

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

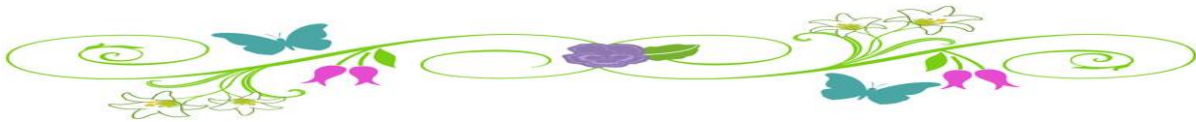
No 158– April 2020



Presidents Message

Hi everybody, I hope you are all able to keep your spirits up while being cut off from friends and relatives, thank god for Alexander Graham Bell. As the experts are telling us every day, stay at home and when this is all over we will all have a nicely decorated home and beautiful gardens along with aching bones and blisters. Don't get despondent, if you feel down pick up the phone and talk to somebody or try doing a few exercises and stay positive. I would like to thank all of you who are phoning around checking everyone is alright, and thank you Sue Renshaw for keeping this newsletter going. Remember to stay positive we are all in this together.

Pete Murray



Things to do in April

Brush worm casts off the grass (if you've got the energy - or find a strong, willing man). Rake to even out any clumps (he can do that as well). Any moss can be treated with a moss killer and then raked out when its dead. Tap-rooted weeds like dandelions can be removed with a sharp knife. Hormone selective weed killers can be used once weeds start to grow. Also weeds in the border like chickweed, creeping buttercup, dandelions daisies, thistles and other newly emerging invaders with a total weed killer, but always read the instructions carefully. Don't forget that if you have weeds close to other plants, instead of spraying you can use a small paint brush and paint the weed with the weed kille

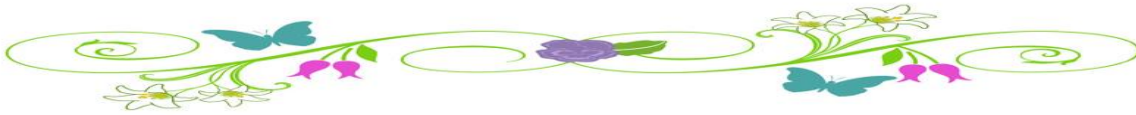
Dead-head spring bulbs such as daffodils, tulips and crocuses and other spring flowering bulbs, but let the foliage die down naturally. Do not tie up leaves or secure with a rubber band as this restricts the bulb from getting nourishment for next year. Feed your spring bulbs with slow-acting fertilizer such as bone meal to help plump them up for next year. Sprinkle a handful lightly onto the soil around the base of each plant and gently rake it in. DO NOT allow it to stay on a plant as this could burn the plant and kill it, if you get some on a plant just wash it off with water from a watering can.

Snowdrops can be lifted and divided while still in leaf, but water them a day before you do. (this applies to anything you are going to dig up and replant). Be careful when digging down to lift them as they tend to bury themselves quite deep so make sure you go down a way. When replanting make sure they are planted as deep

and water them in.

Have a quick look at variegated plants and remove any green shoots as if left these will eventually take over the whole plant.

Clean up borders by cutting away dead growth, weeding, and lightly forking the soil between plants. Most plants are waking up and need feeding. Boost sturdy new growth by sprinkling their root area with a balanced organic fertilizer such as blood, fish and bone, and fork in some well rotted compost or chicken pellets. Again not on the plants. If its dry water it in. Also divide crowded clumps of herbaceous plants into well-rooted portions, use your hands or a pair of forks to tease the roots apart, taking care not to damage them



NEWSLETTER PRODUCTION AND DISTRIBUTION

Please note that, until further notice, we are going to circulate this Newsletter to Members by email circulating through the distribution lists held by Colin Grimes. In any case, in response to the current situation, the Syston Community Centre is closed to members of the public and is unlikely to be able to undertake the printing for us. If you are unable to access email but would still like to receive a copy, please try to get a friend, who does receive by one by email, to print a copy for you.

PUB QUIZ

During the enforced period of isolation, **Colin Grimes** has offered to issue, by email, a regular set of questions, free of charge, to tax your "little grey cells". The frequency, which is not yet decided, will depend on the number of participants who actually submit entries. The offer of a modest "prize" for the best entry is under consideration.

Any Member who would like to join in should simply register their interest with Colin (colin.grimes2@btinternet.com) and wait for the next set of questions to arrive in your **In** box. With the temptation of Google and other search engines readily available, entrants are to be put on trust that their answers are unaided and "all their own work". At the same time, at least one of the Rounds on each occasion will be "Google-free" - requiring answers which cannot readily be researched. The solutions to each Quiz will be supplied along with the questions for the next in the series. Please take advantage of the offer as a means of beating any sense of isolation, of keeping in touch and, perhaps, getting your family involved in finding the answers.

GUIDE TO HEALTH IN LATER LIFE.

PART 3 OF LIFE CARPAL TUNNEL SYNDROME and CONSTIPATION

A. Carpal tunnel syndrome

Carpal tunnel syndrome is surprisingly common; around one in 1000 people develop it every year, especially in women over 50. The symptoms can be very mild and can come and go but for some the symptoms become so severe that treatment is required.

The problem is basically caused by pressure on a nerve in the wrist. The carpal are wrist bones and there are eight small carpal bones in the wrist. A ligament (called retinaculum) lies across the front of the wrist and between this ligament and the carpal bones is a little space called the carpal tunnel. This tunnel houses the tendons that pass from the forearm muscles to the fingers and a main nerve to the hand (the median nerve) also goes through this tunnel before then splitting into smaller nerves across the palm.

The median nerve gives the sense of feeling we have in our thumb, index and middle fingers and also half of the ring fi It is thought a variety of conditions can lead to carpal tunnel syndrome. Inflammation in the tendon going through the carpal tunnel can cause swelling and therefore increase pressure on the nearby median nerve; arthritic conditions of the wrist such as rheumatoid arthritis can lead to carpal tunnel syndrome; oedema (water

retention) and even genetic factors are all thought to be associated in some instances with the problem.

Whatever the cause, the results can be very painful and can lead to real problems in the normal functioning of the hand and fingers. In severe cases it can become impossible to make a proper grip and the pain can travel up the forearm. Symptoms can come and go and are often worse at night and it also influences movement at the base of the thumb.

Because the condition is surprisingly common, doctors recognise it quickly. Painkillers can be used to ease the pain and other treatments include a wrist splint to keep the wrist still and stop any pressure on the nerve. Sometimes this can be worn just at night to rest the nerve but allow normal activities during the day. In many cases, a wrist splint can be very effective.

Other treatments can include steroids to reduce any inflammation in the area, although this can have limited success as the symptoms often return after a few months. Surgery is an option, when the ligament over the front of the wrist is cut to ease the pressure in the carpal tunnel, and this generally has good results.

B. Constipation

It is not a health problem we easily talk about, but in fact constipation, or a lack of easy regular bowel movements, affects many people of all ages and is very common.

Sometimes it is simply caused by lifestyle - not eating enough fibre in the diet, not exercising enough or even being too busy to visit the toilet and putting off natural rhythms. In modern life, these are all important contributory causes of constipation.

However, as people age, constipation can become more of a problem. Some of our normal functions can become less active and vigorous. Exercise can become more difficult due to health or physical restrictions. Certain medications, such as certain painkillers and blood pressure tablets, can contribute to constipation. For some people, constipation becomes such a serious problem that it affects their day to day life and wellbeing.

Defining constipation is difficult because most people have different patterns in their natural bowel movements. Some people have regular motions every day, or even two or three times a day while others will generally have a motion perhaps just three times a week. Generally, you will know if you are constipated because your stools (faeces) may become hard and difficult to pass. You may feel "full" in your lower abdomen. In more severe cases you may suffer pain in the abdomen or even feel sick.

Two very common causes are simply not having enough fibre in the diet and not drinking enough fluid. Ideally most people should take in around 18 or more grams of fibre a day. Fibre is not digested but acts as a bulk carrier, helping to pass the waste from other foods through the six metres of intestines in your gut. Most people today know that vegetables, beans, pulses, nuts and lentils, fruit, cereals and wholemeal foods all contain good levels of fibre.

It is also so important to drink enough - the recommended level is about six to eight glasses of water a day (or other fluid).

Being active and exercise is also good as it helps all the body to work well and will contribute towards keeping your gut active and moving as well. If you are in bed for any length of time due to an illness, then constipation can become very likely.

If you have problems that you can't improve with just diet and exercise, then obviously a visit to your medical practitioner is advisable just to check the situation isn't a symptom of a more serious problem such as impaction, an underactive thyroid gland, bowel cancer or irritable bowel syndrome.

Laxatives can be a good starting point in the next stage of treatment and these are available in four main types. Bulk forming laxatives come as fibre supplements and do the same job as natural fibre. Many commercial products such as Fybogel and Ispagel contain ispaghula; while others such as Celevan contain methylcellulose. They all work by absorbing water and helping to form softer, bulkier faeces which are easier to pass. It is important to drink enough fluid when taking these and they can cause early bloating. Another type of laxative is the stimulant laxative, which encourages activity in the nerves of the large intestine, causing the muscles in the wall to squeeze with more vigour to push the faeces through the system. Products in this group include Dulcolax, which includes bisacodyl and Senokot which contains Senna. Another type of laxative is the osmotic laxative which helps by retaining fluid in the large intestine. This type of laxative takes a while to have effect and can cause side effects such as abdominal pain and bloating. It is sold in products such as Duphalac and Movicol. The fourth main type of laxative is the faecal softener to help a motion become easier to pass through. They usually include docusate sodium which has a gentle stimulant action as well.

Colin Grimes

20th March 2020

CLUB CLOSURE

Dear Member

It should come as no surprise that, following Government guidance, it has been decided to suspend all Club fixtures, competitions and social activities until further notice.

The timing of this announcement, when essential revenue to maintain the Club should be coming in through membership renewals, is especially unfortunate. Without this income, the future of the Club could be at serious risk. Thankfully, the majority of Members have already paid, but a significant number have yet to renew. If you are among the latter, may I urge you to take the necessary action to help to ensure that the Club is still here for you when the current crisis is over.

In return for your support at this difficult time, the Board has agreed that each Member who renews will be offered a £4 credit for each month that the closure continues to be set against future membership subscriptions.

Members will **not** be prohibited from access to the clubhouse and green for practice and/or informal roll-ups, library borrowing etc. However, if that is what you choose to do, be sensitive to the health of other Members as well as your own. Please adopt the strictest possible hygiene practices. Do not use any of the kitchen facilities. Keep your hands thoroughly washed/sanitised before and after your visit. Do not leave equipment lying around. Pay special attention to clubhouse security making sure that everything is locked up before you leave.

During the closure, we will try to sustain regular communications with Members through email messages and through email distribution of our Club Newsletter, "Syston Green". Editor Sue would be especially grateful for any contributions you might care to make to the content as a way of keeping our spirits high. If you have any news of fellow Members, personal worries or concerns, Board and Management Committee members are always available at the end of the phone line. Contact details are in the Membership Handbook. You do not have to feel isolated or alone. We are a fellowship of like-minded Members and will do whatever we can to help each other

If you would like to take part in a regular Pub Quiz conducted by email, to help pass the time and keep your mind active, please contact Colin Grimes (systonbowling@btinternet.com).

Coffee Mornings, another important source of revenue, will be suspended. The 59 Club, which was due to be re-started in April, will be suspended after the award of the prizes for the remaining three weeks of the current scheme.

As we all face this unprecedented period of risk and uncertainty, we must not lose hope of an eventual return to something like normality. Please do everything possible to protect yourself and your loved ones. Take regular physical and mental stimulation from any available source. Stay positive and stay safe!

Sincere best wishes

George Dodge
Chairman

Pete Murray
President

Please read this email from Alistair Hollis carefully. I also have had many queries about whether it okay to still play Friendlies and Roll ups and my advice has been, that to do so, would be risking the health of members, and as a Safeguarding issue no club activities should be carried on for the foreseeable future. This email from Bowls England is the clearest statement that any club needs that all bowling and club activities should cease until we are advised to the contrary from the Government and Bowls England.

Thanks
Roy Rogers
Bowls Leicestershire



Administrator



Members are probably aware that a fair amount of work has happened through the winter, with regards to the new (improved) bin storage area. Unfortunately work had to be halted for the obvious reasons, just as we were very close to completion. I'd like to take this opportunity on behalf of myself and the club to thank the following members for their sterling efforts. David Anderton, Dave Hudson, Geoff Ellis, Rod Heggs, Derek and Ken Renshaw and Martin Warner, who really managed the project. While lifting heavy slabs early on a Sunday morning may not be everybody's idea of fun, I very much look forward to a better time when we can do daft things like that again. Wishing all the best to everyone at this tough time.

Roger Stone

Florence Nightingale



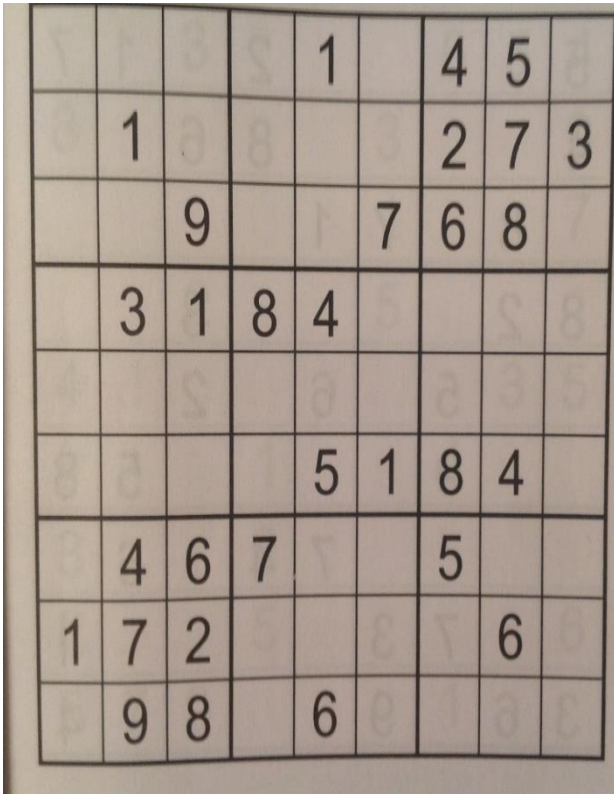
They did not call her the Lady with the Lamp....

Florence Nightingale was beloved for her care and mercy and commitment to relieving the suffering of wounded soldiers on both sides of the Crimean war. Yes, she wandered the wards at night carrying a lamp checking on her patients; but the lamp only became a symbol after male journalists found her too forceful and analytical for public consumption. She already had a nick name when the press found her. She was the lady with the hammer.

The Crimean War, after all, was in fact a political War. Neither side wanted to share supplies: both sides were set on the raw costs of gain and conflict. Florence had a hospital of dying men and men and exhausted nurses, riddled with Dysentery and Cholera and funded with left overs. So, she took up the hammer and beat down the military storeroom doors.

According to some sources this wasn't an isolated incident. If you withheld the necessary supplies she would come in with her hammer and clean you out. Military leaders loathed and feared her. She drank brandy with the soldiers did statistics for fun and had no respect for the politics of men. She adapted her practice with each advancement in evidence – She entered the field of nursing believing that good food and warm clothing could prevent most diseases and only take up causes of sanitation, drainage isolation of communicable disease and statistical epidemiology as science progressed. She was the first public health nurse and the first to turn nursing into a visible profession of advocacy and strength.

The World Health Organisation has declared 2020 Florence's 200th birthday the year of the nurse. In perfect irony hundreds and thousands of nurses stand on the front line of a pandemic exacerbated by politics and greed. Nurses are under staffed underfunded, under equipped desperate for masks to protect themselves and their patients already watching colleagues succumb to the virus from the sheer intensity of exposure.

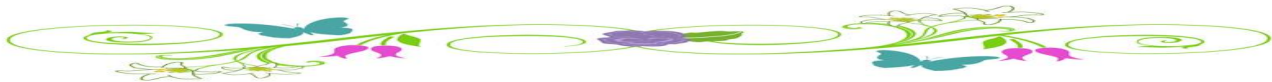


ACROSS

DOWN

1 Terrible (4)
 4 Italian artist (6)
 7 Gigantic extinct bird (3)
 9 Moist (4)
 10 HMS _____ G & S (8)
 11 Untruth; rest (3)
 12 Norwegian capital (4)
 13 Remembered (8)
 16 Hypocrisy (13)
 19 Revulsion (8)
 23 Utter defeat (4)
 24 Beer (3)
 25 Lack of courtesy (8)
 26 Related (4)
 27 Finish (3)
 28 Asinine (6)
 29 Rational (4)

2 Unpromising (12)
 3 Uses (7)
 4 Prate (anag.) (5)
 5 Pick-me-up (5)
 6 Dreadful (5)
 8 Indecision (12)
 14 Burst forth (5)
 15 Turkish commander (3)
 17 Tax-free investment (3)
 18 Hardest (anag.) (7)
 20 Robbery (5)
 21 Farm animals (5)
 22 Mitigated (5)



DOGS ARE BETTER THAN WOMEN BECAUSE.....

- Dogs don't cry
- Dogs don't care if you use their shampoo
- Dogs think you are a great singer
- The later you are the more excited dogs are to see you
- Dogs will forgive you for playing around with other dogs
- Dogs are excited by rough play
- Dogs understand that farts are funny
- Dogs like it when you leave things on the floor
- Dogs parents never visit
- Dogs never criticise
- Dogs never expect gifts
- Dogs don't care about germs
- Dogs don't let magazine articles guide their lives
- Dogs don't keep you waiting

Pete Murray

With the Covid 19 virus in mind another from Winston Churchill, given in a speech to Harrow School in October 1941.

“Never give in – never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense.”

Another one from himself.

“Difficulties mastered are opportunities won.”

And another.

“One of the greatest lessons in life is to know that even fools are right sometimes.”

And from me to finish, a prayer.

God grant me the senility to forget the people I never liked anyway.

The good fortune to run into ones I do, and the eyesight to tell the difference.

George

Your Favourite Local Landscaping Company



Garden Maintenance Packages From £47 per Month
www.leicestershiregardendesign.co.uk | 0116 2100 760

Answers to the Crossword

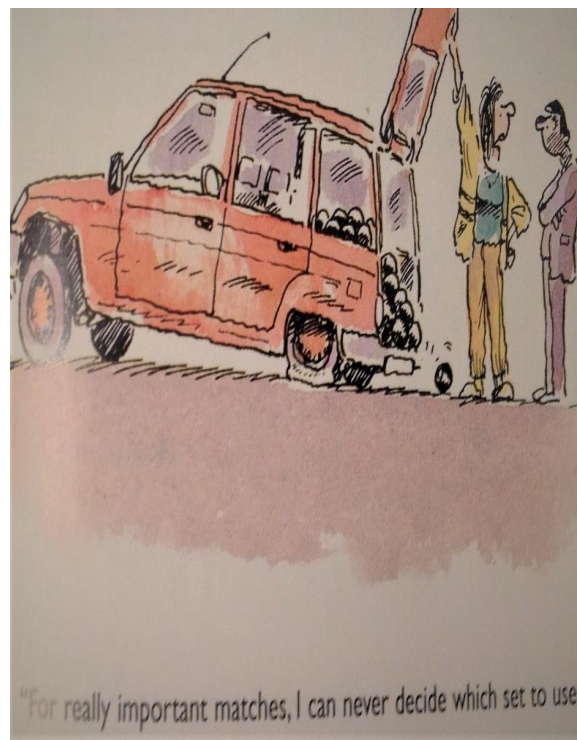
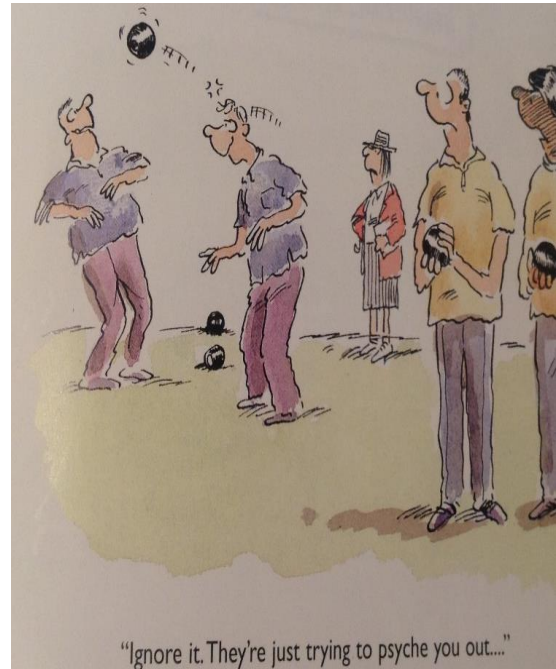
Across

- Dom
- Bee
- Anson
- Chars
- Dickens
- Adele
- Under -Age
- Potter
- Bisect
- Gunga Din
- Arms
- Emirate
- Creep
- Steve
- Sum
- Tay

Down

- Dacha
- Meanest
- Busy
- Ending
- Accredit
- Sheba
- Nascent
- Separate
- Pigpens
- Earnest
- Misers
- Noise
- Sepoy
- Scam

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



Thank you to Rod Higgs for the Cartoons

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 2nd May 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

**HAPPY
BIRTHDAY to...**



Sheila Aindow
Colin Wilkinson
Dave Lander
Pete Murray
Margaret Trigg





**CHRIS MEYNELL
& FAMILY**
INDEPENDENT FUNERAL DIRECTORS
www.meynellfunerals.co.uk | Wellington Street Syston
Proud sponsors of SBC. Special terms for Members

stn
SYSTON TOWN NEWS
is published by © 1996
CURZON GRAPHICS
55 Goodes Lane, Syston,
Leicester, LE7 2JL
Tel/Fax: 0116 269 3221
(Mon - Fri. 9.00am - 5.00pm)
email:
fiona@systontownnews.co.uk

SHB 0116 262 6052
Bringing to you over
150 years of experience,
reputation and expertise
Salisbury Harding & Barlow
Solicitors and Notaries serving the people and
businesses of Leicester and beyond
www.shbsolicitors.co.uk

**Feet
Aid**
Ruth Cranmer
Dip FH MCFHP MAFHP
Fully Qualified foot Health practitioner
**LET ME HELP YOU WITH YOUR
FEET PROBLEMS**
*In your own home
or at a clinic*
Specialist in treatment
for fungal nails
Other treatments include:
Diabetic foot care
management
Toenail and fingernail cutting
Ingrowing toenails, corns,
callus, cracked heels,
Verruca treatment
Athlete's foot
Contact:
01162 101 722
07504 103 325
r.cranmer@ntlworld.com
www.feetaid.co.uk
Full medical history and
vascular assessments
undertaken to support
management of
treatments

TELEPHONE LINES & FAST RELIABLE BROADBAND
 **CloudScape
Connect Ltd**
SAVE MONEY
NO HIDDEN COSTS
SWITCHING IS EASY
Phone Lines from £12.50 per month
ADSL Broadband from £12 per month
Fibre Broadband from £20 per month
www.cloudscapeconnect.com
CALL 0116 274 7360
 Proud to be in partnership with Syston Bowling Club


**Syston
Town Council**

need a helping hand?
*A local firm offering top-quality advice and
support services to individuals and to
businesses including personal taxation, tax
planning, bookkeeping, payroll management
and budgeting.*
adam longley
accountants limited
longley
For a free consultation:
Tel: 01664 420281
Email: info@adamlongley.co.uk


Jennings
*Ladies' fashions & lingerie
Bra measuring service
NATURANA * CHARNOS
* LEPEL * BESTFORM
* PLAYTEX*
CHARNOS
NATURANA
LEPEL
BESTFORM
PLAYTEX
*Handbags, jewellery, scarves, knitwear,
nightwear and so much more*
15 HIGH STREET, SYSTON
Tel: 0116 260 6747

NARWAL WEALTH MANAGEMENT LTD
Partner Practice of St. James's Place Wealth Management
Proud To Support Syston Bowls Club

Investment Planning | Retirement Planning
Inheritance Tax Planning
Suite 3, 73 High Street,
Syston, Leicester, LE7 1GQ
Tel: 0116 242 6 777