





NOTICE

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- For reservations queries, email reshelp@caymanairways.net
- For urgent matters, call 949-2311, 10am - 3pm, Monday - Friday only



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Voices from the planet on an Earth Day like no other

PENSION PLAN PROBED



A large-scale uptake is anticipated by private-sector workers literally capitalising on government's offer allowing them early access to their pension funds. The Cayman Islands Government (CIG) announced the extraordinary move as part of a package of relief measures to counter the adverse financial impact of the COVID-19 crisis in the territory.

Under the plan as outlined by Hon. Premier Alden McLaughlin, private-sector employees will be able to make withdrawals from their pension pot to tide them over during this period of economic disruption with its consequential drain on personal and family incomes and savings. Employees will be able to withdraw all of the first \$KY 10,000 of their accrued

pension but will be limited to a maximum 25% of any amount beyond that. In addition to the possibility of dipping into the pension pot early, the government is also allowing a six-month pensions payments holiday. These options are not available to civil servants whose jobs are secured and

... Continued story on page A3

MASS TESTING KEY TO RELAXING RESTRICTIONS

Cayman Islands has embarked on the first phase of a mass COVID-19 testing campaign. The outcome will provide the basis for decision-making on whether and how the government relaxes the public gathering restrictions in the coming weeks. Over the next two weeks, it's expected that over a thousand people will be

screened and tested for the virus starting with medical staff and other front-line workers, hospital in-patients and prison inmates. A key aspect of phase one of the exercise will be testing those persons displaying symptoms as well as those who are classified as asymptomatic

... Continued story on page A7



A CALL FOR PUBLIC-PRIVATE PARTNERSHIP IN RETAINING PENSION FUNDS



By MLA Ezzard Miller

Congratulations to Government

Before I discuss how pension funds can be retained while funding employees in these desperate times, I take a moment to once again congratulate the Premier and his Government for consulting and following the advice of the medical fraternity on the handling of the Coronavirus pandemic. The shelter-in-place and other social distancing arrangements, including the "soft curfew" and "hard curfew" restrictions on personal movements, appear to be working given the results of limited testing.

... Continued story on page A2





1:00 PM - 7:00 PM
SPINNAKER SQUARE
SHAMROCK RD.



1:00 PM - 7:00 PM
PASADORA PLACE
SMITH RD.

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

EDITORIAL

The tricky issue of dipping into pensions savings

Faced with an unprecedented situation that has caused unexpected demands on government's finances to fund social and other programmes, the current administration with the support of opposition lawmakers are granting people access to their pensions to help cushion the blow



of the economic fallout brought on by the COVID-19 crisis.

Government found itself in the proverbial situation of being stuck between a rock and a hard place. Looking at the unfolding situation, it was clear that some sort of social safety net would be required, at least in the short term, for those in the community living paycheque to paycheque but who otherwise would not require government assistance. Among those are thousands of work permit holders.

With the number of Caymanians needing government intervention to stave off hunger and suffering growing, a decision was needed on how to maximise the use of government funds available for social assistance for the benefit of Caymanians without the additional burden of taking care of "temporary" residents of these Islands. Hence, the decision to allow people to accept their pensions.

Additional to note, with the opposition also proposing the move, the Progressives-led administration was faced with the prospect of paying the

political price of telling people they could not have access to their pension "savings" while they endure economic hardships that they could not have seen coming with much notice. It would have been a political disaster to allow expatriate workers the opportunity to access their pensions, while Caymanians were not afforded that opportunity with elections just around the corner.

Make no mistake: there is a genuine need for people to have access to some sort of fund to help them out. However, other options should be considered, although we acknowledge that government's pockets, though deep, are not bottomless.

The concept of pensions is to help you maintain your standard of living when you reach retirement age. It is tough to know that you have money sitting in a fund for your benefit while you are suffering. However, a word of caution to those seeking to access their pensions that doing so should be a last resort as it will be practically impossible to replace those funds to have a meaningful impact when you've reached retirement.

A CALL FOR PUBLIC-PRIVATE PARTNERSHIP IN RETAINING PENSION FUNDS

... Continued story from page A1

Procurement of testing kits

I also wish to "big up" those persons involved in the procurement of the testing kits. The story as related in the Compass was intriguing and demonstrated the value of personal relationships coming together for the common good.

I do wonder, nevertheless, why the opportunity was not taken to purchase two additional testing machines which could have provided the ability for at least a tripling of the testing that could be performed on a weekly basis.

At the current estimated rate of testing, 500 in two-week periods, it is going to take many months to complete the number of tests that need to be done before we can start to open up the domestic economy.

Concerns with the proposed pension drawdown plan

Aside from that, however, I have some very serious concerns with the proposed plan for pension drawdown by individual pension beneficiaries.

For this to have reasonable impact on the ability of persons to sustain themselves for several months, the drawdown would have to be a substantial amount; for example, it would require, at a minimum, a drawdown of six months' salary, at an average of \$2,000 monthly, totalling \$12,000, for the average person. However, for that average person that would represent five years of contributions.

In order to make pensions whole again, the average pension beneficiary would have to double his or her contribution each month for the next five years. At a salary of \$2,000 per month, given the high cost of living in Cayman, the average person could not afford these additional contributions.

Combine this with the proposed moratorium on paying pension contributions, in my book, it will spell disaster for most persons when they become pensioners.

I have long been an advocate for investing on long-term fixed deposits in local financial institutions a much larger portion of the pension funds collected. The earnings could fund necessary national growth, for example home ownership and the expansion of the local economy, especially in local entrepreneurial growth.



► Ezzard Miller, MLA

attractive at this time as a quick way to get some income replacement—we carefully look for ways of utilizing pension funds as a part of a more well thought out, planned, and controlled strategy.

If we go with the proposed direct income-replacement model, allowing a six-month salary/cash withdrawal from individual pension plans, it will be almost impossible to manage the spending by individuals. Further, the drawdown funds are unlikely to last six months—that is just human nature—and we will ultimately all pay the price in the long-run.

Identifying problem/need

It is therefore very important that Government clearly identifies the problem/need it is trying to fix before a solution is determined. Is this an employment problem/need or an income replacement/need?

This is essentially an employment problem, in that non-essential employees are desperately in need of retaining or replacing income from jobs that are currently non-existent/functional.

It is indeed a desperate situation, but it is possible to devise a solution that retains both employment and income by equipping employers with the necessary financial wherewithal to continue to pay their employees.

This better solution would result in employees retaining their employment, rather than the government merely replacing their salary with a one-time drawdown on their pension plans or by a subsidy from the government's Needs Assessment Unit (NAU).

Solution

This plan would still enable employees to benefit from utilization of their pension funds. The big benefit, however, would be protection of pensions from reduction to the point where employees will ultimately have to resort to the NAU for supplemental income in current

conditions or during their pensionable years.

This plan could be developed with the aid of financial experts in Cayman, where we are reputed to have some of the best in the world.

As an example of how this would work, let's say some



I have never supported the type of access by individual pensioners that would enable withdrawal of money from their pension plans.

Administration of pension plans

Well administered pension plans usually involve institutional investment in long-term fixed deposits. In this way, pension funds afford availability of long-term cheaper money for these institutions to lend to Caymanians under strictly managed conditions. Pension beneficiaries, in the meantime, retain the funds in their individual plans.

The proposal to provide persons substantial cash payments by withdrawing cash from their pension funds without imposing realistic and sustainable conditions, especially with no guaranteed timeline for when this lockdown will end, is a recipe for disaster.

We should have learned some hard lessons in the last several years from the experience of allowing persons to drawdown their pension plans to pay mortgages. The latest report indicates that some of those same persons continue to experience difficulties in keeping their mortgage payments current.

Warning on impact of rushing amendments to pension law

I suggest that before we rush into amending the pension law to facilitate this drawdown—which I agree may look

\$50 million, more as determined, could be sourced and distributed amongst the local commercial banks on a fifteen-year fixed deposit. (Most pensioners work for forty or more years, pre-retirement). The plan would be governed by two strict conditions.

The first condition is that employees' pension funds would serve as collateral, for which the banks would offer an interest of half a percent on the pension funds it receives and would fully insure the funds against loss.

The second condition would be that the lump sum distributed to the banks would fund loans to business owners to pay salaries of their employees, including a salary for the owners/managers, at one percent on a five-year loan. A moratorium would be imposed on principle and interest for the first year.

This would allow pensioners, including employers/owners, to retain their pension money while benefiting from investing in themselves.

Government, in turn, would amend the Pensioning Law to sweeten the deal by incentivizing the commercial banks to offer loans at their regular commercial rates over the next ten years to Caymanian businesses, to grow and to fund entrepreneurial growth.

Under such a scenario I could support a one-year moratorium on pension contributions.

... Continued story on page A3

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 Email: seagrapesecretarial1@gmail.com
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PENSION PLAN PROBED

... Continued story from page A1

who recently received a 5% salary increase, the Premier said.

The offer is also not available to retirees already drawing their pension.

Following approval by Cabinet, the proposal will go to the Legislative Assembly on Thursday for ratification.

CONCERNS

The Official Opposition has broadly welcomed the plan, but independent Opposition Member Ezzard Miller has deep reservations.

There are also rumblings of concern reportedly coming from within the pensions providers sector over the dent this could put into the pension fund.

It is also speculated that some recipients who are work-permit holders would take the maximum amount and depart the territory.

However, Premier McLaughlin was quick to sound a note of caution seen as intended to avert a spending spree, although the early release of those pension funds is estimated to inject potentially around half a billion dollars into the struggling local economy.

"A lot of us are going to have a real shock when we see what the accounts look like because of the crash in the global financial market," he said, adding that "a lot of those values are going to be significantly less than the last statement that anyone got. That's not something to look forward to but it is something to be prepared for."

Mr McLaughlin said he was also mindful of the concerns that this move could deplete the overall pension fund.

Reflecting on the amount persons are being allowed to withdraw from their pension pot, he acknowledged that "on the one hand I know there will be those, including the pension providers, who think that that is too much and on the other hand I know there are those who think it's not enough."

The Premier, however, feels that the government decision is striking the right balance at this point.

"None of us knows how long this crisis is going to last," he said.

And, in a remark clearly directed at those persons who will benefit from the windfall being made available to them, he offered some sage advice.

"The thing with money is that it tends to burn your hands and when you have it you tend to spend it."

THE MILLER ALTERNATIVE

And that's one of the reasons why Independent Opposition Member Ezzard Miller has what he calls "some very serious concerns with the proposed plan for pension drawdown by individual pensioners."

He argues that "the proposal to provide persons substantial cash payments by drawing that cash from their pension funds without imposing realistic conditions, especially with no guaranteed timeline for when this lockdown will end, is a recipe for disaster."



In a prepared statement ahead of Thursday's meeting which will debate the government's pensions relief plan, he proposed an alternative model.

According to Mr Miller, the government should "devise a solution that retains employment and income by equipping employers with the necessary financial wherewithal to continue to pay their employees."

"This better solution," he contends, "would result in employees retaining their employment, rather than the government initiating replacing their salary with a drawdown on their pension plans

or by a subsidy from the government's Needs Assessment Unit (NAU).

Mr Miller says his plan "would still enable employees to benefit from a utilization of their pension funds. The big benefit, however, would be to protect pensions from being reduced to a point where employees will ultimately have to resort to the NAU for supplemental income in current conditions or during their pensionable years."

He says his plan "could be developed with the aid of financial experts in Cayman, where we are reputed to have some of the best in the world." 🌐

COMMUNITY NOTICE

Water Authority Waives April Penalty Fees

To further assist customers facing financial hardship during the Coronavirus (COVID-19) pandemic, Water Authority-Cayman will waive penalty fees for April 2020.

This action is in addition to the COVID-19 Payment Deferral Policy developed by the Authority, to assist persons who may be temporarily out of a job due to the pandemic. If a customer has been impacted please contact the Water Authority about the deferral policy via email info@waterauthority.ky.

Customers seeking to make a payment can do so online by visiting www.waterauthority.ky and clicking the "Pay My Bill" button on the home page, online via local banks, or by cheque using the Authority's dropbox at its Red Gate Office. Customers that need to make cash payments can do so at the counter of their local bank branch.

Customers can still conduct business with the Authority electronically. The Customer Service team can be contacted by emailing info@waterauthority.ky

Cayman Brac customers who require trucked water can continue to make requests by calling 948-1403.



Customers are reminded that the Authority is focused on providing essential services. Essential services mean services that ensure customers have water supply and wastewater services.

The Authority encourages its customers and the public to remain calm, and continue to follow the measures of the "Shelter-in-Place" order, to prevent the spread of the virus.

For more updates, and important messages from the Authority customers can visit the website www.waterauthority.ky and social media pages (Facebook, Twitter, and Instagram).

* * *

The Water Authority is the statutory body responsible for the management of water and wastewater in the Cayman Islands. The Administrative Headquarters is located at 13G Red Gate Road, George Town, Grand Cayman, Cayman Islands. 🌐

A CALL FOR PUBLIC-PRIVATE PARTNERSHIP IN RETAINING PENSION FUNDS

... Continued story from page A2

Time for creatively adapting to new economic climate and demands

A key benefit of this plan would be to incentivise local entrepreneurship at time when it is more than ever needed, replacing or at least bridging away from the strategy of focusing on international inward investment.

The defects of this traditional economic strategy, espoused by successive local governments, of incentivising inward international investment to drive development and progress, have been laid bare by the ravages of the Coronavirus.

Unfortunately, we are now reaping the tares of this strategy: i) we have ignored the incentivising of local entrepreneurs to grow the domestic economy, and ii), inward international investment has allowed foreign investors to repatriate profits from investments.

Labour earnings, as well, are largely repatriated as work permit holders leave very little of the money generat-

ed to circulate and grow the local economy.

Importance of careful management of current economic needs and recovery

In light of all of these factors, management of the containment of the Coronavirus, as challenging as it is, will be easy compared to the complexities of managing the economic damage and recovery over the next couple of years.

But there is hope. The Cayman Islands' success has been built on public-private partnerships, and now, more than ever, we need to leverage that collaborative spirit that has shown itself ever accessible in times of greatest national need.

Now more than ever, we need to come together for the common good, from which all of us stand to benefit, in devising solutions that are practical, affordable and sustainable.

Importantly, such essential criteria should never be ignored at the cost sacrificing the future wellbeing of Caymanians by undercutting pensions designed to see them through their golden years. 🌐

Cayman Islands COVID-19 Dashboard

Results

66

Positive

712

Negative

7

Recovered*

1

Deaths

Worldwide confirmed cases

2,621,436

Source: Johns Hopkins, 22/04/20, 2:30pm

778

People tested

AS AT: 22 APRIL 2020, 3PM

*A person who initially tested positive and who has subsequently tested negative for the COVID-19 virus in two tests done at least 24 hours apart 14 days after their positive test, or after their symptoms have gone away, whichever is longer.



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Cayman Islands

Help us help the children of the Cayman Islands
Your generosity is most welcome in the following ways:

Currently,

- 1) Donate Funds at ncvo.org.ky and know they are going to directly to children in NCVO's care.
- 2) Like our Facebook Page and keep up to date on other virtual fundraisers that will take place during this time. [Facebook.com/ncvo.caymanislands](https://www.facebook.com/ncvo.caymanislands)

Once permitted:

- 2) Donate Food.
School Students: healthy (individually wrapped) snacks for children under 5 (to help feed 55 students)
Group Home Residents: sealed ingredients for meals to be made in the group home (6 residents+3 Care workers)
- 3) Volunteer to beautify the Group Home and Schools by painting, gardening, carpentry. Visit <https://signup.com/go/RTSJAGc> to sign up!
- 4) Contact 3 Girls & a Kiln (3girlsandakiln@gmail.com) and paint a Love Bank for the NCVO at home. The banks are used to collect funds for the NCVO all year.

Please call (345) 525-2797 or email ncvo@ncvo.org.ky for more details.

Kind Regards,



Miriam Foster
Chief Executive Officer

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Prisoners Repatriated

His Excellency the Governor, Martyn Roper, has agreed to accept the advice of the Advisory Committee for the Prerogative of Mercy to remit the sentences of a number of prisoners and to repatriate them to their home countries.

Using the Prison Director's existing powers, a small number of prisoners coming towards the end of their sentences have already been released.

HMP Northward currently has a population of 185. The design capacity of the prison is 169 but the maximum single cell occupancy is 138. The onset of COVID-19 presents significant challenges in a closed prison environment.

In order to safeguard the health of prison staff and prisoners alike and to enable better adherence to the policy of social distancing. The Prison Director is taking steps to reduce the prison population in a manner that presents no risk to the general public.

Four prisoners, who are being released, are all low risk and have responded very well to custody and have engaged with the services and interventions offered to them. On release, they were taken directly to the airport and departed on the outward flights that took place Friday, 17 April and today (Monday, 20 April). 🌐



UK Security Team to Support Cayman Islands

His Excellency the Governor, Martyn Roper, OBE announced at yesterday's press briefing that a small military planning team would be deployed to the Cayman Islands next week. The team will provide planning and logistical support to the Cayman Islands during the COVID 19 crisis and as we enter hurricane season.

Twelve specialists will deploy in total in an advisory role including medical planners, logistics experts and security advisers. The team will be tasked with providing support in the coordination of essential medical supplies and personnel, to provide a liaison function with UK naval assets in the region, to work with Hazard Management Cayman Islands on Hurricane Preparedness and to provide advice on any security threats that might occur in these exceptional circumstances. It will also mentor our newly established Defence Regiment.

The Cayman team follows a similar deployment that was made to the Turks and Caicos Islands two weeks ago. The UK also has two naval ships including helicopters in the region - HMS Medway and RFA Argus who are tasked with supporting the Overseas Territories as we enter hurricane season. Last year RFA Mounts Bay

undertook a hurricane crisis exercise landing equipment and personnel on Governor's beach underlining what a major asset UK naval ships can be.

The Governor said: "Our law and order situation is stable and I have every confidence in our capacity and capability to manage risks going forward. But this situation is unprecedented and all my experience of crises underlines the importance of being prepared for any eventuality."

"This will be a small military/civilian planning and logistics team to support us on sensible scenario planning. It will provide expertise and resource to ensure we are planning and preparing effectively to manage any risks on law and order (curfew handling, prison, economic and social factors). It will be an extremely valuable resource to have just now in support of our security needs, Covid-19 risk and hurricane preparedness including coordinating other UK assets in the region."

"The team also comes with medical and security planners and logisticians who will be valuable to help ensure that Cayman's stock of essential medical supplies remains robust. It is a strong signal of UK political support." 🌐



► His Excellency the Governor, Martyn Roper, OBE

TEMPORARY WAIVER OF TRADE AND BUSINESS LICENSING APPLICATION FEES

Commerce Minister, Hon. Joey Hew has announced that the Government has approved the Trade and Business Licensing (Temporary Reduction in Fee) Regulations 2020, which will waive the payment of trade and business licensing application fees for businesses, effective 1 May to 31 July 2020.

In addition, late fees from 1 March to 31 July 2020 will be waived for all applicants.

"COVID-19 has caused significant economic dislocation across the globe, with the Cayman Islands being no exception. It is in an effort to arrest this disruption that the Government continues to propose a number of relief measures to assist businesses at this time, particularly our micro and small enterprises," Minister Hew stated.

Minister Hew continued, "As a result of these regulations, those fees which are usually collected by the Department of Commerce and Investment upon application for a trade and business licence are now temporarily waived in an effort to reduce the amount of fees incurred by businesses during this time. We have been engaging in discussions with members of the business community, such as the Chamber of Commerce, and other stakeholders to find interventions to lessen the impact of COVID-19 on our businesses and the economy".

The temporary waiver for payment of trade and business licensing application fees and late fees will benefit over 3000 businesses.

The Government, through the Ministry of Commerce, Planning and Infrastructure recently announced as-



► Hon. Joey Hew, Minister of Commerce, Planning and Infrastructure at a recent press briefing where he announced several relief measures to support micro and small businesses across the Cayman Islands

istance in the amount of Fourteen Million, Five Hundred and Twenty One Thousand Dollars (14,521,000.00) to support relief measures for micro and small businesses across the Islands. The relief measures being implemented will be in the form of a Low Interest Loan Programme; Technical Assistance Programme; Training and Handholding Programme; and a Micro and Small Business Grant Programme.

Information on the Trade and Business Licensing (Temporary Reduction in Fee) Regulations, 2020 can be found at www.gov.ky/coronavirus. Members of the public can also visit the Department of Commerce and Investment website, www.dci.gov.ky for trade and business licensing and other information. 🌐

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Red Cross Delivers Homemade Face Masks

The first batch of locally-produced protective masks, made by volunteers organised through the Cayman Islands Red Cross (CIRC), were collected recently.

Part of a larger consignment earmarked for use in the fight against COVID-19, some 350 fabric masks with filter pockets were delivered to frontline personnel on Friday (17 April 2020). The handover is part of a rapid response initiative, to provide 4,000 fabric masks for key staff including police and prison officers.

Started shortly before the Easter weekend, the project is being coordinated by the relief and disaster preparedness agency after an appeal by the Chief Medical Officer, Dr. John Lee at a National Emergency Operations Centre (NEOC) meeting in late March. Dr Lee had asked that an agency come forward to set up homemade mask production to supplement current and ordered supplies of medical grade masks.

The Cayman Islands Government purchased the material to make the masks, and the kits were made by CIRC and distributed to more than 100 volunteers on Wednesday, 8 April. The Red Cross confirms that all items were professionally cleaned before sending to the volunteers. As well as organising the project, the CIRC shared a pattern with the would-be mask makers, along with instructions from Selma Silva of the Pink Ladies.

The Ministry of Health advises that masks should be washed on a high temperature setting using detergent after each shift. Additionally, hands should be cleaned with soap and water or alcohol-based hand sanitiser before putting on and taking off the face mask in order to prevent self-contamination.

"The use of masks is encouraged during public settings where social distancing may be difficult to maintain

(e.g. supermarkets or pharmacies). However, masks are only a complementary measure and should not be a replacement for the core protective measures that are recommended to reduce community transmission of COVID-19 including physical distancing, staying home, respiratory etiquette, meticulous hand hygiene and avoiding touching the face, nose, eyes and mouth," says Dr Lee.

As the local branch of the international disaster response organisation, with years of experience in hurricane preparedness implementation, CIRC is strategically able to rapidly mobilise volunteers.

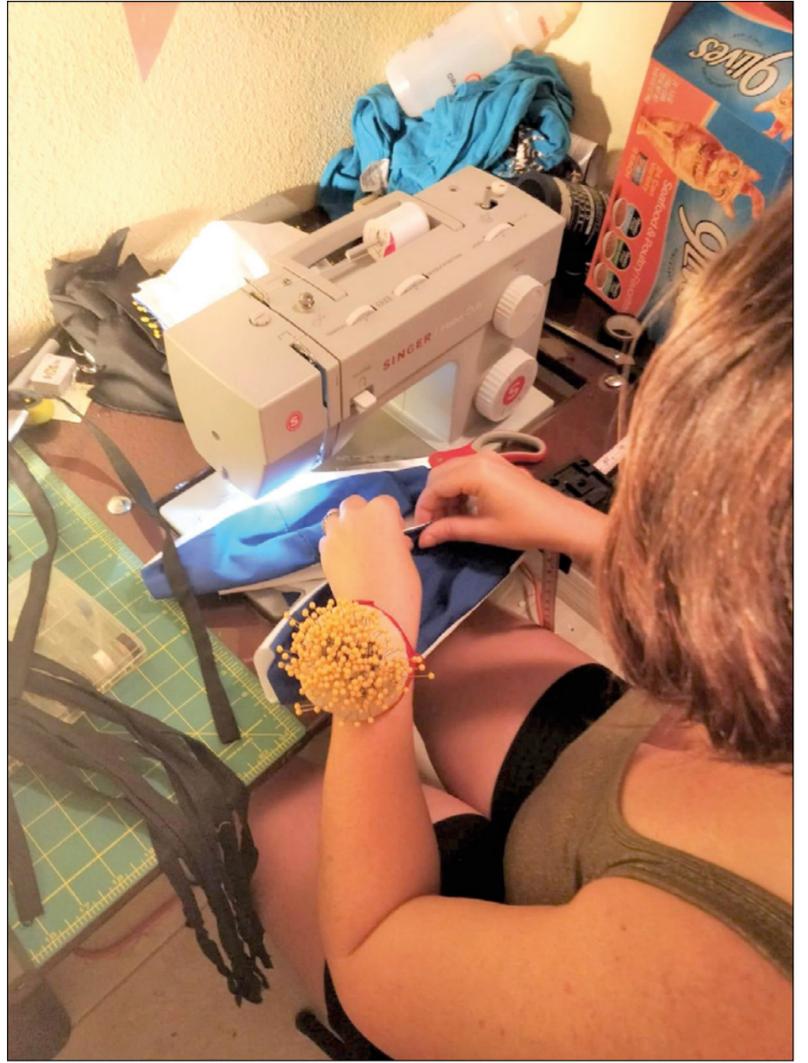
"We know that emergencies help to solidify a community's identity," says CIRC Director Jondo Obi.

"Given the nature of the current health crisis, it has the potential to make people feel helpless given that the best way to assist is really by staying put. However, what this mask-making project has hopefully shown us all is that there are many ways in which people can still be involved and truly make a difference," she adds.

"There is always a need for volunteers who have skills, time and a strong sense of commitment to our community. The Cayman Islands Red Cross is humbled by the outpouring of support for this project and the volunteers who answered the call and are giving their talents to support our frontline workers. Even while socially distant we remain together in this."

Posted in four languages on CIRC's Facebook page just hours after Dr Lee's appeal, the CIRC received hundreds of calls from volunteers who were willing to help.

"I am very grateful that the Cayman Islands Red Cross took up the appeal so quickly and is making good headway for this much-needed resource," says the



► Cayman Islands Red Cross volunteer Laura Jane Air sews masks for frontline staff

Minister of Health, Hon. Dwayne Seymour.

"It has an impressive track record of mobilising volunteers in times of national need. I must also thank CIRC and

its resourceful volunteers on behalf of all our frontline workers, who will directly benefit from them providing some measure of protection during this outbreak," he concludes. 🌐

Mise en Place Community Partnership with Meals on Wheels

Since August 2019, Mise en Place has been providing over 100 hot, nutritious meals and soups each week day for persons residing in the districts of George Town and West Bay through the Cayman Islands Meals on Wheels program. Meals on Wheels (MOW) provides meals to seniors, infirm, homebound, disabled and other vulnerable Meals on Wheels across Grand Cayman.

Meals on Wheels has been serving the community for 23 years to provide a balanced nutritious hot meal and a soup to seniors, homebound, disabled and other vulnerable individuals. The daily hot meals are delivered to each home and is often the only source of adequate nutrition for those with insufficient funding, a disability or who are housebound.

For Mise en Place (MEP) Managing Director, Sean Collins the partnership with Meals on Wheels is the companies way of giving back to the community "This is a special partnership for us; we are passionate about the food we create and are pleased to support a programme that feeds, benefits and cares for the most vulnerable in the community."

Mise en Place not only provides the meals for the clients in West Bay and George Town, but they have also kindly provided a meal collection station, storage areas and have now donated brand new delivery bags, Collins states that "the bags being used were in poor condition so we decided to lead the way in getting new bags for MOW and hope that other companies will follow."

Jennifer West, General Manager for Meals on Wheels says "In recent weeks due to the COVID-19 pandemic, Mise en Place has gone above and beyond even more in their partnership. They have provided a fridge for the volunteer collection areas so that cold water and drinks can be made available for them, they installed a handwashing station for volunteers to ensure that hands could be cleaned before delivering meals and their own kitchen and handling procedures increased because they understand the vulnerability of our clients and have made extreme changes to safeguard them. Every day the amazing staff of MEP carefully prepare and pack hot meals and soups for 14 different delivery routes into thermal bags.

During this coronavirus pandemic they have prepared meals for seniors in all 5 districts. As a part of the MOW contingency plan to continue to provide meals while decreasing the number of

volunteers and visits to each house, MEP quickly stepped up to have its sister company "Boxed" assist in making sure seniors would have access to healthy, nutritious meals in their homes on intermittent days when there is no delivery. Collins explains that "Using equipment and technology (blast chilling process) that we have for our sister brand 'Boxed', meals are made specifically for MOW." Having this option is helping MOW continue ensuring that no senior goes hungry, while decreasing the number of visits to the home each week.

Meals on Wheels is currently serving 330 meals per day. MOW relies heavily on the support of public and private funding. During this pandemic, the referral list continues to grow. In practising social distancing, donations can be made online at www.pledgeasenior.com or direct deposit to "Cayman Islands Meals on Wheels" at Bank of Butterfield account #1361609770021. No donation is too big or small, for just CI\$5.00 you can provide a senior with a hot meal and soup.



► Left to Right: Mise en Place Owner and Executive Chef, Sean Collins hands over delivery bags to Meals on Wheels Programme Coordinator, Nerrie Campbell. Bags were sponsored by Mise en Place, they guarantee that meals are delivered hot.

For volunteer details or sponsorship opportunities with Meals on Wheels, vis-

it their website at www.mealsonwheels.com, email info@mealsonwheels.com or call

769-1974 to find out how you can get involved. 🌐



CAYMAN ISLANDS MEALS ON WHEELS

Direct Deposit Donations
Cayman Islands Meals on Wheels
Bank of Butterfield
Account #136 1609 77 0021

Or Pledge to Feed a Senior at
www.pledgeasenior.com

Give the Gift of Hope



Delivering hot meals and smiles so that no senior goes hungry!

Governor's Updates

• **For things to stay the same, everything has to change:** I have said before that 'for things to stay the same, everything has to change'. Because a vaccine is some way off, if we want to get back to the life we had, social distancing, basic hygiene and protecting our elderly and vulnerable are big changes we will have to make. If our good progress continues, and with a major ramping up of testing, the signs are good for starting to open up the local economy in the near future.

• **Emergency evacuations:** It is with great regret that I have to report the Nicaraguan Government has closed its borders and are not accepting any citizens which means the two flights on Saturday have had to be cancelled. It's incredibly disappointing. I spoke to their Foreign Minister twice this morning to try to persuade him to think again but they believe they need to do this to protect their country. So I feel very sorry for the passengers who were due to fly. The two relevant hotlines are: Work permit holders: call 244 8000 or email cigcovidsupport@gov.ky Residents call 946 0024 or email nauinfo@gov.ky

• Cayman Airways are in the process of getting in touch directly with all the passengers - further information here <https://www.caymanairways.com/nicaraguas-border-closure>

• **BA Air Bridge:** I'm happy to report the second British Airways air bridge flight will arrive in Cayman on Tuesday 28th April and will depart back to London via TCI on Wednesday 29th April.

This second air bridge flight will bring in extraction kits. More details will be issued on how to book seats. We have yet to work through the cost but I can say there will be a new online booking system which should make the whole process easier. We are also hopeful that we may be able to include pets on the outward journey to London - again more information will be provided shortly.

• **UK Security Support Team coming to Cayman:** This second air bridge flight will bring a UK security support team of 12 - nine of them from the armed forces and three civilians. They will all go straight into quarantine for the mandatory 14 days. This military-led team will be assisting us with security planning and logistics with regard to COVID-19 but also as we get ready for the hurricane season. They will assess our current security capacity and advise on what areas of additional support might be useful. That could, quite possibly, include a marine capability.

I must emphasize that our current security situation is stable. There are no major concerns but this is a welcome precautionary move and it is also a strong political sign of support from the UK for Cayman and the other OTs.

• **Happy 102 Birthday to Ms. Ethel Ebanks:** I join the Health Minister Dwayne Seymour and Premier Alden McLaughlin in wishing Ms Ethel Ebanks a happy 102nd birthday.

• **Great work by the Civil Service:** The civil service remains highly active



► His Excellency the Governor, Martyn Roper, OBE

delivering essential services to our islands. HMCI, 911 personnel, staff from Environmental Health, Waste Collection, legal representatives in the court, department of the Director of Public Prosecution, the Attorney General's chambers, the NAU, Family Services, officers from the Fire and Prison Services and some from Public Works are designated as essential workers with curfew exemption for carrying out their duties only.

In total there are 1274 civil servants in this category - that's 31% of civil service numbers. The other two thirds of

staff are working from home continuing to perform their usual functions but are also deploying to support other aspects of our crisis response including hotlines and isolation facilities. The 1274 number excludes our 500 uniformed RCIPS officers, CBC and Coastguard who are working hard to secure our borders and the 400 teachers supporting students at home working online. The Civil Service has stepped very well up to support the Cayman Islands ably led by the Deputy Governor. I am very proud of them and they continue to demonstrate a world class civil service in action. 🌐

OTs NEED TO STAY AFLOAT IN THE SAME BOAT

By Michael Jarvis, London, UK

Are the UK's Caribbean Overseas territories missing out on an opportunity to collaborate in the fight against COVID-19 now sweeping through their islands, the rest of the Caribbean and the world?

While the virus continues to run rampant across the Caribbean, and the independent states struggle to find adequate resources to respond to the pandemic, the five UK territories in the region should - at least on the surface - be better placed to respond to the public health and economic challenges that the disease poses.

And, not just because of their size. The six OTs Anguilla, Bermuda, British Virgin Islands, Cayman Islands, Montserrat and Turks and Caicos Islands vary in population from around 65,000 each approximately for the Cayman Islands and Bermuda to around 4,600 for Montserrat.

At last count Bermuda had 86 COVID-19 cases and 5 deaths, Cayman Islands 66 and 1 death, Turks and Caicos Islands and Montserrat each with 11 reported cases, British Virgin Islands 5 cases and 1 death and Anguilla three cases.

Even though economically the islands conduct most of their trade with the

United States, the constitutional umbilical link to the United Kingdom underpins their co-existence as a unit in the modern global community.

With the scale and ferocity of the COVID-19 pandemic that is a crucial safety net.

However, although the UK has committed to - and has - already rendered assistance in the form of medical supplies to the islands, an initiative of the Cayman Islands to strike out on its own and secure a massive shipment of the supplies from South Korea is noteworthy.

This goes beyond the ability of Cayman to dip into its own tourism-buoyed and financial sector-fuelled treasury to pay its way.

Other territories, perhaps with exception of UK-aid-reliant Montserrat, could have made a similar self-help move as Cayman did...or they could have done it jointly.

The Cayman Islands Government (CIG) reports that it spent in the region of \$KY4.5 million to purchase a 'suppliers-minimum' of 200,000 pieces of the much-sought-after personal protective equipment (PPE) and other 'coronavirus-combatting' medical supplies from South Korea.

It has been confirmed that the Governor's Office in Cayman and the British Embassy in Seoul were instrumental in making this happen.

What is also noteworthy is the willingness of Cayman to share 'on a cost basis', a portion of its shipment of the vital PPE with its sister OTs and other neighbouring countries.

Bermuda and Turks and Caicos Islands have already made approaches; Bermuda received 35,000 pieces and Turks and Caicos Islands is making enquiries.

Outside the OTs family, Barbados has ordered 20,000 and St Lucia is also said to be interested.

The UK, through the efforts of Baroness Lizz Sugg, the Parliamentary Under-Secretary of State in the Foreign and Commonwealth Office responsible for the Caribbean OTs, has also been coordinating supplies for the territories to cope with the onslaught of COVID-19.

The annual UK hurricane disaster response preparation for the Caribbean OTs is already in operation.

The annual UK/OTs Joint Ministerial Council has been pushed off the agenda and not much more has been heard recently of a call by some UYK parliamentarians to initiative a move towards

representation for the territories in the British parliament.

While the latter has been nudged off the list of priorities, (it is likely to return) other issues remain.

How the Caribbean OTs with their very similar economies and common constitutional link to the UK recover from COVID-19 is going to require a joint strategy among themselves in addition to assistance from the UK.

However, much of this seems to be happening without much 'inter-OT' outreach, collaboration or coordination beyond what seems to be top-down; albeit that 'topdown' perception seems more coincidental than by design.

Utilising each others' capabilities, experiences and expertise in the fight against COVID-19 seems a logical best-practice strategy.

In this respect, it behoves the OTs to reach out to each other, especially the sister territory which seems best-placed to lead the effort. At the moment - and for some time now - that seems to be Cayman.

Not only will that speak volumes for inter-OT coordination and collaboration, but will also set the stage for a new level of cooperation not just among their governments but including their peoples. 🌐



WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
85° / 80°	84° / 79°	84° / 80°	85° / 79°	85° / 80°	84° / 79°	84° / 79°
Sunshine, breezy and pleasant	A t-storm in the afternoon	Times of sun and clouds	A t-storm in the afternoon	A passing morning shower	Sunshine and patchy clouds	Partly sunny with a shower

MOMENTS OF INSPIRATION

HOW TO PREPARE FOR DEATH? IN THE FACE OF COVID-19

Text: St John 17, Psalms 113-118

The Coronavirus Cases and deaths are on the rise daily. It can affect us at any time without any warning. We need to be prepared always.

Jesus, having completed his ministry, at the age of 33, predicts his inevitable death on the cross. Jesus prepared himself as follows according to the Gospel narratives.

1. PRAYER: The high priestly prayer of Jesus, St John 17, is a preparation for his predicted death. For Jesus death is returning to the father having come from the Father. In v11, Jesus says, "I will remain in the world no longer" In v 13 He said, "Father, I am coming to you now". Jesus always maintained that He has come from the Father, and will return to the Father. In John 17 Jesus

speaks of his death also as glorification. Jesus prepared himself for his death by cultivating this spiritual perspective, and attitude to death. We too can prepare for our own death as returning to the Father, and entering into God's glory. In prayer at Gethsemane, Jesus prayed - "My father, if it is possible, let this cup (death) pass from me, nevertheless, not my will but let your will be done". Jesus' prayer is an example, for us to submit our will to the Father's will.

2. CELEBRATION OF THE LORD'S SUPPER: The night before his death Jesus celebrated Passover with his disciples. Passover is the celebration of 'the angel of death passing over God's chosen people, symbol of the Old Covenant'. At this celebration, Jesus institutes the symbol of the New Covenant when he offered his body as the bread

of life and his blood for the remission of sins of the whole world. At this meal Jesus also declared it as his last meal. Jesus has set an example for us to follow. We also should celebrate with our families, every meal as our last meal. The early church met at homes, the daily meal was sacramental and holy.

3. FEET WASHING; A SYMBOL OF HUMILITY: St John 13, while the Passover meal was in progress "Jesus got up from the meal, and washed his disciples feet, saying 'I have set you an example that you should do as I have done for you' ". It is interesting that right in the midst of the Passover meal, there was strife, "A dispute arose among them as to which of them was considered the greatest". Jesus takes that opportunity to teach them about selflessness and servant leadership. In this world

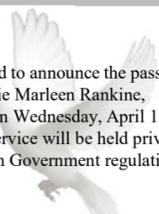
there is selfishness, greed and desire for greatness. Jesus told his disciples, "If anyone wants to follow me, he must deny himself, take up his cross and follow me". We must be prepared to die for Christ.

4. THEY HAD SUNG A HYMN: "When they had sung a hymn, they went out to the Mount of Olives." 'HALLEL' the Jewish traditional prayers are sung. Hymns for this occasion are taken from Psalms 113 to 118. They are Psalms of Praise and thanksgiving declaring the faithfulness of God. While they were singing and going, Jesus faced the enemy leading to His death and resurrection. Let us not fear coronavirus or death, but stay in worship, celebrating Hope in the living and loving presence of the Risen Savior Jesus Christ.

Bishop P.J. Lawrence, CTLT-Caymans.

OBITUARIES

Churchill's Funeral Home

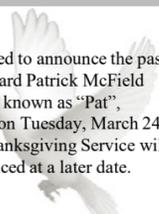


We have been asked to announce the passing of Ms. Verlie Marleen Rankine, who passed away on Wednesday, April 15, 2020. A Thanksgiving Service will be held privately in accordance with Government regulations.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

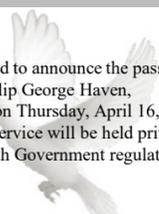


We have been asked to announce the passing of Mr. Edward Patrick McField better known as "Pat", who passed away on Tuesday, March 24, 2020. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

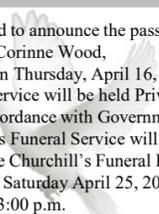


We have been asked to announce the passing of Mr. Phillip George Haven, who passed away on Thursday, April 16, 2020. A Thanksgiving Service will be held privately in accordance with Government regulations.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home



We have been asked to announce the passing of Mrs. Corinne Wood, who passed away on Thursday, April 16, 2020. A Thanksgiving Service will be held Privately for Family in accordance with Government regulations. This Funeral Service will be livestreamed on the Churchill's Funeral Home Facebook Page on Saturday April 25, 2020 at 3:00 p.m.



Condolences can be registered at churchillsfuneralhome.com

The Family of the Late **David Archibald Gooding** regrets to announce his passing on Tuesday, 7th April 2020.



A live stream service will be broadcast on Bodden Funeral Service YouTube Channel, and Bodden Funeral Service Facebook page on 27th April 2020 at 10:00 a.m.

A memorial service will be announced at a later date.

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

MASS TESTING KEY TO RELAXING RESTRICTIONS

... Continued story from page A1

and are not displaying any signs of having contracted the virus.

The recent arrival of a shipment of medical supplies including testing kits ordered from South Korea by the government is kickstarting the campaign.

Chief Medical Officer, Dr John Lee said "all current admissions to the hospitals as inpatients will be screened, all staff, frontline health-care staff, people presenting with respiratory symptoms (or anyone referred by their doctor), all prisoners and prison staff" will be included in the first stage.

He said 400 hundred samples have already been taken with those results expected by the end of this week, adding that they hope to have completed over 1,000 tests island wide over the next two weeks.

Regarding persons who have tested positive - to date 66 - Dr Lee said he was confident that they were abiding by the requirements to stay at home in cases where they have not been hospitalised.

He reassured that there are people who have been required to quarantine in a government-supervised facility and reported that they have complied with the government request to do so.

"For most people, they are complying well with our request and we have tabs on them so to speak, not only Public Health but we have a broader range of tools to see if there are concerns and we are exercising those. But in the main, we are happy that people are complying."

Hon. Premier Alden McLaughlin said the outcome of the testing programme would significantly influence the government's decision on lifting the ongoing restrictions.

"By this time next week, we will have a taken a about a thousand samples, quite how many of those



► Chief Medical Officer, Dr John Lee

will have processed I can't say, but there will be a significant number."

On what the results are expected to indicate, the Premier pointed out that "because we are dealing with frontline staff, we should get a real indication of the prevalence of this virus in the community"

But Mr McLaughlin said, "One of the great fears is that a significant percentage of people who do contract the virus are asymptomatic...in many cases they won't even know they have it but they pass it on to other people some of whom react very badly."

Because of that, he said, "the only way to know who has it is to do a test."

The Premier also said: "We believe that will give us a pretty good idea of where we are in terms of risk and will allow us to make an assessment about what we can and what we should and should not be doing in terms of furthering or lessening the restrictions."

Hon. Minister of Health Dwayne Seymour welcomed the expanded testing regime as "great news for Cayman."

He said the results would enable the government to "better understand how the community is being affected by this coronavirus."

Adding that "to be forewarned," Mr Seymour said "this is only the first phase of testing. As time goes on the plan will be expanded to include more of the community including people who face the public on a daily basis like supermarket workers."

He said there has been a collaborative effort between the public and private doctors and nurses from both primary care in the hospitals.

The Health Minister said he applauded this joint approach against what he called "this national threat".



► Hon. Premier Alden McLaughlin



► Without recreational boaters on Biscayne Bay, Lina and John have witnessed the waters clear up and the manatees come out like never before from their backyard perch.



► Louis is perfectly at ease in the wild Florida country of Big Cypress Preserve. "It's time to reset, recharge and reassess now to handle life and care for the earth better," said his dad Javier.

South Florida Stories: Voices from the planet on an Earth Day like no other

Part one of two in a series

By Raquel Garcia

"Earth Day is the first holy day which transcends all national borders, yet preserves all geographical integrities, spans mountains and oceans and time belts, and yet brings people all over the world into one resonating accord."

—Anthropologist Dr. Margaret Mead (Earth Day International Chair 1976)

The latest data from USAfacts.org, self-identified as a non-partisan not for profit organization, states that 2019 was the second warmest year globally on record; the warmest being 2016.

This April 22, Earth Day's 50 year anniversary falls in the midst of a global pandemic. It is the "largest secular holiday in the world" according to its peace activist founder John McConnell (1915-2012) who was moved to recognize environmental fragility after working in a plastics manufacturing plant. The commemorative time led by the Earth Day Network is now recognized in over 193 countries all over the world.

From the homes of the following sequestered South Floridians where hugging a tree at the neighborhood park, swimming on the beach, or attending a celebratory event this week is not an option, their shared voices seem to resonate as one reflection of a solemn occasion during cautionary times.

Monica Reyes-Medaglia is a registered nurse with one semester left to complete her master's degree in nursing education. Although her ten hour, four-day-a-week shifts at Hollywood Regional Hospital are not directly on the front lines, she works in close proximity to Covid-19 patients and is therefore isolated from her close-knit family as a precaution.

"Emotions during these times can be overpowering but nature always comforts me and helps me focus. I take a break on the balcony for the fresh air and nice ocean breeze. I love seeing a flock of birds fly by so synchronized and elegant. Watching nature creates this sense of awe at how beautiful and powerful and fragile life can be."

From her back yard off Hurricane Harbor in Key Biscayne, Dottie Devaney-Goldman shares a birthday with Earth Day. The retired educational therapist who helped students nationwide



► I think I envy the birds sometimes how they are free to fly and see the world in a different light." Monica Reyes-Medaglia, registered nurse at Hollywood Regional Hospital.



► Dottie Devaney-Goldman looks ahead at a natural phenomenon captured by her husband Carl from their Key Biscayne home: a sunshine spotlight on Hurricane Harbor.

during her career, is celebrating 80 years young this week with an appreciative yet pensive spirit.

"As I contemplate my milestone birthday my feelings are a mixed juxtaposition of gratitude and sadness. I'm thankful for my 80 years and yet sad for our planet Earth as she celebrates her 50th anniversary. On this Earth Day I pray that we may each be good stewards of the earth as we pray for a cure for the coronavirus."

Luna Mohamed left Somalia (the African country is currently suffering from a historic locust plague) over 20 years ago to pursue a career as a performing artist. The community activist and former model has graced magazine covers and made films with Robert DeNiro but since the pandemic her heart longs to leave South Beach for a simple life in the country.

"My dream now is to have chickens and goats and a vegetable garden of my own. I feel like I've lost my freedom by not being a self-sustained human being. I take my time making a carrot soup

and cutting the carrots and onions and seeing nature as food...the earth is our mother and father and we take it for granted and destroy it."

A vegan now for over seven years, Javier Noriega frequently escaped the hustle and bustle of his downtown Miami Brickell neighborhood for the great outdoors. The mortgage banker, along with his best friend and rescue Labrador mix, Louis, enjoy exploring the nearly 2,500 acres of wild Pine rockland Florida at Big Cypress National Preserve.

"Earth Day is celebrated not only to appreciate the wonderful things we get from our planet but also to recognize and spread awareness about the damage we as humans have done and continue to do to it. This year is enlightening because we are also realizing not just how vulnerable the earth is, but the human race as well."

Newlyweds Lina and John are Miami attorneys who are hanging out a lot with their dogs these days, and on their fifteenth floor bayside balcony--in be-

tween staying connected with friends and family via virtual happy hours.

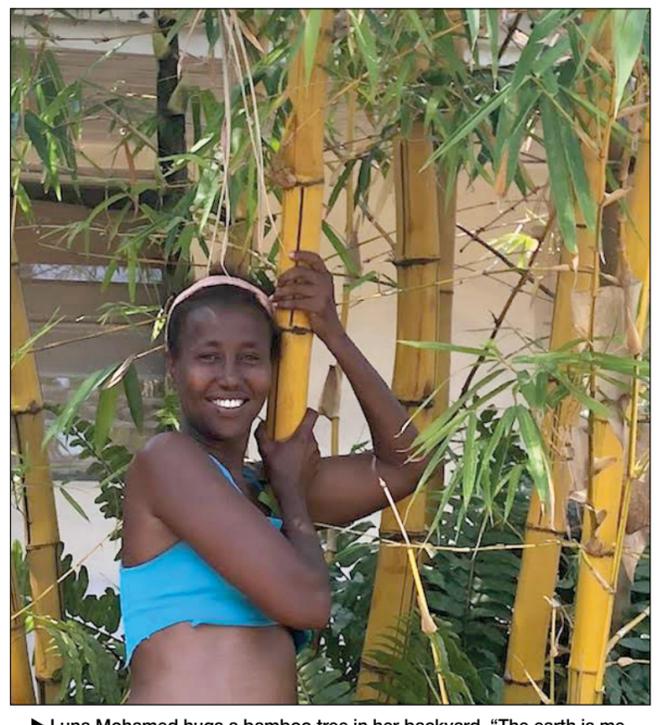
"We have been spending a lot of time out on our balcony during quarantine where we are starkly reminded of the impact humans have on the planet. With less boats on Biscayne Bay, we see clear waters and manatees almost daily."

Following years of public awareness campaigns on multiple levels, in 2017 the West Indian Manatee was moved from endangered to threatened. The Endangered Species Act is a United States Law enacted in 1973--three years after Earth Day was founded--to protect vulnerable species. There are currently 718 species listed as endangered including 167 fish, 99 birds, and 94 mammals.

South Florida Stories: reports and personal accounts from the Covid-19 new normal reality, seeks to regularly report (safely from home) exclusively for Caymanian Times about how the community is managing in the affected voice of personal experience presented as a historical documentary through local storytelling.



► Earth Day Flag from peaceebene.org



► Luna Mohamed hugs a bamboo tree in her backyard. "The earth is me, it's you, it's us, it's God."

POWER UP - POTASSIUM

Potassium is one of the minerals in your body. After all, it's the one thing that keeps your heart beating at a steady rate. It is also vital in the functioning of the brain, kidneys, muscles and yes your bones. Its main function is sending nerve signals, regulating muscle contractions, and managing fluid balance. So, getting ample amounts of potassium to wonders to several aspects of your health. So, here are some health benefits:

HEALTH NERVOUS SYSTEM - Throughout your body there are nerve cells, which are responsible for relaying messages between your brain and other parts of your body. Low potassium concentration in the blood can cause everything from abnormal heart rhythm to muscle paralysis.

MUSCLE CONTRACTION - Potassium is crucial for nerve impulses, and muscle contraction. So you need potassium to move all your muscles. In fact, the contraction and relaxation cycle depends on potassium, and that included your heart. It keeps your fluids and electrolytes balanced during and after physical exertion.

HEART RATE - This organ is widely considered the hardest working muscle in the body. Daily, it pumps an average of 2,500 gallons of blood throughout the body, and during a lifespan will beat around a billion times. Amazing! So, your body needs sufficient potassium to maintain a healthy heart rate.

HIGH BLOOD PRESSURE - Your blood pressure and sodium intake are closely related. Too much sodium is said to increase blood pressure. Now, the sodium - potassium relation is key for a healthy heart rate. By eating potassium rich foods, while at the same time reducing sodium intake you can go a long way to restoring blood pressure levels. So, you see the need for improving your potassium intake.

The NASEM Committee recommends that women 19 and older should get at least 2600 mg daily and for men within the same age range should get 3400 mg daily.

Potassium rich foods include - avocado, baked potato with skin, Medjool dates, pomegranate, lima beans, bananas, lentils, milk, and mushrooms just to name a few. 🌍



How to CRUSH a Fitness Challenge

One of the best ways to make a dramatic improvement in your body and your fitness level is to participate in a challenge. It is a chance to take a hard look at where you currently stand with your weight and conditioning, and to set a goal with an end date for making big changes and progress.

It's your opportunity to produce really impressive "before" and "after" photos.

Do you have what it takes to stick with a challenge all the way through? Will you stick with the diet plan and avoid falling for temptations? Will you show up to your workouts day after day, even when your muscles are tired and sore?

The key to your success is to be deeply disturbed with your current shape. Recognize that the body you have is no longer in sync with the body that you are able to accept for yourself.

Why are you still living life in your "before" body?

Sure, you have obstacles that get in your way - your schedule, your job, your kids, the weather, your knee injury from college...but ultimately you have the body that you accept.

I'm going to repeat that so it will really sink in.

You have the body that you accept.

Transform from "Before" to "After"

You may not realize it, but you already possess everything you need to crush a fitness challenge by transforming your body, and it all starts with taking responsibility for the body that you have today.

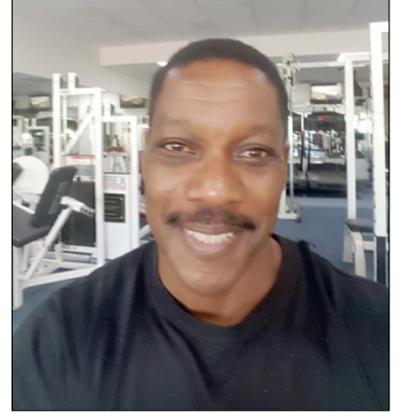
You are in your current shape because, until this moment, you've been OK with it.

Oh I know you aren't thrilled with it, and you even talk about dropping body fat and getting fit — but you haven't changed what you'll accept.

Here's how to Crush a Fitness Challenge in 3 steps:

Step One: Feel Disturbed

It has been said that *emotion creates motion*. This is essential when it comes to personal transformation. To transform your body you must first decide



► Ernest Ebanks

that you can't live another day in the body you currently have.

Get your emotions stirred up. Make a list of all the reasons that you're ready to lose fat and get fit. Get disturbed.

Step Two: Decide What You Want

Without clarity you'll never get where you want to go. Now that you're disturbed with the body you have, decide what the body you can accept looks like.

Think in concrete and specific terms. Do you want to drop 50 lbs? Would you like to lose 8 inches from your waist? Is your ultimate goal to go from a size 14 to a size 8?

Get a clear picture in your mind of what you'll look like in your "after" picture. The more specific the better.

Step Three: Take Action

The time spent between your inspiration (now) and taking action determines whether you will succeed or fail. Don't allow yourself to get stuck between inspiration and action — there is always something that you can do immediately.

Take action by calling Ernest at 325-8696 or emailing bodyshaper-scayman@gmail.com now to set up a fitness consultation.

I am here to take you from your "before" picture to your "after" picture. Let's make 2019 your best year yet! 🌍

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.



CICC.ky
949 0366
info@cicc.ky



Rookie Zion will make Pelicans fly

Zion Williamson may have only played a handful of games in his fledging NBA career, but the impact he's made savours everyone's appetite for what's to come.

Before the coronavirus pandemic halted the NBA season, the New Orleans Pelicans' power forward was putting together solid statistical numbers.

In 19 games, the rookie Duke product posted 23.6 points and hauled in 6.8 rebounds. Listed at 6ft 6in and 284 pounds, Williamson can get to the basket off the dribble, can post up and dunk at will.

Some have compared him to Charles Barkley. Barkley doesn't see it. "The kid is more explosive than I am," Barkley claimed. "He seems like a great kid too. He's really explosive, he might want to learn to play basketball at a little lower level. Right now he does everything above the rim and it's taken a toll on his body."

"A sprinter doesn't try to set the world record in practice. They talk about golfers, they don't hit the ball with their club at 100 percent all the time. He's got to learn to drive 55 instead of 100 mph all the time. That's the one thing he's got to learn."

If not Barkley then who? Larry Johnson is another intriguing comparison. During his collegiate career at UNLV, Larry Johnson had a glittering college career and looked destined for big things in the pros. The first pick as well in the 1991 NBA Draft by the Charlotte Hornets, Johnson was the NBA's Rookie of the Year in 1992.

Last year, New York Times writer, Marc Stein wrote: "One league personnel man told me recently that he sees Williamson as a cross between Larry Johnson and Charles Barkley, which is obviously monstrous praise. Another



► Zion Williamson's potential is immense



► Larry Johnson had a great NBA career

personnel expert followed that up by telling me that Williamson is so strong that he sometimes makes it look as though the brutish Johnson, by comparison, didn't even like contact."

At 6ft 6in and 250 pounds, Johnson played both forward spots and averaged 16.2 points and 7.5 rebounds per contest with both the Hornets and the New York Knicks. Johnson had a great career but Williamson is expected to surpass his achievements.

Williamson hit the scene in high school with his crazy dunks and athleticism. Superstar rapper Drake wore his high school jersey to one of his shows, and Williamson seemingly went from high school star to celebrity overnight.

Williamson really came to prominence as a sophomore at the NBPA Top 100 Camp during the spring of 2016. He blended in with the other forwards and was about 100 pounds lighter than he is now. You could see glimpses of his explosiveness and his touch around the rim.

Later in the summer, Williamson was invited to the Adidas Nations camp in California and he was competing with players older and stronger than him. There was one play in particular that stood out in which he came down the lane in transition and tried to poster his opponent. It didn't go in, but it was the most impressive play of the weekend.

Once Williamson started his junior year in high school, his dunks were being featured on SportsCenter and his social media following shot up. During the summer season, Williamson and LaMelo Ball played in the biggest, craziest AAU game most have ever seen and it delivered on every level.

His senior season was filled with the highest honours and he dominated every game and camp he attended. He was the No. 2-ranked player in the country (behind future teammate RJ Barrett) and was pursued by bluebloods like Kansas, North Carolina, Duke and Kentucky. Williamson received the coveted invite to

the USA Basketball training camp and received one of the highest high school honours when he was named a McDonald's All-American.

He shocked everyone, including coach Mike Krzyzewski, when he chose Duke over Kentucky and his hometown school, Clemson. Duke already had three of the top-10 players in the class with Tre Jones, Barrett and Cam Reddish. With Williamson, this was arguably the greatest Duke recruiting class of all time.

Williamson made a huge impact in his one year at Duke. Williamson was on ESPN constantly and in just one half of a basketball game, announcers Jay Bilas and Dan Shulman mentioned his name constantly. The Pelicans chose him No. 1 overall in the 2019 NBA draft and in the 19 NBA games he played before the season's suspension, he's averaged an astounding efficient 23.6 points and 6.8 rebounds. And yet it feels like he's just scratching the surface of his immense potential. 🌐

Haney apologises for racist tweet

American boxing star Devin Haney has insisted he isn't racist after claiming he would "never lose to a white boy" when asked about facing rival Vasyl Lomachenko.

The 21-year-old Californian made his controversial remarks as he continues to chase a fight with unified lightweight champion Lomachenko, 32, when the virus lockdown lifts.

Haney's comments were widely criticised by his rivals and boxing fans on social media. After witnessing the outpouring of criticism on Twitter, Haney has now responded with two tweets defending his comments. He is unbeaten in 24 bouts but Lomachenko is boxing's pound-for-pound king. The brilliant Ukrainian is 14-1 and all his bouts have been for world titles, including his pro debut which he won.

Haney tweeted: "I'm not racist and I never will be a racist. I'm chasing greatness."

After that initial post, Haney then revealed details of a conversation with WBC president Mauricio Sulaiman, who called him to discuss the controversy.

He added: "I just had a very positive conversation with Mauricio Sulaiman, president of the WBC, and confirmed to him directly my commitment to be a role model and my absolute rejection of discrimination of any kind".



► Devin Haney has caused immense outrage

Haney's comments are reminiscent of remarks made by Bernard Hopkins prior to his fight with Joe Calzaghe in 2008, which saw 'B-Hop' claim he'd "never let a white boy beat me" before losing on points.

Despite his tender years, Haney has enjoyed a rapid rise to the peak of the sport, having made his professional debut at 16.

In October last year he was bizarrely promoted to WBC world champion without ever fighting for a world title after Lomachenko was made franchise super champion.

But Haney's brief stint as owner of the belt has now ended after the WBC said he had to vacate the title as a result of an ongoing injury.

That means he is now officially classed as the "champion in recess", meaning he'll meet the winner of Javier Fortuna v Luke Campbell, who are fighting for the vacant belt. 🌐

Sancho agrees terms with United

Manchester United believe they have secured a move for England superkid Jadon Sancho.

The Borussia Dortmund ace is understood to have agreed almost every detail of a move to Old Trafford.

Chelsea also want Sancho, 20, but he is keen on joining Ole Gunnar Solskjaer's side, three years after leaving Manchester City.

The length of Sancho's contract, his salary, bonuses and a huge buy-out clause have been sorted out over months of secret talks. He already earns \$200,000 a week and his salary will almost double.

United must now finalise a fee with Dortmund — which is set to become a record fee for a British club. The German giants are determined to pocket

more than the \$95 million that United paid to bring back Paul Pogba from Juventus in 2016.

London-born Sancho left City, aged 17, after becoming fed up at his lack of opportunity under boss Pep Guardiola.

But he has been considering a return to England ever since United made first contact last summer.

In September, Dortmund chief Michael Zorc revealed: "A meeting did take place. United invited the agent." Winger Sancho was one of the first targets manager Solskjaer identified to transfer chief Ed Woodward.

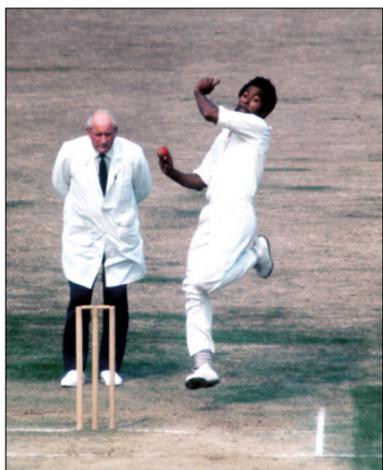
Woodward is also backing Solskjaer with a move for Aston Villa's Jack Grealish and by testing the water with Spurs over a deal for Harry Kane. 🌐



► Jadon Sancho is a brilliant winger

Holding picks his greatest ever fast bowlers

West Indies cricket legend Michael Holding has picked his four greatest fast bowlers. Holding played with and against some of the best players in his-



► Andy Roberts was a skillful fast bowler

tory in an international career that spanned 12 years and saw him make 162 appearances for West Indies and take 391 wickets.

Following his retirement, Holding stayed in the sport as a successful and affable commentator, working primarily for Sky Sports in the UK.

Asked to identify the greatest seamers in the history of the game, the 66-year-old Jamaican named fellow West Indies heroes Malcolm Marshall and Andy Roberts, Australia legend Dennis Lillee and current South Africa star Dale Steyn. (Modest Holding deserves to be named in that shortlist too, as were peers Joel Garner and Colin Croft, aka the Fab Four.)

He said: "Lillee had everything — pace, control aggression. He was extremely quick when he started but had to totally remodel his action after a back injury and find different ways of getting batsmen out after losing a lot of pace. When you see someone can adjust like that

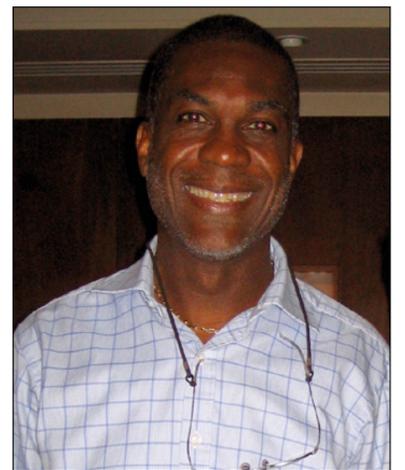
you have to rate them highly as a lot of bowlers are nowhere near as effective when they lose pace.

"Malcolm started with good pace but as time went on he learnt so much about fast bowling. He could assess opposition batsmen so quickly, so easily. In those days you didn't have lots of tapes or computers, it was all in his head. He understood how to deal with batsmen.

"Andy was someone I learnt so much from. He hardly ever talked, used to walk around the field with a surly face and people thought he looked aggressive and must be some miserable guy. But that was not Andy.

"He was my room-mate for most of my career and we used to talk cricket nearly every night. A lot of the time, we'd order food, stay in our room and talk cricket. You would never believe how much this guy knows."

Holding added: "I have experience of those three guys but from only watch-



► Michael Holding was a great bowler too

ing, you can't leave Dale Steyn out of the picture. He has been one of the great fast bowlers in an era. You'd pay to watch him." 🌐

GLOBAL NEWS BRIEFS

Canada virtual vigil after mass shooting

Canada is holding a national virtual vigil this week to honour the victims of the country's deadliest shooting, which unfolded in Nova Scotia as the province was locked-down due to coronavirus.

Virus restrictions continue and authorities said they would not be lifted to allow public gatherings to mourn victims. At least 18 people were shot dead by a gunman during a 12-hour weekend rampage. The gunman was killed by police.

In the weeks leading up to her death, Heather O'Brien was busy caring for the elderly during the provincial-wide lockdown.

"First day off after 6 back tomorrow. First day I allowed myself to relax an inch," she wrote on her Facebook page on 9 April. "My small space in life is marching on. I know atm [at the moment] all I love and cherish are ok. I am truly blessed."

Ten days later, Ms O'Brien was killed near her hometown of Debert, Nova Scotia when a gunman disguised as a



► The gunman shot at least 18 people in Nova Scotia

policeman went on a random shooting spree, burning several buildings before dying in a shoot-out with police.

Ms O'Brien's daughter Darcy Dobson said on Facebook that "a monster" murdered her mother.

"The pain comes and goes in waves. I feel like I'm outside of my own body. This can't be real. At 9:59 am she sent her last text message to our family group chat. By 10:15 she was gone," she wrote Sunday evening, about ten hours after her mother was killed.

Ms Dobson said she wants "everyone to remember how kind she was" and how much she loved being a nurse and a grandmother, not "the horrible way that she died".

Filipino health workers dying from virus

The Philippines has an alarming mortality rate of its health care workers, according to the World Health Organisation.

WHO called attention to the "worrying" trend of more health care workers getting infected with the new coronavirus in the Philippines compared to the rest of the Western Pacific region.

The Philippines is considered a hot spot with health care workers accounting for 13 percent of total infections, compared to the regional average of 2 to 3 percent, said Dr Abdi Mahamud, COVID-19 incident manager for Western Pacific.

"We are working very closely with the ministry of health to determine the reasons why the Philippines has a high percentage," he said.

Mahamud could not yet tell why more medical front liners were getting infected in the Philippines. But he said it might have to do with insufficient supply of personal protective equipment and the volume of patients they attend to.

At least 766 health care workers have contracted the new coronavirus. The Philippines has a death toll of 428 out of 6,459 infections by Monday.



► Filipino health workers are not getting enough protection equipment

There are fears of a martial law-like lockdown in the Philippines after an Air Force internal memo ordering personnel to prepare for an expanded military role in enforcing quarantine orders was leaked online and armed policemen dressed in camouflage raided a high-end apartment compound over the weekend.

The one-page document, issued on Friday, instructed unit commanders to prepare to deploy their personnel to enforce the lockdown.

The military confirmed the document was legitimate, with Armed Forces of the Philippines spokesman Brigadier General Edgard Arevalo saying there was no reason to be "alarmed".

Venezuela thanks Russia for help

Venezuela's President Nicolas Maduro has thanked his Russian counterpart Vladimir Putin for his cooperation and medical aid amid the coronavirus outbreak.

Putin also "guaranteed new shipments of health supplies" to Venezuela and expressed a "greater" need of joint efforts between two countries, to handle the pandemic, the Venezuelan Foreign Ministry said.

"Both leaders condemned the continued illegal and inhumane unilateral coercive measures during times so difficult for humanity," it added.

Maduro and Putin also discussed the situation in the oil market and recent agreement of the Organisation of the Petroleum Exporting Countries. They agreed to fully support the OPEC + mechanism, which will be effective from May 1.

OPEC and its allies reached a final agreement on April 12 to cut their collective oil production by a record level of 10 million barrels per day starting from next month to balance the oil market.



► Venezuela hospitals are grim places

Although the tally of coronavirus-related cases and deaths in Venezuela is not as alarming as the rest of the world, the country has been in precipitous decline following a global downturn in the price of crude oil, the country's main export item.

Due to dire economic crisis and political crisis between Maduro and the opposition leader Juan Guaido - since the beginning of 2019, already nearly five million Venezuelans fled their homeland.

Venezuela has 256 coronavirus cases and nine fatalities, with 117 recoveries so far.

Cuban black market turns to medical stuff

The theft of thousands of surgical masks in Cuba reveals how the island's active black market has adapted quickly to the coronavirus pandemic.

In early April, more than 4,500 surgical masks in 455 boxes were pilfered from state warehouses, Cuban state-owned publication Cubadebate reported. A search of a home in Villa Clara recovered almost 3,000 of the masks, along with scalpels, gowns, a computer and other medical equipment. Eight people were arrested in connection with the theft, including warehouse employees and drivers for the public health ministry.

By April 20, Cuba had 1,087 confirmed positive COVID-19 cases and 36 deaths. Thriving black markets, such as Cuba's, are adapting quickly to the need for critical medical supplies amid the coronavirus health crisis.

The theft, which occurred a month after Cuban authorities confirmed the first cases of coronavirus on the island in early March, did not surprise experts



► Some Cuban medical staff have had their equipment stolen

who point out that Cuba's black markets are driven by high demand for chronically unavailable goods.

For example, diesel theft in Cuba surged in 2019 as sanctions on Venezuela sharply cut into the island nation's oil supplies.

But where contraband in Latin America often moves across borders, Cuba's black markets are internal. Goods brought in from overseas can fetch high prices, often from people who have access to remittances.

Hondurans fear starvation under lockdown

Hondurans under lockdown is one area of the country fear they are going to starve if supplies promised by the government don't arrive soon.

On April 10 residents of Choloma, an industrial town in northern Honduras, blocked the main highway connecting the city of San Pedro Sula to the Port of Cortes. Choloma and nearby towns are the centre of sweatshop production for US brands in factories called maquilas. They are also the epicentre of COVID-19 in Honduras.

The workers blocking the road that morning burned tires, put up barricades, and demanded the government give them the food they had been promised. A worker demonstrating in Choluteca in southern Honduras told the Honduran media outlet UNE-TV: "They told us they'd be here at seven this morning with food, but no one came. We're hungry. There are 70 villages waiting for food."

Since mid-March hundreds of thousands of workers in these towns have been laid off as clothing manufacturers Hanes, Gildan, and Fruit of the Loom and auto parts maker Empire Electronics, among others, announced shutdowns of up to four months. A few maquilas are calling some workers back to make medical equipment.



► Laid off Honduran workers feel ignored by the government

In some unionized factories, workers got two weeks' pay as severance. Other workers got their accumulated vacation pay and nothing more.

Maria Luisa Regalado is the director of CODEMUH, the Honduran Women's Collective, an organisation that focuses on the occupational diseases of women maquila workers. She summed up what she'd heard from workers: "We're scared to lose our jobs but we feel impotent. Those of us who are renters don't know how we'll pay the rent. There's a lot that's unknown. We don't know what's going to happen with our lives."

Meanwhile, Hondurans in the US are helping Honduras sending remittances back, since many have lost their jobs. Remittances normally make up 20 percent of the Honduran GDP.

Muslims enter toughest Ramadan yet

Two billion Muslims worldwide have gone into Ramadan under difficult circumstances and in the UK, they are adapting to the month of fasting collectively.

The Muslim Council of Britain, the largest umbrella organisation for Muslims in Britain, has published online guidance to help millions cope with the restrictions of lockdown during Ramadan.

It says this year's Ramadan will be "a very different experience for Muslims as we adapt to changing circumstances during the Covid-19 pandemic". Ramadan started on Thursday and continues until May 23.

With lockdown continuing, there will be no congregational acts of worship outside the home, no Taraweeh prayers at the mosque and no iftars (usually a huge ritual meal marking the breaking of the fast after sundown) with friends and family to attend.

Instead, the MCB is offering guidance on how to arrange virtual iftars online with loved ones and community members by using video chat. Plan your iftar menus in advance, it says, to avoid multiple shopping trips.

It also suggests eating high-energy, slow-burning foods during the second meal of the night, the suhoor, which takes place just before dawn, to help



► British Muslims are adapting to an unusual Ramadan

maintain energy levels throughout the daylight fasting hours.

Daytime fasting can sometimes lead to frayed tempers, especially when someone has been up for much of the night and is then expected to start work in the morning.

The MCB advises Muslims to "honour your workplace duties with patience and good grace to those around you".

But it also warns that a refusal by employers to allow flexibility in work timings for fasting employees without a legitimate business reason could amount to unlawful indirect discrimination.

In any normal year, Ramadan is a time of communal prayer, of daytime fasting, night-time feasting, extensive socialising and acts of profound generosity and charity as Muslims reaffirm their faith in God.

Gas Price



Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	4.17	—	4.30
NorthSide	Jack's Esso (Jack's II)	4.60	4.96	4.44
Bodden Town	Lorna's Rubis	3.91	4.34	3.93
Bodden Town	Mostyns Esso	4.01	4.34	4.06
Savannah	Savannah Rubis	4.17	4.49	4.00
Red Bay	Barcam	4.12	4.50	4.10
Red Bay	On The Run (Brown's Red Bay)	4.00	4.28	4.05
George Town	Peanuts	4.22	4.59	4.35
George Town	Jose's Escape	4.22	4.94	4.35
George Town	Esso Tigermart Shedden Rd. (H&B 11)	3.92	4.32	3.99
George Town	Eastern Avenue Rubis	4.17	4.49	4.05
George Town	Walkers Rd. Rubis	3.99	4.36	4.03
George Town	On The Run (Mike's Walkers Rd.)	4.09	4.49	4.00
George Town	On The Run (Brown's Industrial Park)	3.92	4.27	4.01
George Town	On The Run (Mike's 7 Mile)	4.04	4.49	3.80
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	3.92	4.32	3.99
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	3.99	4.29	3.63
West Bay	Hell Esso	3.87	4.37	3.95
West Bay	Esso 4 Way Stop (Four Winds)	4.20	4.39	3.81
George Town	Scotts Landing	—	4.39	4.18
Cayman Brac	West End	—	4.39	4.40
Cayman Brac	Tib Mart	—	4.89	—
Little Cayman	Village Square	—	5.82	6.05
George Town	Refuel	3.82	4.07	3.49

Lowest Prices	Grand Cayman	3.87	4.27	3.63
Highest Prices	Grand Cayman	4.60	4.96	4.44

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FREE ADMIS SATURDAY, GATES OF KICK TRUMAN BODDEN SPORTS

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Grill waste
- 6 Game piece
- 11 Traction aid
- 12 Renounce
- 13 Hogwarts student
- 15 Flow out
- 16 High tennis hit
- 17 Finish
- 18 Eye opening
- 20 Eiffel Tower setting
- 23 Kind of wave or basin
- 27 TV's
- 28 Long skirt
- 29 Vetoed
- 31 Penalized
- 32 Bona fide
- 34 "Modern Family" network
- 37 Chess pieces
- 38 Top card
- 41 Hogwarts student
- 44 Matt of movies
- 45 Depart
- 46 Dance units
- 47 Tender areas

DOWN

- 1 Dull pain
- 2 Thick cut
- 3 Tarragon or thyme
- 4 Corn spike
- 5 Record needle
- 6 Petty
- 7 Cereal bit
- 8 Flying toy
- 9 Divisible by two
- 10 Bully's target
- 14 Cork sound
- 18 Screen dot
- 19 Put a cap on

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

Yesterday's answer

- 20 Skillet
- 21 Boxing great
- 22 King, in Latin
- 24 Dapper fellow
- 25 Firefighting tool
- 26 Pot cover
- 30 Little devils
- 31 Some exams
- 33 Ring feature
- 34 Says further
- 35 Rotten kid
- 36 Arrived
- 38 Miles off
- 39 Place to put in
- 40 Peepers
- 42 Force member
- 43 Zodiac cat

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

2-19

SUDOKU

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

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

12/23

Answer to previous puzzle

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

Difficulty Level ★★★★★

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Word Search

- Agent
- Aircraft
- Arrival
- Attendant
- Baggage
- Blankets
- Boeing
- Cabin
- Cargo
- Check In
- Departure
- Duty Free
- Flight
- Gate
- Lounge
- Movie
- Passengers
- Passport
- Pillow
- Pilot
- Restaurant
- Seat
- Security
- Take Off
- Taxi
- Tickets
- Traffic
- Washroom
- Weather

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

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

Have fun
with
CAYMANIAN
TIMES

CURTIS

By Ray Billingsley

YOU HAVE TO MAKE THINGS RIGHT WITH CHUTNEY, CURTIS. YOU HAVE TO APOLOGIZE.

SHE'S ALWAYS BEEN A REAL FRIEND TO YOU

REAL FRIENDS ARE HARD TO COME BY

WITH THIS SWEET PUDDIN'?

IMMEDIATELY, IF NOT SOONER.

THE AMAZING SPIDER MAN

By Stan Lee

HNNH! GET THIS OFF ME!

UH-OH! THE PURPLE MAN'S VOICE IS BACK - AND THAT MEANS TROUBLE!

MAYBE NOT! I TOLD MJ WHAT OUR MUTUAL BUDDY DAREDEVIL TOLD ME ABOUT HIM - NAMELY, THAT SPECIAL SHEETING BLOCKS HIS POWERS!

DID DAREDEVIL ALSO SAY IT'D MAKE HIM GO CRAZY?

STAN LEE / ALEX SAVIUK 2-19

JUDGE PARKER

By Woody Wilson & Mike Manley

BUT WHY WOULD ROY TAKE ME ON A HONEYMOON IF HE KNEW HE WAS WANTED BY THE POLICE? WHY WOULD HE MAKE THIS SUCH A BIG STORY WHEN HE COULD HAVE JUST DISAPPEARED?

OH, SAM, I HAVE SO MANY QUESTIONS TO ASK HIM WHEN THEY BRING HIM BACK HERE.

THEY'RE SENDING HIM TO THE STATES, MARIE. AND IT'S TIME WE GO, TOO.

MARCIULIANO + MANLEY 2-19

Caymanian Times Classifieds

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Duties include installing new Fire Protection Systems, repairing existing Fire Protection System. This job can take place in a range of locations, from commercial buildings and businesses to residential. Also, to assist in the assembly, installation and repair of fire pump, maintenance and inspection of systems, which may include everything from digging trenches for new pipeline to installing new hardware.

Qualifications:

A minimum of 5 years' experience is required. Must have excellent math skills and the ability to use Threading Machine and Pipe Groover. It may also include grooving black steel and galvanized pipe from 2" to 10". Must also be handy with drills, saws and general carpentry hand tools such as hammers, measuring tape, levels and screwdrivers. Must be able to take and follow precise orders from their supervisors. Must be a team player, must have clean police clearance and able to work weekends and public holidays when needed.

The salary range is between CI\$10 to CI\$15 per hour based on qualifications, knowledge and experience. Benefits are in accordance with Cayman Islands Labour, Health and Pension Laws.

Please send your resume to humanresources@catalyst.ky
 REF.: Pipefitter. Deadline: May 1st, 2020



We are now accepting applications from qualified Caymanians to fill the positions of:

RECRUITMENT CONSULTANT

The successful candidate should have:

- Minimal of 5 years recruitment agency experience, preferably working with clients in the financial, banking, hedge funds, accounting and insurance industries.
- Minimal of Bachelor's degree
- Experience conducting client sales calls including speculative cold calling as required to generate leads for placements within local firms.
- Ability to meet and exceed demanding monthly sales targets.
- Ability to work on own initiative.
- Ability to work with determination, ambition and drive to meet and exceed personal and company monthly sales targets.
- Qualify and negotiate job placements on behalf of the candidates and clients.
- Screening, interviewing and short-listing candidates to fill client orders.
- Marketing candidates to clients, assisting with follow up queries and concerns and providing resolution to both candidates and clients in a satisfactory manner.
- Frequently liaise with clients to maintain Agency's business relationships with clients in a professional and satisfactory manner
- Attend social events and functions for marketing purposes.

Salary in the range of CI\$40,000 - \$46,000 per annum with commissions based on threshold achievement of sales targets. Benefits as required by law.

Submit all resume's to careers@personnel2000.com



LINEMAN (Journeyman)

On behalf of our client, **Utility Maintenance & Construction Ltd.**, Baraud is accepting applications for the above position.

REQUIREMENTS

Must be experienced in the following fields of power line construction:

- Maintenance and construction, service connections
- Fault finding & repairs, pole installation & removal
- Undergrounds networks, street lighting
- Fiber optic cable installation, tree cutting & bushing
- Voltage range 120 volts – 69,000 volts
- Qualified to work on & up to 13.8 kv live line
- Must possess a valid class 4 Cayman Driver's License
- Police background check will be required
- Drugs & Alcohol initial screening and randomly thereafter

Salary CI\$20 - \$26 per hour commensurate with experience

The successful applicant must be approved by Caribbean Utilities Company (CUC) before being offered the position.

How to apply: Send resume and references to: info@baraud.com

The deadline for applications is May 1st, 2020.

Call + 1 345 945 1781 | baraud.com



Pastry & Baker Assistant/ Assistant Cook

Required Min. of 5 years' Experience, Knowledge of Bakery, Confectionary design, Multi cuisine & kitchen knowledge.
Salary: USD \$7.00 onwards/Hour+Grats, Medical & Pension.

Food & Beverage Servers

Requirements: Min. 2-5 years' F&B Server experience, Knowledge of specialty coffees and POS Systems
Salary: USD \$5.50/Hour + Tips +Grats, Medical & Pension.

Kitchen Helper

Minimum 3 years' experience needed, Able to help with cooking and baking.
Salary: USD \$5.50/Hour + Grats, Medical & pension.

Customer Service/Events & Office Coordinator

Required Min. 3 years' of related experience. Good knowledge QuickBooks, Payroll, Website & Cash Handling. Knowledge of Bakery, pastries, Cakes and Beverages would be an asset.
Salary: USD \$7.00/Hour + Grats, Medical & Pension.

Please forward CV's and references to:

Treats Restaurant
 P.O. Box 30291, Grand Cayman,
 Cayman Islands, KY1-1202.



FOR 16 YEARS WE HAVE BEEN A LEADING PROVIDER OF PSYCHOLOGY AND MENTAL HEALTHCARE IN THE CAYMAN ISLANDS. WE PROVIDE A SUPPORTIVE AND INCLUSIVE WORK ENVIRONMENT WHERE EFFORT IS REWARDED AND CREATIVITY AND INITIATIVE ARE CELEBRATED.

www.wellnesscentre.ky

WE ARE HIRING REGISTERED BEHAVIOR TECHNICIANS (RBT)

The ideal candidate is flexible, creative and knows how to take initiative. They must have 2-3 years of experience as an RBT, and hold an Associates or Bachelors degree in a related field. RBT registration must be in good standing with BACB, and the candidate will require a clean police record and valid drivers license.

The post reports directly to our ABA Programme Manager, via a supportive structure of Case Supervisors and Senior Technicians, and involves delivery of 1:1 behavioral interventions in home, clinic and school settings, with children who have a range of special needs.

Salary starting at KYD\$36,000 per year, with CI Labour Law benefits.

To apply send a current cv with 1 professional reference to ljohn@wellnesscentre.ky by May 31, 2020



Counsel

On behalf of our client, **Conyers Dill & Pearman**, Baraud invites applications from suitably qualified applicants for the above position.

The successful candidate will:

- Have significant experience with the establishment, regulation and maintenance of offshore investment vehicles, offshore debt and equity transactional work, debt financing transactions, investment funds (both hedge and private equity), general corporate matters; experience in commercial litigation, contentious trusts and insolvency would also be an asset;
- Have at least 10 years relevant post-qualification experience, preferably in a major onshore or offshore jurisdiction;
- Be self-motivated with the ability to meet deadlines, prioritize work from various sources and work outside normal office hours to meet external deadlines as necessary;
- Enjoy considerable responsibility whilst acting in high quality commercial work;
- Work closely with law firms and other professional advisers in the world's major financial centres; and
- Advise and assist clients without supervision and render inter-office assistance as necessary.

The ability to manage a large case load in addition to appearing in court unsupervised and extensive travel is essential.

Benefits include five weeks' vacation, non-contributory health insurance and statutory pension plan. Bonus is based on the firm's results. Salary range US\$275,000 – US\$390,000 per annum plus benefits and bonus

Send resume, qualifications and professional references to: info@baraud.com.
 The deadline for applications is May 8th, 2020.

Call + 1 345 945 1781 | baraud.com



ADVERTISE WITH US 3 DAYS PER WEEK Monday, Wednesday and Friday
 Email : Sales@caymaniantimes.ky



Sales Associate/ Clerk I.T Solutions Sales Rep. including A3 and A4 Devices

The applicant should have a minimum of 5 years' experience and proven successful track record in Sales. Preferable in digital multi-function devices, A4 devices & A3 Devices and electronic printing. Sales history In Computers, software Solutions and related IT equipment.

Responsibilities:

Sales Account relations, customer training on products, Sales forecast and report while maintaining customer satisfaction. Must be computer literate. Contribute to the results of the company by achieving growth of revenue and profit of his assigned quota. Increase profitability of the company by efficiently following company processes and striving to improve productivity and quality in every activity that he performs, focusing on cost and expense reduction. Taking care of and protecting the customer portfolio under his responsibility to ensure growing market share. Manage and analyze installed equipment base to identify new application, services and product opportunities selling. Identify new products opportunities and customer new requirements to generate new revenue streams that allow healthy growth of revenues and profits. Weekly Reports i.e. Metrics & Outlook Make daily calls, customer visits, Attend Meetings, Attend Training

Requirements:

1. Strong leadership capability and Team skills.
2. Capable of establishing business relationships with high level management.
3. Capable of managing by objectives and goals
4. Knowledge of business computing software
5. Capable of planning, organizing, executing and controlling his tasks, & reporting daily/weekly/monthly on time
6. Experience with a CRM is mandatory
7. Must have a car

Salary: CI 1800-2500.00 (monthly Base Salary plus commissions).

Please send your applications via email to laura.johnston@grouppbs.com

Agile Fitness Facility

Agile Fitness is on the lookout for a part-time Fitness trainer/ Group Fitness instructor to join our team. We are looking for a motivated and passionate trainer to provide the best possible member experience, and to help build a fitness community and grow the Agile fitness business.

Key responsibilities include delivering high energy high intensity interval group training sessions, whilst motivating members and ensuring correct form and technique at all times. As a Fitness Trainer, you will also be required to complete fitness appraisals for new members, and conduct fitness testing of current members.

A major aspect of this role will also include business and membership development, through actively promoting the business to the local community, seeking new members and through the sale of memberships.

Skills and Experience:

- Certified Personal Trainer Qualification.
- Experience setting up, leading and delivering group fitness sessions for 15+ members.
- Extensive knowledge of the business and workout structures.
- Proven experience in generating membership sales and hitting specific membership/sales Targets.
- Proven experience in advertising sales and marketing including the implementation of Corporate Programs and marketing via social media and traditional methods.
- Computer proficiency – Microsoft Office
- Ability to develop strong relationships with members
- Exceptional customer service, interpersonal and communication skills and attention to detail
- High level of fitness required

The successful applicant will be expected to work flexible hours, including early mornings and late nights, weekends and public holidays. Remuneration will be commensurate with experience and between CI\$10,000-20,000 per annum, health insurance and pension included.

Please send detailed cover letter and resume to INFO@AGILEFIT.KY



Sustainability Manager

On behalf of our client, **McCormick Global Ingredients Limited**, we are now accepting applications from suitably qualified applicants for the above position.

McCormick Global Ingredients Limited (MGIL), located in the Cayman Islands, is a global leader in the buying/selling of culinary spice and herb raw materials. MGIL has direct involvement with supplier development and product quality management at the source country to ensure product purity and integrity.

The role will be responsible for the execution, monitoring, reporting and stakeholder engagement of any projects/initiatives related to the implementation of the strategy. The secondary purpose of this role is to assist the Director of Agriculture to develop MGIL's Sustainability Strategy whilst ensuring alignment within the scope of McCormick's larger Purpose Led Performance program and 2025 targets.

RESPONSIBILITIES

1. Driving implementation & oversight of Sustainability & Donor supported initiatives that would not only deliver on McCormick's 2020, 2025 and 2030 Purpose Led Performance Targets but also ensure long term sustainability of supply.
 - Support MGIL's Director of Agriculture to craft sustainability strategies that would help to achieve McCormick's Purpose Led Performance Targets
 - In concertation with MGIL's Agriculture & Spice Commodities Directors develop annual sustainability implementation plans & budgets tied to business objectives & outcomes.
 - Once approved are responsible for the execution & implementation of all plans to ensure intended outcomes are reached on plan and on budget. This would necessitate frequent international travel and stays in origin countries up to 2-3 weeks at a time.
2. Responsible for systematic monitoring & frequent reporting on progress for all plans to MGIL's leadership team as well as relevant internal & external stakeholders. Develop & Manage stakeholder engagement initiatives to help scale up/fast-track McCormick's Purpose Led Performance ambitions.
 - Leverage strategic relationship with vendors to mobilize in-country engagement through vendor sustainability/ag teams
 - Lead donor community engagement in all origin countries to galvanize direct donor & customer support/engagement to directly benefit McCormick Purpose Led Performance projects in the form of accelerated implementation, exponential multiplication of impact or sustained cost savings.
 - Develop & Coordinate project proposals for new sustainability initiatives which includes managing all donor grant submission/approval processes.
 - Explore new innovative funding opportunities that are aligned to the business units' interests, for example direct customer sustainability engagement initiatives
 - Support the roll out of a McCormick Sustainability Standard that would encompass all elements under MGIL's responsibility as part of a Sustainable & Responsible Procurement function
 - Providing support to Marketing and Communications teams for all Purpose Led Performance matters

REQUIREMENTS

- Master's Degree, French an asset
- 5-10 years project management experience in relevant developing countries with focus on agricultural value chain development/sustainability. Specific experience on spice commodities project work would be an advantage. Track record of working with donors considered an advantage
- Agroforestry, Sustainable development, Value Chain Specialization, Social Science, Environmental Science, Climate Change Resilience)

SALARY: US\$130,000 - \$140,000 per annum plus pension & health benefits.

How to apply: Send resume and references to: info@baraud.com
The deadline for applications is May 1st, 2020.

The Agency Group Ltd. is now accepting applications for the following position:

Legal Secretary

RESPONSIBILITIES:

- Support the Partners and Associates with typing letters and other documents, typing detailed amendments into bulky transaction documents, organizing client conference meetings, typing transactional documents and precedents, and other legal secretarial duties.
- Must be able to assist with the preparation and editing of legal documentation and contracts, tracking and organizing document turnaround, preparation of written correspondence, planning and scheduling meetings/appointments, maintaining complex spreadsheets and drafting of board meeting minutes.
- Must be able to deal with corporate procedures, including maintaining corporate records and minute books, and must be able to multi-task to balance the needs of team members and clients operating in various time zones across the globe.
- Billing and matter management including invoicing duties ensuring accuracy of submissions as well as preparing invoice cover letters if/when required.
- Demonstrated ability to effectively liaise with third parties including clients.
- Personal Assistant skills are required such as experience in diary management, booking meetings and organising travel arrangements.
- Ability to be flexible and carry out a broad range of duties including office support, Court searches, filings.

REQUIREMENTS:

- The successful candidate will be highly skilled with a minimum of 5 years of legal secretarial experience with a corporate law firm/department.
- Experience working with Senior Associates, Partners or Head of Department strongly preferred.
- Excellent typing speed and experience in drafting legal correspondence.
- Legal-related certifications would be advantageous.
- Must have an excellent knowledge of Microsoft Office, Excel, and PowerPoint.
- This post requires attention to detail, professionalism and strong organisational skills.
- Must be able to use own initiative, work well under pressure to meet deadlines and be able to maintain confidentiality at all times.
- Overtime may be required at short notice and occasionally on weekends

Salary: US\$65,000 to US\$70,000 per annum based upon experience plus benefits.

Please forward resume and professional references to hello@theagency.ky. The deadline for applications is May 1st, 2020



Anglin-Lewis & Associates Ltd.
 Your Immigration Solution!
 Over 25 years experience in the Cayman Islands

(Anglin-Lewis & Associates Ltd.)

We are currently accepting applications on behalf of our Client
Creative Tech Ltd
 for the following position:

Electronics Technician

Creative Tech Ltd is Cayman's premier source for high quality audio and video products. We specialize in total turnkey solutions for residential, commercial and hospitality applications.

Job Description:

- Responsible for the installation of audio/visual systems and related equipment in residential, commercial or hospitality environments: installation of TVs, TV mounts, in-wall and ceiling speakers, projectors, amplifiers, etc
- Knowledge of pre – wiring and cabling installation: Efficiently pull, terminate, label, and test cables between audio, video, data, and control equipment
- Assist in full-service test of equipment installed or serviced before leaving site visit
- Knowledge of home automation solution
- Clean installation debris after all installation and service visits
- Perform other duties as required to meet the company's targets and goals

Requirements

- Minimum of 5 years' experience required
- Exemplary customer service skills
- Able to work flexible working hours, including weekends
- Able to work in various environments: construction sites, offices, high end homes etc
- Have a High School Diploma
- Able to lift 50lbs objects
- Have technical training, certification or experience in the Audio/Video field.
- Have a great attitude, eagerness to work, excellent communication skills (written and verbal)
- Always maintain a professional appearance and demeanor
- Ability to work with little or no supervision

Salary: CI\$22,800.00 to CI\$25,200.00 per annum commensurate with experience.
 Benefits include: paid vacation and sick leave, Health Insurance and, Pension as required by Law.

Applications in writing via mail or email by **April 30th, 2020.**

Qualified Caymanians, status holders, persons legally and ordinarily resident are invited. All CV's should be addressed to:

Managing Director
 PO Box 10154 –Grand Cayman KY1-1002- CAYMAN ISLANDS
 E-mail: resume@anglinlewis.ky

UNLOCK YOUR POTENTIAL WITH US



Amicorp Group is an independent global service provider of a broad range of assurance, administrative, legal, corporate secretarial and support services. We provide a broad range of services to mostly corporate, but also high-net-worth clients around the world.

AMICORP IS HIRING IN CAYMAN ISLANDS

CORPORATE ADMINISTRATOR

Responsibilities will include providing corporate administration to a portfolio of companies and limited partnerships, and ensure that the affairs of client structures are managed professionally and in accordance with applicable laws.

MAIN RESPONSIBILITIES

- Administering a portfolio of companies, foundations, LLCs and limited partnerships;
- Conducting regular KYC and transaction monitoring reviews of entities in the portfolio;
- Administering and meeting deadlines for all filings with the Cayman Islands Monetary Authority using REEFS, and with the Company Registry using CAP and CORIS;
- Preparing minutes/resolutions for clients, maintaining and updating statutory records and registers;
- Preparing notifications, statutory returns/filings and documents;
- Liaising effectively with clients, intermediaries and legal counsel, and processing requests.

QUALIFICATIONS, SKILLS AND EXPERIENCE

- A minimum of three years of experience in the setup, administration and termination of companies;
- An ICSA qualification would be advantageous;
- Must possess a solid understanding of corporate structures and entities;
- Strong organizational and prioritization skills;
- Excellent written and oral communication skills;
- Effectively working as part of a team;
- Proficiency using software packages including Microsoft applications;
- Proficiency in using the Cayman Registrar applications such as CAP, CORIS and REEFS.

Salary will range from US\$40,000 - US\$65,000.

Deadline for applications is May 5th, 2020.

Please apply in writing and include an up-to-date Curriculum Vitae to:

Amicorp Cayman Fiduciary Limited
 Attention: Managing Director, P.O. Box 10655, Grand Cayman KY1-1006, Cayman Islands
 Email: cayman@amicorp.com

Coronavirus Information and Advice for Vulnerable People

Prevention Tips

- frequently **cleanse hands** with soap and water or an alcohol-based hand sanitiser
- **cough or sneeze** in a tissue and bin it
- **if a tissue is not available** cough/sneeze into your elbow not your hands
- **avoid close contact** with people suffering from fever or cough
- **avoid travel** if you have a fever, cough, or flu-like symptoms
- **avoid wearing a surgical mask** unless advised by a medical professional

Extra Steps You Can Take To Avoid Covid-19

If you have a **chronic illness** (e.g. respiratory disease, diabetes, heart disease, COPD, hypertension or cancer), are **elderly** (over 60) or have a **compromised immune system**, you can further protect yourself with the below extra precautionary steps in addition to the prevention tips above.



1

limit guest visits at home to a few family and friends or your district community officer during an outbreak



2

avoid guests who show signs of flu-like symptoms



3

remain 3 – 6 feet away unless being checked by your healthcare provider

Most importantly, remember **you are supported.**

Call the H.S.A. helpline on **1-800-534-8600** or **947-3077** if you have any questions.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus



DATED: 12 MARCH 2020

Coronavirus – Self-Isolating

Do

- Stay at home
- Try not to be in the same room as other people at the same time
- Only allow people who live with you to stay
- Stay in a well-ventilated room
- Ideally, keep two weeks of food, drink, medication and cleaning supplies at home
- Ask friends, family members or delivery services to carry out errands for you such as getting groceries, medicines or other shopping
- Make sure you tell delivery drivers to leave items outside for collection
- Clean toilets and bathrooms regularly
- Think about a bathroom rota if a separate bathroom is not available, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves
- Use separate sheets and towels from anyone else in the household and launder at the hottest temperature possible for the material
- Wash crockery and utensils thoroughly with soap and water. Dishwashers may be used to clean crockery and cutlery
- Stay away from your pets — if unavoidable, wash your hands before and after contact

Do Not

- Invite visitors to your home or allow visitors to enter
- Go to work, school or public areas
- Use public transport or taxis
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home

Self-Isolation and Mental Health

Stay in touch with friends and relatives on the phone or by social media. You may find it helpful to talk to them. Most importantly, remember you are supported.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus.



DATED: 13 MARCH 2020