

Southern District Thoughts - March 12, 2022

Opening Thoughts:

Our president Sara Cooper's overall theme for the 2020 - 2022 biennium is "California Proud." And that is the theme today at this virtual Southern District Conference; "California Proud." But what is pride and why are we California Proud? Pride is defined as a feeling of worthiness and, interestingly, it can be both detrimental and beneficial to an individual's personality. Generally, it is good to be proud of yourself, as having pride in yourself will boost your feelings of self-worth, and perhaps even motivate you to achieve your goals. However, too much pride can be negative, remember the famous saying: "pride always comes before a fall"? Most pride is positive though, such as the pride that parents feel when their child graduates from college. Or the pride in being part of an outstanding organization like Alpha Delta Kappa. So why are we "California Proud?" Is it because our sisters are unusually generous with their focus on altruism? Today is a fine example as we learn more during this conference about the very worthy charity Youth Hope. We are raising money and lifting up an organization that helps our children. Is that why we are California Proud? Is it because we live in a beautiful state with the most perfect weather on earth? Is it because we have so many natural wonders and resources here? Today the Inland Cities Council has a remarkable top ten list of Southern California's natural wonders to show us. Is it because we have strong citizens working hard to create the most productive and prosperous economy of any state in the union? Is that why we are California Proud? Is it because we belong to a group that values excellence in education? Is it because we honor teachers and all they do to help our students learn? We know teachers work hard to equip children with the skills necessary to move boldly forward into the future. Teaching has always been challenging but during a pandemic, it is heroic. Is that why we are California Proud? Yes, it is all those things and more. Let's sit back and relax into this blooming garden of sisterhood at our Southern

District Conference today, proud of our organization and proud of each other. We are California Proud!

Closing Thoughts:

Pride, researchers are finding, can motivate people to strive for success and act with compassion. It forces us to consider others' viewpoints and opinions, as well as our own. Today we are flourishing in a garden of sisterhood full of pride. We are proud that we belong to such a giving organization as AΔK. We are happy to support Youth Hope and other quality charities that help our children. We are proud that we share the common goal of excellence in education and strive to support our teachers. We are proud that we enjoy the company of such sterling women in our inspiring group. We are proud that we live in the amazing state of California with all its treasures and bounties, like the top ten places to visit in Southern CA. Let's take this spirit of pride back to our chapters. Let's use the motivation of pride to set higher goals for altruism, more support for our hard-working teachers, and appreciation for this beautiful garden on earth we know as California. We are California sisters. We are California Proud!