



## **Junior Activities Patch Program**

### **BLUE LEVEL 3: 9<sup>th</sup> – 12<sup>th</sup>**

American Legion Auxiliary Junior members and Sons of The American Legion youth members can be active participants of the organization with the Patch Program. Regardless of where one lives, and whether she/he belongs to an active Junior group or squadron, Junior Auxiliary members and SAL youth members can serve their communities and veterans, and learn about patriotism, health, fitness, and leadership through this program.

Each sheet explains the criteria and what must be accomplished to earn a specific patch. When the activities are completed, an adult or Senior member must sign the form to verify that the Junior or SAL youth has met the patch criteria.

There are three levels of patch criteria:

- Red—Level 1: Kindergarten through 3<sup>rd</sup> grade
- Gold—Level 2: 4<sup>th</sup> grade through 8<sup>th</sup> grade
- Blue—Level 3: 9<sup>th</sup> grade through 12<sup>th</sup> grade (or 18 years old)

**Please send completed forms to your  
Department Junior Activities Chairman.**

Additional Patch Sheets are available at:

[www.ALAforVeterans.org](http://www.ALAforVeterans.org)

For questions and comments, please contact the  
National Junior Activities Committee at

[junioractivities@ALAforVeterans.org](mailto:junioractivities@ALAforVeterans.org) or 317-569-4500



## CHILDREN OF WARRIORS NATIONAL PRESIDENTS' PATCH

The National Presidents' Scholarship provides scholarships to deserving children of our nation's veterans and servicemembers who have sacrificed greatly due to their parents' dedication to defending America and our values.

A special Junior patch has been created for our Junior members and SAL youth to be involved in raising money for the National Presidents' Scholarship Fund. Help get the word out to all our members! We hope every Junior and SAL youth will be involved in some activity to raise money for scholarships, which are funded by the Educating Children of Warriors Fund. Most Juniors and SAL youth will become eligible for this scholarship, so they may be personally impacted by their fundraising efforts.

Any Junior or SAL youth can earn this patch if they raise at least \$5 for each year old. For example, a 17-year-old would raise a minimum of \$85 (17 x \$5 = \$85.)

Donations can be raised a variety of ways. Juniors and SAL youth can solicit donations from family, friends, Legion Family members or contribute themselves. Fundraising activities can be coordinated, such as bake sales or other sales, etc. Funds can be raised individually or as a group, but each Junior or SAL youth receiving this patch needs to have raised the required minimum funds for their age. The goal is for the youth of our organization to be involved and aware of the scholarship project. Checks should be made out to *National Treasurer, American Legion Auxiliary* with *National Presidents' Scholarship* in the memo line.

### Get involved today!

To receive the patch, complete the following and send it with the donation to:

**American Legion Auxiliary National Headquarters**

**Attn: Development**

**3450 Founders Rd.**

**Indianapolis, IN 46268**

Name of Junior/SAL: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Unit/Squadron: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: \_\_\_\_\_

Amount raised: \$ \_\_\_\_\_ (\$5/year of age) Department of: \_\_\_\_\_

*Optional:* Tell us about how you raised the money (You may use the back of the page if needed):

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# AMERICANISM PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Educate yourself about the rights and responsibilities of an American citizen*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
1	Learn how to properly fold the American flag.		
2	Volunteer to work on a political campaign in your community, county, or state.		
3	Learn about the Veterans History Project. Interview at least two veterans and preserve their stories. Send your project to the Library of Congress.		
<b>*4</b>	<b>Create a plan to fold small pocket-sized American flags to distribute and include friends, family, and other service groups.</b>		
5	Participate in The American Legion National High School Oratorical Program.		
6	With a senior advisor, present a Blue Star Banner to 3 or more families who have a family member serving in the military and thank them for their sacrifice.		
7	Learn a flag ceremony and perform the ceremony at school, an ALA or SAL meeting or in your community and explain the meaning.		
<b>*8</b>	<b>Learn the three legislative branches of government and the function of each. Share the information with an adult.</b>		
9	Interview a new citizen of the United States and ask what freedom means to them.		
<b>*10</b>	<b>Write your state legislators a letter regarding veterans or the American Flag amendment.</b>		
11	Select three Presidents of the United States. Research and write a paragraph about their contributions. Attach your answer to this form.		
12	Participate in a citizenship and naturalization ceremony and hand out American flags or write a short paper on the steps to becoming an American citizen. Attach to this form.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# CAREGIVER PATCH BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Educate yourself and learn how to be a caregiver*

**Level 3: Ten (10) possibilities; Five (5) activities must be completed.**

Number:	Activity:	Date:	Adult Signature:
1	Research what it means to be a caregiver, particularly issues specific to young caregivers. Discuss with a trusted adult.		
2	Prepare a first-aid kit for your home or the home of an elderly relative. Discuss and inspect its contents with an adult. Evaluate it for completeness.		
3	Describe the early signs and symptoms of each of the following and explain what actions should be taken: <ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Stroke</li> </ul>		
4	Research how to determine when CPR is needed. When would someone need CPR or an automated external defibrillator (AED)? Identify the location of the AED at your school or Legion post home if one is present.		
5	Explain how you would obtain emergency medical assistance from: <ul style="list-style-type: none"> <li>• Your home</li> <li>• An elderly relative's home</li> <li>• A public location, such as a restaurant or store</li> </ul>		
6	Learn about illnesses common to care receivers such as heart disease, diabetes, Alzheimer's, and autism.		
7	Research and put together a "Caregiver Survival Kit" for yourself or to give to a caregiver.		
8	Write a short essay on how you can support a caregiver or what support you need if you are a caregiver.		
9	Research choking and the Heimlich Maneuver. When should it be used? When shouldn't it be used?		
10	If your Legion post home does not have an AED, prepare a report on why they should have one. Ask you commander and president if you can present your findings at a meeting.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# COMMUNITY SERVICE PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Enhance the quality of life in your community through caring and sharing*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
1	With the help of an adult, get a library card, check out and read a minimum of ten books; volunteer to read stories to younger children.		
2	Mentor or tutor a friend or classmate by assisting them with reading, math, spelling or using the computer. Keep a log of your time and accomplishments.		
<b>*3</b>	<b>Volunteer at least two (2) hours a week in your local hospital, senior center, school, church, or community for a total of eight (8) weeks. Keep a log of your activities.</b>		
4	Organize a group of volunteers from your school, community, unit, squadron, or church to work at a local hospital, library, charity, or community event.		
5	Organize a fundraiser in your community to raise money for the Legion Family.		
6	Learn about organ and tissue donation and help educate others about its importance. Give a presentation at a unit or community meeting to help educate the public about this subject.		
7	With help from your family and friends, purchase and plant trees in a local park or playground.		
<b>*8</b>	<b>Participate in the Family Support Network by helping an active-duty family in need (Ex. offer to babysit or do yard work). Share your plans with others and ask for support.</b>		
9	Volunteer to help your unit, squadron, or post with community service activities.		
10	Plan a neighborhood party and help to organize an emergency escape plan.		
<b>*11</b>	<b>Create a listing of emergency contact numbers (by contacting city offices for information) and share the information with family, friends, and neighbors.</b>		
12	Work with your local blood bank to organize a blood drive at your school, community center or unit.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



## EDUCATION PATCH BLUE LEVEL 3 (Grade 9<sup>th</sup>-12<sup>th</sup>)

*Educate yourself about the rights and responsibilities of an American citizen*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
1	Apply for an American Legion Auxiliary or American Legion scholarship.		
2	Volunteer to help in an after-school reading program.		
3	Learn about the Veterans History Project. Interview at least two veterans and preserve their stories. Send your project to the Library of Congress.		
*4	<b>Tutor another student or adult on an educational topic (reading, math, history, or another subject) for a minimum of five (5) hours.</b>		
5	Participate in The American Legion National High School Oratorical Program.		
6	Organize a group of students to collect educational items for your school and apply for the "Give 10 to Education" certificate.		
*7	<b>Raise \$25 for the National Presidents' Scholarship. Monies raised should be mailed directly to National Headquarters c/o Development. Submit a copy of the check with this form.</b>		
8	Work with your teacher(s) to invite a veteran into your classroom.		
*9	<b>Read a minimum of five novels or five non-fiction books during the school year. Provide a written log of the books you have read.</b>		
10	Prepare a report on an important event in history for your US History class or an English class.		
11	Volunteer at a National Guard Youth group for five (5) hours.		
12	Organize a patriotic activity in your community in collaboration with The American Legion Family.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# GOODWILL PATCH BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Learn how to create Goodwill among our Legion Family*

**Level 3: Nine (9) possibilities; Four (4) activities must be completed.**

Number:	Activity:	Date:	Adult Signature:
1	Organize and participate in a joint meeting of ALA Juniors and young SAL members.		
2	Recruit a new Legion Family member.		
3	Mentor a new Legion Family member.		
4	Organize and participate in a joint fundraiser with your American Legion Family.		
5	Organize and participate in a joint ALA Junior and SAL installation of officers.		
6	Write and send a welcome letter to all new ALA unit or SAL squadron members for one month.		
7	Conduct a goodwill ambassador, teambuilding, or related goodwill session at a unit or squadron meeting. Invite all Legion Family members to participate.		
8	Perform one Random Act of Kindness once a week for a month.		
9	Write an essay on kindness and goodwill. Ask your Legion Family to include it a newsletter.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# HISTORY PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Educate yourself about the history of the American Legion Auxiliary and The American Legion Family*

**Level 3:** Twelve (12) possibilities; **Three\* (3) activities are required;** Six (6) are your choice. A total of Nine (9) activities must be completed from the Twelve (12) choices.

No.:	Activity:	Date:	Adult Signature:
*1	<b>Interview at least two Auxiliary or SAL members. Post your video interviews on social media and share with your unit or squadron.</b>		
2	Learn about the Veterans History Project. Interview at least two veterans and preserve their stories. Send your project to the Library of Congress <a href="http://www.loc.gov/vets">www.loc.gov/vets</a> .		
3	Contribute to your unit or squadron's History Book. Focus on who we are, what we do and why it matters.		
*4	<b>Contribute to your unit or squadron's Junior or Youth History Book.</b>		
5	Contribute to and/or start a unit or squadron history museum to capture the impact the ALA has had on your community.		
*6	<b>Research and do a presentation on the history of your unit or squadron. Present it to your Junior unit, or at a unit, squadron, or post meeting.</b>		
7	Research current, former or deceased members of your Legion Family (unit, post, or squadron) who made a significant contribution to your community.		
8	Organize a <i>Veterans in Community Schools</i> presentation. Work with a veteran in your post and find a school or classroom in which to make a presentation.		
9	Organize a library of past issues of <i>Auxiliary</i> magazine for your unit. Make special notation of issues with articles relevant to your unit or department.		
10	Start a Blue Star/Gold Star Mothers and Families database for your unit or squadron.		
11	Start an ALA Girls State or Boys State database for your unit or post: who was sponsored, what offices were held, and if anyone went on to ALA Girls Nation or Boys Nation.		
12	Start a Poppy Program History: Keep track of your unit's Poppy Poster Contest, Miss Poppy, and Little Miss Poppy winners. Make special notation of those who also went on to win at the department or national level.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_





# LEADERSHIP PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Learning to be a leader...you are the future of our organization*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity	Date	Adult Signature
*1	<b>Learn the common terms used in Parliamentary Procedure.</b>		
2	Hold or participate in a meeting that follows Parliamentary Procedure.		
3	Participate in a mock trial at your school or plan to hold your own on an issue that affects teens. Include the roles of prosecutor, district attorney, judge, jurors, witnesses, and defendant.		
4	Attend ALA Girls State or TAL Boys State and report about your experiences to your sponsoring unit or post.		
*5	<b>Take one of the ALA Academy courses or the SAL's 5 Star or Ten Ideals training.</b>		
6	Attend a City Council meeting and observe how they accomplish their tasks.		
7	Instruct other ALA or SAL members on how to be a good leader by hosting an event with games that emphasize leadership skills (Simon Says, relay races, scavenger hunts, etc.).		
*8	<b>Decide on one leadership quality you want to improve on over the next 30 days. Write out your commitment and monitor your progress with a family member or unit or squadron leader once a week.</b>		
9	Choose a leader that you have read or about whom you have heard. Write an essay about them and attach it to this sheet.		
10	Learn and recite the Preamble to the Constitution of the ALA or SAL.		
11	Select a mentor (family friend, grandmother, teacher or ALA or SAL advisor) who is a person you can get real life advice from, someone who is a role model, and ask your them to sign your patch sheet.		
12	Volunteer to work with Legion Family members or other senior groups on special projects that benefit others.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# MEMBERSHIP PATCH BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Your eligibility for membership is a gift from a veteran*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
1	With the support of your ALA or SAL advisor or family member, start a Junior or young SAL group in your community.		
2	Host a Legion Family heritage celebration in your unit or squadron. Have each member share three (3) things about their experiences in the ALA or SAL.		
3	With the help of an advisor or Senior member, create a plan on how to recruit more members into The Legion Family.		
4	With the support of Senior members, volunteer at a community event, fair or social and promote The Legion Family.		
5	Learn about the history of your unit or squadron.		
6	Invite five (5) friends to join the ALA or SAL.		
<b>*7</b>	<b>Learn five (5) interesting facts about the American Legion Auxiliary and share them with two (2) adults.</b>		
<b>*8</b>	<b>Learn five (5) interesting facts about the Sons of The American Legion and share them with two (2) adults.</b>		
9	Attend at least eight (8) unit or squadron meetings in a year.		
10	Plan a membership drive and share your plans with your senior members or two (2) adults. Answer this question: <ul style="list-style-type: none"> <li>• How can your unit or squadron do a better job of retaining and recruiting members?</li> </ul>		
<b>*11</b>	<b>Learn the eligibility dates and criteria for becoming a member of the ALA or SAL</b>		
12	Wear your ALA pin or SAL hat to all Legion Family functions.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# NATIONAL SECURITY PATCH BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Maintaining and promoting a strong national defense*

**Level 3: Six (6) possibilities; Three (3) activities must be completed.**

Number:	Activity:	Date:	Adult Signature:
1	Blue Star Banners: <ul style="list-style-type: none"> <li>• Research the history of the Blue Star Banner and give a presentation at a unit or squadron meeting</li> <li>• Present a Blue Star banner and/or pin to a Legion Family member</li> </ul>		
2	Welcome Home Events: <ul style="list-style-type: none"> <li>• Help collect and prepare items for an event</li> <li>• Help promote the event within your community through your local news outlets, social media, etc.</li> <li>• Create “Welcome Home” cards to distribute</li> <li>• Wear your Legion Family emblem to the event and provide a picture</li> </ul>		
3	POW/MIA Remembrance Services: <ul style="list-style-type: none"> <li>• Participate in a POW/MIA Remembrance Service, a How To sheet can be found on the National Security page of the Members Only section at <a href="http://www.ALAforVeterans.org">www.ALAforVeterans.org</a></li> <li>• Research the history and purpose of the ceremony, describe the flag, and chose one item from the table and describe its’ meaning</li> <li>• Teach the meaning and history of the POW/MIA Remembrance Service at a unit or squadron meeting</li> </ul>		
4	TAPS: <ul style="list-style-type: none"> <li>• Research the history and meaning of TAPS and teach it at a unit or squadron meeting</li> <li>• Create or participate in a local TAPS event</li> <li>• Present a brochure from TAPS at a meeting</li> </ul>		
5	Care Packages: <ul style="list-style-type: none"> <li>• Organize a collection drive for items to send to troops overseas</li> <li>• Speak at a unit, squadron, or post meeting to ask for support</li> <li>• Create cards to send with the care packages, include The Legion Family emblems</li> <li>• Create materials to promote the event</li> </ul>		
6	USO: <ul style="list-style-type: none"> <li>• Research the history of the USO, what it stands for, what their purpose is, and the nearest location</li> <li>• Prepare a presentation for your unit or squadron, including about Operation Phone Home and the programs available for military families</li> </ul>		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# PHYSICAL FITNESS PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*Taking care of our bodies and minds*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
*1	<b>With your doctor's permission, do aerobic exercise (cycling, running, swimming, etc.) for at least 6 weeks and keep a fitness log.</b>		
*2	<b>Learn the new food pyramid and share it with your Junior unit or squadron, friends, and family.</b>		
3	Volunteer in a sports program that helps children with disabilities.		
4	Volunteer at a sports clinic in your community to help young children develop better fitness habits.		
5	Junior: attend an ALA Junior camp, Leadership program, or department or national Junior meeting. SAL: attend a SAL department or national meeting or camp.		
6	Join your local YMCA or fitness center and go there twice a week for three (3) months.		
7	Talk to your physical fitness teacher or instructor about activities you can do at home to help maintain healthy habits.		
8	Volunteer to walk your neighbor's dog or rake leaves. You may get other members to help.		
9	Research the effects of smoking. Create a non-smoking campaign for your unit, squadron, school, or church.		
*10	<b>Learn about breast cancer. Research on the Internet, library or by contacting your local Cancer Society. Share with others what you learned.</b>		
11	Create a program for younger members or neighbors and teach them about healthy eating habits.		
12	Research your family's health history.		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# POPPY PATCH BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*The symbol of sacrifices our veterans have made*

**Level 3: Twelve (12) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
1	Write a Letter to the Editor to educate the public about the poppy story and send it to your local newspaper. Send a copy to your school paper, church bulletin or unit newsletter.		
2	To ensure year-round awareness, participate in a community event and distribute poppies in honor of our veterans.		
<b>*3</b>	<b>With the help of an adult, recruit three (3) friends to help you distribute poppies in your neighborhood, Post home, or community.</b>		
4	Contact local organizations (ex. Boy and Girl Scouts, local service groups, college sororities, etc.) and tell them about the poppy. Ask them to wear or help distribute poppies.		
5	Attend a local service club meeting (ex. Lion's Club, Optimist, etc.) and tell how poppies are made and what they represent. Have poppies available to present to meeting attendees.		
6	Request a Poppy Proclamation from your town mayor and ask your local paper to publicize it.		
<b>*7</b>	<b>Learn seven (7) facts about the poppy and share them with an adult.</b>		
8	Learn how to make a crepe paper poppy.		
9	Learn where poppies are made in your state and by whom.		
10	Contact your local government officials and ask them to wear a poppy during Poppy Week; include a message about the meaning of the poppy.		
11	Interview two (2) veterans and ask them to tell you what the poppy means to them.		
<b>*12</b>	<b>Make three (3) poppy corsages for family members, unit members or someone special in your life.</b>		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_



# VETERANS AFFAIRS & REHABILITATION PATCH

## BLUE LEVEL 3

(Grade 9<sup>th</sup>-12<sup>th</sup>)

*We assist and enhance the lives of those who have served our country*

**Level 3: Fifteen (15) possibilities; Three\* (3) activities are required; Six (6) are your choice. A total of Nine (9) must be completed from the Twelve (12) choices.**

Number:	Activity:	Date:	Adult Signature:
*1	<b>Send 15 greeting cards to hospitalized or ill veterans in VA Hospital, nursing home or senior home.</b>		
2	Research the USO or Fisher House and write a short essay about one of the organizations. Attach the essay to this form.		
3	With help from a senior member or adult, plan or participate in a homecoming for veterans returning from overseas.		
4	With help from an adult, plan a canned food drive and donate what you collect to help homeless veterans or a veterans' food pantry.		
5	Participate in the Veterans History Project. Interview at least two (2) veterans in your area and preserve their stories. Send your project to the Library of Congress.		
6	Become a Student Volunteer in a VAVS facility or volunteer in a local senior home or nursing home.		
*7	<b>Write a letter to the ALA National President or the SAL National Commander and tell them why you appreciate our veterans.</b>		
*8	<b>Research the National Veterans Creative Arts Festival and explain to your Junior unit or squadron what it does for veterans.</b>		
9	Visit a veteran in a VA Hospital or VA home and ask them to share stories about serving our country. Tell them why you appreciate them.		
10	Keep a journal for three (3) months about your experiences with visiting veterans, your observations, and suggestions on how to help them in the future.		
11	With the help of your unit, squadron, or post, plan and participate in a stand down for homeless veterans.		
12	Write and send five (5) letters to your state legislators regarding veterans' issues.		
13	Plan an event for veterans for Make A Difference Day. Promote your event to your post, unit, school, and/or church.		
14	Work with your unit, squadron, church, or school to make at least 25 tray favors for veterans in a VA home, nursing home or senior center for various holidays.		
15	Participate in three (3) activities at a VA home or nursing home (for example: bingo, reading, serving coffee, crafts).		

Name of Junior/SAL Member: \_\_\_\_\_

Grade: \_\_\_\_\_ Unit/Squadron # \_\_\_\_\_

Department \_\_\_\_\_