

# Yankee at Sea™

Eastern Caribbean, March 4th – 11th, 2012

YANKEE  
MAGAZINE



[www.InSightCruises.com/Yankee](http://www.InSightCruises.com/Yankee)



Cruise prices vary from \$959 for an inside stateroom to \$2,849 for a full suite, per person. For those attending our program, there is a \$1,095 fee (or \$995 if you book early). Government taxes and service fees are \$132.45 per person.

For more info, contact us at 650-787-5665 or [Concierge@InSightCruises.com](mailto:Concierge@InSightCruises.com)

**Summer weather in March?** Yes indeed, when you join *Yankee* on a Caribbean cruise celebrating New England and its culture. Enjoy classes, workshops, and events focused on the *Yankee* lifestyle as we ply the pristine waters of the Eastern Caribbean aboard Holland America Line's *Nieuw Amsterdam* from March 4 to 11, 2012. Absorb *Yankee* knowledge and wisdom and go behind the scenes at *Yankee* with Jud Hale and company while experiencing the traditional pleasures of cruising.

Delve into the treasures of Puerto Rico, St. Maarten, and the Turks and Caicos to your heart's content. Walk velvety beaches with a friend. Pick up photography tips to transform your pictures into compelling stories to savor and to share. See how the *Nieuw Amsterdam's* chefs approach New England classics in exclusive cooking lessons.

Find out why mythic New England foods stir us, with food authorities Kathleen Fitzgerald and Keith Stavely. Photographer Jerry Monkman sends you home with the skills to artfully document New England's architecture and natural beauty. Take a practical look at New England interiors, classic decor, and wallpaper with historians Jane and Richard Nylander.

Join "Yankee at Sea" and bring home enduring memories and a fresh appreciation for the *Yankee* way of life. For full details and the fine print and to make your reservation, visit <http://InSightCruises.com/Yankee> or call 650-787-5665.



Book by Oct. 2011 and get \$80 in gifts including a free copy of speakers Stavely and Fitzgerald's *Northern Hospitality* cookbook

Enjoy two exclusive, flavorful, and fun cooking classes with Holland America Line's own professional culinary staff, featuring recipes from *Yankee's* newest cookbook. Immerse yourself in the unique traditions and tastes of New England while learning tricks-of-the-trade from the *Nieuw Amsterdam's* chefs in her first-class demonstration kitchen.

The optional program fee includes all 14 seminars below plus two cooking classes.



JUDSON D. HALE, SR.:

#### Inside New England (From a Native's Point of View)

Backed by 210 years of New England wisdom, Jud Hale explains the essence of the region. Burnish your knowledge of New England humor, defined by state. Delve into New England philosophy. Find out the surprising origin of Yankee ingenuity. Join Jud Hale for a definitive insider's humorous look at the constant yet adaptive elements of New England's cultural bedrock.

#### Weatherwise and Otherwise

*The Old Farmer's Almanac's* mission is to be "useful with a pleasant degree of humor." Go behind the scenes on that quest, guided by Editor-in-Chief Jud Hale. Learn about forecasting the weather with accuracy, appreciating the past, and providing practical, sound advice for navigating the present.

**Book Early and Save \$100!**

CST# 2065380-40







## JANE C. NYLANDER:

### New England House and Home

Just as we may selectively enjoy foods, folkways, and furnishings of the past, New Englanders' nostalgia took root in the colonial era, and has flourished ever since. Join us and take a look at both the idealization and reality of the architecture and daily routine of the New England home, with an emphasis on architecture and the daily routine of a typical household.

### Color and Comfort

With all the choices available today in curtains and floor coverings, how do you home in on the styles of fabrics and designs suitable for historic interiors? See how can you use traditional approaches to bring color, warmth, and visual interest to your home. Get Jane Nylander's expert advice on choosing and installing appropriate window treatments and floor coverings in New England interiors.

### A Magnificent Procession

Get a front-row view of New England's approach to parades and parade floats. We'll look at the physical and symbolic aspects of these celebrations embodying American values. Explore parades as expressions of popular culture, and individual and community identity, and focus on floats as folk art. Enjoy a session on the living history told by a parade.

## RICHARD C. NYLANDER:

### Paint, Paper, and Taste

What can you learn about New England from wallpaper? The visuals, of course — from bright colors to flocking to English, French, Chinese, and American patterns, to stencils and murals. We'll get a little history, and learn about changing styles and manufacturing techniques. Whether looking to choose a wall treatment to enhance your home, or to bring a studied eye to your surroundings, deepen your understanding of wall coverings in New England with this session.



## KEITH STAVELY & KATHLEEN FITZGERALD:

*Illustrated talks on regional food culture from the Puritans to the Colonial Revival: A look at the social and culinary history of New England foods in a four-part series.*

### Dinner in the Puritan Age

Captain Edward Johnson, Puritan author, boasted in 1651 that a proper English diet had become common in Massachusetts. Learn the truth about the foodways of early New England through a look at cookbooks and food preparation of the time. Get the scoop on the role of and reliance on Native American foods and food preparation in this mythic time. We'll come away with a sense of Puritan ideas about temperance in diet and an accurate picture of the meals of the day. We'll look at recipes for the diet of the masses as well as foods enjoyed by the elite colonists.

### Family Farms and Thanksgiving Dinner in the Eighteenth Century

What New England ideals and realities shaped Thanksgiving as a celebration of well-being? We'll look at the many factors that influenced the tradition, including the concept of agrarian independence, New England's participation in Atlantic trading networks, and practical improvements in food preservation that led to widespread prosperity, in spite of adversities. Gain an understanding of the key food elements of a Thanksgiving dinner in the era and the society that produced them. We'll discuss recipes for poultry, fruit pies, and other festive dishes featured on the typical Thanksgiving side table.



### Plenty for Dinner, Plenty to Think About

In the early 19<sup>th</sup> century, New England led America into a modern industrial and consumer society. See how industrialized food production and railroad-centered systems of food distribution meant more choices for dinner. Enjoy a look at the Americanization of English traditions and preparation of seafood. Can dessert have a downside? Find out as we count the pros and cons of industrialism, social mobility, and consumerism for New England.

### The Colonial Revival Serves Up a Dinner from the Past—Or Does It?

What's behind the 19<sup>th</sup>-century New England nostalgia for colonial foods, which were unremarkable staples of the 17<sup>th</sup>-century diet? Explore the Colonial Revival's attitude toward the evolving refinement of the late 19<sup>th</sup> century versus the perceived simplicity, rusticity, happiness, and virtue of the colonial period. We'll compare actual colonial versions of brown bread, baked beans, and gingerbread with their fashionable Colonial Revival adaptations so you get a sense of where authenticity gives way to "modern" taste.



Yankee's *Best New England Recipes* embraces the virtues of eating locally and in season. Inspired by New England's seacoast and farmlands, it's a new way to savor the seasons, with 175 tried-and-true recipes. We'll draw from *Best New England Recipes* in our onboard cooking classes. And everyone who signs up gets a free copy, too!



## JERRY MONKMAN:

### Digital Photography Primer

In this lecture, Jerry will describe the basics of using a digital camera, including exposure and autofocus settings, as well as how features like white balance and ISO affect your photographs. Bring your cameras, as this lecture will include hands-on instruction.

- Exposure Settings — what they mean and how to compensate when your camera is wrong
- Focus — how to use your camera's autofocus so you don't miss that great shot
- Additional Camera Settings — Your camera has a host of settings that affect the look of your photos. Learn what they are and what they do.
- Gear — how to keep it working in adverse conditions

### Get the Shot!

In this lecture, students will learn the techniques needed to take a great outdoor photo, from the details of finding and composing a photo to the nuances of how light affects the look of a scene.

- Composition — how balance, scale, shape, and depth affect your photo compositions
- Light — how to use different lighting situations to maximize the impact of your photos
- Depth of Field — how to use the right depth of field for your subject

### In the Computer

In this session, Jerry will describe simple techniques to keep track of digital images as well as how to easily use software to make them look great.

- Learn how to set up and organize a digital photo collection
- Using photo software basics to bring out the best in your photos

### Having Fun with Your Photography

This lecture features shooting and software techniques that take photography beyond the ordinary. Students will learn how to combine multiple images for various effects, as well as simple shooting styles for creating unique abstract imagery that anyone can use.

- Abstract techniques for everyone
- Expanding dynamic range with filters and HDR photography
- Creating panoramic images
- Extending depth of field with software