

WE THE PEOPLE

Volume 1, Issue 3 Date _____

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Dear Delegate,

Theodore Roosevelt once said, "I care not what others think of what I do, but I care very much about what I think of what I do! That is character!" In Lesson 2 we learned that practicing good character is an important part of citizenship. It is reflected in everything we do and say. Throughout the CWF experience and your entire life, we hope you will remember to practice the six Pillars of Character:

- Be Respectful of others.
- Take Responsibility for your own actions.
- Be Trustworthy.
- Show others you Care.
- Treat others Fairly.
- Practice good Citizenship.



At our next workshop we will learn more about preparing for our visit to Capitol Hill. Our workshop is _____ at _____ from _____ to _____. See you there!

Talking to Your Congressmen or Congresswoman

Do you want to contact or learn more about Nebraska's Senators and Representatives? Go to:

- Senator Deb Fischer: fischer.senate.gov, 202-224-6554
- Senator Benjamin Sasse: sasse.senate.gov, 202-224-4224
- 1st District Representative Jeff Fortenberry: fortenberry.house.gov, 202-225-4806
- 2nd District Representative Don Bacon: donbacon.house.gov, 202-225-4155
- 3rd District Representative Adrian Smith: adriansmith.house.gov, 202-225-6435



Helpful Resources

To assist you in preparation for the CWF conference, here are some resources that you might want to check out:

- NebGuide 1969, Understanding and Using Parliamentary Procedure, by Gary C. Bergman, Extension Educator, University of Nebraska–Lincoln
<http://www.ianrpubs.unl.edu/epublic/live/g1969/build/g1969.pdf>
- Josephson Institute of Ethics: Making Ethical Decisions, The Six Pillars of Character
www.xmarks.com/site/www.josephsoninstitute.org/MED/MED-2sixpillars.htm

What to Expect ... CWF Committees

As a delegate to CWF, you will select a committee to serve on for the week. CWF committees conduct events and programs during CWF with youth



from other states. At our next meeting come prepared to sign up to serve on one of the following committees:

Focus on Healthy Living:

- Create and run health and fitness activities for the CWF Derby, a program that will highlight the importance of living a healthy lifestyle.
- Learn and develop skills such as communication and leadership while working together to plan an event for the entire CWF program.

Focus on Communication:

- Produce the CWF Newsletter and slideshow to be viewed by the entire CWF program.

- Learn publishing skills such as: writing, proofreading, page layout, photography and Microsoft PowerPoint.
- Work as a team to delegate responsibilities to adhere to tight deadlines.

Focus on Government:

- Organize, plan and execute the Congressional Session and the materials that accompany it.
- Learn the congressional process and parliamentary procedure, along with other government-related topics.
- Develop leadership, networking and public speaking skills.

Focus on Open-Mindedness:

- Discuss important issues within the various communities and how youth can become involved.
- Develop the skills to facilitate respectful discussions on important topics amongst a group of peers.

- Serve as facilitator for the Town Hall meeting.

Focus on Talent:

- Organize, plan and execute the CWF Talent Show and auditions.
- Learn the skills necessary to organize and promote an event.
- Learn various audio/visual techniques necessary to produce a live show.

Focus on Responsibility:

- Learn how to create an action plan to tackle an issue in your community.
- Help facilitate action planning in your delegation.
- Learn about telling your 4-H story through the 4-H Revolution of Responsibility.

Source: 2013 Citizenship Washington Focus Community Workbook, p. 10.

Dressing for the Hill

The first impressions we make are important. It sets the tone for our interactions with others. When you visit Capitol Hill and your senators and representatives, it is important to look professional. Your dress will let them know you are there for business, not just sightseeing. Dress on the Hill is professional. This means slacks and shirts for the young men and slacks or skirts

and shirts for the young women. When you are with CWF, you will be provided with a polo shirt that identifies your affiliation with 4-H. You will be asked to wear khaki slacks or a skirt with the polo. Your shoes should also show your professionalism. Sneakers and flip-flops are not appropriate. When you are planning your wardrobe, young men should consider shoes with

ties or loafers, and young women should consider flat slip-ons or shoes with low, low heels. Think comfort because you will be walking several miles in high heat and humidity. If you are getting new shoes for this day, break them in before you leave home.



Terms You Should Know

• Committee

A group of Representatives or Senators who study national problems and suggest solutions.

• Conference Committee

A group of members from both the U.S. House of Representatives and the U.S. Senate tasked with resolving disagreements about bills.

• Enrolled

Legislation that has been passed by both chambers of Congress, signed by their presiding officers, and sent to the President for his signature.

• House Officers

The Clerk of the House, Sergeant at Arms, Chief Administrative Officer, and the Chaplain of the House.

• House Rules

The rules created by the Members of the U.S. House of Representatives and enforced by the House Parliamentarian. The rules dictate how Members should act while on the House Floor.

• House Rules Committee

The committee responsible for limiting what can be said about and

done to a bill on the House floor. It is often referred to as the “traffic cop” of Congress.

• Jim Crow

State and local laws in the United States between 1876 and 1965 that called for segregation in schools, public places, public transportation, restrooms and restaurants.

• Subcommittee

A subgroup of Members of a committee in either the House of Representatives or the Senate that meets to discuss and research possible laws.

Parliamentary Procedure

Did you know the first American written rules of parliamentary procedure were written by Thomas Jefferson? The rules he developed remain as the basic foundation of parliamentary procedure today.

Parliamentary procedure can seem intimidating. However, with a little practice, it allows business to be conducted using courtesy and justice and creates an orderly atmosphere in which majority rules

and minority rights are heard. This is the process used to promote Respectful Debate.

Now would be a good time to brush up on Robert’s Rules of Order.

Following are the basic steps to bring a motion before an assembly or group.

Once recognized by the chair, make your motion by saying: “I move that ...” or “I move to ...”

Another member of the group may second the motion by saying: “I second the motion” or “I second it.” The chair will then say: “It is moved and seconded that” Before the motion has been stated by the chair, the person making the motion may withdraw or modify the motion if the chair has stated that the motion is withdrawn or modified by general consent or

(continued on next page)

Parliamentary Procedure *(continued)*

by majority vote. Once properly presented, the group can debate or discuss the merits of the motion. A 2/3 vote of the group is required to close discussion to further debate. Once debate has closed, the chair

will ask: "Is the group ready for the question?" If no one claims the floor, the chair will proceed with the vote by stating the motion and ask those in favor to vote by saying "Aye," and those opposed "No."

The chair will then announce if the motion was adopted or defeated.

(Adapted from NebGuide G1969, *Understanding and Using Parliamentary Procedure* by Gary C. Bergman, University of Nebraska-Lincoln Extension Educator)

For more information on Parliamentary Procedure, go to:

<http://www.ianrpubs.unl.edu/epublic/live/g1969/build/g1969.pdf>

Quote:

"The first requisite of a good citizen in this republic of ours is that he shall be able and willing to pull his own weight."

— Theodore Roosevelt

Please use the rest of this page to add your own specific information important to your particular group.