

Staff member

Unit

To the attention of Mr [REDACTED], Director of [REDACTED]

Dear Mr [REDACTED],

Please accept this letter as formal notification that I am resigning from my position as [REDACTED] at [REDACTED]. My last day will be 31st July 2016.



The Berlaymont Cake

Ingredients

For the Belgian waffle dough:

260 grams all-purpose flour

100 grams sugar

3-1/2 teaspoons baking powder

2 large eggs, separated

360 ml milk

250 grams butter, melted

1 teaspoon vanilla extract

For the American cupcake frosting:

300 grams cream cheese

150 grams icing sugar

360 grams whipped cream

In a bowl, combine flour, sugar and baking powder. In another bowl, lightly beat egg yolks. Add milk, butter and vanilla; mix well.

Stir into dry ingredients just until combined. Beat egg whites until stiff peaks form; fold into batter.

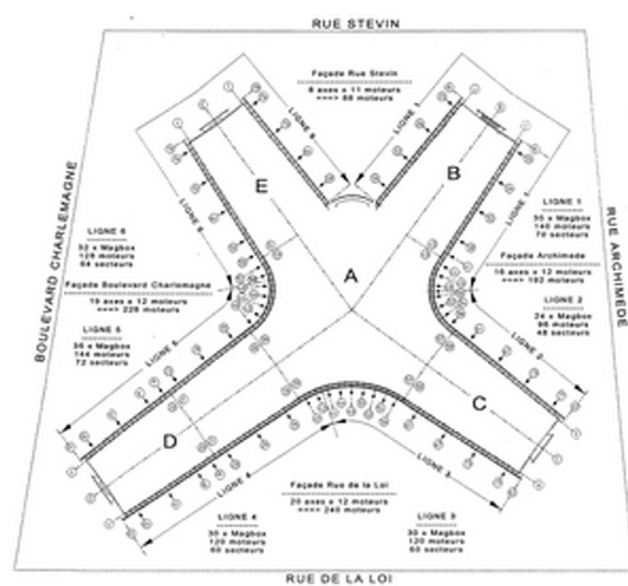
Pour the mix into a loaf tin, previously buttered.

Bake in a preheated oven until golden brown, approximately 45 minutes at 200 °C.

Repeat so as to obtain 3 rectangle cakes, re-size them and arrange them in the desired shape (see floorplan).

In a bowl, mix cream cheese with icing sugar. Add whipped cream until all ingredients are combined.

Use the resulting cream with a spatula to cover the top and sides of the cake.



Former monastery of Berlaymont (Brussels)

In 1959, the Belgian State acquires the land of the Berlaymont monastery with a view to using it for the construction of a building that, in 1967, will become the main seat of the European Commission in Brussels, the 'Berlaymont' Building.



The name of the building 'Berlaymont' refers to the name of the Augustine monastery that stood on the same spot. It was the second time the nuns had to move for the construction of a huge building. Previously, they had to move for the construction of the Palais de Justice / Justitiepaleis.

The name Berlaymont goes back to a school of the Augustinians. The "Ladies of Berlaymont" owned here a girls' school. When, between 1963 and 1967, the building was erected, the old name was adopted.

Sugar (and HFCS- High Fructose Corn Syrup) are half glucose, half fructose. Glucose is essential and can be metabolized by almost every cell in the body. If we don't get it from the diet, our bodies make it from proteins and fat.

Fructose, however, is not essential to our functioning in any way.

The only organ that can metabolize fructose is the liver, because only the liver has a transporter for it.

When large amounts of fructose enter the liver and it is already full of glycogen, most of the fructose gets turned into fat.

This process is probably one of the leading causes of the epidemics of many chronic, Western diseases.

This does not apply to fruit.

When we eat fructose, it goes to the liver.

If liver glycogen is low, such as after a run, the fructose will be used to replenish it.

However, most people aren't consuming fructose after a long workout and their livers are already full of glycogen.

When this happens, the liver turns the fructose into fat.

Some of the fat gets shipped out, but part of it remains in the liver. The fat can build up over time and ultimately lead to Non-Alcoholic Fatty Liver Disease.

The main function of insulin is to drive glucose from the bloodstream into cells.

But when we eat a Western diet, the cells tend to become resistant to the effects of insulin.

When this happens, the pancreas start secreting even more insulin to remove the glucose from the bloodstream, because elevated blood glucose is toxic.

This is how insulin resistance leads to elevated insulin levels in the blood.

But insulin also has another important function: it tells the fat cells to pick up fat from the bloodstream and to hold on to the fat that they already carry.

This is how insulin causes obesity.

When the body becomes even more resistant to insulin, the beta cells in the pancreas eventually become damaged and lose the ability to produce sufficient insulin. This is how you get type II diabetes, which now afflicts about 300 million people worldwide.

Excess fructose is a known cause of insulin resistance and elevated insulin in the blood.

Excess sugar consumption has been associated with many Western diseases.

If anything, sugar is the single largest contributing factor to the poor health of affluent nations.

Every time sugar (and refined flour and vegetable oils) enter a population's diet, these people become sick.

Sugar has been associated with:

- Obesity. Sugar causes weight gain via various mechanisms, including elevated insulin and leptin resistance.
- Diabetes. Sugar is probably a leading cause of diabetes.
- Heart disease. Sugar raises the bad cholesterol, triglycerides and causes various other issues that can ultimately lead to heart disease.

When we eat sugar, dopamine is released in the brain, giving us a feeling of pleasure.

This is actually how drugs of abuse like cocaine function.

Our brain is hardwired to seek out activities that release dopamine. Activities that release an enormous amount of it are especially desirable.

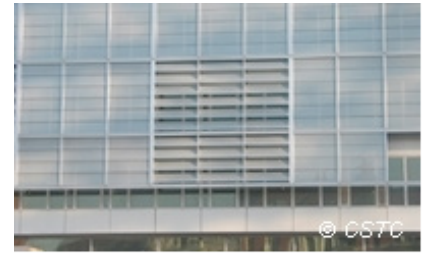
In certain individuals with a certain predisposition to addiction, this causes reward-seeking behavior typical of addiction to abusive drugs.

The effect termed sugar crash refers to sudden peaks and drops in blood sugar levels that cause the subject to experience symptoms like irritability, mood swings, brain fog and fatigue. Sugar intake causes blood sugar levels to spike upon consumption and then plummet. When blood sugar inevitably dips back down (hence the “crash”), the subject may start feeling anxious, moody or depressed. Sugar-rich and carb-laden foods can also affect the neurotransmitters that help keep moods stable. Consuming sugar stimulates the release of the mood-boosting neurotransmitter serotonin. Constantly over-activating these serotonin pathways can deplete the limited supplies of the neurotransmitter, which can contribute to symptoms of depression.

L'éclairage naturel des bâtiments

Le Berlaymont est un Bâtiment muni d'une double façade ventilée à lamelles. La peau extérieure est constituée de lamelles vitrées inclinables. La peau intérieure en retrait se compose d'éléments en double vitrage classique.

Inclinaison d'un bloc de lamelles (secteur)



Lamelles horizontales - inclinaison 90°

Lamelles en position de pénétration lumineuse - inclinaison 110°

Vue intérieure depuis un local de bureau

Les lamelles sont composées de 2 feuilles de verre qui ensèrent un film multicouche. Ce film micro perforé présente du côté extérieur une face blanche de manière à mieux réfléchir la lumière. Du côté intérieur, les lamelles présentent une face noire de manière à permettre la vue vers l'extérieur. Les lamelles sont organisées en cadre de 2m de large sur 3,3m de haut, chaque cadre contenant 6 éléments superposés. Les cadres sont organisés en ensembles de secteurs. Chacun de ceux-ci comprenant 3 cadres solidaires entre eux au niveau de la commande des lamelles.



La rotation des lamelles se fait par secteur (au total 433) et est assurée par un moteur (au total 748) commandé par une unité centrale.

Le contrôle des lamelles se fait en fonction de:

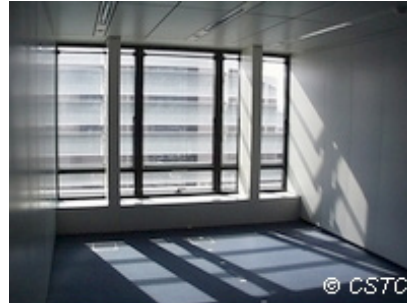
- la position du soleil (date et heure) ;
- la position des lamelles sur la façade (orientation et hauteur) ;
- les informations recueillies par les capteurs météorologiques placés sur le toit (vent, éclairement, pluie et température).

Les lamelles sont inclinées selon ces paramètres, et font fonction soit d'ombrage (de 0° à 60°) soit de réflecteur pour augmenter la pénétration lumineuse (110°).

Pour chaque secteur, l'angle du soleil et les masques solaires ont été calculés comme une fonction du temps.

C'est sur base de ce calcul que l'inclinaison des lamelles est déterminée.

Le positionnement des lamelles se faisant de



manière à les incliner perpendiculairement aux rayons du soleil pour l'ombrage. Le mouvement de rotation n'étant possible que par palier de 10° , le positionnement est perpendiculaire aux rayons du soleil à 5 degrés.

Sous des conditions de ciel couvert, les valeurs de FLJ varient fortement selon l'inclinaison des lamelles. Lorsque les lamelles sont inclinées à 110° , le FLJ augmente de 33% par rapport à l'inclinaison de 90° et de 100% par rapport à une inclinaison de 0° .

Sous ciel clair, lorsque l'inclinaison des lamelles est réglée perpendiculairement au rayon du soleil, la diminution d'éclairements mesurés est d'environ 30% ($T_v = 70\%$).



BERLAYMONT — LA FAÇADE (RUE DE LA LOI)



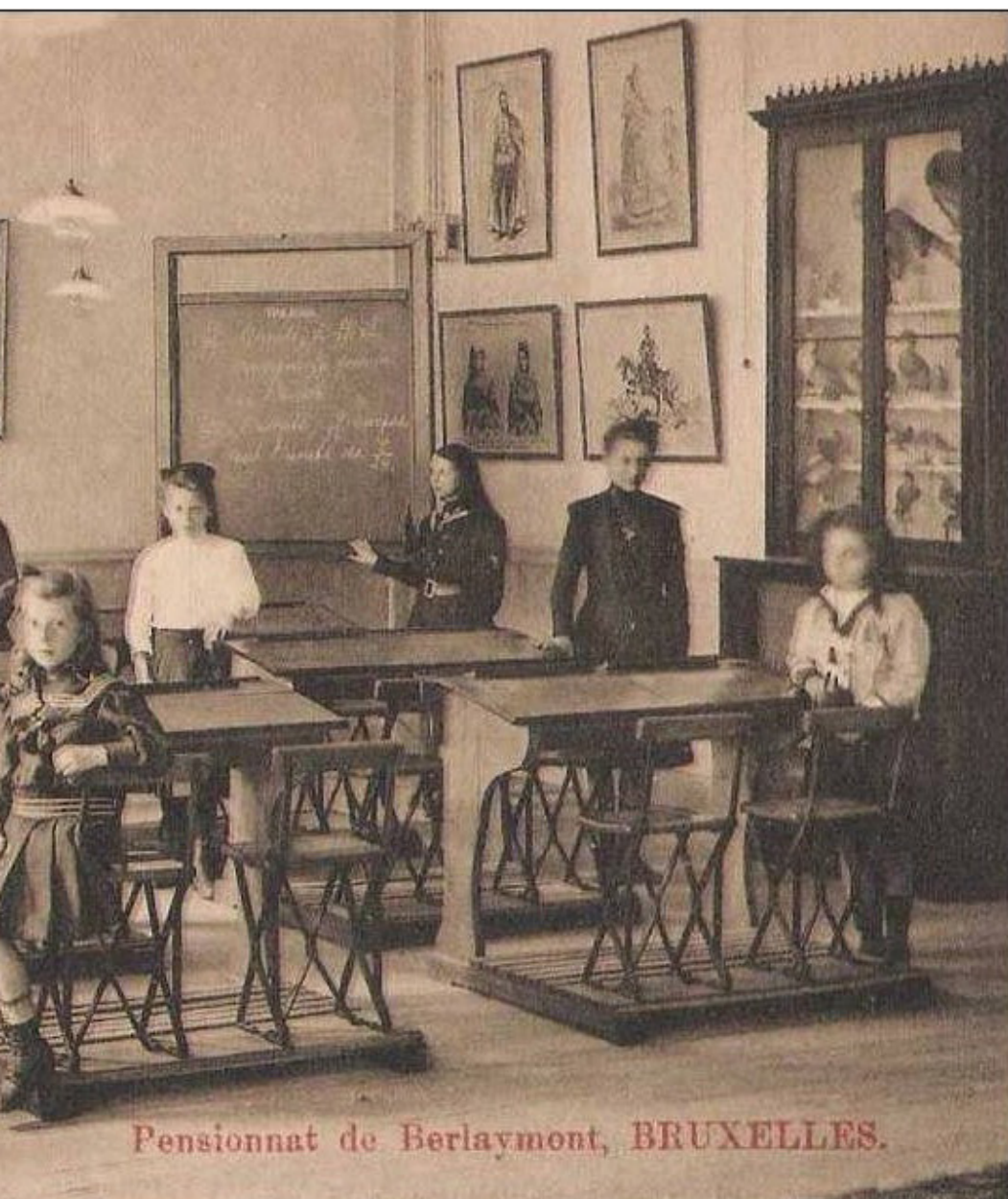
I would like to emphasize [REDACTED]
[REDACTED] Also, I would like to state [REDACTED]
[REDACTED] throughout all my years
working in this organisation, starting from my past position as [REDACTED]
[REDACTED] and
especially to Mr [REDACTED] and Mr [REDACTED]

During this period [REDACTED]
[REDACTED] However,
[REDACTED]

[REDACTED]

Sincerely,





Sugar Blues: Sugar and Mental Health

In the Dark Ages, troubled souls were rarely locked up for going off their rocker. Such confinement began in the Age of Enlightenment, after sugar made the transition from apothecary's prescription to candymaker's confection. "The great confinement of the insane", as one historian calls it, began in the late 17th century, after sugar consumption in Britain had zoomed in 200 years from a pinch or two in a barrel of beer, here and there, to more than two million pounds per year. By that time, physicians in London had begun to observe and record terminal physical signs and symptoms of the "sugar blues".

Meanwhile, when sugar eaters did not manifest obvious terminal physical symptoms and the physicians were professionally bewildered, patients were no longer pronounced bewitched, but mad, insane, emotionally disturbed. Laziness, fatigue, debauchery, parental displeasure - any one problem was sufficient cause for people under twenty-five to be locked up in the first Parisian mental hospitals. All it took to be incarcerated was a complaint from parents, relatives or the omnipotent parish priest. Wet nurses with their babies, pregnant youngsters, retarded or defective children, senior citizens, paralytics, epileptics, prostitutes or raving lunatics-anyone wanted off the streets and out of sight was put away. The mental hospital succeeded witch-hunting and heresy-hounding as a more enlightened and humane method of social control. The physician and priest handled the dirty work of street sweeping in return for royal favours.

Initially, when the General Hospital was established in Paris by royal decree, one per cent of the city's population was locked up. From that time until the 20th century, as the consumption of sugar went up and up - especially in the cities - so did the number of people who were put away in the General Hospital. Three hundred years later, the "emotionally disturbed" can be turned into walking automatons, their brains controlled with psychoactive drugs.

Clinical research with hyperactive and psychotic children, as well as those with brain injuries and learning disabilities, has shown:

"An abnormally high family history of diabetes - that is, parents and grandparents who cannot handle sugar; an abnormally high incidence of low blood glucose, or functional hypoglycemia in the children themselves, which indicates that their systems cannot handle sugar; dependence on a high level of sugar in the diets of the very children who cannot handle it.

"Inquiry into the dietary history of patients diagnosed as schizophrenic reveals the diet of their choice is rich in sweets, candy, cakes, coffee, caffeinated beverages, and foods prepared with sugar. These foods, which stimulate the adrenals, should be eliminated or severely restricted."

The avant-garde of modern medicine has rediscovered what the lowly sorceress learned long ago through painstaking study of nature.

So it was in the 17th century. Once the doctor or the exorcist had been called in, he was under pressure to do something. When he tried and failed, the poor patient had to be put away. It is often said that surgeons bury their mistakes. Physicians and psychiatrists put them away; lock 'em up.

In the 1940s, Dr John Tintera rediscovered the vital importance of the endocrine system, especially the adrenal glands, in "pathological mentation" - or "brain boggling". In 200 cases under treatment for hypoadrenocorticism (the lack of adequate adrenal cortical hormone production or imbalance among these hormones), he discovered that the chief complaints of his patients were often similar to those found in persons whose systems were unable to handle sugar: fatigue, nervousness, depression, apprehension, craving for sweets, inability to handle alcohol, inability to concentrate, allergies, low blood pressure. Sugar blues.

In almost all discussions on drug addiction, alcoholism and schizophrenia, it is claimed that there is no definite constitutional type that falls prey to these afflictions. Almost universally, the statement is made that all of these individuals are emotionally immature. It has long been our goal to persuade every physician, whether oriented toward psychiatry, genetics or physiology, to recognise that one type of endocrine individual is involved in the majority of these cases: the hypoadrenocortical.

Tintera published several epochal medical papers. Over and over, he emphasised that improvement, alleviation, palliation or cure was "dependent upon the restoration of the normal function of the total organism". His first prescribed item of treatment was diet. Over and over again, he said that "the importance of diet cannot be overemphasised". He laid out a sweeping permanent injunction against sugar in all forms and guises.

While Egas Moniz of Portugal was receiving a Nobel Prize for devising the lobotomy operation for the treatment of schizophrenia, Tintera's reward was to be harassment and hounding by the pundits of organised medicine. While Tintera's sweeping implication of sugar as a cause of what was called "schizophrenia" could be confined to medical journals, he was let alone, ignored. He could be tolerated - if he stayed in his assigned territory, endocrinology. Even when he suggested that alcoholism was related to adrenals that had been whipped by sugar abuse, they let him alone; because the medicos had decided there was nothing in alcoholism for them except aggravation, they were satisfied to abandon it to Alcoholics Anonymous. However, when Tintera dared to suggest in a magazine of general circulation that "it is ridiculous to talk of kinds of allergies when there is only one kind, which is adrenal glands impaired...by sugar", he could no longer be ignored.

The allergists had a great racket going for themselves. Allergic souls had been entertaining each other for years with tall tales of exotic allergies - everything from horse feathers to lobster tails. Along comes someone who says none of this matters: take them off sugar, and keep them off it. Perhaps Tintera's untimely death in 1969 at the age of fifty-seven made it easier for the medical profession to accept discoveries that had once seemed as far out as the simple oriental medical thesis of genetics and diet, yin and yang. Today, doctors all over the world are repeating what Tintera announced years ago: nobody, but nobody, should ever be allowed to begin what is called "psychiatric treatment", anyplace, anywhere, unless and until they have had a glucose tolerance test to discover if they can handle sugar.

So-called preventive medicine goes further and suggests that since we only think we can handle sugar because we initially have strong adrenals, why wait until they give us signs and signals that they're worn out? Take the load off now by eliminating sugar in all forms and guises, starting with that soda pop you have in your hand.

The mind truly boggles when one glances over what passes for medical history. Through the centuries, troubled souls have been barbecued for bewitchment, exorcised for possession, locked up for insanity, tortured for masturbatory madness, psychiatrised for psychosis, lobotomised for schizophrenia. How many patients would have listened if the local healer had told them that the only thing ailing them was sugar blues?

Berlaymont

Toponymie

Berlaymont ou **Berlemont** sont d'anciennes graphies du nom de la commune de **Berlaimont** (France, Nord). Cette ville du sud des anciens Pays-Bas a donné son nom à une **famille féodale**. Ce nom s'est transmis, au cours des siècles, à diverses institutions.

- le **Berlaymont** est le siège de la Commission européenne dans un grand bâtiment **en forme de croix** qui se dresse au centre du quartier européen et qui porte le nom de Berlaymont en référence au nom du couvent des Dames de Berlaymont sur l'emplacement duquel il a été construit ;
- le **couvent des Dames de Berlaymont** fondé à Bruxelles en 1625 par Marguerite de Lalaing, comtesse de Berlaymont, selon la règle de saint Augustin, ayant pour programme **l'éducation des jeunes filles** (ce monastère fusionnera avec la congrégation de Notre-Dame en 1940) ;
- Le **centre scolaire de Berlaymont** situé en Belgique, à Waterloo depuis 1963. Son histoire est liée à l'histoire du monastère de Berlaymont qui a transporté à cet endroit son institut d'enseignement après avoir été **exproprié** pour permettre l'installation du siège de la commission européenne ;
- le **boulevard de Berlaymont**, au centre de Bruxelles, qui commence au boulevard du Jardin Botanique et s'achève devant la cathédrale Saints-Michel-et-Gudule.
- une **baronnie** érigée en **comté** par Philippe II d'Espagne en 1574. Les seigneurs, puis comtes de Berlaymont représentent une famille qui a joué un rôle important dans l'histoire du comté de Hainaut, des Dix-Sept Provinces, des Pays-Bas espagnols et de la Belgique, tels, entre autres, Gilles de Chin ou Charles de Berlaymont.

Le patronyme et ses titulaires

Les origines de la **baronnie** de Berlaymont remontent au **x^e** siècle. Elle a été illustrée par divers personnages ayant joué un rôle historique à travers les siècles. Elle a été érigée en **comté** par Philippe II d'Espagne en 1574. Les seigneurs, puis comtes de Berlaymont, ont joué un rôle important dans l'histoire du comté de Hainaut, puis des Dix-Sept Provinces, des Pays-Bas espagnols, du Royaume des Pays-Bas et de la Belgique.

- Gilles de Chin, autre nom de Gilles Ribemont, seigneur de Chin, qui participa à **la première croisade**. Héritier de son oncle Isaac de Berlaymont, il en transmit le titre à sa fille Mahaut qui devint ainsi camérier de Berlaymont pour transmettre le titre aux descendants qu'elle eut avec Gérard du Chastel de la Howarderie, meilleur ami de Gilles de Chin ;
- Charles de Berlaymont (1510–1578), baron de Berlaymont, seigneur de Beauraing, Hierges, Floyon et Péruwelz, gouverneur et souverain bailli de Namur (1554), chevalier de la Toison d'Or en 1555. Conseiller de Marguerite de Parme ;
- Gilles de Berlaymont, seigneur de Hierge, stathouder de Frise (1572). Tué au siège de Maastricht en 1579. Fils de Charles de Berlaymont ;
- Charles de Berlaymont, chevalier de Malte en 1554. Fils de Charles de Berlaymont ;
- Louis de Berlaymont († 15 février 1596), archevêque de Cambrai, protonotaire apostolique, prévôt de Saint-Servais à Maastricht, chanoine à Liège. Fils de Charles de Berlaymont ;
- Lancelot de Berlaymont, seigneur de Beauraing. Fils de Charles de Berlaymont ;
- Florent de Berlaymont († 1626), comte de Berlaymont, seigneur de Floyon, chevalier de la Toison d'or, gouverneur du Luxembourg. Fils de Charles de Berlaymont et époux de Marguerite de Lalaing ;
- Claude de Berlaymont († 1587), seigneur de Hautepeenne, gouverneur de Bréda. Fils de Charles de Berlaymont ;
- Charlotte de Berlaymont, abbesse du chapitre noble de Nivelles († 1743) ;
- Florent-Théodore de Berlaymont (1755-1825), général et homme politique ;
- Jules Henri de Berlaymont, page de Napoléon I^{er}, chambellan de Guillaume I^{er} des Pays-Bas.
- La famille de Berlaymont s'est **éteinte** en 2012.

SCHUMAN DAY

The office of the President and the Commission boardroom are on the 13th floor (occupied by the President in defiance of superstition surrounding the number), together with the meeting room of the Hebdo and the restaurant La Convivialité.

The work was planned so that as soon as each wing was complete, staff could move in while the rest of the building was still under construction. The north and east wings were to be completed first (estimated for August 1961 though that proved optimistic). The south would take longer given the need to demolish more buildings including the girls school, with the Dames du Berlaymont unable to vacate until 1963. The Belgian government, realising that budgetary constraints meant it could not meet any of the deadlines, resorted to outside funding from the Office de sécurité sociale d'Outre-mer (OSSOM). OSSOM would own the land but the building would be constructed and rented by the Belgian government with rent deducted from its contribution to OSSOM's budget. Eventually it would buy it in 1985 through regular instalments while it was being sublet to the Commission. OSSOM awarded the construction contract to an association of entrepreneurs: Entreprises François et Fils with Compagnie belge des Chemins de fer et d'entreprises, Compagnie industrielle de travaux and Armand Blaton. The lack of a public tender was criticised by the Belgian audit office.

The three-month gap was due to disagreements about the conditions of the lease. The Belgian state was to lease the whole building to the Commission starting from when the work was finished, however the other member states found the cost excessive and wanted to explore other options, gaining a lease for the one and only completed wing instead. The lease came into effect on 1 May 1967 and cost €545,366 (the whole building would be €4.82 million, a reduction of €2.48 million taking into account construction costs). The building was only fully occupied at the beginning of September of that year.

The Commission also wanted to occupy the whole of the Berlaymont, which it shared with the Council and Parliament. The public most associated the Commission with the building and it was seen as a matter of pride that they occupy the entire building.

Renovation suddenly became an important issue when flaked asbestos was found in the building in 1990. The civil servants' trade unions put on the pressure and the issue was used as a pretext for a full renovation as the facilities had become outdated and were not able to cope with the influx of new members.

Demolition was not an option as the foundations anchored the local road and metro networks, which would be put in danger if the Berlaymont were to be destroyed. However it was hard to establish a full renovation budget due to budgetary constraints of the Belgian government. Hence, it was decided to bring in private sector financial institutions in the form of a management and renovation company: SA Berlaymont 2000 (in which the Belgian state remained a major shareholder). Berlaymont 2000 would pay €74.3 million to the Belgian state (also acting as a guarantor) and provide €160 million for the work, and in exchange it would gain a long lease on the building. Seeing it as a profitable investment, the following companies joined Berlaymont 2000: Citilease (affiliate of Citibank), CGER and BACOB. They began to provide finance and the Commission's rent went up considerably to cover costs. The project was scheduled to start in 1994 and to take five years.

Work on removing the asbestos began in the summer of 1995, three and a half years after the building was vacated. Work was expected to finish in February 1997, however inefficient organisation led to delay after delay: rumours about air pollution and violation of standards, electricity failures and asbestos outside the screen brought work to a halt. Longer time frames and more capital were demanded to complete the work. Outside management was brought in with asbestos removal being completed in 1999. Renovation work started on 1 June 1999 with work on full modernisation of the building, including better natural light flows and construction was expected to be finished by the end of 2001 according to optimistic forecasts. However once more there were further delays from the subcontractors, Berlaymont 2000 and SNCB who were constructing a railway link below the building. Completion date was pushed back each year until it reached mid-2004.

Despite further considerable delays and legal battles, the building was handed over to the Commission in stages, starting from 1 July 2004 with civil servants moving back just before the start of the Barroso Commission, with their related cabinets and a total of 2,700 civil servants. In total, renovation took 13 years, five years longer than it took to build. The December 1998 handover date was delayed five times and the bill to the Belgian state for the poor planning and disagreements amounted, by some estimates, to €824 million.

Fire

On 18 May 2009 at approximately 1100 GMT the Berlaymont building was evacuated following a fire, which started in the press room. There are no reported casualties. The building does not have a fire sprinkler system except in the garage.

Architecture

The building, under the provisional name "Centre Administratif Europe", was designed by Lucien De Vestel, in association with Jean Gilson (Groupe Alpha), André & Jean Polak and with the recommendations of the engineer Joris Schmidt. It was directly inspired by the 1958 secretariat building of UNESCO in Paris (which was designed by Marcel Breuer, Pier Luigi Nervi and Bernard Zehrffuss). The technical design was ground breaking at the time and generated an enthusiastic response from one particular Brussels journal: "This design concept reflects both the 20th century innovative spirit and sheer audacity and brings to mind the astonishing civil engineering arrow at the 1958 exhibition." – *Présences* magazine.

The building has a cruciform design with four wings of unequal size spanning from a central core. It was built on piles located beneath each wing, supporting a 40-metre high narrow ridge of concrete which in turn supported steel beams forming the frame of the glass façade covering the prefabricated floors. The top, 13th, floor however was supported directly by the upper beams, suspended entirely by them making the lower level free standing except for the core. The design is intended to convey a feeling of light and transparency. It further includes decorative details such as sculptures and frescos to prevent it from becoming monotonous.

Exterior blinds of the Berlaymont, added in the renovation.

and uses political and administrative power to facilitate private **construction** of buildings. In order not to jeopardize the Quartier Léopold's transformation into an office area, the national government therefore did not control development and, in fact, gave private entrepreneurs too much freedom.²³ The latter frequently failed to honour local planning resolutions. The City of Brussels supported government decisions and **building construction** with rapid approval. Citizen opposition was non-existent. The **Berlaymont** complex stands as the major example of this period.

The **Berlaymont**, today the headquarters **building** of the EU Commission, began the transformation of the former upper-class residential Quartier Léopold into an administrative district for the European institutions at a time when the national government had

Economic Unification, Megalomaniacal Projects, Citizen Protests and Projects for the Council Building

The Commission had barely occupied the **Berlaymont** when the Council asked for its own **building**. The site and the design, discussed from the late 1960s to the mid-1980s, pitted technical and functional urban planning under central control against aesthetic and social ideas based on public debate. While the national government tried to pursue its tested policy of co-operating with the private sector, societal changes, citizen awareness and local government opposition led to the downfall and delay of early grandiose projects.

Drawing on the tradition of public and private collaboration, Belgium responded to the precarious European presence in a particularly capable manner. The government worked politically to win a European presence for its capital, because it would improve its economy and image. It generally limited its investment to structures that simultaneously served the European presence and Brussels's urban development. But the government did not support **building** features that were intended purely to increase the symbolic character of the European organizations. It has followed this practice whenever new European institutions have moved to the city: it provides access to the site and basic urban infrastructure

Brussels's particular political and administrative structure partially explains the situation. Political differences between Fleming and Walloon communities have disturbed the smooth functioning of the European organizations from as early as 1952. Despite these domestic quarrels, all national governments have supported the European organizations, and did more than officially required to facilitate private investment that would provide necessary buildings.

Another drawback to the city's European function has been its particular regional organization. The Brussels agglomeration has two official languages and consists of nineteen independent municipalities, including the City of Brussels. Until 1989, when the Brussels-Capital Region government was elected directly for the first time, regional planning was in the hands of a national minister. The national government, holding extraordinary planning powers in the Brussels's agglomeration, had no interest in architectural preservation or even in Brussels's votes, so it promoted the rapid transformation of the city to the detriment of its traditional structure and largely against the wishes of the inhabitants. Competition

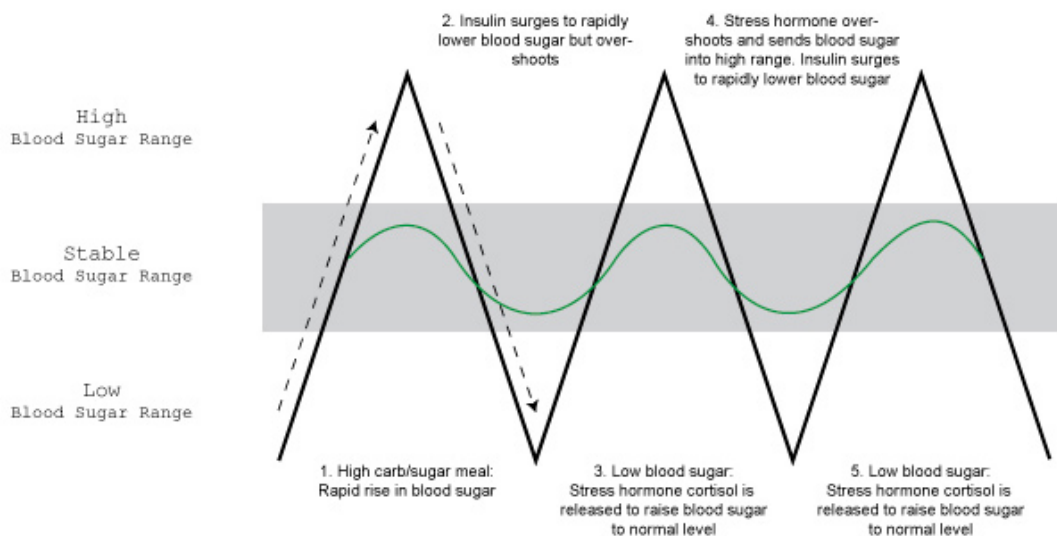
Meanwhile, the needs of the European communities constantly increased and the organizations rented premises without architectural pretensions from the private sector in the Quartier Léopold, promoting office **construction** by private developers. The demands of European institutions have strongly affected the office **building** sector in Brussels, which evolved from **construction** on demand to speculative **building**. Other international organizations moved to Brussels due to its central geographic position, modern roads and the lack of urban restrictions. The city experienced the greatest office-building boom on the continent, attracting British developers in particular.

The requirements of the European organizations changed further with the amalgamation of the EEC, ESCS and Euratom in 1965–1967 and their subsequent regrouping. The number of EC personnel in Brussels was already larger than the capacity of the **Berlaymont building**, still under **construction**. The Europeans heavily criticized the **Berlaymont** and threatened to use only parts of it or erect a new **building**. The temporary status of the capital, however, made it difficult for the organization to make demands. Belgium rejected any solution other than a complete occupation of the **Berlaymont**, while the European Commission wanted to be the sole occupant of the **building** for reasons of prestige. By then, Belgium had concentrated too much money and material in the area to let the Europeans go elsewhere.

largely unchallenged planning power in Brussels. The evolving projects and the failed **construction** for the Council **building** – known as ‘Justus Lipsius’ (after one of the streets on the site)¹¹ – reflects the ups and downs of the economic boom and bust of the 1960s and 1970s. It also represents the emergence of public opposition to the encroachment of the European institutions in the district. The

Agrees with B. Weiss's contention that scientists should consider behavior change as a criterion for judging the safety of a substance to which the public is exposed and that psychologists should cooperate with behavioral toxicologists in developing behavioral tests to assess the effects of toxins on behavior. It is argued that refined sugar should be placed in this category because children who overconsume refined sugar are likely to upset the homeostatic balance necessary for proper metabolism, leading to behavioral changes and clinical symptoms such as hyperkinesis. Factors hindering the recognition of refined sugar as a toxin are discussed.

Link Between Excessive Carbohydrate Intake and Emotional Stability (Blood Sugar Adrenal Axis)



The sugar snack condition was associated with significantly higher tension after 1 hour, and a pattern of initially increased energy and reduced tiredness, followed 1 hour later by increased tiredness and reduced energy. Results suggest that sugar snacking is often motivated by a low-awareness attempt to raise energy. Additionally, the results clarify an apparent conflict between neurochemical research, which indicates that sugar ingestion increases the tendency to sleep, and popular nutrition theory, which indicates that it increases tension.

La Fondation

Après avoir partagé leurs biens entre leurs enfants, les comtes de Berlaymont sollicitent de l'archiduchesse Isabelle d'Espagne l'autorisation de fonder un cloître de chanoinesses régulières de saint Augustin à Bruxelles. Ils veulent y affecter leur hôtel particulier, acquis de la famille de t'Serclaes, une somme de 100 000 florins pour la construction de l'église et une rente en biens-fonds de 6 000 florins constituée sur le domaine de Montigny, hérité de Florent de Hornes, exécuté à Simencas (Espagne) en 1570 sur ordre de Philippe II d'Espagne.

L'archiduchesse donne son accord par ordonnance du 18 décembre 1624 alors que son architecte, Jacques Franquart (1577-1651) est déjà à pied d'œuvre. Rédigées par le provincial des jésuites, Charles Scribani (1561-1629), les constitutions se fondent sur la règle de saint Augustin avec des emprunts à celle de saint Ignace. Elles sont confirmées par le pape Urbain VIII le 10 août 1626.

Clocher du pensionnat rue de la Régence (Aquarelle de J. Baes).

À la fois contemplatives et éducatrices – ora et labora - les dames de Berlaymont sont recrutées dans l'entourage de la fondatrice pour la solidité de leur foi et de leur vocation, mais aussi la qualité de leur jugement et de leur humeur, indispensable pour vivre en communauté. Tribut à l'esprit du temps, les religieuses sont réparties en deux classes. En raison de difficultés de recrutement, cette distinction est toutefois abolie un demi-siècle plus tard. Pour être chanoinesse, il fallait d'abord justifier de quatre quartiers de noblesse. Les autres, jeunes personnes nées de parents honnêtes sans titre de noblesse, étaient maîtresses des escollières. À l'instar des sœurs converses, elles ne participaient à l'office que le dimanche et les jours fériés. Elles devaient aider les chanoinesses à instruire des filles d'honnêtes bourgeois en tout ce qui avait rapport à la religion et à la morale, ainsi qu'aux ouvrages de mains indispensables à une bonne ménagère. Il fallait en faire de vraies chrétiennes, à la hauteur de leur mission domestique et capables de tenir leur rang dans le monde.

Et c'est vrai qu'au-delà de l'attrait psychologique qu'exercent déjà à cette époque les grands espaces verts de la périphérie sur les citadins, des raisons objectives militent en faveur d'un déménagement. La pénurie de locaux, par ailleurs peu rationnels et très lourds à entretenir, se fait sentir de plus en plus sous l'effet de la poussée démographique. L'environnement de la rue de la Loi, où la circulation et le bruit ne font que s'accroître, se dégrade au préjudice de la population scolaire qui risque, à terme, de se détourner du Centre scolaire de Berlaymont. La perspective de la construction, dans le quartier, de la Cité administrative de l'Etat belge, dont on parle beaucoup à ce moment, ne fera qu'accentuer la tendance. Plutôt que d'attendre la limite de l'intolérable, pourquoi ne pas s'attacher dès maintenant à trouver, à la périphérie de la ville, un terrain suffisamment vaste pour poursuivre l'œuvre éducative ?

C'est dans cet état d'esprit, largement partagé par la communauté monastique, que sont accueillies favorablement les offres de rachat des promoteurs privés. Mais, alors que l'option en faveur des entreprises François est toujours pendante, le gouvernement belge décide, le 8 décembre 1958, de se porter acquéreur du bien et fait une offre en ce sens au début de l'année suivante. Il veut y construire le centre administratif de l'Union européenne, le fameux Berlaymont.

I BROUGHT
CAKE

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ANY TIME