George Town resident wins DMS vaccine drive $100k

Youth take action

By staff writer

Every day, we see youngsters being continually recognised globally as the most fit to mobilise the discussion about climate change. They realise that this issue can no longer be swept under the rug, and that young people can no longer be dismissed as purely victims of the climate crisis. Cayman’s youth are no exception, and they are pushing to take an active role in the decision-making of their own future.

Over the past few months, we have seen Cayman’s youth reach extraordinary feats in their own efforts to fight for our environment. From their participation in COP26, to numerous grassroots initiatives solely spearheaded by them (such as Protect Our Future and Plastic Free Cayman), it goes without saying that Cayman’s youth are not backing down when it comes to securing promising changes for the future of our Islands and our planet.

See YOUTH TAKE ACTION, Page 4

Youth ambassador Shankar Paulraj who has also been chosen as the Premier for Youth Parliament.

See story on page 2
George Town resident wins DMS vaccine drive $100K

By Lindsey Turnbull

George Town resident Dawn Bodden is the winner of the much-anticipated draw for $100,000 as donated by DMS, a draw in which all residents who had been vaccinated in the Cayman Islands were entered, with the winner randomly generated by computer. Mrs Bodden, who is born and raised in George Town, is married, and a mum of two, and works as an executive for KPMG, having worked there for 24 years.

Mrs Bodden said she had been brought into the drawing event as “one of the finalists”, never realising that she had actually won the huge sum of money. Initially she said she had “no idea” what she would do and then said she’d do “everything” with the money.

“I will definitely help whomever I can and bank some,” she confirmed.

Tourism Minister Kenneth Bryan congratulated Mrs Bodden and said before the money was even announced she had gone and done the right thing.

“I want to thank the organisation and Don for stepping forward and accepting the challenge and see the need to assist with this programme,” the Premier said. He also said that a huge amount of effort went into the draw, ensuring that everyone who had taken their vaccine were included, as well as people helping to ensure people got vaccinated.

Premier Wayne Panton was at the drawing event, which took place on Monday 22 November, and underscored the importance of people taking up the vaccine.

“From the moment this government came into office we understood we really needed to push our vaccination rate in the country. We thought it was going to be very important for us. I think where we are now – we do have a lot of Covid transmission going on – but what is reflected is the reality that our vaccination rate has had a big impact on minimising the number of people that are sick and in hospital.

Ministers challenged each other to try and get constituents out to try and overcome vaccine hesitancy, the Premier said, and he singled out Minister Bryan as one individual who had pushed the vaccine drive, calling him a “tireless lobbyist” who pursued people in both the public and private sectors to encourage vaccination uptake.

Today Cayman was benefitting from those efforts, through his efforts and through the actions of DMS, named after its founder Caymanian Don Seymour.

“I want to thank the organisation and Don for stepping forward and accepting the challenge and see the need to assist with this programme,” the Premier said. He also said that a huge amount of effort went into the draw, ensuring that everyone who had taken their vaccine were included, as well as people helping to ensure people got vaccinated.

New vaccine challenge for Christmas

Minister Bryan said added his thanks to Mr Seymour and the DMS team.

He called for Cayman to try and reach a new target of vaccinations:

“I wanted to see if we could set a new goal,” he advised. “A lot of people said we would never make 80% of our population and we did it. More than 80. And I think we can do even better than that, as the science evolves and the availability for different age groups continues to increase...I think we can get the country even higher than that because continued uptake of the vaccine is what’s going to keep the country safe. So how about we challenge ourselves before Christmas could we get to 85% of our population?”

DMS spokesperson Adrienne Politowicz said DMS had promoted the drive over 15 weeks via their radio and digital media platforms and created a website called caymanians.org that gave information about vaccinations and Covid-19. The campaign had gained international recognition for the vaccination drive.

DMS vaccine drive $100K winner Dawn Bodden with Tourism Minister Kenneth Bryan, DMS spokesperson Adrienne Politowicz and Premier Wayne Panton

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Living with COVID-19 in our community

We’re here for you before, during and after the storm with comprehensive hurricane coverage to help you get your life back on track. Because after all we live here too.
Cayman’s youth take charge of their future

CONTINUED FROM Page 1

“Human-induced climate change is, without a doubt, one of the greatest threats to our collective future,” said Premier and Minister for Sustainability & Climate Resilience, Wayne Panton, on Youth Climate Action Day (23 October 2021), when he and the Ministry launched the Cayman Islands Youth Climate Action Challenge. The challenge, being a call to action for Cayman’s youth to use their voices and uplift others, offers the chance for winners to be featured on the Cayman Islands Government’s (CIGTV) Spotlight show, and share what Premier Panton describes as “new and fresh ideas to protect our environment” - ideas that he says are not only for our own benefit, but vitally necessary.

A month since the challenge was announced, Cayman’s youth are insistent on having their voices heard. “Young people, far too often, our voices are cast aside, not taken seriously and suppressed by the mere fact of our age,” said Cayman Islands Youth Ambassador Reon Porter. Reon commented how young people are often silenced in the global battle against climate change, perplexed by how they are constantly told “[they] are the future,” but fail to be heard. However, Caymanian youth have proven their adeptness by stressing the importance of placing action above words to make a true difference at a social and political level, understanding climate change and its effects, and actively criticising human contributions to such disaster – “building fancy houses are nice,” Reon said, “but it won’t last if hurricanes are only getting stronger.”

Youth organisations tend to be different from more established organisations, in the sense that they encourage a behavioural switch, and a confrontation of how climate change is often treated with ignorance by those above them. Youth activist and participant, Shilker Paulraj (18), also holds this same position when it comes to the issue of older generations disliking younger generations in the grand scheme of what can be an overwhelming, politically-charged fight: “Clean air is a right and not a privilege. If young people don’t act now, clean air becomes a privilege and not a right for our future generations.”

Cayman’s youth will unfortunately suffer the brunt of inaction towards climate crises if they do not put pressure on larger authorities to take action. “I believe that change coming from the people of our Islands is more important than the change that is expected from politicians. If we, the residents of our Islands, don’t change our toxic and environmentally destructive lifestyle filled with disposable plastics, we are headed towards a great disaster,” Shankar said.

We can see that the climate awareness amongst Cayman’s youth is indisputable, proving they are more than fit to run their own initiatives that have potential to far exceed politics and regulations. As Reon noted, the youth are not afraid to “hold [their] politicians responsible and remind them of why we elected them,” inspiring other Caymanian youths to “make [their] voices heard by those in power.”

Cayman’s youth activists are using one of their most effective tools, their voices, to stress how their generation will soon be responsible for protecting the planet. More importantly, what this challenge truly represents is a great opportunity for Cayman’s youth to make a difference in the discourse of climate change for generations to come. It encourages a dialogue between the youth and their elected officials, as well as the rest of society, to encourage eco-friendly, climate-resilient ways of living. Navigating such social predicaments is a long-term process, that will continue as Cayman’s youth grows older. While older generations are quite imperious to change, our youth are malleable, adaptable, and keen to carry the torch to a victorious, sustainable future.

Premier Panton said it had been extraordinary to witness young people becoming victorious, sustainable future. “To help them become more engaged in this global challenge, we need to ensure that our own Caymanian youths can join in the global dialogue, take action, and help provide solutions. Young people are bold, they are resilient, and I believe it is critically important that they are engaged and encouraged to meaningfully contribute in the saving of their planet,” he stated. “Whether it is finding ways to reduce their carbon footprint, planting trees, reducing the amount of waste they generate, or whatever sustainable practice they are passionate about – the Cayman Islands Youth Climate Action Challenge provides an opportunity for our youth to join their peers locally and internationally and to be celebrated for their efforts.”

How to get involved:
The Challenge: Post pictures and videos of any activities that support climate change within your schools or at home with your families. Tag on Instagram @caymangov or on Facebook @caymanislandsgov and use hashtags #caymanclimateaction and #savetheplanet. There are no limits on submissions - so post away!

Prize: The winner/s will be showcased on national TV on CIGTV’s Spotlight show. Winners will be able to show-off their climate action plans and discuss the top five key areas they would like to see addressed.

Young property manager gains qualification

Caymanian, Tom Mann, who is a Property Manager with BCQS Property Management, has just completed his Master’s (MSc) in Real Estate Management from the University of the West of England, Bristol.

Tom was born and raised in Cayman and joined BCQS Property Management in 2017, after returning home, having completed his undergraduate degree in Geography from the University of the West of England, Bristol. Once on board at BCQS, he began working towards a master’s degree in real estate management, focusing on strata and commercial management.

Richelle Woodcock, Director for BCQS Property Management called his qualification a “tremendous accomplishment”, particularly while working full time and through a pandemic, saying:

“It’s a testament to Tom’s flexibility and commitment and will no doubt compliment him professionally.”

Tom said: “I’m glad I’ve gained further knowledge and expertise as this will help me with my long term aim to remain in this industry and better support our clients. I want to thank BCQS for sponsoring my course as it wouldn’t have been possible without their generosity.”

To continue with his professional development, Tom is currently working towards his qualification to become a Chartered Member of the Royal Institution of Chartered Surveyors (MRICS).

To help them become more engaged in this global challenge, we need to ensure that our own Caymanian youths can join
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SCAN TO ORDER ONLINE
To coincide with the opening of Cayman’s borders once again, the first time in 20 months, Plastic Free Cayman hosted a beach clean event at South Sound dock on Saturday 20 November.

Just off the heels of COP26, where past PFC volunteers Isabella Watler and Dejia Lyons highlighted actions the Cayman Islands can take to become more sustainable, the community came together to tackle the issue of plastic pollution and waste management, which directly connect to global emission and consumption, the organisation said.

The major focus of this beach clean was not to remove bulk items, but to hone in on microplastics, which have entered our ecosystems at very high levels, Plastic Free Cayman stated. Research showed that there were more than 150 million tonnes of plastic in the oceans today, with 8 million tons dumped each year, equivalent to a garbage truck dumping a full load of plastic into the seas every minute. Much of this litter turned into the microplastics washing upon shores, invading ecosystems and bodies, they said. National Geographic released an article in 2020 explaining that people ingest more than 40,000 microplastic particles each year, which could directly cause reproductive and developmental toxicity in all species, including humans.

Saturday’s clean-up event was well attended and included members of the Lion’s Club, the John Gray Lee Club, and Protect Our Future. Ms Teen Cayman, Asiah Thomas, was also in attendance, with education as her main platform. Volunteers ranged from 5 years old to 72 years old. They came from many schools, businesses, and other local charities.

“Today’s experience was slightly different from other beach cleans. Normally, we see a plethora of larger plastic items: bottles, bags, and shoes. Today, the challenge was picking up all the small microplastics. However, with all the volunteers we had, we still managed to get a significant amount of trash. This goes to show the real underlying issue, that plastic really is everywhere.”

By the end of the event, just under 300 pounds of marine debris, mostly microplastics, were removed from South Sound beaches. With 60 volunteers, on average each volunteer helped haul more than five pounds of trash from Cayman’s shores.

The Plastic Free Cayman Team continues to push for a national clean-up campaign and plastic ban policy similar to what has been done in other nations around the world.

Just recently, Scotland approved a ban on plastic straws and polystyrene containers, effective in 2022. England is also beginning its consultation process to ban several key plastic items in the coming year. Last year the EU took a hard stance on plastic straws and polystyrene cups. These are also some of the most common items washing up on our shores.

The event coordinators said they were incredibly proud of all their volunteers who helped make the Cayman Islands a cleaner place just as it opened borders to visitors of the Islands.

“In a time when anxiety is elevated in our community, this event showcased a way to gather and undertake community service in a safe and effective way” – Plastic Free Cayman

Lucky Slice sponsored raffle prizes for volunteers and Ms Anita Brown and Cliffon Hunter students Dante and Sheante Sterling were among the winners.

Social distancing and the use of hand sanitizer and masks were encouraged at the event, especially with the current community spread of Covid-19.

“In a time when anxiety is elevated in our community, this event showcased a way to gather and undertake community service in a safe and effective way,” they said.

Plastic Free Cayman clean up coordinator Carina Ecclefield, stated: “Today’s beach clean-up was such an uplifting event. We had volunteers of all ages coming to help clean up. Every effort from our volunteers provides so much value for our island and we can’t thank them enough.”

Protect Our Future leaders Thomas Dickens and Nic Corin also reflected on the event.

“Today’s experience was slightly different from other beach cleans. Normally, we see a plethora of larger plastic items: bottles, bags, and shoes. Today, the challenge was picking up all the small microplastics. However, with all the volunteers we had, we still managed to get a significant amount of trash. This goes to show the real underlying issue, that plastic really is everywhere.”
Every morning at 8 am sharp, the Cayman Islands Coastguards march out onto the parade ground at the coastguard base at the end of Hurst Road, for a centuries-old maritime tradition. “This is called the ‘Raising of the Colours,’” Commander Robert Scotland, Commandant of the Cayman Islands Coastguard said. “It’s a traditional ceremony, and after the flag is raised, honours are given to the flag as the National Anthem is played.”

The coastguards man the base 24/7 in case of a maritime emergency, and they are up all night long, listening into the VHF (Very High Frequency) local radio waves for any kind of distress-calls from vessels, as well as the HF (High Frequency) radio waves of international vessels, making sure that all the people on the waters around Cayman are safe.

The green and yellow-coloured flag is raised, and then taken down again, before the Cayman Islands flag and the official Cayman Islands Coastguards Flag are unfurled. A Special brass bell is rung three times, then Petty Officer Clarke and Able Bodied Seaman Dixon read out the list of duties for the coastguards under their watch.

“We always encourage people to take safety precautions when they go out on a vessel, such as life vests and flares a mirror, you can have a VHF radio on board highly encouraged, and if you have a cell phone, make sure you keep it dry and fully charged. You can never be too safe. And above all, don’t drink alcohol and operate a vessel,” Commander Scotland said.

The Cayman Islands Coastguards raise the colours every morning at 8 am sharp.
The Challenges of Preterm Birth

World Prematurity Day is recognised every year on 17 November to promote awareness of preterm birth and the problems of preterm newborns and their families around the world. Paediatrician and neonatal specialist Dr Sara Watkin, based at Integra Healthcare Ltd, shares a special case in the Cayman Islands of sisters born prematurely.

Preterm birth is challenging at the best of times, when your baby arrives before, sometimes long before, you are expecting it. However, some occasions are more challenging than others, for instance when the new arrival comes amidst a pandemic, creating a new level of practical and emotional difficulty for the parents and caregivers alike, Dr Watkin said.

Zoe, and her recent sister, Renae, were both born prematurely during some of life’s most challenging times. Zoe, was born at just 26 weeks gestation, 14 weeks early, in Cayman Islands Hospital in George Town, in March 2020, just as we headed into a perfect storm of conditions, and when transfer to a specialist centre like St Nicklaus Children’s wasn’t possible.

Dr Watkin said the initial experience with Zoe was a “scary time for parents and us.”

“I am very used to caring for 26-week infants, having spent most of my working life caring for babies from 23 weeks gestation onwards, but we were all just discovering what Covid-19 was going to mean for us. We knew very little about the disease and nothing about whether it might carry extra risks for preterm babies, especially ones like Zoe, when they are already challenged by their degree of prematurity” she advised.

Zoe was born at a time when George Town Hospital was also facing the challenge of just how to care for patients in general and more importantly, how to keep people safe at a time when we were facing a disease that few understood. That meant restricting access to parts of the hospital and the NICU was one of those.

“Having a preterm baby is obviously a traumatic experience when everything is normal but Zoe and mum found themselves separated for many weeks, a heart-wrenching time for her mum,” she said.

Dr Watkin said in order to help parents and baby bond, she tried to recreate some of what would normally be a shared experience by using phone and video technology.

“To try to ensure Mum was always fully aware, I spent time each day explaining all that was going on and how Zoe was doing. We did daily video calls so Zoe and Mum could be together,” she advised, adding that mum would sing to Zoe during the calls. Little Zoe’s face would light up when she was doing this.

Zoe’s care challenges

At 26 weeks, any baby is going to face a long, sometimes difficult journey, the doctor said. In these early stages, you need the utmost focus on getting things right. Being the tiniest, bit off is something that can spiral into a host of more complex issues.

“For Zoe, that could have been a catastrophe because we were unlikely to be able to access a tertiary centre with complicated equipment like nitric oxide or advanced forms of ventilation. At the same time, I was in and out of protective gear doing procedures in my newfound fashionwear, and the stress and newness of this is obviously very tiring. Our neonatal nurses in George Town were facing similar issues too,” she said.

In particular, the lungs are very delicate in premature babies, though using a ventilator can bring on problems in later life.

“In Zoe’s case, we managed to avoid her being ventilated at all, carefully managing her with something gentler called nasal SIPPV and supplemental oxygen. We actually sent her home just three days after her original due date, still on some supplemental oxygen, and on breast milk feeding. By that stage, home was where she needed to be, Dr Watkin informed.

Very preterm infants are highly susceptible to various types of brain injury, so Zoe had regular scans right through her care and these were all normal. She did need two blood transfusions, intravenous feeding and then feeding through a nasogastric tube but despite the degree of prematurity, and with the facilities we have here on our tiny Island, we managed to get her home safely.

“She is now a bonny young lady who I take great pleasure in seeing and who her parents just adore,” Dr Watkin confirmed.

Déjà vu

One risk factor for preterm birth is a previous preterm birth. In August, Mum gave birth to Zoe’s little sister Renae, at 30 weeks gestation, just as Cayman was exiting its Covid-free bubble.

“This was certainly a feeling of déjà vu,” Dr Watkin confirmed. “I have now had the privilege of managing 24 weeks of combined prematurity in the same family! Although Renae did need some supplemental oxygen, she was discharged home at six weeks of age. To put that in context, we managed to have her home four weeks before she was actually originally due, again on breast milk, and she’s just a beautiful young baby.”
Returning residents potential Covid spreaders

By Lindsey Turnbull

It is not the incoming visitors who will be arriving on Cayman’s shores in the coming weeks who will be most likely to spread Covid-19 among the local community, it is returning residents who have been overseas on shopping expeditions. This is according to the Health Minister Sabrina Turner, who was recently speaking at a press conference.

The behaviours and actions of “our very own people”, rather than tourists, were much more likely to expose the elderly and the vulnerable to Covid-19, given that returning residents who are fully vaccinated will now not need to quarantine upon returning home since the borders opened on 20 November, she advised.

“Our very own people that are travelling overseas to get ‘off the rock’ to shop, to get on the deals, pose a greater risk than the tourists that are coming to our shores. Those tourists are not going to be the ones going to be going away and ‘off the rock’ to shop, to get on the deals,” Minister Turner said.

Minister Turner said people undertaking such risky behaviour did not realise what they were doing.

“This is why we cannot hammer it home enough: wear your mask; practice good sanitation techniques with your hands; avoid visiting aunty, worse if you know that family member giving them an early Christmas gift is a dialysis patient, is a cancer patient, is someone who is in remission. Your trip going away and displaying the delivery of that gift for five days is day and night in saving that person’s life,” she stated.

Ms Turner said that unless people adhered to the guidelines and did their share, she could assure the risk would be raised with Caymanians who were going to go away and come back.

“We, as Caymanians, going away and coming back, I’m expecting to conduct ourselves even more so than those persons who have this pent-up demand to go on our beaches, go diving and get a little food and go back to their hotel rooms;” Minister Turner said.

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“Freedom is good, but let’s be responsible in the management thereof” – Health Minister Sabrina Turner

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Romtary Central Cayman donates to Bonacca

Moved by the plight of the people who suffered a devastating fire last month on the Cay of Bonacca in the Bay Islands of Honduras, a location which maintains close kinship with the people of the Cayman Islands, Rotary Central Cayman members have raised funds to assist.

At the beginning of October, approximately 2,000 people were impacted by the fire, which destroyed more than 200 homes and buildings. Because of the close historical ties to the people of Bonacca, Cayman immediately reached out to help, providing a Cayman Airways cargo flight that transported much-needed supplies and donations from residents here in Cayman. The Rotary Central donation of $6,000 will further Cayman’s response to the people of Bonacca desperately trying to rebuild lives and homes.

Rotary Central Past President Peter Schmid who coordinated the effort, said: “The terrible fire that destroyed many houses in Bonacca on 2 October 2021 left scores of people in dire straits. Rotary Central Cayman has a long history of helping people in the region in times of need.”

Rotary Central members were on hand to present the donation to assist with the purchase of materials for the rebuilding effort to Spurgeon Miller, the representative to the Mayor of Bonacca.
Christmas at Camana Bay: The magic of the holidays

Camana Bay is set to capture the magic throughout this holiday season. Featuring the town’s magnificent 39-foot Christmas tree in the heart of the Crescent and twinkling lights and sprinkles of holiday cheer throughout, the Town Centre décor will provide an enchanting backdrop to the season’s festivities. Camana Bay is host to a number of celebrations for all to enjoy, as well as shopping and dining, through to the end of the year. As we reach the end of another impacted year, the holidays are a welcome time for families to focus on the joy and hope of the season. With a strong focus on supporting local businesses, Camana Bay will give visitors a chance to shop for their loved ones on island, make memories and share festive experiences.

All decked out for Christmas

From last Saturday, the Town Centre and the Christmas tree has been beautifully lit and fully decorated.

Black Friday and Holiday specials

The shops of Camana Bay are bringing the holiday cheer this year. Get a head start on Christmas shopping by taking advantage of major Black Friday sales of up to 70% off, starting as early as 25 November! Throughout the holiday season you can also find discounts, new stock, gift ideas and more at many of the shops, making Camana Bay a place to visit where you can find gifts for everyone on your list!

Snap Yo ‘Elf

Visitors to Camana Bay can win a US$250 Camana Bay Gift Card from 20 November, by finding the festive backdrops throughout the Town Centre and taking a selfie at these three locations: the gingerbread family in Heliconia Court, the large wreath under the Observation Tower and the 39-foot Christmas tree on the Crescent. To enter the draw, post and tag @camana_bay on social media. Winners will be drawn weekly leading up to Christmas, with four gift cards to give away totalling US$1,000!

Christmas markets and bazaars

The weekly Farmers & Artisans Market is back! Starting next Wednesday 24 November, and running every week to Wednesday, 29 December from 10 a.m. to 5 p.m., the market offers an ideal opportunity to pick up fresh produce for Christmas feasts or locally made artisanal goods, which make unique Christmas gifts and stocking stuffers.

• Saturday, 27 November, 2 p.m.-5 p.m., the Paseo

Support the Pink Ladies at their annual bazaar for festive décor, homemade crafts and treats. Also, gift a plant – or brighten up your own space – with the Ladies’ annual plant sale.

• Saturday, 11 December, 10 a.m-5 p.m., the Paseo

The Visual Arts Society Christmas Art & Craft Sale will offer shoppers locally made items, festive decorations, gifts, jewellery, wood crafts, art cards, fine art photography, painted canvases, textiles and more. Check out everyone on your Christmas list in one go!

Santa Run

• Saturday 11 and Sunday 12 December, 6 a.m.-8 p.m., the Crescent

The Santa Run is going virtual this year! Support the Cayman Food Bank by registering for their virtual run and hitting the streets any time over the weekend for a two-mile loop that starts and ends on the Crescent or participate on a route of your liking throughout the island. Runners and walkers will receive a T-shirt with registration and are encouraged to dress festively and take pictures while they participate. For more details and to register, visit the Camana Bay Visitor Centre or download the registration form. Proceeds raised will benefit the Cayman Food Bank.

Jeep 345 Parade

• Saturday 4 December, 6 p.m.-8 p.m.

Marvel at the parade of festively lit Jeeps playing holiday music through the Town Centre on Saturday, 4 December and join them at Abacus for their toy drive for Big Brothers Big Sisters. They will park up on Emeritus Drive for full festive admiration; pop by and check them out between 6 p.m. and 8 p.m.

Christmas Moonlight & Movies

Visitors can settle down under the stars with family and friends to enjoy a festive film and the cool December breezes. Frozen 2 (PG) will be screened on Tuesday, 7 December and Arthur Christmas (PG) on Tuesday, 21 December on the Crescent.

Both movies will start at 6.30 p.m. Visitors can enjoy discounted popcorn from Camana Bay Cinema or pick up dinner to go from one of the Camana Bay restaurants.

Santa Mail

On 4, 11 and 18 December you can take care of your Christmas wrapping at the gift wrap station located on the Paseo. Donations are encouraged and will benefit Feed our Future, The Cayman Food Bank and the Girls Brigade.

Keep up to date with all things Christmas at Camana Bay at camanabay.com and on Facebook and Instagram.
Christmas is just around the corner, so each week until the big day we bring you a sample of great gifts you can buy on island that won’t break the bank!

Le Visage, the luxury skin care and cosmetics boutique in Camana Bay is a big draw for many people looking for something special to keep their look fresh and gorgeous. So, we are very happy to share with readers three love-ly gift ideas from this excellent store, and at under CI$30 they are sure to please your wallet as well as your loved one.

The store is also excited to announce the launch of Le Visage Beauty Points - their very own customer loyalty programme, with all kinds of creative ways to earn points towards future purchases - and even free stuff! The process is simple:
1. Register with our online store here: https://levisage-boutique.com/account/register
2. You’ll receive 260 points just for signing up
3. Each time you make a purchase (in-store and online) you receive 5x Beauty Points for every dollar spent.
4. Once you accumulate enough points, you can choose to trade them in for a voucher that can be used towards a purchase.

Members of the Le Visage Beauty Points programme will, from time to time, also receive exclusive special offers as their way of saying “thanks”.

If you are a local business owner and your goods or service would make great Christmas presents that are CI$30 or under then please email us at lindsey@caymaniantimes.ky and we will try and feature them.

Give the gift of beauty

LALICIOUS – Travel Besties, which includes 2oz Body Butter and 2oz Sugar Scrub. Exfoliate and moisturise with a pair of products that polish and nourish. This Sugar Scrub and Body Butter are your skin’s best friend when you need a healthy glow on the go, and make for the ultimate care package. CI$25

BY TERRY – Jewel Fantasy Tree Deco Baume de Rose. This is a limited-edition cult-classic liquid lip balm in a travel size, to make sure lips are kissable this Christmas. Presented in a festive ruby red tree decoration. A hand-bag-friendly size for easy touch-ups. CI$20

Stila – Little Treasures Stay all day liquid lipstick set. Lipsticks are long-wearing, creamy matte and colour rich. CI$25

22 November 1967
Butterfield in Cayman incorporated

Butterfield is a well-known name in the Cayman Islands, a retail bank that has locations in Governor’s Square, Camana Bay, Midtown Plaza in George Town and its head office in central George Town at One Butterfield Place. It incorporated in the Cayman islands on 22 November 1967 as Bank of NT Butterfield (Cayman) Limited and offered trust and corporate services to both residents and non-residents alike, under the stewardship of Managing Director Peter Tompkins. In 1989, it merged with Washington Bank and Trust Company Ltd and doubled its staff overnight. The merger allowed the new entity to offer a comprehensive range of banking and trust facilities, growing into the important banking presence that it is today.

23 November 1935
GT radio station opened

The George Town radio station opened on this day to a huge crowd of people gathered in central George Town. It functioned as a means of relaying meteorological reports as well as providing two-way telephone and telegraph communications.

29 Sleeps ‘til Christmas!

22 November 1967
Butterfield in Cayman incorporated

Butterfield is a well-known name in the Cayman Islands, a retail bank that has locations in Governor’s Square, Camana Bay, Midtown Plaza in George Town and its head office in central George Town at One Butterfield Place. It incorporated in the Cayman Islands on 22 November 1967 as Bank of NT Butterfield (Cayman) Limited and offered trust and corporate services to both residents and non-residents alike, under the stewardship of Managing Director Peter Tompkins. In 1989, it merged with Washington Bank and Trust Company Ltd and doubled its staff overnight. The merger allowed the new entity to offer a comprehensive range of banking and trust facilities, growing into the important banking presence that it is today.

23 November 1935
GT radio station opened

The George Town radio station opened on this day to a huge crowd of people gathered in central George Town. It functioned as a means of relaying meteorological reports as well as providing two-way telephone and telegraph communications.
Getting fit and healthy can be a challenge for a number of complex reasons that go deeper than simply calories-in versus calories-out.

What you associate with "pain" and "pleasure" may be blocking your fitness success.

You're avoiding the WRONG pain.

We are programmed to avoid pain and seek out pleasure. Unfortunately, this can block your fitness success if you view healthy diet and exercise as pain to be avoided.

Do you cringe at the thought of exercise? Does the idea of eating healthy make you feel deprived? If so then you are associating exercise and diet with pain, and this is setting you up to fail over and over.

The simple way to fix this is to focus on the negative impact that your current weight has on your health, self-esteem and lifestyle. Remind yourself that the pain of being out of shape is much greater than the pain of losing weight.

Once you decide that the biggest pain to be avoided is the pain of being out of shape, your fitness and weight loss will click into place.

You're seeking out the WRONG pleasure.

Most of us are experts at seeking out pleasure through the food we eat. This need for the pleasure of high calories foods kept our ancestors alive, but today all of the unnecessary calories end up as extra pounds around your waist and thighs.

The simple way to fix this is to stimulate the pleasure center of your brain. Find an activity or two that make you smile and indulge in those regularly.

The very best way to unlock your fitness success is to retrain your brain to crave the pleasure of exercise-induced endorphins!

I want to personally help you unlock your fitness results. Call Ernest at Body Shapers Personal Training Studio 325-8696 or email bodyshaperscayman@gmail.com today to get started on a program that will change your life and body forever...in the best way!
Grenada makes over watery sculptures

The Grenada Tourism Authority has completed the renovation project on the Grenada Underwater Sculpture Park, located off the west coast in the Molinere Beauséjour Marine Protected Area. Opened in 2006, the park was created by British sculptor Jason deCaires Taylor, and is accessible to snorkelers and divers. It is one of the destination’s most popular attractions. The installation includes 82 life-size sculptures that reflect Grenada’s culture and are fashioned from a variety of media but predominantly from simple substrates, including concrete. They create an ideal substrate, relatively fixed and permanent, on which marine life may develop.

One of the park’s most famous sculptures is the ‘Vicissitudes’, a circle of 28 figures cast from local Grenadian children linked by holding hands. Other notable pieces include the ‘Lost Correspondent’, a man working at a typewriter on desk covered with historical newspaper cuttings and ‘Sienna’, an elegant sculpture that depicts the graceful figure of a young skin diver from a much-loved local story. The sculpture park has been affected by natural environmental forces. To preserve its integrity, restoration efforts through repairing and cleaning specific structures to removing and relocating others.

JA relaxes its virus rules

Jamaica has begun to relax more of its pandemic-related travel rules by removing quarantine for fully vaccinated visitors staying outside its “resilient corridor” zones. Jamaica was one of the first Caribbean destinations to welcome tourists back last year, but it did so by restricting them to certain areas, essentially low-risk Covid zones that stretch from Negril to Port Antonio in the east, and from Negril to the south of Jamaica.

The newest changes drop quarantine requirements for fully vaccinated visitors staying outside the corridor. That’s provided they test negative for Covid within three days of travelling to Jamaica, Prime Minister Andrew Holness announced.

The new change to protocol means that anyone who’s vaccinated can travel all over Jamaica, provided they get that pre-departure test. Unvaccinated visitors will continue to quarantine for 14 days, regardless of their test result, if they’re staying outside of the resilient corridor.

Castro likely to be Honduras president

The leftist candidate is the wife of former president Manuel Zelaya, who was pulled from his bed in his pyjamas at gunpoint and overthrown in a 2009 coup that polarised Honduran society. The poll conducted by the Centre for Democratic Studies and published last week places Castro at 128 members of Congress and 20 deputies to the Central American Parliament. A poll conducted by the Centre for Democratic Studies and published last week places Castro at 38 percent, compared to 21 percent for her closest rival, the conservative Asfura. If Castro wins she will be the first ever female president of Honduras.

St Kitts plays mas for 50th time

St Kitts and Nevis relaunched its carnival season last week after last year’s was curtailed because of the pandemic. The islands celebrate the 50th staging. Activities this year are under the theme ‘Sugar Mas 50! Fun, Vibe, Energy’.

The core events for Sugar Mas include the National Carnival Queen Pageant and the National Carnival Swimwear pageant, as well as the Soca Monarch competition. Discussions are under way for hosting of fringe activities to be hosted by other stakeholders. Pre-pandemic, these events included Inception Fete, Cooler Edition, Icons Road March Edition and Folklore Caravan.

Sugar Mas 50 officially wraps up on 3 January 3 with the Sugar Mas Awards.

Barbados claims first digital embassy

Barbados said it is the first country in the world to establish a digital embassy in a metaverse. Barbados has struck an agreement with Decentraland, a company that hosts a user-owned, 3D digital world, comprised of 90,601 plots of ‘land’.

The Barbados Ministry of Foreign Affairs and Foreign Trade approved the decision in August and is set to open the virtual embassy in January 2022. The metaverse is a concept coined in the 2012 sci-fi novel Snow Crash to describe a kind of three-dimensional virtual reality version of the internet where people are present as avatars and move through a digital representation of the real world. Decentraland began its own metaverse in 2017, allowing users to build on their plots, create online games, gambling services and more.

Barbados is also planning to open virtual embassies with three other metaverse providers. The move is expected to prompt other nations to establish virtual embassies, consulates and tourist sites. Barbados has used virtual technologies to help in the pandemic-related travel rules by removing quarantine for fully vaccinated visitors staying outside its “resilient corridor” zones. Jamaica was one of the first Caribbean destinations to welcome tourists back last year, but it did so by restricting them to certain areas, essentially low-risk Covid zones that stretch from Negril to Port Antonio in the east, and from Negril to the south of Jamaica.

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In Jamaica, most businesses are open and hotels and resorts are operating at full capacity. But the pandemic is still raging, particularly in Kingston. A nationwide curfew between 9pm and 5am is in place until 9 December. In addition, nightclubs are closed; beach parties, festivals and concerts are banned, and restaurants and bars are operating at 50 percent capacity.
Movers meet the shakers at WineSchool3’s cocktail night

By Christopher Tobutt

It was a great night for the movers of Cayman’s tourism industry to meet the shakers, when ten young Caymanians who were completing WineSchool3’s Shaker Bar course had the opportunity to showcase their skills at the Cayman Spirits Company in George Town. WineSchool3, which has been putting on professionally accredited bar courses all over the Caribbean since 2014, teamed up with the Cayman Spirits Company and the Department of Tourism, who paid the fees for each of the students to attend the two-week course. It’s already been a big success, with nearly all the students being offered jobs, just in time for the reopening of tourism when the government hopes Caymanians will be placed at the forefront of the industry.

“I think this is an amazing opportunity for Caymanians to continue to grow with their training and opportunities that are in tourism, and I’m so happy for WineSchool3 to be doing this,” Tourism Minister, Kenneth Bryan, said. “I think we should continue to do this, and this should not be the only cohort. I’m hearing successful things already, which is exciting, and perfect timing. “This is a part of the government’s plan to continue with training opportunities, because tourism has to reflect the ‘Caymankind’ in it, and, honestly, it is hard to do Caymankind without being Caymanian.”

Director of WineSchool3, Christian Esser, said: “We are doing an internationally certified bar course for young Caymanians who want to get into the hospitality industry. The Shaker Bar course is a certification out of the UK which has already trained thousands of people all over the globe, and we are the representatives for them in the Cayman Islands. What we are doing today is something we want to consider like, a stress test, introducing them to the industry and have a proper setup as a bar.”

WineSchool3 co-owner Shalico Christian, said: “I’m Caymanian, and I want to see more Caymanians in the industry. The hospitality industry is one that Caymanians tend to shy away from, just because they feel that you can’t make any money or it’s not a prestigious job. We want to get people away from that stigma. We set the foundations for them, and they decide to go out there and continue learning and growing.”

WineSchool3 graduate Adam Stoner discussed the delicious Nelson Collins cocktail he had prepared: “It includes Poseidon gin, which is made right here at Cayman Spirits, and lemon, and the flowers have been picked in Cayman too, which gives it that beautiful blue colour,” he said.

Floyd Bodden said: “I loved doing the course. It told me a lot of things that I never had an idea about before, I mean who knew that bar tending was this intense.”

Janessa Prendergast said: “It’s been education, first and foremost, because I have no experience in bartending, I studied law. And secondly, it’s been liquid lively fun as they say here, and it’s been good meeting people from all walks of life and getting instructors who have wide amounts of experience in the field. It’s really been great. It’s a free programme offered to Caymanians, so I applied, thankfully.”

“This is a part of the government’s plan to continue with training opportunities, because tourism has to reflect the ‘Caymankind’ in it, and, honestly, it is hard to do Caymankind without being Caymanian”

– Tourism Minister Kenneth Bryan
**WEEKLY WEATHER FORECAST**

<table>
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<tr>
<th>Day</th>
<th>Conditions</th>
<th>High</th>
<th>Low</th>
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<tbody>
<tr>
<td>Friday</td>
<td>Mostly sunny</td>
<td>83°</td>
<td>78°</td>
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<tr>
<td>Saturday</td>
<td>Mostly sunny and nice</td>
<td>84°</td>
<td>78°</td>
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<td>Sunday</td>
<td>A blend of sun and clouds</td>
<td>83°</td>
<td>78°</td>
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<tr>
<td>Monday</td>
<td>Mostly sunny and nice</td>
<td>82°</td>
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<tr>
<td>Tuesday</td>
<td>A touch of morning rain</td>
<td>82°</td>
<td>80°</td>
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<tr>
<td>Wednesday</td>
<td>Partly sunny</td>
<td>83°</td>
<td>79°</td>
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<tr>
<td>Thursday</td>
<td>Cloudy, a shower; windy</td>
<td>83°</td>
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**DEATH ANNOUNCEMENTS**

The family of Vincent Martin Pantry, Jr. regret to announce his passing on Tuesday, November 2, 2021.
A memorial service will be held at 11:00am on Saturday, November 27, 2021 at the Cayman Islands Baptist Church in Savannah. Light refreshments will be served following the service.
In lieu of flowers, donations can be made to the Queen Elizabeth II Royal Botanic Park in his name. Please wear bright colors.

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The family of the late Liam J. Callaghan regret to announce his passing on 5 November, 2021 after a period of illness.
A funeral Mass will be held at 11:00am on Saturday, 27 November 2021 at St. Ignatius Catholic Church on Walkers Road.
Funeral attendees are asked to wear bright colours, if desired.
Masks are mandatory in the Church.
In lieu of flowers, donations can be made to the Cayman Islands Cancer Society.
We pray for the repose of his soul.

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We regret to announce the passing of Mr. Paul Jefferson on Sunday, 7 November, 2021.
A Funeral Service for will be on held on Saturday, 27 November at Wesleyan Holiness Church, West Bay at 2:00 p.m.
Interment will be at the North West Point Cemetery.

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The Centre for Theological Leadership Training (CTLT) Cayman Islands is hosting a special Christmas Seminar via Zoom on the topic, "The Uniqueness of Jesus in the Context of Pluralism". The seminar will take place on Saturday 4 December, 10 am to 11.30 am. All are welcome to join in and explore this fascinating subject with CTLT staff and students. The Meeting I.D. number is 2485559547, and the Password is SSZPSI. The guest speaker will be Dr Steven Jennings, Pastor of the Jamaican Baptist Union, Kingston, Jamaica. Moderator will be Sandra Lee Samuel, lecturer with the CTLT, and the responder will be Dr Gary Gardiner, Senior Lecturer with the CTLT.

The welcome for the seminar will be given by CTLT Director, Rev Dr P.J. Lawrence, who founded the CTLT in Cayman five years ago, with a vision for equipping Christians in a greater understanding of the bible, and empowering them in mission and ministry.

"The Holy Bible teaches us about the coming of the Messiah, the Saviour of the World. We believe Birth of Jesus is the fulfillment of this promise. Jesus brings Healing and Hope especially during this time of Pandemic, as we celebrate his birth," Rev Dr Lawrence said.

Dr Jennings is a graduate of the University of the West Indies and also of the United Theological College of the West Indies. He has earned degrees in History, Sociology, Theology, and Cultural Studies at the Bachelors, Masters, and Doctoral levels. A former Chair of the Board of UTCWI, and a current member of the National Reparations Council of Jamaica, Rev Dr Jennings is a part-time graduate lecturer in Biblical, Historical, Caribbean and Contemporary Theologies at UTCWI.

CTLT provides tuition in all aspects of theology and pastoral care, at Certificate and Diploma, Bachelor and Masters and Doctorate level. For further information contact Rev Dr Lawrence, Director of CTLT.

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SUDOKU

Conceptis Sudoku

By Dave Green

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

Answer to previous puzzle

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

SUDOKU Difficulty Level **

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Word Search

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 C T I L A S
N R A E L I O B H R R T N T
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Agent Movie
Aircraft Passengers
Arrival Passport
Attendant Pillow
Baggage Pilot
Blankets Restaurant
Boeing Seat
Cabin Security
Cargo Take Off
Check In Taxi
Departure Tickets
Duty Free Traffic
Flight Washroom
Gate Weather

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

CROSSWORD

By THOMAS JOSEPH

ACROSS
1 Cavalry weapon
6 Muskraft’s home
11 Clearly stunned
12 Leg bone
13 Studied (over)
14 Shark’s home
15 City on the Pascaic
17 Spot to jot
19 Wall climber
20 Game caller
23 Pal of George and Jerry
25 Citrus fruit
26 Formal event
28 Pool tool
29 Put a price on
30 Sugar suffix
31 Mouse-spotting cry
32 — Moines
33 Soft hat
35 Saloon quaff
38 Salad servers
41 Garlic-seasoned mayo

42 Fancy neckwear
43 Authored
44 Run-down

DOWN
1 Easy victim
2 Before today
3 Hoedown
4 Olympics weapon
5 Beaujolais, e.g.
6 Yarn
7 Candle part
8 Playwright Burrows
9 Hamm of soccer
10 Mythical piper
16 Turned aside
17 Director
18 Rap sheet
21 Host at a roast
22 Flows into
24 Quill need
25 Fall back
27 Black Hills region
31 Spine-tingling
33 Hat material
34 Stood
35 Bar concern
36 Melody
37 Sticky gunk
39 Jupiter or Mars
40 Hog home

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Yesterday’s answer

THE AMAZING SPIDER MAN

By Stan Lee

CURTIS

By Ray Billingsley

JUDGE PARKER

By Woody Wilson & Mike Manley

Have fun with Caymanian Times

Puzzles / Comics

HEIRS
STIR
ENSUE
OPINE
ARSE
NADAL
RETURN
TAWA
GOOD
BAD
LEX
REPORTED
BET
DESK
DEPORTED
DEPARTMENT
FELT
FLY
EXOTIC
LANG
NIXON
HUMOR
CLING
ACUTE
HENS
TYPE

Caymanian Times