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# Caymanian Times



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Friday, February 18, 2022 Issue No 741

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# COMMUNITY TOURISM IN THE CARIBBEAN

*“As iron sharpens iron, so one person sharpens another.” - Proverbs 27:17*

By Basil Springer

Over the last 65 years, more than 30 warm-weather tourism destinations in the Caribbean archipelago of islands and coastal communities have attracted leisure and business visitors alike. Tourism has matured into a world-class service sector.

Our people are our greatest asset, and we must develop them to the fullest. Not until we fully embrace tourism can we claim a sustainable industry.

Community tourism is a catalyst in this regard.

Land-based tourism accommodations range from EP and all-inclusive hotels and

resorts and villas to the sharing economy, which is growing exponentially and complements airlift capacity growth into a destination.

Cruise tourism is a world on its own and is twinned with land-based tourism (tours, attractions, restaurants, and activities) to widen the breadth of the seafaring experience.

Marine tourism includes sailing, white water rafting, water skiing, canoeing, kayaking, scuba diving, snorkeling, angling and more sophisticated types of fishing. This has helped buoy the Caribbean tourism industry, especially during the COVID-19 pandemic due to the socially distant nature of the sector.

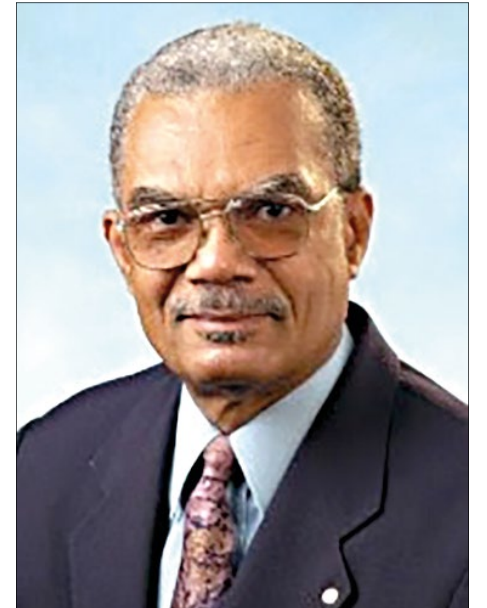
Thought leadership, innovation and disruption have been the order of the day in battling the pandemic and it seems that with a gradual increase of vaccinated persons we may be seeing some positive light at the end of the tunnel.

The United States Virgin Islands (USVI) designed and implemented sensible public health protocols, facilitated by an effective Travel Screening Portal, and has been an exemplar as to how to manage through a pandemic. The USVI has led the Caribbean in the increased rate of visitor arrivals and has registered strong spending statistics, while protecting its people and visitors from loss of life, sickness from the virus and loss of jobs.

We now must plan for post COVID-19 economic growth, and community tourism, including village, agro, eco, farm stay and flower tourism, could play an integral role.

This creates a major opportunity for better connections with residents. It gets our people involved in the process of tourism growth while at the same time securing the future of families.

It was in Mandeville, Jamaica on July 18, 2002, where I was introduced to the concept of Community Tourism by Diana McIntyre-Pike, founder of the Country-style Community Tourism Network. She took us on a tour where the late Butch Stewart, founder of Sandals Resorts International, participated with villagers in stirring cassava to make “bammy”, which was on the menu for tourists lunching



► Dr. Basil Springer GCM is a Change-Engine Consultant

with the villagers on that day. Now, some 20 years later, we are still struggling to get community tourism established as a sustainable service to visitors.

People need to be aware of the community tourism opportunity and recognize that this could lead to jobs and propel enterprise development.

The community tourism value proposition has been established. The public and private sectors must work together to create an enabling environment. Investment

SEE **COMMUNITY TOURISM**, Page 3

## A note to our clients

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## COMMUNITY TOURISM IN THE CARIBBEAN



- Tourism (land-based, cruise, marine)
- Intellectual capital (thought leadership, innovation, disruption)
- Community tourism (village, agro, eco, farm stay, flower)
- People (awareness, workforce development, jobs)
- Public-private sector (planners, enablers, implementers)



## Caymanian Times

Issue # 741

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](mailto:info@caymaniantimes.ky)  
Website: [www.caymaniantimes.ky](http://www.caymaniantimes.ky)

# New and more convenient methods for collecting British Overseas Territories Passports

The Passport and Corporate Services Office (P&CSO) has launched new and more convenient methods for collecting Cayman (British Overseas Territories Citizen) (BOTC) Passports.

In partnership with the Cayman Islands Postal Services (CIPS), a collaborative and streamlined system has been implemented, whereby passport applicants will have a number of options for collecting / receiving their BOTC passports.



► British Overseas Territories Passport

Under the new system, once a passport is ready for collection, CIPS will contact the applicant, or their representative, and offer the choice for the BOTC passport to be collected from any post office on Grand Cayman. Alternatively, for a nominal fee (\$5 within the George Town area, or \$10 for the rest of Grand Cayman), the passport can be conveniently delivered to the recipients' home or work address.

The revised system aims to make the BOTC passport collection process easier and more convenient for customers, and is in keeping with the Civil Service's purpose "To make the lives of those we serve better".

## COMMUNITY TOURISM IN THE CARIBBEAN

CONTINUED FROM Page 2

finance must be secured from godparents, including the Diaspora. Public relations and sales and marketing expertise must be secured to make the public aware of the opportunity. Operational systems must be introduced to increase productivity and nurture the enterprise to profitability. The people, as a major stakeholder, must be trained as to how they can participate in community tourism.

I hope your day is filled with family, friends, and community. Embrace those happy moments that become favorite memories. Happy Valentine's Day!

*Dr. Basil Springer GCM is a Change-Engine Consultant. His email address is basilgf@marketplaceexcellence.com. His columns may be found at [www.nothingbeatsbusiness.com/basil-springer-column/](http://www.nothingbeatsbusiness.com/basil-springer-column/) and on [www.facebook.com/basilgf](https://www.facebook.com/basilgf)*



# Scholarships to pursue A level Studies

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

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- ▶ 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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# Renowned parenting programme available at Family Resource Centre

The Family Resource Centre (FRC) has begun offering the Positive Parenting Programme, known as Triple P, as part of its enhanced support services for families in the Cayman Islands.

Used in over 25 countries, the Triple P Programme trains parents in the necessary skills to raise confident, healthy children and teenagers through the cultivation of stronger family relationships. It also helps parents to manage and even prevent concerning misbehaviour.

Clinical Supervisor of the Family Resource Centre Charmaine Miller said that the programme, "doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs."

The FRC offers three versions of the Triple P Programme: Standard, Teen and Family Transitions. The Standard programme is for parents of children aged 12 and under, that are finding their child's behaviour challenging to manage.



► Minister for Health & Wellness, Hon. Sabrina Turner

The Teen programme is for parents of teenagers up to 16 years old who are interested in promoting their teenager's social development and/or have concerns about their behaviour.

The Family Transitions programme is specifically for parents who are divorced or separated and need assistance managing difficult emotions, communications breakdowns with their co-parent, or in situations where they find their child or children may feel caught in the middle. The FRC recommends other Triple P programmes only be initiated after the Family Transitions programme has only been completed, to address any parenting-specific issues that may be ongoing in the household.

Lauded as one of the most effective, evidence-based programmes in the world, the FRC encourages families in the Cayman Islands to participate in Triple P. Department of Counselling Services Director Judith Seymour said "Triple P has been proven across cultures to reduce emotional problems in children and significantly lessen parental stress, so we welcome the opportunity to introduce these evidence-based programmes to further complement the work already being done with many families in our community."

Minister for Health & Wellness, Hon. Sabrina Turner, commented: "Although there is no 'one size fits all approach' to parenting, we are pleased to offer programmes like Triple P, to strengthen men-

tal health support for parents and children alike. It is our goal to offer more initiatives like these within the Ministry of Health & Wellness to give families, especially those with children and adolescents, the resources necessary to be resilient in the face of challenges. I am proud of the Family Resource Centre and its leadership for standing at the helm and implementing this in-depth, effective programme."

Families interested in enrolling in either of the Triple P Programmes can do so by filling out the Workshop Screening Form found at [www.dcs.gov.ky/frc/family-resource-center-workshop-screening-form](http://www.dcs.gov.ky/frc/family-resource-center-workshop-screening-form). For more information and general enquiries, contact the FRC at 949-0006 or by emailing [frc@gov.ky](mailto:frc@gov.ky).



**Department of Agriculture**

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## Attention Franksound/North Side Farmers

The Department of Agriculture's Land Clearing Equipment service is currently being offered to all registered Commercial Farmers and organizations involved in agriculture in the districts of Franksound/North Side.

Application forms can be collected from the Department of Agriculture's Sales Office or downloaded from its website at [www.doa.gov.ky](http://www.doa.gov.ky)

(Agronomy/Revised Bulldozer Policy).

No incomplete or late applications will be accepted.

**Deadline for receipt of applications for this district is Friday 4<sup>th</sup> March 2022.**

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► Hon. Juliaana O'Connor-Conolly (ctr.) is photographed with MOE Deputy Chief Officer Mr. Joel Francis (l), District Commissioner Mr. Mark Tibbetts (2nd left), Deputy District Commissioner Ms. Chelsea Whittaker (2nd right), Acting CIPLS Director Mr. Kevin Goring (3rd right) and District Administration Finance Manager Mr. Silvio Gomez



► A section of the audience at the reopening reception for the Cayman Brac Public Library

# Cayman Brac Public Library Officially Reopens

By Cayman Islands Public Library Services

The Cayman Islands Public Library Services (CIPLS) held a reception on Friday afternoon (11 February) to celebrate the reopening of the Cayman Brac Public Library.

In his welcome remarks at the reception, CIPLS Acting Director Mr. Kevin Goring commended the Cayman Brac Public Library staff for their efforts to ensure its timely reopening. "I am impressed with the efforts of library branch manager Laticia Brown-Conolly and Library Assistant Janice Webb, who have worked tirelessly

to preserve the library's entire collection of 7000 books, assist with the restoration efforts and restore operations," Mr. Goring remarked.

He further encouraged community members to utilise the newly renovated space that features freshly painted walls and newly installed floor tiles to replace the flooring damaged by accidental flooding in August.

Mr. Joel Francis, Deputy Chief Officer in the Ministry of Education, likewise used the opportunity to thank stakeholders for creating what he described as "an inviting space through which the public library's services can be delivered in Cayman Brac".

The Deputy Chief Officer also welcomed community members to share ideas on how to further enhance the library's effectiveness, stating, "A public library is only as vibrant and effective as the community within which it exists. I invite members of the Cayman Brac community, churches, youth groups, clubs and schools to come out and share ideas on improving literacy and education, developing culture and the sharing of information."

Minister of Education Hon. Juliaana



► Library Manager Ms. Laticia Brown-Conolly (left) joins Hon. Juliaana O'Connor-Conolly (right) as she presents one of two raffle prizes to Mr. Doug Ross (ctr)



► Hon. Juliaana O'Connor-Conolly and MoE and District Administration officials/staff, including Ms. Chelsea Whittaker, Mr. Joel Francis, Mr. Kevin Goring, Ms. Laticia Brown-Conolly and Mr. Mark Tibbetts, are photographed with Rotarian Ms. Annie Rose Scott outside of the library

O'Connor-Conolly delivered the keynote address.

The Minister outlined the importance of public libraries to nation-building and shared plans to improve the library network within the Sister Islands.

"We will use this facility to springboard into greater programmes," Minister O'Connor-Conolly commented. "I look forward to expanding library services over the next three years to include a mobile library within the Sister Islands in an effort to further build our communities."

Several attendees expressed their delight at the library's reopening.

Community member Ms. Annie Rose Scott stated. "I am grateful and thrilled at

the reopening of the public library after months of refurbishing. The new flooring and the paint job look superb and help create a welcoming atmosphere. As Brackers, we are proud to have access to a facility of this calibre and look forward to its continued development to meet the needs of our community.

Local poet Mr. Doug Ross provided the afternoon's entertainment with a well-received poetry recital.

Others in attendance included District Commissioner Mr. Mark Tibbetts, Deputy District Commissioner Ms. Chelsea Whittaker, other District Administration staff, the Cayman Brac Public Library staff, and other community members.

My bank keeps me ahead.

# DMS Broadcasting Debuts Three New Radio Stations in the Cayman Islands

*Leading media group introduces exciting new music formats to expand listening choices plus a fresh new genre of talk radio to foster community engagement*

DMS Broadcasting, the Cayman Islands' most powerful name in media, will launch Magic 91.5 FM, CayCountry 93.5 FM, and BOBO 89.1 FM. Together these two widely popular, listener-requested music genres plus the unique and innovative community radio format will delight the listening pleasure of residents beginning in late February.

Magic 91.5 FM, The Soul of Cayman - will showcase an Urban Adult Contemporary format and feature smooth R&B, music from the Motown era, 70's funk, 80's soul-pop, 90's throwback hip hop tracks, Caribbean soul, and today's soul artists. Magic 91.5 FM's curated selection of instantly recognizable songs will have a broad appeal on the island. Featured artists will include Toni Braxton, Michael Jackson, Marvin Gaye, Beres Hammond, Alicia Keys, Lionel Richie, Freddie McGregor, The Supremes, John Legend, Boyz II Men, Al Green, Diana Ross, Bruno Mars, Maxi Priest, Temptations, Luther Vandross, Prince, Barrington Levy, Stevie Wonder, and Whitney Houston.

CayCountry 93.5 FM, Cayman's Best Country & Your All-

Time Favorites - will showcase today's Hot Country format and feature today's #1 Country hits along with your all-time favorite country music songs. CayCountry brings high-energy music and a fresh sound to Cayman for country music lovers. Featured artists will include Chris Stapleton, Keith Urban, Luke Bryan, Shania Twain, Blake Shelton, Jason Aldean, Kelsea Ballerini, Toby Keith, Dan & Shay, Carrie Underwood, Alan Jackson, Kenny Chesney, Tim McGraw, Brooks & Dunn, Garth Brooks, and Maren Morris.

BOBO 89.1 FM, Your Voice offers a groundbreaking new community radio format that provides local and global blends of talk, news, information, eclectic music, arts, and culture targeted at diverse communities across Cayman. Everyone can have their voice heard on BOBO either through content creation or audience participation. Content creators will now have the platform to host their own choice of radio show.

DMS will provide full training and operational support for any content creator providing a voice on the platform on any topic such



as news, talk, sports, politics, lifestyle, community and culture, health, business, law, finance, real estate, gardening, religion, or music. BOBO 89.1 FM will offer content creators the opportunity to build their on-air radio presence to reach a massive audience even if the creator has never done radio before. Anyone interested in hosting a show on BOBO is invited to contact DMS Broadcasting for more information.

Operations Manager Blake Rogers says, "We're excited to bring more content choices to the island in a way that only DMS can deliver. Expanding our footprint to reach more audience brings together our dynamic creativity,

exceptional content, and innovative spirit as we continue to build Cayman's best audio content and entertainment platforms for our listeners and our advertisers."

DMS Broadcasting had led the radio industry in the Cayman Islands since its start in April 2005 when DMS Founder Don Seymour first launched DMS Broadcasting with three radio stations, X107.1 FM (Top 40), 106.1 Kiss FM (Adult Contemporary), and Hot 104.1 FM (Caribbean). DMS later acquired the 96.5 FM frequency and launched the rock format known today as 96.5 Cayrock. The new radio stations bring the total number of stations to seven within the radio group. They have also recently acquired eCay-

Online and eCayTrade, the leading digital platform and number one online marketplace in the Cayman Islands.

Additional information and live streaming are available at [www.dmsbroadcasting.ky](http://www.dmsbroadcasting.ky).

For interest in hosting your own show on Bobo 89.1 FM, please contact Program Director Chuck Taylor at [ctaylor@dmsbroadcasting.ky](mailto:ctaylor@dmsbroadcasting.ky).

For advertising information, please contact General Sales Manager Mike Keesee at [mkeesee@dmsbroadcasting.ky](mailto:mkeesee@dmsbroadcasting.ky).

For more information regarding Programming, please contact Operations Manager Blake Rogers at [brogers@dmsbroadcasting.ky](mailto:brogers@dmsbroadcasting.ky)



## NOTICE

THE ELECTIONS OFFICE WISHES TO ADVISE THAT, AS THERE HAVE BEEN NO CLAIMS OR OBJECTIONS FILED WITHIN THE PRESCRIBED PERIOD IN RELATION TO THE REVISED LISTS PUBLISHED ON 22<sup>nd</sup> OCTOBER, 2021, THE REVISING OFFICER WILL NOT BE SITTING IN ANY OF THE NINETEEN ELECTORAL DISTRICTS FOR THIS QUARTER

SUPERVISOR OF ELECTIONS



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# CARIBBEAN TOURISM ON THE COMEBACK TRAIL

By Staff Writer

Caribbean destinations are kickstarting their tourism industries, some at a more aggressive rate than others, keen to recapture market share and reboot their economies.

With jobs at stake and government finances under pressure - in part from having to support workers laid-off because of the COVID-19 pandemic - the rush to reopen is also bordering on competition between destinations.

The Caribbean region has seen some of the highest comparative COVID-19 infection and mortality rates based on population size, although recent trends are now seeing a reduction in infections, hospitalisations and deaths.

The impact on regional economies has been equally severe, especially in the tourism sector where the policies of the source countries, mainly the US and Europe, have deterred travel.

With restrictions now being relaxed especially for quarantining, but coupled with a heavy emphasis on vaccinations, the outlook is encouraging.

Assessing the current situation the Caribbean Tourism Organisation (CTO) has described it as "light at the end of what has been a long tunnel."

The prospects for at least for the medium term look encouraging judging on activity from the second half of 2021 when the region is reported to have outperformed the global average for stayover arrival growth and tourism's contribution to gross domestic product (GDP).

In the third quarter of 2021 particularly, the Caribbean recorded 5.4 million tourist arrivals, almost three times the number compared to the same period of 2020 when the pandemic was at its peak.

However, the region is still a long way off from regaining its 2019 arrival and spending figures.

According to the CTO, "While the results to date have not indicated a return to 2019 levels, the exceptional results recorded in the summer to year-end period of 2021 show that a scaled or gradual rebound is likely and very possible by the end of 2022."

The CTO is also urging "longer-term approaches to promote sectoral sustainability."

The comeback trail for the Caribbean tourism industry has also been profiled in leading travel press and international media outlets.

In a new report, the New York Times reports that 14 out of 26 CTO member countries have reported increases in international visitors in 2021, with other regional destinations showing better-than-anticipated visitor numbers last year.

The stayover sector and air travel have been more robust than the cruise sector, which suffered dramatic COVID outbreaks and almost crippling financial losses.

The cruise industry is keen to make a comeback and has already started sailing again with the Caribbean among the top in-demand destinations.

The New York Times says that while "across the region, the numbers of cruise



visitors fell precipitously during the pandemic and trying to get them to return is a major priority with some Caribbean nations resorted to more creative measures to attract cruisers."

Here in Cayman, where air travel and stay-overs are gradually returning, a more cautious approach has been adopted for the cruise industry.

Hon. Min. of Tourism Kenneth Bryan said a few days ago in a live-streamed podcast that an announcement could be expected shortly; on the way forward for the cruise sector in Cayman under a plan for what he said would be "a more sustainable model" for the industry here.

Mr Bryan has commissioned a report based on concerns over managing the huge numbers of cruise passengers and the resulting impact on congestion both in George Town and at the beaches.

"We're trying not to just go back to where the levels were before where there was chaos downtown. I've requested a report to find out what is the sustainable number for the Cayman Islands because I think that the previous numbers before the pandemic was not where the people of Cayman Islands were comfortable."

Looking at the livelihood of the people who work in the sector and the wider economic implications, he explained that the objective is to have what he called "the right equilibrium for the cruise industry", adding that "persons who are working in the industry can still make their money and provide for their families, but without the high volume (of cruise tourists) which affects our communities," he said.

Mr Bryan recently hosted a meeting between the Cayman Islands Govern-



► Hon. Minister of Tourism Kenneth Bryan

ment (CIG) and top officials of the Florida Caribbean Cruise Association (FCCA), whose member companies - and passengers - are said to be keen to return to Cayman.

Talks focussed on the practicalities of specific public health protocols the government is considering for the cruise sector, and its proposals to "rebalance" the industry here.

Recalling examples of around 25,000 people per day coming ashore from visiting cruise ships, Tourism Minister Bryan, however said that while the review is ongoing, "in the interim we can't wait for that perfect restructuring of the cruise passengers. We want to get the industry going as we analyse the best way to structure what is the ideal number of passengers we want per day."



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# Malcolm Kay is new Area Commander for Sister Islands

The RCIPS Senior Command Team recognised the need for a strong and experienced officer at the helm for the Sister Islands and so, after great consideration RCIPS Chief Inspector, Malcolm Kay was selected as the new Area Commander for the Sister Islands, based in Cayman Brac.

CI Kay succeeds Inspector Ian Yearwood who was temporarily appointed to the role in April 2021. Inspector Yearwood has returned to uniform policing duties on Grand Cayman.

CI Kay has over 25 years of operational policing experience in the Cayman Islands. His career path has had a focus on serious and complex investigations in the Cayman Islands as well as other British Overseas Territories. Prior to his new assignment as the Area Commander for the Sister Islands, CI Kay occupied the role of Chief Inspector in charge of Specialist Operations for the RCIPS, which included oversight of the Traffic and Roads Policing Unit, the Firearm Response Unit, K-9 Unit and others.

"As a part of the RCIPS strategic plan I hope to bring stability and continuity to the leadership and management of policing in the Sister Islands," says CI Kay. "My previous management of the Drugs and Serious Crime Task Force has provided me

with an insight of the issues surrounding drug use, sales, and transshipments; and my ongoing relationship with operational units in Grand Cayman as well as the newly formed Cayman Islands Coast Guard will provide me with the resources required to tackle all levels of crime on land, air, and sea."

CI Kay was eager to organise his new home in Cayman Brac. He is now permanently assigned to the Sister Islands and officially arrived for this new post on Tuesday, 1 February. Throughout the coming weeks he will be making his rounds, meeting with key members of the community, such as the District Commissioner, the Deputy District Commissioner, the head of the Sister Islands Customs and Border Control, Cayman Islands Fire Service, Public Works Department and the Port Authority, as his first order of business. This will ensure the strong partnerships established between the police and community leaders continues to grow.

Community Policing will be a priority for CI Kay and as such he will be meeting with the various school leaders and other members of the community, to build the relationships that will help him to understand the needs of the people of the Sister Islands. CI Kay intends to have quarterly

community meetings both on Cayman Brac and Little Cayman.

"I welcome this new chapter in my professional career and fully embrace the challenges ahead" says CI Kay. "From a personal perspective I feel like I am coming home as I have a great love for the Sister Islands and the time I have spent here over the years. I consider Cayman Brac and Little Cayman my home away from home and look forward to being the new Area Commander."

Police Sergeant (PS) Jason McKane has also been assigned to work in Cayman Brac alongside CI Kay and he too arrived on Tuesday, 1 February. PS McKane has been with the RCIPS for the past 4 years and has worked within the Community Policing Unit as well as Service Delivery in the Uniform Branch. To add to his experience, he arrived in the Cayman Islands after spending over 14 years working in the Jamaica Constabulary Force, within the Criminal Investigations Branch and Community Policing Department. His experience and work ethic will prove to be invaluable to the Sister Islands.

The Commissioner of Police, Mr. Derek Byrne states, "The Senior Command Team and myself have the utmost confidence in Chief Inspector Kay's abilities to lead and take charge of policing matters in the



► RCIPS Chief Inspector, Malcolm Kay

Sister Islands, due to his vast experience and his skills and instincts as an investigator for many years. Police Sergeant Jason McKane has been newly appointed to his rank and will gain invaluable experience as a sergeant working alongside CI Kay. Additionally, his experience in community policing fits the kind of policing that the Sister Islands require. We wish them the best of luck and look forward to the changes and developments that they will accomplish in the Sister Islands."

# Caymanian Times



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# COCO FEST IS BACK BY POPULAR DEMAND!

## Pedro St. James Set to Host Scaled Down Coconut Festival

A celebration of all things coconut, Pedro St. James, and the Tourism Attraction Board (TAB) are looking forward hosting its seventh annual Coco Fest on Saturday 26th February albeit a smaller version of the popular event.

"It's another outlet for entrepreneurs to promote and sell their locally made products but emphasizing the precious coconut fruit," said TAB Director Patrick Thompson.

Beginning in 2016, Coco Fest was created as a way to celebrate the Cayman coconut and to preserve its ties to Caymanian culture and heritage. The festival, which also highlights local cottage industry business is about remembering a time when the coconut industry was vital in Cayman.

Coco Fest also supports the *Shop Local* ethos by creating a space for small busi-



► Cayman Coco Nest bird nest (Photo credit - Carlo Lee)



► Pedro Staff Allen Hurlston enjoys serving up freshly chopped coconut water (Photo credit - Carlo Lee)



► Cayman Craft Market Vendor Melba Miller showcases her handmade coconut shell products

nesses to showcase and sell their art work, traditional foods and products made from coconut oil or some part of the coconut plant.

"We have had upwards of 30 vendors and demonstrators in past years, and although we are working to downsize this year's event to ensure we are adhering to the required COVID-19 regulations, we've seen a keen interest by vendors, new and old, signing on. I was informed by the PSJ team that all our spots were sold out in about a week's time," added Mr. Thompson.

Fidelity Bank Cayman Ltd., who has signed on as the main sponsor for the fourth consecutive year is demonstrating its commitment to supporting Coco Fest and its promotion of small businesses.

"We are proud to sponsor events like this as it highlights our dedication to the community, not only through helping to preserve the history and culture of Pedro St. James through its fundraising but we are in turn supporting small businesses, something we are proud to do as a major banking institution, said Fidelity Bank Senior Business Analyst, Linval Johnson.

Visitors can look forward to an array of locally cooked foods, candies, produce, games, and beauty products. There will also be an arts and crafts corner hosted by the Visual Arts Society.

Cayman Spirits Company have once again also partnered with Coco Fest in which sales of its specialty coconut rum drink will benefit the National Historic Site.

Live entertainment will include One World Entertainment, Little Magic and Pan n' Riddim steel band.

Entry to Coco Fest is only CI\$10 for adults and CI\$5.00 for children six to twelve. Children five and under are free. All attendees will receive a raffle ticket with their entry and will be able to purchase more tickets at the Pedro St James info booth.

Coco Fest will take place at Pedro St James Great Lawn in Savannah on Saturday 26th February from 12:00 pm to 6:00 pm. For information please call 947-3329 or email Mona Meade at marketing@tab.ky.

Additional parking is located at the Savannah Play Field and at the rear of the Cayman Islands Baptist Church. The TAB courtesy bus will run back and forth to these areas to shuttle patrons to the admissions gate; social distancing protocols will be in effect with the RCIPS on hand to manage traffic flow along the Pedro Castle Road corridor.

The Cayman Islands Tourism Attraction Board (TAB) is responsible for managing the Queen Elizabeth II Botanic Park; the National Historic Site, Pedro St. James; the Cayman Craft Market and the Hell Geological Site. For information on the TAB or its agencies please email marketing@tab.ky, call 949-6999 or visit the website www.tab.ky and its social media sites.

**Sponsors:**

- Main Sponsor - Fidelity Bank Cayman Ltd.
- Pepsi (CEL Distributors)
- Ministry of Culture & Heritage
- Tourism Attraction Board
- High Impact Media
- Cayman Spirits Company
- ATV Cayman
- One World Entertainment
- One Tree Four Five Collection
- Big Fish Radio 95.5
- Foster's
- Grape Tree Café
- A.L. Thompson's
- Vigoro Nursery
- Visual Arts Society

**Coco Fest Vendors:**

- GG's Kitchen
- Nana's Kitchen
- Roast & Fry
- Top Of The Line
- 345 Farm Fresh
- Jazzy Cakes
- Body Treats
- Powder Monkey Treats
- Willie's Fresh Fruits & Juices
- Shilpa's Unique Arts
- Door to Door Ice Cream
- Cayman Scents
- Island Organics
- TNT Novelties
- Beacon Farms
- Pepsi/Aquafina
- Pedro's Fresh Chopped Coconut Water
- Cayman Spirits Co.
- Botanic Park (Plant Sale)
- Dept Of Community Rehabilitation
- Demonstration - National Trust of the Cayman Islands
- Fidelity Booth
- Pedro St. James Info Booth

**In the Gazebo:**

- Cayman Craft Market Vendors

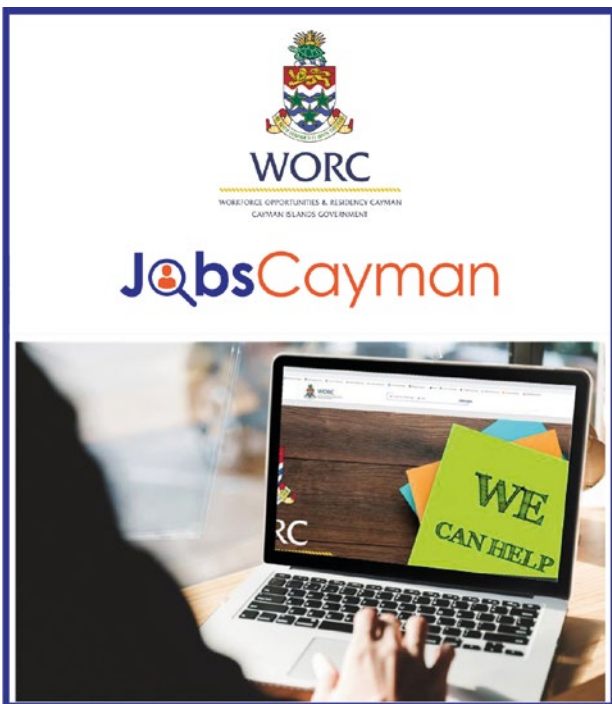


► Main Sponsor, Fidelity Bank staff man a booth at last year's event

COMMUNITY NOTICE

# JobsCayman Payment Portal Upgraded

Workforce Opportunities & Residency Cayman (WORC)'s JobsCayman payment portal has been upgraded. From 14 February, payments made online will now allow for applications to be uploaded at the time of payment. This new feature offers better efficiency and a more concise way of submitting and paying for applications as well as more streamlined tracking and receipting for customer ease.



Customers are encouraged to use this payment option as the submission inboxes where applications were received will no longer be available.

Contact Customer Care at 945-9672 or email worc@gov.ky for assistance in using the payment portal or visit www.worc.ky for payment instructions.

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## 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).



# Current Job Directory on JobsCayman Portal

Attention all Caymanian JobSeekers! Are you seeking new career opportunities? Are you new to the workforce? Check out the current listing of jobs available by occupation below. New jobs are posted online weekly. To find out more or to apply visit the JobsCayman portal at <https://jobscayman.worc.gov.ky> or visit [www.worc.ky](http://www.worc.ky).



## Jobs by Occupation A - Z for the Week of 18 February 2022

Accountants	Cleaners and helpers in offices, hotels	Garden and horticultural labourers	Manufacturing supervisors	Sales workers
Accounting and bookkeeping clerks	Cleaning and housekeeping supervisors in offices, hotels	Gardeners horticultural and nursery growers	Mathematicians, actuaries and statisticians	Secondary education teachers
Accounting associate professionals	Commercial sales representatives	General office clerks	Mechanical engineering technicians	Secretaries (general)
Administrative and executive secretaries	Computer network and systems technicians	Glaziers	Mechanical engineers	Security guards
Advertising and marketing professionals	Computer network professionals	Graphic and multimedia designers	Medical and pathology laboratory technicians	Senior government officials
Agricultural and forestry production managers	Concrete placers, concrete finishers and related workers	Hairdressers	Messengers, package deliverers and luggage porters	Service station attendants
Agricultural and industrial machinery mechanics and repairers	Construction managers	Health professionals	Motor vehicle mechanics and repairers	Services managers
Air Conditioning and Refrigeration Mechanics	Construction supervisors	Heavy truck and lorry drivers	Musicians, singers and composers	Sewing, embroidery and related workers
Applications programmers	Cooks	Home based personal care workers	Nursing professionals	Ships, deck crews and related workers
Bakers pastry cooks and confectionery makers	Crop farm labourers	Hotel managers	Odd job persons	Shop sales assistants
Bartenders	Domestic cleaners and helpers	Hotel receptionists	Office supervisors	Shop supervisors
Beauticians and related workers	Domestic housekeepers	House builders	Other codes assigned as cleaning workers	Software and applications developers and analysts
Bricklayers and related workers	Door to door salespersons	Human resource managers	Painters and related workers	Sports coaches instructors and officials
Broadcasting and audio visual technicians	Draughtspersons	Information & communications technology operations technicians	Personal services workers	Stall and market salespersons
Building architects	Drivers of animals drawn vehicle and machinery	Information & communications technology sales professionals	Pet groomers and animal care workers	Stock clerks
Building caretakers	Early childhood educators	Information & communications technology service managers	Petroleum and natural gas refining plant operators	Stonemasons, stone cutters, splitters and carvers
Building construction labourers	Earthmoving and related plant operators	Information & communications technology user support technicians	Pharmaceutical technicians and assistants	Street and related service workers
Building frame and related trades	Economists	Information technology trainers	Pharmacists	Structural metal preparers and erectors
Building structure cleaners	Electrical and electronic equipment assemblers	Insulation workers	Photographers	Sweepers and related labourers
Bus and tram drivers	Electrical engineers	Insurance representatives	Physio and other codes assigned as therapists	Teachers aides
Business services agents	Electrical mechanics & fitters	Interior designers and decoratorss	Plasterers	Teaching professionals
Business services and administration managers	Electronics engineering technicians	Jewellery and precious metal workers	Plumbers and pipe fitters	Toolmakers and related workers
Butchers, fishmongers and related food preparers	Employment agents and contractors	Kitchen helpers	Policy administration professionals	Traditional and complementary medicine professionals
Buyers	Fast food preparers	Landscape architects	Primary school teachers	Training and staff development professionals
Cabinet makers and related workers	Finance managers	Laundry machine operators	Professional services managers	Underwater divers
Car taxi and van drivers	Financial analysts	Lawyers	Real estate agents and property managers	Upholsterers and related workers
Carpenters and Joiners	Financial and investment advisers	Legal and related associate professionals	Religious professionals	Vehicle cleaners
Cartographers and surveyors	Fitness and recreation instructors & program leaders	Legal professionals	Restaurant managers	Waiters
Cashiers and ticket clerks	Floor layers and tile setters	Lifting truck operators	Retail and wholesale trade managers	Welders and flamecutters
Chefs	Food service counter attendants	Managing directors and chief executives	Roofers	
Child care workers		Manufacturing labourers	Sales and marketing managers	
			Sales demonstrators	

## Message from the Premier

Fellow Caymanians,

This Government is committed to achieving full Caymanian employment, and to getting our displaced Caymanian tourism workers back to work. There are a wealth of jobs currently available, in a wide range of industries throughout the Cayman Islands. To ensure that Caymanians get first preference for these jobs, we want you to have every opportunity to apply. All available jobs registered with

Workforce Opportunities and Residency Cayman (WORC) are listed right here in this directory by occupation. Please have a look through and go online to WORC.ky to register with JobsCayman and apply. I am wishing you every success in your endeavours, and pledge the support of the PACT Government to be here with you along the way.

- Sincerely, Hon. G. Wayne Panton, MP, Premier

## Companies with Vaccancies

- |  |   |  |   |   |  |
|--|---|--|---|---|--|
| 1. 5 Star Construction                                     | 46. Cayman Cost U Less Ltd                        | Maintenance  | 140. JD RETAILER.   | 188. PGS Ltd (Bookkeeping)                        | 233. Steak Social                              |
| 2. A&T SUPERIOR CLEANERS                                   | 47. Cayman Cricket                                | 93. EFG Bank AG, Cayman Branch                               | 141. JDF Industries (Cayman) Ltd                              | 189. Piper Resorts (Cayman) Ltd                   | 234. Sterling Security Solutions Ltd           |
| 3. Al La Kebab   | 48. Cayman Distributors Limited                   | 94. ENTECH   | 142. JN Cayman  | 190. PIVAC Agency Ltd                             | 235. Stone Plumbing                            |
| 4. Alchemy (Cayman) Ltd                                    | 49. CAYMAN FARM & GARDEN                          | 95. Epic Divers  | 143. Johnson's Lawn & Gardening Services                      | 191. Plum Limited                                 | 236. Strategic Risk Solutions (Cayman) Limited |
| 5. ALLENS'S CONSTRUCTION LTD                               | 50. Cayman First Insurance Company Limited        | 96. Ernst & Young  | 144. Jubilate   | 192. Point Blue Sailing Ltd.                      | 237. Sunrise Community Church                  |
| 6. ALLSTAR CONSTRUCTION CO. LTD                            | 51. CAYMAN FREIGHT SHIPPING SERVICES LTD          | 97. Eva's Nail Care  | 145. Kay's Fine Jewelry Ltd                                   | 193. Polar Bear Air Conditioning                  | 238. Super Stitch                              |
| 7. Alpha Omega Dog Training & Behavior Shaping             | 52. Cayman Islands Monetary Authority             | 98. Everything Lawn.   | 146. KHRG Cayman Ltd  | 194. Pooley Cabinets Industries Ltd               | 239. Superior Auto LTD.                        |
| 8. ANCON CONSTRUCTION                                      | 53. Cayman Islands Tennis Club                    | 99. Excite Motors Ltd  | 147. KidsAbility Ltd  | 195. Power Supply Bar & Lounge LTD.               | 240. Sydia's Janitorial And Maintenance        |
| 9. Androgroup Ltd  | 54. Cayman Linen Services Ltd                     | 100. Fashion Mart  | 148. Kings Sports Centre Ltd                                  | 196. Precision Trucking / Equipment Services LTD. | 241. Synergy Chiropractic & Physiotherapy Ltd  |
| 10. Aon Insurance Managers (Cayman) Ltd                    | 55. Cayman Luxury Charters Ltd                    | 101. Foam Pros Ltd   | 149. Kirk Home Centre   | 197. Prestige Construction LTD                    | 242. The Agency Group Ltd                      |
| 11. Apex Fund Services (Cayman) Ltd                        | 56. Cayman Mechanical Company                     | 102. Forbes Hare   | 150. Kirk Market  | 198. Prime Consulting Ltd                         | 243. THE BABY SHOPPE                           |
| 12. AQUATIC POOLS LTD                                      | 57. Cayman Movement                               | 103. Foster's Food Fair Ltd.                                 | 151. Knight Security Services                                 | 199. Progressive Distributors Ltd                 | 244. The Cayman Islands Humane Society         |
| 13. Artista Salon  | 58. Cayman Orthopaedic Group                      | 104. FP Management Services                                  | 152. KPMG.  | 200. Property Cayman Ltd                          | 245. The Excellent Cleaners Ltd                |
| 14. Associated Industries Ltd.                             | 59. Cayman Platinum Construction Ltd              | 105. Francis Heavy Equipment                                 | 153. Le Soleil D'Or   | 201. Property Doctors                             | 246. The Group Ltd                             |
| 15. Baby Express   | 60. Cayman Rehab Services                         | 106. Freelance Hair  | 154. Level Construction & Repairs                             | 202. Pyramid Sunshine Hotel Services Ltd          | 247. The Pilates Studio Ltd                    |
| 16. Back to Health Ltd                                     | 61. Cayman Tiles, Stones & Bricks                 | 107. GCU Custom Upholstery                                   | 155. LJS Recruitment  | 203. Q8 Mobile Car Wash                           | 248. The Ritz Carlton Hotel                    |
| 17. Banco Bradesco S.A. Grand Cayman                       | 62. Caymart Hair and Beauty Supply                | 108. Gemstar LTD.  | 156. M3 Services Ltd  | 204. Quick Start Mobile Mechanics.                | 249. The Wellness Centre Ltd                   |
| 18. Banco Santander (Brasil) S.A.                          | 63. Charterland Ltd                               | 109. GH Mobile Beauty & Spa.                                 | 157. Mail Boxes Etc   | 205. Rainbow Development Ltd                      | 250. Tiffany's Pre-School                      |
| 19. Baptist Health Int'l Cayman Islands                    | 64. Children And Youth Services (CAYS) Foundation | 110. Gh Mobile Car Wash Services                             | 158. Maples Group   | 206. Rawlinson & Hunter Limited                   | 251. TIGER'S PAINTING & CONSTRUCTION           |
| 20. Baraud International Recruitment Consultants Ltd       | 65. Chisholm's Grocery DBA Two Crew Spirits       | 111. Golf Management Services (Cayman) Ltd                   | 159. MaplesFS Service Company Limited                         | 207. RBC Royal Bank (Cayman) Ltd                  | 252. Tiny Tots Academy& Development Center     |
| 21. BDCL Architects  | 66. CITY WOK                                      | 112. Grace Christian Academy                                 | 160. Market Street Ltd  | 208. Reef Divers Ltd                              | 253. Top Job Construction.                     |
| 22. BDO Cayman Ltd   | 67. Cobalt Coast Resort                           | 113. Grants Mobile Tire Services                             | 161. Masterpiece Barber & Products Ltd                        | 209. REM Services Ltd                             | 254. Top Quality Construction& Maintenance     |
| 23. BELLAS BEAUTY AND BARBER STUDIO                        | 68. Coconut Joe's                                 | 114. Green Freeze Mobile Snacks                              | 162. Mike's Ice & Refrigeration Co. Ltd                       | 210. Renovations Unlimited LTD                    | 255. Travers Thorp Alberga                     |
| 24. Blue Cilantro Limited                                  | 69. Coffee and Bite                               | 115. H & B II LTD  | 163. Mise en Place  | 211. Ricco Construction.                          | 256. Trident Trust Company (Cayman) Ltd        |
| 25. Blue Dot Studios                                       | 70. Colour Code                                   | 116. H & B ONE LTD   | 164. ML ENTERPRISES LTD.                                      | 212. Rock Gorgeous Hair.                          | 257. Triple C School                           |
| 26. BODYWORKS  | 71. Complete Lube & Maintenance                   | 117. H.Perry Construction/ Maintenance Ltd.                  | 165. Modern Dream Homes Construction & Virtual 3D Designs Ltd | 213. Roper Enterprises Ltd                        | 258. Tropical Optical                          |
| 27. BRAC INFORMATICS CENTRE LTD                            | 72. Composed Media                                | 118. Hamilton Interior Design                                | 166. Montessori School of Cayman                              | 214. Ruena's Salon & Spa.                         | 259. Tryden Roofing Ltd.                       |
| 28. BREADFRUIT GARDEN CAFE                                 | 73. Comprehensive Construction                    | 119. Harmonic Fund Services                                  | 167. MOOREMARINE LTD.   | 215. S&H Maintenance                              | 260. Tyson Co Ltd                              |
| 29. Bronte Development                                     | 74. Corporate Electric                            | 120. Harneys   | 168. Morritts Tortuga   | 216. S.E.S. INVESTMENTS LTD.                      | 261. United Contracting Ltd                    |
| 30. BROOKS TRUCKING SERVICES                               | 75. CREATIVE EXPOSURE                             | 121. Harveys Construction Co. LTD                            | 169. Motor Zone Auto Parts & Accessories Ltd                  | 217. Salon Pro Beauty Studio.                     | 262. Vanity Hair& Nail Design.                 |
| 31. Brown Brothers Harriman Trust Company (Cayman) Limited | 76. Crystal Charters                              | 122. HERTZ RENT-A-CAR 2 (WEST BAY ROAD)                      | 170. Mourant Cayman Ltd                                       | 218. SALT TECHNOLOGY GROUP LTD.                   | 263. Velvet Barber Studio                      |
| 32. Burger Holdings Ltd                                    | 77. Dart Enterprises Ltd                          | 123. Hislop Windows And Doors LTD                            | 171. MPC Janitorial & Maid Services                           | 219. Scotiabank & Trust (Cayman) Ltd              | 264. VERTU                                     |
| 33. C&MH Construction                                      | 78. Davenport Construction - General Contractor   | 124. Hi-Tech Electronics Inc                                 | 172. MPC Maintenance  | 220. Scott Development Co. Ltd.                   | 265. Vic's Restaurant                          |
| 34. C&MH Janitorial Services                               | 79. Davenport Developers- Developer               | 125. Hospitality Services Ltd.                               | 173. MUFU Alternative Fund Services (Cayman) Limited          | 221. Seven Mile Securities                        | 266. Walkers Professional Services             |
| 35. C.S.E Construction & Maintenance                       | 80. Deloitte                                      | 126. HSM Chambers  | 174. N&N Auto Mech  | 222. Sewell's Construction And Maintenance        | 267. Warren Greene Ltd                         |
| 36. Cable & Wireless (Cayman Islands) Limited              | 81. DIAZ CONSTRUCTION                             | 127. Human Resources Agency Ltd.                             | 175. National Cement Ltd                                      | 223. Shaggy Ltd                                   | 268. Water & The Elephant/ Pico.               |
| 37. Calypso Grill Restaurant & Bar                         | 82. DIRECT TV LTD                                 | 128. Human Resources HR Innovative Consulting                | 176. National Security Services Ltd                           | 224. Shamrock Heights Development Co., Ltd        | 269. Wavelength Financial Technology           |
| 38. Capelli Beauty Salon LTD                               | 83. Divers Supply (Cayman) Ltd                    | 129. Hurley's (Grand Harbour) Ltd. T/A Hurley's Market Place | 177. NLT CONSTRUCTION LTD                                     | 225. Silver Thatch Watersports                    | 270. Wendy's                                   |
| 39. Captain's Table Bar & Restaurant                       | 84. Donnegan Mini Mart                            | 130. I & M TURKISH CONSTRUCTION LTD                          | 178. Oaktree Services Ltd.                                    | 226. Singh's Roti Shop                            | 271. White Sands Development Ltd               |
| 40. Car Boutique T/A: Tony's Toys                          | 85. Dr. Foley's Eye Clinic                        | 131. Iberica Materials Ltd                                   | 179. Ocean Frontiers Ltd                                      | 227. SOLES & POLO                                 | 272. YMCA of the Cayman Islands                |
| 41. Caribbean Creations Ltd                                | 86. Dr. Frank Glatz Physicians Office             | 132. ICF Builders Cayman Ltd.                                | 180. Ocorian Trust (Cayman) Limited                           | 228. SoStar Construction Ltd.                     | 273. Zak Renovation & Maintenance              |
| 42. Caribbean Engineering Company                          | 87. DRAGONFLY 360                                 | 133. InterTrust Holding (Cayman) Ltd                         | 181. Office Supply Ltd.                                       | 229. SOUND SOLUTIONS                              |  |
| 43. Cathy Church's Underwater Photo Centre and Gallery     | 88. E&S Paint & Body Shop                         | 134. Invenio Global Search                                   | 182. Ogie   | 230. Stafford Flooring                            |  |
| 44. Caykool Ice Cream                                      | 89. Eastern Star Bar                              | 135. Island Hospitality                                      | 183. Otis Air-Conditioning Ltd.                               | 231. Star Bright Beauty& Barber Salon.            |  |
| 45. CAYMAN CLIMATE CONTROLS LTD                            | 90. ECO POOLS                                     | 136. ISLAND NATURALS LTD                                     | 184. Palm Road Medical Limited.                               | 232. Starbucks                                    |  |
|  | 91. Edgewater Development Ltd                     | 137. Island Waste Carriers                                   | 185. Palm Sunset Ltd.   |   |  |
|  | 92. Edwards Construction &                        | 138. IT Outsource Ltd  | 186. Pane & Pasta.  |   |  |
|  |   | 139. JD BEAUTY SALON & BARBERS                               | 187. Paramount Carpet Sales & Services Ltd.                   |   |  |

Issue 1 - 18/2/2022



# Spooky thriller returns to Prospect Playhouse

By Lindsey Turnbull

It has been a good few months since Cayman Drama Society put on a performance at the Prospect Playhouse, the last one being *Noises Off* in May 2021, but thankfully that will all change on Thursday 24 February with the first of 12 performances of a new spooky thriller, *The Deception of Kathryn Vask* taking to the stage.

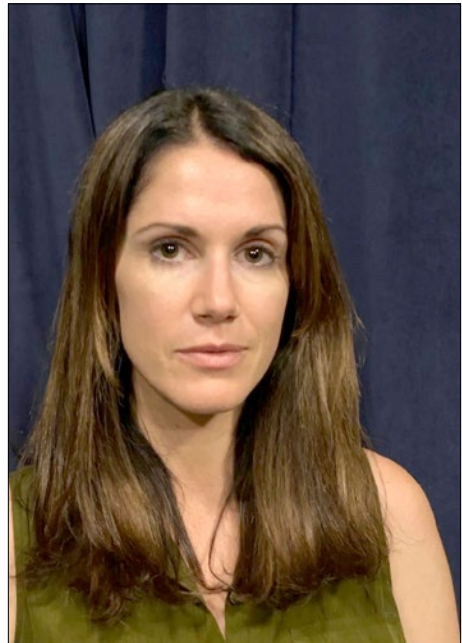
Theatre Manager Paul de Freitas directs the play and gave some background to the choice of production:

“Regular patrons of the Prospect Playhouse will know that co-director Erica Ebanks and I like to stretch the envelope. We like to offer themes that are new. Our previous plays show this trend: *Sistahs*, *Proof*, *The Illusion*, *The Women*, all are very different, as is *The Deception of Kathryn Vask*. We wanted to do a spooky thriller, and I think we found a great example of that.”

Paul said that although there were messages in the play, to discuss them would give the play away.

“Suffice to say that what seems to be reality, believable reality, is often not so, both in our personal and in our public space,” he advised.

The play was written by Mark Steensland in 2020 and tells the tale of a woman who wants to hold a séance after blaming herself for the death of her son. However,



► Julia Flanagan, playing Kathryn



► Adam Roberts, playing Father Mike

when her husband conspires with the pastor and hires actors for the séance to fake the proceedings, things take an interesting turn.

The CDS came across it a year ago as they were wrapping up *The Women* in February 2021.

“We always start looking for our next production once the current one is playing to audiences,” Paul advised.

CDS have been extremely careful with regard to the pandemic, putting protocols in place to mitigate the chance of infection.

“All of our Theatre Management Committee volunteers were vaccinated early on – our average age is probably around 70, so we had early opportunities,” he explained. “The same sensibility applied to auditions: we could only call for vaccinated actors. In the time since September, when we held the auditions, only one cast member has caught Covid and none of the crew have caught it.”

As a result, building the set for the latest production had been normal. However, changes were in place with regard to rehearsals.

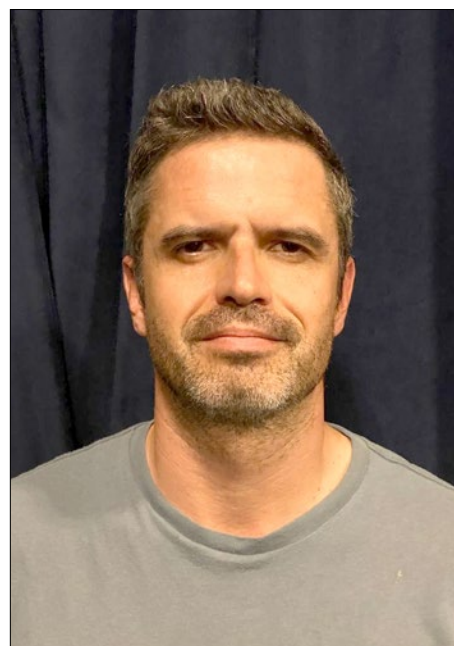
“For the run up to the full run-through rehearsals, that actor has had to participate on Zoom. All cast and crew are briefed on personal responsibility to avoid Covid risk – but if you have kids, and they catch it at school, there is not a lot you can do,” Paul said.



► Rehearsals underway



► Co Director Erica Ebanks (centre) steps in to read lines during rehearsals



► Martin Campion, playing Albert



► Agata Kaliki, playing Leslie

Covid made no difference to the day-to-day operations of the theatre, Paul advised, however government regulation had put them “on the back foot” because of the law as applied only to theatres.

“Our audiences will be very small, deliberately so, in order to ensure legal social-distancing, something which is not applicable to bars, nightclubs, hotel banquet halls with capacity as much as

ours,” he stated. “We had a great turnout for auditions, and we have many volunteers to work behind the scenes as crew and in the front-of-house – again, all vaccinated.”

Early ticket sales have been good and, as they can only accommodate about 60 people per performance, tickets will become scarce pretty quickly during the run, he said.

“If government eases the regulations as specifically applied to theatres, then we can free up more seats, we shall see.”

The CDS asks patrons to self-test on the day of their booked performance, and not to attend if they test positive – a legal requirement and a precondition of booking.

“There will be some post-show differences,” Paul added. “Our actors cannot mingle with patrons except distanced as we cannot take the risk of losing one during the show. So, it will be masks and social distancing when chatting to people after each show.”



► Shane Delaney, playing Jonathan

*The Deception of Kathryn Vask* takes place at the Prospect Playhouse on Thursday, Friday and Saturday, evenings as follows: 24 – 26 February, 3 to 5 March, 10 to 12 March, 17 to 19 March. Tickets are CI\$25 for adults and CI\$15 for students age 16 and under. For bookings, visit: <https://ticket.cds.ky/booking>

# NCC calls for input on new protected areas

Cayman's precious natural resources are under pressure every day from development, and so the National Conservation Council's call for nominations by the public of areas people would like to see protected has never been more important.

The NCC began its call for nominations last week and the period runs until 13 May

2022. During this time, anyone can nominate an area of land in the Cayman Islands that they think ought to be protected for future generations. Submissions will then make up part of the consultation process for this year.

The NCC is tasked with ensuring Cayman's endangered wildlife and its habitats are protected and conserved, acting under the National Conservation Law. The law provides for protected terrestrial, wetland and marine areas and oversees that the marine environment of the wider Caribbean area is also protected and developed. The law also makes sure that conventions on climate change, wetlands of international importance, and those regarding the conservation of migratory species of wild animals are followed.

Anyone who makes a submission is asked to include as much detail as possible to explain where the area is on a map and why it is significant to them as a protected space. People should also include details about important plant and/or animal species that use the area and any other unique concerns such as being prone to erosion, flooding, and so on.

The call for input by the public for new areas to be



considered is important because the National Conservation Law provides for new protected areas and expansion to existing protected areas, through voluntary purchase of land or through Conservation Agreements with landowners.

Nominations need to be in the form of a letter to the Council and must contain at a minimum, the information set out in the law as follows:

- a description of the area in sufficient detail to plot its boundaries on a map or chart;
- a statement of the reasons why the area should be selected for protection having regard to the purposes and objectives

in section 8(1) and the criteria in section 8(2) of the Law;

- a description of any protected species or other species of special concern known to reside in or migrate through the area; and
- any conservation problems that are known to be associated with the area and any special protective measures which may be required.

Nominations of areas to be protected can be submitted to the National Conservation Council by any member of the public at any time.

Questions and/or nominations should be sent to the National Conservation Council, [ConservationCouncil@gov.ky](mailto:ConservationCouncil@gov.ky)



## Boosted or Not, We Want to Hear From You

Share your opinion on the COVID-19 booster by participating in our focus groups.

To register, please visit [exploregov.ky/booster-focus-groups](https://exploregov.ky/booster-focus-groups)  
Spaces are limited.



Cayman Islands Government

# Integra Strengthens Newborn & Paediatric Team with Additional Tertiary Consultant

Integra Healthcare Ltd is delighted to announce the further strengthening of its neonatal intensive care, newborn care and paediatrics with the addition of Dr Siobhan Jaques, Consultant Neonatologist & Paediatrician. Dr Jaques joins from the prestigious and World-renowned Evelina Children's Hospital, part of the equally renowned Guy's and St Thomas' NHS Foundation Trust in London.

Dr Jaques is based at the Integra Grand Pavilion site with admitting rights in both CTMH Doctors Hospital and Cayman Islands Hospital in George Town. She brings the number of newborn-focused and qualified paediatricians at Integra to four, cementing their position as the largest paediatric practice in the Cayman Islands and the only one with two London Teaching Hospital Consultant Neonatologists, experienced in caring for babies from 23+ weeks gestation, as well as older babies with complex problems.

Speaking about the addition, Dr Sara Watkin, Consultant Neonatologist & Paediatrician, said; "I could not be more delighted to have an individual of this calibre joining me. It is fabulous for Integra but also for the Cayman Islands. Around 14% of deliveries here have some kind of complication or need admitting to the neonatal unit (NICU), and just because we're a relatively small Island Nation doesn't mean we don't get our share of 24-week gestation

infants, for instance. The experience of the individual and being able to cope with the high demands that neonatal care places on the team, are critical to achieving good, safe outcomes for sick newborns, whether due to prematurity or because of a birth complication. Siobhan is a true asset to the Cayman Islands, and we are delighted and humbled by the team we now have. I am also delighted for parents, who can book a pregnancy with Integra in the absolute confidence that whatever nature might throw, whether in pregnancy or around birth, the right calibre of individual is always available, as OBGYN, in fetal medicine and in neonatal care, and as a team."

Dr Jaques joins Integra directly from Evelina Children's Hospital, where she was a consultant for 5 years, but her experience and training also encompasses St George's Hospital, Royal Hospital for Women in Sydney Australia, St Mary's Hospital and Chelsea & Westminster Hospital, representing some of the biggest, most famous and well-respected hospitals for tertiary newborn care in London and Australia. In Evelina, she was responsible for care of preterm from 23 weeks onwards, through to term infants with complex problems, and including infants with significant complex disease, ongoing paediatric problems, developmental paediatrics and including the follow up of both relatively well and sometimes very com-

plex infants from a paediatric standpoint, including children who have been challenged by congenital and genetic issues, developmental delay and other paediatric challenges.

Dr Jaques is equally delighted to be joining Integra in the Cayman Islands, explaining her career move; "I wanted to join a team that obviously had a newborn focus, alongside general paediatrics, and was committed to the highest of modern care standards. I definitely found that in Integra. We saw a lot of high-risk pregnancies in London, and so I know just how important it is to have the right team and expertise. I'm delighted to be able to join a neonatal team that works so closely with its two tertiary obstetricians, one of whom is a fully accredited maternal-fetal medicine specialist. That's the standard of care we've come to expect in modern maternity services in big London centres, but it is amazing to have that same standard and set of capabilities in the team at Integra."

Dr Madhavi Manoharan, Consultant OBGYN, and Maternal-Fetal Medicine Specialist at Integra, echoed the team sentiment; "Besides our regular pregnancies, we obviously attract our fair share of high-



► Dr Siobhan Jaques, Consultant Neonatologist & Paediatrician

er-risk or especially precious pregnancies at Integra because my colleague, Dr Lisa Joels, is an OBGYN who is also a tertiary fertility specialist, and of course I am the only accredited Maternal-Fetal Medicine specialist in Cayman Islands. Having a true tertiary neonatal team, now with the additional capacity and capabilities of Dr Jaques as well, is a real privilege, both for me, and for all our parents too."

## Additional Information

Dr Jaques is now accepting appointments, which can be booked online or through the reception team on 745 7450.

<https://www.integra.ky/dr-siobhan-jaques/>

## COVID-19 Vaccine Schedule – FEBRUARY 2022 (v3)

The COVID-19 vaccine (dose 1 & 2) is available to ALL persons 12 years and over. Boosters (3<sup>rd</sup> Dose) at 131 Centre are available to 18+ years old and clinically vulnerable 12+ (see criteria below)\*

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY 14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
131 CENTRE** 3pm – 7:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	SPOTTS DOCK 5pm – 8pm	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)  SISTER ISLANDS ASTON RUTTY CENTRE 2 – 4pm	131 CENTRE** 1pm – 4pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
SAVANNAH & NEULANDS MLA OFFICE 4:30pm – 8pm (*8 Homestead Crescent, behind Wendy's)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	WEST BAY HEALTH CENTRE 5pm – 8pm	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)  SISTER ISLANDS ASTON RUTTY CENTRE 2 – 4pm	131 CENTRE** 1pm – 4pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)
<b>28</b>	<b>MARCH 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
131 CENTRE** 3pm – 7:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)	EAST END HEALTH CENTRE 5pm – 7pm	131 CENTRE** 12:30pm - 4pm 5:30pm – 8:30pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)  SISTER ISLANDS ASTON RUTTY CENTRE 2 – 4pm	131 CENTRE** 1pm – 4pm (*131 MacLendon Drive, next to DHL, behind Foster's Airport)





► Cayman Heart Fund donates specialized heart monitor to HSA. (Pictured L to R): Dr Takeyce Palmer, HSA Anaesthetist; Joy Vernon, HSA Board Deputy Chair; Hon Christopher Saunders, Deputy Premier and Minister for Finance and Economic Development; H. E. The Governor Mr Martyn Roper; Dr Bella Beraha, CHF Medical Director; Karen Pinnock, HSA Senior Nursing Officer; Maureen Cubbon, CHF Chairperson; Ailian Evans, CHF Director and founder of Team Nolan; Katie O'Neill, CHF Director; Suzy Soto, CHF's Founder; Dr Joanna Kregiel, HSA Cardiologist; Lizzette Yearwood, HSA CEO.

# Cayman Heart Fund donates specialized heart monitor to HSA

The Health Services Authority is delighted to announce a donation of a CardioQ TrueVue Oesophageal Doppler Monitor from the Cayman Heart Fund (CHF) in collaboration with the paediatric programmes Team Nolan and Hart for Hearts.



► CardioQ TrueVue Oesophageal Doppler Monitor

The new equipment is used to monitor patients' blood flow or hemodynamic status to assess cardiac function.

"This machine will provide our clinicians real-time information about their blood flow allowing us to make real-time decisions about how to treat our patients with fluid therapy strategies or inotropic drugs to support heart function," said Dr Joanna Kregiel, HSA Cardiologist. "This new, advanced doppler monitor will benefit patients undergoing surgeries that may have colossal blood loss or critically ill patients who require cardiac monitoring."

The monitor was presented to the HSA at a hand-over ceremony attended by the CHF Patron H. E. The Governor Mr Martyn Roper, Deputy Premier and Minister for Finance and Economic Development, Hon Christopher Saunders and members of the HSA and Cayman Heart Fund teams.

"Funding lifesaving tools including AEDs and modern health services equipment is one of the core priorities of the CHF," said Maureen Cubbon, Chairperson of the Cayman Heart Fund. "Supporting community access to high quality care and lifesaving equipment is essential to achieving our mission to improve cardiovascular health for all in the Cayman Islands."

Lizzette Yearwood, CEO of the Health Services Authority expressed her gratitude to the Cayman Heart Fund. "We are



► Senior Nursing Officer, Karen Pinnock, explaining the functionality of the new machine

grateful for this donation as it will provide real-time feedback to allow our clinicians to deliver better health outcomes. Our patients are at the centre of everything we do, and this new cardiac monitor will benefit both children and adults at the Cayman Islands Hospital."

"In 2021 the CHF received a sizable donation towards our missions" said Dr Bella Beraha, Medical Director of the Cayman

Heart Fund. "The CHF was delighted to be able to combine this with funds raised by the paediatric programmes Team Nolan and Hart for Hearts to purchase this equipment for the Cayman Islands community which costs over US \$58,000. "Our sincere gratitude to all of the supporters who have donated over the years to Cayman Heart Fund and the paediatric programmes."

# RUSSIA-UKRAINE FRONTLINE VIRTUALLY CLOSE TO CAYMAN

It might be over 6,000 miles away, but the worsening hostility between Russia and western/NATO-backed Ukraine - which some leaders see as on the verge of all-out war - could be closer to Cayman than a casual observation might suggest.

According to UK press reports, British Foreign Office and Treasury officials have asked The Overseas Territories and Crown Dependencies to freeze the assets of oligarchs suspected of having close ties to Russian president Vladimir if he invades Ukraine.

A report in the I-news says as Western leaders warn of an invasion within days, the British government is attempting to ensure they co-operate on identifying Russian individuals and businesses that may have hidden "dirty money" offshore.

The British government has already stated that it is prepared to target Russian banks and companies, and prevent them from raising money on London's financial markets.

Prime Minister Boris Johnson has spoken about a "very tough" set of sanctions "ready to go".

All of this comes as tensions intensify between Russia and the UK, US, EU and other western nations in the NATO alliance (North Atlantic Treaty Organisation).

Western leaders have threatened crippling economic sanctions against the Russia state and have also warned that they will target the overseas assets of wealthy Russian individuals and companies who back the Putin administration.

In the ongoing cat-and-mouse and sabre-rattling game that's being played out along the borders of Russia and Ukraine, the rest of the world has been closely monitoring the ebb and flow of the unfolding drama.

"It's better to jaw-jaw than to war-war", the British wartime leader Sir Winston Churchill once said and that too seemed to have intensified over the past several days in parallel to the ominous threat from Russia which many western leaders fear could plunge the world into World War Three.

A constant series of meetings among Western leaders, along with direct in-person meetings with Russian President Vladimir Putin in Moscow - across a vast white table indicative of the ideological gulf between them - have so far failed to 'de-escalate' the tensions.

Russia claims that the NATO (North Atlantic Treaty Organisation) countries are moving too close to its borders, citing the likelihood of Ukraine becoming a NATO member which it has vowed to block, even militarily, although it has said no plans to invade Ukraine and accuses the West of "hysteria".

The NATO alliance while saying that there is no immediate prospect of Ukraine becoming a member, however defend that country's right to choose its own path as a



sovereign state outside the Russian scope of influence.

The ties between Ukraine and Russia run deep historically and culturally and are complex to unravel.

US President Joe Biden has vowed that Russia will face "swift and severe costs" if it invades Ukraine.

While playing down the prospect of a military conflict, western countries which have been assisting Ukraine with its defence preparedness have repeatedly warned of the extent of economic sanctions they are prepared to impose on Russia.

Trade and financial transactions on the Russian state and individuals are high on the agenda.

According to analysts President Putin and members of his inner circle could personally pay a price if Russia invades Ukraine.

In the US, legislation has been tabled to block property transactions and interests in property held by Mr Putin and several other top Russian officials.

Consideration is also being given to removing Russia from the global SWIFT financial system for transferring money from bank to bank around the world.

Another measure being looked at would be to block Russia from access to the U.S. dollar, still the dominant global currency for international financial transactions.

Into this swirling diplomatic maelstrom, Cayman and other UK Overseas Territories and Crown Dependencies, despite their small size and vast geographical distance from the physical frontline, could be called on to play a critical role.

A wider perspective would also entail the local impact from global fuel costs in light of a conflict with disruptions to global oil supplies and a spike in gas prices.

With oil prices soaring in recent weeks on speculation that demand will outpace supply as the global economy rebounds from the pandemic, some analysts caution that a conflict between Russia and Ukraine - and by extension the NATO alliance - could further complicate matters.



With the collapse of the Soviet Union in 1991, Ukraine became an independent state, formalised with a referendum in December 1991.

Before that, what was then the Ukrainian Soviet Socialist Republic, also known as Soviet Ukraine, was one of the constituent republics of the Soviet Union from the Union's inception in 1922 until its breakup.

Experts in global politics say President Putin has been exerting pressure on Ukraine to bring it back into Russia's scope of influence for political, cultural and economic reasons.

In 2014 Russia took control of the Crimea region in Ukraine in support of a separatist movement. The US and the EU slapped a series of sanctions on Russia in response.

Now, with tensions heightened to a level far exceeding the Crimea crisis, the US, EU and other NATO nations are threatening even tougher economic penalties.

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# COMMUNITY EVENTS

## Stand Up! Women who Want to Stand up for Themselves

**18 February** - Learn to stand up for yourself and finally be free from fear and from the toxic energy of bullies. Join this free webinar for women who have been bullied whether physically or verbally. To access the webinar, log on to: <https://zoom.us/j/2919998647?pwd=Q3B-1bit1VmF3RUc4Zm1ocGZHN-1QyUT09>. The Meeting ID is 291 999 8647 and the Passcode is 0p39gw. There is a surprise gift for all participants. For more information, call 925 - 5868.

## Alex Panton Foundation - 5th. Annual Youth Mental Health Symposium - Thriving in uncertain times

**19 February** - The Fifth Annual Youth Mental Health Symposium will take place on February 19th, from 10am. Now in its fifth year, the symposium offers a platform to connect young people and their families with the practitioners, researchers and policymakers committed to creating lasting change across the youth mental health sector. The full event will be streamed online via the Facebook Page and available to everybody!

## Cayman Youth Choir - Harmonise the World

**20 February** - Cayman Youth Choir's first concert of the year - Harmonise the World - takes place on Sunday 20 February at the Kimpton Seafire Beach Deck beginning at 4pm. The concert

will feature feel good songs such as "We are the World" and "What a Wonderful World" and hits by artists such as Fifth Harmony, Imagine Dragons, Mikeschair, Take That, Duran Duran, Michael Jackson and Louis Armstrong. Tickets are \$15 for adults, \$5 for students and are available on Eventbrite or by emailing [caymanyouthchoir@gmail.com](mailto:caymanyouthchoir@gmail.com) or calling 922 - 2079/922 - 5550.

## Community Chess

**22 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.

## Chamber of Commerce - Building an effective resume

**24 February** - This course is for anyone who collects, uses, stores or shares personal information about their employees and/or customers. Some topics covered include Data Protection Principles, Rights of Individuals and Privacy Breaches. 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.

## National Museum Speaker Series - Monika Lawrence

**24 February** - The National Museum's next Speaker Series will feature Monika Lawrence speaking to The Discovery of Self through the Empowerment from Dance at



► Dress for Culture Day

6pm on February 24. Zoom details are available on registration by emailing [giftshop@museum.ky](mailto:giftshop@museum.ky)

## Crystal Bowl Sound Bath with Erika of Aglow Cayman

**25 February** - Join Erika of Aglow Cayman at the National Gallery for this free meditation session. Relax with the healing tones of crystal bowl music at this sound bath meditation. Booking is required so register to reserve your space by emailing [education@nationalgallery.org.ky](mailto:education@nationalgallery.org.ky) or call 945 - 8111.

## Coco Fest 2022

**26 February** - Coco Fest 2022 takes place on Saturday 26 February at the Pedro Castle from 12 non to 6pm. There will also be demonstrations on the uses of coconut throughout Cayman's history. All kinds of coconut-based items/products, from cooked food, crafts, games, music, to coconut oil and health and beauty products will be showcased. Ad-

mission is CI\$5 for adults, and FREE for kids under 5. For more information, please email [admin@pedrostrjames.ky](mailto:admin@pedrostrjames.ky) or call 947-3329.

## Cayman Islands Humane Society - Walk and Wag 5K Walk

**27 February** - The Humane Society's annual 5K Walk and Wag is on! Registration is \$25 and the first 200 to register get a free T shirt. Registration is at 6:15am and the walk starts at 7am from Safe Haven. Bring your own dogs or pick up a dog from the shelter from 6am on the day of! You can register on [caymanactive.com](http://caymanactive.com) or pay cash at the shelter on the day.

## Dress for Culture Day

**11 March** - Dress For Culture Day (DFC) is CNCF's annual 'dress up, dress down' fundraiser. Each year schools, businesses and individuals across the Cayman Islands are invited to get creative and display their homeland pride and cultural attire on one day. Apart from

raising cultural awareness and celebrating diversity, the monies collected via donations from the participants in Dress for Culture Day are allocated to various CNCF youth programmes including Young Image Makers, Young at Arts Theatre Intensive and the CNCF Summer Arts Camp. Want to get involved? Contact [info@arts-cayman.org](mailto:info@arts-cayman.org) to register and submit your registration and donation form (see links to forms below). Participants can also choose to take part in the Dress For Culture Facebook Photo Competition. Just email photos to [info@artscayman.org](mailto:info@artscayman.org) by midnight on Sunday, 20 March and they will be posted on the CNCF Facebook page. The photo with the most likes wins! Prizes will be awarded in all three categories (school, business and individual). For more information, go to [artscayman.org/cayfest/](http://artscayman.org/cayfest/)

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

# This 7 day challenge really works

What if you could change your relationship with food in just 7 days?

This means better results, fewer cravings and easy weight loss...

## The Real Food Challenge

This real food challenge has the potential to change your body forever. Take the next 7 days to ONLY eat real food. One week is a very short time in the grand scheme of things, and I know you can do this.

Just try it for one week to see and feel the difference in your body.

## What is Real Food?

Here's an easy way to tell if your food is real or not: If your food can go bad, it's good for you. If your food can't go bad, it's bad for you.

Real food is fresh and unprocessed.

## The Rules

During the next 7 days you will avoid eating all of the following food items:

- Bread
- Grains

- Rice
- Crackers & Chips
- Packaged snacks
- Sugar & Corn Syrup
- Soda Pop
- Packaged Bars
- Baked Goods
- Candy

Here's a list of the real foods that you will eat instead:

- Seasonal, organic Vegetables
- Seasonal, organic Fruits
- Lean, organic meat, fish & eggs
- Nuts and Seeds

Those four categories of food can be combined into endless, flavorful combinations. Check out the following meal ideas:

**Breakfast:** Breakfast is the most important meal of the day. What you decide to eat when you first wake up will set the tone for the rest of your meals that day.

- Scrambled organic eggs, sliced tomato and a handful of seasonal berries.
- Half of a dressed avocado and a few slices of nitrate-free bacon.
- Pancakes made with coconut flour and topped with chopped nuts.



► Ernest Ebanks

**Lunch:** Plan your lunch ahead of time in order to avoid turning to a fast food joint or vending machine. Pack your lunch the night before and carry it with you.

- Dark baby greens topped with chopped chicken breast and diced tomatoes.
- Albacore tuna (packed in water), mixed with finely chopped cucumber over cauliflower rice. (See recipe below)

- Turkey and Spinach Salad
- Dinner:** Dinner is the meal where most people splurge and eat far more calories than they should. Eating at home is the first step in reducing your dinnertime calories.








- Grilled white fish, sautéed spinach and almond bread.
- Baked chicken breast with steamed broccoli and quinoa.
- A big bowl of arugula topped with sautéed asparagus and sliced hard boiled eggs.

While healthy eating is a huge factor in achieving your ideal weight, exercise is the other (very important) half of the equation.

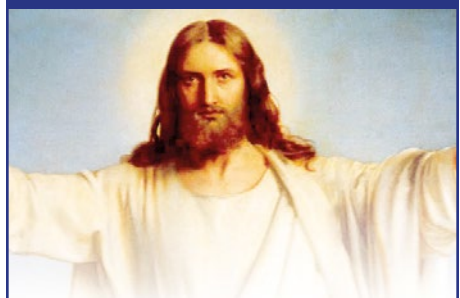
Your exercise routine should be challenging and should be done on a regular basis.

Call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email me today at [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) and I will get you started on the exercise program that will reshape your body in 2022.

WEEKLY WEATHER FORECAST

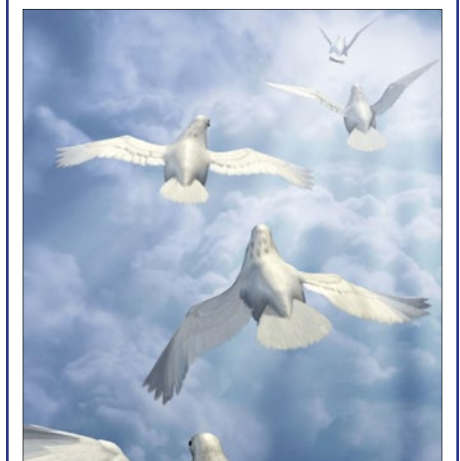
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
83° / 77°	83° / 77°	82° / 77°	83° / 77°	80° / 78°	80° / 78°	79° / 78°
Mostly sunny and nice	An a.m. shower; mostly sunny	Mostly sunny and breezy	Lots of sun, breezy and nice	Mostly sunny, breezy and nice	A shower in the morning	A passing morning shower

MOMENTS OF INSPIRATION



GOD'S DWELLING PLACE  
Rev 21:1-7

James Oglethorpe was a British General and member of Parliament who had a vision for a great city. Charged with settling the state of Georgia in North America, he planned the city of Savannah in that vision. He designed a series of squares, each having a green space and designated areas for churches and shops with the rest reserved for housing.



In Revelation 21, John received a vision of a different city - THE NEW JERUSALEM. This city was less of design and more about the character of who is there. John in describing our eternal said, "Look! God's dwelling place is now among the people, and He will dwell with them. GOD HIMSELF WAS THERE." This is notable for a variety of blessings the greatest of all being, "God will wipe away all or tears. THERE WILL BE NO MORE DEATH - EVERLASTING LIFE. HALLELUJAH!!!! Will you be there? You can by accepting Jesus Christ as your Saviour.

**Churchill's** Funeral Home


We have been asked to announce the passing of Ms. Beverly Edwards, Affectionately known as "Ms. Bev." who passed away on Friday, January 28, 2022. A Service of Thanksgiving will take place at the New Testament Church of God, West Bay, Grand Cayman, Cayman Islands on Saturday, February 19, 2022 at 10:30 a.m. Viewing: 9:30 a.m. - 10:30 a.m. Interment: 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 Mr. Dalbert Darrenton Hamil, who passed away on Friday, January 14, 2022. A Service of Thanksgiving will take place on the grounds of Pedro Castle lawn, Savannah, Grand Cayman, Cayman Islands on Sunday, February 20, 2022 at 3:00 p.m. No viewing: Closed Casket Interment: New Pease Bay Cemetery



The family of the late **Holly Margaret Ebanks** regret to announce her passing on 30 January, 2022.



A funeral service will be held 10:00 a.m. Saturday, 19 February, 2022 at Bodden Funeral Service, Chapel.

Interment will follow at West Bay Cemetery

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"

**DEATH ANNOUNCEMENTS**

The family of the late **Addison Ann Kelly** regret to announce her tragic passing on 8th February 2022.




A service to celebrate the life of Addi will be held on Sunday, 20th February at 3pm at the Cayman Islands Baptist Church on Pedro Castle Road. In lieu of flowers donations will be accepted for the Alex Panton Foundation's Financial Assistance Programme, these can be made at the service or online in Addi's honour.

The family requests vibrant colours be worn for the service.

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 **Tracey Austin Bodden** regret to announce his passing on 7 February, 2022.



A funeral service will be held 2:00 p.m. Sunday, 20 February 2022 at West Bay Seventh Day Adventist Church, viewing will be from 1:00 p.m. prior to the service.

Interment will follow at West Bay Cemetery

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"

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**2 PUBLICATIONS PER WEEK**



# 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

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

Difficulty Level ★★

4/28

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### Answer to previous puzzle

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

Difficulty Level ★

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## CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Ravines relief
  - 5 "The Godfather" star
  - 11 Diva's piece
  - 12 Dawn goddess
  - 13 "The Old Curiosity shop" girl
  - 14 Mini burger
  - 15 Rainy day wear
  - 17 French friend
  - 18 Whoop it up
  - 22 Pocket beeper
  - 24 Disparaging
  - 25 Hoppy brew
  - 26 Ignited
  - 27 Ship stops
  - 30 Yarns
  - 32 Man of morals
  - 33 "— Clear Day"
  - 34 Home of the WNBA's Aces
  - 38 Shot taker
  - 41 Office note
  - 42 Wears down
  - 43 Magnetic metal
- DOWN**
- 1 Street group
  - 2 Open space
  - 3 The Huns, e.g.
  - 4 Bible dancer
  - 5 Wild party
  - 6 Measuring aids
  - 7 Out of bed
  - 8 Auction signal
  - 9 Dr. of rap
  - 10 Crew need
  - 16 Knight's title
  - 19 Hamlet residents
  - 20 Falco of TV
  - 21 "Why don't we!"
  - 22 One of a bear trio
  - 23 Lotion additive
  - 28 Ohio city
  - 29 Some tires
  - 30 "Mazel —!"
  - 31 Lack of vitality
  - 35 Pert talk
  - 36 In a frenzy
  - 37 Some babies
  - 38 Semicircular shape
  - 39 Radius setting
  - 40 Angry group

DASH				HI	HATS			
ECHO				ACADIA				
FROG				BELONG				
YEW				VICE				
				EVITA				BIN
AGREE				PRONE				
FACE				OTTO				
ALARM				ELTON				
RAP				ATALL				
				ODOR				EVE
FRANCO				ACID				
TOPCAT				GALE				
SWEEPS				OPEN				

### Yesterday's answer

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

8-19

## Word Search

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

- Bengal
- Berlin
- Germany
- Hartford
- Haven
- Indies
- Irian
- Lothian
- Midlands
- Minster
- Orange
- Pakistan
- Point
- Prussia
- Riding
- Sussex
- Virginia

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



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TIMES**

## CURTIS

By Ray Billingsley



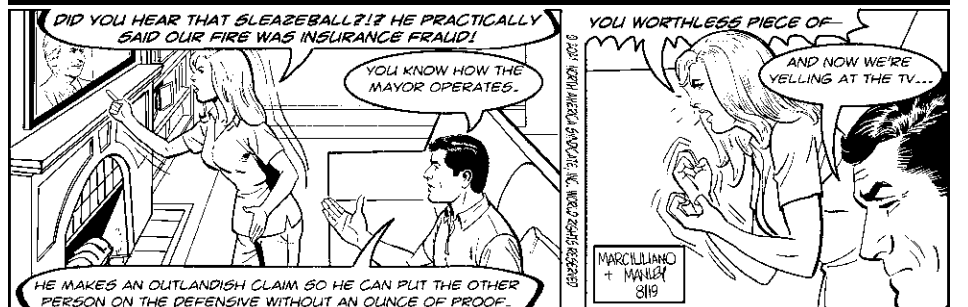
## THE AMAZING SPIDER MAN

By Stan Lee



## JUDGE PARKER

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