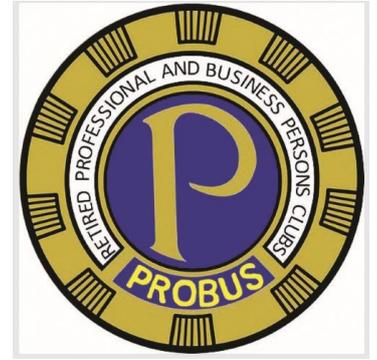


Spring 2022

Lochaber Probus Club



Volume 2, Issue 3

**Probus is all about Fun, Friendship
and Fellowship in retirement.**



**Lorna Steele-McGinn of Highland Archive Centre and
Rory Green of Lochaber Archive Centre who were our
guest speakers on 17th March 2022.**

17th March 2022

Thanks to Iain Ferguson for the photograph on the cover and for his article in Lochaber Times on 24th March 2022.

Iain said: -

“Rory Green and Lorna Steele-McGinn of Lochaber Archive Centre were guest speakers at a recent meeting of Lochaber Probus Club.

They revealed the centre, based in what was the former Fort William Primary School, houses a range of materials covering the history of the area from personal family papers to school records, newspapers, photographs and other items.

These are maintained in purpose-built storage conditions which control temperature and humidity to ensure original documents survive in pristine condition for future generations.

The archive is now fully open for inquiries and research, with Rory permanently based on the premises to help with inquiries.”

The club thoroughly enjoyed their presentation and were very appreciative of the effort and preparation they had put into it. We enjoyed sharing lunch with them afterwards.

Report on New Connections Open Day

Our club was given a stall at the New Connections Open Day hosted by Lochaber Hope on Friday 18th March 2022 at Waverly House in Fort William. Three members staffed the stall throughout the event: Pat Abernethy, Angus MacIver, and David Anderson.

Lochaber Hope describe New Connections as a “community hub offering groups, support and information.”

At our stall, we distributed the literature prepared specially for the event and chatted to several people to give information on our club. We managed to obtain a guest speaker for next session and were given many suggestions on who to approach as potential speakers. Your members participated enthusiastically with Clare Reynolds in her music therapy session.

What an enjoyable and worthwhile day. Thanks to Lochaber Hope for allowing us to participate.



3rd March 2022

At the “nice to be back together” meeting on 3rd March, the club had a discussion on the future arrangement and direction of the Club with the following decisions: -

- 1) The name of the club should continue as ‘Lochaber Probus Club’.
- 2) The club should meet on only one occasion per month, this being on the third Thursday for the remainder of the 2021/22 session, but changing to the first Thursday from 1st September 2022. The meetings to commence at 11.30 am. There would not be a meeting during the months of July and August. It was hoped that there would be a guest speaker at each meeting.
- 3) The club should continue to meet in the Lochaber Rural Education Centre.
- 4) The club should continue to keep a brief minute of each meeting.
- 5) It was agreed that the Secretary should continue to chair the meetings.
- 6) Finance: - Each member should donate £5 when attending a meeting. A £20 donation will be given to the Rural Centre for the club’s use of their room which will include tea / coffee to be provided for members at arrival. Members wish to stay for lunch, should pay the centre directly.

3rd March 2022

The Secretary, acting as the Club Treasurer, will retain any credit balance for club funds and pay the centre for any debit balance from club funds. Accounts will be presented at the club's A.G.M.

7) Expenditure: -

The club to pay for the speakers' lunch, and to offer travelling expenses, but no fee.

It was decided to discontinue the practice of giving guest speakers a Probus Mug.

It was agreed that the Secretary should purchase more club badges but not of the 'Founder Member' type. The 13 mm gold badge would be the preferred style.

The Secretary was asked to prepare members' name badges which would show forenames only.

When funds allow, purchase a plaque for the door of the centre indicating that this is where we hold our meetings. Isabel Campbell confirmed that the centre was happy for this to be placed.

8) The Secretary was asked to continue issuing press releases,

9) It was agreed that the club should participate in the New Connections Open Day on 18th March 2022 if spaces were still available.

From the April 2022 Newsletter of the Probus Club of Forest Lake in Queensland, Australia.



I burned 2000 calories today...

That's the last time I leave
brownies in the oven while

I take a nap.

[@womenafter50.com](https://www.womenafter50.com)

I don't know if
Facebook has ever
caused the lame to
walk but it has sure
caused the dumb to
speak.

Programme for April to June 2022

Thursday 21st April - Carrie Hallam - Prostate Scotland

Thursday 19th May - Hannah Newton - Lochaber Hope

Thursday 16th June - Club Lunch and AGM at the Alexandra Hotel. Meet at 12 noon with sit down at 12.30 pm.
The charge is £21.95 pp for two courses.

No meetings during July and August.

Thursday 1st September - First meeting of 2022 / 23 session.

From the website of Turriff Probus Club: -

“As retirees or semi retired people we no longer have the social support that employment can often provide, friends and family gradually move away for their own reasons, or we lose a partner and our lives slow down much more that we'd bargained for. That's where Probus Club can be a vital life-force; something to lift our spirits and create opportunities to make new friends, and reengage us with the outside world.

Regular meetings with friends can improve our health, both physically and mentally, keep our minds sharp and our demeanour vibrant and enthusiastic! Getting out is definitely good for us, but most of us need a reason to do that and the best reason of all is fun.”

About Lochaber Probus Club

Lochaber Probus Club is a local non-political, non-sectarian, non-profit club which provides regular opportunities for members to meet others in similar circumstances, others in similar circumstances, with similar levels of interest, make new friends.

Where and when do we meet?

At Lochaber Rural Centre, Torlundy Fort William, on the third Thursday of each month until 1st September when we change to the first Thursday.

We meet at 11.30 am for coffee and chat followed by that day's speaker at 11.45. Lunch follows the speaker ending at 2.00 pm approx.

We ask for a donation of £5 per person to cover the hire of the meeting room and speakers' expenses.

How to contact us

Contact can be made through our Facebook page "Lochaber Probus Club" or by letter and email to the

Club Secretary David Anderson: -

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Tel: 07802 452 293