

the **SYSTON GREEN**

Official Newsletter of the Syston Bowling Club

No 160– June 2020



Presidents

I hope everybody has been keeping themselves healthy and fit during the past few weeks and not piling too many pounds on. We still have a long way to go but things are gradually getting better.

It was great to be able to celebrate the 75th anniversary of VE day on May 6th with all of the neighbours. Everyone in the street trimmed up with flags and bunting and had tables and chairs on the front of their drives with a good selection of food and drinks. I hope you all did the same.

It's great to know that we can bowl again, a huge thank you to Roger Stone and his team for all their hard work. If you are using the green please make sure that you follow all of the rules

on cleaning the equipment and social distancing and stay safe.

Congratulations to Gary Kilbourne on being appointed the Leicestershire County Coach for the under 25's. It is just reward for all his hard work and dedication and a great honour for our club and I'm sure we all wish him success.

On a more sombre note it was very sad to hear that Mike Russell had passed away. There was a small guard of honour of members at his funeral and I'm sure we all offer our condolences to Janet and the family at this very sad time. God bless you Mike.

Pete Murray

Green Keeper's Update

Members may have noticed that the bin store area is now finished, a big thank you to Derek Renshaw and Martin Warner for doing that for us. Also, the repair to the damaged irrigation point has been completed.

It is great to see members gradually returning to the green for a casual roll up, hopefully this will continue to happen in larger numbers. However, could members in the interest of safety please ensure they continue to book a slot through myself. This is done to reduce the number of people down to a bare minimum touching surface, such as door handles keys etc.

This means only one person ever touches the green markers, and gives me the chance to make sure the disinfectant is changed before each game. In some ways this can be seen as fairly petty stuff, but is in everyone's interest to behave in as safe a manner as possible. Wishing you all an enjoyable, safe return to the green

Roger Stone.

More Funnies from Pat Lilley

If I had a dollar for every girl that found me unattractive, they'd eventually find me attractive.

Today a man knocked on my door and asked for a small donation towards the local swimming pool, I gave him a glass of water.

Artificial intelligence is no match for natural stupidity

My wife and I were happy for twenty-five years; then we met

Behind every great man is a woman rolling her eyes

If you keep both feet firmly planted on the ground, you'll have trouble putting on your trouser

When I married Miss Right, I had no idea her first name was Always

There may be no excuse for laziness, but I'm still looking

Women sometimes make fools of men, but most guys are the do-it-yourself type.

Covid – 19” by Judy Percival

Hope you are keeping well,
amid the doom and gloom,
Believing that this crisis will be
over very soon.

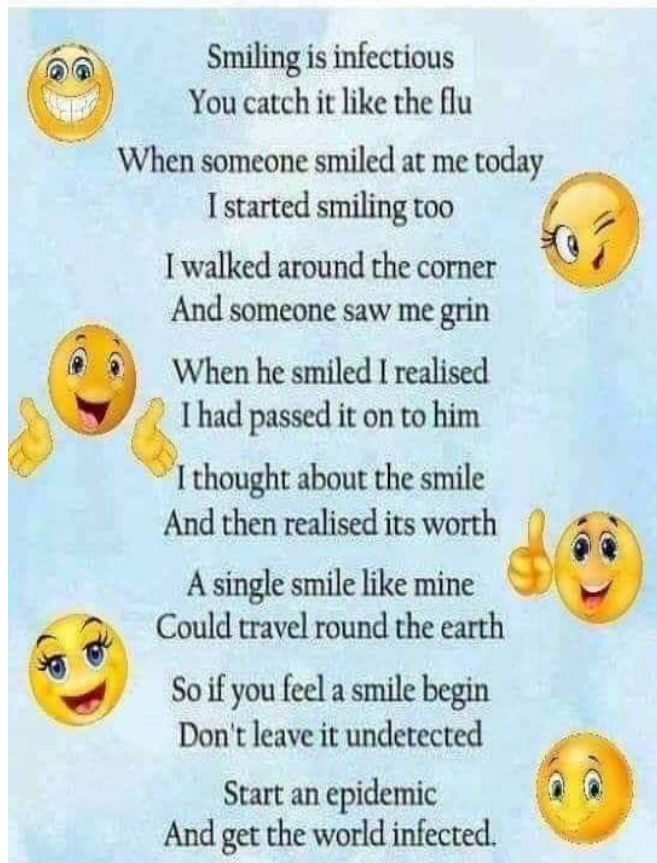
Take time to do neglected jobs -
and to smell the flowers
Listen to the bird song to fill the
empty hours.
Stay home during Lockdown
but take or reads a walk each day

Shout “Hello to friends and
neighbours whilst keeping well
away.

Play some lively music or read a
favourite book,
There are rainbows around the
corner if only you take a
look.

POEM From Rob Wilburn

**What a great poem by the late
Spike Milligan about smiling**



Hilarious Things My Mother Taught Me...

1. My mother taught me TO APPRECIATE A JOB WELL DONE . "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL . "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. " Because I said so, that's why."
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY "Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
9. My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

WEATHERPROOF JACKETS NOW AVAILABLE

Weatherproof jackets in Club colours have been delivered and are now available for purchase.

Payment (£35 each) can be made by cheque, payable to Syston Bowling Club and sent to Brian Arnold, 43 Orchard Way, Syston LE7 2AL, or by direct Bank transfer (Sort code **20-52-69** account number: 40322555).

Please contact Club Secretary **Colin Grimes** (Tel: 2608412; email: colin.grimes2@btinternet.com) to arrange collection/delivery. Colin will also be happy to take your cheques.

The consignment was based on provisional orders signalled at the close of last Season. Additional jackets for those who did not order at the time are available.

Completion of purchase would be appreciated to assist Club cash flow at this difficult time.

COMMUNICATIONS

Members for whom we hold email addresses have been kept fully informed of announcements from Bowls England about the relaxation of “lockdown” regulations, enabling a limited return to the green.

The system of pre-booking through the kind offices of Green Ranger, Roger Stone, and the associated precautionary measures put in place in the clubhouse and on the green appear to be working well.

If you know of any Member who does not have access to email, please keep them informed and up-to-date with developments so that we can all have the opportunity to benefit from access to the green in the weeks ahead.

VOLUNTEER CENTRE SEEKS TO SUSTAIN VOLUNTEER SPIRIT

Syston and District Volunteer Centre, far from dormant over the past three months of “lockdown”, is now actively planning to meet future needs of those in need within our local community.

Taking full advantage of the closure, with staff working from home or on furlough, the office has undergone a major internal makeover. Staff now have much more working space and the visitor experience will be much more comfortable, friendly and welcoming.

The Centre is grateful to the Wolfson Foundation for a grant of £24,000 which has enabled the work to be completed.

Individual transport services to those in need are being sustained throughout the whole period. Sincere thanks are due to all those volunteers whose dedication and commitment are enabling us to continue our operations so successfully – both in transport and other personal support services .

However, until the requirements of social distancing are relaxed and venues are once again operative, Group trips and excursions have been – and will unfortunately remain – suspended.

Looking ahead, it is now clear that as Covid-19 restrictions are eased, the Centre will face an immediate increase in demand for transport and other support services. At the same time as the NHS turns its attention to tackling the backlog of outpatient appointments, individuals will also seek to rapidly re-establish contact with families and friends and begin, once again, to manage their own shopping and social contacts held in abeyance for so long. To maintain any sense of credibility, it is vital that the Centre should be in a position to provide a positive response.

Unfortunately, at this critical time, we will lose the support of those volunteers who will be returning to work at the end of their furlough arrangements. We therefore anticipate a serious struggle to find enough volunteers in time to meet this surge in demand.

We are therefore appealing to all those who, perhaps for the first time, have been volunteering over the past few months, to seriously consider sustaining their support in the months ahead. While volunteer drivers remain our primary concern, through the Centre we need to respond to a wide range of requests for additional assistance and support – shopping, befriending, gardening, DIY are all in high demand. Our hard-pressed staff could also use some in-house support with their office duties.

If you are able to lend a few hours per week, at times to suit yourself, to offer voluntary support to those in need – whatever your skills, talents or interests - please contact the Centre to arrange a discussion on how best you might serve.

In the aftermath of the Covid-19 crisis we will undoubtedly identify a whole new range of challenges created by months of enforced isolation. Let us join together to sustain this new-found enthusiasm for the mutually rewarding practice of voluntary community service. Let the Centre harness the range of talents which have

been released during these difficult past months to ensure that any potentially lasting damage to those in need is minimised.

CG

LOCKDOWN LAUGHTER - THE BENEFITS OF EXERCISE

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at £3,000 per month.
- I like long walks, especially when they are taken by people I can't stand!
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I have to walk early in the morning, before my brain figures out what I'm doing..
- I joined a health club last year, spent about £250. Haven't lost a single pound. Apparently you have to go there!
- Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.
- I do have flabby thighs. Fortunately, my stomach covers them.
- The advantage of exercising every day is so when you die, they'll say, '*Well, he looks good, doesn't he?*'
- If you are going to try cross-country skiing, start with a small country.
- I know I got a lot of exercise the last few years,..... just getting over the hill.
- We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.
- Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave, I look just fine.

CG

LOST IN TRANSLATION

Strange notices from around the world – Reminders of times when we could travel!

- In a Bangkok temple:
IT IS FORBIDDEN TO ENTER A WOMAN, EVEN A FOREIGNER, IF DRESSED AS A MAN.
- Cocktail lounge, Norway:
LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR.
- Doctor's office, Rome:
SPECIALIST IN WOMEN AND OTHER DISEASES.
- Dry cleaners, Bangkok:
DROP YOUR TROUSERS HERE FOR THE BEST RESULTS.
- On the main road to Mombasa, leaving Nairobi:
TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE.
- In a City restaurant:
OPEN SEVEN DAYS A WEEK AND WEEKENDS.

- In a cemetery:
PERSONS ARE PROHIBITED FROM PICKING FLOWERS FROM ANY BUT THEIR OWN GRAVES.
- Tokyo hotel's rules and regulations:
GUESTS ARE REQUESTED NOT TO SMOKE OR DO OTHER DISGUSTING BEHAVIOURS IN BED.
- On the menu of a Swiss restaurant:
OUR WINES LEAVE YOU NOTHING TO HOPE FOR.
- In a Tokyo bar:
SPECIAL COCKTAILS FOR THE LADIES WITH NUTS.
- Hotel, Yugoslavia:
THE FLATTENING OF UNDERWEAR WITH PLEASURE IS THE JOB OF THE CHAMBERMAID.
- Hotel, Japan:
YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID.
- In the lobby of a Moscow hotel across from a Russian Orthodox monastery:
YOU ARE WELCOME TO VISIT THE CEMETERY WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS AND WRITERS ARE BURIED DAILY EXCEPT THURSDAY.
- A sign posted in Germany 's Black Forest:
IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE THAT PEOPLE OF DIFFERENT SEX, FOR INSTANCE, MEN AND WOMEN, LIVE TOGETHER IN ONE TENT UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.
- Hotel, Zurich:
BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.
- Advertisement for donkey rides, Thailand
WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?
- A laundry in Rome:
LADIES, LEAVE YOUR CLOTHES HERE AND SPEND THE AFTERNOON HAVING A GOOD TIME.

CG

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HEALTHCARE FOR THE OLDER PERSON

This month's topic – HYPERTENSION

Undiagnosed high blood pressure, also known as hypertension, affects nearly seven million people in the UK. The only way to find out whether or not you have high blood pressure is to have your readings taken by a nurse or doctor.

What is Hypertension?

The British Heart Foundation defines hypertension as follows:

High blood pressure – or hypertension – means that your blood pressure is consistently higher than the recommended level. High blood pressure is not usually something that you can feel or notice, but over time if it is not treated, your heart may become enlarged making your heart pump less effectively. This can lead

to heart failure."

Blood pressure is recorded using two numbers. The top number is your **systolic** blood pressure. This represents the force with which your heart pumps blood around your body. The bottom number is your **diastolic** number which represents the resistance of the blood flow in the blood vessels.

Guidelines provided by the NHS state that:

High blood pressure is considered to be 140/90mmHg or higher.

Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg

Low blood pressure is considered to be 90/60mmHg or lower.

These are only general guidelines. Older people tend to have higher blood pressure so their 'normal' blood pressure is different. If you are worried about your own blood pressure, consult your GP.

What are the signs of hypertension?

Unfortunately, noticeable signs of high blood pressure are rare. Most people only notice symptoms of hypertension when their blood pressure reaches dangerously high levels. This is known as hypertensive crisis. Symptoms of hypertensive crisis include severe headaches, anxiety, chest pain, nosebleeds, and irregular heartbeat. These symptoms require emergency treatment.

Causes

The exact causes of hypertension are unknown. However, we do know that hypertension is more common in older people than younger people and is seen more frequently in people of African and Caribbean descent. Genetics and family history can also play a role in whether or not a person will develop high blood pressure.

Overall, there are many different factors that contribute to high blood pressure. The following behaviours play a big part in the development of hypertension:

- **Smoking.**
- **Being overweight.**
- **A lack of exercise.**
- **Drinking excessive amounts of alcohol.**
- **Eating too much salt.**
- **Not eating enough vegetables and fruit.**
- **A lack of sleep.**

People who suffer from stress and conditions such as kidney disease and thyroid disorders are also more likely to have high blood pressure.

Treating Hypertension

Your heart has to work much harder as your blood pressure rises. This stronger force of blood can damage your arteries, blood vessels and heart, leading to a reduced blood flow in the body. This increases your risk of heart attacks, heart failure, strokes, kidney damage, vascular dementia, and eye damage.

However, there are lots of ways to treat and manage high blood pressure. Making simple changes to your lifestyle can have a huge effect on your blood pressure.

Diet

Salt is one of the biggest culprits when it comes to high blood pressure, so try and avoid adding extra salt to your food. You should also check food packaging for hidden salt content, which accounts for around 75% of the salt we consume. Other tips for avoiding high levels of salt include:

- Flavouring your food with other things, such as pepper, garlic, herbs, spices, or lemon juice.
- Avoid saltier foods like bacon, or choose low-salt options where possible.
- Always taste your food before adding salt to it. In all likelihood, it will taste fine without!

Try and avoid foods high in saturated fat and sugar and replace them with healthier fruit, vegetables and natural foods. Include more complex carbohydrates (brown rice and whole-wheat bread and pasta), lean meats and legumes in your meals to replace processed foods.

Become a more active

A sedentary lifestyle is also dangerous for the blood pressure. Slowly add more exercise to your day. Start with a 15-minute walk and then increase that time in small increments. Eventually, you could walk for an hour a day, then move on to a jog if you can! However, if you have been diagnosed with high blood pressure, it is advisable to consult your doctor before starting a new exercise routine.

Stop smoking

We all know that smoking is incredibly harmful to health. The nicotine in cigarette smoke raises your blood pressure and heart rate, narrows and hardens your arteries and makes you more prone to blood clots.

Alcohol

Drinking too much alcohol can cause a number of health problems. Going over the recommended limits can increase the risk of high blood pressure. Here are the guidelines:

- Men and women should not drink more than 14 units of alcohol each week.
- You should have several alcohol-free days each week.

Alcohol is also high in calories, which can lead to weight gain and high blood pressure.

Sleep

You should always aim to try and have at least six hours of sleep each night. Long-term sleep deprivation has been linked with a rise in blood pressure. It has been said that sleep helps your blood regulate stress hormones and helps your nervous system to remain healthy.

Medication

Besides these lifestyle changes, blood pressure can be managed using drugs and medications prescribed by your doctor. Most people will be required to take a combination of different medicines, and the ones recommended to you will vary depending on your age and ethnicity.

If you're under 55-years-old, you will commonly be offered an ACE inhibitor or an angiotensin-2 receptor blocker. If you're aged 55 and over, or if you're of African or Caribbean origin, you will usually be offered a calcium channel blocker.

It's essential that you take your medications as directed, in order for them to be as effective as possible. Using drugs combined with the lifestyle changes can really impact your blood pressure and begin to bring it down.

Checking your blood pressure

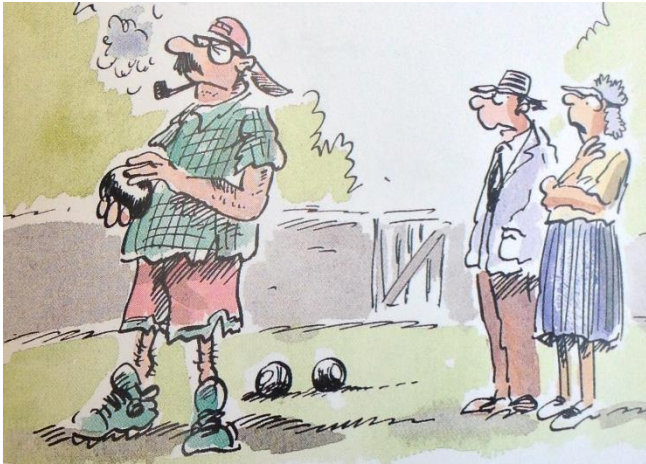
To find out your blood pressure, you will need to have a blood pressure test. The NHS recommendation is that all adults over 40 get their blood pressure checked at least every five years. This is quick and easy but could potentially save lives. You can get yours checked at your GP surgery. Some pharmacies and workplaces also offer the tests

If you find that you have pre-hypertension or high blood pressure, you may need to check your blood pressure more regularly. You can do this yourself at home using a manual or automatic blood pressure machine. Your GP will be able to advise the most suitable device for you.



Colin Grimes

Thanks to Rod Hegg for the cartoon



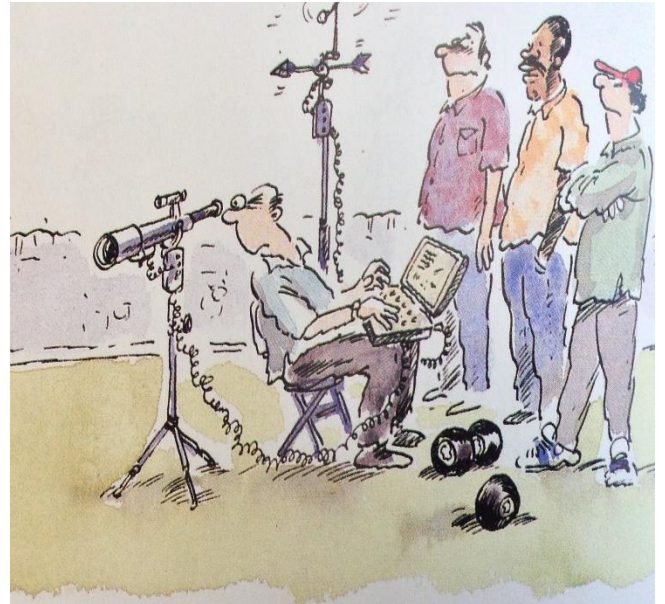
"I'm all for bringing bowls to the country's youth, but is Gordon the right ambassador?"



"Superglue on the jack is just not funny any more, Ted..."



"There's nothing wrong with saying 'hard luck' – but you'll have to learn not to snigger..."



"Leaves nothing to chance, your partner?"

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 3rd July 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...**



**Jenny Dewick
Geoff Ellis
Derek Renshaw
Martin Warner
Janice Wilbourn
Rob Wilbourn
John Lester
Alf Newman
Mark Newman
Aideen Talbot
Audrey Fox
Marion Palmer**

- 1. Mediterranean**
- 2. Australia, Africa**
- 3. Dime**
- 4. Dutch**
- 5. Orange**
- 6. Graffiti**
- 7. South Pacific**
- 8. Apollo XI**
- 9. Nigel Benn**
- 10. Donna**
- 11. Epidural**
- 12. Nicotine**
- 13. Glen Campbell**
- 14. Libra**
- 15. India**
- 16. Sapphire**
- 17. Harmonica**
- 18. Magnum**
- 19. Electron, Neutron, Proton**
- 20. Northern Lights**

BONUS ANSWER

MAD DOGS AND ENGLISHMEN

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