

Ice Breaker brought to you by: the Pacific Island Team

Naomi (HI) , Margaret (FSM),
Rebecca (AS), Pat (NMI), Clarissa
(GU), and Tanisha (GU)

When we say _____, you say _____!

When we say...

You say...

Hawai'i..... “Aloha” & show the...



Samoa..... “Talofa” & Sāsā

Guam..... “Hafa Adai” & kumu (coconut)

Northern Mariana Islands (NMI)..... “Tiroow” & throw the talaya

Pohnpei..... “Kaselehlie” & kaselie

Meet Helen. Helen travels often for EFNEP meetings. One meeting in Hawai'i led to a journey across the Pacific.



University of Hawai'i's Urban Garden Center



n

Bishop Museum

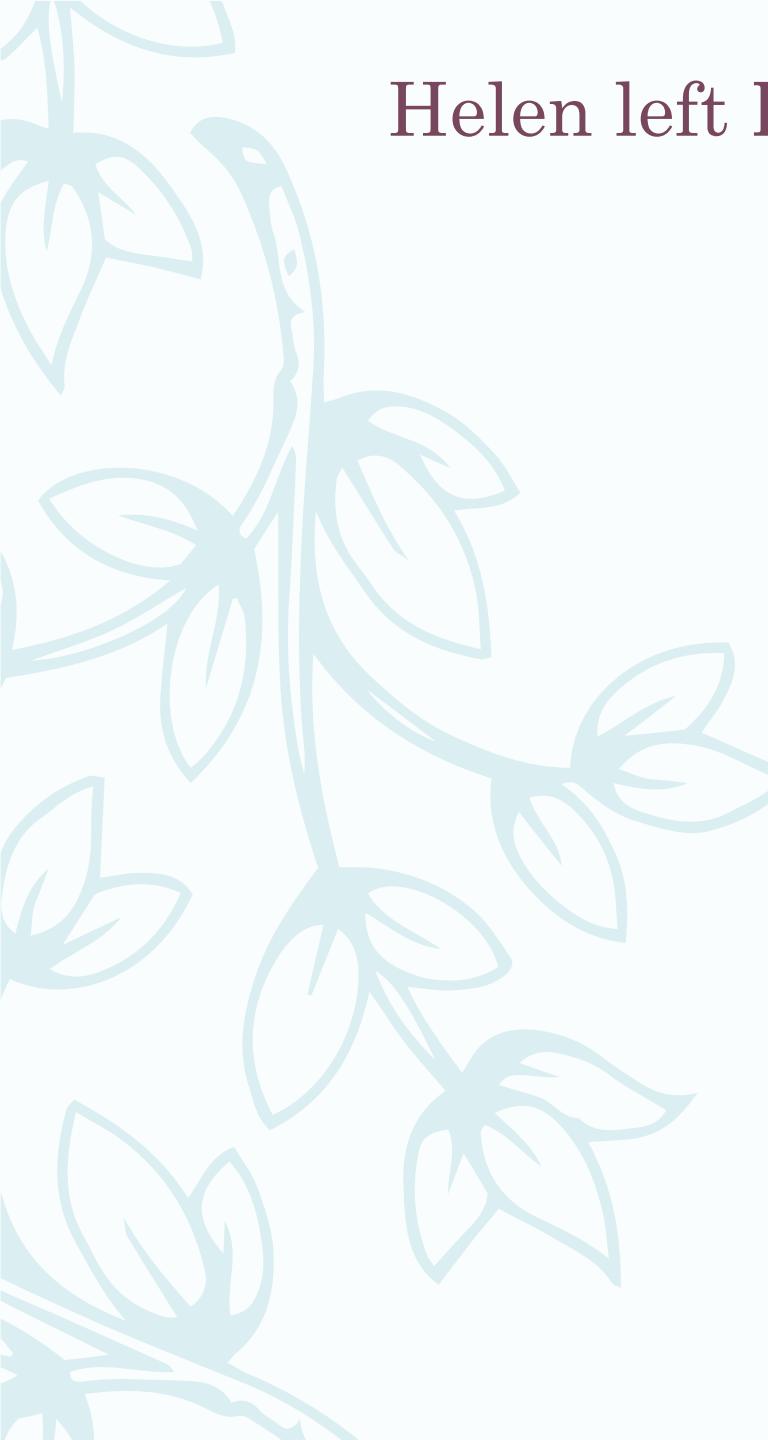


...learned
about Hawai'i

Helen left Hawai'i and started her journey!



Aloha

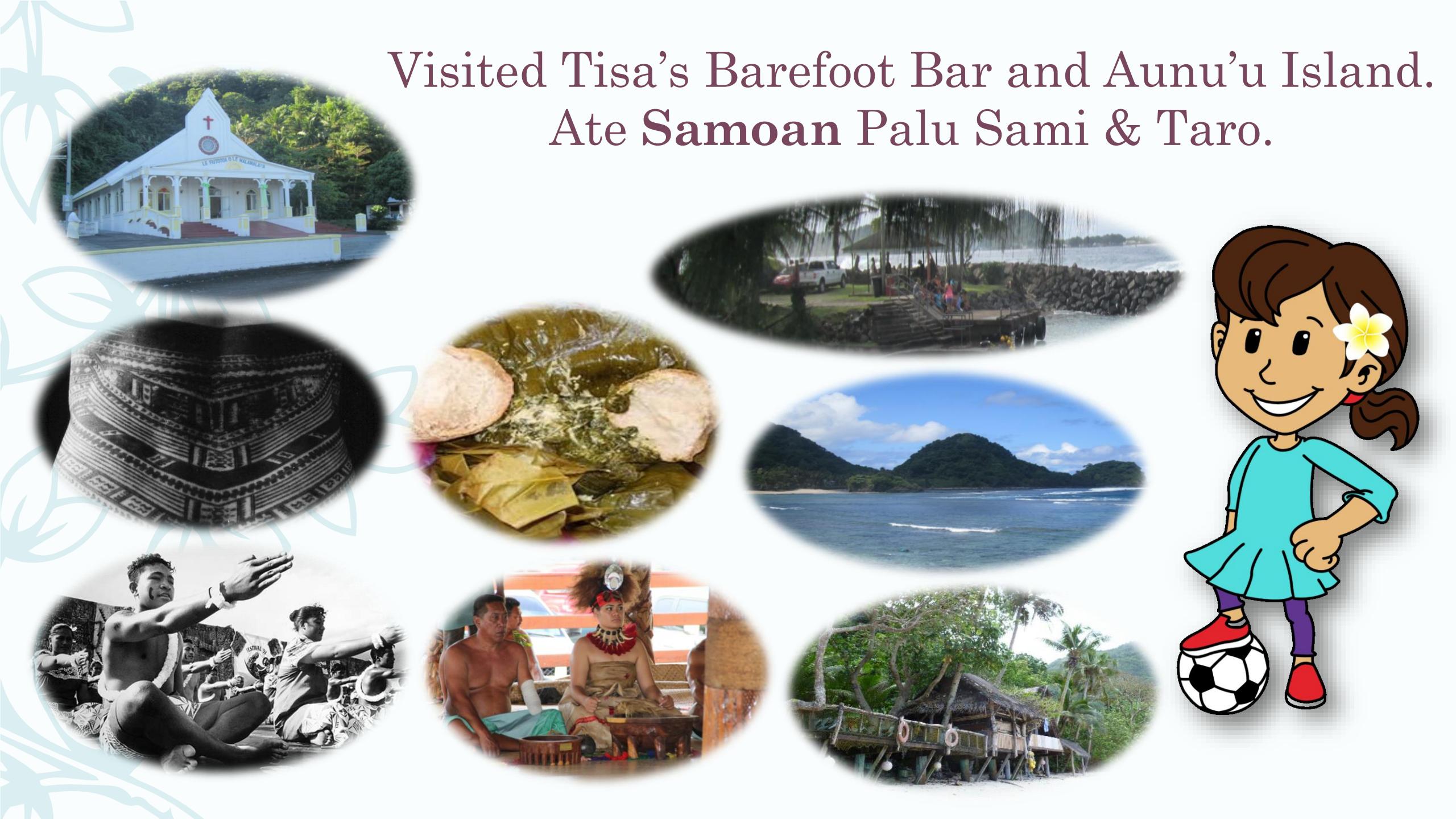
The word "Aloha" is written in a black, cursive font. A small, stylized hibiscus flower is positioned above the letter "o".



Helen's first stop, American Samoa (TALOFA)!

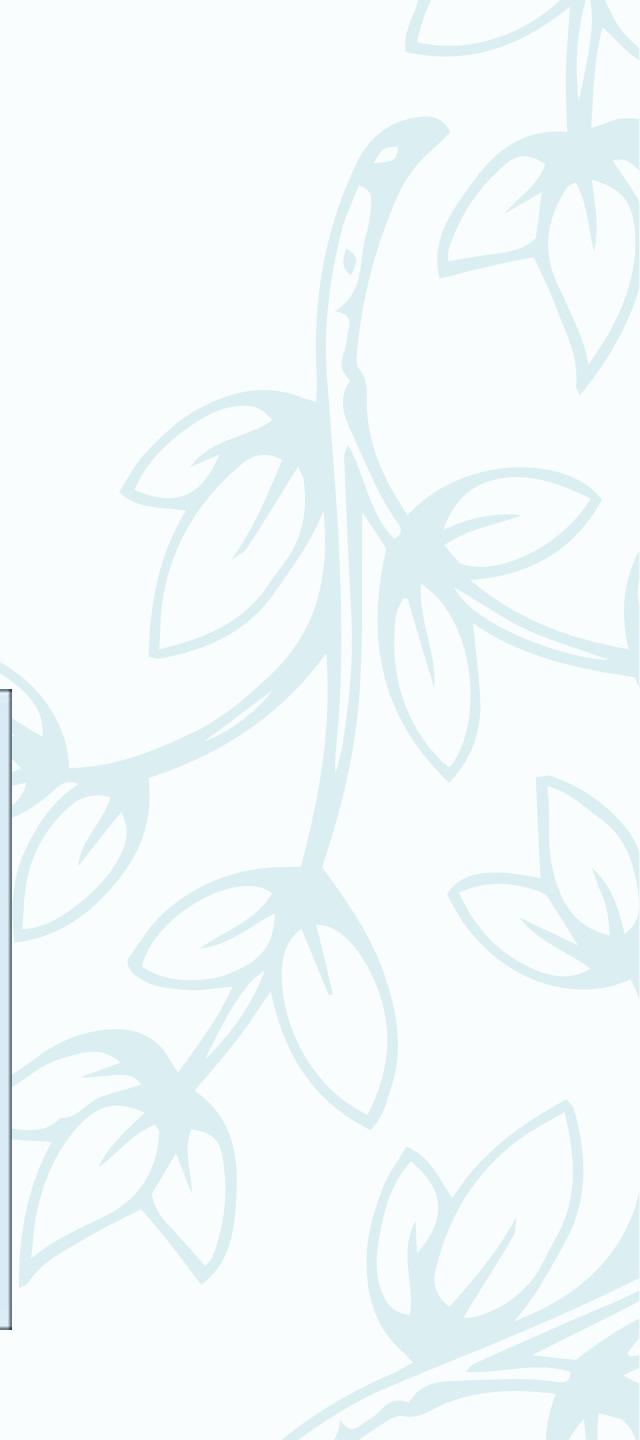
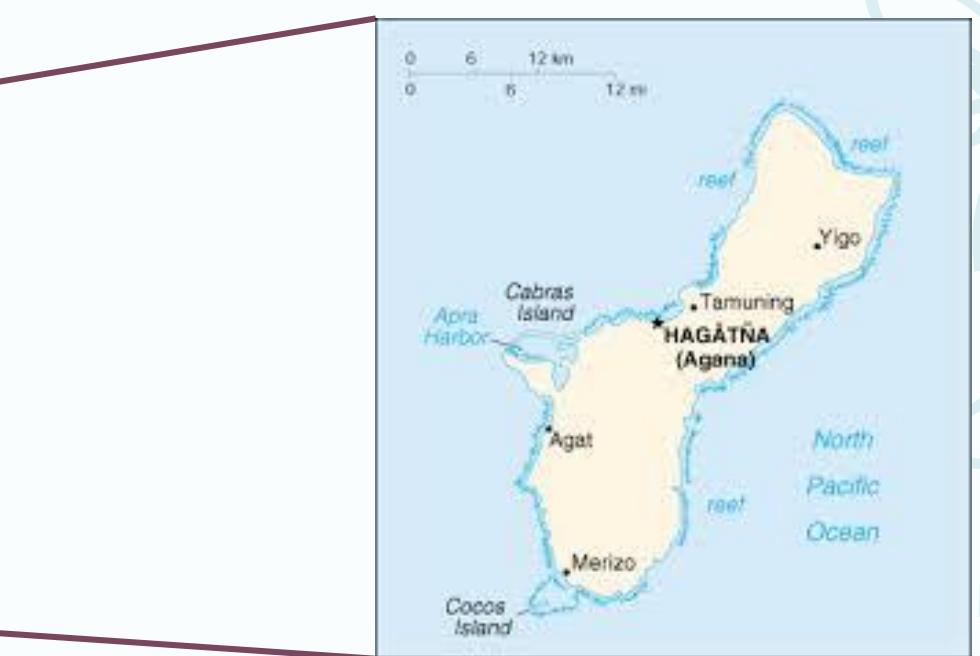


Visited Tisa's Barefoot Bar and Aunu'u Island. Ate Samoan Palu Sami & Taro.

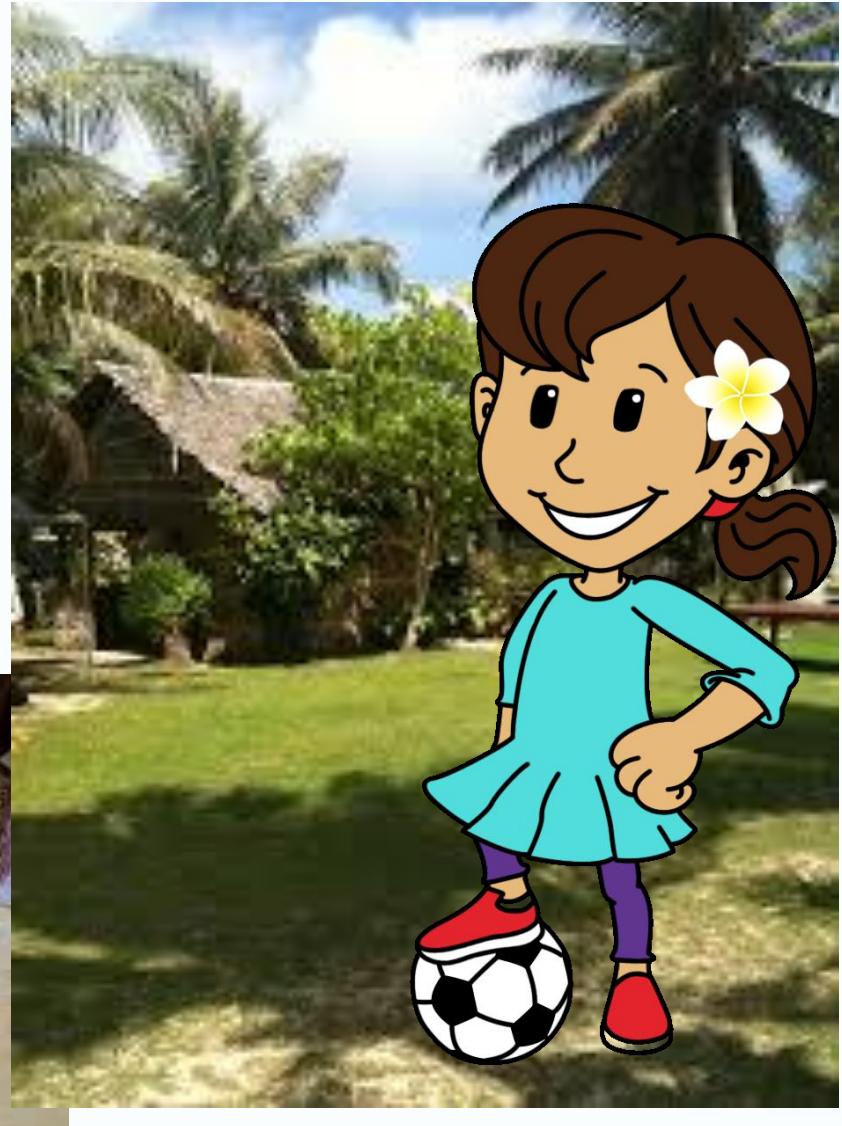


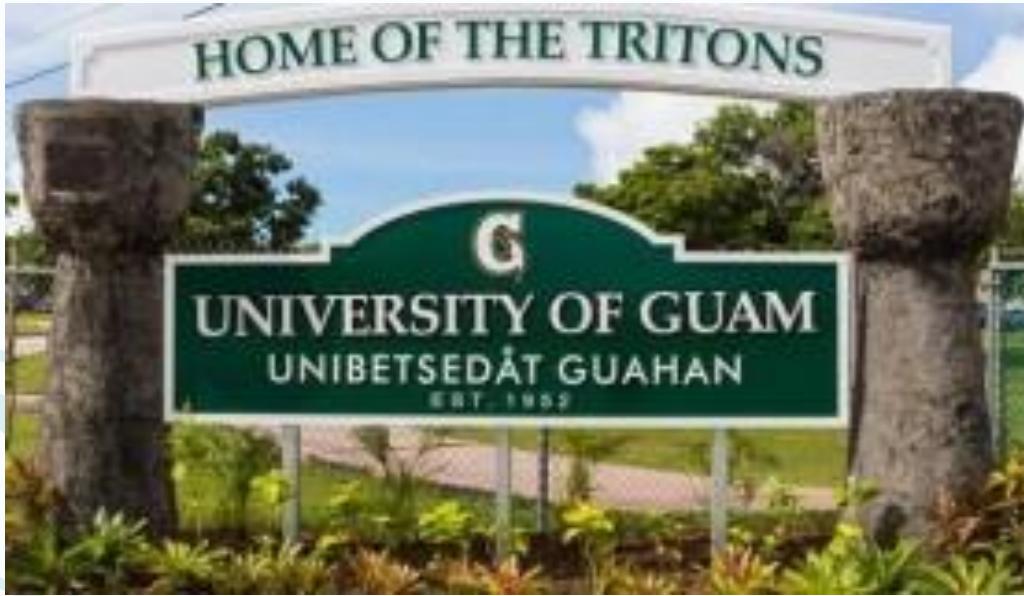


Hafa Adai!



Gef pago





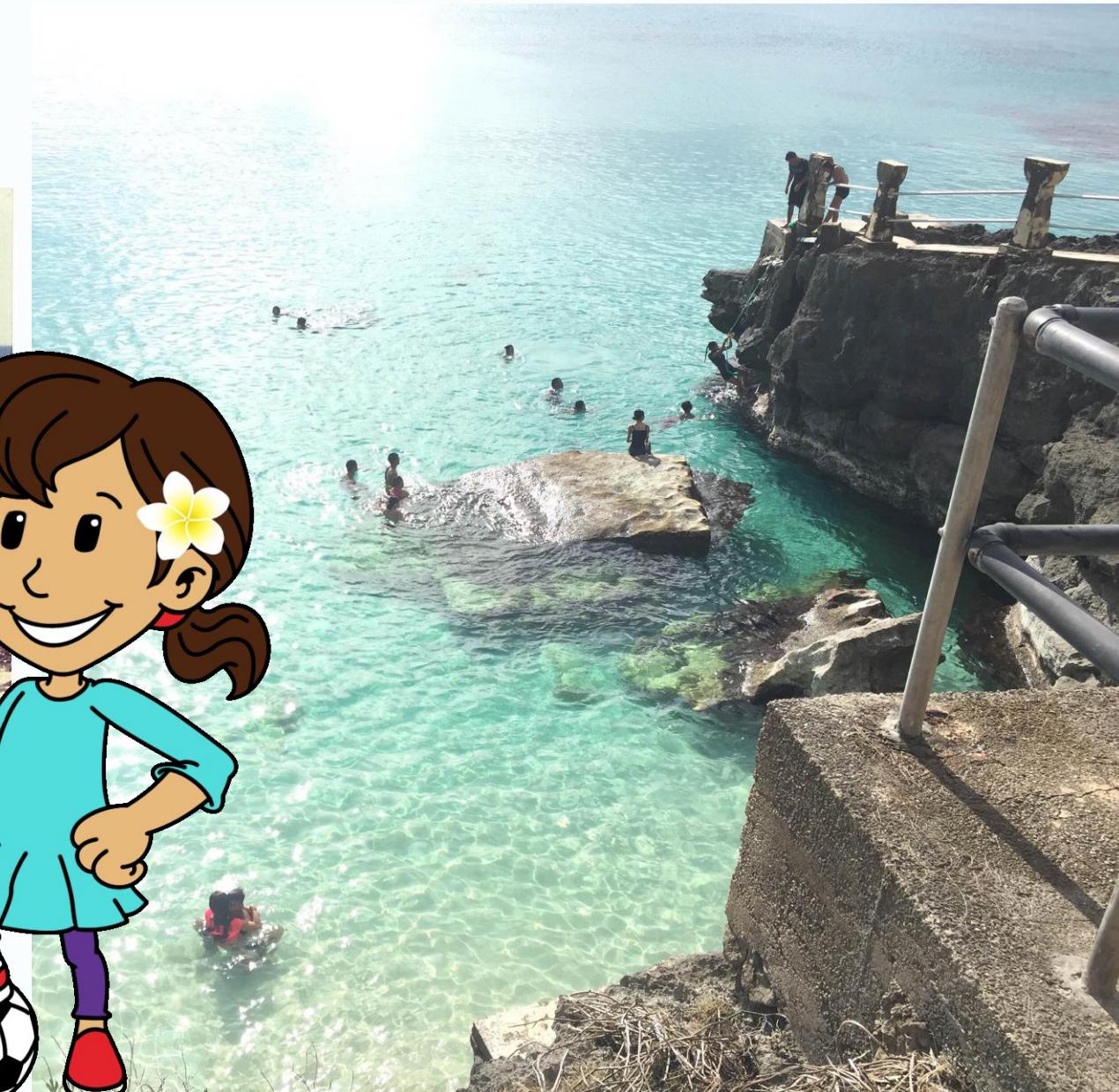
Hafa Adai!





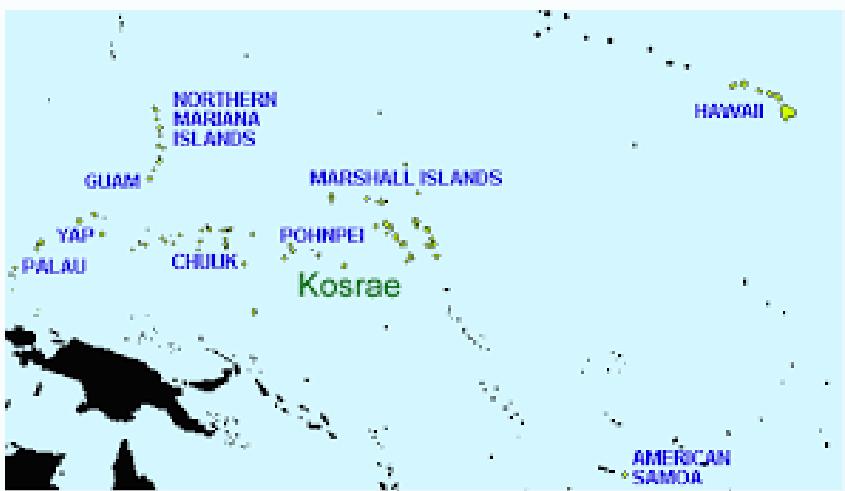
Tiroow (Carolinian)

Explored Obyan Beach and took a sakman (canoe) to Tinian and swam at Taga Beach.





NMI
Tiroow



→ **Guam**
Hafa Adai →

Pohnpei
Kaselehlie



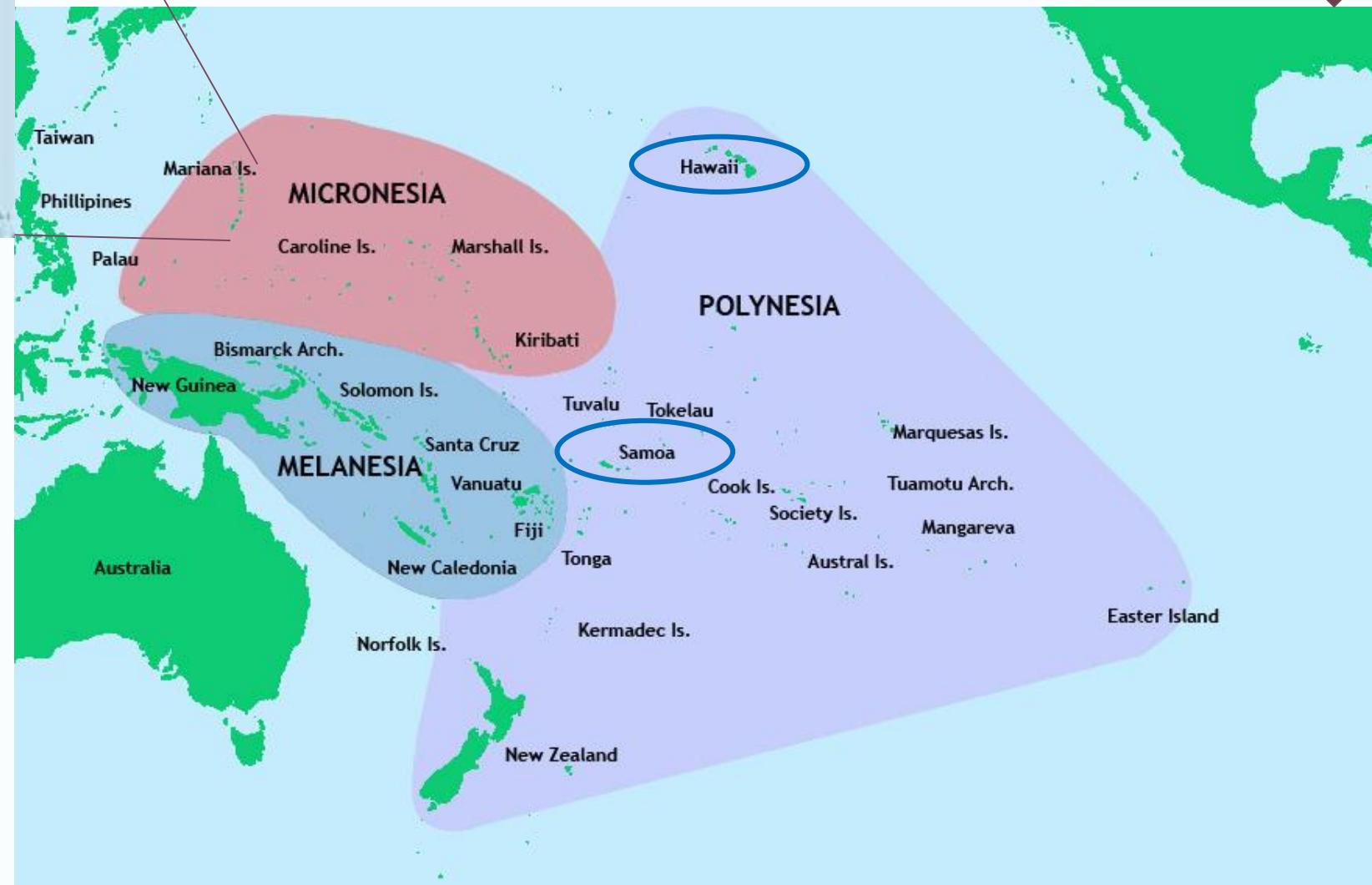
In Pohnpei, they swam in Nan Madol and waterfall.



Micronesia



EFNEP-Pacific



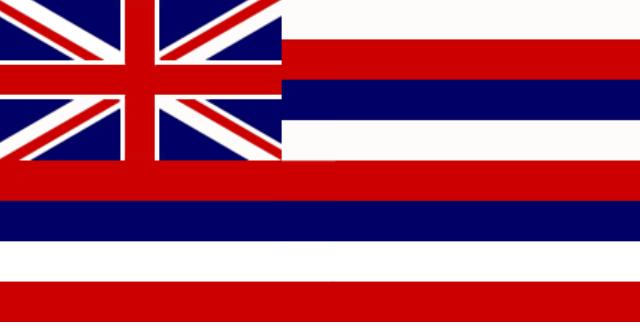
Helen presented her report
at the National Meeting.



Helen's report

- In Hawaii they say *Aloha* and do the Shaka
- In American Samoa they say *Talofa* and do the Sāsā
- In Guam they say *Hafa Adai* and do the Kumyu
- In Nor they say *Tiroow* and throw the Talaya
- In Pohnpei they say *Kaselehlie* and Kaselie





Western Region EFNEP will
be meeting in Honolulu, HI
this May 2016! Aloha!

