



Sons of the American Legion
 Neil Thomas Jr. Centennial Squadron 209
 Colorado Springs, Colorado
www.Legion209.org/Sons

SAL 10 IDEALS PROGRAM

The 10 Ideals, like the 5 Star Program, cover many important and sometimes forgotten ideals & skills that help us better understand what true Americanism is and give us a better working knowledge of U.S. History, Civics, Legionism and assist the development of leadership skills that help to forge a well rounded person & citizen.

PATRIOTISM: commonly defined as love of, pride in and/or devotion to one's country.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Attend Memorial Day, Independence Day, Veterans Day, & Patriots Day ceremonies.
 - Memorize & Learn to Recite the American Creed
 - Learn the proper etiquette & display of the Flag of the United States of America
 - Memorize & Learn to Sing the National Anthem “The Star Spangled Banner”
 - Learn & Practice the Proper Folding & Etiquette for Folding & Respect of the Flag of the United States of America

➤ **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Patriotism** Ideal.

Attestation:

_____ **Date:** _____
 (SAL Squadron Commander or Adjutant)

COMRADESHIP: defined as closely associating & working together in the same important occupation or activity; the intimate fellowship, company, friendship or fellow purpose with others.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Show the tie that binds you to the Squadron and to the American Legion by helping in the American Legion programs (e.g. Annual Poppy Sale, Blood Drive, Fundraiser)
 - Help cheer some Veterans in a hospital or facility.

➤ **Description of Task Completed for this Ideal:** _____



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This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Comradeship** Ideal.

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_____ **Date:** _____
(SAL Squadron Commander or Adjutant)

COURTESY: Defined as polite behavior marked by excellence of manners, social conduct or respect for others.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Apply yourself diligently to show you are polite and respectful to your comrades, officers, Legionnaires and others with whom you come in contact and interact
 - Follow the Golden Rule – Treat others as well as you would wish to be treated
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Courtesy** Ideal.

Attestation:

_____ **Date:** _____
(SAL Squadron Commander or Adjutant)

FAITH: 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.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Good conduct and willingness to obey instructions over a period of six (6) months will earn the Squadron’s recognition of your faith in its leadership and ideals
 - Participation or attendance at religious service or activity.
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Faith** Ideal.



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HEALTH: The condition of being sound in body, mind, or spirit; freedom from physical disease or pain

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Explain what you do daily to keep yourself fit & healthy
 - Write an essay on how to maintain sanitary conditions to promote health in:
 - Your home or in the Post home (give examples of sanitation and safety standards)
 - In Camps & Outdoors in general (explain what you do daily to maintain)
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Health** Ideal.

Attestation:

_____ **Date:** _____

(SAL Squadron Commander or Adjutant)

HONOR: Defined as honesty, fairness, or integrity in one's beliefs and actions; high respect.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Display Honesty of actions and purpose and truthfulness will help you achieve this.
 - Display honorable service in the Squadron over a period of six (6) months by being truthful and honest with your actions.
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Honor** Ideal.

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HELPFULNESS: Defined as providing, giving or rendering aid or assistance to others; being a useful contributor.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Volunteer for tasks for the good of the Squadron and be reliable in carrying out your part.
 - Develop reasonably consistent attendance at meetings and other functions
 - Help promote your Squadron by signing up at least one new member
 - Help get renewals & collect dues from existing members.

➤ **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Helpfulness** Ideal.

Attestation:

_____ **Date:** _____
 (SAL Squadron Commander or Adjutant)

KNOWLEDGE: Defined as Familiarity, awareness or understanding gained through experience or study.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Maintain a high grade mark in school.
 - Know & recite the Ten Ideals and Five Points of Service of the SAL & be able to explain what each individual part means. (may be written or oral)
 - Know what the SAL Emblem means/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.)

➤ **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Knowledge** Ideal.

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REVERENCE: Defined as a feeling or act of profound awe and respect; to venerate.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - 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.
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Reverence** Ideal.

Attestation:

_____ **Date:** _____
(SAL Squadron Commander or Adjutant)

TRAINING: Described as teaching, or developing in oneself or others by education, instruction, or discipline, any skills, knowledge or fitness that relates to specific useful competencies.

- **Examples of Tasks** (Other possibilities exist – explore them and be prepared to discuss):
 - Memorize The American Creed, SAL Constitution Preamble
 - Memorize the Preamble to the Constitution of the United States of America
 - Memorize the Bill of Rights to the Constitution of the United States of America
 - Become a Squadron Officer
 - Assist a Squadron Officer(s) during and between meetings and activities.
- **Description of Task Completed for this Ideal:** _____

This certifies that _____ has appeared before me, and has demonstrated Understanding of the **Training** Ideal.

Attestation:

_____ **Date:** _____
(SAL Squadron Commander or Adjutant)