



the **SYSTON GREEN**

Official Newsletter of the Syston Bowling Club

JULY 2023

Sunscreen and sun safety

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing, hat and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

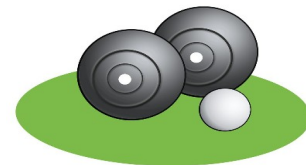
The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. **The higher the star rating, the better.**

PLEASE TAKE CARE

Editorial copy deadlines



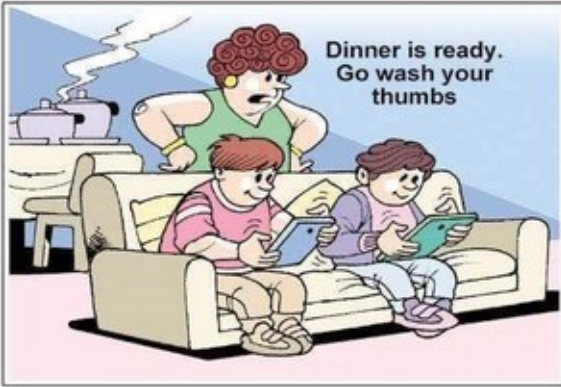
All copy for the next edition should be sent to Pauline Wright (paulinewright15@outlook.com) by no later than the 28th Of each month

Please, please, please supply your match reports, scores, stories, recipes and anything else which you would to share.

SYSTON BOWLING CLUB

All communications should be addressed to The Chairman, Board of Directors
Syston Bowling Club, Central Park, Syston, Leicester LE7 2HB

FUNNIES

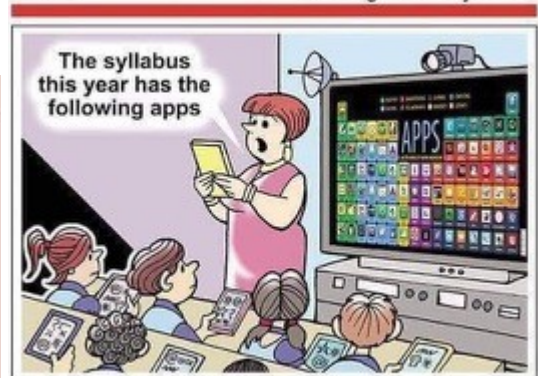


I don't want a share in your property, just share 100GB from your data package!



Laugh it out!

This is our new 'mobile friendly' model. That is why, we have given one side handle only.



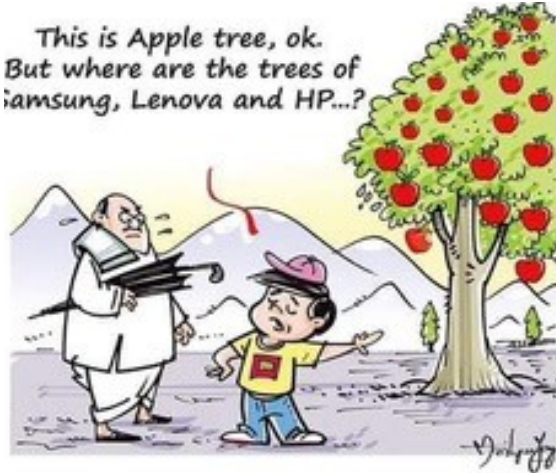
Tech-Kid



Impact of Digitalization and automation... Lol!!!



This is Apple tree, ok. But where are the trees of Samsung, Lenova and HP...?



DR ELECTRICS RAINBOW DAY

WE HAVE NETBOOKS... MP3 PLAYERS... PENDRIVES... IPADS... DAD, WHAT DID YOU GUYS USE AT SCHOOL IN YOUR DAYS?



Chairs Report July 23

I would like to take this opportunity to **WELCOME** all our new Bowlers and members to the club & hope you all enjoy the rest of the season.

Jan Holmes, my wife & I spent the day promoting the club at our Patron DR Electricals at their summer fun day. It was held at their premises in Station Yard, Syston in aid of Rainbows. I would like to thank Jan and Jane for their help & support.

We will be looking for volunteers to promote the club at the Syston Summer Fayre on Saturday the 2nd of September on Central park, Syston.

The Board are still looking for a Social Secretary to assist with organizing the club's social events during the close season. We are still looking for someone to be competition Secretary for the rest of his year & next to help run our internal competitions.

DAVE ANDERTON

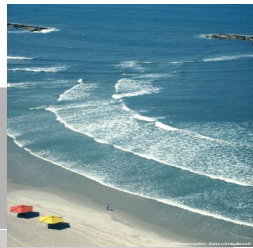
PRESIDENTS DAY



A big **THANK YOU** to everyone who supported and attended my Presidents Day and for the gifts and donations.
Stan Page



PUZZLE PAGE



<u>BESIDES THE SEA SIDE ANAGRAMS</u>	<u>BESIDES THE SEA CRYPTIC CLUES</u>
Can you identify these British seaside places from the anagrams then from the cryptic clues	
KEGS N SES(8)	Gold sprinter Alan besides water(5,4,3,3)
NO BOTHER UMU(11)	Shiny metal. Right! (6)
GIN BIRD LONT(11)	Half a laugh wasp pains(8)
LAD WISH(7)	Male sheep, entrance to field(8)
CALF RIB 'OME(10)	X sound like stinger(5)
NO ROT(5)	People pebble(9)
MISH DOUT(8)	Sounds like toilet(4)
ZEN P CANE(8)	Ingenuity buzzer one hears(6)
TAB HEMP LORE(11)	Make not perfect, five barred (7)
HANGS HIM ER(10)	Fleece instrument with teeth east(10)
BUG SHOR CORA(11)	Landing stage is not old(7)
GORER SOB GIN(6,5)	Lower leg lime tree less lair(8)
AGER MATTY HOUR(5,8)	Sounds like a place cowboys and wagon trains go(8,2)
FOOT STEWL(9)	Shining at(8)
VANRIG(6)	Sounds like small stream(4)
ALLO NUN DD(9)	Sound like something to go on at fair(4)
DONN WAS (7)	Table game without light(8)
NOBA(4)	This water is not north(8)
BEER M COMO(9)	Jesus House (12)

Can you identify these British coastal landmarks?



ANSWERS ON BIRTHDAY PAGE

THE AGE CLUB

We grew up in the 40s-50s-60.
We studied in the 50s-60s-70s.
We dated in the 50s-60s-70s.
We got married and discovered the world in the 60s-70s-80s.
We ventured into the 70s-80s.
We stabilized in the 90s.
We got wiser in the 2000s.
And went firmly through the 2010s.

Turns out we've lived through NINE different decades...
TWO different centuries...
TWO different millennia..

Eat whatever you like because...

- * The inventor of the treadmill died at the age of 54.
- * The inventor of gymnastics died at age 57.
- * The world bodybuilding champion died at age 41.
- * The best footballer in the world, Maradona, died at 60

And then-

- * The KFC inventor died at 94.
- * The inventor of Nutella died at 88
- * The inventor of Hennessy died at 98

How did doctors come to the conclusion that exercise prolongs life, when
* The rabbit is always jumping but it lives for around 2 years, and
* the turtle that doesn't exercise at all, lives over 200 years.

*** So, rest, chill, eat, drink, and enjoy life



We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world, we have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and WhatsApp...

From live matches on the radio, to black and white TV, and then to COLOUR HDTV...

We went to Blockbuster and now we watch Netflix...

We got to know the first computers, punch cards, diskettes and now we have gigabytes and megabytes in hand on our cell phones or iPads...

We wore shorts throughout our childhood and then long pants, OXFORDS, Bermuda shorts, etc.

We dodged infantile paralysis, meningitis, H1N1 flu and now COVID-19...

We rode skates, tricycles, invented cars, bicycles, mopeds, gasoline or diesel cars and now we ride hybrids or 100% electric... (I'm back on a trike!)

Yes, we've been through a lot but what a great life we've had!

They could describe us as "**exennials**" people who were born in that world of the forties, fifties, who had an analogue childhood and a digital adulthood.

We're kind of Ya-seen-it-all.

Our generation has literally lived through and witnessed more than any other in every dimension of life. It is our generation that has literally adapted to "CHANGE".

A big round of applause to all the members of a very special generation, which are UNIQUE. Here's a precious and very true message that I received from a friend:

TIME DOES NOT STOP

Life is a task that we do ourselves every day.

When you look... it's already six in the afternoon; when you look... it's already Friday; when one looks.. the month is over; when one looks... the year is over; when one looks... 50, 60, 70 and 80 years have passed!

When you look... we no longer know where our friends are.

When you look... we lost the love of our life and now, it's too late to go back.

Do not stop doing something you like due to lack of time. Do not stop having someone by your side, because your children will soon not be yours, and you will have to do something with that remaining time, where the only thing that we are going to miss will be the space that can only be enjoyed with the usual friends. This time that, unfortunately, never returns...

The day is today!

WE ARE NO LONGER AT AN AGE TO POSTPONE ANYTHING.

Always together

Always united

Always brothers/sisters

Always friends

PRESS RELEASE

Dateline: For IMMEDIATE release

Syston and District Volunteer Centre
Registered Charity No: 510412



The Queen's Award
for Voluntary Service

DIRECTORY OF COMMUNITY GROUPS LAUNCHED

Syston and District Volunteer Centre announce the launch of a comprehensive Directory of groups which offer much-needed services and contribute to the well-being of our local communities. Many of them organised by volunteers, they offer social, cultural, sporting, educational, financial, health and emotional support to those in need, easing problems and enhancing the quality of life for people of all ages.

Centre Trustee, Colin Grimes, says: "Syston and neighbouring communities are exceptionally well-served by a wide range of organisations and companies offering such support. This on-line Directory (www.syston-vc.org) offers a "one-stop" guide and clearly demonstrates that, whatever the need might be, there is a **local** solution. Many of these groups operate "under the radar" with a great deal of work being put in by small but dedicated groups of volunteers. As a result, too many local residents "suffer in silence", experiencing great inconvenience, distress and loneliness simply through ignorance of what support is available locally. With the help of the Volunteer Centre, the Directory is intended to address these deficiencies by "signposting" those in need to appropriate sources of support."

Printed copies of the Directory will be available from the Volunteer Centre's stand at the "**Help is at Hand!**" pavilion at the Syston Summer Fayre, on Central Park on Saturday 2nd September. The special pavilion will feature a number of the community organisations involved. Others will be exhibiting independently at the event. At the time of writing a small number of stands are available, at a subsidised rate, offering an exceptional, low-cost opportunity to promote services, recruit more members, attract volunteer support and raise funds - all with the minimum of organisational effort.

Entry into the Directory is free of charge. Any organisation that would like to be included and/or would like to book a space in the pavilion - should contact Centre Trustee, Colin Grimes (sadvc@btinternet.com) for a simple Registration Form.

oooOOOENDOOOooo

Notes to editor: Further information on this Release and/or .jpg file of logos, please contact Colin Grimes, Trustee Secretary/PRO (Tel: 0116 2608412: email sadvc@btinternet.com). Full details of the full range of services provided by the Centre can be obtained from SADVC Centre Manager, Tel: 0116 2607 888 email: info@syston-vc.org

Teacher says to
little Paddy...

Keep Calm And Oh Fuck It Enjoy Some Chisle

"The essay you
wrote about your
dog is word for
word the same as
your brothers"

"Of course it is"
said Paddy. "It's
the same dog"

**Me & my mate were sat in a
cafe this morning, the
waitress came over and
said you can't eat
your own sandwiches in
here! So we swapped**

Historians in Ireland have discovered what they believe to be the headstone of the worlds oldest ever living man.

He was 193 and his name was Miles from Dublin



BIRTHDAY GREETINGS!

John Clarke
Betty Creasey
Michael Faver
Colin Grimes
Susan Howell
John Jeffrey
Gary Jones
Pat Lilley
Virendra Umeria
Catherine Voyce
Trevor Waterfield
Marilyn Wood
Pauline Wright



59 CLUB WINNERS

Jane Anderton

Mick Orton

Janet Gamble

Ivan Jordan



Puzzle answers

BESIDES THE SEASIDE

ANAGRAMS
SKEGNESS
BOURNEMOUTH
BRIDLINGTON
DAWLISH
ILFRACOMBE
TROON
SIDMOUTH
PENZANCE
MABLETHORPE
SHERINGHAM
SCARBOROUGH
BOGNOR REGIS
GREAT YARMOUTH
LOWESTOFT
GIRVAN
LLANDUDNO
SANDOWN
OBAN
MORECOMBE

CLUES
WELLS NEXT THE SEA
CROMER
HASTINGS
RAMSGATE
TENBY
FOLKSTONE
LOOE
WHITBY
MARGATE
WOOLACOMBE
NEWQUAY
SHANKLIN
WESTWARD HO!
BRIGHTON
RHYL
RYDE
BLACKPOOL
SOUTHSEA
CHRISTCHURCH

1. THE NEEDLES IOW
2. BAMBURGH CASTLE
NORTHUMBERLAND
3. BLACKPOOL TOWER
4. HUMBER BRIDGE
5. PORTLAND BILL

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 PACKAGE OF BENEFITS CAN BE OBTAINED FROM
 COLIN GRIMES EMAIL:systonbowling@btinternet.com

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