



# A Membership Message

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# Junior Activities

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**Christine Johnsen, Chair**

**Morgan Johnsen, Vice-Chair**

**Department of Wisconsin Juniors**

# Honorary Junior Officers

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President	Lindsey Stiff	Unit 6	District 8
Vice President	Virginia Calteux	Unit 416	District 4
Secretary	Everly Blader	Unit 317	District 8
Historian	Allison Quist	Unit 317	District 8
Chaplain	Maddie Drewek	Unit 416	District 4
Sergeant at Arms	Shine Dickerson	Unit 482	District 3
Sergeant at Arms	Luna Lee	Unit 482	District 3

# Department of Wisconsin Juniors

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Emma McDowell      Unit 6      District 8

Katelyn McDowell      Unit 6      District 8

Emeri Wold      Unit 118      District 7

# Patch Program

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# Patch Program Requirements

	Purple (pre to 3 yr)		Red (1 <sup>st</sup> -4 <sup>th</sup> )		Gold (5 <sup>th</sup> -8 <sup>th</sup> )		Blue (9 <sup>th</sup> -12 <sup>th</sup> )	
Americanism	4		1	2	2	4	3	6
Membership	4		1	2	2	4	3	6
Poppy	4		1	2	2	4	3	6
Community & Family Safety			1	2	2	4	3	6
Education			1	2	2	4	3	6
Leadership			1	2	2	4	3	6
Physical Fitness			1	2	2	4	3	6
Veterans Affairs & Rehabilitation			1	2	2	4	3	6
Community Service			1	2	2	4		
Digital Media			1	3				
Star Spangled Kids					1	3		
Caregiver								5
Goodwill								4
History							3	6
National Security								3
Totals	12		10	21	19	39	27	66
	<b>12</b>		<b>31</b>		<b>58</b>		<b>93!</b>	



## JUNIOR ACTIVITIES WORKSHOP GOLD/BLUE LEVEL

*We educate ourselves about the American Legion Auxiliary, and the Junior Activities Patch program.*

**Level 3: Seven (7) possibilities; Three\* (3) activities are required; Four (4) are your choice. A total of Seven (7) must be completed from the Seven (7) choices.**



Number:	Activity:	Date:	Adult Signature:
*1	GOLD – Americanism - Learn to sign the Pledge of Allegiance and teach it to someone else (at school, in your unit or church group).		
2	GOLD – VA&R - Send 8 greeting cards to hospitalized or ill veterans in VA Hospital, nursing home or senior home. We will do 2!		
*3	GOLD – Membership - Learn ten interesting facts about the ALA or SAL and share them with two (2) adults.		
4	GOLD – Star-Spangled Kids - Study the history of the US Constitution and answer the following questions: <ul style="list-style-type: none"><li>• When and where was the Constitution signed?</li><li>• Who signed the constitution?</li><li>• Why are the words "We the People" important and where will you find them?</li><li>• How many amendments are there?</li><li>• What is the Bill of Rights and how does it affect your life today?</li></ul>		
*5	BLUE – Americanism - Create a plan to fold small pocket-sized American flags to distribute and include friends, family, and other service groups.		
6	BLUE – Poppy - Learn seven (7) facts about the poppy and share them with an adult.		
7	BLUE – Caregiver - 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>		

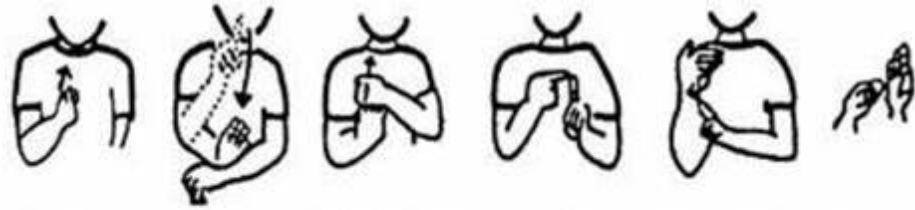
Name of Junior/SAL/Auxiliary Member: \_\_\_\_\_

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

Department \_\_\_\_\_



# American Sign Language – Pledge of Allegiance



"I pledge allegiance to the flag of



the United States of America and to



the Republic for which it stands, one nation under



God, indivisible, with liberty



and justice for all."



# The Constitution

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1. On what date was the Constitution signed?
2. What is the name of the building where the Constitution was signed?
3. Who was the first person to sign the Constitution?
4. How many people signed the Constitution?
5. Who was the oldest person to sign the Constitution?  
Part 2: How old was he?



# The Constitution

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The first 10 amendments are called the Bill of Rights and these are the amendments that keep us safe and guarantee civil rights and liberties.

6. How many total Constitutional amendments are there?

7. Where will you find the words “We the People?”



# The Constitution - Answers

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1. On what date was the Constitution signed?

**September 17, 1787**

2. What is the name of the building where the Constitution was signed?

**Independence Hall (in Philadelphia, PA)**

3. Who was the first person to sign the Constitution?

**George Washington**

# The Constitution - Answers

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4. How many people signed the Constitution?

**39**

5. Who was the oldest person to sign the Constitution?

**Benjamin Franklin**

Part 2: How old was he?

**81**

# The Constitution - Answers

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6. How many total Constitutional amendments are there?

**27**

7. Where will you find the words “We the People?”

**The Preamble**

“We the people” are the first 3 words of the Preamble in the US Constitution. They chose these words to signify the unity of the US, and that the power of the government was in the people’s (as a whole) hands, not a singular person or government or even branch of government.

# Pocket Flags

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The Pocket Flag Project ([pocketflagproject.com](http://pocketflagproject.com))

- Started in October 2001, LuWanda Ford met with Boy Scout Leaders who were veterans of Vietnam and Gulf Wars – carried small, folded flags in their left shirt pockets
- Pocket flags are only for ACTIVE DUTY DEPLOYED or DEPLOYING TROOPS
- Can also get flags from Emblem Sales
  - Item # 101.225 Pocket Flag (8" x 12") – has hemmed edge
- Materials needed - Flag, enclosure card, and 3x3 bag

# Folding the pocket flag

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1. To fold the flag correctly, bring the striped half up over the blue field.



2. Then fold it in half again keeping the cut edges on top. Rotate the flag 90 degrees so you are working from the bottom up for the next steps.



3. Bring the lower striped corner to the upper edge, forming a triangle.



4. Then fold the upper point in to form another triangle. Continue until the entire length of the flag is folded.



5. When you get near the end—nothing but the blue field showing—tuck the last bit into the other folds to secure it using a Popsicle stick.



6. The final folded flag resembles a cocked hat with only the white stars on a blue field showing.

Everly, Allison

WHEN THE FLAG IS PROPERLY FOLDED THERE IS **NO RED SHOWING** AT ANY POINT OR ON ANY EDGE.

# Enclosure Card

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**A flag for your pocket so you  
can always carry a little piece  
of home.**

**We are praying for you and we  
are proud of you.**

**Thank you for defending our  
country and our freedom.©**

Presented by Pocket Flag Project™

- **Add your own sentiment on the reverse and sign it, if you desire.**



# Learn about the Poppy!

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Wearing a poppy honors the fallen and supports the living heroes who have worn our nation's uniform. The poppy has been a sign of remembrance for over 100 years, inspired by a poem called *In Flanders Field*.

1. Who wrote *In Flanders Field*?

- a) James Cromwell      b) Joseph Michaels
- c) John McCrae        d) Justin McDowell

2. On what date did the American Legion adopt the poppy as its official flower?

3. In what city did this occur?



# Learn about the Poppy!

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4. In what year did the poppy distribution program start?
5. Who assembles American Legion Auxiliary poppies for distribution? (Hint: One word)
6. When is National Poppy Day?



# Learn about the Poppy! Answers

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1. Who wrote *In Flanders Field*?

**c) The poem was written by Lieutenant Colonel John McCrae, M.D. while serving on the front line in World War I, to honor soldiers killed in battle.**

2. On what date did the American Legion adopt the poppy as its official flower?

**September 27, 1920**

3. In what city did this occur?

**Cleveland, Ohio**

# Learn about the Poppy! Answers

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4) In what year did the poppy distribution program start?

**1924**

5) Who assembles American Legion Auxiliary poppies for distribution?

(Hint: One word)

**Veterans**

6) When is National Poppy Day?

**the Friday before Memorial Day**

# Recognizing the Signs of Stroke and Heart Attack

EARLY DETECTION SAVES LIVES

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**Lindsay Stiff**

# Why it Matters

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- Every second counts. Quick recognition and response can save lives and prevent long-term damage.
- Stroke and heart attack are leading causes of death worldwide.
- Knowing the signs ensures faster medical intervention.



# Signs of a Stroke (Remember F.A.S.T.)

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**F – Face Drooping:** One side of the face may droop or feel numb. Ask the person to smile; is it uneven?

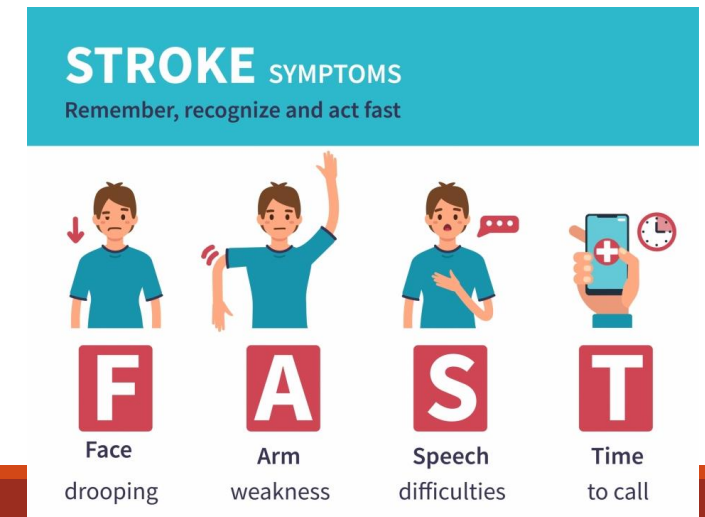
**A – Arm Weakness:** Sudden weakness or numbness in one arm. Ask the person to raise both arms; does one drift downward?

**S – Speech Difficulty:** Slurred or strange speech. Ask them to repeat a simple sentence; is it clear?

**T – Time to Call 911:** If you notice any of these signs, act immediately

## Other Stroke Symptoms:

- Sudden confusion or trouble understanding.
- Vision issues in one or both eyes.
- Sudden, severe headache without a known cause.



# STROKE SYMPTOMS

Remember, recognize and act fast



**F**

Face  
drooping



**A**

Arm  
weakness



**S**

Speech  
difficulties



**T**

Time  
to call



# Signs of a Heart Attack

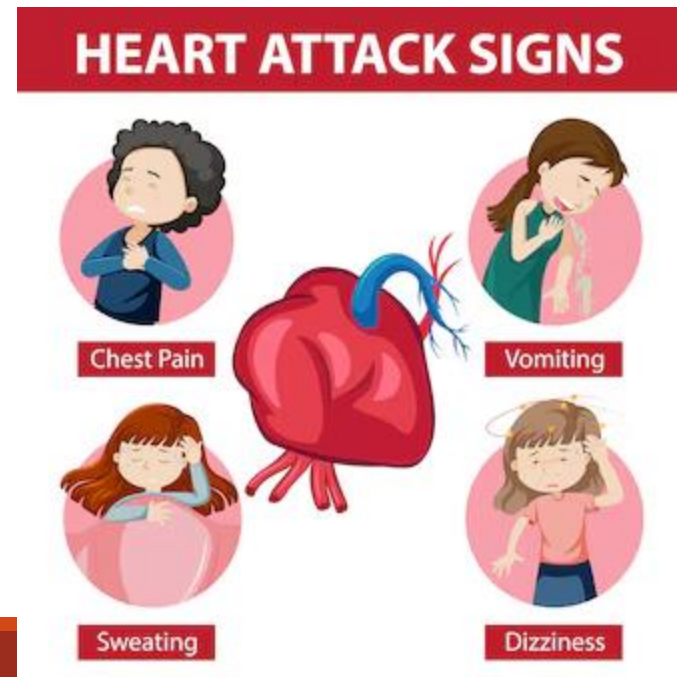
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## Classic Symptoms:

- Chest pain or discomfort, often described as pressure, tightness, or a squeezing sensation.
- Pain spreading to the arms, back, neck, jaw, or stomach.

## Other Symptoms:

- Shortness of breath, with or without chest discomfort.
- Cold sweat, nausea, or lightheadedness.
- Fatigue or unexplained exhaustion, especially in women.



# HEART ATTACK SIGNS



Chest Pain



Vomiting



Sweating



Dizziness

# What to Do in an Emergency

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## For Stroke:

- Call 911 immediately. Note the time symptoms started.

## For Heart Attack:

- Call 911 without delay.
- If available, chew and swallow aspirin (if not allergic).
- Stay calm and help the person remain seated or lying down

# What To Take Away

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- Learn the signs. Act fast.
- Early action saves lives and minimizes damage.
- Be proactive about your health and encourage others to do the same.
- Be encouraged to share this knowledge with others to create a safer community.

# Learn about the ALA and SAL!

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1. What year was the American Legion Auxiliary founded?

In August, an annual national convention is held to elect the next set of ALA leaders.

2. Who is the current ALA National President?

3. In what year did the ALA have the highest membership?

4. What was the membership in this year? (Within 500)



# Learn about the ALA and SAL!

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5. According to the 2023-2024 ALA National Impact Report, what was the dollar value of total volunteer hours reported that year? (within \$5M)



# Learn about the ALA and SAL!

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6. When was the SAL founded?

SAL members have volunteered over 500,000 hours and raised over MILLIONSS of dollars for VA hospitals and VA homes. Many Legionnaires are also members of the SAL. This is known as dual membership.

7. Who is the current National Commander of SAL?

8. Who is the current Central Division National Vice Commander of the SAL?



# Learn about the ALA / SAL - ANSWERS

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1. What year was the American Legion Auxiliary founded?

**1919**

2. Who is the current ALA National President?

**Trish Ward**

3. In what year did the ALA have the highest membership?

**1955**

4. What was the membership in this year? (Within 500)

**1,001,545** The ALAs enrollment grew rapidly after World War II to reach this record. The ALA membership has fluctuated, but currently stays around 800,000.



# Learn about the ALA / SAL - ANSWERS

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5. According to the 2023-2024 ALA National Impact Report, what was the dollar value of total volunteer hours reported that year. (within \$5M)

**\$242,715,426**

# Learn about the ALA / SAL - ANSWERS

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6. When was the SAL founded?

**1932** - It originally didn't exist until many sons of the WW1 veterans decided that even though they hadn't served, they would like to be a part of giving back to them. This interest could have been sparked because of the Great Depression.

7. Who is the current National Commander of SAL?

The NC IS **Joseph Navarrete**.

8. Who is the current Central Division National Vice Commander of the SAL?

The NVC is **Butch Ray** from Illinois.



 AMERICAN  
**LEGION**  
AUXILIARY



## *Junior Activities*

# *Certificate of Completion*

*This Certificate is proudly presented to*

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*For completing the Junior Activities Patch Program Workshop,  
featuring Americanism, Membership, Star-Spangled Kids, VA&R,  
Poppy, and Caregiver Patch activities.*

*Presented at MidWinter Conference, Appleton, WI*

*January 18, 2025*

# Questions?

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