

Princess Cays Monday, November 10, 2014 • Regal Princess • Tonight's dress: Smart casual

Weather: Today's Forecast: Sunny • High: 26°C/79°F • Sunrise: 7:23am/Sunset 6:24pm

Tomorrow's Forecast: Sunny • High: 25°C/77°F

Access regal.princess.com • Free of charge on your laptop, iPad or any mobile device while onboard

The Officer's Daily Log

Meet Captain Edward Perrin



Captain Edward Perrin was born in Dorset, England, where he became fascinated with watching ships depart from local ports. After attending the College of Maritime Studies in Southampton, he earned his Master's Certification in 1994.

The following year, Captain Perrin joined Princess Cruises. His first command was aboard the former Tahitian Princess in French Polynesia.

At home, Captain Perrin sails on a much smaller boat, where he prefers handing over the reins of driving so he can take care of the catering instead!

By Captain Edward Perrin

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

The name of the Caribbean Sea itself comes from the Carib people—the last group to rule the area before the arrival of the Spanish, Portuguese, Dutch, French, Danish and British. Remnants of this colonial history, and legends of piracy, beckon you to go exploring on some of the many available shore excursions.

This particular cruise features Princess Cays, St. Thomas and St. Maarten, all of which offer the perfect blend of history, relaxation and adventure. In Princess Cays, a tropical retreat in the Bahamas reserved just for Princess passengers, you'll enjoy a full menu of activities, from snorkeling, kayaking and windsurfing to simply relaxing on the beach with a tropical drink while enjoying a beach barbecue!

After heading ashore, why not explore Regal Princess even further? I recommend enjoying the ocean vistas from the SeaWalk®, our glass-floored promenade that extends 28 feet beyond the edge of the ship. Or grab a drink with a view at the unique SeaView Bar. No matter how many times you've sailed with Princess Cruises, you should feel fortunate to experience Regal Princess in her inaugural season—and I couldn't be prouder to introduce her to you!

As Captain of Regal Princess®, I'm honored to be your host and look forward to seeing you around the ship.

From the Navigator

In the early hours of Monday morning, Regal Princess transited the North East Providence channel before altering to a South Easterly course as we passed North of Eleuthera Island and shortly afterwards we passed Palmetto Point on our Starboard side as we began setting a Southerly course parallel to the coast. We passed Eleuthera point on our Starboard side as we entered Exuma Sound and made our final approaches to our anchorage near Bannerman Town where we let go our anchor and with the vessel safely brought up to her anchor, the tenders were lowered to the water and passenger tender service was commenced. On Monday evening, with all passengers and crew on board, Regal Princess will recover her tenders and began hoisting her anchor. Once anchor is aweigh we will begin maneuvering out of our anchorage and begin setting a South Easterly course through Exuma Sound until we pass Rum Cay as we exit the sound, setting a South Easterly course across the Caribbean Sea, to our next port of call St. Thomas (Virgin Islands).

Tendering Ashore

When you and your complete party are ready to go ashore, please proceed to the **Symphony Dining Room on Deck 5 Midship from 9:00am** onwards. The Cruise Director's Staff will issue tender tickets and direct you to the tender boats as they become available. Tender ticket numbers will be announced in the dining room only. Passengers on tours will meet at the time and location indicated on your Tour Ticket.

Please do remember that not everyone can go ashore at the same time and there will be delays during peak times, therefore we ask that you plan your day accordingly. We thank you for your understanding in this matter.

Safety in Tenders

Today we will be taking you ashore by using the ship's tenders. For your own safety please read the Tender Safety Notice at the head of the gangway and familiarize yourself with the contents of the Emergency Instructions Notice posted in the cab of each tender. You are reminded that there must be No Smoking whilst in the tenders and that to avoid risk of injury, you must keep your hands and arms off the side of the tender as it comes alongside the ship or wharf. It is important that you follow the instructions given by crew members and that you remain seated whilst in the tenders. Do not get in or out of the tenders until instructed to do so by the ship's staff.

**4:00pm - Last tenders leaving
shoreside! Regal Princess sets sail
shortly after.**

Time Change – Ship's clocks will be set one hour forward at 2:00am between Monday night November 10th and Tuesday morning November 11th.

**For assistance shoreside,
please contact the port agent;**
P.O. Box 67, Rock Sound, Bahamas, Eleuthera
RH Curry 242 322 8681 / RSD 242 334 6327
RH Curry 242 325 3731 / RSD 242 334 6326

Nearest U.S. Consulate in Nassau;
42 Queen Street, Nassau, Bahamas
Phone (7:30am-11:00am Monday to Thursday):
242-322-1181
Tel: (242) 328-3496 during business hours, or
(242) 1181 ext. 9 or (242)357-1004 at all other times.

Find your new favorite something.



Refreshing Morning

- 8:00am- **Sudoku Teasers**
Onwards Pick up your daily teasers. Library, Deck 7 Aft
- 8:00am- **Center Court is Open for Basketball Play**
Onwards Center Court, Deck 18 Aft
- 9:00am **Regal Princess is scheduled to anchor off in Princess Cays, Eleuthera**
(Approx.)
- 9:00am **Princess Cays Photographs Today!** – As you arrive ashore, stop for a once in a lifetime photograph
- 9:30am **Morning Trivia** – With your Cruise Staff.
Vista Lounge, Deck 7 Aft
- 10:00am **movies under the stars** **Concert: Coldplay 2012**
Fountain Pool, Deck 16 Midship
- 11:00am **Hole-In-One Tournament** – With your Cruise Staff.
Lawn Court, Deck 19 Aft
- 11:30am **Princess Cays Beach Games (18 years & older)**
Join the Cruise Director's Staff for some fun in the sun. Meet at the Volleyball Court ashore to the left when you get off your tender. **Princess Pick**
- 11:30am- **Princess Cays Beach Barbeque**
1:30pm Join our Food & Beverage team on the beach for a BBQ.
- 11:45am **Brunchtime Trivia** – With your Cruise Staff.
Vista Lounge, Deck 7 Aft

Relaxing Afternoon

- Noon **movies under the stars** **Concert: Billy Joel: Live at Shea Stadium**
Fountain Pool, Deck 16 Midship
- 1:00pm **Bullseye Shooting Competition (18 years & older)** **Princess Pick**
Bullseye Shooting Simulator, Deck 18 Aft
- 2:00pm **Basketball Shootout Competition** – With your Cruise Staff.
Center Court, Deck 18 Aft
- 2:00pm **movies under the stars** **Afternoon Classic Movie: Mrs. Doubtfire**
Starring: Robin Williams & Sally Field
(Rated: PG-13 • 2hrs 5mins)
Fountain Pool, Deck 16 Midship
- 2:30pm **In the Piazza** **Caribbean Grooves with Pan Player Tyrone Babb**
Deck 5 Midship
- 3:00pm **Ping Pong Tournament** – With your Cruise Staff.
The Game Lounge, Deck 18 Aft
- 3:00pm **An Introduction to a Life Changing Solutions with Acupuncture**
Lotus Spa, Deck 5 Fwd

- 3:15pm **In the Piazza** **Alegria String Quartet**
Deck 5 Midship
- 3:15pm **Afternoon Trivia** – With your Cruise Staff.
Princess Live!, Deck 7 Midship
- 3:30pm- **Afternoon Tea**
4:30pm Concerto Dining Room, Deck 6 Midship
- 4:00pm **All Aboard! Last tenders leaving shoreside. Regal Princess sails for St. Thomas, Charlotte Amalie shortly thereafter**
- 4:00pm **In the Piazza** **Caribbean Grooves with Pan Player Tyrone Babb**
Deck 5 Midship
- 4:00pm **Bocce Ball Tournament** – With your Cruise Staff.
Lawn Court, Deck 19 Aft
- 4:00pm **Look 10-Years Younger with Dr. Mailene**
Lotus Spa, Deck 5 Fwd
- 4:00pm **Relieving Back Pain and Walking in Comfort** – Free foot analysis. Fitness Center, Deck 17 Aft
- 4:30pm- **\$500 Treasure Hunt** – Take a tour of the ship and collect all 9 stamps. Then bring your card to the Piazza on Deck 5 Midship before 7:45pm to qualify to win some great prizes. Kiosks located on Decks 5, 6, 7 & 17. You must be present to win.
- 4:45pm- **Sailaway Music with Party Band Evolution**
5:45pm (Weather Permitting) Fountain Pool, Deck 16 Midship
- 5:00pm **In the Piazza** **Pianist Luca Ovidio**
Deck 5 Midship
- 5:00pm **Designer Watch Event!** – Join Miguel, your Princess Shopping Host, and learn the unique technology and functions of TAG, Hublot, Phillip Stein & much more. Find out which watch is perfect for you. Princess Live!, Deck 7
- 5:00pm **Afternoon Zumba Fitness** – With your Certified Zumba Instructors. Center Court, Deck 18 Aft
- 5:00pm **LGBT Get-Together**
Outriggers Bar, Deck 16 Aft
- 5:00pm **The International Hair Show** – With your International Styling Team. A free cut and style to be won.
Lotus Spa, Deck 5 Fwd
- 5:00pm **Casino Introduction: Blackjack & Roulette** – All attendees receive a \$5 Match Play Coupon. Princess Casino, Deck 6
- 5:30pm **In the Piazza** **Alegria String Quartet**
Deck 5 Midship
- 5:45pm **Sunset Tunes with DJ Tintin**
(Weather Permitting) Fountain Pool, Deck 16 Midship

Boutiques Onboard

Last Chance!

Save an extra 10% off your tax and duty free purchase of \$100 or more. Available on the first 2 days of your voyage.

(Excluding designer watches.)

Sailing-11:30pm • Boutiques, Decks 5 & 7

Internet Café

Wi-Fi Available

Enjoy wireless Internet access right from your laptop or ours.

See the Internet Café Manager for details and important instructions.

Piazza • Deck 5 Midship

CRUISE CULT CLASSICS

8:45pm

Rock n' Roll Music Trivia

Hosted by your Cruise Staff

9:30pm till Late

Rock n' Roll Night Party

Join your Cruise Staff and Evolution for your favorite 50's music and dancing

Vista Lounge • Deck 7 Aft

Platinum Studio

Your life. Our art. Your legacy.

Make your appointment with our Platinum Artist today.

Photo & Video Gallery • Deck 6 Midship

Future Cruise Sales

Place a \$100 per person deposit to receive FREE shipboard credits for your next Princess voyage — even if you haven't decided where to cruise next!

Futura Cruise Center, Deck 7 Midship

come back newSM

Enchanting Evening

- 6:00pm **Friends of Dr. Bob & Bill W. Meeting**
Princess Live!, Deck 7 Midship
- 6:00pm-8:00pm **Complimentary Facial Rejuvenation Consultations with Dr. Mailene** Lotus Spa, Deck 5 Fwd
- 6:00pm-10:00pm **Casual Portraits Tonight!** – Let us capture your cruise memories! Visit our studios located in the Piazza on Decks 6. No sitting fees or obligation to purchase. **Princess Pick**
- 6:00pm-10:00pm **Family Portraits in the Platinum Studio** – Book a private photo session with no obligation to purchase! Visit the photo gallery after 4:00pm to make an appointment.
- 6:30pm *In the Piazza* **Pianist Luca Ovidiu**
Deck 5 Midship
- 6:30pm **Singles & Solo Travellers Get-Together (Unhosted)**
Crooners Lounge, Deck 7 Midship
- 6:45pm **SHOWTIME:** **Production Showtime: Sweet Soul Music**
Princess Theater, Decks 6 & 7 Fwd
- 7:30pm *In the Piazza* **Adagio Acrobats Duo Ronin**
Deck 5 Midship
- 7:45pm **\$500 Treasure Hunt Prize Draw** – You must be present to win! Put your Treasure Hunt card in the drop box. Piazza, Deck 5 Midship **Princess Pick**
- 7:45pm **Where on the Regal Princess? Gameshow** – With your Cruise Staff. Princess Live!, Deck 7 Midship
- 7:50pm *In the Piazza* **The Rick Kilburn Quartet**
Deck 5 Midship
- 8:00pm **Pianist Luca Ovidiu**
Wheelhouse Bar, Deck 7 Aft
- 8:00pm **Ballroom@Sea Dance Class: "The Jive"** – With Armando of the Cruise Staff. Vista Lounge, Deck 7 Aft
- 8:00pm **Le Vian Chocolate Diamond Seminar!**
Facets, Deck 7 Midship
- 8:00pm **Texas Hold'Em Demonstration** – Followed by a \$1/\$2 No Limit cash game. Princess Casino, Deck 6 Fwd
- 8:15pm **NFL Week 10: Carolina Panthers vs. Philadelphia Eagles**
Casino & Churchills, Deck 6 Fwd
- 8:30pm *In the Piazza* **Alegria String Quartet**
Deck 5 Midship
- 8:30pm & 10:30pm **movies under stars** **Feature Film: Edge of Tomorrow**
Starring: Tom Cruise & Emily Blunt
(Rated: PG-13 • 1hr 53mins)
Fountain Pool, Deck 16 Midship

- 8:30pm **SHOWTIME:** **Production Showtime: Sweet Soul Music**
Princess Theater, Decks 6 & 7 Fwd
- 8:45pm **Rock n' Roll Music Trivia** – With your Cruise Staff.
Vista Lounge, Deck 7 Aft
- 9:00pm-9:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft
- 9:15pm *In the Piazza* **Adagio Acrobats Duo Ronin**
Deck 5 Midship
- 9:15pm **The Yes/No Gameshow** – Can you go 3 minutes without saying these two words? Hosted by Deputy Cruise Director Adam. Not to be missed!
Princess Live!, Deck 7 Midship **Princess Pick**
- 9:30pm *In the Piazza* **The Rick Kilburn Quartet**
Deck 5 Midship
- 9:30pm **Cruise Cult Classic: Rock n' Roll Night Party** – Join your Cruise Staff and Party Band Evolution for your favorite 50's music and dancing. Vista Lounge, Deck 7 Aft
- 10:00pm-11:00pm **70's Tribute Hour with DJ Tintin**
Club 6, Deck 6 Fwd
- 10:00pm-10:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft
- 10:15pm-11:15pm **Fabulous Piano Entertainer Tom Franek**
Crooners Lounge, Deck 7 Midship
- 10:15pm **Cruise Cult Classic: Princess Pop Star Heat 1**
Tonight you can audition for our famous Karaoke Contest. Princess Live!, Deck 7 Midship **Princess Pick**
- 10:30pm **SHOWTIME:** **Production Showtime: Sweet Soul Music**
Princess Theater, Decks 6 & 7 Fwd
- 10:30pm-Late **The Rock n' Roll Party Continues with Party Band Evolution** Vista Lounge, Deck 7 Aft
- 11:00pm-Late **Party The Night Away with DJ Nature**
Club 6, Deck 6 Fwd
- 11:00pm-11:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft
- 11:15pm *In the Piazza* **The Rick Kilburn Quartet**
Deck 5 Midship
- 11:15pm **Multimedia Trivia** – With your Cruise Staff.
Princess Live!, Deck 7 Midship
- Midnight-Late **Fabulous Piano Entertainer Tom Franek**
Crooners Lounge, Deck 7 Midship
- Midnight-1:00am **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft
- Midnight **Slot Machines and PokerPro are open all night**
Casino Cashier re-opens at 10:00am tomorrow.
Princess Casino, Deck 6 Fwd

The Lotus Spa

GoSmile Tooth Whitening

Fast & Effective.

Fantastic Instant Result, no sensitivity, safe on crowns veneers and porcelains.

Special Price \$129 • Couples \$258
Lotus Spa • Deck 5 Forward

\$\$\$ Princess Casino

Use Your Cruise Card

Now use your Cruise Card to purchase casino slot credits and table chips up to \$3,000 per day — no extra fees apply.

Princess Casino, Deck 6 Forward

PRINCESS CRUISES PRESENTS

Production Showtime: Sweet Soul Music

Starring:

The Regal Princess Singers & Dancers

Musical backing by:

David & The Regal Showband

Hosted by:

Cruise Director Ron Goodman

6:45pm, 8:30pm & 10:30pm
Princess Theater • Decks 6 & 7 Fwd

Crab Shack

Experience our seafood extravaganza and enjoy our Chefs' delicious steamers and pots.
\$20 per person cover charge.
Reservations recommended.

6:30pm–9:00pm • Deck 16, Aft

All-Inclusive Beverage Package

Enjoy unlimited beverages up to \$10.
Only \$49 a day + 15% gratuity!
Ask your server for details.

Cocktails • Beer • Wine • Sodas • Specialty Coffees • Shakes • Water Bottles
Plus, 40% discount on bottled wines under \$100

LOCATIONS, HOURS & MORE



Art Gallery (Open 24 hours) – Deck 7 Forward

Art Director available from 5:00pm-10:00pm & by appointment

Boutiques – Decks 5 & 7 Forward/Midship

Sailing-11:30pm

Captain's Circle Loyalty Desk – Atrium, Deck 7 Midship

9:00am-11:00am & 4:00pm-6:00pm

Casino – Deck 6 Midship

Casino opens approximately 30 minutes after sailing

Future Cruise Sales – Atrium, Deck 7 Midship

3:00pm-6:00pm

Internet Center (Open 24 hours) – Deck 5 Midship

Internet Manager's Hours: 8:00am-10:00am, 4:00pm-6:00pm & 7:30pm-10:00pm

Lotus Spa & Beauty Salon – Deck 5 Forward, Ext. 5343

8:00am-10:00pm

Lotus Health & Fitness – Deck 17 Midship

7:00am-10:00pm

Medical Center – Deck 4 Midship

8:00am-10:00am & 4:30pm-7:00pm

For urgent medical attention, dial 911. Available 24 hours a day.

For general enquiries, dial 4400 between 8:00am-Noon & 2:00pm-7:00pm

Photo & Video Gallery – Deck 6 Midship

4:00pm-11:00pm

Shore Excursions Desk – Deck 5 Midship

8:00am-10:00am & 4:00pm-6:30pm

Dining Guide

– For details & reservations, use speed dialing option "DINING" between 8:00am and 5:00pm from any ship's phone.

	Location	Hours
International Cafe**	Deck 5 Piazza	24 Hours
Gelato**	Deck 5 Piazza	11:00am-11:00pm
Vines**	Deck 5 Piazza	4:00pm-Late
Sabatini's**	Deck 5 Forward	6:00pm-10:00pm
Symphony (Anytime)*	Deck 5 Midship	5:30pm-9:30pm
Allegro (Traditional)	Deck 6 Aft	Early Seating 5:45pm
Concerto (Anytime)*	Deck 6 Midship	7:00am-9:00am; 7:30pm-9:30pm
Alfredo's Pizzeria	Deck 6 Midship	11:00am-11:00pm
Ocean Terrace Seafood Bar**	Deck 7 Midship	4:00pm-11:00pm
Crown Grill**	Deck 7 Aft	6:00pm-10:00pm
Prego Pizzeria	Deck 16 Midship	11:00am-6:00pm & 8:00pm-11:00pm
Swirls Ice Cream Bar	Deck 16 Midship	11:00am-11:00pm
Trident Grill Smokehouse BBQ Style	Deck 16 Forward	11:00am-6:00pm & 8:00pm-11:00pm 8:00pm-11:00pm
Horizon Court/Bistro	Deck 16 Aft	5:00am (Continental Breakfast) 6:00am-11:30am (Breakfast); 11:30am-3:30pm (Lunch); 3:30pm-5:30pm (Tea Time); 6:00pm-9:00pm (British/Indian & Mongolian BBQ); 5:30pm-11:00pm (Dinner Buffet)

Bars, Clubs & Lounges

Signature Recommendation: **Bahama Bay Breeze**

	Location	Hours
Piazza Bar	Deck 5 Midship	11:00am-Late
Bellini's Bar	Deck 6 Midship	11:00am-Late
Casino Bar	Deck 6 Forward	5:00pm-Late
Club 6	Deck 6 Forward	10:00pm onwards (Must be Over 18 - Photo I.D. Required)
Wheelhouse Bar	Deck 7 Aft	4:00pm-Late
Crooners	Deck 7 Midship	2:00pm-Late
Princess Live! Cafe	Deck 7 Midship	6:30am-10:30am & 4:30pm-Midnight
Seaview Bar	Deck 16 Midship	10:00am-Midnight
Mermaid's Tail Bar	Deck 16 Forward	9:00am-11:00pm
Outrigger Bar	Deck 16 Aft	7:00am-11:00pm

*Details and limited reservations are available by speed dialing option "DINING" between 8:00AM and 5:00PM from any ship phone. **Additional charges apply. Once onboard and subject to availability, you may switch from Traditional Dining to Anytime Dining with 24 hours notice to the Maitre D'. Dining options, menu selections, locations and venues may vary by ship, and actual meal times are subject to change. 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.

Wheelchairs & Motorized Scooters:

Passengers confined to wheelchairs & motorized scooters will not be able to use the tender service for safety reasons. Passengers who are able to move, assisted by ship's staff independently of their wheelchair, may use the tender service. For further inquiries, please contact the Passenger Services Desk.

Security Screening

All passengers returning to the ship must pass through security screening. Objects containing metal such as mobile phones, cameras, binoculars, reading glass cases, large belt buckles, batteries, electrical devices, etc. will cause the walk through metal detector to alarm and delay entry onto the ship. Such items need to be placed into the trays provided before you pass through the metal detector. Passengers with, for example, surgical metal implants, large amounts of metal jewelry, metal shoe stays, etc. may need to undergo further screening, e.g. hand-held metal detector or "Pat Search."

Customs & Immigration Notice

Please see the Passenger Services Desk if you intend to do either of the following:

- 1) Disembark the vessel prior to the date shown on your cruise card.
- 2) Land any box, package or baggage in a port prior to your disembarkation date. Customs authorities will want to inspect these items when the ship arrives in port and will not allow any other unaccompanied items to be taken or left ashore that day.

You may be assessed severe penalties by local government authorities as well as any fines/penalties Princess Cruises may incur for your failure to adhere to either of the above requirements.

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>.

Shore Excursions: Tour office hours: 8:00am-10:00am & 4:00pm-6:30pm – Plaza, Deck 5 Midship

Last minute tickets are still available! – Please visit the Tour Desk during early opening hours this morning to make your experience in Princess Cays today even more memorable. Visit the Watersport Center close to the tender pier for rentals ashore.

Tours Meeting in the Princess Live, Deck 7 Midship – Please proceed at the meeting time indicated on your tour ticket. Please remain in the Princess Live until announcements are made at which time you will be escorted to a tender.

Tours & Rentals Ashore – Please collect a tender ticket from the Symphony Dining Room, Deck 5 Midship to tender ashore approx. 45 minutes prior to the time indicated on your ticket.

Closing time for cancellations – No refunds or exchanges can be made for St Thomas after 6:00pm today.