

# Together magazine

DEC 2021 / JAN 2022 #118

Fashion  
Beauty  
Decor,  
Festive Shopping  
Luxury watches

Wining  
& Dining  
Books  
What's On

## Travel

*Athens*  
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FINANCE  
REAL ESTATE  
EDUCATION

Charity  
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## Personal Development

Fitness  
Coaching  
Society  
Be Successful  
Superyachts



# Adele

Interview

# LIGHT ART

KNOKKE-HEIST



## LIGHT ART WALKING ROUTE THROUGH KNOKKE-HEIST

**A creative route packed with light art  
installations for young and old**

Light ART has now become an annual tradition in Knokke-Heist during the end-of-year period. The light art walk conjures up a unique atmosphere on the darkest days of the year. Not only does it offer some great art for connoisseurs, but it's also a fun outing for the whole family!

This year, the curator has drawn inspiration from some light art and music pioneers. Louis-Bertrand Castel had already created a light organ in the 18th century, which he used to try and compose light in relation to music. But composer and architect Iannis Xenakis also experimented with sound and light. The result? A sparkling, immersive light experience at the 1958 World Exhibition.

Each of Light ART's light installations are linked to a musical genre, composer or composition, which heightens the experience of the artworks. Some light artists were inspired by the music, whilst with other artworks you discover the musical links for yourself.

**Look, listen and be surprised by the interplay  
of music, sound and – above all – light.**

**4-5, 11-12, 18-19, 25-30 December**

**& 1-9 January**

**5 pm to 9 pm**





## ÉTERNITÉ

*Hommage à Vincent Van Gogh*



  
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LIVE LIFE WELL

A three-panel collage. The left panel shows a woman in a grey t-shirt and leggings performing a yoga tree pose on a mat in a room with a gold-tiled wall. The middle panel shows a person relaxing on a lounge chair by a swimming pool with large windows in the background. The right panel shows a man in a grey t-shirt boxing with red gloves.

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DISCOVER  
BRUSSELS  
IN WINTER

## Editor's LETTER

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

### ON THE COVER



Adele has received universal  
acclaim for her latest album  
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**Happy  
New Year!  
Bonne Année!  
Gelukkig  
Nieuwjaar!**

**Paul Morris**  
Editor



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Sleeping well is not a dream anymore...

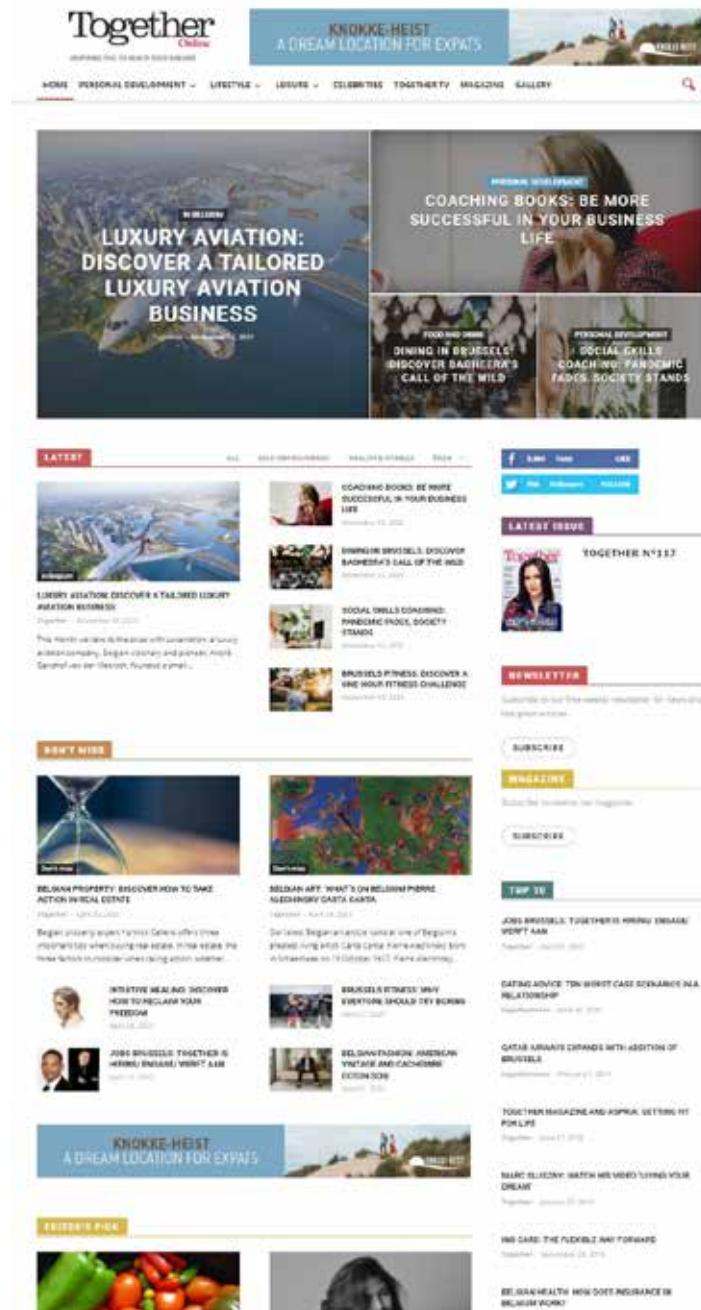


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## Luxury aviation: Discover a tailored luxury aviation business

Belgian visionary and pioneer, André Ganshof van der Meersch, founded a small company, Abelag, one of the predecessors of Luxaviation, in 1964. André studied flying in the United States and saw the immense potential of private aviation in Europe.

## Personal development: Create massive change in your life

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

## Social skills coaching: Pandemic fades, society stands

Atefeh Sadeghi suggests reinstating 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. 📞

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# Starring in Belgium



## run SOFA

run SOFA has already gone through different phases. What started as psychedelic rock has more recently evolved into raw post-punk that are up to par with their sources of inspiration. The duo from Charleroi is back with a new album: *FACE IT* whose eponymous single has just been released. The song *FACE IT* is perhaps the catchiest they've ever made, but punky vocals and in-your-face guitar solos are never far away. **4 February 2022.** AB Club: **€15**  
[www.abconcerts.be](http://www.abconcerts.be)



## Juicy

Futuristic R&B duo from Brussels launches debut album. For their first album, Julie Rens and Sasha Vovk – or JUICY – reveal a new musical identity. The duo seeks the perfect symbiosis of analogue and acoustic instruments. The new album flirts with classical connotations and the signature JUICY sound. **8 February 2022.** AB Box: **€20**  
[www.abconcerts.be](http://www.abconcerts.be)



## Milow Unplugged Tour

Milow returns to his musical roots with an intimate acoustic tour. His latest album *Lean Into Me* marks a return to the singer-songwriter sound of his early days. Already he has six albums to his name and songs that are etched in collective memory. **4 March 2022.** AB Flex: **€36**  
[www.abconcerts.be](http://www.abconcerts.be)



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# Solidarité Grands Froids: Living with dignity

The association Solidarité Grands Froids explains its mission and work

**O**ur main mission is "Help the homeless to live with dignity". In other words: helping people in moral, physical or social difficulty by organizing fundraising actions and material goods redistributed to the poor.

The main beneficiaries of our daily actions are, therefore, the homeless in the Brussels region who can benefit throughout the year from clothing, care products, shoes, etc.



## Our activities: active all year round!

Even though it is obvious that winter and cold are two factors that greatly influence our activities, we are active throughout the year through specific actions but also through distribution to the poor. Each winter, we help more than 5,000 people and more than 35 charities who have requested it.

We operate according to a solidarity scheme alongside one-off donations in kind from certain sponsors, stocks mainly come from the generosity of individuals.

## Parallel Activities

The organization of thematic events, such as Christmas or Easter, for the enjoyment of children living in precarious situations.

The education of underprivileged children, by organizing a library on emergency accommodation sites as well as the creation of an early learning games room for 0-3 year olds.

Back to school for everyone: we provide 500 school kits to children whose families are in difficulty.

Free medical care: thanks to a dispensary open to the most disadvantaged in Brussels. Because many still have no mutual insurance or medical card, which makes their access to medical care problematic.

This dispensary, run by a doctor and a nurse (both volunteers), provides reception and first aid to patients brought or referred by the roaming teams from Brussels.

We support the reintegration of precarious people into a 'normal' life through the donation of a 'starter kit' which includes the necessary for settling into permanent housing.

Thank you for your support.  
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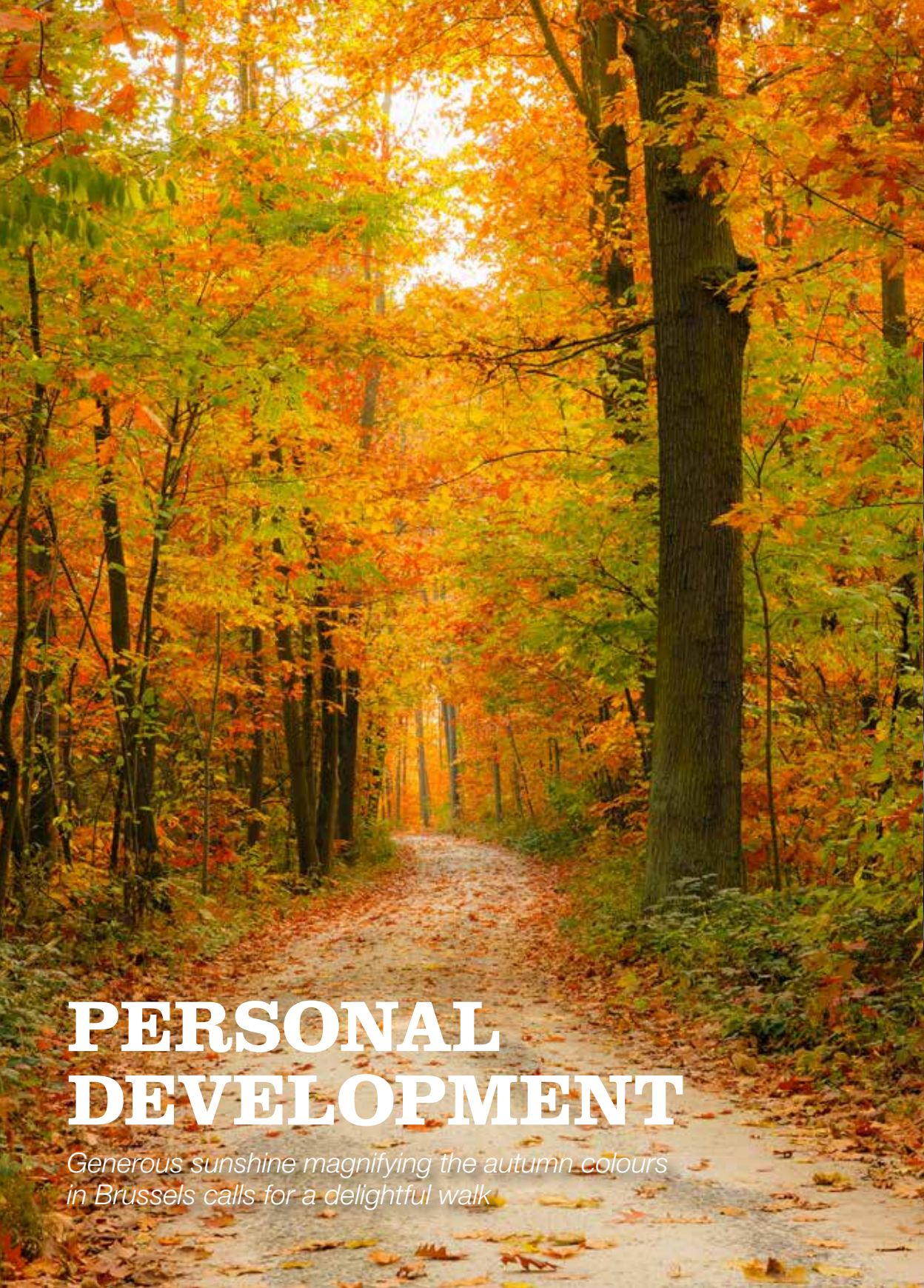


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# PERSONAL DEVELOPMENT

*Generous sunshine magnifying the autumn colours in Brussels calls for a delightful walk*

PERSONAL  
DEVELOPMENT

Fitness

## Festive Fitness: Tips for a healthy holiday

Fitness and nutrition experts at Aspria share their fitness and health advice



For many of us, the holiday season is a time when routine and moderation make way for excess and indulgence. Often, the last thing on our minds at Christmas is fitness, closely followed by healthy eating. But that initial festive fun can quickly leave us feeling sluggish. To make sure you end the year on a high - mentally and physically - our team of experts share their fitness and healthy Christmas tips while still allowing you to have much-needed fun).

### Tip 1: Balance Your Diet

Ten canapés too many. Copious cocktails. Indulgent family meals. It feels impossible to achieve a balanced diet during the festive season. Our overindulgence in higher glycemic food and unhealthy trans fats from processed snacks and meals leads to more calories than we need and big spikes in insulin production, which triggers fat storage. With too much alcohol, it's our liver and gut microbiome that suffer the most.



Fitness

“But healthy and tasty are not contradictory,” says Robin Mandler, wellbeing advisor at Aspria La Rasante, who has a degree in micronutrition. “Include low glycemic ingredients and healthy fats (higher in omega 3 fatty acids) when you prepare your dishes. For example, fruit and vegetables, pulses, wholegrain foods and protein.” From omega 3-rich fatty fish to dark chocolate, your festive food options needn’t be boring.

The truth is, if we maintain a healthy lifestyle for the majority of the time, our bodies can cope with the festive indulgence. “Try to continue physical activity and incorporate some fasts during this period,” Robin explains. “A well-known one is intermittent fasting, where you leave around 16 hours between meals - between dinner and breakfast, the following day, is the easiest one to achieve. It will help to reduce your calorie intake.”

**Tip 2: Stay In High Spirits**

The holiday season is synonymous with high energy levels. But after party no.7 or family gathering no.3, many of us would rather hibernate until the New Year. So how do we keep our spirits - and social engagements - up throughout the festive period?

Food, especially magnesium - which is essential in the production of energy at cellular level - plays a pivotal role. “Studies have shown that there is a clear link between your energy levels, and the health of your gut microbiome,” says Robin. “So you could take some probiotics each day or try a golden-latte with 250ml of warm coconut milk, 1 teaspoon of turmeric, a pinch of cinnamon and a pinch of black pepper - piperine in pepper enhances curcumin (an antioxidant) absorption.”

**Tip 3: Adapt Your Fitness Routine**

During the holiday season, sticking to a routine is unsurprisingly difficult. Fitness, in particular, is often the first to suffer. But rather than feel guilty or anxious, we should adapt - or fully embrace some time off. “Whatever your fitness goals, you won’t lose all your ‘gains’ because you indulged in a few festive meals and skipped a few training sessions (or even a week),” explains Lauriane Laurent, personal trainer at Aspria Royal La Rasante.

“So my first piece of advice is: relax and enjoy life. Worst case scenario, you gain some weight or your performance slightly decreases, but you’ll have time to get back on track.”

That said, Lauriane says there are plenty of ways to keep training during the holiday season, if your body and mind desire it. You could choose regular, shorter and more intensive sessions like HIIT, circuit training and a lot of compound movements. Or fewer, but longer and less intensive sessions. You could change your fitness routine and include more cardio to burn some extra calories. Or,

you could simply increase your NEAT (non-exercise activities thermogenesis). “People forget that walking outdoors, cooking, dancing are physical activities too,” says Lauriane.

Crucially, Lauriane recommends assessing your stress levels before embarking on fitness training during the festive season. Cortisol, a steroid hormone, is normally released in response to stress. “If you’re under a lot of pressure, lacking sleep, feeling exhausted and irritable, fitness may not be the best idea - rest and stress management may be better options,” says Lauriane. “The excessive amount of cortisol in your body could affect your immune system.

If you still want to train, focus on low intensity activities like yoga, LISS (Low Intensity Steady State training), swimming and walking. On the other hand, we know exercise is proven to help reduce stress - provided you’re under ‘normal’ stress. Everyone who exercises has experienced that feeling of a clearer mind and better mood after a good sweaty session.”

The indulgences of the festive period often lead to fitness goals forming part of our New Year’s Resolutions. But is January always the best time to start afresh? “It’s convenient because in people’s minds the new year is synonymous with a fresh start,” Lauriane explains. “But, again the best time to start working on a new goal depends on you.”

To help keep your fitness resolutions, Lauriane offers a five-step process:

**Pick a time**

Choose the right time for you to start: your mindset will be crucial, and you can’t rely on motivation alone. If you’re already tired and overwhelmed, you’ll fail.

**Ask why?**

Determine “why” you want to achieve your goals - there is no right or wrong - and remember it each time you want to give up.

**Is it smart?**

Set SMART objectives (Specific, Measurable,



Achievable, Realistic, and Timely) and celebrate each small victory.

**Find support**

Share your goals and surround yourself with supportive people. Don’t be afraid to ask for help.

**Be kind**

We’re all guilty of this, but don’t compare yourself to others. Your personal goals could be a million miles away from those of the person training next to you.

And above all, enjoy the process, be patient and trust yourself.

Visit the Magazine on [www.aspria.com](http://www.aspria.com) to find more tips for a healthy Christmas: how to support your skin and how to maintain a healthy mindset. ❶

**“RELAX  
AND ENJOY  
LIFE ”**

# Ego - Know my name

Intuitive Healer **Katarina Winslow**  
reflects on our sense of existence

*The ocean being our soul*



**T**here are many ideas about the ego out there. Even if the presence of the ego is sometimes hard to understand in its true nature, it is accepted as a concept of our individual selves. A part of you and me that wants to be seen and recognized for its existence. The ego can work wonders, but it can also conceal and protect things in its interest, believing it is for our best sake and our own safety. This can be

## “ THE FEAR WE FEEL IN THE AIR ”

damaging when the ego puts up a barrier to seeing the truth about ourselves, about others, or about the world. It feels better to let the ego be the master of our worlds because then we are sure to exist. Even if it is to the detriment of our own connectedness to other human beings, at the expense of our feelings of being part of something bigger than ourselves.

Sometimes, probably too often for our own good, our egos create discordance with the world around us instead of letting us joyfully dance with life, having a human experience together with other souls. The ego separates us from others, but it also divides us internally by keeping us from consciousness and soul.

The ego is the differentiation, our separation from the rest of the world. The ego is our individuality, blissfully expressed in the saying that we are all individual waves in the same ocean, the ocean being our soul. The danger is that when your ego becomes too prominent, you quickly lose touch with the reality that your soul is the ocean. Sometimes, you lose contact with your soul altogether; the infinite, immortal part of yourself that you were before you came here to this dual reality.

The ego started to separate, divide, weigh and cut everything to pieces, dividing you from your essence and soul. Then the ego desperately needs something to protect itself from the illusionary separation from the higher self, from the immense sea of life and humanity. It is scary to be alone in a big world when you solely identify with your ego.

You are all alone,  
just one single  
consciousness in the  
sea of consciousness,  
and you are cut off  
from your brothers

and sisters and the humanity that binds us together. Lost in the translation of the ego are the illusions that keep us from communion with life, and with the connections with others that we came here for. When the ego is not humbled it is skilled at misconceptions. Such as a lack of joining in, in the dance of life due to a fragile sense of self. Or on the other side the inflated ego that takes over the dance all together by its arrogance and selfishness. Either way, the ego is the master of illusions. It is sort of his favourite ego

game, to keep you separated from your soul. If you are more of the victim kind of person, the ego is an expert at making you suffer. Or, if you are more of a bullying kind of person, your ego is an expert in making others suffer.

Whatever side of the ego track you are, the ego knows all about separation, division, and putting things in drawers and boxes, labelling and segregating everything in our being. And separating us from one another isolates us from the common soul of humanity. The ego is the master of keeping us from feeling unified in our inner self as it is the ruler that keeps us feeling cut off from feeling part of humanity. The ego is the division in ourselves and the division from humankind.

Some egos suffer scorning and victimhood as they fail to recognize their infinite soul and the power inside. While other egos succumb to power, greed, and control of other human beings. The ego has a rainbow of possibilities to fight its survival as a dividing ally to state its suffering or dominance over the world. At the source of separation, there is always fear. Or it is the other way around. Ultimately, there is the fear of being 'just one wave' in the too vast and scary ocean. Division creates by its making of separation from the source, the existential dread that can keep us from knowing who we are.

The fear we feel in the air and see in each other's eyes since the beginning of the crisis is a blowout for our egos. Fear gives our egos significant opportunities to state its presence with force. Some egos choose to base their singularity and pride on being led. Others hold on to their media sandcastles, not willing to accept that they founded their values and importance on lies. The ego may also be inflated by establishing law and order, to the extent that it does not see that it is to the detriment of its own freedom.

## “ THEN WE ARE SURE TO EXIST ”

## “ YOUR SOUL IS THE OCEAN ”



Some even work to the loss of its singularity and value, because the ego feels its importance in having a place no matter what. Some blindly follow their infatuation with idols. It is easy for the ego to identify with somebody more famous, better, wealthier or more educated than itself because then the ego takes refuge in someone else's ego.

The ego is a feast for the beast because it dances to its own pipe without awareness of the damage to others and to itself. Evidently, the ego follows the laws of division because it is its essence. The ego always strays far from the truth when it only knows itself as a wave divided from all else. The ego does not see the ocean unless it expands its awareness to something bigger, more beautiful than its own importance.

The ego is lost or omnipotent in the sea of 'me'. Sadly, it can't see the truth of the ocean that is our shared humanity. The ego does not see the great plan and the intention for the divine synchronicity of life. It is blinded to the truth that we are all connected with one another and in the same vast sea. A meaningful life involves remembering who you are when you let your ego take the back seat and the soul has its place. Your ego is more than a separate wave and it is not alone because we are all unique waves in the ocean.



To save humanity from its own destruction we are encouraged to connect with the infinite ocean to be more than little me. It offers the possibility to see that when the ego is lost, universality exists. It invites magic into our existence when the ego knows more than itself and recognizes that the ocean is both you and me. No wave being bigger or better than another, no wave being separated from the sea. We can open up to feel the source of divinity by embracing our ego with compassionate humility. Once we understand that the ego in me and the ego in you share the aim of becoming free of itself, we will sing in jubilant harmony.

Together. ❶

## Montgomery International School: In full expansion

*Together* looks at an international school that just keeps growing



**L**ocated in the heart of Brussels, close to the major European Institutions, EIM offers young people aged 5 to 18 a bilingual French/English IB (International Baccalaureate) programme from the first primary class. Subsequently, students have the opportunity to choose a programme entirely in English from the first year of secondary school.



And there is a good reason for this: young people increasingly want to study abroad (the Netherlands, England, Italy, etc.), and families often value an education in English even if 10% of students remain to study in Belgian universities. Many international families also opt for EIM since it is located in the city and easy to access for students who travel by public transport.

In September 2021, the Montgomery International School inaugurated its new 'Broqueville Campus' located a few steps from Montgomery Square. There are five new classrooms, a black box theatre and a modern study space.

There has been important growth for this school which has no fewer than 35 different nationalities and an international environment.

But above all, EIM is attractive for its 100% success rate in the IB Diploma Programme (at the end of secondary school). As Danielle Franzen, Director of EIM, says: "In the end, the programmes offered by EIM are very appealing for all families who are looking for a quality education and school environment right at the heart of Europe. EIM's further development is not about to slow down!"

[www.ecole-montgomery.be](http://www.ecole-montgomery.be) ❶

# The secret to meditation

Karen Northshield guides you towards successful meditation



**M**editation has been around for centuries and many different forms have flourished across the globe. For the beginner, meditation can be a source of frustration and appear a waste of time. In this article, I propose a user-friendly, immediate and applicable guide, with the secret ingredients to a successful meditation practice.

Contrary to common thinking, you can reap many health benefits from even your

first practice, which supports the principle that 'less is more'. No need to go on an expensive retreat or meditate for hours on end. A 10-20 minute practice will suffice. Regularity and not quantity will make a lasting difference.

## “ WE ARE AT A DEAD END ”

**The Rule of 3: Observe; Process; Liberate/elevate/vibrate**

Observation: We often think that meditating is the ability to cancel out thoughts. If this is our objective, we are at a dead end. Humans are by definition thinking machines, and it is in

our natural ability to think. What brings sense to meditation is observing our thoughts for what they are and organizing them as we would put order in our tool shack. Meditation is, therefore, a tool to cultivate inner silence and wisdom.

The first secret to successful meditation lies in the ability to observe or contemplate without analyzing. It is the ability to sit and observe without reacting to a thought or an impulse. Observation is a quality or a competence (hence the motto 'listen more, talk less'); the difference is in responding (or not) versus reacting.

A response is delayed, rational and detached from emotion.

A reaction is immediate and full of emotions (like talking back).

A thought is a mental stimulus. You may not choose the thoughts that arise (or the situation), but you can choose how you respond to the thought/situation by observation.

If you find yourself bickering, judging your thoughts, labelling them right or wrong, you are not observing and applying the number one rule to meditation: observation is the art of cultivating one's thoughts. Observation creates clarity of thoughts, calmness and inner peace. Judgment of thoughts creates inner conflicts and states of affliction. The states of mind are different. Peace versus conflict, harmony versus disturbance. It is all in the practice of the art. The art of observing versus the desire to judge. Nobody enjoys being judged, so why would you judge your thoughts, which ultimately puts you in a state of judging yourself.

Mindful meditation is cultivating the ability to observe and to differentiate between reacting (to an impulse) and responding

(pausing, listening, thinking). It is the mindful difference. True wisdom is the ability to listen more and talk less. Cultivating silence is an art. Sometimes, it is better not to react and be stronger than one's impulse by not responding. This is inner strength in action.

Consider the popular saying: "Intelligence is asking the right question, knowledge is having the right answer, wisdom is knowing whether to say it or not."

### **Meditation is a process not an end goal**

We often want to reach our final destination and pay little or no attention to the process of getting there. We may think that reaching a goal brings happiness and so we wait for happiness to arrive. In other words, we sometimes put ourselves in an expectation mode of the outcome as a condition to experience the reward. It is like allowing the reward after the effort.

But what if the effort is the reward? More often than not we arrive at our destination and see the happiness or satisfaction dissipate. In reality, happiness is the path, not the destination. So happiness is in each step of the way, it is in the moment, not an end goal or future that has not yet come. Accepting meditation as happiness in each observable moment is the trick to pleasurable moments lost in translation.

You may never reach your destination; your direction can change at any moment. Sometimes we have little control over the destination, anything can throw us off course,

but we can find the happiness in each observable moment.

And so the second secret to meditation is in accepting meditation as a process. What is more, meditation cultivates the present moment. It requires one to live the present moment, which is the only moment we ever have. The past is no longer, the future has not yet come, the present is all we have.

## “ CULTIVATE INNER SILENCE AND WISDOM ”



Self-help

**Allow magic to happen**

If you go into meditation with expectations, you may come away with deception. If you make a fully packed bucket list for your vacation and end up doing only half, you may feel disappointed. Instead, rather than planning your vacation in detail, leave time and space for the unexpected to happen. Often magic happens when we least expect it. When we plan, we control. When we let go, we live in the present moment and allow magic to unfold. This is the final key ingredient to successful meditation.



and living the present moment, I notice subtle changes which create profound and lasting changes. It increases my awareness, expands my consciousness and brings me joy and happiness. Magic happens.

**The trick to make it last**

Meditation is an art, and when practiced with regularity and discipline it can become a lifestyle just like a martial art or a life philosophy. As with everything, like training for a marathon, learning a new language or skill, or decluttering your house, meditation takes practice and patience. We often think that more is better. It is not necessary to meditate for hours on end or to go on

retreats for three years like monks do. Regularity and quality can bring quantum changes in your life. In some case examples, it only requires a simple

daily practice of 10-20 minutes to make a visible and sensational change in our lives. Therefore, quality and being present (being in the moment) will make the difference. The quality of your practice gives you quality in your life.

Right now, right here is a good place to start. Take a few deep breaths, observe, process and allow magic to happen. ❶

**“ ART OF  
CULTIVATING  
ONE’S THOUGHTS ”**

I understood from the experience that quantity is not necessarily a good thing and that having expectations means focusing on the future rather than the process at hand. I was not once in the present moment during my Vipassana retreat. Today, I get so much more out of a mindful meditation practice lasting minutes and put my intention in the moment at hand. By observing the process

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

**Matthew Cossoloto** offers the second part two of his excellent public speaking tips

*Stand still most of the time*



In my new book, *The Joy of Public Speaking*, I provide readers with a detailed discussion about “Twenty Terrific Tips for Top-Notch Talks.” For this short article, I offer a condensed version of the second half of those twenty tips. My previous article covered the first ten tips (see *Twenty Terrific Tips for Top-Notch Talks – Part I* in the October/November 2021 issue of *Together Magazine*).

This collection of performance-related tips, techniques, and pointers is necessarily brief – ten tips of the proverbial iceberg, as it were.

For a more complete discussion, please see *The Joy of Public Speaking* (available via Amazon books).

**Tip 11:** Stand still most of the time, comfortably balanced on both feet. For most speaking situations, it’s a good idea to stand relatively still most of the time. I’m not saying be a statue, frozen stiff and motionless. But you should avoid shifting your weight from leg to leg. And don’t become a constantly moving target, pacing back and forth across the podium like a caged animal.

**Tip 12:** Use natural and deliberate hand gestures. Gesture naturally with your hands. Many accomplished speakers favor gesturing with one hand more than the other, rhythmically punctuating words and phrases with a downward thrust. President Kennedy was famous for this kind of gesture. This is akin to a musician who taps his or her foot in time with the music. Using this kind of gesture is a matter of personal style. Do what is comfortable. But be sure to watch your videotapes and make sure it doesn’t look contrived.

When you’re not using hand gestures, you should just let your arms and hands hang comfortably at your sides in a relaxed manner. Doing so conveys an impression of being poised and in command.

**Tip 13: Drink water**  
It’s perfectly fine to calmly take an occasional, unhurried sip of water. This serves several purposes. It keeps your vocal cords well lubricated so you can avoid a dry mouth, smacking lips, or scratchy throat. Taking a sip of water also gives you a chance to catch your breath, collect your thoughts, and demonstrate a relaxed command of the situation. Think of it as a *poise pause*.

Taking a drink of water is also a good way to transition to another point in the speech. In that quiet moment of refreshing reflection, you just might think of something important or humorous to say.

**Tip 14: Don’t distract the audience with keys, coins, and jewellery**  
Be sure to empty your pockets of any jingling items like keys and coins. Remove jewellery that might jangle or clunk while you speak. A big, flashy bracelet or necklace could reflect light and sparkle as you move around or gesture. You don’t want members of the audience thinking about your flashy jewellery instead of your brilliant ideas.

## “USE ACTIVE, NOT PASSIVE VERBS”

**Tip 15: Banish *ums* and *uhs*.**  
Many speakers seem to feel the need to fill every second with sounds. Perhaps because silence makes them nervous. The strings of *ums* and *uhs* that too many speakers utter between words rob them of authority and power. These annoying ‘junk sounds’, as I call them, make you appear unprepared and uncertain. They should be avoided as much as possible.

You will become a much more commanding presence on stage - and, for that matter, in media interviews - when you do so.

**Tip 16: Use lively language and catchy soundbites**  
Make an effort to use lively language, memorable words and catchy soundbites. Don’t overload your speech with them. Just drop them in at least a few times. Compelling, colourful language will help ward off audience boredom and help your audience remember your speech and key messages.

A little alliteration and words that rhyme go a long way. Paint word pictures with metaphors, similes and vivid images. Use active, not passive verbs. The key is to make your speech memorable. Lively language and a few catchy soundbites help you do that.

**Tip 17: Don’t rush**  
Take your time. Too many speakers rush through their presentations like they have to catch a plane. Remember that real, live human beings are listening to you. They’re not reading the text. The audience can’t speed listen!

Don’t try to squeeze everything you know about a topic into the allotted time. It’s better to skip less essential material than to race through too much stuff. Time your rehearsals. Then cut out some of the content before you give your talk. A rushed presentation is a form of torture for the audience. It’s a



Self-help

kind of mental waterboarding, drowning the audience with too much content. Have mercy!

**Tip 18: You are your best visual aid**

Should you use visual aids? It's an important question. Simple answer: if you use them, don't abuse them. Many of us have heard the expression: "Death by PowerPoint". If you want to be kind to your audience, think of yourself as your own best visual aid.

The focus should be on you, the speaker, not on the slides you brought along. If you do use PowerPoint, keep them simple. Edit the words on each slide to a bare minimum. Use pictures and illustrations and cartoons that make a relevant point. Uncluttered charts and graphs can be very useful.

Slides tend to sap a speech of emotion, energy, passion and the power to move and motivate an audience. Yes, slides and other visual aids have a place, but they don't always fit the moment. They should not be used as a crutch. If you use them, don't abuse them.

**Tip 19: Engage the audience with questions**

Whenever possible, pose questions to your audience during a presentation, even if they are rhetorical questions that don't actually require answers. It's important to ask questions that encourage audience members to engage, to think, to see if they can come up with the answers and to make sure they are following along with you.

Asking a few questions to 'check in' with the audience is a good habit to cultivate. It helps if you occasionally ask things like, *Did you get that?* Or *Is that clear?* Or *Are you with me?*

**Tip 20: Cultivate 'the willingness to be admired'**

My former boss, Speaker of the U.S. House of Representatives Jim Wright, made a profound observation about leadership that



I believe also applies to speakers. Looking back on his decades-long experience with numerous U.S. presidents and other leaders worldwide, Wright observed that the top leaders, the most effective leaders he had worked with, all possessed an important quality in common. He called it 'the willingness to be admired'. I think this is a keen insight.

Wright did not mean that these leaders were egotistical in their desire for public attention or admiration. Rather, they were simply willing to put themselves in the spotlight, to occupy centre stage, to serve in the glare of public attention. This willingness to be admired also applies to anyone who mounts a podium to give a speech or presentation. I believe the willingness to be admired is closely associated with being able to experience and appreciate the joy of speaking. The two qualities go hand in hand.

These ten tips – combined with the ten contained in Part I – will help you become a more compelling, confident and joyful speaker. Always speak with joy!

*About the Author*

*A former NATO speechwriter, Matthew Cossolotto is the author of The Joy of Public Speaking (order on Amazon.com). Matthew provides coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond.*  
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# A path for growth

Atefeh Sadeghi looks at an entrepreneurial mindset



Generous sunshine magnifying the autumn colours in Brussels calls for a delightful walk, and it presents a great opportunity to reflect and learn about the international society that this city hosts and what it might be missing in the hustle and bustle of EU affairs and the yearnings of an ever-growing and transforming culture: an overtaking of an entrepreneurial mindset.

Being conscious about one's own mindset is one of the greatest achievements in life that everyone can enjoy by putting some effort into knowing themselves. Whatever mindset we are tuned to has massive and profound impacts on our lives. Our mindset is what makes us recognize the opportunities but it also is what leaves us unprepared and, as a result,

and we miss favourable circumstances. It is what is fabricated beneath our unconscious self and yet it can be exposed through practice.

## “ SOME EFFORT INTO KNOWING THEMSELVES ”

What we have missed in our education systems is a teaching that enables us to employ all of our faculties of which we are aware. This system has also kept us away from discovering the aptitudes

with which we are not acquainted. The positive news is that we can still become competent in this and grow in even farther horizons than what we previously thought could be possible.

Making a commitment to ourselves to ameliorate our mindset is the first step

towards resurfacing our capability in learning and once that is ignited, the familiar ways of our thinking and acting would no longer suit us since we would be aware of the alternatives and more creative and productive ways.

As you are about to wrap up your year and intend to set yourself some resolutions for the year to come, have you considered a cognitive belief system in line with an entrepreneurial outlook?

What you interrelate as your assumptions and knowledge in order to establish new grounds to progress in your life make a huge difference to you and society. Your decisions, when informed through different perspectives can, in fact, highlight what can be inevitable in terms of changes. An entrepreneurial mindset is one that, although the term might suggest, does not solely benefit you financially. It is a behaviour adaptation that is first and foremost guided by recognising your ability to develop your desired outcomes in life.

With an entrepreneurial mindset, you would set your enthralling goals and you would be intrinsically motivated. However, you may still sometimes miss some beats and feel inadequate to be highly engaged with your own projects.

That is also part of the journey if you take on this approach. What matters is taking the ownership of your engagement or the lack of it. Look at it as a 3D sculpture or an installation at which the visitors from a large and diverse society are looking with admiration and criticism at the same time.

Some may criticize it for the success it has made, while others might admire it for its failure to deliver what the artist has intended to convey and foster. This is what you can expect from developing your mindset to be more inclusive.

What an entrepreneurial mindset offers is curiosity exposed, creativity nourished and critical thinking sharpened. It is the acknowledgement that not only success alone can bring admiration but it is the ownership of whatever comes at the crossroads of creating your life and taking it to the next level that generates affluence in every aspect. Be it failure, transformation, diverting to another path or constant dealing with uncertainty, you are in the front seat - and that is resilience.

An entrepreneurial mindset will enable you to have a more realistically ambitious approach towards the unpleasant events in which you might feel trapped. Through building your resilience higher with every situation of unpredictability and all the constraints imposed, this mindset will make you resourceful and solution-oriented because you have become aware of your full faculties.

Imagine people who walk into a museum with glowering expressions the source of which could be unknown even to themselves. After visiting a monumental figurative sculpture that has been the talk of the town for weeks, they are leaving the museum with a brightening pronouncement of the inspiration they have received. This comes from aesthetics of life and what entrepreneurial mindset engages with is in a form of aesthetic living. It is the aesthetic

living that enlightens one to search for beauty, optimistic interpretation and mindful engagement with others.

Contrary to some belief that illustrates entrepreneurial mindset as an exceptional

hereditary trait, it is more tangible and achievable than you might think. What it takes in the first instant is being aware of your thinking habits and the actions that follow your thoughts. Then, you would not only need to be open to knowledge, you would be demanded that you seek knowledge without hesitation. More and

## “ DEVELOP YOUR DESIRED OUTCOMES IN LIFE ”





in the next stages, you would want to experiment with your ideas at micro levels and gain the insight into what it can serve the society with and how it can impact the life of not just you, but also those around you.

People with entrepreneurial mindset create values by finding solutions to problems that affect their community. That is the humanistic outlook embedded within such an approach, a shift from self-focused to other-focused. An entrepreneurial thinker knows that success would be delusional if the needs of society are not taken into consideration because it is society that informs critical guidance for growth.

Another element in practicing and adapting to an entrepreneurial mindset is examining the elements of the culture and readiness to offer reliability and understanding with interactive solutions. It is crucially important to note that identifying your individuality in the collectiveness of society may often appear dispositional but in reality it is not. We have lived the fast life for decades, and we

now have reached the need for a slow life, which has been promoted through various initiatives for some time already. For a long time now, we have also been living a life in which praise has been presented to individuality.

However, society is waking up to the need for collectivism. An entrepreneurial mindset would lose its core if it does not give recognition to this need for reinventing collectivism where

individualism has been reigning. Submitting to the essentials of reality does not mean losing momentum in experiencing a high value life. On the very contrary, it means paving the grounds for the phenomena of a counter-culture which is a constant process of revisiting the ornaments that have been decorating our lives for far too long.

## “ CRITICAL THINKING SHARPENED ”

It is not complicated although it might seem so. You can measure your progress in acquiring an entrepreneurial mindset by weighing it against your sensitivity towards the multiplicity of

perception. Through this, you would realize that for whatever perception, idea, solution and whatever initiative that you face, confront or build, there are many others that match, counter or reject it entirely. You can investigate your concerns through witnessing your society and offering it a freestanding projection of possibilities.

Let an entrepreneurial mindset be the shining ornament in your life. ①



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Advertorial

# The way to love

Matchmaker **Marjorie Libourel** of the Belgian branch of Berkeley International introduction agency describes herself as a head-hunter for love.

## Head-hunter for love

Matchmaker Marjorie Libourel of the Belgian branch of Berkeley International introduction agency describes herself as a *head-hunter for love*.

A modern-day Cupid, she came to Brussels from France to work in the EU bubble, like so many she stayed but pursued a different career teaching sociology. However, after answering a mysterious job advert on LinkedIn she took an unexpected detour into matchmaking.

And she is very happy that she did. Matchmaking changed her life and gave it new meaning.

## No ordinary introduction agency

If that is an unlikely tale then it is fitting because Berkeley International is no ordinary introduction agency. Founded in London (20 years ago), it has branches across the globe including; New York, Paris, Monaco, Geneva, Luxembourg and Brussels.

However, what sets Berkeley International apart is that they specialise in bringing together people from (as they call it) *affluent*



*successful professional backgrounds.*

It caters to elite professionals such as lawyers, business leaders, medical specialists, artists and politicians.

## What makes people join an introduction agency in the age of dating apps?

As Marjorie says some of Berkeley's clients are too high profile to be on an app, some

have tried them and found them not to work and others are simply too busy to use one.

Those that join the agency in Brussels are looking to meet similar people who are accomplished, educated and worldly wise. They want someone who understands their lifestyle and can empathise with it. They want a meaningful and considered relationship based on more than a swipe.

## No algorithms required

Berkeley supplies the personal touch. Initially the client will be paired with a dedicated matchmaker for a 1 to 1 meeting.

During this meeting the matchmaker will learn of the client's wishes, the client will also understand what it is that others are looking for in a relationship. Clients can also be coached on how to overcome shyness and even given fashion advice.

Then the matchmaker will set about finding a suitable for an introduction. After each introduction the matchmaker will meet to give an evaluation on how the date went and offer further advice.

Marjorie says that this individual approach works because of the added value that the matchmaker brings. This allows the client to build a rapport with the matchmaker and vice versa

Although Marjorie warns that sometimes compromises are needed in order to achieve a positive outcome and that she will not be shy about challenging the client's preconceptions.

## The Belgian dimension

The Belgian branch of Berkeley International has existed for almost ten years in the European capital, with the majority of clients

aged between 35 and 55. There is also a good mix of Belgians and expats. The Belgian team numbers 4 with Marjorie looking after expat clients and French speakers. However, Marjorie will cast her net wide to find a match. She will not confine her search to the expat community saying that a relationship between an expat and a Belgian often makes sense.

She explains that in her experience some expat clients place high value on a support network and security in a relationship. Therefore, matching with a Belgian who has existing roots in the country makes sense and has proved to be successful.

## Investment dividends

As you might imagine given the high-achieving nature of the clients and the personal 1 to 1 attention given by the Matchmakers, a year's subscription to the Belgian branch of Berkeley International is not insubstantial.

**“ CLIENTS CAN ALSO  
BE COACHED ON  
HOW TO OVERCOME  
SHYNESS ”**

10.000 euros for the first year might seem steep but Marjorie says that it should be seen more as an investment in yourself. She says after joining many

clients become more confident and at ease with themselves.

Indeed, the investment does seem to pay dividends with the agency boasting an impressive return of around 70% of its clients in a relationship that lasts more than 6 months within the first year.

It might not work for all but this people centred, personal approach in an increasingly impersonal and algorithm shaped digital world is unique and may well be the key to unlocking a fulfilling relationship. You know what? It might just be worth giving it a go! ❶



# Wake up or get left behind

International Speaker, Peak Performance  
Trainer and Business Mentor **Arnon  
Barnes** talks about how money works



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**T**oday people are working harder than ever before and are earning the same amount, or even less money than they did in the past. Have you heard of something called inflation? Have you heard of something called money printing?

There's lots of people who are not really aware of how money works and what is happening in the financial markets. Let me keep it simple, short and to the point: today, people who have money in the bank are basically just sitting on an iceberg that is melting.

We know that money is worth less and less every year. We know inflation is getting worse and worse, regardless of what the politicians tell you and the bankers are trying to sell you. So my question to you: How are you going to protect yourself as a business owner, a business leader? As a person who's committed to achieving your financial goals and your financial objections? How are you going to protect yourself against this thing called inflation and hyperinflation? How long will you continue to accept that you have to work harder for less?



## PERSONAL DEVELOPMENT

### Coaching

People know me as an international trainer, a businessman and a business coach. I've helped entrepreneurs build their businesses, grow their companies so that they can achieve great levels of success. I talk about entrepreneurship, the psychology of success, how to create wealth and how to move from being a slave in your business to regaining your freedom, improve your finances and experience more fun in life by being a real business owner.

One of the things that I've been focused on in the last few years is helping my private clients to reposition themselves and take advantage of the greatest wealth transfer event happening at the moment. What I'm basically trying to say is that our money is constantly being corrupted, and is worth less and less and less. In reality, without understanding what is actually happening to our money in the marketplace would be what I consider to be similar to shooting yourself in your (financial) foot.

What I have done and what I've been saying for years is that there's three things you have to do if you want to grow in the challenging financial landscape that we are all currently living in:

Firstly, get educated. Educate yourself on becoming the best version of you. The best investment you can make is in yourself.

Secondly, do your research. Understand the new asset classes that are currently being born in this new world we are now living in. And, yes, I am specifically referring to Bitcoin and cryptocurrency. To be clear, I'm not a financial advisor but from my own

experience, I'm advising you that you better wake up or you will get left behind.

And the third thing you can do, is be open and accept that we're moving into a new world, into a new age of complete digitalization and that life will look very different in 10 years from now.

So, don't ignore this article, don't ignore me ringing the bell, raising that flag and telling you that if you want to keep up with modern day inflation and with all the printing that's going on you need to learn to invest your money wisely.

Remember that you are sitting on a melting iceberg, called cash. Ray Dalio said: "Cash is trash". So don't fall asleep at the financial wheel, find a way to preserve your wealth and your business, whether it be by investing funds in Bitcoin, Cryptocurrency or another asset, as long as it's growing faster than inflation. Because, in reality, most people are

asleep to what's happening in the world, and a lot of people are going to get hurt financially because of that or because they refuse to be open to how things are changing in the digital and fast changing world we live in today. Don't let that be you – ignore this message at your own peril.

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



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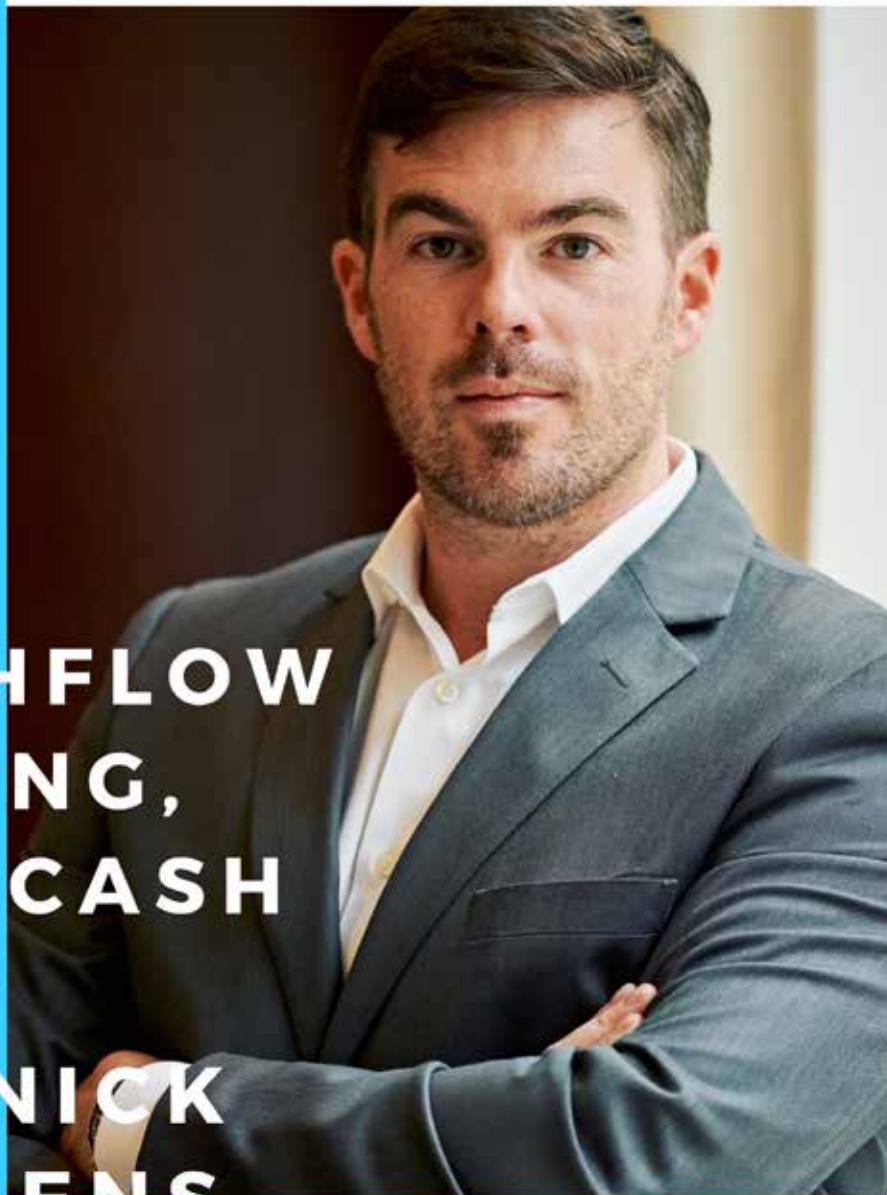
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## Be successful

Another couple of books that will help propel you to the top

### Every Moment Matters by John Sullivan

John started the *Changing the Game Project* in 2012 after two decades as a soccer player and coach on the youth, high school, college and professional level. He is the author of two #1 bestselling books, *Changing the Game: The Parents Guide to Raising Happy, High Performing Athletes*, and *Giving Youth Sports Back to our Kids* and *Every Moment Matters: How the World's Best Coaches Inspire Their Athletes and Build Championship Teams*. John's work has been featured by CNN, Outside Magazine, ESPN, NBC Sports and numerous other media entities.

John is an internationally known speaker for coaches, parents and youth sports organizations, and has spoken for TEDx, the US Olympic Committee, US Soccer, USA Wrestling, USA Swimming, Ireland Rugby, Australian Rugby League and at numerous other events throughout the US, Canada, Asia, Australia and Europe.

John brings to the table a wealth of practical, hands-on knowledge garnered through years of working with players and their families on sport specific development, parenting, coaching, and creating a player-centered environment.

John played collegiate soccer at Fordham University, where he was a team captain as a senior, and a member of the 1990 Patriot League Championship team. After a stint

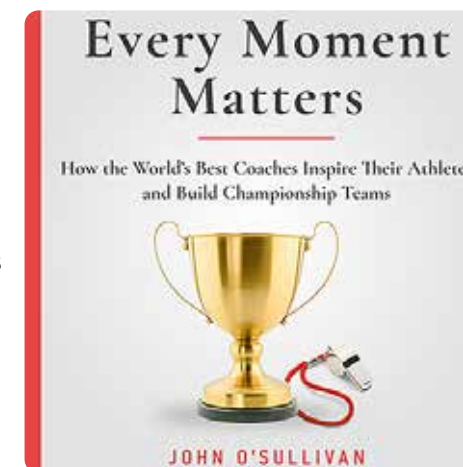
playing professionally for the Wilmington (NC) Hammerheads of the USISL, John began his coaching career as the Varsity Boys Soccer Coach at Cardinal Gibbons HS in Raleigh, NC..

How do the world's most successful coaches get the best from their athletes? How do top coaches design practices, inspire their players, and build teams that sustain their excellence season after season? How do they instill high-performing behaviors? Do they coach men and women differently?

What about coaching their own children? Most importantly, are these secrets available to the rest of us coaching youth, high school and college teams?

In *Every Moment Matters*, renowned coach educator John O'Sullivan has collected hundreds of interviews with top coaches, sport scientists, psychologists and athletes and distilled them into a blueprint for becoming a more

effective and inspiring leader. Great coaches realize something that others do not: every moment matters! You must be intentional about everything you do. Whether you are coaching your local youth soccer team, leading your high school football programme, or competing for an NCAA championship, *Every Moment Matters* will give you the tools and strategies to become the coach you always wished you had, and the coach today's athletes are craving. Get ready to have your best season ever!



Be Success

**Conscious Coaching:  
The Art and Science of  
Building Buy-In**

Brett Bartholomew is a strength and conditioning coach, author, consultant, and Founder of Art of Coaching™. His experience includes working with athletes both in the team environment and private sector along with members of the United States Special Forces and members of Fortune 500 companies.



Taken together, Brett has coached a diverse range of athletes from across 23 sports world-wide, at levels ranging from youth athletes to Olympians. He's supported numerous Super Bowl and World Series Champions, along with several professional fighters in both professional boxing as well as the UFC.

In the world of strength and conditioning, learning how to move others not just physically, but also psychologically and emotionally is paramount to getting the most out of them. People are the ultimate performance variable, and understanding how to effectively blend knowledge of proper training with the nuances of human behavior is integral to helping athletes achieve their ultimate goals. Unfortunately, while much attention has been given to the science of physical training, little attention has been given to the science of communication.

**“ NO SKILL WILL  
SEPARATE A  
COACH OR ANY  
OTHER  
PROFESSIONAL,  
MORE SO THAN  
THE ABILITY TO  
COMMUNICATE  
MORE  
EFFECTIVELY ”**

Conscious Coaching: The Art and Science of Building Buy-In bridges this gap. Listeners learn the foundational principles of improving relationships, enhancing engagement, and gaining the trust of athletes through targeted communication. And, every bit as important, listeners also learn concrete strategies to apply these principles in day-to-day coaching situations they will inevitably encounter.

The result is a game-changing book that has been used by professional sports teams, Fortune 500 companies, Universities, multinational coaching organizations and the United States Special Forces that sets the stage for coaches and leaders of all kinds to create a culture of success not only within sport, but also beyond. Conscious Coaching is a movement and its time has come.

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# Global warming: Our ecological footprint

**Dave Deruytter** looks at the underestimated cause and solution of climate change

*Famous Wangfujing snack street, Beijing, China*



**C**limate change or ‘global warming’ is high on the agenda again. Leaders all around the globe have noticed the drastic weather effects again over the summer. Indeed, the western part of North America has seen severe drought and forest fires, the same in Greece and Italy, plus in some other countries around the globe. Elsewhere, other countries have seen dramatic downpours seriously disrupting life.

There are of course many reasons for global warming, but our individual ecological footprint is the most important one. This

has led many observers to conclude that the growth of the world population is a key indicator for the future, if nothing is done to reduce the ecological footprint of the current population. Based on that, some scholars have said that as the growth rate of the world population seems to be decreasing alongside the efforts to lower our ecological impact, the issue should be relatively easily brought under control.

Although there is some value in this thinking, it lacks focus on the real key reason for global warming. Though population-related,

*Electric cars*



the chief cause of climate change is actually the very fast growth of the middle class population of the world, most noticeable in PR China. Over the past few decades China, with its breathtaking fast economic growth, has added almost as many middle class citizens to its population as the total middle class population of the EU! Indeed, several hundred millions of people have been lifted out of poverty or low income in that country alone.

**Why are middle class people so important in relation to Global warming?**

Well, they can buy a home, a car, IT, eat beef every week, go on international travel, so they can have a far larger ecological footprint compared to the rural peasants in China for example. It is not only China where the middle class is growing fast, India and other developing countries are following suit. One can expect this trend to continue for many decades to come.

Knowing this, the urgency of reducing our ecological footprint becomes clear. We need concrete, important reductions now, not by 2030 and certainly not by 2050. If everyone cleans before their own door, the whole street is clean, the whole town, the whole country, the whole world, is clean. We need carbon neutral homes, carbon neutral or low carbon mobility, food etc.

## “A VIRTUOUS CIRCLE IS POSSIBLE”

Luckily the sun is bombarding the earth every day with a lot more energy than we can ever consume. Ok, the transport of electricity is still not as efficient as we would want it to be.

However, why would people not be willing to relocate to the deserts or other places with a lot of sunlight, if they know that they will have all the electricity they want for cooling or traveling at competitive prices? Indeed, it may even be a solution for the current economic migration pressures from Africa, the regions around India and some countries in the Middle East, towards the EU.

The economic and policy solutions for  
togethermag.eu | 53



climate change issues should focus on making the polluter pay, and this should be done fast given the speed of global warming. All goods and services should have their ecological footprint number. And the higher it is, the more it should be taxed. Only when people feel the effect of climate change in their pockets will they really act accordingly. If not, there is a lot of complacency and cheap talk, by far not enough action.

At the same time, all the companies in the world should be supported in making the giant shift in the products and services they produce towards carbon neutral or low carbon. For example, car makers should be helped to produce solely electric or hydrogen cars in a few years time from now. The second hand cars resulting from that shift should be disassembled and their materials reused. Those cars should certainly not be sold to continue to pollute elsewhere. Clever startups may even refurbish such second hand cars into electric or hydrogen ones.

On the policy side, it will be important that central banks accommodate for this giant

shift in the economies by continuously and structurally providing ample liquidity to the markets. On top of low interest rates for loans, abundant liquidity should also keep the financial markets going strong, helping companies to raise capital for their 'green' transformation plans.

Ok, it will have to be paid back one day. Still, if companies have a lot of work there is high employment. If interest rates are low, there are good profits for companies. All of which will lead to extra taxes for the governments, not even counting the effect of the high taxation on products and services with a big ecological footprint.

All in all, it looks like a virtuous circle is possible. And whatever the payback later on, if any, we have no time to lose to first solve the Climate change issue. We are in this together and should act now. Of course, the developing countries should get help to also succeed. Pollution or warming does not stop at the borders of countries, it flies all around the world. ❶

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# Just the end or only the beginning

Real estate expert **Yannick Callens**  
marks our card for the year ahead



**T**he year 2021 is coming to an end, with all the usual changing situations to which we have become accustomed. As regards real estate, both national and international, it has held up well and is continuing to rise.

## Several reasons to take into account

Of course, supply and demand are the main players. Demand remains huge, and I would even say it applies to everywhere. And if supply remains constant, the pressure on prices is strongly felt.

## “ TAKE ACTION AT THE RIGHT TIME ”

Another reason to consider is inflation. Economists are talking about it a lot and especially at the end of the year when we see the price of a lot of things rising. We are even breaking an inflation record. And the prices of building materials are no exception, making construction and renovations more expensive.

The third is that the pandemic has put the market on hold for more than a year. A lot of new construction was in the closet in 'standby' mode. Today, they're on their way... but with new prices, as I explained above.

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Another reason to take into account, and this one is more 'human', is the feeling of security or insecurity, deciding how we feel about it and our views on the state of the world.

#### Crisis or opportunity

Real estate remains a safe haven in times of uncertainty. And the uncertainty we face with it every day, especially now. Every week, we have new rules to juggle with and we will continue to juggle in the (near) future.

## “ THE FEELING OF SECURITY OR INSECURITY ”

My advice to you is to anticipate and analyze the market in which you wish to invest in advance. Take action at the right time, and if that moment calls for a few days or weeks of reflection, take it! We are at the end of a year or the beginning of a new year, of your new life. I let you choose! You have the power over this decision. I already know which one I'm taking.

Add up what you are doing and you are going to see all the beautiful things that

are going to happen to you. It's the same strategy for real estate. At first, you won't see small results but over time you will be surprised. Take my word as an investor. I apply this in everything I do: health, finance, business, real estate, relationships and even fun and pleasure. Take this time of year to put new goals in place, or to adapt your existing goals to the current situation. We evolve and we can move. As I explain to my students:

“We are not trees, we can move. So move on and move forward in the right direction!”

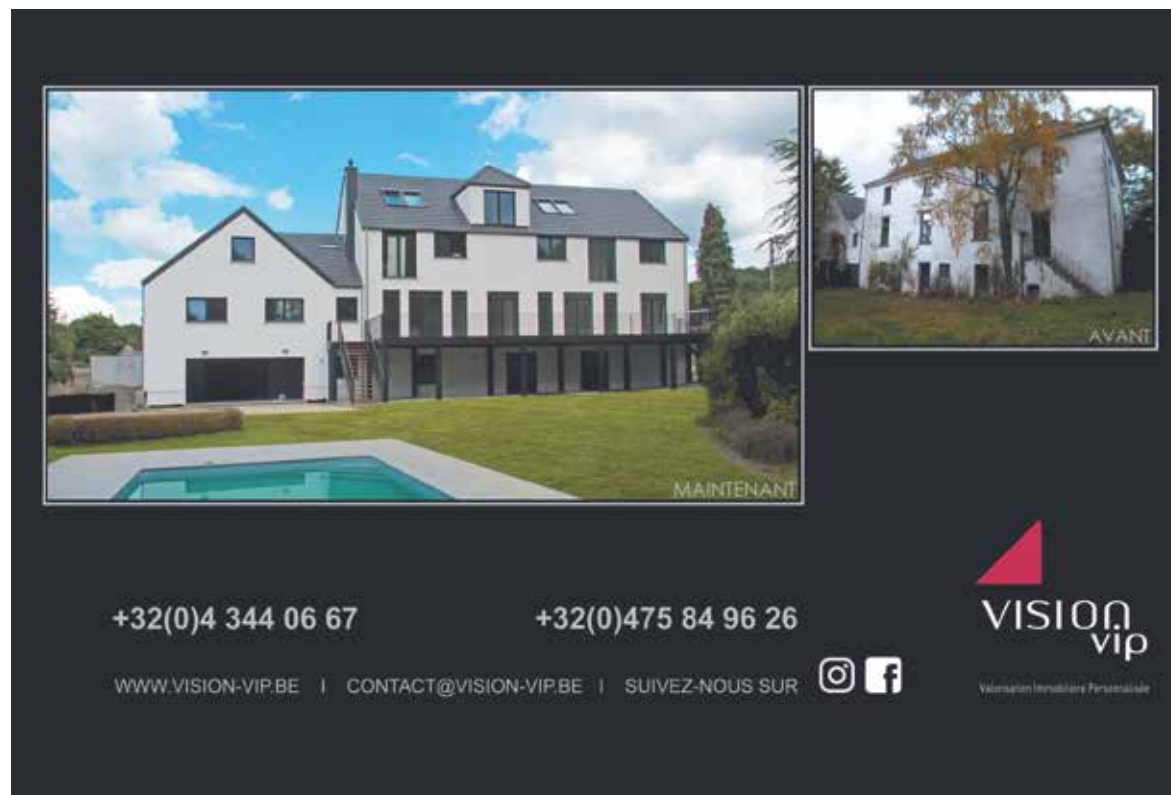
I wish you a good start to this new year. Take the positives from the past and distance yourself from what you no longer want. Say to yourself: "It feels good and it's easy." And my ultimate belief is that the best is yet to come!

*If you wish to have real estate advice, do not hesitate to send an email to [info@immo-champion.com](mailto:info@immo-champion.com)*



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# LIFESTYLE

*Of course I'm never into trends or certain trending colours.  
Our way of working is a mindset*



## LIFESTYLE

Luxury

# MYBA Superyachts: Floating pieces of art

*Together* spoke to MYBA board member **Eleonora Pitasso**



**H**ow has women's involvement in yachting developed over the years? Working in yachting as a professional derives from a traditional and conservative maritime world, which in the past years has become progressively more accessible to all individuals, while in the past was a predominantly male-dominated culture.

The maritime society has become more accessible to people, and, consequently, women initiating their own career paths have gravitated toward this field, and it seems like a natural evolution of the sector.

I started my career over 16 years ago, and I've been happily seeing more and more women entering the yachting world. Countries like Monaco, France, Italy, The Netherlands and the UK have spread a larger word to students and universities. Today, we see more access and the presence of specific training courses, (see the MYBA Superyacht Broker Seminars) dedicated lessons and a larger number of professional women levelling up to Manager/Broker and to other leading roles within their companies and particularly in Yacht Management, Technical Superintendency and Brokerage. I'm confident this number is due to increase further in the next decade.



### Luxury

MYBA itself has worked with academic establishments in the UK to draw attention to our industry at the graduate and post-graduate level (London School of Economics and Queen Mary University of London).

#### What do you do for MYBA?

At MYBA I'm an Individual Member and part of the Board under the Global Initiatives Committee. As mentioned above, yachting has been developing at a broader scale with new generations rising; MYBA is promoting several areas of operational and commercial activity and supporting individuals aiming to improve their skills and support the community with one voice. For example, MYBA is a member of the board of the Maritime Skills Alliance in London. With this Committee I investigate ways to further enhance the initiatives of the Association among members and potential members.

#### Why yachting and what was your inspiration?

Yachting is usually classified as a structural part of the Luxury Goods industry: it's a fascinating and niche market, a small world where usually professionals consider themselves part of a rather secluded community.

My inspiration to be increasingly part of yachting derives from the beauty that results in the final product: a superyacht! I'll never stop introducing the world of yachting without saying that a 30m yacht is constituted of 15,000 parts. An owner's dream shaped by skilful hands and countless hours of work and expertise, a floating piece of art that can take his/her owner wherever he/she wishes to go, the ultimate escape and the ultimate intimate shelter for his/her beloved ones. It's an idea that never leaves me.

#### What are the three key tasks of MYBA as a whole?

Founded in 1984, MYBA is the pillar of today's charter and sales activity







regulation. It endeavours to maintain the highest quality. Over the years, the Association has given life to a significantly important Charter Agreement and to an Electronic Memorandum of Agreement that still lead the current transactions of the industry. These documents are a pluriannual investment of many professionals discussing the best legal and commercial points to make sure Charterers or Sales Clients see their interests protected in line with the present times and regulations.

On a second note, MYBA manages its relationship with other industry associations to ensure support or harmonization of complementary initiatives regarding charter,

## “ A NATURAL EVOLUTION OF THE SECTOR ”

sales and yacht operations, spanning from charter shows to sales open days as well as a presence at international maritime

organizations which seek compliance information on maritime rules.

On a third note, MYBA is making sure that a code of ethics is followed and respected by its members

and, more than ever, that a commitment to sustainability is promoted and followed in the Association.

[www.myba-association.com](http://www.myba-association.com)



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# TOUS LES MATINS DU MONDE

Photographer: **Xavier F.Martin**

Art Director: **Nicholas Sirot**

Hair & make up: **Elke Binnemans**  
with **Sisley cosmetics** and **Kevin Murphy**

Model: **Laurence V@dominiquemodels.com**  
& **Théo@IMMbruxelles.com**

thank to **Yelle@livingroom.be** for retouching photos

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Him: Total look **Dior** Necklace: **Ti Sento** Her: Total look & necklace **Dior**





Him: Using **Sisley cosmetics** for make up: • Sisleyum • Instant perfect • Instant glow •  
Phyto-teint nude 00N pearl + 000N snow • Eye concealer with botanical extracts 1 • Lip twist 16 balm

Him: Jacket **Stand Studio** Trousers: **Cos** Shirt: **Kooples** Rings: **Ti Sento**



Her dress **H&M** Using **Sisley cosmetics** for make up: Restorative facial cream• Instant perfect• Instant glow• Phyto-teint nude 00N pearl + 000N snow• Eye concealer with botanical extracts 1• Phyto-sourcil design chatain• Phyto-sourcil fix 0• Phyto-mascara ultra-stretch 1 black



Her: Total look **Dior**  
Necklaces **Olivia Hainaut**





Him:Jacket **Pinko** Scarf **Zara**



Hermessence Osmanthe Yunnan . Twilly Eau Ginger .Handbag Boucle seller . Bracelet in enamel: The main **Hermès**



Medium & Micro handbags »Lady Dior »Lip Maximizer Dior Addict . Dior Backstage eye palette. Capture Totale cell energy. Nail Polish N°080 . Precious Body Mist & Roller-Pearl J'ADORE: The main **Christian Dior**

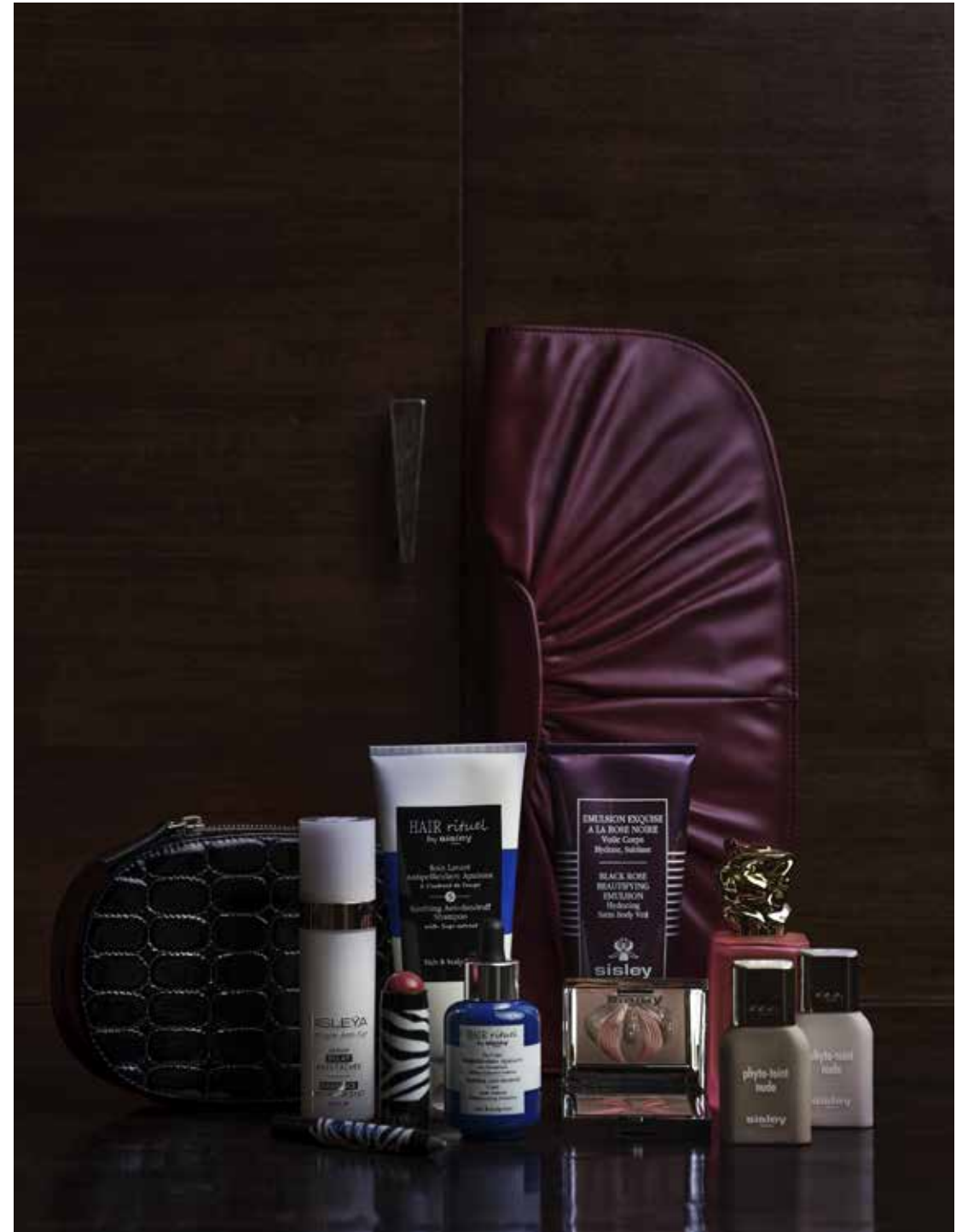


Insects Brooches & Necklaces: **Olivia Hainaut** From top to bottom: Scented candle The ritual of Jing - Fragrance sticks Ritual of Mehr - Private Collection savage Garden scented candle - Elixir Collection scrub & shampoo sugar crystals & argan oil - Private Collection Fragrance sticks savage Garden - Elixir Collection keratin recovery hair mask: The main **Rituals...**





From left right: Face cream **Acqua Di Parma** - Shampoo Deep Feed **L' ARIN Antwerp** - **Coach** Dreams Sunset - **N°5 Chanel** eau de parfum - Bracelet multicolor in enamel **FreyWille** - **Trussardi** eau de parfum - Detox+Defense Algae serum **by Routinely** - Candle hotel **La Mamounia** - **Van Cleef & Arpels** Orchid Leather collection extraordinaire - Reset Bakuchiol serum **by Routinely** - **Aqua Di Parma** Oud & Spice eau de parfum -Bracelet **Dinh-Van** - Super Berry bath & shower oil & Miracle Facial oil **Evolve to Mahalo shop** - Awakening Ferment eye serum **by Routinely** - Handbag **Mama Benz**



Handbags **Octogony** - Serum éclat l'integral anti-age anti taches Sysleya - Phyto Blush Twist n°7 - lying down Phyto eye twist n°16 - Soothing anti- dandruff Shampoo & Cure - Black Rose Beautifying Emulsion hydrating satin Body - L' Orchidée highlighter blush with white lily - Phyto -Teint Nude N°3W1 &N°000N - Eau de Parfum Eau du Soir : The main **Sisley cosmetics**

Luxury

# Atelier Jalaper: Luxury watchmaking meets classic cars

Atelier Jalaper combines the best that both have to offer

Photo © Atelier Jalaper Louis Jalaper & Simon Szeleper



**T**he latest accessory from Atelier Jalaper uses the bonnet of an authenticated Aston Martin DB5 to craft stand-out timepieces.

Founded by young and passionate entrepreneurs, Simon Szeleper and Louis Jalaper, the Belgium-based Atelier Jalaper is the latest luxury watch brand to launch in the UK, giving consumers a chance to wear a legend on their wrist. The goal behind these stunning timepieces is to subtly evoke the

emotions inspired by the world-renowned automobile, perhaps one of the most iconic cars ever created, both in the UK and worldwide.

The Aston Martin DB5 was manufactured for just three years, back in the 1960s, with fewer than 1,100 ever made (until production restarted in 2020), inspiring Simon and Louis to take this legendary status and, over the span of two years, craft watches worthy of the same prestige. The founders' aim was

to unite the innovation and sophistication of their two favourite things; classic cars, and luxury timepieces, meaning every Atelier Jalaper watch is crafted using metal from the bonnet of an authenticated Aston Martin DB5, which is a visible part of the eye-catching design.

Atelier Jalaper was born from the meeting of Simon and Louis at Parisian business school ESCP, where they discovered their shared passion for the luxury world and bold, new ideas. After years of research, design and finding the right partners - including of course an Aston Martin DB5 itself - to bring their dream timepiece to life, Atelier Jalaper launched in France and Belgium in 2019. A 30-day kickstarter campaign for the project raised €125,000, and since then, whilst focusing on the French and Belgian markets, the brand has proved popular amongst watch lovers across the globe, including the US, Australia, Japan and most recently the UK.

So far, the Atelier Jalaper range consists of four limited-edition offerings, with just 600 available. The AJ001 (left) displays the date, whilst the AJ002 (right), displays both day and date - each is available in silver and black.

Throughout the creation of Atelier Jalaper, Simon and Louis have only partnered with the best: the watches are all fully overseen and assembled in Switzerland, with the brand beginning with two years of research and development at La Chaux-de-Fonds, perfecting the design with Stephan Muller, owner of a watch-making factory there. Stephan was chosen to help in the developmental stage, and was instrumental in the task of turning a car bonnet from the 1960s into 600 watch faces.

Extracting the metal discs was a hugely delicate task that required vast expertise and preparation, to ensure the metal's integrity and longevity were not impacted. The design itself was another exacting process,



Photo © Atelier Jalaper

with measurements taken in microns for total accuracy. The pair collaborated with Constantin Sohler, a talented industrial designer, with past experience in the luxury world, including with Land Rover and Jaguar. He incorporated references to the DB5 throughout, including guilloché at 6 and 12 o'clock in the shade of the car's iconic front grill, and indexes inspired by the DB5's speedometer. Simon and Louis are passionate about classic style and are hugely proud to have created this series.

The AJ001 retails for €800 in silver and €880 in black, whilst the AJ002 is available for €1,080 in silver and €1,150 in black.

## About Atelier Jalaper:

Louis Jalaper and Simon Szeleper launched Atelier Jalaper in 2019, after meeting at university, and worked on the prototype for two years before launching the brand. The duo is now preparing to announce a second collection, this time dedicated to the iconic Lamborghini Miura. For Atelier Jalaper, it is also and above all a perfect match between a cutting-edge mechanic and a fluid and elegant style, of this Italian legend.

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



Luxury

# Hamilton watches: An icon resurrected for the future

This month we look at a luxury timepiece company heading for a retro future



In 1970, Hamilton debuted the world's first digital watch to a disbelieving audience. Over 50 years later, the company is celebrating belief in the unbelievable with the Hamilton PSR MTX. Inspired by a digital universe synonymous with challenging the status quo, the limited-edition watch is ready to lead us into tomorrow.

In 1999, *The Matrix* asked viewers to free our minds – to choose a safe but false future

or to enter a dangerous reality and fight for freedom. The saga continues in *The Matrix Resurrections* directed by Lana Wachowski, with Keanu Reeves and Carrie-Anne Moss reprising their iconic roles as Neo and Trinity. Just as the groundbreaking film franchise rewrote the rules of science fiction cinema, the original Hamilton Pulsar – reborn in 2020 as the PSR – stands as a symbol of the space-age futurism that led us into the 21st century's increasingly digital-centric world.



*The Matrix Resurrections*, Warner Bros. Pictures

As a nod to innovation in both film and watchmaking, Hamilton has applied the tech wear look of the *Matrix* universe to the similarly retro-futuristic design of another digital icon.

## Digital immersion

Join the ranks of Neo, Trinity, Morpheus and more with a style that stands out in any reality with the Hamilton PSR MTX. Limited to 1,999 pieces in honour of the original film's premiere, the sleek, all-black timepiece celebrates the return to the Matrix with green LCD numerals and the movie's immediately recognizable digital rain pattern inscribed on the case back and on the watch's special packaging.

At the heart of cinema for almost a century, Hamilton watches are a favourite choice of filmmakers with appearances in over 500 movies since our first starring role in the



## “FREE OUR MINDS”

1932 classic *Shanghai Express*. In recent years, Hamilton's innovative designs have given the company a particular lineage in sci-fi blockbusters, including *Tenet*, *Interstellar* and more.

With a unique combination of cult classic appeal and retro-tech style, the PSR MTX brings the film's legacy of heroic revolution straight to the wrist.

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

Fashion

# Jan-Jan Van Essche: Folklore for the future

Fashion expert **Veerle Windels** highlights another local talent



“Maybe I am more of a tailor than a fashion designer”, says Jan-Jan Van Essche, the Antwerp-based designer, sitting in his large workshop on the outskirts of the city. “On the other hand... if you put all catalogues in one row next to one another, you’ll immediately find the *fil rouge* that is so typical of the work of a fashion designer. I guess that is powerful.” And he’s right. Even the people behind the *Chambre Syndicale de la mode* in Paris have finally acknowledged his talent. This spring, Jan-Jan was invited onto the calendar, thus finding his name in between hot shot designers such as Dior and Junya Watanabe.

Jan-Jan studied fashion at the fashion department of the Royal Academy in Antwerp and dreamed of a collection of

his own. But it was only after a long trip in Africa that he ventured out into the business. “My first series of T-shirts were the result of travelling through Mali and Senegal for three months,” recalls Jan-Jan. “I had witnessed people walking in the streets and enjoying their freedom of movement, wearing their so-called ‘boubou’. I took those squares and used them as a basis for a tunic; I’ve never stopped playing with those forms. You’ll see I’m almost a mathematician, if you take a closer look at my work.”

He always starts with the fabrics. Jan-Jan buys them in Japan or Italy. Each collection is a result of new ideas, but they never stand alone, each collection is the result of the former one. It’s a single thread of ideas on how to see fashion evolving. Sometimes





## Fashion

pieces are hardly different from former collections but that is the point. They are still essential to him and to his style.

"Of course I'm never into trends or certain trending colours", he says. "I've never worked like that. Our way of working is a mindset. We offer honest fashion and are very transparent in our way of working. I often get told that my clothes offer solace. And believe it or not, one of my earlier collections was called Solace."

More than ten years of working has resulted in a strong fanbase. Often his clients are young people who need to save up money to buy one piece, but even 60-plus fans buy into the brand: they find that his clothes give them the freedom they missed for years. Jan-Jan explains: "Our biggest fans live in Japan. Where people often need to drive for two hours to find the store they want to visit. While here so much complaining is done because our Antwerp store is located twenty minutes from the city centre (*smiles*). Oh, how I love Japan, we were supposed to go there again last year, just days before the first lockdown stopped us all in our steps.

The idea was to go with the whole team and to visit several shop owners there. Japanese working clothes have always been a huge inspiration to me. I often start from the kimono pattern, but then add Western touches to it, thus combining the best of both worlds, cultures intertwining so to speak. Japanese love these kinds of small details and they adore my way of working. Always building on what I've done

## “ HIS CLOTHES GIVE THEM THE FREEDOM ”



before. Never giving up on my mission." Jan-Jan's business may be small, but he is super happy to sell to some 35 shops worldwide. That's not huge in terms of turnover, but it feels very okay to him. As long as he can go on, he's happy. And so are his fans. "Craftsmanship is what inspires me. And other cultures of course. I've always felt like a nomad, travelling the world and talking to people I can learn from. What I find interesting: in all cultures, fashion is a universal thing."

He asks: "Did you know that the same form of tunic that was everywhere during French medieval times can still be found in Turkey today? Those kinds of stories truly trigger

me. And I strongly believe I work in the same tradition, as if I'm supposed to hand over my work to yet another generation of craftsmen. This is folklore for the future. It has nothing to do with nostalgia, it is a story full of hope."

### Who is Jan-Jan Van Essche?

Born in Antwerp in 1980  
Studied fashion at the royal academy of Antwerp (graduated in 2003)  
Started his Atelier Solarhop and his collection in 2008  
Was a teacher at the The Hague Royal Academy from 2014 until 2019

Got invited to the official calendar of the Chambre Syndicale de la mode in Paris this Spring  
[www.janjanvanessche.com](http://www.janjanvanessche.com) ❶

## “ NEVER GIVING UP ON MY MISSION ”

## A collaboration of perfect harmony between a young Belgian creator and her mother, both fully invested and knowledgeable in the world of Gems and Rocks

“

"Mère et Fille" was created in 2014. Today, Ghislaine and Laurence Marie work together in perfect harmony for you! (Appointment only)

”



Their passion and knowledge in rocks and gems allows them to present beautifully unique as well as traditionally gorgeous rocks and pieces of jewellery and put forward their shine and value. "Mère et Fille" is offering collections of rings, necklaces, bracelets, ear rings and cufflinks. They can also handle any and all special requests.



### Special request designs.

Creativity is in "Mère et Fille" blood, the perfect harmony between Marie Laurence's designs and Ghislaine expert analysis creates some great atmosphere and dynamic.

2010 is the year the story started. Ghislaine, freshly home from India with a shoddy saphir gem thought to be authentic. Determined to never be caught out again, she signs up for Gemology courses with the Belgian Gemology Society and within 2 years, she obtains Belgian and European diplomas in Gemology. She also has a diploma from the Hoge Raad van Diamant in Antwerp. Throughout those 2 years, Laurence Marie began to make doodles of jewellery and fell asleep to images in her head of new and exciting designs. Fresh out of school, she gets her diplomas in Jewellery Design, Gemology and Diamonds at the Gemological Institute of America.

Ghislaine takes care of finding and analysing the rocks and gems. Laurence Marie designs the rings, ear rings, necklaces, bracelets and any other small jewellery for any budget. Standing down for no one or nothing, these women love giving your old jewellery a new spark of life.

### Engagement rings

"Mère et Fille" listens to the couple's needs. They organise multiple meetings to ensure that you have found THE rock and THE design that celebrates your love in the best possible way.

### An exceptional event,

exceptional jewellery, honeymoon, birth, birthdays, anniversaries... or simply for the fun of it. "Mère et Fille" listens to their customers, they help you translate your wants into concrete designs and help you to commemorate easier.

### Relooking and transformation

Old jewellery lying in a drawer? Bring it in to "Mère et Fille" and they will take care of your old rusty metal and bring it back to its former glory all while adding their own sense of design.



After



Before

MÈRE & FILLE

# Festive shopping



### Brume de Longueville

Brume de Longueville creations for all those who love Made in Belgium jewellery. Choker Brume de Longueville Lucky Elephant Black: **€100**  
[www.brumedelongueville.be](http://www.brumedelongueville.be)

### Amalys

The Belgian watch brand Amalys is reissuing its three iconic watches - the fabulous round watches Manon, Odile and Valentine. They are accompanied by a delicate jewel bracelet, also signed Amalys. The set is presented in a very chic and durable box since it can be used as a jewellery box afterwards. All watches are made of steel

and benefit from the Seiko movement. An unrivalled quality/ price ratio with an average selling price of **€129**. For each collection, a series of interchangeable bracelets in three seconds allows you to change your look, colour, material... as you wish. Find a reseller store:

[www.amalys.com/fr/magasins](http://www.amalys.com/fr/magasins)







**Maison de Greef - Dunhill**

Dunhill has grown into a quintessentially British luxury brand, specializing in ready-to-wear, custom and bespoke menswear, leather goods and accessories. Maison de Greef works with them for their beautiful accessories such as this Gold Plated Mini Lighter: **€575**  
[www.maisondegreef.com](http://www.maisondegreef.com)

**Maison De Greef**  
Maison De Greef. Diamonds, white gold earrings set with cushion cut diamonds, fancy brown: **€4,250**  
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### Senteurs d'ailleurs

Giving a candle is always a success. Especially when it comes from the Senteurs d'ailleurs shop. Diptyque Boutique Biscuit scented candle: **€65**  
[www.senteursdailleurs.com](http://www.senteursdailleurs.com)

### Sage's kitchen appliances

If you're looking for a foodie gift, Sage's kitchen appliances are the way to go. With its 14 shortcuts, this cooker lets you make a myriad of delicious dishes with just a few button presses. Use it for pressure cooking, slow cooking, steaming, stir-frying, stews, risotto and more. The Fast Slow Go: **€199.90**  
[www.sageappliances.com](http://www.sageappliances.com)



### Savonneries Bruxelloises

Nice gift ideas for the end of the year at Savonneries Bruxelloises. The pop-up store (until the end of December 2021) is located in the Galeries Royales in the heart of Brussels. The shop offers the possibility of cutting and stamping your own soap. Wednesday to Sunday from 11 a.m. to 6 p.m. Or on the Savonneries Bruxelloises E-shop des Savonneries Bruxelloises



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Shopping

**Cycleur de Luxe**

We love this hyper trendy pair of Cycleur de Luxe shoes. This Belgian brand of fashion shoes and luxury travel bags draws its inspiration from the rich history of Belgian cycling. Join the #cyclermovement to motivate people to live healthy and fashionable lives: REINE

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



**Saucony**

The fact that Saucony left its mark on running centuries ago is now undeniable. The historic American shoe brand can boast of having invented the running shoe and has a rich heritage in the athletic world. From a humble shoe factory in Pennsylvania in the 19th century, Saucony grew into a revolutionary running brand and by the 20th century grew into an international sports brand renowned for the quality and innovation of its shoes. Saucony, Grid Web: €159. Megabyte Grid Azura 2000: €159 [www.saucony.com](http://www.saucony.com)



**Caesar: The passion for craftsmanship**

Located on Avenue Louise in Brussels offers all lovers of know-how the opportunity to wear unique pieces. Ruben Caesar offers tailor-made and personalized costumes, with a style that combines experience and creativity. He works with great master tailors in Italy. Custom-made suits, shirts (collar, cuffs, buttons, tabs, initials), accessories (suspenders, ties or socks). The Maison also works with Fratelli Rossetti for shoes. Ideal for all the occasions a man may have in his life, but also to have fun. A well-tailored suit and a fabric found by Ruben will make all the difference! At Caesar, we also discover the beautiful creations of Esmeralda Ammoun. [www.esmeralda-ammoun.com](http://www.esmeralda-ammoun.com) Maison Caesar also has the opportunity to collaborate with Elvis Pompilio. [www.elvispompilio.com](http://www.elvispompilio.com) [www.rubencesar.com](http://www.rubencesar.com)



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#### Taittinger

The Counts of Champagne Taittinger are the flowers of the House's champagnes. Much more than just bottles of bubbles, these special cuvées are the expression of all the expertise and style of Maison Taittinger. Born from the symbiosis between a sunny spring and a rainy summer, the 2011 Comtes de Champagne Blanc de Blancs reveals notes of gingerbread and liquorice, and delicate fruit aromas such as vine peach. Generous, suave and slightly iodized, it is the perfect accompaniment to a starter based on seafood, shellfish or fish. With Taittinger the festive season is a hit!  
[www.taittinger.com](http://www.taittinger.com)



#### Vineaste: A gift idea that lasts

The holiday season is upon us, and the lack of gift inspiration begins to make us tremble. But do not panic! Vineaste turns out to be the perfect gift for both amateurs and connoisseurs. In the form of a minimum subscription of three months, this gift promises several months of pleasure, something to lift minds and taste buds.

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



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WATCHES

*A pilot watch*  
**STRAIGHT FROM  
BELGIUM**



DISCOVER NOW



What do fighter squadrons in Belgium, Romania and a certain member of a certain European royal family have in common? They wear Gavox watches! Gavox is a young and growing watch brand based in Brussels, Belgium. Founded by Michael Happe 2011, Gavox has quickly become a darling of watch fans who are looking for something different.

The first Gavox was the Curtiss wasas launched one year later in 2012. It has been followed by a steady succession of offerings both quartz and mechanical. With both dress watches and military and aviation inspired timekeepers, Gavox does not make for everyone, Gavox makes watches for those looking for something a little bit different.

Gavox offers affordable quartz and mechanical watches that while accessible, are anything but common. Each Gavox watch possesses something special, something unique and unexpected. A chronograph with an alarm, a pilot's watch that can double as a dive watch, and perhaps the most ambitious watch ever attempted by a small-scale, micro brand – the Aurora. A pilot's watch that contains a chronograph, moon phase, day/date, and second time zone. But not just any second time zone, the Aurora is adjustable by 15 minute increments to accommodate the 20% of the world's population that does not live in a standard time zone! We encourage you to visit them online and learn more about !

WWW.GAVOX.COM

**LIFESTYLE**

Shopping

# The Boys Wishlist



**Eden Park** Silk bow tie. Price: **€90**

**Eden Park** Bi-material gloves. Price: **€55**



**29th OCTOBER**  
Perfecto Freddy. Price: **€799**

## LIFESTYLE

### Shopping



**Hamilton** Khaki Field  
Titanium Far Cry  
Limited Edition. Price:  
**€1,045**



**Hind Rabii** -  
T-Cotta Lamp.  
Price: from **€890**



**Marie's  
Corner**  
- Perry  
armchair.  
Price: **€1,320**

### Teeling Whiskey

Descendant of Walter Teeling, famous whiskey producer in the 18th century, Jack and Stephen Teeling, proudly opened their new distillery in 2015. The Teeling Whiskey Distillery and today a young distillery, established in Dublin for more than 125 years. Teeling is renowned for its vision and its habit of shifting the lines. The whiskeys incorporate this character trait of the house. The delicate base of Irish Whiskey is the canvas on which flavour and character are added. Variations in maturation time,

style and number of barrels used add to the subtlety and complexity of the flavours. In this case the Teeling Small Batch blend is made from the blend of malt and grain whiskeys, with a finish in ex-Nicaraguan rum casks. [www.teelingwhiskey.com](http://www.teelingwhiskey.com)



## A LOUNGE, A BAR, A CONCEPT STORE AND A CIGAR SHOP.

A haven for cigar aficionados, but also a place for those who wish to discover. Cigar Lounge 33 promotes everlasting conversations started with and ending in cigars.



Shopping

# The magical countdown to Christmas...

## Advent Calendar April

An Advent calendar that is as pretty as it is full. The wait will seem sweeter along with 24 makeup products and accessories just begging to be tried: **€29.90**  
[www.april-beauty.be](http://www.april-beauty.be)



## Pagoda Teas Advent Calendar

Immediate embarkation for India which inspires this festive calendar and is adorned with its most beautiful deep red, symbol of joy and love and is dressed in golden patterns inspired by the most beautiful palaces of the Maharajas. We discover an organic assortment that could not be more exhaustive with 24 references of teas, infusions and rooibos, inherited from the ancestral know-how of the tea masters, all exceptional bestsellers of the brand which take us on a dreamlike journey as we wait for Christmas. The perfect Calendar for tea and infusion lovers who will discover compositions as surprising as they are varied: **€19.80**  
[www.thesdelapagode.com](http://www.thesdelapagode.com)



## Babor Advent Calendar

Invitation to a 24-day trip rich in discovery. The design is enchanting just like the BABOR Precious Collection Ampoule Concentrates; These special bulbs are included for the first time in the calendar. Behind the 24 windows hide precious light bulbs with targeted action. Day after day, they work to give you radiant, youthful skin for Christmas. To personalize or not: From **€74.90 to €79.90**  
[be.babor.com](http://be.babor.com)



## 3D Rituals Advent Calendar

Count the days until Christmas by building your festive Advent village and enjoying 24 wonderful surprises. This version of the Advent calendar contains even more luxurious gifts, such as the new Ritual of Mehr Body Mousse to Oil, various mini-candles from the private collection, Sakura - Rêve de Hanami Eau de Parfum, The Ritual of Oudh Foaming Shower Gel and many other goodies: **€89.50**  
[www.rituals.com](http://www.rituals.com)



Shopping decor

# Shopping decor



## The Fine Cotton Company

Kendal Herringbone Blues and Yellow Merino Wool Blankets. Woven in the UK, this luxurious and super soft merino lambswool throw in pale grey comes with a subtle herringbone design and finished with a rolled

fringe. Perfect for adding texture and warmth to interiors, in both standard and extra-long lengths, these throws are just the thing for artfully throwing over beds and sofas to create a luxurious and comforting look: **€180** [www.thefinecottoncompany.com](http://www.thefinecottoncompany.com)



## The French Bedroom Co

Mimosa Yellow Upholstered Bed. Mimosa flowers are little yellow puffs that radiate sunshine, positivity and happiness, which is exactly how it feels to wake up in this bed. The drink of the same name, often taken with decadent weekend or holiday brunch, combines champagne and orange juice to create the same fresh, positive colour. Waking up in the Mimosa Bed is like toasting life every day. A bed that wraps you in comfort and serenity the impressive headboard is finished with curved side edges which quite literally hug you. The sprung slatted base is held in a metal frame, with a clever fold feature enabling easy delivery and assembly. **€1,540**

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



## The Design Gift Shop

Wildlife Garden Bird Feeder Nesting Box Multiholk Yellow. The Swedish yellow Multiholk cottage is a combination of a bird feeder and a nesting box. The shape is inspired by the architecture of the colourful traditional local wooden houses. The result is a handmade birdhouse crafted of solid wood from sustainably managed forests and painted with environmentally friendly colours. Feeding slots in the bottom of the house allow small birds easy access to food, while the seeds are protected from the weather, droppings and large birds. During the breeding season, the Multiholk can be converted into a nesting box. **€96** [www.thedesigngiftshop.com](http://www.thedesigngiftshop.com)



## Redwood Stone - Folly & Garden

Small Staddle Stone for Cotswold cottage garden. The Staddle Stone is a traditional, rural or rustic design often seen in Cotswold cottage garden. This stonework design can be used as a focal point in a small garden design or simply alongside a drive or entrance to stop car parking. Ideal for a country garden in a flower border. Redwood Stone exhibits at the Chelsea Flower Show and Hampton Court each year and are renowned for folly designs as well as garden ornaments. All designs are handcrafted in Somerset, England. **nc** [www.redwoodstone.com](http://www.redwoodstone.com)





**Lights4fun**

Outdoor Christmas Harlow Reindeer Family in Garden. Santa is having a bit of rest, so Prancer and company head for a little fun in the trees as they glow in the dark. Image Shot by Oliver Perrott. **€1,118** [Lights4fun.co.uk](http://Lights4fun.co.uk)



**KooPower**

Koopower Garden Porch Party Bright Fairy Lights. Image Shot By @willandbequeath. **€9** [KooPower.com](http://KooPower.com)

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Beauty

# Winter Beauty

**Caroline Dierckx** offers up some festive suggestions

**A**t the end of every year we dare to dream. Discover all the wonderful holiday products. Beautiful gifts to put under the tree or just to have fun with. Now is the appointed hour for beauty in all its forms. Happy holidays!

**April** Emotion ritual box. Price: **€34.90**. Exclusively at April



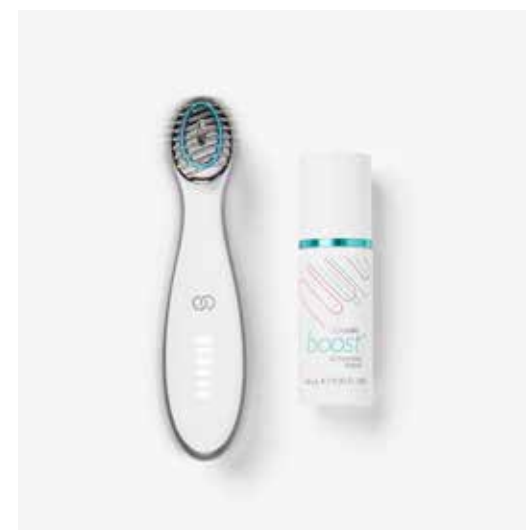
**Dior 5 Colours** Couture palette. Price: **€68.26**



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**MAC** Flash Drops Liquid Highlighter Trio. Price: **€45**



**AgeLOC Boost Nu Skin**. Complete system including one month of serum Price **€341.24**. Webshop: [www.nuskin.com](http://www.nuskin.com)



L'Elixir des Glaciers Cream, **Valmont** Your Face. 50ml. Price: **€610**. In parfumeries



**N.A.E** repairing conditioner with organic olive oil and basil. Price: **€6.99**



**Dior Diorific** Satin Rouge Capucine Lipstick. Price: **€48.32**



**Sisley** Phyto-Teint Nude Water infused second skin foundation. Price: **€73**



**Moncler**, perfume for women with a revolutionary bottle with a searchable LED screen and. 150ml Price: **€180**. Exclusively at Inno Bruxelles and Inno Meir

**Les Mains Hermès**. Nourishing care oils. Price: **€48**. Casaque red varnish. Price: **€45** @ Studio des Fleurs. In store in Brussels and [www.hermes.com](http://www.hermes.com)



**Labello** Vegan Naturally Açai Seed Oil & Shea Butter. Price: **€5.49**



# LOEWE Solo Family: The Sense Of Balance

The company's vision has shifted toward fragrance

**F**ollowing Jonathan Anderson's arrival as creative director in 2013, LOEWE has evolved into a cultural brand with a prismatic identity, connected to the realms of art, nature, craft and popular culture.

The point of view is unexpected - execution is crafted with an intensely human and sensorial touch. Engagement comes in multiform ways, defining a mindset that is free spirited and eclectic. The vision now includes the world of perfume, with all the existing, iconic LOEWE fragrances designed for international launch with a new bottle. The operation has built a system based on colour, touch and smell. Each fragrance shares the same distinctive bottle shape but expresses its individual personality through a shade in a kaleidoscope of colour: a bold rainbow of hues that echoes nature's own vibrant palette seen through the prism of human invention.

Photographer and filmmaker, Tyler Mitchell produced a series of campaign images that celebrate personality, emotion and craft. Launched in 2004, and now encapsulated in the iconic block-shaped bottle of Botanical Rainbow in a state of grace and equilibrium. It comes encapsulated in a clean, translucent glass block in vibrant shades of yellow, orange and burnt umber.



## “ A WET STONE AND WOODY ACCORD ”

LOEWE Solo male fragrances balance a wet stone and woody accord with a spicy and herbal note, featuring lavender, Gayac wood, mandarin and nutmeg. The pack of these fragrances features a piece of artwork by Karl Blossfeldt depicting 'Trollius ledebourii'. Original, eccentric, extravagant, whimsical and unusual.

LOEWE Solo female fragrances balance a woody and fruity accord with a gourmand and floral scent, featuring notes of orange blossom, amber, peach, vanilla and peony. The pack has a 'Centaurea ruthenica'. Innovative, modern and unique with a strong and overwhelming personality. LOEWE Botanical Rainbow Collection invites wearers to freely discover their own personal connection with each fragrance and individual feelings and mood. Soon, new fragrance to join the LOEWE SOLO family, a timeless journey to the colours of sunset.

To be continued. ❶

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180 capsules : € 99,<sup>99</sup>

2 capsules/day

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

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



NUT/AS 21/33

NEW



NUT/PL/AS 21/57

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- Minerals: Iron and Zinc (100% RI)

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

1 tablet/day



# LIFE OF LEISURE

*Its spectacular scenery ensures it has found an element of fame in international popular culture*

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LIFE OF  
LEISURE

Interview

## Adele: Finding a path to the top

This month's star interview is with a singer-songwriter who has rattled the world's airwaves



**A**dele is one of the most successful female artists in history, and the universal acclaim behind 30, her new album and a first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

From relationships to confidence, through philanthropy and inclusion, the star's honesty

in terms of how she positions herself is admirable. Yet, there is always something real to back up the message - from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time) which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing*





## “SOMETHING REAL TO BACK UP THE MESSAGE”

*Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album *19* – named after the age at which she composed it – the song announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

*19* earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy awards. More importantly, the album marked a point in time from which came the star's ever-growing list of long-players. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she begins. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes; and yet that's fine...

“I have a greater resilience to myself nowadays,” she says. “That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all!”

Now 33, things have certainly turned around for Adele, who is in a relationship with American sports agent Rich Paul. The birth







## “ THE ELITE OF THE MUSICAL WORLD ”

of her son Angelo in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father Simon Konecki doesn't seem to perplex her.

“The first thing is to be happy with yourself, to appreciate yourself – only then can you try to change things.

“My career isn't my life; it's my hobby, but I'm glad I have it.”

**Together: You position yourself as an artist who uses the fuel of disappointment to create incredible art. Is that an unfair assessment?**

Adele: A little [laughs]. I think what you're talking about is the inspiration for my songs. That's just the way it is. I write from the heart.

I sometimes feel people think I'm waiting for the next pile of setbacks, the ashes from which I can form into another album. Like I couldn't just sit there and throw 12 tracks together – I genuinely need to suffer a bit beforehand [laughs]. I think it comes down to how and when you put on the act. Is it in the relationship, is it in the songwriting, is it in front of the cameras, is it in interviews?

I learned from a very young age that we're all acting, shaping ourselves and adapting who we are to different people and different situations. It's the most natural human trait; it's an intelligence we all have, and we all adjust ourselves to what's around us.

Personally, I know my music is the time during which I can be my most truthful and honest. I am constantly in awe of the fact people see and trust that, and even more amazed that they care. Yet that is empathy for you – it's just someone putting an idea out there that we can all grab hold of and take a little piece of, and I think that's a wonderful thing to share.



**“ IN THE PAST,  
I’D SIT IN  
DARKNESS ”**

**“ BE HAPPY WITH  
YOURSELF ”**

**You seem to have your creative process down to a fine art, certainly in terms of each album representing a different phase in your life.**

That’s just it - every album is a phase in my life. Each comes with a different reputation and pressure and baggage, and that can make things tough.

I am a happier person now than I was when I started out though. I would certainly hope that to be the case, because how I felt when I wrote 27, I wouldn’t want to feel that way again.

**In what way?**

I was miserable, I was lonely, I was sad, I was angry, I was bitter. I thought I was going to be single for the rest of my life. I thought I was never going to love again – it’s not worth it. I’ve said it previously, but in my mind that may have been my first and last record. I wasn’t sure what else I was supposed to do. I could easily have just ebbed away, quite happily.

None of my mental state was helped by the fact I would just let myself drown. If I was sad, if I was confused – which I would say were the running themes for most of my records – I’d just go with it. I’d let myself fall apart; I’d sit in darkness and feel sorry for myself. I wouldn’t accept any help to get out of it, in terms of going out with my friends to cheer me up, or staying busier. No, I loved the drama of it all!

**People have made a lot about the Vogue covers and how unique you are in being on five of them. Is it interesting for you to see your own style evolution?**

They have been great and something I’ve enjoyed doing. I have obviously been conflicted in the past as regards my images and the way I see myself.

I don’t think I’ll ever get away from that, and I will never be totally comfortable with how I look – I’m not sure there are any of us who are completely happy in that respect. That





said, I would never change my image for anyone... other than myself and my son, perhaps. And by that, I mean my incentive to alter how I lived my life was directly in line with wanting to make his life better.

**You seem much more positive and uplifted than perhaps at any time in the past.**

Clearing out the past is only something I've become better at over the last few years. I think when you become a parent, you simply lose the capacity to worry about as many things as before. I haven't got time to fall apart. I'm the backbone for my kid, and I want to be there for him.

Everything I do, in every channel of my life,

120 | togethermag.eu

is part of a legacy that I'm making for my child. I felt so mega having given birth; the confidence from that, I felt unstoppable, and to a large extent I still do. It's the greatest thing I ever did. He makes me feel young, and there's nothing more grounding than a kid kicking off and refusing to do what you're asking of them.

## “EVERY ALBUM IS A PHASE IN MY LIFE”

It used to be that my world revolved around me, but now it has to revolve around him. All the things I really like about myself, he brings out in me, and he's the only person who tells me 'no'. He completely rules me. He's the boss of me and it's so funny for other people to watch because I'm the boss of everything in my work life. ❶



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LIFE OF  
LEISURE

Travel

# The Athenian Riviera: Submerge yourself

**Mark Browne** visited Vouliagmeni on the Athenian Riviera for some relaxation therapy

*Meltemi dining*



**A**lso known as the 'Apollo Coast', the Athens or Athenian Riviera is the name affectionately given to the coastal region stretching from the southern suburbs of Athens to Cape Sounio, the southernmost point of the region of Attica. It comprises several distinct areas, sharing a respective level of proximity to the teeming city of Athens and a coastal aspect, but each with their own character and some distinctive attractions. Vouliagmeni was the part of the riviera selected as the base for our visit.

An ideal place to relax, the coast is lined with fully-serviced sandy beaches lapped by

the clear waters of the Aegean sea, while its luxury hotels also feature private outdoor pools for those who prefer to enjoy the benefits of poolside relaxation in the local sunny climate. Visitors can enjoy the area in its own right or use it as a base to explore the buzzing city of Athens, whose city centre is less than an hour's trip away but whose packed streets and general clamour seem worlds away from the calm of this coastal oasis.

Greece is of course famous for its antiquities, and no trip would be fully complete without some related visits. However, while the





Apollon Beach and Mythos Beach



renowned attractions of the Acropolis and the multiple historical offerings of central Athens are not far off, there are also interesting options for visitors closer at hand without the need to venture into the city. Cape Sounion is the southernmost tip of greater Athens and the spot where the ancient Greeks built the Temple of Poseidon in honour of the god of the sea. Situated on a lofty rocky headland overlooking the Saronic Gulf, it was built during the years 444–440 BC.

It is one of the major monuments of the Golden Age of Athens, making it well worth a visit in any event, and the fact that it affords a reason for a coastal tour far from any urban sprawl is an added bonus. Other cultural highlights in the area include the Stavros Niarchos Foundation Cultural Centre, a large public space including the Greek National opera and national library, as well as a park spanning 21 hectares, making it the largest green space in Athens.

One of the main, and indeed unique attractions of Vouliagmeni is the lake of

that name. Formed over 2,000 years ago following the collapse of a cavern in an earthquake, this small lake is framed by the surrounding Mount Hymettus. It has unique environmental features including warm water feeding in through underground channels and comprises a mix of sea and fresh water. The lake has functioned as a spa since the 19th century due to its rich content in hydrogen sulphide. It also features live 'nibble fish' which tend to bathers enjoying its waters, but those wary of immersion can still enjoy the views and therapeutic ambience from the lakeside restaurant and recliners.

For those who prefer retail therapy as their form of relaxation and distraction, the adjacent coastal suburb of Glyfada offers a fantastic selection of options, as well as a host of bars and restaurants. Occasionally referred to as the 'Marbella of Athens', it is a lively spot and retains an Americanized atmosphere that endures from its role as host to a nearby American airbase until the 1990s.

The whole area is replete with an impressive array of dining choices. Vouliagmeni in

particular hosts a great selection of chic seafront restaurants serving top quality fresh seafood with the added pleasure of a view across the water, facing the setting sun. It is certainly a pleasure to stroll under the pine trees lining the coastal strip, reviewing the menus on display, and deciding which of the alluring venues to select for lunch or dinner.

The marinas that dot the riviera can also provide an interesting focus for visitors. Boat rentals are available for day or half-day trips? allowing further exploration of the coast and affording views from the seaward side during a nautical tour.

#### Where to stay

The Athens Riviera has come to be well-served with hotels over the years and its attractions have drawn numerous celebrities wishing to experience its charms, ensuring plenty of high quality accommodation. However, among these the five-star Divani Apollon Palace & Thalasso is certainly one of the finest. Boasting all the features one

would expect of a hotel of this calibre, it is ideally located in its own gardens on a quiet seafront road in Vouliagmeni, with direct private beach access. The balconies from its rooms afford magnificent views over the Saronic Gulf as well as across the nearby pine wooded headlands framing the southern limit to this bay.

## “ A MIX OF SEA AND FRESH WATER ”

The hotel boasts one of the largest spas in Greece as well as the only thalassotherapy centre in the region. Those interested in the therapeutic powers of

Lake Vouliagmeni may well find this a natural choice for accompanying treatments during their stay. The hotel is also within walkable distance to the lake along the pleasant tree-lined shorefront and its quiet location in Vouliagmeni makes it an ideal base for walking and cycling as well as swimming in the crystal waters of the gulf lapping its beach.

#### How to get there

Vouliagmeni is only 25 minutes from Athens



## “ MAGNIFICENT VIEWS OVER THE SARONIC GULF ”

Apollon lobby



international airport – the short transfer makes it ideal as a destination either for a short holiday break or for those wishing to rest a while in the vicinity of the airport before or after a long flight. However, it is also in close proximity to Athens city centre – about 30 minutes by taxi. The city can also be reached by public transport, including directly by bus or by metro or tram line from the nearby suburb of Glyfada. The tram runs right the length of the coastal suburbs of the Riviera before snaking its way inland through the city, affording travellers fine views over the gulf and a tour of much of the Athenian Riviera at a budget price. However the 'Grey

line' open-topped tourist bus route also passes through the area, and with unlimited stop offs on a single daily ticket this may be an ideal choice for visitors wishing to explore at their leisure over the course of a full day's outing.

In summary – a lovely place to visit, whether as a stop-off on a longer tour of Greece or as a destination in its own right for a short relaxation break.

Mark Browne was a guest of the Divani Apollon Palace & Thalasso.  
[www.divaniapollonhotel.com](http://www.divaniapollonhotel.com)

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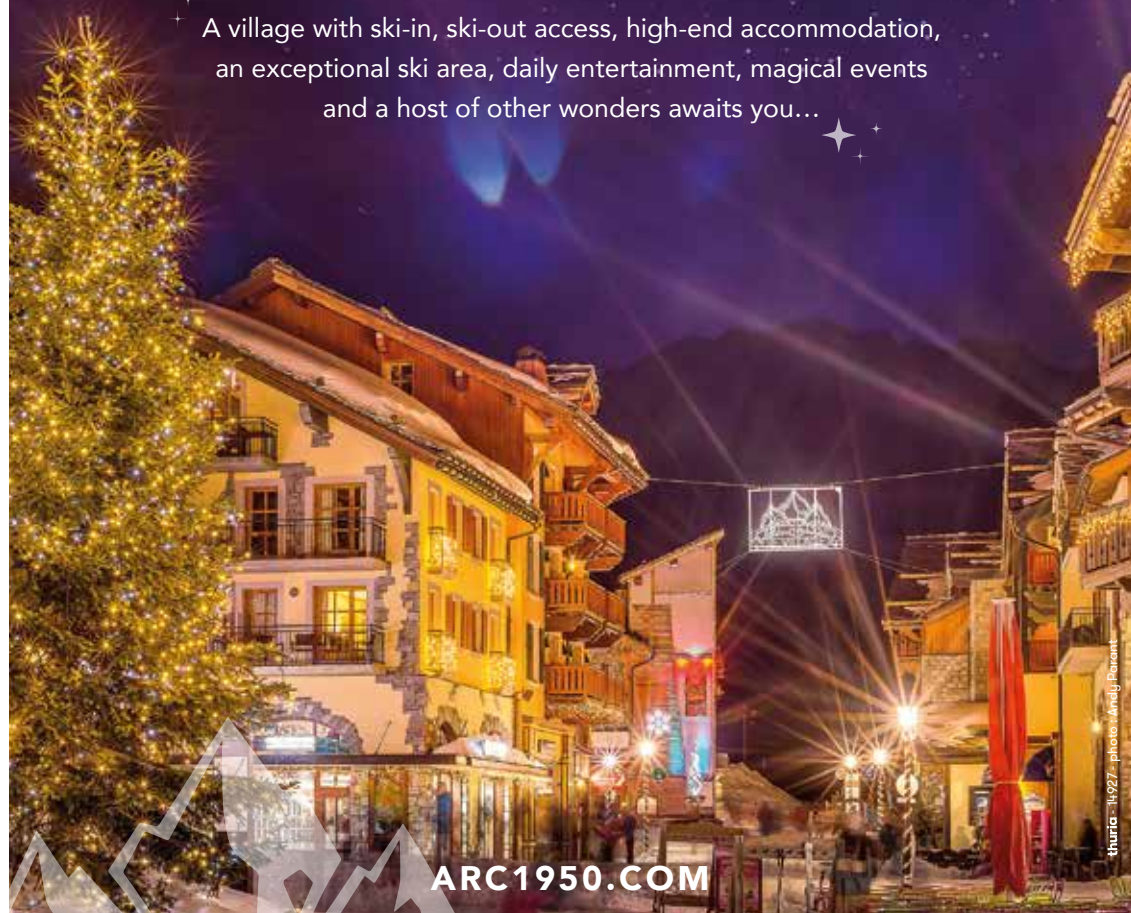
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Travel

## Verbier: Discovering a nugget ...

Isabelle Ferrier went on a sensational trip in Switzerland's Valais Canton

©Fred Guerdin



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**T**his sporty, trendy, authentic and elegant Valais resort has a multitude of assets, enough to appeal to a very varied clientele.

Benefiting from the largest ski area in Switzerland, the 4 Valleys offer 410km of slopes, with 11 marked off-piste routes. It attracts athletes looking for extreme sensations as well as families attracted by the wide range of activities on offer at the resort.

### “A UNIQUE SPORTING EXPERIENCE”

I tested Verbier in 'splitboard' mode. The splitboard is a touring snowboard, which turns into a touring ski for the ascent and which, after a few manipulations, becomes a snowboard again for off-piste descents.

Discovering the mountain differently, getting off the slopes, forgetting the ski lifts allows you to tame nature and contemplate

brehtaking landscapes. It is also a unique sporting experience.

It is important to find your rhythm of ascent, to focus on your breathing and to move forward in rhythm. Between very steep

slopes and gentler climbs, the presence of a guide is a real plus. Indeed, the guide knows the mountain and his expertise is at the service of our safety.

Access to Cabane Brunet from La Barmasse by ski touring is a must. It requires a 5km climb with 800 metres of elevation gain. The ascent begins on a trail climbing through the forest. Halfway through, we discover a small clearing offering an incredible view of the imposing Mont-Pleureur which sits at the bottom of the Bagnes valley.

Once you get your breath back, you continue crossing the Forest to finish the climb on a





## “ AN INNATE SENSE OF HOSPITALITY ”



gentler slope. Seeing the flag of the Cabane was a great reward for me - these last few metres brought us closer to our goal of the day: The Brunet hut. Perched at an altitude of 2,104 metres, this charming cabin welcomed us for the night.

We shared a delicious traditional dish there before heading to our rooms. This recently renovated hideaway has six bedrooms. Accessible on foot, by snowshoes or by ski touring, the recently enlarged refuge welcomes adventurers for a night of salvation with an innate sense of hospitality and quality.

The next day, the team began the ascent of Le Rogneux, while I recovered from my efforts of the day before. First, an off-piste descent to Barnasse and a climb in the cabin to La Cabane Mont-Fort which would be the start of a hike as sporty as it is spectacular.

The Cabane Mont-Fort rises to an altitude of 2,457 metres. This legendary cabin and its high mountain restaurant offer one of the most exceptional views of the mountains around Verbier. This spectacular panorama includes Mont Blanc and the Grand Combin.

At sunset, the mountains are adorned with vivid orange colours. A breathtaking scene. The traditional and warm alpine atmosphere as well as the tasty local



“ AS SPORTY AS IT IS  
SPECTACULAR ”

dishes make it a must-see destination. This refuge is accessible from Verbier and Nendaz. This is the place for a start or finish of a snowshoe hike, ski touring or splitboard. The 15 rooms are comfortable and accommodate 58 beds, with showers. The next morning, we took the cable car to Gentiane, where we put on our skins for a very steep climb.

Once the vertigo subsided, I enjoyed the landscapes, and, step by step, our ascent continued. It's physical, it's sporty, but it's so rewarding to surpass yourself, to overcome your fears, to warm up your muscles. The off-piste 'backside Mont-Fort' descent to the Grand Désert lake is magical - the feeling of freedom and the satisfaction of the trail in powdered snow are unforgettable.

After crossing the lake, we made a short stop off-piste along the Cleuson dam, then one last restaurant and a good night's sleep at Hotel Les Chamois.

I spent three wonderful days that left me with stars in my eyes...

Verbier also has so many other discoveries:

[www.cabanebrunet.ch](http://www.cabanebrunet.ch)  
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# Saas-Fee: Pearl of the Alps

**Mark Browne** took to the slopes in one of the first European resorts to open for the new season

©SaastalTourismusAG-SaastalBergbahnenAG



**K**nown as the 'Pearl of the Alps', Saas Fee is one of Europe's highest traditional resorts. Located at a height of 1,800 metres in southern Switzerland, not far from the Italian border, it is nestled in spectacular scenery surrounded by some of the highest mountains in Switzerland, including over a dozen with peaks over 4,000m.

Its spectacular scenery ensures it has found an element of fame in international popular culture. It was the video location for pop

group Wham!'s hit single *Last Christmas*, and it is the setting for the various ski chases in the James Bond film *On Her Majesty's Secret Service*. Visitors can relive those iconic night skiing sequences by participating in the resort's organized full moon ski trips or get a guided tour of the shooting points from Wham's video amidst the traditional buildings.

It's little wonder that the local pistes have achieved James Bond stardom - the ski area is celebrated for being 'snowsure' in even



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the poorest of years and for the length of its season, with the main resort runs opening in October and not closing until late April. This is even further supplemented by skiing on the glacier for much of the remainder of the year. Summer skiing in the glacier attracts World Cup competitors for training as well as hosting its own competition each November.

The lofty slopes extend upwards from the village for almost a further 2,000m to 3,600m, and the resort boasts over 150km of pistes as well as an impressive lift system. This includes an underground funicular railway up the mountain (all the way to the world's highest revolving restaurant at 3,500 metres). Skiers can enjoy a vertical descent of over 1,200 meters on a single ski run.

And that's not even the limit of local skiing - skiing touring is a popular feature of the resort as it is joined to the Chamonix to Zermatt Haute Route and local ski passes can include the option of a day skiing in Zermatt in the neighbouring valley as well as providing access to the other local resorts of Saas-Grund and Saas-Almagell. The resort is also now a member of the Magic Pass, allowing access to multiple other surrounding

spots. Other winter sports catered to include tobogganing, snowshoe hiking in the surrounding forests or on a tour of the glacier, tobogganing and alpine canyoning, as well as ice skating and curling in the town itself.

#### A traditional village

Saas-Fee is a classic ski resort featuring well-preserved buildings with traditional Swiss wood and stone architecture as well as modern additions in the alpine style. The village itself is car-free, with electric buses

and taxis available to ferry guests and their luggage around - helping to further preserve the traditional ambience and foster a more relaxed and homely atmosphere.

#### Out and about

Saas-Fee has a lively après-ski scene. This commences right at the foot of the ski lifts and then the main street is lined with bars, including some with outdoor terraces, to provide further distraction on the route back to guest's accommodation. For those able to continue the party on into later in the evening the village also has two nightclubs.

However, there is also a more domestic aspect. Saas Fee has received the Swiss 'Family Destination' label, reserved for resorts

## “ THE GLACIER ATTRACTS WORLD CUP COMPETITORS ”





that are specifically good for families and includes relevant attractions such as a kids fun park, a good selection of gentle slopes and even a marmot-themed trail. It also offers a wide selection of over 100 restaurants presenting options from traditional Swiss and local cuisine of the Valais region, to all types of international fare.

#### Where to Stay

The village is well stocked with high quality accommodation but we have two to propose. The centrally located Walliserhof Grand Hotel & Spa, fully refurbished in only 2019, is a luxurious family friendly 5-star resort located right in the centre of the town. Fully furnished in a modern alpine style and offering the largest spa locally, the hotel also hosts six restaurants providing a variety of different cuisines, as well as two bars.

Another high quality traditional option to consider is the family owned Hotel Schweizerhof Gourmet & Spa. Located not far from the centre but in a slightly quieter location, it offers magnificent views of the Allalinhorn glacier, including from the terrace of its spa and also the balconies of guest rooms. Its gourmet restaurant excels in Swiss specialties and its bar serves quality cocktails.

#### How to get there

There are train and bus connections providing public access to Saas-Fee from throughout Switzerland and Italy. While the village itself is car-free, access by rental car is a viable option and there are 3,000 public parking spaces in a large underground car park at the edge of the village available for a modest daily fee. Once notified, the local hotels typically provide a pick-up service for guests, regardless of the means of arrival, to bring you right to their door.

For international guests the nearest airports to Saas-Fee are Berne (car 2.3 hours or train 2 hours), Geneva (car 2.75 hours train 3.2 hours), Milan Malpensa (car 2.75 hours or train and bus 4 hours) or Zurich (car or train 3.3 hours). Other airports such as Sion or Basel are also potential routes.

*Mark Browne was a guest of Saas-Fee tourism at the Walliserhof Grand Hotel & Spa and the Hotel Schweizerhof Gourmet & Spa hotels.*

[www.walliserhof-saasfee.ch](http://www.walliserhof-saasfee.ch)  
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# Les Gets: Reconnect with nature

In our ski dossier we look at a resort worth seeing in the Portes du Soleil area



Of course, skiing is very popular and many ski lovers will find what they are looking for at Les Gets. The station offers several experiences and novelties that are worth the detour.

#### Chéry Dôme

Chéry Dôme appeals to lovers of the great outdoors in search of adventure and originality. Located on the heights of Les Gets facing Mont Blanc in the peaceful hamlet of Sarre, it is an ideal place to reconnect with nature and live a unique experience under the stars. Able to accommodate between two and four people, the dome is equipped with electricity, wifi, adjoining sanitary facilities, a stove and an outdoor brazier to warm your hands while gazing at the stars. In the kitchen, discover dishes made with harvests from the garden and products from local agriculture.  
[www.cherydome.com](http://www.cherydome.com)



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Travel

# Hotel Dolce by Wyndham la Hulpe Brussels

**Caroline Dierckx** enjoyed a rejuvenating nature trip... close to home

**N**ature, clean air, forest and vast space are all words that seem so far away to us. And yet at the gates of Brussels, the Hotel Dolce offers various stays that combine all these words with reality, but better.

I was able to test a 'Bikecation' trip which included accommodation, meals and mountain bikes. A short break 30 minutes from my house, that's just what I needed. A break! And what could be better than this hotel nestled in the heart of the Soigne forest, facing nature in a relaxing setting.

We arrived at the end of the day on a Friday, and were soon settled into a comfortable room and welcomed with a small box of Cinq Monde products - a view of nature greeted us from the hotel Spa. We happily took advantage of the large swimming pool, sauna and hammam. An hour of well-deserved relaxation after a hectic week. Little extra: the changing rooms are well equipped (no need to take your towel, everything is available).

It was time to go to L'Argan where a 3-course meal awaited us. Let's talk about the decor that is worth seeing. Clean and modern lines, the choice of colours that echoes the lush outdoor nature. Large bay windows to continue this immersive experience. Gourmets will feast on a varied



cuisine where seasonal produce is king of the plate.

It was time to go back to the bedroom and close the curtains. Saturday morning, we wake up to birdsong, the room bathed in light and the desire to go out to simply join nature.

Mountain bikes are available at reception, and off we went for a getaway in the forest. Note however, if you have children, it is preferable to take your own bikes. There are many routes to find on [routeyou.com](http://routeyou.com). If cycling is not your thing, the walk is just as pleasant.

The getaway lasted 2 days, and the feeling of having regained energy was evident. A real getaway in the heart of nature at the gates of the capital. Note to self: do it more often!  
[www.dolcelahulpe.com](http://www.dolcelahulpe.com)

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Wine

# Chasselas

**Rory Watson** headed for the centre of town to get to know some fine Swiss wines



The subtleties of Swiss chasselas wines are barely known outside the country. The fruity white wine tends to be drunk locally with barely 1% exported. This lack of wider awareness is something the Association pour la Promotion du Chasselas is looking to change as it eyes potential new markets.

It organized a recent tasting in Brussels Aux Armes de Bruxelles where it treated participants to a selection of 30 of the gold medal winners from over 760 entries in the five categories in this year's annual Mondial du Chasselas in Aigle, Switzerland.

For some, the low acidity wines are soft, neutral, understated and inconspicuous. Others detect a dry, delicate and slightly flinty or chalky taste with subtle aromas ranging from fruit to mountain flowers. The wines tend to reflect the soil that nurtured them, rather than the grape itself. They slip down easily and are a staple ingredient of Swiss culture from relaxed drinking to family and business occasions. They can be drunk as

an aperitif or eaten with cheese, freshwater fish and white meat.

The grape originated on the shores of Lake Geneva some 500 years ago. It is mainly grown in the cantons of Vaud, Valais, Geneva and Neuchâtel and has spread to Germany, France, Hungary and Austria. Originally known as Fendant, the name has been protected since 1966 for the exclusive use of the Valais region.

James Joyce was a major fan of the chasselas grape. The Irish writer's favourite was

Fendant de Sion (the capital of the Swiss canton of Valais), which he also referred to as Fendant de Valais.

He first tasted the wine in Zurich in 1919 and dubbed it 'Archduchess'. One explanation is the nickname ('Erzherzogin') is a play on German words combining the wine's rich earthy taste of copper ore ('Erz') with the word for duchess ('Herzogin'). Another, cruder, version, is that he associated the colour of the pale golden liquid with urine, but from a highly placed source.

When he lived in Paris in the 1920s, he managed to track down Fendant de Sion in a Swiss restaurant and enjoy drinking it regularly. In his later years, he was partial to a Neuchâtel variety, which he called a "true *Midsummer Night's Dream*".

Chasselas drinkers can decide for themselves whether the colourful descriptions capture the very essence of the subtle wines. ①



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# Bord Bia

## Irish lamb, what's not to like?

Bord bia, the Irish agrifood promotion agency, is launching the winter season. With over 180 rainy days a year and a very mild climate, Ireland has the longest grass growing season in Europe. It has 4.5 million hectares of mineral-rich agricultural land, 80% of which is used for grazing.

On the hilly regions of the country such as Connemara, Kerry or West Waterford 'hill lamb' is plentiful. The particularity is that the lambs follow a less rich diet and have a more sporting daily life than their cousins on the plains. They are, therefore, a little smaller in size and often have less fat, but their meat offers a unique texture and flavour.

The advantage of extensive outdoor breeding also results in very healthy meat, with a great taste and it is of a high nutritional quality. Lamb contains many essential minerals, proteins and vitamins necessary for good health. This meat is very rich in vitamin B12 and in Iron, vitamin D, Zinc and ACL (Conjugated Linoleic Acid) and rich in fatty acids, such as Omega 3, which are essential for the body.

## Sustainable breeding

Origin Green is the Irish national programme for improving the sustainability of the food



Photo © K\_Crowley

## “RESULTS IN VERY HEALTHY MEAT ”

chain. The state invites the entire production chain to join the programme. Today 90% of products exported by Ireland are respectful of the Origin Green approach. On-farm controls are at the heart of farmer engagement in Origin Green. Every week 650 farms are

checked. The criteria measured are in particular GHG emissions, the presence of biodiversity, the efficiency of the use of water and energy, and even soil conservation. This

programme is constantly being strengthened to continuously improve the sustainability of Irish meat.

## Where to feast on Irish lamb?

In Delhaize stores or on the site [www.delhaize.be](http://www.delhaize.be). It is also available in butcher shops in many cities in Belgium - so you can cook it at home with friends and family. [www.boeuf-irlandais.fr](http://www.boeuf-irlandais.fr) ❶

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From the home of Constructivist architect Luis Barragán, a restored 16th-century hacienda, to a traditional Mayan thatched-roof dwelling, the contrast of styles within the pages of this book are testament to the country's vibrantly diverse palette of textures and hues. With many new images, some never published before, prepare to be transported to the heart of lush and eclectic Mexico.

#### The photographer and author

Barbara & René Stoeltie both began their careers as artists and gallery owners. With René as photographer and Barbara as writer, they have been collaborating on interior design articles since 1984, contributing to such influential magazines as *Vogue*, *The World of Interiors*, *AD*, *Elle*, *House and Garden*, *Country Living*, and *House Beautiful*.

#### The editor

Angelika Taschen studied art history and



German literature in Heidelberg, gaining her doctorate in 1986. Working for TASCHEN from 1987, she has published numerous titles on art, architecture, photography, design, travel, and lifestyle.

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What's on

# Winter Wonders and Christmas Market 2021

It's beginning to feel a lot like...



The Winter Wonders event takes place before and during the Christmas holidays, at the Grand-Place and city centre of Brussels. Winter Wonders includes:

- A Christmas market with more than 200 chalets
- Fairground attractions (Ferris wheel, merry-go-rounds)
- An ice rink for skating (Place de Brouckère)
- A large Christmas tree (Grand-Place)
- A sound and light show (Grand-Place)
- Cultural activities, screenings and video mappings
- Winter Pop at the Marolles, Neder-Over-Heembeek, the Square Ambiorix and Laeken
- Winter Wonders at the Bois de la Cambre



The City of Brussels and the organizers are in permanent contact with the competent authorities and closely monitor every decision regarding the health situation. From **26 November 2021 - 2 January 2022**, in the centre of Brussels.  
[www.visit.brussels/en](http://www.visit.brussels/en)

cinéart  
presents

# Where is Anne Frank

Où est Anne Frank



FESTIVAL DE CANNES  
OFFICIAL SELECTION

A FILM BY ARI FOLMAN

**AU CINÉMA LE 15/12 IN THEATERS**

cinéart

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

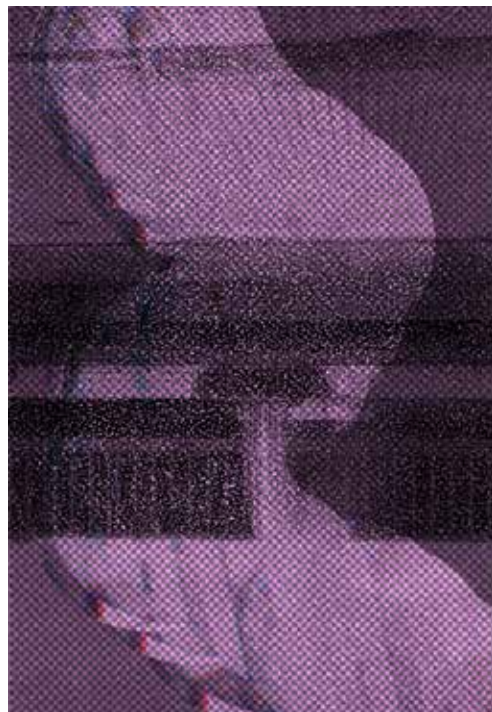
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**A Voyage Into The Moon - Mira Sanders & Cédric Noël**

Hiroshima, 6 August 1945: a sudden flash, a violent explosion, the atomic bomb. Somewhere on the Moon, a creature feels under threat. Shortly after that, the Japanese army receives a signal from a mysterious astronaut. Are we no longer alone in the universe? **9 December 2021 - 6 February 2022.** Botanique, Museum.  
[www.botanique.be](http://www.botanique.be)



**Solid Senses**

Solid Senses is part of the series of exhibitions launched by A+ Architecture in Belgium and BOZAR in 2019, dedicated to Belgian architectural firms that have attracted international attention in recent years. In a succession of very different rooms, the exhibition offers a glimpse into their work,

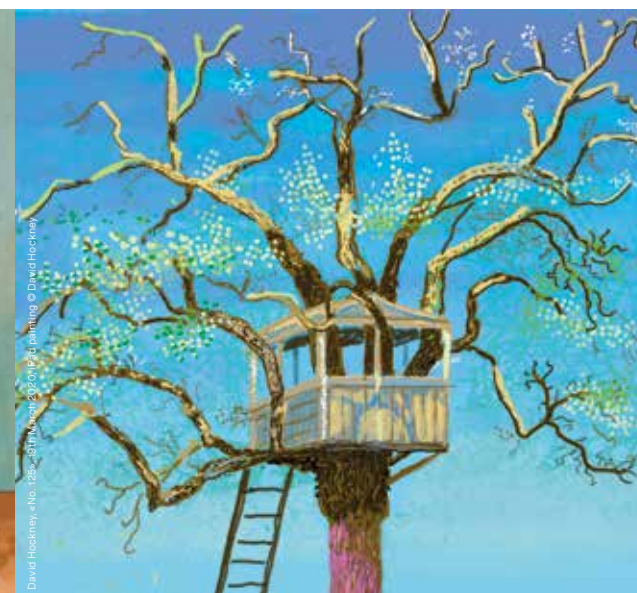
which keeps the boundary between the rational and the emotional, the pragmatic and the intuitive, the functional and the gut feeling. By means of sculptural models, short films and photographs, you will discover the completed and ongoing projects of the firm. **Until 16 January 2022.** BOZAR.  
[www.bozar.be](http://www.bozar.be)

# David Hockney

**8 Oct.'21 → 23 Jan.'22  
at Bozar**



**'Works from the Tate Collection, 1954–2017'**



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



What's on

# What's on Belgium

Photo © La Monnaie, Albane Carrère



## Super Dakota - Protocol,

Super Dakota is pleased to present Protocol, an exhibition of new works by Canadian/American artist Chris Dorland. For his third exhibition with the gallery, Dorland will present five new abstract paintings on linen as well as two NFT's minted on the Ethereum blockchain and displayed on monitors in the

gallery as well as on the Foundation website. Protocol explores the artist's longstanding preoccupation with the ways in which technology's networked omnipresence in all facets of our lives is rendering our ability to distinguish between reality and simulation increasingly difficult.

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

Photo © Chris Dorland and Super Dakota, Brussels



## La Monnaie: HOUSE OF CREATIONS

Behind the scenes of la Monnaie's world creations. For more than three centuries, numerous operas have been created in the heart of Brussels, a tradition that we are proud to continue in the 21st century. Because we sincerely believe that the 'Great Repertoire' is not a closed book, but a story to which each era adds its own chapter full of exciting music, relevant themes and innovative writing. This is also the case in our time, which is why we will present one or two new commissioned works each season between now and 2025. Albane Carrère plays the lead in the second part of the *Is This The End?* trilogy.

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

▶▶ TO 2022!



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What's on

# What's on International London

Head for the Greenwich Peninsula  
for a Christmas less ordinary



**G**reenwich Peninsula is fast becoming the capital's most boldly modern landscape. This is new London.

## Festive experience

Enjoy a one-of-a-kind festive experience for those who love to push their creative boundaries. The Peninsula's winter events include winter markets, winter crafting workshops, international food experiences, Christmas cult classic film screenings, winter jazz, a vibrantly colourful and futuristic AR exhibition from famed set-designer Lydia Chan and an interactive light installation.

## 'Wave' Audio-Visual and Interactive Light Display

From 29th November, a dynamic audio-visual experience called *Wave* creates an entrancing physical presence of how light,

sound and movement can work in perfect harmony. Created by renowned digital and lighting collective, Squidsoup, the five hundred part voice and light experience in the form of a sculptural wave, consists of some five hundred individual suspended orbs, offering the most unusual displays of festive light experiences this season.  
[www.greenwichpeninsula.co.uk](http://www.greenwichpeninsula.co.uk)

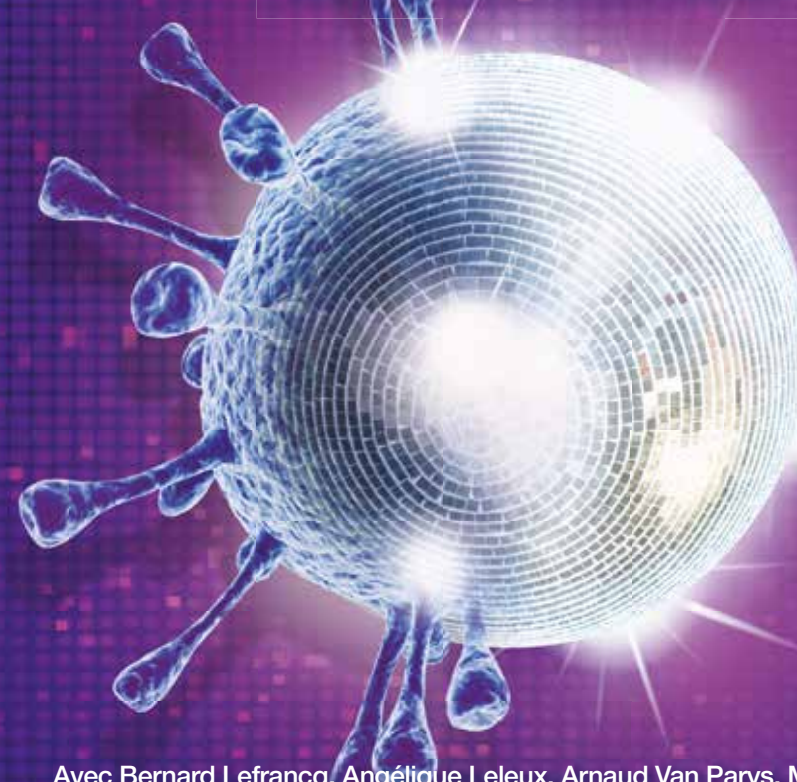
## Covent Garden

Don't miss Covent Garden, one of our favourite spots in the capital. Stay at One Aldwych, located in the centre of the neighbourhood. The hotel sparkles throughout the festive season - step inside and be cocooned in this enchanted hotel, filled with Christmas cheer.  
[www.onealdwych.com](http://www.onealdwych.com)

# Théâtre Royal des Galeries

Directeur : David Michels

# LA REVUE DES GALERIES



Avec Bernard Lefrancq, Angélique Leleux, Arnaud Van Parys, Marie-Sylvie Hubot, Gauthier Bourgois, Frédéric Celini, Natasha Henry, Enora Oplinus, Jérôme Louis, Pierre Pigeolet et Bénédicte Philippon.

Mise en scène : Alexis Goslain  
Décors : Francesco Deleo  
Costumes : Fabienne Miessen

Lumières : Laurent Comiant  
Chorégraphies : Kylian Campbell  
Réalisation musicale : Bernard Wrincq

[www.trg.be](http://www.trg.be)  
02 512 04 07

Du 1 décembre 2021 au 23 janvier 2022





I am very careful not to dunk the mice  
into my cup like I do with croissants  
They might drink my coffee



LE CHAT by Philippe Geluck



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