

2017/2

HEREND HERALD

49.

MAGAZINE OF THE HEREND PORCELAIN MANUFACTORY



HEREND INTERIOR DESIGN

Modern harmony

CURIOSITIES

Shop till you drop

TRAVEL

Life in the white desert

GYÖRI BALETT

BALLET COMPANY
OF GYŐR • HUNGARY



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RESPECTED HEREND HERALD READERS,



HANDS...

The soft, velvety hands of the new born grasp its mother's fingers and a lifelong bond is formed. Later, they reach out to stroke tired, veined hands exhausted by a life of work, as they prepare for a well-earned rest...

Our hands caress and comfort; a firm handshake forms lifelong alliances. We embrace our children with our hands listening to the rhythm of their heartbeat, in which the whole world is enclosed. We shake hands, lend a hand, kiss someone's hand, and ask for a loved one's hand in marriage pledging love to each other till death do us part.

Our hands show character. Palms tell us our destiny, they perspire when we are anxious and we wring our hands with worry. Putting our hands together in prayer we look up to the sky, then part them to share an embrace. With our hands we invite and reject, praise and punish, give and take. Our hands build, create, demolish and destroy.

The work of our hands is worthy of respect. One of the most important Hungarians, Count István Széchenyi, showed his respect by kissing the hands, tired and gnarled by farm work, seated round the table at his end of year festive supper. Hands plant life-giving seeds.

One pair of hands with so many messages. Hands are so much more than what they first appear to be meaning they can never be replaced by computer controlled robots.

CREATIVE HANDS

At Herend the porcelain we make is passed from hand to hand, from the initial blending of the kaolin, feldspar and quartz up to the final brush stroke.

Generations of expertise, knowledge, love and respect of porcelain are passed on through the hands of Herend masters for posterity.

At Herend, hands create objects with value not only for the porcelain maker but also for its future owner. The hands working at Herend take two hundred years of tradition, add 21st century innovative ideas and mold these two elements into elegant porcelain. The hands that work at Herend may change but their creations are everlasting.

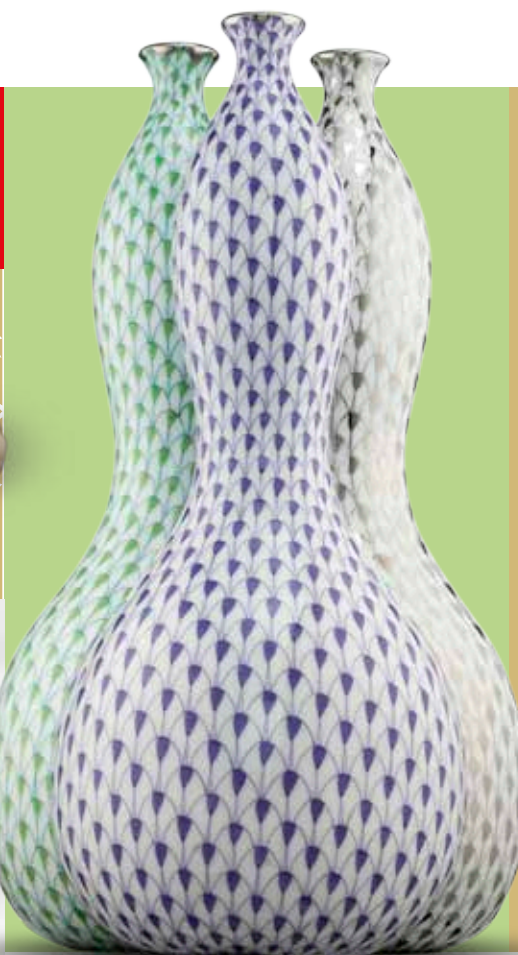
THE CRAFT OF HANDS: HEREND PORCELAIN

Thank you for your kind attention. I trust you will enjoy reading the articles in our magazine.

With warmest wishes,
Dr. Attila Simon
CEO



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HEREND AND THE PHOENIX BIRD

This year the Hungarian Debrecen Flower Festival returned to its roots, using mostly fresh flowers to decorate the participating carriages including half a million dahlias imported from Holland. Fourteen compositions of floral art were on display to delight visitors to the festival. Among them a huge dragon which at 20 metres long

was twice the size of the other floral statues. The main prize was awarded to that familiar symbol of rebirth and new beginnings, a phoenix rising from the ashes. The winner, as in previous years, was rewarded with a Herend prize.

Thanks to the Szentgyörgy family the first Anna ball was held in Balatonfüred in 1825. The family was not only the center of local social life, but also a kind of intellectual hub where the public heavyweights of the Hungarian Reformation period met regularly. This year's winners of the ball were rewarded with Victoria, Rothschild and Apponyi Herend porcelain in a redesigned 21st century version.

THE BELLE OF THE BALL



FANS SURPRISE ALONSO WITH HEREND PORCELAIN

Herend porcelain was present at Hungaroring again this year where Fernando Alonso completed a memorable race on the Formula One track.

Not only did he achieve his best result for McLaren this year, he also celebrated his birthday in Hungary. In honour of the occasion his fans surprised him with a custom-made Herend porcelain goblet.



HEREND TROPHIES AT THE BALATON'S BLUE RIBBON EVENT



The Balaton Blue Ribbon is Europe's oldest and largest yachting regatta, beginning and ending at Balatonfüred. The Balaton's most prominent event takes place over two days testing the participants yachts, endurance and resolve. The boats, equipped with the most up-to-date technology, are put to the test over 160 kilometres. Herend Porcelain Manufactory has for many years supplied the winner's trophy, but regardless of who wins and takes the prize Herend always comes out on top.

LET'S DANCE!

The Savaria International Dance Competition is one of the most traditional dance events in Hungary, and the most significant event in Szombathely.

The first Savaria International Dance Competition was held in 1966. Since then the best dancers from around the world have showcased their talents in Latin and standard ballroom dance in front of a jury of professional judges.

With a history of over five decades, the competition has earned the recognition of professional dance circles putting the town of Szombathely on the international map. As official supplier of prizes Herend Porcelain Manufactory has contributed to this success over the years.



THE FIRST HEREND EXHIBITION IN CROATIA



The 'White Gold- Herend Porcelain for Royal and Aristocratic Feasts' exhibition opened in the Hungarian Cultural Institute in Zagreb. Croatian Prime Minister, Kolinda Grabar-Kitarovic, visited the exhibition to admire the distinguished pieces on display.



WRITING DOWN THE UNWRITABLE

THE HISTORY OF SHEET MUSIC

Even in ancient times efforts were made to portray music in a visual way, but the true breakthrough came with the Frankish King Charles' (768-814) writing reforms, Gregorian chants and efforts to standardise the liturgy.

Did you know?

In 2016 Christie's auction house sold a piece of sheet music hand-written by J.S.Bach for the sum of 3.3 million dollars. According to experts, the BWV 998 composition was written on special paper used for works of art and paintings. Another interesting feature is that there are no visible repairs on the score.



Early sheet music is known as neuma writing (neuma: gesture, movement). It recorded the number of sounds belonging to each musical syllable and details of the melody but not the pitch. Guido of Arezzo (991-1055), was an Italian Benedict monk who developed the four-line staff. The lines allowed exact musical tones and pitch to be recorded.

Since the rhythm of the melody was set by the rhythm of the lyrics, only the tempo was now missing. Meanwhile, in France, Italy and England the representation of square musical notes using a four-line staff called a quadrat notation had spread. The notes now each represented a single sound leading to the present day form of notation. At the same time as the four-line staff was spreading, Gregorian chant was peaking with multi-voice elaborations.

The movement of the melodies had become so varied that it became necessary to record the polyphonic rhythm. The big breakthrough in rhythm representation came in the 13th century with mensural notation, a system developed by Franco of Cologne and Petrus de Cruce. Mensural notation precisely measures numerically musical notes in relation to the other notes and the duration between note values. However, even this system was not able to show the rhythmic connection between the different parts. With the spread of world music, Philippe de Vitry and Johannes de Muris continued to refine the system in the 14th century.

To define the relationship between rhythms a system of symbols to show pauses was developed while a separate system of marks indicated a change of pace.

Initially musical instruments were used as an accompaniment to singing. In future centuries, however, the humanist movement, the Renaissance and the Reformation strongly influenced the spread of instruments necessitating a new form of writing music; this was tablature or the musical score as it is known today. The melody was recorded horizontally and the voices vertically. Musical instruments, in particular stringed instruments, were also noted. Keyboard notes were indicated using numbers, and letters were used to indicate pitch. In order to simplify score writing the square shape of musical notes was changed to oval and by the 17th century the five-line staff replaced the earlier tablature system.

In the past horizontal lines were used to measure pitch and these were now replaced by keys. Different musical genres such as sonata, opera and suite also demanded consideration in the musical world.

The dynamic structure (piano and forte), loudness (crescendo and decrescendo) were indicated by shortening the word and writing the first letter under the horizontal staff lines. Following the invention of the metronome it was possible to note the tempo (andante, allegro, presto etc.) which was written above the staff lines. The format of musical scores has remained largely unchanged since the 18th century.

SHOP TILL YOU DROP

UNUSUAL MARKET HALLS OF EUROPE

Shopping and browsing in one of Europe's many market halls is always an experience. The colourful displays of exotic fruit and vegetables, the unfamiliar aroma of aromatic spices, the smell of freshly baked bread and the variety of seafood all offer a glimpse into how the locals eat and live. If you really want to learn about a country's culture and its people then a trip to the local market is a must.





THE OLD MAN OF BRITAIN

Borough Market sits close to the banks of the River Thames in London. It was first mentioned in writings from the beginning of the 13th century, but there are claims the market has existed since around 1000.

Film buffs might recognize the market from Harry Potter and the Prisoner of Azkaban, and Bridget Jones where it was used as a filming location.



THE MODERN

The Markthal in Rotterdam is one of the town's works of art. The huge archway houses not only a market but also apartments. Glass walls protect the two ends of the tunnel from inclement weather conditions, while the exterior grey granite covering provides excellent balance to the many colourful aluminum murals adorning the interior walls.

Gigantic paintings of vegetables, fish, grains and fruit conjure up the works of Dutch still life painters. In addition to having a decorative function the panels also provide insulation against noise.



THE EXOTIC

The world's largest bazaar is found in Istanbul, Turkey where close to 5,000 shops offer everything from spices to carpets, leather goods, jewelry, and furniture.

Construction of the Grand Bazaar began in the 1400s on the orders of Sultan Mehmed II. Over the years it has been threatened by several destructive fires and earthquakes.

In the past only people with permission from the Sultan were permitted to enter the bazaar after dark. This was also the only place where women from the harem were allowed to visit, naturally under strict chaperone.



THE BEST

The Great Market Hall at Fővám Square is the largest in Budapest.

Designed by architect Samu Pecz it covers an area of 10,000 square metres. The roof is covered by a huge steel structure decorated with distinctive colourful ceramic tiles. The first market manager, Nándor Ziegler, introduced strict guidelines for the stall holders. For example, shouting to attract buyers was forbidden as were whistling and swearing. During World War II, the poultry hall behind the main building was bombed but quickly rebuilt and renovated after the war. Unfortunately, in 1991 the building was considered unsafe and in 1994 underwent a complete renovation restoring it to its original splendor. In 1997 the building was given listed status and in 1999 the Great Market Hall was awarded the most prestigious international architectural prize, the FIABCI Prix d'Excellence award. In 2013 CNN's Travel Europe considered the Great Market Hall the number one market.

AMAZING ORIENTAL CARPETS

Flying magic carpets are the very stuff of childhood imagination. Tales such as One Thousand and One Nights tell of flying carpets with heroes traveling through the sky while fleeing danger. The popularity of these enchanting carpets, as though infused with magic, has soared from their very beginnings.

IT NEEDS TO HAVE SOUL

These popular oriental carpets have been around since the time of nomads who were rich in raw materials, especially wool. At the same time, extreme weather conditions created the need for an everyday household item such as a carpet. These popular floor coverings were never made for selling but without exception for personal use by family and close friends. Though the designs, colours and patterns of these early rugs are not as perfect as the work of later artisans, for the carpet maker every knot was a labour of love, their devotion to the task infused with the wool. For collectors it is these early carpets that are true priceless treasures.



A RIOT OF COLOUR

The most perfect carpets were made in the capable hands of those artists serving the wealthier echelons of society. The materials used in the detailed knotting or weaving of handmade carpets could vary greatly depending on local conditions. As well as wool, cotton, linen, hemp, goat and camel hair were also used. The carpet was typically made up of two main parts; the large central panel called the field and the border framing this. The wealth of shapes and decorative elements were influenced by ethnic diversity, geography and culture. In addition to geometric motifs plant and animal designs were frequently used, imparting a spiritual element to the rugs. A zigzag pattern represented flowing water, the skeleton of a fish represented wealth and health while an hourglass along the border depicted time. Historic monuments and Islamic buildings are also popular themes on the central field. It is the wide range of colours on these carpets that makes them truly oriental, black is rarely used and then only on very small areas. The process of preparing and applying the colours remains a closely guarded secret of the families and workshops involved in the practice.



THEY CONQUERED THE WORLD

Over many centuries oriental carpets have proved to be a major export item. Thousands of this highly saleable item were transported along trade routes to Europe to decorate the houses of the aristocracy and wealthy citizens alike. Checking the quality of a carpet or rug before purchasing is important and one way of doing this is to roll it up. When unrolled a good quality wool carpet will be free of creases with the carpet pile smooth. Thanks to its history Hungary has acquired a large number of oriental carpets and rugs. As a result, the Hungarian Museum of Applied Arts houses the second most important collection of carpets and rugs, after the Museum of Turkish and Islamic Art in Istanbul.





Did you know?

- The Persian carpet is the most well-known oriental carpet, but in fact only a small percentage of carpets belong to this group.
- Up to the middle of the 16th century carmine, a deep red colour, was extracted from the cochineal bug.
- The world's finest and most valuable hand knotted carpets can be found in Hereke, Turkey.



MODERN HARMONY



Minimalism as an art movement is linked to the name Walter Gropius who founded the Bauhaus school in 1919. Minimalism aims to create beauty by bringing together simple shapes with modern materials into a single harmonious effect. Natural materials, subtle shades and large, light-filled spaces are all equally important when designing a minimalist home.

Did you know?

The KonMari method of tidying up was made popular by Japanese organizing consultant Marie Kondo.

The main point of the method is decluttering and addresses how harmful it is to our sense of wellbeing to surround ourselves with unnecessary clutter. The KonMari system covers how to organize and declutter in 12 easy steps.

The ever increasing pace of life, our expanding world and the constraints of time have led to interior design focusing on blocking out the exterior to create interior tranquility.



MINIMALIST MATERIALS

Selecting natural, quality materials sourced locally are important considerations in creating the overall effect. Concrete and stonework, wood and metal furniture, and glass surfaces all create a light, airy feeling.

CLEANLINESS AND ORDER

The typical geometric lines and subtle colour schemes of modern minimalist architecture create a space of functionality, order and calm.

Clearly defined needs during the planning phase bring about clear, open spaces imparting a feeling of tranquility to everyday life.

YOUTHFUL ENERGY

This style is not only modern but also emphasizes the importance of the natural world. Through the use of natural colours a clean, spacious area is created giving a sense of freedom.

Natural light and materials bring harmony and balance to the subtle shapes and simple geometry. A carefully chosen colour, shape or ornament imparts individuality on a sparse, functional, monochrome space.



*Herend Porcelain painting*

THE AMAZING WORLD OF ANIMALS

FROM THE NATURAL
WORLD TO PORCELAIN

One of the most complex and visually pleasing subjects of porcelain art is animals. In its almost 200 year history Herend has decorated its porcelain in countless themes linked to the animal world.

Herend's master porcelain painters have created a unique style developed from a wide range of techniques from stylized ornamental to the natural world.

BUTTERFLIES AND BIRDS

Initial animal representations were traditionally based on butterflies and birds. These two themes have made Herend porcelain world-renowned and internationally recognised. These snapshots from nature were initially represented using pale subtle colours, but as tastes changed so the birds were painted in ever stronger tones and hues. Unsurprisingly, painting birds is often related to landscape painting, as birds are a common background feature of the scenery with plants and stones in the foreground. Another

favourite representation of birds is to paint them on tree branches among the leaves. Later paintings of birds sought to show them in a more natural setting in their normal habitat and in environments typical to the species. Now Herend's magical Rothschild birds no longer adorn the tree branches but instead birds from the woodlands of the Hungarian Bakony Hills: goldfinches, chaffinches, robins, starlings, bullfinches and woodpeckers. The most frequently occurring Herend bird designs are the Lerchenfeld, the Rothschild, the Albrecht and the Oiseaux fond pourpre.



TAMING THE ANIMALS

Painting animals requires a huge amount of research, precision and accuracy from the designer as this will give the finished product its authenticity. Professional porcelain painters face the difficulty of painting designs onto curved surfaces. Decorating a rounded shape poses the most challenging of problems for the artist. This causes a distortion of the vertical lines but there are some tricks of the trade to overcome this problem. The artist's talent in building up the composition and structure of the background detail ensures the finished effect is flawless. Familiarity with the anatomy of the animal as well as using colours as close to the original as possible are both essential. The way to achieve the right colour match is to apply the paint in layers gradually building up the colour to the desired shade. Herend porcelain paint has a thin consistency and applied in layers gives a glassy, opaque finish. When applied the first layers are translucent allowing the colour of the porcelain beneath to shine through. This effect can be cleverly exploited when painting delicate porcelain surfaces.



COMING TO LIFE

Without exception, all the designs on Herend porcelain are hand-painted bearing the imprint not only of the artists' brushes but also their thoughts and imagination. Thus each individual design is unique and distinctive, its style blended with years of Herend tradition. For the artist the aim is always to produce a piece that we take not only into our homes but also our hearts. A piece that gives us joy whenever we look at it, and is something to treasure.



HEREND FOR THE ANIMALS

The first large-scale Herend porcelain exhibition about animals was held in Taiwan in 2014. Images depicting animals from several continents drew attention to endangered species and the excessive overhunting of animals. One of the main exhibits was a picture put together from four porcelain tiles depicting the Serengeti National Park.

Did you know?

The largest Herend porcelain picture depicting animals is an underwater ocean montage made up of 16 tiles and measures 240x160 cms.



THE EYES ARE THE WINDOWS TO THE SOUL

The eyes are one of the most complex of the sensory organs, and their importance goes far beyond that of finding our bearings and gathering information from our surroundings. As the saying goes the eyes are the windows to the soul, but what is it exactly that we see when we look deep into someone's eyes?

Psychologists are the experts in metacommunication but ordinary people with a high level of emotional intelligence can easily read other people's eyes. The eyes are the one organ of communication that give us away if we lie. If they are not genuine, a smile, a few kind words or a hug will all be betrayed by our eyes. The simple act of quickly looking away while we are speaking can indicate a hidden secret behind our words. Our eyes do not only give us away they also have the ability to influence a Kindergarden children have been shown to be much happier and more focused during play when under the watchful eye of their mother.

Under the loving gaze of a partner women have been shown to blush, have an increase in blood pressure and a raised pulse rate. Couples bond and reassure each other of their feelings through loving looks. If a man shows his interest in someone he will indicate this by looking at them openly and directly. If he feels indifference he is more likely to give that person a cursory glance. For women, however, the opposite is true. They are more likely to steal quick looks indicating through furtive glances that this is something more than just a passing interest. When we find ourselves in stressful situations the adrenalin level in the body increases causing our pupils to dilate. A threatening look can make us retreat or it can have the opposite effect encouraging us to take up the challenge. It is a well-known fact that staring into the eyes of a dog can cause it to attack as it perceives this as a sign of aggression.

Did you know?

- The term eagle-eyed is particularly apt. Birds are capable of seeing objects clearly from a distance of 10 metres while for humans this is much closer at one and half metres.
- All babies are born with blue eyes their true eye colour only becomes clear at around the age of six months.

THE EYES OF GOD: THE SUN, THE MOON AND THE STARS

In ancient cultures the representation of the eye indicated the ability to gain higher knowledge, wisdom, and insight. The third eye suggested perception of inner secrets and recognized the relationship between the inner and outer world. The all-seeing eyes of God are often depicted by the sun, the moon and the stars. In the famous Hungarian tale of the star-eyed shepherd the hero uses his wisdom and knowledge of everyday life to help him face challenges and ultimately to win a whole kingdom. A symbol of God's eye enclosed in a triangle, known as the Eye of Providence, also signifies a greater level of awareness and openness towards a higher world. The Latin word *lux* means light and illumination and our light receiving organs, the eyes, bring clarity of vision and intellectuality into the world around us. There are also negative associations with eyes. In many cultures it was believed that an icy stare was particularly harmful to new born babies, children, young animals and even plants. To counter the harmful effects people used lucky charms and talismans such as the Egyptian Eye of Horus to ward off evil.

WHEN THE STARS LEAD THE WAY

HISTORY OF THE MICHELIN STAR

FROM TYRES TO RESTAURANTS

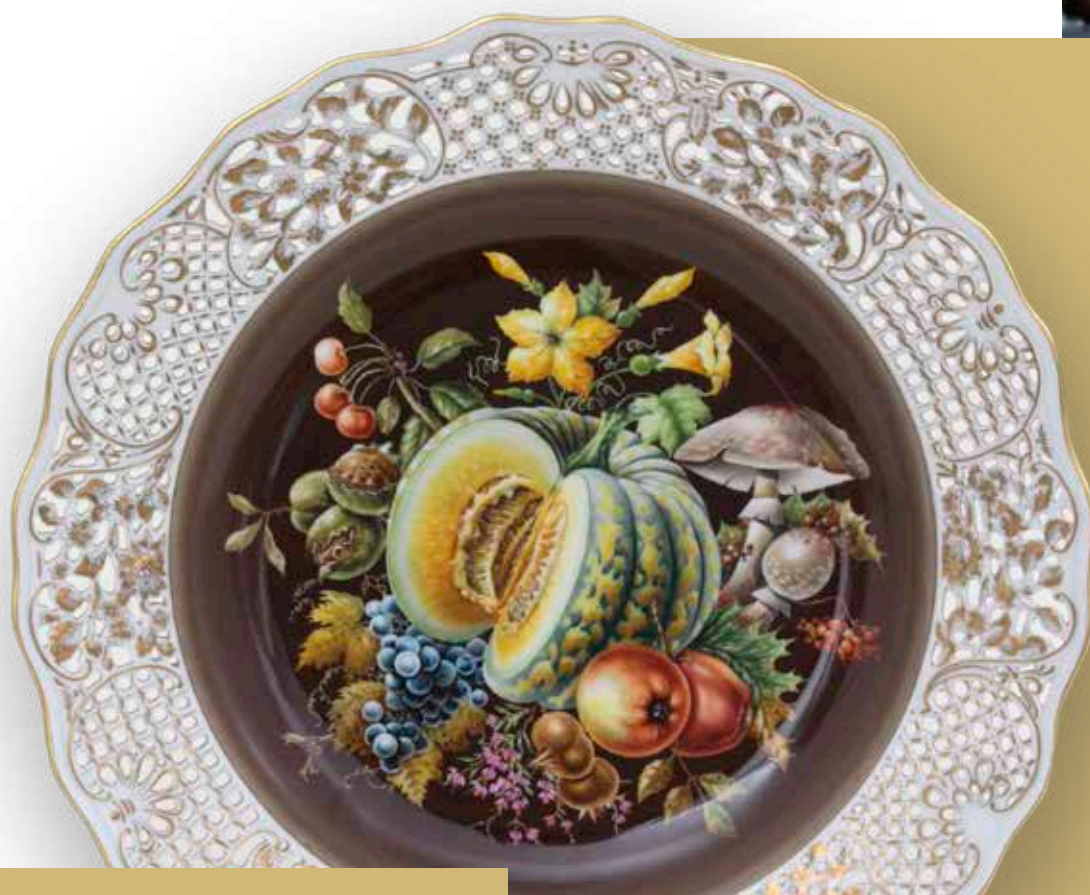
In the 1800s, in an attempt to increase sales of their car tyres, the Michelin brothers produced a map showing restaurants and hotels they believed offered good service. They could never have imagined this would be the start of a whole new business venture. Initially the publication was free, reviewing the restaurants and hotels around Paris. Later the Automobile Club of France and travellers shared their experiences through the book with others. In 1904 the publication went international and was available in six countries among them Italy and the United Kingdom.

In 1919 the cover of the book first appeared in red and included many more countries. In 1926 the system of star rating was introduced, but only one star was awarded to those establishments deemed worthy of a place in the guide book.

In the 1930s the two and three star rating was added with two stars awarded to restaurants considered excellent and worthy of a detour, while a place with three stars is worth a trip in its own right. The book, published annually, is considered a special event in the world of gastronomy.

MYTHS SURROUNDING THE MICHELIN STARS

- The Michelin rating is indicated by stars: The publication uses icons and though they are referred to as stars they more closely resemble flowers.
- Top chefs can also be awarded Michelin stars: The truth is Michelin stars are awarded only to restaurants. Naturally this is also a great honour for the chef who cooks there as the success of the restaurant is in no small part down to the chef. Though international recognition follows and chefs are often referred to as Michelin-starred chefs the award actually goes to the establishment and not the individual.
- Only luxury restaurants are awarded Michelin stars: A restaurant is judged from five aspects one of which is value for money. So, for example, there are street food stalls with Michelin stars not just luxury establishments. The other important point to consider is that these restaurants are usually run by committed professionals for whom quality is paramount, and this is reflected in the prices they charge.



Did you know?

- Budapest has four Michelin-starred restaurants.
- In 2017 a Viennese restaurant was immediately awarded two stars.
- Gordon Ramsey, the famous TV chef, has acquired 16 Michelin stars for various restaurants.
- Out of 54 three-Michelin-starred restaurants worldwide 26 are in France.



EXTRACTS FROM
THE HISTORY OF
LAKE BALATON'S
PASSENGER BOATS

Count István Széchenyi (1791-1860) was an outstanding thinker, an exemplary patron and in many regards ahead of his time.

He promoted the use of steamboats on Lake Balaton and was also a patron for the Kisfaludy steamer launched in 1846.

There was already a boat on Lake Balaton, but until the completion of the southern railway there were no passengers, leaving the boat largely unused.

Following the Compromise of 1867, society became more affluent bringing with it the flourishing of bathing thereby solving the problem of no passengers.

So much so that other boats were put to sail including the sister boats the Kelén and the Helka in 1891, both of which are still in use today. These special vessels with their well-proportioned structure were undoubtedly the most attractive on Lake Balaton.

Because of the increase in traffic diesel powered boats were put to use. They were economical to run and had the advantage of electric lighting.

While the 1927 Csobánc, Szigliget, Csongor and Tünde were built based on classic design principles, in 1938 the Szent István and Szent Miklós were designed along revolutionary new lines where the industrial design of Bauhaus was evident. These latter two vessels became the forerunners of the 1960s waterbuses.

Luckily the Hungarian Sea is fairly shallow so when in 1945, at the start of the Second World War, some of the boats were sunk by bombs or crew members it was possible to recover and rebuild them after the war.

Following World War Two the burgeoning middle classes generated unprecedented numbers of tourists through organised trips. This sudden increase in demand for boating resulted in larger steamboats with upper decks being redirected to Lake Balaton from the Danube.

At first these boats were hastily rebuilt but the designs were too tall making them unstable in certain conditions.

A tragic example of this was the Pajtás which sank on 30 May 1954 on a trip from Siofok resulting in the loss of 27 lives. This fateful event is often referred to as the Hungarian Titanic and sadly considering the level of human error involved this reference is particularly apt.

The Beloianisz designed in 1952 for use on Lake Balaton had similar problems solved by weighting the bottom of the boat followed by reconstruction. With a capacity for 650 people, this became the largest passenger vessel ever on Lake Balaton.

Dusting off an old 1938 design, the manufacture of aluminium bodied waterbuses began in earnest in 1956. They were referred to as buses due to the fact that they were originally built with the passenger area completely covered and were partially opened up only later.

An interesting feature on our largest lake are the catamarans introduced in 1980.

Though aerodynamically and aesthetically they leave something to be desired, they are without doubt the most stable and manoeuvrable vessels on the Hungarian Sea. Their spaciousness also means they are ideal for functions and events.

By 2005 the socialist era big boats were retired though most of the oldest have been preserved, and we can discover these historic technical masterpieces on walks by Lake Balaton.



Did you know?

- The steamer on Herend's Balatonfüred pattern is based on the Kisfaludy.
- Vámos Gyula, the boiler man on the Pajtás, sacrificed his own life when he opened the emergency valve on the ship's boiler to prevent an explosion causing an even bigger tragedy.
- In the history of boating on Lake Balaton two boats have had the same name one after the other on six occasions: Kisfaludy, Kelén, Balaton, Sió, Lelle and Szent Miklós.
- The Helka was used as a cafe on dry land in Balatonfüred between 1980 and 1996.





TRAVEL

LIFE IN THE WHITE DESERT

THE EVERYDAY LIFE OF ESKIMOS IN THE ARCTIC

They live in igloos, hunt polar bears and seals, and use numerous words to distinguish between different types of snow. This largely constitutes what we know about those indigenous peoples who live in one of the bleakest landscapes in the world, the Eskimos. Their culture and customs, however, are far brighter than the austere landscape of the Arctic.

ZSUZSANNA KOVÁCS

Eskimos typically live in treeless, frozen landscapes so their homes, known as igloos, are made of snow. Inside the igloo the temperature is maintained at zero degrees whilst outside it can sink as low as -40.

The floor and walls of the igloo are covered in reindeer skins while in the roof a square polar window of ice is built in.

Navigation in this extreme, white landscape is helped by stone carvings dotted around serving as landmarks. Hunters catch whales, walruses, seals and bears; they require a diet high in fats as over 70% of their daily fat intake is used up. At the centre of Eskimo life is the family; the husband hunts and builds the family home, while the wife prepares meals, works the animal skins and sews. In the past surnames were not used by Eskimos instead a new born child was given the name of a recently passed relative or ancestor. There are many beliefs surrounding childbirth in the Eskimo culture: if the birth is slow to progress this means the house is unclean, and a breech birth is considered to bring bad luck. After the birth new born boys were cleaned with caribou skin while fleece was used on girls. The Eskimos believed that this turned boys into good hunters and would

make the girls attractive. Following the birth a designated person (uaqtit) cleans the child forming a lifelong bond with them, fulfilling the role of godparent throughout the child's life. Franz Boas, anthropologist and linguist, maintained that there were hundreds of words for snow in the Eskimo language. While it is true that their language is extremely rich in this respect, Franz Boas' belief has been questioned as the Eskimos do not have a single unified language. They do, however, differentiate between different types of snow. For example, snow covering the ground (aput), deep soft snow (mauya), swirling snow in a snowstorm (piqtug) and snow suitable for igloo building (iglusag) are just a few of the many examples. If any of the above has piqued your interest in the Arctic and you enjoy extreme hotels then why not try out an ice hotel? Norway, Finland, Sweden and Canada can accommodate holidaymakers looking for luxury accommodation in an igloo, or how about saying your vows in an ice chapel, or marvelling at the Northern Lights from the comfort of your bed? A true speciality is the Swedish Icehotel which melts each spring only to be rebuilt the following winter by 40 creative artists.

Did you know?

The Eskimos were probably the first people to wear sunglasses. In order to protect their eyes from the glaring sun on the snow they shaped glasses out of thin pieces of wood cutting a narrow slit to see through.





ROSE DUCK BREAST

*with
a carnival of flowers,
salad leaves and
lavender essence*

PREPARATION:

Season the duck with salt, pepper and Provence seasoning. Score the duck skin with a sharp knife. Heat a frying pan and sear the duck breast starting with the skin. Transfer the seared duck breast to a 190°C preheated oven and roast for five minutes. Allow the meat to cool then slice thinly. Crush the lavender flowers and leaves with the cider vinegar and a little of the olive oil in a mortar and pestle. Add the remainder of the oil and leave to stand for a few hours then strain. To serve, place the duck breast slices on a plate decorate with salad leaves, sprouts and flowers. Drizzle with the lavender oil and balsamic vinegar.

TO SERVE FOUR

- 400 g marinated duck breast fillet
- edible flowers: lavender, violets, rose, calendula, nasturtium, hibiscus, carnations
- baby spinach, lamb's lettuce, rucçola, yarrow, beetroot sprouts, radish sprouts, pea sprouts
- 1 tsp cider vinegar
- 0.5 dl extra virgin olive oil
- 0.5 dl balsamic vinegar
- salt and pepper, Provence seasoning



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