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Bermuda residents to get cheap NHS care





Hotel Indigo to open in 2024

The Cayman Islands' tourism product is set to receive a boost with the entry of Hotel Indigo Grand Cayman into the market. The hotel, which will be the

latest in Dart's hospitality portfolio, is scheduled to be completed and ready to welcome guests by the second quarter of 2024.

The 10-storey hotel being constructed along the Esterley Tibbetts Highway

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TERRITORIES AND UK REPORT PROGRESS AT JMC SUMMIT

By Michael Jarvis, UK Correspondent

Government leaders of the UK's Overseas Territories (OTs) and the UK ministers and senior officials concluded the 2023 Joint Ministerial Council(JMC) summit held in London (May 11th and 12th) alongside a series of other prior engagements which included attending the coronation of King Charles III.

The highlight of the summit was the announcement of a new UK Government strategy on the Overseas Territories.

Each UK government department will now have an assigned Minister responsible for their department's relationship with the Territories. These Ministers will meet as a group chaired by the Minister for the Overseas Territories.

ECONOMY AND FINANCE

Under the heading of Economic and Financial resilience, it was noted that the OTs "are building successful and resilient economies" and there was recognition that external shocks, such as the COVID-19 pandemic, the war in Ukraine and natural disasters, can result in significant fiscal and economic challenges and we are working to mitigate the impacts of these shocks.

The UK said it remains committed to meeting "the reasonable needs" of Territories where financial self-sufficiency is



▶ Photo of Overseas Territories leaders at JMC 2023 in London.

not possible, as the Overseas Territories continue to have the first call on the aid budget. It also committed to continue working with the OTs "to explore opportunities for diversification of economies and building economic resilience."

A new ministerial-level annual dialogue focused on tackling illicit finance has also been launched with the British Virgin Islands offering to host the inaugural meeting of this dialogue, or part of it, later this year. A technical working group has also been established to look into issues around the implementation of publicly accessible registers of company beneficial ownership, with a special focus on protecting the right to privacy.

In jointly condemning the continuing illegal Russian invasion and attack on attack on Ukraine, the British government said it "welcomes the Overseas Territories' continued strong commitment and actions in implementing and enforcing sanctions against Russia."

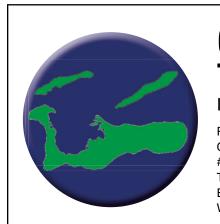
MARITIME

Emphasis was placed on strengthening the maritime sector given the importance of shipping to the economies of the territories. It was noted that "with over 90% of worldwide traded goods being transported by sea and the reliance on shipping to provide key lifeline services, support tourism and the wider economy."

Border security and crime prevention also featured prominently on their agenda, with the British government stating "which is why in 23/24 the UK Government is committing over £10m to support OT law enforcement and border security capability and capacity building."

ENVIRONMENT AND CLIMATE CHANGE

Much attention was also placed on programmes and projects focused on environmental conservation and mitigating the effects of climate change.



"The Overseas Territories are leading on policies to protect unique environments and to address climate change including energy transition," the communique said, adding that the British government is working with the OTs "to prioritise climate change actions in UK funding," the communique said.

HEALTHCARE, EDUCATION AND PENSIONS

A recurring issue at the annual JMCs has been a quest by the OTs for further access to the UK's National Health Service.

Coming out of this year's summit, the OTs said they "welcomed progress in implementing the long-awaited reforms to the NHS Quota system, which now offers greater flexibility and access",

There was also a commitment to regular reviews to ensure that the reforms meet individual Territory needs including mental health support.

Two other matters, still not yet fully resolved, are expanding OT student access to education in the UK, and ensuring UK retirees qualify for any increases in state pensions if they choose to relocate to the OTs.

The Territories expressed disappointment over the process for issuing visas for students with British Overseas Territories Citizenship to study in the UK but welcomed a commitment by the British government to resolve it.

And while welcoming the access to tuition fee loans in England for OT students, both parties however acknowledged a concern that students from the OTs do not currently have access to maintenance loans as their UK counterparts.

On the pensions matter, the UK would only state that it "acknowledge(s) a concern raised by some Overseas Territories on the uprating of State Pensions for residents who worked in the UK and then return to their territory on retirement."

SELF-DETERMINATION

Regarding self-determination, both parties "reaffirmed the importance of promoting the right of self-determination for the peoples of the Territories."

It was also noted that for those Territories with permanent populations who wish it, the UK will continue to support requests for their removal from the United Nations list of non-self-governing Territories.

Caymanian Times Issue # 883

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



Did the recovery continue in 2022?

The annual System of National Accounts (SNA) survey collects the information necessary to measure the health and performance of Cayman's economy and its various industries.

The survey runs from April 11th to June 16th, 2023.

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

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Hotel Indigo Grand Cayman on schedule to open in 2024



Construction site of Hotel Indigo – Dart has been working with local subcontractors on the 282-room Hotel Indigo Grand Cayman.

CONTINUED FROM Page 1

just south of Kimpton Seafire Resort + Spa will feature 282 guest rooms and a 6,700 square foot ballroom, the latter of which will serve well for local and tourist-focused conferences and events.

"We're pleased to be able to support the growth of the islands' tourism product with a new brand that is perfectly positioned to provide distinct accommodations at competitive rates targeting a core visitor demographic that will in turn increase Cayman's long-term market size," said Dart Senior Vice President, Active Investments, Enrique Tasende, adding that the Indigo brand is known for providing a fun and approachable experience.

"Our design driven Hotel Indigo Grand Cayman will provide an upper midscale brand experience, bringing a fresh and transcendent approach with competitive pricing for stays, culinary experiences, meetings and other events," Tasende added, noting that Indigo's restaurants and bars around the world quickly become a favourite destination for visitors and locals alike.

Construction is on schedule with several sustainability features incorporated into the design and build out. "The progress that the team is making for Hotel Indigo is tremendous. As we have done with some of our other recent developments, we are building to LEED standards, which ensures we have high-performance buildings that have less of an impact on the environment. Hotel Indigo will use a geothermal/ice storage combination and features insulated glazing throughout to reduce energy consumption," said Dart Executive Vice President, Development, Gary Gibbs.

During a recent visit of the construction site along with other government officials to get an update on the work being done, Minister for Tourism and Ports, Hon. Kenneth Bryan, stated that he was very pleased with the growth of the tourism industry in the Cayman Islands.

"Given our pace of growth there will be an ongoing need for outstanding visitor accommodations, and I look forward to Hotel Indigo being ready to welcome guests in 2024. The brand associated with Indigo is characterised by quality, service and excellence which are attributes that reflect the Cayman Islands and our tourism industry," he said

Minister Bryan added that government remains committed to ensuring that Caymanians are provided with employment opportunities in the tourism and hospitality sectors and his Ministry looks forward to working with Dart to achieve this objective.

In 2022, Dart launched its Hospitality Training Programme, which provides Caymanians with the opportunity to obtain first-hand industry experience via a three-month work experience within the Dart hospitality portfolio. The next group of trainees are set to go through the programme starting in August and have their training completed by early November ahead of the traditional high tourist season. It is expected that as many as 350 jobs will be required when Hotel Indigo opens, and Dart has committed to hosting job fairs ahead of the hotel's opening in a bid to attract as much locally available talent as possible.



Members of the Dart construction team and Chief Officer Wesley Howell, Ministry for Border Control and Labour, during a walkthrough of the Hotel Indigo construction site.

MIN. BRYAN'S PLAN TO 'CAYMANISE' THE TOURISM INDUSTRY









By Staff Writer

Hon. Minister for Tourism and Ports, Kenneth Bryan is pushing ahead with a policy agenda he says is focused on further anchoring tourism as a pillar of the Cayman economy.

Speaking on the Caymanian Times radio show and podcast, Cayman Conversations, Mr Bryan introduced the new catchphrase 'Caymanisation' of the industry which he said has a heavy emphasis on jobs, training and promoting Cayman products to tourists.

Building on the success of the sectors 'bounce back' after the slowdown caused by the COVID-19 pandemic and lockdowns, Min. Bryan maintained his optimistic outlook for further growth.

"We continue to try to grow and improve tourism so that we can continue to make good revenues. We did very well last year. We were projected to make I think it was 15 million. We ended up making \$22 million in revenue, even without the country being open until August...Things look positive now for the first quarter of this year, we are already surpassing our projections, so that's positive. Our goal for the next two years is to continue that growth and that attraction for Cayman but more importantly, to start to further Caymanise the tourism product."

'CAYMANISATION'

Elaborating on that 'Caymanisation' plan, the tourism minister addressed the long-standing issue of jobs and training in the sector.

"We're going to be focusing a lot more heavily on training opportunities for Caymanians. We did a really good job last year we spent over CI\$ 1 million on campaigns training them with over 600 participants learning to be bartenders, servers, boat captains(including water sports), quality training standards and a myriad of different options of training to help them deliver a product in the Cayman tourism industry."

A training centre is also in the works in the form of a working restaurant staffed by trainees enabling them to have on-the-job experience.

This is also expected to add to the pool of skilled workers available to fill roles in new hotels coming on stream to fill meet the demand for additional room capacity.

The tourism minister also spoke of two new scholarships for pilot training for Cayman Airways, making the comment 'We nev**CAYMAN CONVERSATION**







MIN. BRYAN'S PLAN TO 'CAYMANISE'

CONTINUED FROM Page 4

er want to be in a situation where anybody else is flying us around the world.'

Key to Min. Bryan's tourism Caymanisation plan is supporting 'Made-in-Cayman' souvenirs and other products sold to visitors. He is concerned that local craft skills are being undermined by the importation and sales of products made elsewhere but branded as Cayman.

He reminded that a fund is being budgeted to assist the Cayman cottage industries to market their products directly to cruise ships and other major tourism entities.

"We want to get more into that kind of authentic offering so we want in the next two years to have a budget where the benefit is for more authentic products and it gets money more directly in the hands of the people rather than through a big business."

AIRPORT EXPANSION

Mr Bryan also disclosed that the green light has been received from the PACT Caucus for a further major expansion of the Owen Roberts International Airport. He described it as another project to meet increasing demand from the tourist marketplace.

"I can break this here with you which is the government's intention to support the expansion of the airport. We found the last report from the Airports Authority, presented it to Caucus and it's just a matter of formality now to take it to Cabinet."

As envisaged by Mr Bryan, the airport project will entail two aspects; the airport extension, and the general aviation remodelling and redevelopment which involves extending the runway to accommodate larger aircraft flying from distances.

He said this will also reduce peak-time air traffic congestion at the air airport.

Also on his calendar is the extension or relocation of the cargo at the harbour which is now going through its early stages of assessment with a Project manager expected to be appointed soon to guide the process through its initial planning processes.

CENTRAL SCRANTON PARK

Another project Mr Bryan said is particularly close to his heart and he is now pushing forward is Central Scranton Park, now increased from a half-acre to a four-acre plot.

"I'm proud of where we've gone with the design with that so far, and I was able to reveal the design of that at my public meeting just two weeks ago, and we've gotten some really good reviews on that," he enthused.

"I'm excited about that. It was always the idea of the community in Central Scranton, and you may have heard about the Central Scranton Committee. I'm only just the facilitator to get it delivered."

Mr Bryan also announced on Cayman Conversations the transition of the Tourism Attraction Board, which is based on a 1996 law, and reconstituting it as a Tourism Attractions Authority.

"That gives us the ability to better manage the attractions that we have in the Cayman Islands in a more organised structured way that we can deliver that product and manage those sites in a better way."



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TOTAL SHIPS – 5 TOTAL PASSENGERS – 14,612

	- MARCENT			「ない」へいています。
Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
Caribbean Princess		Carnival Vista	Carnival Sunrise	
Disney Magic			carnival Paradise	
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
5,600	0	3,600	5,412	0

in this set



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Ministry of Tourism & Ports Cayman Islands Government



Taste of Cayman back for 2023



TOC The Edgy Veg stall



▶ TOC Celebrity Chef Jeff Mauro and CITA President Jay Ehrhart



TOC Some of the Red Bay primary choir 1

By Lindsey Turnbull

The Cayman Islands Tourism Association's highly anticipated Taste of Cayman Food and Drink Festival took to Camana Bay's Festival Green once again last Saturday after a pandemic-induced hiatus. Thousands flocked to the location to enjoy tasty samples from a wide range of local restaurants, as well as some great wines, cocktails and beers and a whole evening's worth of entertainment.

Tasty bites, great cocktails

Despite some technical hitches with the new wristband electronic ticketing system and long waits to top up the wristbands, attendees were still able to enjoy some seriously good food. Notable dishes were the Westin's Goat Keema Coconut Pav, an absolutely delicious concoction of mildly spiced goat with all manner of extra chutneys, salads and sides. The arepas from Arepa 345 were also outstanding - the pulled beef, black bean and sweet plantain version a particularly popular choice. The Edgy Veg also managed to excel, elevating the humble cauliflower into a delicious sweet, crunchy, spicy bite. A highlight from the drinks offering was the cocktail from the Johnnie Walker Black label Jacques Scott tent, where you could choose your accompanying flavour to the blended whiskey cocktail (ginger was a good choice).

Celebrity Chefs

Following in the footsteps of Cayman's other great food festival, Cayman Cookout, TOC organisers invited a couple of celebrity chefs to spice up the proceedings – Tre Anderson who won Food Network Canada's Top Chef Canada, and Jeff Mauro, host of Food Network's Sandwich King.

Jeff is no stranger to Cayman, having made many trips to the islands over the years thanks to his aunt and cousins' love for Cayman which has stretched over 36 years. As far as the culinary scene went, Jeff was extremely positive.

"I've been to a lot of islands and Cayman's culinary scene is by far the best. I've come here so many times and there's a reason I come back. Of course, it's the food; it's a dynamic food scene, drawing on so many different cultures which is exciting. I feel there's always something new to try as well as the old stand-bys," he confirmed.

Jeff said his "old stand bys" were places like Cayman Cabana, which he frequented often, and he had also had a great night at Peppers.

The people were also a great pull for the Food network star.



▶ TOC Attendees were keen to try all manner of great food

"Every year I meet more and more people and that's what draws me back, with the food," he confirmed. "This is a place that I can see myself escaping to from Chicago."

Jeff had never been to Taste of Cayman before and was really excited to finally be at the event. He said he had lots of friends who went to Cayman Cookout and he believed TOC would "surpass it" one day.

Entertainment all evening

Local talent included a special demo by brilliant mixologist Maya Grant and a presentation by the Young Cayman Chef 2023 Brittney Bodden, while Tourism Minister Kenneth Bryan and media personality Tammi Sulliman gamely took part in an amateur cook off. Dan Ebanks and Beniel Miller entertained the crowds on the main stage after which time DJ Ron Kirk mixed up some tunes to get the later evening party started.

In the All Things Cayman tent, judges were busy tasting heavy cake and Cayman-style beef in a hotly contested fight for top spot, while there were also some lovely vocals by Red Bay Primary School Choir and the Cayman Youth Choir and some beautiful choreography by the Cay-



► TOC Vivo served up some tasty non-meatballs

man Dreamchasers. Cayman Folk Singers added their unique talents to the proceedings.

The evening was topped off with a performance by the Material Girls, a tribute band playing homage to some of pop music's most loved female singers.

Marriott Hosts Taste of Cayman Kick Off Party



Cayman Islands Tourism Association President Jay Ehrhart addresses the audience at the launch reception for the Taste of Cayman at the Grand Cayman Marriott on 13th May, 2023.



Celebrity Chef Jay Sanderson said he was prepping for the ultimate steak sandwich on the demo stage the following day.



Taste of Cayman Celebrity Chefs, along with Government Ministers and event Organisers at a welcoming ceremony held at the Grand Cayman Marriott on 13th May, 2023.

The Taste of Cayman kicked off with a special welcoming event for the visiting celebrity chefs, held at the Grand Cayman Marriott on Friday, 13th May.

An evening of cocktails and bites gave members of the government, media and industry insiders an opportunity to meet with the chefs and network before the main event, which was held on Saturday, 14th April at the Festival Green, Camana Bay. Chefs included in the lineup for this

Chefs included in the lineup for this year's event included Jeff Mauro, known



as the Sandwich King, who was scheduled to give his take on a jerk chicken sandwich, along with Caymanian Top Chef Brittany Bodden.

Other chefs included Dylan Benoit, whom most people will know as the head chef for the popular local restaurant, 'Carnivore' in Camana Bay. Mr. Benoit also has a show on the Food Network entitled, 'Fire Masters'.

Rounding out the visiting chefs was 28 year old, Tre Sanderson, who is Canada's 2022-2023 Top Chef.

The Caymanian Times had an opportunity to speak exclusively with the Mr. Sanderson about his second time in the Cayman Islands and what he would be doing at this year's Taste of Cayman event.

"I plan to have fun with the Island, as it's not too far from Jamaica and that's where my family is from," he explained, adding that he loved being in Cayman, as it was a country that was still developing and growing in so many ways.

Mr. Sanderson noted that he was the first man of colour to win Canada's top chef and planned to showcase the, "different elements of spices and flavours that the Caribbean is known for, before heading to New York to do more cooking and to experience amazing meals and collaborations, working with other chefs."

Marketing Specialist with Tower Marketing, Mr. Darryl Greer noted that the Taste of Cayman event has been growing steadily from year-to-year and said it was great to see several international journalists from the United States and Canada on Islands for the event.

He added that the organisers were grateful for all of the restaurants and hotels involved with the this year's event.

"The Marriott sponsored all of this and they will be creating and we are so pleased to be able to welcome our celebrity chefs in style," he remarked.

Among other highlights Taste of Cayman organisers said they were looking forward to included a 'cook off' between Tourism Minister, the Honourable Kenneth Bryan and former News Anchor turned Businesswoman Tammi Sulliman.

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OPPOSITION SPEAKS



▶ Oppposition Leader Hon. Roy McTaggart and Sir Alden McLaughlin

Minister Jay Ebanks

Opposition to proposed changes to Grand Harbour Roundabout



The meeting at the Seafarer's hall was well attended

The Hon Roy McTaggart, Leader of The Opposition & amp; MP for George Town East, and Sir Alden McLaughlin, MP for Red Bay, hosted a public meeting regarding the National Roads Authority's proposed closure of the right exit onto the Grand Harbour roundabout to traffic wanting to proceed to South Sound and Crewe Road.

The meeting, which was held on Thursday, May 18 th , at 7:30 pm at the Seafarers Hall in Red Bay was very well attended, with residents from the Red Bay, Prospect and George Town keen to voice their concerns, which became apparent as the evening progressed.

The changes, which are due to take effect from 5th June, will mean that drivers exiting Grand Harbour at the roundabout will no longer be able to turn right onto South Sound or Crewe Road. Instead, drivers will have to travel east along Shamrock Road and circle the next roundabout, then head west and back towards Hurley's where they can either pull off to South Sound or cross the roundabout onto Crewe Road.

Edward Howard, Managing Director of the NRA, explained the proposed road

changes, and outlined the reasons for it. At first, the audience listened patiently, but grew louder and louder as his presentation progressed, sometimes meeting his remarks with loud jeers or uproarious laughter. Mr. Howard explained that the proposals for shutting that route through the roundabout had been made because of serious concerns over safety, owing to the high number of serious near-misses and accidents that had occurred on the roundabout, especially in relation to the route in question.

"As an urgent safety concern, the NRA has decided that it would be in the best interest of the public to close off the westbound right turn from Grand Harbour around the Century 21 Roundabout. Once the Edgewater Connector is complete the NRA will revisit this decision,"Mr.. Howard stated.

the decision was an NRA Board decision and "hadn't been taken lightly," Mr. Howard explained. "Grand Harbour roundabout has been a reason for contention over the years, and the reason for that is, first and foremost, because of its location." The roundabout takes all the traffic from key the Eastern Districts, Mr. Howard said, which amounts to between 16,000 and plete

20,000 cars every day. When Mr. Howard told the audience that, according to NRA's calculations, the proposed changes would result in a sevento-eight minute delay during the morning rush, the audience laughed uproariously. When the floor was open to questions, many of the people said that they felt the proposed changes would make the traffic situation worse, not better, and would lead to a bottleneck at the next roundabout. Some residents called for speedbumps for the roundabout, to slow down traffic, as an alternative measure

Mr. Howard explained that the difficulties arising from widening the roads in the vicinity so that traffic could move more smoothly were largely exacerbated by delays caused by land claim settlements, which often stretched on for many vears.

Hon Jay Ebanks, Minister for Infrastructure, indicated that he believed the decision might be premature, because another key road situated behind Grand Harbour, the Edgewater Way, hand not been completed yet. He also said he would be looking into all concerns before meeting with the NRA to discuss the decision. He said that there would be another meeting soon.

Concluding the meeting, Sir Alden outlined some of the problems, which included greater numbers of vehicles on the road as the population grew. "We can't build the roads fast enough unill we have enough land," he said, echoing Mr. Howard's concerns over delays over land acquisition. But he said that the proposal was "Arbitrary," and had been made without proper, "regard it is going to have on the people who live between Grand Harbour and Here (the Seafarer's Hall in Prospect). "i want to know what is the imperative for doing this now. There are other ways that can assist the situation. We need to slow the traffic down ... it makes no sense .and makes more stress on the people who live in this area to close that roundabout. Given the level of frustration that people havewhat is being proposed is simply not viable," he said



Bermuda residents to get cheap NHS care

The Bermuda government has recently signed an agreement with the UK government which will allow all Bermudan residents, regardless of their nationality, to obtain NHS healthcare at a far more reduced rate than what they must currently pay. In addition, up to five Bermudan residents per year will be eligible for free NHS care, for procedures such as organ transplants or long-term psychiatric care. This, according to Bermuda's Friday 19th May Royal Gazette. The agreement comes into effect on 5th June.

Bermuda's Health Minister is quoted in the paper as saying that the agreement allows five treatment slots per fiscal year on the NHS for Bermuda residents where the treatment cannot be provided or is not appropriate to be provided in Bermuda. The cost of treatment will be covered by the UK government. Ancillary costs, such as transportation and accommodation, will have to be paid by the patient and their insurer. The referral for the treatment must come from a specialist



and will be discussed with the appropriate senior medical officers of Bermuda. In addition, all Bermuda residents will also be able to get treatment in the UK at vastly reduced costs. Currently, all visitors to the UK (even if they are British non-UK residents) have to pay for their NHS treatment when they are visiting the UK.

Anyone legally resident in Bermuda will qualify for the free or reduced-rate treatment, regardless of nationality, and which includes status holders, Permanent Residency holders and work permit holders.

Ayoola Oyinloye, Bermuda's Chief Medical Officer, is quoted:

"This arrangement is for necessary healthcare, and for any clinical and cost-effective treatment option not provided in Bermuda... I am delighted to announce that an unlimited number of Bermuda-eligible persons may be referred to healthcare providers in the United Kingdom for a pre-authorised course of treatment, at 100 per cent of the NHS tariffs instead of the 150 per cent to 200 per cent obtainable in the past. This increases the options for affordable, high-quality healthcare services for Bermuda."

Play heats up in the 2023 Inter-Primary Cricket Competition



Action from the Sir John A Cumber Primary A (red) and Edna Moyle Primary girls game.



School rivalry is building as the summer heat intensifies and players are giving their all to secure those precious thee points and a victory in the always entertaining 2023 Inter-Primary Cricket Competition.

Results from week three included:

Zone A Girls: Edna Moyle Primary out-duelled Theoline L. McCoy Primary 61 runs to 60 runs, Prospect Primary downed George Town Primary 70 runs to 49 runs and Ioanna Clarke Primary defeated Cayman Academy 61 runs to 57 runs. Cay-

man Prep B vs. East End Primary was re-scheduled and Sir John A. Cumber Primary A was not scheduled to play.

Zone B Girls: Prospect Primary defeated George Town Primary 70 runs to 49 runs and Cayman International School (CIS) beat Red Bay Primary 56 runs to 55 runs. Cayman Prep A vs. St. Ignatius Catholic was re-scheduled and Sir John A. Cumber Primary B was not scheduled to play.

Zone A Boys: Cayman Prep B sank Theoline L. McCoy Primary 76 runs to 74 runs, East End Primary got past Cayman Academy 131 runs to 40 runs and Joanna Clarke Primary and Edna Moyle Primary settled for a draw as the game was abandoned due to rain. **Zone B Boys:** Cayman Prep A downed St. Ignatius Catholic 96 runs to 45 runs, CIS beat Red Bay Primary 63 runs to 61 runs and Prospect Primary and George Town Primary settled for a draw as the game was abandoned due to rain. Sir John A. Cumber Primary was not scheduled to play.

Round 3 of the 2023 season continues this Friday, May 26 with a full schedule of games including:

Zone A Girls: Cayman Prep A vs. Theoline L. McCoy Primary (at Theoline L. McCoy Primary), Joanna Clarke Primary vs. Edna Moyle Primary (at Joanna Clarke Primary) and Sir John A. Cumber Primary A vs. East End Primary (at the Annex Field).

Zone B Girls: Prospect Primary vs. St. Ignatius Catholic (at Prospect Primary), Red Bay Primary vs. Cayman Prep A (at Red Bay Primary) and Sir John A. Cumber Primary B vs. George Town Primary (at the Annex Field).

Zone A Boys: East End Primary vs. Theoline L. McCoy Primary (at Theoline L. McCoy Primary), Cayman Academy vs. Edna Moyle Primary (at Edna Moyle Primary) and Cayman Prep B vs. Joanna Clarke Primary (at Joanna Clarke Primary).

Zone B Boys: Prospect Primary vs. St. Ignatius Catholic (at Prospect Primary), Red Bay Primary vs. Cayman Prep A (at Red Bay Primary) and Sir John A. Cumber Primary vs. George Town Primary (at the Annex Field).

The Inter-Primary Cricket Competition is organised and coordinated by the Department of Education Services and the Department of Sports and sponsored by CUC and the Cayman Cricket Association.

Parents and supporters are encouraged to come out and cheer on our young cricketers.

Sunset FC Under 12 Girls football team win Champions Cup in Florida

Sunset Football Club, of Grand Cayman, travelled with four youth teams to Orlando last weekend to compete in Florida Rush Soccer's 2023 Champions Cup against teams from all over Florida. Participating were U10 Boys and U11, U12 and U13 Girls teams, with pride of place for the U12 Girls team that won their division to bring a first place trophy back home to the Cayman Islands.

After three tightly fought games in the first round, the U12s faced ANWSC Wellington in the final. Goals by Abby Proud and Tillie Lomas gave Sunset a 2-0 win and secured them the 2023 Champions Cup.

Tom Elliot, who volunteers his time to coach multiple Sunset FC youth teams and was the head coach for the winning U12 Girls team (assisted by Ian Lomas and Conrad Proud) said, "The U12 girls did themselves proud this weekend. They demonstrated great resilience and determination to come back from the brink of exit, to deservedly beat the top ranked team in the final. The many hours of training and hard work have paid dividends for these young athletes and goes to show that success will come with commitment and dedication."

This was Sunset FC's first time competing with multiple age groups which emphasizes how seriously Sunset FC and their management team, comprising entirely of volunteer parents, takes youth and grassroots football. Gareth Thacker, Sunset FC Vice President said, "The Club would not be where it is now without our wonderful group of volunteers and coaches, and we thank them for their continued commitment and support over the years. We have an excellent group of coaches with plenty of coaching experience amongst them. Organising trips takes a lot of planning and time and we thank Tom Elliot and his team for leading the Orlando trip. We also provide our thanks to KPMG for their sponsorship for the tour."

All four teams had a successful start to the tournament, scoring goals and winning matches on Saturday 20 May. In fact, after Day 1 all four teams were in contention for respective finals. After hard fought contests in the morning of Day 2, unfortunately the U10 Boys and U13 Girls were narrowly eliminated, both finishing an extremely creditable second place in respective groups.

The Under 11 Girls team reached the final of their division but despite battling bravely, were beaten 3-1 by Central Brevard Soccer CBS Cyclones. U11 head coach Chris Turrell (assisted by Chris Lennon and Chris Palmer) felt that it was an incredible experience for their squad and reaching the final was just reward for the efforts the girls had put in all season.

James Kennedy, head coach for the U10 Boys team (assisted by Chris Fenn) said, "The overseas trip for the youth teams has proved a huge success with the players, coaches and travelling parents all having a great time both on and off the pitch and generating huge excitement for the players in advance of the tour. The results this year show the progress being made at all levels of the club and as a true non-for profit that we can provide a fun, inclusive and com-



Sunset FC travelled with four youth teams to Florida.

for the kids who join with the help of the many devoted coaches and parents. Given the positive feedback from players and parents we will continue to travel annually and indeed seek to expand the number of teams travelling to more age categories as well as competing locally in all CIFA competitions."

petitive standard

Sunset FC is an amateur football club with a strong youth programme. Founded in 1982, Sunset FC runs youth training sessions at Camana Bay Sports Complex near daily, with weekend ses-

sions for girls and boys as young as 4.

The girls youth football program, led by coach Gisela Gamba, has grown in recent years with over 150 girls enrolled this season throughout the age groups.

Paul Macey, President of the club added that "He was delighted with the performance of the teams and the way they represented themselves and the club. Our goal is to develop the travel policy of the club so that teams at all age groups can have the same opportunity. The emphasis of the club will always be on development and a big thank you goes out to the dedicated coaches that give their free time to the program. We could not do this without them."

To find out more about Sunset FC youth programme or enroll for next season, visit https://www.sunsetfootballclub.com/ home



Sunset FC Girls Under 13 travelling team



Sunset FC Boys Under 10 travelling team.

CAYMAN ISLANDS CHAMBER OF COMMERCE



Chamber's Leadership Cayman 2023 Class presents Wheels for Meals to raise funds for Meals on Wheels

The Cayman Islands Chamber of Commerce Leadership Cayman (LC) class of 2023 is hosting a fundraising event 'Wheels for Meals' at Vital Spinbar & Yogaden in Grand Harbour on Saturday, June 24 from 9am to 2pm. All proceeds from this fun-filled fundraiser will go to the charity Meals on Wheels (MOW) with the lofty target of raising \$50,000 and making an even bigger impact on our Cayman community. This fundraising target will allow MOW to deliver 7,143 meals.

MOW provides free, hot, nutritious meals to older persons, those who are homebound and adults with disabilities throughout the Cayman Islands, Monday to Friday, 52 weeks of the year. The LC class of 2023 selected this organization for their annual community service project given the significant impact Meals on Wheels has within our community, and the urgent need for more funding and volunteers in this time of growing demand.

Candice Czeremuszkin, Chair of LC class of 2023 said, "the LC class of 2023 aims to bring the community together, having set an ambitious fundraising target so more meals can be delivered to those that need it the most. We encourage our Cayman community to form teams of up to 5 made up of family, friends, colleagues, to jump on spin bikes, enjoy the yoga den, bring the kids along for kids Zumba for a very impactful cause."

"We're thrilled to be chosen by this group and love the Wheels for Meals twist," said Jennifer West, General Manager MOW. "Each team is asked to raise or donate a minimum of \$2,500 as that is the cost for us to provide meals for one day to our community. With the proceeds of this fun event we can feed 350 seniors in need for an entire month, any funds raised above this amount will go towards our annual hurricane/ emergency supply kits for seniors and weekly supplemental grocery bags. It is so important for groups to come together like this to make an even bigger difference in the lives of those vulnerable persons in our community who need extra support, especially during these difficult times."

Each team member participates in one of the five 1-hour back-to-back spinning, yoga, spin/yoga (hybrid), or kids Zumba classes – suited for all fitness levels. Donations can be made through the Chamber of Commerce website, corporate sponsorship and point-of-sale donations at Hurley's.

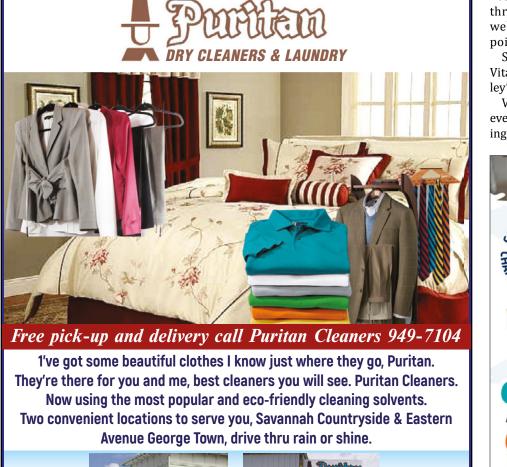
Special thanks to our major sponsors; Vital Cayman Spinbar & Yogaden and Hurley's supermarket.

Vital Spinbar & Yogaden is hosting this event free of charge, as a way of supporting the Community that supports them. Vital recognizes the value of the Meals on Wheels program and its importance to the community at large. Vital's commitment to charitable causes is an extension of their ethos of healthy and confident living for everyone in Cayman.

For full event details or to learn more about how to get involved as a donor or sponsor, visit https://www.caymanchamber.ky/events/leadership-caymanwheels-for-meals/

About Leadership Cayman

Leadership Cayman is a dynamic, intensive, and interactive six-month programme introduced by the Cayman Islands Chamber of Commerce in 2009. The programme promotes and enhances community leadership through an in-depth introduction to social, economic, business, and political issues in the Cayman Islands. The class attends bi-weekly seminars, learning from experts and local leaders who serve as panelists at each session. Every year a new group of leaders is selected to be a part of this one-of-a-kind programme designed for participants to connect with each other and business and community leaders, grow their leadership skills and community knowledge, and inspire their industry, community and peers.







COMMUNITY EVENTS

Cayman Islands Public Library – Typing 101

26 May - The Cayman Islands Public Library Service invites all novice computer users and seniors aged 60+ to "Typing 101', an introduction to basic typing and keyboarding skills. Participants will be required to attend two 3.5-hour sessions, which will take place at George Town Library on Friday, 26 May 2023 and Friday, 2 June, from 8:30 am-12 pm.

WORC 2023 District Day – George Town

26 May - The WORC 2023 District Day for George Town is 26 May from 10am to 1pm at the George Town Public Library. For more information, email worc.training@ gov.ky or call 945 – 9672.

Department of Children & Family Services - Financial &

Entrepreneurial Buzz 26 May – As part of Child Month celebrations, there will be a Financial & Entrepreneurial Buzz for teens only at St. George's Anglican Church Hall beginning at 4:30pm. For more information, call 949 – 0290.

Cayman Islands First Baptist Church - Super Ginormous Mega Fundraiser

27 May - The Cayman Islands Baptist Church presents the Super Ginormous Mega Fundraiser on Saturday 27 May from 6am to 12pm at 163 Pedro Castle Road. There will be a car wash-a-thon, a garage sale and food for sale.

March for Jesus – Jesus Reigns

27 May - "The 'March for Jesus -Jesus Reigns' parade and motorcade is on 27th May 2023. Participants are asked to meet at 2 pm at the Seven Mile Public Beach. A praise and worship event follows on Fort Street at 6pm. Transportation from the outer districts will be provided for those who wish to participate in the march, motorcade, and praise event. For more information visit www.christian. ky or call 922-0133.

Cayman Islands National Museum - Looky Ya! District Showcase

29 May – Join the National Museum as they host North Side in their District Looky Ya! series on Monday 29 May from 10am to 2pm. Caymanian heritage is in the spotlight showcasing traditional arts. For more information, call 949 – 8368.

Department of Children & Family Services -Advance Care Planning Presentation

29 May - DCFS in collaboration with Jasmine (Hospice Care) is inviting the general public to a presentation on Advance Care Planning – preparing for your future care and treatment, on Monday 29th of May at 5:30 to 7pm at the West Bay Church of Christ on 24 Batabano Rd, West Bay. Light refreshments will be served.

Cayman Islands Public Library – Social Media

Basic Training for seniors 30 May – 20 June - The Cayman Islands Public Library Service (CIPL) invites all seniors aged 60+ to its 'Social Media Basics' training throughout May and June 2023. The two-hour training sessions, which will include basic cell phone use and an introduction to WhatsApp and Facebook, will be held from 10 am-12 pm at all six libraries throughout Grand Cayman and Cayman Brac per the following schedule.

- Tuesday, 30 May, East End Library
- Tuesday, 6 June, North Side Library
- Wednesday, 14 June, George Town Library
- Tuesday, 20 June, Cayman Brac Library

For more information about Social Media Basics, please contact the George Town Public Library by telephone at 949 5159 or email at libraryprogrammes@gov.ky

Cayman Art Week

30 May – 3 June - An annual week-long curated programme of gallery tours, pop up exhibitions and open studios around the Cayman Islands. The events represent over 60 local artists working in a wide cross-section of genres, ranging from traditional watercolours to the latest in contemporary art. Participating venues will be open throughout the week and each day, focusing on a particular



Cayman Art Week

area of Grand Cayman. Venues in the Sister Islands will be hosting events throughout the week. For the full schedule of events, go to www.caymanartweek.com/events

Beacon Farm – The Movie 31 May – The Beacon Farms movie runs this Wednesday on 31 May. Tickets can be purchased at the Camana Bay Cinema or online at fandango.com. 50% of ticket sales will be donated to Beacon Farms. For more information, and to watch the trailer, visit Beacon-FarmsTheMovie.ky.

June Church Services at St. Alban's Church of England, Shedden Road

4 June - Services of Holy Communion will be held on Sunday, June 4th and Sunday, June 18th at 9:30am. Morning Prayers (Matins) will continue for the remaining Sundays in June at 9:30am as usual.

Send your community events to wendy@ caymaniantimes.ky

Recover from that Crazy Weekend

You know how it feels to wake up on Monday morning after a weekend of lessthan-healthy eating... Your body is puffy and bloated. Your joints are achy. Your clothes feel tight.

Maybe you are feeling that way right now.

I've outlined the 5 steps below to get you back on the fitness fast track.

Step One: Get Focused.

Your crazy weekend happened. You ate things from your "never eat these" list, you drank more that you should have, but now it's over.

Draw a line in the sand. The bad eating stops now.

If you're serious about your fitness goals, then this weekend was the exception, and not the rule. Maybe it was your birthday, or your friends and family were gathered for a celebration, and the peer pressure to partake in unhealthy food was too much for you to resist.

Don't beat yourself up for falling off the fitness wagon this once. Simply get back up, dust yourself off and get re-focused. Leave the past, and your slip-ups, in the past.

Step Two: Get Hydrated.

While bad eating can take on many forms, the end result is most often dehydration and water retention. The only way to restore balance is to get hydrated.

Your first priority in getting back on track is to drink plenty of water throughout your day. Start with a tall glass of water in the morning, and carry a water bottle with you.

Don't add artificial sweeteners or stimulants to your water – these will work against your hydration efforts. To add flavor, slice fresh fruit, herbs or vegetables to place in your water, just like at the spa.

Step Three: Get Picky.

For the next few days I need you to be extra picky about what you eat. Stick with only whole, real foods like fruits, vegetables and some lean meat. Whole, real foods will quickly help to restore balance.

Don't eat packaged foods for the next few days. This means saying no to snack

foods, processed meat slices, dairy, baked goods and alcohol.

Try the recipe for roasted broccoli below – this is a wonderful, whole food dish. **Step Four: Get Juicing.**

Making your own juice can be beneficial when recovering from a weekend of bad eating. The key is to use ingredients that will hydrate and nourish your body and to avoid ingredients that are high in sugar.

These ingredients are fantastic for your recovery juice: fresh ginger, spinach, cucumber, kale, green apple, lemon, and celery.

These ingredients should be used sparingly, due to high sugar content: carrots, oranges, red apples, melons or pineapple. **Step Five: Get Moving.**

So you've put an end to the eating madness, you've hydrated, you've eaten only whole foods and you've enjoyed a recovery juice...it's now time to sweat it out.

Lace up your athletic shoes and put on your favorite gym clothes. When you start your workout, ease in slowly. Take the time to warm up and stretch your muscles



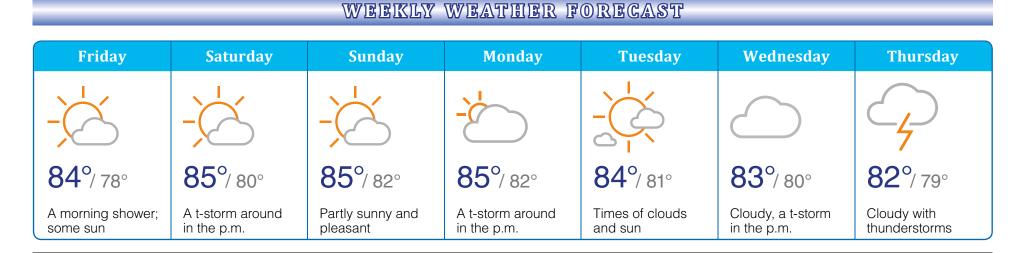
Ernest Ebanks

before powering up to a solid 30-minute exercise routine.

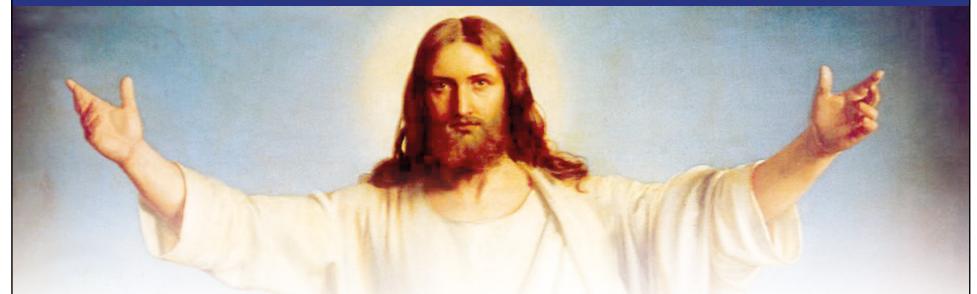
I have just the exercise plan for you – one that will not only help you recover from your wild weekend, but will help keep you motivated and going strong in the future.

If you haven't joined yet, now is the perfect time to start. Together we will get you focused on your goals with my results-driven method.

Simply call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today to set up your first workout.



MOMENTS OF INSPIRATION



GREAT EXPECTATIONS- 1 PETER 1: 1-9

This was the title of one of the greatest novels of all time. Many of us can recall its awesome content. Reading kept us spellbound. However, measuring one's expectations can be risky. We have the opportunity to give the perfect gift and exceed all expectations every holiday, birthday or other special occasion. What a great feeling when we know we have met all expectations! Our lives are spent navigating through expectations. Unrealistic ones leave us disappointed. Great expectations must find its source in our great Provider. Peter said confidently that we can live with great hope and expectation, because they are based on the work already done by our Great God and Father. What are your expectations for life now and after death?

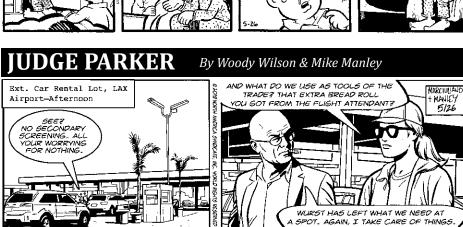
DEATH ANNOUNCEMENTS

Ω Π Π Churchill's Churchill's Churchill's Funeral Home Funeral Home Funeral Home We have been asked to announce the passing of We have been asked to announce the passing of Mrs. Sylvia Cynthia Scott, Mardell Eliza Bush, We have been asked to announce the passing of who passed away on Sunday, May 14, 2023. who passed away on Tuesday, May 23, 2023. Mr. Vincent Emanuel Knox, A Thanksgiving Service will be held at A Service of Thanksgiving will be held at the who passed away on Friday, May 19, 2023. Hillside Chapel Baptist Church, 77 Ashton Reid Dr Church of God Universal, Walkers Rd, A Service of Thanksgiving will be announced Cayman Brac, Cayman Islands on Grand Cayman at a later date. on Saturday, June 03, 2023 at 10:00 a.m. Sunday, May 28, 2023 at 3:30 p.m. Viewing: 3:00 - 3:30 p.m. Viewing: Closed Casket. Interment: West End Cemetery Interment at: Prospect Cemetery Condolences can be registered at churchillsfuneralhome.com Condolences can be registered at churchillsfuneralhome.com Condolences can be registered at churchillsfuneralhome.com Π Churchill's The family of the late Funeral Home The family of the late Althia (Althea)Marice Powell We have been asked to announce the passing of **Reina Watler Zelaya** regret to announce her passing Mr. Edward Udley McField (better known as Vina Watler) 14th May 2023. who passed away on Saturday, May 20th , 2023. regret to announce her passing on A Thanksgiving Service May 11th, 2023. will be held at Savanah Seventh Day Adventist Funeral service will be held at Church, Grand Cayman on Sunday, June, 04, 2023 at 10:00 a.m. 1 - 316 . 3:30pm Friday, 26th May 2023 at A Viewing will be held from 9:00-10:00 a.m. John Grav Memorial Church. A funeral service will be held Interment will follow at Prospect Cemetery 24 W. Church Street, West Bay. 11:00am at Red Bay Church of God Viewing will be held from 3:30pm, Condolences can be registered at churchillsfuneralhome.com Holiness on May 27th, 2023. 25th May 2023 at Viewing will be held from Bodden Funeral Home 10:00am prior to the service. 117 Walkers Road, George Town. Interment will follow at the Interment will follow at the Bodden Town Cemetery. Prospect Cemetery. Bodden Funeral Bodden Funeral

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PUZZLES / COMICS					J	Caymania 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.					In Times Frid CROSSW By THOMAS ACROSS	C A O P P I	C A B I N S H U T S O P E R A T E N E T P I C K S I N F E R T E A T E E O H O					
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YOUR GUIDE TO REAL ESTATE



Ebanks Road North West Point Road, West Bay

Asking CI\$1,700.000 (\$19.50 sq.ft)

Lot size: 2 Acres (87,120 sq.ft)

Low Density Residential Application for a Five (5) Lot Residential Subdivision has been approved

Land is More Valuable Than Gold!



ASKING CI\$460.000

For more information or to organize a viewing of the property please contact Valentino Salvi at 325-6372 or visit www.utopiacaymanrealty.com

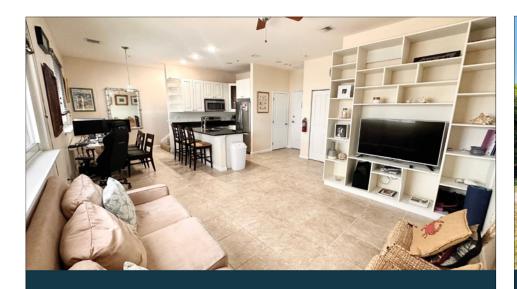


32Coco Retreat 2 Bed/2.5Bath

Asking CI\$475,000



House for Sale **Owner Financed** STUNNING CANAL FRONT FAMILY HOME NORTH SOUND ESTATE ASKING CI\$750,000 3 BED / 2.5 BATH INTERIOR: 2300 sq. ft LOT: 0.28 acres



Condo for Rent in Seven Mile Beach Corridor

PARK PLACE 12

2 Bed + 1.5 Bath | 1,017 sqft | Listed at CI \$3,000 per month Nancy Chen: 345-327-5888

RMLS 2819 | Member of CIREBA



PROPERTYCAYMAN

Land Parcel in East End SEAVIEW ROAD LAND WITH CAYMANIAN COTTAGE

> 0.7595 acres | Listed at CI \$676,000 Jude Holland: 345-327-6162

> > MLS 413932 | Member of CIREBA



YOUR GUIDE TO REAL ESTATE



Canal Front Duplex in Red Bay **ABBEY WAY 188** 2 units | 7 Bed + 5 Bath | Listed at CI 1,535,0C0 Joel Clark: 345-936-2787

MLS 414696 | Member of CIREBA



Condo with Pool View in South Sound

VELA 33

4 Bed + 3.5 Bath | 2650 sqft | Listed at CI 998,000 Stefan Prior: 345-924-7758

MLS 415341 | Member of CIREBA



PROPERTYCAYMAN

1 Bedroom Condo in Grand Harbour HARBOUR WALK 114

1 Bed + 1 Bath | 485 sqft | Listed at Cl 385,000 Nancy Chen: 345-327-5888

MLS 416035 | Member of CIREBA



PROPERTY CAYMAN

Beach Front Condo for Rent

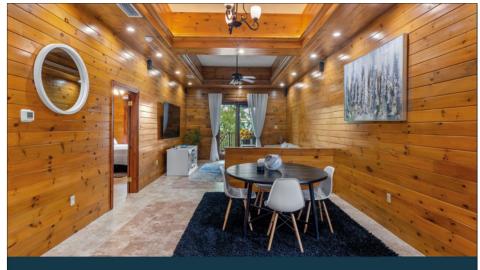
HARBOUR HEIGHTS 45

2 Bed + 2 Bath | 1,250 sqft | Listed at CI \$4,900 per month Colleen Martin: 345-936-0080

RMLS: 2929 | Member of CIREBA

PROPERTY & Sales

YOUR GUIDE TO REAL ESTATE





Condo for Rent in West Bay

LIGHTHOUSE POINT 2

2 Bed + 2 Bath | 1,463 sqft | Listed at CI \$4,000 per month Stefan Prior: 345-924-7758

RMLS 2867 | Member of CIREBA



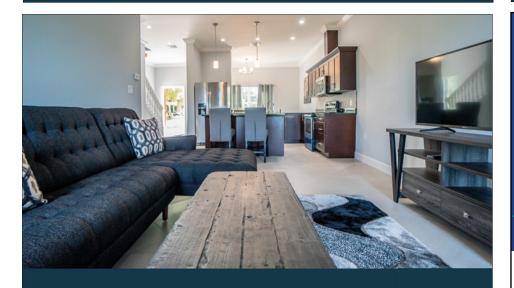
PROPERTYCAYMAN

Condo with Resort Amenities for Rent

SAN SEBASTIAN 53

1 Bed + 1 Bath | 1628 sqft | Listed at Cl 2,600 per month Nancy Chen: 345-327-5888

RMLS 2944 | Member of CIREBA





Rental in West Bay

CALYPSO GARDENS 2

3 Bed + 2.5 Bath | 1750 sqft | Listed at CI 3,200 per month Joel Clark: 345-936-2787

RMLS 2926 | Member of CIREBA



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- Company Searches

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