

# **LIVIN' LOCAL CHALLENGE**

## **JUNE 1-30 2019**

### **Military & Family Support Center Challenges**

1. Come visit the Military and Family Support Center at our main Moanalua location! Stop by and post a picture with the first MFSC employee you find or share a pic of one of our event flyers or educational flyers.
2. Take one of MFSC's many workshops in June or attend one of our events. Examples include Positive Parenting, Dating with a Purpose, Thrift Savings Plan, Mindfulness and Self Care, New Dad's Bootcamp or Mother Nature, Federal Employment 101, and so many more! Post a pic from your class or show us how you are incorporating something you learned into your daily life. Check out our schedule in the Great Life Hawaii magazine and register on <https://jbphh.greatlifehawaii.com/support/military-family-support-center>. Pro tip: Our facilitators can come to you! Schedule one of our popular briefings for a group or command at a training center convenient for your organization.
3. The MFSC Loan Closet is here when your Household Goods aren't. Stop in and take a picture with the one of our kitchen products and check out our Hickam classroom location. We also hold many events on our lanai here such as our infant clothing swap and Homefront Heroes Awards.
4. June is the official start of hurricane season in Hawaii. Readiness is key! Do you know what TCCOR or EFAC stands for? Have you downloaded the HNL Info app or subscribed to emergency alert emails? Show us what your "ready" looks like and don't forget about your pets!
5. Winter, Spring, Summer, or Fall all you have to do is call...and the MFSC will be there! Do you have our number handy? Show us where you would look to find out how to reach out? Hint: The last four digits are included in a well-known Prince song!
6. The MFSC promotes healthy relationships and effective communication. How do you foster healthy relationships with your partner, children, squad, coworkers, or pets?
7. Is self-improvement your jam? What is your 'go to' podcast, book, hobby, bio-hack, fitness routine or inspirational quote?
8. The MFSC has something for everyone! Technology cannot replace the customized, personal touch of an appointment with one of our subject matter experts. Topics include personal finance, volunteering, employment, transition, relocation, Exceptional Family Member Program, individual counseling, deployment support, and of course, Livin' Local just to name a few! Call 808-474-1999 to schedule. Tip: make sure to mention you are a Livin' Local challenger!

## Hawaiian Culture Challenges:

1. Did you know that the native Hawaiian language, 'Ōlelo Hawai'i almost disappeared? It is still critically endangered but due to revitalization efforts in recent years the number of speakers is growing steadily. Challenge: Post a video or a story/poem incorporating at least ten of the following Hawaiian terms:

aloha, mahalo, honu, mauka, makai, pau, aina, a hui ho, ohana, keiki, E komo Mai, hale, wahine, kane, ono, pono, menehune, kapu, akamai, kapuna, kuleana, puka, kokua, hula, Humuhumunukunukuapuaa

To learn more Hawaiian words, sign up for a local class, learn Hawaiian on the Duolingo app, or follow HPR's Hawaiian Word of the Day on social media!

2. Check out a book about or set in Hawaii from the library or watch the Hawaiian language version of Moana. Share something you learned or found interesting! Fun Fact: the Summer Reading Kickoff takes place at the JBPHH Library on June 1<sup>st</sup>.

4. Visit a farmer's market or take a tour of a farm and share a local food or product you discovered. Don't forget to bring your reusable bag!

5. Ono kine grindz! Try at least 5 of the following local delicacies: poi, laulau, poke, loco moco, huli huli chicken, kalua pig, plate lunch, manapua (favorite filling?), ulu (bread fruit), taro, dragon fruit, shave ice, haupia, malasada, saimin, garlic shrimp, Maui sweet onion, kahuku corn, opakapaka, Hawaiian sea salt, Hawaiian coffee, or crack seed candy. Show us your favorites!

6. The Hawaiian Islands are rich in history! Did you know the Aloha State observes many state specific holidays? Go on a historical tour or visit a local museum or memorial from the following list or share your own historical find:

- USS Utah Memorial on Pearl Harbor
- Memorial where first POW from Vietnam set foot on US soil, Hickam Gas Station
- Bishop Museum
- USS Arizona Memorial or Battleship Missouri Memorial
- Statue related to a state holiday
- 'Iolani Palace

7. Did you know there are interesting cultural festivals year round in Hawaii? Check out one of the many free or inexpensive festivals happening in June or share one you discovered!

- North Shore Ocean Fest – June 2
- Biggest Little Airshow in Hawaii – June 2
- Pan-Pacific Festival June 8-10
- World Oceans Day Celebration at Ko'olina Lagoon #4 – June 10
- The Wildest Show in Town, Honolulu Zoo – June 20
- Outrigger Sunday Showcase, Hawaiian performing arts – June 17
- Mango Jam Honolulu – June 28-29

8. Hawaii is brimming with musical talent, from traditional to contemporary. You've likely heard of Bruno Mars and Jack Johnson (Banana Pancakes, anyone?) but here are some other popular musicians from Hawaii you might want to check out: Taimane Gardner, Mike Love, Paula Fuga, Thunderstorm Artis, Ron Artis II, Kimie Miner, or Jake Shimabukuro. Did you know that Hawaii even has a vibrant Hip-Hop and Hawaiian Reggae scene?

Choose one of the following musical experiences from the list below or share your own musical talent:

- Check out the Hawaiian Steel Guitar Festival – June 9
- Attend a live musical performance at the Blue Note jazz club, Hawaii Opera Theater, Hawaii Symphony Orchestra, Hawaiian Brian's, Moana Surfrider, The Republik, or venue of your choice
- Check out Outdoor Rec's Concert in the Park, June 14, JBPHH Hickam Harbor
- Take a ukulele lesson (there's an app for that!)
- Listen to a musical show on Hawaii Public Radio such as DJ Mr Nick's Bridging the Gap or University of Hawaii's non-commercial, student run KTUH 90.1 FM and share a favorite song/artist discovery

9. Did you know that ancient Polynesians used the stars to navigate the seas by canoe? This skill has been kept alive by the Polynesian Voyaging Society culminating in the recently completed worldwide Hōkūle'a voyage. Pick one of the following Hawaiian night sky challenges:

- Take an Outdoor Recreation Moonlight Kayak tour at Hickam Harbor
- Choose from any of the celestial themed shows at the J. Watumull Planetarium
- Commune with Hina the Hawaiian Moon Goodness on a full moon hike at the Makapu Trail (paved, family and pet friendly)
- Get out of the city and stargaze! Identify a constellation by its Hawaiian name. The Liberty Center (E1-E6) even has North Shore Star Gazing tours!
- Learn more about the Hōkūle'a and Polynesian navigation traditions by watching a film, reading a book, or taking in an exhibit or special event

10. Foster your creative side by taking in the Oahu arts scene. Choose one challenge below or share your own artistic activity or original art:

- First Friday Art Walk, China Town, 5-9pm
- Art After Dark, Honolulu Art Museum, last Friday of the month
- Art on the Zoo Fence – Saturdays and Sundays, 9-4
- Event or exhibit at Arts at Mark's Garage
- Hunt for Insta worthy murals in Kakaako, one of Oahu's coolest neighborhoods. Fun fact: there were 14 new murals added during Pow! Wow! Hawaii 2019
- Take a class at the MWR Hickam Arts and Crafts Center and show us your creation!
- See the Young Artists of Hawai'i exhibit at the Hawai'i State Art Museum through June 28

11. Are you more Mauka or Makai? Hawaii is famous for its natural beauty and we should be respectful stewards of the Aina while stationed here. Show us your love for the outdoors by choosing one activity:

- Take in a famous Hawaiian sunset and keep your eyes peeled for the “Green Flash”
- Hike one of Oahu’s many trails or take a stroll in a botanical garden
- Try a local water sport but be sure to be mindful of safety. Check current conditions at [www.hawaiibeachsafety.com/oahu](http://www.hawaiibeachsafety.com/oahu) before you go!
- Camper or “glamper”? Show us your set up!
- Learn about native flora or plant an endangered native species in your garden
- Go Honu or Monk Seal spotting but keep a respectful distance!

12. Volunteering is a great way to get to know your island community better and make new friends! Pick one of the following volunteer challenges or show us how you like giving back!

- Join a local community beach cleanup or “Pick 3 for the Sea” the next time you go to the beach and share what you hauled away
- Volunteer to become a trained Honu (Sea Turtle) or Monk seal protector
- Schedule a consultation with MFSC’s Volunteer Coordinator to find out more about volunteer opportunities with MFSC and in the community
- Restoration of local fishponds or weeding at a Lo’i (taro patch) are uniquely Hawaiian outdoor volunteer experiences. Children are usually welcome, also!

## **MWR Challenges:**

1. Try a FRO (Fried Rice Omelette) from the Naval Station Bowling Alley. Post a video of your reaction to your first bite! Tell us. Cheese or no cheese?
2. Put on your cowboy boots and try Friday night Line Dancing at The Country Bar. Post a selfie in front of the sign.
3. Channel your creative side and create a make & take master piece at the Arts & Crafts Center, post a picture of your finished masterpiece.
4. Take a swing at golf! Visit Mamala Bay Golf Course’s \$2 Tuesday event for \$2 for two buckets of balls. Can’t make Tuesdays? Visit the driving range on any other day at regular price. Post a video of your golf swing! (Boomerangs totally count too!)
5. Learn to surf at Hickam Harbor or Barbers Point! Post a picture of you standing on the board (on the beach is okay). Bonus points for a picture of you riding a wave!
6. Experience the island outdoors with Outdoor Recreation! Post a photo or a video of one of their trips.

7. Research a staycation at ITT. Post your dream weekend itinerary as the caption for a selfie in their lobby.
8. Enjoy Sunday Brunch or Mongolian BBQ at the Historic Hickam Officers Club. Take a picture of your food with the scenic view.
9. Catch a movie at Hickam or Sharkey Theatre! Take a selfie with your favorite movie snacks in front of the concession stand.
10. The Great Life Hawaii Magazine is your resource for MWR happenings each month, take a selfie with the June edition.

## **BONUS Challenges:**

1. Help us spread the word about our brand! Many newcomers to JBPHH have never heard of a Military & Family Support Center. We have a unique name because we are in a joint community and combine services from a Fleet and Family Support Center and an Airman & Family Readiness Center found on Navy and Air Force Installations. Do you know the meaning behind each element of the MFSC logo? Give it your best shot!
2. Resiliency, self-care, and stress-relief are important and we promote them! What do you do for YOU!?
3. The MFSC supports the military community, which includes you. We are always looking for ideas on how to serve you better. Pitch us an idea of a class, a group, or activity you would feel would benefit the community. #Feedback
4. Share what you enjoy about being stationed in Hawaii. Do you have any advice for others? Positive vibes only!
5. Aloha Fri-YAY! What is your favorite Aloha Friday ritual?
6. Did you know the MFSC promotes initiatives such as Month of the Military Child, Military Spouse Appreciation, Gold Star Families, and campaigns for many worthy causes that promote awareness and prevention of child abuse, teen dating violence, suicide, sexual assault, and domestic violence? What cause or special interest is near and dear to your heart?
7. Lei 101: Many newcomers to Hawaii receive a lei on arrival but locals also wear leis for many other occasions such as birthdays, anniversaries, speaking engagements, graduation, or just because. Orchid leis are very common because they last a long time but there is nothing like the sweet fragrance from a fresh scented tropical lei made of flowers such as pikake, tuberose, pua kenikeni, maile (indigenous plant considered sacred), ginger, or plumeria. Show us your best lei related post!
8. There are many meanings for the word Aloha; hello, goodbye, affection, peace, compassion, mercy, "the intelligence with which we greet life" and more. Show us your favorite way of expressing Aloha.

9. Can't swing a workshop or one-on-one appointment at MFSC in June? Take an online self-improvement webinar but make sure to show us your certificate or something you learned to receive credit! Examples of free Live Well Resiliency Webinars can be found at [https://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/work-and-family-life/podcasts-and-webinars/live-well-resiliency-webinars.html](https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/podcasts-and-webinars/live-well-resiliency-webinars.html) or Spouse Education and Career Opportunities workshops at <https://myseco.militaryonesource.mil/portal/>

10. How local are you livin'? Tell us how many of the following you can check:

- Know the difference between "Hawaiian" and "local"
- Thrown a shaka to another driver after a lane change
- Spotted a whale, dolphin, honu, or monk seal
- Own a reusable water bottle and shopping bags
- Have seen a double rainbow or full rainbow end-to-end
- Tried out to be an extra on Hawaii 5-0 or Magnum PI
- Have seen the "Green Flash"
- Attended a baby luau
- Swerved to avoid hitting a chicken
- Only honk your horn for the annual safety check