

Rotary Club of Englewood Spoke December 1, 2020

Presiding: Lisa Wisotsky

Recorder: Jim Cole

This outstanding meeting had our members as well as many members of the Ft. Lee Rotary Club in attendance. Members of both clubs were introduced. Ft. Lee made up rather more than a third of those in attendance.

Our speaker, Patrick Galvin, from one of Portland Oregon's Rotary clubs spoke to us via Zoom. Upon joining that club he was made membership chair and that did not seem to go well. Membership did not grow and he did not know why. He realized that carrying out programs for altruistic reasons was not working. What seemed to work were the benefits that people carrying out these activities seems to receive. The motivation for service he discovered is not altruism but **self interest!** He began his talk by asking, "Who wants to do something that will improve your health, add joy to your life, and cost nothing?" He has spent quite a bit of time researching studies that demonstrate the benefits of serving which enhance in a measurable way one life. Things such as longer life, lower blood pressure and heart rate. A dopamine rush has been demonstrated in people who serve. So the benefits of service are health, longevity

tranquility, friendship and happiness. Pat made a compelling argument for service as a boost to health and quality of life. He felt all members of a club should be membership chairs. He noted that people connect through stories.

It was a wonderful, uplifting program!

Some quotations:

Martin Luther King jr. “Everybody can be great because everybody can serve.”

Janet Sharma “Do good, feel good”

Jackie Guttman “There is no such thing as altruism.”

