

# Together

OCT/NOV 2021 #117

magazine

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Luxury jets  
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Wine  
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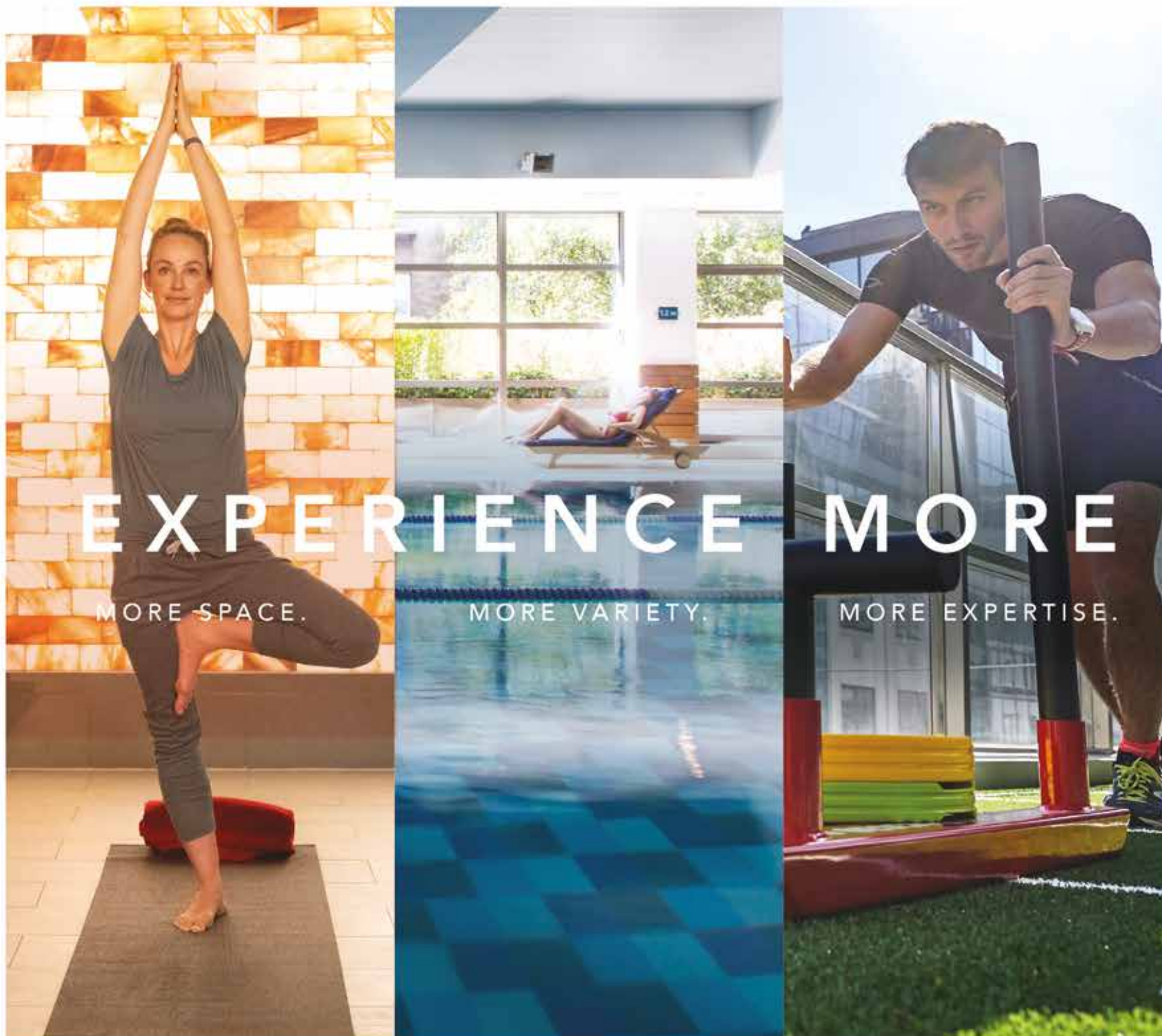
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## Editor's LETTER

*Together:  
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to reach your dreams...*

### ON THE COVER



Jennifer Connelly stars  
in the new *Top Gun*

## Bébé a fait un pas

**I**t's a slow burner this getting back to normal malarkey, but, day by day, I believe (glass always half full) that we are making good progress - apart from the weather, of course. It remains to be seen how things will pan out with the Horeca 'passport'. That's an industry that has been hit very hard indeed by Covid, going through a rollercoaster of changes and uncertainty. Belgium is very much a café society, as up and down the country everyone heads for the terraces in clement weather and into the fug of the interior as it gets colder.

According to [covid-vaccinatie.be/fr](https://covid-vaccinatie.be/fr), at the beginning of this month, 8,602,743 people (74.67% of the population) had been at least partially vaccinated. 8,434,779 people (73.21% of the population) had been fully vaccinated. These figures are rising exponentially by around 8,000 per day for the final dose. Still a long way to go. But I am still clinging to the hope that things will be so much better come Christmas time, and that we will all be heading for that aforementioned fug of café interiors. As they are fond of saying in these parts: Un, deux, trois, Bébé a fait un pas...

**Paul Morris**  
Editor



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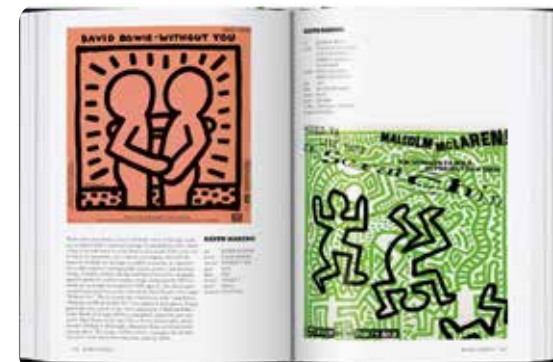
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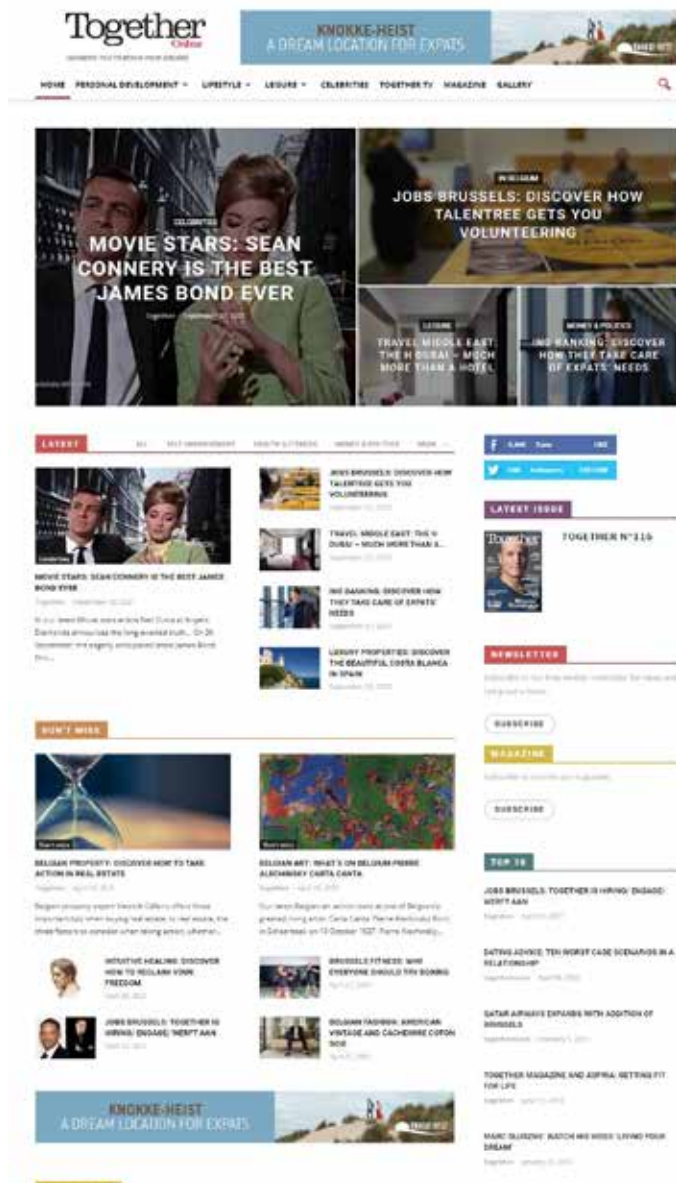
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## Travel Middle East: The H Dubai – much more than a hotel

In our latest travel Middle East article, we look at an exceptional hotel that is a gateway to Dubai. Stylish 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.

## Peak Performance: Arnon Barnes asks 'is there a legacy?'

People 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?"

## Luxury properties: Discover the beautiful Costa Blanca in Spain

Our latest Luxury properties article discovers that Belgians who are eager to buy a second home have set their sights on the Spanish Costa Blanca. Last 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... ❶



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# Starring in Belgium



## Robbing Millions

Robbing Millions, the band encompassing Brussels musician Lucien Fraipont, returns with a second album *Holidays Inside*. Almost five years after their rock-solid debut their colourfully imaginative first single *Camera*. Fraiponts studied at a jazz conservatory in Brussels and has played in various bands in the city since then, including Aksak Maboul. The man from Brussels recorded the entire album at home and then worked with producer Shags Chamberlain, who has also manned the dials for the likes of Weyes Blood and Drugdealer. Tickets: €15 [www.abconcerts.be](http://www.abconcerts.be)



## Ozark Henry

Ozark Henry plays his 20-year-old uber-classic *Birthmarks* in its entirety. *Birthmarks* was the third album Piet Goddaer and the most successful Ozark Henry album, which included five singles: *Rescue*, *Sweet Instigator*, *Seaside*, *Word Up* and *Intersexual*. At the time, Piet Goddaer called this album his "all or nothing" album. *Birthmarks* went platinum and stayed in the Ultratop Album charts for more than 90 weeks. It also yielded Piet Goddaer a coveted spot on stage at Rock Werchter and two sold-out ABs, something quite exceptional at that time. **4 February 2022.** Ancienne Belgique. Tickets: €15 [www.abconcerts.be](http://www.abconcerts.be)

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# Oxfam in Belgium

ngo-openbook.be explains who is working for the development NGOs in Belgium

A very diverse range of human resources are employed by the Belgian development and humanitarian NGOs, from their employees in Belgium to their expats and their staff in partner countries. Diversity is also important when looking at tasks, fields of expertise, gender, or age. It is also important to keep in mind that the number of employees can vary significantly between NGOs, who can have very different missions and objectives.

On NGO-Openbook, we distinguish between three main categories of human resources: Employees in Belgium are working at the NGO headquarter or secondary offices (i.e., regional) in Belgium; they carry out general tasks such as management, administration, HR, IT or communication; and more specialized tasks such as development project management, advocacy, fundraising, logistics, development awareness... Expats are sent by the NGOs to work in a foreign partner country for long term missions. They represent or coordinate the efforts of their organization on the field, strengthen the capacity of the local actors, and/or are a link between the organisation and its local partner(s).

Local staff are residents in a partner country and employed directly by Belgian development NGOs to carry out missions in this country. With the expertise of local staff constantly increasing, Belgian NGOs tend to rely more on this local workforce and



reduce the number of expats. Last but not least, we do not possess enough reliable data on volunteers to visualize them in NGO-Openbook. But their commitment remains essential to the work of many organizations, especially in Belgium.

## About Oxfam

Oxfam is a global movement of people who are fighting inequality to end poverty and injustice. Across regions, from the local to the global, they work with people to bring change that lasts. Its work is grounded in the commitment to the universality of human rights. Driven by diversity and founding, it takes sides against poverty and injustice everywhere. Feminist approaches guide all our analysis, action and interaction. Its vision is of a world that is just and sustainable. A world in which people and the planet are at the centre of just economies. A world in which women and girls live free from gender-based violence and discrimination. Where the climate crisis is contained, and inclusive and accountable governance systems allow for those in power to be held to account. [www.oxfamsol.be](http://www.oxfamsol.be)

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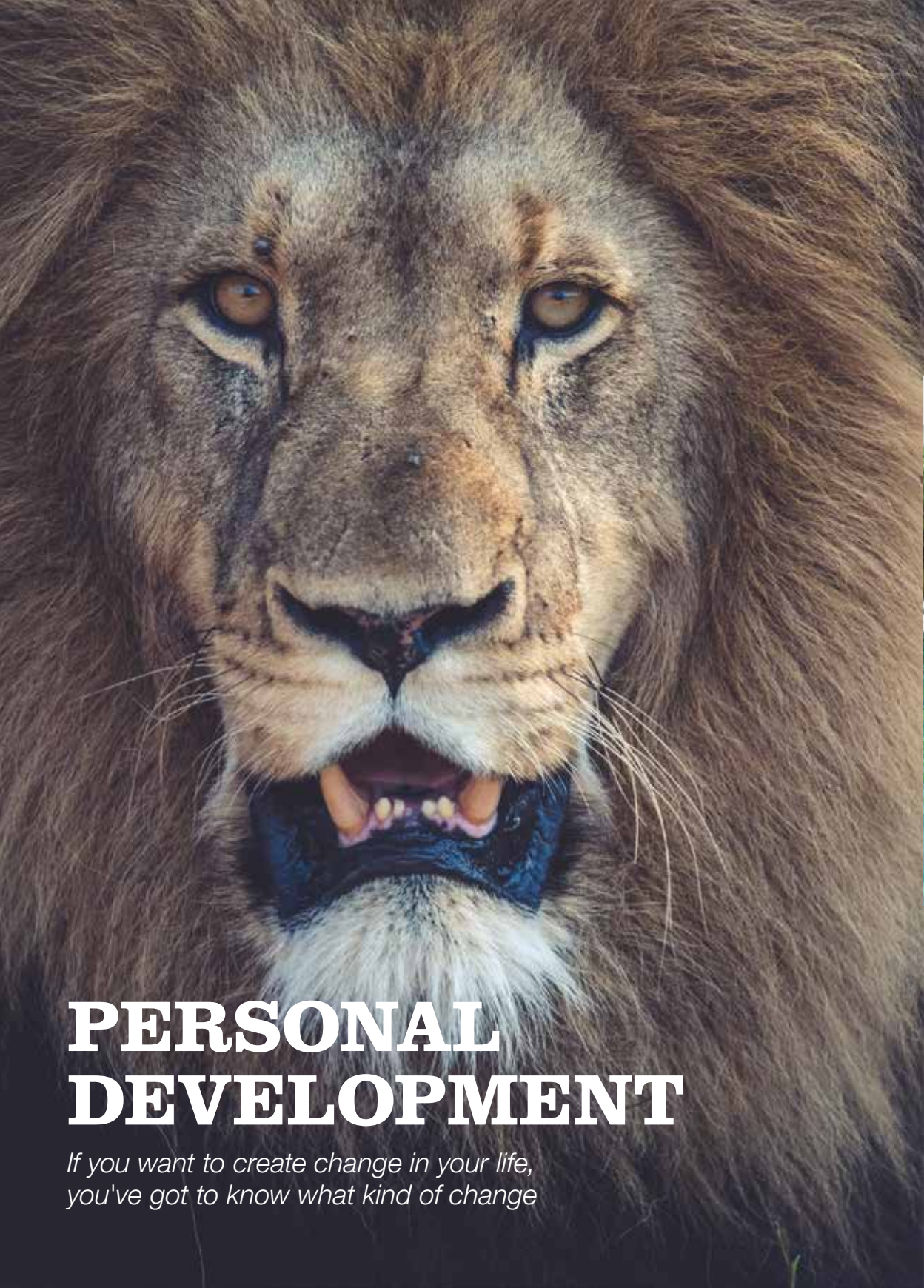
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# PERSONAL DEVELOPMENT

*If you want to create change in your life,  
you've got to know what kind of change*

**PERSONAL**  
DEVELOPMENT

Fitness

## A one-hour fitness challenge

The fitness experts at Aspria  
explain the benefits of just one  
hour of regular exercise



**R**eaching your ideal weight or body shape may take time, but having a significant positive impact on your body and mind comes easy: even 60 minutes of physical activity offers many benefits.

Whether you have just started a new workout style for improving your strength or have gone through a long-term training plan for weight loss, there are always moments when you feel results take too long to notice. Don't get discouraged! While reaching any

fitness goal requires effort and determination, your activity has other benefits, which you can focus on to keep you motivated.

### **Mental health**

Think back to your last really satisfying workout and how you felt when you left the club... The feeling of being refreshed, positive, full of energy and totally relaxed? That temporary endorphin boost is not the only positive effect of physical activity, as scientific research concludes time and time again. Regular exercise, even one hour a





week and regardless of its intensity, can prevent depression. A significant benefit, more important than ever in the context of lifestyles being affected by the pandemic.

According to a 2021 study on the 'Effects of Physical Activity and Training Routine on Mental Health During the Covid-19 Pandemic and Curfew', elite athletes as well as those with high level of physical activity "experienced the lowest distress" and highest adaptability to the crisis in its early stages.

The research also found that later in the pandemic, "prolonged physical inactivity had negative effects on mental health"

across all categories of people, but that elite and recreational athletes were still able to maintain higher wellbeing compared to those completely inactive.

## 2. Immunity boost

Another aspect of physical activity that took centre stage during the Covid-19 crisis related to its substantial positive effect on our body's resilience. By improving blood circulation, exercising enables the immune system's cells and molecules to be transported better throughout the body. Impressively, this immune-protective effect can last a few days after your workout.

## “ RESULTS TAKE TOO LONG TO NOTICE ”

Experts advise however that the golden rule to ensure your exercising is beneficial to your immunity and does not strain your body involuntarily is to limit yourself to sixty minutes of moderate activity per day. Read our article on the topic to find out more about this and other key factors that can help strengthen your immune system.

## 3. Cardiac health

It is well known that sport is beneficial against the risk of chronic disease by reducing risk factors such as obesity, cholesterol, insulin and body fat. The problem is that it takes weeks or even months for these risk factors to actually be reduced.

Fortunately, in his 2018 research, a professor of cardiovascular physiology at Liverpool

John Moores University in the UK, found that regular exercise provides immediate and constant protection for your heart. Even more surprisingly, his review found that a single exercise session can help reduce the gravity of a heart attack, an effect that can last for several days.

## Look on the bright side

The next time you feel demotivated when you look in the mirror or step on the scales, think of the good you are doing to your body and mind by staying active and keep going! 📌



# Intuitive eating: the anti-diet approach

Fitness & Nutrition Coach **Zita Gacser** talks about something that seems so unbelievable



Imagine a life where there are no good foods and bad foods. No yo-yo dieting, no meticulous calorie tracking, starving or binging. No shame, no guilt. A life where you eat whatever you want, whenever you want, live well and be healthy. Carbs after 8pm? Why not? Pancakes for breakfast? Sure thing!

Does that sound too good to be true? It's not. Registered dietitians Evelyn Tribole and Elyse Resch coined the term 'intuitive eating' (IE) in their 1995 book *Intuitive Eating: A Revolutionary Anti-Diet Approach*. IE is therefore not a diet per se but an approach

that rejects not only shame and guilt around food but also diet culture and diet mentality in general with the aim of improving one's relationship with food. IE is also an integral part of eating disorder prevention and recovery.

## What intuitive eating is and isn't

IE, based on a set of principles that work in harmony, encourages everyone to honour their hunger and fullness signals, reduce guilt and shame around food, and reject diet culture. Therefore, IE is a skill – and just like any other skill, learning how to eat intuitively takes time.

IE, however, is *not* a diet: for intuitive eaters, fat loss or body composition change is not the goal. IE is *not* 'giving up' either but acceptance: once you accept that bodies come in different shapes and sizes, you will no longer feel the need to chase the 'ideal' body image or a certain number on the scale, in the hope of a happier, healthier life.

## Ditch the food rules

Even if you're not dieting right now, you might unconsciously be following certain food rules. Take a moment and think through how you eat in a day. Do you have breakfast even when you're not hungry because 'breakfast is the most important meal of the day' or do you perhaps skip breakfast because intermittent fasting worked for your friends so it should work for you too? Do you always finish your plate, avoid sugar like the plague, or eat only 'healthy' foods?

If so, you're living by food rules. IE suggests you ditch these food rules, listen to your body instead and eat all the foods you want – without judgment. If you're thinking what I'm thinking (*"That's a terrible idea – I'd just eat burgers, fries, and chocolate cake all the time!"*), fear not: advocates of IE believe that once we stop restricting and start eating for nourishment, we will naturally prioritize foods that are good both for our taste buds *and* our health.

There are ten principles:

**1. Reject the diet mentality:** Diet culture has taught us the leaner we are the better. We became much more aware of (if not obsessed with) our food choices, we give moral values to food (good foods vs bad foods), and we either keep hopping from one diet to another or we feel 'off track' when we aren't dieting. Reject the false promise of the diet culture that thinner means happier, healthier or more successful; recovery from constant dieting is only possible if you let go of this pretense – for good.

**2. Honour your hunger:** Don't fear hunger – it is a completely normal signal your body sends to your brain that it is time to eat. You should feel a little hunger before each meal. Learn to recognize hunger cues and honour them. Fasting, on the other hand, may result in binging.

**3. Make peace with food:** Speaking of binging, do you ever find yourself elbow-deep in a bag of chips, even though you know you 'shouldn't'? The restriction of these 'off-limits' foods often lead to cravings and overeating. Stop labeling foods as good or bad, healthy or unhealthy, clean or dirty. Give yourself permission to eat *all* the foods you want, guilt free.

**4. Challenge the food police:** The food police are your internal thoughts around foods that tell you what you should or shouldn't eat, that you're either good or bad for eating certain foods, and that you should follow certain diet rules such as 'no carbs after 8pm'. Challenge these thoughts as soon as they occur.

**5. Feel your fullness:** IE isn't only about honouring your hunger but your fullness, too. Check in with yourself during the meal: pause, put the fork down, ask yourself how the food tastes and how full you are. Don't stop because you think you've eaten enough calories or when your plate is empty – stop when you feel comfortably full and satiated.

**6. Discover the satisfaction factor:** Food could and *should* be satisfying. It is hard to savour and appreciate your meal if you eat in a rush at the kitchen counter, in front of the TV, or in the car while driving to your next appointment. Once you make eating an enjoyable experience, you will notice that you need less food to feel satisfied.

**7. Cope with your feelings without using food:** If you emerged from lockdown 5-10kg heavier, chances are, you raided the fridge every time you were bored, stressed, or

**“ NO SHAME,  
NO GUILT ”**





lonely, or perhaps you tried to eat less to lose fat – but your restricting resulted in binging. Realize that food won't solve your problem; instead of numbing with food, find other ways to cope: call a friend, try meditation, journaling or go for a walk.

**8. Respect your body:** An integral part of IE is recognizing that bodies come in different shapes and sizes, and that the attempt to live up to unrealistic expectations is futile. Accept and appreciate the body that you have instead of striving to achieve the ideal' body image. Remember, IE is not a fat loss tool – you might lose, gain, or maintain your current body weight when you start eating intuitively.

**9. Exercise — feel the difference:** Chronic dieters tend to exercise only to burn calories but have long forgotten the joy of movement. Find any form of physical activity that you truly like (whether it's football, hiking, dancing, strength training...), and feel the difference between exercising for the sake of burning calories and exercising for enjoyment.

**10. Honour your health — gentle nutrition:** The last principle is about making

food choices that feel good not only for your taste buds but for your health. Eat for nourishment, not only for satisfaction and realize that you don't have to be perfect with your nutrition: one not-so-healthy meal won't result in instant nutrient deficiency or illness. Focus on progress over perfection.

#### Bottom line

Dieting often feels like a never-ending fight. You go to war every day. You fight your hunger, your cravings, your colleagues' judgmental looks – either for not eating with them or for reaching for a second piece of cake. You go from one diet to another, lose some weight, gain it back and continue to struggle.

IE can help you end the fight. Become the expert of your own body, reclaim the innate ability to eat based on hunger and fullness signals, and to eat not only for nourishment but also for enjoyment and satisfaction – and you might actually achieve a healthier, happier life since a lower number on the scale is never guaranteed in the first place. 🍎



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# Why does it take so long?

Intuitive Healer **Katarina Winslow**  
reflects on healing and time and light



**D**o you want to be the light or the absence of light? Do you want to be the light that illuminates your experience or do you want to be the shadow that keeps your experience in the dark? Once you make up your mind to be the light, it demands time. Either take the time to turn on the light or accept standing still in the dark. Where, in the latter case, you will end up in a place of no movement, of no vitality and of no life.

Let us first take a step further to understand that in its absolute essence the light is truth.

The light that throws clarity, understanding, compassion and comprehension onto your life journey, and for which you need to dedicate your time and attention. To clarify why your life was like it was while you were kept in the dark. You need time to process and forgive. Take time to forgive the people who hurt you, but more than anything, forgive yourself for the simple reason that you want to love yourself more.

Once the light is turned on, it will eventually liberate you from all that was not really you, after a period of processing and a lot of

light. It will make you free to make new choices, free from your wounded self. In all personal healing to be free, we need to expand our hearts and minds to be curious about the programmes we have accepted to protect ourselves from our wounded self and the false limits that imprison us. We become investigators of our inner psyche, always with an open and curious mind, and for that, we need time.

We need to be detectives in our inner psyche and explorers in understanding things that we have experienced but pushed away from our conscious self. To embark on a quest to know who we are, to undertake a journey that takes us home to our essence. To find out who we were before the duality of life separated us from the source of love.

If we don't try to heal ourselves, it is fair to say that we, as human beings, operate from a part of lingering unconsciousness. In a way, we live in a sand castle that we are afraid to mess up because we created a reality that certainly feels comfortable, but artificially so. A life made of concealment, deceit and lies is, in the end, not a life worth living, but a life made of layers of illusion. If we have not dared to look where we are hurt and to heal, it is like we live a sort of make-believe life, a wounded life. A life made of layer upon layer of false beliefs, false ideas and false security and consolation, uncomfortably sustainable.

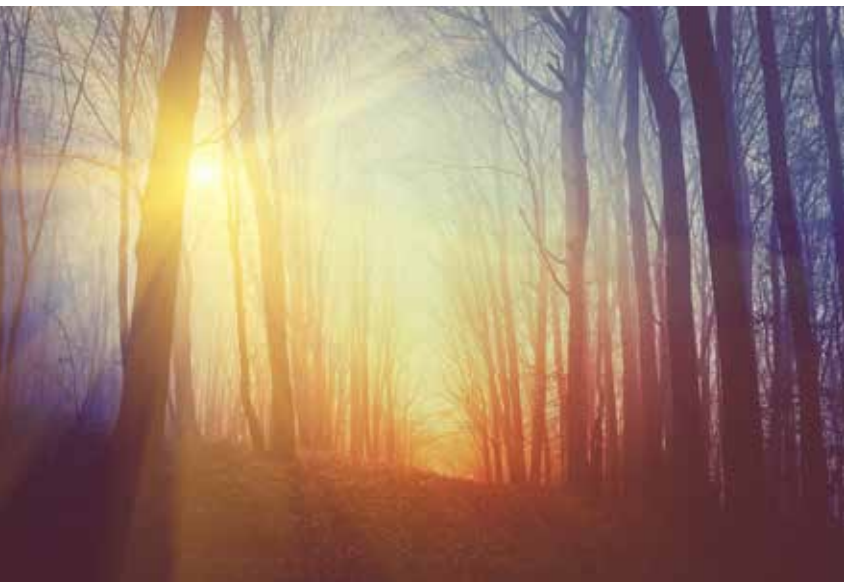


Some people go through their entire life, polishing and painting their sand castles, in a mode of apathetic repetition. Living in a survival mode instead of a thriving mode. Waking up at the end of their life journey, asking themselves, where was I? Was this it? Is this what life was supposed to be, to wake up to finally only seeing the light at the end of the tunnel when you take your last breath. When you could have seen it long before, while living, through the quest to know yourself - and to be yourself.

## “ KEEPS YOUR EXPERIENCE IN THE DARK ”

When you embark on a journey of self-healing, the driving force is a desire to make yourself well. Married with that force is the faith that there is light at the end of the tunnel, and I promise you there is. Because if there is no light, it is not the end. There is always light at the end of each tunnel. Because at the end of the tunnel, it is the end of illusions.

But for that, you must fall in love with truth and not accept anything less than the



exhilarating desire to throw light on the shadow self. For such an extensive amount of time, that light is all there is. On that journey, many of us come face to face with treason, deceit, lies and even abuse, which does not evaporate in a heartbeat. Because it takes time for the light to shine into every corner of our psyche so that all the veils of illusion keeping you in the dark can melt away, one by one, each in its own time.

Now, what we are facing is the same kind of healing journey for the world. We are in the moment of revelations when we realize that the whole of humanity has been abused beyond our wildest imagination. And for far too long. So, the initial question, "Do you want to be the light, or the absence of light?" is of even more importance. It is not just about you and me; it is about the entire future of humanity. We are standing at the gate right now of the great awakening. We are in the opening portal of seeing the truth to illuminate the wounds of the system we live in. In a way, you can say that we are about to illuminate all the illusions of the sandcastle of the entire world.

## “ THE LIGHT IS TRUTH ”

The great awakening is not about flying off to other dimensions, even if it can be helpful to be fully anchored in the source to lift yourself above the chaos of the exterior world. The great awakening is about throwing light on all the illusions that we were made to believe, just as personal healing reveals the misconceptions we have about ourselves. And for that, we need time, because wounds and illusions need time and attention to be processed, understood and

healed. It takes time to find out about the truth of anything concealed or hidden from our consciousness.

Essentially, it calls for the necessary time to stare the truth squarely, honestly and courageously in the eye. Courageously look at the truth because you are the light. And the light knows that truth is the essence of all personal healing, and the same holds true for the recovery of this world. There is only one key for that to happen: we need to fall in love with the truth, with such a passion and intensity that it transcends our egos. We also need

to take the time to throw light on everything that strays far away from the truth of our divine nature. It will take the necessary time for the truth to be the only castle left in our hearts and in this world.

Now, it is up to us, how long do we want this to take?

Let us power up the light.

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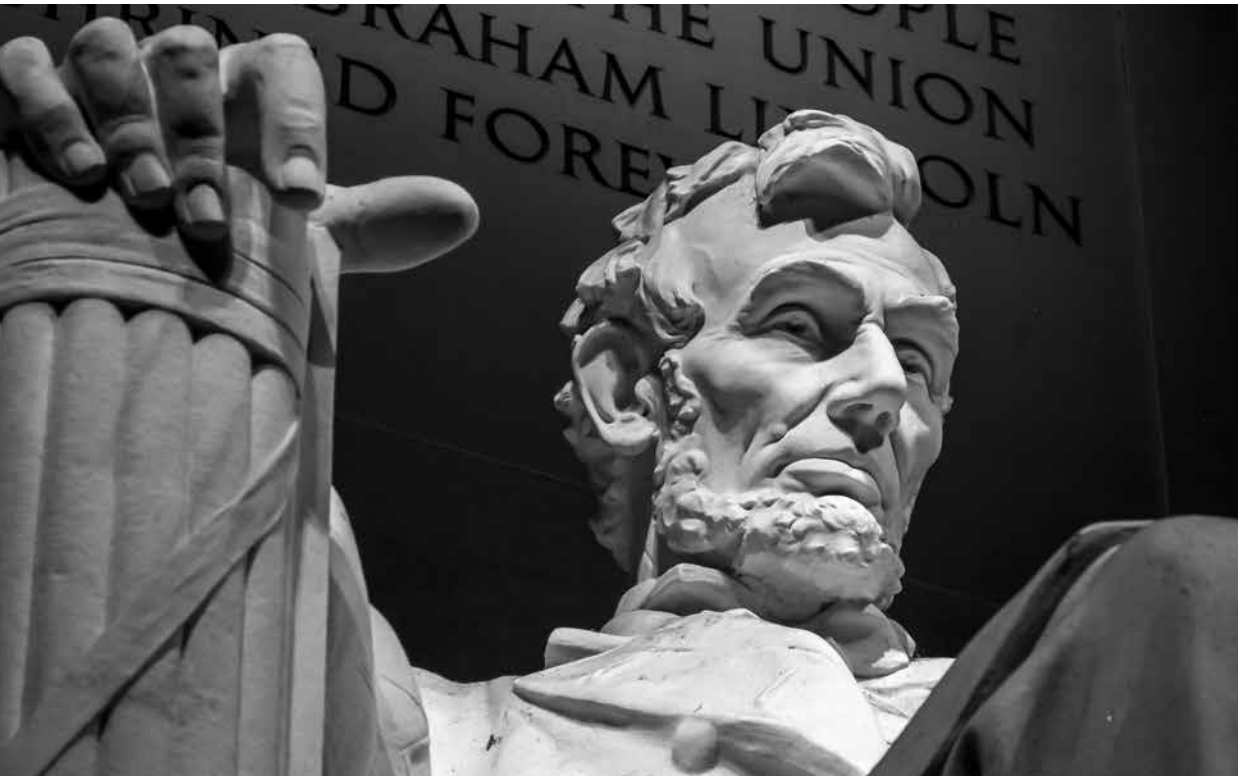
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# Twenty Terrific Tips for Top-Notch Talks – Part I

Public speaking expert **Matthew Cossolotto** offers precious advice on how to wow your audience

Abraham Lincoln



**M**y new book, *The Joy of Public Speaking*, includes a detailed discussion about Twenty Terrific Tips for Top-Notch Talks. For this short article, I offer a condensed version of the first half of those twenty tips. My next article in *Together Magazine* (Part II) will cover the remaining ten tips. This collection of performance-related tips, techniques and pointers is necessarily brief – the tip of the iceberg, so to speak. For a more complete and robust discussion, please see my book.

## Tip 1: Every speech should be about one thing and easily remembered

Build your presentation around one clear, unmistakable point and connect everything you say to that central message. A useful image is to imagine a tree with one main trunk and several large branches stemming naturally from it. These branches - ideally no more than three to five - contain the examples you'll want to marshal to illustrate your main message.

As you prepare your remarks, ask yourself: What's the point? It helps to start with the conclusion in mind. Intriguingly, one of Stephen Covey's *Seven Habits of Highly Effective People* is: "Begin with the end in mind." That happens to be sound advice for effective people and effective speakers. Doing so will help you stay on message as you prepare the content and flow of your remarks. If you don't know what your main message is, chances are very good the audience won't be able to figure it out either.

## Tip 2: Smile!

In most speaking situations, smiling is a must. This can't be emphasized too much.

A warm, natural smile is especially appropriate at the beginning of your remarks.

Smiling goes a long way toward putting both you and your audience at ease. As Dale Carnegie put it: "Your smile is a messenger of your goodwill." There's just something magical about a friendly, sincere smile that calms the nerves of the speaker and makes him or her much more appealing and magnetic to the audience. Don't be stingy with your smiles. Smile early and often. If you think you've smiled too much, think again. Go the extra smile!



Martin Luther King Jr

## Tip 3: "Brevity is the soul of wit."

Keep it brief. Remember the so-called 18-minute rule. After hearing somebody speak for about 18 minutes, give or take, audiences usually hit a wall. They simply can't concentrate any longer. Martin Luther King's inspiring "I Have a Dream" speech clocked in at 17 minutes. Steve Jobs delivered a well-received commencement address at Stanford University in just 15

minutes. And Abraham Lincoln's Gettysburg Address - a speech that, contrary to Lincoln's own words in the speech itself, has been much noted and long remembered - was only 272 words long and took less than three minutes to deliver.

As an object lesson in what not to do, study Polonius' deliciously verbose speech from Shakespeare's *Hamlet* (check out Act 2, Scene 2). So, don't follow Polonius's example. Keep your remarks brief and on message.

## Tip 4: Go easy on facts and stats

You want substance in your talk, but you don't want to overdo it. It's counterproductive to overwhelm the audience with statistics and other detailed facts and figures, including PowerPoints crammed with too much information. Sure, some specialized topics and audiences require more technical details than others.

You need to know about and cater to your audience. For most general interest audiences, you should highlight only the most compelling facts.

## Tip 5: Rehearse. Rehearse. Rehearse

If real estate is all about 'location, location, location', effective speaking requires that you 'rehearse, rehearse, rehearse'. There's no substitute for rehearsing your presentation out loud several times before delivery.

## Tip 6: Study recordings of your presentations

Whenever possible, you should also videotape yourself giving a presentation, and be sure to watch the video at least once.



#### Self help

More often is better. If video isn't available, it's helpful to make an audio recording of your presentations, and listen to the audio several times.

The feedback you receive from studying recordings of yourself will prove invaluable. You will inevitably spot habits, mannerisms, quirks, distracting gestures, weird facial expressions, strange pronunciations, odd voice intonations and nervous ticks that might detract from your effectiveness. With this knowledge, you'll be able to make corrections.

#### Tip 7: Make sure your text is easy for you to read from a distance

Type size matters. Font style also matters, along with white space around the text. Avoid stress and strain by making sure you can read the text - even notes or outlines - easily and clearly with a quick glance down at the page. Not all type sizes and fonts are created equal. Experiment with type size, font styles and even line spacing to facilitate quick and easy reading.

#### Tip 8: Slide pages you've read instead of flipping them

If you're giving your speech from a prepared text or extensive notes, place the pages of your speech text or notes slightly to the right of center on the lectern top and create a stack of used pages on the left. Or reverse the direction if that's more comfortable.

The key here is not to staple or paperclip your pages together. Avoid flipping the used pages over. Just slide each used page inconspicuously from the right stack to the left stack. Or slide from left to right if you prefer. This conveys a much smoother and more professional image and avoids the telltale page flipping that signals the audience that you're using a prepared text or extensive notes.

#### Tip 9: Never speak when looking down at the text

My friend and leading speech coach,

Granville Toogood, talks about the Ozone, the No Zone and the Go Zone. The Ozone is when the speaker speaks while looking up at the ceiling or over the tops of the heads of the audience members. The No Zone is when you're looking down at the text. You should never speak when looking down. If you do, it will be obvious that you're reading the text. Public reading is not recommended. Audiences don't appreciate being read to, word for word. When looking down at the text, zip it. You're in the No Zone.

The Go Zone is when you're looking out at the audience, making good, effective eye contact. That's the sweet spot of speaking to an audience. You should only speak when you're looking out and connecting with someone in the audience.

#### Tip 10: Breathe

It might sound ridiculous to say this, but speakers should be sure to breathe. And breathe properly. Ideally, you want to take slow, deep breaths, in and out through your nose. Fill your diaphragm. Let your stomach expand as you breathe deeply. Count to five as you slowly inhale and to five as you slowly exhale.

This helps you to relax and collect your thoughts. Needless to say, you won't be able to experience anything close to the joy of public speaking if your breathing is rapid, shallow and centered in the upper chest.

These ten tips – combined with the ten contained in Part II – will help you become a more compelling, confident and joyful speaker.

#### About the Author

A former Nato speechwriter, Matthew Cossolotto is the author of *The Joy of Public Speaking* (available on Amazon books). Matthew provides coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond.  
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Society

# Pandemic fades, society stands

**Atefeh Sadeghi** suggests we need to sharpen our social skills anew



**R**einstating your social life and refreshing your sense of collectivity after more than a year of dormancy of sociability can feel daunting. I describe it as being similar to the feeling one gets when water pipes have broken in the ceilings of the master bedroom, the kitchen and the bathroom. There is no way to fix that without tearing down the entire ceiling of the house, and once that is in process, comes the feeling of oh! Then why not go for a complete renovation now that the ceiling is off? All your

faculties are suddenly called in and all your senses are of value and matter.

Visiting what has been the recent past and looking into the future, we know it has always been invigorating to reshape our personal and professional lives but what has it meant to us and to our societies now that a change, a transformation has been imposed?

This thought is now what could lead you to grab your brush - it is offering you this

## “ NEED TO SHARPEN OUR SOCIAL SKILLS ”



## Society

moment to paint your social life anew according to your recently discovered or rediscovered elements of joy. The truth is that it has been hidden from us by societal norms, that everything relies on human emotions and there is no use in hiding it. This has become rapidly evident in our daily life since the pandemic as all of a sudden a rush of diverse feelings surfaced. Resilience was suddenly the most needed characteristic we had to build and following that, social resilience was inevitable. Now that things are starting to feel less restrictive, should we keep it? I believe we should because we will need all the discoveries and learnings of it through our lifetime as we navigate our social wellbeing.

To get back to a social life, in a completely new way, it is time to recognize that things have changed and so have you, even if in minor forms. This also means that society at large has changed and that your social life has taken a bizarre turn of events in an attempt to keep you afloat and energetic despite all because that is the essential vitality on which the existence of a society relies. And this society is in need of a reshaping, while we as individuals and in our collective presence need to sharpen our social skills anew after they have been adjusted to fit into a very limited screen version of a social life.

**While things closed down on you, so many other things opened up to you, didn't they?**

Another step in rebuilding your social life, and I invite you to do it gradually to prevent an overwhelming situation, is to process this time in your evaluation of society as it presents itself today. An uncertainty has been created and despite its charm, it can feel troubling. Forced to think things through more than we were ever used to, we can harness this as a method of mindfulness towards all and every being. This is what

**“ BEING KIND  
TO OUR HEARTS  
AND MINDS ”**

to everyone at many levels and recognize what has been going on around us.

So, I had a social life as my source of energy before, then it was my bicycle to serve that

purpose. And now it's like both tyres are flat and I have no clue what to turn to. That is what I expressed to my friend when I arrived to enjoy coffee at one of my favourite places

can bring us the delight of a social life, in connectivity and togetherness.

As a very intertwined state, we and the society need each other. We need society for our sense of existence in interaction with others, in validation of ourselves for our efforts that are reflected outside of us. And society needs us for its mere existence. Rebuilding our social life now is about taking care of ourselves and being kind to our hearts and minds because they need collectiveness. This is how we can celebrate our mental health. As the renowned Belgian psychotherapist Esther Perel puts it: “Mental health is the thermometer of sociability and social wellbeing in the society at large.”

When I was thrown off by the absence of social interactions, it was a friend who lent me their extra bike so that I could try to get out of my apartment and get moving. At first, it felt impossible. As a very sociable person who preferred to do the outside home activities with others and have her own individual time at home, I was forced to do everything alone. It took discipline and hard mental work to get myself there. As things have been opening up slowly, I thought I would be the one to jump out first. However, I was surprised that in my first steps towards social interactions I was afraid and sceptical about the results that I could expect from an outing. That was the moment I had to call in my relational intelligence in order to get myself ready for being sociable again. One thing that helped me greatly was knowing that, for once, everyone can relate



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in Brussels. Our conversation took off so seamlessly from that point, and we could easily express ourselves and talk about how defeated we feel as the pandemic is seemingly fading away while society does not appear to be coming back at the same speed. It is time to relax knowing that we can only take so much control of the steering wheel right now. At the same time, the forces of these changes came from the pandemic but the need for a change in our social life now could come from our own drive and our very own inspirations.

#### Bring light into your social life

Be open to taking the initiative. It could be that in your social circle, everyone is waiting for someone to take the lead and start a get-together. It is natural that many may still have concerns. It is also quite natural that many others would feel that it has been enough time. In between these two feelings, there is a point that we need to find in order to bring light to and get together. A point at which everyone will feel able to fully enjoy others' company. So, be the one to call

## “ WITH THEIR OWN DEEPER PEACE ”

for a gathering and do not shy away if some people raise concerns. Instead, provide them with just enough mindfulness and validation of their concerns.

Bring to the outside what you found inside. Did you nurture some of your long desired ideas? Did you materialize a thought into something beyond? Did you discover some areas of your life that needed polishing? Share them all. Society has now become more accepting towards the ideas of every person involved in any structure.

Carry yourself to the next level. Something you have earned through the time of silent social existence can be the stepping stone for someone else to grow their ideas based on. There is certainly and most definitely a stepping stone for your next endeavours within the gains of others. Share these together.

And this is how society will come together again, at a pace that everyone can catch up with, in their own comfort and with their own deeper peace. 📌



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# Creating massive change in your life

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** talks about massive change

Photo Arnon Barnes



**H**ave you ever felt stuck? Like you want to create a change? Maybe even open up a new chapter in your life, getting rid of the old and starting with the new? Lately, more and more people approach me because they unfortunately don't know how to change their current life into the life they desire.

Here's an experiment for you: walk over to someone in the street. Approach them with a smile and ask them kindly and gently "What do you want from life?" Big chance that you will probably be looking at someone that is in complete and utter shock. Most people simply have never even given a conscious thought about

what it is they truly want in life. My point is that if you want to create change in your life, you've got to know what kind of change, specific change, you want to create, manifest and attract.

## “WHAT IT IS THEY TRULY WANT”

So, how do we create change? Well from my experience, the thing that has worked best for me and helped me create positive long lasting and impactful change in my life,

has been to take myself out of my normal environment. Once a year, I go somewhere far and distant so that I can disconnect from all the BS and most importantly reconnect to myself.

Most people have a hard time trying to figure out how to create change, but let me tell you that creating everlasting, positive and impactful change doesn't happen at home or in a restaurant whilst enjoying a sushi dinner. Lasting change happens outside of your comfort zone. Change is the one thing that is forever constant, while humans are always changing. We are always evolving, and the only question is "Into what and into whom?"

For me it is clear. I always want to change my life. I pride myself on being able to keep on playing a bigger game. You can too discover your mission, step into your power or simply change and get a different perspective on life. From my years of experience one of the best ways to achieve this is to get out of your comfort zone and more importantly go into an unknown environment.

Once a year, I give myself the gift of coming back to centre. Coming back into my natural power and allowing myself to make the positive and impactful changes that I know will shape me as a person and as a leader. I do this in my birthplace and the birthplace of all life on Earth: the wilderness of South Africa. For the last four years, I have even brought dozens of business owners, just like you, to the South African bush to experience the power of nature and reconnect to your true self through the Safari Leadership Experience.



So, some words of advice: seek change, desire change, look forward to change because change is a blessing in disguise. Most people fear change and have been stuck for years going nowhere fast. Don't be that person. Get excited about change, embrace it, because with it brings the fruit of creation and the opportunities that you might have been looking for your entire life.

Remember either you change with life, adapt to life or you might fall into the trap of doing the 9 - 5 until you're 65. And then you wake up one day with regret and a lot of unfulfilled dreams, aspirations and forgotten motivations, that you once held dear to yourself - now all lost in the abyss just because you were so

afraid of change.

I invite you to welcome change in your life and all the good things that come with it. Yes, it might be scary at first, but remember the universe presents its toughest challenges to its strongest warriors.

## “CHANGE IS A BLESSING IN DISGUISE”

Want to join Arnon in South Africa for the next upcoming Safari Leadership Experience? Contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or check out his website

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## **Mating in Captivity: Unlocking Erotic Intelligence**

Amazon says: "One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful and even poetic sex is possible in long-term relationships. Wise, witty and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love."

Perel says: "I grew up in Antwerp, the Flemish part of Belgium, studied in Jerusalem, and came to the States for graduate school. I planned to stay for one year but never used my return ticket. I fell in love with New York — and with the man who is still my husband today. I went on to study the nature of cultural and religious identity, how we negotiate tradition and modernity, individualism and collectivism. For the first 20 years of my career, I was particularly interested in couples and families who were in cultural transition. I drew directly from my own experience and that of my family.



I wanted the book to be an honest, enlightened and provocative conversation on relationships and sexuality that was beyond the common labels of smut or sanctimony. I wanted people to question themselves, to speak the unspoken, and to be unafraid to challenge sexual and emotional correctness. I encouraged my audience to grapple with the tensions, obstacles and anxieties that arise when our quest for love and security conflicts with our pursuit of adventure and freedom. I wanted to take relationship advice out of the exclusive female market and make it dual-gender."

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Success

**Getting Things Done:  
The Art of Stress-Free  
Productivity by David  
Allen**

David Allen is an American productivity consultant best known for the creation of a time management method called 'Getting Things Done'. Allen has written three books: *Getting Things Done: The Art of Stress-Free Productivity*, which describes his productivity program; *Ready for Anything: 52 Productivity Principles for Work and Life*, a collection of newsletter articles he has written; *Making It All Work: Winning at the Game of Work and Business of Life*, a follow-up to his first book.

Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. 'GTD' is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars and offshoots.

Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of *Getting Things Done* will be welcomed not only by its hundreds of

**Getting Things Done**  
the art of stress-free  
productivity  
from the New York Times bestselling author

**David Allen**



READ BY THE AUTHOR



David Allen, photo Vera de Kok

thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

In today's world, yesterday's methods just don't work. Veteran coach and management consultant David Allen recognizes that time management is useless the minute your schedule is interrupted; setting priorities isn't relevant when your e-mail is down; procrastination solutions won't help if your goals aren't clear. Instead, Allen shares with readers the proven methods he has already introduced in seminars and at top organizations across the country. The key to *Getting Things Done*? Relaxation.

Allen's premise is simple: our ability to be productive is directly proportional to our ability to relax. Only when our minds are clear and our thoughts are organized can we achieve stress-free productivity. His seamless system teaches us how to identify, track, and-most important-choose the next action on all our tasks, commitments, and projects and thus master all the demands on our time while unleashing our creative potential. The book's stylish, dynamic design makes it easy to follow Allen's tips, examples, and inspiration to achieve what we all seek-energy, focus, and relaxed control. ❶



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# Are there financial alternatives?

**Dave Deruytter** asks will the TINA wave go on for a while?



**I**s there an alternative to the bubbling financial and real estate markets today? Are there other asset classes in which you can put your money with a good return and in a safe way?

Investors have been showing that There Is No Alternative (TINA) to investing on the financial markets, or in real estate, for quite some time now. But as inflation is at very high levels compared to recent history, without immediate signs of changing, and given the Evergrande real estate crisis looming in China, observers start to wonder

about the sustainability of the current bull run in the financial and real estate markets.

Central Banks all around the world are being very prudent to reduce liquidity, let alone raise interest rates in their countries, because they do not dare to disturb the fragile post Covid-19 economic recovery and subsequent confidence in the markets. Still, in normal times they would have increased interest rates already a few times with this level of inflation and the prospects for more to come.



Today, the Central Banks seem to be guided by the possible short-term causes of inflation such as the microchip shortages and the lagging Covid-19 crisis in other regions than the developed West. Indeed, Africa, Latin America and some parts of Asia are lagging by behind six months to a year in their Covid-19 vaccination efforts compared to Europe and North America. Plus, many countries, including the US and Germany, are putting big money aside for building microchip capacity locally. Yes, if one looks a year or more ahead, chip production capacity could be back to healthy levels, although building a microchip production plant takes a lot of time, and Covid-19 should be finally under full control worldwide. However, all of that is still to be confirmed.

It may not be the perfect strategy of the Central Banks to look that far ahead. In doing so, they are at least partly responsible for the asset bubbles that result from their

inaction. Ok, the Central Banks argue that there still is a lot of money in savings accounts, particularly in Europe, but they know that inflation is eating those savings away at an increasingly fast rate. Today, with interest rates on savings near zero in Euro and inflation well above 2%, savers are losing money fast. This can not go on for a few years, or it will turn very unhealthy, even dangerous.

## “IT IS ONLY A QUESTION OF TIME”

On the other side of the risk spectrum there are the crypto assets. Those very speculative investments are still struggling to prove their added value and their trustworthiness. Indeed, it may take until a serious Central

Bank starts issuing their own currency in a crypto-way before cryptocurrencies become part of the offer, or even mainstream, one day. It has been rather quiet in the past months on that front though. Having said that, the potential of the underlying blockchain technology as far as a secure way of protecting and transferring assets is





clear, but it needs to be made less energy consuming to reach its full potential. The optimists say that it is only a question of time.

Luckily, the recent announcements of prudent liquidity reductions by some key Central Banks have calmed the financial markets a bit. The question is whether it will be enough to get us through the next year or so before real economic normalization post Covid-19 is expected.

In the meantime, traffic and industrial production are at high levels again and, also, pollution is back to before Covid-19 levels. The promised post Covid-19 whiplash in digitalization of economies and the resulting improvements in sustainability still have to materialize. The same goes for the electrification of transport or the boom in green alternatives like electric bikes and efficient public transport. Sustainability will slowly but surely take over again from

Covid-19 battling as the key priority for governments all around the globe.

But as long as we take the car to go buy a loaf of bread in a bakery half a kilometre away, it will take a long time. Governments will have to become much more strict as far as the 'polluter pays' principle goes, both on the side of applying that rule and by fining or taxing the people or companies that are not complying - or not enough - with the sustainability rules.

## “ I MAY GO FULL ELECTRIC ON MY NEXT CAR ”

I may go full electric on my next car and an electric bike sounds like a good option for short distances. I will also mandatorily check the public transport

options when travelling. Indeed, even small brooks become big rivers and end up in the ocean, and if we all clean in front of our own house, the whole street is clean, the whole town, the whole country... 📍



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# Hobby or business

**Yannick Callens** takes you on a journey to the investor's mindset



**I**n any area of life that we undertake we must ask ourselves the question: am I doing it as a hobby or as a business? Regarding the term hobby I will not go into details because everyone will give their definition and the importance that they give to it. Regarding business, several criteria must be taken into account, the first of which is focus.

Be as focused on what you are doing as rigorously as possible. Have discipline. Another criterion for doing things seriously is to do them 100%.

Finish what you are doing. It's over when you've finished everything. For example,

go tell your spouse that you love them 60% or 70% today. You will see his or her reaction. Better to do everything 100% and well. In real estate, that's what I urge you to do. The third criterion is organization and professionalism. Be structured. You have to plan and stick to the plan. The three criteria summarized are focus, doing everything 100% and organization.

The difference between doing it as a hobby or doing it as a business is attitude. And as far as this attitude is concerned, you alone are in control of it. And, most importantly, this attitude is free, it can't be bought. Put these three criteria in place and you will see your results transform.



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All your small actions will bring you, in the medium and long term, to a completely different direction. Your desired direction, your vision. Three crucial stages in life which are related to the law of attraction and, therefore, to your focus are the most important to make a clear and rigorous request. The second step is to believe in it. If you don't believe in it 100%, there's a good chance it won't happen. So believe it 100% thrice over and it will give you a better chance of getting there... hopefully. And the last step, which for me is the most important, is to be ready to receive.

## “ YOU HAVE TO PLAN AND STICK TO THE PLAN ”

How many of us are going to say 'no thank you' or 'thank you, I can do it myself' or 'I can pay for it myself'. It happens all the time. Worse, the universe will give you opportunities again and again, and you will pass up on them one by one, and, one day, the universe will stop giving you these opportunities on a silver platter because you are not ready to receive them.

Conclusion: be prepared to receive as much as possible and more. Be prepared to say thank you. And to help you, I will give you a key secret of success: find the person who has done it before, mentor or coach and, of course, who has done it successfully.

Work on you. Invest in yourself. Work on your limits, your beliefs and whatever is holding you back today. And position yourself as an expert. You are the benchmark. The problem in all of this is a lack of focus. Doesn't that remind you of the beginning? Procrastination. Is this a priority for you or not? Take the smallest action right

away. Now! And keep an eye on your beliefs, especially those that limit you.

If you want to have different results in real estate, in your business and in your life, please send me an email at [info@immo-champion.com](mailto:info@immo-champion.com) 📧



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# LIFESTYLE

*Since the dawn of humankind, the universe has been the deepest source of wonder*

## LIFESTYLE

Luxaviation

# Tailored business aviation

This month we take to the skies with Europe with a luxury jet expert



**B**elgian visionary and pioneer, André Ganshof van der Meersch, founded a small company, Abelag, one of the predecessors of Luxaviation, in 1964. André, an accomplished pilot, studied flying in the United States and saw the immense potential of private aviation in Europe. Bringing know-how, achieved through his own hard work and an innate fearless spirit learned from his Solvay heritage, André's first private flights took to Belgium's skies, rapidly expanding and setting records. He did not do it alone, Abelag was his family. Staff and crew accompanied André on board as he flew around the globe, even to his private homes. He experienced luxury the way he wanted his clients to experience it—understanding that walking in their shoes was his only pathway to success. It is with these founding

cornerstones of humility and inclusivity that Luxaviation leverages our excellence in service experience.

Luxaviation delivers excellence in a comprehensive range of business aviation services tailored to our clients and partners. They are dedicated to safety and strive to create a fulfilling workplace through cultivating genuine, open and engaging relationships with passionate colleagues.

### Spirit and Achievement

Today, the company boasts more than 1,500 employees who deliver experiential luxury on five continents from our Luxembourg headquarters. Comprising multi-faceted luxury services brands in the aviation sector, such as Luxaviation, Luxaviation Helicopters,





Starspeed and ExecuJet, it operates, manages and charts one of the largest fleets of private jets in the world, assisting entrepreneurs, businesses, entertainers, world-leaders and leisure guests in their shared goal of living a life well-lived, all while completing their travel experience safely, discreetly and luxuriously. They have 28 VIP Terminals at various airports to provide an efficient arrival and departure experience for our guests.

The future of Luxaviation, while rooted in the deep history of its past, creates new private experiences for our most valued guests. Innovative divisions within the group such as bespoke luxury travel planning and fine wines are the answer to ever more demanding clientele

who expect and deserve the best the world has on offer.

Harkening to a day when private flight was a new, exciting experience, each time one



of our team members welcomes a client into our world, they are committed to delivering the values of our founder. Knowing that each and every moment matters, our dedication to making those moments even more cherished and memorable are what drives our core and ancillary businesses

every day. From our humble beginnings as a single plane operator in Belgium to our global footprint around the world, Luxaviation Group is the last word in consistently created luxury – experienced privately since 1964.

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



# WILD HORSES

**PHOTOGRAPHER: XAVIER F.MARTIN**  
**ART DIRECTOR: NICHOLAS SIROT**  
**HAIR & MAKEUP/ ELKE BINNEMANS**  
with Sisley cosmetics and Kevin Murphy  
**MODEL: LOLA@DOMINIQUEMODELS.COM**







Polo shirt: **Lacoste** Denim skirt: **Zara** Socks: **Falke** Shoes: **Nathan Baume ss22** Sunglasses: **Prada**



Dress: **Lacoste** Skirt: **Zara** Sunglasses: **Salvatore Ferragamo**  
Using **SISLEY COSMETICS** for makeup: Ecological compound, Instant Perfect, Phyto-teint nude 1C Petal  
Matifying and beautifying pressed powder Rosy, Eye concealer with botanical extracts 1, Stylo Lumière 1  
Phyto-Eye Twist 16 Taupe, 17 Rose Bronze, 10 Purple, Phyto-sourcils perfect 1 Blond  
Phyto-sourcil fix 1 light medium, Mascara Lengthening Fortifying 1 Deep Black  
Lip Liner with lip brush 2 Beige Naturel, Phyto Lip Delight Beige 1 #cool, Phyto-blush Twist 7 Berry





Total look: **Lacoste** Socks: **Cap** Shoes: **Nathan Baume ss22** Sunglasses: **Salvatore Ferragamo**





Dress: **Lacoste** Pullover: **Pinko** Socks: **Falke**  
 Using **KEVIN MURPHY** for hair: Blonde Angel Wash Shampoo Shimmer Shine Blonde  
 Bedroom Hair Texturizing Spray



Socks: **Falke** Shoes: **Nathan Baume ss22**





Jacket: **Lacoste** Trousers: **Stand Studio** Shoes: **Nathan Baume ss22** Hairband: **Veritas**



Fashion

# Sofie D'Hooore

Fashion expert Veerle Windels meets with a local fashion expert who does it her way



Sofie D'Hooore, photo Louis Florizoone

**B**ig campaigns have never been Sofie D'Hooore's way of doing business. The Brussels-based fashion designer enjoys working in silence, always perfecting her timeless collections that seem to be selling better and better as the years go by. She says: "I know what is going on in the fashion world, but that doesn't mean I have to be part of it."

For more than thirty years, Sofie D'Hooore has been running her independent fashion label. She started it without screaming out loud. But that didn't stop her from becoming very successful, in a world full of luxury houses and big money brands. Her

**“ I WOULD  
LOVE TO SHOW  
MY WORK ”**

recipe? "These are very free clothes", she says, "clothes that never dictate. They are not just free, they are soft and light and easy to wear. They can be very surprising and are never ever dull."

Sofie looks back on years of very hard work, often day and night. She loves doing the patterns herself, correcting them and making them better, each and every time. "I am so fanatic when it comes to patterns that it often drives my assistants crazy. But that's the only way to do it. I know the female body by heart. I think every millimetre counts."







**“ THEY  
ARE SOFT  
AND  
LIGHT  
AND EASY  
TO WEAR ”**





**“ THE  
SECRET TO  
CLOTHES  
THAT LAST A  
LIFETIME ”**



Sofie still designs on her own, working on new forms daily. “I know I am very demanding: if I think ten tests will do the job, then ten tests will be done. We also design most of our fabrics, which can be a hell of a job because, again, we want only the best. I love fabrics that age beautifully. They are the secret to clothes that last a lifetime.”

The fashion system has clearly never thrown Sofie off balance so far. She never felt the urge to organize big fashion shows in Paris (although smaller events have been an off and on thing in the past), never ever paid for publicity in fashion magazines or newspapers, and sticks to two fashion collections a year, which she finds “demanding enough”. She goes on to say: “I never felt the need to shout out loud. All the money we make from one collection goes back into another, new collection. We have reintroduced catalogues because our customers, our multi brand stores, asked for them. But a show in Paris... well, that costs a fortune. I don’t feel frustrated about that at all. Honestly, I have nothing in common with the fashion world out there. I just design clothes.”

That said, Sofie dreams of one day opening her own shop. A place where she can show her own world. Something she already does when she invites her clients into her showroom, twice a year.

Sofie loves that one story of a regular client who tends to arrive in her favourite store carrying a suitcase full of old Sofie D’Hoore. “Isn’t that a wonderful thought? Building up a wardrobe, season after season. Never from scratch. But just adding pieces to the pieces that you already have worn for years. I absolutely love that idea.”

**Who is Sofie D’Hoore?**

Born in 1962. She was supposed to become a dentist before she ventured into fashion design at the Royal Academy of Antwerp. Started her eponymous line in 1992. Worldwide 300 points of sale. Hence an enviable turnover. [www.sofiedhoore.be](http://www.sofiedhoore.be) 1



# Shopping



## Vanessa Tugendhaft Jewellery

Vanessa Tugendhaft Jewellery is a Parisian brand of fine jewellery. Vanessa shook up the traditional jewellery codes in 2005, daring to mix different materials. She associates the diamond with extra resistant strings of different colours or with a small gold chain. In all of her creations, the diamond is given centre stage. Creole earrings Boomerang 22 baguette diamonds in yellow gold: **€1,500**  
[www.vanessa-tugendhaft.com](http://www.vanessa-tugendhaft.com)

**Aze Jewels: Junior**  
 Junior Rocky Mountains:  
**€29,90**



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 Eshop: [www.i-l.be/shop](http://www.i-l.be/shop)




**Hermès: Arceau The Three Graces**

Created in 1978 by Henri d'Origny, the Arceau watch lends itself to the expression of Hermès skills. Produced in a numbered limited edition of 24, the white gold and diamond Arceau The Three Graces reinterprets the theme of the eponymous silk scarf designed by British artist Alice Shirley in 2020. Crafted in wood marquetry and miniature painting on aventurine, the elegant giraffe adorning the dial was originally inspired by a trip to South Africa, when Alice Shirley had the privilege of spotting three giraffes partially concealed by an acacia tree. The delicacy and poetry of this gigantic creature, with its ample and graceful movements, is highlighted by the skilled touch of Hermès artisans, who have reproduced its natural harmony. The artisan cuts out the multitude of tiny elements, forming the portrait that is then assembled like a puzzle.

[www.hermes.com/uk/en/](http://www.hermes.com/uk/en/)


**Pequignet Gold Attitude: Join the movement**

Pequignet supports handcraft and innovation. The firm is proud to contribute to keep things moving within French watchmaking's handcrafted market while being independent. This Initial movement is a new start within the watchmaking industry, focusing particularly on French Haute Horlogerie. Initial is the first movement of a series of new products combining handcraft, technical nature and French savoir-faire. Limited edition of 100 watches Gold Attitude is limited edition to 100 pieces. It is excellence at the right price, an unseen movement we invite you to be part of. The Gold limited edition is a new range, a new and more modern case, a new in-house movement. This limited edition will have a hand-painted unique number.

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

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# Autumnal Beauty

**Caroline Dierckx** looks after our skin as the new season settles in

**T**he cold sets in very slowly. It is important to treat your skin with suitable products. I have recommended several innovations in care that have everything to please us. The new fragrances envelop us gently this fall.



**Shiseido**  
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3.0 50ml.  
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The Multi-  
Tasker  
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concealer,  
**Rimmel.**  
Price: **€10.99**



**Carolina Herrera Bad Boy** Superstar Collector Eau de Toilette 100ml.  
Price **€104.60**



**Carolina Herrera Good Girl** Superstar Collector Eau de Parfum 80 ml.  
Price: **€126.60**



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**Jean Paul Gaultier.** 100ml.  
Price: **€104.80**

**Bubbles at Home.**  
The happy shower box  
is the best hour. Price:  
**€22.95**



**Rituals**  
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**Annayake Tomo** Her  
Intense & Tomo  
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**Eucerin**  
**Hyaluron-Filler +**  
**3x Effect**  
Day Cream  
SPF15. 50  
ml. Price:  
**€35.95**



**Eucerin**  
**Hyaluron-Filler +** Intense  
Hydration  
Mask 3x Effect.  
Price: **€9.95**





## LIFESTYLE

Beauty



**BABOR** Gel Eyeliner Pencil.  
Price: **€17.90**



**Nassif** Dermaceuticals Daily Revitalizing Serum with 4x Antioxidant Complex. 60 ml.  
Price: **n.c**



**Abercrombie & Fitch: Away**  
**Man & Woman.** 100 ml: **€69**  
and **€67**



**Olmavita** Premium CBD Gel. 100 ml.  
Price: **€23.50**. In pharmacies and drugstores



**Close**  
professional and Vegan varnishes.  
Price: **€11.90**



**Max Factor**  
Divine Lashes 24h Mascara. Price: **€19.99**

**ice**  
watch



Photographe Sylvie Lancrenon



**Solar Power**



[www.ice-watch.com](http://www.ice-watch.com)

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<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)

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



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30 tablets - 1 month of use: 39,<sup>99</sup>€  
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Design

# COSMOS: Design from here and beyond

Our latest design article takes us into the far reaches of time and space

**B**lack holes, dark matter, spiral nebulae, exoplanets, gravitational waves, big bang, the multiverse... The countless objects and cosmic phenomena that shape our universe offer as many sources of inspiration for literature, music, visual and live arts. Design is no exception to this same fascination. Since the dawn of humankind, the universe has been the deepest source of wonder. What is our place in this vast expanse of space that took its origin some 13.8 billion light years across? How did cosmic evolution unfold? Are we alone? Why does the universe exist at all?

This *Cosmos* exhibition reveals the work of designers who have conceptually, technically or poetically explored our universe's architecture and the hidden physical laws that govern it. From Albert Einstein's general relativity to quantum theory, from gravity to the nature of space and time, from the micro to macro scales, our modern picture of the cosmos is brought to life through various design or architecture projects that take us well beyond these scientific roots, bearing witness to its mysteries and beauty.



The exhibition is divided into four parts. The first, Micro/Macro, conveys the vertiginous scale of the cosmos: from the tiniest particle to the immensity of the galaxies. For this introduction, an immersive installation will be created in the Magasin aux Foins (Haystore) by Klaas Verpoest, Vincent Caers, Benjamin Glorieux and Stéphane Detournay.

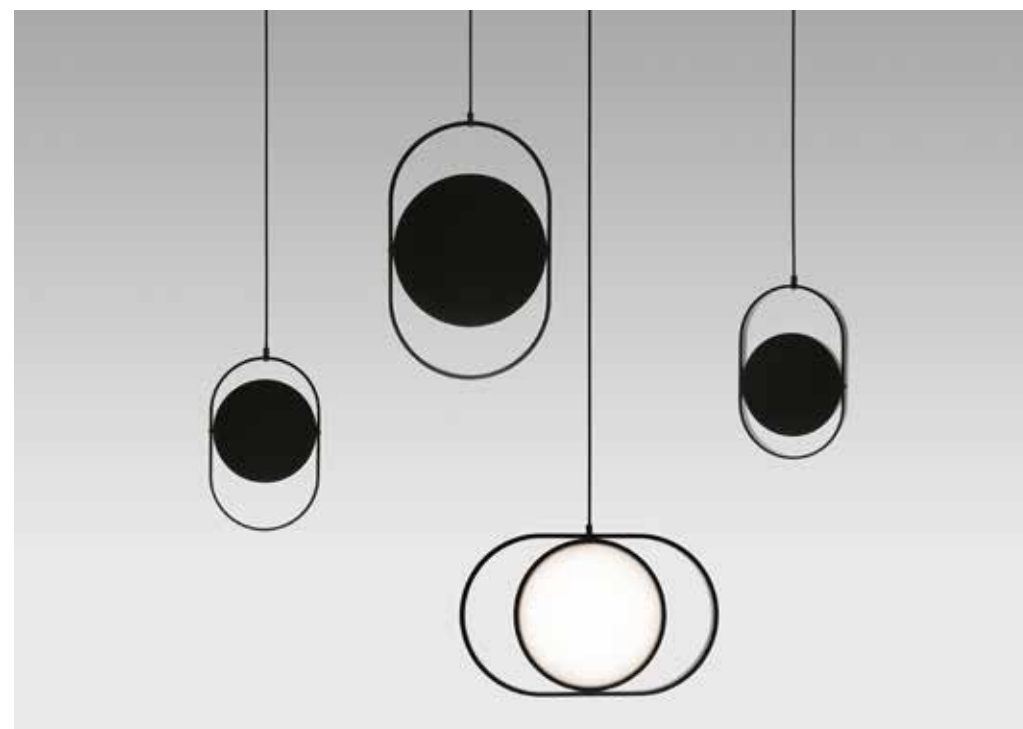
We will then begin with our own environment, Planet Earth, one of the objects in the solar system. This will be the theme of the second part: the Solar System, its planets and some of the remarkable phenomena observed there, including eclipses and meteorite falls.

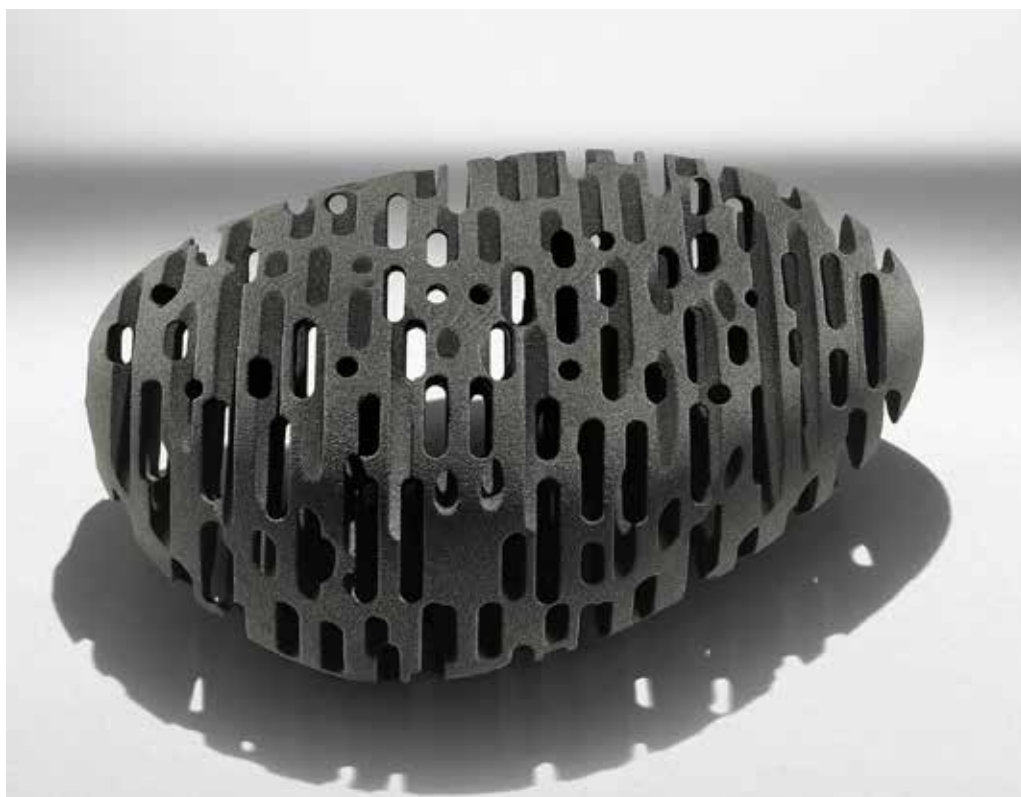
Part three (An Open-pit Mine) analyses the composition of the planets and the celestial objects in the solar system, raising economic and political questions about the exploitation of the substances found in space. Who do they belong to? Who should benefit from them?

We then climb up a bit higher for part four, as we set off to explore our own galaxy as well as distant galaxies. Through these faraway



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## LIFESTYLE

### Design

regions, tens of billions of light years away, the laws of physics remain constant. Universal forces (gravity, electro-magnetism, strong and weak nuclear forces) apply in the same way as in our Milky Way. These phenomena, both mysterious and scientifically observed, have inspired the work of many designers who, often relying on theoretical representations or scientific observations, appropriate these phenomena and give them their own personal twist. With an eternal fascination for so much beauty.

Curator : Marie Pok in collaboration with Thomas Hertog. **24 October 2021 - 27 February 2022.**

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[www.cid-grand-hornu.be/en/](http://www.cid-grand-hornu.be/en/) 

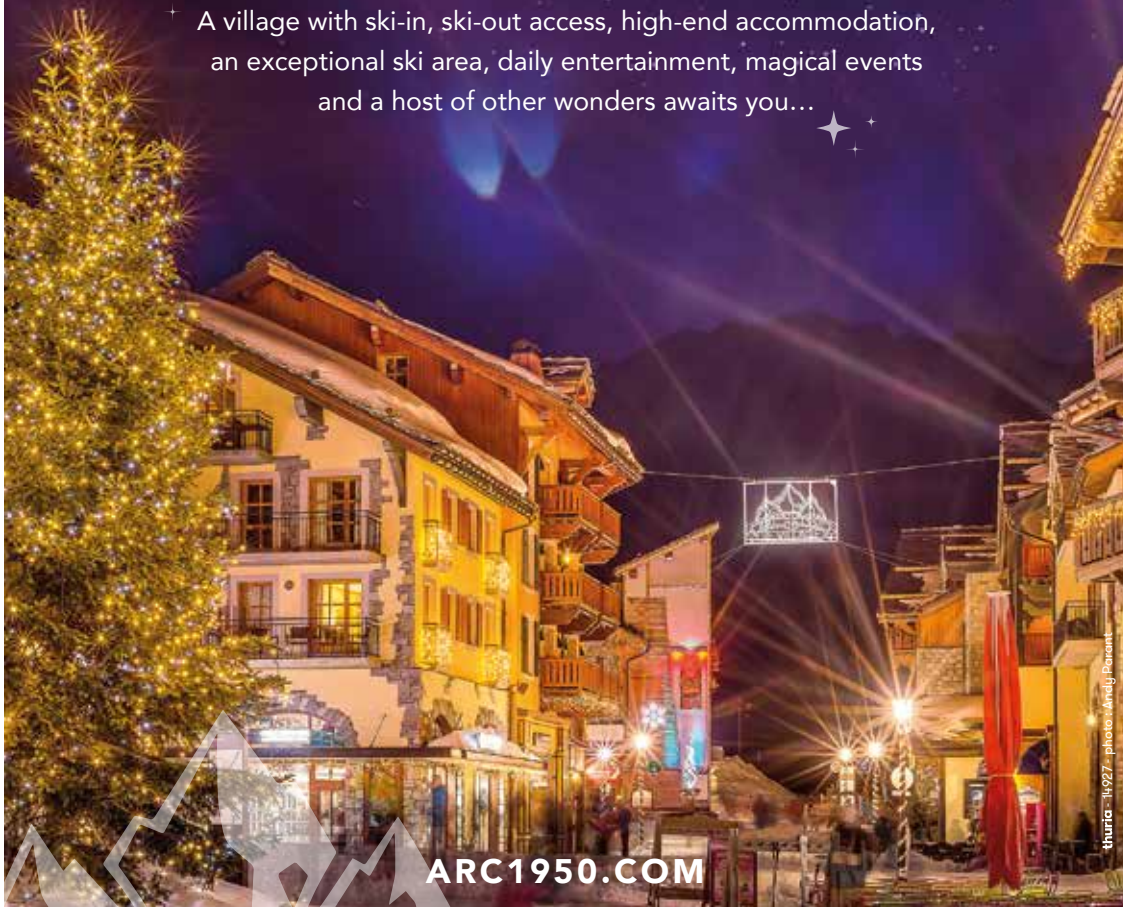






## Back to winter magic

A village with ski-in, ski-out access, high-end accommodation, an exceptional ski area, daily entertainment, magical events and a host of other wonders awaits you...



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## LIFESTYLE

Shopping decor

# Shopping decor

### Müller Sideboard S50

Like its original counterpart, the new CLASSIC LINE delivers a clear and clean message, where fluid, harmonious shapes and fine vertical lines come together. But the design of the anniversary edition is also modern, full of glamour, and it puts style in the spotlight: the magnificent furniture features superior materials, sublime details and warm bronze tones. The CLASSIC LINE bar cabinet and showcases have been replaced by contemporary sideboards that bring light to any interior, both in the living room and in the office. It is also possible to configure the various bases to your liking.

[www.mueller-moebel.com](http://www.mueller-moebel.com)



### Shimu Dongbei Chinese Antique Painted Sideboard

This wonderful cabinet, with its original paintings still clear against the red lacquer surface, is typical of furniture from the Dongbei region of northeast China. The outer frame is decorated with a geometric pattern in gold, while the doors and bottom frame are beautifully painted with various flora and fauna. The left central door features a Chinese peacock and peony flower - both symbols for high rank and dignity, while the opposing door shows lotus flowers and a fish, signifying purity and good fortune.

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





Shopping decor

## The Ultimate LUXXU Home Kitchen Design

For the modern kitchen, marble was the material chosen to profusely decorate this space in tones of black and white, including walls, flooring, cabinetry, and kitchen island. The brass and crystal glass form of the Shard suspension, a unique lighting fixture with a strong presence and character, pairs perfectly with the kitchen's marble theme. The modern velvet and leather chair, Galea also adds an extra layer of refinement and subtle details such



as the Skyline door handles and pulls by PullCast offer a more detailed nature to this interior: price n.c.  
[www.luxxu.net](http://www.luxxu.net)



## Caffe Latte Contemporary Modern Penthouse in Monaco

Sublime Kitchen, perfectly adapted to receive family or friends. Sharing the same area with the dining room, a fully equipped kitchen with built-in appliances, and a design that seamlessly becomes one with the other

rooms. The use of the marbles provides a cleanness to the eye and exudes an elegant and modern appeal, suiting for a family or friends get together, especially with the marble countertop, the perfect place to start your dinner party: price n.c.  
[www.caffelattehome.com](http://www.caffelattehome.com)

# Forme & Style



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[www.forme-style.be](http://www.forme-style.be)



## J.J.Textile Sheep Mima Blanket

Ewe will love the curly coated sheep design of the Mima grey stitched blanket. Created from a careful blended mix of pure lamb's wool and cotton (80%:20%), this blanket is as soft as the sheep that feature on it. The fashionable grey colour will work wonderfully with today's modern colour schemes: **€116**

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



## Moppet Russian dolls

Absolutely gorgeous nesting wooden 1930s vintage Japanese Kokeshi dolls.

The babies are teeny weeny. Tallest dolls are about 7.5cm: price n.c.

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



## The A-Z of Wonders

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

1

# ATMOSPHERE & BOIS

RECYCLING YESTERDAY'S WOOD FOR TOMORROW'S HOMES

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# LIFE OF LEISURE

*On this fertile soil rich in chalk, the white Chardonnay, Auxerrois, Müller-Thurgau and Pinot Gris ripen together*

LIFE OF  
LEISURE

Interview

## Jennifer Connelly: From Labyrinth to Top Gun

This month we sat down with a beautiful, poised, cerebral movie star... and, boy, can she act



**W**hen I interviewed her husband, *Avengers* star Paul Bettany, he said she'd make the perfect superhero. The closest she has got to that is playing the voice of Karen the AI in *Spider-Man: Homecoming*, but siding up alongside Tom Cruise in the new *Top Gun: Maverick* movie is certainly another step towards action genre magnificence. It's not bad for a mother of three who celebrated her 50th birthday in December.

In a monochrome black shirt over a dark skirt showing an abundance of toned, lithe

limbs, Connelly certainly has the superhero physicality. And with those devastating dark features framing deep green eyes, it's not out of the realms of possibility the actress may get a call from Marvel. Though the question is, would she accept?

And judging by her cerebral repertoire, probably not. An Oscar-winner for *A Beautiful Mind*, Connelly was first introduced to audiences in Sergio Leone's *Once Upon A Time in America* at just 12 years-old and gained cult status when she starred opposite David Bowie in fantasy epic, *Labyrinth*. But





## “JIM HENSON WAS A GENIUS”



the actress hit her stride in the Noughties with unforgettable performances in *Requiem for a Dream*, *House of Sand and Fog*, *Blood Diamond* and *Little Children* and has since focused on intellectual fare including *Creation* (where she met Bettany), *Aloft* and biblical epic, *Noah*.

Stoic and guarded, she considers every response slowly and cautiously and initially offers clipped answers.

Perhaps a result of over 30 years in the spotlight. Polite and poised, the actress talks about her ‘celebrity’ marriage to Bettany, motherhood and her relief that the tabloids have no interest in her family. She also looks back on a long career and shares her memories working with Bowie. The actress lives in New York with Bettany and their children, Stellan, 17, nine-year-old Agnes and her 23-year-old son Kai (from a relationship with photographer, David Dugan).

**Together: For someone who has been so specific and artistic in film choices over the years, this seems like an incredible diversion to take, into *Top Gun*, but one that has gained you almost universal admiration... before anyone has actually watched the movie!**

Jennifer Connelly: I think over the last few years I've really given myself the option of looking outside of myself. I haven't got much left to prove, perhaps only to myself in the sense of slightly different projects or slightly different ways of going about what I do, and that means a lot to me.

I think we know this is the kind of role that no one would ever turn down so it's been an absolute delight to be involved in it.

**People have commented on Tom's stranglehold of control over the movie. What was it like to be around that?**

That was a really thrilling thing to watch and to witness. Tom has an incredible presence

as we all know, and I think everyone expected him to really be all over every aspect of this movie because in such a big way this is like his homecoming to a large extent. It's where it all started for him so of everything he's done this was always going to be such a magnificent journey to be able to share with him.

I think the thing that impressed me most was his perfectionism, and I don't mean that in a bad way. It's just absolutely inspiring when you have someone in front of you who wants the absolute best not just out of himself but of everyone on the film set. Someone who will go to incredible lengths to do that and to get that.

There is nothing left to chance and there is no one leaving any part of themselves in the background - it was totally absorbing and such a thrill to be a part of it.

## “THERE'S NOTHING SALACIOUS THERE”

**Have you ever worked on a project with someone who has demanded so much of those around them?**

I guess the nearest I've been to anything like that would be when working with Ewan McGregor on *American Pastoral*, as he directed the movie too.

You'd think it would be strange from the outside looking in, but really it made him very present and accessible, because he's not behind a camera and lighting, behind this barrier, instead he's there beside you, in the same exposed position, and you can literally turn to him and ask questions... that's pretty convenient.

It was similar with Tom – he's more than just an actor going along with a script – he's a tour de force across every aspect of the production.

**It's a shame we've had to wait so long to see it**

It is but there have, of course, been bigger things at play in the world around us. I





think the movie industry has really had the opportunity to look at itself over the past year or so and to realize that as big as it is, it takes second place every time to real people and real lives.

**You are an actor who is universally admired. How have you managed to maintain this in an industry that is so happy to bring people down?**

You're probably asking the wrong person!

**Okay but even away from the spotlight you and Paul seem to have really found success with shielding your family and having life beyond the lens, so to speak. How have you done that?**

I don't know. I don't think we've done anything intentionally. Our kids all have their own lives and their own concerns and responsibilities and our work is just our work.

It's completely separate from anything to do with them

**How have you and Paul not become this celebrity couple, even though you are a celebrity couple?**

There's nothing to write about, thankfully. We're boring by comparison (laughs). There's nothing salacious there, nothing scandalous, there's not much to work with.

**But you still get papped on the street**

Rarely. Pictures of us picking up grocery, don't have too much value.

**You have spoken about being extremely saddened by the death of David Bowie**  
Very sad. I still think about him a lot.

**“ IT FEELS  
LIKE A  
LIFETIME  
AGO ”**





**What are your memories of working together on Labyrinth?**

Despite being a genius himself, this legend, this pioneering legend who inspired and continues to inspire a movement, he was also the kindest man, and he definitely had an effect on me. It was an experience I'll never forget.

**Were you a fan of his before Labyrinth?**

I wasn't before or while we were making the movie, which was a good thing. I became a fan after shooting, I wasn't cool enough in those days, well I'm not cool enough now either (laughs), but it would probably have been a difficult shoot if I was as mesmerized by him as I would be now. I wouldn't have been able to function.

I remember I had a friend then who was not so pleased that I was working with him. I think she felt like I was wasn't fully appreciative of that.

**The film is so special for so many people, including myself. Can you understand why it's become this cult classic?**

I love that it has sort of transcended the generations, and there's this following, because Jim Henson was a genius, he created a fantastic world, full of astonishing creatures that was so signature.

**Can you believe it's 35 years since its release?**

It feels like a lifetime ago (laughs).

**How do you think you've changed as an actress in that time?**

I've been doing this job for many years and, for a while, I struggled with it. I wondered if this was something I wanted to do... but I haven't felt that way in a long time, and I love it more, every time I do it - I grow more, I learn more. I really enjoy it. And I'm so fortunate that I'm lucky enough to call this my job.



## Stanhope Hotel Brussels: The 5-star sustainable hotel

*Together* looks at one of the most eco-friendly hotels in the European capital

**A**re you looking for a new luxurious getaway not far away from home following your sustainable and ecological values? Stanhope Hotel Brussels by Thon Hotels is one of the most eco-friendly hotels in the European capital, perfect for a romantic weekend. As nature has regained its rights in recent months, we must continue to let it breathe.



Stanhope Hotel Brussels is fully aware of the limited available natural resources on Earth for years now. A Green Key 3-stars at the Ecodynamique Entreprise Label (maximum) and a silver status as Eco-leaders on Tripadvisor support this position.

Some years ago, they chose to implement an environmental policy that takes into account the variety of opportunities to reduce the ecological footprint while maintaining high quality service. The most important news today is about energy and waste management. Stanhope Hotel Brussels' electricity now comes 100% from renewable energy sources. One of the roofs now hosts 54 solar panels and the hotel has a new heating system. Stanhope Hotel even became a bike-friendly hotel with many details to welcome the bikes: parking, equipment, map...

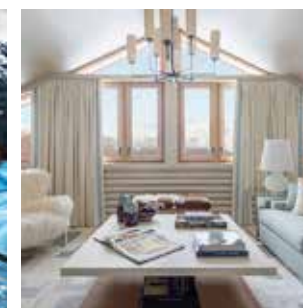
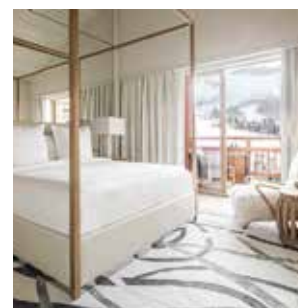
Looking at the rooms, the bathrooms have large refillable bottles of Molton Brown hand soap and shampoos in the shower/bathtub.

The housekeeping team uses eco-friendly cleaning products, setting up recycling bins in the rooms and in the entire hotel. They even propose to the guests to be involved if they stay two nights or more and place a special door hanger to indicate that they do not request room cleaning. In exchange, they will find a '€5 coin' on their pillow, which can be used as a discount at the bar, or for donation to one of the three partner associations. Last year, Thon Hotels Brussels distributed 4,800 '€5 coins' to the Red Cross, Good Planet and Birdsbay.

Last but not least, another 2021 focus is on sustainable food. Stanhope Hotel Brussels is working on it as well to improve the breakfast buffet. They offer to their guests for example Fairtrade and organic coffee, free-range eggs for breakfast, weekly seasonal menus and the Thonner'ke – a triple blond beer brewed exclusively for Thon Hotels – in the Library Bar. This hotel is the proof that luxury can be sustainable.

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

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## Hotel Hubert: Discover the heart of Brussels

This month we look at a new designer hotel that goes all out to spoil its guests



**T**alk about a prime location... Hotel Hubert is located right in the heart of historic Brussels. Only moments away from the Grand Place and directly across from the beautiful 19th century Saint-Hubert Royal Galleries, Hotel Hubert is the perfect base from which to explore the city or get down to business (the European institutions are just around the corner).

Hotel Hubert is a new designer hotel in the centre of Brussels, a few minutes from Grand Place and Brussels Central Station. Hubert likes to shake things up and focus on what really matters for guests, such





as fast and easy-going online check-in and check-out options with no more queues, pleasant hosts to genuinely assist all guests, or different choices for breakfast. Its purpose is to make people feel comfortable - at home even.

That's why Nespresso coffee & cookies are complimentary in the lobby community area, Wi-Fi is strong and complimentary, the hosts love to share their insider tips on the best hotspots in town and the greatly equipped fitness area is accessible 24/7. Hubert has 100 rooms, all with air conditioning, free Wi-Fi, high-definition TV flat screens, safety deposit box and a refrigerator for guest convenience. Each room has a private modern bathroom equipped with a hairdryer, specially designed toiletries and full-length mirror.

The hotel shares its ground floor with The Foodmaker, where guests can enjoy healthy breakfast and lunch menus. Buffet breakfast is another option for €15. A wonderful vintage Food Truck opens in the evening for

a memorable experience and tasty gourmet hotdogs. The lobby bar is open from 7am to 11pm and Grab&Go mini-shop is available in the lobby 24/7. A Virtual Concierge is also at guests' disposal if they wish to explore on their own what Brussels has to offer.

And last but not least, it is only a few minutes' walk from the metro, large public parkings, main shopping street of Brussels Rue Neuve and many tourist attractions, restaurants and bars.

Being green is cool, this is why Hubert has bike parking for guests coming and moving by bike. #jointhegreenleague  
[www.hotelhubert-brussels.be](http://www.hotelhubert-brussels.be)



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Wine

# Belgian wine: Château Bon Baron

This month a Belgian château explains about its wines and soils



Our wines are characterized by their specific soil cultivation. This diversity is made possible by the use of different vineyards. The different vineyards in our winery have a soil that mainly dates back to the Devonian period, roughly 380 to 400 million years ago. We have chosen the grapes to fit with certain soil structures. On our vineyard 'St. Heribert' on the edge of Profondeville, near the village of Crie de Wepion, we have cultivated a Pinot Noir precouz. The poor dense soil of this terrain is especially good for this grape. St. Heribert is part of the peak of Marlagne which is characterised by sandstone layers, quartzite and conglomerate banks, 'schist' and silt. Due to the constant wind, the vineyard dries out quickly and prevents diseases. This vineyard is possibly the highest in the Walloon region. It gives a juicy, very keepable pinot noir with a slightly fresh aftertaste.

**“ THIS IS  
REFLECTED  
BY THE WARM  
SLOPES ”**

Our vineyard 'Falmange', on the sunny hills of the river Meuse, is suitable for a variety of grapes. In the small valley, with sharp rising slopes, the soil formation of Lustin mainly contains chalk and sandstone. The river Meuse flows directly through various sedimentary layers. On this fertile soil rich in chalk, the white Chardonnay, Auxerrois, Müller-Thurgau and Pinot Gris ripen together with the red Pinot Noir, Cabernet and Acelon.

Our top vineyard 'Terrassen Valburnot' now contains Pinot Noir grapes. In the future it will also have Muscat and Chardonnay under the watchful eye of the Virgin Mary. These terrassens, situated due south, are almost Mediterranean,

and this is reflected by the warm slopes. They bring full, powerful wines that will give an everlasting memory. The Burnot-formation was formed in the Devonian period and contains sandstone, conglomerate, tourmaline, 'schist' and silt.

[www.en.chateaubonbaron.com](http://www.en.chateaubonbaron.com) 1



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## The call of the wild



**F**rom the moment you walk through the corridor that leads you into Bagheera, you know you are entering somewhere special. They chose the name Bagheera after the black panther in Rudyard Kipling's *The Jungle Book* - and the jungle theme runs throughout the hotel. The design is perfect in every sense. A huge earthen vase sprouting huge verdant leaves takes centre stage, and you can see the terrace just beyond it - beyond that is the Bois de la Cambre. The main dining area's ceiling is festooned with bright white 'lustres', hanging lights that have been adorned with semi-transparent circles - added by the staff on the first night of the Covid lockdown. When the wind picks up from the wood these little circles create a gentle chiming chorus.

Then there's the food. We sat at one of the tables handmade especially for the

restaurant. We were given homemade bread, butter that had shallots through it and a saucer of olive oil made in small quantities by a firm in Rixensart. We went for the daily menu, both of us starting with the Risotto with (crunchy) scampi. Then I plumped for the roasted duck salad and my dining partner went for the cod and soft-boiled eggs. Excellent food all around. All around the walls were glass cases filled with bottles of gin, champagne, whisky... you name it. I tried a few of the delicious, rich reds available in their impressive wine collection.

As Bagheera's website states: "Get ready to step into the wildest environment in Brussels." Well, it can get quite wilder later on in the evening since it transforms itself into a lively night club.

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

# David Hockney



David Hockney, «No. 125», 19th March 2020, IPA's painting © David Hockney

**'The Arrival of Spring,  
Normandy, 2020'**

**8 Oct.'21»→  
23 Jan.'22 at Bozar**



## Dining

### CŌCĪNA Flagey

CŌCĪNA, pronounce ko-ki-na, the restaurant on rue Washington, Negozio & Trattoria, seduces lovers of Italian cuisine more than ever with its menu and its fine selection of groceries, but its 'little sister', recently opened close to the bustling Place Flagey on rue Lesbroussart, is available in Aperitivo bar & Pizzeria. In addition to its Italian aperitif menu, its wide selection of cold cuts and cheese platters, typical antipasti and quality pizzas, CŌCĪNA Flagey pays particular attention to its selection of wines and to a delightful, but daring, proposal of Italian cocktails. The restaurant concocts the traditional Italian dish preferred by gourmets around the world with fresh and seasonal products exclusively from



the best transalpine producers. It's possible to enjoy traditional pizzas or try out original formulas prepared with Neapolitan dough (thicker), classic or gluten-free - they are all the result of a special recipe. Dolce Vita!  
[www.cocina.be/flagey](http://www.cocina.be/flagey)

### Poké House

For 3-4 years now, pokés have invaded the world and the stomachs, first in the United States, and then everywhere else. These dishes from Hawaii, often presented in the form of bowls, are made from raw fish base, usually salmon or tuna, delicately cut and marinated and accompanied by a good dose of colourful toppings and vinegar rice. In the Hawaiian language 'poke' means 'piece' or 'well-cut'. Carrots, cucumber, mango, edamame, spring onion, pineapple, avocado - the possibilities of side dishes are endless for this dish, perfect for a fresh, light and personalized lunch. Lara, Elia and Sammy,



the founders of Poké House, believe that pokés are much more than a food trend. They cultivate this family contact together among themselves but also with their teams. A tightly-knit relationship that is the strength of Poké House restaurants.  
[www.pokehouse.be](http://www.pokehouse.be)



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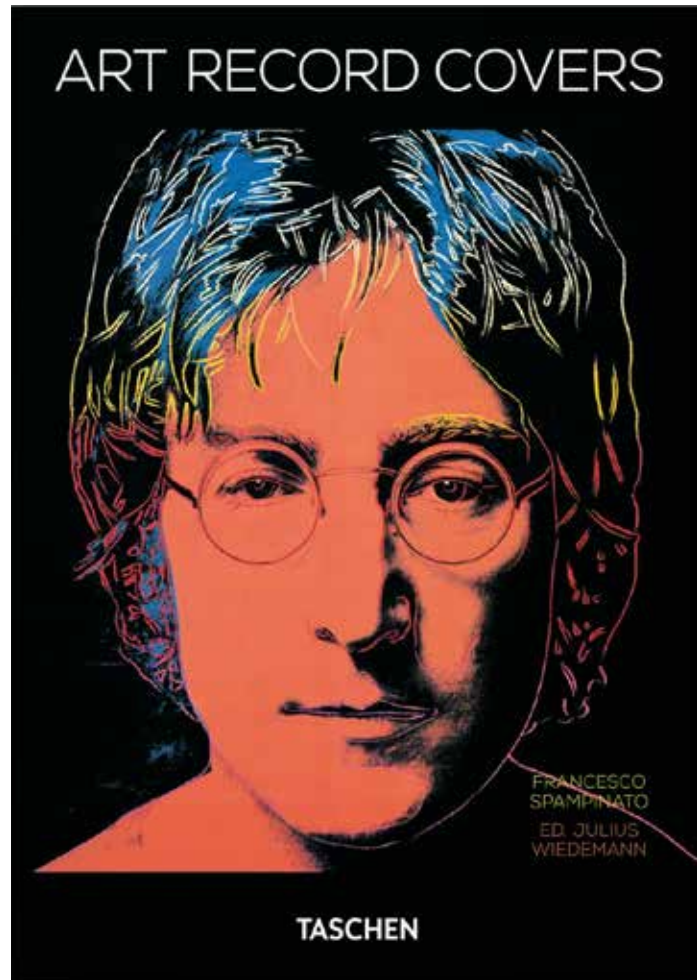
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# Art Record Covers, 40th Edition

Our TASCHEN book this month looks at the 'sound of art'

Photo © TASCHEN



have had a particularly intimate relationship. From Luigi Russolo's 1913 Futurist manifesto *L'Arte dei Rumori* (*The Art of Noise*) to Marcel Duchamp's 1925 double-sided discs *Rotoreliefs*, the 20th century saw ever more fertile exchange between sounds and shapes, marks and melodies and different fields of composition and performance.

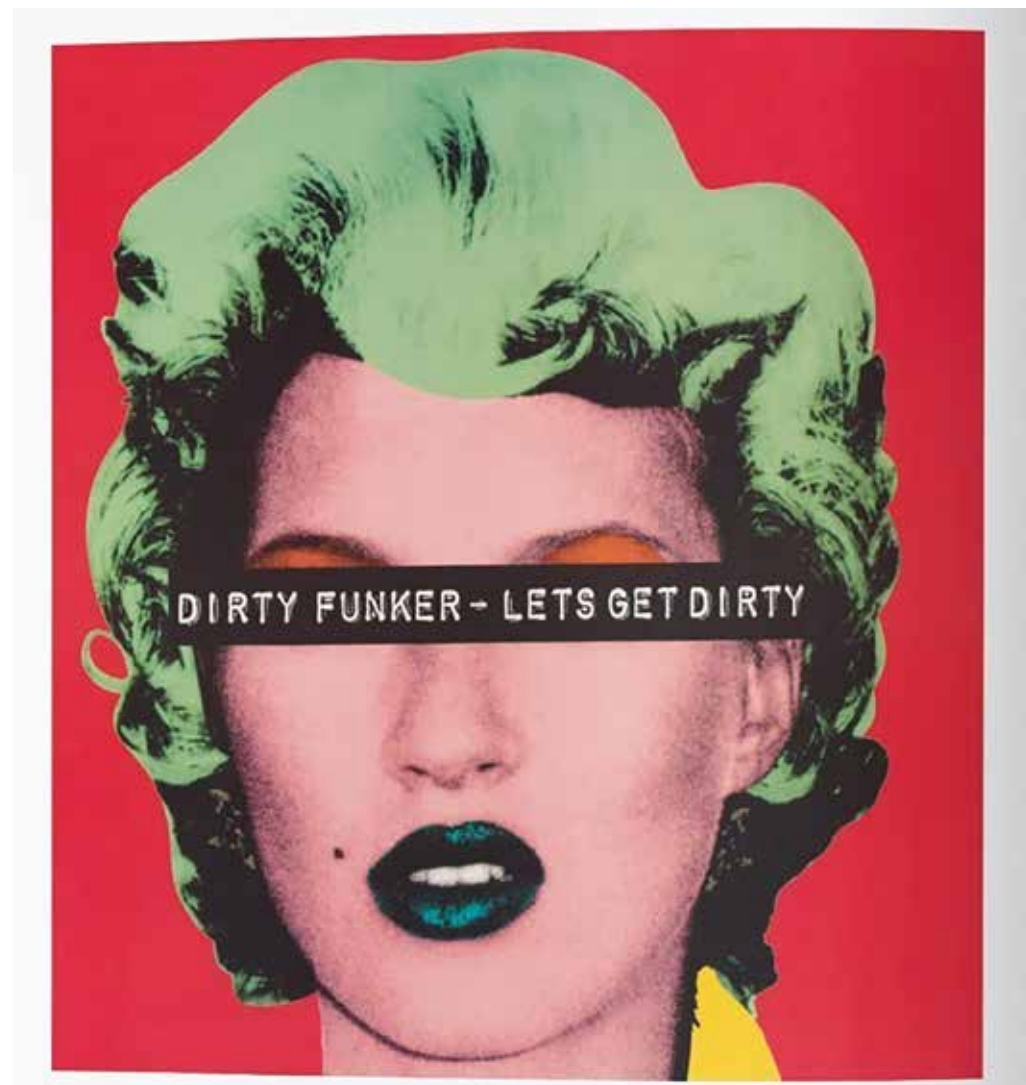
In Francesco Spampinato's unique anthology of artists' record covers, we discover the rhythm of this particular cultural history. The book presents 450 covers and records by visual artists from the 1950s through to today, exploring how modernism, Pop Art, Conceptual Art, postmodernism and various forms of contemporary art practice have all informed this collateral field of visual production and supported the mass

distribution of music with defining imagery that swiftly and suggestively evokes an aural encounter.

This is an unprecedented collection of artists' record covers from the 1950s to today. Since the dawn of modernism, visual and music production







Along the way, we find Jean-Michel Basquiat's urban hieroglyphs for his own Tartown record label, Banksy's stencil graffiti for Blur and a skewered Salvador Dalí butterfly on Jackie Gleason's *Lonesome Echo*. There are insightful analyses and fact sheets alongside the covers listing the artist, performer, album name, label, year of release and information on the original artwork. Interviews with Tauba Auerbach, Shepard Fairey, Kim Gordon, Christian Marclay, Albert Oehlen and Raymond Pettibon add personal

accounts on the collaborative relationship between artists and musicians.

Author Francesco Spampinato is a writer and historian of contemporary art and visual culture. The editor Julius Wiedemann studied graphic design and marketing and was an art editor for newspapers and design magazines in Tokyo before joining TASCHEN in 2001:

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What's on

# What's On Belgium

## EUROPALIA: Tracks to Modernity

An artistic and historical journey on the theme of the train through works by major artists of the 19th and 20th centuries such as Monet, Caillebotte, Spilliaert, Boccioni, Severini, Léger, De Chirico, Mondrian, Servranckx, Delvaux and Magritte. In its early days, the train was the ultimate symbol of modernity. It was a major tool of the industrial revolution. It carried the wildest dreams of development and prosperity but also crystalized anxieties and the rejection of change. At the end of the 19th century, the Impressionists took up modern subjects, including the railways, with clouds of steam, the movement of trains, the changing light of the station and its surroundings. At the same time, the Lumière



Speeding Train - © Archivio fotografico Fondazione Cassa di risparmio della provincia di Macerata

brothers made *L'arrivée d'un train en Gare de la Ciotat...*  
[www.europalia.eu](http://www.europalia.eu)

## Icons (Extended)

From early icons from Europe and the Middle East to modern and contemporary works, icons have inspired many believers, as well as artists, throughout the ages. The exhibition unveils how spiritual dimensions have been incorporated into artworks since antiquity. Tradition attributes the first icons to Saint Luke who, after Pentecost, is said to have painted three representations of the Virgin Mary. These pictorial representations of the divine have inspired many believers and artists. Icons reveals how spiritual dimensions have been integrated into works of art from Antiquity to the present day, showing a selection of ancient icons from Europe and Russia – depicting variously Christ, the Mother of God, or individual saints. 6 May - 14 November. Villa Empain.  
[www.villaempain.com](http://www.villaempain.com)

Fondation-Boghossian Icons Yan Pei Ming, Lola Pertowsky



Théâtre Royal des Galeries

Directeur : David Michels

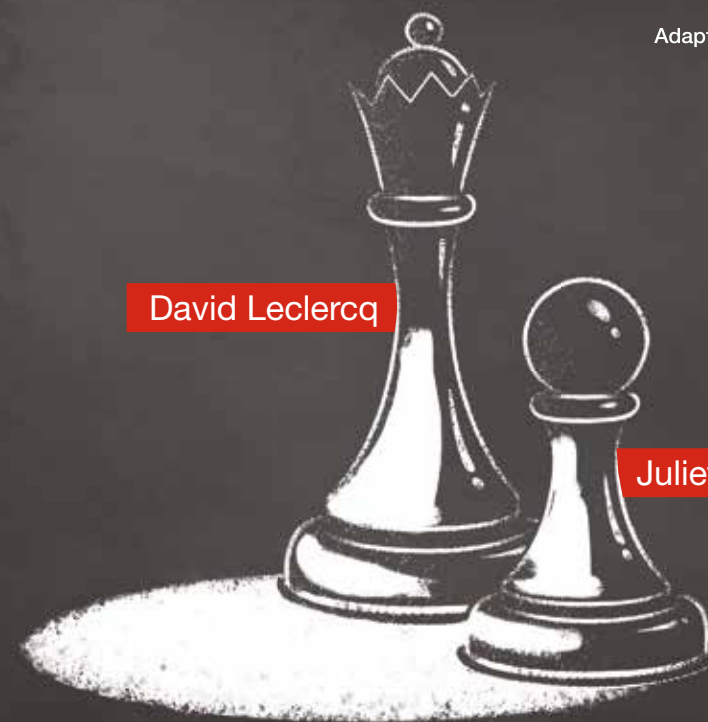
# OLEANNA

DAVID MAMET

Adaptation de Pierre Laville

David Leclercq

Juliette Manneback



Mise en scène : Fabrice Gardin

Décor et costumes : Lionel Lesire

Lumières : Félicien Van Kriekinghe

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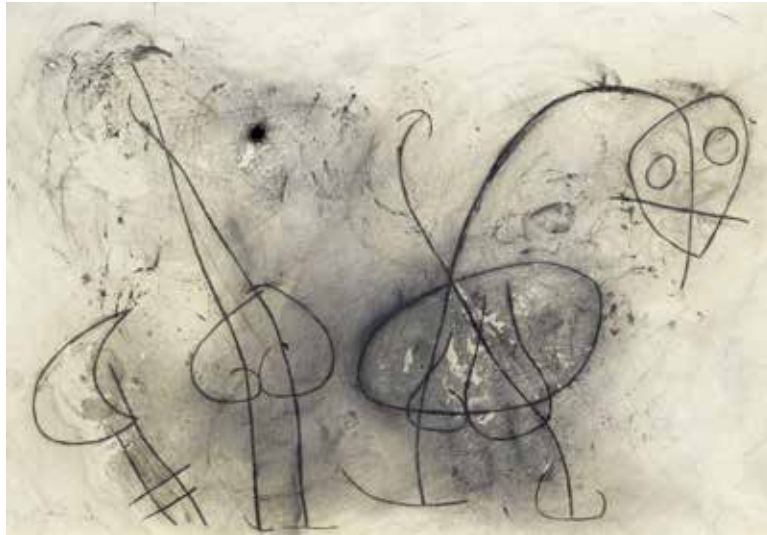
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What's on

**Joan Miró: Five Decades. 1931 - 1981**

One of the twentieth century's most celebrated artists, Joan Miró's magical universe is explored in this intimate exhibition spanning 50 years of creative production in a journey that begins with a painting from 1931 and ends with a work on paper from 1981, enabling us to chart how his work evolved over the decades. The tour begins in 1931, with a small figurative painting in which one can identify the beginning of that unique visual language characteristic of Miró. It ends in 1981 with an oil on paper that presents his popular style. Spanning a combined



Joan Miro 1963 Femmes dans la nuit

total of 32 works, the exhibition features his paintings, sculptures and drawings, presenting the progression of his style as he honed his artistic voice.  
[www.maruanimercier.com](http://www.maruanimercier.com)

**Norma - Vincenzo Bellini**

For Vincenzo Bellini, a good libretto is one that contains "thrilling situations" and verses that "portray the passions in the most vivid way". That aesthetic shines through in his masterpiece, Norma, which is now one of the most popular in the bel canto repertoire. Aside from the famous aria 'Casta diva', which captures the heart and the imagination, this score with its exquisite cantilenas and music steeped in passion also relates a drama about fundamentalist obstinance, hatred, and revenge. In this production, directed by Christophe Coppens,



Norma's secret double life, full of deeply human love and jealousy, and her struggle with a narrow-minded and oppressive society will prove more relevant today than ever. **12 - 31 December** (Premiere Teatro alla Scala Milano, 26 December 1831). La Monnaie.  
[www.lamonnaie.be](http://www.lamonnaie.be)

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# LOVE LETTERS

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Avec PATRICIA IDE et MICHEL KACENELENOGEN

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What's on

## David Hockney

In the autumn of 2021, BOZAR presents a major double exhibition of one of the most renowned and influential artists of our time. Featuring some of the finest works from the Tate Collection, the first exhibition takes the visitor on a journey through the long career

of the 84-year-old British artist. The second exhibition is organized in partnership with the Royal Academy of Arts. It introduces us to his most recent work. Hockney used his iPad to record the blossoming of nature during the first lockdown, in the spring of 2020.



Hockney T02255 © 14-11-2018 © Tate

## David Hockney: Works From The Tate Collection, 1954-2017

*David Hockney: Works from the Tate Collection, 1954-2017* collects a comprehensive series of more than eighty of Hockney's paintings, drawings and prints from the Tate Collection. This survey spans his entire career and includes a number of memorable works from the past century, such as the vast double portraits *My Parents and My Parents and Mrs Clark and Percy*. The imposing *Bigger Trees Near Water* from 2007 is Hockney's largest piece of work (over 12 metres long) and transports the visitor to a gloomy day in Yorkshire, where the artist grew up. The exhibition 1954-2017 is organized by the Centre for Fine Arts, Brussels (BOZAR) in cooperation with Tate.



## David Hockney: The Arrival Of Spring, Normandy, 2020

The second exhibition consists of a series of contemporary works by the painter, now aged 83. In Normandy, he used his iPad to 'paint' the passage of spring during the first lockdown. The colourful paintings of the beauty of nature remind us that we must continue to 'love life' even during these unsettling times. 23 May - 26 September 2021. BOZAR

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What's on

# What's on International: AMERICAN UTOPIA

**W**e could all use a little Utopia right now, and David Byrne's AMERICAN UTOPIA is burning down a brand new house on Broadway. This "dazzling, jubilant and rapturous" production – featuring "astonishing" staging by choreographer Annie-B Parson, with Alex Timbers serving as production consultant – is "a joy to behold and a breathtaking celebration of life". Don't miss all the great songs and all the acclaimed musicians, all blowing the roof off a gorgeous new venue. This is the event that will tell the world, if you want to rediscover the joy of live music, community and connection, Broadway's St. James Theatre must be the place.

## A note from David Byrne

Once in a while, various things one has been working on for years have an opportunity to converge, separate strands meet, and it all falls into place. As if they'd always been meant to come together. In reality, one can't always plan it, though we might try ...but happily this seems to be one of those times.

I often get asked: "What is this show about? What is this song about? What is the message, what are you trying to tell us?" My preferred answer would be to refer them to the quote from old-school Hollywood



producer Samuel Goldwyn: "If you want to send a message, use Western Union!" It seems to me that in creating something — a song, a show, a blog post, a meal, a dance — a vision comes together, intuitively, gradually, bit by bit, little by little, and we don't always know the totality of what we've made until we can actually see, hear and taste it.

A few years ago I did a show that involved high school colour guards, and it wasn't until I watched a run-through that I realized the show was about inclusion. The same thing is true with many of the songs I write. If we're lucky during this process, we've remained true to some unconscious guiding principle — we often know what that is, even if it's hard to articulate at the moment. It was that way with this show — it wasn't conceived all at once, but rather one part of it led to the next, it evolved organically. St. James Theatre, Broadway, New York.  
[www.americanutopiabroadway.com](http://www.americanutopiabroadway.com)



## WHEN MEMORIES START TO FADE IN FLANDERS FIELDS MUSEUM KEEPS IT **ALL IN FOCUS**

Only the scars in the landscape remain. The last echoes of war seem to have quietly died away. When memories start to fade, it is vital, more than ever, to keep it all in focus. **This is what In Flanders Fields Museum sets out to do, year after fading year.**

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# Cinema

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



## MLK/FBI

A 2020 American documentary film directed by Sam Pollard (known for co-directing the 1987 Oscar-nominated *Eyes on the Prize*), from a screenplay by Benjamin Hedin and Laura Tomaselli. The film explores the investigation and harassment of Luther King Jr. by J. Edgar Hoover and the FBI. It is largely chronological, showing a young MLK from the early sixties until 1968 when MLK was assassinated.  
104 mins

## Halloween Kills

*Halloween Kills*, directed by David Gordon Green and written by Green, Danny McBride and Scott Teems, is a sequel to 2018's *Halloween* and the twelfth installment in the Halloween franchise. The film stars Jamie Lee Curtis and Nick Castle, who reprise their roles as Laurie Strode and Michael Myers, with James Jude Courtney also portraying Myers again. The film, which begins precisely where the previous film ended, sees Strode and her family continuing to fend off Myers, this time with the help of the Haddonfield community.  
105 mins

## The French Dispatch

This film, directed by Wes Anderson, has been described as "a love letter to journalists set at an outpost of an American newspaper in a fictional 20th-century French city", centering on three stories. It brings to life a collection of tales published in the eponymous *The French Dispatch*, based in the fictional French city of Ennui-sur-Blasé. The film is inspired by Anderson's love of *The New Yorker*, and some characters and events in the film are based on real-life equivalents from the magazine. One of the three stories centres on the May 68 student occupation protests, inspired by Mavis Gallant's two-part article *The Events in May: A Paris Notebook*. Another story, featuring Adrien Brody's character Julien Cadazio, is based on *The Days of Duveen*, a six-part feature in *The New Yorker* on art dealer Lord Duveen.  
103 mins

## Till Death

S. K. Dale, in his directorial debut, brings this well-received action horror thriller – Emma (Megan Fox) wakes up handcuffed to her husband Mark (Eoin Macken), who then unfortunately commits suicide, leaving her shackled to him miles from anywhere. Horrors await...  
88 mins 1

# PIAN TRE

cinéart presents

MARGHERITA BUY  
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A FILM BY  
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FESTIVAL DE CANNES  
COMPETITION  
2021 OFFICIAL SELECTION

**10/11**  
AU CINÉMA  
IN THEATERS



I don't think it's very clever to  
let the kids play Cowboys  
and Indians so close to such  
a beautiful painting...



LE CHAT by Philippe Geluck

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