

Community Connections

North Berwick Coastal

September 2022



To our members and volunteers having a birthday this month, we wish you a very

HAPPY BIRTHDAY!

One of the September birth flowers is morning glory.

A morning glory is a symbol of mortality. The short lifespan of the flower also symbolizes unrequited love or a short-lived love.



Craigleith and Bass Rock, where the sea meets the sky' - Ruth Fraser

Get Creative!

It's National Live Creative Day on the 14th of September which encourages us to let the world see our creativity! Celebrate the day by taking the time to invent, discover, and dream. Try infusing creativity in our lives through a variety of media; painting, photography, music, gardening, etc. By expressing our passions and living creative lives, we experience the world. We may see creativity as an individual trait -

something we do on our own - but creativity is best fostered when ideas, methods, and materials are shared within a supportive community. I was recently inspired by the Covid Quilt on display in the back



room of the Coastal Communities Museum in North Berwick. It's such a creative way to commemorate the community's response to the Covid pandemic. It was produced by the Law Quilters and is worth a visit.

So as the 14th approaches, let us take the chance to be creative and share the joy it brings with our community. We'd love to include your stories and experiences of creativity in our October issue.

- Ruth Fraser

'Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.'

- Mary Lou Cook



The Sea Detective series by Edinburgh author Mark Douglas-Home is an interesting crime read. The Sea Detective, The Woman Who Walked into the Sea, The Malice of the Waves and The Driftwood Girls focus on knowledge of the seas, winds and shipping as means of dispersing items and bodies. The detective Cal McGill is an Edinburgh based oceanographer, environmentalist, and investigator, applying his expertise to diverse crimes. Gripping stories.

Dive in but check the currents first! *****

- book review by Wilma Shaw

Sitting amongst Community Connections volunteers giving up their evening to be trained in Dementia Awareness, I'm once again staggered by their strength, resilience, and good humour. They constantly inspire me to keep going at times when I feel overworked and overwhelmed, wondering how we can meet the needs of those on our waiting list in the dark cold winter ahead.

We have several volunteers who were once referrals, receiving a service from us. Now that they feel stronger, they volunteer to support others. In some cases, they have turned the tables and now support other volunteers who fall ill, have an accident, or find they need a helping hand.

Community Connections depends on a wonderful variety of volunteers of various ages and backgrounds. There is no question that older women, and a few men, are the core of our service delivery. Why is this? Someone says it's simply that we have more time when we retire. But many of our local volunteers have a range of commitments so

vast and complex it would make you stagger, from Leuchie House helping folk with life-limiting conditions to Food Bank deliveries to working among vulnerable older folk at the Day Centre to the Bass Rock Group's hands-on taskforce (who partner with us on the legendary Christmas Campaign) to the Mashed, who have made beautiful playground equipment and much more. I can name you people who do most of the above and more, and have done for many years.

Psychotherapist Erik Erikson writes that 'generativity', the 'ability to transcend personal interests to provide care and concern for younger and older generations,' tends to become a strong desire between the ages of 40 and 64. Sociologist Lars Tornstam invented the word 'gerotranscendence' to describe the tendency to move beyond concern with material acquisition towards strengthening our bonds to others in our community. For some, it may be that a clearer consciousness of approaching the end of life breeds more caring

altruism. We prize all our volunteers but love to point out Barbara, who recently climbed the Law for the Tree Aid charity, in honour of her 90th birthday. Registered blind and registered deaf, with impaired balance, this was quite a feat. She is not a service recipient (though she once was), but one of our most valued trained volunteers, for her dedicated work in inviting and welcoming new people to the Scone Café.

We'll always work around what you can offer. Full training, regular support, and supervision are provided. The fellowship of other volunteers is the best part of all. The new training starts this September, so why not jump aboard, contact Carol or Lisa and gain those rich rewards that come from being a Community Connector? This winter we're going to need your help more than ever. There's a waiting list for our Buddy Walks and a wealth of new takers for Scone Café. But most of all, you'll gain more than you give. Life will be richer than ever.

- Carol Stobie (Project Manager)

'Bottom line: we mind less but care more.... The bond between ageing and altruism is so well established now that some argue for another layer to be added to Maslow's hierarchy of needs. Call it what you like – philanthropy, legacy, transcendence - it adds up to the same thing: the human yearning to serve a cause larger than the self and to leave the world a better place than we found it... This is good news for many reasons. It suggests we can look forward to finding more meaning and purpose as we age and torpedoes the idea that older people are a burden. It also means the longevity revolution can help make the world a better, less selfish place.'

Carl Honoré, author of *Bolder: How to Age Better and Feel Better about Ageing* (and founder of the Slow Movement) – NB: I have ruthlessly cannibalised this book for the quotes included, and heartily recommend it - Carol

'We make a living by what we get; we make a life by what we give.'

– Winston Churchill

'I believe very strongly that we should seek to give back at every age, but the urge to do so seems to get stronger as we grow older. Maybe as we age we become more altruistic.'

– Zeinab Mokalled



Volunteer with us!

We would love to hear from you if you have any spare time (no minimum commitment) to help with buddy walks, a chum to the coffee shop, or help out at Scone Cafe. We offer full training and support. Please do get in touch if you are interested: 07915 719342 or admin@nbc-communityconnections.org

What's it Like Being a Community Connections Volunteer?

Friendship between volunteers and guests, everyone is so helpful and extremely friendly.
 – Scone Café volunteer and informal befriender

Makes me happy knowing I'm helping people in a practical way by helping give them something to look forward to every week - a happy, cheerful, and welcoming place with Dorothy's homemade scones. The buzz of conversations is just fantastic and always put a smile on my face.
 – Scone Café volunteer

Volunteering has made such a difference to my self-esteem. I now feel part of the community, not cut off by grief. I've made such good friends. It's lovely to feel useful and appreciated, and to be able to laugh again. Thanks to everyone who made that possible.
 – Scone Café volunteer

A wonderful team of volunteers. This makes it easy for people who need a bit of support to come to Scone café, giving them confidence to get out and socialise again. Brilliant idea.
 – Befriender volunteer



Our in-house **volunteer training** for new volunteers will be in two parts, with the expectation to attend both. Here are our next training dates:

- Part 1:** Tues 13 Sep 10-11.30am at the Rugby Club
 ALTERNATIVE: Thurs 15 Sep 6.30-8pm venue tbc
- Part 2:** Tues 27 Sep 10-11.30am at the Rugby Club
 ALTERNATIVE: Thurs 29 Sep 6.30-8pm venue tbc

Helping other people to become fit and meet new people makes me happy.
 – Buddy Walker and Scone Walking leader

Knowing that my small efforts are helping folk who value and appreciate what we do. The marvellous camaraderie amongst us and new friendships formed. Lots of laughter and fun. It's a privilege to be a member of NBCCC.
 – Befriender and Scone Café volunteer

What I get out of volunteering is an ever-increasing enjoyment of meeting other folk and trying to engage with them for their benefit and mine.
 – Coffee Connections informal volunteer

Creativity

There are currently 5 Compassionate Communities in Scotland - Perthshire, Dundee, Ayrshire, Highland, and North Berwick, whose aim is to encourage local communities to support each other through loneliness, isolation, loss, and bereavement.

Creative workshops, tender conversations, and providing opportunities for growth and development lead to friendships and connected communities.

In September, one of the founders of North Berwick Compassionate Communities, Deborah Ritchie, and I are going to Bruges to attend and present at The Public Health Palliative Care International Conference ([PHPCIC](#)).

Each compassionate community has been given 5 minutes to tell its story, and after much deliberation and consideration I pulled together a series of slides that illustrates the journey from public consultation, through creative writing, art workshops, and the coming together of a community from all walks of life

and across the age spectrum. Deborah will provide the narration, we will video this and post it on the website upon our return.



When people try to tell you that they are not creative, they often mean that they don't consider themselves to be artistic. Creativity isn't about paper and pens, paint and freedom of interpretation. Rather, creativity is how you think, how you see the world, how you show up and solve problems and challenges.

Establishing Compassionate Communities was the result of a few people thinking 'out of the box' (getting creative) about what can be done to reduce loneliness and isolation, and not being prepared to be bystanders watching loneliness spread, particularly after the Coronavirus pandemic.

In May, the theme for Mental Health Foundation's mental health awareness week was loneliness and the statistics for Scotland can be seen [here](#). (www.mentalhealth.org.uk). It's a harsh reading, but if it inspires

you to want to do something please contact Lyndsey Gdulewicz or any member of NBCCC and we can discuss volunteering opportunities.

A further report by Truacanta identifies what a Compassionate Community is: [go to Page 29](#)

Get Involved:

[Remembering Together](#) Barbara Gardner-Rowell has been appointed as lead artist and will work with residents and community groups to explore options and decide on what a fitting memorial or memorials within East Lothian might be.

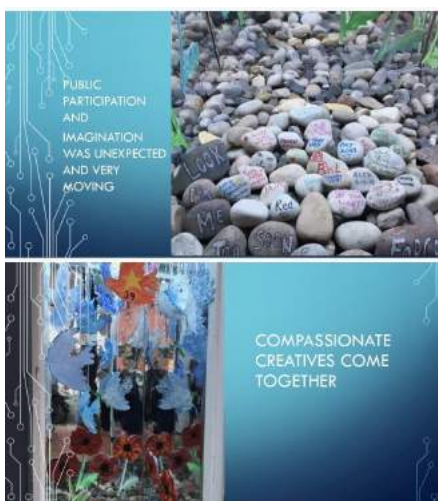
Phase One of Remembering Together will result in the co-creation of an idea or concept, which could be a piece of art such as a physical structure, garden, artwork, play, film, music, book, or virtual exhibition. **North Berwick Workshops on 22nd and 29th August.**

EASE training aims to raise awareness of how we can all approach death with compassion, tenderness, and creativity so that our loved ones have the chance to live their very best life until they die.

If you want to get involved in [EASE](#) training, the next online sessions begin on 18th October 6-8pm, and run for 4 weeks on Tuesday thereafter until 15th November 2022. Email me: compassionateneighbours@nbc-communityconnections.org.

- Charli Prime

(Compassionate Neighbour Coordinator)





NBCCC Current Services:

- SCONE CAFE** Wednesdays 2-3.30pm, Abbey Church Hall. Board games and Dorothy’s famous scones.
- SCONE WALKING** Wednesdays meet 2pm Abbey Church Hall for a gentle saunter along Elcho Green.
- COFFEE CONNECTIONS** Tuesdays 2-3pm, Seabird Centre. Look out for a green sign at our table.
- BUDDY WALKS** One-to-one buddy walks continue to be so popular that there’s a waiting list for now.
- BEFRIENDING** Usually a weekly chat with one of our friendly, PVG-checked volunteers. Get in touch with Lisa if one-to-one support is your preference until you feel ready to meet others again.

**We’re delighted to connect with you in any way that feels right for you.
Just get in touch and we’ll discuss your needs.**

NEED A LIFT? North Berwick Volunteer Car Scheme offers regular lifts with a friendly volunteer driver, for a voluntary donation. Contact Bex on 07536 388 753, 9am - 12noon, Monday to Friday.

BEACON LUNCH We might also see you at the Beacon Lunches run by St Andrew Blackadder Church on Thursdays 11-1pm, voluntary donation.

Aberlady Craft Group will be resuming again after the summer break on Wednesdays from 10 - 12noon in the Old Bakehouse Tearoom, Main Street, Aberlady. Please let us know if you wish to come along as there is limited space (01875 870 405).

Everybody welcome £3 per visit, refreshments included. Feel free to bring a craft that you are working on.



‘Start where you are. Use what you have. Do what you can.’

- Arthur Ashe



NORDIC WELLBEING WALKS

(Beginner class)

Walk your way to better health and wellbeing

Learn to Nordic Walk

Poles provided

Led by trained Walk Leaders

Tones the upper and lower body

And it’s **FREE** to attend!!



Beginner sessions start Thursday 1st Sept for 6 weeks 10am-11am, meeting outside the Aubigny Sports Centre

Phone Parvine on 07718 117585 or email pjazaveri@eastlothian.gov.uk to find out more and/or book your place. Limited spaces.



Long ago I sang in bands but have been silent for the past 10 years due to my mental health. Then I moved to North Berwick and began singing at the Songs and Tunes night at the rugby club. Support from Carol Stobie and NBCCC made that possible. This year I sang at Fringe by the Sea, my first stage gig in over 20 years, and I wrote this the day before.

In order to have a Voice, one needs a sense of Self to express it.

It took a lifetime to find mine. Both are fragile and still vulnerable to internal attacks from my past, from the parents who sadistically abused me into cowed silence and succeeded in shattering all sense of self in order to hide their dark secrets.

The human spirit dies when completely deprived of connection and any form of love. Mine survived against the worst of odds. When I heard music as a very small child, I found connection in the beautiful voices singing. I did not know that anything human could be beautiful and gentle, or that humans even had hearts until I heard music. I clung to the little cassette player I got when I was five, desperate for those lovely voices to soothe and nurture my starved and dying spirit. It was like a box of angels who held and saved me when I pressed play.

I found another connection equally deep and powerful in the solace and kinship with trees, birds, creeks, and sky. I was allowed to roam and alone in nature, I felt loved, cared for, and nourished by beauty. It was also the only place I felt safe. I was not able to develop a sense of self, but my spirit survived in music and nature.

Throughout my life, they continued to sustain and strengthen my spirit and inner being. I needed this strength to withstand a life of deep loneliness and disconnection from other people and myself, a life of immense suffering from the aftermath of childhood horror and the worst extremes of abuse. A shattered psyche with its core belief, as repeated over and over by paedophile parents, that I am bad and filthy and deserve to suffer.

When I left home I became the groupie-girlfriend of an abusive musician. One night at a gig he handed me the microphone for a laugh and I improvised a song. When he went to take it back the crowd shouted "No! We want more, let her sing!" I nearly fell over in shock. He spent the next few years trying to gag me but it was too late. I had fluttered the fledgling wings of my voice and wanted to fly.

Decades later, when my spirit was strong enough to fuse into a sense of self, the featherless fledgling became a bird made of light and flew from the depths to freedom.

I wish I could end on this uplifting note, but I can't. Because all around me Nature is suffering and dying, these beautiful beings who are my family, my kin, who nurtured me as a child when I had nothing, who are the reasons I have a Voice.

Sensitive intelligent bees, 30% wiped out in the past 10 years. Innocent insects, 65% wiped out. When the gannets and other seabirds began to die in their thousands from human-caused bird flu, the unthinkable happened. After a lifetime of miraculous survival, my spirit broke.



So I am using my Voice to speak for them, to sing for the gannets and seabirds, for the destruction and suffering of nature and my own broken spirit.

May all the spirits of all the beautiful singers who kept my spirit alive for so long, be with me now.

- Birdie

We are a small, mainly informal organisation with some members having a variety of hands-on skills. Originally, the main purpose of the global Men's Shed (having started in Australia) was to combat men's social isolation and involve them in an environment of inclusion and hands-on skills where necessary. All Men's Sheds adapt according to the requirements of the members as the ages and abilities can vary. It is a well-known fact that men in general tend not to be free with their emotions and bottle things up! Our relaxed and flexible approach has proved, many times over, to help members' health and wellbeing.

In our case at The North Berwick Men's Shed, the majority of the full members are above retirement age and offer various life and practical skills. Our "meetings" often dwell on nostalgic and usually humorous experiences but we have a serious side of planning projects that have been requested by local organisations.

We are always happy to welcome new members of any ability or interests as there is no requirement to have a background in manual skills. If there is an interest in learning and engaging with our small team then there are a few of our members to assist. Everyone is treated equally and there is always a warm welcome! There is no membership fee but a small weekly attendance fee is charged to cover those essential coffee/tea and biscuits. We meet at the Community Centre on Law Road in North Berwick from 1.30pm until 3.30pm on Wednesdays. Our workshop is at a separate location within the town. Members of any age wishing to learn new manual skills are particularly welcome as projects can flow easier with willing helpers.



Projects to date that we have become involved with include, "Project Play" East Lothian which concentrates on school play areas, seaside bench restoration, and bird and bat boxes. We even made an insect hotel for a local school orchard! Compost bins for school gardens have been manufactured using old pallets and repairs to various damaged storage shed doors were carried out. We were involved in greenhouse erection and raised bed construction for growing vegetables. Several "memory" boards for the North Berwick Day Centre were a pleasure for us to carry out and we completed various jobs for our fabulous Museum here in North Berwick. Check out the pilliwinks replica there! We use recycled materials where possible. As indicated, our work is tailored to our members' capabilities and numbers.

More details of our organisation are available by visiting <https://scottishmsa.org.uk> there are other sites too. The Men's Shed is always looking for new members. Our e-mail address is mensshednb@gmail.com and more details are available via Paul Duffney on 07906 341124.

'Press Here' by Hervé Tullet

When my daughter was very small we received this lovely book, 'Press Here' in the post from a friend. The concept is basic but so effective. Each page encourages the reader to connect with the dot in a different way taking them on a visual journey that is interactive. My daughter spent hours pressing the dots, rubbing the dots, blowing on them, shaking them, and clapping to make more appear. It encouraged her to count, move and laugh. Who would have thought a simple dot could be so much fun?!

- Lyndsey Gdulewicz



Tea Dance



North Berwick Rugby Club

Will take place each month on a
Wednesday 2:00pm-3:30pm
(Only £1 for refreshments)

Dates:
28th Sept 2022
26th Oct 2022
30th Nov 2022

Dust off your dancing shoes and come join us.

You can come along as an individual, with a friend, or even take your spouse or partner – all are welcome to attend!

Call Parvine, Ageing Well Coordinator on 07718 117585
or email pjazyari@eastlothian.gov.uk if you would like more details.



COFFEE MORNING

SATURDAY 17th September 2022

ABBEY CHURCH MAIN HALL

NORTH BERWICK

10 am till 12 noon

Proceeds will be shared between The Bass Rock Community Group
and Rotary End Polio Now campaign

Admission £3.00

PLEASE BRING CASH

Children free

CAKE STALL – RAFFLE- BOTTLE TOMBOLA



NORTH BERWICK

TUNES AND SONGS

Musicians, singers and listeners
welcome !

Thursday September 8th 2022
8.00- 10.00PM

North Berwick Rugby Club
Dunbar Road EH39 4DG

FREE admission and bar available
For more info contact 07899957545

OR
eddiemcf1953@hotmail.com

Find us on:
facebook.

North Berwick Volunteer Car Scheme

Fundraiser

Coffee Morning

Saturday 15th October 2022
10am - 12noon

Abbey Church

Home Baking, Raffle, Pin the tail,
prizes - Table sales
& more....

NBVCS is a local charity, supporting elderly and infirm residents to
appointments - we run on donations only and all drivers are
volunteers - please support us by sharing our information and
donating if possible.

Find us on Facebook
Call Box: 07536 388 753
Email: nbvcscheme@gmail.com

Registered
Charity
SC 006385

September Wildlife Watch by Ruth Fraser

September is the month when autumn starts to take hold. It's the perfect time to watch migrant birds depart, listen to hedgerows bustle with activity, and spot the colours of nature beginning to change.

'Nature is painting for us, day after day, pictures of infinite beauty.'

– John Ruskin

Common lizards



The common lizard is found across Scotland. It's also known as the 'viviparous lizard' because instead of laying eggs, it incubates eggs inside its body and 'gives birth' to live young. If threatened by a potential predator, it will shed its tail in order to distract the attacker and make a quick getaway. It leaves a scar behind, but it can regrow its tail, although it is often shorter than the original.

Beach art



While enjoying a walk along the beach, I love looking out for bits of sea glass, plastic, and pottery, to bring home and get creative with. It's a relaxing hobby and I find the art, as well as the beach cleaning itself, quite therapeutic.



Wildlife Anagrams

D M G I E

T B E E L

O N R I B

E W S A L E

R O M W

(answers on page 10)

Get snapping: please send photos of September wildlife you capture for us to share in the October edition.



Stunning photo of a sparrowhawk, taken by Jennifer Nisbet in her garden.

" With the call of the gulls above,
And the sound of the surf below,
By the sea, one is nearer God's love,
Than anywhere else I can go. "



"With the song of the birds above,
And the splash of a burn (or stream) below,
A hillside is nearer God's love,
Than anywhere else I know."



Poems by Barbara Reid, who recently climbed The Law raising almost £3,000 for TREE AID.

Fri 16th to Sun 18th September
DUNBAR
Workshops
Information
Talks/Lived experience
Music
Art

ridge MEL DAP

Community Connections

Coastal Wildlife Tour, 16 September (2pm to 3.30pm)

Join our Conservation Officer for a relaxing 1.5-hour wildlife tour along the coast to find out more about the seabirds, shorebirds, and cetaceans that can be spotted around Scotland during the summer and autumn months. Everyone is welcome to ask questions, share their knowledge and experiences, or simply unwind and enjoy the wildlife. Booking essential. Please note these tours are accessible to wheelchair users as we have teamed up with North Berwick Beach Wheelchairs. £7.50 per person

Find out more here: www.seabird.org/events/wildlife-tour or call 01620 890202 for more information.



Action for Nature Beach Clean, 16 September (11am to 12pm)

Join us to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. This beach clean will focus cover East and/or West beach in North Berwick - we will cover as much ground as possible within 1 hour. We will only collect what we can reasonably carry back to the centre, where the waste will be sorted, recorded, and disposed of (recycling where possible). Friendly, quiet dogs are welcome, but we ask they are kept on a short lead throughout.

More information here: www.seabird.org/events/60 or call 01620 890202 for more information.



HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION
Monday	Haddington	10.00am	Outside The Aubigny Sports Centre	10 week blocks
	North Berwick	13.30pm	Entrance to the Lodge Park (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing
Tuesday	Prestonpans	10.00am	Outside Prestonpans Community Centre	10 week blocks
	Dunbar	10.30am	Outside The Bleachingfield Centre	Weekly – ongoing
	Aberlady	10.30am	The Sea Green (last Tues of the month meet opposite Gullane library)	Weekly – ongoing
Wednesday	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks
Friday	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks
Saturday	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks

For more information on the walks and their start dates please contact Parvine, Ageing Well Coordinator on piazaveri@eastlothian.gov.uk or 07718 117585

Please note that everyone needs to fill out a new walker form before attending



CHANGES Friendly Walks

Wildlife Anagram Answers:
Midge Beetle Robin Weasel Worm

②

Then just two mile or so
Angus said, Grandad can we stop
along the way and show ma and da
the new clothes a wear,
replied his Grandad, ah of course yee can
so reaching a gate by the track
up a shallow hill he ran.

Glare then did he at two little headstones
but small as they were, Angus didn't care
for he knew they'd be watching
he knew they were there,
as his Grandad now joined him a single tear
would flow,



look said Angus to his Grandad, i showed them
my new bonnet and kilt,
i lad, said he, they know.

Part 4 of a tale by Euan Macmichael. Part 1 was featured in the May issue, part 2 in July, part 3 in August. Euan is a local writer, artist, Gaelic student, member of Community Connections and (most importantly) Jacobite.



The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on 07915 719342 (Tuesdays, Wed morning and Fri morning) or email: admin@nbc-communityconnections.org



For the following services, contact **Carol Stobie**, Project Manager, on 07940 203380 (Tuesday - Thursday) or email: nbc-communityconnections@outlook.com

- Gatherings, Coffee Connections, Scone Café, Scone Walking and drop-ins
- Partnership activities and outreach
- Volunteer applications



For the following one-to-one services, contact **Lisa Brownlie**, Befriending Coordinator, on 07862 694842 (Tue or Wed morning) or email: befrienders@nbc-communityconnections.org

- Befriending (weekly calls or meet-ups with a volunteer)
- Buddy Walks (any length, any speed fine!) with a trained volunteer



For Compassionate Neighbours services, contact **Charli Prime**, Compassionate Neighbours Coordinator, on 07360 587369 (Tuesdays) or email: compassionateneighbours@nbc-communityconnections.org



For newsletter matters, contact **Ruth Fraser** at newsletter@nbc-communityconnections.org

· Please send in contributions for the newsletter (we'd love your stories, pictures, recipes, quotes, letters, practically anything you'd like to share with other members!)

· Deadline for October newsletter: 18th Sep



Current NBCCC Services Offered:

- * Scone Café weekly drop-in
- * Scone Walking
- * Coffee Connections at local cafe
- * Befriending calls or meet-ups
- * Buddy Walks
- * Chumming to local activities, when available
- * 'Community Connections' monthly newsletter



North Berwick Coastal Community Connections has been funded by the North Berwick Coastal Area Partnership, National Lottery Community Fund, North Berwick Trust, East Lothian Council.



'If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for each year, inherit a fortune. If you want happiness for a lifetime, help somebody.'

- Chinese proverb