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The life of Captain Willy

A Northwester Profile

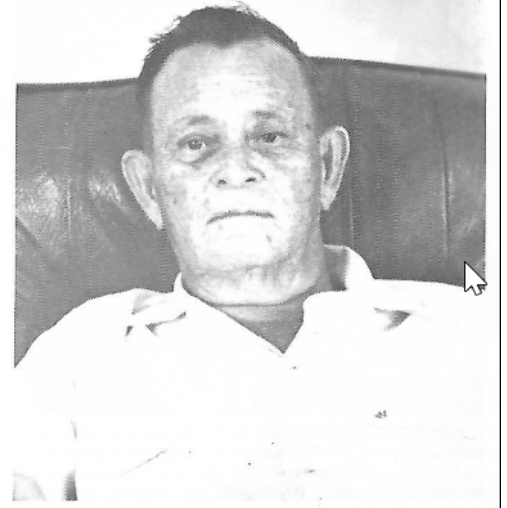
As this is the year of celebrating 60 years since Cayman's first written Constitution, the Caymanian Times looks back at the life of the original Father of the House, Mr. Thomas William Farrington, CBE, JP (1900 to 1978), who was a great contributor to the Cayman Islands community. Captain Willy, as he was known, was one of the first members of the Executive Council, set up under Cayman's first written Constitution in 1959.

His son, Captain Owen Farrington, shares with readers an article first published in the December 1972 Northwester magazine about his industrious father, a summary of which follows.

... Continued story on page A9

'Captain Willy'

Parliamentarian and 'landlubber'



T. W. Farrington, C. B. E., J. P.—taking a rest at home.

Seniors try Bliss Yoga



► Bliss Yoga Cayman is partnering with the Department of Children and Family Services to hold Seniors Chair Yoga every Friday during Older Persons Month (Photo by Elphina Jones, GIS)

One of the key take-aways from Grand Cayman's newest fitness class is that yoga is for all fitness levels and all ages.

Bliss Yoga Cayman, is hosting its first-ever Seniors Chair Yoga classes during Older Persons Month in partnership with the Department of Children and Family Services (DCFS). The 45-minute class, being held every Friday throughout October, uses a combination of breathing techniques, stretches and gentle poses to help participants keep their bodies aligned, supple and toned.

The introductory class, held on 4 October, attracted 21 seniors. This was the first in series that is catering exclusively to the over 60s, many of who have never tried yoga before.

According to DCFS Director Paulinda Mendoza-Williams, the sessions are part of her team's commitment to introducing new and dynamic activities into the Older Persons Month schedule each year.

"One of the aims, of our October celebration and appreciation initiative, is to show seniors ways to embrace and enrich the ageing journey," she said.

Bliss Yoga Instructor Lindsay Correia said: "Yoga offers a low-impact and highly relaxing way of exercising in a controlled and tranquil setting. Many of the movements help to open up the rib cage and relieve built-up tension in the body, which can get increasingly inflexible due to long periods of restricted movement and inactivity. A relaxed and comfortable body leads to a relaxed and comfortable mind," she added.

"We experienced unprecedented demand," said Bliss' Manager Tricia Nelson. "We were hoping to attract 15 people per session, but were pleasantly surprised that registration was very brisk. Straight after the first session, 18 signed up again, one's even registered her husband!"

... Continued story on page A4

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TALK ON THE STREET — A7



Talk On The Street: Cayman Regiment

Cayman beats Saint Martin, overcomes slow first half

By Flynn Bush

On Tuesday night, the stage was set for a beautiful game. The sky over the Truman Bodden Sports Complex had cooperated and was all clear. The temperature had subsided to a bearable point, and the players were all going through their warm-ups. This was at 5:25pm, roughly an hour before scheduled kickoff. With the Cayman Islands suffering a 3-0 defeat at the hands of these same opponents less than a week before, this was to be a dogfight. Surely, Cayman would not allow what happened in Saint Martin to recur here on home soil. Additionally, the news that Barbados had just won their latest match and were 3 points ahead of Cayman in the standings would undoubtedly lend fuel to the fire, as well.

... Continued story on page B1



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EDITORIAL

Do your bit to beat breast cancer

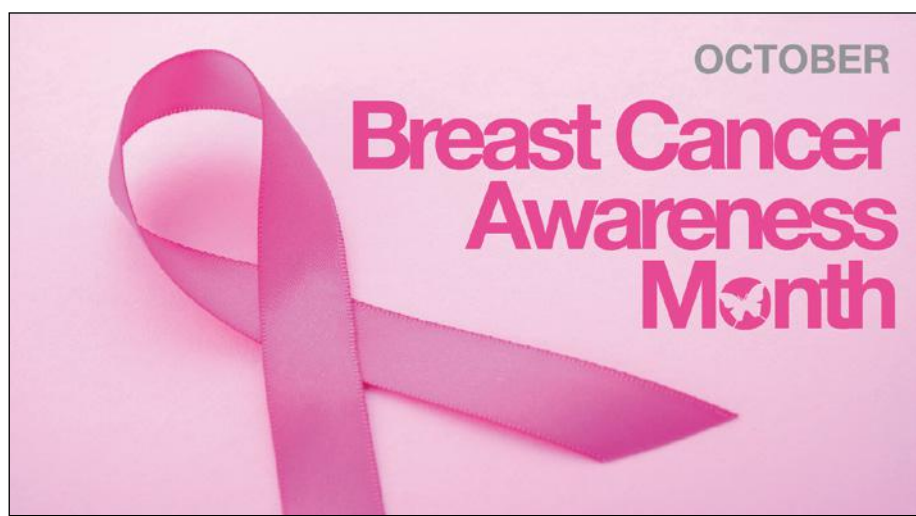
October is Breast Cancer Awareness month, a global push to raise awareness of the disease, where everyone is encouraged to wear pink (the colour associated with breast cancer). Around the world it is reckoned that one in eight women will get breast cancer. In the Cayman Islands, according to recent statistics drawn from Cayman's cancer registry, it is one of the most common cancers here, along with colon cancer, cancers of the blood, prostate cancer and ovarian cancer. It's also a disease that does not only affect women, with small numbers of men also being diagnosed with breast cancer in the Cayman Islands as well. We have such a small population, so it is inevitable that we will be affected by the disease, whether it's ourselves, our co-workers, our family, our friends or our neighbours. That's why we urge everyone to support initiatives to help to combat breast cancer and help those affected.

Earlier this month the Breast Cancer Foundation held its annual fundraising gala, an event that's always sold out and which attracts big names as speakers, such as this year's keynote, Sarah, Duchess of York. Eclipse Hair Design

and Day Spa is putting on its 19th annual cut-a-thon on Sunday, 20st October, to raise funds for the disease, and next year the Breast Cancer Foundation will hold its annual Light Up the Night fundraising event on 7th March 2020, a beach walk from Royal Palms at sunset that gets a bigger participation each year.

Probably one of the most important things you can do to help the medical profession in Cayman learn more about the types of cancer we have here is to ensure that anyone you know registers with the Cayman cancer registry if they have been diagnosed with cancer, no matter what the type of cancer. The registry was developed by the World Health Organisation and all information is kept confidentially. The information that is collected will arm the professionals with the data they need to fight the disease, which means better monitoring and treatment and more targeted screening, whether that's breast cancer or any other cancer affecting people in Cayman.

The *Caymanian Times* encourages our readers to do their bit to beat breast cancer, not just in October but all year round. 🌐



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COMMUNITY NOTICE

Registering for Postal and Mobile Voting

In the Cayman Islands, postal ballots provide a means for individuals who are unable to attend the polling station on the day in person to vote. The 2009 Elections Law introduced mobile voting to allow persons to vote at mobile polling locations, homes or other places such as nursing homes and hospitals should they wish to do so.

As drafted, the Referendum (People-Initiated Referendum Regarding the Port) Bill, 2019 maintains provisions for mobile voting. It also enhances the option of postal voting by adding the flexibility for the Elections Office to use commercial trackable courier services.



Postal ballots

The draft bill permits the Elections Office to send postal ballots to persons overseas by commercial courier, so these ballots can be delivered within 2-3 business days after the ballots are issued by the Returning Officer. The following individuals qualify for postal ballots.

1) Voters who are already registered on the Official Register of Electors and are living off-island, such as students and persons away for medical care.

a) These overseas postal ballots will be sent via express courier as soon as the Referendum Law is gazetted. We expect the first issue of ballots will be sent during the week of 5 - 8 November 2019.

2) Voters on the Official Register of Electors who are living in the Cayman Islands but will be travelling off-island or will be off-island on Referendum day (19 December).

a) These voters can apply for a postal ballot as soon as they have purchased airline tickets showing that they will be away on Referendum Day.

b) These ballot papers will be delivered by local courier and should arrive within 2-3 business days. In the case of ballots being delivered to voters who are on-island, the completed ballots can be sealed and returned to the Returning Officer of the Elections Office by hand or local courier.

Postal ballot applications are now being accepted by the Elections Office. The deadline for postal ballot applications is 7 December 2019.

Those wishing to apply for postal ballots are required to provide the following information to the Elections Office.

1) Completed Form B (available at www.elections.ky or at the Elections Office at 150 Smith Road Centre)

2) Photo identification (e.g. voter ID card or passport)

3) **IF RESIDENT ON THE ISLANDS BUT WILL BE AWAY FOR REFERENDUM DAY** - A copy of purchased airline tickets showing the individual will be travelling or off-island on Referendum Day.

a) Clearly print the local street address for ballots to be delivered locally.

b) Please note, only purchased tickets will be accepted. Reservations that have not been paid for in full do not qualify.

4) **IF CURRENTLY AWAY AND WILL BE AWAY FOR REFERENDUM DAY** - Clearly print the full overseas address for postal ballot to be sent to.

Mobile voting

In cases where a registered voter on the Official Register of Electors is unable or unlikely to be able to go in person to the polling station, that voter can request mobile voting. Postal ballots are not permitted for persons who will be physically in the Cayman Islands on Referendum Day.

The following individuals qualify for mobile voting.

1) Those who are or are likely to be in a hospital, rest home or other similar institution on Referendum Day or because they are a geriatric at home.

2) Those who are blind or have any other physical incapacity and are unable to go in person to the polling station or unable to go unaided.

3) Those who are unable to go in person to the polling station because of the general nature of his occupation, service or employment.

4) Persons working during Referendum Day (e.g. polling staff, police, medical personnel etc.) may vote early by applying for mobile voting and casting their vote at a mobile voting station on a prescribed day during the week before the referendum.

In cases where the Registering Officer approves mobile voting, mobile teams will consist of an Elections Office presiding officer, poll clerk, logistic officers, police officer and appointed observers.

The mobile voting teams will visit persons during the week before the referendum (10 to 13 December 2019) to allow the individual to vote at their nominated location.

Those wishing to apply for mobile voting are required to provide the following information to the Elections Office.

1) Completed Form C (available at www.elections.ky or at the Elections Office at 150 Smith Road Centre), setting out the reasons mobile voting is being requested

2) Photo identification (e.g. voter ID card or passport)

Application forms for postal voting (Form B) and mobile voting (Form C) are available online from http://www.elections.ky or can also be collected in person from the Elections Office at 150 Smith Road Centre. 🌐

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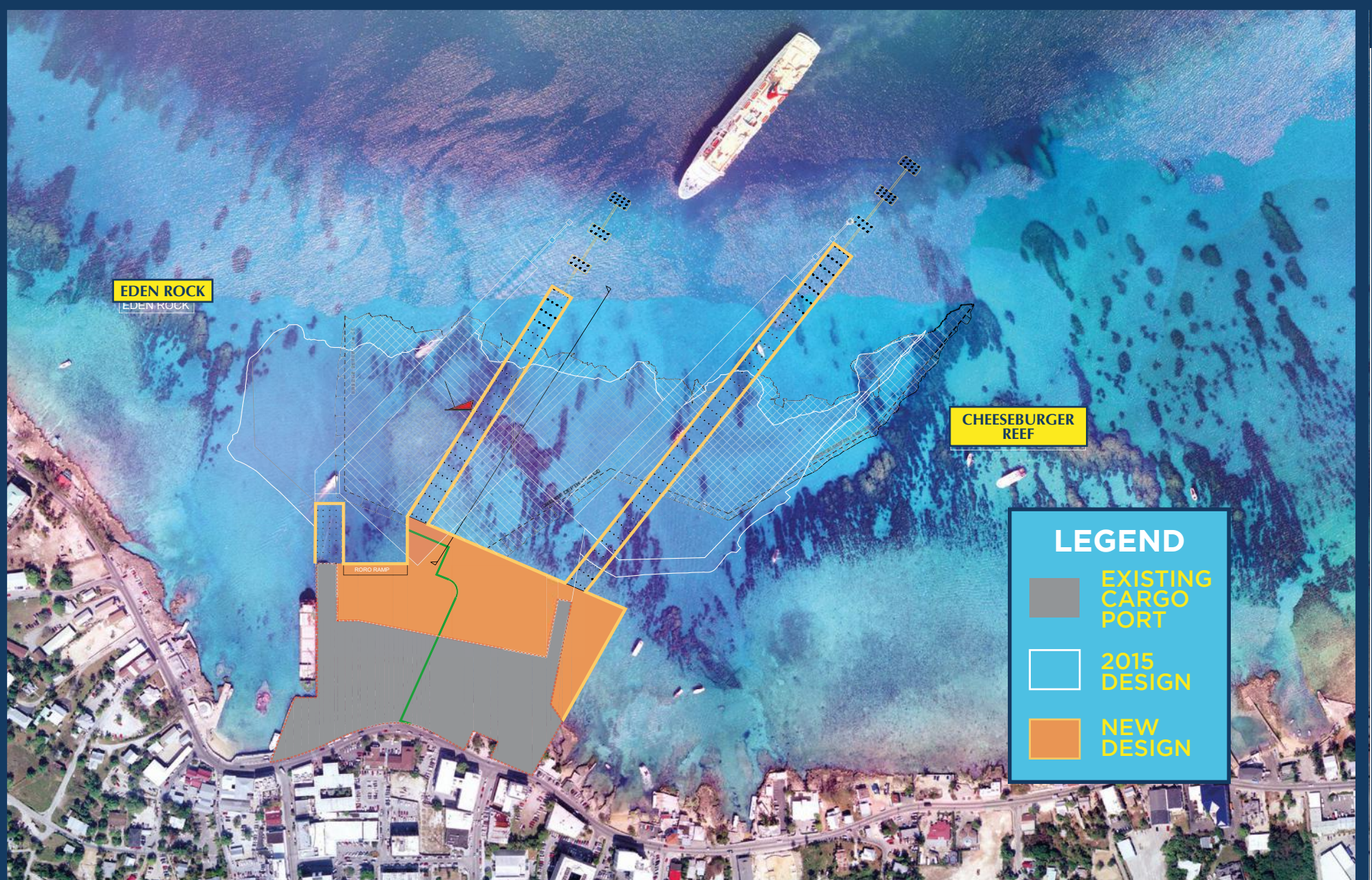
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↓ 31.3%





decrease in total
dredge volume

↓ 11.3 %

decrease in total
dredge footprint

↑ 27%

increase
in cargo area

-  All materials from Marine Excavation will be used for landside construction - no offshore dumping
-  The wreck of the Balboa will be moved and be more accessible to divers
-  South pier moved an additional 350 ft north and is now 660 ft away from Eden Rock
-  In 2016/2017 Verdant Isles coral relocation partner (Polaris) successfully relocated large sections of limestone reef and damaged corals in West Bay and Eden Rock with an 89% success rate after two years

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Wilbur Welcome is Newly Appointed Deputy Chief Officer in CI G

Wilbur Welcome has been appointed to Deputy Chief Officer with the responsibility of Agriculture, Lands and Administration, within the Ministry of Education, Youth, Sports, Agriculture and Lands (MEYSAL).

With over seven years' management experience under his belt in both the private and public sectors, Welcome holds a Bachelor of Science degree in Accounting with a concentration in Finance from North Carolina State University and earned his MBA at Campbell University. He is an alumnus of the Chamber of Commerce Leadership Cayman programme and is a 2018 Young Cayman Leadership Awards finalist.

Overseeing two governmental departments, policy analysts, and specialists, Welcome will directly report to Cetonya Cacho, Chief Officer to the Honourable Juliana O'Connor-Connolly, Minister for MEYSAL. He serves alongside two other Deputy Chief Officers, all of whom lead up the five subject area responsibilities of the considerably appointed ministry.

"We are delighted that Mr Welcome has joined our Ministry," said Chief Officer Ms Cetonya Cacho. "During his recruitment, Mr Welcome demonstrated his competency and ability to develop and implement a range of policies and strategies and displayed a sound understanding of the role and the responsibilities that come with it. He has good knowledge with the development of legislation and has the ability to be public-facing, given his previous experience with public speaking as well as representing Cayman internationally. In addition, his appreciation and familiarity with local agricultural practice and priorities also helped. All of which made him stand out amongst other applicants, ultimately making him a great fit for the role," Ms Cacho opined.

The former Senior Policy Analyst is an expert in financial services, policymaking, legislation develop-

ment and implementation. He is highly adept in the business of government institutions and has regularly provided policy advice in response to a range of global financial service issues and regulatory matters. Most notably, he is responsible for developing, implementing and leading the charge for the recently implemented Non-Profit Organisations Law, 2016 (the Law), which is part of the Cayman Islands implementation of Financial Action Task Force recommendations to facilitate the investigation and enforcement of anti-money laundering and terrorism financing.

"It comes as no surprise to learn of the appointment of Mr Wilbur Welcome as Deputy Chief Officer of the Ministry of Education, Youth, Sports, Agriculture and Lands.

He is a very dedicated Civil Servant who continues to serve with purpose and professionalism.

I can attest to the dedication and passion with which he assisted with the Non-Profit Organisation Law. Mr Welcome working with others was very instrumental in coordinating the necessary consultation with numerous interest groups, including Attorneys, Trust Practitioners, Charitable Organisations and the crafting of instructions to the drafters of the legislation. His assistance with this initiative was invaluable," noted the Honourable Attorney General, Mr Samuel Bulgín.

Noticeably the youngest member of MEYSAL's Deputy Chief Officer trifecta, a team of seasoned civil servants, Wilbur Welcome's personal and professional accomplishments surpasses his year's respectively. Welcome cites being humbled by the opportunity to serve side-by-side with and lead accomplished professionals. He is no novice; however, he is enthusiastic about the wealth of knowledge available to him courtesy of his fellow colleagues.



► Deputy Chief Officer (Agriculture, Lands and Administration), Mr Wilbur Welcome

"I'm elated to begin in this new post where I can continue to effect change that will positively impact the lives of residents that interact with the Cayman Islands Government and specifically the Ministry of Education, Youth, Sports, Agriculture and Lands. I look forward to the hard work that is to come to enhance the efficiency and effectiveness of the important sectors under my remit. In the words of Theodore Roosevelt, 'far and away, the best prize that life has to offer is the chance to work hard at work worth doing.'

Originally from Bodden Town, Welcome resides in East End, where he is an active member of the William Pouchie Memorial United Church, serving as choir member, elder, treasurer, Sunday school superintendent, and the co-founder and programme coordinator of the Anchors Christian Boys Club. In addition, Welcome played football at the national level. During his free time, Mr Welcome enjoys farming, fishing, travelling, sports, art, and reading history.

Seniors Try Bliss Yoga and Like it

... Continued story from page A1

Ms Correia originally devised the sequence of poses to help a friend resume modest exercise after major leg surgery.

"The more I got into planning the workout for her, the more I realised its suitability for seniors wanting to retain mobility and reclaim a greater flexibility. I took Chair Yoga participants through various poses after a few minutes of deep breathing exercises. These included the Goddess, which opens up the pelvic region and some modified Warrior poses, for improving balance and posture while strengthening your legs, outer hips and upper back," she remarked.

Ms Correia originally devised the sequence of poses to help a friend resume modest exercise after major back surgery.

"The more I got into planning the workout for her, the more I realised its suitability for seniors wanting to retain mobility and reclaim greater flexibility. I took Chair Yoga participants through various poses after a few minutes of deep breathing exercises. These included the Goddess, which opens up the pelvic region and the Warrior pose, for improving balance and posture while strengthening your legs, outer hips and upper back," she remarked.

Ann Elliott from South Sound said: "The class was brilliant. I wasn't quite sure that I'd take to it having never done yoga before. It was so relaxing, and yet I definitely felt that I was exercising.

"I am a fairly active senior but my daughter is always telling me I could do more. I've signed up for next week and have registered my husband as well," Mrs. Elliott added.

North Side residents, John and Rhoda Smith also registered for the next class. The couple, who attend many of the Older Persons events together, undertook the first session to try it out.

"I've never experienced anything quite like it," said Mr. Smith. "I can't even describe how I feel right now but it's definitely positive," he added after the taster session.

"What I liked about it is that I stretched muscles I haven't thought about in



► Bliss Yoga Cayman is partnering with the Department of Children and Family Services to hold Seniors Chair Yoga every Friday during Older Persons Month (Photo by Elphina Jones, G/S)

DCFS Social Worker Sigrid Menschaart, who organised the sessions, was encouraged by the positive feedback.

"I was delighted that Seniors Chair Yoga was so well attended," she said having watched some of the first session through the studio's viewing window.

"This is the first time we've had this kind of class as part of our Older Persons Month offerings. The more active seniors seem to have responded really well to it. A few of those who came along have never attended any Older Persons Month events before, so it's very encouraging that we are reaching new seniors," she confided.

This Friday's (11 October) Bliss Yoga Cayman Chair Yoga session is almost full. To try Chair Yoga on Friday 11, 18 and 25 October, contact the studio at 949-9642.

years. This class should be year-round," he concluded.

Former Well Known Broadcast Journalist Obtains New Deputy Chief Officer Post

The Ministry of Education, Youth, Sports, Agriculture and Lands has announced that Mr Joel Francis was appointed as Deputy Chief Officer for Adult Education, Youth, Sports and Public Libraries.

A Management graduate of the University of the West Indies, Mr Francis brings to the post twenty-two years of civil service leadership experience as well as many notable accomplishments in the areas in his former portfolios.

Before moving into the Ministry as an Assistant Chief Officer in 2005, Francis had a successful career as a broadcast journalist at Radio Cayman where he served to educate the public and otherwise shed light on many national and social issues of the day as a News Editor, and host of the listener participation programme, Talk Today.

His transition to the Ministry coincided with major reconstruction efforts of public facilities in the Cayman Islands following Hurricane Ivan. Those challenging times were turned into opportunities to upgrade many of Cayman's sports facilities with improved lighting and other higher-quality amenities. These laid the foundation for many of Cayman's sporting successes today including the boom in sports tourism events.

Some of his successes include the international certification of the Truman Bodden Sports Complex, the construction of the Jimmy Powell Oval Players Pavilion and the Dalmain Ebanks Boxing Gymnasium - which effectively served to boost interest and inspire talent in cricket and boxing across the Cayman Islands.

He also successfully introduced, for the first time, FIFA Two-Star rated artificial turf facilities at the Ed Bush and T.E. McField Sports Stadia. This initiative ultimately led to reduced maintenance costs, and along

with policy changes, provided a catalyst for the resurgence of youth football in the Cayman Islands.

His work contributed to the successful formation of the Youth Services Unit and the establishment of the Cayman Islands Youth Assembly.

Efforts after the devastation of Hurricane Ivan led to an enhanced vision and expansion of library services, with new district libraries at the West Bay Town Hall and George Town Library.

He has acted in liaison roles for the Cayman National Cultural Foundation and served on the boards of the Cayman Islands National Museum and the National Gallery of the Cayman Islands.

In collaboration with the Cayman Islands Sailing Club and Cayman Islands Rugby Union, Mr Francis supported the establishment of sailing and rugby programmes for schools.

As a former Senior Policy Advisor, he played a lead role in the updating of the National Youth Policy and the development of the first National Sports Policy and Strategic Plan for the Cayman Islands in 2011 and 2013, respectively.

"Mr Francis' track record and extensive experience are aligned perfectly with the vision of the Ministry, and we are thrilled to have him on board. Attracting someone of Joel's calibre into the deputy post is a great endorsement of our strategy and ambitions. He brings with him incredibly strong knowledge and experience which are vital to be successful in the role. We look forward to great things from Mr Francis," said Minister for Education, Youth, Sports, Agriculture and Lands, Hon. Juliana O'Connor-Connolly, JP.

"We are thrilled to have Joel on our team as Deputy Chief Officer. He has proven to have valuable insights,



► The Ministry of Education, Youth, Sports, Agriculture and Lands has announced that Mr Joel Francis was appointed as Deputy Chief Officer for Adult Education, Youth, Sports and Public Libraries

the ability to execute major programmes and move our islands forward," Chief Officer Ms Cetonya Cacho, commented.

"I am today as motivated about the development and strengthening of the Cayman Islands community as I was when I started out as a broadcast journalist many years ago. I am extremely excited about the possibilities of improving the lives of those we serve. With the support of the Minister, Chief Officer and Ministerial team, I look forward to having a positive impact on my community in this new capacity," said Mr Francis.

Joel is married and the father of three children. He is an avid fisherman and volunteers as a Director of the Cayman Islands Angling Club.

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Appleton Estate Signature Nights

Appleton Estate Signature Nights - the highly celebrated and groundbreaking LIVE event - is coming to Grand Cayman this Saturday (19th October) for an evening entitled, Reggae and Rum.

► Appleton Estate Signature Nights is coming to the Wharf, Grand Cayman on 19th October from 8pm to 12am

The event will be hosted at the Wharf, Grand Cayman and features Jamaican songstress Ikaya, who burst onto the scene in 2001, after performing on Capleton's hit track, 'Fire'.

Since then, Ikaya's music career, has been growing exponentially, opening for many acts both in her home Jamaica and internationally with shows that have been described as, "...bringing to the world and her proclaimed fans a true sense of great quality music."

Indeed, All good work should be rewarded, and as such Ikaya took away the Stone Love Award for "Female Artiste of the Year" in 2010. This Artist is one that certainly promises to deliver nothing but the best for her first appearance in the Cayman Islands.

With the ground work laid for an amazing event, organizers say patrons can expect nothing but the best in LIVE Music.

Ikaya will be joined on the evening by Cayman's own homegrown, "Local Motion 345," featuring Songbird Notch. The Show starts at 8pm and goes until 12am.

Appleton Estate Signature Nights is free of charge.

Known among the most well produced and highest profile shows in the Caribbean, the event has traditionally been held in Jamaica and has featured



► Ikaya will be headlining the Appleton Estate Signature Nights', Reggae and Rum at the Wharf, Grand Cayman

the likes of Sanchez, Tarrus Riley, Romain Virgo and a host of others.

"It's all happening at the Wharf with Appleton Estate Signature Nights, which is known for showcasing regional Reggae artists, along with homegrown talent. We are delighted to be a part of the lineup," noted Local Motion 345 Singer, 'Notch'.

He added that, "Appleton embodies the successes of the Caribbean."

Appleton will also be giving away mementos on the occasion as part of brand promotion. 🌐

Saturday Night Live in GT returns on October 26



► Attendees lined up to sample local cuisine on Saturday, 3 August 2019

The Saturday Night Live in GT series returns to Hog Sty Bay in George Town on Saturday, October 26, 5:00 p.m. to 12:00 a.m.

The event, which is part of the George Town Revitalisation Initiative, is aimed at creating a modern downtown waterfront atmosphere filled with live music, art, tappas style Caymanian food served from food trucks and stalls from local restaurants and businesses.

George Town Manager and Revitalisation Coordinator Colin Lumsden states

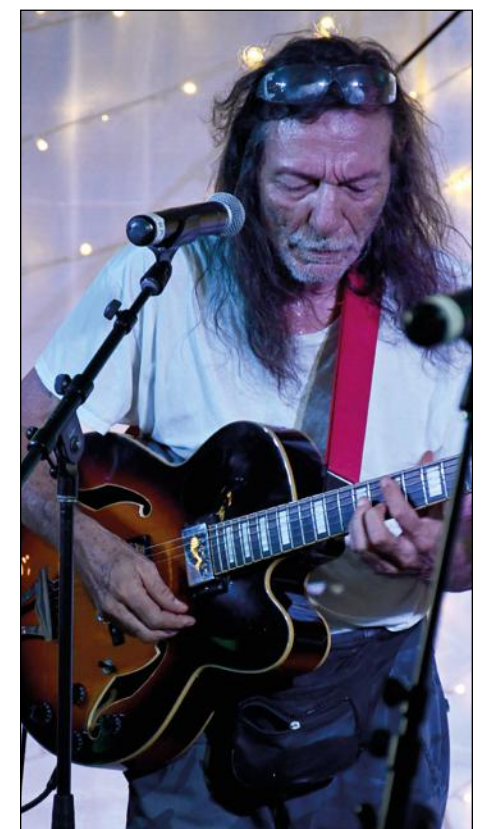


► Live music played late into the evening at the first Saturday Night Live in George Town event on Saturday, 3 August 2019

that the turn out at the last event was very good and that he looks forward to greater support. "We are creating a space for residents and visitors to relax and enjoy our food and culture. The event provides a positive way to celebrate the community spirit of George Town, our residents and businesses that has given so much to our town" he says.

He further notes, "we are expecting everyone to come and just spend some time together".

The George Town Revitalisation Initiative, part of the Ministry of Commerce, Planning and Infrastructure, also emphasises sustainability and quality of life for the George Town community, promoting walkability and connectivity, diversifying downtown through mixed-use zoning and providing affordable housing and transportation options to people. 🌐



► Live music played late into the evening at the first Saturday Night Live in George Town event on Saturday, 3 August 2019



National Conservation Council

Public Notice: Species Conservation Plan - Sybil's Crownbeard



The National Conservation Council (NCC) is seeking public comments on a plan to protect and conserve the 'Sybil's Crownbeard' plant, which is only known to grow in one location on Cayman Brac.

Public consultation on the species conservation plan will begin on Oct. 25, 2019 and end on Nov. 22, 2019.

Copies of the proposal may be obtained at the Department of Environment (DoE) offices, 580 North Sound Road, Grand Cayman, at the Cayman Brac Library, the Brac administration building, or at the Brac Agriculture Department. The plan may be viewed online at www.doe.ky.

Please note, the species conservation plan would ban any taking, possession, purchase, sale or exchange of the Sybil's Crownbeard plant. Comments on the proposal may be received at the DoE offices, mailed to PO Box 10202, Grand Cayman KY1-1002, or sent via email to ConservationCouncil@gov.ky. A survey document will also be made available at www.doe.ky and on DoE social media pages.

Letter from Captain Paul Hurlston

I started my sea career at the age of fifteen in 1946 culling turtles around the Nicaraguan coast. At the age of 16 I went to the US and joined the Merchant Navy Sailing of Foreign Flag Ships. I sailed on fruit ships, general cargo ships, oil tankers, bulk carriers, container ships, heavy lift ships and RO-RO (roll-on roll-off) ships.

I started as a deck hand. Retired after 41 ½ years as Master.

During my sailing as Master, I transported building equipment and supplies to many countries to construct docks. Just to name a few, Port Hess in St Croix USVI; St Thomas, USVI; Point Lisas, Point a Pier, Galleoita, Trinidad; Bonaire, Netherland West Indies; St Martin; Cul

de Sax Bay, St Lucia; Purto Moralis, Mexico; Freeport, Bahamas; Guyanilla, Puerto Rico and many more.

I will name some of the company's I transported equipment for: Chicago Bridge and Iron Works, Brown and Root, Badger Litwin Contractors, Riggers International and many more. I also transported a Breeder Nuclear Reactor for the US Atomic Energy Commission from Chattanooga Tennessee to Longview Washington; so I would say I have a little experience in observing dock construction.

I have a few questions to ask. Why is the builder of the dock designing it? It seems the Government doesn't know

what they want. When you don't know anything about the project they can build anything, you don't know if it will work or not.

Yes, you can build the dock at a cost; but will you be able to use it?

Why is the design so secret? One thing more, George Town does not have a harbour. George Town has a roadstead, a harbour is an enclose. Please see Webster's dictionary.

These such large cruise ships have a lot of height above the water which holds a lot of wind power. Try docking one of these large ships when you have 15-20 knots of wind. You are not docking the Kirk Trader or the Merco. It is a different



ball game. In closing, think and listen. Listening to people can save a whole lot of headache; sometimes even your life.

Paul A Hurlston
Retired Master Mariner

IN SOLIDARITY WITH THE HURTING



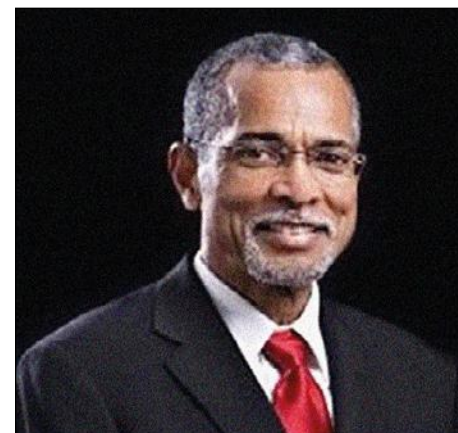
As we prepare to participate (or merely observe) the annual Silent Witness March, organised by the Business and Professional Women's Club, I am unable to stop images from flooding into my mind from my memory bank—images which include the faces of women, young and old who have been the victims of physical violence at the hands of men. As a pastor, I've sat by the bedside of a woman lying in a foetal position who had endured so many years of physical and mental abuse from a man who claimed to love her that she

tottered on the cusp of the only solution she could think of that would give her relief—suicide. But I've sat across a table from a man, ashamed and broken, as he detailed incidents of physical and emotional abuse from the woman he loved—images that stirred me share his pain and sense of shame, so that I could not help feeling that all that happened to him included a betrayal of his manhood.

Domestic abuse, or gender violence, or intimate partner abuse—whatever we may call it—is nothing new. But that does not mean that it should be tolerated. Exposing it for what it really is must be the ongoing duty of every man and woman, not just a small group of women, or a department in a government ministry. And what is it really?

It certainly is not love! Just the fact that a woman can be heard saying, "He wouldn't beat me if he didn't love me" must tell us that a level of mental violence in the extreme has been perpetrated on the very soul of this woman. Any man who would willingly create this thought pattern in the mind of someone with whom he is intimate has absolutely no idea about what it means to love or be loved.

"Love is patient and kind," we read in 1 Corinthians 13 in the New Testament of the Bible. And it continues, "[love is] never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way." In fact, real love is not only unselfish, but it is sacrificial. Jesus put it this way (Living Bible Paraphrase): "And



Pastor Alson Ebanks

here is how to measure it—the greatest love is shown when a person lays down his life for his friends (John 15:13)."

Pastor Alson Ebanks

Cayman to develop new reservist-style military regiment

The Rt Hon Mark Lancaster TD MP the UK Minister of State for the Armed Forces, HE the Governor Martyn Roper and the Premier Hon Alden McLaughlin have announced a proposal for a Cayman Regiment. Their announcement follows nearly a year's worth of talks between the UK and Cayman Islands governments, aimed at boosting Cayman's local and regional capability in dealing with disaster management and security issues, as and when they arose.

They envisage a group of reservist military personnel, rather than full-time soldiers. Most of the personnel would be voluntary and part time, with just a few regular full-time officers involved. Reservists are soldiers who have regular civilian jobs, and are called out in time of a country's need, as well as being obligated to attend training and ongoing training exercises on special days or at weekends. There will also be a special group who will be sent out from the UK before Christmas, to scope out a plan on how to proceed, but it is hoped the new regiment should be operational by the end of next year.

Premier Hon Alden McLaughlin said: "Having a specially trained Regiment in Cayman would have a positive impact on youth development and leadership on the Islands. It will also give a boost to

security and increase our resilience on disaster management and the support we could offer across the wider Caribbean. I am pleased that the UK are keen to support this initiative and we welcome their expertise and involvement.

"I think this is something very positive in the territories. I think that the assistance we are able to render to the brothers and sisters in the region in the aftermath of Irma and Maria, more recently Dorian in the Bahamas makes it very clear that collectively as a region we need to be able to work together to assist each other, because as we say in these parts: 'tomorrow for you, today for me.'"

Minister for the Armed Forces Mark Lancaster said: "The UK enjoys a close and historical bond with the Cayman Islands and through helping to establish the Islands' first Regiment we are strengthening this relationship even further. We are committed to the safety and security of the Overseas Territories.

"By creating a network across the region we will effectively then have a structure which everybody recognizes is affiliated to the army reserve, and the discipline and structure which that brings really helps in times of crisis because it means that we can mutually support each other and that is why find-



(L-r) Premier Alden McLaughlin, Governor Martyn Roper, and Minister for Armed Forces Mark Lancaster

ing this structure is probably the best way of finding this resilience for Cayman.

Governor Roper said: "I am delighted we are able to announce this exciting new initiative, which is a further example of the strong and enduring Cayman and UK partnership. The establishment of the Cayman Regiment will help reinforce hurricane assistance and disaster relief capability in the Cayman Islands

as well as the other Overseas Territories and across the region. It will also help bolster security more generally and help to develop skills amongst Cayman's young people and provide a further avenue for the Cadets when they reach the age of 18. It will be a Cayman force, and one option is to have an association with a part of the UK army, and the Royal Engineers would be a very good way of doing that."

TALK ON THE STREET

Talk On The Street: Cayman Regiment

With the recent announcement that plans are to be put in place to add a regiment here in the Cayman Islands, there has been a buzz. Our reporter took to the streets to gauge the true feelings about this situation. The specific question posed was, "Do you think that a Regiment would be good for Cayman?" Below are the responses of 12 individuals.

Faith, Caymanian, 46:

"I think this would be good. I know that some children think about joining the army, but don't want to go off to another country to do so."

Jay, Caymanian, 50:

"I hope it doesn't happen. It isn't something that we need."

Lee, Caymanian, 52:

"I would welcome that. I might even join up, too."

Tina, Caymanian, 45:

"It would be nice to know that we have our very own regiment here. It gives an added sense of security, I think."

Mary, Caymanian, 39:

"I don't think it is a big deal. It would be nice, but is it really needed? I don't know."

Christina, Caymanian, 43:

"If that happens, it might give some students graduating from high school another option for a career."

Miguel, Caymanian, 56:

"It's not something I ever thought about, but it rather intriguing. It might be good."

Martha, Caymanian, 69:

"Every country needs some sort of Defense Corps, so I welcome this regiment idea."

Dorian, Caymanian, 69:

"They should have done this a long time ago. Right now we don't have any kind of defense if anything ever happened."

Johnny, Caymanian, 51:

"I don't think we need one. I think it will just give the tourists the impression that there are problems here and that is why we need an army."

Nina, Caymanian, 38:

"I don't like the idea. This country is peaceful and we don't really have a need for an army."

Joseph Caymanian, 47:

"Whatever England has, we seem to think that we need it. Cayman is peaceful, there is no terrorism, and we are not in danger of going to war, so we don't need an army."



Caribbean Tourism Performance Maintains Hot Streak

Tourism continues to grow throughout the Caribbean, according to recent data from the Barbados-based Caribbean Tourism Association.

Stay-over arrivals to the wider region were up in 23 of the 26 destinations reporting data for 2019 so far. Through August, the Cayman Islands has recorded a 10.7 percent increase

in stay-over arrivals year to date, year over year.

Regional industry leaders forecast a strong year-end for the Caribbean region, predicting between an eight and nine percent increase in tourist arrivals for the complete year.

The United States remains the region's largest tourism source market,

accounting for 6.6 million tourists in the first seven months of the year, while Europe sent 2.4 million visitors, and Canada sent 2 million visitors to the Caribbean region.

Cruise passenger arrivals to the Caribbean region increased in 14 of the 23 reporting destinations, while nine recorded declines. Year to date, through July, the Cayman Islands has reported a -5.8 percent decline in cruise passenger arrivals, year over year. There were 32 less ships thus far in 2019 during this timeframe according to DOT statistics.

On the development side of the industry, there are currently 57 hotels totaling 14,085 rooms in construction in the Caribbean, and it's not anticipated the pace of new supply entering the marketplace will slow. And, with increased supply, markets will continue to become increasingly competitive.

The Caribbean continues to rebound nicely after weak results in 2018, following the impact of two hurricanes, Irma and Maria in late 2017 – and as Tropical Storm Dorian tracked through Puerto Rico and the Virgins Islands, most recently.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. She's an



► Brooke Meyer is the managing partner of Caymera International

industry veteran and holds a master's certificate in Hospitality Management from Cornell University in Ithaca, NY and has also earned continuing education certifications in Hotel Real Estate and Asset Management, Digital Marketing, and Revenue Management from Cornell University. Visit Caymera at www.caymeragroup.com or email info@caymeragroup.com for more information.



Changes to the Cayman Heart Fund Board of Directors

Cayman Heart Fund is pleased to announce some changes to our Board of Director. Please help us welcome Dr. Bella Beraha, MD to her new role as Chairman of the Board. Maureen Cubbon as the new vice chairman and Colleen Mellott is joining the Board as a Director after being our Coordinator for three years.

Dr. Bella Beraha (the new chairman) was born and raised in Venezuela where she received her medical degree at the Universidad Central de Venezuela. Dr. Beraha then moved to Florida and completed her residency in Internal Medicine at the renowned Cleveland Clinic, Florida. She became Board certified in Internal Medicine by the American Board of Internal Medicine. She remained in South Florida and worked as a Hospitalist for the 700 bed Memorial Regional Hospital in Broward Florida.

Dr. Beraha then moved with her family (husband and 3 kids) to the Cayman Islands in 2011. She presently works as a private Physician at Helix Healthcare and hold privileges at Doctors Hospital and Georgetown Hospital. She has been a Director, Vice-chair and is now Chair for the Cayman Heart Fund, as such she is the main organizer of their annual International Symposium. She has also organized and participated in multiple corporate educational talks, community educational events and health screenings and many more Heart Fund associated events. She also served on the Board of Directors for the HSA for 1 year. She is passionate about all aspects of preventative medicine and strives to help Cayman become heart disease free!

Maureen Cubbon (the new vice chairman) is the Wellness & Culinary Director at Bestlife and has over 15 years of experience working with local, international and Fortune 500 companies.

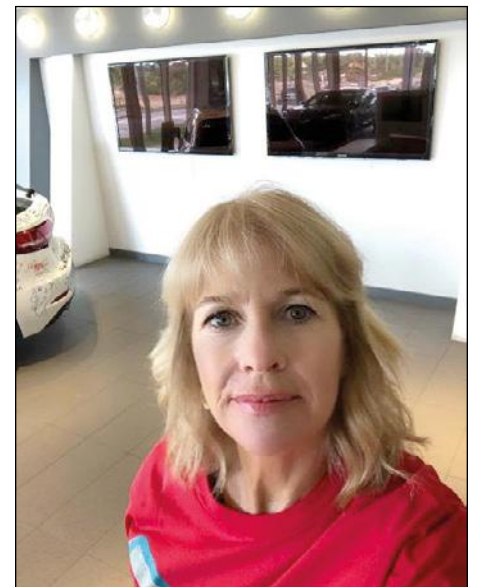
She has helped create and implement several community initiatives focused around children health such as the Be



► Dr. Bella Beraha, MD, CHF Chairman



► Maureen Cubbon, CHF Vice Chairman



► Colleen Mellott, CHF Director

Active & Eat Smart Program, The Project Grow School Garden Program and is a founding Member of the National Health Task Force for Children's Health, an arm of the Cayman Heart Fund. As an active board member at the CHF, she also coordinates all community health and wellness initiatives and outreach programs.

Ms. Cubbon has a deep passion for food education is also an award-win-

ning chef, achieving first place in the 2013 Food & Wine Cayman Cookout Amateur Chef Competition and a finalist in 2012. She currently hosts and runs healthy cooking classes and programs for corporate clients and budding chefs with Bon Vivant in Camana Bay.

Maureen is the Cayman Islands Ambassador for Jamie Oliver's Food Revolution Program and is the Lead Instructor for the Seed2Plate afterschool program in partnership with the YMCA. This program provides a grassroots approach to teach children where their food comes by creating school gardens and teaching basic cooking skills through hands on learning.

Newly appointed CHF Director Colleen Mellott is well acquainted with the non-profits mission statement and strategic plan. As past Project Coordinator her dedication, experience and knowledge will surely compliment her in this new role.

Volunteering in the community since her teens, serving as a Rotarian for many years and creating a networking house for local filmmakers, Colleen

has made time and space to help people and animals throughout the years.

A resume listing work in the Canadian film and television industry, marketing and sales for Audi and Volkswagen, traveling the globe for training programs and driving an Audi R8 on the Autodromo Formula 1 Raceway in Guatemala are just a few examples of her past work and passion for fun.

Wife, Mother and proud Grandmother, Colleen is an advocate for healthy habits, kind words, beach walks, and Caribbean sunsets. Colleen looks forward to supporting and assisting the CHF in an administrative capacity, and with all program initiatives and fund-raising events.

These ladies are dedicated to helping Cayman Heart Fund spread awareness and help eradicate Heart Disease. CHF is excited about the new changes and is looking forward to working with the community to boost heart health.

The Cayman Heart Fund is a non-profit, non-government organization dedicated to the reduction of heart and circulatory disease in the Cayman Islands. Heart and circulatory disease, known as cardiovascular disease (CVD), is the number one health problem in the Cayman Islands. For more information contact: 345-916-6324 or info@cayman-heartfund.com.



► Colleen Mellott, CHF Director, Suzy Soto, CHF Founder, Barrie Quappe, CHF Board Member, David Dinner, CHF Board Member, Dr. Bella Beraha, MD, CHF Chairman, Angelique Bodden, Coordinator, Ailian Evans, CHF Board Member

Correction to False Statements by Premier and Deputy Premier on CPR Cayman's Funding and Backing

CPR Cayman wishes to correct the following false statements made by the Premier and Deputy Premier.

1) As printed in the Cayman Compass on 10 October 2019, Premier Alden McLaughlin stated to the Compass: 'He said the nature of CPR's campaign and the amount of advertising it had taken out suggested the group had also spent considerable funds.'

2) On 14th October 2019, on Radio Cayman's For the Record Program, Deputy Premier Moses Kirkconnell stated: 'This campaign is a commercial campaign'

CPR Cayman is a registered non-profit organization which was formed by citizens concerned by the socio-economic and environmental impacts of the proposed cruise port and is supported by dozens of volunteers who share these concerns and generously commit their time, talent and passion. CPR Cayman is reliant on donations from the community to fund our public education efforts in the referendum campaign. CPR Cayman is not a 'commercial campaign' as alleged by the Deputy Premier.

To date we have spent less than CI \$12,000 on radio, internet and cinema advertising costs, compared to the



Government, who has spent over \$157,000 on advertising in the same period (\$217,000 less Fountainhead Consultancy payments of 5,000 per month since August 2018).

This significant discrepancy in advertising expenditure highlights the importance of the inclusion of campaign financing provisions in the Referendum Bill,

which the Government has regrettably chosen to exclude.

The opportunity for fair and balanced public education on the proposed port facility is imperative, to allow citizens the opportunity to make an informed decision, free from undue influence, in the face of a Government who has already spent almost a 1/4 of a million dollars before the referendum campaign has even begun.

Those wishing to contribute to CPR Cayman's public education campaign, are encouraged to do so through any of the below methods.

Online transfers can be made to the following account:

Bank: Cayman National Bank
Account number: 011-15894
Account Name: CPR Cayman
Cheques can be made payable to: 'CPR Cayman'
Credit and Debit Card donations: <http://www.cprcayman.com/Donate.php>

More information can be found on www.cprcayman.com. People can also contact cprcayman@gmail.com or phone 938-5876 for more information.

A GLIMPSE AT HISTORY

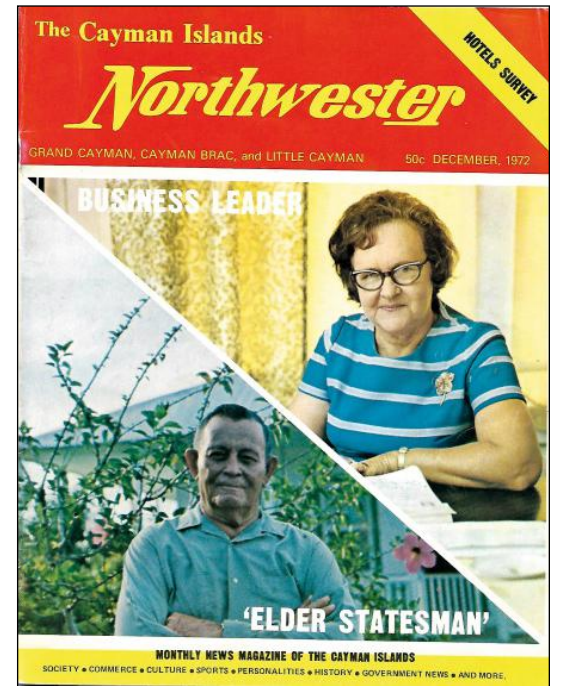


IN LONDON in 1967, while on a CPA Parliamentary practices course, Mr. Farrington meets with the then Speaker of the House of Commons, Dr. Horace King (now Lord Maybery).



IN CANBERRA in 1970, attending a CPA conference as Cayman Islands observer, Mr. Farrington is flanked by Mr. Philip Lucock, Deputy Speaker of the Australian House of Representatives, (left), and Mr. Alan Turner, Clerk of the House.

THE NORTHWESTER, November 1972 11



The life of Captain Willy, the late Thomas William Farrington

... Continued story from page A1

Mr Thomas William Farrington's early life began at the turn of the 20th Century in West Bay. His father, William, had been a sailor who came ashore to raise cattle, and Captain Willy, the fourth child and second son of a family of five sons and five daughters, was required to help out.

"It wasn't an easy life, but we never went hungry – but we had to work," Captain Willy recalled in the Northwest-er magazine.

In 1924 the young Captain Willy built a home for himself and his wife, Myrtle, in Farrington Square in West Bay, a home he continued to live in decades later. They had four children – Captain Owen, Myrtle and Grace, (a second son died in an accident at the age of just ten).

Captain Willy termed himself "the landlubber who was left here when the other boys went to sea", even though he went to sea for a year in 1919 and later operated a schooner on trading runs to Florida during the Second World War. He took over the family business aged 20 when his father contracted typhoid. Cap-

tain Willy did well at school but hopes of becoming a doctor were put paid to once he had to take over the family business.

He was elected to the Legislature of Justices and Vestry in 1921 as a member for West Bay and his 51 years membership was at the time thought to be a Caribbean, if not Commonwealth record.

One of the first things he remembered undertaking in his government position was to reallocate assembly seats so that West Bay's representation was increased to five.

In one particularly interesting anecdote, he recalled selling land to the government and, during the process, as he was passing a particular area of West Bay rugged with ironshore, he remarked to his colleague, Commissioner A.W. Cardinal:

"What's this? Dante's Inferno? It's Hell!" thereby christening the now famous West Bay tourist attraction.

In the late 1940s, Captain Willy played an integral part in the development of education in the Cayman Islands, backing the founding of a high school through his connection with the church, the be-

ginning of John Gray High School. He also played a part in developing aviation, as an early investor in the airline industry.

In the early 1950s, his rise through government was apparent, having been elected to the Executive Council in 1959, which had been set up under the first written Constitution, a position which he held for the next ten years. In those early years he battled for Cayman to be separate from the West Indies Federation, so it could be in a position to govern itself internally. Captain Willy eventually retired at the age of 72.

Hard work, he said, was his "recreation" and even during his retirement he rose early each day, working for an hour on his garden first thing and spending time in the family store. By that time, his son, Captain Owen Farrington, had taken over the running of the family's shipping interests which, at one time, included well-known Cayman boats the Nunoca, which mysteriously disappeared in 1936, and the Addie H.

In 1965, Captain Willy became the first Caymanian to be honoured by Queen Elizabeth as a Commander of the British



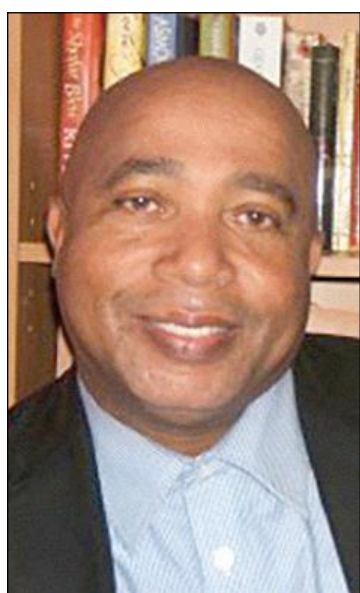
► Premier McLaughlin with Captain Owen Farrington, who was a Vestryman at the time of the Coat of Arms development

Empire (CBE) and, having passed away in 1978, he was named posthumously as a National Hero on National Heroes Day in 2011.

Volunteerism: The Moral Element

Handy and Wadsworth in their paper, 'Defining who is a Volunteer', say that volunteers are commonly considered as "unpaid help provided in an organized manner to parties to whom the worker has no obligations."

Volunteers generally work within a formal program with an overarching mission that subdivides into goals, plans, job positions, and tasks. The intended beneficiaries of a volunteer's efforts should be strangers, not friends or relatives.



► Dr. Livingston Smith is a Professor at the University College of the Cayman Islands. He is also Director of the CXC Education Volunteer programme

The literature on the subject says that volunteerism refers to a wide range of activities, including traditional forms of mutual aid and self-help, formal service delivery and other forms of civic participation, undertaken of free will for the general public good and where monetary reward is not the principal motivating factor (Halski-Leventhal, 2011). At least four different types of volunteer activity can be identified within this conceptual frame-

work: mutual aid or self-help; service to others; participation or civic engagement; and advocacy or campaigning.

Professor Don Robotham, in his 1998 Grace Kennedy Foundation Lecture, 'Vision and Volunteerism, Reviving Volunteerism in Jamaica', argues that volunteerism can be defined as any action or course of action, usually of a social or civic nature. This course of action is prompted primarily by altruistic motives, from which the actor does not obtain wages, salary or profit and in which the beneficiaries are people who are not normally the volunteer's direct responsibility.

Robotham in his definition also gives recognition to the critical importance of the moral element in volunteerism. The moral element must be the heart of volunteerism.

He insists that volunteerism is an expression of the degree of moral and civic unity of a society. It is a measure of its state of spiritual integrity. 'Total strangers' in a society take steps to assist others in that society without seeking reward because they have a sense of common feeling and duty to each other. They do not, in fact, regard others as 'total strangers'. They recognize that they have moral claims on one another. That is what a real society is like, says Robotham.

The literature on volunteerism says that it involves much more than working without pay and that it is where people make choices to do so things to help society that go beyond their basic obligations. Volunteerism strengthens civic engagement; safeguards social inclusion, deepens solidarity and solidifies ownership of development results. Volunteerism has a ripple effect in that it inspires others and advances

the transformations required for any positive change to take root in communities.

The United Nations highlights four key areas in which volunteering has been transformational: These are in the areas of peacebuilding, environmental sustainability, social inclusion and basic services.

In peacebuilding, volunteerism, says the UN, is known to help regenerate certain fractured or absent dynamics that are crucial to reconciliation and reconstruction. In the area of environmental sustainability, volunteerism has been key in mobilizing communities glob-

ally to address environmental degradation.

In speaking to social inclusion and volunteerism, The United Nations says that 'the values inherent in volunteerism opens up diverse pathways for marginalized groups to overcome social exclusion, while enabling them to become drivers of development action'.

In terms of basic services and volunteerism, The United Nations also explains that 'Volunteer action, when well facilitated, can be a particularly effective mechanism to foster support and complement the state provision of essential services

across a number of sectors.' The sectors, it continues, include the provision of basic services such as clean water and sanitation, health care and primary and secondary education. These are key ingredients of human development and wellbeing.

One does not have to look far to see the positive effects of voluntarism. It provides an opportunity for concerned members of the community to identify needs and offer their time and skills to implement change. I use this column to celebrate the hundreds of volunteers in the Cayman Islands in whatever area and capacity.

2 FOR 1 SPECIAL

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Bodyshaperscayman@gmail.com or 325-8696
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COMMUNITY EVENTS

Voices Around the World 17 - 18 October - Jasmine, in recognition of World Hospice and Palliative Care Day and to support Voices for Hospice, hosts 'Voices Around The World' at the Harquail Theatre beginning at 7pm. Performers include the Cayman National Choir, Cayman National Orchestra, Singrays a cappella group, Miss Jackie's Company Dancers and more. Cost for adults is \$30 and those under 18 are \$10. Tickets available from www.eventpro.ky/voices-for-hospice. For more information, email info@jasmine.ky or call 945 7447.

East End Breast Cancer Awareness 17 October - The Lions Club of Tropical Gardens hosts a breast cancer awareness meeting on Thursday 17 October at East End United Church Hall beginning at 7pm. Mammogram vouchers are available for eligible persons. For more information, call 936 - 1739 or email bcawareness@gmail.com

Silent Witness March 18 October - BPW, CICC, FRC and The Gender Affairs Unit invite you to join them for the 19th annual Silent Witness March to remember and honour those who have suffered as a result of domestic violence and bullying. The March will begin at 3:30pm sharp at the Government Adminis-

tration Building, proceeding down Elgin towards Edward Street, ending at the Legislative Assembly. A short ceremony will follow.

Cayman Islands Book Fair 19 October - The Cayman Islands Book Fair is on Saturday 19 October at the George Town Public Library from 10am to 2pm. All members of the public are invited to meet local authors, buy local books and win prizes at this annual event. All local authors are invited to participate. For more information, email libraryprogrammes@gov.ky or call 949-5159.

Cayman Islands Veterans Association 19 October - The 8th annual veterans benefit dinner/dance takes place at Grand Cayman Marriott Beach Resort, held to full military etiquette. The event is a fundraiser for veterans and recognises Cayman's veterans, heroes, current service members, local police, fire service and seamen. Contact Andrew McLaughlin at 916 5317 or

caymanislandsveterans@gmail.com for more details.

United Against Bullying Foundation 2nd Annual "Be a Hero" 5K Walk/Run 20 October - The United Against Bullying Foundation, in association with RBC Cayman Limited, presents the 2nd Annual "Be a Hero" 5K Walk/Run on Sunday, October 20th at Heroes Square, George Town. Wear your superhero cape or costume if you can! Prize for the best one! It's a 6am start for walkers and runners begin at 6:30am. Register now at www.caymanactive.com/registrations. It's CI\$25 adults and CI\$15 for ages 12 and under. All proceeds benefit the United Against Bullying Foundation.

Older Persons Month Special Church Service on the Brac 20 October - As part of Older Persons Month, you're invited to a Special Church Service at Crossroads United Baptist Church on Cayman Brac at 11am on Sunday 20 Oct. For further details or to ask about transportation, call Annie Rose Scott at 925 - 9872 / 916 - 7310.

Cut - A - Thon 20 October - Eclipse Hair Design and Day Spa holds its 19th annual Cut-A-Thon from 2 6pm to raise money for the Lions Club of Tropical Gardens cancer awareness campaign. \$1 a minute massages, wet cuts for men, women and children, mini manicures and eyebrow threading. For more informa-

tion, email eclipse@eclipse.ky or call Eileen/Darla at 945 1188 or 916 7274.

George Town Breast Cancer Clinic 21 October - The Lions Club of Tropical Gardens hosts a breast cancer awareness clinic on Monday 22 October beginning at 10am at the HSA GP Practice. Mammogram vouchers available for eligible persons. For more information, call 936 - 1739 or email bcawareness@gmail.com

Women in White Scholarship Fundraising Event 26 October - Women in White will present their 2nd. annual scholarship fundraising event on Saturday 26 October from 7pm to 11pm. It will be a night of live music, raffles, hand crafted locally sourced and globally inspired cuisine prepared by your favorite female chefs. Tickets are available at eventpro.ky. For more information and group discounts, please email info@womeninwhitefoundation.com.

North Sound Estates and Newlands Community Family Fun Fair 26 October - The North Sound Estates and Newlands Community will be having their Family Fun Fair on Saturday 26th October from 12.00 -5.00pm at the ICCI College Field, Hirst Road, Newlands. There will be bouncy castles, magicians, face painting, food vendors, Tombola, kiddies activities and great games all day. Included in the festivities will be a K9 dog display, a fire truck, awesome raffle prizes and giveaways, balloon man Music,

Xmas stall and crafters gift stall. Something for everyone! Save the date! Booth spaces available for rent \$25 to vendors. Call 321-9443 for details.

Free Road Safety Conference 29 October - 1 November - The National Roads Authority is hosting its 2nd. Road safety conference at the Ritz Carlton. On the agenda will be discussions on Cayman's new road safety strategy and presentations by local agencies, covering emergency services, enforcement and education on road safety. Speakers include representatives from the Royal Cayman Islands Police Service, the Department of Vehicle and Drivers Licensing (DVLD) and the Cayman Islands Fire Service. There will also be a planned traffic management panel round-table discussion. For more information and to participate, email shena.ebanks@nra.ky or call 946-7780.

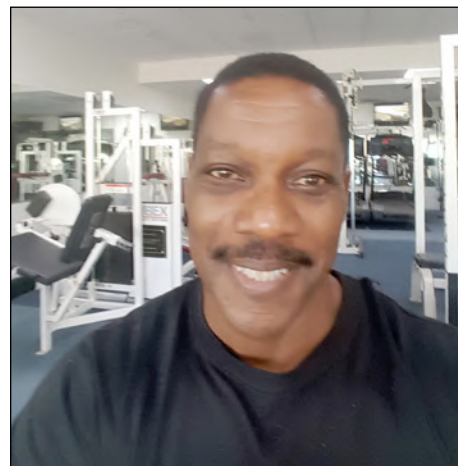
Breeze Fusion 5/10K Walk/Run 2 November - Join Breeze Fusion for their 13th annual Walk / Run at Smith's Barcadere, Saturday, November 2nd. Registration is \$20 for adults and \$10 for Juniors (16 and under). The first 300 registrants will receive a T-Shirt. Participants are encouraged to collect their race bags from Radio Cayman on Elgin Ave. during the week prior to the race. All participants receive a medal and the chance to win random prizes. Part proceeds will support NCVO and the John Gray High School Music Department. Walkers start at 6:30am and runners start at 6:45am. Registration will be available at www.caymanactive.com/registrations



► Silent Witness March

What's Scariet than Ghosts & Goblins? How about Type 2 Diabetes!

It's Halloween, and you know what that means: sugar, sugar, sugar! Beginning in late summer, stores begin taunting and tantalizing us with prominently displayed festive treats conveniently packaged in small, easy to eat servings. By the time the actual holiday rolls around, we've been wading through candy corn and "fun sized" candy bars for months. All holidays have their peculiar food traditions, but Halloween perhaps wins the prize for being the most focused on candy and other sweet treats as the center of attraction. And no matter how hard you try to avoid it, you will undoubtedly find yourself staring down a confection before all is said and done.



► Ernest Ebanks

Will you give in? While one piece of candy won't make or break your health, few of us stop at just one. In fact, most of us see Halloween as we see every other festive occasion from Thanksgiving to our neighbor's cookout: as a perfectly good time to indulge in whichever kind of sweet temptations are presented to us. But that indulgence takes its toll and is manifesting itself more and more in the current epidemic of Type 2 Diabetes. It is called an epidemic because of the shocking increase in new cases of diabetes. Less than 5% of the population had diabetes in 1990. That figure is now up to 7%: a 40% increase. Every 21 seconds someone is diagnosed with diabetes.

What is diabetes? Much of the food that you eat is turned into glucose for your body to use as energy. After a meal, your pancreas produces the hormone insulin which helps the glucose, or sugar, move from your bloodstream into the cells in your body where it can be used for energy. When you have diabetes, your body either does not make enough insulin or it cannot use the insulin that it produces. The result is a buildup of glucose or sugar in the bloodstream. High levels of blood sugar cause extensive damage in the body such as heart disease, kidney failure, blindness and even amputations. Adults with diabetes are twice as likely to die early as those without diabetes.

What's the connection? The connection between Halloween and Type 2 diabetes is simple: the more

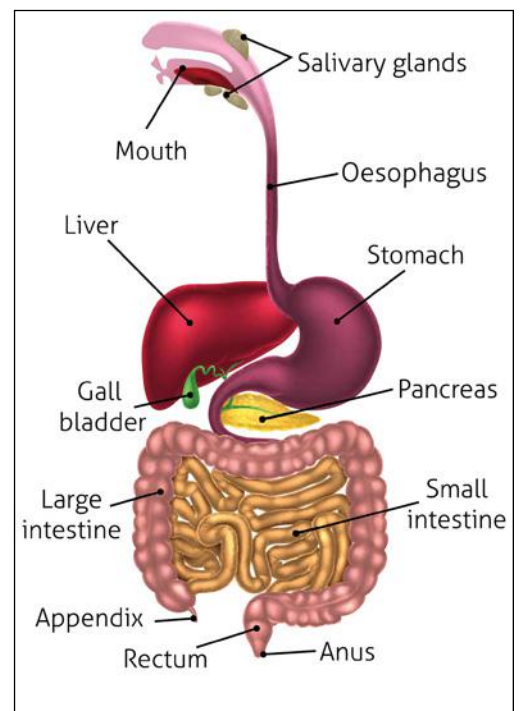
sugar you eat, the harder your pancreas has to work to produce insulin and keep your blood sugar within a safe range. But the cells in your pancreas that produce insulin are the only cells in your body that actually wear out from use. If you overwork them, they will eventually cease to perform in a way that can keep up with the demand. Your body can also become resistant to the insulin that your pancreas produces. The more resistant your cells become to insulin, the more your pancreas has to make in order to have an effect. When these situations develop, you have Type 2 diabetes.

Prevention The good news is that Type 2 diabetes is completely preventable. By adopting a healthy lifestyle, you will never have to experience this disease. And if you already have Type 2 diabetes, you can do much to control it naturally. The best strategy is to keep your weight within normal range, eat a healthy diet full of whole foods and very little sugar, and exercise at least 30 minutes, 5 days per week. **These simple lifestyle changes are the enemies of Type 2 diabetes.** This Halloween, choose future health over present pleasure. Enjoy one or two treats, and then stop. It's not worth the price you will pay later.

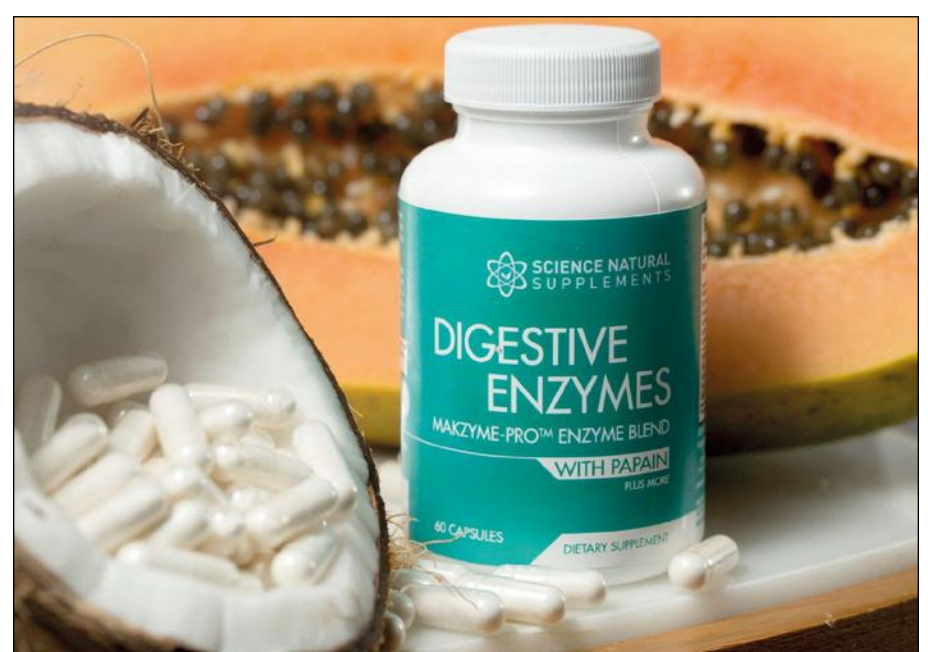
Call Ernest Ebanks at Body Shapers Fitness 325-8696 or email bodysaperscayman@gmail.com today, and get started on your healthier lifestyle. Now located in Caymanian Village, two doors down from Island Taste Patties. Don't forget to sign up for our 2 for 1 special. Only eight spots left. 📍

DIGESTIVE ENZYMES

Renowned health practitioner Dr. Axe says, "the statement you are what you eat is half true. The end truth is you are what you digest." This is absolutely true. Today, there's a growing incidence of illnesses, when traced carefully lead right back to a lack of digestive enzymes to ensure optimum digestion and gut health. So why are they important to our digestive system? Essentially they help break down larger molecules into more easily absorbed particles that aids the body to thrive and survive. Lack of these is responsible for acid reflux, bloating and gas to name a few hazards. Here are some benefits of using digestive enzymes. **DIGESTIVE DISEASES** - They take stress of the digestive organs. They breakdown difficult - to -digest proteins, starches and fats. They aid in reducing the effects of bloating. **ENZYME INSUFFICIENCY - AGE RELATED** - Low stomach acid is a problem with the elderly. Antacids are not the rescue. Digestive enzymes will improve digestion. **HYPOCHLORHIDRIA** - This is a state where too little stomach acid fails to trigger reactions, and the acid itself cannot breakdown foods to release minerals, vitamins and other nutrients. Digestive enzymes arrest this situation. **LIVER DISEASE** - Anyone with this is suspected of having concurrent enzyme insufficiency. Crohn's and vi-



tamin deficiency are also related to a shortage of digestive enzymes. According to Dr. Axe, if you have any of the following, "craving certain foods, thyroid problems, heartburn, thinning and falling hair, memory fatigue, trouble sleeping well, headaches/ migraines and worsened PMS," you need to get on digestive enzymes. Over the counter/ shelf formulations are not the best. Purchasing from an online health entity is recommended. My family and I use, "DIGESTIVE ENZYMES from Science Natural Supplements." They are great. You can call Anthony @9246837 if you need to purchase. 📍



Davenport Property Management and Services at the CISBA Expo

By Christopher Tobutt

Davenport Development Ltd. is a Cayman Island corporation of professionals in real estate development as well as experienced general contractors. In January this year they established Davenport Property Management and Services, a kind of ‘one-stop shop,’ for all property maintenance needs. Crystal Barnes, who was representing the company at the recent Cayman Islands Small Businesses Association Expo said: “We are trying to expand our clientele. We are a property management and services company so we provide services for anything to do with maintaining a property, or maid service, or cleaning such as 24-hour emergency cleanup after a flooding or fire restoration, and everything in between. We also do regular monthly or weekly cleaning and maintenance; whatever you want we can get it done for you.”

Already the company employs around 15 staff who are trained in a wide range of areas: “We do repairs such as electrical, plumbing, sheet rock, roofing, and carpentry,” she Ms. Barnes said. “We also do mold and mildew restoration property sanitization, tiling and grout restoration, and we also do locksmith work,



► Crystal Barnes and Georgia Saddler of Davenport Property Management and Services Ltd.

and carpet cleaning, post-construction cleaning and window cleaning. We have a lot of services that we cover.”

That list, really, is very extensive, and it’s good to take the headache out

of property maintenance by finding everything you need in one place. The company also covers landscaping, demolition, removals, wooden floor restoration, and marble stripping

and polishing, as well as commercial kitchen hood and exhaust duct cleaning. The company prides itself on using the latest, most innovative technology. 🌐

Bennett Car Care and More

By Christopher Tobutt

Greg Bennett, owner of Bennett Car Care and More located next to Ace Paints just off Godfrey Nixon Way, has a passion for keeping cars in tip-top shape: “We care for motor vehicles – not just cars but boats and motorbikes as well; anything with a motor,” he said at a booth for the company during the recent CISBA Expo, at Camana Bay.

Everyone who has owned any kind of vehicle in Cayman knows that the salt spray and sun take their toll on a vehicle. But Bennett Car Care knows how to take care of your car, even under Cayman conditions: “We provide the product such as waxes, shampoos, leather interior protection treatments and colour-protection preparations as well as a professional detailing service, not just for cars but for boats and motorbikes -any motor vehicle really,” Mr. Bennett said.

“Our products are all U.V. ray-resistant and ecofriendly from a company called Chemical Dyes that is based outside of Los Angeles. The products are specially designed to treat your leather treat your car, protect your car interior, and protect your paint, and make your car look as close as possible to new,” Mr. Bennett said, as he gave one of his customers a demo of how a particular preparation brought back the transparent casing to a head-



► Greg Bennett, and just some of the preparations for taking care of your motorvehicle

lamp from that old yellowy look, to shiny and clear as new window-glass. The customer was impressed: “I have a Mercedes and it has a leather interior and these products basically help to –it’s a S500 L so it’s a classic one,” he said. “I’ve bought a leather conditioner, and I’ve also bought a restorer for my headlights.” 🌐



► A customer looks on as Mr. Greg Bennett demonstrates a headlight-restorer



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Sunday OCTOBER 20th 2019 from 2PM – 6PM

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	Mini-Manicure (No polish)	\$18
	Eyebrow Threading	\$15
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WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
86° / 82°	86° / 82°	86° / 82°	86° / 82°	86° / 82°	84° / 81°	86° / 81°
A passing afternoon shower	A passing afternoon shower	A passing afternoon shower	Partly sunny and delightful	A t-storm around in the a.m.	Partly sunny with a shower	Rather cloudy, showers around

Appleton Rum Signature Nights

One of the top LIVE Music productions in the Caribbean; Appleton Rum Signature Nights LIVE - will be featuring International Recording sensation Ikaya (out of Jamaica), as well as Cayman's homegrown LocalMotion 345 - at the Wharf, Grand Cayman this Saturday (19th October) from 8pm to 12am.

This event marks the first performance for the band after their trip to Trinidad earlier this year to represent the Cayman Island for CARIFESTA.

Recording Artist, Performer and Band Leader for LocalMotion 345, 'Notch' noted:

"It's good after doing CARIFESTA to be able to come home and do a show of this stature and magnitude. There are currently not a lot of live opportunities in cayman and we are looking for more of these kinds of events.

The singer added that Appleton Signature Nights is an event that is celebrated regionally, as well as internationally and is also a wonderful opportunity to showcase live music.

Localmotion 345 is also working on new Music with mega Producer and Drummer Paul Kastick (of Maxi Priest Fame). Mr. Kastick was also instrumental in the production of Voice Winner Tessanne Chin's breakout single, "Hideaway".

Music Industry insiders say the Cayman Islands has all of the amenities to be considered one of the top spots in the Caribbean for LIVE



shows and more events like Appleton Rum Signature nights are in the works.

This Saturday night at Wharf will be a huge step for Grand Cayman's presence as a LIVE Music destination and the region will no doubt be looking on. Appleton is a brand that brings a certain level of prestige, quality and credibility and these events are known to be world class.

Both Ikaya and Localmotion 345 members say they are looking forward to an exciting evening filled with amazing LIVE Music.

Admission to Appleton Rum Signature Nights - Reggae and Rum at the Wharf, Grand Cayman is absolutely free and all are invited to the event. Of course there will be mementos, gift bags, giveaways and prizes to celebrate the Appleton brand. 🌟

OBITUARIES

The Family of the Late **Lewiston Ebanks**

regret to announce his passing on Saturday, 12 October 2019.



A Service of Thanksgiving will be held at 3:00 p.m. Saturday, 26 October 2019 at Boatswain Bay Presbyterian Church. Viewing will be from 2:00 p.m. prior to the service.

Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page



The Family of the Late **Gloria Campbell**

regret to announce her passing on Tuesday, 8 October 2019.

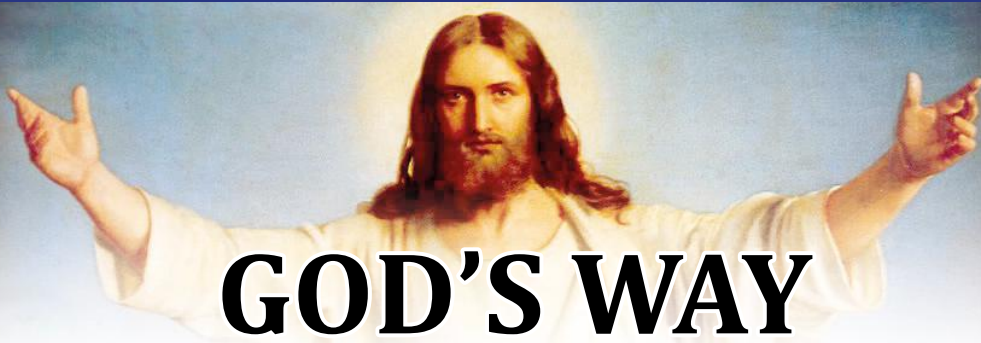


A Memorial Service will be held at 3:00 p.m. Saturday, 19 October 2019 at St. George's Anglican Church. In lieu of flowers please make donations to Jasmine. (formerly Cayman HospiceCare)

Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page

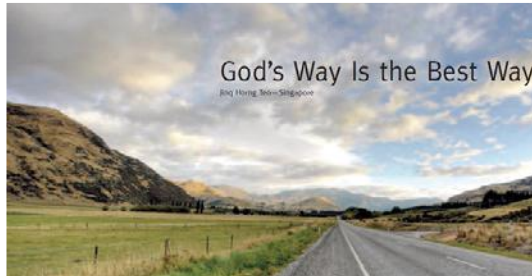


MOMENTS OF INSPIRATION



We really need to hear from God. These times in which we are living are perilous. Each day we live there's some news that's depressing. If it's not war, it's famine or pestilence, earthquakes and hurricanes. Not to mention political immorality and the spate of current complicit Christianity.

In the Book of Numbers we have the account of the Kohathites. The sons of Kohath had to trudge along with the, "holy things for which they were responsible." Did they ever grumble inwardly, feeling that the other priests had an easier task. Maybe or maybe not. You see God knows some things are too precious to carry on carts, so He asks for them to be carried on our shoulders.



God has different plans and roles for each of us. We may feel others have an easier assignment than ours. Or we feel theirs is more glamorous. But if our loving Father has handpicked us for our task, who are we to whisper, "I can't do this?" 🌟

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Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Linton Antonio Spence, who passed away on Suddenly in Grand Cayman. Mr. Spence will be cremated.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Ms. Gloria General, who passed away on Monday, October 07, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Eileen Hyacinth Codlyn, who passed away on Friday, October 11, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Richard Horace Christian, who passed away on Tuesday, October 1, 2019. A Memorial Service will be held at Avocado Lane, Tropical Gardens, George Town, Grand Cayman on Saturday, October 19, 2019 at 4:00 p.m.



Condolences can be registered at churchillsfuneralhome.com

Cayman Overcomes Slow First Half, Beats Saint Martin

... Continued story from page A1

In this beautiful game, even forecasts made by the most astute football observer do not always come to pass. You see, after the introductions were all made, the national songs sung, and hand-shaking completed, the opening whistle brought about a different kind of game from our athletes than the one anticipated. Instead of the pride-inducing, heart-racing, awe-inspiring, relentless attacking style the fans hoped for, Cayman's national team began to play with caution and apprehension. There was no sense of urgency. In fact, for the entire first half, although a few chances were created by our team, there was nothing of any great significance on display. Eventually, the two teams headed for the changing room at halftime to regroup.

Mere fans do not have the privilege of witnessing firsthand what goes on in the locker room. Therefore, we will never know what was discussed, what tactics were decided upon, or what kind of earth-shaking speech the coach gave; if there was one. Whatever happened at

halftime on this Tuesday night, though, apparently was just what the team needed.

As the second half started, it was as if the crowds were watching a completely different game because Cayman came out with the type of urgency and hard-nosed effort expected of them. They seemed to fight for every ball, they communicated more effectively with each other, and they created chances. One of those chances paid off, too. In the seventy-fifth minute of play, Cayman finally got its break. On an attack inside the box, Michael Martin was fouled by the Saint Martin goalkeeper, and the referee awarded a penalty. Jonah Ebanks deftly paced the ball in the back of the net to give the home team the lead. The next fifteen minutes of regular time plus six minutes of stoppage time were tough, as Saint Martin sought to find an equalizer. This was Cayman's night, however, as the final whistle came with the score Cayman 1, Saint Martin 0.

Now, after this result, the Cayman Islands are back on top of the group and tied with Barbados on points. Cayman



holds a tiebreaker, though, as it defeated Barbados in the first round of play. Next up are the final two games of group play. Cayman will play the U.S. Virgin Islands

here on November 16th, and then will fly to the Eastern Caribbean to face Barbados on November 19th. Things are looking really positive right about now. 🌐

Lots of Firsts at First Show of the Season

By Eve van den Bol

The Cayman Islands Equestrian Federation (CIEF) kicked off the competition season with the first leg of its National Jumping Series, which was held this past Sunday at the Equestrian Center located in George Town, just off the Linford Pierson Highway.

Highlights of the day include three riders, Katelyn Lastrina, Emily McDonald and Nadia Thompson, who were competing for the first time in a CIEF horse show. It was also the first time ever for Ava Law competing at a jumping event, and she won the 0.6 meter class riding Amarilla. Other winners include Madison Ameline who won on Twinkle in the 0.7 meter class and Leah Alberga riding her Moon Lady, who won both the 0.8 meter and 0.9 meter classes. It was also the first time Ms. Alberga was competing at 0.9 meters.

The CIEF is the national governing body for equestrian sport in the Cayman Islands. The CIEF produces a series of seven equestrian competitions, arranges training opportunities with professionals from overseas, supports the Cayman Islands' participation in international equestrian sporting events and works with the Cayman Islands' government to prevent the abuse of horses on the island. The CIEF is also a founding member of the Caribbean Equine Relief Fund, which provides aid to horses and their owners in the Caribbean following major hurricanes, most recently to those impacted by Hurricane Dorian in the Bahamas.

The next CIEF-sponsored horse show is the second leg of the three-part National Jumping Series, which will take place on Sunday, November 17th at The Equestrian Center. Spectators are welcome and admission is free. For a complete list of CIEF events, please visit their website at www.CIEFcy.com. 🌐



► (Photos by Eve van den Bol)



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POLICE NEWS

Robbery on Rock Hole Road

Shortly after 8:00AM on Sunday 13 October, officers received a report of a robbery that occurred shortly after 12:00AM the same morning. A man had been walking along Rock Hole Road, George Town, when he was approached by two males, one of whom demanded cash before striking him on the head with an object. The victim fell to the ground and was robbed of his wallet and mobile phone. The culprits then fled the scene on foot.

The victim attended hospital and was treated for minor injuries.

One of the suspects is described as being about 6' in height, of skinny build, and was wearing a baseball hat.

The matter is currently under investigation and police are appealing for anyone who may have any information about the incident or seen anything suspicious in the area to contact **George Town CID at 949-4222**.

Anonymous tips can be provided directly to the RCIPS via our **Confidential Tip Line at 949-7777**, or via our website <http://www.rcips.ky/submit-a-tip>. Tips can also be submitted anonymously via the Miami-based call centre of **Crime Stoppers at 800-8477(TIPS)**, or online <https://www.tipsubmit.com/WebTips.aspx?AgencyID=681>.

Commissioner Receives Copy of RVIPF Accounts of Hurricane Irma

Commissioner of Police Derek Byrne can now read direct accounts of the actions of police officers, including officers from the RCIPS, in the aftermath of Hurricane Irma in the British Virgin Islands in 2017.

He was presented with a copy of the Royal Virgin Islands Police Force book, Irma, a RVIPF Perspective by its author, the Force's Information Officer Diane Leonard-Drayton, on behalf of RVIPF Police Commissioner Michael Matthews.

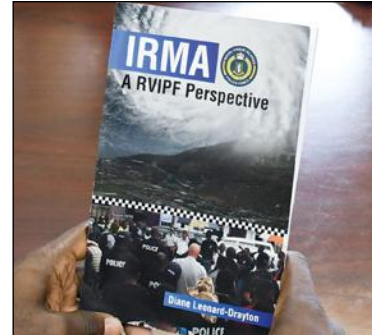
The book features accounts from law enforcement officers who had to flee fully or partially collapsed buildings and police stations during the hurricane to response to calls for help from persons trapped in homes and buildings, help transport the injured to hospitals, and tackle the issue of looting and a total prison breach even before seeing to the welfare of their own families and personal property.

While accounts are mainly from officers of the RVIPF, included are accounts from the British Marines, and officers from Britain, Bermuda and the RCIPS who pro-



vided the needed help. One of the chapters gave a perspective from Police Sergeant Peter Maragh, the RCIPS officer who was deputy commander of the third deployment from Cayman to the BVI.

During the presentation, Ms. Drayton spoke of the invaluable comfort it was to see the arrival of officers



from the other overseas territories. She gave special thanks to the RCIPS for being one of the first external law enforcement agencies on site in BVI.

"It really gave us a sense of hope, after having gone through this disaster, to have people from our sister territories arrive ready and able to assist us," Ms. Drayton said.

"I am honoured to receive this book, and even more honoured that our officers were able to be a part of it, and, more importantly, able to provide our help to the BVI during that critical time," said Commissioner Byrne. "The feedback received is that our officers performed their duties with great professionalism, working long hours in difficult conditions with local officers and other relief agencies. I am also quite happy to see the great progress BVI has made in recovering since the hurricane struck."

For more information on Irma: A RVIPF Perspective, contact Akia Thomas at athomas@rvipolice.vg, or Diane Drayton at dldrdayton@rvipolice.vg.



AFRICA-CARIBBEAN FLIGHT CONNECTIONS

By Michael Jarvis, London UK

Jamaica and South Africa could soon be airborne.

In a landmark development, it's been announced that direct flights between

The two countries have signed an air services agreement that is expected to

open up new trade and cultural contact opportunities.

Importantly, it will drastically cut travel time and travel costs between the two nations.

Making the announcement in the Jamaica capital, Kingston, Minister of Transport and Mining, Hon. Robert Montague said: "In order to get to South Africa you no longer need to go to Panama, Brazil, New York or London; the possibility exists that you can go from Kingston straight into Johannesburg."

Minister Montague said that the new arrangement will open up opportunities for trade, tourism, study, and travel, adding that the arrangement comes after many years of trying to secure the deal, with "several stops and starts".

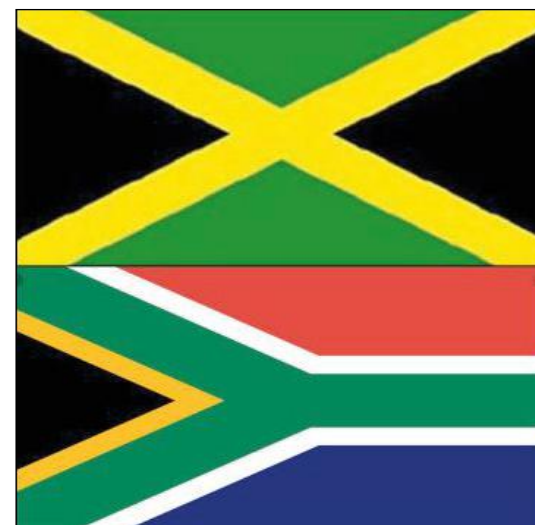
The possibilities transcend trade, tourism, study and travel.

Jamaica is being strategically positioned as the gateway to cultural, tourism, business and educational ties between Africa and the Caribbean on a scale largely dreamed of but yet not realised.

The Jamaica government also says it's exploring similar air service agreements with other African nations, especially in West Africa.

"We are discussing with Ghana and I believe Nigeria; we are far down the wicket with them," Mr Montague disclosed.

Noting that Nigeria is a manufacturer of motor vehicles, including cars, sport utility vehicles and trucks, Mr. Montague said: "how nice and wonderful it would be to have some of those on our Jamaican roads to underline the whole South-to-South cooperation and to underline that umbilical link to the motherland".



The possibilities with the West African nations of Nigeria and Ghana is of even more poignant interest given the Trans-Atlantic slave trade out of which modern Caribbean societies grew having survived the atrocities of that era.

There has been a growing interest by Caribbean descendants of enslaved Africans kidnapped and trafficked from what then the Gold Coast, in exploring their African heritage.

While some have made the emotional sojourn, direct travel links have been the main obstacle.

2019 is the Africa diaspora Year of Return project, an outreach initiated by several West African nations to their global diaspora including the Caribbean. Just this year, the Caribbean saw high-level visits by the presidents of Ghana and Kenya in a bid to foster closer diplomatic, cultural and trade ties.

Transportation is key to the success of this, and setting up air links, starting with South Africa and hopefully extending to other African and Caribbean destinations augur well for the future.

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GLOBAL NEWS BRIEFS

Trudeau hostile to Trump before election

Canadian Prime Minister Justin Trudeau, who looks set to lose his parliamentary majority after an election on Monday, said this week he needs a strong government to keep standing up to US President Donald Trump.

Trudeau's remarks were unusually forceful, especially since the two leaders looked to have patched up relations after Trump accused the Canadian last year of being weak and dishonest.

Opinion polls put Trudeau's Liberals even with the Conservatives of Andrew Scheer and suggest the ruling party will lose its majority in the House of Commons. That would leave the Liberals relying on smaller parties to govern.

Trudeau, campaigning on the Canadian Thanksgiving holiday, noted the Liberals had overseen the successful negotiation of a new US-Mexico-Canada trade agreement last year. The talks were tough at times and Trudeau said Scheer had favoured capitulating to the US side.

"We need to continue to have a strong government with a clear focus on standing up for Canadians, standing up to Donald Trump, standing up to the forces of populism and chaos around the world," Trudeau told reporters in Windsor, Ontario.

A recent poll put the Liberals at 32.3 percent support and the Conservatives at 32.1 percent. The left-leaning New Democrats of Jagmeet Singh, the most obvious choice of partner for a Liberal minority government, were at 19.2 percent.

Singh wants more spending on social programs and higher taxes on the wealthy. Scheer called on Canadians to give him a majority, saying the alternative was a coalition between the Liberals and New Democrats that would generate massive budget deficits.

Singh wants more spending on social programs and higher taxes on the wealthy. Scheer called on Canadians to give him a majority, saying the alternative was a coalition between the Liberals and New Democrats that would generate massive budget deficits.



▶ Justin Trudeau is not expected to remain PM

Philippines police chief steps down

The chief of police in the Philippines has stepped down after facing historical accusations in the Senate that he protected officers who had resold confiscated drugs and received some of the profits.

It was a rapid fall from grace for Oscar Albayalde, the head of the Philippine National Police who rose to prominence as the enforcer of Rodrigo Duterte's war on drugs in Manila before Duterte was appointed president. Albayalde has denied the allegations.

Thousands of people have been killed as part of Duterte's campaign against illegal drugs. Amnesty International called it a "large-scale murdering enterprise". It comes weeks before his scheduled retirement on 8 Nov.

The shocking allegation stemmed from a 2013 anti-drug raid in Pampanga province in Central Luzon, when he was a provincial police chief. He allegedly sought to stop the dismissal of officers under him who were found to have taken and hidden more than 100kg of methamphetamine, as a bribe from a drug suspect so he could escape. A fall guy was arrested instead.

A retired police general made the revelation during a Senate inquiry on another topic. Benjamin Magalong, the



▶ Oscar Albayalde has retired in disgrace

retired head of the criminal investigation and detection group, testified that Albayalde made a call to intervene in the investigation of the raid. Senators pursued the matter and another retired general, who investigated the controversial raid, came forward to allege Albayalde told him he "got a little" from the profits.

The Senate probe established irregularities in the controversial raid and found the reports the police filed were inconsistent. It also found the police were slow in punishing corrupt personnel. Magalong claimed the officers involved in the raid were given desirable posts under Albayalde.

Honduran Rosenthal family were drug dealers

As Honduras remains riveted on the trial of Tony Hernández, a document from the case file reveals details of another drug trafficking connection involving one of Central America's wealthiest and most politically connected families.

Exhibit G from US v. Juan Antonio "Tony" Hernández —

the landmark trial in New York against the brother of sitting Honduran President Juan Orlando Hernández — is a straightforward legal request by the US prosecutor to a judge for access to information from emails stored on various private servers.

As a justification for its request, the exhibit details numerous connections between one of Honduras' foremost drug trafficking clans, popularly known as the Cachiros, and one of the country's most powerful families, the Rosenthals.

The document, dated July 2, 2015, lists the targets of the investigation, which include Jaime Rosenthal, the recently deceased patriarch and former Honduran vice president; Jaime's son,

Yani, who ran for president once and may do so again; and Jaime's nephew, Yankel, then the president of Marathon, one of Honduras' premier soccer clubs, which was owned by the family.

In October 2015, US prosecutors charged Jaime, Yani, Yankel, as well as a company lawyer, Andres Acosta, with drug trafficking and money laundering, among other crimes. But unlike the Tony Hernández case, the Rosenthal case did not go to trial. Yani, Yankel, and Acosta pleaded guilty and were sentenced independently. Presumably because of their cooperation in theirs and other cases, US authorities did not press Honduras to extradite Jaime, who died in Honduras in January 2019.



▶ Juan Antonio "Tony" Hernandez is on trial in New York

Cubans grow Chinese trees for cash

Cuba and China may be separated by thousands of miles, but a Chinese tradition is thriving in the struggling Caribbean island.

The ancient Chinese art of cultivating miniature trees and landscapes known as penjing, like bonsai in Japan, is attracting an enthusiastic following in Havana and providing economic opportunities.

The Chinese art of miniature trees, which began at least 1,400 years ago, has many followers in Cuba. An exhibit in Havana's Chinatown showcases some of the finest local pieces.

Cubans began developing this art in the 1960s, said local expert Jorge Guerra. He noted that penjing and bonsai cultivators here are encouraged by the rich and colourful indigenous flora.

The dwarfed tree art has also provided a source of revenues for many of the 2,000 Cubans who devote a lot of their time to this activity.

However, the commercialisation of miniature trees starts with their sales



▶ Cuba's penjing industry is thriving

and extends to post-sale services, said expert Manuel Paniagua who manages a bonsai shop in the heart of Havana's Chinatown.

"The technical procedure, that is defoliation, branch trimming, transplanting of the tree, all of that post-sale service I do it at the clients' home the first year following the purchase of the plant, so that they learn how to do it by themselves," Paniagua explained.

For Cubans, the cultivation is a way to connect with nature, a noble business and an art form to last for generations.

Venezuela raises minimum wage to \$8

Venezuela's President Nicolas Maduro has ordered a 275 percent increase in the monthly minimum wage, the third hike this year, as hyperinflation drains the value of workers' salaries.

The minimum monthly wage rose to 150,000 bolivars (\$8) from 40,000. In addition, workers will receive a food bonus of 150,000 bolivars.

Despite the increase, the new 150,000 bolivars wage barely amounts to enough to buy four kilos of meat.

Annual inflation in Venezuela is currently running at around 50,100 percent, according to figures produced by the opposition-led National Assembly. The government does not provide data on price rises. According to Bloomberg's Cafe Con Leche Index inflation is running at 19,900 percent annually.

Venezuela's severe economic crisis, including hyperinflation, a private sector in ruins and a shortage of basic goods,



▶ Venezuelan workers earn at least \$8 a month now

has forced more than four million Venezuelans to leave the country, according to the United Nations.

In 2018, Maduro ordered six hikes to the minimum wage but Venezuelans' purchasing power still ended the year lower. Maduro has tried to avoid increasing the minimum wage this year to curb inflation that has included austere economic policies from the central bank.

UK hate crimes rise alarmingly

The number of hate crimes reported to police in the UK has more than doubled since 2013, according to government figures, which also showed a large increase last year in offences against people based on sexual orientation.

Most hate crime offences recorded by police forces in England and Wales were racial — 78,991 — which increased by 11 percent in the past year.

Transgender identity hate crimes increased by 37 percent to 2,333 last year. The Home Office figures also recorded a 25 percent rise in offences linked to sexual orientation (14,491) while disability hate crimes rose by 14 percent to 8,256.

The steady rise in recent years is partly because of improvements in crime recording, but there were spikes after events such as the referendum on Britain's EU membership and terrorist attacks in 2017.



▶ UK protestors march against hate crime

Forty-seven percent of religious hate crime offences were targeted against Muslim people (3,530 offences), a similar proportion to last year.

However, hate crimes against Jewish people more than doubled to 1,326 offences, compared with 672 in the previous year.

Meanwhile a large survey by an umbrella organisation of faith and community groups suggested the Home Office figures potentially showed only the tip of the iceberg, after seven in 10 participants said they never reported hate crimes to the police.



► Phil Simmons is back as West Indies head coach



► Keiron Pollard is white-ball skipper

Simmons returns as Windies coach

West Indies have appointed their former opening batsman Phil Simmons as coach for a second spell.

The 56-year-old Trinidadian guided the Windies to the World Twenty20 title in 2016 but was sacked five months later.

Simmons helped Afghanistan reach the 2019 World Cup and won the Caribbean Premier League with Barbados Tridents.

He succeeds Floyd Reifer, who had been in interim charge since Richard Pybus - also an interim coach, was dismissed in April.

The Windies have been without a permanent coach since Australian Stuart Law left the role in November.

Under Reifer they won only two matches at this year's World Cup, with just Afghanistan finishing below them in the group table.

Simmons, who guided Ireland to three successive World Cup tournaments from 2007-15, was suspended during his first spell as Windies coach in September 2016 when he criticised the selections for the tour of Sri Lanka.

Cricket West Indies president Ricky Skerritt said: "Bringing Phil Simmons back is not just righting a past wrong, but I am confident that CWI has chosen the right man for the job at the right time."

Director of cricket Jimmy Adams, the former West Indies captain who played alongside Simmons, said: "I have

no doubt that Phil brings the requisite leadership skills and experience needed to drive improvement across our international squads."

The Windies are currently eighth in the ICC Test rankings, ninth in the ODI standings and ninth, below Afghanistan, in the T20 rankings.

Meanwhile, several players have been rewarded for their form in the Caribbean Premier League with call-ups for West Indies tour of Afghanistan.

Tournament leading run-scorer and wicket-taker Brandon King and Hayden Walsh Jr have each been rewarded with maiden selections, while Lendl Simmons, who finished second on the run charts, earned his first pick since 2017.

Top-order bat King and leg-spinner Walsh Jr have also been named in the ODI squad, along with fellow international newbie Romario Shepherd, a right-arm seamer and lower-order bat.

As previously announced, Keiron Pollard returns as captain of both limited-overs squads, while previous T20I skipper Carlos Brathwaite is absent from all three squads. Test and former ODI captain Jason Holder is in all three squads.

Andre Russell and Chris Gayle are the two other notable absentees from the white-ball squads, with the latter's international future the subject of ongoing debate, while Darren Bravo, who has played all five of West Indies' Tests this year having not previously featured



► Brandon King was sensational in the CPL

since 2016, and fast bowler Shannon Gabriel, have both missed out on Test selection.

West Indies will play three T20Is, three ODIs, and a Test against Afghanistan in Dehradun in India between Nov. 5 and Dec. 1.

T20I squad: Keiron Pollard (c), Nicholas Pooran, Evin Lewis, Shimron Hetmyer, Sherfane Rutherford, Brandon King, Fabian Allen, Jason Holder, Hayden Walsh Jr, Lendl Simmons, Khary Pierre, Sheldon Cottrell, Denesh Ramdin, Kevrick Williams, Alzarri Joseph.

ODI squad: Keiron Pollard (c), Shai Hope, Evin Lewis, Shimron Hetmyer, Sunil Ambris, Nicholas Pooran, Brandon King, Roston Chase, Jason Holder, Hayden Walsh Jr, Khary Pierre, Sheldon Cottrell, Keemo Paul, Alzarri Joseph, Romario Shepherd.

Test squad: Jason Holder (c), Shai Hope, John Campbell, Kraigg Brathwaite, Shimron Hetmyer, Shamrah Brooks, Roston Chase, Shane Dowrich, Sunil Ambris, Jomel Warrican, Rahkeem Cornwall, Kemar Roach, Keemo Paul, Alzarri Joseph.

Ronaldo joins 700 club

Cristiano Ronaldo is obsessed with setting records so after scoring his 700th career goal in Portugal's Euro 2020 qualifier 2-1 defeat by Ukraine Monday he must have had mixed emotions.

Ronaldo's second-half penalty brought up the landmark as he became only the sixth player to score 700 career goals.

The 34-year-old Juventus forward has now scored 95 goals for his country, with only Iran's Ali Daei in front of him in the international charts with 109 goals.

Ronaldo has scored 450 for Real Madrid, 118 for Manchester United, 32 for Juventus and five for Sporting Lisbon.

"How many records do I have? I don't know. I have to enjoy the moment and thank those who helped me reach this impressive mark," said Ronaldo, whose tally have come from 974 games. He claimed: "Records come naturally - I don't go looking for them; records are looking for me!"

He is still some way behind Czech-Austrian forward Josef Bican, who scored



► Cristiano Ronaldo is obsessed with records

more than 800 goals in his career from 1928 to 1955.

Brazil's Romario scored 772 goals to sit in second place on the all-time list ahead of compatriot Pele (767), Hungary's Ferenc Puskas (746) and former Germany striker Gerd Muller (735).

Barcelona forward Lionel Messi is second amongst active players, having scored 672 goals in his 828 career appearances.

Diggs goes from villain to hero

Stefon Diggs was recently fined \$200,000 for persistently missing training and team meetings. Part of his frustrations were that he was not included in many plays as he perceived the Minnesota Vikings tend to favour a running game. He more than made up for those transgressions in their last two games.

The Vikings had just earned a 28-10 win over the New York Giants. Three days had passed since Diggs had vented his frustrations with the team's offense, failing to lessen speculation about his future with the team by saying there is "truth to all rumours" when asked if he wanted out of Minnesota at the end of October.

When the question was posed again after the win in New York, this time Diggs smiled and winked. "Yeah, I want to be in Minnesota," he said. And after a 38-20 win over the Eagles on Sunday, that doesn't look to be changing anytime soon.



► Stefon Diggs has redeemed himself with the Vikings

Diggs put on his best performance of the season in the Week 6 contest, impressively racking up seven receptions for 167 yards and a career-high three touchdowns on the day. The 25-year-old wide receiver was electric.

Diggs changed that course in that game, and with road games looming at Kansas City, Dallas, Seattle and Los Angeles and home against Green Bay and Chicago to close out the season, the Vikings should be relieved to know they still have him to rely on.

James blasted for criticising Morey

Los Angeles Lakers star LeBron James has criticised a tweet sent by Houston Rockets General Manager Daryl Morey in support of Hong Kong protesters, saying of Morey, "I believe he wasn't educated on the situation at hand." It has caused an incredible backlash.

James has just returned from the NBA's tense trip to China, where teams played exhibition games, but many player appearances were cancelled due to the controversy over Morey's statement, which was deleted shortly after it was posted.

"Yes, we all do have freedom of speech, but at times there are ramifications for the negative that can happen when you're not thinking about others and you're only thinking about yourself," James told reporters in Los Angeles.

"I don't want to get into a word or sentence feud with Daryl, with Daryl Morey, but I believe he wasn't educated on the

situation at hand and he spoke," James said. "And so many people could have been harmed, not only financially but physically, emotionally, spiritually."

James' comments quickly met with widespread criticism. One of them was by Michael David Smith from Pro Football Talk who tweeted: "Morey literally was thinking about others. He was thinking about the people of Hong Kong, who want the same freedoms Americans take for granted."

James has previously been outspoken about social issues in the US, including police shootings of black men and the far-right rally in Charlottesville, Virginia. But his latest comments have drawn criticism in the US and outrage from protesters in Hong Kong. On Tuesday, a protester brandished a sign at a demonstration that showed James embracing a Chinese banknote.



► LeBron James has caused a social media storm

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 "Sid-dhartha" writer
- 6 Bar seat
- 11 Oak dropping
- 12 Halloween haul
- 13 Uncredited author
- 15 Abel, to Adam
- 16 Wide shoe letters
- 17 Refinery supply
- 18 Trick's alternative
- 20 Some singers
- 23 Horror film monster
- 27 Were-wolf's trigger
- 28 Swain
- 29 Enter port
- 31 Jeans material
- 32 Fall quaff
- 34 Donkey
- 37 Stick in a pack
- 38 Giant Mel
- 41 Tribal healer
- 44 "Cats" poet
- 45 — Dame
- 46 Classifies
- 47 Haunted house resident

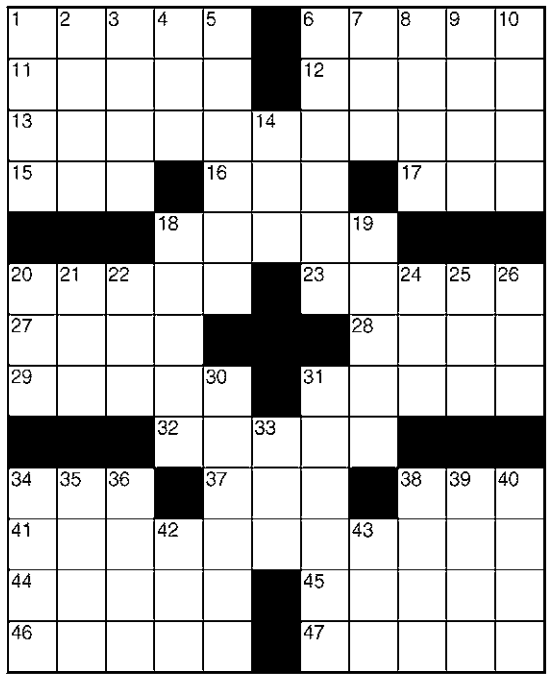
DOWN

- 1 Crones
- 2 Cave sound
- 3 Before long
- 4 Last year's jrs.
- 5 Comes in
- 6 React to a ghost
- 7 — chi
- 8 Not fooled by
- 9 German river
- 10 Orpheus played one
- 14 Lilliputian
- 18 Bar mixer
- 19 Yam or truffle
- 20 Guitar blaster

- 21 Comic Costello
- 22 Young one
- 24 Fellows
- 25 Avril follower
- 26 "Tasty!"
- 30 Dark times
- 31 Little devils
- 33 Failure
- 34 Really impresses
- 35 Farm sight
- 36 Mix up
- 38 "Beetle Bailey" dog
- 39 Matador's foe
- 40 Hard journey
- 42 Army bed
- 43 Force member



Yesterday's answer



10-30

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 Concepts Sudoku increases from Monday to Sunday.

Conceptis Sudoku

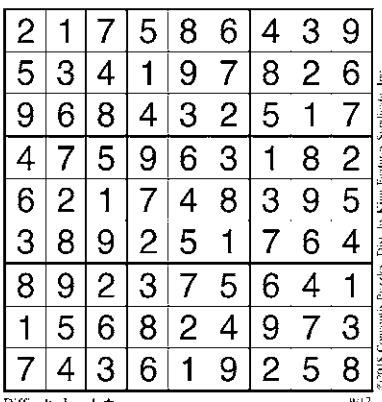
By Dave Green



Difficulty Level ★★

9/18

Answer to previous puzzle



Difficulty Level ★

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Word Search



- Ballet
- Follow
- Pillow
- Bellow
- Gallon
- Sallow
- Billet
- Hallow
- Tallow
- Billow
- Hollow
- Teller
- Bullet
- Mallet
- Tiller
- Callow
- Mallow
- Valley
- Fallow
- Mellow
- Volley
- Fellow
- Pillar
- Yellow



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

CURTIS

By Ray Billingsley



10-30

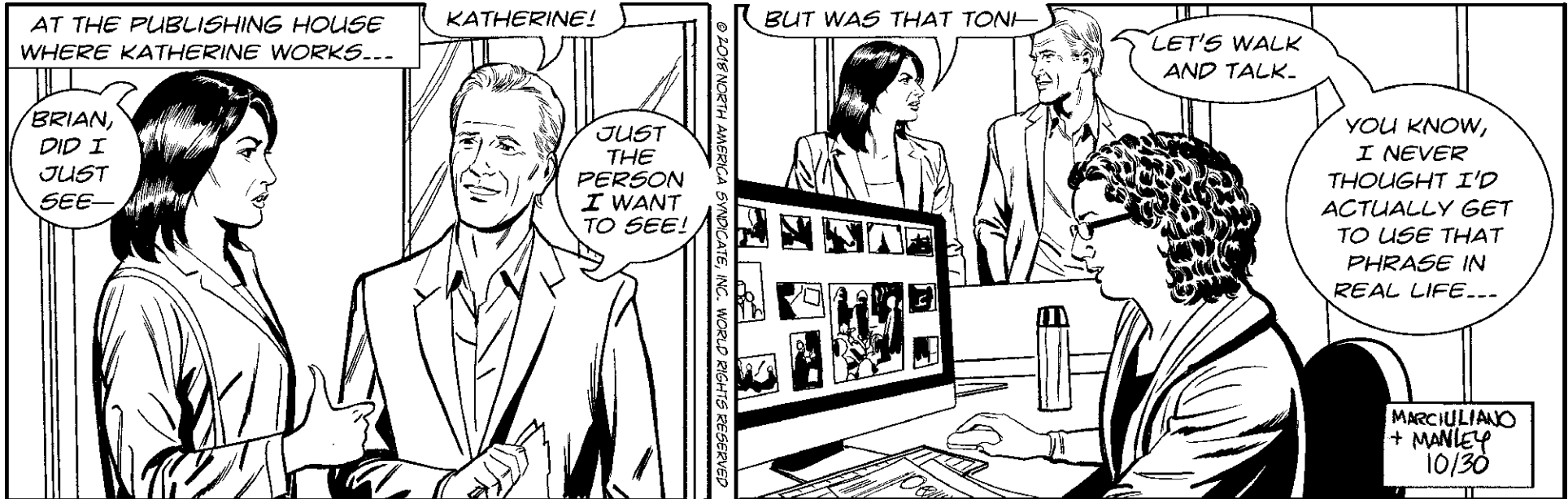
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley





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