

SUMMER 2020 #108

To Together

magazine

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Wallonia
Knokke

Ecology

*Politics,
Money
& Real estate*

EU Recovery Plan

Personal Development

Fitness at home
Uncertainty, High emotion
Energy, Gap & Snap
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Editor's LETTER

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

ON THE COVER



Writer, actress,
director Greta Gerwig

THE NEW NORMAL

The much heralded new normal is upon us. As much as it was surreal to see empty streets (not quite tumbleweed strewn though), it's now a bit surreal to see folks out and about. And even more unusual (and delightful) to be able to dine with my daughter in place du Luxembourg. I've been coming across people I haven't seen for a few months as I dare to stretch out my confinement leash to let me venture that little bit further afield.

Most striking, however, is close to home. I have been lucky in confinement to have a terrace that looks out on all manner of trees, fat with leaves and swaying happily in recent high winds. Beyond the wall of greenery is a large school playground – I missed their mellifluous racket three times a day (really, are they ever in class?).

They are certainly a symbol of change. Back to work, back to school, back to the cafés. Remains to be seen how much we have changed, in our habits, in our relations with our fellow men and women and with ourselves.

Paul Morris

Editor



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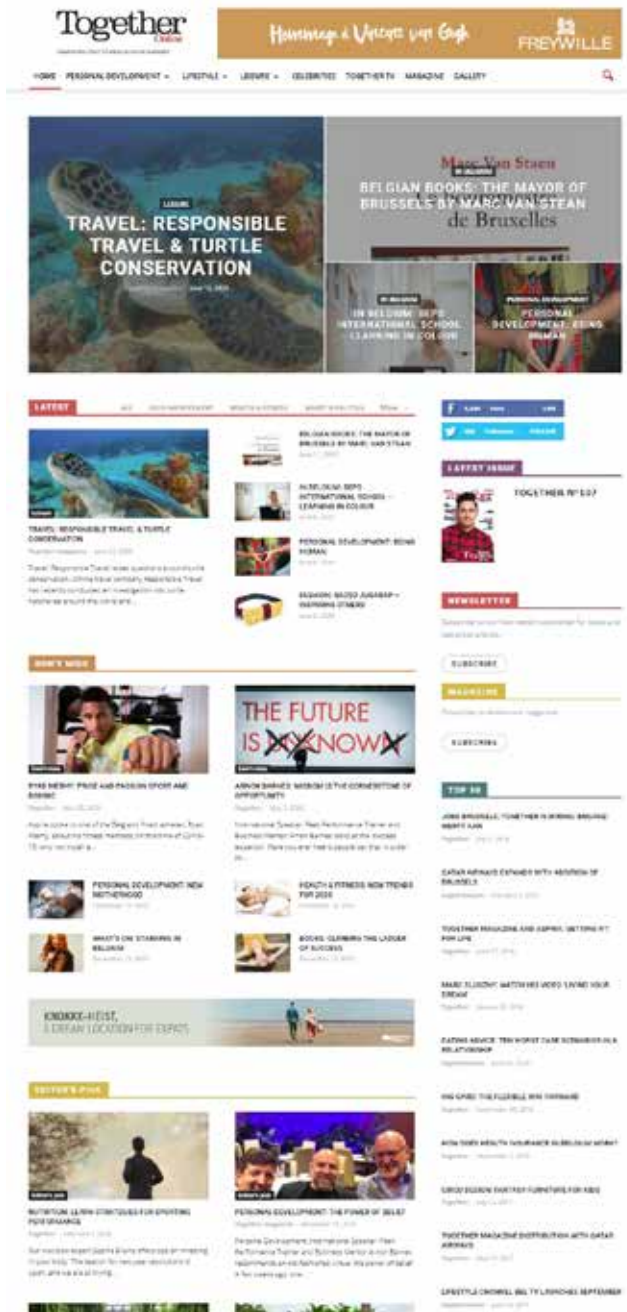
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Fashion: Racso Jugarp – Inspiring others

We feature Racso Jugarp, an inspirational local fashion entrepreneur. Every entrepreneur has his or her Eureka moment – this one belongs to Racso Jugarp who describes himself as a “basement artist”. I started this career in our small, dark and damp basement a year ago.

Ryad Merhy: Pride and passion sport and boxing

Aspria spoke to one of the Belgian's finest athletes, Ryad Merhy, about his fitness methods. (In this time of COVID-19, why not install a punching bag in your garage or somewhere else in the house, and you too could float like a butterfly and sting like a bee...)

Brussels Atomium: Official re-opening and inauguration in June

Brussels Atomium is back, with a progressive return to life. Enthusiastic and motivated, the Atomium team reopened their doors as of Monday 1 June. The reopening of this iconic building, a testimony to the history of our country, is of course particularly symbolic for all Belgians.



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Charity

Belgian charity: Solidarity is more vital than ever


Ava Strowel applauds the work of a Belgian charity keeping an eye on the homeless

As Europe became the epicentre of the coronavirus pandemic, governments put in place measures to reduce the circulation of people and to contain the spread of the new virus in order to protect the health of their citizens. While the Belgian government aimed to reduce social contact by insisting people stay indoors and work from home, the homeless community began to receive less support from shelters and food banks as a consequence. Many organizations helping people in need struggled to stay open because of the lack of masks or disinfectant gel.

Solidarité Grands Froids is a Belgian non-profit organization that, unlike many, stayed very active during the coronavirus crisis. Their primary aim is to help people who live on the street. Their mission is to support homeless individuals who suffer from morale, physical or social difficulties by collecting goods and materials which can then be redistributed.

All year round, Solidarité Grands Froids works with over 100 volunteers to support homeless people in Brussels. The charity organizes many activities, for example a visit from Santa and the Easter Bunny are organized for the children. There is a constant distribution of clothes and food, and they provide free health care. It is important to underline that the organization wishes to promote the social reintegration of people living on the streets, that is why they provide



'departure kits', when possible, to help individuals move away from homelessness and benefit from a stable life. During the pandemic, the organization continued their mission and developed a strong focus on distributing meals for individuals and families living in the streets of Brussels. The volunteers are also issuing another kit, which includes a drink, a hygiene kit, a pair of socks and a dessert. By visiting their Facebook page, you can see other people are participating in the cause: 'Super Mamy Danielle' is producing 35 masks a day to meet other needs homeless people are currently facing, and the clothing suppliers Stanley & Stella have also donated new clothes for the disadvantaged. Solidarité Grands Froids raises awareness for homeless people and encourages your participation, too. You have the ability to create a "ray of sunshine" in the sombre world in which our "invisible neighbours" live. Visit their About page at sgf.sinapse.be/fr/qui-sommes-nous. 

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PERSONAL DEVELOPMENT

It is pheromones emitted from the Queen Bee that instruct workers not to reproduce

PERSONAL
DEVELOPMENT

Fitness

Work out indoors!

Private Coach **Manzul Akhmedov** offers excellent advice on keeping fit without leaving home

I present six exercises that will allow you to work your abs, the lower ones, the obliques, the core - in short, everything! The only things you will need are a mat and your motivation! The session lasts about 30 minutes. Important note: remember that it is important to warm up before training to avoid injuries. Have a good workout!

1. Bicycle

The first exercise is the bicycle.

Lie down on the ground and put your hands behind your neck with your elbows pointing to the sides. From this position join your left elbow to your right knee and vice versa. Keep your shoulders constantly elevated from the ground.

Repetitions: 30x / Sets: 3x

2. In n out

The second exercise is the in n out. And we are not talking about the IN-N-OUT-BURGER.

Sit on the floor, put your hands at the same level as your pelvis, lift your legs up and keep them straight. From this position bend your knees and bring them back towards your chest. This exercise works the abdominals very well! If you have lower back pain, do the same exercise with your hands under your glutes (the gluteal muscles are a group of three muscles which make up the buttocks). Repetitions: 20x / Sets: 3x



Fitness

3. Lying Knee Raises

This exercise works the lower abdominals very well!

Lie down on the floor, put your hands along your body, raise your shoulders and bend your knees at 90°. Now just push the floor with your hands and lift your glutes off the floor by bringing your knees back to face level. Don't break your nose...

Repetitions: 15x / Sets: 3x



5. Side Plank

We're going to work the obliques by making a side plank.

Place yourself on one elbow, keeping your back straight, and raise your pelvis, keeping your feet on the ground. The shoulder must be in the same axis as the elbow. From this position you can lift your upper leg up high to increase the difficulty. Do the same with the other side.

Repetitions: 45sec / Sets: 3x



4. Russian Twist

Sit on your glutes, raise your legs by bending them a little and imagine that you are holding an invisible ball between your hands.

Without putting your feet on the ground, rotate your trunks to the left and right, trying not to move your legs. If this exercise is really difficult, you can put your feet on the ground.

Repetitions: 30x / Sets: 3x



6. Spider Elbow Plank

And we finish with the last one, which will also allow you to work on your obliques and also your core.

Position yourself in a normal elbow plank on your forearms. Keep the shoulders in the same axis as the elbows, the back straight, not hollowed out, and finally stand on your tiptoes. From this position bring your right knee to your right elbow and the same on the other side. Try not to move your body too much. Keep as still as possible.

Repetitions: 20x / Sets: 3x



Elbow Plank 2

Find Manzul Akhmedov on Instagram and watch his videos: Wb.malik, Wb.manzul Thetwins_off



Uncertainty is certain

Intuitive Healer **Katarina Winslow**
reflects on what we think we know



There is one thing that is certain, and that is uncertainty.

In this pause in life, there is a question I have frequently pondered on that comes to my mind. And that is uncertainty and its benefits. It has been over two-and-a-half-years since I started to write for *Together* magazine each month, and I have to admit that I think deeply about what I should reflect over next, and what if I run out of topics. But it is just in uncertainty that new ideas are seeded, genius solutions

are asked of us, and life-enhancing creativity can take unprecedented forms. Now, in these times, of course, I could write about the coronavirus and the forced pause in our lives. Actually, I was about to do it last

month, but I am glad I didn't. As each day goes by, we understand the seriousness of the situation and the enormous impact it will have on our societies. One thing is

sure, and that is that in this case we are not sure about anything. Faced with a virus, we have lost our almighty powers of knowing something to be 100%

**“ WE ARE NOT
SURE ABOUT
ANYTHING ”**



sure. And that is exactly what I want to reflect on with you. Because I believe that it is precisely certainty and the trends in rhetoric of our societies that has brought us to where we are today, with increasing threats to our climate and to our global wellbeing. Still, being an optimist, I want to take the opportunity to honour Mother Earth who is replenishing and rejuvenating herself by humans staying at home. In the same breath, I also want to pay tribute to the heightened awareness that we are all in this together. The consciousness-raising side-effects of this tragedy is that, finally, we have to face the fact that we are one humanity. The old establishment based on separation, being on top, seems to crumble in the face of a microbe.

At one point in my soul searching, I had a mentor that gave me a text to read. Amongst other things, it said, "I am the certainty". It felt refreshing and was what I needed to become visible with the unique gift as a healer that I had been given. Before that, I had understood in my own spiritual quest that it was my 1% doubt that kept me from coming forth and speaking openly about what I could do for others.

To help other people in their quest to love themselves more, rid themselves of their suffering and their negative psychological conditioning. To let a person be themselves instead of what they have been taught to be by their conditioning.

Paradoxically, what I understood was not to give away my 1% doubt but instead to embrace it, to see it as true power, a force of nature. Because if you really think about what

it is to be 100% sure, it is a stalemate, a fixed and rigid state that leaves room for no life. Is Nature fixed and stays the same all year round? Are there any powerful super humans who know it all? Is there one person in this world

who has the answers to the universe? No, Nature changes seasons all year round.

Many people are experts in different areas, but even if they don't know it all, they can all contribute in various ways. And if we are smart and put all that knowledge together and exchange information and ideas with each other, we can exponentially raise our intelligence. Intelligence being inclusive and taking into consideration the best for everybody involved, that is, all of humanity and not only our separate egos. The truth is that this has not been underlined enough in our establishment, but this is the time to embrace that wisdom and stop gaining power over one another by pretending that we are 100% sure about anything.

In the same heartbeat, we can maybe also, while we are at it, admit that there is not one single human being who has all the answers to the mystery of life for the simple reason that if we knew it all, life would lose its

**“ TO SEE IT
AS TRUE
POWER ”**



purpose and meaning. Beyond anything, it would lose its beauty and magic. No one is the almighty ruler of the universe, and we understand this more than ever because of the clarity that comes to us in this moment. After all, and beyond all, we are in this together.

With each passing day, we become increasingly aware that without social contact and smaller daily interactions with other human beings who make our lives work, we are nothing, and life becomes empty and isolated. We understand the importance of all the former 'invisible' human beings that make our lives run smoothly, comfortable and enjoyable. The cashiers in the supermarket, the cleaning ladies in our homes and public places, the nurses who sacrifice themselves for our wellbeing, the manufacturers, the tram drivers, the teachers... the list is endless. These people are our true heroes, and now more than ever we finally understand the importance of interconnectedness. More than anything, we know that we breathe the same air.

I know that there are numerous people out there with hearts of gold and clever minds

“ ALL THE ANSWERS TO THE MYSTERY OF LIFE ”

who have kept themselves quiet because we have created societies where you have to be so sure about everything to have a place. Now is the time to change that. By accepting that nobody has the monopoly on the 100% truth, we can embrace a new consciousness raising from the awareness that we would be more in phase with the authentic, genuine, and life enhancing if we question things more and invite others into the thought process. Now we have an opportunity to rise up proud in our uncertainty. It would be good to use this pause as a means to invite more of us to bring their straw to the solutions. When we stop gaining scores by being right and wrong, we will find more innovative solutions, more collaboration, more humanity and more 'life' in our existence.

It is when we humbly accept that we need each other that we will be able to live life as it was intended. In partnership with other human beings.

In graciously safeguarding our uncertainty as something precious and holy, because it is in accepting that we don't individually know it all that we can save us all. As one giant global mind, with a universal compassionate heart and one healthy, human breath that wants to stay alive. ❶

Where I learnt to love learning

Disa, BSB alumna, Cambridge University

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High emotion, low intelligence

Reetika Gupta-Chaudhary looks at
the notion of 'emotional intelligence'



Photo, Black & white portrait of Albert Einstein, St. Petersburg, Russia

Ever heard yourself saying: "I am not feeling great about this place/person." And when asked why you say so, your intellectual mind is blank and you cannot come up with any logical reason for why you feel that way?

In this moment, your feelings are being guided by your emotions. Not many of us know that apart from the intellectual (thinking brain) intelligence, human beings possess another form of intelligence, an intelligence that is connected to the emotions we feel.

Yes, that's right, there is a second type of intelligence, called 'emotional intelligence'.

" PURE CONSCIOUSNESS "

What is intuition?

The concept of intuition has been a subject of interest for many famous writers

and researchers. Intuition basically is that small inner voice that guides you when your rational mind cannot find solutions to a problem. It is basically the source of our emotional intelligence.

Imagine a situation where you have to make a difficult decision in your business, such as hiring a particular candidate, signing an



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Self-help

important business deal, or assessing the risks while sanctioning huge budgets for your business marketing. Think about the decisions in your personal life, such as making a personal commitment to a long-standing relationship, or a decision about what kind of parenting is required for your children etc.

We have all had to make these tough decisions in our lifetime, and most of the time we have been perplexed by the equally relevant balancing

arguments that we come up with for both sides (for and against). The reason why our intellectual mind can't figure out an answer with certainty is because the result of this present decision will only be seen in the future, and we

humans are not equipped with the power to foresee the future, unless of course you claim to be clairvoyant. It is at this point that we need to rely on our

emotional intelligence and take a decision based on feeling rather than intellect.

The challenge here is that, in the fast-paced world we live in, we hardly get a chance to connect to our inner self. What is your inner self?

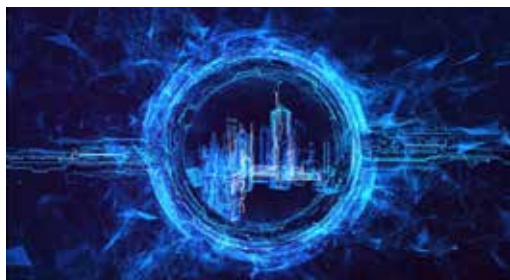
Some people call it innate, others refer to it as spirit, divine, soul etc. The easiest way to explain it is that your inner self is the pure consciousness with which you were born. When a child is born, what they experience inside their mind is pure awareness - there is no intellect, experience or judgement in that space of pure awareness. It's the art of just being and not thinking, judging, worrying etc. This innatism is the source of intuition and emotional intelligence - it is the art of connecting with it that generates intuitive thoughts.

Innatism, intuition, emotional intelligence

We are conditioned by society to believe in only rational thoughts, but in doing so we are not fully utilizing the powers of the human mind. Imagine buying the latest version of a laptop and only using it for typing. In order to achieve a high level of success we need to use both these powers (intellect and intuition) in our everyday life - one without the other is incomplete.

Albert Einstein said: "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."

How to practise emotional intelligence



"IT'S THE ART OF JUST BEING"

Step 1 - Become aware

Most of us are completely unaware of the fact that we have another tool that can help us take better decisions in various aspects of our life.

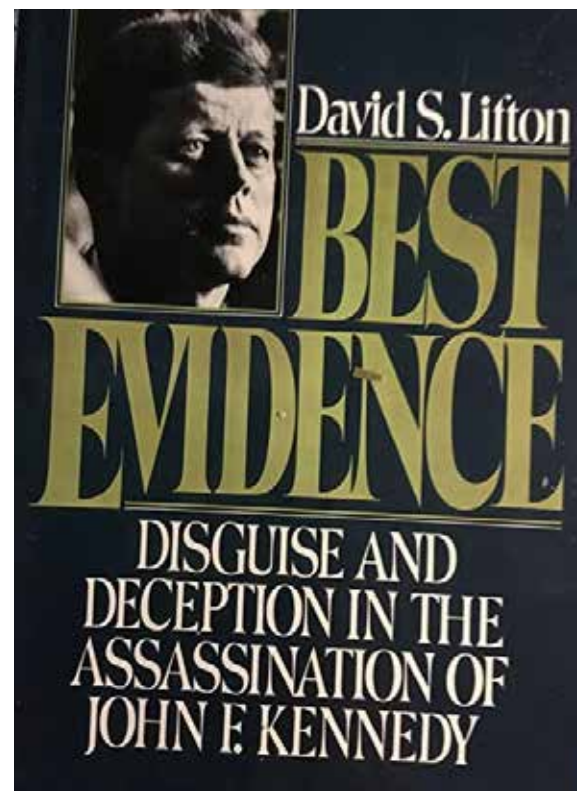
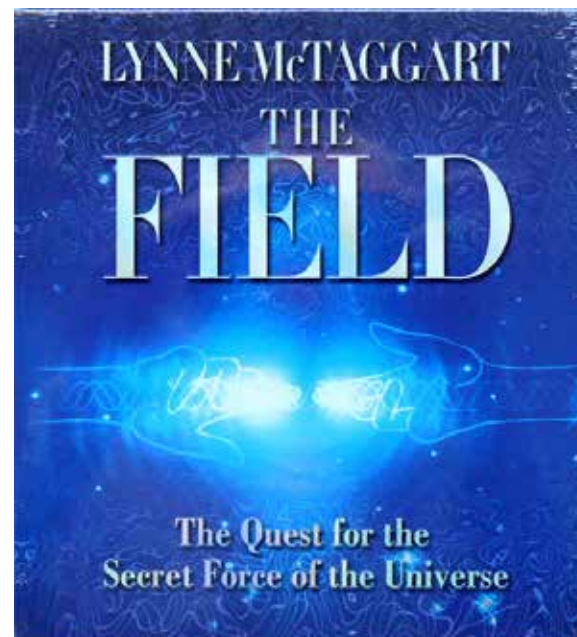
Simply being aware of the fact that intuition exists helps us focus on it. Have you ever noticed that when you intend to buy a particular car, you see more and more of that model of the car on the roads? This is because we are now more aware of the presence of that car, not to say that these cars weren't there on the road before. They were always there, it's just that we never noticed it as much.

Step 2 - Believe in it

For those who are still finding it hard to accept the concept, please read the following books:

The Field - Lynne McTaggart
Ego-Less SELF - Cardwell Nuckols

Holographic Universe - Michael Talbot
Best Evidence - David Lifton



This will help you understand the concept of intuition. And the more you understand the more you believe in it.

How intuition shows up in everyday life

Intuition is a very gentle voice that manifests itself as a thought, irrational because you are unable to justify this voice with analytical reasoning. For example, your intuition suggests that you should leave your current job, now you might ignore this voice as your analytical mind can't find a single argument why leaving this job is a good idea. Your rational mind might argue that it pays for your bill, how this will look on your CV and affect future employment etc.

But having said that, your intuition knows more than your conscious mind right now. Say, for example, you left that job and you went for a holiday as this has given you time. You might encounter someone on this trip that leads to a bigger and better opportunity, such as a better job or a new business idea. And for those looking you meet your life partner on this trip.

Now the rational mind says: "But that's a risk, it might or might not happen, how can I quit my job based on uncertainty?"

Become comfortable with the unknown

This brings me to another important aspect of emotional intelligence: becoming comfortable with the unknown or your ability to take risks. People with high emotional intelligence are also risk takers. They trust their intuition to guide them even, if they don't have a clear idea of how it's going to happen.

"I believe in intuitions and inspirations... I sometimes feel that I am right. I do not know that I am." *Albert Einstein.* ❶

The GAP and the SNAP

Matthew Cossolotto takes a look at profound truths to help you find the No Failure Zone

There is great wisdom in this ancient Chinese proverb:

*Sow a thought, reap an action;
Sow an action, reap a habit;
Sow a habit, reap a character;
Sow a character, reap a destiny.*

To streamline the logic, you could shorten the steps and say that your thoughts determine your destiny. It all starts with your thoughts.

Earl Nightingale, the great personal development author, radio personality and speaker, understood this fundamental fact. In 1956, he made a recording called *The Strangest Secret in the World*. In this recording, Nightingale reveals that the strangest secret is 'we become what we think about'. He stated quite clearly that this single sentence, this secret, was the key to success, and the key to failure.

This profound truth has been recognized through the ages. Buddha said: "All that we are is the result of what we have thought. The mind is everything. What we think we become."

The same idea can be found in the Bible. "As a man thinketh in his heart, so is he." *Proverbs 23:7*

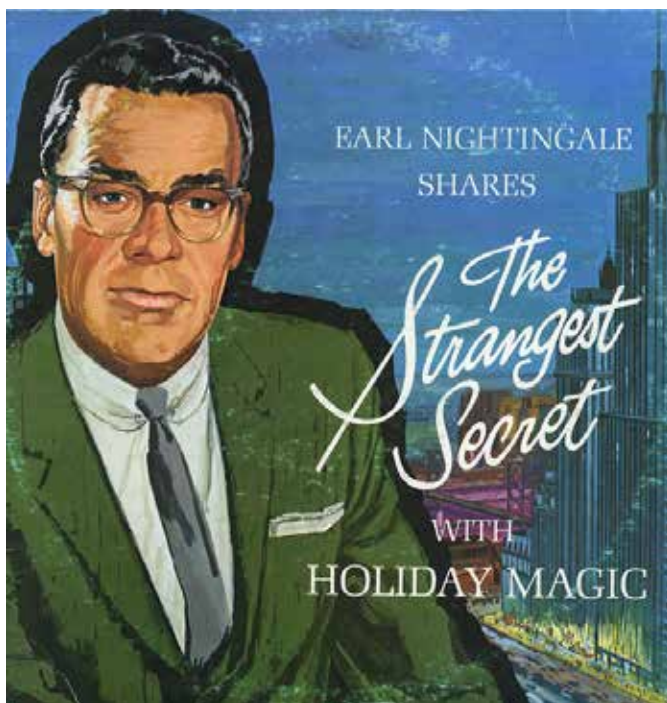


Photo: Earl Nightingale, *The Strangest Secret*

James Allen, author of *As A Man Thinketh*, believed: "All that a man achieves and all that he fails to achieve is the direct result of his own thoughts." And Roman Emperor and philosopher Marcus Aurelius wrote: "Our life is what our thoughts make it."

Great teachers through the ages understood the incredible power of our own thoughts to shape our destiny. We reap in the world what we first sow in our minds. Always remember: the most powerful motivational (or de-

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Self-help

motivational) speech in the world is what you say, habitually, to yourself. So monitor your thoughts. Keep track of what you say to yourself. Be careful what you spend your time thinking about. Your dominant, habitual thoughts will determine what you achieve – or fail to achieve. What you think is what you get.

Mind the GAP

In my Harness Your HabitForce! workshops, I ask for a show of hands: how many people have the vague suspicion that they're falling short of their potential? Almost every hand goes up. Why is that? Why is it that so many people – probably most – go through life with the feeling that they are falling short of their potential? Are you one of them?

The GAP I'm referring to here is the distance between your performance and your potential. Most people know they're capable of achieving X – way up here somewhere – but for some unknown reason they're performing at the Y level – way down here, far below what they feel they are capable of achieving.

There's this obvious, and often painful, GAP between actual performance and self-assessed potential. One of the main reasons for this article – and for my personal empowerment programs and books more generally – is to help people close that gap and reach their full potential. Why does this matter? I believe personal empowerment is, first and foremost, about personal fulfilment, even happiness. John F. Kennedy was fond of saying: "The ancient Greek definition of happiness was the full use of your powers along lines of excellence." In this sense, I would say reprogramming your HabitForce so it works for you is key to making the full use of your powers along lines of excellence. And doing so opens up a brave new world of accomplishment,



fulfilment and happiness.

In the film *A Bronx Tale*, Calogero Anello says: "The saddest thing in life is wasted talent." Touching on the same theme, Oliver Wendell Holmes wrote: "Many people die with their music still in them. Too often it is because they are always getting ready to live. Before they know it, time runs out."

If you go through life holding back, falling short of your potential, feeling frustrated and trapped, by definition you're not making the full use of your powers. As a result, I believe your personal power and your happiness are diminished. In this situation, examining your habits of mind is essential.

I think that's what Henry David Thoreau was talking about when he said: "Most men lead lives of quiet desperation."

Success is an inside job

Most successful people seem to have been lucky enough to develop a collection of success-oriented habits of mind. I refer to this collection of habits as your HabitForce, which functions like a software program or personal operating system. Programmed from childhood, your HabitForce software can either work for you or against you. This quote – attributed to theologian Nathanael Emmons – sums up the situation



nicely: "Habit is either the best of servants, or the worst of masters."

Sadly, disempowered people have been saddled with self-defeating mental habits and counterproductive mindsets. If you sense that you might be one of those people – and we all are to some degree – knowing about this gap and the role played by your mental HabitForce will go a long way toward helping you take charge of your HabitForce so it works for you, not against you.

SNAP out of it!

The good news is, you can reprogram your HabitForce. In my Personal Empowerment Programs (PEPTalks), I often pass out rubber bands for all participants to wear on their wrists – during my talk and long after. With only slight exaggeration, I tell audiences that the humble rubber band just might be the most powerful goal achievement and personal change tool ever devised in human history.

A simple rubber band, used properly, serves three important purposes:

First, wearing a rubber band on your wrist offers a constant reminder of a goal or promise that you've made. Suppose you decided to lose some weight, stop smoking or drinking, or exercise more often. Maybe

you set a goal or made a promise to run two miles, three days a week. You can use the rubber band on your wrist as an ever-present, gentle reminder of that goal or promise.

Second, in its relaxed state, the limp rubber band serves as a helpful metaphor for your HabitForce. The limp rubber band represents how we feel with our accumulated storehouse of existing habits. We are at ease with our current set of habits, whether they serve our higher purpose or not. This is your

comfort zone, your personal operating system.

If you try to make changes in your life, your HabitForce stretches like a rubber band and, far too often, simply snaps back to its

previous, stress-free state. The limp band on your wrist reminds you of the dangers of snapping back to your already programmed

set of thought habits. This article will help readers reach goals and keep promises by avoiding snapping back to their previous comfort zone. Harnessing your HabitForce means preventing that snap-back phenomenon.

Third, the rubber band can be used to reprogram your HabitForce and reboot your personal operating system by helping you snap out of it. What do I mean by that? Simple. HabitForce is such a powerful influence on our lives because it operates largely below the level of conscious awareness. HabitForce runs on autopilot. It's who we are without having to think about it.

We're comfortable with habits that have been programmed over a lifetime. That's why personal change is so difficult. The change process is often sabotaged by our internal dialogue – that nagging self-talk that too

“ MONITOR YOUR THOUGHTS ”



often dissuades us from making desired changes. It's the habitually negative inner voice that undermines our efforts to change our lives for the better.

I encourage you to use the rubber band to *snap out of it* – by giving yourself a SNAP of the rubber band whenever you become aware of any negative, disempowering or undermining thoughts.

This simple exercise will help you become aware of what that negative little voice is saying to you. Over time, the mere act of becoming aware of negative thoughts – and giving yourself a hearty SNAP every time – will condition your subconscious mind to avoid those disempowering thoughts and to replace them with positive, empowering thoughts. Think of the SNAP as a kind of no-voltage shock therapy.

To make positive changes in your life, the first step is to stop the flow of negative thoughts

that flood your mind and keep you from making desired changes and reaching your potential. Personal awareness is key to personal change. Once you're aware of the gap between your performance and your potential, you can use a rubber band to SNAP out of it, to close the GAP, and reprogram your HabitForce so it works for you, not against you.

“ HABITFORCE RUNS ON AUTOPILOT ”

As the Chinese proverb says: "Sow a thought." If it's a positive thought, you'll reap a promising destiny and you'll succeed in making your life a No Failure Zone.

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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Being yourself

Axel Trinh-Cong gives us advice on how to reconnect with yourself



Become who you truly are', 'reconnect with yourself', 'be yourself': these are all very common phrases within the self-help community, and we tend to simply accept them, without asking any questions.

Yet, a few of these might come to mind. For instance, is it even possible to not be oneself? And if so, what does it really mean? If I am not myself at this very moment, then who am I?

But, for the time being, let's accept the premise that it is possible to become 'the person we truly are'. Let's also remember that the notion of 'becoming' implies a change of state through time. Now, let's imagine that you already *are* your true self. That would mean that you needn't

change anything about yourself, since you would have already achieved a state of perfect authenticity. And yet it is quite common knowledge that, unless you happen to be impervious to the fundamentals of life

“ THEN WHO AM I? ”

yourself, you will continue to grow and change. At this point in time, you are no longer the person you were when you started reading this article. We might say your body has changed in accordance with its various functions, and presume that new thoughts have entered your mind – such is law of Nature.

And since only unliving things in this world remain unchanged, if you were to be at once always yourself and always the same, that would entail that you could only mutate

towards a state that was more or less 'you' – and this is a thought which, you must agree, makes little sense.

Through my experience as a medium and counsellor, I've learned that we remain ourselves and undergo perpetual change, all at once. In fact, the two phenomena go hand in hand. Even while we are changing, we do so entirely as ourselves, and every modification is a reflection of who we are. In actual fact, we never cease to be ourselves – we could never be anything else. However, what does change every instant is the way in which we experience ourselves. As for the self, it remains, always has remained and always will remain the same. This last point is crucial, because it absolutely changes everything.

Whether the moon is full, in its last quarter, in Cancer or in Aquarius, it never stops being the moon, though its energetic tonalities and colouring may differ. This is why, for a lot of people, phrases such as 'become who you truly are' tend to bring not only confusion but also internal disruption. We may begin to look outside of ourselves in search for this elusive 'self', which is supposedly different from the present 'self', and in turn look harshly and with judgement upon the current self, believing it is not the 'true self'. But of course, we *were* ourselves all along. These common phrases, which are intended to be constructive and encouraging, end up creating harshness, a lack of self-love and, therefore, suffering.

And so we must understand that the goal is not to strive for a different, better and more accurate self, but to develop a different kind of awareness of ourselves, here and now. Only with this understanding can we now ask the questions: 'who am I?' and 'what is the self'?

Our ego – which is inherent and

indispensable to incarnation – tends to cause trouble by creating confusion between two sentiments: 'I have' and 'I am'. But what we think we possess is always transient. The only thing we do truly possess in a durable way is our self.

What we have, in the sense of what manifests in the material world, is indeed a good way to distinguish ourselves from others and to have our identities recognized. This is how what we *have* can very often become a way of expressing who we *are*. For instance, think of a piece of clothing you might have purchased in the spur of the moment, and brought home. But whilst you marvel at this garment, which is so your style and shows off your personality so well, your partner immediately expresses reservations and even confusion, saying: "What on Earth

“ A REFLECTION OF WHO WE ARE ”

are you wearing?"

How do you feel about this? I'm guessing the answer is you feel misunderstood, not recognized for who you are. You feel yourself completely called into question – all for a piece of cloth. In truth, you have identified so strongly with this outfit that, once it is criticized, you can't help but feel personally attacked, to the very core of your being.

This example shows how easily we can feel disconnected with ourselves by defining ourselves through external objects. It also demonstrates our need to exist, and to be recognized as a whole entity. Beyond this, it also reveals our fear of disappearing and, on a far more fundamental level, of death in general.

Our ego leads us to become attached to things such as our bodies, our ideas or our social status because, through their material and tangible states, they can give an impression of stability and durability. But they are, in fact, fragile, transient and temporary. No one is blessed with eternal youth. Our



ideas will be put into question. And no one is indispensable – the company in which we might have enjoyed a top position for 20 years will continue to grow and evolve well after our departure from it.

Suffering stems from our refusal to realize these things are ultimately short-lived. We believe they will last forever, and so will we. But our daily realities constantly contradict this belief, which increases our anxiety and leads us to clutch ever more tenaciously at these illusions. It's a vicious circle.

In other words, human beings suffer from their desire to possess and to keep things that are inevitably transient. As long as we remain attached to mortal things, the fatality of death will have the power to make life meaningless.

The same principle goes for this supposed 'self', which is just as transient, and changes through time. We tend to hope that this imaginary, all-powerful personality will, like a fortress, provide us with shelter amid a sea of change, a place devoid of suffering. But this is a hopeless battle, which can only bring anger and frustration. We can only end suffering by ceasing to try to identify with our own personalities whilst holding up a shield to the

outside world. By building our fortresses, we are only developing hostility towards life itself, by continuously turning our backs to it.

Once the self accepts the ever-changing flow of life without trying to oppose it, our 'being' is able to resituate itself within a reality that far exceeds its own bounds. Thus, by ceasing to identify with whatever we are currently going through, we can go from the notion of existence to that of presence, which goes beyond the limits of time and space.

Indeed, the part of me that is incarnated on Earth is just that – a part of me. It is the bodily, ego and destiny-bound expression of a far greater essence, with which all of us have the ability to reconnect. This is the self that we have spoken of, the one that is, has always been and always will be.

Discovering the self is an adventure, with all its traps and marvels. And ultimately, however many steps we might achieve, only the journey itself counts.

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“ ONLY THE JOURNEY ITSELF COUNTS ”

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YOUR SUIT AT HOME OR AT WORK, TAILOR-MADE

Arnon Barnes

Everything is energy

International Speaker, Peak Performance
Trainer and Business Mentor **Arnon
Barnes** helps you raise your energy levels



Albert Einstein said it best: "Everything is energy." If you look around, you will see solid objects. Or at least the perception of solid objects. Solid objects are made up of atoms; constructed of 1% solid particle and 99% information. You can't touch the 99% with your hand, but you can influence this information with your energy. Let's say for instance that if your goal as a business owner is to create big results, either in the form of impact or money, then you are going to have to approach your entrepreneurial endeavours with big, heightened energy. When you approach your endeavours with low energy, you will get nothing more, just low results.

Now, more than ever it is extremely important to keep yourself in check. Your employees,

clients and family members are counting on you to do so. In this article, I am going to be sharing my top ways for keeping your energy levels high.

Let me be honest with you: to balance my energy levels used to be very difficult for me. My health and wellbeing were not top of my priority list. I wasn't always eating healthily and I certainly wasn't getting enough hours of sleep. I would often wake up exhausted. Every day, I'd push myself to give all my energy to build and grow my companies. This didn't help me in the long run, because it left me vulnerable to getting sick more quickly until, after years and years, my body simply said: "STOP!"

Entrepreneurship is extremely demanding

"IT LEFT ME VULNERABLE"

and volatile. It's important to understand that as a business owner you are constantly creating new forms of momentum. This requires you to be on top of your game so that you have the energy levels that create worlds and keep you healthy throughout. Simply put, eat clean, drink plenty of water, exercise and get enough sleep. Take care of yourself so you can take care of your business and your loved ones.

Be grateful. You either feel good, or you don't. There really is no in between. When you're ungrateful and focus on the negatives in your business and life, you will always feel as though things aren't good enough. For instance, when you've finally reached your goal of 1,000 clients or X amount of money and you immediately shift to, 'oh but then I can have more!', you aren't truly grateful for your achievement, thus you will keep feeling unfulfilled. You will only want more, every time, believing a higher number is going to make you happy. That is why it is important to cultivate appreciation for all the things you have right now, all the 'small' successes along the way. When you stop and express gratitude, you emit a powerful high energy into the universe, leaving you feeling blessed and abundant, and you will get more of what you want.

Lastly, you are the average of the five people you hang around with most. Even though you might not want to admit it, your environment is stronger than your will. Let me give you an example: I can place you on the top of Mount Everest in your bathing suit,




and no matter how hard you don't want to freeze to death and die, you eventually will. You see, your environment is stronger than your will. The same goes for the people you

"TAKE CARE OF YOUR BUSINESS"

hang around with. You might think you're not being influenced, but let me tell you, subconsciously you are. Surround yourself with people who are going to lift you up and heighten your energy, because a person with the highest energy will always influence someone with a lower energy.

Whatever happens in the world around you, even when your business might have taken a big hit and things are uncertain, it never means it's the end. We always have control over the fundamentals I mentioned above. Take care of yourself and your business. Change one or two things in your business model and approach. Take simple, focused actions consistently. By making the shift, you will be and feel more in control. Over time, it will help you create the most impact and have lasting success.

Meet and work with Arnon Barnes live? Join one of his next upcoming events. 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

Two more inspiring books to help you
along the road to success

The War of Art by Steven Pressfield

Think of *The War of Art* as tough love... for yourself.

Since 2002, *The War of Art* has inspired people around the world to defeat resistance, to recognize and knock down dream-blocking barriers and to silence the naysayers within us. Resistance kicks everyone's butt, and the desire to defeat it is equally as

universal. *The War of Art* identifies the enemy that every one of us must face, outlines a battle plan to conquer this internal foe, then pinpoints just how to achieve the greatest success. Though it was written for writers, it has been embraced by business entrepreneurs, actors, dancers, painters, photographers, filmmakers, military service members and thousands of others around the world.

"As I closed *The War of Art*, I felt a surge of positive calm. I now know I can win this war. And if I can win, so can you." - From the foreword by Robert McKee, screenwriting guru

The War of Art aims to help readers channel creative energy, unlock potential and

Steven Pressfield



overcome the fears that stop us from reaching our fullest potential. With courage, following the right formula and working hard, the book proposes that passion can be turned into purpose." - Ellen Degeneres book pick

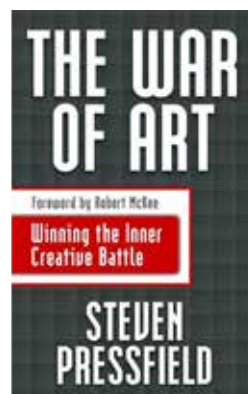
"Resistance is the voice in the back of our head telling us to back off, be careful, go slow, compromise. . . . Steven Pressfield is the godfather of the resistance, the five-star general in the

war against fear." - Seth Godin

"A vital gem . . . a kick in the ass." - *Esquire*

"Yes, *The War of Art* is hell. But Steven Pressfield is our Clausewitz who shows how you too can battle against The Four Horsemen of The Apologetic: sloth, inertia, rationalization and procrastination. Shakespeare, Rembrandt and Beethoven are all proof of what you can do with talent and General Pressfield." - Frank Deford, author and NPR commentator

Steven Pressfield is the author of the novel *The Legend of Bagger Vance* (made into the movie starring Matt Damon).¹



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The Most Human Company Wins

Mark Schaefer is a globally-recognized keynote speaker, educator, business consultant and author. His blog {grow} is hailed as one of the top marketing blogs in the world.

Mark has worked in global sales, PR and marketing positions for more than 30 years, and provides consulting services as Executive Director of Schaefer Marketing Solutions.

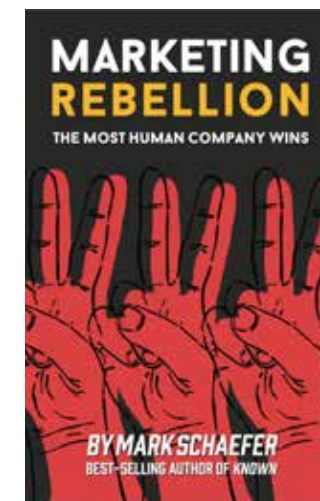
He has advanced degrees in marketing and organizational development, holds seven patents and is a faculty member of the graduate studies program at Rutgers University. For three years, Mark studied under the late Peter Drucker (a world-renowned consultant and author, hailed as the founder of modern management).

Customized for every audience, Mark's programs specialize in marketing strategies for content marketing, digital marketing, social media and personal branding. His clients range from successful start-ups to global brands, such as Adidas, Johnson & Johnson, Dell, Pfizer, The U.S. Air Force and the UK Government.

Are you overwhelmed by the breathtaking rate of change in the business world? Are confusing consumer trends, the unrelenting pace of technology, and the breakneck



speed of digital marketing making you feel irrelevant and lost? Path-finding author Mark Schaefer provides an achievable and realistic framework to help you stay ahead of the curve by re-imagining marketing in a world where hyper-empowered consumers drive the business results.



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Real estate: What goes up...

Our real estate expert **Yannick Callens** gives us the latest property news

I am often asked if prices will go up or down in the months and years ahead, and we are talking about a 2-4% decrease in the next two years. The Belgian property market is very conservative, and the Belgian real estate market is becoming increasingly stubborn and is also declining very slowly. I often give the example of a €100,000 purchase during my presentations to my clients. An acquirer has on average 15% of purchase costs, so his total purchase cost is €115,000. If this same buyer wishes to resell and recover at least what he has invested, he will have to sell at €115,000 for an initial purchase of €100,000.

The real estate market encompasses several types of property. From my point of view, the houses will suffer a little more from the market decrease than the apartments. In the apartment sector, I think we will also feel a



Photo, Marbella, Spain

stronger decrease in the new apartments. It should not be forgotten that on a new purchase you have to pay the VAT of 21%, which 'inflates' the purchase price, making the price per square metre much higher.

**“ SELL
WHEN EVERYONE
WANTS
TO BUY ”**

Prices in the big cities will hold up because demand is still quite high and there is a lack of supply in the city centres.

If you are wondering about buying or selling your property, follow this advice: "Buy when nobody wants to buy and sell when everyone wants to buy."

And let's not forget that interest rates are at

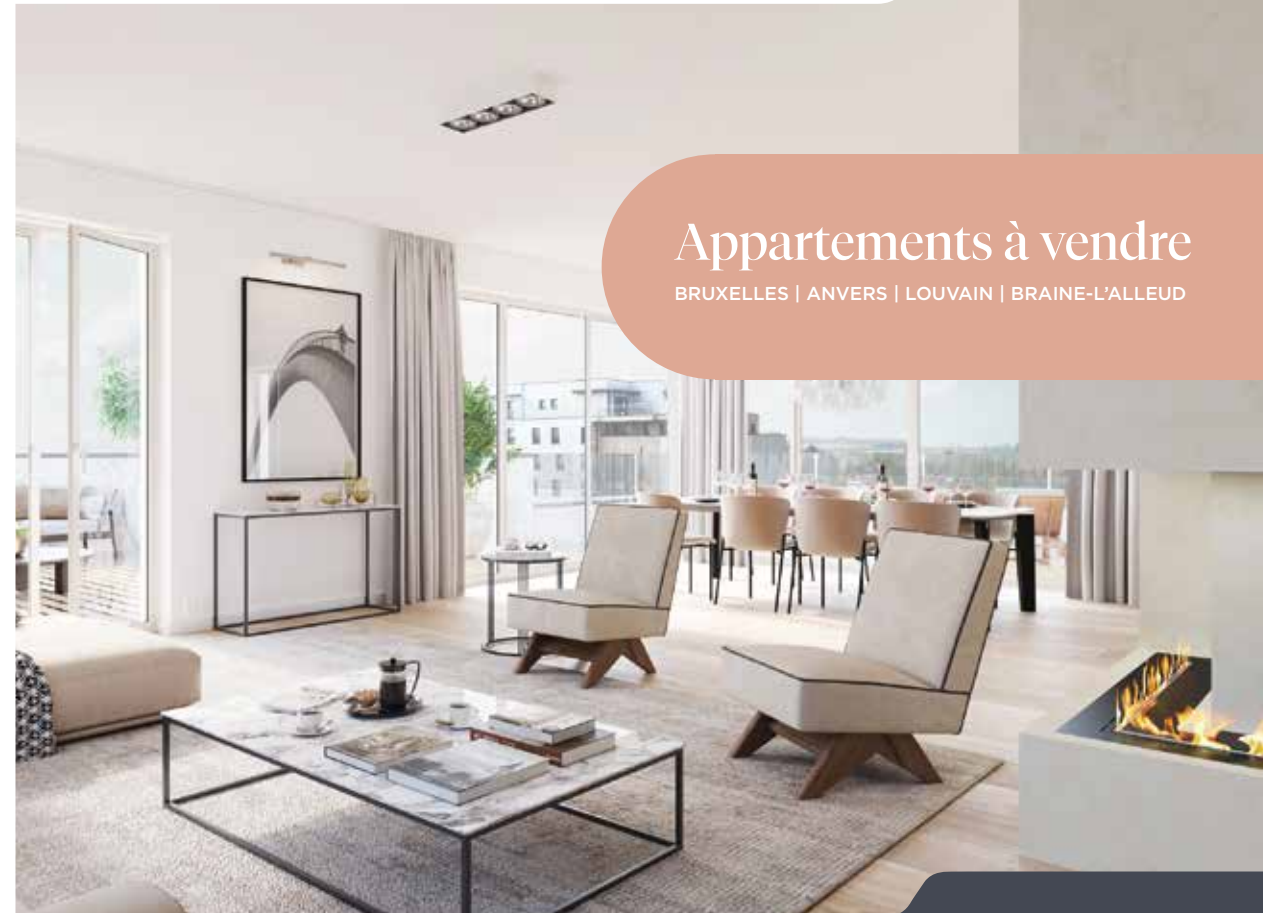
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Real estate

a very low rate. From my point of view, these rates are not likely to go up any time soon, because if the rates go up that would block the economy, and the state currently does not need this at all, needing instead an economic recovery, as does the banking system. We have to spin the money and restore momentum.

If you don't need to sell, I advise you to wait, because there is the famous 'emotional' moment. In other words, human beings tend to exaggerate at the beginning of anything – I could compare this to the panic buying of toilet paper that we saw at the start of lockdown. So, to put things in perspective, refocus and take the time to make the right decisions.

“ A LACK OF SUPPLY IN THE CITY CENTRES ”

We will always need a roof. The real estate market has always existed and will continue to exist. As I often say: "Everything is temporary except real estate." It is a basic need!

What I recommend is to look at the markets abroad. I invite you to compare, for example, developments in real estate in Spain and in Belgium, you will see the differences in price developments.

In summary, for the coming months and the next two years, prices will remain constant. Goods will keep their value and even perhaps increase in value, unlike goods that have already been on the market for a while. These will lose attractiveness but may represent the best opportunities on the market.

My advice: The real estate market is made



Photo, Valencia, Spain



Photo, Rosas, Costa Brava, Catalonia

up of several sub-markets. Before making a decision, whether for buying or selling, analyze supply and demand, as this is the basis for prices and the best way to investigate the consequences of their evolution. ❶

AG Residential

AG Residential has launched its latest project, Urban Court

AG Residential is very pleased to announce the launch of the construction and marketing of a new residential project: Urban Court, an original and exclusive project located in the Brussels city centre, a stone's throw from City2...

It consists of three new buildings, 142 studios and apartments from 1 to 3 bedrooms and penthouses gathered around a green central island, a true oasis of greenery, which meets the criteria of optimal comfort and sustainability. A particularity: the 1-bedroom ground floor apartments are spread over a double height, and all are fully glazed.

A project destined for great success that contributes to the revival of economic activity in Brussels city centre.

And in the city centre, they are already present with the residential project Canal Wharf, located in the area bordering the Brussels canal, opposite Tour&Taxis, a district that has become very trendy in Brussels. We have already completed and sold the 1st phase of the project, 132 apartments, and we will launch the 2nd phase of 121 apartments in September.

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 5. The handing over of the keys to your apartment at the provisional reception.
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UMANI, FAMILY OFFICE

Manuella Verhaeghe de Naeyer talks about the tricky subject of succession



In 2000, Thomas de Wouters d'Oplinter was inspired by independent family office models and decided to launch a family wealth counselling activity that was completely independent of any financial institution and did not deal with the financial management of the assets of its clients: you cannot be both judge and jury. Two years later, the business took off, the team grew and the skills came together to deliver a global service (strategic, operational and family advice, financial, legal and tax engineering). Umani is therefore one of the first independent multi-family offices in Belgium.

“ MANY QUESTIONS MAY ARISE ON BOTH SIDES ”

The family office company Umani organizes and offers, over the long term, a set of mainly legal, financial and tax services in order to preserve the economic interests of families in a trans-generational vision. An independent family office, Umani's vocation is to exercise an independent advisory activity in the organization and structuring of family wealth. Umani's general objective is to allow their customers to follow, develop and transmit their heritage optimally, in accordance with the objectives they have set, and to ensure their sustainability by better involvement of future generations.

The company's mission as a family office


consists of an integrated support of family patrimony by bringing its attention to the legal, civil, regulatory, financial and fiscal aspects, both of securities and of real estate, in a client's country of residence and taking into account the specificities related to family holdings or works of art. Understanding all of the assets, identifying family challenges, developing the most suitable solutions in terms of asset structuring, providing consolidation, information and control systems, these are some of Umani's missions. Commitment, independence, transparency, absence of conflicts of interest, ethics, these are the fundamental values that Umani defends.

Succession planning is one of Umani's specializations, so we asked Manuella Verhaeghe de Naeyer, legal and wealth advisor at Umani, to answer a few questions on this topic.

The organization of succession may still seem taboo in our society. How do you approach it with your customers? Indeed, this remains a delicate subject: parents want to pass on their family heritage to their children while guaranteeing financial security for their old age. Many questions may arise on both sides, parents may feel their financial future is in jeopardy, children find it difficult to discuss such subjects with them. Our role through family governance is to find the solution best suited to their situation, with confidence and serenity. We have effective tools for this, which encourage the establishment of wealth planning that secures the whole family, but communication and trans-generational coordination is a prerequisite.



What are the golden rules for good implementation of succession? Family governance, structuring and support. As a priority, we must first of all perfectly draw up the family genealogical tree as well as identify the globality of the acquired and existing heritage and identify the family objectives, both individual and collective. Different laws exist in our country, whether one is located in Wallonia, Flanders or Brussels. We are, with the help of our internal experts or with the specialized firms with which we collaborate, very attentive to the various updates of the laws in force in this area to support families in these perspectives. This is one of the most important aspects of our family office work. Our work is done in concert, not only with the client, but also with his or her advisers.

What do you think is the value of estate planning? When the estate planning implemented is respectful of the wishes and expectations expressed by parents and by the children, it allows them to see the future with serenity. Family patrimony is transferred in a thoughtful manner, taking into account all the parameters and in particular the protection of the parents. Nowadays, between 50 and 60 years of age, there exists a wish to transmit all or part of the family heritage thanks to current security tools. What is certain is that you must avoid waiting until the last minute. Transmitting assets in an emergency is not easy, it can even be impossible with all the consequences that follow: very high inheritance taxes and real estate that must be sold urgently to pay for these taxes. www.unami.be 

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PERSONAL
DEVELOPMENT

Politics

Together for Europe's Recovery

Catherine Feore reports as the EU prepares for the future

Photo, Emmanuel Macron and Angela Merkel

It is hard to grasp the impact of the COVID-19 pandemic and its resulting economic consequences. Countries across Europe have had to take draconian actions to rescue health systems that were overwhelmed by patients with acute needs, and the public health measures

meant bringing normal day-to-day life almost to a standstill. The treatment was necessary, but it would have severe side-effects on national economies. The shock is described as symmetric, but its reverberations and the path to recovery will be very asymmetric.

The efforts of each country are important for all. This is particularly the case in a single market, with freedom of movement and intricate and intertwined commercial interests.

However, some countries and regions were hit much earlier and much harder than others, some sectors will feel the brunt more



than others. It is unfair that those hit hardest by the disease are often those most dependent on sectors like tourism.

The measures taken by each country have resulted in the flattening of the curve, slowing the spread of the disease and can therefore

**“ INTRICATE AND
INTERTWINED
COMMERCIAL
INTERESTS ”**

be considered to be successful. We are now seeing the gradual lifting of restrictions. The question is how to get out of our collective economic malaise as quickly and as scar

free as possible, but in order to do so, Europe's leaders need to understand that we are all in this together and that solidarity is also self-interest.

Politics

The reaction to the resulting economic crisis was a little bumpy at the outset. The ECB launched a special Pandemic Emergency Purchase Programme (PEPP) that will - if temporarily - suspend the link to the 'capital key' normally used to reflect the GDP and population of the different central banks. European Central Bank President Christine Lagarde said initially that "we are not here to close spreads" in sovereign debt markets, causing consternation (and wider spreads) for the worst hit countries.

Lagarde later made it clear that the bank would do everything necessary within its mandate to support the economy through this shock and that the ECB would not tolerate any risks to the smooth transmission of its monetary policy to "all jurisdictions of the euro area". The ECB is apparently willing to do "whatever it takes" but a consensus emerged that this just wasn't going to cut it.

The European Commission has led on a number of other actions including support for business liquidity through the European Investment Bank, a new instrument for temporary support to help preserve employment (SURE) and emergency credit lines funded through the European Stability Mechanism with conditionality linked to support health-care spending. The EU has also allowed the triggering of the escape clause in the Stability and Growth Pact, allowing more freedom to spend and for a loosening of the EU's state aid rules that allow national governments to support their businesses.

This flexibility has raised concerns about



Photo, European Central Bank President Christine Lagarde

further fragmentation and distortion of the single market. Germany alone accounts for around 52% of the state aid approvals so far requested, amounting to nearly €1 trillion.

There is a real danger that this gives those with the biggest pockets an unfair competitive advantage that could outlive the crisis. European Commissioner for the Economy, Paolo Gentiloni is particularly cognisant that a great depression could also lead to a great fragmentation and potentially destabilize the very foundations of the European project. It's one thing for Hungary and Poland to toy with autocracy, another thing when it's Italy.

TINA

The EU didn't start with a completely blank page when trying to dream up solutions to this problem, and there were certainly no shortage of academics, think tanks and politicians with ideas that were ready to be taken off the shelf and dusted off from the last crisis - from helicopter money to Eurobonds. Letters and op-eds were fired off in all directions. The Commission was - as ever - left walking a tightrope, working out what was possible under the Treaties and more importantly what was conscionable for its 27 eclectic governments. But this time it is different. Europe's travails over a possible

“ SOLIDARITY IS ALSO SELF-INTEREST ”

Grexit from the euro has (I think) given a new maturity to discussions, to borrow from Margaret Thatcher. Europe has reached its TINA moment - there is no alternative.

As an aside, at some stage Europe will tip its hat to Jean-Claude Juncker for keeping things together in the turbulent pre-TINA years.

Dei ex machina

On the morning of 18 May, word was sent out that Macron and Merkel would make an announcement. Journalists across Europe waited with bated breath. Would it be big enough? Would it be too circumscribed? How far would they be willing to go in offering new tools?

The Franco-German initiative had three elements, but most attention was focused on the recovery fund. The initiative proposed a €500 billion fund, supported by borrowing on the markets on behalf of the EU - a limited form of mutualized debt. This was the green light that the European Commission needed for its proposal.

It also referred to fair taxation, something that those countries involved in aggressive tax



planning that has siphoned billions from other EU countries might want to think about when they take a stand against greater collective solidarity - I'm looking at you, the Netherlands.

Next Generation EU

On 27 May the European Commission finally unveiled its proposal: the Next Generation EU of €750 billion as well as targeted reinforcements to the long-term EU budget for 2021-2027 bringing the total financial firepower of the EU budget to €1.85 trillion.



This will have to receive unanimous support from all EU states, but the ground has shifted. Last night, Berlin unveiled another massive stimulus to the German economy. The 'Schwarze Null' policy has been thrown aside - Germany's just got counter-cyclical,

dare I say Keynesian - and yet Chancellor Angela Merkel is soaring in national polls. The magnitude of the challenge has been widely understood, even if the effective treatment is not yet universally acknowledged.

“ WHATEVER IT TAKES ”

Germany will take the helm for the rotating six-month presidency of the European Union on 1st July. There is one main goal on their mind, reflected in their chosen slogan: 'Together for Europe's Recovery!' ●

The nose knows more than we know

Jean o'Connor sniffs around the world of olfactory research

We all know the feeling of a memory being plucked out of the darkness through the smell of an aroma from our past, but what of the links between smell and our moods or, even more powerfully, the connection between pheromones and the survival of the species, both animal and human?

Our sense of smell, despite being a fascinating field, is one of the least studied senses. One of the odd symptoms said to be related to mild COVID-19 cases is temporary loss of smell, but more than just a passing annoyance and interference in the taste of food and drink, it's loss could mean a lot more, as our sense of smell has been shown to be a pivotal part of a far greater array of experiences.

Memory

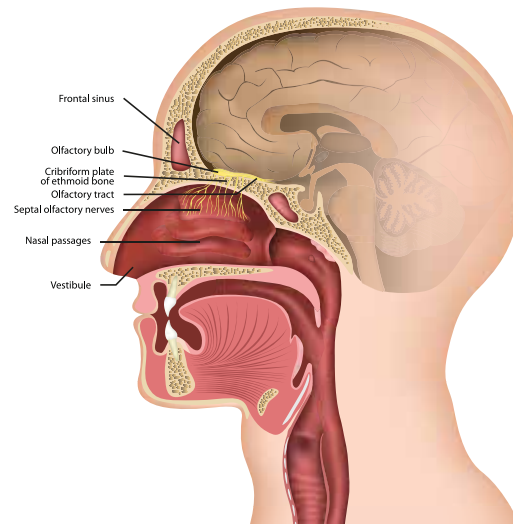
Why is it that certain smells bring us back to people, places or situations in such saturated clarity, more than any other channel of recall? Well, when a scent molecule arrives through the nose it is directly relayed to the amygdala, the part of the brain responsible for the processing of emotions, followed by the neighbouring hippocampus, responsible for memory formation and learning.

A smell is the only kind of information that gets telegraphed to those centres of the

“MEMORY-BOOSTING JASMINE”

brain directly - all others initially getting processed through the thalamus before redistributing to other parts of the brain. This means that only smell has such a direct connection with emotions and memories. This is why we may often initially 'feel' a memory via a scent, rather than see that memory in our minds. Sometimes, we may even never be able to recollect that memory related to a certain smell at all, but we will be able to feel the emotional response with which it was initially imprinted.

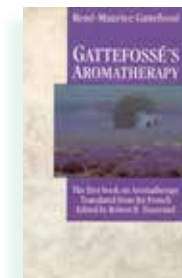
Photo, The olfactory system



Wellness

It is because of this strong connection between our limbic, or emotional systems, and our sense of smell that odours are so strongly connected to our moods. The alerting qualities of peppermint, stimulating lemon, relaxing lavender or memory-boosting jasmine are just a few proven links between smells and our state of being.

Deeper still, we come to the world of essential oils, said to aid with everything from childbirth to dementia and shown to reduce anxiety, lower blood pressure and counter depression, to name but a few. Essential oils have been used all around the world for centuries. As early as 4,500 BC, the Egyptians were using aromatic oils for many uses, including a well-known concoction called 'Kiphi', a mixture of 16 ingredients used both as a perfume and for its healing properties. However, it was only in 1928 that a French chemist named René-Maurice Gattefossé published the book *Aromathérapie*, setting out the healing properties of essential oils and becoming a



popular tome for medical practices across France at the time.

Pheromones

But unlike Gertrude Stein's poetic identification of "a rose is a rose is a rose is a rose", an odour, whether belonging to a rose or to something else, is not necessarily that straightforward. Welcome to the wonderful world of pheromones, found in almost every animal from fish, mice, rabbits and salamanders, all the way to humans.

“ 1,000 OLFACTORY RECEPTORS IN THE NOSES OF MICE ”

Pheromones were identified in 1959 by Nobel Prize-winning German chemist Adolf Butenandt. They are chemical signals that allow for the communication of many kinds of information and are directly detected by a human or animal's sense of smell. Linda Buck and Richard Axel from Colombia University received the 2004 Nobel Peace Prize for Physiology or Medicine after identifying almost 1,000 olfactory receptors in the noses of mice. Their work found that odour molecules bind to the membrane of these receptors and in turn send signals to the brain.

It has been found that pheromones are not just all about finding mates, but have



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PERSONAL DEVELOPMENT

Nature

Photo, Essential oils



astonishing powers of communication and have been identified as being at the origin of colony behaviour direction in bees, wasps and ant colonies for example.

Amongst bees, it is pheromones emitted from the Queen Bee that instruct workers not to reproduce. In fact, bee or ant workers will only begin to form ovaries if the Queen is removed. And if this is true for ants, the mind boggles as to the possibilities surrounding the power of human pheromones.

The French developmental ethologist Dr Benoist Schaal of the CNRS at the University of Dijon has conducted research into the pheromones released by a mother through secretions from her areola glands that signal to her newborn baby where to find her breast, open its mouth and start suckling.

Smell of attraction

But pheromones are probably more popularly associated with the laws of sexual attraction. Initially based on experiments with mice, Manfred Miliński and Claus Wedekind from Bern University found that how we smell is based on our major histocompatibility

complex or MHC, a genome involved in the defence against illness *and* sexual attraction.

It was not surprising then when research on a set of Swiss university students showed that to a large extent people were most attracted to those having the most different MHC to their own, which would in turn ensure that any children produced from such a union would have the broadest

defence against outside pathogens.

A 2005 study by Dr Ivanka Savic and her team at the Karolinska Institute in Stockholm, Sweden, saw gay men given anonymous samples of sweat preferred the scent of other gay men, whereas heterosexual males opted for the samples belonging to women.

A 2011 study by the cognitive neuroscientist Noam Sobel working at the Weizman Institute in Rehovot, Israel, for its part showed female tears

to be a sexual turn-off for men, actually decreasing testosterone and sexual arousal levels, compared to saline solution, which had no effect.

But even with all this evidence, there has really been little in the way of conclusive research on human pheromones, with so much more yet to discover. And, so far, all attempts at successfully bottling an attraction pheromone has yet to be successful... sorry.

1

LIFESTYLE

Isabelle de Borchgrave is an artist who has sought, and indeed discovered new directions



LIFESTYLE

Fashion

Irish fashion: Sustainability is the key

Catherine Feore went to Ireland to see why Irish fashion designers are going slow

Photo, Fisherman Out Of Ireland



‘All changed, changed utterly:
A terrible beauty is born.’
W.B. Yeats

Yeats' famous poem 'Easter, 1916' refers to the Easter Rising when Irish republicans led a rather ill-fated attempt to end British rule in Ireland. Yeats' words come to mind as there is - happily - a quieter revolution taking place in Ireland's design community.

Irish designers, deeply embedded in their local communities and moulded by their outstanding landscapes, have decided the

future has to be a sustainable one. Over the past weeks of lockdown, a lot of us have had time to reflect on how we live our lives and what is really important to us. Do we have to return to a world of car fumes? A society where everything is disposable? Is the hectic morning commute really necessary? When

**“GOOD QUALITY
IS TIMELESS”**

you have taken your foot off the peddle and look at your life, you get a chance to appreciate the world around you

and to redress some imbalances.

Visiting Irish designers, I heard over and over again the words sustainability, durability, community, linked to what has become one

Photo, Fisherman Out Of Ireland



of the most notoriously disposable of all sectors, fashion.

Anna Guerin calls her company Landskein: "I came across the word Landskein years ago and I fell in love with its meaning, the weaving and braiding of horizon lines, seen on hazy days... It's a profoundly beautiful word that reflects the idea of the interweaving of the threads of heritage with the threads of modernity." Guerin says it is not just about sustainability, but kindness, a people and planet approach. Guerin knows cutters and machinists by name, she says that she will only work with partners that can offer full transparency into the processes used to create her products.

“ APPRECIATE THE WORLD AROUND YOU ”

On her designs she said: “We celebrate Donegal Tweed in our collections, a fabric steeped in centuries of Irish heritage. I use light tweeds that are woven exclusively for Landskein in Adara in County Donegal, using

yarns that are spun locally in Kilcar. The contemporary designs have lighter fusings and a more relaxed unstructured look, making garments that are both modern and authentic, they could be summed up as ‘luxury with meaning’.” www.thelandskein.com

McNutt of Donegal makes the cosiest and most attractive woollen throws. Many of us have switched off our televisions and turned to an absorbing good read under lockdown. Despite Belgium’s unusually glorious spring weather, it’s nice to snuggle up under one of these beautiful yarns, with a good yarn, when the evening chill sets in. #WHYLINEN

McNutt is adding more linen products to its collection. Apart from being a beautiful traditional fabric, linen is to my mind the best fabric for summer. Light and breathable, it provides structure without weight.

Photo, Fisherman Out Of Ireland



Photo, McNUTT Linen Scarves Box



I learned from Sonja Pirousmand, who is German and works for McNutt, that linen is also one of the world’s most sustainable products and it is why they are trying to encourage people to understand its environmental merits. It is much easier on resources, as flax only needs 3% of the water necessary for cotton production, organic or not. It does not need to be imported to Europe from far off countries; McNutt has sourced European flax from France and Belgium, preserving and generating new jobs. When it arrives in Ireland the weaving is powered solely by wind-generated power - something that Ireland’s ‘Wild Atlantic Way’ has no shortage of.

Slow fashion

Sustainability is also about durability. Magee is a fifth-generation Irish family business with over 150 years of experience in designing, weaving and finishing luxury fabrics in their mill in Donegal. This is also the tale of many other companies, for example Hanna Hats,



where Eleanor Hanna told me that someone came to see her and showed her a hat that he had owned for 42 years! The design philosophy, a bit like the 'slow food movement', is that good things take time and good quality is timeless. The designs are built to last and are highly prized by their owners.

Other designers such as Bernie Murphy, while inspired by heritage and tradition, have a more contemporary take. Murphy designs

“ A PEOPLE AND PLANET APPROACH ”

for her own brand, but also for Fisherman out of Ireland who make contemporary, premium Irish knitwear. Fisherman is also based in Donegal, as they say on their website: "We might be situated on the edge of Europe in the middle of 'nowhere' but we export 70% of everything we make to the four corners of the globe."

As we emerge from confinement, people will have to think long and hard about their choices. Do we really need to endlessly consume? What is the impact of our choices on the environment? How can we support businesses that make a real difference to their local communities? The pandemic may be the moment when we realize there is no going back and that we have to change, change utterly.

Links
www.thelandskein.com
www.mcnuttofdonegal.com
www.magee1866.com
www.hannahats.com
www.berniemurphy.com
www.fishermanoutofireland.com

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FATAL DUPLICATION

*Photographer : Maria Dawlat Art director: Nicholas Sirof Model: Febe @unitmodelmanagement.com
Hair & Make-up Artist : Elke binnemans @ touch Dominique models, using sisley cosmétiques and Kevin Murphy
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Total look **Dior**



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Phyto cernes eclat 1 Phyto eye twist 8 noir
Mascara so volume 1 noir Phyto lip twist baum

Fashion

MONA WIE: Ethical luxury label

Timeless statement pieces for daring and caring women

The Brussels-based label MONA WIE was created in 2018 with a strong desire to offer well-considered garments for women who are willing to stand out and believe in choosing less and choosing better.

MONA WIE emphasizes timeless style rather than the latest fashion trends. All styles are carefully created in collaboration with Antwerp pattern maker Elke Hoste, an exciting designer, and founder Ramona Wilmes. The line-up of minimalist, feminine silhouettes and refined cuts are essentially free of excess – they are clothes that take a woman from day to night. What a woman wears is a statement about herself, not only to others but also, as fashion psychology teaches us, to herself. And Ramona Wilmes, who transitioned from a career in finance, finds that to be very empowering for women.

The brand launched with four signature dresses, with the aim of adding new pieces to complete a well-designed wardrobe. Since then, a trench coat as well as spring-



summer dresses have been added. MONA WIE is currently working on new pieces, including winter coats and shirts.

MONA WIE's mission is sustainable and ethical. In addition to their timeless design, the garments' natural fabrics and high-quality finish ensure that they last a long time, which thus increases the sustainability of the range of clothes. Furthermore, the garments are ethically created in a studio in Portugal, which was carefully selected by the founder, based on high standards in terms of couture

savoir-faire and fair working conditions after a six-month search.

MONA WIE is a direct-to-consumer brand that aims to define a meaningful relationship with customers, conveying the label's values and ethics. Customers can shop online, at private events, at the ephemeral boutiques on rue Saint Georges 2A (Ixelles), Sablon No. 40 and at home. Prices start at €200 for a cotton poplin dress.

www.monawie.be



**“ CLOTHES THAT TAKE A
WOMAN FROM DAY TO NIGHT ”**



Shopping

Shopping

Marc Van Staen

Le bourgmestre de Bruxelles



LE SCALDE
éditions Bruxelles

The Mayor of Brussels by Marc Van Staen

Marc Van Staen has written *The Bourgmestre of Brussels* (in French), a collection of short stories in which he listens to and observes the people of Brussels. It is they who set the scene in a stream of discoveries, between black thriller and joyful nostalgia. In a game of musical chairs, a survivor, an influencer, a painter, a banker and a restaurateur take to the back alleys of the deception. We laugh a lot, and there's a tear in the corner of our eyes. Le Scalde Brussels editions. www.editionslescalde.be

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The Octo saga presents its next chapter with the unveiling of the Octo Finissimo Automatic in Black Sandblast-Polished Ceramic, featuring a new sandblast-polished ceramic case and bracelet and sandblasted ceramic dial. A new signature monochromatic look, which alternates matte and brilliant surfaces, thus reflecting light in a way that feels fresh, innovative and new: **€14,400**

www.bulgari.com



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Mentalis Stress

Mentalis Stress changed its packaging in May 2020 for a cleaner and more modern look. But its formula with vitamins, magnesium and Ashwagandha remains unchanged and as effective as ever for stress, mental and physical.

www.trenker.be

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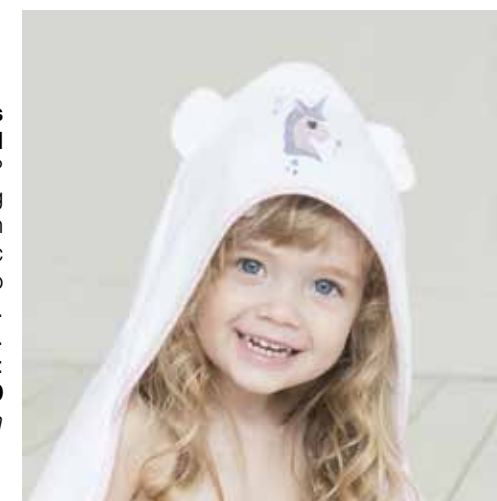
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www.thefinecottoncompany.com



Competition

Picard

Who wouldn't like to taste new gourmet recipes quietly relaxing in the warm weather? Picard offers new sweet /savory dishes that will delight the taste buds. From aperitif to dessert, Picard is on the menu with its two new Pool Party collections. The salty collection: appetizers with vegetables, Mediterranean surprise bread. Also the very trendy Les Bols de Céréales: Oriental, Peruvian and Asian. Pies and salads complete the assortment. The frozen collection: have fun with the 'vegetable' ice creams, coconut milk - dark chocolate and almond - Caramel sauce, coconut milk mini-sticks, 'vegetable' passion fruit mango, and lemon, apricot or macaroon cones. Mouth watering? That's good!



COMPETITION

Together has 3 Picard €50 gift vouchers to give away

Question: What are the two new gourmet collections this summer at Picard?

The first three readers to send an email (subject line: Competition: Picard treats the gourmets) will be sent a gift voucher.

www.picard.be

Handmade ice cream by 'Poppins Time'

Do you dream of an ice cream made by hand with good farm produce from local producers? Isabelle de Kerchove has just opened a shop and ice cream workshop in Watermael-Boitsfort. The fragrances are essential, 'sustainable' and classic at Poppins Time. There are perfumes without flavour enhancers, and everything is fresh! Taste the mocha ice cream made with real coffee, strawberry ice cream which is fresh and not frozen, while the vanilla is excellent and really tastes like ice cream of yesteryear, while the pistachio is essential. There is also raspberry, strawberry, blueberry, pineapple, mango, banana, stracciatella, lemon, orange, tangerine, chocolate, caramel and soon there will be cherry flavours.

www.poppinstime.be



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Beauty

Beauty

These peculiar times have taught us to pay even more attention to self-care. We travel under the shower and in our gardens, while not forgetting to prepare our skin for the summer days that are just around the corner. Hydration and protection are the key words for this time of year. Dare a touch of colour and discover this summer's new fragrances.

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Lorsque vous travaillez tard, que vous faites la fête toute la nuit et que vous auriez bien besoin de quelques heures de sommeil en plus, la fatigue n'est pas seulement mentale : elle est aussi visible ! Et c'est la peau fine autour de vos yeux qui vous trahit. L'histoire qu'elle raconte dépend de l'attention que vous lui portez.

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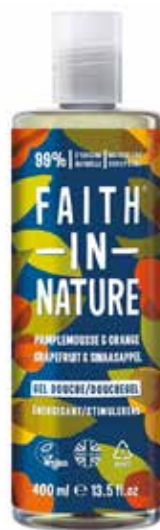
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Design

Design



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Wishbone Chair by
Carl Hansen

Hans J. Wegner's icon with a matte finish, a gentle variation on his wishbone chair from 1950. Just like the original, the special edition is timelessly elegant with its clean and characteristic expression. The CH24 Soft has an irresistible matte finish, available in five classic colours: black, grey, white, green and red. The new finish has an inviting quality that tempts the gaze to follow along the backrest and your hand to do the same. Furthermore, the coating makes it easier to maintain the chair, keeping the timeless design looking even cleaner.



to a Wishbone Chair with a brighter finish. Or maybe as a subtle contrast to Hans J. Wegner's CH327 dining table in soap-treated beech. CH24 Soft runs for a limited period. The campaign is available in UK, Germany, France, Italy, Portugal, Netherlands, Belgium and Austria at selected dealers and in LIGNE Flagship Stores.
www.ligne.be

Think of CH24 Soft as a gentle counterpart

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Design



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Design

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Longchair: €2,250

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The Alfred Collection is the label of Belgian textile designers Marie Mees and Cathérine Biasino. After fruitful careers as freelance designers, honoured with an Henri van de Velde label in 2008, they decided to start their own textile brand. Marie and Cathérine share a love for natural fabrics, durable design and minimalist aesthetics. They maintain control over every aspect, from design to production. www.ligne.be

LIGNE OUTDOOR 2 LIGNE Outdoor The Alfred Collection Ellen

LIGNE OUTDOOR 3 LIGNE Outdoor The Alfred Collection Stella Ellen



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LIFESTYLE

Design

Isabelle de Borchgrave Design

Isabelle de Borchgrave is an artist who has sought, and indeed discovered, new directions in contemporary creation. She has made works in bronze, she has painted and she has authored installations on commission from public bodies and international fairs, most notably at the Tour de Picasso, France. Isabelle is an indefatigable explorer of a new aesthetic landscape - through her painting, her installations and her myriad creations.



Photo, Isabelle de Borchgrave Design_DSC2390 Isabelle de Borchgrave Design



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Shopping decor

Shopping decor

XVL opens its own store in Brussels

Distinct lines, well-designed furniture, fine materials: Xavier Van Lil makes us want to think about how we want to live today. A contemporary and tailor-made vision of furniture that can be successfully applied to the most varied of projects.

What is XVL's style? Xavier Van Lil likes inviting and refined interiors, not stuffy.

Places where people immediately feel at ease, at home. A follower of 'less is more', he favours linear purity, very precise finishes and noble materials such as wood, leather, steel, chrome, marble, lacquer and beautiful (exclusive) fabrics which offer each piece of furniture great freedom of interpretation. A large collection of chairs, armchairs, sofas, coffee tables, storage,



bookcases, custom kitchens, wardrobes, beds, garden furniture – the choice is enriched each year with new models that evolve in ranges of natural colours and Earth tones. The XVL showroom in Brussels boasts a design office for the realization of all manner of development projects, both private and public.
www.xvl.eu



Tartan Blanket Co.

Designed in their Edinburgh studio, Tartan Blanket Co. took a modern approach to a traditional stripe design with a durable, tight weave in contemporary colours. These recycled wool picnic blankets are woven from 70% wool and 30% fibres saved from landfill, with the option to add on a brass-and-leather picnic strap crafted for perfect fit and easy carrying. Finished with a waterproof backing, meet your favourite companion for spontaneous adventures and outdoor picnics. Pistachio Picnic Blanket: €67
www.tartanblanketco.com



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LIFESTYLE

Shopping decor

Annabel James Beach Towels

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Cotton, pre-washed.

Size 100 x 170 cm: **€34**

www.annabeljames.co.uk



Antipodream Lucky Beach Towel

Gorgeous Rachel Castle, 100% cotton black velour beach towel with cotton end tassels and black reverse. Designed with love in Australia, available in the UK from Antipodream - the home of Australian design: **€73**
www.antipodream.co.uk

BO Concept

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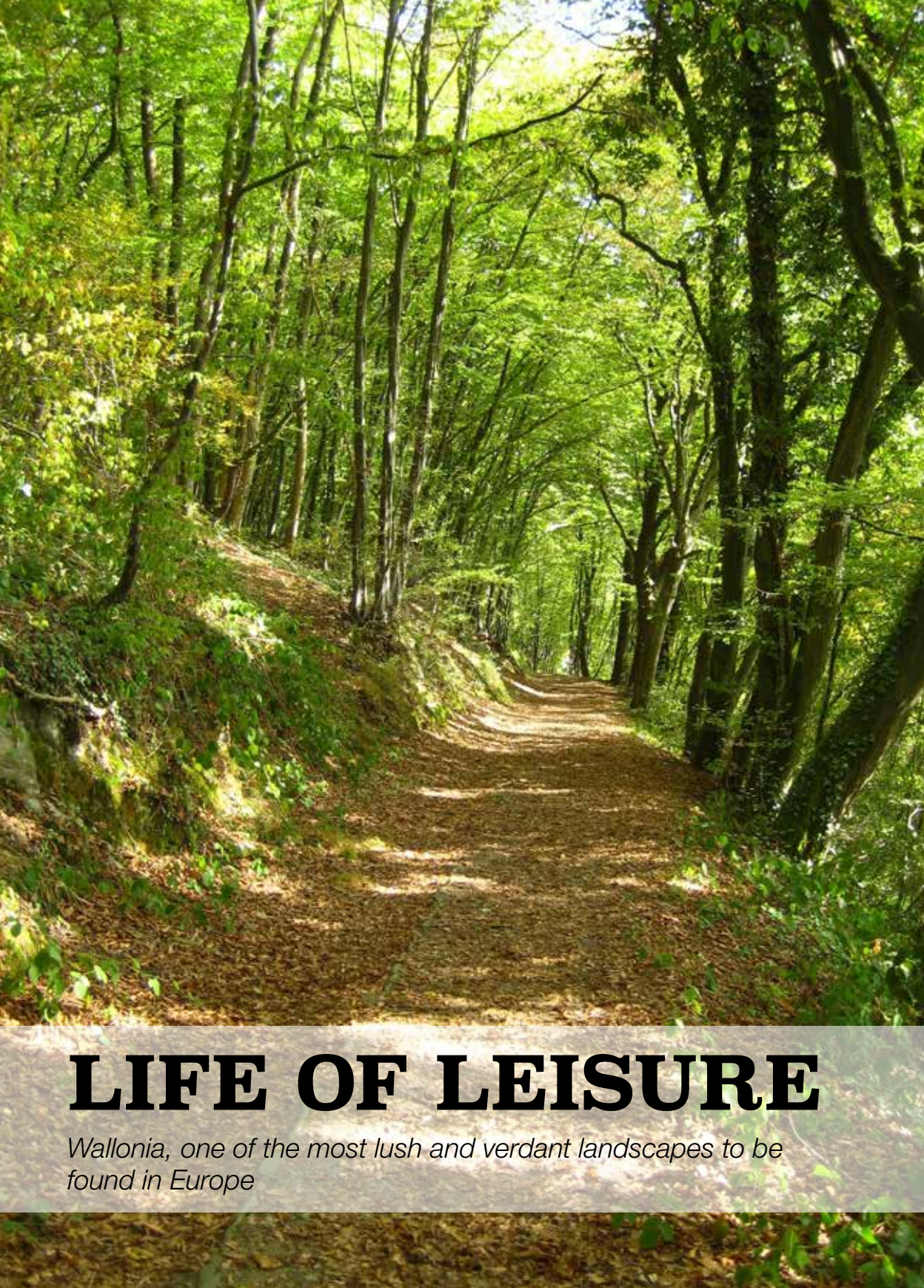
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LEISURE

Interview

Greta Gerwig: Delightfully quirky

This month we sat down with a charming, ebullient actress-director



Greta Gerwig is irresistibly endearing. We can't help but fall in love with her screen alter egos in *Frances Ha*, *To Rome With Love*, and the sensational *Maggie's Plan*. In person, she's as delightfully quirky as her characters which are all playful variations on her own mildly anxious, good-natured self.

Her solo directorial debut, *Lady Bird*, a coming-of-age dramatic comedy about a fiercely independent 17-year-old Sacramento girl, Christine (Saoirse Ronan), provided a semi-autobiographical account of her own angst-ridden adolescent experience, and was roundly admired, and awarded, not

least taking home the Academy gong for Best Director.

Last year's *Little Women* again saw Irish actress Saoirse in pole position, enveloped in a swaying drama that told the tale of four

sisters. Again there was an award on its way, this time for Best Writing Adapted Screenplay.

Next up, she takes on *Barbie*, a live action feature film based on the popular line of toys. It's

a brave departure for Gerwig, who is of German and Irish descent, but based on her dedication now to directing – her last acting

**“ WOMEN WHO
DON'T
CONFORM TO
STEREOTYPES ”**



philosophy from Barnard College in New York City, where she still lives today with her long-time partner, filmmaker Noah Baumbach, who directed her in *Frances Ha* (which they co-wrote) and *Mistress America*. She has made a career of playing oddball, offbeat women. She often resembles a female Woody Allen - smart, neurotic and prone to romantic disappointment. But sitting down and chatting with Gerwig, one is immediately charmed by her lively, ebullient persona. It's also obvious that the nervous, insecure side to her screen alter egos is very much part of her nature.

Together: You're noted for playing quirky women you play who often don't fit into easy categorisation. Is that your preference?

Greta Gerwig: I think people are fundamentally strange and to a certain extent unknowable. What fascinates me is why people behave the way we do because we often behave in contradictory and confusing fashion. That's the part about acting that I love and that's why I love playing women who don't conform to stereotypes that we often see in movies. I try to explore human nature through my work which is the essence of acting for me.

You worked with some outstanding female actors – do you have a favourite?

I wouldn't state favourites or those I've preferred to work with, but I will say that Annette Bening is one of the greatest actresses in the business. She's always been

role was back in 2018 – it's surely one she can pull off... albeit she will have to wait for the industry to return to some semblance of normality before we, as an audience, can judge whether the transition has worked.

“ SHE HAD A PURE HEART ”

Gerwig graduated with a degree in

actresses in the business. She's always been



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

Avenue Louise, 480 • 1050 Bruxelles
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Maggie was special in that she had a pure heart and needed to feel that she was living truthfully. She also doesn't suffer from guilt which unburdens her in a healthy way and she has the ability to see the overall picture better even though she often makes the wrong decisions. I liked how she was someone who is always true to herself and she knows in her heart the right thing to

do before she does it or before other people know it.

She always has direct access to her inner self that is pretty rare in people and a great quality to have. I also think that's what drew a lot of people to her and so many people have told me how much they loved Maggie which meant a lot to me because I invested a lot of me in her.

People tend to identify you with the characters you play. Do we see a lot of you in your various

screen alter egos?

It seems like after every film I do my friends will tell me how much of me they see in those characters. Of course, my immediate

reaction is that that can't be true because they're all different roles and I try to build distinct characters for every film.

But I also love to bring something of my own being and personality to each role and usually the character will

be some strange blend of both of us. In a way it's good that my friends will recognize



one of my personal favourites so you can imagine how thrilled I was to be able to work with her and get to know her personally. That was really a beautiful experience.

You gained tremendous recognition for your work in Maggie's Plan. Was that a special film for you?

I worked with Rebecca Miller for over a year on the film and building Maggie's character. It's rare that you get so much time to do that. There was this very close process of collaboration with her which was such a pleasure.

**“ DIRECT
ACCESS TO
HER INNER
SELF ”**



seek fame and fortune elsewhere?

I'm not sure it's something specific to Sacramento but I think all smaller towns have this sleepy feel compared to places like New York or Los Angeles which you think of as much more connected to the world.

What was the reality of moving to a big city like New York like?

The first few years were hard. I lived a bit everywhere - Chinatown, West Village, Greenwich Village. I first lived with six girls in a tiny loft

that was like a closet without heating. In the winter it got so cold that we all slept dressed up, with hats and scarves. I still live there and I don't think I could live anywhere else.

New York is my favourite city on earth. I love its energy and when I was

getting ready to apply to university I knew



me in my roles because I'm trying to make as deep a personal connection with my characters so the film and the story I'm helping to tell feels less fictional and as real as possible.

You grew up in Sacramento which has also been home to other top actresses such as Brie Larsen and Jessica Chastain. Is there something about the city which creates pent-up artistic ambition and desire to

**“ IT ALLOWS
YOU TO
EXPRESS A
LOT OF
EMOTIONS ”**



had to move there, which I did in 2002 after I had already fallen in love with every single Woody Allen film.

Was acting something you pointed towards from an early age?

First I wanted to become a nurse. I don't know why, but I've always had this fascination with uniforms and caps. But then I started taking dance classes and that set me off in the direction of wanting to act in musicals.

Ever since Frances Ha people have associated you with the way you dance in several of your films. What kind of dance do you like the most?

I love most forms of dance - classical dance, tap, jazz and modern dance especially because it has a whole aesthetic. Modern dance makes you use different muscles than other styles and it also teaches you to fall properly in a way that prevents you from hurting yourself. It's a beautiful metaphor for life: fall, rise, and you transform into a new person.



That kind of free form dance is very liberating and it allows you to express a lot of emotions and thoughts on a different level.

You've long been an admirer of Woody Allen and his films. Like Allen, many people identify you with the characters you play. How close to the truth is that?

My characters all contain pieces of myself but they're reassembled in different ways each time out. I try to create a space inside myself that reflects the identity of each character I play but then I spin off in another



What is it about his style of filmmaking that you admire?

It's his style of humour but also his way of looking at the world. I would like to be able to make films that have that same kind of sensibility and have great dialogue and explore human psychology the way he does.

You and filmmaker Noah Baumbach have been partners both in real life and in your work for several years

now. What is your creative process like when you work together on a film?

We work in our own separate rooms and then we spend several hours together where we often read aloud what we've just written or simply discuss some ideas about a particular scene or character.



direction where there's still some part of me there but it's evolved into something else. It's like I find a way of playing this variation on the truth of who I am.

We use that time to exchange criticism and opinions and then we separate again and we continue to write on our own. Slowly the characters begin to take shape and the story begins to emerge. Reading aloud is important to us and it helps us find the right tone and rhythm to the dialogues. Language is very important in the way it influences the way we talk and move.

It must have been a thrill for you to get to work with Allen on To Rome With Love?

It was definitely one of my dreams coming true. It was such an honour to get to be in one of his films. I love his work and he's been a huge influence on me. I appreciate everything about his style of humour, his neurotic intelligence, and also his love of New York.

“ LIKE TO WRITE DOWN WHAT I HEAR ON THE STREET ”

Apparently you always carry a notebook with you in case you find something inspiring that you can write about immediately?

Yes, I like to write down what I hear on

the street or in cafés or restaurants. Most of friends are aware of this and they try to make sure that I don't have a pad and paper next to me if they're about to tell me something very personal! [Laughs] ●

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LIFE OF
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Travel

Preparing for your next holiday

Dave Deruytter marks your card for – finally! – a well-deserved holiday

Photo, China in spring, rape flowers in full bloom



We all know that there is great fun to be had preparing for your next holiday. Many exciting questions come to mind immediately. Which country to go to, whereabouts in that country, how to get there, what to do once you arrived?

Back in the day, a good travel guide book was the typical thing to buy, or to borrow from the library, to get really started. Although that may still be a good idea, in order to get a good overview of the many things to know concerning a possible country or city of destination, a vast variety of online options are available these days just by a few touches on your Smartphone screen.

“ A WEALTH OF OPTIONS ”

Wiki-travel is there for sure, but also many of the guide books, such as Lonely Planet for example, offer some free information online. Of course, all of those 'free' online offers have a business model to survive or to thrive. A bit like the airline and hotel websites

or their apps that suggest complete touring packages, including hotels, visits and transportation. All of which are bookable online, with a few clicks only, and are offered by themselves or via

partners who give them a commission per click or sale.

The likes of Google Maps and YouTube have also added to the ease with which you can go about the task of preparing your next trip.

Photo, Daming Palace garden, Xian, China



Just move on the map of the world randomly until a country, mountain ridge, coast or island draws your attention, then zoom in. If nothing interesting presents itself, zoom out again and keep on scrolling over the blue planet until you see pictures of an interesting place to be or to visit and hotels to stay in or attractions to enjoy.

“ LEARN MORE ABOUT THEIR CULTURE ”

On YouTube, just type something like 'visit' plus the name of a city, a country, a beach or a mountain resort. A wealth of options will announce themselves to you. Recently, I ended up in Kyoto in Japan, a place I thought I know pretty well. Still, the city has not only changed, there is so much more to see than I was aware of, so much so that I took note of enough places of interest I hadn't seen before to immediately go back again.

Repeat holidays have the disadvantage of the 'been there, done that' syndrome, but at

the same time they give the possibility to dig deeper the second time around by moving away from the big tourist attractions to go to the places the locals go to and learn more about their culture and originality.

In a family or among a group of friends, the possible outcomes for the next joint holiday can easily be shared digitally these days, and the

discussions can be online or offline. Just create a WhatsApp group for example. VR glasses have added a whole new dimension to the experience of preparing a trip. Yes, you can actually - kind of - walk there and get more of a real feel of what it is going to be like.

As much as preparing for your next holiday is always fun, also the 'after joy' of the last one can be just as pleasant and actually even be a good preparation for your next holiday too. Yes, you will remember what went well, and you want to copy it, but also

what did not go well and that you want to change on the next trip. Pictures and videos you have taken on holiday allow you to easily go back in place and time. It helps to revisit the hotels and places you have been to in order to remember the good things and the fun time you had. If you do not have enough material yourself, you will easily find photos or videos online from others for your reference.

“ GOING ON THE REAL ADVENTURE ”

Adding to the above is the option to watch documentaries on interesting locations on the apps of TV stations. A recent add-on from my side in this respect is ARTE, where I saw the Silk Road episodes (in French: “La route de la soie”). Some 10 or 12 short movies leaving from Venice in Italy via Turkey, Iran, a few -stans to get to China and eventually Xian, the capital of China in the Heydays of the Silk Road. Well. All of that has given me quite a few ideas for future holidays. It even incited me to dig deeper on Wiki-travel and Google Maps, checking out hotels, local tours or things to see. I did not necessarily find all I want yet, but it was an excellent trigger to explore before going on the real adventure.

Many of you will also have made - no surprise during the confinement days - extra discoveries in the vicinity of your home: great walk and bike possibilities you never took the time to check out. Furthermore, many gardens have never been kept as neatly in recent years as they are today, because those who have one spent more time in them. This can easily work for a balcony, or even a plant and flower corner in an apartment. There too, I



Photo, Island of Murano, Venice, Italy



Photo, Aerial view of Downtown Dubai



Photo, Sand towers of Kaluts, Dasht-e-Lut desert, Iran

have seen amazing creativity to turn those small spaces in beautiful places in which I would gladly improvise a picnic.

Of course, as always, we are all yearning for our next real holiday. We want to just do it, be there and enjoy the real thing. Our next holiday will come, but patience is a virtue and it comes at a premium these days. ❶

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Ahead of summer, *Together* pays a visit to one of the most gorgeous areas in Europe



Just what exactly are you looking for in your summer break? It is more than fair to say you will not be disappointed in Wallonia, one of the most lush and verdant landscapes to be found in Europe.

First up, it is important that you choose where you are staying – while it might appear that you are spoiled for choice, it is nevertheless

important to ensure that you choose with care, to make certain that where you rest your head ticks all the boxes.

“ A TRULY EXHILARATING, RELAXING BREATH OF FRESH AIR ”

In Wallonia, ‘ecotourism’ also involves booking accommodation where preserving the environment is a sincere aim. Farmhouses, guest rooms or camping... Walloon farmers go to great lengths to



welcome you to a stay ‘on the farm’, where the tasting of delicious local products and fun activities are all included.

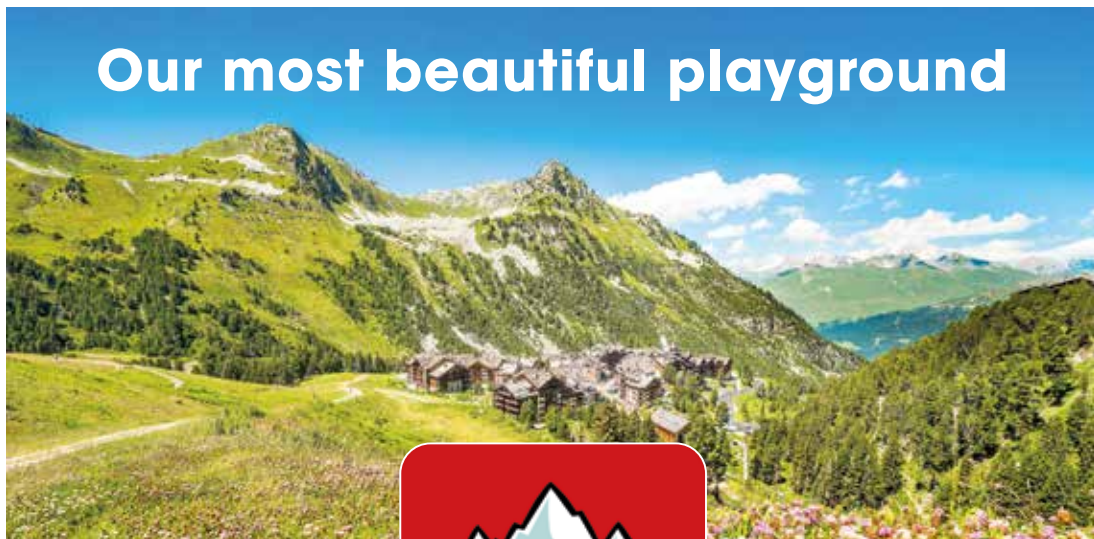
Or do you want even more of a change of scenery? Why not choose unusual accommodation that’s surrounded by nature – be it a wooden hut, caravan, bubble, there is no shortage of original choices in beautiful Wallonia. Not to mention excellent hotels, B&Bs, rural lodges and other

accommodations with the Green Key label, which are taking measures to reduce their impact on the environment. Such accommodation is often the ideal starting point for your nature activities and explorations, and you know you are doing the environment good into the bargain! And, as far as exhilarating activities are concerned, there are a wealth at your disposal – to select just a couple of the wonderful museums available, why not visit the Museum of Natural History and Vivarium of Tournai. The museum’s attitude is both modern and educational, while the gallery, devoted to the evolution of the animal world, reveals important collections from around the world. The museum also offers an outdoor route in a landscaped garden where there is a greenhouse of exotic butterflies.

Then, there is the Aquarium-Muséum Universitaire de Liège, a place where visitors can discover a rich collection of living aquatic animal species and specimens of great scientific, historical, artistic and heritage value.

And, *Together* has touched on this aspect of Wallonia previously, but there is no doubting that it is really all about nature. Belgium now

Our most beautiful playground



arc1950.com

LIFE OF LEISURE

Travel



has a UNESCO global geopark, the Famenne-Ardenne Geopark, in the province – this UNESCO site covers more than 900 km² in the municipalities of Beauraing, Durbuy, Hotton, Marche-en-Famenne, Nassogne, Rochefort, Tellin and Wellin, and is fascinating both from touristic and scientific perspectives, distinguished as it is by treasures such as caves, soils that are rich in biodiversity, unique rocks and local initiatives promoting the natural heritage.

And the villages of Ardennes? Poetry has been written as to their beauty and historical grace – and Celles is one of the most beautiful, located in the hollow of a smallish valley and surrounded by four hills. The village has ancient origins, and in 669 AD saw the arrival of the monk Hadelin, who went on to become a saint, and to whom the Saint-Hadelin church, a true masterpiece of Romanesque art, is dedicated, while just two kilometres from the village there is to be found the Feudal Castle of Vêves. Conservation is key at Celles, with dwellings still made from ochre-coloured and hand-hewn stones and red curved tiles, the dwellings are reminiscent of the south of France.

Need a truly exhilarating, relaxing breath of fresh air? Head for the mountain forests of Wallonia, which are ideal for discoveries and healing/relaxation pursuits. Forêts d'Ardenne offers 100% forest experiences for four of these upland forests, and the aim of the Ardennes Forests project is to promote stays that are closer to nature, personalized and presented by enthusiasts, all locals.

For contemplative walkers or experienced hikers, take advantage of the many possibilities for walks in Wallonia. Each one holds the promise of wonderful landscapes, whether for long routes or short distances. Or, for an energetic and involving bike trip, why not go for a tourist bike ride in a welcoming natural setting, and take full advantage of a chance to relax in the great outdoors!

And, thanks to first-rate agriculture and breeding, products from the Walloon region benefit from a flawless reputation. Many farms and production sites can be visited in Wallonia. Enter the heart of a sheepfold, visit a helicultural farm, observe the work of the beekeeper, taste the fruits of the orchards, stroll among the vines and taste a fine local wine...

At La Bergerie d'Acremont in Bertrix, the dairy sheep, formerly known as 'rat-tailed sheep', are cared for by Barbara and Peter, who will show you the ripening room and the stages of cheese making, curdling, ripening, and moulding. Afterwards, you can enjoy a plate of cheeses and smoked lamb meat and delicious ice cream.

Fancy a glass of delicious wine as well? Nestled in the Château de Bioul estate, the Château de Bioul vineyard is home to 11 hectares of vines. Discover the new 'Made In Bioul' route and immerse yourself in the world of the château, the Vaxelaire family and Bioul wines! A total immersion in the heart of an operation managed by two passionate winegrowers whose know-how is based on respect for nature and tradition.

Travel

And, over in Chenoy, the Domaine du Chenoy is a pioneering, original and organic Namur vineyard, created in 2003. The vines are adapted to the Belgian climate and produce quality wines with respect for the environment. The vineyard is located in Emines and produces red and white wines, which you are more than welcome to taste during your visit.

On a regular basis, Wallonia Belgium Tourism co-ordinates themed years for the entire tourism sector. 'Wallonia Destination Nature' is the theme for this year.

The objective of a tourism-themed year is to unite the tourism sector around a common theme and to unite efforts of innovation and quality in order to increase the attractiveness of the destination. A theme year is also an opportunity to highlight a new facet of Wallonia jointly with all the tourism stakeholders – each theme year thus makes it possible to create a set of new offers or to enhance existing offers, which are set to become long-lasting.

The theme is generally chosen by the relevant minister on the basis of the recommendations made by Wallonia Belgium Tourism, taking

into account that it must meet current tourism trends and the expectations of potential tourists in the priority markets.

Nature activities abound in Wallonia, which is why Wallonia Belgium Tourism has set up criteria of real relevance.

It leaves you dreaming, so, dream no more: book your visit to Wallonia, daylight's wasting!

Stay green in Wallonia: shorturl.at/yCFH4
Museum of Natural History and Vivarium of Tournai: shorturl.at/mrFP5

Aquarium-Muséum Universitaire de Liège: shorturl.at/aksJY
Nature in Wallonia: walloniabelgiumtourism.co.uk/nature

Famenne-Ardenne Geopark: shorturl.at/ivJN8

Explore Wallonia: shorturl.at/uyCN7

Walks in Wallonia: shorturl.at/beyNQ

Bike trips: shorturl.at/bIK38

La Bergerie d'Acremont: shorturl.at/lwQUW

Château de Bioul vineyard: chateaubioul.be

Domaine de Chenoy: domaine-du-chenoy.com

walloniabelgiumtourism.co.uk/nature

Tourisme Namur: Trail in Famenne

Being out of breath is the most exciting feeling runners experience. Most people think it's just because they're pushing their body to the limit, but it's not. In the Province of Namur, the landscape and trails can transport you to another world. 'Trail in Famenne' is a network of trails providing several distances (from 5km to 40km) and difficulties. You'll find more information on: traillenfamenne.be/en



Yes, we can change the world during the break.



WELCOME TO A FAIRER WORLD.



Walloon Brabant: From the battlefield of Waterloo to the abbey of Villers-la-Ville, via the Collegiate Church of Saint-Gertrude in Nivelles or the Château d'Hélécine, there are many traces of the past in the territory of Walloon Brabant in Wallonia. You can also stroll along country roads, in parks or woods, on foot or by bike. Your journey begins here.

At the top of the Butte, the lion watches over the plain of Waterloo as the keeper of

History. At the Waterloo 1815 Memorial, Napoleon's Last HQ and the Wellington Museum you can enjoy a multi-sensory experience unique in Europe. The Waterloo 1815 Memorial includes the Butte du Lion, the Memorial Museum, the Panorama and Hougoumont Farm. Thanks to the Pass 1815, you will have the opportunity to visit all seven locations at a very attractive price.

Visit the micro-brewery and the micro-distillery in the Mont-Saint-Jean Farm and taste the beer, the Gin and Whisky of Waterloo (100% hand-crafted!). Here's a must when you are in Waterloo. Listed as an exceptional heritage site in Wallonia, the Cistercian Abbey of Villers-la-Ville has been remarkably well preserved since the 12th century! Explore its new visitor trail and immerse yourself in the past thanks to Slate, the augmented reality, interactive tablet!
www.waterlooandbeyond.be



The Eau d'Heure Lakes with family or friends

There are many activities to discover. Walks on foot or by bike on RAVel all around the lakes, Amphibus tree climbing, aquatic pool, wellness centre, sailing, windsurfing, paddle, golf, playgrounds, jet-ski, water skiing, diving, tele-skiing, visiting the dam and its panoramic tower... Also enjoy quality accommodation by the lakeside. At the Eau d'Heure Lakes everything becomes possible and accessible for an unforgettable moment.
Info: reservation@lleh.be
www.lacsdeleaudheure.be

Stavelot Abbey: The Legendary National Geographic Exhibition

For the first time in Belgium, the legendary National Geographic - 130 years of travel and exploration exhibition has come to Stavelot Abbey.

In 1888, a small group of adventurers, scientists and explorers set out to discover the world, its wonders and its mysteries. They trekked through impenetrable jungles, reached the poles, plunged into abysses, conquered the Himalayas, discovered the secrets of the animal world, and looked toward the stars. They very soon began to photograph and recount what they saw in a modest bulletin that was destined to become the National Geographic magazine. This exhibition charts



the highlights of more than 130 years of adventure through a hundred photographs. The exhibition presents six themes, supported by video reports:

- 1) Further, higher, deeper
- 2) On the trail of lost worlds

3) The time of epics (the Yellow Cruise and the MegaTransect)

4) The photographic adventure (five exceptional photographers)

5) Approaching the animal world

6) Eight iconic National Geographic portraits. Check the website for prices.
www.tourismestavelot.be/en

people will guide you through it.

Feel at home in the Musée L

Hosting a mix of visitors is one of the Musée L's commitments. All visitors will find something to explore: children, teenagers, adults and senior citizens, whether alone, as a family or in a group, whether French, Dutch or English speaking.

New at the Musée L: The plaster casts Gallery

Recently inaugurated, this gallery was specially designed for the basement of the museum, displaying the university's fabulous collection of archaeology and art history plasters. More than 500 models of famous archetypes are presented in a tour that takes the visitor on a journey through several centuries of art history. Draw, learn, write, take pictures in this inspiring space.

The museum's spaces can be rented for cocktails, team building or other professional activities, offering teams a space to reconnect and improve their creativity.

www.museel.be 



Explore, learn and experiment at Musée L!

Housed in an iconic building in Louvain-la-Neuve, designed by architect André Jacqmain, the Musée L is no ordinary museum. At the Musée L you will discover six floors of art pieces, natural history specimens and scientific inventions. The itinerary is designed as an exploration of what drives humanity to create: surprise, question, passing on knowledge, emotions and contemplation. You will also discover the Musée L's fascinating *Cabinet of curiosities*, three labs to test the techniques of printmaking, colour and sculpture, and temporary exhibitions. A team of passionate

Knokke-Heist: Sprucing up for summer

Together looks at the ongoing transformation of a chic Belgian coastal town

Knokke-Heist is creating a greener and more comfortable street scene with a more individualized experience.

The aim is to make the main shopping streets and associated squares more attractive. In a short time, the view of the street will be much greener, more comfortable and more attractive, thanks to a few temporary interventions. For this, an appeal will be launched with street-art artists and a renowned international florist. In addition, the municipality is strongly committed to unique and individual experiences. Whoever comes to enjoy summer in Knokke-Heist can expect absolute quality, thanks to a great deal of extra effort. The marketing plan obviously aims to revive the local economy in the short term, and the town hall has already allocated €1.5 million to this and stresses that this marketing is the first part of a wider recovery plan for which around €20 million will be released in the longer term.

Lippenslaan transformed into boulevard

In order to make shopping in the triangle of gold trade in the district of Knokke-Heist even more pleasant, one-way traffic will be set up this summer in Lippenslaan, between the Dumortierlaan and the Van Bunnanplein, in the Kongostraat and in the section of



Kustlaan between the Lippenslaan and the Van Bunnanplein.

On the traffic-free west side of the Lippenslaan, wooden terraces will be laid on the parking strips, which will considerably improve the walking comfort on the widened sidewalk. In addition, it is easier to take social distancing into account. The west route of the Lippenslaan is reserved for cyclists and emergency services.

In the central reserve, there will be a carpet of colourful flowers. A range of eye-catching flags will also be on display, and the vegetable borders will be alternated with benches, stylized vases and colourful flowers with comfortable uniform terraces.

At Alfred Verweeplein, the entrance building to the underground car park will be filled with



a futuristic complex by a collective of local artists, and the same artists will also be creating on the Burgemeester Frans Desmidtplein, with a remarkable pool of koi carp – anyone who sees it will realize that this is a fine example of an optical illusion.

A Green City Spot will be built at the corner of Dumortierlaan and Lippenslaan, an elegant triangle of wooden seats with plantations. These elegant, cornet-style flower boxes

provide wildlife with their own water supply regulation system. This meeting place with a popular glacier will soon offer a view of a gigantic vertical flower wall on the facade of a commercial building.

In early June, the street-art collective DisorderLine on Burgemeester Frans Desmidtplein will start painting a three-dimensional carp pond on the road. This street graffiti trio is composed of Ken De Prince (Prince) of Heist, Sander Anseeuw (Stein) of Ruddervoorde Koen Van Cauwenberghe (Mataone) of Ronse. At the same time, DisorderLine will be taking over the entrance building to Alfred Verweeplein's underground car park, with the building thus transformed into a futuristic cubist complex. In the field, the artists will also be painting 3D drawings with play elements for children.

In the Dumortierlaan, four benches of artistic mosaics have been placed near the Church of the Sacred Heart. The area is an important stop this summer for the electric shuttle that will carry visitors from Duinenwater to the Zoute for free. In 2010, 15 pieces of these works of art were placed on the Zeedijk following the 16th sculpture link in Knokke-Heist. After

many positive reactions, the town hall bought the collection for €100,000 and distributed it across the country.

Events

BEE XXL

shorturl.at/bvyyzN

ANTON CORBIJN

shorturl.at/mDJN0 ●

Wine

Casa Relvas

Belgian-based wine experts The Sol
Ar look at a very special wine family



The Relvas Family has been in agriculture for five generations, and settled since 1997 in the Alentejo region, with 350ha of vineyards, 250ha of olive trees and 750ha of forests. They respect their region and define it as 'Alentejo, the Land of Good People' with 3,000 years of wine tradition, 3,000 hours of sun and a diversity of soils, allowing them to produce a varied range of wines respecting the tradition of the vine and the modernity of the viticulture.

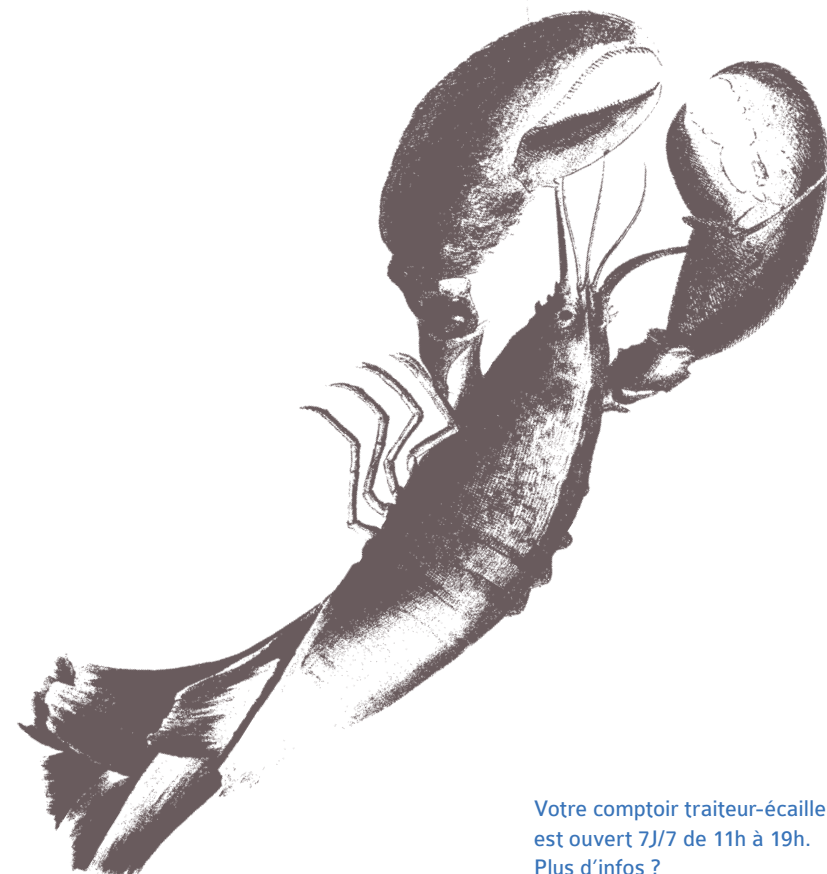
100 hectares of vines were planted at the Herdade de S. Miguel and at the Herdade da Pimenta in 2001, 2002 and 2003. Because of the company's growth, the search for diversity and the authenticity of their wine over the years, they have been able to

establish contracts at different points in Alentejo with several fellow winegrowers.

Having several different production points, all located in the north of Alentejo, they are privileged with skeletal soils, mainly schist and granitic.

Although they refer to the vinification of world grape varieties, they try, year after year, to select grape varieties of Portuguese origin, and believe that the success of the wine results essentially from the quality of the grapes. Hence, that is why they work, year after year, with the Italian Sommelier Association (ISA), using the evolution of technology, which helps us to understand the complexity of the life of the vine.

en.thesolar.be/casa-relvas 



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Dining

Organic magic with Chouke Soup

Together looks at the dynamic duo who founded the company Ruta&Baga

Chouke Soup came about as the result of a long friendship between Angelo Russo, Belgian chef of Italian origin (Mr. Ruta) and Wim Verschueren (Mr. Baga), both of them Brussels-dwellers for more than 20 years. What could be more emblematic than the 'chou' reference to Brussels sprouts for this wonderful local soup cauldron? Chouke Soups are made from the very best organic ingredients selected for their taste, character and nutritional value. Generous in their rich texture and colours and above all, they are ultra-fresh: Monday in the field, Wednesday in the pan, Friday in your bowl! So what are Mr. Ruta and Mr Baga after? Their desire? A return to simple, natural and healthy foods in a demanding market, where we often find a large majority of sterilized products, without any nutritional or taste interest. The team's first objective is to offer the possibility of eating healthy, even when you do not have the time or the energy to prepare everything yourself. The singularity of Chouke Soup is to be found in their concentration of vegetables (between 60 and 65% of the product – double what can be found in other brands). The texture, the natural colour, the originality



Photo: CHOUKE SOUP Angelo and Wim

**“ THEY ARE
ULTRA-FRESH ”**

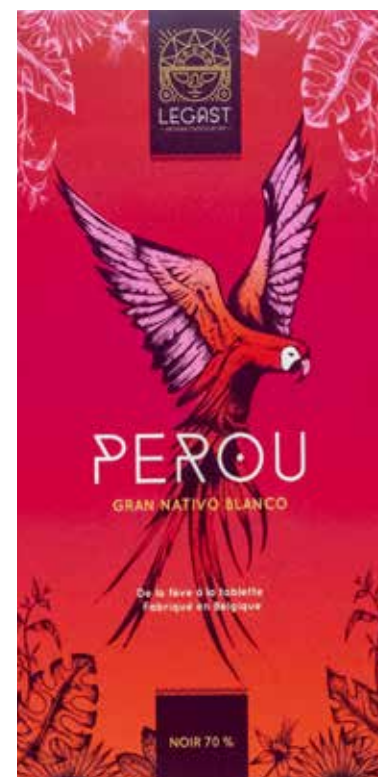
of the flavours of their products and the fact that Angelo & Wim are almost the only chefs to offer ultra-fresh soups in returnable glass bottles, which allows them to stand out from the existing market.

Just by way of a few tempters, there are carrots, citrus and coriander, sweet potatoes, coconut and Thai curry, tomatoes and roasted almonds, chervil and zucchini and, of course, caramelized onion flavour soups available.

The Chouke Soup project also has a social dimension. Angelo and Wim work with the Adapted Work Company (ETA), TRAVIE, whose social purpose is to

contribute to the inclusion of people with disabilities in society by offering them useful and remunerative work, as well as opportunities for professional development in a structured framework that is conducive to their development.

Enjoy!



La Boutique de Wallonie

Legast chocolates by artisan chocolatier Thibaut Legast. A delicious range of “Bean to Bar” chocolate bars, ranging from 50% to 90% cocoa content. From the South American plantation to the Walloon workshop, discover these excellent bars that have won numerous awards.

La Wépionnaise - Wépion strawberry beer is an amber, seasonal beer, re-fermented in the bottle and reworked with a natural strawberry aroma. Ideally served fresh, it can be an aperitif or digestive. La Boutique de Wallonie Petite Rue au Beurre 6, 1000 Brussels.

Website: shorturl.at/bBQSV



Picard cereal bowls

In a bowl made of cane pulp, because Picard is committed to reducing its waste, we go on a journey with recipes inspired by world cuisine. Head for the Orient with ORIENTAL CEREALS, a vegetarian mixture of bulgur, grilled zucchini, chickpeas and cherry tomatoes, seasoned with lemon juice, olive oil and ras-el-hanout spices. PERUVIAN CEREALS give pride of place to quinoa and cereals of Peruvian origin. Its white and red seeds are associated with red beans, tomatoes, red peppers, corn and a tomato and coriander sauce. As for ASIAN CEREALS, the sauce is made from coconut milk and red curry sets the tone for this recipe inspired by Asian gastronomy. It enhances a marriage of white and red rice, carrot sticks, shiitake mushrooms and soy beans. Unfamiliar, trendy or exotic there is something for everyone. €2.50 - 250 g (1 portion) www.picard.be

Dining

Be Burger: Be welcome back

What could be better than getting together around a good burger? Menus can be read via a QR code. For those who prefer to take advantage of their home burger, orders can always be made via their website, via Uber Eats or Deliveroo. The takeaway service is in a defined area of the restaurant. In particular, the restaurant will open the terraces and delimit them from the street for the establishments concerned. This was our first visit to Be Burger's Place du Luxembourg restaurant. It's a very welcome addition to a bustling neighbourhood, jam-packed with dining choices. I plumped for the NEW YORK, with Black Angus, cheddar, BBQ sauce, grilled bacon, paprika onions, tomatoes, iceberg salad and the Be Burger sauce. I'm old school so I went for classic fries. My dining partner stayed local and had the aptly named BRUSSELS, with Black Angus, Passendale, mustard mayonnaise, grilled bacon, marinated onions, iceberg salad and the Be Burger sauce and her favourite sweet potato fries. It's good to be back!
www.beburger.be



CÖCINA

CÖCINA prides itself on taking you on a trip to Italy with genuine mamma cuisine. CÖCINA brings together three traditional Italian restaurants with a cosy atmosphere: Negozio & Trattoria, Aperitivo Bar & Pizzeria and Bistrò Nazionale. When the weather is fine, the terraces are transformed for lunch and dinner in the heart of the capital. The restaurant continues to offer takeaway and delivery dishes via Uber Eats. We headed for the CÖCINA Chatelain and were immediately struck by the powerful aromas emanating from the varied dishes. We liked the high and low ceilings, the vast mezzanine, the open kitchen, the happy association of different materials (rustic wood, tiles, blackened steel) as well as dim lighting that, as they say, "transports you illico presto Via Pescherie Vecchie, 4124 Bologna". The chef uses only the best produce and we'll venture to say that it's the best pizza in the capital. Buon appetito a tutti voi!

www.cocina.be/chatelain.html



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Books

Ciao: Omaggio all'Italia

This month **TASCHEN** offers a unique book that shows Italy as you have never seen it before



Venezia, Roma, Napoli, Firenze. This is Italy as we've never seen it before.

By the sea and on the streets, from Torino to Montepulciano, discover an intimate portrait of the Italy that Mario Testino knows and loves. Gathering personal, previously unpublished photographs, this is an ode to Italy's people, art, food and fashion.

“ UNIQUELY POWERFUL ”

Widely regarded as one of the most influential fashion and portrait photographers, Mario

Testino is responsible for the creation of emblematic images, transmitting emotion and energy in an open and intimate way.

Throughout his four-decade career, Testino has been on a journey beyond the world of fashion, capturing Earth's traditions and cultures with unparalleled access and an extraordinarily unique point of view.

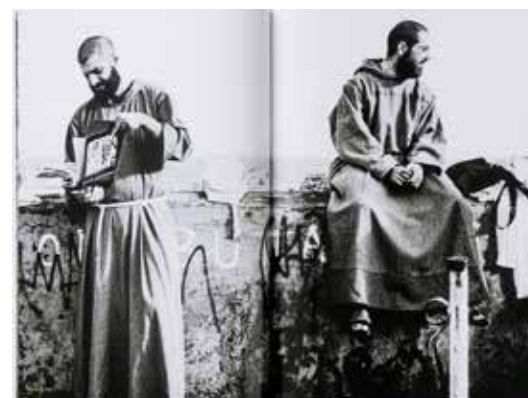


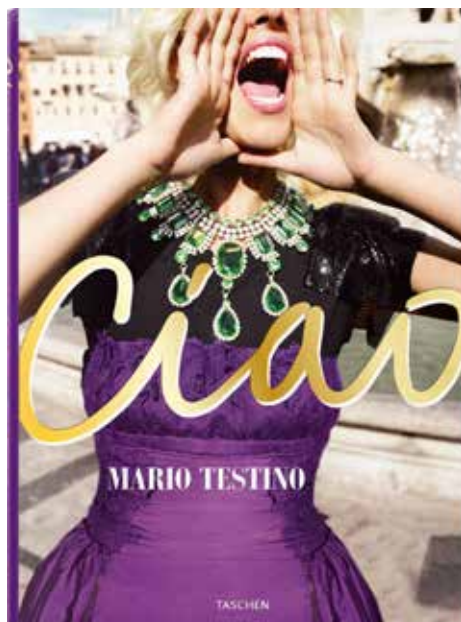
Peruvian by birth, Testino's intimate connection to Italy found its roots in his Italian heritage, but blossomed when he experienced the country for himself. Discovering Italy was, for Testino, synonymous with discovering his passion for fashion. "Rome was all about the hottest, latest trends and fresh new styling, and I loved the way Italians could shed the latest look for an even newer thing without ever losing their own identity."

In *Ciao*, Testino hand-picks his favourite images of Italy, a country that has featured heavily in his life, from his friendships and breathtaking vistas to quintessentially Italian iconic fashion shoots and Italians' ever-evolving allure to their effervescent lifestyle. Featuring three sections, IN GIRO (out and about), ALLA MODA (in fashion), and AL MARE (at sea), the result is a highly personal journey across the country through Testino's lens paying homage to Italy and its culture, as well as a chronicle of 40 years of genre-defining photography.

The photographer and author

With a career of four decades as a leader in the fields of fashion, culture and lifestyle, Peruvian-born Mario Testino OBE has many facets that take him beyond the surface of a photographer and artist, placing him as a cultural visionary. Testino's universe is broad, his impact is uniquely powerful and his lifestyle is completely authentic. Testino has seen his works published and exhibited in hundreds of cities around the world. Throughout his career, he built unprecedented relationships with editorial and commercial partners such as Vogue, Burberry and Gucci, to name a few. His past and present muses include HRH Princess Diana, Madonna, Donatella Versace, Kendall Jenner and Mariacarla Boscono. His solo exhibitions have shown in museums and galleries worldwide, including the National Portrait Gallery, London and the Museum of Fine Arts, Boston.





The contributing author

Alain Elkann is a New York-born author and journalist. Since 1989, he has maintained a weekly interview column for the Italian daily newspaper *La Stampa*.

Mario Testino. Ciao. Omaggio all'Italia
Mario Testino, Alain Elkann

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What's on

What's on Belgium

Photo, Wallonia Photo exhibitions - Focus on heritage



Wallonia Belgium Tourism in collaboration with the Walloon Heritage Agency presents the exhibition 'Zoom on your Heritage' from 13 June to 19 September at the Espace Wallonie in Brussels.

Come and discover this exhibition and its take on the heritage of our rich region through the eyes of citizens: monuments, customs, archaeological sites, known or unknown, day or night ... 77 photos in Wallonia, 13 in Brussels, that's 90 ways to (re) discover our heritage.

Heritage in the spotlight, but not only... This exhibition is also an opportunity to learn more about the tourist assets of both tangible and intangible heritage: buildings, natural sites, folklore, vestiges of the past... A great invitation to travel, in a somewhat special context, where your safety remains our priority!

Useful information :

Where ? Espace Wallonie de Bruxelles, Rue Marché aux Herbes n° 25-27 in 1000 Brussels

When? From Saturday June 13 to Sunday September 19, 2020

Hours: Tuesday to Friday from 11 a.m. to 6 p.m. Saturdays and holidays from 1 p.m. to 6 p.m.
Free exhibition

Covid-19 recommendations:

- 1 person / 10 m2, wait for the authorization of the receptionist before entering
 - Disinfect your hands when entering
 - Wearing a mask is highly recommended
 - Direction of the visit: follow the indications on the ground
- Be sure to respect social distancing and hygiene rules.

www.expositions-wallonie.be/bruxelles/

Yann Arthus-Bertrand: Legacy

Mons is hosting two exhibitions dedicated to the internationally renowned photographer, director and environmentalist, Yann Arthus-Bertrand. An obsessive photographer, he has been working and reworking the same themes for many years to deepen the subjects and raise awareness of environmental issues to as many people as possible. In St. Georges Hall, discover a little-known selection of his various works, from the 1980s to today. From his first pictures of lions in Kenya to the beginning of the project *Earth from Above*. The Belfry boasts an open-air exhibition with nearly 100 photos from *Earth from Above*. **4 July – 25 October.**
www.visitmons.co.uk



Bye Bye Future!

The exhibition Bye Bye Future! The art of time travel is extended until the 25th of October 2020. Thanks to the launch of deconfinement for cultural spaces authorised by the Federal Government, the Royal Museum of Mariemont has the great pleasure to announce its reopening on Tuesday the 26th of May. It is open every day, except on Mondays, from 10am to 6pm. Another good news: scheduled to end on the 24 May, the exhibition 'Bye Bye Future! The art of time travel' is extended until the 25 October 2020. Interrogating the world of today and the possible futures through artworks of past and contemporary artists, the thematic of the exhibition has more than ever become accurate! **Until 25 October.**
Royal Museum of Mariemont.
www.musee-mariemont.be



Photo, Nono_le_RobotBy_Protheus_Workshop(c)
A.Dorlet(c)Bye_Bye_Future_Mariemont

What's on



Photo © Atomium - C. Licoppe

Brussels Atomium

Brussels Atomium is back, with a progressive return to life. Enthusiastic and motivated, the Atomium team reopened the doors on Monday 1 June. The reopening of this iconic building, a testimony to the history of our country, is of course particularly symbolic for all Belgians. From 1 June, the Atomium once again welcomes visitors. More than ever, with the confinement period we have endured, along with new habits, Belgians are invited to rediscover their heritage nearby. The Atomium will welcome them with open arms. For 14 years, this public represents 30% of their visitors. As it was after the attacks in 2015 and 2016, this public will be the first to come back and visit the most Belgian buildings of all. It will be particularly pampered. www.atomium.be

Photo © Margaret Lansink



Margaret Lansink "Borders of nothingness"

In the infinite flow of everything, people come and go in our lives. While the presence of some can be so subtle that we hardly register when it begins or ends, with others it's far clearer: they enter, or leave, with a bang. In this series of black and white images, Dutch photographer Margaret Lansink (b. 1961) dwells in the emotional state of transition between knowing and not knowing another person. In reaction to her daughter's decision to suspend contact with her, Lansink uses the camera to feel out the sense of severing a connection. L'Enfant Sauvage. July 9-11. www.enfantsauvagebxl.com

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What's on

Paris: Cultural Mecca

Many of the Parisian cafés have reopened (with security measures), making the city look a bit more like itself again. Like Venice, it was very strange to look at the images of Paris as a ghost town.

In Paris, temporary exhibitions at museums and monuments offer essential moments of discovery and cultural enrichment. The offering is varied: contemporary design, more classic works and unusual installations and performances.

Exhibitions are an integral part of cultural life in Paris. Whether they be held at major museums, such as the Musée d'Orsay, the Grand Palais, the Musée National Picasso, the Musée Jacquemart-André, the Fondation Cartier pour l'art contemporain or more unusual places, such as the Palais de la Porte Dorée or the Atelier des Lumières, whose exhibitions are always something to look forward to!

The free exhibitions, outdoors at La Villette, on the railings of the Luxembourg Gardens or those of the City Hall, are also part of cultural life in the capital in summertime. Around Beaubourg and Saint-Germain-des-Prés, and also over towards Belleville, Parisian art galleries also show exhibitions that are popular with fans of contemporary, classic, primitive and exotic art, as well as painting, photography, sculpture, etc.

PARIS EXHIBITIONS PHOTO © en.parisinfo



PHOTO MUSEE D'ORSAY Musée D'Orsay ©Alexander Franke



You'll find all the latest must-see exhibitions in Paris on the official website: en.parisinfo.com

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Cinema: All the latest movies playing in Belgium

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



Emma

In Regency era England, wealthy Emma Woodhouse (Anya Taylor-Joy) is looking for a new companion after her governess, Miss Taylor (Gemma Whelan), marries and becomes Mrs. Weston. Emma settles on Harriet Smith (Mia Goth), a younger girl whom Emma supposes is the unclaimed child of a gentleman; Harriet's parents are unknown but her education has been provided for. Emma learns that Mr. Robert Martin (Connor Swindells), a tenant farmer of her sister's brother-in-law, Mr. Knightley, has proposed to Harriet. Though claiming she will not interfere, Emma manipulates Harriet into declining Mr. Martin's offer of marriage, much to Harriet's distress. Emma believes that Mr. Elton (Josh O'Connor), the local vicar, is in love with Harriet and encourages Harriet to transfer her hopes to him. Autumn de Wilde directs one of the finest adaptations ever made of Jane Austen's novel.
124 mins. Rotten Tomatoes: 85% Metacritic: 71%

The Invisible Man

The latest reboot of a classic Universal monster met with widespread critical acclaim and a huge return (\$125 million) on its paltry \$7m budget. Oliver Jackson-Cohen is the latest to play Griffin, Adrian Griffin this time around, and he is messing around with optics technology to plague his very unwilling

girlfriend, Cecilia Kass (Elisabeth Moss). Leigh Wannell (*Upgrade*, 2018) directs.
124 mins. Rotten Tomatoes: 91% Metacritic: 71%

Gretel and Hansel

Tremendously faithful to the original stories, so this should provide more than a few grown-ups with more than a few scares – the latest take on the Brothers Grimm tale is directed by Oz Perkins who, wouldn't you know, is the elder son of none other than Anthony Perkins, and has previously directed another horror film, (*The Blackcoat's Daughter*, 2015).
Running time TBC. Rotten Tomatoes: 64% Metacritic: 64%

Parasite

The surprise winner of the 2020 Best Picture Oscar (and the first film not in English to lift the gong, as well as the first South Korean film to win the Palme d'Or at Cannes), this remarkable take on a poor South Korean family's efforts to climb the social ladder is incisive, highly satirical and punchy. It is also amazingly entertaining – Bong Joon-ho (*The Host*, 2006) directs. ●

**let's all be
superheroes
- wear a mask!**



LE CHAT by Philippe Geluck



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