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What is Citizenship Washington Focus?

**Citizenship Washington Focus** (CWF) is an educational and fun citizenship program conducted by the National 4-H Council for high school youth. You will be part of a 60-year tradition of young people whose eyes are opened up to their own potential as leaders and citizens. You will have hands-on opportunities to learn and practice skills that promote “Better Citizens Today, Better Leaders Tomorrow”.

You will attend workshops, field trips, social events, visit Capitol Hill, and meet with Congressional staff, all of which provide experiences to learn and grow. Strategy sessions include discussing issues, selection of issues, introduction of a bill, and a mock legislative process. You will learn and practice skills that will make you an active citizen and a more successful individual.

Most importantly, you learn how to have a positive influence on your community, school, and home. After learning the “how-to” steps, you will be asked to implement those ideas back home in Iowa.
Program Goals

WELCOME TO THE CITIZENSHIP WASHINGTON FOCUS PROGRAM!
While attending Citizenship Washington Focus, the Iowa delegation hopes to achieve a number of program goals.

These include:
• Broaden appreciation and practice respect for self and others in the world.
• Increase individual commitment to citizen involvement.
• Strengthen communication, leadership, and other citizenship skills on a national level.
• Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.
• 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 capital city, Washington, D.C.

In order to accomplish these goals, we will be engaging in activities that include the following:
• A look behind the scenes in our nation’s capital and hopefully meeting 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.

During CWF, groups will interact with National 4-H Conference Center Staff and CWF Program Assistants. The CWF Program Assistants (PAs) play a key role in the implementation of the Citizenship Washington Focus program. On campus, PAs greet visiting groups and orient them with The National 4-H Center, lead workshops and assemblies, arrange room set-ups and audiovisual equipment, and assist state coordinators. Off campus, PAs aid groups by providing route information, sharing details about sites, and coordinating field trip logistics. All PAs are licensed and trained District of Columbia Class B Tour Guides.

The CWF 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 PAs 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 WEB SITE
For more information, visit the National 4-H Council’s CWF website at http://www.4hcwf.org/

Staff Contact

If you have any questions or concerns, please contact the Iowa 4-H CWF Coordinator at any time.

Gail Castillo
email: gail@iastate.edu
call/text: 641-425-6914
National 4-H Conference Center

CONFERENCE SITE
You will be staying at the National 4-H Center (Center), located in a quiet residential part of Chevy Chase, Maryland, 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 like dormitories. Meetings and assemblies will be held on-site.

To reach The National 4-H Center Front Desk, call 301-961-2801.

LODGING
Three or four people will be assigned per room which includes a private bathroom and a small closet with hangers. Bedding and towels will be provided. Some rooms have bunk-beds, but some rooms have shared double or queen beds. You will be assigned Iowa roommates who may or may not be from your own county.

Roommates will be assigned once for the entire trip. Your roommate assignments will be your first chance to practice being a good citizen, as you negotiate with other teens things such as wake-up times, bed times, space within the room, shower times, etc.

NAME BADGES
Name badges will be furnished by the CWF program. Each delegate and chaperone will receive a CWF lanyard with a name badge. These must be worn at all times, with the participant name clearly visible. Name badges function as a meal ticket and identification for security purposes while at the Center. They will also function as identification with the CWF program and allow Program Assistants to find delegates in crowded areas.

MEALS
Meals are served cafeteria-style at the Center. There are a variety of foods with vegetarian selections available. On tour days, you will need to purchase meals in food courts, in museum cafeterias, or at fast food restaurants. Remember, costs are higher in an East Coast city than in the Midwest. Budget accordingly. Please refer to the spending money section (page 11) for more information.

GROUP PHOTOS
There will be opportunities to take informal group photos. 4-H staff acknowledges that delegates may take digital photos and want to share with others in the group. Please be respectful and seek individual’s permission by asking first. This is especially true with use of social media. If you choose to share with the group, please do so safely. Iowa 4-H does not assume liability or cost of producing and sending out CDs/DVDs/videos.

PIN TRADE
Exchanging trading items is a great way to meet people and has its own event at CWF. You will need between 20-30 items altogether. You may want to be creative and make your own pins, magnets, or calling card packs. Handmade items are often the most desirable. Items used in the past have included small pins of Iowa, small pins from commodity groups, Iowa 4-H stickers, pencils, or pens. Anything you can think of that teens from other states would like to attach to their lanyard or would like as a reminder of Iowa. The Pin Trade is designed to be a social event to meet other delegates and a fun way to kick off the week.
EMERGENCY PROCEDURES AT CENTER

For more serious accidents or emergencies requiring an ambulance, call or send someone to the Front Desk in the J.C. Penney Lobby. The clerk on duty will then call the emergency vehicle. The Front Desk must be notified any time an ambulance is called. The clerk will call an ambulance. Be sure to give the exact location of the victim and ask someone to wait at the nearest entrance to help direct the ambulance to the correct site.

In case of a serious illness or health emergency, you can also DIAL 911, if the front desk has not already done so. This number will contact Montgomery County Emergency Services. An operator will answer and ask: Police, Fire, or Ambulance? Callers should respond appropriately. Callers will be transferred to the appropriate operator, who will ask about the nature of the emergency. The dispatcher will then send the proper response team: EMT, Ambulance, Rescue Squad, etc. Montgomery County has one of the best emergency response services in the U.S. There are three fire house/rescue/ambulance facilities within about 1.5 miles of the National 4-H Conference Center (Center). Help will arrive within minutes following your call. In the meantime, stay calm, and keep the patient calm.

Center Address: 7100 Connecticut Avenue, Chevy Chase MD 20815

In the unlikely event of a disaster, both National 4-H Council (Council) and the District of Columbia Department of Transportation have strict guidelines and procedures. The CWF Staff are trained to know these guidelines and will have a copy with them.

Security and Safety

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 million people in the metro area. 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 chaperones offer this advice for staying safe on the trip:

- Use a buddy system and **always stay in groups of at least four**.
- When with the group, do not lag behind where you could accidentally become separated from the group.
- 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 (it 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.
CWF Events

(Please see dress code on page 9 for expectations of clothing.)

- **Opening Ceremony:** This is a brief introduction to the CWF Program Assistants and State Delegations attending CWF for the week. *(Casual)*
- **Pin Trade & Get-Aquatinted Social:** Each Delegation should bring something that can be traded with other delegations that signifies their home community. Pin Trade items should be inexpensive and/or homemade to show pride in one’s home state. Delegates should bring their trading items to this activity and take advantage of this time to get to know their CWF delegates from other states. *(Casual)*
- **Mount Vernon:** Take a walk through the original home of George and Martha Washington. The best strategy is to tour the mansion before visiting the outer buildings and the grounds. The area includes a gift shop, food court, and restaurant for lunch or just a break. Take your camera and be prepared to walk. [www.mountvernon.org](http://www.mountvernon.org) *(Casual)*
- **Night View of Washington, D.C.:** Each delegation will be led on a whirl-wind night tour of Washington D.C. by their Program Assistant. Delegations will stop at the MLK, WWII, Lincoln, Vietnam War, and Korean War Memorials. Delegates are encouraged to bring a camera and to be prepared for the weather. *(Casual)*
- **The Derby:** Delegates will take part in fun outdoor activities (weather permitting). Participants may get wet and/or dirty during these high-energy, high-fun activities. *(Very Casual)*
- **Arlington National Cemetery:** Visit the Kennedy Grave site, the Tomb of the Unknown, and changing of the guard (schedules permitting). Be ready for the weather and walking. [www.arlingtoncemetery.mil](http://www.arlingtoncemetery.mil) *(Business Casual)*
- **Capitol Hill Day:** This day is for our group to explore the Capitol Hill area by taking tours and meeting Congresspersons. Appointments to meet with Senators and Representatives are arranged by the trip coordinator. For more information see Delegate Visit to Capitol Hill on page 8. *(CWF polos and khakis)*

**Twilight Tattoo:** This hour-long sunset military pageant is presented by the United States Army Military District of Columbia at Fort Myer in Arlington, VA. Members of the 3rd U.S. Infantry (The Old Guard), the U.S. Army Band "Pershing's Own," Fife and Drum Corps and the U.S. Army Drill Team perform. [https://twilight.mdw.army.mil/](https://twilight.mdw.army.mil/) *(CWF polos and khakis)*

- **Smithsonian’s National Zoo:** One of the most popular tourist stops: 163 acres that is home to more than 1500 animals. Don’t miss Tian Tian, Mei Xiang, and Bei Bei, as they chomp on bamboo, climb trees, and tumble through the grass! [https://nationalzoo.si.edu/](https://nationalzoo.si.edu/) *(Casual with comfortable walking shoes)*
- **Cultural Heritage Evening:** Enjoy “Spamalot” at Toby’s Dinner Theatre. *(Dressy)*
- **Delegation Day:** This is the delegations’ time to explore the National Mall. [https://www.si.edu/](https://www.si.edu/) *(Casual)*
- **CWF Talent Show:** Watch or participate as CWF delegates show off their special talents. Delegates wishing to participate should bring their own props, costumes, instruments, music, etc. *(Casual)*
- **Closing Ceremony:** Watch the week in review slide show and hear the highlights of the week as the Program Assistants bring the week to a close. *(Casual)*
- **Farewell Dance:** Dance the night away with all your new friends as the week comes to an end. *(Casual)*
CWF Education

WORKSHOPS
Upon arrival on Sunday each delegate will be randomly assigned to a workshop group, which allows for a mixture of delegates from different states in each workshop.

- **Citizenship Toolbox**—Delegates will define what it means to be a citizen and learn how to use their individual skills to become leaders in their own communities.
- **Congressional Issues**—Delegates will discuss several national issues that our country is currently facing to gain an understanding of how similar issues relate to every citizen.
- **Bill-Writing**—Delegates will participate in a Bill writing session to learn what it means to write a Bill in Congress, understand the obstacles elected officials face, and celebrate when their Bill has been passed.
- **Strategy Workshop**—Delegates will plan their strategy behind supporting (or not supporting) the different Bills during the Congressional Session. They will create a plan for lobbying and persuading other delegates to support (or not support) the Bills along with them.

CONGRESSIONAL SESSION ISSUES
This year's Congressional Session Issues are still being finalized. We will learn more about issues selected when we arrive at Center for CWF.

ACTION PLANS
One of the most important parts of the Citizenship Washington Focus experience is being able to take home the leadership, citizenship, and life skills that the delegates have learned. Each delegation will brainstorm issues that affect their communities and create an Action Plan to help positively affect change surrounding these issues. The Action Planning process will help delegates learn how to work as a team and systematically address community issues.

Because we are from different parts of Iowa, it can be challenging to create just one action plan. It is acceptable for smaller geographic groups to create their own plan.

Be sure to think through some of the questions asked in the Pre-Departure Brain Busting Prep so you are prepared to contribute to an action plan.

TOWN HALL MEETING
There will be a Town Hall style discussion for all the CWF participants. Delegates will have the opportunity to discuss issues of importance with students from across the country. They will learn how to voice their opinion while listening to and respecting the perspectives of others.

We will learn more about this opportunity when we arrive at the National 4-H Youth Conference Center.
Delegate Visit to Capitol Hill

CAPITOL HILL ORIENTATION

Our delegation will travel to Capitol Hill to meet with our elected officials, as their schedules allow. It is important for your legislators to be aware of what important issues are of concern to you and to the community in which you live. Think of an effective and brief way to communicate this. Potential subjects for discussion with members of Congress are:

- Issues discussed at your CWF workshops.
- Issues or concerns that directly influence your community or state. Find out the opinions of local citizens before arriving in Washington. Ask for the legislators’ opinions and share your own.
- Community service activities in which you are engaged.
- How do you and your community benefit from local, state, and federal government programs?

A sample question might be: “Senator, as a member of the agriculture committee, what is your opinion on the growing of alternative crops for renewable fuels?”

Question 1: ________________________________________________________________

Question 2: ________________________________________________________________

Since you will be representing 4-H’ers across the United States, appropriate dress is essential. Khaki pants/skirt and the CWF polo shirt are required. The polo shirt will be given to you Tuesday evening before Capitol Hill Day.

Comfortable shoes are fine for the day. Be sure to wear your nametag while meeting with elected officials, but not outside of those meetings. (There will be reminders of this the day before and day of our visits.)

THE VISIT

You are a very important constituent to your congressional representatives. You come from Iowa - their home state - and reflect Iowan’s attitudes and concerns.

- Be positive.
- Be honest. Answer 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 the 4-H members, leaders, and parents that you represent on these visits.
- Be a strong and articulate advocate of 4-H. This is your chance to speak up for ISU Extension and Outreach 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 emails 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.
Iowa CWF Dress Code

During your week in Washington you will meet many people and will be representing the 4-H program, your family, county, state, peers, and 4-H. Your appearance must reflect your position as an ambassador of 4-H and Iowa. **You cannot dress as if you were “on vacation”**. If in doubt about an item of clothing, dress on the conservative side. We suggest borrowing items rather than purchasing clothing you would seldom wear.

Please be aware that Iowa’s Dress Code is enforced by your chaperones and you will be asked to change if your clothing is inappropriate. **The Dress Code applies to both teens and adult chaperones.** A dress code classification system has been developed which describes the type of dress expected for each CWF activity. The following categories have been established to correspond to activities outlined in the Tentative Schedule: Very Casual, Casual, Business Casual, Dressy, or CWF Attire. Washington D.C. can be very hot and humid with daytime temperatures ranging from the high 80’s to high 90’s. Lightweight, light-colored cotton clothing is recommended. Limited laundry facilities are available but note that free time is also limited.

<table>
<thead>
<tr>
<th>Event:</th>
<th>Very Casual</th>
<th>Casual</th>
<th>Business Casual</th>
<th>Dressy</th>
<th>CWF Attire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Derby (Tues)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Travel on bus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active wear</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Travel on bus</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Active wear</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most activities, unless otherwise specified. No active wear for casual.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arlington (Tues)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cong. Session (Thurs)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cultural Heritage Evening (Thurs)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Capitol Hill Day</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Wednesday)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Tops</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Clothes and shoes to get wet or dirty; can be old jeans, T-shirts, or shorts.</td>
<td>Nice T-shirts</td>
<td>Polos</td>
<td>Sweaters</td>
<td>Button-down shirts</td>
<td>Dress shirts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bottoms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nice jeans</td>
<td>Nice jeans</td>
<td>Khakis</td>
<td>Nice shorts</td>
<td>Khakis</td>
<td>Dresses</td>
</tr>
<tr>
<td>Khakis</td>
<td>Khakis</td>
<td></td>
<td>Dress pants</td>
<td>Slacks</td>
<td>Skirts</td>
</tr>
<tr>
<td>Nice shorts</td>
<td>Nice shorts</td>
<td>Khaki pants</td>
<td>Does not include cut-offs, jeans with holes in them (even if repaired), or athletic shorts.</td>
<td>Dress capri pants</td>
<td>Suits</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoes</td>
<td>Comfortable shoes</td>
<td>Comfortable shoes</td>
<td>Comfortable shoes</td>
<td>Nice dress shoes, no flip flops.</td>
<td>Comfortable shoes</td>
</tr>
</tbody>
</table>

**Important Dress Code Information** - Pertains to ALL dress code categories for both teens and adults

- Shorts, skirts, and dresses must be a respectable length. Respectable length defined as: Being as long as or longer than the tips of the individual’s fingers when arms are fully extended at their side.
- Tube top/strapless shirts will not be allowed during the CWF program.
- Cropped shirts and extreme low-rise pants are not allowed.
- Bottoms (shorts, skirts, pants, etc.) that are purchased “distressed” with rips, tears, patched areas are not allowed.
- Ripped clothing, cut-off shorts, T-shirts with offensive slogans or messages that are in bad taste, muscle shirts, and similar items are not allowed.
- **No hats will be worn in buildings.**
- Shoes and shirts must be worn at all times.
- Comfortable shoes are a MUST as there could be as many as 5-7 miles of walking in a day’s span of time.
What Should I Bring?

FOR THE BUS:
___ Overnight travel bag for two nights so that we do not have to unload and reload the bus
___ Snacks for travel
___ Water bottle which will not spill, is easy to carry, and can be re-filled (do not rely on soda for hydration)
___ Small pillow for the bus (or you can use your jacket or a sweater as a pillow)
___ Light blanket, fleece, or throw for the bus
___ DVD’s for on the bus (optional), labeled with your name (G, PG, and PG-13 ratings only)
___ Deck of cards or other travel games for on the bus (optional)
___ Earphones: must be used on the bus if listening to music or movies

AT THE CENTER:
___ Nightwear, comfy lounge wear, and slippers or flip-flops (3-4 people per room with private bath)
___ Personal toiletry items
___ Curling iron, flat iron, or other personal grooming items (a small hair dryer is in each room)
___ Alarm clock and wristwatch
___ Chargers for cell phones and other electronics
___ Small trade items that you make, buy, or solicit locally (pins and stickers are popular)
___ Pen and small notebook or pad for workshops (optional)
___ Props & musical instruments for Talent Show (optional)

FOR OFF-SITE TOURS:
___ Extra pair of comfortable shoes (You will walk a LOT; do not bring shoes you have never worn!)
___ Rain gear or umbrella
___ Sunblock
___ Small package of wet wipes
___ Cell phone portable charger (especially if your phone is also your camera)
___ Camera labeled with your name, address, phone number (optional)
___ Extra camera batteries (only needed if you bring a camera 😊)
___ Personal spending money

STAYING WELL:
___ Acetaminophen or ibuprofen for headaches or achy muscles
___ Antacid tablets for upset stomach / Imodium AD or other anti-diarrhea tablets
___ Band-Aids for blisters from walking
___ Antibacterial cream
___ Contact solution, if needed
___ Dramamine, in case of motion sickness on charter bus
___ Prescriptions, if any

Packing tips:
___ Two pieces of luggage plus a carry-on are allowed (garment bags are 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 valuables. Do not bring towels & linens – they are provided.
Spending Money

SPENDING MONEY

CWF Program staff suggests budgeting no less than $25 per day, for a total of $200-250. Some people will spend more; others will spend less. Budget carefully, to allow for meal expenses on the trip home.

Instead of bringing all your money as cash, you might consider bringing a debit card or credit gift card. These can be obtained at many banking institutions or retail locations.

SAMPLE BUDGET

The table below indicates meals you need to purchase plus souvenir opportunities. *Meal costs are only an estimate and may be more than listed below.*

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Supper</th>
<th>Total</th>
<th>Souvenir Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>$ 10.00</td>
<td>$ 10.00</td>
<td>$ 20.00</td>
<td></td>
<td>bus travel</td>
</tr>
<tr>
<td>Saturday</td>
<td>$ 10.00</td>
<td>$ 15.00</td>
<td>$ 25.00</td>
<td></td>
<td>bus travel</td>
</tr>
<tr>
<td>Sunday</td>
<td>$ 15.00</td>
<td>$ 15.00</td>
<td>$ 30.00</td>
<td></td>
<td>Gettysburg</td>
</tr>
<tr>
<td>Monday</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td></td>
<td>Mount Vernon</td>
</tr>
<tr>
<td>Tuesday</td>
<td>$ 20.00</td>
<td>$ 20.00</td>
<td>$ 40.00</td>
<td></td>
<td>Arlington National Cemetery</td>
</tr>
<tr>
<td>Wednesday</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td></td>
<td>Capitol Hill / Union Station</td>
</tr>
<tr>
<td>Thursday</td>
<td>$ 20.00</td>
<td>$ 20.00</td>
<td>$ 40.00</td>
<td></td>
<td>National Zoo</td>
</tr>
<tr>
<td>Friday</td>
<td>$ 25.00</td>
<td>$ 25.00</td>
<td>$ 50.00</td>
<td></td>
<td>National Mall / Smithsonian Museums</td>
</tr>
<tr>
<td>Saturday</td>
<td>$ 10.00</td>
<td>$ 10.00</td>
<td>$ 10.00</td>
<td>$ 30.00</td>
<td>bus travel</td>
</tr>
<tr>
<td>Total</td>
<td>(minimum total includes meals only)</td>
<td>$ 155.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**
  - Theme Restaurant: $30
  - Street Vendors: $12
  - Campus Shop at 4-H Center: $20

- **Lunch**
  - Theme Restaurant: $25
  - McDonald's: $12
  - Union Station: $20
  - Smithsonian: $20

Please remember that costs for items on the East Coast are slightly higher than here in the Midwest.
Backpack Guidelines

Backpacks are not allowed in many government buildings and museums. The guidelines below were accurate as of October 21, 2019. Please visit the websites included for more detailed information.

- **U.S. Capitol** - Do not bring large daypacks, backpacks or luggage into the Capitol. Any bag larger than 18" wide x 14" high x 8.5" deep is prohibited. Other restrictions include liquid (including water), food, or beverages of any kind (including fruit and unopened packaged food).

  For more detailed information, visit https://www.visitthecapitol.gov/plan-visit/prohibited-items

- **Smithsonian Museums** (taken from their website) – When you visit any of the Smithsonian’s buildings you will discover that we have security measures to ensure your safety and the safety of the objects contained within. You’ll be greeted upon entry by one of our security personnel who will conduct a thorough but speedy hand-check of all bags, briefcases, purses, and containers.

  At some museums, such as the Air and Space, African American History and Culture, American History, Natural History, National Postal, and American Indian Museums, visitors are required to walk through a metal detector. Those who are unable to go through the metal detector will be hand-screened with an electronic wand by security personnel. Bag checks will be conducted via an x-ray machine at the Air and Space, African American History and Culture, and National Postal Museum. At all other museums, bags will be checked by hand.

  Because of the security measures, the lines for entry to the museums may be long during peak seasons and holidays. We ask for your patience, cooperation, and assistance in keeping America’s treasures safe. For more information, please visit: http://www.si.edu/Visit/Security

Staying in Touch

**CELL PHONES**

Cell phone are welcome, especially if this is also your camera, with the understanding that:
- expensive roaming charges may apply to your phone (know your plan);
- cell phones must be on silent during all scheduled programs, including tours;
- cell phones (anything other than the camera) may be used only during scheduled free time or to contact adult chaperones;
- cell phones should not be used after curfew (your roommates will want to sleep and you should too);
- if cell phone use is abused, adult chaperones will keep your phone safe and return it after the activity.

**MAIL AND EMAIL**

You may receive correspondence while at the National 4-H Center. It is important for well-wishers to address your letters very specifically, as below. Outgoing mail can be sent from the Center Monday through Saturday.

<table>
<thead>
<tr>
<th>Ima Clover</th>
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<tbody>
<tr>
<td>Iowa CWF Delegation</td>
</tr>
<tr>
<td>Week 3: June 19-27, 2020</td>
</tr>
<tr>
<td>c/o National 4-H Center</td>
</tr>
<tr>
<td>7100 Connecticut Avenue</td>
</tr>
<tr>
<td>Chevy Chase MD 20815</td>
</tr>
</tbody>
</table>
Pre-Departure Brain Busting Prep

The first step in being a good citizen is knowing yourself. Think about the following:

Name three (3) interesting qualities that make you special:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Name two (2) traits that make you a good citizen:

________________________________________________________________________
________________________________________________________________________

Write one (1) question you have about citizenship:

________________________________________________________________________
________________________________________________________________________

As part of the Citizenship Washington Focus learning experience, it is important to discuss what it means to be a good citizen – or to be engaged in civic or social action.

When I think about civic engagement, I think about a person who has:

- Good character
- Knowledge of government
- A desire to practice community service learning
- A good understanding of public policy
- A good understanding of current issues and the issue’s global impact

Think about what each of these characteristics means and what it looks like in action.

In your own words, write a personal definition of citizenship or civic engagement.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
One important focus of CWF is civic engagement: learning how to bring about real change in the community around you. Think about the following:

What are two things that you like or make you feel good about your community?

____________________________________________________________________________________________________________________

What are two things that you think are neglected in your community?

____________________________________________________________________________________________________________________

What are two things that you would change in your community?

____________________________________________________________________________________________________________________

In thinking about what is neglected or what you would change:
What is the problem or issue? (Why are these things neglected or in need of change?)

____________________________________________________________________________________________________________________

What is the goal in addressing this problem or issue? (What do you want to see happen?)

____________________________________________________________________________________________________________________

What steps need to be taken to achieve the goal(s)?

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

What resources do you need to complete the project?

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

Be sure to bring these answers with you. These will be important starting points as we discuss creating a community action plan to implement across the state.

As part of our action planning, you (the Iowa delegates to CWF) will have a chance to make a brief pitch via video for a small grant to jump-start the action plan back in Iowa. More information will be shared at Center about this.
Know Your Government

Local Government

Home Community ______________________ Population __________ Mayor ________________

Major Industry ________________________________________________________________

County Government

Your County ______________________ Population __________ Size of County __________

Major Industry ________________________________________________________________

Number on Board of Supervisors ________________________________________________

Are they elected by district or at large? __________________________________________

State Government

State Capital Type of State Government __________________________________________

Governor ___________________________ Political Party _____________________________

Lieutenant Governor ___________________ Political Party ___________________________

State Representative and Congressional District _______________________________________

State Senator and Senatorial District ______________________________________________

Number of State Representatives __________ Number of State Senators ______________

State Facts

State Nickname ______________________ State Motto _________________________________

State Flower _________________________ State Song _________________________________

Population __________________________ Bordering States __________________________

Primary Industry ______________________________________________________________

Iowa is the #1 producer of the following commodities _________________________________

__________________________________________________________

Iowa firsts ________________________________________________________________

__________________________________________________________

Biggest state stereotype _________________________________________________________

__________________________________________________________
Federal Government

1. The three branches of the federal government are ________________________________

2. The President heads the ______________________________ Branch.

3. The President is ______________________________ of the armed forces.

4. A President is limited to ________ terms in office. Each term is ________ years.

5. The Senate and the House of Representatives make up the __________________________ Branch.

6. There are (number) ______ Senators. There are (number) ______ from each state.

7. Senators represent the people of an entire ____________________________.

8. A member of the House represents the people of a ____________________________ within a state.

9. There are (number) ______ Representatives in the House.

10. A Senator’s term of office is _____ years. A Representative’s term of office is _____ years.

11. The vice president presides over the ______________________________.

12. The Supreme Court is the top level of the ______________________________ Branch.

13. There are (number) ______ justices of the Supreme Court.

14. The President of the United States is ___________________________________

15. The Vice President of the United States is ________________________________

16. The Iowa senators are ___________________________ and ____________________________.

17. The four Iowa representatives are _________________________________________

You might choose to know the following about the Iowa delegation:
• Political party and length of service in Congress
• Committee assignments
• Special interests and priorities
• Names of top staff members

18. The Chief Justice of the Supreme Court is ________________________________

19. The Secretary of State is ______________________________________________

20. The Secretary of Treasury is _____________________________________________

21. The Secretary of Defense is ______________________________________________

22. The Secretary of Justice is ______________________________________________

23. The Secretary of Agriculture is __________________________________________

24. How many people officially sit on the Cabinet to the President? _______________________

25. The President Pro Tempore is _____________________________________________

26. The U. S. Speaker of the House is __________________________________________

27. The House Majority Leader is _____________________________________________

28. The House Minority Leader is ____________________________________________

29. The Senate Majority Leader is _____________________________________________

30. The Senate Minority Leader is ______________________________________________
To prepare for the CWF experience, you should be aware of some of the current political issues that are on state and national agendas. You should be prepared to discuss your own thoughts and viewpoints on these issues. Below are questions that will help get your mind moving on political events in our state and our nation. Think critically about each question.

The U.S. Electoral College selects a new president of the United States every four years. To win support of the popular vote, the candidates must focus on the major issues such as education, agriculture, health care, Social Security, terrorism, and the United States’ place in a global community. How can a new president’s beliefs on these issues and/or others affect you and your family in Iowa?

(Should the U.S. continue to use the Electoral College? Is it acceptable that a candidate who does not win the popular vote can win the presidency due to the Electoral College votes?)

If you were a U.S. Senator from Iowa, what would be the first bill you would bring to the Senate floor? What information would you include in your bill? What suggestions or criticisms might Senators from other states have of your bill?

Senator Grassley, Senator Ernst, or your Representative is coming to your town for a listening session. What questions would you raise on specific concerns you have about national policies? Prepare two specific questions.

Some websites you may want to investigate for more information are:

- www.senate.gov
- www.house.gov
- www.congress.gov - Calendars & Schedules
- www.house.gov/content/educate/
- www.grassley.senate.gov
- www.ernst.senate.gov/public/
- www.visitthecapitol.gov
- www.extension.iastate.edu/4h/projects/citizenship
Review your knowledge of 4-H and Extension and Outreach

• Name of your ISU Extension and Outreach staff members (county or state)

__________________________________________________________________________

• Information about 4-H in your county and state (What’s great about YOUR county or Iowa 4-H?)

__________________________________________________________________________

__________________________________________________________________________

• Is 4-H valuable to you and your community? If 4-H wasn’t there, what would be different?

__________________________________________________________________________

__________________________________________________________________________

• Should federal dollars be spent on 4-H? Why or why not?

__________________________________________________________________________

__________________________________________________________________________

• Does 4-H make a difference in your life? Are there life skills would you not have if you were not a member of 4-H?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________