

Together

MAY 2021 #113

magazine

Dining & Wine
What's on

TRAVEL
Sani eco-resort
Hillside Beach Club

Money
Politics

LUXURY
PROPERTY
TIMEPIECES

AMAZING
BELGIANS

DESIGN
& DECOR
BOOKS

Fashion
Beauty
Shopping

Personal Development

Nutrition for workout
Beyond the myth
Power of speech
Astrology, Be successful
Rebirth

Jennifer
Aniston
Interview



LA SYMÉTRIE PARFAITE



Le **Stelvio Veloce Ti** marie l'élégance et la sportivité.
Découvrez la gamme Alfa Romeo Stelvio à partir de **449€/mois HTVA.***

* Offre Renting financier avec option d'achat de 20% sur une durée de 48 mois sur Alfa Romeo Stelvio Base 2.2 160HP. Prix catalogue du véhicule € 28.386,45 (HTVA), acompte de € 2.397,90 (HTVA), réduction Fleet déduite. Offre valable du 01/05/2021 au 31/05/2021, valable uniquement à des fins professionnelles. Sous réserve de disponibilité de véhicules en stock et d'acceptation de votre dossier par FCA Bank, succursale belge de FCA Bank S.p.A., bailleur et annoneur, 8-10 rue Jules Cockx à 1160 Bruxelles ayant son siège social Corso Agnelli 200, 10135 Torino - Italie. RPM: Bruxelles, BCE: 0699.630.712. SPF Economie, P.M.E., Classes moyennes et Energie - Tél.: +32 800 120 33 - Fax: +32 800 120 57 - e-mail: info.eco@economie.fgov.be

5.5-9.0 L/100 KM • 144-204 G/KM CO₂ (WLTP)

Contactez votre concessionnaire pour toute information relative à la fiscalité de votre véhicule.



DONNONS PRIORITÉ À LA SÉCURITÉ.



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

LA NOUVELLE JEEP®

COMPASS

L'ÉVOLUTION DU SUV COMPACT



DÉCOUVREZ LA NOUVELLE JEEP® COMPASS
À PARTIR DE

279€ / MOIS HTVA. (1)

- SYSTÈME UCONNECT AVEC ÉCRAN 10,1"
- INSTRUMENTATION DE BORD TFT 10,25"
- CONNEXION ET CHARGEUR SMARTPHONE SANS FIL
- CAMERA 360°

ET PROFITEZ DE 2 ANS DE MAINTENANCE INCLUS (2)

NEW COMPASS GENERATION. NOUVEAU DESIGN. NOUVEL INTÉRIEUR. NOUVELLES TECHNOLOGIES.
NOUVELLES FONCTIONNALITÉS DE SÉCURITÉ. ÉGALEMENT DISPONIBLE EN PLUG-IN RECHARGEABLE.

1,9-7,0 L/100 KM • 44-160 G / KM CO₂ (WLTP)



DONNONS PRIORITÉ À LA SÉCURITÉ.

(1) Offre Renting financier avec option d'achat de 20% sur une durée de 48 mois sur Jeep, Compass Sport 1.3 130HP. Prix catalogue du véhicule € 19.307,27 (HTVA), acompte de € 2.850,08 (HTVA), réduction Fleet déduite. Offre valable du 01/04/2021 au 31/05/2021, valable uniquement à des fins professionnelles. Sous réserve de disponibilité de véhicules en stock et d'acceptation de votre dossier par FCA Bank, succursale belge de FCA Bank S.p.A., bailleur et annoneur, 8-10 rue Jules Cockx à 1160 Bruxelles ayant son siège social Corso Agnelli 200, 10135 Torino - Italie. RPM: Bruxelles, BCE: 0699.630.712. SPF Economie, P.M.E., Classes moyennes et Energie - Tél.: +32 800 120 33 - Fax: +32 800 120 57 - e-mail: info.eco@economie.fgov.be
(2) Contrat de maintenance Easy Care (2ans/30.000km) offert à l'achat d'une Nouvelle Jeep, Compass MY21. Offre valable uniquement dans le réseau participant jusqu'au 31/05/2021. Retrouvez le réseau participant sur www.jeep.be. E.R.: Yann Chabert, Annonceur FCA Belgium S.A., 3-7 Da Vincilaan, 1930 Zaventem. RPM: Bruxelles, BCE 0400.354.731, IBAN FCB: BE 96 6829 0250 6160. Informations environnementales [A.R. 19.03.04]: www.jeep.be. Photo à titre illustratif et non-contractuelle. Le véhicule présenté ne correspond pas à la version et au prix décrit.

FCA BANK
Belgium

Jeep
THERE'S ONLY ONE



Jeep

Broaden your horizons

Delight in a day out, a memory made and a beautiful thing bought at Maasmechelen Village. There, summer pop-ups and fresh foodie delights join more than 100 boutiques from your favourite designers - all offering up to 60% on the recommended retail price.

Shop Bally, Lancel and Essentiel in a tranquil, open-air environment. Enjoy complimentary parking and a host of special services, from digital queuing, personal shopping to an exclusive VIP shopping experience where our Guest Team welcomes you with complimentary refreshments.



BOOK YOUR VIP VISIT NOW
BY SCANNING THE QR CODE

MAASMECHELEN  VILLAGE

A MEMBER OF THE BICESTER VILLAGE SHOPPING COLLECTION®

SCABAL ready-to-wear

Paul and Shark

Cortigiani

Tramarossa

Gimo's

Hermo

Aeronautica Militare

Eton

Stenströms

La Fileria

LBM 1911

Emmanuele Maffeis

Hiltl Trousers

Tateossian

Ascot

Leyva

Zegna Underwear

Palatino

MADE-TO-MEASURE

SCABAL AND BESPOKE VINCENT

Complexe commercial du Bultia

Rue Neuve, 23

B-6280 GERPINNES

Parking

www.tailleurvincent.com



VINCENT
SARTORIA DAL 1963

*Tailor-made,
a passion
we love to
share with
our clients*





Dreams
Hommage à Gustav Klimt




FREYWILLE



BRUSSEL • BRUXELLES Grote Zavel 45 Place du Grand Sablon +32 2 502 35 20
shop.FREYWILLE.com • MADE IN VIENNA

**3 DAYS, 19 HOURS,
14 MINUTES**

That is how long it took for **Howard Hughes** to circumnavigate the world and become the fastest man in the air in 1938. He trusted his Longines astronavigation chronometer to determine the position of his airplane at night or over the ocean.



Howard Hughes

**THE PIONEER
SPIRIT LIVES ON.**



LONGINES SPIRIT
COLLECTION

LONGINES

KNOKKE-HEIST

A DREAM LOCATION FOR EXPATS

Its wide sandy beaches, international appeal, gastronomic gems, year-round cultural events and amazing range of high-end shops make Knokke-Heist truly a dream location for expats.



WWW.MYKNOKKE-HEIST.BE/EXPATS

 **KNOKKE-HEIST**

Editor's LETTER

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

ON THE COVER



Jennifer Aniston returns this year in *The One Where They Got Back Together*

Rest at the end

I was taking my daily promenade in the Parc du Cinquantenaire, and, as I rounded the mosque, I saw up ahead a sight for sore eyes. My favourite terrace in town was back in its usual spot, an ephemeral visitor during spring and summer. Guingette de Maurice is covered by a sail-like white tarpaulin, and many of the tables are under the cool of the trees. They play great music - often live - and it's a place where people dance... old school. The Lindy Hop is prevalent, and these guys and gals are dressed to the nines in 1920s style clothes. And the burgers are pretty good.

I passed other local terraces filled to the gunnels in the bright sunshine, something I thought I wouldn't see for a very long time. So, this marks a passage, a landmark surely in the battle against the pandemic. We've all had to deal with a peculiar type of stress, one that seems to bring one false hope after another.

I stumbled upon a podcast interview with Will Smith, who graced our cover back in March 2015 and was very good value for cracking quotes and anecdotes in the interview we did with him.

But in this podcast he said that recently one maxim he heard stood out above the rest: "Rest at the end, not in the middle..."

Paul Morris
Editor



 /togethmagazine

 /Togethmagazinebelgium

 @together_Mag

Contents

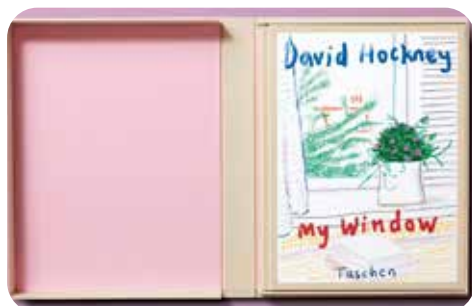
MAY 2021

- 13 Welcome letter
- 14 Contents & contributors
- 16 Together online
- 18 Starring in Belgium
- 21 Charity: Lions Club International



Self-help
Beyond the myth

26



Be successful
coaching books

44

PERSONAL DEVELOPMENT

- 23 **Fitness:** Food and fitness
- 26 **Self-help:** Beyond the myth
- 31 **Self-help:** Power of speech
- 36 **Astrology:** Saturn and Uranus
- 41 **Arnon Barnes:** Deal with crisis
- 44 **Be successful:** coaching books
- 46 **Amazing Belgians**
- 52 **Real estate:** A team sport
- 56 **Money:** Resurrection of inflation?
- 60 **Politics:** Feeling of rebirth



Luxury villas
Italian style

65



Fashion news
Japandi style

78

LIFESTYLE

- 65 **Luxury villas:** Italian style
- 68 **Fashion shoot:** Mlle.
- 78 **Fashion news:** Japandi style
- 83 **Shopping**
- 88 **Beauty:** All in the formula
- 94 **Design:** IONNYK
- 98 **Shopping Decor**



Travel
Sani Resort

116



What's on London...
virtually

136

LIFE OF LEISURE

- 103 **Interview:** Jennifer Aniston
- 113 **Travel:** Qatar Airways
- 116 **Travel:** Sani Resort
- 120 **Travel:** Hillside Beach Club
- 125 **Dining in Belgium**
- 128 **Books:** Hockney's My Window
- 130 **What's on Belgium**
- 136 **What's on London...** virtually
- 137 **Cinema news**
- 138 **Le Chat:** Matching thongs!

Together

magazine

PUBLISHER
David Mc Gowan
david@togethermedia.eu

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

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

SOCIAL MEDIA
ACCOUNT MANAGER
Floriane Henriquet
floriane@togethermedia.eu

EDITOR
Paul Morris
paul@togethermedia.eu

DESIGNER
Xavier Bostem
xavier.be@carafe.be

CONTRIBUTORS
Aspria: Zita Gacser; Arnon Barnes
Yannick Callens; Matthew Cossolotto
Dave Deruytter; Caroline Dierckx
James Drew; Catherine Feore
Philippe Geluck; Lionard Luxury Real Estate
Lions Club International; Paul Morris
TASCHEN; Axel Trinh-Cong
Anja Van Der Borgh; Katarina Winslow

ART DIRECTOR
Nicholas Sirot

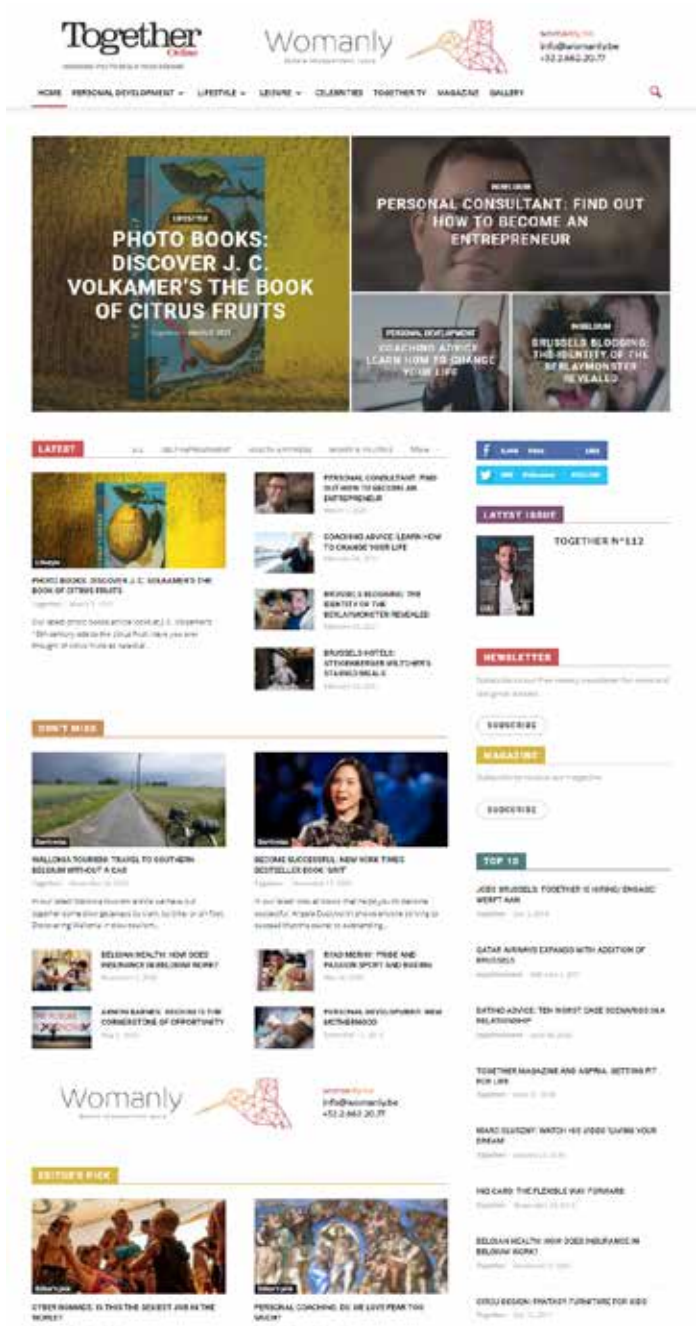
Together Media
Brusselsesteenweg, 187 – 1560 Hoeilaart
+32 (02) 644 90 92
info@togethermedia.eu - www.togethermag.eu

**Make sure that you get
your monthly printed magazine**
Just send an email to subscribe@togethermedia.eu

For advertising sales rates please consult
www.togethermag.eu

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

Be inspired on www.togethertmag.eu



Together magazine in your (non-virtual) mailbox!

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

Coaching advice: Learn how to change your life

Coaching expert Arnon Barnes wants you to strengthen your roots. Sometimes it takes us ten years to get to that one year that will completely change our life.

Brussels hotels: Steigenberger Wiltcher's starred meals

Our latest Brussels hotels article introduces a 'starred' meal you do not have to enjoy at a hotel bedroom table.

Luxury cars: BMW Belgium adapt and move forward in 2020

After all, you don't just buy a new car on paper, but prefer to experience it in real life or via livestream.

Nutrition: Dietary Fact and Fiction

Nutritional myths are not only dominating the media, but they are also infiltrating innocuous dinner conversations.

HAUTE COUTURE STAIRCASES



www.vdv-design.be

VDV
Design

Starring in Belgium



The Human League

Celebrating forty years since the release of *DARE*, The Human League will be performing this classic album in its entirety, as well as other hits from their extensive back catalogue. Originals of the British New Wave, The Human League dominated the airwaves and charts throughout the 1980s with their dark yet stylish post punk electronica, which remains as fresh today as it did in October 1981. **13 November**. Ancienne Belgique. €39 www.abconcerts.be



Archie X - Livestream AB

Archie X is a band that consists of Charline D'hoore and Tom Lodewyckx. More than a year ago Charline competed in *The Voice van Vlaanderen* where she impressed all the coaches. Thanks to that astonishing audition she also impressed Tom, who is a musician in the live band of *The Voice*. Archie X was born. **13 June**. Ancienne Belgique. www.abconcerts.be



Samantha Fish

Samantha Fish is a ravishing and intense American singer, composer and guitarist who has just finished her latest album, *Kill Or Be Kind*. There was a first brilliant visit to a full AB Club in May 2019, but now she returns to the big stage in the Main Hall for an enthusiastic large crowd! *The New York Times* said: "An impressive blues guitarist who sings with sweet power." **24 September**. Ancienne Belgique: €27 www.abconcerts.be



Courtney Marie Andrews

This adventurous and very lyrical American songstress finally returns, having completed new CD *Old Flowers*. After her early beginnings in Salon and AB Club, she also toured extensively with good folk like Brandi Carlile, Tyler Childers, The Head And The Heart, John Prine and Shakey Graves. And for this new Club date, we're expecting Courtney Marie Andrews with band! **Thursday 4 November**. Ancienne Belgique. www.abconcerts.be

Everyone deserves
their own butler



The Butler,
our new swivel Armchair

Where we care about each other

Lara aged 5, Chunyi aged 11,
Thami aged 5 & Alfie aged 7

BSB Primary School has the warm, cosy atmosphere of a small school, yet benefits from the resources of a large school.

Lions Club International: Together we serve

Our charity focus is on a global (and local) organization

Kindness in Action

When caring people join together, roll up their sleeves and take action to make their community better, it's a beautiful thing - and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. It's 1.4 million caring men and women serving together so they can make a lasting impact and change more lives.

Our Global Causes

While each Lions Club has its own service focus, there are five global causes of particular interest around the world. These are areas of need identified, and voted on, by members and supported by our association and foundation. Every journey begins with a single step. One act of service, one encouraging word, one gift of generosity is often all it takes to bring hope where it's needed most. Over the last 100 years, the kindness of Lions and Leos has multiplied across borders, oceans and continents. With over 1.4 million members, we now have an opportunity to truly change our world. That's why we're uniting our global service around five areas of need.

Diabetes

The International Diabetes Federation reports that 1 in that one in two people with diabetes are undiagnosed. Lions recognize the needs of the world are changing, and have championed the cause of diabetes to better serve both our communities and the world.



Lions Club Belgium

Vision

Ever since Helen Keller inspired us to champion the cause in 1925, we've served and advocated for the blind and visually impaired for a century.

Hunger

We see how the global hunger and nutrition crisis bears upon our local communities, and believe true community improvement depends on the thriving of its members.

Environment

The earth sustains human life. We've seen how our stewardship of natural resources can improve quality of life and increase engagement in our local communities. Our environment is more than a background: it's our home.

Childhood Cancer

Lions and Leos have seen and felt the effects of cancer on children and their families, and continue to bring hope through tangible service and support.

If you want to become a Lion or a Leo or donate:

www.lionsinternational.be/cms/
www.lionsclubs.org/en

PERSONAL DEVELOPMENT

*For Jadot, everything is an object,
everything is history*

Photo © Serge Anton

PERSONAL
DEVELOPMENT

Fitness

Food and fitness

Fitness & Nutrition Coach **Zita Gacser**
offers advice on pre-workout eating

Salmon and rice



“What should I eat before my workout?”
This is one of the most common
questions I get from my clients. When it
comes to one's individual dietary needs, the
answer always is: it depends!

- Do you work out first thing in the morning,
in your lunch break or perhaps in the
evening, after work?
- Do you have at least 2-3 hours to digest
your meal or - Do you want to get started in
less than 30 minutes?
- Do you train for endurance, strength or
hypertrophy, or do you play a specific sport?
- Do you train at higher, moderate or lower

intensities?

- Does your workout usually last 30-60
minutes or longer?
- Does your stomach tolerate foods higher in
fat or fibre, even right before a workout?
- Do you have any personal dietary
preferences?

Taking all the above into consideration, you
now probably have a better idea why there
are no 'one-size-fits-all' recommendations for
pre-workout meals. However, there are some
general guidelines that can help you
determine your own optimal pre-workout
nutrition.

The closer the workout the smaller the meal

If you want to get a quick workout in early morning or if you have less than 30 minutes before your training session, liquid meal replacements such as protein shakes are best. If you'd rather have something solid, opt for fast-digesting carbohydrate sources, such as white bagel, a banana or rice cakes.

Training in a fasted state isn't generally recommended as it may result in muscle breakdown and won't necessarily contribute to higher overall fat loss (more on this later). So proceed with caution, especially if you have certain medical conditions such as diabetes or low blood pressure. While some people, especially men, enjoy improved mental clarity in a fasted state, fasting can unfortunately negatively impact women's hormones and metabolism, and it probably goes without saying that going into a workout session hungry can negatively impact your performance and focus as well as mood.

If you have 30-60 minutes before your workout, you may still consume a lighter, preferably fast-digesting snack that contains carbohydrates and proteins, for instance a banana with a cup of yoghurt, a protein bar or toast with a spoonful of peanut butter.

2-4 hours prior to training, a solid, balanced meal can be consumed that contains not only carbohydrates and proteins but fats and fibre, such as salmon with rice and grilled vegetables or a turkey and ham sandwich on whole-wheat bread.

Emphasize carbohydrates and proteins.

The human body's preferred source of energy for exercise is glycogen, a stored form of carbohydrates. Not only do carbohydrates provide energy for muscular work, they help delay the onset of fatigue during training and are the easiest macronutrient to digest, while proteins preserve muscle mass and help stabilize blood sugar levels.

Therefore, your pre-workout meal should ideally be higher in carbohydrates (even more so for endurance training) and moderate in proteins (especially for strength training): a glass of fruit juice or chocolate milk, a granola or protein bar, a banana, a bowl of oatmeal with raisins, a bagel with peanut butter, and hummus with pita can adequately fuel your upcoming workout.

Simple carbohydrates and high GI foods (foods that quickly elevate blood sugar levels) get a bad rap but have their place in pre-workout nutrition, especially when a quick burst of energy is needed, and while you can get away with following a low-carb diet, your performance might suffer – and for the recreational exercisers that simply means: fewer calories burned!

Excess bloating, gas, constipation, diarrhoea and abdominal pain might indicate FODMAP intolerance. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. Foods that are high in FODMAPS include certain fruits (e.g. apples, watermelon, mangoes), vegetables (garlic, onion, broccoli), lactose-containing dairy products (cow milk, goat's cheese), wheat, legumes (beans, chickpeas, lentils), and certain sweeteners (fructose, honey).

If you think you may have FODMAP intolerance, talk to your GP, an RD (Registered Dietitian) or experiment with a low-FODMAP diet that consists of low-FODMAP foods such as lactose-free dairy products, certain fruits and vegetables (blueberries, kiwi, grapefruit, cucumber, eggplant), proteins (chicken, egg), nuts (peanuts, walnuts, almonds), and grains (oats, quinoa, white rice).

Consuming high-fat, high-fibre foods right before your workout may result in cramping, gas, bloating and heartburn, so best to avoid

or at least reduce the amounts of fats and fibre in your pre-workout meal. Heat, anxiety and high intensity of exercise can also exacerbate GI distress.

During physical activity, both fats and carbohydrates are used as fuel for the working muscles; energy is provided by carbohydrates circulating in the bloodstream (ie blood glucose) and stored in the muscles (ie muscle glycogen), as well as by fats in the forms of free fatty acids and muscle triglyceride.

The ratio of carbohydrate and fat utilization depends on the intensity and duration of exercise. If your aim is to lose body fat, your main focus should be on creating a calorie deficit (ie consuming fewer calories than what you burn in a day) and maintaining that deficit over a longer period of time, rather than worrying about the exact ratio of fuel utilized in a single bout of exercise.

Intermittent fasting, low-carb and other popular diets tend to work for individuals who manage to achieve a calorie deficit either by skipping meals or by eliminating certain foods or entire food groups. However, you needn't follow a specific diet, skip meals or avoid certain foods to achieve a calorie deficit: you may simply try portion control instead. Emphasize nutrient-dense, whole foods in your diet and enjoy the occasional treats in moderation.

For optimal sports performance, energy availability is key, and chronic dieting might backfire. Athletes need to properly fuel day

in, day out, allowing not only for performance during training sessions but for adequate recovery.

Stay hydrated

Dehydration can seriously impair exercise performance; avoid overhydrating though, especially right before training as too much water in the stomach may cause discomfort – and the need to pee during your workout. Instead, spread your fluid intake throughout the day. Drink enough to urinate every 2 to 4 hours and determine your hydration levels based on the colour of your urine. Dark yellow urine signals dehydration, while light yellow means you're wellhydrated. Plain

water is best, and sports drinks can be consumed during exercise lasting more than 90 minutes.

Lastly, don't be afraid to experiment to find what works for you. You may even record the foods and drinks you consume as well as the

intensity and duration of your workout to assess how they impact your performance. Avoid trying out new foods before important events such as competitions, though.

Takeaway: pre-workout nutrition (or the lack thereof) can make or break your training. Eat to support your training based on your individual goals, needs and dietary preferences. Use trial-and-error to find what works for you and seek professional help if you struggle with chronic gastrointestinal distress.

zita.gacser@gmail.com

www.linkedin.com/in/zita-gacser/

www.instagram.com/coach_zita/

Grilled vegetables



Going beyond the myth

Intuitive Healer **Katarina Winslow** reflects on the myth of one hero



It would be fair to suggest that we have all, at one point or another, been swept away by the fiction where we identify with the 'one' hero saving the world, only to just as quickly abandon the idea that it could be you. Although exhilarating, it seemed pompous, even unreal and out of reach for you to play the lead in the fairytales of our conditioning.

In these earthshaking times, shaking our beliefs to the core, I would like to reflect on one hero's - or one heroine's - ancient saga. As more truths are emerging about what has been going on behind the scenes, we come to understand that it was

never about one man or one woman, neither destroying nor saving this world. What has this belief done to us psychologically and collectively? Isn't it something worth questioning? What if the old story of one bad man, or one good woman for that matter, or the opposite, has kept us from speaking our truth? Is it that the myth of one hero is so deeply ingrained in our minds that we don't even begin to take the first

step to participate in the change of a new paradigm?

We are at the dawn of understanding that the system we still live in has coloured our belief

**“CELEBRATING
THE SEA IN
YOUR SOUL”**

system far beyond anyone's wildest imagination. To instill in us the idea that one hero will save the world and save us has built up a wall against our own personal and collective power. Pushing it further, it has subversively made us believe that the heroic is one man's job, subtly making us think that we will have to take on the protagonist's role and be ready to be alone in this world if we want to speak up. Really, who wants to be a hero if that is what is at stake? You against the world doesn't seem to be a very comfortable seat to occupy.

Where is the glory in being solitary when human life is about connection and bonding? We are group creatures, thriving and surviving through relationships, communication and contact with other people. And then we have been made to believe that the most honourable thing, the absolute pinnacle of it all, is to be a hero, all alone. Do you see the irony? The myth has already defeated itself by its construction. The ideal position to hold is against all true human inclination. Nobody wants to stand alone at the top if they are true to their heart and soul. Because nobody wants to be disconnected from their fellow human beings when it is in kinship that happiness is to be found.

When you know that you are a wave in the collective consciousness, and you also know that you are the ocean, you have no desire to be the biggest wave in the world, or the entire universe for that matter. You solely want to be free to feel the ocean inside you and around you, appreciating and celebrating the sea in your soul companions on the journey called 'life'.

The belief in one hero has created a huge gulf between us, keeping us from joining forces and strengthening our collective integrity in our quest for truth and honour. Beyond all, it has kept us separate from the

reality that we all need each other. Your contribution is deemed useless if you are not the hero portrayed in the old myth. If you are not willing to stand up and go against the entire system, however, there is no point in speaking up. Now is the epic time to go beyond the old myth and 'cleanse' our minds, souls and hearts of any beliefs of that kind. Because however powerful the system is or was, there are many beliefs to sustain it, and we have all digested some ideas that are not in our best interest, nor in the best interest of humanity. In a way, you could say that our thoughts colour our world, and now we are on the brink of more and more people waking up to another colour palette. In this new graduation of colours, we need to understand what made us go along with the status quo since the beginning of time and recognize that the one hero myth has been a significant factor in keeping the world as it is, for far too long.

The truth is we are all in this together, and the tired old tale of one person saving us has to fade away. Now is the time we need to root out our ancient world view and embrace the new, the untethered and the catharsis of humanity. When the world is shaking, shake your convictions, and then come up refreshed and inspired to contribute with your

unique gifts to this world. To do so, we need to abandon the myths ruling us on a subconscious level.

Now is the ideal time to step up and realize that there is no one hero or one heroine, but we are all

heroes and heroines for the global awakening, and that is how it should be because we are one humanity, here to connect. The epic shift in human consciousness is just about that; all our contributions to a more natural, saner and beautiful world. How many of us haven't kept our thoughts to ourselves and our hearts on the back seat of what is right, genuine and

**“HUMAN LIFE
IS ABOUT
CONNECTION
AND BONDING”**



honest just because the world is the way it is, and it is beyond our power to do something about it because we are not the hero or the heroine of a saga.

Know that the winds have changed, and the mere fact of speaking your truth is a gift to this world. We are all micro cosmoses of the macrocosms. The time of competition, lies and manipulation is fading out, and, with that, we need to also dismantle the myths. The myth about one hero saving this world should cease to exist as all of us collectively become the hero of our own lives and the heroes of the world around us. Let us individually spread circles of heroic acts on to the ocean of the collective mind. Don't stop at the myth, instead, begin to let your contribution raise humanity to a new level of life and living.

“REALLY, WHO WANTS TO BE A HERO?”

Let us take our mind beyond the tale of one hero. Take our mind beyond the ancient sagas of an imperfect world. We are all heroes and heroines in the quest for a new humanity. Expand your heart to the idea that

you are part of it. Let us rise from the ashes of the outdated by participating in changing the world for the better. Let us embrace another myth, the saga of you and me and your neighbour, hand-in-hand as

the principal characters and the heroes and heroines of the world we want to see. Let us not do it alone but together, collectively, enthusiastically and stoically. It is the moment for us to be heroes and heroines collectively unto ourselves and for this world.

Let us move above and beyond the myth.

Together.

DE EERSTE PARADE

CANADASQUARE - NABIJ CASINO

22.05  11.11
T.E.M.

'De Eerste Parade' ('The First Parade') is a subjective journey through Belgian sculpture from Constant Permeke to Thomas Lerooy that transforms Canada Square into a very special open-air experience. Modest, understated and even cuddly sculptures by Belgian artists including George Grard, Nadia Naveau, Mark Manders and Valérie Mannaerts present a contrast with the bustling public space.

Everyone wants to be

The

International School of Brussels.

Only **one** is.

Find out what makes us different
by scheduling a visit today.



www.isb.be

Everyone included. Everyone challenged. Everyone successful.

PERSONAL

DEVELOPMENT

Self-help

The power of speech

Matthew Cossolotto offers vital tips for a powerful presentation



In my new book *The Joy of Public Speaking* and in my *PodiumPower!* workshops, I discuss the importance of what I call the 'inner game' of public speaking. This is a reference to the mind game or the mental aspects that largely determine how well a speaker performs on the podium.

My book and speaking programs embrace a simple, common sense-proposition: people who enjoy public speaking are better at it than those hobbled by anxiety, trepidation and outright fear. So, I offer a series of powerful mindset shifts, inspiring insights and practical tips that will help experienced and novice speakers alike become more authentic and confident on the podium.

This transition, which leads ultimately to the joy of speaking, begins on the inside by changing counter-productive beliefs and attitudes about public speaking. Opinion surveys confirm that most people rank public speaking as one of their top fears, along with spiders, snakes and death itself. As a result, speakers often inflict their trepidation and discomfort on their audiences. I believe speakers and audiences have suffered enough.

That's where the joy of speaking concept comes in. When you shift your mindset about speaking to audiences, you will begin to feel the heavy, foreboding pangs of fear recede, replaced by the lightness of delight and joy.

Self-help

But the inner game is not the only game in town. It's a necessary but not sufficient part of the process. In *The Joy of Public Speaking*, I also discuss the very important 'outer game' of speaking. Space limitations don't allow me to go into all of the details in this short article. Here are six key outer-game pointers that I have used with coaching clients over the years. I believe they can make a big difference in your performance the next time you give a talk. These six points are arranged as an easy-to-remember acrostic, spelling out the word SPEECH. Below the acrostic, I discuss each point in some detail.

The Power of Speech: The Six-Point Checklist for Powerful Presentations

- Strong start
- Pause for effect and drama
- Eye contact
- Enthusiasm and energy
- Conversational style
- Humour

Strong start

Don't open your speech with predictable pleasantries, like "It's a pleasure to be here" or "I want to thank the conference organizers for inviting me to speak today". Instead, surprise the audience with an interesting quote, a little-known fact, an unusual observation or a personal story. Stories can be magical at the beginning of a speech. You should link the opening to your topic and your closing. Think of the opening and the closing as bookends to your talk. Circling back to the opening at the end of your speech shows the audience that you've put some thought into the structure of your presentation. Audiences appreciate when a speech comes full circle. Note on delivery: you should be able to nail the opening and closing without reading your notes or prepared text.

Pause for effect and drama

Well-timed pauses help to emphasize key points, create drama and pique the interest

of the audience. When you build occasional moments of silence into your talk, your audience wonders what's coming next. This grabs their attention and adds mystery. Paradoxically, members of the audience often pay more attention to short silences than to a steady and often overwhelming avalanche of words. Pauses also give the audience a moment to reflect and catch their breath. Pausing strategically and naturally conveys an impression of self-confidence, command and poise.

Eye contact

Establish regular, one-on-one eye contact with individual audience members. This point

relates to one of my maxims: always speak to an audience of one. For more on this concept, see *The Joy of Public Speaking*. Suffice to say here that you should speak to one person at a time for a few moments.

Doing so will help you make a

major mindset shift from a fear-inducing attitude about speaking to a vast, impersonal audience to the comfort zone concept of speaking to one person at a time. This shift expands your comfort level enormously. When you do this, you'll be well on your way toward making the shift from stage fright to stage delight. In fact, to test this point I encourage you to try speaking to more than one person at a time. It's impossible. Just follow your eyes. You can only connect with one person at a time.

While you're talking to one person, looking directly into the eyes of that person, others can listen in, of course, but you're really only talking to that one person. Then move on to another member of the audience. This allows you to connect with the audience and to "hear with eyes" as William Shakespeare put it in Sonnet XXIII. Listen to the audience through your eyes! Regular, one-on-one eye contact also keeps listeners alert and enables you to read audience reaction. Other members of the audience can see that you're

**“ A SERIES OF
POWERFUL
MINDSET
SHIFTS ”**



really connecting with individuals, and they will appreciate your commitment to being present in the moment.

Enthusiasm and energy

Enthusiasm and high energy are essential if you want to be a captivating speaker. Banish verbal, facial and other physical signs of monotony by showing passion for the subject, stressing key words and using natural hand gestures and animated facial expressions. If you ever say how delighted you are to be there, make sure to tell your face. Smile! Imagine you're talking with a close friend. Lively language helps to build excitement and interest for the audience and for yourself. Use alliteration, metaphors and stories to paint memorable pictures. Droning on with boring facts and statistics will put most audiences to sleep. Ask yourself: 'Why are you even talking about this subject if

you're not willing to be enthusiastic and energetic about it?'

Conversational style

Using a conversational delivery style helps you *talk* to your audience. As author and executive speech coach Granville Toogood likes to say: "Speeches should be *talky*." Speeches should be written and delivered for the ear, not for the eye. A speech is not a PhD dissertation. So, ease up on the multisyllabic, highfalutin words and long, complicated sentences. Some academic, scientific or professional audiences might be able to follow a speech like that, but most audiences will be lost. Use everyday language and short sentences. Most audiences will appreciate a more conversational approach. Finally, be careful not to speak too fast. Many people can speed read, but they can't speed listen.

**“ SPIDERS,
SNAKES AND
DEATH ITSELF ”**



Humour

Any speech is part entertainment, part information transfer. Reinforce key points by injecting a degree of lightness and levity at times. But you should avoid canned jokes. The best humour is spontaneous with a touch of self-deprecation. Appropriate flashes of humour will make your speech more enjoyable and memorable while increasing your liability. An audience that laughs with you also likes you. But be careful.

Humour is subjective, and there can be delicate cultural differences about what people think is funny. Be sure you know your audience, and that your humour is tasteful and appropriate for the occasion. For international audiences, I often find that quoting a local proverb can provide a humorous hook that speaks to an important point in your speech. Humour for the sake of getting a laugh is not the goal here. The joke

“STORIES CAN BE MAGICAL”

or humorous story should reinforce your message. If it doesn't, you should just drop it.

The next time you prepare a speech or presentation, use this six-point checklist as a guide. Incorporating these six simple ideas will vastly improve the outer game of your performance and enhance the impact your speech has on the audience.

About the Author

Author of *The Joy of Public Speaking*, Matthew Cossolotto (aka The Podium Pro) is a former NATO speechwriter. Author, speechwriter and guest speaker, he conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond. www.ThePodiumPro.com

International Montessori School International Baccalaureate Secondary Section



**Providing optimal education in a safe and small-scale setting
to children aged 1 to 18 years old**

Large classroom spaces
Each 'Classroom Bubble' is self-sufficient
Beautiful gardens and playgrounds

Tours available by appointment

Montessori



Children on the move®

FOR MORE INFORMATION PLEASE CONTACT US:

E-mail: montessori-woluwe@skynet.be – Tel: 02-767 63 60 / 02-721 21 11

Website: www.international-montessori.org



Instagram: @montessori_school_brussels



Astrology in 2021: Saturn and Uranus square for a new collective

Axel TRINH CONG reports on a rare astrological phenomenon



2021 is marked by several major transits, including a 'square' between Saturn and Uranus, bringing the two master planets of Aquarius into conflict. Indeed, Aquarius is always torn between the need to be oneself, to be free from social dictates (Uranus) and the need to take part, to engage in society, to prove one's social usefulness (Saturn).

Therefore, in 2021 astrology highlights the issue of containment and Covid health measures, which in the name of the public interest (Saturn) affects our individual freedom (Uranus). Astrology asks questions, while providing avenues to reconcile individual freedom and social constraint, individualize the frame of reference,

transcend Culture to reconnect with Nature and put the principles and laws of Nature within our beliefs and social organizations.

Astrology is a proposition

Astrology is a decoding of ambient energies - like a weather report - which each person will do as they see fit. Through decoding in the form of words, images or symbols, the astrologer connects the consultant to the energies of the universe. What the consultant then does with this linking is up to him.

In the following description of energy, I can only reasonably speak of a climate, a general atmosphere that will affect everyone in a different way.

The reason for this is that everyone has an astrological theme, but also a history, a past, a sensitivity of their own. Those born between 20 January and 5 February - roughly the first 10 degrees of Aquarius - are obviously more likely to be impacted than others. Ditto if your ascendant is in the first degrees of Aquarius. Or that you are from the beginning of the sign of Leo since, in this case, Saturn will be opposite your native sun.

These few examples are above all a way of reminding us that, if we are honest, we can only give a general atmosphere here. It's up to you then, based on that, to do with it what you think is right. Take what speaks to you and leave the rest there. The following is valid for the whole of 2021, so you have plenty of time to integrate it.

2021: A year under the sign of the age of Aquarius

Astrologically, the year 2021 is marked by the energy of three planets (Jupiter, Saturn and Uranus) and a sign (Aquarius). In 2021, Jupiter and Saturn are in Aquarius, and they will both be squared with the second master of Aquarius, namely Uranus. And it is this square, which will occur three times this year, that is decisive for our personal development.

The Aquarius energy became more tangible through a conjunction between Jupiter and Saturn in December 2020. With such a conjunction, it is really a question of (re) becoming aware of the energy of Aquarius. How this energy helps us personally to integrate (Jupiter) and to structure us (Saturn) in the human community.

Uranus has now been added to that Jupiter-Saturn dynamic we experienced at the end of December. Each sign has what is called a 'master planet'. The sign of Leo is ruled by the sun just as the sign of Cancer is ruled by the moon.

The Aquarius sign is mastered by two planets. The first ruler of Aquarius is Saturn. The second ruler of Aquarius is, since its discovery in 1781, Uranus. However, Uranus in Taurus is precisely the square of Saturn in Aquarius. Therefore, Aquarius sees its two master planets (Saturn and Uranus) square to each other. And this is quite remarkable.

To be 'square' means to be 90° to each other. As I write these lines, Saturn is at 7th degree of Aquarius and Uranus at 7th degree of Taurus. The two planets are at 90° to each other and thus form a square. In astrology, a square is always a moment of crisis, a moment of tension.

So, we are witnessing a tension, a conflict between Saturn and Uranus, between the two ruling planets of the same sign. Aquarius is, therefore, "in crisis". And if there is a crisis, something has to be done about it. Become aware of what has been, of what has become dysfunctional, define the reasons for this failure,

work on them at the root and put a new system in place. More just. More balanced. Hence, the Saturn Uranus square is an opportunity to work on Aquarius energy.

By nature, Aquarius is always torn between the need to be oneself, not to conform, to free oneself from social dictates (Uranus vibration), the need to take part, to engage in society, to assume your role and responsibility, to prove your social utility (Saturn vibration).

Uranus and Saturn master Aquarius to bring Aquarius' energy to life by combining the energies of the two planets. The Aquarian insight is to know, to be original, to be unique, in accordance with its deep Nature, while being able to conform to the expectations of the group. Dare to be yourself, stand out from the crowd, express your originality, no longer be afraid of the gaze of others, while collaborating with

“ A SENSITIVITY OF THEIR OWN ”

PERSONAL DEVELOPMENT

Self-help

others, giving yourself to the community, serving the community, making yourself useful.

Which is a great challenge. And it is this challenge, this conflict that is offered to us to explore through the energies of 2021.

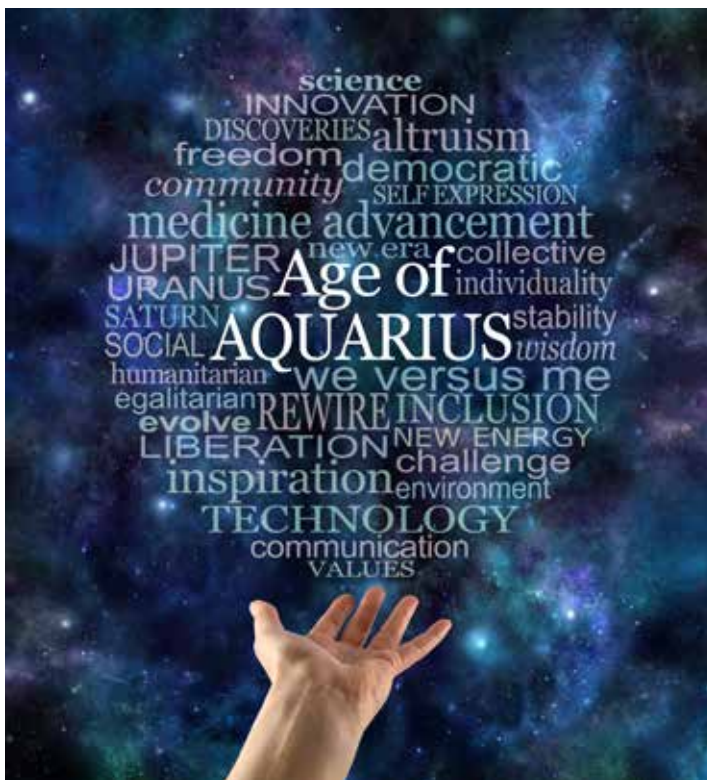
Just to set the tone:

- Uranus: need for freedom
- Saturn: social responsibility
- 2021: it is again the question of containment and sanitary measures that - in the name of the public interest (Saturn) - affects our individual freedom (Uranus).

In 2021, the Above invites us to work on the two tendencies of Aquarius, the original tendency of Uranus and conformist tendency of Saturn, in order to explore their (apparent) antagonism with a view to finding a stable and satisfactory situation in which the two tendencies will be at peace and can express themselves.

The Aquarius phase involves individual work on oneself, in order to be able to create another kind of connection with the rest of the human community and beyond. Working on oneself to see and feel differently, because the configuration of the planets supports those who intend to open up to their energetic dimension (unconscious, repressed memory, family secrets, cellular memory, trans-personal memory, karmic memory) and its daily role in their actions and decisions.

The Aquarius phase involves a deep de-structuring of everything that cuts me off as much from myself as from others. A de-



structuring of everything I have put in place to protect myself (beliefs, judgments, strategies), which, in the long run, ends up cutting me off from life itself. A de-structuring of everything that I have socially accepted in order to be recognized, accepted and yet which is not aligned with my true nature.

In 2021, therefore, there is a genuine invitation to fully live with and work with the Aquarius energy in each of us. To appropriate it. To bring it to life in each of us and then be able to bear witness to it, make it shine. Help us to live the health crisis. Create a new framework for the post health crisis.

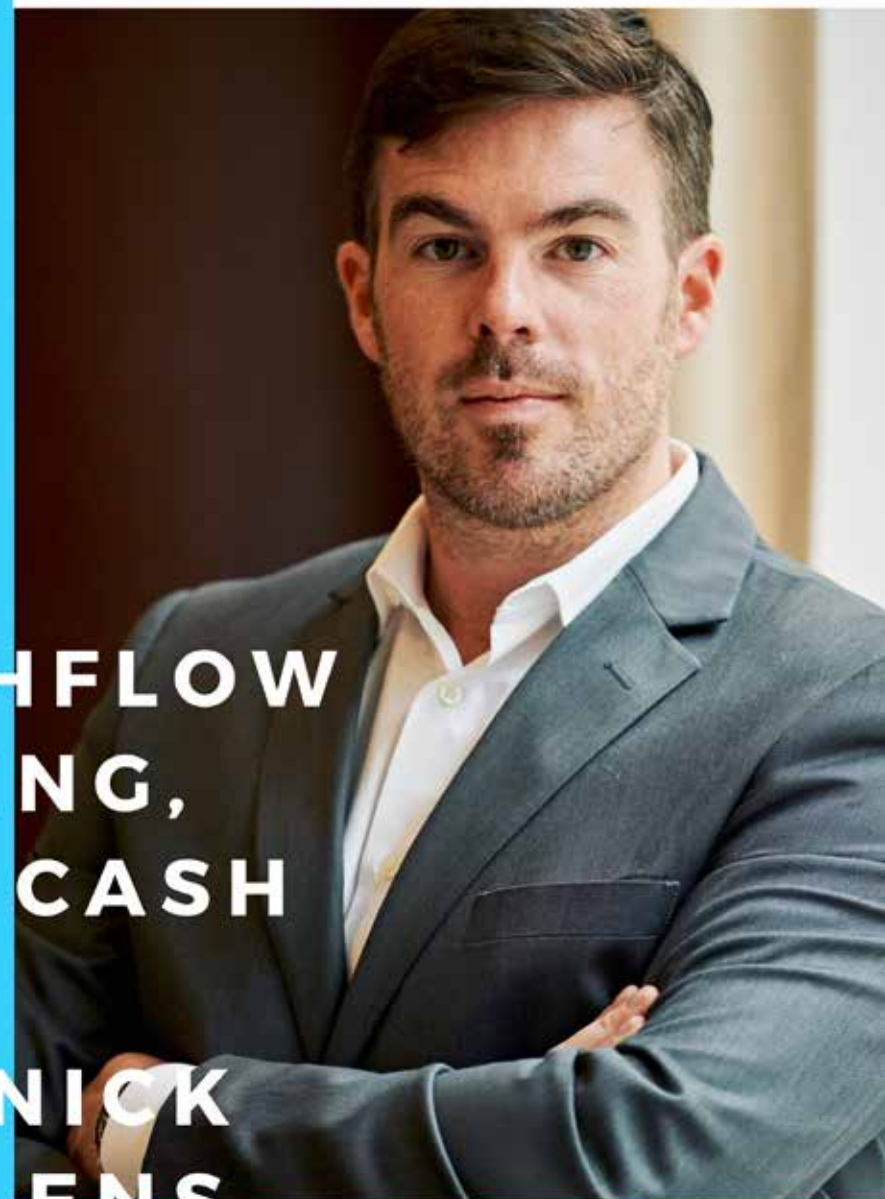
*Axel TRINH CONG Medium - therapist
(Brussels)*

*Body - mind - soul alignment • constellations
• tarot card • soul messages
www.voiesymbolique.net*

IMMOCHAMPION

CASHFLOW IS KING, NOT CASH

YANNICK CALLENS



REAL ESTATE COACHING

INFO@IMMO-CHAMPION.COM
WWW.IMMO-CHAMPION.COM

Dating

The world of private matchmaking

Society seems to have turned back to good old-fashioned methods of matchmakers, through a carefully hand-selected headhunting service.

Using both love coaching and a romantic methodology, reasoning and a lot of intuition, three qualified Berkeley International love hunters put their expertise at the service of high-end singletons. High-end in the meaning of having a good standard of life, joining the agency with the right values and for the right reasons: the quest for a lifetime partner.

It is a love search for entrepreneurs, senior officials, artists and accomplished professionals aged between 25 and 75.

One knows the typical headhunter recruiting for companies or the dating coach, but how about a new profession, combining these genres: the love headhunter or the private matchmaker. The objective? Finding one's client's soulmate while using headhunting techniques. Berkeley International confirms that it is the international reference in the domain, thanks to its international dimension, its private service and ethics, using both discretion and tailor-made matchmaking.

Moreover, it is the only Belgian company of its kind on the dating market with almost 10 years of service. Its national office is in Brussels, its global office in London.

970 members in Belgium, 18,000 across the globe actively outsource their quest for a



Marjorie Libourel - Photo Pixysof

lifetime partner to Berkeley International. As people of confidence, the team knows its members personally, taking into account their life standards, level of education and commitment. Thanks to the quality of connections, around 80% of our members find their loved one within one year.

With the pandemic, connections are more authentic than ever, making space for what is essential and for priorities. 'Slow

dating' consists of making romantic encounters while taking one's time and smoothly discovering the person. Less is more, if quality in contacts is pursued. This is where a Berkeley International private matchmaker stands out from the online dating world, coming across as exclusive and live. Everything happens offline.

"In an era where algorithms pervade all aspects of our lives, and contacts often are superficial, we are putting back a very human-centric approach to the core of dating. No computer system will ever understand these human complexities," states Marjorie Libourel, Matchmaker and Head of the international community in the Brussels region. "Private matchmaking limits considerably searching time and significantly increases the chances of finding a partner."

Berkeley International is happy to get to know anyone who gets in touch, to listen, inform and discuss a collaboration.
www.berkeley-private-matchmaker.be

Coaching

How to deal with a crisis

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** offers four vital nuggets of advice



The last couple of months have been turbulent, to say the least. In some shape or form, business owners, entrepreneurs and businesses have taken a hit. As we have adjusted to a 'new normal' in the hopes of containing this pandemic, we can't exclude the possibility of another wave.

Whatever happens, we're going to be tested, because this whole situation is bound to have a lasting aftermath. As a business leader, when this happens, it's important to know how to deal with uncertain times.

From my experience, fear and uncertainty lead entrepreneurs to do funny things. Some freeze, others react impulsively, which only adds fuel to the fire, and some completely retreat. It's hard to fully prepare, but in this article I'm going to share with you my top four ways on how to deal with a crisis.

“SLIP INTO A NEGATIVE SPIRAL”

Keep your cool

A crisis can have you up in your head. Thoughts run overtime, and if not in check it's easy to slip into a negative spiral. This is one of the reasons all my coaching and training

Coaching

programmes include some part on 'mindset'. Whatever happens, try to stay calm and keep your emotions in check. Your attitude affects your mentality and the people that surround you, including your team. Projecting your emotions onto them will create more uncertainty and stress.

When external factors have a major influence on our business, wellbeing and livelihoods, it's bound to trigger an emotional response. It's normal, we're only human. As a business leader, however, it is important we differentiate our emotions from the facts. Being an effective leader means we can separate the two, and we acknowledge that there's a time and place for both. Whilst we deal with our emotions through taking a time out, journaling, meditation, sports and such, we can stay effective as leaders by focusing on the facts. What is truly affecting our business, where are our strengths in this and what opportunities arise from this for us?

Acceptance

Once you are focused on facts, it is much easier to come to terms with the current status. Often, it may even help you see that things may not be as bleak and negative as you originally thought they would be. As soon as you accept the situation, you also regain control of your energy and can tap fully into your creativity again. As a business owner, you have people depending on you.

Therefore, it's very important to take the time to process the event to create space in your mind that enables you to think and brainstorm on solutions.

Through acceptance you can lead your team by example. It is so much more inspiring to follow a spirited, calm and positive leader when navigating through crisis. And an inspired team is a productive, loyal and committed team.

Structure & Action

Any business in any time will thrive on structure, clarity and routines. This is

especially true during a crisis. Now, more than ever, is the time to provide your team with as much clarity as you can. Keep your weekly meetings, and perhaps even add an extra meeting to update the team on what is going on with the company and how you, as the business leader, are adjusting long- and short-term goals, game changers and the vision.

I'm a big fan of checklists. It helps, not only yourself, but also the team to prioritize and keep an overview of what needs to be done. In addition, checking off your list encourages the brain to want to check off and accomplish more tasks. No matter how good a structure you have, it's equally important to take action. Checklists will prevent you from falling into paralysis. Prepare and make sure you anticipate. Structure, clarity and routine will help you stick to the facts and assess the true current situation at hand.

"There cannot be a crisis this week. My schedule is already full." Henry Kissinger

It's easy to become very serious when your business finds itself in stormy weather. We can be so preoccupied with 'saving' our livelihood that we forget to live. We forget that we are all people, and every person needs to be able to let off steam every now and again. When you find yourself in this situation, it's super important that, as the leader, you create an environment for you

and your team to have a laugh sometimes. You can send the team a gimmick to their home offices, instigate jokes during a meeting or even have a fun background image during your online

team meeting.

Whatever you do, do it lighthearted and create that fun environment where your team has a positive way to let off some steam and connect over the situation together.

At the end of the day, crises are inevitable. Whether it's in your personal life or in your



business, challenges will show up. That's life, that's how the world works. When you stick to the fundamentals, you take control of the situation instead of the situation controlling you.

Call to action

Want to meet and work with Arnon? Join one of his upcoming (online) events. For more information about training or coaching, check out his website www.arnonbarnes.com or contact his office via info@arnonbarnes.com.

Short bio

Arnon Barnes started his first business at age 11 and built and sold his first multi-million-euro company by the age of 28! In the past 7 years, Arnon has personally trained and coached more than 90,000 people from well over 65 different countries, including, The Netherlands, Belgium, Poland, Italy, Sweden, Denmark, Norway, the UK, Brazil, Singapore and South Africa, to name a few. Arnon is an explosive international speaker, author, investor and one of Europe's leading and most exciting business mentors.

**“ WE’RE ONLY
HUMAN ”**

Be successful

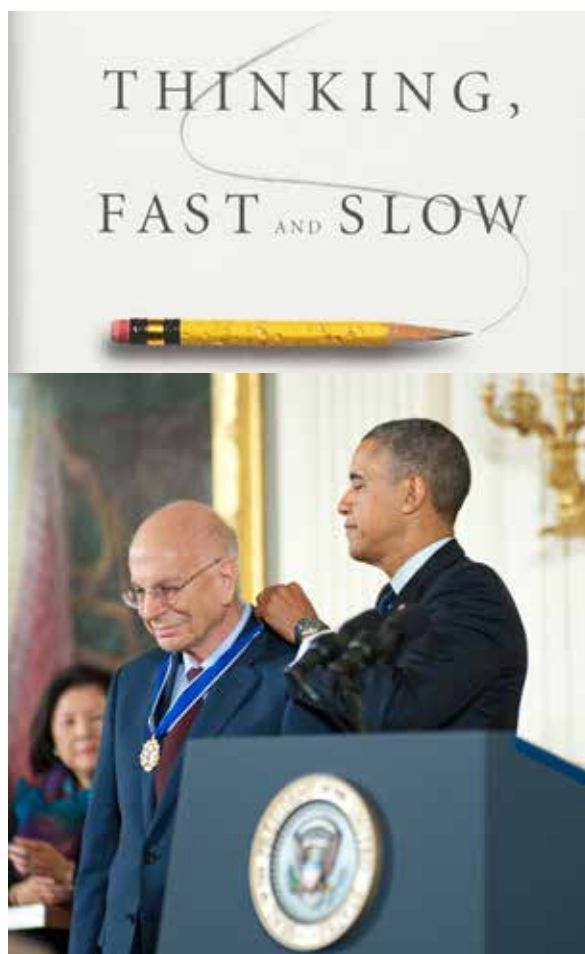
Our latest coaching books are highly recommended by positivepsychology.com

Thinking, Fast And Slow – Daniel Kahneman

The book is billed as being "the acclaimed bestseller that will change the way you make decisions."

Daniel Kahneman is an Israeli psychologist and economist notable for his work on the psychology of judgment and decision-making, as well as behavioural economics, for which he was awarded the 2002 Nobel Memorial Prize in Economic Sciences (shared with Vernon L. Smith). His empirical findings challenge the assumption of human rationality prevailing in modern economic theory. With Amos Tversky and others, Kahneman established a cognitive basis for common human errors that arise from heuristics and biases, with Amos Tversky, and developed prospect theory.

In 2011, he was named by *Foreign Policy Magazine* in its list of top global thinkers. In the same year, his book *Thinking, Fast and Slow*, which summarizes much of his research, was published and became a bestseller. In *Thinking, Fast and Slow*, Kahneman takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think and make choices. One system is fast, intuitive and emotional; the other is slower, more deliberative and more logical. Kahneman exposes the extraordinary capabilities - and also the faults and biases - of fast thinking and reveals the pervasive influence of intuitive impressions on our thoughts and behaviour. The importance of properly framing risks, the effects of cognitive biases on how we view others, the dangers of predic-



Daniel Kahneman receives the Presidential Medal of Freedom

tion, the right ways to develop skills, the pros and cons of fear and optimism, the difference between our experience and memory of events, the real components of happiness - each of these can be understood only by knowing how the two systems work together to shape our judgments and decisions.

The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change – Stephen R. Covey

Stephen Richards Covey (24 October, 1932 – 16 July, 2012) was an American educator, author, businessman, and keynote speaker. His most popular book is *The 7 Habits of Highly Effective People*. His other books include *First Things First*, *Principle-Centered Leadership*, *The 7 Habits of Highly Effective Families*, *The 8th Habit*, and *The Leader In Me – How Schools and Parents Around the World Are Inspiring Greatness*, *One Child at a Time*. In 1996, *Time Magazine* named him one of the 25 most influential people. He was a professor at the Jon M. Huntsman School of Business at Utah State University at the time of his death.

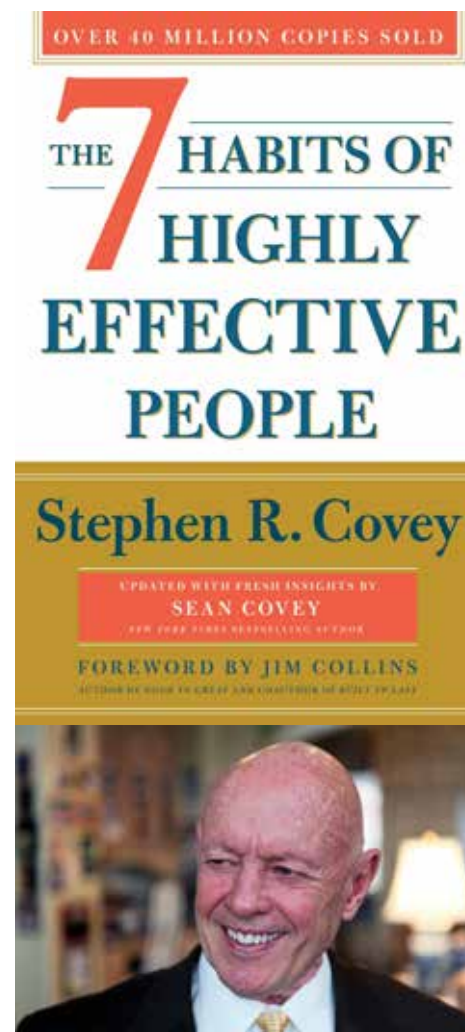
Why Did US President Bill Clinton invite Covey to Camp David to counsel him on how to integrate this book into his Presidency? *The 7 Habits of Highly Effective People* by Stephen Covey has sold more than 25 million copies since publication, and it is the first non-fiction audiobook in US publishing history to sell more than one million copies.

What are the golden lessons inside this highly acclaimed book?

Most self-help books recommend you to do something external to get a result. *The 7 Habits of Highly Effective People* tells you otherwise. The concept of inside-out was extremely new and fascinating in the 1980s and 1990s, and the concept still holds true today. We all know what to do, and yet most self-help books still tell us what we already know.

Covey was heavily influenced by Peter Drucker and Carl Rogers. Another key influence was his study of American self-help books that he did for his doctoral dissertation. A further influence on Covey was his affiliation with The Church of Jesus Christ of Latter-day Saints.

The 7 Habits of Highly Effective People delves deep into *why* we do what we do.



It dives deep into our value, character, principles and how to live a purposeful life.

Here's what you'll discover:

- Habit #1: Be Proactive
 - Habit #2: Begin With the End in Mind
 - Habit #3: First Things First
 - Habit #4: Think Win-Win
 - Habit #5: Seek First to Understand, Then to Be Understood
 - Habit #6: Synergize
 - Habit #7: Sharpen the Saw
- And so much more.

Be success

Amazing Belgians

We continue our search for exceptional Belgian entrepreneurial talent

Photo © Serge Leblon



Pascal Devalkeneer - Chalet de la Forêt

A two-starred chef, Pascal Devalkeneer celebrates the 20th anniversary of the Chalet de la Forêt and continues to celebrate his cuisine, which is both accurate, refined, elegant and constantly reinventing the codes of Belgian gastronomy. Chalet de la Forêt is a unique place, an exclusive gastronomic entity, a link between the city and its periphery that its owner Pascal Devalkeneer dreamed of and built, stone by stone, dish after dish, for twenty years. After earning a second star in the Michelin guide 2012, his establishment belongs now to the very select clubs of Grandes Tables du Monde and Relais & Châteaux. A consecration for this self-taught cook who created his gastronomy without any ostentation, creative narcissism or avant-gardism, but rather in a discrete and constant quest for accuracy, striking a balance between cuisine and nature,

between the plate and its surrounding.

He was 34 years old when he first opened the chalet doors, with a burning ambition to offer Brussels a gastronomic house out of the ordinary with a service reminiscent of the palaces of yesteryear. The Chalet de la Forêt has become an institution but also, and especially, a concept in constant evolution. He is constantly questioning his art while remaining faithful to his DNA to satisfy an increasingly demanding clientele. He says: "It must remain a safe value, a great Maison that respects itself, where one loves to come and come back again. Here, there's no cheating. We live authentic human experiences. We pass on a passion and we receive it with delight. Here, the product is not a travesty, and it is sublimated in a cosy setting, conducive to relaxation and disconnection." www.lechaletdelaforet.be/en/

Lise Coirier and Gian Giuseppe Simeone

By opening Spazio Nobile in 2016 in the very lively and cosmopolitan district of place Brugmann in Brussels (Belgium), Lise Coirier and Gian Giuseppe Simeone have united their passions for creation and art history, initiating a dialogue between contemporary applied arts, design and photography. Without putting boundaries between disciplines, the visual arts interact with the fine arts.

By commissioning a collection of unique pieces, limited editions and installations both experimental and artistic, with a sensitivity particular to everything related to nature and minerality, the gallery organizes each year five exhibitions and several events in art and heritage venues (Maison Louis Carré, Yvelines, France, arch. Alvar Aalto; Ancienne Nonciature, Grand Sablon, Brussels; Le Chalet de la Forêt, Soignes forest, Belgium, Michelin 2-star restaurant.)

Spazio Nobile also takes part in Belgian and international fairs such as Art Brussels, Luxembourg Art Week, Collectible Design Fair, PAD Paris and PAD London, Design Miami/Basel, Unique Design Shanghai. The gallery represents around twenty emerging and renowned artists and designers on an international scale while promoting high-end craftsmanship and cultures of East and West. Spazio Nobile also curates *TL mag - True*



Living of Art & Design, the bi-annual art and design magazine, print and online, sharing its selection and its artistic and cultural commitment to collectible art and design.

At the end of last year Spazio Nobile gallery celebrated its 5th anniversary and a decade of *TL mag - True Living of Art & Design*. The exhibition *The New Age of Humanism* was created especially for the anniversary and ran through to March of this year. www.spazionobile.com

Be success

Lionel Jadot

Born and based in Brussels, Lionel Jadot is an interior architect, artist, designer, filmmaker, adventurer. But preferably, all at the same time. It makes all the fire. "I don't throw anything, I pick up. I don't have a green thumb, I try cuttings, unnatural marriages. I never forget a line."

Jadot invites you into subtle, quirky worlds bordering on reality. His material is dilated time. The traveller spirit seeks a protective balance in a hostile world. This is his permanent questioning: what becomes of the place where we live? For Jadot, everything is an object, everything is history. He draws on other places, other times, and seeks what binds them. He sews, seams, re-sews, combines materials, combines eras. He embeds wood in metal, mineral in vegetal, old in new. "I take care of the connection between two materials." At home, there is play, as in a piece of machinery. From one reign to another, it causes organic, viral, energy-generating growths. Linking past and future, he never forgets a line. "I accumulate them." Are we in 1930 or in 2030? Both, no doubt.

The eye goes hand in hand with the ear. "When I walk into a place, I listen to the good (or bad) it does to me. Ineffable feeling." He recreates buildings and mutant objects. He flirts with retro-futurism. He finds echoes of Gothic comics, Moeblus, Jodorowski, Bilal, sets of the Hermetic Garage and Blade Runner, protective balance in a hostile world. "I fix everything. I collect pieces of wood. A trunk wrapped in copper matrix becomes a bench".

He diverts lamps from a musician's desk, which have become a brass tree, and an orchestra lights you up... www.lioneljadot.com



Photo © Victoria Jadot



Photo © Serge Anton

Valerie Barkowski

Driven by a passion for ancestral craft traditions and the dialogue between global cultures culled from a lifetime of travel, Valerie Barkowski has passionately been creating sophisticated, timeless home linens for over two decades. 'Slow' by nature - long before it became a movement - she has faithfully infused impeccable craftsmanship with sustainability and authenticity.

54+1 Portraits by Valerie Barkowski

In the yo-yo days of Brussels' springtime confinement and the emergence of a masked world, Valerie Barkowski redesigned the face of humankind with two carrot slices, a rusty nail, ginger, mushrooms, a few buttons resurrected from a drawer... some rice noodles, flower pistils and stems collected on invigorating daily walks.

72 portraits came to life; 54+1 have been selected for this special album. With her free-spirited hand, each work was instinctively composed with wit and creative inspiration. Infinitely aesthetic and striking, each visage

Photo © Tania Panova



Photo © Valerie Barkowski

Photo © Valerie Barkowski

was shared on social media. In the blink of an eye, a flood of likes and smiles provoked a spontaneous digital exchange. Just as the creator of the *Meet My Wilson* project David Leppan had hoped, with them came a wave of online love and connection designed to overcome feelings of Covid-19 solitude and loneliness.

www.valeriebarkowski.com

"GET YOUR
BUSINESS INTO THE
POWERZONE AND
SET IT UP TO MAKE
YOUR EXIT
WHENEVER YOU
CHOOSE TO"

REGISTER AT:

WWW.BUSINESSOWNERMASTERCLASS.COM



BUSINESS OWNER MASTERCLASS

In this 100% **SOLID CONTENT**
online training, Arnon Barnes
will reveal:

- His exclusive **Algorithm to Success**
- How you can **Master Your Money**
- **Best Negotiation Practices**
- How to build your **Championship Team**

...and more

Real estate is a team sport

Our real estate expert **Yannick Callens** advises us how to pace ourselves



Alone we go fast, together we go far. If you think real estate is all bricks and mortar, you are mistaken. Real estate is more than that. It is a profession and a world apart, where an entire ecosystem comes together and works together, from start to finish and even after.

First of all, a good deal is always made before any purchase. This has become my credo and even my trademark among my students and during my classes. Surround yourself with the best in each of the disciplines, from the real estate agent to the notary, also including the architect and even the surveyor. You will meet a lot of people during your research, your negotiations, your proposed offer and your steps with the notary. Listen carefully to everything that is being said.

**“ALONE WE GO
FAST, TOGETHER
WE GO FAR”**

Take note of all the information you hear. Of course, you don't have to learn all the details, but ensure that you remain a curious student throughout the course. Repeat what works and improve on your mistakes. The mistake that I often see when buyers start looking and even finding a good deal is that they

don't yet have a notary. The first thing to do when you start is to choose a Notarial Office in order to be protected.

Your notary is your guardian angel for the duration of the transaction, a transaction between two parties, seller and buyer. Don't underestimate the role that the real estate agent can play. He will provide you with all the information you need to decide to make an offer or not on the desired property. The real estate agent will get in touch with your notary in

WOLUWE-SAINT-LAMBERT

YOUWO - Residence of 53 high-end apartments, part of the Greenwood real estate project.

LATOUR & PETIT Tel +32 2 777 19 19

BRUSSELS

INWO - New residential project of 52 quality apartments in a green environment on the outskirts of town.

LATOUR & PETIT Tel +32 2 777 19 19

CHAUDFONTAINE

DOMAINE DE CALIDIS - Estate in a private park made up of three storey buildings of fifteen charming and prestigious housing units on the banks of the Vesdre.

nouveau immobilier Tel +32 4 221 21 21



order to initiate the procedure, first the bargaining and then the deed of sale at the end.

Your banker will take all the necessary steps to grant you your financing. It is very important to prepare your credit report properly, to save time and be taken seriously. As soon as your loan financing and the loan notarial research have been completed, you can go and sign the deed. It is strongly recommended that you go and check the asset on the day before the purchase to see that it is still in the condition in which it was in when the process began. There is a big difference between a rented property and an empty property. Address all your questions to the notary and request a copy of the rental agreement.

“ CHOOSE A NOTARIAL OFFICE ”

If an architect is needed, contact them as soon as possible, as regularization times are very long. In practice, this will take patience. You see, in the end, real estate is more than bricks and mortar, and you have to have the best possible support.

My advice: anticipate and prepare your investment like an expedition.

If you wish to be informed and trained in real estate, do not hesitate to send an email to

info@immo-champion.com

Your Home, Your Life, Your City

Nous développons et construisons pour vous des projets résidentiels à la localisation et l'accessibilité exceptionnelles, réalisés avec des architectes de renom.

Nous vous accompagnons tout au long du processus d'achat, depuis les premiers contacts avec notre équipe de vente jusqu'à la remise des clés de votre bien.

Nous sommes un partenaire extrêmement fiable avec lequel vous vous sentirez en totale sécurité et confiance pour votre achat immobilier.

AG Residential est la marque résidentielle d'AG Real Estate, acteur majeur sur le marché immobilier et filiale d'AG Insurance.



Appartements à vendre

BRUXELLES | ANVERS | LOUVAIN | BRAINE-L'ALLEUD

Against all odds, the resurrection of inflation?

Dave Deruytter looks at whether a financial pandemic could strike once more

Reserve Bank of India



It dates a person when they remember the days of high inflation in the 80s of the last century. And you are definitely over 50 if you remember the car-free Sundays of the oil crises in 1973 and 1975. Those oil crises were, in fact, fabricated. It was OPEC, the association of major oil-producing countries, that orchestrated a coordinated, important reduction in oil production in order to have higher prices. The latter created high inflation. The OPEC action could have led to war. But, eventually, the result was an important drive to energy efficiency in the various industries worldwide. Not only the factories themselves made much better use of energy, also cars started to use far less gasoline through new designs in wind-

tunnels and more energy-efficient engines. Houses, too, started to use far less energy because of efficient isolation, in the walls, the roof and the windows.

Since the new millennium, inflation has essentially been going down or staying low, with some major volatility during and after the financial crisis that started in 2007. Inflation rose after that crisis was over, but it came down again with the important digitalization of the world economy, which lead to structural cost reductions and advantages of scale in many businesses, leading to the absence of price pressures. The current Covid-19 situation has also brought inflation further down from what

People's Bank of China



were already low levels. But better control of the pandemic and the start of vaccinations have recently led to an uptick. Looking to the future, with the hope for a more normal life again after summer, further increasing prices can be expected. At least at the start, when people will be rushing back to all the 'in person' things they cannot do today, such as international travel, restaurants, parties, events, etc.

The question is whether or not that spike in inflation will be short- or long-lived?

To answer that question, it is important to take other factors into consideration. The worldwide accelerating sustainability drive is certainly an important factor. The US is back in the Paris climate agreement, the EU has its Green Deal and the pandemic has taught the multinationals that international supply chains are not the best option when there is a worldwide pandemic around. As such, there is a glocalisation (re-localization)

drive in certain business sectors. That may create price pressures as companies might no longer automatically choose the cheapest value-chain solution, going instead for the most sustainable one. Furthermore, when going back to the car and house sector, sales of electric cars are finally booming and passive houses (a voluntary standard for energy efficiency in a building) are in high demand.

“ INFLATION ROSE AFTER THAT CRISIS WAS OVER ”

Central banks have played an important role in taming inflation in their countries over the past decades. Not only have they become fully independent from politics and governments, at least in the developed economies, they have also become masters in gathering data and acting upon the slightest sign of inflation. On top of that, they played a key role in getting the world economy back on its feet, particularly after the financial crisis of 2007 and 2008, and also now with the global Covid-19 economic fallout. Things are much more



predictable and stable these days in central bank management than they were in the last century, and that has been good for business and for investors at the same time.

In conclusion, the risk of a structural increase in inflation looks limited. Therefore, bond investors should look to buy when yields are high and perhaps take a profit when yields are low. Investors on the stock market should not worry too much. Still, occasionally taking a profit on a fast-rising asset may be a good strategy given that markets are quite high. Buyers of property who follow this conclusion might better opt for a floating interest rate with a cap than for a fixed rate, at least when the latter is peaking.

All in all, it is good to see that there is some inflation again. Indeed, although high inflation is bad for the economy and for confidence, deflation is probably just as bad, if not worse. That is why central banks typically want

a little bit of inflation, but not above 2%. As long as they stay independent, and as professional as they are today, things look good on their side for the global economic success story. But it takes much more than central banks to have a sustainable increase in prosperity and happiness around the globe. Governments should be well-run and defend the rule of law. Businesses should

“HOPE FOR A MORE NORMAL LIFE”

keep their entrepreneurial drive and thirst for innovation and improvement. If all stakeholders can yield a yearly efficiency dividend, and we protect our social safety net, the boom can continue. Business, but also sport and other competition, should be our only 'battle fields', next to beating poverty and Covid-19 or any other diseases of course. May the best person win. Your favourites are as good as mine.



Because our children are our most precious heritage.

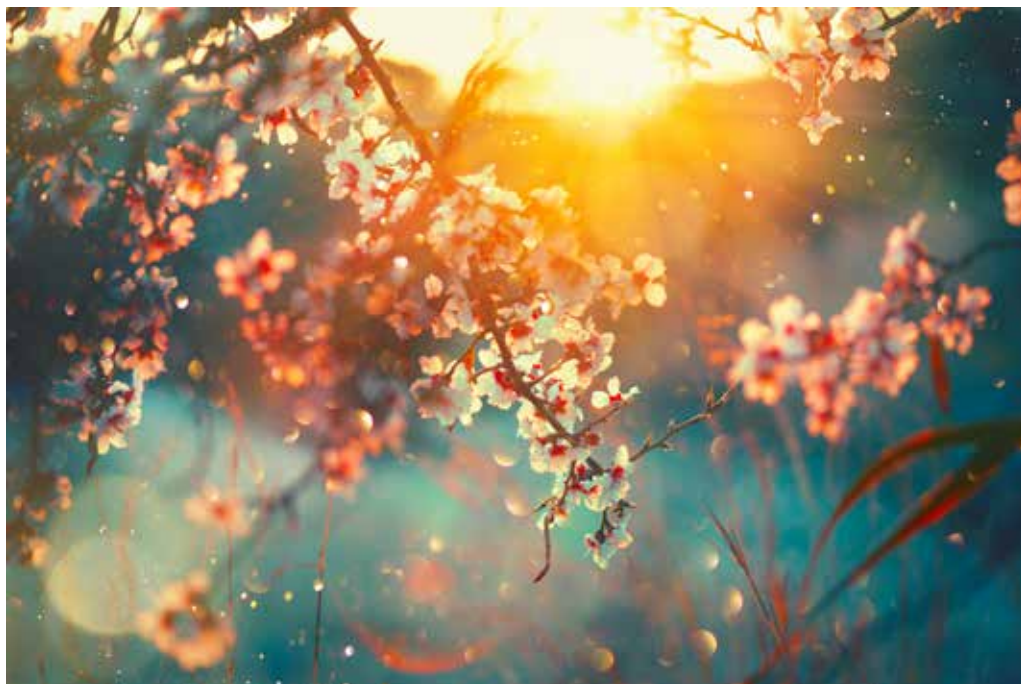
Family governance • Wealth structuring • Estate planning • Philanthropy

UMANI

FAMILY OFFICE

A feeling of rebirth

Catherine Feore is hoping that the new season will accelerate foreign travel



Spring has certainly sprung - snowdrops, crocuses and daffodils are already on display, and I've bumped into some large furry bumblebees who have left their wintry slumber to drunkenly hover from flower to flower. With spring comes a feeling of rebirth, and never more so than this year with the very real prospect that we might be released from confinement and maybe even allowed to roam.

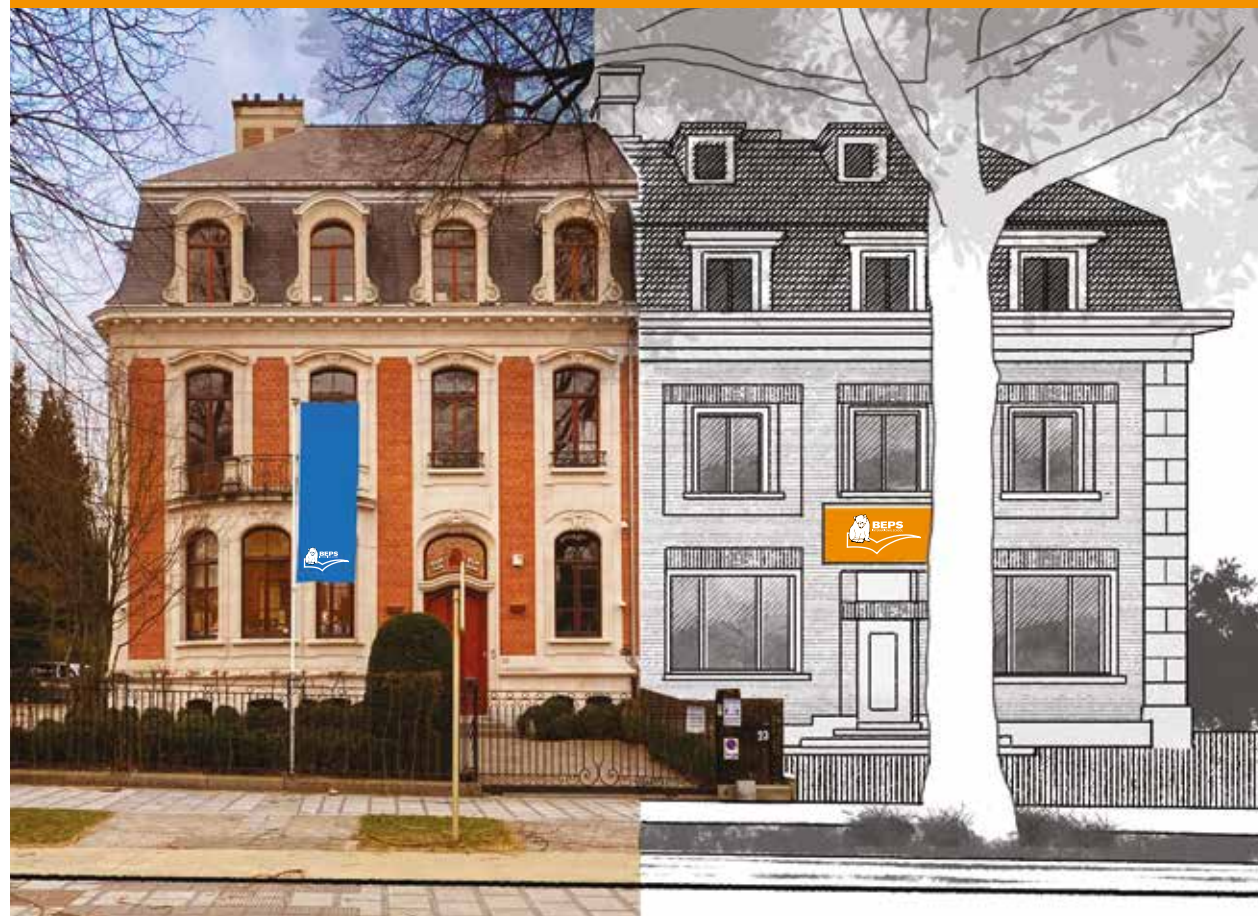
“WITH SPRING COMES A FEELING OF REBIRTH”

Just a thought on the miracle of science and public administration that brought us to where we are today. There's been a lot of - in my view - unfair criticism of the EU's vaccine strategy. There were undoubtedly some flaws

- hello people, it's a pandemic! - but overall it has been outstanding.

Two things should be remembered when assessing the EU's performance. Firstly, health really isn't an EU competence, the European Union has done much through research programmes and cooperation in the field of health, but it is a policy area that states have jealously guarded. This brings me to the second point, getting EU countries to work together is like herding cats. Fortunately, the European Commission is a dab hand at it, but it is even more demanding without a clear competency.

BEPS International School brings its growing Secondary School home.



One School.
One location.
100% more BEPS.

Book a discovery visit today.

www.beps.com



As ever, the European Commission has become the scapegoat of choice when there are difficulties - sadly, politicians are often a cowardly bunch happy to hide behind the great behemoth that is 'Brussels bureaucracy'. However, the facts tell a different story.

Last year on 17 June, the European Commission unfurled its vaccine strategy for the development, manufacturing and deployment of vaccines. To those who conveniently forget these things, there was a race for vaccines - similar to that for protective gear - that could have seen states outbidding each other for a scarce supply. The EU acted collectively in a heroic effort to help get new vaccines developed and into production through advance purchase agreements, securing supply to all EU states, while also leading global efforts. It has been a breathtaking success, of which the scientists and officials have much to be proud of. Whereas vaccine development usually takes up to ten years, this has been achieved within 12 months.

The EU succeeded and delivered more than 50 million doses by the end of February and has a realistic plan to vaccinate 70% of the adult population by the end of the summer. Nevertheless, the EU has come in for sharp criticism in two areas: vaccine approval and rollout. The fact that some countries granted 'emergency use' authorisation rather than waiting for the European Medicines Agency's more stringent 'conditional market authorisation' painted the EU as overly cautious.

To those who intrepidly suggested that the EU should deploy vaccines for emergency use, I have to ask: where have they been?" Great to have those voices on board now, but there has been an anti-vaccination disinformation campaign raging across Europe for years. A higher level of authorisation was not just about avoiding state liability, should problems arise, it was a question of public trust.

Roll out has been complicated with vaccine production problems - and frustration with some companies - in particular AstraZeneca,



the manufacturer of the vaccine developed by Oxford University, has filled many newspaper column inches. Had AZ respected its contractual commitments to the EU? What exactly were those commitments? Was there sufficient data to administer to those in the highest risk over-65 group? The EMA said it was suitable for over 65s, but some state regulators disagreed; these decisions lay with individual EU countries, and successful deployment after delivery lay squarely on the shoulders of member states.

The EU's response hasn't just been on the medicinal front, it has also been relaxing many of its rules to allow large, publicly funded interventions to support the economy and establish a Recovery and Resilience Facility that could be a game changer. However, the economic cost of the pandemic will be enormous and the impact is unevenly felt.

The sector that has been most deeply

affected is tourism. Even here the European Commission is doing what it can to put forward pragmatic solutions with a legislative proposal for a 'Digital Green Pass' on 17 March. It is proposed that the certificate will contain proof that a person has been vaccinated, show results of tests for those who couldn't get a vaccine yet and may also consider recovery from Covid-19. The Digital Green Pass is aimed at enabling the safe

movement of people across the European Union, or further afield. It is hoped that it can be proposed and adopted within the next few months. Assuming this

is agreed, some of us could enjoy easier travel.

Spring is here, but it is looking more and more likely that we are heading towards a more social summer and maybe, just maybe, the right to roam well beyond Belgium's borders.

“ THE FACTS TELL A DIFFERENT STORY ”

LIFESTYLE

*Surrounded by green vegetation
that gives it great privacy and tranquillity*

LIFESTYLE

Luxury

Luxury living: Italian style

In our latest luxury property pages, we take a look at some special villas from **Lionard Luxury Real Estate**



Luxury villa with pool for sale in Rome

On the Appia Antica, a prestigious residential area of the renowned city of Rome, there is this magnificent luxury villa with a pool for sale. This property is surrounded by 5,660 sq metres of a well-kept garden planted with

palms and tall trees, and inside which there is a splendid swimming pool equipped with a sunbathing area, ideal for enjoying the hot summer days, a 160 sq metre gazebo with a double relaxation area, and a dining area: **Price €6.7 million** ref. 1153



Exclusive villa for sale near the Circus Maximus

This wonderful luxury villa for sale with a stunning view of the Circus Maximus is surrounded by the ancient splendour of one of Rome's most historical areas. From its big terrace, we can not only admire the place where chariot races were held, but also the ruins of some baths and, in the background,

the bell tower of the Capitoline Hill, with the shape of the Colosseum on the north. This luxurious, modern-style estate measures 830 sq metres and offers a welcoming atmosphere as a result of wise restoration works that lasted over two years, enhancing this property's value and its prestigious context. **Price on application** ref. 5240



Charming estate for sale in Rome, on the Via Cassia

This charming farmstead with a pool and surrounded by two hectares of grounds, is for sale in Rome, at the outskirts of the city, near the Via Cassia and the Grande Raccordo Anulare. This luxury property measures about 2,000 sq metres and

consists of different structures, the largest of which is the mainhouse featuring two floors and an attic and measuring about 1,000 sq metres. All rooms are furnished with care and embellished with luxury finishes and materials that give them elegance and prestige. **Price €5 million - €10 million** ref. 5781



Historical villa for sale in Bellosguardo, Florence

At the outskirts of Florence, in Bellosguardo, an exclusive residential area, this extraordinary luxury villa of exceptional historical, architectural and naturalistic value is offered for sale. This complex, which dates back to the 14th century, comprises several buildings, all inside a fully fenced park offering

breathtaking views of the city of Florence as it is situated just two kilometres from the historical centre. This typical Florentine luxury villa which overlooks the city and the Arno valley, was mentioned by poet Cavalcanti and then owned by Florence's most important families. **Price on application** ref. 3004



Stunning period villa with a view of Lake Como

The period estate, dating back to the early twentieth century, is located in the renowned town of Blevio, a few kilometres from the historic centre of Como and its exclusive services, surrounded by green vegetation that gives it great privacy and tranquility. The

delightful private garden, 360 sq metres, offers the possibility of hosting a fantastic panoramic swimming pool. It boasts 470 sq metres of surface, distributed over three floors, and an additional attic level. **Price 2.5 million - €5 million** ref. 5679



Fantastic lake-front villa in Moltrasio

This unique lake-front property with a private dockyard is located on the wonderful shores of the pearl of Lake Como: Moltrasio. This luxury estate is surrounded by a spacious park measuring 3,000 sq overall, offering a lovely view of the surroundings and home to a fabulous swimming pool and a jacuzzi

tub for you to relax with family and friends. This luxury estate measures 700 sq metres, has several floors and features big windows offering a breathtaking view of the lake. The main villa has been finely renovated. **Price on application** ref. 4642 www.lionard.com

Mlle.

Photographer **Maria Dawlat** *Art director* **Nicholas Sirot** *Hair & make up* **Elke Binnemans**,
using **Sisley Cosmetics**, **Kevin Murphy** for hair and **Balmain Hair Vouture**.

Model **Axelle L** @ Dominiquemodels.com

Special thanks to **Frederic Nicolay** and the **Fernand Cocq Café**



Jacket: **Pinko** *Using Hair Rituel by Sisley for hair:* **Precious hair care oil - Volumizing spray** And **Kevin Murphy** for hair:
- **Fresh hair** - **Session spray flex**



Panty shirt: **Twinset** - Top and Jacket: **Zara** Headband: **Christian Dior** - Jewellery: **Pascale Bruni** - Handbag: **Christian Dior**



Total look and bracelet: **Pinko** - Ring and earring: **Pasquale Bruni**



Total look: **Christian Dior**



Total look: **Pinko** - *Boots:* **Arket** - *Armband:* **Christian Dior** - *Ring:* **Pasquale Bruni**



Top: **Cos** - Jacket: **Zara** - Shorts and belt: **Pinko** Earrings and ring: **Pasquale Bruni** - Boots: **Arket**

Fashion

Japandi in fashion too

In our fashion news article we look at how Japandi style has jumped species

AMPM by La Redoute



By now, you may have heard of 'Japandi' in terms of interior design. In this new trend, the modern Scandinavian design is combined with the timeless and elegant Japanese style, minimalism is the key to combine both.

A house of Japandi

What can we expect to find in Japandi styled interiors? A lot of wood and natural textures, light and soft colours, minimalist decorative pieces and often a touch of blue in various shades. The entire interior breathes peace and oozes relaxing vibes. The furniture is organized in such a way that the spaces feel open and light.



La Redoute

Floris van Bommel



Lee Cooper



“ NEUTRAL COLOURS AND SIMPLISTIC DESIGN ARE KEY ”

Tamaris





Tamaris Still Schuh

“ PERFECT FOR THE SUMMER SEASON ”



LolaLiza new collection



LolaLiza new collection

“ EARTH TONES ”

More than just an interior trend

It is noticeable how these earth tones are also making their way into fashion. Neutral colours and simplistic design are key. Wide fits and comfortable clothing, perfect for the summer season.

The examples we have chosen highlight the undertones: ecru and beige, peach, blush and orange, steel blue and grey.



Guess jeans

Shopping

Shopping

Barbara Bussy

Belgian designer Barbara Bussy – very popular at *Vogue UK* – has announced a new name in original jewellery: the reinvented jewellery. It is first and foremost a story of gems. Rare, simply magical, always remarkable. The designer, of Belgian-French origin, seeks out the most exquisite stones, in search of appealing colours and maximum brightness.

Barbara Bussy's creations can be enjoyed exclusively, by appointment only, in total privacy. www.barbarabussy.com



Panerai Luminor

Thanks to its knowhow and its experimental technologies, Panerai highlights the essential qualities of its materials. In the wake of the 70th anniversary of the Luminor collection, which owes its name to the luminescent substance first patented in the middle of the last century and which is an eternal signature of the brand, Panerai is once again celebrating its iconic collection with a brand-new interpretation: the Luminor Marina Platinumtech™ (PAM01116), guaranteed for 70 years. Limited to 70 pieces. Price:

€32,900

www.panerai.com

Dazibao Antwerp

Dazibao was founded by Camille Coppens in 2017. From an early age, Camille was fascinated by jewellery and especially by diamonds. Dazibao is a unique concept involving diamonds and gold, requiring customer's imagination and creativity. The idea is: "you are the designer, we are the crafters". Customers have the chance to be part of a collaborative collection by giving their design to the brand and seeing their creation (which carries their first name) worn by other customers.

Kala Bracelet. Price: **€1,930**

www.dazibao-antwerp.com



GO4BALANCE

Discover Trust and Trust Mild for rest and restorative sleep. The importance of sleep for our health and wellbeing no longer needs to be demonstrated. Sleep is one of the key tools of our immune system. GO4BALANCE uses the power of plants to soothe everyday ailments. The Belgian herbal medicine brand innovates by offering a double action, treating both body and mind. Trust drops contain valerian and passionflower, plants known for their restful properties helping to promote a good night's sleep. They help you to find calm and serenity in the event of prolonged stress. Trust Mild drops act on the nervous system, in case of temporary stress. The blend of passionflower, lemon balm, small-leaved lime and California poppy helps provide a feeling of calm, without drowsiness.

www.go4balance.eu



Wakame by ANNAYAKE

ANNAYAKE has always been convinced of the power nature had to promote beautiful skin. Inspired by the benefits drawn from the Japanese diet, the brand's latest scientific research has resulted in the selection of wakame seaweed to initiate a new and clean approach, complementary to existing treatments. Wakame by ANNAYAKE. The actions of this algae are multiple: firming action, illuminating action and moisturizing action. This new, comprehensive anti-

ageing line is accompanied by four targeted treatments, with sensory textures and delicately scented. Wakame by ANNAYAKE consists of a smoothing eye contour, a firming anti-wrinkle serum, a nourishing anti-stress serum and a concentrated multi-protection anti-ageing cream. The plus: they are without paraben, mineral oils, silicone, sulphites, nano-particles, oxybenzone, phthalates, PEG, phenoxyethanol, formaldehydes, ethanolamine.

www.annayake.com/en

Shopping

Reductin: the 360° slimming ally

Compulsive snacking, lifestyle, stress, hormones in a mess, each weight gain requires an appropriate response. Thanks to the Reductin range, there is a solution for each problem, allowing you to quickly regain a harmonious silhouette while avoiding the yo-yo effect. 10 seconds in the mouth, 10 years in the buttocks! It is a fact that the abuse of 'good' things has a direct impact on our figure and our health. Resisting temptation is not, however, a matter of willpower, but of dopamine and satiety. Articulated around three products; Reductin Instant stops the cravings for sugar and snacking, Reductin Slimming reverses



metabolism and Reductin Cellulite smooths cellulite from the inside. The Reductin range offers both a preventive and curative solution to the problems associated with weight gain. Each product can be used alone or synergistically, depending on the desired effects, without risk to health. Available in pharmacies and drugstores. www.reductin.lu



Osteosin®

With age, especially for women, bone mass loses density. Osteosin® is a natural product that rebalances bone remodelling and provides a complete supply of the building blocks of bone (calcium, magnesium, phosphorus, silicon, vitamins D and K1). In addition, Osteosin® provides the body with all the minerals and vitamins necessary for quality bone remodelling. In the form of a 3rd generation bioavailable salt, it promotes better absorption of calcium and magnesium, to avoid any risk of cardiovascular problems or gastrointestinal disorders.

Osteosin®, €19 for a box of 60 tablets, €41 for a box of 180 tablets. Available in pharmacies and drugstores. www.eoslaboratory.com

Better times

Anja Van Der Borcht runs the rule over beautifully made timepieces

Bell & Ross

After a black model in 2018, a green one in 2019 and a blue one last year, Bell & Ross introduces the automatic BR 03-92 Diver Red Bronze. A limited edition of 999 pieces with a case (42mm) and bezel made of satin-polished CuSn8 Bronze, an alloy combining 92% copper and 8% tin, that is deeply linked to diving history as it was used in the past for deep-sea helmets and naval construction:

€4,200

www.bellross.com



Breguet

With its timeless elegance, the Classique collection by Breguet is certainly among the best choices when it comes to a dress watch that you want to pass down through generations. Based on the brand's mastery of the hand-guilloché technique, Breguet introduces more contemporary versions like this Breguet Classique 7337 Calendar & Moon (39mm) in 18-carat rose gold, with refreshed engine-turned patterns: €42,200 www.breguet.com



Blancpain

Blancpain reinterprets one of its emblematic historical timepieces, the Fifty Fathoms 'no radiations'. This mid-1960s diving instrument, of which one version was used by the German Navy's Combat Swimmers, had the characteristic feature of being stamped with a 'no radiations' logo indicating that Blancpain was not using luminescent materials composed of radium. Series limited to 500 pieces: €13,290 www.blancpain.com





Audemars Piguet

As part of the first major redesign of the Audemars Piguet Royal Oak Offshore collection, the 43mm diameter makes its appearance with five models honed from stainless steel, 18-carat pink gold or titanium. The case and dial of the Royal Oak Offshore Selfwinding Chronograph has evolved to offer optimum aesthetics and ergonomics, plus an integrated flyback chronograph: **€56,900**

www.audemarspiguet.com



Omega

The Seamaster 300 in a bronze gold version has been developed for its appealing appearance and colour and is enriched with precious elements such as 37.5% gold (marked as 9K), palladium and silver with a unique colour that lies between the 18-carat Moonshine™ gold and 18-carat Sedna™ gold of the brand. Using Bronze Gold for this Seamaster 300 (41mm) with the self-winding Omega 8912 movement: **€11,500**

www.omegawatches.com



Longines

The Silver Arrow adventure began in 1955, named after the famous sports cars that dominated the racing circuits of the era. Today, Longines brings the model back to life. The new Silver Arrow has a 38.50mm steel case that contains a self-winding mechanical movement with a silicon balance-spring to ensure high-precision accuracy and enhanced resistance to magnetic fields: **€1,940**

www.longines.com

Hiscox insurance: Solving our clients' problems

Together looks at Hiscox home and contents insurance

In the last edition, we looked at Hiscox's view on art insurance. In this edition, we will look at another Hiscox product. Like many insurers, Hiscox offers home and contents insurance. Hiscox's Country Manager Belgium, Timothy Broos, explains.

What is your approach in comparison with the rest of the market?

Our high value household insurance, 808 by Hiscox, provides cover on an 'all-risk' basis. This means that everything is covered apart from the exceptions stated in the policy wording. As a private insurer, Hiscox understands that completing a standard A4 form is no use to our clients. Contrary to standard practice, our service is adapted to our clients' lifestyles. We believe in offering a tailored service. Our employees understand our clients and tailor a policy in line with their wants and needs. Most importantly, we always assume our clients' claims are honest and will therefore always settle in their favour. That's the role of an insurer after all.

What about insuring personal effects?

Personal effects, such as valuables, works of art, jewellery and even clothing, are covered worldwide and on a 'new for old' basis. This means that in the event of a claim, clients are entitled to replace the item with a new one. Before underwriting the policy, the client is

visited by our risk surveyors, and his particular situation is discussed. At this time, we give advice with regard to safes and security. The worldwide cover also gives our clients the total peace of mind of having excellent cover, wherever they are in the world.

Do you handle claims in the same way as others? Or is there anything to specify in this respect?

Good claims settlement is the cornerstone of an insurer's service, including Hiscox's. We always assume the claim of our client is covered. This is why we only work on an 'all-risk' basis, both for personal and professional insurance. That way, we make the claims settlement process much easier and more transparent. Clients can rest assured that everything is insured apart from what is clearly excluded. That means that in the event of a claim,

they don't have to check whether or not they are covered. Whenever there's a claim, we do our very best to support our clients with our expertise, recovery or legal support, whether they cover a risk in Belgium or abroad. In other words: we solve our clients' problems.

www.hiscox.be



Hiscox's
Country
Manager
Belgium
Timothy Broos



HISCOX

It's all in the formula

Caroline Dierckx offers some top-quality products in a changing market

More responsible, more neutral and more natural skincare, the brands have certainly got the point. Nowadays, we are all attentive to the composition of the products we use on a daily basis. The formulas are improving, and we appreciate it!



Eucerin UreaRepair PLUS Cleansing foam 200ml: **€13** and Emollient 250ml: **€19.90** scented

Nu Skin Nutricentials
Les toniques In Balance: **€24.21**,
Here you glow: **€27.55**



She+ by Fisher, Sport range. She+ Sport provides all the nutrients for an optimal metabolic balance during intensive sports practice **€64.95**



Nivea Q10 Energy Anti-Wrinkle Day Cream SPF 15. Healthy Glow/Radiance, 50 ml: **€12.49**

All Tigers, rose petal, green, vegan and stylish varnish. At Planet Parfum: **€12.90**



Labello Caring Lip Oil Clear Glow: **€6.99**

Avène moisturizing mist, 100ml: **€19.80**



SOS Kazidomi balms. High Five, Hand and Foot Balm. Sweet dreams, Relaxing Balm. Kiss & Ride, Lip Balm. Available on Kazidomi e-shop. 30ml, **€8.75**



Les Huilettes, Mon Huilette Sensitive 100% natural, organic and vegan, 50ml: **€49.90**

Authentic Beauty Concept Eau de toilette, vegan formula, free from sulfates, silicones, artificial colours, and mineral oils, 50ml: **€50**



BABOR Eye Shadow Pencil Gold: **€18.92**

LOEWE: A family of fragrances

LOEWE launches a kaleidoscopic collection of shades



LOEWE is a Spanish luxury fashion house specializing in leather goods, clothing, perfumes and other fashion accessories. Founded in 1846, Loewe is approaching 175 years as LVMH's oldest luxury fashion house.

The company's vision includes the world of perfume, with all the existing, iconic LOEWE fragrances designed for international launch with a new bottle. The operation will build a system based on colour, touch and smell: a single rainbow-shaded, multi-sensorial repertoire. The kaleidoscopic collection of shades echoes nature's own vibrant palette as seen through the prism of human invention. It invites wearers to freely discover their own personal connection with each fragrance and individual feelings and moods.

The template of the new multi-sensorial system is the distinctive block-shaped flask launched in 2016 with Jonathan Anderson's debut fragrance LOEWE 001. Designed by Jonathan himself, the slender yet solid glass bottle, topped by a tactile cap crafted in sycamore, is the object that projects this vision. The solidity and the coolness of the glass warms up in the cap, then turns into smell. Perfume works as a door connecting

inner and outer worlds, mindscapes and landscapes, reality and possibility.

Within this global launch, which began in March 2021 and continues throughout the year, all the family fragrances - AGUA, AIRE, AURA, ESENCIA, SOLO, SOLO Ella, 7 & POUR HOMME- rebuild their forms. Each one captures one aspect of the brand. Multiplicity defines the prismatic identity of LOEWE.

LOEWE 001, the template, is a family of fragrances inspired by new beginnings, by liminal early morning light, as reflected in the natural shades of vanilla, musk, fresh lemon and bergamot. It comes encapsulated in a clean, transparent glass block in shades of pale yellow through to soft cinnamon brown.

“INSPIRED BY NEW BEGINNINGS”

LOEWE AGUA is a family of fragrances inspired by the sparkle of light on flowing water. Dynamic and refreshing, these fragrances share citrus top notes and have musk at their base. They come encapsulated in clean, translucent glass blocks in cool shades of blue, yellow, green and pink.

Discover the intricacies of the entire family:
www.loewe.com/eur/en

Alline

procap

100%

of users observe **less hair loss**¹

- **Pure keratin**

- Vitamins B1, B2, B3, B5, B6, B8, B9, B12, C, E, β -carotene (100% RI)
- Minerals: Copper, iron, zinc (100% RI)

30 capsules : € 19,⁹⁹

180 capsules : € 99,⁹⁹

2 capsules/day

¹ Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014. Zinc contributes to normal protein synthesis and to the maintenance of normal hair.

² Nobile V. et al. (2021)



NEW



Alline

proMEN

100%

of men have **less hair loss**²

- Keratine (Keramax®) 500 mg
- Maidenhair extract 150 mg
- Vitamins : B1, B2, B3, B5, B6, B8, B9, B12, C, E, β -carotene (100% RI)
- Minerals: Iron and Zinc (100% RI)

30 tablets - 1 month of use: 39,⁹⁹€
90 tablets - 3 month of use: 94,⁹⁵€

1 tablet/day

Made in
Belgium



www.trenker.be | allineprocap.com

Available in pharmacies • NUTAS 21/33

Passion for
family health

Trenker
laboratoires

Design

IONNYK: A magical piece of art

Our design article this week looks at how a form of alchemy created digital ink

Art can change how you look at the world. What if you changed your perspective on art? Imagine an evolving photograph. A photo that stops being static, fixed once and for all, and that changes at will: at any moment, another image that materializes and creates surprise.

In 2019, IONNYK was born with the contribution of its four partners: Mathieu Demeuse (co-founder and CEO), Charlotte Dubois (artistic director), Antoine Baudoux (co-founder and CTO) and Christophe Courcelle (CMO). With the support of BNP Innovation Hub and the Walloon Region, they were able to present their prototype at the end of 2019. In 2020, a fundraising event (with the support of BeAngels, the W.IN.G & several private investors) raised a capital of €500,000.

IONNYK is the world's first digital art frame, intelligent photographic image connected to electronic ink. This ink consists of millions of black and white capsules. The paper emits no light. This is essential: visually, this makes the frame's presence in an interior never intrusive, as soft and natural as a photographic paper. Finally, the frame consumes very little energy (99% less than a traditional screen) and works without cable.

IONNYK attracts talent. Several renowned artists and photographers have decided to offer their works in limited edition. They are our four sponsors.

Bart Ramakers, photographer: "The digital age is predictable and controllable. IONNYK surprises us by renewing our gaze on an

Mireille Roobaert



image, with suspense and the unexpected. With IONNYK, the object is no longer eternal, but changing, thanks to Smart Art. The magic of the analogue (film) was the revelation of the final result. IONNYK offers subtle tones and nuances that resemble the masters of the early 20th century, Stieglitz or Atget."

Juan Kiti, artist: "An artist exists with his time. I'm an artist of life, I touch everything, so all new technologies. IONNYK inspires me with a new kind of photograph, in interaction with the art lover. With the app, I make my work live by transforming it according to my mood and the buyer's personality."

Benoit Feron



Juan Kiti





Photo © Miysis_3D



Benoît Feron, photographer: "For me, as I abandoned analogue, I'm open to new media. So I wanted to be an IONNYK ambassador. This magical setting inspires me to imagine serial portraits. In a classic shot, I can hold only a single portrait. With IONNYK, I can turn the portrait into a story, by remembering several successive moments. So I'm getting closer to the life of my subject."

Mireille Roobaert, photographer: "It's a deep relationship: IONNYK was seduced by my work, and I'm always attracted by innovative technologies. Formed at the St. Luc School, I used analogue. The emergence of digital technology after 2000 drew me away from it. In 2020, IONNYK is an unusual technology, soft, without backlighting, an ink of light. I drew on images from my collection, going to my photos of great architects and their works. They are perfectly suited to IONNYK's technology, which superbly captures the grain of the film at the time. So I'm going to edit with IONNYK some of my photos of

Oscar Niemeyer, Le Corbusier and Belgian Denis Meyers."

Finally, the photographer Marie Haegelsteen immediately wanted to share her works in the Discovery catalogue. "I was blown away by this feeling of a real photo that is at the same time a changing image. This new technology is fun, it's a pleasure. The idea of exposing a work remotely". Sending it as a letter or as a gift appealed to her. She chose some of her street photography pictures, where a character tells a story that challenges the viewer. Unposed, instinctive scenes that play with perspective, shadow and light.
www.ionnyk.com

Shopping decor



Les Jardins de la Comtesse - Gigi the Giraffe lunch box

This baby meal set is perfect for toddlers' first meals. This children's Gigi the Giraffe lunch box from the Happy Friends collection is the practical answer for your children's meals. Made in bamboo fibre, it ensures that their food stays in good condition when they are on the move. Eco-friendly and biodegradable. **€14.90**



Les Jardins de la Comtesse - Children's picnic basket

Fall in love with this adorable wicker picnic basket for kids! This Gigi the giraffe children's picnic basket from the Happy Friends collection is hand-woven from natural wicker strands. It contains the essentials for a picnic: a slightly deep plate, a glass, a fork and a spoon. This tableware set is made of bamboo, much more environmentally friendly than plastic. **€50.90**



Les Jardins de la Comtesse - Bamboo meal set for babies

An adorable bamboo kid set to treat the little ones! Practical and complete, this Gigi the Giraffe bamboo meal set for babies is ideal for your little ones' mealtimes. This set from the Happy Friends collection includes a slightly hollowed plate, a bowl, a glass and ergonomically designed cutlery made in bamboo fibre. **€16.90**
www.lesjardinsdelacomtesse.com



Young Living Dewdrop Diffuser

Young Living's Dewdrop Diffuser is an aroma diffuser, humidifier and atomiser in one simple-to-use product. Custom designed with up to 10 hours of continuous diffusion, automatic shut-off and ambient light control, the Dewdrop™ Diffuser adds a touch of elegance to your home, office or exhibition space while filling the air with the alluring scent of essential oils. **€94**
www.youngliving.com/en_EU

House of Flora Pom Pom Black Basket by HoF Living

Woven from sustainable seagrass with natural and black alternating strips creating a distinctive zig zag design and finished with black fluffy pom poms adding a soft touch. Use this basket to store laundry, toiletries, toys, blankets or some magazines - whatever you decide it's a stylish way to keep your house looking clutter free. **€35**
www.house-of-flora.com



Adobe Living Soleil Plate

The Soleil Plate is designed by Datcha Paris and made in Morocco from glazed terracotta. The sun face design is painted by hand, and the edges are formed to look like the rays of the sun. A great presentation plate for cheese, charcuterie, cakes or anything that takes your fancy. Hang it on the wall as a little work of art. **€40**
www.abodeliving.co.uk



IRON TIGER Velvet cushion

IRON TIGER is a handmade decorative cushion with an eye-catching design by the botanical and exotic blended elements. This refined cushion boasts mesmerizing colours of brown shades with black and white motifs in a camel velvet background. It will infuse a bit of the wild jungle into your home, creating a luxurious room to please friends. **€185**

www.achcollection.com

Sophie Allport Bees Knitted Statement Cushion

Our Bees knitted statement cushion is a fabulous way to add texture to your home. It will bring distinction to any living room or bedroom, whether contemporary or classic. This knitted cushion will add comfort to a sofa, armchair or bed and be lovely and cosy to snuggle against. A fabulous and versatile piece for your home. **€57**

www.sophieallport.com



Yorkshire Fabric Shop

Cushion in carnival living fabric, collection multi colour geometric pattern upholstery curtains fabric jo-191. Material: Jacquard woven chenille fabric - quality fabric woven in a European mill composition: polyester, cotton & viscose. **€45**

www.yorkshirefabricshop.com

Go local ...

TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



SPEAK THE LANGUAGE

Dutch courses, workshops for children, practice opportunities



MEET THE PEOPLE

Clubs and activities for children and adults



DISCOVER THE REGION

Randkrant and RINGtv

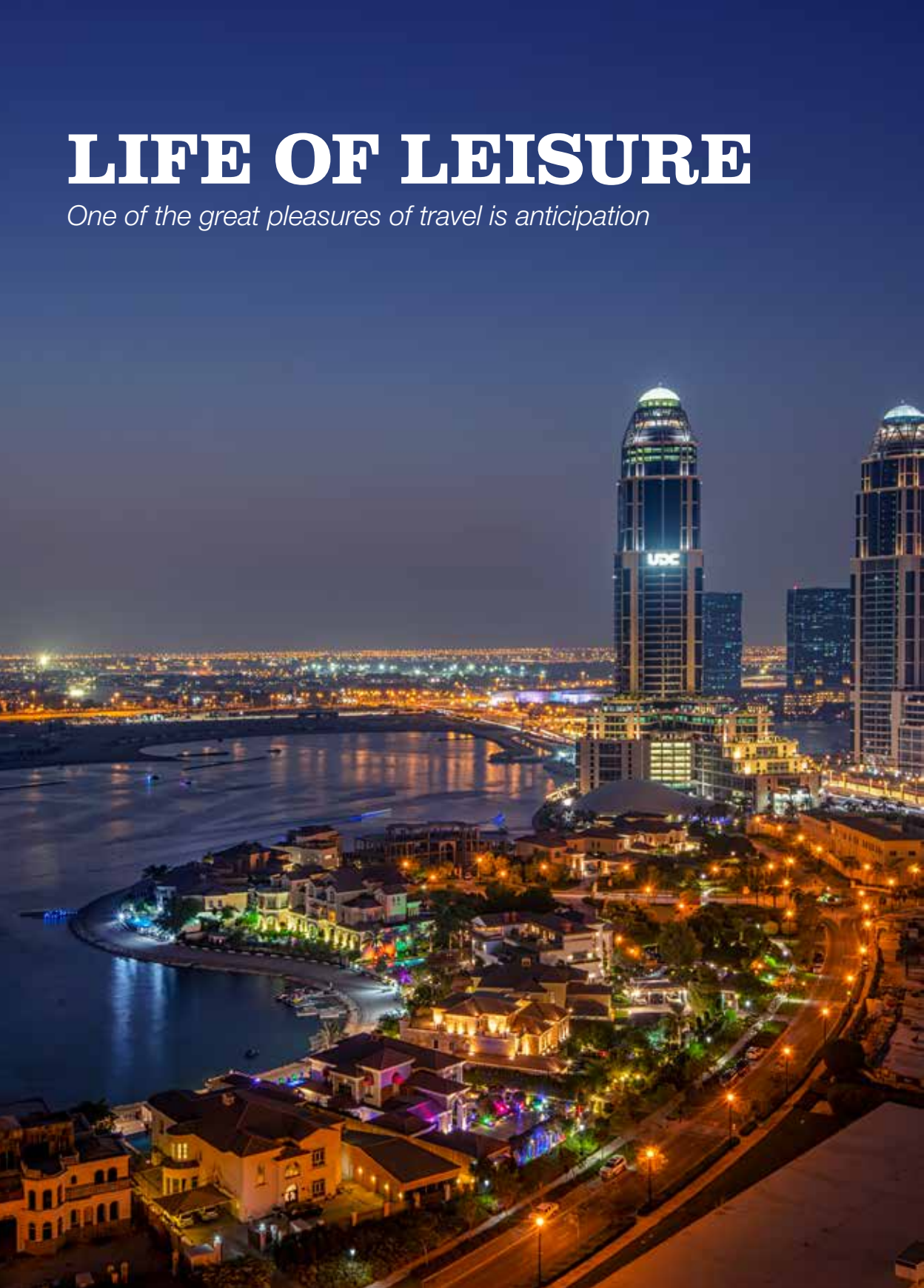


welkom.derand.be

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

LIFE OF LEISURE

One of the great pleasures of travel is anticipation



LIFE OF
LEISURE

Interview

Jennifer Aniston: Living with miracles

Together sat down with a TV and movie icon who appears to get stronger every day



Jennifer Aniston epitomizes one of the industry's most curious juxtapositions – an actress so often represented on screen by bubbly, buoyant, energetic and humorous antics, yet someone who, away from the flashbulbs and the premieres, has found the challenges of settling down and finding the right partner slightly more challenging.

On the subject of children, Aniston has often

admitted to being "fed up" with the incessant and clearly unfounded reports about her being pregnant, which she says "unfair", shaming women who for whatever reason remain childless "as if you've failed yourself as a female". Later, she added: "As women, we should accept every aspect of ourselves and embrace ourselves for who and what we are, including our faults. That will make you strong." She returns this year in *The One Where They Got Back Together*, the hugely



anticipated and long-delayed *Friends* reunion screening on HBO, but postponed because of the Coronavirus pandemic.

Together: You are the latest to step across from film into TV, this is a case of coming full circle.

Jennifer Aniston: Absolutely, although of course the landscape is so different now. When we were working on *Friends* and when we started to appreciate the magnitude of what it was that we were doing, there was a feeling that this was probably the biggest thing traditional TV entertainment could do in terms of drama or comedy.

You look at it now with premium channels, box sets and these big-budget TV projects that are now leading the way, and you realize how everything did indeed change from the way it was. It's like saying TV has evolved in itself, while film has just carried on doing the same thing in the same format.

So it's a very interesting and very exciting time, and I'm just glad I'm still involved – on both sides of the camera – because you have actors who have had their whole career in film switching across to experience something really different and really unique.

Before *Friends*, you struggled to find acting work. What kept you going through those tough times?

Stubbornness and determination keep you going. You're also spending a lot of time with other actors who

are going through the same thing, and you're all dealing with rejection and disappointment. So you tell yourself to just hang in there and have faith in yourself... and persevere. But you never forget the tough times – it makes you respect your success and everything good that happens to you, and I'm just very grateful for all the opportunities I've had. I have never found any other job to be as

**“TURN TO YOUR
FRIENDS FOR
SUPPORT”**



exciting as acting. I never had any doubts about what I wanted to do in life.

It's ironic in a way that your father (actor John Aniston) never wanted you to become an actress?

No, never. He was worried that I was going to get my heart broken and spend years living with all the anxieties and stresses that come with trying to get your career going. I think, in a way, that I wanted to prove to him and to myself that I had what it takes to make it in the business and that I wasn't to back down, even when things would get tough.

How did you begin to sense that maybe comedy was your forte as an actress?

I was studying at the High School for the Performing Arts and one time, while I was performing a Chekhov play, the audience was laughing at certain points instead of taking my performance very seriously as I expected. I was offended at first, but then my teacher told me that I was unintentionally funny but in a good way. That's when I started to understand that I had a gift for comedy and that I could make audiences laugh. That experience also helped lead me to appreciate that I should not only be willing to expose that lighter side of me but also those other feelings that I tended to hide.

Which character type do you prefer playing?

I love exploring different kinds of characters, especially those with flaws or problems that we can all relate to. I also enjoy playing women who are both smart and have a big sense of humour. But I honestly try not to place limits on what I could do. I want to be able to explore all aspects of my personality? because I think we all have different and contradictory sides. I have my crazy and perfectionist sides, so why should I ignore those character traits in my work?

“ I LOVED THAT STORY ”

You originally wanted to become a dramatic actress as opposed to doing comedy. Is that what made such a devastatingly good, but sad, performance in the film *Cake* so important to you?

I was in love with that story. I felt that I understood the pain and depression that this woman was experiencing and that I could do justice to that kind of role. I have no qualms about exploring the darker sides of human nature. I've lived through dark times myself. We all have.

Did you ever wonder whether the public would accept you in darker roles because your *Friends* character, Rachel, is so beloved?

I'm very grateful for what that role gave me back then – we all are; it was a gift for all of us. Sometime Rachel seems like three lifetimes ago, and it is scary to think of her as coming back. That said, I'm at a point in my life and career where I can say: who cares about my image!

I'm ready to play characters that reveal the painful and ugly sides of life rather than just playing more glamorous or attractive kinds of roles. There is something very liberating about being able to just let go and throw yourself into characters where you can

reveal those darker and sadder emotional sides to yourself.

“ ACCEPT EVERY ASPECT OF OURSELVES ”

You've spoken out against sexism in Hollywood. How have

you dealt with the pressure during your own career?

The actor's craft can overwhelm people who are too sensitive, but I've always found the strength to keep fighting. So many times I felt stressed out because I wasn't connecting with the director or I couldn't quite play a scene the way I wanted to, but I never thought of giving up.



That's not to say that this job or life, for that matter, is easy. We are human beings, and sometimes we feel that we can't endure those painful moments in our lives, but eventually you realize that you can survive. It's like a miracle. And in times of crisis it's important to turn to your friends for support.

You seem to have a very positive outlook and perspective on life.

Even before I had success as an actress, I was always able to look forward. Sure, I went through some difficult periods where you only see obstacles blocking your path. But even as a waitress I still felt happy and was able to tell myself to keep trying and eventually something good would come along. I have looked for ways to overcome those obstacles that crop up in life.

“ STUBBORNNESS AND DETERMINATION KEEP YOU GOING ”

What qualities do you think you have from your mother, the ones you love and the ones you hate?

What qualities do I have from my mother? She has a great sense of humour, and my dad. Qualities I hate? I'm a nervous driver. When I would drive, she would always scream, but maybe because I'm a nervous driver she'd scream! But I'm a nervous

driver – well, passenger more than driver, great driver. So, when I'm a passenger, I'm a nervous passenger. I'm making no sense?

Your favourite destination?

I love Paris, it's absolutely one of the most beautiful cities I've ever been to. There is such a mystical air to the place and, it just breathes romance and history. Italy would definitely be there. There is just so much beauty and love and passion and incredible food. The Italians have a very exacting way – they can be wild and limitless but also very



calm and suave. I would also have to say Greece. Of course a big part of my family are from Greece and I've had many special experiences there, a wonderful country with warm, genuine people.

Women in their fifties seem to have earned a new kind of respect

I've never had a problem with that. I'm so much happier with how I feel about myself and things in general and about where my life is going now than I was when I was in my twenties or early thirties. I have an inner peace and calm that has guided me over the years – it's really valuable to have that, even if it takes a while to find it. I've never really thought about age, just like I've never thought too much about health or fitness or image.

Do you do intensive workouts?

No, I like working out for a half-hour at a time rather than doing a thousand crunches or spending the afternoon at the gym. I also like running a few miles because that gives me a lot of energy, and it also helps tone your

legs and torso. I love doing yoga because I like what it does for my body and also for my overall peace of mind.

How have you remained calm and cool with intrusive media attention?

[Laughs] Practice! You learn that you can't get upset about what's written about you. You'd go nuts. I've always had a certain amount of inner strength and confidence that gives me a level of immunity. There's no point in becoming angry or bitter about things that go wrong in your life or what's reported about you. You can only control what you do in your world, and that's the only reality you should think about. I've also been lucky to have great friends who I can talk to if I'm ever down or worried and who are there for me.



Gardener
Entretien de jardin

Handyman
Maintenance et réparation



Cleaner
Aide ménagère à domicile

Services offerts sur facture ou titres-services.

MY GROOM
Property Services

Avenue du Prince de Ligne 18 — 1180 Brussels

T. +32 2 373 08 30
F. +32 2 372 29 19

info@mygroom.be
www.mygroom.be

Terre Blanche

Your oasis in Provence



LITTLE GUEST

Step into an ocean of greenery, a haven of serenity, away from the hustle and bustle of city life and refocus on the essential in a unique environment, in the heart of a preserved nature... Whether you are looking for tranquility, relaxation, sport activities, excursions or all of these at the same time – Terre Blanche is made for you. You will appreciate this feeling of freedom with your family.

Reserve your kids-friendly holidays with Little Guest and enjoy exclusive privileges and a complimentary Travel Designer service.

LITTLE GUEST.COM

LIFE OF
LEISURE

Travel

Qatar Airways: An airline with unparalleled global reach

Together chatted with Guy Ceunen, Commercial Manager Belux at Qatar Airways

Photo © Qatar Airways

After more than a year of restrictions, most of us are dreaming about what we will do once this pandemic is under control, when people are vaccinated and we can finally be released to live our lives. For those of us with itchy feet, these “interesting times” of confinement have certainly been confining, but with the vaccine rollout we can dare to dream again of travel and visiting new places, or reacquainting ourselves with places we have known and want to revisit.

Guy Ceunen, Qatar Airways



was a very nice experience. Brussels has always been a very strategic destination for us. It is the home of the European institutions and NATO. In terms of corporate travel, there are strong trade relations between Belgium and Qatar.

2022 is going to be a huge year for you with the football World Cup taking place in Qatar, are you ready?

Yes, we are ready for it. We have an extensive network, so there's no issue at all for transporting fans to

matches. We now operate 130 destinations. So yes, we're ready for it.

What has it been like during the pandemic?

The expat market has always been an important passenger profile for us, even during the pandemic. This has become even more important, because many people needed to travel back home. We repatriated 3 million passengers during the pandemic, among them 12,000 Belgians. It's an important segment for us, and we really tried to look after our passengers.

How many flights would you have per week at the moment?

Currently, we have five weekly flights: two in the morning and three afternoon flights, Pre-Covid, we had eight weekly flights. This

One of the great pleasures of travel is anticipation, having something to look forward to, to imagine and plan for - at the moment we have all the time in the world to reflect and think about where we can travel to in future.

For many people the holiday begins the moment they settle into their plane seat on their way to their destination; with that in mind, we spoke with Guy Ceunen, Commercial Manager Belux at Qatar Airways, an airline with unparalleled global reach, to find out more about these possibilities.

It's the 10th anniversary of Qatar Airways direct flight to Qatar. Why is this an important route for you?

Indeed, we started 10 years ago, that was when the first flights took off from Brussels to Doha. I was there and remember it well, it

“STRONG TRADE RELATIONS BETWEEN BELGIUM AND QATAR”



frequency allows us to use our network to reach most of our destinations, we have a global network with links to the Middle East, East Africa, South Africa, Asia, and also Australia and New Zealand. We are really a link to the whole world.

What is it like to fly with Qatar Airways?

Until April we are using the Boeing Dreamliner 787 aircraft for the Brussels-Doha route, but when we move to our summer schedule in April we will start to use the Airbus 350, which is one of the newest aircrafts in our fleet. It's a very green aircraft and doesn't consume a lot of fuel, this helps us to reduce our carbon footprint.

And in terms of passenger comfort what do you offer?

We are constantly innovating and investing in our product. We have been voted 'World's

Best Airline' by Skytrax, they're the global benchmark of airline standards. Skytrax independent certification has given Qatar Airways a 5 star rating: *"One of the first-ever airlines to be awarded 5-Star status, Qatar Airways maintains its global leadership for delivering the highest standards of product and service to customers. Cabin seating and amenities, food & beverages and IFE are setting or meeting global Best Practice, supported by 5-Star cabin staff service."*

Our latest product is the Qsuite, we don't have this yet on the Brussels flight, but we have it on most of the connecting flights out of Doha. It is a very revolutionary product, it allows a passenger - or a couple - to close off their seats using sliding doors. The configuration is one seat at the side and two seats in the middle. The advantage is that

these two seats can be converted into a double bed, what we call the honeymoon suite. It can also be converted into a kind of cubic of four seats when you're traveling as a family.

We also pay a lot of attention to the catering on board, both Economy and Business passengers have a wide range of different meals that can meet any religious or dietary requirements. The onboard entertainment system offers a super high speed WiFi, one hour is complimentary. The entertainment system can be activated by scanning the QR code and operating it via your smartphone, it also has Bluetooth functionality.



Perhaps unusually for a luxury brand you offer advantages to students.

Yes, we recently introduced the student club which is a frequent flyer programme, geared towards students. It offers student fares, free excess baggage, complimentary WiFi. We see young people as our future travelers, so it's good to win their loyalty early on.

What about Doha itself? Obviously, you're going to have huge numbers for the World Cup. Do you think Doha will become more well known as a destination, not just for the business traveler, but for the leisure traveler?

I think there will be a lot of word-of-mouth publicity. Qatar has invested a lot to attract tourists, not only corporate travelers, there

are a lot of museums, including the Islamic Museum, which is beautiful. The city itself has a great souk, which gives a flavour of Middle Eastern culture. It's a very friendly country to visit. The hotels are of a very high standard and there are beach resorts. I think it will become a more popular stop over point. We're ready to receive tourists and we're taking every precaution in relation to COVID.

How has the pandemic changed things?

I think it will take some time to go back to normal. We

are investing into different applications, which makes travel more easy for passengers, we are also working together with IATA on an app where passengers can easily find information about the different regulations per country with regards to Covid-19. Also, they can get information where they can get tested. We are currently testing the app, I think these kind of applications will be very important in the future to allow people to travel more easily.

www.qatarairways.com/en-be

“WE
REPATRIATED
3 MILLION
PASSENGERS”

Sani eco-resort

Catherine Feore looks at a quite remarkable resort



A perfect chance to reconnect with nature and reconnect with loved ones.

In what was a tumultuous year for so many, the world-renowned family resort of Sani in Halkidiki, Greece, had something to celebrate. It was recognised as the 'World's Leading Luxury Green Resort' in the World Travel Awards 2020. The commitment to sustainable and ethical practices, which enhance and protect not just the environment, but also the social impact of this location, was found to be second to

none - it is a win that reflects a deep-seated commitment. It is the perfect place to reconnect with nature and with loved ones.

At a time when travellers are increasingly aware of their environmental impact, destinations are running to catch up. Sani shines the light on how to meet all the requirements of a luxurious stay while ensuring that you can return to its unspoilt azure beaches, forest trails and glorious wetlands humming with wildlife, again and again. With the high number of return visits, this is something guests clearly want to do.

Catherine spoke to Eleni Andreadis, the Director of Sustainability at Sani Resort.

Together: How long has Sani been going for?

Eleni: The resort was started by my grandfather and a partner back in the 50s. It has slowly developed into what it is now, which is five hotels in a one-thousand-acre forest reserve with forest trails and long, sandy beaches. It has been a family business for years. We have some additional investors, but the family is still very much involved.

It is really a beautiful spot. I grew up here, so I'm biased, but it is a beautiful corner of the world.

Has the resort always had a strong commitment to sustainability, or did that emerge over the years?

It's definitely been something that's been there from the outset. The hotels were built with a lot of care and respect for the natural landscape. I joined the company 12 years ago, which is when we formally started the green programme. We set up recycling with private companies before it was offered by the municipality. Today, we have more than 100 Key Performance Indicators, on everything from waste to water use.

We are a carbon-neutral resort. One of the biggest steps we've taken is moving to renewable energy over the past two years. We're quite proud of that. There's still more to do, but we're ambitious in this area.

You also invest in the local community?

My grandfather and his partner have supported the renovation of the local church and school. Today we support more than 40 organizations from hospitals to cultural associations. We are embedded

in our community who are a large part of our workforce and so we want to be a positive force.

We have a large wetlands project where you can find more than 225 species of birds; to put this into context, the total in Greece



is 450. We've worked with local schools to create educational materials and run programmes for the wider community to learn about Greece's wildlife.

“ RICH AND DELICATE ENVIRONMENT ”

Is it important for your guests?

I can more confidently say that what we do is meaningful to our guests, of whom many visit us again and again. Visiting the wetlands, forests and beaches is also part of their experience.



“ A RESORT LIKE NO OTHER ”



I noticed that you even have beekeeping!

More than 60% of what we use is produced within 100 miles of the resort, for example, we have soap made locally from olive oil and we hold eco-workshops on everything from traditional crafts to marine litter; we've supported producers with scholarships to help them develop sustainable farming practices and to reach a wider audience with their produce. This is something we're really passionate about.

You are a luxury resort, with many activities, is there something for all the family?

There really is so much to do. For me, having time to read a book on the beach is heaven, but there are lots of things to do for those who like more active holidays. We have the Nadal Tennis Academy, the Chelsea Football Academy, lots of water sports and of course all the forest trails, including an adventure park with a zip wire.

With vaccination, people are itching to travel again, but are still concerned about the pandemic and the need to

take serious measures to protect their own health and the health of others.

What has Sani's approach been?

We're blessed because we have such extensive outdoor areas. We already tested this last year with our #OnlyatSani protocol. We welcomed 10,000 guests and had zero cases of Covid all season. We were one of the first resorts to be certified under the Covid Shield Programme. We have discreet measures throughout the resort and provide an all-tested environment with world-class health and safety measures, including a professional medical team and on-site testing, so that guests can really enjoy total peace of mind.

So, to sum up, it's been a difficult period for all of us and it's difficult to imagine a time when getting away from it all and enjoying relaxation or play has been more needed. So, whether you're a god or a goddess, or even just a mortal who needs a luxury holiday, Sani is the place to recharge and experience the beauty of Greek nature and hospitality. Enjoy!

www.sani-resort.com

Luxury vacations

Hillside Beach Club Turkey Home at Paradise

We take a tour of an exceptional holiday venue



Hillside Beach Club Turkey is proud to introduce a new Home at Paradise package for guests looking to work and live remotely for an extended time, with the best of office amenities and a luxury holiday at their fingertips. For stays of between 20 and 30 days, Home at Paradise offers a range of added benefits including a complimentary spa treatment, personal training session and outdoor activity each week as well as daily yoga and the chance to learn a new hobby.

Home at Paradise also offers complimentary stays for one child under 11 and a second child under 5, meaning working parents and

families can also swap home offices and schooling for Hillside's green pine forests and twinkling turquoise Aegean. With complimentary art sessions for children supplementing Hillside's celebrated kids' clubs and packed schedule of educational activities, mum and dad can get on with work safe in the knowledge that their little ones are being expertly entertained.

Home at Paradise is an unrivalled offer for unprecedented times, offering city slickers, start-up hipsters and fun-loving families the chance of a lifetime. With the ethos of Feeling Good in mind, the stunning Fethiye hideaway ensures guests can make the most of all

**“ THE KEY TO A HEALTHY MIND
IS A HEALTHY BODY ”**



Hillside has to offer once laptops close after a productive day of work in paradise. Here are a few more details of what guests can expect...

Take a feel-good break

Everyone knows that the key to a healthy mind is a healthy body, and nowhere does this better than Hillside Beach Club. To help feeling good be a lifestyle, not just a holiday treat, the Hillside team are offering Home at Paradise guests...

One complimentary massage or facial treatment each week at Hillside's natural Sanda Spa. One complimentary outdoor

adventure every week. From volleyball, yoga, hiking or water sports, guests will feel and look their best whilst tackling the daily grind. After a hard day's work, those staying at the hotel can look forward to a myriad of exciting events, from floating films on the beach, immersive health workshops or indulging at one of three delicious gourmet restaurants.

Enjoy daily rituals

Guests can start their day with sunrise meditation and fuel morning meetings with Hillside's third wave coffee bar or a nourishing and energising breakfast. Think long lunches by the beach, followed by a catch up with the team, or an afternoon



wakeboarding session preceding a meeting on Zoom. Working at Hillside ensures the only pressure in a daily routine is choosing where to eat, sleep, relax and repeat from 9am to 5pm. Day to day pleasures for Home at Paradise guests will include...

- One complimentary personal training session each week (best followed by a refreshing dip in the twinkling blue Aegean!).
- Unlimited morning coffee at the Coffee Bar until midday.
- Free morning yoga taking place every day at the beautiful Silent Beach.
- Hillside's 600-metre swimming parkour in the sea, perfect for breaststroking troubles away.

Start a new hobby

With so many exciting activities to choose from, each day at Hillside offers a new experience. Those juggling career and parenting duties can find time to learn a new hobby, safe in the knowledge their little ones will be well looked after at the

hotel's renowned kids club and daily activities taking place between 9am and 6pm. Home at Paradise guests can expect...

One complimentary learning session each week, from windsurfing to wakeboarding, tennis or diving, there's never been a better time to learn a new skill. One complimentary session each week at the hotel's creative hub 'Artside', where younger visitors will have the chance to experiment with marbling, ceramic painting or even tie-dye.

“ AN UNRIVALLED OFFER FOR UNPRECEDENTED TIMES ”

After a turbulent year of lockdowns, there has never been a better time to swap rushed morning chores for a complimentary turndown service and the chance to return some balance and fun

to daily life. With every detail taken care of, from airport transfers to laundry service, guests booking a Hillside's Home at Paradise package can look forward to relief from the usual domestic headaches of working from



home. No workplace luxury has been overlooked, and with top of the range Wi-Fi, Nespresso in room, private meeting rooms and fully equipped conference spaces, there's no reason why getting down to business shouldn't be a pleasure this year.

Home at Paradise is available to book from Hillside's anticipated reopening on 10 April until 30 June 2021.

About Hillside Beach Club

The 5-star resort Hillside Beach Club has a fantastic location in Kalemaya Bay, surrounded by pine forests, on the Aegean coast, 4km from Fethiye. Hillside Beach Club is about 55km (45 minutes) from Dalaman Airport in Turkey, a four-hour flight from the Netherlands and Belgium, with direct flights almost daily.

The setting guarantees a relaxing stay in perfect harmony with pristine nature. The 330 rooms, in terrace construction leaning against the green hillside, offer all contemporary comforts and breathtaking views of the picturesque bay. There are three beaches: two of which are reserved for

adults and Main Beach, which is perfect for families. Three restaurants offer one of the best hotel cuisines in Turkey. Guests stay in full board with beverages included with meals. There are two spas, Sanda Spa and Sanda Nature Spa, which offer treatments and facilities as well as relaxing activities. The club offers numerous activities and relaxation options for families. In addition to a world-class water sports centre, activities include tennis, volleyball and various creative workshops such as silk painting and ceramics.

The resort is known for giving the best hotel service in Turkey, with 99% satisfied customers and 68% returning customers. Hillside Beach Club's success story was the subject of a case study for marketing students at Harvard Business School, one of the world's leading universities, called "Delivering the Ultimate Family Vacation in the Mediterranean".
www.hillsidebeachclub.com

Parklane, a Luxury Collection Resort & Spa

LIMASOL, CYPRUS



LITTLE GUEST

Discover the only internationally branded luxury resort in Cyprus. Housing family-friendly accommodations, five distinct restaurants and a beautiful SPA, three generously-sized pools, a 300-meter long sandy beach and a fantastic kids-club, Parklane is a multidimensional setting that is both immersive and personalized, redefining the art of living while retaining the historic resonance of the island.

Reserve your kids-friendly holidays with Little Guest and enjoy exclusive privileges and a complimentary Travel Designer service.

LITTLEGUEST.COM

**LIFE OF
LEISURE**

Dining

Dining

We look at four women shining in Belgian cuisine, plus Seizon and Chouke

Muriel Bernard - eFarmz The desire for change is what motivated Muriel Bernard to change her career path and create eFarmz. Working in multinationals no longer suited her, she was dreaming of a project that could be in line with her values. With the ambition to facilitate access to sustainable, local and practical food, Muriel developed an e-commerce and a meal-box system as well as a range of 100% Belgian and organic products. The project slowly started to intensify over time. The year 2020, although difficult for everyone, has created a real craze for local produce, while stimulating interest in the digital world. This represented an opportunity and some good news for eFarmz, which is now working in collaboration with 100 producers and employs 45 people, dedicated to this still growing project.
www.efarmz.be



Vitalie Taittinger - Champagne Taittinger champagne is a family affair above all. Vitalie's father, Pierre-Emmanuel, after taking over the control of the Champagne House in 2006, had always been planning to bequeath the family business to the next generation. This has now been done. After her artistic studies, Vitalie created in 2002 her own structure active in the world of wine and gastronomy. In 2007, she joined the family business founded in 1734 in Reims, France, to keep it going and make it shine. Since 2015, Vitalie has been the Marketing & Communication Director of the company where family values are a real pillar. Thanks to the expertise of her father and the support of her brother Clovis, Managing Director, Vitalie can look ahead with serenity, always striving for excellence with a touch of audacity.
www.taittinger.com





Tatiana Litvine - Villa Lorraine As a child, Tatiana grew up in a family that loved good food. Between her grandmother who cooked traditional and comfort food, and her grandfather, a fan of more sophisticated and gastronomic cuisine who always cooked in a suit and bow tie, Tatiana developed her love for cooking very early on. After studying economics for one year in Brussels, Tatiana decided to study communication. She developed very quickly a great interest for the world of events during several internships. With her diploma in hand, Tatiana started her career as a salesperson for caterers in Brussels. It was her father who opened the doors of the Villa Lorraine to her. He then proposed that she take over the institution with him, giving it back its letters of nobility. Tatiana accepted the challenge without hesitation, and the bet was a winner. Ten years later, father and daughter are now at the head of eight restaurants and four catering stores, with many other projects in mind.

www.lavillalorraine.be



Laura Razanajatovo - Ilanga Nature After three years of university studies in international business in Santa Monica, California, and two additional years in Belgium at the UIBS, Laura decided to join her father Olivier, who had been living in Madagascar for some time. First, she worked as a customer manager in a perfume chain, then in a travel agency. Finally, Laura decided to give up everything to fully dedicate herself to a meaningful project conceived with her father. In October 2018, Ilanga Nature was born, a company producing natural and 100% Malagasy honey, with an ethical and respectful approach to people and nature, a way of putting Madagascar and all its riches in the spotlight. The opportunities of the island allowed them to widen their range of products quickly with artisanal jams made of exotic fruits and spices that take you on an olfactory voyage. A project and a passion without limits, promising more new and beautiful products to come.

www.ilanga-nature.com

Season

Season's mission is to help people in a hurry to eat better without thinking about it, when there is no time to do lessons or cooking. This innovative, flexible and non-binding subscription allows you to receive all your dishes for the week, delivered to your home or office all at once. The dishes are home-cooked home, ready in just 2 and a half minutes. By offering an alternative to self-cooking boxes or industrial frozen foods, Season paves the way for a practical, healthy and balanced diet and allows its customers to save time for them. In Belgium, DPD Fresh offers Season delivery in Brussels and major cities across the country such as Leuven, Antwerp, Mechelen and Ghent, but also in many other regions. Check using you



postcode. Customers choose a subscription package on season.be, between 4 and 14 dishes for the week, from €6.78 per dish. They select recipes based on meat, fish, vegetarian or 100% vegetable, renewed every week. Season chefs home-cook dishes using fresh ingredients, without additives or preservatives. Cold chain delivery is provided by DPD Fresh.

www.season.be

Chouke

Chouke Soup is the result of a long friendship between Angelo Russo, Belgian chef of Italian origin (Mr. Créatif - Ruta) and Wim Verschueren (Mr. Rock'n roll - Baga), both Brusseleirs for more than 20 years. In order to better understand the name, you should not look too far. What could be more emblematic than Brussels sprouts for this local project full of generosity. Chouke Soup is generous thanks to the best organic ingredients selected according to their tastes, characteristics and nutritional values. It is generous with its rich texture and pure colours. And above all ultra-fresh: Monday in the field, Wednesday in the pan, Friday in your bowl. Chouke Soup is also generous



towards local producers and the environment thanks to its eco-sustainable packaging. In short, Chouke Soup is the commitment of two Choukes without moderation for all Choukes who like a good healthy, pure and rock'n'roll lifestyle. They have recently added Super Sauces to their repertoire.

www.choukesoup.be (FR, NL)

Books

David Hockney's My Window

Our latest limited edition article heads for the East Riding of Yorkshire

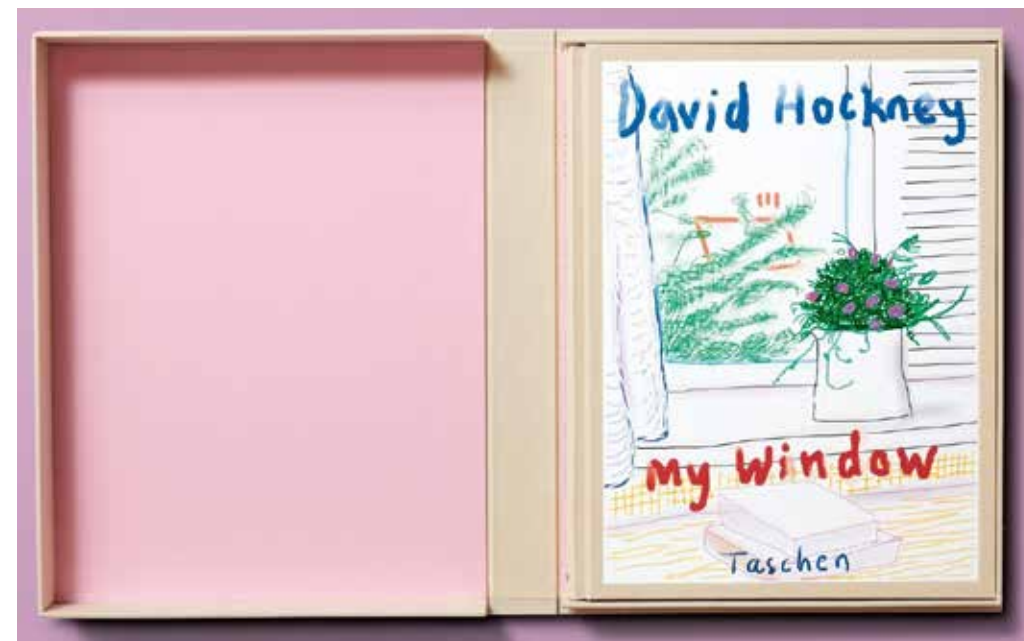
Photo © www.taschen.com



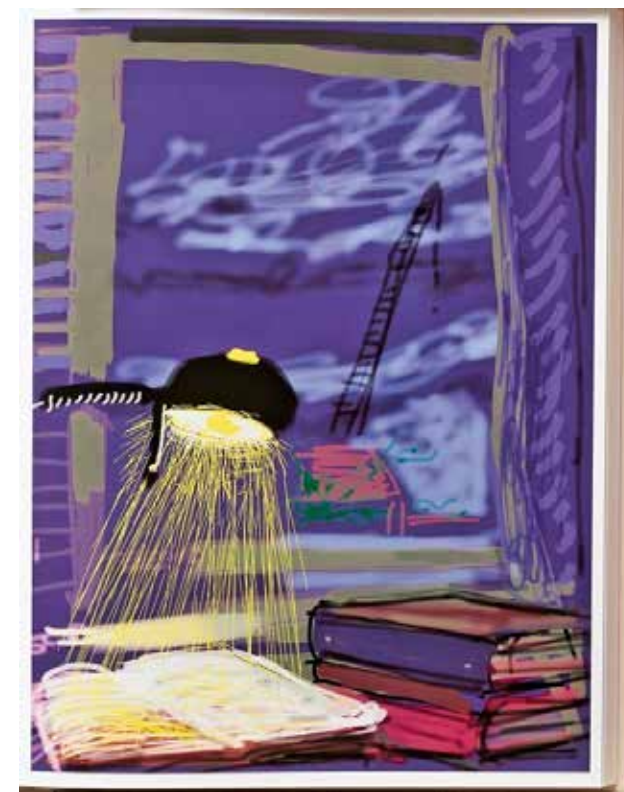
In this artist's book of 120 iPhone and iPad drawings, David Hockney follows the course of the seasons through the window of his Yorkshire home. Each image depicts a fleeting moment, from the colourful sunrise and lilac morning sky to night-time impressions, snow-covered branches and the arrival of spring. Printed in large format, this is a highly perceptive and poetic body of work.

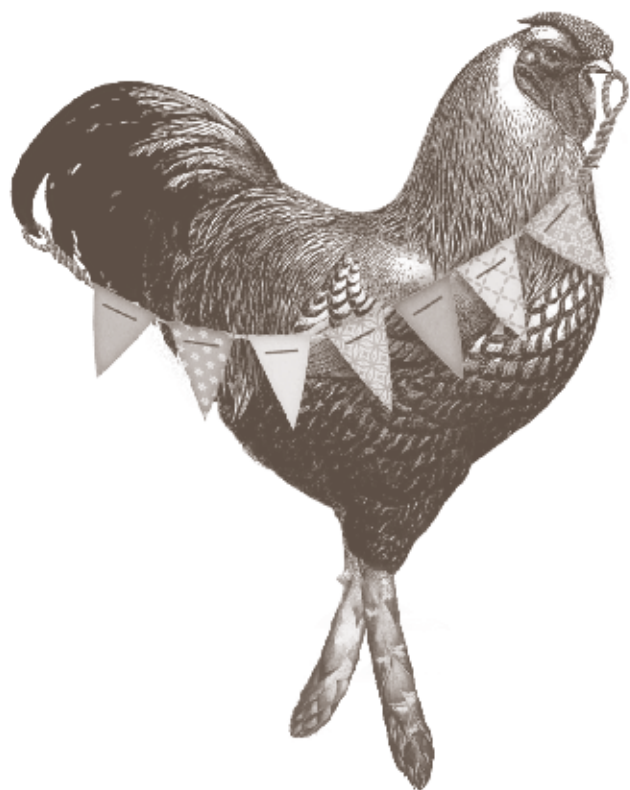
Fascinating details reveal drops on window panes, distant lights in the night, reflections on glasses, bottles and vases and an abundance of subtly varied vegetation. What would it be like to look through David Hockney's eyes? *My Window* will take you through the hours and the days and the seasons as they have been captured, moment by luminous moment, in a succession of digital drawings by our Britain's most famous living artist. The colours, as always, are exhilarating. It is perhaps an exercise in how restricting an artist's subject matter and materials can open new facets of perception and imagination. It's also a joy to look at. Edition of 1,000: €1,750

www.taschen.com



**“DISTANT
LIGHTS IN
THE NIGHT”**





Invitez le printemps à votre table !
Réouverture des terrasses ce 8 Mai 2021



Réalisez désormais toutes vos commandes de plats brasserie et plateaux de fruits de mer sur

WWW.TOUCAN.BRUSSELS

Contactez également nos écaillers par téléphone 02 340 07 40

Comptoir traiteur ouvert 7j/7 de 11h à 20h | Enlèvement au restaurant | Livraisons à domicile

Avenue Louis Lepoutre 17, 1050 Bruxelles - [restaurantstoucan](#)

What's on Belgium



Pierre Alechinsky - fine-arts-museum.be/en

Carta Canta: Pierre Alechinsky

Carta Canta sings the story of an artist who has reinvented graphic art over and over again throughout his artistic journey. During the Spring of 2021, the Royal Museums of fine Arts of Belgium (RMFAB) figuratively break down their walls to take the public along a journey guided by the gesture of Pierre Alechinsky. Follow this key figure of Belgian contemporary art in a journey that rhymes with spontaneity, colour and pleasure. In honour of one of the greatest living Belgian artists, Carta Canta presents a selection of Alechinsky's works on paper chosen from 270 works gifted by the artist to the Royal Museums, as well as new exceptional donations.

More than 150 drawings, watercolours, etchings, lithographs and paintings invite you to dream and travel to the infinity of the imagination. The exhibition shows Alechinsky's never-ending exploration of the imaginary, led by a keen sense for technical

experimentation. This practice elevates the act of drawing – and thus the drawing itself – to the core of his rich and multifaceted body of work. Furthermore, the exhibition's cross-disciplinary view establishes links between the artist and the RMFAB's collection, from Ensor to Magritte. Even today, at the age of 93, Pierre Alechinsky - pioneer of the avant-garde group CoBrA and winner of the Praemium Imperiale (2018) - continues to make paper and the entire Museum 'sing'.

Draw and explore

The entire Museum's collection of Alechinsky's drawings can be discovered through a digital tool that is installed in the exhibition and uses artificial intelligence. **Until 8 August.** Royal Museums of Fine Arts of Belgium. **€15**
www.fine-arts-museum.be/en



La Monnaie: Tosca

"E avanti a Lui tremava tutta Roma" — Floria Tosca, end of Act Two".

In this new production of Tosca, La Monnaie sets out to address a subject that is highly topical: the fear of God as a means to political domination.

On his La Monnaie debut, the Spanish director Rafael R Villalobos turns a spotlight on the political, moral, and religious pressure that the Vatican exercised on the characters in Tosca. How can you cling to your faith

when all around you seems to be tainted by corruption and despotism? How will Floria Tosca react when the boundary between unscrupulous power and religious dogma turns out to be threadbare?

In the orchestra pit, Alain Altinoglu will reveal all the power and intensity of Puccini's most celebrated score, which, with its recurrent motifs and eloquent vocal lines, raised the art of Italian singing to new heights.

Dates & tickets. **11 June – 2 July**. La Monnaie. **Tickets prices online** www.lamonnaie.be/en



BOZAR: Roger Raveel

During an artistic career that spanned nearly six decades Roger Raveel (1921-2013) was active across a range of disciplines, including drawing, painting, graphics, in situ installations and happenings. His characteristic visual language began to take shape in 1948 and was distinctive for its strong contour lines, absence of detail, mix of figurative and abstract elements and vital, intense colours. Recurrent elements of his signature style are striped characters, carts, squares, mirrors and concrete posts. From the early 1960s Raveel's art is typified by his attempts to break down the barriers between the work of art and its environment. : he wants his works to flow out into the surrounding space. **Until 21 July**. BOZAR. www.bozar.be

De Schilderijenoptocht van 1978 te Machelen-aan-de-Leie_1978_Collectie Museum Arnhem



Pas sur streetview



**Eteignez vos écrans.
Bruxelles vous attend.**

Découvrez nos plus
belles visites guidées

HOUSE OF EUROPEAN HISTORY

EUROPE NOW

HEADLINES OF OUR TIME



FREE

New exhibition space

historia-europa.ep.eu



**LIFE OF
LEISURE**

What's on



The Ghent Altarpiece is moving

As part of one of the most ambitious restoration projects undertaken in Flanders, St. Bavo's Cathedral in Ghent is set to reveal a revolutionary new visitor experience on 25 March 2021. At the same time, the world-famous Ghent Altarpiece by Jan and Hubert van Eyck will be moved to a new location.

The Cathedral crypt has also been extensively adapted for visitors to experience the artwork's remarkable history, via new visual technology. The Ghent Altarpiece is widely recognised as one of history's most influential works of art. Its breathtaking splendour is made up of twelve panels, painted recto verso, with its most iconic panel 'The Adoration of the Mystic Lamb' at its centrepiece.

The masterpiece has also been subject to numerous historic restorations, but the most recent work carried out by the Royal Institute for Cultural Heritage (KIK-IRPA) provided a much-needed, sympathetic repair and restoration to the polyptych's central image and lower register panels. These also formed part of the recently acclaimed *Van Eyck – An*

Optical Revolution exhibition at the Fine Arts Museum Ghent (MSK) in 2020. A bespoke glass case has been designed to house the polyptych and will recreate the optimum conditions for acclimatisation, necessary for the preservation of this masterpiece.

The move to the Sacrament Chapel was chosen for its proximity to its original home in the ambulatory, but also because its tranquil setting is more conducive to an intimate encounter with the painting, with a bigger surface area. Visitors will be given the aid of a personal virtual digital assistant to lead them from chapel to chapel, prior to viewing the main painting. In each of these chapels, Augmented reality (AR) glasses or an AR tablet will allow them to view a scene, enhanced with an additional layer of virtual experience, superimposed to create a lifelike visual effect. The experience will be further enhanced with the powerful and evocative commentary of storytelling, transporting visitors back through time to the period when the Ghent Altarpiece was painted to offer a potted history of its chequered past. www.sintbaafskathedraal.be/en/

What's on

What's on London... virtually

The V&A and the Raphael Cartoons

The new digital content about the Raphael Cartoons offering provides those based both in the UK and abroad an unprecedented level of access to the Raphael Cartoons from afar, which are lent to the V&A from the Royal Collection by Her Majesty The Queen. Through interactive features and in-depth stories, audiences will be able to learn about the extraordinary design and making of the Cartoons and their 500-year-long history, exploring the monumental works of art as never before by zooming into ultra-high-resolution photography, infrared imagery, and 3D scans. This pioneering new imagery was captured in 2019 during a high-resolution recording project carried out by Factum Foundation and supported by the Royal Commission for the Exhibition of 1851, which involved carefully unframing the Cartoons and constructing a scaffold to allow intimate access to the works.

This is the first time that audiences have ever been able to explore the masterpieces in such detail.

The Raphael Cartoons are among the greatest treasures of the Renaissance in the UK. Shortly after his election in 1513, Pope Leo X commissioned Raphael to create a set of ten full-scale designs for a series of tapestries for the Sistine Chapel in the Vatican Palace, illustrating scenes from the lives of Saint Peter and Saint Paul. Once complete, the Cartoons – each measuring around 5 metres wide and 3.5 metres high – were sent to the workshop of merchant-weaver Pieter van Aelst in Brussels, where the monumental designs were transformed into tapestries.



V&A conservator condition checks a Raphael Cartoon. Photo V&A

Key online features include The Story of the Cartoons, which explores the Cartoons' commission, production and incredible survival, as well the complex process of translating a Cartoon into a tapestry. It also reveals in-depth details about Raphael's compositions, which translate the Biblical narrative into painterly images with their wealth of characters and complex scenes. Exploring the Cartoons uses the new HD imagery of the Cartoons to enable newcomers and specialists alike to examine the making and design of the Cartoons in more detail by zooming into high-resolution panoramic photography of their painted scenes.

www.vam.ac.uk

Cinema

Brussels' leading film critic **James Drew** offers his thoughts on the best of Netflix releases.



The Queen's Gambit

Truly marvellous series, from the pen of Walter Tevis, an astonishing author (*The Hustler*, *The Color of Money*, *The Man Who Fell To Earth*) who was taken from us far too soon, way back in 1984. *The Queen's Gambit* follows the life of an orphan chess prodigy, Elizabeth Harmon (Anya Taylor-Joy), during her quest to become the world's greatest chess player while struggling with emotional problems as well as drug and alcohol dependency.

7 episodes, 46-67 mins per episode

The Kominsky Method

Strikingly funny and moving series set in the world of acting - Sandy Kominsky (Michael Douglas) and his daughter Mindy (Sarah Baker) run a small actor's studio in Hollywood, where his latest group of students includes Lisa (Nancy Travis), a middle-aged divorcee whom Sandy later asks out on a date. Sandy meets up with his good friend and agent Norman (Alan Arkin), who gives him the bad news that CBS has passed him over for a role in a new sitcom. Arkin and Douglas are now fully fledged doyens of the acting world, and they show just why in this.

16 episodes. 22-23 mins per episode.

Grace & Frankie

Jane Fonda plays Grace Hanson, an acid-tongued, retired cosmetics mogul, and Frankie Bergstein (Lily Tomlin), a quirky hippie art teacher, whose husbands, Robert (Martin Sheen) and Sol (Sam Waterston), are successful divorce lawyers in San Diego. Grace and Frankie's lives are turned upside down when Robert and Sol announce they are in love with each other and are divorcing their wives.

78 episodes, 25-35 mins per episode

Kodachrome

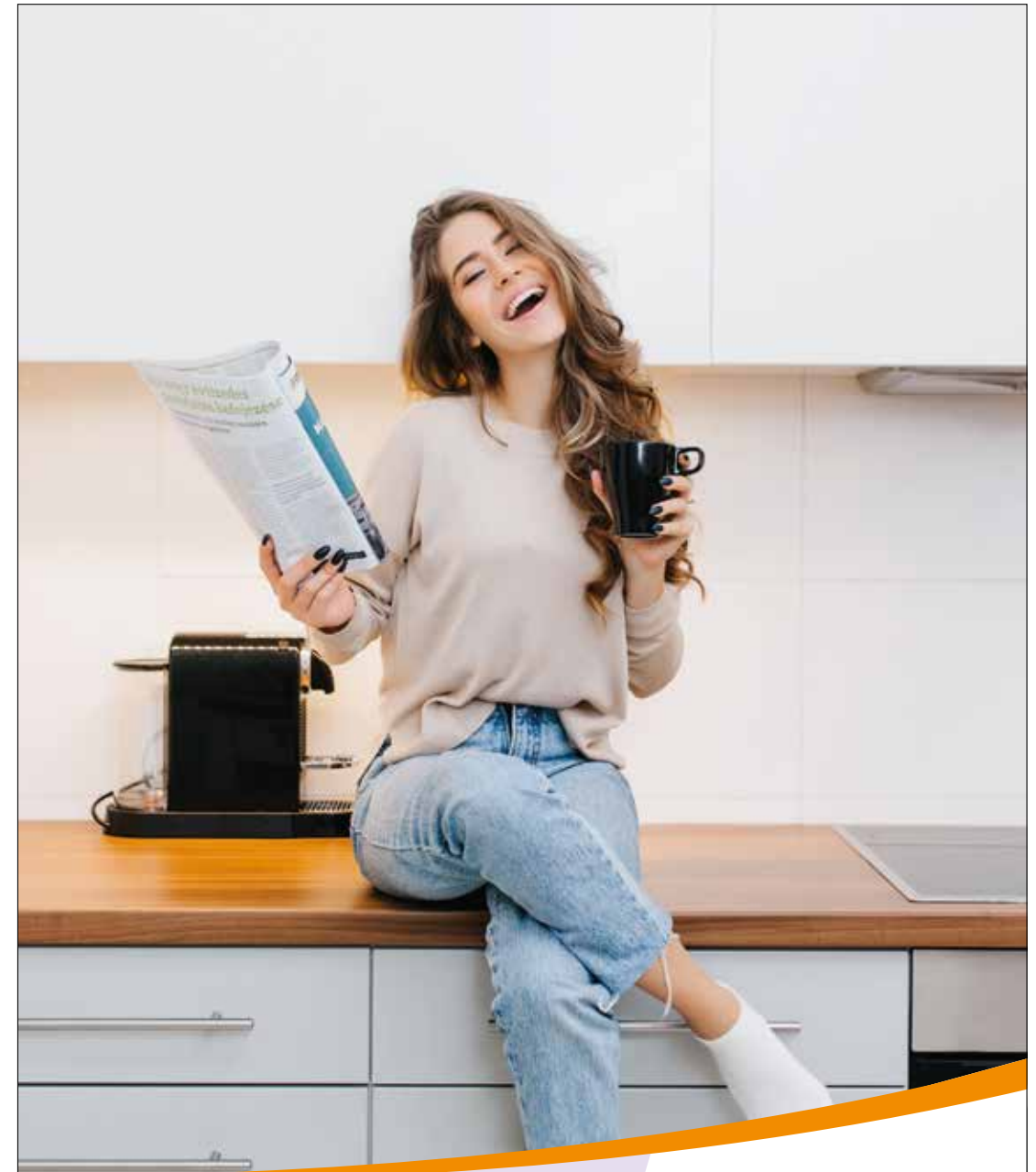
Starring Ed Harris, Jason Sudeikis, Elizabeth Olsen, Bruce Greenwood, Wendy Crewson, Dennis Haysbert and directed by Mark Raso (*Copenhagen* – 2014), this is the tale of Matt Ryder (Sudeikis) who is a record company A&R representative and the estranged son of famous photographer Benjamin Asher Ryder (Harris). Matt is in danger of losing his job after his company's biggest client signs with another label. His father's assistant and nurse Zooey (Elizabeth Olsen) informs him that his dad is terminally ill. Though they have not spoken in over ten years, Ben has requested that Matt drive him to Dwayne's Photo in Parsons, Kansas, the last shop that develops Kodachrome film. Ben has several rolls he wants to have processed before he dies, and Dwayne's will stop in the near future because Kodak no longer makes the required dyes. A startling film.

100 mins.

I am wearing a matching thong



LE CHAT by Philippe Geluck



- Live in an interior that is always clean and welcoming
- Have your laundry ironed and easy to store
- Our company's mission is to be recognized as one of the best companies in Belgium's service voucher system
- Low hourly cost and partial tax deduction
- Greater availability for your relatives
- The peace of mind of always being able to rely on the same person

www.aaxe.be | ☎ 02 770 70 68

Aaxe [®] **TITRES-SERVICES**

**Your housekeeper
in Greater Brussels**

DEMANDEZ UN ESSAI DANS VOTRE
CENTRE D'EXPERTISE
PEUGEOT SPORT ENGINEERED

DÉCOUVREZ LES SENSATIONS DE
CONDUITE DE LA NÉO-PERFORMANCE
ET VIVEZ UNE EXPÉRIENCE UNIQUE
ET DISTINCTIVE



ENVIE D'UN ESSAI
OU PLUS D'INFORMATIONS :
SCANNEZ CE QR CODE

PEUGEOT SPORT ENGINEERED ///

CENTRE D'EXPERTISE MEISER

Avenue Jacques Georgin 15-19, 1030 Bruxelles - 02 702 62 11

NEW 508 PEUGEOT SPORT ENGINEERED

PIONEERING PERFORMANCE AGAIN

360 ch - 520 Nm - 46 g CO₂/km

L/100 KM G/KM 2,0 L/100 KM - 46 G/KM (WLTP)

Contactez votre point de vente pour toute information relative à la fiscalité de votre véhicule.

PEUGEOT RECOMMANDE TOTAL Donnons priorité à la sécurité. Informations environnementales [AR 19/03/2004] : www.peugeot.be

PEUGEOT MEISER

Avenue Jacques Georgin 15-19, 1030 Bruxelles - 02 702 62 11