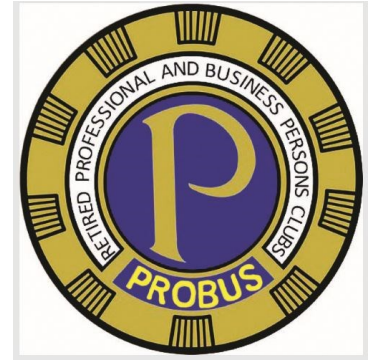


Summer 2022

Lochaber Probus Club



Volume 2, Issue 4

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



**Member Margaret took this at her recent
visit to the Royal Highland Show**

21st April 2022

The guest speaker, Carrie Hallam, gave a presentation on behalf of Prostate Scotland.

Carrie is a medical student currently undertaking an assignment at Glen Mhor Surgery in Fort William.

She commenced by demonstrating the misconceptions in the general population towards Prostate Cancer. The symptoms of the disease were outlined, and she stressed the importance of consulting your general practitioner should they appear. Early diagnosis is important as the outcome of treatment can be improved with this. Further information is available on the Prostate Scotland website.

A lively question and answer session followed her talk. The club gave her a very warm show of appreciation.

19th May 2022

The guest speaker, Alyson Smith, gave a truly incredible talk on how Lochaber Hope was formed and on its progress to the present day.

Born out of the needs of local people, Lochaber Hope was formed in November 2005 recognising that there was no local service that was open to the whole community, regardless of any criteria or need.

Hope is a person centred organisation, we believe that everyone has the ability within themselves to reach their own potential; staff and volunteers work and learn closely together to make this an attractive choice; a safe, inspiring, positive environment to allow people to safely explore strengths and barriers.

Alyson said that we provide 4 main services: Counselling, Mentoring, Training, and Employability. “Lochaber Hope offers Hope, we provide a service that supports Lochaber people to cope with a wide range of sensitive and personal issues.” It now has thirteen counsellors and mentors as well as forty volunteers.

Her talk which was jaw dropping at times. The club gave her a very enthusiastic show of appreciation.

16th June 2022

Bill Clifford gave a very moving talk on the formation and the work of the charity Mary's Meals. It was started in 1992 by the brothers Magnus and Fergus MacFarlane-Barrow of Dalmally working from their garden shed.

Members were close to tears at hearing information on the work of the charity: only £15.90 would feed and educate a child for a year; 94% of money donated to Mary's Meals goes directly with only 6% in overhead costs; and they are now feeding over 2.2 million children every day. This all started from a shed in Dalmally.

Bill said: "As a volunteer, it's an amazing feeling to see peoples' faces light up at talks when they learn that even a small amount can help transform the life of a child. Everyone can play a part in supporting the work of Mary's Meals – even if you choose to volunteer a couple of hours a week, you are still making a difference and it is great fun too."

Report from the Annual General Meeting

Our Annual General Meeting was held as part of the meeting on 16th June 2022.

Included in the meeting were: -

- 1) Angus MacIver reported that he had audited the accounts for the year 21/22 and found them to be correct. The club then approved the accounts.
- 2) Approval was given to changes in the constitution to homologate the alterations made at the meeting on 3rd March 2022.
- 3) A discussion was held on the feasibility of having a 'Probus Informal' meeting on the third Thursday of each month. One suggestion was that those who wanted to could meet at 11.00 am in the centre for a drawing session followed at 12.30 pm for lunch with any members who wanted to come for lunch only.

It was decided to explore these ideas further at the next meeting on 1st September 2022.

Extracts from the newsletter of our friends at Forest Lake Probus in Queensland



Why is it acceptable for you to be an idiot, But not acceptable for me to point it out?



Programme for remainder of 2022

1st September – Eleanor Brown from Alzheimer’s
Scotland

6th October – Dr Chris Robinson of the West
Highland Museum

3rd November – no speaker

1st December – Sue Shirley and Estelle MacNeil on
African Drumming

15th December – Probus Christmas Lunch.

Notes from Church Bulletins:

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try outs for the choir. They need all the help they can get.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7pm. The congregation is invited to attend this tragedy.

Bible Study will be held Thursday evening at 8pm. All are invited for supper in the Fellowship Hall after the B. S. has wound up.

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge – Up Yours'.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

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 first Thursday of each month.

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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