

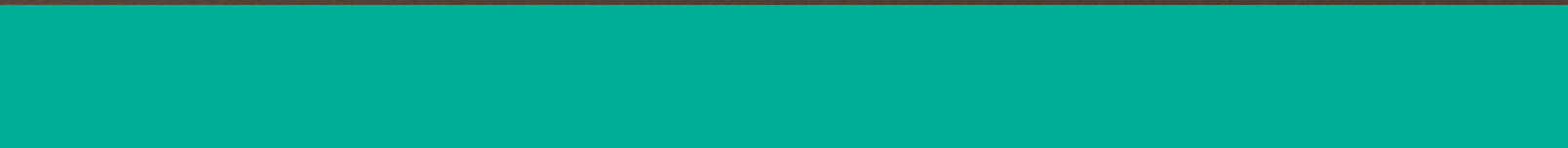


HERALD

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Volume 23 Number 2

DARWIN'S PATAGONIA

IN THIS ISSUE: Byron in Dubrovnik • Asian and Caribbean Fruit • Wines of Portugal





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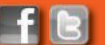


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Contents

seabourn**club**HERALD
Volume 23 Number 2

- 10 A Letter to Club Members
From Richard D. Meadows

Features

- 14 Mediterranean Marquetry
The ancient art of painting with wood.
By Clare Emmett
- 22 Lord Byron's Dubrovnik
This Croatian jewel inspired one of history's literary giants.
By Stephen Grasso
- 30 A Gourmand's Guide to Delectable Fruit
Take a taste of the exotic fruits of South Asia and the Caribbean.
By Caroline Geertz
- 38 The Beagle in the Land of Giants
Darwin's Patagonian adventure shaped our understanding of life on Earth.
By Grant Balfour

Contents

seabournclubHERALD
Volume 23 Number 2

Departments

- 12 **On the Horizon**
The latest news from Seabourn.
- 44 **Cuisines of the World**
A professional chef and longtime foodie shares where to find the best traditional and cutting-edge cuisines Stockholm has to offer.
By *Cole Ruth*
- 50 **Grapes & Grains**
An introduction to the fortified wines of Portugal.
By *Susy Atkins*
- 54 **The Right Stuff**
Fine things to want.
By *Emma Trelles*
- 56 **Well-Being**
The potency and nourishment of seaweed makes it a premier ingredient in everything from toothpaste to cosmetics to spa treatments.
By *Kate Horowitz*
- 60 **See/Hear/Do**
Seabourn suggests how to spend your down time.
By *Emma Trelles*
- 62 **Accolades**
Seabourn staff goes above and beyond.
- 64 **View Finder**
South Georgia Island



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Dear Seabourn Club members,



Welcome to our mid-year and mid-summer issue of *Seabourn Club Herald*. This is a time of year when many of us who live in the Northern Hemisphere take our vacations, and I hope that many of you are taking the opportunity to join one of our Seabourn voyages in Europe this season. We have a lot of news to report in this edition, including the addition of a brand-new category of suite aboard *Seabourn Quest*. These spacious, elegantly appointed suites were added during *Quest's* recent dry dock in May. At that same time, we also added facilities and equipment for transporting, deploying

and retrieving the Zodiac inflatable boats that will play an important part of our upcoming cruises in Antarctica next winter.

Since our last issue, we also received word that the readers of *Travel + Leisure* magazine have again voted Seabourn as the World's Best Small Ship Cruise Line for the fifth consecutive year. This adds to the news that the magazine's readers also awarded us the World's Best Service award for small cruise ships, with the highest score among all cruise lines regardless of ship size. Clearly, many of you were among the readers who gave us these honors, and on behalf of all of us, I thank you for your support for our dedicated shipboard staff, who strive to live up to this honor every day.

Finally, I want to encourage you to look at the voyages we have planned for you during the upcoming fall and winter months. I think it is the most exciting array of cruises we have ever offered, with new voyages visiting Myanmar and Southeast Asia, exotic trips down under to Australia and New Zealand and our most extensive and innovative season of Caribbean offerings ever.

We hope that we may have the pleasure of welcoming you back aboard in the near future.

Sincerely,

A handwritten signature in cursive script that reads "Richard D. Meadows".

Richard D. Meadows

President



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All the Seabourn News That's Fit to Print

TRAVEL + LEISURE AGAIN NAMES SEABOURN 'WORLD'S BEST SMALL SHIP CRUISE LINE' FOR 2013



Seabourn's six intimate, all-suite ships have again been recognized as the "world's best" by the discerning readers of *Travel + Leisure* for the fifth consecutive year. The line's intimate ships and personalized, intuitive attention to detail earned the top spot in the "Small-Ship Cruises" category in the magazine's annual survey of its readers. The new award comes on the heels of a June announcement that Seabourn also earned top honors in the magazine's "World's Best Service" awards for 2013, scoring higher than any other cruise line, regardless of the ship size.

Seabourn carefully selects professionals with previous hospitality experience, particularly with experience working at

other six-star establishments shoreside. Seabourn has one of the highest ratios of crew to guests in the industry, with nearly one staff member per guest.

Seabourn's award-winning service is also due to the company's unique culture, wherein every employee's intention and action is focused on enhancing the guest experience and on constantly working to anticipate and exceed guests' expectations. The hospitality staff is encouraged to add special, thoughtful touches that personalize whatever service is provided and to create "Seabourn Moments" that will surprise and delight the line's guests.



SEABOURN INTRODUCES ELEGANT NEW PENTHOUSE SPA SUITES

Four New Suites aboard *Seabourn Quest* Feature Spa Access, Amenities and Concierge

Seabourn is enhancing its all-suite accommodations with the introduction of Penthouse Spa Suites on its new trio of ships. *Seabourn Quest* emerged from a scheduled dry dock in May, 2013, boasting four new elegant Penthouse Spa Suites located directly above the Spa. Guests access the suites by a spiral staircase in the lobby of the spa and enjoy unlimited access to the spa's Serene Area, as well as spa amenities in the suite itself and the services of a spa concierge during the voyage. The new suites will also be added to *Seabourn Odyssey* and *Seabourn Sojourn* during their next scheduled dry docks.

The Norwegian architecture firm of Yran & Storbraaten — who designed *Seabourn Odyssey*, *Seabourn Sojourn* and *Seabourn Quest* — designed four suites with 516 to 538 sq. ft. (48 – 50 sq. m.) of inside space, with expansive private verandas of 172 sq. ft. (16 sq. m.) and views over the ship's stern and the sea. The suites all feature a living and a dining area with seating for four, a separate bedroom, walk-in closet, glass door and floor-to-ceiling windows onto the veranda, a bathroom with a tub and special spa shower and two flat-screen TVs.

Along with the guests' personal beverage preferences, a second in-suite bar will also be fully stocked with flavored water and fruit juices and a selection of mixed nuts, dried fruits and healthy snacks. Guests can choose a calming fragrance, from a selection of four by L'Occitane, to be diffused throughout the suite during the evening turndown. Relaxing, soothing spa music will also be available as a background soundtrack in the suite. The bathrooms will feature a new menu of Molton Brown specialty spa products, such as exfoliating body wash and polish and thermal salts body soak, in addition to the company's high end line of bath products that are currently available in every suite. Upon arrival, guests will be invited to select from a menu of luxurious bath sponges, as well as designer soaps by Hermes, L'Occitane, Baudelaire and Salvatore Ferragamo.

A Spa Concierge will assist guests with reservations for their personalized treatment regimes throughout their stay on board. Guests will have daily access to the spa's Serene Area, which features heated lounges, an aroma steam bath with salt inhalation and an herbal bath. The Serene Area aboard *Seabourn Quest* features a Kneipp Walk Pool, which provides holistic, water therapy treatment and healing remedies designed to enhance circulation.





Mediterranean Marquetry

The Ancient Art
of Painting with Wood.

By Clare Emmett

Whether in an Italian cathedral, a Côte d'Azur antique emporium or an elite fashion house, the Mediterranean beauty of marquetry is a stunning display of precision and inspiration. But what exactly comprises this ancient decorative craft, one that transforms wood, marble and other natural materials into enduring works of art?

Marquetry is the art of creating designs by laying thin sections of material onto the surface of an object. Most marquetry is crafted from wood: veneers sliced from deep black ebony, warm reddish rosewood, light blond pine and other lovely timbers are delicately cut and shaped to form parts of an image, fitting together seamlessly into patterns and pictorial designs.

Cattedrale dei Santi Filippo e Giacomo, Sorrento, Italy.



Louis XIV bronze ebony jewelry cabinet c. 1685

Other materials also may be used, such as slivers of colored marble, precious and semiprecious stones, gleaming bronze and pale ivory. Dyed straw is sometimes used as well, typically for very small items, and wood veneers may also be dyed or stained. While this allows for a greater range of colors, purists prefer to rely on the natural hues of the woods themselves.

Marquetry is distinct from other art forms such as mosaic work, where designs are built up using uniformly or randomly sized elements. It is also not precisely the same as inlay work or intarsia, where a hollow space is carved out in a solid ground and the decorative material slotted or pressed into place.

In marquetry, every area of a particular color — whether it's the petal of a flower, the scale of a fish, the shadow thrown by a romantic ruin or a fold of a noblewoman's gown — is made from a single section of veneer. Each piece is trimmed and shaped so that it fits exactly into place next to its neighbors. All the individual veneer sections are glued to a solid substrate, such as a piece of wood or the surface of an item of furniture. In some pieces, there is no trace of a gap or seam between different pieces of veneer; the images appear to have been painted with wood or stone.

VENERABLE ORIGINS

Marquetry is one of the most ancient of all decorative crafts, with origins in the Middle East. The earliest-known example is “The Standard of Ur,” a lavishly decorated chest featuring designs in ivory and blue stone. Unearthed in what was once the city of Ur in Mesopotamia, it dates back to around 2600 B.C.

The Pharaohs of ancient Egypt ornamented their furniture with veneers cut from rare woods and precious stone. Homer mentions the use of decorative inlaying in *The Odyssey*, while the writer and philosopher Pliny the Elder describes Roman marquetry more than 2,000 years ago. In the 11th century, marquetry began to be used to decorate ecclesiastical furnishings in the city of Sienna.

THE RENAISSANCE

Marquetry as we now know it, however, is very much a product of the European Renaissance. In the 16th century, Florence was a bustling city-state, famed for the quality of the work created by the many talented artisans who made “*la Firenze*” their home. In particular, Florence was noted for a type of stonework known as *opere di commessi* or *pietra dura*. These gorgeously colored works were chipped out of hard stone: obsidian, lapis lazuli and marble of many different hues and shades. Marquetry using wood veneers was influenced by, and has elaborated upon, these techniques.

The art of wood veneer marquetry spread from Italy and throughout the Mediterranean region, reaching France before being adopted by craftsmen in other parts of Europe. Artisans such as André Charles Boulle crafted furniture for Louis XIV, further expanding upon existing styles to create ever-more fabulous confections of wood and brass. Such work inspired England's Thomas Chippendale and Germany's David Roentgen.





CENTERS OF EXCELLENCE

Italy, meanwhile, continued to advance in marquetry and inlaid work. The furniture museum in Milan's Sforza Castle displays some especially fine examples, including the work of master craftsman Giuseppe Maggiolini. Certain towns and cities became known as centers of excellence, developing unique styles. Perhaps the most famous among connoisseurs of fine craftsmanship is the town of Sorrento.

Nestled in the hills above the Bay of Naples, this little southern Italian town is home to a detailed style of marquetry known as "Sorrento ware." To this day, local craftsmen still practice their traditional arts; the city is a thriving hub for trade in both antique and modern marquetry. Examples range from delicate miniature pieces to the large and ambitious works found in some of the town's interiors.

Marquetry is everywhere in Sorrento: in the museums, antique stores and markets, in boutiques and galleries and even in Sorrento Cathedral. The restrained and modest exterior of the cathedral — *Il Duomo*, as it's known — gives little clue to the lavish decoration within. There is much for the visitor

to marvel at, from the rich tints of the painted stucco dome over the choir to the carved stone friezes along the walls. However, the cathedral is most admired for the many splendid marquetry panels, with classic examples of Sorrento work depicting religious themes in the most exquisite detail.

Another popular destination for travelers to Sorrento is the *Museo-Bottega della Tarsia Ligneata*. Located in a patrician palace in the historic heart of Sorrento, this unique establishment is both a museum and a store dedicated to marquetry and other wood crafts. The *Museo* houses a wealth of 19th-century items embellished with beautiful marquetry decoration, from furniture to ornaments and trinkets.

In the *Bottega* section, those who can't resist the appeal of wood veneer can take home a little bit of marquetry magic: a signed piece from the Alessandro Fiorentino Collection. The Collection includes both furniture and home accessories — large items such as screens, doors and *boiserie* and detail pieces like desk folders, bookends and picture frames, all lush with glorious wood veneer marquetry in stunning 20th- and 21st-century designs.

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HERE AND NOW

Despite its ancient roots, marquetry is still developing today. Some modern artisans prefer the discipline of using tools and techniques favored by their 18th-century forefathers. Others, such as Georges Vriz, embrace the latest in technology, using computer-aided design to develop their ideas, then cutting and shaping the veneers with lasers. Other new techniques include fusion, also known as “piercing.” In fusion work, two veneers of different colors are layered on top of one another; then, parts of the top veneer are carefully sanded away until the lower one begins to show through. This allows the creation of very delicate shaded effects.

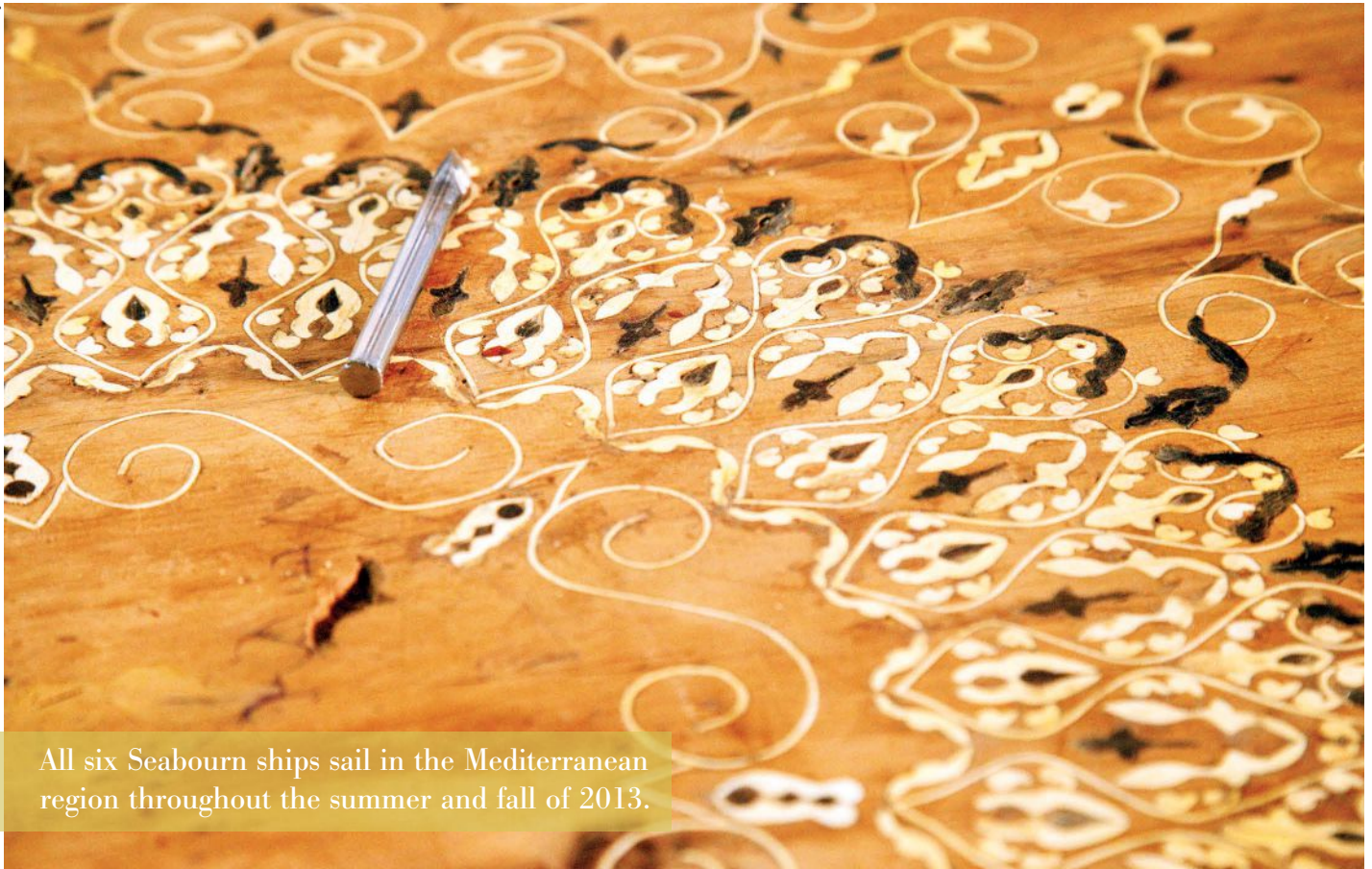
Along with traditional natural materials, modern practitioners may also use man-made substances such as plastics, and artists now have access to new dyes and stains that won't fade with the passage of time. Modern processes allow previously unsuitable materials, such as seaweed, to be incorporated into the work.

Modern marquetry isn't limited to wall panels or furnishings. Today's artists also use marquetry in jewelry and other personal adornments, including watch faces. One example is the work of master inlayer Jérôme Boutteçon, a specialist in high definition marquetry from the Doubs region of France.

Boutteçon has used wood veneers to create, among many other remarkable projects, extremely intricate watch faces for some of the most famous names in haute couture, including Cartier and Chopard. Boutteçon's watch designs use very small sections of veneer to build up images which are almost photographic in quality. A single watch face may incorporate hundreds, even thousands of veneer pieces.

Although scores of centuries separate the craftsmen of Ur from the artists of modern Europe, it is clear that marquetry is an art equally valued across the centuries by those knowledgeable of the craft as well as newcomers seeking to learn more about its many guises.

Kumar Sriskandan/Alamy



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Lord Byron's Dubrovnik

This Croatian jewel
inspired one of history's
literary giants.

By Stephen Grasso

The English poet Lord Byron is famously said to have described Dubrovnik as the “Pearl of the Adriatic.” A seasoned traveler, Byron first embarked on an epic Grand Tour of the Mediterranean and the Balkans between 1809 and 1811. Destitute from his gambling debts, the young nobleman borrowed a sum of £4,800 from Regency dandy Scrope Davies to finance the trip – and, accompanied by his friend John Hobhouse and his valet William Fletcher, he set off at the age of 21 in search of adventure.

Coastal resort old city of Dubrovnik, Croatia

It's easy to imagine Byron entering the city through one of its four ancient gates or crossing the drawbridge that was once raised every night for protection.

The Grand Tour was a fad of the day among the aristocracy, an opportunity for young noblemen to see some of the world and broaden their horizons. France, Italy, Germany and Vienna were the typical destinations for such a jaunt, but due to the Napoleonic wars, Byron instead ventured off the beaten track on a journey that took him to the more far-flung destinations of Portugal, Greece and Spain and across the Aegean Sea as far as Turkey.

A literary unknown when he left England, Byron wrote the manuscript for *Childe Harold's Pilgrimage* while on his journey. The novel-length poem, inspired by the sights and sounds of exotic locales, was an instant hit upon publication, and Byron became a celebrity overnight. His sudden success and the public interest that surrounded his bad-boy persona gave him an unprecedented level of fame. The dashing young poet became like a modern rock star, and his scandalous behavior earned him the epithet “mad, bad and dangerous to know.”





Lord George Gordon Byron

De Agostini/SupersStock

During his time abroad, Byron completed his major literary opus *Don Juan*, started a short-lived newspaper called *The Liberal* with fellow-Romantic poet-in-exile Percy Bysshe Shelley and fought in the Greek War of Independence against the Ottoman Empire. Dubrovnik was liberated from the French in 1814 by British and Austrian troops, and the city came under Austrian rule. This is when Byron would have finally strolled under the red-tiled roofs and peered over the imposing walls of Dubrovnik, the ancient port city that inspired his famously flattering description.

Lord Byron would have known the “Pearl of the Adriatic” by another name, however. The Croatian name Dubrovnik had been in use since the Middle Ages but did not become the official name for the city until 1918, after the fall of Austria-Hungary and the incorporation of the region into Yugoslavia. In Byron’s day, the city was more commonly known by its historic title of Ragusa.

For centuries, Ragusa functioned as the doorway between Europe and the east and Baltic region, functioning as a center of trade in metals, spices, salt and cinnabar. It was a progressive city-state and an early adopter of many modern laws and institutions that set it ahead of its time. Ragusa introduced a medical service in 1301 and an almshouse for the poor in 1347, abolished slavery in 1418 and built an orphanage in 1432 and a water supply system in 1436.

Following a catastrophic earthquake in 1677, only the Sponza Palace and the Rector’s Palace survived of the original medieval city, and the republic was greatly weakened as a result. Proud residents restored the city in the aftermath of the disaster, building the inspirational Baroque center that still stands today. These are the streets that Byron would have walked on his visit to Ragusa, and their stunning architectural significance has been recognized by UNESCO and placed on its list of World Heritage Sites.

The most immediately striking element of Dubrovnik’s architecture is its intact medieval walls. Encompassing the city and dotted with fortresses, they are widely considered to be the most effective fortifications of their period. The walls were never breached by an invading army during the Middle Ages and even held up against a 15-month-long siege by the

Steve Vidler/Stock Photo

Sponza Palace and Bell Tower, Old City





Celebrating Saint Vlaho, Dubrovnik protector

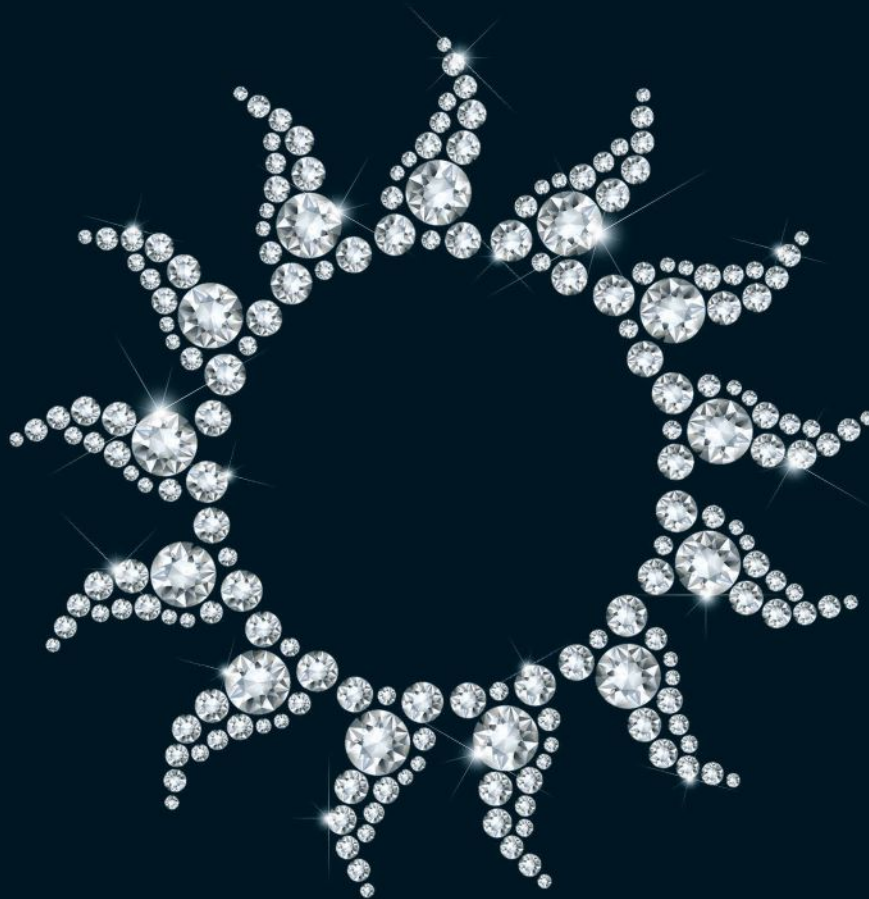
Saracens. The evocative ramparts have been used as a backdrop for many films and dramas, with the city notably standing in for the fictional King's Landing in HBO's *Game of Thrones*.

It's easy to imagine Byron entering the city through one of its four ancient gates or crossing the drawbridge that was once raised every night for protection. He is one among many historic personages to have passed under the fortifications over the centuries.

Never a man to miss an interesting party, Byron could well have timed his visit to coincide with the annual festival of St. Blaise, the patron saint of the city, whose image depicts him carrying a miniature walled Dubrovnik in his hands. Celebrated since A.D. 972, the festivities begin at Candlemas — February 2 — with the release of white doves as a symbol of enduring freedom and liberty, virtues close to the wild heart of a Romantic poet like Byron.

There follows a majestic procession where holy relics from the Dubrovnik Cathedral are paraded through the streets, relics that purportedly include the saint's jewel-encrusted skull, the bones of his hands and a piece of throat bone, along with what the city claims is the loincloth worn by Christ on the cross. At the end of the parade, elaborate banners are unfurled in front of the 18th-century Baroque church dedicated to St. Blaise, and priests perform a throat-blessing ceremony in which crossed candles are lit throughout the day for visitors to the church. The saint is believed to have a special influence over throats, interceding to cure throat illness and to dislodge fish bones caught there.

The festival of St. Blaise is not only a religious observance, however, as it coincides with City of Dubrovnik Day, when the



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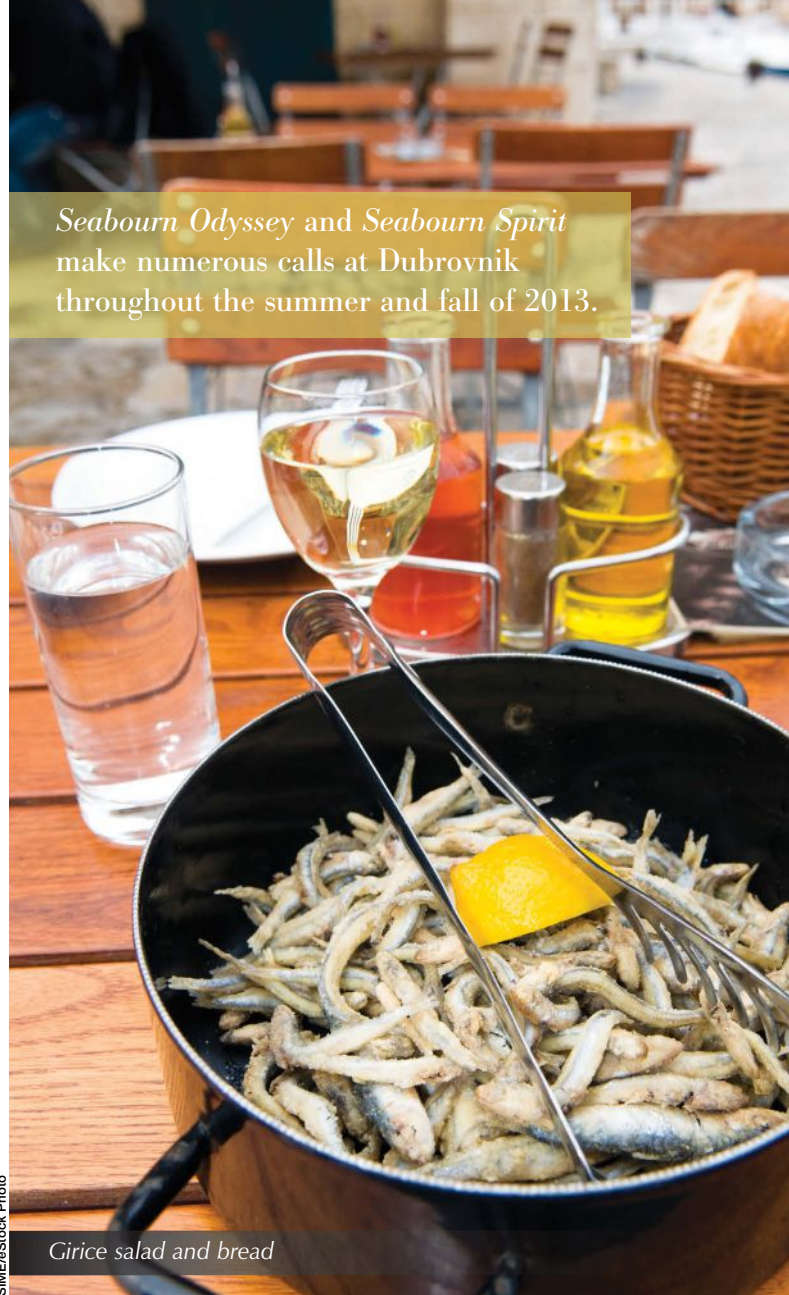
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streets are packed with various secular events and entertainments. The roof terrace of Fort Revelin, at the eastern entrance to the city, serves as a stage for ballet, folk ensembles and other musicians, and it is here that the Candlemas Dinner is served — including the local delicacies of sporchi macaroni and doughnuts.

As an accomplished swimmer, Byron would not have missed an opportunity to swim in the Adriatic from one of Dubrovnik's many stunning beaches. The poet helped to popularize the sport of open-water swimming, following his epic swim across the Hellespont Strait from Europe to Asia in 1810 — an event which is recreated every year in his honor.

According to Greek legend, Leander swam across the strait every night to meet with his lover Hero, and Byron completed



Girice salad and bread



Farmers Market, Old City, Dubrovnik

the swim to prove that the story was possible. Only two other people were said to have performed the feat before Byron, and he immortalized his accomplishment in a poem. The Adriatic is known to be the bluest point on the Earth that can be seen from space, its clear and unpolluted waters an irresistible temptation for swimmers ancient and modern. The poet could well have swum out to the nearby Isle of Lokrum, also known as the island of love, for a secret liaison with a paramour in one of its many romantic sheltered coves.

For the modern visitor to Dubrovnik, it is easy to be transported to the ornate and extravagant city that Byron experienced, the incomparable “Pearl of the Adriatic,” and be just as enchanted as he was by its poetry and indelible beauty.



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A Gourmand's Guide to Delectable Fruit

Here's a taste of the
exotic fruits of South Asia
and the Caribbean.

By Caroline Geertz

Tropical fruits have a long seafaring history. Columbus brought pineapples from Guadeloupe home to Europe. Cortés found tomatoes in Montezuma's garden. And British sailors have been called limeys as far back as the 1850s because the Royal Navy added lime to their daily grog to prevent scurvy. Here are a few varieties of fruit that have circled the globe and found their homes in markets where the temperatures swing between balmy and sizzling.

ACKEE. Its scientific name (*Blighia sapida*) honors Captain Bligh, who brought the fruit from Jamaica to the Royal Botanical Garden in Kew, England, in 1793. Prominent in Caribbean cuisine, ackee is originally from West Africa and probably came to Jamaica on a slave ship. When the fruit is unripe, it's toxic. Wait for the pods to turn reddish and open naturally. Only the yellow arils, which surround the poisonous black seeds, are edible.

BREADFRUIT. As ancient Polynesians sailed and paddled their canoes around the Pacific, they brought breadfruit with them. Their Indonesian cousins spread the highly productive fruit trees along the Southeast Asian coast. In 1787, Captain Bligh and the *HMS Bounty* went to Tahiti to collect, pot and transport 1,000 trees to the colonies in the Caribbean, and after a mutiny and four years of delay, the breadfruit trees arrived at St. Helena, St. Vincent, and Jamaica.

CARAMBOLA. Before crunchy carambola became a star-shaped garnish on your umbrella drink, the Malaysian fruit with a Spanish name was discovered in India by Portuguese sailors. Also known as star fruit, carambola has more than 20 other names: *belimbing manis* in Malaysia, five corner in Australia, *pepino de la India* in El Salvador, five finger in Guyana, coolie tamarind in Trinidad and *tamarindo chino* in Venezuela. Some describe its shape while others hint at its route around the globe.

DRAGON FRUIT or PITAYA. Growing from several different night-blooming cacti, this fruit is usually dark red, although sometimes pink or yellow, and covered in scales. Originally from dry regions of Mexico and Central and South America, the mild, sweet fruit is believed to have been brought to Vietnam by the French and to Taiwan by the Dutch.

DURIAN. In Southeast Asia, where it is popular, durian is known as the king of fruits (for its large size and delicious flavor). It's covered in spikes, can weigh up to 7 pounds and is equally famous for its delicacy on the tongue and pungency on the nose. Durian tastes like fine crème brûlée or a rich, almondy custard and smells — well, let's just say so bad that it's banned from hotels, hospitals, and public transportation.



DRAGON FRUIT



DURIAN

L to R: Photocuisine/Alamy, Joshua McCullough/Getty Images, Keith Leighton/Alamy

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BREADFRUIT



MANGOSTEEN



ACKEE



CARAMBOLA

ZAPOTE MAMEY



Bon Appetit/Alamy



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PASSION FRUIT

MANGOSTEEN. Legend has it that Queen Victoria offered a knighthood to whomever could bring her a ripe mangosteen. No one succeeded. Today, Dr. Oz recommends eating this “queen of fruits” because it is chock full of vitamins A and C and cancer-fighting antioxidants. Mangosteen (no relation to mango) is as delicious as it is nutritious. Some describe it as a combination of lychee, peach and clementines. And famed botanist David Fairchild said: “It is so delicate that it melts in the mouth like ice cream. The flavor is quite indescribably delicious. There is nothing to mar the perfection of this fruit, unless it be that the juice from the rind forms an indelible stain on a white napkin.”

PASSION FRUIT. Native to South America, the vine’s showy flowers were used by 15th- and 16th-century Spanish missionaries to tell the story of the passion of Christ because the wiry filaments look like a crown of thorns. The 10 petals and sepals represent the apostles at the crucifixion, the five anthers the wounds and the three stigmas the nails. The yellow or purple shell covers a juicy, pip-filled interior. Cut the lemon-sized fruit in half and use a spoon to scoop out the sinfully tart contents.

ZAPOTE MAMEY or MAMEY ZAPOTE. Many unrelated fruits indigenous to Central and South America are called *zapote* (although in the U.S. they are referred to as “sapote”). The name comes from the Aztec word *tzapotl*, a general term for soft, sweet fruit. Interestingly enough, history books credit one of the most popular, *mamey zapote*, with sustaining Hernán Cortés and his army of conquistadors on their march from Mexico City to Honduras. These fruits have traveled far from home, hitching a ride with, and nourishing, Portuguese navigators, Spanish conquistadors, English explorers, Dutch traders and countless sailors.



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– Diego Galante



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The Beagle in the Land of Giants

Darwin's Patagonian
adventure shaped our
understanding of life
on Earth.

By Grant Balfour

“The plains of Patagonia are boundless, for they are scarcely passable, and hence unknown: they bear the stamp of having lasted, as they are now, for ages, and there appears no limit to their duration through future time. If, as the ancients supposed, the flat earth was surrounded by an impassable breadth of water, or by deserts heated to an intolerable excess, who would not look at these last boundaries to man's knowledge with deep but ill-defined sensations?”

- Charles Darwin, *The Voyage of the Beagle*

Osorno Volcano, Chile

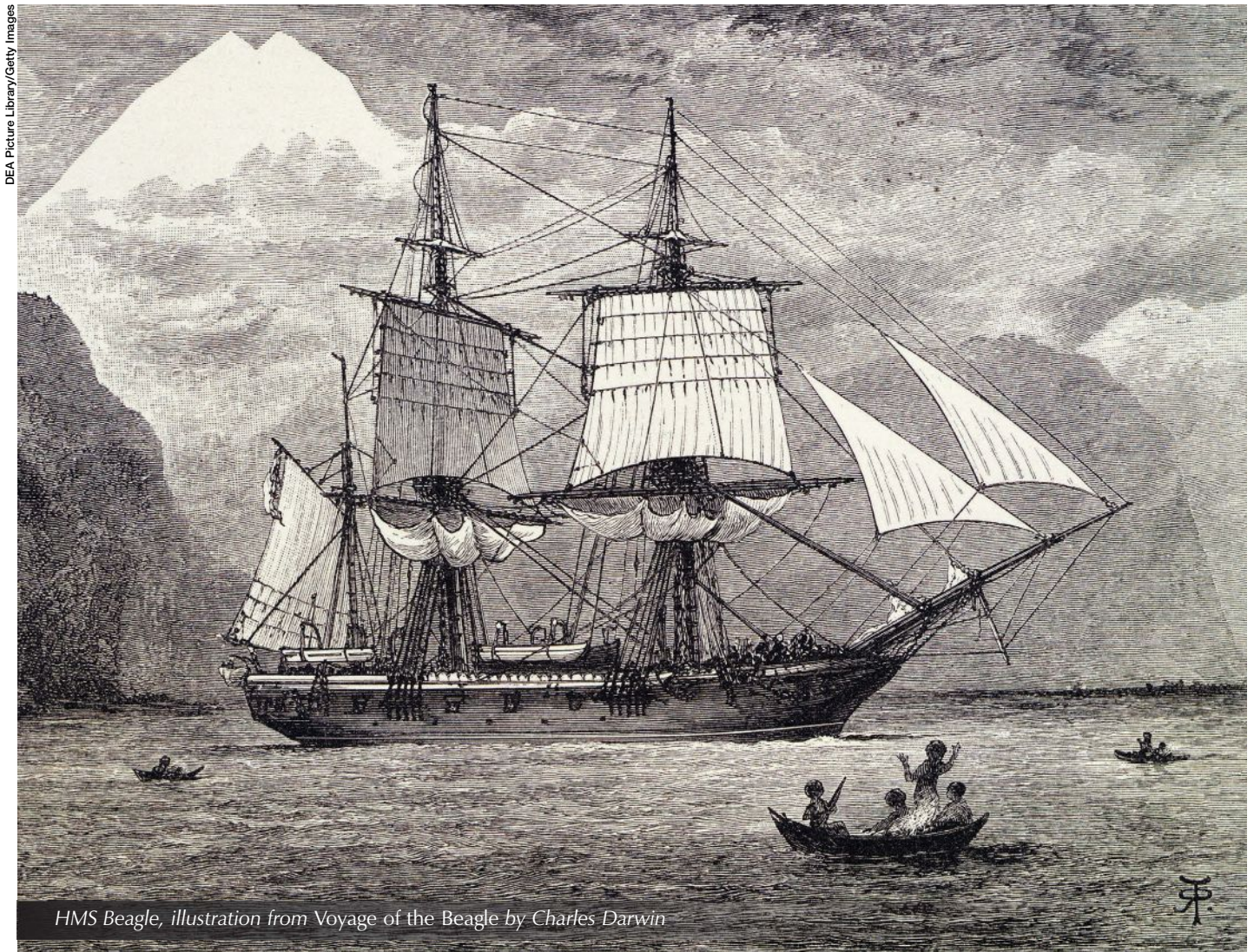


History's most unusual Olympic Games unfolded on Christmas Day, 1833, at Puerto Deseado, Argentina, a place sailors knew as "Point Desire." One eyewitness account has been handed down through the years:

"After dining in the Gun-room, the officers & almost every man in the ship went on shore. — The Captain distributed prizes to the best runners, leapers, wrestlers. — These Olympic games were very amusing; it was quite delightful to see with what school-boy eagerness the seamen enjoyed them: old men with long beards & young men without any were playing like so many children — certainly a much better way of passing Christmas day than the usual one, of every seaman getting as drunk as he possibly can."

As you might guess, there's nothing particularly noteworthy about the athletic achievements of this makeshift Olympiad. It's the person writing about them who is memorable. This record comes to us courtesy of a bookish 24-year-old who, before settling down to a respectable life as an English parson, had chosen to go abroad and see a bit of the world. His name was Charles Darwin, and his hard-drinking shipmates were the crew of *H.M.S. Beagle*.

We generally remember Darwin today as a venerable freethinker with weary eyes peering over his expansive beard — but that was many long years (and many heated debates) after his globe-trotting adventure. Back in 1833, his memories of medical school were still fresh. He'd dropped out in his second year. The lectures were boring and the blood was disturbing.



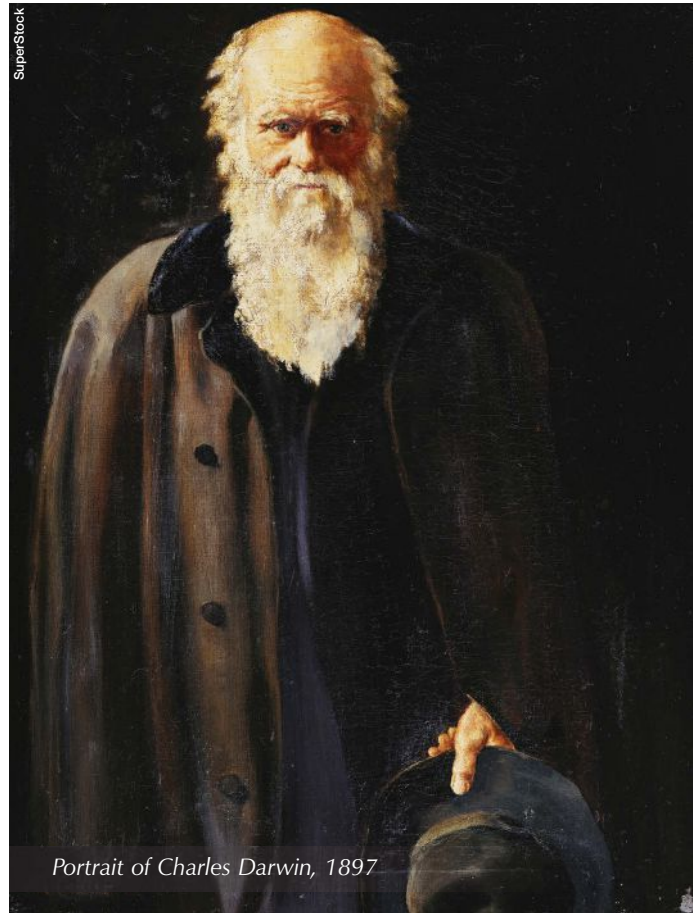
However, the University of Edinburgh museum had a decent collection of weird animals, and Darwin wound up learning one vital skill — taxidermy — from a teacher named John Edmonstone, a freed slave from Guyana. They'd spend hours together in Edmonstone's sawdust-strewn studio, stitching together specimens and telling tales about life in the tropics. The stories ignited Darwin's desire to travel. The skill (along with a semester of botany and a crash course in field geology) won him a position as naturalist aboard *Beagle*.

The 90-foot barque set out from Plymouth, England, on December 27, 1831, to survey Patagonia and Tierra del Fuego before exploring the Pacific Coast of South America. Captain Robert FitzRoy used Montevideo as a supply center while ranging up and down the Patagonian coast, occasionally sending his young naturalist on expeditions miles inland. The land was not entirely tamed. During *Beagle's* second stop in Montevideo, local officials asked the crew to come ashore for a while and stay in the city garrison — at least until real soldiers could arrive to suppress a revolution.

"I was told by the principal persons whose lives and property were threatened that the presence of those seamen certainly prevented bloodshed," Darwin wrote.

Outside the cities, though, Patagonia was a naturalist's paradise. The region's name comes from the Spanish word *patagon*, meaning "big-footed." Nowadays, scholars think the name came from the relatively tall stature of the people living here when Magellan first arrived. (The native Tehuelches averaged 5-foot-11 in height, towering over the 5-foot-1 European sailors.) But the name would apply equally well to the even older occupants that Darwin kept digging up.

Captain FitzRoy complained of the "useless junk" his young naturalist insisted on bringing on board. What looked like strange, twisted clods of earth turned out to be fossilized remains of bizarre, huge creatures. Darwin's collection of prehistoric Patagonians included armadillos the size of hansom cabs and sloths as large as elephants. How did such monsters come to be? And whatever happened to them?



Darwin had time to puzzle over these questions in March 1833, when the *Beagle* anchored at the Falkland Islands. Here, in this newly British territory, Darwin found even more fossils, similar but not identical to the remains he'd unearthed on the mainland. Why were the old bones of the Falklands not exactly like the ones he'd found in Tierra del Fuego or on the high plains outside Buenos Aires? In fact, all the stones of his collection were curious. They showed a jumble of different types of rock and fossils mixed together into conglomerates.

The following year, Darwin had an opportunity to preview one possible explanation for these monsters' sudden disappearance. Anchored at Chiloe Island, the *Beagle* crew watched Mount Osorno start to billow a vast plume of smoke into the Chilean sky. A short time later, the town of Valdivia, near Concepcion, was struck by a devastating earthquake. This was apparently a part of the world in which the earth could make abrupt, dramatic changes.

But studying his growing fossil collection, Darwin remained perplexed. The conglomerated rocks of his collection all appeared to have been laid down gently — not by volcanic eruptions like the one at Mount Osorno, but by the gradual, ceaseless motion of water. Even stranger, some of the remnants of land-living creatures were nestled under a layer of seashells.

“The remains at Punta Alta were embedded in stratified gravel and reddish mud, just such as the sea might now wash up on a shallow bank,” Darwin wrote.

For 19th-century science, this was heady stuff. No one was really sure how old fossils were or how they came to be embedded in layers of stone, but it seemed like sudden, violent cataclysms had more to do with it than rising tides. Maybe these life forms changed much more gradually than anyone thought....

For Charles Darwin, ship’s philosopher, this was great fun. His excursion from Buenos Aires to Punta Alta and then up the Rio Negro seemed to be a highlight of his five-year voyage. He rode along with gauchos past teeming flocks of guanacos. He smoked cigars. He watched the cowboys of the pampas hunt “ostriches” (actually rheas) with their bolas. There, on the high plains, Darwin sat by the fire and ate fresh-roasted armadillos.

Their bones must have set his mind working — so small, yet so like the gigantic fossils of prehistoric armadillo ancestors embedded in the high stone faces overlooking the black river. It was here, under the open Patagonian skies, that the would-be parson began piecing together how they could be related, how one animal transformed into another.

How life evolved.

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Torres del Paine National Park, Patagonia, Chile

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Plate to Plate

A professional chef and longtime foodie shares where to find the best traditional and cutting-edge cuisines Stockholm has to offer.

By Cole Ruth

When I think of Sweden, I am transported to a world where forests overflow with wild chanterelle mushrooms, and cloudberry ripen to sweet perfection under the midnight sun, where reindeer graze on Arctic pastures and fishing towns pack and ship more pickled herring than anywhere else in the world.

None of this is hyperbole. Indeed, it is what makes the capital city of Stockholm such an exciting place to eat. For starters, a Swedish breakfast is rarely sweet or hot. Swedes like to start their days with cold cuts and brown bread or yogurt and fruit. Most hotels put out a spread at breakfast that covers all the bases and often includes Swedish cheeses like Västerbotten and *prästost*.

Desserts from Chokladkoppen Cafe

Cuisines of the World

At 10:30 a.m. it's time for *fika* — a coffee break. At Sturekatten you can get a cup of thick, dark coffee and eat a sweet pastry while nestled in a cozy chair in a building from the 1700s. Look for the more unusual bun with coarsely ground cardamom instead of cinnamon. The Sturekatten is also the best place to get *semlor*, cardamom-flavored buns stuffed with almond paste and topped with fresh whipped cream. Although usually reserved only for the Lenten season, you can sometimes stumble upon a cafe or bakery that makes them year-round.

Even when I'm visiting and have no reason to go grocery shopping, I still make a stop at a *saluhall* (market). Stockholm has three main market halls on different ends of the city: Hötorgshallen, Östermalms Hallen and Söderhallen. Whichever one you visit, go early. Do as the locals: buy some steamed crayfish

and shrimp, some freshly baked bread and some beer. Then head for the water. There are numerous parks around Stockholm where you can sit and eat and people-watch. One often-overlooked spot is the large open terrace on the tiny island of Riddarholmen, where you can sit with a sprawling view of the city.

After lunch, cross back over to the Old Town, find your way to Stortorget and stop at Chokladkoppen for hot white chocolate with an orange slice. From the Old Town you can take a ferry to the island of Djurgården. Both Blå Porten, which is hidden inside the courtyard of the Liljevalchs Art Gallery, and Rosendals Trädgård, a greenhouse/cafe situated a good 20 minutes' walking distance past Skansen, are popular for enjoying a late lunch or afternoon glass of wine.

If, after all this walking, you should find yourself tucked out, rest your feet at Hotel Diplomat. Every day from 3 to 7 p.m., they serve a proper afternoon tea with freshly baked scones and homemade jams.

For a very Stockholm excursion, take the escalator down to the basement of the city's glamorous NK department store. Inside the Saluhall is a small but well-curated cheese counter where you can jostle for one of the few seats and then engage in the civilized activity of sampling cheese with a glass of wine. Before leaving the building, stop at NK Konfektyr, where they make dreamy cakes and an assortment of world-class truffles (try the one with Champagne!).

Reservations are essential for dinner in Stockholm. Especially at Michelin-star restaurants like Mathias Dahlgren. Dahlgren was a trailblazer when he opened his first restaurant in the '90s. Then he opened his self-titled venue with an upscale fine dining side and a casual *bakficka* (back-pocket) in 2007 and earned his second Michelin star.

Eating there for the first time, I raised an eyebrow when we were presented with the bread course. It was the size of a walnut. "Mathias would like to share with you his first memory of freshly baked bread," our server said as she placed them on our plates. Little did we know, the little buttons were stuffed with butter halfway through the baking process so that they burst open when we bit into them.

The other highlight of the evening was a purée of oysters, grilled scallops, salt cod and seaweed that looked and tasted



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like it had washed up from the ocean onto our plates. The adventurous can opt to have the entire meal be a surprise. At the end of the evening they print the menu for you on fine stationery and slip it into an envelope for safekeeping.

Fortunately, there are less-expensive places to experience cutting-edge Swedish cuisine. Tucked away on an unassuming side street on Södermalm, the chefs in this open kitchen at Sjögräs put out plates of bone marrow with shaved, roasted fennel or rillettes and sautéed chanterelles, while the savvy bartenders serve cocktails from their massive library of rum.

If you're more in the mood for tradition than experimentation, why not eat some meatballs? In contrast to the Italian meatball, a Swedish meatball contains allspice. They are pan-seared then browned in the oven and served with a side of gravy, some lingonberry jam and thinly sliced pickled cucumbers. While most Swedes will tell you that the best meatballs are to be had at mom's house, Restaurang Prinsen has been making them for over a century and does a pretty good approximation.

You can find classic Swedish fare at restaurants like this throughout the city. Tranan in Vasastan has been frying herring and serving it with mashed potatoes since they opened in 1929. When food writer Anthony Bourdain traveled to Sweden, he paid a visit to Kvarnen to try their famed pork knuckle. And if none of these dishes sound appealing, beef Rydberg is a safe bet. It consists of seared tenderloin and diced potatoes with a side of freshly grated horseradish and an egg yolk: pour the yolk over the hot beef and it starts to form a sauce. Add the horseradish for kick.

When it comes to seafood, there's a local supply of oysters, mussels, crayfish, herring, pike-perch, arctic char salmon and more. One summer night, I discovered the seafood platter at Sturehof. Loaded with lobster (albeit from Maine), crab, crayfish, shrimp, and oysters, I sat for hours slowly eating my way through all while I sipped Sancerre and watched Stockholm's elite come and go by my table on the patio.

For cocktails, there are two places where you can literally get sky high. Gondolen, perched on its trolley car-shaped gondola in the sky, is a great place to watch the sunset. On my first visit,

Seabourn Pride and Seabourn Sojourn call at Stockholm on voyages departing throughout the summer of 2013.



Swedish meatballs with lingonberries

the bartender made me a martini with elderflower cordial. I've asked for it every time since. If you're looking for an after-dinner cocktail, Och Himlen Därtill, also on Södermalm, is on the 26th floor of the former tax authority. Its romantic name roughly translates as: "And, in addition, heaven."

I believe no traveler should return home without a taste of the lands they've traveled to in their suitcase. Cloudberry jam (*hjordronsylt*) and even better, wild raspberry jam (*wild hallonsylt*) are worth seeking out. The latter will be expensive but worth every penny. Hötorgshallen has a honey and jam vendor that will help you with this. They also sell honey harvested from bees that graze on elderflowers.

I can now buy elderflower juice concentrate at IKEA and recreate the cocktail from Gondolen, but so far I have not seen them carry one made from black currants (*svartvinbärssaft*). If you are a licorice fan, try getting your hands on some delicious all-natural licorice from Lakritsfabriken. And of course, buy some pickled herring. It's sold refrigerated as well as shelf-stable so you take it home with you and, while you're at it, will you ship some to me? Then I, too, can close my eyes and imagine I am back in Sweden.



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The famous Rabelo boats used to transport barrels of port wine down the Douro River to the cellars of the Ribeira, Douro, Portugal.

Sipping Port

An Introduction to the Fortified Wines of Portugal.

by Susy Atkins

It's a strange feeling, jumping around in a huge vat of squashed, ripe, red grapes. I was in the beautiful Douro Valley of northern Portugal during vintage (the harvest) on a warm, still, early autumn night. "Would you like to join the pickers, treading the grapes?" asked my smiling hosts, a family of port producers. They brought out old shorts and T-shirts and invited my group down to the winery warehouse. Then, we jumped into enormous concrete vats, each as big as a room and filled up to our thighs with surprisingly cool red juice, grape pulp and skins, stubbly pips and prickly stalks. We leaped around in it, linking arms and reeling, squashing as much juice and color out of the fruit as we could. That juice went to make a 2010 port from Taylor's, and my feet were stained purple for days after.



Vineyards in the Douro Valley

Shutterstock Photo

Port is full of contradictions. It's one of the most traditional styles of wine, made for centuries in this one, far-flung corner of the wine world, yet it hasn't lost its appeal to a new generation of wine drinkers. Despite the foot-treading (actually quite rare in port country today) and the hand-picked harvest, most wineries now contain state-of-the-art equipment, while many of the ancient, steeply terraced vineyards either side of the majestic Douro River have been renovated.

Port is renowned as a rather masculine drink, one to be savored with a cigar by the chaps after dinner, though I know lots of women who adore port. Often sipped on its own or with cheese, port, in fact, also makes a dazzling partner for many desserts. And it comes in many more shapes than you might imagine — inexpensive ruby port is only the first step to discovering its myriad delights.

And here's the really important fact about port — it's a fortified wine, which means that clear spirit is added to the grape juice during the winemaking process. This kills off the yeast, stopping fermentation in its tracks. What's left is a wine which is strong (because of the spirit) and sweet (because the yeast didn't finish soaking up the natural grape sugar).

Port is made from a blend of several tough, tannic, thick-skinned local grapes, *touriga nacional* and *tinta roiz* among them, so it has an intense color and flavor, with spicy notes from wood-aging and, usually, a full-bodied texture. Key characteristics, then, are strong, sweet, spicy and structured. The best red ports deliver concentrated flavors of cherry and plum, fruitcake, herbs,

chocolate and pepper — hallmarks of a great world classic and dazzling with Stilton and other strongly flavored cheeses.

Most ports are made as red; vintage port is the most venerable, only released (or “declared,” in port-speak) in a top year. Around three years of every decade are declared. Vintage ports are sturdy and complex, aging magnificently for 30 years or more. They're expensive too, so look toward late bottle vintage port (LBV, from a single, undeclared vintage bottled after several years in oak, and softer) or single *quinta* port (from one fine vineyard alone, usually from a very good year) for something of the vintage style, but not the imposing price tag.

Ruby ports, often labeled special reserve or ruby character, are the simplest versions of red port; I recommend trading up if you can.

Tawny ports are the amber-colored cousins to the red, made from the same grapes by the same Douro Valley producers, but aged in oak casks for decades until they become smooth, soft and rounded, with nutty, toffee hints, butterscotch and a citrus-peel note. You can buy 10-, 20-, 30- or 40-year-old tawnies, and they are terrific with chocolates and chocolate desserts, or creamy cakes and gateaux based on toffee, nutty or coffee flavors. Serve them lightly chilled in hot weather.

To sample them, one might visit the historic city of Oporto on the coast (you might stay at the fairly new Yeatman Hotel which is owned by a port shipper and has an awesome restaurant and cellar). After a night or two in Oporto, take the renowned and picturesque train journey inland, about 125 miles upriver to the heart of the Douro, where the vines cling to steep slopes on arid soil under a very hot sun,

and the port houses welcome you with a traditional sundowner of white port and tonic. It's one of the world's best wine trips.

If you prefer your wine by the sea, travel further south instead to the pretty, flower-strewn island of Madeira in the Atlantic to taste Portugal's other traditional and celebrated fortified wine. The slightly caramelized or "cooked" characteristic of Madeira wine came about by accident: Barrels of wine made there in bygone centuries were stored in the holds of exploration ships as ballast and sold abroad, replaced by valuable goods for the return journey. The wine heated up in the hot hold as it travelled the globe, and eventually the toffee flavor became popular.

Today, Madeira is deliberately heated during winemaking — a process known as *estufagem*. Good examples still have plenty of fresh acidity to counter the rich, sweet, strong flavor of this unique fortified wine.

Madeira comes in several styles; choose between malmsey (very sweet, and terrific with sumptuous desserts like treacle tart or just a decent box of chocolates), *bual* (a little less sweet and a brilliant match for cheese), *verdelho* (medium-dry and a traditional partner for clear soups and consommés) and *sercial* (dry and nutty, served cool as an aperitif). One of the best qualities of Madeira is its longevity. Unopened, it seemingly keeps forever, partly because the heating or cooking process preserves its flavors. Even when opened, Madeira can last for months before its qualities start to fade.

It is delightful to try Madeira by visiting the place where it is made. The Douro remains fairly sleepy, except, of course, during harvest, but the island of Madeira is an established tourist hot-spot, bustling with hotels and restaurants, the lights of visiting cruise ships twinkling in the harbor of the capital city, Funchal, every evening. Wine lovers start their dinner with light Portuguese white wines and local seafood before turning to the fortified wines with dessert or cheese.

For sun-tanned visitors there and purple-toed ones in the Douro, or for those of us at home, crack open a fine bottle of majestic, complex, heady and compelling port or Madeira and raise a glass to the brilliance of Portugal's fabulous fortified wines.

How to Serve and Enjoy Port and Madeira — Dos and Don'ts:

DO serve red ports and sweet Madeiras at room temperature and tawny ports and dry Madeiras lightly chilled.

DO decant vintage ports; very rich, older single-quinta and LBV ports as they throw a deposit. Pour carefully and slowly into a glass decanter or jug and chuck out the bitty dregs at the end. You don't need to decant other fortified wines.

DON'T serve fortified wines in tiny little schooner glasses. Use normal wine glasses instead, serving a small amount and swirling the liquid around the bowl to bring out its aroma.

DON'T feel you have to stand on ceremony, such as the tradition of passing the port to the right — it won't improve the flavor.

DO finish up opened ports within a few days; Madeiras can last for months once opened, however.

DO experiment with food matching. Red ports go especially well with blue cheese, tawnies with chocolate, dry Madeira with clear meat consommé.

DO use ports and Madeiras in cooking — dry Madeira to deglaze a steak pan and red port splashed into patés or fruit preserves, for example.

MADEIRA honey cake with Madeira port wine

SIME/Stock Photo



Fine Things to Want

By Emma Trelles



ECO-TECH

Dewdrop by Gillian Stevens honors the sea in two ways: with gorgeous sea-themed products made from repurposed materials. Case in point: The company offers an inspired collection of iPad and Ereader sleeves, as well as totes and clutches, embossed with fan corals, luminescent jellyfish, sinuous octopi and other oceanic creatures, or select minimalist illustrations of silver grass and raindrops. Most designs are custom made to order, hand screen-printed or fashioned with recycled and naturally dyed leathers, making it a thoughtful way of preserving devices as well as the environment. dewdropdesigns.com



EYE SPY

Look towards the horizon and spot your next port of call, or even pelicans fishing for lunch, with these sleek and powerful L.L. Bean field binoculars. With waterproof and fog proof construction, their trim, lightweight design has a rubberized coating, making them easy to grip on board and on shore. Lenses are multicoated for super-sharp clarity and adjustable eyecups provide comfortable viewing. Includes case, strap, cleaning cloth and dessicant. llbean.com



TIME AFTER TIME

Coach's Madison stainless steel, double wrap watch blends the fashion-forward look of stacked wrist-wear with the tailored elegance for which this brand is known. This timepiece is crafted exclusively for Coach, and its rectangular, pearl-toned face is as lovely to look at as it is robust (it's water-resistant to 99 feet). Both stylish and utilitarian, the Madison can be worn in delightfully diverse settings: whether sipping port after a sumptuous, deckside meal or while relaxing by the ocean with your toes in the sand. With leather bracelet in orange, vachetta, white, black or fuschia. coach.com

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Bounty of the Sea

The potency and nourishment of seaweed makes it a premier ingredient in everything from toothpaste to cosmetics to spa treatments.

By Kate Horowitz

Think of seaweed as your guardian angel. Multicellular marine algae, commonly known as seaweed, are looking out for you almost everywhere you go. Seaweed's well-established anti-inflammatory properties make it a natural choice for skincare products and spa treatments, and in recent years seaweed body wraps have become a spa staple. But seaweed's benefits go beyond skin deep. Seaweed extracts have proven beneficial for medical issues ranging from the common cold to heart disease. It's used in toiletries, desserts, beer, fire-fighting foam, biofuels and even movie special effects. So what has seaweed done for you lately? A lot more than you realize.

SEAWEED HAS ... MADE YOU BEAUTIFUL.

It's no surprise that Aphrodite, the ancient Greek goddess of beauty, was born in the sea. The ocean is home to a veritable treasure trove of beauty secrets — many of which are now available to mere mortals — and the most exciting of these are derived from seaweed. Skincare expert Lydia Sarfati, known as the “Queen of Seaweed,” calls seaweed a “pure concentration of sea water” and once said, “Seaweed cures everything! Eat it, bathe in it, rub it on your face — I do!”

... GROWN YOUR FOOD.

Coastal cultures, including Celtic and Scandinavian peoples, have improved their crops with seaweed for centuries, and the concept is catching on with inland gardeners. Seaweed varieties like kelp and bladderwrack are especially rich in plant nutrients, which makes them excellent fertilizers. The same floppiness that helps seaweed thrive underwater also transforms it into ideal compost material on land. Gardeners and farmers can now find seaweed extracts and seaweed-based fertilizers at local garden supply stores, which means that even landlocked crops can now benefit from the ocean's bounty.



Brian Doherty/Getty Images

... HELPED THE MEDICINE GO DOWN.

Red seaweeds contain a wonderful, slippery substance called carrageenan (remember that name). Carrageenan's unique chemical composition allows it to take a variety of forms, both gel and solid, at room temperature. This versatility makes it a natural choice for pharmaceutical companies, who use it to make gel capsules and liquid medicines. These products are usually made with gelatin — an animal by-product — but carrageenan provides a great vegetarian alternative.

... BRIGHTENED YOUR SMILE.

Red seaweeds aren't the only ones with something to offer your medicine cabinet. Brown seaweeds produce a chemical called alginate that has dozens of practical uses, the most common of which is as a binder in toothpaste. The alginate isn't an active ingredient, but without it your toothpaste would fall apart in the tube. Alginate is also used to make dental impressions. Alginate foam takes the shape of your teeth and can be used to custom-fit dentures, crowns and orthodontics.

In April 2012, scientists in the United Kingdom discovered that seaweed bacteria called *Bacillus licheniformis* can fight plaque. “If we can contain it within a toothpaste,” said Dr. Nicholas Jakubovics, “we would be creating a product that would prevent tooth decay.”

... IMPROVED THE MOVIES.

Alginate's other big job just seems, well, scary — and that's exactly the point. Special effects artists transform the seaweed extract into prosthetic body parts, animatronic creatures and monster masks through a process known as lifecasting. Alginate foam is applied to part of a person's or animal's body to create a mold. Once the mold has set, it is removed from the model's body and filled with casting material.

The possibilities for finished casts are nearly endless — from bringing *The Lord of the Rings'* barbaric Orcs to life to adding decades to Brad Pitt's youthful face for *The Curious Case of Benjamin Button*. The next time a movie's special effects take your breath away, you can thank the artists ... and the humble seaweed that brings their work to life.

... CREATED CLEAN AIR.

Like trees on land, marine plants remove toxic carbon dioxide from the air we breathe. They may not be as visible as rain forests, but kelp forests and free-floating colonies of algae consume carbon just as effectively.

Biologist Yasuo Yoshikuni and his team devised a way to convert kelp into fuel in 2012. Because seaweed makes an ideal raw material — it's plentiful, won't crowd out food crops on land and requires no fertilizer — scientists have tried for years to transform it into biofuel. Yoshikuni's laboratory found success with an unlikely accomplice: the infamous *E. coli* bacteria. The bacteria digest kelp easily and convert it into ethanol or other fuel. The U.S. Department of Energy is funding further research.

... BETTERED YOUR BEER.

What's a glass of beer without its rich, foamy head? Not too appetizing. Food scientists know that the foam is no indicator of quality, but beer drinkers still like to see some froth on top of a newly poured pint. Enter seaweed! Our friend alginate makes an appearance here in the form of propylene glycol alginate, which provides stable, long-lasting foam when added in small quantities.

Not content to cast seaweed in a foamy supporting role, the Williams Bros. Brewing Co. in Scotland made algae a star. Last year, the brewery unveiled its Kelpie Seaweed Ale, which pays The Williams Bros. incorporate bladderwrack seaweed into its Kelpie Seaweed Ale for a historically inspired flavor.

... SAVED YOUR LIFE.

A resourceful construction company in California discovered that kelp waste — the sludge left over once the alginate has been extracted — could put out fires. The kelp waste can also absorb oil, which makes it a perfect suppressant for oil fires and chemical explosions.

Seaweed can also be a lifesaver when it comes to disease prevention. Recent studies indicate that eating certain seaweeds or taking seaweed supplements may lower blood pressure, improve heart health, reduce appetite, lower blood sugar and protect the immune system. As a bonus, it's delicious.



... SWEETENED YOUR DAY.

What makes your ice cream so creamy? Seaweed, of course! Both alginate and carrageenan are added to ice cream to make it smoother, richer and easier to scoop. Because only tiny amounts of the seaweed extracts are used, there's no seaweed flavor, only a thicker, creamier texture.

AND THAT'S JUST THE BEGINNING.

Seaweed and its extracts show up in art supplies, petri dishes, ant farms, soups, modeling clay, shoe polish, paper, shampoo and diet sodas. Varieties of seaweed have inspired flotation devices, antibiotics and durable fabrics.

But these amazing plants mean even more to the marine animals who rely on them for shelter and sustenance. Sea urchins graze at the base of kelp forests, and otters wrap themselves in the fronds before taking a nap to keep from drifting away while they sleep.

Seaweed provides homes and food for many creatures. It enriches our lives and our planet — not to mention our ice cream. So let's raise a glass of Kelpie Seaweed Ale to multicellular marine algae and all it's done for us today.

Seabourn Suggests:

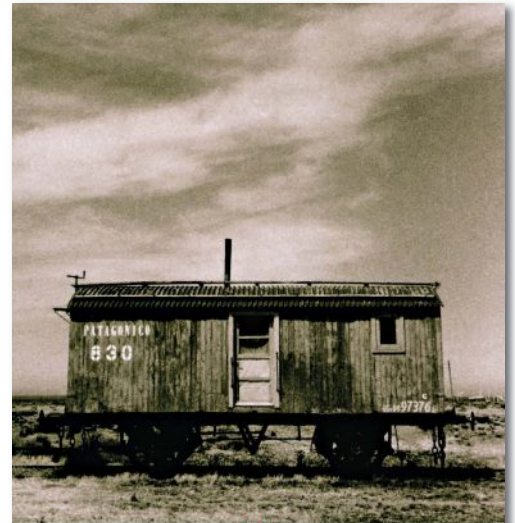
How to Spend Your Down Time

By Emma Trelles

■ SEE

In Patagonia, by Bruce Chatwin

A classic of travel narratives, this powerful assemblage of fable and fact explores the author's long-held fascination with one of the world's most remote regions, an interest sparked as a child by a fragment of animal skin (allegedly a dinosaur's) discovered in his grandmother's cabinet of collectibles. In adulthood, Chatwin journeys to Patagonia in search of the artifact's origin, and he writes about his time there in a fashion that can be thought of as descriptively dream-like, folding history and myth with the uncommon details of a people and the mysterious landscape they inhabit.



PENGUIN CLASSICS

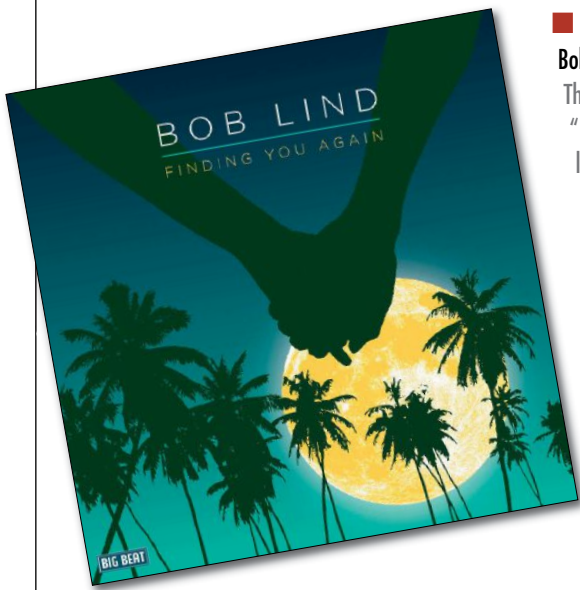
BRUCE CHATWIN

In Patagonia

■ HEAR

Bob Lind, *Finding You Again*

The '60s singer-songwriter best known for "Elusive Butterfly" has returned four decades later with a well-crafted collection of compelling songs — including a title track that outs him as a seafarer. Over toe-tapping Latin percussion, "Finding You Again" reveals a story of longtime love in the familiar ports of the Eastern Caribbean and on a train ride across Panama. There are a number of other musical styles on display here (to the credit of protean producer Jamie Hoover, of Spongetones fame), but the songs all share the same thoughtful and poetic sensibility, from the guitar-wistful reflections of "Maybe It's the Rain" to the drum-romping optimism of "Somewhere in this City."



■ DO

Amalienborg Palace, Copenhagen, Denmark

One of Europe's most amiable and vibrant cities, Copenhagen brims with bicycles, gourmet cuisine, history and a sky pierced by the spires of its many churches and castles. Among the latter is Amalienborg Palace, the grand winter residence of the Danish royal family. The palace is comprised of four 18th century Rococo mansions framed around a courtyard, which, at its center, holds a stunning equestrian statue of King Frederik V, who founded this waterfront complex. When the Queen is present, the flag is raised, and the Royal Guard, in crisp jackets and bearskin caps, conduct their daily march accompanied by musicians through the city's picturesque streets.

Ty Stange/www.copenhagensemidiacenter.com



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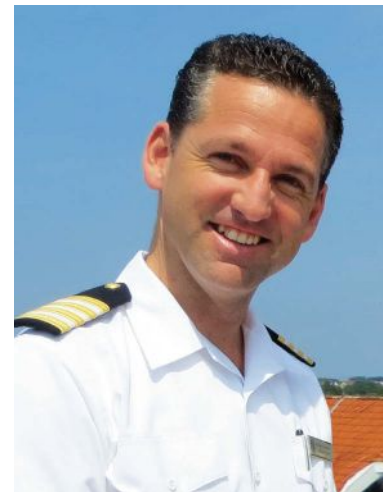


MIHAELA RADU
RESTAURANT MANAGER, SEABOURN SOJOURN

Mihaela Radu has recently been named Seabourn's first female Restaurant Manager. That will not surprise anyone who has met or worked with Mihaela. She sees herself as "... a hard-working, eager and willing individual who loves a challenge. I am looking forward to this new step in my career!" Mihaela was born in Mangalia, a small town on the Black Sea coast of Romania. She loves animals and actually attended veterinary high school in Constanta, close to where she lives. But because tourism is such an important part of the culture on that coast, she soon found herself attracted by the service industry, and began working in the large, quality Neptune resort hotel located near the Comorova forest on the Black Sea coast. Mihaela started working in the cruise line industry in 2002 on one of the large European cruise ships. In 2004 she joined Seabourn as a waiter. Over the years she has dedicated herself to the Seabourn product and the Seabourn family and worked her way up to Maitre d'Hotel. Mihaela has an 11-year old daughter at home. When she is home they love to go bicycling together or take their dog on walks on the beach, and according to Mihaela, "working together to make ourselves a treat of nice thin crepes is a real highlight!" Mihaela further describes herself as "a fighter who never gives up." Her personal motto is "Life is beautiful, so enjoy every bit of it!" Sounds like excellent advice to us.

PHILIPP REUTENER
HOTEL DIRECTOR, SEABOURN PRIDE

Philipp was born in Schwyz, Switzerland, and recently moved back to that beautiful country after living more than ten years abroad. He lives in Brunnen, in the country's heart. He grew up in the hotel industry and was trained as a chef. He traveled around the world, working at beach resorts in Thailand, the Middle East and Jamaica, as well as on two other cruise lines. When the opportunity arose to work on Seabourn, he says, "I didn't hesitate to apply." Philipp especially enjoys the sorts of activities that Seabourn is able to do on deck. He recently hosted a Sky Grill luncheon of German sausages, beer and sauerkraut during a transit of the Kiel Canal. He also enjoyed a caviar sail away, followed by a Deck Barbecue and Rock the Boat, while leaving St. Petersburg, Russia. "The scenery is absolutely stunning and most of the guests are out on deck," he says. "It makes an amazing atmosphere!" When he is not on board, he enjoys playing golf, hiking in the Alps and listening to music. He is also an animal lover. Asked what he likes best about Seabourn, Philipp answers: "The intimacy of the ships and that I can interact with the guests and offer personalized service." Philipp loves working with Seabourn's crew, who are, he says, "The company's biggest asset. That is what makes our guests want to come back. We are always trying to come up with new ideas on how to please the guests — everyone is pulling for that!"





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Seabourn Quest will visit South Georgia Island during its Antarctic & Patagonian Holiday voyage departing December 11, 2013.



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