the new ADAS and level 2 autonomous driving systems reinforce the driving sensations and the driver-oriented concept. Materials and finishes have been revised for superior comfort, with a new range of colours expressing new sensations. The new Giulia and Stelvio models are characterized by a triple evolution: technology, autonomous driving and connectivity.

A for Aston Martin

A prestigious manufacturer associated With a very high level of competitiveness, Aston Martin also yields to the current SUV fad with its new DBX. SonV8 biturbo of 4 litres and 550hp makes it roar at 290km/h. Worth waiting a little bit longer for the coming addition: a V12-biturbo.

A sports crossover? The Aston Martin Vantage will come in the form of a



convertible. The Vantage Roadster boasts a 4-litre V8. We expect in the near future the arrivals of Valhalla, Valkyrie and a 100% electric SUV.

A for AUDI

Audi launches the new A4. Packed with state-of-the-art connectivity, it abandons the 1.4 TFSI in favour of a 2-litre 35TFSI.

The five-ring brand is expanding its range in the medium to luxury segments by offering rechargeable hybrid versions of the A7, A8, Q5 and Q7. Maximum travel comfort, sportiness and electrical range up to 46km are all combined in the A8 L 60 TFSI e quattro - its 3.0 V6 TFSI and the powerful electric motor can achieve a power of 449hp and a torque of 700Nm.

You will also be more than pleasantly



surprised by the 367hp A6 55 TFSI e quattro, the Audi e-tron Sportback, the A5 Sportback g-tron, RS 4 Avant, RS 6 Avant, RS 7 Sportback, RS Q3 Sportback and RS Q8.

The Audi Q7 TFSI e quattro combines luxury, space and efficiency. It's worth noting that the new RS Q8 is the most powerful SUV coupé (600hp) in Audi Sport range.

Motoring

B for Bentley

Bentley, is showing off with these are four models, each one typically emblematic. The Continental GT houses a 12-cylinder 6-litre and 635hp engine, just like the Continental GT Convertible Coupé Cabriolet. They benefit from all-wheel drive. The Mulsanne opts for a 6.8-litre with 512 and 537hp, while the large SUV Bentayga is available with a 4-litre V8 with 550hp and a 6-litre 12-cylinder



with 608hp as well as a 4-litre V8 diesel with 435hp - all are available in four-wheel drive.

B for BMW

The arrival of the all-new BMW 1 Series heralds the dawn of a new era: driving pleasure, dynamic excellence and more generous interior space.

They have added the new 7th generation 3 series (4.71m or 8.5 cm extra), which houses 4 cylinders 320 i, 330 i, 318 d and 320 d as well as a 6-cylinder diesel 330d. Also, take a look at the new and luxurious fourth generation X5 (265, 340 and 400hp). Plus, the Z4 roadsters (197, 256 and 340hp), boasting a soft top, and the 8 series coupé and cabrio, such as the X7, X5M, X6M and M2 Competition. Add to this impressive list the BMW 2-Series Gran Coupé, M2 CS and M8 Gran Coupé.

Bear in mind that the BMW 5 Series Sedan and Touring are now available in the 518d version with 150hp. The BMW 6 Series Gran



Turismo has a 190hp '620d' version. And don't forget the impressive BMW 530e iPerformance Sedan.

Assertiveness, refined elegance, innovative technologies, driver assistance systems and advanced connectivity: the new BMW 7 Series benefits from a new exclusive design of the luxury sedan. Several lengths, several 6-, 8- and 12-cylinder engines deliver 340 to 585hp, a plug-in hybrid version, several transmissions... basically, what else do you need?

D for DS

The premium French outfit strengthens its range of SUVs. We already know the DS7 Crossback (also available in gasoline hybrid), now we meet the DS3 Crossback whose originality of design is its major asset. Available in petrol (100, 130, 150hp) and diesel (100hp) and also in 100% electric.

Thanks to its 300 horsepower and 520Nm motorization (a PureTech 200 horsepower petrol engine and two electric motors) and a four-wheel drive transmission, DS 7 CROSSBACK E-TENSE 4x4 is an instant star!



The first 100% electric premium B-SUV, the DS 3 CROSSBACK E-TENSE is characterized by unrivalled comfort and soundproofing, reaching a range of 320km of autonomy in a unique dynamic serenity.



F for FERRARI

Coupés and convertibles are Ferrari's business. The Portofino, the F8 Tributo & Spider, the 812 Superfast & GTS, the GTC4Lusso, the SF 90 Stradale, the 488

Pista 720hp, the Monza SP1 and P2 810hp...so many exceptional machines and inimitable Mediterranean charm, as with anything that bears the marque of the prancing horse of Maranello.



F for FIAT

The 'Sport' versions of the Tipo, 500X and 500 L combine a resolutely sporty look with complete equipment specifications, while the 'Club Edizione' series includes the 500, 500L

and 500X models. The new special edition Abarth 695 70° Anniversario is equipped with a 1.4-litre turbo engine with 180hp, which speeds it up to 225km/h.



H for HONDA

The very lively Compact HR-V SUV displays a renewed bonnet line, while the 5th generation of the CR-V family SUV has dispensed with diesel.

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La meccanica delle emozioni





I for INFINITI

A special feature of this Nissan manufacturer: all these models are distinguished by the letter Q. The compact Q30 sedan, the QX30

premium crossover, the Q50 wagon, the Q60 coupé, the Q70 large sedan and the QX70 large SUV... so many elegant high-end designs and powerful technology.



J for JAGUAR

The star is the new F-TYPE. New design, fine materials, exclusive 20-inch rims and performance seats in Windsor leather with 12

settings and Monogram stitching, V8 turbo 450 and 575hp, propulsion and all-wheel drive... the F-TYPE is powerful. Very powerful.



J for JEEP

The Jeep Renegade and Jeep Compass Wrangler are both hybrid models. On the new Jeep Renegade PHEV, the electric units

work in synergy with the new 1.3-litre turbo petrol engine (190hp and 240hp) in order to increase efficiency and overall power.



L for LAND ROVER

New 4X4 innovations to discover are the Defender with several body variations, the Range Rover Evoque PHEV and the

Discovery Sport PHEV. Plug-in hybrids combine a 2-litre turbo and an electric motor at 400hp.

Motoring



M for Maserati

From the long-distance Ghibli to the GranTurismo and Grancabrio, from the prestigious Quattroporte to the Grand SUV

Levate, Maserati combines the sound of V8s with Italian luxury. The Maserati hoists its trident high, inspired by the Neptune fountain in Bologna.

M for MERCEDES

The dapper new GLE crossover and the new class A (also with 4 doors) are the pride of Stuttgart! Just like the EQC electric SUV, which boasts 300hp.

In the spotlight is the GLA, the latest addition to the compact car range. The GLB and GLS models are both available in seven seats. Plus, the latest generation EQ of diesel engines and EQ Boost for petrol engines, including EQ Power Plug-In Hybrids from Class A to S Class to EQC with an electric battery as well as the smart EQ facelift and EQV.

Other new products: the eVito electric Vans



and the eSprinter for both individuals and businesses, and not forgetting the sports cars AMG 43 4MATIC +, AMG GT Roadster and Class A 45 AMG S, CLA 45 S, GLA 35 AMG, CAP 35 AMG and GLE 53 AMG, which complete the AMG range.

So, the 'Star' emblem has decided that it's time for sustainable modern luxury – across the board.



NISSAN

'Nissan Intelligent Mobility' is for everyone and includes the most innovative N-TEC and ProPILOT technologies. Welcome to JUKE,

the brand-new crossover coupé. And the firm is having a party with the Nissan GT-R, which is celebrating its half century.



PORSCHE

The Taycan will no doubt catch the eye. This 680hp Turbo and 761hp Turbo S electric racing car is well known for its Porsche DNA,

which reassures purists. There is a light facelift for the Macan and more efficient Panamera with 460hp twin-turbo V8.



R for ROLLS-ROYCE

Even Rolls-Royce is making sacrifices to SUV fashion with its exclusive Cullinan. 6.8 litre V12 petrol, 571hp, 4X4, 8-speed automatic transmission, and more comfort!

The prestigious Ghost and Phantom, as well as the Wraith and Dawn coupé-cabriolet, complete the luxurious range of this British manufacturer, which joined BMW in 1998.



V for VOLKSWAGEN


The 8th Golf will clearly be the darling of Wolfsburg. Diesel blocks as well as petrol, such as light hybrid and plug-in hybrid engines, are in the programme. Alongside it

is the new ID.3 with electric motor on the rear axle and batteries under the floor, the T-Roc Cabriolet and T-Roc R as well as the family van Multivan 6.1, which has been restyled and electrified. ❶



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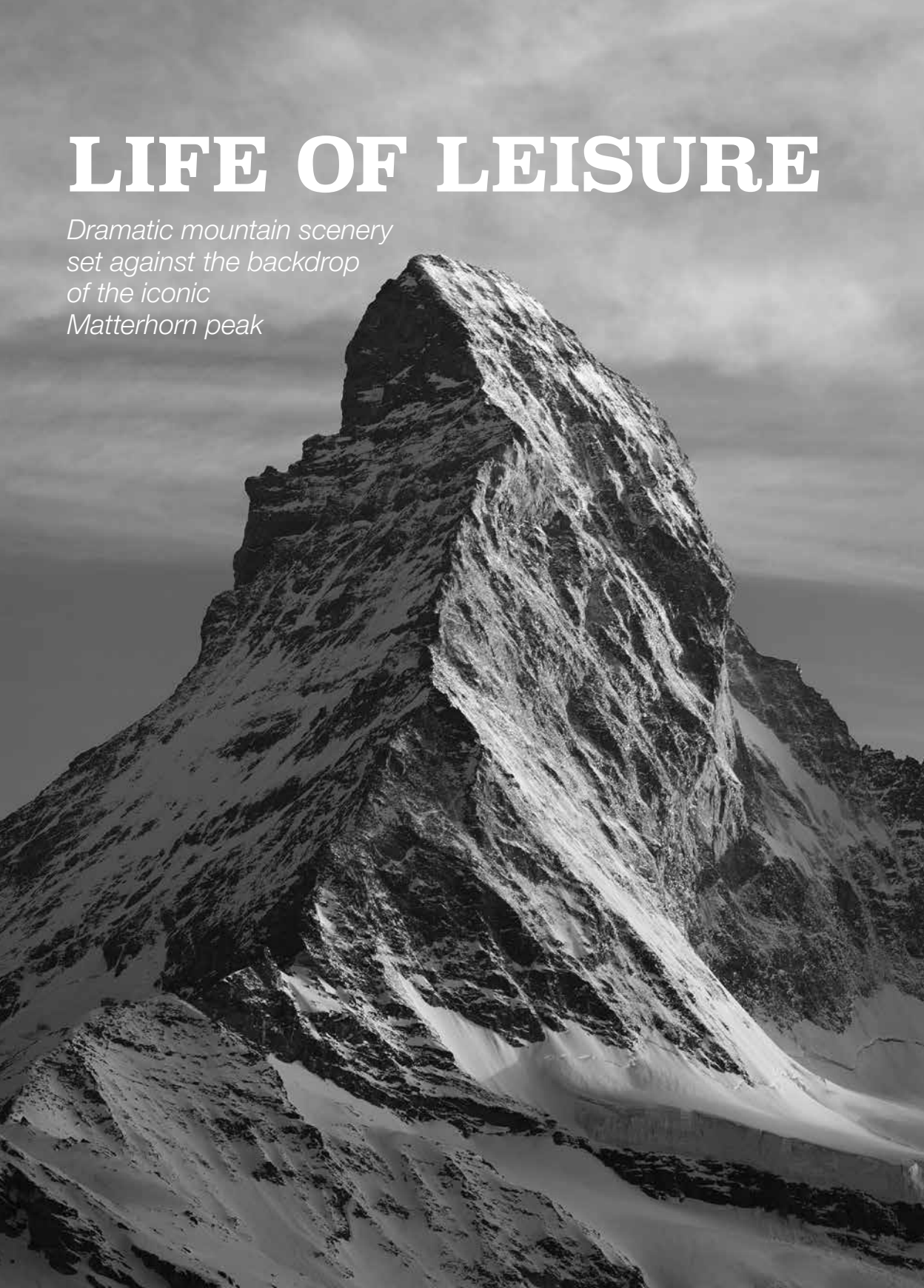
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Interview

Robert Downey Jr.: A resurrected man

This month *Together* met up with an extraordinary character blockbusting his way across the planet



Robert Downey Jr. is one of the most extraordinary men in Hollywood, whose own story could well be the subject of a biopic. After meeting his current wife, the film producer Susan Levin, on the movie *Kiss Kiss, Bang Bang*, he resurrected his career from the wasteland of drug addiction and has since become one of the most successful actors in the world.

The *Iron Man* film franchise and its *Avengers* spin-off gave Downey Jr. the perfect foundation to bring himself back from the brink and fulfil the Tinsel Town A-list potential that he had shown prior to his troubles.

From the time he appeared in the film *Pound* at the age of five, directed by his father, Robert Downey Sr, Jr. has always had an affection for the limelight, and half a century later he is seen as one of the best of his generation.

In 1992, he starred as the titular character in *Chaplin*, a biopic of the legendary comic actor of the early 20th century, which earned the Manhattan-born actor an Academy Award nomination for Best Actor.

However, things started to head on a



downward curve for the undeniably talented actor during the second part of that decade, with numerous arrests, visits to rehabilitation units and drug problems, culminating in him spending time at the California Substance Abuse Treatment Facility and State Prison.

There was a brief reprieve as Downey Jr. joined the cast of the TV series *Ally McBeal* (for which he won a Golden Globe award for Best Performance). However, his character was written out after a pair of drug arrests at the turn of the Millennium. After one last stay in a court ordered rehab, he finally achieved sobriety.

Downey was ranked at 31st in the 2019 Forbes list of Hollywood's highest-paid actors with an estimated US\$66million in earnings. Funny, smart and interesting, he's one of the more likeable Hollywood actors.

Married to producer Susan Downey (nee Levin) since 2005, they are raising their son, Exton (7) and daughter Avril (5). The actor

has another son, Indio, 26, from a previous marriage to Deborah Falconer from 1992 to 2004.

Downey Jr. – 55 in April – and his family live in Los Angeles on a sprawling estate where the staff employed there include martial arts trainers, spiritual consultants, and a private chef.

Together: Your new film, *Dolittle*, is obviously based on the well-known series of books by author Hugh Lofting. What attracted you to this project?

Robert Downey Jr.: Well, on set we are surrounded by all of these wonderful animals

which are both real and animated.

The film is an adventure, but it's also set in the period when the original stories were set. So, that's the early 1800s and it gave both myself and my wife Susan – who is the producer on this movie – the chance to accept the challenge of such a project. I think



“ HE FINALLY ACHIEVED SOBRIETY ”





we both really enjoyed it, and I hope everyone who goes to see it does, too.

What you've also got to think about is that, especially, when my wife and I work together on a project and our kids sometimes don't get the opportunity to see the work that we do, that would have to have had a huge impact on the decision to choose this project. I've shown them a couple of the acceptable Marvel movies that I have been in.

But I feel that this is a film that they could both watch together, enjoy and then see what we both do for a living and what pays for the things that we do together and the house that we live in!

With being a regular in Marvel franchises, namely Iron Man, are you ever fully-accustomed to working with green screen and CGI animations?

I would say that the challenges I just spoke of, when you have green screen to work with,

that's a part of the challenges. You're pretending and regardless of how many times you do it – yes, you do get more used to it – it is still working with the fact that you are pretending and trying to make things look as real and as believable as you can.

Working with the fellow actors who you won't see in the movie as themselves, because they were dressed from head to toe in green suits to make sure that they couldn't be seen in the movie, as they were replaced with the animals in the film – that's obviously different than doing a scene where you're having dialogue with a fellow actor who will be seen.

Fortunately, the green suited guys are very well trained, and they have been in other such movies like *Star Wars* and they are remarkable people. The need to pretend and for it to be seen as authentic and believable for the film is vital, and I would hope this has been achieved.

“ WE HAVE TWO WONDERFUL CHILDREN WHO WE BOTH LOVE VERY MUCH ”



“ JR. HAS ALWAYS HAD AN AFFECTION FOR THE LIMELIGHT ”





You're having the ongoing experience of being a father again in later life. What kind of father are you and what kind of son have you been?

Most people are self-obsessed, and I think having kids gives you such an opportunity not to think about yourself all the time.

Honestly, I think people can say they get pulled into something out of an obligation which then turns into something else, then you go: 'Alright, this is absolutely not something that I can deal with.' Then, you say: 'Alright, I will deal with it a little bit,' and then you get sucked into it.

On the other side of it, with all this resistance you had to it, you got something you never would have gotten unless you let go a little bit and it changed a little bit and you tried to understand rather than just have everyone understand you.

2020 will bring up 15 years of your marriage to your wife. Is that a time that has flown by and what has kept the bond so strong?

It certainly helps and assists in both of our work that we met whilst we were making a

film together and that also makes things easier when we both thoroughly understand the time you spend when making a movie and the stresses and strains it puts on you.

When you work in the same industry, your partner knows exactly what goes on and what to expect with regards to the projects that you take on as an actor and I know how it is for a producer. Ever since we met on *Kiss Kiss, Bang Bang*, we've not lived any other life than going from film to film, almost like a travelling circus. Family life also plays a big part and we have two wonderful children who we both love very much.

When you have a family – and believe me, we have similar stresses that every parent will have with regards to bringing children up [laughs], the refusals to go to bed, the interesting meal times and things like that – sometimes, working can be less of a distraction and more like a nice relaxing break to the madness that every family can have, from time to time. 🗨️



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Ski Zermatt facing the Matterhorn

Mark Browne headed to a Swiss ski resort boasting location, location, location



The quintessential Swiss resort, Zermatt continues to be hugely popular with visitors keen to experience its dramatic mountain scenery set against the backdrop of the iconic Matterhorn peak.

Although the town grew up and initially became famous internationally as a summer resort used as a staging point for visitors going on mountaineering expeditions, it quickly developed as a winter sports destination and its different attractions - including snow sports - can be enjoyed year round.

Like the scenery surrounding it, the town itself is the stuff of picture postcards. Its

permanent population of under 6,000 is dwarfed by its capacity to host up to 30,000 visitors, and this size and mix affords it a homely yet festive atmosphere. Another key factor in the unique feel to the town is that it is largely pedestrianized with all cars being

“ THE UNIQUE FEEL TO THE TOWN ”

prohibited. Access for visitors is primarily by train. However, local transport within the town area is available where necessary in the form of small locally produced electric vehicles that act as taxis – perhaps

an example of what is to come elsewhere in Europe!

A great way to see the town and discover its history is to do a guided walking tour. Leaving several evenings a week from the

Travel

tourist office, this gives not only a tour of the town and some of its surviving ancient wooden buildings in the Hinterdorf, but also an insight into its developments from a small, purely agricultural community 150 years ago into the famous international tourist centre it has become today. The bijou size of the town - a village really! - and pedestrianized nature perfectly lends itself to a walking tour.

However, it was the surrounding Mountains that made Zermatt famous and provide its ongoing attraction. Located in the Matter valley on the banks of the Matter Vispa river, Zermatt is surrounded by the Pennine Alps. These include 29 mountains over 4,000 metres, with nine of the ten highest in Europe being among them - including Monte Rosa, Switzerland's highest peak, which stands at 4,634 metres (nearly 200 meters above the better-known Matterhorn). It also has the highest ski lift in Europe - the Klein Matterhorn, which rises to 3,899 metres. And it's not just about height - the entire network of available ski facilities is first rate. They include 360km of prepared pistes, as well as the possibility to ski into Italy.

Zermatt also hosts the longest downhill ski run in Europe - stretching to 25km. The resort has also staged an "infinity race", billed as the world's biggest drop, going from the Matterhorn Glacier at 3,800 metres all the way down to the town itself at 1,600 metres - a drop of 2,200 metres over a 10km course. However, the resort is not resting on its laurels by any means - investment in new and upgraded lifts continue to be made with further developments afoot to improve the links with Cervinia.

“ ZERMATT IS SURROUNDED BY THE PENNINE ALPS ”

There is also a well-developed program of options available in the resort designed to complement the snow sports experience - from availing of first tracks, moonlight descents, ski safaris and even Heli skiing. Skiing is, in fact, available all year. While the main season is impressively long and runs



from the end of November until April, 21km of pistes stay open throughout the summer months for those who wish to continue throughout.

As a mature resort that has been developing for well over 100 years, Zermatt offers the impressive range of luxury hotels that might be anticipated as well as a fully developed array of activities outside snow sports to entertain visitors. In terms of accommodation, for an authentic local experience try one of the Tradition Julien Zermatt hotels. There are three of these family-run luxury enterprises, which have been run in Zermatt for over 100 years to choose from, each with a slightly different theme. However, all offer large rooms decorated in the cosy Valais style, extensively featuring alpine wood panelling and furnishings made with locally sourced wool to meet the highest standards



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of sustainability and respect for the environment. Impressive spa and dining facilities are further complemented by convivial and spacious lounge areas featuring open fires, lending a comforting glowing ambience. (see www.julen.ch for more information).


In terms of pursuits outside the traditional snow sports, in winter Zermatt offers a range of organised activities to try, including ice climbing, tobogganing or joining in on the piste preparation work, for example. It's even possible to visit the famous black-nosed sheep of Zermatt, whose wool products adorn many of the local establishments. However, our favourite new and unique experience from Zermatt was the guided night fat biking tour. Wearing a special lamp, participants head off into the snowy darkness with their guide on "fat" bicycles with extra-large tyres. Following a gentle ascent through the winter wonderland overlooking the lights of the town and then into the night beyond, riders then experience the exhilaration of the descent. Routes are chosen by the guide

“ A GOOD SELECTION OF SNOW-THEMED CULINARY EXPERIENCES AVAILABLE ”

with a view to fitness levels, experience and conditions, as well as the appetite of the participants. (See www.ski-bike-zermatt.com for more information).

Speaking of appetite, culinary experiences also feature highly on the to-do list for Zermatt. The impressive array of restaurants to choose from, both in the town and adorning the slopes, frequently feature dishes made from local produce, like lamb and beef, and cater to all tastes as well as featuring local specialities. Try Paradies – a great spot to take a lunchtime break from the day's skiing. There is also a good selection of snow-themed culinary experiences available, such as moonlight fondue at the Gornergrat followed by skiing or igloo and hut evenings.

In summary, Zermatt's reputation as a top winter resort is well deserved. Definitely a place to find time to visit!

Mark Browne was a guest of the Zermatt tourist office while visiting Zermatt. 



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The intimate slopes of Sainte Foy

Catherine Feore follows the tracks of Alpine wildlife... and skiers



February is one of the darkest months of the year. Christmas and the New Year are over, the cleansing month of January – and feeling virtuous – has passed and it's usually pretty cold. However, it is a good time to look forward and think about a nice break to recharge your batteries. What better than to get out into the beautifully clean air of the French Alps? There are many well-trodden spots, like Val d'Isère and Tignes, but nestled in the Haute Tarentaise is the more intimate station of Sainte Foy.

Despite its human scale, Sainte Foy has every amenity you could want. Twenty-five pistes to cater for every level of ability,

heliskiing, raquettes (snow shoes) with guides and many other activities. It is just lovely to swish down the slopes and admire the scenery, but it is difficult to get a real sense of the nature and fauna around you when you're travelling at speed.

“ THE BEAUTIFULLY CLEAN AIR OF THE FRENCH ALPS ”

A small group of us decided to do the raquettes with Jean Pierre, an experienced nature guide from ESF (Ecole du Ski Français). We saw tracks of mountain hare, chamois (which is like a cross between a goat and an antelope), wild boar, fox, deer, black squirrel and most exciting of all, a wolf. Fortunately, wolves are scared of bipeds. I think they suspect humans of being a peculiar variety of bear.



There is a preserved mountain hamlet, Le Monal, which has not changed since the 18th century and where you can see how people used to live in this remote location. It is classed as being of great architectural, historic and geographical significance and looks out on the Massif of Mont Pourri.

We stayed in the Résidence CGH Les Fermes de Sainte Foy. The chalets were beautifully designed with two bedrooms, a comfortable sitting room and a well-equipped kitchen. Each bedroom had its own balcony. I was lucky enough to be there when there was a full moon, which made the mountains look particularly beautiful at night. You can do your own cooking, but it is possible to order traditional Savoyard dishes, at very reasonable prices, and there is also the possibility of ordering bread and viennoiseries for breakfast. All residents have access to the fitness room, swimming pool and the not-to-be-missed Ô des Cimes spa.

An interesting figure that I was surprised to learn was that 30% of those who stay are non-skiers. CGH's facilities mean that they can offer more than most for this group. There are also other activities, such as raquettes with Tai Chi or yoga. On another day, some of our group joined an Evolution2 group to try Afghan raquettes. This is perfect

for those who really want to destress. Olivia explained that the technique of matching steps and breathing is used by Afghans who sometimes walk as far as 60 kilometres across the desert. The

combination of nature and a focus on breathing leads to deep relaxation.

Sainte Foy is particularly popular with families. There is a day centre for children and 'Le Club Piou Piou', run by ESF, which offers courses for children as young as three years old. Céline Fraissard, director of ESF's ski school, says that they can provide for all levels, from the very young to those who are very good, and can even explore off-piste

“ THERE ARE OUTDOOR HOT TUBS ”



terrain. ESF, while making skiing fun, also ensure that students learn a good technique that will serve them well as they develop.

For après-ski, the Black Diamond Lodge located at the bottom of the La Bataillette piste has a wonderful cosy bar where you can listen to unobtrusive live music and enjoy a drink or two. Once you've sunk into a sofa beside the log fire and ordered some bar food, you won't want to move. There are outdoor hot tubs, if you want to soak your tired legs. The Black Diamond Lodge has more luxurious suites, each decorated in a charming way.

The picturesque hamlet of Le Miroir is home to Chez Mérie. The restaurant is perfectly decorated and is a mixture of traditional chalet with well-chosen modern elements and eclectic tableware. As you open the door, you can immediately smell the gigot d'agneau or ribs being cooked over the large fire. The menu is traditional Savoyard, with a touch of the Ottolenghi approach that uses largely locally sourced ingredients, and their puddings are legendary. The restaurant is

unusual in that it has been run by several generations of women.

Another nice local restaurant is Le Monal, established in 1888 and still in the same family. The menu is seasonal gourmet fare - and they have a great wine collection. We enjoyed a boeuf bourguignon made with cheek of beef and a wonderful dauphinois. At the end of the meal, we were offered a traditional Génépi des Alpes liqueur - it is a Protected Geographical Indication product that's made by slowly macerating the Génépi plants only found above 1,500m before distillation.



The best way to get to the Haute Tarentaise is by train. Bourg-Saint-Maurice Train Station is 15km from Sainte Foy. There is an exceptionally good offer for the week beginning 29 February, for €260/person based on 4 adults sharing an apartment in a tourist residence, including ski pass, equipment and lessons. The offer is valid while stocks last, online at www.saintefoy-reservation.com or by phone on +33 (0)4 79 00 94 15. 

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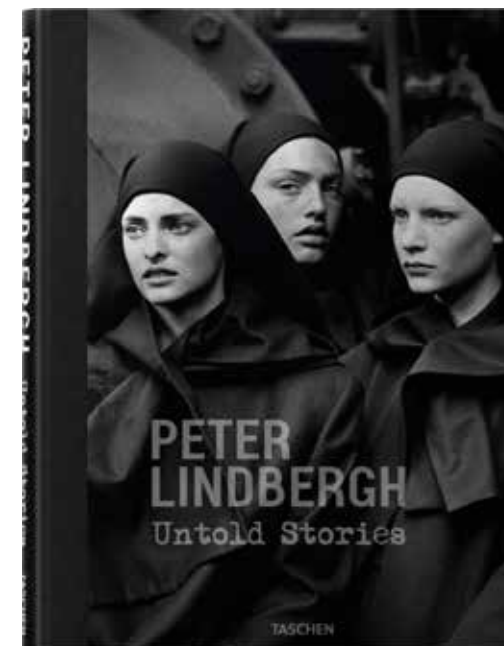
Peter Lindbergh Untold Stories

This month's book gets up close and personal with a remarkable photographer

The first-ever exhibition curated by Peter Lindbergh himself, shortly before his untimely death, *Untold Stories* at the Düsseldorf Kunstpalast served as a blank canvas for the photographer's unrestrained vision and creativity. Given total artistic freedom, Lindbergh curated an uncompromising collection that sheds an unexpected light on his colossal oeuvre. This book, the official companion to the landmark exhibition, offers an extensive, first-hand look at the highly personal collection.

Renowned the world over, Lindbergh's images have left an indelible mark on contemporary culture and photo history. Here, the photographer experiments with his own oeuvre and narrates new stories while staying true to his lexicon. In both emblematic and never-before-seen images, he challenges his own icons and presents intimate moments shared with personalities who had been close to him for years, including Nicole Kidman, Uma Thurman, Robin Wright, Jessica Chastain, Jeanne Moreau, Naomi Campbell, Charlotte Rampling and many more.

This XL volume presents more than 150 photographs—many of them unpublished or short-lived, often having been commissioned by monthly fashion magazines such as *Vogue*, *Harper's Bazaar*, *Interview*, *Rolling Stone*, *W Magazine*, or *The Wall Street Journal*. An extensive conversation between Lindbergh and Kunstpalast director Felix Krämer, as well as an homage by close friend Wim Wenders, offer fresh insights into the making of the collection. The result is an intimate personal statement by Lindbergh about his work.



The photographer

Peter Lindbergh (1944–2019) was a master of his craft who has made his mark in the halls of photography history, with such credits as shooting the first American *Vogue* cover under Editor-in-Chief Anna Wintour, bringing together for the first time a group of young women who would become the '90s supermodels, and numerous exhibitions at renowned institutions, including Victoria & Albert Museum in London and Centre Pompidou in Paris, as well as in solo exhibitions at Hamburger Bahnhof, the Berlin Museum for Contemporary Art, Bunkamura Museum of Art in Tokyo and the Pushkin Museum of Fine Arts in Moscow.



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The menus are fresh and balanced, made with vegetables from the organic garden, picked by the kids.



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The contributing authors

Since 2003, Felix Krämer has been the curator of many notable exhibitions and the author and editor of numerous publications on modern art. In 2013, he was named Chevalier of the Ordre des Arts et des Lettres. After working at the Hamburger Kunsthalle and the Städel Museum in Frankfurt am Main, Krämer has been General Director of the Kunstpalast in Düsseldorf since October 2017.

Director, author and photographer Wim Wenders is one of the most prominent German filmmakers today. He is best known for *Paris, Texas* (1984), *Wings of Desire* (1987), *Pina* (2011), and *The Salt of the Earth* (2014), a documentary about Sebastião Salgado, which he co-directed. Many artists have been influenced by his works, among them his close friend, the late Peter Lindbergh.

Peter Lindbergh *Untold Stories*
Peter Lindbergh, Felix Krämer, Wim Wenders
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Multilingual Edition: English, French, German

**“ IT WAS
OVERWHELMING
TO BE THUS
CONFRONTED
WITH WHO I AM ”**

“When I saw my photos on the wall in the exhibition model for the first time, it gave me a fright, but also in a good way. It was overwhelming to be thus confronted with who I am.” — Peter Lindbergh, 2019

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Wine

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This month **Xavier Bostem** talks to Rodolphe Leroy about an exceptional Belgian vineyard

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The 285,000 feet of chardonnay, pinot noir and pinot meunier spread over 28.5 ha make our estate the largest wine producer in Belgium. We only produce sparkling wines according to the traditional method, that is to say with a second fermentation in the bottle, and on slats for a minimum 12 months.

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When the vintage is exceptional, we select the best grape juices to produce 4,000 bottles of our Grande Cuvée. Designed by Franco Dragone, this cuvée is a blend of Chardonnay, Pinot Noir and Pinot Meunier and follows a light aging in barrels. Developed according to the traditional method, the bottles will age minimum 24 months on slats. www.ruffus.be

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Dining

Dining

Chef William Lamotte has landed on the wild shores of Brittany

Since 1973, when it was opened by former champion cyclist Louison Bobet, the restaurant Le Delight, a Mecca for dietetic gastronomy, welcomes guests for lunch and dinner for delicious, light meals that adhere to the Sofitel Quiberon Dietetics plan. With his concept of wellbeing cuisine, the chef collaborates on a daily basis with a team of dieticians based at the resort to offer dishes that are balanced and tasty – these meals fully participate in the health of the organism and overall wellbeing.

Thanks to his parents' experience as hoteliers, William Lamotte has been cradled since childhood in a wellbeing gastronomy where the dishes are concocted with plants and seeds, respecting the environment, raw products and the benefits they bring to the body. Passionate about the richness of nature, Lamotte likes to find locally passionate producers like him, who believe good produce and permaculture, an ecological method for growing plants that is healthy and natural and reduces the human element to a minimum. Calm and serene when he's in nature, he nevertheless enjoys thrilling sports and, especially, kitesurfing and its winter version, snowkiting.

Lamotte surprises the taste buds by creating original flavours, while respecting the raw produce. You will not see him preparing grills



or bring organic produce from the other side of the world, ruining his carbon footprint. He prefers to find organic, seasonal food within the locality, then he slow cooks it in the oven, court-bouillon, smoked or poached, to preserve as much as possible the quality of the nutritious, authentic flavours. He knows how important it is to eat less but to eat better, and the motto of the restaurant suits him well: maximum pleasure for minimum calories!

Installed for a few months now on the Presqu'île of Quiberon, Brittany, Lamotte is a real fan of Brittany. He particularly appreciates Sofitel Quiberon Thalassa Sea & Spa's wild and preserved aspect, which he finds conducive to creating dishes rich in iodized flavours. Fish, seafood, seaweed, aromatic herbs from hotel garden fire his creativity and inspiration. His flagship recipes all have an identity rooted in Celtic soil – summed up by the image of his langoustines on a pebble placed on a bed of seaweed.
www.sofitel-quiberon-thalassa.com



SERRA

To be found in Brussels' bustling city centre, facing the 'Le Jardin Botanique' botanical gardens – the panorama of which was celebrated as one of Brussels' two wonders by Victor Hugo – a new dining destination, Serra, has opened its doors.

The expansive 750 sq m gives pride of place to all kinds of flora, which thrive as they would in a greenhouse. The location opens like a living room, a place to escape, and offers visitors a great opportunity to flee the stress and strains of the city centre.

Divided into two areas, the eatery offers two distinct dining experiences: a 'slow food' restaurant at the front called Urban Picnic, and an environmentally conscious restaurant concept at the back, the Garden Kitchen.

Culinary Director Pierre Balthazar has the natural idea very much in mind: "When developing the SERRA menu, I wanted a lot of natural products that I know really well, or the people who produce them. I feel it's important to use all parts of the plant: the leaf, the stem, the root. And, of course, a tender, young shoot tastes completely different from a dried plant. By using plants at different stages of their lives I'm able to create interesting tastes and textures."

SERRA is intent on working with local suppliers to minimize its carbon footprint and has chosen to work with accomplices who are expert in their field. As the eatery spotlights seasonality, menus change at least every two weeks. And since the chef is constantly in touch with his suppliers, he is assured that he can work with the freshest produce when it's at its best.

Garden Kitchen is split up into three areas: a cosy bar, a central section accommodating two large communal tables and an impressive wine cellar filled with nectars from Europe with the purpose to promote eco-consciousness and local sources and, as its name indicates, veggie forward Urban Picnic welcomes patrons from morning to late at night for a relaxed, easy, healthy and heart-warming experience.
www.serrabrussels.be

Dining

Le Conteur

Brussels' impressive culinary scene has recently been enriched with the opening of Ronnie Bush's and Restaurateur Roi's new venture, the Middle Eastern restaurant Le Conteur. Sharing the vibrancy and friendliness of the Middle East, Ronnie and Roi have designed a modern and warm setting to serve fresh traditional food with a twist.

As its name indicates, Le Conteur (the storyteller) tells stories set in faraway lands through recipes that have passed from one generation to another. Having grown up together and burning with the same passion for food, Ronnie and Roi are storytellers who want to share stories through each meal. They have reached the conclusion that the more dishes are shared, the more stories will be told. As the dishes and drinks pile up on the tables, groups of friends start creating their own stories and unforgettable moments. The cooks and servers participate in this taste journey by transmitting the stories behind the food. The Victorian-inspired interior is an invitation of letting-go. It combines marble, wood, green and white details for a contemporary finish. A very spacious and bright dining room will welcome friends, couples and families.

During the summer, the terrace will host customers who come for a nibble and a drink, followed by a delicious meal. Just like Roi and Ronnie wished, the vibe of the restaurant is the same as in an eastern home: a place where people enjoy the simple pleasure of sharing food together, telling implausible stories that could be straight out of *The Tales of the Arabian nights*.

The lunch menu is a perfect opportunity to explore a tasty cuisine with dishes such as the couscous served with vegetable broth and roasted vegetables. At night, guests will have the opportunity to taste dishes such as the restaurant's homemade pickles, mini pita breads with lamb, white fish pastillas, accompanied by a cocktail or two from the list of innovative middle-east tipples. Craving



something sweet? The 'Happily ever after' menu offers a variety of desserts, such as pistachio sprinkled and syrup-soaked pastries, coconut milk pudding, oriental cheesecake and a chocolate dessert that will be hard to forget. At Le Conteur everybody is invited to do whatever they want, and clients will not be surprised to see kitchen staff and waiters emerge from the open kitchen to share a drink, a dance and a truly wonderful time in the electric atmosphere of this promising, original restaurant.
www.le-conteur.com 📍



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What's on

What's on Belgium

Mondo Cane - Jos De Gruyter & Harald Thys

In 2019 a new edition of the Venice Biennale took place. The Belgian pavilion hosted an exhibition of twenty dolls made by Jos de Gruyter and Harald Thys. The dolls in the central area of the pavilion were artisans: a spinner, a potter, a painter, an organist and a town crier. The spaces to the sides were closed off to the public by prison bars. Behind these bars were the captives. They included a living statue, a collaborator, a ventriloquist and a disgruntled old lady in a wheelchair. A number of the dolls were powered by electric motors that enabled them to perform repetitive movements. In these spaces, the figures will



Photo © ACHTERLAND

become part of a Contemporary Museum of Folk Art, a place where old traditions and contemporary customs intersect. **19 February - 24 May.** BOZAR. www.bozar.be

Brussels, dance!

Brussels, dance! will once again put contemporary choreography in the spotlight. Brussels attracts creative professionals from here and elsewhere, who come to take advantage of the effervescence of a lively, inventive and exciting capital where dance talent can meet and produce. Fourteen cultural venues are exchanging and pooling their programming under the label Brussels, dance! to provide greater visibility for contemporary dance being done today and to show its richness and diversity. It makes Brussels shine and encourages audiences to enter sites that are sometimes unknown to them, by



Photo © ACHTERLAND

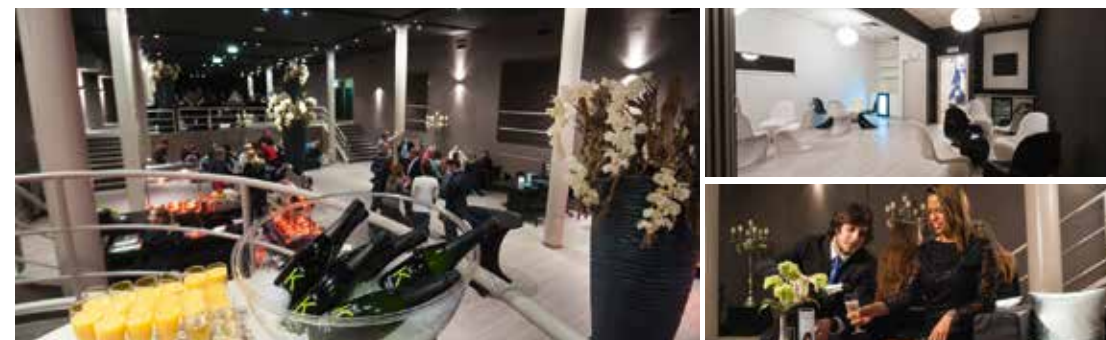
encouraging spectators and artists to move around. This year, 14 cultural centres will bring together their programmes under the label. **1 February - 4 April.** Various venues, Brussels. www.brusselsdance.eu

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Goya, Rops and Munch

Museum De Reede offers an impressive collection of graphic art

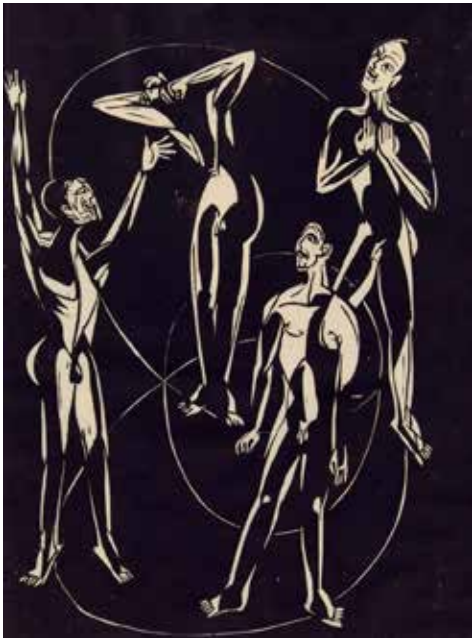


Photo © Museum De Reede, German Expressionists

**“ DEDICATED
EXCLUSIVELY
TO GRAPHIC
ART ”**

An initiative by Dutchman Harry Rutten, who donated his art collection containing mainly prints by Goya, Rops and Munch to a Belgian foundation, Museum De Reede (MDR) in Antwerp which is dedicated exclusively to graphic art.

MDR's unique and ever-increasing collection does not only cover work by three masters of graphic art, Francisco Goya, Felicien Rops and Edvard Munch as the core of the collection, but also Kathe Kollwitz, Max Beckmann, Jacob Toornvliet, Theophile Alexandre Steinlen are represented, next to some fifteen Belgian artists, among whom Rik Wouters, James Ensor, Eugene Van Mieghem, Henri Evenepoel, Gustave Van de Woestyne, Hugo Claus and well-known Antwerp artist Fred Bervoets.

The museum is situated at Ernest Van Dijckkaai, next to Eugene Van Mieghem Museum, right opposite "Het Steen". Two storeys of the building, 500 square metres in all, are fitted out for the more than 300 works of art exhibited so that they stand out visually, and all technical requirements complied with to permit exhibiting throughout the year such delicate works on paper. Goya, Rops and Munch are each allotted their own room. A fourth room accommodates the other artists of the collection, unless they make way for a temporary exhibition.

From January 30 until 4 May, MDR presents its brand-new temporary exhibition 'German Expressionists', focusing on the graphic works of the German art group Die Brücke with works by Kirchner, Heckel, Nolde, Pechstein, Mueller and Schmidt-Rottluff.
www.museum-dereede.com ❶

Antoni Tàpies

A museum-quality selection of 22 paintings, created by the artist (1923-2012) during his last two decades. Indeed, over half of the works on view have been featured in museum and gallery exhibitions. This is an opportunity to explore first-hand Tàpies' unconventional use of 'sgraffito', a technique traditionally associated with plaster walls and ceramics, whereby plaster or slip is scratched, leaving tracks of the colour of the dried under-layer. His familiar echoes everyday activities, such as scribbling on the beach, finger painting, incising soft materials, smearing ink or smudging chalk. Every painting exhibits smears, streaks, and/or drips that set its tempo.

February 8 - March 28. Almine Rech Brussels.

www.alminerech.com



Photo © Guggenheim Museum, David Heald

Affordable Art Fair 2020

Affordable Art Fair (AAF) was launched more than twenty years ago in London and is currently firmly anchored in the agenda of contemporary art fairs. In Brussels, the Fair will welcome another 17,000 visitors looking to discover the offer of the 95 Belgian and international galleries. The idea behind AAF is simple: several thousands of artworks are presented at affordable prices, since the fair's baseline is "art is essential". AAF is a young, accessible and relaxed platform for collectors



and experienced enthusiasts alike, ideal to be seduced by contemporary art at affordable prices: there is something for all tastes, for every budget! **20–22 March.** Tour & Taxis, Brussels.

www.affordableartfair.com

What's on

Paul Taylor

Je m'appelle Paul, je suis Anglais et j'habite en France. J'ai fait un premier spectacle de stand-up intitulé #FRANGLAIS, which was half in English and half in French. It went pretty well, so I've decided to do another show called *So British (ou presque)*. It's the same concept. A show that is in both languages but with brand new jokes and stories that you've never seen before. Et si tu te poses la question: "Est-ce que je vais comprendre son anglais?", j'ai une astuce: si t'as compris cette description, c'est bon. Sinon, j'ai un pote qui peut t'aider à préparer le TOEIC. Si tu ne sais pas ce que c'est le TOEIC, là, je peux vraiment pas t'aider. If your French is good enough to understand this description, you'll be laughing. **29**

February. Centre Culturel d'Auderghem.

€25 and €30



Photo © amazon.com



Ed Gamble

Ed Gamble has toured his very successful Blizzard show on a twice extended run across the UK and is now heading for Antwerp. He was born and is living in London, and has just finished a sold-out twice extended UK tour of his comedy

routine *Blizzard*. Ed's TV stand-up appearances include *Live at the Apollo* (BBC Two), *The Royal Variety Performance* (ITV1), *The Russell Howard Hour* (Sky One), *Live at the Comedy Store* (Comedy Central) and *Conan* (TBS). **14 March.** Zuiderpershuis, Antwerp. Tickets: LiveComedy.be

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What's on

What's on International



Jesse Jones: Tremble Tremble

With a practice that weaves the dramatic presentation of film together with sculpture and performance, Jesse Jones (b. 1978, Dublin) examines the materializations of collective memory and the ways in which gestures, objects and language provide a stage for artistic experimentation. *Tremble Tremble* was originally for the Irish Pavilion of the 57th Venice Biennale. The installation appropriates the historical figure of the witch as a powerful symbol in modern Western history, and a carrier of poetic and political potentiality.

Referencing also the Italian feminist protests during the 1970s—in which crowds of women sang the motto “tremble, tremble, the witches are back!”—the work functions as a portrait of a timeless archetype beyond national or ethnic identification. The powerful witch in *Tremble Tremble* may be perceived as an incarnation of magical thinking, a trigger of cosmic chaos, interpreted by the acclaimed Irish actress Olwen Fouéré, who delivers a haunting performance while, beyond the screen, the exhibition space undergoes simultaneous ritual activity. **Until 1 March.** Guggenheim, Bilbao. www.guggenheim-bilbao.eus/en



Photo © Guggenheim Museum, David Heald

The Fullness of Color: 1960s Painting

In the 1960s, a group of avant-garde painters began to push abstraction in new directions, leading to the emergence of several divergent styles. Helen Frankenthaler applied thinned acrylic washes to the unprimed cotton canvas, richly saturating it like a dye, and Morris Louis, Kenneth Noland and Jules Olitski methodically poured, soaked or sprayed paint onto canvases, thus eliminating the gestural appearance that had been central to Abstract Expressionism in the 1940s and 1950s. While Alma Thomas adeptly applied color theory while using expressive marks, still others approached relationships of form and color through investigations of optical perception or produced precise, geometric compositions that, as Guggenheim curator Lawrence Alloway described in 1966, “combined economy of form and neatness of surface with fullness of color.” **Until 2 August.** Guggenheim, New York. www.guggenheim.org

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Cinema: All the latest movies playing in Belgium

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



Official Secrets

How badly we got things wrong with Iraq is back in the news and, it would appear, at the flicks – this is the allegedly true story, from director Gavin Hood (*Tsotsi* (2005)), of appropriately named GCHQ employee Katharine Gun. She leaked a secret memo exposing an illegal spying operation by the United States of America, looking for information with which to gauge sentiment of and potentially blackmail United Nations diplomats tasked to vote on a resolution regarding the 2003 invasion of Iraq. Big cast – Keira Knightley as Gun, with Matt Smith, Matthew Goode, Adam Bakri, Indira Varma and Ralph Fiennes.
112 mins.

Adam

Controversial (because gender deception is a major plot element of the story) teen comedy, with awkward teen Adam (Nicholas Alexander) spending his last high school summer with his big sister, who throws herself into NYC's lesbian and trans-activist scene. Love, friendship and hard truths abound – it is director Rhys Ernst's debut feature.
95 mins.

Fantasy Island

Fairly creepy sounding horror flick based on a familiar genre trope – enigmatic Mr. Roarke (Michael Peña) makes the secret dreams of his lucky guests come true at a luxurious but remote tropical resort. But when the fantasies turn into nightmares, the guests have to solve the island's mystery in order to escape with their lives. Jeff Wadlow (*Truth or Dare* (2018)) directs.
156 mins.

The Gentlemen

Britain's most overrated director, Guy Ritchie, is back with, to be fair, an ensemble cast – American businessman Mickey Pearson (Matthew McConaughey) has created a highly profitable marijuana empire in London, and he is looking to cash out his business. When word gets out, it triggers plots, schemes, bribery and blackmail in an attempt to steal his domain out from under him. Could be great, or it could be *Snatch* (2000) – we will see.
113 mins. ①

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Five fruits and vegetables per day...

If we count the fruits of the sea,
then count me in



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LE CHAT by Philippe Geluck

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Chaussée de Bruxelles, 177 - 1410 Waterloo
+32 2 354 24 65

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