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## Total gym elite owners manual

1) Wear Greek letters with pride. 2) Your Greek letters symbolize the years of tradition of the thousands of men and women who came to you. Don't be washed away with their contributions and sacrifices by being stupid while wearing your letters. 3) Do not let the letters disappear. Be proud of your appearance. They are a reflection of your fraternity or sorority, and should be treated as such. 4) Understand what your emails mean. Too often, the fraternity ritual is seen as just another necessary task. Siblings have heard the ritual a bunch of times, and don't really pay attention to words anymore. Fraternity or sorority should always take time to study your ritual to remember the importance of your letters. 5) Should friends or family be allowed to carry Greek letters? No. They didn't cross you done. Everyone interested in crossing is asking, how are you pledging? How do you become apart from Delta Sugma Theta Inc.? Earn your letters. They won't be given to you just because you say I want to promise.. You will find Deltas active in NOW, UNCF, NAACP, NCNW, Urban League, Links, Habitat for Humanity, Girl Scouts, and many other organizations. In fact, if you're interested in Delta, the best way to get to know Deltas is for you to get active in some of the other organizations that we're active in, we'll mark your work and consider you an asset for Delta. Do your public service and (for students) keeping your grades up. When the hasty activity is announced, visit, get an application, apply. Let your credentials speak for themselves. You will need to submit a letter of recommendation from the financially active Delta. The letter must be written by someone who, according to her own Delta activities, shows her own commitment to Delta. It's good for collegial Deltam to write letters for their peers, but recommendation letters for graduate chapter candidates shouldn't be written by collegial Deltas. If you meet the minimum membership requirements (GPA, public service, recommendations, etc.) doesn't mean you're elected! Every Delta in the section to which you submit an application is eligible to vote - and you should get a majority of those votes. If you don't get a majority, you won't make the line... simple and simple. Delta is a member of the organization. by soror lia theta alpha - Spring 1996 Chicago Graduates Chapter This is an example of a letter of recommendation for Delta Sigma Theta Sorority, Inc. membership from the current member. This letter can be used to recommend any potential new member (PNM) for any Delta Sigma Theta Sorority, Inc.Doris Zukav 1234 Address Dr. Houston, TX 77777 [email protected] (555) 555-5555June 5, 2019Delta Sigma Theta – P&P University of Oklahoma 1115 Ave Norman College, OK 73072Dear Reference Chair, I'm writing to you today about my cute neighbor growing up, Jane Doe. It will be fall and she will also be going through sorority recruiting. I'm a Delta Sigma Tema graduate from Augala University (graduated in 2015) and I know she'll make an excellent addition to Delta Sigma Theta at Howard University for many different reasons. Jane is extremely intelligent, very philanthropic and social butterfly. Jane is eight years younger than me, but growing up next to each other, I've always called her my Mini Me. I've known her for 14 years, and I've watched her grow into an outstanding, real, strong, young woman. Jane finishes in the top 6% of her class, and she is the senior vice president of the class. She is also a member of the National Honor Society, a Texas scientist, a member of the National Society of High School Academics, and has been on an academic roll of honor for all four years of high school. Jane is also a varsity cheerleading captain and on the Varsity track and field team. This year she was also on Homing Court, and she was recognized in iCheer magazine as the All-American Academic High School Cheerleader of the Year. Jane is also involved in young life and volunteering with Be the Change, Fair Haven, Breast Cancer Awareness Event, and United Blood Drive Services.Jane will make an outstanding member of Howard University's Delta Sigma Theta because she is dedicated to academic success, passionate about philanthropy and serving others, and she is outgoing, active, and participates in several different social and sports extracurriculars. I honestly believe that Jane will be bmining in Delta Sigma Theta and could possibly be president of sorority when the time comes! Sincerely, Doris Zau's Fraternity Recommendation Letter Women's Letter of Recommendation is a document used to support a woman's application in a particular female fraternity or women's fraternity. Some old-timers do not require a letter of recommendation, but those who do expect the letter to be written by a graduate of a particular sorority that the applicant wishes to join. Most large volumes provide forms on your site that the collegium can fill out, otherwise you can mimic the structure below. The purpose of this recommendation letter is to shine a light on the applicant's positive qualities and previous achievements, helping persuade the admissions committee to consider this new member. The admissions office is looking for women who they believe will fit well into their female chird and a valuable addition to the section. Content This is necessary for the writer of the sorority letter of recommendation to be a graduate of a particular section a new member wishes to join. If someone close to you has visited one of the callings you want to apply for and is willing to submit to your character, they will be your best option. Close relationship between graduate and entrant will allow the writer to get into the desired characteristics of the applicant in more detail and can provide a more sustainable recommendation. However, this is not the end of the world unless the applicant knows any previous members personally. If you don't have a direct relationship with a graduate and have exhausted your basic resources, such as friends, family, colleagues or neighbors, you can look for local alumni chapters or a Panhellenic conference to find someone willing to write you a letter. You can also try to contact the national offices of the university to which you want to apply, but this should only be used as a last resort. In situations where the graduate is not strongly related to the applicant, or has no relationship at all, the applicant must draw up a list of extracurricular activities, volunteer work, awards, scholarships and any other up-to-date personal information so that the graduate can write a compelling letter to help strengthen the candidate's application. (Video) What is a letter of recommendation about the university? How to write (format) a typical letter of recommendation in touch should consist of 4-5 paragraphs, including introduction, 2-3 paragraphs of the body and conclusion. The letter should always begin with a greeting to whom it may relate. The introductory point should not be long, but it must contain the name and qualification of the author, the name of the potential participant, the relationship between them (if any) and one or two sentences offering a general impression of the merits of the person. An #1 whoever this might relate to, I've known Megan for 8 years and was glad when she approached me asking if I would write a letter of recommendation for her application in alpha-pee-fi soror. I am a member of the Delta chapter of Alpha Pi Fi sorority and am confident that Meghan will be a great addition to beta. I watched Meghan blossom into an outgoing, talented, funny and compassionate person, a perfect example of what Sister Alpha Pi Phi should aspire to. In the first example, the graduate knows the applicant on a personal level and can succumb to their desired characteristics. An #2 whoever it might relate to, As a member of kappa delta sorori, it's with great pleasure that I write to you on behalf of Rachel's application in our soror. In the short space of time I knew Rachel, it became apparent that she was a mature, warm person. I have been vice president of fraternity development for 3 of the 4 years I have been part of Kappa Delta Sorority, and can assure you that Rachel is one of the most rounded individuals I have ever met. If accepted, I'm sure her sisters would welcome her with open arms. At the introductory point above, the graduate does not have a long connection with the potential but provides sufficient qualifications that support its ability to write a proper recommendation. Paragraph 1 Paragraph one of the body consists of the qualification of a candidate for membership in a sorort. This should include the applicant's interests, hobbies, academic achievements and any other awards that will strengthen their chances of acceptance. An #1 Melissa retained 3.82 GPA during her high school career and still managed to play softball, win dance competitions and volunteer at full-time care. It is dedicated to learning and passionate about its hobbies, which include dancing, horseback riding and painting. In her senior year, Melissa won the President's Award for Academic Excellence. In the same year I was lucky enough to see her win in first place in a very prestigious dance competition. In the above paragraph on the body, the author is given such an opportunity to list specific achievements for candidates and demonstrate their interest in the candidate's life. An #2 throughout his studies, Alii was a star both inside and outside the classroom. She always received good grades, participated in the classroom and was a valuable addition to the mathematical club. Her teachers wrote outstanding reviews in their reporting cards and always expressed how lucky they were to have her in their classroom. Alii is also an accomplished singer and musician. She has been playing piano since she was 5 and received a full-ride scholarship to the Manhattan School of Music. After graduation, Alii went abroad as a volunteer in Ecuador for the summer, as part of a program that helped teach children to learn English as a second language. Her devotion and devotion to these children did not go unnoticed. Both the staff and the family she stayed with boasted of Allie's usefulness, kindness and relentless work work. This example speaks of the excellent work of the applicant, demonstrating that it can surpass in several areas and gained knowledge and experience in the real world through music and volunteering. Paragraph 2 Second-body paragraphs should describe the positive personality traits of a potential member. While achievements are crucial, it is vital to show that the applicant is fun, friendly and well-liked so that the sorority can see the value in making that particular person. This section of the letter can be divided into 2 paragraphs, depending on how well you know the potential participant and how many examples you can provide. For example,#1 Zara has the gift of brightening up any room she walks into. Her presence is welcomed by everyone and she has a smile that can stop people dead in their tracks. She is a friendly, fit person who carries himself with grace, dignity and without a trace of arrogance. She is devoted to her friends and family and anyone who comes into contact with her feeling warm and comfort. People speak very highly of Zara, always showing her leadership abilities and the high level of enthusiasm she brings to her schoolwork, extracurriciancy and life outside of school, I know she will make an excellent addition to Alpha Delta Chi because of her unwavering loyalty and commitment. The graduate in the first paragraph of the body above goes in great detail with the applicant's personality, suggesting that she knows what traits the wool is looking for in a new member and confirming that the applicant possesses those distinctive traits. An #2 Bianca is perhaps the most mature and well-rounded eighteen-year-old I've ever come across. Her charm and beauty never go unnoticed. Although she is hugely successful at school, and in her extracurricular activities, she is down to earth, very respectful, and always looking to help others. Whether it's a family member, a good friend or a stranger in need, Bianca is there to reach out. Bianca knows when to be serious, but knows how to bring hair up and live it. That's exactly what you want in Sister Sigma Delta Tau sorority. The example above is proof that a potential member knows she is talented and successful, but has no exaggerated self-esteem. Conclusion The point of conclusion should be only 2-4 sentences long. It should wrap up any definitive thoughts you have about the candidate and include a closing statement that underscores your support for her application. It must contain an official or semi-formative input and signature at the bottom. An #1 I think Lauren is an obvious choice for beta-sigma-fi. It meets all the requirements of the ideal candidate. She has so much love to give and so much talent to offer that she deserves your scrutiny. Any member will proudly consider her a sister. Sincerely, Morgan Page This brief and concise conclusion expresses the writer's confidence in the candidate's qualifications for this particular sorority. An #2 I don't know if the process of adopting girls has changed over the years, but if I was able to become a Delta Delta sister, there's no doubt in my mind that you'll accept Sammy with open arms. She is the type of person who will always strive to be the best person she can be, will always be there for her sisters, and will appreciate every moment she gets to spend in this wonderful soror. Sincerely, Annie Greendale The author in the example above uses her own experience of getting into snoring to reaffirm her belief that this applicant deserves to be accepted as well. Sample 1 For whom this may apply, I am a graduate of Syracuse University in New York and proud to have been part of the Alpha Gamma Delta fraternity. I know that only smart, strong, independent accepted into this fraternity, and I believe that Alexa will be a great addition to the sisterhood. Alexa is my best friend's daughter

and I have had the pleasure of knowing her all my life watching her grow into a beautiful young woman. Alexa teachers always have positive things to say about her and she was a student of honour every year as far as I can remember. Throughout high school she was at the top of her classes and was crowned home queen the last three years in a row. Alexa's teachers, professors, coaches and mentors can immediately say that they are in the presence of a special student. She is an avid golfer and tennis player, winning local tournaments in both sports. However, her real passion is art. She has been drawing and drawing since childhood and has grown into a very creative and talented artist. In her junior year, she won the Apocalypse Art Award, a free painting competition that awards \$7,000 as a prize for first place. Ever since she was a little girl, Alexa has been ambitious and has shown relentless determination. She has excellent time management skills that allow her to succeed in all aspects of her education and life outside of school. Art and sport, which tend to be a hobby for most students, are a full-time effort for Alexa. Her ability to separate is impressive. Not only that, but she still finds time to help her younger sibling with their schoolwork. While Alexa's talents and achievements are impressive, she manages to lose when the time is right. It is part of many social circles, and it is clear that it plays an important role in all of them. She's fun to be around and always making sure everyone has a good time. At 17, she is extremely mature for her age, often seeming an adult unlike her classmates. The enthusiasm, creativity and wisdom shown by this young woman provide the perfect portrayal of Sister Alpha Gamma Delta. Its charm, elegance and elegance have no analogues. My experience at SU changed my life for the better, I made friends there that I'm still close to today. While Alexa could fit into any feminine, she deserves the same amazing experience I had in loving sisterhood Alpha Gam. Sincerely, Jenna Wilson Sample 2 To which this might relate, I was thrilled when I was accepted into the alpha chapter of female officer Gamma Alpha Omega because I believe in the continued development of women in leadership. Amabel shows all the prize characteristics of Gamma's sister Alpha Omega, including honesty, integrity and leadership. I recommend Amabel in the IOTA chapter of Swaivel because it has the ability to improve the lives of the people around it. Throughout her school career, Amabel has received excellent feedback from her teachers and coaches. In her senior She won the Heidi Klaassen Achievement Award and helped her basketball team advance to winning regional championships. Her coach says her never giving up attitude on the floor should be a lesson to all of us. She shows endless determination, she supports her teammates through thick and thin, and is a naturally born leader. Amabel seems to be doing well on everything she tries, but her greatest passion is helping others. She volunteers for an organization that aims to improve the lives of young Hispanic mothers who have struggled with drug addiction. Her commitment to volunteer work inspires, but somehow she always manages to keep up with her academic and athletic endeavors. As such a dedicated and dedicated student athlete, you would think her social life would fall by the wayside. Amabel is enjoying time spent with her friends and her family. She never forgets where her loyalty lies, and it enriches the lives of everyone around her. Amabel's unselfish attitude is perhaps her most redeemed quality. She is a kind, generous and incredible humanitar. It is obvious to me that Amabel is an excellent candidate for the head of IOTA in the Gamma Alpha Omega soror. I am proud to recommend such intelligent, determined, dedicated person to this wonderful sorority. I only hope you can see what a positive Amabel supplement will be in your section. Sincerely, Valentina Diaz Sample 3 To whom this might relate, I have been working alongside Rosanne for the best part of 2 years and was so excited to know that she wanted to address my former sorority, Zeta Tau Alpha. From 2002 to 2006, I attended the University of South Florida and was a member of the Kappa Sigma ZTA chapter. I'm one of the cheerleading instructors at Cypress Bay High School, and it's with certainty that I recommend Rosanne for the head of Gamma Alpha this amazing sorority. When Rosanna joined our cheerleading squad, I knew immediately that she would be a perfect fit. In her senior year she became captain and lead our squad to the national cheerleading final, where we won 1st place. Although she is extremely committed to cheerleading, she never lets her stand for the best achievement of excellent grades in all her classes. She was one of the best students every year she is more than happy to set aside part of her time to tutor younger students. Rosanna has the talent and willingness to succeed in everything she puts her mind to, and so was duly named valedictorian of her graduating class. Rosanna is focused, hardworking, and she knows how to bring spirits. She is competitive and keen to make herself and her teammates better. She shows tremendous support on the field, as well as in classrooms and in her life outside school. Staying true to yourself is something that's hard to do when you're surrounded by high school pressures. able to juggle all the duties of a student, being still a cheerful, loving, charismatic young woman. Rosanne's winning personality and her ability to see the good in all are, in my opinion, her noblest features. If ZTA's goal is to promote happi luck among its members, then Rosanna will be the perfect addition. If accepted into the Gamma Alpha section, I'm sure other members will quickly learn how lucky they are to have her as a sister. Sincerely, Maria Skonczewski Skonczewski

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