

# Together Magazine

FEBRUARY 2021 #112

TRAVEL

*Luxury trains*

LUXURY  
SKIING

Dining & Winew  
What's on

*Timepieces  
Fashion & Beauty  
Design & Decor  
Books*

## Personal Development

Fitness: Prevention  
Freedom, Virtual leadership  
PodiumPower, Alchemy  
Entrepreneurship, Roots  
Future generations  
Money & Politics, Property  
Amazing Belgians

**Jamie  
Bell**

Interview



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Howard Hughes

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[5] 18-carat white gold bracelet, duo of London Blue and Sky Blue topazes: 890 €.



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## Editor's LETTER

# Feeding dinosaurs

There's a sense of optimism in the air at last, without taking too much for granted. At the time of writing the sun is lighting - but not melting - the snow-packed gardens I can see from my balcony perch. I must confess to preferring the sight of the many tall trees in their winter garb. We see their true form, their dark thick-and-thin skeletons, and a blue-sky day such as this accentuates these natural sculptures perfectly.

The birds of many colours and sizes dart about in a sort of flying, winged storm, back and forth for who knows what purpose. They are the immutable constants in this tiring and tiresome lockdown. These feathered theropod dinosaurs are closer to the crocodiles than any other creatures - they both have a four-chambered heart. Every since I was a wee boy up in Scotland, I was fascinated by them and loved feeding them crusty bread in the back garden. And when I went to secondary school in the north, the variety was outstanding, all around our heads in the fields and the hills: hawks circling above, skylarks hovering over a fake nest and huge choruses of grouse taking noisily in panic to the air.

However, I do have one complaint against these air-bound dinosaurs. I bought a pack of winter bird feed for the local blue tits - at great expense I might add :). So far, they have not availed themselves of my offerings, preferring no doubt a neighbour's nuts and seeds.

**Paul Morris**  
Editor



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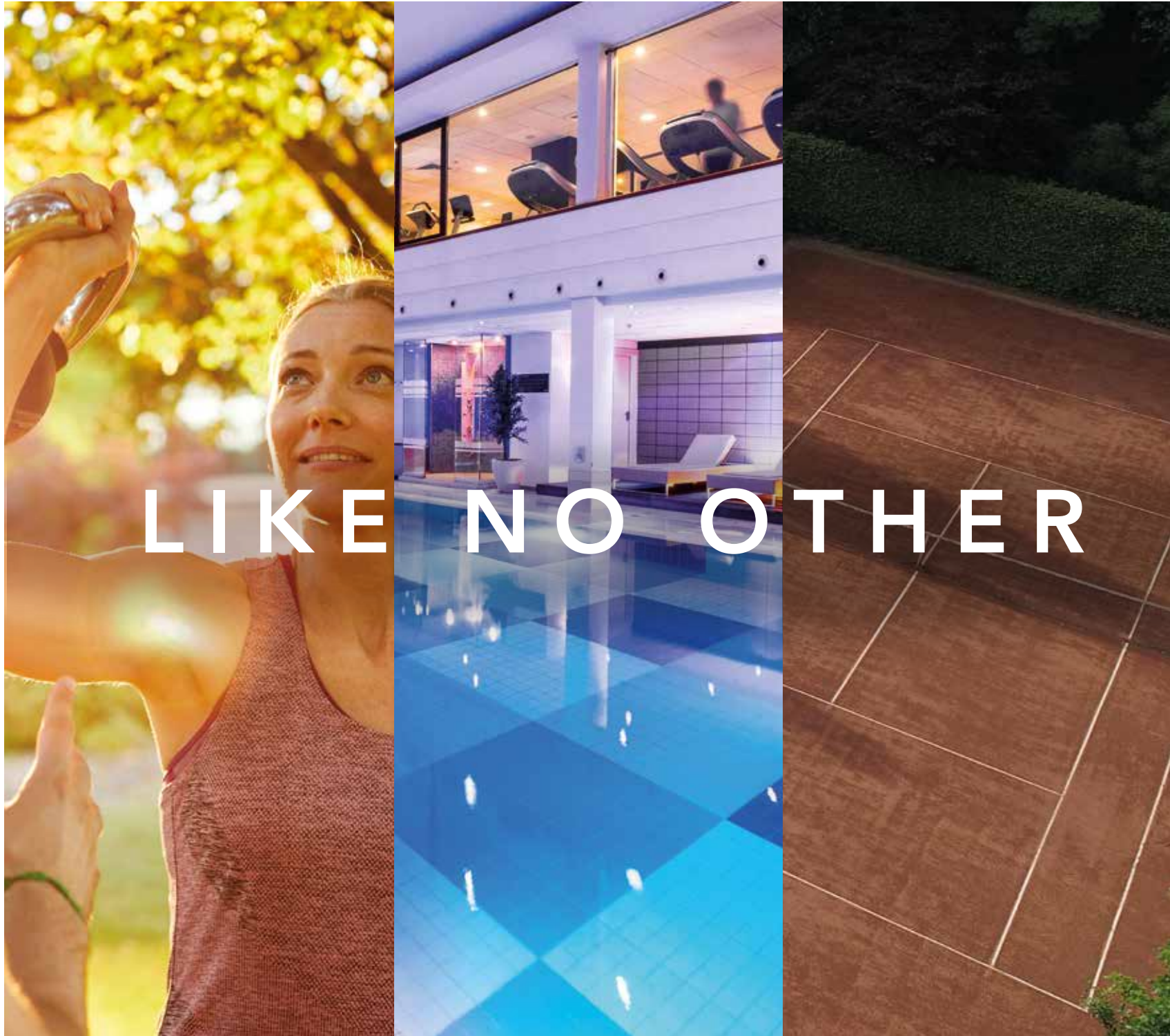
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## ON THE COVER



Jamie Bell stars in *Tom Clancy's Without Remorse*



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# Contents

FEBRUARY 2021

- 9 Welcome letter
- 12 Contents & contributors
- 16 Together online
- 18 Starring in Belgium
- 21 Charity: Solidarité Grands Froids



**Fitness**  
Covid19 prevention

**23**



**Arnon Barnes**  
Change your life

**42**

## PERSONAL DEVELOPMENT

- 23 **Fitness:** Covid19 prevention
- 27 **Self-help:** Reclaiming freedom
- 30 **Self-help:** Virtual leadership
- 34 **Self-help:** PodiumPower
- 39 **Self-help:** Duality to unity
- 42 **Arnon Barnes:** Change your life
- 46 **Xavier Bostem entrepreneurship**
- 48 **Be successful coaching books**
- 50 **Amazing young Belgians**
- 54 **Real estate:** Take action
- 56 **Money:** Crypto currencies
- 60 **Insurance:** Hiscox
- 62 **Politics:** The Berlaymonster

12 | togethermag.eu



**Luxury**  
Ski chalets

**65**



**Fashion**  
Wild Rose

**68**

## LIFESTYLE

- 65 **Luxury:** Ski chalets
- 67 **Watches:** Artisan du Temps
- 68 **Fashion shoot:** Wild Rose
- 78 **Fashion Power Belgium**
- 82 **Shopping**
- 87 **Beauty:** February flourish
- 90 **Design:** From circus to workshop
- 94 **Shopping Decor**
- 102 **Batibouw...** virtually

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**Travel**  
Luxury train journeys **120**



**What's on**  
USA... virtually **134**

## LIFE OF LEISURE

- 111 Interview: Jamie Bell
- 120 Travel: Luxury train journeys
- 124 Wine: Chateau de Gensac
- 125 Dining in Belgium
- 128 Books: Citrus fruits
- 130 What's on Belgium
- 134 What's on: USA... virtually
- 136 Cinema news
- 137 Le Chat: Zorro!



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## Personal coaching: Learn how to communicate effectively

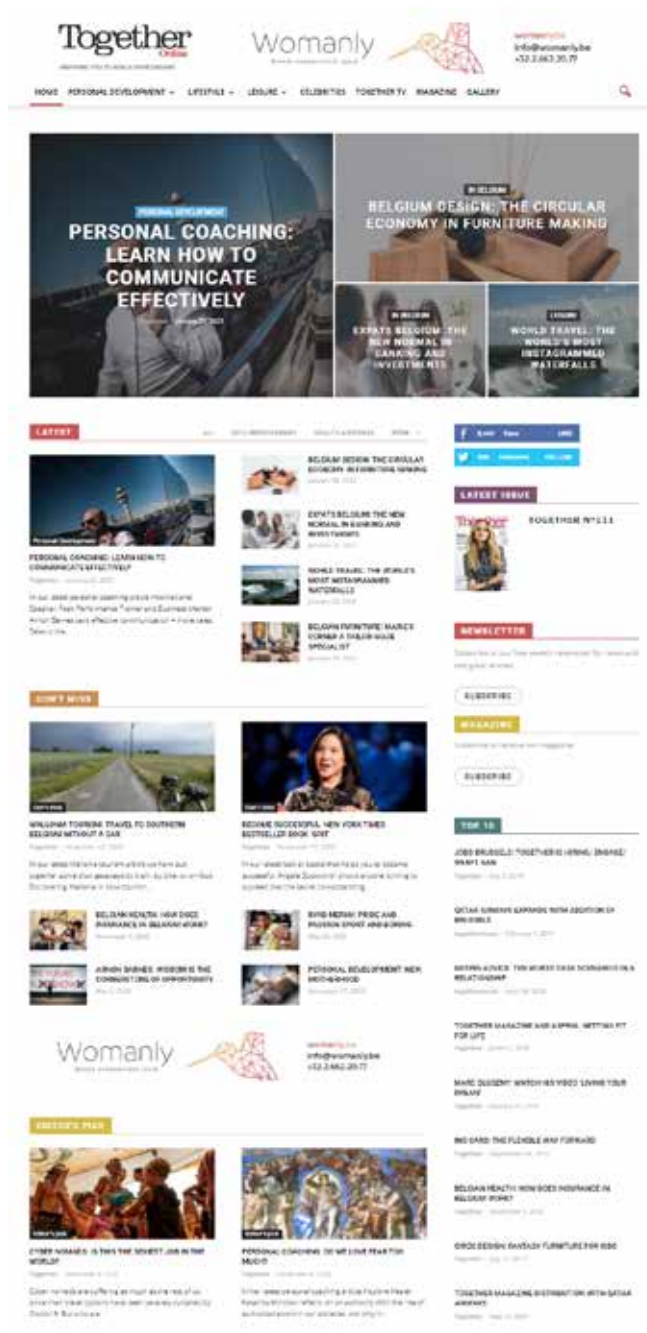
In our latest personal coaching article, International Speaker, Peak Performance Trainer and Business Mentor Arnon Barnes says effective communication = more sales.

## Belgium Design: The circular economy in furniture-making

My name is Thomas Saulgrain, 30 years old, originally from the Loire Valley in France, living in Brussels since 2014 and happily married since 2017. I am the founder of the Brussels-based furniture-making atelier called Investigations Géométriques.

## Luxury yachts: Discover the Custom Line Navetta 30

The eagerly awaited project designed by Antonio Citterio, Patricia Viel and Filippo Salvetti unites the architectural language of the maritime tradition - living materials, fine craftsmanship and the power of light - encompassing them in a perfect circle.



# Starring in Belgium

With live concerts in flux, we take a look at one of our favourite Brussels music venues: La Madeleine

The facade of La Madeleine is the only surviving part of the large covered market built in 1847 from the plans of the architect J-P Cluysenaar and inaugurated in 1848. It was the first covered market in Brussels, with the exception of the small flower market designed a short time previously by the same architect in the Galeries Saint-Hubert. It was also one of Brussels' first large metal constructions. The Madeleine market was destroyed in 1957 and gave way to the festival hall of the City of Brussels. The cut stone facade, whose elevation is inspired by the Loggia dei Lanzi in the Piazza della Signoria in Florence, was kept as the front of a new building.

For fifty years, the hall welcomed a host of festive and cultural events of all kinds. The venue is also known to the public for its receptions. It is notably where, for a long time, the city's officials would gather for their annual dance, the Bal des Fonctionnaires. After being operated for several years by the Casino of Brussels, the City of Brussels has officially entrusted the management of the Salle de la Madeleine to Brussels Expo.

Renovated in 2015, La Madeleine can host  
18 | togethermag.eu

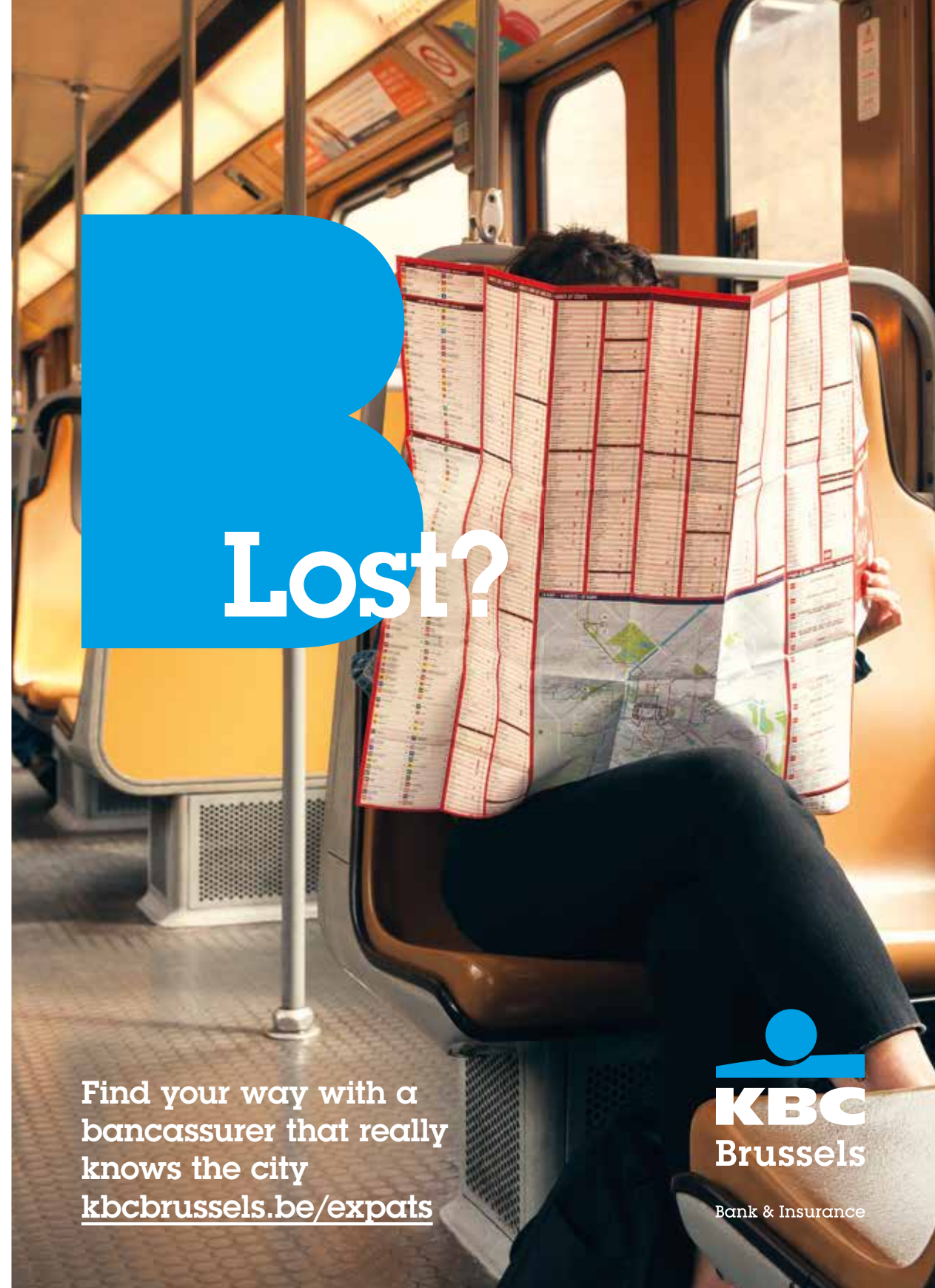


Photo © La Madeleine



all kinds of shows, from pop-rock to easy-listening, from the French Chanson to international Jazz, as well as Stand Up and Comedy. It boasts a modular hall: La Madeleine, 1,500 standing places (1,240 floor + 260 balcony), La Madeleine Box, 650 standing and La Madeleine Theater, 740 seating places. La Madeleine is located in the heart of Brussels, 250 metres from the famous Grand Place with great access for the public, with car parks, train, subway and, of course, bicycle.

Like other venues, concerts have been postponed, so keep checking their website for the latest information.  
[www.madeleine.be](http://www.madeleine.be)



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# Resto du Cœur in Belgium

Resto du Cœur explains how it was born and how it needs your help

Photo © www.restosducoeur.be



In the winter of 1985, Europe's fridges and grain silos are full. Yet, bellies are empty and, once more, people will die of cold and hunger. With the help of a politician, people from Wallonia table a motion on poverty in Europe at the European Parliament in Strasbourg. Unfortunately though, the idea isn't favoured...

...It does, however, appeal to one artist in France, a clown named Coluche (Michel Colucci), who raises his voice and calls out to the French people via the airwaves of Europe 1 on 26 September 1985. The appeal is heard by students of the Solvay Business School. Artists, politicians, farmers and anonymous individuals move to action, together with journalists, supported by major retail groups.

21 December 1985 marks the official opening of the Resto du Cœur in Belgium.

As part of their course work, a handful of students from the Solvay Business School get together for a project. They don't know yet the extent of food poverty in Belgium. They put a lot of feeling and efficiency in setting up the logistics for huge canteens that will hand out over 6,000 meals a day in the winter of 1986.

The Resto du Cœur concept at the time

relies on several observations:

- The Fourth World grows alarmingly: there are millions of truly poor people in Europe,
- Those affected by poverty are the first to suffer from food deficiencies, which have serious consequences for their health,
- The cost of Healthcare and social security charges is higher than the support (especially food) provided to the poor,
- Many food surpluses are spoilt, destroyed or are sold on the foreign market at a loss... And yet, many people are going hungry – some even die!

## What does the Resto du Cœur propose?

To request that the food surpluses that have been withdrawn from the EC market be made available, either free of charge or at a moderate price, to welfare centres, schools, reception centres, or charities.

The story of Coluche and the Resto du Cœur is one of amazing partnership. Indeed, Coluche comes from a modest background and grew up in a poor neighbourhood. "To feed those who are worst off is great, but that's only the tip of the iceberg!" he used to say.

## So how can you help?

Make a donation. Make a bequest. Become a volunteer. Become a partner.  
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# PERSONAL DEVELOPMENT

*What is below is like what is above,  
and what is above is like what is below*

PERSONAL  
DEVELOPMENT

Fitness

## Covid-19: Prevention is better than treatment

Professor **Nathan Clumeck** and Aspria experts provide insight into the 'silent killers' that you need to consider



**T**he current Covid-19 epidemic has revealed the vulnerability of the elderly but also of young people suffering from co-morbidities. How can you tell if you might be affected?

### **How old is your body?**

You are, of course, aware of your own age. But did you know that this number only represents your chronological age (the number of years since your birth), whereas there is another age that is significantly more important in terms of your wellbeing? This is your biological age, the one which reflects the condition of your body.

This biological age is directly influenced by your lifestyle choices: exercise routine, diet, alcohol consumption, smoking, hydration, fitness, weight management, stress and more. And as we know, the impact of a healthy lifestyle on our bodies is undeniable, both in terms of maintaining energy levels but also of reducing the risk of disease and premature death.

### **How can you measure and monitor your biological age?**

This is where AspriaPro comes in - Aspria's holistic programme is built around a comprehensive health assessment system.



During a private consultation, an expert analyses a wide range of parameters, such as body composition, blood pressure, cholesterol and glucose levels, VO2 max, free radicals, antioxidants and oxidative stress, heart-rate variability, stress resistance and posture.

Based on these results, the system calculates the biological age of each person, and the AspriaPro expert makes personalized recommendations, if necessary, to improve this number, and also checks the overall wellbeing.

**The silent killers: obesity, diabetes and high blood pressure**

Some of the factors examined during the AspriaPro assessment - body composition, blood pressure, as well as cholesterol and glucose levels - can reveal certain diseases.

Type II diabetes (associated with overweight), arterial hypertension and hypercholesterolaemia, constitute the Metabolic Syndrome. Depending on the country, it affects 20 to 30% of people over the age of 50. The combination of these three factors increases the likelihood of developing vascular accidents (such as heart attacks) or cancer, in turn making the prognosis worse.

**“ THIS IS YOUR BIOLOGICAL AGE ”**

The mechanism that is common to the different aspects of the Metabolic Syndrome is a chronic inflammatory state linked to the secretion of pro-inflammatory cytokines; the same ones that are involved in the cytokine storm of a SARS-CoV-2 infection.

The main causes of the Metabolic Syndrome include excess weight resulted from an unbalanced and excessive food intake, a sedentary lifestyle and, probably, a disturbance of the intestinal microbiota.



If being overweight is a reality of which we can be aware, arterial hypertension, hyperglycaemia and high cholesterol can be experienced for years without noticing their effects until the onset of a clinical complication. It is for this reason that they can be called 'silent killers'. This is also why they should be tracked whenever possible.

Nowadays, effective and well-tolerated pharmacological treatments exist to treat these metabolic disorders. However, exercise is a very powerful natural therapy. Experts have demonstrated its favourable effect on most organ systems, including the carbohydrate and lipid metabolisms, the cardiovascular and renal systems, the liver function, the respiratory and central nervous systems. Not to mention the immune system.

**A healthy lifestyle**

A healthy lifestyle requires, among other

things, a proactive approach - by considering and detecting potential threats that are likely to materialize years later.

Even if we feel well overall, as we advance in (chronological) age, our biological age can become a great motivating factor: it encourages us to make the efforts our body needs and helps us realize the importance of a balanced and healthy lifestyle.

**“ A SEDENTARY LIFESTYLE ”**

This doesn't necessarily mean you have to train hard and follow a strict

diet. A healthy lifestyle has to be applicable long term, and, therefore, has to also include relaxation, effective stress management... and a small glass of wine from time to time!

Do you want to know more about the link between lifestyle and immunity? Visit [aspria.com/immunity](http://aspria.com/immunity) for more in-depth articles. ●



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# Reclaiming freedom

Intuitive Healer **Katarina Winslow** reflects on what it is to be free



I am writing this on the 20th day of the last month of the year 2020, and I thought it would be fitting to offer some closure by reflecting on freedom. After a year when our lives were hampered by many rules and restrictions, I find it interesting that one of the definitions of freedom in the dictionary is 'non-confinement and immunity'. To embrace freedom, we must first understand what freedom is, at least take the time to reflect on what it means to be free. I wish for all of us that 2021 will be the year when we begin to reclaim our freedom, by building up our physical, psychological, emotional and existential immune systems, instead of weakening them by holding our breaths.

**“ THE NEW  
AND  
INSPIRING  
INTO OUR  
LIVES ”**

May 2021 be the year that frees us all from the old and invites the new and inspiring into our lives. In personal healing, you could say that you become truly free once you remove all the false beliefs you have about yourself. Many of us walk around in life with a lot of surplus baggage. We are carrying our mother's sorrow or our father's anger, or the guilt of our sister or the resentment of a friend. We also take on extra baggage in the form of opinions that other people have and have had about us and our ideas about others. For example, the schoolteacher who categorized you as slow or too troublesome, or the neighbours who you find weird and flaky.

Self help

The boss who looks at you like you do not exist, or the partner who pressures you to ignore your own desires and live in a mould they have created for you. Or the colleagues you dismissed from intimate conversation due to a preconceived judgment. Or the stranger in the street who is just not at your level. Often, it is sensible to go beyond first impressions and preconceived ideas about others. You never know when you will find the treasure of another human being. There is much love to be found, and beauty, too, once we strip off the illusionary layers of emotional, psychological and existential 'viruses' that we all carry.

Whether the illusions be from childhood, past lifetimes or accumulated on our journey through life, accepting false beliefs and (self-)imposed obligations will keep us from being free.

Then, of course, we have the pressure from society, the unspoken rules of 'how to be'.

What it means to be a successful person, to fit in, beliefs that are often far removed from being human. The codes and ideas built into our system and our societies are sometimes very compelling. There is an ocean of subtle messages

that has taken humanity on the road away from the free-spirited, the authentic, and the true. The truth is, you are love, and life is love. But let us be honest. It is challenging to be free in a world infused by subtle

messages about our own individual selves and human nature at its base but which have nothing to do with the freedom of being human. Are you free when you believe human nature is bad? Isn't it that you are freer when you believe human nature to be good?



This makes me think of Nelson Mandela and his famous words: "As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison." Even though he had experienced much pain, hatred and the worst of human nature in prison, he decided that he wanted to be free. His freedom was so important that he instead forgave what had been and chose to believe in the good to keep his inner world at peace - free and beautiful.

More words of wisdom that may inspire us to become freer are from the woman who said,

after being released following two years in a concentration camp: "Hitler took two years of my life, but he will not have another second of my life." When you carefully think it through, you realize that freedom is a choice, and that in freedom there is a

catalyst that is called forgiveness. If you do not forgive, you cannot be free. This holds true psychologically, emotionally and existentially. Moreover, if you do not believe in the good, if you do not feel the love and life in

**“ THE  
TREASURE OF  
ANOTHER  
HUMAN BEING ”**

your heart, you are not free either. You are imprisoned in negative beliefs about yourself, others and the world.

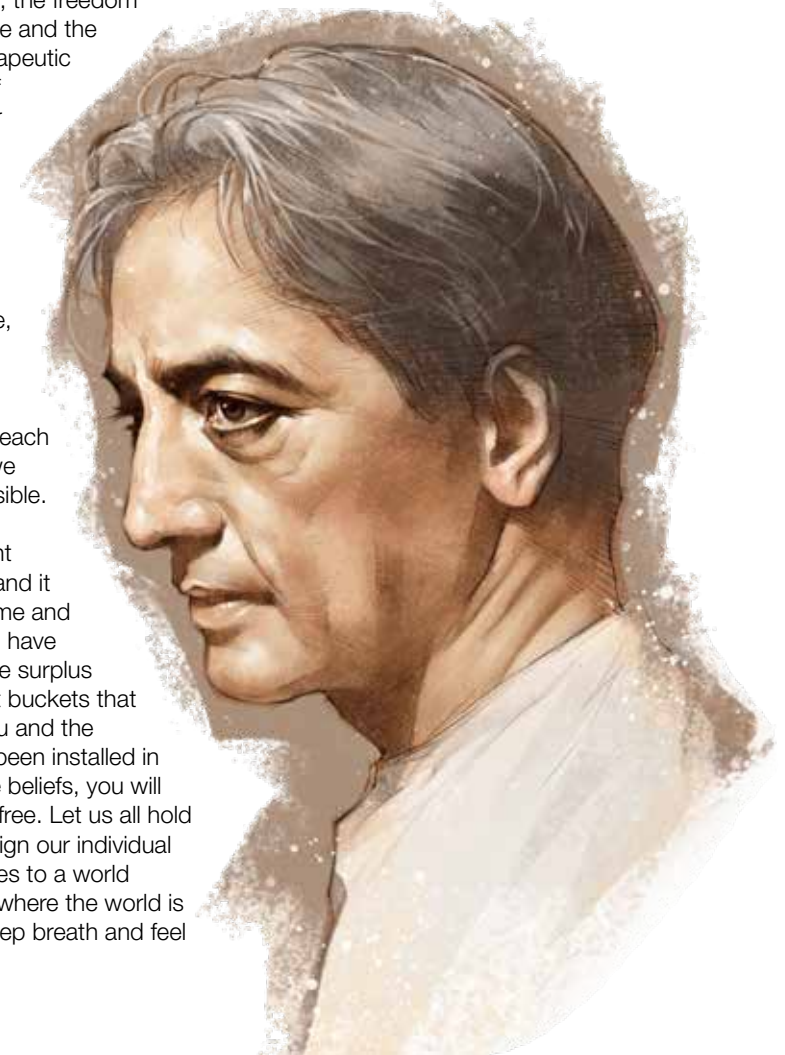
I am not saying these negative energies do not exist, they still do and probably will for some time to come, but you have the power to 'make' yourself free – cast off all that is not you. Cleanse yourself on a personal level of all your false illusions about who you are and what it means to be alive. As Krishnamurti said: "It is no measure of health to be well adjusted to a profoundly sick society."

Why? Because to make this world free, we need a lot of healed people. To make a person free is what a healer does. Personal freedom, the freedom to be you, is the essence and the driving force of any therapeutic work and at the heart of making this world better by revealing a freer version of you. Make this year the year where you strip off all the illusions you have about yourself that keep you from your authentic core, from the source of life itself. And at the same time, let us strip off the illusions we have about each other and the illusions we have about what is possible.

We are in for a significant shift in consciousness, and it will be epic for you, for me and for the world. When you have 'cleansed' yourself of the surplus baggage, from the paint buckets that have been thrown at you and the programmes that have been installed in you by society and false beliefs, you will wake up one day to be free. Let us all hold hands this year and realign our individual and collective compasses to a world where we are free, and where the world is free. Let us all take a deep breath and feel the joy of being alive.

Together. **1**

**“ FREE AND  
BEAUTIFUL ”**



# Leadership in the virtual world

Reetika Gupta-Chaudhary looks at the changing face of leadership in this strange era



Whether it's a country, a company or a home, the success of any organization depends on the prowess of its leader. A leader can be someone who creates an inspiring vision of the future, motivates and inspires his people and someone who coaches his team through challenging situations. The end objective of all leaders is to achieve the collective good of their people and/or the organization they are serving.

Amongst the various responsibilities of a leader listed above, inspiring and managing teams is one of the roles that will need to be looked at differently in the face of the current situation. A new form of leadership needs to emerge, which will not only be about micro-managing people to make sure that they have fulfilled their duties, but also about making every member of the team a leader in their own skin. The world needs more leaders, and the only way we can produce more leaders is by equipping the current

leaders with the skill of managing people but also identifying people's true potential and encouraging them to take responsibility and lead their respective areas of work.

It is about time that leadership behaviours shifted from merely controlling people and processes to guiding, transforming, facilitating and orchestrating the growth and development of their respective organizations. Once this change becomes the new norm, it will completely transform the face of the working world and inspire people to become the best version of themselves.

## Leaders in the virtual world

As we discussed above, being a leader can be challenging at the best of times, but it has become even more demanding in a crisis situation such as the current pandemic.

Research by Pearson identified that people's satisfaction with the work from home experience has declined. Only 82% of those in the US are currently satisfied with working remotely versus 93% in early March. The satisfaction of the worker purely depends on the way they are led and guided by their leaders, hence proving that a change in leadership is a fundamental need of the hour.

The best way of making a sustained change in leadership is by cultivating self-awareness about how your behaviour and actions impact people around you. Learning self-awareness skills from leadership coaches and trainers can accelerate your journey to become a transformational leader.

From my experience of dealing with various leaders and CEOs, I have been able to enlist a few ways in which you can demonstrate effective leadership even when you aren't in physical proximity to the people you are leading.

Below are a few ways in which you can start shifting your leadership approach towards your team in order for them to feel satisfied and show more commitment and productivity. Remember, each individual is different. Being a leader, you will be identifying what works best for the people you work with and use a style that is best suited for them.

## Team spirit

Projecting a positive vision for the company is not enough, you have to reassure the team that any challenges that may come in the way will be tackled jointly as a team. Also, encouraging team members to give their opinion on improving the systems and processes depicts inclusion and your openness and flexibility to improve and grow. This will encourage your team members to

tap into the dormant leader in them and come up with innovative ideas.

## “ BECOME THE BEST VERSION OF THEMSELVES ”

## Take responsibility

Accept where you have gone wrong and share

your willingness with the team to make things better; this shows that you take responsibility for your actions and it will encourage the team members to do the same. Making mistakes is normal, but creating an atmosphere where people learn and grow from their mistakes is really the key to excel as a leader.

## Clear communication

Communication involves delivering information not just in a timely manner, but also in a compassionate and straightforward way. The way the message is relayed makes a massive difference in the way it is perceived by people.

When a message is delivered with clarity and compassion, not only do your team members know that there is an upcoming deadline, but they also feel responsible for delivering their best work since they know how much the



Self help

success of a project means to the team and to the company.

Communication is also a two-way street. While you are communicating your vision to the members of the team, they should also be given an opportunity to process the information, and a space to share their thoughts, opinions and experiences.

To develop an atmosphere of support, trust and cohesion within virtual teams can be challenging. However, finding opportunities to create an environment of optimism, by continuously pointing toward the greater common goal and by highlighting ways to work towards it, will keep the spirits alive.



**Systems and processes**

There hasn't been a time in history where systems and processes in business were needed more than they are needed today. With businesses going virtual there is an added pressure of performance on the leaders. Thankfully, there has been a lot of tech solutions available in the market to help the business go completely virtual without affecting the performance and sales numbers. Working remotely at such a large scale has led to tons of resources coming up to help people deal with his shift. Microsoft, for example, is offering free courses to learn skills relevant to in-demand jobs, as well as for mastering common virtual tools.

As a part of effective leadership in the virtual world, a leader is required to keep themselves updated with the new technology and also encourage their teams to do the same. Many successful leaders of the non-

virtual world who are not adapting to the changing technology are soon going to become obsolete as other tech-savvy leaders will take the world by a storm. Adopting new, age technology and being a role model for your team will encourage them to up-skill themselves and add more value to the team.

Apart from technology, another key aspect of systems and processes is coordinating and scheduling meetings with sufficient notice.

Virtual teams have fewer opportunities to spontaneously interact and coordinate work, so it is particularly important to provide clear channels and expectations for communication and coordination.

**Mental health awareness**

Leaders play a key role in looking after the mental health and wellbeing of their team members. Today, it has become an even more essential priority for leaders to look out for signs of changed behaviours and burn-out in their team members.

Leaders themselves are not immune to experiencing worry, stress, anxiety or burn-out during times of uncertainty. An easy and effective solution to address mental health issues in virtual organizations is to

hire an executive coach who can help the team and their leaders address the stresses in one-to-one private sessions in order to retain confidentiality and allow people to openly share their issues.

Not all charismatic figures are born leaders; some courageous leaders are born as a by-product of their environment and willingness to adapt. ●

**“ THE KEY  
TO EXCEL AS  
A LEADER ”**



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Self help

# PodiumPower to the people

**Matthew Cossolotto** discusses personal empowerment and positive change through public speaking



can help you promote ideas and move people to action on issues that affect them directly and society at large. To do any of these things well requires a fair amount of standing in front of an audience and delivering a pitch, an idea, or a body of work. And sometimes the only thing that stands between you and your audience is

**W**hy is it important to improve your ability to speak with confidence to audiences of all sizes, both in person and, in the current Covid-19 crisis, virtually?

The following quote from an article in *Psychology Today* summarizes two of the widely recognized reasons for enhancing your effectiveness as a speaker: career and leadership success.

“Communicating your ideas clearly and presenting them openly in a public forum is an essential component of success across several domains of life. Being a good public speaker can help you advance your career, grow your business and form strong collaborations. It

fear.” (Theo Tsaousides Ph.D. – 27 November, 2017)

I agree completely that public speaking confidence is a critical leadership and success skill. But I believe there is a third reason to strengthen your public speaking ability – a reason that seldom receives the attention it deserves by speech coaches and self-help authors.

As a long-time speech-writer, speech coach and workshop leader, I often

highlight an overlooked third reason to improve your public speaking skills: personal empowerment.

## “ BUFFETT WAS TERRIFIED OF PUBLIC SPEAKING ”

JOEL OSTEEN Joel Osteen, Lakewood Church Houston, Texas, RobertMWarsham



With all of the above in mind, here is how I like to summarize these three somewhat overlapping reasons to improve your public speaking skills.

### Advance your career

Speaking effectiveness is closely linked to career advancement. It's fairly simple. A confident, commanding presence on the podium will help you advance your career in just about any field.

Take billionaire Warren Buffett. As a young man, Buffett was terrified of public speaking. In college, he avoided classes that might require him to speak to the class. Once he even signed up for a public speaking class but dropped out after the first class. After college, Buffet recognized that he needed to overcome this fear of public speaking to succeed in his job as a stockbroker. So, he took a Dale Carnegie course. The rest, as they say, is history. I can't promise you'll become a billionaire by reading this article. But if you do, I hope you will give me some of the credit.

Buffet, of course, is not alone. Many other famous people – and even some celebrated orators – had to overcome stage fright. Joel Osteen, a world-famous minister and best-selling author who speaks to a 40,000 congregation every week, had to deal with severe public speaking anxiety. He recalls being “scared to death” about public speaking. His solution was to use positive affirmations to overcome his fears. And that seems to have worked wonders.

Others who have suffered from stage fright – at least on occasion – include Sir Lawrence Olivier, Eleanor Roosevelt, Adele, Barbara Streisand and Katharine Graham, the first female publisher of a major American newspaper. Graham is depicted by actress Meryl Streep in 2017's *The Post*. If you happen to suffer from stage fright, my message to you is: banish the fear and boost your career.

### Enhance your leadership skills

Closely linked to career success, effective speaking is also a widely recognized leadership imperative. It's a required ability for anyone in a leadership position. Leaders speak and followers listen. There's nothing wrong with being a follower. All leaders need them.

But if you aspire to a leadership role, you will need to sharpen your speaking skills. Bear in mind that leaders are not always great orators at the outset. Far from it. Abraham Lincoln and Thomas Jefferson suffered from public speaking phobia. Early in his life, Mahatma Gandhi experienced panic attacks before he spoke to audiences. He referred to the “awful strain of public speaking”. Gandhi eventually turned things around by being inspired by a cause – Indian independence – that was greater than his fear of speaking. In a May 20, 2007 *New York Times Magazine* interview, former Vice President Al Gore commented on the importance of presentation skills. Commenting on his unsuccessful (despite winning the popular vote by 500,000 votes) presidential campaign

Self help

in 2000, Gore said that if he had the “presentation skills” he has since learned, “I think I’d be in my second term as president.” When it comes to leadership, the message here is that presentation skills matter – big time.

For leaders, effective speaking is an indispensable skill. The leadership benefits are obvious. And so I state clearly that enhancing your *PodiumPower* will help you... Speak your way to the peak.

**Empower yourself**

As mentioned, the two benefits above are widely appreciated and universally acknowledged. But this third reason often goes unnoticed, so I want to delve into this benefit in detail. It’s actually the main reason I wrote *The Joy of Public Speaking* and why I conduct *PodiumPower!* workshops and provide one-on-one speech coaching.

Some perspective is in order. I’ve always been drawn to what President Kennedy used to refer to as the Greek definition of happiness. He was once asked at a press conference whether he enjoyed being president. Kennedy said he did, and he cited the Greek definition of happiness: “The full use of your powers along lines of excellence.” Think about that. The full use of your powers.

That notion has stuck with me over the years. I believe speaking to audiences – with confidence, comfort and even joy – is an important skill to develop because it helps us achieve “the full use” of our powers, which is to say our full potential.

After all, the power of speech is a critical human ability. If we shy away from developing that ability, we fall short of making full use of our powers as human beings. Failing to find our voice and tell our stories means that we fall short of personal expression and, indeed, personal excellence. And that, ultimately, diminishes our level of personal happiness.

My books and my related programs are dedicated to helping others – millions of others – reach their full potential... on and off the podium. That means tapping into the joy of speaking. Not merely because it’s a career booster or a leadership skill – important as those reasons are – but also because it’s a personal empowerment tool.

When we feel we are reaching our full potential, there is a corresponding feeling of fulfilment and happiness. The joy of speaking, therefore, is about the joy of reaching your full potential as a person.

**“ THE FULL  
USE OF YOUR  
POWERS ”**

**Personal empowerment and positive change**

I must admit another powerful but related goal. If you look at the state of the world today, you could say it’s in a mess.

Lots of problems have gone unaddressed or unsolved for too long: extreme income inequality, poverty, disease, nuclear proliferation, terrorism, ethnic and religious conflict, climate change and the dangers of global pandemics.

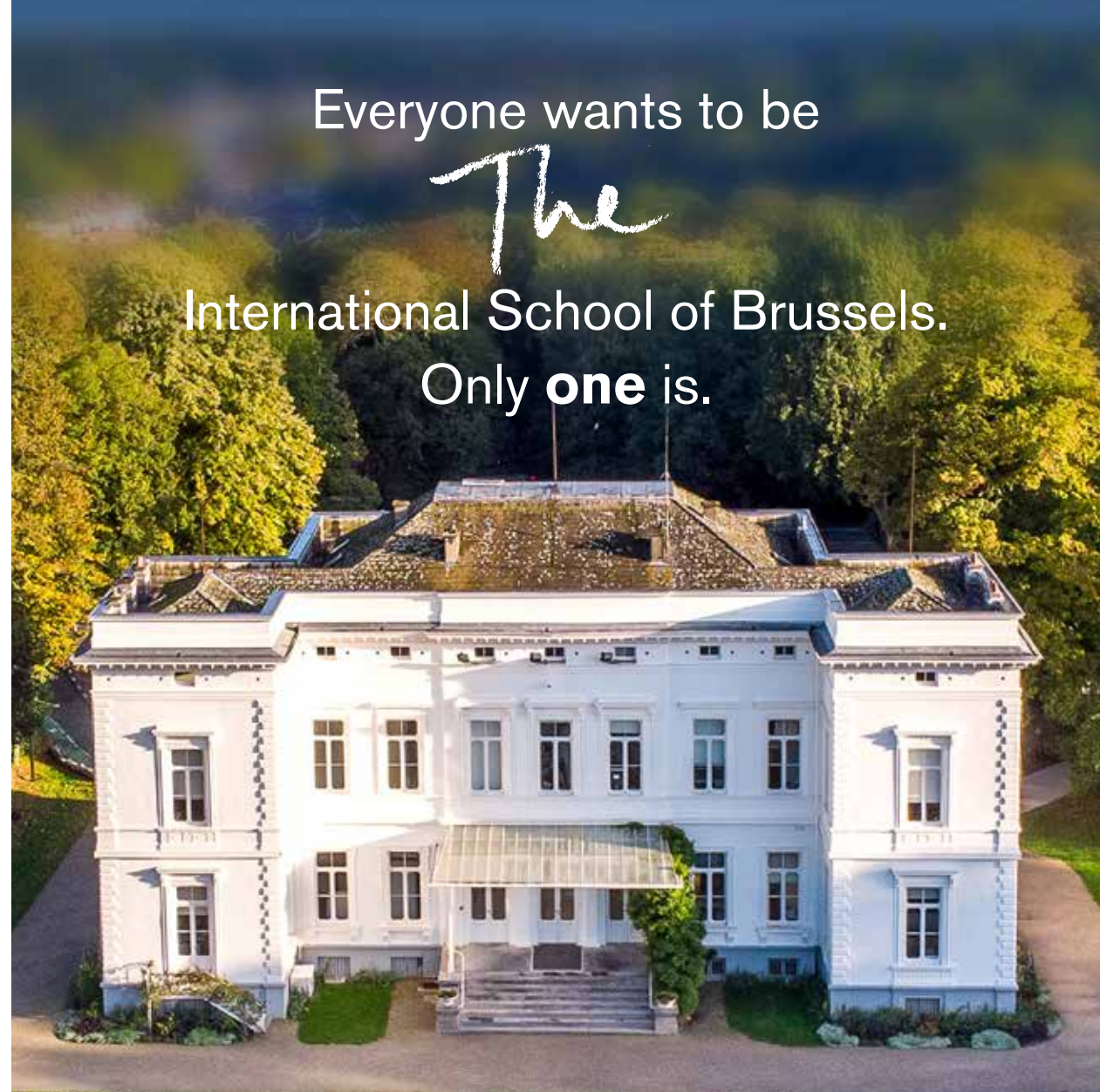
Given the state of the world, I’d say it’s long past time for a new wave of speakers and leaders, for new voices to emerge from their self-imposed silence, to speak up and be heard. I hope the empowering concept of the joy of public speaking will embolden and empower more people to find their voices, speak and stand up, and in the process make a positive difference in the world.

And so my third message is: *PodiumPower* to the people!

**About the author**

Author of *The Joy of Public Speaking*, Matthew Cossolotto (AKA The Podium Pro) is a former NATO speechwriter. Author, speechwriter and guest speaker, he conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond. [www.ThePodiumPro.com](http://www.ThePodiumPro.com) ●

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Self help

# Dominique Lehmann: Stars in your eyes

This month we look at a clairvoyant who has more than one way to predict

**T**he least that can be said is that he is a character in his own right. He has an indisputable aura and talks very frankly. He is funny and very professional. Born in France, he had flashes at a very young age, predicting unfortunate accidents among his entourage. A gift that in fact comes from his grandmother. However, he did not start a career as a clairvoyant straight away, but rather was a flight attendant for a while. He speaks more than five languages. Want to know your future? Then make a rendezvous with the famous medium Dominique Lehmann.



allow it to enlighten you on the influences which the planets can have on your life, on the meetings which compose it but also on your own behaviour.

Numerology allows you to predict the key dates of existence, periods of luck favouring the success of your projects and accomplishments and, in general, all the cycles of life. Dominique Lehmann uses a few calculations to find out more about your friends, your loved ones, your work colleagues, your bosses, all of which can have a real impact on your future. Many personalities consult him, but he withholds their names. However, everyone can consult Dominique. His goal is to help all those who want or need to use his gift.

Offer someone an original gift or treat yourself!  
[www.dominique-lehmann.fr](http://www.dominique-lehmann.fr) ●

When Dominique Lehmann masters his predictions and his flashes, he will make it his job to look into your soul. A few years back, he was to be found on television and radio in France and Belgium. He began to write astrological records and handled weekly horoscopes for renowned magazines. He was even placed in the Top 9 clairvoyants 2016 by *Cosmopolitan* and the *Guide to Clairvoyance* of Anne Placier awarded him 3 stars. Dominique Lehmann works with maps, numerology and tarology.

The Oracle allows him to confirm or refine his visions to respond to you with clear symbols on the cards, and explain them clearly to you. Tarot cards provide a more holistic view of the stages of life. Astrology allows you to better understand your own character traits or those of others. The construction of an astral chart on simple request by e-mail will

# From duality to unity: A response through alchemy

Axel TRINH CONG investigates  
an alchemical formula



**W**hat is below is like what is above, and what is above is like what is below. The formula (from an alchemical text known as the *Emerald Tablet*) is popular and is subject to countless meditations and interpretations, which makes it so rich. But beyond this concept of High and Low duality, there is above all a call to transcend it in order to find unity.

The interest of this sentence is first of all to appropriate it and make it resonate in oneself, in relation to what each individual experiences. This is one of the ways to alchemize, to operate the inner transmutation process. To feel where and how it touches us inside. Feel where and how it resonates within us. What it moves. What is illuminated, revealed, softened, reassured, questioned etc.

If this sentence illustrates a principle, a law of universal value, its application, how it is experienced, felt, implemented is, on the other hand, personal and, consequently, multiple. And each of the ways in which this principle is internalized is fundamentally correct because it is a reflection of the person experiencing it. So, there is no interpretation of these words, but as many speculations as there are beings.

If I can give you some interpretations, they will only be mine and, therefore, the reflection of who I am at this moment. For your part, do not fail to do the exercise, which will be much richer than that of reading what I think.

My joy, as a medium and a companion, is to reconnect to your own power and to make you autonomous. Don't follow my footsteps.

Engraved image emerald tablet 1609, by Heinrich Khunrath



Make your own.

I could say that this formula could have 253,017 billion other possibilities:

- if Heaven seems infinite to you, the same goes for your power on Earth;
- if the Earth seems concrete to you, the invisible is an equally tangible reality;
- if we receive messages from 'up there' to guide us during our passage on Earth, our earthly experience is also a source of teaching and inspiration for up there. It goes both ways. Top and Bottom dialogue equally. Equal because one is not better than the other: one gives meaning to the other;
- if there is a justice of mankind, there is also

## “ TRANSCEND IT IN ORDER TO FIND UNITY ”

a divine righteousness. Our job is to make the two coincide, to bring them together, to embody Spirit and spiritualize Matter; - Etc.

This applies to the apparent opposition of a High and a Low. Because it gets better. Alchemy, in fact, invites us to go beyond not only what opposes, but also what

unites.

“What is the sound of a single clapping hand?” - kōan (a Zen practice to provoke the 'great doubt')

If this sentence from the *Emerald Tablet* speaks to us of two separate but similar worlds (High



and Low), it is above all a call to reunite them, to see, to feel that both are only One. It is an invitation to transcend duality to find unity. Unity can only be found once the mirage of duality has been transcended.

In the representation of the world and the experience that is uniquely mine, unity is our natural state. Hence, this aspiration to live it fully. Quite simply because it already exists in us: it is our nature. And because it is our nature, it prompts us to be experienced in this particular environment that is the Earth, in this very special circumstance that is the incarnation and whose intrinsic characteristics are duality.

If unity is our nature, choosing the incarnation comes down to experiencing this deep nature in an environment that takes on the appearance of a provocation, a challenge. Our experience of Oneness on Earth is, therefore, all the more powerful and meaningful.

Though unity is our deep nature, we are not always aware of it, simply because it is there. By incarnating on Earth, one can only feel the

absence, the lack. This call, which then comes from deep within us, obliges us to redo the path towards it in order - this time - to make it aware.

There is no better way to rediscover Oneness than by incarnating in a place that separates us from it, obliging us to retrace the path - in consciousness - towards it and thus to make it fully ours.

It is only my reaction to it, and is also likely to evolve because I am a living being. Be sure to exercise discernment. Feel how this proposition resonates with you. Welcome

what speaks to you and leave the rest there.

This is how we reconnect with our deep Nature. With all my heart,

## “ WHERE AND HOW IT TOUCHES US INSIDE ”

Axel

*Axel TRINH CONG Medium - therapist (Brussels)*

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# Changing your life

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** wants you to strengthen your roots



**S**ometimes it takes us ten years to get to that one year that will completely change our life. Have you ever researched how bamboo grows? Bamboo grows as follows: the seeds are sown into the soil, then the rain comes, and it feeds the seed,s and the sun shines, and it feeds the seeds. And what happens after one year? Nothing! For years, rain and sun comes and nothing. Nothing happens. Three years maybe, sometimes four years and all of a sudden what happens? A tiny sprout comes out of the ground and within a matter of weeks all of a sudden, BOOM, this massive bamboo comes out of the ground,

## “ IT TAKES TIME FOR THINGS TO CHANGE ”

almost shooting up. So, what's been happening all this time?

The bamboo has been strengthening its roots. Strengthening its arms under the ground, repairing and building and repairing and building. Until it's so strong it can just explode up out of the ground and nothing can hold it back. Today, I will share with you the three lists I make every year again to get to that one year that will turn my life, my business, my wealth around. Here are my secrets to repairing and building and strengthening my roots. Before I tell you the first thing I do, I want you

to think back to when you were a child maybe, and it was your birthday. And your parents, friends or family brought out a cake. You stood in front of this beautiful cake and everybody was around you, cheering you on. Candles were lit, and as you were getting ready to blow them out and make your wish, somebody said to you: "Don't tell anybody your wish, or it won't come true!" I must admit, knowing what I know now, that is by far the dumbest thing I have ever heard. And, by the way, I've also been guilty of saying that in the past.

We've been conditioned from a young age not to share our desires, to keep what we want to ourselves. So, why is it so dumb to not share our wish? Imagine being a kid and your dream is that you want a new bicycle. When you don't tell anyone. When you don't bring it out into the world. How's it going to manifest? How is your wish going to become a reality when nobody knows about it? This brings me to the first thing I do every year. I write a list of all the things I want, and I share it with all the people around me. The second thing I do is make another list with everything I don't want. Now, we don't want to put too much energy into this because we don't want to attract this. But we must acknowledge and learn from the situations or things we have attracted and created in our lives and that no longer serve us. So, what is a non-negotiable for you? Whatever it is, you can set a deadline for yourself and commit to having this resolved by that specific date.

Many, many years ago there was a young boy with a very sick mother. On one of her last days on this earth, she called him to her and said: "Abe come here." And young Abe came over and asked her if she was okay. She looked her son straight into his eyes and she said: "Abe, become someone." And those were the last words that Abraham Lincoln heard from his mother. And that is the home run. This is probably the most important list out of the lists I make every year.

### Who do I have to become?

When you want to generate more income, you have to become more. When you want to have that loving relationship in your life, you have to become more. When you want to help people, create a better business, make more money, have more fun. Whatever it is you want, it all comes down to looking



inside and answering the question: "Who do I need to become?" When you want to get results that you've never gotten before, it is most likely that you have to do things you've never done before. Which means you need to become someone you've never been before. Always remember that it takes time for desires to manifest. It takes time for things to change.

Want to know more or work with Arnon? Join one of his upcoming online training or masterclasses and follow him on social media. For more information about coaching and training, check out his website [www.arnonbarnes.com](http://www.arnonbarnes.com) or contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) 📧

Coaching

# Being an entrepreneur

Personal consultant for managers and entrepreneurs **Xavier Bostem** talks about his work in personal development

I am 42 years old, and I have been independent since I was 21. I started working as a student at a young age. I didn't really need to, because my parents always supported me, but I was always drawn to financial independence. As soon as I left school, I acquired my VAT number... I have always had an entrepreneurial spirit.

I started my career in magazine publishing and, for a few years, co-directed publications in Hainaut and Walloon Brabant. In 2011, I decided to review my commercial orientation more towards service to entrepreneurs. Before that, in fact, I was more in sales than in service. And that's where my career really took off. Passionate about catering, it was first of all in the catering service that I was most useful. Admittedly, at the beginning in executive work, with my graphics skills being very useful to the chefs. I started by setting up with them simpler business flows for the update of their business cards and menus. I set up a system to print menu cards in 24 hours max, which brought me a lot of clients. In addition to this, I enjoyed other achievements in graphics and also the daily implementation of digital updates (websites and social networks).

This work allowed me to get closer, every day, to management and to understand



many mechanisms that entrepreneurs, in their daily lives, often forget to put in place (or did not take the time to do so). With day-to-day experience of business leaders, it is the very development of the company that I am passionate about. It is primarily personal development that I studied, but always with a business orientation.

The 'Mind Set', yes of course, but the application and implementation above all. I then studied many techniques, organization, the accomplishment of tasks, efficiency, the integration of techniques in the daily work flow, the economy. All of this, again, with a manager's skills as a central axis of development.

From meeting to meeting, I am now more and more called upon for the business development of business leaders. In 2020, for example, I worked with restaurateurs who thanked me on 31 December because they had enjoyed a positive assessment of their year. Yes, restaurateurs who, with my support (and their work), closed 2020 with 6 months of their books in the black.

I supported them in their strategic decisions, their positioning in the market, in the implementation of daily flows, in the accomplishment of their new projects, in the development of their business, their turnover and, especially, their margins. It is as a catalyst for my clients' projects that I position myself. I am at their side, with personalized support adapted to their situation. It is in no way a question here of stereotypes of personal development, of copying and pasting of techniques. I speak here of the development of their company, their project, their business. Since 2019, and still today, it is to this that I devote myself.

By continuing to manage my businesses - Carafe.be, CarafeMag which does magazine layout) and the development of real estate assets) - it is a real pleasure and pride for me when a client calls me to thank me because they have managed to set up and develop their project. Some project owners lead 1,000 people, others 100, others 10, and some only one. In any case, they will find

support from me that is benevolent, professional, involved and totally tailor-made. I never ask for a long-term commitment. We always start with a small contract, but until now no one has wanted to terminate the arrangement.

One of the many challenges for companies today is economic transition, their migration to the future. Of course, you have to take care of your customers and establish an economic base, but it is important to open your eyes to new customers and to larger business development. So many companies are missing out. Every entrepreneur, including me, needs support. I don't like to use the word 'coach' because for me it has been too overused, especially on social networks and on television, but everyone needs support, everyone needs an outside vision, a companion, a benevolent hand in their development.

My current clients are French speaking. But I travel all over the world. I worked in Tunisia at the end of 2019, I support a real estate company in the south of Spain, and, of course, there are my close Belgian clients.

A few years ago, I worked in Montreal for a few weeks to support an entrepreneur. I advised a New York restaurant chain in improving the presentation of their menu cards, and turnover improved immediately. In short, I am available for any ambitious entrepreneur who needs me. All this in complete confidentiality - for my part, I rarely talk about my clients except to develop their interests. But often they talk about me, to their friends and colleagues.

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**“ A MANAGER'S  
SKILLS AS A  
CENTRAL AXIS ”**

**“ ALWAYS DRAWN  
TO FINANCIAL  
INDEPENDENCE ”**

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Be success

# Be successful

Two more remarkable books that will light your path on the road ahead

## A Place to Stand, Jimmy Santiago Baca

Jimmy Santiago Baca is an award-winning American poet and writer of Chicano descent. While serving a five-year sentence in a maximum security prison, he learned to read and began to turn his life around, eventually emerging as a prolific artist of the spoken and written word. He is a winner of the prestigious International Award for his memoir *A Place to Stand*, the story of which is now also a documentary by the same title.

He first came to write poetry as a young man in prison, but first came reading (from an anthology stolen from a jail guard). He says: "It was late when I returned to my cell. Under my blanket I switched on a pen flashlight and opened the thick book at random, scanning the pages. I could hear the jailer making his rounds on the other tiers. The jangle of his keys and the sharp click of his boot heels intensified my solitude. Slowly I enunciated the words... p-o-n-d, ri-pple. It scared me that I had been reduced to this to find comfort. I always had thought reading a waste of time, that nothing could be gained by it. Only by action, by moving out into the world and confronting and challenging the obstacles, could one learn anything worth knowing.

Even as I tried to convince myself that I was merely curious, I became so absorbed in how the sounds created music in me and



Photo © Gloria Graham

happiness, I forgot where I was. Memories began to quiver in me, glowing with a strange but familiar intimacy in which I found refuge. For a while, a deep sadness overcame me, as if I had chanced on a long-lost friend and mourned the years of separation. But soon the heartache of having missed so much of life, that had numbed me since I was a child, gave way, as if a grave illness lifted itself from me, and I was cured, innocently believing in the beauty of life again. I stumblingly repeated the author's name as I fell asleep, saying it over and over in the dark: Words-worth, Words-worth." (*Lock and Key* from *Working in the Dark: Reflections of a Poet of the Barrio*, pg. 5-6).

"A *Place to Stand* is a hell of a book, quite literally. You won't soon forget it." -- Luis Urrea, *The San Diego Union-Tribune*.  
"This book will have a permanent place in American letters." -- Jim Harrison, Amazon.  
[www.jimmysantiagobaca.com](http://www.jimmysantiagobaca.com)

## Big Magic: Creative Living Beyond Fear, Elizabeth Gilbert


Elizabeth Gilbert was born in Waterbury, Connecticut in 1969 and grew up on a small family Christmas tree farm. She attended New York University, where she studied political science by day and worked on her short stories by night. After college, she spent several years travelling around the country, working in bars, diners and ranches, collecting experiences to transform into fiction. These explorations eventually formed the basis of her first book – a short story collection called *Pilgrims*, which was a finalist for the PEN/Hemingway Award, and which moved Annie Proulx to call her "a young writer of incandescent talent".

During these early years in New York, she also worked as a journalist for such publications as *Spin*, *GQ* and *The New York Times Magazine*. She was a three-time finalist for The National Magazine Award, and an article she wrote in *GQ* about her experiences bartending on the Lower East Side eventually became the basis for the movie *Coyote Ugly*.

From the worldwide bestselling author of *Eat Pray Love* and *City of Girls: The path to the vibrant, fulfilling life you've dreamed of*, readers of all ages and walks of life have drawn inspiration and empowerment from Elizabeth Gilbert's books for years. Now, this beloved author digs deep into her own generative process to share her wisdom and unique perspective about creativity. With profound empathy and radiant generosity, she offers potent insights into the mysterious nature of inspiration. She asks us to embrace our



curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches and habits we need in order to live our most creative lives. Balancing between soulful spirituality and cheerful pragmatism, Gilbert encourages us to uncover the "strange jewels" that are hidden within each of us. Whether we are looking to write a book, make art, find new ways to address challenges in our work, embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion, *Big Magic: Creative Living Beyond Fear* cracks open a world of wonder and joy. It is an instant #1 *New York Times* Bestseller.

"A must read for anyone hoping to live a creative life... I dare you not to be inspired to be brave, to be free, and to be curious."  
*PopSugar*  
[www.elizabethgilbert.com](http://www.elizabethgilbert.com) 

Self help

# Sustainability: Making SE'nSE

The Foundation for Future Generations unveils the five SE'nSE 2020 laureates

The Sonian Forest



**F**ive Belgian start-ups, sustainable and innovative in terms of the environment, have been granted a total financial support of €150,000.

For the fifth consecutive year, the SE'nSE jury (Seed Equity & Sustainable Entrepreneurship) has selected five young companies with a high environmental impact to share €150,000 in the form of convertible subordinated loans. This financial support is

**“ PEOPLE,  
PLANET,  
PROSPERITY  
AND  
PARTICIPATION ”**

made possible thanks to the contribution of the SE'nSE Fund, created by entrepreneur Pierre Mottet, the Aether Fund for Future Generations, the Eurofins Foundation, Wallonia and the Brussels-Capital Region.

Among the applications received, the jury has chosen the five for their positive impact on the environment, their sustainable functioning and the solidity of their entrepreneurial project. This year, we see the predominance

of Brussels initiatives among these SE'nSE laureates, actors of an innovative, local and sustainable social - and often circular - economy, largely participating in the economic renaissance of our capital. The five SE'nSE 2020 winners also distribute their products to other Belgian regions and even as far as France for the GiveActions app.

associations and NGOs without having to spend any money, by discovering two sponsored videos of green and social companies every day. An innovative approach to advertising both for companies looking for visibility and for consumers who want to have a real impact. *antivivisectionism*

## The five SE'nSE 2020 laureates

**Beanlife (Brussels)**  
Beanlife, a start-up created by Noemi Salantiu and Winnie Poncelet, produces and sells tempeh, a vegetable protein-based food offering a healthy and environmentally friendly alternative to animal proteins. Its raw materials (soya, nuts, black beans) can be produced organically, locally, with a much lower carbon impact than meat production. [www.beanlife.be](http://www.beanlife.be)



**Eco-tap (Brussels)**  
Eco-tap, a start-up created by Arthur Peemans and Olivier Potvin, offers a model bulk liquids distribution to fight against single-use plastics. Both the Eco-tap dispenser supply in shops and its use by consumers are based on reusable containers, to move towards a 100% zero waste model. *wire-tapper*



**GiveActions (Brussels)**  
GiveActions, the app created by Elias Printz, Gaspard Merten and Maxime Van der Meersch allows its users to finance

**PachaGreens (Ghent)**  
PachaGreens, a start-up created by Tom De Windt, cultivates and commercialises micro-greens, highly nutritious and tasty germinated seeds. Their very short growth cycle (10 to 14 days) and the use of light, water and heat guarantee a high-yield production with a low environmental impact. [www.pachagreens.com/pachagreens](http://www.pachagreens.com/pachagreens)

**Sonian Wood Coop (Brussels)**  
Sonian Wood Coop, a start-up created by Benjamin Moncarey and Stephan

Kampelmann, aims to relocate the wood economy by orchestrating a local value chain with the cooperation within the woodworking community - forest owners and wood workers - in the Sonian Forest. Faced with the current export model that dominates Belgian forestry, Sonian Wood Coop creates local socio-economic value and a reduced environmental footprint. [www.sonianwoodcoop.be](http://www.sonianwoodcoop.be)

Self help



The main criteria taken into account by the jury in the selection of these five start-ups were the expected level of impact on the environment, but also the seriousness of the business plan and the team, and the sustainable functioning of the company.

**About the SE'nSE Fund**

Since 2016, the Foundation for Future Generations has hosted the SE'nSE Fund, created by entrepreneur Pierre Mottet (IBA), which aims to contribute to a sustainable world by stimulating the entrepreneurial spirit. Endowed by its founder, already joined by other patrons - the Aether Fund for Future Generations, the Eurofins Foundation, Wallonia and the Brussels-Capital Region - the Fund has a minimum of €100,000 per year (€150,000 in 2019 and 2020) to support entrepreneurs developing projects with a high environmental impact by offering them financial means in the form of seed capital, experience sharing and networking.

**About the Foundation for Future Generations**

The Foundation for Future Generations, founded in 1998, is the only Belgian foundation exclusively dedicated to the transition towards a sustainable development mode, one of the biggest challenges of the 21st century.

The Foundation is convinced that it is possible to pass on a liveable world to our children, but only if we systematically act and think 360°-wise, taking into account simultaneously four dimensions: people, planet, prosperity and participation.  
[www.fgf.be](http://www.fgf.be)

# Take action

**Yannick Callens** offers three important tips when buying property



**I**n real estate, the three factors to consider when taking action, whether buying or selling real estate, are energy, money and time. In real estate, one of the factors that we often do not take into account, or that we forget and which is as important as the other two, is time.

1. What energy will I need to generate to do this? Many of us will even stop there without even taking action. Why? Because we ask ourselves the question at this point: What is the price to pay? Or, in other words, how much effort do I have to put in to get there? Or what is the effort of a new change or habit to adopt to get there? When we want to achieve new results, bigger or better results, we have to change our habits, get out of our comfort zone. But our brain doesn't like it because subconsciously it will interpret it as pain and stop you! The brain

## “ THE CHOICE AND THE DECISION ARE YOURS ”

would rather do something unpleasant that it already knows than to do something pleasant of which it is not yet aware.

2. Regarding the second point, it's money. Money and our beliefs, our fears, our desires and especially the values we place when we consider the term 'money'. Have you ever wondered whether money is important to you? Whether it is good? Whether it is in abundance or is rather limited? All of these questions can help you find the solution to your money problem, especially when it comes to real estate. One thing I often say to my students is: "Beware, there may be a trap!" Do we have to have money to acquire real estate or do we have to have real estate to make money? The quality of your questions will give you the quality of life that you deserve. So pay attention to the quality of your questions about money.



3. And the time factor. The one that we forget, or we consciously forget on purpose because it is relative, because as soon as it passes it is lost... or won. In real estate we talk a lot about time in terms of appreciation, in terms of inflation over time and also in terms of how much time am I going to spend or I am currently spending on my real estate file. Is my real estate investment more of a passive income or do I have to spend a lot of time on it?

When you are going to start a real estate investment, or even if you would like to make it your job, you must take the time factor into consideration alongside the energy you are going to put into it and the money you are going to invest or earn. I would even say that the time factor is perhaps the most important. The famous 'timing'.

If you know that passing time is lost forever, can I get it back? How much do you value your time? If you had the choice between

taking a sum of money or receiving additional time, what would be your choice? Be careful what you answer because the quality of your life may depend on it. And then your answer would immediately tell me what kind of person you are and how you organize your real estate and your connection to money. Because yes, these three factors: energy, money and time are interrelated and are just as important as each other.

Which of these three factors is most important to you right now? If tomorrow I give you the choice between a million euros or to be able to make up for lost time, what would be your choice? The choice and the decision are yours. Make the right choices!

*If you have any questions regarding our real estate coaching, do not hesitate to contact us by email at [info@immo-champion.com](mailto:info@immo-champion.com)*

# Crypto currencies are back

Dave Deruytter asks what is new and what are the risks?



Bitcoin is currently the best-known cryptocurrency, and it regained attention recently because of its fast and high rise in value.

It is based on 'blockchain technology' and is very safe, because, in essence, the linked information that the Bitcoin contains on its ownership is distributed on several databases, and all those databases need to confirm the same information before a transaction can be approved (decentralisation). Bitcoins are mined by supercomputers solving complex mathematical equations linked to the Bitcoin blockchain. The result is that new Bitcoins boast secure and verified transaction data.

## “ WHY ARE THEY TRUSTWORTHY? ”

Still, Bitcoin is not a currency as we know them. It is very different from the Euro or the US dollar for example, which are issued by governments via their central banks. Those central banks set the interest rates and control the amount of money in circulation via money supply controls. Governments issue public debt in those currencies as do other institutions or companies. So, there are clear links between the currency and countries, governments and economies.

All of that is absent in the case of Bitcoin and some other cryptocurrencies. As such, they are not real currencies but rather a kind of financial investment. A bit comparable



to gold, but the gold has a clear economic value, you can make goods with it. Bitcoin's use as a means of exchange has to be essentially compared with the use of shells in the pre-barter trade era. Still, Bitcoins are inherently safe and cannot (almost) be compromised, something you can not say about shells.

More and more cryptocurrencies, such as Tether, Ethereum and Diem (known as Libra before) of Facebook have understood this lack of link with the real economy and try to establish that by creating a link to a basket of currencies, financial assets, etc. That is why they are called 'stablecoins'. Often they provide features such as a digital wallet.

## “ DO NOT BORROW TO INVEST ”

Diem also wants to make its blockchain programmable for developers to create custom apps (like with Ethereum). But still the money supply issue is not clear or solved. Who manages the so-called currency and regulates the amount of it in circulation? And why are they trustworthy?

For example, the Diem blockchain is to be controlled by a small group of validators. Since Diem promises global financial inclusion, it will have to comply with financial regulations. That means that the Diem Association will have to be able to blacklist people and companies and block transactions that violate the regulations. In the banking world, Know Your Customer,

**PERSONAL**  
**DEVELOPMENT**

Money

Source of Wealth, Origin of the Funds are key principles to keep the system trustworthy and acceptable to the financial and other authorities and, eventually, to the whole world.

Cryptocurrencies are competing with banks, credit card providers, PayPal and their regular financial transactions on the one hand, but also with real currencies on the other. That competition happens on several levels - speed, cost, trustworthiness - of the underlying financial transactions.

It is certain that central banks are interested in cryptocurrencies, particularly in the security side of things. They are contemplating ways of using them or even issuing them. That would add a lot of credibility and usability to cryptocurrencies. However, it may also bring extreme price volatility - such as in the case of Bitcoin - to an end. Indeed, regular currencies issued by central banks, at least in the developed world, have much lower value movements and much slower than Bitcoin has shown so far. All in all, the question is: do cryptocurrencies have an added value over the currencies of today? And that is still a difficult call to make. Currencies as we know them have a value because of the assets, economies and governments to which they are linked, and by comparison to other currencies.

All in all, many of the current cryptocurrencies must still be categorized as high-risk investments. No surprise that some observers compare the current craze for Bitcoin to the tulip bulb craze in The Netherlands that reached its peak in February 1637. At a that point, some tulip bulbs had the value of a house. If you sold at that price, you became very rich, if you bought at that price and kept it, you lost a fortune.



**“ AN INVESTMENT  
THAT LOOKS TOO  
GOOD TO BE TRUE ”**

Indeed, many questions remain. What is the real economic value of cryptocurrencies? What can they be used for and why are they better than the existing alternatives? There are no fully satisfactory answers to those questions... yet. In the meantime, investing in, for example, Bitcoin seems a bit like gambling, and it is highly risky. In conclusion, keep your investment basics intact. Invest according to your investor profile and time horizon. Do not

borrow to invest. And an investment that looks too good to be true, often is too good to be true. ●



**YANNICK CALLENS**

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Advertorial

# Hiscox: Specialist art insurers

We spoke with **Justine Verstraeten**, art insurer at the Belgian specialist Hiscox (Belgium)

**J**ustine Verstraeten has been working for the Belgian branch of the international specialist insurer Hiscox for three years now. She didn't follow any specific financial training for this, but instead has a Masters in Arts Marketing and previously worked for a renowned French auction house and the famous Art Brussels art fair. Justine considers her background in the arts sector very valuable for her job as an insurer.

In fact, she specialises in insuring art objects. We talked to Justine about why people have their paintings, statues or even an exclusive wine collection insured by a specialist company such as Hiscox.

"As is the case for the owners, to me it's about more than simply a valuable object. They are all unique pieces for which the owner often has an emotional attachment. This is why they expect their insurer to go further than simply compensating them in the case of theft or damage. Because money never entirely fills the void that is left behind." says Justine. "This is why clients also want us to be able to

advise them on how to properly protect their pearls. My background is a huge benefit in this sense." Justine describes how Hiscox, through the broker, can put clients in touch with the right experts, who help them with aspects such as transport, storage or security for works of art.

## Responding quickly to claims

In the event of a claim, Hiscox also does everything possible to save the work of art. "Often, a fast response is a lifesaver," says Justine. "For this, we work with a renowned partner that can act at top speed to limit the damage and, if possible, restore the work of art. We have an emergency number that clients can call at any time."

According to Justine, through fast action, the salvage company has on several occasions been able to save a work of art that would otherwise have been lost. "In the case of more serious damage, we talk to clients and act according to their wishes as regards restoration," adds Justine. "Or, in consultation with the client, we look for the right restorer for the object or we give

**“ ART IS OUR  
PASSION, BUT  
OUR ADDED  
VALUE IS OUR  
EXPERTISE  
AND  
NETWORK ”**

**“ CLIENTS CAN BENEFIT  
FROM OUR NETWORK ”**

clients the option to declare the piece null, in which case we can compensate them financially for its value. In the case of restoration, we also converse with clients as to how best to go about this, but in the end, it's their decision." This is also, according to Justine, the major added value of Hiscox. The insurer insures almost all sorts of risks with almost no exclusions, whether the damage or theft has occurred at home, during transport or during an exhibition. Hiscox pays out immediately instead of awaiting the end of the process. "You can see that when a work of art is stolen, the owner is very distressed. At least then, the client doesn't have to worry about the financial loss too," says Justine.

## From fifteen million to a thousand euros

"We insure all types of art objects and even entire collections. These can range from a museum piece worth fifteen million euros or more, to a privately owned painting worth a thousand euros." Justine explains how, just as in previous years, Hiscox insured one of the centrepieces of the famous BRAFA Art Fair in Brussels. Justine does, however, add that owners must take into account that a work of art's value fluctuates. "We advise our clients to regularly have their art revalued to ensure they are not under-insured if something happens. Clients can benefit from our network of specialised experts for this."

Would you like more information?  
Go to [Hiscox.be](https://www.hiscox.be) ●

*Justine Verstraeten,  
Sales & Development  
Underwriter Art &  
Private Client*



  
**HISCOX**

# Berlaymonster revealed...

**Catherine Feore** chats to the man behind a mysterious blog

**L**urking in the depths of the European Commission's Berlaymont building lives a monster, known as the Berlaymonster. During the day, he discreetly observes the activities in the EU's corridors and fora of power, as well as the press room. Helpfully, he is on Twitter. Like Big Foot, he has remained an enigma, that is until now.



For someone whose job is following the daily comings and goings in Brussels and beyond, Twitter is more or less obligatory. Over the past four years, Brexit and Trump have kept me glued to my smartphone. In an effort to keep my sanity, I follow a few people who brighten my timeline, among them Sarah Cooper, Janey Godley, Larry the Cat and, when it comes to Brussels, the Berlaymonster.

He is a flâneur, who has poked fun at the EU's absurdities, delusions and pretensions with a wry smile, gently ribbing the great and the good, and the not quite so great or good as they think they are. I have quietly wondered who the Berlaymonster is and have glanced suspiciously at fellow journalists wondering 'Is it you?', not daring to ask.

On 11 January, all was revealed. I opened Twitter and learned that the Berlaymonster was ready to reveal his true identity in an ANTICLIMAX REVEAL... Duncan Lumsden.

## **Why have you decided to reveal yourself as the Berlaymonster?**

The long and the short of it is, I could. I had a serious day job with MLex which I co-founded with Rob McLeod in 2005, and which I left a year ago. I'd been there from the launch all the way through to its sale, through to more global expansion, I'd lived all stages of the business, so I just thought that it was a good moment to take a break. I moved to London, then Covid came up. With nothing on the immediate horizon I decided to pick up my hobby again. Removing the balaclava was the only way to make it worth my while.

**You have been listed as one of the top five digital influencers in the EU bubble, are you surprised that for two consecutive years you have had such a high ranking?**

I'm perplexed because I can't think in the 15 or so years I've been doing it, of anything I've ever actually influenced. That's not the point. It's nice to be acknowledged as somebody who features on the social media scene. If the way that you couch that is as an influencer, then I'll take it, I'll wear the badge. I know there are certainly people on that list who have influenced, such as the winner this year, Andrew Strohlein (Human Rights Watch). I'd like to think that I've made the odd press officer think twice before sending out a press release using too much jargon.

As a straight-talking journalist, 'influencer' is one of those terms that makes my teeth hurt a little, but I know what they're getting at, they're acknowledging people who are active on the social media scene.

**You have been poking fun at the Brussels hierarchy for some time. Has anybody ever taken offence?**

The Berlaymonster is a sort of court jester who mocks the king but doesn't want to see the royal court disbanded, or to leave the royal court. It's more about breaking the pomposity and having a laugh.

The Berlaymonster has created a whole ecosystem of EU actors: Commissioner for Inland Waterways and Catering (@KunardoczEU), recently promoted to Seventh Vice-President and Commissioner for Employment Best Practices Benchmarking and the Vocational e-learning Dialogue, he has a spokesperson, an account for the #SaveOurSwans lobby, and another for the hotel lobby to mock the "extremely predictable and boring social media engagement with the citizen".

The blog - [www.berlaymonster.com](http://www.berlaymonster.com) - is also populated by some other characters you might know, Martini Seltzermayr (@mseltzermayr) Secretary-Generalissimo and American EU Dude (@AmericanEUDude) an American in Brussels, 'dudes-plaining the EU to all y'all'. Two other Brussels observers - who remain masked.

**You're very good at lampooning them, but, if you were advising the commissioners, how would you suggest that they improve their communications?**

I would say, speak as if you're speaking to people, because you know what? You are speaking to people. There's no amount of training that can teach that, I don't think once a politician has reached the age and the status where they become a commissioner they can be trained out of that.

**So, what is next for Duncan Lumsden?**

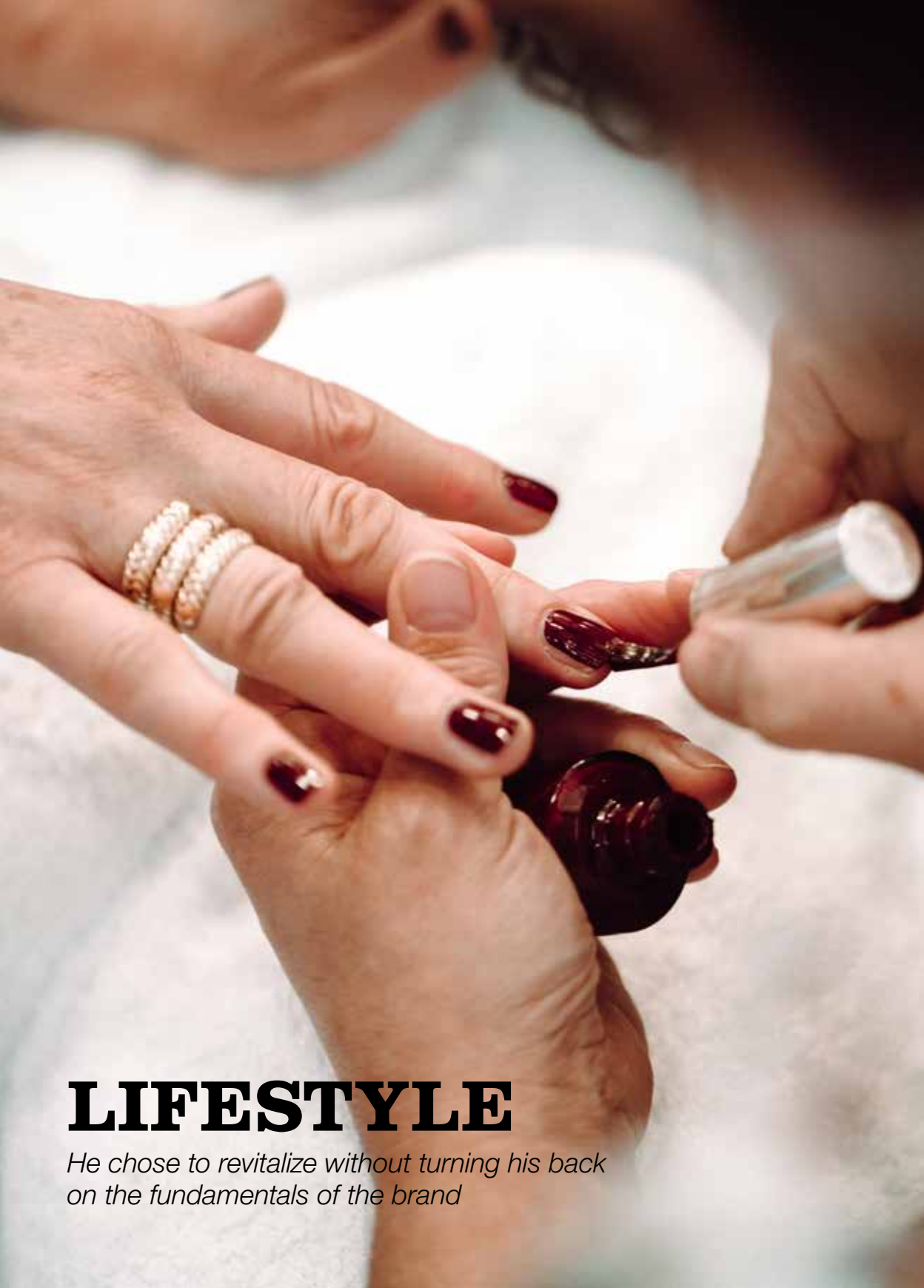
Coronavirus makes it very difficult to know until the world is able to network again. I've moved to London, but also fully plan to be in Brussels quite frequently. I still have a place in Brussels, and if there is a panel spot, I'm going to get on the train right away.

**You're obviously English, can I ask what you think of Brexit?**

Well, my mum's Finnish and my dad is of Irish stock, but he wasn't born in Ireland. I grew up in the south-east of England. My wife is Dutch-German-Iranian. I am Belgian as well. I've lived in Belgium half my life. I speak all the languages. So, I am a European that way. If there are any personal reflections to be made on Brexit, let me be the first to say, I think it wasn't a good idea. 🇪🇺

## THE BERLAYMONSTER IS A SORT OF COURT JESTER





# LIFESTYLE

*He chose to revitalize without turning his back on the fundamentals of the brand*

# Luxury ski chalets

**Lionard Luxury Real Estate** suggests four fines chalets in Italy's snowy mountains



## Veneto, Belluno

This charming, luxury apartment for sale is very close to Cortina d'Ampezzo's renowned ski resorts. This property is situated on the ground floor and basement of a stunning villa designed in Cortina's typical style and measures 80 sq metres. The ground floor boasts an independent entrance followed by

a bright and spacious living room, a dining room, a kitchenette and a hallway leading to a bedroom and a bathroom. The bedroom faces a small garden. An interior staircase leads us to the basement, home to a room, a bathroom and a small cellar.

See more: [tinyurl.com/yybxmhxh](http://tinyurl.com/yybxmhxh)



## Val Badia, Bolzano

This finely renovated luxury villa for sale is situated in the province of Bolzano, in an area known as Val Badia, an exclusive skiing destination of the Dolomite valleys. The

landscape of the Alta Badia area offers wild nature, small alpine lakes, protected areas in natural parks with a large variety of flora and fauna, and is situated by the majestic peaks of the famous Dolomites. The Ladin valley of the Dolomites has preserved its centuries-old

culture and its natural heritage, which fully reveals the awesomeness and majesty of the mountainous landscape.

See more: [tinyurl.com/y67jpg2p](http://tinyurl.com/y67jpg2p)

Luxury



**Cortina D'Ampezzo**

This luxury villa is for sale in the renowned skiing town of Cortina D'Ampezzo and offers breathtaking views of the Dolomites. This prestigious property was built around 1950 and has recently been renovated using quality materials and finishes that give a touch of refined elegance to the interiors, and include parquet floors, wooden walls and frescoed ceilings. The two floors and

basement of this luxury villa measuring 1,000 sq metres are connected by a convenient elevator. The villa itself is surrounded by a well-kept private garden measuring 4,500 sq meters, featuring a spectacular panoramic terrace that offers the perfect place to relax while admiring the snow-capped peaks of the Dolomites in every season. See more: [tinyurl.com/y2yz783t](http://tinyurl.com/y2yz783t)



**Madonna di Campiglio**

In Madonna di Campiglio, Val Rendena, this wonderful chalet surrounded by nature and offering breathtaking views of Trentino's valleys and snowy peaks is offered for sale. Exclusive and elegant, this property measuring approximately 1,000s qm metres has been built with a Casa Clima certificate. Wood is the main material, both internally and externally, creating a warm, welcoming

atmosphere. The chalet's refined living area, furnished in a typical Alpine style, is home to an elegant fireplace, the perfect place to sit around and relax with friends during winter, while enjoying the extraordinary white scenery around you. See more: [tinyurl.com/y4d8qhn9](http://tinyurl.com/y4d8qhn9)

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

# L'Artisan Du Temps

A trusted address for all your timepiece needs

Photo © Gilles Clavareau



**W**atch enthusiast Gilles

Clavareau is the man in charge of L'Artisan Du Temps. He takes care of the purchase, sale and repair of old or more recent watches and clocks. He devotes all his time to his passion and is particularly specialized in quality watchmaking objects - he has a preference for collector's wristwatches. Gilles has surrounded himself with trusted craftsmen who are also passionate about watchmaking.



Before being offered to the customer, all watches pass through the hands of expert watchmakers in order to be completely revised and certified as authentic. When the need arises, only original parts are used. Artisan Du Temps guarantees 100% original watches. Whatever the customer's choice from their collection, the

client benefits from a free 2-year warranty, which includes all repairs.

As dedicated watchmakers, Artisan Du Temps's goal is to provide customers with the benefit of their experience, which spans more than 10 years. They will answer your questions and guide you to what is best for

you. Building a long-term relationship with customers is one of their priorities, made possible by their qualified staff and their full range of services

and products related to the world of watchmaking. [www.artisandutemps.com](http://www.artisandutemps.com) ⓘ

**“ PASSIONATE ABOUT WATCHMAKING ”**

# *Wild* ROSE

Photographer **Maria Dawlat** Art Director  
**Nicholas Sirot** Hair & Make up **Elke**  
**Binnemans** @ touch **Dominique** using  
**SISLEY COSMETICS** and **BALMAIN**  
**HAIR COUTURE** Model **LOLA** @  
**Dominiquemodels.com**



Bra: **Patrizia Pepe** Tights: **Falke** Panties: **Chantelle** Jewellery set: **Wouters & HendriX**  
Using **BALMAIN HAIR COUTURE** Clip-in fringe 100% human hair New-York  
Clip-in weft set 8 gold, 9 gold, 10 ash.



Platform shoes: **Guess**



Lingerie set: **Eres** Waistcoat: **Les Tricots d'O** Tights: **Falke** Jewels set: **Wouters & Hendrix**



Bra: **Patrizia Pepe** Necklace: **AXL**



Set jewels: **dinh van** The right hand bracelet: *Manchette Seventies* white gold and diamonds Left hand index finger: *Ring Seventies* white gold and diamonds. Left hand middle finger: *Ring Impression* yellow gold and mother-of-pearl Right hand middle finger: *Ring Anthea* yellow gold and diamonds Right hand ring finger: *Ring Maillon Star* white gold and diamonds  
Body: **Chantelle** Panties: **Falke**



Foreground: Handbag **29thOctober** Model Artemis Mini  
Background: Handbag **Nathan-Baume** Model Duras



Top: **Chloé** Jewellery set: **AXL** Sunglasses: **Dior**



Bra: **Eres** Tights: **Falke** Jewellery set: **Ole Lynggaard Copenhagen**  
Using **BALMAIN HAIR COUTURE** Clip-in fringe 100% human hair New York Clip-in weft set 8 gold, 9 gold, 10 ash.



Jewellery set: **Ole Lynggaard Copenhagen** Using **SISLEY COSMETICS** for make up:  
*Crème réparatrice Instant perfect - Phyto hydra teint 1 - Phyto cernes éclat 1 - Phyto-poudre compacte 2 natural  
Phyto ombre silky sand 13, silky rose 12, glow silver 42 - So curl mascara 1  
Le phyto rouge beige Tahiti 11, le phyto gloss 8 Milky Way  
Polish: & Other Stories 'orchid mauve' - Blush: Sisley 'le phyto-blush' pink peony*

Fashion

# Fashion power in Belgium

We take a look at four very talented fashion entrepreneurs



## Clara Assi

Founder of Mama Benz luxury leather handbags collection, Clara says: "I grew up in a widely multicultural setting, a childhood between Beirut, with all its traditional gender roles, and Kinshasa, a matriarchal society where women are often the breadwinners of their families. What I was mostly drawn to at the time were the 'Mamas', the tough, smart and entrepreneurial women of the Congo. I would stand in the doorway of



the bakery and watch the proud local women swagger in and out the bakery in their bold, brightly coloured outfits. They were there to buy our delicious baguettes, which they piled on their heads in large blue buckets to resell at the local market down the road. What attitude! What an inspiration for a young girl dreaming of womanhood! Each one of these women has become my muse – the Mama Benz collection is designed to carry every woman's story, every mama's story.

The design was initially an exploration of the classic tote bag. I let my creativity run wild, incorporating the Mama Benz identity into different classic, chic and easy-to-wear styles suitable for every modern woman. Our handbags are crafted of fine Italian leather, but with an added element, a touch of Africa – the main feature of every Mama Benz bag is the perforations at the rim in which wax-inspired, boldly printed silk scarves from our very own collection can be weaved into in different ways." [www.mamabenz.com](http://www.mamabenz.com)



## Alex Henriche

Maison Roger is a Belgian Hairdressing and Care Centre. Alex Henriche, a young entrepreneur, is the conductor of Maison Roger's new face. He is only 26 years old, but for the past year he has been at the head of Maison Roger, a salon in the Louise neighbourhood, which he chose to revitalize without turning his back on the fundamentals of the brand.



After a course in interior architecture, an experience in the United States and Canada that convinced him definitively of the seduction capital of the Houses that display the title of suppliers to the Court and training in marketing, Alex Henriche decided to buy the Brussels brand, Maison Roger. From the outset, he chose to dust it down to make it more consistent with the expectations of young clients and, more broadly, to the

habits of women, often in a rush, who want to entrust their hair to experienced hairdressers who put the quality of care and service at the heart of their concerns. [www.maisonrogerbruxelles.com](http://www.maisonrogerbruxelles.com)





**Michaël Azoulay**

Michaël Azoulay was born in 1978 in Marseilles. With a professional baccalaureate in electricity & air conditioning, after a few odd jobs as a pizza delivery man and in construction, he became "by chance" a jeans seller. Then, in September 2001, he created the women's line Ana Paola, specializing in knitting. "I wanted to create my own line. Someone saw me working and encouraged me to try my luck." Recycling and the elimination of disposable plastic containers go hand in hand with a luminous workspace that incites creativity. In stores, everything is designed to minimise our carbon footprint. Worksites limited to the strict minimum, vintage furniture, energy-efficient LED light bulbs and air-cooled instead of water-cooled air conditioners help reduce energy consumption.



Azoulay founded American Vintage. He drew his inspirations from his travels to the United States and took another look at the basic T-shirt. The collections have grown as the seasons passed by, and they have been structured around increasingly stylish pieces.

American Vintage has been building a multifaceted wardrobe that breaks the rules and plays with daring mixes to suit all types of personalities.

They are proud to support the emergence of young talent through various partnerships: at the Hyères International Festival of Fashion, photography and

fashion accessories since 2017 and at Design Parade Toulon since 2019. Store exhibitions and prize money give a boost to new generations of designers and artists to shape tomorrow's world, with their help. [www.americanvintage-store.com](http://www.americanvintage-store.com)



**Sophie Helsmoortel**

Cachemire Coton Soie celebrates its 30 years of elegance. Sophie Helsmoortel always preferred questions to answers. It is with this perspective of adaptability without compromising quality, sustainability and ethics that the founder of Cachemire Coton Soie celebrates a symbolic anniversary. A sincere commitment to the beautiful, the qualitative, the Belgian. "Fashion is also sociological and cultural, and I think it's important to promote luxury in Brussels, local expertise and a certain lifestyle."

Cachemire Coton Soie, a boutique of high-end niche brands, explores the new fashion territories of voluntary simplicity. With around sixty rare and cutting-edge houses and a selection, often unique in Brussels, the curation is consistent for collections that match from season to season. Attentive and

wise, Sophie Helsmoortel and her team advise carefully: "We always aim for the exception, the hallmark and the quality, to give people the desire to regain a human connection, advice, service, and the wealth of the products."

Sophie Helsmoortel, driven by the awareness of the reflections raised by the evolution of society, is at the same time also dedicated to promoting Brussels expertise and excellence. President of the Brussels Exclusive Label after being a member of the association for twenty years and serving on the board of directors, she is actively involved in preserving individual creativity, in transmission and employment. "In Brussels, we cultivate the individual soul of our craftsmen, the exclusivity of their service." [www.cachemirecotonsoie.com](http://www.cachemirecotonsoie.com)

Shopping

# Shopping



**Guess**  
**Golden Corily laminated crocodile crossbody handbag: €95**  
[www.guess.eu](http://www.guess.eu)

Lore Van Keer  
 Lore Van Keer is a young Belgian jewellery label focusing on a minimalist design, ethical choices, handmade design and creative expression. Cafe Costume small-scaled rectangles: **Price online**



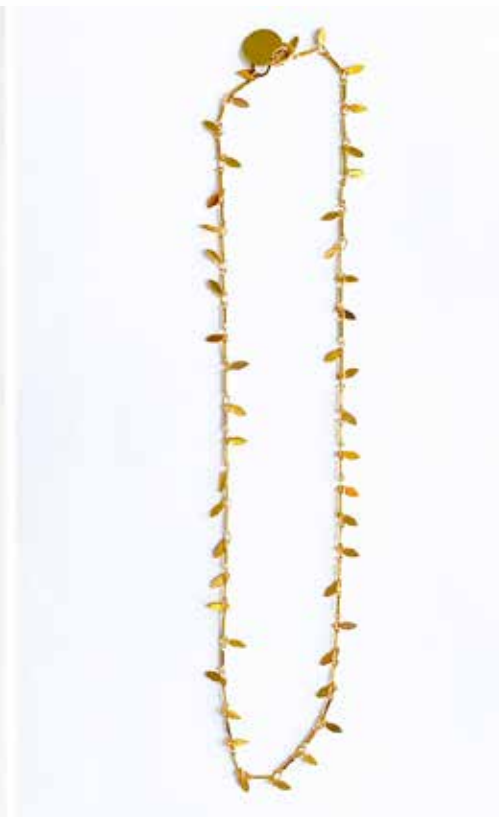
**Barbara Bussy**  
 Belgian designer Barbara Bussy – very popular at *Vogue UK* – has announced a new name in original jewellery: the reinvented jewellery. It is first and foremost a story of gems. Rare, simply magical, always remarkable. The designer, of Belgian-French origin, seeks out the most exquisite stones, in search of appealing colours and maximum brightness. Barbara Bussy's creations can be enjoyed exclusively, by appointment only, in total privacy.  
[www.barbarabussy.com](http://www.barbarabussy.com)

**BRUME de Longueville**

Made in Belgium. All BRUME de Longueville creations are designed to offer a unique experience to all the It-girls wearing them. Our jewels are made locally and take inspiration from our strong attachment to our roots and from our 'made in Belgium' creative flair. Sophisticated and whimsical, they are made of semi-precious stones and gold-plated, crystal and fancy beads of the best quality.

Asymmetrical Pride and Prejudice earrings, one of them is fixed at two points: **€59**

Les Victoires are now accompanied by a necklace, just as delicate as the asymmetrical hoops. Necklace: **€70**, Creoles hoop earrings: **€49**  
[www.brumedelongueville.be](http://www.brumedelongueville.be)



Shopping



**Howlin'**

Howlin' (Scottish slang for smelly) is an Antwerp based knitwear brand. Since 1981 they have been producing quality knitwear in Scotland, and in 2009 they launched their new label Howlin'. The way of manufacturing remains traditional, but Howlin' offers more room for fantasy in shape and pattern. All their products are individually manufactured and hand finished by traditionally skilled craftsmen in either Scotland or Ireland using the highest quality yarns possible. Pacific Rhythm, Beanie: **€59**  
Shop via [morrison.be](http://morrison.be)

**OMEGA**

Speedmaster Moonwatch Master Chronometer in Canopus Gold: **€45,100**  
Shop via [omegawatches.com](http://omegawatches.com)



**FREYWILLE**

FREYWILLE artists focused on Mucha's naturalistic oeuvre, freely playing with his characteristic formal language and expressive shapes to create a memorable and impactful motif. A striking colour version of this design PAPILLON METAMORPHOSE captures a fleeting moment of fragile beauty in shades of intense violet, set in shimmering rose gold fire-enamel. Clasp bangle Contessa: **€1,050**  
[www.shop.freywille.com](http://www.shop.freywille.com)



**Maison Bvlgari**

This year, your dreams are made with love. Maison Bvlgari indulges in fantasy and magic, in the Roman style that characterizes it. Inviting us to believe in dreams and try our luck in love, Bvlgari deploys its exuberance and its daring creativity for the most romantic party of the year. Capturing the purest emotions and drawing inspiration from the Roman passion for life, Bvlgari's gifts are as unforgettable as love itself. From dazzling jewellery to iconic watches, bags and other irresistible accessories, each creation boldly celebrates love. These are pieces with which we fall in love over and over again.  
[www.bulgari.com](http://www.bulgari.com)

**TUDOR Royal range**

The sport-chic watch par excellence, with its integrated bracelet, notched bezel and automatic movement, the new TUDOR Royal range is both versatile and affordable for people who like quality. The TUDOR Royal range is a key example of this uncompromising heritage and promises nothing less than the best possible quality at the best possible price. Produced in Switzerland from a block of 316L stainless steel, one of the most robust in existence, the case of the TUDOR Royal models is waterproof in any situation and to a depth 100 metres below the surface of the ocean thanks to its screw-down winding crown and back. They are completed by a version in diamond-set mother-of-pearl for the feminine versions. As a final touch of chic, TUDOR has added applied Roman numerals to its TUDOR Royal watches: **€2,680**  
[www.tudorwatch.com](http://www.tudorwatch.com)





**Bô Flowers**  
Esmeralda Ammoun has created various objects, exclusively for Bô Flowers: vases, bases, planters, bracelets, key rings, napkin rings, buttonholes etc. Clearly, the subject inspired her creativity!  
[www.boflowers.be](http://www.boflowers.be)

**Thermes Marins de Saint-Malo**

Hydra-gold is the new cosmetic line from the Thermes Marins de Saint-Malo, a wave of hydration and freshness. The skin needs to be perfectly hydrated to preserve its beauty and slow down its ageing. The Thermes Marins de Saint-Malo have created Hydra-Gold, a new cosmetic line for dry and dehydrated skin. At the heart of its three products is a genuine youthful re-activator: the Hydra-Gold Complex.

Developed from golden algae, selected for its remarkable hydrating power, and three other ingredients - Hyaluronic acid, atomized seawater, Laminaria Digitata (brown algae) - it is the unifying active ingredient of the new line of the Thermes Marins de Saint-Malo. In the range: the Hydra-Gold mask with golden



algae and seawater, the Hydra-Gold serum with golden algae & hyaluronic acid and the Hydra-Gold golden cream and Aloe Vera. Test the products on the e-shop [www.cosmetique-thermesmarins.com](http://www.cosmetique-thermesmarins.com) with free shipping regardless of the amount of the order. **Promo code Belgium BE2021 (valid from January 1, 2021 to March 15, 2021).**

# February flourish

Caroline Dierckx gives you pointers for 2021's new fragrances

This is a year where all of us are hoping for better times ahead. And gorgeous fragrances can help. Renewal is blowing through the great houses, which offer us new fragrances for 2021. Sometimes sensual, sometimes exotic, a note of wood or tangerine, everyone finds the pleasure of enveloping themselves in a new fragrance.



"I Want Choo", **Jimmy Choo**  
Eau de Parfum 100ml: **€105**  
Exclusively at Ici Paris XI and independent perfumeries.



New version of For Her by **Narciso Rodriguez**.  
Black Musk Eau de Parfum 100ml: **€130**

'I am HUGO... are you?'  
**HUGO MAN**  
Eau de toilette  
40ml: **€56**



**LIFESTYLE**

Beauty



Omizu for Him, Omizu for Her by **Annayake**. For Her Eau de toilette 100ml: **€89**. For Him Eau de toilette: **€85**



**Bvlgari** Splendida Patchouli Tentation, Eau de Parfum 100ml: **€136**



**Versace** Eros, Eau de Parfum for men 100ml: **€98**



**Gucci** Guilty Love Edition 2021. Eau de Parfum 90ml for men: **€69**. Eau de Parfum 90ml for women: **€120**



The dreamy new fragrance by **Ariana Grande** R.E.M. Eau de parfum 50ml: **€46** In independent perfumeries.



**Jean Paul Gaultier**, La Belle Le Parfum 100ml: **€122.60**



This is Us! **Zadig & Voltaire** 100ml: **Price n.c**



**Chantal Thomas** 211, Eau de Parfum 100ml: **€75** In independent perfumeries.

Design

# The circular economy

**Thomas Saulgrain** explains his leap from acrobat to furniture maker

**M**y name is Thomas Saulgrain, 30 years old, originally from the Loire Valley in France, living in Brussels since 2014 and happily married since 2017. I am the founder of the Brussels-based furniture making atelier called Investigations Géométriques.

Ten years ago, I started my first company directing, producing and performing on stage. As a young professional acrobat just out of the Montreal National Circus School I was still lightheaded from a short appearance in the opening ceremonies of the 2010 winter Olympics. My heart lay in 'weirder things', so I struggled for a couple of years to balance my expectations for the entertainment industry and – coming from a lower-middle-class family – a student loan I had contracted to study abroad.

In this first attempt at creating a brand, the aspect that struck me the most in the live arts was that virtually no one owned their means of production. How many creators can use a rehearsal studio as they please? I decided to put some energy into that particular problem in my second attempt at generating a sustainable way of living for



myself. I co-founded a nonprofit that would give access to workspaces for more than 180 artists within the three years I was enrolled in the mission. A group of six volunteers managed 450 sq metres of research and production spaces across three sites within the Brussels Region, of which only a small gallery in Saint Gilles survived the Covid crisis. The project has been a success in supporting local performers, giving them access to cheap studio spaces, but I did not manage to make it sustainable for myself.

Today, my aim with Investigations Géométriques is to help keep-small scale industry alive in the region by offering wooden furniture and accessories that are produced locally, following the principles of the circular economy. 'Reduce-reuse-recycle'



is the most known of these principles, but you can also think about 'Repair, Rethink' if you design for less waste, or even 'Refuse' if you tend towards more sobriety in the way you design or consume. I am mostly self-taught, but I was also lucky to meet artisans who gave me highly valuable insights. I'm thinking about the atelier Design With Sense, where I spent my internship gulping down everything I could about the ins and outs of the Reuse industry.

## “ KEEP SMALL-SCALE INDUSTRY ALIVE ”

In order to offer products that are built to follow this particular principle, the challenge is in developing a network large enough to have a continuous supply chain and to be

able to organize stock internally. The management of stock can become tedious and time-consuming, keeping you away from all the other stuff. As an alternative and addition to in-house Reuse management, I am happy to see the offer of suppliers getting more diverse lately, with the cooperative Batiterre helping to bridge and surpass the gap between deconstruction projects and artisans willing to reintroduce 'waste' into the production line.

Traditionally, cabinet making and woodworking in general manage waste and energy consumption quite well, but I know it can become secondary to a quick growth

Design



and a sense of better profits. It is true that if you don't include the costs of environmental policies into the price of a chair that travelled more than I ever did in my life, just to arrive to its first user, you end up saving a lot as a company. As long as global companies benefit from this kind of tax exemption, local artisans will have to work within a skewed market. But solutions exist. Clients realize what they are paying for when you tell them. And great work is being done to use our local resources. Check Sonian Wood Coop if you don't know about them already. They are a good proof of that.

Thanks to the network I mentioned and the work ethics I am nourishing with Investigations Géométriques, I tend to think the problems we currently have to face as a civilization are being addressed, such as our global energy consumption, the autonomy of local communities and the actualization of artisanal

**“ NO ONE OWNED THEIR MEANS OF PRODUCTION ”**

knowledge. The economy is indeed shifting towards a circular economy. I'm glad to be a part of it.

I am currently running a Growfunding campaign. It will help me get my workshop a wee bit more efficient so I can also devote more time to research. I love to read about vernacular furniture, for example, discovering the work of non-professional artisans who needed to make a functional piece with what they had around them. I also love to

reintroduce this ingenuity into my work and hope to be able to share that with my clients. If you are curious about this campaign, go to [Growfunding.be](http://Growfunding.be), or find me on Facebook,

Instagram and YouTube with the handle @investigationsgeometriques. ●



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*Entretien de jardin*



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Shopping decor

# Shopping decor



### Yorkshire Fabric Shop

Roxanne Rose Floral Pattern Red Colour Printed Chenille Cushion from Yorkshire Fabric Shop. These cushions are available in four size: small, rectangle, medium & large. Cushions are filled with 100% polyester. All cushions are zipped so you can remove the covers to wash: starts from **€43**  
[www.yorkshirefabricshop.com](http://www.yorkshirefabricshop.com)



### Mindthegap

Mindthegap's products are rich in details with high-quality finishing and unique embellishments. Cushion Transylvanian roots heirloom, linen portrait: for prices see website  
[www.mindthegap.com](http://www.mindthegap.com)



### Lola & Mawu

African Indigo Cushion - Petal Garlands. Add an organic, tranquil touch to your interior with these Indigo Cushions, using specially selected, unique Indigo cloths to create these cushions, and each cushion is one of a kind. Pick your favourite or mix and match patterns and shapes to create that perfect bohemian look. Indigo textiles are handspun and dyed with natural dyes by the artisans of West Africa: **€66**  
[www.lolaandmawu.com](http://www.lolaandmawu.com)



### Shimu Blue Lacquer Chinese Console

Restored and refinished in a distressed blue lacquer over the elm wood, this lovely table is from Shanxi province in Central China and dates from the early 20th century: **€840**  
[www.shimu.co.uk](http://www.shimu.co.uk)



### Shimu Dark Elm Carved Chinese Cabinet

This wonderful cabinet is from Shanxi province in China, made from elm wood and still in its original dark finish. The style is typical of certain pieces from the region, with central doors set within rounded frames and surrounded with other smaller panels. The doors and each of the panels are all beautifully decorated with fine relief carvings of flowers: **€1,800**  
[www.shimu.co.uk](http://www.shimu.co.uk)

### Shimu Painted Opera Trunk In Black Lacquer

A delightful antique trunk in its original black lacquer, with paintings that depict a scene from a Chinese opera, great for storage: **€730**  
[www.shimu.co.uk](http://www.shimu.co.uk)





## LIFESTYLE

Shopping decor

### Chaplins Furniture Moroso Gogan Sofa

The Gogan sofa takes its name from nature and in particular from Japanese stones rendered smooth by time and water, which provided the inspiration for this project bearing the signature of Patricia Urquiola. This is the name given to the Japanese stones placed to protect and embellish the banks of rivers and lakes. The sofa's form in fact reminds us of flat stones sculpted by wind and water, solid yet smooth enough

that you can lie on them. Just like in rock sculptures, where stones maintain their balance by being carefully positioned and interlocked, it is the shape that maintains the balance between the elements on the Gogan sofa, which is not overly regular. By playing around with gravity and balance, we can make normally heavy shapes lightweight: Price on website.

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



### Chaplins Furniture Camaleonda Sofa by B&B Italia

Camaleonda is an icon, rediscovered. First designed in 1970 by Mario Bellini, it was one of the first truly modular sofa designs, evolving through contemporary living rooms like a wonderfully soft wave. By hooking and unhooking seats, backrests and armrests, you can enjoy the luxury of changing your mind as many times as you desire, moving and redesigning the space. The concept is particularly dear to the designer, who states: "Of all the objects I have designed, Camaleonda is perhaps the best in terms of its sense of freedom. There are an infinite number of possible configurations." Price on website [www.chaplins.co.uk](http://www.chaplins.co.uk)



bugaboo®

# Stardust

## The new Bugaboo on-the-go travel cot Bedtime made easy

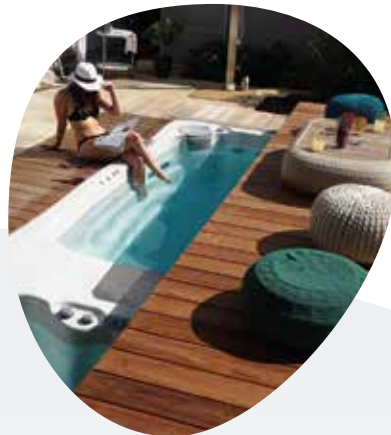


The Bugaboo Stardust unfolds in 1 second. With an all-in-one design and a built-in mattress, this comfortable pop-up child's bed makes bedtime easier than ever.

Whats's more, the innovative design and aerospace technology folds back together again in three seconds, leaving more time for you to get on with your day.



The swimming pool industry has gained  
a **new European leader!**



One-piece pools



Automatic pool covers



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Covrex®, LPW Pools and Walter Pool, three experts joining  
forces in order to found a **new corporate family group** called  
**TSPH, The Swimming Pool Hub.**

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



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In 2020, there were 1.000 new customers who enjoyed  
a dip in their own swimming pool from LPW Pools.

Find out why our customers recommend us on [www.lpw pools.com](http://www.lpw pools.com)



Member of TSPH

Batibouw

# Batibouw online: Construction, renovation and interiors

The annual fair has gone virtual, like many others

## Batibouw will take place online

This is the perfect opportunity to tackle the themes of construction, renovation and interior. With the rise of teleworking, more than ever we are paying more and more attention to the design and functionality of our interior fittings, which are important for our wellbeing. This is why many of us choose to redecorate our interiors and introduce colour, new materials, new technologies. Batibouw online is the perfect place to refresh your interior. Here is an overview of our selection of construction and interior novelties, ranging from structural work to heating, ventilation, and air conditioning (HVAC), including kitchens and bathrooms.

## Bathrooms

We suggest you add, as soon as you wake up, a dose of colour with Facq in your bathroom. The collection of C40 bathroom furniture from Delpha presented by Facq offers everyone the opportunity to make their bathroom a comfortable and colourful space, in a style that meets everyone's desires and expectations. Make an appointment in the showroom. Heating, bathroom, kitchen, renewable energies: it's all here.



EXCLUSIVITY  
IN WALLONIA

FLUTED GLASS IS SYNONYMOUS OF ORIGINALITY,  
CHIC AND CHARM  
Flutes | Artelinea

A noble material inspired by the delicate drapes of the Classic period, fluted glass Flutes adorns the Kimono and Monolite collections by Artelinea with new elegant finishes offering a feeling of movement and lightness.

Batibouw



**Kitchens**  
Trendy kitchens, warm, comfortable and functional, regardless of the space available. **Mobalpa** presents its new 2021

collection. With an infinite number of possible combinations and configurations, Mobalpa designs unique living spaces that reflect made-to-measure individual needs.



**Aquno Select M81**  
Aquno Select M81 taps combine ergonomics and aesthetics in the kitchen. Thanks to the large, innovative cascading jet, food is washed gently, and large objects cleaned without splashing, which limits water wastage. With this tailor-made, multifunction tap meal preparation has never been so easy and efficient.



**Eggo**  
Sobriety, lightness and finesse: new extra matt and textured finishes, an “anti-fingerprint” system, discretion guaranteed for Eggo brand appliances. Eggo offers three new textured facade finishes: the WALNUT offers a raw look and character to the kitchen, VETRA offers a glass-like finish that subtly combines depth and light reflection, and TERA concrete offers a new warm, brown-grey colour. In addition to being presented during the virtual Batibouw fair, all Eggo novelties can be discovered in the brand-new showroom in Couillet.

## LIFESTYLE

Batibouw



### AXOR Edge

AXOR is a stunning design with a personal touch. Edge is a luxurious symbiosis between geometric shapes and ultra-precise

manufacturing methods. Much more than a tap, it is a real designer object that is extremely customizable. AXOR, for luxury bathrooms and kitchens.



### A wellbeing break

PowderRain technology offers a unique shower experience. Thousands of micro-

drops completely envelop the body in a sensual cocoon of water.

## CORSE

### Location de vacances



## LA VILLA L'OLIVAL

Superbe villa neuve de 150m<sup>2</sup>, à proximité de St-Florent

4 Chambres doubles

Villa suréquipée, 8 couchages.

Belle Piscine privée chauffée, pétanque, ping-pong

Parking

Réservations: Tél- +32487-100215.

Instagram: CasaOlival

Aménagement réalisé par Chillin.be



Batibouw



### Technologies

Hansgrohe, where comfort, design and functionality meet. Pontos by Hansgrohe offers an optimal indoor climate. The connected water management system is there for all who want to protect their home against water damage and, at the same time, positively influence their quality of life. It regulates the water in two ways: with the Pontos Scout water sensor and the Pontos Base central unit. If a possible water leak is detected, these two components join forces. They automatically shut off the water supply and send warnings directly to the Hansgrohe app user, who can then take control of the situation or turn the water back on.

### Pontos Base

An intelligent water manager, the Pontos Base unit is installed on the main water line, after the pressure regulator and the filter. It continuously monitors the water pressure and detects any abnormal water consumption based on pre-encoded parameters. If it detects an irregular situation, it cuts off the water supply. In addition, Pontos Base produces statistics compiled for sustainable water consumption and communicates information on the quality of the water, in particular its hardness.



### The EVOTICOO Brainbox

Brainbox automates the home thanks to the interconnectivity of the EVOTICOO. The EVOTICOO Brainbox (wireless) combines advanced controls and technologies. This is a real revolution in the world of electricity and home automation: energy consumption can be reduced and leads to real savings.



### Heating, air conditioning and ventilation

For your interiors we recommend the new wall and console unit in the Daikin Perfera air-to-air heat pump range. The Perfera range, well known for its exceptional performance, now offers an elegantly designed unit that ensures optimum air quality and maximum comfort, thanks to the all-new and unique heating functions it features.



### Our exteriors

Landscaping makes the most of our outdoors. LPW Pools, Covrex® and Walter Piscine are now joining forces within a brand-new group: TSPH (The Swimming Pool Hub). TSPH's unique expertise consists of high-quality swimming pools and premium solutions to cover them. The swimming pool builder now wants to offer all products under one roof.

Batibouw



**Maintain your green spaces**

Husqvarna presents the very latest in Automower technology. Husqvarna, the inventor of the robotic lawnmower, presents two new models: the Automower 405X and 415X. They are suitable for small (up to 600

sq metres) and medium (up to 1,500 sq metres) lawns, respectively, and guarantee a perfect mowing result. The robots are 'intelligent', use the latest technologies and have advanced functions.



**Construction and renovation companies and exterior joinery**

BMI Belgium is expanding its range with four new concrete tiles. For a durable and environmentally friendly roof, concrete tiles are the best choice. They emit less CO<sub>2</sub> than other roofing materials, are made from natural raw materials and are easy to recycle. BMI Belgium is expanding its range with four new concrete tiles: Horizon, Stonewold, Sneldek and Tuile de Bruges. These tiles make it possible to adapt to the wide variety of architectural styles of today and to integrate with traditional and modern architecture.

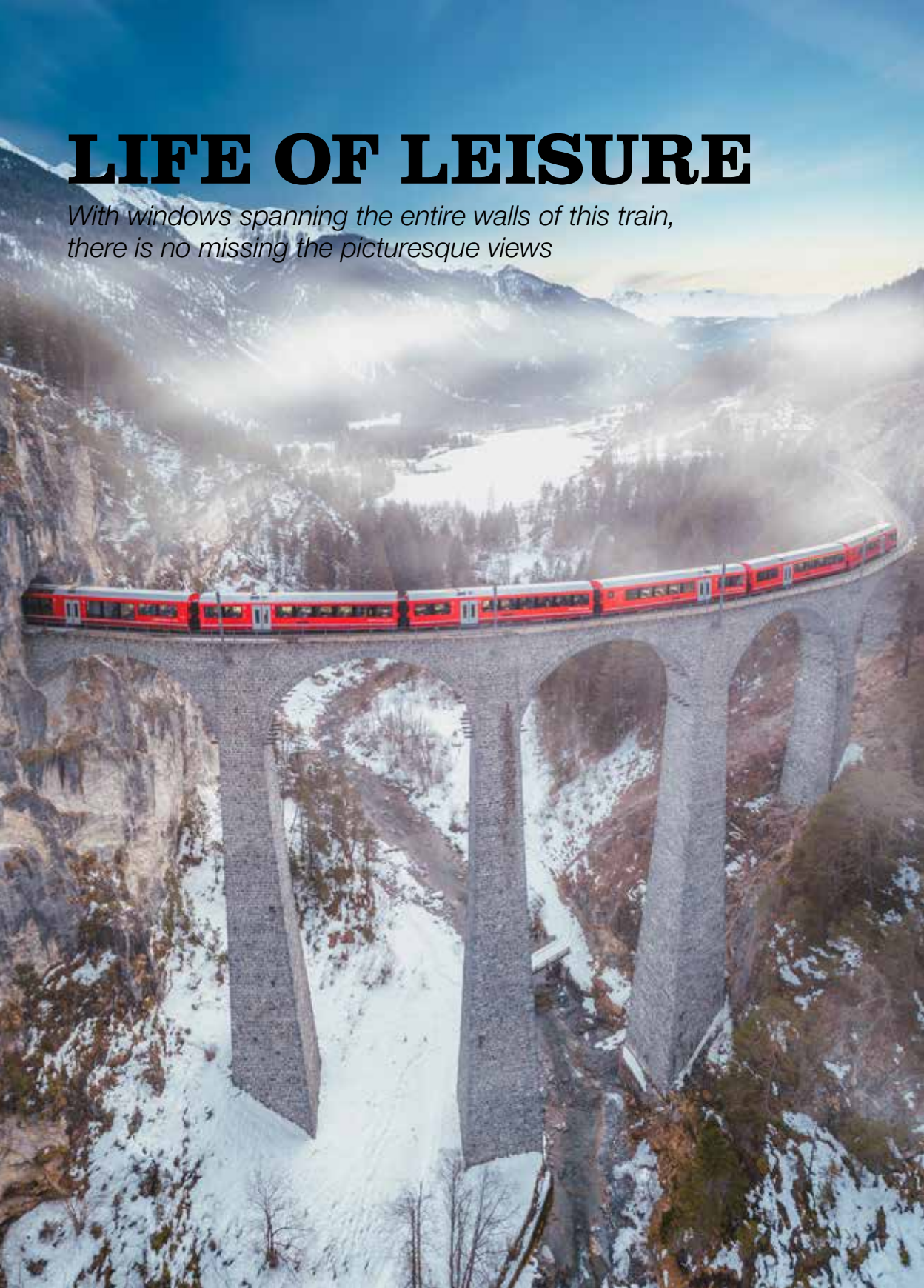


**Wienerberger**

Wienerberger offers solutions for the renovation of roofs and facades as well as for flooring in accordance with the new measures. This is good news for anyone with renovation projects. Wienerberger presents two new brick collections in the narrower Eco-brick format. The paving of the front gardens, on the other hand, will likely be more strictly regulated in the future. But here, too, Wienerberger is farsighted and already has the perfect solution in the form of Passaqua water-permeable terracotta pavers. Wienerberger for ceramic bricks, tiles, interior blocks and paving for new construction and renovation. ●

# LIFE OF LEISURE

With windows spanning the entire walls of this train, there is no missing the picturesque views



LIFE OF  
LEISURE

Interview

## Jamie Bell: Breaking convention

Dan Bowman spoke to a very talented dancer and actor

**F**or people of a certain age, Jamie Bell will always be Billy Elliot. Sure, the boy has matured into a man, but not only is the 34-year-old still so recognizable from his breakthrough role in the year 2000, for many it remains an iconic and defining role that no quantity of films in any number of genres will fix. And that, of course, in itself, is grossly unfair!

The fact remains that it was many years ago that Bell stepped away from the brand of acting that made him famous. "I'm not so sure it was a consistent attempt to continue proving I was no longer that schoolboy, that I had acting potential to go beyond dancing down the street. But when you become attached to a role and to an image, the natural reaction is to do everything you can to rebel against it."

And the truth is the actor has succeeded. Now, two decades on, the sharply styled Bell, who hails from the north-east of England, is very much installed in the action genre arena.

And while he has diverted into what he calls "experimental roles" – notably as the ambitious St John Rivers in period drama *Jane Eyre*, and as the iconic Bernie Taupin in 2019's *Rocketman* opposite Taron Egerton – he predominantly feels most at home when energy and aggression meet impactful storylines. "My intention is to always explore and engage in a character," he explains. "There's not much point to it for me if I can't really build a voice to someone – they have to be fighting for something or against something for a reason. It can't just be all



done for the glorifying of blowing things up!"

Of course, when he does blow things up, the results are spectacular, and the critics – more often than not – take warmly to what's put in front of them. Across *6 Days*, *The Eagle*, *Fantastic Four*, *King Kong* and more, he has impressed in a way that belies his 5ft 7" frame. "I'm not your typical action hero," he admits, with a wry smile. "I'm not even sure if I'm an action hero, but whatever it is I am, I'm always trying to move expectation to the next level."





With a private life that recently saw he and wife Kate Mara bring their first child into the world, Bell – who also has a son, Jack, from a previous relationship with Evan Rachel Wood – is pushing his influence as a father just as much as he is an actor. Whether he likes the reference or not, it is the latest evolution of a man whose boy-like brilliance still enchants an admiring realm of film fans.

**Together: You are back on the movie trail with your portrayal of Robert Ritter in Tom Clancy's Without Remorse. Is he an author you knew much about?**  
Jamie Bell: I think when you're growing up in the era I did, you were always aware of authors such as Tom Clancy. There were others in the same space, such as James Patterson, John Grisham. You became so accustomed to seeing these chunky, usually quite colourful, slightly sinister-looking books dominating the shelves. They were an institution in themselves.

## “ ENERGY AND AGGRESSION MEET IMPACTFUL STORYLINES ”

When I was young, the dramatization of these often seemed to be limited to the likes of Agatha Christie, Ruth Rendell and a couple of others, so it's great to see these colossal novels really open up, and for people such as Tom to get their name on movies. And this guy was prolific... and you can't fail to be absorbed by the various strands that run through his novels.

**So you enjoyed putting this one together?**  
Oh yes, hugely. It ticked so many boxes for me and felt like such a natural progression from the action and espionage movies I'd done so far. I'm hopeful it will be well received – obviously it's very difficult trying to get anything to float at the moment, but I'm confident this one will stand up, because it deserves to.

**How have you found lockdown?**  
I've tried to keep myself busy mostly. I've been looking at a few new ideas and projects



that I can kick off myself, but I will admit to having enjoyed a bit of a wind down after a busy few years. I've also had a new arrival to tend to, my daughter, so the lockdown certainly came at a time when I would have been focusing my efforts more towards family anyway. All that said, it's obviously been a really tough journey for so many people, and while we're not out of the woods, yet I'm hopeful we will be soon.

**Has the perspective you have towards your career changed much with parenthood having come round again?**

I think career has to continue in much the same way. I don't believe there's anyone who goes 'right, that's it, I've got kids, I'm going to totally revise everything I've ever believed in and worked towards'. I don't believe that would serve anyone, particularly.

Instead, I'd probably express it in a sense of knowing that before you reach out into marriage and start a family, there is the

notion that you are incomplete in some way, and there is something missing from your life that you are yet to fulfil. It's not a yearning for something you don't have – it's just a feeling you've still got more to achieve before you can feel total comfortable in yourself, you know?

**But clearly now the decisions you're making are factoring in a lot of other people?**

Absolutely. When you have a son or a daughter, that whole thing changes.

There is a permanence – there is someone there

who needs you and who will always be there. Having a baby also put into perspective some of the things I would complain about in everyday life. Being late, getting stuck in traffic, feeling tired – in the grand scheme of things you realize these things do not matter one bit, and if you let them affect your life you're only taking energy, time and fuel away from the people around you who really need you.

**“ SUCH A  
NATURAL  
PROGRESSION ”**



**It's perhaps unusual to have two parents who are both actors, and be left with a situation that one can move on and the other perhaps cannot to the same extent...**

Well, we met on set (*Fantastic Four*, in 2015) so that's the ultimate evidence that we both were and still are actors. Obviously, Kate has had a pretty significant role in all this and is happy to take more time away from things, but we are both firmly in the same mindset, which is that when you decide you are not the most important person in your life and you have a child to look after, this becomes the sole focus. If you can look after this little person then you are probably succeeding... more than that, you're living the dream.

**You were engaged less than 18 months after meeting and married six months later. Now growing your family, shouldn't we expect to see you in more romantic roles?**

[laughs] Well I've done a few, but it's usually smart to stick to what you know. Of course, I'm romantic and affectionate, but on screen I've tended to take on personas that are energetic, or just darker and more mysterious. That's not to say I won't explore the romance genre in future, but unless you're going to do a romcom – which I'm not – I think it's an area for further on in my career and not just yet.

## “ MORE THAN THAT, YOU'RE LIVING THE DREAM ”

**And yet one of your most commercially successful roles was someone who is the very antithesis of dark and mysterious – Tintin!**

It's funny, I know a lot of actors start picking up animation and kid-themed scripts when they have young kids. I'd love to say I'm not going to fall into that trap but it's very difficult not to! The fact is as soon as that kid comes out, you waive the right to put yourself first in almost everything you do. You're always thinking ahead, you're always planning the next step for them, and you're always



grateful that this amazing person is in your life, so what's not to like!

**Did you find it difficult to switch into what was such a different world?**

Not really – I enjoyed it. I think in film just as in life, every actor – every person, in fact – needs that challenge of discomfort; it's what ultimately gets the adrenalin going to proving ourselves.

**Do you ever watch back the movies you star in?**

No, never. I draw the line right there! That is a challenge that's beyond me. I just can't – it's so uncomfortable. ❶

**“ JUST DARKER  
AND MORE  
MYSTERIOUS ”**

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Luxury

# Luxury train journeys of the World

A recent online survey revealed your favourite holidays on rails

*Bernina Express, Switzerland*



**T**he most Instagrammed luxury journey is Switzerland's Bernina Express, which follows the route through the Swiss Alps into Italy. With windows spanning the entire walls of this train, there is no missing the picturesque views of the mountains. Despite this, a single adult standard ticket will only set you back approximately €59.

In second place is Scotland's Jacobite train journey, made famous as the train that transported Harry, Ron, and Hermione to Hogwarts. An adult standard ticket will set you back €48.

The Trans-Mongolian journey is in third place; the Golden Eagle luxury train is the one that most frequents this route. The Marrakech Express in eighth place, is a Moroccan route that covers hundreds of miles all the way from Casablanca to Marrakech and has inspired both songs and films alike.

In ninth place is the Eastern & Oriental Express, described by the operators as 'a fabled journey through the exotic East'. This train travels from Bangkok to Singapore, stopping at wonders like the River Kwai Bridge and Kuala Lumpur. Despite these historic sites, the Eastern & Oriental

*Eastern & Oriental Express*



*Glenfinnan railway viaduct Scotland, Jacobite steam train*



Golden Eagle Trans-Mongolia train



Venice Simplon-Orient-Express



Express only just made the Top 10. It is quite expensive, with fares of approximately €2,160.

Travelling from London to Paris, Verona and Venice, the Venice Simplon-Orient-Express ranks 10th. With fares starting at €4,500 per passenger, this journey is the most expensive of the list. This train covers all routes that the original Orient Express did, including Paris-Istanbul!

Other popular train journeys that didn't make 122 | togethermag.eu

the top 10 are New Zealand's Northern Explorer, the Heart of Wales Line and Vietnam's Reunification Express. Since the Orient Express was formally decommissioned in 2009, and the once-renowned carriages turned into hotels, it was not included in these rankings. The Orient Express is perhaps best known for being the setting of Agatha Christie's 1934 *Murder on the Orient Express*, with many travellers and budding detectives wanting to pay homage to the journey.

[www.rantcasino.com](http://www.rantcasino.com) commissioned data. 📍

# THE RITZ-CARLTON

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The Ritz-Carlton, Budapest places guests in the center of one of Europe's most beautiful cities. Set within a 20th century heritage building, the hotel presents modern luxury with a tint of tradition. Five-star amenities include Ipanema Brazilian Grill with creative cuisine, residential-style accommodations and a spa that draws from European expertise. Perfect for enjoying Budapest with your kids.

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LITTLEGUEST.COM

Wine

# Chateau de Gensac

This month's wine page includes a shot of Armagnac

The Chateau de Gensac business has been built on a passion for new challenges and living life to its full potential. A genuine passion for owners Jan Schuermann and his wife Kim, the Gensac story is one of opportunity and drive - to create excellent wine and Armagnac product with commercial attraction.

Schuermann, an entrepreneur from Switzerland, says: "The chateau is very close to my heart. My ambition is to create a modern-day wine and Armagnac that has been curated with excellence and detail but with a focus on the relevance for today's society. We simply want people to try, explore and become part of what we're doing, whether through the lifestyle we portray or collaborating with other sectors, and that could be anything from sport, art and fashion through to forward-thinking industry insiders."

While the 13th century history of the chateau is very much treasured, Jan and Kim have their eyes firmly fixed on the here and now for the product. "We both believe in combining tradition with modernity. The importance of networking and partnerships will be at the heart of our success. We want to be interactive, playful and experiential where we feel wine, as an industry, has not been so forthcoming in the past."

With regards to production, the majority of grapes at the chateau are picked by hand to ensure that only premium ingredients for the product are collected to meet the highest quality standards. As a result, Gensac wines are able to compete with the best of their



Jan Schuermann



guild. The Armagnac is arguably France's oldest and most traditional spirit. By maturing and refining the Armagnacs in new French oak barrels, Gensac achieves a unique and distinctive product that sits among the best of its kind. The chateau has also recently added the first ever Kosher wine.

"We have a team of 10 permanent employees who take care of the entire estate, and about half are dedicated to the wine and Armagnac side of our activities."

With a goal to build a selected global presence, the business mainly sells wines and Armagnacs across Europe, but has recently added the US, Canada and Hong Kong to its reach.

[www.houseofmalt.co.uk](http://www.houseofmalt.co.uk)  
[www.gensac.com](http://www.gensac.com)

Dining

# Dining

The Detox cure by **Martine Fallon**, tested and approved by Caroline Dierckx

Who has never wanted to get back on the road to healthier, more balanced and tasty food? Especially after the holidays, when overeating leaves its mark. We lack energy and sometimes motivation. I have found a great way to reactivate my food profile in 'healthy' mode with Martine Fallon's Detox Box. This is an expected little boost to completely rebalance my food but also to detoxify my body. And if I chose Martine Fallon, it is because she is a pioneer in the field, a 'Detox therapist' and founder of the concept of La Cuisine de l'Energie.

She has written several books and organizes conferences to make us aware of the food issues which, more than ever, are at the heart of the major debates to be undertaken, with respect for people, future generations and the ecosystem of our planet on which we depend. A detox cure developed by Martine Fallon is considered according to the main principles of Chinese medicine. Nothing to do with a diet. The emunctory organs responsible for processing and discharging toxins return to functioning ideally, the pounds fly away and do not come back.

Immunity is a growing topic. Immunity that we need more than ever in the stressful situations that make up our daily lives. And because the concept is very attractive, no-one wants to return to the previous way of life. The concept of the Detox Box: vegan, gluten-free, lactose-free, sugar-free and 100% organic, from small Belgian producers. The duration is 6 days, or 6 detox boxes (6 x24h). Each box contains cold pressed juices, breakfast, snack, lunch, snack, soup, dinner. A word of advice on preparing at least

Martine Fallon



three days before the start of the treatment, you should eliminate red meat, manufactured dairy products, strong alcohol, fried foods, sugars and cereals containing gluten.

This week was really good for my body and my mind because even though during the first two days I felt very tired, I found energy day after day. The effects are clearly visible. Even though it wasn't my goal, I lost 2kg during the week. Delivery to the 19 municipalities of Brussels or by pick up outside Brussels at Sequoia. Detox boxes are organized for three weeks during each month. [www.martinefallon.com](http://www.martinefallon.com)

Dining

**COCINA Aperitivo bar & Pizzeria.**

The famous Flagey pizzas, from the latest addition to the COCINA group, are prepared with mastery and love and can be taken away or are available for delivery in Brussels and its outskirts. They will melt the hearts of all gourmets! In addition to its Italian aperitif menu, its wide selection of cold cuts and cheese boards, typical antipasti and quality pizzas, COCINA Flagey pays particular attention to its selection of wines and a delightful, but daring proposal of Italian cocktails. The restaurant concocts traditional Italian dishes with fresh, seasonal produce exclusively from the best transalpine producers. [www.cocina.be](http://www.cocina.be)



**eFarmz**

Discover eFarmz's organic meal boxes with all the ingredients in exact quantities and the recipes to simply prepare three balanced, seasonal dinners. Compose your tailor-made meal box by choosing from the 10 dishes of the week. Flexible formula with or without subscription. Box Original has three meals, as does the Box Veggie. Why not just order a

big box of ultra-fresh vegetables and concoct something wonderful with family or friends? Pricey? No, they come in at around 8 euros per person, jam-packed with the freshest of ingredients and delivered to your front door. So, pop a bottle of your favourite tipple, roll up your sleeves and get cooking! [www.efarmz.be](http://www.efarmz.be)



**GABRIELLA traiteur**

A taste of Italy... at home. At GABRIELLA you find the best of the Italian terroir with a variety of products that are carefully selected, all from transalpine producers: artisans, farmers, winegrowers. First, on the delicatessen side, a range of quality dry products, vegetables grown under the sun and a superb selezione di vini. On the counter side, traditional takeaway dishes, simmered by the chef, homemade sauces, a wide choice of salumi and artigianali formaggi, not to mention delicious fresh pasta, prepared on site. [www.gabriella.cocina.be](http://www.gabriella.cocina.be)



**Osteria Romana**

This restaurant, renowned for these tasty dishes cooked in accordance with the rules of the art, not only offers the possibility of ordering their finest take-away dishes but also complete kits for making their pasta recipes. These kits include all the quality ingredients, from olive oil to pasta, including parmesan, necessary for making traditional pasta. Their famous 'carbonara kit' is very successful as it guarantees pasta alla carbonara just like in Italy. These sets are designed for four people. [www.osteriaromana.be](http://www.osteriaromana.be)



Books

# J. C. Volkamer: The Book of Citrus Fruits

There is a lemony zest to this month's featured book



**H**ave you ever thought of citrus fruits as celestial bodies, angelically suspended in the sky? Perhaps not, but J. C. Volkamer (1644–1720) did, commissioning an extravagant and breathtaking series of large-sized copperplates representing citrons, lemons and bitter oranges in surreal scenes of majesty and wonder.

Ordering plants by post mostly from Italy, Germany, North Africa and even the Cape of Good Hope, the Nuremberg merchant Volkamer was a devotee of the fragrant and

exotic citrus at a time when such fruits were still largely unknown north of the Alps. His garden came to contain a wide variety of specimens, and he became so obsessed with the fruits that he commissioned a team of copperplate engravers to create 256 plates of 170 varieties of citrus fruits, many depicted life size, published in a two-volume work.

In both volumes, Volkamer draws on years of hands-on experience to present a far-reaching account of citrus fruits and how to tend them, from a meticulous walkthrough of

how to construct temporary orangeries, glasshouses and hothouses for growing pineapples to commentary on each fruit variety, including its size, shape, colour, scent, tree or shrub, leaves and country of origin.

In each plate, Volkamer pays tribute to the verdant landscapes of Northern Italy, his native Nuremberg, and other sites that captured his imagination. From Genovese sea views to the Schönbrunn Palace, each locale is depicted in the same exceptional detail as the fruit that overhangs it. We witness branches heavy with grape fruits arching across a sun-bathed yard in Bologna and marvel at a huge pineapple plant sprouting from a South American town. The result is at once a fantastical lineup of botanical beauty and a highly poetic tour through the lush gardens and places where these fruits grew.

Few coloured sets of Volkamer's work are still in existence today. This publication draws on the two recently discovered hand-coloured volumes in the city of Fürth's municipal



archive in Schloss Burgfarrnbach. The reprint also includes 56 newly discovered illustrations that Volkamer intended to present in a third volume.

Famous First Edition: First printing of 5,000 numbered copies: €125  
[www.taschen.be](http://www.taschen.be)

What's on

# What's on Belgium



Pape Noir, Ndaku Ya la Vie est Belle  
© Colin Delfosse

## Fulu Act: A gaze born out of movement

In his collaboration with Ndaku ya La vie Est Belle and Farata, two performance collectives from Kinshasa, photographer Colin Delfosse has chosen to capture a moment. A fleeting instant defined by the performers' gaze into the lens: Eddy Ekeke, Precy Numbi, Pape Noir, Falonne Mambu, Nada Tshibwabwa and Junior Lohaka. Their reality triggers awareness, raising questions about the society in which we would like to live. Ephemeral as they may be, these moments nestle themselves into our consciousness. The performers' upright posture and physical presence become sculptural and monumental. Perhaps they could be a new interpretation of society and exchange in our era. **Until 10 March.** BOZAR. Free entrance. [www.bozar.be](http://www.bozar.be)



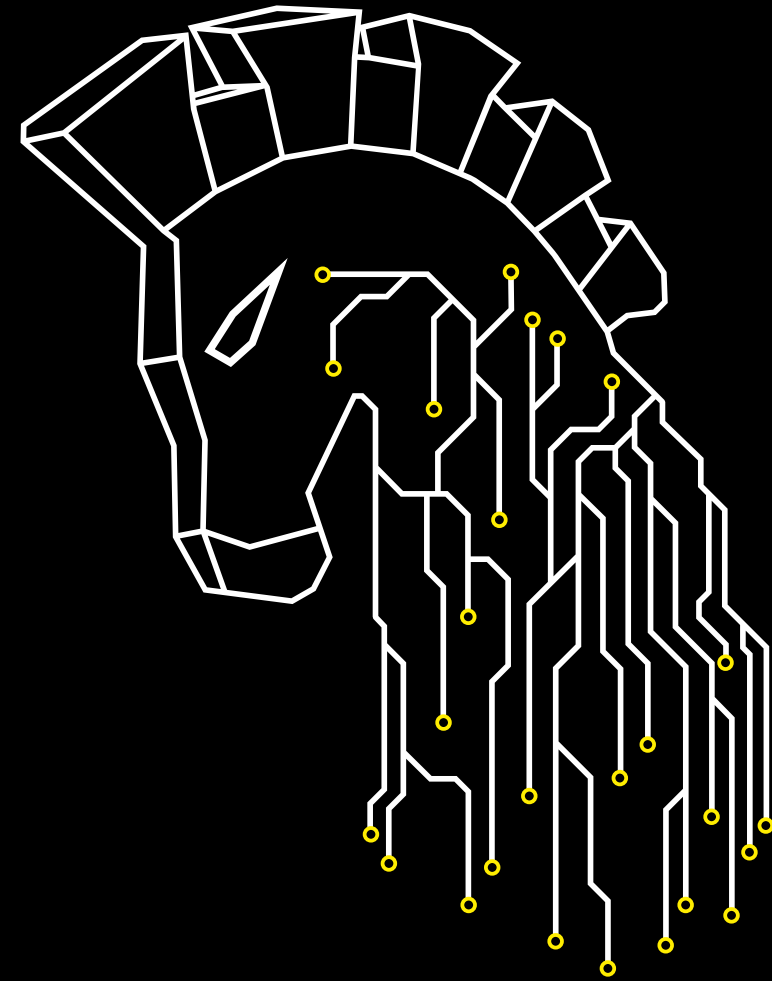
Autoportrait d'Aurélia de Souza, 1900 ©MNSR/  
DGPC/ADF/Manuel Palma

## All I want: Portuguese women artists from 1900 to 2020

How have Portuguese women artists portrayed themselves from 1900 until the present day? What image of themselves did they conceive? How do they project their own aesthetic construction? These and many other fascinating questions will be explored through a kaleidoscope of representations of all aspects of their lives – professional, political, personal, emotional – bringing together works by major artists, such as Maria Helena Vieira da Silva, Lourdes Castro, Paula Rego, Helena Almeida, Angela Ferreira and Leonor Antunes. **26 February - 23 May.** BOZAR. Tickets: €14  
Co-production: Fundação Calouste Gulbenkian  
[www.bozar.be](http://www.bozar.be)

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What's on



**Mini-Europe**

Mini-Europe is a park featuring all the wonders of Europe, in miniature. Bonsai trees, flowery groves and dwarf trees embellish the 350 monuments that have been reproduced at scale 1/25. Thousands of lifelike figurines and animations! Set off the eruption of the Vesuvius and admire the take-off of the Ariane rocket. Destroy a section of the Berlin wall, launch an attack of legionnaires or scare the Vikings. Operate the

many interactive animations, from the Bells of Stockholm to the Windmills at Kinderdijk The two-hour walk, which is both entertaining and educational, will let you (re)discover the 27 member states of the European Union + United Kingdom and their historical, architectural and cultural wealth. Mini-Europe will be a transformed and modernized park, perfectly integrated with the ambitious NEO-Europea project.  
[www.minieurope.com](http://www.minieurope.com)

**Primordial Earth: Inhabiting the Landscape**

By exploring the diversity of landscapes in the Democratic Republic of Congo, artist Léonard Pongo offers an allegorical imagery of the country. The landscape seen through his eyes becomes a setting to rebuild the self, and the earth becomes the source of an awareness from which tradition, philosophy and conceptions of the universe emerge. For Léonard Pongo, exploring the



environment, as well as sensory experience, are pathways to an emerging vision of the world – it is by becoming one with the landscape that it becomes possible to engage with life. He presents the landscape as a character with its own will and power, like an open book that tells the story of humanity

and the planet, with Congo at its centre.  
**Until 10 March.** BOZAR.  
[www.bozar.be](http://www.bozar.be)



Mozart Akademie © Copyright\_Xuebing Du

**La Monnaie and Mozart**

In the blink of an eye, three months have passed. Three months in which La Monnaie has had to remain closed. Three months in which no music sounded in the Main Hall. Behind the scenes, the work continues. They are doing everything in their power to be ready once they get the go-ahead to return to their Theatre. The coming weeks, rehearsals will be restarting, and the hope is that they can soon present you their revamped second half of the season.

Given the uncertain situation, La Monnaie has decided to present the entire February programming solely via streaming. They see this as an opportunity for the musicians and choristers to perform together again, while also letting you discover new productions. Needless to say, this will all be organized in a very secure environment; by regularly performing Covid-19 tests for which they have long ago taken the necessary provisions and in accordance with the strict sanitary measures they have developed for the institution.

La Monnaie programming this month shines a spotlight on none other than Wolfgang Amadeus Mozart. On 3 February, father and son Prégardien perform some of his songs in their recital. For the Mozart Akademie-concert on 7 February, they have invited Raphaël Pichon and Sabine Devieilhe, two of the finest Mozart performers, in the theatre. Music Director Alain Altinoglu picks up the baton once more for a production of Der Schauspieldirektor. A collaboration between the three Artistic Directors in the Troika-partnership that will be streamed on 19 February. This Mozartian month finishes with Mozart Symphony 39, where once more the programme is an ode to the genius from Salzburg.

The livestreams are made possible with the support of the tax shelter of the Belgian federal government. As obliged by the tax shelter protocol, an admission fee has to be charged for these livestreams. The situation is still susceptible to changes, make sure to check the latest information on the website.  
[www.lamonnaie.be](http://www.lamonnaie.be)



Récital Prégardiens © Copyright\_HansMorren

What's on

# What's on International: USA... virtually

We have to be creative in how we 'travel' so head for the USA

Jason Neville  
Funky Soul Band.  
Jason is a New Orleans home grown musician and is also a member of one of the most famous families out of New Orleans. Jason is Aaron Neville's son. His style is unique and his vocal ability is amazing! Check out the universe's best radio station for the online live wire listings. **24 February, 2pm (New Orleans time).**



[www.wwoz.org](http://www.wwoz.org)

## New York City Parks

Virtual Adaptive Fitness Class. Join NYC Parks on Wednesday mornings for a virtual adaptive fitness class! Classes will be 30 minutes long and all exercises can be done without equipment (feel free to use common objects around the house such as cans, water bottles, etc). There will be exercise options for people who are standing and sitting. **Free.**

## Michael Mwenso: Hope, resist & heal

Musician, artist and social commentator Michael Mwenso offers his unique and ancestral perspective on Black music and its power to heal us. Mwenso will dive into a wide range of his own discoveries while shedding light on the Black experience through interludes of his own music. **25 February.**

[www.nycgovparks.org](http://www.nycgovparks.org)

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# Cinema

Brussels' leading film critic **James Drew** offers his thoughts on upcoming Netflix releases.



## After We Collided

Always assuming any cinemas were open, anywhere, this became the most popular romantic drama of 2020, and is the sequel to *After* (see below) – the film stars Josephine Langford and Hero Fiennes Tiffin as Tessa Young and Hardin Scott, respectively, with Dylan Sprouse, Shane Paul McGhie, Candice King, Khadijha Red Thunder, Inanna Sarkis, Samuel Larsen and Selma Blair in supporting roles, and features Roger Kumble (*Falling Inn Love*, 2019) as director, in a tale of star-crossed lovers Tessa (Langford) and Hardin (Tiffin). 107 mins.

## John Wick: Chapter 3 – Parabellum

The third of the franchise that has brought something of a renaissance to the fortunes of Keanu Reeves – the third chapter sees rogue assassin John Wick on the run after he is labelled 'excommunicado' for the unauthorized killing of High Table crime lord Santino D'Antonio on the grounds of the New York Continental Hotel. Third-time director Chad Stahelski (who has previously directed *John Wick 1* and *2*, 2014, 2017) brings a great deal of visual flair and excitement to the story, which has won praise for the same as well as for Reeves' performance, and the film has already earned \$326 million worldwide, becoming the highest-grossing film of the franchise in just 10 days. Get out of yourself, enjoy. 131 mins.

## After

The prelude to *After We Collided* (2020) (see above) – Jenny Gage directs this first instalment, which follows an inexperienced teenage girl Tessa (Josephine Langford) who begins to romance a mysterious student Hardin (Hero Fiennes Tiffin) during her first months of college. Like its sequel, panned by the critics but loved by audiences worldwide. 106 mins.

## On the Basis of Sex

A quite remarkable take on the life and early cases of Supreme Court Justice Ruth Bader Ginsburg, who became only the second woman to serve on the United States Supreme Court. *On the Basis of Sex* is directed by Mimi Leder (*Pay it Forward*, 2000) and stars Felicity Jones (truly excellent as Ginsburg), with Armie Hammer, Justin Theroux, Jack Reynor, Cailee Spaeny, Sam Waterston and Kathy Bates. In a nutshell, the film details Ginsburg's efforts to receive acceptance in law – she graduated top of her class in Harvard, but initially none of the law firms she applies to want to hire her, because she is a woman. But that is all set to change... 120 mins. ●

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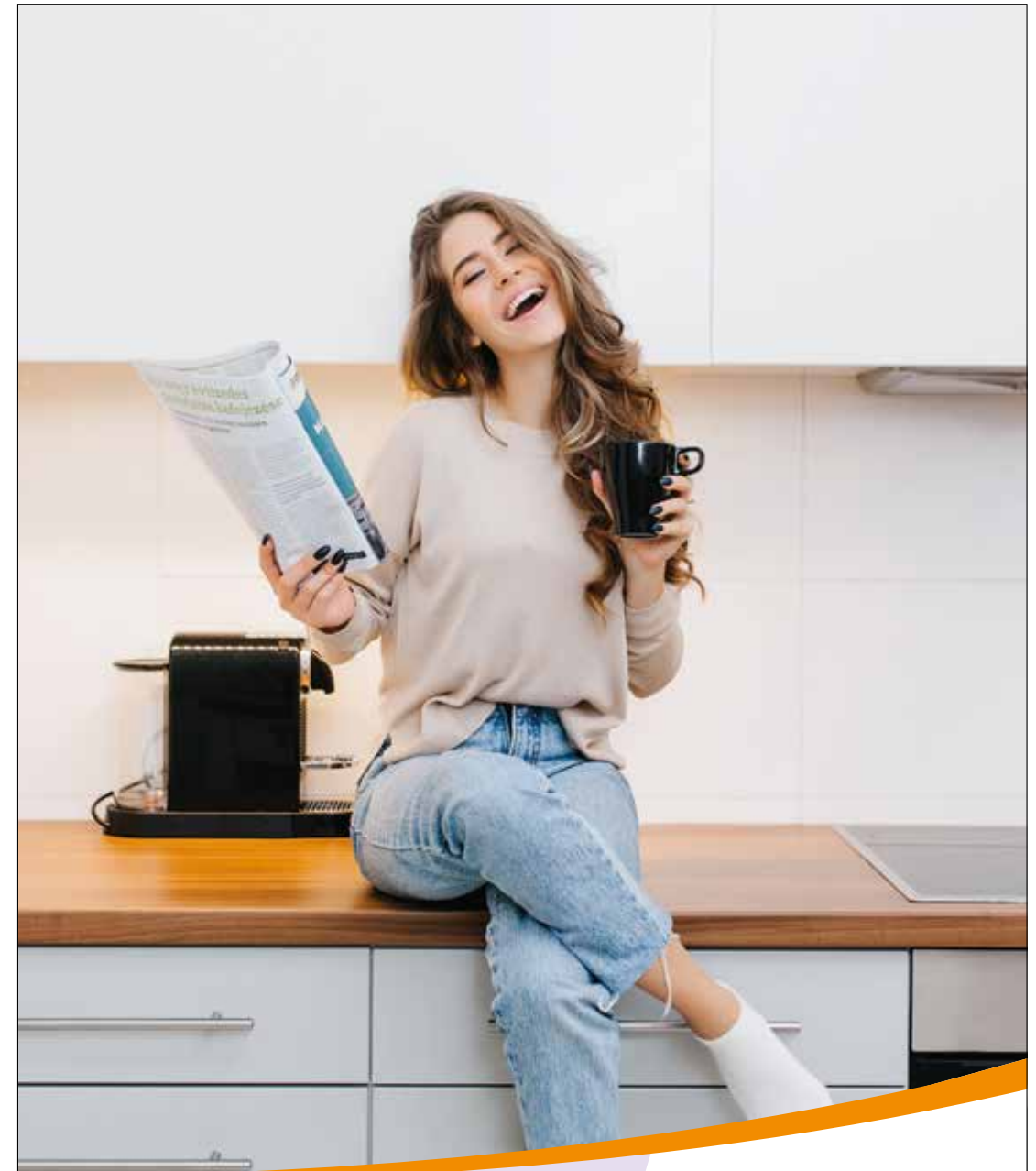
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www.randkrant.be - www.ringtv.be

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a cape crusader rather  
a Nobel Prize winner  
for Medicine...



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