

Now What?

A guide to getting started
in Santa Cruz County 4-H



Table of Contents

Welcome to 4-H	1
Projects	2
Community Service	3
Leadership Opportunities	4
4-H Events	7
Record Books	11
Uniform/Incentive Program	13
Organizational Overview and Adult Volunteer Opportunities	17
Additional Resources	20



WELCOME TO 4-H

Hi, and welcome to the Santa Cruz County 4-H program. We're so glad you are joining us.

So, you may be wondering, **“Ok, I joined 4-H... Now what?”**
That is a very good question.

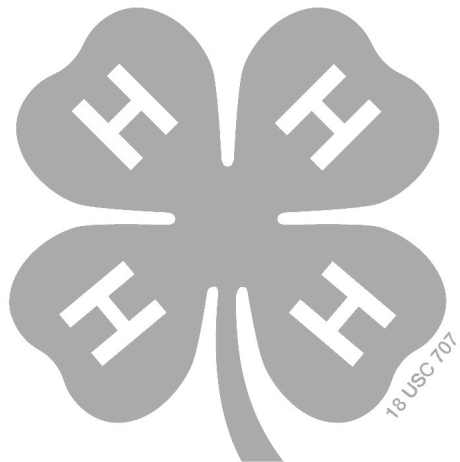
This booklet was put together just for you, the new 4-H member. It will guide you through the many aspects of the 4-H program and introduce you to the exciting world awaiting you in the Santa Cruz County 4-H Program.

Make sure you get to know the community leaders in your club. They will be able to answer any questions you might have while reading this booklet.

We hope that you enjoy your 4-H experience.

Sincerely,

The 2008-2009 Santa Cruz County All-Stars



PROJECTS



In order to learn new things and develop life skills, 4-Hers are encouraged to complete at least one 4-H project per year. Participating in projects is a great way to learn new skills and meet new friends. Some clubs require at least one completed project in order to get credit for the 4-H year.

What projects are available?

4-H offers many great projects in various categories. Among some of the most popular are Livestock, Cooking, Crafts, Public Speaking, Community Service, and the SET Program (Science, Engineering and Technology) Individual projects vary by club. Because projects are run solely by volunteers, not every club offers the same projects to their members. However, clubs will often open projects to members of other clubs.

How do projects start?

A project can only happen if an Adult Volunteer or Teen leaders runs it. Any approved Adult Volunteer (see Adult Volunteer section) can start a project. Any Teen Leader can start a project as long as they have an Adult Volunteer to supervise.

How do I join a project?

Many clubs publish a list of available projects. Attend your club's community meeting or talk to your club leader to learn about what projects are available in your club and how to join them.

When do projects happen?

To be recognized as an official project, each project must meet for a minimum of 6 hours. This could be all at once, such as a camping or hiking project, or it could take place over a number of weeks. Some projects, such as Livestock, run all summer or all year around. Others may only run for a few weeks each year. It is up to the project leader to decide when and how long their project will be.

Where do projects happen?

This is up to the leader. Most projects meet at the project leader's house, but it depends on the project. Some projects meet at an arranged venue such as a public meeting hall or rented building, or at a member's house. Once again, it is up to the project leader to decide where the project will meet.

COMMUNITY SERVICE

What is Community Service in 4-H?

Giving back to the community is an integral part of 4-H. Community service opportunities abound at all levels of 4-H, from individual or Club projects, to projects on a National scale.

Why Community Service?

Community Service teaches members civic responsibility, and gives them organized opportunities to get involved in community

How do I Get Involved?

Anyone can organize a project (someone has to take initiative!) - Adult or member w/ adult advisor. Some clubs have a member in charge of organizing Community Service opportunities. Funding of up to \$5000 is available if your project falls under the Service-Learning Program criteria set by the State.

Where do These Projects Happen?

Community service projects happen at various locations in Santa Cruz County and beyond. Some recent examples of projects are: County Fairgrounds preparation, graffiti removal, food drives, creating blankets for patients in children's hospitals, and cleanups at parks & beaches.

When?

Hopefully, your club will organize several community service opportunities throughout the 4-H year. If your club lacks activities, check with other clubs in the county, or create one of your own!



LEADERSHIP OPPORTUNITIES

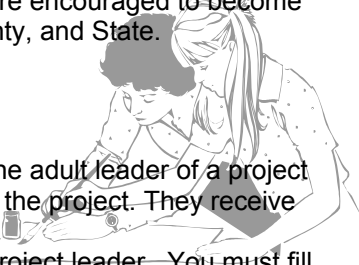
One of the goals of 4-H is to help members develop into confident, effective leaders. 4-H youth leaders use their personal knowledge, skills, and influence to establish relationships with people and help others meet goals. Many leadership opportunities are offered through the 4-H program, and members are encouraged to become involved at all levels, including Club, County, and State.

PROJECT LEVEL

Junior & Teen leaders

What is it? Jr. and Teen Leaders assist the adult leader of a project in teaching and helping other members of the project. They receive special patches and pins for their 4-H hat

How do I get involved? Arrange with a project leader. You must fill out half of a form before the project starts, outlining the goals of the project. After the project is completed, the second half is filled out and included in the member's Record book.



CLUB LEVEL

Club Committees

What is it? Clubs have committees for various reasons such as setup/take down, club judging day, fundraising, events, community service, and others.

How do I get involved? Find out from your Club Leader what committees are available.

Club Chairperson

What is it? The chairperson is responsible for the organization and facilitation of their committee.

How do I get involved? Some clubs hold elections for chairperson positions. Other ways are to be appointed or be the founder of the committee.

Club Officer

What is it? Club Community meetings are run by an executive board of elected members. It consists of a President, Vice President, Treasurer, Secretary, Reporter, Liaison, and others, varying by club.

How do I get involved? Clubs hold elections once a year for new Board members. Check with your Club Leader on how to get nominated.

COUNTY LEVEL

County Leadership Team

What is it? A team of Jr. High and High School level members, in charge of helping the County All-Stars organize county events and ceremonies. The team also fundraises for leadership development such as funding for Leadership Conferences and camps.

How do I get involved? Attend monthly leadership team meetings and activities. Ask your Club Leader for dates and locations.

All-Star

What is it? All-Stars are high-level youth leaders for the county. They are responsible to organize and run county events and ceremonies, with the help of the County Youth Leadership team.

How do I get involved? Requirements include having achieved a Gold Star Ranking, having a to-date record book, filling out an application and essay questions, and completing an interview. The interview is conducted by a team of three County-level judges.

Camp Councilor

What is it? High 4-Hers (9th grade) and above are able to volunteer as group councilors for 4-H summer camp. They are in charge of helping their group decide on a name and banner before camp, and supervising and mentoring their group during camp.

How do I get involved? Camp Councilor Applications are available with the regular camp applications. It is recommended, but not required, that potential camp councilors have attended camp for at least one year before becoming a councilor.



SECTION OR STATE LEVEL

Conference Teaching

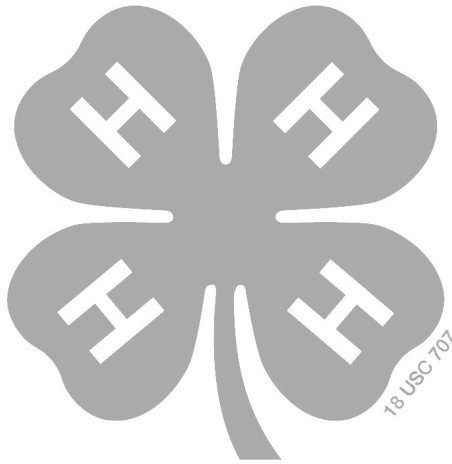
What is it? Conference teaching is a great opportunity to learn and practice leadership skills by working with a team of other youth leaders to prepare and present a session at leadership conferences such as LCORT (Leadership Conference of Regional Teens) and SLC (State Leadership Conference).

How do I get involved? It is recommended, but not required, that members be on the County Youth Leadership Team before participating in conference teaching. The teaching team will meet several times before the conference to organize and plan their session. Ask your Club Leader, Club President or Leadership Team Member about how to be included.

State Ambassador

What is it? State Ambassadors are youth who have excelled in the areas of leadership and community service. They organize and run state events such as State Field Day and State Leadership Conference. All expenses are paid by the state program for travel and other expenses related to Ambassador commitments.

How do I get involved? Applicants must be 16 years old or more, and pass a selection process conducted by the State. The process includes submitting the appropriate forms, a 4-H resume and essay, and an interview.



EVENTS

Events are activities that supplement your project work. Demonstrations, judging events, field trips, fashion revue, fairs, showmanship, camps and conferences are just a few of the fun learning opportunities available in 4-H. In 4-H, members learn and develop many skills and qualities that will be a tremendous asset to them as junior and teen leaders in 4-H, as well as in any career path they may choose.

COUNTY EVENTS

Spring Fair

Spring Fair is a fun, family-friendly spring event that includes a judged project display, rocket shoot, horse show, presentations, carnival-style games, dessert auction and much more. Spring Fair is usually held in late April to early May.



County Fair

The county fair is a fixture in the annual 4-H calendar. From staffing the 4-H food booth and volunteering in various departments, to showing livestock, 4-Hers are involved in many aspects of the Fair. 4-Hers also have many opportunities to enter their projects in a judged project display, help with fair planning and setup/cleanup. County Fair is usually the second week of September.

Summer Camp

4-H Summer Camp is an activity-packed weekend of teamwork, leadership and fun! Members can participate in classes on a variety of subjects from archery to friendship bracelets while interacting with other members and leaders. This is usually the last weekend in July.

Snow Camp

Snow Camp is a family-oriented, fun-filled weekend in the snow at Camp Sylvester, near Dodge Ridge Ski Resort. Snow Camp attendees can spend the days sledding, inner-tubing and having snowball fights, or hit the slopes at Dodge Ridge. Evenings are filled with programs lead by Teen Leaders, including songs, skits and more! Snow Camp is usually President's Day Weekend in February; all adults at Snow Camp must be carded 4-H volunteers. (See Adult Volunteer Section.)

Presentation Day

Presentation Day is an annual opportunity for 4-Hers to practice public speaking & showcase their knowledge & skill in project areas. Presenters earning a gold medal at County Presentation Day may continue to higher levels of competition. Presentation Day is usually held in March; members wanting to present at Presentation Day should refer to the 4-H Presentation Manual for complete information & categories.

Awards Day

Awards Day is a fun, county-wide end-of-year event to recognize achievements made by 4-Hers throughout the county. At Awards Day, members are presented with medals, scholarships, & other awards. There is usually a potluck, and always plenty of games & good times had by all. Awards Day is typically held in early to mid June.

Game Night

Game Night is a combination county wide party and community service event. Game Night goes contribute food & clothing for local charities in exchange for bingo cards to play for prizes. All are welcome at Game Night, whether or not they are in 4-H! Game night is usually held in late November or early December.

Music & Marshmallows

Music & Marshmallow are social evenings at the beach chock full of camp songs, s'mores and fun! Music & Marshmallows evenings are usually held in the spring & summer before 4-H Summer Camp.

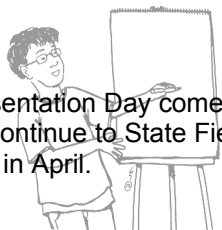
SECTION EVENTS (SOUTH CENTRAL)

Leadership Conference of Regional Teens (LCORT)

LCORT is a weekend-long leadership conference for 7-9th graders belonging to South Central Section, usually held at Wonder Valley Ranch near Fresno. LCORT is chock-full of leadership and team-building activities for teens to utilize in their Clubs and communities. LCORT is usually the last weekend in January.

Regional Presentation Day

Presenters earning gold medals at County Presentation Day come to present again. Gold medal winners here may continue to State Field Day. Regional Presentation Day is usually held in April.



STATE EVENTS

State Field Day

State Field Day has a variety of activities related to all things 4-H! Activities that occur annually are: Horticulture judging contest, Presentations and Fashion Revue. Many other activities can fill the day. State Field Day is usually held in late May at UC Davis. Check the State Website for more information.

State Leadership Conference (SLC)

State Leadership Conference is a weekend-long leadership conference for 9-12th graders, held at alternating UC Campuses throughout California. SLC includes motivational speakers, workshops, and plenty of social activities. SLC is usually the first weekend in August. Scholarships to attend SLC are available through Santa Cruz County 4-H Council. Check the State Website for more information.

California Focus

California Focus is a citizenship experience held near the Capitol in Sacramento. During California Focus, participants learn about and take part in California Government, history and politics. Check the State Website for more information.

NATIONAL EVENTS

National 4-H Conference

National 4-H Conference is a week-long conference held in Maryland. Those wishing to attend National Conference must apply and interview; only a few people are selected annually. If selected to attend National Conference, all expenses are paid by State 4-H.

Citizenship Washington Focus

Citizenship Washington Focus is a citizenship & leadership experience held in Maryland, with frequent excursions to the Capitol & Washington D.C., where participants meet with legislators to discuss current political issues as well as seeing highlights of the city. There are also various after-trips available, including jaunts to New York City and Philadelphia.



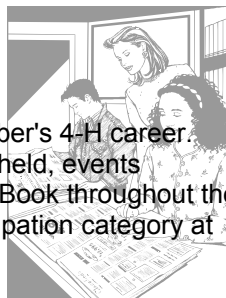
GLOBAL EVENTS

International Exchange Program

The 4-H International Exchange Program allows 4-Hers to visit a number of countries, learning about culture, history and more while staying with a host family. 4-H families can also host inbound youth.

These are just a few of the myriad activities available in 4-H!

RECORD BOOKS



What are Record Books?

Record books are a cumulative record of a member's 4-H career. Members record all leadership positions, offices held, events attended and other 4-H activities in their Record Book throughout the year, then record the total number of each participation category at the end of the year. Record books consist of:

- A Title Page
- A Table of Contents
- My 4-H Story – an essay or narrative about the member's experiences in 4-H over the past year.
- A Personal Development Report (PDR) – a running sum of activities attended; start this as soon as you join 4-H!
- Annual Project Reports – a chronicle of things learned and made or raised in each project (helpful hint: fill these out after each project meeting!).
- Junior/Teen Leader Reports, if applicable – a record of leadership positions held in specific projects. This form has portions which are filled out both before and after the project's completion.
- Expression Pages – a showcase of the member's work in a project. This can include photos, newspaper clippings, and award certificates.
- Past years' work – an archive of completed forms from past 4-H years.

Why Record Books?

Record Books are important tools for keeping track of your 4-H career. Record Books may compete to receive awards at the Club, County and State levels at the end of each 4-H year. Record books are also required for some events, leadership awards, and scholarships, as well as providing an excellent reference for college entrance and job interviews.

How Do I Keep My Record Book?

Throughout the year, it is very important for members to update their PDRs and Project Reports with each activity they participate in. Some members keep separate 4-H calendars to organize their 4-H activities, and some clubs publish monthly activity calendars. At the end of the year, members write a short story/essay about what they did and learned over the past 4-H year, sum their PDR activity

points, and compile expression pages with photos, newspaper articles and the like.

Where Do I Work On My Record Book?

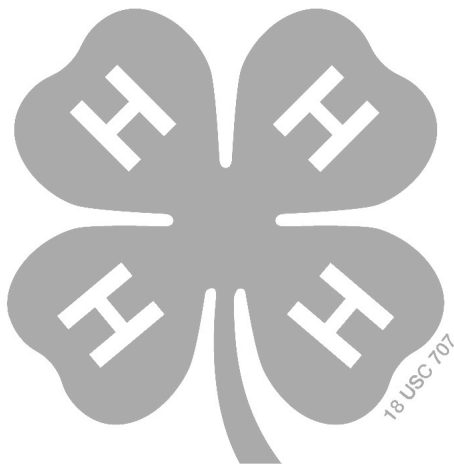
Members most often keep their records with them during the year, though some project leaders store members' Project Reports themselves from meeting to meeting. For those who prefer to fill out their forms electronically, both fillable PDFs and Word documents are available on the State 4-H website. Near the end of the year, some clubs also have Record Book Projects and/or Workshops.

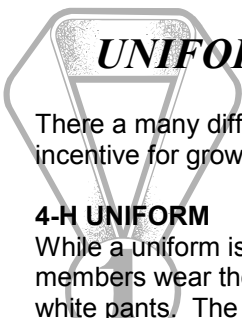
When Are Record Books Completed?

Record books should be updated throughout the year, but are usually finished and turned in or judged in May or June of each year. Books eligible for State competition are submitted to the State in October.

Complete resources for record books can be found at:
<http://www.ca4h.org/Resources/Members/RecordBook/>

County Record Book Judging Rubrics are available at:
http://cesantacruz.ucdavis.edu/Youth_Development/





UNIFORM / INCENTIVE PROGRAM

There are many different awards available to 4-H members as an incentive for growth in leadership, citizenship and other life skills.

4-H UNIFORM

While a uniform is not required for membership in 4-H, many members wear the 4-H sanctioned hat, scarf or tie, a white shirt and white pants. The hat and scarf/tie can be purchased at your club or at <http://www.4hsupplies.com/>. The 4-H hat provides a place for awards as well as helps a member be recognized as a 4-Her during outreach events. The County Fair DOES require 4-H members to wear whites, hat and scarf/tie for 4-H showmanship competitions.

PROJECT LEVEL AWARDS

Project medals

What is it? Project medals are awarded to members to mark achievement of various knowledge levels within a project area.

How do I get it? Be at least 13 years old, or in the project 3 years for bronze medal. Be at least 14 years old or 5 years in the project for silver. Be at least 16 years old or 6 years in a project for gold. Project medals are earned through an interview with the member's Project Leader for Bronze medal, and a county-level interviewer for silver and gold. Each level must be applied for through written form, available from your club or project leader.

CLUB LEVEL AWARDS

Year Pin and Stripe

What is it? A Pin and Stripe for the 4-H hat, signifying the completion of one 4-H year. Some clubs require members to turn in a record book to receive a year pin and stripe.

How do I get it? All members fulfilling their club's requirements will receive credit for that 4-H year, as well as their pin and stripe.

Record Book seals

What is it? 4-H members are encouraged each year to turn in a record book for that year.

How do I get it? Turn in a complete Record Book. Record Books will be judged at club level and receive a seal of white, red, blue, or gold, with gold being the highest. (See Record Book Section for more information)

100% Attendance pins

What is it? The 100% attendance award is a pin, worn on the hat, for members who attend 100% of their club's community meetings.

How do I get it? Attend 100% of your Club's community meetings. This award is received at club awards meetings at the end of the 4-H year.

Star Ranks

What is it? Star ranks are a patch for the 4-H hat, earned by accumulating participation in areas of Leadership, Community Service, Communication, and others. The Star Ranks available are; Bronze Star, Silver Star, Gold Star, Platinum Star, and 2 additional stars were added for 2010 for Santa Cruz County.

How do I get it? Participate in activities and events to fulfill requirements in the Personal Development form of your Record Book. You must also attend 80% or more of your club's community meetings. Your star rank will be awarded at your club awards day.

COUNTY LEVEL AWARDS

Personal Development Medal

What is it? The Personal Development Medal is intended to be the first Medal a 4-H member receives.

How do I get it? It is given to youth members under nine years old, or within a member's first three years of 4-H. It is earned through a short interview with a County Teen Leadership member, consisting of age-appropriate questions about what 4-H stands for, and knowledge about local clubs and projects. It is impossible to fail this interview.

All-Star

What is it? All-Stars are high-level youth leaders for the county. They are responsible to organize and run county events and ceremonies, with the help of the County Youth Leadership team.

How do I get it? Requirements include having achieved a gold star, having a to-date record book, and completing an interview. The interview is conducted by a team of three County-level judges.



Emerald Star

What is it? The Emerald Star is a patch for the 4-H hat recognizing a youth(s) for a community service based county achievement.

How do I get it? Applicants must meet the criteria specified by the county (criteria available on the county website). You must submit a proposal for a community service/outreach project. The County Incentives and Recognitions Committee reviews the proposed project and either approves it as submitted or makes recommendations for changes to the project. The Emerald Star is awarded once the project is completed, and the member submits a final report on the outcome of the project. The award is presented at the Santa Cruz County Awards Day at the end of the 4-H year.

Outstanding Junior Member Award

What is it? The Outstanding Junior Member Award is to recognize members aged 9-13 who have performed above and beyond in the areas of leadership and community service.

How do I get it? To receive this award, you must be nominated for this award by someone within your club or county. County Council or a committee from County Council will then select deserving members. The award is presented at the Santa Cruz County Awards Day at the end of the 4-H year.

Scholarships

What is it? Financial Scholarships are available for many different uses such as school and /or leadership development.

How do I get it? Scholarships are offered at Club, County, and State Level. Ask your Club Leader what scholarships are available at the club level. Visit the County 4-H website and the State 4-H Website for scholarship information at those levels.

STATE LEVEL AWARDS

State Field Day Awards

What is it? Various awards are available at State Field day such as Presentation Medals, Judging Contest Medals, Photography Contest Medals, Horticulture Contest Medals, and others.

How do I get it? Attend State Field Day at UC Davis and participate in contests and activities. A list of contests and activities for the current year are available on the State website in the early spring.

State Ambassador

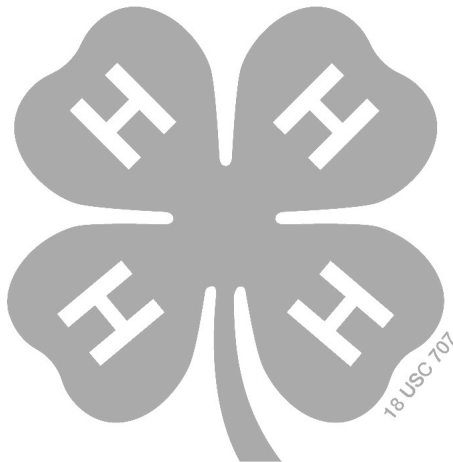
What is it? State Ambassadors are high-level youth and young adult leaders for the state. They organize and run state events such as State Field Day and State Leadership Conference. All expenses are paid by the state program for travel and other expenses related to Ambassador responsibilities.

How do I get it? Be 16 years old or more, and pass a selection process conducted by the State. The process includes submitting the appropriate forms, a 4-H resume and essay, and an interview.

Golden Clover Award

What is it? The Golden Clover Awards recognizes outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. It is awarded for various categories such as Innovative Ideas, Fundraising, and Citizenship. Recipients of the Golden Clover award receive a Pin, Medal, and 500 dollars, and will be recognized on the State 4-H Website

How do I get it? Members or Volunteers meeting the criteria for the Golden Clover award can apply or be nominated for review by the state judges. Please see the State 4-H website for more information.



ORGANIZATIONAL OVERVIEW

ADULT VOLUNTEER OPPORTUNITIES

National 4-H is headquartered at the USDA. Each state's Land Grant University system supports 4-H in their state. California 4-H is organized and supported by the University of California System, and is headquartered at UC Davis. The State 4-H office provides organizational leadership, educational opportunities around citizenship, leadership and life skills, as well as general operating guidelines for individual counties. The counties through their local clubs then institute the required policies and provide local opportunities for youth to become active citizens in their communities. California 4-H also works together with other State 4-H programs to organize regional and national events.



Club Level Opportunities

Adult Volunteer

What is it? Approved adult volunteers take an active role in the 4-H program by volunteering for a wide variety of opportunities such as attending camp and transporting other 4-H members.

How do I get involved? Attend a volunteer orientation, complete a volunteer application form and get fingerprinted.

Project Leader

What is it? Project leaders are very much like teachers. They have a topic they are interested in sharing with the 4-H world. They take this topic, possibly with the help of a teen or junior leader, and break it into half an hour to six hour sessions. Training sessions and leadership conferences are available to project leaders.

How do I get involved? You must become an approved adult volunteer by attending an orientation meeting (held several times a year), completing a volunteer application and getting fingerprinted. Then, find a topic you are well versed in or have a hankering to learn about. Tell the club about it and set up dates and places. Get everything and on together and teach.

Community Club Leader

What is it? Community Club leaders are the adult leaders at the club level. They organize meeting places, keep all the paper work in order for keeping the club recognized and the members enrolled. They work with the elected board officers to ensure smooth community meetings. They often oversee and help new project leaders and ensure that the adults are doing everything they signed up to do.

How do I get involved? Volunteer after becoming as familiar with the role as possible. Most Community club leaders are in the position for a few years, before passing it along to the next person.

County Level Opportunities

County Council

What is it? It in a way is the governing body of the county 4-H. It is made up of the county rep, sectional rep and the various adults and youth members that wish to be part of 4-H at the county level. The Council has officers and committees as the club level does. The Council votes on supplying teens with scholarships as well as overseeing the finances and policies of the county 4-H. Members will often report to the Council after having attended various leadership conferences, especially if they received funding from the Council.

How do I get Involved? Ask your community club leader, or possibly even a teen leader when your county council meets and where. You can also check the calendar on the county 4-H website.

Show up with your ideas to improve the county.

Committees

What is it? As in most groups that make decisions certain groups are delegated to focus on a topic and bring back their findings and opinions to the whole to allow proper choice making. These committees are often for topics that are too broad to fully discuss in the Council meetings. Some of these committees might be the bylaw review committee and the incentive & recognition committee.

How do I get involved? Show up to a county council meeting, or a few, and when a committee is needed to full research a topic, volunteer to be in it. Get in touch with the others in the committee and get together outside of the regular scheduled county council meetings to appropriately research and discuss the topic.

State Level Opportunities

Committees

What is it? Like the club and county level, the state also has committees that oversee and suggest to the 4-H governing board, procedures that should be followed throughout the state.

How do I get involved? Check the state website for application deadlines.

Sectional Representative

What is it? The Sectional Representative is a volunteer from each individual county. They attend the quarterly Sectional meetings and report back to their county.

How do I get involved? Each year, a Sectional Representative is selected from adult volunteers within the county. Being involved at the County Council is a plus for this volunteer as they must report back to their County Council with reports from Sectional meetings.

ADDITIONAL RESOURCES

Santa Cruz County 4-H Website

http://cesantacruz.ucdavis.edu/Youth_Development/

California 4-H

<http://www.ca4h.org/>

National 4-H

www.4-H.org

<http://www.facebook.com/4-h>

4-H Supplies

www.4hsupplies.com (California uniforms)

www.4-hmall.org

<http://www.orientaltrading.com/>



The University of California prohibits discrimination or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, gender identity, pregnancy(including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994) in any of its programs or activities.

University policy is intended to be consistent with the provisions of applicable State and Federal Laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action Contact, University of California, Agriculture and Natural Resources, 225 Hopkins Road, Davis, CA 95616 (530) 752-0495.

Brought to you by the 2008-2009 Santa Cruz County All-Stars



Nikolai Argue - Boulder Creek 4-H
Greta Stienbruner - La Selva Beach 4-H
Leslie Crill - Felton 4-H

Adult advisor: Rebekah Crill -Felton 4-H