

Your daily guide to life at sea



PrincessPatter

escape completely®

At Sea Sun. Jan. 29, 2012 • Island Princess • Tonight's dress: Formal

Weather: Today's Forecast: Partly cloudy, chance of rain – High: 25°C (77°F) Low: 23°C (73°F) – Sunrise 6:52am/Sunset 5:46pm
Tomorrow's Forecast: Mainly sunny – High: 27°C (81°F) Low: 24°C (75°F)

The Officer's Daily Log

Meet The Captain of Island Princess



Captain Nicoló Bommarco was born in Venice, Italy, where he graduated from nautical college.

He began his seagoing career as a Cadet Officer onboard tanker ships before joining his first passenger ship in 1984. Since 1988, Captain Bommarco has served on nearly every ship in the Princess fleet and has called at numerous ports around the world.

When he's not "driving the boat," as he calls it, Captain Bommarco relaxes at home with his dogs, and spends time cooking as well as playing the saxophone.

by Captain Nicoló Bommarco

Having sailed this region many times, I'm convinced it offers some of the most enjoyable voyages you'll find anywhere. Like so many of the places Princess Cruises® visits, the Panama Canal captivates visitors with an unforgettable combination of fascinating culture and colorful history.

Nearly 100 years ago, the great Pacific and Atlantic Oceans were joined by a unique passageway that took nearly ten years, several nations, thousands of people and millions of dollars to construct: the Panama Canal. Today, over 13,000 ships pass through this modern marvel each year, taking a short cut that's had a lasting impact on international trade and has harmoniously brought together cultures and nations across the world.

From impressive canal locks that fill and empty with the force of gravity alone, to the distinctive history and culture of the Caribbean, South America and Central America, you'll see it all with us on Island Princess.

As Captain of the Island Princess, I'm honored to be your host and look forward to seeing you tonight dressed to the nines at the Champagne Waterfall Reception in the Atrium.

From the Navigator

For today at sea we will parallel the Cuban coast transiting the Old Bahama Channel, the strait that separates the Great Bahama Bank and the Bahama Islands from Cuba. The Spanish colonial trade routes, which originally favored the Old Bahama Channel, shifted to the Straits of Florida, a safer alternative as ship captains had to pick their way through the low lying cays and shoals of the southern Bahamas.

Dress Code

During the day, sportswear and casual clothes are suggested. Guidelines from 5:30pm and throughout the evening are:

Formal: A Dinner Jacket or dark business suit for gentlemen and a full length evening gown, cocktail dress or trouser suit for ladies.

Smart Casual: An open-neck shirt and slacks for gentlemen and a dress, skirt and blouse, or trouser suit outfit for ladies.

Please be reminded that shorts, tank tops & baseball caps are not permitted in the Dining Rooms, Bayou Café and Sabatini's during dining hours.

Planet Princess

Any environmental concern you may have that cannot be addressed by the ship can be directed to our Environmental Operations Department via the Environmental Hotline or by e-mail. ENVIRONMENTAL COMPLIANCE HOTLINE, Dial CLEAN or 25326, 1-888-290-5105. <https://www.carnivalcompliance.com>.

Deck Loungers

As a courtesy to your fellow passengers please be advised that deck loungers must not be saved and that towels and personal items will be removed by a Princess crewmember after a 15 minute period if the lounge has not been occupied.

Did You Know?

Princess Cruises came from the name of the first vessel first chartered from Canada in 1965 — the Princess Patricia owned by the Canadian Pacific Railroad.

Time Change – Ship's clock will be set one hour forward at 2:00am between Sunday night, January 29th and Monday morning, January 30th.

 How will you
escape completely?



Refreshing Morning

- 6:00am-11:00am **The Wake Show with Cruise Director Rich & Kez**
Channel 21, Stateroom TV
- 7:00am **Fabulous Abs**
Aerobics Studio, Deck 14 Aft
- 7:30am **Long & Lean Stretch**
Aerobics Studio, Deck 14 Aft
- 8:00am **Spinning Class**
Aerobics Studio, Deck 14 Aft (\$12 fee applies)
- 8:00am **Brain Waves Quiz**
Onwards Pick up your daily teasers. Library, Deck 8 Midship
- 8:15am **Interdenominational Church Service**
With Kez. Universe Lounge, Deck 6 Aft
- 9:00am **Late Embarks General Emergency Stations**
For those who missed yesterday's drill.
Universe Lounge, Deck 6 Aft
- 9:00am **Yoga**
Aerobics Studio, Deck 14 Aft (\$12 fee applies)
- 9:15am **Creativity@Sea: Travel Journals** (Small fee of \$5 only)
Join the Cruise Staff for today's project.
Crooners Bar, Deck 7 Midship
- 9:30am-11:00am **Panama With Love Sign-Making Contest**
Join the Video team to make a poster for the Panama Canal.
Atrium, Deck 5 Midship
- 9:30am **Nikon Basics Photo Seminar**
Wedding Chapel, Deck 7 Midship
- 9:30am **Introducing: Zumba Dance** Crew's Choice
It's new, fun and easy for all ages. Please wear proper
footwear & bring water. Universe Lounge, Deck 6 Aft
- 9:30am **Introduction to Bridge Lecture**
Lecturer David. Bayou Café, Deck 7 Aft
- 9:30am **Cruise-Long Scavenger Hunt**
Join the Cruise Staff for all the details. Available all day.
Library, Deck 8
- 10:00am-1:00pm **Sun Essentials Outpost!**
Sunscreen, sun hats, sarongs, etc. Lido Deck 14 Midship
- 10:00am **Free Seminar: Introduction to Acupuncture** with
Licensed Acupuncturist Dean Baetzhold.
Wheelhouse Bar, Deck 7 Fwd
- 10:00am **Go Smile** - Dentist developed and clinically proven, free
consult and Shade Analysis. Salon, Deck 14 Aft
- 10:00am **Body Sculpt Boot Camp #1**
Aerobics Studio, Deck 14 Aft (nominal fee)
- 10:00am **Complimentary Gaming Lesson - Blackjack, Roulette
and Pokers.** Casino, Deck 6 Midship
- 10:15am **International Service Clubs**
See the Cruise Staff for attendance cards. Library, Deck 8
- 10:30am **Shopping Spotlight Show** Crew's Choice
Join Princess Shopping Host Adam for Port Maps,
VIP cards, and insider shopping tips. Win a diamond
& sapphire necklace! Princess Theater, Deck 7 Fwd

- 10:30am **Brainbuster Trivia - The Year of 2010 in Review**
Join Cruise Director Rich as he takes you through the
history of 2010. Universe Lounge, Deck 6 Aft
- 11:00am-2:00pm **How to Book your Next Princess Cruise**
Channel 21, Stateroom TV
- 11:00am **Free Seminar: 'Look 10 Years Younger' with Dr. Burgos**
Wedding Chapel, Deck 7 Midship
- 11:00am **Princess Olympic Registration**
Find out all about this cruise-long sports challenge with
Alex. Sports Deck 16 Aft
- 11:15am **Princess Olympics Round One - Basketball Shootout**
Sports Court, Deck 16 Aft
- 11:30am **Free Seminar: Detox for Health & Weight Loss**
Aerobics Studio, Deck 14 Aft
- 11:30am-2:00pm **Sushi & Oriental Buffet Served**
Horizon Court, Deck 14 Fwd
- 11:30am-2:30pm **British-Style Pub Lunch**
Bayou Café, Deck 7 Aft
- 11:45am **\$1000 Snowball Jackpot Bingo** Crew's Choice
Could go in 48 numbers, plus 3 other cash prizes. Cards
available from 10:45am. Universe Lounge, Deck 6 Aft

Relaxing Afternoon

- Noon **movies** under the stars **Concert: Stevie Wonder Live at Last**
(54mins) Lido Pool, Deck 14
- Noon **Scrapheap Challenge**
Can you build a boat that will sink or float? Meet the
Cruise Staff for this cruise long challenge.
Lido Deck Bar, Deck 14
- 12:15pm **Martini Cocktail Demonstration**
Our bartenders "Shake It Up". Atrium, Deck 5 Midship
- 12:45pm-1:30pm **Atrium Melodies with Magdalena on Piano**
Atrium, Deck 5 Midship
- 1:00pm-2:30pm **Poolside with Epithani**
Lido Deck 14 Midship
- 1:00pm **Afternoon Movie: Just Go With It**
Starring: Adam Sandler, Jennifer Aniston
(Rated: PG-13 • 1hr. 57mins.) Princess Theater, Deck 7 Fwd
- 1:00pm **Free Seminar: Introduction to Acupuncture** with
Licensed Acupuncturist Dean Baetzhold.
Wheelhouse Bar, Deck 7 Fwd
- 1:00pm **Special Interest Lecture: Mistakes In History** Crew's Choice
Historian Bill Fawcett entertains with the story of our
world today is the result of mistakes made by King David,
Alexander, and Caesar. Universe Lounge, Deck 6 Aft
- 1:30pm-3:30pm **Bridge Play**
Lecturer David. Sabatini's, Deck 7 Aft
- 1:30pm **Cruise Long Event - The Longest Drive Competition**
Golf Simulator, Deck 15 Midship
- 1:30pm **Art History@Sea**
500 years of art history comes to life! Botticelli to Warhol,
Explorers Lounge, Deck 6 Aft



Chef's Table

An Evening at the Chef's Table

Join the chef for an exclusive "behind-the-scenes" look at the galley and enjoy a lavish dinner, specially prepared for you. \$95 per person including wine pairing. For inquiries please call the Dine Line at 3463.



Tuxedo Rentals

It's formal night tonight!

If you have forgotten your tuxedo and want to dress up tonight, don't despair. For details contact 5000

7am-5pm • Passenger Services Desk • Deck 5



The Lotus Spa

Cosmetic Facial Treatments

Volumizing skin treatments, instant lip enhancement and non-surgical brow lift.

All treatments FDA-approved. Free consultation with Dr. Alejandra Burgos, Spa Physician.

Lotus Spa • Deck 14 - Ext. #14626



Let Princess be your Consummate Host®

- 2:00pm-4:00pm **How to Avoid Lines at the Tour Desk**
Channel 21, Stateroom TV
- 2:00pm **\$60 Texas Hold'em Tournament**
Followed by a \$1/2 no limit cash game. Casino, Deck 6
- 2:00pm **Veterans Get-Together**
Crooners Bar, Deck 7 Midship
- 2:00pm **Free Seminar: Relieving Back Pain & Walking In Comfort**
Free Footprint Analysis for all who attend.
Aerobics Studio, Deck 14 aft
- 2:30pm **Ballroom Blitz: Merengue**
Laura our Company Performance Manager teaches this fun and easy dance to learn. Universe Lounge, Deck 6 Aft
- 2:30pm **Golf Chipping in the Pool**
With the Cruise Staff. Lido Deck 14 Midship
- 2:45pm **Gemstones Around the World Event**
Enter to Win a Free Tanzanite Pendant.
Explorers Lounge, Deck 6 Aft Crew's Choice
- 3:00pm-5:00pm **On Deck for the Cure Susan G. Komen (Sign up only)**
Join us in the fight against Breast Cancer with a 5k at the end of the cruise. Donations receive a souvenir baseball cap! Library, Deck 8
- 3:00pm **Sommelier's Wine Club**
A unique wine seminar & tasting, presented by your Sommelier. Featuring premium wines from our cellar. \$25 per person. Provence Dining Room, Deck 6
- 3:00pm **Dr. Bob & Bill W. Meeting**
Wedding Chapel, Deck 7 Midship
- 3:00pm **Princess Pop Choir - The Rehearsal** - Join "Princess Pop Choir" - the Island's version of "Glee" and "The Choir". Bring your voices and get ready to sing in a performance at the end of the cruise. Bayou Cafe, Deck 7 Aft
- 3:30pm-4:30pm **Afternoon Tea**
Bordeaux Dining Room, Deck 5 Midship
- 3:30pm **Destination Lecture: Dutch West Indies Company**
with Port Lecturer Dr. Thomas Ryan.
Princess Theater, Deck 7 Fwd Crew's Choice
- 3:30pm **Jacqueline Kennedy Event!**
Learn all about the exquisite jewelry worn by Jacqueline Kennedy. Wheelhouse Bar, Deck 7 Fwd
- 3:30pm **Request Express with DJ Love**
Lido Deck 14 Midship
- 4:00pm-6:00pm **Behind the Scenes of the Island Princess**
Channel 21, Stateroom TV
- 4:00pm **Pilates**
Aerobics Studio, Deck 14 Aft (\$12 fee applies)
- 4:15pm **Afternoon Trivia**
Fun with the Cruise Staff. Explorers Lounge, Deck 6 Aft

Enchanting Evening

- 5:00pm-8:45pm **Evening Melodies with Lady Hit Trio and Magdalena**
Atrium, Deck 5 Midship
- 5:00pm-10:30pm **Formal Portraits Night**
Photographers will be there for this once in a lifetime event! Atrium, Decks 5, 6 & 7 Midship

Captain's Welcome Aboard Party

Meet Captain Nicoló Bommarco and his Senior Officers. Pose for a picture with the Champagne Waterfall. Enjoy complimentary champagne, mimosas and orange juice.
Atrium, Decks 5, 6, 7 & 8 • 7:00pm-7:45pm

PRINCESS CRUISES PRESENTS
Production Show
Do You Wanna Dance
Starring
The Island Princess Singers & Dancers
8:00pm & 10:00pm • Princess Theater, Deck 7
(Repeated tomorrow at 8:15pm)
(No reservation of seats please)

- 5:00pm **movies under stars** **Concert: U2 Vertigo**
(54mins) Lido Pool, Deck 14
- 5:15pm **GLBT Get-Together**
Crooner's Bar, Deck 7 Midship
- 6:00pm-8:00pm **Genesis Invisible Touch**
Channel 21, Stateroom TV
- 6:00pm **Chillax Relaxation Class**
Aerobics Studio, Deck 14 Aft
- 6:00pm **No Smoking Night**
The Casino is a no smoking area tonight. Casino, Deck 6
- 7:00pm-7:45pm **Captain's Welcome Aboard Party**
Atrium Plaza, Decks 5, 6, 7 & 8 Midship
- 7:00pm-Close **Enjoy the Jazz Sounds of Adrienne Hinmarsh Trio**
Bayou & Bar Café, Deck 7 Aft
- 7:00pm **movies under stars** **NFL: Pro Bowl**
AFC vs. NFC
Lido Deck 14 (Satellite reception permitting)
- 7:30pm-8:15pm **Dance the Night Away with The De Rissio Quartet**
Wheelhouse Bar, Deck 7 Fwd
- 8:00pm **Movie: Real Steel**
Onwards
Starring: Hugh Jackman, Evangeline Lilly
(Rated PG-13 • 2hrs. 9mins). Channel 21, Stateroom TV
- 8:00pm **SHOWTIME: Production Show: Do You Wanna Dance**
(Repeated tomorrow at 8:15pm)
Princess Theater, Deck 7 Fwd
- 8:15pm **SHOWTIME: Hypnotist: Asad Mecci**
(Repeated tomorrow at 8pm & 10pm)
Universe Lounge, Deck 6 Aft
- 8:30pm-10:30pm **Live Music with Epithani & DJ Love**
Explorers Lounge, Deck 6 Aft
- 9:00pm-Onward **Tom Franek Entertains at the Piano**
Crooners Bar, Deck 7 Midship
- 9:00pm-Close **Dance the Night Away with The De Rissio Quartet**
Wheelhouse Bar, Deck 7 Fwd Crew's Choice
- 9:30pm **Are You Smarter Than a Cruise Staff Member?**
Come along for this fun trivial challenge. Who knows the most. Universe Lounge, Deck 6 Aft Crew's Choice
- 9:45pm **\$60 Texas Hold'Em Tournament**
Followed by a \$1/\$2 No Limit Cash Game. Casino, Deck 6
- 10:00pm **SHOWTIME: Production Show: Do You Wanna Dance**
(Repeated tomorrow at 8:15pm)
Princess Theater, Deck 7 Fwd
- 10:15pm **Tribute to Broadway's Best with Tom Franek**
Crooners Bar, Deck 7 Midship
- 10:30pm **Princess Popstar Karaoke**
Join the Cruise Staff. (Sign-up at 10:15pm) 18+
Explorers Lounge, Deck 6 Aft
- 11:15pm **Wild Bunch Party with Epithani & The Cruise Staff**
Explorers Lounge, Deck 6 Aft Crew's Choice
- Midnight-Onward **Dance the Night Away with DJ Love**
Explorers Lounge, Deck 6 Aft
- Midnight **Slot Machines & Poker Pro Table are Open All Night**
Casino Cashier opens at 10am. Casino, Deck 6 Midship

Photo & Video Gallery

Formal Portraits Tonight!

Choose from various locations and backdrops.

Throughout the Atrium Decks 5, 6, 7 from 5pm - 10:30pm





Art Gallery – Deck 7, Midship

7:30pm-8:30pm • Art Director: Wayne Lawrence

Boutiques – Decks 6 Midship

9:00am to 11:30pm • Boutiques Manager: Johnny III

Facets Jewelry & Watches – Deck 6 Midship

9:00am-11:30pm • Shopping Hosts: Adam & Cristina Davy • 4:00pm-5:00pm

Casino – Deck 6

Cash Desk 10:00am, Tables Noon • Casino Manager: Milena Jimenez

Captain's Circle Membership Desk – Atrium Plaza, Deck 5

10:00am-Noon & 4:00pm-6:00pm • Captain's Circle Host: Riz Sirilan

Cyber Golf Simulator – Deck 15 Midship

To book an appointment call 8403 during library hours - all sea days, (24 hrs notice required & Fees Apply)

Fresh Flowers – Deck 6 Midship

10:00am-Noon (Atrium, Deck 5)

4:00pm-6:00pm (Deck 6 Midship) • Florist: Joemarie Delos Reyes

Future Cruise Sales – Atrium Lobby, Deck 5 Midship

9:00am-Noon & 2:00pm-6:00pm • Future Cruise Consultant: Natalie Zeppieri

Internet Café – Deck 8, Midship

9am-Noon, 1pm-4pm & 7:30pm-10:30pm • Internet Manager: Marian Voicu

Library – Deck 8 Midship

9:00am-Noon & 3:00pm-5:00pm

Lotus Spa Health & Fitness Center – Lido Deck 14, Aft

6:00am-10:00pm

Lotus Spa & Beauty Salon – Lido Deck 14, Aft

8:00am-8:00pm • Spa Manager: Aretha Hunter

Medical Center – Deck 4 Midship

9:00am-11:00am & 4:30pm-6:30pm, For urgent medical attention, dial 911

Photography & Video Gallery – Deck 6 Midship

9:00am-3:00pm & 10:00pm-11:30pm • Photo-Video Manager: Peter Coetzee

Sanctuary – Deck 14 Aft, Portside

8:00am-6:00pm

This "Pocket of Tranquility" has limited space available and is on a first come first serve basis. A nominal charge of \$10 for a half day or \$20 for a full day pass.

Shore Excursions Tour Desk – Atrium Lobby, Deck 5 Midship

8:30am-Noon & 2:00pm-5:00pm • Shorex Manager: Carol Zackey

Youth & Teen Centers – Deck 12 Aft

9am-Noon, 1pm-5pm & 6pm-10pm – Youth/Teen Activities

10pm-1am – Late Night Kidsitting (Pre-bookings Requested)

Dining Guide

	Location	Hours
Bordeaux Dining Room (Anytime)	Deck 5 Midship	7:30am-9:30am (Breakfast); Noon-1:30pm (Lunch) 3:30pm-4:30pm (Tea) 5:30pm-10pm (Anytime Dinner)
Provence Dining Room (Traditional)	Deck 6 Midship	Early Seating 5:30pm; Late Seating 7:45pm
Sabatini's*	Deck 7 Midship	6:00pm-11:00pm
Bayou Cafe & Steakhouse*	Deck 7 Midship	6:00pm-11:00pm
Pizzeria	Deck 14 Midship	11:00am-Midnight
Ice Cream Bar	Deck 14 Midship	11:00am-11:00pm
The Grill	Deck 15 Midship	11:00am-11:00pm
Horizon Court	Deck 14 Forward	5:00am-11:30am (Breakfast) 11:30am-3:30pm (Lunch) 3:30pm-5:30pm (Light Snack) 5:30pm-Midnight (Dinner)

Bars, Clubs & Lounges

	Location	Hours
La Patisserie	Deck 5 Midship	7:00am till 11:00pm
Explorers Lounge	Deck 6 Aft	5:00pm onwards
Crooners	Deck 7 Midship	10:00am onwards
Wheelhouse Bar	Deck 7 Forward	4:00pm onwards
Bayou Cafe	Deck 7 Aft	6:00pm onwards
Horizon Bar	Deck 14 Forward	6:00am till Midnight

*Additional charges apply. Actual meal times are subject to change. Once onboard and subject to availability, you may switch from Traditional Dining to Anytime Dining with 24 hours notice to the Maitre D'. The legal drinking age of 21 years is observed onboard and photo ID may be required. A 15% service charge is automatically added to all bar and wine bills.

Shore Excursions: Tour office hours: 8:30am-Noon & 2:00pm-5:00pm – Atrium Lobby, Deck 5

Tickets are selling fast! Get priority when booking your tours through the 24-hour drop box. Simply complete a Tour Order Form with your name, stateroom number and signature. Before placing your form in the 24-hour Drop Box, check the Availability notice board — requests for sold out tours will be waitlisted in the order requests are received. Tickets will be delivered directly to your stateroom. No need to wait in line!

Why not try one of the following tours in Aruba?

AUA-100 Island Highlights & Beach

AUA-280 De Palm Island Beach, Water Park & Meal

AUA-470 Arikok National Park Hike, Beach Swim & Shopping

Internet Café

Need to check your email?

Stay in touch with family and friends, or check in on your favorite interests with 24-hour Internet access.

Atrium • Deck 8 Midship



Fine Arts

Champagne Art Auction Tomorrow!

Free art raffle and complimentary champagne! Don't miss tomorrow's fun, informal and informative auction.

Art Director — Wayne Lawrence
Auction (1:30pm) Preview (12:30pm)

Explorers Lounge, Deck 6



Coffee Card Package

Save 20% when you purchase a card from any of our bar locations.

\$29 + 15% gratuity for 15 cappuccinos, espressos, lattes and mochas. Ask your server.