

Five Star Program Work Sheet and Answers for Five Star Program Awards

The worksheets and answer sheets below are for use in study and completion of the Five Star Award Program. The official form follows behind these work sheets.

Sons of The American Legion Five Star Program Worksheet for Point 1 Patriotism

1. Is it correct to sing the National Anthem while saluting the flag? Give explanation.
2. When was your state first represented by a star in the union of the national flag?
3. Name the original states represented by the stripes of the flag.
4. What is our National Anthem? By whom was it written? Under what conditions?
5. What naval commander first flew the Stars and Stripes? When and over what ship?
6. What is the proper salute to the flag by a man or boy in civilian clothes? By a woman or girl?
7. On what days should the flag be displayed?
8. What date do we observe as the anniversary of the flag? When and by whom was this anniversary proclaimed?
9. Quote the pledge of allegiance to the flag. Explain what it means to you.
10. Demonstrate the correct method of folding the flag of the United States.

(Answers)

1. No, it should not be done, since this would be awkward, unnatural and incongruous.
2. 1876
3. Connecticut, Georgia, Rhode Island, South Carolina, Virginia, Delaware, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina and Pennsylvania.
4. "Star Spangled Banner." Francis Scott Key. During bombardment of Ft. McHenry.
5. John Paul Jones in 1777 over the sloop "Ranger."
6. Man or boy removes hat, places over heart; or if not wearing hat, places right hand over heart. Woman or girl places right hand over heart.
7. It is suggested that the flag be displayed on all historic and special occasions and on national and state holidays. The flag should be displayed every day, especially on those days mentioned.
8. June 14, President Woodrow Wilson, 1915.
9. I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.
10.
 1. With one person holding each end of the flag, taking care to hold the flag taut, fold the lower striped of the flag over the blue field.
 2. The folded edge is then folded to meet the open edge.
 3. A triangular fold is then started by bringing the striped corner of the folded edge to the open edge.
 4. The outer point is then turned inward parallel with the open edge to form a second triangle.
 5. The triangular folding is continued until the entire length of the flag is folded in this manner.
 6. When the flag is completely folded, only the blue field should be visible and it should be folded in the triangular shape of a cocked hat.

Chapter 11 : Five Star and Ten Ideals programs

Sons of The American Legion Five Star Program Worksheet for Point 2 Citizenship

1. Recite or write the preamble to the Constitution of the United States of America. Write an essay on what it means to you. (Optional essay)
2. What date in the year is set aside in commemoration of the completion and signing of the Constitution of the United States of America? Name the five members of the committee chosen to write the Declaration of Independence.
3. Recite or write the American Creed. (Optional) Write an essay on what it means to you.
4. Name your mayor and members of your city government; the governor of the state; the congressman from your district; and the two United States Senators from the state. Attend and report on a meeting of the city's governing body.
5. What are the three divisions of government provided for in the Constitution of the United States of America?
6. Report of assistance to the sponsoring post and other agencies in non-partisan "Get-Out-the-Vote" campaign, examples: newspaper ads, handbills, and such, urging the public to vote for the candidate of their choice.
7. Report of assistance in recognized community charity campaigns, such as Community Chest, Red Cross, etc.
8. Participation in oratorical and essay contests on citizenship subjects as a part of the school work. These contests are sponsored by both The American Legion and Auxiliary. Students may enter either one for credit.
9. Participation in religious activities. Give a brief written report.
10. Encouragement by example among your associates of the necessity of being thrifty.

(Answers)

1. We, the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our prosperity, do ordain and establish this Constitution for the United States of America.
2. September 17. Thomas Jefferson, John Adams, Benjamin Franklin, Rodger Sherman, Robert (R) Livingston.
3. I believe in the United States of America as a government of the people, for the people, by the people, whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable, established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes. I therefore believe it is my duty to my country to love it, to support its Constitution, to obey its laws, to respect its flag, and to defend it against all enemies.
4. Information must be obtained locally.
5. Executive (enforces the laws), Legislative (makes the laws), and Judicial (interprets the laws).
6. Should be a squadron project.
7. Should be a squadron project.
8. Should be a squadron project.
9. Should be a squadron project.
10. Should be a squadron project.

**Sons of The American Legion
Five Star Program
Worksheet for Point 3 Discipline**

1. What is discipline and how might it be developed?
2. Why is discipline essential in the handling of all group activities?
3. Briefly outline why discipline is essential to law and order.
4. Report of conduct in squadron meetings.
5. Report of good conduct in school work.
6. Benefits gained through participation on drill teams, rifle teams, athletic teams, bands, drum corps, etc.
7. Report of showing respect for older people (Refer to Point 8 of the ten ideals).
8. Practice of self-control in every aspect.
9. Reaction and obedience to orders given.
10. Support and help your squadron, post, and Auxiliary in achieving good relationships.

(Answers)

1. Suggested answer; Discipline is training to live within the rules determined by parents, schools, government, and churches. It is developed by constant practice in living up to the goals that have been set.
2. Suggested answer; Group activities are effective only when you have rules. This includes following the rules, establishing discipline and developing the ability to take direction from whomever is the leader.
3. Suggested answer; the basic need for law and order is to enable people to live within a group and with each other. The rights and opinions of each person must be respected at the same time that you are respecting fundamental rights of the group. Discipline is the cornerstone from which law and order develops.
4. Should be a squadron project.
5. Should be a squadron project.
6. To develop self-discipline, sportsmanship, and the ability to work for the good of the group. All of these activities develop a sound mind and body.
7. This project should involve courtesy to older people.
8. Demonstrate the ability to start projects or establish goals and to work with others.
9. Demonstrate the ability to take orders in group activities.
10. Should be a squadron project.

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Sons of The American Legion Five Star Program Worksheet for Point 4 Leadership

1. What are the principle requirements of true leadership?
2. A. Who was Commander-in-Chief of the Armed Forces in the United States during each of the World Wars?
B. Name five Americans noted in leadership in the Army, Navy, Air Force, and Marine Corps.
C. Name five Americans noted for leadership in industry.
D. Name five outstanding statesmen in American history.
3. Does a good leader do all the work himself or see that it is done by others?
4. Name the present national, state, and local leaders of The American Legion.
5. How would you develop the qualities of leadership in yourself? Explain these qualities.
6. Demonstration of leadership by holding office in the Squadron, or by leadership in group activities of the Squadron.
7. Demonstration of leadership in school.
8. Demonstration of leadership in a church.
9. Demonstration of leadership in sports and contests of all kinds outside of squadron activities.
10. Prepare a short essay on leadership.

(Answers)

1. Suggested answer: Leadership requires that the leader has a workable plan which he can sell to others in the group and get their cooperation in putting the plan into action. It requires working with people in a way that gets them to assume responsibility and to work toward the goals outlined in the plan. Some of the prime requirements of leadership could be listed as;
 1. Determining what we want to do.
 2. Thinking about ways to do it.
 3. Making firm decisions.
 4. Assigning work.
 5. Persuading and directing others.
 6. Checking on progress.
2. Answer A; WWI, Woodrow Wilson. WWII, Franklin D. Roosevelt and Harry S. Truman. Answers B, C, D vary.
3. A good leader is able to assign work so that others will work with him when given the proper authority.
4. The information can be obtained from local post officers.
5. Should be a squadron project.
6. Should be a squadron project.
7. Should be a squadron project.
8. Should be a squadron project.
9. Should be a squadron project.
10. The persons judging essays should look to see whether objectives have been set, some attention has been given to personal attitudes, proper thinking has been stressed and the essay allows for delegation of authority, motivation and follow up.

**Sons of The American Legion
Five Star Program
Worksheet for Point 5 Legionism**

1. When and where was The American Legion organized?
2. Why has an adequate national defense ever been a primary objective of The American Legion?
3. What are some of the other national activities of The American Legion?
4. Assist in community service projects sponsored by the Legion post.
5. Assist in observance of patriotic holidays sponsored by the Legion post.
6. Prepare a brief essay in the significance of Memorial Day. (Paper is to be graded by post committee.)
7. Memorize the Preamble to the Constitution of the Sons of The American Legion.
8. What is the proper way of wearing medals and awards on the SAL hat? Why are they all worn on one side?
9. Know and explain the SAL uniform.

(Answers)

1. The American Legion was born by a caucus of the first American Expeditionary Force, March 15-17, 1919 in Paris France.
2. The deep rooted interest of The American Legion in the security of the nation was born in the hearts and minds of its founders and those who piloted it through the treacherous waters of its early years.
3. Boys Nation, Boys State, American Legion Baseball, National High School Oratorical Contest.
4. As stated on worksheet.
5. As stated on worksheet.
6. As stated on worksheet.
7. As stated on worksheet.
8. a. all must be attached to the right side of the cap. b. Uniformity.
9. The basic uniform of the Sons of The American Legion is the squadron blue cap. Dress attire is determined by the activity and by the Sons of The American Legion leadership conducting the event or function. Optional attire such as casual, dress casual, coat & tie is determined by the squadron, district, and detachment.

Chapter 11 : Five Star and Ten Ideals programs

APPLICATION FOR FIVE-STAR AWARD SUPPLIES
SONS OF THE AMERICAN LEGION

_____, 20_____
(date) (town) (state) (zip)

Department Headquarters, The American Legion

This is to certify that _____, members of

Squadron No. _____, Detachment of _____,

City of _____, has successfully completed his test on



(1) Patriotism _____ (check one)

(2) Citizenship _____



(3) Discipline _____

(4) Leadership _____



(5) Legionism _____

(6) Has passed all of the above Star Awards tests and

is entitled to have the Five-Star Award Medal _____

Please mail the above insignia to _____



Attested to by _____

(Post Adjutant)

(Post No.)

(City)



Approved by: _____
(Department Officers)

NOTE: This form to be mailed to Department Headquarters. Insignia for the Five-Star Award can only be had by certification. All orders must first be approved by Department or Detachment Headquarters, and sent together with the remittance to the National Emblem Division, The American Legion, Post Office Box 1055, Indianapolis, Indiana 46206.

The Ten Ideals

A national award of recognition may be presented to those who have completed the Ten Ideals Program.

This medal is available through National Emblem Sales, The American Legion, P.O. Box 1050, Indianapolis, IN 46206.

1. **PATRIOTISM:** Turn out for Memorial Day, Independence Day and Veterans Day parades and ceremonies. Learn the proper display of the flag. Learn the Pledge of Allegiance.
2. **HEALTH:** Write an essay on how to maintain sanitary conditions to promote health in your home, the post home and/or in camps and outdoors in general. Explain what you do daily to keep fit.
3. **TRAINING:** Become a squadron officer, or assist a squadron officer(s) during and between meetings and activities.
4. **KNOWLEDGE:** Maintain good grades in school. Know the instructions for the Ten Ideals and Five Points of service. Explain what each individual part means. Know what the SAL emblem stands for. Explain orally what each part of the emblem represents.
5. **HONOR:** Display honorable service in the squadron over a period of six months by being truthful and honest with your actions.
6. **FAITH:** Demonstrating good conduct and willingness to obey instructions over a period of six months will earn you the squadron's recognition of your faith in its leadership and ideals.
7. **HELPFULNESS:** Develop reasonably consistent attendance at meetings and other functions. Volunteer for tasks for the good of the squadron and be reliable in carrying out your part. Help promote your squadron by signing up at least one new member, and help collect dues from existing members.
8. **COURTESY:** Apply yourself diligently to show you are polite and respectful to your comrades, officers, Legionnaires and others.
9. **REVERENCE:** Show that you are a member of a religious organization. Aid in placing markers and flowers on veterans' graves.
10. **COMRADESHIP:** Show the tie that binds you to the squadron and to the Legion by helping in the annual Poppy Sale, thus aiding disabled veterans. Help cheer up a veteran in a hospital or in his home.

Chapter 11 : Five Star and Ten Ideals programs

1

Patriotism

- **Patriotism** is commonly defined as love of and/or devotion to one's country.
- *Examples of Patriotism :*
 - Turn out for Memorial Day, Independence Day & Veterans Day parades & ceremonies.
 - Learn the proper display of the Flag
 - Learn the "Pledge of Allegiance"

2

Health

- Write an essay on how to maintain sanitary conditions to promote health in :
 - *Your home*
 - *In the Post home (give examples of sanitation and safety standards in your Post home)*
 - *In Camps & Outdoors in general (explain what you do daily to keep it.)*

3

Knowledge

- **Knowledge** is defined as the state or fact of knowing. Familiarity, awareness, or understanding gained through experience or study.
- Maintain a passing mark in school.
- Know the instructions for the ten ideals and five points of service. Explain what each individual part means. This may be written or oral.
- Know what the SAL Emblem stands for. Explain orally what each part of the Emblem stands for. If possible, use an Emblem which comes apart so that the Emblem can be put together as it is being explained.

4

Honor

- **Honor** is defined as high respect, as that shown for special merit.
 - Honorable service in the Squadron over a period of six (6) months shall qualify you for this award.
 - Honesty of actions and purpose, and truthfulness will help you achieve this.

5

Training

- Become a Squadron Officer, or assist a Squadron officer(s) during and between meetings and activities.

6

Faith

- **Faith** is defined as a confident belief in the truth, value, or trustworthiness of a person, idea, or thing. Belief that does not rest on logical proof or material evidence
 - Good conduct and willingness to obey instructions over a period of six months will earn the Squadron's recognition of your faith in its leadership and ideals

7

Helpfulness

- **Helpfulness** is defined as providing assistance; useful.
- Develop reasonably consistent attendance at meetings and other functions.
- Volunteer for tasks for the good of the Squadron and be reliable in carrying out your part.
- Help promote your Squadron by signing up at least one new member, and help collect dues from existing members.

8

Comradeship

- **Comradeship** is defined as the state of being a comrade, intimate fellowship. The company, friendship or fellow purpose of others.
- Show the tie that binds you to the Squadron and to the American Legion by helping in the American Legion programs; thus aiding Disabled Veterans (e.g. Annual Poppy Sale, Gift to Yanks, Blood Drive)
- Help cheer some Veterans in a hospital or in his home.

9

Courtesy

- **Courtesy** is defined as polite behavior.
- Apply yourself diligently to show you are polite and respectful to your comrades, officers, Legionnaires and others with whom you come in contact.

10

Reverence

- **Reverence** is defined as feeling of profound awe and respect; venerate. An act of showing respect.
- Be active in your local religious organization of choice.
- Assist the Post in placing flowers and/or flags on Veterans graves.
- Assist your Post/Squadron Chaplin during services or ceremony.



To Order Medals, call or Visit Emblem Sales

(888) 453-4466

or visit the website:
emblem.legion.org

Product Name: SAL Ten Ideals Medal
Item# 517.010
\$14.95 each
plus tax and shipping