

1 95893 43652 1

# Caymanian Times



84° / 77°

Periods of clouds and sun

Friday, December 17, 2021 Issue No 725

www.caymaniantimes.ky

50¢

INSIDE THIS ISSUE

● LOCAL NEWS — page 4



Giving young people a voice

● COVID-19 — page 8



Updated Regulations for All Travellers Into the Cayman Islands

● LOCAL NEWS — page 10



Blackbeard's opens Cayman's largest liquor store

● REGIONAL — page 21



Cuba's economy is bouncing back

## EDITORIAL: PACT 'INTACT' AND ON TRACK



See story on page 2 >>

## Import Duty Waived on Essential Products

Cabinet has approved the waiver of import duty on essential products for children, women and adults with medical conditions, including diabetic supplies. The waiver became effective on Tuesday, 23 November 2021.

These items currently carry an import duty tariff of 22 percent, and it is intended that the duty waiver will bring a noticeable decrease in the cost of these items

to importers, which will then be passed on to consumers.

Deputy Premier and Minister for Border Control Hon. Chris Saunders said, "The COVID-19 pandemic continues to cause disruptions to transportation, labour and input costs which have been driving the prices of food and other consumables higher. In keeping with the PACT Government's objective of reducing the cost of living, removing im-

port duty on certain essential items will hopefully result in lower prices for the end consumer."

Pursuant to section 52 of the Customs and Border Control Act, (2021 Revision), import duty is to be waived on the following products:

- Preparations of foodstuff for infant use, put up for retail sale;

SEE DUTY WAIVED, Page 4





COX LUMBER'S HOLIDAY US DOLLAR SALE

## US DOLLAR SALE!

NOW THRU CHRISTMAS EVE!

TREAT YOURSELF TO A NEW HOLIDAY APPLIANCE!

\* 20% OFF HARDWARE, PLUMBING, WINDOWS, DOORS, DECKING, INSULATION AND MORE

[www.CoxLumberLtd.Com](http://www.CoxLumberLtd.Com)

**20% OFF**

TOOLS, ELECTRICAL

**25% OFF**

PAINT & APPLIANCES!

# EDITORIAL: PACT 'INTACT' AND ON TRACK

With the budget done and dusted, the borders finally reopened to international travel, cruises under consideration, Delta on the wane and Omicron still at bay, one might think the real pressure is now off the PACT government.

In fact, it might just have started.

As contradictory as that may sound, Cayman's current amalgam of independents under the banner of People-driven, Accountable, Competent and Transparent (PACT) have no alternative but to live up to the promises of their campaign, the governing pact they signed, and deliver on its principles.

The road ahead is not smooth, and the task is huge, but for a government comprised mostly of ministers in their first Cabinet positions - the exceptions being Premier Wayne Panton (second time as minister, first time as leader) and Hon Julianna O'Connor Connolly - they can say with some degree of confidence that they've passed the first hurdle.

The emphasis here is on 'passed' rather than simply having 'survived'.

PACT came into power with hardly any governing experience and immediately faced with a plethora of challenges that fate threw on their path...notwithstanding the fact that they had campaigned vigorously for the job.

Taking over power at the height of the COVID-19 pandemic, plus having to deal with Cayman's first COVID outbreak and its consequences of throwing their border reopening plans off-schedule, has been a steep learning curve.

The conventional wisdom suggests that in such unusual and testing circumstances, if Team PACT hasn't imploded under



the pressures of the past eight months, they have no reason to flounder now.

Nor is it time to rest on any laurels they might have accrued.

To be fair, they have earned a few laurels in steering the good ship Cayman through the most recent COVID-induced crisis and kept it on a good administrative heading while still scoring another key political goal.

Getting former Progressives-Alliance minister Dwayne Seymour (IND) to defect from the Opposition - bringing his experience in government into play across three PACT ministries - is a noteworthy achievement.

That feat is made even more telling as he is the second stalwart from the former

government to be successfully enticed by the PACT - along with two hitherto Progressive's hopefuls (or might that have been three?).

Reinforcing their parliamentary majority with successful raids on the Progressives camp have been shrewd and astute political moves.

Team PACT now has no reason not to deliver.

Omicron notwithstanding, the road ahead for Cayman looks encouraging, though the path for the jurisdiction and the government might yet be strewn with challenges.

This calls for a display of management dexterity on the same level of the political strategy deployed to good outcomes.

In that respect, one of PACT's biggest challenges might lie in its most prolifically stated and laudable policies, prioritising Caymanians in the job market.

The road ahead may be rough, but we believe that the Pact Government has a chance to last the entire four-year term.

However, this goal will only be achieved with effective communication and heeding the messages and recommendations from the experienced, educated, and wise citizens of these islands.

The way we see it, PACT is on track...and is 'intact' (to quote Premier Panton).

It just has to 'mind the gaps', keep the train on the tracks and their hands on the rails.

**CLASSY TAILORING & DRESSMAKING**  
*Fast, Efficient & Reliable*  
 WE SEW FOR MEN, WOMAN AND CHILDREN  
**QUICK ALTERATIONS**  
 OPEN MON - SAT | 9AM - 7PM  
**946-9283 | 924-6917**  
 Email: classytailoring@outlook.com

*We make..*  
 • CURTAINS  
 • CUSHIONS  
 • DRAPERIES

*We repair..*  
 • SHOES  
 • BAGS  
 • BELTS  
 • SUITCASES  
 & MORE..

180 Shedden Road, Across Mary Street, Next Door **MONEYGRAM** George Town

**Cellular World**

**PHONES • ACCESSORIES • REPAIRS**  
**BAYTOWN PLAZA, WEST BAY ROAD**

**CUSTOM PHOTO PRINTING & FRAMING**  
 CANVAS AND FINE ART PAPERS

**LOTS OF READY-MADE FRAMES IN STOCK**

**CathyChurch's**  
 Photo Centre  
 AT SUNSET HOUSE 949- 7415

OPEN TUES-SAT @10AM-5PM  
 CATHY@CATHYCHURCH.COM

**Caymanian Times**  
 Issue # 725

Publisher: Ralph Lewis  
 Editor: Lindsey Turnbull  
 Company: Lewis Cayman Islands Ltd  
 #19 Walkers Road (next to Tomlinson Furniture)  
 Telephone: 345 9162000  
 Email: info@caymaniantimes.ky  
 Website: www.caymaniantimes.ky



# KIRK FREEPORT

## \$40,000 CHRISTMAS SWEEPSTAKES

EVERY \$100 USD PURCHASE GIVES YOU A CHANCE TO WIN

**3 X US\$5,000 CASH WINNERS**  
**5 X US\$1,000 CASH WINNERS**  
**AND OTHER GREAT PRIZES!**

Gifts for everyone on your list with 1000s of fragrances, watches, jewelry, accessories, china and more!

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

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



### Remaining prize draws!

Friday Dec 17th	US\$5,000
Friday Dec 24th	US\$5,000

**\$1,000 each day** Monday Dec 20th, Tuesday Dec 21st, Wednesday Dec 22nd.



# ROLEX

Rolex giveaway is on January 4th, 2022.

BAYSHORE MALL • CARDINALL AVENUE • THE STRAND  
 +1(345) 949-7477 • KIRKFREEPORT.COM

**CHRISTMAS SWEEPSTAKES**

# Import Duty Waived on Essential Products

CONTINUED FROM Page 1

- Sanitary Towels (pads) And Tampons, Diapers and Diaper Liners for Babies and Similar Articles, Of Any Material;
- Baby carriages and parts thereof;

• Food preparations consisting of finely homogenised mixtures of two or more basic ingredients, such as meat, fish, vegetables or fruit, put up for retail sale as infant food or for dietetic purposes.

Based on the existing import tariff duty of 22 percent on these identified items, the Government will forego earning revenue estimated at CI\$96,000 for the remainder of 2021 and CI\$2,000,000 for the financial years of 2022 and 2023 respectively.

The Deputy Premier said, "This reflects the PACT Government's commitment to supporting families during these challenging times by ensuring that essential household items are accessible and affordable."

## YOUTH MENTAL HEALTH FOCUS

# Giving young people a voice

Christmas is quickly approaching and the build up to the festive season can be quite a stressful one as we prepare for a busy period of entertaining. With the new Omicron variant of Covid heightening people's worries about whether they can enjoy a normal Christmas with loved ones adding to stress levels, the *Caymanian Times* is introducing a new series of articles that will give some hope and guidance for people – particularly young people – when it comes to mental health.

### Young people at risk

In the UK, the statistics as they relate to the mental well-being of young people, are startling.

According to YoungMinds, the UK's leading charity fighting for children and young people's mental health:

- One in six children aged five to 16 have a probable mental health problem, a huge increase from one in nine in 2017;
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition more than tripled between 2010 and 2018-19

• 80% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse;

• In 2018-19, 24% of 17-year-olds reported having self-harmed in the previous year, and 16% reported high levels of psychological distress;

• Suicide was the leading cause of death for males and females aged between five to 34 in 2019;

• Nearly half of 17-19-year-olds with a diagnosable mental health disorder has self-harmed or attempted suicide at some point, rising to 52.7% for young women.

These are very worrying statistics and ones that ought to raise alarm bells here in Cayman, too. So, the *Caymanian Times* is teaming up with young people at Cayman's Youth Ambassador Programme (YAP), a group created by the Alex Panton Foundation comprising of young people from across the Cayman Islands. YAP was developed to provide support to the youth of Cayman who experience mental health challenges, in particular anxiety and depression, in a way that builds resilience and inspires hope through the young people



▶ Youth Ambassador Jhadari Lumley



▶ Youth Ambassador Lilly Haug

developing their own path forward within the programme.

Together, over the coming months, we are going to explore a series of topics as they relate to young people, so they know they have a voice, they are actually being heard, and most importantly of all, they know they are not alone in their mental health struggles.

### Why focus on mental health?

YAP members explained why the issue of mental health resonated so deeply with them.

UCCI student Jhadari Lumley, 16, said:

"Mental health has always been important because I have even struggled with it myself, so I have always wanted to help people and get the word out there, breaking the stigma. It's also important because mental health is one of the most important aspects of your life. The state of your mental health pretty much guides you as a person. We take physical health very seriously, but it's our mental health that really guides us, how we act in society, how we act to others and how we act towards

ourselves, and it can affect any aspect of your life."

Jhadari added that mental health issues affect people in different ways, so it was important to equip people with the tools to recognise symptoms of mental health issues so they could adequately deal with them, and so they don't feel isolated.

Lilly Haug 16, who attends CIS said mental health was important to her because she knew someone who sadly committed suicide.

"I feel like it is my place to ensure that I do my part so I don't see that happen again. One of the major reasons that that person ended down that path was because they did not ask for help. There were many people and places that could help her, but they did not know how to ask for help, and I feel like that is one of the major issues," Lily said. "There are plenty of places to help – there is the Youth Ambassadors, there are counsellors, there's therapists, some people have friends, but they don't feel they can ask them for help. We need to tell people how to communicate their need for help."

Soleil Parkinson, 17, who attends CIS, said she got involved with YAP because she felt lots of young people suffered with depression and anxiety, especially with the large workloads young people faced these days and the pressure put upon them.

"It was important to me to help other people speak out about what they are dealing with because it is something so common, yet it's taboo to speak about, even though we all deal with our issues," Soleil said. "I would like to see Cayman build communities where people feel like they can speak and feel like they have others supporting them without judgement, because judgement is something we face so often. Just having a place where people can speak without judgement can help people come to terms with what they are dealing with."

If you would like to know more about Youth Ambassadors Programme, visit <https://alexpantonfoundation.ky/yap>

Please stay tuned for topics on mental health issues, how they impact young people in Cayman and how young people can seek help. The most important thing to remember if you feel you need help is: you are not alone.

**ADVERTISE YOUR EMPLOYMENT ADS**  
with  
**Caymanian Times Newspaper**



**Fast & Affordable - Accepted by WORC**  
Email  
**sales@caymaniantimes.ky**  
or call **9162000 / 9458463**



**FOSTER'S**

# CHRISTMAS HOLIDAY DINNERS

LET FOSTER'S HANDLE THE COOKING!

Our holiday box dinners include your choice of delicious roast turkey or glazed ham, gravy, three side dishes, cranberry sauce, rolls, and a freshly baked pie.

SERVES 6-8 PEOPLE FOR ONLY **\$79.99**

**SIDES:**

- Stuffing
- Scalloped Potatoes
- Mac & Cheese
- Steam Herbed Vegetables

• Mashed Potatoes

• Rice & Beans

**PIES:**

- Apple Pie
- Pumpkin Pie

Additional sides will be charged by the pound. 24 hours notice is required.

Scan to order or visit [fosters.ky/holiday-dinners](https://fosters.ky/holiday-dinners)



# Past Miss Cayman Islands Titleholders unite to celebrate the 70th Anniversary of the Miss World pageant

*Miss Cayman Queens celebrate 70 years of the Miss World Pageant with iconic photo shoot*

Miss World 2021 is slated to be the 70th edition of the Miss World Pageant to be held 6pm EDT on Thursday, December 16th, 2021 at the Jose Miguel Agrelot Coliseum in San Juan, Puerto Rico. Toni-Ann Singh of Jamaica will crown her successor at the end of the event.

In celebration of the 70th anniversary of the Miss World pageant, 19 out of some 36 past Miss Cayman Islands Queens who competed on the world stage during their reign, were brought together for an iconic photo shoot at the University College of the Cayman Islands auditorium on Saturday, October 9th to celebrate, memorialize and reflect on the Miss World journey over 70 years.

The photo shoot was inspired by MWCI Director Pamela Ebanks-Small who noted the concept came from Vanity Fair. The photo shoot, directed by local Photographer Wil Bignal, took about two days to set up.

The MWCI Director, who is attending the Miss World pageant on Thursday, December 16th 2021, is expected to present a framed copy of the group photo to Julia Morley, Chairman and CEO of the Miss World Organization.

"As this year is the 70th edition of the Miss World pageant, I felt it was important to do something really special for Julia Morley, the Miss World organization and the

Cayman community," MWCI Director, Pamela Ebanks-Small said. "I came up with the concept of a photo that captured our Cayman queens who have participated at the Miss World pageant over the years. It was difficult, especially with the Covid-19 pandemic, to gather the 19 queens who are in the photo, but luckily we made it happen. There's been 36 Caymanian queens represent us at the Miss World pageant since 1977, many were off Island, so we were happy to capture 19 of them." Ms. Ebanks-Small noted.

"It was truly a privilege to be the very first to represent Cayman at Miss World in 1977," First Cayman representative at Miss World, Patricia Jackson-Patino said. "Mr. Jim Bodden told me that he had "great faith" in me and that I would do "a fine job representing our people." It was certainly a daunting task for an 18-year-old, but I was up for the challenge. Eric and Julia Morley made sure that all the Miss World contestants felt welcome, comfortable, and totally supported. They also made sure that we had the experience of a lifetime during our time in London. I will never forget it." Jackson-Patino commented. "Pamela has done an amazing job at the helm of the Miss World Cayman Islands pageant, and it is an honour to be a part of this historic photograph. I am humbled to be amongst the remarkable women who have



► Official Group Photo of MWCI 70th Anniversary Photo Shoot by Wil Bignal. Rashana Hdyes (2021), Jaci Patrick (2019), Kelsie Woodman-Bodden (2018), Lindsay Japal (2011), Nicosia Lawson (2008), Ambuyah Ebanks (2006), Stacy-Ann Rose Kelly (2004), Nichelle Welcome (2003), Mona Lisa Tatum (1999), Audry Elizabeth Ebanks (1993), Pamela Jo Ebanks (1992), Bethea Michelle Christian (1990), Melisa McTaggart (1988), Deborah Elizabeth Cridland (1986), Thora Ann Crighton (1984), Donna Marie Mayrie (1981), Jennifer Pearl Jackson (1979), Wendy Daykin (1978), Patricia Jackson Patino (1977).

since worn the crown and represented our country on a world platform." Ms. Jackson-Patino said.

"We really have to show our appreciation to all those who made this happen. Especially our photographer, Wil Bignal who brought our vision to life. Ms. Ebanks-Small commented.

"Special thanks to Rashana's parents, Ray and Dena and best friend, Megan who helped with organizing the photo shoot. Also to Cortez Vernon, Celebrations, UCCI, Luxury Couture Makeup, Patrick Willis (stylist), the 19 Queens who took part and the Miss World Cayman committee members. This is truly an iconic

photo that will make history!" Ms. Ebanks-Small said.

Reigning Miss World Cayman Islands Rashana Hydes will represent the Cayman Islands at the 70th edition of the Miss World Pageant on Thursday, December 16th 2021. It will broadcast LIVE from Puerto Rico on Logic TV Channel 1 at 6pm.

## Thompson Development & TechCayman Partner with the Needs Assessment Unit This Holiday Season

Thompson Development Ltd. and TechCayman have partnered with the NAU to assist the less fortunate this holiday season. In lieu of hosting their annual Christmas parties, both companies will be purchasing gift vouchers, toys, clothes and other goods to spread holiday cheer amongst those in Cayman most affected by the COVID-19 pandemic. The purchasing, wrapping, and delivering of gifts will be handled in house by both the Thompson Development and TechCayman teams.

### About TechCayman

TechCayman is an IT enabling service company that assists overseas tech companies relocate to the Cayman Islands.



► Thompson Development (The Grand Pavilion, left) & TechCayman (right) partner with Needs Assessment Unit (NAU) to help those in need

## Camana Bay raises funds and collects food for Cayman Food Bank

The 2021 Camana Bay Christmas Give is raising funds and collecting food donations for the Cayman Food Bank.

Last Friday, around 100 people who work in Camana Bay dressed in seasonal style in exchange for donations to the Food Bank for the annual Festive Dress Down Day. Cayman Food Bank also wrapped gifts for donations last Saturday in Camana Bay and runners participated in the virtual Santa Run last weekend to raise funds for the Food Bank. Donations can still be made through food drop-offs at the Camana Bay Visitor Centre or by donating online at [caymanfoodbank.com/donate](http://caymanfoodbank.com/donate).



► From left Shalisa Barnett, property manager at Dart, and Christy Whittaker, marketing manager at Dart, in the Camana Bay Visitor Centre

# Cathy Church's

**PHOTO CENTRE**

**AT SUNSET HOUSE HOTEL**



**949-7415**

**Open Mon-Sat 10am-5:30pm**

# GREAT GIFTS!

- **Binoculars**  
From CI\$102.50
- **GoPro Hero 9&10**  
From CI\$426.40
- **INSTAX Instant Cameras**  
All Models & Accessories, From CI\$73.80
- **SeaLife SportDiver**  
Underwater Smartphone Housing CI\$287.00
- **FujiFilm, Nikon, Olympus & Much More**  
(Tripods, Camera Bags, Lights)
- **Self-Service Printing**  
Four High Speed Kiosks
- **Custom Printing & Framing**  
Hundreds of Ready Made Frames

**Ukuleles from CI\$65.60**



Cayman Islands  
Government

## Practising Holiday Traditions Safely

7 ways to practice holiday traditions safely during COVID-19:

1. Visit Santa virtually or write a letter
2. Switch large gatherings for holiday light tours
3. No-contact food giving
4. Set-up a gift exchange done via delivery
5. Have a drive-by party
6. Attend smaller gatherings only
7. Send virtual cards

→ [gov.ky/coronavirus](https://gov.ky/coronavirus)

**Living with  
COVID-19**  
in our community

# Updated Regulations for All Travellers Into the Cayman Islands

Updates to regulations impacting travel were announced over the weekend. These changes to regulations will reduce the COVID-19 testing window for all passengers travelling into the Cayman Islands as well as unvaccinated persons travelling to the Sister Islands from Grand Cayman. The changes, which take effect on Friday, 17 December, are measures being implemented to increase the protection of our community and health system against the latest COVID-19 variant of concern, Omicron.

"As COVID-19 continues to evolve, the Cayman Islands Government remains vigilant to ensure our health and safety regulations are best suited to protect our citizens, residents, and visitors," commented the Premier Hon. G. Wayne Panton. "All travellers must stay familiar with the requirements for leaving the country as well as for entering the country you are visiting. It is very important that returning residents understand that these regulations apply to us as well so that we are doing our part in protecting our loved ones and the greater community when we return home."

- Who is impacted by the changes?
  - All travellers age 5 years and older
  - What has changed?

- Testing time-frame has been tightened to **no earlier than the day before travel**. This replaces the previously allowed 72-hour timeframe for pre-travel testing.

- \* Therefore, an approved test administered after midnight the day before travel is acceptable

- \* This enables persons with very early or late travel bookings to comply

- Government has updated the definition of 'departures' to include the departure of any connecting flights or transit flights to the Islands, where the layover between flights is less than 12 hours

- When does the change take place?

- Friday, 17 December 2021

- Why is this change happening?

- To shorten the time in which a traveller tests negative for COVID-19 and departs their destination

- What tests will be accepted?

- Polymerase chain reaction (PCR) test or,

- Accepted antigen-detecting rapid diagnostic, commonly referred to as lateral flow test (LFT)

It should be noted that only tests administered and certified by a health care or testing services provider who is authorised by the local government to provide

testing services in the relevant jurisdiction will be accepted.

- Where can persons be tested?

- In the United States of America, United Kingdom, and Canada, testing services are widely available including at drive-thru testing sites and nationwide pharmacies.

- In the Cayman Islands, there are a multitude of participating medical providers including the Health Services Authority (HSA) which offers certified LFT and/or PCR test results specifically for travel. For a list of approved providers, please visit: <https://www.visitcaymanislands.com/en-us/travel-requirements/health-services-providers-testing-sites>

- Who covers the cost of travel-related testing?

- All travel-related testing is at the cost of the traveller including where travel originates in the Cayman Islands. This is a change in that the Government no longer covers the costs of PCR testing for the purposes of travel.



Further commenting on the updated regulations, the Premier shared: "We all must do whatever we can to ensure that we continue our hygiene and safety practices, take care of our health and wellbeing, and get vaccinated including getting booster shots. It is the personal responsibility of each and everyone of us to take this seriously, to remain informed by reliable sources, and to practice the best safety measures available to us no matter where we are."

For more information about travel requirements, regulations and other COVID-19 response measures in the Cayman Islands, please visit the **official Cayman Islands Government web portal, [www.gov.ky/coronavirus](http://www.gov.ky/coronavirus)**.

The COVID-19 vaccine (dose 1 & 2) is available to ALL persons 12 years and over.

Boosters (3<sup>rd</sup> Dose) available to the following:

healthcare workers, teachers, police/fire/prison/CBC officers, 18+ years old and clinically vulnerable (see criteria below)\*

**PLEASE REMEMBER TO  
BRING YOUR  
OWN FACE  
MASK**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18
NO CLINIC	131 CENTRE** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	BODDEN TOWN PUBLIC BEACH 5pm - 8pm	131 CENTRE ** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 9am - 12:30pm 2pm - 5pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)
		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm	
20	21	22	23	24	25
SAVANNAH & NEWLANDS MLA OFFICE (#8 Homestead Crescent, behind Wendy's)	131 CENTRE ** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE ** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	WEST BAY HEALTH CENTRE 5pm - 8pm	131 CENTRE ** 12:30pm - 4pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	NO CLINIC
		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm	
27	28	29	30	31	JANUARY 1
NO CLINIC	NO CLINIC	131 CENTRE ** 12:30pm - 4pm 5:30pm - 7:30pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	EAST END HEALTH CENTRE 5pm - 8pm	131 CENTRE ** 12:30pm - 4pm (**131 Maclendon Drive, next to DHL, behind Foster's Airport)	NO CLINIC
		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm		SISTER ISLANDS ASTON RUTTY CENTRE 2 - 4pm	



# Foster's anniversary

## 10 December, 1980

To many in the Cayman Islands "I'm going to Foster's" is another way of saying "I'm off to the supermarket", because the supermarket chain has become synonymous with most people's idea of shopping, so beloved has it become by the nation. Today, you will find a Foster's at several convenient locations around the island, its flagship and newest store at Camana Bay, its original and still highly popular store at the airport centre, its Republic store in West Bay, a well-stocked store at the Countryside shopping complex in Savannah and the little store at East End that is immensely convenient for those who live out East.

However, for all its success today, its roots were incredibly humble, when the trio led by David Foster, his brother Steve Foster and his mother Alta Foster first decided to establish a modest supermarket that would better serve the growing population of this popular island. And so, on 10 December, 1980, the Foster's Food Fair Airport Store opened with less than 6,000 sq ft. of store and just 25 employees. It was, none-the-less, a huge step forward for supermarket shopping in the Cayman Islands, offering residents more choice than ever before at a better price than they had ever experienced.

Things got off to a flying start for Foster's in the 1980s, considerably aided by a new warehouse erected in 1982 which allowed for wholesale cash and

carry purchasing. A new store called The Greenery opened up on Seven Mile Beach in 1985 which eventually expanded to 14,400 feet by the end of the decade. That store was replaced with The Strand store in 1997, at the time the newest and most exciting supermarket Cayman had seen in a long time, stocking items such as Waitrose products from the UK. A pharmacy within the store complemented the supermarket's offering.

In 1999 the Republic store opened in West Bay and in that same year Foster's Food Fair joined the IGA Group of Grocers and was renamed Foster's Food Fair IGA. Fort Street Market also opened in 1999, a hub for the community, businesses and tourists in downtown George Town.

In 2004 the island was devastated by Hurricane Ivan, however Foster's Airport store was able to play an active role in ensuring Cayman residents did not go hungry, providing food and water for those who needed it. In the aftermath of Ivan, the Republic and Strand stores were renovated and in 2005 Priced Right opened at the Airport Centre, allowing residents to bulk buy at cheaper prices. The following year, Foster's Express opened at East End and in 2006 Foster's opened at the Countryside Shopping Village in Savannah.

Camana Bay began evolving as a central hub for residents soon afterwards and so Foster's opened their gourmet and speciality store, Bay Market there in



► Fosters Food Fair opened on 10 December 1980

2012. Various accolades and expansions followed, along with the breaking of ground in 2018 of their flagship store at Camana Bay, which eventually opened

on 31 October 2019, a full 60,000 sq. ft. of brilliant shopping that has become a focal point for Camana Bay and a delight in which to shop.



## CUC's Christmas Closures


On Friday, December 24, our Customer Service Centre at our Administrative Offices on North Sound Road will close at noon for Christmas. This office will reopen for business on Wednesday, December 29 at 9:00 a.m.

Gift Certificates from CUC that can be used towards paying electricity bills are available in denominations of \$25, \$50 and \$100 from our Customer Service Centre.

Visit [www.cuc-cayman.com](http://www.cuc-cayman.com) for a complete list of our online bill payment options. Bill payments can be made at our remote payment locations across Grand Cayman during their respective holiday hours.

*Warmest wishes for a blessed Christmas!*



Contact 911 in the event of an electrical emergency 

## Season's Greetings!

The Board, Management and Staff of Water Authority wish you and yours a safe and healthy holiday season and extend best wishes for the New Year!

### Friday, 24 December 2021

Office Hours: 8:30 a.m. - 12:00 p.m.

Cashiers will close at 11:00 a.m.

Offices will re-open Wednesday, 29 December 2021

### Friday, 31 December 2021

Office Hours: 8:30 a.m. - 12:00 p.m.

Cashier will close at 11:00 a.m.

Offices will re-open Tuesday, 4 January 2022



Water Authority - Cayman

For emergency assistance outside of office hours, please contact 946-HELP (4357)

# Blackbeard's opens Cayman's largest liquor store

Blackbeard's is delighted to announce that their newest store, located on Eastern Avenue opposite Kirk Market, has now opened.

The new store is the largest in the Blackbeard's chain, which has five other locations on Grand Cayman and one on Cayman Brac. The store, which is situated at the old Cox Lumber site has had a full refurbishment and now boasts the largest range of wines and spirits, on island.

Cayman Distributors Group General Manager Alex McClenaghan credits the diligent work of Simon Watson from DART and Helen Wong, Blackbeard's Retail Manager for the state-of-the-art development. "We initially acquired the old Cox Lumber site in November 2020 and the team has worked tirelessly to ensure this store is one we can be truly proud of. The design and layout are in keeping with Blackbeard's modern ambiance and the store layout has been carefully planned to ensure our large range is easy to navigate. Our trademark walk-in cooler is even bigger and allows us to offer an extensive range of chilled beers and wines on site."

One of the key advantages of the new store is that it is conveniently located for shoppers. Wine Specialist George Nistor talks about the advantages of this new location "Our aim is to offer customers not only the widest selection of local and in-

ternational brands but the best customer experience. The store is in a great central location so shoppers can easily pop in and select wines and beers for their various events. All the floor staff has been expertly trained and wine specialists on-site can advise on suitable food and wine pairing choices."

The store is open just in time for Christmas and Helen Wong, Retail Manager, is enthusiastic about the new shopper experience "Our brand ethos is 'Celebrate your moment' and this season we are offering a number of promotions to help bring Cayman some holiday cheer. We also have four new Caymanian staff members joining the team who are on hand to help shoppers choose their seasonal beverage selection. Blackbeard's aim is to offer a first-rate shopper experience as well as the largest selection of local and international brands in Cayman.

### ABOUT BLACKBEARD'S

Cayman Distributors Group (CDG) is the Cayman Islands' leading distributor of beer, wines, and spirits, and the home of Cayman's biggest liquor retailers, including Blackbeard's, West Indies Wine Company, Liquor Outlet, and Anchors.

Blackbeard's is the Cayman Islands premier retailer of fine wines, beers, and spirits and carries the island's widest se-

Eastern Avenue  
**NEW STORE**  
now open!

**CAYMAN'S LARGEST LIQUOR STORE**  
Extensive beer, wines & spirits selection  
Knowledgeable & friendly staff

**BLACKBEARD'S**  
BEER WINE SPIRITS

Mon-Thur 10am-7pm  
Fri-Sat 10am-10pm

lection of the world's leading brands. Each location features craft beer suitable for any taste

as well as eclectic and exclusive wines, spirits, and alcoholic beverages from the top regions and

has a full range of sodas, juices, and mixers as well as snack items.

Body Shapers fitness studio

**CHRISTMAS SPECIAL**

**SIGN-UP 6 MONTH OR MORE**    **SIGN-UP 3-5 MONTHS**

**10% OFF**    **5% OFF**

**BUY NOW Start Training In January**

Ernest Ebanks  
Personal Trainer

Call Now 1-345-325-8696 or  
Email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com)

# Grant Thornton Cayman Islands Raises Over US\$18,000 for Charities at 5th Annual Golf Championship

On 30 November, Grant Thornton Cayman Islands presented the Cayman Islands Humane Society and YMCA of the Cayman Islands with a cheque for over US\$9,200 each further to fundraising efforts from their annual golf event.

At the 5th annual event, Grant Thornton welcomed over 90 budding golfers to the North Sound golf course for a day of on-course challenges and fundraising initiatives, and to crown the new 'Grant Thornton Championships Golfers of the Year'.

"Community support is of paramount importance at Grant Thornton," Greg O'Driscoll, Partner and Head of Asset Management for the professional services firm said, "and we are delighted to donate to two very worthy charities. Our guests dug deep during exclusive golf challenges, and we were able to exceed our 2020 fundraising total."

Congratulations to the 2021 winning team: Andreas Haug from Maples Group, Ronan Guilfoyle from Calderwood, Jarlath Travers from Conyers and David Bell from Citco.

"Such a fantastic day would not be possible without the support of our sponsors - Kirk Freeport and TRAC Automotive. Special thanks to Kirk Freeport who donated fantastic prizes to the winners," O'Driscoll continues, "and to both Kirk Freeport and TRAC Automotive for donating world-class hole-in-one prizes. Our event is proud to be associated with both companies. Lastly a huge thank you to the North Sound Golf Club, the Golf Team at the Ritz Carlton and all local businesses that donated raffle prizes to the event. Your support enabled us to raise a record-breaking amount."



► Grant Thornton team

Competition and raffle prizes included a Rolex watch, Range Rover, Tag Heuer

watch, Xboxes, a Samsung 70" smart TV, exclusive golf equipment, golf vouchers and several vouchers for local hotels, attractions, services, supermarkets, and restaurants.

"For the fifth year, we are delighted that the Grant Thornton team has, once again, surpassed last year's donation," says Cassandra McAfee of the Cayman Islands Humane Society, "Their support helps us provide ongoing care to unwanted animals, seek loving homes for them and assist the community in all aspects of animal welfare."

Eric Ellsworth of the YMCA added "Your kind donation supports our mission to inspire youth and build stronger and healthier communities."

For more information, please visit their websites: [www.grantthornton.ky](http://www.grantthornton.ky), [www.ymcacayman.ky](http://www.ymcacayman.ky) and [www.caymanislandshumanesociety.com](http://www.caymanislandshumanesociety.com)



► (L-R) Grant Thornton Golf Championship 2021 winners: Andreas Haug from Maples Group, Ronan Guilfoyle from Calderwood, Jarlath Travers from Conyers and David Bell from the Citco Group of Companies.



► (L-R) Gemma Henry and Giannie McLaughlin from Grant Thornton, Eric Ellsworth from the YMCA, Cassandra McAfee from the Cayman Islands Humane Society, Nicole Fleury and Greg O'Driscoll from Grant Thornton. Each charity is presented with a cheque for US\$9,214.

## 8 Sleeps 'til Christmas!



► Orange orchids design hand-painted on upcycled jars that have been filled with soy candle wax, that smells like hazelnut coffee CI\$25

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!

Kara Julian's art work is well known across the island because of its originality and highly collectable designs. An artist and art instructor, Kara creates her beautiful pieces at her Kara Julian Art studio on Crewe Road, a



► Hand-painted stemless wine glasses with Coral Gardens design CI\$23

brilliant space that showcases her detailed hand-painted glassware, fine art and illustrations. It's also a great space for painting parties, when everything gets back to normal again. Pick up one of her amazing glassware pieces for a loved one and they will treasure their gift.

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](mailto:lindsey@caymaniantimes.ky) and we will try and feature them.



► "Tis the SEA\*SUN" hand-painted ceramic coffee mugs, that includes a tropical Christmas design CI\$25

# Protect Our Future launches new anti-plastic campaign

As the landfill smoulders after another incident there, Thomas Dickens, Chloe Bentick-Lalli, Nic Corin and others of Protect Our Future have just launched their latest campaign, *'Our Future is NOT Single-Use'*.

Three months ago, Protect Our Future, Plastic Free Cayman, CayOcean and the Mangrove Rangers held an extensive beach clean-up event for World Clean-up Day. Across 13 locations and with 300 volunteers, over two tonnes of plastic was removed from Cayman's shores. Although this event was a success, based upon Cayman's latest landfill statistics, these efforts only removed the total amount of plastic that Grand Cayman consumes in just over four minutes. This is a grievous problem, the Protect Our Future team said.

These findings prompted their latest campaign, which encompasses Cayman's challenges with the overconsumption of resources, both natural and manmade. *'Our Future is NOT Single-Use'* is a statement that speaks for itself, they said. Whether it is a call to action to protect Cayman's mangroves, reefs and seagrass from destruction, or to limit plastic consumption, this campaign aims to shift Cayman's narrative, Protect Our Future said. It was also a call to action for the consumer and the developer, for the politician and the small business owner, for the fisherman and the student.

"We all have our part to play," they stated.

Protect Our Future began as an environmental banner campaign between four students back in 2019. Today, the grassroots organisation has over 60 committed members from a variety of schools tackling environmental challenges of all shapes and sizes, from increasing environmental education to challenging unsustainable over development projects to evaluating the harmful impact sunscreen has on the health of our reefs. Protect Our Future has presented on the international stage, most recently at COP26. Both Dejea Lyons and Isabela Watler spoke on the impacts of climate change on small island nations, and the importance of intergenerational dialogue to create positive change.

The students of Protect our Future strongly believe that experiences and interactions with the natural world shape values and perceptions, which is why they continue to fight to preserve the environment. Unfortunately, the urgency of Cayman's problems is often met with stalled policy and inaction, they said. This has led them to create dozens of environmental campaigns to raise community awareness.

Their summer docu-series, *"Listen To Little, Learn From Grand"* showed the depth and extent of damage to the Cayman Islands, in the hopes to stop projects like the Little Cayman Bungalow develop-

ment and to improve inter-generational discourse. Luckily, there continues to be a shift in Cayman's consciousness especially regarding the protection of the sister islands, the team said.

In conjunction with their campaign, Protect Our Future has also done several community outreach projects. Youth leaders Thomas Dickens, Evie Sweetman and Chiara Subiotto joined reuse centre advocates Tiffany Conolly and Mark Nicoll on Radio Cayman with Sterling D. Ebanks. They discussed the importance of establishing a reuse centre now, instead of several years down the road, as the ReGen project suggests.

On the food front, with thousands of pounds of serving containers sent to the dump each month, Protect Our Future delivered boxes of more sustainable take out trays to a variety of restaurants in Grand Cayman including Thai Orchid, Yoshi Sushi, Southern Spice, and Cimboco.

"Unfortunately, many restaurants still use polystyrene containers to store hot food, even with the known negative health and environmental consequences. Many business owners are unaware of the alternatives or may think the change would be too costly. However, plastic alternatives are becoming much more available," they advised.

Protect Our Future continues to partner with Plastic Free Cayman, hoping to help



► Youth protecting our future (Photo credit Asaiah Thomas, Red Bay 2021)

reignite a future plastic ban on key items. Most people think of the three R's: Reduce, Reuse and Recycle. However, the most essential 'R' is Refuse. If we refuse some of our waste from the onset, we can limit so much more of our collective trash, they said.

Campaign organiser, Thomas Dickens, stated: "The solution to our problem is simple: cooperation. Please, Cayman, from your children, your grandchildren, and one day their children, let's make a change. Our future is not single-use."

## Application Process for CNCF 2022 Grants for the Arts Programme (March Review) Now Open

*Deadline to Apply is 14 January 2022*

The Cayman National Cultural Foundation (CNCF) has announced that the application process for the 2022 Grants for the Arts programme (March review) is now open. Grant applications are considered annually in March and September and is a part of the organisation's mission to facilitate and preserve all forms of artistic expression in Cayman. Individuals who are resident in the Cayman Islands for at least the preceding 12 months and art organisations/groups operating in the Cayman Islands which have a specific project/activity that will be completed in a set period are eligible to apply.

The 2021 September Review conducted by CNCF's Grants Committee approved two grants, both to authors.

Dr. Livingston Smith, on behalf of the Committee for the Promotion of Research and Cayman Scholarship (CPRCS), expressed profound gratitude to the Foundation for the grant he received for culture research.

"It will go a far way in the publication of the text *"The Cayman Islands: History, Politics and Society. Essays In Honour of J.A. Roy Bodden"*, said Dr. Smith. "This text will consist of 30 papers which examine various aspects of the Caymanian landscape and further afield: Caymanian identity, various aspects of history, the role of the historian, education, politics and governance, the legal system, labour and human capital, migration, democracy, and the environment. This text will add to the growing body of academic literature on the Cayman Islands. Copies will be donated to



► Dr Livingston Smith Receives His Grant from CNCF Artistic Director Henry Muttoo

all school libraries and will also be available to members of the public."

The second grant was made to Mrs. Karen Chin to assist with the publication of her children's storybook, *"My Three Little Dots on the Big World Map"*. This storybook, the first in a series, will share tidbits about the Cayman Islands with younger minds so they can hold on to more of the heritage and culture of the Cayman Islands.

"I am absolutely delighted and grateful, first to be considered for the grant and then, to get the approval from the Grants Committee," said Mrs. Chin.

"They Cayman National Cultural Foundation is here to facilitate cultural development and encourage artistic contributions from members of our local communities," said Morgan DaCosta, Chairman of the Grants Committee. "Congratulations to this year's Grants for the Arts recipi-



► Karen Chin Accepts Her Grant From Amanda Wilson, CNCF Director Designate

ents approved at the September Review. We wish these two deserving individuals all the best with their projects."

CNCF's mission is "to stimulate, facilitate and preserve cultural and artistic expression generally, particularly the preservation and exploration of Caymanian performing, visual and literary arts".

Cash grants are awarded as follows:

### INDIVIDUAL ARTIST

**Practical Endeavour:** Production of a piece of Theatre, Dance, Music and Song, Literary, Crafts, Culinary, etc.

Award amount: **CI\$3,000 maximum**

**Arts Research:** Quality interrogation of one or more aspects of Caymanian folk traditions, cultural arts or humanities discipline, leading to the submission of a publication-worthy paper of no less than 5,000 words.

Award amount: **CI\$3,000 maximum**

### ART ORGANISATIONS/GROUPS

**Practical Endeavour:** Production of a piece of Theatre, Dance, Music and Song, Literary, Crafts, Culinary, etc.

Award amount: **CI\$9,000 maximum**

**Arts Research:** Quality interrogation of one or more aspects of Caymanian folk traditions, cultural arts or humanities discipline, leading to the submission of a publication-worthy paper of no less than 10,000 words.

Award amount: **CI\$9,000 maximum**

The deadline for application submissions is Friday, 14 January 2022. The Grants for the Arts Guidelines and Application Form can be downloaded at [www.arts cayman.org](http://www.arts cayman.org) or collected from the CNCF Office. Email [vfoster@arts cayman.org](mailto:vfoster@arts cayman.org) or call 949-5477.



PRESENTS

# 1st ANNUAL RAFFLE

HELP OUR FLAG FOOTBALL TEAM REPRESENT CAYMAN IN THE 2022 WORLD CHAMPIONSHIPS

## ENTER TO WIN PRIZES

PRIZES UP FOR GRABS: 1 SONY PLAYSTATION 5 (PS5), 1 NINTENDO SWITCH, 2-NIGHT STAYCATION AT KIMPTON SEAFIRE RESORT & MORE

TICKET OUTLETS:

GT OUTPOST, FUN TRUCKS CAYMAN

DRAWING ON DECEMBER 23, 2021

Follow us on Instagram for more information @anklebullies345

\$25 PER TICKET



## Puritan Cleaners & Daco Water Specialties

*Would like to take this opportunity to thank all our customers for their continued patronage over the years.*

**HAVE A SAFE**  
*Merry Christmas*  
**AND A HEALTHY**  
&  
**PROSPEROUS 2022**

*Premium quality for over 60 years - your Launderers, Dry Cleaners and now using the most popular and Eco - Friendly Cleaning Solvents.*



DACO Water Specialist  
Now a division of  
DACO Imports  
Associate of Puritan  
Tel: 526 1038,  
526 1030 / 949.7104  
[www.puritan.ky](http://www.puritan.ky)

**Professional Launderers & Dry Cleaners**

WITH 3 CONVENIENT LOCATIONS TO SERVE YOU.

Savannah Countryside - Tel: 946.1884

Elgin Avenue - Tel: 949 - 2452

Eastern Avenue Drive Thru Rain or Shine - Tel: 949 - 7104

Email: [puritangc@candw.ky](mailto:puritangc@candw.ky) - Website: [www.puritan.ky](http://www.puritan.ky)

*You feel good when you look good!!!*

**ALL STORES CLOSE AT 4:30PM**

**24<sup>th</sup> December & 31 December 2021**

**ALL STORES WILL REOPEN AT 7:30AM**

**from 29<sup>th</sup> December- 31<sup>st</sup> December 2021**

**WE WILL REOPEN AGAIN AT 7:30AM**

**on the 4<sup>th</sup> January 2022**

# COMMUNITY EVENTS

## A Gift @ Christmas – The Cayman Islands National Dance Company

**17 December** - The Cayman Islands National Dance Company presents 'A Gift @ Christmas' - a free community concert at Heroes Square, George Town on Friday 17 December from 6:30-7:30pm. Bring the family to enjoy dance, drama, music, poetry and singing from the Dance Company and other local artists/performers.

## Decorate a Gingerbread House – Cayman Heart Fund

**18 December** - Cayman Heart Fund is hosting a gingerbread house decorating party on Saturday 18 December at the Marriott Beach Resort from 10am to 12:30pm. Enjoy this family bonding and holiday fun event and take home your own tasty creation. For additional information, contact Allison Olarou of Cayman Heart Fund at 915 6324 or at info@caymanheartfund.com. A limited number of tickets are available online at eventpro.ky. Proceeds from this event will go towards the Cayman Heart Fund's many

Community programs including free health screenings.

## Bodden Town Christmas Celebration

**18 December** - Constituents are invited to a Grand Christmas Celebration hosted by the Bodden Town East MP on December 18th from 3 to 6pm at Coe Wood Beach.

## Christmas Greetings from Cayman – A Christmas Market Place

**18 December** - Join the Ministry of Youth, Sports, Culture and Heritage for "Christmas Greetings from Cayman", a Christmas marketplace of local vendors, food and gifts from 4pm to 8pm on the Waterfront, Seafarers Way, George Town. There will be musicians, dance entertainment, interactive stations and fireworks display at 8pm!

## Plastic Free Cayman – Beach Clean Up

**19 December** - Plastic Free Cayman is having its holiday beach clean up on Sunday 19 December and this is your chance to get your favourite spot cleaned up

by sending them a DM with your suggestion. As usual, take along a reusable water bottle, hat, and gloves if you have them. As always, bring a friend to help join the cause, and keep in mind social distancing!

## St. Alban's Church of England – December Services of Holy Communion

**19 December** - December Services will be held on Sunday December 19th as well as on Christmas Day on Sunday December 25th. All Services begin at 9:30am. The Rt. Rev. Dr. PJ Lawrence, Bishop is the celebrant at all Services of Holy Communion.

## Spot Bay – Seniors' Gift Distribution and Christmas Caroling

**20 December** - The Spot Bay Christmas Homecoming Committee presents Seniors' Gift Distribution and Christmas Caroling on December 20th at 5pm at Kirkconnell Community Care Center.

## Santa at Bayshore Mall

**20 - 24 December** - This year, Santa is spreading holiday cheer for the whole family at Kirk Freeport's Christmas at Bayshore event from 3 - 7pm daily and



11am - 3pm on Christmas Eve. From December 20 until Christmas Eve, you'll be able to find him at Bayshore Mall in his special grotto. Kirk Freeport will merrily offer sweet treats, Christmas music, and jolly entertainment each day. In addition, all-day Christmas Eve, an enchanted selection of face painters, balloon twisters and magicians will add to the spirit of the season.

## Free Christmas Movie at Camana Bay

**21 December** - Take the family to a free showing of "Arthur Christmas" on Tuesday 21 December at The Crescent. Popcorn will be on sale at a discounted price.

Send your community events to [wendy@caymaniantimes.ky](mailto:wendy@caymaniantimes.ky)

# The truth behind "unwanted" pounds...

How long have you been trying to lose those last 10 or 20 or 30 pounds?

Been awhile now, hasn't it?

You know how to lose weight - eat healthy and exercise - so why are you still living in a body that you're disappointed with?

In my experience, people hold on to "unwanted" pounds for very specific reasons.

These reasons are on a subconscious level, which is where things get tricky.

Self-sabotage is your subconscious mind's way of protecting you.

Seems counterproductive, but it makes sense when you realize that it is a defense mechanism meant to keep things from changing.

Your conscious mind says it wants to lose weight to look and feel amazing, but your subconscious mind is pulling the strings behind the scenes, keeping your goals just out of reach.

As long as your subconscious mind thinks that you are safer being out-of-shape then you'll be stuck.

Your most valiant efforts will be undermined by self-sabotage every single time.

But don't give up.

There's a way to turn everything around, and it all starts with finding out the reason that your subconscious mind equates being out-of-shape with being safe.

Once you turn the light on to that reason then it will no longer have any power over you.

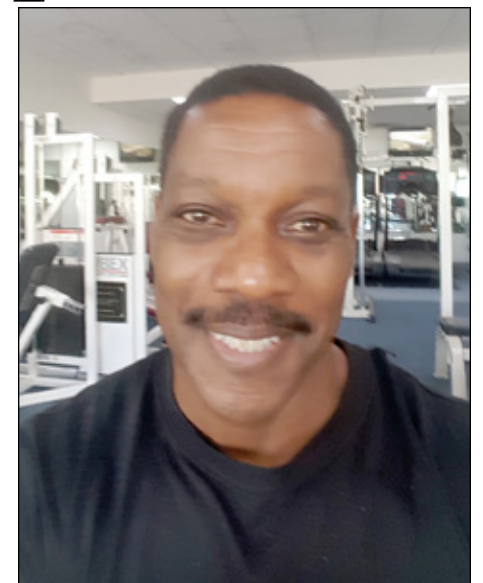
So, let's dig around for your reason.

**Do you believe...** You don't deserve it? Has someone in your life made you believe that you aren't worthy of success? Or that they wouldn't accept you if you were more successful than they are?

**Do you believe...** Change is bad? It's common to fear the unknown, but this could very well be the reason that you're not reaching your goal. Being comfortable with where you are today could be the reason that you sabotage your efforts to improve your life through change.

**Do you believe...** Success will bring loss? If you met your weight loss goal, would it bring out resentment and jealousy in your friends and family? Are you supposed to be the 'screw-up'?

**Do you believe...** You're not capable? Are you unable to imagine yourself at your goal weight? Does the possibility of achieving your goal not seem real?



► Ernest Ebanks

Spend time diving into your own mind to discover why it is that you aren't meeting your goals. Once your whole mind is primed for success, then nothing will be able to stop you.

**What the mind believes the body achieves.**

Exercise is a huge part of the equation when it comes to achieving weight loss.

I am passionate about seeing my clients achieve results - without wasting time, energy and effort on mistakes.

Call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) today and we will get you started on the exercise program that is right for you.

Caymanian  
**Times**



2 days per week (Wednesday & Friday)

## TAKE A BREAK

### READ A NEWSPAPER

Local News • Public Notices • Business Showcase  
International News • Death Announcements • Election Watch  
Regional News • Job Advertisements • Community Voice

Pick up your **FREE** copy at over **60** locations  
Supermarkets, Gas Stations, Pharmacies, Banks and more

For more information email [info@caymaniantimes.ky](mailto:info@caymaniantimes.ky)  
Call 9162000 / 9458463

**FREE FOOD**

# CLASH

# OF THE Legends FOOTBALL



**FUN  
FAMILY  
DAY!**



**Contacts:**  
 David Arch : 939-0025  
 Antonio Smith: 916-3977  
 Brent McLean: 926-4040  
 Lloyd (Stoocka) Ramoon:  
 Neil Murray  
 All players must be 50 years or older

# LATINOS VS CAYMAN

**\$10  
RAFFLE  
TICKETS**

**MONDAY, 16 MAY 2022  
6PM - ED BUSH STADIUM**

**THANK YOU TO OUR SPONSORS**



**Hope Foundation  
Community Challenge**  
 Contact Brent at 928-9099  
[www.caymanhopefoundation.com](http://www.caymanhopefoundation.com)

Cayman is home to many people with substance abuse. As a community we can all make a difference in the lives of those individuals.

COMMUNITY NOTICES

# Increased Permanent Financial Assistance Distribution for the Holidays

The Ministry of Investment, Innovation and Social Development today confirms that all recipients of Permanent Financial Assistance will receive an additional amount of \$150.00 with their standard financial assistance distribution for this month.

The Hon. Minister André Ebanks explained, "This increased permanent financial assistance distribution, while modest and funded by identified savings, is intended to provide additional assistance during the holiday season more than 1,050 persons who are elderly and in



need, as well as those who cannot have a livelihood because of a permanent physical or mental disability. It will be included with the Needs Assessment Unit's December 2021 distribution."

# National Attractions Holiday Closures Announced

The Tourism Attraction Board has announced the holiday closures its national attractions Pedro St. James and the Queen Elizabeth II Botanic Park.

Both attractions will be closed on Wednesday 15th December to facilitate a staff function and will resume operations on Thursday 16th December.

**Remaining holiday closure dates are as follows:**

- Pedro St James**
- Friday 24th December - 8:30am to Noon
  - Saturday 25th December - Closed for Christmas Day
  - Friday 31st December - 8:30am to Noon

- Queen Elizabeth II Botanic Park**
- Friday 24th December - 9:00am to Noon
  - Saturday 25th December - Closed for Christmas Day
  - Friday 31st December - 9:00am to Noon



# WORC Office Holiday Hours

Workforce Opportunities & Residency Cayman (WORC) advises the public of their operational hours for the Christmas season. WORC will close at 12:30pm on Friday, 17 December to facilitate a staff luncheon.



28 December and reopen with normal hours 29 December. WORC will close at 12:30pm on 31 December for New Year's Eve and will remain closed until Tuesday, January 2022 when normal hours will resume at 8:30am.

On Christmas Eve, 24 December WORC will close at 12:30pm and will remain closed through 27 and Contact us via [www.worc.ky](http://www.worc.ky) or by email [worc@gov.ky](mailto:worc@gov.ky)

# DEH announces Annual Bulk Waste for Cayman Brac

The Department of Environmental Health (DEH) is advising Cayman Brac residents that the Annual Bulk Waste Collection on the Sister Island is scheduled as follows:

- **December, 16 to 17** - East Route (from Spot Bay to Dennis Foster and East of the Bluff)
- **December, 18 and 20** - West End Route (Dennis Foster West - Georgina Drive and West of the Bluff)
- **December 21 to 22** - South Side (Cross Road - South Side East and West)

collected as part of the DEH's weekly residential pick-up services. However, construction and demolition debris, hazardous material, electronics and tyres will not be collected during the bulk waste removal activity. Persons are required to make alternative arrangements to transport these items to the landfill.

Cayman Brac residents are reminded to place their bulk waste on the curbside ahead of the collection schedule, to ensure timely and efficient collection. The bulk waste should be in an area that is easily accessible to the collection crew and does not obstruct the roadway. Any items put out after scheduled dates will not be collected.

Members of the public are reminded that this collection schedule only applies to Cayman Brac. The Bulk Waste Collection Scheduled for Grand Cayman has been completed since November 27, 2021.

Bulk waste refers to large items such as old furniture, mattresses, rugs, household appliances, carpeting, scrap metal, vegetative waste, and other items that are not

For additional information, residents on Grand Cayman may call the DEH at 949-6696, while those in the Sister Islands may contact DEH Cayman Brac office on 948-2321. Individuals may also send an email to [dehcustomerservice@gov.ky](mailto:dehcustomerservice@gov.ky), visit the DEH's website at [www.deh.gov.ky](http://www.deh.gov.ky) or message its Facebook page at <https://www.facebook.com/Department-of-Environmental-Health-Cayman-Islands-Government-335107266641072>.

**DEPARTMENT OF ENVIRONMENTAL HEALTH**

## Bulk Waste Collection Schedule 2021

### Cayman Brac

**EAST ROUTE**  
From Spot Bay to Dennis Foster & East of the Bluff  
**Dec. 16 - 17**

**SOUTH SIDE**  
Cross Road - South Side East and West  
**Dec. 21 - 22**

**WEST END ROUTE**  
Dennis Foster West - Georgiana Drive and West of the Bluff  
**Dec. 18 & 20**

**Caymanian Times**

**ADVERTISE WITH US**

**2 DAYS PER WEEK**

**Wednesday and Friday**

**Email: [Sales@caymaniantimes.ky](mailto:Sales@caymaniantimes.ky)**



## POLICE NEWS

## Man and Woman Charged for Firearm Offenses

Just after 3:30PM on Thursday 9 December, officers from various units executed a search warrant at a residence located on Bodden Town Road. During the search, a handgun, as well as a magazine containing ammunition was located by the search team.

As a result of the recoveries made during the search, both a 33-year-old-man and a 24-year-old-woman of Bodden Town, were arrested on suspicion of possession of an unlicensed firearm. The recovered firearm, ammunition and other

items were seized as evidence and both parties were then booked into custody, where they remained pending further investigation.

On Saturday 11 December, both the man and the woman were formally charged with Possession of an Unlicensed Firearm and Possession of an Unlicensed Firearm (Ammunition), contrary to the Firearms Act (2008 Revision).

They were both expected to appear in court today, Monday 13 December.

## Report of Firearm Incident in East End

On Monday morning, 13 December, police responded to a report of a firearm incident in the vicinity of John McLean Drive in East End.

On arriving at the scene police spoke with the complainant and another man and women that were alleged to have been involved in the incident.

Searches were conducted and nothing illegal was found and no injuries were reported.

The RCIPS are currently investigating the circumstances of the incident.

## Man Receives Eight Charges Including Causing Fear of Provocation of Violence

A man, age 24 of Cayman Brac, who was arrested on 12 December, has been formally charged with eight charges including: Causing Fear of Provocation of Violence, Attempted Arson, Assaulting a Police Officer and Disorderly Conduct.

The charges relate to an incident on 12 December, where police responded to a report of a disturbance at a residence in Cayman Brac, between two men known to each other.

The man was scheduled to appear in court on December 15.

## Migrants come ashore in Cayman Brac

Cayman Islands Customs and Border Control Service (CBC) confirms that a vessel with 3 migrants arrived in Cayman Brac this morning.

CBC is working with the necessary partners and the migrants will be managed in accordance with the established COVID-19 protocols and processing procedures and will be placed in mandatory quarantine in a Government facility.



Cayman Islands  
Customs & Border Control

## Armed Robbery on Shedden Road

On Monday evening, 13 December, police received a report of an armed robbery which had taken place early that morning, around 05.50am, in the vicinity of Shedden Road & Eastern Avenue, George Town.

A woman was approached by two masked men, one of whom brandished a firearm. The men robbed her of her back pack which contained a quantity of cash and personal items, before leaving the

scene. No shots were fired and no one was injured during the incident.

The matter is currently under investigation, and anyone with any information is asked to contact George Town CID at 949-4222

Anonymous tips can be provided directly to the RCIPS via our Confidential Tip Line at 949-7777, or via our website <http://www.rcips.ky/submit-a-tip>.

## Assault on Officers Stopped Using Less-Lethal Methods

Just after 3PM on Sunday 12 December, police responded to the Lakeside Villas off Esterly Tibbetts Highway, where it was reported that a disturbance involving a machete was taking place between a man and a woman in the car park area of the complex.

When the officers arrived, the woman approached the officers in a threatening manner and was warned several times, using clear commands, regarding her actions. In an effort to mitigate the threat posed by the woman to the public, the officers and herself, a less-lethal option

was taken by the officers to facilitate her arrest in a safe manner, and prevent any further danger to those involved.

The woman was transported to the Cayman Islands Hospital for assessment. While there, she continued to be aggressive and threatening towards the officers as well as the hospital staff, and was subsequently admitted for treatment, for her own safety. She received minor injuries during the incident and another man also reported being injured by broken glass.

The matter is under investigation by the police.

Caymanian  
**Times**



**YOUR COMMUNITY NEWSPAPER  
FAIR & BALANCED REPORTING**

**Print & Online**

No Subscription required

**info@caymaniantimes.ky / 9162000**



**ctimes.ky**



**@caymaniantimes.ky**



**CaymanianTimes**

**2 PUBLICATIONS  
PER WEEK**





► All Stars (in blue) and Rising Stars (in orange) in CINA's mixed league netball tournament



► CINA mixed netball league is full of energy



► Playing with men challenges the women players to improve their game

# Mixed League netball – Mixing things up in a good way

By Christopher Tobutt

Mixed League netball is where men are mixed in with the women on each team. Cayman Islands Netball Association (CINA) recently finished their league. First place came Rising Stars Netball Club, in second place All Stars, then Elite, Sky Angels, Queens, and Roma United. In mixed league netball three men join four women on each team, with the three men in positions of Goalkeeper, Centre, and Goal-shooter, and the ladies fill the other positions.

Explaining why Mixed League is so special, CINA Technical Director Janet Lettman said, "When the men join a team they join into a team one of the amazing things about it is their energy, and how they make the game come alive with their excitement. It improves the ladies' playing because the ladies have got to be technically aware, tactically understanding. They can't wait for a ball to come into their hand they have to drive on every ball, they are able to strategize their different ways of

trying to get around somebody who's fast and who's quick and also who can jump."

Ms. Lettman continued, "The men have a natural spring, and natural speed, the girls train to have that speed and spring, so some of the girls or women have been training extra hard to ensure that they can come and be on the same platform." The guys this year are not only skillful, they are tactically aware, they've got strategies in place, they are asking to become umpires and getting to know the rules better.. I can't believe how Cayman has produced such amazing athletes.

CINA Executive Advisor Lyneth Monteith said, This league is meant to be almost like a warmup for the season. Generally when we do this mixed league it's at a time when persons are just coming off their summer holidays, they are a little unfit, so it's meant to be friendly. We encourage men to play along with the ladies, so that brings an added element for the ladies in terms of their game because a lot of our men have played for many years and also most of them are basketball players.



► Men and women in All Stars netball club



► Mixed League netball

Tamara Oliver aged 13, plays for Rising Stars, "Mixed league is good because we are playing against men and so it pushes us so you have to be more aggressive, and it enforces team work and it enforces team work."

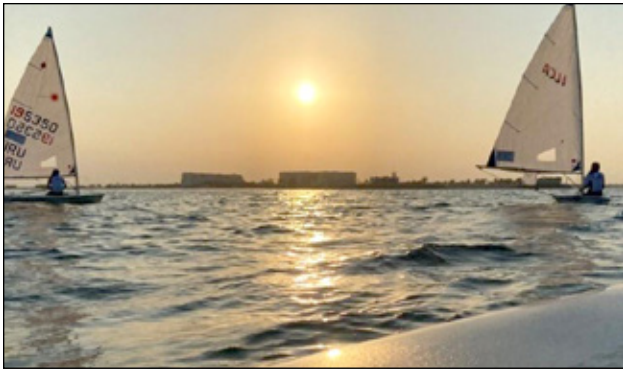
Like many of the men on the teams, Anthony Mourgnos is both a player and an umpire. He has been playing netball in mixed teams for nearly two decades, mostly in Australia where mixed league netball has become popular. I usually played in a corporate team in my work, hanging out with colleagues and I really enjoyed it," he said, "Its Good exercise, good skills, and good competition but you are less likely to get injured than in Rugby which I also play."

Nicardo Standbury, and Alexis Carias both play for the All Stars in the Mixed League, although Alexis also plays for the Cayman Islands National team, "I like playing against men, they give you more of a challenge," she said. "I am both a player and an umpire, but right now I am playing on the All Stars team the best team in the league," Nicardo said. Orange rising stars playing



► Anthony Mourgnos, an umpire and player

sky angels in the black then elite playing all stars elite blue and yellow and all stars had blue and blue. Mixed League netball – Mixing things up in a good way.



► Charlotte Webster training at the Youth Sailing World Championships in Oman

# Cayman Sailors head to Youth Sailing World Championships in Oman



► CI Sailors Mixing of All Nations Waters Youth World Sailing Championship OMAN 2021

Cayman's top youth sailors have arrived at the 2021 Youth Sailing World Championships, held near Muscat, Oman.

Charlotte Webster and Will Jackson are representing the Cayman Islands and are competing in the ILCA 6 single-handed dinghy, formerly known as the Laser Radial. The Championships take place from December 11th through December 17th at the Al Mussanah Sports City complex on the coast of the Gulf of Oman. The regatta features hundreds of top athletes from around the world competing in 9 different categories such as windsurfers, kite foiling, catamarans and dinghies.

The Cayman pair are reigning Cayman Islands champions in the ILCA class, and earlier this year they competed at the North American and British championships, where Webster placed as 2nd female in the ILCA 4 category at both events. They have been training in Oman this week with the World Sailing Emerging Nations Program, an elite performance training program provided by World Sailing and international coaches. Both sailors were invited by World Sailing to participate in the program based on their performance and participation records in World Sailing activities over the last year. The training program includes a rigorous mix of strength and conditioning workouts, classroom training, and twice-daily on-the-water sessions.

The Cayman Islands Sailing Team is grateful for the generous support provided by the Cayman Islands Olympic Committee and to the Cayman Islands National



► Charlotte Webster departs for Youth World Sailing Championships



► Charlotte Webster (center) and Will Jackson (right) training at the Youth Sailing World Championships in Oman

Sailing Center at the Cayman Islands Sailing Club for their support and coordination activities as the official body representing sailing in the Cayman Islands.

You can follow the Youth Sailing World Championships results here: <https://worldsailingwvc.org/>

Cayman Islands Olympic Committee: <https://caymanolympic.org.ky/>

Cayman Islands National Sailing Center <https://www.sailing.ky/>

For more information please contact Ben Webster, Team Leader, Cayman Islands Sailing Team – [ben@webster.ky](mailto:ben@webster.ky)



► Charlotte Webster and Will Jackson training at the Youth Sailing World Championships in Oman



► Charlotte Webster (center) and Will Jackson (right) training at the Youth Sailing World Championships in Oman

# Wine keeps LeBron's spirits high

LeBron James is in the twilight of his career but seems to be enjoying the benefits of being rich and retired a little early as he says he drinks wine every night – and believes it helps his heart.

The 36-year-old NBA superstar told ESPN that he regularly drinks wine which has helped maintain his brilliant form.



► LeBron James drinks wine almost nightly

"I've heard it's good for the heart," James said. "Listen, I'm playing the best basketball of my life, and I'm drinking some wine pretty much every day. Whatever it is, I'll take it."

He seems to have a point. James starred with a 30-point triple-double as the Los Angeles Lakers beat the Orlando Magic 106-94 Sunday. It was LeBron's 101st career triple-double. It was the Lakers' second straight win without all-star Anthony Davis who is out with a knee injury.

James recently became the fifth player in NBA history to reach the milestone of 100 triple-doubles. It's a common myth in health that has some seeds of truth, but experts say it's not as simple as that, and drinking wine so often can be detrimental. While wine is a mainstay in some of the healthiest societies in the world, research suggests drinking alcohol every day can



► Carmelo Anthony is another wine enthusiast

slow down injury recovery and hinder athletic performance.

He said in the past he "was not a wine guy" and never drank the tittle at all until after he turned 30. Now he admits he's developed such a love for wine, that he even let his seven-year-old daughter try it when she was younger.

James isn't alone — other NBA aces like Carmelo Anthony, Chris Paul, and Devin Booker are also big wine drinkers. Experience and total dedication has paid off in his mature years. James made every All-Star game since turning 30 in 2015, and has improved in minutes played per game, points per game, rebounds per game, and assists per game in that time. This year he has missed 12 games due to ankle and abdominal injuries, and his rebound and assists numbers have decreased.

The American Heart Association recommends no more than one glass (140 ml) of wine a day for women and two a day for men. By that measure, James is within the guidelines. Excessive alcohol consumption can lead to high blood pressure and raise levels of triglycerides, which can increase your risk of heart disease, heart attack, stroke, or heart failure.

## Brady can't stop breaking records

Tampa Bay Buccaneers' Tom Brady continues to defy the ageing process, racking up record after record. He overhauled Drew Brees' career completions record and recorded his 700th touchdown pass with a game-winner in overtime against the Buffalo Bills Sunday.

The Buccaneers led 24-3 at half-time, but the Bills scored 17 unanswered points in the fourth quarter to take the game into overtime. Brady's 58-yard pass to Breshad Perriman won it 33-27 for Tampa Bay.

The 44-year-old quarterback now has 7,156 career completions. Brady already holds the record for most career passing yards, most career wins and most Super Bowl victories, picking up his seventh title - and fifth Super Bowl MVP honours - at home in February.

"It was pretty cool. I'd rather it not come down to that, but in the end they all count the same," Brady said. The win for the defending Super Bowl champions moved them to 10-3 for the season and they need only one more victory to win the NFC South and secure a play-off berth.



► Tom Brady remains obsessed with being the best

## Smashing Raducanu set for BBC award

Tennis sensation Emma Raducanu headlines the shortlist for BBC Sports Personality of the Year. The 19-year-old US Open champion is the outstanding candidate to win the title after her fantastic performances to defy all odds. Raducanu, whose stunning victory at Flushing Meadows in September saw her become Britain's first female Grand Slam singles champion since 1977, is the odds-on favourite to claim the award after her phenomenal breakout year.

But Lewis Hamilton was left out, despite seeing the Formula One world title slip away in dramatic fashion. Hamilton, who won the award for the second time only 12 months ago, misses out on the six-person shortlist after he was denied a record eighth world title by Max Verstappen in a remarkable conclusion to Sunday's season-ending Abu Dhabi Grand Prix.

Heavyweight world champion Tyson Fury has made the six-person shortlist, despite threatening legal action against the BBC if he was included, along with Tom Daley, Adam Peaty, Raheem Sterling and Dame Sarah Storey.

Daley, who finally ended his long wait for an Olympic gold medal with 10m platform synchro glory alongside Matty Lee, is also nominated, along with swimmer Peaty, who defended his 100m breaststroke title in Tokyo before adding a second gold in the inaugural 4x100m mixed medley relay.



► Emma Raducanu won the US Open as a qualifier

Para-cyclist Storey is another recognised for her performances in Tokyo, the 44-year-old's three gold medals in Japan taking her career tally to 17 and making her Britain's most successful Paralympian of all-time.

Sterling, England's star man during their run to this summer's Euro 2020 final, is nominated for the award for the first time, with Fury, who beat Deontay Wilder in the third fight of the pair's epic trilogy, completing the list.

## New JA coach aims for long Hall

The Jamaica Football Federation finally ran out of patience and sacked faltering head coach Theodore "Tappa" Whitmore last week hoping it is not too late for them to reach the World Cup finals next year.

Nevertheless, new head coach Paul Hall says said he wants a long-term role with the Reggae Boyz despite being based in England where he guides Queens Park Rangers Under-23s.

Hall said his job in England will not get in the way of the Jamaican assignment. "Jamaica hasn't been affected since I've been here. I'd never have taken the posi-

tion if Jamaica would've been affected. I love Jamaica too much to make Jamaica be affected," he insisted.

"QPR have given me their full support in what I'm doing. They've been fantastic in the way how they have supported me until now and they continue to offer their support," the English-born former Jamaica forward explained.

Jamaica will play a friendly against Peru in Lima on 20 January. The date does not fall within a FIFA match window and Hall will use the opportunity to look assess players and game-plan for the three World

Cup qualifiers starting with Mexico a week later.

Like the Reggae Boyz, Peru are fighting for a spot at the FIFA World Cup in 2022. Jamaica are sixth with seven points after eight games with six to come. Three teams from CONCACAF qualify directly, while the fourth-place team will play in an Intercontinental playoff.

Peru are tied for fifth with Colombia on 17 points after 14 games, with four games to go. Four teams qualify directly from CONMEBOL while the fifth team must play in an intercontinental playoff.



► Paul Hall intends to take Jamaica to the World Cup finals

## CARIBBEAN BRIEFS

## St Lucia likely first to stage carnival

The St Lucian government plans to stage a physical carnival - dubbed 'The Vaxed Mas' - in 2022 making carnival enthusiasts excited about the prospect. Ever since the COVID-19 pandemic reached the Caribbean in March 2020, regional carnival celebrations have stopped.

Trinidad and Tobago's street festival, the region's largest and best known, managed its 2020 Carnival just before the country locked down. Its 2021 celebrations were cancelled, however, despite the efforts of soca artistes, who did their best to keep the carnival spirit alive with new, pandemic-relevant releases. Nevertheless, musicians and other creatives, heavily dependent on carnival for income, suffered.



► St Lucia intends to enjoy Carnival in July

St Lucia is the first of the regional carnivals to announce its intent to proceed as normal in July, though other islands have hinted at the possibility. St Lucia's minister of culture, Ernest Hilaire, insisted to take part in the festivities, all patrons and service providers must be fully vaccinated. "We have to ensure that we preserve the health of St Lucia while creating an economic activity for our people to benefit from," he said.

## Jamaica adapts to tackle new variant

Jamaica's authorities have said the destination is well-prepared to meet the United Kingdom's pre-arrival testing requirements for international travellers returning home, as well as Jamaicans visiting the UK. Testing measures have increased since the emergence of the Omicron variant.

Jamaica has established ample testing locations, with both antigen and PCR tests available. In addition to multiple lab facilities and testing capability at both its Montego Bay and Kingston airports, many of the resorts and hotels on the island offer approved testing services on property.

Perhaps most important for travellers, Jamaica offers pre-booking for return tests to ensure results are provided in time to meet departure needs. Jamaica already has an established partnership with three approved private laboratories to provide travellers with seamless in-hotel antigen or PCR tests.

Tests can be easily scheduled in advance - even prior to arrival on island -



► Jamaica's airports are geared for smooth transition

through each lab's dedicated online booking platform.

Both international airports are equipped with pre-flight testing capability prior to check in. Airport appointments can be booked online a minimum of three hours in advance of their flight to obtain their required departure result.

Visitors staying at licensed hotels, resorts, villas, guest houses or residences can schedule their test to be performed on property or book an in-person appointment at the closest laboratory location.

## UN honours Mottley for climate stance

Mia Mottley, the Prime Minister of Barbados, has been awarded the United Nation's highest environmental honour for her work highlighting the threat from rising sea levels to small islands around the world.

Mottley was described as a "driving force for climate action" across Latin America and the Caribbean who has set ambitious environmental targets for her country, including a fossil fuel-free electricity sector by 2030.

Rising temperatures and sea levels are affecting Barbados by shrinking its al-

ready-limited water supply, forcing villages to relocate from the coastline, and contaminating existing freshwater reserves with sea water.

The award marks the conclusion of a remarkable period for Mottley who led the ceremonies as Barbados stopped pledging allegiance to the UK's Queen Elizabeth II and became a republic for the first time in its history two weeks ago.

In recognition of her leadership, Mottley was named as one of the four winners of the award, all women, by the UN's Environment Programme.

The announcement came after Mottley delivered a stark warning to the UN's climate change conference in November, telling delegates that a 2°C rise in global temperatures above pre-industrial levels would be a "death sentence" for nations such as Antigua, the Maldives, Fiji and Barbados.

"We do not want that dreaded death sentence," she told the conference. "We have come here today to say try harder, try harder."

She has been a harsh critic of wealthier countries for their failure to pay for the



► Mia Mottley's profile has risen considerably

impact of climate change through the scale of their emissions.

## Cuba's economy edges upwards

Cuba's economy is expected to expand 4 percent in 2022, after eking out an estimated 2 percent growth this year, as tourism recovers and tax revenue increases post-pandemic, according to Prime Minister Manuel Marrero. That's despite rampant inflation on the island.

"Cuba should overcome the contractions we saw in 2019 and 2020, even if we don't reach the same economic activity of 2019," Marrero stated. He added the unemployment rate stands at 1.4 percent, "which by international standards is full employment, even if the rate did increase slightly." Some 3.9 million people are employed by the state and 1.5 million are in the private sector.

Cuba saw rare outbursts of public protests earlier this year, in part fuelled by economic hardship. As tourism dried up amid the pandemic, the economy shrank alarmingly.



► Cuba's economy is bouncing back

Left unmentioned in the report is Cuba's inflation rate. In October, a government official admitted that economic reforms, including ending a two-tiered currency system, had fuelled price increases of 60 percent in the formal market during the first 10 months of the year - and up to 6,900 percent in the informal, or unregulated, market.

## Montserrat and Dominica get digital cash

The Eastern Caribbean Central Bank officially launched its digital currency - DCash - in Montserrat and Dominica on Tuesday. DCash is now available in seven countries, which form part of the East Caribbean economic bloc. The other countries that already have DCash are Antigua and Barbuda, Grenada, St Kitts and Nevis, St Lucia and St Vincent and the Grenadines.

The bank is the first monetary union in the world to use a government-backed digital currency or CBDC (central bank digital currency), thanks to adopting DCash in March.

DCash digital currency makes it easier to use than cash when natural disasters strike and improves financial inclusion in places where access to hard cash is difficult.










► DCash is in all seven Eastern Caribbean countries now


DCash is gaining popularity as it can be used with or without a bank account, and even make real-time mobile transactions without incurring any extra costs.

DCash is a digital version of the Eastern Caribbean dollar (a CBDC or a digital fiat), and can't be compared to cryptocurrencies such as Bitcoin or Ethereum, which are valued for their independence and anonymity from monetary authorities.

**WEEKLY WEATHER FORECAST**

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
84° / 77°	85° / 77°	84° / 77°	84° / 77°	82° / 78°	81° / 78°	80° / 77°
Periods of clouds and sun	A couple of showers	A couple of showers	Sunny and pleasant	Nice with plenty of sun	A passing morning shower	Sunny to partly cloudy

**MOMENTS OF INSPIRATION**



## THE HIGHEST HOPE

You may seem fine in a crowd of people, but YOU ARE NOT. There's weight from your past you never dealt with. It has so affected you that you have not shared with anyone. But in the middle of the darkest place, there is HOPE. Romans 3: 23, "FOR ALL HAVE SINNED AND COME SHORT OF THE GLORY OF GOD." That includes you, and every human being on the planet. All of us owe a sin debt to God with no way to remove it by ourselves. You see when we couldn't get to God, He came to us. JOHN 3:16.

He came in the person of JESUS CHRIST. He lived a perfect life, then died a sinner's death on the cross. He paid the price for our sin. He suffered in our place. Through this we have salvation, forgiveness and freedom. You may not know but you are a current prisoner, imprisoned in the cell of sin, but accepting Jesus as your Saviour will set you free indeed. ***Will you do that today?***

**DEATH ANNOUNCEMENTS**

**Churchill's**  
Funeral Home

We have been asked to announce the passing of Mrs. Carol May McDonald, affectionately known as "Ms. Joy" who passed away Saturday, November 20, 2021. A Service of Thanksgiving will take place at North Side Civic Center, Northside Road, North Side, Grand Cayman, Cayman Islands on Saturday, December 18, 2021 at 2:00 p.m.

Viewing: 1:30 p.m. – 2:00 p.m.  
Interment: North Side Cemetery



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

**Churchill's**  
Funeral Home

We have been asked to announce the passing of Mr. Christopher Glasgow, who passed away on Friday, December 3, 2021. A Service of Thanksgiving will take place at George Town Seventh-day Adventist Church, George Town, Grand Cayman, Cayman Islands on Sunday, December 19, 2021 at 2:00 p.m.

Viewing: Closed Casket  
Interment: Prospect Cemetery

Special Notice: Mask are mandatory to wear during the service.



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

The family of the late **Desney Forde (nee Rankine)**, regret to announce her passing on December 12, 2021.

~ ~ ~ ~ ~

A Thanksgiving Service for the life of Desney will be held at the *Countryside Church of God*, Sunday 19 2021 at 3:00 p.m. Viewing will be from 1-2:55 p.m. Prior to the service.

Interment will follow at East End Cemetery.

Condolences can be registered at [boddenfuneralservice.com](http://boddenfuneralservice.com) & Bodden Funeral Service Facebook page



**Churchill's**  
Funeral Home

We have been asked to announce the passing of Mr. Lloyd Roy Charlton, who passed away on Sunday, November 28<sup>th</sup> 2021. A Service of Thanksgiving will take place at the Lions Community Center, 905 Crewe Rd, George Town, Grand Cayman, Cayman Islands on Saturday, December 18, 2021 at 10:00 a.m.

Viewing: Closed Casket  
Interment: New Pease Bay Cemetery

Note: Masks are mandatory to wear during the service. In lieu of flowers donations can be made to the Lions Eye Clinic & the Youth Development Projects.



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

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





# Caymanian Times



## SUPPORT YOUR LOCAL NEWSPAPER

### Wednesday & Friday Only 50 cents

Be part of progress  
[www.ctimes.ky](http://www.ctimes.ky) or  
[info@caymaniantimes.ky](mailto:info@caymaniantimes.ky)

