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INSIDE THIS ISSUE

COMMUNITY NOTICES — A2



Premier's Father Passes

LOCAL NEWS — A4



Annual Turtle Release a Success

LOCAL NEWS — A5



"Be Informed" series starts

HEALTHCARE — A6



Flu Vaccine available

COMMUNITY ADVERTISEMENTS — A9



Community Advertisements

War Heroes Remembered



Members of the Cayman Islands Veterans Association stand in front of the Elmslie Cenotaph (Photo by GIS)

A two-minute silence marked the Cayman Islands' observance of Remembrance Sunday today (10 November 2019). This year's local ceremonies centred on the theme of "Lest We Forget".

Ceremonies took place simultaneously on Grand Cayman and Cayman Brac starting at 10:45 a.m. The service was held in front of the Cenotaph at the Elmslie Memorial Church grounds

on Grand Cayman and at the Memorial Cenotaph on the District Administration Lawn in Stake Bay on Cayman Brac.

... Continued story on page A3

Bodden Town wins District Ambassador

The Bodden Town District Heritage Committee came away triumphant as the winners of this year's 2019 District Heritage Ambassador Costume Competition (DHACC) held at the Pirates Week Culture Shop event on Monday 11th November.

Model Kevie-Ann Pierre took the 2019 title and the \$500 top prize, with the costume 'Queen of the Wrecks'. The gold and white dress with blue way bands represented the sea while the vibrant and colourful back piece detailed the wreck of the merchant ship 'Elizabeth' (Wreck of the Ten Sails).

Also featured is the Cayman Islands motto 'He Hath Founded It Upon the



East End, Dea Ramoon presenting her costume Geneva (Photos credit: Helen Jones)

... Continued story on page A8



Kevie-Ann Pierre, DHACC Winner with the costume Queen Of The-Wreck

Justice Ramsay-Hale appointed as Grand Court Judge



Chief Justice Margaret Ramsay-Hale, Turks and Caicos Islands

His Excellency the Governor, Martyn Roper, OBE is pleased to announce the appointment of Justice Margaret Ramsay-Hale as a Judge of the Grand Court.

The Judicial and Legal Services Commission (the "JLSC") recently carried

... Continued story on page A5

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EDITORIAL

Pirates Week: The Debate Continues

Much as in previous years, Pirates Week rolled around and the revelers have taken to the streets. At the writing of this piece, the Pirates Landing and Float Parade have already taken place, along with the two concerts, the annual turtle release, the opening fireworks, and other events. By the time this article is printed, the entire slate of main activities scheduled for Grand Cayman would be complete, save for the remainder of the Heritage District Days. It is also important to note that the weekend scheduled for Cayman Brac has come and gone. With all that said, it appears that some things remain the same; while others have changed slightly.



From its inception, Pirates Week has garnered both support and criticism. There has always seemed to be a major divide among the people as to the worth of this festival. On one hand, supporters have put forward arguments such as increased tourism numbers and the chance for residents to have fun in a safe environment with a variety of events that cater to persons of all ages. The opposing faction has always drawn mostly upon the moral and cultural aspects when putting forward their view. You know the points; that pirates were lawless and should not be glorified, and that Cayman's heritage is what we should focus on. The result is always the same, somewhat, as the festival goes on every year as planned by the Pirates Week Committee.

There are some changes that take place each year, as the committee looks to best organize the festival so that the maximum amount of individuals will be able to find at least one event within the festival that they can participate in. Ms. Melanie McField and her team have been trying very hard to get the formula right and have made some tweaks over the past few years. Granted, that were were some decisions that

did not go over as well as expected, like the combining of the district days into one day two years ago, but some decisions have been successful as well.

This year, there have still been rumblings on the street opposing the festival. However, perhaps because of the committee's efforts over the years, the criticisms seem a little minimized, or muted. There has not been nearly as much persons willing to publicly air their views against this event. The district days are back in full effect, save for the last minute cancellation of the North Side day which had nothing to do with Ms. McField or anyone in particular.

Pirates Week which started 42 years ago, and which has been given the title of National Festival, has always been a topic for discussion and disagreement. Undoubtedly, it will remain as such for the foreseeable future. There will always be individuals in our community who are lined up on either side of the debate. The time between this year's event closing and the lead-up to next year's festivities will, as always, be generally quiet and peaceful. Especially with Christmas right around the corner, even those against the festival will focus their attention elsewhere. Ms. Melanie McField and her team will surely do their post-mortem analysis and begin work for next year. Perhaps, they will be able to convince a few more of the naysayers to walk across the line and join the supporting faction during the lull before the next debate begins.

COMMUNITY NOTICES

Statement by HE the Governor on the Passing of the Hon. Premier's Father, Mr McNee McLaughlin

I was deeply saddened to hear of the passing of the Hon. Premier's Father Mr McNee McLaughlin.

Mr McLaughlin had a varied career over many years; teaching on the Brac and in West Bay, spending many years at sea and also taking on the position of the Cayman Island's first formally trained public health officer. I was fortunate to meet Mr McLaughlin a few months ago. I heard much about his passion and commitment for education. He will be greatly missed.

I would like to extend my sincere condolences to the Hon Premier and all the family at this sad time.

The Deputy Governor also said:

"On behalf of the Civil Service, I would like to offer condolences following the passing of the Hon Premier's Father, Mr McNee McLaughlin. Mr McLaughlin dedicated years of his life to public service, working as a teacher



and later as a public health officer. My thoughts and prayers are with the Hon Premier and his family at this difficult time."



Public Holidays for 2020 Listed

The Deputy Governor's Office has confirmed public holidays in the Cayman Islands for 2020, with the exception of the Queen's Birthday.

The United Kingdom traditionally celebrates Her Majesty's birthday by holding the Trooping of the Colour ceremony on the second Saturday in June. As such the public holiday in the Cayman Islands is likely to be Monday, 15 June 2020. Confirmation is expected in early 2020.

The 2020 public holidays are:

- New Year's Day: **Wednesday, 1 January;**
- National Heroes Day: **Monday, 27 January;**
- Ash Wednesday: **Wednesday, 26 February;**
- Good Friday: **Friday, 10 April;**
- Easter Monday: **Monday, 13 April;**



- Discovery Day: **Monday, 18 May;**
- Queen's Birthday: **Monday, 15 June (UNCONFIRMED);**
- Constitution Day: **Monday, 6 July;**
- Remembrance Day: **Monday, 9 November;**
- Christmas: **Friday, 25 December;** and
- Boxing Day: **Monday, 28 December.**

POLICE NEWS

Man killed by Gunshot Wounds

Detectives have launched a murder investigation into the death of the 24-year-old-man from West Bay who was found unresponsive after suffering several gunshot wounds in a shooting incident that took place in the area of Ms. Daisy Lane, West Bay, Thursday evening, 12 November, around 5:30PM.

The paramedics who attended the scene began CPR on the man who displayed no signs of life when they arrived. Their efforts to revive the man proved futile and he was later pronounced dead at the scene.

The incident occurred during the evening time between 5PM and 5:30PM. The area was dimly lit with natural light and detectives believe that there may have been persons in and around the area at the time that

the shooting occurred with information that could assist the investigation.

Anyone with information regarding this incident is encouraged to call Detective Inspector Collins Oremule at 936-8746. Anonymous tips can be provided directly to the RCIPS via our Confidential Tip Line at 949-7777, or via our website <https://www.rcips.ky/submit-a-tip>.

Additionally, Cayman Crime Stoppers is facilitating a reward of up to \$50,000 for information leading to the arrest and conviction of any person, or persons, responsible for the commission of this murder. Tips can be submitted anonymously via the Miami-based call centre of Crime Stoppers at 800-8477(TIPS), or online <http://www.crimestoppers.ky/submit-tip/>.

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► Contingents from the Cayman Islands Fire Service, the Royal Cayman Islands Police Band and Her Majesty's Cayman Islands Prison Service march in procession



► His Excellency, the Governor Martyn Roper lays a wreath at the Elmslie Cenotaph (Photos by GIS)

War Heroes Remembered

... Continued story from page A1

Wearing their symbolic poppies with pride, Veterans and Seafarers Association members attending included those who served in World War II. Their presence was a powerful reminder of the tenacity and strength of our older generations.

Also attending on Grand Cayman were His Excellency the Governor, Martyn Roper, the Premier, Hon. Alden McLaughlin, Speaker of the Legislative Assembly, Hon. McKeeva Bush, Cabinet Ministers, and other members of the Legislative Assembly and the clergy as well as the reigning Miss World Cayman and Miss Teen Cayman.

The ceremony began with a parade led by the Royal Cayman Islands Police Service (RCIPS) band and officers. Other participants were members of the Veterans Association; the Fire and Prison Services; Girls Brigade; Boy and Cub Scouts; Cadet Corps and the Lions Club of Tropical Gardens and Grand Cayman.

The ceremony also included the sounding of the Last Post and the laying of wreaths, led by the Governor followed by organisations and individuals at the Elmslie Cenotaph.

The weather added to the sombre atmosphere of the day and eventually called for the congregation to be moved inside Elmslie Memorial Church. At which point, the ceremony recommenced with symbolically laying the wreaths at the Seamen's Memorial.

In Cayman Brac, the ceremony also began with a parade led by the Royal Cayman Islands Police Service as well as members of the Cayman Islands Fire Service; the SDA Pathfinders; Girls Brigade Boy and Cub Scouts and Cadet Corps.

In a poignant moment of reflection, District Commissioner, Ernie Scott gave an address followed by Major George Walton who read aloud the poem "Why do you still march old man?" to the congregation.

Before the wreaths were laid, Deputy District Commissioner, Mark Tibbetts,

called out the names on the Cenotaph of the Caymanian men who lost their lives during World War I and II. A sober reminder of the ultimate sacrifice they made.

A total of 26 wreaths of poppies were laid at the foot of the Memorial Cenotaph in Stake Bay during the ceremony on Cayman Brac. The wreath laying was led by Deputy Premier,

Hon. Moses Kirkconnell and followed by Hon. Juliana O'Connor-Conolly as well as other organisations and community groups.

The event is organised annually on Cayman Brac by District Administration and on Grand Cayman by the Protocol Office for all further information, contact the office number 244-3612 or protocol@gov.ky.



► The Premier, Hon. Alden McLaughlin lays a wreath at the Elmslie Cenotaph



► Elmslie Cenotaph surrounded by poppy wreaths



NOTICE

THE ELECTIONS OFFICE WISHES TO ADVISE THAT AS THERE HAVE BEEN NO CLAIMS OR OBJECTIONS FILED WITHIN THE PRESCRIBED PERIOD IN RELATION TO THE REVISED LISTS PUBLISHED ON 18th OCTOBER, 2019

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Annual Turtle Release a Success

By Flynn Bush

Continuing a tradition that started decades ago, the Cayman Turtle Centre, held its annual turtle release on Sunday, November 10th. It was a fun, family-friendly event with meaning. Everyone there seemed to have great time and there were moments of inspiration and awe all wrapped up in the event.

This event is a part of the Pirates Week schedule, as it has been for quite some years now, and so it provided a nice respite from the revelry and negative connotations of the main festival theme. This event was solely about the turtles, the people who care for them, and the persons who were fortunate enough to have earned the chance to name and release one of the twenty yearling turtles.

Prior to the release, Cayman Turtle Centre CEO, Mr. Tim Adam, spoke to the crowd. He welcomed everyone and expressed his appreciation for their attendance. Mr. Adam also spoke of the significance of the release program and of what the turtle has always meant to Caymanians. He told those present about the program and of how successful it has been. An interesting fact was that 90 percent of the nesting turtles who lay each year in the Cayman Islands are actually releases from the Turtle Centre. Considering that it takes 25 years for a turtle to reach reproductive maturity, this is a significant number.

“We have released more than 32,000 turtles into the sea over the years” Mr. Adam reported of the Cayman Turtle Centre’s program. This brought a rousing cheer from the crowd. “And we are happy to report that DOE predicts that this year’s numbers would be a record for nests on Cayman’s beaches, at over 400,” he also explained. “The turtle release program is an integral part of this success.”

On this day, the individuals who had the honor of naming and releasing the turtles made up a diverse group. These included a student from Layman Scott High School in Cayman Brac; the guest pirate, Captain Jack Sparrow; several

primary school students; and a visiting family who travelled from Austria specifically for this event. Each chose the name for their turtle ahead of time, and were able to accompany their yearling on its journey down the beach to the sea. Since each turtle has been fit with a microchip, if it is ever seen by a scientist in another country, the chip will be scanned and the turtle’s appearance will be reported back to the Cayman Turtle Centre.

Embedded in the Pirates Week schedule, this event was a very worthwhile, earth-friendly, and wholesome event. The program has brought about so many positive results and is poised to continue that trend. Kudos to Mr. Tim Adam and his staff at the Cayman Turtle Centre for helping the growth of one of Cayman’s natural symbols, the turtle. 🐢



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Michael “Bedi” Walker at E-mail: info@bediwalker.com



North American
Boarding School Fair

November 17th, 2019 :: Cayman Islands

“Be Informed” theme for series of port meetings

With the port referendum drawing closer, the government has organised a series of eight big public meetings for disseminating information and answering voters’ questions about the proposed new cruise berthing facility, the first of which took place at Mary Miller Hall on 12 November.

Many points of concern were addressed as the evening unfolded, first with detailed presentations and later with a series of questions which attendees were invited to write down on pieces of paper before being read out to the panelists Premier, Hon Alden McLaughlin, Deputy Premier Hon. Moses Kirkconnell, and Michael Bayley representing the Verdant Isle Consortium.

MLA for Prospect Austin Harris spoke first of all: “I stood against this in 2017 but information changed my mind,” he explained. “it is your right to challenge and question. Ask as many questions as you feel satisfy you,” he said.

Premier Alden McLaughlin explained that the purpose of these meetings was to try to provide as much information as possible for voters in the run-up to the referendum on 19 December, while cautioning against letting strong feelings about the port divide the community. “This debate has taken on an ugly tone and we should all remember that we are all Caymanians or residents here who have strong feelings for this place... but we can disagree...without spewing hate at people who might have a different point of view,” he said. “All of us campaigned on a platform for the need for cruise berthing so we believe we have a mandate...The referendum has been



► Premier, Hon Alden McLaughlin



► Hon Moses Kirkconnell

triggered and the Government supports that process. I hope what we have over the next few weeks we have a proper campaign on both sides.”

Hon. Moses Kirkconnell explained that, while the government had taken significant steps to improve the airport facilities thereby attracting more stay-over tourists, the peak time for these tourists was winter, whereas the peak for cruise ship tourists was the summer: “business is 365 days a year, so we looked at peaks and valleys, and how the valleys could raise up,” he said. Mr. Kirkconnell also explained that because of the improvements to the airport, the constraints of the government’s budget meant there could be no government funding for a much-needed enhancement to the port’s cargo facilities, and that the new plan would solve that issue, because it would address growing cargo handling capabilities in the same deal with the consortium, as part of the

“Design, build and finance,” model.

Michael Bayley of Verdant Isle outlined some of the facts of the project: “there will be no financial risk to the Cayman Islands Government,” he said, because the developers would be taking all the risk, and reimbursed through an arrivals fee. “At the end of the 25 years that asset (valued at 450 million dollars) becomes the property of Cayman, he said. “Control of the port remains with the people of the Cayman Islands through the Port Authority of the Cayman Islands.”

A strong theme throughout the presentations was that the key players had taken concerns relating to environmental degradation very seriously, and had changed the initial plan by reducing the project’s “footprint,” (in this case meaning the undersea area covered) by 30 percent and also by the use of concrete pillars under the walkway, which would allow for the free movement of sea currents and marine life. There had also been a change of plan from hydraulic dredging which would cause a high degree of turbidity, to me-



► Michael Bayley of the Verdant Isle Consortium and CEO of Royal Caribbean Cruises

chanical dredging which it was claimed, would keep turbidity to a minimum. An expert in coral replanting, Dr. Vaughn, had been engaged and he would help oversee the project to not only move corals away from the danger area, but plant many thousands of micro-corals, using a pioneering technique he had developed. During the question and answer session, one of the questions, addressed to Mr. Bayley, was: “what will happen if we do not build a pier?” to which Mr. Bayley replied that the super-large ships such as those of the Oasis class would not be able to come to Cayman.

Another question was: “How many jobs will be lost by not tendering?” to which Mr. Bayley replied that the cruise ship companies would work with the tenders to produce a “Soft landing,” and that tendering would not be completely eliminated. There is also the opportunity to convert their business into other types of business, he explained.



► Port referendum

Appointment of Grand Court Judge

... Continued story from page A1

out an open recruitment process advertising the post both locally and overseas. Following a short-listing process, an interview panel interviewed five persons for this post ultimately recom-

mending Justice Ramsay-Hale as the successful candidate. His Excellency subsequently accepted the recommendation.

“Justice Ramsay-Hale’s skills and experiences, as well as her commitment and passion to the legal and judicial ser-

vices will serve to continue to enhance our judiciary” His Excellency said. “I look forward to formally welcoming her back home in the New Year” he continued.

Chief Justice Smellie concurred with His Excellency’s sentiments and added

“Justice Ramsay-Hale’s wide breadth of knowledge in the criminal, civil, and commercial courts will be well utilised in her new role.”

Justice Ramsay-Hale will be appointed as a Judge of the Grand Court effective 13 January 2020.

FCIB CHANGES HANDS

By Michael Jarvis, UK Correspondent

A wind of ownership change seems to be sweeping through the banking sector in the Caribbean in recent times.

In the latest gust to have more than ruffled the upper echelons of the industry, ownership of First Caribbean International Bank has changed hands to Latin American majority ownership.

FCIB one of the largest banking operations in the region is being taken over by Colombian billionaire Jaime Gilinski. After much industry rumours, confirmation has now come from FCIB owners Canadian Imperial Bank of Commerce (CIBC).

“CIBC today announced that they have reached agreement on the purchase of a

portion of CIBC’s shares in its Caribbean entity, FirstCaribbean International Bank Limited (FirstCaribbean) by GNB Financial Group Limited (GNB),” an official release from CIBC stated.

It further outlined that “GNB will purchase 66.73% of the shares of FirstCaribbean, subject to the approval of local regulators, while CIBC will retain a 24.9% interest in the Caribbean bank.”

GNB is owned by Colombian Banker and real estate developer Gilinski said to be the second wealthiest person in the country with a net worth of close to \$4 billion (\$3.9 billion according to recent reports) who has been overseeing his extensive financial empire from a London base.

In a statement, Jaime Gilinski, Chairman of GNB Financial Group Limited said:

“FirstCaribbean will remain the strong entity it is today, committed to servicing its clients in the region.

“I have been impressed by the strength and stability of FirstCaribbean and am excited about its prospects for the future.”

GNB is wholly owned by Starmites Corporation S.arL, the financial holding company of the Gilinski Group.

The Gilinski Group has banking operations in Colombia, Peru, Paraguay, Panama, and Cayman Islands with approximately \$US 15 billion in combined assets.

Barbados-headquartered FCIB is a subsidiary of Toronto-based Canadian Imperial Bank of Commerce (CIBC).

It was acquired by CIBC in 2006 from Barclays and does business under the banner of CIBC-First Caribbean.

Its considerable portfolio includes a presence in capitals across the region in the English and Dutch Caribbean.

Up to mid-2019 it was reported to have assets of \$US 11.5 billion with operations spanning from the Bahamas to Curacao, employing around 3,500 staff in 57 branches and offering a wide array of financial services.

The bank’s market capitalisation was put at \$US 2.1 billion as at 31st July 2019.

FirstCaribbean also has a representative office in Hong Kong providing business development, relationship management and fund administration.

Recently it had started advertising divestment of its operations in Anguilla, the Bahamas, Barbados, Grenada, Jamaica, Lucia and St Vincent.

FirstCaribbean’s fortunes have fluctuated in recent years putting a strain on its parent company.



Reports of volatility in the region’s banking sector have also sent ripples of caution throughout the market.

This has seen governments, especially in the independent countries, regional conglomerates and their international partners moving to take corrective action including scaling down, consolidating operations, and even divesting some assets.

The reported sale of FCIB to Colombia’s Gilinski Group is the latest development as the regional market seeks to adjust to shifting global trends in the banking sector.

In a statement, seen as reassuring its shareholders, clients and regional governments, Colette Delaney, FirstCaribbean’s said:

“FirstCaribbean is a strong, well-performing business that continues to grow across the region. FirstCaribbean remains laser focused on delivering on its strategy – providing its clients with first class service through a modern everyday banking experience and providing its employees with the best possible work experience.”



Team Nolan's donation funds HSA NICU's incubator

Team Nolan, in collaboration with the Cayman Heart Fund (CHF), donated approximately US\$12,600 last week for the procurement of a vital piece of equipment that will benefit the most vulnerable patients at the Cayman Islands Health Services Authority (HSA).

A neonatal transport incubator will be used by the Authority's Neonatal Intensive Care Unit (NICU) staff to help keep vulnerable patients, such as premature infants or infants with other health issues, safe while being transported to another healthcare facility for further treatment and/or care.

The initiative was launched after Team Nolan's Pediatric Program raised and donated approximately KYD\$45,000 to the CHF which, through correspondence with the HSA-NICU team, ascertained that the incubator was a critical need of the unit. The CHF then allocated part of the proceeds to the full coverage of the incubator's cost.

Ailian Evans, who is a member of the CHF board of directors and a founder of Team Nolan, expressed her absolute delight to the CHF board in being instrumental in assisting the HSA to acquire such an important piece of emergen-

cy transport equipment to aid the safe transportation of infants. Mrs Evans also stated that the passing of her baby son Nolan in 2018 continues to be her driving inspiration to help critically ill infants. Nolan passed away at seven months old after a battle with complex congenital heart defect.

"Recently Team Nolan officially joined the Cayman Heart Fund," said CHF Chairman Dr. Bella Beraha. "United we aim to help alleviate some of the burden families face when diagnosed with congenital heart disease (CHD). A brand new state-of-the-art neonatal transport incubator, like the one Team Nolan's donation will help the HSA to procure, is an invaluable piece of equipment that will undoubtedly help many babies in our community. CHF is proud to be affiliated with Team Nolan and look forward to our continued work together."

The new neonatal transport incubator has been ordered and is expected to arrive on island by the new year. It is portable, customizable and provides protection from the environment, possible infections, noise and drafts. It has ventilation, temperature controls, allows quick and easy access to babies



► Members of Team Nolan and Cayman Heart Fund presents HSA NICU staff with a cheque to go towards the purchase of a new neonatal transport incubator

for intubation or CPR and allows blood pressure and cardio/respiratory monitoring.

"We are incredibly grateful to the Cayman Heart Fund, Ailian and Sean Evans, who are the parents of the late baby Nolan, and their team of fantastic supporters who have helped to raise

such a significant donation for our unit," said Maternity and NICU Nurse Manager Charmin Fennell. "Acquiring one of the best transport incubator for the neonates, will ensure that our babies are kept safe, monitored while being transported outside of the HSA for further care and treatment." 🌐

Nominate your heart hero

Every year Cayman Heart Fund (CHF) honor select number of Heart Heroes at the Heart Heroes Luncheon. CHF is searching for new honorees for our 2020 Heart Heroes Brunch. Help us today by nominating your favorite heart hero by 5pm, December 31st, 2019.

Suzu Soto, CHF Founder, said, The Cayman Heart Fund (CHF), strives to bring the community awareness about the importance of living a healthy lifestyle. We started doing the Heart Heroes luncheon, in 2016, celebrating those who have gone through cardiac problems and their journey. I feel that it is important to share your journey with others as it is a frightening time for those going through cardiac problems. It is your heart, it is your pump, that keeps you going or not. We also have the photos on the Heart Heroes wall at the George Town Hospital (HSA), honoring those who have taken the journey. So, think of someone to nominate to join the other Heart Heroes.

Mrs. Soto, also said, all CHF's endeavors are to Educate to prevent heart disease, stroke and risk factors, stress prevention, nutrition and fitness education, provide complimentary health screenings for our residents, and make available programs to lower obesity and stress appropriate exercise.

The 2020 Fund Raiser will be Heart Heroes Brunch on held on Sunday, February 16th, 2020 at the Ristorante Pappagallo from 11:30am - 3pm. The theme of it is Music from the Ages, costumes welcomed. Seating is limited so get your tickets early!

The Cayman Heart Fund (CHF) 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 Angelique: 345-916-6324 or info@caymanheartfund.com. 🌐



Heart Hero's Brunch
February 16th 2020 **TICKETS**
Ristorante Pappagallo 11:30- 3pm **\$150**

Music from the ages theme, costumes welcome!

**Nominate your favourite
Heart Hero by December 31st!**

For reservations and Ticket Sales contact: Angelique
Bodden on 916-6324 or info@caymanheartfund.com

Flu vaccine now available

The Director of Primary Health Care, Dr Samuel Williams Rodriguez, is advising of the arrival of this year's flu vaccine.

Vaccines for the seasonal flu will be available at the Cayman Islands Hospital, District Health Centres in Grand Cayman, Faith Hospital Cayman Brac, and Little Cayman Clinic.

The locations and times are listed below:

- The General Practice Clinic at the Cayman Islands Hospital, and all District Health Centres, from 2:00pm to 4pm Monday through Friday beginning 5 November, 2019.

- Faith Hospital in Cayman Brac - Residents of Cayman Brac should contact Faith Hospital to make arrangements.

- The Little Cayman Clinic - Residents of Little Cayman should contact the clinic to make arrangements.

The flu vaccine is FREE to all residents. No appointments are necessary; however, persons should indicate to the registration officer at the clinic that they need to have the flu shot.

"We recommend that people get vaccinated as soon as possible and definitely before the peak of the flu season, which ranges between December and January," Dr Williams- Rodriguez said.

Dr Williams - Rodriguez further advised that the vaccine is only effective for one season. All persons, six months of age and older should get the flu vaccine. It is especially important for people at high risk for complications from influenza, and those who live with or care for them, be vaccinated early each year.

High-risk persons include the following:

- Young children 6 months to four years of age, but especially those under two years.

- Pregnant women
- People 50 years of age and older
- Persons of any age with weakened immune systems and those with chronic medical conditions such as heart, kidney and lung diseases, diabetes, and persons who are obese.

- People who are living in nursing homes and other long term care facilities.

Dr Williams-Rodriguez stated, "To minimize workplace disruption and ensure that as many persons as possible get vaccinated, I am also pleased to announce that our Public Health Department will continue our programme

of the onsite workplace vaccination initiative for companies with 20 or more employees wishing to have the vaccine."

To this end, Dr Williams- Rodriguez is encouraging employers to call as in previous years to have their staff scheduled to receive the flu vaccine. Companies interested in the programme should contact the Public Health Department at 244-2621, 244- 2889, or email publichealthdepartment@hsa.ky to register.

Flu vaccines will also be available at participating supermarkets across the islands.

Flu vaccine Q & A

Why should people get vaccinated against the flu?

Influenza ("flu") is a contagious disease. It is caused by the influenza virus, which can be spread by coughing, sneezing or nasal secretions. Anyone can get influenza, but rates of infection are highest among children. For most people, symptoms last only a few days. They include:

- fever
- sore throat
- chills
- fatigue
- cough
- headache
- muscle aches.

Other illnesses can have the same symptoms and are often mistaken for influenza. An annual flu vaccine is the best way to reduce the chances that you will get flu and lessen the chance that you will transmit it to others.

Will the 2019-2020 seasonal flu vaccine protect against 2009 H1N1 pandemic flu?

Yes. The 2019- 2020 flu vaccine includes protection against the 2009 H1N1 flu virus, Influenza A (H3N2) and Influenza B.

Who should get vaccinated?

All persons, six months of age and older should get the flu vaccine. It is especially important for people who are at high risk of having serious flu-related complications or people who live with or care for them. High-risk persons include:

- Young children six months to four years of age, but especially those under two years.
- Pregnant women
- People 50 years of age and older
- Persons of any age over six months with weakened immune systems and those with chronic medical conditions

such as heart, kidney and lung diseases, diabetes, and morbidly obese people with a BMI of 40 or greater.

- People who are living in nursing homes and other long term care facilities.

- Persons with neurological disorders

- People who live with or care for those at high risk for complications from flu, e.g.:

- * Health care workers
- * Household contacts of persons at high risk for complications from the flu
- * Household contacts and out of home caregivers of children less than six months of age (these children are too young to be vaccinated)

Who should not get vaccinated or wait?

The following persons should not be vaccinated without first consulting their physician:

- Children less than six months of age
- People who have a severe allergy to chicken or chicken eggs (the flu vaccine virus is grown on hens' eggs)
- People who have had a severe reaction to influenza vaccination in the past
- People who developed Guillain-Barre' syndrome (GBS) within six weeks of getting a vaccine previously.
- People who have a moderate or severe illness with a fever should wait to get vaccinated.

- Nursing mothers should inform their doctor or nurse that they are breastfeeding before taking the flu shot.
- People who had convulsions one year before vaccination.

What kind of flu vaccine is available?

The "flu vaccine" administered in the Cayman Islands is by injection, usually in the arm. The vaccine is approved for use among people six months of age or older, including healthy people and those with chronic medical conditions such as asthma, diabetes or heart disease.

How does the flu vaccine work?

Flu vaccines cause antibodies to develop in the body. These antibodies protect against infection with the viruses that are in the vaccine. It takes up to two weeks for the protection to develop after the shot. Protection lasts for approximately one year.

When should I get the flu vaccine?

The HSA recommends that people get their seasonal flu vaccine as soon as the vaccine becomes available. Vaccination



before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest.

Once you get vaccinated, your body makes protective antibodies in about two weeks. However, children aged six months to eight years who are being vaccinated for the first time need a second dose four weeks later to be protected.

Does flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. However, children aged six months to eight years who are being vaccinated for the first time, need a second dose four weeks later to be protected. In the meantime, you are still at risk of getting the flu. That is why it is better to get vaccinated early in the fall before the flu season really gets underway.

Can I get the flu even though I got a flu vaccine?

Yes.
1. People may be exposed to an influenza virus shortly before getting vaccinated or during the two weeks that it takes the body to gain protection after getting vaccinated. This exposure may result in a person becoming ill with flu before the vaccine begins to protect them.

2. People may become ill from other (non-flu) viruses that circulate during the flu season, which can also cause flu-like symptoms (such as rhinovirus).

3. A person may be exposed to an influenza virus that is not included in the seasonal flu vaccine, as there are many different influenza viruses.

4. Unfortunately, some people can remain unprotected from flu despite getting the vaccine. This is more likely to occur among people that have weakened immune systems. However, even among people with weakened immune

... Continued story on page A8

Coral Reef Tourism brings \$7.9 Billion to Caribbean Travel Industry

Coral reefs perform many essential roles. They are home to the fish that provide food - and often livelihoods - for many. They act as barriers against the worst impacts of storms, protecting the beaches and the people who live around and rely upon them. And, ultimately, coral reefs are the poster child of nature-based tourism.

In 2018, The Nature Conservancy and JetBlue partnered to conduct a study using an innovative combination of data-driven academic research, traditionally sourced data from government and tourism agencies, and social media content examined using machine-learning, a type of artificial intelligence to reveal and quantify the extraordinary value that coral reefs contribute to the Caribbean economy. Microsoft and World Travel Council provided support throughout the analysis.

The study analyzed the significance of two types of nature-based tourism in the Caribbean: "on-reef" tourism, or the component of the sector which makes direct use of coral reef like diving, snorkeling, glass-bottom boating and wildlife watching on reefs themselves, and "reef-adjacent" tourism, or the component of the sector that depends on coral reefs but does not make direct use of them, which is everything from enjoying beautiful views and beaches, to local seafood, and paddle boarding.

In this report, the Caribbean includes all the island nations and dependent territories of the Caribbean, with the addition of Belize, which, with its largely coastal economy, is regularly classed as a small island developing state.

In total, astonishingly reef-associated tourism for the Caribbean is estimated at more than \$7.9 billion annually from over 11 million visitors. This accounts for 23 percent of all tourism spending and is equivalent to more than 10 percent of the region's gross domestic product.

1.3 million of the 11 million visitors take part in reef-adjacent and on-reef activities, spending \$361,687 per square kilometer per year in the Cayman Islands, which makes our reefs a powerful engine for tourism.

More than 86,000 social images and nearly 6.7 million text posts were analyzed for identifiers that indicated reef-adjacent activities throughout the region. According to the analysis of social content examined, specifically, for the Cayman Islands, out of 130,574 posts to TripAdvisor online forums 10 percent referenced on-reef activity and 16 percent mentioned reef-adjacent activities. There were 17,813 conversation threads of which 48 percent mentioned on-reef and reef-adjacent activities. Activity surveys or mainly exit polls showed 20 percent of visitors to the Cayman Islands participated in

reef associated activities, the 5th highest percent in the region.

Other key findings of this study include:

- The Dominican Republic and Puerto Rico, benefit from visitor spending of more than \$1 billion per year. This tourism revenue is directly linked to coral reefs.
- The Bahamas, Cayman Islands and Puerto Rico receive the equivalent of more than one million visitors per year, which is directly linked to coral reefs.
- The top 10 percent highest-value reef areas generate more than \$5.7 million and 7,000 visitors per square kilometer per year. These reefs are scattered in almost every country and territory in the region and have a large proportion of high-value reefs, each with an average spend value equal to over \$3 million per square kilometer per year.
- The countries most dependent on reef-adjacent tourism include many small, developing island nations, like Antigua & Barbuda, Bermuda and Saint Martin, where there may be relatively few other options for earning income outside of reef-associated tourism.
- The results of this analysis suggest that Bonaire, Cayman Islands, Bermuda, the British Virgin Islands, Turks and Caicos, Curaçao, the U.S. Virgin Islands, Anguilla, Sint Maarten, and St. Kitts and Nevis are jurisdictions where coral reefs (through both on-reef and reef-adjacent



► Brooke Meyer is the managing partner of Caymera International

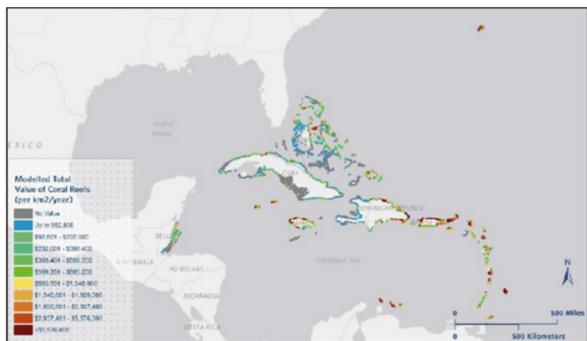
tourism) are generating a third or more of all tourism expenditures.

Only 35 percent of overall Caribbean reefs are positioned where they do not draw revenue for the region's tourism sector, indicating that there are little to no options to increase reef-associated activities to new areas. Most of the reefs not used for tourism are in remote locations not accessible by air travel.

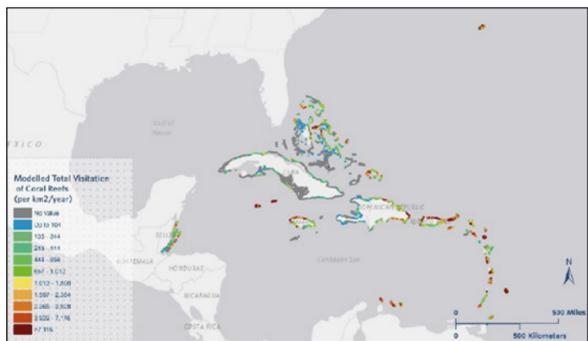
Tourism is an essential pillar of all Caribbean economies. There is a certain reliance on coral reefs in the region to generate income and stabilize economies - and, threats to the industry such as the impacts of climate change, overfishing, pollution, and coastal development could result in grim economic and social risks.

For a copy of the full **Estimating Reef-Adjacent Tourism Value in the Caribbean Report**, email info@caymeragroup.com.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. For more information email info@caymeragroup.com or visit www.caymeragroup.com.



► All reef associated expenditure (US dollars per km2 of reef) with values classified into deciles



► Total reef visitation (visitor trip equivalent per km2 of reef) with values classified into deciles

Pedagogical Standards at UCCI: Extracts from its Academic Standards Document: Part One

Pedagogy has to do with 'the art of teaching', the capacity of the educator to transfer knowledge and skills in such ways that enable students to understand, recollect, deliberate and apply.

As I wrote in the last column, academic standards are the benchmark of excellence and quality and the assurance to various stakeholders of the basis of accountability. The local university, UCCI, correctly believes that student centredness is the linchpin, the connecting principle, the common core around which all activities, plans and ideas cohere. In this respect, one of the things it has done is explicitly state the standards to which it aspires.

These standards cover the gamut of student achievement and learning outcomes, institutional integrity, faculty, institutional planning and effectiveness and policies, procedures and practices as they affect the academic enterprise.

In this article, I share extracts of Part 3 of this document which relates to the UCCI pedagogical standards.

'In the academic enterprise, the methods employed to teach students is of singular importance in determining outcomes. The purpose of education is to prepare the student to think, to adapt, to be creative, to sharpen their minds, heighten their imagination and deepen their understanding, and the methods employed by the educator are beyond question, critical. This section of the Standards document brings these into sharp focus.

Teaching Excellence, Methods of Delivery and Instructional Technology

'All classes at UCCI should utilize at least two high-impact teaching practices. These are outlined further in this Standards document. Curriculums and syllabi should also explicitly explain how these practices are considered and incorporated.

'Teaching methods at UCCI must rely less on the lecture approach. Instead, the facilitator must provide more student-oriented methods such as project, case and problem-based learning, collaborative learning, inquiry-based learning, seminars, and tutorials.

Research proves that these methods require much more frequent interaction with students and are much more likely to develop deeper forms of learning. Moreover, these methods allow for deeper levels of assessment based on analysis, synthesis, comparison, and evaluation rather than on testing for memory-based information.

'The digital age is characterized by knowledge explosion and accessibility. At no other time in the history of mankind have students had so much information - now at the click of their buttons. 'Today, for the interested student, it is knowledge management rather than knowledge transmission that is required, many experts say.

'The ability to learn independently, that is the student taking responsibility for working out what he or she needs to know, and where to find that knowledge is also important because the knowledge-base is constantly changing. Teamwork and flexibility are other crucial skills that are needed now as 'knowledge workers need to know how to work collaboratively, virtually and at a distance, with colleagues, clients and partners. The 'pooling' of collective knowledge, problem-solving and implementation requires good teamwork and flexibility in taking on tasks or solving problems that may be outside a narrow job definition but necessary for success.'

W. Tony Bates, writing on the subject of teaching in the Digital Age, explains that thinking skills,

'Meaning critical thinking, problem-solving, creativity, originality, strategizing are, perhaps, the most important skills needed in a knowledge-based society as businesses increasingly depend on the creation of new products, new services and new processes to keep down costs and increase competitiveness. Because most knowledge-based activities depend heavily on the use of technology, digital skills are critical especially when integrated with and evaluated through the knowledge-base of the subject area.'

'Many observers point out that knowledge management is perhaps the most over-arching of all the skills. Bates avers says that,

Knowledge is not only rapidly changing with new research, new developments, and rapid dissemination of ideas and practices over the Internet, but the sources of information are increasing, with a great deal of variability in the reliability or validity of the information. Thus, the knowledge that an engineer learns at university can quickly become obsolete. There is so much information now in the health area that it is impossible for a medical student to master all drug treatments, medical procedures and emerging science such as genetic engineering, even within an eight-year program. The key skill in a knowledge-based society is knowledge management: how to find, evaluate, analyze, apply and disseminate information, within a particular context.

This is a skill that graduates will need to employ long after graduation.

'The development of these skills requires a fundamental and irreversible shift in teaching and learning strategies. The focus must be less on information transmission and more on questioning, exploration of ideas, presentation of alternative viewpoints, and the development of critical or original thinking as these are the very skills needed by students in a knowledge-based society.

'With information available quickly and in huge volumes, the focus must be on how to manage knowledge, not how to give it: on dialogue and discussion and 'practical, personal and social skills' and not on that method, 'the lecture' which in Latin means 'reading.'

'Given the variety of learning styles, technology-enabled learning should be encouraged and planned.

'High Impact Teaching Strategies

Each UCCI faculty members will use at least two high-impact teaching strategies in the classroom. High impact teaching strategies (HITS) are ten instructional practices that reliably increase student learning when they are applied. The Teaching, Learning and Assessment Coordinator (TLA) will reinforce the knowledge of these in TLA sessions and encourage their use by faculty members.

'These are:



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

1. Set Goals

Lessons have clear learning intentions with goals that clarify what success looks like. Lesson goals always explain what students need to understand, and what they must be able to do. This helps the teacher to plan learning activities and helps students understand what is required.

2. Structured Lessons

A lesson structure maps teaching and learning that occurs in class. Sound lesson structures reinforce routines, scaffold learning via specific steps/activities. They optimize time on task and classroom climate by using smooth transitions. Planned sequencing of teaching and learning activities stimulates and maintains engagement by linking lesson and unit learning.

3. Explicit Teaching

When teachers adopt explicit teaching practices, they clearly show students what to do and how to do it. The teacher decides on learning intentions and success criteria, makes them transparent to students, and demonstrates them by modelling. The teacher checks for un-

... Continued story on page A10

CONSECUTIVE PIRATES WEEK 5K WINS FOR PATRICK HARFIELD

Almost 100 runners took to the streets on Friday (8th November) evening to participate in the annual Pirates Week 5k Walk/Run along Harbour Drive and South Church Street.

The overall winners in the female and male categories were Jenna Parker with a time of 19:42.1 and Patrick Harfield with a time of 17:33.4.

Derek Larner of Race Caribbean, who timed the event, said "Last year's winner Patrick Harfield stormed off into a healthy lead setting a fast pace and reaching the halfway turn in 8:25. In the ladies race, visitor and former USA Triathlete, Jenna Parker was some distance ahead of her nearest rival and reached the halfway turn in 9:46."

Ava Hider took second place in the ladies overall with the time 21:17.2 and with a time of 24:13.8 Kirsten Cellier came in third.

In the male division Levi Superville came in second place overall, running a cool 17:46.2. Abraham Whittak-



► Overall Winners, Patrick Harfield and Jenna Parker with Melanie McField (Photo credit: PW Festival)



► Runners take off along Harbour Drive during the 2019 Pirates Week 5k (Photo credit: Helen Jones)

er took third place with his time of 18:12.6.

"The Pirates Week 5k is always so much fun to see; there are men, women and children in strollers, and even dogs taking part. People from near and far come out to enjoy the event which is only one of the sporting events of the

Festival," said Melanie McField, Pirates Week General Manager.

"Special thanks the RCIPS for keeping everyone safe and thanks to all our prize sponsors including A Step Ahead Physiotherapy who offered a prize valued at \$300.00! We want to take this opportunity to thank the Ministry of Sports for

being the major sponsor of the Pirates Week 5K," she added.

Proceeds from the Pirates Week 5k Walk/Run benefit the 345 Athletic Club.

The official race results as tallied by Race Caribbean can be found at: <http://www.racecaribbean.net/events/pirates-week-5k-2019-results/>

Pirates Week Launches in Fine Style

The 42nd Annual Pirates Week Festival got off to a roaring start in Grand Cayman over the weekend, with festivities ranging from the highly anticipated fire works display to Saturdays parade/landing and National Song Contest.



► Radio Presenter Dane Ramoon speaking to song contest third place winners Pink-ie and Onezie

With thousands of revelers descending on the George Town Harbor, Cayman's capital City was draped in swash-buckling splendor.

Replete with music, local cuisine, costumes and all the sights and sounds that make Pirate's Week one of the biggest draws on the CI events calendar, people from all walks of life had an opportunity to masquerade and mingle in a spirit of to-getherness.

Performers for this years Festival included Destra, Stuart Wilson, Alison Hinds and Local Motion 345, featuring Notch.

As part of the celebration over 16 contestants also took part in a the National Song Competition; vying for nearly CI\$10,000 in prize money, (1st place 5,000; 2nd place 3,000; 3rd place \$2,000).

Winners of the song competition included Mikhail Campbell/Matrix, who took home the first place prize for his song "Everyone a Danca", Andy Blake, who walked away with second place honors for, "Enchanted - Sweet Sweet Cayman" and Stuart Wilson, who tied with Kadence Miller Ebanks & Tayanna Samuels/Pinkie and Onezie for third place, with the song the songs, 'Oh Cayman Islands' and "It's Pi-rates Week".

The Culture Shop segment of Pirates Week was held on Remembrance Day, Monday 11th November and included fireworks, the festival cook-off and live Mu-sic by Cayman's own traditional Music ensemble Swanky.

During Culture Shop, Visitors are able to Take time to walk through the Cardinal Avenue and Harbor Drive area to visit with local artisans, who told them about the history of the Cayman Islands,

art practices and gave demonstrations of how to make Silver Thatch rope, blow conch and even spin 'gigs'.

Arts and crafts were also on sale, in addition to food vendors offering up the best in local cuisine.

One of the highlights of this years Culture Shop is the Youth Snapper Cook-Off, where young people vying for the top chef status, face-off to see who can cook the best tasting snapper dish.



► (L-R) Song contest winners Andy Blake (2nd place) Mikhail Campbell (1st place) and Stuart Wilson and Pinkie and Ozenie (tied for third place)

Pirates Week will continue throughout the rest of this week with District days, which will feature East End on 12th November, West Bay on 13th November, Bodden Town on 15th November and George Town on 16th November, respectively.

On 16th November, there will also be a float parade in Little Cayman.

For more information on Pirates Week activities, visit: www.piratesweekfestival.com

BODDEN TOWN'S KEVIE-ANN PIERRE WINS DISTRICT HERITAGE AMBASSADOR COMPETITION

... Continued story from page A1

Seas' situated among Silver Thatch Palm and the Green Sea Turtle, depicting Cayman's historical reliance on both land-based and water-based resources.

The DHACC's first runner up is George Town's Erickah Bodden for her costume 'The Sunken Treasure of the Harbour', while West Bay's Brandi Connolly placed second runner up with her costume 'Soul of Ships'. Both received

cash prizes of \$300 and \$200 respectively.

The costumes were judged on their authenticity, presentation on stage by the model, the designer's use of Cay-

manian products, use of detail and relevance to the Festival's theme.

The events was organised by Pirates Week DHACC lead volunteers Monique Burton and Shakira Miller.



► George Town, Erickah Bodden presenting Sunken Treasure of the Harbour



► West Bay, Brandi Connolly presenting Soul of Ships



► DHACC Contestants finale: Brandi Connolly, Erickah Bodden, Kevie-Ann Pierre, Dea Ramoon (Photos credit: Helen Jones)

Flu vaccine now available

... Continued story from page A6

systems, the flu vaccine can still help prevent influenza complications.

Why do I need to get vaccinated against the flu every year?

The immunity (natural protection that develops against a disease after a person has had that disease) that is built up from having the flu caused by one virus strain doesn't always provide protection when a new strain is circulating. Secondly, a vaccine made against flu viruses circulating last year may not protect against the newer viruses. That is why the influenza vaccine is updated

to include current viruses every year.

Can the flu shot give me the flu?

No, a flu shot cannot cause flu illness. The viruses contained in flu shots are inactivated (killed), which means they cannot cause infection.

What are the risks of getting a flu shot?

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. The risk of a flu shot causing serious harm, or death, is extremely small. However, a vaccine, like any medicine, may rarely cause serious problems, such as severe allergic reactions. Almost all people who get influ-

enza vaccine have no serious problems from it.

What are the side effects that could occur?

Common problems: Soreness, redness, or swelling where the vaccine was given, headache, weakness, fever and aches. If these problems occur, they usually begin soon after the vaccine and last 1-2 days.

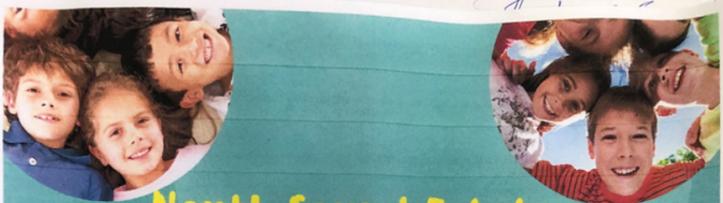
Uncommon and Rare problems: Itching, hives, rash, convulsions, encephalomyelitis (inflammation of brain & spinal cord) and Guillain-Barré syndrome (1-2 cases per million people vaccinated). Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccine.

What should I do if I have an uncommon or rare side effect of flu vaccine?

- Seek medical attention right away.
- Tell your doctor what happened, the date and time it happened and when you got the flu shot.

For more information, please contact:

- Public Health Clinic at 244-2889/244 2621
- The General Practice Unit at 244-2800
- Faith Hospital at 948-2243
- Little Cayman Clinic at 948-0114
- The District Health Centres
- * East End - 947-7440
- * North Side - 947-9525
- * West Bay - 949-3439
- * Bodden Town - 947-2299



North Sound Estates & Newlands 2nd Annual Fair

SATURDAY 16th NOVEMBER 2019
12 Noon - 5:00 PM

ICCI College Field, Hirst Road, Newlands

Bouncy Castles | Kiddie activity table | Games | RCIPS K9 Demo | Firetruck | Magician | Petting Goat | Face Painting | Prize Tombola | Prize Giveaways (including a Staycation for 2 from Wyndham Resort) | Music all day

- FREE ADMISSION FOR ALL -

ON SALE:
Food vendors | Xmas Stall | Hand crafted gifts and more

Sponsored by:
Vigoro, Fosters, Jacques Scott, Tortuga, Harbour House, Ocean Frontiers, Universal Fitness, Massive, ALT's, Animal House, Morritts, Funky Tangs, C3, GNC, Saucha Cafe, TGCS Car Wash, Clean Gas, Burger King

Booths available for rent for C\$25
For more information please contact: 321-9443



Bodden Town Heritage Committee
BTHC

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HERITAGE DAY - "SHIPWRECKS"

AT THE HERITAGE SITE / NURSE JOSIE'S SENIOR CENTRE
GUN SQUARE RD., BODDEN TOWN

FRIDAY, NOVEMBER 15, 2019 FROM 11:00 AM UNTIL

LOCAL FOOD AND DRINKS ON SALE
BUY ITEMS FROM THE CRAFT STALLS, SCHOOLS, MISC. STALLS AND MUCH, MUCH, MORE

TOUR THE HISTORICAL HOMES & THE OLD TIME CAYMANIAN KITCHEN.
SEE THE EXTENSIVE DISPLAYS OF CAYMANIAN HISTORY, CULTURE & SHIPWRECKS

RELAX IN THE BEAUTIFUL PARKLAND!

PERFORMANCES BY: RADIANCE DANCE STUDIO, CAYMAN ISLANDS NATIONAL DANCE CO., PRIMARY SCHOOLS & MANY OTHERS

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Cruise Port Referendum Cayman

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SUN DEC 29 2019 | 7PM
Aston Rutty Civic Center - Cayman Brac | **FREE** ADMISSION

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PIRATES WEEK
CAYMAN ISLANDS NATIONAL FESTIVAL

SWANKY KITCHEN BAND
AT THE DISTRICTS

TUE 12 NOV	EAST END HERITAGE FIELD, SEA VIEW RD, EAST END	8:15 PM
WED 13 NOV	WEST BAY HERITAGE FIELD, BIRCH TREE HILL RD, WEST BAY	8:15 PM
FRI 15 NOV	NURSE JOSIE'S SENIOR CENTRE, GUN SQUARE, BODDEN TOWN	8:15 PM
SAT 16 NOV	CARDINAL AVE. STAGE, GEORGE TOWN	8:15 PM

FIREWORKS BEGIN AT 8:00 PM EVERY NIGHT

Logos for sponsors: AII Rentals, ACE, Cayman Islands, Ministry of Health & Culture.



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COMMUNITY EVENTS

Rundown 2019

14 November - 1 December - The popular comedy Rundown returns to the Harquail Theatre from 14 November to 1st December. There will be 10 shows only! Tickets are adults \$30; kids (12 and under) and seniors \$20. Call the Harquail Theatre at 949 - 5477 for opening weekend group specials.

Camana Bay's Annual Christmas Tree Lighting

16 November - Camana Bay's Christmas Tree Lighting begins at 4pm and goes until 11pm. There will be musical performances from The Cayman National Choir and Orchestra, Cayman International School Elementary Choir and the Cayman Islands Folk Singers. You can enjoy the Christmas craft market and a special visit from Santa Claus. Call 640 - 4000 for more information.

Tennis for the Cure

16 November - First Caribbean International Bank is inviting 16 teams to participate in Tennis for the Cure on Saturday 16, November at the Courts at the Ritz Carlton Grand Cayman. Registration is \$425. 100% of the proceeds will be donated to the Cayman Islands Cancer Society. For tournament details, please contact Justin.pierre@cibcfib.com or uli.hoppe@ritzcarlton.com. Food and

beverages will be available for purchase throughout the event.

SDA Conference International Annual 10K Run/Walk

17 November - Join the Seventh Day Adventist's Cayman Islands Conference for their 30th. International 10k Walk / Run. Participate with other runners from Bahamas, Canada, Costa Rica, Dominican Republic, England, Guyana, Ireland, Jamaica, Scotland and the USA. Entry CI\$25 Adults & CI\$15 Children (Under 13). Free T-Shirt with entry. The event begins at 6am and there will be children's races. Water will be available on the course and at the finish. Regretfully, no dogs are allowed. For more information, go to caymanactiv.com or call 949 2647 or 640 2647.

November - Prostate & Colon Cancer Awareness Education Event

21 November - The Lions Club of Grand Cayman in collaboration with The Cayman Islands Cancer Society and November Committee will be having a Prostate & Colon Cancer Awareness Education Event at the Lions Centre on Thursday 21 November from 7 -9 pm. There will be free PSA testing for eligible men. Light refreshments will be served. Call the Cancer Society at 949 - 7618 for more information.

NY Cabaret Music Night

23 November - The Cayman Arts Festival is bringing back their hit music event at the Westin Hotel Ballroom on 2 November beginning at 7pm. Enjoy performances by KT Sullivan, Natalie Douglas, Nicholas King and Matt Baker. Doors open at 6pm and the cost is USD\$50 for adults - this includes a glass of wine and USD\$15 for those up to 18 years old. Email enquiries@caymanartsfestival.com or call 922 - 5550 for more information.

Night at the Museum

29 November - The National Gallery of Cayman Islands invites you to attend the annual fundraising gala on Friday, 29 November 2019 from 6:30 pm until 1:00 am. There will be a Welcome Reception followed by Haute Festival Style Dining, Live Entertainment and Auction, and dancing until the early hours. Single tickets are CI\$225 and ten tickets are CI\$2,025. The dress code is Couture inspired by Classic artworks or Black Tie and attendees are advised to choose footwear accordingly due to multiple terrains in the gardens. Valet service is provided. Proceeds benefit NGCI annual education programmes and provides free admission for all to the National Gallery. For more information, email events@nationalgallery.org.ky or call 945 8111.

Turkey Trot Walk/Run

30 November - Cayman Islands Meals on Wheels 5K and 10K



► Rundown 2019

walk/run fundraiser will begin at 6:30am at the Holiday Inn Resort by Safehaven. Register online at www.caymanactive.com/turkeytrot or starting at 6am on the day. Registration is adults (18 and over) - \$25; juniors (11-17) - \$15; and children (4-10) - \$10. For more information, call 769-1974; email info@mealsonwheels.ky or go to <http://www.mealsonwheels.ky/>

Northward Road Park Annual Christmas Tree Lighting

1 December - The Northward Road Park Annual Christmas Tree Lighting is scheduled for Sunday, December 1st at 5:30 pm at the Northward Road Park.

2019 Milo Kids Fun Run

8 December - The 2019 Kids Fun Run takes place on Sunday, 8 De-

ember at 10:30am. This event is sponsored by Milo and the Cayman Islands Government's Ministry of Education, Youth, Sports, Agriculture & Lands, and is open to all kids ages 5 to 11 years old. Registration for students in the Cayman Islands is FREE, and students can register through their schools or online. Registration includes a t-shirt, runner bib and a medal at the finish line. The Kids Fun Run starts at the NEW Government Administration Building on Elgin Avenue and ends on Harbour Drive. Laura Ribbins from Fitness Connection will be doing a fun WARM UP SESSION with the kids before they start their Fun Run so make sure your kids are there for all the excitement! For more information, check out our website: <https://www.caymanislandsmarathon.com/kids-fun>

5 Habits of the Fit and Fabulous

Being fit is all about the lifestyle, and not the quick fix, so let's take a glimpse at the habits that fit people have. These following five habits are held by successfully fit people... let's see if you could apply some to your own life.

1. They See Each Day with Perspective

Fail to meet your fitness goals today? Move on. Tomorrow is another day to make smarter decisions. When you wake up, rededicate yourself to your fitness goals without beating yourself about whatever mistakes you made in the past. After all, you can't change what you did yesterday. All you can control is right now. So get to it!

2. They Find Ways around their Excuses

If you've ever wondered why you can't quite get fit, it may be your proclivity for caving to pressure. And that pressure may be self-induced. Fit people do not give into excuses for why they shouldn't exercise. Quite the contrary. They are continually finding reasons why they should hit the gym and find pockets of time to do it — even if the trip to the gym is shorter than usual.

3. They Eat and Sleep Well

Study after study has shown the benefit of eating whole, unprocessed foods. It provides energy and strength, helps you feel full throughout the day, and makes your time in the gym as fruitful as possible. Getting good sleep is equally as important, as it keeps all your bodily systems in rhythm. Put these two fit activities together and you're well on your way to optimal fitness.

4. They Track Progress

For some, keeping tabs on health progress is about as exciting as watching paint dry. Once you get into the routine, however, you will be-



► Ernest Ebanks

come a believer in the power of tracking your progress. Tracking serves to both reward and motivate you, as you see that the countless hours in the gym and smart food choices lead to a healthier weight and greater strength — a.k.a. better overall fitness and health.

5. They Lean on a Fitness Professional

The final thing fit people do is rely on someone with lots of knowhow in the realm of fitness. This is why my clients have such a high success rate in achieving their goals — because I make sure that they stick with it! I have a sincere interest in your overall health and well-being and know how to help you reach the goals that can seem so far away when you're trying to achieve it on your own.

Call Ernest at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com today and let's get started on your fitness journey! 🌟



Simply Healthy

The history of the monk fruit reveals that is an herbaceous vine from then gourd family known as Saraitia Grosvenorii. It's native to China and is popularly known as, "The Longevity Fruit." The world's population consumes a vast variety of fruits. But there's one fruit many of us overlook but is packed with tremendous health benefits. **MONK FRUIT.** While it may not grab the headlines as oranges and others, it's gradually gaining in popularity, solely for its many health virtues:

WEIGHT LOSS - The fruit has zero calories, as well as, zero carbs. For weight watchers, monk fruit is the ideal replacement for table sugars and ingredients such as chocolate.

FIGHTS DIABETES - Monk fruit is great replacement for regular sugar. This affords it to be a natural sweetener and

is great for diabetics, being even more versatile than Stevia. Its sweetness originates from natural compounds called mogrosides, known to bring down sugar levels in the body. It also improves the secretion of insulin in the body.

PREVENTS CANCER - Sugars cause inflammation in the body which eventually becomes cancerous. Research has shown that it contains anti-carcinogen properties which have the ability to inhibit skin and breast tumour growth. The mogrosides in the fruit has also been shown to inhibit leukemia cell growth, as well as, throat and colorectal cancers.

PROMOTES HEART HEALTH - It helps lower the risks of heart attacks and strokes. It contains components that prevent oxidizing of cholesterol. Oxidizing is the build-up of plaque in the arteries and blood vessels.

It has the capability to protect cholesterol from building up in the body and may also help lower cholesterol.

As a sweetener, the monk fruit can be used to sweeten your coffee, tea, juice, as well as being added to your salads, dressings, sauces and frostings. Simply an amazing fruit indeed. Try it! 🌟



Pedagogical Standards at UCCI: Extracts from its Academic Standards Document: Part One

... Continued story from page A7

derstanding, and at the end of each lesson revisits what was covered and ties it all together (Hattie, 2009).

4. Work / Show Examples

A worked example demonstrates the steps required to complete a task or solve a problem.

By scaffolding the learning, worked examples support skill acquisition and reduce a learner's cognitive load.

The teacher presents a worked example and explains each step. Later, students can use worked examples

during independent practice, and to review and embed new knowledge.

5. Collaborative Learning

Collaborative learning occurs when students work in small groups and everyone participates in a learning task.

There are many collaborative learning approaches. Each uses varying forms of organisation and tasks. Collaborative learning is supported by designing meaningful tasks. It involves students actively participating in negotiating roles, responsibilities and outcomes.

6. Multiple Exposures

Multiple exposures provide students with multiple opportunities to encounter, engage with, and elaborate on new knowledge and skills.

Research demonstrates that deep learning develops over time via multiple, spaced interactions with new knowledge and concepts. This may require spacing practice over several days, and using different activities to vary the interactions learners have with new knowledge.

In the next article on this subject, I will present the remainder of this part of the UCCI academic standards document. 🌟

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
85° / 79°	84° / 78°	81° / 78°	81° / 78°	81° / 78°	83° / 80°	83° / 80°
Partly sunny with a shower	A passing shower or two	Partly sunny and less humid	Nice with partial sunshine	Partly sunny and nice	Sunshine and patchy clouds	Mostly sunny

Premier's father passes

Alden McNee McLaughlin Sr. passed away after suffering a long illness on Monday, 11 November, 2019. He was 93.

Mr. McLaughlin was born in 1926 and lived a full life and had a diverse career through his working life. He was a school teacher and taught on Cayman Brac and West Bay before going to sea in 1947.

He returned home in 1955 and married Althea Bodden and went on to work as a driver and then a plumber before winning a scholarship to the West Indies School of Public Health in Jamaica.

He came back to the Cayman Islands as the country's first formally trained public health officer in 1959 a job that he held until 1973. He then worked as a Life Underwriter from 1974 until 1978 when he joined CUC as an Oiler and Engine Stores Keeper. He was promoted to Personnel Supervisor in 1980 and remained in that post until he retired in 1988.



He leaves behind his children, Alden McLaughlin Jr., Dr. Elizabeth McLaughlin and Debbie McLaughlin; daughter-in-law Kim McLaughlin; grandchildren Daegan, Caelan, Xaria, Zephan and Zarek; other relatives and numerous friends.

The Premier is grateful for the prayers and condolences he and his family have received on behalf of his father during his illness and upon his passing. 🙏

MOMENTS OF INSPIRATION



THE SAVIOUR WHO KNOWS US John 1:43-51

All parents ought to know their children. They must know their aims, dreams, goals, and attitudes. As a dad I know how my son will respond when I wake him up for school or call him to do some additional school work. I also know how he will respond if he asks to use the cell phone or wants to go out and play cricket. Yet for all this, there's only one who knows us inside out - JESUS CHRIST.

In the scripture above we catch a good glimpse of the intimate knowl-

edge Jesus has of us. As Nathaniel, who Phillip had urged to meet Jesus, moved toward Him, Jesus pronounced, "Here truly is an Israelite indeed, in whom there's no deceit." Wow! Startled, Nathaniel replied, "How do you know me?" In a mysterious note Jesus responded that He had seen him under a fig tree. Hmm!

Jesus knows each of us just like this. Intimately and completely. Do you know Him this way just as well? The time is now. 🙏

Opposition offers their condolences on the passing of the Premier's father

The members of the Official Opposition wish to extend their sincere condolences to the Hon. Premier Alden M McLaughlin, MBE JP MLA and his family on the passing of his father the late Mr. Alden McNee McLaughlin Sr.

Mr. McNee McLaughlin was known to all Members of The Opposition and all are deeply saddened by the announcement of his passing.

Mr. Anthony Eden, OBE JP (ret) MLA, expressed his condolences saying, "My family and I wish to extend

our most heartfelt sympathies to Mr. McLaughlin and his family at this difficult time".

The Hon. Leader of the Opposition, Mr Arden McLean, JP MLA also expressed his condolences, "As a fellow East Ender I pay homage to McNee. May he never be forgotten not only for the good he has been to his fellowmen, but importantly for the principles he instilled in his children. I will remember him as a man of strong convictions and an abiding commitment to fairness and honesty." 🙏

Progressives send condolences on the passing of McNee McLaughlin

The Progressives family extends its warmest condolences to the family of the Hon. Premier Alden McLaughlin, his sisters, and their respective families on the passing of McNee McLaughlin, the Premier's father.

McNee was a stalwart of the PPM family and as long as he was able, he supported and advocated for the cause it represents. He supported his son Alden tirelessly and was a conspicuous figure in the Progressives family.

Rest in Peace McNee McLaughlin. 🙏

In loving memory of Donald George Hew

March 25, 1941 – November 14, 2018



God saw you getting tired,
And a cure was not to be;
So he put his arms around you,
And whispered, "Come to me".
With tearful eyes we watched you,
And saw you pass away;
Although we loved you dearly,
We could not make you stay.
A golden heart stop beating,
Hard working hands to rest.
God broke our hearts to prove to us;
He only takes the best.

We miss you more and more each day.
We love you always. Your wife,
daughters, brothers, sisters, nieces,
nephews and friends.

OBITUARIES

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Ola Leanna Smith, who passed away on Sunday, November 10, 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. Raymond Walters, who passed away on after a long illness on Wednesday, November 06, 2019. Mr. Walters will be repatriated to Anguilla.

Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mr. McNee McLaughlin, who passed away on Monday, November 11, 2019. A Thanksgiving Service will be held at Elmslie Memorial United Church, Harbour Drive, George Town, Grand Cayman on Saturday, November 16, 2019 at 2:00 p.m. Interment at: Old Peace Bay Cemetery, Bodden Town.

Condolences can be registered at churchillsfuneralhome.com

The Family of the Late **Zelma Lee Carlene Watler** regret to announce her passing on Sunday, 10 November 2019.

A Service of Thanksgiving will be held at 2:00 p.m. Saturday, 23 November 2019 at Church of God Chapel, Walkers Rd.

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

Bodden Funeral
"A source of comfort in a troubled time"

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Reba Forbes, who passed away on Tuesday, November 12, 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. Clitey Christian-Bodden, who passed away on Saturday, November 09, 2019. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com

Bodden Funeral
"A source of comfort in a troubled time"

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GLOBAL NEWS BRIEFS

Canadian surgeries leave objects in patients

Canada's health authorities are investigating how more than 500 objects have been unintentionally left in medical and surgery patients between 2016 and 2018 with the problem appearing to be getting worse.

A new report released by the Canadian Institute for Health Information says 553 sponges, medical instruments and other objects were left in patients over that period.

That's a 14 percent increase between the most recent data collected and statistics collected five years earlier, and more than two times the average rate of 12 reporting countries, including Sweden, the Netherlands and Norway, which had the next highest rates.

The information was examined as part of a broad look at how Canada's health-care system compares to other member nations of the Organisation for Economic Co-operation and Development.

Tracy Johnson, CIHI's director of emerging issues, said the data only notes how often the mistakes occurred, not how or why. "Often they are smaller things and they may be things like clips or sponges," she said, suggesting the reasons are likely complex and multifaceted.



► Over 500 objects have been left in patients

"Some surgeries are long and complicated and if they have to change people during that surgery because some surgeries last a long time, it may be that things get missed because of that. It may be that they don't have protocols in place — surgical checklists are one of the things that are utilized to try and prevent many things happening.

"What we know is patient safety is complicated. People don't go to work to make mistakes, but these things happen."

Johnson said several peer countries, including the United States, the United Kingdom and Australia, do not report on cases where foreign objects are left behind, making comparisons difficult.

Murdered activist's daughter takes over

When Honduran environmental defender Berta Cáceres was brutally murdered, it was a stark reminder of the perilous work environmental activists face in one of the world's most violent countries. Although her grassroots movement suffered a tremendous blow following her assassination, Cáceres's children are committed to keeping her activism alive, chief among them Bertha Isabel Zúñiga Cáceres.

Cáceres relentlessly fought the construction of the Agua Zarca dam in the Gualcarque River, on behalf of the Lenca indigenous community and their sacred territories in Honduras's southwestern zone. Since 2017, Zúñiga Cáceres, an activist of Lenca descent, has been leading the National Council of Popular and Indigenous Organisations of Honduras (COPINH), the organisation her mother cofounded.

Zúñiga Cáceres, 29, knows she has big shoes to fill. She stopped her graduate studies and instead focused on finding the truth about her mother's death. Weeks after she assumed COPINH's leadership, Zúñiga and two of her colleagues were attacked by four men who brandished machetes



► Zuniga Cáceres is continuing her mother Berta's campaign

and rocks in an attempt to veer their vehicle off a cliff. Nevertheless, Zúñiga has pledged to continue to keep fighting for Hondurans' rights.

She said of heading the organisation: "It has been quite complicated. I had participated in this fight, but never from a management position. The murder of my mother had to do with ending the fight over our territorial defence, so keeping COPINH alive is a responsibility of all communities. The big challenge is that I am a young person for leading the organisation, so there are always doubts from many people outside. However, I have the ability to carry out this fight."

Philippines economy is rising

The Philippine economy grew faster than expected in the third quarter fuelled by stronger government spending, making it almost certain there won't be a need for more policy easing this year. The capital Manila has seen a huge increase in jobs and general prosperity.

Gross domestic product in the July-September quarter grew 6.2 percent from a year earlier, the statistics agency said, exceeding the 6.0 percent median forecast in a Reuters poll. That compared with 5.5 percent growth in the prior quarter.

On a seasonally-adjusted basis, the economy grew 1.6 percent in the third quarter.

An expected pick-up in government spending, slowing inflation, a rebound in farm output combined to lift third quarter growth.

The Philippines remains one of the fastest-growing economies in Asia, but rising uncertainties, including ongoing US-Sino trade tensions, had put this year's 6-7 percent growth target at risk.

Economic Planning Secretary Ernesto Pernia said the economy would need to expand by at least 6.7 percent in the final quarter to meet at least the bottom end of the growth goal.



► Manila's economy is thriving



► Cuba is attracting more Chinese tourists

Cuba relies on Chinese for tourism

The Cuban authorities are planning to double the number of Chinese tourists visiting the island in three years, while offering investment opportunities to the Asian country.

The attractions of Cuba as an "authentic and safe destination" were presented in China by Tourism Minister Manuel Marrero, who said that there are plans to increase the arrival to the destination of visitors from China.

The Cuban minister, who is on a working visit to China, participated in a promotional event where he also detailed business opportunities for foreign investment in the sector and outlined the potential of the Chinese market. The number of Chinese tourists to Cuba has increased con-

siderably in recent years to reach about 50,000 in 2018.

In order to double the arrival of Chinese travellers in three years, Cuba will appoint a tourism counsellor at its embassy in Beijing and will open a tourist office in Shanghai.

In addition, the Cuban Ministry of Tourism will declare 2021 as the year of tourist exchange between China and Cuba and will have China as a guest of honour at the island's International Tourism Fair that year. Marrero said they are working with the ministries of tourism of Mexico and the Dominican Republic to offer the Chinese public multi-destination tourist packages, and thus strengthen the offer.

Venezuela's crypto scheme feeds kids

Venezuela President Maduro suggested installing hen coops in classrooms to feed the country's starving children in a TV broadcast last month. It's a measure of the enduring humanitarian crisis that he's persistently insisted does not exist. And this stance, say aid workers, makes it impossible for international agencies, like UNICEF and the World Food Programme, to airlift and distribute the supplies that Venezuelans so desperately need.

Chicken is one of the former staples that has become a rare luxury for many in the inflation-torn country; a whole bird now costs a third of the average monthly wage. But a new initiative, PolloPollo, is hoping to put poultry, and other groceries back on the table once again. PolloPollo uses blockchain to deliver on its promise and also to address questions of transparency and accountability that have been levied against other donation programs.

Aid recipients don't even need a smartphone. They simply must register



► Many Venezuelans are starving

on the platform's website and post a request.

There, suppliers advertise bundles of produce - \$5-worth of chicken or a \$4 grocery combo, for example.

When a third party responds to the request and donates on the platform, the person requesting food gets a text message or an email. They then pick up and digitally sign for their supplies from a food retailer or producer nearby.

The shop or farm then receives payment for the produce in "bytes," the cryptocurrency of the Obyte platform PolloPollo is built on.

The final step is when an Obyte representative visits the supplier and converts the cryptocurrency into Venezuelan Bolívares, or another crypto.

Tories promise more doctors

The Conservative party says it will deliver 6,000 more doctors in general practice in England by 2024-25 to increase patient appointments, if they win the UK election on Dec. 12. It is one of many promises on the National Health Service the Tories are making.

They claim they will reach that target through additional doctors working and training in surgeries, international recruitment and better retention.

However, Health Secretary Matt Hancock admitted a previous Tory pledge to recruit 5,000 GPs by 2020 had not been met.

Labour leader Jeremy Corbyn said: "You can't trust the Tories on the NHS." He said despite the Conservatives' previous promise of more general practitioners made in 2015, general practice numbers have declined.

Labour has said it wants to expand GP training places from 3,500 to 5,000 a year to ease the burden on GPs. The Conservatives say their plan would see the current tally of 3,538 GPs in train-



► There is a huge shortage of doctors in the UK

ing every year rise by about 500 each year over the next four years.

And recruiting more GPs from overseas while improving efforts to retain current staff would lead to a total of 6,000 more doctors than there are now, they claim.

But it is not yet clear how this will be achieved.

In 2015, the then health secretary, Jeremy Hunt, pledged to have 5,000 more GPs working in the NHS in England by 2020. Hancock acknowledged GP numbers had in fact decreased since 2015. "The numbers are now rising but I want them to go much further."

Brady won't let teammates relax

The New England Patriots look likely to reach yet another Superbowl. They are comfortably atop the American Football Conference, but star quarterback Tom Brady constantly reminds them that they haven't achieved anything yet.

The Patriots hit their bye week at 8-1, but to reach the playoffs and a shot at a second straight Super Bowl title and third in the last four years, he insists that there is plenty of work to do.

"It hasn't all been perfect, but 8-1 — I don't think anyone is going to complain about that. I think our entire season is determined by what happens from this point on," Brady said. "We've had our ups and downs; certainly our defence has been playing great, and offensively, I hope we can get some continuity and grow and learn. Become the version that we'd all expect ourselves to become."

"We're ready to attack the second half of the year and play our best football," he added. "This is our chance, this is our opportunity. We put ourselves in a good position, but everything is ahead of us. It's our choice — what are we going to be?"

Five of New England's seven remaining games come against teams in the playoff hunt, including matchups with the Houston Texans (6-3), Kansas City Chiefs (6-3), Dallas Cowboys (5-3) and another clash against AFC East foe the Buffalo Bills (6-2). Brady said those will present a great opportunity for the Patriots to get sharp in anticipation of the playoffs.

"We are playing some tough teams — three divisions leaders and two teams right behind division leaders. Sounds like five playoff games to me, and we'll see how we measure up," he



► Tom Brady's work ethic has not diminished at 42



► Mohamed Sanu has fitted in quickly at the Patriots

said. "We have to learn from the things we've gone through and figure out who we are, what we do well. If we play to those things, I think they'll be good outcomes."

If it seems like Brady is being a little tough on a team that has lost just once this season, he's only doing so in preparation for what's to come. Despite being 42 and rich beyond most people's comprehension, Brady is still incredibly motivated to win more championships which is why his work ethic is like a rookie struggling to establish himself.

Brady, of course, relies heavily on his receivers for success. He said of Julian Edelman: "He's everything you look for in a player, and you need guys who can really set the tone. With Julian, it's high toughness, his fighting for extra yards. Getting the ball in the end zone against Cleveland on two scramble plays, where

he could go down at the one, but he fights across the goal line — plays like that where it's a physical-mental mentality that allows you to continue to overachieve."

On new receiver Mohamed Sanu: "He's done a great job. Any time someone is forced in in a short period of time, it's hard to learn an entire offense that most guys are learning in March. Every team has nuances, and I certainly have a way that I like the receiver to play, so it's hard to get someone up to speed in a very short time. But he's done everything we can expect and more. His hands, his after-the-catch, his toughness; we're definitely going to have some fun in the second half of the year as he gets more comfortable and confident with what we're doing, and we gain more of a shared vision. I think our chemistry is going to keep improving." 🌐

Windies triumph in one-dayers at last

West Indies beat Afghanistan by 47 runs on Saturday to claim their first one-day series win in more than five years.

Windies bowlers took control amid an invasion of moths. Sheldon Cottrell, Roston Chase and Hayden Walsh each took three wickets as Kieron Pollard's side wrapped up the three-match series with a game to spare. Afghanistan have now lost 11 One-Day Internationals in a row.

Wicketkeeper Nicholas Pooran hit 67 off 50 balls to put backbone in the West Indies innings. Openers Shai Hope (43) and Evin Lewis (54) put on 98 for the first wicket, but the batsmen then lost their way until Pooran's man of the match fireworks that included three sixes and seven fours.

Pooran admitted it had been a "critical situation" when he came in. He helped take the score from 156-4 to 242-8. The Afghanistan innings was overshadowed

by tens of thousands of black moths and flies that took over the floodlit Ekana Stadium in Lucknow.

Dark clouds of insects rose up every time the ball hit a boundary rope and several West Indies fielders wore masks. The moths caused problems for bowlers and batsmen, and Pollard twice spoke to the umpires about the nuisance.

"I've never played with so many flies around," said the West Indies captain after the game. "Health is very important, so something's got to be done about that."

The third and final one-day game was on Monday but there are T20 games and a Test to follow — all in the same stadium.

Walsh took three of the last four wickets to fall. Pollard said it had been a great relief to finally win a one-day series for the first time since August 2014 when Bangladesh were the victims. 🌐



► Nicholas Pooran hit an impressive 67



► LeBron James is playing like an MVP contender

LeBron's summer break pays dividends

LeBron James got completely away from basketball in the summer to film "Space Jam 2." The break evidently did him good because his form has been sensational, as if his 2012 MVP self came back for this season.

After the longest summer rest he has had since 2005, James has a renewed energy, playing his best basketball in years — which considering his already high standards is incredible. It's been a renaissance season for the Lakers and for LeBron personally as he continues to win the battle against Father Time.

Does that mean he's going to take some load management days to keep fresh as he approaches his 35th birthday on Dec. 30? "If I'm hurt, I don't play. If not, I'm playing," LeBron said after the Lakers picked up a 95-80 win against the Miami Heat. He went on to talk about the battles he used to

get into with Tyronn Lue in Cleveland about rest and nights off.

That's the public image. However, eventually the Lakers will be looking to get LeBron some load management nights — even if they don't call it that, much like the Clippers and NBA said Kawhi Leonard was not healthy enough to play. Lue and the Cavaliers did force some rest and they won a title.

When asked what he does to maintain his longevity, LeBron joked: "Wine... It ages well."

He also gave a more serious answer. "I shot Space Jam for three months all summer and my call times were at 6:30 in the morning," LeBron said. "I was in the gym at 3:30, 4:00 in the morning before shooting 12, 13, 14 hours. I know how much I put into my craft." 🌐

Ruiz slims down for Joshua rematch

Andy Ruiz Jr caused a huge upset when he came in as a short notice replacement and took Anthony Joshua's heavyweight titles in June. Roly-poly Ruiz was so overweight and out of shape in his seventh-round stoppage of the muscular Brit that it looked almost comical. This time Ruiz wants to "feel light so it's easier to move on his feet" in the rematch against Joshua, according to his nutritionist.

Social media images have shown the world heavyweight champion looking slimmer and it has now been confirmed that he plans to whip himself into better shape before the rematch on Dec. 7.

"Andy's weight is coming down," his personal nutritionist and chef Zo's Meal Plans. "He's working really hard in the gym which is a factor. His diet? Fish, salmon, pasta on sparring days. Once in a while we have had a cheat day but nothing too crazy, man."

"The goal is to keep him eating clean, keep him eating healthily. Feeling light is what we're going for. We want to keep him light."

Ruiz weighed in at 267 pounds, 21 pounds heavier than Joshua, when they first fought in New York.

In the immediate aftermath of his shock victory, Ruiz vowed to enter the rematch with a better physique.

He received encouragement from WBC champion Deontay Wilder to get himself into better condition for the second fight. Wilder said: "I don't think he is one to dwell after obtaining a little taste of success. This is just the beginning, especially when you become a champion. You've got to stay hungry."

Meanwhile in Joshua's camp, sparring has been the key area of improvement as he bids to reclaim the IBF, WBA and WBO belts.

"Sparring is something we've been working at," promoter Eddie Hearn said. "First time around we only had four weeks, and three weeks of sparring. We found guys but probably not the guys we really wanted." 🌐



► Andy Ruiz Jr is in better shape this time

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 37 Humanitarian aid
 - 1 Whirl
 - 5 Lake society makeup
 - 10 Euro divisions
 - 12 Une-scorted
 - 13 Misleading clues
 - 15 Genesis woman
 - 16 "The Last Jedi" heroine
 - 17 Have lunch
 - 18 Like duck feet
 - 20 Bobsled's kin
 - 21 Dazes
 - 22 Commentary piece
 - 23 Printer's proof
 - 25 Checkout act
 - 28 Tirades
 - 31 Folder features
 - 32 Address of "Dr. No"
 - 34 French friend
 - 35 Casino card
 - 36 Grenade part
- DOWN**
- 1 Threaded fastener
 - 2 Irritates
 - 3 Owing
 - 4 Utmost
 - 5 Cautious
 - 6 Boxing great
 - 7 Get in shape
 - 8 Hire
 - 9 Sat for a spell
 - 11 Peaceful
 - 14 Lumber tree
 - 19 Singes
 - 20 Diving birds
 - 24 Least common
 - 25 Stiffness
 - 26 Phone feature
 - 27 Tolerates
 - 29 Elvis's birthplace
 - 30 Moves stealthily
 - 33 Nervous
 - 35 Prepares for war
 - 38 Topper
 - 39 Lot sight

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S	A	X	E	S		N	E	T	S		

Yesterday's answer

SUDOKU

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

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

9/30

Answer to previous puzzle

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

Difficulty Level ★★★★★

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

11-13

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

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

- Breakfast
- Brew
- Ceylon
- Chamomile
- Darjeeling
- Earl Grey
- Filter
- Green
- Herbal
- Iced
- Infusion
- Jasmine
- Leaves
- Lemon
- Mint
- Oolong
- Pekoe
- Pot
- Steep
- Sugar
- Tea bag
- Tisane

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