

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 159– May 2020



Things to do in May

With this warm and wonderful weather, the soil is now quite warm is therefore ideal for seeds to grow, so why not. If you have the room peas and mangetout can be sown. Put the correct amount of seed in a small jar, or dish and let them stand in water overnight. Then next morning, take out a shallow trench about 2 inches deep and 6 inches wide and water the bottom of the trench, mark each end with a short cane or stick, set the peas, spacing them 2 inches apart in a staggered fashion all the way along. Cover the trench with sifted soil or compost, water again, and then cover the area with wire netting, in a tunnel shape. This is to deter the birds and other pests, and to give the new peas some support when they first start to grow. Do not let them dry out or germination will just stop and the pea seed will then rot away. If you don't have room in the garden, you can grow peas in containers.

You can now get some runner bean seed and set them in small plant pots, either plastic or peat pots, and stand them on your window sill, again stands the seed in water overnight beforehand. When the plants are large enough, say 5 or 6 inches tall, towards the end of the month they can be planted in a largish pot or container, with 6-inch canes tied in a wigwam shape. They will give you pleasure firstly with their flowers and later with the beans themselves. Also sow marrow, courgettes and squashes. but don't forget to read the instructions on the packets.

With the warmer weather the weeds also grow quickly so get the hoe out and carefully cut them down, avoiding your precious shrubs etc. You can either collect the weeds and put them into your brown bin or if it's not going to rain leave them to dry and wither on the ground. Established perennial weeds cannot be culled in this way since, if left in the soil, their root system soon throw up another burst of growth. Instead, they require careful hand weeding to make sure the whole of the root system is removed from the soil, or you can use a weed killer to do the job for you, but be careful of other plants nearby. Also, as it becomes milder, slugs and snails emerge to eat new shoots and leaves. Keep them at bay by sprinkling slug pellets around plants, but make sure they are safe for pets.

Most garden centres have got summer bedding plants in now. Buy them if you wish, but don't be tempted to plant them out just yet, as we can get some frosts at night right up to the end of May, so keep them indoors overnight and bring them out onto the patio in the day time. Don't forget to keep them watered.

It is now peak growing season for many shrubs. As they shoot ahead they can begin to look straggly, so to keep their shape just trim them, it won't do them any harm so long as it's only a snippet here and there, or tie the shoots in to create the shape you want. Cut back neglected privet hard to encourage new bushy growth. Trim straggly winter-flowering heathers as soon as their flowering display is over. Shears are the best tool for this, but make sure they are sharp. Weeping trees and shrubs producing any upright shoots should have these pruned out, as if left they will destroy the elegant shape, similarly with variegated shrubs, if any shoots are of a single colour prune these out, or the whole shrub will return to its native colour. Now is the best time to trim most evergreens, especially the holly and the conifers.

Don't neglect your fruit trees, as the blossom is followed by the fruit and it's just about now that they need extra food and water so that the trees have plenty of sap for the fruit. Water is needed especially this year as we have had very little rain over the last number of months

Harden off your seedlings to acclimatize them, half-hardy annuals such as petunias, lobelia, antirrhinums etc. Put them out during the day and bring them in overnight, to condition them before planting them out. Tender young plants bought from the garden centre should also be hardened gradually.

Tie in new growth on climbing plants such as clematis, honeysuckle and of course climbing roses.

Check under the leaves and shoot tips for pests like greenfly, whitefly and red spider mite.

Dead head daffodils and tulips and feed the bulbs with a good liquid feed. Bulbs forced into bloom indoors can be planted outside after a week in a cold frame to adjust to outdoor temperatures.

Make sure that netting, trellis and other supports are strong enough to support the full summer weight of the plants. Also check that all stakes and tree ties have survived the winter alright, and that ties are loose enough to accommodate the new seasons growth.

Chris Dodge

CLUB LIBRARY

The current closure of the Syston Library is perfectly understandable in these difficult times but it does coincide with a significant increase in the demand for reading materials, as we all try to find ways to make "lockdown" more-or-less bearable.

Just remember – the Club library remains accessible to Members on the usual terms – 30p per book. Immediately before social isolation measures were announced, the library stock was significantly increased and the shelves re-organised. We can now be proud of the selection of volumes – paperback and hardback – on offer.

New stock will continue to be welcomed. Simply leave them in a bag under the shelving to be sorted in due course.

If you do make use of the facility, please continue to observe social distancing - and please do what you can to keep the books broadly in alphabetical order of author's surname. It makes searching for a book much easier.

Norma

GUIDE TO HEALTH IN LATER LIFE – PART 4 – GLAUCOMA

With acknowledgements to "Later Life"



We hear a lot more about glaucoma these days and often it is in connection with fund raising for overseas – glaucoma is more common in certain communities such as those in West Africa and the Caribbean.

But glaucoma is also reasonably common in the UK where statistics show that around 5% of people over the age of 65 are affected by this condition. It also runs in some families and being very short-sighted can also sometimes make one vulnerable to the disease.

Either way, it is a nasty problem to encounter and it is actually the leading cause of blindness in the world.

Glaucoma is a disease of the optic nerve which is the major nerve of vision. This nerve receives the light-generated nerve impulses from the retina and transmits them over to the brain where they create the vision we know and recognise. One of the main causes of glaucoma is raised pressure in the eye and this is why older patients at least usually have their eye pressure tested automatically when they visit their optometrist.

If you are suffering from glaucoma, you may not initially notice there is anything wrong. This is because this disease affects the outside, or the peripheral, field of your vision first. Therefore you can still read and see straight ahead, and you may not be aware of the problem until your sight begins to deteriorate quite severely.

Glaucoma may be picked up by your optometrist before you realise you have the problem, or you may make an appointment because you are worried.

Either way, today optometrists have excellent ways to determine whether you are suffering from the disease. They will look at your optic nerve with a special light and examine the thickness of your cornea. They will also measure the pressure in your eye using what is known as a tonometry test and may also run a perimetry test, which will measure your "field" of vision by showing a sequence of spots of light on a screen and checking which ones you can see.

The next step, if you may have the disease, is to visit an ophthalmologist for further tests which can include a gonioscopy test to examine the drainage of your eye.

Treatment for glaucoma will depend on how much the disease has progressed. The aim is to lower the pressure inside your eye to reduce the risk of future sight loss, or prevent any further loss of sight. Treatment can't reverse any existing optic nerve damage, so it won't improve your sight if it has already deteriorated.

Medication such as eye drops and tablets are often a starting point to help ensure the eye is draining well and to reduce the pressure in the eye.

Laser treatment is sometimes used to widen the holes in the draining system in the eye.

There is also a range of operations that can be undertaken to reduce the pressure in the eye, including a trabeculectomy when a tiny opening is created in the eye wall to allow fluid to escape. Sometimes this can be done under local anaesthesia.

It is important to know that once the optic nerve has been damaged, it can't be improved by treatment. All medication can do is halt any further deterioration.

For various reasons, acute glaucoma can come on very quickly. The symptoms include blurred vision or a halo around lights, loss of sight, feeling sick or experiencing redness in the whites of your eyes. If you feel you have this problem, it is very important to obtain professional medical advice as a matter of real urgency.

In the UK, thanks to the level of checks undertaken by optometrists, glaucoma is often identified in good time. However, eye problems should never be ignored and certainly with glaucoma, speed of treatment can make all the difference. If you think you have eye problems, make an appointment with your optometrist immediately.

LOCKDOWN LAUGHS!

A man and his wife were awakened at 3:00 a.m. by a loud pounding on the door.

The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not! It's 3a.m. and it's pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

God loves drunk people too, you know."

The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.

2. The following exercise was developed as a mental age assessment by the School of Psychiatry at Harvard University. Take your time and see if you can read each line aloud without a mistake. The average person over 40 years of age cannot do it!

1. This is this cat.
2. This is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is fart cat.
9. This is busy cat.

10. This is for cat.
11. This is forty cat.
12. This is seconds cat.

Now go back and read the third word in each line from the top down!

3. I asked my friend's little girl what she wanted to be when she grows up.
 She said she wanted to be Prime Minister someday.
 Both her parents, active Labour Party supporters, were standing there,
 so, I asked her *If you were Prime Minister" would be the first thing you would do?*
 She replied, *"I'd give food and houses to all the homeless people.*
 Her parents beamed, and said, *"Welcome to the Labour Party!*
Wow...what a worthy goal!" I told her.

I continued, *"But you don't have to wait until you're Prime Minister to do that. You can come over to my house, mow the lawn, pull weeds, sweep my drive and I'll pay you £25. Then I'll take you over to the shop where the homeless guy sits outside. You can give him the £25 to use toward food."*
 She thought that over for a few seconds, then she looked me straight in the eye and asked, *"Why doesn't the homeless guy come over and do the work and you can just pay him the £25?"*
 I smiled and said, *"Welcome to the Conservative Party."*
 Her parents still aren't speaking to me!

4. A new teacher was trying to make use of what she had learned in her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!"
 After a few seconds, Little Larry stood up. The teacher said, *"Do you think you're stupid, Larry?"*
"No, miss, but I hate to see you standing there all by yourself!"

Larry watched, fascinated, as his mother smoothed cold cream on her face. *"Why do you do that, mummy?"* he asked. *"To make myself beautiful,"* said his mother, who then began removing the cream with a tissue. *"What's the matter?"* asked Larry *"Giving up?"*

Larry watched, fascinated, as his mother smoothed cold cream on her face. *"Why do you do that, mummy?"* he asked. *"To make myself beautiful,"* said his mother, who then began removing the cream with a tissue. *"What's the matter?"* asked Larry *"Giving up?"*

The maths teacher saw that Larry wasn't paying attention in class. She called on him and said, *"Larry! What are 2 and 4 and 28 and 44?"*
 Larry quickly replied, *"BBC2, ITV2, Dave and the CBBC!"*

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.
"Yes." said the policeman. *"The detectives want very badly to capture him."*
 Larry asked, *"Why didn't you keep him when you took his picture?"*

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest. After a few minutes, Larry asked, *"Dad, why are you doing that?"*
 His father replied, *"Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy."*
 Larry, looking worried, said, *"Dad, I think the Milkman wants to buy Mum"*

DISTRIBUTION OF "THE GREEN"

During the current Covid-19 crisis, the Newsletter is being distributed by email to all Members for whom we hold email addresses. Please keep Val Foreman (vfpolo@aol.com) notified of any changes in your email contact details

QUIZ REMINDER

As notified in last month's edition, anyone who would like to be involved in the weekly Pub Quiz being organised for the U3A should contact Quizmaster Colin Grimes (colin.grimes2@btinternet.com) who will be glad to add you to the mailing list. The majority of those who receive the quizzes do not return their answers for marking but use them simply to help to pass the time, often sharing with family and friends at home and abroad. Answers are supplied with the following Week's Quiz so that everyone can check their own efforts. Receiving them, therefore, puts you under no obligation. It's free and it's fun! Why not join in and help keep your grey matter active

Colin Grimes

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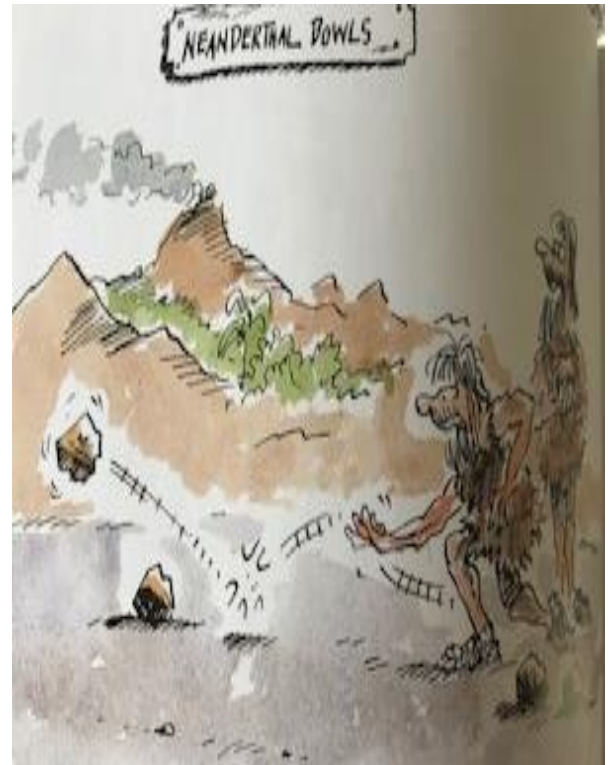
General Knowledge quiz. Mad Dogs and Englishmen

This 20-question quiz also has an added bonus question.

The first letters of each correct answer spell out the sub-title above.

1. Into which sea does the Nile flow?
2. Three continents lie on the Tropic of Capricorn, South America is one, name any of the other two?
3. In American currency 10 cents make a what?
4. Afrikaans was developed from which European language?
5. An Ortanique is a cross between a tangerine and what other fruit?
6. What Italian word for 'Scratched Drawing' can be found on walls all over the world?
7. What musical features 'Some Enchanted Evening' and 'There Is Nothing Like A Dame'?
8. What was the name of the first manned lunar landing mission in 1969?
9. Which boxer was nicknamed 'The Dark Destroyer'?
10. What was the name of Ritchie Valens' girlfriend?
11. What is the procedure called where an anaesthetic is injected close to the spinal cord?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. Who had his first UK top 10 hit with 'Wichita Lineman'?
14. Which sign of the Zodiac is represented by the Scales?
15. In which country was Rudyard Kipling born?
16. What is the gemstone for September?
17. What instrument has been nicknamed the 'Mississippi Saxophone'?
18. One and a half litres of champagne are known as a what?
19. In alphabetical order name the three particles that make up an atom?
20. What is the common name of the 'Aurora Borealis'?

BONUS QUESTION - WHAT DOES THE FIRST LETTER OF EACH ANSWER SPELL OUT?



Thanks to Rod Hegg for the Cartoons

Answers to the Crossword

<u>Across</u>	<u>Down</u>
Dire	Inauspicious
Titian	Employs
Moa	Taper
Damp	Tonic
Pinafore	Awful
Lie	Irresolution
Oslo	Erupt
Recalled	Aga
Dissimilation	Isa
Distaste	Threads
Rout	Theft
Ale	Sheep
Rudeness	Eased
Akin	
End	
Stupid	
Sane	

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

Funnies (Thanks Pat Lilley)

Bookseller conducting a market survey asked a woman: "Which book has helped you most In your life?"

The woman replied, "My husband's cheque book!!"

A prospective husband in a book store: "Do you have a book called 'Husband – the Master of the House?'"

Sales girl: "Sir, fiction and comics are on the 1st floor!"

Someone asked an old man: "Even after 70 years, you still call your wife – darling, honey, luv. What's the secret?"

Old man: "I forgot her name and I'm scared to ask her."

Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription ...

Simply showing marriage certificate and wife's picture is not enough!"

There are 3 kinds of men in this world.

Some remain single and make wonders happen.

Some have girlfriends and see wonders happen.

The rest get married and wonder what happened!

A lady says to her doctor: "My husband has a habit of talking in his sleep! What should I give him to cure it?"

The doctor replies: "Give him an opportunity to speak when he's awake! "

A thief entered a house mid-afternoon. He tied up the woman and at knife-point and asked the man, to hand over the jewellery and money.

The man started sobbing and said, 'You can take anything you want. But please untie the rope and free her. Thief: 'You must really love your wife!

Man: 'Not particularly, but she will be home soon!'

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 6th June 2020

SYSTON BOWLING CLUB

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

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**HAPPY
BIRTHDAY
to...**



**Mick Pipes
Julie Harris
Diana Lewis
Sandra Cattell
Jackie Clarke
Pam Pipes
Hazel Renshaw
Win Collins
Marjorie Clowes**

JOKES AND HUMOUR - DON'T BLAME ME, BLAME YOURSELVES FOR SHARING

Stay safe and keep smiling

Reflections on the Virus:

1. Half of us are going to come out of this quarantine as amazing cooks. The other half with a drinking problem
2. I used to spin that toilet paper like I was on Wheel of Fortune, now I turn it like I'm cracking a safe
3. I need to practice social distancing with the refrigerator
4. I still haven't decided where to go for Easter - the living room or the bedroom
5. Every few days, try your jeans on just to make sure they still fit. Pajamas will have you believe all is well in the kingdom
6. I don't think anyone expected when we changed the clocks, we'd go from Standard Time to the Twilight Zone
7. This morning, I saw my neighbor talking to her cat again. It was obvious she thought her cat understood her. When I got back into the house, I told my dog and we both laughed.
8. My body has absorbed so much soap and disinfectant lately that when I pee, it cleans the toilet.
9. I'm so excited it's time to take out the garbage. What should I wear?
10. I hope the weather is good tomorrow for my trip to "Puerto Backyard" cos I'm getting really tired of "Los Livingroom"
11. Classified ad:
Single man with toilet paper seeks woman with hand sanitizer for good clean fun

Better 6 feet apart than 6 feet under...!!

Thanks to Catherine Voyce

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& FAMILY**
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