

Caymanian Times

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Complimentary

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Flight to Freedom

For years, Caymanians seafarers settled in the Isle of Pines, now renamed Isla de la Juventud, a large island off Cuba's southern coast. Then, in 1958, Fidel Castro took over power and Cuba became a communist country. It wasn't long before living conditions got worse, and those Caymanians who had gone there, by now second and third generation settlers, started thinking about going back to the Cayman Islands. Their chance came first on 22 October 1968 with two historic flights from Havana direct to Cayman, and then again on August 4 1969. All of them have their stories; about how, against the odds, they made it on those flights, and about the loved-ones they left behind. But for each one of them one thing was the same: It was their flight to freedom, and they will never forget it.

After fifty years, it was time to get together again, at the Arts and Recreation Centre at Camana Bay. The MC for the evening was Mario Ebanks, who can't remember too much about the flight, he said, because he was only four years old. As more and more old friends and



► L-R: Armando Ebanks, Mario Ebanks, Emelina Ebanks (Armando Ebanks), John Wesley Ebanks, Alfred Powery, Maggie Powery-Howell, Vinette Ebanks (Mario & John's mother - sitting), Miriam Hurlston-Ebanks, Alfredo Powery, Miriam Powery, Elizabeth Powery-Bowen

... Continued story on page A4

Career pathways for Northward inmates

By Christopher Tobutt

The Career Pathways Presentation was a big day for the inmates of HM Prison, Northward. At last, they had the chance to improve their situation by embarking on fully accredited courses in various trades, including the construction, automotive, and AC installation and maintenance, so that they can take a big bold, dignified stride back into society.

It is part of a plan to help inmates transition more successfully into life outside the prison gates, and involves, amongst other organisations, a partnership between the prison, and Inspire Cayman Training. Inspire is an organiza-

... Continued story on page A3



► Director of HMCIPS, Steven Barrett speaks to inmates ahead of the presentations

Appleby is DG's 5K Challenge Platinum Sponsor



Full story on page A5 >>

► Deputy Governor, Hon. Franz Manderson and Appleby managing partner, Bryan Hunter at the launch of the 2019 DG's 5K Challenge on 30 May, 2019

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EDITORIAL

Why buy local?

Why should you buy locally grown produce, when, quite often, the supermarket produce, imported all the way from America, is less expensive? The first reason is obvious enough – it is fresher. The exact times vary, but produce picked in North America has to be stored, transported sometimes long distances over land, possibly stored again at the dock, and then shipped, unloaded, and taken to the supermarkets. In Cayman it is possible to buy fruits and vegetables which have been harvested the very same day.



Fresher, of course, means tastier. But it also means more nutritious. Many vitamins and other health giving substances may lose their effectiveness, and other harmful substances, produced by bacteria or enzymatic action may begin to appear, the longer that fruits and vegetables hang around. Other fruits are picked too early and force-ripened using chemicals during transit. Health-giving properties may also relate to trace elements in the soil. Where lower-tech, more traditional approaches are used, these may be in greater abundance in the fruit. Growing the same crop on the same soil year after year means that many of these trace elements get used up. The crops still grow, because they are fed by artificial fertilizer, but there may be something missing. Large monocultures rely on a heavier use of pesticides, too,

because it is essential to stop the rapid spread of a pest through a large field of the same crop.

Here in the Cayman Islands, typically, there is a mixture of organic and inorganic techniques used for crops. Many traditional, lower-tech practices survive, such as breaking up large areas of a single crop by planting other crops, as a kind of ‘pest-break.’ That means less reliance on harmful artificial pesticides. And while the label “Organic” may not apply in a strict sense, we can be surer of what we are getting if we buy from local farmers or their produce. 🌱

COMMUNITY NOTICES

Liquor Licence Application Deadline Reminder

Grand Cayman liquor licence holders – including those with music and dancing licences – are reminded of the upcoming Annual Liquor Licence Meeting in early September. The deadline for applications is August 16th, 2019.



To renew a licence, persons should submit a completed application form for each location and licence, along with the licensing fee for each category. Applications should be returned to the Business Licensing Counter on the 1st floor of the Government Administration Building.

Forms can be downloaded from the Department of Commerce and Investment’s website www.dci.gov.ky. For more information, contact Shelise Jeffery on 244-2202 or Samone Morgan at 244-2097. 🌐

Elections Office - Update on Current Verification Process

Keep up to date on the Cruise Port Referendum signature verification

Visit Elections.ky for regular progress updates

# of Elector Signatures Submitted for Verification*	# of Verification Forms Received	# of Signatures Remaining to be Verified	# of Verification Forms Remaining to Reach 5,292**	% of the Required 5,292** Signatures Received	Date & Time of Last Update of Verified Count
5,637	3,958	1,679	1,334	74.8%	Aug 3rd, 4pm

*5,438 submitted June 12th + 199 submitted July 11th
 **Constitutionally required 25% of the 21,116 registered electors = 5,292



POLICE NEWS

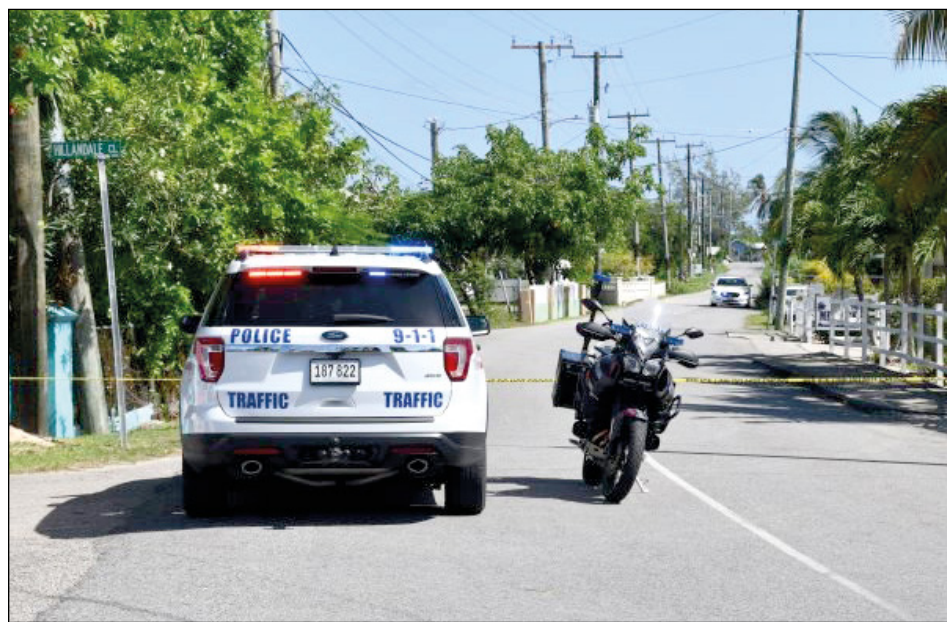
Motorbike Rider Dies after Collision on Watercourse Road

Just after 6pm on Sunday, 4 August, police and other emergency services were dispatched to a report of a motor vehicle collision in West Bay involving a dirt bike.

The rider lost control of the dirt bike when traveling northeast on Watercourse Road in the vicinity of Ruby Lane. He fell into the opposite lane and was struck by an oncoming vehicle.

The rider was responsive at the scene, and was transported to the hospital for treatment. Just before 2AM this morning, 5 August, he succumbed to his injuries.

The roadway has been closed between Hillandale drive and Alexandria Close for the duration of this morning while Traffic and Roads Policing Unit conducts investigations. 🚔





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► Alfred McLeod



► Michael Myles



► Dr. Livingston Smith

Career pathways for Northward inmates

... Continued story from page A1

tion formed in January this year with a vision to equip everyone in the Cayman Islands, whether in prison or not, with the opportunity to gain not only training, but properly accredited certification. That means less inmates are going to find themselves on the slippery slope of joblessness, low self-esteem, and a drift back towards crime when they leave prison, and that is good news for everyone.

What makes it even better for prisoners is the fact that, if a prisoner begins a course inside prison, they will be able to complete it outside prison. It is not only certification on offer, but the new partnership established with Inspire Training means that a whole network of support is available to enable inmates to not only find a job, but rather to establish them on a proper career pathway; a foundation on which they can build. It involves many private companies, such as Phoenix Construction, a representative of which was at the talk, who are keen to help in any way they can, and are willing to provide apprenticeships in conjunction with the new training and accredited certification which is on offer.

During the presentation, Alfred McLeod, Correctional Counsellor, outlined the opportunities that were available to people because of the present boom in the construction industry, and the way everyone can benefit: "And what we are doing is providing for every single person here who's interested, the opportunity that when you leave, to not just apply for a job and do some work, but just in case you prospective employer says, 'We are going to give you ten dollars an hour,' you can say, 'Respectfully sir, or ma'am, because I'm qualified, and because I'm certified...' Then you can offer them the amount that you think you are worth. Some of you are very skilled at what you do. But you are not certified. We want to change that."

Michael Myles, founder of Inspire Cayman Training, said: "The Inspire Cayman Training Centre was born in January, and we can now provide accreditation for different industries. We are starting in the Construction industry, automotive industry, and the dive industry.

"We are also partnering with about 15 to 20 organisations in the community and they have guaranteed that the transition into the workforce will be smoother because they will take on an apprentice who will be properly trained and they will receive an accreditation.



► Career Pathways presentation in the prison chapel

"The wonderful news is that the prison centre has signed on to this, and over the last few weeks we have trained up six officers, all who have met the journey level professional craftsman level of NCCER, so they can deliver that training right here."

Vice President and Provost of the UCCI, Dr. Livingston Smith said:

"It doesn't matter where you are at, the UCCI exists for everyone, and is for everybody in the Cayman Islands. Education is not arrival, it is a process of constantly becoming who we are so I said all of that to say, I want all of you from this time, whether you leave here or are here, UCCI has a range of opportunities for you." 🌐

HMCI and DPSC Hold Joint Workshop on Public Emergency Alerts

In 2018, Hazard Management Cayman Islands (HMCI) in collaboration with the Department of Public Safety Communications (DPSC) commenced the installation of an integrated versatile radio alert system solution.

This constitutes Phase I of the National Emergency Notification System (NENS) which enables authorised users to initiate emergency messages for broadcast to all radio networks. The emergency message automatically interrupts the radio broadcast and airs the alert, after which normal programming resumes. This is particularly useful for alerting the public to sudden onset disasters when little to no warning is feasible or in slow onset disasters where critical information needs to be shared in a timely manner.

In preparation for the final testing stage of Phase I implementation, a sensitisation workshop was facilitated by HMCI and DPSC on Tuesday 30 July 2019 with a number of key stakeholder agencies including the Royal Cayman Islands Police Service, the Cayman Islands Airport Authority, the Department of Environment, the Department of Environmental Health, the Health Services Authority, the Utility Regulation and Competition Office of the Cayman Islands (OfReg), the Cayman Islands National Weather Service, Emergency Medical Services and Radio Cayman.



► Hon. Minister for Financial Services and Home Affairs Tara Rivers begins the workshop

During the workshop participants received details about the status of the project and how the system will work. They were also asked for feedback on issues relevant to their respective agencies, especially in relation to the content for public messaging, to ensure the maximum alerting and warning information is received.

In her opening remarks, Minister with responsibility for Home Affairs, Hon. Tara Rivers, JP MLA said: "Many of you will recall the SOL fire in July 2017 and the subsequent alert of a potential Tsunami threat following an earthquake North of Honduras in January 2018. It



► Director of HMCI Danielle Coleman (centre) discusses the new radio alert system (Photos by GIS)

was immediately apparent that the mechanisms that we relied on historically to alert the public, like press releases, radio and TV advisories were not adequate in these situations."

Minister Rivers went on to stress the Government's ongoing commitment to public safety, as evidenced by the swift action taken after these events to make provisions in the Disaster Preparedness and Hazard Management Law (2019 Revision) for the establishment of the National Emergency Notification System (NENS) and the commitment of funding for implementation of Phase I.

Director of Hazard Management Cayman Islands, Ms. Danielle Coleman said: "The workshop was very successful as it provided HMCI and DPSC with an opportunity to provide information about Phase I of the NENS to all key stakeholder agencies and get their input on the content for public messaging, which is critical."

Director, Department of Public Safety Communications, Mr. Julian Lewis confirmed that the final testing with all radio stations will be completed by end of August 2019, following which Phase I of the NENS will be fully activated and operational. 🌐

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► It was a big, wonderful time for food and friends and fellowship

Flight to freedom's 50th Anniversary celebrated

... Continued story from page A1

familiar faces arrived, there were lots of hugs and kisses, live music, slide shows, plenty to eat, and lots and lots of memories.

"A group of us got together to organise the event because it is very significant for us," said Elsie May Ebanks, who came over on the 1969 flight when she was just 17. "It is such a blessing to know that we have been spared by God to be here in these beautiful islands. My great grandmother, she talked to us a lot about the Cayman Islands. I came with my parents," she said.

John Ebanks was just a teenager when he came to Cayman:

"We arrived on October 22 1968, when there were two flights," he recalled. "32 people came in the morning, and 32 more in the afternoon. We had good Cayman connections and we were able to migrate legally, but it did take some effort. You had to do a lot of running around and there was a lot of hassle to keep you from leaving, and they would discourage you any way they could. So you had to have a very positive made-up mind, or you would probably just give up and stay there."

"We wanted to get out because of the change in the system. Everything was rationed and you had to abide by a little ration book. It just kept on getting worse and worse. It was a blessing to come here, just when the economy was starting to take off. My father had a good vision," he said.

Alfred Powery who is now 84 came on the first freedom flight with his daughter, Elizabeth. "I wanted to get out of Cuba because I just could not tolerate Castro anymore. The living conditions were bad. They were worse than bad."

Mr. Powery's daughter, Elizabeth Bowen said: "I was eight years old when I got here and I'm so grateful to be here. Even though I was young, I saw a lot of stuff happening in Cuba, very inhumane things that I did not like. I saw political prisoners being abused. There was a prison about 10 miles from my paternal grandparents' house, and they would bring the prisoners out there to work in the citrus groves. They would come with their food and throw it on a piece of zinc, and these poor men would have



► Mario Ebanks points himself out in the photo

to come and grab this mush from off this zinc. There was a prominent figure that was behind all of this; the British repre-

sentative in Cuba, she worked tirelessly for the Caymanian Cubans to get us out," she said.



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► Elizabeth Bowen and her father, Alfred Powery

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<p style="font-size: 1.5em; font-weight: bold; margin: 0;">CI\$121*</p> <p style="font-size: 0.8em; margin: 0;">HONDURAS</p>	<p style="font-size: 1.5em; font-weight: bold; margin: 0;">CI\$138*</p> <p style="font-size: 0.8em; margin: 0;">TAMPA</p>	<p style="font-size: 1.5em; font-weight: bold; margin: 0;">CI\$143*</p> <p style="font-size: 0.8em; margin: 0;">NEW YORK</p>

BOOK BY AUGUST 10, 2019
*Quoted fares are roundtrip from Grand Cayman, and taxes & fees are additional. Restrictions apply.

Let's go BoBo!

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*The quoted sale fares are based on roundtrip economy class purchase for travel from Grand Cayman. The following additional government and airport taxes and fees apply: up to CI\$110.72 roundtrip for travel to New York, Miami, and Tampa; up to CI\$159.58 roundtrip for travel to Kingston and Montego Bay; and up to CI\$97.62 for travel to La Ceiba, Roatan, and Havana. Government and airport taxes and fees are subject to change without notice. No minimum or maximum stay is required. All tickets must be purchased within one day of booking or by August 10, 2019, whichever is earlier. These sale fares are valid for travel from September 6, 2019 through November 7, 2019. The Miami and Tampa sale fares are not available for travel from October 21-27, 2019. All segments must be confirmed. Seats are limited for these sale fares and may not be available on every flight at the time of booking. The following change fees apply: CI\$126 plus any fare difference for travel from Grand Cayman to any US gateway; CI\$63 plus any fare difference for travel from Grand Cayman to all other international gateways. Fares are non-refundable and non-transferable. In case of no show, ticket has no value. For connecting flights to/from the Sister Islands, an additional through-fare of up to CI\$65.94 roundtrip will apply, with no overnight on Grand Cayman.

For details and to book call 345-949-2311, contact a local travel agent, or visit caymanairways.com



► Elsie May Ebanks



► Kenny Colemore sang "Just a Prayer Away"

New taxi app introduced, but fares going up

Last week the Ministry of District Administration, Tourism and Transport introduced a new mobile app that will help passengers get a quick quote for their taxi journey; however, at the same time Government also announced that taxi fares would be going up.

The mobile app is called CO:GO and is a digital taxi fare calculator that allows passengers to quote their journey in advance by dropping a pin or entering the pickup and drop-off location of an intended ride. Users then specify the number of passengers and how many pieces of luggage they will be transporting. The app will then calculate the fare in both CI and US dollars. Users can also get a breakdown of the fare, edit the trip, split the fare or get directions as well.

Public Transport Board Chairperson and Director of Tourism, Rosa Harris, said the launch of CI:GO represented a modernisation of the public transport system and provided greater transparency on the national taxi fare schedule to residents and visitors alike.

"We encourage the public to use the taxi service and feel empowered to quote

their journey in advance. Taxi fares are now in the palm of your hand," she said.

Government also introduced a new national taxi fare schedule, which came into effect last week on Friday. Fares in the new schedule have increased, but there are also some benefits for passengers. The new schedule moves the average party size from three to four, which means an increase in the number of people riding a taxi at the same rate. In addition, the first two pieces of luggage are now free and after-hour fares are now scheduled, removing the need for a 25 per cent surcharge.

Deputy Premier and Minister of District Administration, Tourism and Transport, Moses Kirkconnell, said the new schedule balanced the need for taxi operators to make a reasonable living wage and for the public to have access to the public transport system at a fair rate.

"As the cost of living has increased, operators have unfortunately been left behind. The minimal increase in rates is an acknowledgement of the valuable service these operators provide to the general public, especially as tourism



ambassadors for our stayover visitors," he explained.

Deputy Premier Kirkconnell said the government had listened to feedback from the community on a variety of matters such as the need for regulated taxi fares and general concerns about the state of transportation overall.

"I am confident PTB's strategic plan provides a blueprint for a strengthened public transport system; one that reinforces our commitment to providing safe transportation options that are well regulated and creates additional entrepreneurship within the Caymanian community," he stated.

DG's 5K Challenge: Spotlight on Platinum Sponsor, Appleby

The Deputy Governor's 5K Challenge is celebrating its sixth anniversary this year, with efforts well underway to reach an ambitious fund-raising target of \$70,000.

The target is already within the Challenge's sights, thanks to platinum sponsor Appleby and their generous \$17,500 donation. This year, Appleby has, again, pledged \$15,000 to secure the premier sponsorship level. Additionally, for the first time ever, the firm has also generously offered an additional \$2,500 to provide a special edition cap to the first 400 participants who sign up for the 2019 Challenge.

The DG's 5K Challenge has had a long association with Appleby, dating back to the early years of the event. The law firm first supported the event as participants, becoming a gold sponsor in 2016 and then taking up the mantle as the first ever sole platinum sponsor the following year. 2019 will be the third consecutive time the company has provided sponsorship of the event at this level.

Appleby has continued to support the DG's 5K Challenge because of its significant contribution in championing a diverse range of causes over the six years it has been running. The initiatives delivered have made a real impact on the local community across the Cayman Islands, thanks to funds provided by sponsors, led by Appleby.

Bryan Hunter, managing partner of the Appleby Cayman office explains: "This event has supported so many worthy causes over the years and has grown from strength to strength each year that we have been involved."

He adds: "We expect that trend to continue and are pleased that another set of commendable charities will be benefitting this year. We are

very proud to be the platinum sponsors of the DG's 5K Challenge yet again and look forward to contributing to another successful year."

Moreover, Appleby believes the Challenge also encourages staff, of all fitness levels, to participate in a fun event where there is a strong brand presence. The chance to strengthen relations with clients who also participate in the walk/run, outside of a corporate setting, is another added bonus, the firm says.

Deputy Governor, Hon. Franz Manderson thanks Appleby for their continued and generous support of the event.

"The DG's 5K event is very close to my heart because it promotes exercise and provides much-needed funding to amazing charities in the Cayman Islands," Mr. Manderson explains.

"As the event grows, we have started to increase the number of charities we are able to support, but we can only continue to do this thanks to the community-mindedness and generosity of our sponsors. Appleby has been committed to the Challenge from its early days and I am very grateful they have continued to commit at the platinum level for 2019," he says.

Key to Appleby's corporate responsibility is its efforts to support charitable initiatives that chime with the firm's ethos. The law firm has been an integral part of the Cayman Islands' community for more than 60 years; during this time, it has focused its charitable support towards issues concerning children and families, animal welfare and education.

Non-profit organisations are encouraged to apply for funding to support their on-island projects at Appleby's annual Charity Day, held in March. Its staff is also offered time off to

undertake work in the community and is supported when they participate in events like the DG's 5K.

Prospective participants can register now on the CaymanActive website www.caymanactive.com/dg5k.

The walk/run will be held on the following dates this year:

- Sunday, 15 September 2019 - Cayman Brac
- Sunday, 29 September 2019 - Grand Cayman

Due to seasonal accommodation closures, this year's event will, unfortunately, not take place on Little Cayman. However, pending logistics, it is hoped to reinstate the event on all three Cayman Islands for 2020.

Companies interested in sponsoring the DG's 5K Challenge, or anyone interested in

making a donation, can contact Fundraising Subcommittee Chairwoman Nancy Barnard at SupportDG5k@gov.ky.

To see the event's media conference launch, please visit the CIG TV YouTube channel. Further photos of the media conference can be found on the event's Facebook page and by using the hashtag #DG5KChallenge2019.



► Deputy Governor, Hon. Franz Manderson and Appleby partner, Tony Heaver-Wren at the unveiling of the 2019 DG's 5K Logo on Wednesday, 31 July 2019

Notice

Tree Trimming in the Eastern Districts

Bodden Town • Frank Sound • East End

When and Where: During July and August, CUC will be conducting aggressive tree trimming in **Bodden Town, Frank Sound and East End.**

Why: Due to excessive growth, the trees and vegetation along Shamrock Road, Bodden Town Road and Sea View Road have become an imminent safety hazard to power lines and must be trimmed back immediately.

CUC is obligated to and has a legal right in accordance with the *Electricity Law 2008, Rev. Section 22 (1)* to trim or remove trees for the purpose of maintaining sufficient clearance from the overhead power lines at all times. CUC is responsible for providing safe and reliable electrical service to Grand Cayman. To satisfy this responsibility, it is necessary to ensure that trees and other vegetation do not obstruct or interfere with power lines or constitute an unacceptable source of danger.

Who: CUC utilises two subcontractors, Utility Maintenance & Construction (UMC) and Power Services Cayman Ltd. (PSCL), to perform the necessary tree trimming. These contractors use qualified linemen who are certified arborists utilising professional tree pruning techniques to ensure safe and effective tree trimming and to promote the healthy regrowth of trees.

CUC asks for your cooperation during the upcoming weeks. Please exercise caution and due diligence when driving in these districts and be on the look out for the bright orange "Utility Work Ahead" signage as there will be temporary lane blockages and traffic management in place.

For further information, please contact our **Customer Service Team** at 949-5200 or via e-mail at service@cuc.ky.

The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001

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BEST PRACTICE WORK AWARDS 2019

THEN AND NOW

This latest article in the Then and Now collection examines how far the Cayman Islands has risen when it comes to dining and food.



► Spearing lobsters – Benny and Urban, 1938 (Photo courtesy The Cayman Islands National Archive Photographic Collections)



► Two women serving food at a beach party held at the Bath House, 1938 (Photo courtesy The Cayman Islands National Archive Photographic Collections)

Humble dining to Caribbean foodie capital

By Lindsey Turnbull

Before the rapid development of the Cayman Islands that took place over the latter part of the 20th Century and in the last two decades, the Caymanian diet was straightforward and pretty basic – you ate what you grew, what you fished and what you caught or raised. And despite the influx of international culinary influences of today, many of the dishes that were born from humble ingredients and rudimentary cooking methods are still hugely popular on the Caymanian table today.

The Cayman Islands National Archives notes that breakfast would be tea and fritters, while cassava was a must for every family in years gone by. Sugar cane was grown everywhere and ground in a mill each evening. Rundown, a soup made with vegetables and fish, was the daily staple for most households, with pork, turtle or chicken often on the table on Sunday.

People fished for conch, whelks, fish and turtle, while maize, bananas, bottlers (small ‘apple’ bananas), cassava and yams were all popular fruit and vegetables grown. Maize was particularly useful because when it was ground it could be turned into dumplings, porridge, cakes and bread.

Bodden Town, North Side and East End were once the food producing dis-



► Modern day food festivals

tricts of Grand Cayman. Farmers would send boat loads of produce to be sold in George Town. In the Colonial Report of 1937, it was estimated Cayman had 1,500 head of cattle, while most cottages kept pigs, the report noted. Poultry was also common and turkeys were also kept.

The CINA says that in 1901 a small store in West Bay carried items such as flour, sugar, cornmeal, aerated water and crackers, all of which were imported from Jamaica on sailing schooners which discharged their goods onto canoes about half a mile from the shore.

Beef was a luxury that one usually only consumed at Christmas, hence the famous Christmas beef that is highly anticipated even now at Christmas time. Christmas meats used to be baked in a huge iron pot on Christmas Eve and would last a few days into the holiday season.

Traditional cooking

Excerpts from the CINA's Memory Banks reveal that the style of cooking has changed over the years. Pre 1950s

cooking was not confined to one place, nor one source of heat, and could be done in the kitchen, in the cookroom, or in an outdoor caboose (a handmade device to contain a cooking fire), or on a woodstove (for the affluent), and later, a kerosene stove. Cooking also took place outdoors in a covered iron pot placed in a hole in the ground filled with hot coals.

Lilah Ebanks, born in 1921, remembers this process being used for baking cakes for weddings when she was young in West Bay.

She recalled: "...they could mix the cake inside the kitchen but they would go outside then to put the breadfruit leaves and thatch leaves around it to brown it. They used to call it 'burning the coals down', outside in a hole, and putting that big iron pot in that, then, with that cake batter, ...and have a good cover on the pot, tight and good, and they put all those hot coals on it and then you brown your cake outside."

Grace Bush, born in George Town in 1906, said that even though she had a woodstove, she preferred to bake her bread outside as it tasted better. Ms Bush remembered that she used to put a soaked banana leaf over her baked bread.

"I fancy that gave them even a better taste," she said.

Food festivals galore

Fast forward to present day and the love of fritters, turtle meat, lobster and conch has not diminished among Caymanians, nor has the traditional heavy cake disappeared from the table. Instead, Cayman has been able to add to its culinary repertoire in a big way, embracing culinary influences from all around the world. Today we can dine in Italian, Asian, Mexican, Mediterranean, Indian and a whole lot more globally influenced restaurants. We are also fortunate to have some exciting food festivals held in Cayman on a regular basis, including The Ritz-Carlton's Cayman cookout, hosted by Michelin-starred Eric Ripert, which attracts some of America's top chefs to Cayman's shores every January. Taste of Cayman is a hugely popular food festival that takes place at Camana Bay and showcases the skills of Cayman's chefs in bite-sized pieces. But speak to many Caymanians and they would still be just as happy with a bowl of conch chowder and some fritters.

Perhaps one of the most exciting aspects of the food scene in Cayman today is the swing towards farm-to-table or ocean-to-plate dining that has taken off in the past few years. It is almost as if Cayman's culinary scene has come full circle, with local produce once again taking centre stage on the dining table.



► Local delicacies served at the Slow Food festival



► Local delicacies

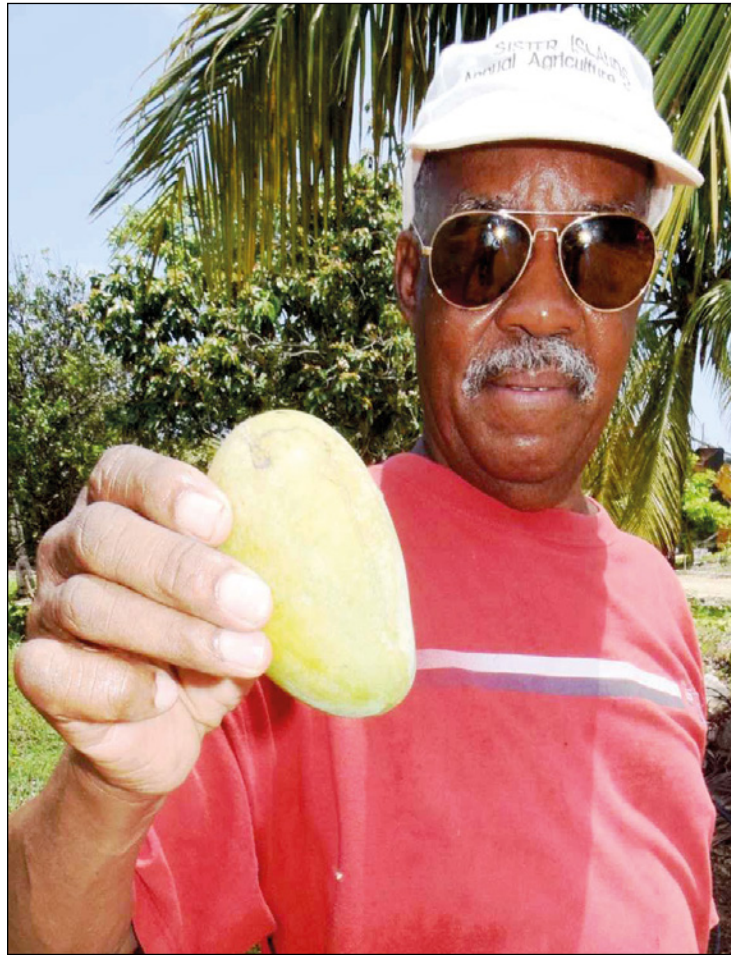


► Preserves are still popular

Sparkies Amazing Farm

Musician, successful retailer and entrepreneur Errol Watler doesn't need to farm. What brings him from his home in George Town all the way to the seven acres, Sparkies Amazing Farm, is that, quite simply he loves it. "I like planting seeds, and I like watching things grow," he says. Like its name says, Sparkies Amazing Farm is truly amazing because of all the different kinds of produce he manages to grow there. The list is probably too long to name completely. Mr. Watler, who was President of the Cayman Islands Agricultural Society for ten years, grows just about everything you can grow in the Cayman Islands – trees such as coconut, mango and guava, grow between patches of pumpkins, watermelons, egg plants, arugula. It's like a giant's patchwork quilt of plenty. I asked him why he grows crops like this – some here, others there: "It's what is called integrated pest management," he said. "because pests live on certain things and once you mix them up –they can't jump to another place with the same thing, so they stay there, and they're gone." White fly, nematodes and a black kind of scaly insect (which has been all over the island this year, he says) feature in the list of pests he has to deal with but caterpillars are the worst.

There is plenty of water under the soil in a huge water-lens, but it is brackish, salty water and no good, he says, for crops as it is, (apart from possibly coconut trees) but Mr. Watler has installed a powerful reverse-osmosis pump which purifies the water and then sends it out through a complex network of tanks and black hosepipes which run in parallel lines here and there. He has it set up so that each plant receives a drip-feed of water, straight to the root, so that nothing



► Errol Watler and a mouth watering mango



► Bananas

is wasted. Still, it's a battle against the hot sun at this time of year, and he sometimes has to give his plants a drink three or four times a day.

The soil here is not particularly good, and Mr. Watler has to feed it with a mixture of organic manure (mainly horse manure, or chicken manure from the chickens he keeps in a big coup) and inorganic fertilizer. The main outlets are the farmers market adjacent to the Cricket Pitch in George Town and the market at Camana Bay, too. But Mr. Watler also sells directly to three or four restaurants, and he also sells to supermarkets, he says.

Bending down to pick up an arugula leaf, he crushes it between his fingers to let the strong, rich scent waft out. It is used in salads, he says, but there are also many claims for its health-giving properties, including anti-cancer, digestion, and it being a great source of Vitamin A. Just beyond it is a crop of beautiful shiny eggplants, and next to these are ochre, and tomatoes. We walk past half-grown watermelons and pumpkins, and come upon one of several 'greenhouses'



► Big Sun Pepper



► Arugula

which are really large wooden rectangular framed structures, covered with a fine black mesh. They stop butterflies laying their eggs there, and keep away other pests too such as iguanas and chickens. Across the ground, inside some of them, are long strips of black plastic, on which are plastic plant pots full of soil, ready for growing. The black plastic underneath stops nematodes, tiny worms which work their way from one planter to another through the drainage holes in the bottom, and eat the roots of the plant away.

Lettuces, Big Sun and Scotch Bonnet peppers, and seasoning peppers too all grow close to one another. The corn

growing in one corner looks very unhealthy, "caterpillars took possession of that," he said.

"These are the coconut trees, I sell a lot of coconut water," We walked past a magnificent breadfruit tree, to a mango tree. The mango tree looked fine, but Mr. Watler, like everyone else who grows mangos, isn't sure what's been wrong this year. "This year there's not much mangos at all – that's the way it happens some years its full of mangos and some years that's the way it goes – there is nothing we can do about it," he said. On the ground is a crop of Parsley "They make some of those 'green' drinks out of this," he says. 🌱



► Mr. Errol Watler by one of his protective 'greenhouses'



► Mr. Watler's irrigation system



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Green remains loyal to Warriors

The Golden State Warriors may have unexpectedly failed in securing another NBA championship in the Finals, but their overall dominance looks likely to continue for many more years judging by how the team's nucleus is committed to long-term contracts.

With free agency looming next summer, three-time NBA champion and All-Star forward Draymond Green has agreed to a four-year, \$100 million maximum contract extension with the Warriors.

The new deal, which starts with the 2020-21 season, brings the total length and value of Green's contract to five years, \$118m. Green's extension will pay him \$22.2m, \$24m, \$25.8 and \$27.6m during the deal. It confirms his commitment to the Warriors because he could have left them as a free agent

next summer and potentially signed for a much better contract elsewhere.

Green, 29, and the Warriors management have long insisted that they imagined a long-term future for him playing alongside teammates Stephen Curry and Klay Thompson. Green has been one of the vital players of the Warriors' run to five straight NBA Finals, with the 35th pick in the 2012 draft elevating himself into an All-Star and helping the franchise become a modern dynasty.

He has been on the NBA's All-Defensive first or second team for five straight seasons and was the Defensive Player of the Year in 2017.

Golden State now have four All-Star players - Green, Curry, Thompson and D'Angelo Russell - under contract in long-term deals as the franchise moves into the Chase Center in San Francisco. The Warriors signed Thompson to a five-year, \$190m max deal this summer and acquired Russell in a sign-and-trade for Kevin Durant on a four-year, \$117m contract.

Green has averaged 12.5 points, 9.3 rebounds, 6.1 assists, 1.6 steals and 1.5 blocks



► Klay Thompson is on a five-year contract



► Draymond Green is committed to the Warrior

in 123 career playoff games with the Warriors. In 22 playoff games last season, Green averaged 13.3 points, 10.1 rebounds and 8.5 assists.

Yet, for some reason, oddsmakers have pegged Golden State to finish sixth in the West - after five consecutive seasons of winning the Western Conference title.

"To say the dynasty is over is a little ignorant because I'm going to come back better and even more athletic," Thompson said on ESPN last week. "It would

not be smart to count the Dubs out."

Golden State's desire to remain competitive is also tied to the team's new \$1.4n venue. Such is their popularity, the Warriors have already secured \$2 billion in ticket sales, sponsorships and suites.

The Warriors, under owners Joe Lacob and Peter Guber, were a financial success in Oakland and increased the team's valuation to \$3.5 billion. All that revenue allows them to invest in player salaries. 🌐

Davis wants to fight Loma

Unbeaten boxing prospect Gervonta Davis has called out boxing superstar Vasyl Lomachenko - and urged his big rival to meet him in the ring next year.

The American, nicknamed the Tank, demolished Ricardo Nunez in two rounds and then told Ukrainian world champion Loma: "I think it's time."

Tank has an impressive 22-0 unbeaten record, but on scrutiny their records are far from world class.

The Baltimore southpaw, 24, needed little time to dispatch Panamanian Nunez in his latest fight.

Unified lightweight world champ Loma, 31, widely regarded as the best pound-for-pound fighter in the world, has not lost since 2014. And ring fans would love to see the two top aces meet.

Davis, tipped as a future superstar by none other than Floyd Mayweather, hopes that can be soon. He said: "Just as a boxing fan, ya know, top guys fighting each other. Definitely looking for that. Maybe the beginning of 2020."

Davis might be seven years Loma's junior but says he is "old enough to take on the challenge."

He added: "I think I have enough skills. I'm maturing as a fighter, as a person. I think it's time."



► Gervonta Davis has tremendous talent

And he told Loma: "Just keep winning and someday we will get in there. We will get in there for sure."

Loma is set to fight Brit Luke Campbell this month when he hopes to add the WBC crown to his haul. This fight is at the O2 Arena in London on August 31.

The Ukrainian, known for his incredible hand speed, timing and punch accuracy, has previously beaten some of the world's top lightweights.

Meanwhile, Mayweather is still teasing Manny Pacquiao about giving him a rematch on social media. Pacman is ignoring the taunts. 🌐

Semenya forced out of Worlds

Caster Semenya will not compete at the World Championships in Doha after a Swiss court stood behind an IAAF rule that would require her to take testosterone-reducing medication.

The South African had been expected to defend her world 800m title in late September after the Swiss Supreme Court had temporarily exempted her from an IAAF rule relating to athletes with differences in sexual development (DSD). That decision has now been overturned by a tribunal at the same court.

In a statement issued through her PR agency, Semenya said: "I am very disappointed to be kept from defending my hard-earned title, but this will not deter me from continuing my fight for the human rights of all of the female athletes concerned."

Lat month the Swiss Supreme Court temporarily suspended the IAAF rule

that requires all DSD athletes to reduce their testosterone to below five nmol/L for at least six months if they want to compete internationally at all distances from 400m to a mile.

The rule had been at the centre of a landmark case brought against the IAAF by Semenya at the court of arbitration for sport. That case found in favour of the international athletic body and its claim that high levels of testosterone provided a material advantage in women's competition.

Semenya has refused to take hormone medication and is in the process of appealing against the Cas decision. A temporary stay of the rule had been granted while that appeal continued but the court decided to overturn that decision after finding that the "high threshold" for any suspension had not been fulfilled. 🌐



► Caster Semenya feels unfairly treated

Smith's redemption is working

Australian batsman Steven Smith is rebuilding his damaged reputation with aplomb. On Sunday Smith became the second-fastest batsman to register 25 centuries in the Test format.

He achieved that during the second innings of the first Ashes Test match against England at Edgbaston. Smith recorded his 25th century in 119th innings and went past Indian skipper Virat Kohli who had achieved the feat in 127 innings. With his 142, Smith also became the fifth Australian batsman to register centuries in both innings of Ashes Test.

Former Indian cricketer Sachin Tendulkar had achieved the milestone in his 130th Test innings.

However, Don Bradman's record of 25 centuries in 68 innings remains unbeaten.

Former England skipper Michael Vaughan lauded Smith, saying that the right-handed batsman is the best Test match batter he has ever seen.

The Best Test Match Batsman I have seen ... That's during my time playing & watching the game is @stevesmith49..This guy is a genius ... !! #OnOn #Ashes," he tweeted.

Former England fast bowler Bob Willis compared Smith's brilliance to that of Viv Richards when the legendary West Indies batsman was in his prime in the Seventies.

In the first innings, Australia managed to score 284 runs, owing to Smith's knock of 144 runs. In response to Australia, England scored 374 runs, gaining a lead of 90 runs.

Smith is a perfect example of the redemptive power of sport following the sandpaper scandal of last year when he was banned for a year for his part in a ball-tampering episode.

The best recent comparison with Smith's stunning comeback tons is Tiger Woods' Masters win; an achievement that played especially well with an American audience that has a voracious appetite for Biblical tales.

The major difference being that Woods had not cheated - well, not on the golf course - but merely failed to meet arbitrary behavioural standards imposed upon him by disapproving fans while simultaneously suffering a series of debilitating injuries.

Smith's fall from grace has been an altogether different case. Before his ban he was the source of enormous adulation due to his incredible ability to accumulate runs.

Yet as national captain his character was also heavily scrutinised and - upon his failure to stop the sandpaper plot - doubly damned; more so because the scandal was seen to put a stain on Australia's sporting and even international reputation.



► Steve Smith is making his point on the field

Thus, fairly or not, there has been an underlying public demand that Smith return not only as the brilliant batsman he was but also as a notionally "better" man.

Smith was not exiled because of his batting average but because he failed as a leader. Thus returning to his best form merely provides him the platform to prove he is capable of regaining trust when his captaincy ban expires in March next year. The England fans roundly boo Smith for that cheating episode. But for all the criticism, massive respect for his sublime ability cannot be denied. 🌐

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Puccini opera
 - 6 Marsh croakers
 - 11 Radio station sign
 - 12 Open, as a bottle
 - 13 — Dame
 - 14 "The Evil Dead" director Sam
 - 15 Abel's brother
 - 17 Bear's lair
 - 18 Like some guitars
 - 22 Cry like a baby
 - 23 Rival of Athens
 - 27 Floor-board sound
 - 29 Sailing boat
 - 30 Method
 - 32 Give a hoot
 - 33 Food critics, often
 - 35 Shirt protector
 - 38 Like most NBA players
 - 39 Without letup
 - 41 Viscounts' superiors
 - 45 Flight part
 - 46 Worried
- DOWN**
- 1 Shipping weight
 - 2 Lennon's wife
 - 3 Plopped down
 - 4 Move around
 - 5 Provinces
 - 6 Root vegetables
 - 7 Not — dare
 - 8 Corrosive stuff
 - 9 Titled woman
 - 10 Whirl
 - 16 "— been real!"
 - 18 Rudiments
 - 19 Grant of films
 - 20 Has debts
 - 21 Do the math
 - 24 Crowd sound
 - 25 Ripped
 - 26 Gorillas and gibbons
 - 28 Put a tarp over, say
 - 31 Farrow of films
 - 34 Golf shoe feature
 - 35 Honcho
 - 36 Fascinated with
 - 37 Swain
 - 40 Quick taste
 - 42 Stoplight color
 - 43 Young fellow
 - 44 Pig's place

S	C	A	R	F	G	U	M	U	P
P	A	D	U	A	A	M	I	N	O
A	T	O	L	L	B	A	S	S	I
R	E	B	E	L	S	C	O	N	
T	R	E	A	T	F	A	U	L	T
A	S	S	P	E	A	L	E	D	
			E	A	R	L	S		
	B	A	R	R	E	L	T	O	R
G	E	L	A	T	O	S	O	R	E
L	A	P	S	H	A	D	E	S	
U	T	I	C	A	O	F	A	G	E
T	U	N	I	S	R	A	T	O	N
S	P	E	A	K	T	R	E	N	D

Saturday's answer

- 19 Grant of films
- 20 Has debts
- 21 Do the math
- 24 Crowd sound
- 25 Ripped
- 26 Gorillas and gibbons
- 28 Put a tarp over, say
- 31 Farrow of films
- 34 Golf shoe feature
- 35 Honcho
- 36 Fascinated with
- 37 Swain
- 40 Quick taste
- 42 Stoplight color
- 43 Young fellow
- 44 Pig's place

1	2	3	4	5	6	7	8	9	10
11						12			
13						14			
			15		16			17	
18	19	20				21			
22				23			24	25	26
27				28		29			
30					31		32		
			33				34		
35	36	37			38				
39			40			41	42	43	44
45						46			
47						48			

9-24

SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Sunday.

Conceptis Sudoku

By Dave Green

	2		3	8	1			4
			5					
						7	8	
					8	9	3	2
6	5	3	4					
	1	9						
					4			
7		8	3	2			5	

Difficulty Level ★★★★★

8/18

Answer to previous puzzle

1	6	4	7	9	3	5	8	2
5	8	7	2	4	1	9	3	6
3	9	2	6	8	5	4	1	7
2	5	1	3	7	9	8	6	4
8	7	9	5	6	4	1	2	3
4	3	6	8	1	2	7	9	5
7	4	8	1	2	6	3	5	9
9	2	5	4	3	8	6	7	1
6	1	3	9	5	7	2	4	8

Difficulty Level ★★★★★

Word Search

A	Q	Y	D	A	A	B	K	H	A	Z	I	A	M
I	Q	L	K	N	A	U	S	T	R	A	L	I	A
B	A	U	S	T	R	I	A	W	Z	R	X	B	U
A	P	A	M	A	N	A	T	O	L	I	A	M	W
R	L	C	A	R	R	O	D	N	A	O	T	L	A
A	D	S	V	M	F	A	C	A	E	M	B	C	I
A	I	D	E	V	T	I	U	N	R	G	C	K	N
A	L	N	A	D	A	N	A	T	I	R	R	F	O
A	I	G	O	A	J	T	Z	A	A	D	G	A	Z
A	I	J	E	T	A	C	I	R	E	M	A	U	A
A	K	N	C	R	H	A	B	C	J	F	P	N	M
T	B	C	A	E	I	S	A	T	R	D	G	D	A
M	Q	U	V	B	Q	A	X	I	Q	O	J	V	X
X	P	L	R	L	L	S	C	C	L	G	D	T	Q
A	T	A	L	A	B	A	M	A	P	V	M	L	A

- Abkhazia
- Accra
- Adana
- Africa
- Alabama
- Alaska
- Albania
- Alberta
- Algeria
- Amazonia
- America
- Anatolia
- Andorra
- Angola
- Antarctica
- Antigua
- Arabia
- Argentina
- Arizona
- Armenia
- Aruba
- Asia
- Australia
- Austria

Have fun with CAYMANIAN TIMES

Find the listed words in the diagram. They run in all directions — forward, back, up, down and diagonally.

CURTIS By Ray Billingsley

Panel 1: "COULD I HAVE SOME MONEY?"

Panel 2: "CURTIS, YOU HAVE IT BETTER THAN YOU KNOW"

Panel 3: "IN SOME COUNTRIES, CHILDREN ARE FORCED INTO ARMIES AND TAUGHT TO SHOOT GUNS AND HURT OTHERS"

Panel 4: "AND I'LL BET THEIR FATHERS DON'T GIVE THEM ANY GUFF 'BOUT MONEY!"

THE AMAZING SPIDER MAN By Stan Lee

Panel 1: "WHILE THE WEB-SLINGER'S PUTTIN' DOWN THAT CANISTER— I'M GONNA PUT HIM DOWN—FOR KEEPS!"

Panel 2: "THWAK" "RRRHH"

Panel 3: "HE'S LUCKY I DIDN'T LET YOU USE YOUR SWORD ON HIM! BUT HERE COME THE REST OF THEM!"

JUDGE PARKER By Woody Wilson & Mike Manley

Panel 1: "TONI BABYSITS CHARLOTTE AT RANDY'S HOUSE..."

Panel 2: "SO, HOW SHOULD I SPEND MY SUPPOSED DATE NIGHT—KILLING HOURS FINDING NOTHING ON NETFLIX OR ON AMAZON PRIME?"

Panel 3: "WAAH...WAAH!" "OR I CAN GO WITH OPTION NUMBER THREE."

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