

Week 8

This week began with the CHCI event on Monday, celebrating the Latino Cabinet members currently serving on President Barack Obama's administration. The members are: Labor Secretary, Thomas Perez; HUD Secretary, Julian



Castro; SBA Administrator, Maria Contreras-Sweet; and OPM Director, Katherine Archuleta. It was an amazing reception! The President & CEO, Esther Aguilera, started the ceremony with the Pledge of Allegiance. Then, the CHCI Chairman, Rubén Hinojosa, provided the opening remarks. Sen. Bob Menéndez, Rep. Ben Ray Luján, Rep. Xavier Becerra, and Rep. Linda Sánchez all took turns introducing the honorees. There were many more leaders in the room that attended to support the Latino Cabinet members. Overall, it was a memorable night! The

event was at the Russell Senate Building in the Kennedy Caucus Room and an estimate of 300 people attended this event. We were ALSO on Univision!

<http://noticias.univision.com/article/2041236/2014-07-29/educacion/noticias/el-primer-presidente-latino-esta-aqui?ftloc=channel1423%3AwcmWidgetUimHulkDeckCards1x3>

NEW YORK FARM DAY!



Tuesday was a busy day in the office! It was the 14th Annual New York Farm Day hosted by Senator Kirsten Gillibrand. This event took place in the Senate Kennedy Caucus Room. It showcased food and beverages made in New York. There were 31 companies from New York that attended and shared their products.

I was in charge of the Reception set up. I got to work right away and worked according to the floor plan and my supervisor's instructions.

The interns that worked in the loading docks came up with the products, and I would guide and help them unload the products in the proper place. I assisted the staffer to put up the front entrance

tables; I set up the wine glass cups, plates, and brochures. When the Reception started, everyone began to arrive, I decided to help check people in that RSVP'd. Unfortunately, other interns could not attend. I helped clean up and then went home.

The following day, staff told me that my work was well recognized and appreciated!



Wednesday we had an intern-mentoring

luncheon with the R2L (Ready to lead) NextGen participants. I met some

students from Texas. The majority of them were sophomores in high school. I spoke with them about my internship, CAMP, and gave them advice pertaining to school.

During the evening the CHCI Graduation Ceremony took place! The Ceremony was held at the U.S. Library of Congress. Esther Aguilera, CHCI President and CEO, shared the initial remarks. William Gil, CHCI Vice President, called each of us on stage for our individual achievements and recognition. We all received our CHCI Graduation Certificate and the CHCI Alumni pin! I am glad that during the eight weeks in D.C., I was fortunate enough to be a part of CHCI and establish friendships with inspiring leaders that surrounded me!



On Thursday, the HEP/CAMP interns had a tour of the East Wing of the White House. It was short, but an incredible experience. Then I went back to work since it was my last day in the office. I said my goodbyes and expressed my appreciation to all of the interns and staffers. Then my supervisor, Rowhan, handed Nathasha and me our pictures with the Senator!

Last CHCI Friday Programming!

We had breakfast at Phoenix University. During breakfast, we listened to Caroline Gonzalez discuss the importance of recruitment for CHCI at our campus. We learned from Janet Arias how we could stay involved as CHCI Alumni. We had lunch with Will Gil, the Vice President of Programming. We reflected back on the first day of our internship in DC; then we closed our eyes and reflected on how we have changed as individuals. He then shared with us his favorite quote, which I am sure, is now my favorite quote!

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny.” – Lao Tzu



To end the programming, the interns all said their last words, as did the President and CEO of CHCI, Esther Aguilera. The last evening in Washington, D.C. was spent with my fellow CHCI interns and we said our goodbyes.

Saturday morning I went for coffee, turned in my dormitory key, and waited for the shuttle to arrive to take me to the airport.



Remarks:

My internship in Washington D.C. has been a life-changing experience. I have learned a lot about myself. I have met incredible people and established long-lasting friendships. This experience of working on Capitol Hill enabled me to increase my knowledge about the legislative process. Through this internship, I have improved my professional skills and learned how to enhance my networking skills. This experience has empowered and further inspired me to take back what I learned to my community and become an even better Latina leader.

I personally would like to thank and recognize Maria Gonzalez Mabbutt, the CAMP Career Counselor at Boise State University for all that she has done for me and other CAMP students. She assisted me in the internship application process, as well as getting me prepared for it. I could not have done it without her encouragement and guidance!

If it were not for the HEP/CAMP National Association, this experience could not have been possible. Therefore, I would like to thank, my CAMP Director, Scott Willison and Associate Director, Gypsy Hall. I especially want to thank Patrick Doone for being so helpful and making the arrangements necessary for this internship to be a success.

Intern Tips!

- Have comfortable shoes! Ladies, FLATS!
- A Handbag for all of your things is very helpful.

- Dresses are the way to go; they are comfortable and stylish, just pair it with a professional blazer.
- Don't be afraid to email people for a coffee meeting or a walk and talk, and make sure to follow up with them.
- Make time to type your journals and upload the pictures! I cannot stress this enough!
- Last but not least! Stay true to who you are! Go outside of your comfort zone, try new things and meet new people! 😊