

# Caymanian Times

Friday Edition

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January 9, 2026

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OVERSEAS TERRORIES UNDER  
PRESSURE TO FULLY IMPLEMENT UK  
'PARBO' LAW THIS YEAR



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# DOING THE 'PARBO' DANCE

With 2026 now set as the year of decision for the UK's Overseas Territories to implement the contentious Public Access to Beneficial Ownership (PARBO) legislation, Cayman has positioned itself ahead of the curve.

As we reported in the accompanying article (*Overseas Territories Under Pressure To Fully Implement UK Parbo Law This Year*), Hon. Premier Andre Ebanks has long championed ticking all the right boxes for this legislation, much of which has already been implemented in Cayman.

This was noted at the recent Joint Ministerial Council summit in London last November. "We welcome the introduction of legitimate interest access to existing registers of beneficial ownership by the Cayman Islands in February 2025 and the Turks and Caicos Islands in June 2025 and note Cayman Islands' June 2025 commitment to further improve user access," the communique stated.

A contentious issue since it was first mooted, the PARBO law (as it's now referred to from the previous BOTA - Beneficial Ownership Transparency Act), has missed a series of target implementation dates since 2020. After much negotiation with the UK, consultations



► Premier Hon Andre Ebanks

with local and global industry experts, and debates in Parliament, a mutual-

ly agreeable outcome seems in sight, not just for Cayman but for sister OTs,

which have been embroiled in the same battle...some with different skirmishes

With the plan being for a uniform implementation across all of the OTs by the middle of this year, the hope is that the remaining issues will be resolved by then.

Failing that, the message from Whitehall suggests a strong likelihood of forced implementation by decree.

From his time as Minister for Financial Services in previous administrations since 2021, to maintaining the portfolio along with his role as Premier, Mr Ebanks has been at the forefront of the delicate negotiations surrounding this complex issue; balancing the competing interests of secrecy - to safeguard clients' sensitive personal and financial information), and transparency - to counter money laundering and illicit financing.

Meeting the highest standards of compliance and transparency while at the same time safeguarding the industry that underpins much of Cayman's economy is a delicate but necessary balance to maintain.

We suspect the Hon. Premier and Min. for Financial Services is quite adept at tap dancing.

## Her Excellency Governor Jane Owen's Statement on Venezuela

We are closely monitoring developments in Venezuela following last weekend's U.S. military action and the capture of President Nicolás Maduro. I have discussed the situation with Premier Ebanks and subsequently updated the Cabinet. The UK is in regular contact with the US Government, our other international partners and regional authorities. The British Foreign Secretary, Yvette Cooper, has spoken with US Secretary of State Marco Rubio, emphasising the UK's commitment to upholding international law and the need for a peaceful and stable democracy in Venezuela. We continue to track developments and will provide updates through official Government channels.

The Governor's Office also remain in close touch with UK departments responsible for aviation safety and international travel advice. The Civil Aviation

Authority of the Cayman Islands is monitoring and managing traffic in accordance with international regulations, and our airports and ports are functioning normally. Travellers should, as always, check with their airline for the latest flight status.

I wish to reassure residents and visitors that the Cayman Islands continue to be safe and secure. As I said in my statement before Christmas, security remains a paramount priority within the United Kingdom's relationship with its Overseas Territories. The UK continues to work in partnership with Caribbean Governments across the region to enhance security, prevent crime and stem the flow of drugs, illicit money and irregular migration. Those commitments remain unchanged, and our agencies here in Cayman continue to pursue strategies with this united objective.



► Governor Jane Owen



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**Caymanian  
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Issue # 1152

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# Caymanian Times



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# When is an employee not an employee in the Cayman Islands?

In the UK and around the world, a large amount of case law has developed around how to assess whether an individual is an employee or not. Companies such as Uber and Pimlico Plumbers have fought lengthy court battles to avoid declarations that their staff are employees or workers due to tax issues and other statutory benefits that employees and workers are entitled to.

In the Cayman Islands, it is equally important to know whether a business or even an individual has entered into a contract for service or a contract of service. A contract of service would indicate an employee / employer relationship, a contract for service would indicate something else.

The determination of what is and what is not a contract of/for service is very fact specific and the authorities can look behind any written document to see how the services were performed.

Generally, in the Cayman Islands, the Immigration Act requires that an expatriate has an immigration permission to work in the Cayman Islands, i.e. be an employee, of a business or of an individual. If that expatriate has no immigration permission to work as an employee for the individual or the business, then the employer and the employee are breaking the law and can be prosecuted.

In the event that Workforce Opportunities & Residency Cayman (WORC) have a suspicion that an individual or business is in breach of the law, an investigation can take place.

The Department of WORC have the power, if they so wish, to issue an administrative fine to the individual and the business if they believe that a breach of the Immigration Act has occurred. These fines can be up to five times the cost of an annual work permit fee and as a result these fines can be very punitive.

If a business accepts that they have broken the law and accept an administrative fine they will be placed on the "WORC Offenders Register", although this Register is not publicly available. The Department has published a policy in regards to the effect of this and it appears that if you find yourself on this Register your applications will be subject to additional scrutiny, may be delayed and administrative fines



► Alastair David HSM Partner

will be increased in the event of repeated breaches.

An individual who has been working without an immigration permission who accepts an administrative fine, could experience trouble obtaining future work permits or a future Permanent Residence application might be put in jeopardy.

If the offer of a fine is declined, WORC submit the file to the office of the Director of Public Prosecution ("DPP") to determine whether or not a prosecution should take place.

Recently a business in the Cayman Islands found themselves under investigation for employing a "social media influencer". This is not the first time that social media influencers have caused issues for businesses in the Cayman Islands. Businesses and influencers have been fined in the past for operating in the Cayman Islands without the appropriate immigration permissions.

What was different in the most recent investigation was that the business had been wise enough to enter into a formal written agreement with the influencer which was far more consistent with a "contract for service" as opposed to a "employment contract". Equally, the way in

which the business and the social media influencer operated was far more consistent with a contract for service than an employment contract.

As part of the investigation, the business was permitted to provide the contract to WORC and also make submissions as to why they had not broken the law. Despite this and the acceptance from WORC that the social media influencer was not "under a contract of employment" an administrative fine was proposed by WORC because they considered that the influencer "should not have been providing services to (your) client nor receiving compensation in any form without the appropriate work authorization".

The business found themselves in a very difficult position. On the one hand they could accept the administrative fine, which while fairly punitive could be absorbed or on the other hand they could maintain that they had done nothing wrong and risk a prosecution. Not only did the business risk a higher fine, but they also, if the prosecution took place would face the risk of much higher legal fees.

In this case, the business "stuck to their guns". They maintained they had done nothing wrong and asked for the matter to be transferred to the DPP for a legal ruling. That ruling has come back and there is to be no prosecution.

## What can people learn from this?

If there is any doubt as to whether or not the contractual relationship is one which could lead to a finding of a contract of employment, the parties should take immediate legal advice.

It is primarily the responsibility of the business and the expatriates who are entering into a contractual relationship to ensure that the appropriate permissions have been obtained. A business or an individual should never find themselves in a position that they cannot point to a contractual document of some nature which sets out the nature of the relationship between them and the expatriate.

The contractual document should clearly set out the provisions which enable the reader to conclude that the document is not an employment contract if that is the

real intent i.e. no reference to a "salary" or benefits, which would be consistent with an employment relationship.

In the recent matter, the evidence was very strong that the contractual relationship was not one of a contract of service and equally the concession by WORC that the influencer was not working under a "contract of employment" helped strengthen the business' position. Due to the fact that the business had "protected" themselves by having a written agreement, which accurately described the relationship between the parties, the business could take the "gambles" and ask for the matter to be referred to the DPP with a degree of certainty that no prosecution would take place.

But in the absence of a written document which accurately reflects the position of the parties, the business might not have wished to take the gamble and paid the fine.

While it was disappointing that WORC took the position that an offence pursuant to Section 68(5) of the Immigration (Transition) Act (2022 Revision) ("the Act") had been made out, it is hoped that they will now have received clarity in regards to the law.

Section 68(5) of the Act is clear and it states:

*(5) A person who employs another in contravention of this Act or in contravention of any condition or limitation contained in a permit commits an offence and is liable on summary conviction in respect of a first offence to a fine of twenty thousand dollars and to imprisonment for one year and in respect of a second or subsequent offence to a fine of thirty thousand dollars and to imprisonment for two years.*

An employment relationship has to exist between the parties for the offence to be established. In normal circumstances, a contract for service will not fall foul of Section 68(5) of the Act. Care must be taken when drafting a contract for service to ensure it is clear that no employment relationship is created. Merely saying in the document, "this is not a contract of employment" is not enough. Legal advice may well be worth obtaining to avoid the risk of an administrative fine or worse.

## 25 Rewards You Will Gain From Regular Exercise in 2026

As the year 2026 begins, one truth remains timeless: regular exercise is one of the most powerful investments you can make in yourself. In a world of fast technology, high stress, and sedentary lifestyles, movement has become less optional and more essential.

Exercise is no longer just about looking good—it's about living well, aging strong, thinking clearly, and staying independent. Whether you're just starting or recommitting to fitness this year, the rewards extend far beyond the gym.

Here are 25 life-enhancing rewards you will gain from regular exercise in 2026.

### 1. Stronger Heart Health

Regular exercise improves circulation,

lowers blood pressure, and reduces your risk of heart disease—still the leading cause of death worldwide.

### 2. Better Weight Control

Exercise helps regulate metabolism, burn calories efficiently, and maintain a healthy body weight without extreme dieting.

### 3. Increased Energy Levels

Ironically, moving more gives you more energy. Consistent exercise improves oxygen delivery and reduces fatigue.

### 4. Improved Mental Health

Exercise releases endorphins—your body's natural mood boosters—helping reduce stress, anxiety, and symptoms of depression.

### 5. Sharper Brain Function

Regular physical activity enhances memory, focus, and cognitive performance while reducing the risk of cognitive decline.

### 6. Stronger Muscles and Bones

Resistance and weight-bearing exercises protect against muscle loss and osteoporosis, especially as we age.

### 7. Better Sleep Quality

Exercise helps regulate sleep cycles, making it easier to fall asleep faster and stay asleep longer.

### 8. Reduced Risk of Chronic Disease

Consistent movement lowers the risk of type 2 diabetes, certain cancers, arthritis, and metabolic disorders.

### 9. Improved Posture and Mobility

Strengthening muscles and joints improves posture, balance, and flexibility—reducing aches and pains.

### 10. Boosted Immune System

Moderate exercise strengthens immune defenses, helping your body fight infections more efficiently.

### 11. Higher Confidence and Self-Esteem

Meeting fitness goals—big or small—builds confidence, discipline, and a positive self-image.

### 12. Better Stress Management

Exercise acts as a natural stress reliev-

**CRUISE SHIP SCHEDULE — WEEK — JANUARY 14-16**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Carnival Paradise	Celebrity Eclipse	Celebrity Apex	Carnival Liberty	Celebrity Silhouette
Resilient Lady	MS Allura	Caribbean Princess	Norwegian Prima	
Rhapsody of the Seas	Norwegian Star	Star Clipper	Carnival Horizon	
	Explora 2		Star Clipper	
	Brilliant Lady			
	Disney Treasure			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
7,929	14,360	6,272	11,944	2,886

## ***Caribbean PR Powerhouse Wins Global PR Agency of the Year for Third Straight Year***

Port of Spain, Trinidad & Tobago, Award-winning public relations firm **Carli Communications** has been named **PR Agency of the Year** for the **third consecutive year**, receiving the prestigious honor from **UK-based awarding companies** that recognize excellence across global industries. The achievement reinforces Carli Communications' reputation as one of the Caribbean's most impactful and strategically driven PR agencies, following its previous wins where the local firm outperformed **over 90,000 global entities** to claim the title in back-to-back years.

According to the awarding bodies, re-

sults were determined using **supporting evidence submitted by nominees**, combined with **independent research and publicly available intelligence** gathered by their internal research teams. Winners were selected through a comprehensive, merit-based evaluation process that assessed: commitment to customer service, creativity and innovation, quality of service and experience, sustainability, and strategic impact.

Unlike popularity-based awards, this process does not rely on public voting. *"Our rigorous merit-based approach has been a cornerstone of our success and has*

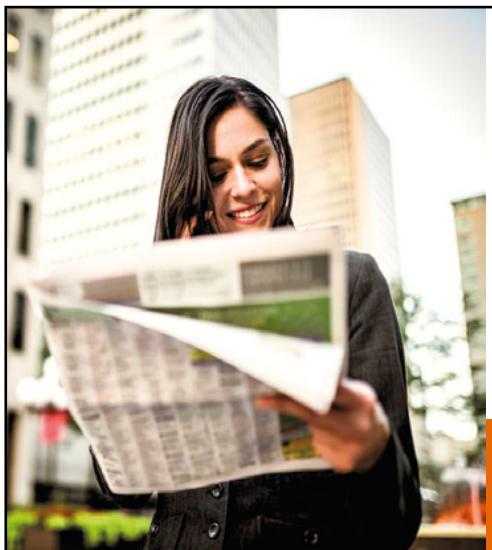
*earned widespread acclaim. Winners are chosen based on objective evaluations of their contributions rather than popularity or votes,"* the awards panel stated.

Founded by **Carla Williams Johnson**, Carli Communications has built a powerful reputation for **strategic brand positioning, media relations, crisis management, and thought leadership development**, helping Caribbean businesses and executives gain visibility on respected regional and international platforms.

**Founder & CEO Carla Williams Johnson shared:**

*"This recognition belongs to our clients, partners, and supporters who believe in the power of strategic visibility. Our mission has always been to uplift and promote Caribbean businesses and leaders, and we are proud to represent the Caribbean on the international stage. This win proves that excellence, strategy, and world-class PR can, and does, come from right here."*

Carli Communications' continued international recognition underscores its commitment to delivering results-driven PR rooted in strategy, credibility, and intentional visibility, while championing Caribbean excellence globally.



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# MRCU undertakes drone training and calibration

***The use of drones will allow MRCU to better target areas that are difficult or impossible to access by ground teams or the mosquito control aircraft.***



The Mosquito Research and Control Unit (MRCU) is conducting drone training and calibration exercises this week as part of its continued efforts to responsibly integrate emerging technology into mosquito control operations.

This milestone follows several years of preparation, testing and planning. During that time, MRCU has focused on developing pilot skills, fine tuning operational procedures and gradually rolling out the use of drones so that, over time, they can be safely and effectively incorporated into the Unit's overall control strategy.

The use of drones will allow MRCU to better target areas that are difficult or impossible to access by ground teams or the mosquito control aircraft. As the Cayman Islands continue to develop, some mosquito breeding sites are becoming increasingly hard to reach using traditional methods. Drone tech-



nology provides an additional tool to address these challenges in a precise

and efficient manner.

MRCU currently operates two types

of drones. A smaller drone is used primarily for mapping and assessing areas, while a larger drone is designed for the application of mosquito control products in targeted locations.

Training this week is focused on both pilot proficiency and equipment calibration to ensure that any future operational use meets MRCU's strict safety, accuracy and environmental standards.

To learn more about the MRCU drone programme, additional information is available on MRCU's YouTube page.

Members of the media who are interested in observing the training in person will have an opportunity to do so on Wednesday, 7 January 2026.

Media enquiries and requests to attend should be directed to Kevin Watler at [kevin.watler@gov.ky](mailto:kevin.watler@gov.ky).

To learn more, visit the MRCU website and social media platforms.

## Cayman Brac Homecoming Event



"A night to remember, a night for the youth!" declared arrangers Mr. Darrell Dacres and Rose Myrie.

The evening opened with Commissioner Mr. Mark Tibbetts, prayer by Mr. Keino



Daley, and young Dimitri Hurlston shining as MC.

The heart-stealer of the night was 5 year old Little Miss Jhanae, boldly singing "I'm in the Lord's Army."



Every song was chosen by the youth, none denied making the music their true voice. More than entertainment, it became a platform for young people to be heard, and spark solutions.

In partnership with Mr. James Myles, two youth driven answers are already in motion, to be revealed early this year.

Cayman Brac will remember this night not just as an event, but as an inspiration.

# Taikun Unveils New Look & Japanese, Caribbean Fusion Menu



► Executive Chef at the Ritz Carlton, Grand Cayman, Frederic Morneau, along with Tikun Head Chef Ramesh Murugesan at the recent 'namakai' evening to introduce a new menu and unveil a reimaged concept at the Restaurant.



► Taikun restaurant has reopened its doors at The Ritz-Carlton, Grand Cayman after a short break and has a whole new look to go along with its new menu.

By Stuart Wilson

The Taikun Restaurant at the Ritz Carlton, Grand Cayman recently hosted a special 'namakai' evening as part of its reopening; introducing a new menu and unveiling a reimaged concept.

The Taikun restaurant has always been a favorite among the local community, according to organisers.

With the redesign of the concept, representatives said they wanted to ensure that they kept some of their favorites while enhancing the 'beautiful' setting and the menu to reflect the new refresh of Taikun.

"Taken has always been more than a restaurant and really has been an experience. When you come here for dinner in the evening, it is definitely a fabulous journey that the team takes you on here."

"We invite you to step into this new world inspired by high-powered glamorous Tokyo of the 1980's; a time when the City hosts with energy and elegance," noted Ritz Carlton representatives.

They explained that 'Tai', the Cat depicted in pictures around the restaurant, is more than a mascot and represents a mood; the mood of Taikun.

"He represents the sign of luck and prosperity," noted a spokesperson, who joked that Tai and his unlikely friend 'Coy'; the Coy fish - had swapped the Saki and the boardrooms of Tokyo for Rum and the offshore opportunities of the Cayman Islands.

Organisers said Tai's legacy now lives in every perfect 'nigeri' (hand-pressed sushi), in every elegant booth and the fabulous artwork on the wall.

"It represents a place of luck where tradition is touched by swagger and where fortune smiles with those who embrace the experience," he explained.

Taikun Head Chef, Ramesh Murugesan said though some of the menu has changed, many of the signature dishes that guests know and love have remained.

"The main thing is that you can choose from the first course to seven courses,"

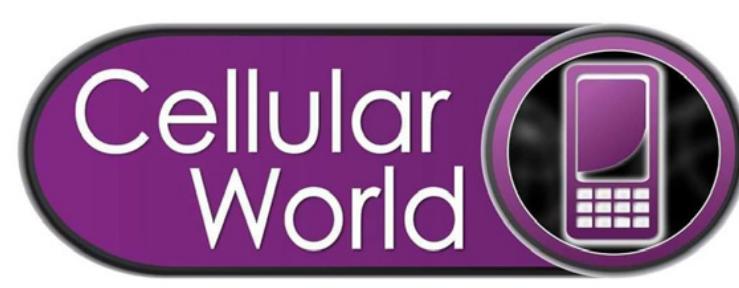


► Guests enjoy the updated Japanese and Caribbean fusion menu at the Taikun Restaurant at the Ritz Carlton, Grand Cayman during a recent 'namakai' evening social.

he said, adding that in addition to sushi, there are cooked dishes such as shrimp tempura.

An element of indulgence on the menu includes salmon foie gras, truffle nasu nigiri and Wagyu beef nigiri, according to Chef Ramesh, who will also be featured at Cayman Cookout during the French-Japanese fusion evening in January, 2026.

Executive Chef at the Ritz Carlton, Grand Cayman, Frederic Morneau touted the upcoming Cayman Cookout, explaining that there were only a few tickets left, in addition to pointing out that extraordinary chefs will also be coming from Portland, Oregon, New York and Mexico for the event.



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# Cayman Finance graduate programme participants complete industry training



Participants in the inaugural Cayman Finance Graduate Training Programme have successfully completed a comprehensive 12-week training schedule designed to provide the skills and knowledge needed to thrive in the financial services industry.

The programme, which launched in October 2025 with 15 participants, paired Caymanian graduates with small and medium sized financial services firms in the jurisdiction, including Catalyst, Conyers, Dentons, Global Captive Management, Greenlight Re, Grant Thornton Specialist Services, Strategic Risk Solutions, IQ EQ, Moore Professional Services, Rawlinson & Hunter, RF Bank & Trust, Teneo, Trident Trust, Waystone and Willis Towers Watson.

Over 12 weeks, participants attended weekly workshops covering both technical industry knowledge and essential professional skills. The curriculum included an introduction to Cayman's financial services industry and regulatory landscape, soft skills development in areas such as communication and teamwork, personal effectiveness training, and specialised sessions on banking, trusts, investment

funds, insurance and reinsurance, fintech and virtual assets, and financial crime prevention.

The programme also featured weekly "Fireside Chat" sessions, where industry professionals from leading firms shared their career journeys and offered guidance to the graduates. Guest speakers included Claire O'Dea from Grant Thornton, Michele Bahadur from the Ministry of Financial Services and Commerce, Staci Scott from KPMG, Dan Scott, formerly of EY, Stephannie Adolphus and Oneka Thompson from the Cayman Islands Monetary Authority (CIMA), Nadine Hayle and Kelsie McLean from Dart, Appolina Winton from Appleby, Max Pairaudeau and Dominic Owens from Deloitte, Richard Maparura from RF Bank & Trust, Luis Powery from Horizons Global and James Finn from The Rec Room.

**Danielle Hennings, Associate Director of Community Engagement at Cayman Finance, said:** *"This programme is about opening doors for Caymanians and helping them to build successful careers in the industry. The participants have gained a network of industry peers and senior mentors that have set them up for long-*

*term success. We're thrilled to see these graduates complete the programme's training component. The diverse topics covered were chosen to help them become well-rounded professionals who are prepared for the challenges and opportunities of working in financial services."*

The training was facilitated by the Cayman Finance team along with industry experts, including Giannie McLaughlin from Connect by Nova, Malika Chow from RBC, Justine Plenkiewicz from Claritas, Rayford Britton from CIMA, and Glenda McTaggart from Dart. The programme also incorporated wellness and mental health support through a session with The Wellness Centre. In addition to the weekly workshops, each graduate was paired with an independent industry mentor to provide one-on-one guidance throughout their first year in the workforce.

The Graduate Training Programme addresses challenges faced by small and medium-sized financial services firms in hiring and training recent graduates, while providing Caymanian university graduates with structured pathways into the industry. With most Cayman Finance mem-

ber firms employing fewer than 10 people on average, the programme enables smaller companies to access Caymanian talent and reduces the costs and complexity associated with recruiting and training.

The programme has increased opportunities for Caymanians in financial services and sits alongside existing industry programmes that are estimated to offer roles to around 40 graduates each year. Cayman Finance plans to launch the programme again in 2026, with applications opening in early 2026 for graduates completing university that year.

Cayman Finance also runs the LEAD Programme, which provides high school students with work experience in the financial services industry. Nearly 400 Caymanian students have completed the LEAD Programme since its launch in 2015. Of the approximately 250 students who participated before the pandemic, at least 85 have gone on to build careers in the finance industry, working in roles across legal services, accounting, compliance, fund services, insurance and other sectors. Applications for the 2026 LEAD Programme will open in February 2026.

## BDO Cayman Islands Promotes Gordon Procter to Partner



BDO Cayman Islands is pleased to announce the promotion of Gordon Procter to Partner.

Gordon brings more than a decade of experience in the insurance and reinsurance sector, with a strong focus on captive insurance structures and alternative risk vehicles. Since joining BDO Cayman Islands, he has played a key role in advising insurance managers, captive owners, and reinsurers, supporting clients across a broad range of regulatory, reporting, and operational requirements.

BDO Cayman has built a solid reputation

as a leading advisor in the captive insurance market, working with some of the jurisdiction's most established and innovative captive structures. Gordon's promotion reflects both his technical expertise and the firm's continued investment in strengthening its leadership in this space, while positioning the organisation to support clients as the reinsurance market continues to expand and evolve.

"Gordon's promotion to Partner is extremely well deserved," said Paul Arbo, Partner and Head of Insurance at BDO Cayman Islands. "His deep understand-

ing of the Cayman Islands regulatory environment, combined with his practical, solutions-driven approach, has made him a trusted advisor to clients navigating increasingly complex insurance and reinsurance structures. We are delighted to welcome him to the BDO leadership team and to have him as a pivotal driver of our next phase of growth".

This appointment reflects BDO Cayman's commitment to recognizing the skills and contribution of its employees, and reinforces its leadership position in the insurance and reinsurance sector.

# OVERSEAS TERRITORIES UNDER PRESSURE TO FULLY IMPLEMENT UK 'PARBO' LAW THIS YEAR



► Dame Margaret Hodge

By Staff Writer

UK Overseas Territories could face increased pressure from the British government in 2026 to fully implement the Public Access to Beneficial Ownership (PARBO) legislation.

The issue has been a sore point for the UK and several OTs over the past several years with some territories having reservations about how it impacts aspects of privacy within their financial services industry.

Now, the UK's Dame Margaret Hodge, appointed in an advisory role as the ruling British Labour Party government's 'anti-corruption champion', has warned that if the OTs do not have the full legislation in place by the middle of this year, they could face tougher action from the administering power, the UK.

It was not indicated what form such action could or would take, but the British government retains the overriding constitutional authority to impose legislation on its Overseas Territories.

"In the end, this is a matter of huge importance for which there is support across government. So it's got to happen," she told the UK's Financial Times newspaper in an interview.

While many OTs, including the Cayman Islands, have passed the primary legislation as directed by the UK, only Montserrat and Gibraltar have fully implemented the PARBO law.

There has been resistance to some aspects of the law, which has an overall aim to combat money laundering and illicit financing. A main point of contention is over what's deemed as 'legitimate interest' and who is eligible to gain access to what some territorial governments consider to be sensitive personal information.

This is known to be a particular point of divergence between the British Virgin Islands and the British government. Dame Hodge had visited that territory last year for talks on the matter with the local government.

In the case of Cayman, while it's been one of the first to comply after some concerns were voiced, the additional matter of fees being imposed remains a point of discussion.

Hon. Premier Andre Ebanks, who has long championed the fees approach, reported on a prior meeting he had with the current UK Minister for the OTs, Stephen Doughty. "After our productive meeting, the UK and Cayman issued a joint statement, announcing that our Islands are considering an annual fee to access our register, rather than the current CI\$30 fee for a single search, and CI\$100.00 for a multi search where there are connected legal persons."

This was also one of the main issues addressed during last November's Joint Ministerial Council meeting of the UK and OTs governments.

The communique issued after the summit stated: "We welcome the introduction of legitimate interest access to existing registers

of beneficial ownership by the Cayman Islands in February 2025 and the Turks and Caicos Islands in June 2025 and note the Cayman Islands' June 2025 commitment to further improve user access."

It also referred to "commitments by Anguilla, Bermuda, the British Virgin Islands, the Cayman Islands and Turks and Caicos Islands to hold further technical discussions starting in the coming weeks to ensure that we deliver the maximum possible degree of access and transparency whilst protecting the right to privacy in line with respective constitutions."

According to the communique, "Elected Leaders and the Minister of State will reconvene in early 2026 to review progress and provide a comprehensive update."

The enactment of the PARBO law in the OTs has missed several deadlines as territories queried several aspects of the legislation and how it would impact their economies, particularly for those that rely heavily on the financial services industry.

The original implementation deadline was December 2020 under the UK's 2018 Sanctions and Anti-Money Laundering Act (AMLA). That was extended to December 2023, but that target date was also missed. Rescheduled to June last year, it was again held up due to unresolved issues, especially surrounding the matter of 'legitimate interest'. The next implementation date is now being suggested for the middle of this year, which appears to carry a threat of forced imposition if that is not adhered to.

VP VISUAL PARADISE

The advertisement features a collage of four photographs showcasing a property: an exterior view of a white house with a red roof and a pool area, an interior view of a modern kitchen with white cabinets and pendant lights, an exterior view of a green building with a balcony and a pool, and a close-up of a white door handle.

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# Reducing Salt...Healthier Families



By Sandra Farrell

## Salt

Most of us consume more salt than we realise, which can lead to high blood pressure, strokes and heart attacks. Three quarters of the salt we are eating is already in the foods that we buy and can contain a lot of salt, even if they do not taste salty.

There are some simple techniques that you could adapt, to retrain your palate in order to reduce your salt intake.

Sandra Farrell is a UK based registered Nutritionist with a MSc in Global Public Health Nutrition, BA (Hons) Food, Nutrition and Professional Cookery and certified in Health Coaching, Health Behaviour Change, Plant Based Nutrition and Horticulture. Sandra specialises in Nutrition Interventions, Culinary Nutrition and Therapeutic Diets for the prevention and management of chronic diseases.

High dietary salt intake in excess of physiological requirements, play a critical role in the rise of blood pressure and the development of hypertension. Salt (sodium chloride) is vital for nutrient absorption, nerve signals, fluid balance and muscle function. However, excessive intake raises risks for hypertension.

Hypertension is the dominant risk factor for heart disease, stroke and related cardiovascular disease (CVD). In the Caribbean, cardiovascular disease including heart disease, stroke and related diseases are the leading causes of illness and premature death.

## What is salt?

- Salt is a compound called sodium chloride.
- Sodium is a mineral and essential electrolyte found in salt.
- Table salt is approximately 40% sodium and 60% chloride.

Where does the salt we eat come from and some key sources of salt in our diets.



75% added by the Food Manufacturer

14% added in cooking or at the table  
11% naturally occurring in foods.

Food manufacturers add salt to food products to enhance flavour, preservation purposes, improving texture, binding and controlling processing. Many of our foods come 'ready salted'. Approximately 75% of the salt in our diet is added to our food by the food industry. Salt is added to bread, bacon, ready meals, pizza, cheddar cheese, sauces, biscuits, hot chocolate and cakes too.

## Key facts

- An estimated 1.89 million deaths each year are linked with consuming too much sodium.

- The primary health effect associated with diets high in sodium is elevated blood pressure which increases the risk of cardiovascular diseases, obesity, osteoporosis, gastric cancer and kidney disease.

- Reducing sodium intake is a cost effective measure in improving health.

## How much salt do we actually need?

### Daily salt intake

The World Health Organisation (WHO) recommends that:

- Adults eat less than 2000mg, equivalent to less than 5 g of salt a day or just under a teaspoon.
- In the UK, the maximum recommended salt intake for children are:

Age	Amount
11 years and over	No more than 1 teaspoon



7 to 10 years old  
4 to 6 years old  
1 to 3 years old  
Under 1 year old

No more than 5g  
No more than 3g  
No more than 2g  
Less than 1g

**Babies should not have much salt because their kidneys are not fully developed and cannot process it.**

## How can you reduce your sodium intake?

- Check food labels and choose foods that are lower in salt.
- Prepare meals at home using fresh ingredients and cook with little or no added sodium/salt. 'Eat the rainbow' which includes consuming a variety of colourful fruits and vegetables to benefit from their abundance of nutrients.

- Use a measuring spoon to accurately measure salt.

- Create other flavour profiles using herbs and spices, citrus juice, balsamic vinegars and use aromatics such as onions, garlic and shallots to form a flavourful base.

- Avoid adding salt at the table or eating high salt condiments like ketchup, soy sauce and most salad dressings. Try low or reduced salt versions.

- Eat healthier snacks such as fruit, vegetable sticks or unsalted nuts.

- Limit the consumption of processed foods such as ready-made meals and canned products, as they are high in sodium.

## Reducing salt without losing flavour: Using culinary herbs and spices

Nutritional benefits of herbs and spices:



Some attributes of herbs and spices include antioxidants, antimicrobial and anti-inflammatory effects. Herbs and spices especially in their dried form contain high levels of polyphenols and phytonutrients.

- Use a variety of spices and fresh or dried herbs instead of relying on salt as a primary seasoning. Experiment with different combinations using ginger, bay leaves, rosemary, garlic, basil, thyme, oregano, chilli, cumin, coriander, parsley, cinnamon, nutmeg, star anise, turmeric and black pepper.

- Use herbs and spices to make marinade, chutney, pesto, green herb sauce, curry powder blends, gremolata, jerk seasoning, garlic and herb paste.

## Key message

Reducing salt intake helps to lower blood pressure, support kidney health and reduce cardiovascular disease risks. Herbs and spices add flavour, reduce the need for salt and add nutritional value to meals.

Sandra Farrell is a UK based Registered Nutritionist with a MSc in Global Public Health Nutrition, BA (Hons) in Food, Nutrition and Professional Cookery and Certified in Health Behaviour Change, Plant Based Nutrition and Horticulture. Sandra specialises in Nutrition Interventions and Therapeutic Diets for the Prevention and Management of Chronic Diseases. She works as a Director in a UK based organisation offering health and wellbeing support and volunteers with Arts for Dementia, an organisation that uses art to inspire people living with dementia to get creative, connect, learn new skills and have fun.

# MHES plants 100 trees in Batabano Cemetery for National Tree Planting Programme



► Gram Bellas exterior view

As part of the National Tree Planting Programme (NTPP), the Ministry of Health, Environment and Sustainability has planted 100 native plants at Batabano Cemetery in West Bay.

Supported by the Recreation, Parks and Cemeteries Unit, Batabano Cemetery was selected because of the available public space and need for greenery.

The 100 trees and shrubs selected are native to the Cayman Islands, and carry historical and ecological significance, such as Duppy Bush, Rosemary and Mahogany.

Duppy Bush is a larval food plant for the Duppy Bush day-flying moth. The aromatic leaves of Rosemary (*Croton linearis*) were used to wash hair, soothe skin irritations, added to smoke pots to keep mosquitoes at bay, and steeped as a medicinal tea. Rosemary was also used to make brooms to smooth the white sand yards of the olden days.

Mahogany (*Swietenia mahagoni*) is perhaps one of the Cayman Islands' most historically important trees. The global demand for Mahogany wood enticed some of the earliest settlers to Cayman's shores. Its hard wood was used to construct everything from schooners and furniture to musical instruments. Mahogany timber was a vital resource for early settlers and a chief export for the country for many years. Due to its exploitation, Mahogany is now listed as endangered on the International Union for Conservation of Nature (IUCN) Red List.

When the plants are fully grown, they will provide visitors to the cemetery with beautiful natural shade and comfort.

Ms. Tamara Ebanks, Chief Officer for the Ministry of Health, Environment and Sustainability, said: "The Ministry is proud to provide this programme and maintain our commitment to nurturing native species and connecting the community with nature. This planting is particularly poignant and I hope that the plants will be enjoyed at the cemetery for many years."

The planting at Batabano Cemetery was the last of the year for the programme which has planted a total of 241 trees across Grand Cayman since 2024, truly leaving a green footprint and contributing

to the programme's mission of planting, nurturing, and protecting native and culturally significant trees across the Cayman Islands.

Ms. Morgan Golden-Ebanks, Policy Advisor for Resiliency, said: "Native plants belong in our community, our schools and public spaces. Through this programme we are strategically planting native plants where they are most needed, while considering any future development plans for the sites. Our colleagues in the Recreation, Parks and Cemeteries Unit also played a vital role in organising the planting, and I'd like to thank our vendors Caribbean Blooms for supplying the native plants, and GreenCut Landscaping for managing landscaping."

This year, the NTPP also planted 15 trees in Teacher Al Park in West Bay, in an initiative sponsored by Polar Bear Air Conditioning. Other private organisations are welcome to get involved by sponsoring the purchase of



► Planting

native trees for community plantings which their employees can also participate in. For more information, visit <https://gov.ky/web/national-tree-planting/get-involved> or email [treeplanting@gov.ky](mailto:treeplanting@gov.ky).

The new year is already showing green shoots of promise for the programme. The Ministry was awarded a Darwin Plus grant of £50,000 to fund a project to improve existing nursery facilities at the Queen Elizabeth II Botanic Park. The work has already begun and the award will enable the Park's horticultural team to grow at least 250 plants comprised of a mix of 10 native species. A number of other tree plantings

are being planned for 2026.

The National Tree Planting Programme was initially launched in 2022 as part of the Cayman Islands Government's year-long schedule of events and initiatives to celebrate Her Majesty The Queen's Platinum Jubilee.

The Programme's initial goal was to plant 70 trees in each constituency, of which 70 will be Mahogany trees across all three islands, the continuation of the programme has now ensured not only a living legacy that honours the late Queen's leadership, but is blazing a green trail that will benefit future generations.



► MHES Team at Batabano- tree planting group

# Vet Stafford may be MVP king



► Matthew Stafford has been brilliant for the Rams

The NFL regular season has ended and the MVP debate looks likely to be between youth and experience as quarterbacks Drake Maye and Matthew Stafford trade excellence at the heart of Super Bowl contenders.

It looks like another close race with no clear front-runner. Playoff results won't matter because it's a regular-season award. Winners of the AP NFL awards will be revealed on February 5.

Veteran Stafford, 37, had an outstanding season for the Los Angeles Rams, leading them to a 12-5 record and the NFC's No.

5 seed. Maye led the New England Patriots (14-3) to a 10-win turnaround and the AFC's No. 2 seed in only his second season.

Stafford was first in the NFL with 4,707 yards and 46 touchdowns. His passer rating of 109.2 was second only to Maye, who finished at 113.5. Maye, 23, had 4,394 yards passing and 31 touchdowns. Both threw eight interceptions. Maye had the higher completion percentage, 72% to 65%.

Running back Christian McCaffrey is also a contender after an outstanding season in which he helped the injury-depleted San Francisco 49ers (12-5) overcome losing



► Drake Maye has replaced Brady impressively

several key players and going long stretches without QB Brock Purdy. A running back hasn't won the MVP award since Adrian Peterson in 2012.

While Stafford, who is in his 17th season, has expertly steered a Championship roster into frontrunner territory again, Maye has accelerated New England ahead of schedule in their new chapter under Mike Vrabel.

"It's like Stafford has found the fountain of youth," said Sky Sports NFL's Jeff Reinbold. "He plays with such a childlike joy. You judge a quarterback by what he can do when he has weapons, but you judge him

more closely by what he does when those weapons aren't available to him.

"For a guy to play at his age, the way he's playing and with all of the changes that they've had in Los Angeles in the time that he's been there, certainly I can't think of a guy who is more deserving of the MVP award."

Maye led the Patriots to their first AFC East division title since 2019, the final season of Tom Brady's glittering career with the Patriots. Replacing Brady is an impossible task, but in Maye, the Patriots seem to have found their long-term answer.

## Pooran: I've no regrets for quitting West Indies

Nicholas Pooran, the former West Indies T20 star, insists he will not come out of retirement to play for the regional side in next month's ICC T20 World Cup. It runs from 7 February to 8 March in India.

The 29-year-old wicket-keeper/batsman also has no regrets about retiring from international cricket, putting franchise cricket ahead of representing the region to support his family.

Trinidadian Pooran's shocking exit came last June after playing 106 T20Is and 61 One Day Internationals for the West Indies. He was expected to be a key player for another decade.

Pooran, who made his West Indies debut in 2016, said: "This has nothing to do with West Indies cricket, how it is, what it is, what's happening — this has nothing to do with that. This is all about what Nicolas Pooran wants, and this is something everyone has to come on board with as well."



► Nicholas Pooran is "putting family first"

## Champ Ivory Coast to face Morocco in Afcon thriller



► Mohamed Salah wants another Afcon title

Defending champions Ivory Coast eased past Burkina Faso, winning 3-0, and into the quarter-finals of the 2025 Africa Cup of Nations (Afcon) in Morocco.

They will now face record seven-time champions Mohamed Salah's Egypt, who beat Benin 3-1 after extra time on Monday, in a heavyweight last-eight clash in Agadir on Saturday.

Mali face Senegal and hosts Morocco battle with Cameroon on Friday in the other quarter-finals.

Algeria beat DR Congo 1-0 in extra time in a hard-fought last 16 game. The 2019 Afcon champions now fancy their chances against free-scoring quarter-final opponents Nigeria in Marrakesh on Saturday.

# Opposition Calls for Urgent Review of District Councils to Strengthen Local Democracy



► Hon. Kenneth Bryan

Deputy Leader of the Opposition, Hon. Kenneth Bryan, has filed a formal motion in Parliament calling for an urgent strategic review and the long-awaited implementation of Advisory District Councils.

The motion highlights a 15-year legislative gap, noting that while Section 119 of the Cayman Islands Constitution mandates the establishment of these councils, the Advisory District Councils Act, 2011 has never been brought into force. Furthermore, the Act was designed for the former multi-member district system and is now outdated following the transition to 19 single-member constituencies.

**Key Objectives of the Motion include:**

- Constitutional Compliance: Fulfill-

ing the constitutional mandate to provide a formal platform for local advisory bodies.

- **Modernisation:** Updating the legislative framework to align with the current single-member constituency model.
- **Participatory Democracy:** Ensuring residents have a structured, legal voice in the governance and development of their specific communities.
- **90-Day Timeline:** Requesting that a Select Committee of Parliament be appointed to review the Act and report back with recommended amendments within three months.

The Deputy Leader emphasized that with a review of Electoral Boundaries already on the horizon, this is an opportune moment to better align local representation mechanisms with the national electoral framework.

## Statement from the Leader of the Opposition

The motion is seconded by the Leader of the Opposition and Leader of the People's Progressive Movement (PPM), Hon. Joey Hew, who underscored the importance of grassroots engagement.

"True democracy does not begin and end at the ballot box every four years; it requires continuous dialogue between the government and the governed. By revitalising the Advisory District Councils, we are ensuring that every constituency has a formal mechanism to influence policy and voice their concerns. It is time we bridge the gap between our Constitution's promises and the reality of community involvement in the decision-making process."

# Opposition Moves to Protect Historic District Representation in the Cayman Islands Parliament



► Hon Joseph Hew

Deputy Leader of the Opposition, Hon. Kenneth Bryan, has filed a formal motion seeking a constitutional amendment to guarantee that Grand Cayman's traditional districts retain individual representation in Parliament.

The motion, seconded by the Leader of the Opposition, Hon. Joey Hew, calls for the establishment of a "representational floor," similar to the constitutional protections already in place for the Sister Islands.

Under the proposal, the districts of West Bay, George Town, Bodden Town, North Side, and East End would each be guaranteed at least one parliamentary representative. This would ensure that future population shifts do not result in the amalgamation or loss of historic constituencies.

This action follows the findings of the 2023 Electoral Boundary Commission (EBC) Report, which highlighted the risk that strict population-based ratios could, over time, force smaller historic districts such as East End and North Side to be merged with larger neighbouring areas.

"Our Constitution must reflect the heart of our communities, not just a spreadsheet of numbers," said Deputy Leader Bryan. "By securing this amendment now, we can protect the unique cultural and historical identity of our traditional districts for generations to come."

The motion seeks to follow the precedent established in 2019 for 'minor or uncontroversial' constitutional amendments. With bipartisan support, the Opposition aims to fast-track the request to the UK Minister for the Overseas Territories, allowing the change to take effect ahead of the next electoral cycle.

## Statement from the Leader of the Opposition

Hon. Joey Hew, Leader of the Opposition and Leader of the People's Progressive Movement (PPM), stated:

"This motion is about national stability and preserving the voice of our people. As the seconder of this motion, I believe it is vital that we provide the same level of constitutional security to Grand Cayman's historic districts as we do for the Sister Islands. This represents a minor change with a major impact on protecting our democratic heritage. We look forward to the Premier joining us in sending a unified signal to the UK Minister for the Overseas Territories."

# Companies Amendment Act Takes Effect 1 January 2026

Enhancements to corporate legislation aimed at maintaining continued business growth and bolstering the Cayman Islands' position as a global financial services centre of excellence and innovation will take effect on 1 January 2026, as stipulated by the Companies (Amendment) Act, 2024 (Commencement) Order, 2025.

The commencement order brings into force the Companies (Amendment) Act, 2024 (the "Amendment Act"), which introduces a range of modernised provisions to the previous legislation, namely the Companies Act (2023 Revision).

"These enhancements to the Companies Act ensure the Cayman Islands remains innovative and receptive to the evolving needs of global business. The Amendment Act enables our corporate framework to remain agile, cutting edge; while aligned

with international standards," Premier and Minister for Financial Services, the Hon. André Ebanks said.

## Enhancing Competitiveness and Commercial Effectiveness

The enhancements to corporate legislation advance the Government's strategic objective under Broad Outcome 02: Enhance Competitiveness whilst Meeting International Standards, ensuring the Cayman Islands remains a leading and compliant jurisdiction for global financial services.

Key enhancements under the Amendment Act include:

- **Streamlined capital reduction procedures:** Solvent companies can now reduce their share capital in certain circumstances without the need for court ap-

proval, provided the reduction is supported by a solvency statement by the company's directors. This reform provides flexibility, reduces administrative costs, and aligns with international best practices.

• **Expanded continuation provisions:** The Amendment Act broadens the framework for companies incorporated overseas to transfer their registration to the Cayman Islands with fewer procedural barriers.

• **Flexible re-registration and conversion framework:** New provisions facilitate seamless conversion between entity types — including limited liability companies, foundation companies, and exempted companies — enhancing the Cayman Islands' versatility for financial structuring and investment vehicles.

Collectively, these enhancements mod-

ernise corporate processes, simplify transactions, and demonstrate the Cayman Islands' responsiveness to evolving commercial and market needs.

## Industry Collaboration and Legislative Development

The Companies (Amendment) Act, 2024 was developed through close consultation with the Financial Services Legislative Committee (FSLC), alongside extensive engagement with industry stakeholders, ensuring the improvements are both commercially effective and aligned with evolving international compliance standards.

The Ministry expresses its appreciation to the FSLC and industry representatives for their collaboration and continued partnership in advancing the Cayman Islands' legislative framework.

in association with



# CLASH OF THE LEGENDS FOOTBALL

5PM EAST END VS BODDEN TOWN  
7PM GEORGE TOWN VS WEST BAY



Monday 18th May, 2026 (Discovery Day)  
ED BUSH STADIUM, WEST BAY

FAMILY FUN DAY STARTS AT 3PM  
CLASH OF THE LEGENDS GAME KICKOFF AT 5PM

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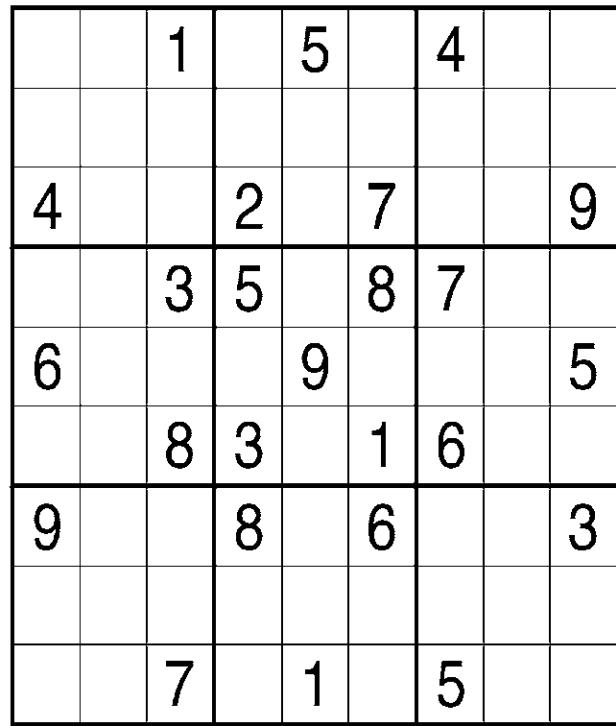
Cayman is home to many people with substance abuse. As a community we can all make a difference in the lives of those individuals.

# SUDOKU

## Conceptis Sudoku

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

By Dave Green

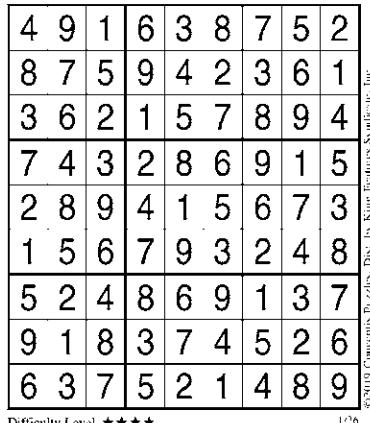


Difficulty Level ★★★★

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1/27

## Answer to previous puzzle



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## CROSSWORD

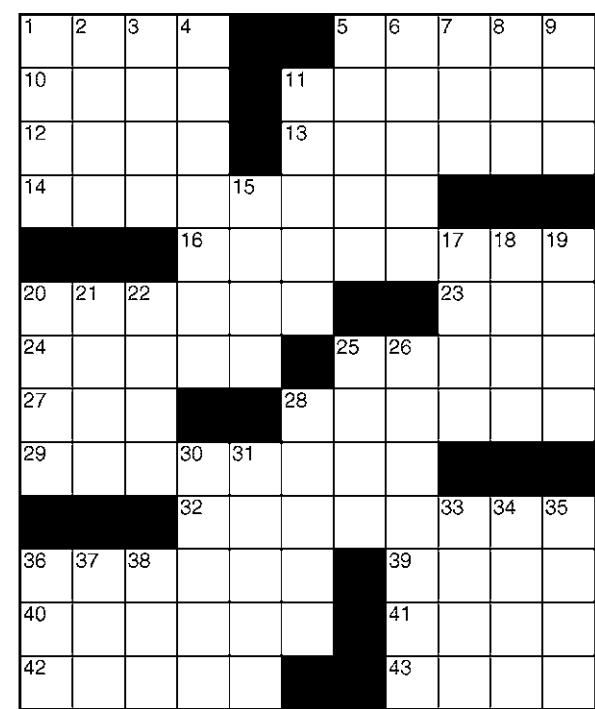
By THOMAS JOSEPH

**ACROSS** 42 Mournful  
1 Walk unevenly  
5 Propeller type  
10 Freshener target  
11 Relaxed  
12 Too  
13 Enjoy a bookstore  
14 Online slang  
16 Personal annoyance  
20 Baltimore team  
23 Bear lair  
24 Watchful  
25 Like some canaries  
27 Dijon denial  
28 Stocks the party  
29 Series featuring Agent 86  
32 Divers wear them  
36 Change back  
39 Nick Charles's wife  
40 Bird sanctuary  
41 School on the Thames

**DOWN** 1 Bank offering  
2 Not active  
3 Largest amount  
4 Do well  
5 Satchel part  
6 Carburetor valve  
7 Squabble ingredient  
8 Print steam  
9 Petite  
11 Assists illegally  
15 Cooped (up)  
17 Border suddenly  
18 Turn ceases  
19 Ceases  
20 Tolled  
21 Lotion ingredient  
22 Let off steam  
25 2006 Pixar film  
26 Brought into harmony  
28 Malicious  
30 Take an oath  
31 Gleeful  
33 Tiny amount  
34 Easy gait  
35 Reasonable  
36 Maze runner  
37 Planning time  
38 Through



Yesterday's answer



1-16

## Word Search



## WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
81° / 78°	81° / 77°	81° / 78°	81° / 76°	80° / 77°	80° / 75°	81° / 77°
Windy with sunshine and a few clouds	Sun through high clouds and windy	Mostly cloudy and breezy; a couple of afternoon showers	Mostly cloudy and breezy; a shower in places in the afternoon	Breezy with times of clouds and sun	Partly sunny with a shower in spots	Sunny

## COMMUNITY EVENTS

## Overseas Scholarships

**Ongoing until 31 January** - The Ministry of Education & Training is now accepting applications for the Overseas Scholarships—your chance to access up to CI\$35,000 per year to earn a world-class education abroad. Applications close 31 January 2026. Visit [moescholarships.gov.ky](http://moescholarships.gov.ky) and apply today.



► The Nathan Herrera Trio

## Cayman Enterprise City - Internship Programme

**Ongoing until 28 February** - CEC is thrilled to announce that the **Enterprise Cayman Internship Programme** is now open for applications! Application deadline is 28th February. The internship programme is open to Caymanians between the ages of 18-25 and

lasts for one to three months. For more information, email [innovate@entrprise-cayman.ky](mailto:innovate@entrprise-cayman.ky).

## January 2026 Services at St. Alban's Anglican Church

**11 & 25 January** - Services of Holy Communion will now be held on Sunday, January the 11th and Sunday, January 25th. Services of Morning Prayer will be held on Sunday January the 18th. All services will begin at 9am.

## National Gallery - Traditional Quadrille Dance Class

**10 January** - Join dancer, choreographer, and cultural practitioner, Brian Watler Jr. in this dance class celebrating Caymanian heritage and tradition through movement. Spaces are limited! Reserve your spot by emailing [programme@nationalgallery.org.ky](mailto:programme@nationalgallery.org.ky) or call 945 - 8111.

## Music at the Library

**15 & 17 January** - Caymusica in conjunction with the Cayman Islands Public Library Service begins the first event of the new year featuring The Nathan Herrera Trio and Caro. This one-hour concert takes place at the George Town Library and begins at 6pm. Tickets are available at [www.caymanartsfestival.com](http://www.caymanartsfestival.com). For more information, call 922 - 5550.

## Cayman Islands Cancer Society - Stride Against Cancer

**25 January** - The event starts and fin-

ishes at Public Beach on West Bay Road, where the whole family can run or walk 10km to the Wharf and back or the 5K with the turnaround point at the roundabout at the Fidelity Centre. For the running enthusiasts, there is a Half-Marathon distance to South Church Street with the turn around by Caribbean Paradise, and back to public beach. To register and for further information, go to [www.cics.ky](http://www.cics.ky)

## Queen Elizabeth II Botanic Park - Family Fun Day

**25 January** - The Garden Club of the Cayman Islands and the QEII Botanic Park present the 2026 Family Fun Day on Sunday 25 January from 10am to 3pm. Activities arts and craft, magic show, balloon art, music and much more.

## National Trust of the Cayman Islands - Blue Tie Dinner Fundraiser

**31 January** - This unforgettable evening is set under the stars on the outdoor decking of the Grand Old House from 6pm to 9pm. There will be a special screening of a mini documentary about Blue Iguanas. Tickets are \$200, with members receiving a 10% discount. For more information and to purchase tickets, go to [national-trust.org.ky](http://national-trust.org.ky)

Send your community events to [wendy@caymaniantimes.ky](mailto:wendy@caymaniantimes.ky)

## Regular Exercise

CONTINUED FROM Page 4

er, lowering cortisol levels and promoting emotional resilience.

## 13. Greater Independence as You Age

Staying active ensures you can perform daily tasks with ease and maintain independence later in life.

## 14. Healthier Joints

Movement increases joint lubrication and strengthens surrounding muscles, reducing stiffness and discomfort.

## 15. Improved Blood Sugar Control

Exercise helps muscles absorb glucose efficiently, stabilizing blood sugar levels.

## 16. Enhanced Athletic Performance

Even non-athletes benefit from improved strength, endurance, coordination,

and reaction time.

## 17. Better Digestion

Physical activity stimulates digestion and helps regulate bowel movements.

## 18. Increased Longevity

Studies consistently show that physically active people live longer and enjoy better quality of life.

## 19. Improved Social Connections

Group workouts, fitness classes, or walking clubs create opportunities for connection and accountability.

## 20. Greater Discipline and Consistency

Exercise reinforces habits that carry over into other areas of life—nutrition, work, and personal growth.

## 21. Reduced Risk of Injury

Strong muscles, flexible joints, and good balance reduce the likelihood of falls and injuries.

## 22. Better Hormonal Balance

Exercise helps regulate hormones that

affect mood, appetite, stress, and metabolism.

## 23. Enhanced Productivity

Regular movers report higher focus, creativity, and efficiency throughout the workday.

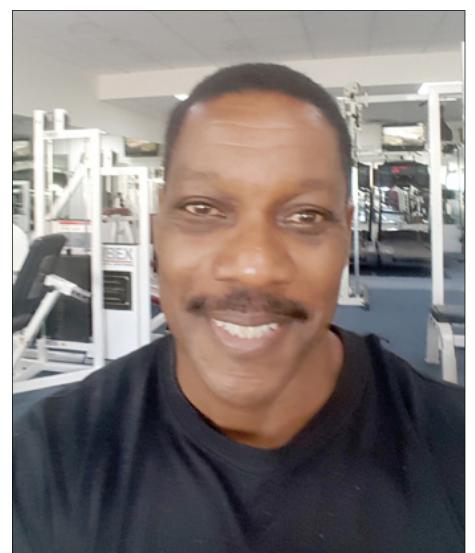
## 24. A Positive Relationship With Your Body

Exercise shifts the focus from appearance to function—what your body can do, not just how it looks.

## 25. A Future-Proofed Body

Perhaps the greatest reward of all: **a body and mind prepared for the demands of the future**, no matter what 2026 and beyond bring.

**Remember** - Regular exercise is not a punishment—it's a privilege. It's a daily opportunity to strengthen your body, protect your health, and elevate your life. You don't need perfection, expensive equipment, or endless time. **Consistency beats intensity every time.**



► Ernest Ebanks

Call Ernest at Body Shapers Personal Training Fitness Studio 325-8696, and let me help you get started.

Churchill's Funeral Home

We have been asked to announce  
The passing of  
**Ms. Evon Veinetta Trusty**  
Who passed away on January 03<sup>rd</sup> 2026.

A Thanksgiving Service will be held at Savannah Seventh-day Adventist Church, Savannah, Grand Cayman, Cayman Islands on Sunday, January 18<sup>th</sup> 2026 at 2:00 p.m.

Viewing: 1:00 p.m. - 02:00 p.m.  
Interment: New Pease Bay Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

Churchill's Funeral Home

We have been asked to announce  
The passing of  
**Ms. Phyllis May Moxam**  
Who passed away on December 28th 2025.

A Thanksgiving Service will be Announced at a later date.

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

Churchill's Funeral Home

We have been asked to announce the passing of  
**Mr. Hank W. McField**,  
who passed away on December 07, 2025.

A Thanksgiving Service will be held at Church of God (Universal), 83 A. Walkers Rd, George Town, Grand Cayman, Cayman Islands on Saturday, January 10, 2026 at 10:00 a.m.

Viewing: 9:00 - 10:00 a.m.  
Interment at: Garden of Reflections Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

Churchill's Funeral Home

We have been asked to announce  
The passing of  
**Mr. Eurdley Alvanso McFarlane**  
Who passed away on December 07th 2025.

A Thanksgiving Service will be held at East End Civic Centre, East End Grand Cayman, Cayman Islands on Sunday, January 11<sup>th</sup> 2026 at 2:00 p.m.

Viewing: Closed Casket  
Interment: East End Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

Churchill's Funeral Home

We have been asked to announce  
The passing of  
**Mr. Herbert D. Martin**  
Who passed away on January 05<sup>th</sup> 2026.

A Thanksgiving Service will be Announced at a later date.

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

The family of the late, **Capt. Paul Adolph Hurlston**, regrets to announce his passing on Monday, December 29, 2025.

The funeral service for the late Capt. Paul Hurlston will be held on Saturday, 10 January 2026 at 2:00pm at the Seafarers Hall, with a viewing at 1:00pm.

Interment will follow at the South Sound Cemetery.



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

The family of the late **Francine Eliene Gardner** regret to announce her passing on Friday the 19th of December 2025.

A funeral service for the will be held on Saturday, the 10th of January 2026, at 11:00 am at the Webster Memorial United Church, 261 Bodden Town Road, Bodden Town.

Interment will follow at the Garden of Reflections Cemetery, Old Prospect Road.



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

The family of the late **Mrs Vedal Elizabeth Walton** regret to announce her passing on Friday 26th December 2025.

A funeral service will be held on Saturday 10 January 2025 @ 10:00AM at the Church of God (Holiness), Spot Bay Cayman Brac.

Interment will follow at the Spot Bay Cemetery.

Floral tributes are accepted but donations to the Alzheimer's and Dementia Association of the Cayman Islands are welcome. Banking information for ADACI is as follows: Royal Bank of Canada, CI\$Checking account #06975 1144716 or US\$ Savings A/c #06975 7380835



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

The family of the late **Elrita Seymour** regret to announce her passing on Monday, 15 December, 2025.

The funeral service for the late Elrita Seymour will be held on Saturday, 17 January, 2026 10:00am at Elmslie Memorial Church, with a viewing prior to the service.

Interment will follow at the Dixie Cemetery.



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

The family of the late, **Eleanor Diane Moya**, affectionately known as El-El regrets announcing her passing on 19 December 2025.

A Celebration of Life will be on the 15 January 2026 at 2pm at Church of God-Chapel on Walkers Road.

Interment will follow at the Prospect Cemetery

In keeping with EL's wishes attendees are invited to wear lilac or purple in celebration of her life.

In lieu of flowers, donations can be made to Jasmine Palliative and Hospice Care, which would be greatly appreciated.

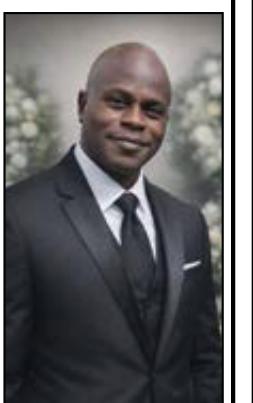


**Bodden Funeral**  
"A source of comfort in a troubled time"

The family of the late **Beresford McEwan** (formally of Webster's Tours) regrets to announce his passing on December 17, 2025.

The funeral service for the late Beresford McEwan will be held on Monday January 26, 2026 at 3:30pm at the Bodden Funeral Chapel, with a viewing at 2:30pm.

Mr. Beresford McEwan will be repatriated to Jamaica at a later date.



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

# CaymanianTimesClassifieds



## UTILITY REGULATION AND COMPETITION OFFICE

Applications are invited for the following post:

### CHIEF FUELS INSPECTOR

Ref: OF12/25

Salary Range: KYD\$143,268.00 - \$166,176.00

The Utility Regulation and Competition Office (OfReg, the Office) is the independent multi-sector regulatory body with responsibility for the Energy & Electricity, Fuels, Information and Communication Technology (ICT), and Water & Wastewater sectors. The Office maintains regulatory oversight for all utilities providers in the Cayman Islands. Created by the enactment of the Utility Regulation and Competition (URC) Act, 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 Chief Fuels Inspector (CFI) reports directly to the Chief Executive Officer (CEO) and has statutory responsibility for the regulation, development and compliance within the Fuels sector in the Cayman Islands, in accordance with the Utility Regulation and Competition Act, Dangerous Substances Act and Regulations, the Building Code Regulations, the Fire Code, and international codes and standards and subsidiary legislation. The post also serves as a member of the Office's Senior Management Team the principal advisor to the Board on regulatory matters relating to the Fuels sector and works directly with the CEO. The post holder is accountable for oversight of the Fuels Critical National Infrastructure while developing new technological and innovative opportunities that will enhance competition in the Fuels sector of the Cayman Islands. The role is a highly safety-sensitive position requiring a high degree of specialization on sectoral matters and the duties of the post shall cover the entire Cayman Islands.

#### **KEY RESPONSIBILITIES:**

##### **Regulatory and Sectors Operations**

- Direct the regulation of the fuel sector and utility providers in accordance with primary legislation and written policy guidelines provided by Cabinet.
- Accountable for and advocates on sector issues to the CEO and creates the vision and work culture of the Fuels division in-line with the strategic direction set by the CEO. The post holder also effects, plans and formulates sector strategies, policies, procedures and programmes and ensures their effective implementation and measurement.
- Monitor the economic, qualitative and technical performance of each licensee and report outcomes to the CEO and Board. Consequently, to advise the Board and CEO on the effectiveness of competition in the market and if there is market failure to recommend appropriate corrective measures.
- Advises on the development of performance measurement standards as required for monitoring performance of regulated utilities.
- To advise the CEO on the regulation of the operations and trade practices of the industry to encourage orderly and fair competition, prevent monopolies and collusive practices within the industry.
- Robust monitoring regime applicable to local, regional, and global landscape.
- Provide leadership in identifying challenges; disclosing threats; challenging norms; expose conflicts and make tough choices.
- Assists in establishing and maintaining a high level of professional relationship across all public utility regulators and Industry associations in the local and international arena, through which OfReg may obtain information as to best practice in utilities and sector regulation.
- Acts as an official spokesperson for the Office and maintains positive external relations on behalf of the Office.
- Demonstrate strategic leadership in a safety sensitive environment by applying sound engineering, risk analysis and management techniques, technical industry.
- Directs the issuance of all classes and types of Permits approved by the Board subject to an efficient and transparent process. Ensure key enabling processes and programs, particularly the Inspection Regime, are effective and robust, taking into consideration relevant internationally recognized and established Codes, Standards, and best practices to uphold health, safety, and environmental preservation in the discharge of this function.
- Participate as a member of the National Emergency Response Team, and exercise powers of inspection and enforcement to correct deficiencies in accordance with provisions under the Law.
- Chairs the Fuel Standards Committee and ensures the effective implementation and enforcement of fuel quality standards developed by the Office
- Continually evaluate through the work of the committee and/or direct review, changes in fuel standards and availability of ready supply to ensure the public is continually served with a ready supply of fuels to the requisite standard.
- Ensure the effective deployment of relevant weight and measure standards and programs which are applicable to the fuel sector and traceable to local and international metrology standards.
- Drive environmental stewardship across the sector through the implementation of systems, policies, and directives for effective handling, custody, storage, and accounting of dangerous substances.

##### **General administration and governance:**

- Demonstrate visionary leadership across the sector team, the broader organization and entire fuel sector.
- Manages an expenditure budget of approximately \$1.8M.
- Manage the general administration of the assigned sector through effective teamwork, resourcing and the identification of opportunities to build and ensure capacity maintain a vibrant and sustainable sector regulated by a highly efficient and competent team.
- Represents the Office at forums and overseas delegations, and supporting, on request, the subject Ministry and/or Minister as required by Cabinet, Finance Committee etc. as necessary on sectoral.

##### **Qualifications and Experience**

At a minimum, the post holder must possess the following:

- A First Degree with a master's degree in Utility Regulation or Competition, Accounting, Economics, Engineering, Finance, Law, or Public Policy, or an equivalent professional qualification from a recognized educational institution.
- In the absence of a Masters' Degree, another post-graduate qualification and/or 15 years' experience in one of the above fields will be considered.
- A minimum of seven (7) years' experience in a utility regulatory operation including four (4) years at a middle or senior management level.
- The Office will also consider a minimum of seven (7) years' progressive experience in the Oil & Gas sector, related consulting field, or other related industry.
- A minimum of four (4) years' financial and people management experience at the senior management level.
- Three (3) years' experience of working at the interface between government and private sector business, whether from the public sector side or from the private sector side would be advantageous.
- Proven track-record of facilitating, negotiating, arbitrating, or supervising contracts, licences, or equivalent forms of authorisation, preferably between the Government and the private sector.

##### **Benefits**

- 25 days' vacation per annum
- Non-contributory health and pension

##### **How to apply**

To be considered for this position, applicants must submit all the following:

- Cover letter
- Curriculum Vitae (CV)
- Completed OfReg application form
- Two professional references

The detailed job description, and the OfReg application form are available online at: [www.ofreg.ky/job-opportunities](http://www.ofreg.ky/job-opportunities)

Please note: Incomplete applications will not be considered.

Preference will be given to suitably qualified and experienced Caymanians.

**Application Closing Date:** January 31<sup>st</sup>, 2026

# Advertise your JOBS

here Therap  
Fast, Efficient,  
Affordable.  
Only 48 hours'  
notice required

Lawyer COOK  
Plastic Surgeon Dive instru  
Director Hairdress  
beauty Therapist

Bartender Designer  
Gardener Cameraman  
Solicitor Secretary  
Lawyer COOK

Plastic Surgeon Dive instruct  
Director Hairdresser  
Beauty Therapist

Bartender Designer  
Gardener Cameraman  
Solicitor Secretary  
Lawyer COOK

Plastic Surgeon Dive instruct  
Director Hairdresser  
Beauty Therapist

Email your ad to  
[sales@caymanian-times.ky](mailto:sales@caymanian-times.ky)  
Accepted by the Immigration  
Department

**UNDER THE ALMOND TREE LTD****T/A THISTLE GENERAL  
CONTRACTOR**

Applications are invited for the position of DRYWALL FINISHER

Must have a minimum of 10 years' experience.

The successful candidate will be required to work a minimum of 45 hours per week including weekends and evenings, as required. Own reliable transport is essential.

Salary will be paid weekly at an hourly rate of \$14 per hour.

Health & Pension Benefits provided in accordance with Employment Law.

Only applications from Caymanians, Status Holders and Legal Residents will be accepted at this time.

Email resume to [susan@elite.ky](mailto:susan@elite.ky)

**Smile Dental Clinic**

Requires Certified Dental Assistant

- Intra-orally trained with expanded functions
- Orthodontic Module and Surgical experience
- Must be currently licensed with HPL
- CI\$4500 - \$5500 per month depending on level of experience and qualifications.
- Minimum 3 years' experience working in dental office
- Pension & Medical Insurance provide in

Accordance with Cayman Law.

\*On-line Dental Assisting Certificate NOT accepted\*

**Caymanians or Status holders need only apply.**

Please write to:

**PO Box 10116**

**Grand Cayman, KY1-1001**

**Carpenter / Mason**

Jairam Building Contractor is accepting applications from Caymanians; including persons with rights to work (through residency or marriage), for the position of **Carpenter / Mason**.

A minimum of 5 years' experience is required, in rough & finish carpentry and assembly of heavy-duty Peri Formwork Systems. Applicants must have the ability to do layout, work unsupervised and lead a small crew. Applicant must be able to handle large concrete pours and block installation on a regular basis. Individual must be reliable, punctual and able to work various hours as the projects dictate.

Salary will be in the range of CI\$14.00 to \$16.00 depending on skills and experience.

**Deadline: Thursday 22<sup>nd</sup> January, 2026**

**Email Resume to [hero.jairam@candw.ky](mailto:hero.jairam@candw.ky)**

Or drop off a resume at our office. Located at 29 Godfrey Nixon Way, GT

**Smile Dental Clinic & Orthodontics**

Requires Registered Dental Hygienist

- Local anesthetic Certification and Orthodontic training beneficial
- CI\$6000 to \$8000/month depending on level of experience and qualifications.
- Minimum 3 years' experience required.
- Must be willing to work evenings and Saturdays.
- Pension & Medical Insurance provided in accordance with Cayman Law.

**Caymanians or status holders need only apply.**

Please write to:

PO Box 10116, KY1-1001

# Caymanian Times

**Senior Sales Associate**

Caymanian Times is seeking a highly motivated sales professional who will develop, work and maintain sales targets and schedule and up sell on quality goods.

**Mandatory Requirements:**

- The successful candidate must have a minimum of 3 years working in sales and service experience in selling Media and Newspaper Advertisements.
- Must be computer literate and advanced in the use of MS Excel.
- Must have excellent administrative and communication skills.
- Must speak, read, write, and comprehend English fluently.
- Must have the ability to drive.
- A current police record must be submitted.

**Duties for the role are:**

- Develop, work and maintain Sales Targets.
- Develop and implement in-house and product knowledge training for staff
- Create weekly & monthly sales and customer reports.
- Be able to learn and sell variety of products.

A strong work ethic and a positive attitude will be required.

**Salary Range: CI\$2,500 – CI\$3,000.**

An attractive compensation and benefits package (including medical insurance, vacation, pension and a 10% commission) is being offered to the qualified candidate. All applications received will be reviewed and only candidates meeting the mandatory requirements will be contacted for interview.

**Applications should forward a detailed resume quoting reference**

**"Senior Sales Associate" to:**

The Publisher

Caymanian Times

Email: [ralph@caymaniantimes.ky](mailto:ralph@caymaniantimes.ky)

**Caymanian Times CLASSIFIED**

**WORC Online Job Posting Available**

# SAVE on Job Advertising

**2 NEWSPAPERS PER WEEK**

**(Wednesday & Friday)**

**Deadline: 2 business days before publishing date**

**[sales@caymaniantimes.ky](mailto:sales@caymaniantimes.ky) / 9162000**



**caymaniantimes.ky**

**@caymaniantimes.ky**

**CaymanianTimes**



CREATIVE CONCEPTS  
PRINTING • SIGNAGE

**POSITION: GRAPHIC ARTIST**

**Requirements:**

10-15 years' experience in Graphic Art & Design for large format printing of decals, etch art, vehicle wraps, murals, & sign making, typesetting and design for booklet and magazine publication.

**Applicant:**

Must be proficient in the use of Mac computer systems.

Must be proficient with computerized design programs ie: In-Design, Illustrator, Photoshop, Adobe.

Must be proficient in the use of Microsoft Office Suite, QuickBooks.

Must be knowledgeable of typography, colour theory, layout.

Must be able to compose creating effective and visually appealing graphic designs.

Must be meticulous in ensuring accuracy and quality in design work is essential.

Should be able to translate ideas and information into compelling visual representations

Should be effective in communicating with clients, team members and other stakeholders.

Should be able to work on multiple projects with deadlines, requiring strong organizational skills.

Should have own transportation and cellular phone

Must have clean Police Record and Character Reference

Flexible hours including weekends as required

**Base Salary:** \$2,700.00 monthly and standard benefits

**Send Resume to:** [ideasmarketing345@gmail.com](mailto:ideasmarketing345@gmail.com)



## Supervisor Large Projects

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 Transmission & Distribution (T&D) Planning, the successful candidate will:

- ▶ develop and manage capital project schedules for upgrades and replacements ensuring compliance with budgets and regulations while coordinating resources and stakeholders;
- ▶ supervise and guide four Engineering Technologists, monitor performance and ensure adherence to safety and quality standards through regular team meetings;
- ▶ support T&D network reliability by identifying risks, implementing mitigation strategies and resolving on-site issues promptly while keeping stakeholders informed;
- ▶ plan and deliver technical training for direct reports on key topics such as load growth studies, feeder balancing, transformer sizing and protection coordination;
- ▶ oversee discussions with landowners and authorities for easements, review and approve designs and specifications and ensure compliance with T&D standards;
- ▶ work with other departments to meet corporate goals, maintain accurate system data and conduct site visits to ensure safety and quality compliance;
- ▶ manage contractor work packages from bid preparation to final sign-off and implement process improvements using automation tools for efficiency.

Applicants must be a Graduate Electrical Engineer or possess a three to four year diploma in Electrical Engineering Technology (preferred); a minimum of 10 years experience in T&D design, estimating and project management; a minimum of five years supervisory experience (preferred); knowledge of T&D standards, equipment, operations and construction; and experience with T&D software packages such as Partner, Windmill, etc., and Microsoft Office Suite.

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](http://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 19, 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

**INVESTORS IN PEOPLE**  
We invest in people Gold



**Squash Technical Director**

CINSA is looking for the ideal candidate to fill the position of Squash Technical Director & National Squash High Performance Coach

**Requirements:**

- Minimum of Level 3 Squash Coaching Certificate.
- Minimum 5 to 6 years of coaching experience at National Team Level.
- Experience in developing and managing Junior and Senior National Squash Programs.
- Sound understanding of current coaching techniques, methods and theory in the sport of squash.
- Excellent verbal and written communications.
- Valid Driver's License and own a cellphone.
- Must be proficient in the use of Microsoft Office Suite.
- Clean Police Record and Character Reference required.
- Base Salary CI\$50 - \$70K per annum and standard benefits.

Applications including Resume should be sent to [jsairsinghsport@gmail.com](mailto:jsairsinghsport@gmail.com)



**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\$5,100** 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](mailto:ralph@caymaniantimes.ky)

# Caymanian Times



Scan me!

## Newspaper Job Advertising Rates



Description	CI\$	Size (inches) W x H	Maximum # of words
Newspaper Advertisement Full page	500	10 x 13.5	1200
Newspaper Advertisement 2/3 page	400	10 x 8.37 or 6.6 x 13.5	900
Newspaper Advertisement 1/2 page (horizontal)	300	10 x 6.67	700
Newspaper Advertisement 1/2 page (Vertical)	300	4.9 x 13.5	700
Newspaper Advertisement 1/3 page	225	4.9 x 8.37	400
Newspaper Advertisement 1/4 page	200	4.9 x 6.67	350
Newspaper Advertisement 1/5 page	105	4.9 x 3.25 or 3.22 x 4.96	200
Newspaper Advertisement 1/8 page	75	4.9 x 3.25 or 3.22 x 4.96	200
Newspaper Advertisement 1/16 page (Mini)	25	4.9 x 1.55 or 2.38 x 3.25	100

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](mailto:sales@caymaniantimes.ky)



CREATIVE CONCEPTS  
PRINTING • SIGNAGE

#### SIGN INSTALLER/GENERAL HELPER (Part Time)

##### Requirements:

- 2 to 4 years of experience AS A SIGN INSTALLER/GENERAL HELPER in the marketing or print industry.
- The ideal candidate should be self-driven and have experience working in both small and large jobs; including building and installing signposts, working with a variety of materials including substrates, vinyls, perfs, banners and magnets.
- Candidates should possess a confident personality with good verbal and written communication skills.
- Candidates should possess good work and business ethics and be self-motivated.
- Valid Driver's License and own a car preferred.
- Candidates should be proficient in the operation of large format printing and lamination machines and plotters.
- Candidates should be proficient in the use of Adobe/ Illustrator/Photoshop/ Microsoft Office Suite and print software.
- Clean Police Record and Character Reference required.
- Twenty hours per week required.

Base Salary KYD \$1,000.00 p/m plus standard benefits.

##### Please send written application letter and CV to:

[ideasmarketing345@gmail.com](mailto:ideasmarketing345@gmail.com)

#### ISLAND INSPECT CLEANING SYSTEMS FIRE & SAFETY

##### KITCHEN EXHAUST CLEANING TECHNICIAN

We require a mature, dependable, responsible individual to join our company and be able to:

- Work with pressure cleaning equipment.
- Performing daily duct system cleaning duties.
- Follow instructions and learn new techniques.
- Work nights & early mornings.

##### Applicant must have:

- Experience in similar position.
- Good organizational skills.
- CI driver's license.

Salary: Starting CI \$8.75-18/hour plus Statutory Benefits

#### OFFICE CLERK

We require a mature, dependable, responsible individual to join our company and be able to:

- Relate well to the public in person and on the telephone.
- Capable in handling complex and multi-faced tasks.
- Daily Banking, mail and office pick-up or deliveries.

##### Applicant must have:

- At least 5 years in a similar position.
- Be computer literate in Microsoft Office applications.
- Well versed in QuickBooks.
- Excellent organizational skills.
- Own transportation is a must.

Salary: CI \$8.75 -15/hour plus Statutory benefits provided

#### FIRE TECHNICIAN

We require a mature, dependable, responsible individual to join our company and be able to:

- Inspect Kitchen Suppression Systems, Fire Extinguishers, Emergency and Exit Lights
- Service any Fire Extinguishers, Emergency and Exit Lights that require maintenance
- Sell new Fire Extinguishers, Emergency, and Exit Lights
- Ensure customers understand the products and systems we maintain on their property
- Interact with customers, vendors, and co-workers in a professional manner
- Demonstrate an understanding of and follow safety regulations and practices
- Open-minded willingness for continual learning
- Any other duties deemed appropriate by management

##### Applicant must have:

- Strong written and verbal communications skills
- Valid driver's license

Salary: CI \$10-20/hr. statutory benefits provided

Please email resume to [hr@islandinspectky.com](mailto:hr@islandinspectky.com)



We are hiring!

Montessori West invites qualified individuals to apply for the following positions:

#### Montessori Kindergarten Teacher

##### Requirements:

- Must hold a Bachelor's degree in early childhood education from an accredited institution as approved by the Cayman Islands Ministry of Education
- Completed training at an accredited Montessori Center and must have Montessori Diploma
- 5-10 years experience in a classroom preferably a Montessori classroom
- Extensive knowledge in the Cayman Islands Curriculum.

**Salary Range:** CI\$35,000- CI\$55,000 per annum dependent on qualifications and relevant experience.

#### Montessori Guide/Teacher

##### Requirements:

- Must hold Bachelor's degree in education from an accredited institution as approved by the Cayman Islands Ministry of Education
- Completed training at an accredited Montessori Center and must have Montessori Diploma
- 3-5 years experience in a classroom preferably a Montessori classroom
- Must have a background and knowledge in inclusive Education

**Salary Range:** CI\$35,000- CI\$45,000 per annum dependent on qualifications and relevant experience.

#### Montessori Assistant Guide/Teacher

##### Requirements:

- Completed training at an accredited Montessori Center and must have Montessori Diploma
- 3-5 years experience in a classroom preferably a Montessori classroom

**Salary Range:** CI\$30,000- CI\$40,000 per annum dependent on qualifications and relevant experience.

Applicants must be professional, be well versed in the Montessori philosophy, have excellent record keeping, lesson curriculum planning knowledge and communication skills. Must be certified in Second Steps Child Protection and First Aid & CPR.

Benefits include health insurance, pension plan, and vacation

Please apply directly on our website <https://montessoriwest.ky/job-opportunities>.

## SCADA Technician 1

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:

- ▶ troubleshoot, maintain and enhance the OSI Supervisory Control and Data Acquisition (SCADA) system used in the Central Control Room to visualise and operate the generation and transmission and distribution networks.
- ▶ assist with orienting staff on the OSI SCADA system;
- ▶ assist in systems integration of additional field devices into the OSI SCADA system;
- ▶ work with main SCADA vendor(s) to resolve OSI SCADA system issues;
- ▶ respond to related technical queries from OSI SCADA system operators;
- ▶ field queries from system operations for electrical system outage diagnostics;
- ▶ develop regularly scheduled and custom reports for system users;
- ▶ serve on the "On Call" list for SCADA system outages.

Applicants must possess a Technical Diploma in electrical, electronic, computer systems or a related engineering field; knowledge of data communications protocols, networking equipment and/or computer operating systems; ability to multi-task with a high degree of proficiency; and ability to prepare technical and non-technical documentation.

Salary is from CI\$3,654 to CI\$4,750 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](http://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 12, 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

**INVESTORS IN PEOPLE™**  
We invest in people Gold

## NOTICES

### TENDER NOTICE

Clearing, De-Mucking & Filling of Land

The Cayman Islands Football Association (CIFA) request proposals for the clearing of vegetation, de-mucking and filling of land at the CIFA football field.

Interested parties may inspect the site at the CIFA Centre of Excellence during the week between the hours of 10:00 a.m. and 4:00 p.m. by appointment and to collect the tender document.

Proposals can be submitted by hand or courier to the CIFA office. Proposals should be **SUBMITTED IN A SEALED ENVELOPE** addressed to:

Tender No.: CIFA/2026/001

The General Secretary

CIFA Centre of Excellence

219 Poindexter Road

Prospect

Grand Cayman, KY1-1104

Cayman Islands

Deadline for submissions is 5:00 p.m. on Monday January 19, 2026.

Regards,

Marcos Tinoco

General Secretary



### PLANNING PERMISSION

This is to notify the public that **Jaison Whittaker** has applied for planning permission for the purpose of **the modification of an existing quarry to increase the depth from 30 feet to 50 feet on Block 43A, Parcel 424**. The application has been submitted to the Central Planning Authority (CPA) or Development Control Board (DCB).

The application can be inspected on the Department's website <https://www.planning.ky/planning-notices/>, or at the Department of Planning; located at the Government Administration Building, 133 Elgin Avenue, George Town, Grand Cayman or at the District Administration Building, Stake Bay, Cayman Brac. If you wish to object or support the application you should do so in writing stating your precise grounds within 21 CALENDAR DAYS of the final advertisement of this notice. Please note: only owners of full legal capacity who for the time being reside within a radius of one thousand feet of the boundaries of the land to which the application relates, or who own land (including a strata lot) within a radius of one thousand feet of the boundaries but reside elsewhere in the Islands, may object to an application for planning permission. Your comments should be addressed to the Director of Planning, P.O. Box 113, Grand Cayman KY1-9000, Cayman Islands, or via e-mail to [planning.dept@gov.ky](mailto:planning.dept@gov.ky). Please include your return address (typically a PO Box number).

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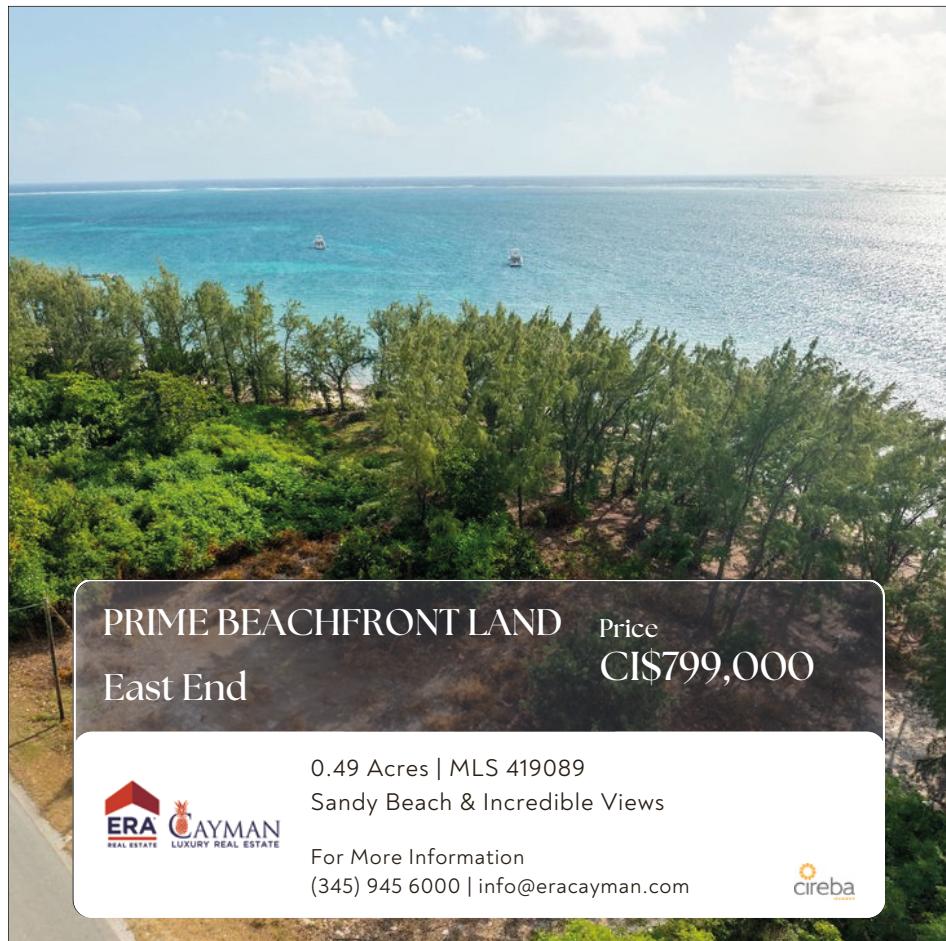
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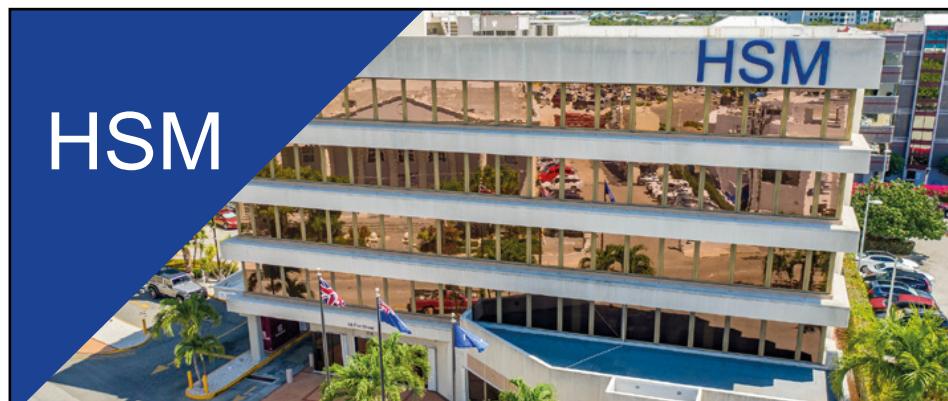
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