



Mutual
INSURANCE BVI



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Mutual Insurance throws support behind Unity March

Mutual Insurance BVI Agency was one of the proud corporate sponsors of the Men Unity March held on Saturday, March 16.

The initiative, which was staged for the second year in a row, was the brainchild of members from the New Testament International Worship Centre.

The march kicked off in the vicinity of Port Purcell and ended at the private parking lot next to the Patsy Lake building in Road Town.

Mutual Insurance staff members and members of the Church of God of Prophecy in East End were among a throng of persons

who took part in the march. The participants prayed, sang, held hands in unity, and danced for joy.

As a corporate sponsor, Mutual Insurance donated a cash grant towards the initiative.

While speaking about the decision to align the Mutual Insurance brand to the initiative, the Agency's managing director had this to say: "We believe it was a wonderful initiative that was in keeping with the values of the Agency. It was about the men in our communities standing up for Christ and, thereby helping to strengthen the family unit."

"The day was a successful one and we would, and it is definitely something we ant to be a part of in the futuure," said Geon Boreland-Kazembe.

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Unity March 2016



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 4



Maintain brain power with Mints and Pomegranates

Looking for easy ways to keep your brain healthy? The answer is nearer than you think. Studies have shown that the common garden mints has the ability to keep your memory sharp, way into old age, while the pomegranate fruit is capable of fighting of Alzheimer's disease. Find out more.

Mints

Forget the mints you associate with gum or mouthwash. There are actually hundreds of plants in the mint family that you may have never realized were technically classified as mints, including basil, rosemary,

thyme, oregano, lavender, sage, and lemon balm.

When used in teas, these herbs can soothe an upset stomach, but emerging research suggests that their individual compounds can prevent the breakdown of acetylcholine, a neurotransmitter that helps keep your memory sharp.

Pomegranate

Pomegranates have been used for centuries in the Middle East, Iran, and India as a folk remedy, Duke writes, and for good reason. They're a good source of potassium, vitamin C and antioxidants that ward off

cancer.

They could also help fight Alzheimer's disease. Loma Linda University researchers discovered that mice that consumed pomegranate juice experienced 50 percent less brain degeneration than animals that drank sugar-water.

A final benefit? Pace University researchers found that pomegranate juice can kill the *S. mutans* bacteria, one of the main causes of cavities. Pomegranate juice is a good way to get the most out of these sometimes-messy fruits, as manufacturers use the entire fruit, as opposed to just the edible seeds.

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.

Marinated

Ingredients

Jasmine rice (100g)
1 inch piece ginger, peeled and finely sliced (20g)
2 tbsp reduced sodium light soy sauce (30ml)
1 tbsp soft brown sugar (15g)

For the Tofu

Fresh firm tofu, drained, gently pressed by hand to remove liquid and cut into 2cm cubes (250g)
1 tbsp groundnut oil (15ml)
1/2 inch piece ginger, sliced (10g)
Pak choi (250g)
1 tbsp apple juice
1 tbsp rice vinegar
1/2 tsp dried chilli flakes (2g)

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

Method

- Bring a large saucepan of water to the boil and add the rice. Cook the rice according to pack instructions. Drain and set aside.
- While the rice is cooking combine the marinade ingredients together in a bowl. Add the tofu pieces, toss together and set aside to sit for 10-15 minutes.
- Heat a non-stick wok or large frying pan over high heat and add half the groundnut oil. When the oil starts to smoke, add the ginger slices and stir-fry for a few seconds. Add the pak choi leaves and stir-fry for 2 minutes. Add a small splash of water to create some steam and cook for 2 minutes more until the leaves are wilting, then remove and set aside.
- Rinse the wok under cold water, then reheat it and add the remaining oil. When it starts to smoke, add the tofu pieces (retaining the marinade liquid) and stir-fry for 5-10 minutes. Toss the tofu to get it browned evenly on all sides, taking care not to break it up.
- Add the apple juice and rice vinegar to the wok then add the remaining marinade liquid, bring to a bubble and let the liquid reduce. Sprinkle over the chilli flakes and toss well.
- Spoon the tofu onto the pak choi and serve immediately with the jasmine rice.

(recipe courtesy of www.unstuffed.org.uk)

Unity March 2016



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

Exodus 12:11-13: 'Now you shall eat it in this manner: with your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it in haste - it is the LORD'S Passover.'

Caribbean Trivia

Did you know...?

- Guyana gained fame in the world in the wrong way when Jim Jones, the religious cult leader, and his 900 supporters committed suicide in Guyana in 1978
- About 70 percent of the total area of Guyana is covered with rain forests. Reportedly it has the largest rain forests in the world.
- The highest point in Barbados is 1,100 feet. This doesn't even compare to the tallest building in the world which is 2,700 feet high.

