

# 4-H Day at the State Capitol Tuesday, January 24, 2017



4-H Day at the State Capitol provides opportunities for 4-Hers to learn more about state government procedures, meet local legislators and encourage civic engagement. The day begins with visits and presentation of 4-H promotional items to legislators. **Please communicate with the other Extension units in your legislative district to coordinate visits. Also, alternate from year to year which unit presents the 4-H promotional items so everyone has an opportunity.**

**We are working to make 4-H vests available this year for a minimal cost to both 4-H youth and adults.** The 4-H vests should be worn with a white shirt. It is quite impressive to see over 1,000 4-H vests at the capitol. Ask youth or adult participants from last year to wear their vests to 4-H Day at the Capital instead of ordering new vests (if they still fit).

**Inclement Weather Date – Tuesday, January 31, 2017**

## **Program Schedule (Tentative)**

**8:15 a.m. – 10:45 a.m.** Pick-up a **4-H Promotional item** and 4-H vests on the right of the General Assembly entrance outside the building at the far end of the open area. Look for the 4-H Cabinet members and State 4-H Staff distributing the 4-H vests and promotional items. **Only one promotional is delivered to each legislator so decide among units which unit will present the promotional item to legislators representing your area.** The **4<sup>th</sup> Floor West Conference Room General Assembly Building** has been reserved for **9:30 – 10:30 a.m.** if needed for gathering place for units. **If there is inclement weather that prevents the 4-H Vests and 4-H Promotional Item pickup outside, you will receive updates for any changes of location for pick up.**

8:30 – 10:30 a.m. 4-Hers Deliver **4-H Promotional item** and visit with local Senator/Delegate

10:45 – 11:05 a.m. President Timothy Sands will speak and the group picture will be taken on the steps of the State Capitol

4-Hers visit House & Senate Sessions, meet with Pages or Others (arranged by 4-H Agent)

Lunch (on your own) (arranged by 4-H Agent and/or 4-H Volunteer)

Tours – 4-H Agent/Volunteer makes these arrangements

By 3:00 pm Depart for home

Logistically it is easier to take smaller groups (8-10) to visit with legislators so they can maneuver the stairs, elevators, security check points, etc. If your unit has more youth interested in participating, then bring more adult volunteers and have adults responsible for small groups to help get them through security, etc. Middle School and High School 4-Hers may be better suited for this event as they probably have had more 4-H experiences to share and explain 4-H impacts. However, some units bring Elementary age 4-Hers as well.

## Reminders

- Each Unit should make an appointment to visit with your local legislator prior to your visit. Visit <http://whosmy.viriniageneralassembly.gov/> to locate contact information for your legislator. Contact information on individual legislators may be found by entering your address in the upper right hand corner block. Follow the links for each legislator.
- 4-Hers should dress and behave appropriately for the business setting. You are representing your county/city, Virginia 4-H, Virginia Cooperative Extension, Virginia Tech and Virginia State University. Please review the Virginia State Capitol Teacher and Chaperone Guide for more information on Capitol etiquette and decorum. It is included with the email. <http://capclass.viriniageneralassembly.gov/includes/PDFs/EtiquetteGuide.pdf>
- Be sure to prepare your 4-Hers for their visit with legislators. Youth should be able to briefly speak about what 4-H is and how 4-H has impacted their lives. Select two to three main points that you want presented about your unit 4-H program. Select 1-3 youth to serve as the official spokes persons for your unit. You may also want to prepare them to share ways that the local 4-H program has impacted the community.

## Websites:

**Virginia General Assembly Web Page:** <http://viriniageneralassembly.gov/>

### Visiting the Virginia Capitol:

[http://www.viriniacapitol.gov/visitors.php?p=planning\\_visit](http://www.viriniacapitol.gov/visitors.php?p=planning_visit)

### Virginia Capitol Visitor's Guide:

<http://viriniageneralassembly.gov/includes/contentTemplate.php?tid=44&ctype=b&cid=66>

**Capitol Classroom:** <http://capclass.viriniageneralassembly.gov/Teacher/BookATour.html>

**Capitol Tours and links to Directions and Parking, Maps and Directions, Tours and Guidelines, Café and Shop, Visiting during Session.**

<http://viriniageneralassembly.gov/includes/contentTemplate.php?tid=44&ctype=b&cid=66>

Guided tours are available from 9am – 4pm. Groups of 10 or more should schedule tours in advance by calling 804-698-1788 or email [capitoltourguides@house.virginia.gov](mailto:capitoltourguides@house.virginia.gov)

**Virtual Tours of the Capitol:** <http://viriniacapitol.gov/virtualtours/virtualhome.html>

**Virginia Page Program** gives students an opportunity to observe and participate in the legislative process. See <http://capclass.viriniageneralassembly.gov/PagePrograms/PagePrograms.html>

**Additional Tours** and attractions are numerous around Richmond and the State Capitol Square. Plan tours and attractions in advance. Attached is a list of possible tours and contact information that you may find helpful as you plan your trip to the Capitol.

Visit: <http://www.visitrichmondva.com/Explore/Attractions> for ideas on museums, historic homes, civil way sites and gardens to visit.

**Parking** - <http://www.viriniacapitol.gov/visitors.php?p=index>

## Handicap parking

Private vehicles with handicap tags are able to park and unload passengers on Bank Street between 9th and 10th streets, near the new public entrance. There is no public parking on the Capitol Square grounds.

## Motorcoach Parking

Three or four spaces are presently available on Bank Street between 10th and 12th Streets. Buses should not stay on Bank Street longer than 2 hours. As of 2008 the former "Bus Loop" behind Old City Hall is no longer available to school or tour buses visiting the Capitol. Overflow bus parking is available at the Virginia War Memorial, on 2nd Street south of Spring Street. Group leaders will need to be in phone contact with their drivers.

## Public Parking

There are four free general public spaces (1 hour) on the north side of Bank Street, between 9th and 10th Streets. A limited number of metered public parking spaces (2 hours) are located on the west side of 10th Street, between Main and Bank Streets, on Bank Street, between Governor and 14th Streets, on the south side of Main Street, between 9th and 12th Streets and on 12th Street between Main and Bank Streets.

Pay parking lots and decks are nearby on 8th and Grace Street and 7th and Marshall Streets. Downloadable maps of nearby parking lots and decks, as well as rates, are available via Ridefinders [Downtown Commuter Guide](#) web page.

If you have any questions about parking lots in the capitol vicinity, please call the Capitol Tour Desk at (804) 698-1788 or email the Tour Desk at [capitoltourguides@house.virginia.gov](mailto:capitoltourguides@house.virginia.gov)

## **Some restaurants within walking distance of the Capitol:**

The Capitol Café – carry out; limited seating for eating at the Capitol

- Wendy's @ 1200 East Marshall Street
- Padows Ham and Deli @ 1009 and 1011 E Main Street
- Subway @ 1209 E. Main Street
- Wall St. Deli @ 100 N. 8<sup>th</sup> Street
- Jo Jo's Pizza 1201 E Main St, Richmond, VA 23219
- Meriwether's Capitol Café, 1000 Bank St, Richmond, VA 23218
- Maxine's Cafe, 901 Bank St Commonwealth Park Suites Hotel