

T Caymanian Times



Friday, May 27, 2022 Issue No 768

www.caymaniantimes.ky

50¢

1 95893 43652 1





COX LUMBER LTD.
A TIBBETTS COMPANY
GRAND CAYMAN

NOW THROUGH MAY 31ST, 2022

COX LUMBER WANTS TO SAVE YOU MONEY! THAT'S WHY WE'RE BRINGING BACK THE ICONIC

U.S. DOLLAR SALE

COX LUMBER'S US DOLLAR SALE IS BACK!

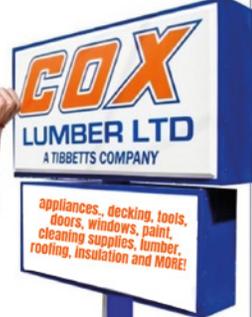
We have changed our CI prices to USD prices!
Save 20% on everything in the store!

NOW THROUGH MAY 31ST, 2022



20% OFF
EVERY ITEM IN THE STORE

appliance, decking, tools, doors, windows, paint, cleaning supplies, lumber, roofing, insulation and MORE!



See page 6 inside for sale items!

20% off

Cox Lumber Bodden Town & George Town (off Sparky) | www.coxlumberltd.com

DEVELOPMENT
SCOTT
 (345) 948-1246
 CAYMAN BRAC & LITTLE CAYMAN

SALE

Serving the Brac and Little Cayman since 1964

- Aggregates Suppliers
- Land Clearing and Filling
- Concrete Blocks
- Excavating
- Drilling (well etc.)
- Ready Mix Concrete
- Road Building
- Asphalt Paving

Mervyn Scott
 Operation Manager

PO Box 98 Cayman Brac KY2-2001, Cayman Islands

Email: mervyn@scottdevelopment.ky

Fax: (345) 948-1277 Mobile: (345) 925-2540

" LET SCOTT PAVE THE WAY. "

CAYMANIAN TIMES WEEKEND TREAT ON BOBO 89.1FM



Saturday mornings will never be the same again.

Caymanian Times announces the latest move in expanding its media output with the addition of a full Saturday morning schedule on BOBO 89.1FM.

Launching on Saturday June 4th is Caymanian Times Saturday Showcase.

This is a full four-hour session from 8am to 12 noon every Saturday featuring the best in music to get your weekend started, engaging Cayman Conversations, plus an entire hour of exclusively Caymanian music.

This new production is the brainchild and initiative of Caymanian Times founder and publisher, Ralph Lewis - also known for his skills as a DJ.

"I am truly excited to be hosting this new show," Ralph says. "My 40 years as a local entertainer, my radio and television experience from a young age, my 9-year publishing experience and 42 years as a business leader have led to this place in my life. I thank my family and many supporters who have played important roles as we prepare for a new phase in media in the Cayman Islands."

According to the former banker turned media entrepreneur, the strategic goal of the Caymanian Times is a media platform that includes print, social media and radio.

"We embarked on the radio arm a few weeks ago and after spending time to test the pulse of the community have created a 4-hour programme on Saturday mornings that will both entertain and inform our community. Our goal is to reach a wide demographic of Cayman residents and overseas and we encourage everyone to tune in on Saturday for a new media experience."

Starting June 4th, listeners can tune in to BOB 98.1FM and log on to Facebook and Tube for a packed and engaging format featuring updates on community events, the best of classic Caribbean hits to get the weekend started, and our Cayman Conversations series.

A stand-out feature will be one hour dedicated exclusively to the music of the Cayman Islands. This will highlight music produced in Cayman across all genres and interviews with our very own music stars and legends.

Our goal is to reach a wide demographic of Cayman Residents and we encourage everyone to tune in on Saturday for a new media experience.

So tune in, log on and get ready for a fresh, bright sound of Saturday mornings in Cayman with Caymanian Times via BOBO 89.1fm, and uploaded Caymanian Times Facebook page and YouTube channel.

**CALL
 FOR YOUR
 ACCOUNT
 BALANCE!**



STEP 1:

Call our office 94WATER (949-2837) and press "2" for account balance.

STEP 2:

Enter your full 11 or 12 digit number.

STEP 3:

Press "#".

GET YOUR ACCOUNT BALANCE!

THINGS TO KEEP IN MIND

- You can check up to 5 account balances in one call.
- Entered the wrong number? You have 3 tries to enter the correct account number.
- Don't forget to enter your full 11 or 12 digit account number.
- This service is for all customers, including tenants.



Water Authority-Cayman



Fundraise Online

Non-profits - Start-ups - Individuals

Raise money for education, medical needs, animal welfare, youth programs, your church, school PTA efforts and more!

www.giversplanet.com

DONATE & WIN!

Your chance to WIN lots of great prizes & up to \$1000 cash each week!

Find out more at Giversplanet.com



Caymanian Times

Issue # 768

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

RELY ON YOUR LOCAL EXPERTS, SAYS CAYMAN WEATHERMAN



Cayman's Chief Meteorological Officer, Kerry Powery Linwood, has two important messages for residents as we prepare for another above-normal hurricane season starting in a few days on June 1st. Be prepared. Rely on Cayman's weather experts.

This timely advice was prompted by issues raised with the weather expert when he appeared on Cayman Conversations with host Ralph Lewis, publisher of Caymanian Times newspaper.

As obvious as the first line of advice is, given Cayman's hurricane history of near misses and direct hits, Mr Linwood feels it's a message worth repeating given recent experiences in Cayman, none no more vivid that the experiences of the CPVID-19 pandemic.

"You should already start preparing. If you look back at the onset of the COVID pandemic, you will remember the panic and the rationing of supplies that were experienced in supermarkets. Not to alarm anybody but you should be able to start collecting one or two items every so often so you don't have to deal with the stress of rushing to the supermarket when dealing with a storm. So preparation is something that should be well in gear and if not, some last-minute revision of your personal plans . Those are the considerations that should be taken place at this time, and not during the middle of an imminent storm."

His second bit of advice came in response to a question raised by Cayman Conversations host Ralph Lewis about the prolifer-

ation of social media and the prevalence of opinions, much of them ill-informed and misguided, when it comes to the threat of storms.

Given the life-and-death and economic implications at stake, Chief Met Office Linwood says it's vital for the public to rely on the information, advice and directives from the Met Office, the National Weather Service(NWS) and Hazard Management Cayman Islands(HMCI), the local agencies responsible for disaster preparedness.

"That's a very key point," he stated noting that even some forecasts from the United States tend to prioritise how storms might affect their country over places such as Cayman even though the local area might be more exposed initially.

This of course excludes the general expert predictions from reputable organisations

such as the University of Colorado Hurricane Centre and the National Oceanic and Atmospheric Administration (NOAA).

"Previously, we get a lot of our broadcast media from the United States...and before they've mentioned anything about the Caribbean, they're already talking about potential impacts to the United States. So they leave you guessing what's going on. There's a lot of information out there. We at the National Weather Service, look at them all. But we have to take them with a grain of salt as well. We need to compare them to what's actually happening and make a judgement as to whether or not we are confident that this probable situation could occur, and that's where the human element comes in. And you analyse that to try to give you the best possible forecast."

And it's that local knowledge combined with the expertise of Cayman's meteorologists like Mr Linwood that's crucial in ensuring that the public gets accurate and relevant information.

"We have to take into local consideration the sort of topography. We know certain areas are more prone to flooding. Certain areas of the islands might be more impacted by storm surge or battering waves. So with the local know-how, we would be able to give information to residents in those areas so they can make a more informed decision as to whether they will ride it out in your homes or find a shelter."

(Listen back to the full interview with Cayman's Chief Meteorological Officer, Kerry Powery Linwood, on Caymanian Times website, Facebook page and YouTube channel)



CUSTOM PHOTO PRINTING & FRAMING
CANVAS AND FINE ART PAPERS

LOTS OF READY-MADE FRAMES IN STOCK

CathyChurch's
Photo Centre

WORLD FAMOUS

AT SUNSET HOUSE 949- 7415

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

Cellular World

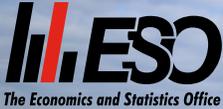
PHONES • ACCESSORIES • REPAIRS
BAYTOWN PLAZA, WEST BAY ROAD

Steelband is here to stay

17th Amin Mohammed Steelband Festival



► Layman E. Scott and Triple C shared the first place trophy in the Seniors section



Business Survey 2022

Your Response Matters!

In 2020, total foreign exchange revenue from Cayman's export of services totaled CI \$2.5 billion.

Foreign Exchange Revenue from Services in 2020, CI\$ Million

Service Category	Revenue (CI\$ Million)
Financial & Insurance Services	1,542.0
Travel	209.0
Accounting, Legal, & Other Business Services	686.3
Other Services	95.6

Did the Cayman Islands revenue on export of services increase or decrease?

The annual Balance of Payments (BOP) Survey collects information necessary in recording the Cayman Islands residents' foreign transactions with the rest of the world.

The survey runs April 11th to June 17th, 2022.

Data collected for the BOP survey is **CONFIDENTIAL** under the Statistics Act (2016 Revision) and is **EXEMPT** from the Freedom of Information Act.

Better Data...Better Decisions...Better Business
 For assistance or enquiries, please check www.eso.ky or call 244-4607.

By Christopher Tobutt

It was time to celebrate the best of the best again, as Cayman's youth chimed into action with the 17th Amin Mohammed Steelband Festival, more than four solid hours of gorgeous pan music.

Director of Education Services Mark Ray, said, "There is a rhythm delivered through the steel pan that reminds us that music and timing are part of the make-up of human beings. This innate musical quality is seen in our students whenever they pick up the sticks to deliver a soca

classic or a 70's pop song. There is the swaying, the bouncing, and importantly, the unity, and in 2022 that unity is needed more than ever."

The evening began with the Soloists category, in the Primary Category Mason Falcon, from West End Primary School in Cayman Brac, won the trophy for his rendition of 'The Wellerman,' while Taglan McFarlane, of Layman Scott High School won in the Juniors Category for his rendition of 'Remedy.' In the Seniors category, Clifton Hunter Year 10 stu-

SEE **STEELBAND FESTIVAL**, Page 5



► Mason Falcon won the award for the Primary Soloist section

Steelband Festival

CONTINUED FROM Page 4

dent, Micah Leon, won with an beautifully atmospheric performance of The Prayer. James Monroe and Keira Bodden won trophies too. James, a homeschool student in year 11, first appeared in the competition at the tender age of six, and was applauded for stepping up to help younger kids learn the pan. He played 'By any Means.' Keira played 'Wash the Tears' on Tenor Pan, a quiet and reflective sound at first, later picking up volume and tempo.

Joshua McLean, 17 won the first place in the 'Open Category' for soloists, with his inspired performance of 'If I Ever Knew,' on tenor pan. But the standard of competition from other competitors in the Open Category was extremely high, and Carrie Smith put a little tear in the corner of everyone's eye by playing the romantic classic, 'Sometimes When we Touch.' while Ruby Piletta treated everyone with Minuet Walz on the tenor pan.

When it came to full steel bands, Spots Bay Primary performed 'My Lighthouse' and 'Shake the Papaya Down,' and shook down the first place trophy, while West End Primary wowed everyone with "CCMI" an original tune they had composed themselves, as well as the theme tune to 'Castaways,' gaining second place. Prospect Primary gained third place, playing Bob Marley's classic, One Love, as well as the pop classic Some Nights.

Next it was time for the Juniors' section. Triple C's turn to get everyone moving to 'Love Theme,' and 'Trouble,' gaining



► John Gray High School won first place in the Juniors section

the second place trophy. John Gray High School played Pan in A Minor and My Way, taking First Prize. They also played Frank Sinatra's timeless classic, 'My Way.' Clifton Hunter's Caymanites were not to be outdone, playing the Soca favorite, 'Savannah Grass' followed by some very good advice,

'Drink Wata and Mind Yuh Business,' securing the third place trophy for them.

When it came to the Seniors' section, both Triple C and Layman E. Scott High School were so amazing that in the end the Judges awarded them a tie for first place. Finishing off the evening in the Open category, John

Gray High School played the Soca classic 'Bump and Wine,' which gained them third place, Pan n Riddim played the soca classic, Falling, gaining them first place, and finally the UCCI Pandemix Seniors bowled everyone over with 'El Bimbo,' and 'Savannah Grass,' and won second place.



► Pan n Riddim won first place in the Open section



► Pandemix Seniors



► Layman E Scott band in action



► West End Primary School

Health Minister says new Health City Oncology Day Care Suite at Camana Bay represents hope



► Minister Turner: Hon. Sabrina Turner, Minister for Health and Wellness, speaks at the welcome reception at Camana Bay.



► Oncology Suite: Nurse Roobathy stands outside one of the private treatment rooms at the Oncology Day Care Suite.

The number of people living with various forms of cancer is on the increase and against that backdrop, the Cayman Islands' Minister for Health and Wellness, Hon. Sabrina Turner, has described the opening of a new Health City Cayman Islands treatment facility as a ray of hope.

As part of plans to grow to better serve the community, Health City recently opened its Oncology Day Care Centre at Camana Bay to provide a variety of infusion therapies in a location easily accessible to where over 90 percent of the islands' population work and 70 percent reside. Treatments provided include: chemotherapy, immunotherapy, hormone therapy, monoclonal antibodies, blood product transfusions and other support care services.

"As care providers, we have to do as much as we can to reduce disruptions for those receiving infusions," said Medical Oncologist, Dr. Vineetha Binoy, who leads the dedicated care team working at the suite inside the Health City's clinic at 9 Forum Lane.

"Patients we cater to are now able to attend their infusion appointments and get back home to their lives and loved ones sooner. We are providing a healing environment for all of our patients, which is especially important for those being treated for and on the road to recovery from cancer," said Dr. Vineetha Binoy.

The suite features three (3) cosy infusion recliners with the latest technology for advanced care in a comforting and relaxing sanctuary that offers a tremendous amount of natural light and openness, while providing adequate space for patients to receive their care with privacy. Open six (6) days per week, the new suite supplements services offered at Health City's main hospital in East End and will be incorporated into the Health City Camana Bay super-specialty hospital now under construction.

The 70,000 square ft. medical campus on which ground was broken in January 2022 to the south of Camana Bay will feature a comprehensive and advanced oncology offering including bone marrow transplantation, radiation oncology, medical oncology, hemato-oncology, surgical oncology, as well as a medical linear accel-

erator that customizes high energy x-rays or electrons to conform to a tumor's shape and destroy cancer cells while sparing surrounding normal tissue.

Dr. Binoy Chattuparambil, Clinical Director of Health City Cayman Islands, emphasised: "Patients who have cancer need not only this medical treatment, they need lots of other support because this cancer treatment does not stop when chemotherapy or other therapies stop. There's a lot of other support – emotional support, family support, and social support. So we are going to have all those forms of support for the patients and for the family. That's what makes a comprehensive oncology unit and that's what we'll have."

Speaking at a recent reception to celebrate the opening of the Oncology Day Care Suite, Minister Turner noted that many members of the Cayman Islands community have loved ones who have been diagnosed with cancer. "We know can be very difficult. An indescribable fight is really what it is. It requires constant monitoring, the best comfort, personalised care, and more importantly, limited interruption to basic day-to-day-life," she said.

"These are a few reasons why the Health City Oncology Day Care Suite at Camana Bay is beyond revolutionary. Not only will patient receive care that is world class, they will be able to access it right here close to home. There is change. There is hope," said Hon. Sabrina Turner.

Mr. Shomari Scott, Chief Business Officer at Health City Cayman Islands, said these recent and ongoing developments are clear signs of the company's commitment to the community.

"We continue to expand and evolve the medical care that we provide because over the past eight years, we have seen first-hand the difference we have made for the community in saving lives while eliminating the need of the additional expense and hassle of arranging overseas travel for this type of care. We look forward to a further expansion of our services with the opening of our new hospital in the coming months," said Mr. Scott.

Health City Cayman Islands celebrated its 8th anniversary of operations in April 2022.



COX LUMBER'S US DOLLAR SALE IS BACK!

We have changed our CI prices to USD prices!
Save 20% on everything in the store!

COX LUMBER WANTS TO SAVE YOU MONEY! THAT'S WHY WE'RE BRINGING BACK THE ICONIC

U.S. DOLLAR SALE

NOW THROUGH MAY 31ST, 2022




appliances., decking, tools, doors, windows, paint, cleaning supplies, lumber, roofing, insulation and MORE!



Hurry USD Sale ends MAY 31st, 2022
Bodden Town and George Town | CoxLumberLtd.Com

Firefighters Receive Accredited Fire and Rescue Training

The Cayman Islands Fire Service (CIFS) firefighters recently underwent accredited driver skills training with Emergency Response Driver Training Ltd (ERDT) UK and fire and rescue industry training courses with Oshkosh for the operation of the new CIFS emergency truck equipment required for aviation and domestic support.

"We worked with our partners at Oshkosh to have one of the technicians come to Cayman to train our officers to effectively utilise the new technology at an international level and provide a first-class aviation fire and rescue service alongside new and improved driving techniques," Deputy Chief Fire Officer (Aviation) Brevan Elliott explained.

The new aviation fire and rescue trucks are equipped with state-of-the-art technology that will allow CIFS the flexibility to tackle fire and rescue emergencies from every angle efficiently and effectively to support airport operations. These new operational capabilities deliver improved speed, weight and angle of attack options which supports Firefighter safety and delivers a much quicker and more effective intervention for firefighting and rescue purposes. Learning these specialised tactics allows the officers to reduce the risk of being exposed to numerous hazards including man-made mineral fibres (MMMFs), and acquire or refresh their skills to drive, operate trucks/equipment safely and effectively improve the safety of residents, businesses and visitors to the Cayman Islands

"One of the new Oshkosh Striker aviation fire trucks is fitted with a 65-foot boom with High Reach Extendable Turret Technology. The added extendable boom now allows the CIFS aerodrome team to penetrate an aircraft's fuselage with in-



► CIFS Officer Emergency Response Driver Training Ltd (ERDT) UK training (full group)

tense precision, which significantly improves fire and rescue capabilities. In addition, it will also allow the CIFS to effectively pierce the fuselage of an aircraft in an emergency situation while maintaining passenger safety effectively and efficiently in an incident where time is of the essence." DCFO (Aviation) Elliott added.

CIFS officers also undertook an internationally accredited emergency response driving (ERD) instructors' course, delivered by Emergency Response Driver Training Ltd (ERDT) UK. Officers who took part in the instructors' course will facilitate spe-

cialised driver training for other CIFS aviation officers. This training is in conjunction with CIAA driver's license Airport Vehicle Operation Procedures (AVOP) and is a mandatory requirement under Civil Aviation Publication (CAP) 699 the framework for the competence of rescue and firefighting services (RFFS) personnel.

During which the fire officers were taught advanced driving techniques to be utilised while responding to an emergency situation, such as proper driving techniques at high speeds, proper cornering techniques to prevent the vehicle from

overturning, ways to avoid skids when driving, and proper use of the siren, road hazards, crossing leans when responding to emergency situations, and overall driving safety procedures when driving under blue light.

"A critical component of our fleet modernisation plan will ensure CIFS officers are equipped and technically trained at an international industry level to utilise the equipment, and technology to support the Cayman Islands Government vision for a "World Class Civil Service," noted Designate Chief Fire Officer, Mr. Dwight Randy Rankin.

Tourism Industry Bounces Back, Stipend Recipient Numbers Reduced

The next disbursement date for the Displaced Tourism Employees Stipend is set for Monday, 23 May for recipients who completed the mandatory survey by the deadline, which was Friday, 6 May.

As the stipend programme winds down, Caymanians who need assistance in seeking employment or those interested in training opportunities are encouraged to register with Workforce Opportunities & Residency Cayman (WORC). Caymanians have the added benefit of registering with WORC as a Job Seeker Plus client, which affords them of being assigned an Employment Services Officer for one-on-one job seeker support after the assessment process has been completed.

The Ministry of Border Control & Labour recently assessed the programme for a second time whereby another mandatory survey was required to be completed

by existing stipend recipients. This survey was to gauge the need for continued financial assistance beyond the lifetime of the stipend programme, after which, recipients would be referred to the Needs Assessment Unit (NAU).

"The Ministry of Border Control would like to thank the Travel Cayman members of staff who were assigned to the Ministry to assist with customer queries. Having additional dedicated resources to assist us each month to field queries and offer assistance with completing mandatory surveys allowed for customer concerns and queries to get answered in a timely manner, as we were receiving upwards of 50 to 100 calls a day" said Chief Officer Wesley Howell.

The Stipend programme for Displaced Tourism Workers was put in place as a response to the suspension of the Tourism industry as a result of border closures



brought on by CoViD-19 and has kept this group of workers maintained for nearly 24 months. As the borders have reopened, tourism has been making a steady return and many have already returned to working full-time hours in their substantive posts, or anticipate to do so within the next month. As a result, many have contacted the Ministry to advise that they no longer require assistance from the stipend programme.

Mr. Howell said, "Thank you to those persons who contacted the Ministry to advise that they were now employed and no longer needed the stipend, or that their circumstances changed and they would like to be removed from the programme. It has helped us ensure that the resources allocated to this programme are put where they are truly needed."

Contact 649-6932 or email stipend@gov.ky with queries or for information.

Operating as a One woman show



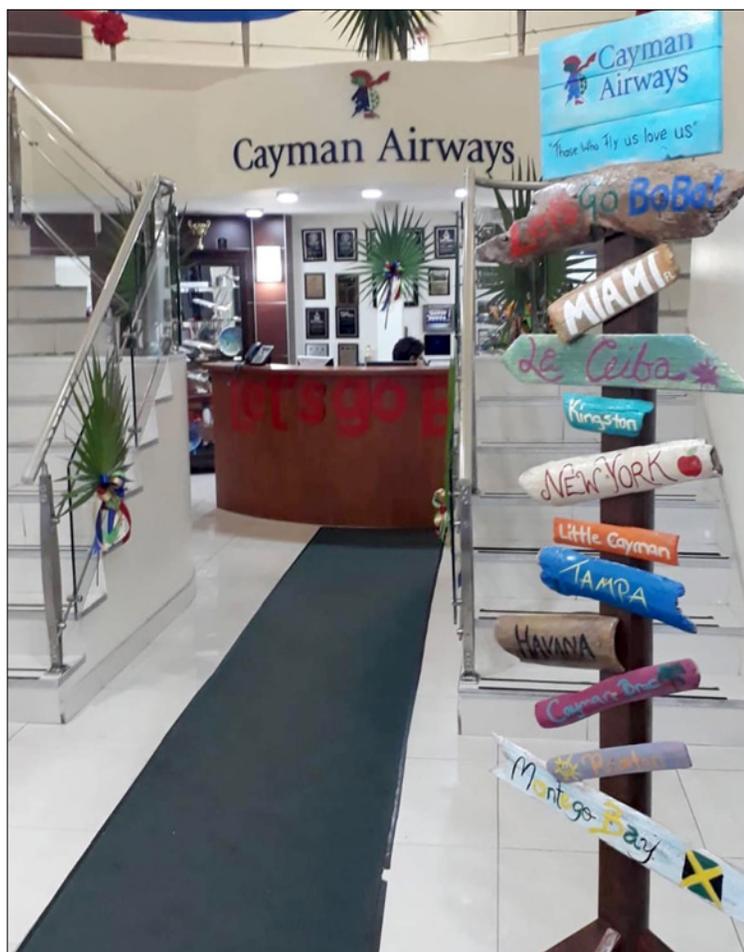
Island life can feel restrictive at times, but it doesn't have to be your reality. There's inspiration to be drawn from many sources in our small community and this article could be just that. One such advocate for leveraging life lessons and defying limits, Josanny Fermin, is a beaming example of perseverance.

Josanny was born and raised by a single mother, Judith Thompson, in the heart of our capital, Windsor Park. Right here is where her life lessons began. She credits her resilient nature, determination and ambitious spirit to the exemplary standards set by her mother.

"I owe all of my life skills to my mother. She has taught me a lot and continues to do so."

On top of the traits instilled in her from a young age, Josanny also has the necessary skills needed to concur some of our local traditions and past times such as "looking" whelks, crabbing, and fishing. Josanny also credits her mother with her keen sense of business, having tagged along for the many years that Judith participated in national events such as Batabano and Pirates week as a vendor. "Nothing beats making an honest hard-earned dollar".

She's sat at the foot of her mother's knowledge for more than 25 years and has now begun



her entrepreneurial journey here in Cayman.

However, these lessons would have been null and void without her strongly held belief in her own self and abilities.

Josanny has been in Tourism for the majority of her time within the workforce having been tour guide, in many capacities, a hotel concierge and as a Cabin Crew Member with the national flight carrier, Cayman Airways, for 8 years where she then moved up to Crew Scheduler. For Josanny, being informed about the islands history and current events is second nature, so to list Ambassador as one of her many skills would be 100% accurate.

In 2013 Josanny decided to take a chance on herself and ended her time with C.A.L. with nothing more than a positive attitude, self-determination and an ambitious drive. She had the faith necessary to trust that the abundance of opportunities would flow & because of her life

skills she knew she wouldn't starve.

In 2018 she started a small business called Cayman Drift, where she offers art pieces made from recycled pallet crates, bamboo, Caymanite, mahogany pods and various other elements that represent our island lifestyle.

"It's a chance for people to own a little piece of our island."

Each one of her works represents Cayman culture in a memorable and distinctive manner and is as unique as the Caymanian creating them. Before the global Covid-19 pandemic, Josanny did art shows around the island as well as the Agriculture Show and pop-ups at hotels in the Eastern districts. She's also run a stall in the Cayman Craft Market but, currently, it is in a state of restructuring.

Josanny is a master of many skills. One of which is her ability to listen.

"I have always been that person people feel comfortable talking to, this is because they feel

Limitless Empowerment
Life Coaching by Josanny

- * Achieve your personal goals.
- * Focus on future not past.
- * Become your best self.
- * Reach goals you never thought possible.
- * Explore what is holding you back.
- * Get structure, guidance & encouragement

Contact me today and lets commit to achieving your goals together!
Call 929-0777 or email josannyfermin@icloud.com



heard and not judged. I am blessed with the spirit of discernment and I feel this allows me to understand one's true feelings and helps me direct and dissect their reasons of being stuck or afraid to move on from certain situations life can throw our way."

Josanny says about her latest venture.

"The pandemic has forced me to reflect within and pull out some reserved life skills."

"I decided to become a life coach and get certified online. These certifications include: Professional, Life purpose, REBT mindset, Transformation, Goals, Happiness, Confidence, CBT Cognitive Behavioral, Mindfulness as well as Law of Attraction."

After becoming certified in 2021, she launched Limitless Empowerment, Life Coaching by Josanny in April 2022.

You can reach out to Josanny via phone, online or in person for client services at 345-929-0777 and Josannyfermin@icloud.com. There are many different pack-

ages available to suit any schedule. Josanny can also be found on social media @ ___ Instagram and Facebook.

Being aware that, like any business, it takes time to grow, Josanny utilizes yet another one of her life skills to make do, which is cooking.

Josanny is proud to say that her lessons in the kitchen came from a self-taught traditional Cayman cook. Her mother is known for such dishes like stew conch, crab back, stew turtle, and Cayman-style beef. With notable mention of her cassava cakes and yam cakes and the list goes on.

With this skill secured to the belt, she recently started another small business call Jo's Fish Fry.

"I love to fish but I accept that I am a one woman show and I can't do it all."

Much of the fish she sells is supplied by the local fishermen around the island and is sold via special order during the week. She also hosts a fish fry on the last Friday of every month.

"The support has been tremendous! I would like to thank my creator for blessing me with a strong woman as my mother. Thank you to the people of Cayman who's purchased my art, done tours and has bought food from me and my mom. One hand can't clap and for this I am forever grateful to my people for the endless support."

Josanny's message to all of you is to never doubt yourself, your desires or have doubt in your ability to reach the goals you've set for your life. Believe in yourself and take a chance on YOU!

Welcome change and concur your dreams!



SEVEN MILE SWIMMERS (“SMS”) - COMMUNITY OUTREACH

SMS recently arranged for their Community Outreach Group to collect and donate “wish list” items to The Pines Residential Home in Grand Cayman.

It is important for our not-for-profit to be involved in the Cayman community and as such, we reached out to our club members so that we could provide The Pines Residential Home with the items they currently need. We want to instil in our swimmers the importance of caring for and looking after the older generation in the community and solidify the values of working together to assist others.

The donations were delivered to collection points and collated ready for presentation to The Pines on Saturday 21 May. Our swimmers were keen to present the items to residents - in doing so they can see for themselves and understand the difference teamwork can make both in the community just as it does in the pool.

We would like to also thank Book Nook and Fashions Affair for their generosity and assistance in this project.



SMS Swimmers pictured from back row Libby Lindley, Sarah Dailey, Sienna Romer, Adam Sellars, Danny Kish, Kath-

ryn Lambert-Wragg, front row Eben Lindley and Lara Nash presenting to Ms Margaret.



If you would like to know more about Seven Mile Swimmers please view our facebook/website/instagram pages.

Monkeypox Cases Increase Overseas, Cayman to be Aware

New cases of human monkeypox have been found in several European countries, the United States, Canada and Australia. No cases have been detected in the Caribbean to date.

Monkeypox is a viral infection usually associated with travel to West and Central Africa, where the virus is endemic. It is usually a mild self-limiting illness, spread by contact with wild rodents, primates or dogs in the endemic areas or very close contact with someone with monkeypox. Most people recover within a few weeks.

The United Kingdom has confirmed 20 cases so far, with the first case being identified in a traveler returning from Nigeria on 7 May. Latest cases, have no travel connection to West Africa or Central Africa or previous cases. The UK Health Security Agency (UK HSA) is working closely with the National Health Services (NHS) and other stakeholders to urgently investigate where and how recent confirmed monkeypox cases were acquired and how they may be linked to each other.

Dr Susan Hopkins, Chief Medical Adviser, UKHSA, said that “these latest cases, together with reports of cases in countries across Europe, confirms our initial concerns that there could be spread of monkeypox within our communities”.

The UK HSA is also particularly urging men who are gay and bisexual to be aware of any unusual rashes or lesions and to contact a sexual health service without delay if they have concerns.

Cases have been found in Portugal, with five confirmed cases and several more under investigation, and Spain is currently testing 24 potential cases. All five Portuguese patients are male. Italy, Sweden, Belgium,



France and Austria have also recently announced that they have identified cases. The USA has reported one case so far, with no link to travel to Africa, while Canada and Australia are investigating a number of suspect cases.

Symptoms

Initial symptoms of monkeypox include fever, headache, muscle aches, backache, swollen lymph nodes, chills and exhaustion. A rash can develop, often beginning on the face, then spreading to other parts of the body including the genitals.

The rash changes and goes through different stages, and can look like chickenpox or syphilis, before finally forming a scab, which later falls off.

Mortality

Mortality is around one percent depending on which of the 2 types of monkeypox viruses is involved (with the clade from the Congo Basin being more dangerous than that from West Africa)

Background of Outbreaks

Human monkeypox was first identified in humans in 1970 in the Democratic Republic of the Congo (then known as Zaire) in a 9-year-old boy in a region where smallpox

had been eliminated in 1968. Since then, most cases have been reported from rural, rainforest regions of the Congo Basin, particularly in the Democratic Republic of the Congo, where it is considered to be endemic.

Since 1970, human cases of monkeypox have been reported from 11 African countries - Benin, Cameroon, the Central African Republic, the Democratic Republic of the Congo, Gabon, Ivory Coast, Liberia, Nigeria, the Republic of the Congo, Sierra Leone, and South Sudan. In 2017 Nigeria experienced the largest documented outbreak, 40 years after the last confirmed case. The true burden of monkeypox is not known. For example, in 1996-97, a major monkeypox outbreak was suspected in the Democratic Republic of Congo with, however, a lower case fatality and a higher attack rate than usual. Some patient samples tested positive for varicella virus and some contained both varicella and monkeypox viruses. Concurrent outbreaks of chickenpox and monkeypox could explain a change in transmission dynamics in this case.

The virus has been exported from Africa a few times. In the spring of 2003, monkeypox cases were confirmed in the United States of America. Most patients were reported to have had close contact with pet prairie dogs that were infected by African rodents that had been imported into the country from Ghana. Recently, monkeypox was carried to Israel in September 2018, to the United Kingdom in September 2018 and December 2019 and to Singapore in May 2019 by travellers from Nigeria who fell ill with monkeypox after arrival. A health worker was infected and became ill.

Two distinct genetic clades of the virus have been identified - the Congo Basin and the West African clades - with the former

found to be more virulent and transmissible. The geographical division between the two clades is thought to be in Cameroon as this is the only country where both monkeypox virus clades were detected.

Risk of transmission

The disease requires prolonged, close contacts with a patient (especially with patient's body secretions, including secretions from the skin lesions). It can transmit from animals to humans when an infected animal - such as a rodent or a primate - bites or scratches a person, in areas (such as West and Central Africa) where the virus is present in animals. Humans can also be infected when hunting wild animals or preparing bush meat for consumption.

The disease can also spread from person to person via large respiratory droplets in the air, but they cannot travel more than a few feet, so two people would need to have prolonged close contact.

Threat to the Cayman Islands

“The risk to Cayman Islands is only hypothetical at this stage and the purpose of this note is to provide concise, factual information to health professionals and the public alike, while raising awareness about signs and symptoms”, said interim Chief Medical Officer Dr Autilia Newton. “Awareness, by medical professionals and the community, will enable prompt recognition of cases, should any appear in the Cayman Islands”, she added.

Any suspected case should be reported promptly to Public Health so that timely infection control measures can be taken. Persons can contact Public Health by phone at 244-2889 or 244-2621; or by emailing info@hsaky.

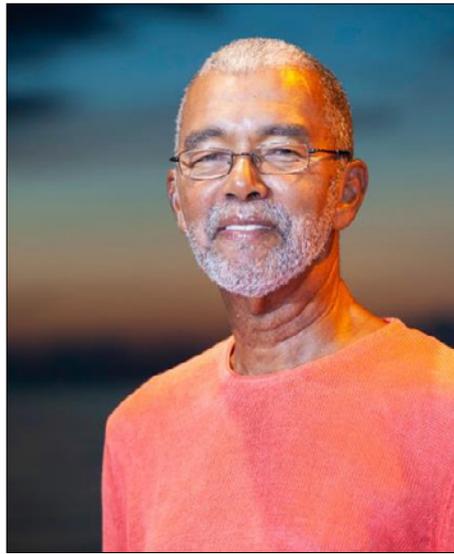
Caymanian History, Politics, and Society Book Launch

The Committee for the Promotion of Research and Cayman Scholarship announces the Book Launch of the brand-new publication, "The Cayman Islands History, Politics, and Society - Essays in Honour of J.A. Roy Bodden". The event will be held on Tuesday 14th June 2022 at 6:00 p.m. in the Sir Vassel Johnson Hall at the University College of the Cayman Islands (UCCI) in George Town. Admission is free, and there will be a reception at 5:30 p.m. prior to the commencement of the Book Launch ceremony.

The approximately 500-page publication comprises a collection of papers that were presented at the JA Roy Bodden: Public Intellectual Interrogating the Caymanian Society Symposium, which

Dr. Cynthia Barrow-Giles was held on June 24 and 25, 2021. These papers were presented by an impressive group of Cayman-based and international intellectuals, scholars, and thought leaders who wrote critically about issues which are the subject of Bodden's texts. This academic interrogation centred on the Cayman Islands and was deemed a fitting tribute to Bodden.

In addition to the very many hours of work by the authors, the publication is made possible through the sponsorship of various organisations including, but not limited to, the Cayman National Cultural Foundation, the Ministry of Youth, Sports, Culture & Heritage, and the Ministry of Education.



► J.A. Roy Bodden

The guest speaker for the Book Launch is Dr. Cynthia Barrow-Giles, Professor of Constitutional Governance and Politics at The University of the West Indies, Cave Hill, Barbados.

A graduate of the Consortium Graduate School, Mona, Jamaica. Professor Barrow-Giles served as Deputy Dean of the Faculty of Social Sciences from 1994-1996, UWI, Cave Hill campus, and is a former Head of Department of Government, Sociology and Social Work at the Cave Hill campus, 2004-2006. She has authored, co-authored, edited and co-edited four books and a number of journal articles. Among



► Dr. Cynthia Barrow-Giles

her publications are Introduction to Caribbean Politics: Texts and Readings, Kingston: Ian Randle Publishers (2002); Living at the Borderlines: Issues in Caribbean Sovereignty and Development (Edited with Don. D. Marshall) Kingston, Ian Randle Publishers (2003); General Elections and Voting in the English-Speaking Caribbean: 1992-2005, Kingston: Ian Randle Publishers (2006), which she co-authored with Tennyson D. Joseph. She is also the editor of Women in Caribbean Politics, also by Ian Randle Publishers (2011).

In addition to her scholarly work, Barrow-Giles has participated in a number of

election monitoring and expert groups in Asia, Africa, and the Caribbean. She served as a member of the St. Lucia Constitution Reform Commission from 2005-2011. She is a member of the International Advisory Board for the (Journal) Round Table (Commonwealth), and the Editorial Board of the Journal of Eastern Caribbean Affairs.

The Committee for the Promotion of Research and Cayman Scholarship comprises a group of persons who are committed to promoting and fostering research, intellectual discourse, and the elevation of debate on current and emerging issues in the Cayman Islands to a solution and facts-based level.

The launch of this new publication, which is a significant resource for researchers, students, political leaders, and decision-makers, will see a wide cross-section of the resident and non-resident contributors in attendance to autograph the book; in addition to Mr. J.A. Roy Bodden himself, will be the Editors, Dr Livingston Smith and Dr Stephanie Fullerton-Cooper, the publisher, Ian Randle, and contributors like Mary J. Lawrence, Theresa Pitcairn, and Dr Christopher Williams. The book will be available for sale for a special price (while supplies last) of only CI\$25.00 per copy.

Attendees are encouraged to Save the Date of 14th June at 6:00 p.m., and to call 345-916-6462 if they wish to RSVP or to assist in any way with the event.

May 31 Deadline to Replace Temporary Licence Plates

The Department of Vehicle and Drivers' Licensing (DVDL) is urging motor vehicle owners with temporary licence plates to replace

them for permanent plates by May 31, 2022. All temporary plates will cease to be legal end of May.

The temporary laminated licence plates can be switched at DVDL's Crewe Road location on Mondays to Fridays, 8.30 a.m. to 4.00 p.m.

Failure to replace temporary plates is a criminal offence, with a fine of \$2,500 or up to six months imprisonment, or both.

DEH Food Hygiene Training resumes



► Personnel in the food industry participated in the Food Hygiene and Safety training offered by the Department of Environmental Health (DEH), 18 May, 2022.

Training courses for personnel in the food industry offered by the Department of Environmental Health (DEH) has been resumed from 18 May, 2022. The Basic Food Handlers' training is geared at equipping food-handling personnel throughout these islands with pertinent knowledge of handling, preparing, and delivering food safely, thereby preventing consumers from contracting food-borne illness and disease.

The training offered covers topics such

as bacteriology, cleaning/sanitization, personal hygiene, temperature control, cross-contamination, food storage practices, food preparation, pest identification and control, food premise construction and design. It applies to new personnel working in the food industry and anyone wishing to continue as food handlers after the expiration of certificates issued by the DEH, which are valid for three years.

The DEH requires all personnel involved in the preparation of food for pub-

lic consumption to be trained. Therefore, food business owners are encouraged to act now and register their employees to attend one of these important workshops. Persons who are currently unemployed and who are desirous to be trained and certified in food hygiene and safety should also call to make arrangements to attend.

Please contact the DEH at 949-6696 or via email at dehcustomerservice@gov.ky, to register. A registration cost of \$15 per person covers all materials and fees that

should be paid at DEH headquarters, located at 580 North Sound Road, between 8:30 a.m. and 5:00 p.m., Monday to Friday.

Training sessions are usually held on Wednesdays between 9:00 a.m. and 3:00 p.m. on Grand Cayman. However, training days may differ somewhat for the Sister Islands. Interested persons on Cayman Brac and Little Cayman are asked to call 948-2321 to make arrangements. Participants registered and already paid for the course will be given priority.



CAYMAN MISSES OUT ON UK CITY STATUS... BUT GT A GLOBAL POWER-PLAYER



Despite putting a strong bid to be designated city status George Town, Cayman Islands has been edged out by the capital town of Stanley in the Falkland Islands to become the first UK Overseas Territory to receive that status.

This was the first time Overseas Territories and Crown Dependencies were eligible to bid and only one of each was chosen.

Douglas, in the Isle of Man, was awarded the first city status for a Crown Dependency.

In a message from London where he has been on an official visit, HE Governor Martyn Roper commiserated: "I know many of you will join me in my disappointment in learning that despite a very strong application George Town has not been successful in achieving City Status."

He added: "I know an incredible amount of work by the Cayman Islands Government went into the application and we were very close. However, there were a considerable amount of applications, 38 bids in total."

Mr Roper said Cayman should take great pride in the quality of its application and look ahead to future bidding rounds.

"I believe we would stand a very good chance at the next round," he confidently stated.

The competition for city status is part of the celebrations to mark the Platinum Jubilee of Her Majesty Queen Elizabeth II.

It was last conferred in 2012 for the

Queen's Diamond Jubilee. For the first time this year, Crown Dependencies and Overseas Territories were allowed to apply.

This last round of civic honours takes the number of official cities in mainland UK to 76, with 55 in England, eight in Scotland, seven in Wales and six in Northern Ireland, plus one each for the Overseas Territories and Crown Dependencies.

CRITERIA

The Platinum Jubilee Civic Honours Competition required applicants to demonstrate how their unique communities and distinct local identity meant they deserved to be awarded city status. They were also required to highlight their royal associations and cultural heritage.

A BBC profile of the winning cities notes that for Stanley in the Falkland Islands, the award coincides with the 40th anniversary of the successful war waged by the UK to reclaim the islands after they were invaded by Argentina.

The BBC also noted that members of the Royal Family have regularly visited the islands, including the late Duke of Edinburgh in 1957. In 2016, the Duke of Cambridge spent six weeks on the islands as a search and rescue helicopter pilot.

For Douglas, Isle of Man, it noted that the Queen is patron of the Royal National Lifeboat Institution (RNLI) which started in

Douglas. Its Royal Hall plays host to annual flagship concerts by the Isle of Man Symphony Orchestra, the Isle of Man Choral Society and the Manx Last Night of the Proms

Other than Cayman and the winning entrants, the only other submissions from the Overseas Territories and Crown Dependencies came from Peel in the Isle of Man, and Gibraltar.

Chancellor of the Duchy of Lancaster (the private estate of the British sovereign) Steve Barclay said: "It is also incredibly reflective of Her Majesty's global outlook and years of international service that applicants from the Overseas Territories and Crown Dependencies have been selected as winners for the first time. I look forward to the world coming together to show our pride and gratitude to Queen Elizabeth II on the Jubilee weekend."

Elaborate celebrations have already started in Cayman, the UK and the Commonwealth to mark the auspicious and historic anniversary of the Queen's 70th year on the throne this year.

BENEFITS

It has been pointed out that being elevated to city status can provide a boost to local communities and open up new opportunities for people who live there.

Research shows that the town of Perth in Scotland which was granted city status in

2012 as part of the Queen's Diamond Jubilee, has reaped the full benefits, with the local economy expanding by 12% in the decade it was granted city status.

Applications were opened last year and almost 40 locations from across the UK and beyond put forward their bid to become a city. The applications, which were asked to follow a clear structure were subsequently evaluated by a panel of experts and Cabinet Office ministers before a recommendation was put to Her Majesty The Queen.

'Letters Patent' - royal official notifications - will now be prepared which will confer each of the awards formally and will be presented to winners later in the year.

GT - STILL A GLOBAL POWER-PLAYER

Meanwhile, even though George Town just missed out on being elevated to city status in the realm this time around, the capital town of the Cayman Islands can nevertheless take pride in its current ranking in the index of global cities.

According to the Globalization and World Cities Research Network, George Town is classed as a global city (power city, world city, alpha city, world centre) for its influence on the global economic network. That system ranks cities on the basis of their importance to the operation of the global system of finance and trade.



Legends football match a win for charity



While the much-anticipated Caymanian Legends vs Latinos football match did not produce a winning team with a 3:3 final outcome, the real winners of this nail-biting football match was the charity for whom the game was played.

The football game was held on the 16 May bank holiday at the Ed Bush Stadium in West Bay and began at 6:15pm after an afternoon of family fun. Proceeds raised went to Hope for Today's Half-Way House programme that helps people in the community who suffer from substance abuse integrate back into society.

Brent Hydes, Hope for Today Foundation's Operations Manager, said: "It was nice to see many people in attendance enjoying the games and fun activities for the children."

Within the first 20 minutes of the game, Cayman Legends went 1:0 up but the Latinos were not giving up and equalised later in the first half. They were also fortunate to gain another goal, which put them in the lead 1:2 at the end of the first half.

During the break, the Caymanian Legends coaches Shane and Roy made some changes within the Caymanian Team players, along with changing up a few strategies. When the second half of game kicked off, it did not take the Latinos long to score another goal, bringing the score to to 1-3.

Thereafter both teams struggled to score. Approximately 25 minutes into the second half there was a sudden downpour, leaving the Caymanian ole Legends really comfortable kicking the ball and gliding over the field such as the way as ducks glide through water, Mr Hydes confirmed.

"This left the Latinos oldies confused and just ball-watching," he said.

The Cayman Legends took full advantage of the downpour and went on to score two more goals, from which point on the good ole Caymanian Legends were in full control of the game. The game ended in a three-all draw. No team took home the Marcus Cumbers Cup, so there will be a rematch at a later date.

The raffle winners will be published the Caymanian Times and the winner will be contacted.

Mr Hydes said a big thank you to all the sponsors.

"Without you, it would not be possible," he said. "Thanks to all the players from both teams for taking the time to participate and making it a successful event."



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Explorer of the Seas		Carnival Vista	Carnival Glory	
		Celebrity Equinox	Carnival Sunrise	
		Liberty of the Seas	Carnival Paradise	
Total Passengers				
3840	0	10850	8386	0

Mottley deserves Time's spot

Barbados Prime Minister Mia Mottley has been listed among Time Magazine's 100 Most Influential People of 2022, which comes as no surprise considering her international impact in recent months. And to emphasise her significance, she appears on one of the five global covers, just released.

The magazine said Mottley is a bold and fearless icon in her country who possesses intellect, wit and described her as a brilliant politician who shakes things up.

"From poverty to debt to climate change, she is a vocal advocate on the world stage for responsible stewardship of our planet, so that nations large and small and people rich and poor can survive and thrive together," it said of Mottley, adding: "She is an icon in her country, having won re-election by a landslide. The prime minister strides boldly on the world stage. She is an embodiment of our conscience, reminding us all to treat our planet, and therefore one another, with love, dignity, and care."

This honour follows Mottley's delivery at the 2021 United Nations Climate Change Conference in Glasgow, Scotland, where she scolded the world's leaders for not working more diligently to mitigate the impacts of climate change, telling them to try harder.

Mottley's diligence was also underscored following her chairmanship of the World Bank and the International Monetary Fund's Development Committee when she impressed upon the world's finance gurus that the level of a country's per capita income may not always be the best measure of its wealth.

Mottley, 56, is the second woman prime minister in the region to make the list behind



► Mia Mottley has made a huge impact



► Oprah Winfrey is in the top 100 list too

former Jamaica PM Portia Simpson Miller in 2012. At that time, Simpson Miller was said to be the embodiment of perseverance and strength. The 100 list also includes Oprah Winfrey, Joe Biden, Keanu Reeves and Joe Rogan.

A Time spokesman said: "When our team gets together to choose the TIME100, we have one barometer: influence. Who shaped the year? Who stood up? Who stood out? Influence, of course, may be for good or for ill—a dichotomy never more visible than in this year's TIME100, which includes both Vladimir Putin and Volodymyr Zelensky. They are the poles of this list, and of this moment. The Russian dictator behind a brutal war, and his foe, the Ukrainian President, whose leadership has made him a rare heroic figure in our divisive time.

Mottley said: "The choice of my public life has been to be a lawyer, an advocate, as

well as to be a representative of the people." Her determined advocacy for the Caribbean at COP 26 made her far more than a champion of the region. The rationale for Mottley's inclusion on the list was penned by Ngozi Okonjo-Iweala, director-general of the World Trade Organisation, herself an environmental sustainability advocate.

Mottley's other achievements include spearheading other progressive initiatives, including starting the process to abolish the secondary school entrance exam, long regarded as a thorn in the side of equitable education in the region; declaring her intent for Barbados to recognise same-sex unions; and delivering on her promise of making Barbados a republic. Telling TIME Magazine that her country and the wider region "have been the victims of imperial ambitions for too long," she wanted to let

"that little Barbadian boy, that little Barbadian girl, believe that they could aspire to the head of state in their own country."

Her administration also coordinated the removal of a statue of British naval commander Horatio Nelson from the country's National Heroes Square, because of his role in the transatlantic slave trade: "Sometimes we need to put things away," she explained in her video, "contextualise them and move again. And that's all we're doing, without acrimony, without great emotion, but we believe that we must do this as an act of self-love."

Her deep-rooted sense of social justice, her pride in her Caribbean heritage, and her clear vision for the excellence her country can offer the world despite its size, are all vital ingredients of the Mottley brand of governance. She considers herself a representative of the electorate rather than a politician.

COMMUNITY EVENTS

Asian Dinner Night

27 May – St. Ignatius presents Asian Dinner Night on Friday 27 May from 5pm to 7:30pm in the school canteen. Only pre-sold tickets are available at \$12 and includes dinner, drink and dessert. Dine in or carry out Chinese, Filipino, Thai, Indian and more. Proceeds go towards the Youth Ministry trip to the Steubenville Youth Conference. Call 949 – 6797 for more information.

Inspirational Testimony by Dr. Gerry Gallimore – Former Youth for Christ Director

27,28,29 May – All are invited to hear Dr. Gerry Gallimore, former



Youth for Christ Director of Jamaica and Internationally share his powerful testimony of how God saved him at the age of 15, and his miraculous journey over the past 70 years spreading the Gospel of Christ. Dr. Gallimore will present at the following churches.

Friday 27 May - First Assembly of God (at the roundabout by King's Gym) – 7pm

Saturday 28 May - Savannah Adventist Church – 5pm

Sunday 29 May – Wesleyan Holiness Church – West Bay – 10:30am

Shelter Management Training

28 & 29 May - Volunteers are needed for the upcoming hurricane season. Shelter Management Training is scheduled for May 28th and 29th from 10am to 3pm at Prospect Primary. To register, email dcfs.smt@dcfs.gov.ky

Butterfield 800m Sea Swim

28 May - Come out for Butterfield Bank's 800m sea swim along Cayman's world famous Seven Mile Beach - the best open water venue

you could ask for. The swim begins and ends at the Governor's Beach. Registration starts at 3 p.m.

National Trust – Hatitude 'Roaring Twenties' Tea Party

28 May - Enjoy a 'Roaring Twenties' tea party for Hatitude to celebrate the 35-year legacy of protecting natural and built heritage in the Cayman Islands on Saturday 28th May 2022 from 3:00pm-6:00pm at Grand Cayman, Marriott Beach Resort. Tickets are \$125 Adult, non-member And \$65 Child, non-member. NTCI members receive a 10% discount. For ticket information, email marketing@nationaltrust.org.ky

Plastic Free Cayman – Spotters Bay Beach Clean Up

29 May – Join Plastic Free Cayman for their monthly beach cleanup at Spotters Bay, East End from 8am to 10am. Please bring gloves, a reusable water bottle and a hat and wear sturdy shoes!

40th. Annual Kiwani 20 Mile Bike Ride

29 May - On Sunday the 29th of May, join the Kiwanis for the 20 Mile Bike Ride from the Blow Holes in East End to Smith Cove,

South Sound. This is a fun event for any cyclist. Funds raised go towards the Kiwanis Club of Grand Cayman's Circle K and Key Clubs - creating young leaders in local schools. For more information, go to www.Kiwanis.ky.

Chamber of Commerce – Essentials of Supervision (Part1) – Developing your leadership style

31 May - This half day workshop is a tool for leadership development. It is designed to help supervisors to create and accomplish their personal best, and to help them lead others to get extraordinary things done. Topics covered include identifying your primary leadership style and developing more flexibility to use other leadership styles dependent on the kind of people being led, the objectives to be achieved, and the situation in which leadership is being given. For date, time and cost, go to www.caymanchamber.ky or call 949 – 8090.

Cayman Islands Astronomical Society – Stargazing from Spotts Dock

2 June - Join the Cayman Islands Astronomical Society for an evening of stargazing over the

southern skies from 7:30pm on Thursday the 2nd of June. View the Southern Cross, which is only seasonally visible in our evening skies. You'll also learn how to identify Alpha Centauri, the closest star system to us beyond our sun. Omega Centauri, a cluster of millions of stars that appears like diamonds spilt over velvet should look amazing! As a bonus, the International Space Station will pass overhead at 8:55pm! The event will be cancelled if there is more than 50% cloud cover. Check the Cayman Islands Astronomical Society Facebook page for the latest updates.

Queen's Platinum Jubilee at the Cayman Turtle Centre

3 – 6 June – Celebrate the Queen's Platinum Jubilee at the Cayman Turtle Centre from Friday 3 June to Monday 6 June with food and drink specials all weekend long. Enjoy live music at the poolside on Saturday and Monday. The Turtle Centre is opened from 8am to 5pm daily. For more information, call 949 – 3894 or email info@turtle.ky.

Send your community events to wendy@caymaniantimes.ky

How to Get Back on Track..

Have your weight loss results stopped? Or never got started?

Before you blame a fitness plateau for your lack of results let's take a hard look at the following:

1. Your Diet: It's human nature to begin to slip on your nutrition after a few weeks of stringent diligence. A small treat here, and a bite of something there, and before you know

it you've fallen back into old eating habits. If your results have stopped then take the next few weeks to track your nutrition and hold yourself accountable for every bite.

2. Your Workouts: If your nutrition has truly stayed on point then your workouts could be the problem. Are you slacking on the final few reps? Have you reduced your overall

intensity in the gym? Did you skip a few sessions last week? Before you blame a plateau for your reduced results take a really hard look at your effort in the gym. Rededicate yourself to pushing as hard as you can.

3. Your Sleep: This is a tough one for so many people, but you simply must be getting adequate sleep in order to lose fat and develop muscle. Your body needs close to eight hours of sleep each night in order to recover from your workouts and to maintain balanced hormone levels. Getting to bed on time is vitally important to your fitness results.

If you have tackled the three steps above and still don't see the number on your scale moving in the right direction, then move on to these next plateau-busting steps...

4. Track Your Efforts: It's time to get meticulous with tracking your fitness efforts, from exactly what your workouts consist of, to exactly what and when you eat in order to constantly improve. Make it

your goal to outdo yourself every day. If you're constantly performing better today than you were yesterday, then your plateau will quickly become a distant memory.

5. Track Your Results: Simply checking your weight on the scale is not a thorough enough measurement for your progress. Start tracking additional metrics for change. Take your measurements. Have your bodyfat tested. Take pictures of yourself weekly. It's important to be fully aware of how your body is changing as a whole unit, not just the number on the scale. You may be surprised to find that your body fat has been dropping while your weight has stayed the same.

See me for additional strategies on breaking through your fitness plateau. Together we will get you on a program that will melt fat and expose shape and definition.

Call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today.



Designs by Norma Ebanks

Creative Fashion & Design™

Quality Fabric with Innovative Designs

for all your alteration needs

CATERING TO MEN, WOMEN & CHILDREN

- UNIFORMS
- SUITS
- FORMAL DRESSES
- ALTERATIONS
- TAILORING
- WINDOW TREATMENTS
- CURTAINS & VALANCES
- BRIDAL RENTALS
- SUIT RENTALS
- FABRIC SALES
- ACCESSORIES

NOW OFFERING : BEGINNERS AND ADVANCE SEWING CLASSES

Call for Registration info.
Ph. (345) 949-0034
Email: info@creativefashionanddesign.com
Website: creativefashionanddesign.com

Mondays - Saturday
9am - 6pm
Unit 8, Upstairs Tropical Plaza,
Smith Road, George Town

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
86° / 79°	86° / 78°	86° / 78°	86° / 78°	81° / 80°	83° / 79°	81° / 80°
Periods of clouds and sun	An afternoon t-storm or two	An stray afternoon t-storm	A t-storm around in the a.m.	Cloudy and breezy	Cloudy, a couple of t-storms	Cloudy with a stray t-storms

Official Funeral for Vestryman Mr. A.J. Miller

The official funeral for Mr. Arley James 'A.J.' Miller, Cert. Hon., will be held over two days - Thursday, 26 May and Friday, 27 May 2022. He was 92.

At the time of his passing, Mr. Miller was one of the few surviving members of the Legislative Assembly of Justices and Ves-

try, Cayman Islands' original legislative entity, which evolved in 1959 with the first written Constitution into the Legislative Assembly (transitioned now to the House of Parliament).

In honour of Mr. Miller's service, he will lie in state at the House of Parliament on

Thursday from 10 am to 1 pm, giving past and present Members of Parliament, Government officials, friends, family members and members of the public an opportunity to pay their respects.

On Friday, a funeral service at Savannah United Church will be preceded by the view-

ing from 12 noon. The service will start at 1 pm, with interment following at Pease Bay Cemetery, also in Bodden Town.

The Cayman Islands Flags will fly at half-mast at Government buildings on Thursday and Friday as a mark of respect for the departed vestryman.

DEATH ANNOUNCEMENTS



The family of **Phyllis Kathleen Brooks (Nee Tilling)** regret to announce her peaceful passing on May 19, 2022, at home surrounded by her family.



Left to mourn are her husband Alan, daughter Hilary and brother Eric.

A private cremation service will be held for her

There will be a "Celebration of her Life" later in the Autumn

Her family request that in lieu of flowers, donations are made to Jasmine with whom she was an original volunteer and who cared for her so compassionately in her final days.

Condolences can be registered at boddenfuneralservice.com & Bodden Funeral Service Facebook page

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

The family of the late **Mr. Roy Bertram Nicholson**, affectionately known as "Black Roy", regret to announce his passing on May 19, 2022.



A funeral service will be held 3:00 p.m. at the Wesleyan Holiness Church North West Point, West Bay on Sunday, June 5th, 2022.

Viewing from 2-3 p.m. Interment will follow at the St Mary's Garden of Rest Cemetery in West Bay.

Condolences can be registered at boddenfuneralservice.com & Bodden Funeral Service Facebook page

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

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Verna Valle nee Brown, who passed away on Sunday, May 15, 2022.

A Thanksgiving Service will be held at Church of God Universal, George Town, Grand Cayman, Cayman Islands on Saturday, May 28, 2022 at 1:00 p.m.

This will be a Closed Casket Service Interment will follow at North Side Cemetery.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Lily Leonie Hurlston, who passed away on Saturday, May 21, 2022. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Arley James Miller, Cert. Hon., who passed away on Sunday, May 08, 2022.

A Thanksgiving Service will be held at Savannah United Church, #17 Astral Way, Savannah, Grand Cayman on Friday, May 27, 2022 at 1:00 p.m.

Viewing: 12:00 – 1:00 p.m. Interment at: New Pease Bay Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mrs. Maglyn Beatrice Dickenson, who passed away on Saturday, May 21, 2022. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

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

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

©2018 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

Answer to previous puzzle

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

Difficulty Level ★★★

©2018 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

Difficulty Level ★★★

1/11

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Fight a knight
- 6 Obscure
- 11 First letter
- 12 Happened
- 13 Rock genre
- 14 Instructional
- 15 Ready for business
- 17 Winter blanket
- 18 Deck worker
- 20 Fishing need
- 22 Bat wood
- 23 Fish groups
- 26 Note taker
- 28 Leading
- 29 Eventually
- 31 Tend the garden
- 32 Tennis star
- 33 Dispatch
- 34 Turner of movies
- 36 Turn to slush
- 38 Steer clear of
- 40 "Wouldn't that be great!"
- 43 Church feature
- 44 Liquefy
- 45 African scavenger
- 46 Harpoon

DOWN

- 1 Traffic snarl
- 2 Corrida cheer
- 3 Very current
- 4 Form fiction
- 6 Scrooge cry
- 7 Beach problem
- 8 Very close
- 9 Analogy words
- 10 Cat call
- 16 "Today" carrier
- 18 Physics amount
- 19 Regarding snack
- 21 Sailor's call
- 23 Fizzy drink
- 24 Bird on a Canadian dollar
- 25 Raced
- 27 Reno resident
- 30 Aardvark
- 33 Cut, in a way
- 34 Remini of TV
- 35 Friend
- 37 Hula swayers
- 39 History stretch
- 41 Reef setting
- 42 That woman

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

Yesterday's answer

- 21 Sailor's call
- 23 Fizzy drink
- 24 Bird on a Canadian dollar
- 25 Raced
- 27 Reno resident
- 30 Aardvark
- 33 Cut, in a way
- 34 Remini of TV
- 35 Friend
- 37 Hula swayers
- 39 History stretch
- 41 Reef setting
- 42 That woman

THOMAS CROSSWORD BOOKS 1-8! Send \$4.75 (check/m.o.) for each book to 628 Virginia Dr., Orlando, FL 32803

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

1-12

Word Search

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

- Biblical
- Chemical
- Comical
- Conical
- Ethical
- Fiscal
- Focal
- Local
- Logical
- Lyrical
- Magical
- Medical
- Musical
- Nautical
- Optical
- Physical
- Radical
- Rascal
- Stoical
- Topical
- Typical
- Vocal

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



Have fun with
**CAYMANIAN
TIMES**

CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

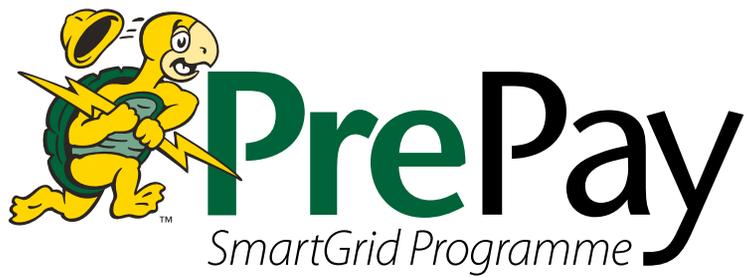
By Stan Lee



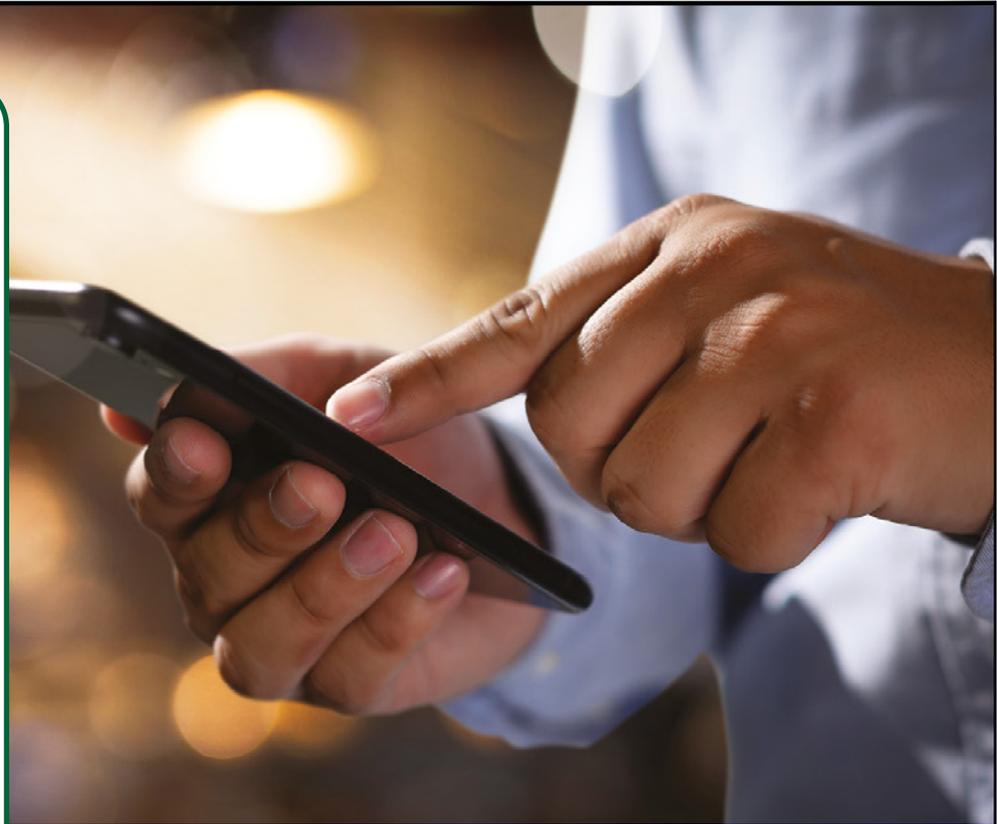
JUDGE PARKER

By Woody Wilson & Mike Manley





How can PrePay electricity help you save money?



With PrePay, you can budget easily!

With daily monitoring, you can control how much electricity you're using. A change in habit can occur if you take incremental steps towards more conscious and efficient energy use, based merely on self-observation using the tools CUC has available for you. Never be surprised when paying your electricity bill again.

PrePay is a pay-as-you-go service. Unlike the standard billed method of paying for electricity where payment is made monthly after you have consumed the electricity, the PrePay method allows you to pay before energy is used.

Everyone is approved, no deposit required. When signing up for PrePay, there is no security deposit required unlike with the traditional postpaid service. If you are an existing customer and want to switch to our PrePay service, we will apply your security deposit to your account as a payment.

The same rates are applied to the electricity consumption of PrePay customers as that of postpaid customers. But there are differences: **NO deposit, NO disconnection fees and NO finance charges.**

Control your Energy in the 'Palm of your Hand'

Receive daily account alerts via text and e-mail to track your electricity usage and monitor your daily usage. You will also be notified in advance if your credit is running low and you are approaching eligibility for disconnection.

42
Average Kilowatt-Hours Consumed Per Day

\$10.79
Average Cost Per Day

4
Estimated Days Remaining



\$43.17
Balance Remaining

No Disconnection Fees:

PrePay customers receive no disconnection fees. **Disconnections only occur on business days between 9:00 a.m. and 4:00 p.m., even if your credit runs out on the weekend or a public holiday.** This gives you adequate time to make payments on your way to work.

Fuel Rates for May's Consumption

Your May electricity consumption (to be billed in June 2022) will reflect a Fuel Charge of CI\$0.15 cents per kWh, this is CI\$0.01 cent higher than last month. This cost will impact all energy usage beginning on **May 1, 2022.**

How will this impact you?

Residential customers will experience the following approximate increase in their fuel cost:

Consumption (kWh)	Fuel Cost April 2022	Fuel Cost May 2022	Increase (Fuel Line item Only)
600	\$85.00	\$90.80	\$5.80
1100	\$155.83	\$166.47	\$10.63
1600	\$226.67	\$242.13	\$15.47

Please review your consumption in May of 2021. This will provide an estimate of what consumption you may be utilising in May of 2022. Please note that changes in average temperature and lifestyle will affect the resulting consumption.



For more information, contact our Customer Service Team at 949-5200 or service@cuc.ky or visit our website at www.cuc-cayman.com

