



## Chi Gamma Official Sorority Handbook

Based on the

Original Cinderella Girl Sorority Handbook

Created by Carl David Dunn in 1976

Revised..... September 2018

The Cinderella Girl Sorority is Chi Gamma (pronounced Keye Gammah). This sorority is an organization of girls from 3 to 26 who have the desire to better themselves in all areas of their lives and take our sisterhood one step further. This program was designed to help the "Cinderella Girl" take a more active role in her family, community, and social activities. Sorority activities and goals are designed to teach worthwhile values, self esteem, and leadership skills. To join this awesome program, each girl needs to fill out an application form and send it to the State Office. **The yearly dues for this program are \$20.00. (this includes admission to the Chi Gamma Lunch at state and a Chi Gamma T-shirt if you don't have one)**

As a Member of the Chi Gamma Cinderella Girl Sorority for the State of Nevada, you should strive to achieve at least **8 activity points during any pageant year (Sept 1 – Aug 31)**. More points – well you are just a super duper "Chi Gamma" individual and we are very proud and honored to have you as part of Cinderella. Thank you for being a service oriented individual (It makes everyone Happy – those you serve and it makes you feel good about yourself!)

**Email to [cinderellanevada@cox.net](mailto:cinderellanevada@cox.net) your Chi Gamma Sorority monthly report of service projects you have done,... put in the subject line – My Chi Gamma Activities this month.**

Special awards will be presented at the Nevada State Cinderella Scholarship Program in recognition for your outstanding efforts to demonstrate among your peers the importance of selflessness through community service. **State Titles awarded for girls who have participated in Chi Gamma activities include: Nevada State Cinderella Ambassador; Silver Slipper Award, Forever Cinderella, and the Spirit of Cinderella.**

### What does a Chi Gamma represent?

The Chi Gamma Cinderella Girl is more than just a beauty pageant participant. She is a young lady with goals and ambitions. A young lady who has dared to dream! She possesses the charm, inner beauty, and above all, the humility that has made Cinderella the object of admiration throughout history. Today's Cinderella Girl is timeless as the ages. She is as gracious as yesteryear...as up-to-date as today...as modern as tomorrow... with spiritual values that have bridged the chasm of time. She has eyes that see only the good in others; hands that do something for others, feet that carry her on errands for others; and a heart that loves, is caring, and compassionate for all! She possesses the qualities of good sportsmanship and is dedicated to setting the right example for her community, state, and nation. She believes that pageants can develop leadership in young ladies through a united effort with Cinderella girls everywhere.



## Official Cinderella Girl Pledge

On my honor, I promise to do my best  
to live up to the high standards of the  
Cinderella Scholarship Program and Pageant.  
To honor my God and country; to always conduct  
myself in a manner that is becoming to a young  
lady; to keep myself morally straight;  
to respect my mother and father; to recognize the  
rights of others; to keep the competitive spirit  
and be a good loser as well as a good winner;  
and to dedicate myself to a world united in peace  
through love, mutual trust and understanding  
among peoples of all nations, races and creeds.



## Official Cinderella Girl Song

Cinderella Girl  
Cinderella Girl, Cinderella Girl  
You're the fairest girl in all the world.  
Once upon a time you dared to dream  
That fairy tales come true;  
A dream, a wish, a hope a quest;  
Dreams will come true for you.  
Cinderella Girl, Cinderella Girl  
Close your eyes and dream of bright new worlds.  
A place where love is overflowing,  
That's the place that you'll be going.  
At the rainbows end you'll catch  
The star you've dreamed about;  
Now you'll be our dream come true,  
Our Cinderella Girl!



## Cinderella Girl Sorority ~ Chi Gamma

All Chi Gamma Cinderella Girl Sorority Sisters are committed to:

1. Memorize the Official Cinderella Girl Pledge
2. Practice sportsmanship in every field of competitive activities in which she participates
3. Strive for admirable leadership qualities in all aspects of life... keeping in mind "In life, as well as competition, it is not so important who won or lost, but how you played the game" and always remembering that it is not the crown you wear on your head that is most important, but the crown you wear in your heart!
4. Cinderella Girls Dare to Dream! They lead the way with ambition, determination and the fortitude to make their dreams come true!
5. Competes within the rules of fair play and knows that a winner never quits, and a quitter never wins!
6. Believes in the Golden Rule and strives to treat others as she would want them to treat her.
7. Act as an Ambassador to the Cinderella organization in the promotion of pageants as an outlet for training in the art of competition
8. Each month Cinderella Sorority Girls, with their local reigning royalty and Directors, will find a worthy cause to don their crown and banners and represent this great organization within their local communities, and report back to their state director on their achievements. Cinderella Girls know the importance of service and are involved within their communities.
9. **Earn Points** – (some examples) **1 Point:** Bring a Friend to an event, participation with crown and banner or Cinderella shirt at community event, Special Olympics, Walks for a Cause, visiting royalty at a preliminary event, "A" in Math, English or Science on your report Card, bedroom clean for a week, Be listed as referral for new contestant at preliminary, Parade participation, any act of service to an individual or an organization.  
**2 Points:** Competing at preliminary, mention in newspaper (send us a copy) about your participation in events as a representative for Nevada State Cinderella Scholarship Program.
10. **Email to [cinderellanevada@cox.net](mailto:cinderellanevada@cox.net) your Chi Gamma Sorority monthly report of service projects you have done,... put in the subject line – My Chi Gamma Activities this month.**

# Chi Gamma Service Standards

As a Chi Gamma Cinderella Girl you must always remember you are a representative of this **"service oriented sorority"**. You must hold high the sorority standards at home, at school, at play, and in your social relationships. Remember, a Chi Gamma Cinderella Girl can always be identified by her attitude towards other people, her community, her state, and her nation.

The goals of the Chi Gamma Cinderella Girl Sorority are most important in that **we are striving to make the world a better place in which to live**. We hope to do this by the dedication of outstanding young ladies who have, through a continued effort, will qualify as sorority members. If we are to initiate positive changes in the world we must begin in the home with young ladies who will become the mothers, homemakers, and leaders of tomorrow. The true spirit of the Chi Gamma Cinderella Girl Sorority, through dedicated effort and determination, can spread the high ideals and standards that we have set for ourselves into every walk of life in every nation throughout the world.

The following Sorority Goals were designed to help the Chi Gamma Cinderella Girl take a more active role in her family and community. By participating in this program and setting and completing goals, her character will grow and self esteem will grow. She will have a positive influence on family and friends, and others in her community.

Here are some Perfect Examples of Service projects and self improvement activities:

## PERSONAL IMPROVEMENT

- |   |  |
|---|--|
| <input type="checkbox"/> Help the Handicapped     | <input type="checkbox"/> Proper Hair care          |
| <input type="checkbox"/> Babysitting              | <input type="checkbox"/> Conscientious Dental Care |
| <input type="checkbox"/> Washing the Family Car   | <input type="checkbox"/> Modest Garment Selection  |
| <input type="checkbox"/> Complexion Care          | <input type="checkbox"/> Running Errands           |
| <input type="checkbox"/> Proper Manicure          | <input type="checkbox"/> Shoes Polished            |
| <input type="checkbox"/> Proper clothes Hanging   | <input type="checkbox"/> Regular Study Habits      |
| <input type="checkbox"/> Cleaning Of Clothes      | <input type="checkbox"/> Daily Exercise            |
| <input type="checkbox"/> Well Balanced Diet       | <input type="checkbox"/> Sufficient Rest           |
| <input type="checkbox"/> Posture and Visual Poise | <input type="checkbox"/> Daily Reading             |
| <input type="checkbox"/> Vocabulary Expansion     | <input type="checkbox"/> Art Appreciation          |

## FAMILY INVOLVMENT

- |  |  |
|--|--|
| <input type="checkbox"/> Honor Father and Mother         | <input type="checkbox"/> Be Courteous and Polite     |
| <input type="checkbox"/> Be Kind to Brothers and Sisters | <input type="checkbox"/> Be Helpful to All           |
| <input type="checkbox"/> Help With Chores                | <input type="checkbox"/> Say Hello to Those You See  |
| <input type="checkbox"/> Household Appearance            | <input type="checkbox"/> Smile! It's Contagious      |
| <input type="checkbox"/> Make Up Your Bed                | <input type="checkbox"/> Be Cheerful                 |
| <input type="checkbox"/> Keep Bedroom Tidy               | <input type="checkbox"/> Be Fair and Honest          |
| <input type="checkbox"/> Orderly Schedule                | <input type="checkbox"/> Be Truthful & Understanding |
| <input type="checkbox"/> Clean Home, Heart and Mind      | <input type="checkbox"/> Respect Property of Others  |
| <input type="checkbox"/> Discuss Family Problems         | <input type="checkbox"/> Don't Be Jealous or Envious |
| <input type="checkbox"/> Share Views and Ideas           | <input type="checkbox"/> Family Picnic               |

## COMMUNITY SERVICE

- Portray Leadership Ability
- Don't be a Litterbug
- Organize Park Cleaning Day
- Participate in Charity Events
- Check Safety Hazards At Home
- Help the Less Fortunate
- Get Involved in School Clubs
- Avoid Unclean Thoughts
- Visit Senior Citizens/Activities
- Keep Good Company
- Attend Church Regularly
- Volunteerism Creativity

## SOCIAL RELATIONSHIPS

- Write Responsibly on Facebook and Twitter and other social media.
- Write Thank You's to Friends and Sorority Sisters
- Respect For Others
- Avoid Gossip
- Bring friend to a Cinderella Event
- Establish Sound Friends
- Look For Their Best Qualities
- Etiquette
- Do A Good Deed Each Day
- Get Good Grades
- Compliment a Stranger
- Give Benefit of the Doubt
- Good Manners
- Set Positive Goals

## SPIRITUAL GROWTH

- Accept Parent's Decisions
- Acknowledge Errors
- Organize Family Prayer
- Moment Of Solitude Daily
- Seek Divine Guidance
- Share Spiritual Growth



is a phrase often used about programs that were established in hopes of cultivating formidable members of society who followed the commonly accepted rules of etiquette. The principles of Cinderella International Scholarship Pageant are just as relevant today in our day-to-day lives, in our new digitally inspired world, as they were at our inception in 1976. As we maneuver through our family, social, community and spiritual choices and obligations, we are reminded that although this is not a conclusive list, it is full of good examples. The most important things to remember are to:

**Present a positive image.** Always be truthful; you don't have to embellish your personality or what you write online to be appealing. When you are online, what you represent should be positive and honest in a responsible and respectful manner.

**Follow a personal grooming routine.** "What you wear speaks so loudly, I cannot hear a word that you are saying." In the first thirty seconds people make judgments about us on a subconscious level, based on what they see, hear and sense. From casual wear to the ultimate party dress, tailor your presentation for success to project Power, Confidence and Credibility!

**Never speak or act in anger.** Period.

**Cultivate a pleasant voice** when speaking with others. It goes without being said that we treat others as we wish to be treated. Be courteous and mindful when engaging with others. Approach everyone with a pleasant demeanor and try not to be inciting. If someone is being mean to you or someone dear to you, hopefully you can make it common practice to reply either sincerely and without malice, or not at all.

**Write thank-you notes.** This will let your friends, family and sisters know that what they do is appreciated and may inspire them to do the same. This doesn't have to be in the conventional form of a handwritten letter but can be done by email, posting online and tagging your friends, mentioning them in posts or sharing a link they have posted and replying in a positive manner.

At the end of the day, Chi Gamma Cinderella Girl Sorority is about having fun and being social with likeminded women and girls and building a sisterhood that will last throughout our lives!

## More Detailed.....Personal Goals for All Cinderella Girls:

**1. PERSONAL IMPROVEMENT** - Members must work toward

improving themselves both physically, mentally and spiritually. Definite programs for self improvement should be established.

( a ) Set a regular schedule for personal grooming, washing and brushing hair, dental hygiene, complexion care, manicure etc.

( b ) Regular wardrobe maintenance - selection of garments, repairs, polishing shoes, planned purchasing, proper hanging, regular cleaning, etc.

( c ) Planned physical culture - proper exercise, diet, sufficient rest, good posture, visual poise.

( d ) Regular mental exercise. Establish a regular schedule for reading, improving your vocabulary and diction, and developing an appreciation for the arts. Practice good study habits and strive for academic achievement.

( e ) Select one course in personal improvement to study during the year. If you can not afford a professional course, YMCA's, department stores, etc. usually offer inexpensive courses in modeling, figure control, etc. Your public library offers books and study courses on many subjects including speech, self improvement, and art appreciation (or attend 5 makeup makeovers – Something that helps your personal improvement).

( f ) Respect and do not abuse your body. Keep yourself mentally, morally and physically fit. Do not indulge in drugs, alcohol, stimulants, or situations that would compromise your purity or would blur your mental capacity or your ability to choose right from wrong.



**2. FAMILY INVOLVEMENT** - Sorority members should contribute their part toward the improvement of their own family unit.

( a ) Respect and honor your mother, father or guardian and other members of your immediate family

( b ) Contribute something towards the overall family life. Accept one household duty as your own personal responsibility.

( c ) Keep your personal belongings in order. Make your own bed and keep your own room tidy. The Cinderella Girl, by living an orderly life, will have time to help the other members of her family when they need her and will be an inspiration to those around her. Remember: Clean home, clean hearts, clean mind, clean thoughts, and clean conscience.

( d ) Help establish a "family council" in which each member of the household can express their views on family problems. Remember though, every household must have a leader and the "final decision" must come from your parents.

( e ) Help create at least one family cultural experience per month. Suggest a trip to an art museum, the opera or theater, concerts, or perhaps a family music and literature appreciation hour in the home.

**3. COMMUNITY SERVICE** - Members should participate in as many community service projects and activities as possible.

(a) Join a club or organization that does some worthwhile service for the entire community. The Cinderella Girl is not just a joiner and takes an active part in the organizations projects and functions.

(b) Do a major service project each month that takes at least 3 hours.

(c) Make a personal contribution toward cleaning up our environment. Do not litter! Organize your friends to spend a day cleaning up your park or playground. Help reduce pollution! Make a pollution check in your home.

( c ) The Cinderella Girl uses her talents to help the less fortunate. Help organize a youth group to perform at a children's hospital or senior home. If you have artistic talents, perhaps you could make flower arrangements or other gifts for a home for the aged. Maybe you would like to adopt a shut in for whom you can run errands or regularly visit and read to someone who is blind. Remember: It is more blessed to give than receive.

( d ) Find a way to earn some personal money to contribute to a worthwhile cause like the March of Dimes, Easter Seals, Muscular Dystrophy Cancer, Cystic Fibrosis, etc. Perhaps you can earn money by baby sitting, washing the family car, or running errands. Whatever the method, remember, a gift that you have personally earned will mean so much more to you as the giver.



**4. SOCIAL RELATIONSHIPS** - Every Cinderella Girl should practice the Golden Rule in their associations with other people.

( a ) Always treat other people in the same manner that you would like to be treated. Do not participate in gossip. Always go that extra mile and give that extra effort in everything you do. Give everyone the benefit of doubt until they are proven guilty or innocent. Remember, the loving heart is a forgiving heart.



( b ) Set aside a special day to write thank you notes to your friends. A simple unexpected "Thank You" or "I love you" can be one of the most valued gifts in the world.

( c ) Try to establish a friendly relationship with everyone; judging not their faults, but rather searching out their best qualities upon which a lasting friendship can be built.

( d ) Study and practice the rules of good manners, social graces, and etiquette. Always try

to do what is socially proper... even though it may not be socially popular.

( e ) Set some positive goals that will improve your social relationships.

Set out to do a Good Deed for someone each and every day. It may be as simple as helping an elderly person cross the street or opening a door for someone who is laden with packages. A Cinderella Girl should be helpful, courteous, polite, and above all, respectful to others.

( f ) Begin each morning with a cheerful "hello" and a kind word to the first person you meet... and continue this practice throughout the day.

The most contagious thing a person can have is a smile. Your attitude will reflect in the attitudes of others. A happy "have a nice day" to a waitress, sales clerk, or whoever you meet will bounce right back with happiness in your own life.

( g ) The Cinderella Girl is always fair, honest, and understanding in her relationships with other people. She is truthful, but respects the feelings and opinions of others. She always respects the property of others and is neither jealous nor envious.

**5. SPIRITUAL GROWTH** - Nothing is more important to the Chi Gamma Cinderella Girl than her spiritual growth and development. She realizes that the total being is composed of more than just the physical, mental and social processes. An important part of her self improvement program is her spiritual growth and her awareness of the true meaning of life.

( a ) A regular time for meditation and self reflection should be set aside each day. Spend these precious moments in quiet solitude. Search your heart and take cognizance of the gifts of life that you have been given.

Acknowledge your errors and injustices against your fellow man and seek divine guidance in all that you say and do.

( b ) Help establish a regular family devotional period in the home.

This can be a time when the whole family can share in each other's spiritual growth. Example: Read Spiritual or Inspirational Materials

( c ) Encourage the family to form a family circle by joining hands

for a moment of thanksgiving before each meal. Remember the family that prays together stays together!

( d ) Spiritual growth can be enhanced by reading inspirational materials and scriptures. Avoid exposing your mind and heart to things that are not "clean and wholesome." Our minds are like fertile soil in which seeds of through can flourish and grow. Beware of the seeds that you plant because ugly thoughts bear bitter fruit.

( e ) Regularly attend the activities of the church of your choice. We are not complete without knowledge of the creator and his plan for the universe. By surrounding yourself with friends who have the high ideals and standards it will be much easier for you to stay on the right path. We cannot help but be influenced by the company we keep.



Notes:

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## Chi Gamma Cinderella Girl Sorority

**Sister, open your heart, fling your hopes high, and set your dreams aloft. I am here to hold your hand. ~ MAYA ANGELOU**

\*"Sisterhood is the essence of all the wisdom of the ages, distilled into a single word. You cannot see sisterhood, neither can you hear it nor taste it. But you can feel it a hundred times a day. It is a pat on the back, a smile of encouragement. It's someone to share with, to celebrate your achievements." ~ Anonymous

\*"To have a loving relationship with a sister is not simply to have a buddy or a confidante -- it is to have a soul mate for life." ~ Victoria Secunda

\*"What's the good of news if you haven't a sister to share it?" ~ Jenny DeVries

\*"When sisters stand shoulder to shoulder, who stands a chance against us?" ~ Pam Brown

\* A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life. ~Isadora James

\* A big sister is a friend and defender - a listener, conspirator, a counselor and a sharer of delights. And sorrows too. ~Pam Brown

\* Sisterhood is powerful. ~Robin Morgan

\* "My sisters have taught me how to live." George Wasserstein

\* "Sisters are for sharing laughter and wiping tears." Author Unknown

\* "Chance made us Sisters, hearts made us friends." Unknown

\* "Sisters touch your heart in ways no other could. Sisters share... their hopes, their fears, their love, everything they have. Real friendship springs from their special bonds." Carrie Bagwell

***Note: From Nevada State Director: Ms. Gwendolyn....I can guarantee you that if you personally take the attributes of a true Cinderella Girl by doing as many of the above activities as possible – you will be a different young woman and will feel more self worth than you can ever imagine. This is truly how you build self confidence.... Don't try to do it all at once, it's like eating an elephant, you only do it one small bite at a time – BUT you keep doing it. and pretty soon the Magic happens....You are Changed into a beautiful Cinderella Young Lady who everyone will look up to and respect!  
Congratulations on a new you...Ms. Gwendolyn***