



The HERALD

THURSDAY, DECEMBER 13, 2018
POSSIBLE SITE: NEKO HARBOUR



The dress for tonight is Elegant Casual

Neko Harbour

Neko Harbor is an inlet on the Antarctic Peninsula on Andvord Bay, situated on the west coast of Graham Land. There is a very active glacier here and the remains of an old Argentine refuge constructed in 1949. Neko Harbor was discovered by Belgian explorer Adrien de Gerlache in the early 20th century. It was named for a Norwegian whaling boat, the Neko, which operated in the area between 1911 and 1924. Along with Paradise Bay, Neko Harbor is the hub for Antarctic tourism and offers stunning views of the arctic landscape including icebergs, glaciers and many species of wildlife.

Geographic Location: 64° 50' S | 062° 33' W



A Conversation with Seelye Martin: Antarctic Sea Ice
9:45a Grand Salon, Deck 6

Documentary: Shackleton's Frozen Hell
11:00a Grand Salon, Deck 6

**A Conversation with Professor David Walton:
Governing Antarctica**
2:30p Grand Salon, Deck 6

'Caviar on Ice'

Don't miss this Seabourn Signature event served up Antarctica style!
5:30p Patio Bar, Deck 8

LANDING SCHEDULE

Please note that all timings below are approximate.
We kindly ask you to listen for announcements.
When your group is called, please proceed to the Club, Decks

- Purple Group:** 8:00AM Zodiac embarkation commences.
- Green Group:** 9:30AM Zodiac embarkation commences.
- Red Group:** 11:00AM Zodiac embarkation commences.
- White Group:** 12:30PM Zodiac embarkation commences.
- Blue Group:** 2:00PM Zodiac embarkation commences.

About Lecturer Jennifer Fought

Jennifer was born and raised on the beaches of northwest Florida and spent most of her childhood on a boat participating in water sports and activities. She obtained her Florida Safe Boating course certificate at the age of nine that allowed her to operate a watercraft and has been on the water ever since. As an adult she has a master's captains license. Since childhood, Jennifer has had a passion for the natural world, even creating a recycling program for her elementary school as a first-grade student. Her younger years were spent camping, canoeing, and riding horses. Jennifer studied at Florida State University where she received two degrees - Bachelor of Science degree in Geology and a Master of Science in Structural Geology. She also studied at the University of West Florida where she received a Bachelor of Arts degree in Public Relations and Marketing. While pursuing her master's degree at Florida State University, she worked as a research assistant to the chairman of the Earth, Ocean, and Atmospheric Science department. She also worked as an assistant on overnight camping trips for undergraduate students. Her geology research has taken her from the Sangre de Cristo Mountains of New Mexico to the ancient terranes of the Appalachian range to the glaciers of Greenland. Outside of geology, Jennifer is an avid hiker, mountain biker, CrossFit athlete, and paddleboarder. She has worked with Seabourn in the Antarctic, Alaska, Central America and South America. Overall, she is passionate about continuing to gain knowledge and a greater understanding of how our planet changes and experiencing the natural wonders Earth has to offer.

Your family and friends can follow your voyage with our daily blog at:
<https://my.yb.tl/seabournexpeditions>






TONIGHT'S SHOWTIME:

Variety Extravaganza with Hector Is Magic!

Song, dance & magic with Assistant Cruise Director Jessica Poole, your Seabourn Singers and Dancers, accompanied by The Band and starring Hector Is Magic

9:45p Grand Salon, Deck 6

Today at a Glance

- 7:00a approx. **ARRIVAL:** Seabourn Quest is scheduled to arrive at Neko Harbour, Antarctica.
Please Note: All Antarctica activities are weather permitting and subject to change.
- 8:00a approx. **FIRST LANDING BEGINS FOR PURPLE GROUP**
The Club, Deck 5
Please standby for announcements
- 9:30a **Yoga*** The Spa, Deck 9
Chakra Balancing, dedicated to healing each energy center in the body, leaving you feeling relaxed and restored. *Class incurs a nominal fee.
- 9:45a  **A Conversation with Seelye Martin: Antarctic Sea Ice** Grand Salon, Deck 6
Yearly cycle of sea ice growth and decay around the continent, how incident ocean swell affects sea ice growth, types of sea ice, importance of snow cover and historical importance.
- 11:00a **DOCUMENTARY: 'SHACKLETON'S FROZEN HELL'** Grand Salon, Deck 6
In 1914, the world's first trans-Antarctic expedition came to a cold stop. Trapped in ice just 60 miles from their destination, explorer Ernest Shackleton and his crew found themselves in a dire situation.
Running Time: 47 minutes
- 11:00a **Acupuncture Seminar** The Spa, Deck 9
Introduction to Acupuncture with your onboard licensed Acupuncturist Victor Pinto.
- 2:00p **Informal Bridge Play (un-hosted)** Card Room, Deck 7
- 2:30p  **A Conversation with Professor David Walton: Governing Antarctica** Grand Salon, Deck 6
How does the international Antarctic Treaty signed by seven nations work?
- 3:00p **Wellness Seminar** The Spa, Deck 9
Eat more and weigh less
- 4:00p - 5:00p **Afternoon Tea** Observation Bar, Deck 10
- 5:30p  **Caviar on Ice** Patio Bar, Deck 8
Don't miss this Seabourn Signature event served up Antarctica style!
- 6:00p **Eco-Friendly Globes** The Boutique, Deck 7 Join us for an insight into the magic of the eco-friendly globes that channel energy from ambient light and the Earth's magnetic field to rotate continuously on their own.
- 6:30p  **RECAP AND BRIEFING WITH THE EXPEDITION TEAM** Grand Salon, Deck 6
Please join the Expedition Team in the Grand Salon for a briefing of our activities the following day and a recap of our day. **Please Note: This session will not be taped for future viewing. Drink Service will be suspended once the Recap has begun.**
- 7:00p - 8:00p **Pre-Dinner Music with The Trio** The Club, Deck 5
- 7:00p - 7:45p **Piano Melodies with Deborah** Observation Bar, Deck 10
- 9:00p - 11:00p **After-Dinner Music with The Trio** The Club, Deck 5
- 9:30p - mn **Piano Melodies with Deborah** Observation Bar, Deck 10
- 9:45p  **SHOWTIME: VARIETY EXTRAVAGANZA WITH HECTOR IS MAGIC!** Grand Salon, Deck 6
Song, dance & magic with Assistant Cruise Director Jessica Poole, your Seabourn Singers and Dancers, accompanied by The Band and starring Hector Is Magic
- 11:00p - late **Dancing with The Band & Anne** The Club, Deck 5



FOOD & DRINK

The Restaurant, Deck 4

Breakfast	8:00a - 9:00a
Lunch	12:30p - 1:30p
Dinner	7:00p - 9:00p

The Colonnade, Deck 8

Breakfast	7:00a - 10:00a
Lunch, Skewers	12:00p - 2:00p
Dinner, Vietnamese	7:00p - 9:00p

The Grill by Thomas Keller, Deck 8

7:00p - 9:00p
By Reservation only, please Dial 9 or visit The Grill during opening hours

The Patio, Deck 8

Lunch, Wraps	(weather permitting) 12:30p - 3:30p
Dinner	Closed

Seabourn Square, Deck 7

Coffee & Snacks	6:15a - 6:00p / 8:00p - 10:00p
-----------------	--------------------------------

Observation Bar, Deck 10

Early Risers	6:15a - 8:00a / 4:00p - mn
Sky Bar, Deck 9	(weather permitting) 12:00n - 6:30p
Patio Bar, Deck 8	(weather permitting) 10:00a - 10:00p
Grand Salon, Deck 6	6:00p - 6:30p / 9:15p - 10:30p
The Club, Deck 5	6:30p - mn

SERVICES

Boutique & Collection, Deck 7

6:00p - 10:00p

Spa & Serene Area, Deck 9

8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p

Daily Mindful Theme

Laughter

Cruise Sales, Deck 7

through Guest Services 24 hours

Destination Services, Deck 7

through Guest Services 24 hours

Casino, Deck 5

Slots

open all day

Tables

9:00p - close

Bonus Offer - Buy \$25 worth of scratch cards and get a FREE \$5 scratch card!

Medical Center, Deck 3 fwd

8:00a - 9:00a / 4:00p - 6:00p
For urgent medical attention 24 hours a day, please dial 911

THURSDAY NFL FOOTBALL GAME
10:15p Los Angeles Chargers vs. Kansas City Chiefs
On Special Events Channel 8 on your In-Suite Television