

Marina Conference EX Board Meeting 01/19-21/2024

Is it just me or is it that people are becoming less patient these days? On the roads, drivers are speeding faster and faster, and often if you are driving the speed limit you are left in the dust or perhaps I should say exhaust. If you hesitate even just a bit at stop light the driver behind you is quick to point out your transgression by blowing the cars horn. People don't seem to budget their time allowing for possible delays in traffic. Very little patience is seen.

Driving isn't the only place where a lack of patience can be observed. We get impatient when we have to wait in line more than a few minutes and wonder why the store doesn't have enough cashiers. At the doctor's office we wonder why it is taking so long to be seen. We often cram too much in our days and need to be on the go all the time. It seems that everyone being busy and rushing around has become the new norm.

I think we've forgotten, as a nation, how to be patient. I was reading about a study that looked at millions of internet users looking at videos. If the video did not come up within 10 seconds half of the viewers gave up on watching the video. Those with high speed Internet servers were the quickest to click away leading the observers to conclude that technological progress was eroding patience.

However, having patience can be powerful. It often allows us to defer present desires for increased future gain. It can help us achieve things we might never achieved without it. We all have realized the importance patience throughout our lifetimes. We were patience in school where we put in the time in order to graduate, if we learned a second language that took time, learning a new skill or even when we read a very long book required our patience.

Being patient can bring us better outcomes, not just for ourselves but for those we come in contact with in our daily lives. When we are planning a trip in the car we can allow enough time so we can enjoy the radio and not worry about rushing. In the store we can smile at those in line with us and not complain to the harried clerk. We can remember to bring something to read to pass the time waiting at the doctors office. All things to help us act positively. It is said "impatience implies impotence and patience implies power". How we react to difficult situations is the key.

When something comes along that requires your patience it is important to remember “*Patience is not the ability to wait but how you act when you are waiting*”. Sometimes just pausing a moment and taking a deep breath will relax you and the situation.

Today as we continue to ‘Step Into The Future’ in Alpha Delta Kappa remember the virtue of being patient with one another this afternoon as we continue to work for our common goals in this wonderful organization.

Reconvening Thought 01/20/2024

Once again we come together this afternoon after a wonderful morning with our Marina Sisters. It was fun to enjoy the STEAM program and activity. As always it was wonderful see so many of our old friends and for some of us to meet new ones. As we get back to work this afternoon let us remember the quote I gave yesterday,

“*Patience is not the ability to wait but how you act when you are waiting*”

and carry this thought as we work together.

Closing Thought 10-08-2023

We have come together once again this weekend working hard on the business of Alpha Delta Kappa. We have accomplished a lot during our time in Southern California. We have had fun connecting with our Marina Sisters at the conference. We were “*Stepping With Steam*” and having fun doing it. We have enjoyed Marina Council’s hospitality and we have realized the importance of our sisterhood in Alpha Delta Kappa and the camaraderie mutual friendships brings. We are indeed “Stepping Into The Future” with our President Rosena and making California Alpha Delta Kappa a stronger diverse, equitable and inclusive organization.