

# Together Magazine

SUMMER 2022 #122

**Politics:**  
Border  
control  
**Together**  
with Ukraine

**Travel**  
Singapore  
Andalusia  
Provence  
West Africa

*Fashion  
Beauty  
Luxury:  
Jewellery  
Shopping*

*Wining & Dining  
Books: Leonardo da Vinci  
What's On  
Cinema*

Journaling  
Yoga  
Hypnosis  
Promises

**Finance:**  
Older workers  
**Real estate**  
Autonomous cars



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# Lily James

Interview



# THE 2 ACTIVE TOURER.



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0,6-7,2 L/100 KM • 14-162 G/KM CO<sub>2</sub> (WLTP)

## Editor's LETTER

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

### ON THE COVER



Lily James: "Ultimately the whole package of acting is the thing that thrills me most."

## Making memories

**M**atthew Cossolotto entices us in our special summer issue to make promises.

Making memories is important too. If you are stuck at your desk and are invited to go and do something less ordinary instead, get up and go. You will not remember time stuck inside finishing a commission. You are far more likely to reflect on whatever you left your desk to enjoy – that may even help you reach your dreams.

This philosophy may help difficult decision-making too. It's a bit like the Marie Kondo mantra in 'The Life-Changing Magic of Tidying Up' – in that everything you own must 'spark joy'. If not, get rid of it. Fast.

In this summer edition, Together focuses on items very difficult to say goodbye to: jewellery. From home-made bracelets made by (your) children to priceless Tiffany diamonds, jewellery never goes out of fashion. We feature just five brands whose creators pour passion and love into their work. And each piece will also hold memories for the wearer: who bought it or when they displayed it, for example.

Memorable items – be they jewels, fashion, books or beauty products – are also sustainable in that they are loved and not thrown away – so better for the planet.

I recently spent a day in Oostende, a place oozing memories for me and my kids. Easy to get to by train, with its beach, cafes, cuistax, Sunday shopping... In pre-teen days, the now defunct Bart Smit toy shop was a thing.

Day trips and holidays are key memory-makers. So as we get closer to 'les grandes vacances' let's promise to make the most of them – whether in exotic Africa, beautiful Andalusia, stunning Singapore or, why not, on the Belgian beach? Enjoy.

**Liz Newmark**  
Editor

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5

#### 5 40 food-loving tours in Wallonia

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6

#### 6 Motorhoming in Wallonia

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# Contents

SUMMER 2022

3 Welcome letter  
16 Contents & contributors  
22 Together online  
24 Starring in Belgium  
26 Charity: Welcoming Ukrainians



**New Technology**  
Autonomous cars

**66**



**Politics**  
Border control

**74**

## PERSONAL DEVELOPMENT

31 **Fitness:** Aspria  
36 **Fitness:** Yoga  
40 **Self-help:** Journaling  
44 **Self-help:** Hypnosis  
48 **Self-help:** Making promises this summer  
52 **Annon Barnes:** Keeping control  
58 **Finance:** Valuing older workers  
62 **Real estate:** Inflation  
66 **New Technology:** Autonomous cars  
70 **Be successful:** Books  
74 **Politics:** Border control

16 | togethermag.eu



**Luxury**  
Jewellery

**79**



**Fashion**  
29th October

**100**

## LIFESTYLE

79 **Luxury:** Luxury jewellery  
81 **Luxury:** Laurence Vandenborre  
82 **Luxury:** Mère et Fille  
86 **Luxury:** Lori Lori  
87 **Luxury:** Kim Jacob  
88 **Luxury:** Olivia Hainaut  
90 **Fashion shoot:** Moment of innocence  
100 **Fashion:** 29th October  
108 **Shopping:** New products  
112 **Shopping:** Huawei smart watch  
114 **Shopping:** Waterdrop  
116 **Beauty:** Thermae Boetfort  
120 **Shopping:** Lancaster Beauty  
122 **Beauty**



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**Interview**  
Jérémie Makiese

**138**



**Travel International**  
Singapore

**149**

## LIFE OF LEISURE

- 129 Celebrity interview:** Lily James
- 138 Interview:** Jérémie Makiese
- 142 Travel Belgium:** Stanhope Hotel
- 144 Travel Belgium:** Shrines
- 146 Travel Belgium:** Tram Museum
- 149 Travel International:** Singapore
- 154 Travel International:** Responsible Travel
- 160 Travel International:** IKOS Resort, Andalusia
- 165 Travel International:** Coquillade Resort
- 170 Wine:** Somerset Vineyard
- 173 Dining:** Momo La Crevette
- 174 Dining:** The Avenue
- 175 Dining:** Le Brugmann
- 176 Books:** Leonardo da Vinci
- 180 What's on Belgium:** Summer festivals
- 185 What's on Belgium:** 'When Walls Talk'
- 190 What's on International**
- 192 Cinema News**

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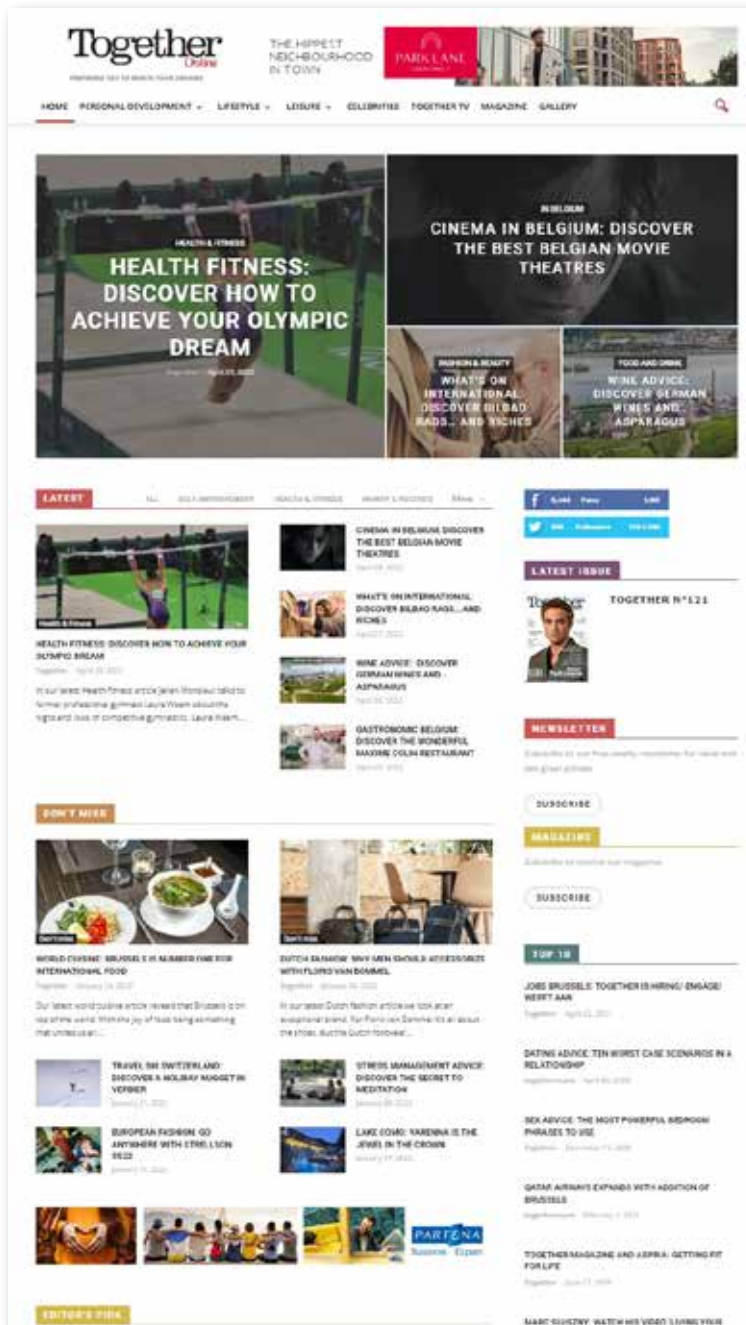
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## Travel Asia: Head for South-East Asia's scintillating Singapore

Liz Newmark discovers that South-East Asia's smallest island Singapore is big on activities of all kinds, and far more than a modern business mecca. She says: "I have always been fascinated by Singapore as my mother was born there in 1931."

## All-inclusive luxury: Discover the brand-new resort Ikos Andalusia

Caroline Dierckx takes us to paradise in Southern Spain... An innovative concept. A precise definition of all-inclusive luxury. Head to the south of Spain to live an "all-inclusive" experience at Ikos Andalusia.

## Beautiful jewellery: Lori is cool, classic and colourful

Liz Newmark talks to up rising young jewellery star called Lori. With the aim of creating jewellery "for everyone, whoever you are and whatever your style," the vibrant Lori brand has taken the young jewellery market in the Netherlands by storm.



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# Starring in Belgium

We look at three hot tickets at the **Ancienne Belgique** this summer



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## Peaches

The Canadian electropunk goddess known as **Peaches** (born Merrill Nisker, 1966) has been breaking barriers for over two decades. As a feminist, musician, singer, director and performance artist, she challenges social norms and patriarchal power structures with humour and originality. Her groundbreaking album released in 2000 – *The Teaches of Peaches* – showed Peaches' explosive personality. Stereotypes are broken and taboos are embraced by this woman proclaiming: "I am going to do whatever the fuck I want." The album, expressing her pain and pleasure, shifted the view on sex in pop music. Twenty years later, Peaches – whose songs have featured in innumerable classic films and television series including *Mean Girls*, *Lost in Translation*, *South Park* and *Sex Education* – will perform this iconic album live. **21 June, 8pm**. AB Main Hall. **€28**. [www.abconcerts.be](http://www.abconcerts.be)



## Joe Jackson

Rock and pop singer-songwriting legend Joe Jackson's new *Sing You Sinners* tour is landing in the Ancienne Belgique this July. The show will feature both the full band seen in his 2019 *Four Decade Tour* and a 'mini-set' of Joe solo. The songs will be drawn from Joe's whole career from classics like 1979's *Is She Really Going Out with Him?* and the jazz-influenced *Steppin Out*, to his last album *Fool*. They include songs that have not been heard live for years. Watch out also for surprises, including some completely new material. "We've been dealing with two viruses over the past two years, and the worst – the one we really need to put behind us – is Fear," Jackson, born 1954 in Burton upon Trent, says. "Love is the opposite of fear, so if you love live music, come out and support it!" **10 July, 8pm**. AB Main Hall. **€36**. [www.abconcerts.be](http://www.abconcerts.be)



## The Human League

Incredibly, it is more than 40 years since iconic British New Wave band The Human League released, in October 1981, its *DARE* album. A party and clubber's favourite ever since, this disc – to be played at the AB in its entirety – includes the ever popular *Don't You Want Me*, *Baby Christmas 1981* number one single, *Love Action* and *The Sound of the Crowd*. This post-punk, electronic album earned them a Brit Award the following year and the band continued to grace the UK's top 10 for the next 15 years, with a resurgence of popularity and commercial success in every decade that followed. The Sheffield-based band consists of founder member Phil Oakey, Joanne Catherell and Susan Anne Sulley – a line-up that has consistently toured and headed myriad music festivals from 2001 to today. **1 September, 7pm** (starting with Coline and Totoine), AB Main Hall. **€38**. [www.abconcerts.be](http://www.abconcerts.be)

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# Charity begins at home

Together publisher **David Mc Gowan** answers his commune's call to host Ukrainian families

**R**ussia's brutal invasion of Ukraine, on 24 February 2022, marked a steep escalation of the Russo-Ukrainian War which had begun in 2014. The invasion has caused Europe's largest refugee crisis since World War II, and more than 14 million Ukrainians have left their homeland, according to the United Nations. More than six million have left for neighbouring countries, while eight million people are displaced inside the war-torn country itself.

Some 35,000 of them have now been registered in Belgium, according to Belgian newspaper *Le Soir* – with the country able to house as many as 200,000 Ukrainians.

Host families in Belgium will receive police checks for security reasons and then need to be able to offer up to six months' accommodation. In return, they will receive some money towards food and board. Information sessions are provided by each host commune – such as Hoeilaart, just outside of Brussels in Flanders, where the *Together* offices and publisher David Mc Gowan is based. Take up and interest to help the displaced Ukrainians – mostly women and children as the men are fighting for their homeland – has been high.



First night with the Ukrainian family

We asked David why he wanted to volunteer to be a host family and how the experience has been for him, his wife and their three children.

## TOGETHER: What made you decide to take on refugees?

**David:** 'What's the point in living if you are not helping?' is one of our mottos as a couple.

So when the war broke out, we heard that there were Ukrainian families coming over who would be looking for homes. So we decided to put our name down at the commune to be able to welcome a family. The next day we got a call saying there was a family of five on their way over and could we host them.

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David's daughter Kyna with little David

Easter egg hunt

**Who are the people you invited to live with you?**

The grandmother Angela (49), the daughter Katryna (29) and her three children Matheeuw (5), Ana (3) and David (1).

**How have they settled into their new country, especially mentally?**

They are adorable people, and have found it difficult to come to terms with the fact that they might not be going home for a few years. They always have the hope to be able to go back home very soon.

**And what have you and your family gained from their arrival?**

We gained new friends for life, and a realisation that the war is not always very far away, and could also knock on our door. The reality of war and how it can completely change innocent people's lives is shocking. It's a reminder of the importance of peace.

**“ NEW FRIENDS FOR LIFE ”**

**Do you see this as a long-term thing or is there simply no limit?**

After seven weeks staying with us, and after they were able to get their papers in order, our Ukrainian family could get themselves an apartment in Brussels and have moved out.

**The challenge of a new language is not easy, how are they progressing?**

The daughter was able to speak English and is now learning French.

**And how is your Ukrainian coming along? :)**

'Dyakuyu' means thank you. But it's a very complicated language for us. As there are almost no similarities.

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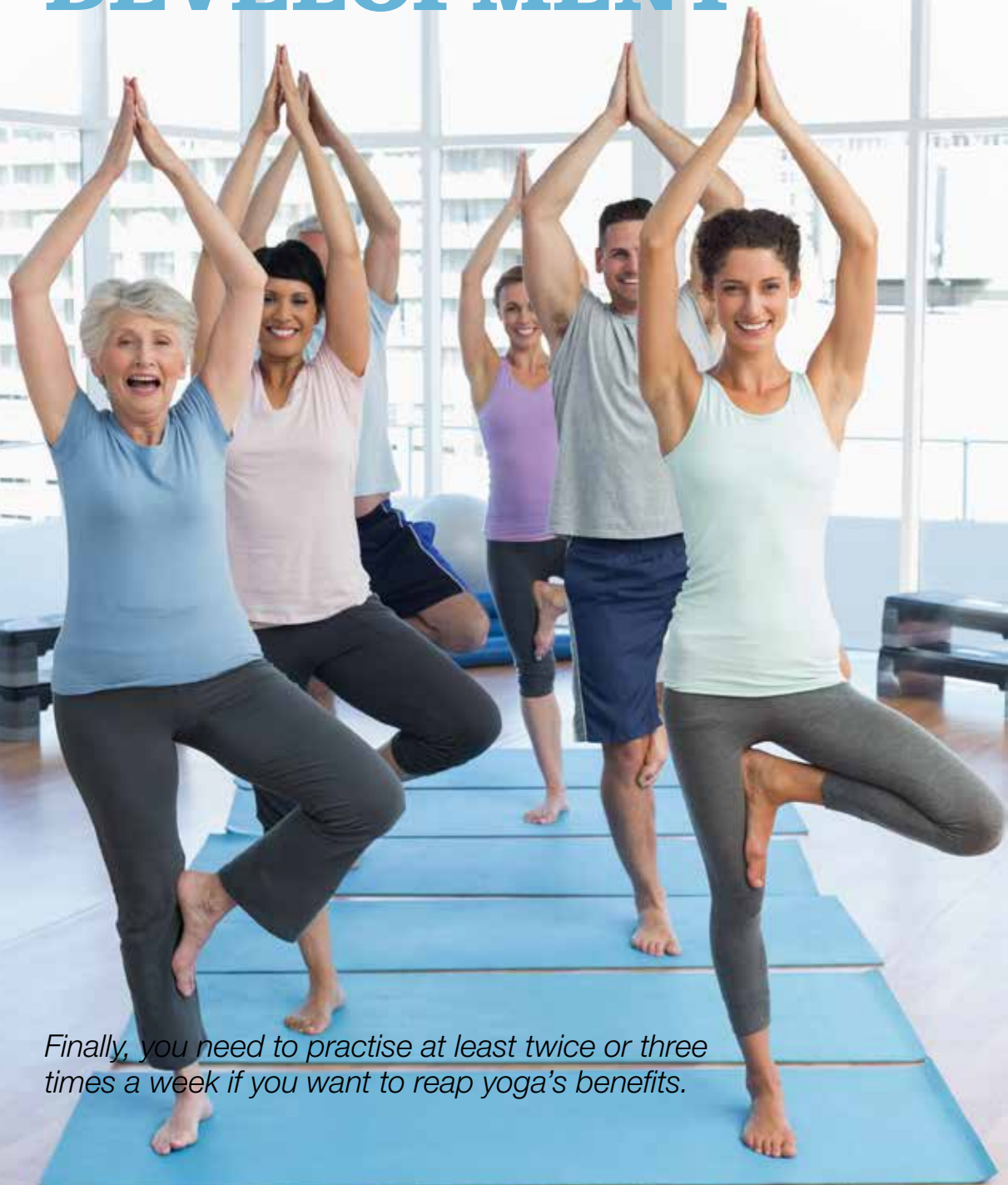


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# PERSONAL DEVELOPMENT



*Finally, you need to practise at least twice or three times a week if you want to reap yoga's benefits.*

PERSONAL  
DEVELOPMENT

Fitness

## Tracking your fitness with AspriaPro Health

Aspria experts detail the benefits of a special check up of your physical state



**W**hether you are a seasoned athlete or a novice, there are several ways to keep track of your activity and your health statistics on a daily basis via wearable technologies. So why should you try the AspriaPro Health programme at Aspria Royal La Rasante, Woluwe?

### What is Aspria Pro Health?

For Marie, coach and nutrition specialist, it is important to understand from the outset that, this 360°, personalised consultation is neither an examination nor a medical check-

up. It's just a precise and detailed indicator of your current physical state." For optimal effects on overall fitness, an AspriaPro Health consultation is recommended on a regular basis – as a training progress tracker and as a way to proactively keep a check on important health parameters.

However, it is especially useful at the end of winter, she says – because that is a great time to either resume a specific type of training or to adjust the workout routine in preparation for the warm season.



Fitness

**In-depth check up**

The appointment starts with a series of questions (all answers are of course confidential!), based on which Marie is able to determine our general profile. In our conversation, we explore a full range of topics from sleep patterns, diet and digestive problems to fitness activity and training recovery. Once we have completed this lifestyle overview, we can delve into the details.

The next step in the consultation is a physiological assessment. While no substitute for a medical check-up, this assessment is a comprehensive snapshot of our health statistics. Marie goes far beyond measuring our Body Mass Index (BMI). She analyses body fat, the glycaemic index and cholesterol levels. There is also a measurement of VO2 max, the body's oxygenation capacity during physical activity, and of our antioxidant levels, which we are told is the most effective anti-aging support our body has.

Throughout the analysis, Marie explains the results and provides fitness, nutrition and lifestyle recommendations and key take-aways. The areas we should focus our training on, hydration levels and stress management are all included. It is a real motivation booster. When Marie invites us to do so, it is hard not to rethink some or all of our meals. So as she speaks, we dream of the squash and carrot soup she recommends to boost our antioxidant levels and warm us up after a jog in the forest.

The session also includes a Cardioscan which looks at the body's resistance to stress and the balance of our two nervous systems. We finish with an analysis of body posture, mobility and the fitness level of the abdominal belt.

At the end of the appointment, the combination of results make up our 'biological age'. This statistic is an easy way to summarise and visualise our fitness levels in one number, Marie explains: "If the number is lower than your actual age, you will know that your lifestyle choices and your sporting activities have paid off. It's not only a validation, but it also helps motivate you to continue your efforts."

When numbers exceed the actual age, the AspriaPro Health programme continues with support from the wellbeing advisors in the Club, including a complete and personalised training programme, but also advice on diet planning and mental health.

The verdict? As we know, true wellbeing requires a 360 degree approach. AspriaPro Health is an easy way to find what is right for you and make sense of your health statistics better than any wearable fitness tracker, because it involves the expertise of professionals.

**The doctor's opinion**

To better understand the importance of preparing for a new sports season, Aspria interviewed general practitioner Grégoire Van Brée:

**We know that working out is essential. But why, exactly?**

If we consider working out in a 360 approach, that is to say as part of a good lifestyle (i.e. eating a balanced diet and getting enough sleep), physical activity allows, among other things, to prevent cardiovascular diseases, which are more frequent in sedentary and overweight people. The World Health Organisation recommends 150 minutes of moderate physical activity per week or 75 minutes of intense workout. These figures are obviously given as an indication. A programme is built according to your age and your predisposition to practise a sport.

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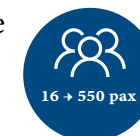
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For people over 65, for instance, targeted muscle strengthening is more important than sustained cardio-training activity.

**So to target the expectations of each individual, is the Aspria Pro a good start?**

While this appointment obviously does not replace a complete medical check-up, it enables us to measure the level of body fat, the glycaemic index and the level of cholesterol, the VO2max, but also the content of antioxidants in the body. When a trainer creates a customised programme, this data allows him to perfectly target each training session. For an overweight person, resuming a workout routine must be done gently. This is to avoid the risk of injury and therefore to stay motivated in the long term.

**In terms of health and general wellbeing, what changes did you notice following the pandemic?**

During the pandemic, many people ate and drank more. Some gained weight. We know that excess weight in the stomach

promotes poor posture, which can lead to hyperlordosis. Others have spent long hours sitting in front of their computers in unsuitable chairs. We therefore notice postural problems in many patients, as well as a decrease in muscle mass.

**How does exercising help with stress management?**

When you exercise, you sleep better. But beyond this notion of sleep, cardio-training (through cycling, swimming or running, among others) allows the body to release a maximum level of endorphins, a hormone that gives you a boost. The good news is that if you schedule at least three workout sessions of more than 10 minutes on a weekly basis, after only a few weeks, you can already feel the positive effects on your level of energy and on your overall mental state.

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# Is Yoga knocking at your front door?

Yoga teacher, therapist and astrologer **Sarbani Sen** warns against jumping on to the first yoga mat you see and instead says take time to choose the style best suited to you



**Y**ogis are taking over Europe and the US. Urban areas and holiday resorts are filled with people walking around with a yoga mat. Especially since the Covid pandemic, people all over the world have shown a growing interest for this Ancient Science. And that is great! The health care system can benefit enormously from an early preventive work on the body. Yet as everyone wants to have their share of this growing industry, it is important to consider these few questions before you engage on the “voie royale”, the Yogic Path of Life.

## Choose your style

There are so many styles of yoga today. There are slower versions and faster

versions, devotional or secular, active or rather passive styles of yoga.

## Hatha Yoga

The base of it all. This class will give you the basics for learning a good posture. It is usually quite slow and can focus on one part of the body for an entire class. Hatha Yoga is perfect for beginners.

## Vinyasa or Flow Yoga

A modern version of Hatha. Developed for westerners, it includes a flow that will transition you from one posture to the other in a harmonious, almost dancing way. People who find it difficult to concentrate will particularly enjoy this class.



## Yin Yoga

A very slow deep core Yoga. Focused on deep stretch and flexibility of the body, it will help you improve other yoga versions. It is also a stand-alone class if you need a deep muscle stretch.

## Ashtanga Yoga

A challenging version of Hatha. It includes very sophisticated postures that are not possible for beginners. There are beginner classes, but it will take time before you get into the rhythm.

## Hot Yoga

One of my favourites, this is performed in a heated room that will allow you to loosen the muscles right away and allow a deeper practice, usually with a flow, longer holding postures, or a mix of both.

## Kundalini Yoga

This is the revolutionary version of yoga. I call it spiritual fitness as it mixes the spiritual and core aspects of yoga. It includes breathing

exercises, singing meditations and some very simple asanas (exercises). This is a very interesting yoga technique if you want to introduce a new fun practice into your everyday life, overcome bad habits or feel a call to reach the new level of your life, as it works on the subconscious mind.

## Choose your studio: Online versus in person

Since Covid, online classes have increased, allowing students to join from all around the world. Online classes are adjustable to your needs: timing, teacher, language and style, no matter where you live. If you are in Brussels, London or Mexico you can still take a class with a teacher you liked on YouTube. Of course, many people get bored of watching screens after office hours, but they have their benefits.

If you choose a specific studio, however, make sure it is not too far from your house and offers the style you want. Key to integrating yoga in your daily life is consistency. So simplify your life. You might even want to consider a corporate





class. Today, many companies as well as the European Commission and other international organisations offer in-house classes. Finally, you need to practise at least twice or three times a week if you want to reap yoga's benefits.

#### Choose your teacher: Guruism, the spiritual ego trap

Thirdly, yoga teachers are neither angels, nor saints or even priests. Some of them were fitness trainers or dancers. They do not live according to the yoga sutras, nor are they free from toxic behaviours or spiritual ego tripping. They have many different personalities. It is important to stay clear headed and make sure to choose one that suits you. See how you feel after the class. Have your energy levels increased or gone down? Remain mindful and never put your life in the hands of someone just because it says yoga on the front door.

#### For more information

To find out more about the Online Kundalini Yoga Programs please look at [www.savitri-yoga.com](http://www.savitri-yoga.com) and schedule a free consultation to find out if this is a good fit for you. Maybe you are just one click away to find exactly what you were looking for? Meanwhile, the next '21 Day Yoga Challenge', where you do yoga exercises for 21 days in a row, starts on 6 June.

*Sarbani Sen is an Indo-German scholar and teacher. She grew up in Europe and India, amidst renowned yogis, gurus and tantrics which gave her the foundations to a deep understanding of Vedic science. Originally a sociologist, she is today an astrologer, a holistic therapist, a coach, a speaker, and teaches Kundalini yoga online and around the world. ①*

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# The art of journaling

**Chandra Devi** (the chosen pen name and Hindi baptismal name of **Karen Northshield**) explains the many benefits of journaling



What do Shakespeare, Albert Einstein and Leonardo da Vinci all have in common?

They kept a journal to record their experiences, thoughts and feelings. They understood the benefit of expressing and keeping track of their thoughts and ideas. Journaling or note-taking permits one to sketch out ideas in an expressive and analytic way which helps considerably to structure mind, life and work. It is a broader activity than keeping a diary which is a book to record events as they happen.

You do not have to be Shakespeare to keep a journal, anyone can learn to use this helpful tool to express oneself and reap the benefits. It is not only good for the mind, but it is also

simple, fun and very rewarding in very little time.

So grab your pen and writing paper, cup of tea and start reading.

Journaling is not only an exercise for the mind, but also very therapeutic. Just as physical exercise keeps the body in shape, journaling is a similar approach to yoga and meditation and is one way to keep the mind in check. Journaling also creates space around your thoughts and offers great relaxation time. It is a moment for yourself at any given moment of the day and when done in the morning, can help prepare for the day and when accomplished in the evening helps you to wind down.

More than allowing us to put our often muddled thoughts on paper, we learn to organise and prioritise them. We learn to identify our thoughts, emotions, and with time our behaviour patterns. On the one side, we can track our negative self-talk and on the flip side, journaling encourages positive self-talk.

## Eight reasons why

Other than writing our ideas on paper and trying to make sense of them, it has been suggested that journaling can help with the following:

1. Gives peace of mind: Journaling keeps all of your thoughts in one place. Rather than writing on post-its and running the chance of losing them, you can recollect your ideas in the same way you keep a photo album. Rather than having the feeling that your thoughts are all over the place, note-taking gives structure and peace of mind.
2. Strengthens memory capacity: Expressive writing can increase what is called working capacity or memory capacity. Just the simple act of writing something down acts like a reminder to the brain. That is why note-taking is also encouraged when learning something new.
3. Reduces stress and anxiety: Journaling creates mental stability. Sometimes negative thoughts and emotions gain control of our mind. When putting thoughts and emotions down on paper, it brings the negativity out of the mind, liberating the mind from negative thoughts and emotions.
4. Helps define and achieve goals: Journaling is a great way to define goals, which allows you to keep track of initiatives and results. Similar to mind-mapping, this can also help map out a structure in order to better accomplish goals.
5. Builds confidence: With diligence and regularity, you can see how much progress you have made or what process lies ahead. You can go backwards at any time in your



journal to better pace forward. Looking back at the challenges you faced and seeing how far you have come builds confidence and is a great motivation boost to keep going.

6. Improves writing: Writing, like anything, improves with practice. When you journal every day, you practise the art of writing. And if you use a journal to express your thoughts and emotions, it can help structure your ideas, work and life.

7. Offers a brainstorming session: Just as you might in a meeting, you can also use journaling to brainstorm or let your imagination run wild. As you write, you may even come up with an idea or a solution that you had not thought of before.

8. Mindfulness: Journaling is a good exercise of mindfulness. As you jot down your feelings and emotions, you enter a state of consciousness called the present moment. You are in an act of flow and liberation allowing you to be more mindful of the present.

## Eight different styles

There are many different journaling styles and here are just a few. Try the one that speaks most to you and with time discover which one(s) suit(s) you and your needs the best:

1. To-do list: Write down your daily to-do list to keep better track of them. Cross things off as you complete them and gain an empowering sense of accomplishment.
2. Stream of consciousness: Give your



#### Self help

thoughts freedom of speech. Write down your thoughts as they happen. The words and thoughts do not necessarily need to make sense.

3. Dream journal: Keep pen and paper by your bedside table and take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries the moment you wake up.

4. Food log: Make a note of what you have eaten each day and at what time. This will help you be more mindful about the foods you choose to eat. If you are struggling with a healthy weight-loss journey, documenting what you ate can offer insight into areas you may need or want to change.

5. Fitness log: Keep track of your exercise and workouts to help you stay committed to a healthy lifestyle. The best part of keeping this type of journal is seeing the progress you make over time.

6. Mindmapping: Like sketching, feel free to express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.

7. Positivity journal: Keep track of your experiences throughout the day, describing the positive in them. It can be making note of a funny conversation or describing a new recipe you enjoyed. With time, go back and rediscover life's positivity.

8. Gratitude journal: Before going to sleep, make a list of everything you were thankful for that day. This gives you a sense of looking forward to the next day and its many surprises.

No matter which type of journal you test and decide to keep, there is no right or wrong style or approach. The simple act of taking the time to get in touch with your mind and experiences helps to keep a tab on them.



#### Simple guidelines: the rule of two

Remember at all times the rule of two. This should give you inspiration, keep your thoughts flowing and give you a sense of structure:

1. Freedom of expression (express whatever you feel like and whatever comes to mind)
2. Freedom of flow or stream of consciousness (there is no order; allow the words, ideas and emotions to flow freely)

#### Where to start?

What if after the present guidelines you still find yourself stuck, staring blankly at an empty page? My advice is to simply start where you are. Start with whatever comes to mind even if you think it unimportant. For example, start with what you will have for breakfast, go over your grocery list or your to-do list for the day. Repeat this the following day and day after day you will notice a mental energy release and a free flow of thoughts.

Now that you have finished reading this article, with pen and journal in hand, take a few moments to write down your inspiration of the day. Simply start with the first thing that comes to mind. The first thought is often the best.

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# Therapy: Hypnosis uncovered

In a special *Together* series on hypnosis, happiness coaches **Gaëlle Jadoul** and **Christophe Finot** delve into one of history's most fascinating healing and health practices

**Y**ou may think you know everything about hypnosis, from the therapist's chair to the fascination of hypnosis featured on the screen, but what if hypnosis enables you to enter a new dimension?

In this first article, we take you on a journey of discovery of hypnosis at the therapeutic level.

"... You are comfortably seated, breathing at your own pace... keep your eyes open

... There is nothing to do but let it happen..."

The human brain works continuously throughout our lives, even just to regulate our vital functions so we do not need to think about breathing. Hypnosis allows us to access the unconscious mind and make full use of it.

## Defining hypnosis

Hypnosis is nothing new, but its definition has travelled through time and different therapists refer to it by different names.

'Hypnos' is the Greek word for sleep. This is the etymology of all clinical phenomena related to sleep.

Officially, the term 'hypnosis' designates both 'a modified state of consciousness', in other words a particular state of consciousness, between wakefulness and sleep, and the set



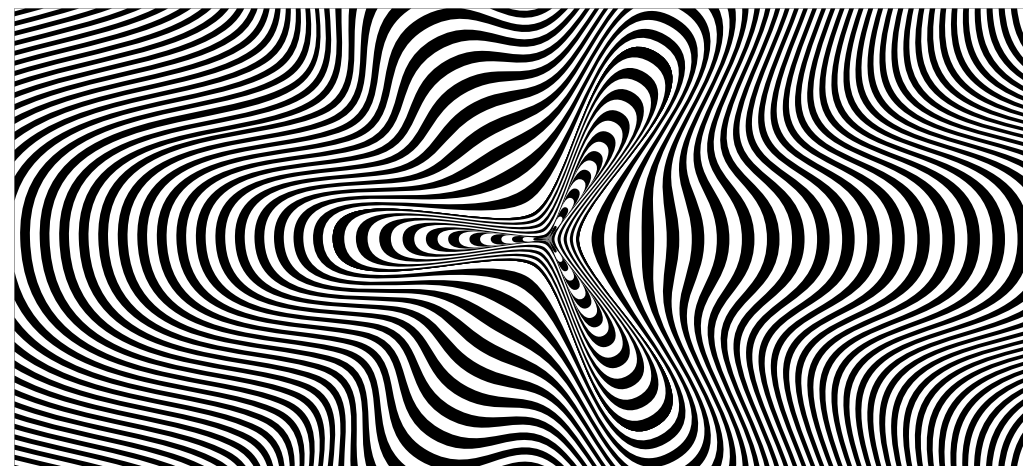
of techniques used to achieve this state of consciousness.

## A little history...

In ancient history, hypnosis was practised under other names in the temples of sleep, from Egypt to ancient Greece, as well as by the Druids among the ancient Celts.

In Egypt, Pharaoh Ramses II (born 1304 BC) used hypnotic techniques to motivate soldiers before going into battle and Socrates in Greece excelled in the practice of conversational hypnosis.

Hypnosis is not based on myths or misconceptions, it is a very real process that can be used as a therapeutic tool and these few important dates and names will show you how it came to be what we know it as today.



In 1750s Europe, Franz Anton Mesmer was convinced that an invisible magnetic fluid radiated into the universe. Certain diseases were due to an imbalance of this fluid in the body and could therefore be cured by restoring this magnetic balance, according to Mesmer.

In 1840, British doctor James Braid proposed the mechanism of physiological focusing: prolonged fixation of the gaze on a bright object slightly above the normal line of the eyes, which provoked a sleep-like state that he called 'trance'. He was also the first person to propose the name 'hypnosis'.

Sigmund Freud (1856–1939) developed the concept of the unconscious and initiated clinical hypnosis to combat purely functional nervous disorders, psychic ailments and toxic or other addictions.

In 1930, a fantastic advance in hypnosis was made by Milton Erickson. He showed the effectiveness of the metaphorical dimension of hypnosis and the learning capacity of the unconscious.

In 1979, American professor D. Araoz created modern hypnosis or 'New Hypnosis'. This used Ericksonian hypnosis, but added neuro-linguistic programming, neuroscience, sociology and psychopathology.

The 2000s saw conversational hypnosis, completed modern hypnosis and humanistic hypnosis. Hybrid hypnosis, somewhere between European psychotherapy – based on an understanding of the unconscious – and American solution-focused (brief) therapy (SFBT) – generated rapid and very conclusive results. The process is said to allow access to the subconscious mind through the imagination.

## The fields of application

According to the 'hypnotic suggestibility' scale developed by Stanford University (USA), 5% of people are resistant to hypnosis and only 10% manage to enter a state of deep hypnosis quickly.

Our experience allows us to maintain that every person is hypnotisable, and as each person is different, we adapt our technique accordingly to put them in a trance. At the start, we assess the hypnotic receptivity of our clients before going further into the therapeutic work.

"... There is no right or wrong way to enter this trance state, there is yours, the one that suits you and in the same way, every trance has its own trance..."

The practice of hypnosis is beneficial for young children, teenagers, students and adults alike as it helps to, among others:



#### Self help

- Increase your self-confidence and assertiveness
- Change inappropriate, maladaptive behaviour
- Reprogramme any limiting beliefs, blocks or negative conditioning
- Remove fears, phobias and anxieties
- Overcome addictions (tobacco, alcohol...)
- Manage emotions, stress, depression, insomnia, burn-out
- Deal with emotional shocks and traumas
- Learn to manage weight problems and eating disorders

Please note: Hypnosis does not work for people with severe psychiatric disorders (paranoia, schizophrenia, psychosis or epilepsy), severe heart problems or withdrawal from hard drugs.

#### So how does it work?

A hypnosis session involves four phases:

- The establishment of trust and validation of the therapeutic work.
- Induction or putting the person into a trance.
- The therapeutic phase where through the use of suggestions and metaphorical images the practitioner makes clients experience another way of perceiving their reality, of experiencing things differently while respecting their request in phase 1.
- The return to the ordinary state of consciousness including post-hypnotic suggestions where all new behaviours, abilities, beliefs or even a new identity are integrated by the client.

But before we get to this point, it is important to understand how the brain works and in particular the role of the two hemispheres: the left and the right.

The left hemisphere is associated with the conscious state and participates in rationality, reasoning and logical analysis, whereas the right hemisphere is the seat of the unconscious which gives free rein to imagination, emotions, creativity and innate gifts.

To induce a Modified State of Consciousness, it is necessary to put the left side of the brain to 'sleep' and to divert the conscious attention by forcing the brain to concentrate on something else.

#### Let us take a closer look...

In a hypnotic state, the person often feels relaxation, well-being, and enters a state of expanded consciousness, i.e. in his or her worlds of perception, which can be olfactory, auditory, visual, etc. At this stage, the person's attention can be focused on a given element – their pain for example. The state of hypnosis is then close to dreams and leaves the rational logic. The practitioner can then suggest that the client applies an imaginary ointment to the painful area to reduce its intensity. In this last step, the client will feel an improvement of their condition in the painful area, which will transpose them into a perceptive reality.

## “EVERY PERSON IS HYPNOTISABLE”

In the same way, a client with a phobia of spiders will be able to dissociate from the phobia and then visualise a new reality in which the

spiders are present but no longer arouse a phobia.

As for addictions, the work phases are more numerous and time is a key factor, with each client integrating these stages at their own pace.

We look forward to seeing you in the next article, which will extend your immersion into the heart of hypnosis.

“You can come back to the here and now, completely reassociated and in great shape, having completely integrated the experience...”

#### For more information:

Please contact Gaëlle Jadoul, Hypnosis and Happiness Coach: +32 479 352 606 or at [g@gaellesecrets.com](mailto:g@gaellesecrets.com) or Christophe Finot, Energy and Happiness Coach: +33 621 318 329 or at [c@gaellesecrets.com](mailto:c@gaellesecrets.com) 



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

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

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# Making promises this summer

**Matthew Cossolotto** explains why promises are so important and why summer is the perfect season to make them

**T**he summer months present golden opportunities for all of us to embrace and express our promise power. I have created a special “holiday” called “Make a Promise Day”.

More on both of those special days in a moment. First, let me explain what I mean by “promise power”. Essentially, it’s the innate power we all possess. It is something almost instinctive in the human experience that values promise-keeping and decries promise-breaking.

“We are neurologically wired to keep our promises,” said John Assaraf – bestselling author and one of the inspirational experts featured in “The Secret” – in his interview for my forthcoming book *Embrace Your Promise Power*.

Author and political philosopher, Hannah Arendt, observed that: “Promises are the uniquely human way of ordering the future.” And yet self-help authors and success coaches have largely neglected this potent force for personal empowerment. *Embrace Your Promise Power* brings it to the fore by extolling an old-fashioned virtue: We must take responsibility for our lives, and this begins with doing what we promise to do.

## “ LIKE A GOAL ON STEROIDS ”

### The Power of “I Promise”

The unique power of the words “I promise” derives from the fact that a promise is heart-centric – heartfelt,

coming from the heart and backed by a deep emotional commitment. Making a promise to someone you care about connects you to that person in a very special way. You become accountable on a deep level, and your personal integrity is definitely on the line.

### Failure is not an option.

In that sense, promises are worlds apart from goals. Indeed, I suggest a promise is like a goal on steroids. Certainly, setting goals, stating intentions and making declarations are all very useful tools for setting your future course and clarifying what you would like to achieve. But goals tend to be more cerebral, more brain-centric in nature – not exclusively, of course, but predominantly – than making a heart-centric promise. Even the way we talk about goals differs from how we talk about promises. You can *change* a goal, but you can only *break* a promise. And most people are loath to break their promises.

### What did you give to your mother on Mother’s Day?

All of which brings me to Mother’s Day, a special day celebrated in more than 50 countries around the world.

We recently celebrated Mother’s Day in Belgium, I know for sure that you embraced your promise power by making a heartfelt promise to your mother. You have given her a bouquet of flowers and some candy, why not make another promise - now this summer - to do something you know she cares about? Your promise could be small or large. It could be something you’ve been meaning to do for your mother for years but simply have not got around to carrying out. Or it could be something you just thought of doing recently. Make sure your promise is something you know will have special significance to both you and your mother.

If you think about it, there are many special days each year, some of which are official holidays. Some are not holidays *per se*, but they carry considerable emotional weight – such as Mother’s Day, Father’s Day, or Valentine’s Day. Birthdays and anniversaries also pack special emotional punch. You

## “ THE INNATE POWER WE ALL POSSESS ”

could consider making promises on those days too. The more you engage your heart, the more likely it is that you’ll keep your word.

### Make a Promise Day: May the Fourth Be with You!

I launched a campaign to designate 4 May of each year as Make a Promise

Day (MAPD). My goal – indeed my promise – is to establish MAPD as a widely recognised “holiday” dedicated to highlighting the importance of personal empowerment, goal

achievement and integrity enhancement. I believe every individual, every community, every city, state and country worldwide has an interest in strengthening these qualities for themselves and their fellow citizens.

Here is a sample proclamation that could be adopted by towns, cities and countries around the world and next May you can apply it:

### Proclamation

Whereas:

- Make a Promise Day is the only unofficial “holiday” dedicated to personal empowerment, goal-achievement and integrity enhancement.

- Make a Promise Day encourages individuals to turn important goals into heartfelt promises, thereby increasing the probability of reaching those goals.

## “ YOUR PROMISE COULD BE SMALL OR LARGE ”

- Celebrating Make a Promise Day will have the effect of enhancing accountability, personal responsibility and integrity; and

- The (Insert Title/Jurisdiction) recognises the value of highlighting the power of making and keeping promises on the part of local students, teachers, community organizations, businesses and political leaders.





## “ IT TAKES A PROMISE TO TRANSFORM THE WORLD ”

• Now, therefore, I (Name and Title) do hereby proclaim 4 May (Insert Year) and every year thereafter to be Make a Promise Day and encourage organisations and individual members of the community to celebrate this very important day in a manner that they deem to be suitable and appropriate.

With this sample Proclamation in hand, I invite you to join me in actively promoting MAPD in your town, city and country. You might be wondering why I selected 4 May – considering that Make A Promise Day is all about helping people empower themselves. When you say, “I promise,” you generate an unstoppable force that propels you in the direction of your goals and dreams.

Some years ago, an epiphany hit me:

Make A Promise Day had to be on May 4th because then we could say the following sentence and it would make sense: “May the Fourth be with you!”

Yes, I know it is a silly pun on the famous blessing from the *Star Wars* movies – “May the Force be with you!” And yes, because of this association with that movie franchise, some people already think of 4 May as Star Wars Day. But I did not know about this so-called Star Wars Day when I first settled on May 4th as MAPD. Nor do I think there is any reason Star Wars fans and advocates of MAPD cannot share the same date. This will not cause a disturbance in the Force.

My interest in promoting Make A Promise Day and the power of making a promise

# DELIVER ON YOUR PROMISES



more generally goes beyond helping people change their lives for the better. I am also interested in making the world a better place. It may take a village to raise a child, but it takes a promise – many individual promises – to transform the world.

So next May and all the Mays that follow, I hope you will embrace your promise power by making a heartfelt promise on Mother's Day and on Make a Promise Day. You will not regret it. I promise.

### About the Author

A former NATO speechwriter, Matthew Cossolotto is the author of *The Joy of Public Speaking* (now available on Amazon.com) and the forthcoming *Embrace Your Promise Power* with a foreword by Jack Canfield,

co-creator of the *Chicken Soup for the Soul* series. Matthew provides coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEP Talks) in Brussels and beyond.

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



# Keeping control of your company

International speaker, trainer and business mentor **Arnon Barnes** explains how to own your business, instead of letting it own you

**W**hen I'm teaching, one of my favourite questions to ask is always: How many of you own a business? As soon as I ask the question, you can see all these hands going up in the room. As we go through the programme, some very simple yet significant questions come up. That's when most people start to realise they are not actually business owners at all.

They do not actually own a business. It is more like the business owns them. This article is all about whether you are a business owner, and if not, how you can move towards becoming one.

Firstly, it's important to make a distinction between being a business owner and being a business operator. These are two totally different things. A lot of entrepreneurs think they are a business owner. When we take a closer look, we find that they are business operators, not owners. It's a fact – no judgement here. One is not better than the other. It's just important we know there's a difference. For your own growth and future, it is good to be conscious of how you are playing the business game.



To help, answer these questions:

- In your business, who does the marketing? Who does the selling? Who does the delivery of your product or your service?
- Who is responsible for running the back end? Sending out invoices, making sure payments are received from your clients and given to your suppliers?
- Who is in charge of customer relations?
- Who is in charge of innovation within the business?

If you said yes to any of these questions, you are most likely an operator – and I recommend that you explore how to become more of a business owner.

I believe you can make the transition with four key actions. The first step is to change or increase your awareness. By answering the above questions, you have already started that process. You may have realised that you as the business owner are also the business operator. As business operator you are potentially your business's biggest blessing, but also possibly its biggest curse. And that is sometimes a hard pill for people to swallow – even with their super-powers, gifts and talents. You probably built your business up right from the first idea, concept, to actually adding value to the marketplace. Now there is always that chance that YOU are stopping your business from growing and being stuck in the operator's seat is most likely the number one reason.

If you want to take your business to ten or even a hundred million you have to remove yourself from the business in some way, shape or form. Don't get me wrong. If you love doing the marketing and it's your super-power, then do the marketing! Equally, if

you love the delivery/fulfilment side of the business, then do that. Do whatever makes your heart sing. What I'm talking about is having the choice, having the option. Unfortunately many business operators feel like they do not have a choice. And as a result, they limit themselves and the growth of their business.

I like to ask business owners if they think their business would pass the 'revolver test'. Would yours? What would happen to your business

if I put a gun to your head and I pull the trigger? This sounds rather graphic, but just bear with me for a moment. If you are not here, alive and kicking, what would happen to your business over a week or a month? Even in three, six or 12 months?

Would your business thrive when you're not there managing and dealing with every little detail, or would it nose-dive? As I said earlier, that's an important question because you might be your business's greatest asset, but also its greatest curse. Get out of your own way to let your business grow. Stop thinking that you're the only one that can do 'it'. Create a strategic hiring plan based on your business plans.

The second thing you must get comfortable with is 'delegating' and giving parts of your business operations to other people. The answer is to build a team to which you can delegate some of the work. Maybe it's 10%, 20% or even 50% of the workload. Or maybe your game plan is to step out completely and delegate 100%. Maybe you want to create a legal money-making machine that adds tremendous value to the marketplace regardless of whether you are in the business, out of the business or lying on the beach.

The third really important 'must do' is, "Learn to say NO". When you are hustling

## “CHANGE YOUR AWARENESS”

## “DO WHAT MAKES YOUR HEART SING”





next level, this will be based more on your ability to say no than on your willingness to say yes. You can have a great opportunity that you accepted, and the cash flow is coming in and business is booming. And then you say yes to an opportunity that can cause your business to regress. It can hurt your cashflow, business, time and energy. It will hamper your progress. Saying no is essential if you want to switch from business operator to business owner.

The fourth essential step is to have a vision of how you want to live your life. Be inspired by the results that you get and want to get and how those results will impact the future life you want.

To recap: if you want to go from business operator to business owner, you must:

1. Have awareness. Are you the biggest blessing or bottleneck to your business?
2. Delegate. You need to build a team.
3. Say NO to opportunities that do not match your focus.
4. Visualise how you want your life to look in the long run.

*Do you want to meet and work with Arnon Barnes live? Or join one of his next upcoming offline or online events? For more information on the events or coaching, contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or check out his website [www.arnonbarnes.com](http://www.arnonbarnes.com).*

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and growing your business, opportunities will inevitably show up. It's so easy to say yes. Yes to everything! In the beginning, it's important to say yes, because you want to show the universe that you are a person that attracts opportunities – that you look at opportunities and use them. A wise person though will know that for every rule there is an exception. And I see so many business owners stretch themselves too thin, so they do not have the capacity and bandwidth for all their yes's. Make sure you laser focus!

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# A question of ageing

Dave Deruytter explains why age diversity is so important in the workplace

**A**re you on the “30 under 30” list of successful people worldwide?

In the heyday of DEI (Diversity, Equity & Inclusion) in the world, but the aspect of “ageism” deserves to be properly addressed too. Race and gender are getting most of the attention in DEI, other aspects, including age, are only addressed in the periphery.

People are living longer all the time.

The legal retirement age is on the rise.

Due attention is warranted for the older generation of workers too.

Even more so given the raging “War for talent”.

Big Tech companies particularly, the FAANG (Facebook, Amazon, Apple, Netflix, Google), are competing to have the youngest average employee age in their companies. The same is broadly true for the Chinese version of FAANG, BAT (Baidu, Alibaba, Tencent). The average age of all their employees is under or

around 30 years young.

Jumping to conclusions, one could say, if those extremely successful companies are run on, or by, the younger generation, why bother too much about the older employees? Particularly because those productive youngsters are often even cheaper labour than the older ones.

The business world is increasingly dominated by technology.

The technology world is changing ever more rapidly.

Young STEM (science, technology, engineering and mathematics) and IT graduates are increasingly more valuable for FAANG and BAT companies and for their future.

Still, as a lot of money is owned by the 45-plus generation, there may be a mismatch when it comes to selling the resulting products of Big Tech to them. Younger people may better understand

the new technology, but to sell it to, or have it used by, an older generation, it is typically important to be able to look at the technology, or its solution, from the user’s perspective, taking into consideration their knowledge and experience.

Of course the debate about “ageism” should be about much more than only the value of older workers for Big Tech companies.

Their extensive experience is equally extremely useful socially, not only to coach the youngsters to a happy stable life, but just as much to add maturity and balance to a company and the direction it wants to go in. Whereas youngsters may easily produce 50 ideas for improvement, the older employees are extremely efficient at prioritising those ideas using a “low effort, high impact” approach. They have seen or experienced a lot, which speeds up the making of such choices substantially.

Furthermore, everyone, at whatever age, needs interesting intellectual or physical activities to stay healthy. Thus, as people are living on average until 80, businesses cannot just simply tell them at 50, “We will have to let you go”. Neither is it helpful to tease that

generation with questions like “Aren’t you too quickly tired to keep up with such a stressful job?”. Businesses can create a win-win by helping their older employees to evolve within or even outside the company. Newcomers love to see the leavers being treated well because they too will leave one day. On top of that, it may be very costly to find and to keep many young white ravens, whereas motivated older sheep with four good legs may run many more miles.

## “ THE WORLD NEEDS ‘60 OVER 60’ RANKINGS ”

One thing is clear: the interest – the love – needs to come from both sides. Older workers should keep on learning, changing and taking on new challenges. At the

same time, they should keep their curiosity and drive to help get the desired results for the company. Last but not least, they should understand that salary is linked to added value for the company, not merely expertise and experience.

The world has changed greatly on the side of older employees compared to ten years ago. Back then, in Belgium, a 58-year-old worker had only two more years to go before retirement. Granted, that was early retirement, but the vast majority of employees





retired at that age of 60 in those days. Today the retirement age in Belgium is 67, with less options to take early retirement and definitely not at 60 any more. For employees and employers alike, it is quite different to have two years to go, versus nine years, before retirement. Two years you can cover with a coaching role or another project, nine years means learning, changing, adapting and taking on one or a few more new challenges.

This world needs just as many “60 over 60” rankings as “30 under 30” ones. Who are the 60 best performing “60 plus” people worldwide?

Anyway, Mark Zuckerberg is in his late thirties, Larry Page and Sergey Brin are in their late forties and Jeff Bezos is in his late fifties. Even Elon Musk of Tesla turned 50

recently. And, no surprise, they are all getting older, year by year, just like everyone else.

In politics, age seems to matter much less: President Joe Biden is nearing 80.

For royalty, age seems even to be of no importance at all. Queen Elizabeth is over 95.

The same can be said about many religious leaders.

On top of that, in the old days, the village head was indeed the village elder. This was because they had seen most village problems or upheavals pass by, getting solved or at least dealt with.

In conclusion, let us also fully embrace age diversity. Like any type of diversity, it should lead to better business, social and societal results. 🗣️

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# Real estate beats inflation

Real estate expert **Yannick Callens** explains how important it is to anticipate changes in the market

**T**he year 2022 brings with it many surprises, some good and some not so good. We are all affected directly or indirectly by what is happening in the world and not just by what is happening in our pretty little country of Belgium.

Inflation is currently running at full tilt, and we are already seeing interest rates go up for mortgage loans. Loans that we need for the purchase of real estate among other things. The change is already being felt and this is only the beginning. Hang on!

The price of materials is rising. A double-digit increase currently in percentage terms. And you will still be happy if it is in stock. The delays are becoming longer and longer. Hold on!

Taking account of all this, what I want is to send you a message: to anticipate as much as possible now. Whether this is for real estate or everything that goes around it.

Inflation has never been so high since 1981.

As far as real estate deals are concerned, the market is bearing up well. Buyers are anticipating the rising rates by positioning themselves as quickly as possible.

This is even why today many houses and apartments go on sale higher than the asking price.

The reality is also that banks are being more and more difficult if you want them to give you credit.



For example, with a purchase of €400,000 you will have to, in a normal scenario, provide nearly €135,000 in equity.

Are there still opportunities in real estate? Of course!

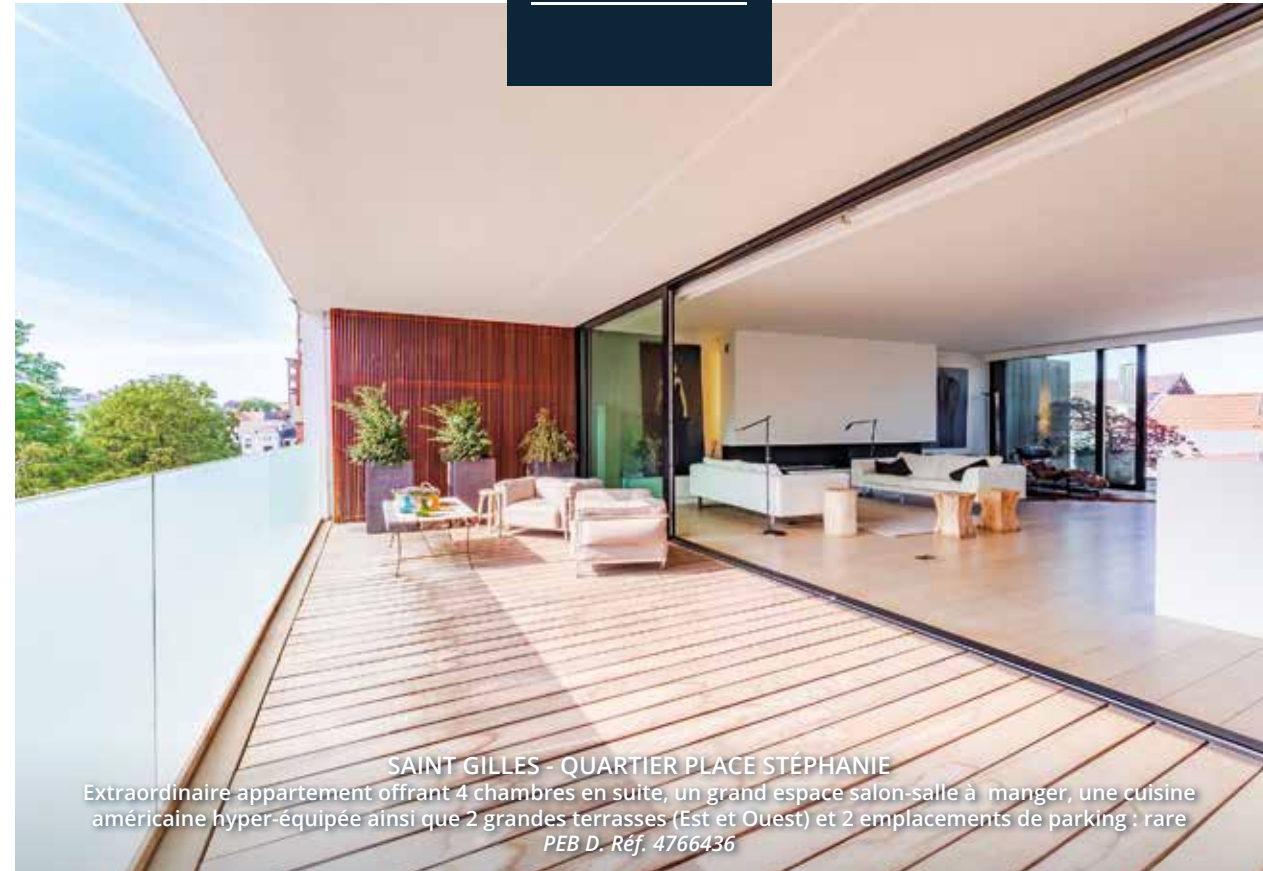
But it is up to you to make the difference. And to get different results, you must do things differently.

Do not forget that everything is temporary. If you do not feel comfortable in your current circumstances, wait a bit, but not too much! As long as you are going in the right direction, that is the most important thing.

In the coming months, we will be able to see if the real estate market will continue as it is or, I doubt, that we will see the market slow down.

*If you would like advice, information or to have a personalised call, do not hesitate to contact us by email on [info@immochampion.com](mailto:info@immochampion.com)*

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# Fully autonomous vehicles: Sci-fi awaits

Auto expert **Dimitri Urbain** looks to see what the future holds for fully autonomous vehicles

**G**erry Anderson fans rejoice: Lady Penelope's FAB 1 Rolls Royce is getting closer to reality as so-called 'autonomous' cars will soon communicate with each other and with traffic lights or satellites. However, these autonomous cars will not be possible without 5G, the latest generation of wireless communication.

Back in 2014, The Society of Automotive Engineers (SAE) established five autonomy levels for cars. Autonomous vehicles are not available yet, but many autonomous technologies are now standard on a wide range of new cars.

## Autonomy levels 1-5

The first level is the most basic: there is no real "autonomy" here – the driver is in charge of the driving all the time. However, there is some "assistance" to help him/her. Level one first appeared in the late 1990s when Mercedes launched its radar-controlled cruise control. One part of the driving is monitored on its own by a whole range of sensors and cameras, like a radar-monitored cruise control. In 2008, Honda introduced a lane-keeping system on the then new 'Legend' car.



Level 2 or partial driving automation has been around since about 2010. Computers monitor various functions rather than allowing the driver to do things his or her way. In other words, ADAS (Advanced Driver Assistance Systems) is not witchcraft, just various data sources providing loads of information. As there is now enough processing power, it is possible to monitor both speed and steering at the same time, for example. Level 2 also includes self-parking, lane-keeping or driver-tiredness monitoring systems. All of these can now work reliably and efficiently.

Advanced cruise control systems use sat-nav (satellite navigation) data to brake automatically ahead of corners. In congested areas, the same system will maintain a safe

## "IMPOSSIBLE WITHOUT 5G"

distance from the car in front and set itself off when the traffic gets lighter, without any driver input. Most current Audis, BMWs, Mercedes, Lexus, Teslas and Volvos have these systems as standard features.

Level 3 is "conditional automation": the driver must be alert at all times, but the car can take the lead and drive on its own, in control of all safety-related functions. Here, algorithms process data from maps, radars and sensors more quickly. Drivers can even have their hands off the wheel from time to time. Top-of-the-range cars, especially some electric-powered ones, allow this level of control. Both Honda and Mercedes introduced certified Level 3 cars in 2021. The new Honda Legend is currently only available in Japan with its traffic jam pilot system. The 2022 Mercedes S Class and EQS electric cars feature a new advanced Drive Pilot system.

Level 4 is estimated to become a technical reality by 2025. It relates to "fully autonomous driverless cars in controlled areas". According to Uta Klawitter, head of Audi's legal counsel, it could become legal by 2030. With this level, car-to-car live data sharing and car-to-car communication are compulsory. Although actual drivers would not be needed at this level, a call centre would always be on hand to make sure everything works efficiently. Level 4 autonomy availability will depend largely on the 5G network coverage. Elon Musk recently said Tesla should achieve Level 4 autonomy by the end of the year.

Finally, the SAE defines Level 5 as the "fully autonomous driverless car". Neither steering



wheel, nor driver are needed, just jump in and let yourself be taken to where you need or want to go. Data volume and processing speed will be even more crucial here.

For Dr Michael Hafner, head of Automated Driving and Active Safety at Mercedes, Level 5 autonomy is unlikely to become a reality before 2035. There would be enough time for car manufacturers to ensure autonomous cars withstand any cyber-attacks and, with authorities, to deal with liability issues. In a car accident will the autonomous carmaker or driver be liable? Or if two drunk pedestrians are behaving carelessly in the road, which one will the automobile "choose" to hit? For now, there is no suitable answer.

With that in mind, carmakers and European authorities remain cautious about fully autonomous cars: "Technological progress alone will not be sufficient for Connected and Automated Vehicles (CAVs) to achieve their potential," said the European Commissioner for Innovation, Research, Culture, Education and

Youth Mariya Gabriel, following publication of a September 2020 report containing 20 recommendations for a safe and ethical transition towards driverless mobility: "The timely and systematic integration of ethical

## "THE ONLY LIMITS WILL BE OUR IMAGINATION"

## Technology

principles will be essential to align this emerging technology with our societal values and needs.”

### The 5G challenge

5G, as stated, is essential for CAVs. 5G communication will enhance our smartphones’ speed and reliability, resorting to under-used radio waves. Current 4G systems can deliver up to 1 Gbps of data per second on a 20 MHz bandwidth. But so many smartphones and other devices use it that it is running at full capacity, meaning smartphones lose connection in crowded areas.

5G can go up to 100 MHz bandwidth and transmit up to 20 Gbps, on average. It will provide a strong and uninterrupted signal while drastically reducing the time to get a response when the information has been sent. The larger bandwidth will allow the connection of up to one million devices per square kilometre. Artificial intelligence combined with low latency (reaction time) will make this possible.

That is why 5G is so attractive for myriad future applications, from human health issues monitoring to lean industrial production or domotics. More devices – including cars – can be connected and work together at a higher speed. This technology will improve the way autonomous cars behave and connect almost every aspect of our life. The only limits to new 5G applications will be our imagination and the setting up costs.

### 5G in Belgium

It is not all roses with 5G, however. In Belgium, the Stop 5G group, combining 23 organisations and non-profit making bodies, wants to delay 5G implementation



in Belgium, saying it could harm humans and animals. In any event, 5G only covers tiny parts of the country – mainly large urban areas like Antwerp, Brussels, Leuven and Gent. It is primarily used for entertainment purposes as it dramatically slashes films’ download time.

Widespread 5G use will need many transmitters. They could easily be fitted to lamp posts or road signs, as they do not need a lot of power. However, they have to “see” one another and need a line of sight to work effectively. One would be needed every 400 metres of a motorway, and even more on curves. In urban areas, they should be on every street corner as 5G cannot see through buildings.

For now, 5G in cities is possible, but rural areas will be more problematic. A combination of terrestrial

stations and satellite receivers should improve the situation.

Notwithstanding 5G limitations, from 2025 onwards, premium cars with 4G and 5G will be mobile entertainment hubs including virtual reality. 3D films will be streamed instantly, while more sensors and increasingly powerful software will play an even bigger part in the driving experience. ❶

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# Be successful

We highlight two classics to get you a job and take you to the top



## 'What Color is your Parachute – 2022 edition'

Billed as 'the world's most popular and best-selling career guide, with timeless advice, up-to-the-minute insights, and more than ten million copies sold over fifty years', the latest edition of 'What Color is Your Parachute?' by Richard Nelson Bolles (1927–2017) has recently hit the shelves.

In a post-Covid world, today's job market is increasingly challenging. Graduates face a shifting economic landscape and seek work that both pays and inspires. Meanwhile, advice is needed not only for workers who are laid off mid-career, but also for people searching for a better work-life balance. In this climate, claims the book's website, "The time-tested advice of *What Color Is Your Parachute?* is needed more than ever."

## “GOOD HUMOURED ADVICE AND PRACTICAL STRATEGY”

The new edition has been fully revised by Vanderbilt University Career Center director Katharine Brooks. It features advice on job seeking strategies such as building an online resume, making the most of social media tools and internet-based job search techniques, excelling at virtual interviews, and on salary and benefits negotiation. There are even tips for introvert job seekers. Building on the wisdom of the original author, this edition updates the famous 'Flower Exercise' (which shows job seekers the seven ways of thinking about themselves) and demystifies the entire job-search process, from writing resumes to interviewing and networking.

Indeed, when the book was first published, "it revolutionised the concept of job hunting," Brooks explains in the introduction. "Unlike

traditional guides to the job market, it helped job seekers understand themselves first, then find the jobs that fit, using a mix of good-humoured advice and practical strategy."

The Parachute Approach sets a level playing field for all job seekers in any job and their 'holy grail' to find a job that fits their passions and fulfils their life mission, she continues: "In Richard's writings, you see his compassion and respect for all workers. His emphasis on the importance of choosing your career and not letting the job market choose it for you. His encouragement to take the time to do a thorough self-evaluation before hitting the job market. And his belief in the importance of all careers, from pipe fitters to harp builders to doctors."

The book scores also on its lively and interesting approach. The "Ten Commandments of Job Interviews" for example recommend you even to ask if the company can offer you the chosen job. And if you like 'Schadenfreude' do not miss the "Ten Greatest Mistakes in Job Interviews." These include "talking only about yourself and the benefit the job will give you in the interview", and at the other end of the scale, being a 'job beggar', hoping for any job, however humble.

In short, writes 'Time' magazine, "*What Color Is Your Parachute?* is about job-hunting and career-changing, but it's also about figuring out who you are as a person and what you want out of life."

## 'CEO Excellence' by Caroline Dewar, Scott Keller and Vikram Malhotra

What if the world's highest-performing CEOs held a master class to share the skills and practices that have driven their success over the years?

Written by senior managers from McKinsey & Company, one of the world's most influential management consulting firms, this insight-

## “THE IMPORTANCE OF ALL CAREERS”

packed look at how the best CEOs do their jobs is based on extensive interviews with today's most successful corporate leaders from firms including Netflix, General Motors (GM) and Sony.

Being a CEO at any of the world's largest companies is among the most challenging roles in business. Billions, and even trillions, of dollars are at stake – and the fate of tens of thousands of employees often hangs in the balance. Yet, even when "can't miss" high-achievers win the top job, very few excel, say Caroline Dewar, Scott Keller and Vikram Malhotra. Thirty percent of Fortune 500 CEOs last fewer than three years, and two out of five new CEOs are perceived to be failing within 18 months, the McKinsey experts make clear.





So for those who shoulder the burden of being the one on whom everyone counts, a manual for excellence is a must – and *'CEO Excellence – Six Mindsets that Distinguish the Best Leaders from the Rest'* fits the bill perfectly.

To find the 21st century's best CEOs, the authors of *'CEO Excellence'* analysed more than 20 years' of data on a dizzying 7,800 CEOs from 3,500 public companies across 70 countries and 24 industries. Extensive screening distilled that group into an elite 67 who agreed to in-depth, multi-hour interviews.

In setting out to identify "CEOs who moved the needle most," the writers focused on executives from the largest public companies with six or more years of experience who delivered returns to shareholders. They then "opened the aperture" to include some women and minority CEOs who made an impact. The authors revealed six

key responsibilities: "setting the direction, aligning the organisation, mobilising through leaders, engaging the board, connecting with stakeholders, and managing personal effectiveness." The best CEOs, they write, keep their eye on all six.

Among those sharing their views are Jamie Dimon (JPMorgan Chase), Satya Nadella (Microsoft), Reed Hastings (Netflix), Kazuo Hirai (Sony), Ken Chenault (American Express), Mary Barra (General Motors) and Peter Brabeck-Letmathe (Nestlé).

What came out of these frank, no-holds-barred conversations is a rich array of mindsets and actions that deliver excellent performance. Compelling and practical, *'CEO Excellence'* – available in hardback, paperback, a Kindle version or a CD, is dubbed by Amazon as "a treasure trove of wisdom from today's most elite business leaders". ●

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# Border control nightmares post-Brexit

British journalist **Martin Banks** reports on worrying changes for people wanting to enter the UK

**I**s Boris's Britain turning into a "Big Brother" state?

It is a question being posed amid rising concern about difficulties some people from mainland Europe (including Brits who happen to live in Europe) are experiencing in getting to the UK.

Is it just about increased and understandable "security concerns" surrounding the Ukraine conflict? Is it a "reflection" in some way of the current UK government? Is it Brexit related? Or is it just a national border force pushing things to the limit of their legal powers?

Even former UK PM David Cameron's lorry he was driving back from delivering relief supplies for the Ukraine to a Polish address was reportedly searched at Calais by the UK Border Force. That was after driving without challenge through Poland, Germany and France.

While most evidence is anecdotal (in the absence of any hard data), there is rising concern about the UK Border Force's actions.



This writer (and his Belgian family) were themselves recently stopped and (in my case) detained and questioned by the border force, ostensibly under the 2019 "Counter Terrorism and Border Security Act," introduced in the UK partly as a response to the Salisbury poisoning attacks.

In our case, the police used a six-hour detention to question me, largely (although not exclusively) about my journalism and journalistic activities. I was not arrested or charged but certain items including two mobile phones were retained by the police for a week.

Was this a one off? Well, other people say that, since Brexit in particular, they have noticed a "change of attitude" at the UK

border. This magazine has testimony from a former British Labour MEP who says he was "repeatedly" stopped and questioned by British border police when travelling to and from Brussels to London. A current UK House of Lords member says he too was similarly quizzed by border police, adding that it was "only when I told them I was a peer that they allowed me to continue."

*The Guardian* newspaper has run numerous articles about EU citizens being routinely detained, fingerprinted (as I was) and allegedly treated with hostility and suspicion.

So, what exactly is going on?

For one former member of Tony Blair's cabinet, it all smacks of an increasingly and rather disturbing Orwellian mentality in the UK.

Denis MacShane, a former Europe Minister in the UK, said, "Anecdotes are not data, but Britain seems to be doing its best to be as unfriendly as possible to anyone entering the UK since the full-on hard Brexit ordained by Boris Johnson after the 2019 general election has come into force.

"Since time immemorial if a state gives a frontier official some power to stop, question, delay, harass someone entering a country then the iron law of jobsworths kicks in. When we were part of Europe, UK Border Force functionaries had to accept people could go back and forth freely, including British citizens. But now we have had all those rights removed by the Home Office as part of Home Secretary Priti Patel's hard line Brexit ideology and it is much easier for jobsworths in their semi-military blue fatigues, boots and caps to stop and question anyone they want to."

The former Labour cabinet minister said, "It's like travelling to semi-democratic countries in the 1970s when local frontier cops made it clear they were doing you a big favour by letting you enter."



While complaints made so far come largely from EU citizens travelling or returning to the UK, the rare case of a journalist being detained has sparked fears among journalist unions and their representatives about reporters being targeted – and even the possible emergence of (in the words of the National Union of Journalists) a "police state".

Willy Fautre, who runs the respected Brussels-based NGO, Human Rights Without Frontiers, shares such concerns, saying, "It is a shocking violation of press freedom to detain for six hours a well-known British journalist covering for many years EU issues in Brussels without the UK Border Force telling him at any time the reasons of this procedure. It is a grave violation of human rights to interrogate him for hours about his journalistic activities. It is an egregious violation of a journalist's freedom to be deprived of his computer and his mobile telephone for a week. The UK Border Force had hereby access to details of his private and professional life."

The Belgian said, "People, including members of the European Parliament, that he had interviewed, sometimes, under cover of anonymity, could be identified; the confidentiality of their sayings and their anonymity were hereby broken. All these sources and contacts are now in the hands of the police, the intelligence services and the

Politics

counter-terrorist services of the UK and are vulnerable to any manipulation.”

Eric Johnson, who helps developing-world journalists with cybersecurity and tracks such cases, said, “A journalist’s inviolable shield is the right to preserve the confidentiality of sources. If a law-enforcement agent has a right to get into your device(s) (smartphone, computer), that makes a mockery of that shield.”

An NUJ source said, “The UK Home Office may well try to claim heightened security following the Ukraine invasion, but I’ve seen several tweets in the last couple of weeks complaining about trouble from the UK Border Force for Brits re-entering the UK.”

The border issue is not confined to the UK.

Brussels-based journalist Maround Labaki, a former president of the Brussels Press Club, was prevented from taking the Beirut to Brussels plane, saying, “at the boarding gate, a zealous Lebanese General Security agent spotted the remains of a yellow sticker, mostly torn off, on the back of my Belgian passport, with an anonymous bar code, and said unpleasantly, “You’ve been to Israel!”.

“I replied, ‘Yes, quite a few times, because I’m a Belgian journalist and it’s part of my job.’

“The plane left without me. I was transferred to the General Security premises in the airport basement where I was immediately relieved of my smartphone and questioned about my articles on Israel (published in the Belgian daily *Le Soir*).

“He wasn’t interested in the freedom of the press. He said to me, ‘As a Lebanese national, you did something very serious by going to Israel because Israel is our enemy.’

“I was not a spy, just a Belgian journalist of

Lebanese origin who had been doing his job.”

Labaki was eventually released but says the ordeal has (like this writer) left its mark.

We live in an increasingly dangerous world, so no one disputes the need for sometimes tough and heightened security, and everyone respects the legitimate right of the police to do their job.

## “ A ‘BIG BROTHER’ STATE ”

The horrific 2018 Novichok poisoning of Russian double agent Sergei Skripal and his daughter still sends ripples through Salisbury and the lives of its townsfolk. No one has yet been brought to justice for that terrible attack which killed an innocent 44-year-old woman.

But, aside from who was responsible, another current burning question is how to balance genuine, necessary and widely-held security concerns with the perfectly legitimate rights of people who have done nothing wrong to travel freely and unhindered. When questioned, a UK government spokesperson said, “We do not comment on individual cases.

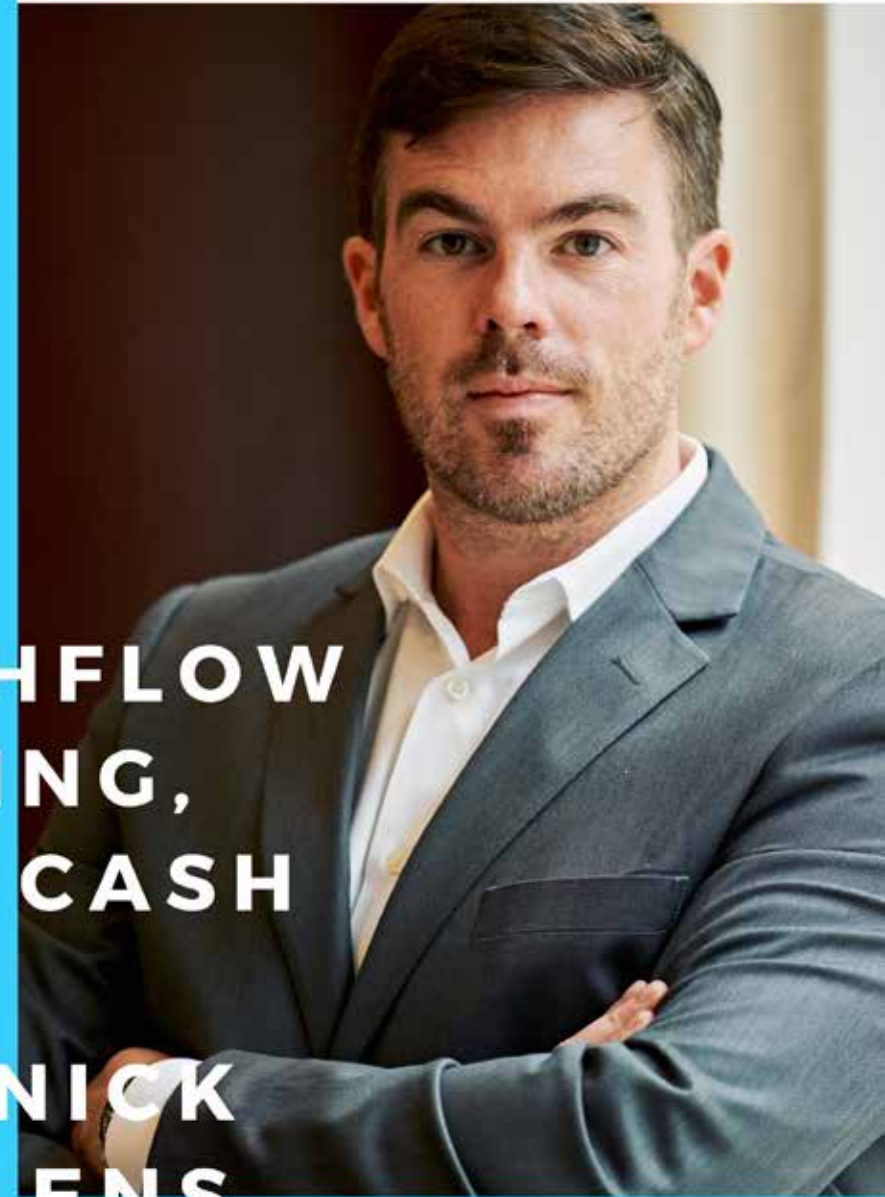
“The Schedule 3 Code directs officers to exercise these powers fairly and responsibly with respect for the people to whom they have been applied, and in accordance with human rights legislation. According to the code of practice, the selection of a person for examination must not be arbitrary or for discriminatory reasons.” ❶

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# LIFESTYLE

*The brand now also includes some vegan options, made of cactus leather. But, as Manufer says, with twinkling eyes, nothing beats the real thing.*

## LIFESTYLE

Luxury jewel

# Jewels in the crown

**Liz Newmark** looks into luxury jewellery – when money is no object

**J**ewellery is special. It is beautiful. And it never goes out of fashion. Could anyone dislike it when, in the words of Elizabeth Taylor, it “has the power to be the one little thing that makes you feel unique?”

This summer I have had the pleasure to talk to jewellery designers, from young Loris to established brand Olivia Hainaut, experience the passion they feel for their craft, and view their stunning creations – all hand-made and with love. I have visited special workshops for Brussels’ Jewellery Week and was amazed at creations made from anything from plasticine to pubic hair and got starry eyed over limited edition pieces on show for Brussels’ Saint Gilles commune’s Parours des Artistes.

Little wonder then, that the luxury jewellery market continues to grow – with billions of dollars spent in the market per year. Together highlights just five of the world’s top designer brands for 2022: Tiffany & Co, Harry Winston, Cartier, Van Cleef & Arpels and Chopard. Their creations are the stuff of dreams – or reality if your purse is big



*Anne Hathaway wearing Harry Winston earrings*

enough. Other stars include Bulgari – famous for its large brightly-coloured gemstones and diamonds; Egyptian and Asian design-inspired Boucheron; and Mikimoto – the Japanese brand known as the first to create cultured pearls.

Luxury designers famed for bags, watches or perfume like Hermes, Chopard and Chanel also create beautiful, ‘forever’ pieces. Also, do not miss Alex Monroe’s designer bee pendant – one of the most iconic pieces in British jewellery and sparkly, brilliant Swarovski creations.

Jewellery may seem expensive – but take into account the hours made to make it, the time taken to source the best (and non-fake) stones and the rarity of some of the items, and it really is not. There is also

the delight of ‘transformation jewellery’ when an old piece is reworked with new jewels – or just a purchase you can pass on as family heirlooms. I am almost convinced I will take the plunge and buy those beautiful silver fish earrings I saw in Saint Gilles after all...

**“ IT NEVER GOES OUT OF FASHION ”**

Luxury jewel

### Tiffany & Co

A household name cemented in our memories with the classic Audrey Hepburn film 'Breakfast at Tiffany's', this timeless brand oozes class and style. In the business since 1837, Tiffany remains America's leading silversmith. Some of the most popular pieces include the Tiffany 'Soleste' ring, 'Return to Tiffany' bracelet and the six-pronged engagement rings. Famous wearers, Hepburn aside, include Elizabeth Taylor and Reese Witherspoon, the price range is US\$15,500-US\$15 million, and the most expensive piece sold at auction, in 2016, was a platinum 3.09 carat diamond ring for US\$60,000.

[www.be.tiffany.com](http://www.be.tiffany.com)

### Harry Winston

Another long-lasting name steeped in history; Harry Winston was founded back in 1932 in New York. Founder Harry Winston was soon crowned the 'King of Diamonds' and 'Jeweller to the Stars' for his sparkling creations. Indeed, none other than British King George IV's crown was adorned with Winston's heart-shaped grey-blue 45.42 carat Hope Diamond. Fans of the brand include Jennifer Lopez, Madonna, Julie Andrews and Natalie Portman, the price range is US\$4,000-US\$20 million and the most expensive piece sold at auction, in 2006, was the 325-carat natural pearl and diamond Gulf Pearl Parure for US\$4,189,165.

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

### Cartier

Another iconic jewellery king – indeed classed as 'The Jeweller of Kings, the King among Jewellers', Cartier was founded in 1847 by Louis Francois Cartier. Pioneering the combination of platinum and diamonds, most notable lines include the 'Love' collection of 'Juste un clou' (nail-shaped) bracelets and the delightfully beautiful 'Panthère' rings, bracelets or necklaces. Star wearers include Andy Warhol, Tom Cruise, Angelina Jolie, Zac Efron and Kate Middleton, the cost ranges from US\$1,000-US\$2.76

million and the highest-priced piece sold at auction, in 2015, was 'the most expensive in the world' 25.6 carat Burmese 'Sunrise' Ruby (US\$30,335,698).

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

### Chopard

Also famous for watches and pocket watches for women, this Swiss brand was started by Louis-Ulysse Chopard in the 1860s. Sold to Karl Scheufele in 1963, Chopard is still famous for its Art Deco-inspired timepieces and the 'Happy Diamonds' range. Partner to the Cannes Film Festival and timekeeper of the Grand Prix of Monaco, the brand prides itself on using ethically-sourced gold. Famous wearers include Javier Bardem and Colin Firth, the price range is US\$2,000-US\$16.26 million and the most expensive Chopard sold at auction was a suite of emerald and diamond jewels, sold at US\$1,171,932.51.

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

### Van Cleef & Arpels

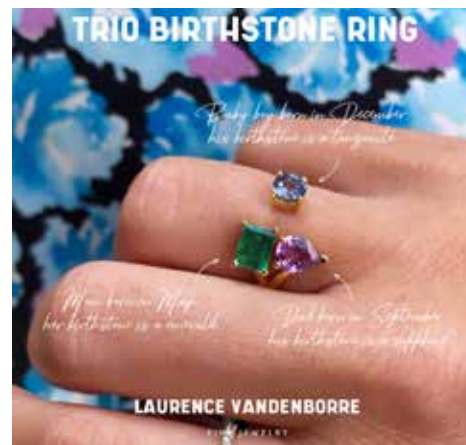
A marriage made in jewellery heaven, French luxury jeweller and watch designer Alfred van Cleef and Estelle Arpels started a luxurious line in 1906 that still exists today. The house of the pair that wed in 1895 is famous especially for their patented 'Mystery Set' – a piece with a clip that takes 300 hours or more to make. The brand is also renowned for its playful use of animals, flowers and – shown for example in the classic clover motif – nature. Brand lovers include Queen Marie José of Italy, Margot Robbie, Cameron Diaz and Mariah Carey, the range markets from US\$1,500-US\$490,000 and the most expensive auction piece, sold in 2011, was a US\$4,226,500 ruby and diamond ring.

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

### Bibliography

[www.wpdiamonds.com](http://www.wpdiamonds.com),

[www.yahoo.com/lifestyle](http://www.yahoo.com/lifestyle) (Bianca Nieves) ❶



Laurence Vandendorre, a young Belgian jewellery designer born in 1990 in Visé, in southern Belgium, was already selling her own handmade jewellery with Swarovski pearls at 14. With a goal of marketing her own collection, and – after graduating with a master's degree in Strategic Intelligence (2013) and a degree in Gemology (2015), in June 2019 her dream came true.

Vandendorre's aim is to design original jewellery that can be worn every day by women from all walks of life that reflects their personal style and improves their confidence. Fascinated by diamonds, sapphires, tourmalines and opals, she is keen to put them in the limelight and make them accessible to everyone.

Handmade in a workshop in Italy, all Laurence Vandendorre jewellery is made from 18 carat gold. In addition, gems Laurence uses are ethically analysed and selected. If you want diamonds, this jewellery will come with a grading report from a renowned diamond laboratory.

Her collection consists of four categories: 'Imperfect Shape', 'Attempt of a Curve', 'In an 80s Heart' and 'Sketchy Architecture'. Despite their different styles, these capsule collections are united by their timeless, stylish and original appeal.

# A gem is born

**Liz Newmark** looks at the new collection of handmade jewellery designer Laurence Vandendorre – a celebration of childbirth

Laurence's jewellery ooze emotion, memories, passion and love. "I love the idea of every woman being able to buy her own jewellery and that pieces will be passed down from generation to generation," she says.

Her latest collection – A Gem is Born – encapsulates this desire to make jewellery so personal. She has created a stunning range of jewels to celebrate the birth of a child – in single, duo or trio birthstone rings. Laurence herself, following the birth of her first child Louis, last December, proudly wears a trio ring – with a tanzanite for Louis, sapphire for her husband and emerald for herself.

She explains that each month is associated to a precious gemstone linked to a symbol or personality trait. "The diamond is often associated with the strength of babies born in April," she says. "The sapphire of September is synonymous with wisdom."

And – in case you did not know – here is the full birthstone list: January – garnet; February – amethyst; March – aquamarine; April – diamond; May – emerald; June – alexandrite; July – ruby; August – peridot; September – sapphire; October – tourmaline; November – citrine; and December – blue topaz.

Laurence Vandendorre jewellery, handmade in her atelier in Antwerp – the world's leading diamond center since 1447 – is available at Kabiri in London, Galeries du Diamant in Paris, Agathe in Visé or online. [www.laurencevandendorre.com](http://www.laurencevandendorre.com) ❶



Luxury jewel

# Passion in art

**Liz Newmark** talks to a devoted and enthusiastic mother and daughter team and their exciting fine jewellery brand Mère & Fille

**C**reating jewellery "for life and to life" is the aim of the enchanting jewellery team – Mère & Fille.

Tervuren-based Ghislaine Holvoet and her daughter Laurence Marie Van Cauwenberghe have been passionate about jewellery from an early age – and at the recent Top Secret Communication press fair in Brussels, their enthusiasm for their stunning, hand-made in Belgium pieces is clear.

The couple asked me to choose my favourites, a near impossible task. Then, unnervingly, given that their spectacular 18 carat gold and precious stone ranges go from €1,300 to €2,500 with a stunning emerald and diamond ring costing considerably more, I was even invited to try some on. It was quite different to a normal presentation.

But Mère & Fille are not your standard jewellery company. They do not have a shop or sell to bijou outlets. Their main selling platform is an e-shop – and customers book one to two hour appointments. The client takes his or her time to explain exactly what they want while Laurence sketches the chosen creations.

"It's a magic moment when clients finally see a drawing of their future, 100% personalised bijou," she says. All the pieces carry a certificate of authenticity.

For this brand, "There are no limits to creativity," and made-to-measure is a major part of the business. Prêt à porter is another main element – with Ghislaine proudly highlighting the stunning 'Sapphire



Petals' collection of bangles, necklaces and rings. "Sapphires are not only blue stones," Laurence is keen to point out, showing the stunning range of irregularly shaped delicate pink, yellow and green stones set in yellow or rose gold. The 'Oh my green' collection features gorgeous natural blue-green sapphires.

"Diamonds are Forever" is another very popular collection – with the pair working with a top Antwerp company on the sparkling diamond designs: "Did you know that 30% to 40% of diamonds are fluorescent?" Ghislaine asks, showing me the sparkling beauties under a spotlight.

Meanwhile, Mère & Fille's iconic dragonfly range – a gorgeous set of bracelets, necklaces, and rings

– is now celebrating its fifth anniversary. Explaining the origin of the name, Laurence says, "We asked our customers to choose between rabbits, hedgehogs, dragonflies and tortoises and 60% went for the dragonflies."

Last but not least, there is even a range for men. This includes elegant oval rings

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## LIFESTYLE

Luxury jewel

and personalised cufflinks decorated with horses or classic cars.

Anyone inspired by the creative verve of the mother/daughter duo can also choose to take part in one or all their two-hour gemology workshops. The three offered are on the four precious stones (rubies, sapphires, emeralds and diamonds), on semi-precious stones and on diamonds. You will learn how to master the gemologists' tools, understand the amazing diversity of gems and how to spot a fake, or see how diamonds are formed, mined, cut and dispatched.



Another key range of the pair bonded not just by genetics but by a shared passion for all things jewels is the challenge of 'transformation' jewellery where Mère & Fille takes jewellery from one generation to the next. "Older women come to us saying I'm tired of this old stone," Ghislaine explains. So instead of just selling it on or leaving it in a drawer, it is much more rewarding to rework

## "A SHARED PASSION"

the piece, adding new gems, so children can take over a family heirloom in a modern way. "In this way, we can create something that reflects you and your history."

Signature pieces of the Mere & Fille brand include the dragonfly trio earrings and double finger ring. Ghislaine says that the latter's intriguing designs will be perfect for a short cocktail reception, while agreeing with a smile that for comfort's sake, "An entire day event may be challenging."

Laurence herself recently got married sporting the brand's gorgeous hair jewellery – with sparkling gem-studded combs – which was another innovation of the brand. So maybe one day a Petite-Fille or Garçon will join this exciting mix of passion, expertise and creativity.

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





Luxury jewel

# Lori Lori: Cool, classic and colourful

**Liz Newmark** talks to up and coming young jewellery star Loris

**W**ith the aim of creating jewellery “for everyone, whoever you are and whatever your style,” the vibrant Lori Lori brand has taken the young jewellery market in the Netherlands by storm.

“Whether it’s bold, sleek, sassy or classy, we have the right items for everybody,” founder Loris, just 22 years old, tells *Together*. “Our goal is to give people the ability to elevate each and every outfit.”

In the middle of the Covid-19 pandemic last year, she launched her colourful, classic jewellery pieces. In less than ten months the brand reached six figures. Her main selling platforms, TikTok and Instagram, are a perfect match for the brand’s young, vibrant image. Pop-up stores in the Netherlands are also planned to market her eminently affordable – they are all under €40 – pieces.

The Netherlands-based brand is also big on sustainability, using packaging 100% free from plastic. “Our keyword in the production process is made to order,” Loris says. “We never have leftovers and have zero waste. All our pieces are lovingly handcrafted in our atelier with real freshwater pearls and stainless steel. I believe that everything done by heart is done well.”

Initially, the young Dutch designer did not envisage a career in jewellery. She went to law school after graduating. “But I quickly found I did not like it at all,” she told *Together*. “Being in books 24/7. All I did was study at home with no room for any creativity. Being stuck in this environment inspired me to start my business. So I did a 360, quit law school, started studying personal shopping/styling and got a job as a



sales assistant for a designer brand.”

But that was not enough, Loris realised she wanted to do something for herself. “I got creative and took my old bead box when I made bracelets with my mum and grandmother. I wanted to add something more special and looked for freshwater pearls and clay beads. Before I knew it, I had collected thousands of beads and had creations I wore on a daily basis. I got a lot of compliments and family and friends started wearing them as well. This is when I knew, this is going to be it.”

Lori Lori pieces come in six collections including Colourful, Custom and Classics. Her latest ‘Summer 22’ range – think smiley-sweet multicoloured necklaces, bracelets, rings and earrings – perfectly reflects life on the beach.

“Our current favourite piece is the customisable ‘Cali’ pearl necklace, a perfect item for a classy look,” Loris says. “We can put names and dates of your loved ones or just a fun, cute, catchy phrase or word.” Indeed, the necklace on the website announces “But Daddy I love him.”

[www.lori-lori.nl](http://www.lori-lori.nl) ⓘ

# To motherhood with love

**Liz Newmark** discovers Flow – a wonderful way to remember motherhood in jewellery

**N**ew jewellery collections are nothing – well – new. But Molenbeek, Brussels-born Kim Jacob, renowned for her stylish, minimalist creations, has launched something completely different with Flow – a jewellery range using real mother’s milk in a range of silver and gold pearly rings, bracelets or necklaces.

The young Belgian mother (1990), having recently given birth to her second son, wants to create something to help breastfeeding mums remember the special time where life stands still as you bond with your baby. For Jacob, breastfeeding allowed her to slow down, take time for herself as a mother, entrepreneur and just as a human being. ‘Flow’ is an ode to this special period.

Flow is available on demand and produced artisanally, by hand, taking about three weeks in Jacob’s Meise studio near the botanical gardens. After choosing a standard design or personalised creation, the client receives a kit allowing her to deliver 5ml of maternal milk safely and hygienically. Jacob then transforms the breast milk into powder and adds epoxy resin to preserve it. The mixture is finally fixed into a support on the piece of jewellery. As the milk is in powder form, perhaps bottle-feeding mothers could also enjoy wearing the collection made with ‘transformed’ formula milk.

Jacob’s other collections include the classic ‘Less is More’, ‘Unique’ – where a precious

stone is surrounded by playful designs and ‘The Bold’ black onyx and silver collection. The ‘Inspired’ and ‘Untitled’ ranges also exude simplicity, style and chic minimalism, while ‘You Rock’ is a funky addition. Her aim is to keep jewellery affordable. With the Flow range costing around €130-180, most of her pieces range from €50 to €500. Gold or gemstone creations can exceptionally fetch prices up to €1,100.

Jacob is first and foremost a creator. She has training in photography at Brussels’ Sint Lukas school and studied jewellery and traditional arts and crafts at the Jeanne Toussaint Institute, Brussels, dubbed the main reference centre for jewellery in Belgium.

She works exclusively with gold and silver that has earned the ‘Fairminded’ label. This is a guarantee that the stones come from short circuit responsible production and are traceable.

In the meantime, Jacob continues to design and create – for mothers and for anyone wanting to wear beautiful minimalist jewellery with personalised design: “My sketch book invariably sits next to me, on my dressing table. Inspiration comes when it comes, not when we want it to do so.”

**For more information:** contact Kim at 0471 39 90 07 or at [info@kimjacobjewelry.com](mailto:info@kimjacobjewelry.com).

[www.kimjacobjewelry.com](http://www.kimjacobjewelry.com) ⓘ



Luxury jewel

# Rock and roll jewellery

Olivia Hainaut's exciting, stylish jewellery collections will bring out the rockstar in you, the famous Belgian designer tells **Liz Newmark**

**S**tepping into Olivia Hainaut's workshop and shop is like entering a world of famous films or rock bands. So many of her pieces recall big names from David Bowie to the Sex Pistols' Sid Vicious to the film 'Belle du Jour'.

The very reasonably priced collection – from around €80 to €400 - in silver or gold plate includes brooches, necklaces and rings in limited edition and unique pieces.

Hainaut's designs are the stuff of dreams. She creates jewellery, as well as clothes, by transforming resin, metal, leather and chains to create unique pieces.

Her marvels designed to order can be worn as a real statement: punky 'dog collars', leather or metal 'manchettes' or cuffs, outsize jewellery, her collections have it all. Special mention is due to the pin badges with offbeat messages like 'Please SURPRISE me' or 'Viens, on s'en fout,' – a poetic tribute to Belgian humour.

"Our client base focuses on confident women in their 40s and 50s who are old enough not to care so much about fitting in," Hainaut, some of whose pieces are on show in the 'Brussels Touch' exhibition at Brussels' prestigious Fashion and Lace Museum, tells *Together*.

At her base in central Uccle you can also try out T-shirts, sweatshirts with out-there



Photo © Thomas Prud'Homme

messages. It is glamour and rock, but her jewellery and clothes are chic and made with sensitivity too, "just like life," Hainaut says.

She tells *Together* that post-Covid, selling methods have changed. Instagram has been particularly successful to promote her new designs or collections.

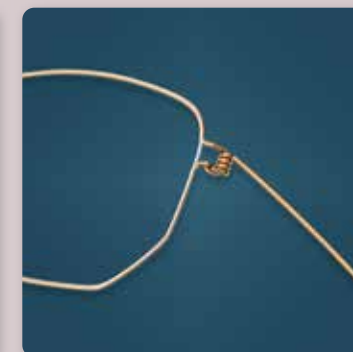
The lockdown itself gave Hainaut the chance to make special 'rock and roll'

jewellery face masks adorned with ribbons and sequins. Each unique piece was perfect, for example, if you were able to get married under Covid rules.

After graduating in fashion design from Brussels' La Cambre school in 1993, Olivia Hainaut began to work with leather for Belgian fashion designer Olivier Strelli and with fur for Flemish furrier Walter Lecompte. She has also collaborated with the Natan Couture store, taking care of beading or creating jewellery.

In 2016, she teamed up with renowned Belgian hairdresser Olivier Coelho to design daring jewellery – think studded leather collars and oversized pearls – to suit Coelho's exciting hairstyles.

A self-confessed pearl and leather fan, Olivia will be pleased to welcome you to her workshop to discuss your personal creation. Her set pieces are also available online. +32 475 47 44 89 - [www.oliviahainaut.com](http://www.oliviahainaut.com)



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Model **Louise Marie Losfeid** @ **Dominiquemodels.com**  
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Blouse: **Cachemire Coton Soie** Pullover: **Christian Wijnants**  
Shorts: **American Vintage** Socks: **Falke** Sunglasses: **Prada**





Dress: **Twinset**  
Scarf: **Cachemire Coton Soie**  
Socks: **Falke** Shoes: **Zara**  
Hat: **Mayerline**



Shirt: **Cap**  
Floral jumpsuit: **Scotch & Soda**  
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*Blouse and brooch: **Cachemire Coton Soie** Sunglasses: **Prada***



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During World War II it was requisitioned by the Germans and surprisingly used as a refuge on the Resistance relief line for more than 50 British pilots. Today you can still see the small cupboard with the false door where the escapees lived at the back of the laundry room on the top floor.

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LIFESTYLE

Fashion

## Future proof

Fashion collections are often inspired by great stories. But now and then the history that leads up to the fashion brand itself is even more interesting, writes fashion expert **Veerle Windels** – and the family behind Belgian fashion brand 29th October only recently unveiled how its story came to be

**E**ntering Manufero, the headquarters of 29th October in Brussels, a very decisive smell is taking over. As a Walhalla of lamb, goat and calf skins, how could it not? Since the end of the Eighties, this is the place where Manufer Gulcu manufactures coats and jackets, dresses and skirts made of the most exquisite leathers and skins. The beautiful maison de maître in the Avenue du Roi, in Forest, Brussels, also serves as a showroom for the many clients that buy the collection every season and sell it in their multi-brand stores and for other designers who want to collaborate with the brand. In the past, Natan, Yves Saint Laurent, Kris Van Assche and Jean-Paul Knott are known to have worked with Manufer on leather items.

Manufer's wife Claudine and his two children Lucie and Benjamin, who recently entered the business, are happy to do the talking and it is clear why: Manufer is not a man of many words. After the interview, I am taken to the workshop, where he is busy assembling a black leather jacket. Words hardly matter here: I can see that Manufer's job involves a lot of handicraft and skills. Which he learned at a very early age, back in Turkey, where his story began.

Manufer Gulcu grew up in a small village in eastern Turkey. His father worked as a farrier; his mother was a housewife. When Manufer's dad moved to a somewhat larger city in 1966, he opened his own workshop, manufacturing horse saddles. Manufer went to school but was often found next to



Fashion

his father, handling leather and trying out the different skills that come with it. In 1972, the Gulcu family decided to move to Istanbul and Manufer was obliged to quit school. He had barely reached the age of 11, but applied for an apprenticeship position in a workshop in the Beyazit district of the capital. There, he quickly learned the tailor techniques and found out that working with leather fascinated him especially.



At the age of 17, Manufer opened his own workshop, teaming up with his best friend to lead a group of eight people. At the end of the Seventies and leather is a must-have asset in the fashion business. In 1981, Manufer wanted to build a better life outside Turkey: he moved to Belgium, where he first worked in other workshops, only to start up his own again, three years after arriving in the country. In the meantime, he fell in love with Claudine, a young woman from Italy living in Brussels, who was ready to venture into the fashion business with him. "Manufer hardly spoke French at that time, but we knew we were going to make it together," remembers Claudine.

As Manufer's wife, son and daughter tell me the story, it is fascinating to hear how they only recently decided to talk about the early beginnings of 29th October – whose name is a triple symbolic date for the family – Manufer and Lucie's birthdays and the day Manufer and Claudine got married. "Our dad was hesitant to talk about how he started his

business," says Benjamin, who, together with Lucie, is ready for a boost of the brand. "But today, storytelling is important. Moreover, 29th October is a brand that is designed and manufactured in Belgium, and it is important to be transparent about that. The fact that our father has the expertise from an early age adds to the power of the story."

As the second generation enters "the business we grew up in", they have already put their stamp on several aspects of the brand: Benjamin reworked the website

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### Fashion

and established an online shop, while Lucie started working on a collection of textile designs, which can be combined with the leather pieces. On October 29 (naturally) 2020, a bag collection was launched and several accessories were added to the collection. The brand now also includes some vegan options, made of cactus leather. But, as Manufer says, with twinkling eyes, nothing beats the real thing. Real leather, that is. He buys the skins in Italy, Spain and Portugal.

Over the years, 29th October has established a close relationship with several shops and partners throughout Europe. The financial crisis of 2008 proved a moment of hardship but the brand survived. And with the entire family involved today, the future shines bright. After a two-year stint at Balthazar in Brussels, where the brand opened a pop-up store, a real boutique recently opened in the Sablon quartier. New partnerships seem to be just around the corner, as Claudine tries out prospects in Belgium and elsewhere.

"It's great to feel the confidence of our parents," says Lucie, who is eager to build 29th October into a real fashion brand together with the rest of her family. "Dad knows we are passionate about our job and he listens to what we have to say." Looking at the pictures of the new collection online, one easily sees that is true. No old-fashioned or boring snap shots, but up-to-date and very Instagram-friendly views of a brand that is ready for tomorrow.



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# Summer shopping

Together highlights just three exciting new launches this season



## Hamilton – The next chapter for an in-flight hero

Hamilton's Khaki Pilot Pioneer Mechanical Chronograph is ready for takeoff. Its distinct vintage military aviation design brings back the form and function of the chronographs issued to British Royal Air Force pilots in the 1970s. It is a must-have for military enthusiasts, aviation experts and watch collectors. Rugged and reliable, the 40mm watch is powered by the exclusive hand-wound H-51-Si movement, introduced in 2021. Two aligned sundials—measuring minutes and seconds—stand out against a black-grained dial.

Price: €1,995. [www.hamiltonwatch.com](http://www.hamiltonwatch.com)

## Pa'lais – The future is green

Pa'lais, the young Belgian start-up, has developed a complete range of vegan, creamy and lactose-free culinary sauces made from cashew nuts. There are four flavours: Nature cream, Béchamel, Alfredo pasta sauce and Shiitake mushroom sauce. They include cashew nuts – an excellent source of antioxidants, magnesium, iron, zinc and vitamins B, E and K. Treat yourself to these rare gems in the dairy section.

Price: €3.85 - €4.65. [www.palais.bio](http://www.palais.bio)



## Drunk Elephant – The recipe for healthy skin

Drunk Elephant, the well-known brand of biocompatible skincare products, is launching at ICI Paris XL. By eliminating essential oils, quick-drying alcohols, silicones, chemical sunscreens, fragrances/colorants and sodium lauryl sulphate, the skin is restored to good health, the company says. The brand creates its products with optimal pH levels, formulas that the skin recognises, easily absorbed molecular structures and effective active ingredients that respect the skin's hydrolipidic film. Drunk Elephant's products can therefore be used to create personalised skin "smoothies". Created in 2013 in the United States with just six products, the brand is now an icon and fans can enjoy a complete range for the face, hair, and body. [www.iciparisxl.be](http://www.iciparisxl.be)

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## 5,500 MILES

On 5th October 1931 **Clyde Pangborn and Hugh Herndon, Jr.**, two daring American aviators, completed the world's first nonstop, transpacific flight from Japan to the United States. They took off and landed 41 hours later in Wenatchee, Washington, having covered a distance of 5,500 miles. At the time, it was the longest flight ever made over water.



LONGINES SPIRIT ZULU TIME

# LONGINES



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Shopping

# Huawei GT3 Pro: A smartwatch with style

*Together* looks at the latest super smartwatch from Huawei



**H**uawei – a Chinese telecoms company created in 1987 and now producing more smart phones than the mighty Apple – has now launched its most exciting watch yet. The Watch GT 3 Pro is a luxurious titanium-constructed and connected product that is also available in nanocrystalline ceramic.

Widely welcomed in consumer reviews, these watches bring an additional dose of luxury to the Watch GT 3 line. The materials are impressive: titanium for the 46.6mm version, and nanocrystalline ceramic and golden steel bezel for the 42.9mm option. The battery life is exceptional – lasting 14 days for the titanium model and seven for the ceramic version.

With the Huawei watch you can of course send messages, emails, make calls and look at your social media – whether this is Facebook, Instagram or Twitter. This superb wearable will manage your calls and help you organise your diary.

## “REINFORCED WATER PROTECTION”

The special timepiece also scores highly on the sensor front. There are all kinds: an accelerometer, gyroscopic sensors, a compass, an optical heart rate sensor, a barometer, a GPS [global positioning system] so you will never get lost, a temperature sensor and an SpO2 sensor. The sensors are used to monitor your health and sleep patterns.

For the sports lover, this watch is ideal. The GT 3 Pro integrates more than 100 sports modes, making it a winner in this sector. This super smart watch can go anywhere with you when you work out or play sports. It helps in a range of activities. Particularly impressive and quite rare in the connected watch market is the golf course mode. It is possible to view hundreds of courses on your wrist. You can see the lay of the land with specially created maps. The GT 3 Pro also shows the wind speed and direction to help you raise your game. The widely anticipated watch analyses various shots and even gives a technical analysis when the game is finished.

Needless to say the Huawei GT 3 Pro is also waterproof – and more. With reinforced water protection (IP68 and 5 ATM), the watch complies with the EN13319 diving standard and supports snorkeling up to 30 metres. There is also a diving mode, displaying the depth, ascent, speed and duration of the dive. The watch even allows you to practise apnea (holding your breath underwater). Huawei only warns that the watch should stay clear of hot springs, hammams, platform diving and activities where water pressure is likely to be high.

On the health front, the big new feature is the ability to carry out electrocardiograms (ECGs), thanks to electrodes arranged on the sides of the watch. Huawei also highlights the TruSeen 5.0+ heart rate monitoring technology based on the eight photoelectric sensors on the back of the watch. Sleep and even stress monitoring complete the package. This watch may even save you counselling bills.

Last but not least, the Huawei GT 3 Pro is a thing of beauty. It comes in stylish black with a leather or fluorinated rubber strap, black

with a titanium strap or a specially unique white ceramic version with a white leather strap. It is a stylish accessory to any outfit. While this unforgettable white model may look like it is aimed at women, there is no gender specificity intended – all the Huawei GT 3 Pro models are unisex.

This timepiece has undergone an extremely high 1,500°C temperature and is finished by diamond powder polishing, “to achieve pure-white and flawless texture – fascinating to the



eyes, also breathable and comfortable on the wrist,” the company says.

The Huawei brand is a combination of many qualities. Ultimately, the GT 3 Pro Watch continues the aims and traditions set out in

## “FASCINATING TO THE EYE”

September 2015 by the President of Huawei US Xu Zhiqiang in announcing the company's first smart watch launched in Berlin, that: “It embodies Huawei's technology innovation heritage, pursuit of premium design and integration of useful functionality that we strive to develop in each product.”

The GT 3 Pro watches are already available online and at major retail stores including Vandenborre, Media Markt and Fnac in Belgium.

[www.consumer.huawei.com](http://www.consumer.huawei.com)



Shopping

# Drink more water with waterdrop

**Liz Newmark** explores the fascinating world of waterdrop drinks, bottles and filter caps



**D**inking more water is good for you. Staying hydrated is essential. Doctors recommend a 1.5 to 2-litre water dose per day to maximise health, physical performance, energy levels and even to prevent hangovers. However, sometimes people do not want to just turn on the tap or buy expensive, un-environmentally friendly plastic bottled water. This is where waterdrop can help.

Founded in 2017 in Austria and entering the US market in 2021, waterdrop is changing the drinks industry with the world's first 'microdrink' – a tiny cube made from natural fruit and plant extracts enriched with vitamins. Simple to use, you just dissolve it in water, and the result is a delicious drink.

"Our aim is to encourage you to drink more

water so you can live a healthier, longer and more sustainable life," says waterdrop founder and CEO, Martin Murray.

Indeed, sustainability is another key goal. The 98% saving in plastic compared to traditional bottled drinks is achieved through the individual recyclable packaging of each cube. The plastic contained in a single cap in a traditional bottle is equivalent to ten microdrinks, the brand claims.

## "STAR PRESENCE"

Shirley Regnault, waterdrop's Global PR and Communication Manager also emphasises the company's raison d'être, saying

in a 21 April press presentation that it is important to improve a situation where 70% of the population in France for example does not even drink 1.5 litres of water a day.

She tells *Together* that there is no single

client type. The drinks are aimed at all budgets for "Monsieur tout le monde," although she says in practice that 25-45 year olds with an active lifestyle are the company's the biggest market.

Any potential sceptics will be won over by the sheer variety of the drinks, the very reasonable price (a pack of 12 drops is only €6.95) and that you can use them anywhere. The 12 cold water drinks include Flair, Relax, Zen, Sky and Vibe, featuring a range of fruit extracts such as starfruit, passionfruit and herbs including mint, lemongrass and rosemary. There are also two 'natural' caffeine versions Shiro (natural extracts of cherry blossom, mallow and ginseng) and Nero (guarana and blackberry kola nuts).

You can even try hot drinks like Microtea – dissolvable at just 60 degrees. Wait two or three minutes without the need to stir, shake or take out a soggy teabag. Microtea is available in six flavours: Oriental Spice, Mellow Mint, White Blossom, Fruit Fusion, and the latest options – Golden Assam and Green Oasis.

Not content with the drink, waterdrop also offers a beautiful range of water-focused accessories. These range from pretty flower-decorated glass bottles in special neoprene cases to sleek, lightweight stainless steel classic 600ml gourds. Especially popular are the 800ml lightweight stainless steel (340g) sports bottles with their innovative easy-to-drink sports cap. Microteas are complemented by 400ml, 600ml and 1l tumblers that keep the tea hot for six hours, marble teacups and a backpack.

In addition, the 'clean, track and remind' special 'Lucy' connected cap will filter your water on the go and enable you to drink clean water directly. Its UV-C filtration system cleans your water with a powerful UVC sensor; tracks your daily hydration rate with the waterdrop® Hydration App; and even reminds you to drink – sending light signals as drinking reminder to help you reach your daily hydration target.



The brand also has star presence – with a collaboration with top model Adriana Lima resulting in a stunning gold limited edition bottle. Launched in April, the double-walled stainless steel 600ml and 1 litre bottles will keep drinks ice cold for 24 hours and hot for 12.

"Along with a daily hydration reminder, having a bottle that you're excited about using encourages me to use a refillable bottle and rely less on plastic ones to stay hydrated on the go," the Brazilian model famous for Victoria Secret work says, claiming, "It's much more sustainable for the environment and healthier for your body because it's less exposure to the micro plastics found in most plastic water bottles."

At the Brussels meeting, Regnault was also proud to present the brand's latest range of children's gourds, perfect for school. Again, it would be hard to choose from the delightful Pico Penguin, Tilly Tiger, Roxy Raccoon, Buddy Bear or Freddy Frog versions – all sporting matching backpacks.

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

Beauty

# Wonderful, wonderful castle Boetfort

**Liz Newmark** tests the revitalising Mother's Day package with her daughter at the beautiful Thermae Boetfort



**I**t was something I'd promised for ages – a day out together at a spa. What I don't think my 17-year-old daughter was expecting was that the special treat would begin at Weerde train station – the best option I found to get to Thermae Boetfort from Brussels without taking a bus. Still it was a perfect sunny day for cycling. We did not even get lost.

Thermae Boetfort is a wonderful place near Melsbroek, a unique wellness resort on a

400-year-old estate. The ancient picture postcard pretty castle, beautifully restored, houses a beauty institute open seven days a week for relaxing massages and wellness treatments. The restaurant, serving a range of delicious lunch, tea and dinner options, and in a medieval style setting, is on the ground floor.

As soon as you enter this calm, luxurious idyll you start to leave your stresses – and your mobile phones – behind. They are forbidden

in the centre, although we did spot some rebels furtively using them by the luxurious heated outdoor pool. No need for bags either – everything is paid for by the bracelet you receive giving access to your lockers and the sauna and swimming areas.

Just one decision is needed before you put everyday life on hold – whether to choose the swimwear or nude area – with a high wall between the two. We opted for swimwear, although on the day we visited, the latter – which boasts a bigger pool – seemed more popular. Going naked also gives you the chance to dine outside – the lovely brasserie terrace overlooking the grounds is reserved for nude bathers.

We enjoyed the special 'Mothers' Day 2022' package – 'Revitalise' – that was valid until 15 May but if you have a voucher you can enjoy this option after the cut-off date. The very reasonable €150 for two deal gives unlimited access to the spa, use of a bathrobe, towels and slippers and the chance to take part in different scrubbing and relaxation sessions.

Icing on the wellness cake, you also experience two treatments. The first – a 'Kasbah' scrub in a beautiful tiled underground steam bath decorated with Roman gods – you do yourself. We were given an exquisite, lavender-rich cream with poppy seeds to slather on ourselves while letting the hot steam do its work on our pores. The time limit is 25 minutes – but you can leave when you like, and I doubt that staff would be beating down the door when your time is up either.

The highlight for me – I've never had a facial – was the 25-minute hydrating face massage. We lay down on luxurious, fluffy blankets on adjoining beds while experienced beauticians cleaned our skin with a purifying milk, a lotion and a peeling cream. And



then, pure relaxation, we were treated to a massage with a hydrating gel mask. "If you come back more often you may look 25 years younger," our beautician Lily said with a smile. A distant dream, but my skin did really glow. No need for my daughter to look younger, but she was very happy with her result too.

This was also a perfect opportunity to find out how Thermae Boetfort fares in comparison with other establishments and what clients appreciate the most. We were told, if you want a calm visit, go in the week. Easter is the quietest season. "But on bank holiday weekends, we get people queuing up way down the car park," Lily told us, with visitors coming from miles around. A favourite treatment? This facial, I was not surprised to find out.

The sister establishment, nearby Thermae Grimbergen, opened a few years later, in 1995. Set in a stunning manor, and again rather remote as far as public transport is concerned, it also offers a Mother's Day package. This swaps the Kasbah scrub and facial with a special 50-minute relaxing back massage and facial 'à deux' at €130 for two.

Both Thermes offer a range of massages. Take your pick from the traditional facial and head; foot and calf; back, shoulder and neck; or 'body relax'. Or why not try the alternative 'herbal cocooning' thermal gel massage',



## Beauty

or a bamboo body massage with bamboo sticks. There are also the fascinatingly named 'Lomi' – a gentle rhythmic massage technique from Hawaii, a Detoxmassage with basil or a massage with Thai herbal stamps (Sabaaydi) .

For business manager Tine, the full body massage is the best: "It is the perfect way to forget about your stress. For 80 minutes you're pampered from head to toe... The icing on the cake is the head and face massage, which makes you dream away completely."

Marketing employee Jordy recommends the Hammam massage where your body is bathed in warm water. "It is 45 minutes of pure bliss... I could easily fall asleep during this treatment."

Facial treatments too can include collagen masks, Pro Lifting Deluxe or a full 80-minute version with Vapozone steam treatment and an eyebrow wax.

Treatments aside, with ridiculously warm, 25 degree, March weather, we took full advantage of the swimming pool with its custom-built jacuzzis. If we could drag ourselves away from the water, or poolside terrace and deckchairs, we could choose from a wonderful colour therapy relaxation bath in the castle's former wine cellar, a lakonium with far-infrared sauna therapy ('far' describes where the infrared waves fall on the light spectrum), indoor and outdoor saunas and a heated footbath. People daring to bare, benefit from no fewer than eight saunas and a cold plunge pool.



Offered free to any thermal bath visitor is an extensive programme of Aufguss (infusion) scrubbing and relaxation sessions hosted by dedicated 'Aufguss' or sauna masters. The Aufguss master pours water infused with essential oils on to the hot sauna stones, which raises the temperature and humidity. He or she then uses a towel to distribute the scented steam throughout the sauna. This promotes sweating, while the fragrance of the essential oils induces deep relaxation.

Scrubbing sessions are held in the steam baths. The Aufguss master gives you scrub salt, which you use to exfoliate your skin

while the steam opens your pores. The master then distributes the steam through the room using a towel. The after-scrub relaxation is provided by 'singing' bowls and halotherapy.

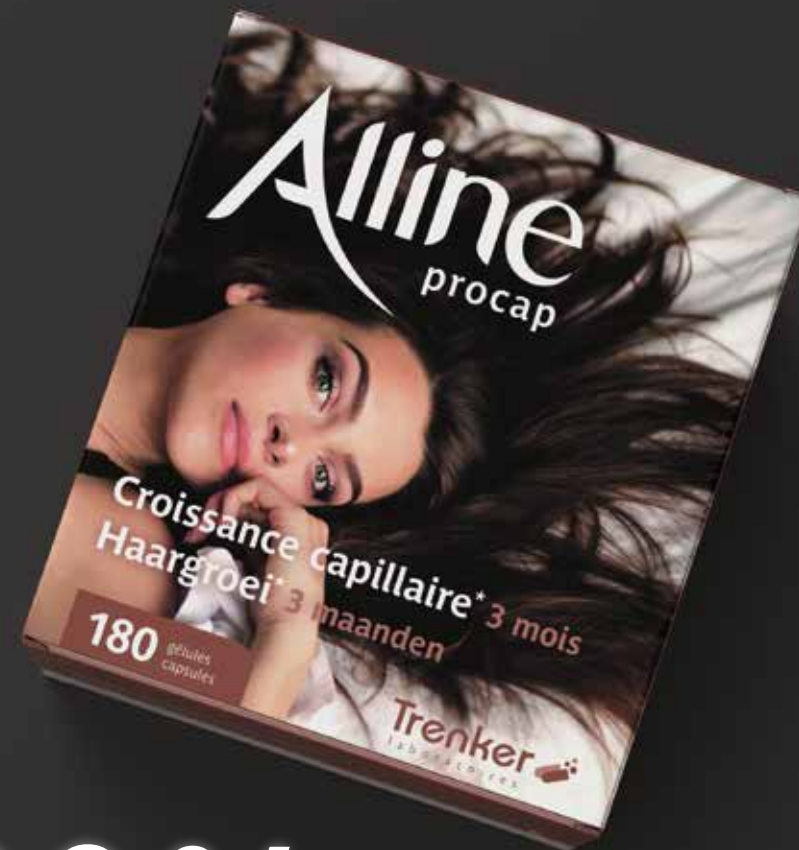
If you do not feel like leaving spa heaven and want to experience

more, you can treat yourself or special other to a range of ultra-comfortable, luxurious wellness and hotel packages including delicious breakfasts and optional treatments. Sadly, we had to get back on our bikes and go home to Brussels.

### For more information:

Thermae Boetfort is open Sunday to Thursday 10.30am to 11pm and until midnight on Friday and Saturday. The private sauna can be booked from 9am. The centre is open all year round apart from Christmas Day. To see the dizzying array of sauna, massage, beauty, hotel or all-in wellness packages or to find out what the Thermes can offer your business or team, please contact 02 759 81 96.

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\*Zinc contributes to the maintenance of normal hair and participates in the synthesis of proteins (such as keratin). Beer C et al (2014).

Beauty

# Sunscreen beyond protection

**Liz Newmark** looks at the latest sun protection magic from Lancaster Beauty



**L**ancaster Beauty – a household name in sun protection products – has from the outset since its 1946 creation in glamorous Monaco and endorsement by its most famous resident Princess Grace Kelly – aimed to offer sunscreen “that goes beyond protection”. Initially focusing on skin treatments, its first sun care products were launched in 1971.

The range enables all skin types to adapt to sunlight and safely achieve “our legendary golden tan, enjoying ultra-sensorial lightweight textures and the iconic pleasurable fragrance”, the company says.

Lancaster has always proposed innovative solutions and pioneered anti-age treatment and photoprotection to make skin more beautiful, explained Olivier Doucet, Vice-President, R&D Technology & Innovation, in an interview given in April to mark the launch

of the company’s new Sun Beauty and Sun Sport products.

And from the start, technologies and textures used have continued to improve, he said: “Today, the company offers formulas that offer increased and reinforced protection, while at the same time taking to heart the need to contribute more to respect the environment and the oceans.”

All Lancaster sun protection products – in innovative formulas

including invisible face gels, sun water, tan-deepening tinted jelly and fast tan optimisers – offer unique extra-wide protection, covering not only UV but also visible light (including blue light) and infrared rays, Doucet made clear.

But despite the range and strength of this protection, skin damage can still appear. “It

## “REPAIR IS OUR DNA”



is impossible for a sun product to guarantee 100% protection, and over-exposure to the sun is a serious health threat, so this is why it is important also to offer a system that contributes to repair,” he says, “it is in our DNA.

“The key advantage of this new sun protection range is unquestionably the introduction of repair technology combined with reinforced protection against blue light.”

Mr Doucet says science has shown blue light can contribute to skin ageing and the development of skin marks. “Recent work in our research laboratories shows that blue light is equally liable to change the DNA of skin cells.”

This is why one much-loved new product is the Sun Beauty Sun Protective Fluid SPF30, with its extra-strong blue light protection, Greet Punie, company representative tells *Together*. This is part of the new Sun Repair System treatments that help repair skin from UV-induced damage.

Enriched with natural origin Tan Activator Complex, the formulas help all skin types achieve a golden tan without having to spend so much time in the sun.

The Sun Beauty range, like all Lancaster products, are also clean and ocean friendly, the company makes clear. With the aim of

cutting plastic use, they are made of recycled packaging. All items are also vegan – no animal products are used.

In the Sun Sport category, also revamped this year with new technologies and formulas, one special product is the water- and sweat-resistant Sun Sport Cooling Invisible Mist SPF30, that offers an “instant cooling effect during outdoors activities.” Easy and quick to apply, its transparent lightweight formula keeps the skin breathing even during intense sport activities.


Lancaster says the fast-drying body mist, a sister product to Sun Beauty Sun Protective Water, can even be applied on wet skin. Non-greasy, non-sticky, and invisible once applied, it provides “an immediate and lasting freshness sensation while hydrating the skin”.

Another very popular Sun Beauty product is the Golden Tan Maximiser After Sun Oil, Punie tells *Together*. “If you are happy with your Lancaster golden tan, what if you could prolong it for an endless summer sensation?” the company website urges.

This product is claimed to prolong your tan up to one month and to “instantly calm sun-exposed skin”. It can be used with Lancaster’s Tan Activator Complex that intensifies melanin production for a golden, even and long-lasting tan.

The After Sun Oil also contains soothing and hydrating ingredients to help the skin’s natural recovery process after sun exposure. Lancaster says it will reduce the risk of peeling and leave skin satiny-smooth.

Enriched with six natural-origin oils, the luxurious beautifying oil, “instantly melts into your skin, leaving it supple and hydrated. Its shimmering texture reveals a glowing, golden tan and scents your skin with Lancaster’s iconic fragrance.”

All the more reason to head for the beach. [www.lancaster-beauty.com](http://www.lancaster-beauty.com) 



Beauty

# May beauty pleasure begin

**Caroline Dierckx** chooses some beauty delights for summer

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**KIKO** Milano Multi-Finish Floral Blush and Blooming Perfection Powder. Blossoming Beauty Collection. Price: **€14.99** each. In shops and from [www.kikocosmetics.com](http://www.kikocosmetics.com)



**Dr. Hauschka** foot cream. A creamy consistency, ideal for very dry feet. An intensive and hydrating treatment. 75ml. Price: **€16.95**. [www.drhauschka.nl](http://www.drhauschka.nl)

**Eucerin** Anti-Pigment day cream. Light and medium tints. SPF 30. Reduces blemishes effectively and prevents the formation of new brown spots. For a natural-looking and even complexion. 50ml. Price: **€35.95**. In parapharmacies, online and from [www.fr.eucerin.be](http://www.fr.eucerin.be)



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## LIFESTYLE

### Beauty



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**April** 'Kiss the Ring' nail varnish. An ultra-sparkling, long-lasting formula in 60 shades: satin, matte or glittery. In April. Price: **€3.60**. [www.april-beauty.be](http://www.april-beauty.be)



### THERMAE BOETFORT

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- Use of bathrobe, towel and slippers.
- Option to take part in the extensive wellness programme.
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- A relaxing back massage (25').
- A unique floating session (25').

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### THERMAE GRIMBERGEN

## Maupiti

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- Use of bathrobe, towel and slippers.
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- A summery Body Relax Massage (25').

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# LIFE OF LEISURE

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LIFE OF  
LEISURE

Interview

## From period drama to Pam

In this month's celebrity interview, **Together** talks to versatile, talented actress Lily James, totally transformed in her latest role as Pamela Anderson

**I**n terms of career transformations, Lily James has been through many. From her early days of period drama grace and finesse on *Downton Abbey*, *Cinderella* and *The Darkest Hour*, to musical interventions – notably in the 2018 summer blockbuster, *Mamma Mia: Here We Go Again* – and punchy, action-led drama in *Baby Driver* and *Rebecca*, charming comedy/reality fodder in the form of Beatles-inspired *Yesterday*, and romance-led films such as *Rare Beasts* and *The Guernsey Literary and Potato Peel Society*.

If a genre exists that the 33-year-old British actress is yet to truly explore, it's the biopic; yet all that is set to change this summer when Lily stars as Pamela Anderson in the upcoming Hulu series *Pam & Tommy*.

The eight-part series tells the story of how two stars from very opposite ends of the entertainment spectrum – she, the beach-bodied *Baywatch* star; he, the excess-prone Motley Crew drummer – made waves and headlines in a sensational period during the Nineties.

The role represents another significant forward step for an actress whose award roster fails to reflect the veracity and versatility with which she has approached her craft.



She is philosophical about that, preferring to look at a body of work that continues to move her forward in its demands (although early indications from *Pam & Tommy* are that top-ranking recognition on the awards circuit could be just around the corner).





## “ PERIOD DRAMA GRACE ”

**Together: A biopic of this nature is a huge undertaking, creatively and physically...**

James: Well I must admit, when growing up as a young girl I never had the vision or perception that I would sculpt my own look to be that of Pamela Anderson!

I mean, for a good two decades she was a fantasy figure for both men and women the world over, but not someone I ever thought I would be trying to emulate, so it was a strange thing to really want to mould myself into this entity... strange but unbelievably exciting!

The physical aspect was obviously the most demanding. It was a huge task each time we got on set to turn myself into her, and the make-up department did an incredible job.

**How about assuming the persona of Pam? That must have been difficult as well?**

I think, in film, there are a lot of characters where, from the outside you assume them to be a certain way; yet when you delve under the skin you can really see how their environment, or their circumstances have moulded them into becoming the people they have.

Whether those characters are fictional or real, every one of them starts out as a certain person and ends the journey somewhere else, and as someone else, and I think that's always important to remember.

We know how the press like to imagine and present someone, and mostly it's to sell newspapers – it's been going on for decades and will continue to do so. The reality though is that most people are never as extreme as they are made out to be.

**Does that apply to you too?!**

Actually I think the press have largely been quite kind to me... so far!



## “ PUNCHY ACTION-LED DRAMA ”

I think sometimes it's a case of giving enough out in the first place. If you play the game then you don't become the game; and I do believe that if you are in this space and very outwardly exposed as someone people know, then you can't expect every aspect of your private life to be private.

**Is there a big secret in your private life that is yet to be exposed?!**

Perhaps that I have the worst manners in the world!

My mum has literally given up. My granny used to do the thing of putting books under my arms when I ate. And my dad did not have good manners – he'd chew gum, so I think I've inherited his eating habits.

When we were doing *Downton*, it was a constant battle to get me to move into the right position and to move as a lady should. Alastair Bruce, the historian, would always be on my case, telling me to sit up, commenting on my use of a napkin, and where my arms were, and all that stuff. In the end it was funny.

**You've moved in a number of different circles, and genres. Is this part of a big plan to show your versatility and adaptability?**

No, not at all. I would say my career has all been very accidental. At the point of my career where I wanted to move away from 'nice' projects and into more edgy drama, I went back into musicals.

There was a time where I hated that stuff – I think it was a result of seemingly having gone to every musical in the West End when I was a child. Then my voice started to crack and waiver – it was probably my lack of confidence in the teen years, and I sort of quit singing. I was adamant, 'I'm not a singer, I'll concentrate on acting.' And then, a few years on, you find yourself singing again.

And that has really been the same thing for the rest of my career. I have had moments



“ SIGNIFICANT  
FORWARD  
STEP ”



where I've looked to focus on a specific genre, but ultimately the whole package of acting is the thing that thrills me most, and if a script or a project looks good, or if I am being put in a movie where the person I am playing opposite I just happen to be in awe of, I am going to go for it.

**Who are some of the most memorable people you've worked with so far?**

Well, Cate Blanchett, Maggie Smith, Gary Oldman, Kristin Scott Thomas, I could go on and on and what I find is that I actually try not to think about it all in such a grand scale because it's too overwhelming a concept for me.

'Concept' is the wrong word – but it's just too big to me to comprehend sometimes.

What I do, what works for me, is I keep on looking ahead. I keep going, looking towards the next job, the next job, the challenges that come with it, and I sort of break those challenges down into smaller ones, mini ones and take it step by step, day by day.

I do wonder sometimes how I got here but I try not to think of it too often. I've just been so lucky. And I know it will evaporate as quickly as it appeared. It's the reality of the job.

**Why do you think like that? It hasn't so far!**

Perhaps I am becoming a little more assured over time that it won't disappear, but certainly for a long while that was how I felt.

Ultimately, that feeling came from a place where I know what it's like to be auditioning over and over and not get anything, and to be very down on yourself.

When I came out of drama school, it was only a year, and a year when you're trying to establish yourself is no time at all, but that period was very fallow for me and made me question what I was doing with my life.



And then one job leads to another, leads to another – that's how it's gone, and I still don't know if it's sustainable. I'm just living in the now.

**Do you enjoy the glamorous side of show business?**

The best part is getting to wear a lot of beautiful outfits from great designers. I love Dior and Balenciaga and Gucci and quite a few other labels. I love transforming myself when I get into those incredible dresses, and I enjoy the feeling that comes with that.

**Are there any drawbacks to being a celebrity?**

Sometimes it's odd to see photos taken of you by the paparazzi when you had no idea you were being photographed. It's also difficult to be away from home a lot, but it's another of those things that you get used to.

I've always said it, there are people with much more antisocial and challenging jobs than this, so I'm not about to start bemoaning the tricky parts of it. I recognise how lucky I am. 🍀

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AND  
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Interview

# Makiese: Aiming for Eurovision

The final of the Eurovision Song Contest – the world's most viewed show – took place last month. **Liz Newmark** met Belgium's hope for the crown Jérémie Makiese, whose other passion is football

**L**ove it or, well not love it as much, we have just celebrated that time again – when the Eurovision Song Contest, created way back in 1956, sings out from our screens. On Saturday May 14, representants from some 40 countries took to the Turin, Italy stage to try their luck at the 66th competition.

Last September, the French-speaking radio and television service in Belgium – the RTBF – announced that Jérémie Makiese, 20, winner of the 2021 'The Voice Belgique' would represent Belgium. In March RTBF revealed further he would be singing 'Miss You' – a song written by Makiese himself with co-authors and co-composers Silvio Lisbon, Manon Romit and Mike BGRZ.

Praised for its seductive mix of pop, classic rock, hip-hop and soul, 'Miss You' talks about having to make choices, Makiese tells *Together*. "I come with a message of hope and faith that some decisions will help you to move forward, so don't be afraid to make them."

Makiese also acknowledges that the wide-ranging styles seen in his music reflect the mass of creativity in Belgium's music scene. "I am a black boy with a soul voice, but I can sing a rock note and classic pop as I'm born in Belgium where we have a lot of culture and



style," he says.

"We have a lot of diversity and I put a lot of style in my music and that's a good way of representing Belgium. I love music... I want to bring people together."

Makiese himself was born in Antwerp and has three brothers and a sister. The family moved to Brussels when he was just six years old. Makiese, who has been singing since childhood in the church with his brothers and in family reunions – tells *Together* his first love and influence in music is Michal Jackson: "I was scared by 'Thriller',

but I feel love in his music." Other stars he looks up to include James Brown, Aretha Franklin and Adele.

Music is not Makiese's only passion. He trained as a professional footballer and is now playing for Excelsior Virton. At 13, with his father refusing to let him play football because he was afraid of injuries, Makiese started to get seriously involved and join a football team – Belgian football legend Vincent Kompany's club – The BX Brussels. But he took the decision to make a break for Eurovision: "It is a great responsibility and I have to make my best performance ever."



While today's youth may not be as aware of the importance of this venerable institution of the music world, Makiese is determined to rejuvenate Eurovision's image and encourage young people to watch the show that is after all watched by 183 million viewers a year: "Eurovision is actually the biggest show ever and you need to know that."

He was also determined to win. "Everyone is there to win," he emphasises. "That is the challenge." But if he did not take the crown, he would have picked the hosts, Italy, with Mahmood and Blanco's moving song 'Brividi' as "it has a lot of heart."

Heart and warmth is something Makiese has in spades. He is eternally grateful to his family, friends and to 'The Voice Belgium' for his path to a Eurovision performance: "I just

want to thank everyone, to thank Belgium and Italy for getting me here." He also owes much to The Voice – "it was like a good school, I had interviews and styling outfits, everything that I will have in Eurovision."

Now the competition is over, with Makiese finishing a respectable 19th with 64 points, Makiese is determined "to continue to do what I like in my life. My passions, football and music. I do not know what is best now."

Fully bilingual in French and Dutch with a good level of English, Makiese also wants to "finish school" as he is determined not to give up on what he has set out to do.

## "HOPE AND FAITH"

"I have the CESS – certificat d'enseignement secondaire supérieur – the French-speaking secondary school leaving certificate – but I want to go to university. If I go, even if I am 40 before it happens, I would like to study geology."

Finally, Makiese offers a piece of advice for youngsters wanting to follow in his musical footsteps: "Feel the music, don't be afraid to sing and shout. Just let your emotion take control of your voice. Do not be afraid and just keep singing."

### Eurovision in Belgium

Makiese was proud to perform in Italy, that welcomed the Eurovision Sing Contest for the third time (after 1965 and 1991) thanks to the victory of Måneskin's 'Zitti e buoni' last year. The motto of this 66th series was "The Sound of Beauty". The contest's favourite



(helped by a huge public vote) Ukraine took the title to joyous applause. The winner was also welcomed by the UK's Sam Ryder, who, with 'Space Man', for the first time in 25 years, had been in first place.

The three live shows were hosted by singers Laura Pausini and Mika and the Italian TV host Alessandro Cattelan.

Eurovision is the longest-running television musical contest. Belgium, one of the seven founder countries, has taken part since the start. Fud Leclerc, the very first Belgian participant, was the only Belgian to take part four times: in 1956, 1958, 1960 and 1962.

Belgium won only once in 1986, thanks to Sandra Kim and her legendary "J'aime la

vie". At that time she was the youngest in the contest's history. Only 13, she said she was 15. In 1990, the rules were changed and the minimum age to participate was set at 16.

Belgium hosted the contest on 9 May 1987 from Heysel hall 7 in Brussels. Ireland, the country holding a record seven Eurovision victories, won with Johnny Logan. He had already come first in the competition seven years before.

For ten years, the RTBF has counted on the pool of quality artists spotted in 'The Voice Belgique' to choose Eurovision participants. Jérémie Makiese, following Elliot in 2019, Blanche in 2017, Loïc Nottet in 2015 and Roberto Bellarosa in 2013, was the fifth talent to represent Belgium on stage.  
[www.eurovision.tv](http://www.eurovision.tv) 

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# Stanhope Hotel: A hidden gem

We look at a 5-star luxury boutique hotel that looks after the little details



**T**ucked away on a quiet street close to the European Parliament, the Stanhope Hotel is nevertheless close to the bustle of the city centre. Take a leisurely stroll through Brussels Park and you will soon be standing on the Mont des Arts looking towards the spires of the old town.

As soon as you walk through the impressive portal, the first thing that strikes you is a décor that reeks of charm, discretion and comfort, with a hint of the tranquility of an English country home. Because the Stanhope really is a hidden gem.

It takes a while to realise that the building is in fact a series of typical Brussels' mansions that have been cleverly intertwined. One of them is classified. The hotel boasts room types to suit any client – from the standard Classic to the Royal Suite via Club Rooms and suites, not to mention the one or two bedroom apartments.

So after signing in, what is on offer? There is the elegant Library Bar and 24-hour room service, a classic and infrared sauna, fitness room, private lounges, a conference centre and parking. You can make an entire part of the hotel a private zone, for your family,



friends or business colleagues. And the indoor garden terrace is a great place to relax.

If you are hungry you are in for a treat with gastronomic food awaiting in the hotel's Brighton Restaurant, also open to non-residents. The interior design is inspired by the Royal Pavilion of Brighton, giving guests a calm and stately ambiance. If the weather allows, you can enjoy your dinner on the peaceful terrace under a 100-year old Magnolia tree.

The chef of Brighton Restaurant, Laurent Gauze, member of the Académie Culinaire de France, carefully creates menus inspired by local products. Combined with this seasonable fare, the restaurant proposes an exquisite wine selection from la Maison Girardin at affordable prices. And a special feature is that "grand cru" tasting is available by the glass.

In your room you will find a Nespresso coffee and tea service, Molton Brown of London hospitality products and a well-stocked minibar. The Smart TV can be mirrored with your smartphone or tablet (Apple and Android), and excellent Wi-Fi. You can shop in the hotel for souvenirs, jewellery, works by local artists, beauty products, cigars, and, of course, Belgian chocolates – and you can



relax in the lounge with digital international newspapers and magazines.

The reception is open 24 hours/24 and the concierge, valet parking and porter are all at your disposal. There are also services that can be reserved in advance, such as a limousine, babysitting, hairdresser, massage and even your own butler. You can enjoy all this hospitality in a hotel that is proudly environmentally friendly, having been awarded the Green Key and the Entrepris EdoDynamique labels.

What makes a 5-star hotel great are the details, the little extras that take the pampering just that tiny bit further, such as the preparation of your room to ensure a good night's rest. Another big plus is that the buffet breakfast and à la carte menu are available in your room. They are served until midday on weekends and public holidays. Also take advantage of the dry cleaning, ironing and shoe polishing services. And if you park your car in the garage, on your return you may be surprised to find that the windscreen is sparklingly clean and ready for the road.

There are many other ways you can be pampered... but you will have to stay at the Stanhope to find out. [www.thonhotels.com/Stanhope-hotel](http://www.thonhotels.com/Stanhope-hotel).

**“CHARM,  
DISCRETION  
AND COMFORT”**

# Roadside religion

**Martin Banks** explores the fascinating phenomenon of religious shrines

**Y**ou will almost certainly have seen them as you cycle, walk or drive your way round Belgium.

No, it's not the proverbial frites vans that are still evident around the country, but something of a rather more cerebral nature.

Small, roadside religious shrines, or small chapels, can be found just about everywhere in Belgium – but can also be very easily overlooked.

If so, that is a shame for various reasons, not least of which is that they are often kept in absolute pristine condition, usually by a small team of willing local volunteers.

These cosy chapels are often dedicated to a particular saint and have their roots firmly planted in the country's traditional Catholic faith.

Passers-by might be puzzled by the small buildings, often located along countryside roads, and even mistake them for garden sheds. A closer inspection, however, reveals their purpose and also their charm.

Usually, the chapels are very small but there are also much larger, elaborate ones that even include pews and benches. They do not have any windows, but French inscriptions are sometimes found along with no end of



religious statues, artwork and candles, all arranged with great and loving care.

These really are a place for religious artifacts, usually arranged in an asymmetric fashion. In larger shrines, a kneeling bench sits in front of the altar as a place for prayer.

The parish of Nivelles, south of Brussels, has no less than 120, including le Bon Dieu qui croquet, a typically beautiful little chapel featuring a cross and a selection of statues.

Locals took advantage of the lockdown in 2020 to restore the chapel to its former state. The site/chapel itself is thought to have existed from as far back as the mid-19th century, as evidenced by an inscription on the crucifix.

The space, particularly small like most chapels, has one statue dedicated to St John, and another to Mary Magdalene. Behind them is a representation of the Virgin Mary installed during the 2020 renovation.

This was probably donated by someone living locally, as is often the case with the religious memorabilia found in chapels across Belgium. But items such as flowers and candles, more likely than not, will be left by passers-by.

Other religious objects found in these chapels may come from old family graves, donated by families who would like such things to be kept in a “sacred” place.

Anne-Francoise de Beaudrap, of Dimanche, the Belgian Catholic newspaper, says that in other cases, items may have been left

by someone who has lost a loved one or friend and does not know what to do with a religious object belonging to them.

The chapel at le Bon Dieu qui croquet sits behind a secure metal gate which, while perhaps a sign of the times, at least helps protect the items on display.

Another one, located near the Prussian Monument on the outskirts of Waterloo, pays homage to St Rita (the saint of impossible causes) and is adorned with rosary beads.

Patricia Eugene, who helps tend the site, including lighting the candles inside and ensuring there are fresh flowers, said: “It’s a sort of homage if you like.”

In most cases, it is almost impossible to find out why a chapel is located in any particular spot. Usually they are in the countryside, but a few are scattered around multi-cultural, urban Brussels.

But Bernard Bracke, a priest based in Nivelles for over seven years, gives an insight into the background of these lovely, if curious, little roadside relics.

“People used to walk rather more in the past than they do nowadays and, as such, might need somewhere to not just rest or shelter a

while but also say a prayer if they wished,” he says.

“These chapels are nice whether you are a believer or not. For tourists, cyclists or people just out walking their dog they are a nice place to just stop and reflect.”

The chapels might be dedicated to a particular saint, commemorate a loved one or have been constructed as an expression of gratitude for a blessing received. Quite often there’ll be a reference to Lourdes, a major Catholic pilgrimage site.

As Bracke points out, these chapels rely very much on the goodwill of local people for keeping them in such pristine condition.

Brussels-based writer Derek Blyth says, “These tiny monuments dotted around the Belgian landscape are a reminder of a time when people navigated by wayside shrines and chapels, rather than satellite technology.”

Curiously, what appears to be a Belgian tradition has, over the years, also crossed the Atlantic, with similar sites popping up all over the United States, where even guided tours are organised.

The tradition for these sacred spaces was likely imported to the U.S. by Belgian settlers and immigrants who were devote Catholics. Chapels (in the U.S and here) are still seen as sacred spaces and a quiet reflection of the devout faith that the Belgian immigrants brought with them.

Traditionally, these wayside chapels were always ready to welcome any passers-by in search of a moment of quiet contemplation or prayer.

Today, they continue to provide comfort and a quiet place to reflect which, given the pace of life today, is probably no bad thing. ❶

## “ IT’S A SORT OF HOMAGE ”



# Tram heaven

In the first of a new *Together* series on must-see museums, **Liz Newmark** takes a trip down memory lane at Brussels' Urban Transport [Tram] Museum

**A**ll aboard... This vast (1,500m<sup>2</sup>) museum, with the old 1897 depot now beautifully restored to all its 1945 glory, sports a wonderful array of more than 60 old trams (as well as buses, taxis and a trolley bus) dating from 1868. Some are still in working order.

The collection, which is one of the most extensive in the world, includes the iconic 685 yellow 'standard' Brussels tram, 671 trolleybuses, the first 1950s buses as well as bygone taxis and tubes. It is a real trip to the past from the early 20th century 'Belle Epoque' period, through Expo 58, to the 1970s and the early days of the Metro from 1976.

Every Saturday, Sunday and national holiday you can take a magical green journey on a charming vintage tram from the museum through the Soignes Forest to Tervuren. If you prefer a vintage bus, trips to the Cinquantenaire park and Place Royale are available on Sundays and national holidays.

Or finally (on reservation only), why not take in Brussels' amazing architecture on the Brussels Tourist Tramway – a four-hour round trip on Sundays, taking in communes from Saint Gilles to Schaerbeek? The 1935-built tram will treat you to the best of Brussels – from its Art Nouveau and Art Deco gems to the gleaming Atomium. This Belgian icon was built especially for Brussels' famous 'Expo' 58' exhibition and designed by the sons of



another Belgian architectural great – Michel Polak.

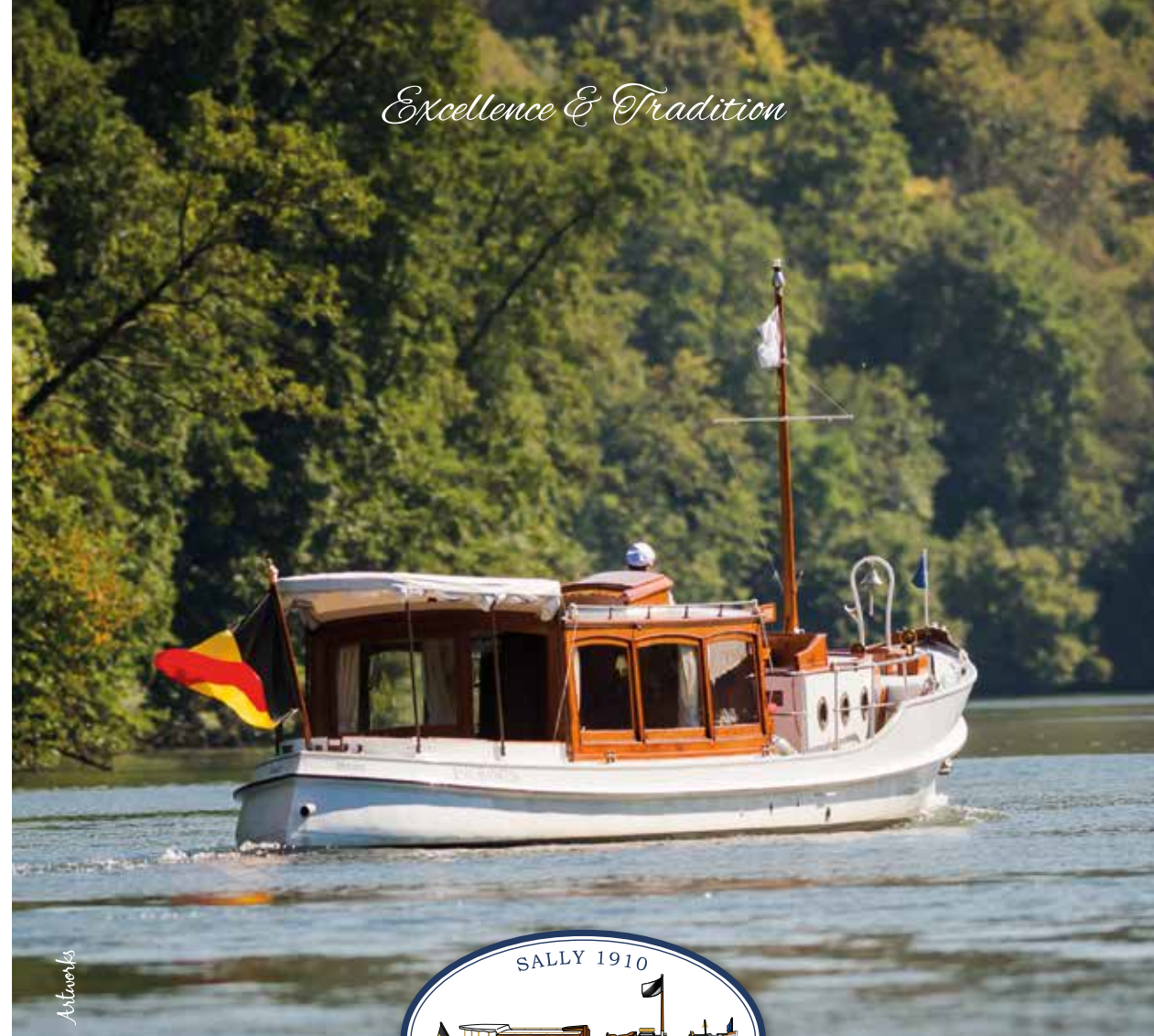
You will see stunning works of Victor Horta (for example the astonishing Hotel Solvay), Paul Hankar (the Ciamberlani mansion) or Gustave Strauven's Maison Saint-Cyr on Square Ambiorix and pass the wonderful François Schuiten-designed Train World museum. This is minutes away from the quirky Train Hostel, where you can sleep in a real early 20th century train carriage.

You can also hire a tram for birthdays, cocktail parties or business events, with or without food and drink, in this amazing museum that on 22 May celebrated its 40th birthday.

## For more information:

The Tram Museum is open weekends and national holidays 1-6.30pm from Easter to 9 October. Ticket prices with unlimited tram trips are €12 for adults and €6 for children. [www.trammuseum.brussels](http://www.trammuseum.brussels) 

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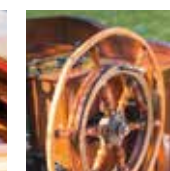
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Travel

# Scintillating Singapore

South-East Asia's smallest island Singapore is big on activities of all kinds, and far more than a modern business mecca, finds **Liz Newmark**

I have always been fascinated by Singapore as my mother was born there in 1931. She lived there until the family moved to Aldershot, Hampshire (the contrast could not be greater) – her father was in the army – just before the Second World War began.

Looking through old photos of my mother as a child in Changi, you see an almost old colonial world of beautiful white dresses, tea on the lawn and tennis clubs. Belle époque villas and verdant parks. Not to mention the stunning 1897-built Raffles Hotel, not that my mother ever stayed there but the family may have visited for a drink. The iconic, gin-based Singapore Sling was created in 1915 by a Raffles barman, Ngiam Tong Boon.

Sadly much of this world – not of course the iconic Raffles, one of the few remaining great 19th century hotels in the world, which has recently undergone extensive renovation and not lost any of its charm – has been razed

to the ground to make way for skyscrapers and offices. But Singapore has risen again as a buzzing, modern metropolis, a foodie's mecca and with endless cultural and sporting activities.

And it is still very green. Nearly half of Singapore's land area is under green cover. As well as endless parks and gardens, do

not miss the Bukit Timah Nature Reserve with more tree species in a hectare than the total tree species in North America.

Or check out the VIPs (very important plants) – the

thousands of orchid species in the National Orchid Gardens in the UNESCO World Heritage Site Singapore Botanic Gardens founded way back in 1859. More than 200 hybrid orchids have been affectionately named after celebrities including Nelson Mandela, the Duke and Duchess of Cambridge and Jackie Chan.

And if you like your nature inside, look no further than the 35-metre waterfall in the

## “ A BUZZING, MODERN METROPOLIS ”





misty conservatory at the Cloud Forest by the Bay or the world's tallest indoor waterfall. Deep in Jewel Changi Airport's retail complex, the towering 40-metre-high HSBC Rain Vortex is surrounded by a lush indoor garden.

Now Covid-19 restrictions have finally been lifted, and from 1 April all fully vaccinated travellers have been able to visit this wonderful island quarantine-free. The festivals and sporting events are back too – including the Art Festival, the Film Festival (September or October), the HSBC World Rugby Singapore Sevens and August's Singapore Food Festival with the best of 'Mod-Sin' (Modern Singaporean) cuisine.

To plan your trip, look no further than the endlessly informative Singapore Tourist Board and the Visit Singapore website. From food lovers looking to broaden culinary horizons, artists



seeking inspiration or party animals looking for a hip club, Singapore is sure to exceed your desires. Just remember to brush up your 'Singlish' – Singaporean local slang with colourful catchphrases like to 'chope' (reserve) a seat – before you go.

Here are just ten must-do activities on the island.

### 1. Hike above the city

Explorers looking to get back to nature should pay a visit to The Southern Ridges, a ten-kilometre network of ridges, pathways and bridges elevated above the city skyline. The hiking route is a favourite haunt of birdwatchers and nature lovers, and visitors can expect to see up to 43 species of birds.

### 2. Explore Singapore's natural heritage

Lose yourself on Pulau Ubin, an unspoilt island sanctuary teeming with native flora and fauna, and a haven for explorers. Accessible by bumboat from Changi Point Jetty, Pulau Ubin is also home to Chek Jawa, a 100-hectare wetland that comprises numerous ecosystems and rare wildlife species. And Pulau Ubin is only one of as many as 64 offshore islands surrounding Singapore, including Sentosa, St John's and Sisters' Islands.

### 3. Be inspired by art

Formerly Singapore's Supreme Court Building and City Hall, the National Gallery Singapore is a visual arts institution that is home to an extensive collection of modern Singaporean and Southeast Asian Art including Singapore's Chng Seok Tin and Eng Tow. Visiting artists and all tourists can expect to be inspired by the works on display at this 64,000-square-metre art space.

### 4. Get in on the action

Push the limits of your fearlessness at Sentosa, where a host of adrenaline-pumping outdoor activities await you. The

island is home to iFly Singapore – the world's largest vertical wind tunnel for skydiving and Mega Adventure Park - Singapore, with its 75-metre-high zipline.

Vertigo-inducing thrills can also be found at Skypark Sentosa by AJ Hackett, which houses a 47-metre Bungy Tower and a 42-metre vertical skywalk. And if speed watching is more your style, Singapore also

pioneered the first Formula 1 night race, with 23 corners in the Marina Bay Street Circuit.

### 5. Make new friends in the neighbourhood

From bookbinding

business Byrd Artisan at Chip Bee Gardens to veteran local musicians at Wala, Holland Village has always been home to passionate individuals and exciting new business. Take a walk around the neighbourhood, chat with its locals, and uncover the many stories that this artistic enclave has to offer. Other off-the-beaten-track delights include the Art Deco-style buildings of Tiong Bahru, colourful shops and traditional food stalls in Joo Chiat/Katong and trendy coffee café-full Everton Park.

### 6. Tickle your taste buds at a hawker centre

Singapore's food tradition has always centred on fusion and harmony between diverse cultures. Broaden your culinary

horizons by sampling the island's array of multi-ethnic street food at a local hawker centre. The Singapore Tourist Board recommends visiting Lau Pa Sat and Amoy Street Food Centre. The latter houses Michelin Bib

Gourmand-listed stall A Noodle Story, one of many award-winning food choices around the island.

### 7. Sample world-class cocktails

Some of the world's boldest and most innovative bartenders call the island home, with Singapore clinching 12 spots

## “ VERY IMPORTANT PLANTS ”

## “ BROADEN CULINARY HORIZONS ”





in Asia's 50 Best Bars 2018. The art-deco inspired ATLAS and aptly-named NATIVE – where bartender Vijay Mudaliar whips up cocktails with locally-sourced ingredients – are just some great places to grab a drink.

#### 8. Seek thrills with the family

Thrill-seeking families who want to push the limits of adventure have endless options to indulge in on this sunny island. A must is a visit to Universal Studios Singapore. With 24 movie-themed rides and a host of family-friendly activities, fun and excitement abound at this world-class theme park. Alternatively, take a walk on the wild side at the Night Safari, where you'll come face-to-face with over 2,500 nocturnal animals. Opened in 1994, it is the world's first night zoo.

#### 9. Hunt for inspired curios

Check out Kampong Gelam if you're in the

mood for treasure hunting. The district is a tantalising blend of Malay heritage and innovative new establishments. Of particular note is Haji Lane, where quirky boutiques sit shoulder to shoulder with traditional wares like Persian carpets and *kebaya* (traditional nonya dress) dresses. Other history-rich hotspots include Chinatown and Little India.

#### 10. Peruse world-class brands

A shopaholic's paradise, towering over the Marina Bay skyline, Marina Bay Sands® is home to some of the world's finest consumer brands. The Shoppes at Marina Bay Sands® boasts world-class labels including Cartier, Bulgari, Patek Phillippe and Limited Edt. The dizzying array of outlets from Adidas to Zara also features Fendi, Ferrari and Paul Smith.

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GOING PLACES TOGETHER



# West Africa's remote cultures

**Responsible Travel** explains how they go softly-softly as they roam the planet



## Cultural holidays in Ghana, Togo and Benin

These three countries are the spiritual heart of West Africa, an intoxicating fusion of tribal culture, voodoo rituals, fire dances – and a dark past represented by the slave forts dotting the coasts. Religion and reality blur, especially in Benin – the home of the voodoo religion where powerful rituals and fearsome fetishes can be seen throughout the country. The vibrant clothing of the Ashanti people in Ghana stands alongside their reputation as incredible coffin carvers – ensuring a flamboyant journey into the afterlife for the deceased. Explore fetish markets and

voodoo drumming ceremonies in Togo's coastal capital, Lome, before continuing on to Benin's sinister "Door of no Return", and the impressive, fortified dwellings of the Somba people in the north.

The highlight of this cultural holiday in Ghana, Togo and Benin is joining Ghana's Adaye Festival in Kumasi – an incredible Ashanti celebration.

As the pioneers of responsible tourism, we have screened this (and every) holiday so that you can travel knowing it will help support the places and people that you visit, and the planet. Read how below.



## Planet

This tour travels through some remote and often pristine environments, and we make a point of ensuring that we do not leave any permanent traces of our stay behind, making sure that we take all litter with us.

In Boabeng Fiema Monkey Sanctuary we support local conservation efforts through the fees that we pay to enter the reserve. By bringing income to this region it encourages the preservation of wildlife. Local people are able to see the value of the wildlife through the employment that the reserve provides, and are therefore discouraged from hunting.

We include a visit to the fetish market in Lome, which is a traditional market selling animal parts for use in local spells and medicines. Although we realise that this may be controversial, this is a local market for local people, and would exist without the presence of tourism. We strongly discourage our clients from purchasing any of the items on sale. Nevertheless, this provides a unique insight into an intriguing culture.

## People

This tour travels through some very remote areas where we are privileged to spend time in the company of local communities. When visiting villages and settlements we make use of local guides from that region, who are able to explain to us the cultures and customs of the people and ensure that we do not unwittingly offend our hosts, many of whom have very complex social beliefs. This is especially important with the Somba people, who are traditionally wary of outsiders and have a very fragile existence. This also helps to provide employment and income for rural communities. We do not believe that we should simply visit these villages without making a financial contribution – it is only fair that they also benefit from the unique experiences that we offer to our travellers.

In our pre-departure information we include guidelines about photography – this is particularly relevant in parts of Togo and Benin where some of the tribal groups



## Travel

are incredibly photogenic. Although many people are happy to be photographed, others are not, and we emphasise to our travellers the importance of respecting people's wishes. Many people wish to be compensated for having their photograph taken. Although this is a complex issue, we believe that it is only fair to offer this when requested. We do not however promote indiscriminate payment for photographs when it is not requested.

Our philosophy is to only use small and locally owned suppliers, meaning that the income remains within the country and creates a real economic contribution. We also feel that the passion inherent within such suppliers means that your experience will be enhanced. We also try to engage with our suppliers on an equal basis. Getting the lowest possible price usually is not the best outcome for local communities and is ultimately unsustainable. We aim to always treat our suppliers fairly and with respect – they are after all part of the key to our success – and to us, working together is much more than just a business arrangement, it is an ongoing relationship that we aim to ensure truly benefits everyone involved.

We believe that tourism is a double-edged sword that needs to be wielded very carefully. Our philosophy is to have a limited amount of departures – usually between one and three a year – for each of our itineraries. By limiting our presence in areas where local culture can be quite fragile, we hope to



avoid as much as possible the phenomenon whereby an area changes in character due to repeated and prolonged exposure to tourism. We want to visit an area as friends, not intruders and to ensure that what we see will also be there for others to enjoy for many years to come.

We only employ local staff and unlike many operators we believe that to send a foreign Tour Leader along to accompany your trip is an unnecessary burden on your wallet and our carbon footprint. This means your money stays in the area to benefit the local community. When possible we use local transport, (i.e. rail or bus) and we always use local restaurants, markets and shops and encourage our clients to interact both financially and socially with the communities that they are passing through. In doing this your travels are supporting and encouraging the development of local services.

We only work with operators who are as committed as we are to putting something back into the communities we visit. This may include giving a percentage of the profits from each tour to a foundation to help street children or local conservation projects. Furthermore, to allow our clients to make an informed decision on where a greater



proportion of their money should be spent, we avoid including prepaid full board meals where possible. In this way, local restaurants and cafes will benefit.

Our groups average only six clients, and many tours operate on a private basis with only two travellers. This has much less impact when travelling through rural areas, reducing our environmental and social effects. Finally, to emphasise our commitment to Responsible Tourism, all clients will receive a copy of our Travellers' Code of Conduct with their travel documents.

**For more information:** Discover the full itinerary at [www.responsibletravel.com](http://www.responsibletravel.com) ❶

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# All-inclusive luxury in Andalusia

**Caroline Dierckx** takes us to paradise in Southern Spain



**A**n innovative concept. A precise definition of all-inclusive luxury. Head to the south of Spain to live an “all-inclusive” experience at Ikos Andalusia. The “all in” is a familiar term to designate worry-free holidays, but it is usually not associated with luxury trips. We will discover why Ikos Resorts has been voted for a fifth consecutive year as the best luxury all-inclusive hotel brand in the world during the TripAdvisor Annual Travellers’ Choice Awards 2022.

Ikos Andalusia is a brand new resort just

a 2.5 hours’ flight away from the capital of Europe. It is located near the trendy town of Marbella. This five-star hotel is the fifth resort of the Ikos Resorts group in the Mediterranean region and the first outside Greece. It enjoys a privileged location at the edge of the enormous « sun-kissed » beach of Playa de Guadalmanza and is only ten minutes walk from the historic town of Estepona.

Arriving in the majestic entrance and with the typical scent of the resorts with the fragrance of Anne Semonin Paris, we



understand immediately that Ikos Andalusia is an exceptional place. A breathtaking view of a luxury oasis created by the prestigious international design agency Studio Gronda with the Mediterranean Sea as a backdrop.

The welcome – with a small glass of champagne – is impeccable. Here everything, or nearly everything, works via ‘WhatsApp’. In other words, it is a totally personalised service: whether to reply to customers’ questions or above all to advise them during their stay, for example on

restaurant opening hours, activities, themed evenings, supermarket, Kids Club, gym/fitness, or the timetable of the bus that takes guests to Porto Banus or Estepona.

## “A LUXURY OASIS”

Let’s talk about the location that exudes serenity wherever you look. The architecture of the buildings blends in perfectly with the decor. The very spacious rooms in discreet and chic colours lend themselves to rejuvenating, comfortable nights. The cleaning service twice a day – morning and evening – is very pleasant.



## “ SERENITY WHEREVER YOU LOOK ”

The eight heated swimming pools (4,000 m2) offer a choice to all guests to find their favourite: the large pool with children's play area (a true family paradise), an 'Adult Only' pool or the pool closest to the sea. The lush gardens that surround them are designed very well to leave a more intimate impression.

And then there are the seven restaurants which are incredible: firstly for their precise, elegant and refined décor each in its own style and secondly for the à la carte menus created by Michelin-starred chefs, a choice of 300 wines, and a bar service on the beach.

For lunch, we loved sitting at a small table in the sun at the Beach Club with its Mediterranean menu full of flavours, as well as going to Flavours, featuring international cuisine and an exceptional buffet with a

brehtaking view over the entire Resort and the sea. You can also try the 'Adults Only breakfast' at the Olivia restaurant or a dinner at Provence. One advice: in the evening, make a reservation! This is the best way of getting a table in the restaurant of your choice. It is also possible to have lunch by the pool, without leaving your deckchair!

The must: gourmet treats throughout the day: ultra-fresh coconut and banana cocktails, watermelons, doughnuts... If you want to eat 'in', 24-hour

room service is also once again included in the price of the stay.

Five-star service of the highest standard and unique Ikos experiences complete the 'Infinite Lifestyle' holiday offer.

Sports enthusiasts or beginners will enjoy an ultra-modern gym. There is also a basketball



court, beach volleyball, football... Sea lovers will enjoy a range of nautical activities (all non-motorised sports are included in the price). And of course, there is a magnificent spa and exclusive treatments (the latter coming with an additional cost). We also did not hesitate to take the bikes and ride along the seafront.

It is good to know that the Kids Club is full of great activities for the little ones, and teenagers will not be left out with the 'Teen Club' during high season. There is even a disco!

### Really All Inclusive?

Yes, and we were able to discover even more, thanks to the innovative 'Local Discovery' option – all included in this luxury holiday. Guests can enjoy a TESLA car (brand new at the resort) for a day exploring the region and visiting the best museums in

Malaga, or even trying the 'Dine Out' option – where you can eat at a local and authentic restaurant from a selection picked by the resort, all at no extra cost. In addition, golfers will receive a complimentary green fee at the exclusive Los Naranjos Golf Club.

There is so much to say about this resort, which meets all the expectations of a demanding clientele and all those who want a carefree stay with first class, all-inclusive services.

Living the Ikos Andalusia experience is the best way to achieve the vacation of your

dreams.

[www.ikosresorts.com/resorts/ikos-andalusia/](http://www.ikosresorts.com/resorts/ikos-andalusia/)



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Travel

# Coquillade Resort & Spa: Provençal bliss

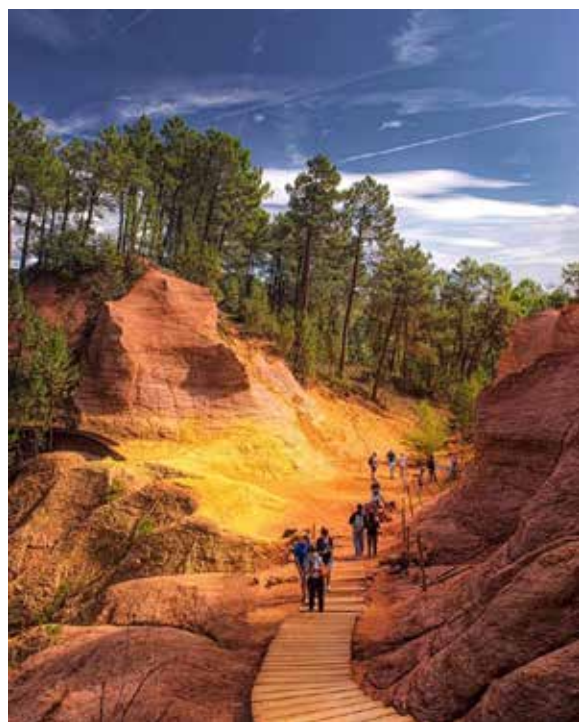
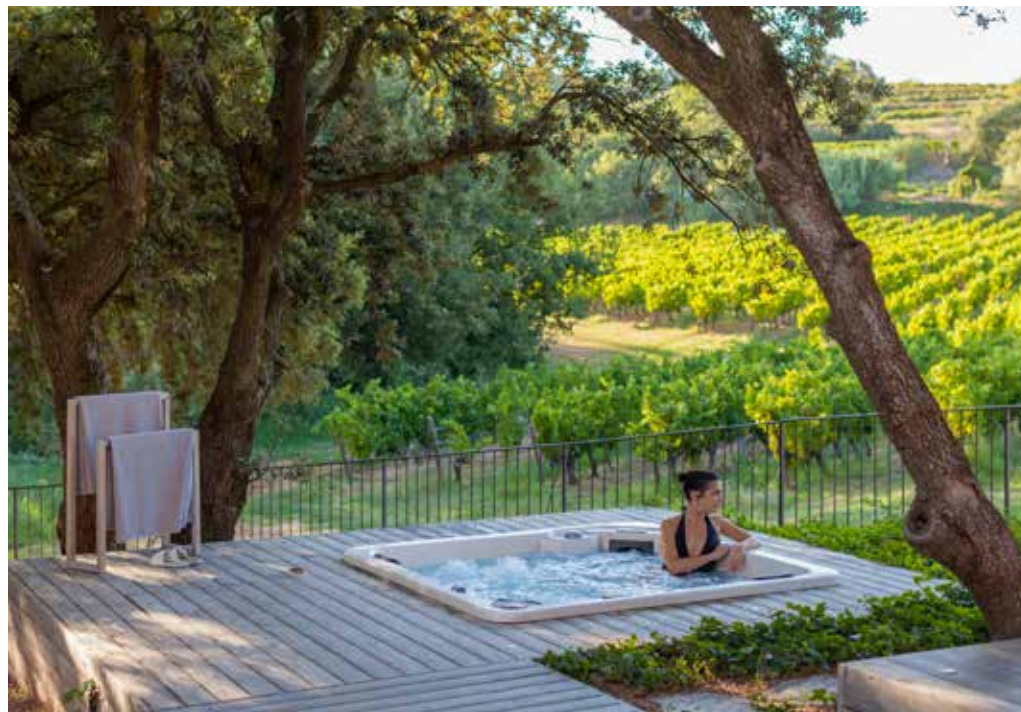
**Caroline Dierckx** holidays at the  
sublime Coquillade Resort and Spa



**C**oquillade is much more than just a favourite. It is real love at first sight for this place full of charm and simplicity. In the village of Gargas in the heart of Provence, with blue sky, gentle mistral, lavender fields, cicadas singing, at the end of an alley of pine trees, one discovers the flowered entrance of Coquillade, an amazing surprise, an unsuspected and grand view of an infinite landscape of vineyards and olive trees. Located in the Luberon, this hamlet built over the centuries on a hill and taken over by Alain Bachmann three years ago, provides a unique experience to its guests. And with good reason. The undisputed and

timeless charm of its hamlet is spread over 21 rooms, 32 suites, 15 exceptional suites, five luxury suites that can be connected to each other, each with a private swimming pool, a 2,000m<sup>2</sup> spa, its 'bastide' (Provençal house), three restaurants, two bars, outdoor and indoor swimming pools, a Cycling Centre, three-hectare Aureto vineyard, 400m<sup>2</sup> of space for events, an amazing vegetable garden, and the surrounding area full of places to discover... It is not surprising that in 2011, the Coquillade Resort & Spa, stamped with the Relais & Château seal, obtained its 5th star.





**“ YOU FEEL  
PERFECTLY  
WELL ”**



#### **Haven of peace**

The materials used such as natural stone and wood, both chosen from local artisans, and the plaster in Roussillon ochre colours give the rooms and suites, a concentration of elegance in the Provençal style. The fabrics are selected from renowned designers such as Canovas, Pierre Frey, Rubelli... and the bathrooms are designed by Starck. I loved the care products—shower gel, shampoo, conditioner, hand care—by Rose and Marius Aix en Provence—Haute Parfumerie de Provence—that were available in the rooms. Modern and comfortable, you just feel perfectly well. Moreover, the connected telephone brings the ‘final touch’ for all services, such as the ‘pillow bar’ (where you can choose any pillow you like online). A must! Whether you are alone, in a couple, with your family or friends, the Coquillade can cater to everyone.

#### **“ A UNIQUE EXPERIENCE ”**

#### **Culinary pleasures**

From breakfast to dinner, nothing is left to chance. The Coquillade chefs prepare elaborate gourmet menus which respect the authenticity of each ingredient totally. They work with local producers and cook the vegetables, fruits, herbs, and spices that they take every day from their 1,000m<sup>2</sup> garden.

The creativity, the ultra-fresh products and the expertise make it a real gastronomic journey for the taste buds. The restaurant ‘Les Vignes’ offers traditional and Provençal cuisine. A

tip: during the summer season, enjoy a table on the magnificent terrace for a meal in the middle of the Aureto vineyard.

For lunch, under a shaded terrace with a view over the outdoor swimming pools, the multicoloured vegetation enveloping the place and the Luberon as a backdrop, we experience a refined culinary escapade in Italy at the ‘Cipressa’ restaurant. Starting



## Travel

with a buffet of antipasti, following with fresh homemade pasta, typical Italian dishes or wood-fired cooked pizzas, while enjoying a fresh rosé wine. That's what we call 'La Dolce Vita' (the good life).

For a different atmosphere, let's spend an evening at the bar where the plush decoration and the luminous touch of Lalique lighting invite us to relax. Cocktails and wines from the Aureto domain are served. The menu with absolutely delicious Thai accents promises a festive evening. The buffet breakfast will inspire a day of sports, relaxation and discovery with its detox juices, the bread and pastries made by the resort baker with natural raising agents and organic flour (to die for!) and the honey from the domain's beehives. Moreover, Coquillade is affiliated with NOW Sustainability, an eco-responsible network of prestigious international hotels.

## Sport and relaxation

For cycling lovers or people looking for ways to visit the region, head to the Cycling Centre Coquillade: high-end mountain bikes, road bikes, electric bikes... But also, for advice, help or repair, the bike technician is always available. With an experienced guide, I explored with my group the route des Ocre, in Gargas near Roussillon, crossing roads bordered by vineyards and breathtaking landscapes. The tour ended with a wine tasting at the Vignobles d'Aureto in the heart of the Parc Naturel Régional du Luberon. The Coquillade



has also tennis and pétanque (bowling) courts.

To end such a beautiful day, relax at the Spa Coquillade. An idyllic setting featuring steam baths, swimming pools, a relaxation room, ice fountain, herbal tearoom and a gym with professional equipment. I particularly appreciated the outdoor Jacuzzi where it is good to take time for oneself. Listening to nature and relaxing in the bubbling water at 37° is a real pleasure. The spa offers a whole range of massage and beauty treatments to suit even the most demanding of clients.

The kindness of all the Coquillade staff and their will to make your stay an absolutely wonderful experience must also be emphasised. Don't we say that luxury is about simplicity? This would be my ultimate conclusion for this exceptional place.

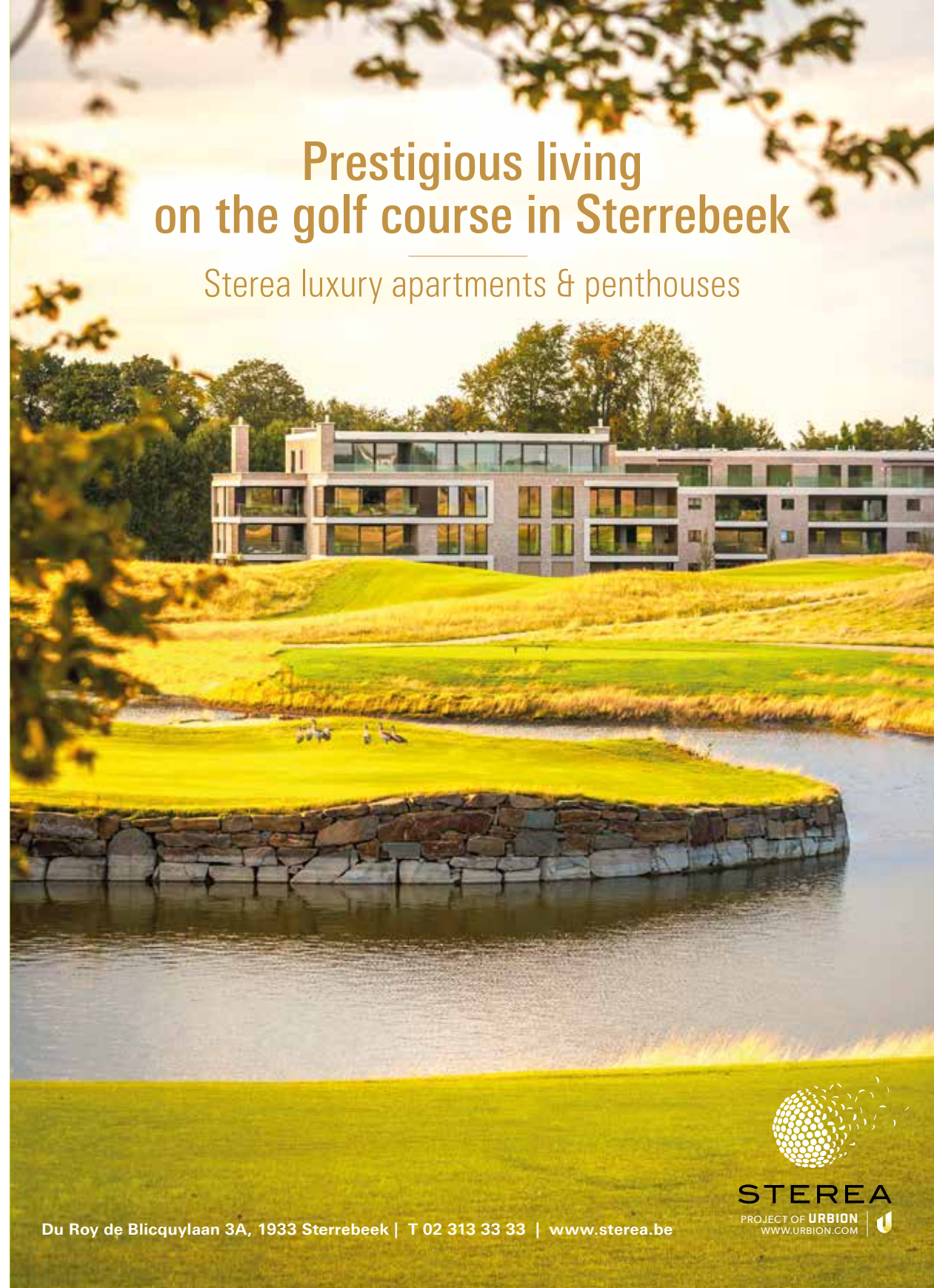
## Access

TGV Avignon (47 km)  
Marseille Provence Airport (82 km)  
Motorway exit Cavaillon or Avignon Sud (35km)  
Coquillade Provence Héliport  
[www.coquillade.fr](http://www.coquillade.fr)

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THE CARE  
PRODUCTS ”**

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Wine

# Wine from the Golden State

Our wine page this summer heads for the very sunny south

**W**hen brothers Kurt and John Tiedt decided to go into the winemaking business with a group of close friends, it was not for fame and fortune. Somerset Vineyard & Winery continues a legacy of sharing good times with others, a cornerstone of the Tiedt Brothers philosophy for decades.

Together with their wives, close friends and partners Luis Torres (Director of Winery Operations) and Kim Scott (Director of Marketing) and others, the Tiedts formed a small investment group that turned a dream into a reality. Somerset Vineyard & Winery is also dedicated to the memory of their close childhood friend Robert Trummeter, who lost his battle against cancer shortly before acquiring the winery. Somerset Vineyard & Winery is a destination and a wine for anyone who appreciates the joy of friendship, the thrill of life and the taste of fun. "We welcome you to come and make memories with us," the Tiedts say.

Somerset was the street of their childhood and adolescence, growing up in the suburbs of Orange County, California. Somerset recalls lifelong friendships, family celebrations and countless memories. The name evokes a time of pickup games, street parties, neighbourhood potlucks and camaraderie.



Somerset embodies a philosophy and sentiment that continued into adulthood, as the group of friends raised families of their own.

**“ THE JOY OF  
FRIENDSHIP,  
THE THRILL  
OF LIFE ”**

Temecula Wine Valley's Somerset Vineyard & Winery is continuing a 30-year tradition of delivering exceptional hand-crafted wines out of its 13-acre vineyard. Brothers Kurt and John Tiedt are producing sustainably-farmed varieties from Southern France as well as from select regions in Spain. The 13-acre vineyard and estate specialises in wines made from the Rhône varieties such as Viognier, Roussanne, Grenache and Syrah as well as the Spanish Macabeo, Monastrell and Tempranillo.

Award-winning winemaker David Raffaele established the Rhône and Spanish winemaking programmes at the vineyards (formerly Keyways) in 2009, and the vineyard is now at the height of its maturity.  
[www.somersetvineyard.com](http://www.somersetvineyard.com)



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LIFE OF  
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Dining

## Momo la Crevette – an address of distinction

**Caroline Dierckx** enjoys marine delights at a unique fish restaurant in the heart of Waterloo

**T**his one-of-a-kind restaurant is located in Waterloo, an emblematic municipality of the Walloon Brabant region.

Leading 'Momo' since 2016, Thierry Vanholsbeek has worked for the Atomium restaurant and NATO kitchens among others. At the 2000 Maryse and Jean Lenoir competition, Vanholsbeek took the Culinary Grand Prix, also coming third in the competition to be Belgium's head waiter.

In addition, he joined the renowned family of Euro-Toques chefs in June 2016 – an association of European craftsmen. In March 2017, Vanholsbeek also received the title of Maitre-Rôtisseur [literally translated as 'master roaster'] by the prestigious international 'Chaîne des Rôtisseurs' association.

The venue is a real invitation to discover seafood in a setting that reminds us of fishing, the tides, the boats... It is very easy to imagine the sea in the background. As for the cooking, it is a journey from near or far with ultra-fresh products delivered twice a day. The chef manages to perfection the exact cooking of the fish and shellfish offered on the menu. The result is a perfect balance of flavours.

We chose a culinary 'world tour' with a Royal Shrimp discovery platter. Small shrimps and prawns from all the continents of the world: prawns from Argentina, the tasty 'Nobashi' prawns from Japan, delicate Obsiblu prawns from New Caledonia, Canada or Wild Nigerian prawns from Nigeria. Don't hesitate to ask the waiter for advice. He will give you



Photo © Luc Viatour

all the information you need about the tasting experience.

On the 'à la carte' menu you will also find classic sole, cod and turbot dishes, as well as the "unmissable home-made grey shrimps".

For the wines, Thierry Vanholsbeek has chosen from genuine wine houses, highlighting certain regions. The wine list is seductive and will enchant both novices and connoisseurs.

Nobody is forgotten at Momo La Crevette. If you do want to eat meat, all you need to do is order it in advance.

To discover: The set lunch from Monday to Friday (starter and main course) for €22.

For sunny days, the restaurant benefits from a beautiful outdoor space.

We will definitely return to discover other tasty marine flavours.

[www.momolacrevette.be](http://www.momolacrevette.be) ❶



## The Avenue: Dining in style

**Caroline Dierckx** savours a cosy Mediterranean-style restaurant in the heart of the capital of Europe

**W**ith a cosy atmosphere and cuisine with Mediterranean flavours, The Avenue is located in the Hotel Barsey by Warwick, a stone's throw from the famous Bois de la Cambre.

This restaurant is now orchestrated by its new executive chef, Nicholas Tsiknakos. Previously, this very friendly chef was in charge for a time of Da Mimmo, a notorious Italian restaurant then taken over by the Litvine family. Before that, Tsiknakos made himself known at the Manos Premier Hotel's Kolya restaurant on Chaussée de Charleroi, near Place Stephanie in Saint-Gilles.

We love the atmosphere of this restaurant which is elegantly decorated and features very comfortable furniture. For sunny days, it is the garden/terrace that seduces and will certainly become a very prominent "spot" this summer.

To start, we stop at the bar to have a cocktail or, for whiskey lovers, a large collection should more than fit the bill. Comfortable emerald velvet armchairs entice you to relax in this attractive and particularly welcoming bar.

### Cooking with local produce and Mediterranean flavours

Today at The Avenue, Nicholas Tsiknakos revels in being able to put his dynamic know-how to the service of this unique place. He takes Mediterranean cooking and merges it subtly with the cuisine of our country.

We tasted the grey shrimp croquettes coated with breadcrumbs that were not like traditional croquettes but covered with a kataifi (Greek) batter, served with a shellfish bisque and a foam of Greek yoghurt with citrus fruits. A lovely marriage of ingredients and imagination of the Greek chef. His famous mushroom and truffle risotto also merits his 'best of' list.

Finally, just a word about the impeccable and careful service, a real strong point.

This is an on-trend establishment – recommended to everyone who loves trendy places where gastronomy takes centre stage.

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

# Happy Birthday

**Caroline Dierckx** enjoys a sumptuous seventh anniversary celebration dinner at the Restaurant Brugmann with its award-winning terrace.

**D**oesn't everyone say the number seven brings good luck? For the Restaurant Brugmann it's true, because this year head chef Matthias Van Eenoo and his whole team are happy to blow out their seventh candle.

Remember that this typical 19th century Brussels maison de maître house on the eponymous avenue, was formerly Georges Brugmann's private property. It has kept its allure of being a private hotel with its dining rooms and lounges, its bars (inside and outside) and private spaces. And as the fine days are coming, you benefit from this magnificent terrace, which was in fact given the 'Most beautiful terrace of 2021' award in the Gault & Millau guide.

It is worth noting that you can reserve a section of the terrace for a private event. Indeed, the Brugmann is very popular and often reserved for private banquets, marriages or other receptions.

To celebrate this anniversary, the chef has conjured up a very special menu that will be available until 29 May. It consists of nine courses and is priced at €128 per person. We were able to test this out before anyone else and were bowled over by the spider crab in seawater jelly; crispy Breton langoustine with Thai sauce and condiments, Pak Choi and cucumber; the half lobster with ravioli; roast in farm butter with raw and cooked baby spinach with bourbon vanilla emulsion; or, the sautéed milk-fed veal, scorzonera (black salsify), onions, new potatoes, pumpkin jus and Gillardeau oysters. A delight.



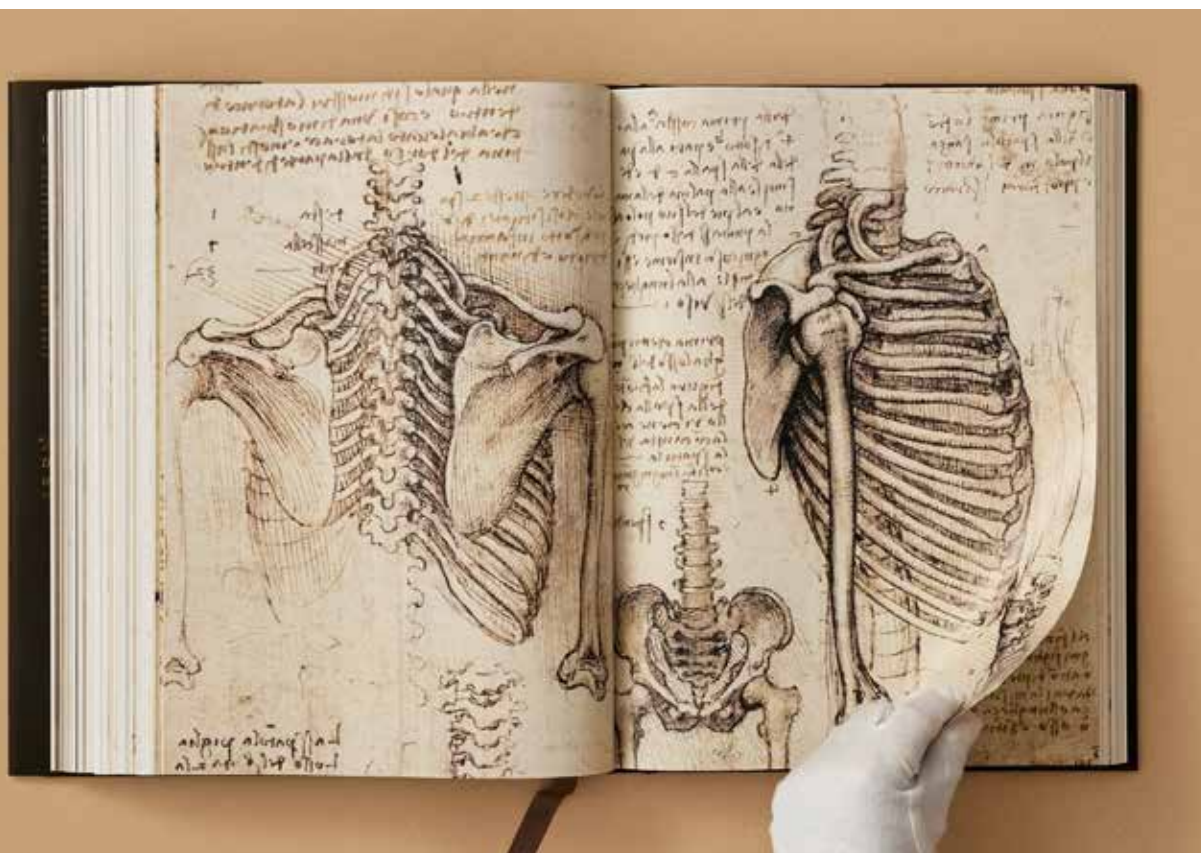
To celebrate Brugmann's seventh anniversary, "We are putting small dishes into big ones," Eenoo says. Giving a nod to this birthday is the publication of a BD (bande dessinée – comic book) dedicated to the tasty areas behind the scenes of a gastronomic restaurant, and which takes place at the Brugmann.

The comic strip humorously sketches amusing situations and misunderstandings experienced by both clients and staff in a place of fine dining and inventive cuisine. [www.brugmann.com](http://www.brugmann.com) ❶



# Renaissance Man

This month, **TASCHEN** focuses on multi-talented artist Leonardo da Vinci: the creator of arguably the world's most famous painting



**E**ven among the geniuses of the Renaissance, Leonardo da Vinci (1452-1519) is a figure of exceptional significance. This updated edition of TASCHEN's XXL monograph, comprising all of his paintings and almost 700 drawings, provides the most comprehensive and scholarly survey to date on the expert painter, sculptor, architect, and inventor.

With a range of full-page close-ups, this

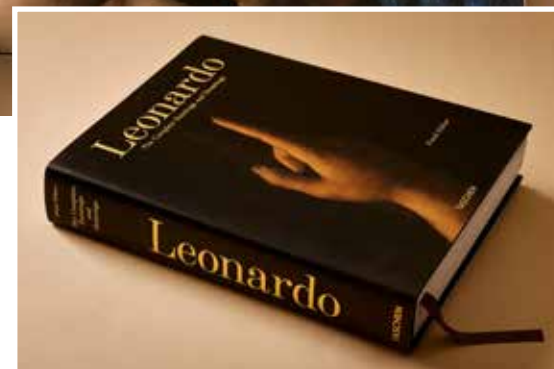
edition reproduces the finest subtleties of the brushstrokes that revolutionised art history in unprecedented detail. For authors Frank Zöllner and Johannes Nathan, da Vinci "epitomises the humanistic ideal of the Renaissance man: a peerless master of painting, sculpture, cartography, anatomy, architecture – and more."

A man who simultaneously captivates art historians, collectors, and the millions who flock yearly to admire his works, Leonardo's



appeal is as varied as were his preoccupations. His images permeate nearly every facet of Western culture. 'The Vitruvian Man' is engraved into millions of Euro coins and 'The Last Supper' is considered the single most reproduced religious painting in history. The 'Mona Lisa' (1503-1506) with her elusive smile has entranced countless artists and observers for centuries and attracted countless copies of all kinds. These include Eugène Bataille's 'Le Rire' (1883) where she smokes a pipe, Duchamp's goatee, moustached Mona: 'L.H.O.O.Q' (1919) and Andy Warhol's multiple Mona Lisa serigraph prints: '30 are better than one'.

The man born out of wedlock to a legal notary and working class woman in Anchiano, with Florence another possibility, was also a technological genius. Da Vinci dreamed up flying machines, a type of armoured fighting vehicle, parachutes, concentrated solar power and an adding machine. Few of his designs were constructed or even feasible during his



lifetime, as the modern scientific approaches to metallurgy and engineering were only in their infancy during the Renaissance. Some of his smaller inventions, however, entered the manufacturing world immediately – such as an automated bobbin winder and a machine to test the tensile strength of wire.

TASCHEN's expansive catalogue of nearly 700 of Leonardo's drawings further illuminates the breadth of his pursuits. From diagrams of his intricately engineered machines to portraits of plump infants, they ooze his boundless and visionary technical imagination.





For the new edition, numerous illustrations have been replaced by new photographs. Zöllner's preface considers the latest scholarly findings on Leonardo's oeuvre and takes a critical look at the much-discussed painting of Christ as 'Salvator Mundi', sold at auction for a record EUR450 million in November 2017 to Prince Badr bin Abdullah.

The beautiful addition to any art lover's bookshelf has already attracted high praise, with The Art Newspaper commenting: "Opening this lavishly illustrated book is a sumptuous celebration of the visual aspects of Leonardo's oeuvre."

#### The authors

Frank Zöllner wrote his doctoral thesis on motifs originating from antiquity in the history of art and architecture of the Medieval and Renaissance periods (1987). He is also the author of a post-doctoral treatise on motion and expression in the art of Leonardo da Vinci (2010). He has published numerous works on Renaissance art and art theory, and on 20th-century art. Since 1996 he has

been Professor of Medieval and Modern Art at the University of Leipzig.

Johannes Nathan studied art history at New York University and London's Courtauld Institute of Art, where in 1995 he earned his Ph.D. with a dissertation on the working methods of Leonardo da Vinci. He is the author of numerous art publications, the director of Nathan Fine Art galleries (Berlin and Zürich) and he teaches art history at the Technische Universität, Berlin.

#### The details

Leonardo. The Complete Paintings and Drawings

Hardcover, 29 x 39.5 cm, 7.63 kg, 712 pages. ISBN 978-3-8365-8597-2. Edition: English (French, German and Spanish editions are also available). Price: €150.

#### Available from:

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

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What's on

# Summer in the city

**Liz Newmark** highlights just a few of the fabulous festivals coming to Brussels and Belgium this summer

Snow Patrol playing at Rock Werchter, July 2018



As the sun shines and Covid restrictions fade, Belgium is gearing up for a festival-full few months. After two years of non-events, mega stalwarts in July like Rock Werchter (already sold out) and les Ardentes in Liege (sold out on Sunday when Stromae is playing) are back with a bang.

Stand out theatre and street art festivals like Chassepierre and Théâtres Nomades also take centre stage. So wherever you live and whatever you like, there is bound to be something for everyone – as this very non-exhaustive list shows. And do not forget to celebrate on Belgium's National Day.

## Brussels: Midi Minimes

Already in its 36th edition, the 2022 festival is

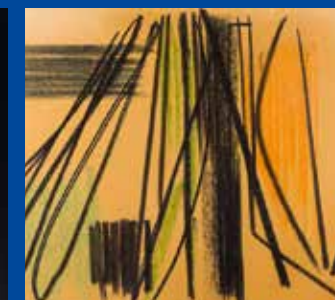
bigger than ever. Big name young musicians are - expected in the classical music world like Maya Levy and Nour Ayadi as well as established artists like Justin Taylor, Romina Lischka and the chamber music choir of Namur. There is a particular emphasis on song this year – notably the 'Lieder' tradition of Schubert or Mozart, as well as Baroque music. There will also be concerts highlighting songs from the middle ages and do not miss the popular piano week. Concerts take place at the magnificent Notre-Dame des Victoires church in July and at the Conservatoire in August. To enjoy a 35-minute, daily concert, starting at 12.15pm, it is €6 for a single ticket, or six for €27.

[www://midis-minimes.be/](http://www://midis-minimes.be/)

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What's on

# Mons: Festival au Carré, 1-10 July

Come to one of Wallonia's most beautiful cities and enjoy an extra special programme of concerts, dance, theatre, circus and musical cinema for the Festival au Carré 2022. This year, the festival is spreading its magic into all corners of the town, including parks, gardens and squares – not only at the Théâtre le Manège, the heart of the action. Shows to look out for include 'Jacques' about 'Jacques Prévert', a Mozart opera 'La Finta Giardiniera' (the Pretend Garden Girl) and the joyous 'La Vie en Fête'. The crowning glory of the event is on 9 July, featuring myriad free shows – even a tightrope walk at the beautiful Cascade de Hyon, 3km from the city centre. [www://surmars.be/evenement/festival-au-carre-2022](http://www.surmars.be/evenement/festival-au-carre-2022)

# Belgium's National Day, 21 July

Boredom is out of the question here. Endless activities for young and old include the Parc de Bruxelles sports festival, concerts and exhibitions. There are stunning military fly-pasts, and for the regally inclined, the royal procession passes by the Palace between 3pm and 4pm – and the whole shebang ends with a fantastic fireworks display at 11pm. You can enjoy alternative national day celebrations – some much quieter with special children's activities – in cities including Namur, Mons (in the park near the belfry) or in different parts of Brussels – just check in your local area. <https://visit.brussels/>

# Brussels: 'Théâtres Nomades', 18-21 August

Théâtres Nomades, a free festival of street arts and theatre, this year returns to the Bois de la Cambre. Organiser "Les Nouveaux Disparus" company says the festival aims to be eclectic and open to the world.

Beautiful Chassepierre village



Every year, it brings together more than 35 companies from various fields: theatre, circus, storytelling, dance and puppets. Belgian and young artists are favoured. Come prepared for more than 30 indoor and outdoor spectacles, complete with Berber tents and mint tea, trapeze artists, hula hoops, circus performances, plays, storytelling, musical entertainment, 'marionettes' (puppets) and even old-style swinging rowing boats. [www.festivaltheatresnomades.be](http://www.festivaltheatresnomades.be)

# Gaume: Chassepierre, 20-21 August

This magical festival is not the easiest to get to – the nearest station is Florenville, changing at Libramont if you're coming from Brussels – but that only adds to its charm. A feast of emotions, humour and fantasy, this street arts celebration welcomes artists from all over the world. For two whole days in the idyllic Gaume village you can enjoy theatre, dance, circus, music, puppet shows, sideshows and visual arts and sculpture (tickets are €20 for adults, €8 for children). Nearly all the shows are suitable for children – so just bring your curiosity.

Local craftsmen and producers also abound in Gaume's charming streets. Flavours and artisanal creativity mix perfectly with the artists in the special craft and agri-food market in the heart of the village. [www.chassepierre.be](http://www.chassepierre.be)

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LIFE OF  
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What's on

## When walls talk

**Liz Newmark** explores the European House of History's fascinating look at life through posters

**A**re posters – the world's first mass medium – still relevant in today's internet/social-media obsessed age? What will happen to the poster in a world where most information is looked at on screen? Will these amazing influencers of yesteryear still be relevant in ten years' time?

These are all questions addressed in the European House of History's new free exhibition 'When walls talk', showing until 13 November 2022. In this whistlestop tour of history through this special art form, visitors are treated to some 150 posters from across Europe over the last 100 years. The posters are grouped into special sections. All titles and extra information – as befits such a European institution – are available in French, Dutch, English and German.

Visitors can explore how posters have influenced our ideas, views and perceptions of Europe. From the propaganda of the World Wars and the Cold War to the rise of cultural exchange, tourism and social justice movements after World War II, the exhibition reveals "complex layers of European division and unity," lead curator Perikles Christodoulou told the 28 April press launch.

"Posters function as vehicles to inform, but also educate and even manipulate. They have dominated the public space, jostling for our attention and confronting us with the ideas of our time," Christodoulou explains. "Whilst posters offer invaluable insights into European life and what it is to be European, they can also reveal darker stories of how society has been moulded by economic and political forces."

For Christodoulou, posters are essential. Just like history, they illustrate the economic and social developments in education, travel and sport, political movements including Solidarność and Communism and major events like wars and terrorist tragedies that shape our world, making them the "chroniclers of their time par excellence". They also – via commands, repetition and particularly humour – exploit the power of words and images to inform, influence and even manipulate their audiences.

The expertly-picked selection of posters from some 5,200 in the museum's archives, look at 'turmoil and unity', 'barriers and connections', 'activism and protest'; and then imagine if there is life, 'after the poster'.

There is also a special sit-down section where you can watch films about Europe inspiring iconic posters such as *Europa* by Lars Von Trier or *Europe 51* by Roberto Rossellini.

You will see well-known classics like the propaganda posters of the First and Second World War such as 'Britons [Lord Kitchener] wants you' or the American version 'I want YOU for US Army'. Both posters literally stare the viewer in the face. 'Si' showing Mussolini is also a stunning piece. His black shirt reveals thousands of photos of tiny black-and-white heads clearly at a rally. The Nazi period piece: 'Auch du sollst beitreten zur Reichswehr [You must also enlist to the Reich's Army]' is chilling in its darkness.

There are fascinating comparisons to be made for example between the posters advertising the Olympic Games pre- and post-Second World War. The latter, with

### “THE WORLD'S FIRST MASS MEDIUM”



What's on



Franz Theodor Würbel (1858-1943). Germany, 1936



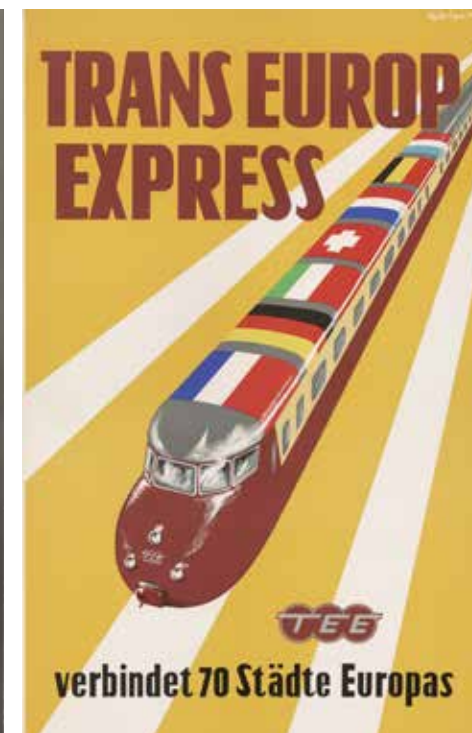
Walter Herz (1909-1965). UK, 1948



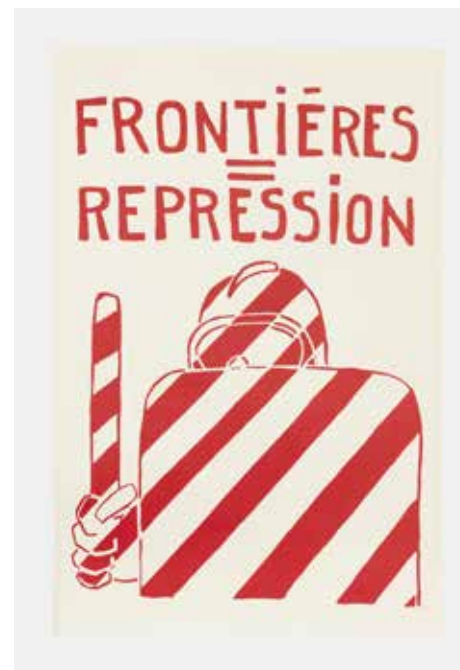
'You must also enlist to the Reich's Army'. Julius Ussy Engelhard (1883-1964). Munich, Germany, 1919.



Reyn Dirksen (1924-1999). First prize, Netherlands, 1950



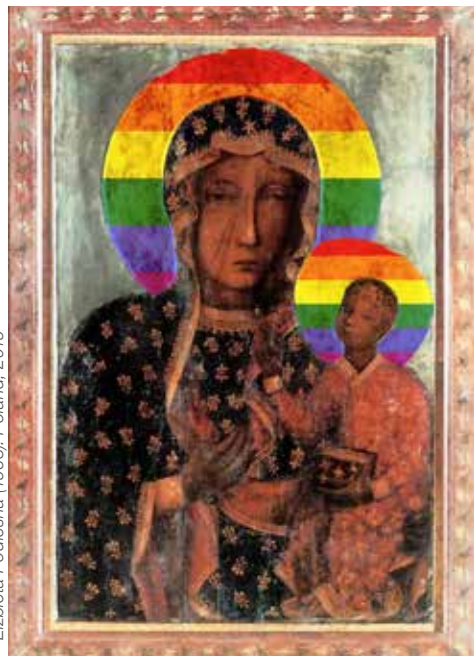
Jan Rodrigo (1921-2013), Netherlands, 1957



“ RECORDS OF  
RACISM ”

Atelier populaire, Paris, France, May 1968.





*Madonna and Christ with rainbow halos.*  
*Elżbieta Podleśna (1968). Poland, 2019*

The exhibition also highlights beautiful travel posters of the 1950s when there was hope perhaps that an East-West divide would be healed by a very efficient train service. Notably highlights are: 'Trans Europ Express connects 70 European cities' or even, 20 years later, the more muted 'Nous construisons l'avenir'.

Immigration is another theme tackled excellently in the museum. Posters include the iconic 1992 Oliviero Toscani Benetton poster of migrants hanging from a ship. This provoked mass criticism that you should not use human tragedy to sell products; although another view is that people may be encouraged to act without relying on immigration policy. Myriad others including the stark and impressive May 1968 riot-inspired 'Frontières = Repression' (Atelier populaire Paris, 1968).

There are further chilling records of racism and homophobia. For Guido Gerrichhauzen,

head of the museum's learning and outreach department, who treated me to a fascinating guided tour, 'Rainbow Madonna' is a notable museum must-see. When it came out in 2019, the poster became a cause célèbre. Its author Elżbieta Podleśna (1968) was even taken to court for daring to put pictures of black Madonnas in rainbow colours in her protest against the anti-gay Polish government.

The more modern posters give a stark reminder of the terrorist attacks and dictators ever present today. “I am Charlie” is almost poignant now, in the wake of the January 2016 killing; and Doğan Arslan warns ‘Voice of democracy in danger!’ in his blood-spattered depiction of Turkey/Slovakia tensions in 2018.

Last but not least, there is a show-stopping poster highlighting the war in Ukraine: “There is nothing scarier than unlimited power in the hands of a limited man,” we read, as a tiny Vladimir Putin peers out at us from a blue and yellow affiche.

Even with the digital advances of the 21st century, posters are still used to influence our behaviour and allegiances. Using every possible strategy to sell a message, including seduction, shock and statistics, the poster is definitely not dead.

The exhibition comes complete with a full learning programme of talks, guided tours and workshops for schools. There are special activities for the 19 May Nocturne evening opening and 10 September Park Leopold Day.

Ideally you will also have time to visit the permanent exhibition taking a transnational approach to the origins and evolutions of European history. Over five floors, and with so much to take in, why not take it slow? Gerrichauzen asks, telling *Together* enthusiastically: “One visitor spent three days here, taking one day to do each floor.” [www.historia-europa.ep.eu/en/when-walls-talk](http://www.historia-europa.ep.eu/en/when-walls-talk)

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What's on

## What's on International: The beautiful south

We showcase the 26-28 August Victorious Festival, the star of Southsea's summer season

**S**et on the stunning Southsea seafront in Portsmouth, Hampshire, Victorious Festival is one of the most beautifully located festivals in the UK, in a town bursting with independent pubs, cafes, restaurants, shops and more.

Southsea emerged as a popular tourist destination during the Victorian era. Since then, it has grown into a destination like no other. Southsea's main benefit is that being less than 5km wide and 3.5km long, the entire area is walkable for most people. There will be plenty of attractions along the way to pique your interest. The aforementioned Southsea Castle stands strong at Portsmouth's most southerly point, overlooking the Solent seafront panorama, as well as much of the city. Also visit the D-Day Museum, the only one of its kind in Britain. And take a ride on the classic Hovercraft.

Well-known former residents include the creator of Sherlock Holmes, Sir Arthur Conan Doyle, writer and poet Rudyard Kipling and comedian Peter Sellers.

### Victorious Festival

Without doubt the highlight of the summer festival season is Victorious, a three-day music festival 26-28 August, founded in 2011. The best way to promote it is to list some of this year's stars: acclaimed Scottish singer-songwriter Paolo Nutini, Critics Choice Brit award winner Sam Fender, Friday headliners Stereophonics, psych-rock veterans Primal Scream, indie rock legends The Libertines, platinum-selling singer Anne-Marie, English pop-rock band Bastille with vocalist Dan Smith, party bangers Example, Irish rock band Inhaler, post punk band White Lies, English rock band Suede, Ocean

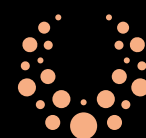


Colour Scene, indie rock revellers Editors, singer songwriter Amy McDonald, rock band The Subways, British DJ Andy C plus a Hot Chip Mega Mix.

Other acts will join the line-up which includes indie legends James, Liverpoolian three-piece The Wombats, talented singer-songwriter Declan McKenna, Pop royalty Sugababes, alt-rockers Nothing But Thieves, disco diva Sophie Ellis-Bextor, experimental pop project Self Esteem, New York indie trio We Are Scientists, singer-songwriter Becky Hill, Sheffield rockers Little Man Tate, Baby Queen, Coach Party, WORRYWORRY and Sam Ryder.

Victorious Festival is also expanding its comedy offering for 2022, hosted by two huge stars Rosie Jones and Suzi Ruffell, adding even more value to an already packed weekend.

"We can't wait for this year's festival," says Andy Marsh, festival director: "Stay tuned as we've got even more acts to announce between now and the festival!"  
[www.visit-southsea.co.uk](http://www.visit-southsea.co.uk),  
[www.victoriousfestival.co.uk](http://www.victoriousfestival.co.uk) 



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## Cinema: The best of the big screen

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



Charlotte Gainsbourg

## Les Passagers de la Nuit

Charlotte Gainsbourg (as Elisabeth) gives a stunning performance in this beautiful film set in 1980s Paris. She has just been left by her husband and needs to get a job to support her teenagers Matthias and Judith. She finally finds a job in a night radio station where she meets Talulah (touchingly played by No  e Abita), a troubled young girl with nowhere to stay. Elisabeth decides to take her under her wing and into her home (a stunning upper floor apartment with amazing views of the city). We see a first love develop between dreamy, poetry-loving Matthias and

dark secret-holding Talulah. There is a charming scene where an emotional Elisabeth goes to dinner at Judith's first flat away from home. Elisabeth herself finds new love with an ardent library goer who comes to see her at another job she is obliged to take in the day. It is everyday life without high drama. All performances in this excellent, uplifting film directed by Michaël Hers

are convincing. An especially spirited Emmanuelle Béart heads up the radio service and Abita is charming and desperate at the same time. The wonderful backdrop of Paris streets, the Seine, parks and cafes is enhanced by a true 1980s soundtrack.

*French with Dutch subtitles. Reviews: IMDb 6.9/10, AlloCiné 3.8/5, Rotten Tomatoes 83%*

*Running time: 111 minutes*







### Dr Strange in the Multiverse of Madness

If you like action and adventure, *Dr Strange* – Marvel Studios' latest blockbuster distributed by Disney – is for you. For an extra-sensory experience, try the 3D version. This 2022 American superhero film features the character Doctor Strange – neurosurgeon cum Master of the Mystic Arts, excellently portrayed by Benedict Cumberbatch. He is on a mission to protect teenager America Chavez (Xochitl Gomez) who can visit parallel universes. She is being attacked by a giant single-eyed octopus in New York-esque city streets. Co-stars are Wanda Maximoff (an engaging Elizabeth Olsen) as a former Avenger indulging in telepathy, telekinesis and chaos magic (as Scarlet Witch), baddie/villain Chiwetel Ejiofor – excellent as Karl Mordo/the Sonic Supremo of Earth-838 and Benedict Wong, returning to entertainingly play the Sorcerer Supreme. Director Sam Raimi's film features stunning cinematography, amazing special effects and an arresting soundtrack as Strange "does what he has to do to protect our world" even when "things just get out of hand". Empire describes this highest grossing film of 2022 as "Marvel's most deranged and energetic movie yet," while the Guardian said it was "handled with lightness and fun". See this film and escape into a new dimension. Reviews: IMDb 7.3/10, Allo Cine 3.8/5, Rotten Tomatoes 74% Running time: 126 minutes

### Miss Marx

Bright, passionate and free, Eleanor (impressively incarnated by Romola Garai) is Karl Marx's youngest daughter. Among the first women to link the goals of feminism and socialism, she takes part in the workers' battles and fights for women's rights. However her dynamism hides a tragic love affair with cruel, cold, wasteful playwright Edward Aveling (compellingly played by Patrick Kennedy). One interesting theme of this Susanna Nicchiarelli biopic is how such a free-thinking feisty woman could stick with such a selfish, controlling, faithless man who is not even her husband – he is secretly married to a much younger woman. If that was not bad enough, he is also intent on spending her legacy given by Friedrich Engels. It is a fascinating insight into early 20th century academic bohemian life. We see claustrophobic interiors and hear play reading (Ibsen in particular) and endless discussions on socialism and capitalism with a crowd including Engels, Havelock Ellis and Eleanor's two sisters. Not to mention the drugs, as Eleanor, first shunning temptation, becomes hooked. Her opium-induced wild dance to US neopunk band The Downtown Boys' 'Riding on a wave of history' is not to be missed. Other memorable scenes in this drawing room drama include those with the eerie-looking maid Gertie, who even claims to a desperate Eleanor that she is Aveling's one-time husband. Reviews: IMDb 5.9/10, AlloCiné 2.4/5, Rotten Tomatoes 46% Running time: 107 minutes

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