



Mutual
INSURANCE BVI



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Mutual Insurance boss makes prestigious list for 10 straight years



FOR ten consecutive years Mutual Insurance BVI boss, Geon Boreland-Kazembe, has managed to distinguish herself in the insurance industry worldwide. Last year it was no different, and her

hard work throughout the year earned her a familiar spot on the Mutual of Omaha list of top insurance producers worldwide.

At the award ceremony held in Maui, Hawaii recently to award some of the top achievers for

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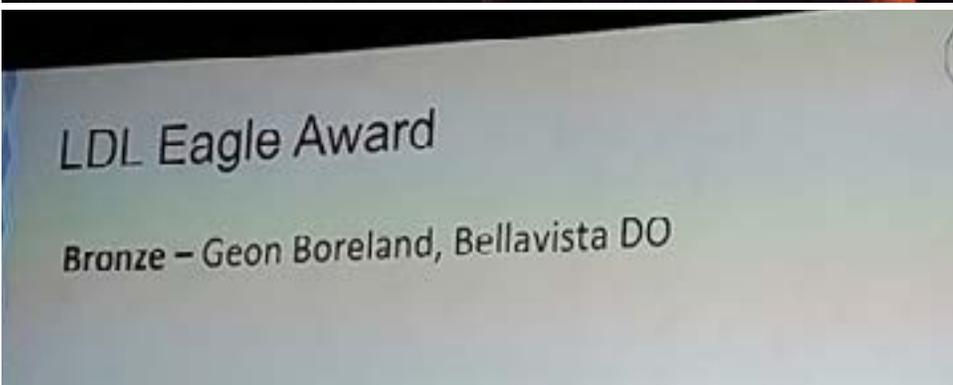
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Policies we offer

1. Educational plans to cover the cost for educating your child, children (college funds)
2. Life insurance with benefits while alive for young and old
3. Auto insurance
4. Home owners insurance
5. Marine insurance
6. Builders risk
7. Health insurance
8. Disability risk
9. Retirement plan
10. Liabilities
11. Air evacuation (MASA)

Top disease fighting foods part 3



Peppers & Citrus Foods

This month we continue to take a look at some of the top disease fighting foods. In this article we will be zoning in on the health benefits of pepper and citrus fruits. How many of you know that your common garden pepper has the ability to function as a natural painkiller, or that some common citrus fruits have the power to ward off cancer? Find out more.

Peppers

Whether hot and spicy or sweet and crunchy, there are enough peppers out there to suit anyone's taste, and they're all equally healthy for you. Spicy chile peppers have high levels of capsaicin, which interferes with your mind's pain receptors, and

therefore act as natural painkillers. Capsaicin, which gives peppers their heat, has also been found to aid in weight loss by keeping your metabolism in check. Sweet peppers have a similar compound called dihydrocapsiate that comes without the spicy kick of capsaicin but with the same effects on pain and weight loss. They also contain loads of vitamin C and beta-carotene. Toss a few spicy peppers into your next batch of tacos or Asian stir-fry; bell peppers retain most of their vitamins when eaten raw.

Citrus Fruits

The stars of the fall and winter fruit season, citrus fruits contain close to 200 cancer-fighting compounds,

cholesterol-lowering fiber, and inflammation-lowering flavonoids.

An Australian review of 48 studies on diet and cancer found that consuming a daily serving of citrus fruit may cut your risk of mouth, throat, and stomach cancer by up to one half. Grapefruits are also high in lycopene, a cancer-fighter usually found in tomatoes, which are out of season when grapefruit is at its peak. To get the most benefit, eat your fruit whole, not in the form of juices, so you also get all the valuable fiber. Many of the healthy compounds hide in the rinds, too, so use citrus marmalades, which contain bits of the rinds, and use the zests of oranges, tangerines, and lemons in your cooking.

RECIPE CORNER



Any changes to your names, address, phone numbers, or email address? Please call one of our contact numbers or visit your representative or just walk in. We will be happy to make the necessary changes.

If you are in need of a referral, do not hesitate to call us.

Tuscan White Bean & Roasted Garlic Soup

Ingredients

- 1 lb dry Cannellini beans, rinsed
- 1 head garlic, peeled
- 8 cups water
- 4 sage leaves, plus more for garnish
- 2 tsp olive oil
- 1 tbsp chicken Better Than Bouillon, or cube (vegs us vegetable bouillon)
- kosher salt and white pepper to taste

Methods

- Place beans, 3 cloves of the garlic, water and a few sage leaves in the crock pot; cover and set to HIGH 4 hours, or until beans are soft. Don't add salt.
- Meanwhile, preheat the oven to 400°. Place remaining garlic cloves in the center of a 7x7 inch square of aluminum foil (photo above is showing half of the cloves, use the whole thing). Cover garlic with olive oil and a little salt. Seal aluminum tightly and place in the oven 25-30 minutes, until garlic is soft and golden. Remove from oven and set aside until the beans are done.
- When the beans are soft, add the bouillon and mix well until dissolved, then carefully transfer some of the beans and liquid along with the roasted garlic to the blender. Blend until smooth and pour it back into the crock pot. Repeat with the remaining beans until you get the texture you desire. You can also use an immersion blender if you have one. Taste for salt and adjust as needed.
- Serve with fresh sage and white pepper on top and if you wish, some whole roasted garlic cloves on top. (I reserved a few)

Makes about 7 3/4 cups.

(recipe courtesy of www.skinnytaste.com)

If you need to set up a appointment just call or walk in. Our efficient staff will be here to serve you.

Safety tips for Easter

The Easter holiday is upon us and the Easter bunny and Easter celebrations will be hopping along to many of our homes.

As you travel to visit family or friends this Easter holiday weekend remember to drive safely, buckle up and avoid speeding. Speeding is the leading cause (over 60%) of all fatal traffic accident on the roadways every year. Mutual Insurance BVI advises that you plan ahead, enjoy the sights on the way and arrive alive

to enjoy the Easter Holiday.

In the meantime, here are a few safety tips to make it a happy and safe Easter celebration:

1. Be sure that Easter toys and dolls are free of choking hazards. Pieces that can be removed from a doll or toy pose a potential choking danger to small children.
2. Chocolate Bunny's are an Easter tradition. However, be very careful when giving such gifts to people who are peanut or nut allergic. Make sure you

read the label of contents, as many chocolates, may have been in contact with nuts or peanuts during their preparation or packaging.

3. Before boiling eggs for Easter decorating/painting, they must be kept refrigerated. Never leave raw eggs in any form at room temperature for more than 2 hours. Don't eat or cook with cracked eggs or eggs that have been un-refrigerated for more than two hours.
4. Hard-boiled Easter (decorat-

ed) eggs left in room temperature for many hours or days as a decoration or table centerpiece should be discarded and not eaten.

5. All parts of the Easter lily, day lily, tiger lily, rubrum lily, and others are toxic to felines. Ingesting even a small amount of the plant can result in kidney failure and, if untreated, death.
6. Chicks, ducks and bunnies may be cute and cuddly, but they don't make good Easter gifts.

Mutual Insurance boss makes prestigious list for 10 straight years

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2015, Boreland-Kazembe copped the Bronze Eagle Award for top Life Insurance Policy sales.

She was also listed among the top 20 agents for Mutual of Omaha Insurance Company. For this she was awarded an extension trip to Lanai, Hawaii.

The top 100 out of 4500 agents were awarded a trip to Maui. The award was

for insurance producers in Puerto Rico, the United States, United States Virgin islands (USVI), and the British Virgin Islands (BVI).

Meanwhile, when asked what was her secret for making it on the Mutual of Omaha list of top achievers for the past decade, Boreland-Kazembe said it was because of her decision to put clients first at all times

"I always try to focus on their needs by guiding them through some of the best policies

made possible by Mutual of Omaha. Whether it is Life Insurance, Health, Auto, or Commercial Insurance, my clients come first."

"Also, I could not have done it without my hardworking staff members who are the backbone of the company. They understand well our mantra here at Mutual insurance, which is to be customer focused at all times. They execute their task well on a daily basis when dealing with those we seek to serve," said the Mutual Insurance boss.

Our promise to you

Leadership

Mutual insurance BVI operates under a leader whose goal is to design the best path for your financial future. Your goals become our goals and we strive to accomplish this together. Our financial advisor assist you in setting, monitoring, and meeting your objectives through a spectrum of financial services including long term, asset accumulation, preservation, and distribution.

Our commitment

We are committed to our local residents and business community who rely on us to help secure their financial futures, however, our commitment doesn't end

there. We believe in building long-lasting relationships with our clients. We also serve the local communities in which clients and non-clients live and work. Here is how we are making a difference in our communities.

To the community

Our involvement in the communities cut through charitable organizations, funding to students and church events. We are deeply involved in the everyday lives of people in general, because they are important to us.

To our clients

Our working environment is characterized by teamwork, trust and

cooperation. We work together to serve you. We honour our commitments and hold ourselves and each other accountable. We support the best in each other and know we can be the best financial advisor. We are determined to succeed for your benefit.

Our process

Finding the right solution for your personal or business needs requires us to pay special attention to the circumstances of your unique situation. This is why our financial advisor takes a needs based approach to our insurance sales strategy. Our four-step process of analyzing, recommending, implementing, and reviewing your strategy will help ensure that you get on course to achieving your goals, and remain on course as life unfolds.

Scripture of the Month

Galathians 8: 20 - "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Caribbean Trivia

Did you know...?

- St. Maarten boasts the distinction of being the smallest island in the world to be shared between two sovereign nations - France and the Netherlands
- Trinidad's La Brea Pitch Lake is the largest natural asphalt deposit on the planet.
- St Maarten's airport, where planes approach the runway just feet from a popular beach, made the top 10 of the world's most dangerous places to land in Wonders World, and the Daily Telegraph's World's Scariest Airport Landings list.

