



President—Paul

Spoke Newsletter

Wednesday April 10, 2019

Attendance: 20 (50%) Attendance with make ups: N/A

Program Wednesday, April 17, 2019

Dale Wellman, Nebraska Wesleyan Basketball

arranged by Chuck Erickson

Program Wednesday, April 10, 2019

Dick Dienstbier, Ph.D., Service Above Self—Self Above Service

arranged by Chuck Erickson



Dick Dienstbier is originally from the northeast, and he had a slow academic start in Chemical Engineering, followed by service in the U.S. Army. Dick received his Ph.D. in social psychology from the University of Rochester. He has taught and did research in the Psychology Department of the University of Nebraska-Lincoln. He has been a Visiting Scholar or Visiting Professor at Cambridge University, the University of Canterbury in New Zealand, and Adelaide University and the University of South Australia.

At UNL in the Department of Psychology he has served as Director of the Program in Social and Personality Psychology, as Department Chair, and as the Series Editor of the annual published “*Nebraska Symposium on Motivation.*” He recently published a book entitled, “*Building Resistance to Stress and Aging: The Toughness Model.*”

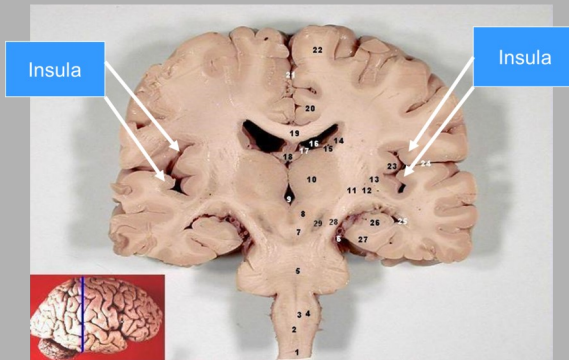
Dick told the Lincoln East Rotary Club about the difference of Evil vs. Altruism. He started out telling us about the My Lai Massacre in 1968 where several U.S. soldiers under the leadership of Lt. William Calley started killing women, children and older men as they prepared breakfast. This slaughter also included livestock, rape of unknown number of women, and burning the village to the ground. It ended when Warrant Officer Hugh Thompson, an Army helicopter pilot on a reconnaissance mission, landed his aircraft between the soldiers and the retreating villagers and threatened to open fire if they continued their attacks.

Dick said Lt. Calley was showing the signs of evil where Warrant Officer Thompson showed the feelings of **Altruism**. You may ask what is the definition of **evil**—Sinful, wicked, having an evil impulse to do harm. What is **Altruism**—Unselfish regard for others, or devotion to the welfare of others, feelings and behavior that show a desire to help other people and a lack of selfishness.

Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.

March 20, 2019

The empathic insula



Helping others is strongly influenced by affective variables. The parts of the brain that are most involved in empathy, altruism, and helping are the amygdala and the prefrontal cortex, areas that are responsible for emotion and emotion regulation.

We sometimes feel like helping others despite that it might be costly. If a given behavior such as altruism enhances our reproductive success by helping the species as a whole survive and prosper, then that behavior is likely to increase fitness, be passed on to subsequent

generations, and become part of human nature. We are more likely to care for and help our relatives than strangers. In the case of a person's life was at stake and the helping involved a lot of effort, time, and danger, a person would more likely prefer to help a person closely related to them. Helping people closest to an individual may be willing to donate kidneys, rather than to a stranger.

Nature or Nurture

People have a built-in capacity for empathy and thus for altruism. But remember that we are not all the same. Altruism is affected by genes and heritability is over 50%. Altruism is affected by nurturance.

Let us consider evil. There has been 200 million killed by wars and genocides. During World War I 16 million were in combat with 1.3 million Americans killed. In World War II there were 60 million or 3% of the population. When Stalin decided to purge there were 20 million killed and when Mao purged there were another 20 million killed. If you look at the modern times such as Cambodia about 25% of the total population or 1.75 million; in Rwanda there were 800K Tutsis killed by mostly Hutu and in Bosnia about 100K killed.

Modern Terrorism

Today we have your modern terrorism where many people were killed. At 911 which happened in New York and DC there were 7K killed and recently in New Zealand 49 people were killed at a mosque and in Pennsylvania there were 11 people killed at the Tree of Life synagogue. We also have the meaningless slaughter where 58 dead and over 400 injured by gunfire in Las Vegas, and then we have our school shootings such as Columbine H.S. in 199 (13 killed); Sandy Hook Elementary in 2012 (26 killed); and Marjory Stoneman Douglas in Parkland, FL in 2018 (17 killed).

Human Violence

Do the violent survive, reproduce, and pass on their genes? (**Nature**); Models for violent behavior abound. (**Nurture**); Winning stimulates dopamine that bathes pleasure centers and reinforces the aggression. (**Nature & Nurture**); and the last Human nature versus the "Golden Rule."

"Do unto others as you would have them do unto you." Helpers are healthy! People who help others are happier and live longer than those who are less helpful.



Anniversaries & Birthdays

Week of April 11—17

Birthdays:

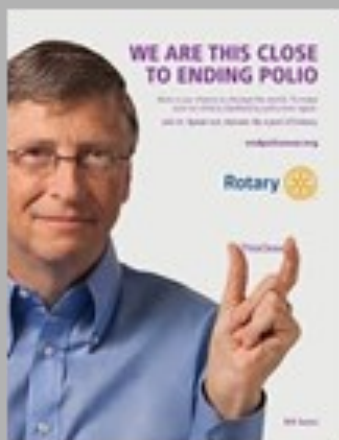
Tom Roper — April 16

Anniversaries

Bob Simmering



Happy Dollars



Barry Selk	\$ 5.00
Darrel Huenergardt	\$ 2.00
Chuck Erickson	\$ 2.00
Steve Grosserode	\$ 2.00
Dennis Duckworth	\$ 2.00
Jeanne Garvin	\$ 2.00
Greg Schnasse	\$ 1.00
Nathan Rink	\$ 5.00
Lillie Larsen	\$ 1.00
Ozzie Gilbertson	\$ 2.00
Paul Horton	\$30.00
Duane Tappe	\$ 2.00



NOTE:

Total Happy Dollars to date:
\$1305.00

Total \$ 56.00



Greeter Duty

April — Duane Tappe

Make Ups



Cashier Duty

April — Gordon Bair
Contact Dick Cumming

Guests & Visitors

Pat Grosserode—guest of Steve Grosserode
Richard (Dick) Dienstbier — Speaker



← April 30 at Cornhusker, 11:30 a.m.—Cost \$35.00

Lincoln East Rotary Club—April and May Speakers Schedule

April 17—Dale Wellman, Nebraska Wesleyan Basketball, arranged by Chuck Erickson

April 24 — Joe McCabe, arranged by Chuck Erickson

May 1 — Brandon Bonilla, Head coach, Nebraska Wesleyan Soccer, arranged by Melodie Jones Pointon

*Lincoln East Rotary Club
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Published by Wayne Casper*