

Together Magazine

OCTOBER #110

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Ana
de Armas
Interview



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Howard Hughes

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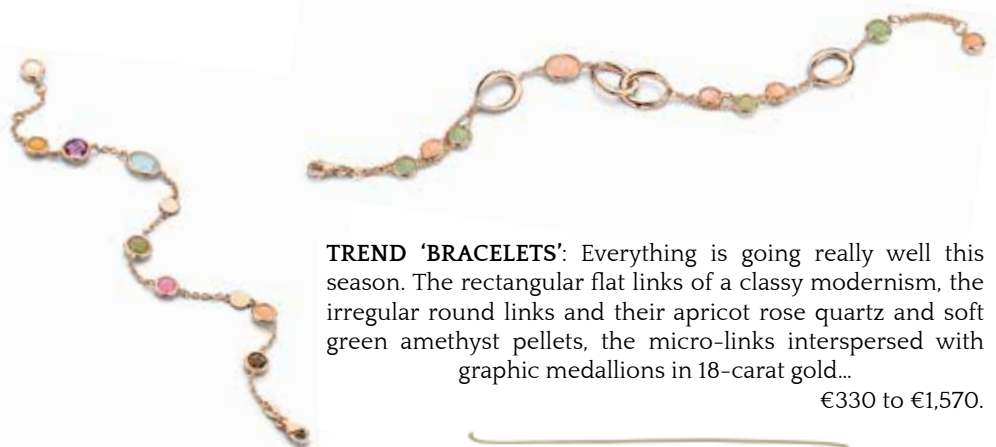
LONGINES

LES JOLAILLIERS TOLLET PRESENTS THE MAILLONS & CABOCHONS COLLECTION

Bright, joyful, delicious... Pink or yellow solar gold, dazzlingly fresh spring stones: what could be more attractive and more trendy in winter? The new collection of Gianfranco Mazurri cases, a collection chosen by Tollet Joailliers, plays with the seasons with carefree elegance. A delicate lightness, a refined softness where the colour block spirit of the 2020-2021 catwalks has been chiseled, all in curves. Precious without being overpriced: the dual personality will quickly win the hearts of jewel lovers!



TREND 'NECKLACES': More than just necklaces, these stylish accessories have a head start. Les Joailliers Tollet like them to be airy and modern. Thin chain punctuated by graphic yellow gold squares, double pink gold chain interspersed with oversized elliptical links in gold and faceted amethyst cabochons and even a refreshing cascade of mint amethyst and white mother-of-pearl cartons. From €1,270



TREND 'BRACELETS': Everything is going really well this season. The rectangular flat links of a classy modernism, the irregular round links and their apricot rose quartz and soft green amethyst pellets, the micro-links interspersed with graphic medallions in 18-carat gold...

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TREND 'EARRINGS' Long and moving, these earrings unite round cabochons and generous drops. Purple and aqua green amethysts, deep red garnets, milky mother-of-pearl. From

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TREND 'CRÉOLES': XL, absolutely! Les Joailliers Tollet takes care to give these more character and presence, an effect obtained through a subtle design. Perfect circles or dazzling twists of gold,

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Editor's LETTER

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

ACROSS THE UNIVERSE

While Planet Earth is racked by one environmental crisis after another, waging constant hellish wars, dealing with deadly migration and pandemics, there is a place that is utterly disinterested in the tiny happenings on the green planet - it's called the universe, and that's where I go to relieve the stress. I head for the BBC Future pages online, a reassuring name that suggest we still have one, a future that is.

Short and long videos take you to the final frontiers, where you may discover, as I have, the gravitational 'shock wave' that spread out from the biggest merger yet observed between two black holes, a signal from an event that took some seven billion years to reach Earth but still rattled laser detectors in the US and Italy last year; the Hubble telescope celebrated its 30th birthday with another astonishing image of the cosmos, of a star-forming region about 163,000 light-years away from us; and there was a report on the extraordinary possibility that living organisms are floating in the clouds of Planet Venus.

All this from the comfort of my balcony as I look up at changing skies, shy moons hidden behind autumnal clouds. John Lennon wrote about words that are flowing out, slipping away across the universe. It's kind of nice to think of those words reverberating way out yonder as the universe just gets on with life.

ON THE COVER



Ana de Armas stars in
No Time to Die

Paul Morris

Editor



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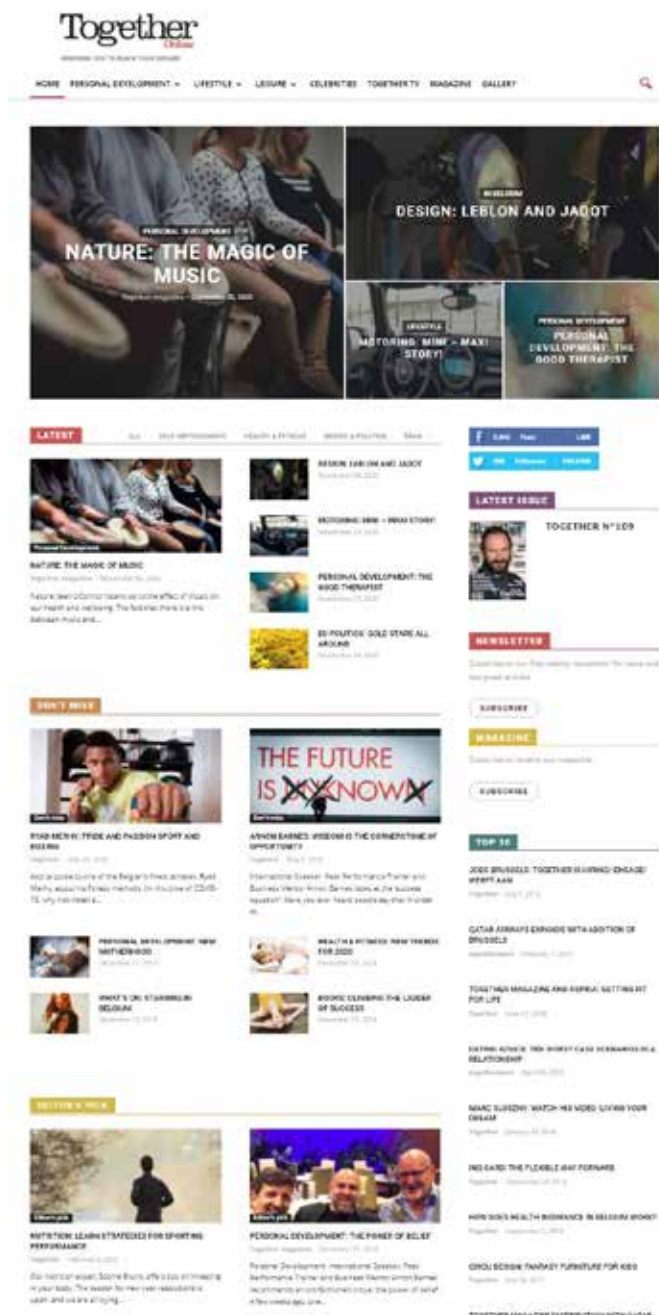
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And happy reading!

Personal Development: The Good Therapist

The crises we are going through are a symptom of our image of the world. Those who now aspire to a new form of normality will understand that this change must, of necessity, go through an interior and personal mutation.

Real Estate: Market ups and downs

The world is not going well in 2020. It is increasingly dictated by new rules that will take some getting used to. And the most important point has just been mentioned: our habits. For the real estate world it is the same.

Travel: Hôtel Van der Valk Nivelles-Sud****


Ideally located in Nivelles, less than 30 minutes by car from Brussels, Charleroi, Mons and Louvain-la-Neuve and from the international airports, this hotel has recently benefited from a beautiful total renovation. ❶



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Starring in Belgium



ABnormal concert: Commander Spoon

The members of Commander Spoon (from Brussels) interweave their eclectic range of influences with an energetic jazz sound. They are inspired by hip-hop, R&B and electronica as well as African and Brazilian music. The four are: saxophonist Pierre Spataro, who is also the brain behind the cosmic melodies, guitarist Florent Jeunieaux, bass-player Fil Caporali, and drummer Samy Wallens. **10 November.** AB Theatre. Tickets: **€12**



ABnormal concert: Faces On TV

Faces on TV reappears with surprising singles *Womba* and *Time After Time*. The new Faces is unfettered and sultry, an ode to drum-computers and to Prince. Jasper laid the foundation for the new music in the back of the tour bus and, more than ever, you can hear the mental gymnastics of a musical all-rounder who bursts with creativity. **11 November.** AB theatre seating: Tickets: **€15**



ABnormal concert: Razen + Kaboom Karavan

Brussels combo Razen has been around for 10 years this year and recently released yet another new album. Two weeks after the declaration of the lockdown, *Robot Brujo* was released on France's Hands In The Dark label. It was the ideal soundtrack for these (post-)corona times. Kaboom Karavan is Bram Bosteels's experimental acoustic-folk-from-another-dimension project. **20 November.** AB Theatre. Tickets: **€10**

ABnormal conditions:
www.abconcerts.be ⓘ

Property Hunter is a team of 'property hunters', but who is this service for?

For both private buyers and investors looking for real estate in Brussels or in Walloon Brabant.

What are the reasons that encourage a call on Property Hunter?

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WeMove Europe and Oxfam

The two human rights groups have joined together to protect asylum seekers

The European Commission should trigger an infringement procedure against Greece for its systematic breach of EU law in its treatment of people seeking asylum in Europe, according to a coalition of human rights groups, who filed a legal complaint a day before the Commission released a new European pact on asylum and migration.


The organizations said that the Greek government has failed to investigate and address well-documented allegations of rights violations, including continued violent push-backs of people seeking asylum towards Turkey and the blatant disregard for asylum safeguards. The complaint was submitted by international law firm De Brauw Blackstone Westbroek, who worked *pro bono* on behalf of WeMove Europe and Oxfam. The organizations now insist that the European Commission intervenes.

The groups warned the EU against replicating the failures of its current migration policies in the new pact and highlighted the need for increased solidarity and responsibility sharing between European countries, particularly following the fire that destroyed the notorious Moria refugee camp. Marissa Ryan, head of Oxfam's EU office, said: "The European Commission is the guardian of EU law, and it should uphold and protect the fundamental rights of all people across Europe. What happened two weeks ago in Moria camp demonstrates Europe's collective failure to do so. The Commission should urgently assess whether the Greek authorities respect EU law and otherwise trigger legal proceedings against Greece for exposing people seeking asylum on its territory to suffering and abuse."



They state that "rather than offering people in search of safety the protection they are legally entitled to Greece has reduced safeguards for asylum seekers against deportation and offers little chance of a fair asylum procedure". In practice, the new asylum law and its implementation effectively bar many people who do not have legal support from appealing an asylum rejection.

Giulio Carini, senior campaigner at WeMove Europe, said: "This is more than just the story of Greece. These are Europe's refugee camps. In March, EU leaders visited the Greek-Turkey border and backed Greece in their response. So, this is about how Europe manages migration, by backing policies that have only led to incredible suffering. Europe's asylum system must respect basic rights, and offer a fair opportunity to seek asylum, to those who are fleeing conflict and persecution, while making sure every person is safe from harm."

Find out more about Oxfam's European office www.oxfam.org/en/eu and WeMoveEurope www.wemove.eu 



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PERSONAL DEVELOPMENT

*Souls currently incarnated on Earth have chosen
this special period to make the most*

PERSONAL
DEVELOPMENT

Fitness

Food to strengthen our immune system

Professor Nathan Clumeck says
taking care of your health improves your
immunity and vice versa



Photo © Monica Schettino, Wellbeing Manager



Health and immunity

Professor Nathan Clumeck, professor emeritus of infectious diseases at ULB, takes the time to explain to us in detail what we need to know about viruses and immunity. "The idea of boosting immunity is appealing, but the possibility of actually achieving that is difficult," he remarks. "Nevertheless, multiple studies have been able to demonstrate a correlation between a healthy lifestyle and optimal immunity. This results in a significant decrease in infectious events, inflammatory diseases or cancer."

Such a lifestyle consists of having a healthy diet, not consuming tobacco and drinking alcohol in



moderation, participating in regular physical activity, maintaining an ideal body weight and getting enough sleep.

To these recommendations we can add simple actions such as washing your hands and vaccinating, actions that prepare the immune system against a series of particularly virulent and potentially fatal pathogens. Professor Clumeck concludes: "There are no cures or miracle substitutes to maintaining or strengthening the immune system. This system ultimately depends on a healthy lifestyle."

The basics of a healthy and balanced diet

The Superior Health Council in Belgium (CSS) provides five recommendations adults should prioritize:

1) Eat at least 125g of wholegrain food every day, favouring, for example, wholegrain bread over white bread, wholegrain pasta over white pasta, etc.

2) Eat 250g of fresh fruit (two pieces of fruit per day and at least 300g of vegetables (raw or prepared). Vary your choices of fruits and vegetables and let yourself be guided by the seasonal and local offer.

3) Eat legumes every week. Replace meat with legumes at least once a week. As an added benefit, the cultivation and production of pulses has a low impact on the climate.

4) Eat 15 to 25g of nuts or seeds without salty or sweet coating every day; one handful is approximately 30g. It is important to

choose products rich in omega-3 fatty acids (such as walnuts, hazelnuts, pistachios, almonds).

5) Choose products low in salt and avoid adding salt when preparing or having your meals.

Aromatic herbs and unsalted spices are tasty alternatives!

In addition to the contents of your plate, the CSS also makes an unexpected recommendation: it encourages people to

“ THEIR INTAKE MUST BE MONITORED MEDICALLY ”

eat together as much as possible, so that meals become a pleasant experience shared with others.

When speaking about a social activity, we usually talk about consuming alcohol. But this little pleasure, rooted in festive customs, has featured for a long time at the top on the list of foods with negative impact on one's health. The recommendation is to limit ourselves to "moderate" consumption, meaning no more than 10 "standard" drinks per week. Yet ideally we should not consume it at all.

Food deficiencies

Monica Schettino, Aspria nutrition advisor, explains: "In a perfect world, adopting a balanced and natural diet, emphasizing fruits and vegetables and banning processed products, should be enough to guarantee we absorb all the micronutrients and macronutrients that our body needs.

"However, our environment and our hectic lifestyle inevitably lead to nutritional deficiencies. The most common deficiencies are in magnesium, vitamin D and iron, not to mention vitamin C, zinc and B vitamins."

In the event of certain deficiencies in essential vitamins or trace elements, supplements may be taken and will be useful - bearing in mind however that their intake must be monitored medically.

A question of balance

Given its vision to enable living life well, Aspria isn't just about fitness. Our clubs are spaces dedicated to health and wellbeing, catering to all ages. In these uncertain times, we realize more than ever that health is essential and that being in good shape is an extraordinary asset. This health crisis shows that taking care of yourself is essential and this is what Aspria encourages everyone to do on a daily basis.



Regular and moderate physical activity, a varied and balanced diet, good quality sleep and consistent stress management require some discipline, but they should not necessarily become a chore. The key to turning them into daily habits is having an enjoyable time doing it. And every Aspria expert is there to encourage members in this process.

“ BEING IN GOOD SHAPE IS AN EXTRAORDINARY ASSET ”

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Do we love fear too much?

Intuitive Healer **Katarina Winslow**
reflects on authority

The Creation of Adam, Michelangelo



With the rise of authoritarianism in our societies, not only in our own country but on a global scale, I can't help but reflect on the contribution of authority to our psychological sense of security. To push it further, you could almost say that the role of the church with its fear-based agenda of judgment and hell has been replaced by the role of the fear-based plan of our health system. Please, don't misinterpret this. I am spiritual and have had my own experience of God. There is a great deal of beauty in religion for those who seek peace and align with Christ's consciousness. At the core, you could even say that Christ's consciousness equals the heart-consciousness, in the same way that meditative practices and prayers in various religions align us with presence and peace. Still, the flip side of certain beliefs is that there

is an element of fear, the fear of judgment, the fear of wrongdoing, the fear of the flesh and the fear of hell.

We know that religion plays a significant role in many people's lives all around the globe. Still, I believe it is fair to say that many people in today's societies and with modern man's way of life have detached themselves from the old faith and from the daily presence of prayers. At its root, a religious authority helped people have absolute faith in

something outside of themselves, a divine agenda too complete and too sacred to be grasped by man or woman. Religion is something we are not asked to question but to blindly adhere to; these are dogmas transmitted to us by other people that we call saints and Gods. Even though beautiful, these saints and Gods usually conveyed

“ AN ELEMENT OF FEAR, THE FEAR OF JUDGMENT ”

The Last Judgment, Michelangelo (detail)



some form of message of a punishment or a possible rejection or hell if we did not obey the rules.

The irony is that the many that preach in today's societies often have no regard for morality, which will become increasingly clear as the veils of our illusions about the world are lifted. Still, I really wanted to reflect on why we, as humans, adhere to an authority outside of ourselves to confirm our right to life. Why is it that the fear or the love of God has created so much misery in the world? Is it the fear contained in any religion that makes people attach so profoundly to an authority outside of themselves? Is it the comfort, the 'conformism' that gives us security and a real sense of being allowed to live? Is it that when we conform to the rules, we feel safe? And

then again, to push the reflection a little bit deeper, is it the fear outside the conformity that keeps us attached to authority?

Is it fear (of God, disease, death...) that makes us stop thinking for ourselves and giving up our reasoning blindly to faith, a dogma or a government instruction without questioning any further? Is it built into our psyche to give our own heart, soul and mind to an authority so convincing and all-knowing that we prefer to put our lives in its hands? Instead of using our own minds, hearts and souls to go directly to the source, to know the source and the right to life solely by the invitation of being alive. Why don't we have more faith in our own right to life and the responsibility of being the creators of our existence?

“ SOLELY BY THE INVITATION OF BEING ALIVE ”

Self-help

Personally, I don't believe this is really who we are. Instead, I think it is the system in which we have been brought up in that has coloured us so to the core that we give away our power to an authority outside of ourselves. The truth is that our environment defines our lives, whether it be beliefs, state of mind or environmental context. What we eat we become, and with that, it is what we feed ourselves physically, mentally, spiritually and existentially that creates our lives.

If we are fed fear, we become fearful. If we are fed love, we become loving. What is inside is outside. Why is it then that we are more prone to swallow fear than love, which these times clearly show? Is it that when we attach to fear, we feel safe in the act of giving up the responsibility for our own lives to some powerful source that knows more about life than we do? As we've been conditioned by society by fear through religion, media, movies, novels, climate change and threats to our health, fear has become the ally we choose as if fear were here to protect and save us.

Is it the fear contained in the 2020 medical agenda that appeals to most ordinary people? Is it that when we embrace fear, we feel so safe that fear can lead us wherever it wants? They say there is no power greater than love, but if you open your eyes and take a glance at reality, fear seems to be a state of mind, a companion that most of humanity feels most secure in at the moment. We live in a critical moment in history where we must stop and reflect by ourselves. We need to step out of our comfort zone (conformism) and stop replacing fear with fear. Since the beginning of time, we have been made to believe that fear is our safest ally on this earth. Try to become conscious of the amount of fear that is programmed into your subconscious mind each day. You will be astonished by how much authority outside of yourself has coloured your fear-based glasses. The time has come to remove the lenses from your media screens and wake up to a world that has led you to believe in fear. Fear will never be the answer to life because

Madonna del Silenzio, Michelangelo



“ YOU WERE INVITED HERE FOR LOVE ”

you were invited here for love. No matter what any omnipresent authority outside of you has made you believe.

In the future, we will name these times the era of truth, but for that to happen, we need to say goodbye to fear and embrace the truth of LOVE. Love is what you are, and love is what we came here for.

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Edison & Alice, aged 4

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Self love

Reetika Gupta-Chaudhary looks at the notion of connecting with... you



When you hear the word 'love', there may be a lot of people you might think of, such as your mother, your partner, your kids and maybe even your neighbour, but the last person you think of is yourself. Self-love is about connecting to your innermost needs, celebrating the freedom of being you, accepting and honouring who you truly are while dropping your judgement and resistance towards yourself.

It includes not just the way you treat yourself outwardly, but also the inner thoughts and

feelings (conscious or subconscious) you hold about yourself.

For example, if your best friend wasn't performing well in his exams, what will you say to him? Will you tell him how useless he is and that he should give up on his exams or will you ask him not to lose hope and carry on trying, but at the same time advise him to look after his health?

Now imagine yourself in a similar situation, if you are performing terribly in your exams, what would you say to yourself? Will you feel

“ THE FREEDOM OF BEING YOU ”

upset, angry or disappointed with yourself? Will you be able to forgive yourself for underperforming? Will you still look after your personal wellbeing (by not overstressing)? The truth is that almost all of us fall victim to destructive self-pattern, where in the face of challenge we either seem to go into a state of depression or start doing some other form of self-harm, for example indulging in unhealthy eating habits. Most of the time, a challenge usually leads us to lack of trust in ourselves, and hence to depleted confidence.

Loving oneself has often been confused with being narcissistic, but there is a clear difference in loving oneself and being a narcissist. A narcissist is someone who is self-obsessed and lacks empathy for others, but on the other hand a self-loving person is happy and fulfilled and is ready to give love, care and attention to others.

Why is self-love important?

Have you ever felt used, unappreciated or undervalued? Imagine you wish to help a member of your family, a friend, or a distressed client and you always put these people's needs before yours. How long will your efforts last before you feel exhausted and out of energy? Self-love is basically the source of all love and energy that you wish to provide to others. If you don't work on keeping the source alive, feelings of wanting to do things for other people will soon turn into regret, expectation and anger. You will start feeling that other people have been misusing your kindness and then become the big trap in which we all tend to fall. We all start feeling like someone else needs to fulfil our needs just the way we are fulfilling other people's needs. This vicious circle of dependency leads to more and more sour relationships in our life, and we are always expecting other people to meet our mental, physical and emotional needs.

“ LOVE, CARE AND ATTENTION TO OTHERS ”

How do you know if you truly love yourself?

On the face of it, everyone thinks that they love themselves, but in essence we are always putting ourselves in low priority by doing or not doing certain things because we are worried about other people's opinion.

It is only when you truly allow yourself to follow your heart without fearing about what other people will think that will you know that you truly love yourself and, on the journey, learn to follow your heart. You don't judge yourself, instead you learn from any mistakes you might make and become a better person in the process. This is called true self-love.

Forgiveness as a form of self-love

Have you ever let someone shout at you because you would rather have some peace and you don't want to respond to the unfair attitude? If you are angry inside but choose not to respond in order to keep the peace, then you are holding toxic emotions inside of you which will damage your energy, your health and eventually your relationships. Learn to forgive other people since forgiveness is not for them but it is for you to be able to be kind to yourself. In the absence of forgiveness, suppressed emotions of anger and frustration will burn you first and then someone else (if at all).

As much as it's important for you to forgive others, it is also crucial for you to be able to forgive yourself.

Acceptance

What should we do when we don't meet our own expectations and can't achieve what we think we deserve to achieve? We accept it. Now, when I say we should accept our mistakes, it does not mean that we should not set high standards for ourselves. It means that we accept that we are on the journey of growth and that we can do better next time.



I give this example to many of my clients who find it difficult to understand the concept of acceptance as a form of self-love. I say that if in the race between the turtle and the rabbit, the turtle kept being harsh on himself for being such a slow walker, he would probably have given up mentally and would have never won the race.

Acceptance also eliminates the need of approval. How many times do we find ourselves looking for approval from others? This almost always leads to disappointment and is a perfect recipe for toxic relationships.

Self-love and self-discipline

I used to struggle with self-discipline as I always looked at discipline as a form of restriction or punishment. But quite soon in my journey of personal growth I realized that self-discipline is a form of self-love, because if I care enough about myself then I will make

sure I do the right thing for myself. For example, if I know that eating sweets is going to affect my body in a bad way, then if I love myself enough, how can I let myself abuse myself?

When you start setting boundaries for yourself for your own personal growth and follow them, you are showing the purest form of self-love, and self-love is what will enable you to stay in the game for a long time without burning out and giving up. •

**“ THIS IS
CALLED TRUE
SELF-LOVE ”**

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The joy of public speaking

Matthew Cossolotto believes that it is time to banish fear



And one night, the Lord said to Paul, in a vision, "Have no fear, but speak and do not keep silent." Acts 18:9

because fear has ruled long enough. And that's very good news for you and your audiences.

Public speaking and joy. Together at last.

But if you're like the vast majority of people, the very suggestion that there could be joy in public speaking sounds like an oxymoron. A contradiction.

"YOU'RE JUST SPEAKING"

Really? Is such an unlikely union even possible? My enthusiastic answer is a resounding yes!

For many people, the mere idea of public speaking elicits emotions of anxiety, trepidation and outright fear.

In fact, I believe this is the perfect time for my new book *The Joy of Public Speaking*,



Comedian Jerry Seinfeld tells a joke that adroitly captures the widespread fear of public speaking. Citing studies that say most people rank public speaking as their #1 Fear and death as Fear #2, Seinfeld concludes that when attending a funeral, "the average person would rather be in the casket than doing the eulogy". Cue nervous laughter. Actually, Seinfeld slightly overstates the case. Chalk it up to comedic license. In point of fact, public opinion surveys confirm that most people rank public speaking as one of their top fears, along with spiders, snakes and death itself. And because so many speakers suffer from some degree of stage fright, they often inflict their agitation and discomfort on their audiences.

I believe speakers and audiences have suffered enough.

In my new book, I shatter traditional, fear-inducing mindsets and misconceptions about speaking to audiences. My goal is not merely to inform or educate. I'm not trying to change the minds of readers. I hope to blow their

minds. One of my maxims is: There's no such thing as public speaking. There's only speaking. Talking. Having a conversation. Remember that when you speak in public you're not performing brain surgery on stage. You're not juggling sharp knives and buzzing chain saws. You're just speaking. Chill.

Although we conventionally call it 'public' speaking, I urge you to avoid thinking of it as such. If you avoid slapping that fear-inducing label on it, you will begin to play the mind game to win. And you'll give joy a chance.

Mental Jujitsu and joy

The path to joy starts with a liberating mindset shift, an empowering act of mental jujitsu. The term 'jujitsu' is defined as 'the gentle art' or 'the gentle technique'. With jujitsu, you manipulate the opponent's force against him or her instead of confronting that force with your own.

I like referring to the joy of speaking as 'mental jujitsu' because it implies a gentle way of redirecting the fear of public speaking

Self-help

by thinking of it differently. You don't attack the fear head-on. Instead, you use your head and outmanoeuvre it psychologically. You gently out-smart it.

After all, speaking is something most of us do many times a day, with friends, colleagues and loved ones. And we do so without a trace of fear, trepidation or anxiety. In fact, most people actually enjoy speaking, engaging in conversation, exchanging ideas verbally.

When you shift your mindset about speaking to audiences, when you begin to think of it as simply speaking, talking, you will begin to feel the heavy, foreboding pangs of fear recede, replaced by the lightness of delight and joy.

And joyful speakers, both public and private, know that joy is a two-way street. It's contagious. When you speak from a place of comfort, ease, authenticity, and joy, your listeners respond with appreciation. Something wonderful happens when you share joy with an audience: You feel it in return. Maya Angelou was right. People probably won't remember what you said; they will remember how you made them feel. All speakers and leaders should heed that message.

The ability to stand up and speak with confidence to audiences of all sizes is a widely recognized leadership and success skill. My book and my PodiumPower! workshops offer powerful mindset shifts,



profound insights and practical tips that will help experienced speakers pack punch, personality and presence into their presentations.

But my mission is also to assist those hobbled by fear and anxiety to find their voices, share their stories, and reach their full potential – on and off the podium. The joy of public speaking does not stop at the podium's edge; it spills over into all facets of life. There is joy in being heard and making a difference in the world.

I hope all speakers will succeed in turning stage fright into stage delight. So I issue the following call to action: speakers of the world, delight!

“GIVE JOY A CHANCE”

About the Author
Matthew Cossolotto is a former NATO speech-writer. His new book – *The Joy of Public Speaking* – will be published in October 2020. Matthew conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond. www.ThePodiumPro.com, Matthew.Cossolotto@gmail.com 📧



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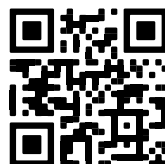
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An astrological autumn

Axel TRINH CONG is watching retrograded planets for better movement



After nine months of vagueness, instability and dissolution of personal and societal structures, the Universe is providing us with what it takes to start afresh this autumn. The multiple conjunctions and aspects between Saturn, Pluto and Neptune continue to distil their energies of questioning and dissolution for some time to come, however, Mars' retrograde (through mid-November) recreates momentum by re-connecting us to our soul's resources and desires. Likewise, the retrograde of several major planets, such as Uranus, Neptune and Pluto invites us to integrate their energies with true consciousness. (About every 26 months, Earth comes up from behind and overtakes Mars. This apparent erratic movement is called 'retrograde motion'.)

Times of change and questioning are often uncomfortable. 2020 is marked by permanent and exceptionally prolonged instability, so that more so than ever we are in search of benchmarks and stability. The first instinct will often be to try to recreate the known. However the current energy invites us to break the shackles, change our habits and observe how normality was failing to embark us into the unknown in order to create something more just, both personally and inter-personally.

Souls currently incarnated on Earth have chosen this special period to make the most of it in terms of their evolution. The Universe creates limiting situations to confront our inner limits and work on them. The current

Nature

situation is the crystallization of all the energies that we have deployed and whose limits we are now experiencing. We are creators facing our own creation.

2020: The point of mutation

Chaos and destruction appear as the initial and indispensable conditions for the emergence of order and form. The current situation, marked as much by an explosion of information (loss of reference points and confusion) as by disinformation, can therefore be seen as a useful and necessary passage to implement a new order.

"What the caterpillar calls the end of the world, the sage calls butterfly." *Richard Bach*

When we consider the chrysalis not as being the end of the caterpillar, but indeed as the gestation of something different that seeks to take flight, it allows us to regain freedom of action, recreate possibilities and even accelerate changes. Mutation is part of the order of Nature. Pushing it back creates resistance and, therefore, suffering.

Pluto and Saturn in 2020

Saturn is the last planet visible to the naked eye and is related to the last earth sign (Capricorn). This planet tells us about matter and its limits, what can be learned and perceived from it, the earthly incarnation and its fulfilment. Pluto is the last planet in the solar system, and through her we come into contact with the rest of the Universe and our personal power. Combined, Saturn and Pluto invite us to go beyond the frame of matter, push back our limits in order to reconnect to the infinite of our power and potential that our wounds have made us forget.

Saturn also teaches responsibility for our actions, commitments and success (especially social). Combined with the energy of Pluto, Saturn invites us to change our outlook on our limits and on our so-called failures. The pain associated with loss often

makes us lose sight of the fact that what went away was often no longer necessary. This situation ceases to be problematic if it is understood as a process of evolution. On the other hand, the most unpleasant and painful manifestations in life are part of a necessary, often fruitful process (destruction/rebirth).

Suffering can also turn into a source of creativity and considerable self-recreation. One cannot push one's limits without having encountered them. You cannot evolve from nothing, on the basis of nothing. Expansion is only possible when there is a meeting and real awareness of what is hindering it. It is this encounter that creates the energy useful for expansion. The narrow and suffocating framework is then transcended to become the basis of a new version of oneself. The

change is a response to the frustration created by limits. The limits and the hardships they cause are, therefore, opportunities.

“ IN SEARCH OF BENCHMARKS AND STABILITY ”

Pluto, Saturn and Neptune in 2020

Neptune tells us about the dissolution of what separates in order to reconnect with 'the whole'. In its aspects with Saturn and Pluto throughout 2020, Neptune gives us the means to renourish our share of universality. It gives us the means to feel that beyond appearances, culture, age, education, sexual orientation, etc. we are all the same. As Pluto destroys the structures that create separation, discrimination and segregation, Neptune invites us to feel what we have in common.

Pluto destroys the form, allowing Neptune to bring us back to the Universal within each of us. A virus that affects the entire globe without distinction is a perfect illustration of this, as well as the #BlackLivesMatter movement.

Pluto, Saturn, Neptune and Uranus in 2020

Reconnecting with the universal can give some a sense of loss of identity, where they



can feel like everyone else and no longer unique. This feeling of falling into a form of anonymity can be reinforced by wearing face masks that erase parts of our face, a part of our identity.

But there can be no individual identity without collective identity. Our common spiritual nature is not an obstacle to the development of individuality. One does not go without the other. I am One in Oneness... just as Oneness is One.

In the Pluto, Neptune and Uranus triangle, Pluto destroys the forms of the ego, Neptune reconnects us to our true identity, which is that of the soul, while Uranus reminds us that we are both unique and equal and that no one is better than another.

Pluto, Saturn, Neptune, Uranus ... and Mars in retrograde mode (September - October - November 2020)

Pluto, Neptune and Uranus are so-called 'collective' planets (influence of the collective on the individual), while Mars and Saturn are called 'personal planets' because they are linked to the construction and realization of identity. Saturn is also the hinge planet between the personal and the collective - it allows me to structure myself according to who I really am and to sort out what no

longer corresponds to me. The current astrological configuration challenges everyone in their personal structures, while reminding them of the importance of co-responsibility in the construction of social life.

In direct mode, Mars is linked to the fulfilment of desires, action, conquest and primary instinct. In retrograde mode - as will be the case throughout the autumn - the 'warrior planet' invites us to turn to the needs of our essential being and not those of the ego, to revitalize true inner strengths and tame Mars' energy rather than get carried away by it.

Without us being able to speak of the withdrawal of the great waters quite yet, the Universe is distilling its first drops of reconstruction by equipping us to fight our inner demons and transform the obstacles that hinder our development. This constitutes a major energy shift.

My wish is that you can take full advantage of it, for your greater good, that of those you love and of all beings.

Axel TRINH CONG Medium - therapist (Brussels)

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Making an impact as a coach

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** talks coaching



Why now is a great time to start your online coaching business

Are you someone that has an okay career, but you're feeling unfulfilled? Deep down you know that you have more to give? You're passionate about teaching, helping, adding value and making impact? I am Arnon Barnes, International Speaker and Business Mentor, and I share your passion.

Over the last seven years I have coached and trained around 80,000 people from well over 65 different countries worldwide. By doing this I am able to make money while doing

what I love. And I would love nothing more than for you to be able to do the same. In this article I am going to share with you my top reasons why now is a great time to start your online coaching business.

1 It's online

Being online makes you extremely agile. That means, you can still do business, when a crisis happens like for instance this global pandemic. If you haven't noticed, many businesses are now operating online. The benefits are huge. You can literally coach anyone from anywhere in the world! All you

need is a good Wi-Fi signal and a laptop, or even just your phone and you're good to go. You're not restricted to your town and people don't have to travel very far to get to you. This lowers the barrier and widens the range for getting clients.

2 No shelf-life and high margins

Another reason why coaching is such a great product is because it doesn't have a shelf-life. You never have to worry about procurement, take inventory, reduce your stock or worry about its expiration dates. Of course you have to sell, but because the margins of coaching programs are so high you don't have to sell in large quantities to reach your financial goals.

3 Flexibility and more time

When you are working for someone as an employee or a freelancer, at the end of the day you are always exchanging your time for money. Don't get me wrong, there's nothing wrong with this and a big majority of people are very happy working this way, but if you are someone that isn't, then an online coaching business is a great alternative.

You're probably someone who wants a little more out of life. Someone that understands they don't necessarily have to work harder and more hours to make more money.

Packaged coaching programs are highly leveraged in price and time. That means you are able to work less and earn more. This

model not only creates flexibility, but also more time for you to do other things.

4 Expression

Having an online coaching business is a means to express yourself. You are able to express yourself as a person and impart your knowledge. Plus, you are able to present it all in any way you like. Of course you need to understand your client, but you don't have to conform to someone else's brand and style. You're the star. Whether it's informative or entertaining or a combination of both, the sky's the limit on this one.

5 Fulfilment

Last, but certainly not least. Your coaching business allows you to intimately work with other people. This allows you to build very strong connections and relationships. Being part of someone's process is rewarding. To me, there is nothing more fulfilling than the ability to help others and an online coaching business lets you do just that!



**“ WHILE DOING
WHAT I LOVE ”**

To learn more about the first steps you can take to start your online coaching business, contact his office via info@arnonbarnes.com or check out his website www.arnonbarnes.com

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Another two exceptionally popular coaching books to help you on your way

Doesn't Hurt to Ask

This #1 *New York Times* Bestseller is subtitled 'Using the Power of Questions to Communicate, Connect and Persuade'. Former congressman and prosecutor Gowdy teaches you how to effectively communicate and persuade on the issues that matter most to you, drawing on his experience in the courtroom and the halls of Congress.

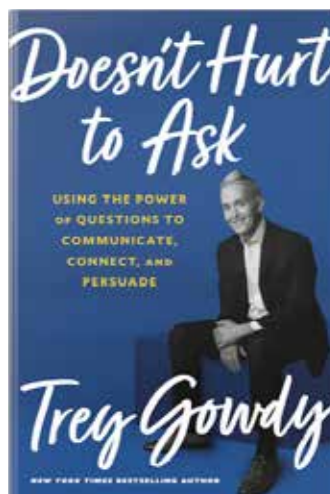
"A must-read for people who want to learn how best to succeed." Dana Perino, *Fox News* host and bestselling author of *And the Good News Is* . . .

You do not need to be in a courtroom to advocate for others. You do not need to be in Congress to champion a cause. From the boardroom to the kitchen table, opportunities to make your case abound, and *Doesn't Hurt to Ask* shows you how to seize them. By blending gripping case studies from nearly two decades in a courtroom and four terms in national politics with personal stories and practical advice, Gowdy walks you through the tools and the mindset needed to effectively communicate your message.

Along the way, Gowdy reflects on the moments in his life



“ HOW TO ARGUE AND CONVINCE ”



when he learned the most about how to argue and convince. He recounts his missteps during his first murder trial, the conversation that changed his view on criminal justice reform, and what he learned while questioning James Comey and then Secretary Hillary Clinton.

Sharing the techniques he perfected advocating in law and politics, Gowdy helps you identify your objective, understand your personal jury and engage in the art of questioning so you can be heard, be understood, and, ultimately, move others. Whether it's getting a boss to take a chance on your idea, convincing someone to support your cause, or urging a child to invest more effort in an important task, movement requires persuasion. *Doesn't Hurt to Ask* shows you how to persuade, no matter the jury and no matter the cause.

Grit

In this instant *New York Times* bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls 'grit'.

"Inspiration for non-geniuses everywhere." *People*.

The daughter of a scientist who frequently noted her lack of genius, Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance.

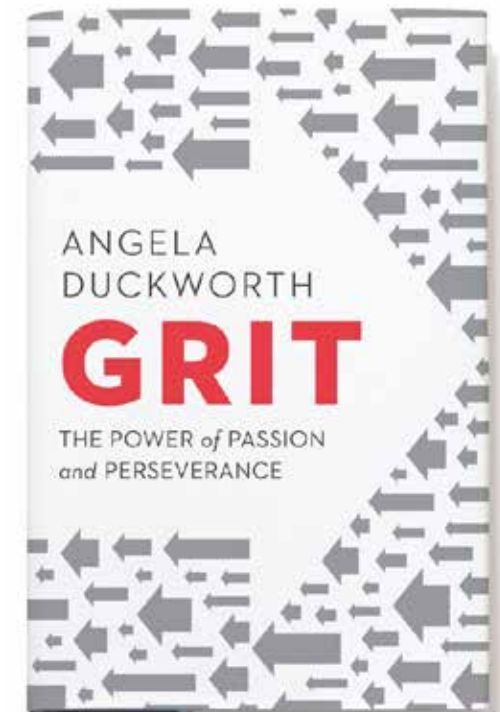
In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools and young finalists in the National Spelling Bee. She also mines fascinating insights from history, and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers - from JP Morgan CEO Jamie Dimon to *New Yorker* cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll.

"Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" *The New York Times Book Review*. Among *Grit's* most valuable insights: any effort you make ultimately counts *twice* toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so

Angela Duckworth, *Ted Talks*



much more. Winningly personal, insightful and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that - not talent or luck - makes all the difference. This is "a fascinating tour of the psychological research on success" *The Wall Street Journal*. ❶



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Banish the finance fear

Yannick Callens wonders why financing is so scary in real estate

Photo © National Bank of Belgium



When I give my seminars and my coaching, there are often three points that are asked of me: How to find the right deal? How can I best finance my purchase? And how can you pay as little tax as possible?

These are the three points that often block my students, but shouldn't this be seen as three opportunities?

It's easier to say that there are opportunities everywhere than to say that there are no

more great deals to be found in real estate. It's easier to see your banker as a partner than as an obstacle, and it makes more

“ RATHER LESSONS TO BE TAKEN WITH YOU ”

sense to focus on taxes afterwards than thinking about it before your purchase is complete.

I would like to go into more detail regarding property financing. There are several 'scary' aspects of the fundraising process. The fear

of 'no', the fear of rejection, the fear of the other person, etc.



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I've met so many people who want to do real estate who have this fear. We often project onto events from the past that have marked us, or we project into the future on things that have not even happened yet. These famous regrets and these notorious passions. My advice is to focus on the present moment, the moment T, and make decisions about now. I prefer to see the past as a lesson rather than a mistake. There are no mistakes, but rather lessons to be taken with you.

If you have a 'no' from a banker or a case that's being held up, ask yourself how to improve it for next time. How to come back stronger to get there. Never forget the goal. Getting to finance your purchase in order to make the purchase. In real estate it's 0% or 100%, you either do it or you don't.

I often compare it in my presentations to this: "Honey, today I love you 70%."

That's surely not right. You have to give the best of yourself to achieve 100%, ditto for financing.

Currently, in this problematic situation, in early 2020 it was more difficult to obtain credits. The financing rules had changed considerably, at the specific request of the

BNB (Belgian National Bank).


During the months of lockdown, banks were unable to provide credit and the real estate market was at a standstill. It wasn't easy to visit, make offers and send your request to the bank. It was even forbidden to visit apartments and houses.

Now, arriving in the last months of the year, banks are easing up on credit. A bank is a commercial company that must also achieve its objects.

Is this the right time to launch your fundraising file? From my perspective, I would say this is the best time. The relaxation of the rules and the grants are favourable.

Also, don't forget to let the competition play in order to have the best conditions. Never forget that your banker is your partner for several years, sometimes even a decade.

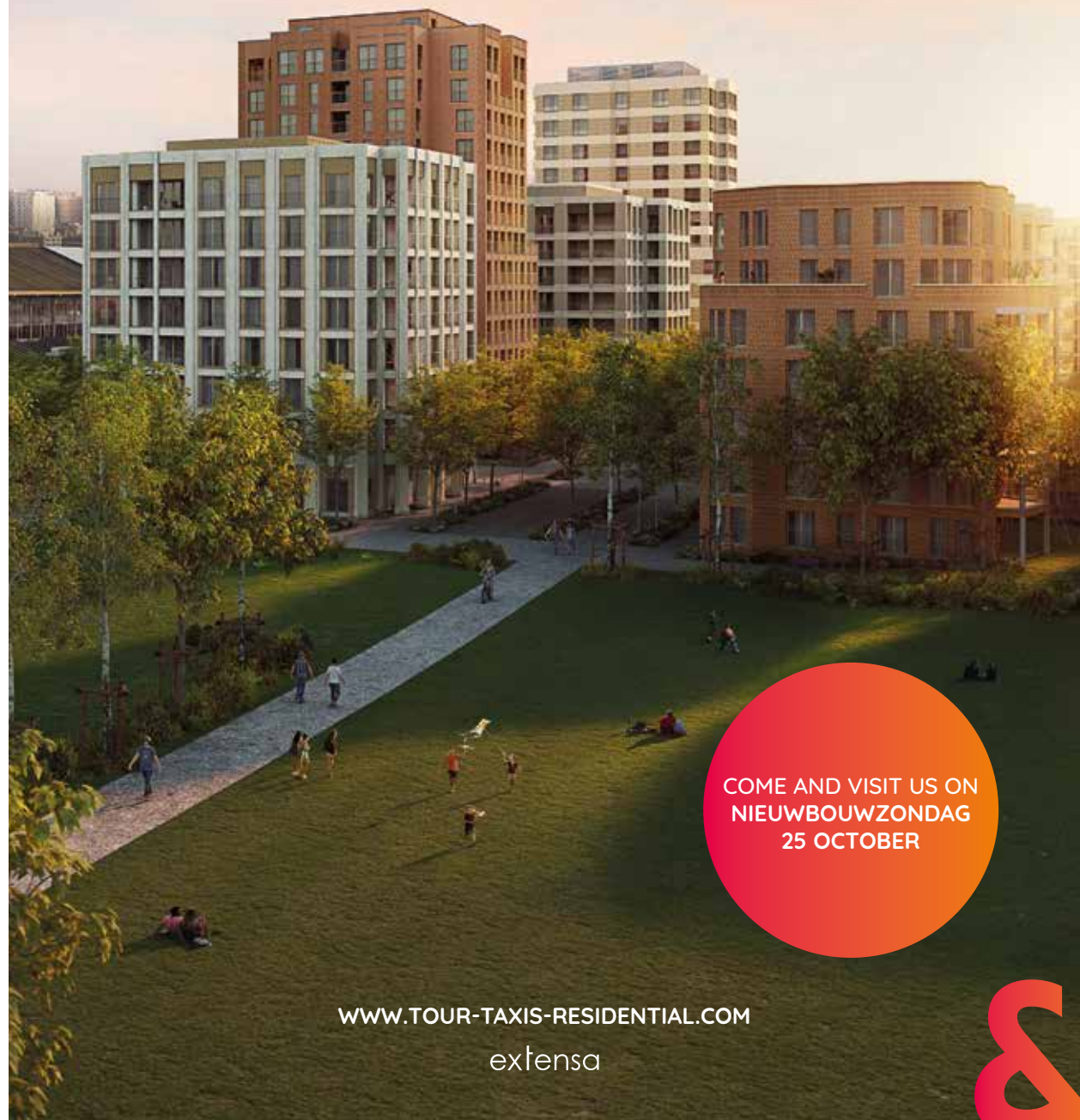
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Women cannot have it all

As a new mum **Gemma Rose** is all too aware of this



It's the middle of lockdown due to the Covid-19 outbreak. I am awake at 5am in the morning, frantically trying to write this article before my 14-month-old daughter wakes up. She is thankfully sleeping through the night, but the days are still exhausting. Having to take care of her whilst working from home full time makes it even more so. In these desperate times, I resort to leaving the telly on for hours just so that I can finish tasks, to the horror of many child-wellbeing experts. I'm sure, however, that I'm not alone in doing this. Still, I am luckier than most: first, I have a job (unlike many who have been forcibly made redundant) and, secondly, my job isn't

“ SUPER-WIFE, FRIEND AND LOVER TO BOOT ”

terribly taxing. Oh, and I have a husband, who is also working from home.

My husband sort of helps with the childcare. When I really need him to he will take care of her but since his job is more demanding, I do the lioness's share of the work, even if we started with the best intentions to be more or less equal. This has become even more apparent during the lockdown, as he has the benefit of being able to hide away in his man-cave – his study – whereas I have to work in our open-plan kitchen cum dining room cum living-room. Since I was the primary carer from the start, and she is still a baby, she



naturally wants to spend more time with me. Unfortunately, according to the psychologist Darcy Lockman in *Time Magazine*, our less-than-equal parenting partnership is a trap that many couples fall into, and that it still seems normal for working women to believe that they should be doing more of the chores than their male partners.

It was after a fairly disastrous return to work from my maternity leave that I came to the stark conclusion that women cannot have it

all. Balancing full-time work, pumping breast milk in a dingy first aid room and stressing out from a baby constantly sick from crèche brought on a nervous breakdown within the first month of work. I have no doubt that

“ MEN ARE STILL SEEN AS THE BREADWINNERS ”

unless a family has a full-time child minder, a stay-at-home partner, or relatives nearby, there is no way a woman can be super-mum, super-employee, and throw in super-wife, friend and lover to boot.

I was struck by this relatively old (2012), yet

PERSONAL DEVELOPMENT

Self-help

still very relevant article in *The Atlantic*, *Why Women Still Can't Have It All* by Anne-Marie Slaughter. She had her dream job: director of policy planning at the US State Department (the first woman to be so), but she was happy when her contract ended because she could go home and care for her teenage sons, one of whom was being particularly troublesome. She couldn't care for them whilst working for the government. She thinks that women can have both career and family, but the career has to be on their terms. Paradoxically, she acknowledges that there are few careers where a woman can really command her time.

Women cannot have it all because society has not been structured in a way that allows them to. Men are still seen as the breadwinners, women the caregivers. Women still have to make choices, which are in turn sacrifices. There are also many women who do not have a choice of the job they would like to do, or in how to raise their kids. This is also a tragedy.

How can we get to a position where women don't have to choose? The solutions boil down to the same ones that society seems to be uncomfortable with: universal income, job-sharing, a shorter working week. Let's create the environment to allow mothers to be 100% at work when they are at work, and 100% at home when they are at home.

Men, on the other hand, in general can and do have it all. Perhaps one place where society went wrong with this inequality is the over importance we place on our jobs: we cannot do them well unless we dedicate our all to them. At the same time,

“ WHO NEEDS ME MORE? ”

when we are on our deathbeds, we will probably regret the choice of job over our families. Slaughter captures a similar sentiment in her piece, citing an example of a mother choosing her children over the US


President: “I finally asked myself, ‘Who needs me more?’ And that's when I realized, it's somebody else's turn to do this job. I'm indispensable to my kids, but I'm not close to indispensable to the White House.” 

Photo © Anne-Marie Slaughter
President and CEO, New America



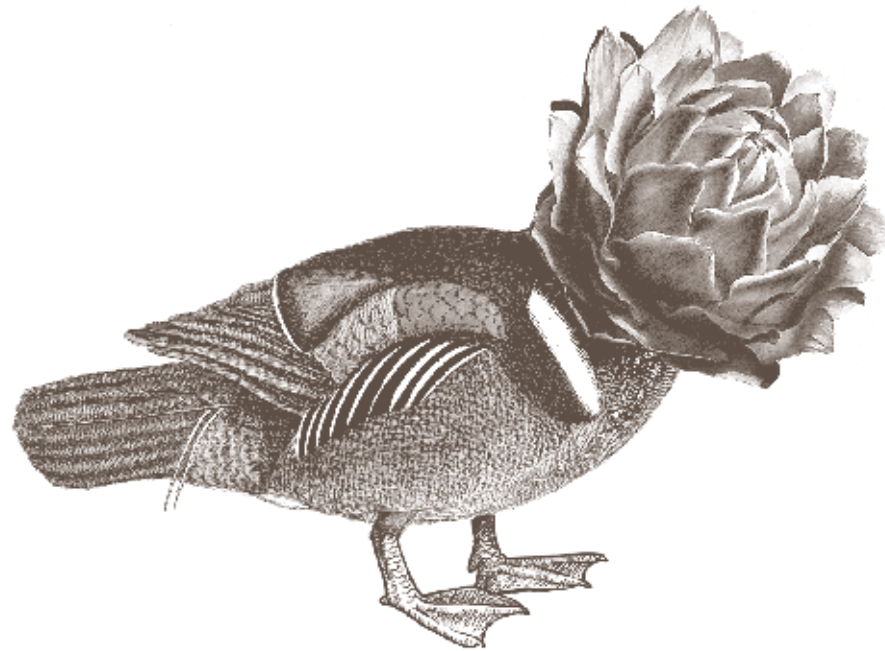
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The state of the unions

Catherine Feore takes a microscope to Europe's future with the US



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The last four years have been a roller coaster. Just over four months after the Brexit referendum, bringing the UK's departure from the EU into sight, the Union was hit with another shock wave, this time from across the Atlantic: the United States had just elected a president without precedent.

At the time of Trump's election there was much speculation over whether he would stick to his statements made on the campaign trail. Was it just electioneering, or would he really pull out of the Paris agreement? Start trade wars with - well - everyone? Harangue NATO partners? Build that famous wall? We now know at least some of the answers to these questions.

**“ WHATEVER
MAY HAPPEN
LATER THIS
YEAR ”**

In her recent 'State of the European Union' address European Commission President Ursula von der Leyen said that Europe must deepen and refine its partnerships with its friends and allies: "We might not always agree with recent decisions of the White House. But we will always cherish the trans-Atlantic alliance based on shared values and history and an unbreakable bond between our people." Von der Leyen is proposing a new trans-Atlantic agenda: "whatever may happen later this year".

While this may be the right course of action, it is difficult to see a meeting of minds with a president who has declared: "The European Union was formed in order to take advantage



of the United States, I know that. They know I know that, but other presidents had no idea." Rubbish, but if you spent time refuting every Trump (mis)statement you'd need a few more pages.

But what about a Biden presidency? Would that be back to business as usual and a relatively sane and normal relationship? Pauline Manos, chair of Democrats Abroad says: "We have seen much support from Europeans, as they, too, see the implications of another four years of a Trump presidency on US foreign policy and our standing in the world. Yet it is important to remember that a President Biden will not simply be a continuation of the Obama presidency. The nation has changed in ways we probably couldn't have imagined, with the need to address health, climate, economic and racial justice crises even more urgent."

It's worth remembering though that even before Trump, Obama was looking at resets - securing a commitment from NATO partners to increase their contribution to the

alliance and turning American's gaze to its interests across that even wider ocean towards Asia. When the Bush administration faced pushbacks from NATO allies France and Germany over the Iraq war, Donald Rumsfeld made his divisive distinction between 'old' and 'new' Europe.

Trump, more than any of his predecessors, has sharpened some minds about Europe's future relations with the US. When, in a recent poll sponsored by the Clingendael Institute, the Dutch, who are normally staunchly Atlanticist in their outlook, and somewhat Eurosceptical, were asked if they supported deeper cooperation with France and Germany, 72% supported this idea.

It isn't unreasonable to think that the European Union needs to stand on its own two feet and have a grown-up foreign policy, that it needs to look seriously at providing its own defence and security needs. However, this "geopolitical" Commission has found it as difficult as its forebears in creating unity of thought and action.

The EU's regulation of Big Tech and proposal for a digital sales tax and a prospective carbon border tax are going to be contentious to either a Trump or Biden administration. The stakes may be about to get a lot higher if the Commission takes an even stronger approach on monopolistic tech forces. But there are nevertheless many areas where Europe has been strengthened by joint action, and if not joint action, similar outlooks.

One area where we have witnessed the power and influence of the United States is in the implementation of the EU-UK Withdrawal Agreement, most notably on the commitment to keep a "soft" border on the island of Ireland. Following the UK's proposal for an Internal Market Bill that would be in breach with its commitments, Biden made an unequivocal statement: "We can't allow the Good Friday Agreement that brought peace to Northern Ireland to become a casualty of Brexit. Any trade deal between the U.S. and



U.K. must be contingent upon respect for the Agreement and preventing the return of a hard border. Period." This may be a special case, since the successful negotiations were led by Democratic Senator George Mitchell.

The only EU leader who was supportive of a Trump victory in 2016 was Europe's "illiberal democrat" Viktor Orban. Trump and Orban have been buddies ever since. Trump has also embraced Boris Johnson and spoken favourably of many other authoritarian leaders across the world. He has also publicly berated the then prime minister of the UK Theresa May and the chancellor of Germany Angela Merkel.

While the State Departments under Obama had little influence over developments in Hungary, the moral force of their statements were important and would be important in countries like Poland that seek American approval and support against their Russian

neighbours. A new president who spoke up against the destruction of media freedom, the attacks on judicial independence and the rule of law could be very influential and persuasive in a future Polish election. We will have to wait and see.

There are many factors that could be decisive in the forthcoming election, but EU relations will not be top of the concerns of US voters. Relations with Europe will be low on

that list. But if there is a new president who wants to fight climate change, who supports global action against the pandemic, believes in liberal democracy, sees the strength in multilateralism but recognises the need for reform, this will already be a great result for the European Union. America can still be a shining city on the hill. ❶

“ THE NATION HAS CHANGED ”

Money

The digital divide

Dave Deruytter looks at a puzzling discrepancy



Bridging the digital divide is essential for a full global recovery of the economy.

In these Covid-19 times, economists essentially have their eye on the extra digital acceleration it is bringing to business and how it even may give the green or sustainable development drive a much-needed extra impetus through partial localization and less use of the car.

That is sound reasoning, at least for the digitally competent and active people around the globe. And it should be true for the digital 'laggards' too, but for that to really happen a lot of things have to fall in place.

On the one hand, there are the financially (or intellectually) poor who currently far too often fall out of the digital speedboat. On the other

hand, there are the elderly who have trouble in catching up with the current speed of digital development. Helping the financially poor can even partially solve the refugee crisis by allowing would-be refugees to stay in their home country and remotely participate in the economies of developed countries around the world while getting paid for it. As such, allowing them not only to stay in their own country means they can also contribute to the local economy there. Vice versa, teachers or trainers from the developed world can teach remotely the people in the refugee source countries, making sure that the local level of education increases substantially.

Of course, for all of that to happen, in order to bridge the digital divide, money and people are needed. Why not start by using a substantial part of the development aid,



which developed countries give to developing countries anyway, to realize that goal? Furthermore at EU level, projects or funding should be provided. To start with, the EU can reach out to the many overseas territories and former colonies of its member states to help them.

The second source of the digital divide, the elder and the less intellectually capable should be helped by giving them training and aid at the level of their capacities or capabilities. Companies, projects or products that facilitate or realize that should receive support from their Governments or from the EU.

Imagine that we can bridge half of the digital divide, then calculate how much growth and

happiness that would create around the world. You will be amazed. My guess is that at least 30% of the world population is in one of the three groups of digitally deprived. If we can bridge the digital divide for them even for only a third of that total, the economic growth consequences will be enormous. My best guess is 10% extra world GDP and counting.

“ PAY ITSELF BACK MANY TIMES ”

At the same time, it will also increase the fairness of our capitalistic system, by helping the less capable (poor or old) to help themselves and participate actively and fully in the new normal of business and society. There would be more than just money, since it would also bring an increased level of activity and participation in life, and that is very important. Picture the increase in



happiness of 30% of the world population, including a substantial reduction in refugees. The latter taking away stress from developed countries and their populations and, as such, making them more happy too.

There are many wins with this project and there is in fact no downside. Thus, chances are very high that helping to bridge the digital divide will pay itself back many times, not only in money, but also in fairness and happiness.

Let's take it on and make it happen.

Countries can review their development aid budget and reorganize it to support the developing countries in the way described above, providing online training, laptops,

“ PARTIALLY SOLVE THE REFUGEE CRISIS ”

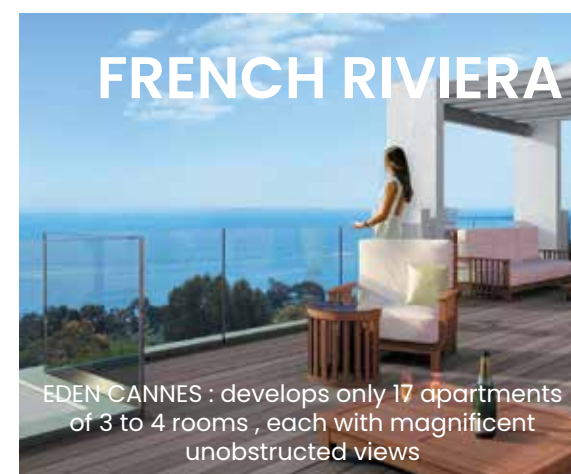
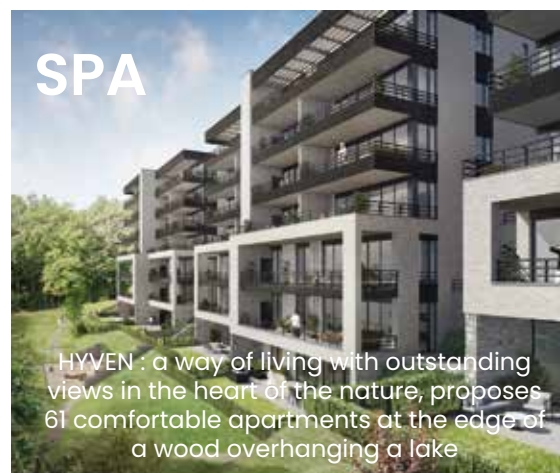
broadband internet, remote jobs, remote trainers, remote diplomas, etc. The elderly and the less capable would gain from help at their level of capabilities, with slower and simpler teaching methods plus a step-by-step approach. Their confidence would rise and thus the chances for them to contribute, or to keep on contributing, to business and society would increase very much too.

Loneliness and boredom are hurting our seniors, let's make sure that they can participate in the marvels of digitalization and its next leaps forward. The same goes without saying for the intellectually less capable, who deserve our help to improve their confidence in, respect for and believe in themselves. ①

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Cyber attacks: Be prepared, be insured

Hiscox's **Jeremy D'hondt** offers sound advice to fight off hacking

Every company will suffer a cyber attack sooner or later. Being prepared is everything. Approximately half of all Belgian companies (49%) fell victim to a cyber attack in the past year. This is what came out of the new *Cyber Readiness Report* from specialist insurer Hiscox. In addition, just over one in ten companies that were attacked (12%), were what are referred to as 'super targets'. That means that they were attacked more than 500 times last year. Moreover, in the context of the Corona crisis, more and more people are working from home, which creates a much easier climate for hackers.

D'hondt, Sales & Development Underwriter Professional Indemnity & Cyber, says:

"Companies that are insured with us can always get in touch with us in the case of a cyber attack, through our hotline. That is certainly not an unnecessary luxury. When a company that has been hacked calls us, you want to be able to respond as quickly as possible". However, he sees his primary task as helping companies prevent a cyber attack. "Given that the majority of hacks occur through human error, we teach our professional clients how they can detect a cyber attack and how to correctly respond thereto, for example through our CyberClear Academy."

Ransomware and phishing

According to D'hondt, the main forms of cyber attacks in Belgium are ransomware and Business Email Compromise (BEC) attacks. These types of attacks are very

varied, but both can cause serious damage. In a ransomware attack, hackers try to crash a company's computer systems or hold company data hostage, as a result of which the company can often operate only partly, or not at all. "We see this in SMEs as well as major multinationals," says D'hondt. They threaten to only release the systems again if the company pays a ransom.

A BEC attack works differently. In that case, they break into a company's email systems using employees' login details. Many email addresses and passwords are, in fact, all over the internet. Then they can act as someone from inside the company. "For example, they send through payment requests that look real but with different bank details. These are usually realistic amounts, so they don't look suspicious. Once this payment is made, you mostly never see that money again," says D'hondt.

Legal and communication assistance

"As an insurer, we have to react differently to BEC or ransomware attacks," says D'hondt. In both cases, a company suffers financial damage that absolutely must be covered by us. But it doesn't stop there. According to Hiscox experts, a company can experience other kinds of damage through hacking. The insurer, for example, covers the costs of IT experts to restore the system. In ransomware attacks, often confidential, personal data of clients and/or suppliers are compromised. "The defence costs ensuing from this are also covered," he says.

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PREPARED IS
EVERYTHING "**

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Jeremy D'hondt - Sales & Development Underwriter
Professional Indemnity & Cyber



Justine Verstraeten, Sales & Development Underwriter
Art & Private Client

“ CHECK ALL NEW ACCOUNT NUMBERS ”

Hiscox also helps the company mitigate reputational damage by bringing in a PR agency to guide the crisis communication regarding the hacking, both to the media and to suppliers and clients. To finish off, D'hondt also gives some important tips to companies. “Be prepared, because the chance you will experience hacking is much greater than, for example, a fire. I always advise companies to check all new account numbers with the supplier and also to use multi-factor authentication for webmail accounts or for logging in remotely. You should always check identities twice when a log-in occurs from a new device. Finally: regularly back up your computer systems in a separate place. You can avoid a lot of issues just by doing this.” www.hiscox.be ●

An anatomy of altruism

Jean o'Connor dissects the concept of altruism, just for you

The word altruism may conjure up images of Gandhi, Jesus or Mother Theresa, but what of walruses and slime mould? Biologists, philosophers, economists, psychologists and anthropologists have been studying altruism for years. Are we born with a biological predisposition to carry out acts of complete selflessness that only benefit the other, is it our environment that encourages it, or can we just decide to be kind? Is the planet rife with altruism, or is it crying out for more?

Well, first of all, there are many 'types' of altruism, with a distinction to be made, for example, between biological altruism where a behaviour increases the health and wellbeing of one at the expense of another, which is usually what can be observed in nature, compared to philosophical altruism, where an action is carried out with the *specific* intention of helping another on a *moral* basis.

If we were to focus on philosophical altruism in humans, we would need to study the altruistic and the less altruistic to see what sets them apart, from personality, upbringing and culture, to level of education, life experience and brain tissue. This is something psychological researcher Abigail Marsh has dedicated her life's work to.

According to Marsh, the highly altruistic brain is different from a biological point of view.



Following years of research into the brains of psychopaths and highly altruistic individuals, her research found that a psychopathic brain under reacted to signs of fear in others and therefore had less of a feeling for how and when others were in need of help.

The area of the brain where this connection is located is called the amygdala, which was found to be smaller than average in a brain with psychopathic tendencies and larger than average in the brain of a person who could be labelled as highly altruistic. Most examples of altruism involve family, whether it's in the



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Nature

human or animal kingdom, but highly altruistic individuals venture far beyond their immediate social environment to carry out good deeds.

Marsh's research went on to show that another difference between the highly altruistic and mere mortals is that they have more of a tendency to help others outside of their direct circle of family and close friends. They also considered all others as equally important with nobody identified as more or less worthy of their aid, and they viewed themselves with a great sense of humility.

Researchers in the 1980s, interested in understanding why some were quick to jump to the aid of others and habitually exhibited kindness as a personality trait, while others did not, interviewed dozens of non-Jews who had helped Jews during the war, as well as those who could have, but did not. The results showed a cluster of characteristics formed during early childhood where those who had taken the risk to help usually identified with one 'moralizing' parent.

Further research showed that the fact of explaining with true emotion the negative or positive consequences of specific actions to children also had a strong effect on children's

future altruistic traits in adulthood. More specifically, the most altruistic adults came from households that were highly warm and nurturing, but at the same time quite strict when it came to notions of right and wrong and the effect of one's actions on others.

Many cultures, faiths and religions have some form of altruism built-in to their way of life.

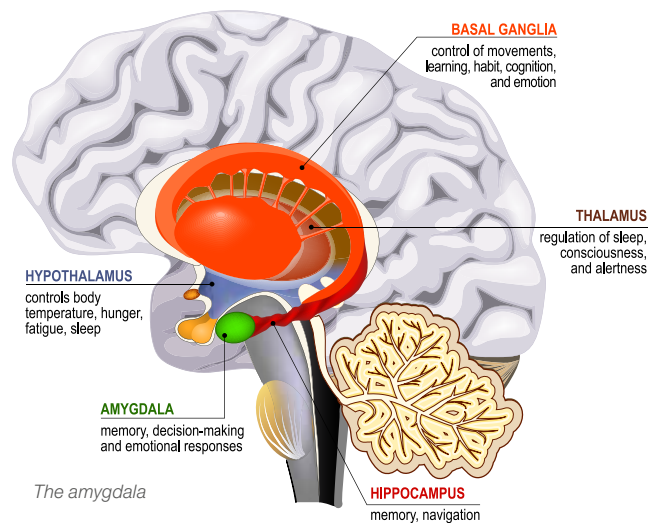
Zakat for example, one of the five pillars of Islam, prescribes that once a certain level of living standard is attained, those following the Islamic faith should contribute a portion of their income to charity. Some educational systems have community service built into them, such as in the US, while school fundraising for charity is

widespread in some countries, while completely absent in others.

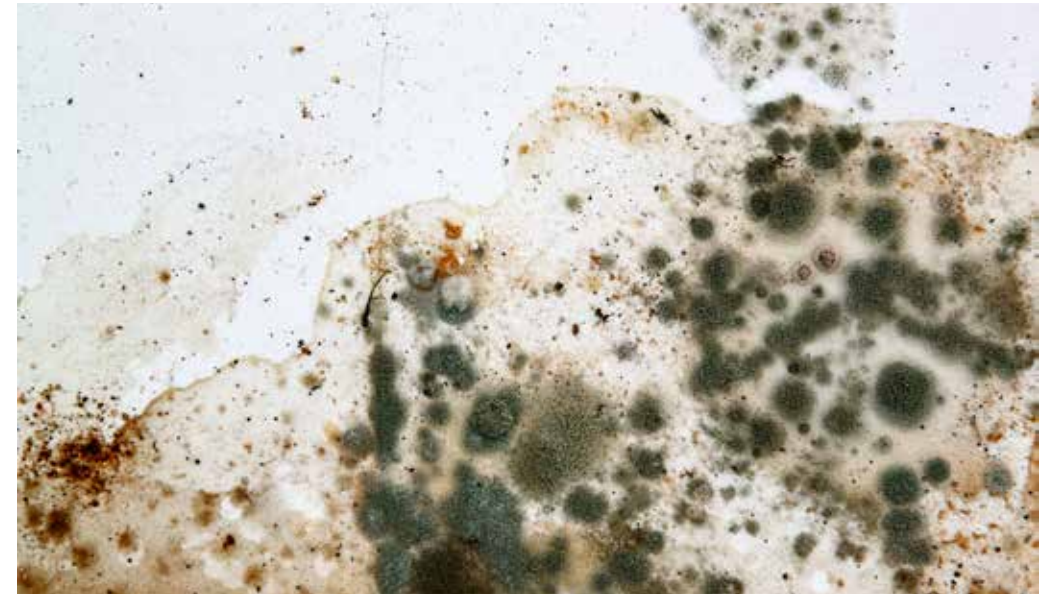
So, there's a little bit of nature and a little bit of nurture, and our environment and life-experience also play a part, whether altruism is artificially forced upon us as the 'right' way of acting through rituals and norms, or whether it comes from a purer and more spontaneous impulse.

Having said all this, altruism is an aspect of human nature that some researchers believe to be, at its very essence, inexistent. Indeed,

Limbic system



**“ CAN WE
JUST DECIDE
TO BE KIND? ”**



Mould

some label altruism as selfish by design since it either creates a situation of reciprocity or increases positive feelings in the person carrying out the good deed and therefore in some way directly benefits the ego.

Wherever the truth may lie, humans have evolved as a highly cooperative species, but it's also a trait that can be found amongst animals and in nature in general. Dolphins are known to swim under sick or injured animals for hours at the time, pushing them up above the surface of the water to allow them to breathe for example. Wolves bring meat back from a kill to the pack members who weren't present, walrus adopt orphans and vampire bats form buddy systems with hungry comrades to share their food.

Plants have been shown to favour and be non-aggressive with 'siblings', anything that has sprouted from the same mother; trees not only

communicate between each other but actually send nutrients from one to another; and even a particular species of mould has shown signs of biological altruism, whereby some cells will commit hara-kiri in order to

save dying mould cells and create a new multicellular body.

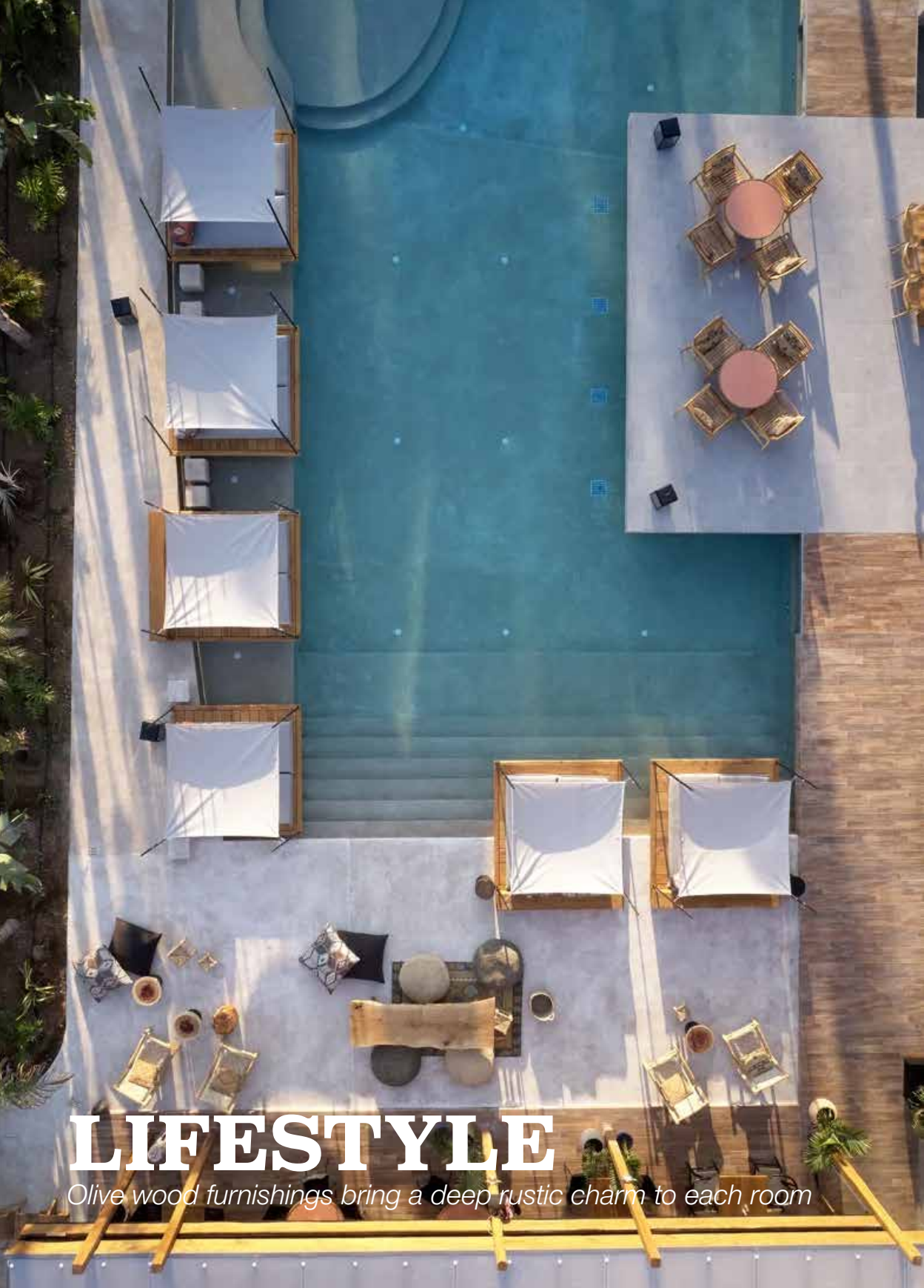
Perhaps altruism then is not a trait only reserved for great deities of kindness, but is a behaviour accessible to all.

Today, the coronavirus pandemic, the Black Lives Matter movement and environmental activism are showing a more altruistic face of humanity. Could it be that a change is afoot and that, as a collective, we are moving towards a more altruistic way of being? Could this be the missing piece to business, governments, interest groups, communities and individuals working together to tackle environmental and social justice issues to make lasting change a reality?

Things may just be moving in that direction. In the meantime, however, should you perhaps be struck by the lack of altruism exhibited by

that friend, colleague or neighbour (suspending for just a minute the knowledge that even mould does it), you may just want to give them a break because, you know, they just have a small amygdala. ●

**“ SELFISH
BY DESIGN ”**



LIFESTYLE

Olive wood furnishings bring a deep rustic charm to each room

LIFESTYLE

Luxury

Luxury nautical-inspired apartment

This month we look at a high-tech, luxurious residential project

Photos © covethouse.eu



Keeping up with a fast-paced and ever-changing sector like technology can be a hard task. With everyday life being completely in sync with the latest tech and cultural advances, a home can and should be ever-evolving as well. Functional and tech-integrated interior designs are some of the first requisites from clients in the current era, but without ever compromising the aesthetic and overall interior design and decoration.

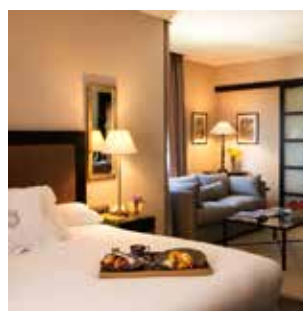
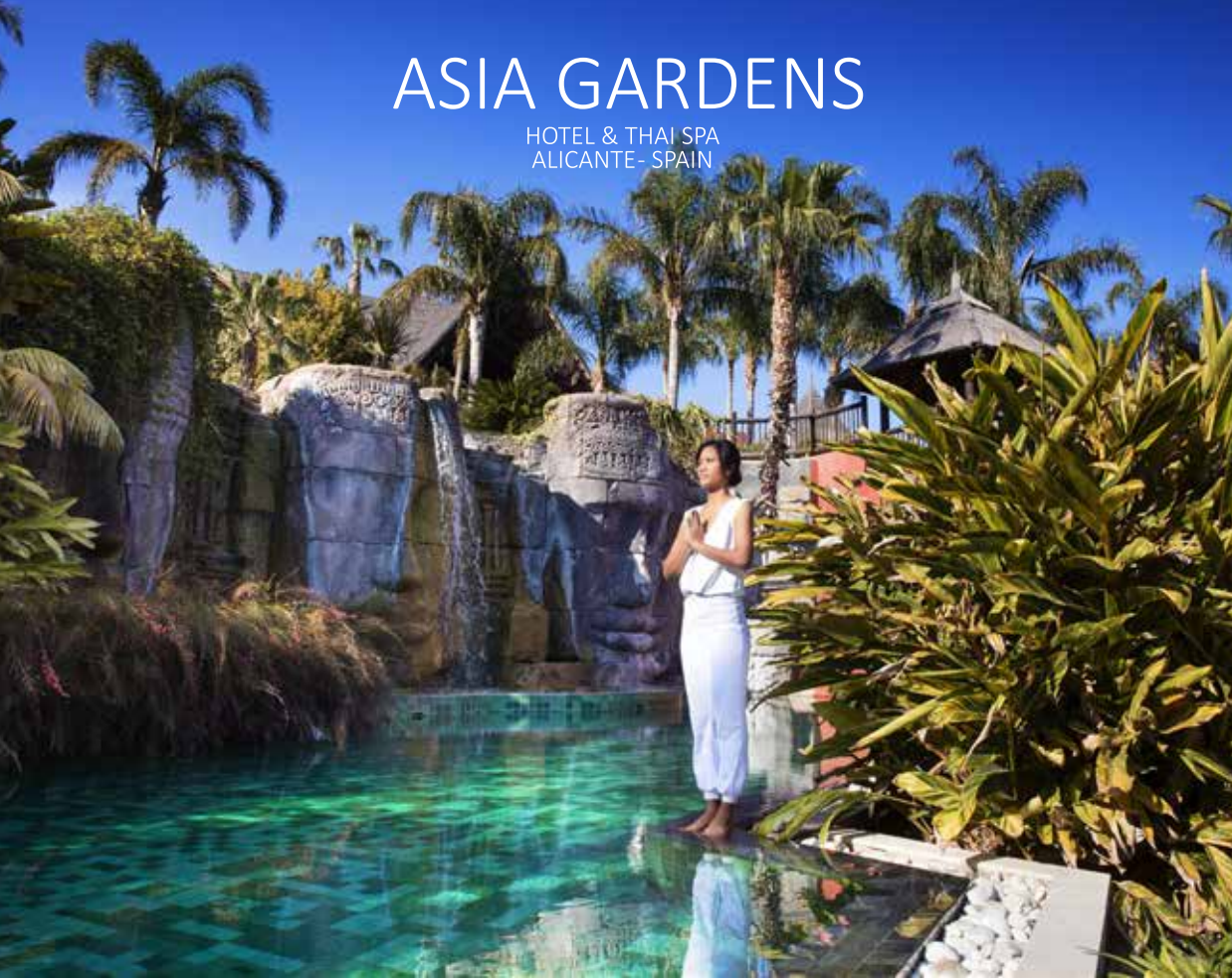
The Culligan by Cameron Interiors is an award-winning interior design project that perfectly mirrors the studio's mission to

create personalized interiors, featuring some of Covet House's brands, such as Boca do Lobo, Delightfull, Brabbu, Circu, Luxxu, Essential Home, Rug'Society, and many others.

The project picked up the bronze prize in the A' Design Award and Competition. It was designed by the prestigious Cameron Interiors Hong Kong. A firm that, up to that point, had worked with projects of varying dimensions – in fact, this wasn't their first award-winning work. These projects ranged from small to large-scale residential properties as well as commercial and

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LIFESTYLE

Luxury



corporate design projects They says they "always striving to provide unique and comprehensive design solutions, completely tailored to their clients' persona".

The team's main inspiration for this project was the inherent opulence of a super yacht. To bring this home, the main living area lends a nautical feel thanks to the curvaceous lines surrounding the room, mirroring waves echoing throughout the structure which are complemented by the luscious palette chosen for the room's colour scheme.

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OPULENCE OF A
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LIFESTYLE

Fashion

Jukebox: The new way to consume fashion

Jukebox is a brand-new Brussels rental service for ethical clothes

The concept?

Having the pleasure of wearing beautiful fashion pieces while changing regularly and respecting the environment at the same time.

Imagined by three young entrepreneurs from Brussels who are aware of the colossal carbon footprint of the fashion industry, Jukebox offers a dynamic alternative to the challenges imposed by fast fashion and over-consumption.

Thanks to Nathalie Balfroid, Catherine Detaille and Johan Maricq, you can now have access to a rich and varied wardrobe of ethical clothing for rent. The collections are chosen from European brands engaged sustainable and ethical production.

All the brands at Jukebox have been carefully selected by the team according to a charter based on three axes: aesthetics, sustainable design and the potential for recycling at the end of the clothing's life cycle. Among other brands are Rhumaa, Jan N June, Wasted Atelier and Bleu Tango. Other brands will be added regularly to enrich this constantly growing wardrobe.

Jukebox's clothes are original, elegant and of a high quality, easy to mix up with your own basics for all occasions, be it work, party or everyday life. At the shop, the team helps clients make their selection by offering valuable advice or even suggesting offbeat looks.

**“ CLOTHES
THAT VALUE
THEIR INNER
BEAUTY ”**

Choose-wear-swap-repeat

Jukebox offers two formulas: à la carte (1, 3 or 10 rentals of one month) or by monthly subscription. After the rental period, Jukebox takes care of everything: laundry, mending and repairs. You can just make your new selection and enjoy wearing it.

The mission is a fashion revolution

Jukebox wants to engage a new reflex of consumption. The founders want to create a unique experience and facilitate access to a more sustainable mode



Fashion

of consumption, without sacrificing accessibility to an ever more fun and expanded offer.

The slow fashion experience till the end

Jukebox shakes up shopping habits and offers clients private shopping sessions. In a cosy and reassuring atmosphere, the client, accompanied if she wishes, can test all styles and plan her rentals schedule.

About the founders

The project is the work of long-time friends, engineers and a biologist. Nathalie, passionate about art and textiles, says: "My ambition with Jukebox is to finally allow women to wear clothes that value their inner beauty. While living in Denmark for a few years, the Danish style has inspired me a lot. They dare the colours, the different cuts. With Jukebox, I invite women to come to terms with their image, their body, their shapes."

Catherine is an adept of slow living. Daughter of a merchant, she grew up with entrepreneurship values. "The Belgian consumer generates the biggest amount of clothing waste in Europe, and the textile industry is the second largest source of pollution in the planet. I want to provide real alternatives. I am convinced that the model of consumption that we propose is the solution for the future".

Johan is the team's fashion addict. As well as



**“ I SEE
JUKEBOX AS A
GIANT FITTING
ROOM ”**

being manager at Elia, he provides IT support, administration and strategic choices for the project. "I see Jukebox as a giant

fitting room. This is the opportunity to reveal yourself daring and take advantage of high-quality clothing to accompany your adventures."

W83 Local Test Shop, 83 Chaussée de Wavre, Ixelles. From Thursday to

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GMT: A precious family tradition

This autumn GMT Chronographs celebrates its 10th anniversary



Alain De Nys, owner and founder of the brand, is the grandson of Mr Ali Kinsbergen, founder of the PONTIAC brand. Their chromosomes definitely contain watch components. Alain's mum Johanna continued the PONTIAC brand for another 20 years. They also introduced and commercialized the Breitling brand in Benelux, which was totally unknown when they first introduced it. And so they enjoyed 20 years of success.

**“ CONTINUING
A PRECIOUS
FAMILY
TRADITION ”**

In 2005, Alain created the Bombardier watch collection. With more than 20 styles, it was another success story. Bb1 and Subdiver are two of many Bombardier watches that are still on the most wanted list of watch collectors.

The 2008 recession inspired Alain to create a less expensive watch. So, the first GMT Chronographs saw the light of day. In 2010, bigger watches were all the rage, so GMT followed the trend by producing 46.48mm and 52mm watches. Bullet, Timer, Pilot and Glider XL all shared these dimensions.

During 2015, watches became smaller, and sizes went back to 44mm. GMT reacted by producing Chrono Urban and the first Vintage 59. In 2017, the firm launched its first crowdfunding operation using the American platform Kickstarter. This successful operation led to the production of the Vintage 63. Then in 2018, using the same platform, GMT Chronographs launched the famous 42mm Seventy with very curved glass.



In 2019, the Seventy Nine was born, a collection boasting six colour variations, which can be delivered on a rice-grain steel or exclusive leather wristband. The Seventy Nine ladies 30mm version has a choice of colours, such as Champagne, choco, green turquoise, light blue, ruby red and pale rose.

“ IN 2019 THE SEVENTY NINE WAS BORN ”

2020 will be the year remembered mostly for Covid-19, and the consequences are a deep, worldwide recession and economic and financial instability. Alain wisely decided to concentrate his efforts on preparing 2021 and the creation of the new sensational Eighty One series.

To celebrate the 10 years of GMT chronographs, two new dials will be introduced in two series: Seventy in dark blue

and Seventy 9 ladies version in a beautiful 'night colour'. For over 90 years, watches have been a family matter. No surprise then that his two sons, Robin and Nicolas, have become more and more involved in the business, continuing a precious family tradition.

And in another 10 years time GMT will celebrate its 20 years, and we'll tell you all about the many watches yet to come.

GMT's watches are sold in jewellery shops, watch stores, some exclusive fashion stores and on the website.

GMT Chronographs
Elegance of Time sprl
197 Drève Richelle
1410 Waterloo 🇧🇪

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Jeep

Motoring

Aston Martin: The ultimate racing simulator

Our motoring pages offer great news for boy and girl racers



Aston Martin has revealed the AMR-C01 Racing Simulator, the ultimate luxury home simulator for drivers who want to compete in the virtual or the real world, and the first of its kind to be offered by the British brand. AMR-C01 is the first product born of a new partnership between Aston Martin and British technology company Curv Racing Simulators.

Designed by Aston Martin and engineered by Curv, the AMR-C01 has a lightweight carbon fibre monocoque and utilizes the latest technology to provide a fully immersive driving experience for the home user. The seating position mirrors that of the Aston Martin Valkyrie, adding a futuristic hypercar feel to the simulator. Hand-assembled by Curv Racing Simulators, using the highest quality components and latest Assetto Corsa software, AMR-C01 is ready to transport its users into the thrilling virtual racing world.

The AMR-C01 will make a stylish addition to any luxury games room. The look of the simulator is unique, thanks to the work of the

Aston Martin Design team based at the company's Gaydon Headquarters. Crafted in carbon fibre, the front of the simulator's bodywork is shaped to invoke the signature Aston Martin Racing grille. AMR-C01 has a powerful-looking stance, but at the same time keeps the level of refinement and surface quality and finish that customers expect from any Aston Martin. The all-carbon fibre monocoque provides a rigid structure, the design of which also adds to the sporting look of the simulator.

Aston Martin Chief Creative Officer Marek Reichman said: "This was a challenge for the design team as, although the simulator isn't a car, it is inspired by our racing cars. It needed to exude the same elegance, boasting the same dynamic lines and balance of proportions as any Aston Martin with a racing lineage. I can picture the AMR-C01 in the most beautiful of residences as a sculptural work of art in its own right."

Esports racing has enjoyed exponential growth when the world's racing calendars



were put on hold in 2020 and continues to thrive now that real-life racing has resumed. The AMR-C01 is the perfect choice for those who enjoy the virtual world of competitive Esports and also for dedicated racing drivers who want to hone their skills before their next race.

Curv Racing Simulators is led by Aston Martin works driver, Darren Turner, who is a simulator specialist with over 20 years' experience in cutting-edge Formula 1 simulation. Turner said: "The AMR-C01 is all about the love of racing. We've created a home simulator with incredible immersion that offers users the opportunity to have a great time racing in the virtual world, from the comfort of their own home. Our goal was to create a simulator that provided as much enjoyment in virtual reality as real racing does. Racing cars is a lot of fun, and it is great to see that with the growth of Esports racing, more people are now getting involved."


"We modelled the driving position on the Aston Martin Valkyrie so users of AMR-C01 can get the full hypercar experience. I'm very proud of what we've been able to achieve, with design and engineering creating what I believe to be the most beautiful home simulator available."

"A FULLY IMMERSIVE DRIVING EXPERIENCE"

Limited to just 150 examples, the order book for the British-built Aston Martin AMR-C01 is now open. The simulator comes with a base RRP of £57,500 plus

tax. First deliveries are on schedule to take place in Q4 2020. For further information please visit: www.curvrs.com

About Aston Martin Lagonda:

Aston Martin Lagonda is a luxury automotive group focused on the creation of exclusive cars and SUVs. 

Red october

Photographer **Xavier F. Martin** Assistant **Samir Dari** Art director **Nicholas Sirot**
Make up Artist DB for Lancôme and Redken Model Marthe @ IMM Bruxelles





Suit: **Christian Wijnants** Sweatshirt: **Lacoste** Sneakers: **Vans** Scarf: **Gant**



Coat & shirt: **Christian Wijnants** Skirt: **Caroline Biss** Gloves: **Cachemire coton soie** Make up: **Lancôme** Products: **Sérum Génifique sensitive - Teint Idôle Ultra Wear - Mascara Hypnôse - Blush Subtil - Absolu Rouge fini brillant**



Shirt: **Christian Wijnants** Jacket: **Zara** Shorts: **Cos** Hair: **Redken** Product: **Redken Wax Blast 10**



Dress: CKS Sunglasses: Dolce Gabbana

Advertorial

Tonucia Natural Filler: A new youth for your hair

René Furterer's hair products give your hair a new life



ultimate nectar, enhancing their therapeutic powers.

Tonucia Natural Filler is a unique beauty ritual, which comes to the rescue of weakened hair and reactivates hair's youthfulness. Regenerated, rehydrated and reinforced in depth, it regains density and vitality and gains a new radiance.

The new star of pro-youth assets for recharging hair fibre in depth is hyaluronic acid vegetal like. It is of plant origin, using seed extract from tamarind.

Youthful concentrate serum

The youthful secret to preserve the scalp and reveal a voluptuous, shiny hair material without rinsing.

Creator and founder René Furterer embarked on the pursuit of an innovative vision: "Beautiful hair grows from a healthy scalp, just like a plant in fertile soil." He selected rare and precious essential oils and transformed these quintessences of plants into an

How to use: apply the serum line by line on the damp scalp two to three times a week using the specific tip. Massage with circular movements, from the neck to the top of the head to make it penetrate. Do not rinse. 96% natural formula. Silicone-free formula.

Untangling plumping mask

The gifted, infinitely melting, immediately pumping treatment. This treatment boasts a unique aqua-gel texture that melts into the hair to rehydrate it and instantly redensify. Its pump-bottle ensures optimal use, with two pressures delivering the right dose, and ensures a full restitution of the formula. Your hair feels 'plumped up', untangles easily and radiates health and radiance.

How to use: after shampooing, apply one or two knobs of the product to all of the towel-dried hair. Leave on two to five minutes, untangle and then rinse thoroughly.

Available in pharmacies from November.

The products are available from our Ambassador Lounge La Maison by J.V

www.lamaisonbyjv.com

Find out more:

www.renefurterer.com



Shopping



Photo © Cartier

Cartier

New from Cartier. La Panthère Parfum Spray is a unique feline-floral accord that reflects a liberated, passionate woman.

75 ml: €82

www.cartier.eu



Ti Sento

Ti Sento Milano Autumn/Winter Collection has a very vintage and retro look that plunges us back to the 1970s.

Gilded Necklace: From €1,499.

Available in independent jewellery stores and department stores and on www.tisento-milano.com



Panerai

Unlike standard gold, Panerai Goldtech™ is made with a percentage of copper that imbues the material with a rich and intense red hue, one that is both strikingly modern and uniquely timeless. This exquisite metal also contains platinum, which prevents the material from oxidizing, thus extending the lifetime of the watch.

www.panerai.com



David Gotlib Prado Collection

Antwerp jewellery designer David Gotlib creates miniature works of art made from the finest materials. Architecture, art and design play an important role in the life of the Belgian designer. Through his brand of cufflinks he manages to fully express his creativity and passion. 18k yellow golden cufflinks: **€10,500**
www.davidgotlib.com



BERING

The Pebble watch was inspired by the smooth pebbles along the Scandinavian coast. Designers Bjarke Ingels, Lars Holme Larsen and Jens Martin Skibsted have worked with BERING to develop watches taken from this inspiration. Minimalist, modern, elegant. Classic polished gold Pebble: **€199**
www.beringtime.com



Tollet

Les Joailliers Tollet take care to give these earrings more character and a stronger presence. The effect is obtained through a subtle millimetre design. Perfect circles or fusing twists of gold. Creoles pink gold earrings: **€900**
www.tollet.com



Hermès

Designed by Henri d'Origny in 1978, the Arceau watch displays an understated yet distinctive nature. Its timeless silhouette takes the form of a round case with stirrup-like asymmetrical lugs. A one-of-a-kind model in rose or white gold, the Arceau Lift tourbillon répétition minutes features a white or Abyss blue-lacquered dial revealing part of its entrancing mechanism.
www.hermes.com



I.Ma.Gi.N

Every jewelry box needs a pearl bracelet - and those from the Belgian brand I.Ma.Gi.N Jewels are pure elegance! The new Perla collection from I.Ma.Gi.N Jewels is made up of only 925 silver bracelets, all made with love and pearls. To wear alone or layered with other I.Ma.Gi.N. Jewels: **€55**
www.imaginjewels.com



Fabienne Kriwin

Shine and gold, beautiful, elegant pieces reflecting the desires and values of its creator. Made in Belgian workshops, all jewels signed by Fabienne Kriwin Jewels are in brushed 18-carat yellow gold. Timeless pieces handmade in Belgium to adopt this fall and wear all year round.
www.fabiennekriwin.com

Bulgari Cities

The Bulgari Cities Special Edition 2020 represents the latest iteration of the definitive style, reimagining it as the ultimate urban, casual, sport watch in a continuation of the legacy of provocation that has made the original a standout in the luxury watches industry for over 40 years. Each watch in the new collection is inspired by one of nine cities — Rome, Tokyo, Dubai, Paris, London, Ibiza, Milan, Mexico City and New York: **€4,360**
www.bulgari.com



IWC

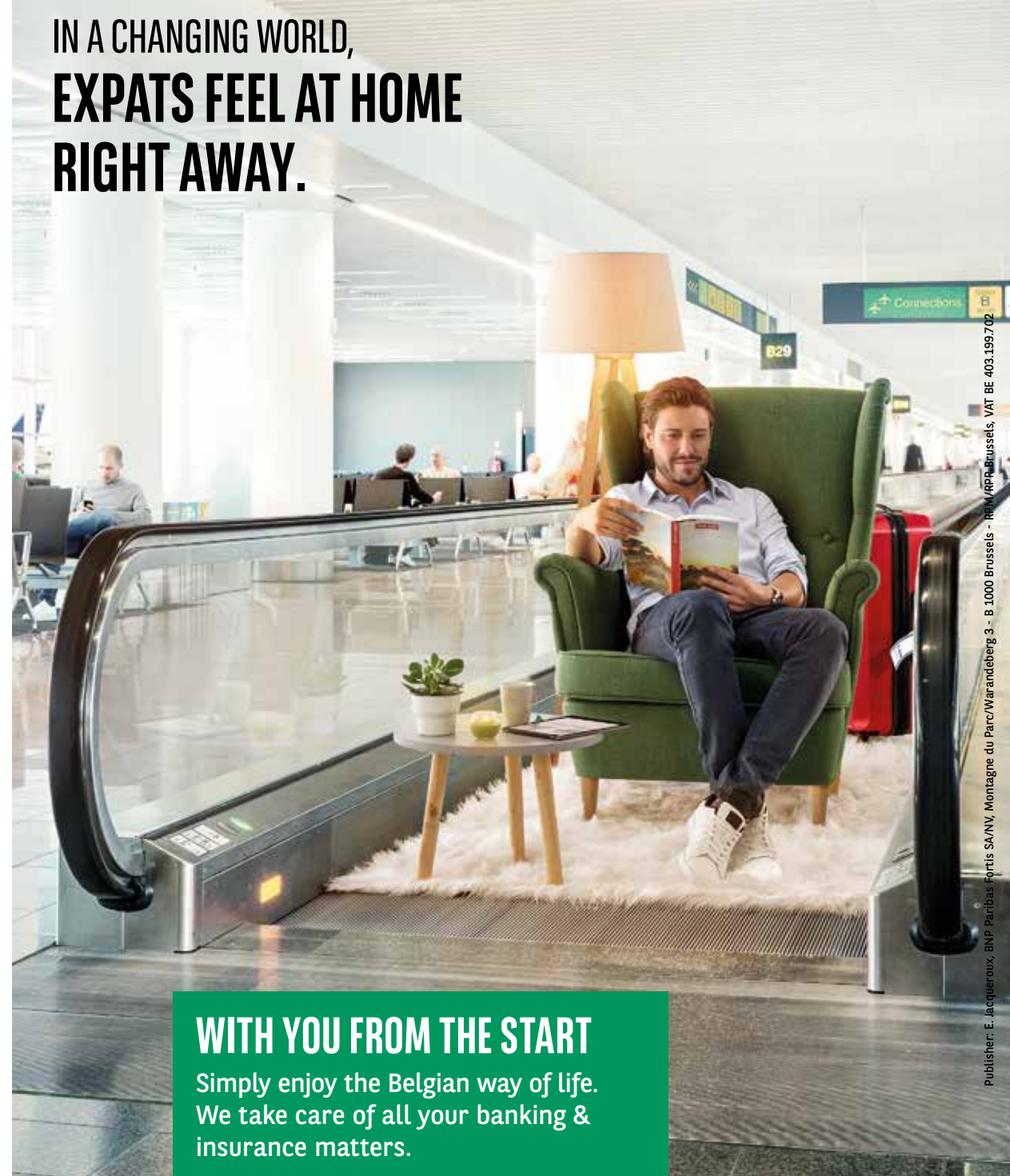
Pilot's Chronograph Watch TOG GUN SFTI edition 44 mm: **Price on request**
www.halloftime.be



Cartier PASHA watch
41mm - Steel navy alligator strap
€6,250
www.halloftime.be



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BNP PARIBAS FORTIS

The bank
for a changing
world

Autumnal beauty

Caroline Dierckx marks your beauty card for the months ahead

The first days of autumn are coming and with them a thousand and one ways to rediscover the colours of beauty. We rely on moisturizers that bring all the comfort to the skin. We test new treatments for our hair. More and more innovative formulas are emerging and so much the better. It's also an important period for the release of new fragrances - go for the one that pleases all your senses...



Eucerin
Hyaluron-Filler
+ Elasticity 3D
Serum, 30 ml:
€39.90



Pepe Jeans
CELEBRATE,
Eau de Parfum
for her, 50ml:
€34.95

Serpent Bohème by
BOUCHERON, Eau de
parfum, 90ml: **€94**



Bvlgari
Man
Glacial
Essence,
100ml:
€111



100% natural
multi-
purpose
super balm,
BERDOUES,
30ml: **€12.90**



Max Factor Divine Lashes
Mascara: Price:
www.maxfactor.com



**SHAN
RAHIMKHAN**
True Hair Oil:
€99.95



Tabitha, Organic Dry Shampoo at Beauty by Kroonen: €38



Black Orchid **TOM FORD** at Senteurs d'Ailleurs, 100ml: €177

Vegan, Body Scrub, & Others Stories: €15



René Furterer TONUCIA Natural Filler, Replumping conditioning mask, Pot Airless Pump 200ml: €38.90



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The process of skin aging begins in the cell. The Precious Collection from BABOR is designed to effectively counteract evolutionary cell degradation at precisely the point where the skin's natural maturing process begins. The revolutionary seven-day ampoule power treatment series is based on highly concentrated active formulas. In just three phases, it delivers visibly plumped, intensively toned, and youthfully radiant-looking skin.

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Design

Syntopia Hotel

This Cretan hotel has used design to connect comfort, people and nature



Syntopia is one of the most uniquely designed hotels you will ever experience. It's something you have to see for yourself.

Exploring the complex of the Syntopia Hotel in Crete, it's instantly evident this picturesque property is built from the ground up as the perfect sanctuary for the wandering adventurer. Those who crave the amenities and sophistication of a modern luxury hotel as well as a connection with both nature and their fellow guests will find a haven at Syntopia.

Sharp, clean lines dressed in organic timber textures and colours define the hotel's aesthetic, while native Greek wood and wicker combine to coat the design with a

classical finish. Together, these unique concepts provide guests with a contemporary, freeing atmosphere that glistens with the magic of nature and echoes with the timbre of a rich history. These concepts are never more potently evoked than in the guest rooms. Olive wood furnishings bring a deep rustic charm to each room, handcrafted ceramic bathroom tiles exude an understated sophistication, while chic sisal baskets offer homely comforts, and traditional Cretan embroidered cushions ensure each guest enjoys the beauty of the local culture.

This naturally focused architecture continues with the landscaped pool area. The pool itself is finished in micro-pebbles to cleverly mimic the kindest of sea beds, while decadent sun



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**“ BORDERED
BY LUSH,
TROPICAL
FOLIAGE
AND CACTI ”**



loungers and stylish cabanas surround the pool. However, the focal point that accentuates the beauty of the area – the real centrepiece – is the exquisite lounge tepee that sits by the middle of the expansive water. Bordered by lush, tropical foliage and cacti, you'll find yourself in what feels like a peaceful waterside commune that seamlessly blends into its natural backdrop, bringing you both a warm sense of community and harmony with the idyllic Cretan surroundings.

Such communal culture is rarely found at any modern hotel, making Syntopia a truly refreshing destination. And nothing exemplifies this feeling of camaraderie among guests better than the thoughtfully curated calendar of events and activities available at the hotel. From stimulating morning yoga

classes to exciting evening concerts, and from heavenly wine-tasting sessions to dedicated outdoor cinema screenings, Syntopia promotes a genuinely unique, social kind of holiday. In short, if you want a break from it all while simultaneously forging new and exciting connections and memories, Syntopia is the place for you.
www.thesyntopiahotel.gr 

Shopping décor

Shopping décor



FATBOY Edison the Mini

Small, smaller, smallest. Although Edison the Mini is dwarfed by its giant nephew Edison the Giant, its performance is no less impressive. Edison the Mini comes in a set of three wireless lamps, to be charged simply by USB-connector. Play with its three light settings and create your own, pleasant atmosphere. Price: **check website**
www.fatboy.com

Vipp in wood

The Vipp Cabin series is Vipp's first venture into solid wood furniture. Crafted from solid oak, the Cabin series unfolds in a trio of complementary designs consisting of a chair, a square table and a round table. Dark oak and black leather. Price: **check website**



LAGO 36e8

Thanks to the extreme flexibility of the square and its multiples and submultiples, the 36e8 system can be used in the living room to fill the wall with unusual shapes, offering countless options for storage. 36e8 lets you create infinite compositions tailored to your spaces and your personality. Price: **check website**
www.lago.it/en



Evolve, the first circular mattress in the world

Evolve
now temporarily for
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instead of €1,095

Evolve is entirely made from reusable materials without using foam or glue. Sustainable and locally produced, to reduce waste. Our contribution to a better world and to help you sleep better. Sleep like a baby, thanks to the excellent ergonomic support and ventilation.

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A sustainable world, we dream of it. A world in which nothing is wasted, and everything is recycled for the next generation. That is circular. This means you can rest easy when you go to bed. With B Corp, Auping keeps its green word: we're the first mattress and bed manufacturer in the Benelux to be

B Corp certified. Only companies that have the highest standards concerning social and ecological issues can attain this certificate.

The complete Auping product range

Our Auping Store contains the complete range of products: from beds and box springs to pillows, duvets and bed linen. This means we can ensure you can choose

the bed and sleeping comfort that is completely tailored to your personal wishes.

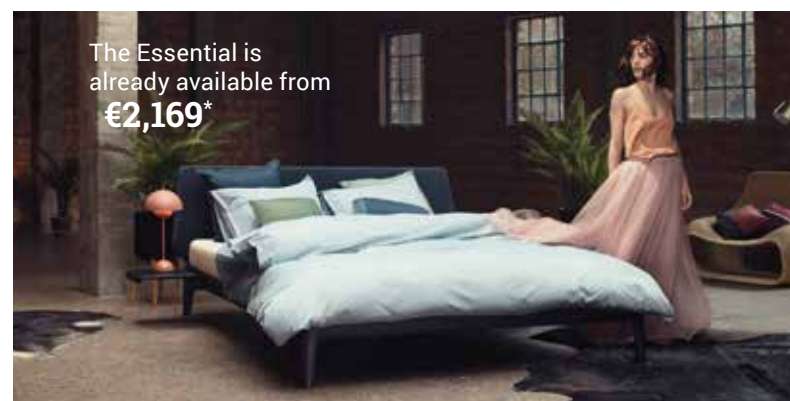
* More information can be found in our shop.

Convinced? Pay us a visit. Try one out. And choose a mattress that's as unique as you.

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The Essential is
already available from
€2,169*

Shopping décor

Hästens: The perfect sleep

The luxury Swedish bed manufacturer collaborates with renowned British designer Ilse Crawford

Since 1852, Hästens has taken up the challenge of designing the best sleep, the perfect sleep. The skilful craftsmen at Hästens' atelier in Köping, Sweden, have worked to perfect the bed making craft for generations. Every Hästens bed is handmade, using only premium natural materials, and guaranteed 25 years. Now active in 36 countries and with more than 200 partners in Europe, Asia and the Americas, this once-modest family business has grown to become a global manufacturer, a Retail and Royal Purveyor of premium beds.



Ilse Crawford is a British designer and creative director with the simple mission to put human needs and desires at the centre of all that she does. Her goal is designing furniture and products that support and enhance human behaviour and actions in everyday life. Called 'Being', the collection is designed to complement Hästens' luxury handcrafted mattresses and to support and enhance our experience of being in bed. The star of the collection is a headboard upholstered in natural hemp fabric. With its tactile feel and gentle slope, it provides a comfortable sitting experience for lazy mornings in bed.

Joining the headboard is a hemp bed skirt with kick-pleat corners and piped seams. With its natural, yet clean aesthetic, it is the ideal partner to Hästens handmade beds. The collection is completed with a down-filled

lumbar cushion and crisp white bed linen that is soft and weightless against the skin.

Speaking of the collaboration, Ilse Crawford comments: "As we are discovering more and more, quality of sleep is an integral factor in our overall wellbeing. We saw the collaboration as an opportunity to bring together Hästens craftsmanship and scientific knowledge of sleep and mattresses with our experience of interior design and human behaviour. Our designs will improve the whole experience of being in bed, not just when we are asleep, from a wellbeing, functional and sustainable perspective."

This collection is available in our Hästens Brussels Store, 8 Boulevard de Waterloo, Brussels 1000

VDV
Design


Designers of staircases that match exceptional interiors
www.vdv-design.be

LIFESTYLE

Shopping décor

Muller Van Severen and KASSL

KASSL Editions and the Belgian designer duo Muller Van Severen have introduced 'The Pillow Sofa'. A creative collaboration sparked within the context of Wallpaper* Re-Made project, an initiative to connect the brightest creatives and manufacturers to re-imagine, re-think and re-create the world's surroundings into smarter and more sustainable ones. Price: **check website**

www.mullervanseveren.be



Photo © Fien Muller

Katy Paty Roo Yellow 2-gang Switch

From a small team of makers in Bohemia come these charming round porcelain switches. Katy Paty have perfected a special process of dyeing porcelain, and the Roo Nitor range features the most vivid colours of the lot. Price: **€82**

www.swtch.co.uk



Giulietta Screen Essential Home & Carlo Donati's Collection

The precious crossing curved brass frame of this beautiful screen, named after Giulietta Masina, creates an elegant dialogue with the upholstery - deep yellow or peacock velvet combined with a fifties' taste fabric.

Price: **check website**
www.essentialhome.eu



4MURS Belgium ROUCKY comforter

This very soft ROUCKY comfort blanket symbolizes a friendly wood fox, with warm and naive features so that baby can be well accompanied during his sleep! In warm orange and white tones, it will go perfectly with a room with a very natural atmosphere! Price: **€12**

www.4murs.be

Coffee & Cloth Ltd

House Doctor Organi Side Plate. Create a stylish dining table setting with personality with this new range of ceramics from Danish Lifestyle House Doctor. Ideal as a side or cake plate introduce depth and a fresh style to your dinner-party crockery. Price: **€9.30**

www.coffeeandcloth.co.uk



Covet House Sika Orange Armchairs

Sika is a deer specimen rooted in Japan whose strength and elegance inspired SIKI Wingback Chair. The most distinctive features of this wing chair are the button detailing in the inner back, the nailhead trim and the brass details of the arms. Price: **check website**

www.covethouse.eu



LIFE OF LEISURE

Find out more about leading youthful environment activist Greta Thunberg

LIFE OF
LEISURE

Interview

Ana de Armas: Resetting back to nothing

Our celebrity this month is a young actress turning heads in Hollywood

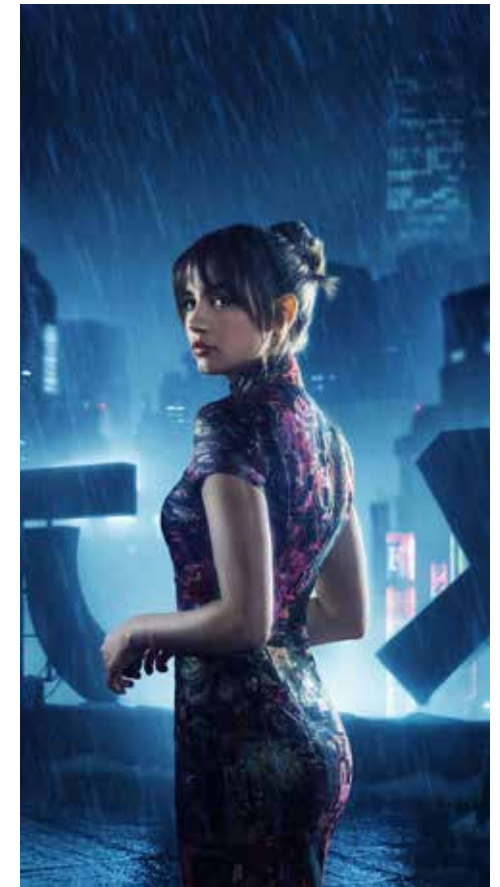
Ana de Armas is one of the most recent Latina actors to hit the big screen, in the process making the successful transition from Spanish-speaking to English-language movies. Lockdown saw the actress celebrate turning 32 by picking up a rather famous and very recognisable new boyfriend, but the Cuba-born actress's true focus remains on work, rather than play, given her recent ascent to Tinsel Town glitterati.

Cross-genre, the actress is flawless, with Keanu Reeves, Robert De Niro, Harrison Ford, Ryan Gosling, Rosamund Pike and Jamie Lee Curtis all quick to note the potential of this new acting luminary, with the diminutive de Armas, somewhat belatedly (thanks to Covid), able to finally add a famous franchise to her CV.

The long-awaited release of the 25th Bond movie and another casting alongside Daniel Craig – after 2019 whodunnit *Knives Out* – is the icing on the cake after an incredible upward curve of a career in which the *Blade Runner 2097* star only took on an English-speaking role as recently as 2015.

Away from the media spotlight, the object of her personal affection belongs to none other than Ben Affleck, and there has been talk that the couple have moved in together with the actress shipping things across from her Venice pad and into Affleck's Pacific Palisades home in Los Angeles.

It seems that things are really coming together for the former Madrid resident, who was married to Spanish actor and model Marc Clotet. With *No Time to Die* to be finally released in cinemas in November, the same



month as thriller *Deep Water* emerges – where she and Affleck play an on-screen husband and wife – it proves the movie concertina is flattening. Like many movies, the new James Bond film *No Time to Die* will have to wait. It is scheduled for release in early spring 2021, but we're sure this interview will whet your appetite for what is destined to be next year's big draw in the movie theatres.

Interview

Together: How did you feel when you knew you had been cast for *No Time to Die*?

I literally didn't know what to do [laughs]! Obviously, I was happy, and I think I remember screaming Yes! in a joyous exclamation, but almost straight away I got into the mindset of starting to prepare for the role.

I was new to the gang and I was always confident that working with those actors who are very familiar to the way a Bond film works. Even someone like Lea Seydoux, who has been involved for five years has only worked on one Bond movie, and there is a whole entourage who have been at this for well over a decade. I was lucky in the sense that having been on set with Daniel Craig in *Knives Out*, I knew how he worked. It turned out that movie was a great rehearsal for Bond, even if with this being an action film, it was slightly different.

Has the delay been frustrating?

Yes, of course, but there were bigger things at play, and every person, every industry, in some way, needed to take a step back and look at the world in a different way. I could never turn around and moan at the delay to this movie when people were, and still are, facing a battle just to survive. And in a way, having a space between *Knives Out* and *No Time to Die* has been useful because, as we have said, Daniel and I were in both movies.

You can look back on appearing in Bond as a defining career moment, but my guess is you are not the sort of person to rest on your laurels.

To have been in a Bond film is something I'd always dreamed of – it wasn't an aim, but you always think that if you can have your name on a Bond movie credits, you've done well. The films have always been a huge part of the industry and, yes, we may be moving in a slightly different direction with them, but people going to watch them in the cinema have a good idea of what they are going to get.

“ I REALLY HAD TO RESET BACK TO NOTHING ”



“ I REMEMBER SCREAMING YES! ”



Interview

So, yes, I was very happy to get the chance to be in one, to work with a great director, some brilliant actors and be a part of the history that the James Bond franchise – and the excellent and legendary writer, Ian Fleming – has brought to the world. But no, this isn't the end or the point at which I sit back and start to relax – that is not me!

What is your favourite Bond movie and how much did you have to watch in preparation for your role?

Well, the first Bond movie that I actually went out to a cinema and watched in public was *Skyfall*, and I loved it. I went to the premiere of the movie when it was shown in Madrid and it was great to have a Spanish actor, Javier Bardem, in it, playing the role of the Bond villain, Silva.

I know I sound like I am biased because we are both Spanish-speaking, obviously, [laughs]. But it's not like that at all. Not only am I fascinated with Javier's performance in that film, but I love what he does as an actor. He has played so many great roles and he does play villains really well.

So, I love *Skyfall* for his performance, but also, I adored the way that the film was something of a personal and poignant story for the character of James Bond as well. For those reasons – and it being the first Bond film that I had seen in a cinema – I would have to choose that.

What about older Bond movies?

The Bond legacy stretches back so far that you realize how much history you are joining. I love the feel of the Bond movies in the 70s, as this is a world I knew nothing about. I like the way they are much sharper in the 80s, and the technology goes up another level too. I would say those are the two eras that fascinate me most.

I have always felt that Bond, more than any other movie franchise, encapsulates the feelings of the time. From the fashions to the current affairs to the music, Bond is like this

“ I LOVE WHAT HE DOES AS AN ACTOR ”



Interview

snapshot of the world at any one time. It is very clever, and often you don't realize how strong the references are to the world at that time until you watch back at a later date.

Did those older movies inspire your own portrayal and presentation of what we would deem the 'Bond girl'?

Yes, it was good practice to go back and watch the female characters of the previous Bond films and see how each was played. However, when you look at the fashions of the time, the way those characters interact with 007 and the script that is laid out in front of you, you quickly realize you are playing a very different role. It becomes obvious - the only way is to invent your own way of playing the character you have.

Outside of Bond, who are your favourite female actresses?

I would say those I have studied and admired include Meryl Streep, Kate Winslet, Jennifer Lawrence and Cate Blanchett – but not just those four. There are so many great actresses that when you start to become obsessed with improving your own performance and trying to get new types of roles that you've never considered before, you start watching the best and trying to take some tips from their acting.

I've seen you start to get nervous and clam up a little when anybody asks you about your character, Paloma...

[Laughs]. Yes, have you noticed that? Well, it's a very secretive role and if I was even to try to begin to give you any little bit of the part that I play, it's going to give the game away and that is not something that I want to do. People think the secrecy of Bond is all centred in the plot and what James gets up to as 007, but the real ability to hide facts and distort truths is in the actors trying not to give away the plot [laughs].

You have Deep Water coming out. It obviously begs the question of what it was like working opposite Ben Affleck.

In some ways easier than if it was just anyone, in other ways more difficult, and it probably won't surprise you to hear that.

“ INVENT YOUR
OWN WAY OF
PLAYING THE
CHARACTER ”





What more can you say about the film – it is already speculated as being one of the best of the year.

I will let people make up their own minds but I can't say too much more.

Okay, so what's coming up next year?

My main focus is always on the movies that are right in front of me. Obviously, this year has been a little stranger because some of what we are finally promoting now was filmed one and two years ago. It feels as if I have lived with these for so long as a secret, unable to say much or even contemplate their release. For a while, I wondered if they would ever see the light of day.

So for that reason it makes it difficult to move on too quickly to other projects, but *Blonde* [Marilyn Monroe biopic] is next up, and obviously I am very excited about that.

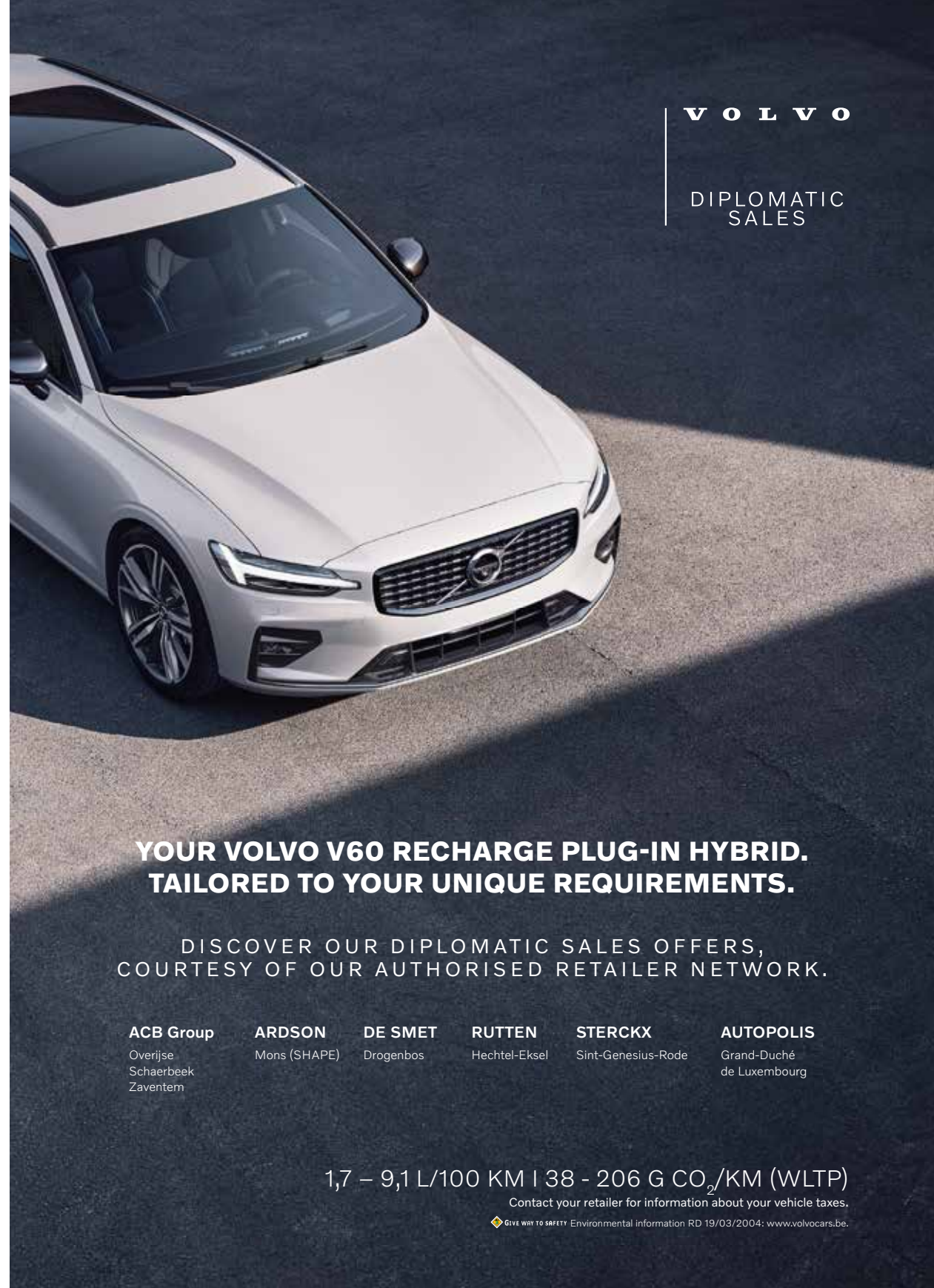
How did you go about preparing for that? Where do you even start?

It is such a deep point of preparation and I really had to reset back to nothing. There is only so much I can say, but with Marilyn what

I found is that the physical aspects of playing someone that iconic are only really half of it. I know people's first thought is how you look and how you sound, but for me it was something so much deeper than that – it was a real revision and cleansing of my personality. That was a much bigger thing to contemplate and to challenge me.

So No Time To Die has been delayed again. Frustrating?

I feel like I've been waiting forever for the film. I said to myself: 'It's been such a long time coming but finally, the theatres are starting to re-open and the world can finally see it.' I was looking forward to the moment and really hoping... we also get a chance to celebrate after all the hard work. And then it's delayed again but we can do nothing about that... ❶



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Golf

Hulencourt: Inspired by excellence

Delight yourself, combine Lifestyle and Golf !



Hulencourt, situated in the heart of the Walloon Brabant, is without doubt one of the finest golf courses in Belgium, a country that really loves its tee-offs. To be found just 30 minutes south of Brussels, Hulencourt was first laid out within an historic 17th-century estate by French architect Jean-Emmanuel Rossi in 1988.

The name Hulencourt comes from the medieval word Huglin, which means owl in reference to wisdom. Hulencourt has an interesting history, which dates back to 930AD. At that time Hulencourt was called Huglintrou. Huglintrou was owned by Ide d'Ardenne, wife of Eustache Count of Boulogne, who fought alongside William of Normandy in the conquest of England in 1066.

Its 27 holes occupy an open, gently undulating site – a site which, thanks to the regeneration in progress, according to the

Hulencourt team, is soon to be offering new delights to its devotees.

The Hulencourt team said: “We started making extensive changes to Hulencourt six months ago, when the Belgian government stopped all activities because of COVID-19. We are undergoing a big project to rebrand Hulencourt – a new logo, new outfits, a project for the next ten years.

“Today, we are a club that also offers many other activities, not only golf – we have cultural activities such as concerts, exhibitions and conferences. With our efforts over the past 12 years, we have become more like a resort.”

Hulencourt's centrepiece is undoubtedly Le Vallon, the Championship course, which is widely acclaimed as being one of the best conditioned courses in Belgium. Le Vallon has been recently entirely renovated by

Frank Pont and Hendrik Hilgert. Reputed for its excellent year-round conditioning, with summer greens always in play, Le Vallon is a real joy to play.”

The best French pros and players in Europe, such as Julien Quesne, Arnaud Garrigues, Benoit Ducolombier, Gregory Havret, Justine Dreher and Victor Dubuisson run the Hulencourt Golf School. The mission is to provide students of all levels with high quality teaching offered by the best players and pros in Europe, with full sporting facilities and state-of-the-art technology, service and guidance that are beyond reproach, as well as the guarantee of progress and results based on a training programme adapted to each player.

Whether at lunch or dinner, you can relax at the excellent Club House Bistrot and the Bonavita Restaurant.

Sitting in the Club House lounges in a very warm and cosy atmosphere, you can enjoy dishes with concentrated flavours - fine epicurean pleasures! The tasting experiences offer a convivial moment through a selection of dishes from a ‘synopsis’ of the Bonavita menu. Located near the Clubhouse Bistrot, the Bonavita serves a menu based on the essence of traditional Belgian cuisine. Our chefs have carefully designed the menu to bring creative and authentic recipes to the table that will delight the most demanding palates.

The large terrace of the Clubhouse Bistrot, with magnificent views of the internal courtyard, enables golfers, artists, personalities, residents and visitors to savour



the rich flavours of Belgian cuisine in a relaxed atmosphere.

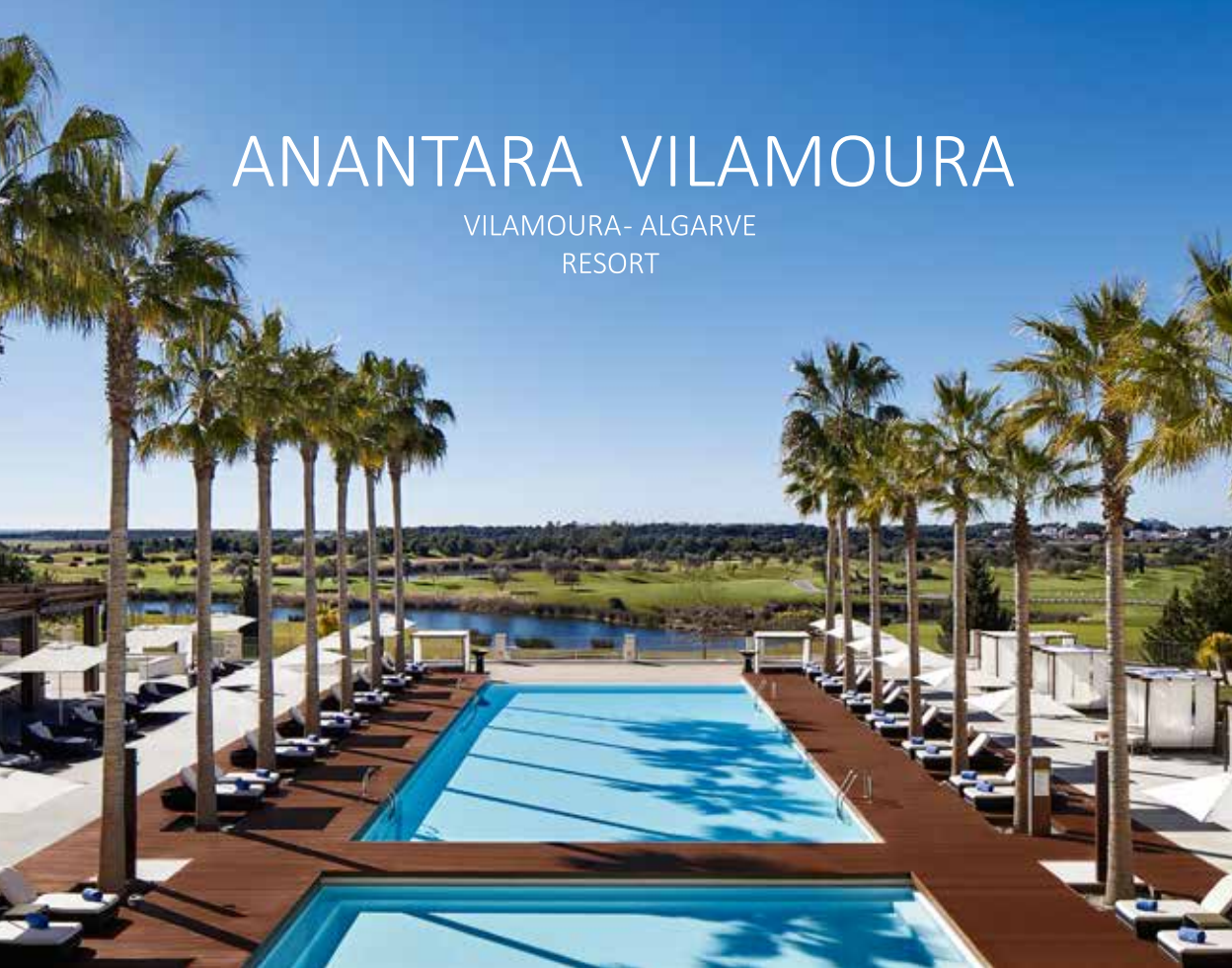
For 13 years Hulencourt has hosted personalities and artists on its stage, such as Toots Thielemans, Alfred Brendel, Francois Hollande, Stephen Kovacevich, Boris Berezowski, Mayte Martin, Philippe Jaroussky, Palmo Venneri, Renaud et Gautier Capuçon, Richard Galliano, Jacques Attali, Frederic Mitterrand, Ana Moura, Maria Toledo, Nelson Freire, Bernard Henri-Levy, Nelson Goerner, Jan Lisiecki, Arianna Savall, Thomas Zehetmair, Guy Braunstein, Pere Portabella, Stefan Tarara, Katia et Marielle Labèque, Jacques Alphonse De Zeegant, Alicia Nafé, Emmanuel Pahud, Yefim Bronfman and others.

Hulencourt organizes dinner debates, romantic marriage proposals, anniversaries, seminars, concerts, art exhibitions, escapades, travel experiences, incentive stays, team building, product launches. Absolutely everything here can be imagined and magically take place!

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Travel

Les Thermes Marins de Saint-Malo: Rejuvenate yourself

Rejuvenation and exhilaration are the order of the day in Saint-Malo

A warm welcome to the historic French port of Saint-Malo, which is to be found in Brittany on the Channel coastline. This walled city has a long history of piracy, and it has historically earned much wealth from extortion and overseas adventuring.

Now, it is a well established tourist destination, with a ferry terminal serving the Channel Islands of Jersey and Guernsey, as well as the southern English settlements of Portsmouth in Hampshire and Poole in Dorset. The famous transatlantic single-handed yacht race, Route du Rhum, which takes place every four years in November, is between Saint-Malo and Point-à-Pitre in Guadeloupe. Saint-Malo is where the stylish, gracious and rejuvenating location Les Thermes Marins de Saint-Malo finds its home.

Rejuvenating, how so? Well, with the Thalasso and spa packages the hotel offers, you will be completely spoiled for choice as far as relaxation and rejuvenation are concerned.



Feeling tired and stressed, but still want to give your fitness a boost? The Sea & Fitness programme could well be for you, which offers six days with 24 treatments, including three affusion shower massages, three seaweed body wraps, six supervised pool sessions (jet pool for the back or toning in the pool) and 12 hydrotherapy treatments? such as jet baths with seaweed or essential oils, affusion shower, marine draining, big shower, underwater shower and Ondorelax.

Travel

Or, perhaps you are absolutely determined to find peace and serenity? If so, why not take the plunge with the Sea & Harmony treatment? This cure combines yoga sessions with Thermes Marins Thalassotherapy's expertise and Spa treatments. It offers six days with 19 treatments, including six relaxation and personnel development sessions, namely three Aquarelaxation sessions and three Yoga sessions. There are also 10 hydrotherapy treatments, including a manual affusion shower, three underwater showers, three marine draining sessions, and three jet baths with seaweed or essential oils. There are also three spa treatments, an Ayurvedic Indian Massage, traditional Chinese energetic massage and an emotional foot reflexology treatment. As an extra boost, you will also have unlimited access to the Aquatonic® Pool Cardio Training Area, the Hammam and sauna swimming pool.

It's all about a total reboot to your system, as well – the Health Cures available are made for people who want to decrease pain, get better posture, better balance, muscle strength or simply improve sleep. The cures are beneficial in many areas – for those suffering from back pain, heavy legs, sprains, fractures, and can even be beneficial in the aftermath of a stroke.

The range of treatments available is truly remarkable, and includes programmes for new mums, and younger and more mature guests. The extreme tides of Saint-Malo guarantee the purest sea waters used in the treatments, and the locale, which is just a short walking distance from Saint-Malo, is also great for exhilarating walks and bicycle rides.

In short, the Thermes Marins de Saint-Malo offers 5,000m² space, with 80 rooms for individual hydrotherapy and physiotherapy treatments. Its treatments expertise is recognized the world over, and the hotel has more than 50 years of experience in

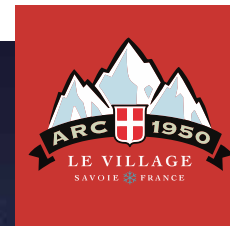


wellbeing. Weekends and short stays are also available, to take time out and take advantage of the Thalasso packages for health, slimming and general wellbeing. As another boost, the sunsets, which can be enjoyed from the hotel's rooms, are remarkable.

And the local cuisine is also very tempting – the area is a world-renowned oyster region, with the oysters of Cancale by far the most famous in Brittany. Grown in the bay of Mont-Saint-Michel, they are bathed by the strongest tides in the world. The oyster farmers set up shop on the docks, each day selling their produce when it is at its freshest.

And, you simply must try Craquelins – these biscuits are a local speciality that date from the Middle Ages, named after the Dutch *crakelinc*, which means 'to crack under the tooth'. Rounded in form and deliciously topped with jam, honey, butter or salted caramel, they can also be enjoyed as an aperitif with savoury toppings, such as fish

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paté and sardine butter. Saint-Malo yoghurt is a well-known dairy speciality from the Corsair City, recognizable by its slightly conical cardboard pot. The yoghurt contains rennet, an enzyme that helps pre-digest milk. The company also produces a fresh cheese made according to the traditional method, by draining the curd in canvas bags. Dripping for more than 72 hours, slowly and naturally, brings the taste and texture of yesteryear.



to puff pastry. The cake is slowly baked until the butter puffs up the dough and the sugar caramelizes.

Saint-Malo has several districts, the most popular being intra muros or 'inside the walls'. The tall granite buildings, most of which were restored after

being bombed during the war, house an interesting mix of cosy hotels, restaurants to suit all tastes and shops by the dozen. You can get nicely lost as you wander around but suddenly a view appears and you step out to gaze at the expansive water.

Essentially, a stay at Les Thermes Marins de Saint-Malo is all about paying well-deserved attention to the inner you – have an incomparable stay in a beautiful hotel that will set you completely back on your feet and ready to face the world once more. Enjoy! www.thalasso-saintmalo.com/en ⓘ



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Wine

Vignobles & Signatures

This month we look at a club of exceptional winemakers



Vignobles & Signatures, put simply, is one club, men and women from French vineyards, sixteen families producing excellent wines.

Initiated by Jean-Francois Janoueix at Vinexpo Bordeaux, the place that encourages friendly meetings and discussions, Vignobles & Signatures evolved naturally from these encounters. The club was first established with eight leading winegrowers from eight major appellation areas. Today, the club has become a genuine economic force in the French wine industry, boasting 1,550 hectares of vines, 11.5 million bottles, 375 employees and a turnover of €84 million, with members belonging to the leading family producers from France's chief appellation areas.

Sixteen winemakers' families united by a common point

A wine history going back several

generations, a tradition led by family business, an extra asset to the wine quality. Vignobles & Signatures is the undeniable success of an association based on the solidarity between its vintners and the love of a job well done. An ethic naturally adopted by new generations, already integrated in some companies. Interaction remains an important part of Vignobles & Signatures.

“FAMILIES UNITED BY A COMMON POINT”

Some endorsements

“Thanks to Vignobles & Signatures, we can share our preoccupations and views. This exchange allows for a greater and quicker awareness of current problems and solutions.” *Philippe Blanck*

“Every day we grow a little bit more together.” *Jean-Paul Durup*

“The club's joint actions have allowed us to develop the Drappier brand in the best traditional retailing networks.” *Michel Drappier*
www.vsclub.com

Yes,
we can
change
the world
during
the
break.



WELCOME TO A FAIRER WORLD.

Dining



Photo © Loola

Loola

You don't have to look far for a pizzeria in Brussels (or anywhere else in the world), so it's refreshing to come across one that does things just that little bit differently. Meet Loola, who novelty is that you can 'build' your topping. There are so many choices that it may take you some time to finally make up your mind from the cheeses, salads and vegetables. And they also do a choice of very fresh salad items - and once again you get to put it all together. It boasts 40 ingredients selected from the best Belgian suppliers. We loved the fun, modern design of the place, right down to the logo and even the box if you're doing takeaway. The staff are young, efficient and friendly. We went to the one close to the Cimetière d'Ixelles (the liveliest place in town :). They have just opened in Louvain-la-Neuve.

www.loola.be



Photo © Chez Léon, Luc Viatour

Chez Léon

This veritable Brussels institution started as a humble friture but they can still match the best when it comes to fries. It's a family-run place that positively bustles, with waiters ascending and descending the seemingly endless staircases (think Hogwarts). There's very generous menu which, of course, includes mussels (cooked in many different ways) and fries, and they also have their own beer and have also partnered up with the excellent biscuit maker Jules Destrooper which comes in an old-fashioned biscuit tin. We go for shrimp croquettes, followed by mussels in garlic and a herb-scented sole. Ideal in family or as a couple, but if you're planning a birthday gathering or an office event, groups are very welcome - and Chez Léon has room for all, and no matter the number the service is always impeccable. And they can easily rearrange the various paces to suit your needs. Remember that children go free.

www.chezleon.be

BON

A new craft has landed in the Schumann galaxy. BON states its mission as: "Our goal is to be an alternative to traditional fast-foods by offering quality, balanced, tasty and affordable products." All their products are freshly made on a daily basis, using the best quality of ingredients, "filled with love and passion". A modern, fresh place where you can eat inside or on the terrace, facing the Berlaymont building, or takeaway. If the weather is clement enough, you can head for a picnic in Parc du Cinquantenaire, which is two shakes of a lamb's tail away. There's a wonderful choice before your eyes, and the helpful staff



can help guide you along the way. From the beginning, they have always been about their juices so don't leave without trying. There are eight BONs dotted around Brussels. Right now, the Autumn boxes are available, including the Into the Wild Box and the Veggie Lunch Box.

www.bonwithlove.com

From Comptoir

"Cheese, Gromit!" as Wallace is keen on saying to his clever mutt. Well, if you're a fan of cheese, you'll love From Comptoir. They explain: "We passionately select matured cheeses that we really like. We want to highlight the producers and refiners with whom we collaborate. Our local roots are important. We choose with care directly from the Belgian producers the cheeses that we mature in our own cellars." These include French and European cheeses, selected from several refiners whom they particularly appreciate and which are linked to their history. Their choices are dictated by a desire to offer customers raw milk cheeses from almost the entire selection.



At From Comptoir they are committed to taking the greatest care of all the cheeses they harvest to offer them to their customers with the best timing. You can buy: cheeses (of course), yogurt, butter, cold meats, eggs, bread, wine, beer, juices, iced tea. And for special occasions: aperitif platters, party trays or even a cheese centre piece.

www.from-comptoir.be

Dining

Natural Nut'ly

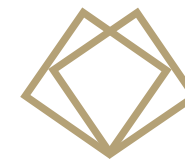
At *Together*, we are big fans of local Belgian entrepreneurs and we've come across another one who is going nuts about her business. Natural Nut'ly is a young Belgian brand of nut butters that was launched by Alizée Alexandre. Alizée Alexandre tells her story: "Family and friends call me Squirrel. I am a nut lover for its taste, its practicality and its nutritional value. Whether they are raw or processed to natural nut butter, nuts are an integral part of my daily nutrition routine. Being such a nut foodie brought me to notice that finding a nut butter in Belgian supermarkets was quite a challenge. This is why Natural Nut'ly was brought into being with the purpose of making accessible food that is better for you while being natural, delicious and fun at the same time."

“ WHAT TOAST WAS INVENTED FOR ”

Alizée offers three different flavours: Almond Classic, Coconut Almond and Hazelnut Almond Crunchy. Check the myriad possibilities on her recipe page, such as Almond Butter & Banana on toast, Almond Butter & Pancakes, Almond Butter & Porridge and even Hazelnut Almond Butter Pad Thai. Other products will follow soon, and Alizée also plan to offer limited editions twice a year. They are now available at Delhaize Belgium, Rob Gourmet Market, Rhino, Foodies Market, Lemlyn and Décathlon in the spreads section.

We tried the Classic Almond and the Coconut Almond - they're what toast was invented for!

www.naturalnutly.com



chambelland



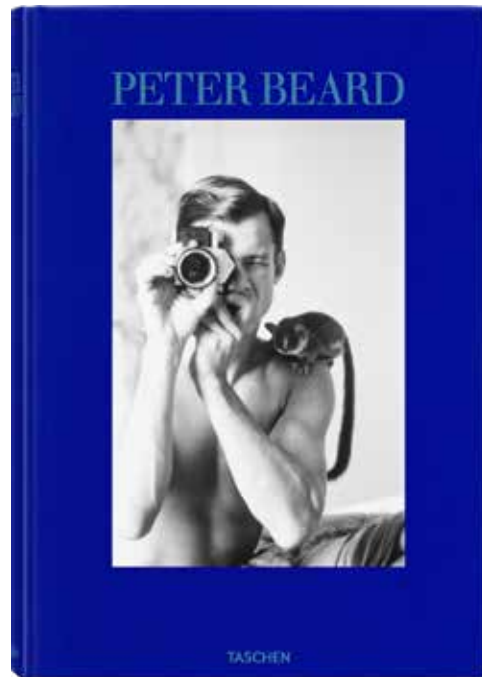
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Peter Beard

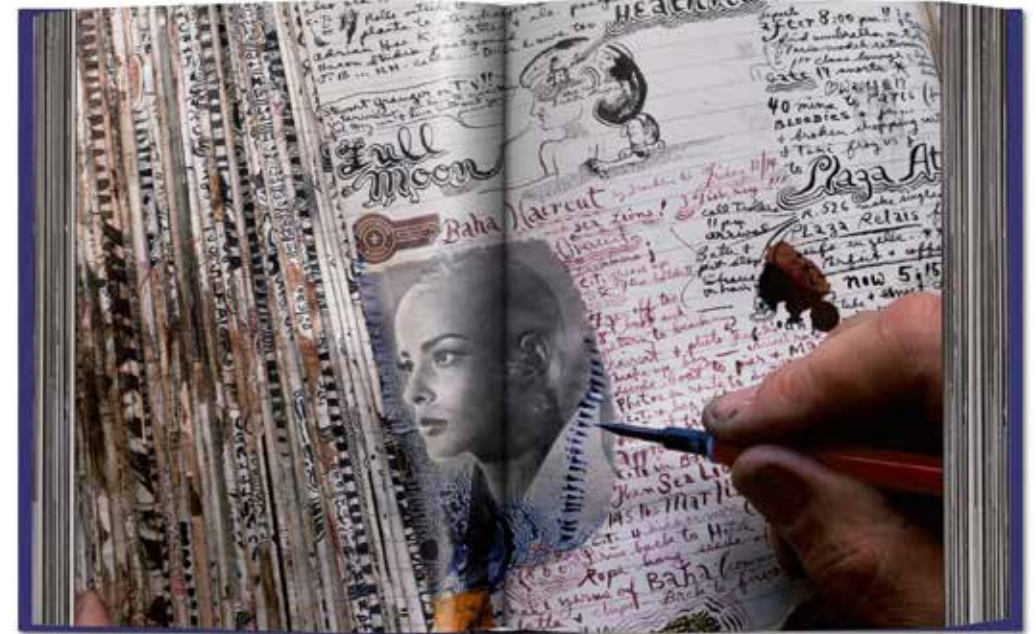
Our book this month looks at the remarkable life and work of a unique photographer



Artist, diarist, collector and writer Peter Beard (1938-2020) fashioned his life into a work of art; the illustrated diaries he kept from a young age evolved into a serious career as an artist and earned him a central position in the international art world. He collaborated with Francis Bacon and Salvador Dalí, he made diaries with Andy Warhol and toured with Truman Capote, Terry Southern and the Rolling Stones - all of whom are brought to life, literally and figuratively, in his work. He delved into the world of fashion for its beautiful women, taking *Vogue* stars like Veruschka to Africa and bringing new ones back to the US with him.



After spending time in Kenya and striking up a friendship with the author Isak Dinesen (Karen Blixen) in the early 1960s, Beard bought 50 acres next to her farm with the stipulation that he would film and write about the land and its flora and fauna. He witnessed the dawn of Kenya's population explosion, which challenged finite resources and stressed animal populations, including the starving elephants of Tsavo dying by the tens of thousands in a wasteland of eaten trees. So he documented what he saw with diaries, photographs and collages. He went against the wind in publishing unique and sometimes shocking books of these works, including *The End of the Game*.



“ A HISTORY OF HIS LIFE EXPERIENCES AND OUR OWN ”





Peter Beard began taking photographs and keeping diaries from early childhood. By the time he graduated from Yale University, he had developed a keen interest in Africa. A constant creator, Beard the chronicler photographed, wrote, drew, collaged and assembled a history of his life experiences and our own. ①



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www.randkrant.be - www.ringtv.be

What's on

What's on Belgium



Warhol: The American Dream Factory

The exhibition *Warhol: The American Dream Factory* offers a comprehensive overview of the career of this multi-faceted artist, and one of the most influential of the 20th century, the master of Pop Art. You will witness forty years of tumultuous American history, whose soul Warhol captured like no other of his contemporaries.

The show brings together the most famous works by Andy Warhol, gathered from big museums and leading private collections around the world, as well as rare documents exhibited here for the first time. The heart of La Boverie will beat to the rhythm of the crazy nights of Manhattan, when musicians, poets, actors and eccentrics of all stripes met at Warhol's 'Factory'. During this exhibition, the Factory will set up on the banks of the Meuse.

- Some 100 original works by Warhol and many multiples, loaned by The Andy Warhol Museum as well as other museum institutions and private collections never shown to the general public.
- Works created in collaboration with Keith Haring and Jean-Michel Basquiat.
- Exceptional archives: films, book and magazine covers, record sleeves and posters... all made by the artist.
- An innovative scenography, which captures the spirit of the era in sounds and images. **Until 28 February 2021.** La Boverie, Liège. www.laboverie.com

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What's on

BOZAR: Danser brut

Danser brut attempts to reveal the connection between dance and involuntary or repetitive movements. The exhibition examines different forms of expression of the body, the face and the hands as a translation of our being-in-the-world. Through an intriguing mix of Art Brut, modern and contemporary art, medical archive documents, film excerpts, etc, the exhibition defies categorisation. It does not want to tell a history of dance but aims to broaden our view and put modernity in a different light. With work by Ulrich Bleiker, Michael Borremans, Charlie Chaplin, Aloïse Corbaz, Henri de Toulouse-Lautrec, Michel François, Valeska Gert, Rebecca Horn, Henri Michaux, Vaslav Nijinsky, Arnulf Rainer, Philippe Vandenberg, Mary Wigman, Adolf Wölfli, along with a selection of archival



documents, manuscripts, magazines and film fragments. **24 September 2020 — 10 January 2021.** BOZAR.
www.bozar.be

Filem'On Film Festival

The international film festival for young audiences Filem'On is holding its 14th edition this year. During 10 days, the festival will be showing unique films to schools, families and associations in various theatres and cultural houses of Brussels. More than 130 films, in all formats and of all genres, for children and teens between 2 and 16, will be programmed. Many films will compete for a Belgian, international or European award, in the presence of the



director or actor. 'Cosmos' will be the main theme of this edition, and it will run through the workshops, ciné-concerts and selected film classics as a common thread. **28 October - 7 November.**
www.filemon.be/en

Roy Lichtenstein 'Visions multiples'

By means of some hundred works (prints, sculptures, tapestries, banners, etc) displayed in a retrospective that highlights the artist's favourite themes (objects, female figures, comic strips), the public is invited to discover a surprising variety of techniques. Lichtenstein was constantly searching for new supports – enamel, ceramics, Plexiglas, Rowlux. He loved to experiment, and even mixed techniques and materials in one and the same work. For the first time in Belgium, this exceptional exhibition, drawing on a close dialogue between careful research into mechanical reproduction processes and the themes close to Roy Lichtenstein's heart.



Roy Lichtenstein, 'Crying Girl', 1963. © Estate of Roy Lichtenstein/SABAM 2020

10 October 2020 - 7 February 2021. BAM, Mons.
www.bam.mons.com



Tim Walker: Wonderful Things

The largest show ever of the wide-ranging and sensational work by Tim Walker, photographer extraordinaire. In September 2019, this impressive exhibition opened at the Victoria & Albert Museum in London. The show pays tribute to Walker's extraordinary

contribution to the world of photography over the past 25 years and was inspired by the collection of the V&A Museum itself. C-mine is the first stop on the show's world tour and will undoubtedly turn out to be one of this year's must-see exhibitions in the Benelux.
www.c-mine.be/en ⓘ

What's on

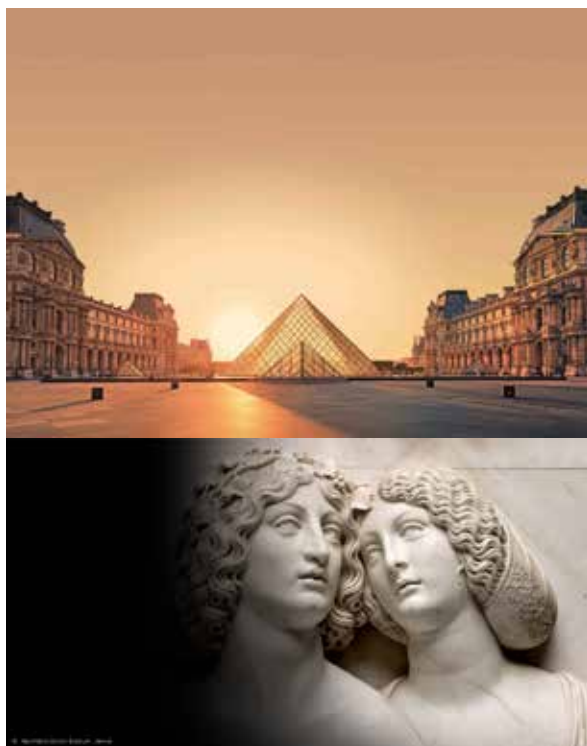
What's on International - Paris

Le Louvre

Every trip to the capital deserves a visit to the Louvre to discover the wealth of treasures it contains. The museum houses western works of art dating from the Middle Ages to 1848, in addition to collections of ancient oriental, Egyptian, Greek, Etruscan and Roman civilizations, as well as graphic and Islamic arts. From room to room, the former royal palace reveals its masterpieces to the public: the Mona Lisa, The Raft of the Medusa, the Venus de Milo, and The Winged Victory of Samothrace. In total, there are 35,000 works to be discovered or re-discovered! With its 800-year-old history, the Louvre has been influenced by numerous architectural trends, from the medieval fortress of the 12th century to the glass pyramid by Pei (1989).

Exhibition The Body and Soul

Italian Renaissance Sculpture from Donatello to Michelangelo exhibition, co-organized by the Castello Sforzesco in Milan, brings together over 150 artworks. It highlights the main characteristics of the new art style that spread throughout Italy in the second half of the 15th century, culminating in the early 16th century in what contemporary art historian Giorgio Vasari described as the "modern style", the peak of Renaissance sculpture and Italian art. Artists looked for innovative ways to depict the movements of the human body. This desire to express motion and emotion underlays the work of the greatest sculptors of the period, including Donatello and Michelangelo, two of the most



Body and Soul
© Kunsthistorisches Museum Vienna

famous artists in history. By the late 15th century, Michelangelo had achieved a mastery of form reflected in the figures of the Slaves, held at the Louvre.

The variety of works on display in the exhibition illustrates the sheer scope of Renaissance creativity, represented by many outstanding artists, including Antonio Pollaiuolo, Tullio Lombardo, Andrea Riccio and Agostino Busti. They worked above all in Tuscany, Lombardy and Venetia, but also at the courts of Urbino, Ferrara, and Mantua.
www.louvre.fr

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Cinema: All the latest movies playing in Belgium

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



On the Rocks

On the Rocks is a comedy-drama film written and directed by one of the world's best female directors, Sofia Coppola. It follows a father and daughter (Bill Murray and Rashida Jones) as they tail her suspicious husband Dean (Marlon Wayans). Set in a world of privilege and sophistication. Laura (Jones) thinks she's happily married with two daughters, but when her husband starts logging late hours at the office with a new co-worker, Laura begins to fear the worst. She turns to the one man she suspects may have insight: her charming and impulsive father Felix (Bill Murray), who insists they investigate the situation. As the two begin prowling New York at night, careening from uptown parties to downtown hotspots, they discover at the heart of their journey lies their own relationship.

96 mins.

Relic

Natalie Erika James (in her directorial debut) brings us *Relic*, starring Emily Mortimer, Robyn Nevin and Bella Heathcote in a horror tale about Edna, the demented, elderly and widowed matriarch of a family, who goes missing. Her daughter Kay and granddaughter Sam travel to their remote family home to find her. They discover the house locked from the inside, and a strange black mould-like substance on an upstairs wall. Much of the furniture has been adorned with Post-it notes of reminders for Edna. The pair grow increasingly disturbed...

89 mins.

I Am Greta

So, do you love or loathe her? Well, now is your chance to find out more about leading youthful environment activist Greta Thunberg, the Swedish environmental activist who has gained international recognition for promoting the view that humanity is facing an existential crisis arising from climate change. Thunberg is known for her youth and her straightforward speaking manner, both in public and to political leaders and assemblies, in which she criticizes world leaders for their failure to take sufficient action to address the climate crisis.

97 mins.

Candyman

Well, what is this, another remake, another sequel, something of both? Whatever, it is the fourth film in the *Candyman* franchise, which dates as far back as 1992. Tony Todd reprises his role as Candyman from the third film – the action takes place, as before, in Chicago's Cabrini Green neighbourhood which, for as long as anyone can remember, has been terrorized by a word-of-mouth ghost story about a supernatural killer with a hook for a hand, easily summoned by those daring to repeat his name five times into a mirror. Brrrrr...

TBC. ●



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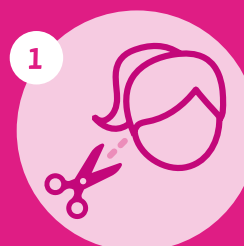
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