

October 18, 2012

	Breakfast at the Dorms	<i>Or grab & go breakfast-eat on train</i>
6:40 AM	MARC Train to Union Station	Train Departs at 6:40 a.m.
8:41 AM	MARC Train arrives to Union Station	Train Arrives at 8:41 a.m.
10:00 AM	Metro from Union Station to Farragut North	
11:00 AM	White House Tour	Arrive 15 minutes early
12:00 PM	Lunch	Pot Belly's at 17 th and Pennsylvania Ave.
1:00 PM	Metro from Farragut North to Union Station	
2:00 PM	Capitol Tour/ Senator Manchin's Office	
4:20 PM	Metro Union Station	4:20 p.m. Depart
6:00 PM	Return to Harpers Ferry	6:00 p.m. Arrive
6:15 PM	Dinner	- Dormitory kitchen
8:00 PM	Evening Tea at the Dorms	- An assortment teas, beverages and other treats to help wind down evening

October 19, 2012

7:00 AM-8:00 AM	Breakfast at the Dorms	
8:00 AM-12:PM	Service Project with Harpers Ferry Middle School/ Training Evaluations	- We will be assisting park staff in the immersion program that will help students determine if they would like to volunteer for the year-long vodcast service project
12:00 PM	Lunch/Departure	

Harpers Ferry National Historical Park VISTA Training, Wednesday, October 17, 2012

Parking/Arrival/Check-In-

Were you pleased?

___ Not at all ___ A little 1 Somewhat 6 Quite a bit 1 Very much

Comments:

- A sign end of road would have been nice.
- It would have been fine had we not been lost since 11:30am.
- Directions were not clear
- Everyone was very helpful to find location a sign or balloon for lodging would have been great!

Lunch- Deli wrap sandwiches, potato soup, chili, iced tea, soda, water, cookies

Were you pleased?

___ Not at all ___ A little ___ Somewhat 1 Quite a bit 7 Very much

Comments:

- Thanks Lexa + Misty + Dana for setting everything up for Lunch and everyone for cleanup!
- Thank you Pam & Courtney
- Thanks Pam & Courtney ☺
- Great light lunch for travel!!

Introduction to Harpers Ferry NHP Office of Education, Discussion of programs being offered to underserved youth, Community Partnerships, CNCS, Questions & Answers Karalisa Bradley

Were you pleased?

___Not at all ___A little ___Somewhat 3 Quite a bit 4 Very much N/A 2

Comments:

- Lisa did a great job with workshops.
- Good but missed seeing Karalisa
- Disappointed that Karalisa couldn't be here!
- Enjoyed all these activities!!

Break

Excel Training

Were you pleased?

1 Not at all ___A little 3 Somewhat 2 Quite a bit ___Very much N/A 2

Comments:

- We know the basics
- I already knew the basics, I was look for someone to teach me the advanced tricks that are in the program.
- I knew a lot of what was reviewed. However, it was helpful for other participants.
- I could see where it could be useful

VISTA Finances- Couponing/Deal Hunting Your Way to Financial Contentment with Lexa Kirk!

Were you pleased?

___Not at all ___A little ___Somewhat ___Quite a bit 6 Very much N/A 2

Comments:

- I learned A LOT! Lexa did a wonderful Job! Thanks Lexa ☺
- Lexa Great Job!
- Excellent information!
- Thank you!!
- Excellent resources & folder

Dinner, Spaghetti with red sauce, meatballs, salad, bread, desserts, tea

Were you pleased?

___Not at all ___A little ___Somewhat 3 Quite a bit 4 Very much N/A 1

Comments:

- Thanks VISTAS!
- Yummy ☺
- I'm glad the VISTAS could cook dinner together.

Why Wellness Matters, Incorporating Wellness Initiatives in Your Youth-Targeted Program

Were you pleased?

___Not at all ___A little ___Somewhat 1 Quite a bit 2 Very much N/A 4

Comments:

- We did not do!
- I don't know if this happened or not?
- Ghost was out of this world.

Campfire Chat

Were you pleased?

___Not at all ___A little ___Somewhat 1 Quite a bit 2 Very much N/A 4

Comments:

- We did not do! Ghost tour was fun-Lisa did great!
- Haunted tour was good!
- Enjoyed talking and networking with my fellow vistas

Thursday, October 18, 2012

Breakfast-grab & go-eat on train, MARC Train to Union Station

Breakfast- milk, cereal, yogurt, bagels, toast, fruit, various juices, danishes, donuts, etc.

Were you pleased?

___Not at all ___A little 1Somewhat 3Quite a bit 4Very much

Comments:

- Didn't get to eat.
- Other than throwing away so much
- Great Idea!!

Metro from Union Station to Farragut North, White House Tour

Were you pleased?

___Not at all ___A little 1Somewhat 1Quite a bit 6Very much

Comments:

- Been better if all VISTAS sit together-(bonding time ☺)
- Very good but thought that White House tour would be guided
- Did not attend, but enjoyed my time in DC very much.
- Loved the tour, Thank you Pam for arranging it!

Lunch

Were you pleased?

___Not at all 1A little ___Somewhat 2Quite a bit 4Very much N/A 1

Comments:

- Chinatown next time, but subs were great. Birds fun!
- Wish we could have ate somewhere other than sub shop being attached by birds & water.
- Very good brown bag preorders were a great idea!!
- Chinatown? Local pub?

Metro from Farragut North to Union Station

Were you pleased?

___Not at all ___A little 2Somewhat 3Quite a bit 2Very much N/A 1

Comments:

- Tickets were a pain!
- Was better than driving & trying to park somewhere
- Did not participate, but enjoyed my time in DC very much!
- Nice not to drive/park

Capitol Tour/ Senator Manchin's Office

Were you pleased?

___Not at all 3A little 2Somewhat ___Quite a bit 3Very much

Comments:

- It was great to see the Capital but I wish we had a guide you could hear, who knew the actual history, and who knew her way around better.
- Did not like that we were not told to leave our bags at office = (
- Did not participate, but enjoyed my time in DC very much!
- Tour guide was nervous and it felt super rushed.

- A bit overwhelming, however that was just due to how busy the capital was not because of planning.
- Would have loved to meet Senator
- Tour guide should have made us aware ahead of time about the No Liquid or Food in the Capital.

MARC Train back to Harpers Ferry

Were you pleased?

___ Not at all ___ A little ___ Somewhat 5 Quite a bit 3 Very much

Comments:

- It was nice not to have to drive.

Chamber Mixer at Appalachian Trail Conservancy

Were you pleased?

1 Not at all ___ A little ___ Somewhat ___ Quite a bit ___ Very much N/A 7

Comments:

- Wrong night.
- Did Not Happen!
- We missed it (lol), but the evening was still great!
- Didn't happen

Dinner, Beef roast, mashed potatoes, gravy, corn, dessert

Were you pleased?

___ Not at all ___ A little ___ Somewhat 1 Quite a bit 6 Very much N/A 1

Comments:

- The food was delicious all week.
- Thanks Lexa & Velma
- Thanks Velma & Pam!

Evening Tea at the Dorms

Were you pleased?

___ Not at all ___ A little ___ Somewhat ___ Quite a bit 4 Very much N/A 4

Comments:

- Did not do!
- Love VISTAS!

Friday, October 19, 2012

Breakfast- milk, cereal, yogurt, bagels, toast, fruit, various juices, danishes, donuts, etc.

Were you pleased?

___ Not at all ___ A little ___ Somewhat 1 Quite a bit 6 Very much N/A 1

Comments:

Service Project with Harpers Ferry

Were you pleased?

1 Not at all 1 A little ___ Somewhat 2 Quite a bit 2 Very much N/A 2

Comments: VISTAs were not needed.

- It was interesting.
- Worked well w/ the kids!
- It was cool to see the programs, but we were useless! It seems like they had it all under control without us and we were in the way!

Evaluations

Lunch- YOYO- you're on your own with all left over's

Were you pleased?

___Not at all ___A little ___Somewhat 2 Quite a bit 5 Very much N/A 1

Comments: Soups were awesome.

Food is Good! Especially hot soup!

Enjoyed leftovers on last day, enough food options to mix things up

1. Future Training Topics, please share you idea for future training topics

- Ruby Payne or Richard Levoy (Phat City)
- Underserved communities
- More tips on saving money, Free/low-cost activities for VISTAS
- Budget (for programs); fundraising; poverty education
- Training just on 5 promise activities for youth
- Community outreach ideas
- Underserved community ideas

2. Future Training Activities please share any future training activities you would be interested in doing with your fellow VISTAS

- Staying at Cacapon State Park!
- DC, Canada, Bar-be-que, Group service projects on national days of service (MLK, 9/11, etc.)
- How to incorporate hands-on education things into curriculums (gardening, etc.)
- Life after VISA job resources
- Any & All-love them!

3. Food, please give your opinion/ideas on the food

- Taco Night
- The food was great!
- Veggie pizza, pancakes and bacon
- Tacos
- Amazing!!! salad bars food, breakfast for dinner
- Great selection!
- Pam takes good care of us Thanks Kourtney!
- Yummy!

4. Overall Training Experience, please give your opinion/ideas on your overall training experience Always love getting together for trainings and activities with the other VISTAs!!

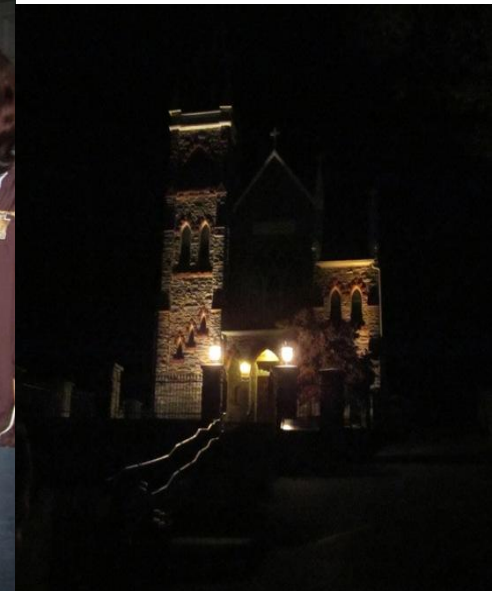
- Good but really disappointed there wasn't a tour of Harpers Ferry or time to wander around ourselves.
- It was excellent and I truly enjoyed myself. It was well organized and I am so glad that I was included.
- It was good! Wish we would have gotten to spend time in Harper's Ferry wondering.
- It was wonderful. Thank you for everyone's hard work and planning. DC was a once in a life time opportunity with the VISTA Team. VISTAs don't usually have the opportunity to travel and see new things so it's nice to have training. That is beneficial and allows us to explore new communities/places as a team. Thank you!!
- Enjoyed it very much. Love the history and DC outing was a great break, way to much scheduled 1st day.
- I felt it lacked organization.

Other Comments:

- Since we were very active on Wednesday and Thursday, I think that it would have been nice to begin Friday with a relaxing activity.
- Of all the fabulous places in DC to eat, why did we have to go to a sub shop? Would have liked a tour of HFP buildings.

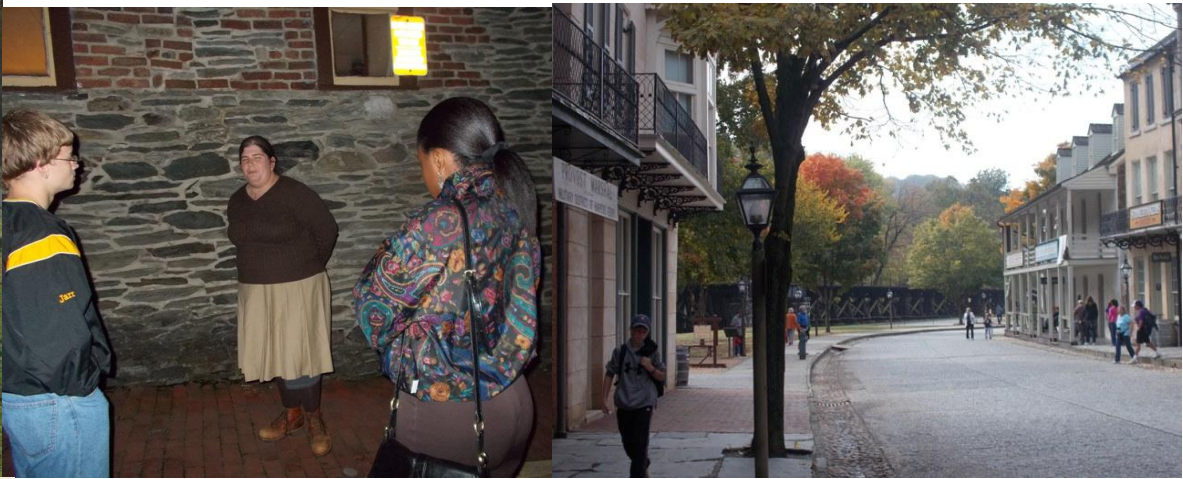
Departure- Safe travels.....

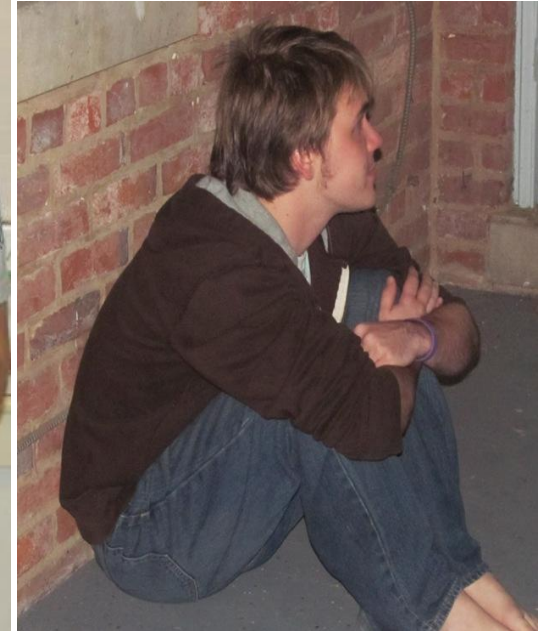
Harpers Ferry National Historical Park
AmeriCorps Promise VISTA Training
October 17, 18, 19, 2012

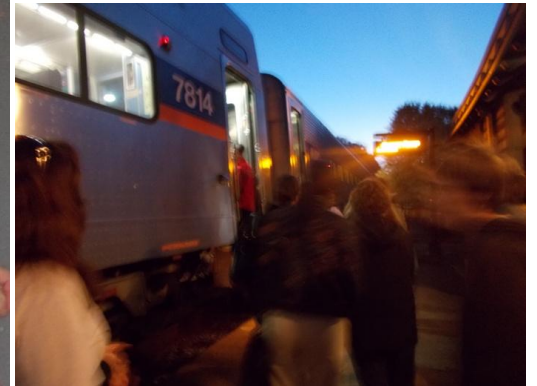










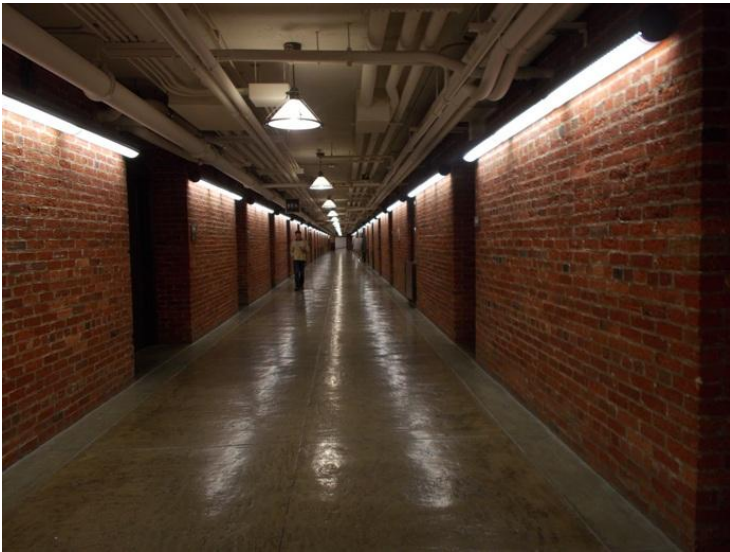




























WV's Promise VISTAs at The White House

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