

Caymanian Times

Friday Edition

Issue No 1154

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CAYMAN BRAC DUTY CONCESSIONS
EXTENDED

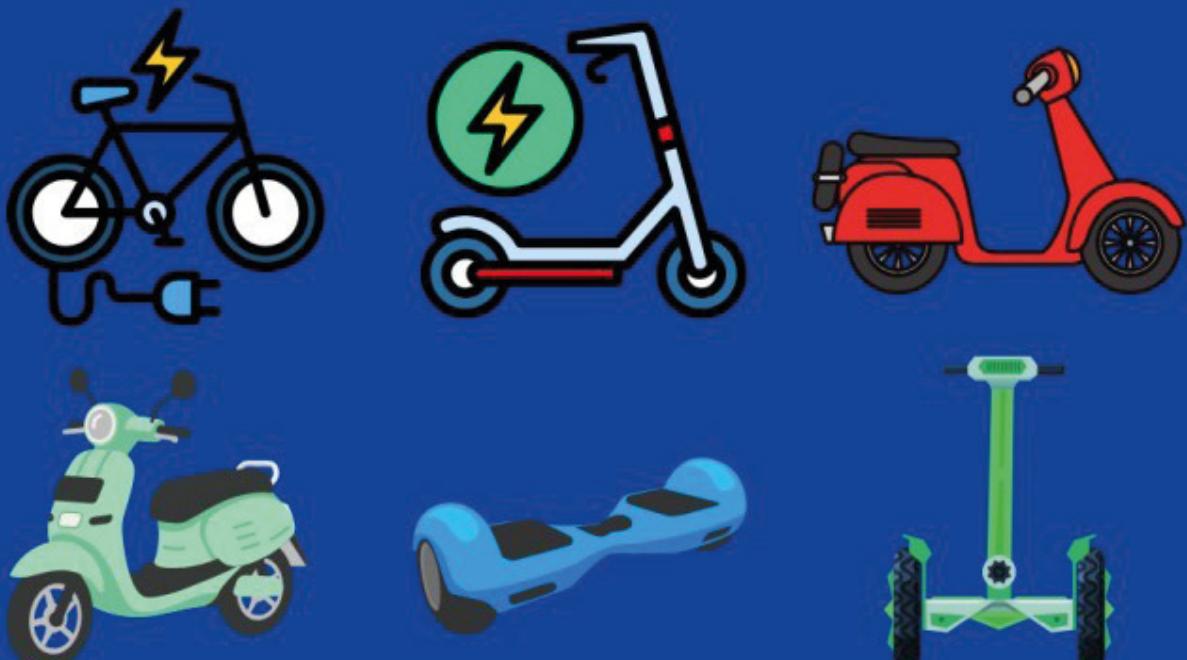
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CLIFTON HUNTER HIGH SCHOOL AND
CIFEC ATTAIN GOOD SCHOOL STANDING

IF YOU RIDE ANY OF THESE, THE RULES OF THE ROAD APPLY

E-bikes, scooters and similar personal transport devices



Enforcement begins 16 January.

Enforcement of Micromobility Laws begins Jan 16

The National Road Safety Committee (NRSC) is issuing a final reminder to the public that enforcement of existing laws governing e-bikes, scooters and similar personal transport devices will begin on

16 January 2026, following an extended period of public notification and education.

The public was first formally notified of these requirements in July 2025, with

a further four-week national education campaign running from 19 December 2025 to 15 January 2026. Riders and

SEE ENFORCEMENT, PAGE 3



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THE GLOBAL LOCAL: REMOTE WORKING FROM EMERGING TREND TO MAINSTREAM

The then-emerging pre-COVID business model of the digital nomad has now become so embedded in the business world that it's hardly noticed...unless you really look for it.

What was once even marketed as a potential niche tourism market has become mainstream thanks to technology, especially reliable telecommunications systems including the undersea global fibre-optics cable network.

Cayman has positioned itself well in this respect given the international nature of the economy.

Signs of this trend and opportunity started emerging before the COVID-19 pandemic sent shock waves around the world and put our lives in a tailspin.

What had been the preserve of a select few rapidly became the norm as society adjusted to the realities of the suffocating grip of the pandemic.

The previous working-from-home privileges for some - and necessity for others were replaced overnight by a mass shift in the work paradigm.

Whereas previously there had been concerns about productivity being negatively impacted if staff 'stayed at home in their pyjamas', that was quickly disproved.

In fact, productivity increased in many office-based areas of work. That is evidenced by how the world respond-

ed to COVID-19 including right here in Cayman, a major 'local global' business hub.

Coming out of that experience has been a time-zone-flattening, better work/life balance and improvements in productivity (even using the Caymanian Times experience as a point of reference).

Caymanian Times which has based its business model (long before the pandemic) on a network of local and global journalists, production teams, and business relationships, has been an early adopter of the relevant technologies - much of it utilising Caymanian tech expertise.

As we continue on this journey in 2026, further tap-



ping into the available and evolving relevant technology, we have already started putting more of our administrative processes online for speed and efficiency.

But our journalism remains people-centred and Cayman community oriented, while keeping a watchful eye

on the external developments of interest to, and impacting Cayman.

Your Caymanian Times community paper will continue to be published twice weekly and distributed throughout the Cayman Islands.

Caymanian Times, is published by Lewis Cayman Islands Ltd.

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**Caymanian
Times**

Issue # 1154

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Final Reminder Issued as Enforcement of Micromobility Laws Begins 16 January

CONTINUED FROM Page 1

owners have therefore had ample time to understand the law and to bring their devices into compliance before enforcement begins.

These requirements are not new. They arise under the Traffic Act (2023 Revision) and related regulations, which govern the use of mechanically propelled vehicles on Cayman's roads. Relevant provisions include the age requirement in Regulation 6(1) of the Traffic Regulations (2021 Revision), and the licensing framework in Schedule 2 of the Traffic (Categorization and Grouping) Regulations, 2012, which set out the Group 0 and Group 2 license categories. Together with sections 6, 16, 67 and 68 of the Traffic Act, they confirm that these devices are treated as motor vehicles and must meet the same basic legal standards as any other vehicle on the road.

For the purposes of enforcement, micro-mobility devices covered by these requirements include, but are not limited to:

- Electric e-bikes (throttle-controlled)
- Pedal-assisted e-bikes
- Electric scooters and seated e-scooters
- Motor scooters
- Mopeds
- Motorized bicycles
- Segway's and similar self-balancing devices
- Motorized wave boards and similar personal transport devices

Where these devices are mechanically propelled by an electric or combustion engine and used on public roads, they fall within the scope of the Traffic Act and Traffic Regulations.

Under existing law, anyone riding an e-bike, scooter or similar personal transport device on public roads is required to:

- Be at least 17 years of age
- Hold a valid Category 0 or Category 2 driver's license
- Ensure the device is inspected, regis-



► Eric Bush, Chief Officer



► Police Commissioner Kurt Walton

tered, licensed and insured

- Follow the Rules of the Road, including all traffic signals, signs and road markings
- Ride only where it is legal to do so, and not on sidewalks or against the flow of traffic

Any e-bike or scooter that does not meet the Department of Vehicle and Drivers' Licensing (DVDL) roadworthiness requirements must not be operated on public roads.

Parents and guardians are strongly reminded that children under 17 are not legally permitted to operate these devices on public roads or sidewalks, regardless of whether the device was purchased privately or given as a gift. Allowing under-age use in public places puts the child and others at serious risk and may result in enforcement action.

Micro-mobility devices have already been involved in fatal and serious injury collisions, including incidents involving pedestrians and other vehicles. Unsafe behavior such as riding on sidewalks, travelling against traffic, ignoring traffic signals and riding without proper control has become a serious road safety concern.

At the same time, many responsible own-

ers have already taken steps to comply with the law, including obtaining a Certificate of Roadworthiness, registering their devices and securing insurance. DVDL has seen a steady number of owners presenting their devices for inspection, registration and licensing, and producing valid proof of insurance.

Recent commentary on social media and in other outlets has suggested that these devices cannot be insured. That is incorrect. Where a device meets the relevant inspection, roadworthiness and registration requirements set by DVDL, it may be insured as a motor vehicle, subject to the criteria and underwriting decisions of the insurer.

Inspections for e-bikes, scooters and similar personal transport devices will be carried out only at DVDL's Crewe Road and Breakers locations, using the same safety-based inspection standards that apply to other vehicles.

Eric Bush, Chief Officer for the Ministry of Planning, Lands, Agriculture, Housing & Infrastructure and Chair of the National Road Safety Committee, said the education period was deliberately structured to give riders and owners clear notice and time to act.



"The public was first formally notified in July 2025 and again through this recent four-week campaign," said Mr. Bush. "Riders and owners have had ample opportunity to familiarize themselves with the law and to act. From 16 January, the focus shifts from education to enforcement of the existing legal requirements."

Commissioner of Police Kurt Walton emphasized that the objective of enforcement is to improve safety for all road users.

"We have seen these devices involved in fatal and serious collisions, including incidents involving pedestrians," said Commissioner Walton. "From 16 January, officers will be enforcing the law. Riders must ensure they are licensed, that their devices are inspected, registered and insured, and that they follow the Rules of the Road. This is about protecting riders, pedestrians and every other road user."

Owners who have not yet completed inspection, registration, licensing and insurance are strongly urged to do so no later than 15 January 2026. From 16 January 2026, the Royal Cayman Islands Police Service (RCIPS) will commence enforcement of the existing law. **Penalties may include fines, prosecution and disqualification from driving.**

Further information on licensing, registration and compliance requirements is available from DVDL at: <https://www.dvdl.gov.ky/licencing/e-bikes-scooters-and-similar-personal-transport-devices-2>

Members of NRSC Meet with Insurance Sector to Confirm Availability of Insurance for Micro-mobility Devices

The National Road Safety Committee (NRSC) today met with the Cayman Islands Insurance Association (CIIA) and its member companies to discuss insurance coverage for micro-mobility devices, including electric scooters, Segways and similar personal transport devices, following public feedback and questions regarding insurability.

The meeting was attended by members of the National Road Safety Committee, including the Chief Officer for the Ministry of Planning, Lands, Agriculture, Housing & Infrastructure (MPLAHI) in his capacity as Chair, and the Director of the Department of Vehicle and Drivers' Licensing (DVDL). Insurance sector participants included representatives from Caribbean Alliance, CG BritCay, ICWI, Cayman First, Saxon/Indigo, VRS representing Royal Star & Guardian, CINICO, and Island Heritage.

The purpose of the meeting was to re-

view the existing legal and regulatory framework governing micro-mobility devices, confirm how insurance requirements are applied in practice, and support clarity and consistency for the public as enforcement of existing laws takes effect.

During the meeting, it was further confirmed that insurance coverage for compliant micro-mobility devices is currently available through Indigo Insurance, with additional insurers expected to come online in the coming days and weeks, subject to their individual underwriting processes. As with all motor vehicles, insurance availability depends on a device meeting legal and safety requirements.

Under Cayman Islands law, micro-mobility devices that are mechanically propelled and used on public roads are treated as motor vehicles and are subject to the Traffic Act (2023 Revision) and related regulations. Section 16 of the Traffic Act

provides that a vehicle licence may only be issued where the Director of DVDL is satisfied that the vehicle:

- is appropriately classified for licensing purposes;
- has been properly registered and matches the particulars entered in the register;
- has a valid certificate of roadworthiness in force; and
- complies with the Vehicle Insurance (Third Party Risks) Act (2012 Revision).

In practice, this means that valid insurance must be in place before a micro-mobility device can be registered and licensed. DVDL will not register or license a device unless insurance coverage has already been secured. Where a device meets inspection and roadworthiness requirements, it may be insured, subject to the underwriting criteria and commercial decisions of individual insurers.

The NRSC also reiterated that any micro-mobility device not deemed roadworthy by DVDL must not be operated on public roads, and that enforcement of existing laws is carried out by the Royal Cayman Islands Police Service (RCIPS).

The Committee welcomed the constructive engagement of the insurance sector and noted the shared commitment to public safety, clarity and compliance. Ongoing dialogue between Government agencies, enforcement authorities and insurers remains an important part of supporting the safe and lawful use of micro-mobility devices in the Cayman Islands.

Members of the public seeking guidance on inspection, insurance, registration and licensing requirements are encouraged to visit <https://www.dvdl.gov.ky/licencing/e-bikes-scooters-and-similar-personal-transport-devices-2>

New PARBO deadline linked to June UK Illicit Finance Summit

A British-government-organised international summit in June on combating illicit financing is being touted as a final deadline for Cayman and other Overseas Territories to fully enact the Public Access to Registers of Beneficial Ownership (PARBO) legislation.

According to a UK government press release, the focus of the summit is to tackle the flows of dirty money around the world. Scheduled to be held in London over two days from 23-24 June, the Illicit Finance Summit will bring together governments, civil society organisations, and private sector representatives, such as major banks, to build an international coalition to tackle flows of dirty money around the world and strengthen the UK's national security.

Against that background, the clock is said to be ticking for Cayman and other UK OTs to enact the full gamut of the PARBO legislation and regulations, which cover public access to information about who owns companies, funding instruments, and other financial holdings in their respective financial services sectors.

ILLICIT FINANCE SUMMIT LONDON 2026

The UK government statement said the Summit will focus on strengthening global enforcement efforts to prevent, disrupt, and recover dirty money, including through closer collaboration with the private sector. The conference will also forge new agreements to tackle modern methods for moving dirty money, such as laundering in the property sector, misuse of crypto-assets, and trading in illicit gold.

The British Foreign Secretary Yvette Cooper said: "Dirty money fuels crime on the streets of the UK and drives conflict and instability overseas...This government is committed to turning the tide. That's why I will host the Illicit Finance Summit at Lancaster House on 23 and 24 June, bringing together governments, civil

society, and the private sector."

She said the Summit will agree on tough international action on three means through which dirty money is moved. "Illicit gold - which is financing Russia's war in Ukraine; property - used by criminals and kleptocrats to hide cash; and crypto-assets - increasingly exploited by people smugglers to stash away their profits."

The link between the timing of the summit and having the full PARBO law in place was highlighted during a recent sitting of the UK's All-Party Parliamentary group for the Overseas Territories (APPG/OT). The long delay in having the much-negotiated and debated law fully implemented was one of the main talking points, with MPs expressing displeasure at the five-year

lapse since 2020 to have the law in place.

An Order in Council, a British constitutional instrument to directly impose legislation, has already been drawn up, with several MPs insisting that it should be enforced on those territories that have still not passed the full law. Cayman has legislated most of the components, but negotiations are continuing with the British government over a fee system that the Cayman Islands Government (CIG) wishes to put in place to charge persons with 'legitimate interest' to access the registry.

SUGGESTED SIDEBAR

- The link between the timing of the summit and having the full PARBO law in place was highlighted during a recent sitting of the UK's All-Party Parliamentary group for the Overseas Territories (APPG/OT).
- The long delay in having the much-negotiated and debated law fully implemented was one of the main talking points, with MPs expressing displeasure at the five-year lapse since 2020 to have the law in place.

CAYMAN ISLANDS CHAMBER OF COMMERCE



Community Calendar – 12 January 2026

Training

13 January – Essentials of Leadership (Part 1): Developing Your Leadership Style

Time: 9:00 am-1:00 pm Location: Chamber of Commerce, Governors Square, Seven Mile Beach

Every leader has a unique style — and discovering yours is the key to authentic influence. In this opening module of the Essentials of Leadership series, you'll explore your natural strengths, identify growth areas, and learn how to adapt your style to different people and situations.

Register Here: <https://web.caymanchamber.ky/events/Essentials-of-Leadership-Part-1-Developing-Your-Leader-ship-Style-13-January-2026-6453/details>

14 January – Maxwell Series: The Five Levels of Leadership

Time: 9:00am- 1:00pm Location: Chamber of Commerce, Governors Square, Seven Mile Beach

Facilitated by certified Maxwell trainer Tara L. Bush, this interactive workshop

brings John Maxwell's world-renowned Five Levels of Leadership model to life. Through stories, activities, and real-world application, you'll learn how others experience your leadership, how to elevate your influence, and how to build trust-based, high-performing relationships.

Register Here: <https://web.caymanchamber.ky/events/Maxwell-5-Levels-of-Leadership-14-January-2026-6447/details>

15 January – Destroy Limiting Beliefs with CBT & Reframing Mastery (Chelsea Flynn – Session 2)

Time: 1:30pm – 3:30pm Location: Chamber of Commerce, 23 Lime Tree Bay, Governors Square

Part of Chelsea Flynn's transformative six-week programme Unleash the Unstoppable You, this session focuses on uncovering and eliminating the beliefs that hold you back. Experience live hot-seat coaching and learn a powerful CBT protocol to identify, dismantle, and replace limiting beliefs. Leave with a stronger mindset and

a renewed sense of possibility.

Register Here: <https://web.caymanchamber.ky/events/Destroy-Limited-Beliefs-with-CBT-Reframing-Mastery-Session-2-Chelsea-Flynn-15-January-2026-6454/details>

21 January – Emotional Mastery: Turn Triggers into Superpowers (Chelsea Flynn – Session 3)

Time: 11:30am – 1:30pm Location: Chamber of Commerce, 23 Lime Tree Bay, Governors Square

In Week 3 of Chelsea Flynn's Unleash the Unstoppable You series, learn how to break free from emotional hijacking and transform triggers into fuel for growth. Master the 90-second emotional reset, reframe unhelpful reactions, and build emotional resilience that supports success in every area of life.

Register Here: <https://web.caymanchamber.ky/events/Emotional-Mastery-Turn-Triggers-into-Superpower-Session-3-Chelsea-Flynn-21-January-2026-6455/details>

27 January – Essentials of Leadership (Part 2): Emotional Intelligence

Time: 9:00am – 1:00pm Location: Chamber of Commerce, Governors Square, Seven Mile Beach

Emotional Intelligence is the founda-

tion of effective leadership. In this module, learn how to recognise and regulate your emotional triggers, build trust through empathy, foster collaboration, and lead with clarity even under pressure. Strengthen your interpersonal impact and learn practical EQ tools you can apply immediately.

Register Here: <https://web.caymanchamber.ky/events/Essentials-of-Leadership-Part-2-Emotional-Intelligence-27-January-2026-6458/details>

Training

23 January – Economic Forum 2026

Time: 9:00am – 5:00pm

Location: Kimpton Seafire Resort + Spa

The 2026 Economic Forum focuses on one of the defining forces shaping Cayman's future: artificial intelligence. This year features a keynote from Vikram Mansharamani — entrepreneur, author, and global thinker known for championing independent judgment in an age dominated by algorithms. Insights will span governance, workforce development, economic resilience, health systems, trade, and more.

Register Here: <https://web.caymanchamber.ky/events/-Economic-Forum-2026-6396/details>

For more information about Chamber Training courses, please contact Training Coordinator Emily Sintorn at 743-9126 or email Emily.sintorn@caymanchamber.ky.



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Change for Change Donation Drive Kicks Off 2026 Fundraising for Meals on Wheels



► Volunteers out at collection locations during 2025 Change for Change donation drive



► Our Little Miss Queen at Camana Bay during Change for Change 2025

Meals on Wheels Cayman Islands is preparing to launch its annual Change for Change Donation Drive, taking place over two days on Friday, 30th and Saturday, 31st January 2026, and is calling on volunteers of all ages to unite in support of seniors in need across Grand Cayman.

As the first of several fundraising initiatives held throughout the year, the Change for Change Donation Drive plays a vital role in sustaining Meals on Wheels' daily meal delivery programme. The success of the event depends heavily on community participation, with more than 300

volunteers supporting the drive in 2025, this year, the organisation is once again seeking hundreds of volunteers to assist with collecting spare change and cash donations at 13 locations generously made available at businesses across Grand Cayman.

Jennifer L. West, CEO of Meals on Wheels Cayman Islands, underscored the importance of early volunteer engagement, stating, "We are truly grateful to those who have already signed up, and hopeful that we will again secure the 300 volunteers needed to make this year a success. If you

can smile and shake a bucket, I encourage anyone who can spare just two hours to join us. Individuals, families, schools and service clubs can sign up and "Be the Change" during this year's event.

Ms West added that volunteers are central to the drive's impact, "With volunteers visible across the island, we connect with more members of the public who may not be aware of the food insecurity that many are facing right here on our shores." The event often brings referrals as the pub-

lic identifies seniors who they know of in need of services but didn't know how to get our services to them. "Each act of generosity quickly adds up and makes a meaningful difference in the lives of our seniors," she said.

Volunteers of all ages are invited to participate by signing up for a two-hour shift at a location of their choice. Registration is available online at: www.mealsonwheels.ky

Meals on Wheels extends its sincere thanks to the Perricome Family Trust, this year's Change for Change title sponsor who will cover the cost of buckets, volunteer shirts, signage and other event costs, ensuring that 100% of every donation collected will be used to provide meals for seniors across Grand Cayman. "A huge thank you to companies and businesses that have offered the use of their properties for this important cause, demonstrating strong community spirit and continued support for Cayman's senior population," expressed Ms West.

Special Opportunity for Companies

Meals on Wheels also invites companies to "Take Over" a location by rotating their staff teams throughout the day on Friday at the location of their choice. As part of the challenge, the company can then match the funds raised during the "Take Over" period. The company raising the most funds will earn the title of 2026 Change for Change Champion taking the title from last year's winner, the Public Service Pension Board. Email info@mealsonwheels.ky to secure your company's location and let the public know you are in it to win it!

For general information about Meals on Wheels, email info@mealsonwheels.ky or call 929-1411. To pledge a donation, visit www.pledgeasenior.com.



► CIS Students at Kirk Market for Change for Change 2025

Professionals from Cayman Islands recognised in Citywealth Global Guardians 100 list

The Citywealth Global Guardians 100 list 2025 that recognises consistent excellence in private client work across law, tax, accountancy and investment management has now been published.

Each individual named has made a distinctive contribution to their field and is widely regarded for their technical skill, integrity and service to clients.

Amongst the outstanding professionals from the Cayman Islands who have been recognised for their achievements are

- **Maxine Bodden Robinson**, co-founder and principal of IMG Trust Company and a recognised leader in the use of private trust companies, covering licensing, registration, and operations.

- **Peter Goddard**, co-founder and Head of Private Client Services at IMG Trust Company and a former barrister. His expertise extends to overseeing significant operating businesses within trust structures and developing innovative philanthropic programs

- **Ingrid Pearce**, global managing partner at **Walkers**, who heads the Cayman Investment Funds Group. *"Her deep knowledge of the industry allows her to fashion solutions that work in the real world and are tailored to our business"* says a colleague

Full 2025 list Wealth Management Directory – Citywealth Leaders List (About & Methodology) - Citywealth

The **Citywealth Leaders List** is an independent directory of top private wealth advisers, from lawyers to trustees and bankers. Its user ratings section allows clients and peers to leave verified reviews and star scores.



► Maxine and Karen



► Peter Goddard and Penny Mordaunt



► Ingrid Pearce



► Maxine Bodden Robinson



► Peter Goddard

Cayman Brac duty concessions extended; flat rate on building materials continued for Grand Cayman

On 31 December 2025, Cabinet approved the extension through 31 December 2030 of a slate of duty abatements including a reduced flat-rate import duty on building materials to Grand Cayman, and a significant concessions package for the Sister Islands predominantly intended to spur economic activity in Cayman Brac.

The extended concessions include a flat 15% import duty rate on building materials imported to Grand Cayman, while other measures focus specifically on the Sister Islands.

These include a continued 100% import duty waiver on building materials imported to Cayman Brac and Little Cayman; and a 100% import duty waiver on gasoline imported to Cayman Brac extended to Little Cayman as well.

The concessions granted to Cayman Brac include a 100% stamp duty waiver on undeveloped land purchases under the value of \$2 million; a reduced rate of 3% stamp duty on developed properties under the value of \$2 million; and a 100% import duty waiver on household appliances imported to Cayman Brac. The household appliances are listed to include refrigerators, dishwashers, water heaters, pumps, washers, dryers, ranges, cook



► Hon. Minister of Finance Rolston Anglin

tops, and ovens only.

These concessions aim to encourage construction, investment, and job creation on Cayman Brac, and are an extension and adjustment of measures originally approved by the administration of the time in 2011, extended in 2015 and again in 2020 by subsequent administrations to provide economic stimulus to the Sister Islands, encouraging economic growth and stability in Cayman Brac specifically.

The conditions for the 100% stamp duty waiver for undeveloped land in Cayman Brac include the following:

- The property must be developed, within two years of grant of a stamp duty waiver, with a building which requires planning approval and a Certificate of Occupancy to occupy;

- If the property is not developed within the two-year period, the applicant may apply to the Minister for Finance and Economic Development for an extension of the concession for up to a further two years;

- If the property is not developed within two years of approval or further period approved by the Minister for Finance and Economic Development the stamp duty originally waived is payable in full plus a penalty of 10%; and

- A restriction shall be placed on the property prohibiting the transfer until all conditions of the waiver are met.

With regard to the 15% flat-rate of import duty charged on building materials destined for use in Grand Cayman, building materials are defined as: All physical components and substances, whether solid or liquid, used in the construction, renovation or restoration and forming a

permanent part of any building or related structure.

Specifically excluded are the following items: furniture and accessories; floor mats and rugs; linens; draperies; blinds; curtains and other window coverings; dishes; cutlery; cooking utensils; electronic security systems; televisions; stereos; speakers; entertainment systems; satellite dish systems; computers or other similar electronic equipment; construction tools or any other trade tools; and all household appliances such as refrigerators, freezers, dishwashers, icemakers, water coolers, water heaters, pumps, washers, dryers, ranges, cook tops, ovens and grills.

Minister for Finance and Economic Development Hon. Rolston Anglin, JP, MP said, "This package supports economic activity in Cayman Brac in a responsible and targeted way, helping to maintain stability and encourage continued investment. The concessions form part of our broader commitment to strengthening economic activity in Cayman Brac and creating the right conditions for long-term growth and opportunity, and further demonstrate this Government's commitment to the Sister Islands and supporting sustainable development across the Cayman Islands."

Accomplished flamenco guitarists to perform through CayMusicA

CayMusicA, the not-for-profit organisation that facilitates world-class musical performances and education in the Cayman Islands, has lined up an impressive kick-off to the new year: acclaimed flamenco musicians The Nathan Herrera Trio and Caro will be performing as part of its Music-at-the-Library series.

"We are very excited to have these accomplished artists perform for us," said Marius Gaina, executive director of CayMusicA. "These two events enable us to showcase a unique genre of music and they promise to be extremely engaging and lively."

Both concerts will take place in the George Town Public Library from 6-7 pm on 15 and 17 January.

The first concert, on Thursday, 15 January with The Nathan Herrera Trio, will include traditional styles of music, but with a modern twist. Original works will be performed on guitar, percussion and electric bass, and Herrera will provide a commentary throughout the performance, offering insights into the cultural and musical meaning of each piece. Other members of the

trio include William Murray on guitar and Luis Eden on percussion.

Herrera has been playing guitar since the age of 15, pursuing his passion through masterclasses with renowned musicians like Pepe Romero, the LA Guitar Quartet and Adam Del Monte. He deepened his expertise in flamenco guitar through studies in Seville, Spain, under the guidance of Juan Diego Mateos and Antón Jiménez.

He has collaborated with celebrated flamenco dancers such as Sonia Olla, José



► Cara will be performing at the George Town Public Library on 17 January 2026 as part of CayMusicA's Music-at-the-Library series.



► Nathan Herrera of The Nathan Herrera Trio will be performing at the George Town Public Library on 15 January 2026 as part of CayMusicA's Music-at-the-Library series.

Moreno and Miguel Vargas, as well as singers Alfonso Cid, El Mati and Ismael de la Rosa. His artistry has been showcased with Flamenco Vivo Carlota Santana, featured in National Geographic's documentary "Voices of Mariel", and highlighted in the Cannes Film Festival's short films segment.

Among his distinguished performances are events for Sarah Jessica Parker's Fashion's Night Out, Alicia Keys and the Tribeca Film Festival, as well as private occasions like the weddings of Jesse Tyler Ferguson

and the producer of "The Regis and Kelly Show".

Caro will perform on Saturday, 17 January. She is a seasoned performer who brings her own perspective, as she has been immersed in Spanish gypsy culture and offers performances that are a unique blend of masculine and feminine energies.

CayMusicA will also offer a masterclass for young guitarists who are interested in exploring flamenco music and expanding

their playing beyond this genre.

Tickets are CI\$25 at the door and US\$30 online. For those buying tickets online, CayMusicA invites people to bring a friend for a two-for-one ticket price. Students can also purchase tickets for CI\$10 at the door or US\$10 online. To purchase tickets or for more information, visit caymanartsfestival.com, email enquiries@caymanartsfestival.com or call 922-5550.

More details on CayMusicA's 2026 season will be shared shortly as well.

POLICE NEWS

Water-Related Death



On Saturday morning, 10 January, just after 8:50AM, the Cayman Islands Coast Guard duty team responded to a report of a person in distress in the waters off the West Bay Dock. It was reported that a man had been diving from a boat when he appeared to experience difficulties while resurfacing. He was assisted onto the boat where he lost consciousness, and crew members of the dive vessel and a Coast Guard member conducted CPR as he was transported back to shore. EMS attended the location and, upon returning to shore, the man was transported to hospital via

ambulance. He was later pronounced deceased by the attending physician.

The deceased is a man age 60 years old of Canada. The RCIPS & CICG expresses condolences to his family and friends.

Police Investigate Robbery in George Town

Shortly after 9:00PM on Sunday, 11 January, officers responded to a report of a robbery at an address on Whitman Seymour Road, George Town. It was reported that three men approached a residence at the location and forced their way in, brandishing firearms and demanding cash. The men then made off with a quantity of cash, jewellery and personal items.

No shots were fired and no one was injured during the incident.

One of the culprits is described as being of medium height, slim and of dark com-

plexion. He had short braided hair and was wearing black pants and a black hoodie.

The other two men are described as being tall and slim, with dreadlocks, and wearing masks.

The matter is currently under investigation and anyone with information is asked to contact 949-4222.

Tips can also be submitted anonymously via the Cayman Crime Stoppers website <https://caymancrimestoppers.com/> or by downloading the Cayman Crime Stoppers app.

Men Arrested Following Recovery of Firearm

Early on Sunday morning, 11 January, officers in the vicinity of Selkirk Drive in George Town observed two masked men behaving suspiciously. Officers approached the men and detained them

for questioning. One of the men was carrying a hatchet. Officers conducted a search of the men and a loaded firearm was found in a bag carried by the other man.

The firearm, hatchet, and other items were seized and both men, age 30 residing in Bodden Town, and 35 residing in George Town, were arrested on suspicion of possession of an unlicensed firearm and

going equipped for stealing. Following enquiries, police have ascertained that one of the men is an overstayer of almost 4 years. They remain in custody as investigations continue.

The meditative art of quilting



► Artist Nasaria Suckoo Chollette

By Lindsey Turnbull

Multi-talented artist Nasaria Suckoo Chollette is hosting a quilting activity at the upcoming Island Soul Festival, which is taking place on Saturday 31 January from 10:00 am to 6:30 pm at the Holiday Inn Resort, Grand Cayman. Touted as a full day wellness and creativity experience, the festival will be a great opportunity for everyone to truly connect with some exciting and new holistic experiences. In this article we chat with Nasaria about her love of quilting and why the art has such cultural significance.

The art of quilting was born from a 'waste not, want not' way of life of old, Nasaria explained.

"Older Caymanians wasted nothing, because they had so little to begin with," she said. "Old flour sack was saved to sew underwear out of. Old chicken feed sacks cloth, usually blue with small flowers all over, were saved and pieced together to make dresses, old magazines were saved to paper the kitchen with at Christmas time, and the silver or gold paper that lines cigarette packets were saved and wrapped around pinecones to decorate the Christmas tree. Nothing was thrown away."

Likewise, no scrap of cloth ever went to waste, with small remnants of garments, curtains or bedsheets being sewn together to make a blanket or quilt for the bed.

"Later on, when there were more means, quilting became a community gathering event, where women made decorative and geometric patterned quilts while sharing their lives with each other," Nasaria explained.

She works regularly with a small sewing group called Friends and Needles.

"While it's no longer a practiced by many people, the works continue in small groups like this, and it has been a natural process for me to then infuse a lot of that into my artwork."

Always being a very tactile person,

Nasaria said she rarely even used paint brushes anymore, preferring to use her hand and fingers to create with, so sewing onto a piece was just another extension of that preference.

"Each stitch is meditative, intricately tying me to my work," she advised.

At the Island Soul Festival, Nasaria said she planned a quilting activity, not an exhibition.

"It is art as meditation. So, each participant will be asked to sit in silence for a moment and reflect on the week just passed. Perhaps a happy moment of celebration, a trying moment, a decision they have to make, etc. Then they can then approach the provided clothes scraps and choose four that initially catch their eye, have a texture they like or that fit the mood they are in stemming from their meditations. There will be examples to follow and suggestions for what can be done to the work, (patching them together, embroidering through them or adding an applique), to create a quilt panel that expresses your feelings," she advised.

A gifted and natural storyteller, Nasaria said sometimes her quilting was done by pure instinct, but for the most part she started from a story she would like to tell and then builds pieces around that.

"Since I am usually working and leading several artisans, I start by researching the topic, for example, seafarers. I find the stories, and share with them, and then we work on a design idea with which to tell the story. Then we choose materials and plan techniques, and each person goes away to complete their pieces. We come together every two weeks to work together, share what we have, and critique. The last part of the process is to piece the works together so that it feels like one connected work and then sew them together and complete the quilting process. These quilts are for hanging as art."

Next week we will delve more deeply into some of the incredible quilting work Nasaria and her group have produced.



► Alchemy VI is another beautifully created piece of quilting



► An example of Nasaria's quilting entitled Alchemy IV

CRUISE SHIP SCHEDULE — WEEK — JANUARY 18-24



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
Koningsdom	Adventure of the Seas		Celebrity Silhouette	Independence of the Seas	Sun Princess	Celebrity Summit
			Norwegian Jewel	Norwegian Prima	Carnival Miracle	
			Norwegian Viva	Carnival Venezia	Celebrity Xcel	
			Zuiderdam			
			Carnival Sunrise			
Total Passengers	Total Passengers	Total Passengers	Total Passengers			Total Passengers
2,650	3,000	0	14,858	11,772	10,365	2,158

Flu Vaccination Schedule

January 12-30, 2026

NO APPOINTMENT REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	13 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	14 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	15 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	16 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)
19 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	20 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	21 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	22 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	23 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)
26 National Heroes Day	27 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	28 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	29 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)	30 All District Health Centres 2:30 pm - 4:00 pm (Bodden Town, West Bay, North Side, East End, Smith Road Medical Centre)

Persons wishing to be vaccinated in the
Sister Islands please contact
Cayman Brac: 244-7643 / 926-2436
Little Cayman: 916-5395





► Students and members of the CIFEC school community come together in celebration, reflecting the pride and shared achievement behind the institution's Good School standing.

Clifton Hunter High School and CIFEC Attain Good School Standing



► Students and school leaders at Clifton Hunter High School are joined by Hon. Johany "Jay" Ebanks, Hon. Rolston Anglin, MOET Chief Officer Cetonya Cacho, Deputy Chief Officer Jerome McCoy, and Deputy Chief Officer Elroy Bryan, as the school celebrates achieving Good School standing.



► Students cheer with excitement at Clifton Hunter High School as they celebrate their new Good School rating alongside Hon. Rolston Anglin, Chief Officer Cetonya Cacho, and Principal Ms. Buchanan, marking a proud moment for the entire school community.

Clifton Hunter High School (CHHS) and the Cayman Islands Further Education Centre (CIFEC) have both attained a Good School standing following their most recent inspections by the Office of Education Standards (OES).

Both institutions marked the achievement with school-based celebrations on Monday, 12 January 2026, bringing together students, staff, and partners to recognise the collective effort behind the outcome. At Clifton Hunter High School, the occasion was attended by the Hon. Rolston Anglin, Minister for Education and Training, along with the Hon. Johany "Jay" Ebanks, Minister for Planning, Lands, Agriculture, Housing and Infrastructure and Member of Parliament for North Side.

With this milestone, all government high schools in the Cayman Islands are now rated 'Good'.



► Students, members of the CIFEC school staff, MOET Human Resources Director Kimari Fletcher-Barrett, Hon. Rolston Anglin, Chief Officer Cetonya Cacho, and Deputy Chief Officers Jerome McCoy and Elroy Bryan—come together in celebration, reflecting the pride and shared achievement behind the institution's Good School standing.

Seahawks eye Super Bowl title



► Jaxon Smith-Njigba is a brilliant wide receiver

The wild-card round of the 2025 NFL playoffs is completed, and the divisional round matchups are set. In the NFC, the San Francisco 49ers will play at the Seattle Seahawks on Saturday, and the Los

Angeles Rams face the Bears in Chicago on Sunday. As for the AFC, the Buffalo Bills take on the Denver Broncos on Saturday, while the New England Patriots host the Houston Texans on Sunday.

The top spot is firmly in the grasp of the Seahawks, who dominated the 49ers in San Francisco to close out their regular season. The Seahawks clinched the NFC West title and the No. 1 seed in the NFC

playoffs. The Rams remained second on the board after a 34-31 wild-card win over the Panthers in Carolina, and the Pats sit in third after a 16-3 win over the Chargers to open the postseason.

After earning the No. 1 seed, Seattle are coming off two weeks of rest in that matchup whereas the 49ers have just six days to prepare following their Wild Card win over the Philadelphia Eagles on Sunday.

The Seahawks have several other factors working in their favour as they try to reach Super Bowl LX on February 8. Seahawks quarterback Sam Darnold has emerged as a Super Bowl MVP favourite alongside Los Angeles Rams signal-caller Matthew Stafford.

The only two non-quarterbacks in the top-10 are Seahawks wide receiver Jaxon Smith-Njigba and Rams pass-catcher Puka Nacua. That pair led the NFL in receiving yards by a sizable margin in the 2025 regular season. Both had more than 1,700 yards, while no other player hit 1,500.

Smith-Njigba made history en route. He became the first player to lead the NFL in receiving yards while playing for the No. 1 seed in his conference since Jerry Rice in 1994, when the 49ers went on to win Super Bowl XXIX.

There's still a lot of work to be done before Darnold can secure a Super Bowl MVP. But his defense is the best in the league, and that at least gives him a better chance than most.

West Indies face Afghanistan to prepare for World Cup

West Indies are missing crucial players in the squad for the T20 series against Afghanistan as preparation for the World Cup next month.

Cricket West Indies' 16-member squad for the three-match T20 International series against Afghanistan will be played at the Dubai Cricket International Stadium in the United Arab Emirates from January 19-22.

The series serves as crucial preparation ahead of the ICC Men's T20 World Cup which begins on February 6, with the final squad for this competition to be announced ahead of the three-match T20I series against South Africa set for January 27-31.

T20 captain Shai Hope, along with established players Roston Chase, Akeal Hosein and Sherfane Rutherford were unavailable for selection due to commitments in the ongoing SA20 tournament.

In Hope's absence, Brandon King has been appointed captain. King has previously led the West Indies in T20 Internationals, including during the home series against South Africa in early 2024, and brings valuable leadership experience into this assignment. Shamar Joseph and Evin Lewis are back in action for this series after injury.

West Indies T20 squad: Brandon



► Brandon King leads the West Indies in Afghanistan

King (capt), Alick Athanaze, Keacy Carty, Johnson Charles, Matthew Forde, Justin Greaves, Shimron Hetmyer, Amir Jangoo, Shamar Joseph, Evin Lewis, Gudakesh Motie, Khary Pierre, Quentin Sampson, Jayden Seales, Ramon Simmonds, Shamar Springer.

United start new era hopeful of positive result against City



► Manchester United are having another turbulent season

Manchester United's latest managerial change sees Michael Carrick begin his reign with the toughest possible debut, a local derby with the mighty Manchester City.

The newly-appointed interim manager will pit his wits against Pep Guardiola for the first time in Saturday's thriller at Old Trafford.

Carrick has replaced former teammate Darren Fletcher at the Theatre of Dreams on a deal until the end of the season. The ex-Middlesbrough boss edged out ex-teammate Ole Gunnar Solskjaer to land the job following Ruben Amorim's

surprise sacking on January 5. He has taken over a side who last won against Newcastle on Boxing Day.

As a result of their 2-1 loss to the Seagulls, seventh-placed United have been dumped out at the first stage of both domestic cups for the first time since the 1981/82 season.

And with the club without European football this term, United will be playing just 40 games this campaign - the first time this has happened since 1915. At least United will have Bryan Mbeumo back from duty for Cameroon at Afcon.

GAS PRICES

Gas Prices as at Wednesday 14 January, 2026



Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	5.25	n/a	5.45
NorthSide	Jack's Esso (Jack's II)	C L	O S	E D
Bodden Town	Lorna's Rubis	5.06	5.31	5.15
Bodden Town	Mostyns Esso	5.02	5.55	5.15
Savannah	Savannah Rubis	4.99	5.41	5.15
Red Bay	Barcam	4.95	5.5	5.44
Red Bay	On The Run (Brown's Red Bay)	4.84	5.43	5.31
Red Bay	AA Red Bay	4.93	5.33	5.13
George Town	Jose's Escape	4.93	5.33	5.13
George Town	Refuel (Airport)	4.69	5.29	4.97
George Town	Esso Tigermart 4 Way Stop (JS)H&B 11	4.99	5.45	5.06
George Town	Eastern Avenue Rubis	4.97	5.37	4.97
George Town	Walkers Rd. Rubis	4.99	5.45	5.2
George Town	On The Run (Mike's Walkers Rd.)	C L	O S	E D
George Town	On The Run (Brown's Industrial Park)	4.86	5.4	5.06
George Town	On The Run (Mike's 7 Mile)	4.95	5.5	5.06
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	4.94	5.45	5.01
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	4.99	5.45	5.25
West Bay	Hell Esso	5.09	5.54	5.04
West Bay	Esso 4 Way Stop (Four Winds)	5.05	5.54	5.06
West Bay	Oasis Batabano	5.1	5.5	5.16
George Town	Scotts Landing	n/a	5.47	5.31
Cayman Brac	West End	n/a	5.77	5.71
Cayman Brac	The Pit Stop	n/a	5.77	n/a
Little Cayman	Village Square		6.96	7.23

Lowest Prices	Grand Cayman	4.69	5.29	4.97
Highest Prices	Grand Cayman	5.25	5.55	5.45

FUEL EXPENSE REDUCTION



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



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



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

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

Raffle Tickets \$10, FREE ENTRY & FOOD!

(Donations Accepted) RAFFLE PRIZES: 10 x Gift Certificates from Jewellers International, Staycation at the Holiday Inn Resort Grand Cayman, plus many more prizes! Fun day & games for children: Egg & Spoon Race / Sack Race / Bouncy Castle and more!

OUR SPONSORS



Ministry of Social
Development & Innovation
Cayman Islands Government



DR. TOMLINSON



Hope For Today
Community Challenge
Contact Brent at 928-9099
www.caymanhopefoundation.com

Contacts: Albert McClean 925-7296 • Neil Murray 925-8783 • Brent McLean 926-4040 • Lloyd (Stoocka) Ramoon • RJ Berry 916-0089

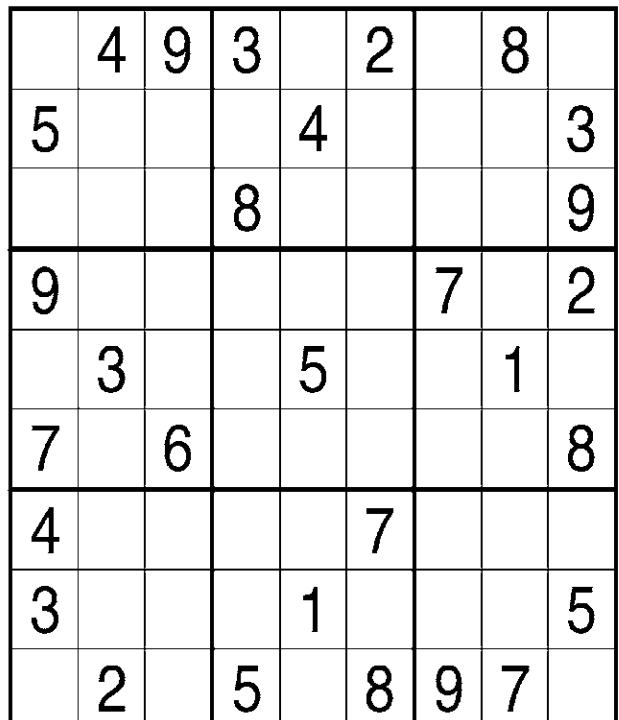
Cayman is home to many people with substance abuse. As a community we can all make a difference in the lives of those individuals.

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

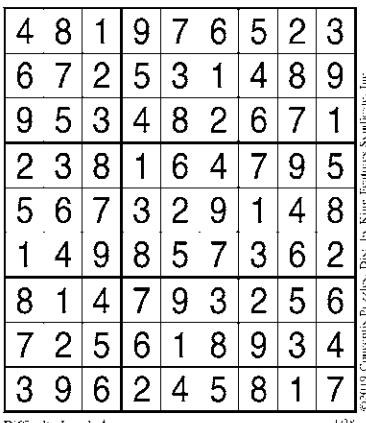


Difficulty Level ★★

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1/29

Answer to previous puzzle



Difficulty Level ★★

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1/29

Word Search



Abscond
Adieu
Adios
Arrivederci
Cheerio
Ciao
Clear out
Decamp
Depart
Egress
Elope
Evacuate
Exit
Farewell

Flit
Goodbye
Hit the road
Leave
Move off
Quit
Retire
Retreat
Scram
Set sail
So long
Vamoose
Withdraw

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



THE AMAZING SPIDER MAN

By Stan Lee



CURTIS

By Ray Billingsley



JUDGE PARKER

By Woody Wilson & Mike Manley



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 and apply today.

January 2026 Services at St. Alban's Anglican Church

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

Band Aid 3

17 January - There will be a benefit concert on Saturday 17 January at Bevvy Bar, WB Road to support The Hurricane Melissa Appeal with the Cayman Islands Red Cross. Enjoy performances from local artists and bands. Doors open at 2pm and the cost is

CI\$25. Call 938-2273 for more information.

Music at the Library

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. For more information, call 922-5550.

Cayman Islands Cancer Society – Stride Against Cancer

25 January - The event starts and finishes 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



► National Heroes Award Ceremony is on Monday 26 January.

Queen Elizabeth II Botanic Park – Family Fun Day

25 January - The Garden Club of the Cayman Islands and the QE II 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 Heroes Day

26 January - National Heroes Day 2026 honours those who have shaped the econ-

omy of our Islands through their vision, hard work, and determination. The public is invited to the 2026 National Heroes Day Awards Presentation which will take place on 26th January at 9am in Heroes Square. This will be followed by festivities on Cardinall Avenue beginning at 4pm. Local crafts, food and beverages available for purchase

Send your community events to wendy@caymaniantimes.ky

How to Stick With Your New Year's Fitness Resolutions

Every January, gyms fill up, motivation runs high, and millions of people commit to improving their health and fitness. Yet by February, many of those resolutions quietly fade away. This isn't because people lack willpower — it's because most resolutions are built on unrealistic expectations, poor planning, and short-term motivation.

The good news? Sticking with your New Year's fitness resolutions is completely achievable when you focus on sustainable habits, smart strategies, and long-term thinking. Here's how to make this year different.

1. Shift From Resolutions to Habits

Resolutions often focus on outcomes like weight loss or physical appearance. Habits focus on behaviors you can control every day.

Instead of saying, "I want to lose 25 pounds," focus on:

- Exercising three to four times per week
- Walking daily
- Strength training consistently
- Eating balanced meals most of the time

When habits are consistent, results follow naturally.

2. Set Realistic and Specific Goals

One of the biggest reasons people quit is setting goals that are too aggressive. Extreme plans lead to burnout, injury, or frustration.

A realistic fitness goal should be:

- **Specific:** "Train 3 days per week"
- **Measurable:** Track workouts, steps, or reps
- **Achievable:** Fits your lifestyle and schedule
- **Relevant:** Aligned with your health needs
- **Time-based:** Reassessed monthly, not yearly

Small wins build confidence. Confidence builds consistency.

3. Create a Clear, Simple Plan

Motivation fades quickly without structure. A clear plan removes decision-making and excuses.

Your plan should answer:

- What days will I train?
- What type of exercise will I do?
- How long will each session be?

You don't need a perfect plan—just one

you'll actually follow.

4. Start Slower Than You Think You Should

Many people go too hard in January, trying to "make up" for past inactivity. This often leads to excessive soreness, fatigue, or injury.

Instead:

- Begin at 60–70% effort
- Focus on technique and movement quality
- Gradually increase intensity over several weeks

Fitness is a long-term investment, not a short-term punishment.

5. Prioritize Strength Training

Strength training is one of the most effective ways to stay consistent with fitness resolutions.

Benefits include:

- Increased metabolism
- Improved joint health
- Better posture and balance
- Greater independence with aging
- Reduced injury risk

Training two to three times per week is enough to see meaningful results.

6. Build Fitness Into Your Lifestyle

Resolutions fail when fitness feels separate from daily life.

Look for ways to:

- Walk more throughout the day
- Take stairs when possible
- Stretch while watching TV
- Move during work breaks

These small actions reinforce an active identity and reduce pressure to be "perfect."

7. Expect Obstacles—And Plan for Them

Life will interfere. Busy schedules, low energy, travel, stress, and illness are normal.

Instead of quitting when disruptions happen:

- Have shorter workout options
- Keep a "minimum effort" rule (even 10 minutes counts)
- Resume quickly rather than waiting for motivation

Consistency isn't about never missing—it's about returning faster.

8. Focus on How Exercise Makes You

Feel

Many people quit because they focus only on the scale or mirror. These measures fluctuate and can be discouraging.

Pay attention to:

- Improved energy
- Better sleep
- Reduced stress
- Increased strength
- Improved mood

These benefits appear long before physical changes and are powerful motivators.

9. Track Progress Beyond Weight

The scale doesn't tell the full story. Track:

- Workouts completed
- Steps per day
- Strength gains
- Resting heart rate
- Flexibility or mobility improvements

Progress creates momentum—and momentum keeps resolutions alive.

10. Remove the "All-or-Nothing" Mindset

Missing workouts doesn't mean failure. It means you're human.

Adopt the mindset:

- One missed workout doesn't ruin progress
- One unhealthy meal doesn't define your diet
- Consistency over months matters more than perfection

This mindset alone can keep you committed all year.

11. Invest in Support and Accountability

People are far more likely to stick with fitness goals when they have support.

Options include:

- **A personal trainer**
- Group classes
- Workout partners
- Coaching programs

Accountability turns intention into action.

12. Prioritize Recovery and Sleep

Overtraining and lack of recovery sabotage motivation.

Focus on:

- Getting 7–9 hours of sleep
- Scheduling rest days

- Managing stress
- Staying hydrated

Recovery isn't optional—it's part of progress.

13. Make Fitness Enjoyable

If you hate your workouts, consistency won't last.

Choose activities you enjoy:

- Strength training
- Walking or hiking
- Cycling
- Swimming
- Group fitness

Enjoyment beats intensity every time.

14. Reflect Monthly, Not Just in January

Waiting until the end of the year to evaluate progress is a mistake.

At the end of each month:

- Review what worked
- Adjust what didn't
- Reset goals if needed

Reflection keeps your approach flexible and realistic.

15. Remember Your "Why"

Your motivation must go deeper than aesthetics.

Common powerful reasons include:

- Better health
- More energy
- Reduced pain
- Confidence
- Longevity and independence

When motivation dips, your "why" carries you forward.

Final Thoughts

Sticking with your New Year's fitness resolutions isn't about willpower or perfection—it's about structure, patience, and consistency. When fitness becomes part of who you are rather than a temporary goal, results become inevitable.

This year, don't aim for extreme change. Aim for sustainable habits, steady progress, and long-term health. January is just the beginning—but what you build now can last a lifetime.

If you're looking for a personal trainer call Ernest at Body Shapers Personal Training Fitness Studio 325-8696.

Churchill's Funeral Home

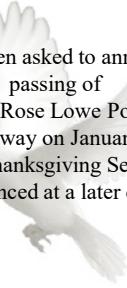
We have been asked to announce the passing of Mr. Alfred Robert Newton Solomon, who passed away on January 03, 2026. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

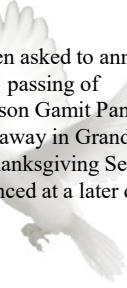
We have been asked to announce the passing of Mrs. Rose Lowe Pope, who passed away on January 13, 2026. Details of a Thanksgiving Service will be announced at a later date.




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Churchill's Funeral Home

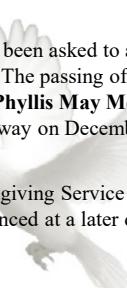
We have been asked to announce the passing of Mr. Nelson Gamit Panahon, who passed away in Grand Cayman. Details of a Thanksgiving Service will be announced at a later date.




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Churchill's Funeral Home

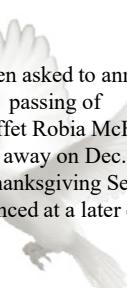
We have been asked to announce The passing of **Ms. Phyllis May Moxam** Who passed away on December 28th 2025. A Thanksgiving Service will be Announced at a later date.




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Churchill's Funeral Home

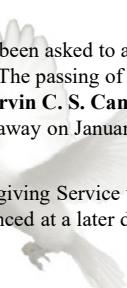
We have been asked to announce the passing of Mr. Jaffet Robia McField, who passed away on Dec. 28, 2025. Details of a Thanksgiving Service will be announced at a later date.




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Churchill's Funeral Home

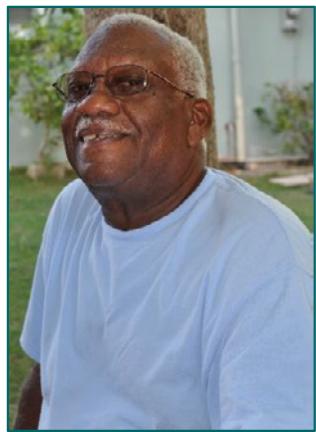
We have been asked to announce The passing of **Mr. Orvin C. S. Campbell** Who passed away on January 13th 2026. A Thanksgiving Service will be Announced at a later date.




Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce The passing of **Mr. Herbert D. Martin** Who passed away on January 05th 2026. A Thanksgiving Service will be held at The Cayman Islands Seafarers Associations Hall, Prospect, George Town, Grand Cayman, Cayman Islands on Saturday, January 31st 2026 at 3:00 p.m. Viewing: Closed Casket Interment: Prospect Cemetery



Condolences can be registered at churchillsfuneralhome.com



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"



Churchill's Funeral Home

We have been asked to announce The passing of **Ms. Evon Veinetta Trusty** Who passed away on January 03rd 2026. A Thanksgiving Service will be held at Savannah Seventh-day Adventist Church, Savannah, Grand Cayman, Cayman Islands on Sunday, January 18th 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

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Kristine Evelyn Phillips, who passed away on December 26, 2025. A Thanksgiving Service will be held at West Bay Church of Christ, 24 Batabano Road, West Bay, Grand Cayman, Cayman Islands on Saturday, January 17, 2026 at 2:00 p.m. Viewing: Closed Casket Interment at: West Bay Cemetery, across from the fire station



Condolences can be registered at churchillsfuneralhome.com

Caymanian Times Classifieds

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 provided 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

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

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 ivy@thistle.ky

AET Services Ltd is seeking qualified Caymanians or Permanent Resident Holders for the restaurant positions below.

Line Cooks

Kitchen Assistants

Cashier/F & B Servers

F & B Server/Kitchen Assistants

Applicants should have more than 2 years' experience working in a restaurant and be available to work varying shifts, holidays, and weekends.

Interested and qualified persons should email a cover letter, resume, proof of status on island, and a clean police record to aetservicesltdhr@outlook.com

Wages start at CI\$8.00 and are based on experience

Project Manager

This is a contract-based position for a term of up to three years.

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 Project Delivery, the successful candidate will:

- assemble multi-disciplinary project teams for large projects such as power generation expansions, building additions, mechanical/civil upgrades, etc.;
- develop new and revise existing business processes that support the Company's mission, goals and objectives and assigned projects;
- identify and implement improvements to the safety, reliability and efficiency of the existing North Sound Road Power Plant and other installations through the development of scope of works, engineering design specifications and detailed engineering design;
- assist with developing the Company's engineering standards and practices;
- provide engineering support to all departments as required;
- ensure the Company's safety practices and procedures are followed by employees and contractors on all assigned projects;
- provide on-call support as needed.

Applicants must possess a Bachelor's degree in Electrical Engineering; minimum of five years experience in the management and execution of electrical engineering projects within a utility environment, including generation, transmission and distribution systems, substation upgrades, protection system installations and battery storage projects; minimum of five years work experience in electric utilities; and PMP Certification or equivalent.

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

CUC offers a very competitive benefits package including pension, health and life insurance. Caymanians, Cayman Status holders and permanent residents are preferred. To apply, visit the Company's website (www.cuc-cayman.com), click on the "About CUC" tab on the Home Page, scroll down to "Careers", navigate 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 no later than **Thursday, February 5, 2026**. Applications through recruitment agencies will not be accepted. Only candidates who are short-listed will be contacted for an interview.



The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001
You've got the power

INVESTORS IN PEOPLE
We invest in people Gold



Senior Project Coordinator

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 Project Delivery, the successful candidate will:

- assemble and supervise multi-disciplinary project teams on large projects such as power generation expansions, building additions and mechanical/civil upgrades and assist as a site work expert in complex site working conditions prioritizing reliability and safety;
- identify and implement improvements to the safety, reliability and efficiency of the existing Power Plant and equipment through the development of scope of works, engineering design specifications and detailed engineering design;
- supervise project support staff and their deliverables within the Project Delivery Department provide mentorship support to a cross functional development team;
- assist as a subject matter expert for creating detailed engineering solutions for moderate to complex problems and develop new and revise existing business processes that support the efficient and timeous achievement of project and Company objectives;
- assist with developing Company engineering standards and practices as a subject matter expert while creating detailed engineering standards in areas of proficiency;
- provide technical support to all departments within the Company as required.

Applicants must possess a Bachelor's Degree in Electrical or Mechanical Engineering or a minimum of 20 years experience in a similar field; minimum of five years of work experience with electric utilities; minimum of three years related experience in drafting and layout of engineering projects; demonstrated proficiency with Computer Aided Design (CAD) software; and Microsoft Project Certification or equivalent and five plus years experience using project management software.

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

CUC offers a very competitive benefits package including pension, health and life insurance. Caymanians, Cayman Status holders and permanent residents are preferred. To apply, visit the Company's website (www.cuc-cayman.com), click on the "About CUC" tab on the Home Page, scroll down to "Careers", navigate 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 no later than **Thursday, February 5, 2026**. Applications through recruitment agencies will not be accepted. Only candidates who are short-listed will be contacted for an interview.



The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001
You've got the power

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We invest in people Gold



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), 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



WORC Online Job Posting Available

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

SAVE

on Job Advertising

2 NEWSPAPERS PER WEEK

(Wednesday & Friday)

Deadline: 2 business days before publishing date

sales@caymanian-times.ky / 9162000



caymanian-times.ky



@caymanian-times.ky



CaymanianTimes



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



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: ideasmaking345@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



AVIATION COMMUNICATION (AVCOM) LTD

(In business since 1981)

Aviation Communication Ltd. (Av Com) is looking for an IT support technician for its Cayman Islands location. This position requires an experienced IT technician with relevant industry certification and at minimum a college level education. The individual will be responsible for the repair and maintenance of IT networks, CCTV, Wireless Lan, and other telecommunications infrastructure systems. Excellent customer support skills are a priority for this position in interaction with multiple levels of end users, managers, and local technical staff.

Experience / knowledge of two-way radio systems such as Motorola, Kenwood, etc. Networking Equipment, Servers, Telecoms and other IT related equipment is a plus.

JOB TITLE: IT Support Technician

Desired Experience:

- At least 3 years of experience in the field or in a related area required
- IP Network certification
- Strong Microsoft Office skills (Outlook, Word, and Excel)
- Strong Microsoft operating System installation and troubleshooting skills
- Strong Break / Fix skills Desktops, Workstations, Notebooks and Printers
- Broad experience in IT related services with basic understanding of Networks, Servers and Telecoms
- Strong customer service skills
- Strong written and verbal communication skills
- Ability to successfully pass a background security check
- Experience including remote control of PCs and video conferencing knowledge
- Rotational On-call for 7/24 support

Compensation:

Hours of employment are Monday to Friday 8:30 am to 5:00 pm. On call requirement for key customer accounts. Salary commensurate with experience; range \$44 K to \$50K per annum.

Education and Certifications

- College graduate at the Bachelorette level
- IT Certifications:
 - o Cisco certification
 - o Network Plus
 - o A+ certification

Resume with cover letter and certificates should be submitted no later than January 30, 2026 to the address below:

Aviation Communication (AVCOM) Ltd

21 Breezy Way, P O Box 10217

Grand Cayman KY1-1002

Cayman Islands or

Email: racquel.ford-bodden@avcom.ky

BEVVY & LAZY LIZARD

Applications from Caymanians, Status Holders and legal residents are invited for the full-time position of: **FOOD & BEVERAGE SERVER**

Must have a minimum of 5 years' experience in a fast-paced hospitality environment with excellent communication and customer service skills. A clean Police Record is essential.

Wages will be paid weekly at the rate of KY\$8 per hour as well as statutory benefits and a share of gratuities.

Submit applications to susan@elite.ky

SPLASH INC. is hiring a **Pool Maintenance Technician**. Salary CI\$625 – CI\$800 per week. 5 years' experience, clean driving record, and police clearance required. Email resume to info@splashinc.ky.

SPLASH INC. is hiring a **Mason**. Salary CI\$700 – CI\$900 per week. 5 years' experience, clean driving record, and police clearance required. Email resume to info@splashinc.ky.

The Cayman Islands Football Association (CIFA) is seeking applications for the position of CIFA Forward Projects Coordinator and Executive Assistant.

**The candidate must fulfil the below attributes:**

- Bachelor's degree in management, or equivalent field of study or verifiable relevant work experience
- Project management certificate is a plus
- A minimum of three to five years of documented professional experience in managing and delivering projects, including budget execution and monitoring
- Experience related to football or sport management is desirable
- Experience related to sport infrastructure and facilities development is an asset
- Proven experience in acquisition procedures
- Excellent organizational and presentation skills
- Excellent verbal and written communication
- Sound working knowledge of MS Office (Word, Excel, PowerPoint)
- Expertise of a project management tool is beneficial for the planning, implementation and monitoring of every initiative
- Ability to manage and resolve conflict and overcome limitations
- Strong coordination capabilities and team player
- Availability to work full time, 40 hours a week
- Availability to attend overseas workshops, seminars and training activities

Salary and employment benefits:

- Monthly salary range between US\$3,500.00 and US\$ 4,000.00
- Regular benefits (pension and health insurance) according to the Cayman Labour Law
- Transportation allowance

Application submission and deadline:

- Applications must be sent by email addressed to the General Secretary at caymanfa.gs@gmail.com
- Applications must contain motivation letter, references, full profile, working experience and curriculum vitae
- The deadline for submitting application is 31 January 2026, no application will be considered after the deadline

**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

**Mechanic Assistant/Gardener**

The duties of our mechanic assistant/gardener position are as follows:

- Carry out routine maintenance tasks, such as changing oil, replacing filters, and lubricating components, changing tires, batteries.
- Washing, and maintaining vehicles and tools.
- Replacement of faulty parts on small power equipment such as mowers, blowers, and general landscape maintenance related equipment. Sharpening blades, machetes.
- Deal with fuel delivery.
- Keeping the workshop clean and organized.
- Ensuring small engine machines and tools are readily available and managing inventory and parts ordering.
- Adhering to all safety guidelines and protocols to prevent accidents and injuries.
- Assisting with test drives after repairs made by out sourced mechanic to ensure proper performance.
- Assisting outsource mechanic if necessary.
- Perform tasks requiring physical strength and endurance, including lifting, bending, and working in various weather conditions.
- Pick up parts, maintaining records.
- Work in the landscape department when necessary.

Wages range from CI\$9/hr - CI\$14/hr depending on knowledge and experience.

Benefits are administered as per the Labour Law.

Interested and qualified persons should send their resume and three (3) written references to office@powerflower.ky or mail to:

Power Flower Ltd.
P.O. Box 30595
Grand Cayman KY1-1203

**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

Job Title: Early Childhood Practitioner

Job Description: Full time Early Childhood Practitioner required for a busy play based preschool located in George Town, Grand Cayman. The role requires previous experience and a relevant degree in Education or Early Childhood. An ability to communicate effectively, have a high standard of written English, to be able to implement developmentally appropriate opportunities using CIEYCF and EYSF, to have a strong work ethic and to follow our safeguarding protocols are all imperative. Applicant must be able to plan and execute effective lesson planning following the developmental needs of the children and the curriculum within the school. The role also requires extensive outdoor time as well as time spent with the school animals.

Hours - Full Time (40 hours per week)

Benefits - Health and Pension

Holidays - to be taken during times of school closure

Starting Salary - between \$3500 - \$3800 per month, dependent on qualifications and experience.

For application form, please contact littletrotters@candw.ky stating 'Early Childhood Practitioner'

Deadline for submission - 30th January 2026

NOTICES



Notice is hereby given that S.SHORE LIMITED has submitted a Coastal Works Application to the Ministry of Health, Environment and Sustainability **for a private residential timber and composite dock, extending seaward from the shoreline, with walkways, finger piers, and a covered gazebo, for the loading, unloading, and mooring of privately owned recreational boats serving the future residential development** on Block 9A Parcel 902, Bayshore Drive, The Shores, Westbay, Grand Cayman.

Any person having cause to make comment on this Coastal Works Application should do so in writing to the Chief Officer, Ministry of Health, Environment and Sustainability, Government Administration Building, George Town, Grand Cayman, by emailing coastal.works@gov.ky, to be received within 21 days of publication of this notice.

NOTICES

PLANNING PERMISSION

This is to inform the public that an application for planning permission for the purpose of **After-the-fact Church** on Block **14D** and Parcels **130** 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. Please include your return address (typically a PO Box number).



THE ROADS LAW (2005 Revision)
Section 3 Declaration of Intent
Section 6 Authority to Enter Lands

In exercise of the powers conferred on Cabinet by Section 3 and 6 of the Roads Act (2005 Revision), and acting upon recommendation by the National Roads Authority, it is hereby declared that:

1. It is the intention of the National Roads Authority and in the public interest to gazette a new public road and to open an access road as described hereunder:

REGISTRATION SECTION: George Town Central

REGISTRATION BLOCK: 14C

BOUNDARY PLAN: BP 701

PORTIONS OF LAND NEEDED: The proposed roadwork is defined by boundaries outlined in green on BP 701 and listed in the Schedule below.

2. Boundary Plan Number 701 may be inspected at the offices of The National Roads Authority, 370 North Sound Road, or at The Lands & Survey Department, 133 Elgin Avenue, both of George Town, Grand Cayman or at the Lands Office, 256 Creek Road, Cayman Brac, or online at www.caymanlandinfo.ky under 'Road Schemes'.

SCHEDULE

Block	Parcel	Approximate Area loss in acres
14C	307	0.067

Made in Cabinet this 3rd day of December 2025
Clerk of Cabinet

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. Please include your return address (typically a PO Box number).

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CaymanianTimes

PROPERTY RENTALS & SALES

YOUR GUIDE TO REAL ESTATE

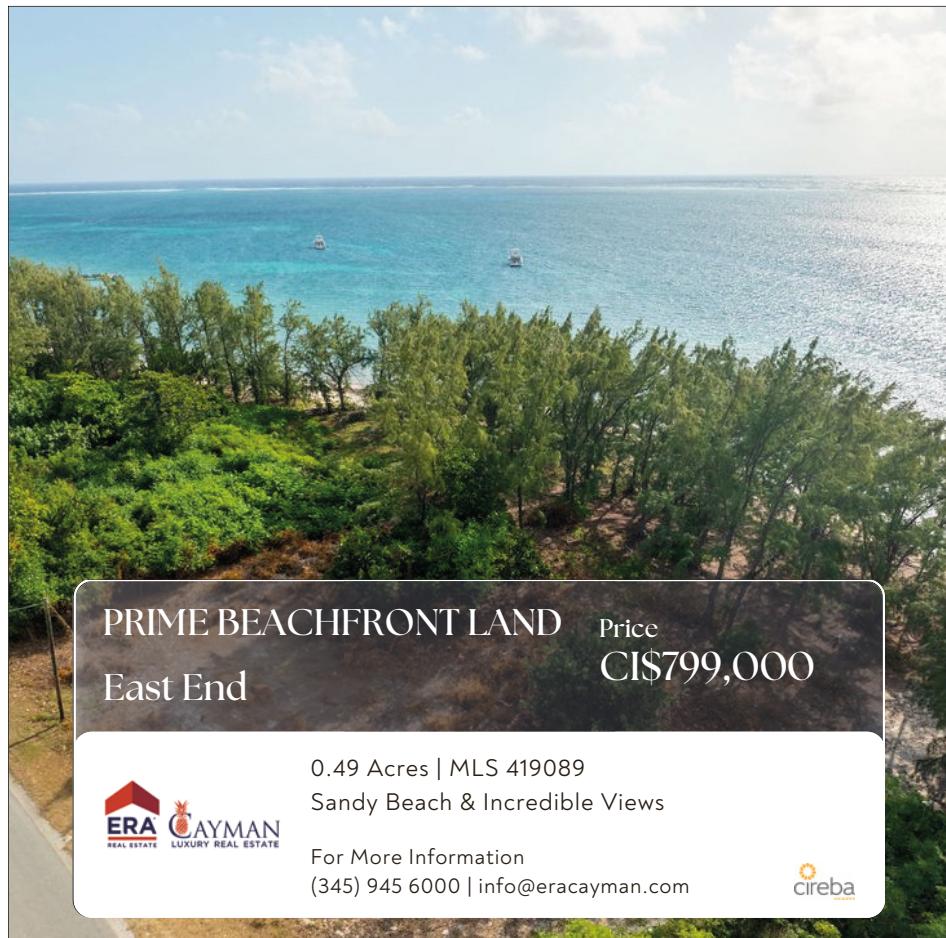


DISCOVERY POINT CLUB Price
7 Mile Beach US\$2,900,000

2 Bedrooms | 2 Bathrooms | 1,301 Sq.ft. | MLS 418851
Direct 7 Mile Beach front
Amazing Location

For More Information
(345) 945 6000 | info@eracayman.com

ERA CAYMAN LUXURY REAL ESTATE cireba



PRIME BEACHFRONT LAND Price
East End CI\$799,000

0.49 Acres | MLS 419089
Sandy Beach & Incredible Views

For More Information
(345) 945 6000 | info@eracayman.com

ERA CAYMAN LUXURY REAL ESTATE cireba

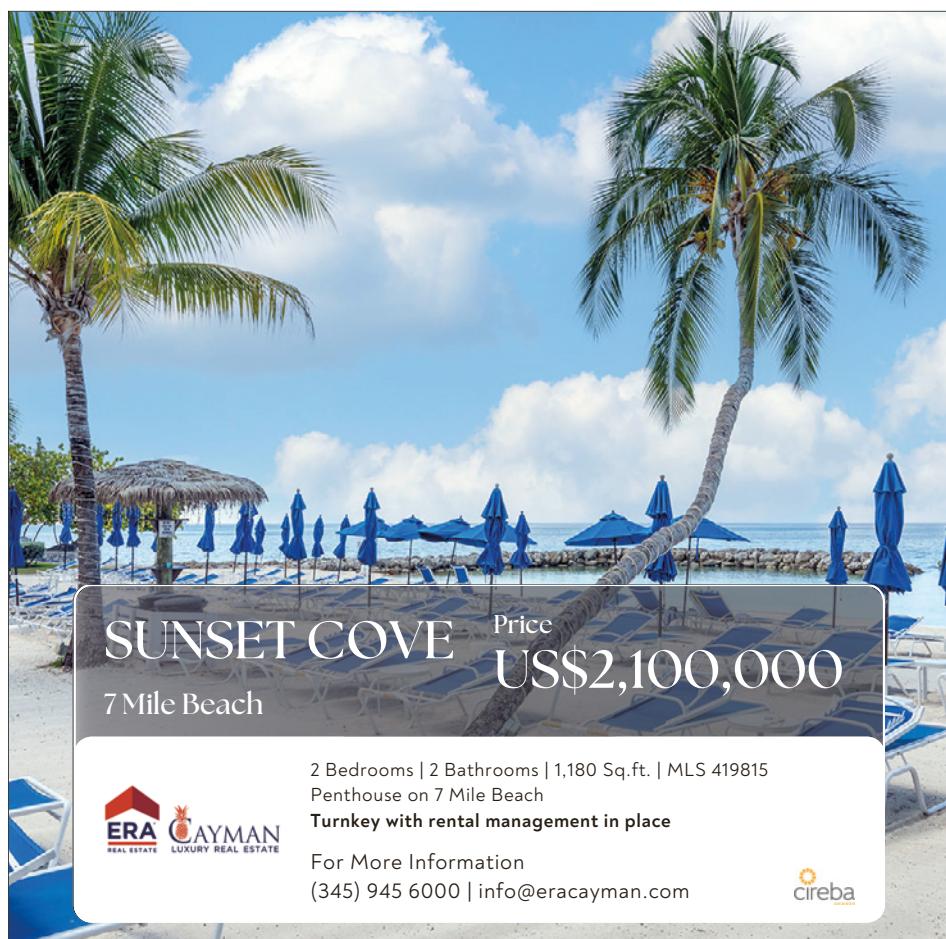


MANDALAY Price
7 Mile Beach US\$8,950,000

3 Bedrooms | 3.5 Bathrooms | 4,333 Sq.ft. | MLS 417322
Direct Access To 7 Mile Beach
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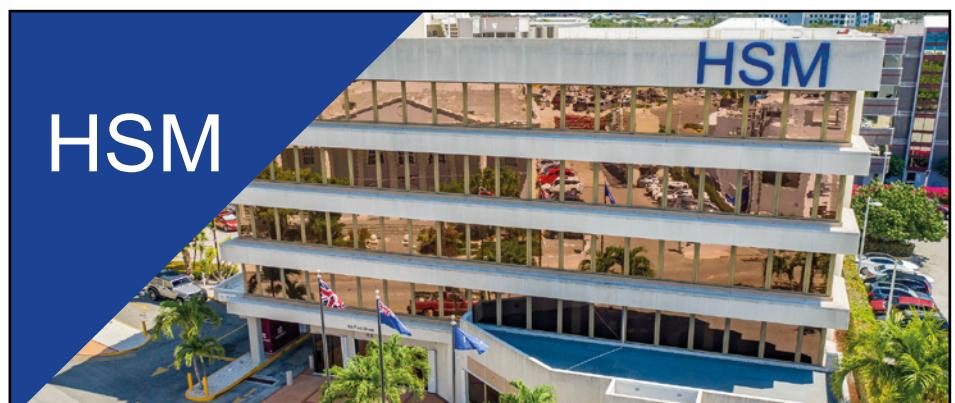
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