73rd Annual ALA Girls Nation Session
July 20-27, 2019
Washington, D.C.
For more than 70 years, the American Legion Auxiliary has provided young women with a citizenship training program that is second to none — ALA Girls Nation. This unique experience, held every summer in the nation’s capital, is designed to provide practical insight into how the federal government operates, instill a sense of pride in and loyalty to America, and create friendships and memories that last a lifetime.

Participants are known as “senators” and are selected from the 50 ALA Girls State sessions held in each U.S. state. At the state level, the girls focus on responsible citizenship and study local, county, and state government processes. Two outstanding citizens are then chosen to represent their state at ALA Girls Nation in Washington, D.C., where the focus is placed on federal government.

A key component of the ALA Girls Nation program involves mock senate sessions complete with caucusing and debating of bills. Topics ranging from personal to political interests ensure the debates are lively and passionate. Campaigns are held to elect party officials, including an ALA Girls Nation president and vice president. The ALA Girls Nation president is invited to attend and speak at the American Legion Auxiliary National Convention later in the summer. In addition to their legislative forums, the senators hear from distinguished guest speakers and visit Arlington National Cemetery, the White House, and memorials in the Washington, D.C. area. Their visit to Capitol Hill includes meetings with their states’ senators and representatives. A highlight of the week is the opportunity to meet the current President of the United States.

Since 1947, more than 6,000 politically astute young women have attended ALA Girls Nation. For many, the experience is the beginning of a lifetime of public service. For all, it is an experience that allows them to gain a firsthand perspective on democracy, develop leadership skills, and create a foundation for responsible citizenship.

The intelligence and beauty, inside and out, of the ALA Girls Nation senators is unparalleled. Who knew that one week would change our lives and foster a sistership between us all.”

Kamryn Sannicks, 2015 ALA Girls Nation President
ALA GIRLS NATION PARTICIPANTS

ALA Girls Nation senators represent the wealth of diversity in our great nation — from ethnic background to family structure, city to suburban to rural, socioeconomic to religion. It is, however, the senators’ commonality of intelligence, positive attitude, enthusiasm for learning, motivation for achievement, and belief in democracy that are the driving forces behind the strength of the ALA Girls Nation program.

“Don’t ask me what the best part of my summer was unless you want a three-hour presentation on the excellence that is ALA Girls Nation.”

— Hanna Watson, 2015 ALA Girls Nation Vice President

“I was moved by the generosity of spirit that I encountered at ALA Girls Nation. The help I have received from everyone has been invaluable. Of even greater significance is the support I received at every step of the way. Whether they were for or against me, Nationalist or Federalist, I met equal volumes of respect and willingness to hear new ideas.”

— Rachel Lipstein, 2009 ALA Girls Nation President

“Some things change you, some mold you, some inspire you. But there are those rare moments that do all the above. That was our week at ALA Girls Nation.”

— Jessica Waters, 2014 ALA Girls Nation Senator

“D.C. is an incredible place rich with history. Being able to tour it with such a passionate group of girls made it all the better.”

— Phoebe Wiener, 2013 ALA Girls Nation Senator

“I’m going to take the message of female empowerment and help pass it on to other girls — the idea that you can always be a leader, you don’t have to stay silent, and your dreams are attainable.”

— Olivia Antigua, 2017 ALA Girls Nation Senator
THE AMERICAN LEGION AUXILIARY

The American Legion Auxiliary (ALA) is the proud presenter of both ALA Girls State and ALA Girls Nation. Founded in 1919, the American Legion Auxiliary boasts a membership of more than 600,000 members and has a steadfast presence in more than 8,000 communities nationwide.

The strong spirit of volunteerism is a hallmark of the ALA. Dedicated members annually raise millions of dollars for veteran-related programs and donate millions of hours in service to our country’s veterans, military, and their families. This dynamic involvement in community service programs and activities is just one manifestation of the American Legion Auxiliary long-standing promise of Service Not Self.

American Legion Auxiliary members uphold the ideals and principles of patriotism and freedom, pledge to preserve and defend the Constitution, and promote allegiance to God and Country.

The ALA is affiliated with The American Legion (presenter of American Legion Boys State and American Legion Boys Nation) and is honored to collaborate with them on many local and national level programs, as well as legislative initiatives that impact veterans.

Each year, many devoted members of the ALA volunteer as staff of ALA Girls Nation to support and share with the young women senators. Certainly one goal is to encourage the girls to continue their community service by joining the American Legion Auxiliary. And, ideally these same enthusiastic young senators will return some day as ALA Girls Nation supporters themselves.

Learn more about the ALA and how to join the organization as a member by visiting www.ALAforVeterans.org.

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The American Legion Auxiliary
Mission

In the spirit of Service Not Self, the mission of the American Legion Auxiliary is to support The American Legion and honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad.

For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.