

## Sons of The American Legion

### 10 Ideals and 5 Star Programs

These programs are designed to help us better understand what true Americanism is and give us a better working knowledge of U.S. history, Legionism and the development of leadership skills. These Programs cover many important and sometimes forgotten ideals/skills such as (the 10 Ideals includes) Patriotism, Health, Knowledge, Training, Honor, Faith, Helpfulness, Courtesy, Reverence, and Comradeship. This is not just a program for our youth, adults will also benefit from participation in this program.

The 5 Star Program teaches you how to demonstrate a working knowledge of; Patriotism; history of the flag, proper display, and proper respect to it. Citizenship; participation in community events and having a working knowledge of the qualities of a good citizen. Discipline; respect for rules and obedience to them. Also noted are Leadership; principle requirements of being a good leader. And Legionism; thoroughly understands the ritualistic workings and the program and activities for the Sons of The American Legion. Please be aware that this program can be completed in staged and individual awards can be given for each of the five categories. After completing all five points the 5 Star Medal can be presented to the graduate.

Our education system today lacks the dissemination of materials that many of us learned in school years ago. This is due to the continuing concern for political correctness. The 10 Ideals and the 5 Star programs importance are now greater than they ever have been before because of these changes. Today we as members of the Sons of The American Legion must train our youth in the importance and values these programs offer. Every S.A.L. member should consider completing these very important and educational programs so that the knowledge noted within the materials continues the legacy for our future youth.

- **Please Note:** After successfully completing each program there are awards that can be presented to the graduates. These awards are available through American Legion Emblem Sales.



10 Ideals Medal

5 Star Medal

Ernie Laberge

Member National Americanism Commission 2019-2021



*"Honoring the Past....Continuing the Legacy"*

2018-19 National Commander, Greg "Doc" Gibbs