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### Inside this issue

Myles Murakami	1-2
Hoppy Easter	3-5
Congrats & Welcome!	6
Risky Business	7-8
Atlas Gives Back!	9

Submit your articles, pictures or suggestions to:  
kribilla@atlasinsurance.com

### CORE VALUES

**Pono**  
**Lokahi**  
**Alaka'i**  
**Ho'okele**  
**Kakou**  
**Imi'ike**

## Myles Murakami

### By: Kristen Ribilla

This article is hard for me to write. The last time I wrote about Myles in the Na Leo was when I wished him a Happy Retirement in 2018...never thought I would be writing about losing him so soon.

On February 27, 2022, we lost our dear friend, compassionate leader, and community pillar, Myles Murakami. In the 17 years he was president of Atlas he instilled a culture of innovation, integrity, and service, ensuring all staff members, their families, and the community understood the importance of giving back to the place we all call home.

I started at Atlas in late 2013, and as I was shadowing my predecessor, Sandy Tsukada, she said something to me that I will never forget: "You better stay with Atlas until Myles retires. I am NOT leaving because I want to...Atlas is my second family." As I started to settle in, I began to understand what she meant and how Myles made Atlas a family. Myles ended up being another father figure to me. He was always scolding me in a caring way, teaching me bad jokes, and giving me good life advice. We would always try to keep each other in check with dieting. But sometimes we just gravitated straight to McDonalds. One time I ran into his son, Grant, and he caught me red handed with McDonalds. He was like "Is that for my dad?!" So, sorry Grant, but how do you tell the boss no? lol. There were times I did tell him no and I reminded him that his wife, Renee would be happy and proud and that's all that mattered to him — his family and making them happy. I wrote about this story in my last Na Leo article but I have to share for those that didn't hear it. He came in one morning and I was eating crackers. To me, that wasn't too horrible of a choice, but he walks in and says "Ha-la! What you eating?!" That's bad for you!" Later that day, I left to do an errand with his car. I hop in and what do I find? A Jumbo Jack wrapper from Jack in the Box! After the hard time he gave me for eating crackers, and he eats a Jumbo Jack?! I took a picture and texted it to him. His reply, "Oh, that's old, it was from a while ago." Right. Renee would never let that sit.



### Myles, Cont.

Another story that I will never forget is taking him to his first Atlas Movie day. You know Myles came up with Movie day throughout the OAC and he never went to one?! For those that aren't familiar, (we haven't had one in a while due to the pandemic) there are two days that staff have the opportunity to leave for half the day and see a movie at the



theaters. In 2018, when Carol and I were about to leave to go see a movie, I realized he had nothing on his calendar. It took some convincing, but he finally agreed to go to his first and last movie day with Atlas. We went to see "A Simple Favor" not knowing what it was *really* about and it was such an odd movie. For those who saw that movie, you will understand when I say it was equivalent to the awkwardness you would feel when seeing this kind of movie with your parents. LOL.

I was very lucky to work for a well-respected, humble, and generous person like Myles! When he wanted to hang out and have fun, he loved his favorite low-key places like Krazy Karaoke, 8 Fat Fat 8, ShinshoTei, Henry Louis, and his "private club," Zippy's Vineyard. Following Myles' retirement, he was still a strong presence within the company, having served on the board of directors and through his continued involvement within the community. We were able to attend his Celebration of life ceremony both virtually and in person on April 14th, shortly before his 69th heavenly birthday on April 22nd. Our very own Russell Park did an amazing, and touching eulogy along with Myles' son-in-law, Tom Yang. To this day, a week doesn't go by without someone sharing a funny Myles story with new employees or old friends reminiscing about Myles' antics. And I am sure it will continue as he made a very big mark in all of our lives. Until we meet again, Myles!



**\*Please note that Myles' service is still available online to view for 90 days, so please email me if you would like me to send you the link.\***

### Hoppy Easter!

Our Office Activities Committee hosted an Atlas department egg decorating contest for Easter! Congratulations to the Risk & Claims team for their first place victory for their awesome egg construction site, second place to Admin with their Hamburger egg and third place to Personal Line for their Princess and the Frog set up. Mahalo to Kathy and Nancy (TCG) and Jan (IH) for judging. They really took their time choosing the winners! Everyone also had the opportunity to meet the Easter Bunny (Resident Keane) and participate in an egg hunt challenge. Our Personal Lines department won the challenge by collecting over 30 eggs. Thank you all for participating and making it a Hoppy Easter!



## Hoppy Easter!, Cont.



## Hoppy Easter!, Cont.



### Congratulations Matthew, and the rest of the Terry Family!

Matt Terry is a brand new dad!

Naomi Anne Terry was born on 4/18/22 at 11:49 p.m., weighing in at 7 lbs., 9 oz., and 19 3/4 inches long!

Welcome baby Naomi and congratulations to Matt and his wife, Tina!



### Congrats Kim & Todd!

Honolulu Magazine's  
2022 Best Real Estate Professionals

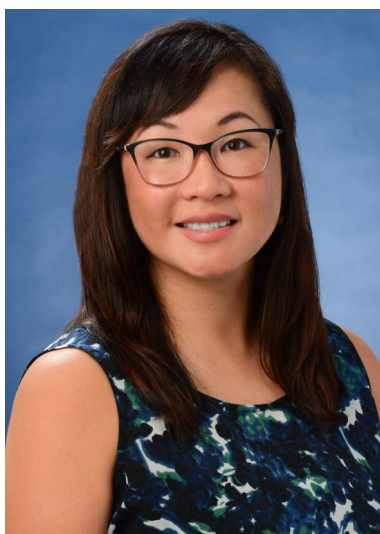


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Purchasing a home is one of the most important investments that people in Hawai'i make in their lifetimes. With the fast changing housing market that exists in Hawai'i, it is important to have a real estate insurance professional in your corner.

Congratulations to Kimberli Sakamoto and Todd Tamori in our Personal Lines department for being named in Honolulu Magazine's 2022 Best Real Estate Professionals list!



### Welcome, Jana!

Please welcome Jana Mukogawa to Atlas! Jana is an Account Executive in our Commercial Sales unit. She is a graduate from California State University in Public Relations with a minor in Speech Communications and received her Juris Doctor Degree from Western State University. She brings years of experience as a Commercial litigation attorney specializing in insurance defense claims for condominium and community associations as well as other corporate entities. Welcome, Jana!

## *Risky Business Corner*

### **Mental Health**

**By: Nathan Nakasone**



The month of May is designated as Mental Health Awareness Month and I'd like to share some thoughts on the topic, including what it is, why it is important, and how we can improve it. We have all felt some type of stress in our lives (especially with the COVID-19 pandemic) and we should be aware of how our personal mental state is affecting us.

Your mental well-being includes how you think, act and feel. It also helps you cope with stress, relate to others and make decisions. According to the WHO, there's not a specific definition of mental well-being. However, various studies agree that achieving a state of mental well-being includes being able to:

- Realize your full potential.
- Work productively.
- Cope with normal stresses of life.
- Contribute meaningfully to your community.



Mental well-being includes mental health, but goes far beyond treating mental illness. For example, you could go through a period of poor mental health but not necessarily have a diagnosable mental illness. And your mental health can change over time, depending on factors such as your workload, stress, and work-life balance.

Your mental well-being is tied directly to your physical health. Individuals with poor mental health or untreated mental illness are at risk of developing many chronic conditions like Type 2 diabetes, stroke, heart disease and obesity.

Poor mental health can also cause negative effects in your work life as well as in your social life. If you have poor mental health, you may experience productivity issues at work and may experience withdrawal or feelings of loneliness.

## Risky Business Corner

**Mental Health, Cont.  
By: Nathan Nakasone**



Because it's such a crucial component of your health, it's important to focus on maintaining or improving your mental health. Here are three simple ways to do so every day:

1. Express gratitude. Taking five minutes a day to write down the things that you are grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive.
2. Get exercise. You probably hear all the time how beneficial exercise is to your overall health, but it's true. Exercising can improve brain function, reduce anxiety and improve your self-image.
3. Get a good night's sleep. Strive for seven to eight hours of sleep a night to improve your mental health.

Even in our insurance industry, we come across an increase in claims of work-related stress (from co-workers or management/supervisors). We hear in the news of an increase in violent or aggressive crimes. Passengers on airplanes having a breakdown and attacking flight attendants. Let us be mindful of the mental health of ourselves and those around us. I feel that if we can become more aware of our mental health and take care it, we can create a better life for ourselves and our families.





## Atlas Gives Back!



F O U N D A T I O N

The Atlas Insurance Agency Foundation continuously gives back throughout the year with corporate sponsorships or straight donations to organizations/ non-profits. Please don't forget that Island Holdings will match your personal donation to a 501C3 \$1.00 for \$1.00, up to \$500 per employee. Contact Dana Tokioka at [dtokioka@atlasinsurance.com](mailto:dtokioka@atlasinsurance.com) for more details.

\$5,000

\$5,000

