

## **State Convention Luncheon 05/26/2024**

Good Afternoon Sisters,

Preparing my thoughts for our luncheon today and thinking about the topic of music, which our special speaker is going to talk about in a few minutes, I thought about the importance of music during different stages of our lives and the role it now plays for each of us as we go through our daily routine.

When some of you were babies you might have had a mother who sang simple lullabies or songs to sooth you when you were restless, or when they just wanted to get you to drift off to sleep. Soft music had a calming effect on us when we were young.

As small children we learned simple counting and alphabet songs at home to prepare us for the first days of school. After starting school some of us were fortunate to have teachers who taught us songs and rhythm activities making our school day exciting and enjoyable.

As we got older and were promoted to higher grades we had the opportunity to learn to play new musical instruments or perhaps be in in the chorus or preform in a musical production. In high school the opportunity was there for us to play in the band or orchestra and to preform choral music. We attended school dances where the music of the period was played for us to dance to. This music was an exciting and important part of our youth.

Of course music is present in our lives today away from the school setting. When we go to the movies we hear the instrumental sound tracks that accompany the films. The radio and television are ways we can enjoy musical performances of entertainers from across the world. There are CD of music to listen to, and music can be downed loaded on our phones for our ongoing enjoyment. Even video games that are played by millions of fans are often accompanied by music sound tracks.

Music is everywhere, In stores as back ground music, in doctors offices, elevators, gyms, restaurants and even memorial services. We can hardly escape music in our lives and we wouldn't really want to because it can enrich our day and elevate our mood. So let us all enjoy our lunch today thinking about the important role of music though out our lives and how it brings us all together in a variety of places and events like here today. As Louis Armstrong the wonderful jazz musician once said, " Music is life itself".

Closing

We are almost ready to resume our conference this afternoon where we will continue to do the important work of California Alpha Delta Kappa. Let us remember our own importance as California Sisters. We have continued to "Step into The Future" with President Rosena this past morning and will continue to do the important work that is needed to complete this 2024 California State Convention and make this biennium a success.