



The GBP Bridge

Bridging the Gap with Communication

March/April



Mar

- 4 Happy Anniversary
Tina Tighe
16 years with GBP!
- 5 Happy Anniversary
Liz Parker
2 years with GBP!

- 17 St. Patrick's Day
- 17 Happy Birthday
Jynessa Kokot



Apr

- 1 Happy Anniversary
Rick Gregson
27 years with GBP!

- 12 Easter Sunday



- 16 Happy Birthday
Mary Keysor
- 18 Happy Anniversary
Tom Scrivner
9 years with GBP!

- 22 Earth Day



- 25 Happy Birthday
Cindy Kightlinger
- 29 Happy Birthday
Larry Beach

- 30 Happy Anniversary
Mary Keysor
6 years with GBP!
- 30 Happy Anniversary
Thelma Ghigliotti Diaz
6 years with GBP!

Contact GBP Risk Solutions

Giving Better Perspective on Risk Solutions

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Share significant dates with us!
Email liz@gbprs.com

'Giving' doesn't always mean \$Money\$

By Liz Parker

Get involved in your community! It doesn't cost anything but a little time and effort. Start with your own personal interest and check out your local area for volunteer opportunities.



My local area happens to be Vail, Arizona. This year Cienega High School hosted the **Southern Arizona Math Counts Local Chapter Competition**. I've never been a math wiz but I am happy to help out any child that gets excited about education! The February and March competitions for these middle school 'Mathletes' is not possible without the help of volunteers. During each competition, help is needed for registration, set-up, and scoring., where all the worksheets are graded for each round of the competition.

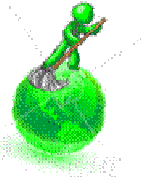
You can email sazmathcounts@yahoo.com for more information.

There are many different ways to give. Do you have fruit trees in your neighborhood? Don't let that nutrition go to waste - Harvest that food for local refugees. Contact eiswerth@fruitmappers.org for more information.

You can also visit tucsonearthday.org for volunteer opportunities and information about Tucson's 15th Annual Earth Day Festival on Saturday, April 4th, 2009.

EARTH DAY is APRIL 22nd

Take a step in the green direction and create some green habits. Spend some time helping your Arizona neighborhoods.



For more info on a green event near you, visit: tucsonaz.gov/tcb/tcbuevnt.htm

Dear GBP

By Liz Parker

Dear GBP,

I recall several news reports from last year's monsoon storms. How can I protect myself from becoming this year's storm story?

Signed,

Stormin Normin



Dear Stormin:

If you don't want April Showers to bring you more than May flowers, here are a few things to remember. It is important to have these coverages in place before our beautiful storms start building over our mountain ranges.

Contact your GBP Account Manager today for your personal home or commercial building policy evaluation.

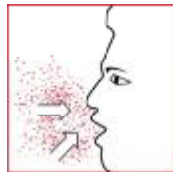
Remember to take inventory (be it via video, photos or schedules) and update it regularly. We all may think we know what's in our home or office, but if anything happens, could you go through, room to room, and itemize all your valuables?

A leaky roof, broken windows and dents in the car should prompt a call to GBP. Keep in mind, it's important to keep receipts if you start repairs on your own.

Please remember that "flood" coverage (including ground water from a heavy rain) is an optional coverage **and special policy that requires a 30 day waiting period to bind**. If you don't have a "flood" policy and are concerned about your home or business please call us for a quote. We can now provide "flood" coverage even if you aren't in a designated flood plain.



Know the three deadly indoor air contaminants



1. Carbon monoxide: 400 die and thousands are sickened annually.

2. Secondhand smoke: 7,500-15,000 children are hospitalized or sickened with respiratory tract infections and older adults with cardiovascular or lung illness are at higher risk of health problems.

3. Radon gas: It's silent. It's odorless. It's found in many American homes, and it is the second biggest cause of lung cancer, after cigarette smoke.

The Environmental Protection Agency estimates that people spend 90% of their time indoors, but that indoor air quality can be two to five times more polluted than outdoor air. Indoor air pollution can threaten the health - and the lives - of everyone in your family.

The single most effective way to keep the air in your home healthy is to keep things out of your home that cause air pollution, including cigarette smoke, excess moisture and chemicals.

The second most important strategy is to ventilate to pull dangerous pollutants out of the house. Run the exhaust fans in your bathroom and kitchen. Open your windows. Make sure you have a good exhaust system in place for appliances and stoves.

Here are some easy ways to clean up 'the air in there'



- No smoking indoors,
- install a carbon monoxide detector
- don't idle the car (or run other fuel-burning engines) in the garage.
- Test for Radon (Radon is an odorless, invisible gas that occurs naturally in soil and rock and can only be detected through testing).
- Kill Dust Mites
- Beware of Dry Cleaning Chemicals
- Check for Moisture leaks Avoid toxic products (Look for products which are marked "low VOCs")
- Replace filters in your home regularly.



Go to: <http://www.lungusa.org/> for more tips from the American Lung Association



Rick's Pick™

By Rick Gregson [rick@gbprs.com]

Drinking wine vs. pairing wine with food.

Whether you're a seasoned veteran or an occasional enthusiast, most people know certain wines go better with certain foods. Try thinking in terms of what food does to wine – it's *m a g i c*.

I was at a recent blind tasting of Syrah/Shiraz. Wine was poured and we were asked to rate the best to worst of 7 different offerings. Everyone knew which was their favorite -- until the food arrived, the taste of the wine changed completely. The food, which was a great pairing for the wine, made the wine much more complex and interesting; it was great fun to watch everyone change their vote.

Who won? Everyone! – we were in a great environment, enjoying wine, appreciating its nuances and having fun – we all won.

Drinking wine is always a good idea (ok, not while driving – hey it's a public safety and insurance thing) but exploring what food can do for wine is even better.

What are you drinking? Let me know.

Rick -



BENEFIT COSTS MAKING YOU SICK?

By Thelma Ghigliotti Diaz



GBP will **EXAMINE** your current health plan(s), make a **DIAGNOSIS**, & offer a **PRESCRIPTION**.

Our **TREATMENT** plan could soothe your **PAIN** of writing that premium check every month.

Call The GBP Benefits Team for your **FREE CONSULTATION**.
520-571-7737



The GBP Bridge Staff

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