

# *the* SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 150 – July 2019

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## Presidents Message

I was surprised and honoured when I was asked to be President of this great club following Jenny Dewick's resignation, but it's not the way I would have chosen to be given that honour. I can promise that I will do my very best to be worthy of the Presidency and represent this club with pride. I would like to thank Jenny for her hard work and dedication during her term as President and I'm sure I speak for everyone in wishing her and her family good health in the future.

I would like to thank those members who attended the Open Day on June 9th. The day was very successful with a number of prospective new members. We have another Open day on Sunday August 11th which is also the day we play in the Greenwood Cup which is played in the morning. It would be nice to see those who are selected for the cup game to also make themselves available for the afternoon Open Day. I would urge those who missed the first open day to attend the one on August 11th. This is your club and you should be proud to represent it as often as possible.

Good luck to those who are still in competitions, Club or County, and commiserations to those who have been knocked out, there's always next year.

**Pete Murray**



## **GARDENING in JULY**

At this time of year the garden is full of wonderful colours, don't waste this vista, get your deckchair out and just sit and enjoy the fruits of your labours, perhaps with a nice cup of tea or maybe a gin and tonic.

So when you feel like it lets get on with gardening. Plants which are putting all their energies into growing require constant supply of food and water at this time.

Supplementing these food supplies can have dramatic results, particularly where the plants' roots area is restricted when they are confined in containers or growing bags. However do make sure you apply the right fertilizer, at the recommended dosage, as specified in the manufacturers' instructions, printed on the packet.

If you are growing tomatoes, once the first truss of flowers has set and you can see the first pea-sized fruits, give the plant a feed of high-potash fertilizer. Any of the proprietary brands of special liquid fertilizers would be ideal. But again read the instructions on the container before you use it. Plastic or rubber gloves are a good idea when using any fertilizers whether liquid or dry.

Climbing roses will be putting on a good deal of growth and some will have started to flower. New growth should be tied into a trellis or other support before it gets too untidy and difficult to manipulate. Use a strong twine or rose ties to secure the stem, but make sure they are not too tight otherwise further growth may be constrained. Also make sure the trellis or other support is strong enough for the job, otherwise the whole lot can land face down in the ground, breaking the main stem and ruining the plant.

Weeds will still be germinating rapidly at this time, so keeps the hoe moving among the plants in the beds and borders or hand weed where you can't get the hoe in. If you can pull up your weeds before they flower and seed all the better as you know, one year's seeding can mean Severn years weeding.

With the holiday season coming up, keep on top of routine jobs such as cutting the lawn and tidying beds and borders, so that you do not come back to a neglected looking garden. Just a few minutes a day on these jobs before you go will be well spent and ensure that you do not have loads of work getting it back into shape as soon as you return home.

Ideally, ask a friend or neighbour to water containers and hanging baskets and return the favour when they go away. If this is not possible, water very well and then remove to a shady spot and stand in a large saucer or tray of water and this should suffice, and don't forget your house plants, these always want watering with water at room temperature.

As the weather gets dryer, the grass in your lawn grows more slowly, don't worry if it looks yellow or brown it will soon revive when the rain does come again, but when it does it will need frequent trimming. Don't let the grass become too long as this will make it more difficult to cut in the long run. The ideal length for grass in most lawns is between 1.25" (30mm) and 1.75" (45mm). It can be shorter if not used very much or longer if you have children running on it.

Dead-heading makes rose bushes and most other flowering shrubs look tidier and encourages the plants to continue flowering for longer. This simple chore really is worth the little effort it takes. If you do not dead head at this time of year the roses may begin to revert back to their natural state and produce seed heads which are better known as rosehips. Dead heading also gives you an opportunity to check for signs of pests and diseases, both of which can spread rapidly. It is especially important to get the plants clean before you go away on holiday, or you may come back to thoroughly infested plants.

Feed and water your containers, dry fertilizers are generally applied earlier in the year and are usually slow acting over a period of weeks and months. At this time of year feed is best given in quick-acting liquid form. After regular watering, feeding is the other key to success with plants in containers and baskets. It really is worth the effort, and those in powder form that you mix with water are very economical, but do read the instructions for the right proportions. Hanging baskets will need abundant watering and twice a day is not too often in very hot weather. More failures are due to water shortage than any other reason. Although some plants, like pelargoniums will tolerate a degree of neglect if they have to, others like Lobelia can be ruined if you let the basket dry out for a single day.

Don't forget that your garden should give you pleasure, so take another look at the top of this article and take some time out to enjoy the fruits of your labours, you can simply keep things looking tidy, and spend as much time as possible relaxing in that deckchair, with a cup of tea, a pint or a G&T.

**Chris Dodge**

**Thank you to Margaret Abbot's family who sold her woods and donated £80.00 to the club. A Cheque has been sent into the club.**

**Thank you Kate Toon**

**Answers to the  
Quiz from the June  
edition - Parts of  
the Body**

1. TRUNK
2. PALM
3. EYES
4. LIDS
5. WAIST
6. NAILS
7. TWO LIPS
8. HIPS
9. HEART
10. FOOT
11. IRIS
12. NOSE
13. CALF
14. CHEEK
15. VEINS
16. RIBS
17. HAND
18. MOUTH
19. LASHES
20. KIDNEY
21. JOINT
22. INSTEP
23. SPINE
24. SKULL

**QUIZ FOR JULY**

**THE NAMES OF PLANTS AND FLOWERS**

1. THIS WILLY CREATURE KEEPS HIS HANDS COVERED
2. A WELL DRESSED CAT
3. THE ICY WEATHER WILL DO THIS
4. THIS MUSIC BELONGS TO ME
5. A BLACK BIRD CAN SWEAR
6. I CALL (ANAGRAM)
7. IT'S SURROUNDED BY PUPILS
8. UNSEASONAL WEATHER
9. CHARMING VEGETABLE
10. SHEEP GO ROUND THEM
11. SHE BELNGS TO THE VALLEY
12. WHAT EVERY SINGLE GIRL WANTS TO DO
13. USED IN BAKING
14. SOUNDS LIKE A CLIP FOR THE W. C.
15. TRANSPORT FOR ALL
16. PRICKLY BOTTLE OF WINE
17. HE.S NO MACHO MAN
18. ANGRY WELSH MONSTER
19. AN AVALACHE
20. I STAND IN HU (ANAGRAM)
21. A GOOD START IN SOUP MAKING
22. FOUND IN THE DANCE HALL
23. FOUND IN AN ORCHESTRA
24. NEW ONE SWEEPS CLEAN
25. BILLS A NICE ONE
26. GOLDEN VESSEL
27. FISH EGGS
28. ACCIDENT ON A FARM.

## WHAT'S UP!

Maintaining standards

From our special correspondents Mona Lott and Philippa Page

Syston Bowling Club can be justifiably proud of its facilities. The award of a County fixture this year bears witness to that fact. Significant sums of Members' money have been invested in facilities over recent years and the Club still maintains healthy reserves in case of future needs.

Syston also bucks the trend by maintaining steady membership numbers, avoiding, so far, at least, the general decline being experienced by many Clubs in the County.

Integration of the Men's and Ladies' Sections has been an undoubted success and serves as a forward thinking example to other Clubs.

Off the green and during the close Season, the Club maintains a strong social programme which helps to sustain a committed Club spirit throughout the winter months.

The Club is fortunate to have the benefit of a group of dedicated volunteers serving on the Board and Management Committee, supervising its day-to-day running and future development.

There is undoubtedly a great deal to be proud of.

## HOWEVER .....

Much of the success currently enjoyed by all is the result of the efforts of only a few. It would appear that not all Members are fully aware of – or deliberately ignore – their individual responsibilities within the operational framework of a successful Club.

Attention to and support for the following list of membership duties and responsibilities will further enhance not only the reputation of the Club but the basic individual membership experience.

### 1. Direction of play

The Green Ranger, sometimes with the help of a small number of dedicated members, works hard to maintain the quality of the green and its surroundings. His decisions about the direction of play and the "resting" of individual rinks on a day-by-day basis are intended to ensure even wear across the whole surface. Adequate provision for the relaxation of these directions (e.g. for County games or other competitions) has been made. There can and must be no excuse for ignoring his instructions in this matter. The consequence of doing so can only be damage to the green, making all of our investment over the past few years futile. PLEASE FOLLOW THE GREEN RANGER'S DIRECTIONS.

### 2. Green maintenance

As any gardener knows, there is a multitude of jobs to be tackled in order to keep growth and weeds under control, to sustain the attractiveness of the area and to maintain the furniture and fittings around the green. While Syston employs a professional contractor to look after the playing surface, maintenance of the remainder of the green enclosure rests with the membership, under the direction of the Green Ranger. While a very small number of Members do offer help, from time to time (the same names crop up regularly whenever there is extra work to be done around the Club) the large majority – as stated above - appear either to be unaware of or to ignore this important aspect of Club membership responsibility. The Green Ranger will always be ready to identify the range of tasks to be tackled at any given time. The necessary tools are kept in the rear store. There is no need to wait for an appeal for a "task force". The green can be accessed at any time to suit the individual. PLEASE DO YOUR BIT TO SUPPORT THE GREEN RANGER TO KEEP THE GREEN AND SURROUNDS IN TIP TOP CONDIDTION

### 3 Availability

Syston now has fixtures on every day of the week except Tuesdays and Sundays. Although Captains report that there appears to have been some improvement this Season, they are all too frequently caused to resort to telephoning around to Members in order to field a full side. Far too many Members appear to rely on this "invitation to play" rather than visit the clubhouse to register their availability. Such an attitude is both discourteous to Captains and unworthy of any self-respecting Member. PLEASE TAKE EVERY OPPORTUNITY TO SIGNAL YOUR AVAILABILITY IN GOOD TIME.

### 4. Match day duties

Team Selection Sheets clearly indicate any additional duties required for Home fixtures. Here, again, evidence shows that there is a tendency for Members to fail to register their responsibilities at the time they confirm their availability on the Team Selection Sheet. The Following notes are intended to clarify the

details of those additional match day activities. PLEASE CHECK WHETHER YOU HAVE BEEN SELECTED FOR ANY ADDITIONAL MATCHDAY DUTY

a) Table setting

This process has been much simplified in the current Season. Unless informed otherwise by the Catering Manager, cups and saucers, a supply of teaspoons and heat-resistant stands are to be set out on side tables adjacent to each rink table to be used. Tablecloth, place mats, salt and pepper cruets, knife, fork and paper serviette for each place setting are to be provided. Rink numbers should be allocated to each table.

In the kitchen, a teapot and hot water pot for each table is required together with a milk jug and sugar bowl laid out ready for the tea break. The hot water urn should be filled and switched on at least 30 minutes before the start of the match.

b) Green layout

Green Duties now include the raising of two flags, the positioning of steps at the corners of the green and the setting of "Trip Hazard" notices over the sprinkler outlets. Directions of play and rink colours, as signalled on the board by the Green Ranger, are to be strictly adhered to. Captains will identify which number rinks are to be used.

c) Parking

Parking adjacent to the clubhouse is permitted for our visitors during weekdays for both afternoon and evening fixtures. Furnley House parking is available for Saturday fixtures and can be used as an "overflow" facility after 5.30 p.m. on weekdays. It is important for those designated as Marshals to follow the detailed instructions given in the Membership Handbook. Failure to do so could result in the privilege being withdrawn by the Council.

d) TV "Welcome" screen

A TV "Welcome" screen has been devised for all of our visitors. Clear instructions are posted on the cupboard door below the TV. Captains should ensure that the screen is "active" before the arrival of guests.

e) Making and serving tea

It is the duty of the first players to enter the clubhouse at each tea break to make tea for his/her rink table and to fill a hot water pot. Milk should be put in jugs from the fridge and placed with the tea and water pots together with the cups and saucers already in place. PLEASE DO NOT GO IMMEDIATELY TO A SEAT AND LEAVE THIS TASK TO OTHERS. "FIRST IN – FIRST TO SERVE" SHOULD BE THE GUIDELINE.

f) Clearing up after tea

It is the responsibility of every Member to contribute towards table clearance at the end of the meal. Captains may nominate a particular rink to be responsible for washing up of cups, saucers and cutlery at the end of the game and for leaving the kitchen in a tidy and hygienic state. This includes the transfer of all waste bags into the external bins kept outside of the kitchen door and the mopping of the kitchen floor. Tablecloths should be damp wiped and, when dry, rolled and returned to their storage racks. NO MEMBER SHOULD LEAVE THE CLUBHOUSE WITHOUT HAVING MADE SOME KIND OF CONTRIBUTION TO THESE DUTIES.

g) Clearing the green

Every player should be involved in clearing the green at the end of a game. Players in the last rink to finish should "break" the two flags in addition to clearing their own rink "furnishings". Captains have the responsibility of ensuring that the green has been satisfactorily cleared and that the entry gate has been locked. NO-ONE SHOULD LEAVE THE GREEN EMPTY HANDED.

h) Hospitality

The standard convention and courtesy at friendly matches, and at League games where a meal is served, dictates that each Member should offer his/her visitor counterpart a drink from the Bar – whether or not he/she also has a drink. The invitation is usually extended during the last end of the game. ALL MEMBERS ARE URGED TO OBSERVE THIS CUSTOM AND PRACTICE.

i) Clubhouse maintenance

As with the green, there is a multitude of tasks involved in keeping the clubhouse up to standard. The Premises Director holds responsibility for the fabric of the building and the maintenance of electrical and related services. The Facilities Director is responsible for maintaining adequate supplies of cleaning materials and equipment, the maintenance of furniture, fittings and electronic equipment – including kitchen and computer equipment - for ensuring that fire protection, burglar alarm and defibrillator systems are fully operational and for maintaining adequate stocks of First Aid materials.

If any Member observes anything in the clubhouse which is not working, below standard or likely to cause a hazard, the appropriate Director should be immediately informed. Of course, any such notice, accompanied by an offer to carry out the necessary work involved would be especially appreciated! (e.g. A dirty carpet area is easily cleared by speedy use of the vacuum cleaner!) UPKEEP AND MAINTENANCE ARE JOINT AND UNIVERSAL RESPONSIBILITIES.

j) Changing room tidiness

There has been marked improvement in general changing room tidiness in recent years. However, there is now some evidence of lapsing into old habits. Members are reminded that no personal kit of any kind should be left in the changing rooms (outside of lockers). With matches taking place every day of the week, it is important to keep the changing room areas free from all equipment to enable visitors and Members alike to take full benefit from our top-quality facilities. **TREAT OTHERS AS YOU WOULD WISH TO BE TREATED.**

k) **Storeroom tidiness**

A great deal of effort has been put into clearing and re-organising the rear store. Members are welcome to leave their kit in the store provided that any such equipment is neatly placed on one of the shelves and does not interfere in any way with access to Club equipment used on a regular basis. **RESPECT THE WORK CARRIED OUT BY OTHERS BY MAINTAINING THE STANDARDS THEY HAVE SET.**

l) **Newsletter**

A great deal of effort goes into the production of the monthly Newsletter which plays an important part in our communication system and which generates a deal of income through the advertising it carries. Every Member has a responsibility to play a part in the process by supplying the Editor with material of interest to fellow Members as readers. As well as results and performance reviews and news from the Board and Management Committee, personal views and experiences, recipes, jokes, cartoons, healthcare and dietary tips, complaints, compliments, photographs, artwork, news of activities of other local groups, clubs and societies – all will be warmly welcomed. **PLEASE KEEP THE EDITOR REGULARLY SUPPLIED WITH SUITABLE MATERIAL.**

m) **Working Parties**

On occasions, an appeal is made for a Working Party to attack a particular task that is too large for a single Member to deal with. Sadly, on such occasions, the same half a dozen names register their support. While we are grateful for their continued support, all Members are urged to examine their consciences and make every effort to volunteer to help on these occasions, as a means of demonstrating their true allegiance to the Club and their commitment to its future growth and success.

***YOUR CLUB NEEDS YOU!***

Royal Visit to Syston to present Queen's Award for Voluntary Service to Syston Volunteer Centre  
His Royal Highness The Duke of Gloucester will present the Queen's Award for Voluntary service, the highest award that a voluntary group can receive in the UK, to the Syston and District Volunteer Centre at a special ceremony to be held in the Syston Community Centre on Tuesday 23rd July 2019. The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities.

Together with representatives from other recipients of this year's Award, Chairman of the Board of Trustees, Derek Burdon, accompanied by his wife Joyce, attended a Garden Party at Buckingham Palace in May.

Trustee Secretary, Colin Grimes says: "We are doubly delighted – both by our success in achieving the Award and by the special privilege of having a member of the Royal Family to make the actual presentation here in Syston.

The occasion will represent a fitting tribute to all the years of hard work and unselfish commitment of our band of volunteers, especially our volunteer drivers responding to the needs of the elderly, infirm and rurally isolated members of our local communities. Through their sterling efforts, no-one need feel deprived of personal independence and/or the opportunity to sustain community and family ties."

**JUST A THOUGHT!**

"I bought a pair of slippers with memory foam insoles. Never again will I have to ask why I walked into the Kitchen!"

***GOLDEN CONGRATULATIONS!***

Friday 28th June marked the Golden

Wedding Anniversary of Rod and Eileen Heggs

Many congratulations!



At the heart of the local community for more than 85 years  
Registered Community Amateur Sports Club (CASC)

# Syston Bowling Club

invites

# YOU

to a fun-filled, family

# OPEN DAY

**Sunday 11<sup>th</sup> August  
starting at 2.00 p.m.**

- \* **FREE** tea/coffee and refreshments
- \* Music
- \* **FREE** coaching
- \* **Full Bar** service  
"Probably the cheapest pint in town"
- \* Teenage to Third Age: Male or female
- \* Watch or take part
- \* Bring flat shoes/trainers to play
- \* "Target" **bowling competition**, with prizes for all!: Aussie rinks
- \* **Wheelchair** friendly access to green
- \* Craft and bric à brac **sale**
- \* Indoor **Pub games**
- \* Discounted first year **membership** offered for anyone joining on the day

**Can't make it but would like  
membership details?  
Valerie Foreman - 0116 260 9635**

The support of Members to act as Stewards and coaching assistants on the day would be greatly appreciated. Our June event attracted more than 15 potential members.

### CLUB SHIRTS AND CAPS

Min's and Ladies' Club shirts (£20) and Club caps (£5) are available, on request from Club Captains and Finance Director, Brian Arnold (Tel: 2606 431)

### MORE FINANCIAL SUPPORT FROM TOWN COUNCIL

We gratefully acknowledge the award of a further £500 from Syston Town Council to cover the lion's share of the cost of fitting and additional gate at the St Peters Street corner of the green, which will greatly minimise the effort involved in setting out the very heavy garden waste recycling bins ready for collection



### New potatoes - a nutritious top favourite

With acknowledgements to "Later Life" magazine



A medium, unsalted plain baked potato with skin will only have around 160 calories and is naturally fat and cholesterol free. On top of that, potatoes are full of phytonutrients, organic components of plants such as carotenoids, flavonoids and caffeic acid that promote health.

Isn't it amazing that potatoes were only introduced into Britain just over 400 years ago. Before that turnips, breads and in certain areas oat cakes all helped to give extra substance to family meals. It was thanks to Queen Elizabeth I's favourite, Sir Walter Raleigh, that we came to love potatoes here in Britain. He first introduced them into Ireland in 1589, although they had been grown in South America since before 5,000 years BC.

The potato, from the perennial solanum tuberosum plant, is now one of the world's largest food crops along with rice, wheat and maize.

Potatoes offer levels of vitamins B3, B6 and C, copper, potassium, manganese, phosphorous and pantothenic acid. They also provide a good source of fibre.

Potatoes often receive bad media as being fattening or detrimental to good health, but this is really based on the cooking method. Cooked soft and mashed up with lots of butter and cream or cut into little strips and fried or roasted hard in saturated fats are not the best way to eat this nutritional vegetable. But nice fresh potatoes, steamed, baked or boiled, can not only be tasty but also be a really useful addition to any diet.

The freshness like any vegetable is important. Potatoes will last about three to five weeks in the pantry or up to four months in a refrigerator. They have a long season, with early potatoes ready by June and July and main crops ready to lift between August and October. Some potatoes can be kept fresh for longer with specific storage methods such as low lighting used by professional potato growers.

New potatoes are very much in demand in Britain and often the first batch of new potatoes is eagerly awaited, small really fresh potatoes that can seem moister and sweeter than later crops.

There are many varieties of new potatoes now available but one that has long been a top favourite for many years is the Jersey Royal. This is because this island in the Channel Islands offers some unique growing advantages. Along with a milder climate than mainland UK, Jersey slopes from north to south so benefits from a large level of sunlight during the growing season. Also, its soil is nutrient rich, enhanced by a local seaweed. This makes Jersey potatoes especially full of flavour and also gives them a unique texture. Because many of the Jersey Royals are grown in fields which are too steep to be harvested mechanically, they are handpicked ensuring minimal damage.

A good tip for enjoying new potatoes is to keep the skin on; most of the flavour and goodness lies just beneath the surface. Simply give them a wash and steam or boil until tender.

## COUNTY FIXTURE – TUESDAY 30<sup>TH</sup> JULY

### *Leicestershire v Herefordshire*

Volunteers are needed to act as stewards and marshals, to set out 6 rinks on the green, to lay tables and to assist with the meal service. Members are urged to make themselves available for this important event in the Club calendar. A special notice has been posted in the clubhouse to enable you to signal your willingness to help.

Colin Grimes

## System Bowling Club

### PRESS RELEASE

#### COUNTY BOWLING FIXTURE COMES TO SYSTON

On Tuesday 30th July, starting at 2 p.m., Leicestershire will play Herefordshire at the Syston Bowling Club. Spectators wishing to see bowling at County level will be warmly welcomed at the clubhouse and green situated within Central Park.



Club Chairman, George Dodge says: "We are delighted to have been accorded the honour of hosting a County fixture for the first time in many years.

President of Bowls Leicestershire, Alan Bray, confirmed that the choice of Syston as a host venue had been greatly influenced by the many highly complementary reports on the quality of the Syston green that he had received over the past two years."

He continued: "We have spent a great deal of money and put in a lot of effort on improving the green over the past ten years. I would like to pay tribute to our retained specialist contractor, Chris Mews of Green Machine, and to warmly thank those Club members who have given their time and energies to transforming what was, by general consent, a very poor playing surface to what is now recognised as one of the best in the County. Thanks are also due to the Syston Town Council for their co-operation and financial support for our green development programme over recent years."

oooOOOENDOOOooo



## **Match Progress**

These are going reasonably well and so far we only had to cancel one game with one game and abandoned another after tea due to rain.

Monday league is at the halfway stage and we are currently joint first so please keep putting your names down.

Friday league we are currently third in this league and doing well.

## **Reminder on etiquette**

When the game has finished please put all the rink equipment away do not assume that someone else will do it.

We will have to water the edges of the rink especially as we are coming into warmer weather assuming the weather people are right!! HA HA HA

With immediate effect all home games will need help in the kitchen. This will be done by picking a rink at random and that rink will be expected after the game to help in the kitchen. Washing cups, cutlery, wiping down surfaces, mopping the floor and emptying the bins.

When coming in at teatime, the first person from that rink can they please pour the tea and not leave it to the the last person.

This year the club has been entering the team county competition and it would be good if all bowlers in the club put their names down. Do not think that you are not good enough as it would good experience for all bowlers to have a go.

This year we have done well.

Quarter finals in the unbadged

National 2 rinks we got to the third round then came across a good Hinckley side. Top club we got knocked out in the first round to the Fosseway, always a challenge.

We are still in the Adkin shield (County Club) competition and we have been drawn against Birstall B playing at Belgrave on Sunday 11th August. A list will go up for players to put their name down it is 3 rinks and must have three ladies in the team.

## **Coaching tips**

When you are training with someone else try standing at the white rink markers and roll the jack at each other's feet. When you have done these successfully then take two steps back and try again. Do this until you are at the maximum distance i.e. two meters from the edge of the green. This will get you to practice putting the jack where you want it.

When you are practicing make it purposeful.

Bowl 10 ends with the forehand and score yourself. For Example 10 points to touch the jack without moving it 5 points if you are within 1 foot 3 point if you are within 2 feet 1 point if you are within 3 feet. Then repeat with back hand as above.

Keep the score and repeat next time. It will also tell you if your forehand or backhand is better than the other. If so, work on the weaker hand.

Bowling is a team sport most of the time and there is no I in team so work with each other do not ignore any player that has a suggestion eg. Skips should not ignore any leads and leads if you see something that skips have missed please speak up.

Mind-set is important all bowlers so a few tips.

Reflect on what has happened look at what was good in the game and what went wrong. Work on the weak areas, but do not forget to practice what you did well.  
Before you go on to the mat try and imagine the shot you are about to do. What line you will be playing and imagine that the bowl rolls in for shot.  
Then step on the mat and try and do what you have imagined you have just done  
This will help muscle memory and the more you practice it the better you will become.

More to come in the next green

Need any assistance help or advice please come and see one of the coaches  
Gary Kilbourne or Ken Renshaw

## **Gary Kilbourne**

### **Monday Afternoon Matches**

We played the Dons (Quorn) in the Monday Trophy at Quorn, on a heavy green we and struggled on long jacks loosing overall 5 points to 3 points.

It was now back to the league, our next game was against the Maggie's (St Margaret's) losing 59 to 37 shots, we dropped all eight points.

The Weavers (Quorn) were next to play at home, losing again 53 to 60 shots points were 2 to us and 6 to Weavers.

The Lighthouse (Birstall) away were our opponents, we lost this one 62 to 50 shots 6 points to 2.

We had now lost three games on the trot, not good in this league so we needed to get back to winning ways.

Next was the Riverside's (Sutton Bonnington) away on a very tricky green. We got a good result 39 to 49 shots taking 6 points to 2.

Badgers (Greenfields) at home they only brought two rinks we won 43 to 34 6 points to 0. We had now completed the first half of the league game and we are half way in the league.

Next the Wolds (Wymeswold) who we beat in the first league game of the season, winning this one 50 to 47 therefore 6 points to us 2 to them. Great back to winning ways.

Our next game on July 8 is against the Sands (Birstall)

## **Dave Hudon**

**Many of our visiting teams have commented about the welcome message being is displayed on the television screen at the beginning of the game. Also thank you to everyone who has worked on helping to make the green and surrounding areas look so impressive. A credit to us all**

**Thanks Derek Renshaw**

## SYSTON WEDNESDAY EVENING LEAGUE RESULTS

DATE	P	W	L	RINK DRAW	SHOTS WIN	SHOTS DRAW	FOR	AGAINST	POINTS
17/4	1	2	1	0	1	0	55	47	6
22/4	2	0	3	0	0	0	36	53	0
1/5	3	1	2	0	0	0	39	59	2
8/5	4	0	2	1	0	0	38	58	1
15/5	5	1	1	1	0	0	53	54	3
22/5	6	2	1	0	0	0	54	55	4
29/5	7	0	3	0	0	0	36	77	0
5/6	8	3	0	0	1	0	63	50	8
12/6				no	games				
19/6	9	2	1	0	0	0	43	45	4
26/6	10	2	1	0	0	0	46	55	4
3/7	11	2	1			0			6

**Total Points 38**

Thank you to everyone who has been involved. We are now picking up points. I hope to secure a position in this league and not go straight back down again. I hope that everyone puts their names down and continues to support me.

### Ken Renshaw



**Congratulations to Rob Wilbourn who celebrated his 90th Birthday in June.**

**Here Congratulations to Rob Wilbourn who celebrated his 90th Birthday in June.**



## VACANCY FOR A REGULATORY COMPLIANCE DIRECTOR

PLEASE CONTACT GEORGE DODGE on 0116 2698923

### IF by RUDYARD KIPLING

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
' Or walk with Kings - nor lose the common touch,  
if neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

### Sue Renshaw My Favourite Poem

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**The next Coffee Morning is Saturday 10th August 2019**

#### **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 August by 1st August 2019**

### **SYSTON BOWLING CLUB**

**All Communications should be addressed to the Chairman of the Board of Directors**

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

**Telephone: 0116 2698923 Email: [systonbowling@btinternet.com](mailto:systonbowling@btinternet.com)**



## BONUS BALL

Lucky Winners for June and July are: Julie Warrington (43) - Zena Hall (29) – Sheila Parker (11) – Jenny Dewick (27) – Mike Ward (9)



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

As suggested last coffee morning, here is my favourite poem.

Leisure by W H Davies.

**What is this life if, full of care,  
we have no time to stand and stare.  
No time to stand beneath the  
boughs  
and stare as long as sheep or cows.  
No time to see, when woods we  
pass,  
Where squirrels hid their nuts in  
grass.  
No time to see, in broad daylight,  
streams full of stars, like at night.  
No time to turn at beauty's glance,  
and watch her feet, how they can  
dance.  
No time to wait till her mouth can  
enrich that smile her eyes began.  
A poor life this if, full of car,  
we have no time to stand and stare.**

**A word of wisdom from S N Goenka.**

*We cannot live in the past;  
It is gone.*

*Nor can we live in the future; it is  
forever beyond our grasp.*

*We can live only in the present.*

George Dodge

**HAPPY  
BIRTHDAY to.....**



**Ray Dexter**

**Gary Jones**

**Marilyn Wood**

**Pauline Wright**

**Pat Lilley**

**Trevor Waterfield**

**Colin Grimes**

**Betty Creasey**

**Michael Faver**

**John Clarke**

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55 Goodes Lane, Syston,  
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Tel/Fax: 0116 269 3221  
(Mon - Fri. 9.00am - 5.00pm)  
email:

[fiona@systontownnews.co.uk](mailto:fiona@systontownnews.co.uk)

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