

Caymanian Times

Friday Edition

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December 5, 2025

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INSIDE THIS ISSUE

● CT BUSINESS — page 9



ENTERPRISE CAYMAN OPENS APPLICATIONS FOR 2026 SUMMER INTERNSHIP PROGRAMME

● STINGRAY MEDIA — page 12-13



DEVERINE BELL ANDERSON REMEMBERED: A LIFE OF FAITH, STYLE, AND JOY

● REGIONAL — page 14



THE CARIBBEAN COST OF US-VENEZUELA STAND-OFF



PROTECTING SEVEN MILE BEACH

By Editorial Staff

The worsening erosion of Seven Mile Beach, Cayman's premier tourism asset, de-

mands urgent attention and decisive action from policymakers. Any discussion about solutions should also recognise a tenet of our Christian - and foundational maritime -

community, found in the biblical admonition of Mathew Chapter 7, which is especially relevant to wise environmental stewardship.

SEE SEVEN MILE BEACH, PAGE 4



The Blow Holes Lot #18

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Joint Statement by the Ministry of Tourism and Trade Development and the Cayman Islands National Attractions Authority Board of Directors

The Board of Directors of the Cayman Islands National Attractions Authority (CINAA) on Friday November 28th made a decision to place the Director of the CINAA on Administrative Leave effective immedi-

ately, and until further notice.

The Cayman Islands Government Internal Audit Service (IAS) has been conducting an investigation and audit into a number of serious allegations concerning the Director

and other senior staff at the CINAA.

Following a recent update from the IAS, the Board of Directors has determined that at this juncture the action taken today is in the best interest of the CINAA.

Mr. John Lawrus, General Manager, will act as Director in the interim and until further notice.

At the appropriate time in the future, further public statements will be made.

Jeff Hart Promoted to General Manager of Logic Cayman

Logic Communications is pleased to announce the promotion of Jeff Hart to General Manager. Hart previously served as Head of Business for Brava, Logic's business solutions division, where he delivered strong performance and helped drive growth across key customer and enterprise segments.

With over 25 years in the technology sector, Hart has been a driving force behind telecommunications transformation in international markets, including Canada, the APEC region, Bermuda and the European Union. He has spent some 16 years in the Cayman Islands, spearheading digital transformation initiatives that have empowered private and public sector entities.

Niall Sheehy, Chairman of Logic said, "This appointment recognizes Jeff's proven track record and deep understanding of the Cayman market. We celebrate his growth in the company, and this new appointment is a tes-



► Jeff Hart - Logic GM

tament to all he has contributed. Under his leadership, we are committing to strengthening Cayman's digital infrastructure and deliver technology that creates opportunity for all communities and businesses in the Cayman Islands."

Hart previously spearheaded the launch of Logic's Business Solutions and cybersecurity brand, Brava, setting a new benchmark for technology solutions in the region. Since its inception, Brava has achieved record growth and earned recognition as the Cayman Islands' Best Business Solutions Provider for two consecutive years.

Sheehy added, "In this new role, Jeff will lead Logic's transformation from a traditional telecommunications provider into

a technology company; delivering reliable connectivity alongside advanced ICT, cybersecurity, and digital solutions that empower the Cayman Islands' people and businesses to thrive."

"My vision for Logic extends beyond technology; we are investing in Cayman's future," said Hart. "Through youth development, education initiatives, and charitable programs, we aim to create opportunities that build a stronger, more inclusive society."

For over 16 years, Hart and his family have proudly called the Cayman Islands home. With his wife serving as a kindergarten teacher and both children born on the island, their roots in education and the community run deep.

Annual Wildlife Hazard Working Group Meeting

The Cayman Islands Airports Authority (CIAA) invites members of the public to attend the annual meeting of the Hazardous Wildlife Working Group on 8 December 2025 at Charles Kirkconnell International Airport.

Our goal is to raise awareness in the community and with our Airport Partners.

LOCATION: The Alexander Hotel Conference Room

DATE: Monday, 8 December 2025

TIME: 11:00 am - 1:00 pm

MORE INFO: Contact Andrew McLaughlin, Chief of Safety Management at +1 345 244 5843 or +1 345 916 5317, or email andrew.mclaughlin@caymanairports.com

LEARN ABOUT: Current measures to alleviate hazardous wildlife at the Airport and improvements made to make the Airport less attractive to wildlife.

SEEKING VOLUNTEERS! We will be conducting sign-ups for volunteers to join the first ever Bird Aircraft Strike Hazard (BASH) Committee. The BASH Committee will play a vital safety role for aircraft in our islands, through efforts to make the Airports less desirable for wildlife.

CaymanAirports.com

CIAA
Cayman Islands Airports Authority

We look forward to seeing you.




Christmas Lighting Safety Tip

#6

SAFETY FIRST

Never tap into your home's breaker panel or feeder line (to your weatherhead) or hang decorations on this feeder line to power your outdoor Christmas lights. It is extremely dangerous.



CUC
You've got the power

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.



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Rolex Draw:

Friday
January 2nd, 2026





TIME TO TURN THE TIDE ON PROTECTING SEVEN MILE BEACH



CONTINUED FROM **Page 1**

"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock... But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand."

Cayman now faces an environmental

and economic disaster of significant proportions at Seven Mile Beach, where literal building on sand has been permitted—even in the face of clear biblical warning and technical advice.

As ominous as that warning is, and despite an acknowledgement of the seriousness of the situation, the manner in which

SEE **SEVEN MILE BEACH**, Page 5



SEVEN MILE BEACH

CONTINUED FROM Page 4

it's being dealt with is tantamount to throwing pebbles in the water to reclaim the land ...and the sand.

Caymanian Times highlighted the relentless erosion of Seven Mile Beach in a series of articles in 2023. Since then, the problem, devoid of any decisive action, has only gotten worse and the solution more expensive.

We are re-running these articles as a reminder that we are 'not out of the water' as far as resolving this admittedly crisis-level issue is concerned. In fact, we might be further in the water, realistically speaking, judging from what came out of (or did not) come out of the recent Finance Committee meeting.

Tourism Minister Gary Rutty made only a passing reference to a plan for a much-talked-about beach replenishment scheme, which has spanned several governments.

"I applaud this government for its efforts to protect the southern end of Seven Mile Beach, where erosion has reached a critical stage. Inaction posed a serious threat to our environment, our tourism industry, and our reputation as a premier destination. The replenishment plan approved by Cabinet will prevent further damage to our best-known tourist attraction and preserve it for future generations to enjoy."

A later exchange between the Opposition leader, Joey Hew, quizzing Environment Minister Katherine Ebanks-Wilks, did not create much wave either, with uncertainty remaining over exactly how the beach replenishment scheme will be funded and a timeline for action.

Feb 2023: SEVEN MILES BUT LESS BEACH

SEVEN MILE BEACH: TIME TO CHANGE THE GAME?

From West Bay to Jackson Point might measure seven miles as the crow flies...or as the boat sails across the bay. Just don't tell that to Seven Miles Beach.

Seven miles it isn't, and as far as the alluring stretch of award-winning beach goes, seven miles it never was.

Even the tourism brochures in their eye-catching promotions alternate be-



tween 5.5 and 6.3 miles of unparalleled tropical bliss.

But take warning. We are at serious risk of further depleting - if not destroying - this piece of paradise.

It will be a sad price to pay, the consequence of an almost unrestricted rush to development at the sacrifice of the environment - our greatest asset.

At the rate we are going, we'll soon not be able to count many footsteps in the sands of our already (less than) Seven Mile Beach.

So, how did we get here, and where do we go from here?

Seven Mile Beach is somewhat of a misnomer as the strip as we know it was never seven uninterrupted miles of pristine beach.

Historically, the area has been part ironshore, small coves and inlets but with the stretch of beach the main feature.

Ideal for beachfront development, we learnt that over the years a process of 'who came first got the best beach spots' as can be seen from the parade of properties and

their built timeline along the shoreline.

Previous ironshore areas have even been incorporated into development projects for the high-value claim of seafront vistas - if not necessarily direct beach access. After all, the beach might have only been a matter of a few minutes walk away.

It has now reached the point where property owners, business owners and developers hardly have any alternative but to resort to further manmade incursions onto the beach and into the sea to protect their investment.

But over time, sheer over-development driven by high demand, coupled with the natural ebb and flow of the tides, has resulted in Cayman's most highly-prized possession being put at serious risk.

One factor is climate change which could be a game-changer for low-lying Cayman.

But while we may be on the frontline of threats, that actually presents us with the opportunity to be in the front seat of solutions.

We accept that it's a delicate balance between development and the environment;

however, the evidence clearly shows where we need to prioritise and 'invest' our policies.

Numerous studies, reports and recommendations point this out.

One of them, a 2011 report by the Cayman Islands National Climate Change Committee, clearly warned: "Pressure from coastal development, economic dependence of the tourism industry on Seven Mile Beach, rapid population growth and insurability issues for development place additional pressures on the coastal environment."

The clock is ticking ominously.

Is it time for a moratorium on any further beachside development along Seven Mile Beach? Is it time to call time while there's just enough time and scope for corrective action?

Or, considering the issues highlighted in the recent Finance Committee hearings, is it time for both government and beachfront businesses and homeowners to finally collectively put their money where their mouth is?

CAYMAN ISLANDS CHAMBER OF COMMERCE



Cayman Rehab Services Celebrates 20 Years with Chamber Business After Hours



► Members of staff from Cayman Turtle Centre join other Chamber members and guests for Business After Hours with Cayman Rehab Services

Cayman Rehab Services marked a major milestone last night, celebrating its 20th anniversary with a vibrant Chamber of Commerce Business After Hours event at its Eucalyptus Building location on Shedden Road. The evening brought together professionals from across Cayman's business community for networking, discovery, and a toast to two decades of excellence in wellness and care.

Guests enjoyed guided tours of the facility, learning about Cayman Rehab Services' evidence-based approach to physiotherapy, rehabilitation, and aesthetic wellness. From injury recovery and mobility improvement to skin care and regenerative treatments, the company's mission remains clear: *"To enhance the lives of our clients by combining expert physiotherapy with personalised aesthetic care."*

The event featured refreshments, giveaways, and plenty of opportunities to connect in the relaxed, social atmosphere that makes Business After Hours one of the Chamber's most popular networking series. Attendees mingled with industry peers, explored treatment rooms, and discovered how Cayman Rehab Services has become a trusted name in holistic care.

A Visionary Leader: Dr. Carmen Martinez

At the heart of Cayman Rehab Services' success is its founder and Medical Director, Dr. Carmen Martinez, whose career spans more than 18 years in physiotherapy, sports medicine, and aesthetic wellness. A former triathlete and runner who competed locally and internationally, Dr. Martinez understands firsthand the importance of recovery and performance. She began her professional journey as a physiotherapist at Chrissie Tomlinson Hospital, mentored by Jacqui Smith for eight years, before earning her medical degree while training at Kingston Public Hospital in Jamaica.

Her expertise has attracted elite athletes from around the world. Over the years, Dr. Martinez has worked with Olympians and world champions, including Marion Jones, Tim Montgomery, Kareem Streete-Thompson, Cydonie Mothersill, NFL Star Dorcy Levens, Ronald Forbes, Chantelle Morrison, and Cayman's own Fraser brothers, Shaune and Brett. This experience, combined with her clinical training, has shaped Cayman Rehab Services into a unique hub for physiotherapy, rehabilitation, and aesthetic care.

Reflecting on the milestone, Dr. Martinez said: *"Twenty years ago, Cayman Rehab Ser-*



► Guests enjoyed the convivial atmosphere at Business After Hours



► Dr. Carmen Martinez (Right) pictured with friend, Marilyn Whittaker



► Chamber President, Omari Corbin



Cayman Rehab Services

CONTINUED FROM Page 6

ices began with a simple vision: to help people move better, feel better, and live better. Today, that vision has grown into a community of care that blends science, compassion, and innovation. I'm proud of what we've achieved and excited for the future—because wellness is a journey, and we're just getting started."

Celebrating Milestones

Chamber President Omari Corbin congratulated Cayman Rehab Services on its achievement, noting:

"Tonight isn't just another networking event — it's a celebration. Cayman Rehab Services is marking 20 incredible years of helping people move better, feel better, and live better. That's two decades of care, com-

mitment, and community—and we think that deserves a toast!"

Corbin also reminded guests that this year marks the Chamber's 60th anniversary, and invited members to upcoming events:

- Chamber Economic Forum on 23 January at the Kimpton Seafire Resort (tickets available soon).
- Business After Hours Christmas Celebration on 11 December at Rocky's Diamonds, Waterfront Centre.

Emily Sintorn, the Chamber's Events Coordinator, summed up the evening: "Business After Hours events are a catalyst for growth. They're about building meaningful connections, sparking new partnerships, and strengthening the fabric of collaboration that drives innovation and prosperity in Cayman."

As the night drew to a close, guests left with new contacts, fresh ideas, and a renewed appreciation for the businesses — and leaders — that keep Cayman moving forward.



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Former Recipient
D'Vonte Joseph
Graduate Engineer

Water Authority-Cayman is now accepting applications for its **2026 Annual Scholarship**. The successful applicant could receive up to **CIS\$40,000** to pursue an undergraduate academic or technical/vocational degree or diploma in a field of study relevant to the Authority's work.

Visit www.waterauthority.ky/scholarships-how-to-apply to learn more.

Application Deadline 28 February 2026

Award-winning author launches new kids' book



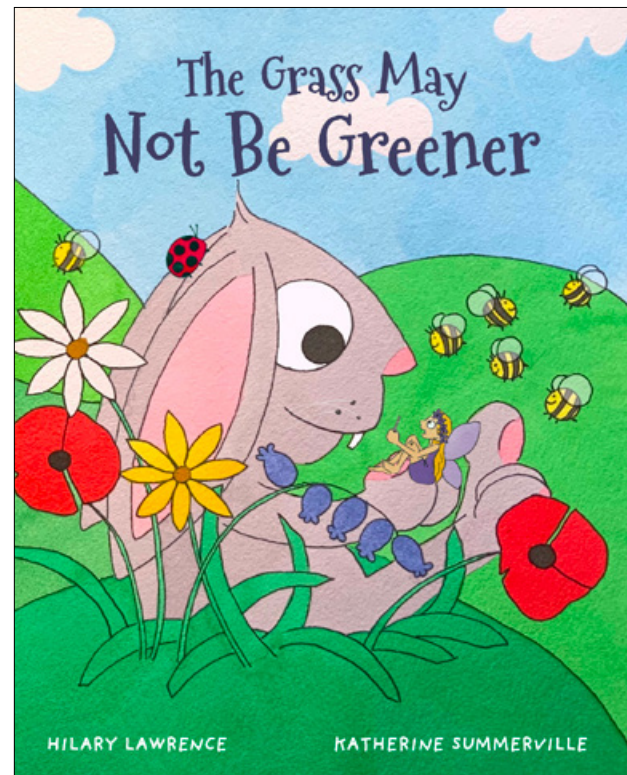
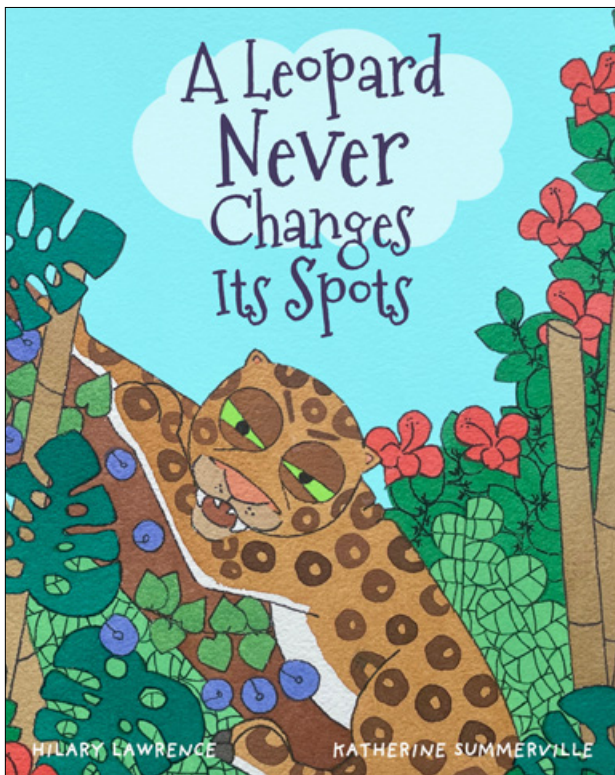
► Hilary with daughters Susannah, Sophie and Sarah



► Hilary with Liv, Jiya Lowrey and Destiny



► 4. Hilary with new book



By Lindsey Turnbull

Hilary Lawrence is a Cayman-based author of much-loved children's books such as *Loose Lips Sink Ships* and *The Grass May Not Be Greener* and she has just released her fourth book, *The Fear of the Unknown Is the Greatest Fear of All*, just in time for Christmas.

Ms Lawrence said the inspiration for her books came from her family.

"When my girls were young, we always read together before bed, and they especially loved rhyming picture books, which always held their attention and sparked so much joy," she said. "After story time, we'd often make up silly rhymes about their day, the animals in the books, or our favourite morals. We would end up in fits of laughter."

Over time, she began jotting down some of those ideas, hoping to develop them further when she had more time.

"People often say, 'Do what brings you joy,' and for me, that joy comes from writing poetry. It has been a real pleasure — and a privilege — to take the whimsical rhymes I once shared with my daughters and shape them into poems for others to

enjoy," she advised.

Each book has a clear message for youngsters.

"Becoming a parent made me realise how important it is to have a strong sense of direction — a clear 'north' — and how vital good morals and values are, especially in a world overwhelmed by social media noise, biased news, and hidden agendas," Ms Lawrence said. "A strong moral compass is more essential than ever. Morals serve as gentle reminders of truths we already know but sometimes forget. Simple sayings like 'The grass may not be greener' teach us not to compare ourselves to others — something that, for a child, might be as small as thinking a friend's lunchbox looks more delicious than their own. These simple phrases carry timeless wisdom that guides our choices and helps us stay focused on what truly matters."

Ms Lawrence said she wanted to keep this wisdom alive.

"I write each story in a fun, relatable, and easy-to-understand way, blending my love of rhyme with my love of proverbs and idioms," she said.

One of her books, in particular, was directly inspired by Cayman.

"We've always loved the Cayman Islands and visited many times on holiday before deciding to make the island our home. On one of those trips, we happened to be here during Pirates' Week, and we were fascinated by the local legend that Blackbeard's treasure may be hidden in the caves at Treasure Pit on Cayman Brac," she said.

At the time, she was working on *Loose Lips Sink Ships*, an idiom first popularised during World War II on propaganda posters warning about the dangers of careless talk, often illustrated with a sinking ship.

"I wanted to bring that nautical spirit into my story and create a tale full of fun, adventure, and a hint of swashbuckling mischief," she explained.

Charities benefit

All profits from the books go directly to charity, including KidsOR, which focuses on safe surgery for children, founded by friends of Ms Lawrence, Gareth and Nicola Wood. The books also support another charity close to her heart, The Reading Clinic, which helps children with dyslexia and other learning differences.


Since the books were launched a year and a half ago, they have been recognised

with several awards, including the Literary Global Children's Book Award, the International Book Award, the Golden Wizard Book Award, the BRAG Award, the Mom's Choice Award, the IAN Book Awards, and the Literary Titan Award.

The latest book, *The Fear of the Unknown Is the Greatest Fear of All*, is being released in December.

"I wrote it around the idea that we often feel most afraid when we don't know what will happen next. I wanted to help children understand that new experiences usually seem far scarier in our imaginations than they truly are once we find the courage to try them," Ms Lawrence advised. "The story is set in the jungle, where a lion, out on his morning stroll, discovers a deep, dark hole with a mysterious, rather mean-looking creature lurking inside. Puzzled and slightly unnerved, he calls on his jungle friends to help him solve the mystery: Who is the animal in the hole, and why won't it come out?"

The series is available in Cayman at Next Chapter, Book Nook, and several hotel boutiques, including the Kimpton. They can also be purchased on Amazon and shipped to the island.

CRUISE SHIP SCHEDULE — WEEK — DECEMBER 10-12		
		
TOTAL SHIPS – 10 TOTAL PASSENGERS – 32,270		
Wednesday	Thursday	Friday
10	11	12
Celebrity Silhouette	Carnival Sunrise	Norwegian Star
Freedom of the Seas	Norwegian Prima	Sun Princess
Resilient Lady		Celebrity Excel
Independence of the Seas		Seven Seas Mariner
Total Passengers	Total Passengers	Total Passengers
14,546	7,030	10,694

Enterprise Cayman Opens Applications for 2026 Summer Internship Programme



Enterprise Cayman is inviting young Caymanians to apply for the annual Internship Programme and explore career pathways within Cayman’s growing knowledge and technology sectors. Enterprise Cayman has officially opened applications for its Summer Internship Programme. Now in its 14th year, the programme offers Caymanians between the ages of 18 and 25 years the opportunity to gain hands-on experience with global businesses operating within the Cayman Enterprise City (CEC) Special Economic Zones (SEZs).

Interns can explore a range of fields that continue to see strong demand, including software development, digital marketing, data analysis, cryptography, and a range of STEM related roles. Frederick Robson, the first recipient of the Jack Copper Technology Internship, reflected on his experience, “My internship gave me hands-on experience that I can build on as I continue my studies. I learned how to adapt to different tasks, communicate more effectively, and take ownership of my work. Personally, I feel more confident in my abilities and

more focused on the type of career I want to pursue. Being part of a professional

SEE ENTERPRISE CAYMAN, Page 10

Holiday Ladder
Safety Tip




Practice the 3-point rule on ladders

Always have three points of contact while on ladders (two hands, one foot or two feet, one hand).



Set up the ladder so that it is on a firm, secure and level foundation.



Contact 911
in the event of
an electrical emergency



► Danryl Franz Sarmiento is sad to be leaving Cayman



► Sandra Dixon is running her first full distance



► Sharon Davies has overcome hip replacement

Marathon tops its stats again



► Isabella, Charlotte and Madison always run the half together

The sporting community comes together this weekend for the 2025 Walkers Cayman Islands Marathon which is set to break its record again for mass participation.

It is on Sunday, 7 December, starting at 4:30am on Seafarers Way. At the start of the week, organisers confirmed 115 full marathoners, 1,050 half marathon entrants and 95 teams entered for the relay. In addition, about 100 persons are expected to sign up the day before the race. There are also around 300 visitors to the island between race participants and their

families and supporters. Overall, it's likely to be the best ever.

With registration numbers tracking strong again this year, organisers are asking for the public's support and cooperation with this event which raises funds for the Cayman Islands Cadet Corps and the Cancer Society as well as other organisations such as Jasmine, Crisis Centre, CCMI, Alex Panton Foundation, NCVO, Light-house School and Red Cross.

The race starts on Seafarers Way in front of Bayshore Mall and goes through South Church Street, South Sound and

Prospect Point Road, after which runners turn around and go back through South Sound and then onto Walkers and Hospital Roads, Elgin Avenue, Edward and Fort Streets and back to Bayshore Mall.

Late registration for new sign-ups and packet pick up for registered participants are at the race's new official packet pick location, Governors Village, on Saturday, 6 December between 9am and 5pm. This is also an opportunity for participants to ask the race directors any questions about race day.

The Kids Fun Run, sponsored by MILO along with Cimboco and Chicken! Chicken! will start at 10:30am at the Government Administration Building on Elgin Avenue and end at the adult start/finish line in front of Bayshore Mall. It is free for children aged between 5-11 and 200 kids are already registered.

The level of corporate support for the event continues to grow each year as companies and organisations such as PricewaterhouseCoopers, KPMG, Ogier, Ernst & Young, Health City Cayman Islands, Maples and Deloitte pay for staff to participate.

The top male and female full marathon winners will receive Breitling timepieces courtesy of Kirk Freeport as part of their prize. There are lots of other prizes in different categories.

Volunteers are competing too as the popular Cayman Airways Water Stop Challenge is on again. The most enthusiastic, encouraging, entertaining water stop, as voted for by the participants, will win free airline tickets courtesy of the national airline.

"This year's registration figures point to continued growth, even as the race enters its 23rd year," said Co-Race Director Rhonda Kelly of Kelly Holding Ltd., owner and organiser of the event.

Caymanian Cynthia Hew is back for the half marathon after several years of low mileage due to injuries and is thrilled to return for the half marathon.

For four years, Charlotte Dahan, Madison Black and Isabella Fantasia have run the Cayman half marathon together for the Red Cross. They turned their friendship into something bigger than the race itself. Now all aged 17, this event marks the girls' final run before college sends them in different directions.

Sandra Dixon will be participating in her third Cayman Islands Marathon but this year after completing two half marathons, she's taking on the full distance for the first time. Her mission is simple: to finish the race.

Surena King from Maryland is running the Walkers Cayman Islands Half Marathon in memory of her beloved sister, Terveer.

Sharon Davies (CAY) had both hips replaced 10 years ago and then walked her first half marathon and continued on to do several more. Last November she had both knees replaced, and now she's back in training, aiming to finish the half marathon.

For Danryl Franz Sarmiento (CAY), this year marks his final Cayman Islands Marathon as he prepares to leave the island to pursue a new opportunity.

Enterprise Cayman

CONTINUED FROM Page 9

environment helped me mature and see what's possible when you apply yourself."

Over a 2-3-month period, participants will work on real projects, gain insight into international business environments, and

build professional networks that often lead to long-term opportunities. Many past interns have successfully transitioned into full-time roles within Cayman Enterprise City's SEZs, making this an exceptional opportunity for career development.

"Cayman Enterprise City is home to over 460 special economic zone companies," said Alyssa Manderson, Programme Manager at Enterprise Cayman. "This vibrant business community is an incredible plat-

form for Caymanians to gain real-world experience, build professional networks, and explore new and innovative career paths. Interns in the Enterprise Cayman internship programme will have opportunities to take part in networking events, workshops, and dynamic learning experiences across our special economic zones, and we encourage everyone who is eligible to apply."

In addition to internship placements, Enterprise Cayman will continue its col-

laboration with Connect by Nova to deliver a series of career development workshops designed to equip job seekers with essential skills for professional success. The 2026 schedule will be released in the coming weeks.

The deadline to apply for the Enterprise Cayman Summer Internship Programme is Saturday, 28 February 2026. For more information, visit enterprise-cayman.ky/internships.

2025CYFL HS Football: Appleby U18




Boys

2025 Appleby Under 18 Boys' Weekly Schedule:

Time:	School:	School:	Venue:
Thursday, December 4, 2025:			
Group A:			
3:45 pm	JGHS	vs. Cayman Academy	Annex Field
3:45 pm	St. Ignatius Catholic	vs. CIS White	St. Ignatius
Group B:			
3:45 pm	Cayman Prep	vs. CIFEC	CIFA Field
3:45 pm	Hope Academy	vs. CIS Blue	Camana Bay SC
<i>(CHHS off)</i>			

Note: The Champions Cup and Consolation Cups begin on Thursday, December 11. Schedules to be circulated on Friday, December 5.





Boys

2025 Appleby Under 18 Boys' Scores:

Time:	School:	School:	Venue:
Monday, November 24, 2025			
Group A:			
3:45 pm	JGHS	1 vs. St. Ignatius Catholic	2 St. Ignatius
<i>(CIS White and Cayman Academy off)</i>			
Group B:			
3:45 pm	CIS Blue	0 vs. CHHS	6 CIFA Field
<i>(CIS Blue unable to field a team)</i>			
3:45pm	Hope Academy	0 vs. Cayman Pre	6 Annex Field
<i>(CIFEC off)</i>			

Thursday, November 27, 2025

Group A:

3:45 pm	CIS White	6 vs. Cayman Academy	1 Camana Bay SC
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(St. Ignatius Catholic and JGHS off)

Group B:

3:45 pm	Hope Academy	1 vs. CHHS	4 CIFA Field
3:45pm	CIS Blue	0 vs. CIFEC	6 Annex Field

(Cayman Prep off)






Girls

2024 Appleby Under 18 Girls' Weekly Schedule:

Time:	School:	School:	Venue:
Monday, December 1, 2025:			
3:45 pm	St. Ignatius Catholic	vs. CIS	Camana Bay SC
3:45 pm	CHHS	vs. Cayman Prep	CIFA Field
Wednesday, December 3, 2025:			
3:45 pm	CHHS	vs. CIS	CIFA Field
3:45 pm	St. Ignatius Catholic	vs. Cayman Prep	St. Ignatius



Girls

2025 Dart Under 18 Girls' Scores:

Time:	School:	School:	Venue:
Monday, November 24, 2025			
3:45 pm	CIS	2 vs. Cayman Prep	5 Camana Bay SC
<i>(St. Ignatius Catholic and CHHS off)</i>			





Deverine Bell Anderson Remembered: A Life of Faith, Style, and Joy



► Deverine Bell Anderson

By Christopher Tobutt

The Cayman Islands lost one of its brightest personalities with the passing



of Deverine Bell Anderson (Sunrise October 6, 1955 – Sunset November 18, 2025), more recently known as Deverine Anderson. She is remembered for her radiant smile, impeccable style, unwavering faith, and the joy she brought to everyone she encountered.

Her memorial service was held Saturday at First Assembly of God, led by Reverend Torrence Bobb, where tributes poured in

from family, friends, and colleagues. The closing hymn, "Oh I Want to See Him," captured the spirit of the day — a celebration of a woman who lived with her eyes fixed on eternity.

Deverine's story began in Jamaica, where St. Thomas was her home. She attended Morant Bay School and began her career as a teacher at Morant Bay Primary.

But her creativity and sense of fashion and style soon led her in a different direction. Moving to Montego Bay, she opened her own business, Pazuki Fashions, and quickly became known not simply as a seamstress but as a sought after fashion designer. Her work was admired for its elegance and originality, and she carried that flair for style with her throughout her life.

In 1994, she moved to the Cayman Islands, first working at Edie's Décor. She met Thomas Anderson, and two years later, in 1996, they were married in Cayman. Together they raised two children: her daughter, Ophelia Wright, and her

son, Dwayne Hariott. Cayman was also her home — the place where she built her career, nurtured friendships, and lived out her faith.

Her daughter Ophelia described her mother as her "Rock":

"My mom – a phenomenal woman – affectionately saved in my phone contacts as my Rock – with a lot of hearts! She was my mom, my confidant, my best friend, my advisor for fashions, makeup, perfumes and life.... She prayed for me and with me through every challenge, and she celebrated all my successes as her own. It feels so surreal talking about her in the past tense, because I feel her with me every single day... She is truly in a better place (humorously) giving God ideas for Angel attire."

Faith was the thread that ran through every part of Deverine's life. She was deeply involved in her church community, remembered for her kindness and her boldness. Joan Johnson, speaking on behalf of her Life Group, recalled:

"I will never forget her gentle kindness and gentle care she extended to my family and me... I admired her boldness and the way she carried herself – she always remembered who she was, and more im-



Bell Anderson Remembered

CONTINUED FROM Page 12

portantly, whose she was.

Her flair for fashion was more than personal style — it was a gift she shared with others. As a designer, she helped people feel radiant, and as a believer, she reminded them of their worth in Christ. Pastor Bobb titled his message A Life Well Spent: “She was a great ambassador for Christ and for our church. Everyone spoke highly of her. She left a legacy, and let that legacy encourage each one of us.”

Her contributions stretched far beyond Sunday services. She helped organize the Singing Christmas Tree for a decade, supported International Day celebrations, and people lined up at Deverine’s and even turned car boot sales into fundraisers for the church — always giving back whatever she earned.

Professionally, Deverine was equally admired. Many first knew her during her years at Cayman Net News under Desmond Seales OBE, where she worked in advertising sales. She was a steady presence during the island’s recovery from Hurricane Ivan in 2004, her smile and positivity lifting spirits in difficult times.

For the past 12 years, she was a valued member of the Stingray Media sales team, where she became known not just for her skill, but for her warmth and encouragement.

Her colleague Chandra Guillifoyle remembered:

“We weren’t just colleagues or friends, we were family. Mrs. D was the Mama Bear of the office, looking out for us and always rooting for everyone. She never spoke badly of anyone... she saw the positive in everything and lived life to the fullest.”

Shavana Baxter recalled her first meeting with Deverine in 2019:

“From the beginning she took me under her wing and showed me the ropes... People’s faces would light up the moment they saw her. Not a single day passed without me hearing her worshipping and praising God.”

From Blake Rogers, General Manager of Stingray Media:

“Losing Deverine so suddenly has been heartbreaking for all of us at Stingray Media. She was more than a colleague—she was a friend, a steady presence, and someone who uplifted everyone around her. We will forever be grateful for the time we shared with her and will always cherish the lasting memories we each have of her.”

From Michael Keesee, General Sales Manager:

“Deverine was a blessing to work with. She cared deeply for her Stingray family, and we cared for her too. Anyone who spent time with her saw how committed she was to her clients and how proud she was of their success. It was truly an honor to work alongside her.”

Deverine Bell Anderson lived with grace, faith, and joy. She was a mother,



wife, friend, colleague, mentor, and designer. She dressed impeccably, laughed freely, prayed deeply, and gave generously. She was bold yet gentle, stylish yet humble, and always ready to encourage others.

Her passing is a loss for Cayman, but her legacy is one of celebration. She leaves behind her husband Thomas, her children Ophelia and Dwayne, her family and church community, her Stingray Media

colleagues, and countless clients who benefited from her dedication.

Deverine has indeed “gone to a better place”—and those who knew her can picture her now, radiant as ever, and maybe – just Ophelia said - giving God ideas for angel attire.

Caption for photos – Deverine Bell-Anderson. Various pictures with family, friends and co-workers.



Registration Opens for ReConnect 2026

Registration is now open for ReConnect 2026, taking place April 16-17, 2026, at The Ritz-Carlton, Grand Cayman.

Organized by the Cayman International Reinsurance Companies Association (CIRCA), ReConnect brings together peers and industry leaders for two days of engaging discussions, expert presentations and meaningful networking focused on the future of reinsurance in Cayman and beyond.

Following the success of last year's conference, which welcomed more than 650 delegates, the majority of whom traveled from overseas, ReConnect 2026 will again provide a platform for collaboration and insight across the global reinsurance community.

New for 2026, Early Bird registration and group rates are available, along with the option to pay by AMEX. Early Bird registration runs until Dec. 8, 2025, after which standard rates apply. Full CIRCA members will continue to benefit from preferred registration rates.



► Conference photo from ReConnect 2025

"Our goal each year is to create a platform that brings together diverse voices

from across the reinsurance community," Steve Papciak, CIRCA Marketing Commit-

tee Chair. "ReConnect 2026 will build on that momentum, offering an engaging, solutions-focused program that reflects Cayman's growing role in the global insurance landscape."

The registration fee includes access to all conference sessions, pre-and post-event receptions and a catamaran cruise, subject to availability. Registration for the cruise and the separate golf activity will open closer to the event.

Travel and accommodation information is now available at circa.ky with the full agenda and speaker lineup to be announced in early 2026.

Limited sponsorship opportunities remain available, and interested parties are encouraged to contact Andy@tower.com.ky.

The Premium sponsors of ReConnect 2026 conference are Camana Bay and Cayman Finance. A full list of conference sponsors can be found here: <https://circa.ky/reconnect-sponsors-2026>.

THE CARIBBEAN COST OF US-VENEZUELA STAND-OFF



By Staff Writer

With the peak winter tourist season beginning, caution prevails in the Caribbean, especially the southern islands, as uncertainty surrounds an American military build-up in the region amid an ongoing stand-off with Venezuela.

The southern Caribbean islands which increasingly depend on tourism, some more than traditional agriculture, are reportedly nervous following recent US actions. These actions involved high-seas targeting of alleged narco-speedboats from Venezuela.

The US Trump administration has embarked on a controversial 'shoot-to-kill' policy in which several vessels and their occupants were blown up.

The situation has become even more tense with the installation of American surveillance equipment on tourism-dependent Tobago and the recent American military exercises with local personnel on the main sister island, Trinidad. A similar request to Grenada is still be-



ing reviewed by that government.

Tourism businesses in Tobago are reporting that bookings are down from what they were hoping would have been a bumper winter tourist season. Several cruise ship calls are also said to have already been cancelled.

The Trinidad & Tobago Prime Minister Kamla Persad-Bissessar, who had earlier stated that the US presence in Tobago was to assist with improving road infrastructure, now admits that it was for the installation of hi-tech radar surveillance equipment. But she maintains that it bolsters her country's security.

The Prime Minister has repeatedly voiced support for the actions by the US forces against the alleged Venezuelan narco-traffickers.

Elsewhere, there are reports from other islands of fishermen restricting their fishing trips and being reluctant to venture too far from shore.

The American president has also unilaterally declared the Venezuelan airspace a no-fly zone as he continues to apply pressure on the country's hardline leader, Nicolas Maduro, declaring that the president of the South American country is himself facilitating drug trafficking.

With the risk of the stand-off escalating, there is added concern about what this could mean for regional and global trade, with major sea lanes traversing the Caribbean Sea.

Also close to the Venezuelan coast in the Caribbean Sea are the Dutch ABC Islands

of Aruba, Bonaire, and Curacao, the location of one of the US Forward Operating Locations(FOL) in the region.

The islands have longstanding trading ties with Venezuela, with boats from the South American country traditionally plying the islands with fruits and vegetables.

The Dutch government, which maintains military bases in Curacao and Aruba, is said to be monitoring the situation very closely, both locally and as part of its European Union(EU) mandate.

Reservations have been expressed by top Dutch military officials about the real objectives of the US mission in the area. "More military power than needed for drug enforcement," said Onno Eichelsheim, Commander of the Dutch Armed Forces, while acknowledging that concerns in the ABC islands were understandable.

Ever since the rapid 'explosion' of tensions between America and Venezuela, Caribbean leaders - with the exception of their Trinidad and Tobago counterpart - have been appealing for the region to remain a zone of peace.

The stakes are high for the island states in the area individually and collectively in both economic and security terms.

To all intents and purposes, they just happen to be in the wrong geographical location between two belligerents in an issue over which they hardly have any influence or involvement, but could be victims...or collateral damage in military parlance.



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

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

Answer to previous puzzle

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

Difficulty Level ★★★★★

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Difficulty Level ★★★★★

1/20

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Niger of Lear
neighbor 42 Turn
5 Pond outward
paddler 43 Refuse
9 Short putt 44 Smooch
10 Koran
faith
12 Guinness
and Baldwin
13 Capital
on the Nile
14 Flying toy
16 Afternoon
break
17 Bauxite,
for one
18 Regard-
less of
20 Pearl
producer
22 Super
serves
23 Knight
wear
25 Location
28 One way
to repay
32 Internet
stop
34 Gift topper
35 Long
swimmer
36 Editor's
request
38 Samuel
of the
Supreme
Court
40 Art
supporter

DOWN

- 1 "Le Morte
d'Arthur"
author
2 High
points
3 Defeat
4 One with
access to
secrets
5 Chops
into
cubes
6 Can.
neighbor
7 Doctor's
place
8 Dojo
doings
9 Forbidden
11 Sulks
15 House
muncher
19 Urban
oasis
21 Skin art,
slangily
24 Common
pay period
25 Take an
oath
26 Did a KP
job
27 Compel
29 Wading
birds
30 Observant
ones
31 Resided
33 Bitter
humor
37 Sitarist
Shankar
39 Sandy
color

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

Yesterday's answer

Word Search

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

Bite
Bolt
Chew
Consume
Crunch
Devour
Dine
Fare
Feed
Gobble

Gorge
Ingest
Masticate
Munch
Nibble
Snack
Swallow
Tuck in
Wolf

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

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

3-23



Have fun with
**CAYMANIAN
TIMES**

CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



A Special Birthday Tribute

Happy 1st Birthday in Heaven to a Very Special Man, Husband, Father, Grandfather, Great-Grandfather, Brother, Cousin, Brother-in-law, Father-in-law, Uncle, Wonderful Friend, the one and only one ~
CEBERT AUGUSTUS WOOD,
Who would be 84 years young today, Friday, 5th December, 2025.

Cebert sadly left this world on Wednesday, 5th November, 2025.



Those we love go out of sight, but never out of mine. They continue to live on In the hearts of those they leave behind. Our loved one has now entered the doors of Heaven and he is instantly 'Free' from all illness, sadness and negative thoughts. He will one day come back and give us a 'Special Sign' to let us know that he is safe in the presence of God and His Angels.

To have you in our lives was the greatest gift of all.

Sweetheart, Daddy, Papa, Brother, Cousin, Brother-in-law, Uncle, Father-in-law, Dads, Wonderful Friend, Buddy, Boss & Co-Worker ~
Mr. Cebert, Mr. C, Mr. Wood,

Our Happy Birthday wish to a wonderful man who meant everything in this world to all of us. He is greatly missed, can never be replaced, and will forever be deeply loved, remembered, and cherished in our hearts forever.

From Your Heartbroken Wife, Aline, Children,
Grandchildren & the whole crew.

Rest in Heavenly Peace and may Light Perpetual Shine Upon
you always.



“For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” John 3:16

Churchill's Funeral Home

We have been asked to announce
The passing of
Mr. Beaver Brooks Syms
Who passed away on
Tuesday, November 25th 2025.
A Service of Thanksgiving will be
announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce
The passing of
Ms. Juliet Dorothy Ritch
Who passed away on
Friday, November 07th 2025.
A Service of Thanksgiving will be held at
the Spot Bay Holiness Church
Cayman Brac, Cayman Islands on
Sunday, December 14th 2025
At 2:00 p.m.
Viewing: 1:30 - 2:00 p.m.
Interment: Spot Bay, Cayman Brac



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce
The passing of
Ms. Gloria Victoria Powell
Who passed away on November 30th 2025.
Details of a Thanksgiving Service will be
announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce
The passing of
Ms. Verna Beverlee Pars
who passed away on November 28th 2025.
Details of a Thanksgiving Service will be
announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home


We have been asked to announce
The passing of
Mr. Eddington Joseph Bodden
Who passed away on November 12th 2025.
A Thanksgiving Service will be held at the
Webster Memorial United Church
261 Bodden Town Road, Bodden Town
Grand Cayman, Cayman Islands on
Saturday, December 06th 2025 at 11:00 a.m.
Viewing: Closed Casket
Interment: New Pease Bay Cemetery



Condolences can be registered at churchillsfuneralhome.com

IN LOVING MEMORY OF

Joseph "Dr. Joe" Thomas Ostroski, M.D.
November 13, 1933 - October 6, 2025



December 29, 2025 4:00 PM
St. Ignatius Catholic Church
Grand Cayman, Cayman Islands

In Lieu of flowers donations should be made to,
Cayman Islands Cancer Society or
Lions Club of Tropical Gardens

BIRTHDAY TRIBUTE



Cebert Augustus Wood
5th December, 1941 – 5th November, 2025

**HAPPY 1st BIRTHDAY in Heaven to a Wonderful Beloved Husband, CEBERT;
 Our Loving & Caring Daddy & Our Sweet Papa, who left us much too soon!**

**My Sweetheart, Our Dearest Daddy & Our Papa, if you were here, it would be ~
 "Us next to you, You next to us. No place in this world we'd rather be."**

HAPPY FIRST BIRTHDAY IN HEAVEN OUR DARLING BELOVED ONE.

**My Honey, My Sweetie, Our Precious Daddy & Our Sweet Papa,
 We have so many special memories of you which help to bring us a smile,
 And oh! If only we could have you back even for just a little while
 Then we would be so very happy just to sit and talk with you again just like we used to do.**

**May God's Richest Blessings Shine Brightly upon you and take very good
 care of you for all of us until we meet again.**

Love forever and always,

**Your heartbroken wife, Aline & children ~ Cebert, Gina & your Angel Son, Chad in Heaven
 who is there with you to ease all the awful pain you endured for 20 sad years and eight
 months since his Precious life was taken away from him and us. X O X O X O X O X O**



Rest in Eternal Peace Sweetheart
Love You & Miss You So Very Much, Mommy X O X O X



Dink for Pink



The Breast Cancer Foundation (BCF) is celebrating the tremendous success of its inaugural *Dink for Pink* fundraiser, a 24-hour pickleball marathon hosted at Pickleball Cayman that brought the community together in a powerful display of energy, generosity, and solidarity. From start to finish, the courts were alive with dinks, drives, drops, volleys, slams, and non-stop rallies, as players competed through the night in support of breast cancer patients and survivors across the Cayman Islands.

BCF extends its deepest gratitude to Quality Law & Corporate Services, the event's Headline Sponsor, whose support played a central role in bringing *Dink for Pink* to life. Their team, *Q'in for My Breasties*, demonstrated outstanding stamina, spirit, and sportsmanship, ultimately emerging as the overall champions after a thrilling final match against *Team Breast Friends Forever (BFF)*, who placed second overall. Quality's leadership and presence helped set the tone for an event defined by community connection and purpose.

Players stayed energized throughout the marathon thanks to refreshment sponsors PDL and Jaques Scott, with a much-appreciated sunrise breakfast provided by *The Roost*. BCF also recognizes Strategic Risk



Solutions and Health City Cayman Islands for their role as courtside sponsors, and RE/MAX Cayman Islands as closing-party sponsor. Their collective support ensured the event ran smoothly from the first serve to the final rally.

Off the courts, fundraising was just as competitive. In a finish "closer than a kitchen-line dink," *Team Breast Friends*

Forever narrowly topped *Team Pink Warrior* to become the event's highest-fund-raising team.

Two teenage teams from Cayman International School also made a remarkable impact, taking on late-night and early-morning matches with impressive commitment. In a note from the school's leadership:

"We are immensely proud of our students who participated in Dink for Pink. Their dedication to community service and their enthusiasm in supporting such an important cause reflects the very best of our school's values."








BCF Chief Administrator Beverly shared her appreciation for the overwhelming response from sponsors, players, and supporters:

"Dink for Pink exceeded every expectation - the energy, the generosity, and the heart shown by every participant and sponsor were simply incredible. Knowing that all funds raised stay right here in Cayman to support breast cancer patients makes this success even more meaningful. We are thrilled to see this becoming a signature annual event for the Foundation."

The event raised over CI \$73,000 through community donations, team sponsorships, and corporate contributions. All funds remain in the Cayman Islands to directly support BCF's treatment grants, wellness programs, and patient-care initiatives. The *Dink for Pink* website will remain active for anyone who wishes to make additional donations.

Planning is already underway for *Dink for Pink 2026*, with event details to be shared in April.

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
 84° / 80° A shower in the area in the morning; otherwise, breezy with sun and clouds	 84° / 80° Clouds and sun; a couple of morning showers followed by a thunderstorm in spots	 84° / 79° Mostly sunny	 83° / 78° Mostly sunny	 81° / 77° Partly sunny	 83° / 79° Mostly sunny	 82° / 78° Partly sunny

COMMUNITY EVENTS

Cayman Quadrille: Traditional Dance Class

6 December - The National Trust partners with the National Gallery to present A Cayman Quadrille: Traditional Dance Class. This will be hosted on Saturday, 6th December 2025 from 10:00am-11:00am at the Mission House. Spaces are limited! Reserve your space by emailing - programme@nationalgallery.org.ky

Cayman Islands Centre for Business Development (CICBD) – Holiday Market 2025

6 December - Cayman Islands Centre for Business Development is having its holiday market on Saturday 6 December on Cardinal Avenue/Albert Panton Street from 4pm to 10pm. Enjoy Christmas shopping, family activities, photos with Santa and much more.

Christmas Story Time at the West Bay Public Library

6 December - Rotary Central Cayman invites parents to bring the little ones for Christmas

Story Time at the West Bay Public Library on Saturday 6 December from 10am to 12 noon. Enjoy songs, face painting, a special appearance by Santa and much more.

Carols in Dart Park

6 December - All are welcome for a sing-along to traditional carols and Christmas music at Carols in Dart Park on Saturday 6 December from 5pm to 6pm. Enjoy festive performances by Miss Izzy and the Carpe Diem Band. Santa's elves will also be on hand to share sweet treats. Donations for the Cayman Food Bank are encouraged.

December 2025 Services at St. Alban's Anglican Church

7 & 14 December - December Services of Holy Communion will be held on Sunday December the 7th at 9:30am. On Sunday December 14th the Service of Morning Prayer will be followed by the singing of Christmas Carols. All are invited to join the congregation in the church. This will be followed by a Festive Coffee Morning in the Sunday School Room.

The Cayman Islands National Choir and Orchestra – Starlight and Wonder

9 & 11 December - The Cayman Islands National Choir and Orchestra present - Starlight and Wonder, a celebration of the wonder of Christmas - on December 9 and 11 at the Elmslie Memorial United Church beginning at 7:30pm.

First Baptist Church – 2025 Festival of Christmas Praise
12 & 14 December - Bring your family and friends to hear the fantastic First Baptist Sanctuary Choir and soloists as they celebrate the Christmas season at the First Baptist Church at 7pm each night.

Cayman Islands Crisis Centre – Jingle Bells 5K/10K Walk/Run
14 December - The Cayman Islands Crisis



► CICBD Holiday Market

Centre (CICC) is having its signature Christmas event on Sunday 14 December starting at 7am at the Holiday Inn, Safe Haven. There will be Santa's appearance, Christmas gifts for children, breakfast, raffle prizes and much more. Registration fee begins at \$45 for adults, \$25 for children 13 to 18 and free participation for children under 13. To register and for more information, go to <https://www.cicc.ky/events/jingle-bell-walk-run/>

Send your community events to wendy@caymaniantimes.ky

Healthy eating made simple

The main reason that you're not happy with your weight is because of what you eat.
It's hardly your fault.
Have you ever stopped to notice how many times you're bombarded by food marketing each day?
Ads come at you from magazine pages, T.V. commercials, on websites and billboards, each boasting of cheap, convenient and tasty ways to cure your hunger.
The question "What's for dinner?" has never been more complex than now.
Extensive menu options and large entrees have distorted your concept of a proper meal, and before you know it you've fallen into the trap of the chain restaurant, the drive thru, and the take-out line.
But wait – truly healthy eating is simple.
First you need to block out the blizzard of food marketing around you.
Remember that advertisers want your money, and they don't stop to consider if the food they promote will expand your waist – that's your job.
It's safe to say that, with few exceptions, any food that you see marketed should be avoided. When was the last time you saw

an ad for grilled white fish, steamed broccoli and a side of brown rice?
So what does truly healthy eating look like?
A healthy meal contains lean protein, fresh vegetables and a modest serving of whole grains.
Just as importantly, a healthy meal does NOT contain:
• Refined sugar / corn syrup
• Fried / fatty food
• Full fat dairy food
• Processed food with chemical additives
Healthy Breakfast: Breakfast is the most important meal of the day. What you decide to eat when you first wake up will set the tone for the rest of your meals that day. Try these healthy options:
• Scrambled egg whites, sliced tomato and whole grain toast
• Whole grain oatmeal, sliced fruit and a protein shake
• Homemade breakfast sandwich: Multi-grain English muffin with lean turkey slices and egg
Healthy Lunch: It is important to plan your lunch ahead of time in order to avoid

turning to a fast food joint or vending machine. Pack your lunch the night before and carry it with you. Try these healthy options:
• Dark baby greens topped with chopped chicken breast and diced tomatoes
• Albacore tuna (packed in water), mixed with finely chopped cucumber over brown rice
• Homemade sandwich: Sprouted grain bread with lean turkey slices, lettuce, tomato and mustard
Healthy Dinner: Dinner is the meal where most people splurge and eat far more calories than they should. Eating at home is the first step in reducing your dinnertime calories. Try these healthy options:
• Grilled white fish, sautéed spinach and whole wheat couscous
• Baked chicken breast, steamed broccoli and brown rice
• Try the recipe for Rosemary Lamb Chops below
While healthy eating is a huge factor in achieving your ideal weight, exercise is the other half of the equation. Your exercise



► Ernest Ebanks

routine should be challenging and should be done on a regular basis.
I know that you have more than enough in your life to think about without having to plan your own exercise routine. Leave that job to me—call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 today to get started on a personalized fitness program that will leave your body no choice but to shed those unwanted pounds.



Are you a busy professional who is unable to attend regular weekday or evening classes?

Register now for **Fall 2025 Workforce Readiness Centre (WRC) Short Courses.**

Starting: Oct 19 - Dec 11

Cost: C\$650

Courses:

- **CED 703** - Hedge Fund Administration: Valuation, Operations & Compliance
- **CED 704** - Cayman Heritage: History, Culture & Governance
- **CED 709** - AI Foundations: Concepts, Tools & Applications
- **CED 710** - Captive Insurance Management and Reinsurance: Principles & Practice
- **CED 711** - Caribbean Governance: Self-Determination & Decolonisation
- **CED 712** - Digital Skills for the Modern Workplace
- **CED 713** - ESG and Sustainable Finance Fundamentals
- **CED 714** - Excel Essentials for the Workplace
- **CED 715** - The Leadership Journey: Leading with Character, Courage, & Conviction
- **CED 716** - Practical Cybersecurity: Protecting Data and Reducing Risk
- **CED 717** - Supervisory Success: Strategies for First-Time Managers



**PLEASE SCAN QR CODE
FOR INFORMATION**

Or contact: WRC Manager
Mr. Benjamin at rbenjamin@ucci.edu.ky



Caymanian Times Classifieds



UTILITY REGULATION AND COMPETITION OFFICE

Applications are invited for the following post:

Accountant

Ref: OF/ACCT12/25

Salary Range: KY\$77,088.00 - \$101,160.00 per annum

The Utility Regulation and Competition Office (OfReg) is the independent multisector regulatory authority with responsibility for energy and electricity, fuel, information and communication technology (ICT), and water and wastewater sectors. Created by the enactment of the Utilities Regulations and Competition (URC) Act, OfReg, enforces compliance for licencees through the administration of penalties and fines as dictated by the URC Act and respective sector Acts. OfReg has wide powers for consumer protection and is particularly mandated to facilitate innovation in the sectors for which it has responsibility for the promotion of economic development. The accountant assists the Head of Finance to ensure that OfReg's assets and financial accounts are maintained prudently in accordance with International Public Sector Accounting Standards (IPSAS), the Public Management and Finance Act, the Public Authorities Act, and other statutes designed to strengthen fiscal prudence and oversight.

Key areas of accountability include, but are not limited to:

- Prepare monthly financial statements including statement of operations, balance sheet, cash flow and project progress.
- Assist with the preparation of the annual budget submission.
- Prepare the monthly reconciliations to verify that salaries, pension and health insurance premiums are calculated correctly and paid on time.
- Review bank reconciliations and prepare in the absence of the Accounts Officer.
- Assist with the review of accounts receivable invoices and follow up on collections; ensuring that licensee payments are received and processed in a timely manner.
- General ledger maintenance to ensure transactions have been properly allocated.
- Maintain the fixed asset register.
- Prepare monthly journal entries, including depreciation, accruals, credit cards transactions and prepayments.
- Prepare reconciliations and analyses of balance sheet and income statement accounts.
- Conduct review and prepare analyses of quarterly ICT licensee submissions.
- Assist with interim and annual audits, including the preparation of audit schedules.
- Assist with the development, implementation and monitoring of internal controls and policies.

Qualifications and Experience

- Bachelor's degree in accounting, Finance, or Business Management is required.
- Minimum of five (5) years relative work experience, with at least three (3) years in a supervisory role.
- A professional accounting qualification (CPA, CMA, CA, ACCA) is preferred. Alternatively, candidates working toward an accounting qualification or candidates with more than 10 years relevant experience may apply.
- Knowledge of international accounting standards is essential including proven understanding of accrual accounting.
- Be proficient with varied computer systems and products including Microsoft Office and associated accounting tools and applications.

Submission process:

All applications require submission of a cover letter, curriculum vitae, OfReg application form and two professional character references. Incomplete submissions cannot be considered.

A detailed job description, OfReg application form and application notes are available online at: www.ofreg.ky/job-opportunities

Please combine all documents as a single PDF document and submit to: <https://ofreg.bamboohr.com/jobs/>

Preference will be given to qualified Caymanians and permanent residents.

Application Closing Date: 23rd December 2025

Smile Dental Clinic is looking for an individual who is interested in training to become a Dentist Helper. This person takes responsibility for the care and cleanliness of the dental office and its delicate equipment.

Most tasks are carried out after hours, during evenings and weekends, and involve sanitizing surfaces and equipment. Therefore, the Ideal candidate would have a Health Services background and a good understanding of cross-contamination and protocols for maintaining asepsis.

Must be trustworthy and reliable with own transport.

Wage while training will be CI\$8.75 per hour.

*Penn Foster Dental Assisting certificate must be completed during training.

Mon-Fri with alternating Saturdays/Sundays

Caymanians or Status holders need only apply.

Police clearance and Penn Foster Dental Assisting Certificate required.

Write to: PO Box 10116, KY1-1001

Security Officer I

CUC is an equal opportunity Company with over 270 employees who are committed to meeting the electricity needs of Grand Cayman and to providing quality customer service.

Reporting to the Supervisor Security Services, the successful candidate will:

- ▶ be responsible for admitting employees and visitors into Company buildings/properties and denying access to unauthorised personnel;
- ▶ register visitors and contractors and issue visitor permits;
- ▶ be responsible for data entry and maintenance of a variety of logs;
- ▶ check for breaches or potential breaches of security and unsafe conditions of Company property;
- ▶ report and document unusual security related matters;
- ▶ learn and adhere to established security operating procedures.

Applicants must possess a high school diploma; two years experience in the security field with security training or former police or military training; a valid Cayman Islands Driver's Licence; applies practical knowledge and experience when addressing security issues; anticipates potential security problems and develops contingency plans to avoid them; tackles tough problems head-on and takes decisive action in a crisis; and possesses a high level of written and verbal communication skills

Salary is from CI\$2,735 to CI\$3,556 per month.

CUC offers a very competitive benefits package including pension, health and life insurance. Caymanians, Cayman Status holders and permanent residents are preferred. To apply, visit the Company's website (www.cuc-cayman.com), click on the "About CUC" tab on the Home Page, click on the "Careers" tab, scroll down to "Start Your Journey with CUC", click on "View Current Openings", click on the designated job title and follow the instructions. Applications must be submitted not later than **Monday, January 5, 2026**. Applications through recruitment agencies will not be accepted. Only candidates who are short-listed will be contacted for an interview.



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

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Caymanian Times

Newspaper Editor / Journalist

Caymanian Times is seeking a highly motivated **Newspaper Editor/Journalist**

Role & Responsibilities for the position of **Newspaper Editor/Journalist** at Caymanian Times

Role:

The Editor /Journalist will play a vital role in the output of Caymanian Times and its associated media endeavours across several platforms in addition to the printed paper reporting directly to and assisting the Publisher.

Duties and responsibilities include:

Assisting the Publisher with the complete news and current affairs production process from editorial planning to the final output of multi-platform news and current affairs content including; Compiling and reviewing content for the newspaper, covering events, researching news stories, interviewing and writing, on-mic and on-camera presentation in a multi-media environment.

- Editorial oversight of the general multi-platform news and current affairs output of Caymanian Times under the direction of the Publisher
- Setting and overseeing assignments of the journalism team including; staff, freelancers and contributors
- Produce and present content across the various platforms of Caymanian Times as directed by the Publisher
- Maintaining news files and archives
- Represent Caymanian Times at news and related events as directed by the Publisher
- Liaise with the production teams across the various content output of Caymanian Times as directed by the Publisher

Candidate profile:

- Qualification in Journalism or relevant field
- Previous journalism experience of at least five years with prior editorial management responsibility is a necessity.
- Portfolio of published articles or newscasts
- Graduate-level proficiency in the English language
- Proficiency to a professional level with news content software and digital production processes across print, online, video and audio including television and radio
- Excellent communication and networking skills
- The successful candidate must be familiar with current socio-economic and political developments in the Cayman Islands, as well as the Caribbean and global news agenda with a focus on how they relate to the Cayman Islands.
- An understanding of the history, culture, and society of the Cayman Islands is desirable.

All applicants must have a clean Police Record (no prior convictions or pending judgments), a clean Medical Record, a clean and valid Driver's License and be able to provide at least three suitable references, with two of those being from previous employers.

Salary will be commensurate with experience and qualifications and will be **CI\$6,000** per month. Benefits will be in accordance with Cayman Islands Labour, Health Insurance and Pensions Laws

Applicants should forward a detailed resume quoting reference

"Newspaper Editor" to:

The Publisher, Caymanian Times

Email: ralph@caymaniantimes.ky

NOTICES

Coastal Works Application

Notice is hereby given that **Trinda Blackmore and Leo Kassam** have submitted a Coastal Works Application to the Ministry of Sustainability and Climate Resiliency for a **Private boat dock repair with PVC pipe for the piles**, on **Block 17A Parcel 55**, West Bay Area, Grand Cayman, Cayman Islands.

Any person having cause to make comment on this Coastal Works Application should do so in writing to the Chief Officer, Ministry of Sustainability and Climate Resiliency, 5th floor, Government Administration Building, Grand Cayman, KY1-9000, 345-244-2377, to be received within 21 days of the publication of this notice. Comments on this Coastal Works Permit application can also be emailed to coastal.works@gov.ky

Coastal Works Application

Notice is hereby given that **David Newton** has submitted a Coastal Works Application to the Ministry of Sustainability and Climate Resiliency for a **Private Boat Dock with PVC, concrete and lumber**, on **Block 33C Parcel 11**, Rum Point area, Grand Cayman, Cayman Islands.

Any person having cause to make comment on this Coastal Works Application should do so in writing to the Chief Officer, Ministry of Sustainability and Climate Resiliency, 5th floor, Government Administration Building, Grand Cayman, KY1-9000, 345-244-2377, to be received within 21 days of the publication of this notice. Comments on this Coastal Works Permit application can also be emailed to coastal.works@gov.ky

SCADA Engineer

CUC is an equal opportunity Company with over 270 employees who are committed to meeting the electricity needs of Grand Cayman and to providing quality customer service.

Reporting to the Manager Electrical Maintenance, the successful candidate will:

- ▶ provide application support of the new SCADA system software;
- ▶ assist in the development and delivery of training related to the new SCADA system;
- ▶ assist in systems integration of the new SCADA system and corporate applications;
- ▶ work with vendors and CUC's O&M to resolve systems issues;
- ▶ resolve queries from system users and stakeholders;
- ▶ maintain the SCADA system within performance specifications.

Applicants must possess a Bachelor's degree in Electrical, Electronic or a related Engineering field; a Professional Engineer designation or equivalent or be able to prove that he/she is working towards achieving this; a minimum of five years related engineering experience; knowledge of SCADA, RTU, PLC and control systems and components used for the generation, transmission and distribution of power; and knowledge of data communications protocols, networking equipment and computer operating systems.

Salary is from CI\$5,630 to CI\$7,319 per month.

CUC offers a very competitive benefits package including pension, health and life insurance. Caymanians, Cayman Status holders and permanent residents are preferred. To apply, visit the Company's website (www.cuc-cayman.com), click on the tab "Careers" on the Home Page, navigate to "Job Opportunities", click on the designated job title and follow the instructions. Applications must be submitted no later than **Monday, December 22, 2025**. Applications through recruitment agencies will not be accepted. Only candidates who are short-listed will be contacted for an interview.



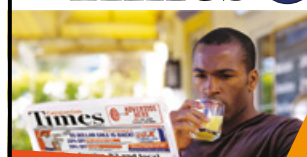
The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001

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NOTICES

Planning Permission

This is to notify the public that the Ministry of Education (applicant / owner) has applied for planning permission for "Parking Lot and Related Site Works" on Block 72B Parcel 251, at John Mclean Drive, Grand Cayman. Plans related to this application can be inspected at the Department's website at: <http://planning.ky/planning-notices> or at the Department of Planning, located at the Government Administration Building, 133 Elgin Avenue, George Town, Grand Cayman. Anyone wishing to object may do so in writing. Letters shall state the nature of concern and precise grounds for objection. All objections must be received within 21 calendar days of the final advertisement of this notice. Objections may be e-mailed to planning.dept@gov.ky, or mailed to P.O. Box 113, KY1-9000. Please include your return address (typically a PO Box number) and your block and parcel.



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8 Bedrooms | 8.5 Bathrooms | 10,000 Sq.ft. | MLS 417237
Private Beach & 2 Acres of Landscaped Property
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CLASH OF THE LEGENDS FOOTBALL

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7PM GEORGE TOWN VS WEST BAY

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Contacts: Mark Scotland 000-0000 • Neil Murray 925-8783 • Brent McLean 926-4040 • Lloyd (Stoocka) Ramoon • RJ Berry 916-0089

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