

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 125 – February/March 2017

HERE'S TO THE 2017 SEASON!



We are fast approaching the start of the new Season so I hope the cold months have been kind to you. We have had some very successful out-of-Season events. There are still others planned before we get out on to the green. Please look regularly at the noticeboard for details.

I hope that those of you who are playing indoors are enjoying yourselves and are having some success. Please save some energy for the outdoor Season as it looks, as always, that it will be busy. As a President who is still in full-time employment, I would love to join you in the indoor but boring work is getting in the way. I try and keep that green-eyed monster away and not get too jealous.

Here's to a great outdoor Season!
Gary Kilbourne - Men's President

ANNUAL GENERAL MEETING 2017

By now, all Members should have received notice of this year's Annual General Meeting. It will be held on Monday 6th March starting at 7 p.m.

This is the chance that everyone enjoys to express an opinion on the way in which the Club has been managed over the previous year and to hold the Directors to account for their actions.

Elections will be held for all 9 seats on the Board (*4 Men, 4 Ladies plus a Chairman from either Section*).

Nominations for election had to have been received by the Administrative Director, Val Foreman, by no later than Friday 3rd February. That was also the closing date for submission of any formal business that any Member wishes to raise at the meeting. No business of which prior notice of at least 21 days has been given can be discussed at an AGM. However, this does not prevent full and frank discussion of any matter of concern during the Open Forum session which starts immediately after the close of formal AGM business.

The final AGM Agenda, the Annual Report of the Chairman, a copy of the audited accounts and details of all candidates offering themselves for election will be sent to each Member 21 days in advance of the meeting (i.e by Friday 17th February).

While discussions on the subject continue, Members are not being required at this AGM to take any decision affecting possible unification. It is probable that a special General Meeting will be called late in the year (November/December) when the subject can be debated in the light of a full understanding of all of the issues involved. Should the principle of unification be approved, we will then be in a position to adopt our revised structure in time for the opening of the 2018 Season.



I would like to wish everyone a belated Happy New Year! Sorry I was not able to be at the last Coffee Morning as I was ill. I am looking forward to the new season of bowls and I would like to wish you all a success in your game Kind regards to you all.

Margaret Abbott - Ladies' President



Hi everyone! I hope that you are wintering well and are looking forward to next Season (*hopefully a warmer and drier start than last year!*)

I hope to be able to select our sides with winning in mind but will not forget that our afternoon friendlies are to be accessible to and enjoyed by everyone.

If any problems or concerns should arise, please do not hesitate to speak to me. I am always willing to listen and to help wherever I can.

It would be helpful to me if you could give full support to Wednesday League games. I would love to move forward in the League for the sake of the Club - and for my personal satisfaction - because I know that we have strong enough players to match the performance of any of our opponents.

So, here's to the new Season! May we all keep fit, healthy and enthusiastic, enjoy our bowling and benefit from the friendship and camaraderie that our Club is known for.

Ken Renshaw - Men's Captain

AS I GET OLDER:

With acknowledgements to "Planet Granite" the in-house Newsletter of Tarmac C&W Region. See also p p 2&3

1. I talk to myself because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I just need people to stop driving me nuts.
4. Even gaffer tape can't fix "stupid", but it can muffle the sound.
5. I'd really like to be able to put myself in a tumble drier to have the chance to come out wrinkle free and several sizes smaller.
6. "Getting lucky" now means entering a room and remembering why I there.
7. My people skills are fine. It's my tolerance of idiots that needs work.
8. The biggest fib I tell myself is that I don't need to write anything down as I will remember it.
9. When I was a child, I thought nap time was a punishment. Now it's a mini-break.
10. The day the world runs out of wine will be just too horrible to contemplate.

Towards Unification – Part 3

At the latest (third) meeting of the Unification Working Party, we turned our attention to necessary and desirable changes to the Club Constitution and supporting By-Laws, Rules and Codes of conduct.



The overarching constitutional framework under which we are obliged to operate by Company law, setting out our obligations as a Company Limited by Guarantee and validating our registration as a Community Amateur Sports Club (CASC), is set out in our Memorandum and Articles of Association (M&A). These provisions are supported by By-Laws made by the Board and Rules and Codes set by the individual Sections.

An examination of the M&A revealed that only two clauses - 14 and 16 - required amendment, if the recommendation to increase the size of the Board from 9 to 15 is to be approved.

Club By-Laws, approved by the Board in 2008, established, among other things, the current Board structure (4 Men + 4 Ladies + Chairman) and the operation of 2 separate, largely self-administering Sections. Consequently, By-Laws No 2, 3 and 4 will no longer be appropriate. By-Law 5 dealing with the Club's disciplinary procedures will need to be amended replacing Sections with the new Executive Committee. By-Laws 6 to 10 dealing with Bar, Animals, Smoking and Security remain unchanged. Finally, we agreed that an additional By-Law, copied from the current Ladies' Section Rules, indemnifying Members from third party claims for injury, damage or loss, should be incorporated into the new document.

Similar examination of the two sets of Section Rules, and Dress Codes led to a simple amalgamation into a unified document covering all Members.

Copies of the proposed revised By-Laws, Rules and Codes will be found on the Board of Directors' noticeboard in the clubhouse. Individual Members may request copies from me at any time.

Our next (fourth) meeting is scheduled for Monday 20th February starting at 6.30 p.m. If any Member wishes to raise any questions or objections to any of the changes proposed to date, please feel free to attend the meeting to present your case or, alternatively, talk to any member of the Working Party.

I regret to report that Josie Hubbard has found it necessary to tender her resignation from the Working Party. At the time of going to press, we are waiting for Board to nominate a replacement. I thank Josie for her contribution to our discussions to date.

Colin Grimes - Chairman, Unification Working Party

Gardening Group



I would like to thank everyone who attended the Garden Group social afternoon recently. It was certainly the best attended social we have held and I do hope that you will return for future afternoon get-togethers. One of the reasons we are trying to encourage more people to attend these events is to raise sufficient money to be able to hire a coach to take us on an outing a bit further afield than we usually go, and to give our drivers a chance to relax and enjoy the journey in comfort.

We are planning another social afternoon in March and full details will be found on the Club noticeboard in due course.

Thank you to the Garden Group members and friends who supplied such delicious cakes and helped with all the clearing up afterwards. I would particularly like to thank George, who always gives me great support and calms me down when I am worried about burning

the cakes or fearing the worst when the speaker is a little late turning up!

Our next Group meeting will be held on St Valentine's Day, 14th February starting at 2.00 p.m. I hope to see you there.

Chris Dodge

SAFE DRIVING ADVICE

WIND

High sided vehicles are most at risk but strong gusts can also blow a car, motorcyclist or cyclist off course. This can happen on open stretches of road exposed to strong crosswinds or when passing bridges or, even, gaps in hedges.

In very windy weather your vehicle may be affected by turbulence created by large vehicles so, take special care, especially when overtaking.

FOG

Before entering fog, check your mirrors then slow down. If the word "fog" is shown on a roadside sign but the road is clear, be prepared for a sudden bank of fog or drifting, patchy fog ahead. Even if it seems to be

clearing, you can suddenly find yourself enveloped.

When driving in fog you should:

- * use your lights as necessary
- * keep a safe distance behind the vehicle in front. (Rear lights can give a false sense of security.)
- * be able to pull up well within the distance you can see clearly. This is particularly important on motorways and dual carriageways where vehicles are travelling faster
- * use your windscreen wipers and demisters
- * be aware of other drivers not using headlights
- * not accelerate to get away from a vehicle which is too close behind you

SAFE DRIVING ADVICE (Concluded)

- * check your mirrors before you slow down. Then use your brakes so that your brake lights warn drivers behind you that you are slowing down.
- * stop in the correct position at a junction with limited visibility and listen for traffic. When you are sure it is safe to emerge, do so positively and do not hesitate in a position that puts you directly in the path of approaching vehicles.

DO NOT use front or rear fog lights unless visibility is seriously reduced as they dazzle other road users and can obscure your brake lights. You MUST switch them off when visibility improves.

With acknowledgements to “Planet Granite” the in-house Newsletter of Tarmac C&W Region where we are informed that a downloadable version of the advisory piece is available at www.highwaycodeuk.co.uk/download-pdf.html

COACHING CORNER

(With acknowledgements to : www.getagameofbowls.com/coaching)

Among bowlers, opinions vary about individual practice. Here are the reasons why you should put down many more bowls in practice than you do in competitions and matches.

- When you practise by yourself you put down 100 bowls per hour, and this is the only bowling activity which has prospects of improving your physical fitness! One hour of solo practice is worth more to most bowlers than three hours in a game
- If you are a Lead or a Second, almost all of your bowls are draw bowls and the more bowls you put down the better.
- For Thirds and Skips, 90% of bowls are draw bowls because the only time you do not bowl a draw bowl is when you aim to finish in the ditch.
- As a Third or a Skip, very often you do not see where your bowl would normally have finished because it hits other bowls. If you play regularly in those positions and do not make the time for individual practice the quality of your draw bowling may decline.
- When practising a skill (e.g. “yard-on” shots) by yourself, you can keep repeating the same shot until you get it right.
- Such specific shot practice is the only time when you should bowl more than 2 bowls at the same target. For example if you have practised yard-on shots enough, eventually, when called on to play them in a game your brain tells you how much to narrow your green and increase your weight.
- Many players practise by rolling up with a few mates, putting a jack at each end and bowling four bowls in turn. Some, when practising by themselves, set out a jack at each end and bowl four bowls without varying length and side and mat position. *These types of practice are not very useful.* In almost every game of bowls you get only two bowls at the same target, which are delivered with only one bowl in between. Your practice must reflect this and you should usually never play more than two bowls at the same target. Change hand, length and mat position, always trying to improve with your second bowl. You only deliver more than two bowls at the same target when trying to master a specific skill. Please take this into account when working out your own practice routines. Some examples are below.

THIRTY MINUTE SOLO DRAW BOWLING PRACTICE

If you have only a short time for draw bowling practice, use three half tennis balls as jacks, placing two at one end three metres apart and one at the other end. Walk your mat.

Starting at the end with the single jack, deliver two bowls to the longer jack on one hand, two to the shorter jack on the other hand. Put your mat in front of the shorter jack and deliver two bowls to the single jack, then move it to the back jack and send down two bowls on the other hand. Do this up and back four times and in less than more than 30 minutes you will have given yourself some excellent draw bowling practice.

(Next edition: Solo practice routines to improve performance.)



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Birthday Bumps!

Happy birthday wishes to *Dave Anderton, Myles Clare, Sue Disney, Christine Dodge, Mike Foster, Dave Fox, Jan Holmes, Gerry Kennell, Edna Loder, Rolf Meyer, Maureen Page and Hazel Rayns* with birthdays in February and March.

59 Club update

Most recent winners are: *Marilyn Wood (Twice!) (20), Sheila Aindow (08), Chris Biddles (12), Ray Dexter (25) Josie Hubbard (38), Val Foreman (33), Tom Jordan (51) and Sheila Parker (22) - Congratulations to them all!*

Please note that number 57 still remains available. Please contact *Val Foreman* if you would like to take it up.

Club Winter Diary (Concluded!)

FEBRUARY

11 th	Coffee Morning	10.30 a.m. start
	Ascot Evening	7.00 p.m. start
	<i>Prize for best hat</i>	
	<i>Lasagne, salad</i>	
	<i>Dessert</i>	
	£4 on the door	
13 th	Melton Indoor Roll-up	11.20 a.m. start
14 th	Board Meeting	10.00 a.m. start
15 th	Pub Quiz and social	2.00 p.m. start
20 th	Melton Indoor Roll-up	11.20 a.m. start
20 th	Unification W.P.	6.30 p.m. start
21 st	Men's Management Gp	7.00 p.m. start
22 nd	Pub Quiz and social	2.00 p.m. start
27 th	Melton Indoor Roll-up	11.20 a.m. start
29 th	Pub Quiz and social	2.00 p.m. start

MARCH

1 st	Pub Quiz and social	2.00 p.m. start
4 th	"Win, Lose or Draw"	7.00 p.m. start
	<i>Curry or Chilli or filled</i>	
	<i>baked potato</i>	
	£4.00 on the door	
	<i>Warren Indoor Triples</i>	
	<i>League v Barnstone</i>	
6 th	Melton Indoor Roll-up	11.20 a.m. start
	Club A.G.M.	7.00 p.m. start
8 th	Pub Quiz and social	2.00 p.m. start
11 th	Coffee Morning	10.00 a.m. start
13 th	Melton Indoor Roll-up	11.20 a.m. start
15 th	Pub Quiz and social	2.00 p.m. start
17 th	"Meet the President"	7.00 p.m. start
19 th	Men's Sunday Lunch	12.30 p.m. start
20 th	Melton Indoor Roll-up	11.20 a.m. start
22 nd	Pub Quiz and social	2.00 p.m. start
25 th	Karaoke Night	7.00 p.m. Start
	<i>See noticeboard for details</i>	
27 th	Melton Indoor Roll-up	11.20 a.m. Start

Weekly Wednesday afternoon Pub Quiz and social afternoon 2.00 - 4.30 p.m. "Open House" - Everybody welcome!

Regular Close Season Clubhouse evening social programme. "Open House" - Everybody welcome.

For further details of any of the social events, contact Hazel Renshaw: Tel: 0116 2606 743

APRIL

1 st	Green opens	
8 th	Coffee Morning	10.30 a.m. start
	Rothley H	2.30 p.m.
	Batram A	2.30 p.m.

THE NEW SEASON STARTS HERE!

MEN'S SUNDAY LUNCH

Sunday 19th March

£7.50

See noticeboard for details and sign-in

EVERYONE - MEMBERS, FAMILY, FRIENDS - WELCOME!

THINK BEFORE YOU DIAL 118

(With acknowledgements to "Radio Times")

Paul Lewis writes:

In general 118 numbers (Directory Enquiries) are the most expensive to ring. The charge is in two parts. First, the 118 company typically charges around £7 for the first minute and £3.50 a minute after that while it finds the number. Then, your own phone company makes what is called an access charge – typically 11p per minute on a landline up to 50p per minute on major mobile networks.

118 firms say, "Shall I put you straight through?" *Never accept that offer.* The call will clock up not at the normal rate – which might be free to you – but at the 118 company's rate. So, a call to a local shop or friend can be charged at £3.50 a minute or more! If you get the number for a customer service helpline – which are normally free – and are kept waiting for your call to be answered, then every minute you are listening to that lovely "hold" music can be charged at £3.50 per minute. BT has its own 118 numbers and they cost a minimum of £5.50 per call – plus, of course, your own provider's access charge.

The best way to find a number free of charge is to use the internet, if you have access to it. On a smartphone you can usually just touch the number you find to dial it.

BT has a free directory service for people with an illness or disability that means they can't read or hold a directory. You can use this 195 service whether or not BT is your phone provider and calls can be connected at normal rates. Call free 0800 587 0195 to get the form to register. It must be signed by a medical professional who knows you.

The new £1 coin is due out in March. The Royal Mint has produced 1.5 billion new coins

Financial matters

The monthly advisory feature supplied by Club Patron, Pardeep Narwal, Narwal Wealth Management Ltd

This month: Spruce-up

Get your personal finances into shape by making the most of all the allowances and exemptions available before the end of the tax year.

Tax allowances and exemptions usually come with a deadline attached, and all the more so when squeezed government finances are creating pressure for policy shifts. As the end of the tax year on 5 April approaches, now would be a good moment to review your finances.

Perhaps the most useful allowance is the Individual Savings Account (ISA), which allows investments to build up without any further tax to pay on income and capital gains. Everyone has their own allowance – £15,240 in the current tax year – which means that couples can shelter £30,480 between them.

There is also a Junior ISA annual allowance of £4,080 for children under the age of 18. Anyone – family or friend – can contribute to the fund, which cannot be accessed until the child reaches 18, when they will get full control over the money.

The ISA allowance will rise to £20,000 from April, but any unused allowance from this tax year will be lost.

This could be a particularly good year to maximise pension contributions. In the Autumn Statement, Chancellor Philip Hammond highlighted the annual £48 billion cost of pension tax relief, sparking renewed concerns that he may soon be tempted by the savings to be achieved from a cut in the benefits for higher rate taxpayers.

Pension tax relief has been limited through recent law changes. But it is still worth making the most of the current annual allowance of £40,000 (or 100% of earnings if that is lower), although there are restrictions for additional rate taxpayers. There is an overall limit of £1 million which can be accumulated in a pension pot over a lifetime, without triggering an extra tax charge.

Even those who have little or no annual earnings receive an allowance of £2,880 a year, which will be increased to £3,600 by basic rate tax relief. This can be a useful way to save for children and non-earning partners.

Pension pots can also, in most cases, be passed on completely tax-free when someone dies before the age of 75.

For deaths over that age, income taken from the pension fund will be taxed at the recipient's marginal tax rate.

However, whatever the age of death, their pension is generally not part of the estate for IHT purposes, nor is it subject to Capital Gains Tax (CGT).

It's an incredibly efficient way of passing on your wealth, if you can afford not to touch it.

Family fortune

Those with estate planning needs should consider using their gifting exemptions before 6 April. The main one is the £3,000 annual exemption, which can cover just one recipient or be split across several. The value of these gifts will immediately fall out of the estate for Inheritance Tax purposes. Other exemptions cover wedding gifts, where the allowance varies from £1,000 to £5,000 (depending on your relationship to the couple); regular gifts made out of surplus income; and any number of gifts worth less than £250 in a single tax year.

Married couples and civil partners will get the best out of their personal allowances (set at £11,000 this tax year), and other allowances and reliefs, if they plan their holdings so that both individuals are shielding the maximum from tax.

The tax regime for CGT is relatively generous, as every taxpayer has an annual allowance of £11,100; gains above that are taxed at 20% for higher rate taxpayers (10% for basic rate), or 28% for residential property-related profits (18% for basic rate). If your spouse is not using their allowance, you can transfer assets across – a procedure that is not subject to CGT. If you both then sell assets before the end of the tax year, you can effectively double the allowance to £22,200. However, if you don't exploit the allowance this year, it doesn't roll over and is lost forever.

The best solution is to structure your investments in as many different forms for tax purposes as you can. This and future governments may change how tax is applied; so using several wrappers is best.

Should you wish to discuss any of the detail contained in this article or any other financial issue, please do not hesitate to get in touch with Pardeep Singh Narwal, Partner - St. James's Place Wealth Management on 0116 242 6 777.

Editorial copy deadlines

Because of holiday commitments (and no Assistant Editor) there will once again be no March edition of this Newsletter.

All copy for the April 2017 edition should be sent to Colin Grimes (systonbowling@btinternet.com) by no later than Monday 27th March 2017

HELP!

We are still looking for help in the production of this Newsletter

Publication in the months ahead assumes an even greater importance than usual because it will be the channel of communication to the full membership for all changes being considered by the Board as we move towards the eventual goal of full unification. Without the Newsletter, you will remain very much "in the dark".

SYSTON BOWLING CLUB

All communications should be addressed to The Chairman, Board of Directors

George Dodge, 46 Brookfield Street, SYSTON, Leics. LE7 2AD

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*For full details of Patron benefits and costs, please contact
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