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INSIDE THIS ISSUE

● EDITORIAL — page 2



A CALL FOR A NEW CAMPAIGN FOCUS

● CRUISE PORT — page 4



Preserving Cayman's Legacy Through Sustainable Community Centered Tourism

● REGIONAL — page 13



CARILEC Leads Capacity Development for the Region's Energy Sector with a Robust 2025 Conference and Training Calendar



Celebrating our Heroes

The Cayman Islands has recognised four new National Heroes on Monday 27 January 2025 as a part of the National Heroes Day celebrations.

Premier Hon. Juliana O'Connor-Conolly announced that Cabinet has bestowed the honour of National Hero posthumously to:

- The Hon. Captain Keith Tibbetts,
- The Hon. Ernest Craddock Ebanks, and
- The Hon. Frank Hugh George Scotland.

The Hon. Mrs Francine Eldona Jackson, CMM received the National Hero honour in-person and is now the Cayman Islands' only living Hero.

"Each of these individuals have led exemplary lives that show a rich tapestry of service to and love for the Cayman Islands. The title of National Hero has been bestowed on each of them as a tribute to their legacies and a token of gratitude, for

SEE CELEBRATING OUR HEROES, PAGE 9



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A CALL FOR A NEW CAMPAIGN FOCUS

By Editorial Team

You can almost feel it in the air; the initial breeze of the 2025 election campaign. This is but the relative calm before the storm of a full-blown political campaign vying for control of Cayman's economy and its development.

No doubt some of the pressing issues waiting to be resolved have the potential to determine the future direction across a range of issues.

Some of these are long-term delayed, while others have emerged more recently. In both cases, they demand attention in keeping with the pace and trend of growth and the place of Cayman in the global economy and, to a lesser degree, geopolitics.

That is why we urge our politicians from veterans to newcomers not to get distracted by personality politics and what we choose to call 'short-termism'.

Down through the cycle of election campaigns over the years, we have seen new faces come onto the scene with well-intentioned promises. However, they have failed to move the needle forward due to a preoccupation with 'quick fix' issues.

While there are many things that could do with quick fixes, the big picture, big-ticket matters tend to get 'kicked into the long grass'.



These matters handicap successive governments as they worsen over time and become almost intractable policy challenges with a high political price.

With the campaign for the April 30th general election now shifting into higher

gears, alliances, alignments and even new parties are starting to emerge.

It's also an opportune time to start mapping out policies for the issues that matter long-term to Cayman. Some will have to be tackled head-on as they have remained

unresolved for so long. Unravelling them is a challenge that can no longer go unattended.

These include - the cost of living, the cost of healthcare, and the myriad issues impacting the environment, chief among them beach erosion and its implications for the wider tourism economy. This is not just a Seven Mile Beach problem.

The administratively gridlocked East-West Arterial Project and its environmental implications alongside the investment-intensive ReGen waste-to-energy project - the single largest infrastructure project ever in Cayman - demand urgent action.

Equally demanding attention is the issue of the cruise tourism sector, including the arguably controversial cruise pier project and the admittedly necessary cargo port expansion.

Population growth, investor development, local small business growth, immigration, employment, traffic congestion, health insurance, retirement planning and social safety nets, youth, sports, education and crime... are all areas that require creative local fixes.

The challenge for our politicians is that these issues can no longer be hidden. The risk is, if we don't fix them ourselves, someone else probably will - and then possibly not in the way we want.

Elections Office Issues Warning on Staff Impersonators

By: Hayley Reid

The Elections Office has received multiple reports of individuals visiting homes in various districts, falsely claiming to be employees of the Elections Office and conducting political surveys. The public is advised that the Elections Office is not conducting door-to-door surveys. Genuine Elections Office staff are always identifiable by their official identification badges and uniforms.

The public is reminded that canvassing or surveying for information about voting preferences is not illegal. However, falsely claiming to be from the Elections Office or misrepresenting oneself as a government official is a criminal offence.

Under section 99 of the Penal Code (2019 Revision), it is an offence to impersonate a public official or falsely represent oneself as a person employed in the public

service. This offence carries a penalty of up to four years imprisonment, ensuring that those who attempt such fraudulent acts will face severe consequences.

Should you encounter anyone you believe to be impersonating an Elections Office official, report the matter immediately to the Royal Cayman Islands Police Service at 949-4222.

If you feel threatened or sense immediate danger from someone approaching you, please call 911.



WARNING Protecting your Electrical Equipment

CUC will use reasonable diligence to provide a constant and reliable supply of electricity. However, power surges occur in any electrical system and these surges can damage electrical equipment and appliances in your home and office. Although little can shield against a direct lightning strike, there are a number of steps you can take to protect your valuable equipment:

- ▶ Ensure that your home and office are well-grounded. Have a licenced electrician check your grounding system and advise what steps may be needed to bring your system up to standard.
- ▶ Ask your electrician about fitting a Surge Arrestor to your electrical system (breaker panels), which will guard against surges that can wear down the motors on major appliances and destroy electronic equipment.
- ▶ For additional protection, unplug other electrical equipment during a service interruption or lightning storm.
- ▶ Ask your electrician for advice on the purchase of suitable Surge Suppressors for extra protection of your kitchen appliances and sensitive electrical equipment such as televisions, computers, video game consoles and stereo systems.

Customers are responsible for the protection of their appliances and electrical equipment. CUC shall not be held liable for any damage caused by such transient over-voltages. Please consult your electrician for advice.

If you have any queries, please contact our Customer Service Team at 949-5200 or via e-mail at service@cuc.ky.



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Preserving Cayman's Legacy Through Sustainable Community Centered Tourism



The Cayman Islands currently solely rely on tender boats to transport cruise passengers from ships to shore. Proponents of constructing cruise berthing facilities

argue that this limitation has led to a decline in cruise arrivals, as newer, larger ships prefer ports with direct docking capabilities. However, CPR Cayman champi-

ons a future for the Cayman Islands where sustainable tourism and community well-being take precedence over short-term economic gains.

In response to the Ministry of Tourism's launch this week of its pro-pier referendum campaign¹, with release of interviews with cruise line executives, CPR Cayman would like to point out the following contradictory information presented:

1. Contrary to the Deputy Premier's statement in October 2024, that with a pier, cruise ships would stay in port overnight, Carnival Executive Mr David Candib confirmed that having a pier would not change the current dynamics and their ships would not stay overnight or into the evening.

2. The Carnival Executive shared that they might consider scheduling more ships to Cayman if they were allowed to have their casinos and bars open while in harbour.

3. Ships it seems will only stay later with a pier if they are also allowed to open their casinos and bars during the additional hours in port. However, the additional economic benefits to the local economy are questionable as many cruise guests would return to their ship for pre-paid meals. Additionally, allowing gambling in our territorial waters is currently unlawful.

4. The cruise line executives stated that George Town harbour is the preferred location for a potential pier. The Carnival Executive stated that the numerous studies

of the current location showed it was an environmentally and scientifically sound location.

CPR Cayman strongly disagrees with this conclusion. Studies showed that the 2019 Verdant Isle proposal, which Carnival was a party to, would have resulted in:

- Dredging of 22 acres of seabed;
- Direct loss of 12 acres of coral reefs;
- Sedimentation from dredging that would smother surrounding coral reefs, like Eden Rock, and permanently transform our now crystal-clear aquamarine waters with silt and turbidity;
- Natural capital loss of CI\$550 million over 25 years; and

e. Loss of natural coastal defences and risk of increased susceptibility of storm flooding once the natural occurring coastal coral reef defences are permanently destroyed.

5. The Carnival Executive explained that the potential future decrease in calls predicted by the Ministry of Tourism of 4.3% per year would be due to the cruise lines replacing older ships with newer mega ships that will not tender. However, Disney, Royal Caribbean and Norwegian have recently announced that they are continuing to build smaller ships to be able to continue to visit more unique boutique destinations, like the Cayman Islands.

Further, data shows that higher end cruise lines like Disney, Celebrity and Norwegian cruise lines have actually increased their calls to Cayman since the overall record high year of 2019.

While overall cruise arrivals have declined, Cayman's stayover tourism is experiencing near record highs. Data just released by the Department of Tourism shows that January to June 2024 saw the 3rd highest visitation in recorded history. While making up only 20% of headcount, stayover tourists account for 80% of tourism revenue, while also contributing less strain to our limited carrying capacity.

Cayman deserves to have complete data in order to make an informed decision on cruise berthing and all matters of national importance, however the minority Government, while continuing to push for an April 2025 referendum, has made no disclosures on plans, location, costs, environmental impacts or other key information.

CPR Cayman believes that a sustainable tourism model that invests in overnight tourism and nurtures a boutique cruise tourism sector will yield higher long-term returns for the local economy, while minimising negative impacts on our overall community well-being.

Together, we envision a Cayman that leads the Caribbean as a beacon of sustainability, where mindful community centred development, a prosperous and happy community, and eco-tourism pave the way for enduring success.

For interviews contact:

CPR Cayman

Email: cprcayman@gmail.com



PHONES • ACCESSORIES • REPAIRS
BAYTOWN PLAZA, WEST BAY ROAD

¹ CPR Cayman would like to again raise concerns about the current lack of referendum regulations. While the Elections Act (As Revised) of the Cayman Islands carefully regulates all aspects of general elections, including candidates' expenses, advertising and disclosures, we are concerned that the Government referendum will proceed without adequate regulation to ensure a fair and effective process. Public spending has already begun with a complete absence of regulation. In 2019, the then government spent over CI\$217,000 promoting the cruise berthing facility proposal by Verdant Isle.

A New Chapter of Leadership and Innovation: PROVEN Bank Welcomes Stacy Belnavis



PROVEN Bank is excited to announce the appointment of **Stacy Belnavis** as its new **President and Chief Executive Officer (CEO)**; with her proven leadership experience, Stacy will guide PROVEN Bank as it continues to grow and innovate, ensuring a seamless and customer-centric banking experience across the Cayman Islands and Saint Lucia.

Stacy brings over **20 years of experience** in strategic business development, treasury management, and marketing across the Caribbean. Her career has been defined by a commitment to excellence, and she has consistently demonstrated the ability to lead impactful change through collaboration and technological innovation. As CEO, Stacy will lead PROVEN Bank's transformation into a comprehensive financial services provider, focusing on both growth and innovation in the Caribbean market.

"Stacy's expertise in digital banking, her customer-first approach, and her dedication to fostering collaboration make her the ideal leader for PROVEN Bank at this exciting stage in our journey," said Johann

Heaven, CEO designate of PROVEN Management Limited. **"Her leadership, particularly in driving digital transformation and stakeholder engagement, will ensure that PROVEN Bank remains a forward-thinking institution that delivers exceptional value to its clients."**

Before joining PROVEN Bank, Stacy was the Director of Digital Banking at CIBC Caribbean, where she successfully led initiatives that enhanced client acquisition, product development, and brand visibility. Her strong background in business development, agile project management, and communication, combined with her deep understanding of the Caribbean market, will be pivotal in shaping PROVEN Bank's continued growth.

"Stacy's pan-Caribbean approach, focusing on collaboration and integration across borders, aligns perfectly with PROVEN Bank's ambitious vision to become a leading regional banking hub," said **Garfield Sinclair**, Chairman of PROVEN Bank. **"Her strategic leadership will set the stage for our future, differentiating PROVEN Bank from other institutions and positioning it as the trusted partner for financial services across the region."**

Stacy holds an MBA in Global Leadership from the University of Liverpool and a BSc in Economics and Statistics from the University of the West Indies. She is committed to innovation, team empowerment, and excellence. Outside of her professional accomplishments, Stacy is passionate about supporting local talent and has contributed to the Jamaica Observer Food Awards as a judge for three consecutive years.

As CEO, Stacy will lead **PROVEN Bank's brand transformation**, focusing on enhanc-

ing digital capabilities, elevating service quality, and ensuring a modern, seamless banking experience for clients across the Caribbean. Her leadership will center on collaboration, premium service delivery, and a clear, consistent brand message that resonates across local and regional markets.

"I am honored to take on this role and

look forward to working with the talented team at PROVEN Bank," said **Stacy Belnavis**. **"Together, we will continue to build on the bank's strong foundation and ambitious goals, shaping the future of banking in the Caribbean with innovative solutions and exceptional service for our clients."**

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CIBC Caribbean announces a change to its Country Management Structure

New structure is expected to place renewed emphasis on employee, community and client relationships as bank harnesses internal talent to lead new phase



► Annique Dawkins



► Donna Wellington



► Kemar Polius



► Gemel Sobers

The Caribbean's leading financial services company, CIBC Caribbean, has announced a change to its Country Management, that will place greater emphasis on relationships with key stakeholder groups, including its employees, clients and the community. The bank currently operates in 10 Caribbean countries, having reduced its geographical footprint from 17 countries to 10 over the past three years.

In making the announcement today, Chief Executive Officer, Mark St. Hill, noted that leading the regional Country Management team, is the bank's newly appointed Chief Country Management Officer, Ms. Donna Wellington, formerly Managing Director for Barbados & OECS, under whom all country-related activities will be aligned.

Donna Wellington is no stranger to Caribbean banking, having joined CIBC 20 years ago,

holding progressively senior roles in the bank. She served as CIBC Caribbean's Managing Director for the eastern Caribbean region since 2013, and between 2016 and 2021 was President of the Barbados Bankers Association, Director in the Barbados Private Sector Association (BPSA) and an active participant in the Barbados Social Partnership. In this regard she represents the BPSA as a participant in the Social Partnership Oversight Committee tasked with oversight of the Sustainable Recovery Plan for Barbados.

Mr. St. Hill noted: "Donna's vast knowledge of banking and her commitment to client service makes her the perfect choice for this role. We know that she will bring the same energy to developing our business in the rest of the region that she brought to managing our operations in Barbados and the OECS."

He added: "This change to the organization's structure will mean that our other current Managing Directors with responsibility for the bank's Operating Companies will transition to different types of roles in the organisation. CIBC Caribbean's Managing Directors in The Cayman Islands and Jamaica, Mark McIntyre and Nigel Holness will be appointed the Chairmen of the Cayman and Jamaica businesses respectively, while taking early retirement from their day-to-day duties.

"Additionally, our MD in the Bahamas, Dr. Jacqui Bend, will take early retirement and transition to an assignment designed to assist us in our transformation & governance programme, while our MD in Trinidad, Anthony Seeraj, will remain with the bank until the end of fiscal. During this time his new remit will be to help us secure a new Head of Country for Trinidad,

while assisting in a number of business development activities in Trinidad, after which he too will take retirement. We are also undertaking a search for a new Head of Country in The Bahamas to succeed Dr. Bend."

Mr. St. Hill went on to add: "We feel extremely fortunate that these hugely experienced individuals will continue to be a part of our team, albeit in different capacities. We are also excited to announce a further evolution of our talent of professionals, to meet the demands of the new CIBC Caribbean, as we have appointed a new crop of Heads of Country to take over in five of our jurisdictions.

- Mr. Kemar Polius will succeed Ms. Wellington at the helm of the bank's Barbados operations;
- Mr. Gemel Sobers has been appointed the Head of Country for The Cayman Islands;
- Ms. Annique Dawkins is the Head of Country for Jamaica;

ue to embed our new corporate culture, which we started work on over the past year."

He further explained that the new Heads of Country will prioritize the development of relationships, with staff, clients and within the community. "Our stated goal is to make our clients ambitions into reality. To do this, we must be closer to our clients, learning what they want from us and finding the best way to make it happen. A key component of that is ensuring our employees have the right tools, and the best working environment to deliver for our clients, so our Heads of Country will focus heavily on that, while ensuring we keep our commitment to contributing to the development of our communities."

The CIBC Caribbean CEO went on to list a number of major accomplishments of the regional bank over the past few years. "We have rationalized and consolidated our geographical footprint since 2016. We have enhanced our client experience and made several other structural adjustments such as integrating all our business segments under one Chief Commercial Officer, centralized key functions, launched an Agile way of working to give us a greater competitive edge, centralized our digital sales through our LoanStore, and revamped our Call Centers into Contact Centers. This is one more piece of the puzzle as we continue to develop our business capabilities and effectiveness."

The new changes to the organization become effective on 1st March 2025.

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Congratulations to CIBC Caribbean's CEO's Awardees



Our 10 Annual Achievers have been selected to represent the Caribbean at the upcoming CIBC Annual Incentive Conference in Punta Cana, Dominican Republic. The conference will take place from February 2nd to 8th, and our achievers will join 318 top-performing employees from CIBC's global network and their guests. This is a remarkable opportunity for them to be recognized for their outstanding performance.

They will be hosted by CIBC Caribbean CEO, Mark St. Hill, and will have the opportunity to network with other top executives from the group.

Please join us in congratulating our 2024 CEO's Awards Achievers on this well-deserved recognition. Their hard work and dedication have truly made a difference in our organization.

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Damien Boyce
Senior Manager,
Planning & Reporting
Human Resources
Barbados



Janelle Browne
Senior Manager,
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Krystal Denny
Manager, Customer Support Unit
Operations
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Cory Fanus
Credit Manager
Corporate Banking
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Meghan Moxey
Credit Manager
Corporate Banking
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Jason A White
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Gercine Watts-Jones
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Benjamin Brooks
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Corporate Banking
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Celebrating

Icons of Business & Entrepreneurship



2025 National Heroes Day Honourees

Each honouree reflects a unique combination of **success, leadership, ingenuity, innovation, creativity, and hard work** — qualities that are deeply rooted in our maritime heritage and cultural identity.

The strength and perseverance required to navigate the seas parallel the qualities needed to excel in business and entrepreneurship. Just as Cayman's forebears charted their paths across the waters with

resilience and resourcefulness, these honourees demonstrate the same commitment to steering their ventures toward success.

This year, the honourees serve as a testament to what it truly means to be con-

sidered for the 2025 National Heroes Day in the Cayman Islands: embracing challenges, pushing boundaries, and inspiring future generations to dream boldly while staying anchored to our roots.

Legacy Builders (Early Pioneers)

Legacy Builders honour individuals and organisations whose enduring contributions have laid the foundations for future growth. With a commitment to sustainability and mentorship, they uphold core values while embracing change to ensure their legacy endures.

Mr. Ashburn Renford Barnes
 Mr. Charles Barnes
 Mr. Atlee Bodden
 Mr. James (Sonny Boy) Bodden
 Ms. Lurline (Fefe) Bodden
 Mrs. Shirley Mae Bodden
 Hon. Dr. Truman Murray Bodden
 Mr. Mostyn Bodden
 Mr. Alva M.D. (Billy) Bodden, Cert. Hon.
 Ms. Lorna Bodden, Cert. Hon.
 Ms. Maureen H. Bodden, Cert. Hon.
 Ms. Maxine E. Bodden, Cert. Hon.
 Mr. William Norman Bodden, MBE
 Mr. Martyn Bould, MBE
 Mr. Adrian Briggs
 Mr. Berkley Bush
 Mr. Olson Chisholm
 Mr. Rolin Chisholm
 Mrs. Eldeene Connolly
 Mr. Robert Connolly
 Mr. Bertram Conolly
 Mr. Rex Crighton, MBE
 Dr. Elsa M. Cummings, Cert. Hon.
 Mr. Cardinall DaCosta, OMH
 Mr. William Joseph (Lawrence) Dilbert
 Mr. Allen Dadford Dixon

Mr. Edison McNee Ebanks
 Mr. Frank Hartley Ebanks
 Mr. Joseph Daniel Ebanks
 Mr. Richard Donley Ebanks
 Mrs. Thelma Ebanks
 Mr. William Ebanks
 Ms. Christine Ebanks
 Ms. Rachael Ebanks
 Ms. Zelmalee Ebanks, Cert. Hon., JP
 Mr. Benson Ebanks, OBE
 Mr. Craddock Ebanks, OBE, BEM
 Mr. Thomas Abram Ebanks Sr., JP
 Mr. Anthony Eden, OBE, JP
 Mrs. Otto Lee Regina Flowers
 Mr. Clarence Levi Flowers, MBE
 Mr. David Foster
 Mr. Minard Steve Foster
 Mr. Nolan B. Foster, Cert. Hon., JP
 Mr. Marvin Verneal Frederick
 Mr. Marco Giglioli
 Mr. Ishmael A. Goddard
 Mr. Neil Godfrey, Cert. Hon.
 Mr. Paul Harris, FCA
 Mr. John Lemuel Hurlston, CVO, MBE, JP
 Mr. Thomas Shelby Hydes, Cert. Hon.
 Mr. Will Jackson

Ms. Sybil Jackson, Cert. Hon., JP
 Mr. George Jefferson
 Pastor John D Jefferson Sr.
 Mrs. Jocelyn Ellela Watler Jeffers-Rankine
 Mr. Eldon Kirkconnell
 Mrs. Zita Kirkconnell
 Mrs. Brigitte Kirkconnell
 Mr. George McCarthy, OBE, JP
 Mr. Carlton Roy McDoom
 Mr. Alan Steve McField, CMH
 Mrs. Florence Greta McLaughlin
 Mr. Lemuel McLaughlin
 Mr. Lyman McLaughlin
 Mr. Naaman Woodrow McLaughlin
 Mr. Rushbrook McLaughlin
 Mr. Gilbert McLean, JP
 Mr. Hurley Merren
 Mr. Ray Miller
 Mr. Louis Moncrieffe, MBE
 Mrs. Rosemary Moxam
 Mr. Rupert Lennox Moxam
 Mr. Waldo Parchment
 Mrs. Felicia Pouchie
 Mr. Henry Lonsdale Pouchie
 Mr. Prentice Powell
 Mr. James (Jimmy) Powell, MBE

Mr. Kent Mitchell (Biggie) Rankin, CMH-Commander Division
 Mr. Owen Rankine
 Mr. Thomas Rankine
 Mr. Frank Hugh George Scotland
 Mr. Colford Scott
 Mrs. Eli Scott
 Ms. Mary Scott
 Mr. Ottley Scott
 Mr. Neville Anthony Scott Sr.
 Mr. Thomas Seymour
 Mr. Murphy Smith
 Mr. Robert Lee Smith
 Mr. Graham Thompson
 Mr. Norberg Thompson, OBE
 Mr. D. Burnard Tibbetts, MBE
 Mr. Linton Nathaniel Tibbetts, OBE
 Hon. D. Kurt Tibbetts, OBE, JP
 Captain Keith Tibbetts Sr., MBE, JP
 Dr. Stephenson Anthony Tomlinson, MBE
 Ms. Vivine Watler
 Mr. Dawson Whittaker
 Mr. Ornon Whittaker, Cert. Hon.
 Ms. Brenda Algar Wood

Modern Visionaries (Pioneers)

Modern Visionaries are trailblazers who set new paradigms for success. They combine foresight, creativity, and innovative strategies to redefine boundaries and lead with purpose. These pioneers inspire transformation while fostering inclusivity and progress.

Ms. Betty Baraud, MBE, Cert. Hon.
 Mr. Ernest Peterkin Berry
 Mr. Paul Berry
 Mrs. Atheida Bodden
 Ms. Burnadette Bodden
 Ms. Harilyn Bodden
 Mr. Kirk Phillip Bodden
 Mr. Lionel Bodden
 Ms. Lynn Marie Bodden
 Mr. Naul Bodden
 Mrs. Nola Bodden
 Mr. Robert C. (Bobby) Bodden
 Mr. Spencer Bodden
 Mr. Delroy Steve Bodden Sr.
 Mr. Michael Brown
 Ms. Louise Christine Burke-Richardson
 Ms. Alecia Carter
 Ms. Lana Cayasso
 Mr. Silford Christie, MMH
 Mr. Sean Collins
 Mr. Hartmann Morgan DaCosta, Cert. Hon., JP

Mr. Ethan Dilbert
 Ms. Velma Dilbert
 Mr. Phillip Dixon
 Mr. Calton Daniel Ebanks
 Mrs. Ima Louise Ebanks
 Mr. Joseph H. Ebanks
 Ms. Lucinda Marie Ebanks
 Mr. Shane Edwards
 Mr. Richard Flowers
 Mr. Frank Ewen Flowers, Cert. Hon.
 Mr. Clarence Bradley Flowers, MBE
 Mr. Woody Foster, Cert. Hon.
 Mrs. Michele Garcia Aubert
 Mrs. Amy Gould
 Mr. Ashton Gould
 Mr. Garston Gilbert Grant, Cert. Hon., JP
 Mr. David Guilfoyle
 Capt. Robert Basil Hamaty
 Mr. Arvid Aaron Harris
 Mr. Henry Harris
 Mrs. Shauna Haylock
 Mr. Leonard Augustus Hew, BEM, CMH, JP

Mr. John Hurlstone
 Mr. Robert Hurlstone
 Mrs. Dorothy Japal
 Ms. Alex Johnson, JP
 Mr. Moses I. Kirkconnell III, OBE
 Mr. Moses Ithamar Kirkconnell Jr.
 Mr. Selbourne Lazzari
 Mr. Marshall Levy
 Mr. Brazley McLain
 Ms. Julia Ann McLaughlin
 Mr. Gregory Edlin Merren
 Mr. Delroy Miller
 Mr. David George Morritt
 Mr. David Edward Pellow, B.Sc.Ph.M., C.P.P.
 Mrs. Judy Faye Penn
 Mr. George Anthony Powell
 Ms. Beryl Elizabeth Ramoon
 Mrs. Meriel Ritch
 Mr. Charles Russell
 Mr. Gary Burns Rutty
 Mrs. Annette Scott
 Mr. Derwin Scott

Mrs. Hio Scott
 Mr. Stanley Norman Scott
 Mr. Windell M. Scott
 Rev. Audley U. Scott, JP
 Ms. Cathy Seymour
 Dr. Shannon Seymour
 Mr. Edward Solomon, OMM
 Mr. Elsberth Garfield Terry
 Mr. Woodward Terry
 Mr. Gene Thompson
 Mr. Kel Thompson
 Mr. Kelly Thompson
 Mrs. Noreen Melice Tibbetts
 Mr. Bentley Leroy Tibbetts Sr., Cert. Hon.
 Mr. George Walton
 Mrs. Lyn Walton
 Mr. Robert Selkirk Watler Jr.
 Ms. Vernie Watler-Harris
 Mr. Handel Whittaker
 Mr. David Charles Wight, JP
 Mr. Jerry W. Wood
 Mr. Justin W. Woods



Innovators of Impact

Celebrating leaders who embrace transformation and growth, Innovators of Impact are agents of change, known for adapting to challenges and seeking out opportunities for innovation. They guide their businesses through cultural and operational shifts, ensuring continued relevance in a dynamic environment.

Mrs. Melesia Angelia Adderley, BA, M
MSc
Mr. Eric Bergstrom, MBE
Mr. Jason Brown
Mrs. Mary Viola Brown
Mr. Curtis Connor
Ms. Kimberley Antonette Conolly
Hon. William Warren Conolly, OBE, JP

Mr. Danny Dixon
Mr. Dole Dixon
Mr. Laurie Ivan Farrington, OMH
Mr. Kevin Foster
Ms. Marleine Gagnon
Capt. Donald Emmerson Glidden
Mr. Tedrick J. Green
Mr. Charles G. Kirkconnell

Mr. Marc Laurenson
Mrs. Pearlina McGaw-Lumsden
Mr. Corlan McLaughlin
Mrs. Zanda McLean
Mr. William Lancelot Nixon
Mrs. Polly Pickering
Mr. Graham Rankin
Mr. Godfrey Robb

Mr. Burns Ruddy
Mr. Mervyn Scott
Mr. Desmond Seales, MBE
Mrs. Suzanne Soto, Cert. Hon.
Mr. Bob Soto, Cert. Hon.
Ms. Monica Walton

Cayman Islands Recognise Four New National Heroes



► Children and grandchildren of the Hon. Frank Hugh Scotland accept his posthumous National Hero award



► Family of the late Hon. Captain Keith Tibbetts receive his bestowment of National Hero



► The family of the Hon. Ernest Craddock Ebanks accept the National Hero award in his honour



► Hon. Francine Jackson, CMM (centre) accepts her title as a National Hero during the 2025 National Heroes Day Award Presentation

CONTINUED FROM Page 1

their contributions to the betterment and success of the Cayman Islands”, stated Premier O’Connor-Conolly. “Today, we have ensured that they will be remembered and revered by Caymanians for generations to come.”

The 2025 Awards Presentation also featured the investiture of three persons to the Order of the Cayman Islands. In her capacity as Chancellor for the Order, Premier O’Connor-Conolly

invested the following persons:

- Captain Paul Adolph Hurlston, Companion of Order of the Cayman Islands (CCI)
- Reverend Doctor Edwin Tatum, Officer of the Order of the Cayman Islands (OCI)
- Pastor Garret Haylock, Member of the Order of the Cayman Islands (MCI)

In his introduction of the 2025 honourees, Minister for Culture, the Hon. Dwayne Seymour, explained this year’s theme “Celebrating the Icons of Business and Entrepreneurship”. “This year’s theme

reflects the remarkable achievements of Caymanians who have not only built businesses but have also shaped the very fabric of our economy and community”, he stated. “Today, we honour those who have not only succeeded in their ventures but have inspired countless others to pursue their entrepreneurial dreams. Their leadership has created jobs, fostered innovation, and contributed to the prosperity we enjoy today.”

227 persons were honoured for making innovative and lasting contributions to the

Cayman Islands economy and business community. Honourees were grouped into three categories: Legacy Builders (Early Pioneers), Modern Visionaries (Pioneers) and Innovators of Impact. For a list of the 2025 honourees, category descriptions and awards criteria, visit <https://www.gov.ky/events/national-heroes-day/honourees>.

Looking ahead to next year’s celebration, Deputy Premier Hon. Kenneth Bryan announced the 2026 theme, “Heroes of the Faith”.



► Quadrille Dancers



► Modern Visionary Robert Basil Hamaty

Heroes Day - Celebrating Icons of Business & Entrepreneurship



► Modern Visionary Richard Flowers



► Legacy Builder Berkely Bush

By Christopher Tobutt

Hundreds of people attended National Heroes Day on Monday 27 January to join together in celebrating Icons of Business & Entrepreneurship. Her Excellency the Governor, Jane Owen was there along with the Premier, Deputy Premier, government

ministers and Members Of Parliament. Honourees were awarded according to three categories:

Legacy Builder - For laying the groundwork for future economic development while shaping the social and cultural landscape of the Cayman Islands for generations. Individuals in this category founded

or opened a new and innovative business in the Cayman Islands before 1970, with those businesses contributing to the local economy, community, or culture for 20 years or longer. These individuals demonstrated leadership in building the foundations of an enduring Caymanian business culture, helping to set standards for future

generations

Modern Visionary – for building successful and enduring enterprises while contributing to shaping the modern business culture of the Cayman Islands. Individuals in this category founded or intro-

SEE HEROES DAY, Page 11



► Legacy Builder Cardinal DaCosta OMH



► Legacy Builder Dr. Truman Bodden OBE



► Legacy Builder Dawson Whittaker



► Legacy Builder Rex Crighton



► Legacy Builder Martyn Bould MBE



► Modern Visionary Betty Baraud MBE Cert Hon

Heroes Day

CONTINUED FROM Page 10

duced groundbreaking businesses in the Cayman Islands that have been successful for 20 years or longer, demonstrating resilience and adaptability, responding to changing markets and cultural landscapes.

Innovator of Impact – For creating a business or businesses that have initiated important economic, community, or cultural shifts resulting in a profound positive impact in the Cayman Islands.

In her written message, the Premier, Honourable Juliana O’ Connor – Connolly, JP, MP said:

“Since its founding over twenty years ago National Heroes Day has grown to become one of the most significant and meaningful observances in our country. Each year, we come together as a nation, united in reverence and pride to reflect on the lives and contributions of those who have shaped our history.

“This year, under the theme, ‘Celebrating the Icons of Business and Entrepreneurship: A Tribute to Caymanian Business Ingenuity, Creativity, Successes, Hard Work, Innovation and Leadership,’ we recognize those who have built and shaped our economic landscape. These individuals and businesses have demonstrated remarkable resilience, creativity and vision,

transforming their ideas into thriving enterprises that not only contribute to our economy, but but also inspire future future generations of entrepreneurs. Through their hard work and leadership, they have paved the way, showcasing the best of Caymanian determination and ambition.

During her keynote address, the Premier told everyone that it was God who had prospered the Cayman Islands: “That we today can come together in a united fashion, looking across heroes square...we can come with a sense of confidence that those who will be recognized today are those whose sweat...have allowed us to narrow the dignity gap.

“We will not be like the almost-fallen brown leaf, but we will aspire to be like the shooting palm. Two hundred young students – their true potential has not yet been unveiled – but what we do today – our modus operandi – will help determine whether Caymanians, will spread like the beautiful green vibrant palm leaves, or whether they will just lay, fallen and forgotten, by the wayside.”

In his message, Hon. Dwayne Seymour CCI, JP, MP, Minister for Border Control, Labour & Culture stated:

“To our 2025 Honourees, I wish you continued success in your efforts as innovators, entrepreneurs, and thought leaders. You have each left indelible marks on our country’s economic tapestry and



► Modern Visionary Michael Brown

you should be exceedingly proud of your achievements.

Each of the awardees, or if they had passed, a family member, came forward to receive their awards from the Premier,

or other Members of Parliament and dignitaries.

Photos and Story by Christopher Tobutt. Photos are available by emailing Christopher.tobutt@gmail.com

Lifelong Learning and the Artificial Intelligence Revolution

By Dr. Livingston Smith

The new year presents a perfect opportunity to reemphasize the importance of lifelong learning as a personal development imperative that recognizes that as individuals, we must acquire new skills, knowledge, and competencies throughout our lives. One's age is irrelevant. Self-motivation is key. With technological progress, globalization, and evolution in the job market, we have no choice, the country has no alternative but to constantly educate, re-educate, skill and reskill. Life-long learning is both a personal development goal and a requirement of our society.

So much is being said about AI for example. Whatever our views, the fact is that the revolution it is causing affects us all. It is shaping the very foundation, the very fabric of education, and will continue to do so. It presents countless opportunities and pathways for the learner to sharpen skills and advance educationally. The key is adaptability.

Artificial intelligence has expanded access to education. I encourage readers, if they have not yet done so, to do basic online courses in AI. AI for everyone: master the basics, provided by IMB on the edX platform, AI essentials provided by Google on the Coursera platform, and Elements of AI, provided by the University of Helsinki are good ones to begin with. Platforms such as Coursera, edX, Khan Academy, etcetera, utilizing AI, make life-long learning accessible. Geographic location is now irrelevant.

Lifelong learning means investing in people's capabilities, enabling them to acquire skills, reskill and upskill and supporting them through the various transitions they will face over their life course says the International Labor Organization (ILO), while UNESCO defines it as "all learning activity undertaken throughout life, with the aim of improving knowledge, skills and/or qualifications for personal,



► Dr Livingston Smith

social and/or professional reasons". The European Commission explains that it is "all general education, vocational education and training, non-formal education and informal learning undertaken throughout life, resulting in an improvement in knowledge, skills, and competences within a personal, civic, social and/or employment-related perspective. It includes the provision of counselling and guidance services".

Lifelong learning must take place in our homes, schools, and workplaces. Our homes must instill a love for learning. We must model this for our children through encouragement of reading and discussions of current events and ideas. Our schools must encourage curiosity and self-directed learning. Our methods of teaching must evolve with the times. Many students begin to yawn twenty minutes into a lecture. Our workplaces must be forward thinking about the opportunities they provide for their employees to keep abreast of the

times as employees, to stay productive, must be acquainted with emerging technologies and trends in industry. Life-long learning and professional development are non-negotiable.

Benefits of life-long Learning

Those who are motivated enough to pursue additional learning have many choices. They can register for one of the many evening courses at UCCI, including its many short courses, pursue another formal academic qualification, work and leisure skills, not for credit courses, professional development, and on-the-job training, taking on a massive open online course (MOOC), or one of the Great Courses, or independent online learning offered for free by several online universities.

The Great Courses are a condensed series of lectures given by professors and other experts in their various fields. The courses cover an enviable breadth of academic areas including economics and finance, fine arts, mathematics, philosophy and intellectual history, literature and language, science, religion etcetera. I find the Great Courses to be especially useful and they are not too expensive.

The benefits to those who commit to life-long learning are many and enduring. These individuals are more marketable, versatile, and intellectually nimble. They are more able to keep up with trends in their industries, more adaptable to the ever-changing economy and its various demands. Studies in the field of lifelong learning are finding that lifelong learners are healthier, more fulfilled and productive, have sharper minds and a greater sense of purpose and confidence and are better able to take on new opportunities as they engage in new challenges, passions, and career goals.

Off course the benefits are not limited to the individual. Lifelong education helps to build and sustain a country's social and

institutional capital making it more attractive for investment in multiple areas. The more educated the citizenry, the better the society.

And this takes us to the question of who should fund lifelong education. Individuals must themselves be motivated to do as much as they can. We must invest in ourselves as far as we are able to. Our workplaces must also lead the way as many are. Many employees leave their jobs for new ones, as they find they have little or no opportunities to learn and grow in their current roles. Investment in the continuing education of employees is a win-win experience. Employees have up-to-date knowledge which improves their own performance and thus that of the organization. It ensures innovation. With exposure to new knowledge, even seasoned employees can do things differently and better. Innovation is key, continuing education is vital.

Continuing education is the way to cultivate new skills in employees and short courses are key to accomplish this. Micro credentials are viable ways for employees to bring new skills to the table making themselves more valuable as employees while adding value to their organizations. With new knowledge being continuously created in a dynamic, modern world, skills and learning need constant updating. When organizations provide opportunities for continuing education it demonstrates that they value their employees and desire to see them grow professionally as persons. It signals to employees that they can grow in their work environments, and this is likely to make them more engaged and wanting to stay and produce.

Continuing education is for everyone, whether skill or academically inclined. And these two areas are not dichotomous. Both can go together. Continuing education is for helpers and nannies and everyone else. As the director of the CXC Education Volunteer Programme, which offers a second chance at education by engaging

the voluntary commitment of over forty-five teachers of some sixteen subjects, done at various levels, I am constantly encouraged by the zeal of many adults who sit and pass CXC subjects and go on to receive a college education.

The recent no age limit for government scholarship recipients is certainly inspired and a step in the right direction. It would be interesting to find out the extent to which older persons are utilizing this opportunity. With longevity rates now up to 90 for women and 85 for men, and with far a more dynamic local and global economy, we must be constantly keeping up to be viable, productive, and current.

CAYMANIAN TIMES PRESENTS

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CARILEC Leads Capacity Development for the Region's Energy Sector with a Robust 2025 Conference and Training Calendar



► Lineworkers Being Inspected During 2024 Rodeo



► Panel Discussion At CAREC 2025

CARILEC, the leading association of electric utilities, energy service providers, and stakeholders in the Caribbean, has announced a robust conference and training calendar for 2025. The events are designed to advance capacity development within the region's energy sector, fostering collaboration and the successful adoption of innovations to support the accelerated transitioning of the sector.

The 2025 calendar features a diverse range of conferences and training programs hosted in venues across the Caribbean, ensuring accessibility and inclusivity for all stakeholders. Among the key conferences for 2025 is the CEO's, CFO's & Finance Conference from May 18 to 21, in Curacao, CAREC Conference & Exhibition from July 20 to 24, in Dominican Republic focusing on renewable energy, and a new addition to CARILEC's annual calendar, the Utility Automation and Innovation Symposium from December 1 to 2, in Jamaica.

The events address critical issues in the energy sector such as renewable energy adoption, grid resilience and modernization, and energy efficiency while offering a platform for networking and partnerships. Additionally, events such as the annual Disaster Management Roundtable, and the Lineworkers Symposium and Rodeo provide practical training for the teams on the front lines of restoration efforts during power outages caused by natural disasters or other hazards. This underscores CARILEC's commitment to ensuring that frontline workers are equipped with the latest techniques and tools to respond safely and efficiently to emergencies and reduce the negative social and economic impact of outages on residential, commercial, and critical infrastructure customers.

In addition to these conferences, CARILEC has curated specialized training programs tailored to the unique needs of its members and other stakeholders. These programs include hands-on workshops, certifications, and customized training modules aimed at equipping energy professionals with the skills required to navigate the evolving energy

landscape. This bespoke, demand-driven approach ensures that member utilities and energy organizations receive targeted support to achieve their operational and strategic goals.

CARILEC also partners with Government representatives, Regulators, Development Partners and other stakeholders to host Regulatory Roundtable sessions.

"The energy sector is at a pivotal moment," said CARILEC's Executive Director, Dr. Cletus Bertin. "Globally and regionally, ambitious targets have been established for renewable energy integration, decarbonization, and grid resilience. CARILEC's conferences and training programs are designed to ensure that we work collectively as a region to support the attainment of these goals and secure a sustainable energy future for all."

CARILEC remains committed to fostering regional energy security and sustainability through strategic collaboration, knowledge-sharing, and capacity-building initiatives. By engaging energy leaders, policymakers, and industry professionals, CARILEC continues to

spearhead efforts that drive the region's transition to a more resilient and sustainable energy future.

For more information about CARI-

LEC's 2025 calendar of events and training programs, and how you can get involved, visit www.carilec.org or email communications@carilec.org.



CARILEC EVENT SCHEDULE 2025

CEO's, CFO's & Finance Conference
MAY 18-21 | CURACAO
 May 21 - Post Conference Training
 "Watts Next in Leadership: Navigating Unchartered Territories"
 Co-hosted by Aqualectra
 Curacao Marriott Beach Resort

Engineering & Procurement Conference and Exhibition
JULY 20-24 | MIAMI, USA
 July 24 - Post Conference Training
 "Shaping the Future: Flexible. Resilient. Innovative"
 Hilton Miami Downtown Hotel

Occupational Health and Safety Symposium
OCTOBER 5-7 | GRENADA
 "The Changing Landscape of Occupational Health and Safety"

CAREC Conference & Exhibition
OCTOBER 19-23 | SANTO DOMINGO, DOMINICAN REPUBLIC
 Oct 22 - Corporate Governance Training
 Oct 23 - Post Conference Training
 "Powering Progress Together"
 Renaissance Santo Domingo Jaragua Hotel & Casino

Utility Automation and Innovation Symposium (ICT, SCADA, AMI & GIS)
DECEMBER 1-2 | JAMAICA
 "Smart Utilities: Integrating ICT, GIS, AMI, and SCADA"

Human Resources, Corporate Communications and Customer Service Conference
MARCH 23-26 | ST. KITTS
 "Beyond Compliance: Creating a Culture of Caring, Communication, and Commitment"
 Co-hosted by SKELEC
 Marriott Resort St. Kitts

Disaster Management Roundtable
APRIL 16 | VIRTUAL

Line-workers Rodeo, Symposium and Field Safety Training
APRIL 25 - 27 | BRITISH VIRGIN ISLANDS
 "Informed. Empowered. Safe."
 Co-hosted by BVIEC



Visit www.carilec.org for details on agendas, registration, sponsorship, and speaking opportunities.

CRUISE SHIP SCHEDULE — WEEK — JANUARY 2 - FEBRUARY 8



TOTAL SHIPS - 15
TOTAL PASSENGERS - 42,127

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Friday
2	3	4	5	6	7	8
Emerald Princess	Celebrity Reflection	Celebrity Constellation	Independence of the Seas	Carnival Sunrise	MS Vista	Celebrity Summit
Regal Princess		Explorer of the Seas	Nieuw Statendam	Celebrity Eclipse	MSC Explora 2	
Norwegian Jade		Brilliance of the Seas	Jewel of the Seas			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
9,060	3,046	8,789	9,550	6,582	2,942	2,158

Recently released documentary celebrates Cayman's Olympians

Content Studio proudly announces the release of "Cayman Beyond the Rings," a documentary film profiling the Cayman Islands' four Olympic athletes ahead of the 2024 Summer Olympics, in Paris. The film explores themes around the athletes' commitment both in and out of the competition venue in order to reach the pinnacle of athletic competition as well as the sense of pride representing their country on sport's biggest stage. "This was an incredibly rewarding project both professionally and personally and I'm so happy to be able to share the athletes' stories," Content Studio owner and the film's producer Kevin Morales said. "It takes years of dedication and sacrifice to become an Olympic athlete and I wanted the film to highlight and celebrate those efforts." Jillian Crooks (swimming), Jordan Crooks (swimming), Davonte Howell (athletics) and Charlotte Webster (sailing) competed at the Paris 2024 Games for the Cayman Islands. "Cayman Beyond the Rings" was made possible in part thanks to the support of the Cayman National Cultural



Foundation, which awarded Content Studio a Grant for the Arts in 2024 to assist with the film's production. "The Cayman National Cultural Foundation is happy to have supported Kevin's vision through our Grants for the Arts Programme," CNCF Education and Research Officer Nicole Durrant

said. "CNCF's mission is to help support artistic endeavours that engage people in Cayman, particularly those that preserve, explore and celebrate Caymanian culture and heritage. We are beyond proud of our athletes and this film helps showcase their achievements."

The film was shot over several months both in the Cayman Islands and in Paris, including interviews and footage from the Olympic Village. "I want to thank the CNCF, Cayman Islands Olympic Committee, the athletes' parents and the athletes themselves for helping make this dream a reality," Morales said. "Our athletes deserve a ton of credit for what they put into their respective sports. Hopefully this documentary begins to shine a bit of light on their sacrifices and hard work and inspire the next generation of Cayman Olympians." This marks the second documentary film Morales has produced. In 2015, he won the Poinciana Film Festival Best Feature Documentary Award for "LA2015: A Special Olympics California Adventure," a documentary profiling members of the Special Olympics Cayman Islands team as they competed at the 2015 Special Olympics, in Los Angeles. Morales won a Caribbean Broadcasting Union award in 2013 for an editorial piece featuring students at Cayman's Lighthouse School.

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for more information and to book your ads.

COMMUNITY EVENTS

Cayman Islands Astronomical Society - Planet Parade Viewing
February 1 - Join the Cayman Islands Astronomical Society to explore the planets! Observe Saturn, Venus, Jupiter and Mars with the naked eye and with telescopes on Saturday 1 February at 6:45pm on the grassy field of the Seven Mile Public Beach. There will also be a search for distant Uranus and Neptune with the most powerful telescopes! Be sure to arrive on time, as there will be a bonus International Space Station flyby between 6:58pm and 7:03pm!

February 2025 Services at St. Alban's Anglican Church on Shedden Road
February 2 & 16 - There will be a Service of Holy Communion on Sunday February 2nd

at 9:30am and again on Sunday February 16th at 9:30am. Morning Prayers will continue on all other Sundays at 9:30am.

John Gray High School Theatrical Performance - Moana
4 & 5 February - Get your tickets now for John Gray High School's performance of the popular Disney production Moana, on February 4th and 6th in the Performance Hall. Tickets are available at the front office of the John Gray campus and the Business and Key club.

Cayman Arts Festival - The African Series Concert
6 February - This concert will feature Rebeca Omordia - piano, Leon Bosch - double bassist, Glen Inanga - piano,

and Richard Olatunde Baker - percussion. Take a musical journey across the African continent, as the depth and diversity of African art music, the richly diverse genre of music which builds a bridge between Western classical music and African traditional music are showcased. Tickets cost \$40 for adults, \$10 for students and can be purchased on Eventbrite.com. For more information on Cayman Arts Festival 2025, visit caymanartsfestival.com.

Heart Warriors and Angels Beach Walk 2025
9 February - All are invited to join the 2025 Heart Warriors and Angels Beach Walk, on 9th February 2025, an event dedicated to raising awareness about Congenital Heart Disease (CHD) and honoring the memory of baby Nolan Evans. Registration is \$25 and includes an event t shirt. All proceeds will benefit the Cayman Heart Foundation's

Pediatric Program. To register, go to caymanheartfoundation.ky/event/

Cayman Arts Festival 2025 - Cayman Youth Choir and New York Cabaret
9 February - As part of Cayman Arts Festival 2025, all are invited to the Cayman Youth Choir and New York Cabaret singers Concert on Sunday 9 February beginning at 7pm at the Harquail Theatre. Tickets are available online at eventbrite.com.

Youth Mental Health Symposium
15 February - The annual Youth Mental Health Symposium, proudly hosted by the Alex Panton Foundation is on Saturday 15 February from 10am to 4pm at the Ritz Carlton Ballroom. This year's theme, "Turning the Tide Together; Providing Hope for Our Youth," focuses on building resilience, fostering understanding, and offering solutions to the mental health challenges faced by young people today. For more information or to register, go to alexpantonfoundation.ky/event/

Paul Robinson Storyboard Competition
22 February - The Cayman Islands Information Professionals is hosting another The Paul Robinson Storyboard Competition on Saturday 22 February at the George Town Public Library. The competition is open to students aged 5 to 18 years old and the storyboard submission deadline is Saturday 15th. February. For more information, head to CIIP Facebook page or email Clinformationprofessionals@gmail.com

10th. Annual Coco Fest 2025
22 February - The 10th Annual Coco Fest 2025 is once again coming to the lawn at Pedro St. James on Saturday, Feb 22, from 12 PM to 6 PM. Get ready for a celebration of all things coconut! Delight in various coconut-infused cooked foods, drinks, candies, cakes, unique crafts and so much more. Join in on the games, pamper yourself with coconut-based skin care, and sway to the rhythm of live music!

Send your community events to wendy@caymaniantimes.ky



► StoryBoard Competition

5 Sneaky Ways to Burn Calories at Work

You may think the 30 minutes you spend every other day in the gym is enough to keep you trim and healthy, but it's not. If you want overall good health, you need to eat well and find windows of exercising opportunity every day — not just during your scheduled workouts.

How can you squeeze in a little exercise when most of your hours are spent sitting at a desk, meeting in the conference room, and preparing for big presentations? Read on to find out when you can squeeze in exercise and how to do it.

1. On the Way to Work. To start your day with a smidgen of calorie-burning exercise, you may need to wake up a few minutes earlier than usual. Not to get in a workout before tossing on your power suit, but rather so you'll have time to torch a few calories on the way to work. To shed some calories before clocking in, you have a number of options depending on your situation. You can bike or walk to work, perform seated calf raises on the bus or train, or park your car at

the far end of the parking lot so you get to walk farther to reach your office. And of course, once you get to your building, take the stairs.

2. When Doing Mindless Tasks. Admit it: everything you do at work doesn't require an amazing amount of brainpower. Take advantage of the easy tasks by multitasking with some exercise. The easiest option is to flex and squeeze your body. From your glutes and your abs to your pecs and thighs, you can get rid of a few calories by simply flexing them as you work. As you grow accustomed to the flexing, you may find it to be a great way to work your way through a long, difficult meeting.

3. Every Time You Finish a Task. When you first get to work, make a to-do list. This will help keep you on track and will also set you up for exercise rewards. Each time you cross a task off your list, give yourself an exercise reward. This could be walking a couple laps around the office, standing up and doing a couple

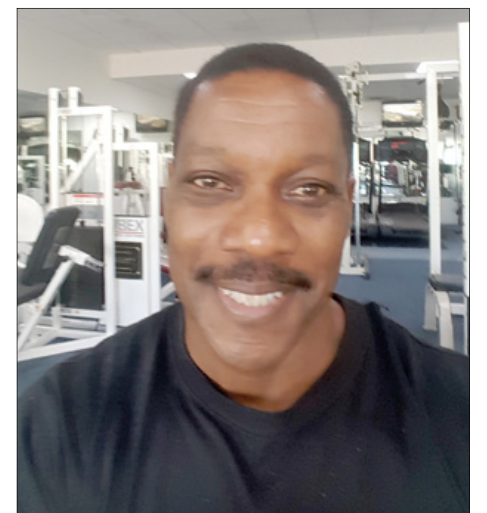
quick stretches, or closing your office door and knocking out a dozen push-ups. Know what your reward of the day will be and go for it.

4. When You Need to Communicate. Helpful as email may be, there is a way to communicate with your colleagues that actually keeps your body moving. That way? Getting out of your seat and walking to your coworker's office to talk things through. Have to make a few phone calls? Stand up as you talk or better yet, pace back and forth during the conversation.

5. At the Top of the Hour. A great way to sneak a little calorie burning into your routine is to get up every hour. And your exercising doesn't need to be super intense. All you need to do is stand up. Do this for five minutes, eight times a day, and you will drop 100 calories a day.

That's right — all you have to do to stand up for your health is stand up!

All of these bonus calorie burning tips are great — when done in conjunction with a consistent, challenging exercise



► Ernest Ebanks

program. If you aren't yet one of my valued clients then now is the time to join in — call Ernest at Body Shapers Personal Training Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today to get started!



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WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
82° / 79°	82° / 79°	82 / 79°	82° / 78°	81° / 79°	80° / 76°	79° / 75°
Partly sunny and windy; pleasant in the afternoon	Breezy in the morning; otherwise, mostly sunny and pleasant	Partly sunny, breezy and pleasant	Mostly sunny, breezy and pleasant	Sunny to partly cloudy, breezy and pleasant	Mostly sunny and windy	Partly sunny

DEATH ANNOUNCEMENTS

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Christopher S. Johnson who passed away on December 31st 2024.




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

Condolences can be registered at churchillsfuneralhome.com

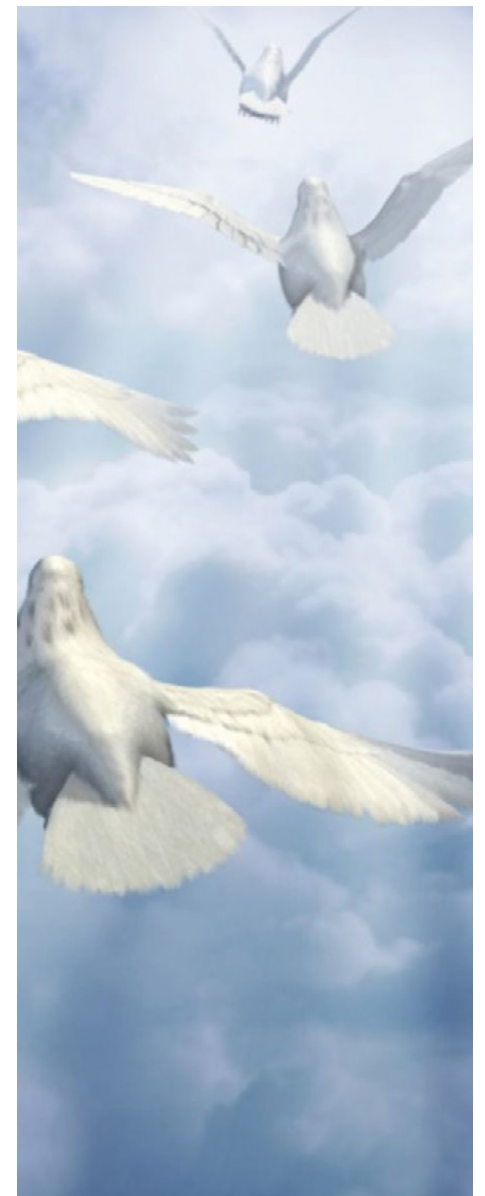
Churchill's Funeral Home

We have been asked to announce the passing of Leonie "Loonie" Marie Porter, who passed away on Tuesday January 14, 2025. A Thanksgiving Service will be held at the Aston Ruddy Community Center, Cayman Brac on Sunday, February 2, 2025 at 2:00 p.m.



Viewing: Closed Casket
Interment at: Spott Bay Cemetery

Condolences can be registered at churchillsfuneralhome.com



The family of the late, **Ruby Valerie Hydes** regret to announce her passing on Monday January 20, 2025.




The funeral service will be held on Saturday, February 1, 2025, 3:00PM at the West Bay Church of Christ, viewing will be help prior to the service.

Interment will follow at the West Bay 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. Vernell V. Byrd who passed away on January 24th, 2025.

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

Condolences can be registered at churchillsfuneralhome.com

The family of the late, **George McLean Hennis** regret to announce his passing on Tuesday January 7, 2025.




The funeral service will be held on Sunday, February 2, 2025 at 11:00AM at the George Town, Seventh-day Adventist Church, with a viewing at Bodden Funeral Home on Saturday, February 1, 2025 between 4:00 and 6:00PM.

Interment will follow at the Prospect Cemetery.

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

The family of the late, **Eldeen Emery Banks** regret to announce her passing on 21 January 2025.



The funeral service will be held on the 1 February 2025 2:00pm at the Spot Bay, Church of God Holiness, Cayman Brac with a viewing at 1:00pm.

Interment will follow at the Spot Bay Cemetery.

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

The family of the late **Joseph Berkly McLean,** regrets announcing his passing on January 9th, 2025.



The funeral service for the late Joseph Berkly McLean will announced at a later date.

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

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

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

Difficulty Level ★★★

10/24

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Answer to previous puzzle

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

Difficulty Level ★★

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CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Sighing cry
 - 5 Macho fellow
 - 10 Cavalry sword
 - 12 Select group
 - 13 Makes more efficient
 - 15 — glance (quickly)
 - 16 Easy victim
 - 17 D.C. baseballer
 - 18 Florence family
 - 20 Tenor Carreras
 - 21 Car type
 - 22 Blown away
 - 23 TV's DeGeneres
 - 25 Seoul setting
 - 28 Clarifying words
 - 31 Skillets
 - 32 Talk casually
 - 34 Play division
 - 35 Architect I.M.
 - 36 Have debts
 - 37 Broadway groups
- DOWN**
- 40 Steamed
 - 41 — Coeur jackets
 - 42 Short
 - 43 Orderly
 - 1 Tea-growing region
 - 2 Coffee bar orders
 - 3 Wear roughly
 - 4 Take in
 - 5 Lend a hand
 - 6 Quarter-back Manning
 - 7 Creek fish
 - 8 Relaxed

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

Yesterday's answer

- 9 Like Russian dolls
- 11 Knave
- 14 Railroads' primary routes
- 19 Notions
- 20 Singer Jackson
- 24 Contacts, in a way
- 25 Cochise's people
- 26 Fragrant packet
- 27 All told
- 29 Immediately
- 30 Dawning period
- 33 Stopwatch button
- 35 Young dogs
- 38 Sprint
- 39 Writer Fleming

Word Search

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

- Accord
- Adhere
- Agree
- Bind
- Blend
- Cement
- Cleave
- Coalesce
- Cohere
- Coincide
- Concur
- Conform
- Dovetail
- Fuse
- Harmonize
- Join
- Marry
- Splice
- Stick
- Twine
- Unite
- Wed

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



Have fun with
**CAYMANIAN
TIMES**

CURTIS

By Ray Billingsley

YOUR TEACHER SENT ME A TRANSCRIPT OF YOUR GRADES, CURTIS! THEY ARE UNACCEPTABLE!!

IT'S NOT MY FAULT, MOM!! MY TEACHER'S PICKIN' ON ME!

CURTIS, I KNOW MRS. NELSON PERSONALLY! SHE IS IMPECCABLE!

THAT'S WHAT I SAID, SHE'S PECKIN' ON ME.

THE AMAZING SPIDER-MAN

By Stan Lee

ZUKE CAGE IS UNDER KILGRAVE'S VERBAL CONTROL...

I'VE DONE A BIT OF RESEARCH ON YOU.

YOU RECEIVED YOUR STRENGTH AND NEAR-INVULNERABILITY FROM A SCIENTIFIC ACCIDENT, JUST AS I DID.

THUS, IT'S ONLY FITTING WE TEAM UP—

WITH MYSELF IN CHARGE, OF COURSE.

I-CAN'T MOVE A MUSCLE— SINCE HE COMMANDED ME NOT TO!

JUDGE PARKER

By Woody Wilson & Mike Manley

I CAN'T BELIEVE MARIE WON'T ALWAYS BE AROUND ANYMORE... SHE BELIEVED IN ME AFTER I'D COMPLETELY GIVEN UP ON MYSELF.

HOW DO YOU THINK I FEEL? SHE GOT ME INTO THERAPY. SHE BASICALLY SAVED MY LIFE!

CAN YOU BE SO HAPPY FOR SOMEONE WHILE FEELING SO INCREDIBLY SAD FOR YOURSELF?

I'M SURE THERE'S A GERMAN WORD FOR IT.

Caymanian Times Classifieds



IMP AGENCY LTD. is accepting job applications from dependable, energetic and responsible individuals to join our team as:

PACKER- HOUSEHOLD GOODS

Minimum 3 years' experience in the packing of household goods

Good English verbal and written communication skills

Have a clean Police and Drivers records with a valid group 3

License

Willing to work holidays, weekends and overtime when needed

Be Strong bodied – heavy lifting is required Salary Range: CI\$9:00 – 12.00 per hour

Salaries depends on qualifications & experience plus statutory benefits

Email: imp@candw.ky

Deadline for applications is February 7, 2025

H & W Construction Co.

**Requires Mason/Carpenter
Must have a minimum of 5 years experience.**

**Salary CI\$10 -14. per hour, depending on Experience
Plus standard benefits.**

**Apply in writing to:
MASON/CARPENTER**

P.O. Box 41 BT, KY1-1601

Grand Cayman

**Advertise
your JOBS here**

**FAST
EFFICIENT
AFFORDABLE**

**Only 48 hours'
notice required
Call 916-2000**

Mason Steel Fixer

- knowledge of building and construction.
 - to be thorough and pay attention to detail.
 - patience and the ability to remain calm in stressful situations.
 - the ability to work well with others.
 - the ability to use your initiative.
 - Laying stone paving.
 - Constructing walls using stone slabs.
 - Laying marble tiles.
 - Repairing stone facades.
 - Cutting and polishing marble and granite construction elements, such a bathroom vanities and kitchen benchtops.
 - Designing, cutting and carving masonry, including headstone lettering and details.
 - Using chisels, hammers and punches to do intricate or detailed work.
- Repairing stonework on old buildings, such as museums, churches, mausoleums and statues.
- Read and interpret blueprints and plans.
 - Split and dress stone.

Be able to select the best stone for the job, or working with the stone selected by client Constructing walls using stone slabs, designing, cutting and carving masonry, including headstone lettering and details

10 plus years' experience in the Mason/Steel Fixer filed

Salary 45 Hours work week / \$675CI weekly

Pension / Health Insurance as per the law

Quality Maintenance & Construction

PO Box 1020

Grand Cayman KY1-1102

gmc.cayman@gmail.com

St. George's Anglican Pre-School

Are you up for a challenge? Are you committed to providing an exceptionally high standard of education? Are you looking for an immediate start or a new position for 2025? If the answer is yes then St. George's Anglican Pre-School needs to hear from you.

Our children need **Teachers and Teachers' Assistants** who are approachable and friendly, happy to work as part of a team, and in return be involved in a positive environment where children are eager to learn.

Salary range from CI\$1,650.00 to CI\$3,000.00 depending on experience and qualifications.

Please do not delay in applying by sending a cover letter along with your resume to:

The Principal

St. George's Anglican Pre-School

P.O. Box 1633

Grand Cayman

KY1-1109

Tel# 1345-945-0441



The National Children's Voluntary Organisation is a not for profit, dedicated to the care, education and well-being of children and families in need of support in the Cayman Islands.

We invite applications for the position of:

ASSISTANT COOK

Daily cook for (60) children between the ages of 3 months old to 5 years = 3 meals a day (3,000+ nutritious meals a month.) ASSISTANT COOK will be required to work 45 hours a week. This is a Preschool position (Not-For-Profit) and will include interaction care and feeding of children.

Essential Duties and responsibilities:

Reporting to NCVO's Preschool Director

- Cleaning of Kitchen such as wiping down, sweeping, mopping, washing dishes, laundry, cooking, and more,
- Daily/ Weekly cleaning to deep hygiene (Covid) standards and Quarterly deep cleaning of ovens, heavy equipment, refrigerator, and more,
- Ensure that Kitchen and Classrooms where food is served is maintained regarding safety for the children. Must possess a Cayman Islands approved: Food Handling Certificate,
- On occasion, care for and supervise children when teaching assistants are otherwise engaged in Staff and Zoom meetings: Child Protection Training required,
- Be expected to involve the children in day-to-day introduction to nutrition and kitchen tasks by teaching/showing them how to measure ingredients, treat fruits and vegetables, properly wash dishes, cooking basics and beginning baking.

Minimum Requirements:

- A minimum of 2 to 3 years' experience cooking and serving meals in a school facility,
- Preferred background working with children – Child Protection Certificate required,
- Possess a Cayman Islands Food Handling Certificate,
- Must demonstrate ethical behavior and sound judgement that supports the standards of care at a Preschool and Nursery with children from 3 months old to age 5,
- Have a valid First Aid Certificate and CPR training,
- Excellent teamworking skills with a staff of (20),
- Must be flexible regarding time 7:00-7:30AM start and some evenings (staff/parent meetings),
- Must maintain and provide a clean Police Clearance Certificate annually,
- Must be able to wholesale shop and track weekly/monthly food requirements.

Salary from KYD \$1,600 to KYD \$2,000 per month.

Interested Caymanians and Permanent Residents should submit curriculum vitae, and cover letter showcasing experience related to the post, to recruitment@ncvo.org.ky by February 12, 2025.

Only shortlisted candidates will be contacted – they will be required to provide the names, contact email, and phone number of 2 references.



Florist

Every Bloomin' Thing is seeking an experienced full time Florist for our retail floral department. Individual should be able to work in a fast-paced environment. Applicant must be available to work weekdays, weekends and high-volume holidays.

Positions requires the ability to design and create arrangements in a variety of styles such as modern, traditional, simplistic, holiday and wedding. Position requires a highly motivated individual with exceptional customer service skills and a positive attitude.

Duties include customer service in-person and over the phone and/or via email. Other duties are preparing orders, processing shipments, Pricing arrangements and products with set mark-up and formulas, professionally correspond with customers and vendors to facilitate the above responsibilities.

Must have 5+ years of experience as a Florist in a retail floral establishment.

Must be computer literate and able to use MS Outlook, Word and Excel.

Must be able to lift up to 50 lbs.

Computer and floral skills will be tested prior to hiring.

Floral certifications preferred.

Salary will be commensurate with experience and certifications from KYD \$26,000.00 to \$31,200.00

Send resume to hr@ebt.com.ky



SIGN INSTALLER

A reputable sign company needs the services of a SIGN INSTALLER with some design skills to produce and install all types of signs, banners, wall murals, vehicle decals, T-Shirts, etc. The prospective candidate should have:-

- At least 3-5 years experience in all types of sign installation.
- Knowledge of the pre-production and large format printing and laminating machines.
- Possess good work and business ethics and be self-motivated
- Proficient in the use of Microsoft Office and Adobe Creative Suite and other print production software
- Candidate should be self-driven and have experience working on small and large jobs
- Candidate should possess a confident personality with good verbal and written communication skills.
- Clean Police Record and Character Reference required
- Flexible hours including weekends as required

Base Salary CI\$1,500.00 monthly and standard benefits
Send Resume to: ideasmarketing345@gmail.com



Chief Human Resources Officer

SUMMARY ROLE DESCRIPTION

The Chief Human Resources Officer (CHRO) will provide strategic leadership, oversight, and coordination of all human resources functions within the organisations to support a diverse team of 50+ employees. This role is responsible for developing and implementing HR strategies, policies, and programmes that align with the company's goals, fostering a high-performance culture, and driving employee engagement, development, and retention. As a strategic partner to the executive team, the CHRO will play a critical role in optimising workforce capacity, enhancing organisational effectiveness, and ensuring compliance with policies and regulations.

RESPONSIBILITIES

- **Strategic Leadership**
 - o Develop and execute HR strategies aligned with business objectives, focusing on optimising workforce capacity, improving employee morale, and driving engagement.
 - o Control budget variance by implementing an integrated HR budget aligned with the broader financial strategy.
 - o Establish discretionary departmental spend policies to support team-specific initiatives.
- **Team Leadership**
 - o Provide oversight and guidance to a team of 50+ employees, ensuring alignment with organisational objectives.
 - o Foster a collaborative, high-performance environment by mentoring and supporting HR team members.
- **Talent Acquisition & Management**
 - o Lead recruitment and onboarding processes to build a robust pipeline of talent.
 - o Develop and maintain a staffing roadmap, conduct capacity analysis, and ensure all roles have updated job descriptions aligned to organizational goals.
 - o Develop training budgets and programmes, establish a quarterly training schedule and include labourer-specific training initiatives to support employee development and succession planning.
- **Employee Relations & Engagement**
 - o Enhance internal employee recognition programmes to improve morale and foster a culture of appreciation through events and engagement platforms.
 - o Lead initiatives to improve retention rates and employee engagement through targeted strategies and feedback.
- **Performance Management**
 - o Refine and implement performance review tools and processes to enhance managers' effectiveness in executing performance reviews and follow-up actions.
 - o Clarify performance review expectations and establish review cycles tailored to departmental or company-wide needs.
- **Compliance & Risk Management**
 - o Ensure compliance with employment Cayman Islands laws, regulations, and company policies.
 - o Improve policy accessibility and compliance through platforms like SharePoint and refine annual policy review processes.
- **Technology & Process Improvement**
 - o Drive the adoption of IT systems and streamline training and communication for technological and process changes for Microsoft, collaboration, time tracking, and project management systems.
 - o Standardise information management processes to ensure consistent and efficient access across the organisation.
- **Service Level Agreements (SLAs)**
 - o Develop, implement and monitor SLAs for internal customers to ensure timely and effective HR service delivery to all internal stakeholders.
- **HR Metrics & Reporting**
 - o Establish and track key performance indicators (KPIs) into HR initiatives and programmes and ensure alignment with corporate and departmental plans
 - o Prepare and present reports on HR performance to senior management and the Board of Directors.

TOOLS WE USE

As CHRO, you will leverage the following tools and platforms to support HR operations and strategic goals:

- **Asana** for project management and tracking HR initiatives.
- **BambooHR** for employee data management and compliance.
- **WorkMax** for workforce tracking and analysis.
- **Microsoft 365, SharePoint, and Teams** for collaboration, policy management, and communication.

REQUIREMENTS

- A minimum of ten (10) years of senior HR leadership experience.
- Degree in Human Resources, Business Administration, or a related field.
- Proven expertise in HR strategy, talent management, and organisational development.
- Strong knowledge of Cayman Islands employment law and HR compliance.
- Exceptional communication, interpersonal, and team-building skills with a high degree of integrity and professionalism.
- Demonstrable experience in managing change processes and driving employee engagement initiatives.
- Proven experience overseeing and leading teams of 50+ employees.
- Proficiency in using tools such as Asana, BambooHR, WorkMax, Microsoft 365, SharePoint, and Teams.

Salary and Benefits

Salary range: KYD100,500.00 to KYD120,600.00 per annum.
Benefits meet and/or exceed the Labour Law.

Only suitably qualified applicants will be contacted for an interview. Email jobs@heritageholdings.ky



in association with





CLASH

OF THE Legends

FOOTBALL



LATINOS ENGLAND

5PM



CAYMAN vs JAMAICA

7PM

MONDAY, 19th MAY 2025



(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 \$100 Gift Certificates Princess Jewellers, Staycations at the Westin Grand Cayman & Holiday Inn Resort, plus many more prizes! Fun day & games for children: Egg & Spoon Race / Sack Race / Bouncy Castle and more!

OUR SPONSORS

















Ministry of Investment, Innovation & Social Development

Hope For Today Community Challenge

Contact Brent at 928-9099

www.caymanhopefoundation.com

Contacts: David Arch 939-0025 • Antonio Smith 916-3977 • Brent McLean 926-4040 • Lloyd (Stoocka) Ramoon • Neil Murray

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



RETAIL STORE Sales / Events

We are looking for a versatile, motivated associate to work across retail sales, logistics, and events. The ideal candidate is organized, adaptable, and efficient in handling various tasks.

Key Responsibilities:

- Assist customers, provide product knowledge, and handle inquiries.
- Support merchandising, stocking, and displays.
- Maintain a welcoming environment.
- Help with inventory and delivery coordination.
- Communicate with suppliers and vendors.
- Assist with coordinating private classes and events that occur after business hours.

Qualifications:

- Retail or customer service experience.
- Familiarity with logistics and inventory management.
- Strong communication, multitasking, and problem-solving skills.
- Proficient in Microsoft Office, Lightspeed POS, or accounting software.

Competencies:

- Adaptable, detail-oriented, and proactive.
- Strong organizational skills and ability to manage time effectively.
- Work hours: 10am – 7pm, some evenings (until 10pm) and Saturdays required.

Salary: \$2500 - \$3000/Month

Benefits are in accordance with Cayman Islands Labour, Health and Pension Law.

Written applications with a detailed resume should be sent to info@bonvivant.ky. Preference will be given to Caymanians and PR/RERC Status Holders.

MARKET STREET LTD

PO BOX 31795 GRAND CAYMAN KY1-1207



FOOD & BEVERAGE SERVER

Minimum 2 years experience working in a fast paced, casual establishment. Must be available to work all shifts including weekends and holidays. Experience serving alcohol is a must. Salary CI\$4.50-\$8/hr + gratuities.

BARTENDER

Minimum 2 years experience working in a fast paced, casual establishment. Must be available to work all shifts including weekends and holidays. Experience serving alcohol is a must. Salary CI\$4.50-\$6/hr + gratuities.

ASSISTANT FOOD & BEVERAGE MANAGER

Minimum 5 years experience in a similar type of establishment. Must be proficient with HR, beverage costing, ordering and scheduling. Must be proficient with POS systems. Must be experienced with local labour laws and immigration. Must be available for long hours and shift work including all holidays and weekends. Salary CI\$900-\$1300/week + Benefits.

FOOD & BEVERAGE SUPERVISOR

Minimum 3 years experience. Must be proficient with POS systems. Must have proven leadership experience and be able to work well with all members of staff. Must be experienced with labour laws. Must be able to work long hours and shift work including all holidays and weekends. Salary CI\$750-\$1150/week + Benefits.

KITCHEN HELPER/DISHWASHER

Minimum 1 year current experience working in a busy, casual kitchen. Must be able to work long hours on feet in a hot environment. Must be available to work all shifts including weekends and holidays. Salary range CI\$5-\$7/hr + Benefits.

LINE COOK

Minimum 3 years current experience working in a busy, fast paced casual kitchen, knowledge of various cuisines is a must. Must be available to work all shifts including weekends and holidays. Salary CI\$8-\$12/hr / CI\$330-\$540/week + Benefits.

SOUS CHEF

Minimum 5 years experience working in a busy, fast paced casual kitchen. Knowledge of menu costing, food preparation, ordering & monitoring supplies, staff delegation and scheduling. Must be available to work all shifts including weekends and holidays. Salary CI\$625-\$1000/week + Benefits.

TEAM LEADER

Minimum 3 years experience working in the hospitality industry. Alcohol and inventory knowledge/experience. Must be available to work all shifts including nights, weekends, holidays and long hours on foot. Salary range CI\$6-\$12/hr + Benefits.

Suitably qualified Caymanians, Status Holders & Legal Residents strongly encouraged to apply.

Send CV to jobs@marketstreet.ky by January 31st, 2025.

Caymanian Times



Scan me!

Newspaper Advertising Rates



Description	CI\$	Size (inches) W x H	Maximum # of words
Full page	750	10 x 13.5	1200
2/3 page	650	10 x 8.37 or 6.6 x 13.5	900
1/2 page (horizontal)	450	10 x 6.67	700
1/2 page (Vertical)	450	4.9 x 13.5	700
1/3 page	350	4.9 x 8.37	400
1/4 page	250	4.9 x 6.67	350
1/5 page	150	4.9 x 4.96	200
1/8 page	75	4.9 x 3.25 or 3.22 x 4.96	200
1/16 page (Small)	50	4.9 x 1.55 or 2.38 x 3.25	
Front Page Banner	200	10 x 1.5	
Inserts (per 1,000)	300		
Advertorial 1/2 Page	500		
Graphic Design	50		

All ads are full colour

Advertising Deadlines (48 Hours prior Publication Day)

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

2 days notice for ads

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

PROPERTY RENTALS & SALES

YOUR GUIDE TO REAL ESTATE



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

3 Bedrooms | 3.5 Bathrooms | 4,333Sq.ft. | MLS 417322
Direct Access To 7 Mile Beach
Completely Renovated Inside & Out! Pure Luxury!

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





OCEAN FRONT LAND Price **C\$450,000**
North Side

0.49 Acres Direct Beach Front Land | MLS 417770
200ft of Ocean Front
Approved Planning For Beach Cottage

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





OCEAN FRONT LAND Price **C\$450,000**
North Side

0.49 Acres Direct Beach Front Land | MLS 417770
200ft of Ocean Front
Approved Planning For Beach Cottage

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





SEAVIEW Price **US\$2,399,000**
Ocean Front Penthouse

3 Bedrooms | 3.5 Bathrooms | 3,880 Sq.ft. | MLS 415897
DIRECT OCEAN FRONT
Best Priced Waterfront Condo In This Location!

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




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or call 9162000 / 9458463

PROPERTY RENTALS & SALES

YOUR GUIDE TO REAL ESTATE



FAMILY HOME Price C\$1,745,000
South Sound, Jacaranda Court

4 Bedrooms | 3 Bathrooms | 3,348 Sq.ft. | MLS 418395
Private Pool & Very Large Garden
Amazing Location Close to Schools & Beaches

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





VILLA DEL MARE Price US\$10,150,000
Rum Point

8 Bedrooms | 8.5 Bathrooms | 10,000 Sq.ft. | MLS 417237
Private Beach & 2 Acres of Landscaped Property
Luxury, Privacy & Tranquility!

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





HOPE FOR TODAY FOUNDATION in association with PRINCESS THE JEWELLERS

CLASH OF THE LEGENDS FOOTBALL

MARCUS LUMBER TROPHY

LATINOS vs ENGLAND 5PM
CAYMAN vs JAMAICA 7PM

MONDAY, 19th MAY 2025

(Discovery Day) ED BUSH STADIUM, WEST BAY
FAMILY FUN DAY STARTS AT 3PM
CLASH OF THE LEGENDS GAME KICKOFF AT 5PM

HOPE FOR TODAY FOUNDATION HELPING PEOPLE HELP THEMSELVES

Raffle Tickets \$10, FREE ENTRY & FOOD!
(Donations Accepted) RAFFLE PRIZES: 10 x \$100 Gift Certificates Princess Jewellers, Staycations at the Westin Grand Cayman & Holiday Inn Resort, plus many more prizes!
Fun day & games for children: Egg & Spoon Race / Sack Race / Bouncy Castle and more!

OUR SPONSORS

FOSTERS Better because we care | junk | MALPINE | MAEDAC | Ministry of Investment, Innovation & Social Development
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SUREBLIT | DR. TOMLINSON | Infinite | MORGAN'S | ONCOURSE
Contact Brent at 928-9099 www.caymanhopefoundation.com

Contacts: David Arch 939-0025 • Antonio Smith 916-3977 • Brent McLean 926-4040 • Lloyd (Stoocka) Ramoon • Neil Murray
Cayman is home to many people with substance abuse. As a community we can all make a difference in the lives of those individuals.



HSM

Cayman's Go-To Law Firm

As a full-service law firm in the Cayman Islands, we offer a comprehensive real estate service that is client focused and can provide any necessary ancillary services such as company incorporations, immigration support and regulatory matters.

We act for financial institutions, developers, strata corporations, buyers/sellers and landlord/tenants in residential and commercial property transactions.

- Property Contracts
- Planning and Preconstruction
- Strata Regulation
- Leases and Licenses
- Residency by Investment
- Wills and Estate Management
- Property Holding Vehicles

Linda DaCosta
Property Partner

CONTACT: +1 345 815 7404
ldacosta@hsmoffice.com
www.hsmoffice.com

