

CHRONICLES

NEWS AND INFORMATION FOR ALL ONBOARD EVENTS



SILVER WIND

FRIDAY,
10 FEBRUARY 2023

EN ROUTE TO ANTARCTICA

TODAY'S WEATHER

Partly Cloudy

High: 5°C / 41°F

Low: 4°C / 39°F

OCEANS OF PLASTIC

Every plastic item ever made on our planet is still on our planet. It does not degrade, but rather breaks down into smaller pieces. 80% of marine litter is plastic and there are over 5 trillion pieces of plastic floating worldwide.

Between 8 million and 12 million tonnes of plastic, enters our seas each and every year, and 46% of that is made up of fishing nets.

It is estimated that 1 million seabirds and over 100,000 marine mammals die each year due to plastic, either by ingesting it or becoming entangled in it.

A survey of fish caught off the British coast found that one in three were contaminated by plastic. We are in turn, ingesting plastic particles as it is bio-accumulated up the food chain. Plastic particles are carried by ocean currents where they congregate into five major plastic concentrations, or gyres, in the world's oceans. A plastic bottle can last 450 years in a marine environment! The longevity of plastic makes this not just a problem for today, but one that is going to last for

hundreds of years. Attitudes however, are changing. Nations such as New Zealand and Samoa are starting to ban the use of plastic bags. Scotland has banned single-use plastic straws from 2019. Taiwan has banned the use of popular plastic items and the United Kingdom has prohibited the manufacture of micro-beads. The applications for recycled plastics are also expanding. Plastics can be substituted for 20% of the sand used in cement manufacture. They can also be turned into building blocks and used in road building.

As sailors it is incumbent on us to do our utmost, to prevent plastic entering the ocean and to reduce our use. What can you do? Don't buy bottled water, swap disposable coffee cups for refillable ones, pick up ten pieces of plastic each time you are on the beach and never throw anything overboard when at sea. If we all make an effort, and lobby government to prohibit or reduce single-use plastic, we may be able to make a difference, and ensure the oceans and sea life are preserved for our grandchildren and great grandchildren to enjoy, just as we have done.

LEARN TO TAKE BETTER PHOTOS

PHOTOGRAPHY CLASSES FOR ALL SKILL LEVELS

▶ PHOTO STUDIO, DECK 5

Learn to make the most of your camera or smartphone with private one-on-one or group classes tailored to your skill level. Whether you are a beginner and want to get off of Auto Mode or maybe you want to learn composition techniques, we have a class for you. With our photography training you can beautifully capture your unique experience and keep those memories forever. Fees apply.



SILVERSEA TRAVEL BLOG



Silversea proudly announces the launch of a new travel blog, *Discover*, to inspire curious travellers to experience the most fascinating and breathtaking places on earth. Featuring in-depth stories and striking original micro-documentaries on everything from the allure of the Atacama Desert to the peculiar dance of blue-footed boobies, *Discover* enables travellers to journey deeper, transporting readers into the authentic beauty of the world. Browse *Discover*, Silversea's new travel blog: discover.silversea.com

FUTURE VOYAGES TALK

SILVERSEA ITINERARY HIGHLIGHTS

▶ AT 10:00
THE SHOW LOUNGE, DECK 6

Please come and join Barrie and I'll be happy to take you through the wealth of destinations we cover, so that you can find the perfect voyage. Our itineraries really will offer a myriad of diversity with over 900 destinations, 300 new destinations and countless possibilities, which means that cruising with Silversea is definitely the right choice, year in, year out.



NORTH SAILS

THE BOUTIQUE ABOARD SILVERSEA

▶ THE BOUTIQUE, DECK 5

North Sails was founded in 1957 by Lowell North, an American sailor and Olympic Gold Medalist. Year after year, Lowell North and his team pioneered new innovative technologies that conquered wind and water. Today Lowell North's inspiration lives on in North Sails apparel, as it is designed and developed so that our customers can focus on what's important for them – taking on the sea or just navigating modern life.

Discover the North Sails apparel collection today.



TODAY'S BEAUTY SPECIAL: FREE HAIR CONSULTATION



▶ THE ZÀGARA BEAUTY SPA, DECK 9

Step into our salon and let our international stylists show you the latest colour trends and techniques to make you look absolutely fabulous - no matter what the occasion! Whether you're looking to turn heads on formal night or just need a change, our international hair stylists will help you discover your best look.

RED CARPET BLOW OUT SPECIAL

AWARD YOURSELF WITH A GLAMOROUS RED CARPET READY LOOK

▶ THE ZÀGARA BEAUTY SPA, DECK 9

45 minutes of pampering with all of the following treatments for only \$69 (Add \$10 for long hair):

- Kérastase® Hair Mask
- Soothing Scalp Massage
- Blow Dry & Style
- Sunglow Application
- ELEMIS Bright Eye Treatment

Call the Zàgara Beauty Spa on 8824 or visit us to book your appointment.



INTERNET ACCESS



Enjoy free Wi-Fi throughout your stay. Once connected to the Silversea Guest Wi-Fi network, launch your Internet browser and type gosilversea.com

FRIDAY, 10 FEBRUARY 2023

SUNRISE 4:29 • SUNSET 20:19

WHY BIOSECURITY?

Invasive animal and plant species pose a very real threat to Antarctica's vulnerable environment. By complying with simple measures you will personally be making a real and valuable contribution to the conservation of Antarctica. The mandatory biosecurity measures implemented are intended to protect this wilderness by preventing the introduction or transfer between sites of any organic material including animals, plants, seeds, soil and diseases. IAATO = International Association Antarctic Tour Operators.

GOOD MORNING

7:30	Complimentary Stretching Class	Fitness Centre (9)
8:30	Today's Silver Quiz, Crossword Puzzle and Sudoku are available (return the Silver Quiz to Reception by 15:00 - prize points for the most accurate quiz that is returned earliest)	Panorama Lounge (8)
9:00	Enrichment Lecture with James Lowe Frozen Continent - Secrets Hidden Beneath the Ice: For the last 35 million years, Antarctica has become the most desolate region on the planet, frozen over by kilometers of ice. Yet, below this humongous layer, lies a story untold. Join James the geologist as he presents a story of the geological history of Antarctica.	The Show Lounge (6)
9:00	Wildlife Watch (until 12:00, weather dependent)	Deck 8 and 9
10:00	Future Voyages Talk: Silversea Itinerary Highlights Join Future Cruise Manager Barrie for an informative talk to find out more about the Silversea Itinerary Highlights. This is your chance to experience cruising at its very best.	The Show Lounge (6)
10:30	Boutique's Special: enjoy Rado Swiss Timepieces with special savings today. Rado is famous for innovative design and its use of revolutionary materials to create some of the world's most beautiful and durable watches.	The Boutique (5)
11:00	Wine Tasting: join your Head Sommelier and Sommelier team for wine tasting	La Dame (4)
11:00	Enrichment Lecture with Natalie Long Antarctic Penguins – Past, Present and Future: How come penguins can stand on ice without their feet freezing? Join us for this lecture on Antarctic penguins as we run through where penguins started and how they evolved to master the environment they are in now. We will look at how their environment is currently changing and through this, explore what the future of Antarctic penguins might look like as these changes continue to take place.	The Show Lounge (6)
11:00	Free Hair Consultation	Zàgara Spa (9)
11:00	Complimentary Footprint Analysis	Fitness Centre (9)

GOOD AFTERNOON

12:00	American Lunch: prepared by Executive Chef Randy and his team	
14:00	Enrichment Lecture with George Cowan Freezing – How animals survive extreme temperatures in Antarctica? We discover how behavioural and physical adaptations have allowed the animals of Antarctica to survive some of the most extreme conditions on Earth.	The Show Lounge (6)
14:00	Wildlife Watch (until 18:00, weather dependent)	Deck 8 and 9
14:00	Fitness Seminar: Eat More Weigh Less	Fitness Centre (9)
15:00	Mandatory Biosecurity for all (will be called by Zodiac Groups) An inspection of all your outer layers of clothing will take place for all guests planning to join us ashore. We will be looking for organic material including soil, seeds and insects, especially in cuffs, velcro, pockets, seams and hoods and on boots. This includes walking sticks and tripods for cameras. If you have new gear (this includes Parka and Backpack given to you onboard) that has not been used in any other parts of the world, this will not need inspecting; however you must still come to Deck 3 to put your boots in the Mudroom and sign the biosecurity declaration.	Reception Lobby (5)
16:00	Pure Form Pilates	Fitness Centre (9)
16:30	Team Trivia: test your general knowledge, win prize points and have fun with Entertainment Host Daniel	Panorama Lounge (8)
17:00	Body Sculpt Bootcamp	Fitness Centre (9)
17:45	Meet & Greet "Silversea Passengers" Please join your fellow members of our Silversea Passenger Facebook Group for a pre-dinner drink	Panorama Lounge (8)

GOOD EVENING – DRESS CODE: CASUAL

18:00	Recap and Briefing with your Expedition Team Join the Expedition Team for a Recap and Briefing on our next day activities	The Show Lounge (6)
18:15	Guitarist Tomás performing beautiful pre-dinner tunes	Dolce Vita (5)
18:30	Piano music provided by Alfredo to accompany your pre-dinner cocktails	Panorama Lounge (8)
21:00	Boutique's Special: 50% off Tom Ford eyewear which offers prestige and exclusivity from one of the most renowned fashion designers of his age with accolades such as Best International Designer and Menswear Designer of the Year.	The Boutique (5)
21:00	Join Tomás your resident guitarist/vocalist for some after dinner evening music	Dolce Vita (5)
21:30	Forever Frank: come and Join Daniel your Entertainment Host in The Show Lounge, as he sings all your favourite songs by the Legend Frank Sinatra.	The Show Lounge (6)
21:30	Piano Bar favourites and requests performed by Alfredo to accompany your after dinner drinks	Panorama Lounge (8)



ALL DAY DINING

BREAKFAST

ROOM SERVICE

6:00 — 9:00

PANORAMA LOUNGE (DECK 8)

Early Riser 6:30 — 10:00

THE RESTAURANT (DECK 4)

À la Carte 8:00 — Last Seating 9:30

LA TERRAZZA (DECK 7)

Buffet 7:30 — Last Seating 10:00

PANORAMA LOUNGE (DECK 8)

Bouillon 11:00 — 12:00

LUNCH

THE RESTAURANT (DECK 4)

À la Carte 12:00 — Last Seating 14:00

LA TERRAZZA (DECK 7)

Buffet 12:00 — Last Seating 14:00

THE GRILL (DECK 8) **

12:00 — Last Seating 14:00

TEATIME

LA TERRAZZA (DECK 7)

16:00 — 17:00

ALL AROUND DINING

24-hour

Available from the All Around Dining Menu in your suite. To place your order please contact your butler or call extension 8815. All Around Dining is also available in other public areas when our dining venues are not open for service.

At Silversea Cruises, we take maximum food precautionary measures to ensure the safest quality product is offered to our guests; Worldwide Public Health Services advise that consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.

DINNER

As a courtesy to your fellow guests please respect the times of your dinner reservation.

THE RESTAURANT (DECK 4)

À la Carte 19:00 — Last Seating 21:30

LA TERRAZZA (DECK 7) *

À la Carte 19:00 — Last Seating 21:30

HOT ROCKS (DECK 8) */**

À la Carte 19:00 — Last Seating 21:30

LA DAME (DECK 4) *

À la Carte 19:00 — Last Seating 21:00

A dining fee per person applies.

Should you wish to cancel your reservation at La Dame, please note that you must do so by latest 14:00 on the day of the reservation, otherwise the full cover fee, per person, will be billed to your Guest Account.

* For dinner reservations, please dial 8810 during dining hours. Reservations recommended

** Weather permitting

BAR HOURS

9:00 – 22:00

Pool Bar ** (Deck 8)

10:00 – 20:30

Panorama Lounge (Deck 8)

10:00 – 20:30

The Humidor (Deck 8)

18:00 – until late

Dolce Vita (Deck 5)

21:30 – until late

Panorama Lounge (Deck 8)

21:30 – until late

The Humidor (Deck 8)

SERVICES

POOL AND JACUZZI* | DECK 8

8:00 – 19:00

*Weather permitting

ZÀGARA SPA | DECK 9

BEAUTY SALON AND BARBER SHOP

Dial 8824 for appointments.

8:00 – 20:00*

*Later appointments until 22:00 available on request.

FITNESS CENTRE* | DECK 9

7:00 – 20:00

*Limited spaces available for classes.

*Age restriction: over 18 to use the facilities. 16–18 allowed in with guardian.

SAUNA & STEAM ROOM DECK 9

8:00 – 12:30 | 14:30 – 19:30

FUTURE CRUISE MANAGER DECK 6

9:00 – 12:00 | 14:00 – 19:00

Please dial 8871 to arrange a private appointment or consult your suite ITV to request an appointment.

EXPEDITION DESK | DECK 6

Dial 8805 for assistance.

9:00 – 12:00 | 14:00 – 18:00

Please note that during Expedition Activities the desk will not be staffed.

GUEST RELATIONS MANAGER DECK 6

Dial 800 for assistance.

8:00 – 12:00 | 16:00 – 19:00

BOUTIQUES | DECK 5

Dial 8831 or 8832 for assistance.

10:00 – 16:00 | 19:30 – 22:00

Toiletries and other essential items are available for purchase upon request in the Boutique or through your Butler.

PHOTO STUDIO | DECK 5

10:00 – 12:00 | 15:00 – 20:00

Use Mac and Windows computers with Photoshop and Lightroom at the Photo Studio. Photo printers and photo-retail are also available

MEDICAL CENTRE* | DECK 3

Dial 2151 during clinic hours.

8:00 – 9:00 | 17:00 – 18:00

Dial 8800 (Reception) after hours.

Medical assistance available 24 hours.

*Kindly inquire for charges prior to consultation.

MOBILE PHONES

Out of consideration for your fellow guests, we kindly request that mobile phones are not to be used in our Restaurants.

IN THE EVENT OF AN EMERGENCY PLEASE DIAL 911