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UK MANIFESTO MANIFESTATIONS

Government launches 'Caymanians 2025'



► Proposed CBF with ships at berth

Caymanians 2025 is a new information sharing initiative led by Premier Hon. Alden McLaughlin.

Premier Hon. Alden McLaughlin stated "I believe it is essential for all of us to take part in the debate about Cayman's future. And in encouraging you to take part, I recognise that as Premier I have a special responsibility to make sure that you are well-informed about the choices we face and that you are able to get answers to your questions. Therefore

today we've launched an important, new initiative to get information directly into your hands, and to give you the opportunity to get your questions answered - Caymanians 2025 mobile app."

Caymanians 2025 mobile app is available in both the Apple and Android app stores and it is free to download onto any smart device.

Link to Android store: <https://play.google.com/store/apps/details?id=com.app.caymanians>

Link to Apple store: <https://apps.apple.com/ca/app/caymanians-2025/id1487324982>

Facebook: facebook.com/caymanians2025

Twitter: @caymanians2025

Instagram: @caymanians2025

Email: contact@caymanians2025.com

Mr. McLaughlin continued "The Government is doing much to ensure that

... Continued story on page A10

Christmas in Cayman

By Lindsey Turnbull

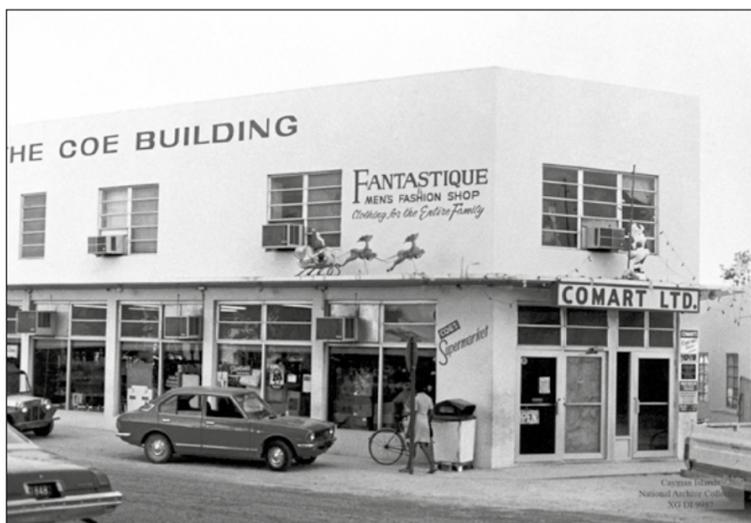
The happiest time of year is almost upon us, and Cayman has been gearing up for the festive season with roundabouts becoming bedecked with decorations and lights, shops and offices sporting tinsel and trees and supermarket shelves heaving with Christmas candies and other goodies.

Christmas has been celebrated as a special time of year in the Cayman

Islands for as long as can be remembered, particularly in the last century when it was a time when the seamen of the family would do their best to be home for the holidays.

In the book, Cayman Yesterdays: an album of childhood memories, compiled by Heather R. McLaughlin, Captain John Hurlston told of the lengths he would go to, to get home for Christmas.

... Continued story on page A9



► Christmas decorations - Comart Ltd., George Town, 1975 (Photo credit: the Cayman Islands National Archive Photographic Collections)

Small Business showcase at Saturday Night Live



► Local food from restaurants and businesses will be served at the event

A special small business edition of Saturday Night Live in GT will take place over Cayman Thanksgiving weekend, November 30 on Cardinal Avenue, 5:00 p.m. to 12:00 a.m.

The event, which is part of the George Town Revitalisation Initiative, is being hosted in collaboration with the Cayman Islands Small Business Association (CISBA) and Cayman Thanksgiving.

A key feature of the event will be the involvement of some 20 small businesses that will showcase their products and

... Continued story on page A4

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1:00 PM - 7:00 PM
BATABANO PLAZA
WEST BAY

EDITORIAL

Cayman's port – all of our futures?

The discussion surrounding the planned development of the cruise and cargo port project is one that shows no signs of dying anytime soon.

Whether on social media, radio, in our homes, offices or coffee shops, the debate runs rampant about the pros and cons of government embarking on such a project.

"Cayman's Port. Cayman's Future" declares a group of pro-port advocates on their Facebook page, while the melodious and infectious tune of "support our port, support our future" linger via the radio airwaves, as advertisements and public service announcements explain to the community why government is adamant that the project is desperately what the country needs at this time.

On that side are many touted economic benefits, including sustained cruise visitor arrivals and the jobs that will be required to service the tourist numbers based on those projections.

Meantime, the grassroots driven movement of the anti-port campaigners is pressed hard and made its case for a referendum, largely concerned about the environmental impact of the reefs that sit on the seabed off the main harbour for these Islands, as well as questions related to the vast spending required. The potential impact of those two factors, should they be detrimental, is what the anti-port campaigners want considered.

It is safe to say that most politicians are hanging their political futures on the port. Those in the current Unity Government say this will ensure continues economic development of



one of Cayman's most vibrant sectors outside of financial services. Others are wary that public monies are spent elsewhere and not dumped in the ocean, so to speak.

At the time of writing, it was clear that government is undeterred by those planning to vote to determine whether the project should proceed. Campaigners for the referendum were resolute that they have done what was necessary to trigger a national vote. They will have their say on December 19th.

What the Caymanian Times is pushing for is continued robust debate with facts and transparency so the public can best be armed with the information needed to make the best decision possible and to know the details required to hold those in and seeking elected office accountable.

Life will continue after December 19th, but we believe that both sides will have expended a considerable amount of political capital to reach this point. We can agree to disagree, and all must come together after this vote for the good of the Cayman Islands no matter what the outcome will be.

For now, the campaign continues.

COMMUNITY NOTICES

DEH Bulk Waste Removal Campaign Begins

The Department of Environmental Health (DEH) commenced its annual bulk waste removal activity in the Eastern District on Saturday, 16 November 2019 and will conclude in West Bay on 20 December 2019.

The DEH bulk waste removal schedule for the Cayman Islands is as follows:

- Grand Cayman:**
 - North Side, East End - November 16-22
 - Bodden Town District - November 23 - December 6
 - George Town - December 7-13
 - West Bay - December 14-20
- Cayman Brac:**
 - East (starting from Public Works) - December 4
 - West - December 6
 - Southside - December 11
 - General round up - December 13
- Little Cayman:** December 18

DEH advises the public to place bulk waste on the kerbside before the district's scheduled collection date. Place bulk waste in an area that is easily accessible to DEH collection crews and does not obstruct the roadway. DEH will not collect any items that are put out after scheduled dates.

Bulk waste refers to large items such as old furniture, tyres and metal items



that are not collected as part of the DEH's weekly residential pick-up services.

Metal waste must be separated from other bulk waste items. Metal waste includes old appliances, metal furniture and metal roofing.

Vegetative waste, as well as construction and demolition debris will not be collected during the bulk waste removal activity. Please make alternate arrangements to transport these items to the nearest landfill personally or utilize a private service provider.

Please call the DEH at 949-6696 for additional information about its 2019 Bulk Waste Removal activity. Individuals may also send an email to dehcustomerservice@gov.ky or visit the DEH's website at www.deh.gov.ky.

Get Set to Vote - Mobile & Postal Voting

Registered voters who will be off-island for the referendum or unable to visit a polling station on the day are still able to vote either by postal or mobile voting.

For more information about how to apply for postal or mobile voting,

please visit www.Elections.ky, call 949-8047 or visit our new office at 68 West Bay Road, Bay Town Office Suites, George Town.

The deadline for postal and mobile voting applications is Saturday 7th December.

COMMUNITY NOTICES

Students late but safe to School Monday morning

Delayed School Bus Services in the Eastern Districts due to Motor Vehicle Accident.

The Department of Education Services (DES) advises the parents, guardians, students and wider community that several school buses experienced delays in transporting students to school on Monday morning.

This delay occurred after an accident involving a school bus owned by the JerNat Bus Company. The accident occurred after a motorcycle collided with the bus as it exited its Mimosa Lane compound on to the main road.

The other buses that remained in the depot were impeded from exiting the compound for some time, as a result of the blockage caused by the accident.

Fortunately, there were no students on the bus at the time of the accident, nor were any students injured or harmed in any way. All buses have since been dispatched to their regular routes.

The DES will keep the public informed of any developments in this situation. The RCIPS has released an official statement about the accident.

Needs Assessment Unit: Office Closures Through January 2020

The Needs Assessment Unit (NAU) is advising the public of its upcoming office closures, on Grand Cayman and Cayman Brac:

- Thursday, 28 November** - Offices closed at 3 p.m. for a staff meeting
- Thursday, 5 December** - Closed at noon for staff event in Grand Cayman. Closed all day in Cayman Brac (ONLY)
- Friday, 6 December** - Offices closed for staff event
- Thursday, 19 December** - Offices closed for Referendum Day

Holiday office closures:

- Tuesday, 24 December** - Offices closed at noon for Christmas Eve
 - Wednesday, 25 December** - Offices closed for Christmas Day
 - Thursday, 26 December** - Offices closed for Boxing Day
 - Tuesday, 31 December** - Offices closed at noon for New Year's Eve.
 - Wednesday, 1 January** - Offices closed for New Year's Day
- Normal office hours will resume on **Thursday, 2 January 2020.**

Campaign Underway To Stop Gender-Based Violence

The Gender Affairs Unit (GAU) is currently partnering with other agencies to stage 16 Days of Activism Against Gender-Based Violence.

Launched on Monday (25 November 2019), (International Day for the Elimination of Violence against Women and Girls), the global campaign runs until December 10, (Human Rights Day). Along with the Family Resource Centre (FRC), the CI Crisis Centre (CICC), Colours Cayman, and the Business and Professional Women's Club (BPW); the GAU is on the campaign's local organising committee. This year it is asking the public to stand united against blurring the lines around sexual consent, victim blaming, and excusing perpetrators.

2019's Worldwide theme is "Orange the World: Generation Equality Stands Against Rape!"

To promote awareness and encourage debate about the largely taboo subject of sexual and gender-based violence (SGBV), the public is encouraged to:

- Buy promotional items** to benefit the CI Crisis Centre's sexual abuse programmes - **Wednesday, 27 November; Government Administration Building, 11.30 a.m. – 1.30 p.m.**
- Participate in # Orange the World Dress for a Cause Day - Friday, 29 November (Group Photo at Government Administration Building front steps, 9.15 a.m.)** - Wear orange to show solidarity with survivors in eliminating all forms of violence. Orange symbolises a brighter future, free of violence.
- Attend the **Panel Discussion on Rape Culture - Monday, 2 December, Constitution Hall, 6 p.m.**
- Learn more about the campaign and 16 ways to reduce rape culture, follow **#OrangeTheWorld, #GenerationEquality, #LearnToLove** and visit <https://bit.ly/34c9o9j>

"Exact numbers of rape and sexual assaults are notoriously difficult to confirm due to impunity for perpetrators, stigma towards survivors, and their subsequent silence. So, this

worldwide observance is used as an organising strategy to call for the prevention and elimination of violence against women and girls," said GAU's Senior Policy Analyst (Gender, Diversity and Equality), Karlene Bramwell.

"Our aim therefore is to open the conversation, educate the public with regards to prevention, action and response and to advocate for victims and survivors", she concluded.

The Royal Cayman Islands Police Service figures for the various types of sexual crimes since 2015 are as follows:

Crime	2015	2016	2017	2018
Rape	11	12	17	17
Attempted Rape	2	2	1	3
Indecent Assault	N/A	39	35	25
Defilement	7	11	7	9
Total	20	64	60	54

NOTE: Gender-based violence is deeply rooted in gender inequality, and is one of the most common human rights violations in all societies. It is perpetrated against a person's will and is based on gender norms and unequal power relationships. It can be physical, emotional, psychological, or sexual in nature, and can take the form of a denial of resources or access to services, resulting in economic harm. SGBV harms women, girls, men and boys; while disproportionately affecting the former.

Rape, as a specific physical form of violence against women and girls, is rooted in a complex set of patriarchal beliefs, around power and control that continue to create a social environment in which sexual violence is normalised. Such "culture" is perpetuated by misogynistic language, objectification of bodies, and by the glamourisation of violence. Behaviours associated with rape include victim-blaming, sexual objectification, trivialising rape, denial of widespread rape, or refusing to acknowledge the harm of sexual harassment or assault.



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Every US\$100 purchase at any Kirk Freeport store made before noon on December 24th qualifies for all prize draws! Winners will be announced on CayRock 96.5 FM and HOT 104.1 FM in the afternoon, and X107.1 FM and KISS 106.1 FM during the breakfast shows the next day.

RULES AND REGULATIONS: Minimum US\$100 purchase to enter. One entry per purchase. Receipts can be combined to reach US\$100 requirement. Winner must claim prize at Kirk Freeport on Cardinal Avenue within 7 days of announcement. Non-winning valid entries from Kirk Freeport Christmas Sweepstakes will be included in the Rolex Drawing. Kirk Freeport employees and immediate family members are not eligible to enter.

Entries begin 5pm, Thurs 28th Nov

Friday 6th	US\$5,000
Friday 13th	US\$5,000
Monday 16th - Friday 20th	US\$1,000 each day
Tuesday 24th	US\$5,000



ROLEX

Rolex giveaway is on January 2nd, 2020.

SATURDAY NIGHT LIVE IN GT

SAT. 30. NOV | 5PM – 12AM
CARDINAL AVENUE, GEORGE TOWN



“Small Business Edition”

Live music | Local food | Shopping for holiday goods
Special performances by Gimistory and lots more fun!



Join us for a *Celebration of Thanksgiving!*

Come and show your support for our local small businesses!

In association with:



Small business edition of Saturday Night Live in GT – November 30

... Continued story from page A1

provide the opportunity for people to do their holiday shopping. There will also be local food, performances by Gimistory, University College of the Cayman Islands Pandemix band, Latin jazz quintet, ¡Pa'lante!, among many others.

George Town Manager and Revitalisation Coordinator Colin Lumsden states, “Saturday Night Live in GT is about creating a space to celebrate our people, residents and our businesses, so we are excited about this small business edition and the vibrancy it will provide for the business community”.

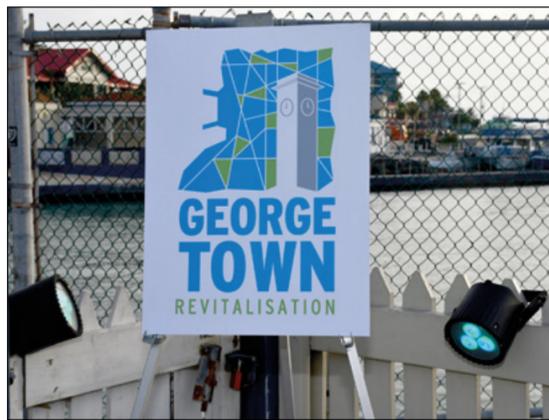
President of the CISBA, Dawn McLean-Brady expressed her gratitude

to the Ministry of Commerce, Planning and Infrastructure which oversees the revitalisation initiative. “We are excited about this collaboration. The Minister Hon. Joey Hew and his staff continue to throw their support behind small and micro sized businesses. The aim of this edition of the event is to support small enterprises on CISBA’s small business Saturday, which falls on 30 November. This is the same weekend as Cayman Thanksgiving, a national celebration that supports the theme of shopping small and local”, she emphasises.

She further notes, “The holiday season is almost here, so this event will give people a jump start on their shopping. We really hope that come 30 November,

everyone will shop small and just enjoy the atmosphere at Saturday Night Live in GT”.

The George Town Revitalisation Initiative is aimed at creating a modern downtown atmosphere. It also emphasises sustainability and quality of life for the George Town community promoting walkability and connectivity and diversifying downtown through mixed-use zoning.



► Saturday Night Live in GT is part of the George Town Revitalisation Initiative to create a modern waterfront atmosphere



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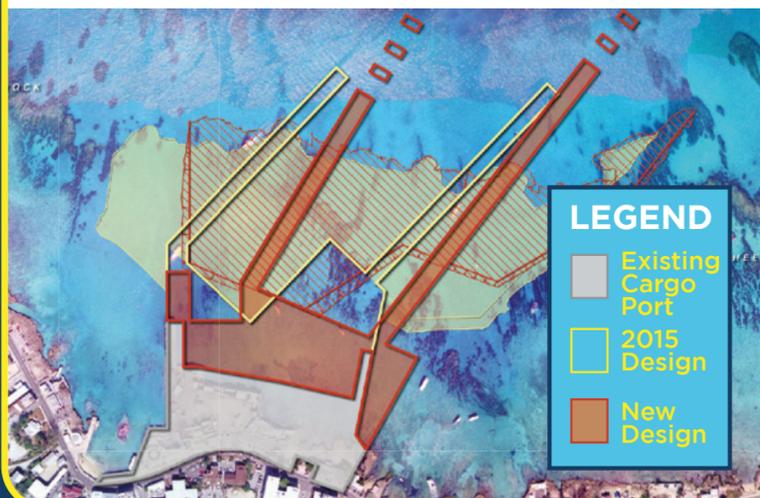
MEETINGS START AT 7PM

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TUESDAY 26th November
Bodden Town Civic Centre

EAST END
TUESDAY 3rd December
East End Civic Centre

NORTH SIDE
THURSDAY 5th December
North Side Civic Centre

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'Dancing for a Cause'

"One more time!"
Echoing from behind closed doors and drawn curtains you will hear the sounds of familiar music and the words 'One more time, let's do it one more time'.

As the Cayman Rockettes takes to the stage 'one more time' is replaced with the instruction 'Get in line!'

Miss Jackie's School of Dance the oldest dance school celebrates 46 years of teaching dance in the Cayman islands. The Company along with some of the junior members of the School are in full swing rehearsing for their show amply named 'Dancing for a Cause'

Music wafts out from under the door of the Studio and transports you down memory lane as you hear the familiar tune of Tchaikovsky's Sugar Plum Fairy to the haunting melody of II Divo's Halleluiah.

See puppets come alive to the kicking line of the Cayman Rockettes. This will be a wonderful Christmas event for the whole family,

Miss Jackie and her dancers are hard at work raising funds for one of their many charities Fr. Ho Long's 'Missionaries of the Poor'. In October they were seen

in Jasmine's 'Voices around the World' and at the end of November they will once more perform at the Pink Ladies Bazaar.

All Proceeds from 'Dancing for a Cause' will be donated to 'Missionaries of the Poor' and a portion of those funds will be retained in Cayman for 'Missionaries of the Poor Associates' to assist with the needs of our local community.

The show will take place one day only but two shows 3pm and 7pm on Saturday 14 December 2019 at the Harquail Theatre.

A donation of \$30 will secure a seat at both the 3pm and 7pm show. Donations of \$15 will allow a child under 12 into the 3pm show. There will be no children's prices at the 7pm show.

Also available are batch of 10 tickets for \$250

The School is seeking corporate sponsors for any amount large or small! Donations of CI\$250 will receive 10 tickets to give to coworkers, family or friends. What a wonderful Christmas gift ... giving to an amazing worthy cause while getting a great evening of en-



tertainment in return. Of course, larger donations are more than welcome and appreciated!

You can visit www.Missionariesofthepoor.org for more information about this incredible Missionary service.

For more information on Dancing for a Cause you may Email petique@candw.ky

APF organises a two-day training session

The Alex Panton Foundation (APF) is pleased to announce that over the last month it organised a two-day training session for teachers as part of the rollout of its Emotional Literacy Program called "Zippy's & Apple's Friends", in partnership with the UK Partnership for Children. The Foundation trained a total of 25 participants for the Emotional Literacy Program (18 teachers and 7 master trainers). This Program is offered FREE of charge, thanks to funding received from the APF's generous donors, including the Dart Grant, and Cayman Billfish Rundown tournament winners who voluntarily donated a portion of their winnings to assist the APF in furthering its mission. These donations will cover the first year of the program's materials and operations. The APF will continue to fundraise to offer this program well into the future.

Out of 32 countries who have implemented this program worldwide, The Cayman Islands is the first to secure the license for both the mainstream and Special Educational Needs & Disability (SEND) pathway from the beginning of implementation. This ensures equal access and opportunity for all children, regardless of ability or need. Additionally, the Cayman Islands is one of only 5 countries in the world to implement the SEND program, in line with the Cayman Islands Disability policy, which aims to improve inclusion and equal access to health care, including mental health care.

The APF is honoured to collaborate with the Department of Education to implement the Emotional Literacy Program in the Light House School and Sir John A. Cumber Primary School, along with private and NGO partners such as

the YMCA, Special Needs Foundation Cayman, Cayman Learning Centre, Star Fish Village, and Footsteps.

Dr Catherine Day, a consultant clinical psychologist, and one of the two leads for the Emotional Literacy Program, said, "We hope that this program will enhance schools' existing social and emotional curriculums, benefiting children with additional needs by providing holistic care."

"The program focuses on story/activity-based programs, giving children the opportunity to explore and develop skills to cope with difficulties; these skills in turn would have a lasting effect into adulthood," said Dr Xenia Goddard, Therapist and mainstream lead for the Emotional Literacy Program.

The program places emphasis on building resilience, increasing empathy and cooperation, and reducing bullying by improving classroom climate.

To learn more about the Zippy's and Apple's Friends Program or the SEND Program, or for more information on upcoming events, please visit our website at www.alexpantonfoundation.ky or contact info@alexpantonfoundation.ky.

About the Alex Panton Foundation

The Alex Panton Foundation (APF) is a non-profit organization, founded by



Wayne and Jane Panton in memory of their son Alex who succumbed to the effects of severe depression at aged 16. The APF's mission is to improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support. One of the aims of the APF is to provide hope and educational resources to those suffering from anxiety, depression and other mental illnesses. APF also provides information and support to friends, family, teachers, students, carers and the wider population through various forums and seeks to address discrimination and the stigma of mental illness.

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Christmas Lighting Safety Tip

When decorating outside, make sure and use Christmas lights and extension cords that are designated for outdoor use only. If you use indoor-rated products, they may not be able to withstand the unpredictable weather conditions.

CUC You've got the power

Contact 911 in the event of an electrical emergency

DOT Presents Media Plan 2020 to Stakeholders

The Cayman Islands Department of Tourism hosted stakeholder meetings to present the destination's 2020 USA Media Plan. KSM, the newly appointed media agency of record for the USA, outlined the framework of the media strategy along with key learnings and tactical methodologies to target key markets.

The two information sessions were held on Thursday, 21 November 2019.

Participants included owners, general managers, directors and managers of sales and marketing of various tourism industry partners.

This annual opportunity provides stakeholders a first hand knowledge about the strategic approach to media buying and to encourage partnerships between the tourism industry and CI-DOT.



► Senior members of the KSM team along with USA Country Manager for the CIDOT Tom Ludington (far right)



► (L-R) Brooke Bonnem, Katie Kieft, John Lichter & Mike Lewis, speaking with stakeholders following the afternoon presentation

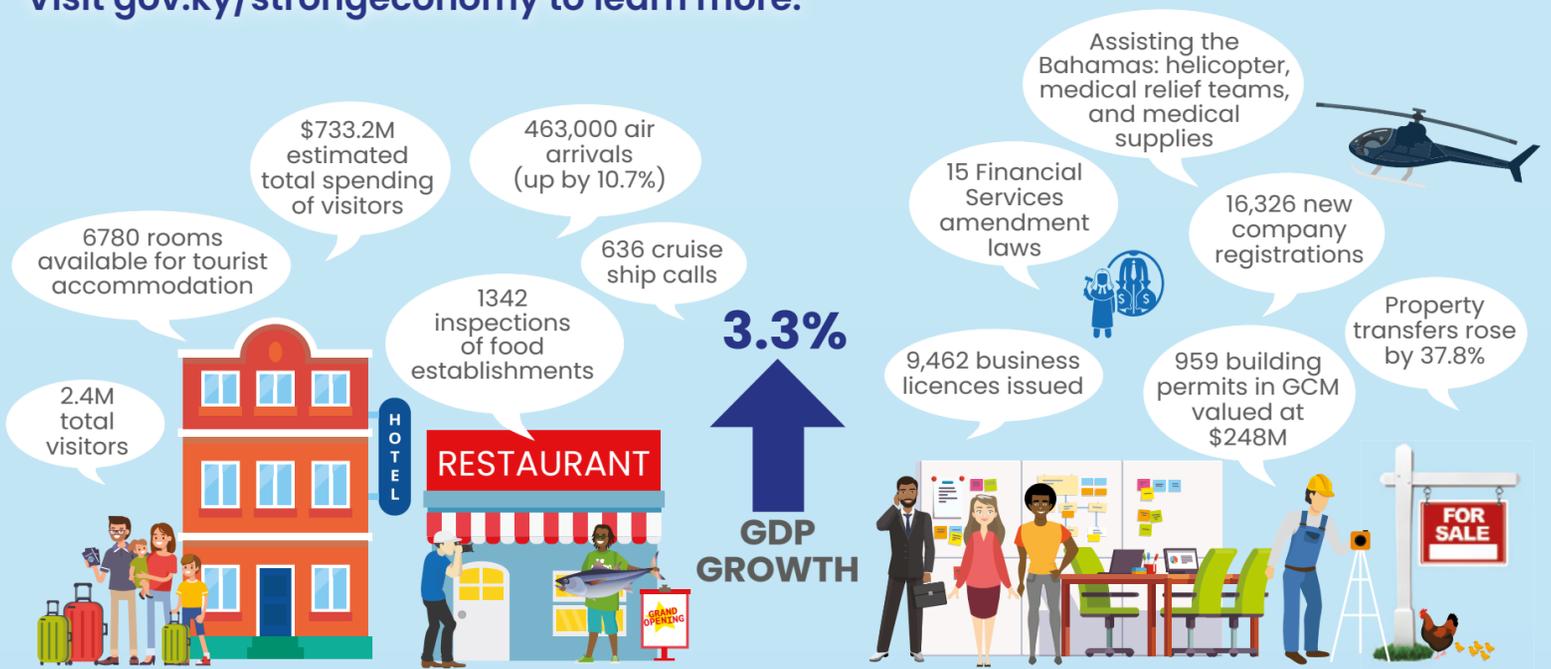


CAYMAN ISLANDS GOVERNMENT

A strong economy WORKING for YOU

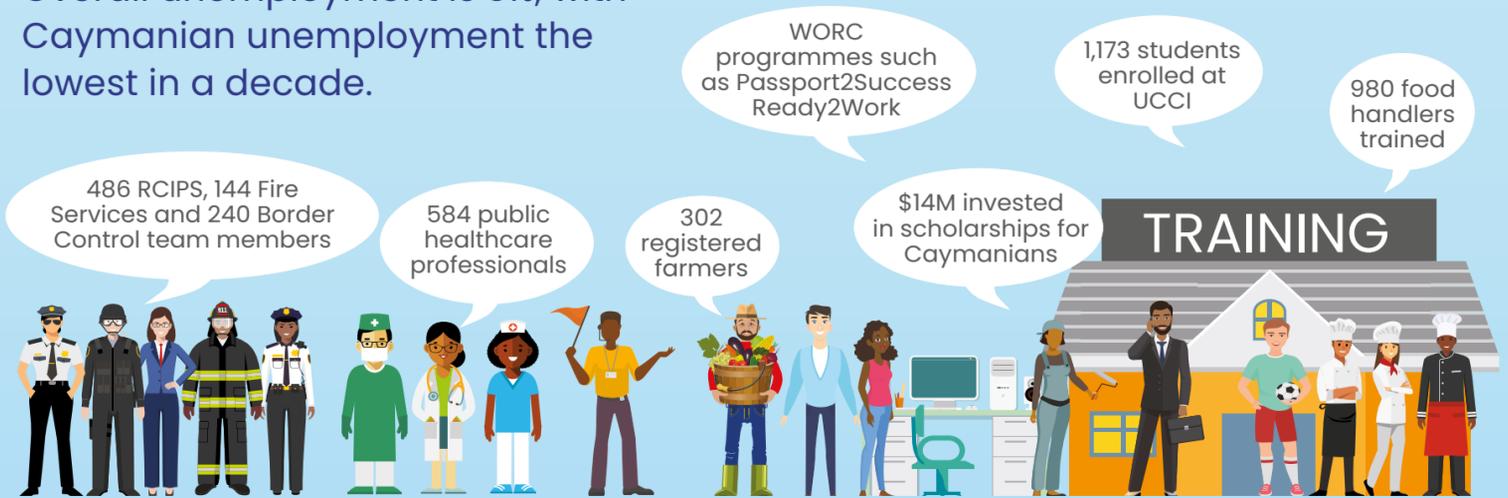
We can all be proud that Cayman's economy and public services are in good shape. This is a combined effort of public, businesses and government all working together. Strong public finances work to ensure that Caymanians benefit from the opportunities of a strong economy and that our country continues to be a great place to live, work and invest and that we play our part on the global stage.

Visit gov.ky/strongeconomy to learn more.



The Cayman Islands' gross domestic product (GDP) expanded at an estimated rate of 3.3%, higher than the 3.0 percent growth recorded in 2017.

Overall unemployment is 3%, with Caymanian unemployment the lowest in a decade.



Doing the Maths

The government posted its sixth consecutive year of surplus in 2018, which, at \$170M, was also the highest surplus on record. Effective management of public finances helps the country invest in its future by reducing debts and putting money aside for emergencies such as hurricanes.



REVENUE
from fees, licences, duty and taxes

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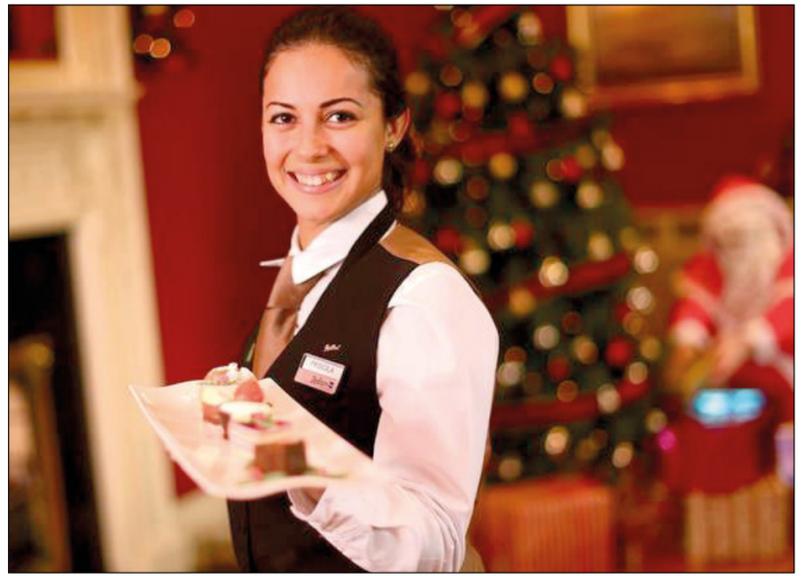
EXPENDITURE
on public services and investments

=



SURPLUS
(if we are careful)
used to address debt + set aside for emergencies





Celebrate Hospitality Employee Recognition During the Holidays

The holiday season is one of the busiest times of the year for many hospitality and tourism businesses.

And, while managers may be stressed... Showing employees some appreciation for the work they've done throughout the year is highly recommended.

We all know that receiving recognition for hard work feels good. In fact, research has shown that feeling appreciated is one of the top positive motivators in the workplace. In one poll, 65% of employees claim that their bosses don't care about their wellbeing. In that case, rather than work in a stressful environment, capable employees prefer to leave.

Employee recognition comes in a wealth of different forms. Recognition-focused events such as team building, brainstorming sessions, games, and special working days (e.g. Mojito Monday's) contribute to the level of motivation and engagement employees get at the workplace. And, what better time to recognize employees than the Christmas holidays.

Whether working in a restaurant, bar, hotel, etc. during the holidays, we know there is little time to breathe, much less stop and celebrate. As a business owner or manager, it might be a good idea to take the time- anytime - to show heartfelt appreciation to the people that try every day to increase your business's

profitability. Get into the festive spirit with them and allow them to loosen up during the holidays; especially if you can't afford to give everyone time off.

Some choose to close the doors early one day a year making time for their employee party, some offer two parties giving different shifts a chance to attend. The owner or manager of the business sets the mood. Invite employees to participate and make sure they are as relaxed as possible.

Some have moved away from a party and just pass out gifts during the working shifts.

To an employee, a reward means that the job performed up to a certain moment is satisfactory. Feeling appreciated instills a sense of commitment and it drives people to work harder, strive to attain goals and grow professionally. Rewards accrue loyalty and the people in your business will become more attached to your mission statement. Both tangible and intangible gifts are appreciated.

Whatever you chose to do, make the time to recognize your team during this season of giving and love. This is a wonderful way to start out the new year on a positive note with an empowered and engaged team.

Here are 10 ways to celebrate employees this holiday season:

- Give employees an experience that takes place outside the business walls. A festive ambiance might be an oppor-

tunity for them to share thoughts they haven't yet had the courage to share.

- Have the late shift come in 20 minutes early to allow the earlier shift to complete a quick white elephant or other fun gift exchange (you provide the gifts)
 - Give each employee a gift card; how about a foot massage for those long
 - Holiday shifts?
 - Hand write each employee a holiday card sharing why you are grateful for them
 - Take them out to eat- to an establishment other than where they work
 - Create a holiday board listing each employee, their family, and their favorite holiday tradition
 - Print and frame a certificate awarding each employee for their hard work, example: Rookie of the year, Mr. Punctual, Best Dressed, Top Sales, etc.
 - Provide them a gift catalog and let them choose one item within a certain price range
 - Offer them a "paid time off" voucher good for one shift
 - Give them a living gift, something that they can revisit throughout the years to come, example: plant, ornament, etc.
- Regardless of what you choose, celebrating employee recognition during the holidays must be done right. Socialize and communicate with the team as often as you can, and they won't hesitate to tell



► Brooke Meyer is the managing partner of Caymera International

you want they need to feel more productive during business hours. The more attentively you can listen to them, the better chances you have to boost profitability and engagement in the New Year.

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

Volunteerism: The Moral Element

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

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

The literature on the subject says that volunteerism refers to a wide range of activities, including traditional forms of mutual aid and self-help, formal service delivery and other forms of civic participation, undertaken of free will for the general public good and where mon-

etary re-ward is not the principal motivating factor (Halski-Leventhal, 2011). At least four different types of volunteer activity can be identified within this conceptual framework: mutual aid or self-help; service to others; participation or civic engagement; and advocacy or campaigning.

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

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

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

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

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

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

In speaking to social inclusion and volunteerism, the United Nations says that 'the values inherent in volunteerism opens up diverse pathways for marginalized groups to overcome social ex-



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

clusion, while enabling them to become drivers of development action'.

In terms of basic services and volunteerism, The United Nations also explains that 'Volunteer action, when well facilitated, can be a particularly effective mechanism to foster support and complement the state provision of essential services across a number of sectors.' The sectors, it continues, include the provision of basic services such as clean water and sanitation, health care and primary and secondary education. These are key ingredients of human development and wellbeing.

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

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THEN & NOW

Christmas in Cayman

... Continued story from page A1

"Let's say, from the early part of the year you were planning to go home for Christmas, you would work, work all during the year, and then if you wanted to go home, you got permission from the shipping company so that you could go back to work with the same company. I always did that. Otherwise they would just give your job to someone else. We didn't get paid for the holidays," he said.

Snow-white Christmas

While Cayman has obviously never enjoyed snow at Christmas, there had always been a tradition to create a snow-like effect. Preparations would begin for the season as early as November or even October, when children would begin by backing sand, a process that involved youngsters collecting sand then distributing it in their yards. After the sand had been evenly swept across the yard, pink conch shells would be used to edge the space and add to the beauty of the festive outdoors décor.

Nurse Annie Bush, born in South Sound in 1901, recalled her childhood Christmases: "The yard was all covered in white sand. You had to begin by backing the sand from November and put in in...each child had her own little basket for the sand. And in the evenings after school and sometimes late in the night when the moonlight came, you would go out on the beach and bring your little basket of sand and dump it in the yard. That was one of the things we had to do on Christmas Eve morning, spread that sand off nice and smooth, and woe betide me or you if we walked on that sand before Christmas," she remembered.

In her book: Under Tin Roofs: Cayman in the 1920s, Aarona Booker Kohlman remembered the joy of decorating the yard in this way:

"The glistening white sand, the pink, lavender and yellow shells, and the richly variegated croton bushes around the house and yard blended into a truly festive sight for the holidays. These decorations cost no money, only time and labour that was turned into fun."

Parades, marching and races

The Cayman catboat would be part of the Christmas celebrations, with catboat races taking place along Seven Mile Beach. Marches were also a

popular way of having fun, whereby small groups of musicians playing anything from an accordion to a drum would march through the streets on Christmas night.

Christmas also marked a time when people would show off their new clothes. Aarona described the phenomenon:

"In Cayman it was the "Christmas Parade" rather than the Easter Parade, as everyone walked to church, the girls and women in new hats, new shoes and new dresses. Until adolescence, boys wore knee pants, so when a boy finally got his first pants, it was often at Christmas, and men sported new white suits, made by local seamstresses."

Gift giving

Youngsters in today's Cayman may be requesting I-phones, tablets or new Nike trainers from Father Christmas, but years ago the funds were just unavailable for lavish presents. An extract from the Cayman Islands National Archives Oral History interview with Ashley Godfrey, who was born in 1907, sheds some light on the type of Christmas presents youngsters could expect.

"Some Christmas they can give you, some Christmas they could hardly give you. On Christmas Eve night you'd put up a stocking somewhere in the house and next morning you go in and find a present there..... the most you used to get was... candies and fire crackers and so on," Ashley recalled.

Aarona Booker Kohlman wrote about how she embraced the Christmas season despite the limitation of resources:

"We had not brought any ornaments, and none were available at any store. A friend in the Isle of Pines had sent us a box of chocolate candies wrapped in bright red, blue, green or gold foil. I carefully smoothed out each piece of foil and covered cones from one of the two casuarina trees in George Town. Then I went to Merren's store and bought inexpensive, metallic ribbon in several colours. I wanted to have some sort of gift for people who came to see us, so I cut the ribbon in six-inch lengths, and printed "Merry Christmas" in India ink on each one. These I hung on the tree, and presented each visitor with a bookmark..." she wrote.

She continued: "I have a clearer picture of that scrawny little tree in my mind than of any other tree in my life, not because it was in the least pretty, but because it represented giving in love." 🌍



► Catboats used on Little Cayman, 1938 (Photo credit: the Cayman Islands National Archive Photographic Collections)

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► Christmas has always been a much-loved time of year, celebrated at Camana Bay with the annual Christmas tree lighting

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Government launches 'Caymanians 2025'

... Continued story from page A1

you have the information that you need to play a full part in the national debate. Not least in the current referendum, Cayman has important decisions to make and that is why in addition to the Government's efforts my colleagues and I have personally put together a resource (independent of Government) to help get the information you need into your hands. We're working hard to make sure it contains everything you need to know about the decisions that affect you."

Caymanians 2025 is about where we want to go next as a people of the Cayman Islands. The app is a portal for news, views and facts for all Caymanians.

There's information about ongoing programmes that relate to jobs, the economy, health, education, infrastructure, environment, housing, security, tourism, transportation and the Sister Islands.

"I'm inviting everyone in Cayman who feels their questions have not been answered. Ask me now" said Mr. McLaughlin "Ask me by posting on Facebook at Caymanians 2025; send me your questions on Twitter at caymanians2025, or simply email me at contact@caymanians2025.com I will answer your questions through the app, through social media and through a video podcast you will find on the YouTube channel, Caymanians 2025."

Inevitably, at this time, most of the questions being asked focus on the debate about whether Cayman should move forward with building the cruise berthing and enhanced cargo facilities. As time goes on, discussions will move on to other important issues that will guide our future.

Mr. McLaughlin continued "In the meantime, I hope you will agree with me that the referendum is not a matter to take lightly. It's our opportunity to take control over what happens to us today and tomorrow. I don't want any of us to



► George Powell, Business Owner

feel we were not prepared to make this decision. Please use the mobile app, use the email, reach out through social media and get the information you need".

Mr. McLaughlin concluded "I believe in Caymanians. I came into politics because I wanted to help shape the future of our Islands. I still do. The launch of

the Caymanians 2025 app gives you the opportunity to take part in the debate about what the future might be for the benefit of the next generation of Caymanians. Please join me as we chart Cayman's future course."

*See Attached Statement from Premier Hon. Alden McLaughlin

Statement on Caymanians 2025

INTRODUCTION OF CAYMANIANS 2025 INITIATIVE

By Premier Hon. Alden McLaughlin, MBE, JP, MLA

Fellow Caymanians we all care about the future of the Cayman Islands. Certainly, our future will depend on the decisions and actions that we take today. And so, in 2019 we have options that will create our living realities in 2025 through 2050 and beyond. I believe it is essential for all of us to take part in the debate about Cayman's future. In encouraging you to take part, I recognise that as Premier I have a special responsibility to make sure that you are well-informed about the choices we face and that you are able to get answers to your questions.

Therefore I am today launching a new initiative to get information directly into your hands and to give you the opportunity to get your questions answered. The Government is doing much to ensure that you have the information that you need to take a full part in the national debate. Not least in the current referendum, Cayman has important decisions to make and that is why in addition to the Government's efforts my colleagues and I have put together a resource (inde-

pendent of Government) to help get the information you need into your hands. It is a mobile app called Caymanians 2025 available on the app stores. It is free and we are working hard to make sure it contains everything you need to know about the decisions that affect you.

Email: contact@caymanians2025.com
Facebook: facebook.com/caymanians2025

Instagram: @caymanians2025
Twitter: @caymanians2025

Link to Android store: <https://play.google.com/store/apps/details?id=com.app.caymanians>

Link to Apple store: <https://apps.apple.com/ca/app/caymanians-2025/id1487324982>

This is an open invitation to everyone in Cayman who feels their questions have not been answered. Ask me now. Ask me by posting on Facebook at Caymanians 2025; send me your questions on twitter at caymanians2025, or simply email me at contact@caymanians2025.com I will answer your questions through the app, through the social media and through a video podcast you will find on the YouTube channel, Caymanians 2025.

Inevitably, at this time, most of the questions being asked focus on the debate about whether Cayman should move forward with building the cruise berthing and enhanced cargo facilities. I hope that as time goes on, we can move on to other important issues that will guide our future. In the meantime, I hope you will agree with me that the referendum is not a matter to take lightly. It's our opportunity to take control over what happens to us today and tomorrow. I don't want any of us to feel we were not prepared to make this decision. Please use the mobile app, use the email, reach out through the social media and get the information you need.

I have framed this being about Cayman in 2025. Why 2025? - this is the timeframe that will see the work or plans started under the two administrations that I have led being fully completed and benefiting Caymanians. This includes:

- Fully modernised Airport Infrastructure;
- Major roadworks, including a new public transport system;
- A vibrant and revitalised George Town;
- Mental Health facility;
- Improved Schools infrastructure;
- Modern and improved education and health systems;
- A modern waste management system that includes a waste to energy plant;
- The current landfill capped and remediated;
- And provided the **Yes** vote wins the referendum, then a cruise and enhanced cargo facility

All of us need to take responsibility for the quality of life we will have in 2025 through to the next generation in 2050. As responsible decision-makers, we can chart a positive and ambitious future for our country based on sound plans for sustainable economic growth. Or we can ignore reality and believe that we can let the status quo remain, hoping for the best.

Therefore, the debate we are having is about more than a port - it is about deciding the direction that our Islands will take on December 19th that will impact upon our next generation. The debate is about whether we want to remain in the cruise tourism business in a major way or are willing to allow this business to diminish over time.

The impact of this decision has a knock-on effect on other things, such as government's finances; entrepreneurial and employment opportunities for Caymanians; maintaining a good standard of living; and yes also whether the reefs around George Town Harbour are in a better or worse condition by 2050 than they are today.

So while the question on the ballot paper in this referendum might be about cruise berthing and enhanced cargo facilities, the question for the country really is whether we still have the confidence in ourselves and in our future to grasp the opportunities and before us - the opportunities to start new businesses; the opportunities to improve our world-class cruise tourism product; the opportunity to greatly improve our cargo port; and, yes, the opportunity to show we can deliver a world-leading coral relocation and regeneration programme.

I believe in a strong and prosperous future for Cayman. I believe in opening

the door to economic opportunity - not slamming the door on the jobs of the hundreds of Caymanians whose livelihoods depend on cruise visitors. Finally, I believe that the majority of Caymanians believe as I do. The referendum gives them the chance to show their confidence in themselves and in a prosperous future.

The choice facing the people of the Cayman Islands on 19th December is a clear one. We can choose to move forward with building our new cruise berthing and enhanced cargo port facilities. If we do so, we guarantee that cruise ships will continue to bring their visitors to Grand Cayman and in so doing we safeguard existing jobs and create more employment and business opportunities for Caymanians as well as protecting Government revenue.

The enhanced cargo facility will mean that the port can handle bigger ships, and more cargo, more efficiently and this helps drive down the costs of all the goods we import. This redevelopment of our tired and inefficient cargo port can only be funded because it is being linked with our new cruise berths. Cayman can choose to move forward with building our new cruise berthing and enhanced cargo port facilities. *We can and we should choose prosperity.*

On the other hand, *we could choose decline.* We could turn our backs on the redevelopment of our port. As cruise ships grow in size, they will increasingly pass by Cayman on their way to other destinations that have the facilities needed to cope with their passengers. Visitor numbers in Cayman will fall. Caymanians will lose their jobs and their businesses will fail. We could try to make do with cargo facilities that are already too small to meet our current needs, let alone meet the needs of a growing population. But there will be a cost to pay.

We must all, including those opponents who are planning to seek national leadership, accept the responsibility that our decisions will have on the delivery of sustainable living for all Caymanians. All Caymanians must be responsible and participate in the process of making and implementing the right strategic decisions for the well-being of our family, community and country.

All Caymanians by 2025 and beyond must work towards:

Growing the National Economic Pie and Receiving a Larger Economic Share for All Caymanians through:

- Better Paying Jobs
- Support for Caymanian Entrepreneurs to be successful
- Improving the quality of Government Public Goods and Services
- Strong Health Care, Education, Social Services
- A safe society with low crime or the fear of crime

We must also be responsible and compassionate. As Caymanians we love and care for our families, caring for our communities and yes loving and being proud of our country.

I believe in Caymanians. I came into politics because I wanted to help shape the future of our Islands. I still do. The launch of the Caymanians 2025 initiative gives you the opportunity to take part in the debate about what the future might be for the benefit of the next generation of Caymanians. Please join me as we chart Cayman's future course.

Notice

Tree Trimming in North Side

Old Man Bay • Rum Point • Cayman Kai

When and Where: During November and early December, CUC will be conducting aggressive tree trimming on weekdays between 9:00 a.m. and 3:00 p.m. in North Side from Old Man Bay to The Kaibo.

Why: Due to excessive growth, the trees and vegetation along North Side Road, Rum Point Drive and Water Cay Road have become an imminent safety hazard to power lines and must be trimmed back immediately.

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

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

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

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

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

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COMMUNITY EVENTS

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.

Gimistory in Cayman Brac

29 November - Gimistory is back! Enjoy a FREE night of storytelling at the Agricultural Show Grounds. Local and overseas storytellers take to the stage and tell a tall tale or two. Delicious fried fish and fritters available after the stories. Call the Cayman Islands Cultural Foundation at 949 - 5477 for more information.

Turkey Trot Walk/Run

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

National Trust Car Boot Sale

30 November - Book your space, grab a bargain or have some fun! The National Trust of the Cayman

Islands invites the public to their Car Boot sale at their office at the Dart Family Park on South Church Street. If you want to sell, it's \$25 per car or \$15 for a seller's spot. All funds go towards the Trust. For more information and to register, email info@nationaltrust.org.ky

Pink Ladies Annual Christmas Bazaar

30 November - The Pink Ladies Annual Christmas Bazaar and Tea takes place from 2-5pm on Saturday 30 November at the ARC in Camana Bay. There will be lots of entertainment including performances from the Cayman Prep School Swing Band, the Cayman National Choir, Jackie Balls Dance Group and the Steel Pan Group from the CIHS. Enjoy the variety of craft and charity stalls, a Santa's Grotto, cakes and preserves from the Country Kitchen and of course a delicious afternoon tea. Tickets for attendance or donation can be purchased on the door or in advance on Saturday November 16th 9am-12 midday - Foster's Camana Bay or by contacting the Pink Ladies at: pinkladiescayman@gmail.com.

The Cayman Singing Christmas Tree

30 November - 1 December - Come out to the Lion's Centre and enjoy an evening of song, dance and the presentation of the Gospel that depicts the birth of Christ. You are invited to celebrate the Christmas season at this free family event which begins at 6pm each night. Call 945 - 2182 for more information.

Visual Arts Society - Adult Open Studio

1 December - The Visual Arts Society offers Adult Open Studio to those who want to work independently in an inspiring atmosphere: 10 am- 3 pm: Watler House Art Studio, Pedro's St. James. Fee: \$5/\$15 or for Ceramics: \$15 pp or \$45 for the month/\$25 pp

non-members. Includes use of studio, glazes, wheel, slab roller and ceramic tools. Clay available \$30 per bag/fee for kiln usage. To register email info@visualartcayman.com.

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.

Cayman National Bank Parade of Lights

7 December - Watch a colourful procession of boats decked out for the holidays sail through the harbour at Camana Bay from 6-8:30pm. Enjoy the Craft market, fireworks, entertainment and a visit by Santa.

2019 Milo Kids Fun Run

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

North Side Community Christmas Caroling

8 December - Everyone is invited to the second annual Community Christmas Caroling, Under the Stars event complete with fireworks on 8 December at the Ron-



► Virgilio Nangyo, St. Ignatius 2nd Prize Winner 2018

ald Forbes Playing Field in North Side from 6-8:30 p.m. It's free and transportation and refreshments will be available. If transportation is needed, please call 916-5260.

Bingo Bells

13 December - YCMA Cayman invites all to a night of fun, fellowship and bingo at Mary Miller Hall from 6:30-8:30pm. Enjoy a serving of Grandma Judy's 'famous' spaghetti dinner. Tickets cost \$10 each or three for \$25 and are available at Field of Dreams or YMCA main office at Chamber of Commerce in Governors Square. YMCA; All proceeds to benefit the YMCA. For more information, call 926-9622 email info@ymcacayman.ky

Annual Visual Arts Society Arts & Crafts Sale

14 December - The Visual Arts Society Artists are having their Arts & Crafts Sale on Saturday December 14 from 10 am - 5 pm at Camana Bay. Artists will be set up along the centre of Camana Bay displaying arts, crafts, gifts, Christmas decorations, paintings, prints, hand-crafted jewellery, wood work & more. Opportunities to WIN PRIZES, VAS Raffle \$5 each or 5x for \$20. For more information email info@visualartcayman.com or marymccallum@candw.ky

Dancing for A Cause

14 December - Join Ms. Jackie's School of dance for their presentation - Dancing for a Cause - an evening of dance to support Father Ho Lung 'Missionaries of the Poor' Worldwide and in the Cayman Islands. It's one day only at the Harquail Theatre. Show times are Matinee - 3pm. Children under 12 are \$15 and adults are \$30. The second show begins at 7pm and the price of all tickets are \$30. Email petique@candw.ky for more information.

St. Ignatius Christmas Concert and Fundraiser

16 December - The annual St. Ignatius Christmas Concert and Fundraiser will be held on Monday, December 16th at 7:00 pm in Loyola Hall. The event will feature the school bands and choirs, performing popular Christmas songs and carols for attendees to enjoy. The evening will conclude with the grand prize drawing of CI\$25,000, second prize of CI\$2500, and third prize of US\$2500. The next five prizes are Cayman Airways USD\$300 travel vouchers, which can be used towards any Cayman Airways destination. Additional prizes include restaurant gift certificates from LUCA, Ragazzi, and Treats. For more information, please contact the church office on 949-6797 or the school office on 949-9250. 🌐

Easiest fitness hack that you're not doing

It's the time of year for focusing on fitness, health, and self-improvement; and, as to be expected, I'm busier than ever with clients looking to shed pounds and to take the New Year by storm.

I love seeing this renewed enthusiasm for fitness and the surge of motivation in the air! I hope that you're feeling it too.

What's not as awesome is the struggle that I see so many of you endure when it comes to shedding pounds and transforming your body to firm and toned. Improving your fitness level should be enjoyable, and it's my sole purpose to help you in this process of achieving your best body and best health yet.

Let's start with the easiest fitness hack of all, something that I can almost guarantee you're not doing. By making this small change to your daily routine you'll quickly find those unwanted pounds coming off quickly and easily.

Warning: This fitness hack is going to sound so easy that you may be inclined to simply dismiss it. My advice is to try it out before writing it off as too easy.

The easiest fitness hack that you're not doing is to drink a minimum of 64 ounces of water daily.

Now I know that sounds boring, but take a moment to reflect on your water intake over the past few days. Did you even get close to the minimum of 64 ounces? Really, for optimal fat loss, you want to be drinking closer to a gallon of water each day.

Why is water such a big deal? Here are 3 compelling reasons as to why drinking a minimum of 64 ounces of water a day will help you drop pounds and achieve a stunning transformation...

#1) Water Aids Fat Metabolism in the Liver

When it comes down to the technical process of losing fat, your liver is where the action is. The key to having a highly functional liver, one that quickly removes metabolic waste and built up toxins, is to be properly hydrated by drinking a minimum of 64 ounces of water each day.

Your liver is a filter for your body. When you aren't drinking enough water, your liver accu-



► Ernest Ebanks

mulates a build up of waste product that slows the process of fat metabolism down.

#2) Water Helps Balance Hormones

Without getting too technical about the science of fat loss, it's important that you understand that your hormones play an important role in your body's ability to lose fat. When your body enters a state of dehydration, your organ and digestive functions are compromised, which in turn negatively impacts hormonal balance.

This stress, brought on by dehydration, impacts your adrenal glands, signaling the need for an increase in cortisol, which encourages your body to begin *storing fat*, rather than burning it.

#3) Water Reduces Calorie Intake

Now that you understand the science behind water and weight loss, let's examine the positive effect that proper hydration has on your daily caloric intake.

By drinking a minimum of 64 ounces of water daily, your desire for high calorie, sugary drinks like soda and high fructose juices will diminish. This decrease in fattening calories really adds up!

In addition to weight loss, drinking water has an infinite number of benefits - including improved skin complexion, boosted immune system, cleansing toxins out of the body, etc.

While it's important to drink plenty of water in general, be sure you're increasing your amount before and after your workouts. The more you sweat, the more water you lose, and it's important to replace that lost water to avoid dehydration.

Does this make sense? Remember: *Drink a minimum of 64 ounces of water each day.*

I hope that you find this simple fitness hack to be helpful in your quest for a new and improved you this year! Remember that participating in a challenging and consistent exercise program is absolutely vital when it comes to getting into great shape.

I'm here to help you on your fitness journey. Call Ernest at 325-8696 or email bodyshaper-scayman@gmail.com today to get started! 🌐

SPIRULINA

This is an organism that grows in both fresh and salt water. It is a type of cyanobacteria which is a family of single-celled microbes that are often referred to as a blue-green algae. Like plants, cyanobacteria can produce energy from sunlight via photosynthesis. Spirulina was a must in the diets of the ancient Aztecs. It's now a popular supplement for many health issues.



tes, 8 grams of spirulina daily significantly reduced markers of oxidative damage.

Has anti-cancer properties - Research in animals has shown that it can reduce cancer occurrence and tumour size. Its effect on oral cancer - cancer of the mouth has been very well studied.

May reduce blood pressure - This is a main driver of many diseases including kidney disease, stroke and heart attacks. A dose of 4.5 grams daily has been shown to reduce blood pressure in those with normal levels. This reduction is thought to be driven by increase in the nitric oxide, a signalling molecule that helps your blood vessels relax and dilate.

Effective against Anemia - The most common one is a reduction in haemoglobin or red blood cells in the blood. More research, however, is needed on this. 🌐

Antioxidant and anti-inflammatory - Oxidative damage can harm your DNA and cells. This damage can drive inflammation which can lead to cancer and other diseases. Regular consumption of spirulina deters this oxidation. Its main compound is called phycocyanin which gives its unique blue-green colour.

Lowers, "BAD," cholesterol and triglyceride levels - A study with 25 people with diabetes, 2 grams of spirulina daily greatly improved this condition.

Protects, "BAD," LDL Cholesterol from Oxidation - Fatty structures in your body are susceptible to oxidative damage. The antioxidants in Spirulina have shown to be very powerful. In a study of 37 people with type 2 diabe-



WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
83° / 79° Breezy and nice with sunshine	83° / 78° Partly sunny, breezy and nice	83° / 77° Partly sunny and nice	82° / 79° Mostly sunny	81° / 77° A passing morning shower	80° / 78° Sunny	82° / 79° An afternoon shower in spots

St. Ignatius Christmas Concert and Fundraiser 2019

The annual St. Ignatius Christmas Concert and Fundraiser will be held on Monday, December 16th at 7:00 pm in Loyola Hall. The event will feature the school bands and choirs, performing popular Christmas songs and carols for attendees to enjoy.

The evening will conclude with the grand prize drawing of C\$25,000, second prize of C\$2500, and third prize of US\$2500. The next five prizes are Cayman Airways USD\$300 travel vouchers, which can be used towards any Cayman Airways destination. Additional prizes include restaurant gift certificates from LUCA, Ragazzi, and Treats.

This is the main annual fundraiser for St. Ignatius, with net proceeds to benefit both the church and the school. The church will invest funds towards facilities improvements in Grand Cayman and Cayman Brac. Some of the proceeds will also support local charity work undertaken by the church. The school will use the proceeds towards the facilities development fund. A quarter of the proceeds will go to the scholarship fund, which provides tuition assistance for those families who are unable to afford full school fees.

Tickets cost \$25, and are available at the school or church offices and from a number of parents, students, teachers, and church members. Tickets are also on sale at several businesses, including: Island Cleaners, Treats Restaurant, Sameena's Beauty Centre, Godfrey's Enterprises, and Walkers Road RUBiS.



► Virgilio Nangyo, St. Ignatius 2nd Prize Winner 2018

Tickets will also be on sale outside several major supermarkets during the next two weeks, and at AL Thompson's in George Town on December 12th-13th.

Ticket holders do not need to be present to win and all winners will be notified by phone on December 16th-17th. The prize drawing is always fully audited by KPMG and full results will be posted on the school website st-ignatius.com and the church website ignatius.ky. Several years ago, one of the ticket purchasers summed it all up by saying, "Everyone who buys a ticket is a winner, because we are supporting our young people and the future of Cayman."

St. Ignatius is most grateful for the community's support over the years and we are looking forward to another successful event this year. For more information, please contact the church office on 949-6797 or the school office on 949-9250. 🌐

MOMENTS OF INSPIRATION



What Do You Think About?

By The Rev'd Christopher Pierce Rector, St. Alban's Anglican Church www.churchofenglandcayman.org

have I hid in mine own heart, that I might not sin against thee. Blessed art thou, O LORD: teach me thy statutes."

So, what do you delight in thinking about? Are you like King David or is

What do you think about when you have time to intentionally ponder things? Do you think of your favourite hobby? Perhaps your beloved? Perhaps you're someone who feels like they could right all the wrongs you perceive in society...and if people would listen to you, all would be made right. Would you be guilty of pondering what God has to say to you through his word? Does the bible have anything to say about how we should spend our thinking time? Many would say, no, but they would be speaking out of ignorance. In fact, the Word of God has a lot to say about such things.



► The Rev'd Christopher Pierce, Rector, St. Alban's Anglican Church

there something else that occupies your mind? Have you hidden the words of God in your heart that you might not sin against him or are they foreign to you? Do you take the boundaries for human behaviour found within the bible as the final word, or do you find yourself asking, "Did God really say?"

The Apostle Paul was in complete synch with the Psalmist when in his 2nd Letter to the Corinthians he wrote: "We demolish arguments and every pretension that sets it-

self up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (2nd Corinthians 10:5)

Paul's is the gold standard of intentional thinking and learning, worthy of emulation by everyone who claims to follow Jesus as Lord. Taking every thought and making it captive to be obedient to Christ should be the goal of all profess Jesus as Lord but it won't happen passively. You have to want it and you have to work for it. Make it your goal...that you might be wise unto salvation and hide his word in your heart so that you do not have to wonder. 🌐

Consider the counsel in Psalm 1:1-2 "Blessed is the man that walked not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night."

Later on in Psalm 119:9-12: "Where-withal shall a young man cleanse his way? By taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word

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12 Graduates receive Home Care Aide Certificates

Pictured from left to right, back row, Students; Jodi Jackson, Erlinda Ebanks, Sheryl Tracey, Daphney Whyte, Nicole Durrant-Thompson, Kerryann Fearon, and Tasmian Walters; front row, from left to right; Jusene Brown, Instructor and Nurse Supervisor the Pines Retirement Home, Students; Bernadean Lee-Graves, Marjorie Pitter, Judy Bodden, Lysa Rivers, Mariecia Foster and, Lynda C. Mitchell, Instructor and Manager of The Pines Retirement Home.

Twelve adults received their Home Care Aide Certificates, from The Pines Retirement Home (PRH) Thursday, 7th November 2019. The students completed a 10-week Vocational Course in Home Care Aide and, an additional Ten (10) Hours of Practical Training.

The course highlighted Proper Care Procedures such as "how to" Develop Effective Communication Skills, Handle Emergencies, understand the Client's Needs and How the Body Works, Observe Report and Record (ORR), Maintain a Safe and Healthy Environment, Meet the client's Nutritional Needs,

Prevent Infection, Make Bed, Provide Personal Care, Measure Vital Signs, Care for Older Adults, Mothers, Infants, and Children, Care for Clients with Mental Illness and at the End of Life, and How to Get and Keep a Job.

Lynda Mitchell, The PRH Manager and one of the facilitators said "we are very proud of our graduates. The studies were quite penetrating but rewarding at the end. The students enjoyed their lessons and learnings from each other, and all passed the course earning their certificates. With an advance level in home care aide, the participants look forward to a thriving career in the Home Care field.

Since the inception (February 2017) of the Home Care Aide Course at The PRH, 40 students have graduated from the programme."

The Home Care Aide Course is offered twice annually at the PRH. The next class will commence Tuesday, 18th February 2020. The class size is limited to 15 students. For more details, please contact Ms. Marie Rivers at The Pines Retirement Home on 949-5650.



Dengue Update as of 22 November 2019

• Since the last update on November 8, 2019, 37 additional results have been received from the Caribbean Public Health Agency (CARPHA) confirming **eight** new cases of dengue in the Cayman Islands.

• Of these **eight** new cases, **three** patients had travelled to a country with year-round transmission of dengue, while **five** had no travel history, which suggests that person acquired dengue within the Cayman Islands.

• This brings the total number of confirmed dengue results (since the first locally transmitted case in October 2019), to **fourteen** locally transmitted and **nine** imported cases.

• To date confirmed cases have been distributed between East End, George Town, West Bay and Bodden Town.

• Since the start of the year the Cayman Islands has sent a total of **139** samples to CARPHA to be investigated for dengue.

• Of that number, **33** persons were admitted to the Cayman Islands Hospital and Health City, Cayman Islands showing clinical symptoms that might potentially be dengue.

The Public Health Department's Surveillance Unit continues to deploy systematic and enhanced surveillance measures, working closely with government and private sector physicians to review reports of suspected dengue.

For more information, contact the Public Health Department on 244-2648. For advice on mosquito control, contact MRCU on 949-2557 in Grand Cayman, or 948-2223 on Cayman Brac; and Department of Environmental Health on 949-6696 in Grand Cayman, or 948-2321 in Cayman Brac.

Notes

Transmission, infection, treatment

• The dengue virus is an infectious disease that causes cyclical outbreaks every three years or so, and is transmitted through the bite of *Aedes aegypti* and *Aedes albopictus* mosquitos.

• Symptoms may come on as early as four days or as late as three weeks following an infection.

• There is no vaccine or specific medication to treat dengue.



Prevention

People travelling to countries where dengue is transmitted year-round should take preventative measures such as:

- using a repellent,
- wearing protective clothing, and
- staying indoors during early dawn and dusk when mosquitoes are most active.

Symptoms

Symptoms of dengue include:

- high fever
- headache,
- pain behind the eyes,
- joint and muscle pain, and,
- rash (may not be visible on dark-skinned persons).

If persons have any of these symptoms they should go to the nearest health centre or hospital. It is advised to drink lots of liquids and avoid medication that contains Aspirin.

Controlling places where mosquitoes breed

• Controlling the places where mosquitos breed is also vital to keeping insect numbers as low as possible.

• After a rainstorm, persons should quickly remove stagnant water in outdoor and household settings.

• As a weekly habit, persons should change the water in vases, clear the water in saucers under potted plants, and ensure air-conditioner drip trays are free of stagnant water.

• Outdoor objects capable of holding water should be kept empty, and preferably disposed of or put into dry storage if not in used. These include open bottles and tins, watering cans, buckets, empty paint tins and old vehicle tyres.

LOVE SHOULDN'T HURT

Feeling afraid, trapped or silenced through physical, financial or emotional abuse is control...**not love.**

The Cayman Islands Crisis Centre offers services to help victims of domestic violence.

24 Hour Crisis Line - 943-2422

24/7 Safe Shelter - safe house for women and their children

Estella's Place - walk-in centre for all victims of domestic abuse

Aftercare Programme - for victims after leaving the shelter

If you are a victim of domestic violence, contact us now and find out how we can help.



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UK MANIFESTO MANIFESTATIONS

By Michael Jarvis,
UK Correspondent



The release of manifestos by the major parties for next month's UK general election has signalled a very important phase in the ongoing very heated and fractious election campaign.

Eagerly anticipated manifesto launches by the two traditional heavyweight parties of British politics, the Conservatives and Labour, have cemented Brexit - the UK leaving the European Union - as the key campaign issue for the December 12th poll.

The Brexit factor was also a key element in the manifesto presentations by other main parliamentary parties the Liberal Democrats (LibDems), The Brexit Party, the Green Party, the Scottish National Party, and Plaid Cymru of Wales.

National issues which have been overshadowed in the main by Brexit are now coming through in a flurry of promises especially by the ruling Conservatives, the main opposition Labour Party and the smaller LibDems.

Taxes and the National Health Service (NHS) are key pillars of their respective domestic agendas.

On Brexit, the Conservatives via Prime Minister Boris Johnson are basing their campaign on the mantra 'Get Brexit Done', a reference to the January 31st 2020 deadline - the third extension to finalise the UK's departure from the block.

Mr Johnson himself, has had as torrid a time as his predecessor Theresa May who resigned over failing to deliver Brexit. It led to him calling the election for next month.

If he also fails, Brexit will have claimed the political head of a third British leader...all from a Conservative government in place since David Cameron quit in 2016 after he lost the referendum vote.

In the ruling Conservatives 59-page manifesto, Prime Minister Boris Johnson's domestic agenda focuses heavily on more funding for the treasured National Health Service (NHS), fighting crime, tightening up on immigration, and what the party claims is a more business-friendly approach than their Labour Party opponents.

The Conservatives promise to keep income tax, VAT and national insurance at their present levels, opting to fund their policies through borrowing.

Labour, which launched their 109-page manifesto before the Conservatives, have pledged to renegotiate Mr Johnson's Brexit deal with the EU.

Party leader Jeremy Corbyn says he hopes to have a new withdrawal agreement with the EU by spring 2020 and would hold a referendum on it by the summer. He, however, would adopt a personal neutral position.

That stance has been political fodder for his Conservative, LibDem and other opponents who have pilloried the left-leaning Mr Corbyn for being indecisive in public while being a closet Brexiteer at heart.

Political pledges by Labour range from a slew of re-nationalisation of key services especially in the transportation sector as well as renationalising water, energy, rail and mail.

More funding for the crisis-hit NHS, a more flexible immigration policy, capping private rents, and even offering free broadband service are all hallmarks of the party's manifesto.

The costing of these two manifestos has become the focal point of much debate and analysis.

The Conservatives propose to pay for their pledges through borrowing, Labour is targeting tax rises at the top 5% of earners, raising corporate taxation and closing tax loopholes.

The Liberal Democrats (LibDems) for their part are also big on Brexit with perhaps the most unique - and dramatic - approach to the issue. They want to stop it.

The LibDems which have gained a higher political profile this year due to an influx of defecting MPs from both Labour and Conservatives have placed



► UK Prime Minister Boris Johnson's

abandoning Brexit altogether as the pinnacle of their campaign.

Party leader Jo Swinson has had to fend off criticism that the LibDems are operating counter to their name and democratic principles by disregarding the instruction of the majority of voters albeit by a small margin of 52% to 48% who voted for Brexit back in 2016.

In Scotland, the Scottish National Party (SNP) is pushing a strong anti-Brexit agenda intending to hold another referendum aimed at taking Scotland out of the UK and remaining in the EU.

December 12th will determine if these manifestos pledges see the light of day as government policy.

Regular polling shows the Conservatives holding an average 14 point lead over Labour with the LibDems in third place, although more recently Labour has been narrowing the gap.

But with just about a fortnight to election day, it has not yet brought it down to single digits nationally.

The LibDems which got a boost from the defections of several Labour and Conservative MPs (members of parliament) and at one point were polling ahead of Labour, have not been able to maintain that spurt of popularity.

Survey results have consistently shown that their plan to block Brexit, plus a refusal to consider a coalition

deal with either of the larger parties, are eroding their prospects.

At the other end of the political spectrum, the right-leaning Brexit Party led by political maverick Nigel Farage, has failed to shake the perception of being a tunnel-vision, one-policy party.

Its pledge to cut foreign aid and tighten up immigration, while endearing it to some, seemed to have further pushed it out of the mainstream.

The Brexit party won the most seats in the last European Parliamentary elections in the UK but is not represented in the British parliament.

It has strategically withdrawn about half its candidates from seats being contested by the Conservative party...but the Conservatives leader Johnson has repeatedly and vehemently distanced his party from any deal with Farage's Brexit group.

Present polling suggests that neither the Conservatives (the Tories) or Labour seem likely to win an absolute majority of the 650 seats in the UK's parliament or House of Commons.

The outcome will probably be a close call or hung parliament at best.

As that realisation sets in one could already see previously strident tones softening somewhat as the prospect of political accommodations gains a foothold.

It's left to be seen then how the manifestos will manifest themselves. 🌐

Cayman Classic Basketball Tournament Soars to New Heights

The third annual Cayman Classic basketball tournament got underway in Grand Cayman on Monday, 25th November, after a launch ceremony was held on the Governor's Lawn at the Westin on the previous evening, (24th November).

The tournament, which started in 2017 has grown leaps and bounds over the course of its evolution and is now one of the top draws for tourism in the Cayman Islands, attracting some 1500 - 2,000 visitors over a 3 to 4-day period; translating to roughly 2 million dollars in revenue for the Island.

President of Cayman Sports, as well as Technical Director of Basketball for the Cayman Islands, Coach Victor O'Garro

told the Caymanian Times what made the Cayman Islands such an attractive destination for the tournament.

"Number one is our pristine beauty, number two is the warmth of the people, and number three is the safety of the Island."

Known by the Caymanian people as, 'Coach Voot' for his years of steadfast service to the development of the sport of Basketball, Mr. O'Garro noted that the Chief Executive Officer of the tournament, Mr. Joe Wright works closely with our representatives here in the Cayman Islands and the undertaking is very much a collaborative effort.

There are 8 teams annually that come for the tournament, featuring roughly 120 of the most promising players in the world, and there are 4 games played each day for 4 days.

"It's cut throat Basketball," explained Mr. O'Garro, who added that the players had come straight out of some of the best colleges and amateur associations in America.

Currently, Cayman has never had a Division 1 player but this could change soon, as two players from the Territory - Kai Robinson, Joshua O'Garro, are poised to be potential candidates for the honor.

Coach O'Garro was modest and downplayed the fact that the latter is his grandson and comes from a family of basketballers.

"We are hoping they can come in 2024," he noted, whilst adding - "kudos must be given to



► (L-R) Cayman Classic Chief Executive Officer Joe Wright and President of Cayman Sports Victor O'Garro (Coach Voot)

the government for their support of this tournament. This has been a great addition to the Cayman Islands' sporting calendar."

Some of the players had never heard of the Cayman Islands before making the journey for the tournament and for many others it was their first time visiting, according to the coach. He said he was confident that for many it would not be their last.

In his comments, CEO of the tournament, Mr. Joe Wright expressed just how special the tournament is becoming and the joy he felt about being able to host the event in the Cayman Islands.

"The setting is amazing. It's just a great destination and the tournament has now become a great recruiting tool for some of the top colleges in the United

States. We knew it was 'gonna' be a homerun.

"Our main goal now is to get Television in the US to come onboard and four high level schools have already signed on for next year."

Victor O'Garro, (Coach Voot), played professional basketball from 1973 to 1975 and is a member of the Basketball Hall of Fame for Trinidad and Tobago. Because of his outstanding, professional career, he was awarded the Hummingbird Medal, a prestigious honor bestowed upon the nation's best basketball player.

Joe Wright played college Basketball for the University of Kansas. As a shooting guard he shared the court with teammates such as Jeff Hornacek of the Utah Jazz and Waymond Tisdale. 🌐



► The 3rd Cayman Classic Basketball tournament is off to a running start for 2019

Niners look set for playoff berth

The San Francisco 49ers look set to return to their glory days of past decades after pulling off their best win of the 2019 season Sunday, dominating Aaron Rodgers and the Green Bay Packers to win 37-8.

Quarterback Jimmy Garoppolo threw for 253 yards and two touchdowns to lead a 49ers offense that consistently found itself in good field position thanks to its dominating defence.

The win had massive implications for playoff seeding. A loss would have sent the 49ers from the No. 1 seed to No. 5, giving the Seattle Seahawks, who won in Philadelphia, the top spot in the NFC West as they own the tiebreaker from the victory two weeks ago.

San Francisco enter their critical two-game stretch against the Ravens (8-2) and Saints (9-2) on the road still in the driver's seat for a first-round bye, and they own the tiebreaker over the Packers after the victory.

Garoppolo also had help from a defence that throttled Rodgers into one of the least productive performances of his career. His 104 passing yards were his fewest in any start that included 30 pass attempts since he entered the NFL in 2005.

Garoppolo is gleaming plenty of praise from his teammates. "I think it's because of the person that he is, the humility that he has," tackle Mike McGlinchey said. "There's not a lot of guys in his position that do the things that he does as just a normal everyday guy. I think that's part of it. I think he just prepares harder than everybody else. It's a mix of just being a great football player and a great person. And when you are those things, it's really easy to fall in line."

At 10-1, the Niners coach Kyle Shanahan didn't want to look too far ahead at the playoff picture. "We are very well aware of how tight of a race it is, but it's way too early to sit there and focus on



► Jimmy Garoppolo is leading the Niners back to their glory days

it," he said. "The way things are going, I'm sure it will be the last week that really is worth knowing what's out there. There's a lot of football to play and a lot of games and a lot of good teams out there."

Nevertheless, it was a signature win. Despite their 9-1 start, the Niners have been questioned at every turn, mostly because of a schedule that hasn't allowed many chances at the type of victories that could validate them as legitimate contenders. But even the most cynical observers could not have watched the Niners thoroughly dominate their closest NFC pursuers and concluded that they are anything other than a team that has all the pieces for a deep January run.

As more teams work to take away the Niners' rushing attack, Garoppolo finds

himself needing to spark the offense on a more consistent basis. Over the past month, he has been up to the task, which could portend big things for the 49ers in the postseason.

The most significant other game saw New England Patriots remain the NFL's top-ranked side as they held on for a 13-9 home win over the Dallas Cowboys at a cold, wet and windy Gillette Stadium.

Tom Brady threw for 190 yards and one touchdown - to N'Keal Harry late in the first quarter - as the six-time Super Bowl winners ground out another victory. That means they have registered at least 10 wins for the 17th straight season, surpassing the 49ers (16 seasons from 1983-98) for the most consecutive seasons with at least 10 victories in NFL history. 🌐



► N'Keal Harry got a touchdown for the Patriots

Mayweather plans two fights next year

Floyd Mayweather Jr will be fighting again in 2020, but who no one knows who he will face - or even which sport. "Money" officially announced the end of his latest retirement last Thursday night on Instagram which set off the rumour mill.

Bookies believe Manny Pacquiao, 40, is the most likely boxing opponent while Conor McGregor is a long shot. Mayweather, 42, wants to fight twice in 2020, once against an opponent in boxing and the other in a 'UFC crossover'. The 50-0 pugilist is infamous for never taking a fight he couldn't win, and an MMA fight in the UFC definitely qualifies.

That means Mayweather will probably face off against another UFC fighter in a boxing ring, probably Jorge Masvidal, who is a massive 170 pounder. Conor McGregor was the bigger man



► Floyd Mayweather is making an inevitable return



► UFC contender Jorge Masvidal could face Mayweather

against Floyd who fights at 147 pounds and is still in great shape judging by the photos he posts on Instagram. Masvidal would be huge against the former welterweight champ. Although the first Mayweather-Pacquiao fight still stands as the richest fight in combat sports history, generating over \$600 million for the fighters. But it was so boring and five years later is unlikely to generate a fraction of that revenue considering they are both a decade past their prime. 🌐

Paschall is thriving as Warriors buckle

Eric Paschall's rookie campaign has been one of the NBA's most pleasant surprises and a fifth of the way into the season, he is proving it is no fluke.

Paschall has been a bright spark in a dismal start for the Golden State Warriors decimated by injuries. With Klay Thompson and Stephen Curry out, Paschall ranks in the top three in several statistical categories for the Warriors, including points per game

(17.1) and field goal percentage (50.5).

Before last weekend, Paschall's 256 total points were good enough to not only lead Golden State but rank as the most points scored by any rookie this season— not bad for a guy who had 40 players picked before him in the 2019 draft.

Paschall also ranks in the top-five in rookie points per game, total rebounds, rebounds per game, and field goal percentage. 🌐



► Eric Paschall has impressed for Golden State

Jamaica need help for repeat World Cup glory

Jamaica's Reggae Boyz have completed their fixtures in the inaugural CONCACAF Nations League with a win and a draw and for the first time since their one and only appearance in the World Cup Finals in 1998, they may qualify for the next World Cup.

The Boyz went into last week's final game at Catherine Hall Stadium with a perfect win record after five games, but the much changed-up starting 11 performed below par and ended 1-1 with Guyana, a team they had defeated 4-0 away.

Coach Theodore Whitmore's side finished with 16 points, including 21 goals for and a solitary strike against, to be well clear of nearest rival Guyana on 10 points, Antigua and Barbuda on nine and Aruba pointless.

These outstanding results guarantee Jamaica entry to the next CONCACAF Gold Cup, where they have been impressive in the past three editions with back-to-back finals appearance and a semi-final berth last time out.

The team's good work has also resulted in them locking down a top-six placing in CONCACAF, which would se-

cure them a place in the hexagonal (final six) for the FIFA World Cup Finals qualification campaign if they maintain that standing up to June 2020. From the hexagonal, the top three teams earn automatic berths to the 2022 FIFA World Cup Finals in Qatar, while the fourth-placed team earns a two-way inter-continental play-off.

It will not be easy, but neither is it far-fetched, for Whitmore has finally put together a squad capable of reaching football's holy grail.

But he needs the support of his employers, the local governing body, the Jamaica Football Federation, to give the team the best possible chance of advancing to the World Cup Finals.

Firstly, the JFF must, as a matter of urgency, increase the technical staff by at least three individuals - two assistant coaches with expertise in defending and attacking, and an international scout with the expertise to access teams and help devise schemes to counteract their strengths and weaknesses.

This is now standard international practice, and Jamaica can't afford to be left behind.



► The Reggae Boyz are optimistic of reaching the next World Cup

The JFF's biggest challenge is to source the additional scarce financial resources needed to fully benefit the team.

The current top-10 teams in CONCACAF based on the latest FIFA/Coca-Cola

World Ranking are: Mexico (11), USA (23), Jamaica (45), Costa Rica (47), Honduras (63), Canada (69), El Salvador (73), Curacao (76), Panama (80), and Haiti (88). 🌐

Canada's weed profits go up in smoke

Canada's policy of legalising cannabis use seems to have backfired because it has many warehouses piled high with unsold marijuana.

Cannabis producers overestimated demand for the drug and across the country cannabis inventories came to almost 400 tonnes at the end of August, enough to cover two-and-a-half years of demand, according to the latest government data.

Meanwhile the price of the drug has slumped as legal and illegal cannabis distributors vie for market share. The stockpile suggests that a year after Canada became the first large economy to allow nationwide recreational use of cannabis, the industry has overestimated how much the country's pot-smokers can burn through and underestimated the illegal market's ability to respond to competition.

"There is a huge surplus of cannabis just for domestic demand," said Matt Bottomley, analyst at Canaccord Genuity. Canopy Growth, a company listed in Toronto under the ticker WEED, said it harvested 40,570kg.

Aurora Cannabis, a competitor, reaped 41,436kg. Each company's production alone was enough to meet the



► Canada's cannabis trade is not smoking

entire nation's legal recreational demand, according to Cannabis Benchmarks, a data group. There are many other examples.

Legal recreational cannabis sales declined across the country in September, with New Brunswick charting one of the largest month-over-month drops, according to the latest data from Statistics Canada.

Approximately C\$123 million in legal adult-use cannabis was sold across Canada, down 2.4 per cent from C\$126 million in sales in August.

New Brunswick — the province that is looking to sell its retail weed business to the private sector because of compounding losses — sold 40 percent less cannabis in September than it did the previous month. 🌐

Duterte sacks rival over trust

Philippine President Rodrigo Duterte has sacked his "drug czar" Leni Robredo, just weeks after her appointment. Duterte's spokesman cited many reasons for her removal, including the lack of trust.

Since the campaign began, at least 6,600 dealers or users have been killed, according to police records, but some activists have put this figure closer to 27,000.

Human rights groups allege that many of the killings amount to summary executions. Both the UN and the International Criminal Court are examining allegations of extrajudicial killings, arbitrary arrests and enforced disappearances.

But Duterte and his anti-narcotics campaign enjoy wide public support. Robredo, the country's vice-president, is an outspoken critic of Duterte's controversial war on drugs.

After being appointed, she said she was sceptical about the president's motives but wanted to seize the chance to "fix the campaign against illegal drugs".



► Leni Robredo is Duterte's biggest political rival

After taking her post as co-chair of the country's Inter-Agency Committee on Anti-Illegal Drugs (ICAD) earlier this month, she pledged to use her powers to stop the killing of innocent people and hold authorities to account.

Robredo - who is seen as Duterte's main political rival - is yet to publicly comment on her firing. After his election in 2016, Duterte launched a hard-line campaign against "illegal drug personalities," claiming that the Philippines had become a "narco-state".

The president called on members of the public to kill drug addicts and dealers and said he would offer a bounty to police for killing suspected users and sellers of narcotics. 🌐

Bonilla jailed for 58 years

Honduras former First Lady, Rosa Elena Bonilla has been sentenced to 58 years in prison for misusing government funds totalling \$770,000.

Bonilla was the first lady from 2010-14. Her husband, Porfirio Lobo Sosa, was elected following a military coup d'état that ousted President Manuel Zelaya.

Since early last year, Bonilla, 52, has been incarcerated. Crimes she was accused of stem from her time in office when she misappropriated funds and committed fraud. She was found guilty in September and sentenced last week.

While her husband was president, Bonilla misused the money which came from donations and public funds supposed to be used for social programmes.

Instead, Bonilla used the money for personal expenses. She paid for medical treatment, jewellery, school tuition and property with the funds. Her lawyers maintain that she's innocent and said an appeal would be filed.



► Rosa Elena Bonilla embezzled \$770,000 of public funds

Saul Escobar, a close associate of Bonilla's, was also found guilty. Escobar was charged with fraud and embezzlement of public funds and sentenced to 48 years in prison.

But under Honduran law they will probably serve up to 30 years. Bonilla's brother-in-law, Mauricio Mora was also charged with crimes and was acquitted.

Bonilla is not the first member of her family to be convicted of a serious crime. Her stepson, Fabio Lobo, pled guilty to conspiring to import cocaine to the United States. He received a 24-year prison sentence. 🌐

Cuba admits it must tackle racism

Cuba's government has launched a programme to combat racism, acknowledging that a problem that Fidel Castro tried to eliminate after the 1959 leftist revolution remains unresolved. Black Cubans are treated more unfairly than white ones.

The programme aims to fight discrimination, broaden education on Cuba's African legacy and start a public debate on racial issues, Culture Vice Minister Fernando Rojas announced.

"Everyone recognizes our revolution has been the social and political process that has possibly done most to eliminate racial discrimination," President Miguel Diaz-Canel said. "But there are still some vestiges that are not in our society because of policy but that are rather anchored in the culture of a group of people."

Activists welcomed the move by Diaz-Canel, who replaced Fidel's younger brother Raul Castro as president last year, but said it remained to be seen how well the programme would be implemented. Cuba has long hailed its elimi-



► Black Cubans are still discriminated against

nation of racial segregation as one of the revolution's greatest achievements.

Before 1959, education was largely inaccessible to blacks and mestizos (mixed race and Spanish) and they were shut out of universities and jobs that involved interacting with customers. Whites had their own social clubs, beaches and private parties. When he took power, Fidel Castro abolished segregation and gave all Cubans access to free education and health care. But Diaz-Canel acknowledged that some Cubans still make racist jokes and some private sector businesses advertised jobs only to people of a certain skin colour. 🌐

Venezuela sees spike in cybercrime

Venezuela is gaining a reputation for cybercrime as the country's deepening economic and political crisis drives thousands into the underground criminal world, according to a report released by IntSights, a global threat intelligence company.

IntSights analysts discovered large-scale and sophisticated efforts to steal personal information from people in Latin America who work for a variety of companies, such as banks and retailers, and then either sell that information online or use it to collect even more data. The hackers are based in Venezuela and neighbouring countries, like Colombia, where many Venezuelan refugees have settled.

These information gathering operations are particularly lucrative for Venezuelans as they are sold for cryptocurrency such as bitcoin, a welcome alternative to the country's own currency, which has endured rapid inflation.

And they're not subtle about it. Specific information about the operations, like who the hackers are, where they are located and even hackers' phone numbers are surprisingly easy to find, according to Charity Wright, an analyst at IntSights. Normally, experienced hackers



► Venezuela's cybercrime is increasing

operating in countries such as Russia, China and Vietnam hide by taking on alternate identities and profiles to throw people off.

"They don't seem too concerned about hiding," Wright said. "I think it's because they don't sense law enforcement will do anything."

Venezuela's hyperinflation has caused a deterioration of the national currency and, in turn, many Venezuelans have turned to cryptocurrencies. The International Monetary Fund says inflation of the Venezuelan bolivar, the country's currency, is expected to hit a startling 200,000 percent this year. A cup of coffee that cost 150 bolivars in November 2018 now costs 18,000 bolivars. 🌐

Gangster film incites violence at cinema

A gangster film just released in the UK incited youths with machetes to brawl at a screening which has led to it being banned from some cinemas.

"Blue Story" is proving to be one of the most controversial British films in years. The film directed by Andrew "Rapman" Onwubolu - is at the centre of a storm after an all-out brawl broke out during a showing of the film in Birmingham.

Armed police were on the scene after people with machetes at Star City, in the Nechells area of the city were reported, around 5:30pm on Saturday. A group of more than 100 people were

there, with pockets of fighting breaking out as families queued to see 'Frozen 2'. The incident has led to reports that the film is being pulled from Vue cinemas across the country.

'Blue Story' is about friends Timmy and Marco who become rivals in a vicious postcode war between South London's Peckham and Deptford districts. The pair were best friends who went to school together before being drawn into a world of violence - something altogether too real in London today where fatal knife crime is rife. It's a follow-up to Rapman's hugely successful YouTube series 'Shiro's Story'. 🌐



► Rapman directed 'Blue Story'

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 2 Outback bird
 - 7 Ocean motion
 - 11 Plummer of "Pulp Fiction"
 - 12 Eye part
 - 13 Some limas
 - 15 Speedy
 - 16 Mammal with flippers
 - 18 Harp's kin
 - 21 Swallow sound
 - 22 Skirt folds
 - 24 Paris pal
 - 25 Spring month
 - 26 Twosome
 - 27 Exotic market
 - 29 Bankrolls
 - 30 Jack or joker
 - 31 Royal address
 - 32 Poultry buy
 - 34 Sweet treat
 - 40 Like some wines
 - 41 Broad street
 - 42 Took the bus
 - 43 Bristle at
- DOWN**
- 1 Apply ointment

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

Yesterday's answer

- 8 Lyricist Gershwin
- 9 Big racket
- 10 Curvy letter
- 14 Nanny's mate
- 16 Cashew family tree
- 17 "My Fair Lady" lady
- 19 Speed checker
- 20 Piano piece
- 21 Yak it up
- 22 Golf goal
- 23 Urgent call
- 25 Sir's counterpart
- 28 Pinball palace
- 29 Reacts to a sour note
- 31 Figure out
- 33 Dessert fruit
- 34 Sedan or SUV
- 35 Before now
- 36 Stop symbol
- 37 Common bill
- 38 Sprint
- 39 Hoop attachment

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		
34	35	36						37	38	39
40								41		
42								43		

11-20

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

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

Difficulty Level ★★★★★

10/06

Answer to previous puzzle

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

Difficulty Level ★★★★★

Word Search

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

- Anthem
- Aria
- Ballad
- Barcarole
- Berceuse
- Calypso
- Catch
- Cavatina
- Chanson
- Dirge
- Ditty
- Glee
- Hymn
- Lay
- Lied
- Lit
- Lullaby
- Madrigal
- Psalm
- Round
- Serenade
- Shanty

Have fun
with
**CAYMANIAN
TIMES**

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

CURTIS By Ray Billingsley

Panel 1: "WOULD YOU CARE TO HAVE THANKSGIVING DINNER WITH MY DAD AND ME, CURTIS?"

Panel 2: "CHUTNEY, YOU ASK ME THE SAME QUESTION YEAR AFTER YEAR, AND YEAR AFTER YEAR I GIVE YOU THE SAME ANSWER:"

Panel 3: "MY COUSINS ARE COMING OVER! I'LL HAVE TO EAT DINNER WITH FAMILY!"

Panel 4: "RIGHT AFTERWARD, I CAN COME OVER AND EAT DINNER WITH YOU!"

THE AMAZING SPIDER MAN By Stan Lee

Panel 1: "NO TIME TO KNOCK HIM OUT OF THE CAR'S PATH BEFORE IT HITS HIM - SKREE"

Panel 2: "- SO I'LL HAVE TO KNOCK THE CAR OUT OF HIS PATH! EETCH SLAMM"

Panel 3: "STAN LEE / ALEX SAVIUK 11-20"

JUDGE PARKER By Woody Wilson & Mike Manley

Panel 1: "NEDDY COMES HOME FOR THANKSGIVING... WELCOME HOME, KID..."

Panel 2: "NEDDY! I... I CAN'T BELIEVE... I'M JUST SO HAPPY..."

Panel 3: "OF COURSE, SINCE YOU DIDN'T PHONE AHEAD AND MAKE A RESERVATION, YOU CAN'T HAVE THANKSGIVING WITH US. BUT MAYBE WE CAN GET YOU A SEAT AT ANOTHER HOUSE. SAM! NEDDY!"

Panel 4: "MARCILLIANO + MANLEY 11/20"



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Annual Turtle Release a Success

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 inspirati...

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"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

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Government to Hold Public Meetings on Cruise Berthing

The Government will be holding a series of public meetings in its ongoing effort to inform the public about the proposed cruise berthing facility and enhanced cargo port project (CBF).

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Crown Dependencies and Overseas Territories Lay

Government commits to beneficial ownership register

In a statement issued this week, the Government has announced that it will