

# Palo Alto Rotary Pinion

Date: February 6, 2017

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Editor: LYLE CONNELL

After the Pledge, PRESIDENT BRIAN welcomed the sole visiting Rotarian, previous member Dave Fraser. He then introduced and welcomed Morty Cohen, a friend of the speaker.

PAM KRUDOP introduced Opening Remarks by acknowledging that yesterday's Super Bowl victory by the Patriots was one of the greatest comebacks in sports history.



She then segued almost smoothly into a discussion of the significance of Girls Scouts and their national cookie day. Pam's personal involvement includes having been a member of - as well as being the mother and a grandmother of - Girl Scouts of America. Buy your GS Cookies today to support the over 100 year

tradition of providing excellent leadership and values training for America's young women.



Casting about for President's Club contributors, President BRIAN finally hooked DICK BUSH. DICK us that Tom Brady was not the only local star of the Superbowl. His favorite receiver, Julian Edelman, lived just a deflated football throw away in Woodside.

After thanking those members who signed up to join the PA

Rotary/Chinese New Year celebration tomorrow night, GLORIA HOM assumed the honor of introducing our speaker, Stanford Professor Fred Luskin.

Dr. Luskin, an educational and clinical psychologist, is an author and one of the most recognized researchers and teachers in the country on the subjects of forgiveness, stress management, and happiness. His topic today was "The Science of Happiness." He started with anecdotal illustrations of how finding happiness is most often common sense, but research shows that we too often don't behave in a manner consistent with common sense. For example, common sense suggests that more money does not lead to more happiness, and yet it is obvious that view is not manifest in common behavior. Research reveals that there

is actually an inverse relationship between wealth and pleasantness. With more resources, a person is more likely to understand the difference between herself and someone less fortunate by thinking the difference is a result of her virtues and the other's poor character. With that, gone is the capacity for empathy. And, research shows that empathy is



a fundamental to happiness. Dr. Luskin concluded with what he considers the three most important keys to an individual's happiness; people, purpose, and gratitude for what one has. Social networks, having friends that you can rely on, is a key. Working for something beyond yourself is a key. And, quoting Albert Schwitzer,

"Happiness is wanting what you have" is the last key; appreciating what you have instead of wishing you had more. (Did you greet today's food table with thoughts of wishing it were somehow different, or gratitude that someone had prepared it for you?)

Reporter's note: I am struck by the total congruence between the scientific views on happiness by Dr. Luskin and those of two notable spiritual leaders, the Dalai Lama and Archbishop Desmond Tutu, as expressed in the recent book, *The Book of Joy*. The book is a recorded extended conversation on the subject by the two on the occasion of the Dalai Lama's 80th birthday.



## FUTURE PRGRAMS

Feb 13 Jane Shaw, Dean of Religious Studies, Stanford University: "Jane Stanford's Vision of Religious Life at Stanford"

Feb 20 DARK- No Meeting

Feb 27 Palo Alto Mayor Greg Scharff