Dear Rob and Kathleen, faculty members, Spitzer committee members, guests and dear Keren Ben-Shalom, Dana Haim and Sigal Price who received the Spitzer price for this year 2023

I would like to talk to you today about the importance of giving and contributing to others, inspired by the ideas of Prof Yuval Noah Harari a philosopher, and historian from the Hebrew university in Jerusalem. As Prof Harari often emphasizes in his writings and speeches, we live in a world that is increasingly interconnected and interdependent, and this means that our actions have consequences far beyond ourselves.

One of the most fundamental values of giving and contributing to others is that it helps us to enhance empathy and compassion. When we give to others, we put ourselves in their state of mind, and we begin to understand their needs, desires, and challenges. This is essential for building a more just and equitable world, where we can see each other as fellow human beings rather than as strangers or enemies.

Contributing to others helps us to build stronger communities. When we invest time, energy and resources with others we create a sense of solidarity and support that may help to overcome social isolation and division. This is particularly important in a world that is becoming increasingly socially fragmented. One can feel disconnected and alone in this world.

Contributing to others is essential for creating a more sustainable and resilient world. As Harari has argued, we face a range of global challenges that require collective action and cooperation, from climate change to pandemics and economic inequality. By giving to others and contributing to the common good, we can help to build the kind of world that we want to live in, one that is more just, and sustainable for all.

Another known scholar from Stanford university is Robert Sapolsky a professor of biology, and neuroscience. He conducted his research on stress, and social behaviour Sapolsky regards caring as a fundamental aspect of social cohesion. In his view, caring refers to the act of investing time, energy, and resources into the well-being of others, whether they are family members, friends, or members of the wider community. Caring is essential for building and maintaining social bonds, as it fosters feelings of trust, reciprocity, and mutual support.

According to Sapolsky, social cohesion is essential for human well-being, as it helps individuals to cope with stress and adversity. Socially cohesive communities are more resilient, have lower rates of mental and physical illness, and are more likely to thrive. societies that lack social cohesion are more likely to experience conflict and violence.

By Investing in the well-being of others people can build and maintain social bonds, feeling of trust and promote social resilience.

I believe that the values of giving and contributing to others and the behavior of caring are more important than ever in today's world. They can help us to increase empathy and compassion, build stronger communities, and create a more sustainable and resilient world. I hope that we can all take inspiration from the work of Keren, Dana and Sigal and find ways to give back to others in our own lives, no matter how big or small the contribution may be.

I thank the Spitzer family, Rob and Kathleen who support our beliefs and share our dreams for a better world. Rob and Kathleen are for our department and for the extended community, a blessing that maintain socsial bonds, and feeling of trust. Thank you, dear friends.