

# *the* SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 145 – February 2019



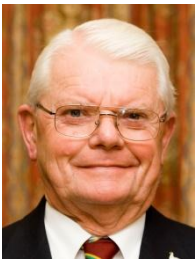
## **President Jenny Dewick**

I would just like to share with you the arrangements for the forthcoming Craft Fair which will be held on Saturday 23 March from 10 am until 3pm. We have sold 10 tables and will be providing refreshments throughout the day.

Those members who wish to sell their craft are welcome to use the Bowls club table, with proceeds going to Club funds to help with the costs for the renovations to our green.

If anyone feels they can help on the day, albeit making a cake, any craft project or just generally helping in the kitchen would love to hear from you.

Kind regards  
Jenny



## ***Welfare Report***

It is with much regret and sorrow that I have to report the death of Mick Hall. Our thoughts and sympathies are with his wife Zena at this sad time. Mick was a very loyal and supportive club member over many years, (see tribute elsewhere in this newsletter) but unfortunately unable to play over the last few years due to illness.

Janet Lowe's recovery received a temporary set-back recently with an attack of shingles.

Margaret Abbott, strong willed as ever was present at Mick's funeral, but is now dependant on getting around by wheelchair.

Myles Clare tells me that both he and his wife Mu are now recovering from their operations as expected. Better news from Past Lady President Diana Lewis who had the misfortune to fall and break her leg in the winter of 2017-2018. The latest report is that Diana is in much brighter spirits as her injuries have at long last started to heal

ROB (Wilbourn)

Contact with news: 01664 424813 [r.wilbourn213@btinternet.com](mailto:r.wilbourn213@btinternet.com)



## **Gardening with Chris Dodge**

### ***Jobs to do in February***

Although the weather is still very wintery every week more and more flowers are in bloom, with early flowering daffodils and snow drops already in flower, and others to follow, hopefully, spring is just around the corner.

When it is possible to get on the garden, try to reduce the pest and disease problems by taking a few simple steps towards this. Many diseases, like black spot on roses and powdery mildew on soft fruits etc, can over winter on old leaves on the ground. Aphids can over winter as eggs, or as immature adults that hide in crevices on material that should perhaps be destroyed. Slugs and snails thrive in litter and debris that could be cleared away. All these and many more will quickly multiply once favourable weather conditions return in the spring.

Pick up and burn pruning, leaves that have fallen around shrubs, and clear up leaves and rubbish from the bottom of hedges and fences, and keep those weeds down, they too may be maintaining a population of pests and diseases.

Sowing your own bedding plants can save money, and it is far more satisfying than buying them. You can choose the varieties you want to grow, especially if you have found in the past you couldn't find certain plants.

If you are going to use seed trays or pots that have been used before then you must make sure that they are clean, so wash them in a weak solution of Jays fluid, this will make sure any bugs will be washed away. Please use washing up gloves for this as the Jays fluid will be slightly acidic and could burn your skin, also the smell of it can linger for some time on you skin. Of course if you use new trays and pots this is not necessary.

To sow now you really need a heated propagator or a warm window sill. You must also have somewhere light and frost free, to grow them on. Use a good quality compost in the bottom of the seed tray, then almost fill the tray with either sifted compost or seed compost, press it well down, to ensure there are no air pockets that will expose the new roots to drying air. Make sure the surface is level before sowing; make yourself a firmer with a piece of wood or polystyrene, water the compost well before adding your seed. Fine seed will have to be scattered, but larger seed such as French and African marigolds, are best spaced to make thinning easier and less urgent when the time comes. Some seeds do not require to be covered after sowing, and watering first will prevent the seed being washed to one side or the other. If the seeds do need to be covered, use a fine sieve to scatter very fine compost over the seed. Remember to read the instructions on the packet before you start, and a fine rose on a small watering can will be handy.

If you need only a few plants, save space by using half the tray for one and the other half for another. You can also swap some seed with friends.

Established trees require little pruning, other than removing any dead or diseased branches, or any that are growing in the wrong place, perhaps blocking the light. Occasionally, however, the shape of a developing or established tree can be greatly improved by a little pruning, and late winter is a good time. Always remember each cut will result in two new shoots, therefore the side that needs more growth should be pruned back harder than the other side.

NEVER tackle major tree surgery, It is a job for the professionals.

Most late flowering shrubs, especially those which flower on stems they made last season, are best pruned at this time of year. Start now and continue whenever the weather is suitable, right up to the end of March.

Most buddleias, acanthus, hardy fuchsias, and hydrangea, can all be cut hard back to leave no more than two or three buds on last year's growth.

You can leave some branches up to three-quarters their length if you want to build up the framework of a large shrub - this works especially well with buddleias, where varying the amount of pruning will result in a stronger bush covered with flowers in late summer. Also Corneous should be cut back to almost ground level to ensure colourful stems for next winter.

When you finish pruning, tidy up the pruning, and the soil around the plants where you've been treading, and give them a good feed of a general fertiliser to boost their new spring growth.

Clematis that flowered after the middle of June can now be cut back to within a few inches of the ground. If you want them to flower high up though, cut them back almost to the base of last year's growth.

Always make sure your tools are sharp before you start any pruning, don't forget that you can propagate new plants from your pruning.

Over wintered plants such as fuchsias can now be coaxed into fresh growth by gradually increasing the watering and spraying the new foliage so new cuttings can be taken. Plant 3 cuttings in 3" pots around the edge, spray and cover with a clear polythene bag. Turn the polythene bag over each day and spray cuttings when necessary.

### **Mick Hall - Tribute**

He was one of a trio of 3 highly skilled painters and decorators, led by Colin Martinand and ex Leicester City goal keeper Adam Dixon. At the end of each season they were the first to start the decorating of the club house during the winter months. At the start of the season when the seats around the green were placed out Mick and Colin could be found revarnishing them.

They only charged for materials.

The Club will always be grateful to him and will remember them.

### **Roy Hill**

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# CHRIS MEYNELL & FAMILY

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**BONUS BALL**

Lucky Winners for Jan/Feb are: Pete Hancock X2 (45) – Marilyn Wood- (20) – Nigel Croft (26)

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



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How to make the best use of your GP appointment  
With acknowledgements to Dr Sarah Jarvis MBE and "Patient Access"

The average GP appointment lasts 10 minutes. 10 minutes. Yes, 10 minutes! Lots of people are aware of this fact; but have you ever actually stopped to think how long that actually is? The answer is not long. And don't forget that the clock starts as soon as your name is called, so the 10-minute slot includes you walking into the doctor's room, taking off your coat (more on that later), having your consultation, putting your coat back on, leaving and then the doctor writing up your notes and requesting various investigations, etc. It's also worth mentioning that in an average surgery of 20 patients, spending just two extra minutes with each person leaves you well over half an hour late by the time your last patient rolls in. So please try to remember this whilst you are gnashing your teeth in the waiting room.

Clearly, time is tight. In order that you get as much as possible out of this small time slot, there are a few things you can do to help things go as smoothly as possible.

**Be on time**

Yes, yes, doctors always run late. This is very true. But just in case they are running to time, don't waste all-important minutes by being tardy. Some doctors run a 'first come, first served' policy. So even if you are just a few minutes late, the next person may have sped past you and been seen first. You have been warned!

**Don't get too comfy!**

Unless you need to show the GP a huge lesion on your arm, don't start peeling off scarves or coats and laboriously hanging them up. You are wasting valuable time that could be better spent discussing your problems. The same applies to lovingly and caringly removing layers from your beautiful baby or changing their nappy. Not in the doctor's room unless you want every single patient the doctor sees after you to have to wait an extra five minutes unnecessarily!

**Don't bring a list**

It's an oldie but a goodie. Please don't come in brandishing a list of umpteen complaints that all need sorting today. It is unrealistic to expect to deal with so many issues at one time. It's not in your interest, apart from anything else - faced with a list of five problems (that's under two minutes each) the doctor will be forced to address each one superficially, rather than giving it the time it deserves.

Pick the most pressing problem and try working through that, rather than leaping between troubles and not addressing any of them properly. It's also not fair on your fellow patients, who will inevitably end up waiting longer. If you do have lots of problems to discuss, speak with the receptionist and try to book a double appointment.

**Think about your 'story' and tell it chronologically**

If possible try to tell your story from the beginning; for example: 'It all began three months ago when I first had a pain in my side.' You want to try to paint a picture for your GP of your symptoms and the story that goes with it.

**When giving timings, try to be accurate**

When asked when your symptoms started, it's best to try to be as specific as possible. Saying 'a long time', 'it seems like forever' or 'not long at all' are all really unhelpful because the meaning varies so much between patients. If possible, try to talk about durations in terms of hours, days, months or years; broad-bush timescales which everyone can understand. Again it just saves time if your story is as clear as possible from the outset.

**Don't be embarrassed**

Doctors will not be shocked by anything you tell them ... honestly!

**Be aware of how consultations usually work**

Generally speaking, your consultation will follow this pattern:

- a) You tell your story.
- b) The doctor asks you specific questions based on your story.
- c) Your doctor will examine you (although not always necessary).
- d) Your doctor will discuss what they think might be going on and suggest treatment options or plans.
- e) You ask questions/discuss 'the plan'.

This is how we, as doctors, are taught to do things, right from the start of our training at medical school.

For most GPs, it is just second nature. I only mention this as it is very important when it comes to the next point:

**Get the important issues out first**

If there is something you are really worried about - for example, a breast lump or crushing chest pain - please, please mention it first. Loads of people talk about something relatively minor to start with as a kind of 'warm-up'.

If your GP doesn't know that the real problem is coming up, they will spend your 10-minute appointment discussing your verruca (entirely possible I assure you!). If you then casually mention you are worried you might be having a heart attack, the verruca somewhat pales into insignificance. Be bold - mention your real worries up front.

Show them anything, but don't show them your teeth

It never ceases to amaze me how many patients assume doctors are a free alternative to the dentist. GPs learn absolutely nothing about dentistry in their medical training, so you're probably as well off asking a bus conductor as a GP about whether you need antibiotics or root canal treatment.

Put simply, doctors are not dentists. Dentists are dentists. Please don't show us your teeth if you want an informed diagnosis!

Don't quote Google ... or do?

This is a bit of a tricky one and I suspect all doctors feel differently about the internet. My own feelings are thus: please don't tell me what your diagnosis is as a 'fait accompli' (in other words, something that has already been decided). This is unhelpful and often quite distracting.

However, if you are worried about a specific illness please do tell me, as I'd rather we discussed it and (a) you might be on to something and we can talk about what to do next, or (b) I can reassure you and you'll leave feeling much happier (hopefully!).

Be kind despite what you might read in the press, the vast majority of GPs really are trying their best to help you. If you can muster up a smile or a thank you, it will make their day!

**Colin Grimes**



## Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

*Apologies to Chris Meynell and family for the incorrect information shown in the January edition of the Newsletter concerning the donation of the meat and vegetable vouchers generously provided by Chris for the club at Christmas*

## The Next Coffee Morning is on Saturday 9<sup>th</sup> March 2019

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### Message from the Editor

Thanks to everyone for their contributions to this edition.

Please continue to provide me with regular updates of club activities, by email, as a Word document.

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

Please let me have items for the March edition by Friday 25<sup>th</sup> February 2019

Thanks Sue

### **SYSTON BOWLING CLUB**

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