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Friday Edition

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November 24, 2023

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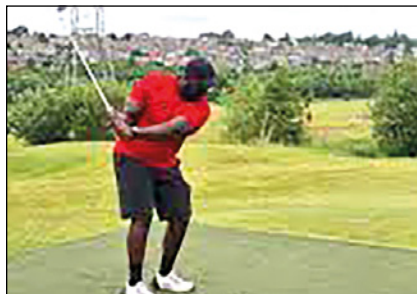
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Barbados tees up high five



New NICE project this December

The Ministry of Planning, Agriculture, Housing, and Infrastructure is once again offering unemployed Caymanians or their unemployed spouses positive work later this year, helping to beautify the commu-

nity through the National Community Enhancement Winter Project (NICE Project) 2023. An important initiative, it serves to both uplift neighbourhood and also gives a helping hand to those in need during

the holiday season.

While the project is a yearly endeavour, it requires the approval and support of the

SEE NEW NICE PROJECT THIS DECEMBER, PAGE 5

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Honourable Johany Jay Ebanks, MP is Thrilled to Continue Delivering on Projects and Enhancing the Lives of Caymanians in New Cabinet



The Honourable Johany 'Jay' Ebanks, MP, serving as the reappointed Minister of Planning, Agriculture, Housing, Infrastructure, Transport, and Development in the new Cabinet, is thrilled to have the opportunity to continue advancing the initiatives of the Ministry and drive positive change in the lives of the Caymanian people.

"The planning, agriculture, housing, infrastructure, transport, and development sectors play a pivotal role in the well-being and progress of the Caymanian people. Through these sectors, every single day, every single minute, I am positively impacting the lives of Caymanians. I hereby re-affirm my commitment to delivering on ongoing projects and introducing new initiatives to improve the lives of the Caymanian people even further."

Added Honourable Jay Ebanks, MP

Understanding the importance of effective planning, sustainable agriculture, inclusive transport, affordable housing, durable infrastructure, and holistic development, Minister Jay Ebanks looks forward to working in collaboration with government officials, relevant ministries, agencies, and civil society actors to ensure projects and plans align with the diverse needs of Caymanian residents.

During the renewed term, Minister Jay Ebanks has outlined several priority projects to be completed within the next two years. These projects include the Georgetown Revitalization Initiative, drafting a National Public and Affordable Housing Policy with a 10-year Strategic Plan for the Cayman Islands, establishing a Department of Transport, implementing the Cayman Islands Agricultural Land Use License Policy (CI-ALLP), introducing critical bills, modernizing the Islands' submarine cable infrastructure, finalizing major road and infrastructure projects, implementing the Cayman Islands Food and Nutrition Security Policy (CIFNSP), undertaking the phased implementation of the National Road Safety Strategy, continuing the implementation of Plan Cayman, among others.

The Minister extends heartfelt gratitude to the team at the Ministry of Planning, Agriculture, Housing, Infrastructure, Transport and Development, as well as the citizens of the Cayman Islands for their unwavering support and trust in his leadership. He looks forward to their continued support as he works towards enriching the lives of the Caymanian people.

"I am deeply committed to a life of service to the people of the Cayman Islands. It is both a privilege and a responsibility to serve. I humbly request their continued prayers and support as I continue on this journey as a servant leader. Together, we can work towards a brighter future for all."
Stated the Honourable Minister.



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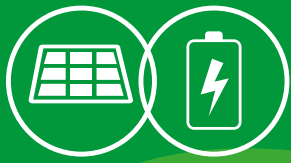


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IRP

Integrated Resource Plan

CUC's plan to invest in Renewable Energy Options

Caribbean Utilities Company, Ltd. (CUC) is committed to slashing carbon emissions and creating cost stability for the people of Grand Cayman. CUC is seeking to leverage greener technologies through a mixed use of renewable, cleaner energy sources and storage solutions.

How does CUC currently generate electricity?

CUC relies primarily on diesel generating units to produce electricity. The Company's generating units run on the cleanest form of diesel fuel that is available.

When compared to our Caribbean neighbours, the fuel utilised by CUC has substantially less impact on the environment.

Environmental stewardship has always been a priority for CUC, and this unwavering commitment stands resolute as we plan for the future. With the transition to renewable and cleaner energy sources, there will need to be a balanced approach as to how this goal is achieved.



What's the best renewable energy option for Grand Cayman?

The Company has identified a mix of renewable energy options for Grand Cayman. These include a mix of rooftop solar and utility-scale solar as the primary energy source for Grand Cayman and providing the least cost solution for customers. With an abundance of sunlight, this is the best renewable energy source available to us at this time. Therefore, when the Utility and Regulation Office of the Cayman Islands (OfReg) issues the anticipated competitive bid for a large scale solar plant, CUC will be ready to submit a proposal.



What is CUC currently doing?

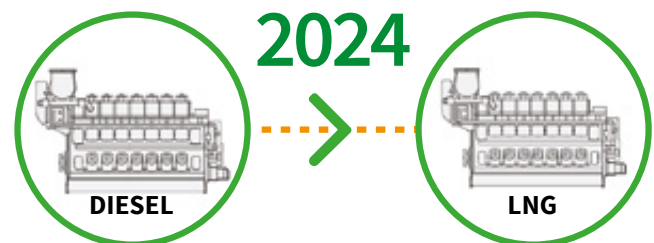
In the interim, CUC is embarking on numerous preparations to fully gear up for utility-scale solar. This includes the purchase of energy storage and securing a cleaner energy supply. Solar energy and storage are the unsung heroes, capturing surplus sunlight for rainy days. CUC has a vision for the future where diesel is not the primary source of fuel. Instead, battery storage and utility scale solar will be prominent energy sources for Grand Cayman. CUC has already made a move towards a sustainable future with the purchase of two 10 megawatt (MW) battery systems that redefine energy resilience.



Why liquified natural gas (LNG)?

Another component of transitioning to cleaner energy solutions includes the sourcing of liquified natural gas (LNG). CUC recently sought qualifications for LNG providers, a seismic shift towards cost-effectiveness and carbon consciousness. LNG, being lower in cost than diesel or propane and with less CO₂ emissions, will lower costs for both CUC and its customers. Burning LNG in CUC's repurposed diesel generating units will reduce carbon emissions to new lows.

While natural gas may hail from the fossil fuel family, its footprint is but a shadow compared to the legacy of burning diesel. This project supports the Cayman Islands National Energy Policy (NEP) by heralding a new era of energy efficiency, reduced emissions and a diversification of the generation portfolio in the Cayman Islands.



In 2019, The Utility Regulation and Competition Office (OfReg) announced that for large scale solar to be offered on Grand Cayman, there would be a competitive bid process for utility scale solar. CUC anxiously awaits the bid process with OfReg. This bid process will allow CUC to openly provide details on the plans that the Company has for renewable energy and demonstrate to the public its commitment to finding affordable, reliable and environmentally friendly energy for the people of Grand Cayman.

To learn more, click on the "Integrated Resource Plan (IRP)" page under the "Renewables" tab on our website at www.cuc-cayman.com.



The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001

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CAYMAN LEARNING INSTITUTIONS JOIN FORCES TO ADVANCE EDUCATION LOCALLY AND REGIONALLY



On Tuesday, November 14, 2023 the University College of the Cayman Islands (UCCI) signed a historic Memorandum of Understanding (MOU) with the University of the West Indies Global Campus (UWIGC), both located on the Olympic Way campus in George Town. This significant event heralds the beginning of a collaborative partnership between two academic powerhouses in the Caribbean, designed to enhance educational opportunities and bridge the skills gap within the Cayman Islands.

The two institutions, that have long shared a physical space in George Town, have always operated separately up until this point. This new joint initiative will see UCCI and UWIGC collaborate on programmes of study to address skill gaps, facilitate academic events such as seminars, lectures, training, and research initiatives, and create pathways for UCCI students to further their studies at UWIGC, thereby expanding opportunities for progression to higher levels of education and training for Caymanians.

It will also expand UCCI's online offerings, making education more accessible and available to all.

The institutions have also agreed to join forces to secure large scale research grants and funding, contributing to the educational prosperity of the Cayman Islands.

Dr. Robert W. Robertson, President, and CEO of UCCI, elaborated on the partnership, stating, "This MOU isn't just about mutual goals; it's a promise to our students and academic community. Through this partnership, we're building a bridge to an array of opportunities that will empower students



with the skills and knowledge essential for success in our global economy."

Dr. Cheryl Sloley, Director of the UWI Global Campus Country Sites, reflected on the collaborative vision, "Our alliance with UCCI marks a groundbreaking shift in Caribbean education as we collaborate to enhance the higher education platform both within the Cayman Islands and the wider Caribbean. Our collective expertise and resources will not only seek to expand quality academic offerings but will also ensure that our students are well-equipped to participate, lead and innovate in a dynamic world."

The Signing Ceremony at UCCI on Tuesday, November 14, included opening remarks by Mr. Gilbert McLean, UCCI Board Chairman, an address from a representative of the Ministry of Education, and strategic insights from Dr. Robertson and Dr. Sloley regarding the vision and the devel-

opmental impact of the partnership.

Mr. Jerome McCoy, Acting Deputy Chief Officer from the Ministry of Education, commented, "This Memorandum of Understanding between the University College of the Cayman Islands and the University of

the West Indies Global Campus exemplifies a commitment to strategic partnerships in education. It is a testament to the forward-thinking approach of these institutions and their dedication to providing students with a comprehensive and globally competitive education.

Our Ministry views collaborative efforts among tertiary institutions as integral to achieving our national educational goals. By working together, institutions can pool resources, expertise, and best practices to create an environment that nurtures academic excellence and contributes to the overall development of our nation's human capital."

Dr. Robertson concluded, "After years of proximity and separate paths, this synergy between UCCI and UWIGC is a natural progression that will elevate the educational experience for our students and enhance the academic landscape across the Cayman Islands."



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New NICE project this December

CONTINUED FROM Page 1

Ministry of Planning, Agriculture, Housing, and Infrastructure each year. Minister Jay Ebanks confirmed their commitment to the project:

“We are dedicated to giving back to our community and providing opportunities for unemployed Caymanians to actively participate in beautifying our beloved islands. This initiative reflects our unwavering commitment to the well-being of our people,” he stated.

All unemployed Caymanians and the unemployed spouses of Caymanians who possess skills in repairs and maintenance, gardening, garbage collection, or cleaning parks, beaches, and roadside verges are invited to become an integral part of this meaningful initiative.

To be a part of the NICE PROJECT 2023, applicants must meet the following eligibility criteria:

- Caymanians or Spouses of Caymanians



► Hon Johany Jay Ebanks

with a valid Residency and Employment Rights Certificate (RERC)

- Must be 18 years and older

- Currently unemployed
- No physical disabilities
- Medically fit to work from 7:00 AM to

3:00 PM during December 4, 2023, to December 15, 2023

The application process opened on 13 November and runs until 27 November 2023. To apply, visit: <https://wfk.ms/3LK0980>

All interested applicants, whether applying for the first time or as returning applicants, must complete the digital application process. Required Documents:

- Caymanians: Photo I.D + Voters' I.D or any one of the following: birth certificate, Passport, Caymanian Status Certificate, or stamp in a valid Passport to show the same.
- Persons married to Caymanians: Photo ID + Residency with Employment Rights Certificate (RERC) as the Spouse of a Caymanian or stamp in a valid Passport to show the same.

The NICE Project Work schedule is to be implemented from Monday, 4 December to Friday, 15 December, 2023.

Merchant Shipping Bill 2023 to Modernise Cayman's Maritime Sector



► Joel Walton

Shipping Act, 1995. Updates and revisions since then have been largely minor and administrative in nature. However, since the initial enactment, there have been significant developments in the international shipping industry, including advances in technology, increased environmental concerns and changes in trade patterns.

“The Bill presents an exciting opportunity to enhance the Cayman Islands’ attractiveness to the international shipping industry and wider financial services sector. It is intended to benefit all stakeholders in the maritime sector and reinforce our reputation as a globally respected financial services and innovation centre of excellence,” Minister Ebanks said.

Over the last two years, there has been extensive consultation with industry stakeholders, members of the public, government partners with a maritime remit and international entities. Feedback from these discussions was instrumental in shaping the Bill.

The Maritime Authority of the Cayman Islands (MACI), whose activities involve the national maritime administration for the Cayman Islands and operation of the highly-regarded 120-year-old Cayman Islands Shipping Registry, spearheaded the work to update the legislation, with support from the Portfolio of Legal Affairs Legislative Drafting Unit, the Ministry of Financial Services and Commerce, as well as a number of other ministries and departments.

MACI CEO Joel Walton commented: “This Bill represents a significant enhancement in



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maritime regulation in the Cayman Islands and allows our country to stay current with any updates to international best practice. It also provides welcome clarification and simplification on administrative processes

already undertaken by the Authority.”

Minister Ebanks is expect to present the Bill at the next available meeting of Parliament following the observance of the aforementioned consultation period.

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26	27	28	29	30	1	2
Grandeur of the Seas	Disney Dream	Ruby Princess	Carnival Paradise	Carnival Glory	Carnival Pride	Serenade of the Seas
			Explorer of the Seas	Celebrity Constellation		
			Nieuw Amsterdam	Carnival Sunrise		
				Celebrity Apex		
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
2,446	4,000	3,000	8,580	12,935	2,680	2,501



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How Grand Cayman Real Estate Agents Can Unlock Maximum Potential with Pinterest

By Qamar Zaman, Technology Reporter, Caymanian Times

In the vibrant and dynamic real estate market of Grand Cayman, the integration of digital marketing strategies is not just a trend, but a necessity for success. Among these strategies, leveraging the power of Pinterest stands out as a game-changer. Pinterest, with its visually-driven and content-centric platform, offers real estate professionals in Grand Cayman an unparalleled opportunity to showcase properties, connect with potential buyers, and build a robust online brand presence.



► Qamar Zaman

Creating a Compelling Digital Real Estate Storefront on Pinterest

Establishing a business account on Pinterest is the foundational step towards harnessing its full potential for real estate marketing. This account type provides invaluable insights through analytics and grants access to advanced marketing tools. A well-crafted business profile on Pinterest is akin to an inviting digital storefront, presenting your brand's ethos and unique value proposition to a global audience.

Harnessing Pinterest's Visual Storytelling for Real Estate Showcasing

Pinterest excels in visual storytelling, a key element in real estate marketing. By creating visually stunning boards showcasing the best of Grand Cayman properties, real estate professionals can captivate and engage their audience. High-quality images of properties, accompanied by compelling narratives about the lifestyle and culture in Grand Cayman, can significantly amplify interest and inquiry rates.

Strategic Content Creation: Focusing on Evergreen and Market-Relevant Themes

To maximise impact on Pinterest, it is crucial to focus on creating evergreen content that resonates with the target audience. This involves curating a mix of content, from detailed guides for potential buyers in Grand

Cayman to showcasing the latest trends in property design and architecture. Such content not only attracts viewers but also positions you as a knowledgeable and reliable source in the real estate industry.

SEO Optimisation: The Key to Unlocking Pinterest's Full Potential

Treating Pinterest as a search engine is essential for maximising its benefits. This involves strategically incorporating relevant keywords into Pin descriptions, board titles, and your profile to boost visibility. Research and utilise keywords that are specific to the Grand Cayman real estate market, ensuring your content reaches the right audience at the right time.

Engaging with the Pinterest Community: Building Relationships and Trust

Engagement is at the heart of Pinterest's community. Actively interacting with followers, responding to comments, and sharing user-generated content can foster a sense of community. This approach not only enhances brand loyalty but also increases the likelihood of your content being shared within and beyond the Pinterest platform.

Cross-Platform Promotion: Expanding Your Digital Footprint

To extend your reach, integrate your Pin-

terest content with other social media platforms. This cross-platform strategy ensures a cohesive online presence, allowing you to tap into diverse audience segments and drive more traffic to your Pinterest boards and, ultimately, your listings.

Leveraging Analytics for Data-Driven Decisions

Utilising Pinterest's analytics tools enables a data-driven approach to content strategy. By analysing which Pins and boards perform best, you can refine your strategy, focusing on content that resonates most with your audience, thus continually enhancing engagement and reach.

Encouraging Content Sharing: Maximising Reach and Engagement

Making your Pinterest content easily shareable is crucial for amplifying its reach. Utilise tools and features that facilitate sharing, and encourage followers to share your content. This approach not only extends your reach but also increases the potential for viral marketing.

Emphasising Grand Cayman's Unique Appeal in Your Content

Tailoring your content to highlight the unique charm and appeal of Grand Cayman is vital. Focus on creating Pins and boards that showcase the island's stunning landscapes, luxurious properties, and unique lifestyle.

Emphasising these aspects will attract a niche audience interested in the exclusive real estate opportunities Grand Cayman offers.

Key Takeaways: How Grand Cayman Real Estate Agents Can Unlock Maximum Potential with Pinterest

Pinterest stands as a powerful and dynamic platform, quintessential for real estate marketing in Grand Cayman. Through the creation of visually appealing and evergreen content, coupled with meticulous optimisation for SEO, real estate agents can harness the platform's full potential. Engaging actively with the community and employing cross-platform promotion strategies are pivotal in effectively utilising Pinterest. These approaches enable real estate professionals to reach potential clients efficiently and establish a commanding online presence. By embracing this innovative digital strategy, real estate businesses can significantly elevate their stature in the enchanting landscapes of Grand Cayman.

For those seeking expert guidance in marketing Grand Cayman real estate properties, Qamar Zaman offers a unique opportunity. Engage in a '1-1 Coffee With Q' podcast session, where Zaman provides complimentary technical SEO assistance tailored to bolster your Grand Cayman real estate business. This session is an invaluable resource for gaining insights and strategies to foster growth and success in the competitive real estate market. For more information contact: +1 (345) 916-2000 for more information.

Ministry of Education Invites Applications for Overseas Scholarships

The Ministry of Education (MOE) is pleased to announce the opening of applications for Overseas Scholarships for the 2024/2025 academic year. These scholarships provide financial assistance to eligible Caymanian to pursue further education at accredited institutions abroad.

The application period opens today, Wednesday, 15 November 2023, and closes at 11:59 pm on Wednesday, 31 January 2024. Successful applicants will be notified of their awards by [date] and will be eligible to access funding from September 2024 onwards.

"The Ministry of Education is dedicated to empowering Caymanian to achieve academic excellence," affirmed Dr. Shari Smith, Manager of the MoE's Scholarship Secretariat Unit. "These scholarships pave the way for talented Caymanians to realize their aspirations of higher education at

overseas institutions."

The Overseas Scholarships programme offers two funding options:

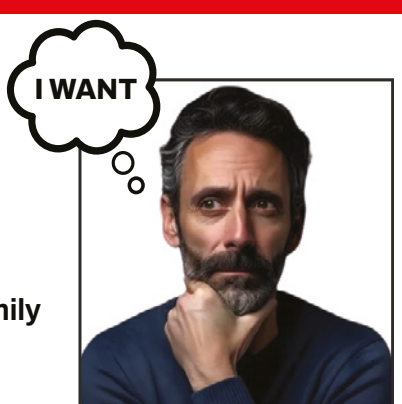
- Undergraduate Scholarships: Successful applicants can receive up to a maximum of CI\$30,000.00 per annum for up to four years to cover tuition, accommodation, and other study-related expenses.

- Postgraduate Scholarships: Successful applicants pursuing Masters or Doctoral degrees can receive up to a maximum of CI\$35,000.00 per annum for up to two years (Masters) or three years (Doctoral) to cover tuition, accommodation, and other study-related expenses.

To verify eligibility and to apply for an MOE Overseas Scholarship, please visit the Scholarship Secretariat Unit's online application portal at www.moescholarships.gov.ky.

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PARLIAMENT UNVEILS NEW WEBSITE



► Hon Catherine Ebanks Wilks

The Parliament Management Commission (PMC) today formally launched the Parliament's new website, www.parliament.ky, as part of the transition from the former Legislative Assembly to the Parliament.

"It was my goal to publish the new site prior to the Throne Speech and Budget Address, so that the public would have an improved experience accessing news and information about the Parliament by the time such

a momentous event happened" said the former Speaker, Hon. Katherine Ebanks-Wilks, who had included the website overhaul as one of her top priorities for the Parliament when she became the Speaker in November 2022. "I may no longer be the Speaker but I am no-less thrilled on behalf of the Parliament that it has achieved this great accomplishment."

The new website replaces the former Legislative Assembly site, which

has since been archived. Initially identified as a project by the PMC upon it becoming autonomous with the Constitutional change in December 2020, the overhauled site became a reality with the support of Hon. Ebanks-Wilks and the hiring of a Communications Officer in May 2023.

"This is the accomplishment of a small team of extremely hard working and dedicated Parliament staff, who have a deep understanding of the Parliament and its Committees," the former Speaker added. "Their knowledge and insights into what make this institution so important, and how it functions, enabled them to craft what we see today."

Completing the new website was a priority for the Parliament after it developed its new Communications Strategic Plan, which identified three key priorities: establishing the Parliament online, disseminating the work of the Parliament and the PMC, and instituting operational procedures.

"We prioritised rebuilding the legislature's online presence so that the public are provided with reliable and trusted information about all of Parliament's events and activities," said Mrs. Zena Merren-Chin, Clerk & Chief

Officer. "This includes sections for all House documents, Hansards, Committees, Commonwealth Parliament Association (CPA), Youth Parliament, and PMC reports."

Several of the Auditor General's reports made mention of the old Legislative Assembly website as lacking in updated information. The PMC addressed this through the appointment of the new Communications Officer and the completion of the updated site, which has a 3D walk-through of the building, a Members seating chart of the Chamber, and blog articles. The PMC utilised the skills of Eyecay, a Cayman-based Web Design and Development Company for the large-scale redesign.

"Reaching a greater number of Caymanians by establishing Parliament online through the new website and new social media channels was one of the most important of our communications goals," said the former Speaker. "Connecting to the people and showing what goes on in the Parliament, not just during House, was important to me in ensuring that people have greater access to this vital institution, so they can feel a greater connection to their centre of democracy."

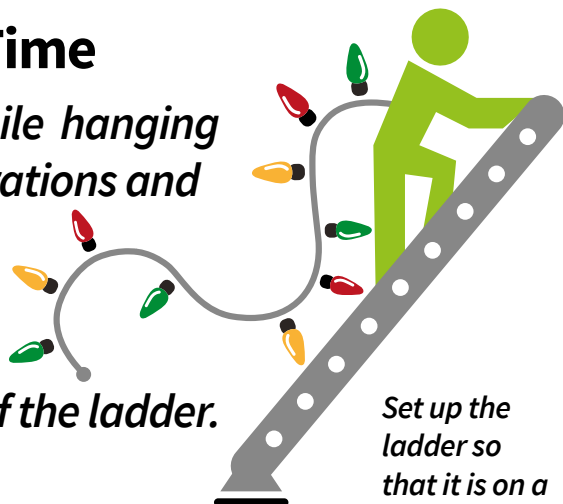
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Panton turns down Speaker role

Ousted Premier Wayne Panton has decided not to take on the House Speaker position as was offered him by the newly formed United People's Movement. Instead, he will focus his efforts as a back-bench MP for Newlands, he said in a press release.

"I would like to thank the UPM government for offering me the position of Speaker of Parliament. After serious consideration, I have decided to decline the offer," he stated. "This conclusion is based on what I believe is in the best interest of the people of my community of Newlands, my country and my family."

Mr Panton said the Speaker of Parliament was an important and prestigious position.

"It is also a position that requires the holder to remain neutral. At this time, it is clear that where I can best be of service to the people of Newlands and to our three islands is from my MP position," he said. "Being a member of Cabinet and heading a ministry certainly has its place and comes with a great degree of responsibility and privileges. I am humbled to have been able to serve as a Minister in Cabinet. However, we must always remember the people that elected us and the importance of ensuring they have full representation in Parliament."

Mr Panton issued a message of thanks on Facebook on Monday, calling the recent reshuffling of Government a "watershed moment in the history of our



► Hon Premier Wayne Panton

three islands". Still intending on acting as an MP, Mr Panton said of his ousting: "In times like these, sometimes the bravest thing you can do for your country and for your people is to pass the mantle of leadership to someone else", in this case to the new Premier Juliana

O'Connor Connolly and Deputy Premier Andre Ebanks.

Mr Panton said he believed his colleagues would be able to offer the kind of leadership needed to complete the work they had started and said that pride must never be more important than the interests of the people, and personalities and egos should never be allowed to halt the progress of Caymanians.

"Our people need our help," he continued. "In the midst of greed and ambition threatening to drown our islands, Caymanians look to the government to chart a safe and sensible way forward – a way that puts Caymanians in the front line of our national policy agenda."

He talked about the need to preserve Caymanian heritage, history, culture

and traditions and where Caymanians could enjoy the fruit of steady, healthy, managed economic growth.

"I want all our people to have a country where all our leaders and all our institutions are built on a solid foundation of morals and ethics rooted in the very best Caymanian ideals," he stated.

Mr Panton said he was eternally grateful to his colleagues in the PACT, admitting that, although they may have disagreed on what path to take, they had always agreed on the destination: tending to the best interests of the Cayman Islands. He also thanked the hard work of the Civil Service and to the families and people of the Cayman Islands and, in particular, to the people of Newlands, where he lived.

His renewed focus would be tackling issues such as expanding the community programming for seniors that had been ably led by MP Heather Bodden, as well as enhancing existing and creating new youth enrichment programmes including leadership, public speaking, community service and life skills. He also intended to continue his mission to create spaces for children and families.

"I am in the midst of improving three existing parks with new playground equipment and basketball facilities, as well as creating a new park at Newlands Dock," he advised, adding he also intended to deliver a community transport service to help seniors and children get around more easily.

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Paradigm Governance Partners to merge with Hawksford

Paradigm Governance Partners (Paradigm), a Cayman Islands and US-based specialist governance and fund services company, has agreed to merge with Hawksford, a global corporate, private client, and fund services provider, which will enable the business to continue its global expansion.

The deal, subject to regulatory approval from the Cayman Islands Monetary Authority (CIMA), will allow the group to further strengthen its global reach and service offering, bringing Paradigm's specialist governance expertise to a wider fund manager community. It will also add considerable value to its existing client base, while allowing the operational side of the business in Cayman to grow and create new jobs and opportunities. The existing management team will remain intact.

Reinforcing both companies' commitment to growth in major financial centres, the strategic alignment establishes a base of operations for Hawksford in the Cayman Islands, while enhancing its visibility in the US. It will also provide Paradigm with access to Hawksford's complementary services and global reach.

As a privately-owned CIMA-licensed fiduciary services company, Paradigm pro-



► Geoff Ruddick

vides specialist governance solutions to global alternative fund managers, across multiple jurisdictions and asset classes, including hedge funds, family offices, closed-end funds, and private equity.

From its offices in the Cayman Islands and US, the business provides a range of independent director, distressed fund, value recovery, outsourced accounting, and anti-money laundering services, as well as support around economic

substance, ancillary services such as registered office, corporate secretarial and board support.

The deal will bring Paradigm's specialist range of governance services to Hawksford's global fund manager client base, complementing its longstanding expertise in key regions including Asia, EMEA and the UK. At the same time, it will introduce Paradigm's existing client base to Hawksford's broader full-service proposition.

Geoff Ruddick, Partner of Paradigm, commented:

"This is a strategic opportunity for Paradigm that will bring the specialist governance expertise we have developed over many years to a wider fund manager community through Hawksford's global and growing network. It will also add considerable value to our existing client base, while providing enhanced access to complementary services through Hawksford's multidisciplinary approach."

Nic Corsetti, Partner of Paradigm, added:

"There is clear alignment between Paradigm and Hawksford, with both businesses focused on high quality service delivery, making this strategic investment a strong and mutually beneficial next step. As well as being a fantastic opportunity for our clients, it is also a positive move for our people to become part of a like-minded global and ambitious organization."

Geoff and Nic, alongside Leo Kassam and Cary Marr, will lead Hawksford's operations in the Cayman Islands and the US, ensuring stability and service as usual during the transition period and beyond.

Michel van Leeuwen, Group Chief Executive for Hawksford, commented:

"The acquisition of Paradigm forms an integral part of our ongoing expansion plans, strengthening Hawksford's capabilities in locations where our clients anticipate growth. It adds a new operation in the Cayman Islands, a strategically important jurisdiction, as well as enhance our presence in the US.

"Crucially, this is a strategic investment that strengthens our global reach and service proposition, while being based on a good cultural fit between Hawksford and Paradigm. We look forward to welcoming Paradigm's experts to our team."

Expanded Leadership Team to Take Cayman First into its 40th Year and Beyond

Cayman First Insurance Company Limited ("CFI") announces several updates to its leadership team, as the insurance company looks to the future ahead of its 40th anniversary in 2024.

Today, Mr. Chris Hind steps into his new appointment as Chief Executive Officer ("CEO") of CFI.

Mr. Hind was previously the CEO and Director of JN General Insurance Co. Ltd., one



► CEO Chris Hind



► VP GIS Polly Pickels

of Jamaica's leading Property & Casualty insurers, and brings with him a proven track record of success and innovation in the insurance industry. His strategic and future-driven approach is aligned with CFI's purpose, values and commitment to innovation.

Mr. Hind is joined by Vice President - Group Insurance Services, Ms. Polly Pickels, who will be responsible for all aspects of CFI's group life and health insurance portfolio. Ms. Pickels brings more than 25 years of industry experience, with a particular focus on healthcare, to the company.

CFI Managing Director Mr. Roger Balkissoon has transitioned into a new leadership role as Vice President of CFI's Property & Casualty division. Mr. Balkissoon has more than 30 years of expertise in technical underwriting as well as leadership experience across both the strategic and operational functions of the business, having joined CFI in 2019.

"We are pleased to have highly talented people throughout our Group," notes CFI Board Chair Ms. Alison Treco. "We are confident that with these appointments, the leadership team in Cayman is well-positioned to execute our business strategy."

Christmas Lighting Safety Tip



Consider putting Christmas lights on a timer so that they are only on when you are at home. This will save energy. Remember to avoid connecting three or more strings of lights or electrical decorations to a single extension cord.



Contact 911
in the event of an
electrical emergency



Electrical malfunction is the leading cause of home fires every year. Be very careful when decorating.

UPDATE: Police Renew Appeal for Witnesses in East End Aggravated Burglary

Police are continuing to appeal for witnesses to the aggravated burglary which took place on Austin Conolly Drive on Saturday, 18 November.

Both of the suspects in the incident are described as being of dark complexion and slim build. They were wearing biker gloves, long slim jeans, hooded shirts, and had their faces covered. Anyone who may have seen men fitting this description around

between 9:00PM and 10:00PM that night, in the Austin Conolly Drive area, is asked to contact the Criminal Investigations Department at 947-2220.

Police have implemented plans to increase proactive patrols in the East End area in response to community concerns, as we continue to work together for the safety of our communities.

Three Persons Arrested Following Robbery at West Bay Convenience Store

Shortly after 8:30PM on Sunday, 19 November, the 9-1-1 Communications Centre dispatched officers to a report of a robbery at a convenience store in West Bay, at the intersection of West Bay Road and West Church Street. It was reported that a partially masked man had entered the store, gone behind the checkout counter and demanded money from the worker there. A brief struggle ensued and the man grabbed the cash register and ran to the entrance door. He used the register to damage the door and then left the location carrying the register.

No one was injured during the incident and the suspect did not appear to be carrying a weapon.

Police responded to the location and conducted inquiries, where it was established that the man was seen with two other per-

sons, a man and a woman, when he left the location. The woman was said to have also been inside the store at the time of the robbery.

At about 11:30PM the same night a report was received that a man fitting the description of the suspect was seen on Mary Street. Officers responded and stopped a vehicle nearby containing two men fitting descriptions of persons involved. Police arrested the men, ages 23 and 34 of George Town, on suspicion of robbery.

Afterwards, police located and arrested a woman, age 24 of George Town, fitting the description of the woman who was present during the robbery, also on suspicion of robbery.

All three remain in custody, as investigations continue. The RCIPS wish to thank the community for their assistance in this matter.

Public Advisory: QR Code Scams

The RCIPS cybercrime team are aware of a significant increase of QR code scams. QR codes are a type of barcode, or scannable pattern, that contain various forms of data, like website links. Attached is an example of a QR code.

It is common for businesses, products and on line platforms to share QR codes as a short cut to their webpages. There has been a nearly 60% increase worldwide of scammers using fake QR codes to trick people into giving personal information or other details.

The RCIPS cybercrime team advises that if you get a QR code in an email or text that you didn't ask for, go to the official website of the store or organization instead of clicking on the QR code. Also be careful



to ensure that if scanning a QR code on a webpage that you are on a legitimate webpage and that the re-direct is also to a legitimate webpage.

Never give out personal information to anyone you don't know.

For online safety advice visit www.explore.gov.ky/cybersafe or <http://www.explore.gov.ky/cybersafe>

Police Respond to Dog Attack in West Bay

Shortly after 9:10PM on Friday, 17 November, officers responded to a report that a person had been attacked by a dog outside an address on Bankers Road in West Bay. It was reported that a dog had gotten loose from the yard of the residence and had bitten a woman, who was passing by, several times, causing serious injuries to her legs and arm. The owner of the dog arrived on scene and restrained the dog,

and conducted first aid on the victim prior to the arrival of the police and emergency medical services.

The woman was transported to hospital via ambulance, where she remains being treated for what appear to be serious but non-life-threatening injuries.

The matter is under investigation in conjunction with the Department of Agriculture.

FLU VACCINE SCHEDULE

OCTOBER-NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <ul style="list-style-type: none"> → ATRIUM (George Town Hospital) 10:00 am - 12:00 pm → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>17</p> <ul style="list-style-type: none"> → ATRIUM (George Town Hospital) 10:00 am - 12:00 pm → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>18</p> <ul style="list-style-type: none"> → ATRIUM (George Town Hospital) 10:00 am - 12:00 pm → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>19</p> <ul style="list-style-type: none"> → ATRIUM (George Town Hospital) 10:00 am - 12:00 pm → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>20</p> <ul style="list-style-type: none"> → ATRIUM (George Town Hospital) 10:00 am - 12:00 pm → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm 	<p>21</p> <ul style="list-style-type: none"> → COST-U-LESS 1:00 pm - 5:30 pm
<p>23</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>24</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm → FOSTERS (Savannah) 5:00 pm - 9:00 pm 	<p>25</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>26</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>27</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → FOSTERS (Camana Bay) 5:00 pm - 9:00 pm 	<p>28</p> <ul style="list-style-type: none"> → COST-U-LESS 1:00 pm - 5:30 pm
<p>30</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>31</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm → FOSTERS (Savannah) 5:00 pm - 9:00 pm 	<p>1</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>2</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → CAYMAN BRAC Aston Rutty Medical Wing 3:00 pm - 4:30 pm 	<p>3</p> <ul style="list-style-type: none"> → DISTRICT HEALTH CENTRES 2:00 pm - 4:00 pm → GENERAL PRACTICE Smith Road Medical Centre 2:00 pm - 4:00 pm → FOSTERS (Camana Bay) 5:00 pm - 9:00 pm 	<p>4</p> <ul style="list-style-type: none"> → COST-U-LESS 1:00 pm - 5:30 pm

* Little Cayman Clinic - Contact 948-0072/916-5395 to make arrangements

Updated October 19, 2023



COVID-19 Vaccines are currently not available on island. Updates will be posted when vaccines become available.

- The Flu Vaccine is available to ALL persons 6 months & over
- NO APPOINTMENT REQUIRED

Scan the code for more information





Strongman, Travis Ortmyer, Inspires Youth



By: Flynn Bush

Tony McInerney is well known in our community. He is the president of the Cayman Islands Powerlifting Association, organizer of many events, and inspiring mentor to many youths, and adults, among us. His contributions have not been lauded enough but he is not one to seek out that recognition. Therefore, he spends his time thinking of ways to reach out to those among us that might need a word of inspiration or whisper of hope. He says, "Basically, our goal is to encourage young people to use physical strength and to help them mental strength. We know that through weight training and sharing advice we can help build their

self-confidence and their inner strength and help them to realize that anything you set your mind to, can happen, with hard work." One of the ways that he does this is by engaging his long list of contacts in the powerlifting and strongman circles to engage special guest speakers. This year is the third annual Strongman competition on our island and Tony has again picked a top-notch guest.

Travis Ortmyer is an individual who has risen to the top of the ranks in the Strongman community. As a two-time American Strongest Man, world record holder, and world championships competitor, he has "been there, done that." To get to the top, and the amount of work and dedication it takes to get there

is plenty of fodder for inspiration. However, Travis's story is not as straightforward as that.

As part of his visit, Travis had a few occasions where he had the chance to share his story. Tony had specifically arranged to have two special assemblies at the public high schools on-island. At John Gray High School in the morning, and Clifton Hunter High School in the afternoon, Travis stood in front of at least four hundred students each time.

As he walked into the meeting hall, Travis drew immense attention but, when he took the microphone was when the inspiration flowed. Travis simply told his story about his journey to the top. Then... he shared about his fall from

the mountaintop. Mr. Ortmyer spoke of how his need to remain on top led to an addiction to painkillers and then to his use of crystal meth, and how it all led to him losing his family, his career, and becoming homeless. It was a clear shake-up in his life. If he had stopped there, Travis' story could have been enough to do some good for others hearing it by admonishing them to avoid the bad decisions that he has made. However, that is not the end.

Travis was also there to talk about the flip side of the equation. He was there, in front of these students, to speak of his revival. You see, Travis made it through struggles and obstacles to reach the top of his profession in the strongman world. That is one thing, but then he fell far below where he had begun in the first place. So, he had to dig himself out and crawl up to the surface to even start from ground zero. The climb back to the top was arduous and difficult, beginning with addressing his addiction. It would take every fiber of his being, and lots of prayers and help along the way to make that climb.

Finally, Travis made it back to the top. When he got there, what he knew in his heart was that he was a different person than he was the first time around; a much wiser, humbler, and more appreciative person. Not only had he become the best at his profession, but he had climbed that mountain twice; the second time on his hands and knees and through broken glass and around molten lava, so to speak. When asked what the best part is about the success that he has had, he replied, "The best part is that I have the opportunity to help other people. If I can help just one person to avoid the mistakes I made, it is worth it."

Travis Ortmyer is indeed a giant of a man but the biggest thing about him is his heart. His care for his fellow human beings, and his willingness to contribute positivity to his world speaks volumes about that fact. Tony McInerney could not have chosen a better ambassador and inspirational special guest.

Barbados tees up high five

Barbados is now one of the Caribbean's top destinations to play golf after the opening of its latest world-class course.

The Apes Hill resort has been added to the four existing high-end golf courses on the island. For such a tiny island, Barbados has a remarkable number of excellent public courses. Many Caribbean islands have only one stellar course, yet Barbados now rises to possibly second to the Dominican Republic in number of standout golf designs open to the public.

Apes Hill is on one of the highest spots on the island, a breath-taking piece of property with views of both the Atlantic Ocean and Caribbean Sea. New owners and management used the pandemic down time to radically redo the course, and brought in the late Ron Kirby, an acclaimed golf course architect who passed away in August, shortly after finishing the new Apes Hill.

The views, elevation changes, dramatic exposed limestone and coral rock are still as dramatic as ever, but the course is much easier to play now. The fairways are wide, especially landing areas off the tee, there are no blind shots,

and while many approaches and tee shots clearly have a preferred side, the most unpleasant aspect is the numerous monkeys the island is famous for.

As a result of all the changes, Golf Inc magazine named Apes Hill a '2023 Development of the Year', and at the 2023 World Golf Awards in Abu Dhabi, the resort cleaned up, winning in four categories: Best Golf Real Estate Venue, Best Eco-Friendly Golf Facility; Best New Golf Course Barbados; and Best New Golf Course Caribbean.

The emergence of Apes Hill as a golf resort is ongoing, with the imminent opening of a new main restaurant, clubhouse and par-3 nine-hole course, all in time for the Christmas season.

The existing restaurant is the open-air 20th hole, the bar and halfway house, and the food, a mix of Barbadian specialties such as fish cutter sandwiches and flying fish dishes combines well with an international menu.

The property is vast, with an emphasis on sustainability and farming. There are also greenhouses and nurseries.

Apes Hill grows its own tropical fruit, produce, and even has bee hives to make honey. Drought resistant grasses take less water, fertilizer is made on sight from seaweed and compost, and a 58-million-gallon reservoir captures rainwater and allows the golf course to be completely independent of Barbados' water utility.



► Golfers have plenty of options in Barbados



► Apes Hill is set in luxurious splendour

Jamaica: Schools must help stop gang culture



► Gang culture flourishes in some JA schools

Jamaica's Ministry of Education and Youth has appealed to the public to help reduce gang influence on the youth and redirect their energies more positively. spoke on behalf of Portfolio Minister Fayval Williams during the recent

Richard Troupe, the Ministry's Acting Director of Safety and Security in Schools Unit, made the appeal during an Anti-Gang Week Church Service at the Savanna-la-Mar Seventh-day Adventist Church in Westmoreland. Anti-Gang Week 2023 was observed from November 5-11 under the theme 'Gang nuh Cool. Stay in school'.

Troupe emphasised the importance of providing an alternative path to thug life that routinely undermines the value of education as well as good citizenship in Jamaica.

"Ending violence or eliminating gangs from schools is a task for all of us. We all have vital roles to play as parents, caregivers, church, community leaders and mentors," Troupe said.

He added that only through collective actions will Jamaica see a significant reduction in the number of gangs and related violent incidents in schools and society generally.

The recently published National Assessment of Perception of School Safety and Security 2023, done across 331 primary and secondary schools, revealed that approximately 62 per cent of students do not report knowledge of peers who are gang members.

"We can acknowledge that the majority of young people are not involved in violence or gangs," Troupe added. "However, the relatively small number of young people who are, have a disproportionately large impact on the perception of their schools and communities."

"Therefore, our continuing collective approach must be a wide-ranging focus on prevention, implementing appropriate responses to infractions, empowering our parents, partnerships with other agencies and providing support."

Trinidad launches Carnival but mas lovers unhappy



► Carnival's launch was low key in Trinidad

Trinidad's Carnival city at the Queens Park Savannah was a flurry of activity recently, as the National Carnival Commission staged the launch event for Carnival 2024.

While there was a spectacular turnout on November 4, many in attendance were concerned about how poorly they thought the event was organised and the general direction of Carnival in Trinidad and Tobago. The widespread feeling is that Carnival is not marketed as well as it could be internationally and the country is missing out on invaluable tourism dollars. The sentiment is that rival, newer carnivals are gaining traction to the detriment of T&T.

Trinidad's Carnival is always held on the Monday and Tuesday before Ash Wednes-

day in Trinidad and Tobago. The 2024 edition will be on February 12-13.

Comedienne Nikki Crosby, who was one of the hosts for the evening, told Loop News that Carnival should be better marketed.

This sentiment was echoed by calypsonian Blackie who believes that the organisers take for granted the fact that carnival was started there.

Blackie said: "We need to market carnival more because you're hearing about Japan carnival, you're hearing about this one carnival and that one carnival. It's just about the marketing because Trinidad and Tobago is the mother of all carnivals. We made carnival and I don't know if we're taking that for granted."

COMMUNITY EVENTS

Cayman Islands Classic NCAA D1 Women's Basketball Tournament

24 & 25 November – Get ready for this history making basketball spectacle - NCAA D1 Women's Basketball Tournament from November 24th to 25th at the John Gray gymnasium. Outstanding teams will bring slam dunks, precision plays and unparallel energy to the courts. Tickets are available on eventpro.ky. For more information, go to caymanclassic.com.

Rotary Club – Flea Market 25 November

of Grand Cayman Sunrise invites the public to its upcoming Flea Market taking place on Saturday 25 November at the Lions Centre from 7am to 9am. Get clothes, shoes, household items, toys, books etcetera at bargain prices. All proceeds from the event will be going towards the Rotary Foundation, the charitable arm of Rotary International.

Girlguiding Cayman – Christmas Arts & Craft Bazaar

25 November - Free Admission and everyone is welcomed to

Girlguiding Cayman's Christmas Arts & Craft Bazaar at St. Ignatius Catholic School Hall and Courtyard, Walkers Road from 10am to 2pm. Choose arts, crafts, handmade jewellery and so much more from 30 Local Vendors! There will be one-of-a-kind items that will make great Christmas gifts! All proceeds go to Girlguiding Cayman Islands.

Pink Ladies Christmas Bazaar

25 November – The Pink Ladies are having their annual Christmas Bazaar on Saturday 25 November from 2pm to 5pm at the Arts & Recreation Centre (ARC) at Camana Bay. Admission is \$5 for anyone over 4 years old. There will be refreshments, plant sale, books, musical entertainment, silent auction, photos with Santa and much more. All proceeds go to the Pink Ladies community projects.

Rotary Club 58th. Annual Christmas Tree Lighting Ceremony

27 November - Rotary Club of Grand Cayman warmly invites you to join in the celebration of the 58th annual Christmas Tree Lighting Ceremony at Heroes Square, George Town on Monday 27 November at 6pm. It's time to ring in the festive season with Santa himself! Gather the family and join them to light up their Christmas tree. Soak up the magic of the holidays with dazzling sights and sounds to make the spirits bright!

Jasmine Palliative & Hospice Care – Light Up a Life

28 November – Join Jasmine for a heartwarming evening of re-

membrance at Light Up a Life on Tuesday 28 November at Camana Bay. Remember your loved ones this holiday season by hanging a star on Jasmine's memorial tree. For more information and to reserve your stars, with the name of your loved one, go to jasmine.ky. A suggested donation of \$10 is appreciated.

Gimistory

29 November - Cayman's international storytelling festival – Gimistory – and the return of the Fish Fry Competition start off at the district of North Side on Wednesday 29 November. Entry will be completely free of charge. Showtime is from 7pm to 9pm with gates opening at 6pm. Visit artsycayman.org/gimistory for other location information.

Cayman Islands Development Bank – Customer Appreciation Day

30 November – The Cayman Islands Development Bank invites all to its Customer Appreciation Day on Thursday 30 November from 9am to 3pm at Dr. Roy's Dr. George Town. There are lots of prizes to be won and refreshments will be available.

Free Community Health Screening - East End

2 December - Rotary Sunset and Lions Club of Grand Cayman are having a Free Community Health Screening Event in East End on Sat. December 2nd, 2023 from 10am-12pm at the East End United Church Hall. Free Screenings for blood pressure, BMI, PSA test, Blood Glucose test, and mouth cancer screening. Listen to Doctor

presentations and ask questions. Free prizes and surprises.

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

3 December - Services of Holy Communion will be held on Sunday, December 3rd and Sunday, December 17th at 9:30am. Morning Prayers (Matins) will continue for the remaining Sundays in December at 9:30am as usual.

Kids Fun Run

3 December – The 2023 Kids Fun Run takes place on Sunday 3 December at approximately 10:30am. This event is free and open to kids aged 5 to 11 years old. Students can register through their schools or online at caymanislandsmarathon.com. The run begins at the Government Administration Building and ends at Warwick Dr. behind Bayshore Mall.

Christmas at the Castle – A celebration under the stars

10 December – The Management and Staff of Pedro St. James invite the public to its 4th. annual Christmas at the Castle on Sunday 10 December from 6pm to 9pm. Admission is free. Enjoy carol singing, delectable food & drinks, a visit from Santa and festive photos, and a chance to win exciting prizes in the Christmas Market raffle! Food and craft vendors are invited to be part of the festivities. Contact Aaliyah at admin@pedrostjames.ky or call 949-6999.

Send your community
events to wendy@caymaniantimes.ky



► Christmas at the Castle

5 Fitness Rules...

Here are my 5 personal fitness rules. Stick with them at least 90% of the time to keep your body healthy and hot.

Fitness Rule #1: Don't Eat Just To Eat

There is no place in your healthy lifestyle for mindless snacking. I'm talking about a tub of popcorn at the movies or a bag of chips in front of the TV. All the calories ingested from mindless snacking have to end up somewhere...and that somewhere is around your waist or on your thighs.

Snacks are fine when you are aware of how much you're eating in order to balance it with the rest of your meals for the day.

Fitness Rule #2: Stand (And Walk) When Possible

Have you heard the saying sitting is the new smoking? The idea is that a lifetime of sitting all-day-every-day is as harmful to your body as smoking. Think for a moment about how much of your day is spent sitting.

You wake up and sit down for breakfast. You sit on the drive to work. You take the

elevator up. You sit for most of 8 hours at work. You take the elevator down. You sit on the drive home. You sit to eat dinner. You sit to watch TV.

That's quite a bit of time spent sitting! Now imagine if you consciously stood for some of this time each day and took the stairs instead of the elevator. Over weeks, and months, it really adds up in calories burned, muscles engaged, and overall fitness and health.

Fitness Rule #3: Avoid Sugar

I might sound like a broken record about this one, but that's OK, I'll keep harping on this point until more people listen. Our bodies weren't designed to ingest large amounts of sugar on a daily basis. When you regularly take in excess sugar the results are always the same. You. Gain. Weight.

The tricky part is that sugar is all around us, so avoiding it takes real vigilance.

Start with your morning beverage of choice. Does it have sugar in it? Most of the beverages that are blended and brewed at coffee shops are simply vehicles for ingesting sugar. Find a beverage that you enjoy without any add-

ed sugar and stick with the rule of not drinking sugary beverages throughout your day.

Fitness Rule #4: Keep Dinner Light

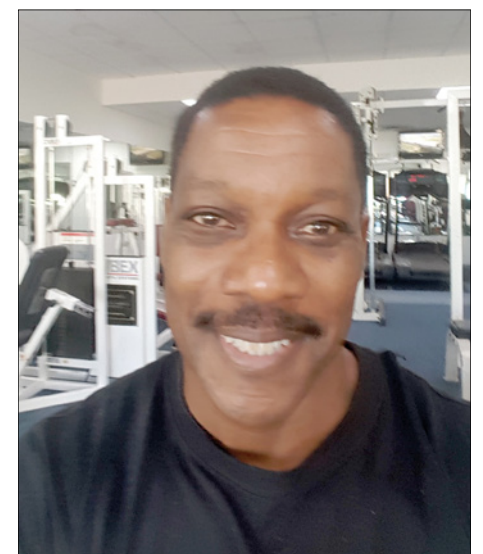
Who says that dinner should be the biggest and heartiest meal of the day? Instead, focus on enjoying light dinners that are centered around protein and veggies and avoid starches and carbs in the evening.

The recipe below for Beet and Grapefruit Salad is a great example. Add a grilled chicken breast to a serving of this vibrant, fiber-filled salad and you have a nutritious dinner that's light and healthy.

Fitness Rule #5: Always Exercise

How often do you brush your teeth? Do you sometimes take a few weeks or months off brushing your teeth? Um, no. That's gross. You brush your teeth every day as an ongoing habit because you know that the benefits outweigh the slight inconvenience.

Can you see where I'm going with this? :)










► Ernest Ebanks

Exercise only truly works when you do it as an ongoing habit because you know that the benefits outweigh the slight inconvenience. It's part of keeping you healthy. It's part of who you are.


I'm here to make your daily exercise habit fun and effective. If you aren't yet my client then call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today to join now.

Let's do this!

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
85° / 81°	85° / 81°	85° / 81°	84° / 80°	83° / 79°	82° / 77°	83° / 78°
Breezy and pleasant with times of clouds and sun	Cloudy with a thunderstorm in parts of the area	Pleasant with clouds and sunshine	Mostly sunny, breezy and pleasant	Mostly cloudy	Partly sunny with a couple of showers in the afternoon	Mostly sunny

MOMENTS OF INSPIRATION



WHEN TO WALK AWAY- GENESIS 39: 1- 12
 A man became a Christian in his old age and fascinated his son with his plan for overcoming temptation. His modus-operandi was to walk away. For example , whenever there was a disagreement between him and a neighbour he would just walk away. Instead of getting into confrontation.
 One day this man met with some old friends. They were drinking alcohol and offered to him. The man simply said no thanks and walked away.

In our text Potiphar’s wife tempted Joseph. He immediately recognized the danger of giving in and he fled from her presence. Often temptations knock at the door. At other times it through situations and circumstances. Either way, do like the old Christian man- WALK AWAY.

DEATH ANNOUNCEMENTS



We have been asked to announce the Mr. Mr. Floyd Burke Groves, who passed away on November 6, 2023. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



We have been asked to announce the passing of Mrs. Gail Elizabeth Graham, who passed away on November 1, 2023.

Details of a Thanksgiving Service will be announced at a later date.

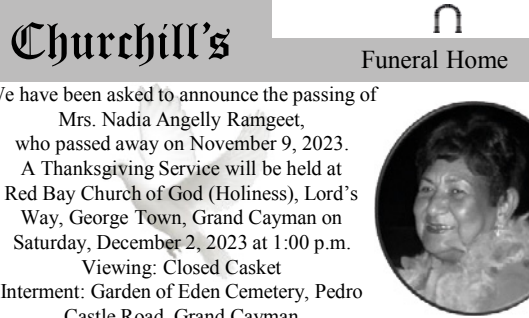
Condolences can be registered at churchillsfuneralhome.com



We have been asked to announce the passing of Ms. Carol Oralia Hall, who passed away on October 22, 2023.

Ms. Hall will be repatriated to Turks & Caicos.

Condolences can be registered at churchillsfuneralhome.com



We have been asked to announce the passing of Mrs. Nadia Angelly Ramgeet, who passed away on November 9, 2023. A Thanksgiving Service will be held at Red Bay Church of God (Holiness), Lord’s Way, George Town, Grand Cayman on Saturday, December 2, 2023 at 1:00 p.m. Viewing: Closed Casket Interment: Garden of Eden Cemetery, Pedro Castle Road, Grand Cayman

Condolences can be registered at churchillsfuneralhome.com



We have been asked to announce the passing of Mr. Ernest Denston Smith, Details of a thanksgiving service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



SUDOKU

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

Conceptis Sudoku

By Dave Green

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

Answer to previous puzzle

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

Difficulty Level ★★★★★

Difficulty Level ★

6/25

CROSSWORD

By THOMAS JOSEPH

ACROSS 37 Doll cry

1 Writer Oz 38 Dog

5 Criminal 39 Rams' mates

10 Director 40 Winter footwear

Wertmuller 41 Cincinnati team

11 Lucky charm

13 Prayer finish

14 Bach composition

15 Enters, as data

17 "My country — of thee"

18 Top-of-wall trim

19 "— a deal!"

20 First número

21 Lawn tunneler

22 Make amends

25 Seminar group

26 Quite uncommon

27 Holbrook of "The Firm"

28 Lumberjack's tool

29 "Lord of the Flies" author

33 Sizeable collection

34 Weapons collection

35 Flyer of myth

DOWN

1 Wake-up sound

2 Retro copier

3 Ryan of "Paper Moon"

4 Saharan hill

5 Dealer's workplace

6 In the middle of

7 Bit or wordplay

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

Saturday's answer

- 8 Great joy
- 9 Give an alias
- 12 Fez feature
- 16 Trig function
- 21 Ocean motion
- 22 Middle East language
- 23 Hailed car
- 24 Pizza herb
- 25 Buddies
- 27 Race runners
- 29 Lean
- 30 Quite impressed
- 31 Identified material
- 32 Pane
- 36 Carnival city

Word Search

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

- Agent
- Aircraft
- Arrival
- Attendant
- Baggage
- Blankets
- Boeing
- Cabin
- Cargo
- Check In
- Departure
- Duty Free
- Flight
- Gate
- Lounge
- Movie
- Passengers
- Passport
- Pillow
- Pilot
- Restaurant
- Seat
- Security
- Take Off
- Taxi
- Tickets
- Traffic
- Washroom
- Weather

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

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

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

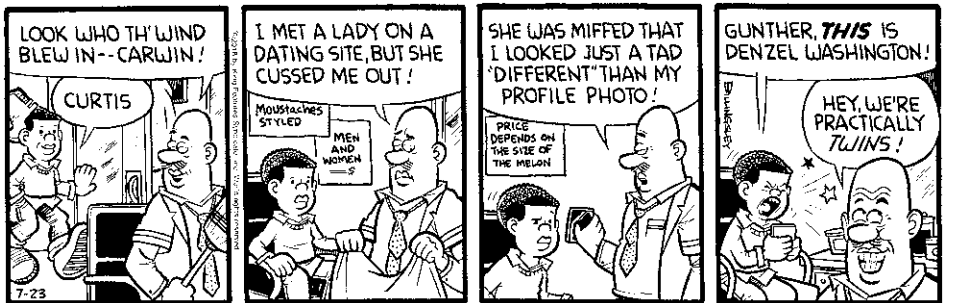
7-23



Have fun with
**CAYMANIAN
TIMES**

CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



Caymanian Times Classifieds

Caymanian Times

Advertising Rates



**Wednesday
Friday**

Description	CI\$	Size (inches) W x H
Newspaper Advertisement Full page	750	10 x 13.5
Newspaper Advertisement 2/3 page	650	10 x 8.37 or 6.6 x 13.5
Newspaper Advertisement 1/2 page (horizontal)	450	10 x 6.67
Newspaper Advertisement 1/2 page (Vertical)	450	4.9 x 13.5
Newspaper Advertisement 1/3 page	350	4.9 x 8.37
Newspaper Advertisement 1/4 page	250	4.9 x 6.67
Newspaper Advertisement 1/5 page	150	4.9 x 4.96
Newspaper Advertisement 1/8 page	75	4.9 x 3.25 or 3.22 x 4.96
Newspaper Advertisement 1/16 page (Small)	50	4.9 x 1.55 or 2.38 x 3.25
Newspaper Advertisement (Mini)	5	2 x 1
Front Page Banner	200	10 x 1.5
Inserts	300	
Advertorial 1/2 Page	500	
Graphic Design	50	

All ads are full colour

Advertising Deadlines (48 Hours prior Publication Day)

Publication Day	Deadline (12pm (noon))
Wednesday	Monday
Friday	Wednesday

2 days notice for ads

For further information or to book an advert call 916 2000 or email: sales@caymaniantimes.ky

CLERK

- Must have more than 5 years' experience
- Excellent communication skills
- Salary - \$10 per hour plus statutory benefits
- Suitably qualified Caymanians, Status holders and legal residents should send CV with a recent photograph, Police Clearance and 2 written references to libertyrestaurant@candw.ky

Backyard Village

is seeking
Janitor
&
Craft Assistants
With over 5 years' experience
\$10 per hour plus benefits
Send resume to
teachcayman@gmail.com

Chinese Cook

- Must have a minimum of 5 years' experience in the hospitality industry.
- Excellent communication and customer service skills.
- Apply health and safety regulations.
- Package: Wages \$6 - \$8 p/hour plus statutory benefits.
- Suitably qualified Caymanians, Status Holders and Legal Residents to send CV with recent photograph, police clearance and 2 written references to:-
libertysrestaurant@candw.ky

ELITE MARBLE & GRANITE LTD

Applications from Caymanians, Status Holders & Legal Residents are invited for the position of TILER

Preferred minimum of 10 years' experience in both residential and commercial premises. The successful candidate will be required to work a minimum of 45 hours per week including weekends and evenings, as required. Driving License, reliable transport, and own tools essential.

Salary paid at \$13 per hour. Health Insurance and Pension will be paid in accordance with Employment Law.

Email resume to susan@elite.ky

Smile Dental Clinic Ltd.

Requires **Dental Lab Helper** to assist with fabricating dental restorations plus maintain lab equipment.

*Minimum 3 years dental lab experience

*Good knowledge of tooth anatomy

*Good understanding of infection control

*CAD/CAM training and experience a plus

*Comfortable using milling machine, porcelain oven, Furnaces and dental handpieces.

Must be available to work Saturdays & hold valid Drivers license.

CI\$2200-\$3000

Pension and Medical Ins. provided in accordance with Cayman Law.

Caymanians or Status holders

Need only apply.

Send Resume to:

PO Box 10116, Grand

Cayman, KY1-1001

On behalf of our client, Guardsman Limited, we invite applications for the position of **Security Officer**.

Hours:

- Monday to Friday – 8:00am to 2:00pm (subject to change)

Duties:

- Perform security duties at fixed or walking patrol posts.
- Detect and prevent criminal acts and provide assistance to local authorities with respect to the same.
- Perform access control duties to limit entry to authorised personnel or visitors.
- Operate walk-through metal detectors, hand-held detectors, electronic hydraulic barriers and other special monitoring devices

Requirements:

- Have successfully completed high school education.
- Be 19 years of age or older
- Have a work history with experience in customer service
- Be physically and medically fit.
- Must be able to provide a Police Clearance Certificate denoting a clean record.
- Be willing to travel to Jamaica for 2 weeks training (stipend, travel & accommodation will be provided).

Salary: CI\$15.18 per hour (remuneration commensurate with experience) with minimum statutory entitlements (health and pension).

Closing date: 8 December 2023

Only applications from Caymanians or Permanent Residents with the right to work will be considered. Qualified applicants can apply by sending their resumes together with a copy of proof of immigration status to info@symon-sandsymons.com

Only applicants shortlisted will be contacted.

MAC PLUMBING
SERVICE DISPATCHER

Minimum 3 yrs Service dispatching experience

As a key member of the team, the dispatcher must be Professional, Welcoming & Confident in dealing with Customers.

Must have a Strong work ethic, a positive attitude and ability to work on one's own initiative, and meet tight deadlines.

Computer Literate with knowledge in Bookkeeping, Payroll and timekeeping

CI\$ 19,700 - CI\$ 26,400 per annum plus statutory benefits

Duties include:

- o Reception Duties & Logging Service Calls
- o Organizing and Dispatching work daily to technicians
- o General Administration Duties
- o Perform Accounts Payable & Receivable functions - knowledge in QuickBooks an asset

ATTN: MANAGEMENT P.O. BOX 11156, KY1-1008

Email: mac@macplumbing.ky

MAC PLUMBING

Requires

APPRENTICE PLUMBER

MIN 2 YEARS EXPERIENCE

WILLING TO WORK AFTER HRS AS NEEDED
ASSISTING PLUMBERS HANGING, LAYING PIPING & TRENCHING

KNOWLEDGE IN SERVICE & CONSTRUCTION

FITTINGS, PRESSURE TESTING, BLUEPRINT, PUMPS, WATER
HEATER TESTING & BOOSTER SYSTEMS.

DRIVERS LICENSE/CLEAN POLICE RECORD REQUIRED.

CI\$10.00 - CI\$14.00

per hour plus statutory benefits

ATTN: MANAGEMENT

P.O. BOX 11156

KY1-1008 Fax 946-5218

Email: mac@macplumbing.ky

ACCOUNTABILITY SERVICES LTD

ACCOUNTS CLERK

MINIMUM OF 3 YRS EXPERIENCE

DUTIES:

- MAINTAIN A PORTFOLIO OF CLIENTS WITH MINIMUM SUPERVISION.
- DATA ENTRY & LOGGING OF FINANCIAL TRANSACTIONS
- LIASING WITH VENDORS
- ACCOUNTS PAYABLES
- BANK RECONCILIATIONS

QUALIFICATIONS/EXPERIENCE

- BACHELORS OR GRADUATE DEGREE IN ACCOUNTING OR FINANCE
- PROVIDE QUALITY AND TIMELY SERVICE TO CLIENTS EXCEEDING EXPECTATIONS
- EXCELLENT ORAL AND WRITTEN COMMUNICATION SKILLS
- COMPUTER LITERATE, PROFICIENT IN WORD, ADVANCED MICROSOFT EXCEL SKILLS AND KNOWLEDGE IN QUICKBOOKS.
- MUST BE ABLE TO WORK ON ONE'S OWN INITIATIVE, WORK UNDER PRESSURE AND MEET TIGHT DEADLINES.
- MUST BE VERY ORGANIZED AND DETAILED ORIENTED

Salary will be commensurate with experience CI\$ 20,400 - CI\$ 42,000 PER ANNUM

Labour law benefits

EMAIL acctb98@accountability.ky

P.O. BOX 2219 KY1-1005

The Captain's Bakery (Cayman) Ltd

at 105 West Bay Rd,

invites applicants for the following positions: Bread Packer 1, Bread Packer 2, Cleaner 1, Cleaner 2, Dishwasher 1, Dishwasher 2, Cashiers, Counter Clerks, Kitchen Assistant 1, Kitchen Assistant 2, Kitchen Assistant 3, Bakery Assistant 1, Bakery Assistant 2, Bakery Assistant 3, Bakery Assistant 4 and Driver .

Applicants must have a minimum of six (6) years of experience in commercial food preparation or baking, cleaning, cashiering, or serving.

Must be honest and possess good interpersonal skills and be able to work as a part of a team.

Must be willing to work on Saturdays, Sundays and Public Holidays and on shifts.

Salary is C.I. \$6.00 per hour, plus health and pension benefits.

Caymanians, persons married to Caymanians and status holders are being invited to apply for this position.

Please apply on the JobsCayman website.

Caymanian
Times



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Reach 30,000 readers

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@caymaniantimes.ky



CaymanianTimes

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size for a low price

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PROPERTY RENTALS & SALES

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For Sale

Member of CIREBA

4 Bed 3.5 Bath | 3,100 sq/ft | 0.34 Acres



Sunrise Landing Canal Front Home

Asking CI\$1,595,000

MLS# 415707

Call Morgan Schirn

+1(345) 517-0840

**BERKSHIRE
HATHAWAY**
HOMESERVICES

CAYMAN ISLANDS

For Sale

Member of CIREBA

1 Bed 1 Bath | 682 sq/ft | Kaibo Phase 1



Kaibo Escape - Beachfront Condo

Asking US\$ 795,000

MLS# 415035

Call Paula McCartney

+1(345) 516-3521

**BERKSHIRE
HATHAWAY**
HOMESERVICES

CAYMAN ISLANDS

For Sale

Member of CIREBA

Raw Beachfront Land ~100ft x 560ft



1.30 Acres Beachfront Cayman Brac

Asking US\$ 450,000

MLS# 414961

Call Morgan Schirn

+1(345) 517-0840

**BERKSHIRE
HATHAWAY**
HOMESERVICES

CAYMAN ISLANDS

Newly Priced

Member of CIREBA

4 Bed 3 Bath | 3,300 sq/ft | 0.42 Acres



Family Home on Butterfly Circle

Asking CI\$ 660,000

MLS# 415687

Call Natasha Casebolt

+1(345) 949-3521

**BERKSHIRE
HATHAWAY**
HOMESERVICES

CAYMAN ISLANDS

PROPERTY RENTALS & SALES

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For Sale Member of CIREBA

Prospect | Gated & Community Amenities



Auburn Bay Canal Front House Lot

Asking CI\$382,449
 MLS# 415781
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 +1(345) 925-3158

BERKSHIRE HATHAWAY HOMESERVICES
 CAYMAN ISLANDS

For Sale Member of CIREBA

0.3636 Acres in Prospect



Heron Bay Corner Canal Front Lot

Asking CI\$ 695,000
 MLS# 413935
 Call Paula McCartney
 +1(345) 516-3521

BERKSHIRE HATHAWAY HOMESERVICES
 CAYMAN ISLANDS

Caymanian Times 

Be Part of Progress

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Wednesday • Friday



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 Cayman needs a daily newspaper

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HSM



Legal Representation: Immigration and Employment

HSM has extensive and market leading experience to support individuals moving to and working in the Cayman Islands.

Should a matter become contentious, HSM's Alastair David has represented clients before the Labour Tribunal and Labour Appeals Tribunal in respects to employment issues and has represented clients before the Immigration Appeals Tribunal, Summary Court, Grand Court and Court of Appeal in respects to immigration matters.

- Immigration Applications
- Immigration Appeals
- Permanent Residency
- Work Permit Applications
- Employment Discrimination
- Human Rights



Alastair David
 Senior Associate

CONTACT: +1 345 815 7354
 adavid@hsmoffice.com
 www.hsmoffice.com