Executive Officers

Commander
  Mike Maher

Lieutenant Commander
  Nick Seidule

Treasurer
  Brian Frein

Recorder
  Adam Kaminski

Marshal
  To be Announced

LEAD
  Paul Citro

Recruitment
  Josh Wagoner

Sentinel
  Vincent Mortara

---

Learning the Ropes

by Brian Green, Chaplain

Saturday March 1st the UCF Colony of Sigma Nu along with a few local alumni followed the recruiters from headquarters to a Ropes Course retreat. The retreat involved team, trust, and confidence building exercises. The morning was filled with many low level activities that encouraged us to bond as a group by putting our faith and trust into people that we had just met. Some of the exercises included in the morning were a trust fall, a wall climb and island hopping. At around noon we were generously provided with lunch by the consultants from nationals and then we headed out to begin the high ropes portion of our day.

The high ropes course involved three activities: the cat walk, multiline traverse and pamper pole. The cat walk involved climbing a rope ladder to a horizontal telephone pole 25 feet up, a walk from one side to the other then back to the middle, then you would fall backwards and let your belief control your descent down. The multiline traverse is sort of like the cat walk except that the horizontal telephone pole is replaced with a wire and another wire with ropes hanging down intermittently from one side to the other. The similarity is that you have to walk/shimmy your way from one side to the other and back to the middle for your descent. The final activity was the pamper pole which is a 30 foot vertical telephone pole with staples for you to climb.
Commander’s Corner

Dear Alumni:

I want to take this opportunity to introduce myself. My name is Michael Maher and I am proud to say that I am the Commander of the Sigma Nu Colony at the University of Central Florida. A little about myself, I’m a Junior and currently studying Health Service Administration with aspirations of working in a hospital administration position.

I feel honored to be representing this amazing group of guys. The talent and ability we have is unbelievable. The consultants from Sigma Nu Nationals did a remarkable job recruiting and we have a great foundation to start.

I want to thank all of the alumni who have pledged their support to our Colony in various ways, and I truly look forward to working you in the coming months!

LHT,
Michael Maher

Who We Are

by Adam Kaminski, Recorder

If someone were to ask me to describe the Sigma Nu Colony at UCF, I would have only one word in reply, “team.” We are a team of men trying to improve the community around us. We are a team of freshmen, sophomores, juniors and seniors trying to help and challenge each other academically. We are a team of differing minds bound together by three basic principles: love, truth and honor. We are a team of men trying our hardest to become part of something that is bigger than all of us individually. We, the men of the Sigma Nu Colony at UCF, are a team.

Colonies Members Attend Recruiting and LEAD Institutes at Jacksonville University

by Adam McKercher, House Manager

March 29th the UCF Colony sent thirteen members to Jacksonville University to participate in the 2003 LEAD and Values Based Recruitment Institutes presented by Sigma Nu Headquarters. Executive committee officers Commander Mike Maher and LEAD Chair Paul Citro attended the LEAD Institute and learned of new ways to implement the development of our brothers as exceptional individuals through the LEAD program. Recruitment Chair Josh Wagoner and Treasurer Brian Frein attended the Recruitment Institute along with the support of additional colonists and were informed of successful methods for recruiting quality men of character into our Fraternity. Additionally, the UCF Colony was introduced to men from the Theta Alpha chapter at USF, the Delta Mu chapter at Stetson, and the host chapter Kappa Theta of Jacksonville University. This was an excellent opportunity to learn about what is going on in other local chapters and how each chapter runs as our colony continues to grow and develop at the University of Central Florida.
Colony Status

The colony’s constitution is currently being reviewed by the Student Government Association. The colony currently has:

44 initiated candidates

One candidate

11 potential candidates

ROPES continued from page 1

activity is that you climb to the top of the pole and stand on the very top and leap from the pole and try to catch the trapeze about seven feet away.

All in all, the day was very successful. All the new members interacted well with one another and the alumni. Everyone attempted all the activities and we even learned that our fear of heights is really a fear of falling. At the end, we all learned a little more about ourselves and what we can do when we put our minds to it. This was an experience that I would never give up and everyone should experience.

Appointed Chairs
Chaplain - Brian Green
Scholarship - Scott Popowski
Alumni Relations - Louis Linde
Fundraising - Chris Crowley
Community Service - Jay Johnson
Petition - Alex Garcia
IM sports - Nick Davis
Social - Joseph Shippee
House Manager - Adam McKercher
Historian - Andy Apicella and Justin Moore

Check out the web page
http://pegasus.cc.ucf.edu/~sigmanu