

Sons of The American Legion

10 Ideals and 5 Star Programs

The 10 Ideals and 5 Star programs help us to better understand what true Americanism is. Those individuals who complete the programs will also benefit in other ways, such as a better working knowledge of U.S. history, Legionism and the development of leadership skills.

The 10 Ideals Program covers Patriotism, Health, Knowledge, Training, Honor, Faith, Helpfulness, Courtesy, Reverence, and Comradeship. This is not just a hands-on program it also includes written exercises; participation in this program demonstrates a working knowledge of all 10 ideals.

In the 5 Star Program, the five points that are addressed demonstrate 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.
 - Leadership—principle requirements of being a good leader.
 - Legionism—thoroughly understands the ritualistic workings and the program of activities for the S.A.L.
- 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

Due to countless changes in our education system with regards as to what can and cannot be taught in our school classrooms. These programs have more importance than they ever have before. Today's education system is not teaching the same things we learned in school many years ago. This is due to a growing emphasis on political correctness. Today we 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.

Ernie Laberge

Member National Americanism Commission 2017-2018



"FOLLOWING THEIR FOOTSTEPS..... MAKING HISTORY"

2017-18 National Commander, Danny Smith