

## Fun facts about 4-H:

- 4-H began more than 100



- years ago.
- It has become the nation's largest youth development organization.
- By 1924, 4-H became recognized universally as the name of youth club work in the United States.
- The symbol of 4-H is a green four leaved clover with a white H on each leaf.
- There are approximately 185,800 4-H members in Pennsylvania.
- The 4 H's stand for
  - Head
  - Heart
  - Hands
  - Health
- The 4-H Motto is: "To Make the Best Better."
- The 4-H Slogan is: "Learn by Doing."



## How to join?

Contact your county agent:  
Kelly Weisner  
4-H/Youth Development  
Coordinator  
Lehigh County Ag Center  
4184 Dorney Park Road  
Room 104  
Allentown, PA 18104

Phone: 610-391-9840  
E-mail: kmb26@psu.edu

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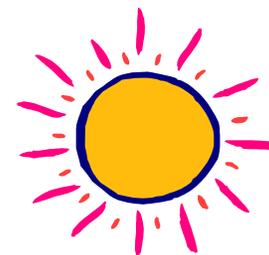
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Penn State **Extension**

# Sunshine 4-H Community Club

**A Club for Teens with  
Mild Autism**

Get involved in your community!



**4-H is a community of young  
people across America  
learning leadership,  
citizenship, and life skills.**

**extension.psu.edu**



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## What is the Sunshine Club?

It is a Lehigh County 4-H Club formed specifically for teens who have mild Autism and are looking to engage in their local community through 4-H projects, community based service projects, and socialization with peers.



## What are 4-H Projects?

The members of the club will select and vote on various 4-H projects to complete each year.

### **Choices may include:**

- Cooking
- Gardening
- Woodworking
- Crafts
- Wildlife

### **Service Projects may include:**

- Baking dog biscuits for shelters
- Build a bird feeder for a local nursing home.

## Who can join?

Any youth (ages 11-20 as of January 1) in Lehigh County that is currently interested in participating in a community based club. This club is specifically for individuals with mild Autism. Participants will need to be able to communicate his/her needs and maintain safe control of his/her behavior at all times as the Club will be out in the community for service projects.

## Tell Me More:

Youth are expected to participate as equal members in the club and try new projects that are selected.

Members will be encouraged to share ideas for future projects and activities.

Club registration will be limited to allow for a successful experience for all members. Club Leaders are screened

## Where and How do we meet?

The Sunshine Club meets twice a month on Tuesday evenings. The meetings are held at the Lehigh Carbon Community College Campus in Schnecksville, PA

Contact the Lehigh County Extension Office for details on joining.



## How do families get involved?

Parents are encouraged to help their 4-H member participate and complete the club projects. They are also encouraged to attend meetings, and assist the club leaders and members with the community based activities.