

# Together

magazine

SEPTEMBER 2021 #116

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Beauty  
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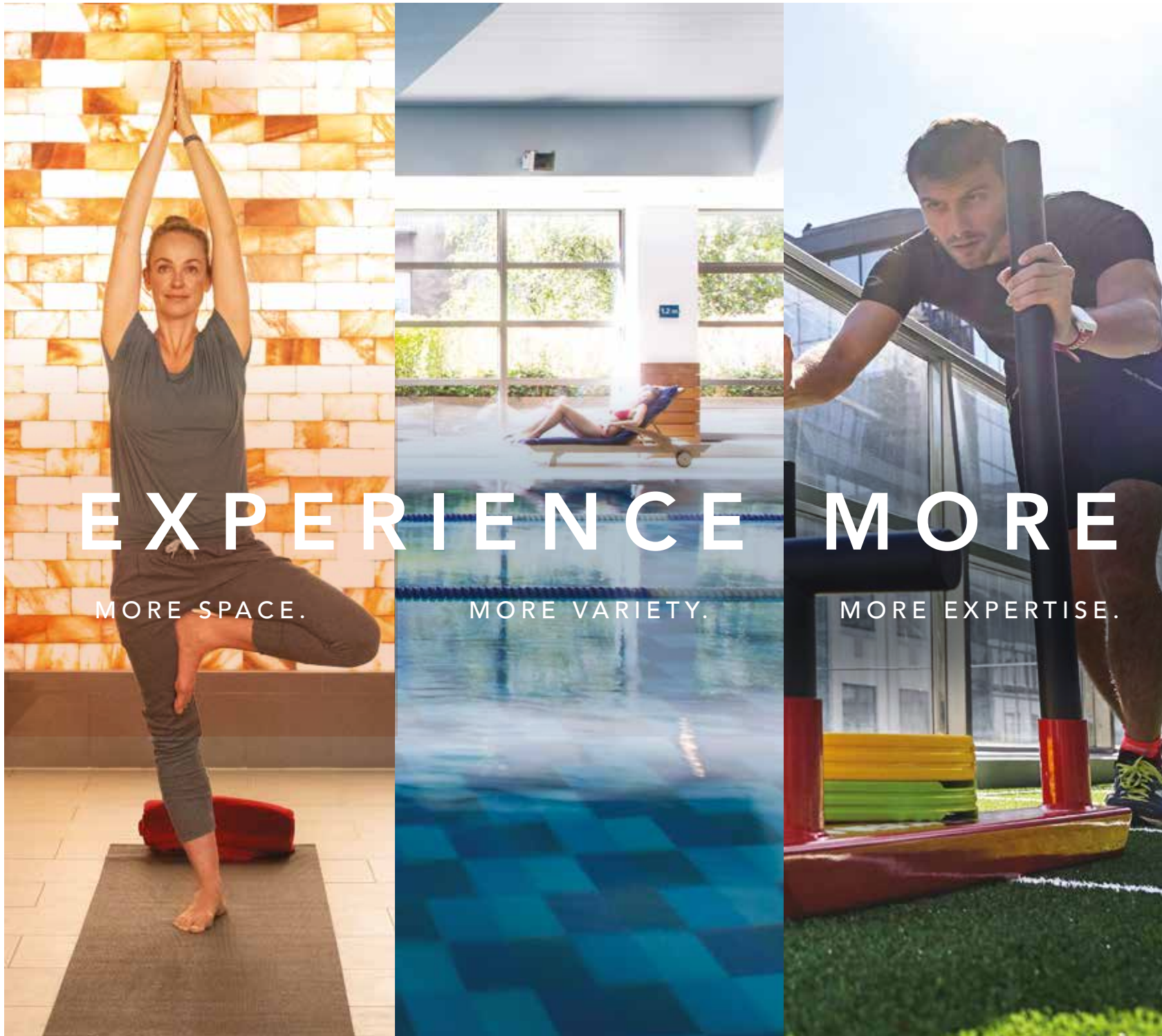
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## Editor's LETTER

# Geronimo!



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

### ON THE COVER



Woody Harrelson stars in  
Venom: *Let There Be Carnage*

**W**ell, the summer - such as it was - has taken a hike and the gorgeous colours of my favourite season are starting to fill the air with yellow-orange-brown-reds that will shortly invade the entire landscape and raise our spirits. My favourite venue for witnessing this phenomenon is the grand Parque du Cinquenaire. Last year, I took this picture of a brave little leaf who was the first to leap from the tree. I called him Geronimo...

**Paul Morris**  
Editor



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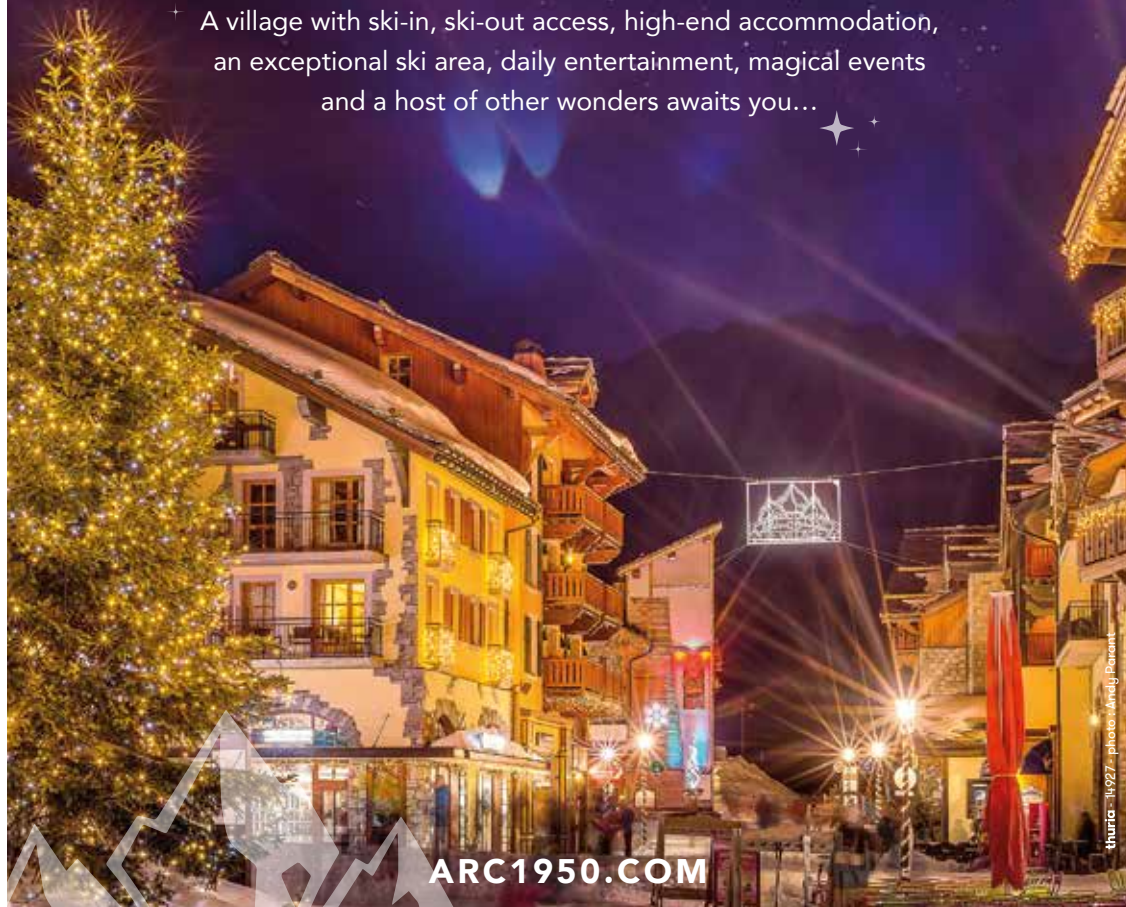
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# Together magazine

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.b@carafe.be

CONTRIBUTORS

Arnon Barnes; Aspria

Yannick Callens; Matthew Cossolotto

Dave Deruytter; Caroline Dierckx

James Drew; Zita Gacser

Philippe Geluck; Paul Morris

Provia; Atefeh Sadeghi

Talentree; TASCHEN

Katarina Winslow

ART DIRECTOR

**Nicholas Sirot**

**Together Media**

Brusselsesteenweg, 187 – 1560 Hoeilaart

+32 (02) 644 90 92

info@togethermedia.eu - www.togethermag.eu

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*Maasmechelen Village  
20<sup>th</sup> Birthday*

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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@togethertmedia.eu](mailto:subscribe@togethertmedia.eu). And happy reading!


## Brussels events: DESIGN MUSEUM BRUSSELS' back to school activities

Between workshops, talks and exhibitions, here are the activities to remember! The exhibition Chaise. Stool. Chair. Defining Design has been extended until September 19, 2021. From September 1st, the museum will resume its adapted opening hours, from Friday to Monday included from 11am to 7pm.

## Luxury hotels: The wonderful Barcelona EDITION

EDITION, which introduced a new generation of luxury properties with one-of-a-kind hotel concepts, has reopened. Located in El Born, the city's historical and creative epicentre, the hotel is perfectly placed to take advantage of the city's renowned culture, food and drink scene, luxury shops and beaches.

## Movie celebrities: All we hear is Lady Gaga

In our latest movie celebrities interview we meet a pop icon, actress, fashionista and performance – there's no one quite like her. In the aftermath of her return to the limelight last year with her sixth studio album Chromatica, it's been one of the best periods in Lady Gaga's already impressive career. 

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# Starring in Belgium



## One Night Alone with Keren Ann

Artist, songwriter, composer and performer, Keren Ann already has eight solo albums to her name. This recognition is expressed internationally where many foreign artists (David Byrne, Iggy Pop, Luz Casal, Rosa Pasos, Anna Calvi, Jane Birkin, Henri Salvador and Françoise Hardy) have covered her songs. **25 November 2021.** Le Botanique, Orangerie. Tickets: **€24.5**



## Tamar Aphek + You Said Strange

This Israeli outstanding guitarist brings rock back to its fundamentals: improvisation and the stage. Her music oscillates between jazz, psyche and garage with a subtle balance between elegance and brutality. The wide spectrum of rhythms, melodies and sounds gives Tamar Aphek a rare telluric force. **28 November 2021.** Le Botanique. Tickets: **€17.5** [www.botanique.be](http://www.botanique.be)



## Black Marble

Black Marble continues the tradition of genre pioneers like Martin Dupont and Modern Art by using synths once reserved for expensive studios and superstars. Signed in 2019 to Sacred Bones with the album *Bigger Than Life*, Chris Stewart offered us more peaceful coldwave compositions. **2 April 2022.** Le Botanique, Witloof Bar. Tickets: **€10** [www.botanique.be](http://www.botanique.be)



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Initiatives

# Talentree: Gets you volunteering

**Talentree** explains how you can take the driver's seat on your career growth

## Why?

There are many reasons why you might want to give volunteering a shot. It is a great way to add more information to your CV, meet new people, improve your Dutch and, of course, find fulfillment in helping to contribute to a better society.



Photo © Talentree

Inspired and looking to grow your career? Join our community and develop yourself for an effective job search, to shine in your new job and/or to successfully lead diverse teams.

## How?

Here are some ideas on how to get involved. Volunteers most commonly work within a legally recognized VZW (a non-profit organization). In order to know which organization would suit you, you can look through our suggestions below, you can do your own research online, or you could pay a visit to a "Vrijwilligerspunt". All the big cities in Belgium have one. They will help you search their database and will even help you to connect with the organization. The ability to speak Dutch is not always required, so even if your Dutch skills are not yet on point, you can be a voluntary worker! Once you have identified the organization you want to work with, the office can also help you review your contract.

If you live in Ghent and are looking to volunteer, you can also take a look at the Facebook group: "Expats give back:

Ghent". It lets members share requests and recommendations with each other, and equally allows local non-profit organizations to post volunteer opportunities.

## Where?

There are thousands of organizations in Belgium where you can volunteer. Here you can find a brief selection of some non-profits worth looking at: Refu interim wants to help newcomers integrate. Expats for UNICEF is a volunteer committee based in Brussels to raise awareness of UNICEF and support UNICEF Belgium's campaigns. The European Youth Portal is a European organization that offers opportunities for European Youth. There is an animal shelter in each city and there are many ways to volunteer there. CHS is based in Brussels and offers vital mental health services to English speakers in Brussels. Serve the City is a global movement of volunteers showing kindness in practical ways to people in need.

Happy volunteering!

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# PERSONAL DEVELOPMENT

*Always ask yourself what the added value is of what is being offered as Big data*

PERSONAL  
DEVELOPMENT

Fitness

## Coworking rhymes with wellbeing

**Aspria** looks at how we have redefined our productivity



**T**he Covid-19 pandemic has forced us to redefine the concept of 'workplace'. Indeed, many companies nowadays are choosing to continue the momentum of remote working, which was imposed by the authorities at the start of the health crisis. And in this context, the principle of coworking, which combines the flexibility of not having to go to the office every day

with the advantage of not having to spend the day in the solitude of remote working, is gaining more and more popularity. This is proven by the incredible number of coworking spaces that are created each year.

### **Productivity and wellbeing**

Because of the pandemic, we have also revised our definition of productivity, which





now goes hand in hand with the principle of wellbeing. Employers are increasingly recognizing that these two concepts are inseparable, throwing away the 'toxic productivity' that some of us have probably experienced at work.

Productivity is, therefore, now based on the notions of choice, flexibility and mental health. Concretely, to be productive, we need a balance between our private and professional life and the ability to work in a healthy, positive, ergonomic space alongside like-minded individuals, as well as the possibility to take care of our body and mind. Coworking spaces rely more and more on this combination of productivity and wellbeing, and this is precisely what makes them successful.

## “ TAKE CARE OF OUR BODY AND MIND ”

### Work and take care of yourself

Coworking spaces are plentiful, and new ones are launching every year, by the hundreds. When making a choice, the ideal is to look for a place that will enable you to work but also to take care of yourself, all under one roof - to save time. Sport is an ideal way to eliminate stress at work. It's scientifically proven: physical activity lowers the levels of cortisol (the stress hormone) in the body. When you have a rush of anxiety or experience the onset of depression, being able to work out at any

time can really help.

Working in a place where you can play sports (or playing sports where you work) also boosts efficiency. But beyond that, the reduced (and even non-existent) distance between the workplace and the gym also means that we don't waste time commuting. A short workout session (barely ten or fifteen minutes, for example) becomes, in this case, completely justified, whereas one wouldn't even consider it if there was a journey to make from the workplace to the gym.

### A coworking space that suits you

At Aspria, you will find an 'all-in-one' coworking space: you will find dedicated areas for working independently or in a team, featuring private pods, comfortable, adaptable chairs and a fast Internet connection, but also spaces where you can exercise at any time of the day, where you can relax and enjoy a good meal, a snack or a coffee. Not to mention a programme of events, conferences and workshops - each more exciting than the last. Leaving home to use the coworking spaces at Aspria will also enable you to maintain a balance between your private and

professional life, so that your home can once again be the place where you disconnect from work (provided you turn off your smartphone!). This will also be the perfect remedy for the loneliness of

remote working. Indeed, we all need to have contact with others, and it is even better when we surround ourselves with like-minded people.

Come and discover a new approach to coworking at Aspria: modern and elegant workspaces in the middle of state-of-the-art sports and wellness facilities.

The Aspria coworking space is accessible free of charge to all their members. Visit [www.aspria.com/en/aspria-works](http://www.aspria.com/en/aspria-works) to find out how to revolutionize the way you work and live. ❶

# Have your cake and eat it too?

Fitness & Nutrition Coach **Zita Gacser** offers her take on artificial sweeteners



**A**s consumer awareness increases around the negative health impacts of excess sugar consumption, more and more people opt for zero-sugar products and sugar substitutes such as artificial sweeteners. But what are they? Are they safe for human consumption? Are we perhaps better off sticking with natural sweeteners or should we just give up our beloved sweets and desserts altogether?

Artificial sweeteners, such as aspartame,

sucralose, saccharin, neotame and acesulfame potassium (acesulfame K) are essentially chemicals used as sugar substitutes to make foods and drinks taste sweet. Not only are they either zero-calorie or low-calorie sweeteners – unlike sugar which contains 387 calories per 100 grams – but they are also several hundred to several thousand times sweeter than table sugar, which means very small amounts are needed to create the same level of sweetness that sugar would.



## Nutrition

These very low-calorie substances might prevent tooth decay, add a sweet taste to your foods and drinks without the blood sugar spike sugar would cause and could potentially contribute to weight loss, if overall calorie intake is lowered as people swap out high-calorie sugary products for low-calorie ones, making dieting a piece of cake. Pun intended.

For several decades, sweeteners have been popular among diabetic people as, unlike sugar, sweeteners do not affect blood sugar or insulin levels. This, however, also means that if you are hypoglycemic and want to rapidly increase your blood sugar levels, quickly absorbed carbohydrates such as fruit juice, raisins, honey or jam will do the trick – sweets and drinks containing solely artificial sweeteners won't.

### Myths

Are you worried that artificial sweeteners might cause cancer? Well, studies conducted in the 1970s did show that saccharin, given in very high doses, causes bladder cancer – in rodents. Human epidemiology studies however failed to show clear, consistent evidence that humans might suffer from the same consequences as the poor rats did.

Similarly, studies in the early 2000s showed that aspartame might lead to the development of lymphoma and leukemia – again, in rats. Evidence was later reviewed and no clear link was found between the consumption of aspartame and cancer. Scientific evidence, therefore, supports the opinion that artificial sweeteners do not cause or increase the risk of cancer in humans.

Sweeteners are also believed to lead to weight gain by increasing appetite and cravings. The question is how you respond when you get the sweet taste but not the

calories (i.e. energy): do you start craving more sweets, and, as a consequence, end up overeating? While research shows that the consumption of sweeteners might in fact contribute to weight loss, not weight gain, the question remains: do you consume those calories you skipped on by using low-calorie artificial sweeteners instead of sugar from other foods, or do you feel satisfied and satiated after such a meal, therefore consuming fewer calories?

My take on this: if, for some reason, the consumption of artificial sweeteners results in cravings and/or overeating, consider other alternatives. In any case, you probably can't go wrong with replacing high-sugar foods and desserts with healthier, lower-calorie ones, or regular soda with diet soda (or, even better: with plain water!)

Lastly, it appears that the gut microbiota may be negatively impacted by artificial sweeteners – and this might in fact be true. Unfortunately, we have no clear evidence at this point – more research is needed. In the meantime, evaluate your situation, health status, goals and preferences and assess whether the pros outweigh the potential cons.

Look at the big picture: if you keep a healthy, balanced diet, sugar consumption is completely fine in moderation. Carbohydrates (whether they come from grains, legumes, fruits or candy bars) provide energy, aid sports performance and recovery. However, if

you combine a sedentary lifestyle with the frequent consumption of high-sugar foods, your chances of weight gain and risk of type 2 diabetes and high blood

pressure increase. Similarly, drinking 10 cans of diet soda a day might have a detrimental effect on your health. Moderation and variety are therefore equally important.

### How much is safe?

## “ARE THEY SAFE FOR HUMAN CONSUMPTION?”



In the European Union, artificial sweeteners are tested, regulated and approved by the European Food Safety Authority (EFSA) to be used as food additives in foodstuffs and as table-top sweeteners. Food labels must include either the 'E' number or the name of the substance itself, e.g. E 954 for saccharin or E 960 for Steviol glycosides.

Aspartame was recently reevaluated by the EFSA. Experts concluded that aspartame can be safely consumed not only by the general population but also by infants, children and pregnant women. The EFSA came to the same conclusion about advantame and steviol glycosides: they are neither genotoxic nor carcinogenic.

The Acceptable Daily Intake (ADI), also established by the EFSA, is the amount of a substance that can be consumed daily without any health risks. For aspartame that is currently 40mg/kg body weight/day, for stevia 4 mg/kg bw/day, and for advantame 5 mg/kg bw/day.

## “CHEMICALS USED AS SUGAR SUBSTITUTES”

In conclusion, artificial sweeteners are considered safe for human consumption, except for people who have phenylketonuria or are

allergic to sulfonamides.

### The good, the bad, and the not-so-ugly

If synthetic sugar substitutes aren't your cup of tea, worry not: you have other options. My personal favorite is fresh or frozen fruit





such as bananas and berries as they contain not only fructose and glucose (read: energy for your brain and body) but fibre, vitamins, minerals and antioxidants. Bear in mind though that 'healthy' does not equal calorie-free: fruits do contain calories.

So do honey, maple syrup, agave nectar, molasses and monk fruit sugar: while they do provide a little more nutritional value than sugar, they also have relatively high-calorie content, and, more importantly, just like sugar, they contain fructose and glucose – and your body cannot tell whether the fructose and glucose you consume come from plain table sugar or honey. If you want to achieve fat loss by altering your diet, rather than replacing sugar with other high-calorie sweeteners, you are better off opting for zero-calorie sweeteners.

Lastly, halfway between artificial sweeteners and naturally occurring sugars are natural sweeteners such as Stevia, erythritol and xylitol. Even though these are derived from plants or fruits, they provide very few calories. There are downsides though: apart from the distinct aftertaste, some might

cause gastrointestinal distress such as bloating, gas or diarrhea – which is why the label of your chewing gum warns you about a potential laxative effect.

#### Bottom line

While more research is needed, especially on the effect of sweeteners on the diversity of gut microbiota, artificial sweeteners are considered safe, and the chances of your exceeding the Acceptable Daily Intake is quite low.

If you have a sweet tooth and think you are 'addicted' to sugar, think again: unless you are pouring plain table sugar down your throat by the spoonful, sugar itself probably isn't the issue – your tendency to overeat on sugary foods is.

The question therefore remains: will the use of sweeteners curb or increase your appetite? Will swapping out high-sugar, high-calorie foods and beverages contribute to better weight management? Or will you find other ways to compensate for the calories you missed out on? Only one way to find out. ❶

## “ ONLY ONE WAY TO FIND OUT ”

# The naked truth

Intuitive Healer **Katarina Winslow** reflects on the notion of sovereignty



I believe many of us have had time to realize that some things do not turn around in this world. For the first time in the history of humankind, we are up for a significant healing opportunity. If we open new doors in our consciousness, we can unlearn and relearn about our inner selves and the world we live in. Only to discover that there are subtle beliefs that have sneaked into our minds without any real foundation.

Some subtle messages instruct our minds to follow, and sometimes completely obey, narratives far from the reality of life. When we look closely, we notice there are psychological programs that have been inserted into our minds without question. One of these is not trusting your

own worth, or your own perception. Now has never been a better time to weed out some old psychological programs that do not serve the world we want to see. The one specific 'virus' that I would like to reflect on is our individual lack of worth. Is there really anyone

who is more worthy than another? Looking from the eagle's perspective, nothing would matter without you because you would not experience a thing.

To elaborate on this question, I would like to men-

tion the well-known tale of *The Emperor's New Clothes*, by HC Andersen. Two weavers promise an Emperor a new set of clothes that is invisible to those unfit - incompetent or stupid - to occupy their high positions. The Emperor orders the majestic clothing with

## “ WE ARE HERE TO TRUST OUR OWN SOVEREIGNTY ”



Self-help

enthusiasm, only to find out at the moment of the fitting that the exquisite suit is invisible to himself. After digesting and skillfully concealing the blow to his pride, he decides to pretend how beautiful the clothing is.

Of course, the rumour of the clothing has reached far through the Emperor's kingdom, and by hearsay everybody knows how magical the fabric is. If you cannot see it, you are simply not suitable for your position in society. Of course, the chain of concealing the truth continues as the Emperor's officials facing the naked emperor decide to swallow their pride as well. Not even thinking that they might see the reality that there actually is no fabric, they all continue to admire the naked Emperor while praising the impressive silk, the sublime colours and the magnificent shape of the design. The more the Emperor's noblemen sees what is not there, the more visible it gets. Until the day finally comes when the Emperor will parade his new clothing to be admired by his people.

As the naked Emperor steps out into the crowded street, people cheer and admire him with wide-open eyes, pushing back the question of their own perception's worth to a faraway corner in their minds. Luckily, when the Emperor parades before his subjects in his new clothes, a child cries out: "But he isn't wearing anything at all!" Suddenly, the crowd can breathe a huge sigh of relief as everybody can relax in the truth, that their worth was not at stake. They had seen the truth all along; they had only been duped by two con artist weavers. Just like the Emperor had.

With this in mind, I question if any of the subjects were more worthy than others? Is the Emperor more worthy than the child? The truth is, nobody is more worthy than another, and I believe it is fair to say that the truth is the worthiest in any situation. Not only the child saw that the Emperor had no clothes, even the Emperor himself saw it. The bottom line is that if you

do not trust your own self and the worthiness of your own perception, there is room for many deceit levels. We know nothing of the lies that make up another human being's consciousness.

That is why we are equally worthy, as long as we make our own sovereignty and our own perception the highest reference. Our worth is limitless when we align with truth. The truth is that the simple truth is accessible to all regardless of status, age, profession, wealth or beauty, since we are being created equal in our faculty to see with our own eyes. We all have access to consciousness if we only choose to see. With that thought, how can anybody be more important than you? You are your life, you are your experience, and if you put your trust in someone else or trust in misleading information, you missed the point of your entire existence to become conscious.

The truth is, we are here to trust our own sovereignty and the truths we perceive.

So, trusting the truth as in this case, if you see that the emperor is naked, accept your own perception even if the entire world sees a magical fabric when there is none. Trust the truth because, in truth, there is no hierarchy. It simply is the naked truth. Sometimes, truth involves sandcastles to shambles... And that is how it should be if the truth is concealed, made up, or make-belief. Truth does not deceive you. Lies do.

When you accept a lie for the truth, it is most likely that you betrayed yourself at the origin, as illogical as not trusting your own eyes. One of the reasons for this is that we do not want the

people we made our heroes to fall from their pedestal. On another note, maybe we are indirectly defending our own parents or tutors if they were not who we believed them to be. We protect the falsehoods of the people we think care about us, as the subjects trusted



the emperor as a self-preserving mechanism by denying their own sovereignty.

This might seem weird, but there are many profound psychological mechanisms in our psyche that actually believe that a comfortable lie is better than an uncomfortable truth. The thing is that this is a blatant lie because you can never be truly free, nor conscious if you believe in made-up narratives, deceptive illusions or widespread rumours. As Gloria Steinem said: "The truth will set you free, but first it will piss you off."

And as author Rayya Elias said: "The truth has legs; it always stands. When everything else in the room has blown up or dissolved away, the only thing left standing will always be the truth. Since that's where you're gonna

end up anyway, you might as well just start there."

There is no hierarchy in human life, at least not from the creator's perspective. The only hierarchy we should accept is the truth. It is the backbone of our humanity.

And it involves the truth of your own worthiness.

The only thing that is more worthy than you or me is the truth.

Let us fall in love with the truth so that you, I, and humanity can stand proud in the naked truth of our unique value in creating a more truthful world.

Together. ●

**“ TRUTH DOES  
NOT DECEIVE  
YOU ”**

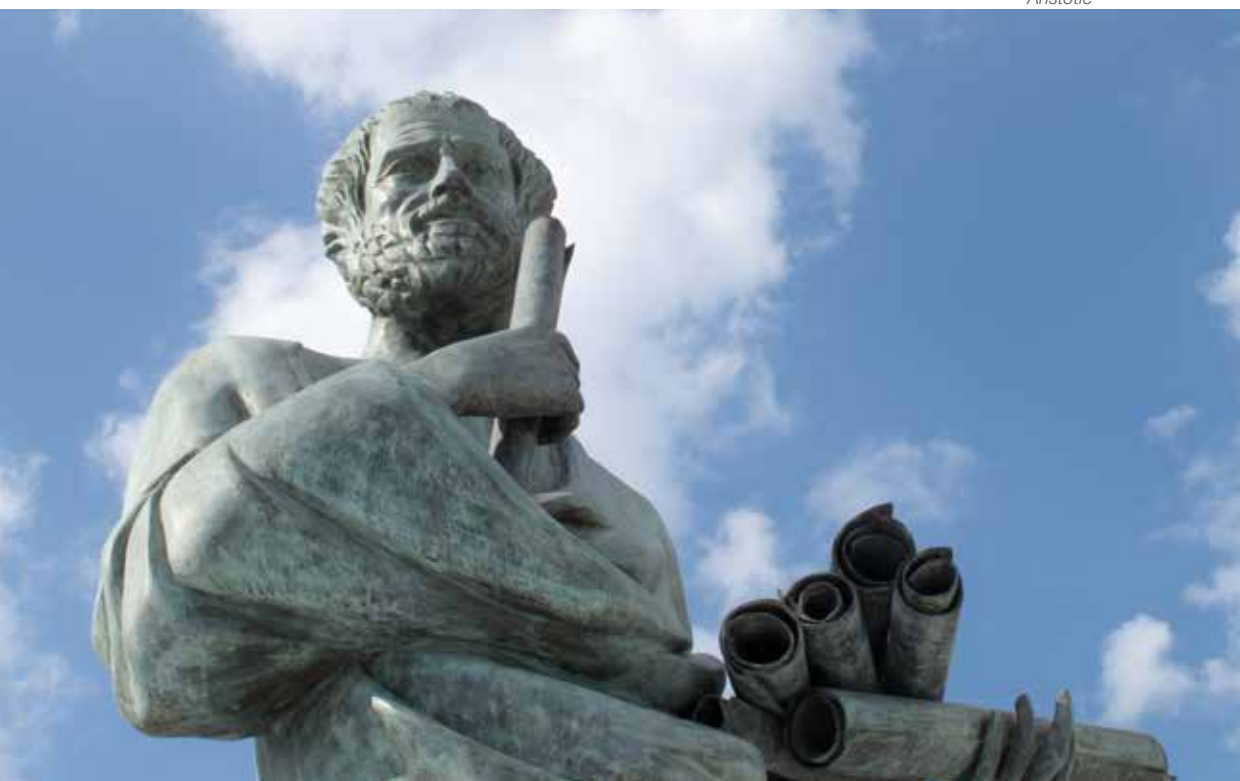
**“ THAT THE  
EMPEROR HAD  
NO CLOTHES ”**



# The Six Axioms of Personal Empowerment

**Matthew Cossolotto** offers up six powerful tips so that you reach your peak potential

Aristotle



**I**n this article, I share what I call The Six Axioms of Personal Empowerment. The first order of business, however, is to clarify what an axiom is. The dictionary defines an axiom as 'a statement or proposition which is regarded as being established, accepted, or self-evidently true'. That's clear enough. I often say an axiom is an accepted truth or a truism. It's something we accept as true, a verity. So, I urge you to accept the six axioms that follow as truisms.

These six axioms concern habits of thought and behaviour that, once mastered, can help you achieve important goals and reach your peak potential. These axioms can be applied to one area I focus on in my workshops and coaching: public speaking. I include these six axioms in my book, *The Joy of Public Speaking*, because I believe they can help you transform your mindset about speaking to audiences, going from frightful to joyful and help you reach your peak potential as a speaker and in life more generally.

But unleashing your authentic Podium Power, speaking with joy, and finding your voice are only a piece of a broader personal empowerment imperative. I deal in more detail with general personal empowerment issues in another book entitled *Master the Habits of SUCCESS*, which will be published in the coming months. The overriding motivation behind my books and personal empowerment programmes is to help others overcome a stubborn reality: that just about all of us fall short of our potential - on and off the podium - because of self-defeating and disempowering mental habits and counter-productive mindsets.

One of my maxims is 'success is an inside job'. These six axioms are designed to help you develop the mental habits essential for a more successful and fulfilling life.

## **Axiom #1: We are what we repeatedly do**

This first axiom is adapted from Aristotle, who recognized the power of habits in shaping our lives. It's a powerful lesson for all of us. We often talk about the 'force of habit'. I call this HabitForce in my book. The ability to make positive changes in our lives begins when we recognize the power of repeated patterns of thought and behavior. Aristotle went on to say that "excellence is not an act, but a habit". The same can be said for failure or falling short of your potential as a speaker or in life more generally.

## **Axiom #2: HabitForce can either work for you or against you**

HabitForce is neutral. It's neither positive nor negative. It can either serve your purposes or it can actually work against you. It gets programmed from our earliest years and simply runs, like a software program, more or less on autopilot. HabitForce operates on the subconscious level, which means we don't always know why we do what we do or why we can't easily change our existing patterns.

## **Axiom #3: You have a choice: You can reprogram your HabitForce**

The good news is your HabitForce software program isn't etched in stone. Think of it as your Personal Operating System that can be reprogrammed. Unfortunately, we weren't issued a User's Guide at birth for operating our HabitForce. On the plus side, there is a simple, three-step process for reprogramming your HabitForce so it works for you, not against you. I call it the Three Rs: Recognize, Reject, and Replace.

You first need to Recognize the negative habits you'd like to change. You then must consciously Reject these habits with strong emotion and commitment. Then make a heartfelt promise to Replace them with the habits or mindsets that will help you achieve your goals and reach your peak potential.

When it comes to speaking, you want to replace the habit of stage fright with the habit of stage delight. Easier said than done, to be sure. Which is why I've written an entire book on the joy of speaking and also why I conduct workshops and provide Podium Power coaching.

## **“ REACHING YOUR PEAK POTENTIAL ”**

## **Axiom #4: You can't change what you don't realize**

Self-awareness is key to the change process. You can't implement the Three Rs unless you spend time in personal reflection and meditation. You must get very clear about the specific patterns that are holding you back and undermining your success. The habits that hold people back take place 'between the ears'. These are patterns of thought that manifest in negative self-talk. Change begins when we manage to bring our negative internal dialogue - that nagging little voice in the back of your head - up to conscious awareness. Once you become aware of the disempowering messages you're sending yourself, you're in a much better position to change those messages from self-defeating to empowering.





**Axiom #5: It takes a habit to replace a habit**

This insight comes from Napoleon Hill, author of the self-help classic *Think and Grow Rich*. Like Aristotle, Hill recognized the power of habits. He wrote about what he called Cosmic Habitforce. He realized that you can't simply change a habit. You need to replace one habit with another habit. This is where the change process usually breaks down. Lots of people want to make changes or establish a new habit in their lives, but they don't take the time to inventory their supply of existing negative habits.

My book *Master the Habits of SUCCESS* is built around two seven-letter acrostics: FAILURE and SUCCESS. For every habit of FAILURE there is an equal but opposite habit of SUCCESS. No other self-help author has noticed that these two powerful words

in our culture - failure and success - both have seven letters. Which makes it possible to create an easily remembered structure of side-by-side acrostics. This simple structure makes my Harness Your HabitForce! system especially powerful for personal change and personal empowerment.

You can use the Three Rs to Recognize and Reject FAILURE habits and Replace them with their SUCCESS counterparts. Doing so can pay big dividends in reaching important goals or when you're trying to strengthen your public speaking skills by turning stage fright into stage delight.

**Axiom #6: We become what we think about**

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

The mind is everything. What we think we become."

Great teachers through the ages understood the incredible power of our own thoughts to shape our destiny. We all have the power to become aware of - and to actually change - our thoughts. As I suggest in *Master the Habits of SUCCESS*, a good exercise is to write down your thoughts in a HabitForce journal so you can get a better handle on the subtle messages you send to yourself. Are you sending positive, empowering messages, or are you sending negative, disempowering signals? Your thoughts become self-fulfilling prophecies, so **you must choose them wisely.**

It's essential to take stock of what you spend your time thinking about. You will reap in the world what you first sow in your mind. If you harbor deep-seated fears or anxieties about public speaking, it's crucial to become aware of these attitudes so you can reject them and

replace them with more positive mindsets.

Here's a graphic of the HabitForce PowerWheel which will help you remember the six axioms and how they flow into each other in a clockwise direction. They offer a powerful recipe for personal change and empowerment. Paraphrasing Yoda from the *Star Wars* movies, I extend the following blessing to you on your journey toward achieving your goals, keeping your promises and reaching your peak potential: May the HabitForce be with you!

**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](http://www.ThePodiumPro.com) 📍

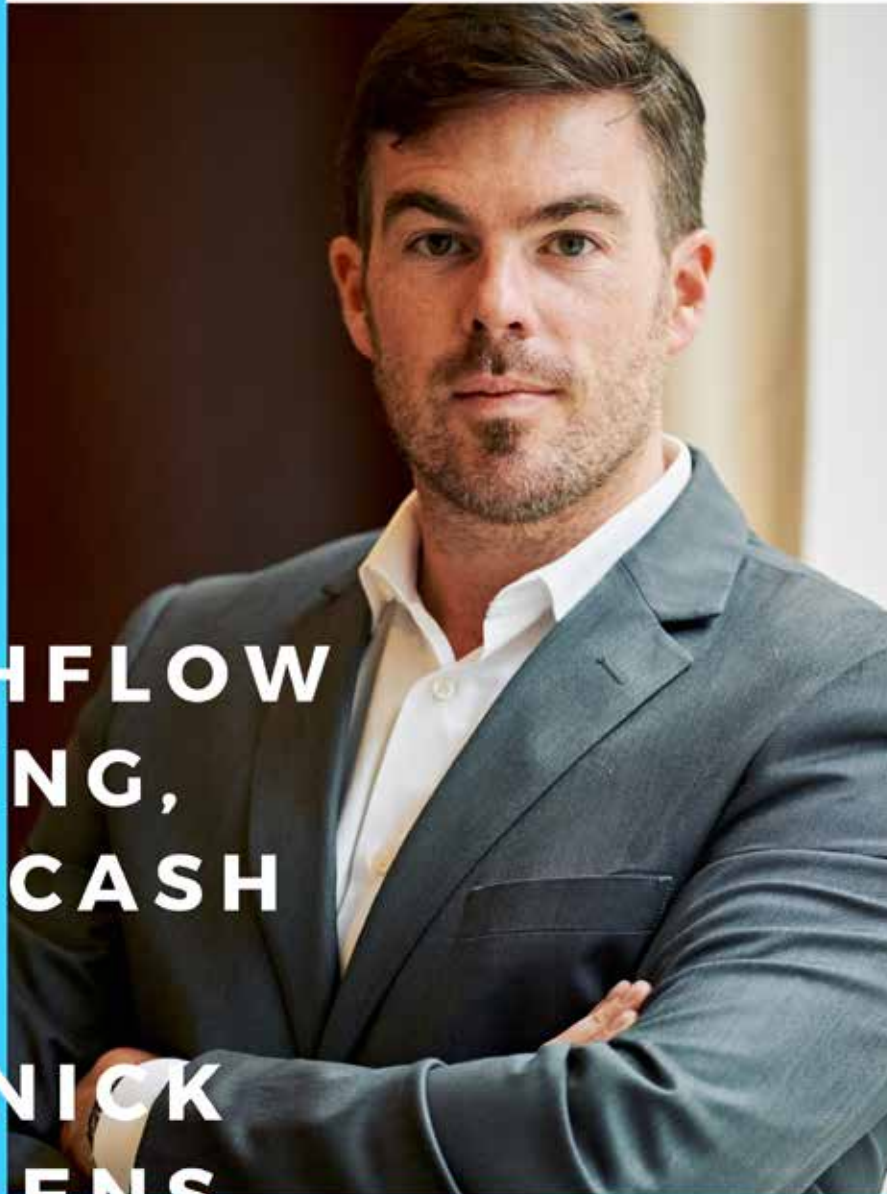


## Entrepreneurships

Atefeh Sadeghi makes a positive case for a 'generation entity'

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**W**hile we each go on our own individual journeys in life, there are so many components that constantly affect us and require us to amend the path we design for ourselves throughout the course of our life. That's the good thing! We constantly reshape our path and in the making of it ourselves. One of these components that help us define our lives is the society we live in and for that very reason feeling comfortable with it is one of the major elements of our wellbeing. But do we actively

impact our society? This is the case with social enterprises.

Questions on the nature and the nurturing of the new entrepreneurial world have been raised so often in the social circles I have been engaged with in the recent years. Things have been changing so fast, and the occurrence of the pandemic we still face has accelerated it further and helped in fact with how aware people are of the rapidly growing enterprises, especially amongst the younger



Society

generation. Through this pandemic, with the work circumstances it created, many became motivated to take the leap of faith and start on their own.

With the recent decades' development, things that were perceived impossible or hardly possible became a vision to pursue and the younger generation has been at the forefront of the entrepreneurial culture: generation Z. As a millennial myself, I see my generation standing somewhere in between learning to hold on tight to the opportunities that are presented, earned and cherished and learning to go for our ambitions cautiously. The ground didn't seem firm enough for most of my generation to put both feet forward into the unknown. My generation has known the 'put your best foot forward' while this new generation has learnt 'the sky is not your limit' and is reaching beyond.

While politics is becoming more polarized each day, the actual living world, the world of society, is becoming more diverse and at the same time unified in not setting one-dimensional ambitions. Generation Z is leading and setting sustainable examples of how having a business mind is no longer a value in building up wealth and independence unless there is a measurable social impact.

This is, of course, not the case of all generation Z and all new entrepreneurs as exceptions apply everywhere. However, while no concrete data offers specific details on the numbers of these entrepreneurial works that are delivering social impacts, we can picture it, perhaps through a look at the fundamental challenges of the hour. One example is environmental changes, and how

these entrepreneurs are evolving their works around this need. Another is the realization of the need and essentiality for diversity and inclusion, which is no longer carrying a limited focus on gender.

These two permanently attention-seeking matters alone provide us with an understanding of the way the entrepreneurial

world is shaping up. Simply put, if you ignore the needs of the hour and your social footprint, the very element of your entrepreneurial existence will be questioned and, therefore, no matter

what your product is it has to be mindful to the society, to the people and to the environment all at the same time. What makes this different to the purely business enterprises of the past is how it is no longer product focused but product's impact focused. With this in mind, I can positively claim that all enterprises which are created by this generation and are in a productive functioning cycle are, in fact, social enterprises.

In my conversations with several of these entrepreneurs from Europe, the USA and the Middle East, one thing is very clear and shared amongst them despite their varied backgrounds: while driven

by non-limited ambitions, creativity and money, they do not neglect their social duty and they are well aware that unless they fulfil that, they are bound to fail.

While one European entrepreneur is building effective solutions to address the rising sea levels and so saving people from the damages of this particular environmental danger, his USA counterpart is focused on using his experiences in guiding others

towards a utopian journey for personal and professional fulfilment, mindful of their social impact. At the same time, a Middle Eastern entrepreneur is delivering practices for wellbeing of the mind and body, reconstructing the narratives of conflicts, leaving her footprints in creating a healthy society.

Nonetheless, like everything else in life, there is another side to this ever-growing entrepreneurial world and its social impacts: a widening generation gap. With a deep observation of society, one notices the blooming of generation Z and their takeover, resulting, inevitably, in pushing behind their preceding generations. While millennials have managed to catch up with this fast move to some extent, generation X and more so the Baby Boomers generation has fallen behind and this has created a social imbalance.

Given the business nature of this positively socially impacting entrepreneurial takeover, the falling behind is particularly the case with members of the older generations who were not involved in any business field and invested their talents and efforts in such a way as to make their living a success by the measures of their time. This group has no accumulated monetary wealth to rely on for a more financially fulfilling life that is measurable in today's world.

They also do not seem to find themselves easily adapting within the new structures of a financially developed social world. In addition, they lack the innovative approaches for the creation of social impact. As a result, this group is experiencing, to some degree, an unfulfilling personal life as they face what they have fallen behind and at the same time witness some members of their age group, those who had something to do with business before, being welcomed into this new world by the younger generation.

When any group in any society feels marginalized and unable to provide for others in ways that are effective in the new waves, society becomes unhealthy. In such a society, not all parts are connected - it cannot fully function. The solution to this is building a bridge between these generations through using this transition time to move towards knowledge creation and engagement. This can be done effectively in every country based on their entrepreneurial engagement level. An entity which I like to call a 'generation entity' can be created in which everyone is invited to be active regardless of the

generation they belong to. In such an entity, individuals are engaged in effectively offering a service that can be combined with that of the others to create bigger impacts. This entity has to have one core: communication between the entrepreneurs and non-entrepreneurs.

Let us remember that "enthusiasm sparks interest" as one of the entrepreneurs said, and that is the way to innovative and inclusive solutions as others indicated. And let me add: to create a healthy society, there needs to be a balanced enthusiasm amongst all members. ❶

## “ BUILDING A BRIDGE BETWEEN THESE GENERATIONS ”

## “ ENTHUSIASM SPARKS INTEREST ”



# Who are you becoming?

International Speaker, Peak Performance  
Trainer and Business Mentor **Arnon  
Barnes** discusses legacy



**P**eople ask me all the time “Arnon, what drives you?” or want to know things like “what is your ultimate goal?”.

These are both good questions, and then I always hit them back with a question of my own “Did you know your great great grandfather? Could you tell me about him?”. In reality over 95% of people have no clue about who their great great grandfather was or what he did. And by the look on the confused person’s face I can

tell that they have never heard of the legacy of their great great grandfather. How come? And why is that? Because there is no legacy.

## “MOST PEOPLE SUCCUMB TO FEAR”

By now the person is looking at me like I have just climbed down from Mount Sinai carrying the Ten Commandments, confused yet curious by my audacious question.

The purpose of the question is to point out one simple fact – most people come into this world and leave without stepping into their

power or using their real gifts and talents. Instead, most people succumb to fear. They play small and safe, never take risks and as a result live to never be remembered.

And that’s exactly my goal! I want to be remembered for being a person of value, a person that gave instead of just taking. I want my life’s work to mean something and for it to have made a positive impact and contribution to as many people as possible. Serving as many people with my gifts, my talents, my experiences and to use them unapologetically, in all my power as a force of good.

Many many years ago, there was a young boy who sat watching his mom get sicker and sicker, until one day she finally laid on her deathbed. In her final moments before moving onto the afterlife she called for her son with the last ounces of energy she had in her frail and weak body, she called out: “Abe, Abe.” Young Abe, being used to his mom’s weakened tone carried his young self into the room where he was witness to the slow deuterating state of his mom, without a word he looked at her, connecting to his mom’s soul through her eyes. A few short seconds of silence she said to him, “Abe, become someone, become someone.”

Remember, history is not only being read, but it’s also being written. So, my questions to you are: Who are you becoming? What do you want to be remembered for? What do you want people to write and say about you?

I always tell people this famous Confucius quote: “We all live two lives, and our second

life begins when we realize that we only have one life.” Read that again.

Those words that were whispered into that nine-year-old boy’s ears by his dying mom had subconsciously shaped his life and helped create his destiny. He used his skills, gifts and talents unapologetically and all the ability he could muster to leave a life long legacy that would be remembered forever.



So wherever you are in life at the moment, I want to encourage you to step into your power, become a force for good, be a person of value, focus on adding value. Become a person that uses their gifts and talents so unapologetically that the universe can no longer ignore you.

Build that business, hire those people, raise the capital, develop that product, set up that joint-venture, but whatever you do, do not play small! One life, that’s all we got, but if you do it right, one is all you need.

And most importantly no matter what life throws at you, just keep smiling and never ever give up - just like Abraham Lincoln knew to never give up.

*Want to meet and work with Arnon Barnes live? Join one of his next upcoming offline or online events. For more information on the events or coaching, contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or check out his website [www.arnonbarnes.com](http://www.arnonbarnes.com). To watch his interviews and podcast appearances subscribe to his YouTube Channel. 📺*



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Be successful

# Be successful

We take a look at more best-selling coaching books

## The Making of a Manager: What to Do When Everyone Looks to You

Julie Zhuo is a Chinese-American businessperson and computer scientist. She was the vice president of product design at Facebook and now Co-Founder at Inspirit. Zhuo is from Shanghai. When she was five years old, her family moved to Texas. She studied computer science and graduated from Stanford University.

Top tech executive Julie Zhuo remembers the moment when she was asked to lead a team. She felt like she'd won the golden ticket, until reality came crashing in. She was just 25 and had barely any experience being managed, let alone managing others.

Her co-workers became her employees overnight, and she faced a series of anxiety-inducing firsts, including agonising over whether to hire an interviewee; seeking the respect of reports who were cleverer than her; and having to fire

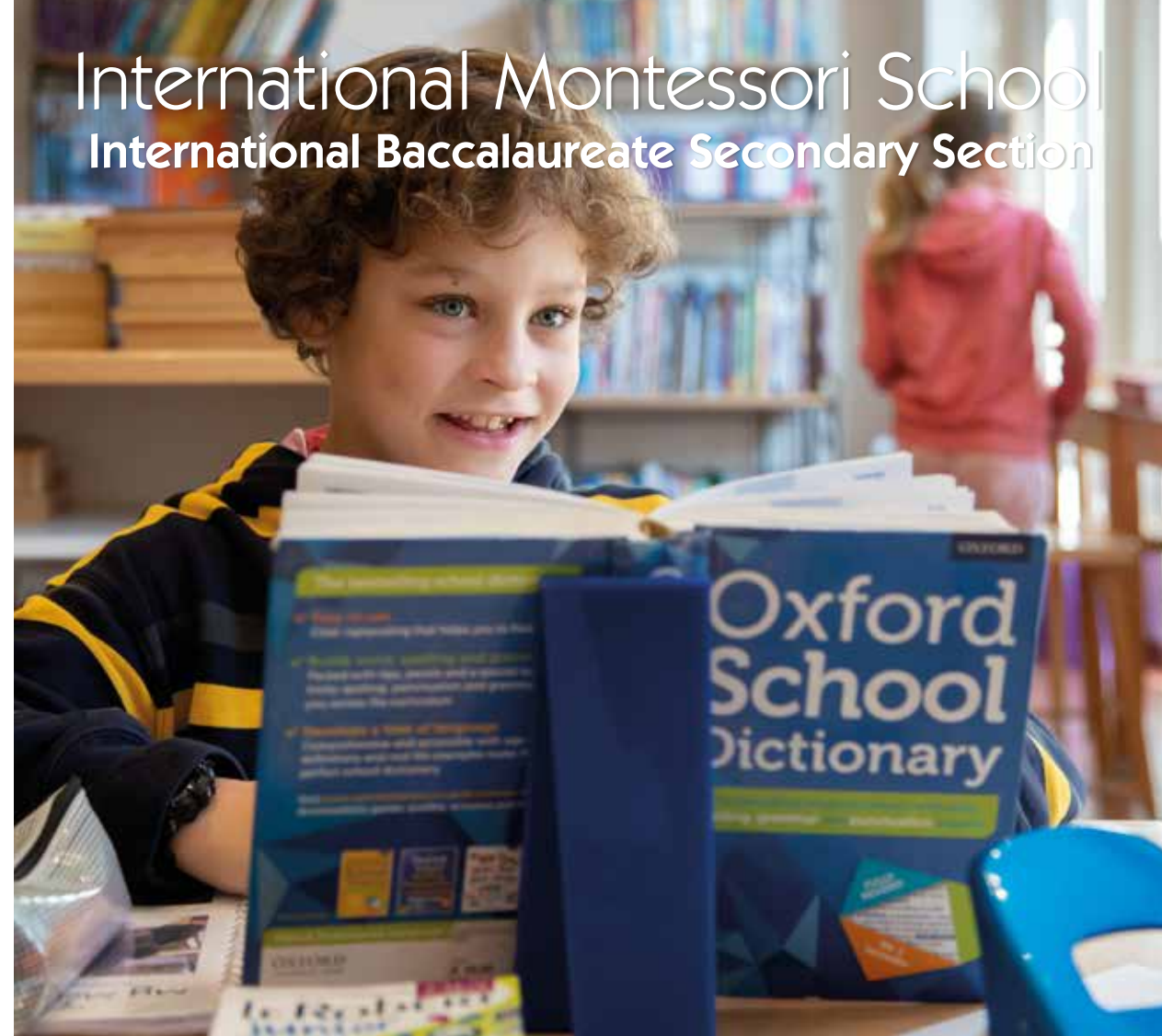


someone she liked. Like most first-time managers, she wasn't given any formal training, and had no resources to turn to for help. It took her years to find her way, but now she's offering you the short-cut to success.

This is the book she wishes she had on day one. Here, she offers practical, accessible advice such as:

- Don't hide thorny problems from your own manager; you're better off seeking help quickly and honestly
- Before you fire someone for failure to collaborate, figure out if the problem is temperamental or just a lack of training or coaching
- Don't offer critical feedback in a 'compliment sandwich' – there's a better way!

Whether you're new to the job, a veteran leader, or looking to be promoted, this is the handbook you need to be the kind of manager you've always wanted. Find Julie on Amazon books...



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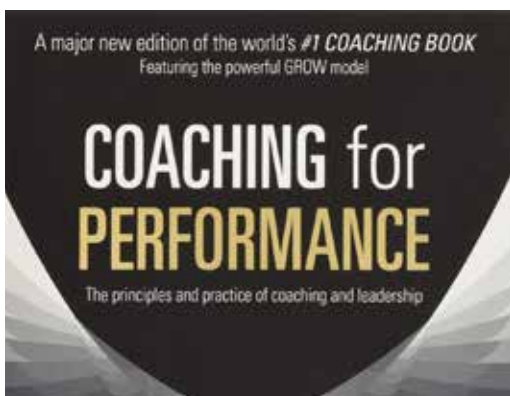
### Coaching for Performance: The Principles and Practice of Coaching and Leadership

John Whitmore was born on 16 October 1937, the son of Sir Francis Whitmore and Ellis Johnsen. He was educated at Eton College, Royal Military Academy Sandhurst and Cirencester Agricultural College. In his first year in the competition, 1961, Whitmore won the British Saloon Car Championship in his BMC Mini Minor. In 1963 he drove again in the BSCC and came second in the championship in a Mini Cooper, finishing just two points behind Jack Sears.

Coaching for Performance is the #1 book for coaches, leaders, talent managers and professionals around the world. This is the definitive, updated and expanded edition.

"The proven resource for all coaches and pioneers of the future of coaching." Magdalena N. Mook, CEO, International Coach Federation (ICF)

An international bestseller, featuring the powerful GROW model, this book is the founding text of the coaching profession. It



explains why enabling people to bring the best out of themselves is the key to driving productivity, growth, and engagement. A meaningful coaching culture has the potential to transform the relationship between organizations and employees and to put both on the path to long-term success.

Written by Sir John Whitmore, the pioneer of coaching, and Performance Consultants, the global market leaders in performance coaching, this extensively revised and extended edition will revolutionize the traditional approach to organizational culture. Brand new practical exercises, corporate examples, coaching dialogues, and a glossary, strengthen the learning process, whilst a critical new chapter demonstrates how to measure the benefits of coaching as a return on investment, ensuring this landmark new edition will remain at the forefront of professional coaching and leadership development.

"Shines a light on what it takes to create high performance." John

McFarlane, Chairman, Barclays, Chairman, TheCityUK  
Find Sir John Whitmore on Amazon books...

1



# Where I'm curious about the world around me

Alice, aged 4

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# Business technology: Fancy buzz words

**Dave Deruytter** takes a shot at  
the big data boys



**“ INNOVATION,  
SERENDIPITY  
AND INSIGHT ”**

**H**ere are four fancy buzzwords in today's business arena that are oversold by consultants and underestimated by businesses: Big data, IoT, AI and cloud services. This article sets out to demystify them.

## **Big data**

Data is important, and there is lots of it around. The Googles of this world make your 'free' data into their raw material, and then sell it on 'not for free'. That is a nice business model. Facebook does not have data of its own either. It is you who post data on its



platforms, and Facebook has certain rights over that data. Both offer their data providers (you) comfort (search, email, video, photo, social media) in return for your data. Not just your static data, more importantly your dynamic data: your behaviour, what you do, like, not like.

But what to do with data if you cannot sell it due to General Data Protection Regulation, or are not selling it. It is important to always start from your business needs, your client needs. Based on that, search for relevant data that you have in-house or can purchase. Customers have a lot to show you via their data, static data or their behaviour on your website for example. That may give you great ideas and POCs (Proof Of Concept) for your products or services, either to improve existing ones or to develop new ones.

Having said that, Steve Jobs claimed that no one ever asked him to make an iPhone. Thus, pure innovation has its value too. In the same way, Henri Ford said that if he would have listened to his consumers he would have bred faster horses not built cars. Big data is not sacred making, but still it is

much better than your 'gut feeling': at least data can confirm your feeling or contradict it. If data is analyzed in an unbiased way and combined with innovation, serendipity and insight, your business should be thriving.

## **IoT**

Internet of Things is a great service. It gives you remote control, via the internet, over any equipment or device, even your fridge. Yet, it risks getting hacked. Even if you change the standard password on delivery of the equipment, you are not safe. Any password is hackable these days and ever faster given the continuously increasing computer power around. Do you really need to be able to manage your home robotics system, your home automation, from a distance? Do you know, understand or use all the features of your robots? Stick to the features and devices you really need, keep their passwords safe and you will be in control.

## **AI**

Artificial Intelligence is perhaps the most expensive of the four buzzwords. Although science can show AI should be, or actually is, possible and working, most practical AI

**“ THE ISP  
SECURITY  
IS KEY ”**





applications today still have a lot of 'artificial' about them and not that much 'intelligence' as yet. If AI stands for 'Augmented' Intelligence, then there are a lot more practical examples around. Again, getting rid of bias is the difficult part of doing it right. Indeed the developers of AI are, for the foreseeable future, humans, and they have their biases, sometimes unknowingly.

#### Cloud services

Instead of having your own servers or hard drives, store your data on the servers of someone else. Outsourcing of your data storage is in. Still, it is important to check GDPR rules on privacy, the actual location of your data at the outsourcing party in which country it is stored, and how secure this third party storage is against theft or misuse. Of course, when it concerns very well known brands, like Microsoft (OneDrive), you may expect the cloud service to be both compliant and safe.

However, it is every hacker's wild dream to bring down one of those giants one day. As such, if you have a limited amount of data and not very valuable, you may still be

tempted to keep it on your own server or hard drive. Of course anything connected to the internet is at risk. Plus, if you store your own data, you should back it up regularly. Do not forget that since your access to the cloud service is via your Internet Service Provider (ISP), the ISP security is key to the overall safety of your data too.

In conclusion, always ask yourself what the added value is of what is being offered as Big data, IoT, AI or cloud services. What makes it better, faster, cheaper than your current options available? And if you do not understand what is proposed, it may not be what you look for or need. Indeed, most good business

options are simple to understand or at least clear. You want to go for a certain service but are not sure you really understand it? Try to explain what is on offer in your own words to a positively critical colleague or friend. As so often, that is the ultimate litmus test of anything new in business and even in life. In the end, it will still be you calling the shots, but better based on a double checked decision than on a fast one. ●

## " THAT IS THE ULTIMATE LITMUS TEST "



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# Puss

**How cats\* have captured humans**

\*AS DEVIL | WOMEN | MUSE | ANIMAL | FRIEND | GOD | COLLEAGUE | VIP | GIANT





# Love and money

**Yannick Callens** looks for the abundance of love



I just finished a seminar, and for two days I learned about the abundance of love and money. The first day is all about the abundance of love and the coach keeps telling us that it all starts with us! Several of my real estate students are with me. I quickly realized that the subject of abundance is related to real estate. It reminds me of Laura, who during a coaching, informs me that she is not happy with her offer. Something immediately catches my eye, her offer is not accepted - no agreement between the seller

and the buyer and at the same time she is not happy. She didn't tell me anything else.

But I can see that she is happy. I ask her the question, we work together on the subject and we come to this conclusion: "I do not deserve it." Her unconsciousness tells her that she does not deserve it. However, her conscience wishes to do this deal, wishes to have the fruits of this deal in her bank account. More than 90% of our life we are guided by our unconsciousness, that is



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to say our beliefs and our values. Never underestimate them! I mean never! And even in real estate. You deserve it too, it's OK! Everything starts from us, even in real estate.

Have you ever wondered which of your beliefs guide you? Which ones make you vibrate? And have you wondered if these beliefs are more limiting beliefs or beliefs that bring energy and hope? All of this is happening in your subconscious thoughts. It has been your conditioning since you were a child. And this is also where this little phrase "I don't deserve" repeats. Change that! And it starts with you because it all starts with you. Be aware of this. Even in real estate.

Another example, a student is looking for a good deal in real estate. It's not easy, it takes time and by the time she finds this good deal, instead of passing the second deal, she takes three steps back. Why? Her unconsciousness gives her a reason not to deserve it. Powerful, isn't it? What if you could control that and transform that? This is what I offer during my seminars in real estate and my personalized coaching. We are exploding your limited beliefs in real estate and not just real estate because now you are aware that everything is a unit and that everything starts with you!

You deserve it - take action! The law of attraction is very simple: ask, believe and receive.

And often the problem is not in the request but in the third step 'to receive'. Be ready to receive and in abundance. Because if you no longer wish to receive it, the universe will no longer give it to you. The universe does not know the difference between good and evil, it gives you what you ask for or it doesn't. And if you think that not making a decision is good, I'm going to tell you that not making a decision is a decision too - it's the worst.

You are the one who will colour your life!

You are 100% responsible.

Take your share of the blame.

Do what you say and say what you do. Engage yourself! When you sign up, it all falls into place!

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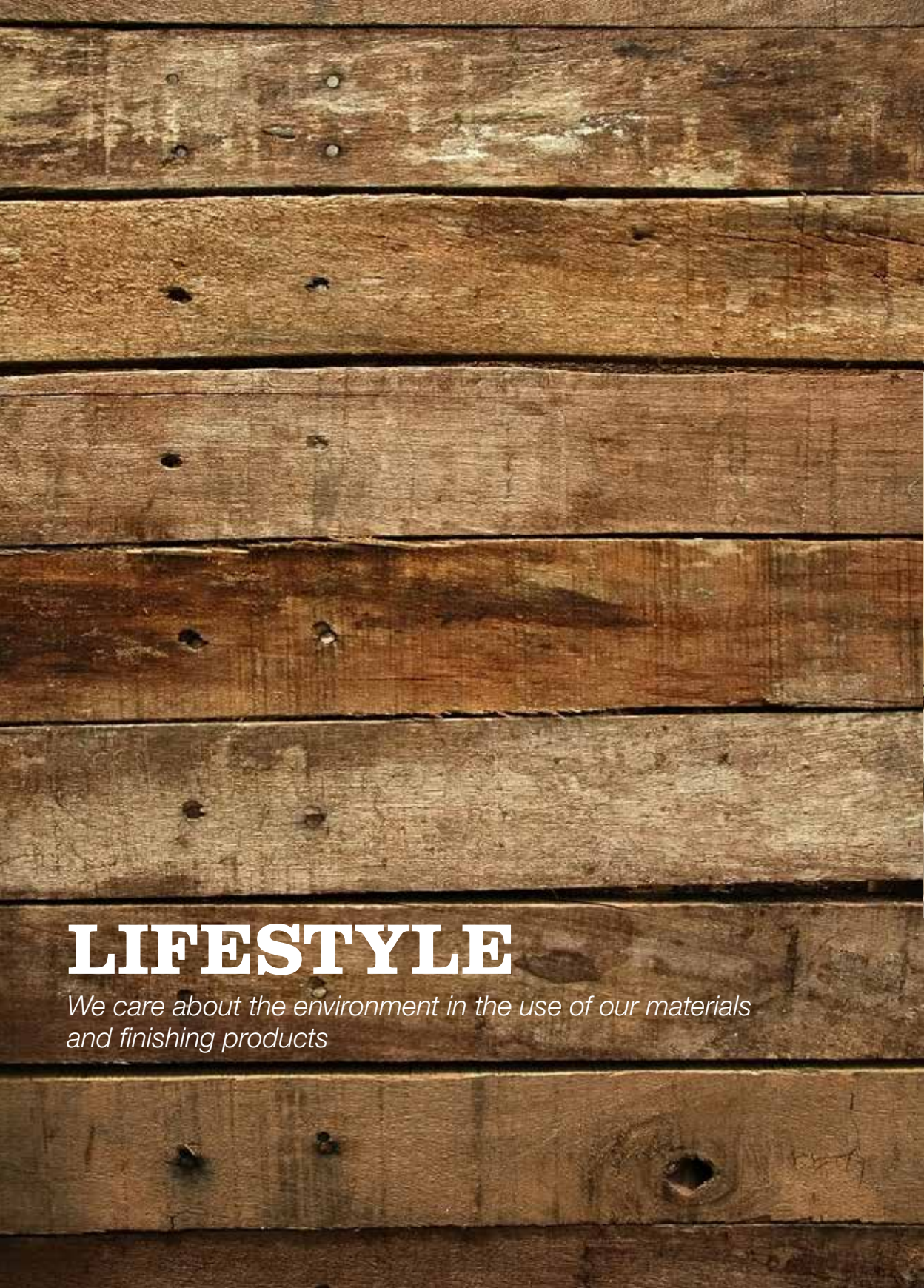
**AG Residential est la marque résidentielle d'AG Real Estate, acteur majeur sur le marché immobilier et filiale d'AG Insurance.**



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## LIFESTYLE

*We care about the environment in the use of our materials and finishing products*

## LIFESTYLE

Luxury

# Luxury properties: Costa Blanca

Belgians who are eager to buy a second home have set their sights on the Spanish Costa Blanca



**L**ast year, 2,105 Belgians bought a house or an apartment in this region. And they're not afraid to reach deep into their pockets to pay for it: €207,416 on average! This is in sharp contrast to the British, who are far ahead of their European neighbours in terms of purchases but spend about €152,430 for a home in the Costa Blanca.

Why do Belgians find Costa Blanca so attractive? There are three main factors: its mild climate, easy access and the stable real

estate market. Spanish real estate offers a guarantee of high-quality accommodation at attractive prices. Moreover, as prices are constantly rising and rentals are worry-free, buying a property is also a very fruitful investment.

Provia, the association of developers, closely follows the purchasing behaviour of Belgians. According to their analysis, here are some real estate projects which are attracting the interest and investment of our compatriots:





## **COSTA BRAVA DENIA BEACH ROOM** **Denia Beach, Denia**

Would you like to have a sea view? Or would you rather look out towards the impressive Montgó massif? At Denia Beach, buyers are spoilt for choice! The sumptuous apartments have one, two or three bedrooms and a terrace of up to 100 m<sup>2</sup>. A shared swimming pool and a beautiful green landscape complete the picture.

## **COSTA BRAVA 3 SEASCAPE** **SeaScape Resort, Finestrat**

SeaScape Resort is all about enjoying life on the Mediterranean coast. Just a few short steps from the 162 penthouses and 20 exclusive villas, you can stroll from one restaurant to the next and savour the delights of Spanish cuisine. Back at your residence, you can relax on your large sunny terrace.

## **COSTA BRAVA 4 SUNSET CLIFFS**

## **Sunset Cliffs, Benidorm**

A new attraction takes pride of place on the Benidorm skyline: the Sunset Cliffs. This residence has up to 280 apartments, each with two, three or four bedrooms. And all of the apartments overlook the beach. Residents can enjoy three shared pools, several jacuzzis and a panoramic fitness room.

## **COSTA BRAVA 9 TOMILO** **Signature Tomilo 7, Orihuela**

The Tomilo 7 Signature villa showcases style in every sense of the word! This spectacular modern villa overlooks the famous Las Colinas golf course. Its huge windows will allow you to admire this lush landscape from every room. The outdoor spaces and pool of this architectural jewel also contribute to the enchanting atmosphere of the place.







### COSTA BRAVA 3 POLOP Polop Hills, Polop de la Marina

"The sleeping lion" is what Gabriel Miró called Mount Ponoig. At the foot of this majestic giant stands the charming Polop Hills real estate development. Its elegant white villas offer the attraction of Spanish village life. The residences are located between the mountains and the forest. And just a stone's throw from the beaches of Benidorm, Calpe and Altea.

### PHOTO COSTA BRAVA 1 ANDROS Villa Andros, Orihuela

Whether you choose to stay here the whole year-round or just for a holiday, Los Abedules will take all your worries away. In this peaceful green oasis, you can choose from a range of high-quality apartments with one to four bedrooms. You can sit back and dream by the outdoor pool or on the solarium. And the beach is only 150 meters away.

### About Provia

PROVIA was founded on 4 November 1981. It is the association of property developers in the province of Alicante. It is a private, not-for-profit business organisation that brings together the majority of the property developers active in the province of Alicante. The main objective of this association is to promote the development and growth of its members' businesses, as well as to defend and represent their business interests. The association also acts as a channel of communication and liaison with the administration and the community in general. To achieve this goal, Provia relies upon a solid organisational structure and its managerial know-how to satisfy the needs of its members.  
[www.provia.es](http://www.provia.es) ⓘ

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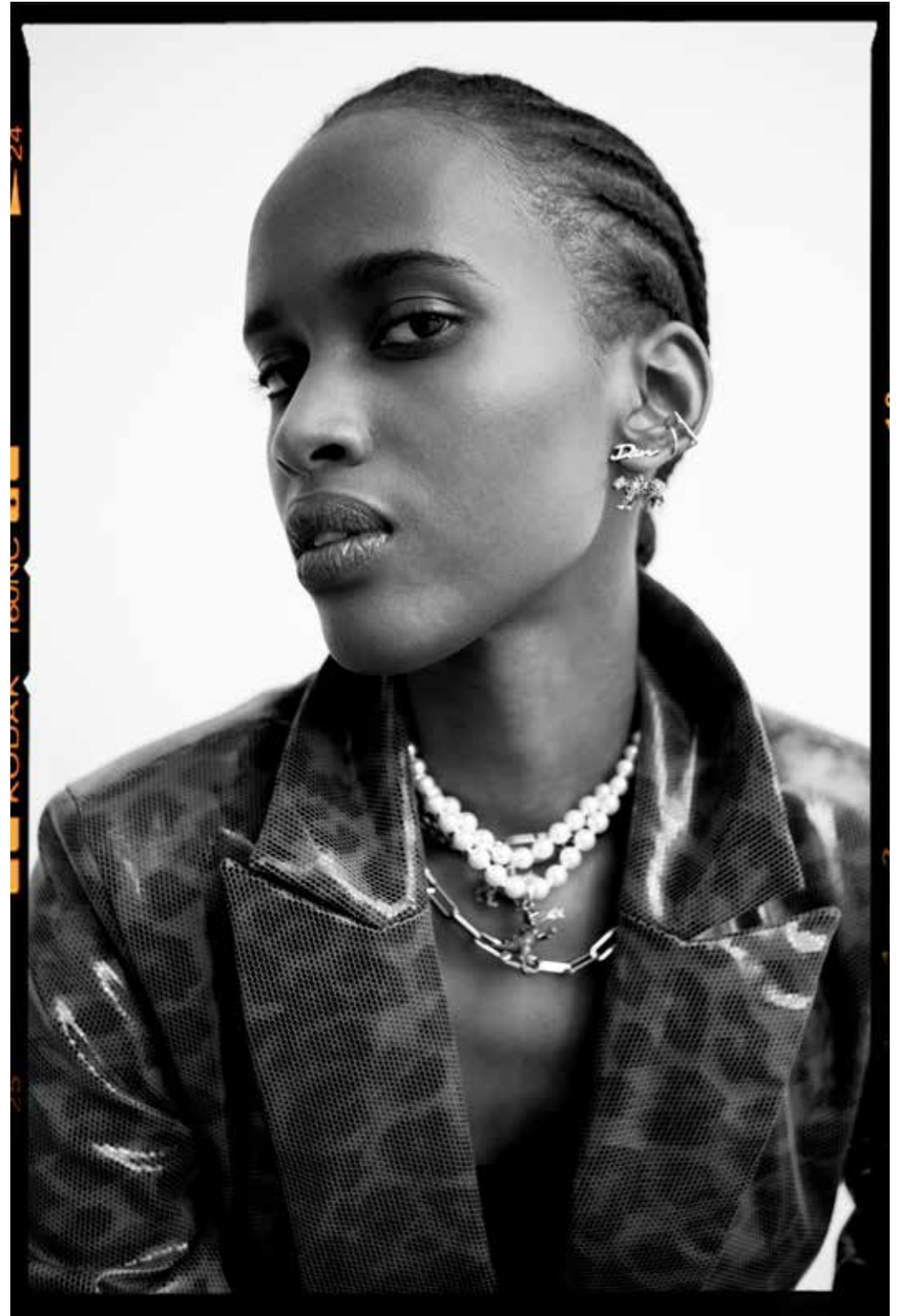


# BEAUTIFUL PEOPLE

Photographer **Maria Dawlat**  
Art Director **Nicholas Sirot**

Hair & Make up **Elke Binnemans** using **SISLEY COSMETICS** & **Kevin Murphy** for hair.

Models: **Aaron van Bilzen** and **Lynca** @immbuxelles.com & **Charlotte** @dominiquemodels.com



Jacket: **Stand Studio** Pearl necklace: **Dior**  
Golden chain: **Dinh Van** Earrings: **Dior & AXL**





Jacket: **Stand Studio** Jewellery: **AXL**  
Aaron using **Sisley Cosmetic**: Sisleyum  
& **Kevin Murphy** for hair: Texture.master



Total look: **Dior**  
Charlotte using **Sisley Cosmetic**:  
Hair Rituel by Sisley for hair. Precious  
hair care oil. Protective hair fluid





Body: **Zara** Skirt: **Dior** Earring: **Messika**  
 Lynca using **Sisley Cosmetic:**  
 Restorative facial cream  
 Instant perfect  
 Phyto teint ultra éclat 6 amber  
 Phyto-poudre compacte 4 bonze  
 Nutritive lip balm  
 Velvet nourishing body cream



Jewellery: **AXL** Scarf.: **Dior** Trousers: **Stand Studio**





Aaron: T-shirt: **Pinko** Jacket: **Zara**  
 Jewellery: **Buddha to Buddha** Trousers: **Hunkermoller**  
 Charlotte: Jacket: **Zara** Bra: **Eres** Trousers: **Stand Studio** Jewellery: **AXL**



T-shirt: **American vintage** Jacket: **Twinset** Ring: **Messika**  
 Charlotte using **Sisley cosmetic**: **Sisley**Youth anti-pollution - **Phyto** hydra teint 1  
**Phyto**-Cernes eclat 1 - **Stylo** lumiere 1 - **Phyto**-poudre compact 2 natural  
**Phyto**-ombre mat nude 11, mat taupe 15 - **Nutritive** lip balm - **Phyto**-sourcils fix 2





Coat: **Scotch & Soda Jewellery: Buddha to Buddha**



Total look: **Dior** Bracelet: **dinh van**



Shopping

# Shopping



## Breitling Top Time

Breitling's Top Time Classic Cars Capsule Collection pays homage to classic sports cars from the 1960s. This unconventional trio of racing chronographs draws inspiration from the Chevrolet Corvette, the Ford Mustang, and the Shelby Cobra, three icons of American car culture. The timepieces themselves are a nod to the original 1960s Breitling Top Time models:

**price on request**  
[www.breitling.com](http://www.breitling.com)



## Wouters & Hendrix

Wouters & Hendrix invites Stéphanie D'heygere for a special collaboration. The accessories designer brings Wouters & Hendrix's iconic 'Chapters' layered ring to her own universe - a powerful collection of seven silver earrings.

Chain Pendant Hoop: **€310**  
[www.wouters-hendrix.com](http://www.wouters-hendrix.com)



## Pascale Bruni: Aleluia' Rainbows

Aleluia' is an ode to beauty and love. The leaves reflect wings that empower women to take flight towards the marvels of the world, in a journey redefining all her divinity. The leaves of the Aleluia' collection have been crafted and set one by one, to then be assembled later on. This piece can be separated into two or three parts: **price on request**  
[www.pasqualebruni.com](http://www.pasqualebruni.com)

## Gemmyo PrimaRosa Collection

The PrimaRosa collection is an ode to the world of dance and its quest for perfection, woven with gold and diamonds, which shine with the grace of their movement. Bracelets, precious necklaces and rings, finely crafted ornaments by the silversmith's work and the house's craftsmen polishers.

PrimaRosa Alta Ring: **€6,960**  
[www.gemmyo.com](http://www.gemmyo.com)



## Maison De Greef Solis - Indian Summer

Arnaud Wittmann, master jeweller of Maison De Greef, found new inspiration as the autumn colours settled and the Solis - Indian Summer collection was born, made up of unique pieces designed with a mixture of precious and semi-precious stones, with warm, strong colours to enhance the wool of winter haute couture. Gold rose Prasiolite with yellow sapphires: **€7,920**

[www.maisondegreef.com/en](http://www.maisondegreef.com/en)

## Label K Good Vibes Jewellery

Label K is a collection of stylish and practical jewelry and accessories with positive messages that take into account the lives of mothers and active women. These are the little positive words of welcome on a daily basis which can deeply help mothers and women to reach their goals and dreams: **€35**

[www.labelk.com](http://www.labelk.com)







### Panerai Radiomir Eilean - PAM 1243

The Radiomir Eilean brings together the heritage of two iconic designs born in 1936. The modern Panerai watch as we know it today was born in 1936 with the Radiomir. Intended to accompany the men of the Navy in their missions, this instrument bears the same name as the substance patented by Guido Panerai to produce luminescent dials and sighting mechanisms. A sailboat destined to mark the history of Panerai was also manufactured in 1936. Eilean, built by the great boatbuilder William Fife III at the Scottish shipyard of Fife, sailed the seas of Europe and the Caribbean for decades. Produced in only 449 units per year, a quantity reminiscent of Eilan's sail number, the Radiomir Eilean was launched in July 2021: €7,900  
[www.panerai.com](http://www.panerai.com)



### OMEGA Seamaster Aqua Terra

Omega watches were the choice of NASA as the first watch on the Moon in 1969 for the Apollo 11 mission. Omega has been the official timekeeper of the Olympic Games since 1932. OMEGA Seamaster Aqua Terra is clean, simple and balanced. All models have undergone a stylish makeover. OMEGA's Seamaster Aqua Terra has always provided the perfect balance between sophistication and ocean spirit. In the new collection some of the most popular features have been enhanced or subtly transformed to give the timepieces a refreshing new look. The collection's new Master Chronometer movements offer extraordinary levels of magnetic resistance.  
[www.omegawatches.com](http://www.omegawatches.com)

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Enjoy our extensive thermal baths, a wonderful breakfast and have yourself spoilt with a fruity massage! You can choose between a back, shoulder and neck massage and a relaxing facial and head massage.

Please note: This package is only valid in Thermae Boetfort, when you arrive between 9 and 10 o'clock in the morning. You must make a telephone booking in advance: +32 (0)2 759 81 96.

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- Unlimited access to the thermal baths for one day.
- Extensive breakfast buffet at the castle between 09:00 and 10:30.
- Use of bathrobe, towels and shower slippers.
- Possibility to participate in various relaxation sessions.
- 1 Treatment between 10:30 en 13:00: back, shoulder and neck massage 25' or facial and head massage 25'.



WELLNESS & HOTEL

### Thermae Boetfort

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+32 (0)2 759 81 96

WELLNESS & HOTEL

### Thermae Grimbergen

Wolvertemsesteenweg 74 - 1850 Grimbergen  
+32 (0)2 270 81 96



Fashion

# Fashion news: The revival of CAP Studio

Eduard Both, ex-Miu Miu, revives his  
Antwerp-based label CAP Studio



**A**fter working for Miu Miu and Ports 1961, Belgian designer Eduard Both adds the next chapter to his brand CAP Studio with a unisex shirting collection, offering an escape from reality.

Established in 2017, while Eduard Both was finishing his MA at the Royal Academy of Fine Arts in Antwerp, CAP – its initials standing for Creative Anonymous Projects - premiered to wide, international acclaim.

At the chance discovery of a sock

manufacturer on a road trip through France, Both introduced an RTW knitwear collection attracting retailers like Browns, 10 Corso Como, Jeffrey, The Room, HBC and Renaissance, to name a few. This experience, and the attention it gained Both, earned him design positions as a knitwear designer at distinguished fashion houses Miu Miu and Ports 1961. While fulfilling these roles, Both put CAP Studio temporarily on hold. Today, leaning on his enriched experience in design, production and craftsmanship, Both brings CAP Studio back







## LIFESTYLE

Fashion

own private use. When he saw the finished prototypes, he felt so creatively stimulated that he decided to reinstate CAP with a comeback collection that reads like a tribute to craftsmanship.

Moving away from its original focus on knitwear, CAP reignites its creative conversations around the men's shirt, with a fresh perspective and a new direction. Both sets out to revisit the classic men's staple, transforming it into a timeless and unisex wardrobe item. Evoking an escape from reality, the CAP shirting collection lives in a universe where one can trade one's stripes for a butterfly print. Each CAP piece encourages one to dream.

The result is a chic, yet laid-back unisex shirting collection featuring Victorian and gothic era influences, envisioning a romantic take on present-day society. By means of in-depth research on various traditional manufacturing techniques, Both achieves a highly personal interpretation of modern heritage. Fabric manipulation, embroidery, pleating, quilting, broderie anglaise and hand-drawn prints add further alluring touches to the shirt designs. The color palette and materials are carefully selected to withstand passing trends. Instead, the new CAP Studio aims at comfort, quality and timelessness, all with a playful touch. Designed for an oversized fit, each style is offered in three sizes, following the Japanese sizing system.

to life for an entirely new chapter.

The idea of reviving CAP came together last year when the world was first struck by Covid-19. Both returned to his hometown of Antwerp from Milan, where he had been living for the past few years. As he kept designing remotely for Italian and Belgian clients, his own label and first passion remained alive in the back of his mind. His life in Italy and the random encounters he had there would prove instrumental for the revival of CAP. During his Milanese years, Both grew fond of a specialized shirt boutique in his neighbourhood. On one of his visits to the shop, Eduard coincidentally met the manufacturer of these shirts and exchanged contact details with him.

During the first lockdown, Both decided to get back in touch with the manufacturer, the owner of a third generation tailoring company located in Lombardy, and asked him to produce several shirt designs for his

## “ RESPECTING THE PRODUCT ”

Although CAP does not explicitly claim to be a sustainable brand, within the team they do inform themselves about the

possibilities at every step of the process, in order to take the best possible decisions — respecting the product, the manufacturers, and the environment while doing so.

The CAP Studio collection available. Shirt prices range from €356 to €765.  
[www.capstudio.be](http://www.capstudio.be) 



# Back to school!

**Caroline Dierckx** is very happy to find our favourite treatments

**A**fter summer, we always hydrate our skin well, and we enhance it with a little touch of makeup.



**KLORANE.** Nourishing shower gel with ORGANIC Cupuaçu. 0% sulphate, silicone and soap. 200ml: **€6.95**

Rouge **Dior Forever** Liquid. An ultra-fine, highly comfortable transfer-free formula. 11 shades: **€43.06**



**Stendhal.** Hydro Harmony Plumping Moisturizer. Exclusively at Planet Parfum. 50ml: **€78.90**



**Gucci Flora** Gorgeous Gardenia Eau de Parfum. 100ml: **€129**



**ANNAYAKE.** Hydra-energizing mask. 75ml: **€39**



**BABOR.SPA** SHAPING Body Lotion. 200ml: **€23.90**



**Avène.** Cleanance Woman Thermal Water, day care SPF30. 40ml: **€23.50**



**Collistar.** Gentle Micellar Water. Face- Eyes-Lips. 250ml: **€19.90**



**kate spade.** New York Eau de parfum. On sale at ICI PARIS XL, Galeria Inno and independent perfumeries. 100ml: **€85**



**Paco Rabanne.** Lady Million FABULOUS Intense perfume water. 80ml: **€118.20**



**Valmont Palazzo Nobile.** Casanova Eau de Toilette 2161. Woody Aroma. In independent perfumeries. 100ml: **€148**



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procap

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- Minerals: Copper, iron, zinc (100% RI)

30 capsules : € 19,<sup>99</sup>  
180 capsules : € 99,<sup>99</sup>  
**2 capsules/day**

<sup>1</sup> Zinc contributes to the proper synthesis of proteins (such as keratin) and helps keep hair healthy.

<sup>2</sup> Nobile V. et al. (2021)

<sup>3</sup> Limited edition from September to December 2021: Pink Ribbon supporters Trenker Pharmaceutical Laboratories support the fight against breast cancer.



NUT/AS 21/33



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- Maidenhair extract **150 mg**
- Vitamins : B1, B2, B3, B5, B6, B8, B9, B12, C, E,  $\beta$ -carotene (100% RI)
- Minerals: Iron and Zinc (100% RI)

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

**1 tablet/day**



Design

# Vipp in Lolland

Vipp transforms a farmhouse in Lolland from 1775 into its fourth hotel destination



**V**ipp Farmhouse is nestled in a forest on the 1400 acres estate of Søllestedgaard situated on the Danish island of Lolland. The old frames of a traditional farmhouse have found new purpose as Vipp's 4th hotel destination and add plenty of farm-life feel to its portfolio of one-room-wonders.

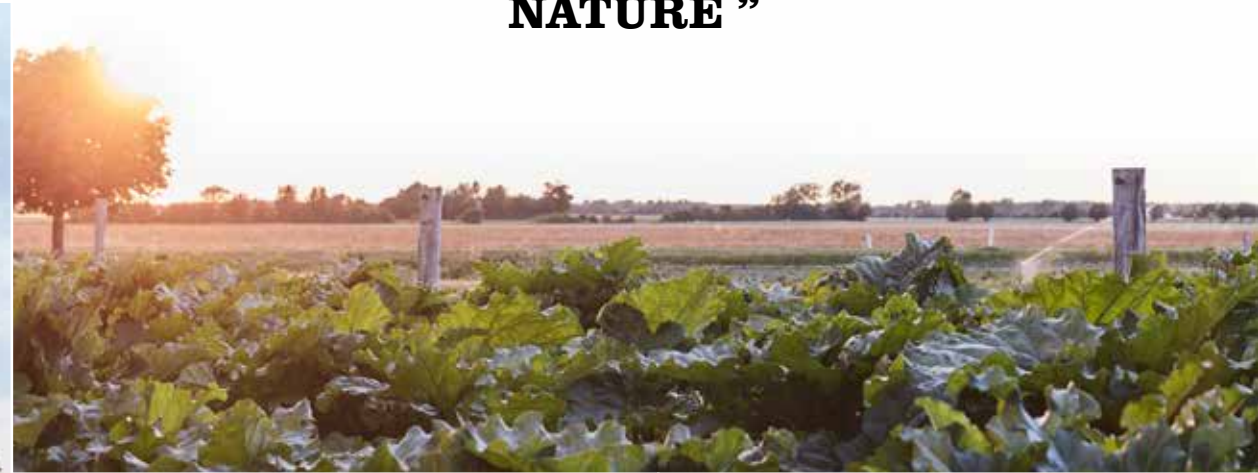
Three bedrooms, a bathroom, a combined kitchen and living space make up the 88m<sup>2</sup> residence titled Vipp Farmhouse. Commissioned by Vipp and

**“PLENTY  
OF FARM-  
LIFE FEEL”**

the estate owner Ulrik Th. Jørgensen, interior designer Julie Cloos Mølsgaard has realized a modern farmhouse that combines historical charm with modern convenience displaying both functional finesse and curious art finds.

Whitewashed facades topped with a thatched roof equals a traditional Danish farmhouse. Checking into this former gardener residence is like stepping back in time. While the architectural shell is a reminiscence from when it was built in 1775,

**“A CONVENIENT  
ESCAPE TO  
NATURE”**







the newly refurbished interior brings us into the modern area of Scandinavian minimalism.

Jette Egelund, 2nd generation Vipp owner, says: “During lock-down we have rediscovered nature and the charm of the Danish countryside, and now we share it with you. Vipp’s fourth hotel destination offers a convenient escape to nature. A taste of farm life, where the cow has already been milked.”

While nature is omni-present at Vipp Farmhouse, so is history. The neighbouring estate Søllestedgaard houses a manor dating back to 1800 and boasts the largest private greenery in Denmark under the name ‘Den Grønne Verden’. Freshly-picked produce is consumed by guests at Danish Michelin restaurants and at the estate restaurant Spiseriet.

“Our old horse stable is now transformed into a restaurant and shop where Vipp Farmhouse guests can buy or taste our variety of 250 greens cultivated on the fields next door,” says Ulrik Th. Jørgensen.

And if you prefer to cook yourself, seasonal

picks are waiting to be cooked in the Vipp kitchen at the farmhouse. Welcome to this historical canvas fully furnished by Vipp.

### About Lolland

Lolland is the fourth largest island of Denmark situated just south of Zealand, a 2-hour drive from Copenhagen. With a rich soil and a good climate encouraging many local food start-ups, Lolland has long been known as the food chamber of Denmark. Gourmet tourists will find a slice of heaven on the island. A magnet for Copenhageners is the newly opened restaurant ‘Pomle Nakke’ – an ideal pitstop for lunch on the way to the farmhouse.

### Credits

Project by Vipp. Photos: Anders Schønnemann. Interior design: Julie Cloos Mølsgaard. Art pieces borrowed from Galleri Christoffer Egelund. Beds: Dux.

### Vipp Farmhouse

Vipp Farmhouse Søllestedgårdvej 8 DK – 4920 Søllested

Opened July 2021 - Book at [vipp.com/hotel](http://vipp.com/hotel)





Advertorial

# Atmosphère & Bois: Recycling precious wood

This Belgium-based company reuses old planks



**M**ore and more homeowners are turning to hardwood floors for their homes. Some prefer the classic look of wood flooring over carpet or tile, while others simply like that this type of flooring is easier to clean and maintain.

One Belgian company that is pioneering the use of reclaimed wood for a whole range of uses, including flooring, is Atmosphère & Bois. Its operation makes a compelling case as to why you should consider its products over other types available on the market. Since its 2001 launch, the company has carved out a hard-earned reputation, as specialists in reclaimed wood. Its wood is

sourced from multiple tree species, including oak, elm, ash and fir, and so successful has the Brussels-based company been that it now has branches in the U.S., Canada and France.

It has been salvaging century-old loft barns, usually facing demolition, for many years. It takes them apart, plank by plank, beam by beam and ships them from Canada to Belgium for a “new lease of life” in both construction and decoration.

Ironically, the pandemic has proved a boon for business. As owner Philippe Auboyneau explains, the lockdowns meant more and

more people turned to DIY to pass the time and this has, in turn, boosted sales for his company. The old planks reclaimed by Atmosphère and Bois can be revived for use in tables, lamps, wall panelling, garden houses and entire structures.

Products produced by factories in Belgium and Canada include everything from wall cladding and beams to decking and flooring. All have one thing in common: the wood has been carefully salvaged from old Canadian (and European) barns and can be used in both interior and exterior applications.

Another common denominator is that the company is, in all cases, particularly attentive to the origin of the wood which is always treated against insects and worms. Mr. Auboyneau said: “We care about the environment in the use of our materials and finishing products. The woods are FSC and SFI certified and are recycled from forests that may have been affected by fires and insects.”

FSC certification ensures that products come from responsibly managed forests that provide environmental, social and economic benefits while SFI certification is a way to verify that an organization is adhering to all of the requirements related to the practice of or support for sustainable forestry.

Mr. Auboyneau is French born but says he launched his business in Belgium because of Belgians’ love of designing and building their own homes. He said: “In the years we have spent in the United States and Europe, we have had the opportunity to become familiar with wooden barn structures in daily life and the many advantages of this mode of construction and way of living. Ours is a unique concept: to restore old wood and put its beauty and the charm of its colours, aged

by the years, for use in construction and decoration.”

He added: “Atmosphère & Bois provides new ideas and unique expertise for everyone from architects, interior designers and decorators to hoteliers, restaurateurs and private individuals.

“Old wood adds a natural, inimitable touch, an extra spark of soul which suits both traditional and contemporary settings.” Some of the wood used is from the floors of trains.


Mr. Auboyneau explained: “We collect old oak floors, exotic wood and pine that has been used for many years in train cars in Europe. These may have leftover paint and holes but they still can be used to make furniture, cladding and flooring.”

His company, which employs 15 people in Belgium, its base, five in Canada and two each in the U.S and France, which is its biggest market, accounting for 60% of its

business. Customers can also collect wood for their own use at a shop at its Brussels base, providing it does not exceed two square metres.

Despite stiff competition, especially from the U.S. and, more recently Eastern Europe, it’s carved out a niche in the market. A key date in Mr. Auboyneau’s calendar was a major trade show in Paris (6-10 September) which provided a good chance to showcase the company and its products.

Looking to the future, he now hopes the mini DIY craze in Belgium will extend well beyond the health crisis and his company continues to build on its success so far.

[www.atmosphere-bois.com](http://www.atmosphere-bois.com) 





Shopping Deco

# Shopping Decor



## AUDENZA

Bring the calming sense of ocean waves into your home, with this Sumptuously Soft Moroccan Inspired Wave Rug. Made with soft-touch polypropylene fibres, using a cut and loop method, you will instantly feel relaxed as you sink your feet into this comforting rug. The height variation in the woven pile, combined with the ripples used in this design, give a fabulous sense of movement. It is finished with a Moroccan inspired tassel fringe, which helps to add a relaxed feel to your interior: **€143**

[www.audenza.com](http://www.audenza.com)



## Caoscreo

Mister T, Coffee Table and Small Bookcase. A table that ironically stylizes the shape of a small man, placing it at the centre of attention. His metal arms are delicate but can contain your books, your magazines,

while the boss leans out offering himself as support. Mister T is dressed in many colours to bring joy to the spaces in which you live:

**€177**

[www.terenzisrl.it/IT/shop/](http://www.terenzisrl.it/IT/shop/)



## Origami Steel Fantasy Tree

Fantasy Tree Calamine symbolizes nature and imagination; it is decorative, but also functional and versatile: it can characterize a wall and be at the same time a support for hanging clothes, keys, jewels, inserting photos, applying magnets etc or a useful and cheerful trellis for climbing plants. Easily bend the leaves, flowers, berries, buds and customize your Fantasy Tree! **€85**

[www.caos-shop.it/commerce](http://www.caos-shop.it/commerce)



## Natalia Willmott Bamboo basket trio

Super lovely and useful basket set - for your fruit and veg or bathroom toiletries. Small 16cm, medium 27cm, large 30cm. Photo

taken at Karen Griggs' The Garden Shed by Pink Lily Photography. **€33**

[www.nataliawillmott.co.uk](http://www.nataliawillmott.co.uk)



### Shopping Deco



#### CharlesTed Teak Sculptural Bowl

Teak Sculptural Bowl is available in two sizes. This absolutely stunning teak bowl has the definite wow factor. Fill with moss or fruit, or leave to speak for itself on a styled shelf! **€47**  
[www.charlested.com](http://www.charlested.com)



#### MoMA La Maison Inondée Bowl by Patrick Martinez

"The soup is rising. Soon it will reach the house on the hill. Save it before it floods!" is a line from a story about La Maison Inondée written by New York-based French artist Patrick Martinez. This storyline inspired the

whimsical porcelain MoMA 'the flooded house', created by Patrick Martinez. The bowl with the small house in the middle, filled with fruits, nuts or alone, makes a spectacular centrepiece. **€53**  
[www.thedesigngiftshop.com](http://www.thedesigngiftshop.com)



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## Woody Harrelson: Longevity and lots of talent

This month we sat down with a movie star who boasts an extraordinary range of acting talent



## LIFE OF LEISURE

*It is truly a moment of relaxation where the mind escapes and the body relaxes completely*

**L**ongevity isn't a word typically associated with Hollywood, but Woody Harrelson has it in abundance; and as the years go by – he's now four decades into the shift – his popularity only ever seems to increase.

From classic 90s fodder *White Men Can't Jump*, *Indecent Proposal* and *Natural Born Killers* through to *Anger Management*, *No*

*Country for Old Men* and *Zombieland*, into a new era of film that takes in *The Hunger Games* trilogy, *Three Billboards...* and the spectacular *Venom* movies, enriching an already colossal CV comes naturally to the actor.

And yet what makes the 60-year-old all the more engaging is a back story of pain and struggle; of an imprisoned father, infidelity,





going off the ropes and, in recent interviews, admitting he wished he had spent more time at home with his family and less time on the road.

Ultimately, the movie world would have been a lesser place without his presence...

#### Together: So... Venom...

Woody Harrelson: I'm thrilled this is back, and I think there's real energy behind taking this story forward. It was a pleasure to work with so many incredible actors, and I dare say I may have even learned a thing or two!

#### It's an advanced role for Cletus/Carnage...

Sure, so I must have done something right in the first one [laughs].

#### People have spoken about the contradictions with Venom

That's intentional. Carnage is designed to be the graceful predator. He's not as full-effect as Venom; he's a tricky customer who will confuse and disorientate an opponent rather than just going for the glory shot.

The superhero genre needs characters like this. There is a lot of attention towards power and special effects, whereas more and more now we're seeing the victors coming from a place of intelligence and craft. There's hope for me yet!

#### Talk to me about Andy Serkis...

What do you want to know? The guy is a genius. What's nice about our relationship is Andy thinks I am genius, so that makes it very easy for me to decide I think he is a genius as well. Do you see how this works?

It's convenient in a way because if I didn't think he was a genius I would still say he was anyway, because one good turn deserves

another. The fact I don't have to pretend is pretty convenient!

He's a great guy and we seem to work together really well. I'm very proud to know him and we both feed off one another's energy.

## “THERE'S HOPE FOR ME YET!”

What I think is amazing is he didn't direct a film until something like 10 years ago, having acted for decades. And now he's this big force, like out of nowhere. He's the man everyone wants, and he deserves it.

#### You turn 60 this year – are you surprised your career continues at such a pace?

I've been lucky – you have to be lucky to have survived for as long as I have. I've also worked hard, and had the passion to work hard. It's totally justified that not everyone wants to keep chasing after scripts and jobs once they get past 40 or 50. For me, I don't know any different, so this way of life for me, for four decades, is my route to happiness, and I certainly wouldn't want it to end.

#### Yet you still carry with you all the energy and optimism of youth...

If you saw me in the morning you wouldn't say that.

## “THE GUY IS A GENIUS”

I don't know, this is just the way I am. I laugh sometimes at some of the praise people get for what is, essentially, them being themselves. I mean, if you think about it, it's basically the laziest version of ourselves – us.

There's no effort, we're just doing what we want to do. And we get praise for it. That's crazy!

#### You've been quite open about the struggles you've had in the past...

There's never any reason to hide behind things in life, that's my logic. We are all here trying to do our best, trying to find the right





way, and I think the world is a better place when we share those experiences... a better place for ourselves, but also for those who can take courage and hope from the fact others are going through these things.

At the end of the day, if you're an actor then your job is to characterize and personify all these people, all these stories. We are actors, we inhabit other people, be they fictional or otherwise.

I would suggest there's a huge hypocrisy behind someone who is willing to take on the role of being someone else, yet who cannot be true and honest to themselves in terms of who they are, how they feel and what they have been through. You're either invested in

personality or you aren't. I just don't think you can pick and choose between the two.

**You used to have quite an angry streak – has that now gone?**

You want to keep asking these questions and find out [laughs]? I think as you mature and get older, you take a much more mellow view on life. The things that were important to you somehow become less important; the stresses that you maybe had as a young person you don't have, often because you realise the fears you used to have didn't actually materialise.

I think most anger simply comes from frustration, and when I was growing up I had a lot of frustration inside me.

## “MY ROUTE TO HAPPINESS”





#### Where did that come from?

Well not having my father around was a big part of that, and seeing my mother suffer was hard. I did all I could to get my father out of prison and to try to get a better life for him, but coming to terms with that in late life won't ever change the reality of being a kid who felt incomplete, or an injustice.

That's why I would start fights; because I felt injustice in my own life – so when I saw it elsewhere, like someone stealing or bullying, I was sure as hell going to go and do something about it.

#### And that element of searching for fairness has followed you in your career?

It has, in terms of the projects I will put my

name to and the things I try to do to make the world a better place.

As much as that is true, I think it's also the case that you come to understand there is no such thing as fairness, and you certainly can't ever influence as much in the world

as you think you might be able to. You'll never mend everything, but that shouldn't stop you from trying.

## “ JUST DOING WHAT WE WANT TO DO ”

#### You've had a complicated ride as far as religion

#### goes. Where are you with that now?

I'm in a good place. I feel I had to discover for myself what religion really meant to me, and because of that, and because of taking time out from everything people had told me, I was able to come to my own conclusions.



So when I dropped faith for a few years it was a case of standing back and really assessing everything I'd be told. And, you know, when you do that, you give yourself the chance to look at some things and say, 'well that's a load of crap!'.  
That wasn't the intention, but removing yourself from a situation is only ever going to be the route through to doing something about it. If you're still inside the bubble, how are you supposed to see what it looks like on the outside?

I never wanted to turn my back on faith, but I certainly did want to draw my own views, and that's what happened.

I think stepping away also led me to develop myself, my career and my personality.

**What's your relationship now with God?**

We've been back on speaking terms a long time and I'm glad he's there [laughs]. Just because the Bible is a man-made thing, in its creation, doesn't discredit its contents, and I've learned to accept that.

Rather than criticise the Bible for the fact it's written by man, we should be thanking people for keeping those stories going. It took me a while to realize that which, as a storyteller myself in film, is kinda odd [laughs].



**You have been vegan now for almost as long as you've been an actor, right?**

Well it's more than 30 years now. I just see no point in it. We have a sustainable way of living that promotes plants and renewable food supplies... or we can butcher and slaughter innocent animals, all the time adding a huge carbon footprint over what we do.

**You are very careful however in the way you push the subject, aren't you?**

Listen, if I learned anything from my break from religion it's that people do not want to be told how to behave or what to do (notwithstanding a global pandemic). For the most part you can't do that anymore, not unless you want a punch in the face. There's not a single day that goes by where I think I might have been a better or stronger person by eating meat, so that to me is the ultimate answer.

If others want to come along for the ride, please do. ❶

**“ I HAD A LOT OF  
FRUSTRATION  
INSIDE ME ”**

# 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](http://www.randkrant.be) - [www.ringtv.be](http://www.ringtv.be)



Travel

# The Stanhope Hotel Brussels is back

Reopening of the Stanhope Hotel  
Brussels by Thon Hotels

**I**t was with great delight that the heavy doors of the 5-star hotel opened again on August 26th\*. This is great news for lovers of historic homes, luxurious rooms and sophisticated service.



on the roof, a new heating system and by reviewing every detail: reusable bathroom products, working with local products, using selective sorting bins in the rooms and public places and becoming a 'bike-friendly' establishment.

You have been waiting for it for a long time, so have the team. During this unsolicited period of closure, the Stanhope Hotel Brussels never stopped the renovations and worked behind the doors.

The most romantic hotel in town has completed renovations that started in 2019. The teams cannot wait to show you everything in detail. Today, Stanhope Hotel Brussels has two saunas, an extended and renovated gym, a new breakfast buffet and new equipment in the kitchen and the technical rooms. Proud of its historical heritage and its classified spaces, the hotel has kept many 19th century details. Who has never climbed the old stairs of the Ambassador's House? Along with its historic details, the hotel has modernized its interior, the facilities and the amenities of all its rooms such as high quality King Size beds, smart TVs, espresso coffee machine...

The hotel, which has focused on ecology for several years, now has the Green Key and eco-dynamic labels. In 2021, they went even further with the installation of solar panels

For all lovers of delight and romantic weekends together it is time to celebrate the reopening as the hotel has launched the perfect offer: enjoy a breakfast in bed, arrival from 11am, late departure (until 3 p.m.), a free drink on the terrace or by the fireplace, access to saunas and an upgraded room is the icing on the cake!

As for the Brighton restaurant - the hotel restaurant - it reopens on Monday August 30, the perfect time to host lunches, dinners and to enjoy the summer on the terrace. The wine cellar has been impatiently waiting these many months, and it is time to (re)discover its extensive menu and its beautiful decor.

The hidden gem of the European district with its terrace, the Library Bar, the Brighton Restaurant and its renovated rooms is the perfect place for a weekend in Brussels and an immersion in luxury and tranquility.

\*Covid Safe & Security Label Brussels' Hotel  
[www.thonhotels.com/stanhope](http://www.thonhotels.com/stanhope) 



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## IMAGINE ROUSSILLON

Luxury Family Micro Resort in the South of France



**LITTLE GUEST**

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This unique family gîte complex is a calm alternative to all those faceless hotels.

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

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**LIFE OF  
LEISURE**

Travel

# The H Dubai: Much more than a hotel

We look at an exceptional hotel that is a gateway to Dubai

**S**tylish and attractive by day and night, cosmopolitan clientele meet in the hotel's award-winning, highly impressive lobby. For vacation or for business, The H is the best choice for many reasons.



Dubai's suburbia or the enchanting skyline. All guest rooms and suites feature: 42" LCD TV, oversized bathtub, rain shower, tea and coffee making facilities and a mini-bar. The first option is the Deluxe King Room measuring 50m2. The H

Dubai also offers a

Presidential Suite, a Royal Suite and studios and apartments.

### Dining & Nightlife

With the Rooftop, Lounge Bar, restaurants, Diademas Cigar Lounge, The H Dubai is a perfect combination of entertainment and culinary experience. A must-have for the 'in crowd', the Sky5 Dubai, located on the 40th floor of The H Dubai, is the city's brand new rooftop destination for a time above and beyond, along with serene views and unforgettable vibes. The best Dj's to get you moving, and bubbles, exotic shisha and an energetic atmosphere are assured for the guests - you will have a wonderful time.

Last but not least, take a break at Mandara Spa. It is a temple of serenity and wellbeing, offering exceptional treatments, body and facial treatments, massage and a signature foot ritual - all using a premium selection of products, including Elemis and Les Sens De Marrakech. Recently the Madara Spa was nominated Spa of the Year for the Hospitality Excellence Award 2021.

[www.hhoteldubai.com](http://www.hhoteldubai.com)

Firstly, it is ideally located at 1 Sheikh Zayed Road, making The H Dubai a gateway to the Middle East's most dynamic city. It is just a short distance from all of the city's main attractions and business districts, including Burj Khalifa, Dubai Mall, Dubai Frame, Dubai Garden Glow, La Mer Beach and Dubai World Trade Center.

Next, the 5-star hotel boasts a world-class collection of 236 spacious rooms, suites and apartments, an office tower and a dynamic events centre. A stay at The H Dubai promises the best of both worlds. Embark on a culinary journey across 11 dining outlets offering diverse cuisines and daily live entertainment. Rejuvenate yourself at the award-winning Mandara Spa, or spend relaxing days at the outdoor pool.

One of the most spacious rooms in Dubai is on the 29th floor. The rooms and suites are comfortable, practical and replete with elegance. The decor is inspired by contemporary Arabia, and each room and suite has been thoughtfully designed with plush furnishings and floor-to-ceiling windows that offer breathtaking views of



# Dubai: A fabulous destination...

Caroline Dierckx introduces us to a fascinating city



Opinions differ regarding this city of a thousand and one colours. Some will say that you can tour the city in three days while others will find their one-week stay much too short. I belong to the latter category. Indeed, Dubai is not just about shopping and private beaches. There are so many interesting places and activities that spending a week there is simply not enough. It is a city on the move

## “ WHERE BUSINESS MEETS LEISURE ”

where business meets leisure. Many expats have chosen this lifestyle. In addition, Dubai is super ‘safe’. It is a real luxury to feel safe day and night.

Regarding Covid-19, Dubai has long since taken strict measures. The authorities are in control of the situation, and you can feel it since everything has been open for a long time, restaurants, museums, hotels, beaches... If

you are looking for a safe vacation, Dubai is undoubtedly one of the best destinations.

### Get onboard!

March 2021, Belgium is confined and almost everything is closed. The magic carpet called work takes me to Dubai. Brussels Airport is almost empty, and we are flying Business Class with Qatar Airways. From the beginning of 2021, the company could once again take its passengers to Dubai. The journey begins when we are comfortably seated on the plane (A350-900). With a glass of champagne as a welcome, we leave Brussels for Doha. In-flight service is impeccable and neat.

It is not for nothing that Qatar Airways was once again voted Best Airline of the Year. The meals are excellent with a varied choice à la carte: Signature Arabic Mezze, Grilled veal fillet or Smoked cheese tortellini, cheese plate. Beverages: Mocktails, Teas, Coffee, Karak chai. Plus an excellent menu of wines, such as Bordeaux, Château Corbin Michotte, Saint Emilion Grand Cru 2012. Entertainment brings together young and old alike. The flight crew were so nice.

Six hours of flight later, we were at Hamad International Airport in Doha, a magnificent airport, a crossroads from the Middle East to the middle of the world, serving the most exotic destinations. Dubai was now just an hour away.

We arrived at the hotel: The H Dubai. We chose this hotel because it is one of the trendiest in the city, the location is incredible, located at #1 Sheikh Zayed Road. The H Dubai is a gateway to the Middle East's most dynamic city. It is just a short distance from all of the city's main attractions and business districts, including Burj Khalifa, Dubai Mall, Dubai Frame, Dubai Garden Glow, La Mer Beach and Dubai World Trade Center. But it is also known for the comfort

and impeccable service you would expect from a 5-star hotel. The bedrooms are very spacious. The H Dubai has no fewer than 11 restaurants offering various culinary journeys. There is also a Spa, Le Mandara Spa, a gym, and an outdoor swimming pool. We also knew that this hotel makes a point of ‘covid free’ security.

In the month of March this year, it was 29°. Pure happiness - the sense of freedom that drives us is incredible. Everything is open, everything is alive - there are people everywhere!

### Must do

In Dubai, there are must-see places to visit, and I'll start with one of the city's most iconic, the Burj Khalifa. On the 124th floor, admire the city in 360°. After visiting the tallest tower in the world, go to the Burj Lake for a show of giant, magical fountains set to the rhythm of songs by Celine Dion and Andréa Boccelli. This is Dubai Fountain. You can also follow the show on the terrace of the Lebanese restaurant Abdel Wahab, while enjoying a delicious meal. The best moment?

When the sky has covered its night mantle. Close by is The Dubai Mall, an iconic location in the city and one of the largest shopping malls in the United Arab Emirates, boasting more than 1,000 shops, a gigantic Aquarium, an ice rink and restaurants.

### Luxury getaway on the beach

We had a rendezvous for a luxury getaway and a lunch at the Spiaggia restaurant, at the Beach Club of the Bvlgari Hotel & Resort, located in Jumeira Bay Island. We also earmarked Nammos Beach and its beautiful private beach. We fell in love with one of the city's most trendy and famous beaches: White Beach Dubai, which is none other than one of the beaches at the fabulous Atlantis hotel located in the upscale Palm Jumeirah district.

During the day, installed on the comfortable

“ IT IS A REAL LUXURY TO FEEL SAFE ”



White Beach Dubai



deckchairs and in the shade of a pretty woven parasol, you can polish your tan, cool off in the lagoon-blue infinity pool, or in the warm sea - it's your choice. We never tire of this view of the Palm, the skyscrapers in the distance that seem painted on the horizon, and we thank the universe for being on this sandy beach - it is a real gift. No need to get up to go to the bar, the hostesses take all the orders and take care of everything.

I highly recommend the cocktails. This is the height of luxury, as lunch was served on the deckchair. The dishes are varied, colourful and very tasty. The atmosphere is 'chill', and we are serenaded by lounge music. In the evening, White Beach hosts the international DJs and artists who ignite this festive mecca in Dubai. On the Friday we spent the best day ever, just chilling out in Dubai. Not to be missed! Remember to book in advance, deckchair or white beach VIP Cabana. A word of advice: follow the whitebeach Instagram account. Information: [www.atlantis.com](http://www.atlantis.com)

## “ THE MEALS ARE EXCELLENT ”

### Dubai, a paradise for the taste buds?

Yes! Oriental, Indian, Asian, Western inspiration... There is something for everyone. No matter where we were in the city, there wasn't a single restaurant where we were disappointed. Quality is on every plate. We tested some legendary addresses, such as Gordon Ramsay's Hell's Kitchen from the famous US show *Ramsay's Kitchen Nightmares*, located at Caesar's Palace on Bluewaters Island. Pier7 on the edge of the Marina offers a 'lifestyle dining' experience with seven different restaurants of Arab,

Asian or European inspiration. The view is also amazing. Visit PLAY, on the 36th floor of The H Dubai, for a

gastronomic journey like nowhere else in a warm and trendy decor that will take your breath away. Take a walk to LA MER BEACH and stop off at one of the many restaurants.

### Sonara Camp, a suspended moment

All international stars, influencers and models go through Sonara Camp. So we too wanted to experience this timeless experience in the middle of the desert. An hour's drive from

Sonara Camp



the city, it is in the heart of the Arabian desert that this ecological camp named Sonara takes shape. We chose The Sunset Dinner Experience and a 4x4 Land Cruiser was the shuttle for the 10-minute drive in the desert.

We were lucky enough to see wild animals, such as a gazelle and tropical birds. The arrival at the camp was a magical spectacle - the heat enveloped me, the light was exquisite and the beauty of the place left me speechless. The musical welcome gives a crazy charm to the intimate and at the same time very large atmosphere of the place. For two hours we listened to live music, tried our hand at Sand Boarding, tasted cocktails and snacks, met the Falcon, took a camel ride and watched the sunset behind the desert dunes.

The skies turned black, the camp lights came on, and it was time to sit down to dinner and watch a show worthy of a spectacle in Las Vegas. The menu of French Chef Franck Sana, revisited with audacity and generosity, seduced one and all. Sonara camp is an experience to be lived, not just told about. Note that you can also sleep at the camp

in luxurious tents with all the necessary comfort. Several formulas are available. Also remember to book well in advance. [www.nara.ae](http://www.nara.ae) Instagram: [sonara\\_camp](https://www.instagram.com/sonara_camp)

### Marmoon Camel Race Festival

Everyone has seen a camel race on television, but seeing it live and up close is very impressive. We witnessed the race at Al Marmoon Heritage Village. Very popular in Dubai, the festival attracts a lot of people and is one of the most anticipated events each year. A good address to take you there or to discover the heart of Dubai: [www.mytourstudio-dubai.com](http://www.mytourstudio-dubai.com)

The best time to travel to Dubai is from October to April, when the heat is very pleasant.

Dubai, we already miss you...

To get there: [www.qatarairways.com](http://www.qatarairways.com)  
Where to stay: The H Dubai  
Getting around: by taxi (cheap)  
Currency: United Arab Emirates dirham (AED)

1



# A trip to Dubai with Qatar Airways

This month we look at an exceptional airline's business services



Once again elected Best Airline in 2021, Qatar Airways stands out for its perfect management of the health crisis but also for its impeccable 5-star service and the comfort of the Economy and Business Class cabin. The fleet is also getting all new Airbuses 350, which are greener and reduce the company's carbon footprint.

Qatar Airways serves 140 destinations around the world, including Brussels, and offers unrivalled connectivity to passengers with a wide range of destinations in Asia, the Middle East and Africa. And we are all the more delighted that in recent months the Brussels-Dubai route (via Hamad International Airport in Doha, the best airport

in the world) has reopened. Travel time? 5 hours flight to Doha and 1 hour flight to Dubai.

## The Business experience on board

For many people, vacations begin the moment they get on board. It is truly a moment of relaxation where the mind escapes and the body relaxes completely. Flying with Qatar Airways is a unique

In addition, there is also the award-winning Oryx One in-flight entertainment system that offers up to 4,000 entertainment options, including the latest blockbuster movies, TV box sets, music, games and much more.

The Business Class is very comfortable - the multiple-function seats adapt to your desires (sitting position, legs stretched out or fully lying down). The Qatar Airways blanket,

slippers and comfort kit add a touch of luxury. Premium passengers also enjoy a new and exclusive range of Diptyque toiletries with essences and fragrances that will take them on a sensory journey, making it a real pleasure to travel by air!

A brand new product in Business Class has emerged at Qatar Airways: the Qsuite, a groundbreaking experience that was awarded 'World's Best Business Class', and 'Best Business Class



experience. The experience begins at the Qatar Airways Business Class Desk at Brussels Airport, a very pleasant start with 40kg of luggage authorized in Business Class, followed by 'priority' boarding. Once you have settled in, the crew personally present the menu which has a wide choice of culinary delights. They will take your order as well as the time at which you wish to have dinner or lunch. The Business Class' *à la carte* menu also offers a range of fully vegan dishes

At the same time and before taking off, a refreshing drink or a small welcome glass will kick off the start of the trip. Passengers can stay connected by using the wifi connectivity on board which is free of charge for one hour.

Seat'. The middle seats, which are side by side, can be transformed into a double bed, completely isolated by large sliding doors on either side.

Qatar Airways meets the demands of passengers whether they travel in Economy or Business Class. Flying with Qatar Airways allows you to feel many things: freedom, comfort and maximum safety. Qatar Airways became the first global airline in the world to achieve the prestigious 5-Star Covid-19 Airline Safety Rating by Skytrax. The airline continues to ensure that its safety and hygiene measures are of the highest standard, with new procedures implemented throughout the entire journey, from check in to arrival at the destination.

[www.qatarairways.com/en-be](http://www.qatarairways.com/en-be) ❶



Wine

## Cité du Vin Bordeaux: Six wine families and more...

Our wine page heads south to the finest institution dedicated to the humble grape

**F**resh and fruity wines, rich wines, wines for laying down, everyday or celebration wines. There is a style to suit everyone. Despite this huge diversity, the wines of the world can be split into six major families: dry white, red, rosé, sparkling, fortified and sweet. Six giant bottles, each dedicated to a major wine family, transport you into various contrasting sensory, acoustic and visual worlds. Through unique and imaginary portraits, unusual packaging and manufacturing methods, production and bottling locations, usage, and even the economic dimension, the diversity of the world's wines will offer up its secrets.

In the museum's permanent exhibition embark on an adventure through time and continents to discover the world of wine. Through some twenty digital spaces, the Permanent Exhibition of the Cité du Vin invites you on a journey to the heart of the great history of wine. Come and discover how this universal heritage has inspired people and shaped both their life and their territory for millennia. Immersed in interactive universes, seated virtually with the great figures of History, or even by testing your senses, 3000m<sup>2</sup> await you for individual and collective, educational, immersive, dreamlike, multisensory experiences. Visit the Permanent Exhibition at your own pace.




Photo © Cité du Vin, Bordeaux

The average visit lasts between 2 hours and 3 hours, but it is also possible to spend the whole day there for the more avid visitors.

### Latitude20, wine cellar of the world

Fancy digital education is all very well but, of course, you can have a sip or two of the ambrose of the gods. Check the events page for special tasting... but you can head for Latitude20 and taste wines from around the planet. Discover a magical location, a 'library cellar' with more than 14,000 bottles, 800 wines from more than 70 countries across the globe, including some unexpected examples from Syria, Ethiopia, Namibia, Peru, Bali and even Tahiti.

The team of specialist sommeliers proposes you a range of excellent bottles at reasonable prices from €5 to €50, selected by a tasting committee of professionals and wine lovers with Michel Rolland, a renowned oenologist, as honorary president.  
[www.laciteduvin.com/en](http://www.laciteduvin.com/en) 

Dining

## Dining

Photo © Luc Viatour



### Orchidée Blanche

For 35 years, Katia Nguyen has been serving the best of Vietnamese delicacies in her restaurant in Ixelles, close to the cemetery. That's more than a third of a century in the service of the best of Vietnamese gastronomy. With her Orchidée Blanche (White Orchid), whose success has never wavered, Katia Nguyen can boast of being one of the brightest gourmet flagship of a district which does not lack exotic tables.

The secret of the longevity of this address - consecrated in 2015 by Gault & Millau as the best Asian restaurant in the country - lies largely in the extreme care taken by the lovely owner to all the details that make an establishment a gourmet stopover. Unavoidable. As soon as you walk olfactory senses are racing but the dining room is a place of genuine calm - with a riot of colour in every corner. The service is excellent and appears unhurried, matching the room's



serenity. And the wide, varied choice of Vietnamese food is - for us - the very best in town. As they in Vietnam: Chúc ngon miệng! Enjoy your meal!

[www.orchidee-blanche.com](http://www.orchidee-blanche.com)



## Dining

### Bavet

Bavet is a simple, fast food concept that offers Belgian-style spaghetti and "aims to instil a community spirit". Each restaurant is distinguished by its unique character and is housed in a corner building with character. We chose Sainte-Catherine with a beautiful view over the square and the church. I plumped for 'The Holy Grail', the Bavet Special combined with Say Cheese! topped off with bacon, onion crush, parmesan and sriracha. My dining partner chose its vegetarian version 'The Holy Mary', same but different, with plant-based minced meat from De Vegetarische Slager, topped off



with creamy foam. One thing that's definitely worth a mention is the service. The young staff were very attentive and ready to answer any questions we had.  
[www.bavet.eu/en](http://www.bavet.eu/en)

### Avant Première

Another restaurant that distinguishes itself by its service is a Belgian restaurant on the busy Square Julien in Auderghem. It boasts an extremely hard working crew and fine range of food, including seven days a week specials. We went for two of their classics - I chose the Irish steak with a pepper sauce and fries, of course. It cut like butter and was very juicy. My dining partner went for the moules in white wine with a side of chips, all of this washed down with a bottle of the house red. As it got late, the diners dwindled into the night and the hard-working Thierry joined us at the table and we chatted, mostly about Scotland -



both of us diners are from that part of the world - which he is very fond of. By the time we left, we were well sated, and the three of us had put the world to rights.  
[www.facebook.com L'avant Première Resto Bar](https://www.facebook.com/L'avant-Premiere-Resto-Bar)

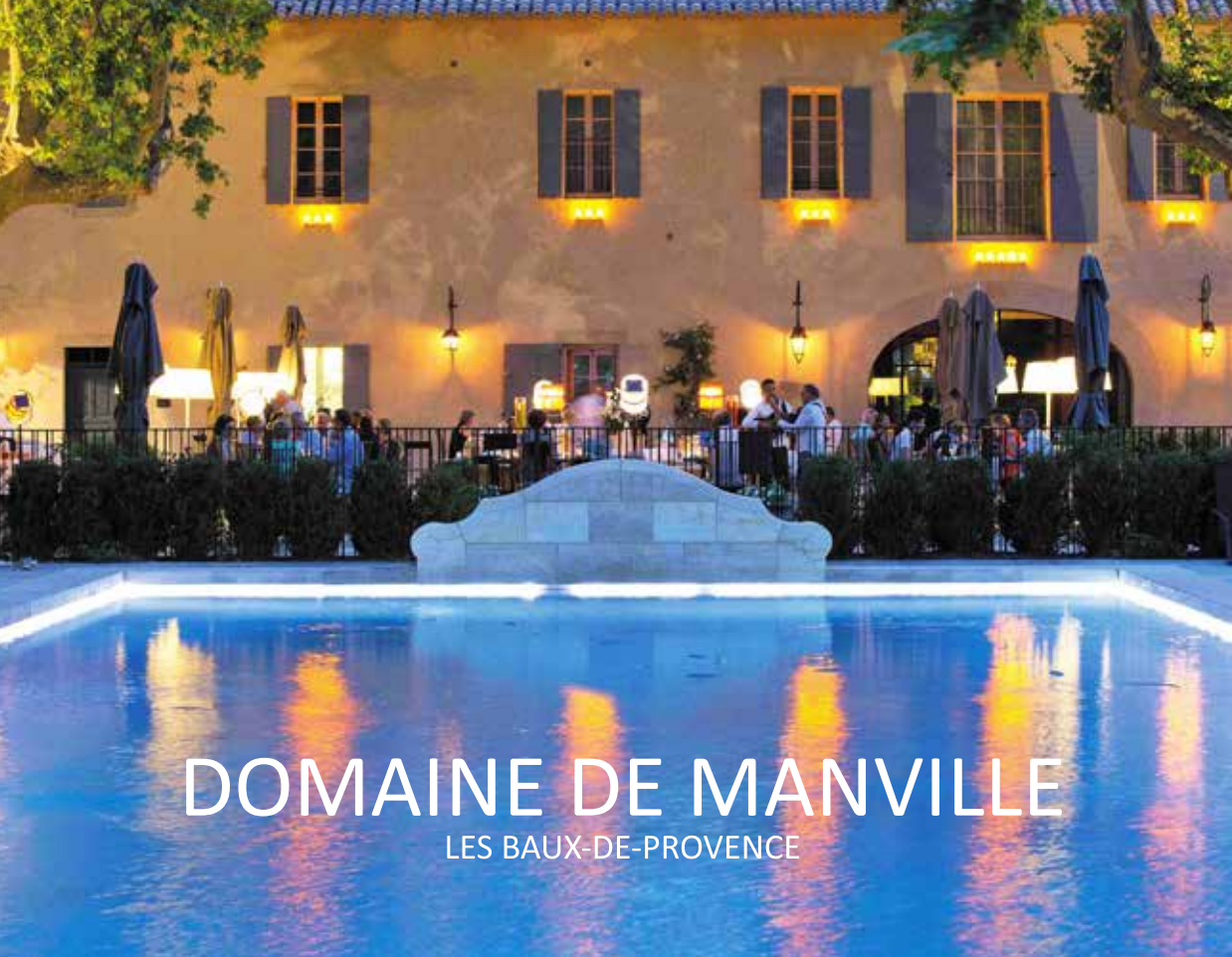


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f [restaurantstoucan](https://www.toucan.brussels) - [www.toucan.brussels](http://www.toucan.brussels)





# DOMAINE DE MANVILLE

LES BAUX-DE-PROVENCE



**LITTLE GUEST**

This is the story of a land impregnated with humanity and gentleness, where all guests are welcomed with care and elegance. Domaine de Manville, a 5-star hotel, unique, inspiring and preserved, is a place of rest, of know-how, of emotion and abandonment. To live at Manville is to receive the gentleness of light, to perceive the strength of the Alpilles and see the beauty present everywhere.

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## Les Armes de Bruxelles: Still in great shape

It's not every day that we can celebrate being 100 years old! It was in 1921, a stone's throw from the Grand Place and in the heart of the Îlot Sacré, that the restaurant Les Armes de Bruxelles opened. To paraphrase the great Jacques Brel, a regular there, "it was at a time when Brussels was eating..." A century later, the houses that can boast such longevity in the service of Brussels gourmet delicacies can still be counted on the fingers of one hand. The restaurant has decided to invite all centenarians of the Brussels Region



Chef Cédric Calenaeere © Luc Viatour

free of charge, with their families. Les Armes de Bruxelles remains what it always has been: the rendez-vous of Brussels gourmets, whatever their age!  
[www.auxarmesdebruxelles.com](http://www.auxarmesdebruxelles.com)

## Wine Bar des Marolles

Wine Bar des Marolles, set in a beautiful XVIIIth century building, intelligently decorated in keeping with respect to the period character, in a warm and intimate atmosphere. There is a small cave of a thirsty Ali Baba, watched by a good genie called Xavier Meyrueis, young, talented professional, a true specialist of organic, natural and biodynamic wines - plus there are some very nice craft beers, among which the very rare Cantillon Gueuze on tap! Under the management of Alexandre Van Valck, a chef who takes great pleasure



in highlighting the magnificent products unearthed by Vincent Thomaes from small, conscientious producers. We loved the Iberian and Basque sausages - the dishes which are always rich in vegetables.

[www.winebarsablou.be](http://www.winebarsablou.be)



# Japan 1900

TASCHEN's latest photographic book takes a look at a remarkable milestone in Japan's history



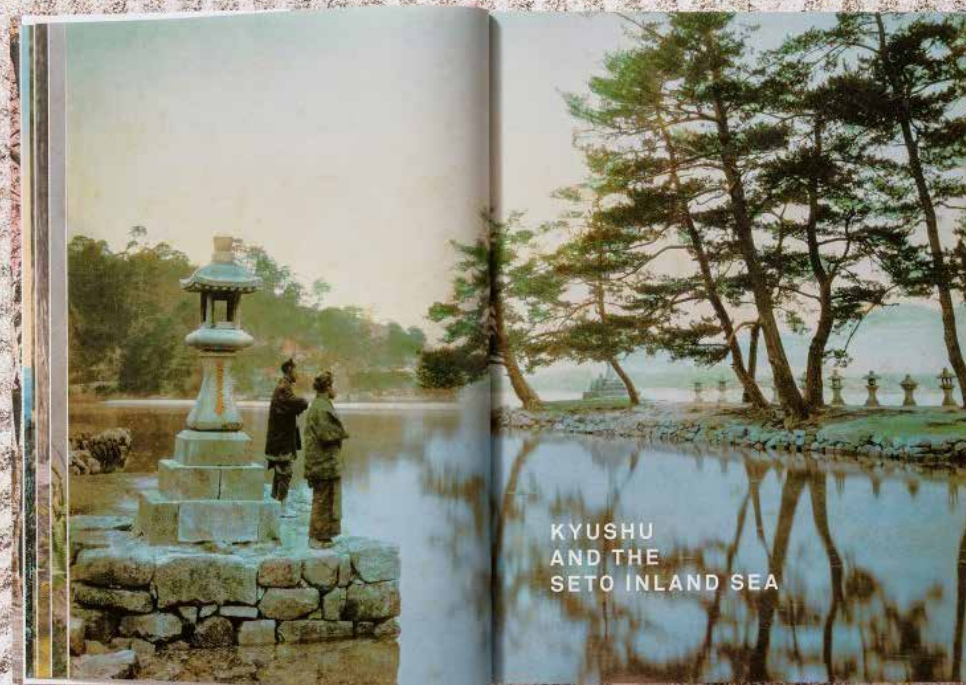
**1** 868 saw Japan open its doors to the outside world, putting an end to more than 200 years of national seclusion and heralding a new era that brought the country firmly into the modern age. Curating some of the first photographic images of the country, Sebastian Dobson and Sabine Arqué unveil an epic panorama of 1900s Japan, guiding us from Beppu's hot springs to bustling Osaka, from the historic capitals of Nara and Kyoto to their modern successor, Tokyo.

## The authors

Sebastian Dobson is an independent scholar of the history of early photography in Japan and East Asia. He lectures widely in Europe, the United States, Australia and Japan, and his publications include encyclopedia entries, book reviews, numerous articles and catalogue essays for exhibitions hosted in Boston, Singapore and Tokyo.


Sabine Arqué is a photo researcher, editor, and author. She has collaborated

**“ UNVEIL AN EPIC PANORAMA  
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What's on

# What's on Belgium

## Paula Raiglot: Face to Faces

Passion and love for her country is what inspired Brussels artist Paula Raiglot to create the series Face to Faces which celebrates a magnificent panel of important figures of our common history who helped to place Belgium on the world map.

Through her portraits, the artist pays tribute to these men and women and to their outstanding achievements as scientists, artists, engineers, athletes, politicians or even monarchs. To mention just a few: Elisabeth I, Herman Van Rompuy, Ernest Solvay, Eddy Merckx, Kompany,

Axel Red, Arno, Toots, Soeur Emmanuelle, Jacques Rogge....

The personal traits of each subject are portrayed with precision and reflect the individual's personality whether through the pose, facial expression or the colour palette used. "The colour of each personage came quite naturally to me and I used the various shades to reveal their individual personalities." The beauty of the paintings is as remarkable as their subjects.



Paula Raiglot's style of painting is vibrant, awash with colour variations, and a subtle work of shades. This slow and painstaking technique allows the artist to gradually recreate the volume and the subtleties of the faces. Her portraits are profound and

unveil both the greatness and the sensitivity of her subjects. It took long-term observation to realistically reproduce the aura of these great men and women. In the Face to Faces series, time seems to stand still. Quite puzzlingly, the faces beckon us and share some of their magic with us. Paula says: "I try to bring out the qualities of the person. It

is about valuing the person and about raising him or her to close on iconic status." This series ties in with Paula Raiglot's ambition of

**"IT IS ABOUT  
VALUING THE  
PERSON"**

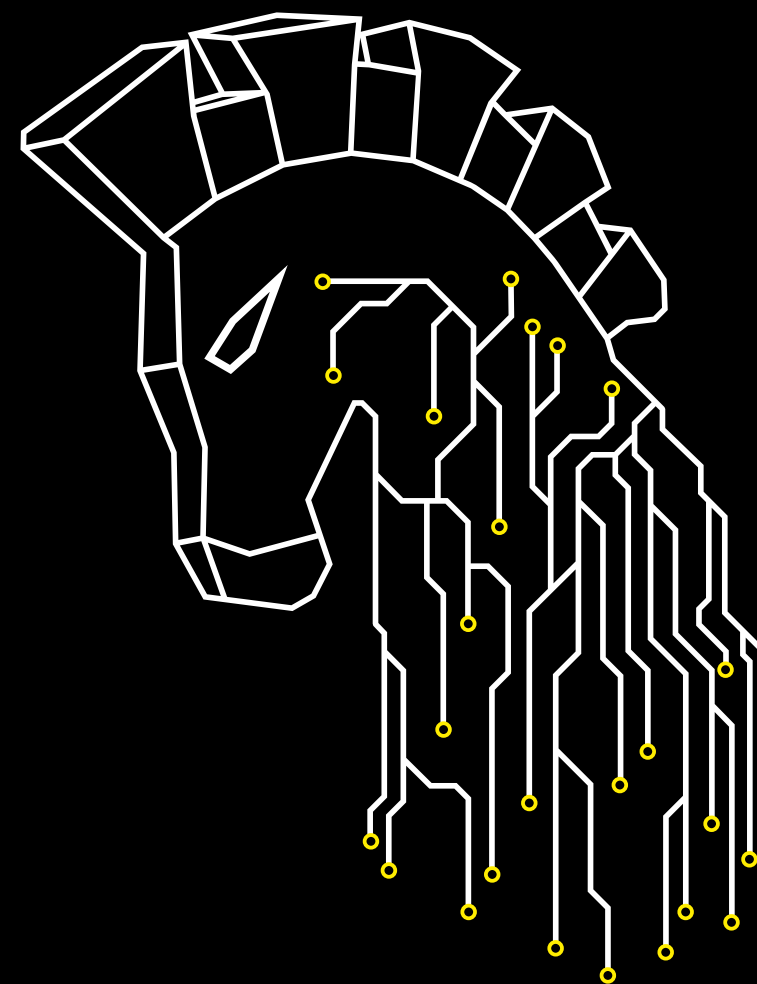
using her art to disseminate a message of hope and to initiate dialogue. This lover of history and stories loves communicating about each portrait. History has always had a place in awareness-raising. Here, Paula

encourages us to learn about our collective past and to be proud of it. 24 septembre au 14 octobre. SR Gallery, Brussels.

[www.srgallery.be](http://www.srgallery.be)

# FAKE OR REAL

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## Maasmechelen Village Birthday Party VIP INVITATION

Together magazine requests the pleasure of your company to celebrate Maasmechelen's Village 20th Birthday Party.



In the heart of the verdant Belgian province of Limburg, and near the crossroads where Belgium, the Netherlands and Germany

meet, lies Maasmechelen Village, a refined open-air shopping destination that plays host to some of the world's leading brands. With more than 100 boutiques, 4 restaurants and complimentary parking, the Village is a must-visit destination, 7 days a week from 10am until 7pm.

**Make sure you join us for this EXCLUSIVE BIRTHDAY PARTY. Fun, Games, massages, beauty treatments, shopping advice, and there will be lots of surprises, presents and a real VIP Shopping experience. And you will even**



have the opportunity to be on the cover of Together magazine. Kids are very welcome.

**Don't miss the party of the year.**

#### When

16 October from 10am till 6pm

#### Venue

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What's on

### Autumn cultural season in Brussels

This year, contemporary art will bring the new cultural season to life once more. As from September, several large-scale exhibitions are showcasing a varied programme. The works of two renowned British artists will be hanging from the Brussels picture rails: the photographer Martin Parr and the legendary painter David Hockney. With a good dose of poetry and a real sense of humour, museums and art centres will also take their visitors on a journey to the four corners



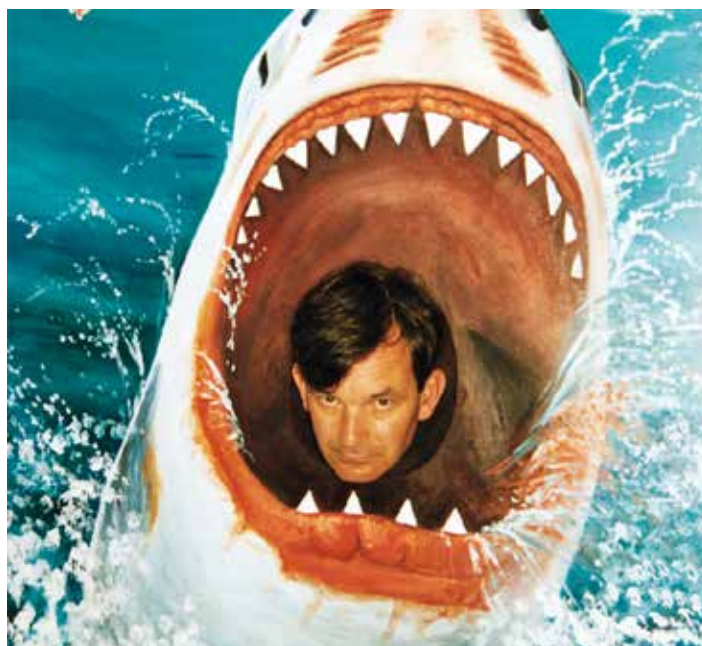
Martin Parr Parrathon Hangar Art

of Europe. In terms of events, contemporary art fairs will regain colour and kick off the art season with an emphasis on local artistic talent.

[visit.brussels/en](http://visit.brussels/en)  
[www.hangar.art/martin-parr](http://www.hangar.art/martin-parr)

### Anne Teresa De Keersmaecker: Brandenburg Concertos

In six concerti grossi, Bach deploys the instruments of the baroque orchestra in different, often audacious constellations. Thirty-five years later, the choreographer brings to them the largest forces she has ever worked with: sixteen dancers from different Rosas generations, along with the complete B'Rock baroque ensemble under Amandine Beyer. In her unique The Six Brandenburg Concertos, De Keersmaecker approaches Bach's music as if it were a ready-made score for a dance piece and Bach's polyphonic mastery is made flesh in a synthesis of all her choreographic brilliance. **1-6 October 2021.**



La Monnaie - Rosas.be

La Monnaie.  
[www.lamonnaie.be/en](http://www.lamonnaie.be/en)

# David Hockney



David Hockney, 'My Parents', 1977. Tate, Purchased 1981. © David Hockney

'Works from the Tate Collection, 1954-2017'

8 Oct.'21 →  
23 Jan.'22 at Bozar



What's on

### In Vincent Van Gogh's steps for expats in Belgium

Guided walk in Petit-Wasmès, where Vincent Van Gogh worked as an evangelist among the miners of the Borinage in 1879. Discover places where Vincent used to live and work. The comments will be illustrated by the letters Vincent wrote to his brother Theo. The English commentary will be illustrated by the wonderful letters Vincent sent to his brother Theo, highlighting the living and working conditions of the miners and their families at the end of the 19th century. See the Van Gogh House where he stayed with the family of Jean-Baptiste Denis, the 'Salon du Bébé' where he organized Bible readings, the Van Gogh bust by Ossip Zadkine, a mural by London artist Morgan



Ico, and the impressive Marcasse colliery where Vincent descended to 700 metres deep in the mine. Sunday 3 October, 2021, 9.30am. Equipment: good walking shoes. Mandatory reservation. Book on: [tinyurl.com/w2xmmnnk](https://tinyurl.com/w2xmmnnk)



Jean-Paul Knott x Ingrid Plater Syberg

### Jean-Paul Knott x Ingrid Plater Syberg: A Symbol of Stone and Water

Belgian designer Jean-Paul Knott opens his new shop/atelier as a 'nature' couture house, featuring made-to-order clothing, made-to-measure objects from around the world and accessories made in Belgium. To celebrate the opening, Jean-Paul has invited nature artist Ingrid Plater Syberg

to show her large-scale plexiglass prints of water and its reflections. Ingrid Plater Syberg is a self-taught photographer, who began experimenting with a simple I-phone capturing the interaction of water, light, and wind. She now uses large-format photography to express her unique vision. [www.jeanpaulknott.com](http://www.jeanpaulknott.com)

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Du 8 septembre au 3 octobre 2021





What's on

# What's on International: Florence

## Galerie Philia: Transhumances II

Following the first iteration of their nomadic art and design residency last summer, Transhumances I in Le Sauvvan, in the southwest of France, Galerie Philia continues its journey heading this time to Florence, at Palazzo Galli Tassi, where emerging designers settled down in July. Their brand-new works will be unveiled in an exhibition taking place in the same location.

The project is named after 'transhumances', a form of migration based on seasonal movement. The latter can be observed in bees, among others, who act as pollinators when moving between plants and fertilising different species, vitally creating fruit and seeds. This very concept, in the early days of the pandemic, inspired Galerie Philia's founders seeking solutions to bring artists together in a distanced world, closer to nature and in a way that would be conducive to creation and ideas. The answer was *Transhumances*, a residency where invited designers would explore and experiment with natural, locally sourced materials, immediately followed by an exhibition in the same place, village or city.

In the aftermath of this unprecedented year, *Transhumances II* turns to the Renaissance



era, to the notion of rebirth following the Dark Ages and the artistic flourishing that ensued, drawing here an interesting parallel between the isolation and hardship experienced during the pandemic and the cultural awakening that subsequently emerged. This theme is reflected in the chosen location of this year's residency and exhibition, Numeroventi, a contemporary Renaissance art hub situated in the historical five-hundred-year-old Palazzo Galli Tassi, in the heart of Florence.

Eight artists from France, Canada, Germany and The Netherlands have been invited to take part in *Transhumances II*: Cédric Breisacher, Isac Elam Kaid, Sylvia Eustache Rools, Jérôme Pereira, Frédéric Saulou, Flora Temnouché, Elisa Uberti and Willem van Hoof. **9 October – 2 December 2021.** Galerie Philia, Palazzo Galli Tassi, Florence, Italy.

[www.galerie-philia.com](http://www.galerie-philia.com)

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# Cinema

Brussels' leading film critic **James Drew** takes a look at some of the latest theatrical - yes - releases



## Supernova

Two of the great actors of their generation, Colin Firth and Stanley Tucci, are together for this moving, ultimately heartbreaking tale of the end of things. Firth plays concert pianist Sam, life partner of writer Tusker (Tucci), who has been diagnosed with early onset dementia. Tusker announces that he wants to take his own life before his condition becomes too severe, but Sam is desperate for him not to, a situation that will keep you gripped until the film's final frame. Harry McQueen (*Hinterland*, 2014) directs. 93 mins.

## Reminiscence

Hugh Jackman stars in this sci-fi, that is more than a little reminiscent of *Total Recall* (1990) and *Strange Days* (1995) - Nick Bannister (Jackman) lives in a near-future Miami flooded by rising seas, and he can offer clients the chance to relive any memory they desire. His life changes when he meets a mysterious young woman named Mae (Rebecca Ferguson). What begins as a simple matter of lost and found changes when a different client's memories implicate Mae in a series of violent crimes. It's the first feature from previous TV director Lisa Joy (*Westworld*, 2016). 148 mins.

## Candyman

This is a direct sequel to the original 1992 film - all four films in the franchise are based on the work of Clive Barker. Tony Todd and Vanessa Estelle Williams reprise their roles from the original film - for as long as the residents can remember, the housing projects of Chicago's Cabrini Green neighbourhood have been terrorized by the word-of-mouth ghost story about the supernatural killer Daniel Robitaille, aka Candyman, who is summoned by those daring to repeat his name five times into a mirror. Nia DaCosta (*Little Woods*, 2019) directs - horror awaits... 91 mins.

## Des hommes (Homefront)

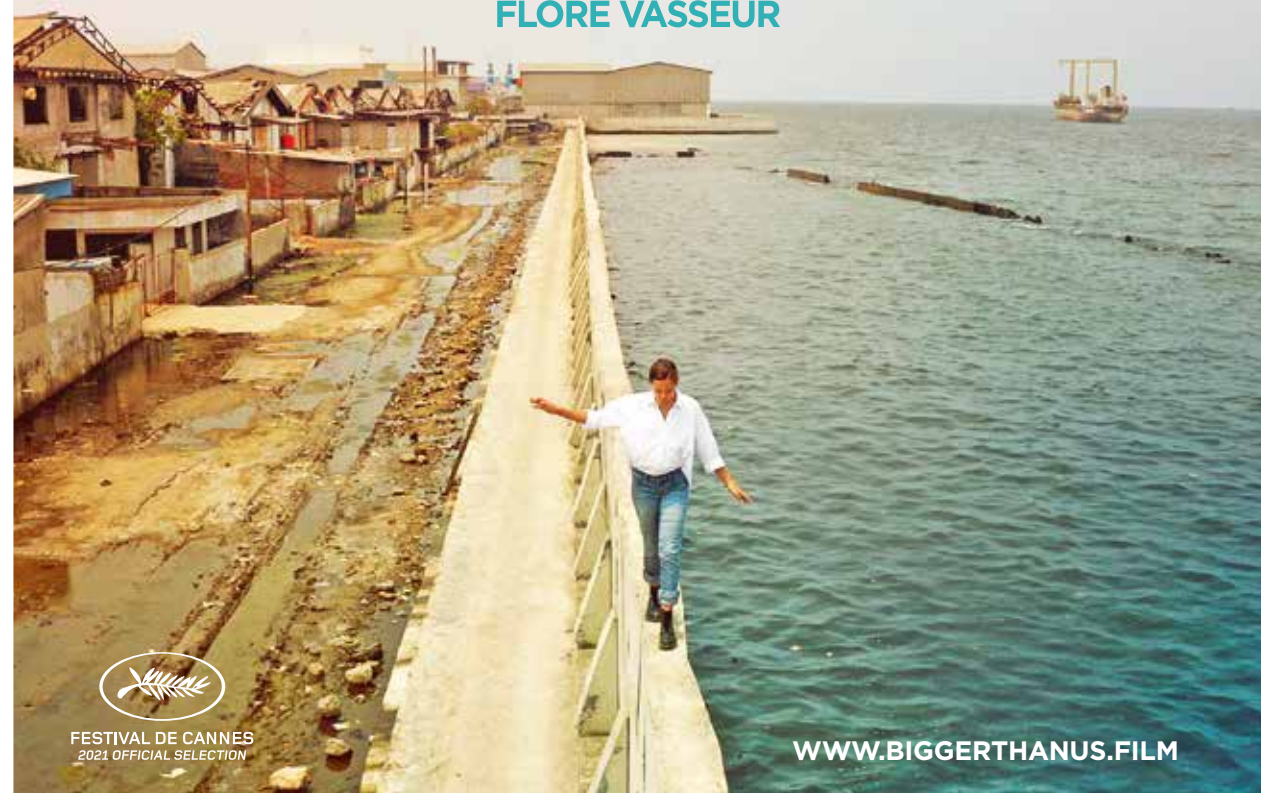
They were called to Algeria at the time of the 'events' in 1960. Two years later, Gérard Depardieu and others returned to France. They were silent, they lived their lives. But sometimes it takes almost nothing, a birthday, a gift that fits in your pocket, as forty years later, the past bursts into the lives of those who thought they could deny it. Belgian actor Lucas Belvaux is at the helm. 101 mins. ❶

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