

EX Board Northern Conference 09/31-10/12/2022

Opening

As I was contemplating the Northern Conference and what I would share with you today, I was reflecting on the reasons why I decided to offer for the California Executive State Board four years ago, and why I decided to continue on it this biennium.

While I was pondering my reasons, I thought about you as well. Why did each of us decide to join Alpha Delta Kappa and later be on the California Executive Board? I am sure that we each have our own individual reasons, but if I was to make a guess the overwhelming reason would be because we as educators all loved helping others both in and out of the classroom.

I would like to read a quote from a famous actor.

Audrey Hepburn was quoted as saying “As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others.”

Our goal as an organization is in helping others whether it is through our donations to worthy causes or helping out as individuals at the chapter or state level. As we age, we become less focused on our own lives and more on giving back and helping those around us. I believe the feeling of helping is the driving force for many joining and participating.

As we meet this weekend let us focus on the many benefits we derive from volunteering our time, energy and talents to Alpha Delta Kappa. Often when we volunteer, we only think of the organization or person we are helping. However, when we help others, studies have shown that changes occur in our brains that promote happiness. Volunteering and becoming more physically active also makes us more socially active, helping with a sense of well-being. When we help others, we develop strong friendships and a sense of belonging. Also, when we volunteer and help others who are less fortunate, it helps us gain a greater perspective of our own lives and makes us more positive about our own circumstances. All of these are benefits that can be felt rather than seen.

So this weekend let us focus on all the positive benefits we will obtain as board working together as we *“Step Into the Future”*

Closing

This weekend we have come together as a board to do the business of the State while gaining the benefits of helping others. At the Northern Council Meeting we enjoyed the sense of belonging to a large organization that is focused on goals we support. We have shared in the benefits of helping others through our contributions to the George Mark House. We have reconnected with and given our support to sisters we visited with during the conference.

During our executive board meetings we have started to create stronger friendships which will enable us to accomplish the work of the board in a positive caring way. We will all work together to help one another as *“We Step Into The Future”* together.

Believe in others. Expect them to be great and understand they want to feel like you want to feel: part of something meaningful and important. Let the space you share with them be that kind of place. If you do, you will find not only are you improving their life, but you are improving your life as well.