

Marin County 4-H



New Family Guide



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4-H'S IMPACT

COMMUNITY
four times more likely to contribute to their communities

HEALTHY BEHAVIORS
two times more likely to pursue healthy behaviors

STEM
two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in out-of-school time.

GETTING OUT OF COMFORT ZONE
three times more likely to try new things and be confident in themselves

The infographic features a green and dark green color scheme with white text. It includes icons of a four-leaf clover and a yellow pencil with '4H' on it.



4-H STAFF CONTACT INFORMATION

<p>4-H Community Education Specialist Kayla Gulick kgulick@ucanr.edu 415-473-2641</p>	<p>4-H Program Assistant Martha Martinez mjmartinez@marincounty.org 415-473-4206</p>
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4-H Community Group Information



Community Group Name	
Meeting Location	
Meeting Dates	
Community Group Leader Name	
Community Group leader Phone Number	
Community Group Leader Email	
My Project Leader Name (s)	
Project Leader Contact Information	

WHAT IS 4-H?

The Marin County 4-H program, established in 1926, helps youth, ages 5-19, reach their fullest potential as competent, confident individuals who contribute to and are connected with their communities.

The four Hs in 4-H stand for important pillars of positive youth development:

- **Head:** 4-H encourages clear thinking, problem-solving, and decision-making skills.
- **Heart:** It fosters loyalty, responsibility, and caring for others.
- **Hands:** 4-H emphasizes practical skills, learning by doing, and community involvement.
- **Health:** It promotes healthy lifestyles, physical and mental well-being.

The 4-H program aims to help young people develop into confident, capable, and contributing members of society. Through 4-H youth engage in a variety of learning experiences, including STEM, agriculture, healthy living, and civic engagement. 4-H encourages participation in clubs, community projects, and volunteer work.

Nationally, 4-H is the largest youth development organization in the United States, with programs in every county and tribal nation, and over six million youth participating in 4-H programs in their communities.



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4-H DELIVERY MODES

There are four ways youth can participate in 4-H Programs in Marin County. You can join one or more 4-H delivery modes:

4-H Community Groups: Community Groups offer hands-on learning projects for youth. Groups meet once per month to focus on community building, public speaking and leadership development. There are 4 Community Clubs in Marin County.

4-H Overnight Camps: Summer camp programs offer one week of sleep-away camp programs, 4-H Overnight Camp is offered in June.

4-H Afterschool Clubs: 4-H Programs that meet at school sites and offer programming for families in that school district.

4-H Short-Term Programs: Short-Term programs could be weekly projects (Six weeks or less), One week day-camps, or one-day skill-building workshops. Short-Term Programs are listed on our website, check frequently to see the new cycle of projects offered.



HOW TO ENROLL?

STEP ONE

Find a project and community group that fits your interests: [Project Catalog 2025-2026](#)

There are no residency restrictions in Marin 4-H. For example, if you live in Novato, you can attend a project in Sausalito. Find the club that offers the projects that interest you and your family.

STEP TWO

Contact the 4-H Office who will connect you with the club leader and answer questions you may have regarding the 4-H Program

4-H Office Phone Number: 415-473-4206

4-H Program Coordinator: [Kayla Gulick](#) Direct: 415-473-2641 or via email kgulick@ucanr.edu

STEP THREE

Complete your [ZSuite Enrollment](#). Contact our 4-H Office if you need help completing your ZSuite Enrollment.

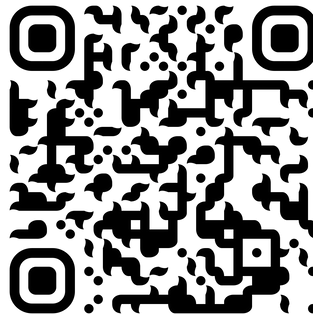
STEP FOUR

Contact a community group leader and attend a meeting to meet members and volunteers.

STEP FIVE

Pay for your enrollment fee and select your projects.

Scan the QR code to pay online



HOW MUCH DOES 4-H COST?

The 4-H Youth Membership Fee for 2025-2026 is \$75.00

The Adult Volunteer Program Fee for 2025-2026 is \$30.00

The enrollment fees allows a member to participate in all any 4-H delivery mode. However, there are additional project and/or event fees required to participate in certain projects/events.

For example, overnight summer camp has an additional project fee.

Community group leaders/4-H staff can provide additional information on specific project/event fees.

Fee waivers are available upon request.

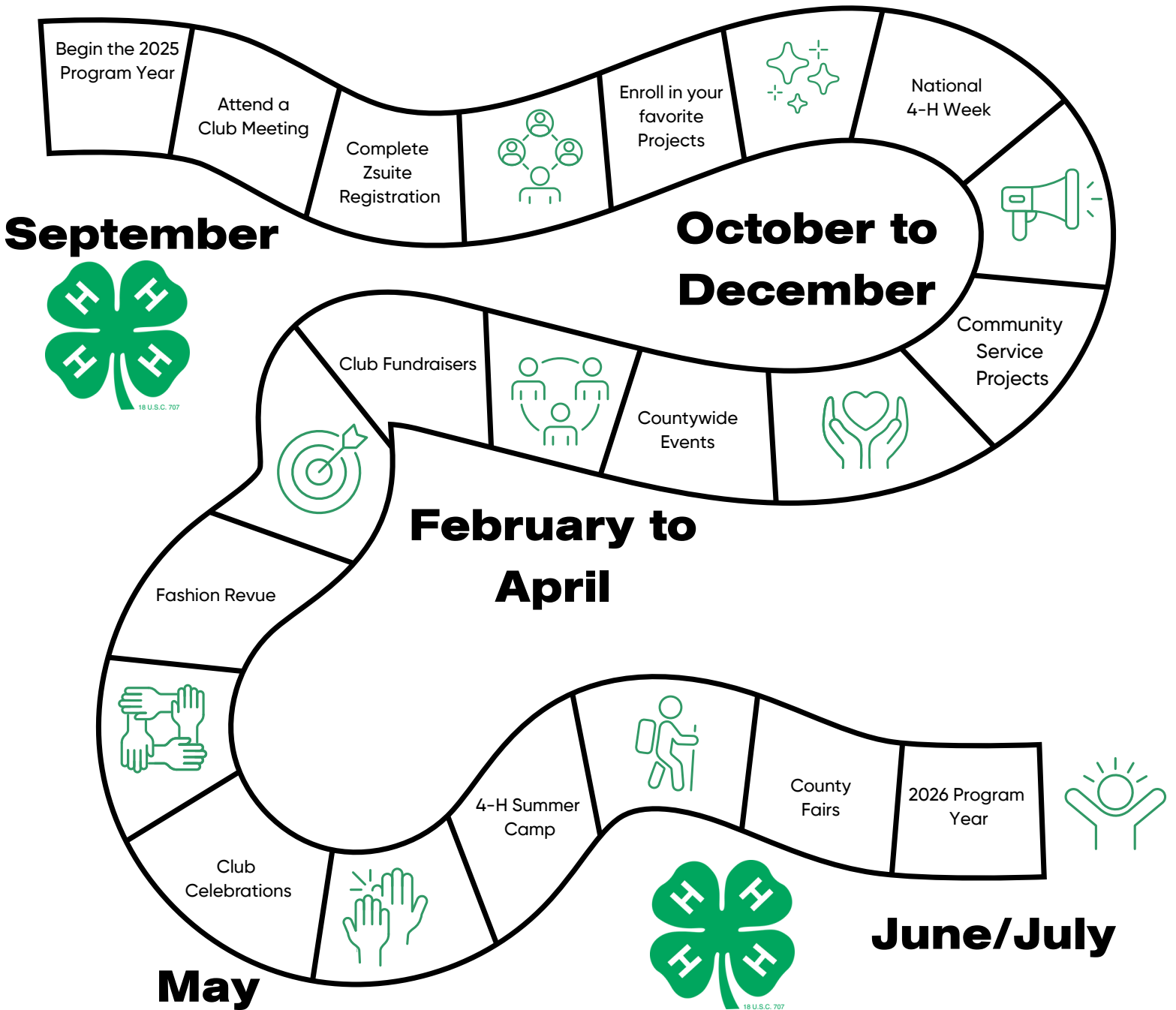
FIRST YEAR IN 4-H

Navigate your first year as a new family

Welcome to the Journey! Let's hit the road!

This page is designed to help you navigate your first year in 4-H to experience the program while still having time for your other activities.

All of these activities are crucial to build life skills and provide resources for the clubs to offer as many projects as possible while keeping costs as low for families.



FIRST YEAR IN 4-H

Events & Activities

There are many events and activities offered by 4-H. From community club meetings to state events in the state capital, you can do it all with 4-H.

However, in your first year, it is important to understand what opportunities are local as you seek to expand your 4-H experience beyond Sonoma County. Here are the types of activities that are offered by 4-H.

COMMUNITY GROUP MEETING

Community Group Meetings are a pillar of the 4-H experience, you meet with other 4-H members and learn about important updates from various levels of the 4-H program from project updates, to exciting conferences all across the country. Group leaders will also offer fun team building activities.



PROJECT MEETING

Project meetings are essential learning opportunities for youth. Project leaders will set a meeting schedule which requires a minimum of six hours of instruction throughout the program year. Attending project meetings are required to attend capstone events (fairs & state events) and be in good standing.

COMMUNITY SERVICE

Community service is a wonderful project that many 4-H clubs (and other organizations and individuals) participate in to help churches, individuals, organizations, schools and communities. The goal is to help these groups or people to better their program or life in some way, and we hope the youth providing the service will learn things such as life skills and processes along the way.



COUNTY LEADERSHIP TEAM MEETINGS (Quarterly in Marin County)

The volunteer management organization (VMO) hosts committees and volunteers four times per year. These meetings provide important updates on countywide events, funding opportunities (grants, scholarships), and community partnerships.

FIRST YEAR IN 4-H

Events & Activities (Continued)

Additional 4-H events and activities for families to participate in:

COUNTYWIDE EVENTS (Varies in Marin County)

These events provide avenues for youth to showcase their skills, or support their community. Countywide events take place throughout the winter and spring and they include: Achievement Day, Fashion Revue, Presentation Day, and Favorite Foods Day.



FAIRS (Varies in Marin County)

Fairs are sponsored by various organizations throughout the 4-H Year. Fairs offer competitive and non-competitive opportunities for youth to display their still exhibits (arts & crafts), leadership skills, and their animals (large and small).



SECTIONAL AND STATEWIDE EVENTS (Varies Across the California)

These events are the next progression for members who placed in a qualifying countywide event (Presentation Day & Fashion Revue). There are also statewide contests that do not require pre-qualification at State Field Day in May.



LEADERSHIP DEVELOPMENT

(CLUB LEVEL)

4-H helps you build confidence and leadership skills. There are lots of ways to get involved—at the project, club, county, and state level.

Project Level: Junior & Teen Leaders

As a Junior or Teen Leader, you get hands-on experience learning how to lead, youth from 11 - 19 can participate as Junior and Teen Leaders.

- Junior Leaders help with projects and activities.
- Teen Leaders take on bigger responsibilities.
- You can be a leader in one or more projects each year.



What Junior and Teen Leaders Do:

1. Work with an adult leader to set goals, plan lessons, teach skills, and review activities.
2. Help organize details like meeting times, locations, supplies, and costs.
3. Communicate with your leader and other members

Local Level: Club Officers

Community Group Officers are appointed or elected youth who help organize their 4-H community groups. Youth from 9 - 19 can participate as club officers.

What Community Group Leaders Do:

- Help plan the agenda for meetings
- Organize activities for the community group members
- Complete tasks required in the club project planning guide



LEADERSHIP DEVELOPMENT (COUNTY LEVEL)

County Ambassadors

The County Ambassador Program is the highest service opportunity and recognition in the county. Youth who have excelled in the areas of leadership, and community service are selected to serve in roles that promote leadership through education and service.

Requirements:

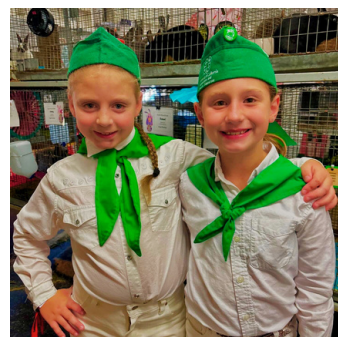
- Complete Ambassador Application
- Attend the interview session
- Be at least 13 years of age
- Complete service hours



County Level: Committee Member/Chair

Committee members help countywide volunteers and 4-H staff plan and implement valuable experiences for 4-H youth in their county. Youth from 11 - 19 can participate as committee members or committee chairs.

- Work with teen and adult volunteers to plan and implement countywide events
- Work with teen and adult volunteers to develop and support the county wide strategic plan
- Work with teen and adult volunteers to improve the program experience for members



LEADERSHIP DEVELOPMENT (STATE LEVEL)

Volunteer Management Councils

Youth make a difference across the state by participating in these councils where they provide a youth voice to the direction of the 4-H Program.

- Share information with your local 4-H community.
- Serve for one year in your junior or senior year (apply as a sophomore or junior).

State 4-H Advisory Committees

Advisory Committees work with statewide leadership and complete relevant work in their field.

- Work with youth, volunteers, and staff to give feedback on the statewide 4-H program.
- Help guide how 4-H operates across California.

State Ambassador

State Ambassadors promote 4-H through leadership and service. Youth apply to become a State Ambassador. It is a yearly appointment.

- One of the highest honors in California 4-H.
- Open to members who have shown strong leadership and community service.
- Ambassadors work with adult advisors to promote 4-H statewide.



Scan here to learn
more about
leadership opportunities
at the state level!



SUPPORT MARIN 4-H

Clubs need everyone to lend a hand and help youth thrive in a supportive environment. There are many ways to help; below are suggestions of how you can support your club!

ASSISTING WITH LOCAL ACTIVITIES & EVENTS (Lend a Helping Hand)

No 4-H Volunteer Appointment needed. No fingerprinting required. No youth oversight (other than your own).

- | | |
|---|---|
| <ul style="list-style-type: none">• Setting up and cleaning up for meetings/events• Organize/bring snacks and drinks• Organize a club meeting craft activity• Organize a community service or fundraising opportunity for the club• Volunteer as a guest speaker for your club• Assist with parent-to-parent communications (email, group chats through text, phone calls) | <ul style="list-style-type: none">• Connect with project leaders to offer support with set up and breakdown at project meetings• Support your own child during project meetings• Evaluating at county events such as Presentation Day or Favorite Foods Day• Help promote the club/project by tabling at events around the community• Help in a countywide committee to host an event |
|---|---|

PROJECT LEADER/CHAPERONE

4-H Volunteer Appointment needed. Fingerprinting required.

Includes Youth Oversight (Lead Projects/Supervise/Chaperone Overnight Events/Drive Youth)

- Lead 4-H projects (6 hours or more)
- Supervise Teens as Teachers Programs
- Chaperone 4-H Camp (overnight, one week)
- Chaperone county, regional, state, or national 4-H events, field days, and conferences
- Driving members to and from official 4-H activities or field trips

COUNTYWIDE LEADERSHIP ROLE

4-H Volunteer Appointment needed. Fingerprinting required.

Includes youth oversight and/or access to personal information.

- Community Group Leader/Co-Leader (main point of contact for the club) Volunteer Enrollment
- Coordinator (VEC) (support members and volunteers with enrolling) Club Officer Advisor
- (support the club officer team with planning meetings) Treasurer Advisor (support the club treasurer and help keep track of club financial accounting) Incentives & Recognition (I & R)
- Chair (support club members with record books and earning recognition such as pins and stripes)

PINS, AWARDS & RECOGNITION

By completing projects, developing leadership skills, and completing a record book, 4-H members are able to be awarded pins at the County Event in October.

Member Year Stripes & Completion Pins

These steps need to be completed annually to receive a year stripe and pin.

*Primary Members (ages 5-8) receive a year stripe and pin for participation in a project; project completion and the APR are not required for this age group.

4-H Year-End Award Application

Be a member in good standing

Complete a minimum of 6 hours of project instruction (or more as required by the project leader)

Complete & sign an Annual Project Report (APR) form



Project Pins

These steps need to be completed annually to receive a project pin.

*Primary members receive a project pin for participation in a project.

4-H Proficiency Form

Be a member in good standing

Complete a minimum of 6 hours of project instruction (or more as required by the project leader)

Completed & Signed Annual Project Report (APR) form



Leadership Stripe & Pins

Leadership pins are awarded based on the leadership role achieved during the program year (Ambassador, Club Officer, Junior/Teen Leader, etc).



4-H Record Book Pin Only

A 4-H Record Book is a standard record of your activities in 4-H - your projects, activities, events, skills development and learning experiences.

Find the record book information here:

<https://sites.google.com/ucdavis.edu/ca4h-resourcecenter/recognitions/record-books>

4-H OVERNIGHT CAMP

The Marin County 4-H Summer Camp provides an outdoor setting for environmental education, leadership development, and summer fun!

The core of the Marin County 4-H camp education program is to empower young people to share as partners in decision making, camp planning and implementation, and camp leadership on a day-to-day basis.

Use this QR Code to learn more about 4-H Camp



As in most 4-H activities, camp is run by teens, called "staffers," who start planning camp in the fall.

Staffers lead activities under the supervision of adult staffers who support, and mentor staffers as implement camp during the summer.



Staffers plan dozens of educational and team-building activities during the duration of camp. Youth are able to build new skills, and build friendships that will last a lifetime!

Camp is a perfect time to connect with nature. With hikes, a pond, and outdoor shooting ranges.

A great time to disconnect from electronic devices

FREQUENTLY ASKED QUESTIONS

1. How old do you have to be to join 4-H?

Cloverbuds (ages 5–8) can join in non-competitive activities. Regular members are ages 9–18.

2. What projects can my child take?

4-H offers a wide variety of projects—like animal science, cooking, rocketry, gardening, arts, and leadership. Project availability depends on local volunteers.

Check out the Project List to view the projects available in Marin County, if the project you want is not in your main club, you can cross to another club (project leader approval required)

3. Do kids have to live on a farm or raise animals to be in 4-H?

4-H has projects for every interest—science, arts, leadership, community service, and more. You don't need to live in a farm or complete an animal project to be a 4-H member.

4. Do parents need to volunteer?

Parents are encouraged to volunteer, but it's not required. However, 4-H runs best with family support, and there are many ways to help.

5. How often do 4-H clubs meet?

Most Community Groups meet once a month, with additional project meetings scheduled separately

6. What is expected of 4-H members?

Members should attend Community Group meetings, participate in at least one project, and take part in community service and county events

7. What opportunities are there beyond the local club?

Members can participate in county fairs, leadership conferences, overnight camps, short-term projects, and even national 4-H events.

8. How many projects should I take?

There is no limit to the projects you can take, but projects are commitments to be completed.

To maintain a balanced schedule, 2-3 projects are best for the first year in the program.

9. Who is my primary point of contact?

For questions about your club, reach out to your local 4-H leader.

If you have additional questions or concerns, reach out to the 4-H office staff and they will work with you to address them.