

IELS^{numéro 1} (HESHE)

WORLD STREET FASHION

CONTENUS RÉDACTIONNELS ET VISUELS INTÉGRALEMENT GÉNÉRÉS VIA IA
CONTENT, BOTH WRITTEN AND VISUAL, ENTIRELY GENERATED BY AI.

Love

BEYOND THE YEARS

The Radiance
of Maturity
ON THE CATWALKS

#PROAGEING

TIMELESS STYLE AND ELEGANCE

Fashion
for over 60
WORLD
STREET
FASHION

ORANGE

EAU DE PARFUM





Lèvres Addict MON ROUGE



ON THE COVER

The model that Midjourney chose according to my lengthy prompt... In short, my creativity was in full swing...

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By Nathalie Dupuy

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Generated on Midjourney



ANTOINETTE

NEW YORK CITY • MILAN • PARIS • TOKYO

editorial IELS^(HESHE) WORLD STREET FASHION

WHAT AN I-ADVENTURE!

What initially started as a post on my social media platforms became somewhat viral, not in the classical sense of the term, as the interactions were not really happening in public or «visible,» but rather through private messages (a lot, really a lot). This is an interesting first point: we don't always show that we're interested.

The enthusiasm, feedback, inquiries, expressions of interest, and sometimes crazy proposals pushed me to go beyond a simple parody of a famous women's magazine.

And IELS (heshe) was born.

100% artificial intelligence, what does that mean? Just like I brief a journalist, most of the time over a coffee, with a specific writing angle and precise guidelines (articles, briefs, interviews, testimonies, etc.), I briefed Chatgpt, in other words, I asked very precisely for the writing I desired in the prompt and had my coffee alone! I did pretty much the same thing on Midjourney.

The creation of this experimental magazine, the selection of topics, the article format, the artistic direction, and the layout came from my mind. However, the visuals and the texts are entirely generated via artificial intelligences. I asked, received, and laid them out. I haven't corrected or modified anything.

Why IELS (heshe)?

On Midjourney, I was initially fascinated by these extravagant, bling-bling, delirious, fascinating, and sometimes frightening images.

Once this state of fascination subsided (it took me three weeks - for creatives, when you open up so

many possibilities, it takes time to calm it all down!), I questioned the AI about the body, the relationship with the body. The aging body, damaged, thickening, etc. So the AI, being generative, is inherently conservative with decades of biases and patriarchy behind it, and it takes a lot of effort to get someone who stands out (without being a nameless monster)!!

Example: When I ask for an elderly person, the AI suggests someone around 42-45 years old max. A very, very old person: 48-52 years old max, and often with facelifts.

A couple: The Lady always has 10 years less than the Gentleman... It's another interesting point, but I could talk about it for hours, and this editorial would be way too long!!

One day, the AI proposed this non-binary person (see page 8), and off we went, my creativity was in motion! I decided to unravel the thread of a 100% AI-generated magazine. (Just for your information, I never managed to recreate that type of image with a prompt)

Having worked in magazine press for 20 years, afterward, I simply had fun.

So, Ta-da!

I officially present THE FIRST MAGAZINE ENTIRELY GENERATED BY AI, and the theme of this issue number 1 is pro-aging. There are 4 issues available in French, English, Spanish, and Swedish.

Needless to say, your feedback will be very valuable for the experience.

Happy reading!



heshe

(iels)

The pronoun «iels» is a neutral personal pronoun used to refer to a person in an inclusive manner, meaning when we want to include individuals who do not identify exclusively as male or female. It is used as an alternative to the pronouns «ils» (they) or «elles» (they) to avoid assuming a person's gender or to include non-binary, genderqueer, or genderfluid individuals.

IELS (HESHE)
WORLD STREET FASHION

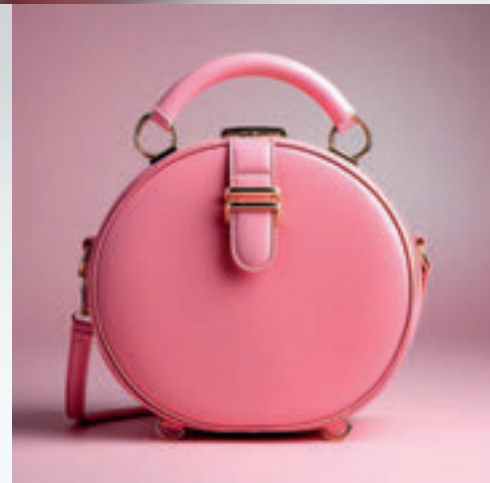
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Editor-in-chief • Nathalie Dupuy •
Chatgpt Prompt Editor • Nathalie Dupuy •
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Art Direction • Nathalie Dupuy •
Graphic Design • Nathalie Dupuy •

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IELS(heshe) . SHOPPING

Barbie World



L'IMPER JAUNE
PARIS

IELS(heshe). DESIGN



Wearing yellow glasses in the summer.



THE BEST NON-INVASIVE ANTI-AGING TECHNIQUES: Unveil your natural beauty

When it comes to combating signs of aging, many people seek non-invasive alternatives to surgical procedures. Fortunately, today there is a wide range of non-invasive anti-aging techniques that can rejuvenate the skin and improve its appearance without going under the knife. In this text, we will explore the best non-invasive techniques available, highlighting their benefits, results, and growing popularity.

FRACTIONAL LASER

Fractional laser is a technique that uses beams of light to stimulate the production of collagen and elastin in the skin. It precisely targets specific areas of the face, reducing wrinkles, pigmentation spots, and acne scars. This procedure is generally painless, requires little to no downtime, and can yield visible results after several sessions.

RADIOFREQUENCY TREATMENTS

Radiofrequency treatments use electromagnetic waves to heat the deeper layers of the skin, thus stimulating collagen production. This technique helps firm the skin, reduce the appearance of wrinkles, and tighten pores. Radiofrequency treatments are usually comfortable, painless, and do not require significant downtime.

MICRODERMABRASION

Microdermabrasion is a technique that gently exfoliates the top layer of the skin, removing dead cells and promoting cellular regeneration. It improves the skin's texture, reduces fine lines, and brown spots, while promoting smoother and brighter skin. This treatment is painless, quick, and does not require social downtime.

SKIN FILLER INJECTIONS

Skin filler injections, such as hyaluronic acid, are a popular solution for reducing wrinkles and restoring lost volume. These products are injected directly into the skin, filling in wrinkles and folds and providing a plumping effect. Skin filler injections are generally safe, quick, and require only a short recovery period.

Non-invasive anti-aging techniques offer an attractive alternative for those who wish to rejuvenate their appearance without resorting to invasive surgical procedures. Fractional laser, radiofrequency treatments, microdermabrasion, and skin filler injections are some of the best available options, providing visible results, minimal downtime, and high patient satisfaction. With these techniques, it is possible to unveil your natural beauty and maintain radiant and youthful skin over time.



CUIR CUIR
PARIS

TIMELESS STYLE AND ELEGANCE

Fashion for over 60

FASHION KNOWS NO AGE LIMITS, AND WITH THE ARRIVAL OF THE SIXTIES, IT'S TIME TO CELEBRATE A NEW ERA OF STYLE AND ELEGANCE. WOMEN AND MEN OVER 60 HAVE ACQUIRED WISDOM AND CONFIDENCE THAT IS REFLECTED IN THEIR WAY OF DRESSING. THIS STAGE OF LIFE OFFERS COUNTLESS OPPORTUNITIES TO EXPRESS ONE'S PERSONALITY THROUGH FASHION AND EMBRACE A UNIQUE AND TIMELESS STYLE. IN THIS ARTICLE, WE WILL EXPLORE HOW FASHION AFTER 60 CAN BE SYNONYMOUS WITH CLASS, VERSATILITY, AND SELF-AFFIRMATION.







COMFORT AND STYLE: THE WINNING DUO

After decades of sometimes restrictive fashion, the priority for people over 60 is often comfort. Fortunately, comfort and style are no longer mutually exclusive. Soft and breathable fabrics, well-tailored cuts, and ergonomic shoes can be just as elegant as they are trendy. Opt for clothing that makes you feel comfortable in your own skin while reflecting your personal style.

THE IMPORTANCE OF QUALITY BASICS

Investing in high-quality basics is essential at any age, but particularly after 60. Timeless pieces such as a well-cut trench coat, a classic white shirt, tailored pants, and a pair of quality leather shoes can form the foundation of an elegant and functional wardrobe. These versatile items can be easily combined to create different looks for various occasions.

The details (...) can transform a simple outfit into a remarkable creation.

DARING WITH COLORS AND PRINTS

Fashion after 60 doesn't have to be dull or drab. Dare to wear vibrant colors that reflect your inner energy and zest for life. Floral prints, stripes, and geometric patterns can also add a touch of originality to your outfits. Don't be afraid to mix colors and patterns, but keep the balance by using neutral colors to harmonize the overall look.

ACCESSORIES: THE FINAL TOUCH

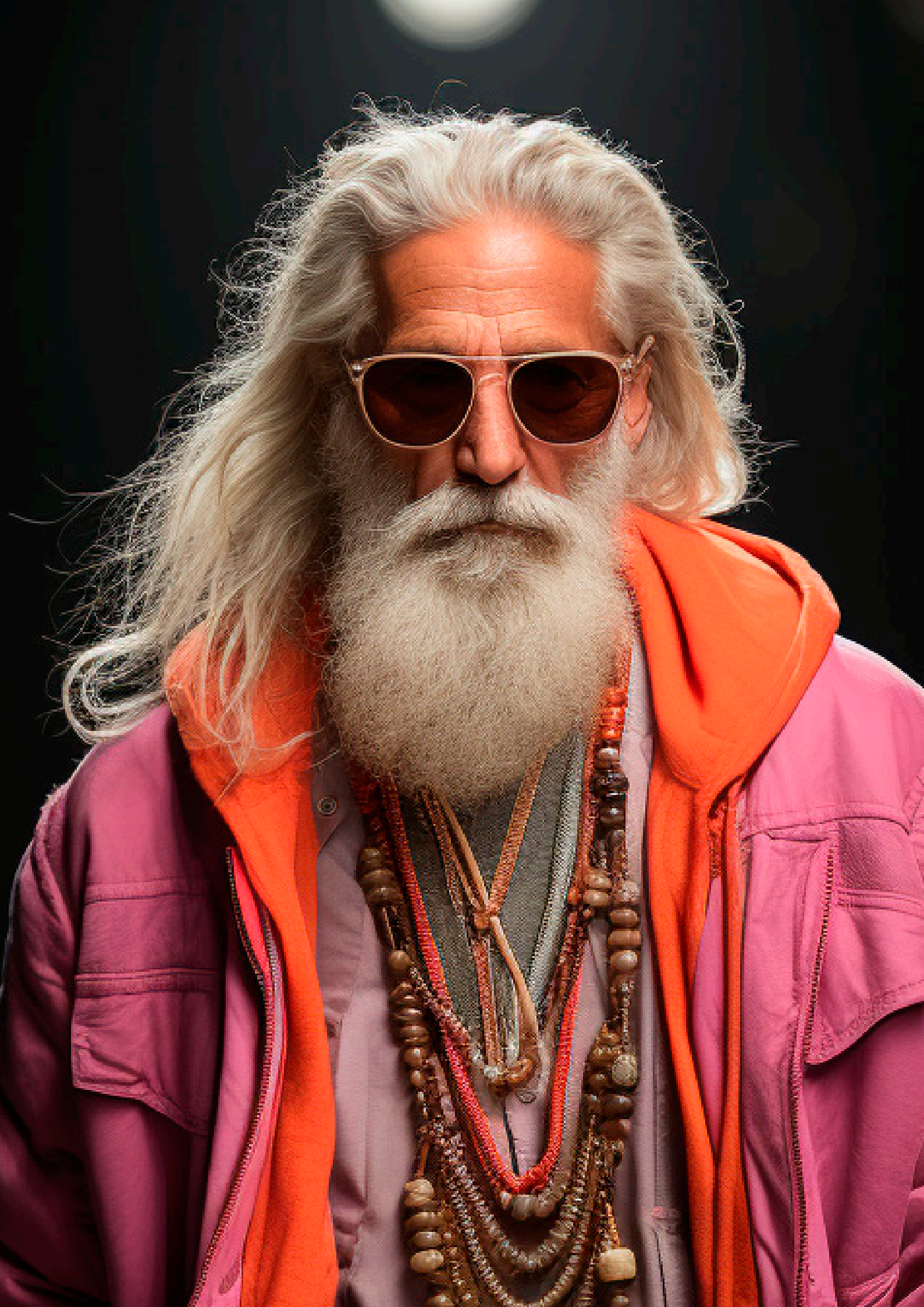
Accessories can transform a simple outfit into a style statement. Opt for quality accessories such as silk scarves, elegant jewelry, sophisticated sunglasses, and timeless handbags. These pieces add a personal touch to your look and can help you express your creativity.

ECOLOGY AND SUSTAINABLE FASHION

As people age, many become aware of the fashion industry's impact on the environment. Opting for sustainable and eco-friendly fashion is a responsible approach that reduces your ecological footprint. Look for ethical brands, prioritize durable materials, and invest in quality clothing that will stand the test of time.

Fashion after 60 is a period of freedom and self-expression. It's an opportunity to embrace your individuality and showcase your unique style. Comfort, quality, bold colors, and well-chosen accessories are the keys to an elegant and timeless wardrobe. By adopting a sustainable approach to fashion, you can also positively contribute to the preservation of our planet. So, dear readers, dare to be yourself and reveal the beauty of the age of elegance.







The Radiance of Maturity

ON THE RUNWAYS

Fashion has always been a domain where youth and freshness have been highlighted, but in recent years, a silent revolution has begun to take place. Fashion runways have started to welcome a new generation of models - women and men over 60 - bringing with them their charisma, elegance, and timeless beauty. This evolution marks a significant change in the fashion industry, as it celebrates age diversity and encourages the redefinition of beauty standards.

The presence of senior models on fashion runways offers a more realistic representation of today's society. Lines and wrinkles are now considered assets rather than flaws, as they tell the story of well-lived lives. This new perspective on beauty challenges the ideals of eternal youth, showing that true beauty transcends age.

The presence of those over 60 on the runways inspires a generation that aspires to an active and dynamic life after retirement. These older models

The trend of including those over 60 on fashion runways indicates a more inclusive future for the industry.

demonstrate that age is not a barrier to achieving dreams and pursuing passions. They show the world that it is possible to remain elegant, confident, and relevant at any age.

Fashion brands have also played a significant role in this transformation. Many haute couture houses and ready-to-wear brands now include senior models in their advertising campaigns. These campaigns showcase collections tailored to a more mature audience and demonstrate that fashion is accessible to everyone, regardless of age.

Changing Mindsets

The inclusion of seniors on fashion runways contributes to changing mindsets by breaking stereotypes related to age. It pushes the fashion industry to recognize the beauty and potential of older individuals. This sends a powerful message to society, encouraging a more positive and respectful view of aging.

The trend of including those over 60 on fashion runways indicates a more inclusive future for the industry. It shows that diversity, in all its forms, is essential to reflect the reality of our society. Fashion becomes more representative and relevant for all generations.

The emergence of those over 60 on fashion runways is a welcome evolution in the fashion industry. It demonstrates that beauty and elegance have no age limit and that everyone can be a source of inspiration, regardless of the number of years lived. This trend marks a step towards a more diverse, inclusive, and relevant fashion industry in line with the reality of today's world. As we celebrate the timeless beauty of seniors on the runways, we also pave the way for a more respectful and positive view of aging in our society.



«WORLD STREET FASHION»

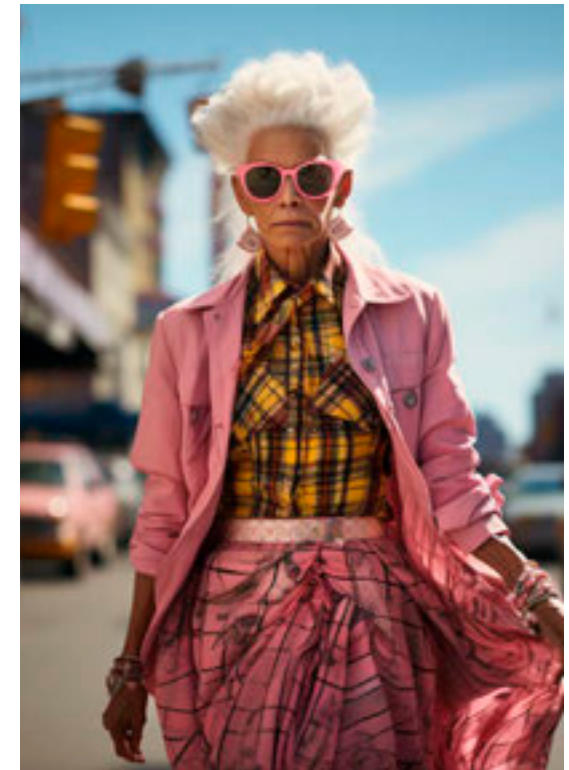
«World Street Fashion» is much more than just a trend; it is a movement that challenges the norms of the fashion industry. Inspired by the desire to stand out, this new wave is committed to boldly mixing styles, patterns, and colors that didn't seem destined to meet.

Rejecting the established dictates of magazines and runways, World Street Fashion embraces individuality and celebrates diversity. Bold creators and rebellious fashionistas come together to create unique looks that reflect their singular personalities.

In the world of World Street Fashion, anything is possible: geometric prints paired with floral patterns, extravagant accessories combined with minimalist pieces, all orchestrated with subversive elegance.

The boundaries between genders blur, and fashion becomes a means of free and uninhibited expression.

Far from fleeting dictates, World Street Fashion advocates for sustainability and craftsmanship, encouraging clothing recovery and reuse. Ethical and responsible fashion becomes a fundamental value of this movement that seeks to reduce the industry's ecological footprint.



World Street Fashion

World Street Fashion is a rallying cry for all those who dare to defy conventions and express themselves through their outfits. It's a celebration of creativity and freedom, an invitation to dare to be oneself without compromise.

So, join World Street Fashion and let your imagination dictate the rules of your style. After all, in this world of bold and unconventional fashion, uniqueness is the new chic!

World Street Fashion is a lively whirlwind of styles from all corners of the globe. Inspired by the bustling streets of major world cities, this trend merges cultures, traditions, and identities to create an unparalleled melting pot of creativity.

From the trendy neighborhoods of Tokyo to the vibrant alleys of New York, and the colorful markets of Marrakech, World Street Fashion draws its energy from the individual expression of each urban dweller. Each outfit is a canvas on which personal stories unfold, with urban, ethnic, and vintage influences blending harmoniously.

Clothing becomes the medium for this ephemeral art form. Trendy sneakers meet vibrant saris, long coats marry tribal patterns, and surprising accessories add a final touch of eccentricity.

World Street Fashion is also a celebration of sustainability and reuse, with a marked inclination for vintage and second-hand pieces. Enthusiasts of this style seek to be fashionable while respecting the environment.

This laid-back movement thrives in alleys, parks, cafes, and meeting places. It transcends linguistic and cultural barriers to create a global community united by a passion for fashion and personal expression.

World Street Fashion is the antithesis of rigid trends dictated by runways; it is a vibrant echo of the daily lives of urban dwellers around the world. An ode to diversity and creativity, this trend inspires and unleashes imagination to create unforgettable and unique looks.

World Street Fashion





Timeless beauty

The beauty of elderly women in the world is a wonder to behold. Time has traced lines on their faces, bearing witness to their experiences and wisdom. Their once-dark hair is now adorned with strands of silver, adding a touch of elegance to their appearance.

Their beauty resides in their gaze, reflecting a depth of soul acquired over the years. The wrinkles around their eyes tell stories of joy, sorrow, love, and resilience. Their eyes sparkle with an inner glow, a wisdom that can only be gained through life's experiences.

Their smile is a precious treasure, illuminating their face and revealing infinite sweetness. It reflects their kindness, generosity, and unconditional love. Their lips, marked by time, whisper comforting words and wise counsel.

Their bodies, which have endured the tests of time, are works of art in themselves. The curves and shapes that have developed over the years are reminders of the fertility and strength of femininity. Each scar is evidence of their resilience and ability to heal.

But the beauty of elderly women is not limited to their physical appearance. It also resides in their spirit, in their capacity to love, forgive, and pass on their wisdom to future generations. Life's experiences have given them a unique perspective on the world, and they are a source of inspiration to those around them.

The beauty of elderly women in the world is a precious treasure to preserve. They are the keepers of our history, the pillars of our families, and the wise elders of our society. Their beauty transcends borders and cultures, for it is universal and timeless.

So, let us take the time to admire and celebrate the beauty of elderly women in the world. They are living witnesses of our past, guides for our present, and hopes for our future.





Testimonials

Inked at All Ages: MY TATTOO STORY AND SELF-ACCEPTANCE

Lili-Anne Maxmaël

I would like to share with you my testimonial about tattoos and age, a story that demonstrates how this form of artistic expression transformed my relationship with my body and helped me embrace my true identity. For many years, I was overwhelmed by societal norms and expectations regarding appearance and self-perception. Like many of us, I was influenced by preconceived ideas that tattoos were reserved for the young, outsiders, or rebels. I held back from taking this step for a long time, fearing disapproving looks and judgments that might accompany this decision.

However, as I approached my fifties, I realized that life was too short to care about others' opinions. I began to reflect on what I truly wanted, how I wanted to represent myself, and how I wished to reclaim ownership of my body. That's when I made the courageous decision to get tattooed.

Each needle stroke was an affirmation of my own individuality and my determination to live life to the fullest, regardless of my age.

My first tattoo was a liberating experience. I chose a design that held deep significance for me, a symbol representing the strength and resilience I had shown throughout my life. Each needle stroke was an affirmation of my individuality and my determination to live life to the fullest, regardless of my age ●●●

Since then, I have continued to add tattoos to my body, each one telling a different story of my journey and personality. This process has allowed me to reconnect with myself, celebrate my experiences, and reaffirm my self-confidence. Tattoos have become a part of me, a living art form that evolves with me through the seasons of life.

What is wonderful about tattoos is that there is no age limit to start or continue this adventure. Each tattoo is an ode to the beauty of human diversity, individual expression, and the freedom of choice. Tattoos transcend age barriers and allow us to proudly display our stories and passions, no matter our generation.



Today, I am convinced that tattoos are much more than mere decorations on the skin. They are an affirmation of our identity, a celebration of our uniqueness, and a means to reconnect with our deepest essence. Regardless of our age, we all have the right to explore this art form and create lasting memories on our skin.

So, do not be afraid to express yourself through the art of tattooing, no matter your age. Let your heart guide you.

SOSAC



Paris, Place Vendôme

www.sosac.com

Masculinity:

An Exploration after 60 years

Masculinity is a complex and evolving concept that varies from person to person and from one generation to another. After 60 years, many men find themselves facing new challenges and a redefinition of their masculine identity. Aging can be perceived as a loss of virility, but it also offers the opportunity to rethink and reinvent what it means to be a man.

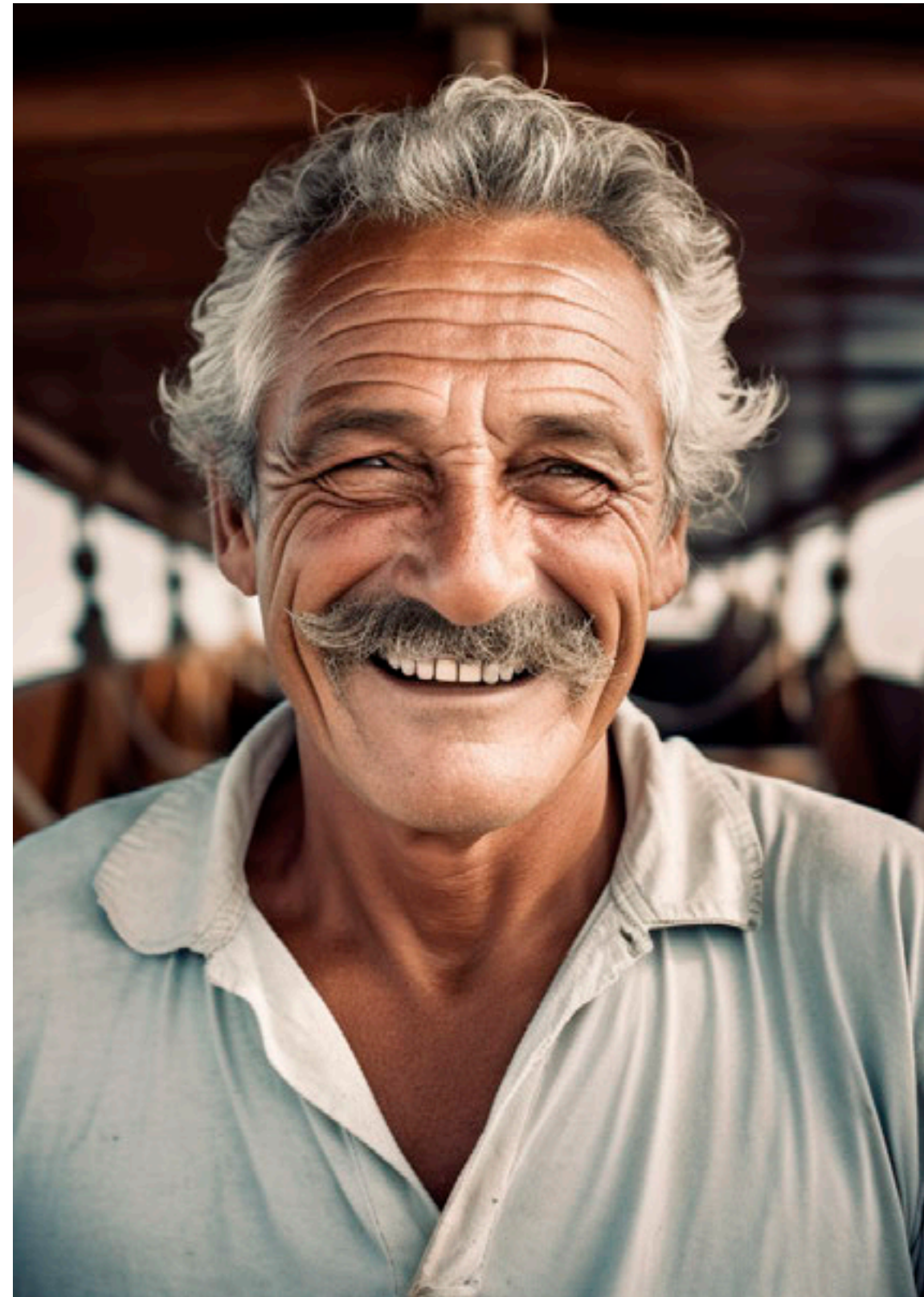
One of the most common challenges men face after 60 years is retirement. After decades of work and professional responsibilities, some men may feel lost and undervalued when they are no longer active in the workforce. This can lead to a loss of self-confidence and a questioning of their masculinity. However, retirement can also be a period of freedom and new opportunities. Men can take this time to explore new interests, dedicate themselves to hobbies, or engage in volunteer activities. This allows them to redefine their masculine identity outside of the working world.

Another important aspect of masculinity after 60 years is physical and mental health. Aging can bring health issues such as prostate problems, heart conditions, or cognitive disorders. Some men may feel diminished and less virile due to these health problems. However, it is essential to understand that masculinity is not solely about physical strength. Being a man after 60 years also means taking care of one's health, seeking help when needed, and adapting to the physical and mental changes that come with age.

Masculinity after 60 years can also be influenced by family and romantic relationships. Some men may

feel overwhelmed by the role of being a grandfather or the expectations of their adult children. Others may find themselves alone after the death of their spouse or a divorce. In these situations, it is important to find a balance between independence and connection with others. Men can seek support from friends, family, or support groups to share their experiences and find advice on how to maintain healthy and fulfilling relationships.

Lastly, the relationship with masculinity after 60 years can also be influenced by social and cultural norms. Society often associates masculinity with youth, physical strength, and professional success. However, it is important to remember that masculinity is not limited to these stereotypes. Being a man after 60 years means embracing the wisdom, experience, and maturity that come with age. It also means challenging restrictive gender norms and breaking free from social expectations to live an authentic and fulfilling life.



Love

BEYOND THE YEARS

IN OUR SOCIETIES, WHERE YOUTH AND THE PASSIONATE
LOVE OF FIRST EMOTIONS ARE OFTEN GLORIFIED,
IT IS EASY TO THINK THAT LOVE AT FIRST SIGHT IS RESERVED
FOR THE YOUNGER GENERATION. BUT LET ME TELL YOU
A STORY THAT PROVES THAT LOVE CAN STRIKE AT ANY AGE,
EVEN AFTER 65 YEARS.



And it is precisely this wealth of life experience that created a unique chemistry between them.

Imagine a gentle summer evening, where the rays of the sun set the sky ablaze with warm light. It was in this idyllic setting that Mary, a 68-year-old woman, and John, a 72-year-old man, met at a community event. Their first encounter was almost ordinary, a simple and pleasant conversation between two people with shared interests.

However, as they exchanged words, something special happened. A bond was formed between them, a connection so deep that they felt carried away by a wave of intense emotions. It wasn't just a physical attraction, but a sense of affinity, mutual understanding, and companionship.

What is remarkable about this story is that both Mary and John have lived lives filled with experiences, past loves, and overcome challenges. They have come to know themselves and have gained precious wisdom over the years. And it is precisely this wealth of life experience that created a unique chemistry between them.

Love at first sight after 65 is different from that experienced in youth. It is imbued with a sweetness and maturity that comes with age. It is a spark that rekindles the flames of passion but is also

accompanied by deep emotional stability. Mary and John found each other at a time in their lives when they know what they want and what they need to be happy.

Since that love at first sight, Mary and John have chosen to share their lives together. They marvel every day at the fortune of finding such a powerful love after so many years. Their days are filled with laughter, complicity, and shared projects. They are a living reminder that love knows no age and that the most magical moments can occur at any time in our existence.

The story of Mary and John teaches us a precious lesson: it is never too late to live a great love story. No matter our age, our past experiences, or the doubts we may have, love can surprise us at any moment. All it takes is to be open, listen to our hearts, and take the risk of falling in love, no matter our age.

So, whether you are 25, 45, 65 years old, or more, remember that love at first sight can strike at any moment.



Chléo

TESTIMONIALS

MARY & JOHN

It was a deep,
almost indescribable connection.

Welcome Mary and John! Thank you for agreeing to share your inspiring story with us. Can you tell us how you met?

Mary : Thank you for having us! Our meeting was quite ordinary at first. It was during a community event where we started talking about our shared passion for classical music. But as our conversation progressed, something magical happened.

John : Yes, it was truly special. We realized that we had an instant connection. It was as if our minds were meeting and we were on the same wavelength. We shared our life stories, joys, and sorrows, and quickly realized that we had a lot in common.

IELS (heshe) : Can you tell us more about this special connection you felt?

M. : It was a deep, almost indescribable connection. We understood each other without having to explain every detail. We realized that we had a common wisdom that comes with age. We had experienced similar things, and that brought us closer in a unique way.

J. : Absolutely. We have been through so much in our respective lives, and this mutual understanding created an incredible chemistry between us. It was as if we had found our soulmate, someone with whom we could truly be ourselves without judgment.

How did you know it was love at first sight? What made the difference this time?

M. : For me, it was a combination of factors. First, there was this feeling of euphoria and butterflies in the stomach when we were together. But most importantly,

it was the sense of peace and completeness I felt with John. I felt like I belonged, as if all the pieces of the puzzle were finally coming together.

J. : I agree. After experiencing other relationships in the past, I knew what I was looking for and what I needed to be truly happy. And with Mary, I found that. Every moment spent with her was a confirmation that we were meant for each other.

What advice would you give to others who may think it's too late to find love after 65?

M. : My advice would be to stay open and never give up. Life is full of surprises, and it's impossible to predict when love will strike. Keep living life to the fullest, pursue your passions, and be yourself. Love will find its way to you when you least expect it.

J. : I agree. Don't let stereotypes or societal expectations discourage you. Love knows no age. It is precious at any time in our lives. Be ready to take risks, open yourself up to new possibilities, and seize every opportunity that comes your way.

IELS (heshe) : Thank you, Mary and John.



DISCOVER THE ESSENCE OF A PERFECT CUP OF COFFEE WITH OUR EXQUISITE COFFEE!

Immerse yourself in an unparalleled sensory experience, awaken your senses, and let yourself be captivated by our carefully roasted selection. Each sip is a symphony of taste notes. From its velvety body to subtle sweetness, our coffee reveals delicate nuances of chocolate, caramel, and spices, tantalizing your palate and leaving you with unparalleled satisfaction. Whether you prefer a bold espresso to start your day with energy, a creamy cappuccino for a comforting break, or a refreshing iced coffee for hot summer days, our coffee adapts to

all your desires. We are committed to working closely with local producers, ensuring that each cup you savor comes from an ethical and environmentally respectful supply chain.

Treat yourself to an intense moment of pleasure, as you deserve the finest coffee. Join us for a caffeinated adventure and turn each cup into an unforgettable experience.



An Indestructible Love

TESTIMONIAL

For several decades, these exceptional couples have managed to maintain a strong and unwavering love. Through life's trials, they have found the strength to stay united and to nurture their affection day after day. Their stories bear witness to the power of true love, the importance of mutual support, and the joy of sharing a life together. As more than 45, 48, and 54 years of marriage go by, their testimonies overflow with sincere emotions and inspiration.



CLAIRE AND ROBERT, 45 YEARS OF MARRIAGE

«Since we met 45 years ago, our love has never stopped growing. We met when we were young, carefree, but the moment our eyes met, we knew something special was happening. Over the years, we have shared countless adventures, both joyful moments and trials that strengthened our bond. We have been there for each other in difficult times, supporting each other's dreams and ambitions.

Walking hand in hand on the street is a sacred ritual for us. This simple gesture symbolizes our indestructible love and our commitment to face all challenges hand in hand. Our elegant attire reflects our pride in being together, even after all these years. It also shows our desire to take care of each other and to remain attractive in each other's eyes. Every morning, when we dress for the day, it's also a way to show each other that our love is still as alive and vibrant as it was on the first day.

We are grateful every day to share this beautiful life together. Our children, grandchildren, and great-grandchildren witness the love we share, and it fills us with happiness to see them grow and flourish in turn. We firmly believe that true love is a journey that continues to enrich over time. Our 45 years of marriage are proof that love, when cultivated with care and attention, becomes stronger and deeper with each passing year.»



SARAH AND WILLIAM, 48 YEARS OF MARRIAGE

«48 years of shared happiness, unconditional love, and complicity. We got married young, with no idea of the extraordinary adventure that awaited us. Our love has weathered moments of doubt, trials, but each time, we emerged even stronger. Walking side by side on the street reminds us every day why we are still so in love. The simplicity of this gesture speaks of our deep connection, sincere affection, and our desire to grow old together, hand in hand.

Our elegant attire is not just an expression of our personal style; it also reflects our enduring love and respect for each other. We enjoy choosing outfits that complement each other, as we have done for many years. Every exchanged glance is filled with love, tenderness, and gratitude for all the moments of happiness we have shared, as well as the challenges we have overcome together.

We look forward to creating even more memories together. As we age, we cherish every moment spent together even more. We are blessed to have a loving family and wonderful grandchildren who fill our lives with joy. Our love is our greatest wealth, and we hope it will inspire future generations of our family to cherish love and family bonds as deeply as we do.»

EVELYN AND JAMES, 54 YEARS OF MARRIAGE

«For 54 years, we have loved each other as if it were the first day. Our love story began like a fairy tale, and although the reality of life brought its share of challenges, our love has never lost its intensity. Every step we take together on the street is a poignant reminder of the long journey we have traveled hand in hand. The wrinkles on our faces tell the story of our love, the trials we have overcome, and the moments of joy we have shared.

Our neat and carefully chosen attire speaks of our love for life and for each other. They reflect our unique style but also the love we have for our partner. As we age, we have learned to cherish every moment we spend together, not taking time for granted. We are always in awe of each other's presence and treasure every moment we share.

Our love is the most beautiful adventure of our life, and we are honored to live it together. We are proud of the family we have built together, and it brings immense joy to see our children and grandchildren grow and flourish. We hope that our love will continue to inspire future generations of our family and that our legacy of love will last for many more years.»



These touching testimonies remind us of the strength and beauty of love that endures over the years. Each of these couples has nurtured their love with care, navigating the ups and downs of life together. Their stories of indestructible love, complicity, and mutual respect are a source of inspiration for all of us. These testimonies attest that true love can grow and flourish with time, becoming the solid pillar that supports a life filled with happiness and joy.



Love etc.

FIFTEEN YEARS AGO,
SOPHIE AND MARIE MET
UNEXPECTEDLY, AND
SINCE THAT DAY, THEY
HAVE BEEN WRITING AN
EXTRAORDINARY LOVE STORY.
THEIR CONNECTION WAS
INSTANT, AS IF DESTINY HAD
BROUGHT THEM TOGETHER.
AT THE BEGINNING, THEY
DIDN'T KNOW WHERE THIS
ADVENTURE WOULD LEAD
THEM, BUT THEY WERE
READY TO FACE ANYTHING
TOGETHER.

From the very first glance, Sophie was captivated by Marie's radiant smile, while Marie was touched by Sophie's sweetness and kindness. They quickly discovered they shared common values, similar passions, and a deep desire to build a future together.

Their relationship evolved over time, navigating the ups and downs of life. They overcame challenges, supported each other in difficult moments, and celebrated successes and joys together. Their love deepened over the years, strengthening their bond beyond measure.

Sophie and Marie have always displayed an astonishing complicity. Their ability to understand each other without even uttering a word fascinated those around them. Their humor, affection, and unconditional support wove a tapestry of trust and infinite love.

Together, they traveled, explored new horizons, and created unforgettable memories. Their adventures brought them closer, further reinforcing the ties that bound them.

Over the years, they also supported LGBTQ+ rights movements, fighting for equality and acceptance. Their love is a living testament to the strength of the LGBTQ+ community and the power of love in all its forms.

Today, after 15 years of love and complicity, Sophie and Marie are more fulfilled than ever. They continue to blossom together, hand in hand, ready to face whatever the future holds. Their love story is an inspiration to all who have the privilege to know them, proof that love can conquer all obstacles and endure over time.

Sophie and Marie, two soulmates who found each other, continue to share their love and happiness with the world, proving that love knows no boundaries and can illuminate every moment of life.

Femicides in 2023: THE URGENCY OF COLLECTIVE ACTION

Despite advances in gender equality, femicides remain a disturbing reality in 2023. These crimes, which involve the killing of women because of their gender, continue to haunt our societies and reveal the profound systemic inequalities and violence that women face. In this article, we will examine the situation of femicides in 2023, the reasons for their persistence, and the importance of collective action to put an end to them.

THE ALARMING NUMBERS OF FEMICIDES IN 2023

Unfortunately, the numbers of femicides in 2023 are still alarming. In many countries around the world, women are victims of extreme violence that leads to their murder. These crimes are often committed by intimate partners, family members, or acquaintances. Statistics show that thousands of women are killed each year because of their gender, which constitutes a blatant violation of human rights and an affront to the dignity and safety of women.

(...) raise awareness from a young age about the values of equality, respect, and mutual consent.

THE ROOT CAUSES OF FEMICIDES

Femicides are the result of deep-rooted gender inequalities and stereotypes in our societies. Patriarchal norms that perpetuate the idea of male superiority and the domination of women fuel violent behaviors and the killing of women. Gender-based violence is often perpetrated within unequal power relationships, where women are seen as possessions and objects of control.

THE NEED FOR COLLECTIVE ACTION

Faced with this unbearable reality, it is imperative to take collective action to eliminate femicides. This requires collective awareness, social and political mobilization, as well as a firm commitment to end gender-based violence. Governments, institutions, and communities must work together to eradicate gender inequalities, promote education and awareness, strengthen laws protecting women, and provide adequate resources for victims of violence.

EDUCATING FOR PREVENTION

Education plays a crucial role in preventing femicides. It is essential to raise awareness from a young age about the values of equality, respect, and mutual consent. Educational programs should address gender stereotypes, healthy relationships, non-violent communication, and the importance of respecting women's fundamental rights. Inclusive and equal education

is key to breaking the cycle of violence and promoting healthy and respectful relationships.

Laws and mechanisms to protect women must be strengthened to combat femicides. This includes thorough and impartial investigations into the crimes, severe sanctions for the perpetrators, as well as protective measures for the safety and well-being of potential victims.



ALL
CONCERNED

...



AN ACTIVE AND ENERGETIC LIFE

Sports

AGE IS JUST A NUMBER, AND THIS IS ESPECIALLY TRUE
WHEN IT COMES TO ENGAGING IN SPORTS
AFTER THE AGE OF 60. MAINTAINING AN ACTIVE
AND ENERGETIC LIFE IS ESSENTIAL TO STAYING FIT,
HEALTHY, AND FULLY ENJOYING EVERY MOMENT.
IN THIS ARTICLE, WE WILL EXPLORE THE BENEFITS OF
SPORTS AFTER THE AGE OF 60
AND THE VARIOUS PHYSICAL ACTIVITIES SUITABLE
FOR THIS AGE GROUP.



Age is just a number, and this is especially true when it comes to engaging in sports after the age of 60. Maintaining an active and energetic life is essential to staying fit, healthy, and fully enjoying every moment. In this article, we will explore the benefits of sports after 60 years old and the various physical activities suitable for this age group.

Regular physical activity after the age of 60 offers numerous health and well-being benefits. It contributes to maintaining a healthy weight, strengthening muscles and bones, improving flexibility and mobility, and stimulating the cardiovascular system. Moreover, physical exercise releases endorphins, the happiness hormones, promoting a sense of well-being and reducing stress.

Sports after the age of 60 is an effective way to prevent many chronic diseases related to aging. Regular physical activity reduces the risk of cardiovascular diseases, hypertension, type 2 diabetes, osteoporosis, and certain types of cancers. By maintaining an active life, older adults strengthen their immune system and improve their quality of life.

Engaging in sports after 60 also offers an excellent opportunity to strengthen social relationships. Participation in group sports activities allows individuals to meet new people with shared interests, create friendships, and enjoy moments of camaraderie. It also fosters mutual support and motivation to maintain a regular exercise routine.

There is a wide variety of sports activities suitable for people over 60 years old. Low-impact exercises such as walking, swimming, cycling, tai chi, and yoga are ideal for maintaining physical fitness without putting excessive strain on the joints. Aquatic activities, in particular, are particularly beneficial due to their cushioning effect and low risk of injury.

Improvement of health and well-being.

It is also important to emphasize the importance of strength training for older adults. Muscle strengthening, whether using light weights, resistance bands, or bodyweight exercises, helps maintain muscle mass, improve balance, and prevent falls, which are common among the elderly.

Before starting a new sports activity, it is recommended to consult a healthcare professional to ensure that you are in good physical condition to practice the chosen exercise. It is also important to follow safety rules, warm up properly before each workout session, and wear appropriate protective gear.



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Being active grandparents: TRAVELING AND HAVING FUN.

The role of grandparents has evolved over the years, and in 2023, more and more grandparents are choosing to be active, travel, and have fun with their grandchildren. They no longer simply stay at home but embrace a dynamic and enriching lifestyle. In this article, we will explore the concept of active grandparents, their desire to travel and have fun, as well as the benefits it provides both for grandparents and grandchildren.

A NEW GENERATION OF GRANDPARENTS.

Today's grandparents are in great shape and have a youthful and positive attitude towards life. They want to fully enjoy their retirement and share unforgettable moments with their grandchildren. This new generation of active grandparents is ready to explore new horizons, engage in physical activities, travel, and participate in playful adventures.

Traveling with grandchildren creates lasting memories and strengthens family bonds. Active grandparents appreciate the opportunity to discover new places, share cultural experiences, and create moments of bonding with their grandchildren. Whether it's a family getaway or an international adventure, traveling together allows grandparents and grandchildren to connect in a unique way.

Active grandparents don't just settle for traveling; they also seek fun and educational activities to share with their grandchildren. Whether it's engaging in sports, exploring nature, visiting museums, or participating in creative workshops, these activities stimulate curiosity and mutual learning. Grandparents bring their life experience, and grandchildren bring their energy and enthusiasm, creating a positive synergy.

Active grandparents value the freedom of spontaneity in their activities with their grandchildren. They are ready to seize last-minute opportunities, adapt to the interests and needs of their grandchildren, and create moments of spontaneous joy. However, they also understand the importance of proper planning to ensure the safety and comfort of all family members.

Being active grandparents who travel and have fun offers numerous benefits for all parties involved. For grandparents, it allows them to stay young at heart, remain fit, and maintain close bonds with their grandchildren. It exposes them to new experiences, different perspectives, and cultural richness.



Testimonial

ETERNAL TRAVELER: THE INSPIRATION OF THE WOMAN WHO HAS TRAVELED THE WORLD.

Lucienne-Danièle Brunaud

In an era where travel has the power to open our minds and connect us to new cultures and experiences, there are people who have made their lives a perpetual journey. Among them is an extraordinary woman whose name has become synonymous with curiosity, adventure, and discovery: Lucienne-Danièle, the eternal traveler.

Lucienne-Danièle has spent her entire life exploring the world, traversing continents, immersing herself in foreign cultures, and being guided by the call of the unknown. Her love for travel began at a young age when her parents took her on excursions to exotic places. Since then, she has never looked back and has embraced every opportunity to discover new horizons.

Her first major journey was a solo trip through Asia, where she was captivated by the diversity of landscapes, ancient traditions, and warm smiles of the locals. This initial journey ignited a passion that has never waned.

Lucienne-Danièle then embarked on a series of adventures: from South America to Africa, from Europe to Oceania. She lived with nomadic tribes, explored ancient ruins, dove into the deepest oceans, and climbed the most majestic peaks. She has always been thirsty for knowledge and eager for inspiring encounters.

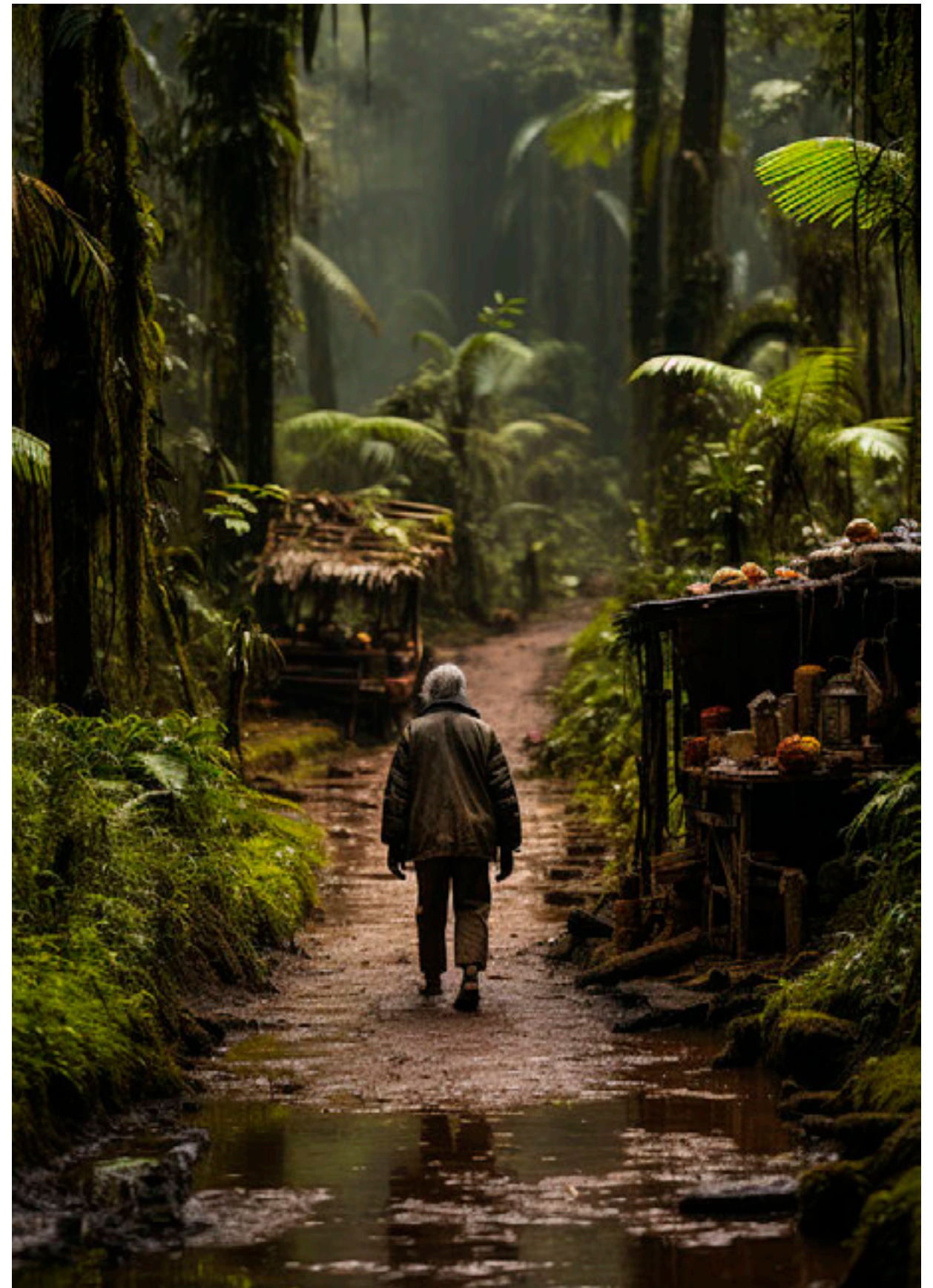


But what makes Lucienne-Danièle even more exceptional is that she found a way to finance her travels by working on the road. She became a renowned writer and photographer, sharing her stories and snapshots through captivating articles and books. Her tales transported readers to distant destinations, evoking envy and wonder.

Beyond geographical borders, Lucienne-Danièle also journeyed through cultures and mindsets. She understood that travel was much more than just physical exploration; it was also an inner journey. She learned to listen, understand, and respect differences while finding profound similarities that unite us as human beings.

Now in her old age, Lucienne-Danièle continues to travel with the same passion and energy. Her journeys have brought her boundless wisdom and deep joy. She has become an inspiration for young travelers, showing them that life is an endless adventure and the world is their playground.

Lucienne-Danièle reminds us that every journey is an opportunity to grow, redefine ourselves, and connect to the world around us. Her stories transport us to distant lands, awaken our curiosity, and rekindle our thirst for adventure.



Fresh Flower Salad

Ingredients:

100g of lamb's lettuce
A mix of edible flowers (pansies, nasturtiums, borage, etc.)
4 radishes, thinly sliced
1 small zucchini, diced
1 small carrot, thinly sliced
30g of shaved Parmesan cheese
A bunch of fresh herbs (parsley, basil, chives, etc.)

Vinaigrette

3 tablespoons of extra virgin olive oil
1 tablespoon of balsamic vinegar
1 teaspoon of honey
Salt and freshly ground black pepper

Instructions

Carefully wash the lamb's lettuce and edible flowers, then gently drain them.

In a large salad bowl, mix the lamb's lettuce, edible flowers, sliced radishes, diced zucchini, and thinly sliced carrots.

Prepare the vinaigrette by mixing olive oil, balsamic vinegar, honey, salt, and pepper in a small bowl. Whisk well until the vinaigrette is smooth.

Pour the vinaigrette over the salad and mix gently to coat all the ingredients.

Add the shaved Parmesan cheese on top of the salad.

Sprinkle some freshly chopped herbs to add an extra touch of flavor.

Serve immediately and enjoy this delicious fresh flower salad, perfect for sunny summer days! You can also accompany this flower salad with toasted bread for a light and refreshing meal. Bon appétit!



Chilled Zucchini Velouté with Aromatic Herbs

Ingredients

3 medium zucchinis, diced
1 small onion, chopped
1 clove of garlic, minced
1 medium potato, peeled and diced
1 leek, white part only, sliced
500 ml of vegetable broth (or water)
200 ml of coconut milk (or coconut cream for a creamier version)
Juice of half a lemon
2 tablespoons of olive oil
Salt and freshly ground black pepper, to taste

For the aromatic herbs (use a mix of the ones you like, for example):

1 small bunch of fresh basil
1 small bunch of fresh parsley
Some fresh mint leaves
Some fresh tarragon leaves

Instructions

In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic, then sauté them until they become translucent and release their aroma.

Add the diced zucchini, potato, and leek to the saucepan. Sauté them for a few minutes until they start to soften slightly.

Pour the vegetable broth into the saucepan. Bring to a boil, then reduce the heat, cover, and let simmer for about 15-20 minutes, until all the vegetables are tender.

Remove the saucepan from the heat and let it cool for a few minutes.

Add the coconut milk (or coconut cream) to the saucepan, then use an immersion blender to blend everything until smooth and creamy.

Add the lemon juice, salt, and black pepper, adjusting to your taste.

Place the velouté in the refrigerator for at least 1 to 2 hours to cool completely.

While the velouté is cooling, prepare the aromatic herbs by finely chopping them.

Once the velouté is well chilled, pour it into individual bowls and generously sprinkle with freshly chopped aromatic herbs.

Serve the chilled zucchini velouté with aromatic herbs as an appetizer or light main course, accompanied by some slices of fresh bread or croutons for added texture.

It's a refreshing and delicious recipe, perfect for hot summer days! Enjoy!



Creamy Strawberry-Mint with Mint Foam and Fresh Strawberries

Ingredients

Creamy Strawberry-Mint

250g fresh strawberries, washed and hulled
150ml heavy cream
100g powdered sugar
3 gelatin leaves
A few fresh mint leaves (approximately 6-8 leaves)

Mint Foam

100ml milk
50ml mint syrup (or more to taste)
1 gelatin leaf

Garnish

Some additional fresh strawberries, diced or thinly sliced
A few fresh mint leaves for decoration

Instructions

First, prepare the creamy strawberry-mint:

Soak the gelatin leaves in a bowl of cold water for about 5 minutes to soften them.

In a saucepan, combine the strawberries, heavy cream, sugar, and mint leaves. Heat over medium heat until the strawberries soften and the sugar dissolves.

Remove from heat and use an immersion blender to blend the mixture until smooth.

Next, remove the gelatin leaves from the water, squeeze out the excess water, then incorporate them into the hot strawberry mixture. Stir well until the gelatin is completely dissolved.

Pour the creamy strawberry-mint into small glasses or bowls and place them in the refrigerator to set for about 2 hours.

While the creamy mixture is setting, prepare the mint foam:

Soak the gelatin leaf in a bowl of cold water for about 5 minutes.

In a saucepan, heat the milk over medium heat without boiling. Add the mint syrup and stir well.

Remove the gelatin leaf from the water, squeeze

it, and incorporate it into the warm milk with mint. Stir until the gelatin is dissolved.

Transfer the mint mixture to a whipped cream dispenser, add a gas cartridge, shake well, and refrigerate the dispenser for at least 1 hour.

Once the creamy strawberry-mint is well set, take it out of the refrigerator.

Also, take out the whipped cream dispenser with the mint foam and shake it gently to mix well.

Decorate the creamy strawberry-mint with fresh diced or sliced strawberries and a few fresh mint leaves.

At the time of serving, layer a dollop of mint foam on top of each glass of creamy strawberry-mint.

Enjoy immediately to savor this delicious, refreshing dessert with the combination of strawberries and mint!

This creamy strawberry-mint recipe with mint foam and fresh strawberries is a burst of fruity and minty flavors, perfect for a refreshing summer treat! Bon appétit!





e-couteurs



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