

# *the* SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 157– March 2020



## Presidents Message

With the new season only three weeks away I hope everyone is looking forward to playing out doors again in the fresh air. Anyone who didn't attend the Meet the President night should make themselves aware of the fixtures and put their names on the availability sheets so the captains can start selecting their teams.

If you haven't yet paid your fees make sure you see the Financial Director, Brian Arnold, as soon as possible.

During the close season a lot of members have been very busy organising various activities such as midweek lunches, night time events, quizzes, Publishing this paper and Green preparation. I would like to thank Maureen Page, Jan Holmes, Hazel and Ken Renshaw, Colin Grimes, Sue and Derek Renshaw and Roger Stone and his team. If I have missed anyone out please accept my apologies.

Regarding the Vice Presidency vacancy, I have spoken to Derek Renshaw and I am glad to say he has agreed to fill the position when ready.

I would like to see all bowlers putting their names down to play in all the evening league games as well as the friendly games, the only way to gain experience is to play. If you think you are not good enough the chances are you are wrong and we have 2 coaches who can help, Gary Kilbourne and Ken Renshaw and if you think you can do without coaching, again you are wrong.

Finally, I wish everyone a very enjoyable and successful season.

## Pete Murray

I am very pleased to have been offered the opportunity to be the Vice President of our club and whilst am looking forward to taking up this role next year. I have made commitments to friends and family that will prevent me from giving this position the involvement and energy it deserves. I have been asked by Gary Kilbourne to help with the running and organising of the Saturday matches, which I have agreed to do.

I am also happy to assist Pete in any way I can, until I take up the role officially as Vice President from next April

## Derek Renshaw



## Things to do in March

Most of us can see that spring is definitely on its way, despite frequent cold days, with some sun, many of our spring bulbs are in flower and many early bedding plants are starting to show colour.

Be cautious about sowing seed out door just yet, but complete as much planting of trees, shrubs and herbaceous plants as possible, so long as the soil is not frozen.

If you like you could, where you are going to plant a new shrub, just cover the area with polythene or a plastic cloche just for a few days, to warm that area before you plant the shrub. Remember to water the plant before you plant it, also water the hole before planting and water the plant in after planting, and keep an eye on it after planting so that it does not dry out, but don't over water it. It's not a bad idea to mist the

plants now and again to help the leaves, as these drying winds can cause plants to wilt if they can't take up water quickly enough from the roots that have been disturbed by transplanting.

Remember when you take the plant out of its pot, to tease the roots from around the edges of the root ball, don't just tap it out of its pot and put it straight in to the ground.

What to consider before buying a new plant, particularly a tree or shrub. It's a good idea to know what type of soil you have, whether it is acid or alkaline. Invest in a copy of the expert tree and shrub book and if possible, a copy of Notcutts book, which lists plants suitable for different situations and types of soils. Silver and grey plants usually originate from the Mediterranean type of climate, so to grow these here successfully they need a sunny, well drained position. Bog plants growing near ponds would not thrive in this position - but need the opposite sort of conditions.

Rhododendrons, Magnolias, Calluna Heathers etc. must have acid soil, other plants require alkaline soil.

The structure of the soil is also important - roses like a fairly heavy soil, whereas rockery type of plants like a gritty, well-drained soil.

Always read the label before buying, although some can be very vague about suitable conditions. If you are not sure, ask one of the garden centre staff, they will be only too happy to help. Also check dimensions - what will the ultimate height and spread be? You don't want to be cutting and chopping your new shrub about.

You can start to remove protection from slightly tender shrubs and from tubs and pots that have been insulated to prevent damage from frost, but keep an eye

on the weather forecasts. These plants should have plenty of light and a little water and food now.

If you feel you want some extra colour in your garden, or your containers, there are plenty of Primroses and Polyanthus in the shops and garden centres now.

Tall perennials, and compact ones with weak stems, are often spoiled by strong winds, especially if accompanied by heavy rain. Staking them after they have blown over is seldom satisfactory. It's better to provide the support early, so that the plants can grow through them. Most garden centres have these in stock now.

Your greenhouses and window sills are now crowded with healthy young seedlings that will provide masses of colour in the garden and in containers during the summer. If you have not already done your sowing there is time to do it. Make sure all your seedlings have plenty of space and light.

Prick out summer bedding plants before the seedlings become over crowded. There are a number of ways to do this. You can prick out into trays, spacing the plants to give them plenty of growing room, or into modular trays, planting one seedling into each compartment, or into individual pots. Plug plants are available now in some garden centres, so if you want to try a number of plants that you may not have had before these are a good and inexpensive way to try them. When potting on use a good quality compost. You can get compost specifically for the job or you could get multipurpose compost. It's a good idea to sieve the multipurpose compost, this takes out any large pieces and makes sure that the roots are in good contact with the compost. You can get a good sieve from any garden centre or even Aldi

Top quality lawns are fed regularly throughout the growing season, this is not necessary for most domestic lawns, but all grass benefits from at least one annual feed however, and this is a good time to apply it. For best results, choose a lawn fertilizer formulated for spring and summer use. Only apply the fertilizer as recommended, do not put more on than it says on the bag, not only will you waste it you may even damage the grass. There are numerous ways to apply your fertilizer, there are applicators on the market, for large areas and small. If you feel you need one why not share the cost with a number of friends, or borrow one.

Lawns are not the only plants that benefit from a feed at this time of year, all of your shrubs and herbaceous plants benefit from an annual feed.

If you make an effort to feed your beds and borders with a balanced fertilizer the benefits will be reaped in the months that follow. Apply your balanced fertilizer now if you want to reap the benefits later in the year. Few border plants and shrubs will die if you do not bother to feed them, but they will be more vigorous and healthier if you do, and if we are to be in a drought situation, these plants will put on good root growth. When scattering the fertilizer make sure it gets directly to the soil (bend the knees) don't scatter at high level as the fertilizer will burn the foliage on your plants.

**Chris Biddles**



## PANTS ON FIRE!

(Photo to be supplied by Ken Renshaw)

Do you know the difference between a **furbelow** and a **merkin**? Are **gobemouche**, **studmuffin** and **mamaguy** words to be used in polite conversation? Are you likely to **suffarcinate** without embarrassment?

A packed clubhouse on Saturday 8<sup>th</sup> February was provided with the answers to these and many other questions about strange words in the English language in a version of the old TV programme “**Call My Bluff!**”

Under the guidance of Chairman “comemorphous” Colin Grimes, a panel of expert storytellers, comprising “numquid” Norma Grimes, “bodacious” Brian King, “famigerator” Fiona Henry and “planiloquent” Pierre Castille did their best to persuade the audience that their definition was the one to be trusted.

Much humour was generated from the proffered definitions as each of the panellists invited support for their version - often apparently supported by references to literature, science, art and, at times, anecdotes based on (real or imagined) personal experience.

In spite of their best efforts to confuse and convince, by the end of the night, after 20 words had been carefully considered, the winning team were seen to have correctly identified 12 of them - very worthy effort considering the skill with which the Panel members had sought to deceive.

A hot meal of chilli or curry, provided by Hazel Renshaw, got the evening off to a fine start. For once, the numbers attending exceeded to number who had registered which led to some hasty last-minute additional cooking to make sure no-one went hungry. Well done, Hazel!

(Note: *comemorphous* = *having hair*; *numquid* = *inquisitive*; *bodacious* = *willing to take risks, audacious*; *famigerator* = *a bringer of news*; *planiloquent* = *plain speaking*)

## GUIDE TO HEALTH IN LATER LIFE – PART 2 – BUNIONS

With acknowledgements to “*Later Life*”



You can't help but notice a bunion – that large, bony-looking growth where the big toe meets the main part of the foot, with the big toe pointing towards the other toes rather than forwards. If you think you might be developing a bunion – or already have – there are steps you can take to help slow down the process.

### 1. Causes and symptoms

A bunion is caused when the first metatarsophalangeal joint (the one at the base of your big toe), becomes unstable and moves out of place. As a result you end up with a deformity on the outer edge of that joint on your big toe. You may have pain or discomfort, swelling, redness and changes to your foot shape. There are two main causes:

a) Heredity

You can inherit a predisposition to having a bunion, but there are other factors too. Women tend to have the worst bunions because, if you're wearing shoes that exert pressure onto the forefoot – which is basically any female-styled shoe, such as slip-ons and narrow-toed shoes – that exerts pressure on the metatarsophalangeal joint.

b) Footwear

The combination of this inherited tendency and choice of footwear often exacerbate the problem.

## 2. Steps to prevent bunion development

There are simple steps that you can take to prevent a bunion developing further. Prevention is the best solution, and if you have spots signs of trouble, it's important to take action sooner rather than later.

a) Supportive footwear

If you're wearing flat shoes, like ballet-pumps, and your feet pronate (roll in when you walk), it will make your condition worse.

i) Look for footwear with a moulded foot-bed inside the shoe, preferably with a low heel. You also need plenty of toe room, so choose shoes with rounded toes. Some women buy shoes that are a size too small, because they are so used to their toes touching the sides of the shoes. You should be able to wiggle your toes comfortably.

ii) The other feature you should look for are shoes that have laces or a Velcro strap across the instep, to stop your foot sliding forward. If you buy a slip-on, even though they may be fairly flat, you'll be sliding forward with every step you take. This will mean that the joints and toes will experience gentle trauma, which can exacerbate the problem over a long time.

iii) Get good trainers and sandals can also be a good choice. But you must choose a trainer that's designed to help a foot perform well in sport. These will help to support your foot and give good shock absorption.

b) Orthotics & splint

You don't have to spend a fortune on them. There are lots of low-cost orthotics that you can buy over the counter if you know that you pronate

A podiatrist will examine your feet, identify the problem, and tell you whether you need orthotics. They can also help you decide whether you need a splint. These are devices that help to keep your big toe in a straight line

One type has a splint that gently keeps the toe pulled out straight, bends where the big toe joint is, and has a strap that goes over and around the mid-foot to stabilize it. The splint is hinged over the big toe joint so that you can wear it while walking.

## 3. When should surgery be considered?

Surgery is an option if your bunion is painful or affecting your life in other ways

You need to think carefully about this option as it can take six to eight weeks to recover, and you will probably need crutches and an ortho-boot to help you walk. An operation can work well, but always try different footwear and treatment with orthotics and splints first. If you choose to proceed, do your research and choose someone with a good history of foot surgery.

## How's this for effective traffic speed control?



This is an actual speed control device that is currently in use. People slow down and actually try to "straddle" the hole. It is **MUCH** cheaper than speed cameras, radar guns, police officers, etc. I don't know about you, but this would certainly slow me down

Pretty clever -- especially when they move them around every day



Isn't Art wonderful?

## SWORDS SHARPENED!

Please note that the former **Green and Royals** team, playing in the Loughborough Monday Triples League alongside the White Plums, has changed name to **Swords**. The sword is, of course, a prominent feature in the Town's coat of arms, which makes the name appropriate, reflecting links with the town.

Perhaps, too, the change of name will give the side, newly promoted to Division 3, something of an "edge" - especially when playing fellow Members in the White Plums

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Colin Grimes

## SATURDAY CAR PARKING CHANGES

Furnley House have moved offices and, unfortunately, the new occupants of Furnley House will be operating on a Saturday afternoon. This means that we can no longer offer our visitors the opportunity to use their car park on Saturdays.

Fortunately, based on the trouble-free experience of weekday usage of the six spaces close to the clubhouse inside the Central Park Gates over the past three years, the Syston Town Council have graciously agreed to allow us to extend usage to include Saturdays. This means that all of our visitors will enjoy the facility – subject to the same precautionary marshalling rules that have operated midweek.

Good news, too, for Syston Members ourselves. We have been given permission to use the extensive car parking area outside of Scotia Ltd in St Peters Street for our Saturday fixtures. While it would be quite difficult to direct visitors around the one-way system to reach this area, our own Members, who will be familiar with access routes, will be able to take advantage of this kind offer.

Those of you taking up the offer are asked to park sensibly to allow maximum use to be made of the (unmarked) area.

## CORSON SHIELD FIXTURES

Members will have noted a number of “missing” fixtures in the Membership Handbook and Fixture List. The additional fixtures have now been confirmed as follows:

<b>MAY</b>	15 <sup>th</sup>	East Leake	H
	22 <sup>nd</sup>	Wymeswold	H
<b>JUNE</b>	6 <sup>th</sup>	Gotham Cuckoos	A

Please amend the listing accordingly.

### Colin Grimes

#### Wymeswold Triples League

Well here we are again, a new season of outdoor bowls upon us.

I hope you’ve had a very good winter, either resting ready for the season or have enjoyed indoor bowling.

We now have our fixtures for the Wymeswold Triples League, which starts the 15th April at Shepshed. Having settled into the league after our promotion, I hope to build on that and push for a chance at another title.

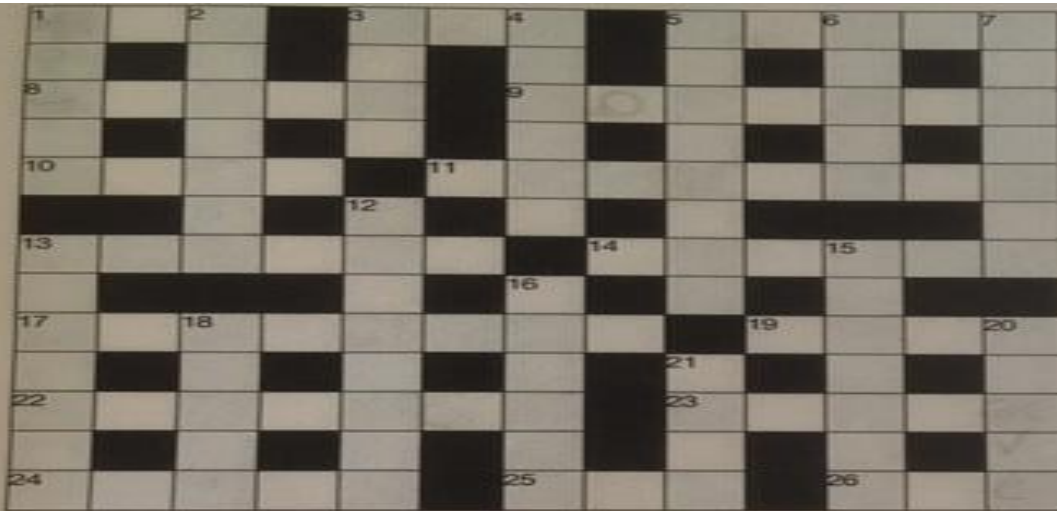
I hope you all have a great and enjoyable outdoor season.

### Ken Renshaw

#### The Club House Spring Clean

A reminder to all members it is time to Spring clean the Club House before start of the season. The list for jobs to do is on the notice board, just tick of when you have finished the job. Have a good bowling season

### Stan Page



**ACROSS**

- 1** Dominican (abbrev.) (3)
- 3** Insect (3)
- 5** Admiral \_\_\_\_\_  
(circumnavigator) (5)
- 8** Scorches (5)
- 9** What the \_\_\_\_\_! (7)
- 10** \_\_\_\_\_ Magwitch (4)
- 11** Immature (5-3)
- 13** eg Harry or Beatrix (6)
- 14** Cut in half (6)
- 17** Kipling hero (5,3)
- 19** Limbs (4)
- 22** Team ire (anag.) (7)
- 23** Move stealthily (5)
- 24** Stephen (dim.) (5)
- 25** Total (3)
- 26** Bridge at Dundee (3)

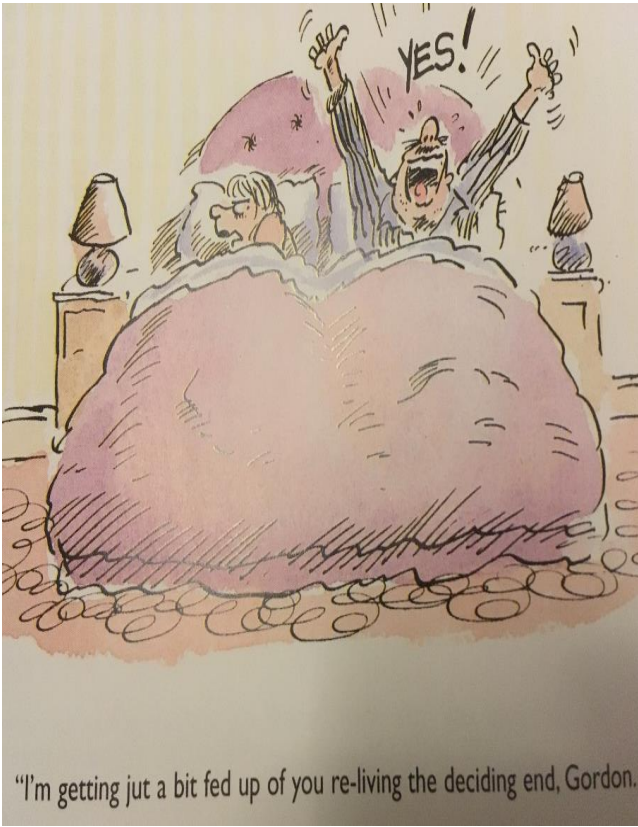
**DOWN**

- 1** Russian cottage (5)
- 2** Most stingy, like 16 (7)
- 3** Engaged (4)
- 4** Conclusion (6)
- 5** Cat cried (anag.) (8)
- 6** Old Testament Queen  
(5)
- 7** Beginning to develop (7)
- 12** Divide, part (8)
- 13** Sties (7)
- 15** Serious (7)
- 16** Skinflints (6)
- 18** Row (5)
- 20** Raj soldier (5)
- 21** Swindle (sl.) (4)

**Sudoku**

	4			2			7	
		2	8		9	6		
	9	6				8	2	
	2		3		5		8	
		3				4		
	6		7		1		9	
	7	4				5	6	
		5	1		2	9		
	3			5			1	

Answers to these will be in the next edition



Thanks to Rod Hegg for the Bowls Cartoons



The next Coffee Morning is Saturday 11<sup>th</sup> April

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 Wednesday 1<sup>st</sup> April 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

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

**HAPPY  
BIRTHDAY to...**



Myles Clare  
Jan Holmes  
David Howe  
Edna Loder  
Geoff Measom  
Rolf Meyer  
Maureen Page  
Ray Wood  
Ivan Jordan  
Stephen Rudkin  
Doreen Payne  
Anne Gale  
Ron Lilley

## MEMBERSHIP HANDBOOK

### CORRECTIONS

Please note that the telephone number for **Kate Toon** should be **2600 582** Our apologies to **Gary Jones** for any inconvenience caused.

Please add to the list of Associate Members:

**Marion Hegginson, 3679 717**  
**Aideen Talbot, 2606 342**  
**Margaret Trigg 2605 761**  
**Alan Ward, 2602 607**  
**Trevor Waterfield, 2607 897**  
**Ruth Wheeler. 2608 555**

Apologies to each one for the omission which was "missed" at proofing stage.

### County Competition

Syston Bowling Club has been invited and accepted to host a ladies County Club match.

The Senior Fours semi-finals and final on Sunday May 31st 2020.

### Val Foreman

## LOTTERY BONUS BALL Winners

**No. – 42 – Pam Pipes**

**No. – 9 – Ken Renshaw**

**No. 26 – 17 – Hazel Ranys**

**No. – 18 – Margaret Trigg**

**No. 21 - Carole Allot**

**No. 52 – Derek Renshaw**

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**Congratulations to the winners**

**59 Club Numbers  
Available**

**25 26 32 37 & 58**

## BEETLE DRIVE

Saturday 7th March was the last day of the Social Calendar for the Winter Season.

We were only a few participants, but the atmosphere was happy and everyone was keen to get started. There was a prize each time someone called Beetle (of which there were 12 rounds) and half way through the evening we enjoyed a varied selection of food, followed by an array of deserts purchased by Hazel.

Janet Gamble was declared the winner at the end of the evening, with a total of 341 points, winning a bottle of Champagne.

Everyone confirmed at the end of the evening it was a shame that so few had come along to another fun event. Furthermore, these activities bring valuable funds into the club and this year Hazel's hard work has added £456.00 into the pot, not including the money taken at the bar. Also, running the weekly quiz on Wednesdays.

Congratulations Hazel on another year of excellent Social Activities.

If anyone has suggestions for different activities for the future please let us know

**Sue Renshaw**

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