

# the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 137 – June 2018



## Presidents Message Jenny Dewick

Many thanks to Gary Kilbourne for taking on the vacant position of Club Captain, aided and abetted by Vice Club Captain Ken Renshaw.

These are two positions which require the help of Club members by, firstly putting your name on team sheets for selection and secondly showing a little tolerance in the position where you are being asked to play.

Thank you to Sheila Aindow and Rob Wilbourne who have agreed to assist Janice as mid week Captains. They also need your support.

Thanks to Maureen Page who will help with mid week Catering.

All of these vacant positions were the result of the untimely resignation of Kate Williams. We send Kate and her husband Karl our very best wishes.

Regards Jenny

## Music



The first session of lessons on how to play the Ukulele was attended by Pete Murray and me, we both found it a most interesting and enjoyable experience. Dave Houseman was very informative and helpful.

As stated in last months Green, any one can learn to play the Ukulele; you don't need to read music, because its all done by numbers, really is simple to under stand.

Our next session well be held in the club house on June 12th at 2.00 pm, and is open to every one, so come along stimulate your brain and learn something new.

**George Dodge.**

### Facilities Manager

The white cupboards are going to be cleared, out if there is anything anybody wants to save please remove by the end of June.

When it's gone it's gone!!!

**Stan Page**



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More information can be obtained from  
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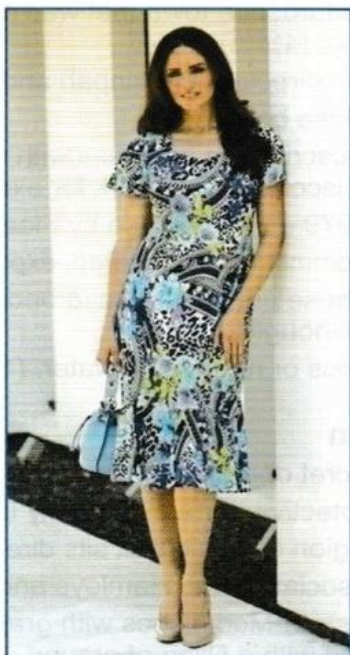


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## Financial Update

### Creating a fairer society

A new generational contract is needed to tackle the big challenges faced by Britain's young and old, according to a leading think tank.

The principle that different generations will provide support to each other at different stages of their lives underpins not just what we do as families, but also society as a whole. From education for the young to a State Pension for the old, the intergenerational contract has long defined the welfare state.

But there is widespread concern that the contract is being torn up. This is not through any change in sentiment – adults of all ages continue to buy into the idea (Adults aged 16-75. The Millennial Bug, Intergenerational Commission, September 2017) – but rather because of a number of emerging challenges to the nation's ability to deliver on the intergenerational promise.

In large part, the financial crisis is to blame. While all ages have experienced wage stagnation since 2008, younger people's pay packets have been hit hardest. The longer-term trend has been a shift towards lower-paying and less secure jobs among young people. Millennials may even become the first generation to record lower lifetime earnings than their predecessors ( Stagnation Generation, Intergenerational Commission, July 2016).

Families are responding to these challenges, but so far the state has failed to adapt. Indeed, changes to welfare policy in the wake of the economic downturn have only exacerbated the divide. For instance, real per-person spending for working-age adults is set to be nearly 15% lower in 2022-23 than it was in 2010-11. In contrast, benefit spending per pensioner will have increased by 2022-23, not least due to the triple lock ( A New Generational Contract, Intergenerational Commission, May 2018).

Meanwhile, the challenges of delivering the standards of healthcare that older generations deserve, need and expect is a reminder that the economy needs to work for all people – millennials and baby boomers alike.

"We want [baby boomers] to have decent healthcare, we want them not to be worried about social care, so we've got to maintain the welfare state. But we think that in order to do that you can't impose all the taxes that are necessary on the younger generation," says Lord Willetts, chair of the Intergenerational Commission.

The Commission, convened by the Resolution Foundation, has put forward ten key policy recommendations, each designed to meet the challenges facing old and young generations. They include an "NHS levy" funded by National Insurance on the earnings of workers over the State Pension age; surcharges on second and empty properties; and a reduction to stamp duty rates to encourage older homeowners to trade down.

There is also a proposal to replace Inheritance Tax (IHT) with a "Lifetime Receipts Tax". Under this system, everyone would get a lifetime allowance for the receipt of gifts of £125,000. Anything received above that would be then be taxed in bands – 20p in the pound up to £500,000, and 30p after that. According to the report, the new tax would deter avoidance and raise an estimated £11 billion a year in 2021, compared with £6 billion under the present system.

The extra revenues would help to introduce a £10,000 "citizen's inheritance" – a restricted-use asset endowment to all young adults to support skills, entrepreneurship, housing and pension saving.

The idea is to transfer money to 20-35-year-olds earlier, many of whom will not inherit anything until they are 61, on average. By that age, inheritances have arrived too late to support living standards during the expensive childrearing stage, the report suggests.

Of course, older generations can play a role in bringing these transfers forward. Indeed, the Commission's report states that gifting will play a growing role in how younger generations accumulate assets in the future. Moreover, parents and grandparents with the available resources may find that gifts made during their own lifetimes are more beneficial to children than assets left through their estates.

Each individual can legally give away up to £3,000 every tax year (£6,000 if the previous year's allowance is used as well) without being liable for IHT. Larger sums become exempt from IHT if the donor survives for seven years after the gift has been made.

Nevertheless, not everyone is able to gift large amounts of money, and relying on a windfall to support living standards appears far from ideal. This means that policy interventions are vital if social mobility is to be a realistic prospect for more individuals.

"We can deliver the health and care older generations deserve without simply asking younger workers to bear all the costs. We can and should provide more security for young people, from the jobs they do to the homes they increasingly rent. And we can promote asset ownership for younger generations so that owning a home and access to a decent pension are realities not a distant prospect in 21st century Britain. We hope that as the important issues we identify are increasingly recognised, our proposals can be a useful guide to action" says Lord Willetts.

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**Jenny Dewick, Janice Wilbourn, Derek Renshaw, John Lester, Mark Newman,  
Rob Wilbourn, Margaret Dexter, Aideen Talbot, Marion Palmer**



### BONUS BALL



Lucky Winners for May/June are: Roy Hill (41), Roger Bentley (5), Sheila Parker (22), Alan Ward (3), & Mick Russell (10) 20)



***Congratulations to the winners!!!***

### Thank you John

John Lamble, who has been a great ambassador for this club, for many years, has decided to give up his usual Tuesday afternoon bowling sessions. He gave up his time to encourage new bowlers to become more confident so that they could join in with the friendly and competitive games. He has over the years raised funds for the club, not only with his Tuesday roll ups, but has organised the Monday indoor roll-ups at Melton indoor, and of course many of the Christmas lunches at Melton indoor.

John like us all is getting that bit older and is suffering from a very painful back problem, making not only bowling very uncomfortable but just walking is not an agreeable experience.

John will of course continue his connection with the club as an associate member.

I'm sure we all hope his trouble will ease in time and wish him well in the future

**George Dodge**

## WEDNESDAY WYMESWOLD MIXED TRIPLES LEAGUE – DIVISION 2

I would like to thank all the players who have been putting their names down each week.

I have been getting up to 12 names. As a result I have to swap and change the teams.

Due to the quality of players we are running 2nd at the moment. Having played 6 games 1 more than the team in 1st position.

Thanks again and please bear with me because we can win this league.

Please see the details in the table below. As at 23<sup>rd</sup> May 2018

### Ken Renshaw

Team	Played	Rinks Won	Rinks Lost	Rinks Drawn	Shots Win	Shots Drawn	Shots For	Shots Against	Shots Diff	Total Points
Kegworth	5	12	2	0	4	0	297	198	99	32
Syston	6	10	7	1	4	0	354	280	74	29
Finches	5	8	6	1	2	0	258	240	18	21
Kestrels	4	7	5	0	3	0	216	200	16	20
Weavers	4	6	6	0	3	0	213	174	39	18
Wolves	3	4	3	1	3	0	161	146	15	15
Rams	4	3	8	1	0	0	152	239	-87	7
Foxes	3	3	6	0	0	0	121	180	-59	6
Webbers	3	1	8	0	0	0	126	196	-70	2

### Monday League Results Table – Division 2

Team	Played	Shot Wins	Shots +/-	Rink Wins	Points
White Plums	4	3.0	47	9.5	25
Maggies	4	3.0	31	9.0	24
Light House	4	3.0	42	8.0	22
Cygnets	4	3.0	13	6.5	19
Saints	4	2.0	-12	5.5	15
Peregrines	4	2.0	-16	2.5	9
Sands	4	0.0	-41	4.0	8
Kegworth	4	0.0	-64	3.0	6

## *5 myths about hay fever that you should stop believing*

Stuffy nose, watery eyes, itchy throat... when it comes to getting out and enjoying the good weather during the summer months, being one of the unlucky 18 million people in the UK who suffer from hay fever is never fun. Allergies can seemingly appear overnight, and because allergy to pollen can be cyclical, it could suddenly hit you as an adult, even if you never suffered as a child. The irritating symptoms – which are often confused with those of the common cold – occur when the body comes into contact with an allergen and the immune system is kicked into overdrive.

Although it's easily remedied with the right antihistamines, if you're a first-time sufferer, it doesn't help that there's a lot of misinformation out there about how you should treat, or prevent, an allergy attack.

We asked Dr Jean Emberlin, a pollen expert speaking to help debunk five of the most common misconceptions.

### 1. Flowers cause allergies

Lots of people wrongly associate hay fever with colourful blooms, but as Dr Emberlin says, "Showy flowers usually have insect dispersed pollen, which is sticky and heavy and is carried between the flowers by insects, so it does not get carried in the air."

The pollen most likely to cause an allergy is actually the airborne type, from grass, weeds and trees, such as birch and oak. "These types of pollen are small and light and are produced in vast numbers," notes Emberlin. "They can either be breathed in or enter through the eyes, triggering the allergic reactions of hay fever."

"The pollen from flowers is not usually a major trigger for hay fever, unless a person is exposed to flowers a lot, such as working in a florist shop."

## 2. Hay fever is caused by hay

“Hay is cut dried grass,” says Emberlin, “and while it may contain grass pollen grains and can trigger hay fever, it is certainly not the main cause. The name ‘hay fever’ may have come about because the allergy peaks in the summer months when grasses flower and hay is made.”

## 3. Rain can clear pollen

There is some truth to this claim, because rain will temporarily clear pollen from the air, but often before a downpour there is an increase in wind gusts and downdraughts of air.

“The gusts can lift deposited pollen from surfaces and the downdraughts can bring pollen down from higher levels in the air where it has been lifted by convection currents,” says Emberlin. “Both of these factors can increase the pollen count, leading to symptoms just before or as the rain starts.”

Spring may be sunny and glorious but for many Brits, the reality is quite different – it marks the start of hay fever season.

The sniffles, itchy eyes, blocked noses and generally feeling under the weather are all signs you’re suffering. Instead of reaching for hay fever helpers like tablets and sprays, there’s some all-natural ways you can try to beat hay fever and those annoying symptoms that come with it.

So, what ingredients should you reach for this allergy season? Work The World, which specialises in helping medical students find placements abroad, has helped us come up with 10 of the best foods to battle the dreaded spring sniffles:

10 allergy fighting foods to help you beat hay fever

If you’re suffering from the sniffles, try adding some of these health boosters to your diet.

### 1. Onions

Onions are packed full of quercetin, a natural antihistamine and anti-inflammatory, making them perfect for battling hay fever symptoms.

Try to eat them while they’re as fresh as possible, as they can lose a quarter of their quercetin content after being stored for a week or more.

### 2. Oily fish

Tuna, salmon and mackerel are rich in omega-3 fatty acids, which have been shown to reduce inflammation. In fact, studies have shown that a couple of portions a week can calm symptoms for hay fever sufferers. Plus they’re perfect for a light summer lunch or dinner.

### 3. Seeds

Don’t worry if you’re veggie or vegan, as both flax and chia seeds are a fantastic source of alpha-linolenic acid (ALA), which is the plant version of omega-3. They’re also packed full of protein, so sprinkle them liberally to enjoy a wealth of incredible benefits.

### 4. Apples

Thanks again to high quercetin content, studies have shown that people who regularly eat apples have greater protection against allergies and even asthma.

Make sure to eat the peel, as that’s where most of these amazing nutrients are stored.

### 5. Broccoli

Researchers have found that 500mg of vitamin C a day can help to ease allergy symptoms. One cup of raw broccoli packs about 80mg, making it an ideal step in relieving allergies. This versatile green veg is also a member of the cruciferous family, which has been proven to clear blocked-up sinuses.

### 6. Turmeric

It’s the super food of the day and turmeric helps prevent the release of histamine, one of the main causes of hay fever. It’s also an anti-inflammatory, so this spectacular spice can ease the symptoms as well as fight them from the onset.

### 7. Garlic

These powerful little bulbs are also great allergy fighters, as they work as decongestants, helping to ease sneezes and sniffles. If you’re brave enough, crush them, leave them to sit for 10 to 15 minutes to release the active ingredients, before eating raw. Rather you than us...!

### 8. Tomatoes

Tomatoes are bursting with vitamin C, with studies proving they’re great for boosting the immune system, producing a natural antihistamine and building a tolerance against respiratory issues.

Indulge in these either whole or in a sauce, and you’ll also be consuming plenty of lycopene, an antioxidant compound.

### 9. Pineapple

Fancy a sweet treat? Pineapple happens to contain an enzyme called bromelain – this has been shown to reduce irritation in allergic diseases. So, whether it’s eaten on its own or even sprinkled on a pizza, it can help.

#### 10. Kiwi

Another great source of vitamin C, there's around 64mg in just one green, fuzzy fruit. For an added health boost, mix kiwi with guava, strawberries and oranges, all of which are packed full of vitamin C.

Stormy weather can also make the particles easier to inhale. "During the rain fall, grass pollen grains can burst under osmotic pressure, releasing minute starch particles held within them that contain allergen," says Jean. "This can lead to breathing problems in asthma sufferers who are allergic to grass allergens."

#### 4. Rubbing Vaseline around my nose will cure my hay fever

"Think of your nose like a chimney with smoke going up it," says Emberlin. "Some of the smoke might cling to the outside of the chimney like soot, but most of the smoke will still make its way upwards."

She explains that the same is true with your nose: "You put a bit of Vaseline around the outside and it might catch a few grains, but most of the pollen is still going to go up your nose."

"I don't think lubricating the nostril helps at all – other than easing some of the soreness."

#### 5. Honey can cure my hay fever

Many people swear that spooning a teaspoon of local honey on your porridge each day, immunises you against pollen and helps alleviate hay fever symptoms. So is it true?

"I'm not saying that it doesn't work," says Emberlin, "but the problem is that bees visit plants which have big, colourful flowers to collect pollen – rather than the type of plants that cause hay fever, like grasses and trees. It's very difficult to see how the honey can work."

People might say flowers get covered in grass pollen, from a honey marketing point of view, but I've never seen a single grass pollen grain in honey. Even if there were a few, the amount would be so microscopically tiny, it wouldn't have any effect.

"The nutrients in honey might help the immune system, and it certainly wouldn't do harm to eat honey from the local area, but I'm afraid it's not going to cure your hay fever."



Message  
from the Editor

Thanks to everyone for their contributions to this edition.

Please continue to provide me with regular updates of club activities.

Tel: 01162741755 email: [suerenshaw22@gmail.com](mailto:suerenshaw22@gmail.com)

We are going on holiday at the end of June; therefore I need to prepare the July edition before I go.  
Please let me have items by Sunday 24<sup>th</sup> June 2018

Thanks Sue

#### SYSTON BOWLING CLUB

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