



The HERALD

FRIDAY, DECEMBER 14, 2018
POSSIBLE SITE: YANKEE HARBOUR



The dress for tonight is Elegant Casual

Yankee Harbour

Yankee Harbour is a small inner harbour entered from Shopski Cove between Glacier Bluff and Spit Point, indenting the south-west side of Greenwich Island in the South Shetland Islands, Antarctica. It is 2.35 km (1.46 mi) long in west-south-west to east-north-east direction, and 1.6 km (0.99 mi) wide, and is bounded by Provadiya Hook (a glacial moraine) to the south-west, Parvomay Neck to the north and east, and Kladara Beach to the south. Yankee Harbour, surrounded by volcanic rocks of the South Shetland arc, was known to both American sealers and the British (who called it Hospital Cove) as early as 1820, and this name is now established in international usage. Port Foster, the crater harbour of Deception Island, has at times also been referred to as Yankee Harbour. As well as mosses, lichens and algae, the flowering plants Antarctic Hairgrass and Antarctic Pearlwort occur. The site has been identified as an Important Bird Area by BirdLife International because it supports a breeding colony of about 5000 pairs of Gentoo Penguins. Skuas, Wilson's Storm Petrels and Snowy Sheathbills are also thought to nest there. Southern Elephant Seals, Weddell Seals and Antarctic Fur Seals regularly haul out on the beaches

Geographic Location: 62° 32' S 059° 47' W



A Conversation with Lisa Baldwin:
Killer Whales- A detailed look at the various ecotypes found in the Southern Ocean
9:45a Grand Salon, Deck 6

Documentary: "Nova: Secrets Beneath the ice"
11:00a Grand Salon, Deck 6

A Conversation with Professor David Walton:
Amundsen, Scott and Shackleton
2:30p Grand Salon, Deck 6

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

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

Explorer Roald Amundsen

On this day, December 14 1911, Explorer Roald Amundsen along with four others arrived at the South Pole, a month before Robert Scott. This expedition was an incredible masterpiece of organization. Born in 1872 near Oslo, Norway, Amundsen left his mark on the Heroic Era as one of the most successful polar explorers ever born. His career of adventure began at the age of 15, originally studying medicine, but dropping out to go to sea, where he soon moved his way up to the rank of mate. His first experience in the Antarctic was with Adrien de Gerlache's 1899 BELGICA EXPEDITION. He became the first to travel the Northwest Passage, in his ship Gjoa in 1903-06. After this expedition, plans were assembled to drift across the North Pole in Nansen's famous FRAM, but news arrived of Peary's successful attainment of the pole which caused Amundsen to make new plans--covert plans--for an expedition to the Antarctic and the subsequent capture of the South Pole. Amundsen named their South Pole camp "Polheim" meaning "Home on the Pole" and left behind a small tent and letter stating the group's accomplishment in case they did not return home.

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

Polar Plunge

Come and take the 'Polar Plunge' in our own Antarctic ice pool!
Then warm up with our specially created hot drinks provided by the Polar Bar Team!
Please sign up at Seabourn Square, Deck 7 by 2pm today, if you would like to participate.
5:00p Poolside, Deck 8

TONIGHT'S SHOWTIME:

Comedian
Martin Beaumont

This funny man is back with a whole new show - don't miss the hilarity!

9:45p Grand Salon, Deck 6

Today at a Glance

- 7:00a approx. **ARRIVAL:** Seabourn Quest is scheduled to arrive at Yankee Harbour, Antarctica.
Please Note: All Antarctica activities are weather permitting and subject to change.
- 8:00a approx. **FIRST LANDING BEGINS FOR WHITE GROUP**
The Club, Deck 5 Please standby for announcements
- 8:30a **Yoga*** The Spa, Deck 9
An active Yoga that strengthens and lengthens.
**Class incurs a nominal fee.*
- 9:45a  **A Conversation with Lisa Baldwin: Killer Whales- A detailed look at the various ecotypes found in the Southern Ocean** Grand Salon, Deck 6
Did you know there are different ecotypes or forms of killer whales?
- 11:00a **DOCUMENTARY: 'NOVA: SECRETS BENEATH THE ICE'**
Grand Salon, Deck 6 Running time: 53 min.
Is Antarctica headed for a catastrophic meltdown? New evidence of ancient climate change may hold clues.
- 2:00p **Informal Bridge Play (un-hosted)** Card Room, Deck 7
- 2:30p  **A Conversation with Professor David Walton: Amundsen, Scott and Shackleton** Grand Salon, Deck 6
Comparing the lives and attributes of the three most famous explorers and what that says about hero status.
- 3:00p **Wellness Seminar** The Spa, Deck 9
Introduction to vitamins and supplements; Dr. Weil's nutrition philosophy.
- 4:00p - 5:00p **Afternoon Tea** Observation Bar, Deck 10
- 5:00p **Polar Plunge** Poolside, Deck 8
- 5:00p **Wellness Seminar*** The Spa, Deck 9
Crystal Sound bath class; relax and restore balance in the body with sounds of crystal singing bowls.
**Class incurs a nominal fee.*
- 6:00p **Thomas Keller Books** The Boutique, Deck 7
Join us as we celebrate Thomas Keller who is renowned for his culinary skills.
- 6:00p **Welcome the Sabbath with Rabbis Miriyam & Anthony**
Card Room, Deck 7
- 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 - 10:30p **After-Dinner Music with The Trio** The Club, Deck 5
- 9:30p - mn **Piano Melodies with Deborah** Observation Bar, Deck 10
- 9:45p  **COMEDY SHOWTIME: MARTIN BEAUMONT**
Grand Salon, Deck 6
This funny man is back with a whole new show - don't miss the hilarity!
- 10:30p - 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, Smorgasbord	12:00p - 2:00p
Dinner, Thai	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, Sausages	(weather permitting) 12:30p - 3:30p
Dinner, Earth & Ocean	(weather permitting) 7:00p - 9:00p

Seabourn Square, Deck 7

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

Observation Bar, Deck 10

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

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