



The HERALD

SUNDAY, DECEMBER 16, 2018
AT SEA
Dress this Evening: Elegant Casual



WEATHER

Cloudy
Wind: W'yly 30 knots
Highs: 46° F / 8° C
Sunrise: 4:24a

Sunset: 8:58p

Executive Chef Christopher Graham

Born to a family of hoteliers and Chefs, Christopher spent his early years growing up in the Middle East and being exposed to a variety of international flavours and the region's well known high levels of hospitality. Christopher started his cooking career back in his home city of London as a trainee chef whilst finishing his cooking diploma. Following this he worked for an array of 5 Star Hotels, Michelin starred Restaurants and high profile properties in Dubai and London including Atlantis the Palm, Burj Al Arab, Madinat Jumeriah and the world's tallest building, the Burj Khalifa. Christopher was also the Executive Chef for The Lord Mayor of London at the Mansion House, executing high profile functions for royalty and members of parliament, including the Prime Minister. Christopher also has a wealth of experience in international cooking competitions, having won the coveted Parade De Chefs at Hotelympia, London with the Jumeriah Culinary Team. He is also proud to have represented the UAE at the Culinary World Cup in Luxembourg, the famous San Pellegrino Young Chef of the year competition in Venice and also at Foodasia, Singapore. In 2013, Christopher was awarded the title of Time Out Dubai's 'Young Chef of the Year'.



SPECIAL FOOD & BEVERAGE EVENT

Galley Market Lunch

Join Chef Chris and the entire Food and Beverage department for a truly memorable culinary event

12:00p - 2:00p The Restaurant, Deck 4

PRE-DINNER ENTERTAINMENT:

American 50s & 60s Diner Night

with The Entertainment and Food & Beverage Teams

Join us in The Club for some classic Rock & Roll music and American Diner style drinks & snacks!

6:30p - 7:15p The Club, Deck 5



A Conversation with Lisa Baldwin:

The Critical Role of Antarctic Krill in the Southern Ocean Food Web
9:45a Grand Salon, Deck 6

A Conversation with David Walton:

Origins of The Falklands War
11:00a Grand Salon, Deck 6

A Conversation with Luciano Bernacchi:

A Comparison of Polar Regions
3:00p Grand Salon, Deck 6

A Conversation with Sean Todd:

Save the Whales! Collect the Whole Set!
4:30p Grand Salon, Deck 6

Gathering of Whale Tail Photos

Expedition staff Lisa, Kirstie and Sean will be available today in Observation Lounge to collect any whale tail photos guests wish to share. See you there!

10:00a - 12:00n / 2:00p - 4:00p Observation Bar

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:




The 'Rolls-Royce' Returns

Anthony Stuart Lloyd

Powerhouse vocalist Anthony Stuart Lloyd is back with an all new show. Be sure not to miss the final performance of this larger than life Welsh sensation.

9:45p Grand Salon, Deck 6

Today at a Glance

9:00a	Interdenominational Church Service with Jan The Club, Deck 5
9:25a	Beginners Bridge with Mary & Harry Card Room, Deck 7
9:45a	 A Conversation with Lisa Baldwin: The Critical Role of Antarctic Krill in the Southern Ocean Food Web Grand salon, Deck 6
10:00a	Special Event The Boutique, Deck 7 Selected items on sale from 10% to 30% off
10:10a	Intermediate Bridge with Mary & Harry Card Room, Deck 7
10:30a	Dance Class with Oleg and Uliana The Club, Deck 5
10:30a	Baggo – Prize Game Deck 4 Atrium
11:00a	 A Conversation with David Walton: Origins of The Falklands War Grand Salon, Deck 6
11:00a	Diamond Penguin Collection The Collection, Deck 7 Remember your Antarctic Penguin encounter forever with our Diamond Penguin Collection. Available for order in the Collection.
12:00n	Team Trivia with Jan and Jessica The Club, Deck 5
2:00p	Navigational Bridge Visit Meet at the Observation Bar, Deck 10. Please sign up with Guest Services by dialing 9 in advance as there are limited spaces on this tour.
2:00p	Wellness Seminar The Spa, Deck 9 Complimentary footprint analysis
2:00p - 4:00p	Duplicate & Social Bridge Play with Mary & Harry Card Room, Deck 7
3:00p	 A Conversation with Luciano Bernacchi: A Comparison of Polar Regions Grand Salon, Deck 6
3:30p	Music Trivia with Deborah The Club, Deck 5
3:30p	Shuffleboard – Prize Game The Retreat, Deck 11 <i>(weather permitting)</i>
4:00p	Mindful Living Seminar The Spa, Deck 9 Anti-inflammatory: learn about the healing power of food with Dr. Weil's nutrition philosophy.
4:00p	Needlepoint 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
4:30p	 A Conversation with Sean Todd: Save the Whales! Collect the Whole Set! Grand Salon, Deck 6
5:30p	Wellness Seminar* The Spa, Deck 9 Crystal sound bath class <i>*class incurs minimal charge</i>
6:30p - 7:15p	American 50s & 60s Diner Night The Club, Deck 5 Join the Entertainment and Food & Beverage Teams in The Club for some classic Rock & Roll music and American Diner style drinks & snacks!
7:15p - 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: THE ROLLS-ROYCE RETURNS – ANTHONY STUART LLOYD Grand Salon, Deck 6
11:00p - late	Dancing with The Band and Anne The Club, Deck 5



FOOD & DRINK

The Restaurant, Deck 4
Breakfast
Galley Market Lunch
Dinner

8:00a - 9:00a
12:00p - 2:00p
7:00p - 9:00p

The Colonnade, Deck 8
Breakfast
Lunch
Family Style Dinner,
Butter Fried Chicken
Inspired by Thomas Keller

8:00a - 10:30a
Closed
7:00p - 9:00p
By reservation only, please dial 9 or visit the Colonnade during opening hours

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, Asian BBQ
Dinner, Earth & Ocean

(weather permitting) 12:30p - 3:30p
(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
Patio Bar, Deck 8
Grand Salon, Deck 6
The Club, Deck 5

Early Risers 6:15a - 8:00a / 4:00p - mn
(weather permitting) 12:00n - 6:30p
(weather permitting) 10:00a - 10:00p
9:15p - 10:30p
6:30p - close

SERVICES

Boutique & Collection, Deck 7
Spa & Serene Area, Deck 9
Fitness Center, Deck 9
Daily Mindful Theme

10:00a - 10:00p
8:00a - 10:00p
6:00a - 10:00p
Compassion

Cruise Sales, Deck 7
Book onboard and save 5%

10:00a - 12:00n/
2:00p - 5:00p

Destination Services, Deck 7

9:00a - 12:00n/
3:00p - 6:00p

Casino, Deck 5

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

all day
3:00p - 5:00p / 6:30p - 8:00p
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

NAVIGATIONAL CHART RAFFLE

You have the opportunity to take home the navigation chart used for this cruise signed by our expedition team and Captain Golubev. You can purchase tickets for this raffle with our Guest Services Specialists inside the Seabourn Square on Deck 7. Proceeds from the \$25 ticket price will be donated to our Crew Welfare fund. We look forward to announcing the lucky winner during the Captain's Farewell Reception.

SUNDAY NFL FOOTBALL GAMES

3:00p Dallas Cowboys vs Indianapolis Colts
6:25p New England Patriots vs. Pittsburgh Steelers
10:15p Philadelphia Eagles vs. Los Angeles Rams