

the **SYSTON GREEN**



Official Newsletter of the Syston Bowling Club No 155– December 2019



PRESIDENTS MESSAGE

What an excellent lunch we had on Friday 15th November followed by a night of wonderful jazz music. The music was provided by Matt Palmer and the Eagle Jazz Band. We have had Matt at the club a few times and he has never disappointed. Thanks to Janice Wilbourn for arranging the evening and providing the food.

It was a sad day for the club when we heard of the passing of Marjorie Clowes, a long serving member of both Syston Bowling Club and the Royal British Legion. Marjorie's funeral was very well attended by members of the club particularly the ladies, she would have been very proud of the turnout.

On Sunday December 1st the bowls club played host to the Mayor of Charnwood Borough Council, Councillor Brenda Seaton prior to the official switching on of the town lights.

Thanks to Hazel, Sue, Dave, Ken, Derek and Tyler the club has been decorated for Christmas and looks great thanks again.

I would like to wish everyone a very merry Christmas and a prosperous new year and may you all get the present you wanted

Pete Murray



Gardening in December

Make the most of those days when the soil is still workable and the weather is kind, to dig over beds and borders.

The cheery and cheeky robin is a year-round resident, but it visits gardens more frequently during winter. Robins seem to appear from nowhere once you start digging, and will often keep you company, pecking at grubs exposed as you turn over the soil.

Tackle maintenance jobs, like painting walls, repairing fences and preserving them, which is a lot easier once the branches of trees and shrubs are bare, also check that the tree and shrub ties are in place before the winter winds

Water

All plants require water, like us they need water to sustain life, and like us they need the right amount of clean, not contaminated water.

For some plants the right amount is just a little, whereas others may need much more.

Some plants like cold water, some even like hot water, most like their water as we do, just the right temperature. Indoor plants don't like cold water straight from the tap or the outside soft water tank. It is a good idea to fill your watering can and let it stand in the room your plant is in for a day, so that the water is at room temperature before you water the plant, the same applies with plants in the greenhouse, especially seedlings

Mentioning soft water tanks, be careful when using this water, as it may be from your house roof which has concrete tiles. The water from this sort of roof may be contaminated and may not be suitable for seedlings, but should be all right for older plants. Other roof constructions should be ok, say the flat roof of a garage or the glass on the greenhouse.

Some plants are happy to stand in water all the time and some do better if allowed to dry out before watering again, but all plants want the amount of water that is right for them.

The main symptom of drought is browning of the foliage and early leaf fall. The flowering may cease and the plant may die. The effects are worst in both very sandy soil and very heavy soil. The main symptoms of water logging are yellowing and wilting of foliage, especially the lower leaves. Attacks by soil pests and rot are increased. Water logging occurs in heavy and poorly drained soil.

Build up the water and air-holding capacity of light or sandy soil by digging in plenty of organic matter, such as compost or manure. If the soil is very heavy also add some sand to open the soil structure. But don't expect miracles, you will have to nurture your soil for more than one or two years to improve it.

Don't forget your containers and winter baskets, if the soil in these gets frozen the plants in them will not be able to get at the water they may need. You could cover the container with sacking or fleece to give a little protection from the cold. The hanging baskets, you may need to bring into the green house, conservatory or porch, just whilst the heavy frosts are about.

Please don't forget the birds when the frosts are about, they also need water, so change the water in the trough, sometimes every hour if the frosts are bad.

Chris Dodge



The A-Z of Health Conditions, Illnesses & Ailments

With acknowledgements to "Later Life"

The first in a planned regular series of articles looking at health conditions affecting people in their Third Age.

THIS MONTH: – Age-related macular degeneration and Atrial fibrillation

AMD - Good food in sight



Eating fresh spinach every day can help protect against age-related macular degeneration or AMD.

Over 25% of people over 60 years old have some degree of visual loss because of AMD and of course many people suffer from severely restricted sight or even blindness because of this disease.

It seems that spinach can indeed be good because it is a good source of the pigment lutein. Lutein occurs naturally in the retina, helping to absorb UV blue light, the most damaging wavelength of sunlight. Tests also show that spinach is a good antioxidant which again helps to maintain the health of the eye.

Studies now show that increasing the level of antioxidants can indeed help, and the best antioxidants which appear to do most to help eye health are in a class of

compounds known as carotenoids. The lutein found in spinach is also in this class. The carotenoids are found in highest quantities in dark green and orange yellow vegetables such as carrots and broccoli, as well of course as the spinach already mentioned.

Interestingly, another food which has shown to help reduce the risk of AMD is wine. It seems both red and white wine are effective, and as little as two to 12 glasses of wine **a year** can contribute to reducing the risk of AMD. This could be because wine contains flavonoids, which have an antioxidant action in the body.

Vitamin E and zinc are thought to also have a protective role against AMD; vitamin E is in vegetable oils, egg yolk, green leafy vegetables, nuts and seeds and zinc can be sourced in fish, meat, eggs and tofu. To get real benefit, it might be better to look at supplements of these vitamins but the instructions need to be read carefully as it is important not to overdose on vitamin supplements.

But it is not just the disease of AMD that can be helped by a good diet. Cataracts are another major problem that especially affects people as they grow older; they occur in one in seven people aged over 55 and in almost 50 per cent of people over 75. Like AMD, cataract formation is thought to be related to free-radical damage and increasing the level of antioxidants you absorb appears to help reduce the risk of cataract development.

As with AMD, carotenoids can help reduce the risk of cataract formation, and so can two other antioxidant nutrients – vitamin C and vitamin E. A study published in an American journal said that the right levels of vitamin C can reduce cataract risk by 70 per cent if taken for ten years or more.

There is a lot of research going on at the moment on nutrients and eye problems, and there are also special supplements available specifically designed to help eye health. It may well be worth talking to your eye specialist to get the latest thoughts on what you can do to help protect your eyes as you grow older.

Atrial fibrillation - It's not always love that makes your heart beat faster!



Rarely a day goes past without the media carrying some story or other about heart disease, heart attacks, preventative methods, new government initiatives to prevent heart disease, and so on. Problems with the heart are a very big risk indeed, especially as we grow older.

*Many of us will have experienced a sudden moment when we can actually feel our heart pumping, often faster than we expected. At our age, it is not always caused by love! Much more likely it is **atrial fibrillation** – a condition that causes an irregular, and often very fast, heart beat. Atrial fibrillation is surprisingly common and currently around 50,000 cases are being diagnosed in the UK every year. The risk increases with age – about one in 200 people aged between 50 and 60 have atrial fibrillation and this goes up to 1 in 10 people aged over 80.*

Atrial fibrillation can be caused by abnormal electrical impulses in the heart. It can also be caused by complications from various diseases.

Irregular electrical pulses in the atria, the upper chambers of the heart, means that the atria no longer beat in an organized way and pump blood less efficiently through to the lower chambers of the heart, the ventricles. Although the heart will stop some of the irregular impulses from travelling down to the ventricles, they will still beat irregularly and often very rapidly, generating an abnormal heart beat. This irregular heartbeat may occur in short episodes lasting for minutes to weeks. It can even be permanent.

You will usually be aware you have atrial fibrillation as you can feel the heart pumping rapidly or feel it beating in an irregular way (heart palpitations). You may also suffer from dizziness, chest pains and often breathlessness. These symptoms are caused because when the heart beats too fast, it becomes less efficient. Small amounts of blood pumped faster by the heart are not as good as larger amounts that are pumped at the slower normal rate. This can lead to a pooling of blood in the veins of the lungs, and a reduced output of blood from the heart which can lead to these symptoms.

Some people with atrial fibrillation have no symptoms, particularly if their heart rate is not very fast, and sometimes the problem may then be diagnosed by chance when a doctor or nurse feels your pulse.

While the change in electrical impulses that can cause atrial fibrillation is most commonly due to high blood pressure – this puts a strain on the heart muscle – this is not always the case. Atrial fibrillation can also result as a complication from other heart problems; or can be triggered by an overactive thyroid gland, pneumonia; obesity; drinking a lot of alcohol or caffeine. In about one in nine cases, there is no apparent cause.

The main problem from atrial fibrillation is an increased risk of having a stroke. Atrial fibrillation causes turbulent blood flow in the heart chambers and this can lead to a small blood clot forming which can travel up to the brain. Other complications can include cardiomyopathy (weakening of the heart muscle) and increasing angina pains in people already suffering from angina.

There are various tests to confirm whether you have atrial fibrillation. The main one is an ECG (electrocardiogram) but can also include blood tests and an echocardiogram (ultrasound scan of the heart). Today there are many ways to treat atrial fibrillation. A good source of information on the latest techniques is: <http://www.nhs.uk/Conditions/Atrial-fibrillation/Pages/Treatment.aspx>



What's going on?

Just because the Season has finished does not mean that the business of running a successful Club comes to a halt. The Board and the Management Committee continue to hold monthly meetings with full Agendas and Directors and Officers are kept very busy. The wide range of issues addressed is illustrated by the following reports of some of the discussions held at November meetings.

1. Green Ranger

Roger Stone has been given a warm welcome as the new Green Ranger to replace Martin Warner.

2. Office of Vice-President

Following a full discussion on a recommendation from the Management Committee, the Board has decided to re-introduce, with immediate effect, the position of Vice-President which was “dropped” as part of the unification process. The non-elected post will be filled, in future, by invitation from the President. There will be no presumption that the Vice-President will automatically take over from the President who, subject to annual re-election, may continue in office for as long as he/she chooses.

3. Clubhouse PA system

An application has been made to Charnwood Borough Council for a grant of £450 to cover the cost of a new PA system for the clubhouse. With the full support of Councillor Ken Pacey, approval of the application is expected early in the New Year.

4. Legacy

The Board were delighted by the news that the Club has been awarded a £1000 legacy from the estate of Barbara Brown.

5. Budget

A draft budget for the year 2019-2020 has been approved which anticipates a modest trading profit (before depreciation) of close to £2000.

6. Club Bar

Profits from the Bar have traditionally made a significant contribution to Club funds. In recent years, while profit margins have been sustained, overall turnover has declined (£16000 in 2017 to £13500 in 2018). If this decline continues, pressure will inevitably fall on membership fees (and other revenue sources) – a situation which the Board is keeping under constant review.

7. Membership Handbooks 2020

Work has already started on next year’s Handbook. Midweek and Saturday fixture lists are already in place. Confirmation of League Fixtures is expected early in the New Year.

2020 will see the publication of a new Handbook which will contain full information of the Club Constitution, Rules, By-laws and codes of practice to be issued to all Members.

8. New access gate

With some financial support from the Town Council, for which we are extremely grateful, a new gate to the green has been fitted. This is designed to address Health and Safety issues associated with the regular removal of heavily loaded bins from the green into St Peters Street ready for collection by re-cycling vehicles.

9. Winter Social Programme

Regular monthly Coffee Mornings continue apace. Wednesday afternoon socials, including a Pub Quiz, have been successfully re-launched and several major functions have been very successfully organised. (Dog Racing, Club Lunch, Trad Jazz Evening and, by the time of publication, an Xmas Party Night on 6th December.) 4th January will see a New Year’s Party, “Call My Bluff” will be repeated on 8th February and a final event will be announced for 21st March. A great deal of effort goes into all of these events and are deserving of the full support of all Members. All profits, of course, go directly into Club funds.

10. 5-year Maintenance Plan

A range of minor repairs and replacements around the clubhouse have been completed and it is recognised that the clubhouse generally would benefit from some “tlc”. The Board have therefore agreed to set up a 5-year maintenance Plan for the clubhouse (and rear store). Suggestions for inclusion in this Plan will be warmly welcomed from all Members. If you have any suggestions to make about how clubhouse facilities might be improved/smartered up, please contact Facilities Director, Stan Page, with details.

11. Lockers

Alternative and affordable alternatives to the current lock mechanisms on locker doors are being actively investigated. It is hope to be able to announce a solution early in the New Year.

12. Thanks to Sue Renshaw's sterling efforts, the Newsletter continues to be published throughout the year. All Members are invited to submit articles, which they believe might be of interest to other Members. The deadline for items is as shown in the current edition of the Newsletter, and will be distributed at the Coffee Morning, being the 2nd Saturday in every month.

13. Dress Code for funeral Guards of Honour

The Board has agreed to confirm a Dress Code for Guards of Honour at funerals. For this year, men will wear blazers, grey trousers white shirts and club tie, whilst the ladies will wear club blazers, club polo shirts, grey or white trousers. Next year, the new club jackets will be worn with club polo shirts and grey trousers.

14. Change of name

For the 2020 Season onwards, for Loughborough League fixtures, the Green and Royals team will be known as **Swords** (*from town's coat of arms*)

15. County Benevolent Fund

A list of qualifying Members has been submitted to Bowls Leicestershire as recipients of Christmas gifts from the Fund.

16. Club Web Site

Work continues "behind the scenes" to update and refresh the Club web site.

17. Advertising and Press coverage

The Club has received an apology from Editor Fiona for the "wrong" advertisement in the November "Syston Town News". A monthly Press Release is issued to all local media (newspapers, magazines, radio stations and, when appropriate, to TV stations.)

18. Kitchen Hygiene

In response to reports of the kitchen being left in an unhygienic condition following matches, a checklist is being prepared for publication to enlighten all Members involved of the range of jobs involved before the job can be regarded as finished. It must be stressed that a "snap" inspection by the relevant authorities finding the kitchen below standard could have the most serious consequences for the Club.



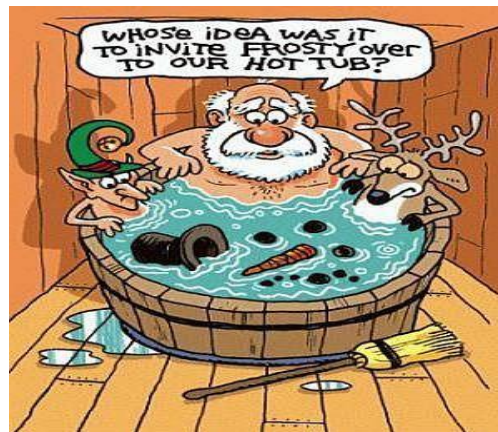
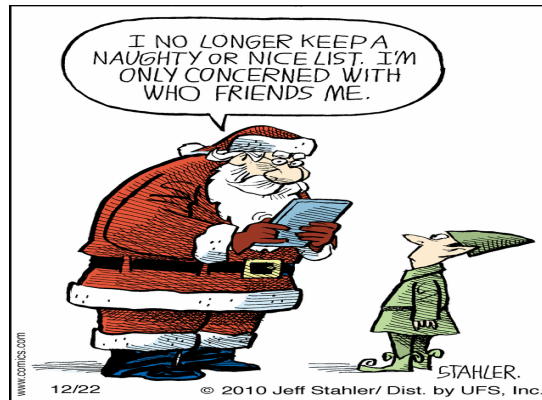
The estate of Barbara Brown included a bequest of £1,000 to the Syston Bowls Club. The directors, on behalf of all members wish to record their appreciation and gratitude for the kind and generous gift

Val Foreman





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Jazz Night

Thanks to Janice & Rob Wilborn for arranging the Evening, which I know Derek and I thoroughly enjoyed.

Here are a couple pictures from the event:



The next Coffee Morning is Saturday 12th January 2020

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 Sunday 3rd January 2020

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

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A few wise words.

From Plato

Wise men talk because they have something to say;

Fools, because they have to say something.

From Thomas Jefferson

Never spend your money before you have it.

Albert Einstein said

Many of the things you can count, don't count.

Many of the thing you can't count, really count.

Dorothy Parker remarks

Money cannot buy health, but

I'd settle for a diamond-studded wheelchair.

Earl Wilson says

If you think nobody cares if you're alive,

try missing a couple of card payments.

Mother Teresa was hear to say

I know God will not give me anything I can't handle.

I just wish that he didn't trust me so much.

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



Val Foreman
David Hill
Janet Russell
George Stone
Bev Wright
George Dodge
Roy Hill
Alan Ward
Ruth Wheeler
Carole Allott
Lena Findlay
Barbara
Robinson

The Dates for the Social Calendar for 2019/20

Future Events to be confirmed

- **4th January 2020**
New Year Celebrations
Entertainment provided by
Vocal Entertainer
performing popular songs
from the last decades

Phil Carr

Soup & Desserts

- **8th February Call My Bluff**
More details to follow
- **21st March To Be Confirmed**

LOTTERY BONUS BALL

No. 40 - Bev Wright

No 31 – Janet Gamble

No. 17 – Hazel Rayns

No. 31 – Janet Gamble

No. 51 -Mark Newman

NO. 35 Is now available

BOWLING SONG (To the tune of Edelweiss)

Be right up, be right up
That's the slogan for Bowlers
Green not tight, weight just right
Got a lot of Chalker's
Eye on the jack, you'll not want I back
This green is good for drawing
Be right up, be right up. That's the slogan for bowlers

Hooray for bowls, three cheers for bowls
The game that gives much pleasure
Out on the green, oh what a scene
The number three was his measure
Said he was shot the other said not
As if we were bowling for treasure
Be right up, be right up. That's the slogan for bowlers.

Thanks to Roy Hill



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