



# SKALD

ROYAL VIKING SUN • VOL. 146 • NO. 1 • FRIDAY, DECEMBER 20, 1986  
HOLIDAY PASSAGE  
SAIL: EN ROUTE COZUMEL, MEXICO

Even though there were no seafarers in his family, Halle Thon Gundersen always knew that he wanted to work at sea.

"I grew up in Bergen, which is by the sea," he explains. "When I was six weeks old, I first went to sea on my parents' boat. By the time I was six, I knew exactly what I wanted to do."

With single-minded determination, Capt. Gundersen set his sights on Norway's Royal Naval Academy. He studied math and physics at school and spent summers working as a deckhand on passenger ships bound for England.

Before he could enter naval officers' school, he had to fulfill his regular service obligation. Capt. Gundersen did so by combining service with another nautical interest - diving.

"I became a frogman for the navy above the Arctic Circle. It was beautiful up there - in the summer," he recalls. Four-and-a-half years of study at the Royal Naval Academy followed. The education is comparable to university study with required courses in math, physics, military science and personnel administration - in addition to seamanship and leadership. He also earned his captain's license at the academy, making him a qualified master.

After four more years of naval service, much of it near the Soviet border, Capt. Gundersen's thoughts began to turn to warmer climates. When an offer came to join a Royal Viking Line ship in the Greek Islands, he was ready to accept. "It was a very cold winter that year," he laughed.

Gundersen spent three years working for Royal Viking Line before accepting an offer to join the *s/s Norway* as chief officer. He oversaw the refitting of the *Norway* and spent more than four years on the world's largest cruise ship, much of the

CAPTAIN HALLE  
THON GUNDERSEN



time as staff captain.

Gundersen next moved to Norwegian Cruise Line's fleet of "white ships" where he served as staff captain and captain. Later, he served an appointment as captain of the *Royal Viking Sky*, which resulted in his appointment to the Royal Viking Headquarters in San Francisco. As a shoreside captain, Gundersen played an important role as an advisor on a variety of maritime issues.

In March 1988, Gundersen moved to Turku, Finland, as part of the *Royal Viking Sun's* site team at Wärtsilä shipyard, where he was part of the group supervising the day-to-day building operations of the *Royal Viking Sun*. After her completion, Gundersen sailed the world in this grand ship, and soon began serving intermittently as captain between both the *Royal Viking Sun* and the *Royal Viking Queen* - where he was soon appointed to permanent captain.

As part of the Cunard family, Gundersen has served as  
*Continued inside*

**CUNARD**  
ROYAL VIKING



# D A I L Y P R O G R A M

## SHORE EXCURSION

### TODAY'S HOURS

The Shore Excursion Office will be open today from

9 a.m. to noon and 3 p.m. to 5 p.m. Please note that the office will be closed during the port lecture. Messages may be left at Reception when the Shore Excursion Office is closed.



### PORT LECTURE TODAY

#### AT 10:30 A.M.

At 10:30 a.m. today in the Norway Lounge, Shore Excursions Manager Bronwyn Turner will present a port lecture on our upcoming ports of call: Cozumel, Mexico and Oranjestad, Aruba. The lecture will briefly highlight local history and culture as well as sight-seeing opportunities. You may want to bring along a pen and paper for note-taking.

For your convenience, the lecture will be aired live on Cabin TV Ch. 5 and rerun continuously throughout the day beginning at 12 Noon on Ch. 9.

### GET YOUR DAY OFF TO A HEALTHY START

Join Fitness Instructor Amy on Norway Deck, aft at 7:30 a.m. for our Wake-up Stretch Class. Start your day off on the right foot with this 15 minute class that will warm you up for an energetic day at sea!

**PLEASE TURN  
YOUR CLOCKS BACK  
ONE HOUR AT  
MIDNIGHT BETWEEN  
DECEMBER 19 - 20.**



## PROFILE

### STRESS MANAGEMENT LECTURER JAMES ARCH

How one lives his or her life is completely up to the individual, whether it be adventurous, serious or completely carefree. Today in Stress Management Lecturer James Arch's talk entitled "How To Make the Rest of Your Life the Best of Your Life" at 2:30 p.m. in the Midnight Sun Lounge, he will be offering solutions about how to add years to your life and life to your years.

Born in England, James spent four years as an officer in the British Merchant Navy and four years with British Overseas Airways and the Royal Air Force.

During the past 35 years, he has been in the business of developing people and managers and training sales people. He has helped thousands of people to achieve greater success and happiness, with a unique ability to share ideas in such a way that people are motivated to achieve more, to set and reach higher goals.

Traveling throughout the country, James conducts special seminars and workshops for sales and management personnel. He is on the faculty of the Professional Golfers' Association, the Professional Bowlers' Association, St. Louis University, the Catholic Hospital Association, the American Institute of Banking and many more.

James, who has listened to over 200,000 talks and analyzed and help to improve them, is president of his own company which has attitude development programs, designed to help individuals and businesses to greater growth and financial success.

Passengers are certainly in for a treat when they hear James Arch, who has excellent content and knows how to excite an audience.

### PLEASE OBSERVE NON-SMOKING AREAS

Passengers are kindly asked to refrain from smoking pipes and cigars in indoor public areas (except the specially designated Oak Room). This request is made for the comfort of all. Passengers are also requested to observe the cigarette smoking and non-smoking areas in the ship's public rooms. Also, please do not smoke in the elevators, as a courtesy to others as well as for the protection of the air system. Thank you for your cooperation.



### DESIGNER WATCH SALE

Today only, choose from a selection of men's and ladies' designer watches in formal, casual and sports styles. Normally these fashionable watches retail from \$120 - \$250, but today they are specially priced at only \$69.95. Choose from such names as Elgin, Pierre Cardin, Givenchy and many more.

Don't miss the sale table in front of the Gift Shop. Quantities are limited, so stop by early!





# D A I L Y P R O G R A M

## Venezia

### Exquisite Italian Cuisine

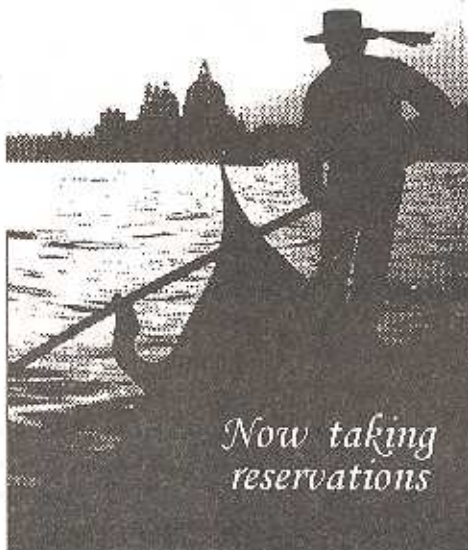
Discover the Venezia Italian Restaurant - the perfect setting to celebrate a special occasion during your cruise, or to simply enjoy exquisite Italian cuisine at no extra charge.

Reservations will operate on a first-come first-serve basis for this intimate, candlelight dining experience located on Bridge Deck, Deck 11, aft. Our Restaurant Manager Corrado will be available to take reservations daily from 10:30 a.m. - 11:30 a.m. by phone (# 3571) or in person at the Venezia during these times.

Restaurant hours are from 6:30 p.m. every evening, with the last order accepted at 10 p.m.

When planning your special evening in the restaurant, please be advised that most of the seating in the restaurant consists of tables for two; however, there are a few tables for six available.

Due to the intimate size of our Venezia Italian restaurant, passengers are invited to dine at the restaurant one time only during this Holiday Passage cruise. Rules will be strictly enforced to ensure that all passengers have the opportunity to enjoy this Italian dining experience. However, should the restaurant not be fully subscribed by 5 p.m., inquiries requesting additional dining opportunities will be accepted. *Please note that the Venezia will be closed tonight due to our Welcome Aboard Party.*



*Now taking reservations*

#### SHIPBOARD INFORMATION

#### CAPTURE TONIGHT'S MEMORIES WITH A PORTRAIT

Our ship's photographers will take formal portraits tonight outside of the Norway Lounge (Deck #8, starboard side) before the Captain's Welcome Party. They will begin to take portraits

10 minutes prior to the beginning of the cocktail party. Remember, there is never any obligation to purchase the finished prints, and there is no sitting fee.



## PASSENGER LIFEBOAT DRILL



Please be advised that a lifeboat drill will take place at 10 a.m. on Promenade Deck (7) for all passengers who embarked the Royal Viking Sun in Fort Lauderdale.

Please wear your life jacket to the lifeboat station as indicated in your cabin. This exercise is required by Maritime Law.

#### IONITHERMIE - THE SECRET OF A BEAUTIFUL BODY

Diet and exercise help us to achieve the body we desire, but sometimes the motivation leaves us - we reach a plateau where we can't firm or lose that last bit, or maybe we don't have the motivation to get started.

On board this cruise ship, we offer a very successful Parisian treatment, Ionithermic, which helps you achieve the body you desire. Indeed, after one hour of this treatment, you will notice a difference in the area treated and a total inch loss of three to eight inches can be achieved - with just one session!

Ionithermie is unique. The effects can be lasting and inches lost do not re-appear after drinking a glass of water or eating a meal. Anyone can achieve the ultimate benefits if the instructions from the Ionithermist on board this cruise ship are followed. Call the Beauty Salon today at 3492 for information about how you can discover Ionithermie.



# D A I L Y P R O G R A M

FRIDAY, DECEMBER 20, 1996    EVENING DRESS: FORMAL    SUNRISE: 6:06 A.M.    SUNSET: 4:59 P.M.

## GOOD MORNING!

7:30	<b>The Sunrise Television Program</b> - Your video wake-up call with Hosts Cruise Director Colin Parker & Social Director Yvonne Lohrer; Today's guest: Peter Mezoian, Banjo Instrumentalist	Cabin TV Ch. 6 (Repeats until Noon)
7:30	Wake-up Stretch with Fitness Instructor Amy	Norway Deck, aft
8:00	The Daily Crossword is available	Reception Desk
8:00	Yvonne's Quiz (Answers given in the Norway Lounge during Teatime)	Reception, Dining Room foyer
9:00	Indoor games and books are available	Dickens Library
9:00	Captain Halle Thon Gundersen's voice from the Bridge	Public Address
9:00 - 9:45	Walk-a-thon with a member of the Cruise Staff	Promenade Deck, aft
9:00	Deck sports equipment is available to our a.m. athletes	Sports Areas
9:05	Morning Bridge Lecture with Bridge Experts Saul and Jane Bronstein	Card Room
9:15	Sit and Be Fit! Join Fitness Instructor Amy	Health Spa
10:00	<b>Lifeboat Drill for All Passengers who joined in Fort Lauderdale - Please wear your life jacket and assemble on Promenade Deck as indicated in your cabins. This drill is mandatory under International Maritime Law.</b>	Promenade Deck
10:30	<b>Port Talk - Shore Excursion Manager Bronwyn Turner shares important tour and sightseeing information about our initial ports of call in Cozumel, Mexico, and Oranjestad, Aruba</b>	Norway Lounge
10:30	Yvonne's Riddle awaits you at the piano	Midnight Sun Lounge
11:00	Sports Orientation: Meet your Sport Directors Frank and Elaine Langsner and learn about the facilities, sporting events and Golf Simulator	Midnight Sun Lounge
11:00	Junior Cruisers (ages 7 - 12) meet your Junior Activities Director Nicole Binkert	Pebble Beach
11:00	Orientation to the Golden Door Program and Introduction to Gym Equipment with Fitness Directors Sandy and Amy	Health Spa
11:15	Scrabble Players meet with Yvonne	Card Room
11:30	Slimming Lecture - Introducing Ionithermie, a firming and toning treatment; results are immediate and a combined inch loss normally ranges from 1 - 8 inches! Join Suzy, our specialist, for free consultations	Midnight Sun Lounge

## GOOD AFTERNOON!

12:00	<b>Dance Class</b> with Asst. Cruise Director and Australian Professional Dance Champion Andrew Graham	Norway Lounge
12:00	Midday Melodies with Harpist Toni	Stella Polaris Room



## D A I L Y P R O G R A M

12:00	Yvonne shares your clever riddle answers	Midnight Sun Lounge
12:05	<b>Midday Game Show - "Team Trivia"</b> Quizzical laughter with Yvonne and a member of the cruise staff; Music by Jim Cummins	Midnight Sun Lounge
12:45	Midday Melodies with Pianist Jim	Midnight Sun Lounge
1:45	Indoor Bridge Tournament registration with Saul and Jane Bronstein	Card Room
2:00	The Gaming Tables are open for play	Casino
2:00 - 3:30	Gaming lessons: join your Casino Staff	Casino
2:00	Afternoon Duplicate Bridge Play with Saul and Jane Bronstein	Card Room
2:00	Movie Matinee: <i>The Air Up There</i> ; Starring Kevin Bacon; Comedy; Rated PG; 1 hr., 48 mins.	Starlight Theatre
2:15	Golf: Meet Frank for several holes at the Golf Simulator	Pebble Beach
2:15	Painting and Drawing Class with Linda Perlmutter	Garden Cafe
2:30	<b>"How to Make the Rest of Your Life the Best of Your Life"</b> <b>Presented by Stress Management Lecturer James Arch</b>	Midnight Sun Lounge
3:00	Friends of Bill W. meet	Oak Room
3:15	Introduction to Step Aerobics with Fitness Director Sandy	Health Spa
3:15	Needlepoint Club meets with Yvonne	Midnight Sun Lounge
3:30	Paddle Tennis: Let Frank teach you how to play	Promenade Deck, aft
3:45	Bingo cards on sale; one for \$7; three for \$15	Norway Lounge
3:45	Afternoon Teatime; finger sandwiches & sweets are served Teatime melodies with Pianist Jim Cummins	Norway Lounge
4:00	Bottomline with Fitness Director Sandy	Health Spa
4:00	Harpist Toni Stern sets the mood for Elegant Teatime	Stella Polaris Room
4:10	Yvonne reveals the answers to her Quiz	Norway Lounge
4:15	<b>Bingo Bonanza</b> - Join Andrew, Yvonne and our Guest Hosts	Norway Lounge
4:30	Stretch and Relax with Fitness Director Sandy	Health Spa
5:30	<b>'The Five-Thirty Live Show</b> - Join your hosts, Cruise Director Colin Parker and Yvonne Löhner for vintage comedy and the prize quiz for a bottle of wine or a cocktail of your choice!	Cabin TV Ch. 5
5:30	Catholic Mass is celebrated with Father Blaise Reinhart	Starlight Theatre
<b>GOOD EVENING! - THIS EVENING'S DRESS CODE IS FORMAL</b>		
6:30	Sabbath Service with Rabbi Norman Mendel	Starlight Theatre
6:45	Harpist Toni plays for your cocktail hour pleasure	Stella Polaris Room



D A I L Y P R O G R A M

6:45	<b>The Captain's Grand Welcome Aboard Party -</b> <b>Captain Halle Thon Gundersen invites all passengers to this five-star,</b> <b>four-stripe event; Music by the Tom Haberman Orchestra,</b> <b>Directed by Jim Kreisman</b>	Norway Lounge
9:00	Luck be a lady tonight! The Casino is open for gaming pleasure!	Casino
9:30	Dance with our Hosts to the Royal Sun Ensemble	Norway Lounge
9:45	Evening Movie: <i>A Time To Kill</i> ; Starring Sandra Bullock, Suspense; Rated R; 2 hrs. and 30 mins.	Starlight Theatre
10:15	<b>The Norway Lounge presents</b> <b>Banjo Instrumentalist Peter Mezoian; Accompanied by the</b> <b>Tom Haberman Orchestra, Directed by Jim Kreisman</b>	Norway Lounge
10:45	Enjoy the music of the Royal Sun Ensemble	Midnight Sun Lounge
10:45	Harpist Toni plays for your late night listening pleasure	Stella Polaris Room
11:00	Dancing with our Hosts to the Tom Haberman Orchestra	Norway Lounge
11:15	<b>Late Night Gameshow: "Name That Tune"</b> <b>Join Colin and Yvonne for late night musical fun!</b>	Midnight Sun Lounge
11:30	Late Night Snack is served as Jim plays the piano	Garden Cafe
12:00	Dancing continues with the Royal Sun Ensemble	Midnight Sun Lounge

**Special Words for the 12 Days of Christmas:**  
*Puddington wasn't quite sure which he had enjoyed the most:*  
*the presents, the Christmas dinner, the games, or the tea*  
*with the special marmalade-layer cake Mrs. Bird had made for him.*  
*Pausing on the corner half-way up, he decided*  
*he had enjoyed giving his own presents best of all.*  
 Sleep Well—  
 Cruise Director Colin Parker

**Don't miss Banjo  
 Instrumentalist  
 Peter Mezoian's show  
 tonight in  
 the Norway Lounge at 10:15 p.m.!**





# D A I L Y P R O G R A M



Almost half of the feature films released today receive a restricted R-rating from the Motion Picture Association of America (MPAA) because they contain violence, profanity and/or adult situations. However, several recent Oscar-winners, including "Unforgiven" and "Schindler's List" have been R-Rated and, while we limit the number of R-Rated titles shown on board, we do believe that

you are the best judge of what you want to see, and usually screen these titles unedited. Therefore, please be guided by the MPAA ratings which accompany all of our program announcements. These guidelines are explained below:

- G: General audiences - all ages admitted.
- PG: Parental guidance suggested. Some material may be inappropriate for children.
- PG-13: Parents strongly cautioned. Some material may be inappropriate for kids under 13.
- R: Restricted. Children under 17 are required to have an accompanying adult.
- NC-17: No children under 17 admitted.
- NR: No rating given by MPAA

*Occasionally, an especially controversial R-Rated title will be the subject of wide critical and commercial acclaim. (e.g. "Pulp Fiction"). When we screen such titles, a separate announcement, summarizing the reason for this rating, will appear in your program.*

## CAPTAIN HALLE THON GUNDERSEN

*Continued from the cover*

both master of the *Sea Goddess II* and the *Royal Viking Sun*. He is now one of the ship's permanent captains, along with Tore Lura, another Cunard veteran.

As master of the *Royal Viking Sun*, Capt. Gundersen is responsible for the guidance and navigation of the vessel. He is also in charge of every department and conducts frequent meetings with department heads to ensure the smooth operation of the ship.

However dazzling the *Royal Viking Sun* may be, safety is still the captain's top priority. "Safety is the most important part of my job . . . to bring the ship safely across oceans and to see that the ship is run according to all international safety regulations," he says.

During his time off, Gundersen enjoys such outdoor activities as skiing and fishing. And the longtime sailor still finds it hard to resist the lure of the sea during vacation. "My neighbor in Bergen thinks I'm crazy, because even in winter, the first thing I do when I come home is take my boat out and go fishing."

*Don't miss your opportunity to meet this extraordinary captain at the Grand Gala Cocktail Party, tonight at 6:45 p.m. in the Norway Lounge.*

### TV PROGRAMMING

Due to copyright regulations, television programming is limited. Please note, however, that all movies are repeated continuously throughout the day and evening. All programming is subject to change if technical difficulties occur.

- Ch. 1 **Bridge View/Classical Music/Announcements**  
*Note: Your television must be tuned to Ch. 1 for cabin announcements.*
- Ch. 2/3 **Satellite**
- Ch. 4 **Documentary**  
9:45 a.m.: Legacy; Central America  
9:30 p.m.: The Ascent of Man; Vol. 4
- Ch. 5 **Live Programming**  
10:30 a.m.: Port Lecture  
5:30 p.m.: 5:30 Live Program
- Ch. 6 **Nostalgia/Special**  
7:30 a.m.: Sunrise!  
9:30 p.m.: The Third Man
- Ch. 7 **Sun Movie Channel**  
9:45 a.m.: Up Close and Personal  
9:30 p.m.: Dead Man Walking
- Ch. 8 **Sun Movie Channel II**  
9:45 a.m.: Sweet Charity  
9:30 p.m.: Mighty Aphrodite
- Ch. 9 **Sun Travel Channel**  
9:45 a.m.: Jamaica  
Noon: Port Lecture (repeated)  
9:30 p.m.: Scotland
- Ch. 10: **World Satellite News/Easy Listening and Popular Music**



### TODAY'S SERVICES

## PHOTO GALLERY

The Photo Gallery is located on Deck 8  
Photos on display 24 hours  
Photographers on duty to answer questions:  
11 a.m. - Noon

## CASINO

The Casino is located on Deck 8  
Casino Chips and tokens can be charged to  
your shipboard account - limit \$100/day  
No children under the age of 18  
permitted in the Casino  
Slots: 24 hours; Cash Desk: 10 a.m. - 1 p.m.;  
1:45 p.m. - 6 p.m.; 9 p.m. - until late  
Tables: 2 - 6 p.m.; 9 p.m. - until late  
Catering Lessons: 2 - 3:30 p.m.

## CONCIERGE

The Concierge Desk is on Deck 8  
Dial 3566 for information and assistance  
8 a.m. - Noon; 4 - 6 p.m.

## CRUISE SALES MANAGER

The Cruise Sales Manager's office is on Deck 8  
Dial 3530 for information & appointments  
9 a.m. - Noon; 3:30 p.m. - 5:30 p.m.

## GIFT SHOP

The Gift Shop is located on Deck 8  
Dial 3585 for assistance  
9 a.m. - 12:30 p.m.; 2:30 - 6 p.m.

## BEAUTY SALON & SPA

The Beauty Salon is located on Deck 9  
Dial 3492 for appointments  
A 24-hour notice is required for cancellations,  
or a 50 percent fee will be charged  
8 a.m. - 6:30 p.m.

## RADIO ROOM

Dial 3887 or 3888 for telephone calls  
& information about telexes & faxes  
(direct dialing is available 24 hours a day)  
Closed in port  
Open Sea Days from 8 a.m. to Midnight

## MEAL AND SNACK TIMES

6:30 a.m. - 10:00 a.m.	Breakfast Buffet	Garden Cafe
8:00 a.m. - 9:30 a.m.	Breakfast is served	Dining Room
10:00 a.m. - 11:00 a.m.	Late Risers Coffee Club	Midnight Sun Lounge
10:30 a.m. - 11:30 a.m.	Coffee, Tea & Bouillon	Compass Rose Room
11:00 a.m. - 3:00 p.m.	Food is served Poolside	Bridge Deck Pool Bar
12:00 p.m. - 1:30 p.m.	Luncheon Buffet	Garden Cafe
12:30 p.m. - 2:00 p.m.	Lunch is served	Dining Room
3:45 p.m. - 4:45 p.m.	Afternoon Teatime	Norway Lounge
4:00 p.m. - 5:00 p.m.	Elegant Teatime	Stella Polaris Room
7:30 p.m. - 9:00 p.m.	Welcome Dinner	Dining Room
11:30 p.m. - 12:30 a.m.	Late Night Snack	Garden Cafe

## BAR HOURS

10:00 a.m. - 5:00 p.m.	Bridge Deck Pool Bar
10:00 a.m. - 6:00 p.m.	Midnight Sun Lounge
11:30 a.m. - 1:30 p.m.	Stella Polaris Room
6:00 p.m. - 12:30 a.m.	Stella Polaris Room
9:15 p.m. - 12:30 a.m.	Norway Lounge
9:00 p.m. - until ?	Casino Bar
10:00 p.m. - until ?	Midnight Sun Lounge

## DRINK OF THE DAY

### "West Indian Punch"

Beardi Light,  
Crème de Banana,  
Sweet and Sour,  
Pineapple Juice, Soda Water



Enjoy this drink with a punch!

## HOSPITAL

The hospital is located on Deck 4  
Dial 3998 for non-emergencies  
Hospital is open daily from 8 a.m. - 8 p.m.  
Doctor's office hours: 9 - 10 a.m.; 4 - 5 p.m.

## TRAVELEX

Located on Deck 8 at Reception  
Commission: \$1 per transaction up to \$100,  
then 1% / No foreign coins accepted  
Money Exchange services are available:  
8 a.m. - Midnight

## LAUNDERETTES

Located on Decks 6 & 10  
Detergent is provided without charge  
6 a.m. - 10 p.m.

## VENEZIA RESTAURANT

Located on Deck 11, aft  
Reservations accepted between  
10:30 - 11:30 a.m. and  
5 - 7 p.m. at extension 3571

### Royal Viking Skald PUBLISHED DAILY ABOARD THE M/S ROYAL VIKING SUN

Editor ..... Jennifer Herbst  
Cruise Director ..... Colin Parker  
Hotel Director ..... Peter Finfield  
Master ..... Capt. Halle Thon Gundersen

