



scope completely.

# PRINCESS PATTERN

A daily guide to cruise activities 

PANAMA CANAL • SATURDAY, SEPTEMBER 24, 2005 • SUN PRINCESS

Sunrise 6:08am • Sunset 6:14pm • Tonight's Dress: Smart Casual

## The Panama Canal

In 1534, Charles I of Spain ordered the first survey of a proposed canal route through the Isthmus of Panama. More than three centuries passed before the first construction was started. The French labored 20 years, beginning in 1880, but diseases and financial and engineering problems defeated them. In 1903 Panama gained its independence from Colombia. Shortly thereafter, Panama and the United States signed a treaty in which the United States guaranteed Panama's Independence and paid her ten million dollars. On May 4, 1904 the United States purchased the French Canal Company rights and properties for \$40 million and began construction. The huge project was completed in 1914 at a cost of approximately \$380 million. Enjoy your transit of the beautiful Panama Canal!

## Some Facts About The Panama Canal

DIMENSION	FEET
Length of each lock chamber .....	1,000
Width of each lock chamber .....	110
Depth of each lock chamber .....	70
Minimum depth of water in each lock .....	40
Width of each lock gate leaf .....	60
Height of lock gates .....	47-82
Thickness of each lock gate leaf .....	7
Diameter of main culvert to fill locks .....	18

WEIGHT	
Weight of each towing locomotive .....	50 tons
Lock gate leaves .....	354-663 tons

DISTANCE	MILES
Length of Canal: Deep water to deep water .....	51
Shoreline of Gatun Lake .....	1,100
Distance saved by ships, N.Y. to San Francisco .....	7,873



### Captain's Circle Membership Enquiries Desk

9:00am to Noon — If you have cruised with Princess, P&O or Silmar before and you have a BLUE card or you are not sure of your number come and see Pamela your Captain's Circle Hostess on deck 5 in the Atrium.

### Sterling Steakhouse

Deck 14 Forward 6:00pm to 10:30pm  
Enjoy a unique and memorable dining experience at the only dining area afloat showcasing a menu featuring American Steakhouse favorites. For reservations please dial 3463 between 8:00am and 5:30pm daily. A \$15.00 per person cover charge applies.

## FROM THE NAVIGATOR

Panama Canal timings are subject to change due to the volume of shipping using the Canal each day. However, we expect to arrive at Balboa Pilot Station at 4:20am. Once the pilot has embarked we will set various courses towards the two Miraflores Locks and the Pedro Miguel Lock, passing under the "Bridge of the Americas" and arriving at the locks at approximately 6:20am. Once clear, we will navigate through Gaillard Cut and the inland waterways arriving at Gatun Lake at approximately 12:00pm. We will continue northwards, then commence our transit of the remaining locks of Gatun. Once clear we will proceed towards our berth in Cristobal, arriving at approximately 4:00pm. During the day there will be a full commentary from the Bridge describing the history of the canal as well as general points of interest. We will depart Cristobal Pier at 8:00pm this evening, and then head northwards clear of the port of Colon on our starboard side, and clear of the breakwaters at the Atlantic entrance to the Panama Canal. Our pilot will disembark and then we will alter onto a NE'ly course into the Caribbean Sea.

### TIME CHANGE

Please note that the ship's clocks will be turned FORWARD 1 hour during night between September 24th (Saturday) and September 25th (Sunday).

### MEDICAL CENTRE

The Medical Centre is situated on Deck 4, access via starboard forward elevator or stairs near Purser's Desk, Deck 5.

### Office Hours Today

10:00am to noon & 4:30pm to 6:30pm

For urgent medical attention please dial 911



## DAYTIME ACTIVITIES

6:20am (approx.)	<b>SUN PRINCESS IS EXPECTED TO ARRIVE PANAMA CANAL</b>	
7:00am to 2:00pm	<b>PANAMA CANAL OUTPOST</b> Don't miss the opportunity to see the Panama Canal upclose. Binoculars, cameras, film and plenty of souvenirs available for your convenience. <i>Riviera, Deck 12</i>	
8:00am Daily	<b>BRAIN WAVES QUIZ</b> Pick up your daily teasers. <i>Bayview Reading Room, Deck 7</i>	
10:00am	<b>BACKGAMMON PLAY</b> With Lindsay of the Cruise Staff. <i>Atrium, Deck 7</i>	
10:00am to Noon	<b>BRIDGE PLAY</b> With Diana & Stanley Ogden. <i>Shooting Stars, Deck 7</i>	
11:00am	<b>GRANDMOTHERS BRAG TIME</b> Join Kara & Lisa. Bring those photos to show around. <i>Wheelhouse Lounge, Deck 7</i>	
11:00am	<b>BASKETBALL SHOOTOUT (BEST OF 5)</b> Join Mark of the Cruise Staff. <i>Sports Court, Deck 15</i>	
11:00am	<b>NEAREST TO THE PIN COMPETITION</b> Join our Golf Pro Erich. <i>Princess Links, Deck 12 Aft</i>	
11:15am	<b>MORNING QUIZ TIME</b> Julie of the Cruise Staff sets another mental minefield. <i>Wheelhouse Bar, Deck 7</i>	
Noon	<b>MOVIE: SAHARA</b> Starring: Matthew McConaughey, Penelope Cruz Duration: 124 mins. Rated: PG-13 (Action) <i>Vista Lounge, Deck 7 Aft</i>	
1:00pm to 5:00pm	<b>DECK MELODIES</b> With "Tidal Wave" <i>Riviera Deck, Deck 12</i>	
3:00pm	<b>FRIENDS OF DR. BOB AND BILL W. MEETING</b> <i>Shooting Stars Disco, Deck 7</i>	
3:30pm	<b>AFTERNOON TEA IS SERVED</b> Music by Anatolie. <i>Regency Dining Room, Deck 6</i>	
4:00pm (approx.)	<b>SUN PRINCESS IS EXPECTED TO DOCK IN CRISTOBAL</b>	
5:30pm to 8:45pm	<b>PRE-DINNER MELODIES</b> With Anatolie & Heather. <i>Atrium Plaza, Deck 5</i>	
7:30pm	<b>ALL PASSENGERS ABOARD PLEASE</b>	
8:00pm	<b>SUN PRINCESS SAILS FOR ARUBA</b>	

## LIBRARY OPENING HOURS

10:00am to 6:00pm	<b>THE LIBRARY IS OPEN</b> <i>Bayview Reading Room, Deck 7</i>
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## STEINER'S LOTUS HEALTH AND FITNESS PROGRAM

7:30am	Walk-A-Mile	<i>Promenade, Deck 7</i>
8:00am	Oz Aerobics Class	<i>Aerobics Studio, Deck 12 Aft</i>
10:00am	Lotus Spa Seminar Series: De-tox For A Healthier You	<i>Aerobics Studio, Deck 12 Aft</i>
11:00am	Pulse Group Cycling Class (\$10 fee)	<i>Aerobics Studio, Deck 12 Aft</i>
2:00pm	Lotus Spa Seminar Series: Introduction to Pilates	<i>Aerobics Studio, Deck 12 Aft</i>
3:00pm	Pilates Class (\$10 fee)	<i>Aerobics Studio, Deck 12 Aft</i>
4:00pm	Bootcamp Training Class	<i>Aerobics Studio, Deck 12 Aft</i>
6:00pm	Pathway To Yoga Under The Stars (\$10 fee) meet at the Spa Reception	<i>Aerobics Studio, Deck 12 Aft</i>

## LOTUS SPA COMPLIMENTARY SEMINARS

9:30am	Peel Away Time	<i>Lotus Spa, Deck 12 Aft</i>
11:15am	Detox for a Healthier You	<i>Lotus Spa, Deck 12 Aft</i>
Noon	Hair Dare	<i>Lotus Spa, Deck 12 Aft</i>
3:00pm	Make Up Myths	<i>Lotus Spa, Deck 12 Aft</i>

## PRINCESS LINKS GOLF SIMULATOR

11:00am-Noon	Visit Erich our resident Golf Pro and check out your swing.
3:00pm-6:00pm	Stateroom charge of \$20 per half hour applies. <i>Princess Links, Deck 12</i>

## COMPUTERS@SEA

Kristoffer is available today for private instruction.  
Inquire at the Purser's Desk, Deck 5 Midship

## STATEROOM TV

<b>PRINCESS CHANNEL (Channel 21)</b>	
6:00am-10:00am	Good Morning Show with Gavin
10:00am-4:00pm	A Man, A Plan, A Canal - Panama
4:00pm-8:00pm	Reflections Video
8:00pm-On	Movie: Sahara
<b>PRINCESS CHANNEL (Channel 25)</b>	
6:00am-9:00am	Port & Shopping Talk - Aruba
9:00am-6:00pm	Adventures Ashore - Aruba and Ft. Lauderdale
6:00pm-On	Port & Shopping Talk - Aruba

## CRUISE DIRECTOR GAVIN'S TIPS

### WHERE TO STAND FOR THE BEST VIEWS

- Any open deck and of course if you have a Stateroom with a balcony.
- For the same view that the Captain and Pilot have: Deck 10 and Deck 11 forward balconies (walk all the way forward on Deck 10 or Deck 11 and pass through the doors at the end of the corridor). Today we will also be opening the Crew Deck to our passengers Deck 9 forward port side. Sun Deck 15 is also one of the best locations.
- For wheelchairs and to be close to the food! Deck 14 forward in front of the Horizon Court (the doors will be open today from the Horizon Court so you may pass directly through).
- To get close to the "action": Deck 7 Promenade Deck. A great place to get a close-up view of the "mules" that help guide us through the canal. Either side can be good, as well as off the stern.
- To see "where we have been": Decks 11, 12 and 14 aft or Deck 14 port and starboard sides.

"LAND DIVIDED - WORLD UNITED"

Motto of the Panama Canal Company

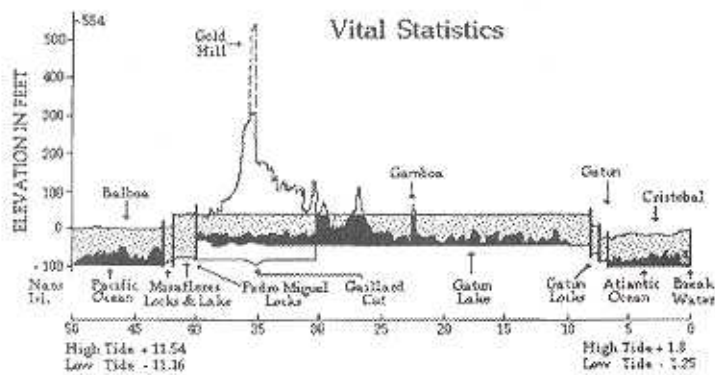
## A MAN, A PLAN, A CANAL - PANAMA

### (A PALINDROME)

### DID YOU KNOW?

The SS Ancon made the first official ocean-to-ocean transit on August 15, 1914. The longest ship to transit is the San Juan Prospector, now the Marcona Prospector, an ore-bulk-oil carrier that is 973 feet long and has a beam of 106 feet. The widest ships to transit are the USS New Jersey and her sister ships, which have a beam of 108 feet. The total cost for Sun Princess to navigate the Canal today is expected to be around \$174,000. The lowest toll is 36 cents, paid by Richard Halliburton for swimming through in 1928. Tolls are levied on a net tonnage basis, under a special Panama Canal measuring system. The average toll for ocean-going commercial vessels is approximately \$35,000.





### SUN PRINCESS' TRANSIT OF THE PANAMA CANAL

We anticipate approaching the first lock approximately 7:30am. There will be fewer organised activities today thereby enabling you to view the entire transit and listen to the commentary by a representative of the Panama Canal Commission describing the many points of interest along the way. The commentary may be heard on the open decks, in the Horizon Court, Deck 14 and by tuning your Stateroom TV to Channel 35.



### ADVENTURES ASHORE

Located on Plaza Deck, Deck 5 in the Atrium Lobby

Approximate 4:00pm Sun Princess is expected to dock in Cristobal

Tour office hours: 9:00am-noon and 3:00pm-5:00pm

Those passengers wishing to book tickets should either stop by the office during opening hours or use the 24-hour drop box. Drop your order form there and tickets will be automatically sent to your stateroom.

### AIRPORT TRANSFERS IN FORT LAUDERDALE

Passengers who are not in possession of a Princess Transfer Voucher and require a transfer to either Miami or Ft. Lauderdale Airport, on the day of our arrival, are advised that they are available for purchase from the Tour Office on Plaza Deck 5. The prices are Miami - \$15 & Ft. Lauderdale - \$10.

### TONIGHT'S ENTERTAINMENT

This evening's dress code is smart casual

Audio or video taping is prohibited due to copyright. No saving of seats please. Children not permitted in the front two rows. Last three rows reserved for passengers with limited mobility.

#### PRINCESS THEATRE

Deck 7 Forward  
Screening Times: 8:30pm & 10:30pm  
(TONIGHT ONLY)

BACK BY POPULAR DEMAND IN AN ALL-NEW SHOW!

### TONY CHERRY

MC: Cruise Director Gavin Chandler  
Musical Backing By: Nick Connell & The Sun Princess Orchestra

#### VISTA LOUNGE

Promenade Deck 7 Aft

Showtimes:  
8:30pm & 10:30pm  
(Repeated tomorrow at 8:30pm)

### C'EST MAGNIQUE

THE FRENCH MUSICAL REVUE

Starring:  
ROGER SULLIVAN  
& EMILY WALTER  
and  
THE SUN PRINCESS DANCERS

MC:  
Cruise Director Gavin Chandler

#### SHOOTING STARS

Promenade Deck 7 Midship

Club opens at 9:30pm

### NON STOP MUSIC

With DJ Rich

#### WHEELHOUSE BAR

Promenade Deck 7 Forward  
Music every evening for your dancing and listening pleasure

5:30pm to 9:15pm

### THE BARNACLES

PLAY YOUR FAVORITE DANCE TUNES

9:15pm to close

### THE MELODICS

PLAY MUSIC FROM THE  
50'S TO THE 90'S

#### ATRIUM LOUNGE

Promenade Deck 7, Midship

9:00pm till late

### HEATHER & ANATOLIE AT THE PIANO

9:30pm

### NIGHT TIME TRIVIA

With Lindsay

#### THE GRAND CASINO

Dolphin Deck 8, Midship  
Full Casino:  
8:30pm till the wee hours

SLOTS  
AND  
ALL GAME TABLES

#### RENDEZ-VOUS WINE BAR

Promenade Deck 7  
5:00pm till late

ENJOY OUR SELECTION  
OF FINE WINES  
PRE-ORDER YOUR CAVIAR  
AND CHAMPAGNE





## BOUTIQUES ONBOARD

Emerald Deck 6 8:00am to 4:00pm

### PANAMA CANAL MARKET PLACE

Apparel, Souvenirs & Much More!

Ports of Call Tees

Starting at \$11.99

Buy 3 And Save An Extra \$6

8:00am till 2:00pm, Atrium Deck 6

### PORTRAIT OF PANAMA BOOK

Explore The Rich History Of The Panama Canal

Only \$16.95

8:00am till 2:00pm, Atrium Deck 6

### TROPICAL ISLAND SHIRTS

Choose from a variety of prints for men & women

Only \$25.99

2 for \$39.99

Small to XL

Latitudes, Deck 6

We Will Match The Price On Any Identical Item



## LOTUS SPA & BEAUTY SALON

Riviera Deck, Deck 12 8:00am to 8:00pm, Tel:12702

### MANAGERS SPECIALS

ALL SPA TREATMENTS 40% OFF

ALL SALON TREATMENTS 30% OFF

This special may only be used for appointments made on the day!!

#### PERSONAL TRAINING

Come take advantage of our two for one offer and learn the secrets to a healthier, fitter you. With this amazing offer you will receive a free Metabolism check so that we can see what we should do to get to our goals.

**NORMALLY \$83 PER SESSION • TODAY \$83 PER COUPLE**



## FINE ARTS

Wheelhouse Bar, Deck 7

**MATT AND SANDRA WISH YOU AN ARTFUL DAY IN PANAMA!**



## GRAND CASINO

Dolphin Deck 8 Midship

Full Casino: 8:30pm until the wee hours

Any 4 of a Kind or Above with Max Coins Played  
or Any Dollar Slot Three Red 7's or Higher with Max Coins Played  
or Any 200 Coin Winning Line on our \$5 Slots

### WINS A CASINO PRIZE!

Check Out Our Various Poker Games

Let It Ride • Three Card Poker • Caribbean Stud Poker

Please note that the minimum age for anyone allowed in the casino is 21. Photo ID will be required. For your convenience you may charge your Casino chips or Slot Tokens to your shipboard account upon registration of a valid credit card at the Purser's Office (up to \$1,500 per day, \$5000 per cruise) A 3% Surcharge will be included. Cigar or Pipe smoking is not permitted in the Casino.



## PHOTO & VIDEO GALLERY

Promenade Deck 7 Aft 5:00pm to 11:00pm

Get your photo taken on the decks as we pass through the Panama Canal for a wonderful memory from the highlight of your cruise!

Print your own digital photographs on our Pixel Magic kiosk. Instant photographs for only 45c each. Burn your own CD's for \$9.95. Located outside the photo Gallery Deck 7 aft

Keep an eye open for Reflections as the Sun sails the Canal!



## FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Fwd

10:00am-Noon • 1:30pm-3:00pm • 6:00pm-8:00pm

All confirmed bookings deposited today receive a bonus entry into the end of cruise draw.

See Leeanne for more information on itineraries and dates.



## BAR NEWS & INFORMATION

Please check your "Quick Reference Card" for the hours of operation of the bars on board. This card can be found in your stateroom.

### DRINK OF THE DAY

#### PANAMA MULE PUNCH

To celebrate today's Panama Canal transition, your Sun Princess Bar Team has put together this delicious drink made out of White Rum, Crème de Banana, Orange Juice, Pineapple Juice and Grenadine. Regular \$3.25 - Medium \$4.95 - Large \$6.50

### MARTINI OF THE DAY

#### EMERALD MARTINI - \$5.95

This palate stimulating mixture is the perfect way to enjoy the pre-dinner cocktail hour in any of our inside lounges. Your Sun Princess Bartenders will mix Stolichnaya Vodka, Dry Vermouth and Melon Liquor for your delight and pleasure. Including the V-Ball Martini Glass - \$8.00

### MOCKTAIL OF THE DAY

#### ROCK SHANDY - \$2.25

Spice up your day with this non-alcoholic mix of Roses lime Juice, Angostura Bitters and Sprite

### MAITRE D' WINE SUGGESTION

Today our Maitre D' Jacques suggests two excellent wines: Sauvignon Blanc Nobile and Merlot Santa Carolina

Alcohol will only be served to passengers over 21 years and older. Please understand that you may be requested to show legal identification confirming your age. Admission to the Night Club after 10:00pm is restricted to 18 years old and above.



PRINCESS CRUISES

escape completely™