

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 153– October 2019



Gardening in October

Although the garden now lacks much of the vibrant colour of summer, there are still the more muted and subtle shades of Autumn to be enjoyed with none of the pressures associated with spring or summer gardening. It is a time for pottering and tidying and for enjoying the garden in all its autumn glory. Yes that word again, tidying, we keep on about it but it is most important especially at this time of year when the leaves are coming off the trees, you must keep collecting them up, especially from under the hedges and under shrubs, because this is where all the bugs and baddies will over winter, and try to keep them off the lawn, as worms will pull them under, and this can disfigure the lawn.

Herbaceous and mixed borders become overgrown in time, with the more vigorous plants swamping many of the choice but less aggressive kinds. The balance of the border can be lost and can soon look neglected. Some plants die and need replacing, some would be better moved to another position in the border, perhaps where their height is more appropriate or simply to achieve a more balanced area. Sometimes it is sufficient just to lift the offending plants, taking the opportunity to divide them before replanting. Don't forget if you are going to move and or divide, water them the evening before. Plants like Rudbeckias, Lily of the valley, Iris and many more others, can now be split up. However, sometimes, it is best to lift a whole section of border and start afresh. If this is to be done, you should enlist the help from friends or relatives for their assistance, don't struggle on your own with the bigger jobs.

All biennials for spring and summer flowering, such as wallflowers, Canterbury bells and sweet Williams, should be planted as soon as possible.

Many of these such as wallflowers and double daisies, are often used along with bulbs for spring bedding. Most bulbs can still be planted and you may find some bargains as it late in the season, but make sure they are firm and in good condition.

Your plants will only be as good as your soil allows them to be, improving the soil is the best route to more successful gardening, so, as you are plant, add in some bone meal, which helps to develop a strong root system and chicken manure pellets, which are an ideal way to enrich your soil.

Pot up tender plants such as fuchsias, geraniums, agapanthus, etc and over winter in the greenhouse, conservatory, or frost free shed or garage. You can also take cuttings of fuchsias and geraniums at this time. Protect any vulnerable plants that cannot be moved, particularly young evergreen plants, by making a windbreak using strong polythene sheeting or covering with sacking or fleece. Also remember that shrubs in containers that remain in the garden throughout the winter are much more vulnerable to the ravages of winter than those in the ground and will need some protection against icy winds, in this case you can cover the whole plant and pot in fleece.

Plant container-grown trees, shrubs, climbers and hedging while the ground is still soft enough to work, moist and still relatively warm. Don't forget to water the pot before planting, stand the pot in a bucket or bowl of water, for at least one hour before planting.

Chris Dodge

Barbara Brown Funeral Details

Barbara's funeral is at being held on Monday 14th October at 11 am at Loughborough Crematorium. The family would appreciate a guard of honour to celebrate a former lady member of the Bowling Club.

Everyone is invited to come back to the Club House after for refreshments

A few words of wisdom

Larry Hardiman suggests

The word 'POLITICS' is derived from the word
'POLY' meaning MANY, and the word
'TICKS' meaning 'BLOOD SUCKING PARASITES'.

And from H L Mencken

A good politician is quite as unthinkable as
an honest burglar

Paul Fix thinks

The only reason some people get lost in thought
is because it's unfamiliar territory.

Mark Twain remarks

It is better to keep your mouth closed and let people
think you are a fool
than to open it and remove all doubt.

And from George Bernard Shaw

When a stupid man is doing something, he is ashamed of he
always declares that it is his duty.

George Dodge.

**The Dates for the Social
Calender for 2019/20**

Events to be confirmed

- Presentation Evening (11th October)
Faith Supper - Entertainment
- 9th November – Grey Hound Racing
(see Notice Board for more details)
- 15th November Jazz Night
Tickets available – Hot Food
- 4th January
- 8th February
- 21st March

I would like to take this opportunity to advertise five lunches
that will take place at

The clubhouse during the winter season. These will be on

Friday 15th November

Thursday 12th December (Christmas lunch)

Friday 17th January

Thursday 13th February

Friday 20th March

The catering will be done by Sara Groom, who has provided lunches for the club last
Year.

I hope we will see as many of you as possible for an enjoyable meal and a good old chat.

Maureen Page

Financial Information

Three ways to teach kids about money

Teaching children financial responsibility can pay off for them in the long run – but it needs to start early. By the age of seven, most children’s attitudes towards money are fixed for life (Money Advice Service, ‘Habit formation and learning in young children’, 2013). Parents and grandparents can – and should – take an active role in developing the right habits and behaviours.

The first lesson children often learn is that saving today – by making small sacrifices such as forgoing sweets – could add up to something more worthwhile tomorrow, such as being able to afford a new bike. Yet, with financial education not yet mandatory on the primary school curriculum, many children are missing out, “making it even more important to start the conversation at home,” says James Jones from Experian. “Encouraging children to discuss money matters from as young as four years old can help them develop positive attitudes, values and behaviours, giving them the best chance of being financially secure later in life” (Financial Times, ‘Pocket money goes digital with apps for children as young as four’).

Young children are receptive to advice – they also appreciate it. Here are three ways you can teach the children in your life about money.

1. Develop helpful habits

Several studies suggest that the bedrock of financial education doesn’t relate specifically to money at all. It is about learning to take responsibility for yourself and a wider sense that what you do today has ramifications for the future.

It’s also about grasping the value of delayed gratification.

While children are young, they can learn to forgo immediate satisfaction for long-term benefit. This can be choosing to keep half a slice of cake until tomorrow, or learning to save their pocket money to purchase something they would like.

“The early years of a child’s life are all about habit formation,” says Rob Gardner, Director of Investments at St. James’s Place and co-founder of financial education charity RedStart.

“Focus on building responsibility between the ages of four and six.” Simple stories can help - his book, *Save Your Acorns*, includes squirrels who save some acorns and then go on to plant them, reaping the rewards later. In our increasingly cashless society, where money can be spent at the touch of a button, it’s all the more important children learn the self-discipline that will guide their spending habits for life.

2. Teach the value of money

A child’s understanding of money is very important. Receiving pocket money enables children to put good habits into practice, cementing them further. It can also teach numerical skills, and introduce children to the act of spending and saving while gradually increasing the responsibility they feel towards money.

Pocket money is an excellent way for them to distinguish between needs and wants. But, conversely, not everything should be monetised.

“It’s important to teach children that there are opportunities to earn money and that’s separate from chores and good behaviour,” Gardner notes. “...don’t get paid for clearing the dinner table, or loading the dishwasher, but maybe offering to clean Grandma and Grandad’s car – that’s a good way to start thinking about earning money. It’s important to remember that as money goes digital, children have little exposure to bills, checking change or counting money.

“Modern technologies step away from the physicality of money and also the emotional connection” behavioural psychologist Paul Davies says. Children see grown-ups tap or swipe to pay, and their first experience of spending money is likely to be an in-app purchase.

To teach children, then, you might start by introducing the value of money through physical change to build their emotional connection. Then, as they mature, you could introduce them to app-based pocket money services so they learn about digital money – and so you retain some control over their spending.

3. Include children in everyday tasks

Recent research shows that playing shop at home, talking regularly about money, making shopping lists together and setting family budget goals with children as young as three can help influence positive money habits that children carry with them for life (Money Advice Service, ‘Habit formation and learning in young children’, 2013). While discussing bills might feel taboo, home may in fact be the ideal setting for children to learn to budget.

“Early experiences provided by parents, caregivers and teachers, which support children in learning how to plan ahead, in being reflective in their thinking and in being able to regulate their emotions, can make a huge difference in promoting beneficial financial behaviour,” says Dr David Whitbread, developmental cognitive psychologist at Cambridge University.

Whether you do the weekly shop online or in store, including children in regular budgetary tasks will give them invaluable, real-life experience as they head into their adult lives. Learning good financial habits is a process that takes several years, but it need not be complicated. Crucially, the research consistently shows that it pays off to start early.

To receive a complimentary guide covering [Wealth Management](#), [Retirement Planning](#), or [Inheritance Tax Planning](#), please contact Narwal Wealth Management Ltd on 0116 242 6777 or email narwalwealthmanagement@sjpp.co.uk

Welfare Report

As you are all probably aware, two weeks ago Roger Bentley was taken ill with a stroke.

Dot tells me he was extremely lucky, because he had a “miracle” drug administered within an hour or so, which dissolved a blood clot on his brain. After being in hospital for nearly a week he was allowed home, and will he will continue to receive Therapy for the next 6 weeks.

It was lovely to see him watching the last Saturday match of the season. We all wish Roger well, and hope he makes a rapid recovery.

Maureen Page

With acknowledgements to *“Laterlife”*



It wasn't that long ago that prawn cocktail was considered an exotic starter to a meal! Today prawns are just another everyday food, used in a range of different dishes from supermarket sandwich fillings to tasty paellas.

But there is nothing simple about a prawn.

For a start, there are cold water and warm water prawns. Cold water prawns mainly come as described from the colder waters of the world, especially from the seas of the north Atlantic between Canada and Norway. The prawns grow slowly and develop a delicate but delicious flavour. Warm water prawns are found in the warmer sea water

around Asian countries, South America and similar hotter zones. These prawns can grow much bigger and types of warm water prawns include the popular tiger and king prawns which can be huge and have developed a stronger, more robust flavour.

There has been concern in recent years about farming methods used in the prawn industry, especially connected to prawns imported from Asia; but many top brands have been addressing this. Also, in the UK, aqua culturists are beginning to grow prawns in large tanks and at fish farms under very carefully supervised conditions which is changing the market. Today, although at the moment most of the prawns we buy are frozen, fresh prawns are readily available.

Whatever type of prawn you buy, they are considered to be a very healthy food.

For a start, they offer a complete protein. This means a prawn includes all nine amino acids that we need, and in the right proportions. 100 grams of prawns will contain around 25 grams of protein, a similar level to that found in chicken or beef.

Prawns also offer a surprisingly good supply of vitamins and minerals. These include Vitamins A and E plus B6 and a high level of vitamin B12 which can contribute to better cardiovascular regulation. Prawns also contain niacin, iron and zinc which can help improve our immune levels plus small levels of copper magnesium and phosphorous. Other benefits from prawns include selenium, a good antioxidant for our body that is thought, in a small way, to help prevent the growth of cancer cells.

The only thing to be wary of in prawns is their high cholesterol levels. Overall, the health advice is that prawns are very healthy if eaten in sensible quantities, but it does make sense to keep in mind the cholesterol levels found in prawns: 100 grams of prawns can offer around 152 milligrams of cholesterol. Interestingly, according to the Australian prawn website Crystal Prawns, the relationship between prawns and our intake of cholesterol

has yet to be fully explained. They point out that the Japanese, who are the world's greatest consumer of prawns, also have the highest life expectancy.

Prawns can be susceptible to bacteria. Freshly cooked prawns need to be kept chilled and eaten quickly and frozen prawns need to be thawed speedily and then used immediately. But, while fish poisoning can happen, prawn consumption in the UK is high and problems really are quite rare. However, it is well worth noting that a few people have a strong allergy to prawns and, obviously, if you know someone has an allergy, then clearly this food needs to be avoided

IT COULD HAPPEN TO YOU!

A rather shy friend of mine took 2 stuffed dogs to the "Antiques Road Show" and was somewhat overawed to be selected to be interviewed on camera.

"Oooh ..." said Eric Knowles, the expert presenter, "... they're very rare breeds. Have you any idea what they would bring if they were in good condition?"

"Sticks?" suggested my terrified friend!



Club library

We all tend to do more reading during the winter months and the Club library shelves provide a valuable source of attractive books. Please do what you can to help maintain healthy stocks. We are always grateful to receive your contributions and the steady income from sales makes a further contribution to revenues

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Current Government chaos explained

Researchers have discovered the heaviest element yet known to science.

This new element, **Governmentium** (symbol = **Gv**), has one neutron, 25 assistant neutrons, 88 deputy neutrons and 198 assistant deputy neutrons, giving it an atomic mass of 312. These 312 particles are held together by forces called **morons**, which are surrounded by vast quantities of lepton-like particles called **pillocks**.

Since Governmentium has no electrons, it is inert. However, it can be detected, because it impedes every reaction with which it comes into contact. A tiny amount of Governmentium can cause a reaction that would normally take less than a second, to take from 4 days to 4 years to complete.

Governmentium has a normal half-life of 2 to 3 years. It does not decay, but instead undergoes a reorganisation in which a portion of the assistant neutrons and deputy neutrons exchange places.

In fact, Governmentium's mass will actually increase over time, since each reorganisation will cause more morons to become neutrons, forming **isodopes**.

This characteristic of moron promotion leads some scientists to believe that Governmentium is formed whenever morons reach a critical concentration.

This hypothetical quantity is referred to as a critical **morass**. When catalysed with money, Governmentium becomes **Administratium** (symbol = **Ad**), an element that radiates just as much energy as Governmentium, since it has half as many pillocks but twice as many morons

Annual General Meeting

PLEASE do not forget the Annual General Meeting which will be held in the clubhouse on Friday 18th October starting at 7.00 p.m. Dress code for Directors is blazer and greys. Members: casual.

This important meeting gives every Member the chance to hold the Board and Management Committee to account for the way in which the Club has been managed over the previous year and to give advice and guidance on the future direction of the Club.

All Members should, by now, have received copies of the Agenda for the meeting, together with copies of the report of the Board and accounts for the period up to 1st July 2019. The AGM is the time to raise any questions or concerns you might have about the running of the Club.

Thankfully, volunteers have been found to fill all but one of the posts on the Board. We are left with a vacancy for a **Compliance Director** and would welcome nominations from those in attendance.

Compliance Director

The holder of this important post is responsible for keeping the Board fully advised of their obligations under current laws and regulations including Public Liability and property insurances, necessary licences (*TV, Performing Rights, Club premises, Bar, gambling/gaming etc*), Health & Safety, the Disability Act, electrical safety, fire regulations, First Aid etc. In support of that role, the postholder's job is to maintain appropriate notices around the clubhouse and on the green to keep the membership and visitors informed of their obligations.

Attendance at monthly meetings of the Board is required.

Anyone who feels that he/she can help to fulfil this role is urged to contact Club Chairman, George Dodge, without delay.

Competitions presentation night

Full details of competition winners and photographs will appear in next month's edition of the Newsletter. In the meantime, copies of the photographs can be inspected and ordered. Please refer to the special file to be placed in the clubhouse with effect from Monday 14th October. Copies will cost £1 with 50p going to Club funds.

Article from the Times (22nd June 2019)

It is not uncommon to see badly behaved sportsmen in football, rugby or even cricket. It is less expected in a sport more usually associated with pensioners shuffling on to the green to bowl.

The normal sedate world of lawn bowls has been rocked by the conduct of a number of bowlers in Cornwall, with some under investigation and facing possible bans after recent incidents involving umpires and organisers.

Tempers had become so frayed and abuse of officials so bad that organisers of national qualifying tournaments have sent a letter to all clubs that players who see red on the green will be thrown out of tournaments.

Committee members at Bowls Cornwall Group One, which covers groups in the west of the county have said that unless the players learn to control their tempers, they will no longer officiate at competitions or run leagues.

The letter said "This kind of behaviour is totally unacceptable. Officials give their time to run an operate competitions and will not continue to do so in the event of any further situations".

The clubs that would be affected if these officials carried out the threat, are Penzance, Penlee, Heltson, Ponthleven, St Ives, Ponthmoer, Holmans, Bickford Smith and Camborne.

Players taking part in national singles qualifying competitions last month were read an official warning letter before play started, while each competitor was issued with a copy of the code of conduct.

The letter read “The last two weekends have seen officials tasked with running local rounds with being subjected to several instances of verbal abuse from a small number of players.

“This is not the first time such things have occurred, with similar instances, to some degree or other having been experienced over the last few years. This kind of behaviour is a breach of the Bowls England and Bowls Cornwall regulations and is totally unacceptable. The events of the past two weekends have been reported to the Bowls Cornwall administrator with a view to formal complaints against the players concerned.

Such complaints may well lead to disciplinary action being taken. While some officials to some extent are reluctant to go down this road it must be borne in mind that this is not the first such a situation has and we must make it 100% clear that any further occurrences will result in formal action being taken.

“The officials give their time willingly to operate the league and competitions programme and will not continue to do so.

The likely outcome of this would be there would be no league or competitions other than anything organised within the clubs. The bad boys of bowling aren't limited to Cornwall, although in other places the problem has been more with heavy drinking fans than players.

Last year Shropshire Crown Green Bowls agreed to impose fines and points deductions and bans on players for breaches of its new code of conduct, which states that everyone must act in a sportsman like manner at all times and refrain from physical and abusive behaviour.

Speaking in February last year Mike Caddick the outgoing association president said, that spectators were becoming more like hooligan's than bowling fans. “We didn't need a code of conduct before, but have become more vociferous and alcohol helps them along.

Other incidents in the county saw Welsh teams being called “sheep shaggers and a fan and a keen bowler were given four-year national ban at the county's cup final in 2017

Chris Biddles

Potters Champions

On Monday 16th September a team from Syston Bowling Club headed off to Potters to take part in the indoor Bowling Competition. On arrival the team were allocated the team Number 46. In total there were 72 teams taking part from across the country. The competition started on Tuesday against Ashford with a win of 13 -11

On Wednesday they played Norwich winning 16-3. Then there was a draw against St Leonards of 10-10.

The next match was against one of the teams from Church Greasley, beating them 9-7, making them 3 wins and a draw taking them through to the knock out stage.

Thursday there were 3 matches all close games, one of which was beating another team from Church Greasley, who were last year's winners.

Friday the final was against one of the other Melton teams. Greg Harlow was surprised that the team, noted as mainly playing outdoors, was able to beat the team, who only play indoors.

It was a close game, with each player contributing to an outstanding win of 6-4. Well done lads a fantastic achievement. **Sue Renshaw**

TEAM: LEAD – ROY HILL - SECOND – MARTIN WARNER – THIRD – DEREK RENSHAW & SKIP GEORGE STONE



The next Coffee Morning is Saturday 9th NOVEMBER 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.

Please let me have any items for the next edition by Friday 25th October

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

LOTTORY BONUS BALL

Lucky Winners in September are Jane Anderton (28) – Pete Murray (54) –
Nigel Croft (26) - Colin Grimes (58)

Congratulations to the winners!!!

DOG RACING NIGHT

Saturday 9th November

**Starting at 7.00pm
for the**

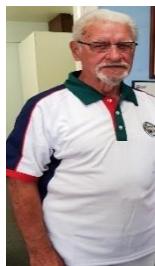
**first race at 7.30
See Notice Board to put
names down and confirm
food choices**

**COST
£5.00**

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



Trevor Allen
Rod Heggs
Tyler Johnson
Sheila Parker
Ken Renshaw
Michael Ward
Kate Williams
Don Creasey
Dot Bentley
Marie Britt
Margaret Freer
Hilary Newman



Presidents Message

The end of another enjoyable and eventful season. I would like to thank everyone who has contributed to the successful running of the club throughout the playing season. There are too many to mention individually, but you will know if you have done your bit. Well done if you have achieved your goals, but if you didn't there is always next year, never stop trying.

The club AGM is on Friday 18th October and it is in everyone's interest to attend. During the close season there are social events every month run by Hazel Renshaw please make yourself available for these very enjoyable events. Don't forget the mid-day meal and the Jazz Night, both on the 15th November. Please make sure you put your name down as soon as possible

Finally, our thoughts are with the family of Barbara Brown who has passed away at the age of 86.

Pete Murray

Growing Old

Two elderly women were out driving in a large car - both could barely see over the dashboard. As they were cruising along, they came to major crossroad. The stop light was red, but they just went on through.

The woman in the passenger seat thought to herself "I must be losing it. I could have sworn we just went through a red light."

After a few more minutes, they came to another major junction and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red

After a few more minutes, they came to another major junction and **the light was red** again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red, but was really concerned that she was losing it. She was getting nervous.

At the next junction, sure enough, the light was red and they went on through. So, she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!!"

Mildred turned to her and said, "OH! Am I driving?"

Pat Lilley

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