

# Caymanian Times



Wednesday Edition

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### Sustainable Cayman

Wildlife Loss Brings Cayman Islands Ecosystems Closer



# CAYMAN GOVERNMENT: BUSINESS AS USUAL

Efforts by Hon. Premier Juliana O'Connor-Connolly to maintain an air of continuity for her depleted government are being observed in a pensive 'wait and see' atmosphere.

The abrupt resignation of four ministers

en masse in the past week (though it is said that divisions were brewing for some time) caught many in Cayman by surprise considering that the next general election is just a matter of months away - due by April next year.

Gone from the United People's Movement (UPM) government are Deputy Premier and Minister for Financial Services & Commerce, Investment, Innovation &

SEE CAYMAN GOVERNMENT, PAGE 4

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# CEC 5<sup>th</sup> Annual Cayman Islands Business Design Competition Opens for Submissions!

*Enterprise Cayman is inviting entrepreneurs to apply for the annual Cayman Islands Business Design Competition - an innovative ideate programme and pre-seed initiative helping individuals to launch their next big idea!*

Enterprise Cayman has announced that the 5th annual Cayman Islands Business Design Competition is now open for submissions. Creative individuals, businesses, and entrepreneurs are invited to take part in the high-impact competition to help launch their next innovative business idea.

The Cayman Islands Business Design Competition produced by Enterprise Cayman and sponsored by Cayman Enterprise City (CEC), has been designed to support Caymanians and residents of the Cayman Islands in kick-starting new business products, services, and/or features quickly while helping to reduce the risk of bringing new ideas to market. The competition provides entrepreneurs and innovators access to professional support networks, a curated series of workshops, and significant networking opportunities.

The competition is open to Caymanians and residents of the Cayman Islands over 18 years, and thanks to the support from CEC, is completely free for all entrants. "The Business Design Competition plays a key role in expanding Cayman's thriving innovative ecosystem," said Alysia Manderson, Programme and Events Coordinator at Enterprise Cayman. "The competition encourages the exchange of knowledge amongst professionals and



► 2024 Business Design Competition Finalists

fuels business innovation. Witnessing the evolution of participants throughout the 2024 competition was exhilarating and highlighted the abundant creativity and entrepreneurial talent that we have here, in Cayman. We eagerly anticipate collaborating with the finalists of the 2025 competition and can't wait to see what they will accomplish."

Participants are invited to compete as individuals, or in teams of up to four members. Ten finalists will be selected in late February 2025 to develop their ideas with the help of professional advisors and a network of seasoned entrepreneurs. The competition kicks off with three hands-

on "Design Days," where participants dive into interactive workshops to build essential entrepreneurial skills. These energising sessions pave the way for the big finale, "Pitch Day," when competitors take the stage to present their projects before a live audience and a panel of expert judges. Teams will be competing for cash prizes up to USD \$10,000, sponsored wrapa-

round business services valued up to USD \$10,000, and five competition awards including the "Project of the Year Award", the "Community Impact Award", the "Innovation Award", the "Best Storyteller Award", and the "People's Choice Award".

Hunted Offshore by Kayleigh Wright took home the 2024 "Project of the Year Award". "I am so grateful that I got to participate in the Business Design Competition, sponsored by CEC, and that Hunted Offshore was chosen as the business of the year," said Kayleigh Wright. "From the moment I reached out when I saw the competition I advertised the team was incredibly responsive. The support from advisors of the Enterprise Cayman team and fellow competitors was very helpful and encouraging. I'm more excited than ever and ready to make my business idea become a reality."

**The deadline to apply to the Cayman Islands Business Design competition is 31 January 2025. Members of the public are invited to attend an online information session which is set to take place Friday, 24 January 2025 at 12:00 pm. For competition details and to apply, visit <https://www.enterprisecayman.ky/business-design-competition>.**

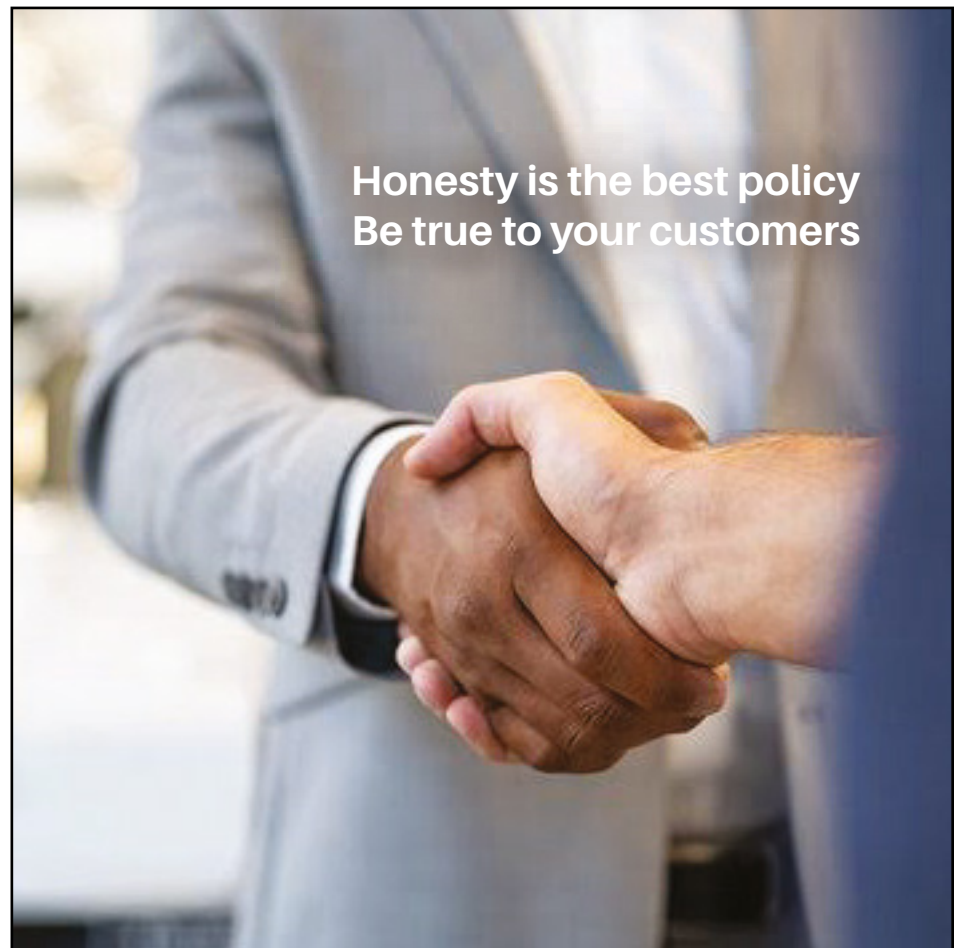


## 2025 BUSINESS DESIGN COMPETITION *Innovative Ideate Programme!*

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- 24 January 2025 - Online Info Session
- 31 January 2025 - Application Deadline
- 18 February 2025 - Finalists Announced (Online)
- 1 March 2025 - Design Day - Part One & Networking Event
- 15 March 2025 - Design Day - Part Two
- 29 March 2025 - Design Day - Part Three
- 5 April 2025 - "Pitch Day" & Awards Dinner

Visit [enterprisecayman.ky](https://www.enterprisecayman.ky) for details!





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# CAYMAN GOVERNMENT: BUSINESS AS USUAL...OR UNUSUAL



► (l-r) MP Sabrinae Turner, MP Andre Ebanks, MP Katherine Ebanks -Wilks, MP Heather Bodden



CONTINUED FROM **Page 1**

Social Development André Ebanks, Health Minister Sabrina Turner, Sustainability and Climate Resiliency Minister Katherine Ebanks-Wilk and Parliamentary Secretary Heather Bodden.

However, Premier O'Connor-Connolly, who over the past months had been giv-

ing several unprompted hints of her intention to quit politics, now seems intent on toughing it out - at least up to next April when the polls are constitutionally due.

"I want to assure the people of the Cayman Islands that a constitutionally viable elected Government remains in place," the Premier said in a statement following the four ministers' exit.

"With a majority of five sitting ministers, inclusive of myself as Premier, the Cabinet is constitutionally quorate and therefore fully able to function."

There's been a flood of speculation over their individual or collective reason to call it quits.

"Was the move intended to trigger early elections? 'Were there behind-the-scenes machinations?' 'Has there been another coalition in the making?' These are just some of the many questions being asked.

In a social media post advising the public to "stay tuned for information on upcoming public meetings", now-former Deputy Premier Andre Ebanks said he resigned as minister "because there were too many differences on urgent matters of national importance."

He listed a lack of transparency in major financial transactions such as the Re-Gen project, lack of urgency in dealing with beach erosion, whether to amend the National Conservation Act, resistance to reasonable and objective discussions on escalating costs of the new Cayman Brac High School (Ed. This is in the Premier's constituency), and lack of courage

to consider the proposed Sexual Harassments Bill.

Her Excellency Governor Jane Owens issued a statement on the crisis, seeking to reassure that the business of government within the public service is continuing.

"I am in discussions with the Premier, Hon Juliana O'Connor-Connolly and will provide a further update as soon as possible. In the meantime, our public service continues to discharge their duties to ensure continuity of service to the public."

Meanwhile, Premier O'Connor-Connolly digs her heels in and insists that her government is not in disarray and will continue functioning despite the departures. With literally half the Cabinet gone, portfolio re-assignments and reshuffling are awaited.

Left in her UPM's coalition Cabinet are Ministers Kenneth Bryan - Tourism and Ports, Dwayne Seymour - Border Control, Labour and Culture, Jay Ebanks - Planning, Agriculture, Housing and Infrastructure, and Isaac Rankine - Minister for Youth, Sports and Heritage.

McKeeva Bush remains on the government team as Parliamentary Secretary to Mins. Seymour and Ebanks. Mr Bush, a former Premier and Speaker, recently held a press conference announcing the formation of a new non-profit community organisation which he has called the Organisation for a Better Cayman Islands (OBC), with the objective to scout and screen candidates for the next election.

While he credits the O'Connor-Connolly UDM administration with some policy successes, Mr Bush made it clear that there are areas that he has misgivings about in the independents-led coalition government.

"There are good things happening," he declared but indicated that there are areas of concern. "There should be collective responsibility but yet people want to opt out of certain things," he stated.

With Premier O'Connor-Connolly seeking to dispel doubts about the stability of her government, the main Opposition People's Progressive Movement (PPM) issued its own position statement on the state of affairs.

It called the situation "a crisis" and demanded "swift action" by the government.

"With these key figures stepping down, the Cayman Islands faces a defining moment that demands swift and decisive action to restore confidence and chart a secure path forward."

The PPM also said, "A credible, organised, and unified government must be established to ensure that the country is placed back on a steady course."

The Opposition Party also indicated that it was prepared to play at least an interim role.

"In these uncertain times, the PPM stands ready to provide the leadership that the Cayman Islands needs and we are carefully considering the available options."

A main question remains - how will this current situation affect the UPM legislative agenda for the remainder of this Parliament and its period in government?

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# Young Poets Shine at 2024 Youth Poetry Contest



► L-R Front Row Seated Judges Karolyn Smith, Aleigha General and Nasaria Suckoo-Chollette, Miss World/Supranational Contestant, Tracey Campbell, Host Vanessa Burke, Dean of CARICOM Youth Ambassadors



► L-R Johanah O'Connor 2nd Place, Camani Stuart 1st Place and Ikenna Eleweanya 3rd Place

Applause filled the room as the 10 finalists of this year's Youth Poetry Contest took to centre stage, marking the culmination of a creative journey hosted by the New-Self Help Foundation in partnership with the Youth Services Unit and the Foster Group.

The event, which took place at Radio Cayman's Talk Today show on Wednesday, 16 October was hosted by Ms. Vanessa Burke, Dean of the CARICOM Youth Ambassador Programme. In total, 36 contestants took part in the preliminary rounds and a poetry workshop at the Intergenerational Hub, representing several high schools across the Cayman Islands, including Layman E. Scott High School, St. Ignatius High School, John Gray High School, Cayman International School, Clifton Hunter High School, Cayman Academy, Cayman Learning Centre and Hope Academy.

The finalists performed self-penned poems, with enthusiasm and skill highlighting themes ranging from the environment to nostalgic memories. The overall winner,

Camani Stuart from Hope Academy won first place by a narrow margin with her insightful and wellperformed poem: "The Breath of the Sea," earning her \$500 cash prize. Johanah O'Connor and Ikenna Eleweanya both from John Gray High School placed second and third, winning \$400 and \$300 respectively.

"The New Self-Help Foundation was created to inspire, educate and cultivate young people's creativity and imagination, empowering them to take responsibility for their future.

The high quality of poetry entries truly reflects that mission," said the organisation's Founder JC Connor.

Poems and performances were evaluated on content and delivery by a panel of judges. This year's judges were poets Nasaria Suckoo-Chollette, Karolyn Smith, Miss World/Supranational contestant Tracey Campbell and Aleigha General, Office Support Assistant for the Youth Services Unit.



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## *Cayman's First "Youth Meet Up to Speak Out" Event Sparks Vital Conversations on Mental Health*

The Ministry of Health & Wellness, together with the Cayman Islands Health Services Authority (HSA) and various public, private, and non-profit partners, successfully launched Cayman's first youth "non-summit" at the Lions Centre, on 21 October 2024.

The "Inspire: A Youth Meetup to Speak Out" was created for young people across the Cayman Islands, to empower them to openly discuss pressing issues like mental health, self-care, and community wellbeing in a setting that encouraged open expression and collaborative problem-solving.

This groundbreaking event broke from the mold of traditional summits with its interactive "non-summit" design, attracting 234 young people aged 12-17 from Grand Cayman and Cayman Brac, to participate in a full day of peer-led discussions, interactive workshops, and breakout sessions. The event included three main focus areas:

**Let's Talk:** In these open dialogue sessions, the young attendees took the lead, exchanging thoughts on issues such as mental health, scarcity of youth-focused activities in Cayman, and the future of job opportunities for young people. With a moderator present to guide and encourage, the conversations flowed freely, allowing attendees to voice their insights and concerns in an environment that felt both supportive and empowering.

**Mindful Activity Spaces:** Three creative spaces that encouraged youth to explore different ways of unwinding and self-expression. In the Mindful Meditation area, participants learned simple techniques to bring calmness into their daily routines. The Art Jam session let them dive

into creativity, using art as a powerful way to express their emotions, while the Community Mural allowed them to leave a lasting mark beyond the day's event.

**Learning Sessions:** Led by field experts, these sessions tackled real-world challenges facing our youth today, and offered practical skills that they could use right away. Sessions such as Swipe Right on Wellness helped participants learn ways to balance social media use and navigate its pressures. Thrive With Grace focused on building resilience and treating oneself with compassion. Drama Detox provided tools for managing tough relationships and fostering positive healthy connections.

Following the day's programme, participants enjoyed a youth-centered after-party complete with music, food, and a photo booth. The event was free for all high-school students, a testament to the Ministry's commitment to accessibility and inclusivity for young voices across the Cayman Islands.

Hon. Sabrina Turner MP, Minister for Health & Wellness, said: "Mental health is the foundation for a healthy future, and today our youth showed just how ready they are to lead that conversation. Inspire was not just an event, it was a reminder that when we give young people space to share openly, they rise to the occasion with courage, creativity, and compassion. We are deeply committed to building on this momentum, to ensure that their voices shape the mental health resources and support systems that they deserve in the Cayman Islands."

"Our aim in hosting this event was to send a clear, strong, unified message to our young people that they matter, their

voices matter, and that as parents, allies, professionals, and decision-makers – we are listening with the intention to act," states Ms. Felicia McLean, Chief Nursing Officer for the Ministry of Health and Wellness. "We are so grateful that so many of our youth took the time to be here today, to share with one another and with us, to make new friends, learn new skills and invest in our community through their participation. This is the first ever event of its kind, so our hope is that the participants see the value in it and let us know that we should do it again."

Dr. Chantal Basson, Health Services Authority Clinical Psychologist at Alex's Place, added: "Today's event helped us to gain a clearer understanding of the mental health landscape affecting young people in Cayman and whether certain experiences we've observed in practice are widespread or limited to specific groups of people. At Alex's Place we see high levels of suicidal ideation among young people, driven by various factors. Many struggle to communicate with their parents for different reasons, sometimes, despite parents' willingness to listen. Social media often contributes to a disconnect. Many young people express hopelessness for the future. They feel that without high grades, they will not succeed or find fulfillment in Cayman. This concern, combined with witnessing their parents' struggles can make them hesitant to add to that burden. The effects of excessive screen time amongst young people are very real. We are seeing a lot of isolation that stems from them spending a lot of time on their phones, and the damaging effects the information they consume on their phones has on their mental health. We are also seeing that

young people are isolated because they are not going out due to a lack of appropriate gathering spaces. All of these societal and familial challenges underscore the difficulties facing young people and affecting their mental health in the Cayman Islands."

Ms. Emily Kelly, Executive Director for the Alex Panton Foundation, added: "Youth mental health is something that we need to prioritise, and events like these offer us an opportunity to engage with our key stakeholders- young people themselves- and to learn from them what they need from us. All of our sessions had scribes assigned to them in an effort to collect important data anonymously based on what was shared. The aim is to analyse that information and share it with our partners so it can be used to form policy decisions to programming and services and everything in between. Young people are the present; they are the here and now and while we work to prepare them for the future, we must honour and celebrate childhood and adolescence."

Being the first youth-focused event of its kind in the Cayman Islands, the Inspire Meet Up marked a critical step forward in tackling the rising mental health challenges affecting the youth of Cayman. By uniting the voices of youth, community leaders, and healthcare providers, the Inspire Meetup has initiated a vital conversation that promises lasting impact on the mental health landscape of the Cayman Islands.

Inspire: A Youth Meet Up to Speak Out was supported by gold sponsors – HSA, CINICO, Dart, Valour Foundation, Alex Panton Foundation, and many more dedicated partners.

# PIRATES WEEK SETS SAIL AGAIN!

Cayman is gearing up for a grand 2024 Pirates Week celebration with major attractions this year being District Days and the popular Gimistory.

Hon. Minister for Culture Dwayne Seymour is leading a drive to invigorate Pirates Weeks even further as a major national Caymanian cultural event and tourist attraction.

Appearing on the Cayman Conversations podcast with Ralph Lewis (publisher of Caymanian Times newspaper), Mr Seymour was gushing with optimism for this year's celebration.

Pirates Week was 'launched' in 1977.

"We're trying to transport festival goers down a nostalgic path as we look back at the history of Pirates Week over the decades since 1977. This makes Pirates Week the actual oldest festival in Cayman, and we're celebrating 47 years of Pirates Week festivals," he explained.

Mr Seymour further pointed out that Pirates Week is "less of a celebration of piracy, and instead an annual celebration of its rich maritime history and heritage and culture of our people"

There's also a strong economic component to the event, in addition to its cultural significance.

"Over the years, Pirate Week continues to be an important economic driver for the Cayman Islands, especially during this time of the year, when we have historically witnessed a decline in tourism, and one that had been put in place to ensure that that we got some tourists here to the island during this downtime. So an essence



► Hon Dwayne S Seymour

of and focus on the festival is to reinvigorate some local traditions and promote community involvement."

The return of a comprehensive program of events for District Days in Grand Cayman and the Sister Islands is also a feature that Culture Minister Seymour is excited about. "This much-beloved feature of the Pirates Week Festival will feature Grand Cayman's five districts, along with Little Cayman and Cayman Brac, showcasing local cuisine, arts & crafts, and activities that

reflect the unique culture of each respective district."

The inclusion of the uniquely Caymanian Gimistory art of storytelling coordinated by the the Pirates Week steering committee, in partnership with the Cayman National Cultural Foundation (CNCF).

"Through song, dance, and storytelling, Caymanian folklore comes to life, with beloved storytellers like Wendee Miller, Lesley-Ann Bernard, Josefa and Eva-

na Martinez, Martin Keeley, and Nasaria Suckoo Chollette sharing tales of the islands' past."

Cassandra Shea, Head of Theatre and Festivals at the Foundation, expressed her enthusiasm, stating, "We are thrilled to continue the legacy of storytelling with this year's Gimistory Festival. Whether attendees are hearing these tales for the first time or reminiscing about stories from their grandparents, this timeless art form resonates across generations," it says on the social media page.

Minister of Culture Dwayne Seymour told Cayman Conversations that he has lobbied hard for proper funding and management of Pirates Week and its associated activities. As he succinctly put it: "Vision without funding is hallucination."

Elaborating on the need for funding and oversight to preserve and promote Caymanian culture he added: "The government needs to step up, and, you know, put their money where their mouth is, and fund culture properly. It has never been funded properly. Some don't see the vision in funding culture properly. But once you fund culture properly, then it doesn't seem like it's lost. It seems like it's lost because nothing is happening, because no one, no program is there, affording you the culture product. So, it seems like our culture is lost because we're not doing the things that we used to do. That's my opinion."

With a theme of 'Sailing through time', the Pirates Week Festival runs from November 11th to November 30th.

# 2024 North American BOARDING SCHOOL FAIR



Tuesday, November 19  
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For more information on the 2024 North American Boarding School Fair, contact:

**Neil Murray** at 925-8793, E-mail: [L-Murray@candw.ky](mailto:L-Murray@candw.ky)

**Michael "Bedi" Walker** at E-mail: [info@bediwalker.com](mailto:info@bediwalker.com)

North American  
Boarding School Fair



November 19th, 2024 :: Cayman Islands



► Civil Aviation Authority staffed a booth



► Manning an innovative booth were James Matheka, Senior Geomatician and Darren Kelly, Chief Surveyor, Lands and Survey Dept

# Students get exposure to tech jobs



► L-R The WORC team: Andrea Bothwell, Training and Development Manager; Allison Lovinggood, Deputy Director, Business Operations; Sian Pairaudeau, WORC's Acting Director of Labour Needs & Supply; Allison Anglin, Acting Manager for National Training and Development; Michael Woods, Records Manager

**By Lindsey Turnbull**

WORC (Workforce Opportunities and Residency Cayman), the government arm tasked with getting as many Caymanians into the workforce as possible, held a Technology Expo at UCCI on Friday, under the theme: Innovate, Automate, Elevate. Its aim was to give Caymanians young and old some hands-on exposure to all the great jobs and careers out there in the technology fields and hopefully encourage some to consider some exciting new career paths. The one-day expo showcased a wide range of local businesses and Government departments which employ innovation and

technology, and which were demonstrated at this interactive event.

Sian Pairaudeau, WORC's Acting Director of Labour Needs & Supply, opened the event by saying they anticipated around 400 students and they hoped that they would find a niche for some of them at the Expo.

"The Expo is not merely about displaying cutting edge technology, it's about providing Caymanians with opportunities to discover diverse career paths in our rapidly evolving job market," she said, adding that the businesses and government departments in attendance were pivotal in achieving this mission.

"You have the unique opportunity to

demonstrate how technologies are transforming industries... here's your chance to not only exhibit the products but also to tell the story behind them – how they solve problems and how they create new possibilities for everyone," she stated.

The exhibits provided attendees with first hand insights into how these innovations could impact careers and lives, inspiring future talent.

"Your passion for your field can ignite interest and curiosity in those who might not have previously considered these paths," she added, and encouraged attendees to also collaborate with fellow innovators and explore potential partnerships

that could benefit everyone.

Nicoela McCoy, Deputy Director-General Economic, Regulation and Administration with the Civil Aviation Authority of the Cayman Islands, said they wanted to support the WORC Expo.

"We regulate the entire aviation industry, whether on island, your national carrier Cayman Airways or the Airports Authority, for which we have regulatory oversight. We are also custodians of the aircraft registry, including those not domiciled in Cayman but registered in Cayman," she explained.





► Department of Agriculture had technology on display



► Exciting innovation was on display



► Invenio Global Search staff chat with students



► Nicoela McCoy, Deputy Director-General Economic Regulation and Administration with the CAA speaks with a student

## Students get exposure

CONTINUED FROM Page 8

Ms McCoy said many projects they were undertaking fitted in with the technical motif. “We’re developing a bespoke data management platform for management of the register in Cayman which we are quite proud of – we’ve got good responses from our clients,” she advised. She said they were there to help young people think about making a career path into their field.

“A lot of students, I think, look at jobs as pilots or air traffic controllers, because those are the visible positions in aviation, but there’s such a plethora,” she confirmed, including accounts, IT, HR, and technical officers who work with the registry as well. “There are a whole host and variety of jobs that support the industry.” Darren Kelly, Chief Surveyor, Lands and Survey Dept, was manning a booth with colleague, Senior Geomatician James Matheka. Mr Kelly explained they were displaying all kinds of surveying equipment as well as their mapping portal [caymanlandinfo.ky](http://caymanlandinfo.ky). Drones were also on display and a

demonstration showed the youngsters in attendance how they could be employed to create 3D terrain modelling. On display was a recent project undertaken by Mr Matheka who had mapped a sub division for land lots in East End. “Its modern technology used today to capture data in remote areas and quickly,” Mr Kelly explained. “We want to bring about awareness for young Caymanians, either at school or people who want to change careers. This is a very lucrative profession but a lot of young minds are not aware of this. It’s a good balance between being in the work place and outdoors, which appealed to me. Surveyors – it’s all about adventure.

It’s not for everybody, it’s hot and you’ve got to love adventure and go to places people haven’t been to in fifty years!” Mrs Pairaudeau ended by stating that their mission at WORC was clear: even though they had the business community constantly pushing work permits, PR and status, at the forefront they were there to help Caymanians get employment. They were the department’s foremost responsibility. She felt Caymanians might not know all about all of the resources they had to help them, including helping to upskill people and encouraged them to get in touch. She said they wanted to ensure that Caymanians were getting a piece of the pie in their own country.

# People need help getting healthy

Dr Nick Gent, Chief Medical Officer, and Rachel Corbett, National Epidemiologist with the HSA, spoke with Caymanian Times publisher Ralph Lewis about the findings from the Ministry of Health and Wellness's STEPS 2023 National Health Survey.

The WHO STEPS survey had "a local flavour" and a cross-section of the population had been quizzed to help the experts find out about the health of the nation, as they sought to establish the prevalence of diseases such as diabetes, as well as the precursors to those diseases, such as obesity.

"We look at the demographics of the population, their diet, alcohol consumption, smoking, exercise, habits," Dr Gent explained.

They collected information about height, weight and blood pressure, as well as blood to check blood sugar and cholesterol.

The medical professionals were pleased with the response to the survey, which, they believed, gave a good insight into the health of the population. They were also able to compare the findings with a similar study done just over 10 years ago.

Dr Gent said the fact that people were willing to take part showed their understanding of what they were trying to achieve: to plan for the future, knowing the care needs of the population.

## Undiagnosed disease

Ms Corbett said a lot of data came out of the survey.

"One area is that we definitely do have a degree of undiagnosed disease within the population," she explained. "Considering those that have raised blood pressure/hypertension, we found that 30% have raised blood pressure or are on medication to treat it, and among that group, 35% were undiagnosed...they haven't had that diagnosis, or a screening test done recently."

Ms Corbett felt that was an issue they could look to address in the future.

"Alongside that, we also found instances where individuals were aware but that they weren't receiving the right treatment or care that they needed. Among that 30% with raised blood pressure,



► Dr Nick Gent

only 50% are currently on treatment and only 27% are on treatment that is working effectively to control that blood pressure," she advised.

From this data they could see that they needed to ensure people were being diagnosed, that they were being treated for their high blood pressure and that the treatment was effective. They had found similar data for diabetes, that individuals were not receiving the monitoring of their health, such as having regular eye and foot examinations, parts of the body that deteriorate with the disease.

"Of those people who knew they had diabetes, 30% had never had an eye exam and the proportion of those who had had an eye exam reduced when asked if they had had one recently," she said. "Among those diagnosed with diabetes, only 50% had had a foot exam. Ultimately, if that doesn't get checked when it needs to, that can result in amputations down the line."

Dr Gent said the proportion of the population who were not being treated was really quite worrying, as well as the number of people who had been diagnosed but not treated.

## Inexpensive treatments

Dr Gent said they found quite high rates of poverty amongst the people answering the survey and believed that was preventing people getting care. Treating diabetes, high cholesterol and high blood pressure could be relatively



► Rachel Corbett

cheap to treat, just a few hundred dollars a year to manage. Yet if the disease is allowed to progress, then the costs of care mount up and, more particularly, the years of life lost and the numbers of years with poor quality of life really expanded, he said.

The amount of diagnosed disease was comparable with other countries. The amount of diagnosed but untreated disease was unusual but the degree of poverty has not surprised him. Dr Gent said Cayman's society appeared to be very polarised between those who had "astounding wealth" and people who have "really grinding poverty". He believed the proportion of people in severe poverty was probably 20-30% of the population who were so poor they had to decide whether to get their medications or put food on the table for the children.

"It's [healthcare] a problem for everybody," he said. "It's [Cayman is] a paradise at times but under the surface it's got some very real problems," he said.

## No change in health

Many indicators of poor health had not changed over the 10 years of the two surveys. People's BMIs were very similar, with 70% of the population obese or overweight in both the 2012 and 2023 surveys. Ms Corbett said diet was also similar with many people saying they only ate one piece of fruit and one vegetable a day. One in five were not exercising enough (150 minutes of gentle exercise a



week) and over 2/3 of women were not engaging in enough vigorous exercise.

The one small improvement over the past 12 years was that smoking was slightly down - 15% of people smoked in 2012 and that was now 12.5%. But, with the introduction of vaping, nicotine consumption had risen again, with 8% of people vaping and in the younger male population that was 16%.

Dr Gent said nicotine vaping was "a very real concern for us" as it was very rapidly addictive. It was only useful when weaning established smokers off of cigarettes.

"For young people to take up vaping that's an establish trend which we really need to do something about," he said.

## How to help

Obesity was a critical issue, he said.

"We've become a very, very big society and we need to think about how we deal with that. The two drivers of this are the quantity of food consumed and the calorific value of that food consumed," he advised. "I think a lot of people have no idea of what the calorific value of food is, whether it contains high amount of sugar or fat."

He called for the introduction of the Caricom food labelling system, which stipulates clear indications on food that you buy in the supermarket on the sugar, fat and salt contents.

"We have a lot of fast-food franchises on the island. All of them know the calorific values of the products they sell. I would love them to be publishing that data on the menus," he added. "It's in their interests. They are public health partners, there's value in it for them to be seen to be responsible people."

Disposable vapes needed to be banned, not only because they were marketed to young people but also because they were an environmental hazard, as they contained lithium batteries.

The next two priorities were to introduce low-cost pathways for managing high blood pressure and diabetes.

"In this way, there's no reason that anybody who has these issues cannot get treatment," he said.

Individuals need to take responsibility for their own health, but there were so many ways the government and society could help enable those decisions to be made, Ms Corbett said, such as making more exercise spaces available, making children's school meals healthier, and looking at how the private sector could partner in this quest.

The full Steps report will be published on 1st December on gov.ky/steps



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# Wildlife Loss Brings Cayman Islands Ecosystems Closer to Collapse: A Local Perspective on Global Trends

The alarming state of biodiversity, highlighted by the 2024 Living Planet Report from the World Wildlife Fund (WWF), paints a bleak picture of global ecosystem collapse. This report is a stark reminder of our continued failure to stop the loss of biodiversity, which includes both the diversity of species and the habitats that support them. While the report assesses over 35,000 populations of wild vertebrates globally, ecosystems and species in the Cayman Islands face similarly troubling trends.

## A Snapshot of Global Biodiversity Loss

Since 1970, monitored wildlife populations have shrunk by an average of 73%, with freshwater species like fish and frogs experiencing an 85% decline and marine life decreasing by 56%. However, emerging threats — such as ocean microplastic pollution and deep-sea mining — may mean these figures underestimate the risks to marine biodiversity. The Caribbean and Latin America, including Cayman's delicate ecosystems, have been hit hardest, with vertebrate populations declining by 95%.

But what does this mean specifically for the Cayman Islands? Global patterns are reflected locally, where unique species and vital habitats face equally severe challenges.

## Cayman Islands: Local Species at Risk

In the Cayman Islands, the loss of biodiversity echoes the global crisis. Species like the Grand Cayman Blue Iguana, once prevalent, have been pushed to the brink of extinction. Though intensive conservation efforts have restored their numbers, ongoing habitat loss continues to threaten their survival.

Similarly, the Cayman Green Parrot, our national bird, is under pressure as urban development fragments its forest habitat. Coastal species such as the Mangrove Skipper Butterfly and Cuban Tree Frog rely on our vulnerable mangrove ecosystems, which are increasingly threatened by infrastructure projects. These species serve as indicators of the health of Cayman's ecosystems, highlighting the broader risks facing our islands.

## The Fragility of Freshwater and Coastal Ecosystems

Freshwater ecosystems have suffered greatly, with populations declining by 85%. In Cayman, species like the West Indian Whistling Duck and local freshwater fish are highly dependent on the few remaining wetland areas, such as the Central Mangrove Wetlands. These areas not only support biodiversity but act as natural defenses against rising sea levels and extreme weather. Losing them would remove essential environmental protections.

## Global Tipping Points and Cayman's Marine Ecosystem

The WWF report also discusses planetary tipping points — thresholds beyond which ecosystem collapse becomes irreversible. The Caribbean Sea, like other sensitive regions, is at risk of reaching these points. Coral reefs, vital to marine life and tourism, are declining rapidly due to rising sea temperatures, pollution, and overfishing. Species like the Elkhorn Coral, once abundant in Cayman waters, are now critically endangered.

Crossing these tipping points could lead to ecosystem collapse, affecting everything from local fisheries to storm protection. Already, frequent coral bleaching events and diminishing populations of species like the Nassau Grouper and Queen Conch threaten our marine food chain and economy.

## What Can Be Done Locally?

The global biodiversity crisis demands both local and international action. Cayman's tradition of conservation, exemplified by successes like the Blue Iguana Recovery Programme and preservation efforts in the Central Mangroves, provides a foundation, but much more is needed.

The 2022 Kunming-Montreal Global Biodiversity Agreement challenges nations to protect 30% of their lands, waters, and seas by 2030. For Cayman, this means we must prioritize local policies that align with sustainable development and biodiversity goals. Strengthening land tenure for conservation areas, incentivizing climate resilient urban development and supporting local farmers and fisherfolk in adopting more sustainable practices can help bridge the gap between development



and nature preservation. The key is to balance economic growth with the preservation of natural resources, ensuring future generations can enjoy both a thriving environment and a stable economy.

## The Importance of Caymanian Representation at Global Biodiversity Summits

While Cayman has participated in climate conferences like COP29, it is equally essential to be represented at biodiversity-focused summits, such as the Convention on Biological Diversity's COP16. The intersection of climate change and biodiversity loss demands integrated solutions. Attending biodiversity COPs allows Cayman to directly engage with global conservation frameworks, such as the Kunming-Montreal Global Biodiversity Framework, which aims to protect 30% of global ecosystems by 2030.

Participation at these summits would provide Cayman with access to crucial funding and conservation strategies necessary to protect local species and habitats. By actively engaging in both climate and bi-

odiversity arenas, Cayman can strengthen its commitment to marine and terrestrial conservation, ensuring long-term environmental and economic stability.

## The Path Forward

The Cayman Islands are at a crossroads. Like much of the world, our ecosystems face threats from unsustainable land use, habitat destruction, and climate change. But we also have an opportunity to be a model for conservation success. By continuing to protect our mangroves, expand our marine parks, and implementing sustainable agricultural and fisheries practices, we can work toward reversing the global trend of biodiversity loss.

The best time to act has passed. The second-best time is now. It's time to take bold steps to protect Cayman's unique wildlife, from the parrots in our forests to the turtles nesting on our shores. Let's ensure that our islands remain a sanctuary for both nature and people for generations to come.

**By: Melanie Carmichael & Rickeem Lashley**



# CIS to defend Appleby Under 18 high school football titles

The Appleby Under 18 high school football leagues are scheduled to kick-off this week with Cayman International School (CIS) intent on defending their 2023 double titles.

CIS 1 stormed to the boy's 2023 title with a perfect record of seven wins from seven games scoring 29 goals in the process and only conceding two. Runners-up Clifton Hunter High School (CHHS) kept up the pressure on the eventual champions throughout the season but their 1-3 loss in the opening game would be their downfall and only blemish on what can be considered a very successful season for the schoolboys from Frank Sound.

Cayman Prep & High School rounded off the top three. Their only two losses during the season were against the two schools finishing above them in the standings and they also dropped points against John Gray High School (JGHS) following a 2-2 draw.

CHHS and Cayman Prep & High School will be determined to dethrone the 2023 champions and ensure that a repeat is not in the cards. Not to be counted out, JGHS



► CIS boys (blue) are set to defend their 2023 Appleby Under 18 high school football title.

and St. Ignatius Catholic could make strong title runs in an attempt to dethrone the champions.

On the girl's side, two-time defending champions Cayman International School (CIS) Blue will again be strong favourites to retain their title. Their run to the 2022 and 2023 championships was impeccable dropping only two points in two years –

a draw in 2023 being the only 'negative' score on an impressive record.

As with the boys, Cayman Prep & High School and CHHS made up the top three finishers in 2023 albeit with Cayman Prep & High School finishing second and CHHS securing third spot.

Schools competing in the 2024 Appleby Under 18 high school leagues include Cay-

man Academy (boys), Cayman International School (boys and girls – two teams in each league), Cayman Prep & High School (boys and girls), CHHS (boys and girls), JGHS (boys and girls), St. Ignatius Catholic (boys and girls), Triple C (boys) and newcomers CIFEC (boys).

Due to the number of schools participating in the boy's league this year, organisers have altered the structure league. In previous years, a single league system was played whereby the school with the most points at the end of the season would be crowned champions. For the 2024 season, a Champions Cup and Consolation Cup system will be introduced where schools will be divided into two groups with the top two schools in each group advancing to the Champions Cup and the remaining schools competing in the Consolation Cup.

The girl's league will remain a single-league system.

Complete schedules, scores and standings can be viewed on the Cayman Youth Football Leagues (CYFL) website at [www.caymanyouthfootball.ky](http://www.caymanyouthfootball.ky).

## Cayman Prep secure Dart Under 13 double titles

The 2024 Dart Under 13 high school football leagues concluded this past week with Cayman Prep & High School 'doing the double' and securing the prestigious boys' and girls' Dart Under 13 titles.

With both leagues heavily affected by the inclement weather, the usual Dart Under 13 Girls Knockout Cup was not played and the league limited to four games per school. Due to unforeseen circumstances, Clifton Hunter High School (CHHS) had to withdraw midway through the season so following four rounds of play, Cayman Prep & High School were crowned champions.

Cayman Prep's record included three wins against St. Ignatius Catholic (6-0), Cayman International School (5-0) and John Gray High School (4-0) and one draw against Cayman Academy (0-0). The game against Cayman Academy was only recorded as a draw as the game was not played due to time limitations. The young ladies from Cayman Prep scored 15 goals and conceded none on their way to winning the title.

2024 runners-up were Cayman International School (CIS) and John Gray High School (JGHS) finished third.



► Cayman Prep & High School (black shorts) defeated CIS A in the Dart Under 13 Boys Champions Cup final.

In the Dart Under 13 boy's division, a new league structure was introduced this year where schools were divided into two groups with the top two schools in each group participating in the Dart Under 13 Champions Cup and the remaining schools

competing in the Dart Under 13 Consolation Cup.

In Group A, CIS A and CHHS finished one and two and advanced to the Champions Cup while in Group B, Cayman Prep & High School and JGHS finished first and second.

In the semi-finals, CIS A defeated JGHS 1-0 and Cayman Prep downed CHHS 3-0.

In what would be a very 'cagey' final, Cayman Prep eventually secured the title with a 2-1 victory over CIS thanks to goals from Huxley Sage and a penalty from Asher Small. CIS' Toby Bell brought his team back in to the contest late in the game but it was too little too late.

In the all-government school third place game, JGHS overcame CHHS on penalties 6-5 (1-1 after fulltime and 5-4 on penalties).

In the Dart Under 13 Consolation Cup final, St. Ignatius Catholic downed newcomers Footsteps School 3-0 thanks to goals from Liam Forrest and a brace from Ameka Adumekwe. St. Ignatius' road to the final included a 2-1 semi-final victory over Triple C while Footsteps School downed Cayman Academy 2-0 in the second semi-final.

On hand to present trophies to the Champions Cup and Consolation Cup winners and runners-up was Dart representative Chloe Tatham-Ebanks.

Complete scores and standings can be viewed on the Cayman Youth Football Leagues (CYFL) website at [www.cayman-youthfootball.ky](http://www.cayman-youthfootball.ky).

## REMINDER: Scammers Continue to Target Local Banking Customers

The RCIPS continues to receive reports of scammers contacting local banking customers claiming to be from a variety of organisations, including banks and credit card and money transfer companies.

Most recently, a member of the public fell victim to such a scam after clicking a link which was purportedly sent by their bank, and entering account information. Although they realised the

suspicious nature of the link and contacted their bank shortly afterwards, funds had already been taken from the account. It is likely those funds will not be recovered.

The RCIPS Financial Crime Investigation Unit is taking this opportunity to remind the public that such scams remain prevalent, and to be extremely wary about contact, whether via text, email, or

voice, from entities claiming to be your bank or other similar organisation, especially when they are requesting account details. It is always best to initiate contact with the organisation yourself, in order to verify any requests.

All local banking customers should remain on their guard so as not to fall victim.



# SUDOKU

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

## Conceptis Sudoku

By Dave Green

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

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### Answer to previous puzzle

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

Difficulty Level ★★★★★

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Difficulty Level ★

10/01

## CROSSWORD

By THOMAS JOSEPH

ACROSS 44 Hampers

1 Résumé listing

5 Sound of delight

11 Composer Satie

12 Dawn goddess

13 Famed surrealist

14 Court sport

15 Ailing

16 Base meal

17 Bread-making need

19 Massive

22 Praline bit

24 Garbo, for one

26 Pipe bends

27 Heaps

28 Touches on

30 Factories

31 Bar bill

32 Enlighten

34 "Das Kapital" author

35 Lamb's father

38 Nanny's warning

41 Letter after Yankee

42 Conjures up

43 "Yeah, right!"

DOWN

1 Empire's foes

2 Test type

3 Nightstick

4 Runner on snow

5 Fills beyond full

6 Searches

7 Coffee dispensers

8 Long time

9 "Exodus" hero

10 — Palmas

16 Chess piece

18 Sunup site

29 "Miracle Mets"

29 "Miracle Mets" pitcher

30 Blend

30 Blend

30 Blend

30 Blend

30 Blend

30 Blend

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

### Yesterday's answer

19 Treats for terriers

20 Fan's favorite

21 Obtains

22 Natural fuel

23 Exile isle

25 Street urchin

29 "Miracle Mets" pitcher

30 Blend

33 Attire

34 Put together

36 Pub choices

37 Pound hound

38 Garden part

39 Preceding period

40 Very popular

41 Pizzazz

## Word Search

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

- Adam Bede
- Amelia
- Ben Hur
- Candide
- Dr No
- Emma
- Gigi
- Heidi
- Herzog
- Ivanhoe
- Jane Eyre
- Lord Jim
- Lorna Doone
- Nana
- Oliver Twist
- Pinocchio
- Rebecca
- Rob Roy
- Shirley
- Silas Marner
- Sybil
- Tom Jones

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

1	2	3	4	5	6	7	8	9	10
11				12					
13				14					
15			16						
	17	18				19	20	21	
22	23				24	25			
26						27			
28				29		30			
31				32	33				
			34				35	36	37
38	39	40					41		
42							43		
44							45		

11-14



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By Ray Billingsley

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By Stan Lee

### JUDGE PARKER

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**Overview**

The lecturer will develop and teach courses at the University College of the Cayman Islands especially at the certificate and Associate levels. While teaching will be main activity of the Lecturer, this individual will also be heavily involved in multiple activities at both the departmental and broader university level.

**Required**

- Technical certificate and training in respective discipline; Master's is preferred;
- Five (5) years demonstrated teaching excellence and proven pedagogical competence at the technical or tertiary levels with combined experience and knowledge in hospitality management and culinary skills education.
- Proven ability to design and deliver courses at quality standards and regulations of the University;
- Capacity to contribute to the development of academic processes across the institution;
- Proven record of continued professional development;
- Proven demonstrative experience in Tourism and Hospitality training;
- Experienced in developing and applying innovative and appropriate teaching and learning techniques;
- Proven capacity to monitor student progress;
- Has undertaken and contributed to research both individually and in collaboration with others;
- Significant experience in teaching especially undergraduate courses;
- Proven demonstration of strong student-centric approach to working and commitment to high quality standards;
- Capable of teaching in an online and hybrid environment;
- Proficiency in preparing course materials;
- Ability to teach multiple courses in area of competence;
- Commercial or industrial/technical and relevant industry experience will be an asset.

**Responsibilities**

- Designs, prepares and develops teaching materials;
- Prepares and delivers lectures, seminars and tutorials in accordance with the allocated teaching load;
- Assesses students' coursework;
- Responsible for marking, assessing, recording and submitting results;
- Maintains student records and monitors student progress;
- Works collaboratively with the Dean to maintain and develop effective and efficient programme delivery;
- Ensures the quality of all department courses and programs in accordance with the guidelines of the UCCI Curriculum Committee;
- Develops and implements new methods of teaching to reflect changes in research;
- Supports students through an advisory role; and maintains office hours;
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- Undertakes continuous professional development e.g. staff training activities, conferences and seminars.

**How to apply:**

Submit a cover letter and CV to [recruitment@ucci.edu.ky](mailto:recruitment@ucci.edu.ky) along with three (3) professional references.  
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**Grand Cayman**  
**KY1-1108**



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Requirements:

- Minimum of 5 years bartending experience
- Should have knowledge of bar basics
- The ability to work in a high-volume bar/restaurant
- Maintain and reconcile bar float
- Some lifting required (20-50 lbs.)
- Mathematics is essential
- Knowledge of Aloha POS system
- Flexibility to work am/pm shifts, weekends, and public holidays

**Bi-weekly wages include:**

- Hourly pay rate in the range of: CI\$ \$6.00 to CI \$10.00
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**FOOD AND BEVERAGE SERVER**

Requirements:

- At least 5 years wait-staff experience
- Provide food and beverage product knowledge
- Ability to upsell food & bar menu items
- Mathematics is essential
- Standing/walking for continuous hours
- Knowledge of Aloha POS system
- Maintain and reconcile cash float
- Flexibility to work am/pm shifts, weekends, and public holidays

**Bi-weekly wages include:**

- Hourly pay rate in the range of: CI\$ \$6.00 to CI \$8.00
- Gratuities

**ASSISTANT FOOD & BEVERAGE SERVER &/OR SUPPORT STAFF – FRONT HOUSE**

Requirements:

- Minimum of 3 years wait-staff experience or 5 years food runner experience
- Assist waitstaff and bartenders
- Deliver food and beverage orders to customers
- Refill drink orders
- Prepare dining area for guest arrival
- Replenishment of supplies for service areas
- Must know the use of various plateware & cutlery
- Knowledge of table place settings
- Must be able to communicate effectively
- Flexibility to work am/pm shifts, weekends, and public holidays

**Bi-weekly wages include:**

- Hourly pay rate in the range of: CI\$ \$7.00 to CI \$9.00
- Gratuities

**KITCHEN HELPER &/OR SUPPORT STAFF KITCHEN**

Requirements:

- At least 5-years culinary and custodian combined services
- Assist Chefs with food preparation of menu items
- Use of various seasonings, marinades and dressings
- Ability to use a food scale
- Monitor delivery of kitchen inventory
- Comprehend the use and diversity of cleaning agents
- General cleaning of public areas and kitchen workstations
- Ability to lift heavy items and stand for extended periods
- Flexibility to work am/pm shifts, weekends, and public holidays

**Bi-weekly wages include:**

- Hourly pay rate in the range of: CI \$6.00 to CI \$13.00
- Gratuities

**LINE COOK**

Requirements:

- Over 5 years culinary experience in a high-volume kitchen is essential

- Plan and coordinate menus
- Oversee inventory levels of ingredients and supplies
- Preparation of monthly food cost control reports
- Computer literacy
- Flexibility to work am/pm shifts, weekends, and public holidays

**Bi-weekly wages include**

- Hourly pay rate in the range of: CI \$10.00 to CI \$18.00 per hour
- Gratuities

**ASSISTANT COOK &/OR PREP COOK**

- Minimum of 3 years' culinary experience
- Assist chefs in kitchen operations
- Prepare and cook meals according to recipes and menus
- Check food stock and place orders when needed
- Maintain a clean and organized work area
- Monitor food quality and freshness
- Ensure compliance with health and safety regulations

**Bi-weekly wages include**

- Hourly pay rate in the range of: CI \$10.00 to CI \$16.00 per hour
- Gratuities

**MAITRE D'**

Requirements:

- Minimum of 5 years' leadership experience within the restaurant industry
- Oversee all restaurant and bar activities
- Inspection of table settings
- Broad knowledge of pairing foods and wines
- Organization of events and bookings
- Resolve Complaints
- Knowledge of Aloha POS
- Recruitment and training of staff
- Liaison between kitchen and servers
- Monitor inventory cost and work within budgets
- Maximize sales revenues
- Oversee the cleanliness of restaurant, bar and public areas
- Ensure all workstations are stocked and functional
- Perform day-to-day clerical duties involving food & beverage sales

**Bi-weekly wages include:**

- Pay rate in the range of: CI \$2,000.00 – CI \$4,500.00

**TEAM LEADER**

Requirements:

- Have at least 5 years of hospitality leadership experience or 8 years exp. as F&B Server
- Fine dining experience is essential
- Ability to work in a fast-paced environment
- Knowledge of Aloha POS
- Computer literacy
- Flexibility to work am/pm shifts, weekends, and public holidays
- Mathematics is essential
- Entertainment Host
- Prepare weekly staff schedules
- Delegate duties to waitstaff & bartenders
- Some lifting required

**Bi-weekly wages include:**

- Pay rate in the range of: CI \$1,600.00 – CI \$3,600.00
- Gratuities

Health Insurance and Pension are provided for all positions. The employer will automatically cover its required portion

Resumes from qualified Caymanians and PR Holders should be forwarded to:

Our House Cayman Ltd.  
PO Box 581, KY1-1502, Grand Cayman  
or email: [info@ghrestaurants.com](mailto:info@ghrestaurants.com)

***T.H.E. Merren Design***

**Seeking applicants for the position of a Carpenter.**

The individual must be mature & dependable with proven working experience and provide acceptable character references. Must have good interpersonal skills and work well in a team and possess sound working knowledge of a wide range of tools & machines used for a range of high quality carpentry work and cutting wood and materials.

The successful candidate will be responsible for painting and finishing of walls, installing doors, trims, stairs, rails and cabinet installations.

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Please submit CV and references to [merrendesign@gmail.com](mailto:merrendesign@gmail.com)

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Send Resume to: E-mail: [precisiondrilling@candw.ky](mailto:precisiondrilling@candw.ky)

**NOTICES**

**IN THE ESTATE OF BURCH CHRISTIAN CHRISTIAN, deceased, formerly of Spot Bay, Cayman Brac, Grand Cayman**

NOTICE IS HEREBY GIVEN to creditors, beneficiaries and all others having claims in respect of the deceased's estate who died on the 24th day of December, 1997, intestate, that they are required by the Administrator of the estate, Stanley Christian, to send particulars of such claims and demands within 30 days of the date of this notice after which time the Administrator will distribute the assets having regard only to the claims of which he has notice. Claims should be addressed to 'Estate Christian' P O Box 12133, Grand Cayman KY1-1010.



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### New Barkers boutique a haven for wellness

**Al fresco yoga**

Continued from Page 1

immersed in natural vegetation and where the vegetation has had to be removed for construction purposes, plants endemic to the landscape have been replanted and will soon provide natural shade.

"We've got baby coconuts, desert roses, local mahogany trees, ferns, many plants that we have grown locally," co-owner Milly Serpell explained. "We've managed to keep the beach, the almonds, the sea grape, mangrove trees, the pop nut, the Silver Thatch and some burtonwood that was already here."

Featuring as many locally-made products as possible, Vida is home to some bright and colourful local art both in the shared spaces and in each room, created by artists such as the Soak'd team of Pam and Marc, Laurenson, David Bridgeman, Avril Ward, Julie Corsetti, Renata Seffer and Jo Austin.

A gorgeous and expansive outdoor deck features a pool, sun-loungers and bean bags along with a cabana that can be used for events and private barbeques. While the property doesn't sit right on the water, a short walk down a beautifully shaded path through natural vegetation ("a Cayman jungle" as Milly calls it) leads guests directly to the pristine waters of Barkers Beach where they can pull up a chair and soak up the sun and sea.

Their wellness programme is a big feature of the property and includes yoga and Pilates classes among others. Every week they hold between three and 10 different classes, currently mostly enjoyed by locals, but becoming increasingly popular with guests as they learn about the great fitness opportunities available at Vida.

Most of the yoga and Pilates take place in a beautiful outdoor purpose-built space on the second floor with stunning views of the sea and which Milly advised "comes alive" at night, in particular, giving guests the chance to star gaze into the night sky.

On the third floor another space is dedicated to quiet mindfulness and meditation and guests are encouraged to leave their mobile phones behind and focus on the moment here. This is also a lovely spot for events, especially pre-wedding drinks.

The gym is located on the ground floor and is well-equipped for sporty guests. In all there are 12 suites - six 1-bedroom studios, two 2-bedrooms and four 3-bedrooms. The suites are spacious and well designed, with one bedroom ground floor studios running at 800 square feet and the 2 and 3 bedrooms benefiting from fully fitted kitchens (the studios with kitchenettes), and all with spacious balconies perfect for dining al fresco and also in-room massages. Conveniently, the 2 and 3 bedrooms have their own washers and dryers and guests can enjoy sweeping views of the sea as they are located on the upper floors.

SEE A HAVEN FOR WELLNESS, Page 1

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