

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 127 – May 2017

PARKING - AT LAST!

Patience, perseverance, professionalism and persuasion win the day



After many years of fruitless effort in the face of stubborn Council resistance, I am especially delighted to be able to report that the Club has finally gained permission to set up 6 parking spaces adjacent to the clubhouse for all of our midweek visitors.

Negotiations re-started in March when, at a meeting of the Club/Council Liaison Panel, our case was once again strongly presented by Development Officer, Colin Grimes. Following discussion, during which we were able to agree to a number of conditions governing the operation of the parking facility, Councillors Paul Henry, John Lucas and Ken Pacey agreed to recommend acceptance of our application to the April meeting of the Amenities Committee. Accordingly, at their meeting on 11th April, following a further very strong presentation from Colin Grimes and supportive endorsement by Councillor Pacey, the Amenities Committee

considered the recommendation to grant permission. In spite of an objection from Councillor Sreaton, and following repeated assurances from the Club that we would fully accept the conditions attached, it was agreed that our application should be accepted, subject to ratification by the full Council.

At their meeting held on 25th April, the full Council formally adopted the Minutes of the Amenities Committee without challenge.

Conditions

The specified conditions are:

- * the Club accepting responsibility for the marking of the 6 parking bays
- * the provision of two marshals in “hi-vis” jackets to supervise entry and exit from Melton Road
- * the requirement that all vehicles reverse into the marked bays
- * the issue of visitor parking permits to be displayed by all vehicles

The agreement is for an initial trial period of 6 months up to the end of the Season in October when a formal review will be undertaken. All midweek afternoon and evening matches are included in the agreement.

This facility for our visitors is in addition to the right accorded to the Club under the terms of our lease, which permits parking of vehicles which are engaged in the servicing of the clubhouse and the green.

The “hi-vis” jackets have been purchased and are currently stored in the former Men’s changing room, where laminated parking permits for display in visitors’ vehicles will also be found.

Notes of guidance for Members assigned to marshalling duty have been prepared. Copies are available from Captains and are posted in various parts of the clubhouse.

Fixture Secretaries and Captains have been asked to inform all visiting teams of this exciting development.

Arrangements are in hand for the painting of the bays, a task which will be completed as soon as possible. The siting of the bays can be seen on the noticeboard in the clubhouse.

As an additional safety measure, it has also been decided that all exiting vehicles should be encouraged by marshals to turn left on to Melton Road.

Members should be under no illusions. The operation of this facility is likely to be very closely monitored by the Council. The fullest possible co-operation of everyone is required to ensure full compliance with the conditions, the smooth operation of the system and to minimise the chances of injury or accident.



Green Ranger

Myles Clare would like to thank Dave Hudson, Kate Toon and Keiran Jordan for their help in painting the rink markers before the first game of the

Season.

Myles would appreciate volunteers at any time to help keep the green surrounds in a neat and tidy condition. *(All tools provided!)*

Membership rules

Only those Members who are registered as fully paid-up Members are eligible for selection to play in Club fixtures or to enter Club competitions. The only exception to this rule covers those who elect to pay their full membership fees in two instalments.

If anyone who is originally registered as an Associate or Social Member decides, during the course of the Season, that he/she wishes to be considered for selection, the full annual membership fee becomes payable - unless a special dispensation has been granted on exceptional grounds by the Board of Directors.

President's Pieces



I cannot believe it's the second month of the new session already. Don't time fly by when you're having fun?

Team selection

Can I appeal once again to all members to put their names down on team Availability Sheets to give Captains every support in choosing their teams.

Competitions

Can I also remind everyone involved in competitions to look at the closing dates for each round to make sure that games are played before the published deadlines. I really do not want to be the "bad guy" by eliminating anyone. According to Club Competition Rules, it is up to the first named person(s) in the draw to offer three non-consecutive dates to the opponent(s) so please get your games out of the way as promptly as possible.

Coaching

Ken Renshaw and I are running a series of training sessions around reading the head and team building on Monday evenings.

In the past, it been suggested that the Skip should oversee the head and then direct the team what to do. This current thinking is being challenged by the BDA, on the grounds that bowls is a team game. I agree that everybody has a role to play in the team but support the view that the job of the Skip is to take the views of ALL team members into account and weigh up the risk of the next shot with the ability of the player to deliver the shot that is required. A Skip should never ask a player to play a shot with which he/she is not confident. To do so almost invariably leads to a wasted bowl. Each Skip needs to have the ability to listen to all players in his team, to build team trust and know the team's capabilities and limitations. Without this ability and sensitivity, the team is likely to lose the game.

Every game should be FUN and it the Skips' responsibility to ensure that it stays FUN - principally by not putting too much pressure on team mates.

Captain's appeal for more competitive support



Speaking as your Club Captain, I have to express a measure of disappointment at the apparent lack of support for the more competitive form of bowling involved in our various League commitments. On Mondays (Loughborough Triples) and, more particularly, on Wednesdays (Leicester League Rinks) we are really struggling to find enough players to field full sides. With close to 50 registered playing Members, we ought not to be in a position to have to struggle to find a maximum of 20 for any game. A show of hands at the AGM indicated strong support for these League fixtures but this is not being translated into expressed support on Availability Sheets!

I can accept that not everyone can commit to playing almost every day of the week. Domestic and other social and sporting pressures do have to be recognised. However, a close examination of the current situation reveals that there is much less pressure on Captains fielding sides for traditional Thursday and Saturday friendly games than for League games.

On Wednesdays especially, we are facing the real prospect of having to withdraw from the League because we cannot regularly field a full side. Starting with only 4 out of 5 rinks gives rise to an automatic 6 points penalty - even before the first wood is bowled! This represents a major handicap and, if it continues, we will have little option but to withdraw from the League rather than soldier on in the expectation of finishing bottom of the table at the close of the Season.

Perhaps one reason for such a reluctance to take part is a lack of confidence. If so, let me put your mind at rest. League games are, in essence, no different from friendlies. While it is true that some Clubs involved in Leagues might be more experienced or might field "stronger" teams than they do in friendlies, everyone still has good and bad ends and/or bad games. Most importantly, there is no better way to improve your confidence and to sharpen your game, than playing with these so-called "better" players and seeing for yourself how little difference there can be between us.

I therefore appeal to you all - "Come on fellas! Get behind us and give the Leagues a try! You won't regret it. Most importantly, please help us to avoid the embarrassment of having to withdraw from the League(s) simply through a simple lack of confidence.



Midweek Captain

A mixed start to the new Season losing all four rinks against Oakham with a score of 49-107. A much better result against Enderby with two rinks winning and two losing but winning the match 81-68, thanks mostly to George Stone's rink.

It is very disappointing to see so few bowlers putting their names down for friendly matches. It is these games that bring in most revenue to the club. We have approximately 40 men and 15 ladies registered to play, but I struggle to get 4 rinks on Thursdays. I can never understand people joining a bowls club and not wanting to play. Perhaps it's the early Season weather, but let's hope our Members will think more of the Club and help the Captains by putting their names forward.



Towards Unification – Part 5

Colin Grimes - Chairman, Unification Working Party

UNIFIED FIXTURE LISTS

The proposed 2018 schedule of unified midweek fixtures, excluding League games, identifies 20 Home and 29 Away fixtures. Western Park, Humberstone Park and Soar Valley have been “dropped” from the schedule as a result of their refusal to accept mixed teams.

It was noted that the majority of former Ladies’ fixtures in 2018 were currently scheduled as Away matches as a result of the traditional framing of the Ladies’ fixture lists (*Home/Away on an annually rotating basis*).

17 matches represented a single annual fixture with the Club concerned; 8 represented 2 fixtures with the Club in the year and 5 represented 3 fixtures with the same Club.

Obviously, the proposed schedule could be subject to “tweaking”, once the traditional annual approach was made to Clubs at the back end of the year in order to achieve a balance between Home and Away fixtures.

Following unification, Saturday fixture list will remain largely unchanged from previous years, in accordance with standard practice.

With effect from 2018, it is proposed that Availability and Team Selection Sheets should be posted on the main noticeboard in the changing room, to be divided into 6 sections (Monday to Saturday) and that the current Ladies’ noticeboard should be used for League and Competition sheets.

Changing room facilities

All mixed fixtures raise the question of the adequacy and suitability of current changing room facilities. Current indications are that ladies could be left with inadequate room as a result of the men occupying the whole of the main changing room for every game.

Partitioning of the main changing room, re-instatement of the former Men’s changing room and an appeal to men to come to the clubhouse already changed were among a range of ideas put forward for consideration.

Following an inconclusive discussion, it was agreed that the whole matter of changing facilities should be referred to the Board for their consideration and further guidance.

Catering management

Further prolonged discussion took place on catering policy within a unified Club.

There was unanimous agreement that future catering arrangements, covering 6 days per week, would necessarily involve a small team of Members to plan and organise and supervise the purchase of necessary supplies. The job would be too much for one person to handle.

In conclusion, it was agreed that a notice should be posted in the clubhouse seeking suitably interested and capable Members to form a small catering sub-committee to assist the Working Party, with immediate effect, to formulate detailed future operational guidelines and, hopefully, to identify individuals who might be relied upon to volunteer to be nominated for election to serve as a Catering Committee in the years ahead. Notices, appealing for volunteers, have now been posted on clubhouse noticeboards. Please don’t hesitate to offer your services if this aspect of club operations interests you. Members in all grades are eligible to serve.

Next meeting

Our next meeting will be held in the clubhouse on Tuesday 30th May, 2017 starting at 6.30 p.m. when our focus will turn on finance and competitions. Club and Section Treasurers and Competition Secretaries have been invited to attend. Please remember, however, that any Member who so wishes may attend meetings of the Panel. All contributions to our discussions are warmly welcomed.



Gardening Group

We were unable to carry out the planned visit to Doddington Hall as no transport or drivers were available due to the various holidays over the May Day period. We hope to be able to re-schedule this visit very soon as it sounds as though it is a very interesting place to visit and it isn't too far away. Full details will appear on the notice board shortly.

The next Garden Group meeting will be on Tuesday, 9th May, commencing at 7.00pm.

Ladies’ Honours



Congratulations to Marilyn Wood who has been selected as a reserve for the Middle England game against Oxfordshire on 5th May; to Kate Toon who has been selected for her 3rd Inter-County game on 9th May v Surrey (*Kate should get presented her county badge at this game*). Marilyn has also been selected to play in the Middle England game on 19th May v Gloucestershire and both Marilyn and Kate have been selected to play on June 8th in an Inter County game v Lincolnshire.

“The best time to plant a tree is 20 years ago!” Albert Einstein

Matters of Law

This month's advisory feature has been supplied by Club Patrons, Salusbury Harding & Barlow, Solicitors

Did You Know? Probate Fees

All change! There are new proposed probate fees in the pipeline that we thought you should know about. The current fee of £155 is a blanket fee applied where estates are valued over £5,000. However, new proposed fees are dependent on the value of your estate and are outlined as follows:

Estate Value	Fees Payable
Less than £50,000	nil
£50,000 - £300,000	£300
£300,000 - £500,000	£1,000
£500,000 to £1million	£4,000
£1million to £1.6million	£8,000
£1.6million to £2million	£12,000
Over £2million	£20,000

Research suggests that 92% of estates will pay £1,000 or less and 98% will pay £4,000 or less. Our view is that although it seems fair that fees are proportionate to the value of the estate, the suggested fees are far too high. The increase in fees is expected to raise an extra £300million for the Treasury!

One frequently asked question is how will Executors of an estate pay the probate fees? In our experience banks and building societies will generally release the cash from a deceased's account. If there is little or no cash available though, Executors or Beneficiaries will have to raise the money or alternatively apply for a loan in order to pay it.

BUT, just a couple of weeks ago the Parliamentary Joint Committee on Statutory Instruments said that the Lord Chancellor may have overstepped her powers in ordering the increases and should have obtained the clear approval of Parliament first. They see the increase as a tax rather than an increase in fees and there can be no taxation without the consent of Parliament.

The matter was due to be considered in Parliament after Easter but now with an election looming the latest news is that increasing probate fees will be shelved until after the election, so watch this space!

For further information please contact Lisa Bacon at SHB Solicitors on 0116 262 6052 or via email lbacon@shbsolicitors.co.uk

COACHING CORNER

Concluding the series on solo practice (With acknowledgements to : www.getagameofbowls.com/coaching)

THIRD & SKIPPER

Take out two jacks and four markers or rebound jacks and markers and some half tennis balls
First End: bowl full length to no jack, and then take off two metres with each of the next three bowls.
Do this in each direction (8 bowls).

AIM: four equally spaced bowls on the centre line, finding green and establishing control of weight

At one end place a jack near the six foot spot and a marker three metres away and one jack at the other end. Place the mat and bowl twice at the longer jack and then twice at the shorter marker **WITHOUT CROSSING THE CENTRE LINE**. Change ends, place the mat in front of the marker and bowl twice at the single jack. Then move the mat back to the longer jack and bowl twice. Repeat three times.(32 bowls).
Initially bowl both bowls on same side, later bowl one bowl on each hand.

AIM: two bowl draw practice, developing control of green and learning not to cross the head when holding

Using four rebound bowls and two rebound jacks (or four bowls sitting on markers and two jacks), coloured markers to show target area. At each end place markers or bowls about 1 metre and 2 metres short of the jack so that they are comfortably inside (20 to 30 cm) the line which you would expect your bowl to take when drawing on that hand. Draw to a target area behind the jack within ½ metre. Bowl all four on the same hand, trying to go around the rebound bowls and finish inside the target area. Do this three times each way (24 bowls)

Aim: get around a bowl without adding weight. When faced with this position most bowlers play 60% of bowls narrow and 30% heavy even when the short bowl is well clear of the needed path

At each end, place a rebound bowls or half tennis ball 30cm from the jack (or rebound jack) in a jack high position. Mark a target area 70 cm square with a half tennis ball in the middle. With your first bowl on each end try to draw within 30cm. If you are not satisfied with your first bowl try again. With subsequent bowls try to draw to the target square by slightly increasing the weight and reducing the

Your finances

This month's advisory shows how taking action early in the tax year allows your money to work harder

Early bird

The new tax year sees the introduction of a number of changes to taxation and savings. Faced with a tax system that seems to be ever more complicated, now might be a good time to review your plans, to understand what new opportunities exist and how any changes might affect you.

Individual Savings Accounts

April marked the 18th birthday of the Individual Savings Account and saw the annual allowance boosted significantly to £20,000 – an increase of over 30%.

One in four adults now invest in an ISA, yet only 9% of ISA investors make full use of their allowance. What's more, 80% of subscriptions continue to be deposited in Cash ISAs (HMRC, September 2016), despite the record-low rates on offer and the impact of rising inflation on the real value of cash.

The full tax saving and investment benefits of ISAs can only be achieved by investing for the long term, so it makes sense to use your allowance early in the tax year to put your money to work – and out of the taxman's reach – for longer.

Pensions

Following the Spring Budget, the government was forced to drop its planned rise to National Insurance contributions for the self-employed. This has triggered renewed speculation that pension tax relief is still in the firing line, as the government now needs to find other ways to raise the lost revenue.

A flat rate of pension tax relief has reportedly been ruled out, but a further cut in the annual pension allowance could be back on the table. Given the uncertainty, it seems sensible to make the most of the allowances and reliefs available now.

Junior ISAs

The financial challenges facing younger generations are well-documented. Only 34% of 25–34-year-olds now own a home, compared to 60% just 20 years ago (Office for National Statistics, 2015). University students will graduate with an average debt of £44,000 (Sutton Trust, April 2016).

The amount that can be invested for each child into a Junior ISA has increased to £4,128 for this tax year. An investment in a Junior ISA is locked in until the child is 18, at which point it is rolled over into a standard ISA. As well as offering a helping hand, gifting to children can also help older generations with their estate planning.

Inheritance Tax

The nil-rate band will remain frozen until 2020/21, but the new tax year sees the phased introduction of the new residence nil-rate band, set at £100,000 per individual in 2017/18, but rising to £175,000 in 2020/21. The combined allowances mean that, from 2020/21, married couples with children could pass on up to £1 million free from Inheritance Tax, including the value of their family home.

The rules, which could have a significant impact on estate planning, are complex and not everyone will benefit. For instance, estates worth £2 million or more will see the new allowance gradually tapered.

However, the opportunity to make gifts of up to £3,000 each year remains unchanged, providing a way to give loved ones a financial boost and the chance to see them enjoy it.

Savings and dividend income

One Budget surprise was the decision to cut the tax-free dividend allowance from £5,000 to £2,000 from April 2018. Although the benefits are reduced, it is still worth couples redistributing investments between them to maximise their allowances. But transferring assets to make the best possible use of ISA and pension allowances may be more important.

The Personal Savings Allowance remains untouched. It offers a nil-rate Income Tax band on bank or building society interest of £1,000 a year for basic rate taxpayers and £500 for those paying at the higher rate. While not providing a complete shelter from tax on interest, the availability of the allowance continues to prompt questions over the value of ISAs as a home for cash savings.

Salary sacrifice

Employers and employees could be hit by new government rules on 'optional remuneration arrangements'. Certain benefits are exempt and transitional rules apply for others, but the changes aim to tackle differences between the tax treatment of cash earnings and benefits, and could result in higher tax bills and National Insurance contributions.

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.

Coaching Corner *Concluded from previous page*

green (*making the half tennis ball in the middle of the square your jack*). With practice try to increase the speed of the shot by one metre with each bowl on each end, but none of these bowls should finish in the ditch. Repeat three or more times (24 bowls)

Aim: to develop skill in yard on bowls and running through the head without losing your bowl

Place one jack or rebound jack on the centre line and a half tennis ball on each side of the rink, one close to the ditch. Drive twice at the single jack. Then draw to each marker *outside in*. Repeat one or more times if you have the energy, varying the mat position (16 bowls)

Aim: to develop driving skill and to be able to immediately return to the draw

Health issues

1. The dangers of processed meats

Following on from warnings about eating too much red meat, it is worth noting warnings from the respected World Health Organisation that processed meats can also be dangerous.

The evidence for this has come from the WHO's International Agency for Research on Cancer which has warned that processed meat could act as a carcinogen ... a food item that can cause cancer.

Processed meat includes a meat that has been treated in some way to preserve or to give it flavour. This can include salting, curing, fermenting, smoking and adding preservatives and covers so many of our favourite foods from bacon and ham to salami, corned beef and sausages.

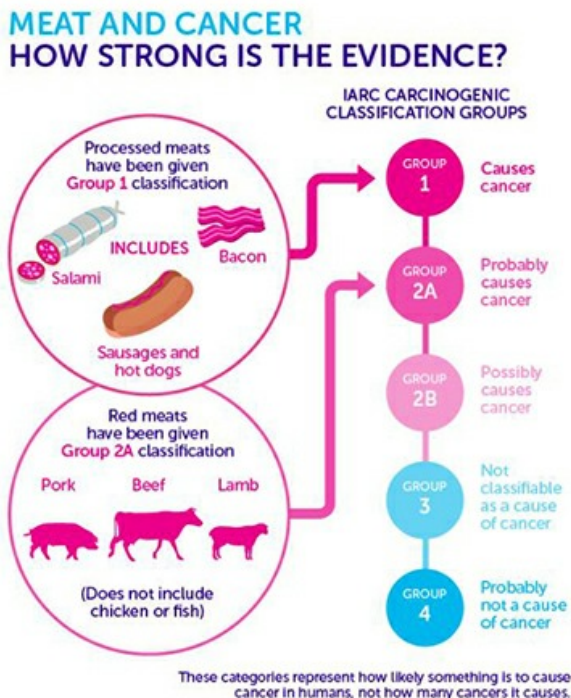
Research is ongoing but the International Agency for Research has said that 50g of processed meat a day increases the chances of developing colorectal cancer by 18%.

The studies involved twenty two experts from ten different countries who reviewed more than 800 studies, so a lot of research was involved.

There has been a lot of news about the dangers of eating too much red meat, but these results show that processed meat could be more dangerous, possibly due to the chemicals that are used or are formed during the processing. In a loose way it is similar to the warnings of increased risks of cancer from cooking meat at high temperatures, such as on a barbecue, which can create carcinogenic chemicals.

Cancer Research UK has some excellent information available to explain it all further.

And their chart as follows also gives an indication of the latest thoughts on the dangers of red and processed meats:



But all these august bodies say that you don't need to give up these foods. After all, red meat contains a lot of specific nutrients that are very beneficial. The key is to eat in moderation; two thick rashers of bacon every morning for breakfast could be a problem; the occasional bacon sandwich is absolutely fine.

Again with ham and sausages, the key is just to be aware and careful. Today you can buy local farm fresh ham or handmade sausages that may be filled with hugely healthy ingredients, with no preservatives whatsoever.

But with the evidence of dangers from preserved and also charcoaled red meats gaining strength, it makes sense to take some heed of the warnings and try to ensure you have a well-balanced diet.

Life skills

Be who you are and say what you feel,
because those who mind don't matter and
those who do matter, don't mind!"

Dr Seuss

2. Ageing well (With acknowledgements to Joan Bakewell and "Daily Telegraph")

- Stay fit:** the key to this is lifelong exercise, but it's never too late to start. Try Pilates, yoga, tai chi - hard at first but it gets easier. Town halls have afternoon ballroom sessions full of the old enjoying the foxtrot and the tango.
- Don't fall for the killers:** obesity, alcohol. I love eating, but small amounts of delicious food are something to look forward to. Drink in moderation. Pleasure is the key, rather than excess.
- Socialise:** keep in touch with old friends and make new ones. Book groups are a lifeline. As our contemporaries die it's good to have younger friends to turn to. Use Twitter and Facebook, not to reveal details about yourself but to see what the world is up to. It stops your life becoming a backwater.
- Keep up with technology:** Your brain probably can't handle the latest gizmos and your grandchildren are probably fed up with repeating instructions. But don't be afraid to order food and clothes by mail order, and pay bills by online banking.
- Cherish your driving skills:** It's an awful blow to have to stop driving. We may have to face everyone over 80 having to have another driving test. But, certainly in the country, a car is a lifeline.
- Do something useful:** volunteering at the library or offering help for the housebound can make you feel valued - which you deserve to be. Join a Committee (Bowling Club, U3A, WI etc) to put your skills to use.
- Invent "a job":** Employers aren't easily going to take you on, so you need to be inventive. What needs doing in your neighbourhood? What can you make and advertise for sale online? Join with others to set up a small co-operative. Sell eggs, vegetables, jams within your social circle.

Birthday Bumps!

Happy birthday wishes to **Margaret Abbott, Marjoie Clowes, Win Collins, Pete Hancock and Julie Warrington** with birthdays in May.

59 Club update

Most recent winners are: **Carole Allott (21), Stan Page (48), Maureen Page (24), Rob Wilbourn (7)** and, **Dave Anderton (30)** - *Congratulations to them all!*



Syston and District Volunteer Centre

CHARITY CASINO NIGHT

with hot buffet and disco

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**Beedles Lake Golf Club
East Goscote**

7.30 p.m. To Midnight
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Volunteer Centre
18 School Street, Syston

£25 per person
includes first set of gaming chips

Quotable quote:

"There was a fire at the Inland Revenue offices to-day but it was put out before any good was done!" **Ronnie Corbett**

Editorial copy deadlines

All copy for the June 2017 edition should be sent to Colin Grimes (systonbowling@btinternet.com) by no later than Friday 2nd June 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".



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See also Cloudscape Connect on page 7

We are grateful for the active support of all of our growing list of Patrons, especially those regularly featured in this Newsletter.

For full details of Patron benefits and costs, please contact

Colin Grimes on 0116 2608 412.

In return for their generous financial support for our Club, Members are urged to consider these companies first when considering the purchase of goods and services.

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