

# THE TEN IDEALS

**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.

**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. More information is available at [www.legion.org/sons](http://www.legion.org/sons) or [emblem.legion.org](http://emblem.legion.org).**