



CITIZENSHIP
WASHINGTON
FOCUS



2019 Wisconsin 4-H Delegation Participant Handbook



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What is Citizenship Washington Focus?

Every summer, thousands of young people participate in Citizenship Washington Focus (CWF), a summer educational conference held at the National 4-H Youth Conference Center just minutes from downtown Washington, DC. Citizenship Washington Focus is an educational and fun 4-H leadership program for high school youth conducted by the National 4-H Council. For seven weeks of the summer, delegations of 15-19 year-olds from across the country attend this 6-day program. The program is aimed at enriching young people's lives by broadening their appreciation and respect for themselves and others in the world.

CWF provides 4-H youth with opportunities to explore, develop, and refine their community and civic engagement skills to be outstanding leaders in their communities. Participants attend workshops, committees, field trips, social events, visit Capitol Hill, and meet with Congressmen, all of which provide delegates with hands-on opportunities to learn and grow. Strategy sessions include committee work, selection of issues, introduction of a bill, and a mock legislative process. Participants learn and practice skills that will make them better citizens and more successful individuals.

Through hands-on educational workshops and sightseeing tours in the “living classroom” of Washington, D.C., youth learn about the history of our nation, the leaders who have shaped it, and how they can apply the leadership and citizenship skills they learn during CWF when they return home to have a positive influence on their communities, homes, and schools. After learning the “how-to” steps and observing several successful youth-coordinated projects, they are asked to implement those ideas back home in their own communities.

Registration Deadlines

Wed., April 10

Update Health Form in 4HOnline

Wed., April 10

National Media Release/Code of Conduct Forms due to State 4-H Office

Let's Get to Know You Qualtrics Form Completed:

https://uwex.co1.qualtrics.com/jfe/form/SV_5ANnThTP0SanHTv

How to Register for Citizenship Washington Focus

STEP 1

Your online registration is already completed. Program week assignments were made based on delegate preference.

There are two program weeks available in 2019; these dates include travel time.

Week 3: Saturday, June 15 - Sunday, June 23

Week 6: Saturday, July 6 - Sunday, July 14

STEP 2

Registration is not complete until all forms are returned. Update your health form through 4HOnline by April 10. Return your "Media and Information Release" Forms to the WI State 4-H Youth Development Office **postmarked by April 10** and complete the "Let's Get to Know You" form through Qualtrics in order for your space to be reserved. If your forms are not postmarked by April 10, your space may be given to an alternate on the waiting list.



Communication from the Wisconsin 4-H Office

You are notified of your official program week assignment via the letter contained in the mailing with this handbook. You will then either:

- 1) Accept the program-week to which you were assigned by:
 - Awaiting the second mailing from the WI 4-H Youth Development Office in May and
 - Participating in your week's Orientation Teleconference

or
- 2) Decline the program week to which you were assigned or ask your county about an alternate taking your place, if necessary. When you registered, there was an option to indicate the alternate week that you could attend should your first choice not be available. That information is constantly being monitored and you will be notified should a vacancy become available in a week you preferred. If an alternate cannot be found after February 1, you may be responsible for payment. NOTE: National deadline is usually mid-April for any adjustments to program week assignments.

In May, you will receive more Adult Advisor Information and a Roster of Participants. Just before departure, final details will be sent to you. Please keep all correspondence together with this handbook for future reference.

Important Dates to Remember

Nov. 15-Dec. 15	Delegates Pre-Register for Citizenship Washington in 4HOnline
December	Tentative registration information will emailed after registration closes.
March	Final week confirmations are sent by mail. If you cannot accept the week offered, you must contact your county office immediately so your position can be offered to an alternate in your county, if necessary. Remember, depending on county policy, you or your county is responsible for payment for the program.
Wed., April 10	Update your health form through 4HOnline
Wed., April 10	Media and Information Release Forms <u>must be postmarked to the WI State 4-H Office no later than April 10</u> in order for your registration to be complete. “Let’s Get to Know You” Form completed online through Qualtrics. If not completed by April 10, your reservation may be given away to an alternate on the waiting list.
Mon., May 6	Week #3 Delegate Orientation Teleconference 7:30-8:45 p.m.
Thurs., May 9	Week #6 Delegate Orientation Teleconference 7:30-8:45 p.m.
Late May	Check the mail for Adult Advisor Information and a Finalized Roster
June/July	Check the mail and email for programming updates and reminders!

Mandatory Orientation

Plan now to participate in the Orientation and **mark it on your calendar**. Parents/guardians are encouraged to participate.

You will be emailed a link to participate in a Zoom meeting a few weeks prior to the orientation. It is preferable that you use a computer or smart phone to connect to Zoom, but you can also connect via telephone.

*See above for your assigned week’s teleconference date.

If you have a time conflict, you may listen to a recording of the CWF Orientation on your computer. A CWF Orientation Assessment Form will be required to be submitted via Google Form. Watch for an email a few days after your scheduled teleconference from Justin Lieck, Office Operations Associate, which will contain a recording. You may also participate in another week’s call if necessary.

Special thanks to Harlen Persinger, professional photographer, delegate and Adult Advisor alumni for photos included in this guide.

Program Goals

WELCOME TO THE CITIZENSHIP WASHINGTON FOCUS PROGRAM!

While attending Citizenship Washington Focus, The Wisconsin Delegation hopes to achieve a number of program goals.

These goals are:

- Broaden appreciation and practice respect for self and others in the world.
- Increase individual commitment to citizen involvement.
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.
- Strengthen your communication, leadership, and other citizenship skills on a national level.
- Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds.
- Experience hands-on learning using the historical backdrop of our Nation's Capitol City, Washington, D.C.
- Engage in physical fitness activities.

In order to accomplish these goals, we will be engaging in activities that may consist of the following experiences:

- A look behind the scenes in our Nation's Capitol, and a chance to meet Senators and Representatives.
- Motivational speakers, workshops and assemblies that increase individual commitment to citizen involvement and build lifetime skills for success.
- Activities that encourage new and lasting friendships.
- An enthusiastic collegiate staff working daily with the youth.
- Fitness and fun.

During CWF, groups will interact with National 4-H Conference Center Staff and Program Assistants who play a key role in the implementation of the Citizenship Washington Focus program. On campus, the staff greets visiting groups and orients them with The National 4-H Center, leads workshops and assemblies, advises committees, arranges room set-ups and audiovisual equipment, and assists group coordinators. Off campus, P.A.'s aid groups by providing route information and basic interpretation of sites, and coordinating field program logistics.

Program Assistants are college-age students from across the United States, selected for their leadership and public speaking abilities. They arrive in Washington, D.C. in mid-May and undergo an intensive three-week training period to learn how to facilitate the Citizenship Washington Focus program. The P.A.'s live at The National 4-H Center for the duration of the program and return to their home states in mid-August.

VISIT THE CONFERENCE WEBSITE.

For more information, photos and a video about the program, visit the Wisconsin 4-H website:

<http://fyi.uwex.edu/wi4hedopp/citizenship-washington-focus/> or the National 4-H Council's CWF website at <http://www.4hcwf.org/>

Program Committees

During registration at National 4-H Center each delegate will choose one committee to serve on, as space is available, to work with throughout the week. Be thinking of the top two committees you would like to participate in during CWF from the list below. Committees conduct events and programs throughout the CWF Program.

Focus on Communication

This committee will produce the CWF newsletter and slideshow. Anyone interested in journalism or photography should consider this committee. Delegates will learn skills such as writing, proof reading, layout, photography, Microsoft PowerPoint, and working as a team while adhering to tight deadlines.

Focus on Government

This committee will be in charge of the Congressional Session. Duties include writing bills to be discussed at and executing the assembly. Members of this committee will serve as a Senator or Representative during the assembly. Delegates involved in this committee will learn the congressional process, leadership, speaking skills, parliamentary procedure, and discuss other government – related topics.

Focus on Healthy Living

This committee will be in charge of the CWF Derby as well as daily health tips/updates. Delegates in this committee will also have the opportunity to create and run other health and fitness activities, and share information on healthy lifestyles with others. In this committee, delegates will learn useful skills such as leadership and working as a team.

Focus on Open-Mindedness

This committee will lead the Town Hall meeting and breakout groups. They will also brainstorm ways in which youth can get involved in their own community and share those ideas with the rest of the delegation. Delegates in this committee will learn skills such as how to have successful youth-adult-partnerships, leadership, planning an assembly or discussion, and facilitating and participating in discussion on important topics.

Focus on Responsibility

This committee will help facilitate action planning with their delegation. These action plans will help resolve a concern or issue in their home communities and help carry these plans out upon their arrival back to their home state. They will learn in-depth about the national 4-H Revolution of Responsibility campaign.

Focus on Talent

This committee will be in charge of overseeing and executing the talent show and auditions. This committee will learn how to put on an activity as well as promote an event. The delegates in this committee will learn organizational skills as well as promoting of events.



BILL WRITING WORKSHOP



A major portion of the CWF experience is gaining knowledge of government processes. During one of your workshop sessions, you will write a bill, and later lobby for its successful passage through the CWF House and Senate.

Sample Bill

Below is an example of a bill written by previous CWF delegates.

Issue 2:

House Resolution 14.R

The House of Citizenship Washington Focus of Week 3, Two Thousand Eleven

Resolved by the House of Citizenship Washington Focus that...

Whereas manufacturers create excessive amounts of non bio-degradable products that take hundreds of years to decompose in landfills

and; Whereas advertisement of recycling is not highly publicized

and; Whereas not all government facilities have current standards for recycling

therefore be it; Resolved that a federal commission should be created that will provide grant opportunities to companies for research and the development of more bio-degradable products

and be it Further; Resolved that said commission will also be in charge of advertisement to better publicize recycling efforts

and be it Finally; Resolved that all federal facilities will be mandated to create, enforce, and maintain a recycling program on their premises.

Sponsored by Jonathon W. of Wisconsin and Caitlin M. of Oklahoma

Program Details

PROGRAM COST

The 2019 CWF Program will cost approximately \$1,400, which includes round-trip coach transportation from Wisconsin to Washington, D.C.; tour of Gettysburg Civil War Battlefield area; registration, lodging, meals and program at National 4-H Center, Chevy Chase, Maryland; Cultural Heritage event; and juice, water, and soda during the week. The fee also covers a CWF polo shirt, organized tours, and time on your own to visit national monuments, museums, and landmarks. You will need to bring extra money for some meals and personal spending.

PROGRAM PAYMENTS

Your County 4-H Office will advise you on your share of the program cost and payment arrangements to the county. You will **send your payment to the county office** that will submit one check for the entire county delegation to the WI 4-H Youth Development Office.

CANCELATION POLICY

Cancellations may be accepted for CWF, however, **you may be responsible for the cost if you cancel!** (Check with your county if you are unsure of their policy.) If anything in your situation changes and you are unable to attend, please contact the State 4-H office immediately so we may select another person if there is anyone on the wait list or attempt to find an alternate. No cancellations within 18 days of departure are allowed due to national deadlines except for emergency health reasons. (With advance notice and a physician's written excuse, a partial refund may be possible.) If you must cancel at the last moment due to illness or accident, please call the WI 4-H Youth Development Office immediately at (608) 294-8131 so Adult Advisors and program coordinators can make necessary arrangements. Otherwise, if your name is on the roster, you will be expected to meet the bus.

MEDIA AND INFORMATION RELEASE/CODE OF CONDUCT FORMS DUE APRIL 10

NOTE: NEED TO UPDATE 4HONLINE HEALTH FORM BY APRIL 10

Health forms are required in advance. However, at boarding check-in parents/guardians must advise the designated Health Coordinator of any changes in your prescriptions or health status by filling out a health update form. A copy of your health form with any updates must be carried with you at all times; it is your authorization for medical care.

In order to ensure that everyone has the best possible experience on this educational program, the Expectation Statement for Youth is enforced. Agreement to these expectations is part of the 4HOnline registration process every fall when families first register for the year. Additionally, National 4-H has a single form that includes both Media and Information Release and Code of Conduct sections.

ADULT ADVISORS

A team of Certified Wisconsin 4-H Leaders will be assigned to each week to coordinate some of the program details, serve as mentors and leaders, and monitor overall health and conduct of participants. (*Applications for adult leader positions were due February 15.*)

TRAVEL ARRANGEMENTS

You will be traveling to Washington D.C. on a chartered coach. Coaches will originate in Eau Claire and make stops in Wausau, Madison, and Milwaukee. You indicated where you want to board and disembark during online registration. No changes may be made within two weeks of departure. Maps to your pick-up/drop-off point can be found in this handbook. Be sure to arrive early to your bus stop; buses cannot wait for stragglers!

You will travel overnight and arrive at Gettysburg, Pennsylvania early Sunday morning. After breakfast on your own, you will take a bus tour of the Gettysburg Civil War Battleground on Sunday morning and then travel the final 1½ hours to the National 4-H Center at Chevy Chase, MD, a suburb of Washington D.C.

While in Washington, D.C., the Wisconsin coach driver will drop off and pick up the group at various sites. However, in at least one instance, the group may take a Metro bus back to the National 4-H Center. You will walk a lot during this program, especially on Delegation Day, Capitol Hill Day, and WI 4-H Day. On those days, your Adult Advisors will work with you to create an itinerary and schedule. There will be opportunities to see many sites around Washington, D.C. including some but not all of the following: the Nation's Capital; White House; Hart Senate Building; Ford Theatre; Spy Museum; Old Post Office; Holocaust Museum; Korean, Vietnam, Jefferson, and FDR Memorials; Lincoln and Washington Monuments; Mount Vernon; Arlington National Cemetery; Smithsonian Museums; National Archives; National Zoo; National Cathedral; and more. On Saturday's Wisconsin 4-H Day, you will have breakfast at the center, have some scheduled tours, and have free time downtown, then depart in the late afternoon or evening.

National 4-H Conference Center On-Site Details

CONFERENCE SITE

You will be staying at the National 4-H Center, located in a quiet residential part of Chevy Chase, Maryland, which is a suburb of Washington, D.C. The 4-H Center is a former women's college consisting of about four or five buildings nestled in a park-like setting. The facilities are similar to dormitories. Meetings and assemblies will be held on-site at the Center.

LODGING

Three or four people will be assigned per room which includes a private bathroom. Bedding and towels will be provided. Some rooms have bunk-beds but some have shared double or queen beds. You will be assigned Wisconsin roommates who are not from your own county. National 4-H Center staff assigns rooms and roommates are not divulged ahead of time.

MEALS

Meals are served cafeteria-style at the Center. There is a variety of foods with vegetarian selections available. On tour days, you will need to purchase meals on the Capitol Mall, in museum cafeterias, or at fast food restaurants. Remember, costs are higher on the East Coast than in the Midwest. Budget accordingly.

GROUP PHOTOS

There will be opportunities to take informal group photos. WI 4-H staff acknowledges that delegates may take digital photos and want to share with others in the group. Be aware that although the desire to share is both understood and appreciated if you choose to share with the group, please do so safely and responsibly.

TRADING ITEMS

Exchanging trading items is a great way to meet people and an event is planned around it at CWF. You may want to be creative and make your own pins, magnets, or calling card packs! Handmade items are often the most desirable. Local businesses may also sometimes donate small items to your cause if you ask.

Security and Safety

SECURITY IN WASHINGTON D.C. AREA

The National 4-H Center is located in a residential section of Chevy Chase. The building has 24-hour security and the doors are locked after curfew. Although the area around the Center is generally safe, caution should be exercised whenever leaving the site.

Washington, D.C. has a population of about 600,000 residents with almost 5,000,000 people in the metro area. Any large urban area has unsafe neighborhoods and “shady characters”; Washington, D.C. is no exception. Just off the main Mall area, there are many street people who try to talk to or sell all sorts of overpriced trinkets to unsuspecting out-of-towners. They are all too aware that tourists are easy targets (especially young tourists who are not “street smart”). While some of these people are just down on their luck, some are also beggars, thieves, or pickpockets. For your safety, do not talk with them, give them money, or even let them know you have a wallet!

When tourists are unaccustomed to seeing street people, they sometimes make fun of them or take their photos. Please respect their dignity and privacy; they have feelings like everyone else.

Former CWF delegates and Adult Advisors offer this advice for staying safe on the program:

- Use a buddy system and always stay in groups of at least four.
- Don't wear your name tag outside of conference buildings.
- When with the group, do not lag behind where you could accidentally become separated from them.
- Do not go out at night or before dawn, even for a group run.
- Always be aware of your surroundings and use caution on the streets.
- Do not talk with street people or give money to strangers!
- Do not flash money which could be easily grabbed.
- Pay attention to transactions and count returned change after purchases.
- Keep shopping bags closed and in front of you when walking so no one can remove or add anything.

EMERGENCY CONTACTS

Adult Advisors and their telephone numbers will be listed on a letter that will be mailed to you. If you have questions, please call your Group Coordinator, one of the Adult Advisors, or the State 4-H Office at **608-294-8131**.

If you must cancel at the last moment or become delayed due to emergency, please contact the State 4-H Office **608-294-8131** immediately so appropriate contacts can be made for you! Your Adult Advisors will be expecting you at the boarding site. We must know if you are canceling, even if at the last minute! If you cancel due to an emergency, there may be a possibility of a partial refund.

To reach The National 4-H Center Front Desk, you may call **301-961-2801**. After you check in at the Center, you will have a direct room phone number to share with family at home.

POLICY REGARDING VISITING FRIENDS OR RELATIVES IN WASHINGTON D.C. AREA

If you have friends or relatives in the Washington D.C. area whom you would like to see during the CWF Program, they may visit you on-site at the National 4-H Center with advance permission during free time. As stated in the Expectation Statement that you and your parent/guardian sign, all participants are expected to participate in all aspects of the program; participants may not leave the program to visit friends or relatives.

The written request from the parent/guardian for a friend or relative to visit a youth at the National 4-H Center must be received at the Wisconsin State 4-H Office at least a week in advance of the date of departure Wisconsin. It must state the name of the delegate being visited, the name(s) of the guest(s), the time and date they would arrive and depart, and include a parent/guardian signature. Please send the request to amber.rehberg@ces.uwex.edu or mail it to WI 4-H Educational Programs, 436 Lowell Hall, 610 Langdon St., Madison WI 53703. Watch for an email response confirming approval for the visit or refusal due to conflicts. The group's Lead Advisor will also receive a copy of the message. If you have questions, please call Justin Lieck at 608-263-5971 or Amber at 608-262-1557.

Staying in Touch

CELL PHONES

You may bring a cell phone with the understanding that:

- cell phones may be used as cameras when necessary;
- cell phones may be used during scheduled free time or to contact Adult Advisors while offsite;
- cell phones may not be used after curfew (your roommates will want to sleep);
- if a cell phone privilege is abused, Adult Advisors will confiscate the phone and return it later.

Spending Money

SPENDING MONEY

You will be responsible for purchasing seven or eight meals en route and three lunches and one dinner on your own during CWF. You may also want to bring a little extra money for souvenirs. Program staff suggests budgeting at least \$35 per day, for a total of \$315. Some people will spend more; others will spend much less. Budget carefully to allow for expenses on the return trip.

You should consider obtaining a pre-paid debit/credit card instead of carrying all cash.

At least two optional tips will be collected, one for the tour guide at Gettysburg and one for the bus driver who will accompany your group throughout the week. Also, a small donation is appropriate, but not required, at the National Cathedral. A dollar or two is a suitable amount in each instance.

SAMPLE BUDGET FOR MEALS

		Minimum
Sat.	Bring a sack meal or purchase lunch at Madison; dinner at fast food stop	\$15
Sun.	Breakfast and lunch on own in Gettysburg	~20
Mon.	All meals provided at 4-H Center	~n/a
Tues.	All meals provided at 4-H Center	~n/a
Wed.	One meal on own; one meal voucher for Union Station.	~15
Thurs.	All meals provided	~n/a
Fri.	Lunch on own	~15
Sat.	Lunch on own; Dinner paid by Wisconsin 4-H	~15
Sun.	Breakfast on own; (Wausau & Eau Claire groups lunch on own)	~10-20
Minimum total includes meals only; <u>this does not include souvenirs.</u>		~\$90-100

You will be able to purchase souvenirs at many of the places we visit. The amount you bring is up to you and your family based on what you might want to purchase.

The 4-H Center has a Campus Shop where you may purchase postcards, stamps, memorabilia and personal items. To help you plan your own personal budget, estimated prices for a few frequently purchased items are listed below:

T-Shirts

Hard Rock Cafe	\$25
Street Vendors	\$10
Campus Shop at 4-H Center	\$12

Lunch

McDonald's	\$10
Union Station	\$12
Smithsonian	\$14

What Should I Bring?

FOR THE BUS:

- ___ Any Medications & Health Update Form; will be collected at Bus Check-In
- ___ Sacks/meals for travel the first day/night
- ___ Water bottle which will not spill, is easy to carry and can be re-filled (Do not rely on soda!)
- ___ Snack to share with the group (not too much-there will be many others to share!)
- ___ Small pillow for the bus (or you can use your jacket or a sweater as a pillow!)
- ___ Light blanket, afghan or throw for the bus
- ___ Deck of cards or other travel games for on the bus (optional)

AT THE CENTER:

- ___ "Wisconsin Participant to CWF Handbook" for reference
- ___ Nightwear, lightweight bathrobe and slippers or flip-flops (3-4/room lodging; private bath)
- ___ Personal toiletry items
- ___ Small hairdryer, curling iron or whatever you need to be beautiful
- ___ Alarm clock and wristwatch
- ___ Small trade items that you make, buy, or solicit locally
- ___ Pen and small notebook or pad for committee work and workshops
- ___ Props & musical instruments for Expressive Arts show (optional)

FOR OFF-SITE FUN:

- ___ Extra pair of comfortable shoes (You will walk a lot; do not bring shoes you have never worn.)
- ___ Raingear or umbrella
- ___ Sunblock!
- ___ Small pkg. of wash/dry towelettes are recommended
- ___ Inexpensive camera labeled with your name, address, phone number
- ___ Extra camera batteries
- ___ Personal spending money & travelers' checks for food totaling \$100
- ___ Copy of your health form to carry when away from the 4-H Center

STAYING WELL

- ___ Acetaminophen for headaches or achy muscles
- ___ Antacid tablets for upset stomach
- ___ Band-Aids for blisters from walking!
- ___ Contact solution, if needed
- ___ Imodium AD or other anti-diarrhea tablets
- ___ Prescriptions, if needed

ON THE BUS, EACH DELEGATE WILL RECEIVE FROM WISCONSIN 4-H:

- ___ A Booklet with Short Introduction of Fellow Delegates
- ___ A nametag, which you must wear at all times during Conference.



Packing tips:

One piece of luggage plus a carry-on are allowed (back-pack suggested; garment bags ok).
Put nametags on all luggage including camera.
Pack as lightly as possible; roll your clothing and try not to bring things that wrinkle. Irons are not provided.
Place bottles that might leak (shampoo, lotions) in zip-lock bags. Do not bring glass bottles.
Do not bring much cash (Only need \$30-\$40 while traveling; the rest should be on an ATM/Debit Card.)
Do not bring valuable jewelry or cameras. Do not bring towels & linens – they are provided.

Wisconsin CWF Dress Code

During your week in Washington you will meet many people and will be representing the 4-H Program, your family, county, Wisconsin, and youth of America, so plan to dress accordingly. Your appearance must reflect your position as an ambassador of 4-H and Wisconsin. If in doubt about an item of clothing, dress on the conservative side. Please be aware that you will be asked to change if your clothing is inappropriate.

Washington, D.C. will be very hot and humid with daytime temperatures ranging from the high 80's to high 90's! Limited laundry facilities are available but free time is very limited so don't count on being able to wash clothing during the week.

CLOTHING GUIDELINES:

- Lightweight, light-colored cotton clothing is recommended due to hot, humid weather and bright sunshine.
- Tank top straps must be at least two fingers wide.
- Shorts or skirts must be at least fingertip length when arms are fully extended at your sides.
- Pants and shirts must meet when arms are fully extended over your head.
- Bring comfortable well broken-in shoes or sandals. You'll walk miles every day!
- Hats and caps may be worn outdoors but must be removed inside the 4-H Center, government buildings, and museums as a matter of protocol and respect.
- Refer to the chart on the following page for the daily program dress code.

PLEASE DO NOT WEAR:

- Narrow straps, strapless, racerback or backless tops, ripped shirts or similar items.
- Flip flops, due to miles of walking on gravel and paved surfaces.
- Clothing with offensive slogans, beer or tobacco ads, or other messages in bad taste.
- Ripped shirts or cut-off shorts. (Nothing with frayed edges.)
- Exposed underwear or extreme low-rise pants.

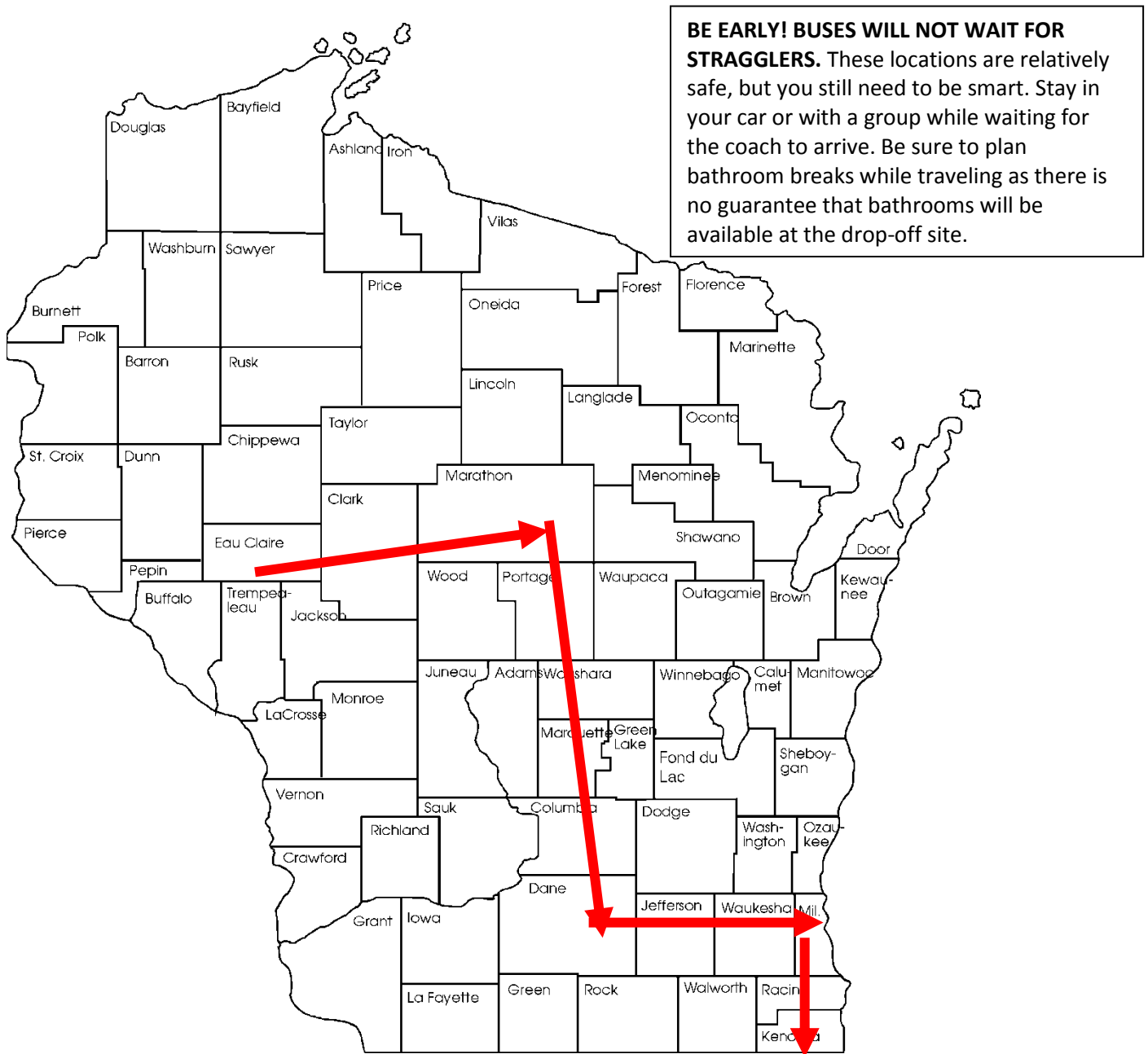


Day	Event	Dress Code	My Dress Plan:
Saturday	Bus ride	Casual: Jeans, khakis, shorts, T-shirts, socks, athletic shoes. (Stretchy layers are best for sleeping on the bus!)	
Sunday	Gettysburg tour, meetings, pin trade	Casual: Jeans, khakis, shorts, T-shirts, athletic shoes.	
Monday a.m.	Mt. Vernon	Business casual: Slacks, khakis, dress denim with polos or button down shirts. Dresses, skirts, slacks, with nice shirts. Comfortable dress shoes or boots for walking, no athletic shoes.	
afternoon, evening	Meetings, Nightview	Casual: Jeans, khakis, shorts, T-shirts, athletic shoes.	
Tuesday a.m.	Arlington Cemetery, MLK Jr. Monument, FDR Memorial	Business casual: Slacks, khakis, dress denim with polos or button down shirts. Dresses, skirts, slacks, with nice shirts. Comfortable dress shoes or boots for walking, no athletic shoes.	
afternoon	Derby	Very casual: clothing and shoes that can get wet or dirty such as old jeans, or shorts with T-shirts.	
evening	Meetings	Casual: Jeans, khakis, shorts, T-shirts, athletic shoes.	
Wednesday	Capitol Hill Day, Air Force & Pentagon Memorials	CWF attire: Khaki slacks, comfortable walking shoes!, CWF-provided polo shirt.	
Thursday	Workshop, Nat'l Cathedral, Congressional mtg.	Business casual: Shoulders MUST be covered for Cathedral. Dresses, skirts, slacks, khakis, polos or button down shirts, comfortable dress shoes for walking, no athletic shoes. Boys: MUST have collar for Cathedral.	
evening	Cultural Heritage Evening	Dressy: Boys: Dress pants, slacks with a button shirt and tie, leather shoes, boots. No athletic shoes. Jackets recommended. Girls: Dresses, skirts, suits, nice shirts, leather shoes. No athletic shoes.	
Friday	Delegation Day, Talent Show, Closing, Farewell Dance	Casual: Jeans, khakis, shorts, T-shirts, sneakers/comfortable walking shoes!	
Saturday	Wisconsin 4-H Day	Casual: Jeans, khakis, shorts, T-shirts, sneakers/comfortable walking shoes!	
Sat. night-Sunday	Bus Ride Home	Casual: Jeans, khakis, shorts, T-shirts, socks, athletic shoes. (Stretchy layers are best for sleeping on the bus!)	

2019 Citizenship Washington Focus Schedule-TENTATIVE

DAY	BREAKFAST	MORNING	LUNCH	AFTERNOON	DINNER	EVENING	NIGHT
SATURDAY 3: June 15 6: July 6		9:45 a.m. depart Eau Claire 11:45 a.m. depart Wausau	(bring sack lunch or grab lunch at Arby's at the Madison stop)	2:20 p.m. depart Madison 4:00 p.m. depart Milwaukee	Fast food or sack meal from home	Travel. Change drivers along the way.	Travel all night
SUNDAY 3: June 16 6: July 7	7:00-8:00 Breakfast on own at Gettysburg	9:00 Meet at Tour Center for Gettysburg battlefield tour	11:00-12:00 Lunch on own in Gettysburg.	Explore Gettysburg or visit downtown Washington D.C. Arrive/register at National 4-H Center b/t 3-5 p.m.	5:30-6:30 Dinner at Ctr.	6:30 Welcome assembly 7:00 Workshop 8:45 Committee mtgs. 9:45 Talent Show Auditions 9:30 Pin Trade & Social 10:15 Delegation huddles	11:00 Lights out!
MONDAY 3: June 17 6: July 8	6:45-7:45 Breakfast at Ctr.	7:45-1:00 Mount Vernon	1:00-2:00 Lunch at Ctr.	2:00-3:00 Workshop 3:00-4:00 Joint Congress. Workshop 4:00-5:00 Committee meetings 5:00– 5:30 Talent Show Auditions	5:30-6:30 Dinner at Ctr.	6:30 Nightview of Washington, D.C. 10:30 Delegation Huddles	11:00 Lights out
TUESDAY 3: June 18 6: July 9	6:45-7:45 Breakfast at Ctr.	7:45-1:00 Arlington National Cemetery/FDR/MLK Jr.	1:00-2:00 Lunch at Ctr.	2:00-2:30 Free Time 2:30-3:55 Committee Meetings 4:00-5:00 Comm Action -A 5:00-6:15 Derby	6:15- 7:15Dinner at Ctr.	7:30-8:30 Town Hall 8:30-10:00 Comm Action B 10:00-10:30 Capitol Hill Orient/Huddle	11:00 Lights out
WEDNESDAY 3: June 19 6: July 10	7:00-9:00 Breakfast at Ctr.	8:00-6:30 Capitol Hill Day	Lunch on own (Voucher for lunch <u>or</u> dinner at Union Station)	Capitol Hill Day and Touring Continues	5:00 Dinner on own	7:00-9:00 Twilight Tattoo or Airforce Memorial/Pentagon 9:00-9:30 – Iwo Jima 9:30-10:00 Delegation Huddles on bus 10:00-11:00 Free time	11:00 Lights out
THURSDAY 3: June 20 6: July 11	7:30-8:30 Breakfast at Ctr.	8:30-9:30 Workshop 9:30-11:45 National Zoo, National Cathedral	12:00-1:00 lunch at Ctr.	1:00-2:30 Congressional Session 2:30-4:00 Committee Meeting 4:00-5:00 Free time	Dinner on own	5:00-11:00 Cultural Heritage Evening	11:00 Lights out
FRIDAY 3: June 21 6: July 12	7:30-8:30 Breakfast at Ctr.	9:00-5:00 Delegation Day 9:00 Tour New Zealand Embassy	Lunch on own	Delegation Day continues.	5:30 – 6:30 Dinner at Center	6:30 – 7:15 Delegation Wrap up 7:15 –8:45 Talent Show 8:45-9:00 Closing Ceremony 9:00 – 11:00 Dance	11:00 Lights out
SATURDAY 3: June 22 6: July 13	7:00-9:00 Breakfast at Ctr. (Check out by 9:00)	Wisconsin Day on the Mall 10:00 Washington Monument 11:00- 1:00 – Holocaust Museum	Lunch on own	Wisconsin Day continues 5:00pm Depart Washington	6:45- Dinner at Golden Corral Hagerstown, MD.	8:00 Rest stop at Gateway Travel Plaza or other travel plaza for night time prep	Travel all night
SUNDAY 3: June 23 6: July 14	Breakfast on own	8:00 a.m. Arrive Milwaukee 9:30 a.m. Arrive Madison	Lunch on own	12:00 p.m. (noon) Arrive Wausau 2:00 p.m. Arrive Eau Claire	Dinner at home!	Home!	Sleep in own bed!!

2019 CWF DEPARTURE
WK. #3: JUNE 15, WK. #6: JULY 6
LOCATIONS AND APPROXIMATE TIMES



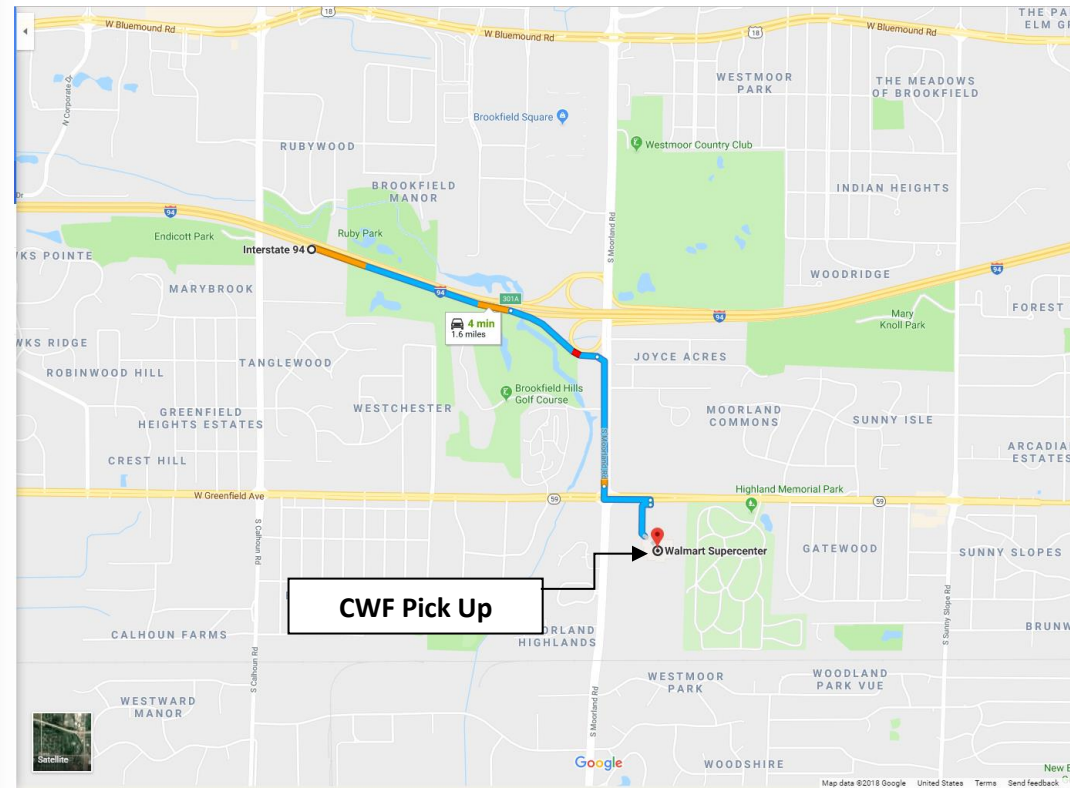
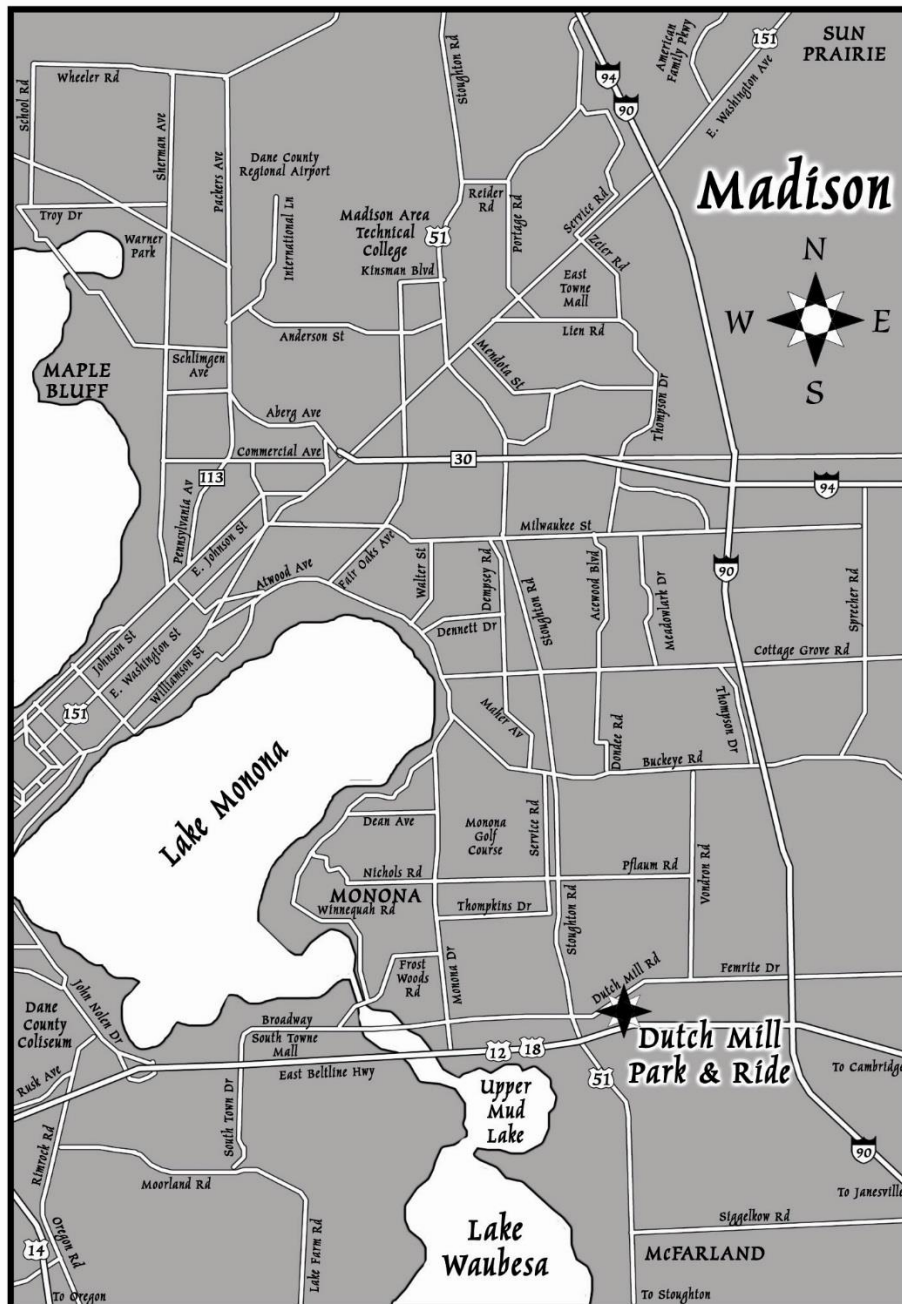
CITY	DEPARTURE LOCATIONS	LOAD AT:	BUS LEAVES AT:
Chippewa Falls	Farm & Fleet parking lot, 2583 South Prairie View Rd. (Exit Business Hwy 53/124 at County Hwy OO)	9:25 a.m..	9:45 a.m. Saturday
Wausau	Parking lot of Cedar Creek Mall (Take the Schofield/Rothschild Exit #185 Off Hwy 51)	11:25 a.m.	11:45 a.m.. Saturday
Madison	Dutch Mill Rd Park 'n Ride lot (Hwy 51 South exit off Hwy 12. Corner of Hwy 51 and Dutch Mill Rd.)	2:00 p.m.	2:20 p.m. Saturday
Milwaukee	Parking Lot of Walmart: 15205 West Greenfield Ave New Berlin, WI 53151. (See Milwaukee boarding map.)	3:40 p.m.	4:00 p.m. Saturday

2019 CWF RETURN
WK. #3: JUNE 23, WK. #6: JULY 14
LOCATIONS AND APPROXIMATE TIME



BE EARLY! These locations are relatively safe, but you still need to be smart. Stay in your car or with a group while waiting for the coach to arrive. Be sure to plan bathroom breaks while traveling as there is no guarantee that bathrooms will be available at the pick-up site.

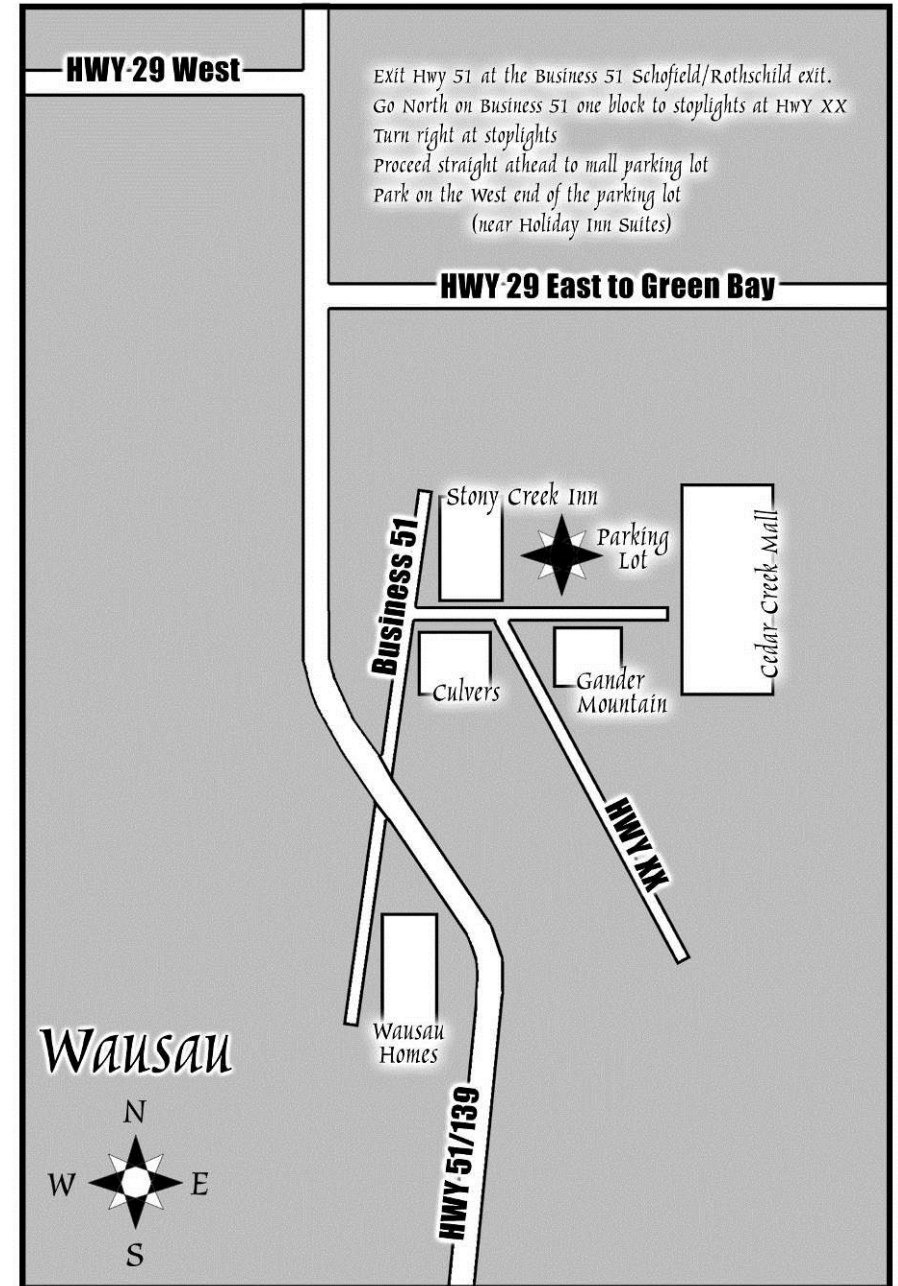
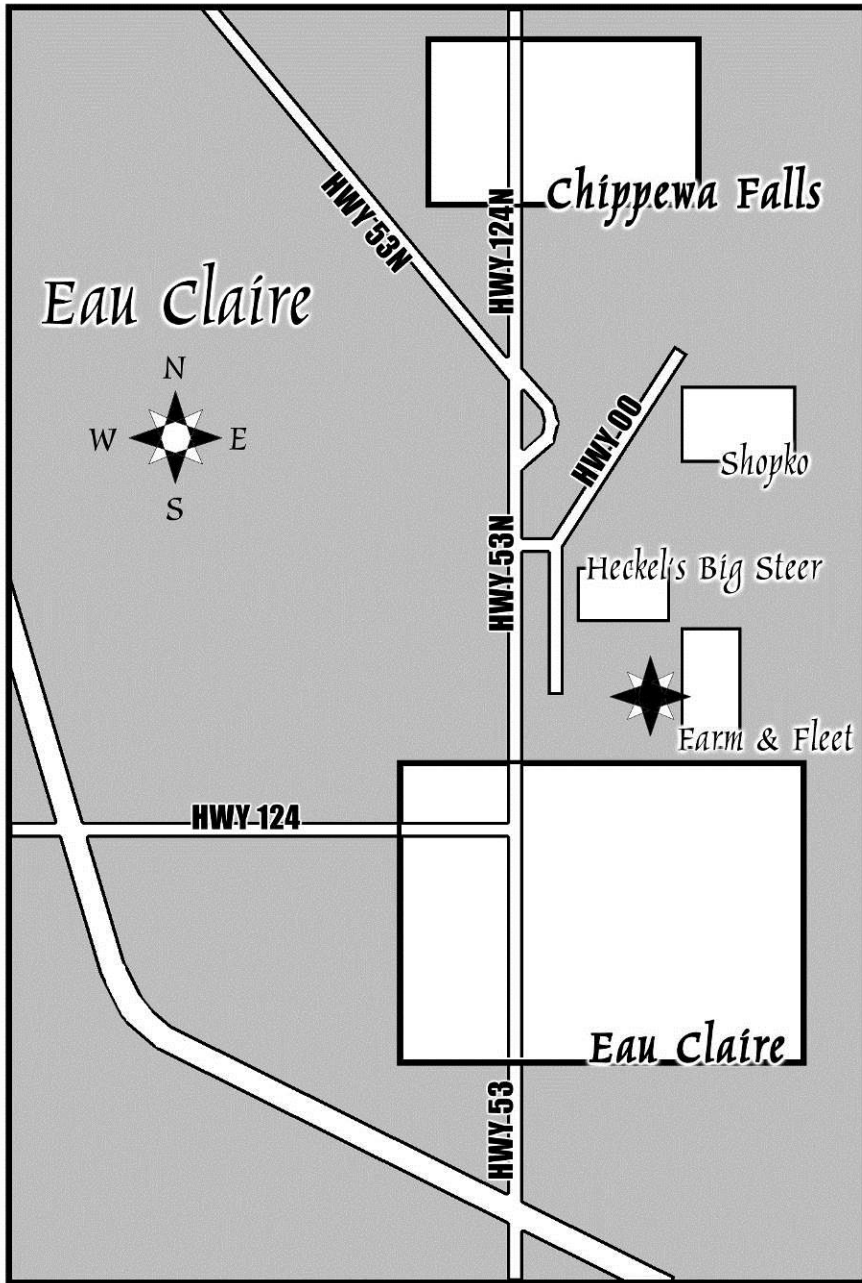
CITY	RETURN LOCATIONS	AT APPROXIMATELY:
Milwaukee	Parking Lot of Walmart: 15205 West Greenfield Ave New Berlin, WI 53151. (See Milwaukee boarding map.)	8:00 a.m. Sunday
Madison	<u>Dutch Mill Rd Park 'n Ride</u> lot (Hwy 51 South exit off Hwy 12, Corner of Hwy 51 and Dutch Mill Rd.)	9:30 a.m. Sunday
Wausau	Parking lot of <u>Cedar Creek Mall</u> (Take the Schofield/Rothschild Exit #185 Off Hwy 51)	12:00 p.m. Sunday
Chippewa Falls	<u>Farm & Fleet</u> parking lot, 2583 South Prairie View Rd., Chippewa Falls (Exit Business Hwy 53/124 at County Hwy OO)	2:00 p.m. Sunday



**Directions to Milwaukee pick-up/drop-off point
(Walmart New Berlin)**

From East: Heading East on I-94 take exit **301A-301B** for **Moorland Rd**. Turn right onto S Moorland Rd (signs for New Berlin). Use the 2nd from the left lane to turn left onto W Greenfield Ave. Turn right and the destination will be on the right.

From West: Heading West on I-94 take exit **301A** for **Moorland Rd S**. Merge onto S Moorland Rd. Use the 2nd from the left lane to turn left onto W Greenfield Ave. Turn right and the destination will be on the right.



Delegate Visit To Capitol Hill

The visit

You are a very important constituent to your congressional representatives. You come from Wisconsin -- their home state -- and reflect attitudes and feeling about our concerns.

- Be positive.
- Be absolutely honest. Answer all questions candidly and as truthfully as possible. If you do not know an answer, indicate you will find out and write when you get home. Remember all 4-H members, leaders, and parents you represent on these visits!
- Be a strong and articulate advocate of 4-H. This is your chance to speak up for Extension and the 4-H program. Thank the staff and congressional representatives for the federal dollars provided for the Extension Service and 4-H.

Following the visit

Write thank you letters to each congress person with whom you meet. (They are not allowed to accept gifts.) If you can, stop at your congressional representative's office at home and report about your visit.

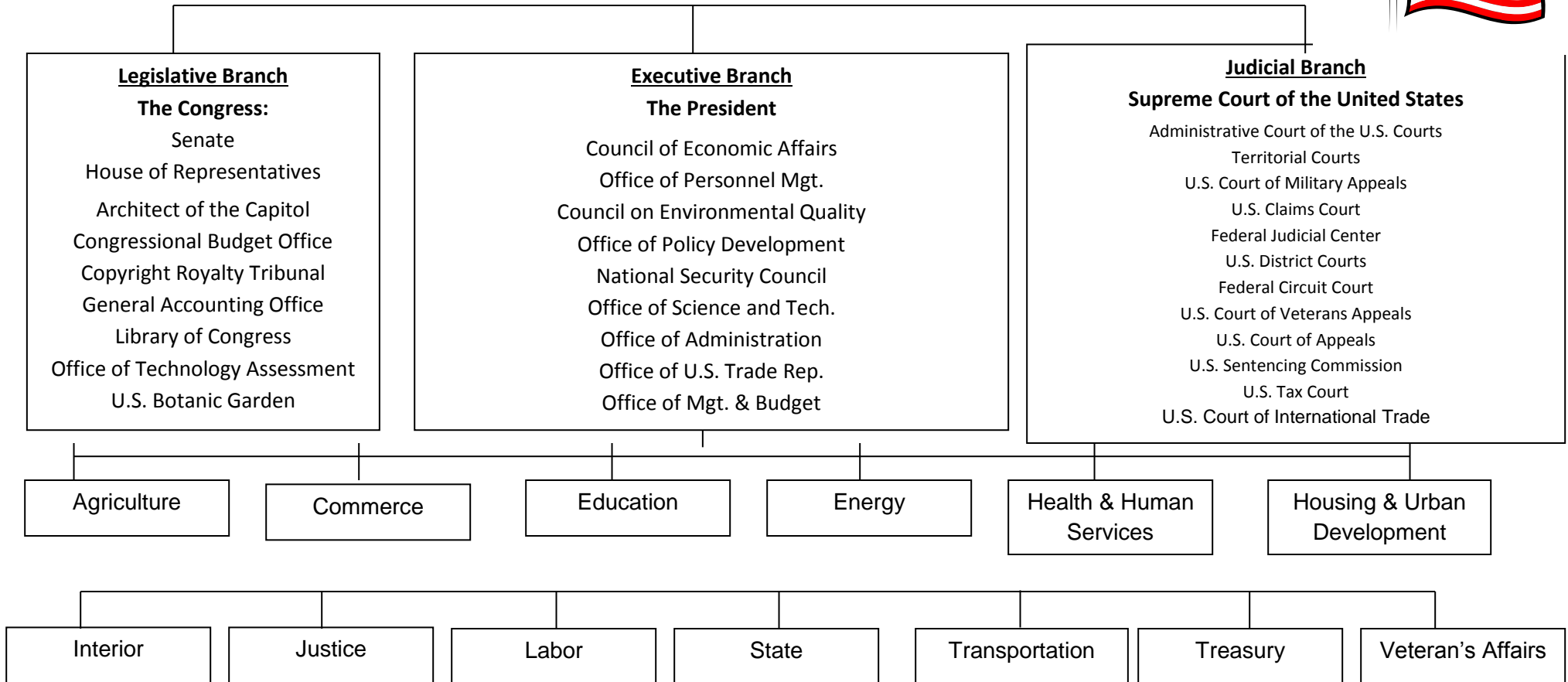
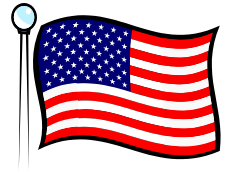
Hints:

- You will be representing 4-H'ers from throughout the United States, appropriate dress is essential.
- Khaki pants and the CWF polo shirt are required.
- The polo shirt will be provided by National 4-H.
- If you want to wear comfortable shoes, bring your good shoes and change before the appointment.
- Be sure to wear your nametag while visiting Capitol Hill but not outside on the streets.



The Government of the United States

The Constitution



There are also many independent government agencies such as:

Central Intelligence Agency (CIA), Federal Election Commission, Federal Communications Commission, Peace Corps, Federal Trade Commission, Federal Reserve System, U. S. Postal Service, AMTRAK

