



President– Barry

Spoke Newsletter

Wednesday April 11 2018

Attendance: 27 (60%) Attendance with make ups: 29 (64%)

Lincoln East Rotary Club web address: <https://portal.clubrunner.ca/4424>

Program Wednesday, April 11, 2018

Human Behavior at its Best and Worse

Program by Charles Erickson



*The biology of our best
and worst selves with
Robert Sapolsky*



Who is he? (You Tube. —Robert Sapolsky)

He has been called “one of the best scientist-writers of our time” by Oliver Sacks. Sapolsky has produced, in addition to numerous scientific papers, books for broader audiences, including *A Primate’s Memoir: A Neuroscientist’s Unconventional Life Among the Baboons*, *Why Zebras Don’t Get Ulcers: Stress Disease and Coping*, and *The Trouble with Testosterone*.

Pre-thinking

How can humans be so compassionate and altruistic — and also so brutal and violent? To understand why we do what we do, neuroscientist Robert Sapolsky looks at extreme context, examining actions on timescales from seconds to millions of years before they occurred. In this fascinating talk, he shares his cutting edge research into the biology that drives our worst and best behaviors

Why you should listen:

We all have some measure of stress, and Robert Sapolsky explores its causes as well as its effects on our bodies (his lab was among the first to document the damage that stress can do to our hippocampus). In his research, he follows a population of wild baboons in Kenya, who experience stress very similarly to the way humans do. By measuring hormone levels and stress-related diseases in each primate, he determines their relative stress, looking for patterns in personality and social behavior that might contribute. These exercises have given Sapolsky amazing insight into all primate social behavior, including our own.

*A Rotary Thank You to Charles Erickson for an excellent presentation on Human Behavior
“The Best and The Worst”*

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

April 11, 2018

Why do we do the things we do?

Sapolsky storytelling concept is delightful but it also has a powerful intrinsic logic: he starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its evolutionary legacy.

And so the first category of explanation is the neurobiological one. A behavior occurs--whether an example of humans at our best, worst, or somewhere in between. What went on in a person's brain a second before the behavior happened? Then Sapolsky pulls out to a slightly larger field of vision, a little earlier in time: What sight, sound, or smell caused the nervous system to produce that behavior? And then, what hormones acted hours to days earlier to change how responsive that individual is to the stimuli that triggered the nervous system? By now he has increased our field of vision so that we are thinking about neurobiology and the sensory world of our environment and endocrinology in trying to explain what happened.

Sapolsky keeps going: How was that behavior influenced by structural changes in the nervous system over the preceding months, by that person's adolescence, childhood, fetal life, and then back to his or her genetic makeup? Finally, he expands the view to encompass factors larger than one individual. How did culture shape that individual's group, what ecological factors millennia old formed that culture? And on and on, back to evolutionary factors millions of years old.

The result is one of the most dazzling tours d'horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research across a range of disciplines to provide a subtle and nuanced perspective on why we ultimately do the things we do...for good and for ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and competition, morality and free will, and war and peace. Wise, humane, often very funny, *Behave* is a towering achievement, powerfully humanizing, and downright heroic in its own right.

Discussion Questions:

1. "In other words, I'm your basic confused human when it comes to violence." Says Sapolsky. Describe your feelings about violence and acting violently to someone.
2. And when it's the right kind, (of violence) we cheer it on, we hand out medals, we vote for, we mate with our champions of it.... in addition to us being this miserably violent species, we're also this extraordinarily altruistic, compassionate one. Can you think of a time when you were violent and compassionate in the same day? Games count.
3. What does Sapolsky mean by "The challenge is to understand the biology of the context of our behaviors, and that's real tough."?
4. Explain to someone the process that Sapolsky uses to explain by the second, the minute, the weeks, months, lifetime, and evolutionary history of the biology that led to the moment of pulling the trigger.
5. "there's a variant of a gene called MAO-A, and if you have that variant, you are far more likely to commit antisocial violence if, and only if, you were abused as a child. Genes and environment interact, and what's happening in that one second before you pull that trigger reflects your lifetime of those gene-environment interactions." Explain how this would work."
6. Those who don't study the history of extraordinary human change, those who don't study the biology of what can transform us from our worst to our best behaviors, those who don't do this are destined not to be able to repeat these incandescent, magnificent moments." Explain this with reference to John Newton and Hugh Thompson.

Lincoln East Rotary Club
Teacher of the Month—March 2018
Amy Finch—College View Academy



Brian Carlson, Principal, Amy Finch, Teacher, Kayla Finck, U.S. Bank, Wayne Casper, Chairman

*Lincoln East Rotary Club Members extend a sincere thank you and congratulations
To Amy Finch as an outstanding teacher in Lincoln Elementary Schools.*

**Lincoln East Rotary Club Tree Planting & Summer Picnic
Pioneer Park—Sunday, April 22nd @ 1:00 P.M.**

**Assignments: Buns & Condiments—Wayne Casper, Table Setting—Paul
Horton, Side Dishes—Chris Klingenberg, Drinks—Barry Stelk,
Desserts—Duane Tappe**



***Due to Salute to Business on Tuesday, April 17
Lincoln East Rotary Club will not meet on Wednesday, April 18, 2018***

How Much is in Wayne's Money Jar?

Andrea	Ahrens	\$
Jerry	Albright	\$
Gordon	Bair	\$ 48.52
Wayne	Boesinger	\$
Al	Burdick	\$
Wayne	Casper	\$
Michael	Carr	\$
David	Caudy	\$
Jerry	Christensen	\$
Blake	Collingsworth	\$ 76.38
Gloria	Collingsworth	\$ 57.21
Dick	Cumming	\$ 102.50
Lynn	Davis	\$
Dean	Douglas	\$ 110.50
Dennis	Duckworth	\$ 151.12
John	Duling	\$ 111.11
Deb	Durre	\$ 74.00
Mark	Ebers	\$
Charles	Erickson	\$
Larry	Fletcher	\$
Gene	Frederick	\$ 45.00
John	Garrison	\$
Jeanne	Garvin	\$ 101.00
Osmund	Gilbertson	\$ 87.15
Steve	Grosserode	\$ 93.40
Paul	Horton	\$ 43.72
Darrel	Huenegardt	\$
Chris	Klingenberg	\$ 137.69
Lillie	Larsen	\$
Dale	Lloyd	\$ 95.95
Ben	Martin	\$
Racheal	Martin	\$
Mary	Oestman-Goldberg	\$
Melodie	Pointon	\$ 43.11
Nathan	Rink	\$
Tom	Roper	\$
Bill	Roper	\$
Eugene	Roth	\$
Dennis	Schmidt	\$
Milt	Schmidt	\$
Greg	Schnasse	\$ 129.63
Robert	Simmering	\$
Jason	Smith	\$ 96.25
Barry	Stelk	\$ 77.50
Minnie	Stephens	\$ 100.00
Ed	Stivers	\$ 88.00
Duane	Tappe	\$ 143.00



The Lincoln East Rotary Club member that guesses the correct amount or closest to the amount of change in the jar, Wayne will match up to \$50.00 for a donation made either to the Lincoln East Rotary Foundation or Rotary International Foundation.

Hint: The jar weighs 9.6 lbs.

Congratulations to Dean Douglas. Dean has an excellent eye for money. His guess on the money jar was \$110.50 and the actual deposit was \$110.56. This set a record for the closest guess for the money jar.



Anniversaries & Birthdays

Weeks of April 12—25

Birthdays:

Tom Roper—April 16

Anniversaries

Bob Simmering—April 17



Happy Dollars

Al Burdick	\$ 3.00
Jason Smith	\$ 1.00
Kay Wunderlick	\$ 1.00
Steve Grosserode	\$ 2.00
Dennis Duckworth	\$ 2.00
Blake Collingsworth	\$ 5.00
Dick Cumming	\$ 1.00
Dean Douglas	\$ 1.00
Ozzie Gilbertson	\$ 3.00
Barry Stelk	\$ 5.00
Wayne Casper	\$ 3.00
TOTAL	\$27.00



Greeter Duty

April—Andrea Ahrens
Minnie Stephens—May
Duane Tappe—June

Make Ups

Gene Roth
Milt Schmidt

Sum Fun Picnic
Park Painting



Cashier Duty

April—Duane Tappe
May—Darrel Huenergardt
June—Gordon Bair
Contact Dick Cumming

Guests & Visitors

Merrilea Anderson
Kayla Finck
Kay Wunderlick
Amy Finch
Brad Finch
Brian Carlson
Kathy Collingsworth

Steve Grosserode
U.S. Bank
Lincoln South
Teacher
Spouse
Principal
Blake

“It is easier to interest men in war than in peace; it therefore requires more moral courage to talk peace than war.”

Lincoln East Rotary Club—April Speaker Schedule

NO MEETING APRIL 18

April 25—to be announced

**Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper**