

# Together

FEBRUARY 2022 #119

magazine

Fashion  
Beauty  
Luxury chocolate  
Shopping

Flexible working  
Finance  
Real estate

Wining & Dining  
Books  
What's On  
Cinema

**Travel**  
*Brussels parks*  
*Skiing in France*

**Personal  
Development**

Public speaking tips  
Meditation  
Aqua classes  
Dating

**Kenneth  
Branagh**  
Interview



5 414306 244207 01200>  
BELGIUM, LUXEMBOURG €4.80

# Joli Ruban

*Les bagues larges  
multi-serties Confidence  
invitent à porter les diamants  
avec plus de modernité.*



[1]



[2]



[3]

[1] Dentellière : un délicat fil d'or blanc 18 carats unit chacun de ses diamants (1 ct), Collection Confidence, 2.950 €.

[2] Entrecroisée : bague d'or blanc 18 carats aux diamants enlaçant le doigt (0,75 ct), Collection Confidence, 2.350 €.

[3] Rythmée : diamants taille brillant et princesse (1,75 ct) créent sa géométrie d'or blanc 18 carats, Collection Confidence, 4.400 €.

COLLECTION  
**Confidence**  
BY TOLLET



Symbole de protection : elle déploie ses croisillons de diamants autour d'un étincelant diamant taille brillant (0,90 ct). Bague d'or blanc 18 carats, Collection Confidence, 4.950 €.

JOAILLIERS  
**TOLLET**  
1902

— **TOLLET** —  
1902

Chaussée de Bruxelles, 177 - 1410 Waterloo  
+32 2 354 24 65

Rue des Fripiers, 36 - 1000 Bruxelles  
+32 2 218 11 93

The Woluwe Shopping - 1200 Bruxelles  
+32 2 762 35 47





BECAUSE  
WELLBEING IS  
EVERYTHING

JOIN A CLUB LIKE NO OTHER  
WITH ONE MONTH ON US



Book a Club tour



ASPRIA

Elegance is an attitude

  
Régé-Jean Page



LONGINES  




The Longines  
Master Collection



PLEASE DRINK  
**EXCEPTIONALLY**



**ATOPIA**

LICHT GEALCOHOLISEERDE GEDISTILLEERDE DRANK  
BOISSON DISTILLÉE LÉGÈREMENT ALCOOLISÉE

Ons vakmanschap drink je met verstand. Notre savoir-faire se déguste avec sagesse.

## Editor's LETTER

## NEW BEGINNINGS

It is never too late to say happy new year – even in February. Let's hope 2022 will be a year full of promise, projects and dreams and with far less of the C word...

2022 is certainly a new start for me – as I proudly introduce this issue as Editor of Together magazine. I am excited to follow in the footsteps of Paul Morris and bring you articles on personal development, lifestyle, leisure and what's on in Belgium and abroad. And if you are already looking ahead to your next holiday, we have a special feature on skiing in France, and on a luxury break in 'Paradiski', the Alps.

In this month of Saint-Valentine we focus on luxury in love – and the joy of fine jewellery, ultimate watches and, a classic in Belgium, chocolate, highlighting just three delicious Valentine's collections. Beer and chips can be romantic too, as can reading or the cinema. And if you are looking for love, we detail the benefits of elite dating agencies.

There is no need to travel far for a romantic getaway either. Yes, Venice is beautiful, but we have the Venice of the North right here in Bruges. Brussels is a delightfully different place to treat your amoureux/euse, with fine restaurants and a wealth of culture. And romance does not have to be expensive, a walk in the park is perfect.

Alternatively, take your loved one or just yourself to enjoy an amazing view – from Place Poelaert, the Mont des Arts, or, two minutes' walk from where I live in Forest, the special 'panorama' viewing area from Avenue Jupiter, where you can play 'spot the famous Brussels building' from the orientation table.

**Liz Newmark**  
Editor

*Liz Newmark*

### ON THE COVER



Kenneth Branagh is a pioneer  
of the film industry

 /togethertmagazine

 /Togethertmagazinebelgium

 togethert\_mag

# Contents

FEBRUARY 2022

- 9 Welcome letter
- 10 Contents & contributors
- 14 Together online
- 16 Starring in Belgium
- 18 Charity: WeForest



**Fitness**  
Aqua classes

**21**



**Society**  
Looking for love

**36**

## PERSONAL DEVELOPMENT

- 21 Fitness: Aspria
- 24 Self-help: Meditation
- 28 Self-help: Public speaking
- 32 Self-help: Seeking the source
- 36 Society: Elite dating
- 42 Society: Flexible working
- 46 Arnon Barnes: Top tips
- 48 Teampower
- 50 Be successful: Books
- 54 Real estate: Resolutions
- 58 Finance: High inflation

10 | togethermag.eu



**Luxury**  
Chocolate

**63**



**Fashion**  
Elke van Baert

**74**

## LIFESTYLE

- 63 Luxury: Chocolate
- 65 Luxury: Jewellery
- 76 Shopping
- 71 Beauty
- 74 Fashion: Elke van Baert

# CANAL WHARF

1000 BRUSSELS



**40%**  
ALREADY SOLD!

AN AG RESIDENTIAL PROJECT

[WWW.CANALWHARF.BE](http://WWW.CANALWHARF.BE)

**Living in a new,  
high-quality flat  
in the Heart of  
Brussels is simply  
exceptional!**

Canal Wharf is launching its 2<sup>nd</sup> and final phase: two buildings, Wharf C and Wharf D, each with its own character...from the functional and well thought-out 2-bedroom flat to the super spacious 3-bedroom flat overlooking the Brussels canal, opposite Tour & Taxis.

*"Real estate, a safe and profitable investment!"*

MORE INFO : [WWW.AGRESIDENTIAL.BE](http://WWW.AGRESIDENTIAL.BE) | +32 2 226 23 00

**AG Residential**  
Your Home, Your Life, Your City



# Together magazine

PUBLISHER

**David Mc Gowan**

david@togethermedia.eu

KEY ACCOUNT DIRECTOR

**Caroline Dierckx**

caroline@togethermedia.eu

+32 479 47 47 77

ACCOUNT MANAGER

**Isabelle Ferier**

isabelle@togethermedia.eu

+32 476 85 08 34

**Benjamin Tulkens**

benjamin@togethermedia.eu

+32 493 06 03 07

SOCIAL MEDIA

ACCOUNT MANAGER

**Floriane Henriquet**

floriane@togethermedia.eu

EDITOR

**Liz Newmark**

liz@togethermedia.eu

ONLINE EDITOR

**Paul Morris**

paul@togethermedia.eu

DESIGNER

**Xavier Bostem**

xavier.b@carafe.be

CONTRIBUTORS

**Arnon Barnes; Aspria**

**Yannick Callens; Matthew Cossolotto**

**Dave Deruytter; Caroline Dierckx**

**Isabelle Ferier; Paul Morris; Liz Newmark**

**Karen Northshield; Atefeh Sadeghi**

**TASCHEN; Rory Watson; WeForest**

**Veerle Windels; Katarina Winslow**

ART DIRECTOR

**Nicholas Sirot**

**Together Media**

Brusselsesteenweg, 187 – 1560 Hoeilaart

+32 (02) 644 90 92

info@togethermedia.eu - www.togethermag.eu

**Make sure that you get**

**your monthly printed magazine**

Just send an email to [subscribe@togethermedia.eu](mailto:subscribe@togethermedia.eu)

For advertising sales rates please consult

[www.togethermag.eu](http://www.togethermag.eu)

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

Photo © Andy Parant



**Travel**  
Arc 1950

**102**

Photo © Otto Becker



**Books**  
Mexico

**120**

## LIFE OF LEISURE

**81 Celebrity interview:** Kenneth Branagh

**90 Cinema News**

**93 Travel:** Brussels parks

**96 Travel:** Family skiing in France

**102 Travel:** Skiing – Arc 1950

**107 Travel:** The Warwick Paris

**110 Dining:** Belgium

**114 Wine:** Brotherhood Winery

**116 Books:** Russian Avant-Garde

**120 What's on Belgium**

**130 What's on International**



# HOLIDAY FAIR

**24 > 27/03/2022**  
**BRUSSELS EXPO**

**INFO & TICKETS: [WWW.BRUSSELSHOLIDAYFAIR.EU](http://WWW.BRUSSELSHOLIDAYFAIR.EU)**

**Bel RTL**

**soir  
mag**

**LE SOIR**

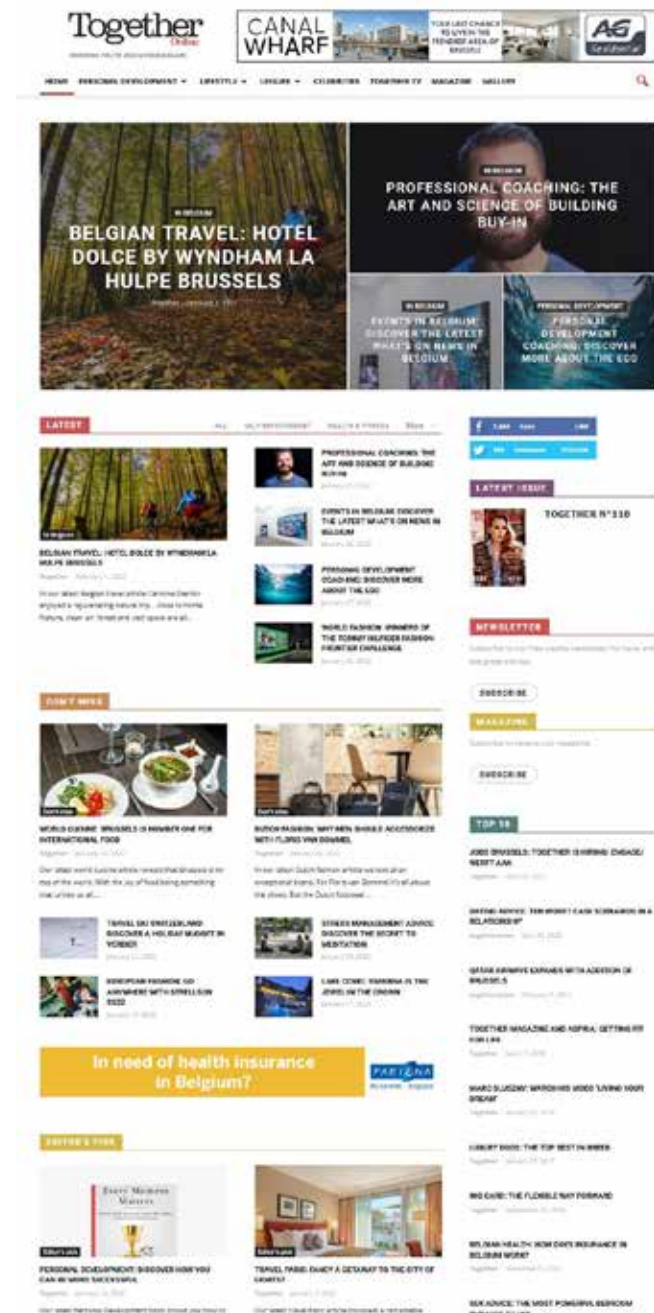
**7dimanche**  
NIEUW JAARSTEL START!

**de  
zondag**

**HLN** HET  
LAATSTE  
NIEUWS



# Be inspired on www.togetharmac.eu



## Belgian travel: Hotel Dolce by Wyndham la Hulpe Brussels

In our latest Belgian travel article Caroline Dierckx enjoyed a rejuvenating nature trip... close to home. Nature, clean air, forests and vast open spaces 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...

## Professional Coaching: The Art and Science of Building Buy-In

Our latest professional coaching article looks at Brett Bartholomew, 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.

## Dutch fashion: Why men should accessorise with Floris van Bommel

For Floris van Bommel it's all about the shoes. The brand also firmly believes in strong accessories that complement an outfit and bring out that individual uniqueness even more. They have launched a range of quality gloves, socks and a timeless line of bags, for men. You should not be sleeping on accessories, but using them to your advantage. 📌



UCCLE PROJET ARTEMIS

50%  
VENDU

## À VENDRE APPARTEMENTS ET STUDIOS NEUFS DE STANDING

CHAUSSÉE DE WATERLOO À UCCLE

- > Situé à deux pas du bois de la Cambre
- > Projet éligible au taux de TVA réduit à 6%



## Envie d'en savoir plus?

Visitez notre site web [www.matexi.be](http://www.matexi.be) ou contactez-nous au +32 2 761 70 60



Bienvenue  
dans votre  
quartier.



# Starring in Belgium

We look at three hot tickets at the Ancienne Belgique



## Black Flower presents 'Magma'

Black Flower are at the (provisional) peak of their creative powers. Having received glowing praise (from Mojo and BBC Radio 6 Music's Gilles Peterson) for the 2019 album *Future Flora*, the new album *Magma* embraces plenty of synth and organ sounds. Led by Brussels-based saxophonist/flute player/composer Nathan Daems (*Echoes of Zoo*, *Dijf Sanders*), the quintet brings a vibrant, hypnotic mix of Ethio jazz, afrobeat, psychedelia and oriental influences, inspired by Mulatu Astatke, Fela Kuti and diverse Western music traditions. **16 February 2022**. AB Club. **€15**.

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



## Goat Girl and Speed Training

In what AB bills as "absurd postpunk from London", this concert features Goat Girl and Speed Training. London foursome Goat Girl started four years ago with a self-titled album. Their vibrant guitar music marked a new wave in the London indie-rock scene. Echoes of their socially critical lyrics and furious sound can still be heard on the new LP *On All Fours*, although, says AB, "they sound crazier and more unpredictable than ever". **17 February 2022**. AB Club. **€15**.

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



## The Sound of The Belgian Underground 2022

Under the title '*The Sound of The Belgian Underground*', AB and Subbacultcha! has created a concert oozing local musical talent active on the fringe. The emphasis is on "bands that focus on artistic freedom and not necessarily the public at large". This month's exciting 'underground' bands live on stage are Antwerp rapper Kleine Crack, electronic drum and bass group Salome, Frankie Traandrappel, Knechtjong, Helenahm Azertyklavierwerke, Pega, Dushime, Naomie Klaus, Victor De Roo, Rachel Sassi and Meril Wubslin. **27 February 2022**. AB Complex. **€13** (free for Subbacultcha members). [www.abconcerts.be](http://www.abconcerts.be)

# Alline

procap

# 100%

of users observe  
less hair loss\*\*

### • Pure keratin

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

30,180 capsules  
2 capsules/day

\* Zinc contributes to the proper synthesis of proteins (such as keratin) and helps keep hair healthy.

\*\* Nobile V. et al. (2021)

Made in  
Belgium

f t i | [www.trenker.be](http://www.trenker.be) | [allineprocap.com](http://allineprocap.com)  
+ Available in pharmacies

Passion for  
family health

Trenker  
laboratoires

Pink  
RIBBON  
Support





## WeForest: Aiming to save trees and stop global warming

Together talks to a charity that is combating climate change with tree planting

**A**chieving a world where communities and nature thrive together to stop global warming. That is the vision of WeForest – an organisation that aims to conserve and restore “the ecological integrity of forests and landscapes, engaging communities to implement and deliver lasting solutions for climate, nature and people”.

“WeForest was created to address one of the biggest challenges of our time: climate change,” said Marie-Noëlle Keijzer, co-founder and CEO of the Belgian and international non-profit organisation. In this fight, there are solutions, she said, and “the amazing role of forests is clearly recognised. Forests are our natural climate regulator.”

Trees are more than climate barometers too, Keijzer made clear. “They protect wildlife, create jobs for people, and reduce soil erosion for farmers to thrive.” And everyone likes trees.

WeForest is aiming to reach over 100 million trees – equivalent to around 85,000 hectares – restored or conserved by January 2025. “We need to add 25% more forests to our existing global forest cover or restore and protect 10 million km<sup>2</sup> of forests,” she explained.



Forests are our natural climate regulator

### How to help

There are many ways to help – individually or via your company. More than 500 corporates have already signed up to WeForest’s ‘Make Earth Cooler’ project – by for example offering to plant a set number of trees for every product sold.

Examples that work well for companies include planting trees to promote a product or service – such as “buy two, get one tree”; or celebrating milestones (energy reduction or paper saving) and anniversaries with tree planting.

Experts are not needed to communicate the value of planting trees. But the science is clear: trees help ensure water quality, expand biodiversity, cool the planet and improve air quality. Restoring forests lifts economies and provides business opportunities for all.

WeForest – that carries out worldwide restoration projects in Brazil, Ethiopia, Zambia, Senegal, Malawi, Tanzania and India – has ambitious goals, but the benefits are clear, Keijzer added, noting donations in most of Europe and the US can be tax deductible (through WeForest partners).

### For more information:

WeForest asbl/vzw, Rue des Colonies 56, 1000 Brussels.  
[www.weforest.org](http://www.weforest.org)



## Château de Terblock

The perfect place for all your events



WEDDINGS & EVENTS - SEMINARS & BUSINESS MEETINGS

### PROFESSIONAL SERVICES

Catering, 24H Parking (400 spaces), WiFi Internet, up to 1,260 guests, projectors, screens & microphone

2 Sint-Jansbergdreef - OVERIJSE 3090, Belgium - +32 (0)2 657 47 43

[WWW.TERBLOCK.BE](http://WWW.TERBLOCK.BE) - [info@terblock.be](mailto:info@terblock.be)







P  
D  
E  
V  
R  
E  
L  
O  
P  
M  
E  
N  
T

*How to find your 'Mrs.' or 'Mr.'  
Right has changed dramatically over the last 30 years*

# A new challenge: group classes in the pool

**Aspria** invites you to plunge into one of their many aqua classes – and it's not just aquagym

*Even non-swimmers can take Aqua  
Jump classes © I Love Light*



**I**n the past, “aquagym” conjured up images of gentle sporting activities for seniors. Today, it is a different story – pool-based group classes are anything but tame – and attract men and women of all ages. Cycling, trampolining or even underwater pole dancing - there is something for everyone. So say goodbye to swimming eternal lengths of the pool: you are about to discover your indispensable aqua class!

## The benefits of group classes

The two important things about group classes are that they encourage people to exercise more often, as well as providing the motivation to stick to a sports routine. These findings apply to women and men of any age.

A strong sense of community quickly develops among participants in the same



## Fitness

session, who may even end up going to the class more for the friends they meet there than for the class itself. In addition, you are less likely to drop out or skip a workout when you know other people are counting on your presence. In short, it's a virtuous circle!

### The benefits of swimming pool-based exercises

Water is an optimal training environment for several reasons. First of all, as in water the body is three times lighter than on land, it is almost impossible to injure yourself. The water cushions your movements and makes them more fluid, which protects your joints.

But that does not mean people looking for an intensive workout will be left wanting more. Moving in water requires greater muscular and cardiovascular effort. This means the results of training in water are numerous: improved blood circulation, toned muscles, reduced cellulite and increased mobility, as well as the feeling of wellbeing water provides.

### Aqua classes at Aspria

Our clubs offer several aqua-fitness classes, with one thing in common: you won't get bored! In addition to meeting friends and enjoying the benefits of water, you will also have fun when you exercise.

Aspria has developed a wide range of group classes – it's not just aquagym, and we invite you to (re)discover them.

## AQUA BIKING

### Concept:

Aqua Biking – a concept that started in 1990s Italy – means cycling in a swimming pool, with water up to the chest. Wearing waterproof shoes, participants pedal to the rhythm of lively music, following instructions of a trainer. The many different exercises involve variations in pedalling speed and position on the saddle, with the addition of arm movements, completed by a warm-up and stretching.

### Perfect for:

Everyone: as they can pedal according to their fitness level when cycling. There is no need to adjust the resistance of the bike with a dial, as for “classic” cycling classes; the water offers all the necessary resistance.

### Benefits:

Aqua Biking allows you to build up your legs, abdominal muscles and upper body. It is not only gentle on the joints, avoiding aches and pains and other traumas, but is also merciless against cellulite thanks to the draining effect of the water's friction.

## AQUA POLE DANCE

### Concept:

Also originating in Italy, Aqua Pole Dance combines acrobatics and dance movements around a vertical bar fixed to the bottom of the pool. Rather than being overly sexy like its land-based version, Aqua Pole Dance is a physically challenging, cardio-based sport, involving many pulling and sideways positions. Fortunately, the buoyant effect of water makes this sport more accessible than classic pole dancing.

### Perfect for:

Women, who are most attracted to the sport – but men are of course also welcome.

### Benefits:

This discipline works especially the obliques and the upper back, but also the lower body. It helps improve vitality and flexibility levels.

## AQUA JUMP

### Concept:

Aqua Jump means trampolining to music in a swimming pool. The trampoline is attached to the bottom of the pool with suction cups.

### Perfect for:

Beginners and advanced athletes, as everyone can adapt the exercises to their level of fitness. Also, even non-swimmers can take Aqua Jump classes, as the water only reaches your waist.

Aqua classes – the wonder of water. © www.ilovelight.be



### Benefits:

The jumps and resistance of the water make these classes intensive cardio sessions, that burn many calories and eliminate cellulite. The constant instability means that the muscles of the abdomen, back and legs are continually contracted.

## WATFIT

### Concept:

WatFit (a combination of “water” and “fitness”) consists of working out on, not in, water. The exercises, inspired by yoga, pilates and fitness, are performed on a floating PVC mat. Although the mat is held in place by water lines, it is somewhat unstable, requiring class participants to use their entire body to maintain balance. No weights or other equipment are added to the exercises, given that it is hard enough to lift your own body weight on a floating mat.

### Perfect for:

Everyone, from beginners to experienced athletes, as the intensity of the exercises can be adapted to the individual's sporting ability.

The exercises are also very varied, and Aspria offers three types of WatFit workouts, from relaxing to very intense.

### Benefits:

Weight training, cardio, postural work, breathing, muscle strengthening, coordination - the benefits of WatFit are numerous. This discipline allows you to strengthen the whole body, and in particular the muscles of the ‘abdominal belt’ area, back and pelvis.

### Take your workout to new heights

## “WATER PROVIDES WELLBEING”

In short, swimming does not just mean laps or stately exercise. Aqua-fitness can take many forms and gaining more and more followers. Whether you want a relaxing, intense or more unusual

activity to add to your training programme, consider trying a group class in the pool as this year's new challenge.

Discover the complete schedule of Aspria aqua classes on [www.aspria.com](http://www.aspria.com), and take the plunge! 🏊



# Why meditate?

## The '10x10x10' method

**Chandra Devi** (the chosen pen name and Hindi baptismal name of **Karen Northshield**) explains why a little meditation goes a long way in a busy day



**F**eeling stressed out, anxious, irritable, or super busy? Then meditation is for you. You get so much more out of meditation than what your first impression might let you believe – including freeing up time to meditate. It is the best antidote to stress and headaches. Most importantly, just like going for a walk, it clears the mind – you do not need to take an Aspirin. You also do not have to stay motionless for hours like a

Bodhisattva (someone seeking awakening – bodhi - on the path to becoming a buddha) or go on expensive retreats to reap the benefits.

Meditation is not only accessible, but also affordable. In this article, I will demonstrate how 10 minutes of observing one's thoughts and breath can have remarkable effects. Incorporating this practice can be a panacea

for around-the-clock workers, to manage common ills such as headaches, stress and lack of concentration. With genuine regularity it can help regularise sleep patterns and combat negative emotions.

So why not start now? To help, I list 10 useful tips to help you meditate better and turn it into a routine. The method is dubbed 10 (minutes) x 10 (days) as 10 days is usually the tipping point when adjustments start being part of your day and you see the advantages. If you miss a day, do not beat yourself up, simply continue the following day. As soon as you can, try and make the activity a habit. And 10 minutes a day follows the concept of 'less is more' or 'quality versus quantity'.

You may think of meditation as a waste of time. Sitting in a lotus position or lying on the floor may give the impression of doing 'nothing', as the thoughts spur like leaves in a whirlwind. On a conscious level, little may seem to be happening, but on a subconscious level, so much is going on with both body, mind and beyond. In Hindu belief, meditation affects our astral or spiritual body, which can give you the feeling of elevation or empowerment

In general, when we avoid something that demands our attention, it is what we need the most... so please read these tips to turn your meditation into a habit.

### Tip 1: Be curious

Be curious about how the mind works, what the body feels and where and how to improve your life. The most effective and in-the-moment thoughts happen when we are curious. Be curious about what you will learn and discover during your meditation practice. We learn the most by observing, and when meditating, we observe body and mind.

### Tip 2: Pick a time and stick with it

When is the most appropriate time for your mind to meditate? For some people, it will

be in the small hours, for others during a work break, queuing at the shops or on public transport. Use the 10-day method to experiment what the right time is for you.

### Tip 3: Make it regular

What exercise is to the body, and washing up is to our hygiene, meditation is to our mind. You brush your teeth, shower, and exercise daily. So why would not you take care of your mind? Regularity is not the same as quantity. With anything in life, it is better to do a little each day than a lot once a week or month. You cannot just eat or sleep once and then feel replenished for the rest of your days. Just as we need to eat and sleep daily, we should also tend to the mind.

### Tip 4: Create space

Space is essential for meditation. If you approach it on the gallop, you will leave it breathless and in a rush. You need to create space around your meditation time, just as you would make room on your desk or kitchen to work or cook.

### Tip 5: Follow a meditation app

These tools are user-friendly as well as practical and fun. You can use them anywhere and everywhere. InsightTimer, UCL Mindful, or Petit bamboo are just a few. You can mark your progress and motivation. There are free versions and for a few euros a month you can extend your options for more variety. Apps will guide you and give you a sense that you are meditating correctly.

### Tip 6: Sign up for a class and become a regular

Joining a class makes you part of a community. There is a benefit to being part of a class and in sharing the same energy with like-minded people. It allows you to engage with yourself and meet up with your meditation friends. And you may even meet your soulmate.

**“ MEDITATION  
CLEARS THE  
MIND ”**



#### Tip 7: Find your mantra

Mantras are positive. Finding your mantra is like finding your favourite song and singing it when you are happy or sad. Saying or singing it like a stuck record will remind you of how unique, beautiful and human you are.

#### Tip 8: Practise gratitude

Gratitude starts by waking up saying 'thank you' to life, and going to bed affirming 'merci' for a day full of opportunities. For the chance to be a better person, and to improve the quality of one's life. Repeating words of thanks for simple things changes a drab day into one of awareness and happiness. There are many things to be grateful for in life, starting by pausing and becoming aware of our surroundings.

#### Tip 9: Practise mindfulness

Mindfulness is the art of being conscious in the present moment. It takes place in everyday activities such as brushing your teeth, taking a shower, listening to music, going for a walk and eating. The rule is to perform one activity at a time, and one only. Use the time you have to perform an activity and connect to that activity as if your life depends on it.

#### Tip 10: Tune in to soft, peaceful music

Listening to music helps to elevate the frequencies of the mind and vibrations of the body. Listening to soft, gentle music calms the mind, reducing the wavelengths from beta (normal state of awareness) to alpha (relaxation).

*So, take it from me, please try out this new 10x10x10 minute method, integrating one or two of the tips. Those ten minutes will really affect the rest of your 24-hour day. ①*

## Discover Montgomery International School, Brussels

**T**he Montgomery International School is a private school near the Montgomery roundabout, in Woluwe Saint-Lambert, opposite ICHEC Brussels Management School. It is the only school in Belgium to offer the International Baccalaureate (IB) programmes with the possibility to choose between a bilingual French/English programme or a fully Anglophone programme in both primary and secondary sections.



The number of families in Belgium and in the rest of the world that choose an international school and the International Baccalaureate programmes for their children is constantly increasing. The reason is simple: first year university students that graduated high school with the IB Diploma Programme have a substantially higher success rate than those that followed other programmes.

Montgomery International School has been so successful that it is growing and has therefore opened a second site, just a few meters down Avenue de Broqueville.

The school is planning several events so that families can learn more about the school and its programmes.

#### Save the dates!

\*Online event (in French) 17th February 2022 at 17h30: Presentation of the International Baccalaureate programmes with a particular focus on the bilingual programme. For information, please see the link on the school website: [www.ecole-montgomery.be/](http://www.ecole-montgomery.be/)

[modules/agenda/event.](#)

\*Event at school: 'Open Day', by appointment on 17th March 2022. Appointments by email: [info@ecole-montgomery.be](mailto:info@ecole-montgomery.be).

If you cannot be present at any of these events, you can make an appointment now to get all the information necessary to enroll your children.

The school leadership, teachers and pupils will be pleased to show you around their school and to explain the IB programmes.

Registrations are open now. [www.ecole-montgomery.be](http://www.ecole-montgomery.be)

*(1) International Baccalaureate, Key findings from research on the impact of the IB DP, 2021, <https://www.ibo.org/globalassets/publications/ib-research/key-findings-from-research-on-the-impact-of-the-dp-en.pdf>, accessed 28/01/2022 ①*



# Overcoming stage fright by creating your own ‘speaking sanctuary’

**Matthew Cossolotto** details a fascinating and calming way to beat public speaking fears

**P**ublic speaking anxiety is such a common affliction that there’s even a medical name for it: *glossophobia*. The term derives from the Greek word *glossa* (meaning tongue or language) combined with *phobia*: an exaggerated, usually inexplicable and illogical, fear of a particular object, class of objects, or situation.

For many people, the mere idea of public speaking elicits emotions of fear, trepidation, and outright terror. Comedian Jerry Seinfeld tells a joke that adroitly captures this all-too-prevalent apprehension. He cites studies that say public speaking is the number one fear of the average person. Number two is death. “This means to the average person,” Seinfeld jokes, “if you have to be at a funeral, you would rather be in the casket than doing the eulogy.”

Seinfeld slightly overstates the case (chalk it up to comedic licence). Public opinion

5 percent of the population suffer from public speaking to some degree



surveys confirm that most people rank public speaking as one of their top fears, along with spiders, snakes, and death. Yet some studies have found that a staggering 75 percent of the population – three out of every four of us – suffers from the fear of public speaking to some degree. If that percentage can be extrapolated worldwide, it would translate to almost six billion people.

An anonymous quote often attributed to Mark Twain sums up the situation well: “There are two types of speakers in the world: those that are nervous and those that are liars.”

A beach scene in California



As a young man, billionaire Warren Buffett, the longtime chairman and CEO of Berkshire Hathaway, was terrified of public speaking. In college, he avoided classes that might require him to speak to the class. Once he even signed up for a public speaking course but dropped out after the first class. After college, Buffett recognised that he needed to overcome his fear of public speaking to succeed in his job as a stockbroker. So he took a Dale Carnegie course.

## “ PICTURE A SOOTHING, CALMING SCENE ”

The rest, as they say, is history. Now, I can’t promise you’ll become a billionaire like Buffett by reading this article. But if you do, I hope you’ll give me some of the credit.

In my books, articles and workshops, I try to convey one central message: the importance of creating a positive, joyful mindset every time you speak to an audience – whether in person or remotely.



In *The Joy of Public Speaking*, I describe how you can build what I call your “Speaking Sanctuary.” It’s a process that is flexible and easily adaptable to your personal preferences. You can customise these ideas to accommodate what works best for you. In creating a Speaking Sanctuary, you construct a private place in which to give yourself a silent pep talk before your next presentation.

#### Visualisation techniques

This process employs visualisation techniques familiar to actors, athletes, and other high-level performers. Just as a golfer takes several practice swings and visualises the shot before stepping up to strike the ball, you want to get yourself centred in a positive frame of mind before stepping on to the podium.

By using the power of your imagination, you’re able to create a personal Speaking

Sanctuary in which you can visualise the joyful experience you want your presentation to be – or you and your audience. Once created, you’ll be able to visit your Speaking

Sanctuary at a moment’s notice in the days, hours, or minutes leading up to your next presentation. When and how often you visit your sanctuary is entirely up to you.

To create your Speaking Sanctuary, find a quiet place where you can sit or lie down undisturbed for several minutes. Simply close your

eyes and picture a soothing, calming scene that puts you into a positive frame of mind. I recommend a scene in nature, but you can opt to imagine an indoor location – a special room perhaps – that has a calming effect on you.

If you choose a natural setting, you might imagine a tranquil seaside vista, a beautiful waterfall, a babbling brook, a shimmering

## “PUBLIC SPEAKING IS THE AVERAGE PERSON’S NUMBER ONE FEAR”

mountain lake, or a beautiful meadow filled with colourful wildflowers. It’s your choice. Imagine as many details as possible: birds singing, a gentle breeze blowing, the warm sun shining brightly in a clear blue sky. Make the colours, sounds, and smells vivid in your mind’s eye. Once you’ve created your Speaking Sanctuary, you can close your eyes and visit it at a moment’s notice whenever you like before your next presentation. Go as often as suits you. The trip is free and well worth the time it takes to get there.

During your visit, I encourage you to imagine yourself speaking with joy to a receptive audience – comfortably and effectively, one person at a time – with the same ease you feel when speaking to your best friend.

To establish this positive frame of mind, you should repeat several uplifting declarations or affirmations along these lines: *I speak with joy to this wonderful audience. The audience supports me. I’m excited to speak to this audience, one person at a time. I have a great message that will be of enormous benefit to this audience.*

As I mentioned, this process is flexible. You should feel free to adapt these suggestions to create a Speaking Sanctuary in your own image. Do whatever works best for you.

I like to close my eyes for a few seconds before I give a talk. I visit a beach scene on the northern California coast where I grew up. I see and hear the waves crashing against the cliffs. I hear the seagulls in the air and the seals in the surf, and I smell the fresh ocean air. In my sanctuary, I remind myself to listen to the audience with my eyes and to speak with a glowing heart. I also like to say to myself that I’m excited to have this opportunity to speak with this audience, that I easily remember the key points of my talk, and that the audience supports me and responds enthusiastically to my message.

#### The joy of speaking

In other words, I prepare my mind for the joy of speaking to this audience. This is what I like to call mental “joyjitsu” in action. That’s an obvious play on words. “Jujitsu” is the name of a Japanese martial art which is known as “the gentle art”, or “the gentle technique”. With jujitsu, you manipulate the opponent’s force against him or her instead of confronting that force head-on.

I like referring to the joy of speaking as the result of

“the gentle art of mental joyjitsu” because it’s a lighthearted way to describe the process of gently redirecting the fear of public speaking – your “opponent”, so to speak – by thinking of it differently. You do not attack the fear directly and bluntly. Instead, you use your head and out-manoeuvre it psychologically. You gently outsmart it.

The path to the joy of speaking starts with a liberating mindset shift. Being receptive to the possibility of joy instantly relaxes you and elevates your level of excitement about this opportunity to share your message.

Ultimately, the joy of speaking comes from the inside out. And this Speaking Sanctuary process – which only takes a few short minutes to complete – helps you to create a positive, joyful mindset before giving your presentation. You and your audiences will be very glad you took the time to construct your very own, very empowering, Speaking Sanctuary.

#### About the Author

A former NATO speechwriter, Matthew Cossolotto is the author of the recently published *The Joy of Public Speaking* (available on Amazon.com). Matthew provides speech coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond.  
[www.ThePodiumPro.com](http://www.ThePodiumPro.com) 

## “THE GENTLE ART OF MENTAL JOYJITSU”



# The voice of the source

Intuitive healer **Katarina Winslow** reflects  
on the subtle messages of our existence

*Aerial view of green coniferous pines...*



**G**uided by the unseen, I rest my pen on the paper to write, opening myself up to inspiration from the divine source. There is a Godly saying that we are all called. The question is, who hears the calling? Some of you will instinctively understand the meaning of this message. Others will undoubtedly ask: called for what? I would like to answer called to be a force for good in the human life on planet earth, to know what is true, right, and life-enhancing, and to bring it into the tangible.

To be connected to where we came from and recall what we came here for, live by the divine intention for life, experience fulfilment and happiness in communion with the source, and remember who we are: that is, a soul having a human experience.

What is the source, then? It is the love you came from and the love in your essence,

the love that you can attune yourself with by being open to the intangible in the outer and the infinite in the inner. It is the love that you know when you open your physical, psychological, and spiritual antennas to see the beauty in existence. Listen better to hear more, see further by accepting your perception, feel more by being in touch with your senses to intensify the spectrum of your life experience. Do this to unite with the energy inside and around you and to welcome the beautiful cosmic energy that makes life on earth truly worth living.

Perceive what is between what we hear and what is being said. See beyond what is shown and imagined. Touch more than the surface and explore the depths to sense and meet the unseen of existence. Take a stance of certitude for the miraculous and the magic between words, the images beyond imagery. Feel the contact within the untouchable, and

*Travel in beautiful space nebula*



simply bring in more source to life, or live with more light. Raise your vantage point by elevating the substantial to a higher level of existence, where it becomes sacred, and where there is meaning in life and living.

Aim to be so open that you can hear the subtle messages of existence, the voice of the source. Because the source is on the side of the living. The source is transmuted to you in every breath if you accept to breathe in. The source is present in the shape of your guides and the caring frequencies of the universe, in the flourishing and eternal explosion of life. The divine is always on your side – but only if you are willing to listen, see, and feel more.

With its constant presence, the voice of the source is simple and subtle but always there. It is waiting for the eyes that see and

the hearts that know that life is intended for beauty. In its whispers, more often than not, the subtle messages from the source, your divine guidance, come to you in the form of another person, a song, an image, or writing on the wall. Guided, you find meaning where there is none, you uncover the truth behind a lie, and you think of what is being said beyond the spoken word.

When you listen to the source, you enter the divine dimension of existence, and you can start to see angels everywhere and in everyone. Because the source is about where the light passes through from the divine dimension to human consciousness.

I believe most of us have had at least one experience where someone said something so meaningful that it changed our perception of what is or what is not. It could even be just

There are only two ways to live  
your life. One is as though nothing  
is a miracle. The other is as though  
everything is a miracle.

eye contact from someone who manages to pierce your illusions and bring you back to the unquestionable knowledge that you are more than just a body in movement. Someone that just by eye contact makes you reconnect with the truth that you are a soul on a journey and that there is more to you than your physical form. In the words of Albert Einstein, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

The miracle stance is acknowledging that life is a gift and holds beauty. Recognising the voice of the source is to perceive the subtle message from above in the voice of your friend, neighbour, or child. To see the meaning behind an obstacle or a delay. To understand that the universe's plan is better than yours or mine. To keep the faith that one day the light and the true intention for life will inhabit all our consciousness and eradicate the darkness from this world.

The message dispels all that divides and disconnects you from the source. It liberates you from all that divides and disconnects you from yourself or another. It transcends the

fake illusion of life and brings you back to the essence, to the common soul of the universe and where we came from.

It is the voice that removes the veils that conceal the true nature of our human heart. It is the messenger that proclaims your divine right and individual sovereignty. It is the voice that hears your longing, it is the voice that sees your dreams, it is the voice that can touch your essence. It is the voice of truth.

## " LISTEN BETTER TO HEAR MORE "

The time to hear that voice from above and from within is now, so that we may move on to the most significant evolutionary healing experience on this beautiful planet. Hear what is expected of you and me and the whole of humanity, and trust that we will all transcend to a higher consciousness. Move

us to a deeper presence and wholeness, and to less escape and division. Let us raise our frequencies once and for all to match the vibration where we came from and to reconnect to what we are made of.

The giant leap is now. We will do this.

Together. ①

# Vous cherchez l'oiseau rare ?

N'attendez plus, c'est le moment de faire des belles rencontres

# a2

créons LA rencontre

♥ depuis 1970 ♥



Nous cherchons pour vous.

**Vous êtes Un Célibataire Actif et Sérieux ?**

**Vous voulez être en couple et n'avez pas le temps de chercher ?**

**Vous ne voulez pas vous afficher sur des sites de rencontres ?**

**Le filtre efficace contre les mauvaises rencontres**



# Looking for love that lasts

In the month of Valentine's Day, **Liz Newmark** investigates the world of elite dating in Belgium

*A life that brings you joy...  
©Lemarc Thomas Matchmaking Agency*



**H**ow to find your 'Mrs.' or 'Mr.' Right has changed dramatically over the last 30 years. In the 'old' days, the general advice was to get out there, join a club to meet like-minded people, ask your friends to introduce you to theirs à la 'blind date'; or even search for soulmates at your local supermarket. Today, nearly one in four people look for love online and an increasing number turn to specialised agencies. It is almost impossible to think that not so long ago, getting 'help' to find a partner online or via a dating organisation carried a stigma.

In Belgium, just as in Europe and most of

the developed world, looking for love can be conducted on one of myriad dating sites. Tinder, with some 397 million users, is the most well-known and biggest player, followed by Badoo with 380 million users. The bewildering range of others include Bumble,

**“ WE SENSE  
THINGS  
ALGORITHMS  
DO NOT ”**

Happypancake, The League – for LinkedIn users and the quirkily named 'Plenty of Fish' – claiming to have more conversations a day than any other app – some 2.5 million.

Well-known sites in Belgium along with the likes of Tinder are Meetic.be (around since 2001 and, rare in dating apps, actually allows you to speak to a live person in real-time), EliteDating.be, Happn (to find people near you) Parship

(aimed at the educated over-30s) and the rapidly expanding Be2.be. You can even join niche sites like Spex for glasses wearers, Bristir if men with beards is more your thing without even mentioning the spam mail asking you to contact seekasianwomen.com or similar...

Each of these sites have distinctive features, Tinder scores on inclusivity, allowing identification as one of nearly 40 genders; in Bumble, only women can start conversations; Happn has 50 million users operating in 50 major cities across 40 countries, so claims to be "truly cosmopolitan"; and Elite Dating prides itself as a "serious site for ambitious singles looking for a serious relationship."

While many platforms like Meetic and The League ask you to pay for a 'premium' service or special perks, the overriding plus of dating sites' basic membership is that they are free. And if all you are after is a night out or a bit of fun, well, why not? But for people seeking that special someone or even marriage and/or (more) kids, dating agencies or at least the most 'exclusive' online sites, are seen as the answer.

As Lemarc Thomas, owner of Stockholm, Sweden-based global network Lemarc Thomas Matchmaking Agency – that offers unlimited introductions and a personal matchmaker in its €25,000/year subscription, explains: "Matchmaking and online dating are on opposite ends of the spectrum. Online dating has zero service, but gives you access to a big pool of people to sift through. Matchmaking offers a very high level of personalised service and a smaller group of select people with whom you are matched based on your preferences."

Calling themselves 'love head-hunters' and personal guides for people who do not have the time to look for love themselves, and even less to spend hours answering

personality tests, compatibility questionnaires or creating profiles demanded by dating apps, specialised agencies like Lemarc Thomas, Berkeley International and Laura Hamilton International are aimed at the 'elite' market and primarily the 35-55 year age bracket. They look to match up their clients with people of similar status and sociocultural background that "you probably will not meet online".

**“ BELGIANS  
MAKE GREAT  
PARTNERS ”**

"We want to attract people who are like-minded in terms of lifestyle and educational background," Marjorie Libourel, private matchmaker and relationship expert for Berkeley International Belgium (the agency also has offices in

Paris and London), tells *Together*. "You can't do this on Tinder."

Refreshingly honest about being "quite expensive", with a €10,000 fee for the first year for Belgium's 950 members, enabling a personal service including a matchmaker and personal training, Libourel says "I don't believe love is possible if there is too much of a gap. Our clients speak many languages and are quite accomplished in their careers. Some are just too high profile to be on an app or are too busy to use one. Our role is to filter out matches in terms of commitment and enable quality introductions over quantity."

She adds that she would never match a woman wanting kids with a man who is not keen to do so: "We sense things that algorithms do not." Laura Hamilton, with similar prices to Berkeley and targeting the "affluent, cosmopolitan and successful client sharing the same goal to meet their soulmate", also aims to decipher what clients want and need: "Is she looking for a millionaire or a husband? He is cute, but will he take responsibility for and share the expenses and take me away for the weekend?" are the types of questions the agency asks, according to its website.

Self help

Hamilton offers premier, exclusive and VIP memberships, and six successful matches “guaranteed”. The VIP subscription is a “made-to-measure” service managed solely by its director Walter Benjamin, who emphasises, “our aim is your happiness”.

Elite agencies, priding themselves on giving anonymity to their clients, go all out to find the right person for their clients. “I use social media, the internet, go to afterworks, soirees, events, I talk to the entire world, move heaven and earth,” Benjamin claims. Indeed, he compares a singleton’s search for love to a businessperson looking for the best asset for their company.

The more “exclusive” dating sites also target professional singles serious about finding a Mr or Mrs Right partner rather than a fling. Elite Dating, with 403,465 user profiles in Belgium, prides itself as an agency for singles that value efficiency and quality and expect their time to be well invested. “We aim to provide a high-quality product to help our members find a life partner,” a representative told *Together*. “Our members receive curated profiles of other singles who match their personality and preferences – every day.”

And perhaps a ‘compromise’ for ‘elite’ daters at least in financial terms, clients can pay for an Elite Premium membership, €360 a year (or €180 for three months), including unlimited site communication, the viewing of all profile photos and a more in-depth personality profile. “Premium members are investing in themselves,” the representative said. “They are serious about the types of people they connect with and are not just looking around or hoping for an ego boost. They want to see a real return on their investment.”

Is Belgium any different when navigating the dating scene? For Lemarc Thomas, who admits, being based in Sweden, that “we are not for those seeking a Belgian match”, although the agency does have “a small number of very exceptional people” based in Belgium, “The part we pay attention to is the gender differences. Here [in Sweden] it is very equal and the gender balance is different to any other country, whereas



Lemarc Thomas: “Be clear about what you are looking for.” ©Lemarc Thomas Matchmaking Agency

**“ OUR AIM IS  
YOUR  
HAPPINESS ”**



Love head-hunter Marjorie Libourel: “We enable quality introductions over quantity.”

**“ PREMIUM  
MEMBERS ARE  
INVESTING IN  
THEMSELVES ”**

in Belgium, while equality is important, the more traditional love relationships are still appreciated.”

An Elite Dating spokesperson told *Together* that “Belgian men and women have a lot to offer. Usually reserved and humble by nature, Belgians might take some time to open up in a relationship. They are generally considered to be hardworking, loyal and good-natured folks who place value on long term relationships, making them great partners.”

And naturally, speaking for a dating website, she maintained that meeting partners in Belgium can be difficult outside the larger cities as communities are so tight-knit, “but that’s where online dating comes into play, creating a plethora of opportunities to meet new people”.

Libourel makes clear that, especially in the EU bubble, expats and Belgians have little chance of meeting each other. “They always hang out in the same places,” she said. “I like breaking this up a little.” And she said that Belgians can make particularly good matches as some expat clients place high value on a support network and security. This means that a relationship with a Belgian with existing roots in the country makes sense and has proved to be successful.

In general, dating experts advise not to make location the be all and end all of relationships. They say having similar values and being open-minded is more important than your nationality or where you live. “Be guided by your own inner compass, acting respectfully according to your beliefs, values, intuition or gut,” says Thomas.

As for success rate, Libourel is proud to say that 70% of clients end up in a relationship lasting more than six months in the first year. Lemarc Thomas says eight out of ten of his clients will find a relationship and Laura Hamilton also claims a figure of 80% on its website. Elite Dating claims that “new couples are formed every day”.

Finally, if you are looking for advice on how to achieve lasting love, the experts are clear. Start by looking at yourself. One of the benefits of a Berkeley membership is indeed “learning a lot





about yourself, finding out who you are and what you want,” Libourel told *Together*. The agency offers a dedicated matchmaker to help you do so. He or she can also give coaching on how to overcome shyness or even fashion advice. This will result not only in a potential life partner, but also in clients becoming more confident and at ease with themselves.

“Stop looking for love and start discovering yourself,” the Elite

Dating representative made clear. “Many of us wrongly believe we need a partner to make us feel happy and content. This is something we’ve got backwards. When we feel happy and content and whole on our own, we’ll be ready for a romantic relationship.”

## “ WE PAY ATTENTION TO THE GENDER DIFFERENCES ”

The agency has four other tips for finding love:

- Take care of yourself (cook, meditate, socialise, find a hobby, have a makeover...);
- Live a life that brings you joy (live it for you, to find yourself in jobs, places and with people aligned with you and your path);
- Don’t seek romance, seek partnership (someone who is genuinely interested in your opinion, that cares about your needs and wants; and wants to create a healthy balance in the relationship);
- and,
- Think about what you want and need.

“Many of us are under the illusion that falling in love solves all our problems,” the

spokesperson explains. “Not only is this not true, but a relationship can bring us a whole new set of problems. So before you rush into finding love, figure out what you genuinely want. And don’t be afraid of sharing this when you’re dating someone new.”

Lemarc Thomas also highlights, “Be clear about what you are looking for,” as the third in a four-step approach to finding and keeping love. “What is non-negotiable, what are your relationship needs and what could bring passion, joy and fun?” he asks.

The other three steps are:

- Own your story – reflecting on your life journey to accept and gain insight from past experiences (“It’s a bit sexier when your past experiences are processed and integrated

rather than being traumatic blocks,” Thomas says);

## “ BE GUIDED BY YOUR OWN INNER COMPASS ”

- Stop adapting and “be more you” – living more authentically with your core values at heart; and,
- Take conscious action towards love – connecting with your people in contexts that feel good to you.

Key points to consider as Valentine’s Day comes around again. To sum up: look at yourself before seeking that special person. And elite dating experts are always there to help. **❶**

# Building individual growth into societal gain

Our life coach expert **Atefeh Sadeghi** explains how the pandemic has revolutionised our way of working – for the better

*Work should not just be a treadmill*



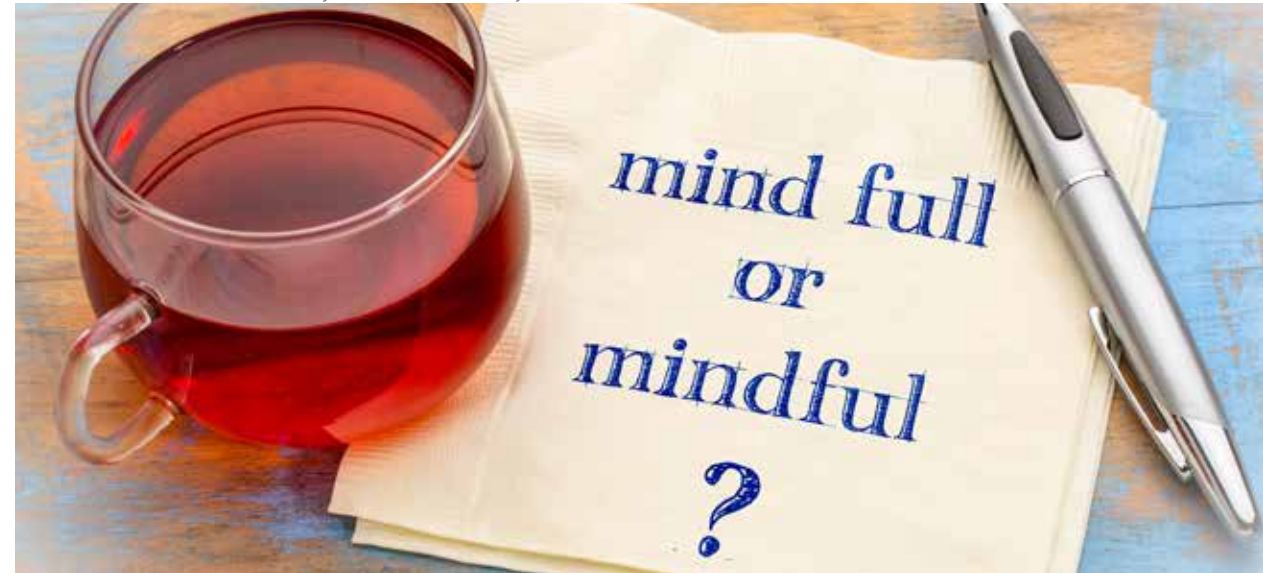
**W**hen Covid-19 struck, work structures changed. Many people were able to look at their position, how their company operates and how they perform in different settings without a supervisor or colleague looking over them. As we enter life after the pandemic, the need to reassess our self, priorities and career decisions has emerged.

This search is encapsulated in what is already known as the Great Resignation. This phenomenon, which originated early 2021 in the United States, of dissatisfied, exhausted workers resigning en masse, has spread all

over the world. So many people, realising the possibilities of a fresh form of living, the joy of flexible work hours that can fit around family or personal needs and desires, are setting up their own independent systems to generate an income. Several people have already marked that step in the past two years. The growth of consultancies in the US and Europe able to cater for different sectors is proof of this trend.

This new ideology has also resulted in a thirst for learning. With new systems, markets and demands, comes a wealth of original information to grasp. Look at computers:

*Mindfulness is the way towards self-sufficiency in work*



when they first hit the market, people realised that if they did not have computer knowledge they would tumble behind a more skilful generation. In the same way, with all this new information, knowledge, talent competition and skills, success is no longer about having an income – it is about how money is earned. Success means understanding what talent is needed, the knowledge to make it possible and what outcome is possible beyond just being reliable.

There is another lesser known but crucial side effect of working for yourself. It relates to the simple truth that societies are structures made of people, by people and for the people. So the most important result of ‘the big resignation’ is not its threats on labour markets, or implications on tax payment and tax systems. It is the massive impact this ‘resignation’ will have on all societies that deal with the phenomenon.

In other words, instead of an income gained by serving someone else, your earnings are used to build profitable avenues for a lifestyle that enriches your soul and sense of success. We are always hearing that what matters is being happy, but for a number of reasons, this notion has not been taken up by many people.

This realisation is only really coming to light now. It is even stronger if you are unhappy in your job and understand that success and earnings from it amount to nothing. The younger generation are leading the way in this trend.

## “ THE JOY OF FLEXIBLE WORKING HOURS ”

Now let us consider mindfulness, a practice already developing in the past few years, in parallel to ‘the big resignation’. I see mindfulness as that superior element that has paved a golden and extraordinary way to achieving self-sufficient

jobs. Mindfulness is being aware of your whole being and your choices. It would be impossible for someone unaware of their own desires, needs, and potential to even begin to fathom building a different lifestyle for themselves through restructuring their work.

In other words, an individual who is unaware of who they are, where they are and what they want would not be able to see past the





safety net of a system in place for decades – a system of familiarity, security and stability. I also see mindfulness in three layers: mindful of self, mindful of how others impact me and mindful of how I impact others.

We can assign such a meaning to mindfulness and how it has led to the current phenomenon via a clear mind map. The key question to ask ourselves, with the hope that others will reflect on this too, is: When I am changing something in my life, how does it affect my surroundings? This starts with your immediate close circles of family and friends and stretches to society as a whole. It is fascinating to think that what may seem solely about your personal life could influence society at large.

The security of a job embedded in a well-designed package of social security contributions and pension plans has created our current social systems. But today, these are seen to be insufficient, creating a constant need for upskilling. If that were not the case, people would not be leaving their jobs. So we must navigate our way towards

new challenges mindfully, by threading the third layer of mindfulness carefully. This is the layer of 'how my acts affect others'. If we fail to do that immediately, we must brace ourselves to be forcibly challenged by societies which may have no regard for a life of community and well-being. And has not the pandemic provided us with the greatest lessons on our need for one another already?

Being mindful about how one's career shift will impact others is not about stepping back from building one's dream work structure. It means finding what the impacts are and capturing them to fit into the best and most nourishing environment for everyone.

To be healthy, you need to live in a healthy society and a healthy society means healthy individuals who are mindful at all levels.

A mindful environment provides everything one needs to thrive. So your career move can only work if it is mindful, and this in turn will back up a healthy society. 📌

**“ SUCCESS IS  
NO LONGER  
ABOUT HAVING  
AN INCOME ”**



Fall asleep in Europe...  
Wake up in Mauritius



Fly NON-STOP  
with Air Mauritius

[airmauritius.com](http://airmauritius.com)

## Be clear, be positive, be bigger

International speaker, Peak Performance trainer and business mentor **Arnon Barnes** tells you his top three tips for 2022



the game you are playing. And if you need support, accountability or just a kick up the ass, connect with me or get in touch.

The next thing I would recommend you do in 2022 is: **expand**. In tough times,

Whatever it takes, you need to get out of your comfort zone: what you have known about your business or life and make new choices on how to move forward. Things will get better. Some of your ideas may be successful and from others, you may learn valuable lessons. Whatever it is, when you are managing to expand in the current economic climate, then when we exit this roller coaster ride, the greatest treasures will be waiting. The rewards from doing so will be hugely beneficial in the short and long term.

Lastly, I recommend something I value very highly – both in everyday life and in all my businesses. I must have shared it with you over and over, and yet will do so once again.

**Be positive:** Keep yourself in a positive energy. Stay focused on what is good and devote your attention to bringing more kindness to people around you: be it your business partner, colleague, spouse, son or daughter, neighbour, friend, or maybe even a stranger. I believe the energy that we need right now more than any other is the energy of kindness.

I am leaving you with these three pearls of wisdom to help you get through 2022. Make it a good year. Make it a better one than you have had before, by taking positive action every day, and then see how magic starts to happen in your life. Stay blessed.

**W**e have had our Christmas. We shared our happy New Years and now we are full on into 2022. A particularly important year and one I believe is significant for several reasons. Firstly, it is a new page, a new chapter in a new book. Secondly, and maybe even more so, I believe that 2022 is key because over the last two years we have all ridden a very turbulent wave.

Working with my coaching clients and all my students that own businesses, I noticed that they all have at least one common goal: to 'simply' get to 2023.

Many people have asked me what top two or three issues they should focus on this year.

From my perspective, the top three things that you, as a business owner, entrepreneur or private person should be putting into focus for 2022 are: goals, growth and positivity.

Firstly, make sure you have **clear goals** in place. Know where you are in your business and life and know where you want to go.

### “ PUT CLEAR GOALS IN PRACTICE ”

Most people can easily tell you where they want to go, but have no clue where they are right now. That is a problem, because if you do not know where you are starting from, how can you make a clear action plan to get to your final destination?

So, get clear with your goals. Understand what you want and determine and define

businesses, naturally, will contract. They get smaller as they try to cut or reduce to minimise damages. Although that is the very first instinct, it would be wiser to stop for a moment and actually look at your business, your life and where you are. Then find the places where you can grow, taking advantage of the opportunities the new, challenging situation has brought to life. Take action by playing a bigger game, talking to more or even different people, staying connected with your client base and creating new avatars for the expansion.

### “ TAKE POSITIVE ACTION EVERY DAY ”

*For more information on how to meet and work with Arnon Barnes, or to enrol for one of his talks or coaching events, please contact [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or see [www.arnonbarnes.com](http://www.arnonbarnes.com) 📍*



# Tested and approved!

**Caroline Dierckx** spends an enjoyable and instructive day at TEAMPOWER training and coaching centre.

Meet the Teampower team



**T**eampower has been active since 1988 in Belgium, Luxembourg, France and Spain. The centre specialises in giving advice and courses in training, coaching, communication, sales, people management and behavioural development.

We took a quality management training course. Teampower adapts perfectly to the client's needs. We left able to apply our knowledge immediately at our Together team. The result? Better communication, a

team more aware of each person's different personalities and more confidence.

Teampower has clients from a range of sectors in the private and public domain, including sales and distribution, industry, finance, public administration and the services industry. The company works with small and medium-sized enterprises (SMEs), multinational organisations and public institutions, aiming to fulfil every client's individual requirements.



Isabelle Marchal, Teampower Managing Director/Owner

Teampower therefore conducts 'made-to-measure' training after consultation with the client and with a client-centred approach.

## The DNA

- Training (between branches or employees of a company and with other companies), coaching and consulting – all "made to measure".
- The support of a complementary team and partners used to working in a team and in synergy.
- Real assessment in the framework of training organised specifically for your company.
- Trainer back-up for each task.
- A "training assistance" hotline for all participants.
- Practical methodologies.
- Experienced and charismatic consultants and trainers.
- References from SMEs, national and multinational companies.

## "MADE-TO-MEASURE TRAINING"

### The values

Deontology (ethics - judging the morality of others based on a set of rules), made-to-measure advice, pragmatism, follow-up, permanent training, partnerships.

Teampower offers more than 75 training programmes in French and Dutch (with English and German also available on demand).

- Sessions with other companies are guaranteed from two confirmed participants.
- 'Active training' methods in tune with the working environment (an intake form is sent to each participant before the training sessions).

### Key training sessions

Managing absenteeism, drivers for change, project management, the new manager, managing a team, telephone welcome desk, assertiveness, managing aggression, influencing and convincing, conflict management, NLP (neuro-linguistic programming), client-orientated businesses, public speaking, knowing how to let go and take a step back, teleworking 3.0, stress management, time management, self-confidence, the basics of selling, performing at exhibitions (stands).

### New training options

Fighting 'meeting-itis', redefining roles in your organisation, disconnection (for example from social media) and its challenges.

### All offices are Covid-proof

- Masks and hydroalcoholic gel are available.
- Individual lunches served at your table.
- Disinfection of materials and the training room.
- Continuous ventilation of the premises.
- Respect of social distancing.
- Your own individual pads of paper and pens.

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

# Be successful

We detail two books to get you ahead of time

**T**he average lifespan is absurdly brief. If you live to be eighty, it is just over 4,000 weeks. So what do you do

with this short space of time? Oliver Burkeman rejects the modern fixation on “getting everything done” in days filled with to-do lists, overfilled inboxes and the battle against distraction. And techniques on how to become ‘more productive’ and ‘life hacks’ often make things worse.

Instead, drawing on the knowledge of ancient and contemporary philosophers, psychologists and spiritual teachers, Burkeman delivers an entertaining, practical and finally profound guide to time and time management success. *Four Thousand Weeks* gives tips on how to construct a meaningful life by embracing what Heidegger called the ‘finitude’ of time, instead of futile attempts to increase what is available.

Burkeman himself started life thinking you could optimise personal productivity. He loved planning, to-do lists and highlighter pens. But as he got older he realised that it was impossible to feel in control all of the time. And, especially as kids arrived, he saw that time will almost never be your own to ‘spend’ efficiently.

The [UK newspaper] Guardian’s ‘pursuit of happiness’ correspondent for a decade also explains that time anxiety stems from the Industrial Revolution. This was when finite time coincided with clocking on and clocking

off in factories – making time more pressured and precious.

Instead of lame encouragements to ‘find focus’, Burkeman advises to stop digital distraction as much as possible. Social media companies “making you care about things you don’t want to care about”. He also says Fomo – fear of missing out – is only debilitating if you fail to realise “that missing out is basically guaranteed” in life. And while self-help gurus may tell us never “to settle” in a job or relationship, Burkeman says sometimes “you don’t have a choice”.

For Burkeman, productivity too is a dubious modern

virtue. “The Latin word for business, negotium, translates as not-leisure, reflecting that work was a deviation from the higher calling [of ease].” Do not make leisure “just another arena for self-improvement,” he says. Instead embrace the book’s heroes like the hobbyist who steals an afternoon for no purpose or a person who “develops a taste for having problems” knowing that “having no problems” only arrives after death.

Definitely not your average self-help tome, and enjoying worldwide success, this provocative and appealing book, in the words of the Wall Street Journal’s Barbara Spindel, is “well worth your extremely limited time”.



## ‘Organise Tomorrow Today’ by Jason Selk, Tom Bartow and Matthew Rudy

Billed by one reviewer as “the best, most practical time management or organisation book I have ever encountered,” *Organise Tomorrow Today* says in spades that “doing more” is not the answer to time management. Highly successful people never get everything finished in any given day. But they always get the most important things completed.

With their sports background, the authors say athletes and business people alike do not try and do everything all the time. Indeed,

that leads to doing nothing. The way to success is to focus on a few – and primarily just one – important item to accomplish each day.

Selk, Bartow and Rudy advise focusing on one concept and mastering it for at least three months before moving on to the next. *Organise Tomorrow Today* urges you to pick three very important, including one ‘must do’, activity that needs achieving before anything else. Excellence is not found in accomplishing the most items, it comes with achieving the most important ones – it’s quality before quantity.

**“IN LIFE,  
MISSING OUT  
IS BASICALLY  
GUARANTEED”**





If you organise yourself in this way, you will get the most difficult and meaningful task done before distractions set in and willpower dwindles, the book advises. Timing of this organisation process should take about five minutes. But do not wait until 4.55pm to do it, as that is bound to fail.

The 'organise tomorrow today' mantra is the crux of this absorbing time management guide, which is claimed to show you performance gains athletes, executives and salespeople spend tens of thousands of dollars to achieve. In addition, the authors offer "eight ways to retrain your mind to optimise performance at work and in life".

The other seven practical tools are: choose

## **" PICK ONE MUST-DO ACTIVITY "**

wisely; maximise your time; win your fight-throughs; evaluate correctly; learn how to talk to yourself; learn how to talk to others; and, intriguingly, 'be abnormal' which must be roughly translated as 'dare to be different'.

The book also advises a two-minute mental training drill that will start your day "with focus, confidence, and energy".

### **About the authors**

Dr Jason Selk helps well-known professional and Olympic athletes and Fortune 500 executives achieve elite-level results. Tom Bartow, following a career as a successful basketball coach, became one of the country's top financial advisors and is now one of the premier business coaches in the US. ●



RENOVATION / MAINTENANCE / INSTALLATION

MY  
GROOM

*Property Services*

Av. du Prince de Ligne 18 - 1180 Brussels

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

[info@mygroom.be](mailto:info@mygroom.be) - [www.mygroom.be](http://www.mygroom.be)



# Resolving to change

Real estate expert **Yannick Callens** explains how to keep your New Year's resolutions this year

*Real estate investors, just like anyone else, need to embrace change*



**A**s humans, we overestimate what we would like to do in a year and ultimately what it is possible to do in five to ten years. Does this explain why more than 80% of us will not keep our new year's resolutions this year? In my opinion, this would be a bit too easy to say.

In real estate, just as in any other sector of life, many aspects must be taken into account to consider if we are able to persevere or not to give up.

Most of us set aims or resolutions in view of the people around us. But this does not take into account the changes that this

could bring on them. And resolutions must come from inside. Everything should start with us and not our family and friends. One key criteria is that an aim or a resolution should be personal. Do you think that the many people who want to lose weight from 1 January do this ultimately for the people around them and for what they will say? Or do they make resolutions for a personal reason? I will let you decide.

If you want to change, you are going to have to do something differently in your life. A new habit will take hold after six weeks of 'active conditioning' – repeating it constantly. Most of us will not even keep this new practice

JAMES  
REALTY



**BRAINE-L'ALLEUD - QUARTIER CLAIRBOIS**  
Ravissante villa complètement rénovée sur un terrain joliment arboré de 22 ares 82. PEB en cours. Réf. 4635992



IMMOBILIER DE COLLECTION

**COUNTRYSIDE**

+32 (0)2 633 18 18 | [countryside@james-realty.com](mailto:countryside@james-realty.com)

VENTE | LOCATION | INVESTISSEMENT | RECHERCHE PERSONNALISÉE  
Retrouvez tous nos biens sur **james-realty.com**





up for five weeks. If you want to change, be as clear as possible in setting your aim, or ultimately good resolution.

If you keep your goal too general, your brain will turn around for ages waiting for more information and clarity before it can move forward. But it is for you to decide and give these details, not your brain. Your brain is at your service, it is not the other way around.

People say what is not good in their lives is still not bad enough to merit a change to how they live their lives at present. This is the famous comfort zone that everyone talks about – and one of the main reasons why people do not budge. They will only change their ways if the pain of what they do not like is too strong.

Well I say, get out of this comfort zone! It is the most dangerous zone of your life. Even for entrepreneurs and people who work in real estate. When you are stuck in your comfort zone, you do not pay attention to your actions any more.

When the consequences of not changing become too great, people begin to want to change. But do not wait for that moment.

You should change now.

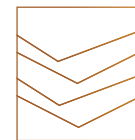
And then there is also that little phrase we hear increasingly; and one all over social media: “You are the average of the five people you mix with the most.” Most of us will give up our good resolutions, because our close circle of family and friends will not provide the support and belief we will succeed necessary to make us keep them. So pay attention to who you will spend most time with this year.

These reasons to change and why some people stay the same are valid when looking at if some real estate investors will manage to make the difference or not. Be aware of these points so as to go forward in the right direction.

Indeed, it would be better to advance in the right

direction at your own pace and profit from all the small pieces of progress that you make; than, like most people do, to just give up your new year's resolutions altogether.

For more information on our coaching programmes or real estate advice, please send an email to [info@immo-champion.com](mailto:info@immo-champion.com)



## CENTRAL PARK TOWER

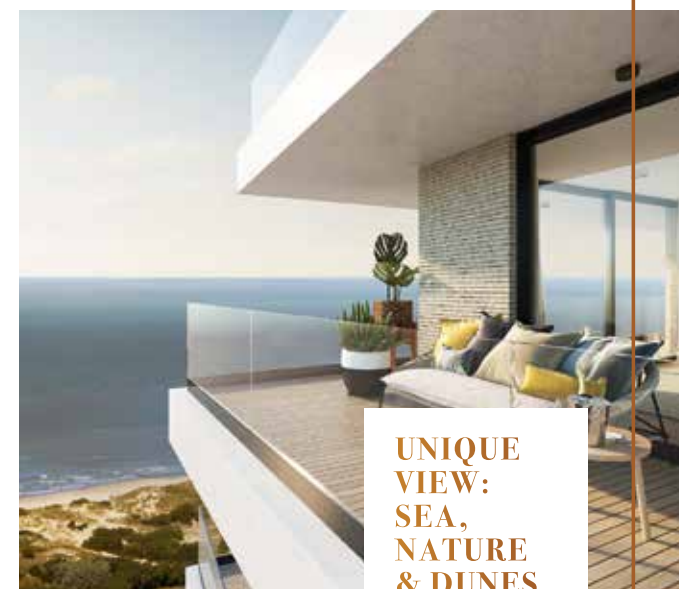
LIVING WITH A VIEW

### RESIDENTS ONLY SWIMMING POOL & FITNESS

Swimming laps, training your muscles, or having packages safely delivered: Central Park Tower has many extra assets on offer. In addition to the spacious entrance and the cosy lounge, as a resident you will also have access to the private swimming pool and fitness with phenomenal park view. For in depth relaxation and true unwinding.



BAELSKAAI  
OOSTENDE  
—centralpark@sea—



UNIQUE  
VIEW:  
SEA,  
NATURE  
& DUNES

Want to enjoy the sea view without limits? That is possible thanks to the full height windows of your apartment. The beach, the dunes and the central park are also part of your unique panorama.

### MAKE YOUR APPOINTMENT NOW FOR A VISIT

Sales Office Burco Coast  
H.Baelskaai 20, Oostende  
t. 0470 37 57 68 - [info@baelskaai.be](mailto:info@baelskaai.be)  
**BAELSKAAI.BE**



# Is high inflation here to stay?

**Dave Deruytter** discusses the whys and wherefores of high inflation and what governments, business and central banks are doing about it

*The current climate is high financial markets*



**U**ntil recently, the current bout of high inflation was considered to be a bump on the road of the low inflation era we live in.

Still, the present high inflation seems to be more persistent than previously anticipated.

The key questions are, will it go away by itself; are bolder European Central Bank (ECB) measures needed; or is inflation here to stay after an absence of more than a

decade, eventually leading to higher interest rates?

Inflation has risen fast to high levels in the EU, the US and elsewhere in the world. At first the causes looked to be temporary, essentially caused by a microchip shortage and supply chain problems because of the pandemic. But, as the causes keep lingering on, observers are starting to wonder if high inflation is not back from the dead.

Indeed, the COVID-19 pandemic is still ongoing and disturbs the efficiency of our business world. The price of energy and raw materials stays high, and the cost of container and even other transport is very expensive.

The microchip shortage problem may be waning slowly but surely. Nevertheless on the other economic and political fronts the future is not clear. International political struggles between the West and Russia and also the confrontations with China do not help. The opening of a second large gas pipeline from Russia to the EU has been delayed, leading to very high gas prices. The Chinese companies are hoarding raw materials and even containers because they fear possible economic disturbance. Amidst all that, the COVID-19 pandemic keeps on going strong, jeopardising the value chains of international and local businesses.

Of course, as economies slow down because of the pandemic's fifth wave, pressure on energy and raw materials' prices should decrease or even disappear, at least temporarily. But, when the pandemic is over, they might come back.

## Sustainability drive

Plus, given the world's big sustainability drive, the business sector's many complex international value chains are being reevaluated. Indeed, in the past, multinationals went essentially after cost reduction via these value chains. But in the wake of COP26 [the 2021 United Nations Climate Change Conference] and the experience with the COVID-19 pandemic, simplifying them is now high on the agenda. That may, at least in the short run, create inflationary pressures because the total cost of the value chains should increase. New low carbon, or even carbon neutral, rules may change the cost calculation, as well as the higher prices and complexity of transport

following the COVID-19 pandemic – which has jeopardised worldwide goods transport, particularly containers on ships.

Central banks have been rather slow in reacting to increasing inflation. Indeed, they too thought the inflation bout would be short lived. Plus, given the downward pressure on economic growth because of the COVID-19 pandemic, they did not want to hinder business with low liquidity of money or high interest rates. As usual, the FED (Federal Reserve System) in the US was the first Central Bank to respond to rising inflation with tighter liquidity and higher interest rates and the ECB in the EU was one of the last.

But Central Banks are wary of the impact of the increased sustainability pressures on businesses in the coming years. Indeed, important investments over many years will

**“ MORE  
PERSISTENT  
THAN  
PREVIOUSLY  
ANTICIPATED ”**

be needed across the board for business to become low carbon or carbon neutral. In that sense, the brake on money supply and the increase of interest rates maybe be rather slow on the side of the Central Banks, tolerating a reasonably high inflation.

## Bank and government concern

Nevertheless, Central Banks and also the International Monetary Fund (IMF) have warned on several occasions about the current very high levels of the financial markets and the too high prices for real estate. If they would keep money supply too loose for too long, a real or large bubble may occur, which should burst one day. Governments are concerned too, particularly in respect to the high real estate and rent prices, that make it difficult for the young or poor to buy or find good accommodation. Still, as governments have increasing tax revenues from financial transactions and from real estate operations, their coffers are filling up nicely in the present climate of high markets – with stock and real estate markets



*The US FED bank was the first to respond to rising inflation*



very expensive as shown by high stock market indexes like Nasdaq and Eurostoxx.

All in all, managing the current high level of inflation, in relation to economic, financial and political uncertainties, is a tightrope balancing act for all involved.

Nevertheless, as a result of Central Bank prudence, cash and savings accounts will probably not be remunerated at the correct level. This is because interest rates stay rather low, leading to traditional savers losing money in real terms as they get less interest than inflation. This means that investors

will probably continue to favour financial investments or real estate for some time to come.

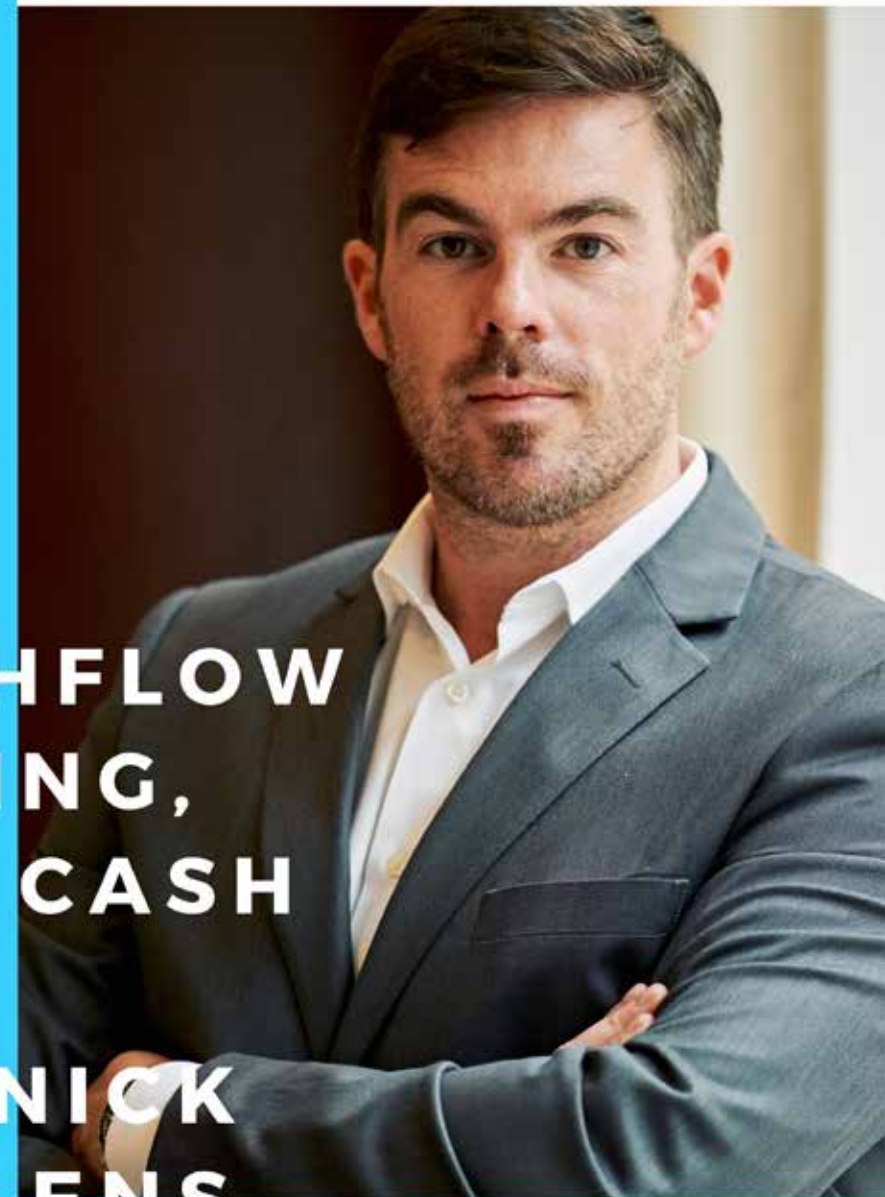
What is ever more sure is that this is definitely becoming a market situation where investors should no longer be overly aggressive, and take a more balanced stance. When looking at the valuations of some tech stocks, one rightfully wonders whether or not these price-earning levels are sustainable. So

make sure to stay true to your investor profile and time horizon. What goes up may come down; and it is not really possible to predict if or when that will happen. ❶

## “CENTRAL BANKS THOUGHT INFLATION WOULD BE SHORT-LIVED”

## CASHFLOW IS KING, NOT CASH

## YANNICK CALLENS



REAL ESTATE COACHING

INFO@IMMO-CHAMPION.COM

WWW.IMMO-CHAMPION.COM



# LIFESTYLE

*She creates a whole universe around the collection, where graphic design and photography perfectly reflect the designs and the unique prints.*



## Chocolate heaven

*Together* enjoys exploring the world of luxury chocolate – perfect for Valentine's, and any other day of the year

**B**elgium is synonymous with chocolate. One of its biggest brands, Neuhaus, created the original Belgian praline. The country has a classic 'big three' – as well as Neuhaus, Godiva and the more democratically-priced Leonidas. Whatever the cost though, chocolate is a luxury. It would be impossible to name all the wonderful brands on offer in the land of mussels, chips – and chocolate. From Mary in Brussels to Darcis in Verviers, the choice is endless.

For this Saint-Valentine's issue we highlight three resolutely Belgian brands, Pierre Marcolini, Galler and Dörfel and their special collections for the day of love and all year-round.

### Pierre Marcolini

The packaging is picture-perfect pretty and the chocolates are out of this world. The beautiful collection of chocolate creations comes wrapped in elegant boxes decorated with plant designs of delicate flowers. The flavour of the month of love is firmly 'fraise', with 'Strawberry Crush' the theme of this year's Saint-Valentine's collection.

You can treat your beloved to a strawberry caramel flavoured heart, a 'Strawberry Crush'



*Marcolini's Saint Valentine's collection – this year's theme is Strawberry Crush*

white chocolate bar set with real strawberry pieces or one of two stunning boxes of chocolate hearts – with flavours including peppery strawberry, strawberry almond and passion fruit. You can also, of course, just enjoy them yourself.

Pioneer of the 'bean to bar' sustainable chocolate production movement, Charleroi-born chocolatier Pierre Marcolini set up his chocolate label in Brussels in 1995. Sourcing his cocoa beans from Peru, Venezuela, Madagascar or even China, Marcolini also uses rose petals from Morocco, Iranian pistachios, Sicilian lemons and Ceylon cinnamon. Marcolini was crowned the 'Best Pastry Chef in the World' in the 2020 World Pastry Stars competition.

[eu.marcolini.com](http://eu.marcolini.com)



Luxury

**Dolfin**

Dare to be different and surprise your significant other (or anyone you like) with delicious chocolate from a company that is not afraid to mix flavours “from the simplest to the most surprising”. Nivelles-based Dolfin, set up in 1990, was one of the first chocolate houses to mix chocolate and ginger. Today, its flavour sensations include chocolate with red fruits and linseeds and granola or pistachio-covered caramels. The luxury chocolate maker also boasts a Le Chat range of chocolate bars, caramels and advent calendars.

The Saint-Valentine's collection features beautiful gift boxes of nine or 24 assorted chocolate squares, ‘made with love’ and decorated with, well it is Valentines’ Day month after all, delicate rose and ruby red love hearts.

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



Dolfin: “The art of Valentining”

**Galler**

For this Vaux-sous-Chèvremont, near Liege-based independent chocolate maker established in 1976, the message is clear: “Say it with pralines!” With such a wide range of flavours, from pistachio to passion-fruit, the most difficult decision will be how much to spoil your other half on Valentine's or any day you like – and you can choose from a box of 30, 45, 63 or even 96 hand-made chocolates.

Galler – whose bars, miniatures, and delicious chocolate squares are key to the range which also features Le Chat ‘Langues de Chat’ biscuits – prides itself on only using Fairtrade products. This means that the brand will not only allow you to treat those you love, but also act for a better world.

[www.galler.com](http://www.galler.com) ❶



Galler: “Say it with pralines”

Advertorial

# Creativity and exclusivity at D’Ursel & Garain

*Together* highlights a few of D’Ursel & Garain’s exclusively beautiful hand-made pieces of jewellery with a watery theme.

**D**’Ursel and Garain has been delighting its customers with hand-made, carefully designed exclusive pieces of jewellery for 25 years. The Uccle, Brussels-based jewellery workshop and boutique was set up following the meeting of minds between designer Anita D’Ursel and artisan jewellery maker Thierry Garain. The jewellery house’s creations are always original and also crafted to suit the client’s wishes.

“We are inspired by the personality, style and way of life of the person who will wear the jewel,” says Anita d’Ursel. “Our biggest wish is to create a piece of jewellery that lasts forever and one moreover that can be passed from generation to generation.”

For d’Ursel and Garain, the message is clear: “We supply and manufacture dreams. It is so rewarding to see the happiness on the faces of our customers when they see their jewellery. Even after so many years, the emotion is still there.”

It is easy to see why: in the special pieces of jewellery pictured here, the frog and waterlily are amazingly lifelike, and the jewellery is beauty incarnate. ❶



White gold ‘Entourage’ ring set with an intense green tourmaline stone, surrounded by baguette diamonds and set with brilliant-cut diamonds. Price: €18,650.



‘Frog’ ring set with tsavorites and brilliant-cut diamonds and ‘Waterlily’ ring set with opals, a sapphire cabochon, tsavorites and brilliant-cut diamonds. Price on demand.



Yellow gold ‘Frog’ brooch set with yellow sapphires, tsavorites, ruby cabochons and brilliant-cut diamonds. Price: €4,850.



Beauty

# Luxury cosmetics straight from the vine

*Together* takes a look at the Maison Eole – the first Belgian brand to market a range of cosmetics using ingredients from the family vineyard

*Anne-Sophie Charle has created high quality cosmetics inspired by ingredients from the family vineyard*



*Just part of the beautifully packaged Saint Valentine's day collection*



**“ ‘NATURAL  
CERTIFIED’  
AND VEGAN ”**

Every day a new company brings out a different cosmetic product. But on 3 December 2021, Belgium's La Maison Eole's Anne-Sophie Charle-Ewbank de Wespín, along with artistic director Charles Kaisin, launched something completely different – a full range of high quality cosmetics all inspired by ingredients from the family vineyard le Domaine de Chant d'Eole in Quévy-le-Grand, 12km from Mons.

In the end, as Kaisin said, "It is not a range, it's a collection. They are not care products, it's a daily ritual. They are not made out of 1,000 ingredients; they are natural ingredients chosen with care." Waxing lyrical,

he adds that Eole, the god of wind, is literally breathing its benefits on the collection of 16 products comprising face care, body care, shower oil, perfumes ('Egalité – for him and for her) and candles in four ranges: HER, HIM, HER&HIM and HOME.

De Wespín was 44 when she decided to change her career path and go back, literally, to her roots. Passionate about vineyards and cosmetics, she set out to use ingredients like polyphenols, proteins, oils and minerals from the wine production process to create an eco-responsible, quality and decidedly Belgian cosmetics brand. The company uses expertise from local laboratories, research


and product development specialists CeREF in Mons and CELABOR local scientific and technical services centre in Herve, near Verviers.

Boasting the magic 'Wine Extract' ingredient, the range has been awarded the 'Natural Certified' (from the international ISO 16218 standard) and 'Vegan' labels. In short, at least 90% of ingredients used in the Maison Eole collections are natural and none of them come from animals.

Beautifully presented – there is no plastic in sight, with all packaging made out of wood or glass and meant to be kept or reused,

Maison Eole cosmetics comprise myriad day and regenerating night creams. The brand also features face masks, makeup removers, after shave and beard lotions, anti-wrinkle serums and, last but not least in this special month of amour, a Saint Valentine's Day collection.

## For more information:

Please see [www.maisoneole.com](http://www.maisoneole.com) for where to find the products in pharmacies or shops or visit the e-shop or the Domaine's own boutique at Grand-Route 58, 7040 Quévy-Le-Grand. 



## Watches

# Garmin: Smart watches for sport, leisure and more

Smart textiles are booming. Watches are a big winner for 2022 and Garmin is one company leading the way, reports **Liz Newmark**



Adding electronic gadgets or sensors to provide functionality or enhance comfort is becoming the norm these days, European Apparel and Textile Confederation (EURATEX) announced in its *Facts and Key Figures 2020* report released early this year.

Beyond consumer wearables for health, sports and entertainment, e-textiles such as smart watches have enormous potential in personal protection, energy and even environmental protection – as the products' many functions encourage you to walk more and so drive less, EURATEX says.

The European Union (EU) smart textiles' market is expected to reach EUR1.5 billion in 2025, the textile group makes clear – and watches are a significant part of the sector.

**“THEY WILL NEVER LEAVE YOUR WRIST”**

Founded in 1989, with its headquarters in Switzerland but offices all over Europe including Evere, Brussels, Garmin – world leaders in satellite navigation tools, has been big in the watch market for years. This January, Garmin launched two new products in the Venu and vivomove family – Venu 2 Plus and vivomove Sport. For the first time, these watches comprise call and text features as well as accessing your answering service of your telephone. Once

on, “they will never leave your wrist,” Garmin says.

“For active, sporty users, multi-tasking is the norm,” maintains Nicolas Coppens, Garmin Belux marketing manager. “It is now possible to answer calls or send a message without having to search in your pocket or bag. Everything can be done from your wrist!”

## Venu 2 Plus

The Venu 2 Plus watch – in three colours and available with a 20mm comfortable silicone strap – is pretty enough to wear all day and for any occasion. Enhanced by a luminous tactile screen, it will allow you to access your health and wellbeing data, for example heart rates and sleep patterns, via myriad surveillance functions all accessible 24 hours a day, seven days a week.

Other original features include measurements of your breathing activity, physical condition, pulse, stress, hydration and even your menstrual cycle or pregnancy stage (for women that is).

Venu 2 Plus also boasts a Body Battery to assess your general fitness. It offers more than 25 sporting applications for activities including walking, running, cycling, swimming and yoga. You can also try out preprogrammed training sessions via Garmin Connect on your smartphone, or create your own personal programmes choosing from more than 1,400 exercises.

In short, Venu 2 Plus, retailing at just €499, is a great asset to daily life. It shows you all your movements and reminds you of what is coming up – from business appointments to birthdays. Other features include playing mu-

sic – up to 650 songs or Spotify and Deezer playlists – paying your bills via Garmin Pay; and, highlighting any holdups or problems when you are out.



In addition, battery life is impressive – up to nine days in smartwatch mode and eight with GPS and music. And if your battery does die, no problem, as it recharges in just ten minutes.

## Garmin vivomove Sport

Billed as “a timeless mix of elegance, fashion and connected functions at a gentle price,” the vivomove Sport comes with an impressive range of sports programmes. From steps to stress measurement, pulse to pregnancy, all is provided.

Like the Venu 2 Plus, with the LiveTrack function you can connect your watch to your GPS or smartphone and send messages to your emergency contacts for peace of mind when travelling. You are also notified of calls, texts, social media updates and appointments and can reply from your wrist.



Battery life is up to five days in smartwatch mode and six in ‘standard’ watch setting. Last but not least, contrary to other connected watches, the vivomove Sport is compatible with Android or iOS systems. And it is only €179.99.

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

(1) Venu 2 Plus has more than 25 sporting applications. And it even measures your sleep patterns

(2) Vivomove Sport is a “timeless mix of elegance, fashion and connected functions...”

# February delight

**Caroline Dierckx** highlights a range of fragrances and other beauty products perfect for the new season and all year round

**L**et's make February a pretty month full of promise and sweetness. Come and discover extraordinary new products launched by brands that are more inventive than ever: perfumes, skincare, shampoo and more. And let's take care of ourselves.



**Kate Spade:** New York Sparkle Amber Floral Fragrance for Women. 100ml. Price: **€85**



**Dior:** Capture Totale Intensive Essence Lotion. 150ml. Price: **€72.45**



**Chloé:** Nomade, Eau de Parfum Naturelle. 50ml. Price: **€96**



**Sisley Paris:** Phyto-Rouge Shine 40 Sheer Cherry. Available in 12 colours. Rechargeable. Price: **€43.50**



**Rituals:** The Rituals of Mehr Shampoo. 250ml. Price: **€12.50**



**Collistar:** Reshaping Draining Wraps. Price: **€41**



## LIFESTYLE

### Beauty

**Hugo Boss:** The Scent for Him. 100ml. Price: **€117**



**Paco Rabanne:** 1 Million Elixir Eau de Parfum Intense. 100ml. Price: **€121**



**Bourjois** 'Twist Up The Volume' Mascara, Ultra Black. Price **€16,99**

**Paula's Choice**, the new skin perfecting 25% AHA + 2% BHA exfoliant peel. Price **€34**



**Nu Skin Nu Colour:** Bioadaptive BB+ Skin Loving Foundation. 30ml. Price: **€48.99**



**Nurilys SOS:** Nutri-repair face oil for very dry skin. 30ml. Price: **€62.90**



**Eucerin Hyaluron-Filler** Skin Refining Serum with 3 x effects: Fills, stimulates and defends. 30ml. Price **€34,95**



**Klorane:** Cornflower Water Cream with Organic Cornflower and hyaluronic acid. 50ml. Price: **€25**



**JUST BLOOM** from Storie Veneziane by la Maison Valmont. Eau de Parfum, 100 ml. Price **€250**

Fashion

# Elke Baert: Building a wardrobe

Fashion expert **Veerle Windels** showcases the work of Gent designer Elke Baert and her signature brand Furore

**W**hat a pleasure it must be to get inspired by art, season after season. That is the case for Belgian fashion designer Elke Baert, who has just launched her sixth Furore fashion collection. She often references the work of Belgium's iconic artists Roger Raveel and René Magritte, but this season is glad to connect with the uplifting oeuvre of America's youngest inaugural poet, Amanda Gorman.

Bold colours. Straight lines. An architectural setting. These features often accompany the catalogue pictures of Furore. Launched rather silently in 2013, Furore got a boost from 2019 onwards, when the collection was picked up by the Flanders Fashion Design International (FFDI) holding company, a fashion group that comprises the Belgian fashion labels Julia June, her. and Amania Mo. Today, even during an ongoing pandemic, independent fashion stores that started working with Furore are happy with the brand. And not just because of the vibrating prints or the rigid tailoring.

What makes Furore so interesting then? First and foremost, the brand never goes on sale. A slow fashion and seasonless approach has always been key to the strategy of Elke and her entrepreneur mother Veerle (who also heads the holding company FFDI). "Sales can be interesting," says Elke, "but it's never respectful towards the customer who buys into the product early in the season."

There is more: the collection contains a Limited Edition capsule (always favouring her unique prints) and Never Out of Stock pieces



**“ A TIMELESS  
WOMAN’S  
WARDROBE ”**







## “INSPIRED BY ART AND ARCHITECTURE”

that are repeated every new season in other colours or materials. Trend colours or trends as such are never the first thing on her mind.

It is clear that Elke wants to design a timeless woman's wardrobe, season upon season, piece by piece. This means she always designs with her archives in mind. She keeps to hand designs and fabrics of earlier collections, to produce a complete look that adds to looks of the past. Says Elke: “Wouldn't it be great if a client walks in for a pair of trousers one season, and the next season wants to complete the outfit with a nice jacket that goes along with the trousers? Or even orders the exact same pair of trousers just because they are a perfect fit?”

Elke grew up in an art loving and culturally conscious family. Going to museums was a common weekend pleasure, city breaks a normal spring getaway. On these occasions, Elke was taught how to look at art, how to capture the difference between light and shadow. Intricate details were pointed out and even though she did not really bother at first, she developed a fascination for art and culture as a whole.

As a youngster, she enrolled at Gent's art school Kunsthumaniora Sint-Lucas, dreaming of a career in fashion and architecture, but ultimately she had to choose. After a summer internship in London at the famous Istituto Marangoni, Elke completed the Fashion Design study programme at the same institute. In 2010, she graduated with honours, and soon after joined the design team of French fashion house Chloé in Paris as an intern. Venturing out on her own three years later was tricky, but she did it. In September 2019, she opened her first flagship store in Antwerp. And needless to say: no regrets so far.

Elke keeps saying that she wants to inspire strong women to create a stylish and conscious wardrobe that reinforces their unique personality. She does that by creating a whole universe around the collection, where graphic design and photography

## “ IT’S NEVER IN YOUR FACE ”

perfectly reflect the designs and the unique prints. Often the collection is inspired by art and architecture.

In the past, Elke honoured the work of Belgian stalwarts, surrealist René Magritte (1898-1967) and bright colour pop and abstract artist Roger Raveel (1921-2013), who continue to inspire other artists and designers alike. When she saw Afro-American word artist Amanda Gorman perform her poem ‘The Hill We Climb’ at just 22 years old during the inauguration of US President Joe Biden, and later on came across her portrait by the Ghanaian painter Raphael Adjete Mayne, she knew she wanted to do something with the force and passion that work exuded. Elke: “I never literally show where my inspiration comes from. It’s always a hint of something grand. I translate it into a play of shadows or a colour combination. It’s never in your face.”

Thus, she builds her brand season after season, making Furore stand out from the many collections that even today do not think about sustainability or essence. “I think it’s much more fun to invest in beautiful pieces than to buy whatever comes around,” Elke concludes. A statement more and more young designers seem to cherish.

*furore.fashion* 📍

78 | togethermag.eu



**Aaxe** **TITRES-SERVICES**  
Your household help in the Brussels region



There are things that you **really** want to do...  
...and those **we** can do for you!

For the household. Aaxe Titres-Services provides you a household help for 4, 6, 10... hours per week.

**The choice is yours !**

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

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

📞 02 770 70 68

[titres-services@aaxe.be](mailto:titres-services@aaxe.be)

Monday to Friday, from 09:00 to 12:30 & from 13:30 to 17:30





LIFE  
L E I S U R E

*Arc 1950: What's amazing is that you can ski through the whole village. There are no cars.*

Photo © Andy Parant

LIFE OF  
LEISURE

Interview

# Kenneth Branagh : A life in film

In this month's celebrity interview, we talk to a true pioneer of the movie industry



**K**enneth Branagh is a behemoth of the big film project – a man who subscribes to the 'more is less' principle of movie-making, and who has absolute faith in the fact that big budgets make successful movies.

It's not a notion accepted by the purists of independent film, yet there is something so effortlessly pure and precisely positioned about Branagh's output that you would

struggle to argue against the fact he is one of the industry's true exemplars and pioneers.

Married to Emma Thompson from 1989 to 1995, he has been wed since 2003 to art director, Lindsay Brunnock, whom he met during the shooting of *Shackleton*. After his divorce from Thompson, he was in a well-publicised relationship with Helena Bonham Carter for several years.



Interview

Branagh has directed or starred in several film adaptations of Shakespeare's plays including *Henry V* (1989) – for which he was nominated for an Academy Award for Best Actor and Best Director – *Much Ado About Nothing* (1993), *Othello* (1995), *Hamlet* (1996), *Love's Labour's Lost* (2000), and *As You Like It* (2006).

Some of his other films include *Harry Potter and the Chamber of Secrets* (2002), *Valkyrie* (2008), the blockbuster superhero film *Thor* (2011), *Jack Ryan: Shadow Recruit* (2014) and *Murder on the Orient Express* (2017).

Despite the dormancy of the movie industry over the past couple of years, the actor is still pushing forward with new ideas – he recently wrapped up *Death on the Nile*, a Hercule Poirot whodunnit from the pen of Agatha Christie. The film has been in the can for almost two years. Originally due for release in December 2020, it is finally being aired in the spring of 2022 – and playing in Belgium from 9 February.

Branagh, who was knighted in 2012, is a lifelong supporter of Linfield Football Club in his hometown of Belfast – his childhood in the city the subject of his next film. He also supports Tottenham Hotspur in England and Rangers in Scotland.

**Together: What did you have to do to get into the characterisation of Hercule Poirot?**

Branagh: Lots of research, lots of looking at how other actors have gone about the character; but also lots of searching and yearning for originality. There is no point me being the same Hercule Poirot that, say, David Suchet, would be. You have to be your own character – you have to really study Agatha Christie's words and accept that the interpretation we have seen on our screens before is only one interpretation. Don't get me wrong, it's a bloody good one, but if you felt all you were going to do was replicate what someone else had done on screen, then you really should just go home and put a film on.



**“ BIG BUDGETS  
MAKE  
SUCCESSFUL  
MOVIES ”**

**“ BELIEVE YOU  
CAN DO  
SOMETHING  
DIFFERENT ”**



Interview

You must believe you can do something different and, yes, without sounding arrogant, better... otherwise don't bother.

**The movie had its challenges along the way – Covid, the Armie Hammer (sexual assault allegations) situation... Did you ever think that it might not happen?**

There wasn't really an option for it not to happen. We were all so totally invested in it, at every turn, as were the financiers, we were so far down the line.

Obviously we have had issues along the way, but pretty much every movie production does. What we went through is nothing new – the circumstances were, and the delay was prolonged, but you have to always factor in the concept that challenges, and obstacles will come along. It's just how you deal with them that counts.

**But with a budget of US\$90 million, the pressure has always been high to make this work...**

Hugely. It's a big, big project and, having now made the movie, I am confident that all the investment and commitment will pay itself back, both financially and artistically.

This is one of those films that could have been made on the cheap – in fact, it's a story that has been told in many different ways and never with this sort of backing, and that's fine.

But I think for us it's such an iconic story, yet arguably one that has been confined to stage, or screen, or one previous film adaptation from 1978 which, by the way, won an Oscar and a BAFTA. So it's not like we're saying this hasn't been done properly in the past – far from it.

What that extra finance gives you is detail and delivery. It's the fine details that really begin to shine when you have a bigger budget to play with. It's the luxury of doing something really good and knowing you have the time to go back and take another look at



**“ IT’S SUCH AN  
ICONIC STORY ”**





Interview

something if it hasn't quite come through the way you had expected. It's quality control.

**You've worked with such a smart cross-section of actors and actresses. Who, across the years, has impressed you most when perhaps you didn't expect them to... or you did expect them to, but they went an extra yard further?**

Wow, that's a difficult question to answer! How can I do all the actors and actresses I've worked with justice by just naming a couple?!

Okay, if I had to pick two right now, I would probably say Chris Pine. A smart, sexy lad, but he's also complex, intelligent. He's got wit, which always goes such a long way in this industry. Above and beyond that though, he doesn't take himself too seriously. He has a bit of a twinkle in his eye, and he could make you believe that he really is the character he is portraying. You can assume that all actors do that, but they don't.

What I probably admire most about him is his commitment. He will either lose that drive for detail as his career goes on, or he will move in completely the other direction and become a perfectionist. Take it from me, it's better to be the former rather than the latter!

**And an actress?**

I've really admired Keira Knightley. When she was cast for *Jack Ryan*, she had a real reputation up to that point of only really appearing in iconic period dramas. I saw her really step out of herself in taking on the role of Cathy Muller and I was blown away.

I mean, I have always thought she was just a terrific actress. There's a kind of intelligent, witty kind of quality in her work. She was really a joy to work with and has forged a real and proper career in addition to being a great beauty who has made great period films, because they sometimes go together. She looks wonderful in some of the things we have seen her in visually. People think somehow it's easy, but she's got a rigorous

**“ IT WAS A  
ROMANTIC ERA ”**







attitude towards her work, and she just happens to be a breathtakingly beautiful woman as well.

**We are living in an uncertain era that seems a world away from the arty, seductive innocence of *Death on the Nile*...**

I know what you mean and it's frightening to think how, in such a short space of time, the whole world has changed.

Obviously technology is really the thing that has moved us away from that 1930s era, and I do understand when people become philosophical or maudlin about this romantic past age that, clearly, we are never going to get back.

What I would say to that is, yes, it was a romantic era, but we have substituted that for a new period of entertainment and connectivity and, actually, knowledge. Life is also incredibly more convenient now. In the past, to do the most basic things without technology could actually become profoundly different. People were largely uncontactable; people could lose their lives on the Nile and almost get

away with it!

**Back in time, when you were that young, admiring Shakespearian director, did you want to make these big Hollywood productions? Or is it circumstance?**

It's an evolution. When I started in the British film industry, it was really a famine at that time – so few movies were being made.

These days there are sets the size of Soho, you can't get in. People are having to find spaces outside of studios because of the tax incentives and the investment in filmmaking here is so huge. But I remember back then it was very hard to even think you would be in a movie.

Nowadays, that's changed so completely, so one's attitude towards it has changed. The industry has had a tough time of it over the past 18 months, but there is renewed optimism and exciting times, and movies, ahead! ●

## “WHEN I STARTED, THE FILM INDUSTRY WAS A FAMINE”



# Cinema: The best of the big screen

**Liz Newmark** looks at three top movies showing in cinemas this month



Juliette Binoche is masterful as Marianne in *Ouistreham*



Alana Kane (Alana Haim) has to chaperone Gary (Cooper Hoffman)



Alana and Sean Penn as motorcycle-riding William Holden

## Licorice Pizza

I spent too much time wondering what the title actually meant, but this delightfully quirky film with a mix of unknowns and big-time greats, is well worth the watch. It is a wonderful depiction of 1970s life for young Americans. Out go mobile phones, in come clunky wall-fixed dial-ups. Written and directed by Paul Thomas Anderson, *Licorice Pizza* is a 'first love' story between photographer Alana Kane (Alana Haim) and 15-year-old actor and entrepreneur Gary Valentine (Cooper Hoffman, the son of the late Seymour Hoffman) set in the San Fernando Valley, 1973. Alana is needed to chaperone the 'under-age' Gary to film screenings and trade shows. She then accompanies him on his endeavours to set up a 'Soggy Bottom' waterbed (that trend beloved of the 1970s, I still remember trying one out circa 7 years old...) business which fails after the oil crisis caused a vinyl shortage. The film's characters, all based on real people, include Bradley Cooper as a greedy Hollywood film producer and Sean Penn as William Holden, a motorcycle-riding actor. And the title? It is slang for a vinyl record and a 1970s record store chain. *Reviews: IMDb 8/10, Rotten Tomatoes 91%*  
*Running time: 133 minutes*

## Ouistreham (in French, Dutch subtitles)

Marianne Winckler (masterfully played by Juliette Binoche), a well-known writer, is starting a book on people living on the breadline. Settling near Caen in Northern France, without revealing her identity, she is hired as a cleaner. This uplifting film, beautifully shot in and around Ouistreham village and near the port, shows the solidarity of workers in the face of poverty. There are wonderfully moving scenes between Marianne and single mother-of-three Christelle on the beach or at Christelle's flat. Another unmissable moment is when Marianne, Christelle and childlike Marilou end up stuck on the ferry – in a first class cabin. There is understated romance between Marianne and fellow worker Cedric. He quips that as he accompanies her supermarket shopping and fixes her car, they must be a couple. The exhaustion of cleaning – in holiday parks, offices and ferries – is clear. The 'dénouement' – when Marianne is found out – is both excruciating and sad to watch. As Christelle says, cleaners, unlike writers, cannot just go back to another life. It is the only one they have. *Reviews: Rotten Tomatoes 70%, AlloCiné 3.9/5*  
*Running time: 104 minutes*

## Spencer

Yes, the plot is a bit off-the-wall, with Anne Boleyn visitations and it is not exactly true to Diana's life story – but Kristen Stewart is amazing in this historical fiction/psychodrama film directed by Pablo Larraín. She is Oscar-nominated for her performance of a troubled, bulimia-suffering, depressed princess on a three-day Christmas visit at Sandringham House after she has found out about Charles' other woman... The supporting cast – Timothy Spall as Major Alistair Gregory, the Queen's 'majordomo' and Sally Hawkins as Diana's dresser, is also impressive and the 'love' scenes between Stewart and Hawkins are delightful. The mist-clad scenes of Sandringham are beautiful. There is a chilling insight into the confines of Royal life – what to eat and wear is pre-planned for every occasion. You are weighed before and after your visit – if you leave Sandringham heavier, it has been a success. But, unlike real life and Diana's tragic death, this film ends positively. The 'people's' princess takes William and Harry away from a de rigueur, grim grouse shooting Boxing Day event. They drive away to the tune of her favourite song, 'All I Need is a Miracle', played at a joyous full volume. *Reviews: IMDb 6.8/10, Rotten Tomatoes 83%*  
*Running time: 111 minutes* ①



Diana and the 'getaway car'



# Bienvenue dans le plus Belambra du monde

50 clubs  
dans les  
plus beaux  
endroits  
de France

Belambra  
clubs

Jusqu'à  
**-20%\***  
sur votre séjour été  
jusqu'au 28 février 2022

## INFORMATIONS ET RÉSERVATION SUR **BELAMBRA.BE**

\*Jusqu'à 20 % de réduction sur votre séjour été, valable pour toute réservation effectuée jusqu'au 28 février 2022 inclus, sur une sélection de sites, périodes et stocks de logements. Offre non rétroactive, non cumulable avec tout autre accord commercial, avantage ou offre promotionnelle et les "Bonus Belambra". Offre applicable uniquement sur l'hébergement en formule location et sur l'hébergement et la restauration en formule demi-pension, à l'exclusion de tout autre prestation ou supplément. Belambra Clubs au capital de 34.000.000€. RCS Nanterre : 322 706 136. Siège social : Centralis, 63 avenue du Général Leclerc - 92340 Bourg-la-Reine. Crédits photos : Pierre & Florent

## To Brussels with Love

It's Valentine's Day month, and Brussels abounds with green and romantic parks, perfect for a stroll. **Liz Newmark** lists just three.

*A lovers' paradise in Laeken: les Jardins du Fleuriste*

**B**russels may not be the first town that comes to mind when romance is on the agenda – but look a little closer and it oozes seductive charm. And it's not just chocolate, lace or mussels either – why not take your beloved for a walk? The Belgian capital is known for its Bois de la Cambre and Forêt de Soignes to the South of the city, but it also has more than 20 parks and green spaces. Here are a few of the most romantic.

### Duden and Forest Parks

No need to look for a forest if you are in, well, Forest. Forest Park is beautiful. Home of the offbeat, eco-friendly children's festival Supermouche/Supervlieg in June, it is all rolling green vistas with secluded wooded pathways at the top. Currently being renovated, expect a sparkling new café or 'guinguette' along with an ice cream bar next year.

Adjoining Duden Park, once owned by lacemaker Gregoire Duden before being donated to Leopold II, who 'gave it back' to the public, is nothing if not romantic. Much more enclosed it is a veritable forest of trees – indeed once a Middle Ages wood and part of Forest Abbey before eventually being given to the public by Leopold II and opened May 1912 – in an exceptionally hilly mountain valley layout. Its 24 hectares have everything for a romantic walk. Hillsides from which to watch the sun go down, quirky Tudor-style cottages, a 'castle', part of Luca art school and, for refreshments, a lively guinguette

complete with a whole social programme. Parc Duden also boasts a 'jardin éphémère/ temporary garden' where you can pick herbs in summer.

The icing on the lovers' cake is the panorama you get over Square Laine and Forest Park, stretching out to the Palais de Justice and the city. Well, unless your chosen one likes football... as the beautiful Art Deco Royal Union Saint Gillois Joseph Marien stadium is literally set in this park-cum-forest. You can near enough watch matches for free near the back entrance gates. Well, until the club moves, as planned, to a new stadium this year.

*Entrances: chaussée de Bruxelles, square Laine, avenue Gabriel Fauré, avenue Victor Rousseau  
gardens.brussels/fr/espaces-verts/parc-duden*





Beautiful Brussels Park opposite the Palace  
abounds with romantic, tree-lined avenues



### Jardins du Fleuriste

A stone's throw from Brussels' iconic gleaming Atomium lies a stunning park. Surprisingly big, it is never crowded, perhaps because it remains fairly secret. Conceived by Leopold II in the late 19th century and adjoining the green and undulating Parc Sobieski, it has everything to enchant an amoureux ou 'euse' – a dizzying mix of flowers including a beautiful camelia collection, rare plants, rolling lawns, stately trees and many water features.

The Jardin du Fleuriste also boasts fascinating urban sculptures, including wavy steel benches, stocky seats and a strange wooden tower from which you have a lovely view over the gardens, towers of Notre-Dame de Laeken church and Brussels city in the distance.

Last time I was there, a sunny day in June, a photographer was running around trying to take pictures of a loving pre- or post-wedding couple – proof if anything of the park's romantic potential.

*Entrances: le parc Sobieski, la rue Jean Sobieski, l'avenue des Robiniers, la rue Médori.*

*Open 8am to 5.20pm October to March, 6.20pm in April, 8.20pm May to August and*

*7.20pm in September.*

*[gardens.brussels/fr/espaces-verts/jardins-du-fleuriste](https://gardens.brussels/fr/espaces-verts/jardins-du-fleuriste)*

### Parc de la Sauvagère

Up a steep hill lies a hidden gem of Uccle. Open dawn to dusk, the 4.5 hectare Parc de la Sauvagère combines an extensive animal park with a charming temple-topped lake, perfect for a stroll à deux. There is also a 'fairy' rockery grotto and a wonderful collection of trees that includes horse chestnuts, beeches, oaks and a mammoth nearly 5m in circumference sequoia, considered one of the most beautiful in the Brussels region.

On the animal agenda, you can see yaks, goats, sheep, donkeys and a llama. In addition the English-style park dating from the 19th century boasts a wide variety of birds, ducks, swans, even peacocks. If you are feeling more energetic and want sport à deux, just check out the basketball pitches and an adjoining sports hall.

*Entrance: Avenue de la Chênaie 83, 1180 Brussels*

*[environnement.brussels/fiche/parc-de-la-sauvagere](https://environnement.brussels/fiche/parc-de-la-sauvagere) ①*



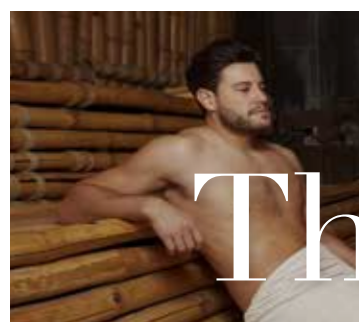
#### GIFT TIP

### 'Shed' in Thermae Grimbergen

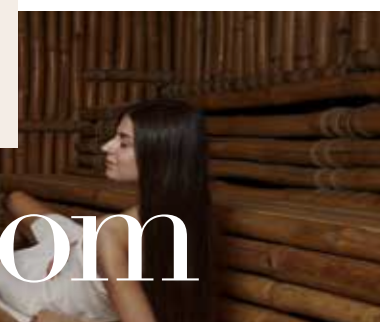
- Access to the public baths.
- Use of bathrobe, towels and slippers.
- A hydrating facial treatment (25').
- A relaxing foot and calf massage (25').

Price for 2 persons: **169 euros.**

Discover the other Valentine promotions on [www.thermae.com](https://www.thermae.com)! You can buy your gift voucher easily and safely online.



Celebrate Valentine's Day at Thermae Grimbergen and Thermae Boetfort or surprise your loved one with a gift voucher!



# Thermae.com

HOTEL & WELLNESS

### Thermae Grimbergen

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

HOTEL & WELLNESS

### Thermae Boetfort

Sellaerstraat 42, 1820 Melsbroek  
+32 (0)2 759 81 96



# Family skiing holidays in France

**Liz Newmark** looks at the wealth of opportunity for skiing 'en famille' in the magnificent French mountains

As the Carnival holidays approach – but with sadly no Carnival in sight due to Covid-19 restrictions – skiing looks set to be even more popular this year. France remains a top destination – with Val d'Isère, Val Thorens and Val d'Arly three family-friendly destinations nestled in the shadow of Mont-Blanc.



Val d'Isère (pictured here), Val d'Arly and Val Thorens are also wonderful for walking – en famille or solo.


## Val d'Isère

An iconic skiing destination for more than 80 years, and attracting some 1,385,000 skiers each winter, Val d'Isère and its 159 ski slopes has everything to offer you and your family. Awarded the Family Plus label, it features the 'lost village' – an area perfect for children and teenagers to ski with rope bridges suspended from the treetops and, if you want a break from skiing, a wonderful Centre Aquasportif offering 5,000 m2 of sporting and swimming opportunities.

Val d'Isère, 32km from Bourg-Saint-Maurice, has kept its ancient traditions and beautiful village charm. It features a 17th century church and a fascinating museum recounting the challenges of ski village life. Children 5-12 year olds are offered holiday courses that combine skiing instruction, lessons about

the environment, treasure hunts. You can even learn how to build an igloo. Families can also try out special snow electric 'Moonbike' rides.

Icing on the cake – or the 'coup de coeur' for your children from eight-years old are the four tree-climbing trails in Rogoney forest. Specially illuminated after dark and open until 9pm, they feature a range of foot bridges and ziplines. Every week, the holiday resort offers family activities from evening cross-country skiing courses to clown and magic shows. Do not miss the must-see ski shows and memorable torchlight walk on the 'Face de Belvedere' black ski run, accompanied by mulled wine and hot chocolate.

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

Village charm: Val d'Isère with its 17th century church.



Val Thorens is an ideal family holiday ski destination. T. Loubere - OT Val Thorens



Val Thorens has superb walks, snow bike rides and the Cosmojet run. Credit - T. Loubere - OT Val Thorens



### Val Thorens

Named for the ninth time in a row as France's best village for winter sports, the range of activities in this resort 38km from Moûtiers (served by several trains and high-speed trains) is endless. It is an ideal family holiday destination. You can ski and snowboard to your heart's content and until 6.30pm with a special pass.

If you want to try something a little different, this centre has it all – from tree-climbing trails to zipline experiences. Special attractions include a 400m<sup>2</sup> ice rink surrounded by chalets serving pancakes and hot chocolate that puts on ice-hockey matches in the evenings. Thrill-seeking teens and adults will delight

## “FRANCE'S BEST VILLAGE FOR WINTER SPORTS”

in the adrenaline-boosting ice cascade climbing experience. Guided by experts, you learn to climb the ice face with crampons, surrounded by breathtaking views.

And young and, well, not so young holidaymakers will enjoy the region's superb walks. Special trips include 'sunrise' tours; 'Fatbike' rides - special snow-adapted mountain bikes for cycling on a carpet of snow; and Cosmojet, the longest toboggan run in France. This amazing 6km long ride starts from a height of 3,000 metres. Anyone over 5 can take the trip – as long as you wear a helmet and like speed!

<https://www.valthorens.com/>

France is perfect for family skiing holidays



### Val d'Arly

Skiing holidays are synonymous with happy memories to share with your family. And at Val d'Arly, in the heart of the Savoie Mont-Blanc region, 16km from Sallanches (for train connections) there are endless opportunities to make them. The two domains – Espace Diamant and Les Portes du Mont-Blanc – not only offer wonderful skiing, but they also offer myriad activities that do not even involve a ski boot.

For the youngest children, 'Baby Sledging' is extremely popular. Even three-year-olds can ride their own husky-driven sleigh. The two-hour activity also keeps kids entertained by special games organised by the team leaders.

Older children will love the special adventure trail that is unique in the Rhone-Alpes region. It boasts an 180m zipline, rock climbing and a trip across the Nant Rouge river.

And if you want to add a little culture to your holiday, why not join one of the special village theatrical tours to mark its 70th anniversary? An actor will enlighten you on what life was like at the Crest-Roland/Cohennoz ski station when the first holiday villages were set up in the early 20th century. You will also meet Lucien, who talks affectionately about his village before going off to war...

In addition, children will love the beautifully restored 'Télétraineau' of Notre-Dame de Bellecombe. Unique in France, this mechanically operated 'sledge lift', a forerunner of the automatic ski-lift we know today, was built more than 80 years ago. It will take you

to the Reguet mountain summit in just six minutes. Another exciting and exhilarating experience is undoubtedly the extra-long 'snake' toboggan ride, "Snake Gliss with Nico".

<https://www.valdaryl-montblanc.com/> 

## “EVERYTHING FOR YOU AND YOUR FAMILY”



Advertorial

# Sometimes you prefer that we leave you to chill out

Essential holiday protection, for all your holidays abroad and in Belgium, all year round.

**T**he days when you worried about holiday cover are long gone. Sign up for annual assistance and travel all year round, alone or accompanied by family and friends, in complete safety.

**Why subscribe to a travel assistance contract?** As soon as you leave Belgium, the culture changes and so do your habits: whether it be health care, hospitals, doctors, governmental authority or simply the language... The administration systems are generally not the same, and this is without taking into consideration the difficulty of organizing assistance in a foreign country.

In the event of an accident or disease the consequences are generally more expensive and more serious. You cannot depend on your loved ones who are still in Belgium. If you are travelling accompanied by family and/or friends, you will also have to provide accommodation and repatriation for yourself and the rest of the group. With an assistance agency, you make a simple phone call and everything is settled. You will be taken care of in case of an incident on holiday, or if your car breaks down, even in Belgium.

**The annual formula: Complete peace of mind and it's less expensive**

The annual formula offers a complete medical assistance, which protects you all year on your trips to foreign countries (holidays, city trips, touring). The formula is valid for a victim of a disease or an accident, with medical reimbursement, repatriation, organizing and helping the people who accompanied you on the holiday, providing contact with your loved

ones who stayed in Belgium, assistance at your home in Belgium and administrative and logistical aid.


**The benefits of annual assistance:  
Because you can never be too careful!**

Annual assistance allows you to escape on holiday in all serenity. Not only does it already have a complete formula, the annual assistance offers you extra options to increase the value of annual assistance abroad. You can take out annual assistance that includes your car, assuring complete medical assistance all year round and an efficient breakdown service in Belgium and abroad.

**The ideal combination for travelling in complete safety**

To reserve your holiday and travel in complete serenity, we suggest you combine the annual assistance with Europ Assistance's 'cancellation insurance' option which will protect you before your departure.

**You can now enjoy your holidays with your family or friends right till the end**

Sometimes due to an accident or illness abroad, it is important that you repatriate as quickly as possible. However, sometimes you prefer to wait until the end of your holiday and make the best of the sunny weather before you go home. A broken arm doesn't necessarily mean a ruined holiday. At Europ Assistance, you can benefit from a personalized solution - not just sometimes but all the time. We assist you 24/7 every day. Contact us on 02.541.90.00 

## THE HOLIDAY INSURANCE THAT ADAPTS ITSELF TO SUIT YOU



Travel insurance that gives you maximum protection for a single trip or for every trip you take during the entire year. At Europ Assistance you benefit from a customized solution not sometimes but always. We assist you 24 hours a day.

**Contact** us on 02/541.90.00 or  
at [www.europ-assistance.be](http://www.europ-assistance.be)

 **europ  
assistance**

# Les Arcs: Skiing in Paradise

*Together* takes to the slopes at Arc 1950  
– a highlight of France's 'Paradiski' region

*Arc 1950 – beautiful day and  
night. Credit: Andy Parant*



**“ YOU CAN SKI THROUGH THE  
WHOLE VILLAGE ”**

*Savoyard architecture in a village perfect for skiing: Arc 1950. Credit: Andy Parant*



**I**n the heart of the French Alps and only nine hours from Brussels by car or around 6.5 hours by direct high-speed Thalys train to nearby Bourg-Saint-Maurice, les Arcs has everything for a skiing holiday – with your family, friends, à deux or solo. Set in Paradiski, the second biggest skiing zone in the world with 262 ski runs and 425km downhill, Les Arcs itself boasts 70% of its slopes higher than 2,000m in a variety of terrain enabling skiing in any weather and for all levels. The skiing, with slopes open from mid-December until the end of April, is superb. “Even if your ski pass does not extend to include neighbouring La Plagne, there is enough in Les Arcs’ 200km ski area to keep visitors happy,” reads one

enthusiastic November 2019 *the Guardian* travel review.

The ‘apres-ski’ and ‘ski à parti/non-skiing activities’ are also exceptional, including the Igloo village and amazing Deep Nature Spa with myriad swimming and wellness opportunities. In summer you can take your pick from golf, mountain karting, white-water canoeing, kayaking and water canyoning sports, even paragliding. There is also a wonderful 180km bike park, allowing you to reach your residence on your mountain bike wheels.

Les Arcs, opened in 1969, is also a modernist architecture fan's heaven. The

three original late 1960s-built villages – Arc 1600, 1800 and Arc 2000 – are heavily influenced by the Swiss-French modernist master known as Le Corbusier (born Charles-Eduard Jeanneret 1887-1965). The jewel of the Corbusiesque crown is the huge ‘La Cascade’ apartments, cantilevered into the mountainside, allowing light to flood into every floor of the building. Each flat designed by Corbusier associate Charlotte Perriand includes open kitchens. The aim was to allow everyone, even the wife stuck at the stove, to be sociable on holiday, an idea quite

revolutionary at the time.

We stayed at the charming, ‘chocolate-box’ pretty Arc 1950; the newest ski-station built in 2003. Unlike its modernist, angular neighbours, Arc 1950 architecture is typically ‘Savoyard’ with sloping wooden roofs. And joy of joys for people wanting to escape the stress of city life, just like the other Arc villages, the centres are traffic-free, there are no cars. “What’s amazing is that you can ski through the whole village,” says *Together* publisher David Mc Gowan.

**“ CHARMING,  
‘CHOCOLATE  
BOX’ PRETTY  
ARC 1950 ”**



The modernist, Corbusier-influenced architecture at les Arcs is breathtaking. Credit: Agence WeAreMerci.



The lap of luxury: Bear Lodge. Credit: VIP SKI



Indeed, Arc 1950, which is completely pedestrianised in summer, has a ski-in-ski-out layout. The chairlift takes you to a varied terrain of blue, red and black runs winding above and below the tree line, with various levels of difficulty to suit all skiing abilities. There is also the 'Apocalypse' snow park and its slides and obstacle course that provides endless opportunities for snowboarding, freestyle and cross-country skiing. And for the thrill seekers among you, in winter or summer, on your own or in pairs, "the new zip line gives amazing sensations reaching a speed of 130km/hour," Mc Gowan says.

For the Les Arcs resort's 50th anniversary in 2019, a picnic viewpoint was added at the top of the Comborcière lift. This is a stunning spot of terraces, sun loungers and views of Mont Blanc. Another highlight is the Igloo Village, just above Arc 1950 near the Arcabulle ski-lift, and featuring an Igloo Bar and ice grotto. Here you can enjoy a typically Savoy fondue dinner, followed by a night in one of the amazingly cosy igloo ice rooms – that are much warmer than you might think.

Oozing conviviality, this five-star village offers a daily programme of entertainment and sporting activities. It boasts 40 shops and eating and drinking establishments including La Vache Rouge, Le Perce Neige, Le Mazot and Hemingway's. There are excellent restaurants on the slopes, Mc Gowan says, singling out, "the new restaurant beside the zip line with amazing views of the Arcs and the Mont Blanc." B.O.B (Beautiful Organic Break), the Maison Falcoz's newest addition, serves high quality, bio, home-made, low food mile dishes (its water is Les Arcs' own), and has a terrace looking out on to the spectacular French Alps.

Arc 1950 comes alive at night, Mc Gowan adds: "There is a lot of animation and a great bar called O'Chaud, where there are many parties and you never really know which night

is going to be amazing, but you can end up going out until 4am."

Post 'after party', you can choose from a wealth of accommodation including several five-star hotels with swimming pools, spas and wellness centres. You can invite up to 17 friends to the top-of-the-range, stunning 395m2 Chalet Arpoza at Arc 1800, complete with heated swimming pool, sauna, spa and games room. The Arcs' latest addition, it includes seven en-suite bedrooms, sitting rooms with open fireplaces, a heated rack ski-room, wine cellar and exceptional views over Mont Blanc and the surrounding mountain peaks. Chalet Mille 8 is another recent luxury choice, featuring superb furnishings from the Atelier des Frères, which collaborates with traditional spun wool manufacturer la Filature Arpin that has been making fabric since 1817.

## "EVERYTHING FOR A SKIING HOLIDAY"

We stayed at the super luxurious Bear Lodge (Hameau des Oursins) which is specifically targeted at the English-speaking community. This brand new complex, with its own

cinema, bar, lounge and gourmet restaurant, is located on the piste, next to the ski lifts and a short walk to the village centre. "You can almost reach out and touch the skiers from your balcony and ski away from the concierge-managed ski room and rental shop," the website makes clear. "With typical English dishes and English staff, it has its own spa, sauna, jacuzzi and massage club," Mc Gowan says. "And the slopes are at the door."

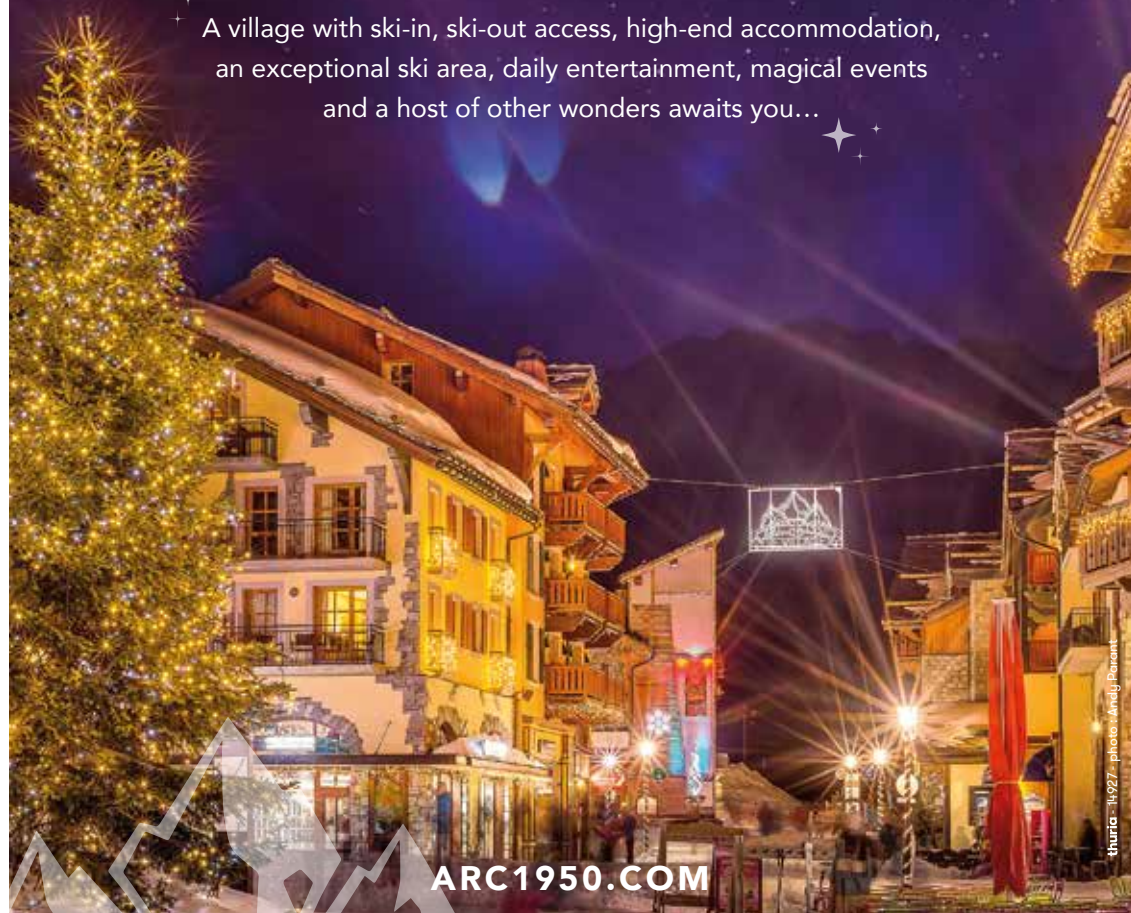
[en.lesarcs.com](http://en.lesarcs.com)  
[en.lesarcs.com/arc-1950.html](http://en.lesarcs.com/arc-1950.html)  
[www.facebook.com/ochaudbarclub/](https://www.facebook.com/ochaudbarclub/)  
[maisonfalcoz.com/bob/](http://maisonfalcoz.com/bob/)  
[www.chalets-mille8.com/en/nos-chalets/chalet-arpoza/](http://www.chalets-mille8.com/en/nos-chalets/chalet-arpoza/)  
[www.vip-chalets.com/hotels/bear-lodge](http://www.vip-chalets.com/hotels/bear-lodge) ①





# Back to winter magic

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



ARC1950.COM



LIFE OF  
LEISURE

Travel

## Travel Paris: Sleep stylishly in the City of Lights

Our latest travel Paris article discovers a remarkable hotel

Photo © Warwick Paris - Restaurant le W



Photo © Warwick Paris - Deluxe room with terrace



In Paris, the choice of location of your stay is essential. This is why we chose the Warwick Paris, located a stone's throw from the Champs-Élysées – and the welcome is warm and friendly.

The Warwick Hotel Paris is a member of the Warwick Hotels and Resorts collection, one of the most dynamic hotel groups in the world. The prime location in the centre of the Golden Triangle between the Arc de Triomphe and Place de la Concorde makes it possible to discover the most exciting tourist spots. Its 149 spacious rooms and suites offer a contemporary and unique decor with a high level of excellence in terms of comfort and services. Some room categories have terraces facing the street or the hotel courtyard. Last but not least, Le Warwick Paris has its own restaurant, Le W, serving traditional, French cuisine.

From his open kitchen, the Chef prepares high quality seasonal produce. During summer, Le W sits on the hotel's 8th-floor

terrace with a view of the Eiffel Tower. The W Bar located in the hotel lobby is a cosy setting boasting warm colours and clean lines, with a multicultural library and a fireplace. It is open every day so you can relax and enjoy tasty cocktails.

The Warwick Paris has meeting spaces for companies and individuals wishing to organise seminars, meetings, banquets and business lunches.

In addition, a public car park can be found right next to the hotel.

### Practical details

Warwick Paris/Hotel Westminster  
5, rue Berri - 75008 Paris - France  
+33 (0) 1 45 61 82 00  
[www.warwickhotels.com/fr/warwick-paris](http://www.warwickhotels.com/fr/warwick-paris)







**JOIN ARNON BARNES  
AND AN EXCLUSIVE GROUP OF  
BUSINESS OWNERS FOR THE  
ADVENTURE OF A LIFE-TIME!**

***"Peace & Awareness were  
instilled into me without me  
even noticing it"***

***"My Awareness  
and Focus are  
Laser Sharp"***

- Learn how to increase your inner-strength.
- Grow your trust and confidence levels
- Meet like-minded business owners and form bonds that will last a life-time
- Become a better leader
- Learn life-lessons from nature
- Become fearless in the face of any challenge
- Have a lot of FUN

**LIMITED SPOTS AVAILABLE  
FOR MORE INFORMATION EMAIL:  
[INFO@ARNONBARNES.COM](mailto:INFO@ARNONBARNES.COM)**



Dining

# Restaurant Brugmann : A gourmet delight

**Liz Newmark** enjoys gastronomic excellence served by a master chef



Expert head chef Matthias Van Oenoo's parents and grandparents were also restaurant owners

**M**y 17-year-old daughter said she was looking forward to this all week. Our first 'gastronomic' dining experience. And only five minutes by bike.

The Brugmann is set in a beautiful 19th century 'maison de maître' (typical Brussels mansion), and the former home of illustrious banker Georges Brugmann. The 'salle gastronomique,' our dining home for the evening, complete with impressive copper- and silver-tubed 'chandelier', has a view



A stunning 19th century mansion houses the Brugmann gastronomic restaurant

on to the open kitchen. Its stunning terrace looks out over what was once a garden, now the gorgeous, little-known, public Parc Abbé Froidure.

Opening its doors in June 2015, after a full renovation carried out by chef Matthias Van Oenoo and architect Annie Mesmin, the Brugmann also boasts a cosy 'Boudoir' next to the main restaurant which can be used for private receptions; a dramatically modern design 'Dining Room' on the first floor perfect for seminars; a Bar 'B' to test out cocktail

creations including vodka and wasabi or fruit and vanilla rum; and, a wine cellar perfect for tasting the fine vintages from the Brugmann wine list.

We were warmly welcomed not only by attentive door and bar staff, but also by chef Van Oenoo. Just 35 years old, with a gastronomic 'history' – his grandfather headed up a gourmet restaurant in Ostende, his philosophy is clear: "A restaurant, it's like a ship, it's the whole team," emphasising it was the will and energy of his 28 staff that makes the gastronomic restaurant what it is today.

And the food and drink? 'Rien à dire' as they say in French. Perfection from the choux pastry bun infused with truffles with our Kir Royal and Passion Fruit apéritifs to my daughter's 'petit plus' – the amazing Dame Blanche du Brugmann. Service in the pleasantly full but not overcrowded restaurant was impeccable. The waiters were particularly attentive to detail – explaining exactly what we were going to eat and asking if we had any allergies.

The Brugmann offers a range of menus from a three-service €28 business lunch to a €115 special 'Brugmann signature menu'. We opted for the €85 'Notre Terroir a du Goût' regional speciality menu – to test together a tasty lobster croquette with bisque sauce appetiser, followed by sea-fresh oysters served with a pear and cream sauce and watercress and then picture-perfect pretty Coquille Saint-Jacques, caviar and lemon cream. The star for us was the orange-infused carrot soup with its parsnip ravioli, a perfect accompaniment to the delicious home-made cornbread or multigrain rolls.

For the main course, my daughter chose the succulent beef and carrots 'revisited', while I went for tender, melt-in-the-mouth lobster served with a special carrot-topped quinoa risotto. Pre-dessert, a delightful idea, was a duo of speculoos and caramel ice-creams, while the main Douceur du Brugmann

Fascinating food with a twist



included a stunning tangy fruit sorbet, delicate cheesecake and red-fruit crumble. Even my camomile tea came with a lovely selection of mignardises including a canelé, lemon meringue pie and pistachio tart.

And that Dame Blanche? Like all Oenoo's dishes, it was delightfully different. Forget great balls of ice-cream slathered with sauce. We were served a beautiful 'chocolate apple' packed with Madagascar vanilla ice-cream and watched its chocolate coating melt when the waitress poured the delicious sauce over it.

The wine list is more than extensive, predominantly French but also including bottles from Chile, Spain and Greece. And there are no fewer than 14 choices of Champagne.

Belgium's Michelin guide praises the Brugmann for its class, elegance and modern cooking. For Van Oenoo, although accolades are important, the main aim is clear: "Our aim is to get better and better and we want our customers to enjoy themselves and come back." And return we will.

## Practical details:

Restaurant Brugmann, Avenue Brugmann 54-56, 1190 Brussels.

Open lunchtime 12-2.30pm and evening 7-10.30pm (11pm on Fridays and Saturdays). Closed Saturday lunchtime and on Mondays.

[brugmann.com](http://brugmann.com) ❶



Dining

# A talented chef at Mont-à-Gourmet

**Caroline Dierckx** enjoys the wonderful cooking of 'Belgian Star' Nicolas Tournay

*Masterchef Nicolas Tournay with his silver medal from Comme Chez Soi's Pierre Wynants*

**N**icolas Tournay, does that name ring a bell? To cite just a few of his most recent successes: Tournay joined the youth section of Mastercooks of Belgium, the association of Belgian chefs representing Belgium's gastronomic heritage, as *Young Master of Belgium*. Last May, he came second in the association's *The Star of Belgian Cuisine* competition.



he uses gives a sublime taste to the plate.

And of course, a large number of items are always produced in-house, like the wide range of rolls.

All in all, you have every good reason to reserve a table as soon as possible.

In addition, from *Comme Chez Soi* former owner (1979-2006), chef Pierre Wynants himself, Tournay was awarded the *Silver Medal* in the Pierre Wynants Trophy, *The Belgian Star*, the new name for *The Star of Belgian Cuisine*.

So it was with curiosity that a few weeks ago we went to try out Tournay's cooking – and we were enchanted by this experience that tickled our tastebuds: a treat.

## “ PRIORITY GOES TO LOCAL PRODUCTS ”

In the words of Guy de Maupassant, cited proudly on the restaurant's website, “the only really respectable passion is gourmet eating” – so enjoy.

**Details:**  
Le Mont-à-Gourmet  
Gouy-lez-Piéton  
6181 Courcelles  
[www.lemontagourmet.be](http://www.lemontagourmet.be) 📍

The chef makes it a point of honour to cook sustainably, prioritising local products. He goes out of his way to meet new producers and discover new food items, while always remaining true to the region's many suppliers. The creativity of the chef and the ingredients



## ALL TASTES ARE CATERED FOR IN KNOCKE HEIST.

Knokke-Heist has no less than 200 restaurants, or 20 000 covers, waiting to satisfy your culinary desires. We offer everything for the gourmet and bon vivant alike. Our range is both extensive and extremely varied. It includes top notch restaurants that proudly feature in international gastronomy guides. There are attractive, trendy places for a refined lunch or a quick snack. From simple eateries to cosy bistros and charming, slightly old-fashioned ice cream parlours and tearooms to exotic restaurants – they're all there ready to be discovered.

[WWW.MYKNOCKE-HEIST.BE](http://WWW.MYKNOCKE-HEIST.BE)

**KNOCKE-HEIST**



Wine

# A Brotherhood of wine

This month, **Rory Watson** takes another look at New York state wines, focusing on the US's oldest wine producer, Brotherhood Winery, that dates from 1839

**N**ew York state wines may be less well known than their Californian competitors, but they have a longer history. French Huguenots brought vinifera grape stock from Europe and planted the first vines in New Paltz in the Hudson valley in 1667 – a century before they appeared in what is now California.

Brotherhood Winery, in the same area, is the oldest continuously operating winery in the US, tracing its genesis back to 1839. One of the largest producers in the state, it survived the rocky Prohibition years of the 1920s by concentrating on legal medicinal and sacramental wines.

In 1976, the state legislature gave a major boost to wine production by passing the Farm Winery Act. This drastically reduced the cost of a wine licence. It made the activity viable for small wineries by allowing them to sell directly for the first time to farm visitors, restaurants and the retail and wholesale trades. Previously, the amount they could sell on their own had been limited to 5%.

The number of wineries exploded from 21 in 1975 to 471 today. The expansion has made New York wine country, which stretches 800 kilometres from the tip of Long Island in the east to the border with Pennsylvania in the west, the third largest producer, after California and Washington state. Even so, its output is just 3% of national production.

The state has 11 viticultural areas: three each on Long Island and in the Finger Lakes near the Canadian border, the Hudson River, Upper Hudson, Niagara Escarpment, Lake Erie and Champlain Valley.



New York wine country is the third largest wine producer in the US after California and Washington state

Riesling – the most widely used variety followed by Chardonnay – is particularly favoured in Finger Lakes with some connoisseurs comparing the wines favourably with their Moselle counterparts. Much Cabernet Sauvignon is located on Long Island, which also specialises in Merlot, while Cabernet Franc fares particularly well in the Hudson Valley. Most wineries are small-scale, family-owned and tourist-driven with tasting rooms to share the wine experience with visitors.

A family trip to New York and Long Island in 2019 gave me a first opportunity to sample some of the wines. A second came with a recent tasting of more than 40 wines organised in Brussels by the New York Wine and Grape Foundation. Ravines Wine Cellars dry Riesling was particularly enjoyable, as were Fox Run Vineyards Chardonnay and the Brotherhood Winery's Pinot Noir.

New York wines are not available in Belgium, but the Foundation is currently testing the market. ❶



## 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.



Books

# Back in the USSR

This month **TASCHEN** delves into the fascinating world of Russian avant-garde film posters.



Film poster art of 1920s and 1930s Russia  
© TASCHEN / Susan Pack, California

**A**t the intersection of the visual, graphic, and cinematic arts, film posters are a unique and thrilling record of a cultural Zeitgeist. Bringing together 250 posters from the Soviet Union of the 1920s and early 1930s, this book explores the energy and invention of this

period. It was the time before Socialist Realism – the idealised realistic art extolling the virtues of Communism that became the US official art doctrine from 1932 and continued until 1988.

Drawn from the private collection of connoisseur Susan Pack, the selection includes the work of 27 different artists from the pre-Stalin era including big names like Alexander Rodchenko, and Anatoly Belsky. From bold figuration to architectural elements, each artist displays a distinct style and aesthetic. Instead of the glamour of Hollywood, think stark, striking, even challenging images, often marked by unusual angles,

dynamic compositions and startling close-ups.

The colours are beautiful and the designs ever memorable. There are iconic posters showing Russia's sporting prowess

**“ STARK, STRIKING,  
CHALLENGING IMAGES ”**

Film poster for 'Trubka Kommunard', 1929. Anatoly Belsky  
© TASCHEN / Susan Pack, California



ZIM, film poster for 'Spartakiada', 1927  
© TASCHEN / Susan Pack, California



**“ A LASTING INFLUENCE  
ON GRAPHIC DESIGN ”**



## Books

(*Spartakiada*) as well as those where women are far more powerful than you might expect for the age (*Trubka Kommunar* and *Yega Kariera*).

'Film Posters of the Russian Avant-Garde' is also a documentary of the best films of the time – from the atmospheric, broody silent drama *Battleship Potemkin* detailing a mutiny on ship (1925) to the gritty depressing *Cement* – one worker's attempt to revive a ruined cement factory (premiering in 1927, this is now sadly lost). Each poster is explained simply and effectively in French, Dutch and English – with not too many words to detract from the stunning artwork.

What makes the book even more fascinating is the dedication of these artists, given that their work were not meant to be kept. The posters were most often used as advertising material and torn down and destroyed after a few weeks, Pack explains. Speed was also of the essence. For two featured artists, Vladimir Stenberg and Mikhail Dlugach, "it was not unusual for them to see a film at three o'clock in the afternoon and be required to present the completed poster by ten o'clock the next morning." To make their job even more stressful, many printing presses were in chronic disrepair, as they predated the 1917 Revolution.

Accolades have already flooded in for this beautiful book. It received top praise from leading UK arts magazine *Creative Review*: "The designs featured in this book have had a lasting influence on graphic design and remain some of the most memorable film posters of all time."

### The author

Born in 1951, New Yorker Susan Pack graduated from Princeton in 1973. For ten years she worked in advertising,



Film poster for 'Yega Kariera', 1928. Mikhail Dlugach  
© TASCHEN / Susan Pack, California

latterly as senior copywriter at Saatchi & Saatchi in New York. She began collecting rare advertising posters in the 1970s, in due course acquiring one of the world's foremost collections of avant-garde Russian film posters.

### The details

Hardcover, 26 x 34 cm, 2.73 kg, 320 pages  
ISBN 978-3-8365-8952-9  
Multilingual Edition: English, French, German.  
€50.

### Available from:

TASCHEN Store Brussels, Grand Sablon/  
Grote Zavel 35, 1000 Brussels.  
[www.taschen.be](http://www.taschen.be)



f restaurantstoucan  
@ toucanbrasserie  
www.toucan.brussels

TouCAN

TRAITEUR

Avenue Louis Lepoutre 17-19  
1050 Bruxelles  
02/340 02 40  
Ouvert 7/7  
Enlèvement au restaurant  
Livraisons à domicile

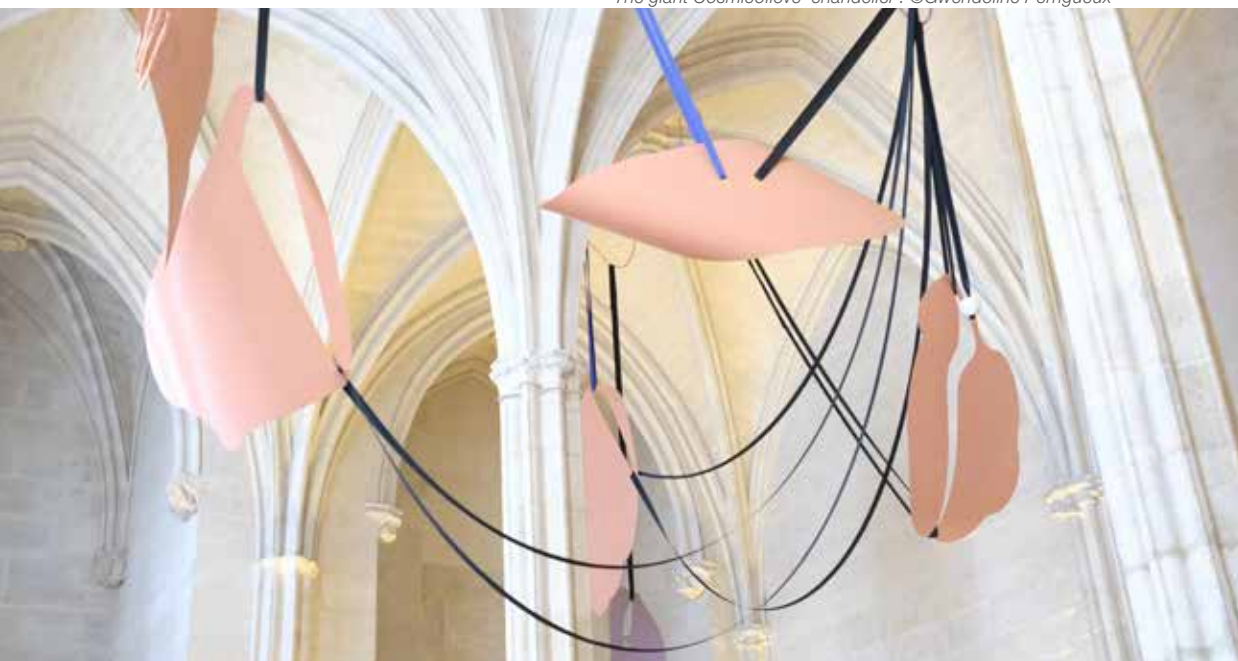


What's On

# What's new at Bozar

**Liz Newmark** looks at the fascinating French contemporary Emergences exhibition and two other new Bozar shows

*The giant Cosmicofove 'chandelier'. ©Gwendoline Perrigieux*



**B**ozar's wonderful David Hockney exhibition certainly attracted the crowds – the centre for fine arts had to put on several late night shows to 10pm and more to meet demand to see the iconic, Bradford-born star. This month, Bozar is giving younger artists, Flemish designers and a “Belgian James Dean” the chance to shine.

## Emergences

With France at the helm of the European Council Presidency until 30 June, Bozar is welcoming *Emergences.fr*, an exhibition proposed by La Villette cultural park, Paris. The show of artworks, photographs, films, videos and installations aims to present the expertise and international influence of eight French art and design schools including the Beaux-Arts and Arts Décoratifs de Paris.

Gender, climate change and our relationship with technology are central themes to this young generation of 29 artists who aim to define a new society. The works are fascinating, including anthropomorphic blocks of wood; woven-strap, ‘no-glue, sewing or pattern’ bags; Braque-like collages depicting different ideals of beauty, imaginative fantasy films... I particularly liked the evocative photos of Marseille suburbs (Vivien Ayroles) and Arles urban life (Robin Plus), a giant ‘Cosmicofove’ (pink lips) chandelier-like sculpture (Gwendoline Perrigieux) and, in a special darkened room, the creepy ‘Vitamorphose’ robotic sculpture (Yosra Mojtahedi) that occasionally ‘comes to life’...

*Until 10 April. Free. [www.emergences.fr](http://www.emergences.fr)*

## GREENHOUSE TALENT PRESENTS



**STEF KAMIL CARLENS**  
8 THE GATES OF EDEN PLAY BOB DYLAN  
ANCIENNE BELGIQUE / BRUSSELS



**MALUMA**  
SPORTPALEIS / ANTWERP



**ASAF AVIDAN**  
ANCIENNE BELGIQUE / BRUSSELS



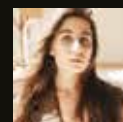
**BARBARA PRAVI**  
CIRQUE ROYAL / BRUSSELS



**POSTMODERN JUKEBOX**  
ANCIENNE BELGIQUE / BRUSSELS  
DE ROMA / ANTWERP



**GREGORY PORTER**  
FOREST NATIONAL / BRUSSELS



**DODIE**  
ANCIENNE BELGIQUE / BRUSSELS



**KAT VON D**  
LA MADELEINE / BRUSSELS



**NICKY JAM**  
PALAIS 12 / BRUSSELS



**HANSON**  
ANCIENNE BELGIQUE / BRUSSELS



**HERBIE HANCOCK**  
ARENA 5 / BRUSSELS



**DIANA KRALL**  
BOZAR / BRUSSELS  
KON. ELISABETHZAAL / ANTWERP



**NILE RODGERS & CHIC**  
ARENA 5 / BRUSSELS



**DUTRONC & DUTRONC**  
ARENA 5 / BRUSSELS



**PETER HOOK & THE LIGHT**  
PLAY JOY DIVISION  
LA MADELEINE / BRUSSELS



**ENNIO MORRICONE**  
THE OFFICIAL CONCERT CELEBRATION  
PALAIS 12 / BRUSSELS



**JAMES TAYLOR**  
BOZAR / BRUSSELS  
KON. ELISABETHZAAL / ANTWERP



**IMANY**  
BOZAR / BRUSSELS



**WIM MERTENS**  
BOZAR / BRUSSELS



**DE KREUNERS**  
ANCIENNE BELGIQUE / BRUSSELS

**DATA & INFO: [GREENHOUSETALENT.COM](http://GREENHOUSETALENT.COM)**

**GREEN  
HOUSE  
TALENT**



### Henry Van de Velde design awards

Showcasing Flemish design, these awards under the name of famous Belgian painter, architect, interior designer, and art theorist – who co-founded the Art Nouveau movement with Victor Horta and Paul Hankar, Henry van de Velde, emphasise the significant role that designers play in society. They offer smart, useful and original solutions to topical problems. Started in 1994, with its own official award ceremony and publication, the Henry van de Velde awards are a “true platform for Flemish design”.

With prizes – and exhibits – split up into various sections from ‘Consumer’ to ‘Craft’, ‘Digital’ to Business Innovation, Graphics to Design Research, the Awards can spearhead the designers into commercial success, if they are not well established already. Highlights of this year's selection include the velo Aska speed pedelec (electronic bike), that reaches 45km/hour; the Smart Baby Monitor that is not only functional – measuring baby's heart and respiratory rate – but cute; and the Scenographies modular wooden structures that were used last summer for Brussels organisation Pool is Cool's temporary open-air swimming pool at the canal in Anderlecht.

Until 10 April. Free. [www.henryvandevelde.be](http://www.henryvandevelde.be)

"It's only charming when you are not forced to be here all the time..." one of Van de Velde's 'impressionistic' works. © Tim Van Laere Gallery.



### Rinus Van de Velde: Inner Travels

Through drawings to sculptures, installations and film, Leuven-born **Rinus Van de Velde** (1983-) – no relation to the above – creates a mirror universe where elements from reality and imagination are turned into a kind of visual storytelling. A self-proclaimed armchair voyager, Van de Velde often narrates tales of semi-heroic quests around his imaginary travels and his fictitious encounters with recent art history greats. In this exhibition focused on a circular story of leaving and returning home with the train as a metaphor for the journey, Van de Velde premieres his new film and presents his most recent works. In parallel, the visual artist often called the “James Dean of the Belgian art world” brings together and reframes works by modern and contemporary artists such as Pierre Bonnard, Claude Monet, Josephine Troller and Jean Tinguely.

18 February until 15 May.  
[www.rinusvandevelde.be](http://www.rinusvandevelde.be)

Bozar is open Tuesday to Sunday 10am to 6pm. [www.bozar.be](http://www.bozar.be)

# Accords parfaits

Louis-Michel Colla



**Catherine Decrolier**  
**Christel Pedrinelli**  
**Hyuna Noben**  
**et Marc Weiss**

Mise en scène : **Isabelle Paternotte**

Décor : **Dimitri Shumelinsky**  
Costumes : **Fabienne Miessen**  
Lumières : **Laurent Comiant**

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

**Du 9 mars au 3 avril 2022**



What's On

# Photo Brussels Festival 06: Trees, New York street scenes and more

**Liz Newmark** highlights two must-see exhibitions in Brussels' sixth festival dedicated to photography.

**B**russels is well-known as a cultural centre for art – it has two Magritte museums – one in Brussels centre and another more intimate affair at the artist's charming home in Jette, the Fine Arts museum, Bozar (see later this issue), memorable shows at the ING Art Center, exciting contemporary Wiels and up-to-date modern MIMA (Millennium Iconoclast Museum of Art) down by the canal.

The capital is less associated with photography. Instead it is Antwerp and Charleroi that take the prize for special photography museums, with Liege's Cité Miroir, that hosts the World Press Photo exhibition, another big player. However, the times they are a changing. The Photo Brussels Festival – now in its sixth year – will show photo lovers in Brussels and Belgium all the places you can go and enjoy this special art in the capital.

Hangar Photo Art Center, at Ixelles' Place du Chatelain, created the event in 2015 and again hosts the flagship show. Other exhibitions are dotted around the city in

*Beautiful and fascinating trees... one of Otto Becker's works*



nearly 40 museums and varied exhibition spaces, including schools and bookshops, from Ixelles' A Galerie to Woluwe-St-Pierre's W:Hall. The festival also includes workshops, conferences, book signings and a special prize for the most original photographic projects – it's not just guided tours.

## 'In the Shadow of Trees'

This year, the main exhibition, at Hangar, is dedicated to trees. This is a particularly apt topic when the importance of nature and preserving it became all the more apparent in lockdown. 'In the Shadow of Trees' brings together some 20 photographic projects of artists from Norway's Terje Abusdal (1978) to



## ENJOY FOREST NATIONAL AS A VIP

Treat yourself and your partner to a worry-free and entertaining night, celebrate an occasion with friends, invite your business partners to network in an informal setting or motivate your staff with an original reward. It's all possible at Forest National.

Our VIP area offers plenty of possibilities and can be customized to your needs. Whether you want to roll out the red carpet or keep it more low key, our VIP experience fits all!

Check out our range of VIP offers and turn your next visit into an unforgettable experience.



**Bastille – 3/04**  
**Forest National**



**Eels – 7/04**  
**Forest National**



**Greoggy Porter – 23/04**  
**Forest National**



**Typh Barrow – 14/05**  
**Forest National**



**Pet Shop Boys – 17/05**  
**Forest National**



What's On

Belgium's Bruno Roels (1976).

Aiming to highlight "the crucial place trees occupy in life and the influence they have on the survival of humankind," Olaf Otto Becker (1959) and Pablo Albarenga (1990) tackle respectively deforestation and ravaged nature and activists committed to defending the Amazonian forest. When trees die, communities do too, shown by Chilean photographer Enrique Ramírez's (1979) depiction of the destroyed refugee centre at Sangatte, Calais.

Beautiful and moving works of Beth Moon (1956) and Ramírez detail the great age of trees – one in Los Alerces National Park, Chile is 3,600 years old. Pascal Maître (1955) highlights their life-saving abilities in his evocative photos of the mysterious and life-saving water-holding baobabs – in Madagascar they can hold up to 14,000 litres and weigh the same as an Airbus 380. The wide-ranging exhibition on three floors also shows just how beautiful and fascinating trees are, with Moon's 'teapot tree', Kira Krasz's tree houses and Yutao Gao's peach tree blossom.

In the words of Hangar director Delphine Dumont, "This veritable verdant grove of artists... calls on us to become aware that every individual on this planet Earth, lives in some way in the shadow of trees."

## “ A VERITABLE VERDANT GROVE OF ARTISTS ”

Until 26 March, Tuesday  
to Saturday 11am – 6pm. Hangar Photo Art  
Center.

[www.hangar.art](http://www.hangar.art); [www.hangar.art/  
photobrusselsfestival](http://www.hangar.art/photobrusselsfestival)

**Helen Levitt. One, Two, Three, More**  
New York, New York... it's a wonderful town.

126 | [togethertmag.eu](http://togethertmag.eu)

Getting water from the life-saving baobab. Pascal Maître



And it's also a wonderful backdrop for the stunning photographs of Brooklyn-born Helen Levitt (1913-2009). Her naturalistic, intimate work, inspired and encouraged by photo greats Henri-Cartier Bresson and Walker Evans, are unsentimental documents of everyday 20th century life on New York streets.

As exhibition curator Thomas Zander (Galerie Thomas Zander, Cologne) makes clear, Levitt's images expose the American Dream as a myth, as she represents working class citizens in their local communities with dignity. From the girl who looks to be peeing

THÉÂTRE  
LE PUBLIC  
UN MALIN PLAISIR

# A GERMAN LIFE DE CHRISTOPHER HAMPTON

Adaptation DOMINIQUE HOLLIER  
Mise en scène SIMON PACO Avec JACQUELINE BIR

UNE PRODUCTION DU THÉÂTRE LE PUBLIC, AVEC LE SOUTIEN DU TAX SHELTER DE L'ÉTAT FÉDÉRAL BELGE VIA BELGA FILMS FUND ET DE LA COMMUNAUTÉ FRANÇAISE. L'ŒUVRE EST REPRÉSENTÉE DANS LES PAYS DE LANGUE FRANÇAISE PAR MARIE CÉCILE REINAUD, MCR AGENCE LITTÉRAIRE. PHOTO © PAULINA KATHREIN

08.03 > 30.04.22

0800 944 44 - [theatrepublic.be](http://theatrepublic.be)





'New York 72', The poor boy and the businessman



first photographers to use colour. Since the 1970s she has made high quality dye transfer prints with striking, intense colours – seen in brightly coloured clothes and the iconic bubble gum machines. 'New York 1972' for example is a delightful class contrast between a poor boy squatting precariously on an upper floor window, looking down at a suited businessman.

In short, Levitt captures life, the way it really is. With understanding, empathy and humour. Tucked away in the gallery corridor were two of my favourites. On the left, a charming romantic young couple look into each other's eyes on a subway train. On the right, a grumpy elderly pair on a bus stare straight ahead. It is an amusing reminder of what relationships can be, or

end up being, but more positive than the contrast between young and frighteningly old in Francisco Goya's two early 19th century canvases set side-by-side at Lille Beaux-Arts Museum: "Woman Reading a Letter" and "Time and the Old Women."

Until 10 April, Wednesday to Sunday 1-6pm.  
Fondation A Stichting.  
[www.fondationastichting.com](http://www.fondationastichting.com) ⓘ

by a car to a smartly dressed woman asking a taxi driver for information, we are instantly transported into the monochrome world of the 1940s.

Other favourites among Levitt's evocative, often deserted, street scenes are the strikingly glamorous fur-coated woman in front of a 'special spaghetti' café sign and the delightful pictures of kids – together in the streets, babes in arms of adoring parents, and boys climbing acrobatically and precariously above a doorway.

In the late 1950s, Levitt was one of the

Top and bottom right: Helen Levitt street scenes. Bottom left: Deforestation damage in the Congo. © Eric Guglielmi. Courtesy Centre national des arts plastique, Paris





## What's on International: London

This month, **Together** investigates an award-winning wine workshop and eaterie and the British Museum's special Stonehenge exhibition

*Cheers in Chelsea – the 28°-50° Wine Workshop and Kitchen. © 28°-50°*



### 28°-50° Chelsea

28°-50° Wine Workshop and Kitchen Chelsea offers French and modern European cuisine, seasonal dishes and an award-winning wine collection. The fashionable set that once strutted the iconic King's Road has been replaced by... lovers of fine wine and food. It is housed in what was once a late Victorian bank – in the basement there are three huge bank safes, empty unfortunately. The period decor boasts oak and marble, dark velvets and wine crates. Executive Chef, Julien Baris, offers an à la carte menu but if you want something lighter try the charcuterie and cheeses selections. The fresh wines range “from affordable and quaffable to high-end even more quaffable”. There are regular wine tastings, workshops and themed dinners, and the expert sommeliers are always on hand. On the wall hangs a picture of the 28°-50° team harvesting the grapes from the company's vineyard in the French Alps, a chateau also available on the wine list.

[2850chelsea.co.uk](http://2850chelsea.co.uk)

*Nebra Sky Disc, Germany, about 1600 BC. Photo courtesy of the State Office for Heritage Management and Archaeology Saxony-Anhalt. Photo: Juraj Lipták. © britishmuseum.org*



### The World of Stonehenge - British Museum

This iconic British monument has spurred myths and legends that persist today. In this special exhibition, the British Museum reveals the secrets of Stonehenge, shining a light on its purpose, cultural power and the people that created it. Following the story of Britain and Europe from 4000 to 1000 BC, you will learn about the restless and highly connected age of Stonehenge – a period of immense transformation and radical ideas that changed society forever. The human story behind the stones reveals itself through a variety of fascinating objects. Among these are stone axes from the North Italian Alps, stunning gold jewellery and astonishing examples of early metalwork. A remarkably preserved 4,000-year-old timber circle dubbed Seahenge also takes centre stage in the show, on loan for the very first time. **17 February - 17 July 2022, British Museum.** London

[www.britishmuseum.org](http://www.britishmuseum.org) ①

## HORTA HOTEL DE VENTES - AUCTIONEERS

Buy or sell Fine Art & Antiques in Brussels



Lot 120 - Platinum ring  
diamond of +/- 3.20 cts.



LOT 188 - CHRISTIAN DOTREMONT  
"Logogram with uncertain text."  
Size: 50 x 65 cm.

**FREE EVALUATION DAYS  
IN OUR OFFICES  
IN BRUSSELS  
AND KNOCKE**



**ALSO BY MAIL:  
INFO@HORTA.BE**



Hôtel de Ventes Horta - BRUSSELS  
Avenue de Roodebeek 70-74  
1030 Brussels  
0032 2 741 60 60



Hôtel de Ventes Horta - KNOCKE  
Jozef Nellenslaan 49-51  
8301 Knokke-Heist  
0032 50 37 23 49



**ART AND  
ANTIQUES AUCTION  
FEBRUARY  
21ST AND 22ND**

**EXHIBITION  
DAYS  
FROM 16 TO 20  
FEBRUARY**

**LOT 104 - BRUNO CATALANO BRONZE:  
TRAVELLER. HEIGHT: 61 CM.**




T H E

I X

100 %  
ÉLECTRIQUE.



 **DONNONS PRIORITÉ À LA SÉCURITÉ.** Informations environnementales (AR 19/03/04): [bmw.be](http://bmw.be)

**0,0 L/100 KM • 0 G/KM CO<sub>2</sub> (WLTP)**

BMW Belgium Luxembourg SA • Lodderstraat 16, 2880 Bornem • [contact.be@bmw.be](mailto:contact.be@bmw.be) • [www.bmw.be](http://www.bmw.be)

**#bornelectric**