

Caymanian Times

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Monday Edition

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INSIDE THIS ISSUE

• **HEALTHCARE** — page 2



Ocean Therapy for Personal Wellbeing

• **EDUCATION** — page 8



Mrs Gloria Bell celebrates retirement

• **BUSINESS** — page 9



FIRSTCARIBBEAN INTERNATIONAL COMTRUST FOUNDATION HAS NEW CHAIR

CIG Employee of the Year



Ocean Therapy for Personal Wellbeing



So, you take a soothing dip in our wonderful seas and what's the first thing you experience?

I know, you're thinking a sense of well-being or feeling refreshed, and then it dawns on you, a runny nose! And with that realisation, we can start to appreciate that the benefits of the ocean are more than mental, even if some of the most powerful effects are on how we feel.

Now that I've given you just a small sniff of the potential breadth of health benefits of the sea, I guess you're wondering about that runny nose. Sinus problems are really common, whether longer term or related to more immediate health

issues like a cold, and whereas there is obviously no substitute for good medical advice, that medical advice, in Cayman, may well include a dip in the ocean, the ultimate saline wash. So how does this benefit us?

Cilia are small, complex, hair-like structures of the paranasal sinus mucosa. The lungs and nasal passages are continuously exposed to pathogens, toxins, and other particles, and mucociliary clearance, the act of dragging up and expelling this gunk, is an essential part of our normal respiratory defence. Mucus acts as a primary physical barrier, trapping these particles and pathogens. The cilia move both the



mucus layer and fluid in the underlying periciliary layer up the respiratory tract and out. And as anyone taking a dip knows only too well, seawater is the perfect accelerant.

So, what other benefits are associated with the ocean? Well, quite apart from the obvious benefit of the exercise you get, especially if that dip involves swimming, there are a range of recognised health effects:

- Skin health
- Immune system
- Mental health & wellbeing
- Weight loss
- Cold water benefits

That latter area is increasingly well-recognised, from improved blood flow and circulation to reductions in musculoskeletal problems and pain, including improved recovery of muscles. Of course, our Cayman Islands oceans are not quite as beneficial as a dip in a Finnish pond in winter, but it does remind us when we are shivering at the prospect of an average winter water temperature of a just above freezing 79F (26C), this is perhaps the very best time to embrace a bracing swim.

The effects of cold water extend to weight loss too and the same principle applies. The effects can be observed from a single, short duration dip, and health influencers such as Tim Ferris go further, advocating sitting in an ice bath; "I'll sit in the ice bath up to my waist for about 10 minutes also reading a book or magazine and then for the last few minutes go up to the neck with the hands out of the water". That might be a bit extreme for us tropical humans, but it certainly reinforces the benefits of a winter ocean dip.

Seawater is rich in essential minerals, including magnesium, sodium, calcium, chloride and sulphate. Quite apart from

the skin rejuvenating affects of the sea, individuals with skin health issues such as psoriasis and eczema may well see enhanced benefits. Of course, these conditions need the guidance of a qualified dermatologist too but the sea is in the therapeutic armamentarium. Beyond skin specifically, the magnesium in sea water is thought to lower cortisol levels, which calms the nervous system and reduces stress, which ironically is a trigger for skin conditions, especially inflammatory ones.

And that leaves us with mental health and wellbeing. And I am inclined to think this is where we see our biggest benefits, given the link between mental and physical health. Hydrotherapy has long been advocated as a treatment for anxiety and depression and if you think about Granny's advice if you're feeling stressed, it's going to include a relaxing bath, or getting out in nature. Well, how about a relaxing ocean bath (no shampoo though!) in nature? That has to be the ultimate in non-medical mental therapies.

And if we want a more scientific confirmation, a study commissioned by Swim England for World Mental Health Day found that 43% of those swimming regularly cited feeling happier as a result of making this a daily habit. Furthermore, 26% were more motivated to achieve their daily tasks and 15% even said that life felt more manageable. Given the detrimental effects of feeling overwhelmed, it is difficult to over-estimate the positive impact of this.

So, yet again, alongside things like better sleep, we have identified a natural cure-nearly-all, scientifically documented, that comes without a cost and is available to anybody in Cayman, regardless of means. Dip in the ocean anyone?

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Lareta Mack is CIG Employee of the Year for 2021



► CIG Employee of the Year for 2021 Mrs. Lareta Mack receives her award from Deputy Governor, Hon. Franz Manderson.



► Chief Officer Wesley Howell and Chief HR Officer Briana Ebanks accept a Moments of Magic Award for the Ministry of Border Control and Labour.

Lareta Mack could not hold back the tears as she accepted her accolades as the Cayman Islands Government Employee of the Year for 2021 last night (Tuesday, 1 November 2022) for delivering outstanding customer experience.

In front of His Excellency the Governor, Mr. Martin Roper, Premier Hon. G. Wayne Panton, other Government officials, colleagues and her family, the Strategic Human Resources Officer in the Portfolio of the Civil Service (PoCS) received the award from Deputy Governor Hon. Franz Manderson.

The awards ceremony was the culmination of the 2021 round of the Deputy Governor's Award Programme. The initiative, created by the DG in 2012, seeks to identify and recognise civil servants who embody the vision, purpose, mission and values of the Cayman Islands Government, and whose activities help to advance the goals of the Civil Service's 5-Year Strategic Plan.

Mrs. Mack won the top award out of a field of 12 finalists. These finalists were initially nominated by a colleague, endorsed by their Chief Officers and ultimately selected as Employee of the Month by the Deputy Governor. All finalists as well as Chief Officer's Choice Award recipients were recognised at the ceremony.

The gala event was held at the Kimpton Seafire Grand Cayman, where attendees heard of the work, attributes and impact of each nominee. Mrs. Mack was recognised for the strategic goal of Delivering an Outstanding Customer Experience.

Portfolio of the PoCS Chief Officer Gloria McField-Nixon explained that she had chosen Mrs. Mack as her Chief Officer's Choice because of "the amazing customer service that she delivers each and every day [as] a consummate professional who brings her passion to work."

Mrs. Mack's duties include payroll processing and data analytics for the over 4,000 civil servants, and she is often called upon to provide guidance to HR personnel across departments. She shared that she is driven by the knowledge that what she does affects the lives of each employee and their ability to manage themselves and their dependents. "It doesn't matter where I am, whether I'm sick or on vacation or at the dentist," she said. "If I can stop to help, I'm going to stop. If it's something that I can action then, I'm going to do it. I think just getting it done can benefit them sooner than later."

The Deputy Governor spoke of the importance of the Civil Service's push to be world-class and of employees' role in the effort: "We won't be world-class without our amazing civil servants. It is not the laws and policies and procedures that make us world-class; it is our staff."

He continued, "We are here to serve the Government of the day and I have seen so many amazing civil servants who go out of their way to do just that. I walk around and talk to civil servants and I hear their enthusiasm; I hear their commitment, and it makes me very proud."

The other 2021 Employee of the Year finalists and the section of Government in

Lareta Mack

CONTINUED FROM Page 4

which they were employed in 2021 were:

- Sharelle Clarke, Ministry of Education, Youth, Sports, Agriculture and Lands;
- Lenford Wilks, Department of Communications;
- Kim Berry, Department of Tourism;
- Ileana Marin, Department of Workforce Opportunities and Residency Cayman (WORC);
- Estina Hamil, Department of Customs and Border Control;
- Michael Ebanks, WORC
- Denise Anderson, Royal Cayman Islands Police Service;
- Erika Bodden, Department of Customs and Border Control;
- Hugh Bush, Cayman Islands Coast Guard;
- Kacey Mobley, Ministry of Home Affairs, and
- Olsie Jackson, WORC.

In addition to the individual awards, the Deputy Governor's Employee of the Year event was the occasion for four teams to be presented with 'Moments of Magic' awards for outstanding work.

The Moments of Magic recipients were:

- the Ministry of Border Control and Labour for the work their HR team did in facilitating and managing staffing for the smooth operation of Travel Cayman;
- the Civil Service College for their roll-out and support of the LinkedIn Learning platform for all employees in the Civil Service, and for the piloting of the ILM City & Guilds Young Leaders Award programme at Clifton Hunter High School;
- John Gray and Layman Scott high schools for moving from a Schools Inspectorate rating of 'Satisfactory' to 'Good', and the Lighthouse School for maintaining their 'Good' rating, in 2021, and
- the HR team within the Portfolio of the Civil Service, for Pursuing Excellence in Talent Development (another of the Civil Service's 5-Year Strategic Plan goals) through the launch of the recruitment portal, careers.gov.ky, which has streamlined the Civil Service recruitment process and attracted over 12,000 registrants in the first eight months of operations.



► Representatives from John Gray High, Layman E. Scott High and the Lighthouse School pose with the Deputy Governor (4th left) after accepting the Moments of Magic Award each school received for gaining a Schools Inspectorate rating of 'Good' in 2021.



► His Excellency the Governor, Mr. Martyn Roper, who presented the 2021 awards to the Employees of the Month, is seen here with the recipients. Absent is Customs and Border Control Officer Ms Estina Hamil, who was the recipient for September 2021.



WORC
Workforce Opportunities & Residency Cayman
Cayman Islands Government

worc.ky

New Medical Forms for Work Permits & Immigration Applications

WORC Simplifies Medical Forms with new Medical Declaration Cover Letter

Changes are on the horizon as Workforce Opportunities & Residency Cayman (WORC) simplifies applications by removing the requirement to submit multiple medical records for persons submitting Work Permits, Permanent Residency and Cayman Status applications, Temp Work Permits, Extensions, Business Visitor's Visas, and Special Economic Zone applications.

Effective 1 December 2022, a medical declaration cover letter from a medical practitioner will be the document required for submission of applications. "The change to simplify the medical documents for application submission has been long overdue, and with the passing

of the Data Protection Legislation (DPL), it is imperative now more than ever that WORC receives, processes and stores only the relevant and necessary information that belongs to that department for processing applications," said Acting Interim Director Jeremy Scott.

It's important to know that WORC does not own medical documents that are considered sensitive data under the Data Protection Legislation. WORC will receive in the medical declaration cover letter what the individual has been screened for in accordance to the medical examinations guidelines.

The medical declaration cover letter will need to be completed in conjunction

with a medical examination guidelines document which specifies the minimum medical requirements. The cover letter is valid for twelve (12) months.

Individuals or companies submitting the applications need to ensure they remain in compliance with what's required and that medical declaration cover letter is signed and dated by the medical practitioner carrying out their examination.

A medical examination will need to be completed by a practitioner fully registered as a medical doctor from one of the jurisdictions accepted by the Medical and Dental Council of the Cayman Islands (the United Kingdom, United States or Canada, Jamaica, South Africa, Australia, and New

Zealand). If coming from other countries, the medical examination needs to be completed in the Cayman Islands.

A grace period will be given to allow for persons submitting applications to be aware of the new requirement. However, applications received after 1 December 2022 without the medical declaration cover letter will not be accepted for processing.

Contact WORC's Customer Care at 1-800-534-9672 or 945-9672 with queries or to review the medical examination guidance document and new medical cover letter visit medical.worc.ky

Financial Services Minister to Attend Compliance Conference, Meet UK and EU Stakeholders



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Minister of Financial Services, the Hon. André Ebanks, is travelling to the Bahamas, London and Brussels on a number of financial services matters.

From 3-4 November he will attend and speak at the Caribbean Regional Compliance Association (CRCA) Conference in the Bahamas. Industry compliance associations and regulators from around the region will discuss topics including ethics; terrorism, smuggling and exploitation; trends in the trust, banking, corporate services and insurance sectors; cybersecurity; sanctions; cryptocurrency; taxation; and understanding the needs of boards, regulators and shareholders.

The Cayman Islands Compliance Association (CICA) is a CRCA organising committee member, and the Ministry of Financial Services and Commerce is a conference sponsor. CRCA will be held in the Cayman Islands in 2023.

Minister Ebanks then will travel to London for meetings with UK officials following the change in government. He also will meet with financial services stakeholders, including during a Cayman Finance event hosted by new CEO Steve McIntosh. Following this, he will meet with EU stakeholders in Brussels.

Cayman Islands Government representatives Deborah Bodden, Gene DaCosta and Chris Duggan will accompany Minister Ebanks to the London meetings; and Ms Bodden and Mr DaCosta will join him for the Brussels meetings. The delegation will return by 18 November. The Premier, the Hon. Wayne Panton, is the acting Minister of Financial Services and Commerce until Minister Ebanks returns.

The Ministry will update the public upon the delegations' return.

100+ Women Who Care Cayman Islands host final event of the year

100+ Women Who Care Cayman Islands will be hosting its last event of 2022 in the sculpture gardens of the National Gallery on Thursday, November 10. After two successful events, the post-pandemic relaunch in May and another successful in-person event in August, the giving circle will be closing out the year with one more event with the lofty target of making an even bigger impact within the Cayman community.

"It's been humbling to see how the women and businesses of Cayman have joined forces to contribute to positive change in our community," said Rachael Fowler, Chair of 100+ Women Who Care Cayman Islands. "One hour of your time plus a one-hundred-dollar donation has the power to make a huge impact. We also want to make sure you have a great time whilst doing it."

The event starts at 6:00pm, and after donating CI\$100 all women are welcomed with a raffle ticket, a voting card, and a free drink crafted by this year's drink

sponsor KonTiki Liquor store. At 6:30pm the three featured charities, namely Mangrove Education Project, National Children Voluntary Organisation (NCVO), and Alzheimer's and Dementia Association of the Cayman Islands (ADACI), will present their respective organization's work in a bid to win votes and walk away with 100% of all donations. The runner up charities will take home \$1,000 each thanks to this event's platinum sponsor Davenport Development.

The rest of the night will be an opportunity to mingle, to browse the holiday themed night market attended by many local businesses, and to have a chance to win one of the many fabulous prizes. Special thanks goes to our gold sponsor Kensington Management Group Ltd. for donating towards our costs for hosting this event at the National Gallery of the Cayman Islands.

For full event details or to learn more about how to get involved as a sponsor or night market vendor, visit www.100women.ky.



Scout Commissioner Retires from YSU but not Scouting



► Executive Commissioner of CI Scout Association, Mr. Winston Hayle retires from the Civil Service.

Executive Commissioner of CI Scout Association (CISA), Mr. Winston Hayle retires from the Ministry of Youth's Youth Services Unit (YSU) following 30 years in the Civil Service. Nevertheless, he will continue in his current role in service to the CISA.

Reflecting on his retirement, Head of Youth Services Unit, Mrs. Mellony Bryan-Waugh said: "Mr. Hayle's retirement is bitter-sweet. Although we will miss his presence in the unit, we know that he will continue to enrich the lives of Scouts locally."

Mrs. Bryan-Waugh said that her former colleague's most recent legacy is was successfully securing the Association's first purpose-built headquarters. This long-held goal was finally realised with the support of the Movement's benefactor Mr. Charles Jennings. Used by several Scout and Girl Guide units, the multi-purpose facility is also a meeting of other community groups.

As well as managing operation of the organisation, the Scout Commissioner's responsibilities will continue to include training of leaders, supervision of Troops and Packs, and leading in some units. Mr. Hayle's teaching back-

ground helps him create, develop, and implement programmes that reflect the Movement's overall mission. His work contributes to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

In addition to his role as Executive Commissioner, the Past President of the Lions Club of Grand Cayman also supported the community in other ways. Having served on the National Council of Voluntary Organisations, the CI Marine Institute, and the CAYS Foundation; he was a founding member of the National Youth Commission, and part of the Task Force that wrote the CI National Youth Policy.

The Scout Association's Chief Commissioner, Mr. Orrett Connor, said: Winston has had and continues to enjoy a stellar career in the role of Executive Commissioner. During his tenure, we have seen Scouting grow from strength to strength. He is an extremely important person within our organisation, and his reach in the various districts, schools and

churches is unparalleled.

Mr. Hayle said: "Although I leave the Youth Services Unit with some sadness, I am nevertheless delighted to be continuing as Executive Commissioner. I still have a lot to contribute to Scouts in the shaping of youth into model citizens. The world continues to benefit from the work of the Movement in producing active and contributing members of society," he added.

Past Scouting career highlights during his CIG career include leading the national scout movement in hosting the 46th Conference of Baden - Powell Fellowship, attended by Honorary President King Carl Gustav XVI of Sweden. The Executive Commissioner is also proud to have helped oversee the local Movement's transition from District- to a National Scout Association in 1993. This change led to it becoming a branch of the UK Scout Association, giving it increased autonomy in operating globally.

Scout honours awarded to Mr. Hayle are the Movement's Medal of Merit, the Silver Pineapple, and the Silver Crocodile (the highest award and equivalent to the UK's Silver Wolf accolade).



► Gloria Bell receives an award for her dedication and service from Dave Howell



► Victor Hemans presents an award on behalf of the specialist music teachers

Prospect Primary celebrates retirement of 'Amazing,' former Principal

By Christopher Tobutt

Prospect Primary celebrated the retirement of one of the most influential educators Cayman has ever had. Mrs Gloria Bell touched the lives of thousands of children, not just through the 12 years she spent as Prospect's beloved principal from 2006 to 2014, as well as through her contribution to teacher training and literacy throughout the Island before going to Prospect, and her work as Senior Schools' Improvement Officer with the Department of Education after leaving Prospect.

All the children were there to give her a great retirement send off, and a steel pan band was up onstage adding its joyful music to the celebrations. Lots of people came onstage to pay tribute to her endless dedication, encouragement and support, not just to children, but to parents and teachers too.

Prospect MP Hon. Sabrina Turner said, "You will never ever imagine the impact you have had moving forward and it is my honor on behalf of the people of Prospect and me personally, to thank you for your service and enjoy life. This is an example of true leadership through nation-building."

Born in Trinidad And Tobago in the Fishing Village of Carenage, Mrs. Bell attended a teachers' college between 1976 and 1978



► Hon Sabrina Turner, MP for Prospect

where she received a teacher's diploma. The challenges in children's reading she encountered while teaching in primary schools there motivated her to gain a certificate in the teaching of literacy.

In 1991 Mrs Bell secured a teaching position in the Cayman Islands as Language Arts Teacher in the Alternative Education Programme. In 1994 she became Deputy



► The plaque dedicated to Mrs. Gloria Bell, (above) with (left to right) Dave Howell, Gloria Bell, and Hon. Sabrina Turner

Principal at East End Primary, and in 1997 she became Language Arts Education Officer, helping to establish the Inter Primary Spelling Bee competitions, the Annual Book Fair, and the Cayman Islands Reading Association. In 2006 she became Principal for Prospect Primary School from 2006 to 2014.

Believing in the development of the whole Child, Mrs. Bell is remembered for many initiatives at PPS, including the Annual Student Christmas Luncheon, the PPS steel band, violin club, Cooking Club, photography club, Arts & Crafts club, and AAA - afterschool Academic Acceleration Club.

Mrs. Bell has gained many awards including Cayman Islands Civil Servant of the Year, 2000, and the 2008 Golden Apple Award for excellence in teaching as a school principal

There were a great many tributes by past pupils by video, many of whom are now university students, business leaders and entrepreneurs. Devonte Howell attended Prospect Primary School from 2009 to 2016: "I had the privilege of Ms Bell being my Principal for four of the six years I spent at the Best School in the whole wide world.

Mrs Bell was a very strict, yet Caring and loving principal, and I'll never forget the support and motivation she gave many other students and me at Prospect Primary," he said.

Victor Hemans presented an award on behalf of the Specialist Music Teachers. "We are so thankful of the things you have done for us, and your inspiration for us," he said.

There was also a presentation from President of the Prospect PTA, Dave Howell, who expressed the hope that the school would shortly be renamed in Mrs. Bell's honor.

"Good memories have been brought back, and as I stand here I am humbled by the outpouring of appreciation that has been demonstrated today," Mrs. Bell said. "It is certainly an honor to be recognized for one's contributions, and to be able to smell the roses, and hear the tributes while you're alive. Thanks to Almighty God for giving me this rare opportunity. This celebration is not about Gloria Bell alone, but this group of teachers."

Everyone made their way to the school entrance, where a special plaque dedicated to Mrs Bell was unveiled



► The school assembly hall was packed



FIRSTCARIBBEAN INTERNATIONAL COMTRUST FOUNDATION HAS NEW CHAIR

New CEO Mark St. Hill unanimously appointed Chair of Bank's charitable arm

Newly appointed Chief Executive Officer of CIBC FirstCaribbean, Mark St. Hill has been unanimously elected as the next Chair of the bank's charitable arm, the FirstCaribbean International ComTrust Foundation at recent board meeting of the trustees.

St. Hill who assumed leadership of the regional bank on November 1, following the retirement of Colette Delaney who was also chair of the foundation, previously served as a trustee.

Along with his election as Chair Olivia Burnett, one of the Bank's Legal Officers, was also elected as a trustee. The other trustees are: Trudy King, Chief Accountant, Ladesa James-Williams, Country Head in Antigua, Debra King, Director, Corporate Communications and retired bankers, Lynda Goodridge and Clenell Goodman.

St. Hill said he was "very excited to be leading the foundation which has been doing really impactful work around the region. Whether it is our work with SickKids Caribbean Initiative, Healthy Caribbean Coalition, YMCA, UWI or our leading Caribbean cancer-fundraiser and awareness drive, Walk for the Cure, which has raised over USD\$3 million in its first 10 years,

our foundation has been making a real difference in the lives of thousands across our region."

He thanked immediate past Chair and retired CEO Colette Delaney for her "inspiring leadership" over her four years at the helm of the foundation.

He pledged that the foundation would continue to be "fully engaged in all our communities where we have a presence."

The FirstCaribbean International ComTrust Foundation was established as a registered charity back in 2002 and over the years has committed over USD\$30 million in support of projects and activities in communities across the bank's business footprint in the English and Dutch Caribbean.

The foundation offers support and partnership under three primary areas: Youth and Education, Health and Wellness and Community and the Environment.

At the centre of those areas of support is the uplifting and empowering of people in communities where the bank has a presence. This is done through formal Memoranda of Understanding or through a host of other community-based projects and programmes.

A note to our clients

Interest Rates Changes

Effective November 4, 2022, CIBC FirstCaribbean will adjust its KYD and USD Prime Rates from 6.25% to 7.00%.

This adjustment is in response to the change in the US Federal Funds rate announced by the Federal Reserve Open Market Committee in the United States on November 2, 2022.

Should you have any queries speak with your Branch or Relationship Manager.



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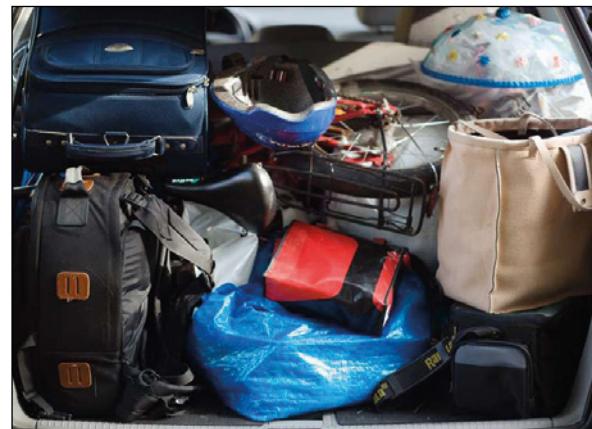
Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	6,15	n/a	6,55
NorthSide	Jack's Esso (Jack's II)	5,8	5,94	6,36
Bodden Town	Lorna's Rubis	5,92	6,33	6,25
Bodden Town	Mostyns Esso	5,99	6,11	6,38
Savannah	Savannah Rubis	6,17	6,78	6,55
Red Bay	Barcam	5,78	5,9	6,42
Red Bay	On The Run (Brown's Red Bay)	5,78	5,9	6,41
George Town	Peanuts	5,97	6,58	6,35
George Town	Jose's Escape	5,87	6,37	6,37
George Town	Refuel	5,67	5,89	6,05
George Town	Esso Tigermart 4 Way Stop (JS)H&B 11	5,78	5,9	6,36
George Town	Eastern Avenue Rubis	5,76	6,28	6,2
George Town	Walkers Rd. Rubis	5,98	6,69	6,45
George Town	On The Run (Mike's Walkers Rd.)	5,78	5,9	6,37
George Town	On The Run (Brown's Industrial Park)	5,78	5,9	6,37
George Town	On The Run (Mike's 7 Mile)	5,97	6,09	6,41
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	5,78	5,9	6,31
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	5,97	6,58	6,45
West Bay	Hell Esso	5,76	5,88	6,35
West Bay	Esso 4 Way Stop (Four Winds)	n/a	n/a	n/a
George Town	Scotts Landing	6,6	n/a	6,13
Cayman Brac	West End	n/a	5,58	6,89
Cayman Brac	Tib Mart	n/a	5,58	n/a
Little Cayman	Village Square	n/a	7,89	8,18

Lowest Prices	Grand Cayman	5,67	5,88	6,05
Highest Prices	Grand Cayman	6,6	7,89	6,55

FUEL EXPENSE REDUCTION



Frequent and fast acceleration – Avoid heavy acceleration and drive below the speed limit. Frequent and swift acceleration burns fuel at a faster rate.



Additional Weight – Empty your car trunk of heavy items that can be located elsewhere. Your vehicle will use more fuel when carrying heavier loads



Vehicle Replacement – Consider replacing your vehicle with a fuel efficient model



November is Pirates Fest on all Three Islands

As November Pirates Fest begins, the following are some of the packed schedule's edited highlights, on all three islands. To map out your must-attend events, get the full Pirates Fest 2022 schedule, by visiting piratesfestcayman.com, <https://bit.ly/3sVfWrg>.

Little Cayman:

- **Friday, 4** - Official Kick-Off Party, McCoy's Sunset Bar - 6pm-2am
- **Saturday, 5** - Pirates Landing and Float Parade, Southern Cross - 4.30pm-5.30pm
- Costume Competition, Hungry Iguana Restaurant - 5.30-6.30pm
- **Sunday, 6** - Pirates Farewell Lunch, McCoy's Sunset Bar (Poolside BBQ) 10am-4pm
- Treasure Hunt and Pirates Farewell Lunch, Seahorse Boutique - 12.30-2pm

Grand Cayman:

- **Thursday, 10** - Pirates Fest Happy Hour and Official Kick-Off Party, Snappers - 5-11pm
- **Friday, 11** - Pirates and Wenchies, Cayman Cabana - 7pm-2am
- **Saturday, 12**-5K Sea Swim, Governor's Beach - 7-9am
- Cayman Airways Cardboard Boat Regatta, Hog Sty Bay - 1-2.30pm
- Pirates Landing, Las Tortugas Pirates, Hog Sty Bay - 3-4pm
- Float Parade, Seafarers Way - 4-6.15pm
- Food Festival, RBC and Kirk Free-

port parking lots, Sheddens Rd - 2pm-10pm

- National Song Competition, Seafarers Way (Main Stage) - 6.30-8pm
- District Heritage Costume Competition, Seafarers Way - 8-9pm
- **Monday, 14** - Savannah/Newlands Children's Day, Pedro St. James - 10am-1pm
- Pirates Fest "Harbour ½ Mile" Sea Swim, Hog Sty Bay - 1-4pm
- **Wednesday, 16** - Cassava Cake and Conch Fritter Competition, Coral Beach - 6-8pm
- **Thursday, 17** - Pan n de City, Steelpan Competition, Seafarers Way - 6.30-8pm
- **Friday, 18** - George Town Heritage Day, Cardinall Ave/Seafarers Way - 11am-5pm

- Food Festival, RBC/Kirk Freeport parking lots, Sheddens Rd - 5.30pm-2am

- Block Party Street Dance, Seafarers Way - 7pm-2am
- **Saturday, 19** - Pirate Pooch Parade, Seafarers Way/Sharkie's Restaurant - 10-11.30am
- Food Festival, RBC/Kirk Freeport parking lots, Sheddens Rd - 1pm-Midnight
- Trial of the Pyrates, Seafarers Way - 5.30-7pm
- Teen Up Street Dance, Goring Ave. - 8.30-10pm
- Closing Fireworks, Seafarers Way - 8-10pm
- Grand Finale Street Dance, Seafarers Way - 8.15pm-Midnight



• **Sunday, 20** - Pirates Against Plastic Beach Clean-Up, Safehaven - 8-10am

- Underwater Treasure Hunt, Sunset House - 1-4pm

Cayman Brac:

- **Friday, 25** - Pirates Fest Heritage Day, Spot Bay Heritage Park - 10am-3pm
- Gimistory, Spot Bay Heritage Park - 10am-3pm
- Happy Hour, Captain's Table - 5-7pm
- Official Kick-Off Party, Coral Isle Club - 9pm-2am
- **Saturday, 26** - CIWA Brac Surf n Turf Jet Ski Race, Scott's Dock - 10.30am-5pm
- Boat Float Parade, Buccaneers Cut to Scott's Dock - 5.30-6.30pm
- Fireworks, Scott's Dock - 7-7.15pm
- After Party, Tiger Bay - 8.3pm-Midnight
- **Sunday, 27** - CIWA Brac Surf n Turf Cycling Race, start TBA - 6-8am
- Pirates Farewell Lunch - Noon-3pm





Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
	Norwegian Sky	Carnival Horizon	Explorer of the Seas	Caribbean Princess
		Nieuw Statendam	MSC Seashore	
		Disney Fantasy	Nieuw Amsterdam	
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
0	2,350	10,586	11,592	3,100

Total Soccer Cayman U-11s hold their own against Premier League academies

Total Soccer Cayman's Under-11 team recently returned from a tour of England, where the club took three wins from five matches and faced some of the Premier League's best academy teams.

Total Soccer beat academy teams from Wolverhampton, Nottingham Forest and Everton while being edged by Liverpool and Arsenal during a trip that also featured a tour of Anfield.

"These are excellent opportunities for our players to face top-tier talent in some of the best facilities in the world," said Total Soccer head coach Peter Reijn. "These are clubs with deep histories and the majority of our kids have shown that they are playing at the academy level."

Total Soccer opened its England trip with an 8-6 win over Wolverhampton. The matches were played with four, 20-minute quarters and Total Soccer took a 4-0 lead over the Wolves after the first quarter and would never look back. The Cayman side then beat Nottingham Forest 3-0.

After a stadium tour of Anfield, Total Soccer then took on



► 1) Total Soccer's Nathaniel Lindsay dribbles the ball during the team's 11-3 win over Everton.

the U-11 team from Liverpool, falling 10-7 in a fast-paced match that came down to the final quarter.

"I was proud of their performance," Reijn said. "These are players who just traveled for hours and thousands of miles."

To lose to a quality side like Liverpool in a competitive match, we're proud of the team's performance."

Total Soccer quickly rebounded with a dominating 11-3 win over Everton before wrapping up the trip with an 8-6 loss to Arsenal. After the match, Arsenal coaches came aboard the Total Soccer team bus to express their thanks, their admiration for the team and extend an invitation back at any time.

"For an under-11 team from the Cayman Islands to line up against five Premier League academies in six days and get three wins, losing only to the best of the best, was quite unbelievable," Reijn said. "They're a very talented group. We look forward to watching them continue to develop and grow as players."

Total Soccer's England tour results

Wolverhampton 6 - 8 Total Soccer Cayman

Nottingham Forest 0 - 3 Total Soccer Cayman

Liverpool 10 - 7 Total Soccer Cayman

Everton 3 - 11 Total Soccer Cayman

Arsenal 8 - 6 Total Soccer Cayman

Caymanian Times



3

Newspapers
per week

- Monday
- Wednesday
- Friday

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A Telecom service company invites applications for the position of Sales Equipment and Solution Provider. We are looking for a result oriented professional with strong sales skills, progressive organizational skills and exceptionally strong customer service orientation. Applicant must have a minimum of 2 years' experience in a professional sales industry. Must have experience in solution-selling, identifying business needs and developing solutions to solve client business problems; as well as building and managing long-term executive/client relationships. Strong communication skills and the ability to work well under pressure and manage multiple priorities are key to the success of this role. Base salary of CI\$3000. 00 a month for 4 months will be provided the probationary period of 4 months the compensation is commission based + company car and standard benefits of Health & Pension.

Apply sending resume and related documents: -

HR@Telecom.ky



Digicel Group Ltd. is seeking applications for the Market CEO position.

Job Summary:

This opportunity requires a proactive and innovative, hands-on Chief Executive with a proven ability to build relationships and initiate change. A key element of the role will be building external relationships and representing Digicel at Corporate events and building community relations. You will be responsible for leadership and general management of the business to ensure that the revenue and EBITDA targets are achieved.

Main Duties and Responsibilities:

- Oversee quality control throughout the company, establishing goals for each department in partnership with division managers
- Develop a high-quality business strategy, ensuring they are aligned with short-term and long-term objectives
- Work closely with government and regulatory bodies to ensure compliance and contribute to the development of new regulations and policies.
- Engage senior level contacts and business partners in government, corporate entities, and the media
- Enforce adherence to legal guidelines and in-house policies to maintain the company's legality and business ethics
- Work closely with the CFO (Chief Financial Officer) to prepare annual budgets
- Review financial and non-financial reports to devise solutions or improvements
- Make high-quality investment decisions to advance the business and increase profits
- Maintain a management team that drives and supports employee development, revenue generation and customer loyalty
- Be the guardian of the company's brand equity and public image to consumers, government and other stakeholders and the wider business community

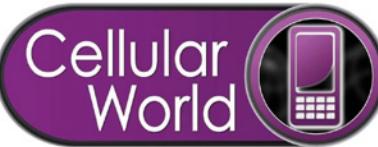
Required Qualifications & Experience:

- Bachelor's Degree in Business Administration or equivalent
- Minimum 5 years Commercial experience
- Minimum 3 years General Management experience in a Telecoms environment
- Track record of success in aggressively meeting targets
- Proven experience and expertise in Sales or Business Development.

Functional Skills:

- Strong leadership qualities with the ability to build high performance teams.
- Commitment to excellence and high standards
- Ability to work in a deadline-driven and fast paced environment
- Versatility, flexibility, and a willingness to work within constantly changing priorities
- Excellent interpersonal skills
- Effective negotiator
- Strong decision-making skills and customer focus

Salary Range will be CI\$160k-190k per annum depending on qualifications, knowledge, and experience working 40 hours per week. Benefits as deemed by law.



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Administrative Secretary

Computer Technician Assistant

Technical Customer Service Associate

Salary range CI\$7 to CI\$8.50 p/h

Collect a company application and deliver the completed application with a photo ID and resumes to Bay Town Plaza.

Only suitable and experienced persons need apply.

Caymanians and persons not requiring a permit will be given preference.

Shortlisted candidates will be contacted.

NIKKILIAM MOBILE NAIL CARE SERVICES

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2 – 5 years' experience

Must be able to do manicures, pedicures and other nail related services.

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WAREHOUSE COUNTER SALES REP

We are looking for a dynamic, customer service-oriented candidate to work in the varied divisions of our rental operation. The successful candidate will be responsible for assisting customers with their rental needs both in person and over the phone. Some administrative duties will be assigned, including, but not limited to, filing, clerical duties and projects as assigned by the supervisor.

Responsibilities and qualifications include, but are not limited to:

- must be proficient with Microsoft Word and Excel;
- knowledge of point of rental or sales systems;
- must have strong organizational skills;
- must have strong customer service skills;
- must be able to work both independently and as a team member;
- must have strong written and verbal communication skills;
- relevant experience in the rental / sales business or hospitality industry is strongly viewed as a benefit for this position.

This post will require Saturday work and flexibility to work extended hours if needed.

All positions at Massive require a high level of trust and a team-oriented personality. The successful candidate will be well groomed, personable, organized, and must have a solid understanding of customer service. Communication is the backbone to our success and strong communication skills are required.

Salary \$23,000 - \$25,000 KYD per annum based on experience.

The ideal way to submit your information to us is through this link for expedited processing: <https://massiveequipment.bamboohr.com/jobs>

Alternatively, you can email us at hr@massivegroup.com and we can assist you with the online portal.

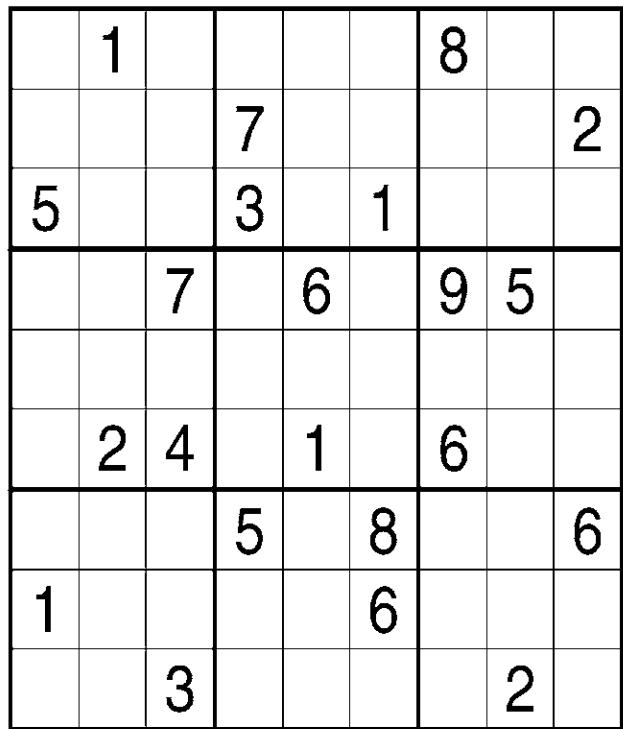
MASSIVE
EQUIPMENT RENTAL
AND SALES LIMITED

SUDOKU

Conceptis 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.

By Dave Green

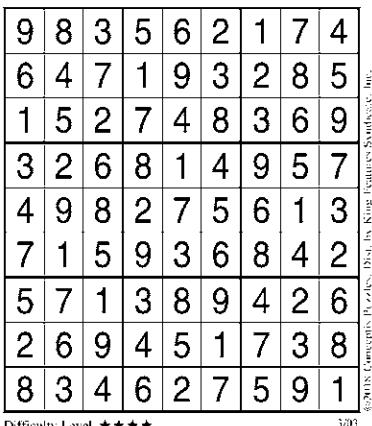


Difficulty Level ★★★★

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3/04

Answer to previous puzzle



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5/03

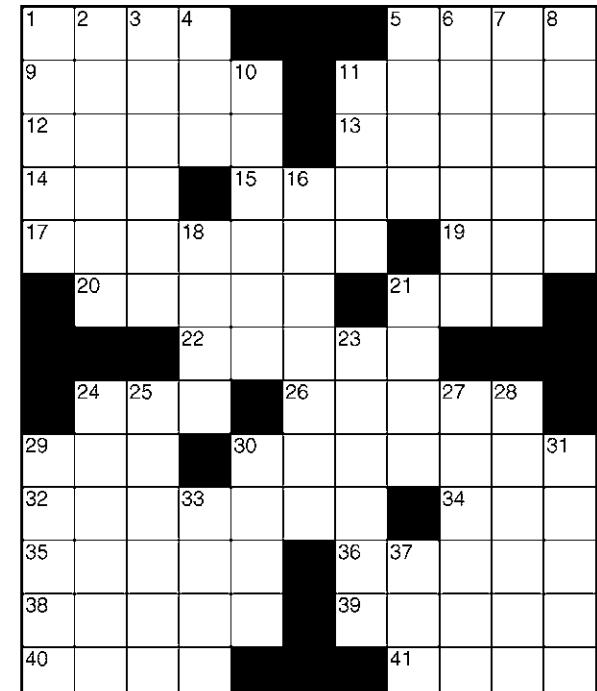
Word Search



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

Breeze
Calm
Chinook
Cyclone
Doldrums
Easterly
Foehn
Gale
Gust
Harmattan
Hurricane
Mistral
Monsoon
Simeon
Sirocco
Squall
Trades
Typhoon
Westerly
Zephyr

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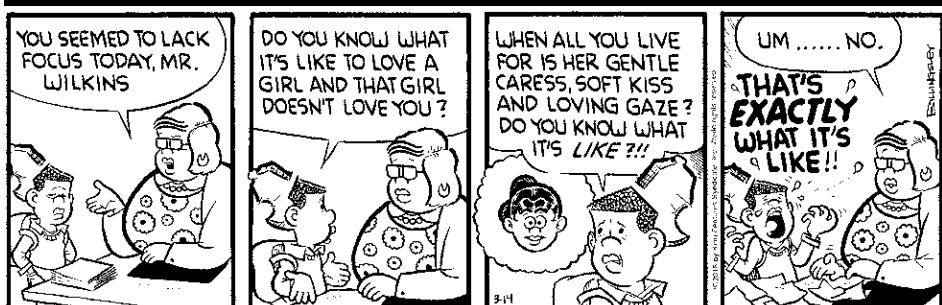
3-14



Have fun with
**CAYMANIAN
TIMES**

CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



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JUDGE PARKER

By Woody Wilson & Mike Manley

