

Convention Dinner Opening Thoughts 04/27/2024

Opening

Good evening California Sisters, it is so wonderful that we are all able to get together this night and enjoy each others company over dinner together as we honor the past executive board and install the incoming one.

As I was thinking about tonight, I thought about how my husband and I enjoy eating out, as I am sure most of you do as well. Not long ago we went out for Chinese food and at the end of the meal we were presented with the usual little plate with two crispy fortune cookies. Before opening them we always debate who gets what cookie. I made my selection and read it. The advice was “The shortest distance between two people is a smile”. I thought that this Chinese fortune cookie’s saying summed up quite well how Alpha Delta Kappa Sisters easily connect with each other when they get together by smiling.

Throughout the day at the convention I have seen hundreds of smiles. If you are like me, when a sister smiles at you it brings you closer together and gives you a sense of belonging and friendship.

Smiles are like magic in how they can transform you. An example of this occurred today when pictures were taken. What were we told? That’s right SMILE.

The reasoning of course is that you're more attractive when you smile. We want to be around people who smile, negative facial expressions often cause us to retreat from those who are frowning or scowling. The nice thing about smiles are they are easily given away and they don’t cost anything, there are free.

Did you know studies have shown that happy people enjoy better health and longevity. This is probably due to smiling being a stress reliever and a mood booster. So, let’s all enjoy ourselves and have fun tonight and remember the all benefits can we gain, from something that’s freea smile.

Closing

We have come together this evening enjoying each others company. We have smiled and laughed together sharing memories of the past biennium where we all took a “*Step Into the Future*” with Rosena Kruley and her California Executive Board and noted their accomplishments.

We now are looking toward the new 2024-26 biennium with Virginia Riding as our president and her new Executive Board. Virginia’s theme “Sisters By Choice: Forever Friends” reminds us of our important connection to one another in Alpha Delta Kappa. She will need the support from all of us to help fulfill her vision. When Virginia soon calls on you to help her work towards her goals remember to smile and say yes, of course. Because as the fortune cookie says “The shortest distance between to people is a smile” and Virginia will surely be smiling at your yes answer.

