

WEEKLY BULLETIN 44

Lochaber Rotary

Wednesday 03 February 2021

Welcome to the 44th edition of our newsletter. With the horrendous news that the number of deaths from the virus has passed the 100,000 mark (6,000 in Scotland) we hope that the post-Christmas lockdown measures will start to kick-in and generate a reduction in the short term, while waiting for the hopefully favourable outcome of the nationwide vaccination programme over the longer term.

Our local view this week was taken by Helen Christie of Tomonie on 23 January and is reproduced here with her ready agreement. Helen has in mind creating a 2022 calendar of local scenes.



Last week's meeting was well attended and ran for over an hour with everyone contributing to a lively and wide range of discussion topics. This was followed by an interesting talk from Past-President Donald McCorkindale on "Memory and Concentration".

General discussion filled most of the meeting. John Hutchison has been very active with Burns activities and liaising with Faye Steele in Canada about her prospective visit to our Club; Paul has been taking down the two community Christmas trees and lights and obtaining a Forestry Commission licence for scavenging for wood; Mike has been very busy with work; George has had such a good response to his book that he has run out of stock and is ordering more; Jenny has been pushing the Council to grit the Camesky road; Training for the *Tough Cookie Challenge (see below) and helping move

the knitivity tree frame; John G has been advising the local community on the criteria for getting a GP for the Arisaig surgery; Finlay is weary of lockdown and the uncertainty for businesses; keeping in touch with his children worldwide; Flora is busy grandchild minding, working at VAL and community council involvements; Ian is kept busy with domestic duties including porridge making!; Donald M heavily involved with national church business; John Harvey reports that Onich is very quiet with mostly only commercial traffic on the road; Ron speaks to Gareth and family in New Zealand every Friday; walks every day; and has started logging for next winter; Richard still working on getting the Kilmallie Manse ready for the incoming minister; plenty of zoom meetings; Simon still painting and decorating and taking deliveries from the local brewery and Ken reported that Upper Achintore had been awarded a £5,000 grant from HiTrans towards the Ross Place footpath; walking locally, and subscribing to online concerts at Celtic Connections.

Memory and Concentration

A brief talk by Donald McCorkindale

Our speaker was Past-President Donald who recalled back in the mid 80s, when he was a student, trying to improve his memory by taking a course on memory and concentration by Dr Bruno Furst. Donald recalled being inspired by the amazing memory and compelling delivery by actor Alistair Galbraith of the 20-minute long Sermon on the Mount. Donald described the course as "absolutely fascinating" and demonstrated some of the memory aids on his fellow Rotarians. Richard thanked Donald for "testing our grey matter" in his very interesting talk.



The Tough Cookie Challenge*

by Jenny Cooper

This is a local Facebook group of personal trainers who put together this free challenge for January. It is aimed at improving strength, fitness, weight loss, but also a mental challenge for during lockdown with all gyms closed. I did it in January and along with a couple of friends we are tackling this 3-week programme a second time. It simply involves 5 days with workouts and long walks, 2 days recovery with a walk. Each challenge comes with a video to demonstrate correctly each exercise and explain the reps. Since 18th January I have walked 88km, 122,000 steps and done each workout.

It's been a real inspiration and motivation to get fitter and be out enjoying new walks in the Highlands. If you fancy a go search Tough Cookie Fitness on Facebook.

Here is an example of a daily workout

CHALLENGE 10

WARM-UP:
5 minute jog or 10 minute walk

COOL DOWN:
5 minute jog or 10 minute walk

A1) Plank - Till Failure
1 - 2 minutes rest

3 Rounds - 45 seconds Rest
B1) 10 Leg Raises
B2) 10 Russian Twist (L+R=1)

10 Minute AMRAP
5 Lunges (L+R=1)
10 Squats
15 Calf Raises

2 minutes Rest

3 Rounds - 45 seconds Rest
C1) 10 Half Kneeling Woodchops (Each Side)

1 - 2 minutes rest

D1) Plank - Till Failure

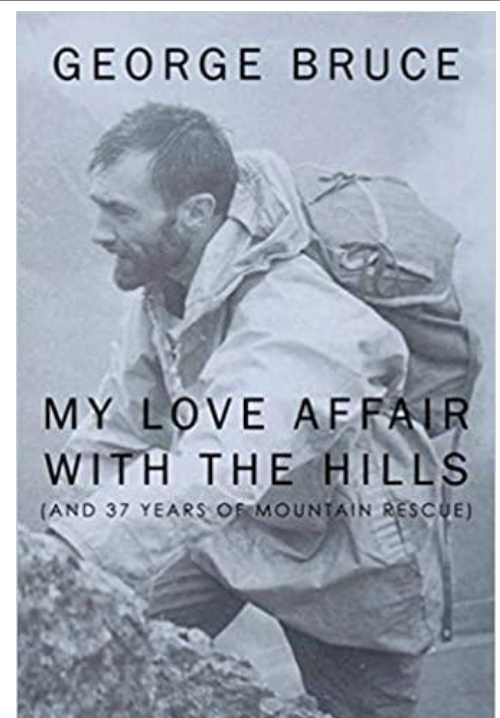
***ADDITIONAL TASK: HIT A MINIMUM OF 10,000 STEPS TODAY.**

TOUGH COOKIE
FITNESS

.... and a gentle prompt about Past-President George's book.

My love affair with the Hills by George Bruce

ABOUT THE AUTHOR - George Bruce: I was born in Aberdeen and moved to Fort William for work, but, and due to working shifts, I had lots of spare time, and then discovered mountaineering via the local mountaineering and national clubs to enhance my climbing skills. I found mountaineering to be a very worthwhile hobby which has lasted a lifetime and more. Made some very good friends and visited lots of fascinating places to date with many more still to visit and see. The Mountain Rescue aspect became a very natural part of my mountaineering as it was simply a way of helping fellow mountaineers who had gotten into difficulties, or been injured, simply a way



of paying back something into a hobby that I loved and still do. The book was born from a scrap book that I kept via newspaper articles from various rescues and adventures that I became involved in, and I thought this could become a book of some interest to friends, family and people, who were interested in starting out on the hill.

Note from Ken: The book can be purchased from Amazon in Hard Copy or Electronic at £8.95. George has managed to purchase a few and is happy to sell them signed at a discounted rate of £6.50 to members if they can be collected or posted at £8.49 to cover the postage rate of £1.99 per book.

.... and last, but most definitely not least, exactly what all you keen gardeners have been waiting for, Donald's **gardening tasks** for February 2021

GARDENING TASKS FOR FEBRUARY

by Donald Young

NOW THAT YOUR WELL EARNED HIBERNATION IS AT AN END, IT IS TIME FOR YOUR THOUGHTS TO TURN TO YOUR GARDENING.

BREAK YOURSELF IN GENTLY BY FIRST HAVING A CUP OF COFFEE (!!!!) THEN :-
LOOK OUT YOUR SEED CATALOGUES AND ORDER ALL FLOWERS, VEGGIES ETC
YOU WISH TO GROW

IT IS TIME TO ORDER AND START CHITTING YOUR SEED POTATOES
FINISH ANY WEEDING PUT OFF FROM LAST SEASON AND THOROUGHLY
SPRING CLEAN YOUR BEDS AND DIG IN COMPOST AND MULCH
IF YOU HAVE A GREENHOUSE AND DIDN'T WASH DOWN GLASS USING JEYES
FLUID, DO SO NOW

COMPLETE YOUR PRUNING OF CLEMATIS, BUDDLEA ETC
NOW IS STILL THE TIME TO PLANT BARE ROOT BUSHES, FRUIT AND TREES AND
ALSO TO TRANSPLANT EXISTING TREES ETC.

IF YOUR SOIL HAS REACHED 6 DEGREES C NOW IS THE TIME TO SOW SWEET
PEAS, BROAD BEANS AND POSSIBLY PEAS

BY NOW THE SUN WILL BE OVER THE YARD-ARM AND IT IS TIME FOR A SMALL
LIBATION

TIDY UP TUBS AND CONTAINERS, REPOTTING PLANTS IF NECESSARY
BEWARE OF PLANTING TOO MUCH AT THIS STAGE AS THERE IS A HIGH
LIKELYHOOD OF FROST

BY NOW YOU WILL BE WISHING YOU HAD NEVER STARTED, BUT AFTER A FEW
STIFF BEVVIES AND A GOOD REST, YOU WILL BE RARING TO GO AGAIN IN
SPRING