

Together

MARCH 2023 #125

magazine

TRAVEL

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Melchsee-Frutt
Ten 'must-see'
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Ashford Castle

Irish designers

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THE LANDSKEIN

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Reconfigure for a better figure
Overcome indecision

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Klarafestival

Dining

BARBIZON
THE WILD GEESE
KITTY O'SHEA'S
WHISKEY
IRELAND'S FINE WINE

INTERVIEW

Colin
Farrell



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Editor's LETTER

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

MD

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Céad míle fáilte

Irish became a full working language of the EU in 2022, so you will no doubt know that 'céad míle fáilte' is an Irish greeting, meaning 'one hundred thousand welcomes!'

This edition has a bit of an Irish feel to it. We have an interview with Ireland's top EU diplomat, Ambassador Tom Hanney, on what 50 years of EU membership has meant for Ireland. We have a celebrity interview with Colin Farrell - one of 14 Irish nominees for this year's Oscars, we'll be tempting you to discover Gaelic athletic sports and suggesting some Irish whiskeys you might want to try. There are Irish designers, Irish travel suggestions and we feature a Belgium-based Irish artist. We also feature two of Brussels' most longstanding Irish pubs: Kitty O'Shea's and The Wild Geese.

A year after Russia invaded Ukraine, we invite our readers to find out more about locally based charity, Promoto Ukraine, which is offering humanitarian support for those in Ukraine and helping refugees who have been forced to leave their homes. Ukrainians are fighting our fight, the least we can do is offer our fullest support.

We also feature an interview with Brian Morris, the CEO of Aspria, where you can learn more about how the club has developed and is set to thrive in the years to come.

Slán go fóill! Goodbye for now,

Catherine Feore
Editor



Colin Farrell: An actor who continues to push himself to the limit



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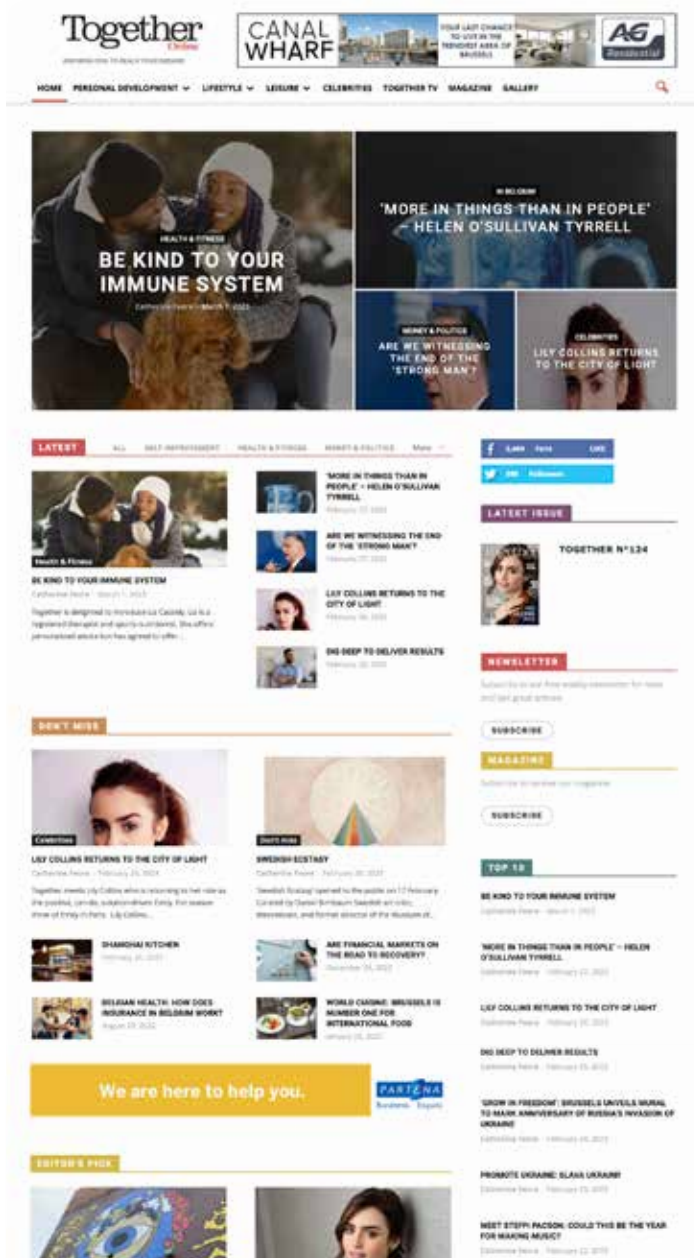
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Cokoon: We look at a new way of living together.

Anne Lange and Christophe Parot are re-inventing the art of living. Following two years marked by confinement and the experience of isolation, Maison Cokoon announces the opening of two clubhouses, with shared living spaces. Could this be the future?

Meet Irish designers Anna Guerin of The Landskein and haute joaillerie designer Nigel O'Reilly.

Both are inspired by their surroundings and developing local craftsmanship to the highest level. Learn about the uniqueness of Donegal Tweed and a modern take on traditional Irish knitwear from 'Fisher-man Out of Ireland'.

Travel: Ten places to visit in Ireland

Overflowing with history, abounding in natural beauty and with one of the most welcoming people you're ever likely to meet. Why wouldn't you visit Ireland? Together takes you on a trip around Ireland to inspire your next adventure. From 'The Wild Atlantic Way' to the 'Causeway Coastal Route'.

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Starring in Belgium

We look at three hot tickets for March



Riverdance - 25th Anniversary Show

There was nothing glamorous about Irish dancing, practiced in church halls up and down Ireland, before Riverdance. It started as an interval act to entertain the audience attending the Eurovision Song Contest in Dublin's Point Theatre in 1994. Since then it has taken the world by storm. The show was completely revamped to mark its 25th year, but like so many events, it had to be put on ice during the worst stage of the pandemic. There is new award winning music and over two acts you're taken from the mists of time in Ireland to the sidewalks of Brooklyn. It's bursting with energy and brimming with joy.

28 March Trixxo Theater Hasselt

www.teleticketsservice.com



Pixies

The Boston quartet are back, with a new album *Doggerel* and a new tour. The Pixies first came to prominence in Europe with the *Doolittle* album in 1989. Relatively few artists from the grunge period have had such longevity, with Dave Grohl and Foo Fighters being the other main survivors. The new album is described as "a mature and visceral record, between macabre folk, ballroom pop and brutal rock," make of that what you will. Of course, it's the Pixies, so there's no guarantee that they'll play anything from this latest opus, they might just not feel like it - and that's ok - because that is just the way these lads roll.

7 March

www.forest-national.be



Dermot Kennedy

If you feel more like mellow ballads, Irish singer/songwriter Dermot Kennedy will be in Brussels on his European tour for his *Sonder* album. *Sonder* is the word that captures the feeling of realizing that everyone, including strangers passing in the street, has a life as complex as one's own, which you may be unaware of, or, as the saying goes: don't judge someone until you've walked a mile in their shoes. It's a good outlook to have in these polarized times, so this concert might even make us better people. Who knows?

26 March

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CHARITY

Promote Ukraine

A year after Russia launched its assault on Ukraine, *Together* met with Marta Barandiy to find out more about the work of Promote Ukraine.



Ukrainian President Volodymyr Zelenskyy and European Parliament President Roberta Metsola

In November, Promote Ukraine's work was recognized through the European Parliament's 'European Citizen's Prize', which rewards civil society organizations that build a stronger European spirit and support EU values and fundamental rights. When accepting the award, Barandiy said: «Just imagine how much all of us in this Parliament, in this city and beyond, can do when we unite our forces to defend peace and democracy.»

Marta Barandiy started the NGO Promote Ukraine in 2014, when Russia occupied

Crimea. In response to Russia's all-out invasion of Ukraine on 24 February 2022, the NGO set up a co-ordination centre in Brussels with a core team of 15 volunteers. At the heart of its work is support for humanitarian aid to Ukraine, as well as non-lethal military assistance, for example, by purchasing bullet-proof jackets. There are also a range of refugee support measures.

"The needs are enormous, you can see on your television how the Russians have committed war crimes, bombing civilian infrastructure and residential buildings,"



Marta Barandiy receive European citizen's prize on behalf of Promote Ukraine

Barandiy tells Together. "It is difficult for us to imagine what that's like for the people who are living there and what their needs are like. Things that we take for granted like electricity, clean water and shelter. It can be almost impossible to prepare hot food, and you may not be able to wash in warm water, or at all."

Despite the fact that we have seen this destruction on our TVs, Barandiy says that since August there has been a large drop in support and a feeling of burnout among some of the volunteers who are giving so much. Promote Ukraine's 100 volunteers have given support to more than 5,000 refugees. She stresses how difficult it has been for those who had jobs and homes to leave Ukraine and that for many

"IT IS DIFFICULT FOR US TO IMAGINE WHAT THAT'S LIKE FOR THE PEOPLE WHO ARE LIVING THERE AND WHAT THEIR NEEDS ARE LIKE"

it has been a hit to their dignity, "Living in Brussels is not like a dream life, they have had to give up their livelihoods, disrupt their children's education and they are far from family and homes." It was originally anticipated that 300,000 refugees would come to Belgium, but so far it has only been 60,000, this is because many prefer to stay in countries that are closer to Ukraine, such as Romania and Poland, while their children and husbands are fighting.

For humanitarian aid, Promote Ukraine receives requests from hospitals and military units, among others:

"We recently bought an industrial generator for a sports complex in Kharkiv, this will be particularly welcomed by children who cannot live a normal life under daily missile at-

"SLAVA UKRAINI!"

tacks. The complex gives them some sort of normality." Barandiy stresses that the NGO only provides non-lethal support.

The organization receives letters of appeal for everything from medicines to protective gear. "We accept applications. We process them, sort them by priority, then find suppliers who are ready to either sell or provide goods for free, provide logistics, collect goods in a warehouse, sort and deliver them to Ukraine to a specific place to a specific person who made an application, we receive confirmation of receipt from them in the form of a video or photo report. We are doing everything possible in our power to help people in need and to save someone's life."

During his recent visit to the European Parliament and European Council, Ukrainian President Zelenskyy pressed on legislators and EU leaders that Ukraine's fight was not just a matter of its security, but the wider security of the EU.

Promote Ukraine is involved in projects and initiatives that aim to keep attention on the war and to demonstrate support for the victims of the war. One such project, also supported by the Ukrainian Institute in Kyiv, is the giant image of the destroyed theatre of Mariupol on the facade of the Royal Theatre of La Monnaie in Brussels. There are also posters on the walls of La Monnaie showing the destruction to Ukrainian civilian, religious, and cultural buildings.



Banners on the facade of the Royal Theatre of La Monnaie showing the destruction of Mariupol's main theatre

The Mariupol theatre had offered protection to civilians sheltering from the aerial assault on the city. It was estimated that more than 300 people were killed when it was targeted by Russian bombs. At the time of the strike, the word «CHILDREN» had been written in giant letters on the ground outside the theatre. It had been clearly marked as a civilian shelter. The pictures are a vivid reminder of why Europe must give Ukraine its full support.

Slava Ukraini!

To find out more about the work of Promote Ukraine and donate much needed funds, please go to their website: www.promoteukraine.org ①



PERSONAL DEVELOPMENT

Cultivate a positive mindset

Aspria: Still setting the pace and raising the bar

Aspria CEO **Brian Morris** has steered the Aspria ship through some pretty choppy waters over the last few years, but like all good ship's captains he's constantly got his eye on the horizon and how to finesse and develop the Aspria brand, focusing on making it bigger and better than ever, *Together* met with him to find out more.



In March 2000 a small revolution took place in Belgium's world of health and fitness. I remember it well, I was a member of a gym that claimed "world-class" leadership at the time, but word got out that there was a newcomer in town and that it was going to be a game changer. Over twenty years and one pandemic later Aspria is still setting the pace and raising the bar. Catherine Feore met with Aspria CEO Brian Morris to find out about what makes Aspria unique, how it survived the pandemic and what's next.

We've reached the other side of the pandemic, many businesses, especially fitness and leisure ones struggled to survive. How has Aspria come back and have you been changed by the experience?

Yes, it was a very dramatic time and led to the closure of all the clubs across Europe. We restructured the business and the team to reflect what was going on. I told my team on Friday night, we have come through a major event, a force majeure and then when we came out of it there was a war. I think the last global event of this scale was the Second World War.

It's been the most extraordinary period of my life and I'm sure many people's lives, but I think it's certainly taught us some lessons; we know that we shouldn't take our health for granted. We've been very happy with the way the business has bounced back and the level of interest from members has been strong, especially across Brussels.

With the conflict in Ukraine we've seen a massive increase in the cost of living, utility costs went through the roof and are roughly 300% what they were in 2019. I think that's teaching us to be careful with energy consumption.

So we've taken two big lessons: We have an increased awareness of our health and also what we consume, by way of energy and almost anything else. It's made us think, but I think we're very well placed for the kind of seismic shift we're seeing in the way that people live their lives.

How do you deal with the growing energy costs?

Even before current events we have been working towards net zero. We have many junior members and we have to think about future generations, not just our own. We've had combined heat and power for many years, and at the Royal la Rasante club we added solar panels years ago, but we're trying to become greener and greener. We want to do a lot more responsible investment. That also helps with the rise of utility prices.

Aspria refers a lot less to straightforward fitness these days and talks more about a holistic approach to wellbeing. Is this a sea change?



Completely, I think the idea of fitness for fitness sake is outdated. Today, we think as much about mental health as about physical health, how we feel about ourselves. Being fit is such a narrow definition of health. For me it's always been a bigger picture and I think that is ever more evident now. It's been reinforced by what we've been going through over the last three years.

Does that differentiate you from other clubs? There has been a proliferation of gyms, do you consider them to be competitors?

I don't think they're a bad business. I think some of the fitness providers are great. I like what they do. I'm very respectful of what they do. They have a product, which is more focused on physical fitness.

We offer an unparalleled programme for group exercise, with an enormous diversity of classes. Apart from fitness-related classes there is meditation, different schools of yoga and even some very fun dance classes. We enjoy sharing our expertise and we enjoy doing it in the clubs with the enough room, we have the most spacious clubs in Europe. This is

really important for me, people shouldn't feel that they are cramped in - especially when it comes to the locker room.

I think we've got the best team in Europe. In Brussels, we've got the unique position of having three and potentially a fourth club. We have continued our investment in Brussels and Belgium generally. And we are in an expansive mode right now. I've got a fantastic team of nearly 500 people across Europe, who I'm very, very proud of.

We are a bit more expensive than other clubs, but I would argue that we present a great price value proposition. We aren't aiming at the lowest price, we're aiming for the greatest value. We want our members to have a relaxing and enjoyable experience.

You've referred to other clubs, where else has Aspria taken root?

We are in Germany in four locations, and we are in Italy in two locations with a third one in development. We also have eleven partner clubs around the world that partner with us, so our members can use these clubs; they can be found in Washington and New York in the US, throughout India, as well as in the Far East in Thailand, Singapore and Hong Kong.

So you can use your Belgian membership

in any of these places?

Yes, it's one of the ways we deliver great value for our members. Likewise the three clubs in Brussels all have something different to offer. The original Arts-Loi club on rue de l'Industrie, is easily accessible for

“ I THINK THE IDEA OF FITNESS FOR FITNESS SAKE IS OUTDATED [...] BEING FIT IS SUCH A NARROW DEFINITION OF HEALTH ”

“ I THINK WE'RE VERY WELL PLACED FOR THE KIND OF SEISMIC SHIFT WE'RE SEEING IN THE WAY THAT PEOPLE LIVE THEIR LIVES ”





those working in and around the European quarter, the Louise club - which is adult only - is situated in the Steigenberger Wiltcher hotel and the Royal la Rasante club is situated in the Woluwe area and is more family oriented with 40,000 square metres of land. Because of their location, they are easily accessible to all Brussels residents and perfect for those members who take up the 'Multi-club' membership that gives them the best of all worlds, unlimited access to all three clubs.

“ WE HAVE CONTINUED OUR INVESTMENT IN BRUSSELS AND BELGIUM GENERALLY - WE ARE IN AN EXPANSIVE MODE RIGHT NOW ”

We also have co-working spaces. The Louise club even offers members access to a board room. We've been developing co-working spaces for years, it wasn't a new innovation for us. We just enhanced these in the last year. We love that members can work from our clubs

and five minutes later they can be enjoying the swimming pool.

Finally, what is your exercise routine like?

My personal exercise routine is a reasonable work-out or swim around 4 or 5 days per week mostly in the mornings. It wakes me up and prepares me for the day ahead. I feel more alive after my sessions and better able to deal with the excitements and challenges of the day ahead. I always try to use one of our clubs each time I visit a city where we are represented, it allows me

to see how our members use their club and see if there are improvements we can make that I can feed back to our teams. Work is my passion after all! ❶



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Reconfigure for a better figure?

Liz Cassidy offers advice on how to embrace weight loss while maintaining a positive mindset.



In the first months of the year, it's common to tighten the belt, financially but physically too, as we strive to burn off the Christmas pud and booze. Still struggling after weeks of trying? Are these your permanent refrains? "I lost weight many times, then piled it on afterwards!" Or, "I've been overweight forever – it's genetic!" Here are some back-to-basics to reframe your weight optimisation efforts.

Self-sabotage?

What's sabotaging your efforts? It might not be just you. Let's start with some key principles for weight optimization. Calories in, calories out. Simple right? In principle yes, but the body is a highly complex organism, adapting to shifts in the environment. That

“WEIGHT MANAGEMENT SUCCESS DEPENDS ON THINGS LIKE YOUR GENETICS, BUT ALSO HORMONES, AND YOUR BRAIN ”

includes food intake. Weight management success depends on things like your genetics, but also hormones, and your brain. This is not just about willpower but also unconscious, central control mechanisms, maintaining the safe and comfortable balance of the body's systems. A dieting

habit often reduces our basal metabolic rate. Yes, that relates to physiological house-keeping and the energy it takes. Calorie conservation kicks in, not good news either for our immune system, balanced digestion or hormones.

Soothe the subconscious

The "I'm on a diet" mindset is often a red rag to our subconscious – it means restraint, which we resist. Instead, the notion of change, adding to rather than subtracting from your life, motivates us more. On your weight optimization journey, even if dishes are leaner in energy density, you might add new, interesting flavours, or combine herbs or spices differently and expand the colours of fruit and veg. Enhance veg portions too - 5-7 plus a day. Your sense of challenge and achievement should support you to gradually displace healthier options.

Positive baby-steps

Cumulative small changes, underpinning habit formation, can create sustainable weight control. Sugar in your tea? Large Chardonnay with dinner? Cake mid-morning? Fried breakfast? How can you substitute more healthily to satisfy thirst or peckishness? Tomato juice, fruit, crudités, nuts, poached egg with spinach – go wild with your imagination.

Of course, depriving yourself of past habits can be challenging. So it's key to ditch the negative, open-ended goals, like "I want to lose lots of weight." Set a positive objective with an achievable endpoint or first stage. "I want to be three kilos lighter so it's easier to finish my marathon in spring." "I want to fit into that great outfit by my 40th." Ask yourself, what will motivate me? Be clear about the gains and obstacles, and realistic about the timeline and weight target. For your body to adjust, a standard recommendation tends to be around a half to one kilo per week. Disappointing? But when you've aimed higher, has it been sustainable or

“ THE ‘I’M ON A DIET’ MINDSET IS OFTEN A RED RAG TO OUR SUBCONSCIOUS – IT MEANS RESTRAINT, WHICH WE RESIST ”

were those kilos fast regained? Don't panic, weight regain appears in step with dieting research. It does seem though to depend partly on the degree to which a person is overweight.

Hungry hormones

Creating a calorie deficit is a challenge if hunger has you reaching for a cream cake. Hormones tell you that you're hungry (ghrelin), or else full (leptin). Hunger doesn't boost that crucial neurotransmitter serotonin, underpinning a sense of well-being. Poor mood can't support stress resilience, dependent on cortisol and adrenaline balance. And that may put your blood glucose out of kilter. Don't be surprised then if you notice a vicious circle of sugar cravings. So have small healthy options on hand, like combinations of fruits, seeds, wholegrain crackers or other high fibre options, for fullness and satiety, a reason too to skip the ultra-pro-





“ SET A POSITIVE OBJECTIVE WITH AN ACHIEVABLE ENDPOINT ”

cessed choices. Maintaining consistent hydration and a 3-moderate-meals-a-day pattern will provide metered, predictable nutrition, supportive to metabolism, hunger and that primordial hormonal balance.

All in the genes?

And fad diets? Rarely optimally balanced, evidence for the promised quick-fix is poor. Your genetics may impede it in any case. Weight-targeted genetic tests aim to flag how your genes potentially interact with what you expose them to. This includes how your metabolism or satiety may adjust to saturated or unsaturated fats. Or you might get an insight into your possible weight loss response to exercise, or your predisposition to a sweet tooth, or your obesity risk. Yes, it's fascinating, though to fully implement this information, you'll likely need the careful interpretation of a nutritionist to effectively balance your food choices and exercise efforts.

Move your muscles

Here's a motivating fact if you're a reluctant exerciser. Maintaining muscle mass uses more calories than maintaining fat mass. That's why it's weight supportive to keep your muscles in trim. Find a sustainable (enjoyable), activity level. Work out or just become more house- or garden-proud. The benefit of regular walks cannot be under-

timated. Boosting mood and focus, moving increases your chances of meeting your target.

Keep it off

Finally, at the end of your journey, be aware of weight maintenance issues, tricky for many people. Studies tend to show successfully losing weight and keeping it off require positive and motivating change for the long-run, adapting your diet, lifestyle and activity to your individuality. So delve deep and ask yourself? Am I committed to maintaining new, healthy habits?

You have the power

To move forward with your weight optimization aspirations, it's key to feel empowered. Pack in the positive goals, variety, colour and flavour to your diet, keep the meals regular, home-made and moderate, pump up the veg, and make movement your mantra. It's not just your waistband that will benefit!

Do you need support to help you on your weight-loss journey? Would you like a plan that reflects your needs? If you would like further personalized advice contact Liz Cassidy (MSc, PGDip, DipCNELM). Liz is offering a free «Tune-Up Your Weight» session to two readers of Together. For more info contact Liz: emeraldaspire@outlook.com. 📧

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PERSONAL DEVELOPMENT

Self help

A path to self discipline and meaningful living

Sarbani Sen makes a compelling case for the restorative and regenerative powers of Kundalini Yoga. Never heard of it? Read on.

My journey of discovery into self discipline and meaningful living started with Kundalini Yoga. I joined a practice group (a Sangha, a spiritual community) in Morocco back in 2019. Growing up with an Indian father, I had been very disciplined during childhood, but had left my Hindu rituals along the way in a process of questioning their legitimacy. One week of movement, breath work and chanting brought me back home. When I found out this was part of a school of consciousness called Kundalini Yoga, I decided to dive into a 40 day practice online and eventually even went to study what had made me feel so good. This aquarian method helped me in so many ways that I designed a self-transformation programme based on my coaching skills and Kundalini Yoga. With this programme, I walk people towards self reliance, the place within where they can fully feel secure.

Kundalini Yoga as a tool of transpersonal psychology

Kundalini fosters the study of mind-body



relations, spirituality, consciousness and human transformation, Kundalini Yoga can be considered as a branch or a tool of transpersonal psychology. It encourages people to see their inner capabilities, their inter-connection to the community and to the wider world. The goal is to reach a state of alignment with your personal truth.

Self help

Hence “Sat Nam” the fundamental mantra : I am my truth, that encourages us to long for simplicity, humility, peace and compassion; rather than success, wealth or power - as glorified in our modern society.

The practice addresses several issues at once:

1) Personal issues, such as: co-dependency, anger management, sex and any other addictions, toxic tendencies towards one's self and others. Bubbles from the unconscious world rise to the conscious. This is how I started to work on all these topics and issues that had been jammed in my vortex for so many years. I could virtually see who I had been for the last ten years and not only my good sides!

2) Specific health issues: In Kundalini you find Kryas, a set of specific exercises, for the most common physical issues. The Kryas cover a wide range of physical and even psychological issues: Digestive, coronary, musculoskeletal, depression, sexual, circulatory and respiratory problems.

3) Spiritual healing: Our longing to reconnect to the divine, to the soul, the spirit world, the more subtle, delicate realms of life, that we may experience in childhood sometimes. As a child, I always had an altar in my room and always chanted mantras.

4) Our need to use our full potential: I knew we were using only 2% of our brains, but I did not know we were also using only 2% of our bodies. This method actually showed me how to unlock all the doors. I had found a bundle of keys! Today at age 50, I feel more fit than in my 30's, I have more stamina, more control over my energy, more

toned muscles and greater core strength.

5) Being the super human we always felt we could be: Being a hyper mind, a pitta-vata mix, I constantly multi-task and my mind drifts away very easily. With Kundalini, I started to develop the ability to meditate every day, enjoying

more poise and centredness than ever. At 50 I feel on top of my game.

How to build healthy routines?

We know that in order to expect a change, we need to change something in our day to day. You have to design a routine to create the new you and then stick to it, because change doesn't just happen overnight. It takes time, consistency, dedication, faith and a passion for yourself and your personal growth. The most difficult part is discipline, sticking to your routine every day.

On my website, you'll see that I offer programmes where we dive into 21 days or 40 days of a daily routine made of a Krya, with specific breath work, usually a short relaxation, that is really a moment of integration and a mantra - a spiritually directed energy beamer with a goal. These online groups helped many people to step away from addictions and get hooked to a new healthy routine. I also offer spiritual mentorship programmes that are six-week and twelve-week coaching programs with tailored practices and homework. In these programmes we redefine your goals in line with who you are today and where you want to be. The routine is designed around this purpose and can be done online.

“ I WALK PEOPLE TOWARDS SELF RELIANCE, THE PLACE WITHIN WHERE THEY CAN FULLY FEEL SECURE ”

“ THE GOAL IS TO REACH A STATE OF ALIGNMENT WITH YOUR PERSONAL TRUTH ”

“ I KNEW WE WERE USING ONLY 2% OF OUR BRAINS, BUT I DID NOT KNOW WE WERE ALSO USING ONLY 2% OF OUR BODIES ”

5 steps to design your own routine

1) Choose a SMART goal - specific, measurable, achievable, relevant, timebound - regarding body, mind and soul. Make sure to identify a WHY. Write it down in a journal. Sometimes I mindmap or do a vision board about it - see my articles on how to do a vision board or a mindmap on savitri-yoga.com blog.

2) Start with a 21-31 min routine. Choose whatever you want. I usually pick a pranayama, Kundalini kriya and a mantra, but it can also be a fitness workout or a dance workout. You can find some workouts on my YouTube channel, Savitri Life Academy.

3) Store healthy food: Make sure to get some organic groceries, seasonal recipes, before you start. Combine your workout with healthy living.

4) Choose a convenient time and length for your workout and stick to it. I usually workout first thing in the morning. In Kundalini we usually do 6-11-21 or 40-day programmes.

5) Combine your challenge with a new moon. Those are the best days to start something new on a specific theme. Get your free 2023 Forecast and moon calendar on savitri-yoga.com.

6) Find a practice buddy: If you decide to start on your own, try to find a practice buddy, or someone who has your back. It will



greatly encourage you to show up to your practice in the beginning. That is the power of the Sangha (community) in Kundalini. Even if it's on Zoom, the fact that the group is waiting for you has an impact on your motivation.

Make the commitment

These simple steps - and really committing to myself - got me to this new version of me that I love. There is not one day that I don't practice and when I don't thank the ancient Kundalini technique practised by the yogis and sadhus of India.. This is the perfect method for these times of rapid change. We all need dynamic tools that show immediate results. This is what Kundalini does for you. If you stay faithful to the practice, the practice will do miracles for you.

Whenever you feel you are at a threshold and need that extra push to get to the next level, contact me and we'll get you there. See you on the other side.

www.savitri-yoga.com ❶

How to breakthrough your indecision

Robbie Stakelum is a life coach, trainer and yoga teacher who writes about how to combat your indecision and much else.



We all face indecision at different moments in our life. When you're in your early 20s and fresh out of college you feel liberated to make impulsive decisions, dramatic career changes - returning to education or moving to another country don't feel like a big deal. However, the more successful and secure you become in life, the harder it becomes to make important decisions. You'd imagine that the inverse would be true, that the more life ex-

perience you possess the easier it would be to make decisions. But as we get older, the stakes get higher and the implications of a bad decision are greater as we perceive a greater risk.

For example, when you are accomplished in your career, recognised for your competence and professionalism, respected and take home a good salary, there can be more at stake in a career change, particularly if

you have a spouse, children or a mortgage to consider. In both my own experience and working with my coaching clients, it's clear that we're never really taught the skills for making informed or good decisions. Pause for a moment and think, how do you make important decisions?

We don't have a framework or an equation for decision making. Sometimes we make lists. Sometimes things 'just' happen or fall

into place. A promotion comes your way at the right time. You meet your partner and it feels like the right person. Buying a home makes financial sense. Going back to education is the right investment for you at the right time. Good decision making is really a case of trial and error over a lifetime, you develop an intuition for what is the right or wrong decision at a given junction in your life. But what happens when those high stakes blur your gut instinct?

The root of indecision

Indecision is rooted in an inner conflict. Your mind tells you one thing, while your heart says the other. There is a rational choice that

makes sense on paper, but there's also an emotional choice that 'feels' right. The most common example I see of this in my clients is the desire to change career when you've become bored at work and no longer find it fulfilling or motivating, but the financial insecurity of a career shift is scary. This tension is natural.

But indecision worsens when you play the situation and different options over and over

in your head. The more you think about it, the more entrenched it becomes. The more you ruminate the more negative and extreme your perspective can become and its harder to reach any outcome.

Framing the decision

How you approach, or frame, a decision will determine how you respond or react to it. To help clients snap out of negative thought patterns that are

leaving them paralyzed, unable to make a decision, I use this simple but powerful tool. Rationally assess how reversible or consequential the decision is. When we get trapped in the negative and extreme thinking patterns, we tend to underestimate how reversible the decision is while over-exaggerating its consequences. Rumination leads to black and white thinking, which is not reflective of reality, decisions are rarely final, and the consequences can either be mitigated and planned

for, or sometimes we just exaggerate them in our head.

My suggestion is to do the following:

- Grab a pen and paper

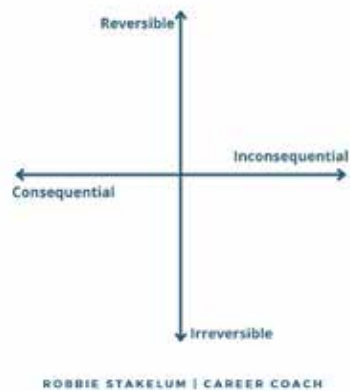
- Draw out a simple graph, as illustrated below. The x axis represents how consequential or inconsequential the decision is, while the y axis represents how reversible or irreversible the decision is.

- Take a moment to yourself. Usually, I would guide my clients through some breathwork or meditation.

“ THE MORE SUCCESSFUL AND SECURE YOU BECOME IN LIFE, THE HARDER IT BECOMES TO MAKE IMPORTANT DECISIONS ”

“ INDECISION IS ROOTED IN AN INNER CONFLICT. YOUR MIND TELLS YOU ONE THING, WHILE YOUR HEART SAYS THE OTHER ”

DECISION MAKING SPECTRUM



- Consider the decision you are facing, and plot where you are on the intersection on how consequential or reversible the decision is.

Apart from having a child, few decisions are both extremely consequential and irreversible. When most people approach this tool at first, they tend to think the decision is on the extreme end of both spectrums. This is natural and happens when we get into those extreme and negative thinking patterns.

In reality, a lot of decisions are reversible. Changing careers, moving countries, buying a house or starting a business may all be consequential, but they are also reversible if they don't work out. Remembering that a decision isn't for life, can be very empowering. It may come with a bruised ego or hurt your pride, but it doesn't mean you have to stick with the decision.

Similarly, rationalizing how consequential the decision really is can break negative thought patterns. For example, changing career or going back to education can have

an impact on your income, but review how consequential that is. What can you do to prevent those consequences? What new behaviours can you adapt? What resources can you tap into? You'd be surprised, when you review the situation rationally, that the consequences may seem less overwhelming.

This simple but effective self-coaching tool has supported many of my clients to breakthrough their indecision and view their situation from a new perspective and identify their limiting beliefs that are holding them back.

If indecision is something you constantly struggle with, there are some additional resources that could help you. One cause of poor decision making is low self-esteem. For more on how to address this please go to my website to find out more. Likewise, indecision can happen when you are out of touch with yourself and tuning into your intuition and grounding can be a supportive tool to build clarity around the correct decision for you, again, I address how this can be achieved on my site.

It's a complex web we weave, but if you want to untangle your thoughts and make better decisions, Together recommends considering a life coach to help you. Sometimes it's easier to take a step back and work with a neutral outsider to help us realise our dreams.

Want to work with Robbie?

You can find out more about his coaching practice, set up a free discovery call or find out if coaching is for you by checking out www.robbiestakelum.com or get in touch direct with Robbie by email via robbie@robbiestakelum.com. 

Masterclass: Cultivate positive thoughts to communicate well

Matthew Cossolotto outlines the key changes in mindset that can help you speak confidently and connect with your audience



Welcome to Together's second article in our Public Speaking Master Class with Matthew Cossolotto.

Matthew's career as a communications expert spans both sides of the Atlantic, from NATO Headquarters in Brussels to the Speaker's Office in the U.S. House of Representatives.

“TURN STAGE FRIGHT INTO STAGE DELIGHT”

you on a journey towards reaching your peak potential as a speaker and enhancing your leadership skills.

This article highlights “The Seven Steps to Joy.” These are the key ideas that can help you turn stage fright into stage delight and become a more confident, more authentic, and, yes, a more joyful speaker.

In this Master Class series, Matthew takes

The path to the joy of public speaking starts

Self help

with a liberating mindset shift, an empowering act of what I think of as the gentle art of mental “joyjitsu”—an obvious but I think apt play on words.

“Jujitsu” is a Japanese martial art known as “the gentle art,” or “the gentle technique.” The gentle art of mental joyjitsu is a lighthearted way to describe the process of gently redirecting the fear of public speaking by thinking of it much more positively.

Step 1: Always speak to an audience of one

We speak comfortably every day — to friends, family, colleagues, even strangers. Speaking to one person at a time is a comfort-zone concept that unlocks the door to joy.

When speaking to audiences, you should be the same person you are — with your personality, free of any jitters or nervousness — when speaking comfortably with one person. You will be able to speak more authentically, more comfortably, more joyfully by speaking to an audience of one. Never give a first or second thought to the size of the audience. Size doesn’t matter. It’s always one person.

Step 2: There’s no such thing as public speaking

This step flows naturally from Step 1. Step 1 and Step 2 together represent a powerful one-two punch against fear, trepidation, and nervousness.

Shifting your mindset from “public” speaking to simply speaking is key to lowering the “public” speaking terror. Maybe ask yourself how would speak if I were to say it to a friend or colleague, if I were speaking

on a one-to-one basis.

Step 3: Listen to the audience with your eyes

Try doing this next time you speak to an audience: Just take in the audience with your eyes. And listen. Listen with your eyes. As Shakespeare put it more poetically in Sonnet XXIII: “To hear with eyes belongs to love’s fine wit.” This is a love sonnet, and there is something to be said for speakers “falling in love” with an audience.

To listen with your eyes requires active, attentive connection with individual members of the audience. Listening with your eyes means that you are engaged in a silent relationship with individual members of the audience.

All audience members will notice this and they’ll feel a strong connection between you and them. Connection and joy are closely intertwined.

Step 4: Speak with a glowing heart

This step takes you even deeper into a two-way

relationship with members of the audience. As you listen to audience members with your eyes, be sure to speak with “a glowing heart.”

Many of us know what a glowing heart feels like. Just think about how it feels when you’re speaking with someone you love—a spouse, a romantic partner, your best friend, your parent or child. Your heart glows naturally when there is true affection and connection involved.

It might help you to think of the 1982 movie, E.T. the Extra-Terrestrial and recall E.T.’s glowing heart. E.T.’s heart glows whenever he’s connected empathically with his fellow

extraterrestrials.

When speaking to audiences, you should focus on creating an empathic connection with members of the audience.

Step 5: Don’t be content with content

To paraphrase this step means “Don’t be satisfied with mere substance.” Here’s another way to think of it: “Don’t be reliant only on the information contained in your speech.” The mental joyjitsu involved requires you to go beyond the facts, information, data contained in your speech. Those are what I call “left brain” qualities. You should go beyond your content and tap into your right brain – and the right brains of your audience. That’s where the magic is. That’s where you’ll find imagination, connection, heart, intuition, enthusiasm, passion, emotion, and relationship. Joy and delight reside in the right brain.

Step 6: The audience supports you

This step is a powerful mindset shift that moves you from being self-conscious to support-conscious. The fear of speaking to audiences is rooted in a largely subconscious—and unfounded—fear that the audience is somehow against you, hostile in some way, or harshly judging you. The reality is the audience supports the speaker in virtually every speaking situation you’re likely to encounter. In fact, members of the audience are silently rooting for you. Keep this in mind.

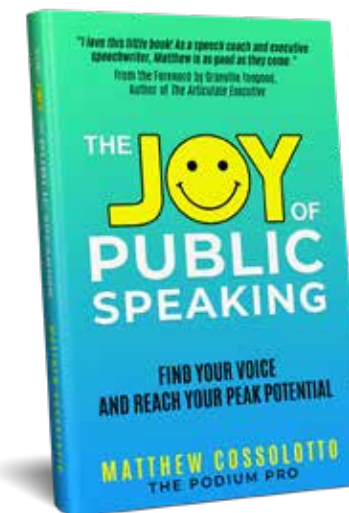
They’ve already turned up, they’re in the audience and they’re usually there voluntarily - they want to hear what you have to say.

Step 7: Make sure the real you shows up

The previous six steps culminate naturally in this final step. You owe it to yourself and your audience to let the real you make an appearance. How will you know whether the real you actually shows up? This requires a degree of self-awareness. You’ll know that the real you is giving the presentation if you feel

as comfortable as you do when talking with your best friend. I call this “the best friend test.” Create a mental image of the person you are when talking with your best friend. So make sure the real you shows up! When that happens, joy follows.

These seven steps will help you make great strides forward on your journey to successful public speaking.



Matthew Cossolotto is the author of The Joy of Public Speaking. He conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond.

The Podium Pro
www.ThePodiumPro.com ❶

The clash of the ash

Looking for a new team sport? One that involves multiple skills? Then Gaelic sports could be for you. *Together* met with Seán Ryan, the Belgium Gaelic Athletic Association (GAA) club's PR Manager, to find out a bit more about the sport and the club.



Brussels established its first GAA club in 2003. There are now more than 100 members and the club has won over 33 European Championship titles. There are two main sports, Gaelic Football and Hurling/Camogie.

Hurling was recognized by UNESCO as part of the world's "Intangible Cultural Heritage of Humanity" in 2018. It is one of the oldest field sports in the world, dating back almost 3,000 years; it's also thought to be the fastest field sport. It appears as early as

**“ HURLING WAS
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1272 BC in Irish mythology, in the ancient saga of Cú Chulainn, also known as 'The Hound of Ulster.' Cú Chulainn had super-human strength, speed and skill; qualities that come in handy in a game of hurling.

The game is played on a pitch that looks much like a rugby pitch, with two teams of 15 players. It is played with a wooden stick, a bit like a hockey stick, which is called a 'camán,' traditionally made using ash wood - and why it's sometimes referred to as 'the clash of the ash.' The ball is a bit smaller than a cricket ball and is called a 'sliotar,' pronounced shli-tar. Goals are scored by getting the ball in the back of the net à la football, or over the bar, between the poles, like a drop kick in rugby. Camogie is largely the same as hurling but played by women; there are some small differences in the rules. "It's very hard to describe unless you actually show somebody," admits Ryan. "It is kind of like hockey, if you brought in a bit of lacrosse, rugby and football."

As for Gaelic football, Ryan says: "It's kind of a mixture between football, as in soccer, rugby, Australian rules football and there's a little bit of basketball as well. It's a mixture, but there's really no point in saying what it is, or what it's kind of like, because it's distinctly its own thing."

Ryan explains that they have recruited a number of new players by people just walking past when they are training and stopping and trying to understand what was going on. The games' appeal goes well beyond Brussels' Irish community: "The last time I checked we have 20-plus nationalities," says Ryan. The ladies football team has done particularly well, reaching the All-Ireland junior club championship quarter-final against Ulster champions, Castleblayney Faughs.

**“ THE LAST TIME
I CHECKED WE HAVE
20-PLUS NATIONALITIES
IN THE CLUB ”**

The match was covered in The Irish Times, who wrote that the Ulster team felt like they were taking on the UN. The team included players from Argentina, Belgium, Brazil, Colombia, South Africa, Spain and Sweden. As a famous GAA sports commentator, Micheál Ó Muircheartaigh, might say, none of these are renowned hurling counties.

GAA sports seem to be gaining in popularity across the world, but particularly in Europe. According to the Gaelic Games Europe website (www.gaelicgameseurope.com) there





“ GAA SPORTS SEEM TO BE GAINING IN POPULARITY ACROSS THE WORLD, BUT PARTICULARLY IN EUROPE ”

are also teams in: Austria, Czech Republic, Denmark, Finland, France, Germany, Italy, Luxembourg, Netherlands, Norway, Poland, Portugal, Romania, Russia, Slovakia, Spain, Switzerland and Sweden.

So the question I ask myself is: If curling is an Olympic sport, why not hurling? According to the Olympic Charter, to become an Olympic sport you must be practiced in at least 75 countries and on four continents; and, by women in no fewer than 40 countries on three continents. Curling aside, if synchronized divers and swimmers, BMX freestylers, skateboarders, breakdancers and surfers can reach this threshold, surely the noble and ancient sport of hurling deserves its place in the sun?

In the meantime, the club is on a recruitment drive for 2023. Ryan encourages everyone to join and is often contacted by Irish people who used to play, but who haven't been on the pitch for quite some time: "I get emails from people who want to join, but who say that they haven't played since they were at school, or in the last five years. I always say don't be worried. Then there are the newcomers, often they can take their skills from

other games like soccer, handball or even basketball and then be trained in the new skills. We're lucky because we're one of the biggest clubs in Europe, we always have two teams, that's a thing that we pride ourselves on. That means that even if you are a newcomer, or if you haven't played in years, we have a second team, so you will always get a game."

To learn more about about training times and how to join go to the Craobh Rua website: www.belgium-gaa.be

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An **inspired** school

Essential tools to grow your business and succeed

Are you serious about growing your business? Really serious? Arnon Barnes lays out what it takes to succeed.



Over the years I've spent a lot of time with entrepreneurs and business owners from all over the world. In my training and coaching sessions I strive to provide them with food for thought, to trigger ideas that trigger them to expand their own points of view so they can service their business, team and clients better and become more successful. The win-win-win situation.

Recently, I was asked by a person on social

media: "What are the most essential tools to grow a successful business?" Wanting to keep it short and simple, I set out to get to the three most important tools for any business. It became a list of six and I want to share it with you as well right here.

“ EDUCATING YOURSELF IS KEY TO YOUR SUCCESS ”

1) Education: People who know me, know that I LOVE education. Educating yourself in whatever area or arena you're focused on is key to any success. Take the courses, join the seminars, read the books.

As a leader in your family, in your tribe, in your business, you must always look for ways to better yourself. This way you can get clarity on what your next level is and what actions you need to take mentally emotionally, spiritually, financially, whatever it is to get there. Keep on educating yourself so you can keep on growing as a person and leader.

2) This is a BIG one and it's also the one most people don't like. To succeed in business, you have to master the art of selling. Yes, I said it! Lots of people feel that sales is not for them. We all know that pushy, slick version of a car salesperson in the movies that cheats, lies and deceives people to overpay for a broken car. It is important you understand sales does not have to be deceitful and your hesitance doesn't come from the movies. 99% of the times when business owners hesitate about selling their own product it's because they lack the confidence and trust in the value of that product.

You have to be able to sell your product, your services. You have to be able to sell your vision and explain to people why they should choose to buy from you and not your competitors. Write down all your Unique Selling Propositions (USP) of your product or service and next to it what your perfect client's wants. Please note: I wrote want, not need, as most people will buy what they want before they buy what they need. After you have this list, connect the dots and create your story, based on integrity, truth and 100% confidence in your own product or service.

3) Now that you know how to sell your product it's time to actually put them out there into the world. Get people's attention. Which brands come to mind when I ask you

what the best car dealership is, or mobile phone or clothing brand? Do you honestly believe that on the entire planet there's not one other car, phone or suit with the exact same, if not better quality, than the brand that came to your mind? That's MARKETING my friends. The products or services, the businesses that win the race, are the ones that market themselves or their products most successfully. They build a brand. They get themselves out into the world in front of everybody. They pop up in your social media, on tv, radio and even email. Hire a professional. Get someone on your team today who knows how to get your brand in front of your perfect clients.

“ TO SUCCEED IN BUSINESS, YOU HAVE TO MASTER THE ART OF SELLING ”

4) As an entrepreneur or business owner you can't be good at everything. Trust me, it's impossible to be equally good at everything that needs to be done in your business and that's okay as long as you have one skill. You need to learn how to build a team around you.

It's not only building a team which is important. Once you have a team, you as the owner, you as the LEADER, must learn how to delegate.

It is so important. One of my clients, based in Norway, had some challenges with his team. He was building a team and they were doing things and he couldn't understand why. I said to him: First of all, it's not enough just to know how to build a team, you have got to get comfortable with delegating to these people. You hire other people to do a job in the company, but when you don't want to let the responsibilities go it will never work out. Stop thinking you have to do everything yourself in order for things to be done right, become comfortable with delegating and giving other people responsibilities. As long as you don't do that you will

Self help

forever be a business operator instead of a business owner.

5) Tool number five is: You've got to be an excellent money manager. You've got to master your money and I'm not talking only from an investment perspective. A lot of people don't know how to manage their money. So when they send out an invoice they have no idea what their profit is. Or how much taxes they will have to pay. What are the costs of your goods? What is the actual bottom line profitability in percentages? A lot of entrepreneurs and business owners don't really know how to read a balance sheet.

I used to own about a dozen shops throughout the UK and I sold that business many years ago. One of the key things that we were always conscious of and conscientious of is that if you own a business, you never want your rent to exceed 15% of your balance sheet.

It's all these small things that are really important. You've got to learn to master your money. Remember, it's not how much you make and it is not how much you spend, but it's what you do with what you keep that is important. The only way you'll be able to get clarity in terms of what's coming in, what you can keep and what you can use is by understanding the concept of money management or money mastery.

6) Learn how to network. You're probably sitting there reading this and thinking to yourself: "Oh I go to networking events all the time. We have lunches, drinks, gala dinners and all that and I meet lots of new people all the time." Meeting new people is completely different from what I mean when I tell you to LEARN how to network. What is important and what I challenge you to do this entire year is to network with purpose.

When I go to an event, whether I'm teaching or participating, if I am looking for an x, y, or z, I know exactly what that person looks like, I know what that person does and how old that person is. I have a clear avatar in my head based on what I'm looking for when I'm raising millions in capital for my businesses. I know what my investors look like. I know what they sound like. I know how they dress and where they would hang out, I know what food they eat, and so on. And that's how I always end up meeting the one or two perfect connections to help me grow my business. Learn to network with purpose.

“ YOU NEED TO LEARN HOW TO BUILD A TEAM AROUND YOU ”

BONUS. For those of you that really want to go to the next level and want to take the ultimate responsibility for your growth there's one more thing that the


great have which most of you don't. The one extra essential tool is to get someone on your team that is like a coach or a mentor to you. Someone that is going to help you become a bigger player: mentally, emotionally, spiritually and financially. So many people rely on themselves to hold themselves accountable, but guess what, we tend to believe our own sob stories and we let ourselves get away with way too much nonsense. There's nothing more powerful than having someone on your team who is supporting you, listens and urges you to make that one extra phone call today or set up the meeting with that one annoying investor or interesting person.

When you want to accelerate your growth, I believe that hiring a coach or a mentor that's not going to tolerate your bullshit, and is going to support you from a place of love and kindness and care, is the most important thing you do. It's going to help you grow and I think it's an essential tool if you want to succeed BIG.

“ WHAT IS IMPORTANT AND WHAT I CHALLENGE YOU TO DO THIS ENTIRE YEAR IS TO NETWORK WITH PURPOSE ”

Take these tools to take your business to the next level. Keep on educating yourself. Master the art of selling. Sell your product. Sell your vision. Market your product or service to the world. Tell the world about what you have to give them, what you have to share. What is your gift? What is your superpower? Build your championship team and delegate. Manage. Your. Money. You have got to learn how to master your money. Network only with purpose from now on. So you'll meet the right people for you. People who will help you climb the ladder. Go to your next level. Whether it's in a relationship, whether it's in your happiness, whether it's in your money, whether it's in your business, whatever area you want to pursue and grow in your life; network with purpose. And lastly for those of you who are truly committed; hire a coach. Get someone on your team to watch your game so that you can play a bigger one.



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



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instilled into me without
me even noticing it"

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- Grow your trust and confidence levels
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- Become a better leader
- Learn life-lessons from nature
- Become fearless in the face of any challenge
- Have a lot of FUN

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Financial fraud is on the rise

Together offers some top tips to make sure you aren't taken in by financial fraudsters



Increasingly, people pay for goods and services online. Most of us think of ourselves as sophisticated digital natives, but there are some very savvy fraudsters who go to great lengths to get hold of your money. Online platforms can present very convincing fronts, often almost identical to legitimate organizations. We offer some tips on how to stay safe online.

The Belgian Financial Services and Markets Authority (FSMA) is, among other things, responsible for combating illicit activities in the field of financial investments. Since July last year, it has published a quarterly

dashboard that provides statistics as well as an overview of the main trends in investment fraud.

Fraud is targeted at everyone: men and women, young and old. The majority of consumers who contacted the FSMA regarding fraud in 2022 were Dutch-speaking men residing in Belgium. Many age groups are represented, but the largest number of complaints come from men aged between 50 and 59 years of age; as they are likely to have more income, this is not surprising.

The overall findings for 2022 show that

almost 50% of all complaints that the authority receives concern online trading platforms. 'Online platform scams' are often promoted via social media channels. Fraudsters typically promise high returns, use fake celebrity endorsements, as well as images of luxury items to entice people to invest in their schemes. Click on the ad and you are taken to a professional-looking website where consumers are persuaded to invest, either through a managed account where the firm makes trades on their behalf, or by trading themselves using the firm's platform. These sites sometimes almost perfectly clone legitimate sites, using the same address and contact details.

Most consumers report initially receiving some returns from the firm to give the impression that their trading has been a success. They will then be encouraged to invest more money or introduce a friend or family member to join. However, eventually the returns stop, the customer's account is suspended and there's no further contact with the firm. It is difficult to recover these losses and not all investments are regulated; in particular, there are few if any protections for those who invest in crypto assets.

Fake credit fraud remains stable at around 20% of complaints received. There is heightened vigilance by the FSMA in the current cost-of-living crisis, when the unscrupulous and downright criminal will prey on people who are faced with financial difficulties.

One growth area is so-called 'recovery-room fraud'. Recovery-room scams usually follow on from boiler room scams, when cold-callers contact investors offering them

worthless, overpriced or even non-existent shares, bonds or other types of investment scam where a consumer has lost money. The perpetrators of the original scam may contact the victim again pretending to be from a different firm or sell on their details to other recovery rooms. The scam tends to involve cold calling with high-pressure tactics and upfront charges described as a tax, solicitor or administrative fees, which can result in losses that can be greater than the initial loss.

Like the online platforms, recovery rooms often have professional-looking websites to persuade visitors they are legitimate and claim to have a presence when they don't. These websites often make false claims to have successfully recovered money for other consumers involved in scams. Recovery rooms generally use a web-based email address, such as Yahoo, Gmail or Hotmail.

What to do?

The regulators make a number of recommendations.

Online platform fraud:

Be wary of adverts online and on social media promising high returns from investing online, especially if you are contacted out of the blue, pressured to invest quickly or promised returns that sound too good to be true.

Always do your own further research on the product you are considering and the firm you are considering investing with. Is it an authorized firm registered with the FSMA? Is it an unusual investment product: cryptoasset, wine, real estate.

“ THE OVERALL FINDINGS FOR 2022 SHOW THAT ALMOST 50% OF ALL COMPLAINTS CONCERN ONLINE TRADING PLATFORMS ”



“ RECOVERY-ROOM SCAMS ARE ON THE RISE ”

Check you are not dealing with a ‘clone firm’, which can look identical to real firms. Look closely at the URL address - the unique identifier for that company. Do a search on Google (other search engines are available) for the named financial service provider and see if you spot any differences.

Never give access to your device by downloading software or an app from a source you don’t trust. Scammers may be able to view, take control of your device and access your bank account.

On recovery-room fraud:

Be wary of websites, phone calls, and on-line or social media adverts promising to

recover any money you may have lost from investments or fraud.

If you get a phone call offering to recover your losses, ask how the caller has acquired information about your lost money. Any report of fraud can only be shared between other law enforcement agencies. It cannot be shared with a private business operating a recovery room.

If you have been asked to pay a fee or provide your bank account, card or other financial details, end all contact immediately and do not pay any money or provide any banking details.

The FSMA is there to help you.
Don’t hesitate to use their website:
www.fsma.be/en/beware-fraud ⓘ

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Cokoon - luxury co-living

Together visited Maison Merjay to learn more about a new concept in co-living



Anne Lange and Christophe Parot are re-inventing the art of living. Following two years marked by confinement and the experience of isolation, Maison Cokoon announces the opening of two clubhouses, with shared living spaces.

The idea was spawned by their experience under lockdown, where they got to know their neighbours, a group that was diverse in background and life experience. Many are now co-investors in the project, one that they have - in effect - piloted during lockdown.

Maison Cokoon combines the discreet luxury of the boutique hotel and the require-

ments of the private club. The arrangement is suited to those Lange and Parot describe as: "welcoming, open, dynamic and warm city dwellers interested in having a shared life experience, organized around living well together. Groups of friends, double residents, mobile professionals, juniors (young

seniors) will be the future guests of Maison Cokoon, whether single or as a couple."

"Lockdown has made us aware of the brutality of isolation. My children

have left the family nest, living in a warm and lively house shared with others is a way to re-enchant life," says one investor in the project, Corinne.

**"ANNE LANGE AND
CHRISTOPHE PAROT
ARE RE-INVENTING THE
ART OF LIVING"**

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PERSONAL DEVELOPMENT

Real estate

Another investor, Jean, whose partner lives in another country, says: "Geographical separation sometimes makes two accommodations necessary. With this arrangement, couples like mine can keep their common home and share Maison Cokoon, which offers a different experience with the possibility of making new friendships locally."

At the moment there are two properties: Maison Merjay, which is located in the heart of Ixelles in Brussels, just a few steps from Place Brugmann; and, Maison De Bue located in Uccle, which has an expansive garden. They have 10 and 13 private suites respectively. One offers a more dynamic urban feel, the other offers a more peaceful getaway. The suites also have slightly different styles described as: contemporary, "arty" or classic.

“MAISON COKOON COMBINES THE DISCREET LUXURY OF THE BOUTIQUE HOTEL AND THE REQUIREMENTS OF THE PRIVATE CLUB ”

The suites (solo or duo) range from 30 to 60 metres squared, each with a private living room, a bathroom, a sleeping area and a kitchenette, distributed in a beautiful property with exceptional common areas with a chef's kitchen, dining room, lounge, library, relaxing Cokoon Room and lush garden.

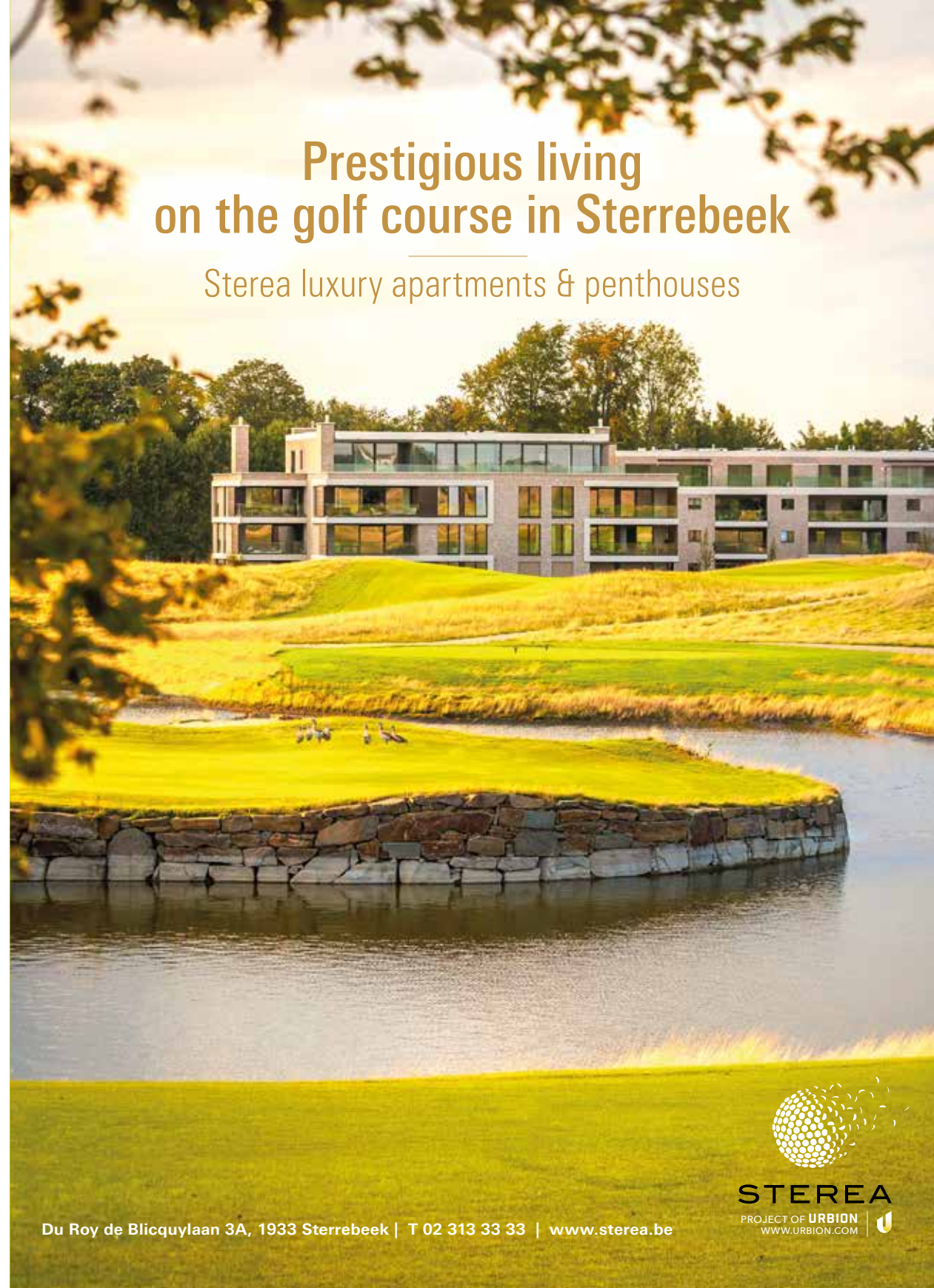
Maison Cokoon respects everyone's privacy, while creating common areas offering a more convivial time to relax with others. There are even areas suitable for a yoga session or a film. There's even a planned event program that will revolve around art, gastronomy and well-being.

Among the services included there is a daily cleaning service, high-speed internet, electric bikes, a sauna and permanent access to the resident manager to make daily



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“ THIS IS A PERFECT
SOLUTION FOR THOSE
WHO HAVE MOVED
TO BRUSSELS FROM
ANOTHER COUNTRY ”



Anne Lange and Christophe Parot

life easier. There is even a room that can be booked for visitors.

Maison Cokoon has a fixed all-inclusive rental price ranging from €1850 to €2500 per month depending on the size of the suite, which includes your private suite, furniture, all charges and services like common grocery, daily cleaning and the monthly brunch.

The Belgian startup even has plans to establish similar properties in France and Portugal, in order to bring together a large community of cosmopolitan Cokooners.

This is a perfect solution for those who have moved to Brussels from another country for a three or four year contract, or those like Jean who live in two places, but want to make one worry free.

www.maisoncokoon.com ⓘ



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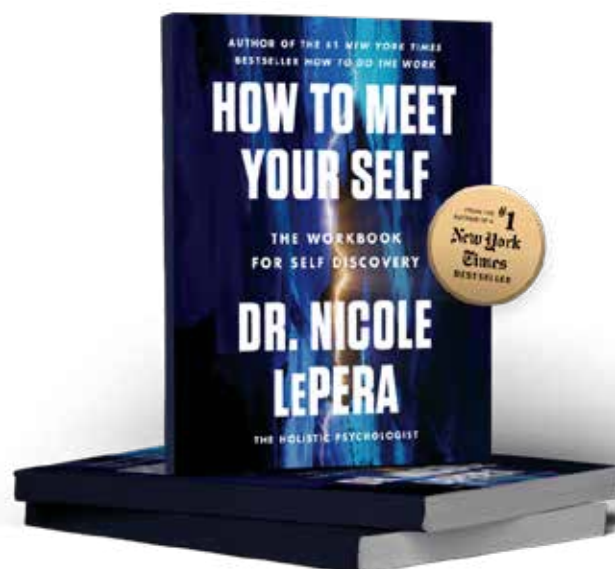
At the start of the year many of us reflect on how we can be better, drop our bad habits, adopt some good habits and generally improve ourselves. *Together* looks at a couple of books with this objective very much in mind - but through rather different lenses.

'How to meet yourself: The Workbook for Self-Discovery' by Dr Nicole LePera

Dr. Nicole LePera, 'The Holistic Psychologist', trained in clinical psychology at Cornell University. As a clinical psychologist in private practice LePera found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients - and for herself - she began a journey to create a unified philosophy of mental, physical and spiritual health that equips people with the tools to heal themselves.

LePera's teachings aim to empower the individual to break free from inherited beliefs and uncover their authentic self. This latest book builds on her bestselling 'How to Do the Work' offering a practical roadmap for self-healing.

At the root of all healing work is awakening consciousness, according to the author, a process of shining light into the darkness of the unknown. By objectively and compassionately observing the physical, mental, and emotional patterns that fill our days and create our current selves we can more clearly see what we do not wish to carry into the future.



LePera says that we all fall into conditioned habits and patterns, often products of our past, that lead to cycles of pain, stuckness, and self-destruction. But do not despair. LePera says we also have the innate ability to awaken to and change the behaviours and habits that no longer serve us, allowing us to step into the best versions of ourselves. The book is described as a revolutionary guide, a kind and encouraging companion, and a comprehensive masterwork of self-understanding that will radically transform your inner work and outer world.



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Books

'The Expectation Effect' by David Robson

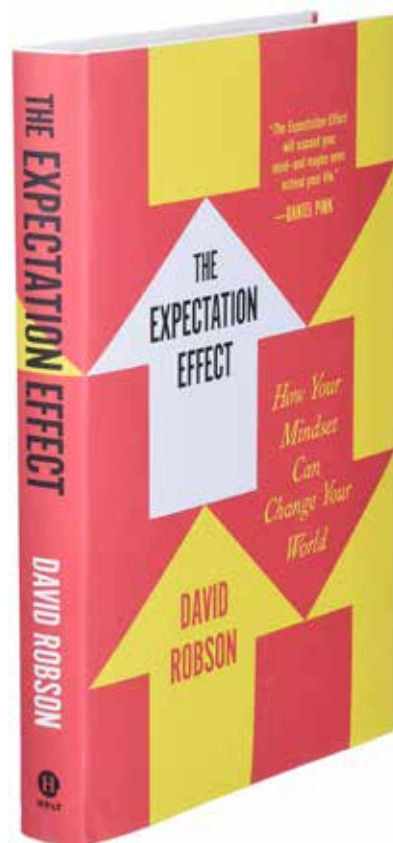
The Expectation Effect swept up awards in 2022 from the 'Financial Times Best Book of 2022 on Health and Wellbeing' to Waterstone's 'Best popular science book of 2022'.

Esteemed science journalist, David Robson, who himself suffered from depression, takes us on a tour of some of the ways that our expectations shape our experiences in life. *The Expectation Effect* looks at what cutting-edge science tells us about how our mindset shapes many facets of our lives, revealing how your brain holds the keys to unlocking a better you. Bringing together fascinating case studies and evidence-based science, *The Expectation Effect* uncovers new techniques that we can all use to improve our fitness, productivity, intelligence, health and happiness.

The book examines how your body, brain and the prevailing culture can interact potentially to produce self-fulfilling prophecies. This is not a Pollyanna-like book that instructs us to just adopt a more positive mindset, it looks at specific beliefs and at how they can be reframed or reappraised. Among the beliefs examined are ones on ageing, health and intelligence.

Like *The Workbook for Self-Discovery* this book can help you reexamine many different facets of your life, and in so doing start real psychological, physiological and behavioural change. From looking under the bonnet of our beliefs or attitudes we can then look at some easy-to-use skills that can help you on your way to be the person you want to be and live the life you want to live. ①

**“ THIS IS NOT A
POLLYANNA-LIKE BOOK
THAT INSTRUCTS US
TO JUST ADOPT A MORE
POSITIVE MINDSET ”**



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Ireland celebrates 50 years in Europe

In 1973, Ireland joined the European Communities. *Together* met with Ambassador Tom Hanney, Ireland's Permanent Representative to the EU to find out why the Irish have never fallen out of love with Europe.



Dr Patrick Hillery, Irish Minister for Foreign Affairs (left) and Jack Lynch, Irish Prime Minister (right), sign the accession treaty to the EEC

On 22 January 1972, Irish Prime Minister Jack Lynch and Foreign Affairs Minister Patrick Hillery signed Ireland's Treaty of Accession in Brussels' Egmont Palace along with Denmark, the United Kingdom and Norway. Norway failed to ratify the treaty, but later joined the European Economic Area and the United Kingdom voted narrowly to leave the EU in 2016.

Together: What has EU membership meant for Ireland?

Tom Hanney: When you cast your mind back to when we joined in 1973, Ireland at that time was by far the poorest member state in the then EEC. There were serious doubts as to whether we could actually deal with membership; we probably really only got in on the coattails of the UK because we were so linked to the UK economy.

Once we joined, there were a number of immediate impacts. First of all, our social legislation in terms of gender equality was pretty poor. For example, once women in the civil service got married they had to leave, there was no gender equality legislation.

Maybe the most immediate impact in Ireland at the time was in the agricultural sector; farmers in Ireland were completely tied to the UK market. When the Common Agricultural Policy came into force, the whole UK market system situation changed and our farmers had access to the entire European market. So incomes for the rural communities in Ireland shot up.

Over the years, Ireland has received tens of billions of euro in Structural and Cohesion funds, that money went into constructing motorways, schools, universities. The funds were well spent; I think even now, we're regarded as one of the member states that made the best possible use of the funding and that helped the economy grow. We're now at the point where we no longer receive cohesion funding. Instead, we're now a considerable net contributor to the EU budget.

Through our access to the Single Market of 500 million people, we've continued to attract foreign direct investment into Ireland and develop Irish companies. Without that we would be in a much poorer place. We also benefit from many programmes like Erasmus and the Horizon research programme. So right up to this day I think there's a very strong public perception that when you put all of this together, we have benefited hugely.

The European Union has always been an extremely strong supporter of the peace process in Ireland and has given very large financial contributions over the years through the PEACE Programme.

And then finally, in more recent years, we have enjoyed the very strong solidarity from our partners in the EU as we've tried to cope with the fallout from Brexit. So it's a long answer, but this is why there is strong public support for membership.

During the financial crisis there was a lot of criticism of the EU and, as you say, Ireland is now a net contributor. Has that changed how Europe is perceived in Ireland?

First of all, with the financial crisis, for a period we were subjected to a programme that was run by the European Commission, the European Central Bank (ECB) and the IMF. At that time, I think it is fair to say mistakes were made. In retrospect, even the IMF, the ECB and the Commission recognize that some of the decisions at the time were mistaken. There was a level of austerity imposed that did cause a very negative public reaction. I think it's only fair to recognize that even to this day, the perceptions are coloured by the very difficult experience we had at that time, but since we've recovered there are other aspects of Europe that have come to the fore, including the Brexit negotiations. I think public trust has largely been restored, but it was a shadow on our perception of Europe.

On being a net contributor, it's never been played up in Ireland in the way it has been in the UK. There is an acknowledgement that we have done very well in Europe, that

**“ RIGHT UP TO THIS DAY
I THINK THERE'S A VERY
STRONG PUBLIC
PERCEPTION THAT WE
HAVE BENEFITED HUGELY ”**



Ambassador Hanney (left), Irish Commissioner Mairead McGuinness (right) during the address by President von der Leyen to the Joint Houses of the Oireachtas

we benefit from access to the Single Market, political influence, membership of a broad, influential global family, that is worth paying for. We don't see Europe as a zero sum game. That said, as what we contribute grows, this may be seen in a more negative light. But I think when you look at it on balance, it's money well spent.

Polls in Ireland consistently show that there is a very positive view of the European Union. More recent EU members have become quite sceptical about the EU, in particular, Poland and Hungary. Like Ireland, they have benefited enormously from EU funding and being part of the Single Market, why do you think their outlook is so different?

It is an interesting question as to why our path should be so different and why we continue to have these very high levels of public support. I think, in part, you have to look at our very different histories. When Ireland gained independence in 1922 we

“ IRELAND HAS A VERY DIFFERENT NATIONAL CONSCIOUSNESS, BECAUSE OF OUR DIASPORA, WE HAVE A DIFFERENT VIEW OF THE WORLD ”

remained in the shadow of the UK and our economic links with Britain were very strong. Membership enabled us to develop a completely different relationship with Britain, a much more normal relationship and I think people have seen that as one of the benefits. We emerged from the shadow to take our place among nations, as it was said.

If you look at Poland and Hungary, their economies and societies suffered several decades under the assault of Soviet repression. No sooner had they recovered their sovereignty than they started the process of accession into the European Union. That adjustment over a relatively short period in those countries has been very different and difficult, our transition was much earlier into the EEC. The historical circumstances for Ireland were very different.

Ireland also has a very different national consciousness, because of our diaspora, we have a different view of the world. The reasons are no doubt complex, but I think it comes down to our very different historical experiences.

This year also marks 25 years since the Good Friday Agreement. Do you think Europe has been instrumental in making that agreement work?

I think it's only in retrospect that we all realized how important the European Union was to the success of the Good Friday Agreement. At the time it was negotiated, Europe wasn't a big feature in the discussions, it was all very much a British/Irish, North/South, East/West discussion. We probably all assumed that the UK and Ireland would remain in the EU. It was only when the UK decided to leave that the issue of the border became central, that we realized how important the European Union – and the fact that we were both in the European Union – was to its success. The debate in the UK didn't really talk about Northern Ireland at all. The disappearance of customs checks and controls was entirely due to the EU and the Single Market. When Britain left, the border became a central issue.

What is Ireland's relationship with the UK like now?

Since Brexit, the relationship between Dublin and London has become very difficult. When we were both members of the EU,


“ I THINK IT'S ONLY IN RETROSPECT THAT WE ALL REALIZED HOW IMPORTANT THE EUROPEAN UNION WAS TO THE SUCCESS OF THE GOOD FRIDAY AGREEMENT ”

and in the wake of the Good Friday Agreement, we were becoming closer and closer. On the EU agenda, we had a lot of issues in common and we worked very closely here in Brussels.

In the past six months under the Sunak government, there are signs that dialogue between London and Dublin has improved. Particularly because the UK is now seriously engaged in trying to find a solution to the implementation difficulties in the Northern Ireland Protocol. This is very positive and has greatly helped. I think in Dublin we're increasingly confident that the relationship is improving.

Do you miss the UK?

We do miss them here in Brussels, they were a very important partner for us. Nonetheless, I think we've all adjusted to their absence, we know they're not coming back. Ireland has found that we're now moving much closer to countries like Sweden, Finland, the Netherlands, Belgium and Luxembourg than we were before. So we've found a new family to compensate for the loss of the UK.

Ireland is holding a series of events to mark and celebrate 50 years of Ireland's membership of the European Union over the year: www.ireland.ie/en/eu50 

LIFESTYLE

A Celtic revival leads the way into spring

LIFESTYLE

Luxury

'Into the West' Nigel O'Reilly

Meet the man who has made his mark in the world of creative jewellery



The Blue Rose Signature Ring © John Mee

Deep blue sapphires and rubies come together in variegated petals which hold a central diamond. This rose has detailed green leaves which delicately climb the knuckle of the wearer's hand and gleam like stained glass when held to the light.

Nigel O'Reilly describes his native Mayo and the West of Ireland as a 'well of inspiration' for his creative process. It may seem like an odd location for someone who is at the very pinnacle of 'Haute Joaillerie', but it only takes a visit to this rugged and magical county to understand why you might not want to live anywhere else.

International collectors travel to Ireland to sit with Nigel personally and create luxurious pieces of fine jewellery, the personal interaction is paramount to his approach. O'Reilly offers a discreet and confidential service to his clients, meeting remotely or by appointment to co-create these small masterpieces: "I am driven by beauty, the



The Orb © Richard Foster

This golden hued natural pearl is a rarity in fine jewellery, inspired by the natural process of plant seeds and their organic dispersal, this ring is designed as a small microcosm where the pearl is central to the overall design; surrounded by a golden cup containing hundreds of carved apertures and set with 380 pink and orange sapphires. A secondary outer latticed cup is set with pink and green diamonds in crisscross pattern. A cross section under the pearl allows the viewer to peer inside this little 'world' and view it in microscopic detail.

“ INTERNATIONAL COLLECTORS TRAVEL TO IRELAND TO SIT WITH NIGEL PERSONALLY AND CREATE LUXURIOUS PIECES OF FINE JEWELLERY ”

Aquatia Pendant © John Mee

The vibrant blue of this unusually faceted topaz is quite architectural and angular, almost 'shield-like' in shape. Nigel loved the idea of weaving an ornate gold 'web' formation around the topaz, holding it in place. The delicate pinks and warm tones of the pink sapphires and diamonds look beautiful against the dramatic blue.



beauty of the stone, beauty of my landscape in the West of Ireland. I find great satisfaction in the union between the piece and the person who wears it. When you are gifted something as rare as a gemstone it is your duty to realise its beauty."

In 2020, Sotheby's chose O'Reilly as their 'Designer in the Spotlight' for the annual 'Important Jewels' auction, noting his technical brilliance and his ability to form creative relationships with his clients, some of the world's most discerning collectors.

O'Reilly's work is defined by the blending of ancient and modern techniques, his pieces are recognised for their vibrant and copious quantities of coloured gemstones. His distinctive gold lattice work is part of his signature, as are the generous undulating shapes. Clients who have been enchanted by these small works of extreme beauty include Julianne Moore and Saoirse Ronan.

Each item of O'Reilly's is designed and created in-house, sourcing only the highest quality certified gemstones and fair-mined gold. The company has trained its own staff in areas of goldsmithing and diamond-setting, making his Castlebar studio one of the best in Europe for its level of in-house expertise.

Nigel started his career in the world of precision engineering, creating vascular surgical devices and that career developed into a love for shaping metals and creating unusual pieces of 'wearable art'.

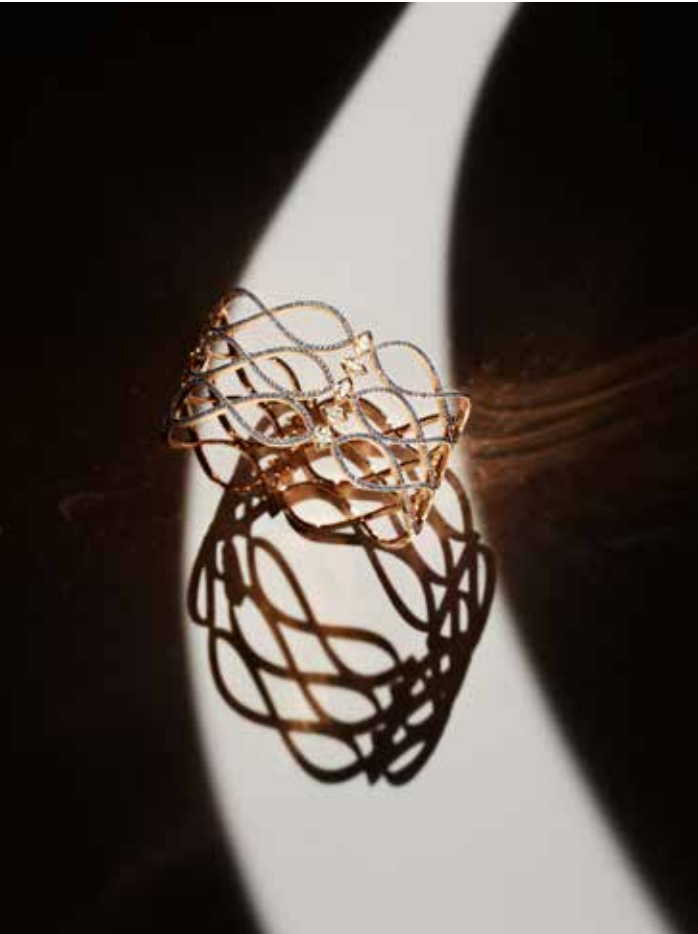
O'Reilly's work has the spark of genius, but like all great craftsmen, he acknowledges those who he learnt from. Firstly, the late master goldsmith and gemstone cutter Erwin Springbrun. Springbrun trained in Germany and spent many years in Switzerland. His interest in Celtic art was one of the reasons he found himself in Ireland, becoming



The Orb © John Mee

Origami inspired hinged earrings, with fluted folded gold detailing set with rubies and orange sapphires. The fully articulating hinged clasp is set with white diamonds, 'culets' pointing upwards, for a distinctive aesthetic.

“ O'REILLY'S WORK IS DEFINED BY THE BLENDING OF ANCIENT AND MODERN TECHNIQUES ”



Talisman Sapphire Cuff
© Richard Foster

The 'mobius loop', or the 'infinity symbol', has long held Nigel's interest as a jewellery motif. It references Celtic knotwork; the patterns of illuminated ancient manuscripts. When Nigel designed this sapphire cuff, he wanted it to wrap around the wearer's wrist, with swirls of deep blue sapphire against rose gold, hinting at those ancient, illuminated pages. The cuff has a beautiful functional hinge, so it opens and closes over the wrist.

an Irish citizen in 1990. Springbrun was particularly well known for his ability to reveal the innate luminescence of his gemstones.

Another important influence was Berlin-born Rudolf Heltzel. Heltzel developed his craft in Germany, then Sweden and was invited to Ireland in 1966 by the Irish Export Board (An Córas Trachtála) to establish a jewellery and metalsmith workshop training many of Ireland's goldsmiths.

To learn more about O'Reilly and maybe even book an appointment www.nigeloireilly.com 📍

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Fisherman Out of Ireland

Ireland's traditional knitwear industry has been brought up to date, marrying the skills of generations of knitters with contemporary design



Photos credits © Peter Rowen

Chunky diamond eyelet stitch v-neck jumper, cream cloud, 95% mulesing-free merino wool, 5% cashmere

Fisherman Out of Ireland have been at the forefront of design-led Irish knitwear during the last thirty years. From the first stitch to the final press, each piece of the collection for men and women is made at our knitting factory in Kilcar, County Donegal, a small Gaeltacht

“ THE FOREFRONT OF IRISH DESIGN-LED KNITTING ”

(Irish speaking) village rich in the textile tradition. Nestled between the Derryveagh mountains and the Atlantic ocean, it is this awe inspiring environment, along with the local fishing communities, which inspires the

“ THE KNITTING TEAM IS MADE UP PEOPLE WHO HAVE WORKED FOR FISHERMAN FOR OVER 25 YEARS ”



Rib scarf, emerald, 27% baby alpaca, 42% extrafine merino, 31% pima cotton



Ribbed neck piece, 100% Donegal fleck, mulesing-free merino wool, redstone

new yarns, colours and styles for each collection.

Fisherman designer Louise Elliot says: “The Fisherman collection is made in Donegal using luxury yarns. The look is cool, understated style which takes its colour and stitch inspiration from the nearby wild and rugged, coastal landscape.”

Fisherman may be situated on the edge of Europe in the middle of ‘nowhere’ but their 100% natural fibre, quality, contemporary jumpers are shipped across the world. The knitting team is made up of 38 people, some of whom have worked for Fisherman for over 25 years.

www.fishermanoutofireland.com

The Landskein: An interweaving of heritage and modernity

Together Editor **Catherine Feore** meets Anna Guerin, a designer committed to beautiful tailoring, sustainability and Donegal Tweed

“The word Landskein means a weaving and braiding of horizon lines, seen on hazy days,” says Anna Guerin, the woman behind The Landskein. “I came across the word years ago and I fell in love with its meaning. It’s a profoundly beautiful word that reflects the idea of the interweaving of the threads of heritage with the threads of modernity.”

Guerin is a passionate advocate of Donegal Tweed. In 2017, she undertook research into the value of authenticity and sustainability in Donegal Tweed, as part of her Masters degree, which involved spending a great deal of time interviewing the weavers of Donegal and observing their methods and processes.

Carrying out the research deepened her love and interest in this singular fabric: “Unlike Harris Tweed, there is no legal protection on the production of Donegal Tweed, which can be produced anywhere, and yet still be called Donegal Tweed. It just seems crazy that a product that is synonymous with our national cultural identity is not protected, there is evidence to show that this textile has been



Anna Guerin

produced in Donegal for at least the past 800 years.”

While Guerin celebrates Donegal Tweed in her designs, she brings its story into the present with modern silhouettes, relaxed oversized cuts, drop shoulders and extended



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*Ceile coat. €950. Herringbone weave tweed
100% superfine lambswool*

“LANDSKEIN MEANS
A WEAVING AND
BRAIDING OF
HORIZON LINES, SEEN
ON HAZY DAYS ”

style lines. While the cuts are contemporary, the styles use the best traditional tailoring techniques. One of the designers she admires most is Antwerp's Dries Van Noten, also known for his outstanding tailoring: "He is a pure genius," says Guerin. "He allows the fabric and cut to lead the way, every design is both timeless yet modern, his work always strikes the perfect balance. I admire any creator who has managed to build a business doing what they love.

"There are so many obstacles to maintaining the highest standards, especially when the company is self-financing. Some people do wonder why I would choose such a challenging route, but while it is all-consuming work, I enjoy every second of it. The satisfaction of seeing your ideas come to life is priceless. Naturally improving the profitability of the business is a goal, but I feel that will come if I continue to love what I do."

One of the challenges has been to reduce the weight of the tweed: "We prototyped different weights and finishes with differing fusings, interlinings and linings until we were satisfied with the feel, cut and drape of the cloth. We found in our research that there was an objection to the traditional heavier weight of tweeds, so we reduced the weight of the overall fabric by 40%. By using fine lambswool we were able to produce a contemporary and elegant fabric that worked beautifully in modern soft tailored coats. We worked very closely with Kieran Molloy of Molloy & Sons to develop a lightweight tweed in contemporary colours and designs."

Sustainability is sewn into every fibre of The Landskein. "Many of our yarns are spun in Donegal, which supports the local economy and reduces our carbon footprint. The yarn spinners only source their fibres from farms with high animal welfare standards. We do not use Merino yarns in our tweeds, and so our fabrics are mulesings free, which is a

“THE SATISFACTION
OF SEEING YOUR IDEAS
COME TO LIFE IS
PRICELESS ”

*Dante coat, almond. €950.
Herringbone weave tweed
100% superfine lambswool*



Adeline Coat. €950. Picpoul weave tweed 100% lambswool

Fashion

cruel process carried out on Merino sheep. Our horn buttons are made from waste from the food industry."

"When we were building the prototypes, I initially chose a sustainably produced organic cotton for the linings; while this looked interesting and was kind to the environment, it compromised the drape of the tweed. I had this idea that I wanted everything in this coat to eventually dissolve and leave no trace. Finally, I found a mill in Italy which weaves viscose lining from wood pulp certified by the FSC (Forest Stewardship Council) from forests in northern Europe, so thankfully I found an environmentally friendly solution without compromising on the tailoring."

For Guerin, it's not just about being kind to the planet: "We believe in sustainable

**“ WE BELIEVE IN
SUSTAINABLE FASHION
THAT IS KIND TO THE
ENVIRONMENT AND
EVERY INDIVIDUAL IN
THE PROCESS ”**



Adeline Coat. €950. Picpoul weave tweed 100% lambswool



Rye Coat. €795. Olive herringbone weave tweed 100% superfine lambswool

fashion that is kind to the environment and every individual in the process. The Landskein only works with European companies whose staff are protected under EU work directives and who receive a fair wage. I have worked very closely with all the workers in the process, from the pattern makers, the cutters and the machinists. I know them all by name, and I know they are treated with great respect and that they enjoy and take pride in their work on The Landskein."

"Having worked in the industry for so long and having seen how desperate conditions can be with my own eyes, it was imperative for me that kindness would be one of the main pillars of the brand. Of course, an unwavering dedication to kindness can't be seen in the coats, but we feel we have built this intangible value into these pieces. This comes at a financial cost, and we understand that the cost places us in a very niche luxury market, but we want to build a sustainable business model while maintaining our core values."

Photographer **Boo George**
Photographers assistant **Bror Ivesfelt**
Model **Ami Hope Jackson @ Notanotheroninternational**
Stylist **Yana Mc Killop**
MUA **Gail Miller**
Location assistant **Rory Boss**

The photographer behind the shoot is London-based Irish photographer Boo George. George's style is very reminiscent of Peter Lindbergh, a photographer he admires; both give their images a cinematic and timeless feel. Like Lindbergh, he is a photographer who is loved by actors, including Eddie Redmayne, Helen Mirren and Michael Fassbender. In the 'What's On Belgium' section, we have a piece on the recently opened Lindbergh 'Untold Stories' exhibition in Espace Vonderborght. I was struck by the similarities - both photographers draw you in to their subject.

George's photography is a great match for Guerin's design: authentic, human and timeless.

www.thelandskein.com ⓘ

Roseline d'Oreye

Together celebrates a new edition to the prestigious Galeries Royales Saint-Hubert



This year marks the 175th anniversary of Galeries Royales Saint-Hubert. Brussels residents and visitors alike love to wander through this elegant and prestigious thoroughfare. Formerly nicknamed the “umbrella of Brussels”, it’s the perfect escape from the vicissitudes of the Belgian weather!

Now there is a new reason why you will want to visit. Roseline d'Oreye has opened her own boutique at number 10 Galerie St Hubert. The very bright shop plunges the visitor into her ludic and joyful world.

Roseline's first love was drawing and illustration. She is constantly inspired by her travels where she makes her preliminary sketches, these are then developed and applied to her silk scarves: “I fell in love with the silk scarf, for me the silk scarf is a piece of art that you wear.”

Her Belgian-themed scarves are playful celebrations of all things Belge: chocolates; sprouts; Belgian landmarks. They're the perfect gift for someone who isn't too earnest and who has made Brussels their home.

“ I FELL IN LOVE
WITH THE SILK
SCARF, FOR ME
THE SILK SCARF IS
A PIECE OF ART
THAT YOU WEAR ”



The full versatility of how a scarf can be worn is also on display in the shop, Roseline is happy to offer guidance on how to craft a bandana, or turn it into a top; she even organises “how to” workshops for groups, individuals or professional events.

In addition to the simpler scarf there are kimonos, tunics and pouches.

If you are looking for that special gift to mark a “significant” birthday, there is also the possibility of creating a personalized silk scarf. There are a number of options available, you could add an inscription of a first name, or a short phrase of your choice. The second option is modifying some colors of an existing silk square, without modifying its design. The third possibility is to add a cus-



tom design, or the adaptation of a pattern, based on one of Roseline's existing designs. And finally, the fourth option is a beginning-to-end creation of your luxury accessory based on your ideas - even to help you to elaborate a theme.

www.roselinedoreye.com ⓘ

Time for romance?

Looking for the perfect gift for your loved one?

Nicholas Sirot guides you through some options you might want to consider for the one you love.

Spring is coming and it's a chance to make your 'significant other' feel loved and appreciated. We have selected some items that will thrill and delight.



Carolina Herrera
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DINH VAN
Menottes Bracelet
Yellow Gold.
Price: **€4.550.**



DINH VAN
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Price: **€1.250.**



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80ml. Price: **€126.**

TOLLET
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Yellow Gold 18.
Diamonds & Rubis.
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VAN ESSER
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Yellow Gold.
Price upon request.



Carolina Herrera
Parfum. 80ml.
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FALKE Tights.
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Parfum wax.
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For him...



Carolina Herrera
Bad Boy Le Parfum.
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Benoit Nihant
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Clyde for men
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Aze Jewels
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VAN CLEEF & ARPELS
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Price: **€130.**



RAY BAN
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VAN ESSER
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Price upon request.



OMEGA
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18K Sedna™ Gold .
Price upon request.



BELL & ROSS
Watch silver Black.
Price: **€7,400.**

My spring routine

By Nicholas Sirot

Spring is upon us, it's time to discover new treatments to regenerate your skin, giving it a more refined and plumped look and a healthy glow without breaking the bank. We invite you to discover BABÉ's selection of new and essential products that will make you want to come back for more.



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Babé Multi Corrector Eyes and Lips Tensor with Hyaluronic Acid + Caffeine + Bakuchiol + Encapsulated Retinol Reduces expression lines and tightens the eye and lip contour.
Price: **€19,95.**
In pharmacies (online) and on adephar.be



Babé Multi Renewal Night Peel Serum: Regenerating serum, liquid texture that stimulates cell renewal for smoother, brighter and more even skin.
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In pharmacies (online) and on adephar.be



Babor Collagen Booster. Firming cream and wrinkle correction.
50ml. Price: **€109,90.**



Babor Ampoules concentrated collagen Booster. 14ml the cure of 7 ampoules.
Price: **€39,90.**



Ethè Illuminating shampoo. 250ml.
Price: **€21.**
In pharmacies (online) and on adephar.be



Ethè Illuminating mask. 150ml. Price: **€25,50.**
In pharmacies (online) and on adephar.be

LIFE OF LEISURE

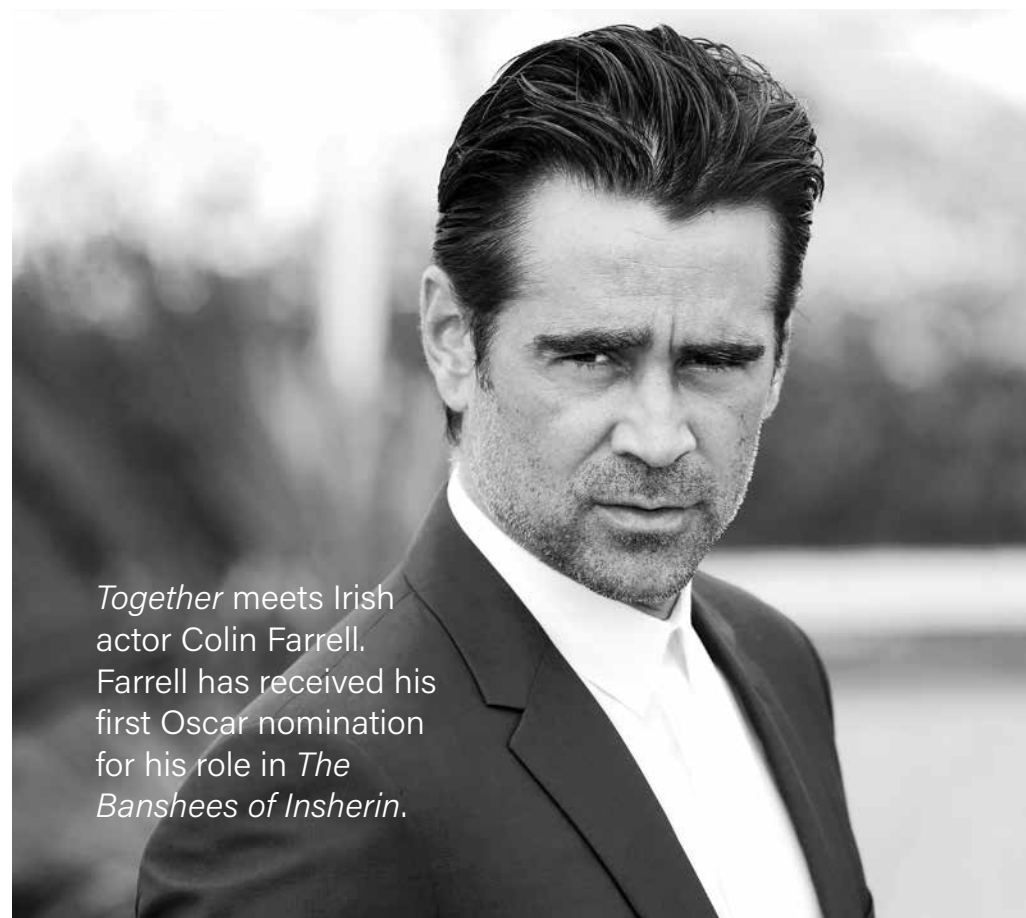
*Drop into an Irish bar on St Patrick's Day
and enjoy an Irish whiskey*



LIFE OF LEISURE

Interview

Colin Farrell: An actor who continues to push himself to the limit



*Together meets Irish actor Colin Farrell. Farrell has received his first Oscar nomination for his role in *The Banshees of Inisherin*.*

Actor Colin Farrell has had to explore various depths of courage and creativity over the course of a 25-year acting career, yet at a time when the buoyant Irishman should perhaps be looking to wind down to rather more serene creative pursuits, he is instead ramping up for a return to the attention-grabbing, impact-driven na-

ture of his early roles... even if the projects are less high-octane.

This was no better exemplified than in last year's portrayal of John Volanthen, the real-life hero of the Thai cave rescue, a project – through movie *Thirteen Lives* – that offered the 46-year-old a unique perspective



“YOU FEEL PITY AND SADNESS FOR THE CHARACTERS, AND NO SMALL AMOUNT OF CONFUSION”

into storytelling and, ultimately, survival. Coupled with the triumphant revival of *The Batman*, it was a stellar year for Farrell.

Perhaps the appeal of the actor is in the way he has risen from bullish, action movies in the early part of his career (think *Minority Report*, *Miami Vice*, *Pride & Glory* and *Total Recall*), to thoughtful, emotive and psychological staples (*The Beguiled*, *Saving Mr Banks*, *Artemis Fowl* and others).

That would explain his latest movie, *The Banshees of Inisherin* – a film set on a seemingly tranquil island off the coast of Ireland, yet one which harbours psychological drama that's right up there with *Thirteen Lives* and *Phone Booth*.

Together: Your movie, *The Banshees of Inisherin*, starts off with two friends falling out, then evolves into a mysterious and complex tale of emotional complexity?

Colin: What attracted me to this movie was the fact it is a subject that, from the outset, appears preposterous. Padraic and Colm are friends on a quiet Irish island off the west coast, and seem set to stay that way for life, until Colm calls a halt to it.

He tells Padraic never to talk to him again, and each time he does says he will cut one of his fingers off.

Quite soon, the community realize that so-

omething which initially appears a petty falling out is escalating into an impasse that won't be solved.

The film is funny yet also disturbing, which really is the perfect combination for me.

What strikes home is the madness of it all, yet its familiarity.

Precisely. And that is where the truth lies.

From the outset it is a film that appears far-fetched in its positioning, but ultimately this is exactly what happens to people and to friendships. They disappear over time – sometimes quietly, sometimes very loudly.

We are sometimes the aggressors of this, sometimes the victims; yet it does happen every day.

For a film that has so much humour and comedy, there is a real sadness in how it evolves.

For me, the sadness is in not being able to work out what a situation really means.

I have been involved in some real psychological movies that challenge the viewer to his or her extremes, and this is right up there with all of them.

You feel pity and sadness for the characters, and no small amount of confusion, and it's hard to package it all together into something that makes sense.

There are a lot of movies you do that must be tough to keep navigating, day after day.



“ I THINK CONFIDENCE IS ONE THING, BUT STRENGTH IS WHEN YOU ARE COMFORTABLE ENOUGH IN YOURSELF TO ASK FOR SUPPORT AND ENCOURAGEMENT FROM THOSE AROUND YOU ”

Some movies get easier the more you pursue them; others, like *Thirteen Lives*, are tough every single day... from day one to the final day.

The interesting thing about that movie was that, usually, when you finish, you are relieved and can have peace with the movie. *Thirteen Lives* came with a sense of almost false achievement – and by that I mean all I could think was I'd recreated a kind of reconstruction of what some incredibly brave guys, and boys, went through for real, without any of the comforts or rewards.

So in a sense that feels like no satisfaction at all. I admit there should be some, but there wasn't really much!

Had you experienced such a challenge in a movie before?

Physically and mentally it was very difficult. Physically it speaks for itself, but mentally to have the courage and belief that you will be okay, even in very sanitized, safe conditions, is something else.

I think all the cast really had to reach out for support. Of course I turned mostly towards John Volanthen – one of the British divers

involved in the rescue – who was unreal throughout the shoot.

It was really important we got close to the real guys behind this story, in terms of presenting them properly; but more than that, they were actually the best guys to keep us calm and talk us down off the ledge.

I've never had that in a movie before – this one was unique for so many reasons.

Of course I've had movies in the past that test you in different ways; ways you don't foresee or imagine. The one that stands out most is *Killing of a Sacred Deer*. That was terribly bleak. I'd get to set and think, 'Jesus, what did I sign up for?'

Every day, the tone was getting darker and more cerebrally twisted. There was an amazing creative broth but some days you'd come off after 12 hours on set and just feel flat. And I was completely shattered when I first watched it back. This was different, but similar.

You're renowned as an actor who always has bravado and confidence. Do you still feel that as much as you did before, in your career?

I think confidence is one thing, but strength is when you are comfortable enough in yourself to ask for support and encouragement from those around you.

When I was younger that's probably something I wouldn't have done – I wouldn't have admitted I needed help. As you get older you realise it isn't a black mark against your name if you need to do that.

We all need to take ourselves back down from time to time, and get outside of our comfort zones, and when we're there, to be strong enough to turn around and ask for help. It's important.



“ I WANT TO WORK WITH THE BEST AND MOST INTERESTING DIRECTORS AND ACTORS WHERE I FEEL INSPIRED AND I WANT TO GIVE MY BEST EVERY DAY ”

You seem to have found a consistent and happy new level as an actor the last several years by working on a variety of films – big and small. Is it more satisfying working this way than being part of big studio projects?

I'm much more interested in the quality of a film and trying to be part of movies that people will find entertaining and not feel like they've wasted their money.

I want to work with the best and most interesting directors and actors where I feel inspired and I want to give my best every

day. That's the greatest pleasure you have as an actor when you can experience that level of creative excitement and fulfillment.

Was there a turning point for you in terms of where you felt tired of working on big budget Hollywood films like *Alexander* which were shredded by critics?

It was after *Miami Vice* that I realized that I had lost my passion for working. It was a bad time personally and professionally and I knew I had to change everything.

I feel so liberated as an actor now compared



**“ I HAVE LONG SINCE STOPPED SEEING MYSELF
AS AN ACTOR, FIRST. I THINK OF MYSELF
PRIMARILY AS A FATHER, AS A MAN, AS A FRIEND ”**

to that period in my career. Once I decided that I was only going to work on films where I had the chance to play interesting characters, it completely rekindled the spirit I felt when I first wanted to become an actor.

Did your Hollywood glory days ultimately make you cynical about that world?

It can be very cut-throat. I have to admit that I didn't have much choice when it came to doing independent films because when those big films didn't do very well suddenly I wasn't getting those kinds of offers from the studios anymore.

That's how it is in this business. When you're

a star the studios will do anything for you but once things go bad suddenly no-one wants to know you.

But this has been a very positive and rewarding new chapter for me and I love the kind of intimacy and intensity that I've been able to find as an actor with these kinds of movies.

Is that the biggest reward that comes from doing smaller, more intimate films as opposed to those big studio films?

There's much less waiting around in the trailer and spending the entire day waiting to shoot maybe 30 seconds of film. It's much

nicer spending genuine time with the other actors, spending time with the director, shooting different scenes, and feeling much closer to the material.

You've gone through some ups and downs in your life as is well known. What do you think has been the biggest change in how you see yourself or the world around you?

I have long since stopped seeing myself as an actor, first. I think of myself primarily as a father, as a man, as a friend. I'm focused on my life. First comes the family, my boys, then the job.

And maybe that's why I love making films more than ever, because I'm not attached to my work as I once was. I've realized that nothing is more important than my children.

Do you not like the fame?

I loved it. I did yeah. There were some great perks of the job, and I was 22 and just struggling to maintain any level of normalcy, and desperately trying to cling on as best I could, but it's hard in that world when you're catapulted into this heavenly stratosphere. I enjoyed those days, very much. I had a great time. Would I go back and do it all again? No, god no.

There's always talk that you're retiring?

No, no, I'm not joining Daniel [Day Lewis] at the retirees' club just yet. Jesus, you say one thing and it's all the quit talk. I'm probably, not even probably, I'm undoubtedly doing the best work of my career, so not exactly an opportune time to bow out.

When you do retire what will you do?

I want to get behind the wheel and keep driving for a few weeks. I want to get lost and close off that part of my life, temporarily. I highlight, I emphasise the word, 'tempora-

rily' there. You need to switch it down every now and then.

Do you feel, at this stage in your career that you have accomplished a lot?

I have never felt accomplished. I have never felt on top of my game. I still feel like I know nothing about acting. That's the appeal and the lure and also the pain of the job, never feeling like you fully get there, and yeah, I think on the whole, it's part of the appeal for me. I engage in that eternal chase, I like it.

What about the quality of the industry right now?

It's constantly fluid, so as soon as you think that it's a particular way, it changes. I think independent film is alive and well and I think digital photography has meant that the power to tell stories cinematically has been put in the hands of anyone who wants to tell a story, which I think is amazing.

As for the studios, it's hilarious - they are always trying to figure out how to crack it and then maybe they crack it and then they saturate it, and it stops working and then they have to crack someone else.

The business is changing with Netflix and Amazon and all this, but then even that's contracting. So the studios are shitting themselves and the premium channels are shitting themselves and agents are shitting themselves and actors are shitting themselves, so I think everyone is shitting themselves.

And yet, the industry will survive - it will grow and it will change. ①

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INFOS ET
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Courchevel – the world capital of skiing

Mark Browne visits one of France's most renowned resorts.



Courchevel is a name synonymous with luxury winter holidays, it is indisputably the world capital of skiing in 2023 as it plays host to the FIS Alpine World Ski Championships from February 6-19. However, this lofty title is not just founded on this latest accolade for the resort but rather is the well-earned motto of a globally renowned ski paradise.

The resort consists of six separate mountain villages ranging in altitude from 1300 meters for Courchevel-Le Praz to 1850 meters for the main resort village. Although well

connected by both lifts and ski runs, each village retains its own ambience and the inherent dispersal of visitors among these separate centers ensures a more homely and local atmosphere throughout.

These five villages are not the full extent of the resort's access by any means. Courchevel forms part of The Three Valleys - an immense ski area of over 600 km of connected ski pistes which stretches out to include the nearby well-known resorts of Meribel, Val Thorens and Les Menuires. Together this is the largest ski area in the world and all



of it is accessible with a single lift ticket. It is made up of a combination of 180 green and blue level runs as well as 140 red and black pistes – ensuring a wide variety of accessible slopes for skiers of all levels. As the majority of this ski area is located above 1,800 meters and natural snow is supplemented as necessary by the largest artificial snow making system in France, the resort can stay open from early December until late April with the guarantee of snow. Furthermore, given the resort's location in the heart of the Alps, this can be enjoyed while admiring the incredible panoramic views of the surrounding mountains as well as famous landmarks such as Mont-Blanc and the Vanoise glaciers.

Feel like a break from the slopes?

In addition to lessons, experienced local guides are available from the ESF Ski school to help explore the broad expanse of pistes and ensure new explorers are steered suc-

cessfully back to base after an exhilarating day on the mountains. However, while winter sports are of course the original raison d'être of the resort of Courchevel, it has expanded its scope to ensure that there are alternatives for those who want to take a break from the snow. Chief among these is the relatively new Aquamotion centre. An enormous waterpark and wellness centre, it offers waterslides, climbing walls and even indoor surfing to visitors along with all the facilities of a high-end spa, including a range of saunas, pools and treatments.

For those wishing to keep to an outdoor theme, a hike to the nearby La Rosière lake may prove just the ticket. Nestled in a wooded valley, this scenic green haven is an idyllic spot for a picnic after the hike – or visitors can pop into the Chalet du Lac de La Rosière located right by the lakeside for their refreshment. Other alternative activi-

ties available include fat biking, tobogganing, horse riding or jaunting and even dog sledding.

Of course for those who wish to merely relax on holiday and engage in some retail therapy Courchevel boasts an enviable array of high-end clothes boutiques and jewelry shops that ensures it is all too easy to spoil oneself and one's loved ones.

Eight Michelin-starred restaurants

After all this activity visitors will no doubt have generated quite an appetite and fortunately there are few better places in the world to indulge in culinary delights. Courchevel already boasts eight Michelin-starred restaurants which collectively hold an incredible 13 stars – and there are a number of other highly impressive restaurants knocking on the door to join this impressive list.

Some of these upcoming stars to be enjoyed include Chef Damien Ducharlet's La Cheminée at the Fahrenheit 7 Hotel, Alpage

at the Hotel Annapurna (which this season is featuring the renowned Chef Jean Rémi Caillon) or La Table de Madame by Chef Stéphane Jégo at the five-star slopeside La Sivolière hotel, which also offers a lively but elegant après-ski experience that is accessible to both guests and non-guests alike.

However, the choices go beyond haute cuisine. Restaurants such as the centrally located Le Sky Restaurant offer solid and tasty fare at more affordable prices. A great lunch spot, it's just off piste so downtime can be kept to a minimum.

Where to stay

As with the culinary offering, Courchevel presents an almost embarrassing wealth of world-class hotel options, including 22 five-star hotels, five of which have even attained the ultimate "palace" designation. This is in addition to the many luxury chalets which may be rented for private groups.

The five-star Hotel Annapurna in Courchevel represents an ideal choice for a luxury

“ THERE ARE ALTERNATIVES FOR THOSE WHO WANT TO TAKE A BREAK FROM THE SNOW ”






“THERE ARE FEW BETTER PLACES IN THE WORLD TO INDULGE IN CULINARY DELIGHTS”

stay. Located directly adjacent to the pistes to ensure ski-in-ski-out access, it is the highest hotel of Courchevel and its location at the summit of the Courchevel 1850 village ensures it offers commanding views, including from guests' private balconies. A family-owned and managed property it maintains the intimacy of a boutique hotel despite its size (over 77 rooms and suites) and considerable on-site facilities, which include a spa and wellness centre, interior and exterior pools and hot tub and full fitness centre. The hotel has undergone numerous upgrades, extensions and renovations since originally opening in the 1970's to ensure the highest standards of elegance and comfort. It is characterized by an eye for unique and distinctive detail such as the tables made from giant Californian sequoia trees or the ski trophies of members of the founding

family, who still operate the property along with their polished and highly professional team. Having seen families enjoy the hotel across several generations, it ensures all ages are catered to through well-staffed facilities such as its children's playroom and teens' games room. Its highly impressive suites, some of which are multi-story, can be the perfect option for those entertaining extended family across the generations at this level of luxury.

Mark Browne was a guest of Courchevel Tourist Office and the Annapurna Hotel.
www.annapurna-courchevel.com 

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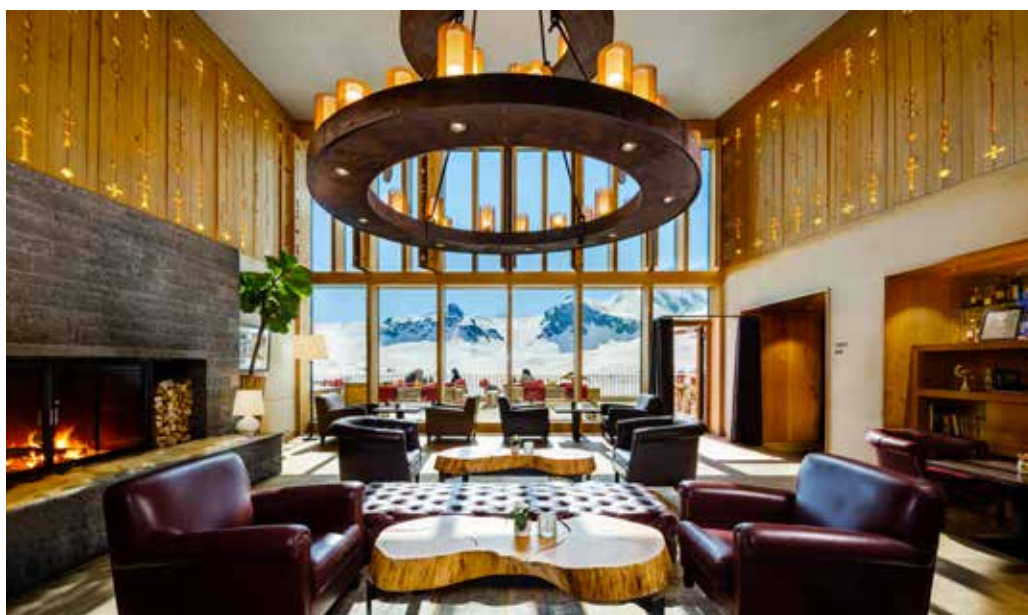
Boys & Girls
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Verbier



Go high or go home!

In the midst of a ski season characterized by low snowfall, high temperatures and green slopes, **Mark Browne** explored the little known Swiss ski resort of Melchsee-Frutt in search of a winter paradise.



Situated at a lofty 2,000 metres, this high plateau in the mountains of central Switzerland is surrounded by soaring peaks, some of which exceed 2,500 metres. Ski lifts bring winter sports enthusiasts to a height of 2,225 metres at the Balmeregg lift and other lifts go to over 2,100 metres, guaranteeing snow throughout the winter season.

The resort offers a range of slopes suitable for beginners as well as more challenging black inclines for the more experienced and

reds for those in between. It also offers tobogganing and a children's snow playground.

As it is a plateau, visitors can also take advantage of the flat expanse to go on cross-country hikes around the frozen lake at the centre of the plateau, or to engage in cross-country skiing. Another alternative activity which the frozen lake in the centre of the plateau affords visitors is the possibility to go ice fishing. Local ice-fisherman guides supervise to ensure safety and to ensure that the condition of the ice is right.

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“ SWITZERLAND’S
UNRIVALLED LEVEL OF
PUBLIC TRANSPORT
MEANS THAT THIS IS
CERTAINLY A VIABLE
MEANS FOR A VISIT
HERE ”

Getting there is an adventure

There are destinations which are difficult to reach and then there are those where the journey is part of the adventure experience. Melchsee-Frutt is definitely in the latter category! Visitors are brought up to the plateau by cable car from the hamlet of Stöckalp below. Rising through the evergreen forest, cliffs rise impressively alongside as you ascend to the lift’s summit at the base of the resort, which is a car-free zone throughout the year. Even reaching Stöckalp, whether by car or public bus from the town of Sarnen, is an enchanting experience. The road winds gradually upwards through picturesque countryside and small villages, often affording stunning views of the lakes of central Switzerland.

Despite its remote location, Switzerland’s unrivalled level of public transport means that this is a viable way to reach your destination. The trains, in particular, are frequent,

“ THE WELCOME
COMMENCES EVEN
BEFORE ASCENDING
TO THE PLATEAU ”

comfortable and punctual. Moreover, they follow epic routes through some of the world’s most celebrated scenery in the Inter-laken region of Central Switzerland.

Where to stay

As a small resort, Melchsee-Frutt offers a modest selection of accommodation options. The pinnacle of these is the Frutt Mountain Resort. A four star superior hotel, it has won numerous awards including best four star wellness hotel in Switzerland. It is managed by Kempinski, just like the renowned nearby five star superior Kempinski Palace Engelberg, so little wonder that the quality is assured!

The welcome for guests commences even before ascending to the plateau, with an informal reception in Stöckalp where luggage is collected for upward transportation and guests are greeted with a warming gluhwine. The warmth of this welcome continues on arrival at the main plateau where the hotel is located. With over 100 spacious guest rooms and suites offering stunning views across the surrounding mountains. It is decorated in a modern Swiss style that still makes extensive use of traditional materials and wood. The numerous old-fashioned giant cowbells decorating the lounge bar are a nice touch of local flair too. The classic ski



“ AS A WELLNESS HOTEL THERE IS
AN EXTENSIVE SPA AREA ”

lodge style sits in marked contrast to the ultra-modern exterior of the main building.

A choice of four restaurants is available to guests, ranging from the international restaurant “Titschli” and the “Special Cuts” meat specialist to the Italian restaurant “Lago” and the “Chalet Gemsy”, which prepares the local cheese fondue. The exquisite cuisine of each of these is supplemented by the award-winning wine lists available. There’s even a cigar lounge.

As a wellness hotel there is of course an extensive spa area, which features a pool, saunas and steam rooms as well as private treatment rooms. The massive glass wall of the pool area allows guests to enjoy spectacular views of the bordering Melchsee alpine lake while relaxing and there is also direct exterior access for those who like to cool off in the snow after their sauna!

There is also a separate fitness area for those who prefer to get their exercise indoors! Other key attractions include the convenience of ski-in, ski-out and a range of family-friendly facilities including a bowling alley, cinema and kids club. More modest hotel accommodation as well as holiday apartments are also available locally.

How to get there

The famous city of Lucerne is the most proximate local urban centre and located under 35 km from Stöckalp, or about 75 minutes by public transport via train and bus. This in turn is accessible from nearby airports located in Zurich, Basel and Bern in around an hour or less in each case.

Mark Browne was a guest of the Frutt Mountain Resort.

www.fruttmountainresort.com ❶

Ten places to visit in Ireland

Overflowing with history, abounding in natural beauty and with one of the most welcoming people you're ever likely to meet. Why wouldn't you visit Ireland?



Doolin, The Burren, Co Clare

One immediate response to this question might be: the weather. However, if it didn't have the rain, it wouldn't have the lush green landscape. There is nothing better for blowing away the cobwebs than a bracing walk along Ireland's coast. There is so much to see and do, but here are top ten recommendations for 2023.

1. Seek adventure on the Wild Atlantic Way

Certainly, one of the must-see areas for awesome scenery on an Irish holiday; the Wild Atlantic Way is also an unspoilt adventure playground and full of sustainable activities. Hop between charming coastal villages and incredible national parks, while enjoying any

kind of outdoor pursuit you can think of. Surf the water, ride horses on the beach, spot whales, climb mountains, do a spot of forest bathing, cycle greenways, walk through eons of history and much more.

www.thewildatlanticway.com

“THERE IS NOTHING BETTER FOR BLOWING AWAY THE COBWEBS THAN A BRACING WALK ALONG IRELAND'S COAST”



Rathlin Island

2. Steal away to an island

There are many to choose from: the Aran Islands off the coast of Galway, Skellig Michael, a UNESCO World Heritage Site, off the coast of Kerry; or Sherkin off the coast of Cork. For the ultimate in remote experiences, escape to the tranquil and idyllic Rathlin Island, lying six miles off County Antrim and just a quick ferry ride from the seaside town of Ballycastle in Northern Ireland. You will soon fully appreciate the magic of this unspoilt island. Walk the car-free roads. Cycle for miles in solitude, watch out for seals in the bay. Explore lighthouses, visit the bird sanctuary, soak up the fresh sea air and sup a pint in the island's only pub.

www.discovernorthernireland.com

3. Try an ultra-luxury hotel experience

Once home to the Guinness family, the 800-year-old Ashford Castle in County Mayo has long been the hotel that presidents, royals and the famous choose for an iconic Irish experience. It has an exceptional reputation when it comes to luxury travel. The castle has sumptuous rooms and suites (read more on page 116), amazing interiors, antique furniture, fine fabrics and unique features at every turn, all underpinned by



Ashford Castle, Co Mayo

ambitious sustainability practices. The ultimate indulgent experience in the west of Ireland.

www.ashfordcastle.com

4. Explore a magical dark sky

Connect with the ancient past and experience a magical link between astronomy and archaeology at Northern Ireland's OM Dark Sky Park and Observatory. Fringed by Davagh Forest at the foot of the Sperrin Mountains in County Tyrone, the park is

“FOR THE ULTIMATE IN REMOTE EXPERIENCES, ESCAPE TO THE TRANQUIL AND IDYLIC RATHLIN ISLAND”

close to the Beaghmore Stones, a series of mysterious Neolithic stone circles. Explore the stories of the stones

or go mountain biking by day, and stargaze away from light pollution by night.

www.omdarksky.com

5. Go green in an eco-destination

To keep your holiday carbon footprint to a minimum, head for the protected, moon-like and eco-friendly terrain of the Burren in County Clare. Along with the Cliffs of Moher, the Burren is part of a UNESCO Global Geopark, where sustainability, socially responsible, nature-based tourism and excellent eco-travel experiences are the norm. Stay in sustainable accommodation, eat locally sourced food and revel in any number

Travel

of environmentally-friendly activities and experiences.

www.cliffsofmoher.ie

www.nationalparks.ie/burren

6. Play one of Ireland's best golf courses

Ireland has a bit of an obsession with golf. There is an exceptional choice of championship courses in spectacular locations. With world-ranked links and stunning parkland layouts, a golf trip is always an incredible experience. If you had to single out just one destination, Ballybunion Golf Club in County Kerry would be right up there. Home to two wonderfully challenging links courses, it's ranked as one of the very best golfing experiences in the world.

www.ballybuniongolfclub.com

7. Feel the energy of Celtic Ireland

Step back 5,000 years and experience prehistoric Ireland at Newgrange, a UNESCO World Heritage Site in the lush green paradise of the Boyne Valley. This area was once the territory of Ireland's high kings and boasts a rich history and culture. The Stone

“THERE IS AN EXCEPTIONAL CHOICE OF CHAMPIONSHIP COURSES IN SPECTACULAR LOCATIONS”

Age passage tomb at Newgrange is part of the famous Brú na Bóinne complex, one of the world's most important prehistoric landscapes. An immersion in this jewel in the crown of Ireland's Ancient East is unforgettable.

8. Drive the Causeway Coastal Route

Combining stunning coastal scenery with a host of historic sites and picturesque towns and villages, the famous Causeway Coastal Route stretches 130 miles from Belfast to Derry/Londonderry into Game of Thrones territory. A road trip like no other,



Causeway Coastal Route

it's home to countless key stops, attractions and experiences. It could be The Gobbins, a white-knuckle cliff path walk at Islandmagee, the UNESCO World Heritage Site of the Giant's Causeway, the Carrick-a-Rede rope bridge, Game of Thrones film locations or the Old Bushmills Distillery, the world's oldest licensed whiskey distillery.

9. Soak up the all-Ireland Fleadh

Ireland boasts many musical extravaganzas with something to suit everyone, but there is nothing to beat the annual Fleadh Cheoil na hÉireann or the All-Ireland Music Festival. The largest festival of Irish culture, music, song and dance in the world takes place this year in Mullingar in Ireland's Hidden Heartlands. Running from 6-14 August, it's going to be special.

10. Discover Dublin's Coastal Trail - Howth Cliff Walk

Dublin's long coastline is dotted with a raft of unexpected experiences and outdoor activities. The Dublin Coastal Trail highlights these hidden gems. Take the DART rail line and it's easy to discover castles, beaches, harbours, heritage and more all on foot.

From Skerries to the north of the city down to Killiney in the south, find everything from incredible sea views and thrilling waterports to the freshest of seafood, cliffs, walks and culture on Dublin's doorstep. If you're just in Dublin for a short visit and want to experience Ireland's coast, try one of the Howth cliff walks, it's also a great place if you enjoy seafood.

www.visitdublin.com

www.ireland.com

Tuatha - the call of the tribe

No matter where you go in Ireland, there is always something to discover. If you want to find places off the tourist trail there is no better resource than Tuatha. The team, who are experts on Irish archaeology and sustainable tourism, can help you enjoy a more in-depth visit with carefully curated itineraries full of practical tips. They have an excellent search tool for finding different types of sites, or you can search by county to find out what's of interest wherever your trip to Ireland might take you.

www.tuatha.ie ⓘ



Newgrange, Brú na Bóinne, Boyne Valley

The Lakes of Connemara

Mark Browne made a visit to the west of Ireland to experience a region made famous throughout the French speaking world by Michel Sardu's epic anthem '*Les Lacs du Connemara*'



Visitors to the area can enjoy a range of activities, including hiking, cycling, fishing, and boating. There are numerous hiking trails that offer stunning views of the surrounding landscape. The region is also known for its wild-life, including red deer and Connemara ponies.

Visitors can explore the ruins of ancient monastic settlements, traditional Irish villages, and historic castles, offering a unique insight into Ireland's history and culture while enjoying the natural beauty of the landscape.

Accommodation fit for royalty

Ashford Castle, located on the shores of Lough Corrib, the second largest lake in Ireland, is one of the country's most spectacular, historic and celebrated castles (see 10 places to visit). In recent years it has been fully restored and transformed into a truly world class luxury hotel with opulent historic interiors and beautiful grounds, it can be used as a base to explore the surrounding countryside or simply enjoyed as a destination in its own right.

A Rich History

Originally built in 1228, the castle was owned by the de Burgo family for several centuries until it was sold to Sir Benjamin Lee Guinness (of Guinness Brewery fame) in the late 1800s before being converted into a luxury hotel.

Over the centuries the castle has hosted



many notable guests ranging from royalty such as King George V of Great Britain and Princess Grace of Monaco, to stars of screen, stage and sport. Many have also chosen Ashford Castle as the location to celebrate their most cherished occasions – with stars such as Pierce Brosnan of James Bond fame and world leading golfer Rory McElroy selecting it as their wedding venue.

Relaxation Options

Set on a 350-acre estate by the lakeshore with landscaped gardens, ancient woodland and a golf course, the castle grounds themselves form quite an attraction and offer a range of activities in keeping with a country estate, including falconry, horse riding, archery and clay pigeon shooting.

The property boasts 6 restaurants & 3 bars staffed by a team of established chefs. Dining options range from the formal George V Dining Room, named after this famous visitor, to more casual options such as Cullen's at the Cottage, located in a quaint traditional stone cottage on the castle grounds. The village of Cong, the location for the film 'The Quiet Man', is also nearby and accessible.

The highlight for those wishing for a relaxing retreat is likely to be the award-winning spa with its indoor pool, 5 treatment rooms and steam room – all of which can



be enjoyed while savouring views over the neighbouring lake. The spa offers a range of treatments, including facials, massages, and body wraps using natural products from Ireland.

The hotel has been ranked as the Number One Resort Hotel in the UK and Ireland by Travel and Leisure in 2022. Most recently it was again awarded the Forbes 5-star award (for the 4th year in a row) and is the only SPA in Ireland to be awarded 5-Stars by Forbes.

While the location and facilities are first rate, the secret behind its many awards is in no small part due to its exceptional staff, who combine professional levels of service with a friendly traditional Irish welcome, further supplemented in recent years by multilingual international team members. The castle's 800 years of history is supported by 80 years' experience in the hospitality business and over 80 years service experience in each department.

Overall, a magical destination that combines history, luxury, and the natural beauty of a famous region.

Mark Browne was a guest of Ashford Castle. www.ashfordcastle.com 📍

Whiskey

Whiskey, Ireland's wine

As an aperitif, in a cocktail, in a 'medicinal' hot toddy, or as a digestif, there are many ways to enjoy Irish whiskey.



“Normalement”, as we say in Belgium, this would be the part of *Together* where we write about wine. Even though Ireland is now recognised as a wine-producing country by the European Union, let's just say that it is not yet renowned for making the red and white stuff, but better known for the amber and black.

There are a handful of doughty wine growers around Cork who are making a go of it; among them, the Thomas Walk Vi-

neyard near Kinsale is one of the most established. Walk, who is German, developed a varietal which bears his name “Amurensis Walk - Rondo”; an early and fast-ripening grape that is resistant to mildew and which suits Ireland's climate. Walk is very committed to sustainability and this tough grape doesn't require spraying - it produces a unique full-bodied ruby-red wine, with notes of dark cherries and blackberries.

That's not to say that Ireland hasn't made its

**“WHISKEY IS AN
ANGLICISATION OF
UISCE BEATHA, WHICH
TRANSLATES AS THE
WATER OF LIFE”**

mark on the wine world. The Irish diaspora have proven quite adept winemakers, when given the right climatic conditions. This is particularly the case in Australia and the US. In an article published in *The Irish Times*, the Australian Ambassador to Ireland Gary Gray described the extraordinary development of Australian wine as “an untold gem in the middle of Ireland's diaspora story... The Wine Geese, as they became known, a grouping of people who left Ireland and over time, came to almost singular importance in the French, Spanish and Australian wine industries.”

Travelling further back in time, the prestigious Lynch-Bages vineyard (1855 Grand Cru Classé), owes its name to one of “the Wild Geese”, John Lynch who left Galway for the Médoc in 1691. His descendants, in particular Michel Lynch, understood the importance of terroirs, selected the best grape varieties and systematically drained the soils and invented new tools to cultivate the vines; but I digress.

Ireland's Eau de Vie

Whiskey is an anglicisation of *uisce beatha* (pronounced: ishka ba-ha), which translates as the water of life.

The first written reference to whiskey distillation came in the *Red Book of Ossory*, written in Ireland in 1324. This was nearly two centuries before the first written records of whisky distillation in Scotland, making Irish Whiskey the oldest whiskey tradition in the world.

The *Red Book of Ossory* is believed to have been mainly written by Richard de Ledrede who served as Bishop of Kilkenny during the Black Death, which ravaged the historic city; it is thought that the bishop developed the distillation of whiskey as part of his me-



dicinal and pastoral response to the crisis.

Irish whiskey is a protected geographic indication. You can only label a product as Irish whiskey if it has been fully distilled and matured in wooden casks on the island of Ireland for at least three years. It is officially the fastest-growing spirit in the world over the past decade, with 150% growth in sales.

Visiting Ireland?

Why not drop into a distillery, there are 44 across Ireland. You can pick up an IrishWhiskey360° Passport as a way to record your visit to each one. Passports are available to be picked-up at participating distilleries. At each one you can collect a stamp marking your visit. To become an 'IrishWhiskey360° Champion' you'll need a stamp from each region.

**“IRISH WHISKEY IS DISTINCT
FROM BOURBON OR SCOTCH
AS PRODUCERS CAN USE A
VARIETY OF DIFFERENT
TYPES OF BARRELS”**

Irish Whiskey Awards 2022

One way Irish whiskey is distinct from Bourbon or Scotch is that producers can use a variety of different types of barrel for maturation, with chestnut, cherry and acacia wood being popular choices, but increasingly you see more exotic choices, such as those that have been used for wine, sherry

“ IT IS OFFICIALLY THE FASTEST-GROWING SPIRIT IN THE WORLD OVER THE PAST DECADE, WITH 150% GROWTH IN SALES ”



Chef JP McMahon who the Irish Whiskey Association has worked with to develop whiskey food pairings

or rum. Scotch and Bourbon producers can only use oak. By way of example, the winner of the Irish Whiskey of the Year 2022 award went to the Echlinville Distillery, based in Kircubbin, just outside Belfast, for their Dunville's 21-year-old Palo Cortado Sherry Cask Finish (Cask 1197).

Most Irish whiskeys sold globally are blends and the industry produces some of the world's most sophisticated and complex blended whiskeys. Blends are often considered a smoother drink associated with a richer and more complex depth of flavour. The winner in the category of 'Blended Age Statement' in 2022 was Jameson 18-year-old. The winner for 'Blended Limited Release' was Teeling Small Batch Collaboration – Stiggins' Fancy Pineapple. The Teeling small batch is a collaboration between Teeling Whiskey and Plantation rum. Teeling have aged their flagship small batch in ex-bourbon casks

There are four distinct styles of Irish Whiskey:

Pot Still Whiskey is a style of whiskey unique to Ireland, made from a mixed mash of malted and un-malted barley, distilled in copper pot stills.

Malt Whiskey is made from 100% malted barley, distilled in pot stills.


Grain Whiskey is made from mixed mash containing predominantly maize or wheat, continuously distilled in column stills.

Blended Irish Whiskey is any whiskey containing two or more of the above component whiskeys which have been matured for at least three years in wooden casks.

for six years before it is then married in the finest rum casks from Plantation Rum for 12 months to create an Irish whiskey bursting with pineapple fruit, rich spices, and honey sweetness.

For the more traditional single malt drinker there's Croithlí, Coillín Darach Oak Series - Quercus Robur. But if you like your whiskey to taste like a turf fire there's Shortcross Peated Single Malt.

Whatever whiskey you prefer, whether it's in an 'Old Fashioned' cocktail, or paired with some smoked Irish salmon on soda bread, or drawn out with a little water, in Irish crystal, at the end of long day: Slainté!

www.thomaswalk-vineyard.com
www.irishwhiskey360.com 



The Van der Valk Hotel Nivelles-Sud is the perfect location for a well-deserved get away


Ideally located in the heart of Walloon Brabant, the Hotel Van der Valk Nivelles-Sud **** superior has 155 very comfortable and perfectly equipped rooms and suites, divided into three categories («standard», «comfort» and «executive»). Spacious and welcoming, these are in high demand by the many companies in the region who choose the establishment to accommodate their employees and their guests.

For those who spend a certain number of nights over the year, there is also the possibility of obtaining a preferential rate with particularly advantageous booking conditions. In addition, residential seminars are very regularly organized in the hotel whose «business» infrastructure is recognized and appreciated.

The rooms and suites and the Hotel Van der Valk Nivelles-Sud are also very popular with couples and families. Very attractive packages have been developed to satisfy (almost) all desires. Two examples among others: the "Namasté" package including overnight stay, cocktail, duo massage, three-

course restaurant menu and the "Have fun... and thrill in Walibi!" package with overnight stay, cocktail, take-out lunch box and entry to Walibi (or Aqualibi) park.

In addition to the rooms themselves, the Hotel Van der Valk Nivelles-Sud offers a full range of very high quality services. Such as the business center and its fifteen meeting/seminar rooms equipped with the most modern equipment and all benefiting from daylight. Or the restaurant whose Chef offers creative and seasonal cuisine with international flavors, as well as the magnificent "Petrus" lounge bar which hosts concerts or DJ sets on Thursday evenings and where passionate mixologists prepare delicious "perfect serve" cocktails. A fitness and wellness area (with indoor swimming pool), a treatment center, an outdoor swimming pool (in season), an elegant brasserie, where work and relaxation go hand in hand, and ample free parking complete the picture.

Check out the exciting package deals tailor made by the Van der Valk team on the website www.hotelnivellessud.be/packages. 



There is always a Delitrateur on your way!

Are you familiar with the 'Delitrateur' concept? We take a quick look at the ingredients that make up this success story

Looking for a meal solution for every moment of the day? It's part of the brand's DNA! A subsidiary of Louis Delhaize, which was established in 1990. It became Delitrateur in 2002 and developed the 'meal-solution' niche.

The strategy is a hit because the brand keeps its promises. There is a corner dedicated to breakfasts, many suggestions for lunch and more than 200 prepared dishes (Asian, Italian and traditional) offered in three large 'bathtub' fridges found in each store. 50% of the products are exclusive, of premium quality and from partnerships with local producers.

Did you know that Delitrateur:

Is open 7 days a week (including Sundays and public holidays) from 7 a.m. to 10 p.m.

Offers the largest selection of top-of-the-range ready meals in Belgium.



Constantly works with local producers who grow with the brand thanks to the national reach their products receive.

We love:

Bread baked on site several times a day, homemade sandwiches, organic soups, fresh seasonal fruit juices, Nespresso for a good take away coffee or to restock on capsules, a nut bar, Greek specialties from Mavromatis, ready-to-eat avocados and mangoes, roast chicken from Ardennes Poultry rich in Omega 3, Julien Hazard cheeses, etc.

Delitrateur meets the highest standards in eco-responsibility with compostable and recyclable packaging.

You can also enjoy the on-site restaurant area!

www.delitrateur.com ⓘ



Where to find us



'Le Quartier Irlandais'

St Patrick's Day is fast approaching, there is no better place to celebrate than in one of Brussels' Irish bars.



James Joyce once described Ireland as an afterthought of Europe. At the time he wasn't just referring to its geographic location. He would be surprised, if he were to take a taxi in Brussels today, to find that the driver would refer to the area around Rond-Point Schuman as 'Le Quartier Irlandais'.

Joyce might also have raised a quizzical eyebrow that a 'European Union' had emerged, though he would no doubt be pleased - as someone who didn't like narrowly defined nationalism. Like many an Irish person, Joyce exercised his "freedom of movement" - such as it was in the day - to spend most of

his life living outside Ireland; for Joyce that took him to Pula, Trieste, Zurich and Paris.

So why, he might ponder, was Ireland somehow at the centre of this 'European Union'? Was it because of Ireland's contribution to literature? It had already bagged two Nobel Prizes for Literature by the year of Joyce's death (1941). Or a nod to Ireland's saving of Europe's intellectual patrimony, with the diligent copying of Greek and Latin manuscripts by Irish monks in earlier centuries? Obviously, he couldn't have known about Ireland's irrefutable dominance of the Eurovision Song Contest. Joyce was a

Dining

gifted singer, one can only wonder what he would have made of Dana, Jedward and Wild Youth.

The origin of this quarter's Irishness might have been clearer if he had wandered around the nearby streets, especially if he had strolled down rue Archimède and found himself standing outside No. 34, the 'James Joyce' pub. Speaking to a doyen of the Irish Brussels pub, former manager of Kitty O'Shea's (42 Boulevard Charlemagne), Philip McGovern, I learnt that the James Joyce was the first Irish bar to establish itself in Brussels back in 1989. When some were thinking of tearing down walls and pulling back the Iron Curtain that had been drawn across Europe after the Second World War, others were thinking that what Brussels really needed was a pub that served a decent pint of plain. It was a pivotal moment.

Kitty O'Shea's

Kitty O'Shea's was established just one year later and Philip was at the helm from 1991 to 2015, almost a quarter century of working in the heart of Brussels. Kitty's enjoys a unique position because of its proximity to the International Press Centre and the Berlaymont building - the EU's HQ. You might be lucky and spot an Irish Taoiseach enjoying a pint ahead of a European Council, as Leo Varadkar did ahead of the recent summit. Never does a journalist feel thirstier than after a two hour technical briefing on the ins and outs of the European budget, or a thrilling new regulation on a State aid Temporary Crisis and Transition Framework. Once deadlines have been met, the scribbling classes can be found reviving themselves at one of the local Irish bars and Kitty's has the distinct advantage of being the closest.

There is nothing the press enjoys more than a scandal and Kitty O'Shea was the *cause célèbre* of her day. The Irish nationalist politician Charles Stewart Parnell's political career was controversially brought to an



Philip McGovern, former manager of Kitty O'Shea's

“KITTY'S ENJOYS A UNIQUE POSITION BECAUSE OF ITS PROXIMITY TO THE EU'S HEADQUARTERS”

end, when he was linked to O'Shea's divorce from her long-estranged husband. Joyce would have been astonished that the vilified O'Shea was being so openly celebrated today and even more surprised that a more recent political figure, an Irish commissioner, could be deposed for doing something so seemingly innocuous as crossing a county line to enjoy a drink.

Kitty's serves lunch. We recommend the Steak and Guinness Pie or Kitty's BBQ Pork Ribs, along with a pint of Guinness, though other drinks are available.
www.kittyosheas.be

The Wild Geese

The original 'Flight of the Wild Geese' took place in 1691 when 12,000 soldiers led by Patrick Sarsfield left Ireland by agreement following the Siege of Limerick. 'The Wild Geese' became the term to refer to Irish soldiers who left Ireland to serve in European armies, up until the end of the 18th century. Sarsfield fought with the French army and was killed in the Battle of Landen in Belgium (1693), he's believed to be buried in Huy, in the grounds of St Martin's Church.

Fortunately, when the Irish come to Europe these days it isn't under such strained circumstances. Barry O'Donoghue and Donal Kelleher are relative newcomers and the new co-owners of this long-established part of the Brussels scene. They gave the bar a makeover and used the lockdown as an opportunity to carry out further work. Donal is the front man and Barry brings his chef skills to the kitchen.

"We do everything in-house, we make our pulled pork, our chilli beef and our sauces," says Barry who takes great pride in the produce that the kitchen uses: "We make quality seasonal pub food and we source our beef burgers from a local butcher who makes them from Irish Angus beef."

The bar is popular for watching the Six Nations Rugby Union matches, as well as football and Gaelic Athletic Association matches and it doesn't just attract the Irish crowd. "We have people from everywhere, during the World Cup, we had a sea of blue and white," said Donal. "I had no idea there were so many Argentinians in Brussels. There were also Iranian and Brazilian supporters who came to The Geese to watch their games."

Whiskey Galore

The Geese has one of the most outstanding collections of whiskeys in Belgium. In particular, there is no better place in Brussels to try the different types of Irish whiskey with

“THERE IS NO BETTER PLACE IN BRUSSELS TO TRY THE DIFFERENT TYPES OF IRISH WHISKEY”



single pot, blended, single malts and peated single malts all on the menu. There's also an amazing selection from across the world with Japanese, Swedish, Czech and even an Indian whiskey. There's even a place called Scotland that appears to produce a few.

Take your copy of *Together* to the bar and read our article about Irish whiskey, while enjoying one, or even two.

www.thewildgeese.eu ⓘ

More Barbarella than Barbizon

Together's **Catherine Feore** visits the iconic Overijse restaurant



While the location and name might suggest a rural idyll, this address has received a complete makeover, becoming a bit more Barbarella than Barbizon. My dining companion was knocked sideways by the transformation, knowing it from its more staid past.

The Barbizon was described as “a real institution in the region” and was a stronghold of gastronomy for many years. Master Chef Alain Deluc hung up his toque in 2018, after many years at the helm. The new style is more luxury brasserie than gourmet restaurant. That said, the new menu is still strong on tradition, but it's delivered with a new verve and swagger, in a more club-like am-

biance. It's difficult to describe, but imagine if the Rockefeller Center's Rainbow Room was lifted and moved to the edge of Forêt de Soignes.

Like the Rainbow Room there is an excellent cocktail bar. My companion ordered a mocktail and I went for a traditional Margarita. For a little more show and if you like the bitter edge of a Negroni, try the Smoked Negroni.

There is a magnificent Oyster Bar and écaillerie, which has a perfect selection of oysters, as well as a rich array of crustaceans. If you are the sort of person who gets misty-eyed at the loss of the wonderful seafood

bar at the recently closed Belga Queen, you will be pleasantly surprised to learn that Barbizon poached their écailler.

There is also a wonderful selection of matured meats cooked on the bone. We wavered for some time over the different options, eventually narrowing our choice to either the “Rubia Galega,” which “seduces lovers of good meat with its spicy and slightly iodized taste” and the “Black Baltic Pearl,” which was more marbled with notes of cashew. We plumped for the Black Baltic Pearl and were not disappointed.

The menu has been deliberately limited, in order to give the chef the freedom to change it with the seasons and inspiration. There's also a touch of fusion. For my starter I enjoyed a lobster, pea and mango salad in a pineapple vinaigrette infused with citrus and vanilla; there were a lot of flavours, but they were at a volume that didn't overpower the delicate lobster flesh.



“IMAGINE IF THE ROCKEFELLER CENTER'S RAINBOW ROOM WAS LIFTED AND MOVED TO THE EDGE OF FORÊT DE SOIGNES”



The new Barbizon is the sort of place you would go for a night out, rather than just a dinner. Once the dining is done you can go to the majestic-scale bar or cigar bar, which has the feel of a gentleman's club, or to other zones to continue your evening. As the nights lengthen and the evenings warm you can enjoy the surrounding gardens.

www.barbizon.be ❶

What's on

Untold Stories

'Untold Stories' is a retrospective that illustrates Peter Lindbergh's artistic vision. **Nicholas Sirot**, *Together's* Fashion Editor, visited the exhibition that pays homage to his work.



Antonio Banderas, Los Angeles, 1995



Naomi Campbell, Ibiza, 2000

'Untold Stories' is a retrospective that recognises Peter Lindbergh's artistic vision. For three years, Lindbergh researched, assembled and edited images curating his own work, revealing the artist and his art.

Lindbergh, captured with humanity, the fragility and the strength of his subjects. He collaborated with the flagship magazines of the day, in particular *Vogue*, where he im-

mortalized some of the most well-known faces of the time: Naomi Campbell, Kate Moss, Cindy Crawford, Linda Evangelista, Christy Turlington and Helena Christensen. Lindbergh celebrated raw natural beauty and preferred makeup-free models.

Lindbergh was the first photographer to include a narrative in his fashion series and his storytelling introduced a new vision on fashion photography. His work is best-

“ MY FATHER’S IMAGES
RELENTLESSLY PUT
WOMEN AT THE FRONT
BY SHINING A LIGHT
ON THEIR SOUL,
EMOTIONS AND
EXPERIENCES ”

known for his singular and revealing portraits, infused with strong influences from early German cinema and the industrial surroundings of his childhood spent in Duisburg, North Rhine-Westphalia.

In September 2019, Peter Lindbergh put down his camera for the last time, but the power of his almost cinematic work lives on. Before his death, Peter Lindbergh created a foundation with the mission of preserving his work. Since then, the Peter Lindbergh Foundation has continued to publicize and



Portrait of Peter Lindbergh

promote his photographic heritage, in particular through this exhibition, initially developed in collaboration with the Kunstpalast in Düsseldorf.

"Peter's stance on fashion photography thoroughly manifests itself in the body of work displayed at the Espace Vanderborcht," says Peter's son and President of the Foundation, Benjamin Lindbergh. "This emotional and contemporary installation, curated by Peter Lindbergh himself, acts as an intuitive self-portrait. It is an immersive – sometimes



Lynne Koester, Paris, 1984

“ LINDBERGH,
CAPTURED -
WITH HUMANITY -
THE FRAGILITY AND
THE STRENGTH OF
HIS SUBJECTS ”



Sasha Pivovarova, Steffy Argelich, Kirsten Owen & Guinevere van Seenus, Brooklyn, 2015

“ TOPICS THAT WERE OF CENTRAL IMPORTANCE TO LINDBERGH: IDENTITY, INTROSPECTION AND EMPATHY ”

enigmatic, testimony of who he was, but foremost of what he invariably stood for. My father's images relentlessly put women at the front by shining a light on their subject's soul, emotions and experiences.”

The exhibition reveals more than 150 works that create a dialogue between the images. It is a monumental and immersive experience that combines unknown images with the artist's most iconic shots. Lindbergh elevated fashion photography to the rank of art, the deep humanity of these photographs invest them with a timeless quality.

Testament

'Testament' (Florida, 2013), shown for the first time, presents a lesser-known aspect of

Lindbergh's work. through a one-way mirror, the artist filmed Elmer Carroll, a death row inmate convicted for murder. A silent conversation takes place between him, Lindbergh's camera and the viewer. Lindbergh portrays the image of the prisoner in a completely neutral manner, without providing details of his criminal offences. 'Testament' opens up a debate on topics that were of central importance to Lindbergh: identity, introspection and empathy.

Until May 14, 2023 at Espace Vanderborght
www.peterlindbergh-brussels.com ⓘ

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22.04 Stars 80

28.04 Typh Barrow

from 12.05 Starmania*

13.06 Tenacious D

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from 10.10 Michel Sardou

from 12.10 Florence Foresti

11.11 Pascal Obispo

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What's on

'More in things than in people' - Helen O'Sullivan Tyrrell

Tyrrell's latest exhibition is a reflection on our relationship with our belongings and ourselves.



Toothpick Lobster



Dog Coat Hook

Irish artist and Green Door Gallery owner Helen O'Sullivan Tyrrell originally trained as an architect; it was in Belgium that she returned to her true passion: painting. In February, she opened the latest exhibition of her work, it will be open until 5 March.

Tyrrell has a long list of accolades. She was selected for the final of the BP Portrait Award 2015. She was among the finalists of the Belfius Art Prize 2014 and the Hennessy Portrait Prize 2014, and again in 2015. Her

work has been selected for the Royal Ulster Academy annual exhibitions in 2013, 2017 and 2018. Two of her paintings have been acquired by the Office of Public Works for the Irish State Art Collection.

Her latest exhibition entitled «More in things than in people», is her first solo exhibition at the Green Door Gallery. With this series of small format oil paintings, mostly on wooden panels, the artist contemplates the objects we choose to surround ourselves with;

“ THE OBJECTS WE
CHOOSE TO SURROUND
OURSELVES WITH
SPEAK TO OUR
IDENTITIES AND HOW
WE CURATE OUR
MEMORIES ”

how «their dogged and contrary existence» speak to our identities and how we curate, and even fabricate, our memories.

Over the years Tyrrell's work has changed in scale and subject, her earlier works are large and a lot of them are landscapes: “I started working on portraits and became very interested in people and phases that have a more human scale. I also really enjoy working on wooden panels, it makes the work feel more like an artefact, so I'm drawn towards these very small format pieces.”

Over the summer Tyrrell's mother moved from the family home into a retirement cottage. The old house had to be cleared of most things, which was a positive experience, though in some senses heartbreaking because you have to throw away objects that had somehow marked a moment: “There's an ornamental toothpick holder. It's a lady on a lobster, it's insane. And a coat hook in the shape of a dog's head. When you see these objects out of context, it's odd, but it's like a portrait of her, through her things that she has, in a way, curated.”

Green Door Gallery

The Gallery is just off Parc Cinquantaenaire (21 rue Murillo) and there are several fascinating exhibitions planned in the coming months.



Helen O'Sullivan Tyrrell

“ I REALLY ENJOY
WORKING ON WOODEN
PANELS, IT MAKES THE
WORK FEEL MORE LIKE
AN ARTEFACT ”

“It's a real mix, like last year,” says Tyrrell. “There's a British artist, Laura Davis, who's doing visual poetry, which is a real first, her work is beautiful. Then there's a Flemish artist, Lieve Van Thienen. Then Jacques Dujardin who looks very much to nature, his work has been shown at the Venice Biennale. Then there's a British-Belgian artist, Julie Campbell, who works a lot with embroidery and thread, so it really is quite a mixture.”

www.greendoorbrussels.com ❶

What's on

Klarafestival

Festival artist Barbara Hannigan invites us to 'become music'



Barbara Hannigan © Hans van der Woerd

The theme of this year's Klarafestival is "become music". Soprano and conductor Barbara Hannigan is the lead festival artist. Hannigan sees performance as collaboration, not just between composer, conductor and orchestra, but also with the audience: "I believe audiences aren't just listening, but are actively contributing to a performance. They are bringing their energy and their experience to the room. Each audience member walks away with a different experience, just as every family member has a different experience of their family."

Hannigan will conduct the London Symphony Orchestra and sing in Mahler's Fourth Symphony (10 March). She will celebrate young professional artists in a concert with

"EACH AUDIENCE MEMBER WALKS AWAY WITH A DIFFERENT EXPERIENCE"

Equilibrium Young Artists and the LUDWIG orchestra (16 March), and will also sing with the Labèque sisters in a diverse and immersive performance, taking listeners from Hidlegard von Bingen to Bryce Dessner, with interactive images provided by Netia Jones (19 March).

The programme is organized in collaboration with Bozar, Ancienne Belgique, Flagey and others, and has a particularly good selection of music for those who love the piano with Víkingur Ólafsson, Paul Lewis and Brad Mehldau. Other highlights include Colin Currie and the Belcea Quartet.

The Klarafestival runs from 10-26 March. Visit their website to learn more: www.klarafestival.be



Brad Mehldau © David Bazemore

Brad Mehldau will share the stage with tenor Ian Bostridge for a performance of his trilogy, 'The Folly of Desire' on 23 March



Paul Lewis 5 © Kaupo Kikkas

Paul Lewis will play Schubert in Flagey Studio 4 on 17 March



Katia & Marielle Labèque © Umberto Nicoletti

Katia and Marielle Labèque, 19 March



Víkingur Ólafsson © Ari Magg

Víkingur Ólafsson will play Grieg's Piano Concerto, 26 March. The St Louis Symphony Orchestra will also play Prokofiev's 'The Love for Three Oranges' and Rachmaninov's 'Slavonic Dances' ①

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What's on

Brussels: Capital of Art Nouveau

Enjoy the full glory of this celebration with the Art Nouveau Pass



Horta Museum © Jean-Paul Remy

It was in 1893 that architect Victor Horta put the finishing touches on Tassel House. Tassel House is considered to be the founding work of the Art Nouveau movement in Brussels. The modernity of its façade and its sumptuous interiors - in stained glass, mosaics and wrought iron - have marked the history of architecture. 130 years later, Brussels is marking this anniversary and staking its claim as the capital of this international artistic movement.

There is no doubt that Brussels certainly is top of the class, but there are other cities that can make justified claims; Charles Rennie Mackintosh in Glasgow and Majorelle and others in Nancy made their mark. However, just by visiting 'Old England' home of the Museum of Musical Instruments, the Cartoon Museum and the wonderful Salle Victor Horta, Bozar, you can enjoy the works of Horta and other leading lights of the movement.

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What's on



Tassel House
© Jean-Paul Remy



An economical way to discover Brussels' Art Nouveau

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first, priced at €19, gives access to three sites of your choice out of the following seven: The Belgian Comic Strip Center, the former Wolfers Frères Jewellery Shop located in the Art & History Museum, Autrique House, Cauchie House, the Musical Instruments Museum, the Horta Museum.

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What's on

Vermeer: The art of the ordinary

In February, the Rijksmuseum opened its first retrospective exhibition of Johannes Vermeer.



The Milkmaid, Johannes Vermeer @Rijksmuseum

Comprising 28 paintings, this show is the most complete overview of the work of Johannes Vermeer (1632–1675). Seven of the paintings will be on view in Amsterdam for the first time in over 200 years. Tickets are already rarer than hen's teeth and currently there are no more tickets available. However, one can only hope that the exhibition, due to close by 4 June, will

somehow find a way to extend its allotted time.

The only previous monographic Vermeer exhibition ran from 1995 to 1996 and was mounted by the National Gallery of Art in Washington and Mauritshuis in The Hague. Vermeer's works are normally scattered far and wide in 14 museums and private collec-

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Rijksmuseum

“ THIS SHOW IS THE MOST COMPLETE OVERVIEW OF THE WORK OF JOHANNES VERMEER ”

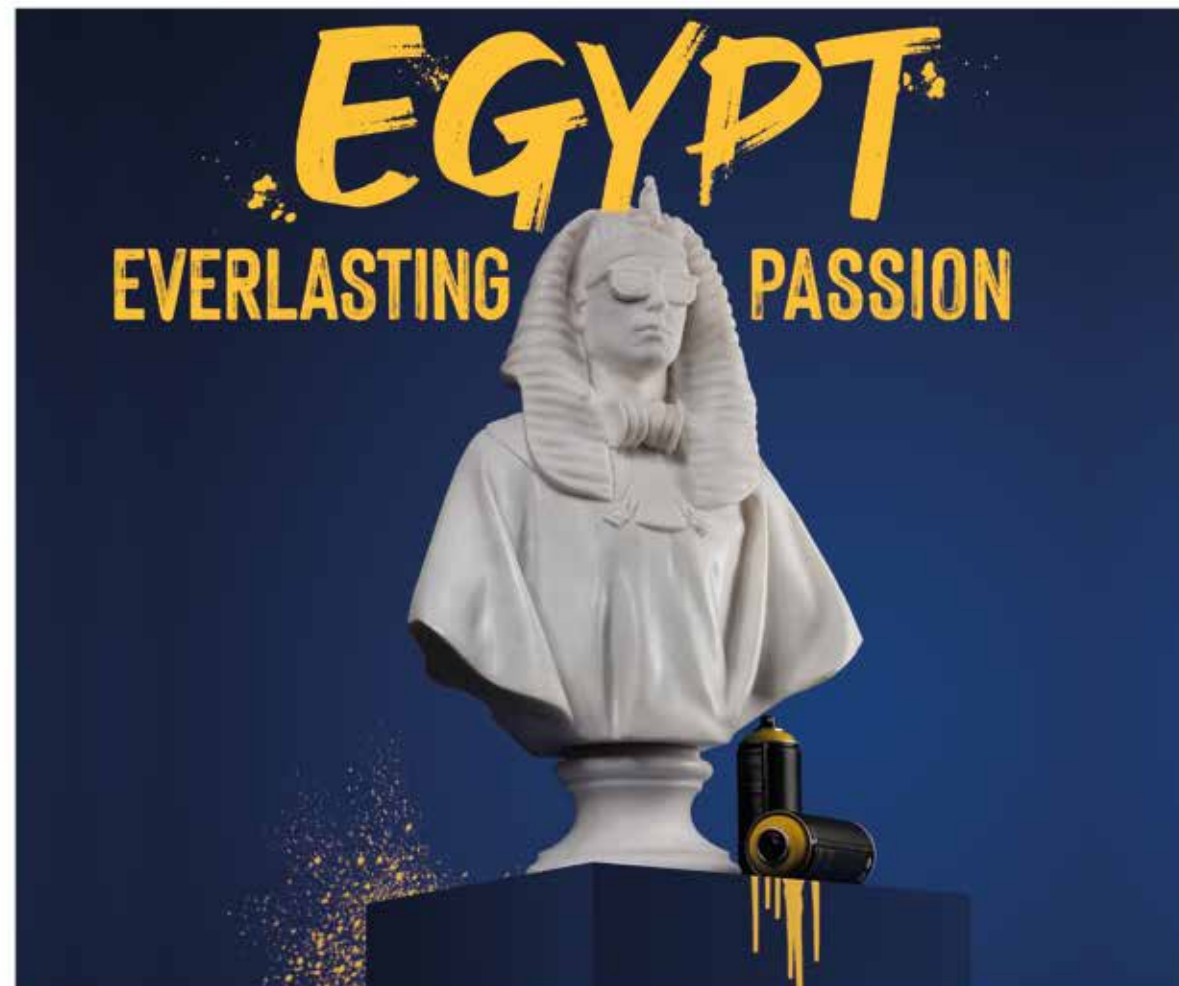
tions in seven countries. It's difficult to describe why Vermeer is so unique. The artist is famous for his realistic portrayals of calm domestic scenes and the unparalleled light, clarity and colour of his paintings.

In 2017, Ireland's National Gallery, which owns Vermeer's *Lady Writing a Letter with her Maid*, hosted an exhibition exploring the network of relationships between Vermeer and Dutch genre painters of the period, providing insight into how Vermeer and his contemporaries compared. While there were no doubt other great painters at that time, Vermeer's work still stands out, at least in part because of his singular understanding of composition.

The exhibition is designed by the French architect and designer Jean-Michel Wilmotte. The velvet décor of the exhibition in intense green, aubergine and blue draws from Vermeer's signature compositions.

If you are unable to find a ticket, there is an impressive digital experience, "Closer to Johannes Vermeer" that can be accessed online. Narrated by Stephen Fry it offers a rare opportunity to see detailed images of each picture and compare recurring motifs throughout Vermeer's paintings: pearls, yellow jackets, curtains, maps:

www.rijksmuseum.nl/en/johannes-vermeer



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Cinema: The best of the big screen

James Drew looks at four movies showing in cinemas in the weeks to come. From a touching story about a young girl finding a loving home to a tense psycho-drama set in the classical music world.



The Quiet Girl (An Cailín Ciúin)

Unusually, Colm Bairéad's moving tale of a young girl finding a loving home for the first time with her relatives in Ireland, is filmed completely in Irish (Gaelic), and did very well at last year's Berlinale Film Festival, winning a Crystal Bear from the Generation Kplus International Jury for Best Film and receiving a special mention from the children's jury. It stars Carrie Crowley as Cáit, a nine-year-old girl who moves to live with middle-aged distant cousin Eibhlín Cinnsealach and her husband Seán, and everyone has much to learn from the experience.

Running time: 94 minutes.



Close

Close is a coming-of-age drama film directed by Lukas Dhont, and written by Dhont and Angelo Tijssens, reteaming after their first feature film Girl (2018). Thirteen year olds Léo and Rémi spend the long summer holidays in innocent intimacy, but once the school year begins, their close relationship is disrupted by the commentary and actions of their contemporaries, and the film as a whole becomes an acerbic comment on homophobia.

Running time: 104 minutes.

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The Fabelmans

The film is a semi-autobiographical story loosely based on Spielberg's adolescence and first years as a filmmaker, told through an original story of the fictional Sammy Fabelman, a young aspiring filmmaker who explores how the power of films can help him see the truth about his dysfunctional family and those around him. It stars Gabriel LaBelle as Sammy, alongside Michelle Williams, Paul Dano, Seth Rogen, and Judd Hirsch in supporting roles – already the recipient of the Best Film and Best Director Golden Globes, this is heavily touted for success at the Oscars. The film is directed by Steven Spielberg, who co-wrote and co-produced it with Tony Kushner.

Running time: 151 minutes.

Tár

Tár is a psychological drama film written and directed by Todd Field and starring Cate Blanchett. The film charts the downfall of fictional composer and conductor Lydia Tár – Blanchett's performance has received much praise, as a pianist, ethnomusicologist, composer, and the first female chief conductor of the Berlin Philharmonic. During an interview at The New Yorker Festival, she promotes several new projects, including her upcoming live recording of Mahler's Fifth Symphony and new book Tár on Tár. But things begin to unravel, in a captivating, scintillating drama.

Running time: 158 minutes.

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