

# DON'T FORGET THE PARENTS!

YOUR DAUGHTER HAS JUST COME IN TELLING YOU SHE WOULD LIKE TO BE SELECTED AS A DELEGATE AND ATTEND THE AMERICAN LEGION AUXILIARY ALASKA GIRLS STATE PROGRAM JUNE 3 THROUGH JUNE 9, 2017.

## **WHAT IS THE AMERICAN LEGION AUXILIARY ALASKA GIRLS STATE PROGRAM?**

This program is an intensive week of government training. Your daughter will not only learn about the government but she will put her knowledge into action by becoming a delegate and working passed through committees. They will also be running for various offices on a state and local level. This week will be jam packed with hands on activities and speakers from many political offices. They will receive all aspects of government and personal leadership techniques.

## **WHAT ARE THE ARRIVAL AND DEPARTURE TIMES?**

Arrival time is between 1:00pm and 5:00 p.m. on Saturday June 3, 2017.  
Departure time is approximately 9:30 p.m. on Friday June 9, 2017. If your daughter has a commercial flight on Saturday, she will be housed at the St. Teresa's camp and taken to the Airport in Anchorage early Saturday morning. If it is necessary for your daughter to drive to the program a map will be provided. Written consent from a parent/guardian and a phone number must be provided. She will be required to turn in her keys to the office upon arrival. Keys will be returned after Graduation on Friday.

## **WHAT ABOUT SAFETY AND SECURITY?**

The citizens are housed in heated cabins with at least one Sr. Counselor and approximately 8 to 10 other citizens. No citizen is permitted to leave the campus at any time during the week long session. She will be with her city or in her government body at all times during the week. During recreation (each afternoon) citizens will be supervised and will not be permitted to be alone in the water or woods. Other than their perspective counselors we will also have many staff members to supervise and guide citizens throughout the week.

## **OUR STAFF:**

Most of the Staff are American Legion Auxiliary Members. These volunteers will be accessible to all citizens at all times throughout the week. The Director, cooks, and a registered nurse will also be available to assist you or your child at any time. If you have an emergency do not hesitate to call the Director Yvonne Lamm at (907)232-0915, any time. We are here to support you and your daughter!

## **MEDICAL:**

The American Legion Auxiliary Alaska Girls State Session is strenuous, both mentally and physically. To protect the health of all citizens, we require a certificate of health that has been given within the past year. A medical form will be included in the registration packet. It is the citizen's responsibility to see that the form is completely filled out by a parent/guardian.

## **SUPPLEMENTAL GENERAL INSURANCE:**

There is a supplemental insurance for all in attendance; however, citizens own group insurance will be the primary carrier. We must have all the information requested on the medical form, namely: physician name, policyholders name, insurance company, telephone number, group number and subscriber or policy number. Our supplemental insurance does not cover a citizen if she goes off site without permission. ( "site" is limited to St. Teresa's Camp). The General supplemental Insurance does not cover pre-existing conditions. If your child has a health condition, sports injury, exposure to a communicable disease, disability or temporary handicap, please send a letter describing the degree of ailment from parent/guardian to the Director so that every consideration can be given to the candidate.

## **PRESCRIPTION DRUGS/MEDICATION**

If your child is taking a prescription medication other than Birth control or an emergency allergy medication (inhaler, Epi Pen) it must be given to the American Legion Auxiliary Alaska Girls State Nurse upon arrival. It must be in a zip lock bag and in the original prescription container with all information on container. The label must include citizen's name, name of medication, dosage, frequency of administration and route of administration. The label must also have prescribing doctors name, prescription number, date prescribed, possible adverse reactions, specific conditions when contact with physician should be made.

## **HOW DO I CONTACT MY DAUGHTER DURING ALA ALASKA GIRLS STATE?**

Citizens are not permitted to text or answer calls during legislative session, doing chores, or during general assemblies. In a non-emergency situation please leave a message on your daughter's personal cell phone or call the director and leave a message with her and your daughter will be able to call you back during their recreation or break time. In an emergency contact Yvonne Lamm, Director at (907)232-0915. This is a cell phone and will be on at all times during the week.

## **WILL MY DAUGHTER HAVE ANY FREE TIME DURING THE WEEK?**

American Legion Auxiliary Alaska Girls State Citizens are women on the move... morning till night. There isn't much free time. Building a government from the ground up requires a lot of time and energy. Your daughter will have a recreation time every day, it will be about 2 hours. Rec. time will be sometime between the hours of 3 p.m. and 7 p.m. Your daughter may be spending this time writing bills, writing speeches, working on special projects of the city office she holds or practicing a choir song, talent show performance, she may even be playing on the water or many other possibilities. Her free time will probably be very busy.

## **WHAT DOES MY DAUGHTER NEED FOR THE WEEK?**

Your daughter will need Pillows, blankets, towels and a wash cloth. One week supply of clothing (a dress or "dressy" outfit for speeches, and Installation/Graduation) and a swim suit. Comfortable dress shoes, tennis shoes, shorts, sweat shirt or hoodie and a warm coat for chilly days and evenings. NO HAULTER TOPS, OR SHORT SHORTS. Toiletries: tooth brush, tooth paste, comb, brush, shampoo, conditioner, bath soap and bug repellent. Recreation equipment and Musical instruments. Pencils, pens, stationary, and a notebook.

### **NOW SPEAKING OF FOOD...**

You need not worry about food. Your daughter will be fed a homemade breakfast, lunch and dinner every day as well as a snack every evening. We have a kitchen staff on site and our food is very popular among citizens. If your daughter has a special dietary needs or allergy please be sure to add that to the information in you registration packet so that the appropriate actions can be made to accommodate your daughter's needs.

### **WHAT IF MY DAUGHTER CANNOT STAY THE WHOLE WEEK?**

We are aware that sometimes summer plans overlap. This program is quite unique and is a once in a lifetime opportunity. Citizens must complete the entire session. To receive a graduation certificate your daughter is required to attend all legislative sessions and general assemblies. Also, if a citizen chooses to leave the program early for any non-emergency reason it will become your responsibility to reimburse attendance fee to sponsor and your daughter will not be eligible for any scholarship or school credits.

### **SCHOLARSHIP INFORMATION**

The Samsung Corporation has endowed Scholarships to be awarded to one citizen of each American Legion Auxiliary Girls State Programs. Each state winner is awarded a \$1000.00 scholarship and is eligible for one of ten \$20,000.00 scholarships.

### **STILL HAVE QUESTIONS??**

Contact us.  
Yvonne Lamm, Director  
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Phone: (907)232-0915

Please print your name before submitting letting me know that you have read this!