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# Caymanian Times



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## Resilience to the rescue

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# Resilience Cayman, helping Cayman families stay strong through covid

By Christopher Tobutt

More than a hundred people lined up in front of the Compass Centre to receive food vouchers, thanks to Resilience Cayman, the organization dedicated to helping Cayman's needy families survive the economic hardship brought about by Covid-19.

Director for Resilience Cayman, Jan Gupta said, "We started in 2020 right after Covid began. Our mission is to support workers on the Island, both Caymanians and work permit holders, who are going through economic hardship as a result of Covid. These are people who have either lost their jobs, or had their hours cut, and they are not really receiving much support elsewhere and are having a hard time making ends meet.

"What we are doing today is distributing food vouchers for people who applied in

January for food support. The other programs we have include utilities assistance, so that is to help people who have arrears on their CUC bill or their water bill, and are facing disconnection from those services. The third program we have is rent-assistance, with a special focus on families who are facing eviction because they have got behind on their rent."

People can apply online, and providing they meet the criteria which is based on income, family size, and other relevant circumstances, they may receive assistance. Since the beginning of Covid's impact, Resilience Cayman has already helped more than five thousand individuals or families. "Our main focus is really families with children. We want to make sure that they are looked after, even though the family may be struggling economically," Ms. Gupta added. Resilience Cayman depends on donations for its work. "Today's food dis-



► The line outside the Compass Centre



► The line outside the Compass Centre

tribution is based on a generous grant we received from R3," Ms Gupta said.

Each of the people waiting in line showed their Identification at the desk, to show that they are the same people who applied online, and the vouchers, which range between 100 and 350 KYD end up in the right homes.

One of the beneficiaries, Jo Anne Delrosario starting, began receiving assistance in November 2020. Although she has a job working in a salon, her monthly salary is less than 1000 dollars, which is difficult because she has two children, one who is 17 and another special-needs child who is 19. She received 150 dollars' food assistance for the first two months,

but today the amount has doubled to 300 dollars. "I want to say thank-you to Resilience for supporting people like me," she said.

Another beneficiary, Carol Ebanks, said, "Resilience helped me pay my rent, which is 1,500 dollars a month. I am looking after three children, and it's really helped me and I am really thankful." Vasti Barrett has been receiving help from Resilience for two years, "I am very very grateful for what Resilience has been doing for us, and believe me, for the past two years I have been getting assistance for food, and for utilities, light bill, water bill, and believe me, my goodness, it is such a great help," she said.



► Ms. Vasti Barrett

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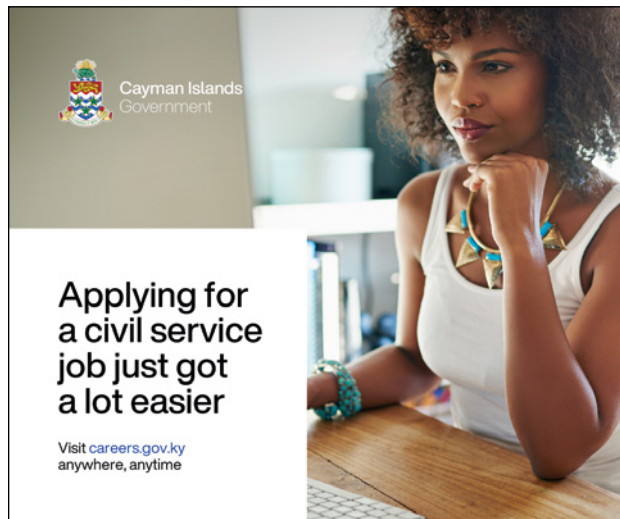
# Government Launches New Job Opportunities Portal

The Government is announcing the launch of an online recruitment portal at [www.careers.gov.ky](http://www.careers.gov.ky).

As of Tuesday, 1 February 2022, what was previously a database listing civil service vacancies, will become a fully functional recruitment portal that allows jobseekers to proactively store and update their employment profile, in a format that can be reused for multiple job applications.

Deputy Governor Hon. Franz Manderson says the change is part of the Cayman Islands Government's customer service initiatives.

"This new paperless system offers increased accessibility for jobseekers to complete their entire application online. It will also make it easy to apply for multiple jobs, to track applications, and to monitor subsequent communication. With this technology, communication between hiring departments and applicants will be faster, ensuing communication with all applicants, even where there are high volumes of candidates," Mr Manderson comments.



He adds, "The new careers portal is a one-stop shop for recruitment and a significant stride in moving our recruitment presence fully into the 21st century."

Job seekers will be able to browse the available opportunities 24/7. In order to apply for jobs they create a profile in the system that includes their education and employment history. This profile forms a part of all their job applications. To apply for a job they follow the simple steps and may answer some job specific questions. The system allows them to receive notifications from HR managers and keep track of scheduled interviews and tests.

The Portfolio of the Civil Service (POCS), working closely with embedded human resources personnel across Government, is striving to modernise the way CIG attracts future talent. Anticipating that an online process may initially be challenging for some clients, POCS is also partnering with the Cayman Islands Public Library Service and WORC to provide additional support and online access, to persons welcoming additional assistance when making an online application for the first time. This partnership embeds support in districts across the Cayman Islands, where government agencies are already offering services within the community. There is also a detailed step-by-step video provided at [www.careers.gov.ky](http://www.careers.gov.ky), which walks users through the entire application process.

Noting that her agency has plans to expand the service, POCS Chief Officer Gloria McField-Nixon explains: "The launch marks an important first step in improving the applicant experience. Within the year, the careers portal will be expanded to carry successful applicants all the way through the recruitment process to hiring and onboarding. This would allow HR managers to begin orientation about Civil Service Values and Vision, well before an official start date. The potential to add new features to the platform will also allow us to continuously evolve to meet our customers' needs."



## Scholarships to pursue A level Studies

### Students invited to apply for a CUC Scholarship

CUC is proud to offer a scholarship for Caymanian students seeking to pursue Advanced Level (A level) studies at a local high school.

Applicants must:

- ▶ have already obtained, or expect to obtain, during the current school year, adequate academic qualifications to be accepted into Advanced Level (A level) studies or equivalent;
- ▶ be Caymanian or hold Caymanian Status;
- ▶ be involved in school and/or volunteer activities;
- ▶ provide references.

The scholarship will also provide an opportunity to gain hands-on work experience and develop further skills, which will benefit the successful applicant in their studies and a possible future career with CUC.

To review the General Rules and Guidelines and apply, visit the "Scholarships" page under the "Careers" tab on CUC's Home Page ([www.cuc-cayman.com](http://www.cuc-cayman.com)). Click on the "Apply Here" link, complete the appropriate online forms and follow the instructions. Applications must be submitted not later than **Monday, February 28, 2022**. *Hard copies will not be accepted.*

For more information on these and other scholarship opportunities, please contact CUC's Human Resources & Employee Development Department via e-mail at [careers@cuc.ky](mailto:careers@cuc.ky).



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# Starbucks Opens Second Store in Cayman Islands

*Grand Cayman's Monaco Towers marks the second Starbucks store in the territory for Caribbean Coffee Traders Limited*

As part of its continued expansion plans in the market, Starbucks Coffee Company, in partnership with its operating licensee Caribbean Coffee Traders Limited (CCTL), on Tuesday announced the unveiling of a new store located on the island of Grand Cayman. The store, in the lobby of Monaco Towers, is the second Starbucks in the Cayman Islands.

Starbucks designs its stores to enhance the human connection made over a cup of coffee and to reflect the communities it serves. The new Grand Cayman store features the company's digital customer experience and will provide a warm and welcoming place for customers to enjoy high-quality arabica coffee and handcrafted beverages. Located at Monaco Towers, a business center in the heart of Grand Cayman, the store will serve as the perfect destination for customers to connect and unwind or enjoy coffee on-the-go. Starbucks designers work hard to create experiences that honour the integrity of the neighbourhoods where stores are located while also ensuring that the evolving needs of customers are met.

"We are elated to open another location in Grand Cayman," said Roxanne Dixon-Rose, Regional Director of Caribbean Coffee Traders Limited. "This further realizes our goal of creating employment opportunities and contributing to the community positively, and it's always very exciting to

share coffee with new faces in new places. We look forward to bringing the Starbucks Experience to Monaco Towers."

Since Starbucks arrived in Grand Cayman in 2019 with its first store in Camana Bay, it remains committed to its Caymanian customers. In partnership with CCTL – a consortium led by Ian Dear, CEO of Margaritaville Caribbean Group, and Adam Stewart, Executive Chairman of Sandals Resorts International – Starbucks is devoted to delivering a unique and unmatched customer experience as it continues to expand in the market across the Cayman Islands.

Customers can look forward to enjoying their favorite treats from the Starbucks menu, with many options to personalize their beverages. Starbucks Monaco Towers offerings will include classic Starbucks beverages such as Brewed Coffees, Espresso Beverages, Starbucks Frappuccino® Blended Beverages and Teas, as well as a variety of seasonal innovations for customers to relish.

#### Store Address:

54 Edward Street  
George Town, Cayman Islands

#### Store Hours:

7:30 a.m. – 6:00 p.m. (Monday to Thursday) and 7:30 a.m. – 7:00 p.m. (Friday to Sunday)



#### For More Information:

press@starbucks.com  
Ashana.bucknor@cctlgrp.com

#### About Caribbean Coffee Traders Limited

Caribbean Coffee Traders Limited (CCTL) is a consortium led by restaurant management and the franchise operator of Margaritaville Caribbean Group and the Executive Chairman of Sandals Resorts International. CCTL operates Starbucks stores in Jamaica (2017), Cayman Islands (2019), Turks and Caicos Islands (2020),

Panama (2021) and Barbados (2021). Through its commitment to maintaining operational standards, providing extraordinary customer experience, and serving the community, the brand continues to expand and integrate in communities across the Caribbean region. Today with a total of 12 stores opened, CCTL, licensed franchise holder led by Adam Stewart and Ian Dear, continues to fulfill its commitment to open more stores across the region, offering customers the highest quality coffee and an unmatched Starbucks experience.





# Public Health issues isolation release platform & retesting criteria for positives

Public Health has issued guidelines and a new online platform for persons to check their eligibility for isolation release when testing positive for COVID-19 on exit PCR. These guidelines for potential release are only for persons whom have completed their full isolation period, are asymptomatic and are within certain CT values. Parameters for persons who require retesting are also now available.



### CT values 32 or over (on exit test)

- Completed isolation period (7 days for vaccinated and 10 days for unvaccinated, unvaccinated children isolate based on the vaccination status of parent/guardian)
- All CT values are 32 or over on an **exit PCR test**
- No symptoms for at least 24 hours (you may still have dry cough, loss of smell and taste, runny nose)

Individuals who meet these criteria can submit an early release request to Public Health through the online form by link <https://forms.monday.com/forms/5ceb-b229a086ae98ea08c7a01fdd7a?r=euc1> or at [www.hsa.ky/public-health](http://www.hsa.ky/public-health). The form will require the uploading of your exit PCR result. If the criteria are met and receive an isolation release exit confirmation email, no further action is required and you can leave isolation. All submitted results will be verified in the Public Health database to ensure its authenticity.

### CT values 28-31.9 (on exit test)

- Please contact Flu Hotline for further assessment ([flu@hsa.ky](mailto:flu@hsa.ky), 1-800-534-8600 or 947-3077)

### CT values 27.9 and under (on exit test)

If you have received a positive PCR result with a CT value less than 28 upon exit testing at the end of your isolation period, please follow the retesting guidelines below.

#### Criteria for Retest:

- Completed isolation period
  - \* 7 days for vaccinated
  - \* 10 days for unvaccinated
  - \* Unvaccinated children isolate based on the vaccination status of parent/guardian
- Isolation exit test with a **CT value of 25-27.9**: repeat PCR testing **2 days** after your last PCR test
- Isolation exit test with a **CT value 20-24.9**: repeat PCR testing **4 days** after your last PCR test
- Isolation exit test with a **CT value under 20**: contact the Flu Hotline for retesting date

*Note: the retest date is counted from the date you took your previous exit PCR Test.*

#### For example:

- Isolation exit test taken February 1. If your values are 25-27.9, retest on February 3 (2 days later).
- Isolation exit test taken February 1. If your values are 20-24.9, retest on February 4 (4 days later).

If you have questions regarding your CT values please contact the Flu Hotline [flu@hsa.ky](mailto:flu@hsa.ky), 1-800-534-8600 or 947-3077.

**As a reminder, if you have a negative PCR result upon exit testing, the lab result will serve as your isolation release letter. No further action is required and you may resume normal activities.**

The new online platform will accept exit PCR results that are no older than 7 days. If someone still requires a letter for older results, they can use the previous request form on [www.hsa.ky/public-health](http://www.hsa.ky/public-health).

Any PCR results submitted that have been tampered or falsified will be investigated and could be in breach of the COVID-19 regulations.



# We're looking for the brightest minds

## Applicants invited to apply for a CUC Scholarship

As an employer of choice, and one of the largest employers of Caymanians, CUC is committed to attracting, developing and retaining high potential employees by providing opportunities for Caymanian students to succeed in the electric utility industry.

CUC is proud to offer a scholarship to an accredited university for students who are interested in completing an Associate's or Bachelor's degree in related fields of study, which represent areas important to CUC including engineering, electrical technology, mechanical maintenance, information technology, occupational safety, health and the environment, regulatory and sustainability, corporate governance, finance, human resources and customer service.

#### Applicants must:

- ▶ have already obtained, or expect to obtain, during the current school year, adequate academic qualifications to be accepted by a university;
- ▶ be Caymanian or hold Caymanian Status;
- ▶ have a current GPA of 3.5 or higher;
- ▶ have a minimum of seven (7) GCSE/CXC/IGSE passes including English, Mathematics and Science(s) or the equivalent in the American educational system. Preference will be given to students with higher level passes (A level, AP, IB, etc.) in Mathematics and Science(s).

The successful applicant(s) will have an opportunity during school holidays to gain hands-on work experience and may be offered full-time employment with CUC upon completion of his/her studies.

To review the General Rules and Guidelines and apply, visit the "Scholarships" page under the "Careers" tab on CUC's Home Page ([www.cuc-cayman.com](http://www.cuc-cayman.com)). Click on the "Apply Here" link, complete the appropriate online form and follow the instructions. Applications must be submitted not later than **Monday, February 28, 2022**. *Hard copies will not be accepted.*

For more information on these and other scholarship opportunities, please contact CUC's Human Resources & Employee Development Department via e-mail at [careers@cuc.ky](mailto:careers@cuc.ky).





# Lions donate over \$16k worth of equipment to eye clinic

The Lions Club of Grand Cayman has continued its support of the Lions Eye Clinic at the Health Services Authority with the recent donation of just over \$16,000 worth of essential eye examination equipment.

Lions Club President Eric Anderson said the donation of two new examination chairs to the clinic follows on the Club's donation of 15 new chairs for the waiting room area last year totaling \$2820.

HSA Deputy Medical Director Dr. Courtney Cummings welcomed the donations and the Club's continued support of the Clinic.



► This is the first of two eye examination chairs and other equipment, together valued over \$16,000, donated by the Lions Club of Grand Cayman to the Lions Eye Clinic.

"The two examination chairs and ophthalmic stands donated will replace the previous ones in each exam room. They will be much more comfortable for the patients and provide greater functionality for exams and various procedures. We are very grateful to the Lion's Club's for their continued involvement with the Lion's Eye Clinic and fundraising for this significant equipment upgrade which will benefit the people Cayman Islands.

Anderson explained that during the 2020/2021 Lionistic year the then board was advised that the eye clinic, which the Club has been committed to assisting, was in need of some attention.

"The first indication was when a director at the time Gary Franklin noticed the Lions sign outside the clinic was in bad condition. He also noticed there weren't enough chairs in the waiting area for patients," he said.

A meeting was held with Clinic Manager Diane Benson to get a sense of what was happening there and how the Club could assist.

"We learned they needed quite a few items. Most importantly were chairs for the waiting area and new examination chairs for the doctors. The chairs in the waiting area were old and worn out. Some of them were transferred to other departments for use. Their examination chairs were also getting old. The leather on the examination chair was started to crack and the metal components were rusting," Anderson shared.

Given the situation with COVID-19 at the time and limited fundraising oppor-



► Lions from the Lions Club of Grand Cayman make a photo call with Lions Eye Clinic Manager Diane Benson (standing right) after the successful installation of the first of two eye examination chairs donated by the Club. From Lions left to right: Lion Heidi Anderson, Immediate Past President Carmin Godfrey, First VP Michael Havlin, Lion LaTanya Stephenson and seated is Lions President Eric Anderson. (Photos courtesy Lions Club of Grand Cayman)

tunities due to local regulations the board was challenged at first to take on the task of replacing such expensive equipment as it was not within the budget.

"However, the Service Chair Lion Anthony Ritch reminded us that sight is one of LCI's global causes and the Clinic bears our name. We have to find a way to increase the budget and get the badly needed equipment. The board instructed me to go out and get prices for the equipment as soon as possible," he said.

Through persistence, which is a key feature of a Lion's member, the Club with the assistance of Randy Buck at Workplace

Environments sourced the needed chairs and the new examination chairs through Paul Underwood of Perspectives International. Though the chairs for the waiting area were delivered in April 2021, the examination chair took much longer due to COVID and material shortages.

"However, both examination chairs are on the island, and one has been installed so far. The other has not been installed due to engineering issues at HSA," Anderson said.

Once ready patients at the Clinic will benefit from the new and improved equipment, he said, adding it will be another successful project completed by the Club.

## Reopening Plan: Phase 5

### Easing Travel Restrictions for Children

#### Who Can Travel

- ✓ All vaccinated travellers (securely and non-securely verifiable)
- ✓ Unvaccinated Caymanians, Residents and Work Permit Holders
- ✓ Unvaccinated visitors who have close ties to the country (Persons who own local properties and businesses, or who are a spouse, civil partner, parent, step-parent, child, grandchild, step-child, or grandparent of a Caymanian or Resident)
- ✓ Unvaccinated children under the age of 12 years old

#### Who Cannot Travel

- ✗ Unvaccinated tourist visitors (including unvaccinated tourist visitor children age 12 years and over) who do not have close ties to the country
- ✗ Unaccompanied tourist visitor children
- ✗ Cruise travellers

#### Travel Arrangements

- ✓ All travellers are required to apply on the Travel Cayman Portal and will be issued with a travel certificate which is required for entry (apply no less than five days prior to departing for the Islands)

#### Pre-Arrival COVID-19 Testing

- ✓ All incoming travellers age 5 years and over must provide a negative result from a PCR or certified antigen-detecting rapid diagnostic test (LFT) taken no earlier than the day before departure

#### Quarantine Period

- ✓ 10 days: Unvaccinated travellers (age 12 years and over) along with all unvaccinated members of their household
- ✓ 10 days: Unaccompanied unvaccinated children who travel from a country with a vaccination rate below 60% for the first dose of the vaccine quarantining with unvaccinated persons
- ✓ 7 days: Unaccompanied unvaccinated children who travel from a country with a vaccination rate below 60% for the first dose of the vaccine quarantining with vaccinated persons
- ✓ 7 days: Travellers with non-securely verifiable vaccination records who travel from a country with a vaccination rate below 60% for the first dose of the vaccine

Vaccinated household members are not required to quarantine but will be required to undergo a daily LFT for 10 days.

#### Children

- ✓ Unvaccinated children under the age of 12 years old will assume the vaccination status of their adult travel companions
- ✓ Unaccompanied unvaccinated children under the age of 12 years old will be subject to the 60% rule for rate of vaccination of the country from which they are travelling
- ✓ All children age 12 years and over are required to be vaccinated to be exempt from quarantine

Unaccompanied tourist visitor children are not permitted to enter.



# Ministry IISD Partnership with Cayman Finance

The Cayman Islands Government's Ministry of Investment, Innovation and Social Development announces a strategic partnership with Cayman Finance, the industry body which represents the Cayman Islands' financial services industry. Separate from work through the Ministry of Financial Services and Commerce, this will entail strategic promotional work to bolster the reputation of the Cayman Islands as a globally respected financial services centre of excellence, while also reinforcing the financial services industry's brand messaging. For 2022, the Ministry has supported Cayman Finance with \$350,000.

The Hon. Minister André Ebanks commended the new partnership, stating:

"The timing of this funding and support from Government to Cayman Finance is both significant and critical. It will amplify the already strong working relationship between Government and the financial services industry, at a time when the world needs to hear our story: why the Cayman Islands is a global partner, not a global problem.



"This new partnership between the Ministry and Cayman Finance will enable Government and the financial services industry to work collaboratively and strategically in a new, distinct stream of promotional work. It further signifies Government's commitment to retaining and building the competitiveness of the Cayman Islands as a jurisdiction, with high adherence to and compliance with global tax and regulatory standards."

The new partnership between the Ministry of Investment, Innovation and Social Development and Cayman Finance will be a new tool the Minister seeks to utilise in reimagining the Government's relationship with Cayman Finance. The partnership will be focused on strategic promotion, and developing bespoke messaging and public relations campaigns tailored to key audiences including opinion formers, policy makers and other stakeholders.

Conor O'Dea, Chairman of Cayman Finance, endorsed this new initiative with enthusiasm, saying:

"A successful partnership requires time, effort, work and funding. This funding is an affirmation of the relationship that Cayman Finance, an entity that represents the diverse components of the Cayman Islands' financial services industry, has earned through our many successful years of collaboration with the Government.

"This new partnership with the Ministry comes at an opportune moment. We are confident that promoting the brand messaging of the Cayman Islands' financial services industry will be a catalyst for meaningful and measurable growth in the industry and economy, including growth in government revenue and opportunities for Caymanians."



## We're looking for Innovators

# The Thomson Leadership and Innovation Award Scholarship Programme

### What is The Thomson Leadership and Innovation Award?

The Thomson Leadership and Innovation Award is a scholarship designed to recruit and support Caymanian students who are driven to improve the Cayman Islands in areas including, but not limited to, entrepreneurial studies, emerging technologies, design and creative arts and/or the sciences.

### Who are we looking for?

To become a Thomson Leadership and Innovation Award scholar, you are a creative thinker and innovator. You have created, lead and/or inspired others to make a measurable impact of change in a community project or in a business. You are passionate and driven to succeed in an emerging field that is underrepresented or wholly not represented in the Cayman Islands, or you desire to bring a completely new perspective to a traditional and longstanding field or industry and require further education to do so.

### What does the Scholarship cover?

The award is valued up to a maximum of US\$30,000.00 per annum, is renewable within limitations and applicable towards the completion of the course of study. The award will be paid directly to the institution of study and allocated to the student's account. The award can be used to fund travel, tuition, student and course fees, course texts, materials and supplies and/or housing/living subsistence on campus.

### How do I apply?

To review the General Rules and Guidelines and apply, visit the "The Thomson Leadership and Innovation Award" page under the "Careers" tab on CUC's Home Page ([www.cuc-cayman.com](http://www.cuc-cayman.com)). Click the "Apply Here" link, complete the online forms and follow the instructions. Applications must be submitted not later than **Monday, February 28, 2022**. *Hard copies will not be accepted.* For more information, e-mail [pntscholarships@cuc.ky](mailto:pntscholarships@cuc.ky).



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# Youth environmentalists meet UK Minister

Last Friday 28 January, youth representatives from Plastic Free Cayman, Protect Our Future and the Mangrove Rangers met with the UK Minister of Overseas Territories Amanda Milling, the Governor Martyn Roper and other government representatives, to discuss key environmental issues facing Cayman.

Former Plastic Free Cayman youth ambassador and current Mangrove Ranger Cassandra MacDowell said it was a wonderful opportunity to speak with the Governor and Minister Milling about current threats that the local environment is facing, including sustainable development, coral reef protection and mangrove preservation.



Fellow Mangrove Ranger Haileigh Farrington said: "I believe that more intergenerational conversations including the knowledge from our elders' past blended with innovative thinking from our youth, have the power to bring us closer to solutions for problems like our diminishing wetlands, our reliance on single use plastics and our threatened coral reefs."

Also in attendance were Plastic Free Cayman volunteers and the leaders of Protect Our Future, Chloe Bentick-Lalli, Thomas Dickens, Nic Corin and Lili Aleria. Together, they spoke about the importance of local and international partnership, their involvement in COP26, and the significance of designated Mission Blue 'Hope Spots' as a means to preserve Cayman's natural habitats.

As the Governor and Minister Milling departed for Little Cayman, the Protect Our Future students joined forces with Key Club and Leo Club leaders on Saturday morning at Barefoot Beach for Plastic Free Cayman's monthly clean-up. Here, students

took the lead. Out of the almost 50 volunteers, 80% were young people. Together they helped remove more than 300 pounds of litter and marine debris from the shore.

Clifton Hunter Key Club President Jerry Allen was excited to participate and said he was happy to help clean one of the many beautiful beaches on island, as a team. Key Club Clifton Hunter was looking forward to continuing to work alongside these organisations for the betterment of Cayman, he confirmed.

Protect Our Future leader Thomas Dickens, said the beach was littered with a variety of micro, medium, and large plastics.

"Reflecting on our meeting with Minister Miller yesterday, the concept of a single-use ban is ever more critical to revitalising the beauty of our beaches," Thomas said.

Together, the youth continue to promote their "Our Future is NOT Single-Use" campaign in the hopes that at the very least, the Cayman Islands government will reconsider the initial 2020 plastic

ban policy and align with many of the other Caribbean nations that have already taken this step, as the UK looks to do the same.

Brody Thomas, leader of Cay-Ocean, volunteered at the event as his team aims to develop technology to address this problem, hoping to involve young Caymanians in the process.

"It's hurtful to know that plastic is floating out there and marine life is being impacted by it, but I find comfort in knowing actions here in Cayman to fight against this issue are being taken. These clean-ups remind us that we can fix this crisis, but we can't do it divided," Brody said.

Francella Martin, Plastic Free Cayman clean-up coordinator said the strong youth turnout at their clean-ups was always inspiring, and they looked forward to the continued support of the community in their future efforts.

Plastic Free Cayman will be hosting their next clean up event on Sunday 20 February at Turtle Beach in West Bay, Grand Cayman.



# PROGRESSIVES PROBED OVER CIG OVERSEAS OFFICES

A spat between the ruling PACT coalition administration and the opposition Progressives party over overseas diplomatic offices has taken a new twist.

Leaked government documents suggest that funding commitments for offices in Washington, Brussels, Hong Kong and Dubai by the previous administration are now under scrutiny by the Office of the Auditor-General and are also said to be the subject of an internal probe.

The issue revolves around the timing of the decision-making, funding and staffing of the offices, of which at least one was in the process of being established.

With the matter now in the public domain, the offices of the Governor and the Deputy Governor have issued joint statements addressing the disclosures in response to what they describe as “in response to the unauthorised leak of the Office of the Auditor General’s Report regarding work by the former Ministry of International Trade, Investment, Aviation and Maritime Affairs to set up overseas offices.”

In his statement from HE Governor Martyn Roper says, “I can assure the public that my office and the Cayman Islands Government remain committed to transparency. However, an unauthorised leak of an official document is a serious matter and will be investigated.”

He said that the Auditor General’s report, which he confirms that he requested, raises important matters that were already being addressed as part of the civil service’s response to the findings of the report.

“As this work is not yet complete, it would be inappropriate for me or any other Government representative to comment substantively on it at this stage. There are undoubtedly lessons to be learned from the OAG’s report. I will ensure that they are learned,” Mr Roper added.

Hon. Deputy Governor Franz Manderson, who heads the civil service, wrote: “The unauthorised leak of the report is most unfortunate and unhelpful to the review currently in progress.”

Stating that “the report has rightly generated public interest,” Mr Manderson added: “However, due to this matter currently being under review, it limits what can be shared at this time. As Head of the Civil Service, we remain committed to ensuring transparency while following the

processes and policies in place to deal with such matters. As such I ask that the process is respected and allowed to be carried out without prejudice to preserve the integrity of the review.”

The Deputy Governor said it is important for the public to be aware that there is an established review process for matters of this nature.

“The report has already been helpful to the Civil Service and we are developing a policy to guide the conduct of Civil Servants before, during and after an Election. This will include advice to Government on the role of elected representatives during the election period.”

The opposition Progressives party which is at the centre of issue, also issued a statement saying it has noted the stories in the press regarding the leaked report.

“This leak was regrettable and was a deplorable attempt to pervert the course of justice,” said party leader Roy McTaggart.

“We are eager for the full facts to be known to the public but, in the interim, will respect the position taken by the Governor and Deputy Governor that in the interest of an ongoing inquiry, they will refrain from discussing the matter.”

He added: “We in the Opposition also respect the ongoing inquiry process and so will also refrain from discussing the report at present. We encourage the speedy conclusion of the inquiry and look forward to its work being published.”

## CAMPAIGN ISSUE

During last year’s election campaign, overseas representation of Cayman in selected major international capitals was a key platform point for the then ruling Progressives-led Unity coalition.

The idea was also advocated by other candidates across the political spectrum.

Cayman has had a UK Government Office for many years which also covers Brussels, headquarters of the European Commission.

Now on the opposition benches, the Progressives recently criticised the current PACT government for failing to expedite the setting of the offices, especially in Brussels.

They see that office as critical to Cayman’s lobbying against moves to label the jurisdiction as non-compliant with inter-

national regulations to curb money laundering and tax evasion.

## “DITHERING”

In a recent press release, the party recalled its plans to push ahead with the overseas representation and accused the PACT government of “dithering”.

The Progressives said that while in government they had started the process of establishing the Brussels office as a priority, and accused the current administration of dragging its feet despite committing to having a Cayman representative at the seat of EU decision-making.

This comes against reports that Cayman could be under further pressure from Brussels over compliance with international regulations for the financial services sector.

Cayman has consistently defended its record of compliance.

“It was on that basis that the last Government, after consulting with the Financial Services Sector, developed plans for an overseas office in Brussels as a priority, with another one in Washington DC to follow, and finally an Asian Office in Hong Kong, or failing that perhaps in Singapore. The main role of the Brussels and Washington Offices would be to defend our financial services businesses,” Progressives leader Roy McTaggart had said in the press release.

Progressives leader, Roy McTaggart said, “Despite our warning that dithering would likely be problematic, the PACT Government delayed the opening of Overseas Offices, including the important Brussels Office.”

And while he acknowledged that the current administration “did give some commitment to having an office in Brussels and Washington in place before the end of 2021,” he said to date that has not been done.



► Sir Alden McLaughlin

## POLICY REVIEW

The decision of the then Progressives-led Unity government to set in motion its plans for at least one office in the run-up to the election is seen as “saddling” the current PACT government with a financial commitment is said to be excess of CI\$6 million.

The government is said to be reviewing and prioritising how Cayman is represented overseas.

There is reference in the budget for “increased resources for the promotion and regulation of the financial services industry”, although it does not specifically mention overseas representation.

Last year, PACT Financial Services Minister Andre Ebanks, who headed the CIG UK Office prior to being elected, told the Parliament that the government was reviewing the original plans to expand Cayman’s overseas representation.

Caymanian Times had reported on the policy shift last July.

“In another significant policy shift, the PACT government scaled down funding earmarked by the previous administration for international representation of the Cayman Islands particularly aimed at lobbying and promoting the key financial services sector.

“After considerable probing by the Opposition defending the advantages they saw in having this policy in place and countered by arguments by the PACT government, especially via Hon. Minister for Investment and Social Development, Andre Ebanks, the government’s coalition carried the vote,” the Caymanian Times report said then.

Mr Ebanks had explained then that the initial \$2 million allocated for that purpose was being redirected to fund local micro and small businesses and for social development support.

He had also said that staff recruited would have been reassigned elsewhere in the civil service.



► HE Governor Martyn Roper





# GRAND CELEBRATIONS START THIS MONTH IN CAYMAN FOR QUEEN'S PLATINUM JUBILEE

Cayman kicks off a calendar of elaborate celebrations starting this month to commemorate Her Majesty The Queen's Platinum Jubilee on the throne.

Celebrations begin with the opening of a commemorative exhibition by the Cayman Islands National Museum on Saturday, 5 February. This will be followed on Sunday, 6 February with a special sitting at the House of Parliament, marking the day on which Her Majesty the Queen ascended to the throne upon the death of her father King George VI.

Making the announcement HE Governor Martyn Roper, said, "This is a remarkable moment in Her Majesty The Queen's extraordinary reign, which has been dedicated to people far beyond the UK's shores. So, it is only right that we in the Cayman Islands pay a fitting tribute to our Monarch on this historic occasion.

"I am always struck by the warm affection for Her Majesty in Grand Cayman, Cayman Brac and Little Cayman. By joining in events with the rest of the UK and indeed so many others in the world, we help signal our collective warm feelings of respect and regard for Her Majesty. I heartily encourage all to get involved and participate in these events and my thanks to our excellent organising Committee ably led by Cabinet Secretary Sam Rose for their dedicated work."

Hon. Premier Wayne Panton remarked: "Caymanians, especially our older generations, have always held Her Majesty the Queen in the highest esteem. Our collective affection for our monarch has been reinforced by her two visits to the Cayman Islands in 1983 and 1994."

Mr Panton explained that "to prepare us for our local celebrations, a steering

committee of dedicated individuals from across the public and private sectors as well as civil society has been working on creating a suitable programme to commemorate this historic milestone."

He said: "All of the events and activities being planned aim to bring our community together in a shared spirit of celebration for this incredible milestone while raising awareness of our strong historical ties with the United Kingdom especially for the younger generation of Caymanians, many of whom have no memory of The Queen's visits to the Cayman Islands."

Cabinet Secretary Samuel Rose, Chair of the Queen's Platinum Jubilee Steering Committee responsible for planning local celebrations, elaborated. "Around the globe, year-long activities are scheduled including public events, community happenings as well as national moments of reflection on The Queen's 70 years of service. Communities, businesses and organisations across the UK, its Overseas Territories and the Commonwealth will host their own celebrations, events and activities."

Speaking about the celebrations in Cayman, he said: "It is therefore important that we plan events that are culturally relevant to our context and bring our community together in a spirit of interconnectivity with others around the world who are marking this historic occasion."



According to the official programme being prepared to mark the occasion, year-long celebrations starting in early February are being planned with the highlight being an extended long weekend - from 2 to 6 June bringing forward the annual Queen's Birthday celebration to the first week in June 2022.

Parliament's programme will include the inspection of an honour guard and royal salutes, a proclamation by His Excellency the Governor on the commencement of the Platinum Jubilee Celebrations and speeches by the Speaker, Premier and Leader of the Opposition.

Parliament's foyer will feature a display Commonwealth flags, photos of The Queen amongst other memorabilia.

In March, a Commonwealth Day church service will take place on Sunday, 13 at St. George's Anglican Church in George Town.

On Commonwealth Day on Monday, 14 March, the Commonwealth flag will be hoisted in a brief ceremony at the Government Administration Building in the morning to fly alongside the Union Jack and the CI National Flag.

This will be followed by the annual Youth Parliament that day when Cayman Islands youth will "become Parliamentarians" for a day and take over the House to debate motions on two relevant local topics.

In April, the Cayman Islands will receive the Queen's Jubilee Baton in preparation for the upcoming Commonwealth Games in July 2022 hosted by the city of Birmingham, England. In May, a car show will be held, also featuring vintage cars.

In early June events will build to a crescendo with a weekend of activities that move the celebrations into high gear, start-

ing with the official lighting of beacons on 2 June on the grounds of Pedro St. James, in Grand Cayman and at the Christopher Columbus Gardens in Cayman Brac.

An outdoor concert at the venue will showcase performances from the National Choir and the National Orchestra in Grand Cayman, while musical performances will also take place in the Brac.

Friday, 3 June, will include two events - the return of an international air show to the Cayman Islands after an absence of many years, and a live music concert, in downtown George Town. Throughout the weekend, trees will be planted across the islands as part of a special programme called "The Queen's Green Canopy: Plant a Tree for the Jubilee".

Sunday, 5 June will showcase the Cayman Islands' religious heritage with a Service of Thanksgiving for The Queen at Elmslie Memorial Church. This will be followed by a children's tea party at the Queen Elizabeth II Botanical Park on Sunday afternoon.

Finally, on Monday the Queen's Birthday celebration will take place with the traditional parade and Garden Party at Government House and an evening fireworks display along Seven Mile Beach.

An official statement said venues and times for all the events which are being finalised will be announced in subsequent releases.

Event coordinator Samuel Rose said: "Other events are expected to be added to the calendar throughout the year as celebrations continue until the end of 2022. We certainly look forward to everyone in the Cayman Islands taking part in the celebrations to wholeheartedly express our collective congratulations and well wishes for our beloved Monarch."

Seventy years ago on February 6th 1952, then Princess Elizabeth acceded to the throne becoming Queen Elizabeth II and embarking on her now seven decades - and counting - reign.

On that anniversary this year, she will become the first British Monarch to celebrate a Platinum Jubilee.







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► Contemporary works sit well with contemporary work



► Exciting work by up and coming artist John Reno Jackson

# People's Collection shows the evolution of the National Gallery

By Lindsey Turnbull

A unique exhibition is currently on show at the National Gallery of the Cayman Islands and runs for a good many months until 28 May, an amazing showcase of the evolution of Cayman's incredible art museum – the National Gallery of the Cayman

Islands and the wonderful and diverse art that it holds within its collection.

Fifty pieces of artwork take viewers on a journey from the Gallery's humble beginnings 25 years ago, all the way through to a temporary location in Harbour Place, and finally, to its very own home where it has been situated for ten years.

William Helfrecht is the Collections Curator at National Gallery. He explained: "We wanted to take this opportunity because, coincidentally, it was our 25th anniversary this year as we were founded in 1997, and this exhibition opened to the day on the tenth anniversary of this new building opening, so it was a retrospective moment," he said.

At the same time, the Gallery wanted to look ahead, to the future of the Gallery and especially how it had evolved since the pandemic during the last couple of years.

The exhibition highlights the Gallery's exponential growth of 240% in its collection over the last ten years, brilliantly show cased in the exhibition gallery space which continues upstairs in the permanent collection gallery.

"We've actually got around 40% of the entire collection on display currently, which is pretty unusual," William confirmed.

They named the exhibition The People's Collection in a bid to reflect on their role in Cayman and how it fitted into the cultural landscape.

"We considered what is our mission and, doubly so, in this pandemic moment. We were thinking about the role of museums more broadly and what they offered to society. Its title is about the sense of collective ownership and pride we've always had. We've always had free admission and that is core to the values of the National Gallery, in terms of accessibility," he advised.

William said admission was obviously a barrier during the pandemic and so they had been addressing this issue really well over the past few years, not just with exhibitions, but also with their education programmes and also via digital access.

The People's Collection is a 25-year cultural legacy that they considered carefully how to present in a new way.

"You think of a collection perhaps as a static body of objects, but it's actually very dynamic because even if you're displaying some of the classics, some of our most iconic pieces, when you put them into this new context, you frame them in a differ-

SEE **COLLECTION AT NATIONAL GALLERY**, Page 13



► The first works to grace the National Gallery's collection



► The Gallery hopes to soon own Yonier Powery's ceramic piece





► Diverse work



► Karoly Szucs' sculpture from the Emergence exhibition

## People's Collection shows the evolution of the National Gallery

CONTINUED FROM Page 12

ent light and experience them differently," William advised. "We went with a chronological presentation, so the artworks are arranged more or less faithfully in the order in which they were acquired. So, as you walk through, you are seeing the collection grow before your eyes."

### First corridor, 1997 to 2010

A piece by Jan Barwick was the first piece acquired by the National Gallery and this begins the artistic journey, with work from Charles Long, Miguel Powery, Joanne Sibley and Miss Lassie, to name but a few.

"The exhibition is not simply a show about the artworks; in fact, it's almost telling a story of the institution through the artwork," William explained. "You will see a lot of text on the wall. That really helps visitors understand what they are looking at and why we displayed it in this way."

All of the labels have a QR code which is scannable, and they recorded, with the assistance of interns, audio in English and Spanish, to be more inclusive.

"If you want to find out more, you can scan the QR code and it takes you to the website where you can see the collection online page. This allows you to view the collection in its own right and, if you want to find out more, it's all there for you," he said.

In such a way, the viewer is brought on a journey through the Gallery's own institutional history and through landmark exhibitions. A good example of this is a scul-

ture by Karoly Szucs produced from the detritus in the aftermath of Hurricane Ivan in 2004. Very soon after the hurricane, the Gallery wanted to put on an exhibition as a community project to show resilience, so they held a show called Emergence. The piece was shown at that exhibition, making it very iconic, William explained.

### Second corridor, 2010 to 2017

This location begins with pieces from the exhibition 21st Century Cayman which was held in 2010 and which paired contemporary artists with local crafters. It moves through to items from a show called Revive which was in 2017.

"Revive was another exhibition on contemporary Caymanian and we have taken some selections from there to really show the diversity and eclecticism of the type of work we have been collecting," William said.

The juxtapositions of traditional and abstract modern pieces are a reflection of how the Gallery conscientiously makes an effort to represent the full spectrum of creative practice in Cayman, he added.

Part of the exhibition was also about explaining who the Gallery is in terms of being a non-profit, statutory authority of the government.

"Not everyone knows, but we haven't had a standing acquisitions budget. A lot of the collection has been supported through philanthropic donations and corporate support," William advised.



► More pieces from the earlier years

### New acquisitions

The final space represents recent acquisitions over the last four years.

"This is full of very strong work, that has come through support from the Ministry of Youth, Sport, Culture and Heritage and also through people like our chair Susan Olde, who was instrumental in supporting the Bendal Hydes Retrospective," William said.

In here there is a diverse representation of artists, including many pieces from Native Sons artists and also up-and-coming young artists. From the very start, the Gallery wanted to recognise young emerging artists who might someday become more established, with work from 21-year-

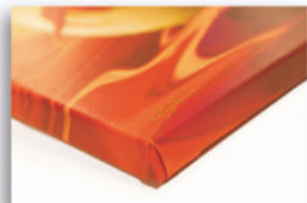
old Brandon Saunders, as well as work by Simon Tatum and John Reno Jackson featured. A final piece is the only work not owned by the collection, a fine piece of ceramics by Yonier Powery which William calls a very important piece that pays homage to the local art scene that has embraced him, the artist's personal tribute to Cayman's artistic forefathers. The Gallery is trying to buy this for the collection and has launched an art fund for this purpose.

*One of the most interesting aspects of the show and how it differs from previous exhibitions is the showcase of their digital programmes. Read more on this in upcoming editions of the Caymanian Times.*



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# Letter to Rt Hon Elizabeth Truss MP

*Secretary of State for Foreign, Commonwealth and Development Affairs  
and Minister for Women and Equalities*



Dear Secretary of State,

We are Christian ministers and pastoral workers from a broad range of churches, who have in common that we hold to orthodox, historic Christian teaching on sexual ethics. We are writing in response to the consultation on 'Banning "Conversion Therapy"' presented by you to Parliament on 29th October 2021.

In our churches we welcome and show love to many people who have different experience and views, including same-sex attraction and forms of gender transition. We always seek to act in love, with gentleness and respect, for the good of all, and never with any form of coercion or control.

We are grateful to the government for having made clear in the consultation that it does not intend this legislation to impact the normal practice of religion. Nevertheless, we are deeply concerned that the legislative approach outlined would do exactly this. We see in these proposals a clear possibility that our duty as ministers, of proclaiming the Lordship of Jesus Christ, and calling people to find life in him, which includes living by his laws, will be criminalised. We also believe it could be used against Christian parents who could equally be criminalised for loving advice and teaching given to their own children.

The category of 'Conversion Therapy' is one which is so broad as to be essentially

meaningless. It has the effect of implying an equivalence between calling people to conversion to Christ, which is our duty as Christian ministers, and evil and disreputable past practices which are already illegal and which Christians are the first to condemn. Legislating against such a bizarrely broad category is clearly not viable and strongly risks criminalising us as we fulfil our compassionate duties as Christian ministers and pastors. This would be a clear breach of our legal right to manifest our religion.

Christianity has always held that God created humanity with the lifelong marriage of one man and one woman as a gracious gift to humanity and a central part of his design for human society. To violate that pattern, by sexual activity outside marriage or denial of our created sex, is sin. As such it is not only morally wrong but carries with it deep and tragic consequences for individuals, families and society. It is a central part of our calling to bring Christ's compassion to a broken world, that we call people to live according to God's gift and pattern of marriage and offer them pastoral support to help them do so. This has nothing to do with therapy; it has everything to do with what it means to be a Christian.

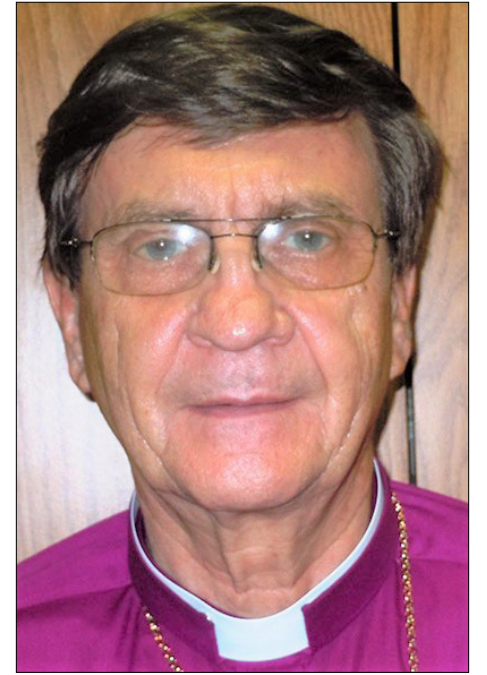
To urge and assist people to live in this way, far from being harmful, is a kind and merciful act, and of benefit to all. What is plainly and terribly harmful is when anyone, especially the young, believes that their identity is found purely in their feelings and that happiness is to be found in misusing and harming their healthy bodies. Yet the proposals would apparently

criminalise us for seeking to care for people and seeking to dissuade them from this kind of harm.

Furthermore, it is our duty to call people to be converted to Christ; that is, to turn from believing that we are identified and best guided by self, to knowing that we are identified and best guided by God. Christian Conversion inevitably means giving up on lifestyles incompatible with being a Christian, of which sexual sins are just one. It should not be a criminal offence for us as Christian ministers to persuade, to teach and to help people of every age to become, and to live as, orthodox Christians. It should not be a criminal offence for us to instruct our children that God made them male and female, in his image, and has reserved sex for the marriage of one man and one woman. Yet this seems to be the likely outcome of the proposed legislation.

We therefore very much hope (and pray) that these proposals will be dropped in their current form. We have no desire to become criminals, and place a high value on submitting to and supporting our government. Yet we think it important you are aware that if it were to come about that the loving, compassionate exercise of orthodox Christian ministry, including the teaching of the Christian understanding of sex and marriage, is effectively made a criminal offence, we would with deep sadness continue to do our duty to God in this matter.

Nevertheless, we are confident that this outcome is not what your department intends by these proposals, and for that we are most grateful. However, this will re-



► The Rt. Revd. Nicholas Sykes

quire the adoption of an entirely different approach.

We write to you as faithful subjects of Her Majesty the Queen, Defender of the Faith, in the hope that this will assist her Majesty's government to avoid unwittingly legislating against the very faith of which she has been appointed defender. We add this to the prayers that we constantly make for the government's essential and God-given task of ruling our nation.

*Yours faithfully,*  
2546 Christian Ministers and Pastoral Workers

For a complete update of Local News, Notices and Events, log on to  
**www.ctimes.ky**  
The only website that allows you to download your daily news and upload your advertisements



# COMMUNITY EVENTS

## Free entry to the National Museum for Residents

**5 February** - Residents can enjoy free entry to the National Museum every first Saturday of the month. View two floors of galleries that contain six exhibitions to learn about the unique natural and cultural heritage of our three Islands.

## 1st ever Agouti Day - Cayman Parrot Sanctuary

**5 February** - The Cayman Parrot Sanctuary is having its first ever Agouti Day. Meet Lil' Bit, the resident agouti at the Sanctuary and enjoy family fun activities that include face painting, airbrush tattoos and hermit crab racing. The fun goes from noon to 4pm. Entry fee is \$10 per person. Seniors are free. The sanctuary is located in East End, on the left just before Tukka Restaurant. For more information, email [caymanparrot-sanctuary@gmail.com](mailto:caymanparrot-sanctuary@gmail.com) or call 936 - 4400.

## 25th World Wetlands Day snorkelling tour

**5 February** - As part of the 25th World Wetlands Day celebrations in Cayman, the Mangrove Rangers are hosting a 2 hour snorkelling tour among the mangrove roots and seagrass of the central mangroves starting at 9am at the Newlands Barcadere. Then from 3 to 6pm there will be a special Beer and BBQ Fundraiser outside the 1981 Brewing Company in George Town. For more information, check out the rangers on Facebook.

## St. Alban's Church of England - Services of Holy Communion for February

**6 February** - Services of Holy Communion for the month of February will be held on February 6th and February 20th at 9:30am. Morning prayers will continue on alternate Sundays at 9:30am as usual.

## Community Chess

**8 February** - Enjoy chess? Join the Cayman Chess Club at the West Indies Wine Company, Camana Bay for a complimentary chess class and open challenges weekly from 5pm to 8pm. Anyone can learn, play and enjoy chess; even complete beginners.

## Restorative Mediation with Wayne Franklin

**9 February** - Join Wayne Franklin at the National Gallery for this free 45 - minute restorative mediation practice. Register to reserve your space by emailing [education@nationalgallery.org.ky](mailto:education@nationalgallery.org.ky) or call 945 - 8111.

## Chamber of Commerce - EMPLOYMENT & THE LABOUR ACT (PART 2): HEALTH INSURANCE & PENSION

**10 February** - This four-hour course will offer insight into Health Insurance basics. As health insurance is a major expense of business, understanding the basics can help to minimise the

impact on a business' bottom-line. This course will cover compulsory insurance, health insurance contracts, contributions and termination of employment and penalties for non-compliance. For the time and cost of this workshop, go to [www.cayman-chamber.ky/events-training/training-centre/](http://www.cayman-chamber.ky/events-training/training-centre/) or call 949 - 8090.

## Flower Show and Plant Sale

**12 & 13 February** - The Garden Club of Grand Cayman is hosting a Flower Show and Plant Sale at the Cayman Turtle Centre from 8am to 5pm on February 12th and 13th. Contact [dunbarjoyce4739@gmail.com](mailto:dunbarjoyce4739@gmail.com) for more information.

## Valentine's 5K Fun Walk/Run

**12 February** - Enjoy a Valentine's 5K Fun Walk/Run with your loved one on Saturday 12 February presented by the Mothers' Union of



► Valentine's 5K Fun Walk/Run

St. George's Anglican Church. Registration is at 6am and the run begins at 6:30am. The route is Smith Cove Barcadere to The Avenue and back. Registration cost is \$10 for adults and children under 12 are free. Proceeds of the event will be go to Maple House and other outreach projects.

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

# Want a better body? Here's 5 easy habits

Since you're reading my emails, I know that you're a health-conscious, fitness-minded person in quest of your best body ever.

You likely exercise regularly. You watch what you eat. You keep up-to-date on the latest health concerns. You don't binge on sugar. You never eat fast food. Well, almost never.

But you do have a few unhealthy skeletons in your closet - ones that you probably aren't even aware of.

Here are 5 easy habits to cranking up your fitness results.

## 1. Get More Sleep

- In Gallup Poll surveys, 56% of the adult population reported that drowsiness is a problem in the daytime. That means that more than half of the population doesn't get adequate sleep.

- Healthy adults require 7-8 hours of sleep each night. When you fail to meet this need your body goes into sleep debt, which continues to accumulate indefinitely until you catch up.

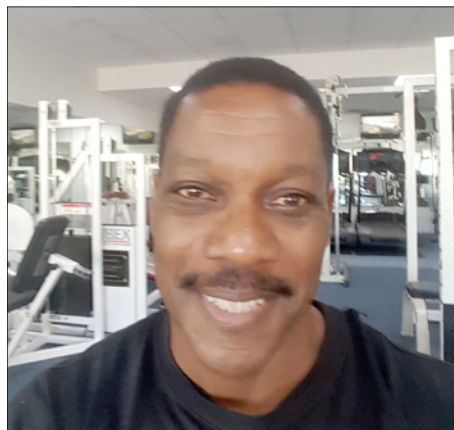
- A lack of sleep negatively affects your immune system, your nervous system, and interferes with healthy hormone release and cellular repairs.

The best way to combat sleep deprivation is to set a scheduled bedtime. Your body will benefit from a consistent sleeping and waking routine, and you're sure to get all the rest you need.

If you have trouble falling asleep once you're in bed, then try these two tips. First, make sure that you don't drink any caffeinated beverages after lunchtime. Second, don't eat for three hours before you go to bed. This helps eliminate sleeplessness due to indigestion, and will also turbo-charge your weight loss.

## 2. Drink More Water

- It has been said that 75 percent of the population is chronically dehydrated.



► Ernest Ebanks

Would you disagree? When was the last time that you actually drank 8 glasses of water in a day?

- Dehydration occurs when more fluid leaves your body than is taken in. Symptoms include: fatigue, irritability, headaches, nausea, rapid heart rate, and, in extreme cases, even death.

- Dehydration also slows your metabolism, which hinders weight loss.

You shouldn't wait until the feeling of thirst or dry mouth hits you, at that point damage has already been done. Instead, constantly rehydrate throughout your day to avoid dehydration.

The best way to do this is to incorporate water into your daily schedule. Have a water bottle at your desk and train yourself to sip on it often and get into the habit of drinking a full glass of water with each meal and snack.

## 3. Reduce Your Stress

- I don't have to tell you that we are living in a fast-paced world and that most of us have stress levels that are through the roof. But what you might not realize is that your stress levels are making you fat.

- Stress creates an increase in the hormone cortisol, and chronic stress creates a chronic increase in cortisol. This is a prob-

lem because it slows your metabolism, leads to cravings and is linked to greater levels of abdominal fat storage.

- The vicious cycle of stress and weight gain goes around and around. Stress causes you to eat emotionally, and your raised cortisol levels cause that food to be stored as fat.

One of the most effective ways to instantly eliminate stress is to sit down and write out a list of all the things that are bothering you. This should include things that you need to get done, issues that weigh on your mind and anything you believe contributes to your stress level.

Once it's all down on paper, organize it like a to-do list and start resolving each item. Doing so will get the stress off of your mind and will put your body into the motion of resolving each issue.

## 4. Eat Out Less Often

- Research suggests that most people eat out one out of every 4 meals and snacks. That's an average of once a day.

- Restaurant food is designed to do one thing: to taste good. In order to increase eating pleasure, each item is loaded with fat, salt and sugar. This causes you to eat way more calories than you actually need.

- Even when you order 'healthy' items, you're still taking in more calories and fat grams than you would if you had prepared the item at home. Imagine the last salad you ordered out. Didn't it come with cream dressing, croutons, cheese sprinkles and a piece of butter-laden bread on the side?

The main reason people eat out is for convenience, so with a little organization you'll find that preparing your own meals takes less time than you thought it would. On the weekend sit down and plan out your meals for the week. Then go to the grocery store and stock up on everything you'll need for those meals.

Pack your lunch and snacks each night before bed, then grab it on your way out

the door in the morning. When you prepare dinner at home, make enough for at least the next day as well. Your efforts will pay off both in terms of weight loss and in money saved.

## 5. Exercise Smarter

- You do the same thing each and every time you exercise. Same machines, same pace, same duration. While your routine sure feels comfortable, your results have long since halted.

- A plateau occurs when your body adapts to your routine and weight loss stops. It is incredibly frustrating, and totally avoidable.

- You don't have to increase the amount of time that you spend exercising in order to see quicker, faster results. It's all about challenging your body.

There are two simple ways to instantly increase the effectiveness of your exercise routine. First, increase your pace. Secondly, increase your intensity. Constantly vary your speed and intensity in order to keep your muscles guessing and adapting.

Another way to break through the exercise plateau is to do something totally new. If you regularly use weight machines then start using free weights. If you normally jog on the treadmill then start using the bike.

Are you ready to break the plateau as you take your routine to the next level?








Would you like to know without a shadow of a doubt that you are going to lose weight in the coming months?

It's my goal to see you achieve greatness. I believe that you've got what it takes.


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**WEEKLY WEATHER FORECAST**

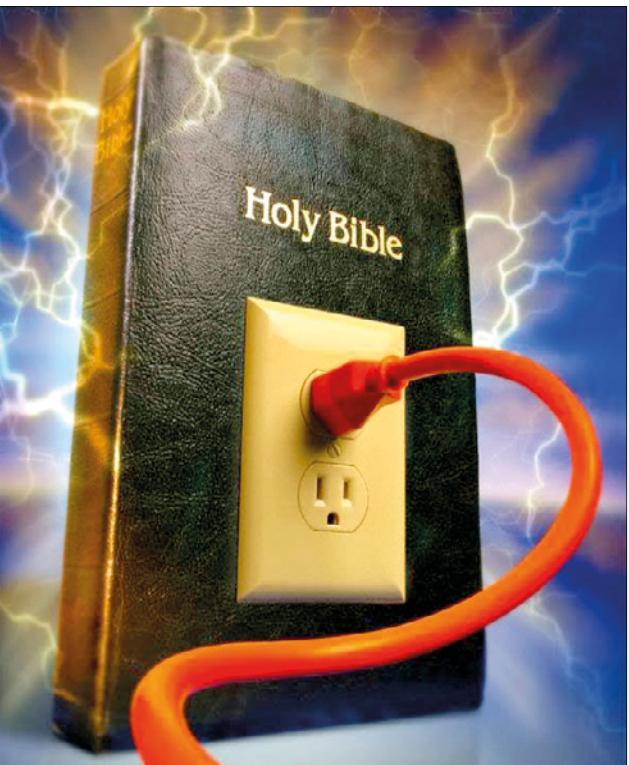
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
82° / 76°	81° / 76°	81° / 75°	81° / 75°	78° / 76°	80° / 76°	79° / 75°
Partly sunny and pleasant	A passing morning shower	Mostly sunny and nice	Breezy in the morning; sunny	Sunny and pleasant	A little rain in the morning	A shower in the afternoon

## MOMENTS OF INSPIRATION



# OUR TRUE POWER SOURCE - JOHN 15:5

Many times I would be working on my laptop when it suddenly dies. Even on my phone at times. Most times when I check, sure enough the other end of the cord wasn't plugged in fully into the wall. If we are not plugged into the true source of power we'll run out of power. In the physical. Spiritually, Jesus taught this lesson to His disciples using the imagery of the vine and branches. A branch by itself on the ground is just a stick because it is disconnected from its source of power and life. Once connected to source of power it is alive and flourishing. The lesson here is simple. If you are not plugged in to Jesus you are dead for He is the true source of power to us. Have you?



## DEATH ANNOUNCEMENTS

**Churchill's** Funeral Home


We have been asked to announce the passing of Mr. Arney L. Ebanks, who passed away on Thursday, January 27, 2022. A Thanksgiving Service will be held at George Town Seventh-day Adventist Church, Smith Road, George Town, Grand Cayman on Sunday, February 06, 2022 at 2:00 p.m. Viewing: 1:00 – 2:00 p.m. Interment at: Prospect Cemetery



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

**Churchill's** Funeral Home

We have been asked to announce the passing of Ms. Loretta Francis, who passed away on Tuesday, January 18, 2022. A Thanksgiving Service will be held at the Covenant Moravian Church, #6 Devon Rd, George Town, Grand Cayman on Saturday, February 05, 2022 at 1:00 p.m. Viewing: 12:00 – 1:00 p.m. Interment at: Prospect Cemetery



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

**Churchill's** Funeral Home


We have been asked to announce the passing of Esther Solomon who passed away on Tuesday, January 18, 2022. A Graveside Service will be held at Prospect Cemetery, Grand Cayman on Wednesday, February, 9, 2022 at 10:00 a.m. Viewing: Closed Casket



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

**Churchill's** Funeral Home

We have been asked to announce the passing of Ms. Blossom Hope Arthurs, who passed away on Tuesday, January 04, 2022. A Thanksgiving Service will be held at Church of God Prophecy, 314 Eastern Avenue, George Town, Grand Cayman on Saturday, February 05, 2022 at 12:00 p.m. Viewing: 11:30 a.m. – 12:00 p.m. Interment at: Prospect Cemetery



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

The family of the late **Carolyn Ann Jackson** regret to announce her passing on 25 January, 2022.

A funeral service will be held at 2:00pm on Saturday, 5th February, 2022 at John Gray Memorial Church, West Bay.

Viewing will take place on Friday, 4th February at Bodden Funeral Service from 5:00 - 7:00 p.m.

Interment will follow at St. Mary's Garden of Rest Cemetery, Willie Farrington Drive, West Bay.



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

The family of the late **Mrs. Florient Rankine nee Jervis** regret to announce her passing on 20 January, 2022.

A funeral service will be held Sunday, 6th February 2022 at the Church of God (Universal), East End at 2:30 p.m.

Viewing will be held from 1:30 p.m. prior to the service

Interment will follow at the East End Cemetery.



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

The family of the late **George F. Manderson Sr.** regret to announce his passing on the 18<sup>th</sup> of January 2022.


A funeral service will be held 1:00 p.m. at Church of God Chapel on the 5<sup>th</sup> day of February 2022.

Viewing will be held from 12:00 – 12:45 p.m. prior to the service

Interment will follow at the Prospect Cemetery.

All Covid 19 precautions will be observed.

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



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

The family of the late **Ivy Fern McLaughlin** regrets to announce her passing on Sunday January 30, 2022.

A funeral service will be announcement at a later date.



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



# SUDOKU

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

## Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

4/25

### Answer to previous puzzle

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

Difficulty Level ★★★★★

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## CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Constellation part
  - 5 Book of maps
  - 10 Plumbing piece
  - 11 Peanut, informally
  - 13 Resting on
  - 14 Turn
  - 15 Fast sailing ship
  - 17 Top-secret govt. org.
  - 18 Main courses
  - 19 Friend of Bashful
  - 20 "My country — of thee"
  - 21 One-sided win
  - 22 Girder metal
  - 25 Doesn't own
  - 26 Exist
  - 27 Drunkard
  - 28 Radio's Glass
  - 29 Egyptian beetles
  - 33 German article
  - 34 Chewy candy
  - 35 Magazine worker
- DOWN**
- 37 Soft drink choice
  - 38 Harsh
  - 39 Easy gait
  - 40 Sides in an eternal battle
  - 41 Uses a needle
  - 1 Word separator
  - 2 Giant of myth
  - 3 Left, on a liner
  - 4 Witty banter
  - 5 Concurs
  - 6 Handy-man's collection
  - 7 Whole bunch
  - 8 Leave high and dry
  - 9 Begins
  - 12 Gasps, say
  - 16 Face concealer
  - 21 Takes back
  - 22 Trombone parts
  - 23 Rants
  - 24 Difficult to pin down
  - 25 Lion sound
  - 27 Frightens
  - 29 Get a goal
  - 30 Love, to Luigi
  - 31 Under
  - 32 Bed boards
  - 36 Cowboy nickname

F	A	M	I	S	H	T	O	G	A
A	T	O	N	C	E	O	R	A	L
R	A	T	T	A	N	T	E	L	L
E	L	T	O	N	R	E	G	I	S
S	L	O	T	F	E	M	A	L	E
			A	M	E	N	N	E	T
			K	A	L	A	M	A	Z
R	A	N	R	U	L	E			
E	R	A	S	E	R	P	L	A	N
P	A	G	E	S	S	H	O	R	E
A	C	R	E	S	A	Y	S	O	S
S	H	A	M	U	N	R	E	S	T
T	I	M	E	M	E	S	S	E	S

### Saturday's answer

- 7 Whole bunch
- 8 Leave high and dry
- 9 Begins
- 12 Gasps, say
- 16 Face concealer
- 21 Takes back
- 22 Trombone parts
- 23 Rants
- 24 Difficult to pin down
- 25 Lion sound
- 27 Frightens
- 29 Get a goal
- 30 Love, to Luigi
- 31 Under
- 32 Bed boards
- 36 Cowboy nickname

## Word Search

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

- Austin
- Baikal
- Balaton
- Chad
- Como
- Erie
- Eyre
- Garda
- Geneva
- Great Bear
- Huron
- Lugano
- Maggiore
- Maracaibo
- Michigan
- Ontario
- Placid
- Superior
- Tahoe
- Titicaca
- Volta

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

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

8-16



Have fun with  
**CAYMANIAN  
TIMES**

### CURTIS

By Ray Billingsley

IT WAS THEN THAT THINGS GOT UGLY...

CHUTNEY TRASH-TALKED TOMAURA, THEN TOMAURA TRASH-TALKED CHUTNEY!...

THEY LOOKED AT ME AND TOGETHER THEY TRASH-TALKED ME FOR WELL OVER AN HOUR!

AND I WAS THE ONE WHO WOUND UP FEELING LIKE GARBAGE!

### THE AMAZING SPIDER MAN

By Stan Lee

A VERY THIN BLUE LINE FACES THE ONCOMING SENTRY...

YOU BADGE-BOYS GET TO PLAY HERO EVERY DAY...

SEE!!!

TODAY IT'S MY TURN!

STAN LEE LARRY LIEBER 8-16

### JUDGE PARKER

By Woody Wilson & Mike Manley

SWITCHING TO LOCAL NEWS, AUTHORITIES ARE STILL SEARCHING FOR THE CAUSE OF THE FIRE THAT GUTTED THE SPENCER RANCH BED AND BREAKFAST EARLIER THIS WEEK...

THE EARLY-MORNING BLAZE, SEEN HERE, AS CAPTURED ON MULTIPLE CELLPHONES...

MICHELLE + MARIET 8/16



**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



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FOUNDATION**  
HELPING PEOPLE HELP THEMSELVES

**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.