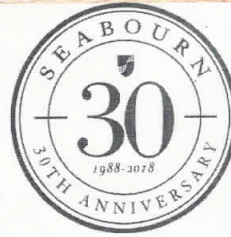




The HERALD

SATURDAY, DECEMBER 15, 2018
AT SEA – DRAKE PASSAGE
Dress this Evening: Elegant Casual



WEATHER

Cloudy with Drizzle and Snow
Wind: NW'ly 25 knots
Highs: 23° F / -5° C
Sunrise: 3:49a

Sunset: 9:19p

About Lecturer Kirstie Yeager

Kirstie grew up hiking through the wilderness and playing in the rivers of Western Pennsylvania. At the age of 18, she moved to Hawai'i and began a 20+ year career studying or working in natural resource management and wildlife research. While exploring the Hawaiian Islands, she earned a BA in Biology from the University of Hawai'i at Manoa. Additionally, during her undergraduate career, Kirstie completed a study abroad in Nepal, studying the impacts of tourism on the environment and Sherpa culture in the Mt. Everest region. She also earned an MS in Ecology from Colorado State University, while developing a noninvasive-sampling method for mountain lions.

Throughout her career, Kirstie has ventured to some of the most beautiful and remote places on the planet further inspiring the passion for her work. She has worked with endangered fish in the upper Colorado River system throughout the southwest; ungulates and mountain lions in Colorado; grizzly bears in Montana; Steller sea lions in Alaska; Hawaiian monk seals in the Northwestern Hawaiian Islands; and several Antarctic species at McMurdo and Palmer Stations. Recently, Kirstie has worked as a US Antarctic Program scientist with two long term projects, a Weddell Seal study in the Ross Sea and a sea bird monitoring project in the Palmer Basin. Both projects are on-going and the sea bird study is also a National Science Foundation (NSF) Long Term Ecological Research (LTER) Project. Many other researchers are part of the LTER, conducting regular fieldwork throughout Antarctica. Kirstie will be assisting the research efforts for some of these LTER researchers while onboard the Seabourn Quest.

Disembarkation Notice Buenos Aires

If you would like to book a Seabourn Transfer to complete your onward journey please visit our Guest Services team at the Seabourn Square on Deck 7. Transfers are available to purchase until Sunday December 16, 6:00pm. Alternatively, taxis are available outside the terminal in Buenos Aires if you wish to continue onwards independently.

IMPORTANT NOTICE:

All Boots will be removed from the Deck 5 Aft cages tonight.

For those guests who have rented boots:

Please remove any personal insoles and items and leave only the rented boots in the locker.

For those guests who have personal boots:

Please remove your personal boots and items from the Deck 5 Aft locker and return them to your suites.



A Conversation with Kirstie Yeager: Long Term Ecological Research Along the Western Antarctic Peninsula

Each January, researchers embark on a month-long cruise along the Antarctic peninsula to study various components of the ecosystem.

11:15a Grand Salon, Deck 6

A Conversation with Professor Sean Todd: Marine Mammal Evolution and Adaptation

Over 60 million years, whales have become supremely adapted to the ocean. Come find out how these amazing creatures evolved.

2:30p Grand Salon, Deck 6

Expedition Staff Available

10:00a – 12:00n / 3:00p – 5:00p

Deck 7 Aft for wildlife viewing

10:00a – 12:00n / 2:00p – 4:00p

Observation Bar, Deck 10 with charts

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





TONIGHT'S ENTERTAINMENT

CROSSROADS

*A Little bit Country...
A Little bit Rock 'n Roll...*

9:45p Grand Salon, Deck 6

Today at a Glance

9:25a	Beginners Bridge with Mary & Harry Card Room, Deck 7
10:10a	Intermediate Bridge with Mary & Harry Card Room, Deck 7
10:15a	CREW SAFETY DRILL Today we will have a Crew Safety Drill. No Guest participation is required. Some services will be suspended or interrupted during today's drill.
11:15a	 A Conversation with Kirstie Yeager: Long Term Ecological Research Along the Western Antarctic Peninsula Grand Salon, Deck 6.
11:30a	Promo The Boutique, Deck 7 Promo Perfumes starting at \$32.99 - \$45.99
12:15p	Team Trivia with Jan and Jessica The Club, Deck 5
1:00p	Acupuncture Seminar The Spa Deck 9 Delay the aging process with Chinese herbal remedies
2:00p - 4:00p	Duplicate & Social Bridge Play with Mary & Harry Card Room, Deck 7
2:30p	 A Conversation with Professor Sean Todd: Marine Mammal Evolution and Adaptation Grand Salon, Deck 6
2:30p	Informative Seminar: Pearls The Collection, Deck 7 Join Vlad for a chat about pearls, one of the oldest gemstones known to mankind
2:30p	Dance Class with Oleg and Uliana The Club, Deck 5
2:30p	Wellness Seminar The Spa, Deck 9 Detox for health and weight loss.
3:30p	Baggo - Prize Game Deck 4 Atrium, in front of the Main Dining Room
3:45p	Destinations Port and Tour Talk with Chris Grand Salon, Deck 6 Join Chris and find out about the upcoming destinations of Montevideo and Buenos Aires.
4:00p	Body Sculpt Boot Camp The Spa, Deck 9 Workout designed for total body conditioning *class incurs minimal charge
4:00p	Needlepoint & Craft Social with Assistant Cruise Director Jessica Observation Bar, Deck 10 Bring a project you're working on, share ideas and natter over a cup of tea.
4:00p - 5:00p	Afternoon Tea Time Observation Bar, Deck 10
6:00p - 6:45p	 RECAP WITH YOUR EXPEDITION TEAM Grand Salon, Deck 6 Please join the Expedition Team in the Grand Salon for a full recap. Please Note: This session will not be taped for future viewing. Drink Service will be suspended once the Recap has begun.
6:30p - 8:00p	Pre-Dinner Moods with The Trio The Club, Deck 5
6:45p - 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: CROSSROADS Grand Salon, Deck 6 Featuring The Cast bringing you well-loved popular Country Music past and present.
11:00p - late	Dancing with The Band and 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	8:00a - 10:30a
Lunch, Fajitas	12:00p - 2:00p
Dinner, Scandinavian	7:00p - 9:00p

The Grill by Thomas Keller, Deck 8

6:00p - 9:00p
by Reservation only, please dial 9 or visit The Grill during opening hours

Patio Grill, Deck 8

Lunch, Panini	(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
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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 - close

SERVICES

Boutique & Collection, Deck 7

Spa & Serene Area, Deck 9	11:30a - 10:00p
Fitness Center, Deck 9	8:00a - 10:00p
Daily Mindful Theme	6:00a - 10:00p
	Joy

Cruise Sales, Deck 7

Book onboard and save 5%	10:00a - 12:00n / 2:00p - 5:00p
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Destination Services, Deck 7

	9:00a - 12:00n / 3:00p - 6:00p
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Casino, Deck 5

Slots	all day
Tables	3:00p - 5:00p / 6:30p - 8:00p
Bonus Offer - Buy \$25 worth of scratch cards and get a FREE \$5 scratch card!	9:00p - close

Medical Center, Deck 3 fwd

9:00a - 12:00n / 4:00p - 6:00p
For urgent medical attention 24 hours a day, please dial 911