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### **R&R MALONE COMPLEX**

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love for Christ, family, and helping people get the most out of their insurance coverage ranks among the top three things that are most important to

Geon Boreland-Kazembe - Owner of Mutual Insurance BVI Agency.

### Turn to INSURANCE on Page 2

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cer 798 Geon Boreland Kazembe and her husband Jaffali





### INSURANCE from Page 1

It was in 2004 that Geon became an agent Mutual of Omaha, a leading provider of life insurance, Medicare supplement insurance, disability insurance products and annuities.

mproving Lives with Insurance

The relationship between Geon and Mutual of Omaha can be described as nothing but 'mutually benefitting'.

"Working for this company has been extremely rewarding as they have provided me and my team with quality tools to help assist our current and prospective clients," says Geon.

Geon says her greatest reward comes from helping families understanding the importance of having quality insurance, and getting the most out of their coverage.

"Since working with Mutual of Omaha I have helped a lot of families in the British Virgin Islands by educating them about life 2 insurance, and the great need for life insurance especially with children at home."

"No one gets left behind when you have life insurance. It is a family protection and also the great features of it is that you can be your own beneficiary once you are alive."

"There are two types of life insurance -Term and Universal. Term policy gives payout for only death, but with Universal policy, it builds cash over a period time that you can get from your policy which can be used for retirement, education, funeral expenses, emergency expenses, or any other expenses," Geon explains.

Stop by our Road Town or Pockwood Pond offices to get an insurance quote. You can also send us an email at info@mutualinsurancebvi.com or send us a message through our Facebook page Mutual Insurance (BVI) Agency Limited.

We are more than happy to serve you.

### See more photos on Page 5

# 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)



# SEASON OF LENT

ARCH 1, marks the beginning of Lent. As people all across the world – Christians and non-Christians alike – take time out to observe this special period, Mutual Insurance BVI Agency did some digging and came across some interesting information on the season. Take a read.

### Why is Lent for 40 days and what is its meaning?

The Lent period reflects when Jesus fasted and suffered in the desert for 40 days and 40 nights, before he started his ministry.

According to the Bible, he was tempted by Satan during this time, but each time he managed to refuse his temptations.

People follow Jesus' example and give up vices in a bid to grow closer to God as Easter approaches.

In the United States, Shrove Tuesday or Pancake Day, occurs the day before Lent begins, symbolising when Christians would eat up foods such as milk and eggs before fasting.

### What is Ash Wednesday?

Ash Wednesday is officially the start of Lent but the exact date changes each year depending upon when Easter falls.

To mark the day, clergy all over the world burn palm from the previous year's Palm Sunday services to create ash.

This is then rubbed across people's foreheads in the shape of the cross as they are reminded "For dust you are and to dust you shall return".

The ceremony is meant to show followers that their lives are short and they must live them to the fullest.

This sees Lent begin and it continues until

the Thursday before Easter weekend.

### Where does the tradition of fasting come from?

Lent and fasting go hand in hand for many in the Christian church.

Many followers abstain from certain food or temptations, following Jesus' 40-day fast in the desert in preparation for his public ministry.

Fasting has been practiced for centuries within a number of religions and culture, and is featured within Jewish culture in the Old Testament.

For example, Queen Esther asks the Jewish nation to come together in prayer and fasting, and Christians often combine the two practices nowadays.

(The UK Sun contributed to this article)  $_3$ 

### RECIPE CORNER

Mediterranean Baked Fish

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

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

### Ingredients

- 2 teaspoon olive oil
- 1 large onion, sliced
- 1 can (16 oz.) whole tomatoes,
- drained (reserve juice) and coarsely chopped
- 1 bay leaf
- 1 clove garlic, minced
- 3/4 cup apple juice
- 1/2 cup reserved tomato juice, from canned tomatoes
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1 tablespoon fresh grated orange peel
- 1 teaspoon fennel seeds, crushed
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried basil, crushed
- · Black pepper to taste

• 1 lb. fish fillets (sole, flounder, or sea perch)

### Method

- Heat oil in large nonstick skillet. Add onion, and sauté over moderate heat 5 minutes or until soft.
- 2. Add all remaining ingredients except fish.
- 3. Stir well and simmer 30 minutes, uncovered.
- 4. Arrange fish in 10x6" baking dish; cover with sauce.
- 5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Yield: 4 servings

Serving Size: 4 oz fillet with sauce

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.





### 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 we our financial advisor takes a needs based approach to our insurance sales strategy. Our fourstep 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** Matthew 6: 16-18 — Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

## Caribbean Trivia Did you know...?

• Flying kites is a popular pastime year-round in the Caribbean. However, the practice peaks around Easter weekend in islands like Barbados, Trinidad, Bermuda, and Grenada. It is symbolic of Jesus' resurrection from the grave and His eventual ascension into Heaven. These events feature impressive creations, with massive kites emblazoned with creative designs.

2. Easter dinner is a wonderful part of Easter celebrations. Of course there is the tradition of no red meat eaten on Good Friday, and eating fish and vegetables becomes the rule. Easter season in Jamaica is also time for the island's premier local food event: the Trelawny Yam Festival, which is held Easter Monday, features great yam preparations.



