

Na Leo O' Atlas

ATLAS INSURANCE AGENCY

one Atlas.

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Welcome Lunch!

Atlas Insurance kept on with the tradition of a “Welcome Lunch” for new employees. It gives the chance for our President and Senior Management team to get to know the new employees better. We had a fun, yummy lunch at HASR Bistro. Prior to the luncheon, new hires and Senior Management took a questionnaire about themselves so that others can guess what facts matched with each staff. Did you know we had some pretty unique staff? Here are some fun facts about our new employees that may leave you guessing. In this picture, there is someone who...

- ♥ Attended Charm School at the age of 14
- ♥ Doesn't know how to fill gas in a car
- ♥ Would like to spend an hour talking to anyone that takes two stalls while parking
- ♥ Can't sing nor do the Macarena or chicken dance
- ♥ Is a middle child in a family of seven

You want to find out...go ahead and ask them!



Front row: Vince Miyoi and Kristen Ribilla; **Middle seated:** Leah Mattos, Carol Davis, Charlene Meneses, Myles Murakami, Bonnie Pang, Ken Fujiwara, Lance Kawano, and Liana Reff;
Standing: Michael Cravalho, Maichi MacDonald, Leona Shimizu, Michael Madix, Dylan Nakano, Kevin Lu, Samantha Ranit, Chason Ishii, Devin Fukunaga, Dana Tokioka, Wendy Manzon, Stella Cabana, Russ Park, and Linn Hedges.

Submit your articles, pictures
or suggestions to:
Kristen Ribilla

12th Annual Start Steppin' with Kaiser!

On Friday, August 5th, a bunch of us participated in the 12th Annual Start Steppin' with Kaiser Permanente walk. Boy was it hot, but we all stuck it out like troopers. I know we might missing some people in the photo, but thank you to all who came out for this walk!



Birthday cakes can be healthy...

By Sharon Hodson

I made this for someone's birthday who works at one of our carriers. They are seriously trying to eat healthy because their "numbers" were bad and wants to also reverse their beginning diabetes. This is THE ultimate healthy birthday cake!





Welcome, Frank! By Steven Pang

Please join me in welcoming Frank Valenti to our Atlas Ohana as our new Risk Consultant! I have had the pleasure and opportunity to work directly with Frank, where he served as a Facilities and Safety Manager for Lanakila Pacific. Frank’s skill set include, but not limited to: safety & security of 3 facilities, development and implementation of safety operations, OSHA/HIOSH compliance, and managing the Workers’ Comp claims process. Frank also has insurance experience, where he was employed at State Farm. There he prepared construction building estimates, calculated loss of use valuation, conducted legal liability analysis for litigation, and prepared and negotiated personal injury evaluations. His knowledge and experience will surely benefit Atlas and our valued clients. Welcome, Frank!

Welcome, Dana! By Carol Davis

I am pleased to announce the hiring of our new employee Dana Harada. Dana is an Account Executive in our Sales unit. She has been an Attorney with Chee Markham & Feldman focusing on insurance coverage, insurance defense, corporate and property law. Dana is a graduate from Tufts University with a B.A. in Community Health & Child Development and a minor in Communications & Media Studies. She obtained her J.D. from the William S. Richardson School of Law.

Dana’s hobbies include: hiking, drinking bubble tea and binge-watching Law and Order with her boyfriend and their Frenchton puppy, Wilbur (who has learned to operate the TV remote himself!). Welcome, Dana!



New Business—Agents Top Producers of The Month!

July Winners

Commercial



Gerald Takeuchi

Personal



Matthew Arine

Toastmasters, a Good Resource

By Mitch Matsuura (Island)

ATLAS 'ŌLELO HUI
SPEAK • LISTEN • THINK • LEAD

A good reason to join Toastmasters is it gives you better access to trusted resources on communication and leadership. In fact, just this morning I was going thru my Toastmasters magazine I receive every month and found an article giving tips on how to be a great emcee. Here are some of the tips I found from the October 2015 Toastmaster magazine written by Gilda Bonanno.

1. **Be clear about your role**—Bonanno writes that an emcee can play many roles from reading speaker introductions to writing remarks for all speakers so your first duty as emcee is to confirm your role with the meeting organizer.
2. **Prepare speakers thoroughly**—If your job as emcee involves preparing speakers you must find out every thing you can about the event well in advance so you can tell speakers details about the theme, audience size and background, expectations of content and time limits. Bonanno adds it is important to notify speakers of the logistics and of course any changes to them!
3. **Opening remarks set the tone**—The author uses this point to remind us that as the first person to speak at an event, the emcee should have the energy, confidence, and sincerity to match the spirit of that particular event. As first speaker it really is not the time for “ums” and “ahs”, discovering problems with the sound or lighting system or that your remarks or outline were printed in a font too small for you to easily read.
4. **Don't wing introductions**—The author states that introductions should be concise, relevant and prepared in advance. She cautions us here not to ad-lib or make an off-the-cuff joke during an introduction if you are not comfortable or experienced.
5. **Names and titles matter**—There is no shame in writing out a speaker's name phonetically and practicing it out loud. It will in fact demonstrate your respect for the person when you can say their name with ease. We all know it is important to use titles especially for dignitaries and elected officials, but the author reminds us it is also important to follow protocol for the order in which such people shall be introduced.
6. **Staying on time matters**—As an emcee it is difficult to control how long other people speak, but you can prepare and practice each section you are responsible for and you can emphasize the importance of staying within the time limit. You can also build in extra time and know ahead what material you can cut or condense if you start late or go overtime.
7. **Don't introduce strangers**—The author's point is by putting a face to a name it will help you feel more comfortable and sound more authentic in your introduction. It also gives you one last chance to confirm name pronunciations.
8. **Manage the stage**—This is a lesson we practice at each monthly toastmaster meeting and it is to “Never leave the stage empty.” If you introduce someone, wait for them to get onstage before you step to the side. A helpful idea (if appropriate for the event) is to start clapping after you introduce the person and don't stop until you shake hands with them or greet them onstage.

Toastmasters, a Good Resource, cont.

By Mitch Matsuura (Island)

ATLAS 'ŌLELO HUI
SPEAK • LISTEN • THINK • LEAD

I felt these tips were helpful but it is far better to put these ideas into practice by joining Toastmasters and checking out our next meeting on Thursday, September 15 from 12:00-1:00pm in the Atlas Board Room. We have a Toastmaster meeting role for you that will give you practice being an emcee!

Also, check out some pictures from our last meeting and as you can tell, the theme was “Happy Birthday!” and Tina Leger won best speech.



WE ROCK!

By Aleksandr Razloga

Yes, you heard me.... “We”. As in, the “Island Holdings’ Team ”.... WE ROCK! If you disagree with me than obviously you missed the Wellness Final event at the Island Holdings meeting hall. I am not only talking about the awesome activities at the event, which included food, games, giveaways, massages, and prizes. I am talking about the actual Fitness Competition!

Now that was a real example of Healthy Employees Achieving Results Together!

Nine prestigious teams in competition for the title of Best at Push Ups, Sit Ups, Burpees, Plank, Hula Hooping and Healthy cooking. And if you think this was just a “feel good” competition, then you are mistaken! We had a bunch of extremely competitive employees at the event, just look at some of the winning scores:

Top Push Ups – 82

Top Sit Ups – 48

Top Burpees – 40

Top Plank – 12 minutes

These numbers are simply unbelievable. It felt like I was at the Olympics watching top world athletes compete. The big difference was that when you watch the Olympics you do not really think you can compete against top talent. You tell yourself that what they do is impossible for a normal person. However, when you watch your coworkers achieve these staggering results, it does make you a little jealous, competitive, but at the same time proud of your coworkers.

Yes, we ROCK! We might be in the business of insurance, investments, property management, and technology, but that is not all that we are, WHO we are. We as people ROCK at all that we try to accomplish, and sports and fitness is not the exception! I am very thankful to be a part of such an awesome family, where we can work, study, compete and have fun. From the bottom of our “HEARTs”, you guys are awesome and as a combined “Island Holdings’ Team” we will keep ROCKING to higher and higher achievements.

Note to our winners, Congratulations! At the same time, please do not rest on your laurels of success. The 2017 competition is only a year away... Let the training begin!!!



2016 HEART Committee

Aleksandr Razloga, x-8740
 Anna Gima, x-8714
 Chenise Blalock, x-8680
 Daun Watanabe, x-8610
 Kristen Ribilla, x-8791
 Vince Miyoi, x-8719
 Vivian Haitzuka, x-8653

2016 HEART Committee Advisors

Bonnie Pang, x-8651
 Lance Kawano, x-8725
 Sharon Hodson, x-8657
 Steven Pang, x-8619
 Vince Miyoi, x-8719
 Naomi Sutton, WorkLife Hawaii

WE ROCK!, Cont.

By Aleksandr Razloga



We are ONE ATLAS!

Dear Myles,

I want to compliment Cindy Miral and Richard Fukeda for an extraordinary job on helping Patti and myself prepare and present to the audit committee of Consuelo Zobel Alger Foundation this past Tuesday. We were tasked to review the Foundations insurance program, and make recommendations as to limits of coverage. In addition they asked how we market their account, how often, and carriers financial strength. The meeting went well as a result of Cindy and Richard's preparation. Thank you for this resource.

Aloha,

Bob Silverstein



Dear Ardis,

Thank you for doing a rush certificate for Randy in Kona! Thanks for staying behind after 4:30 on a Friday so that he could get it done for his client for Monday morning!

One Atlas!

Sharon Hodson

Ardis:

Thank you for putting in the extra effort to support a fellow Atlas teammate! Randy clearly appreciates it and the client will too.

You have provided us another great example of the meaning of One Atlas!

Mahalo,

Myles