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| C:\Users\Kathlene\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FZP4FEGM\Mutual-INS-logo_1.BMP | MUTUAL INSURANCE (BVI) AGENCY  NEWSLETTER  SERVING WITH A DIFFERENCE!! |
| **13th March, 2015** | Volume 3 |
| In This Issue   * Message from the desk of the Owner/Managing Director * Staff at the Ward’s Branch * Service Staff Policies * Staff at the Pockwood Pond Branch * Insurance Policies offered * Bringing Cheer to our Elderly * Thought For the Month * Our Customers are important to us (photos) * Health Nugget * On Site Location   MAIN OFFICE:  WARD'S BUILDING, ROAD TOWN  BRANCH OFFICE:  R & R MALONE COMPLEX,  POCKWOOD POND.  **CONTACT INFORMATION**  OWNER/MANANGING DIRECTOR:  GEON BORELAND-KAZEMBE LUTCF  Tel # Cell : 1-284-340-0728  Main Office # 1-284-495-2464  Office Manager: Elizabeth Peters  Tel # Cell:1-284 340-8869  R & R Malone Complex: 1-284 340-1045/ 494-0661  1-284-340-1053  Marketing Agent: D’Anna Blyden  Tel # Cell; 1-284-547-4899  Main Office/ Branch Office: 1-284-340-1045  Agency Supervisor : Sherenette Spencer  Tel # Cell : 1-284-544-2798  Main Office: 1-284 340-1045/ 494-0661  Email: info@mutualinsurancebvi.com  Web: [www.mutualinsurancebvi.com](http://www.mutualinsurancebvi.com)  Face book. twitter | [Image result for image of a  pen in an ink well](http://www.google.vg/imgres?imgurl=http://dir.coolclips.com/Business/Office_Stationery/G_to_Z/Ink_Bottles/feather_pen_and_ink_well_signing_a_document_CoolClips_vc062350.jpg&imgrefurl=http://dir.coolclips.com/Business/Office_Stationery/G_to_Z/Ink_Bottles/feather_pen_and_ink_well_signing_a_document_vc062350.html&h=358&w=375&tbnid=urw8BepWwfqsFM:&zoom=1&docid=Aoyqj8E4m0PzeM&ei=UvQaVfPqOsXdsASFi4LgAQ&tbm=isch&ved=0CC4QMygmMCY4yAE)  On behalf of the Staff of Mutual Insurance [BVI] Agency,  It is my pleasure to welcome you once again to the third edition of our Newsletter. As an insurance agency, we like to keep our clients, our prospective clients and the general public updated with all the currents happenings in our Agency.  We do so to strengthen your confidence in us, build a loyal bridge of transparency in relationship to the policies we offer, demonstrate our expertise and earn your trust. As Owner and managing director, we are committed to our local business community.  However, our dedication does not end there. We are involved in the everyday lives of our people young and old. Because we are concerned about everyone and their wellbeing, and we believe in giving back to the community whether or not you are a policy holder, we have earned the trust of the public. The security and financial future of everyone, is our business. And we serve with excellence. May God continue to bless our society and give us an expected end.    Geon Boreland-Kazembe LUTCF  A Friendly, Dedicated and Committed Staff Awaits You.  **MEET OUR STAFF**  **MAIN OFFICE**  **WARD’S BUILDING/ROAD TOWN**  **We Cater For Everyone! We Care! We Protect! We Give! We Share! We Love!**  **Our Staff Service Policies**   * Our Customers come first; * We are here to meet all your expectations; and * As a licensed Agency we pledge to serve you with distinction   **SERVICE WITH EXCELLENCE IS OUR GOAL**  **BRANCH OFFICE**  **R & R MALONE COMPLEX**  **POCKWOOD POND**    **SERVICE WITH EXCELLENCE IS OUR GOAL**  **POLICIES WE OFFER**  **We offer:**   * **4. Educational Plans to cover the cost for educating your child/children (College Funds)** * **1.Life Insurance with benefits while alive for young and old** * **6.Auto Insurance** * **7. Home Owners Insurance** * **9. Marine Insurance** * **8. Builders Risk** * **2. Health Insurance** * **3. Disability Risk** * **5. Retirement Plan** * **10 Liabilities** * **11. Air Evacuation ( MASA)**   To learn more about our many policies, visit us at your nearest location/ branch or kindly give us a call, or visit us on the web, face book, twitter, or just pick up one of our monthly newsletter; Do not get left behind!!  **THOUGHTS FOR THE MONTH**   * “For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.” Jeremiah 29:11 * The miracle is this: the more we share the more we have. Leonard Nimoy   **SERVICE WITH EXCELLENCE IS OUR GOAL**  Our Customers are important to us    **SERVICE WITH EXCELLENCE IS OUR GOAL**  Bringing a smile on someone’s face, brightens up our day      **SERVICE WITH EXCELLENCE IS OUR GOAL**  **SPECIAL REMINDERS**   * If you need a referral for anything do not hesitate to call us. * Any changes to your name, address, phone numbers, or email address please call one of our contact numbers or visit our representatives or just walk in. We will be happy to make the necessary changes. * If you want to set up an appointment, just call or walk in; our efficient staff will be there to serve you.   **(HEALTH NUGGGET)**  **Yellow Split Peas Roast**  [Red Lentils In a Jar](http://farm7.static.flickr.com/6047/6288021963_5c2e78c205_z.jpg)  **Ingredients**  225g / 8oz red lentils 8 oz. grated cheddar cheese  450ml vegetable stock 1 leek, chopped up small  1 bay leaf 2 eggs beaten  90g fresh breadcrumbs 1 teaspoon herbs  [**[Print Friendly](http://www.printfriendly.com/print?url=http://pennysrecipes.com/1347/lentil-roast)Print Recipe**](http://www.printfriendly.com/print?url=http%3A%2F%2Fpennysrecipes.com%2F1347%2Flentil-roast)  **Cooking Directions**   1. **Put the lentils in a saucepan** 2. **Pour over the stock, stir and add the bay leaf** 3. **Bring to the boil and simmer gently for 15 minutes, until all the moisture is absorbed** 4. **Remove the bay leaf and discard** 5. **Line a 2lb / 1kg loaf tin with baking parchment and grease it** 6. **Meanwhile preheat the oven to 180 degrees C** 7. **Mix together the breadcrumbs, cheese and leek** 8. **Add the mixed herbs** 9. **Stir the prepared lentils into the mixture** 10. **Bind the mixture together with the eggs** 11. **Place the mixture in the prepared loaf tin** 12. **Bake in the oven for about 1 hour** 13. **Lift out of the loaf tin and remove the baking parchment and put on a serving plate** 14. **Slice as required ENJOY!!!**   **Want to look Attractive?**  **Are you looking for that Summer Body? Well here are some Exercise Tips for you.**  **Plank:** **Start on your hands and knees and come up into a push-up plank position, balancing on hands (or elbows) and toes (or knees). Align wrists under shoulders; keep your back straight and the abs and glutes tight (to keep the back from sagging). Hold the position and breathe out for 10 seconds, exhaling to tighten the abs and draw the navel to the spine.**  **Leg Lowers: Lying supine, curl the upper body, chest over ribs, with your hands behind your head. Lift the legs up with knees bent at 90 degrees, knees over hips, ankles level with knees. Keeping the hips down, slowly lower the legs toward the floor without changing the bend in the knees, then lift them back up.**  **Seated Rotations: Sitting up, bend knees and legs together and place arms across the chest or in front of you. Tuck the tailbone and roll back slightly as you alternate rotating the spine right and left.** |

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