

# Na Leo O Atlas

Atlas Insurance Agency - Your Navigation Partner



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December 2023

## 2023 Holiday Party!

It's that time of the year again! Everyone had a blast at the highly anticipated Black & White Atlas Holiday Party! It did not disappoint, from the festive photo booth to the incredible beats spun by DJ Tom Slick. We would like to give a big mahalo from the Atlas 'Ohana to Tumua Tuinei for making this party unforgettable and filled with laughter. He even stayed after to talk story and photos!



All of you came in style but some truly stood out in their black & white outfits. Let's congratulate Client Consulting Services for 'Best Dressed Department', Natalie Henriksen for 'Best Dressed Female' and Chris Singhavara for 'Best Dressed Male'. Until 2024!

happy  
**HOLIDAYS!**



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## CORE VALUES

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

Submit your articles, pictures or suggestions to:  
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## 2023 Holiday Party!, Cont.





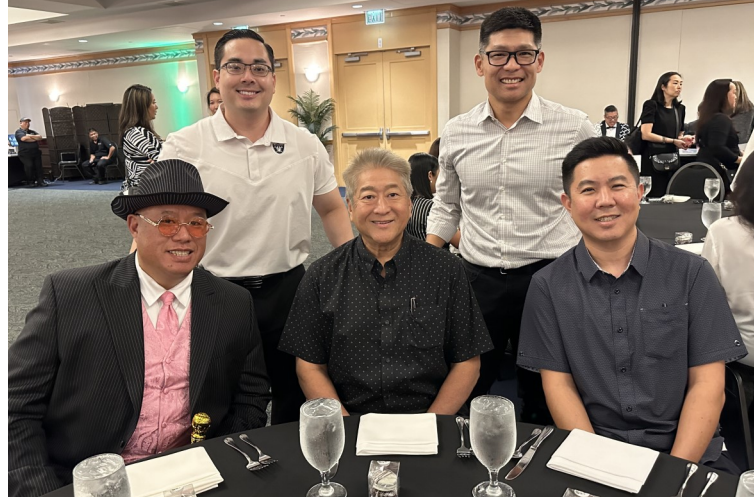
## 2023 Holiday Party!, Cont.







## 2023 Holiday Party!, Cont.





## Client First Program

### *Customer Satisfaction*

Atlas recently began working with Market Trends Pacific to survey clients on our performance. We started to gather our positive comments and would like to begin sharing it with the company. Here is what our clients are saying about us!

“Romelo Antonio is my Atlas representative. She is absolutely wonderful! She is prompt to respond to my email when a change of insurance is mandated by the Ilikai Association of Apartment Owners (AOAO). She makes sure the necessary changes are made and a copy of the new insurance delivered and filed with Ilikai management. I am most grateful for her prompt attention to these important matters. Her knowledge and expertise allay any worries I may have regarding the establishment of new insurance coverage guidelines. I want to reiterate how helpful Romela Antonio has been. I have the utmost confidence in her and in Atlas Insurance that my insurance needs will be taken care of. Thank you to Romela and Atlas Insurance. I am very grateful.” *Sharon L.*

“My contact with Atlas has only been recent after moving back into the family home. Bryce Nishiyama is the agent with whom I have been dealing with and he has been professional, knowledgeable and always quick to respond to email messages and phone calls. If that's an indication of the quality of other Atlas agents, I would definitely recommend Atlas.” *Steven K. Trust*

“THANK YOU THANK YOU FOR SUCH GREAT EXCEPTIONAL, PROFESSIONAL SERVICE!!! Really, really appreciate all of your assistance!!! IT WAS GREAT WORKING WITH JUSTIN!!! Justin was very, very professional & GREAT!!! HAVE A GREAT SAFE DAY!!!” *Gwen I.*

“Helpful... patient... informative... was concerned about helping me and what was the best solution. Grateful. Thank you Jordan V.” *Vernon J.*





## Welcome, Cynthia!

Please welcome our new Personal Lines Account Manager III, Cynthia Ho! Cynthia came to Atlas after spending more than 20 years at Geico as a customer service representative assisting customers with their auto policy. She holds a BS in Business Administration from USC and has her AINS certification. Welcome to the Atlas Ohana!



## Welcome, Christopher!

Please welcome Christopher Singhavara to the Atlas Ohana! Christopher is in our Personal Lines unit as a Sales-Account Manager. He has been working in customer service related positions over the years but just recently was with GEICO as a Customer Service Representative. Welcome, Christopher!

## Welcome, Jimmy!

As you know, Atlas Insurance recently partnered with American Mutual Underwriters (AMU) where we were fortunate to have a few employees join us. One of them that joined us a little later is Jimmy Lui-Kwan as he has been with AMU for about 25 years! He is our Business Development Manager, Life & Health in the Benefit Consulting department. Welcome to the Atlas Ohana!



## EPIC Team

Our dynamic EPIC team hosted a networking event at Aloha Beer Company our EPIC

members brought professionals from diverse industries together for a night of connections, collaboration, and, of course, mouthwatering foods! Here's to more opportunities to connect, inspire, and elevate each other as professionals!



### Private Client Group

Thank you to the Honolulu Board of Realtors for extending an invitation to Atlas for the Winter General Membership Meeting, which marked the first event that our Private Client Group participated in! We had the honor of sharing our insurance program designed for luxury real estate owners. Our Atlas Private Client Group Team is excited to hold meetings with the Honolulu Board of Realtors for any clients dealing with luxury real estate. You can schedule an appointment through the link below.

<https://rb.gy/cyyl2q>



### PL Referrals!

Our Personal Lines Referral Program is still active! Please continue to refer your friends and family (all islands) for a personalized **Insurance Analysis**. Staff receives **\$25** per referral and then **\$25** for every referral bound.

If you would like to participate in this program, please contact Irene Zilisch, at (808) 533-8704 or [izilisch@atlasinsurance.com](mailto:izilisch@atlasinsurance.com). Here are the staff that helped with the program for the month of December 2023!



Top: Della Nakamoto, 6 referrals, 3 bound; Jessica Pippin, 14 referrals; Sean Satterfield, 1 referral, 1 bound; and Shane Choi, 1 referral 1 bound



## December Delight: Memories, Insight, and Recognition

By: Ken Fujiwara

Atlas Olelo Hui enthusiasts!

The December meeting of our corporate Toastmasters club was a memorable gathering, thanks to the wonderful theme set by Sharilyn - "Favorite Memory of the Year." As we bid adieu to 2023, members had the opportunity to reflect on and share their most cherished memories from the past year.

The meeting began with an engaging icebreaker speech titled "Who is the Best Generation," delivered by the talented Lorraine Duque-Reyes from Tradewind Group. Following Lorraine, the stage was graced by veteran speaker Debra Chong from Island Insurance, who shared her wisdom in her speech "Supportive" which was based on her DISC communication style.

Amidst the exceptional speeches, it is our pleasure to announce that Lorraine Duque-Reyes clinched the title of Best Speech. Congratulations, Lorraine, on this well-deserved recognition!

Looking forward, our next meeting is scheduled for January 16th at noon to be held at the Atlas Board Room. If you're not already a member of Atlas Olelo Hui, we extend a warm invitation for you to join us as a guest.

We also have a very special meeting planned for February 23rd which will be our Toastmasters "Open House" Meeting where we will be celebrating our 15th year as a club which will be held at the Island Insurance Meeting Hall. We warmly invite you to join that meeting as well.





## *Risky Business Corner*



**Get Moving in 2024!**

**By: Tracie Akai**

Greetings! Now that the holiday season is past us, everyone has probably taken a moment to come up with New Years resolutions. This may include kicking off the new year with saving money, cleaning your house, some form of exercise, or eating healthier by watching what you eat. All these are great resolutions, but living a good healthy lifestyle is always a great way to start any time. Perhaps, it might have been a while since you've moved around or exercised as much as you plan for 2024. If you are like many who are finally making their way off the couch, consider the consequences and steps to get moving in the right direction to minimize possible injury. According to the U.S. Bureau of Labor Statistics, in 2022, strains and sprains accounted for 23% of a total of 2,246,900 injuries that recorded days away from work.

Anyone aiming to exercise for the first time in a long time will open themselves up to injury. Either physical or mental injury may occur as you put your body through the test. Physically, we can injure all different kinds of body parts from our feet to our head. Mentally, we can add stress by putting pressure on ourselves to move as we once did. This is where having a proper plan and setting realistic goals for us will come in handy. First, think about easy ways to start moving. This could be with stretching or simply walking. You'll be surprised at how little steps can lead to big results. You may also want to consult with your physician for any physical limitations or what type of foods would be best to fit your new lifestyle.

Once you have consulted your physician or feel like you're ready to create a plan for what, when, and where you will start your program. This all starts by making a commitment to yourself. After all, if you don't believe that you will be able to do it, chances are you won't. Mindset is a powerful thing, so ensuring that you are determined to actually make that commitment is extremely important and will significantly aid with your future success. Write down what you want to achieve - write



it somewhere you'll see it every day or somewhere only you will see. Writing your goal down makes it real. When you are not fully committed to improving your fitness, you are destined for failure before you have even started. Make sure you tell yourself that you are 100% ready to make changes, stick to your goals and succeed.



## *Risky Business Corner*

**Get Moving in 2024!, Cont.**

**By: Tracie Akai**



It's important that you build up your fitness goals to increase gradually. Use your calendar, set your self-reminders, and block out your time so you make time for you. Instead of planning to exercise 5 times a week for an hour when you're just starting out, it's worth considering starting a couple of times a week for 30 minutes for example. From this you can gradually build up as your fitness improves, increasing the length of time you exercise and the intensity of your workouts. Remember, something is better than nothing. It is important to note that even a small amount of exercise is much better than nothing at all. If you can find even just 10 minutes to fit in a run or training, it helps with sticking to your routine, still feeling accomplished, and improving fitness. Intervals are a great way to squeeze in a great workout with limited time.

When going from not exercising very much or at all to exercising frequently, your body is going to be using up more of your energy. This means that you need to ensure that you are eating foods that provide the energy levels you need. How can you expect to progress if you are not providing your body with the nutrition it needs? Minimally processed foods are the best option. Lean protein will help your body to build muscle, whilst also keeping you full. Hydration is just as important, so add water to your day to help support your movements. Also, getting the right amount of rest will help you stay on track. Our mind and bodies need rest to recuperate from the daily stresses that we put on our bodies. When we are resting our bodies are repairing the damage we do to our bodies during the day. Getting enough rest will give our bodies time to repair our muscles and tissues to prevent injuries.

Remember, if the gym or running isn't for you, this doesn't mean that other types of exercise won't be. When starting out, make sure you consider what you think you will enjoy most, as it will make exercise seem like less of a chore and something you might even look forward to. You can try all types of activities such as climbing, swimming, pickle ball, and fitness classes as ways to improve fitness. Don't limit yourself to activities that you know you don't enjoy, as it will reduce the chances of staying consistent. Allow yourself to have fun while doing this and never forget to be proud of all your accomplishments and for taking the time to take care of yourself. I hope these tips will help you on your way to your fitness journey and achieving everything that you had hoped in 2024 and beyond.



## 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 Tradewind Group 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.

\$15,000



HAWAII  
THEATRE  
CENTER

\$7,500



CATHOLIC CHARITIES  
HAWAII

\$5,000



KUPU  
LEARN • SERVE • RESTORE

\$3,000



ASSETS  
SCHOOL