

# *the* SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 161– July 2020

---



At this time of year, the garden is full of wonderful colours, don't waste this vista, get your deckchair out and just sit and enjoy the fruits of your labours, perhaps with a nice cup of tea or maybe a gin and tonic.

So, when you feel like it lets get on with gardening. Plants which are putting all their energies into growing require constant supply of food and water at this time. Supplementing these food supplies can have dramatic results, particularly where the plants' roots area is restricted when they are confined in containers or growing bags. However, do make sure you apply the right fertilizer, at the recommended dosage, as specified in the manufacturers' instructions, printed on the packet.

If you are growing tomatoes, once the first truss of flowers has set and you can see the first pea-sized fruits, give the plant a feed of high-potash fertilizer. Any of the proprietary brands of special liquid fertilizers would be ideal. But again, read the instructions on the container before you use it. Plastic or rubber gloves are a good idea when using any fertilizers whether liquid or dry.

Climbing roses will be putting on a good deal of growth and some will have started to flower. New growth should be tied into a trellis or other support before it gets too untidy and difficult to manipulate. Use a strong twine or rose ties to secure the stem, but make sure they are not too tight otherwise further growth may be constrained. Also make sure the trellis or other support is strong enough for the job, otherwise the whole lot can land face down in the ground, breaking the main stem and ruining the plant.

Weeds will still be germinating rapidly at this time, so keeps the hoe moving among the plants in the beds and borders or hand weed where you can't get the hoe in. If you can pull up your weeds before they flower and seed all the better as you know, one year's seeding can mean Severn years weeding.

With the holiday season coming up, keep on top of routine jobs such as cutting the lawn and tidying beds and borders, so that you do not come back to a neglected looking garden. Just a few minutes a day on these jobs before you go will be well spent and ensure that you do not have loads of work getting it back into shape as soon as you return home.

Ideally, ask a friend or neighbour to water containers and hanging baskets and return the favour when they go away. If this is not possible, water very well and then remove to a shady spot and stand in a large saucer or tray of water and this should suffice, and don't forget your house plants, these always want watering with water at room temperature.

As the weather gets dryer, the grass in your lawn grows more slowly, don't worry if it looks yellow or brown it will soon revive when the rain does come again, but when it does it will need frequent trimming. Don't let the grass become too long as this will make it more difficult to cut in the long run. The ideal length for grass in most lawns is between 1.25" (30mm) and 1.75" (45mm). It can be shorter if not used very much or longer if you have children running on it.

Dead-heading makes rose bushes and most other flowering shrubs look tidier and encourages the plants to continue flowering for longer. This simple chore really is worth the little effort it takes. If you do not dead head at this time of year the roses may begin to revert back to their natural state and produce seed heads which are better known as rosehips. Dead heading also gives you an opportunity to check for signs of pests and diseases, both of which can

spread rapidly. It is especially important to get the plants clean before you go away on holiday, or you may come back to thoroughly infested plants.

Feed and water your containers, dry fertilizers are generally applied earlier in the year and are usually slow acting over a period of weeks and months. At this time of year feed is best given in quick-acting liquid form. After regular watering, feeding is the other key to success with plants in containers and baskets. It really is worth the effort, and those in powder form that you mix with water are very economical, but do read the instructions for the right proportions. Hanging baskets will need abundant watering and twice a day is not too often in very hot weather. More failures are due to water shortage than any other reason. Although some plants, like pelargoniums will tolerate a degree of neglect if they have to, others like Lobelia can be ruined if you let the basket dry out for a single day.

Don't forget that your garden should give you pleasure, so take another look at the top of this article and take some time out to enjoy the fruits of your labours, you can simply keep things looking tidy, and spend as much time as possible relaxing in that deckchair, with a cup of tea, a pint or a G&T.

**Chris Dodge**

## Your Favourite Local Landscaping Company



Garden Maintenance Packages From £47 per Month  
[www.leicestershiregardendesign.co.uk](http://www.leicestershiregardendesign.co.uk) | 0116 2100 760

Summer can be the ideal time for staining or sealing wood fences, sheds, or decks. We've assembled a list of tips & how-to's to make sure you're ready for your project.

1. Plan to stain or seal when the temperature will be between 10-32°C. Make sure you have a 48-hour window following treatment when the weather will be dry.
2. Don't know whether your wood NEEDS staining? Splatter the timber with water. If it beads up, then you probably don't need to treat again yet.
3. Apply a cleaner to remove dirt, nail stains, mildew, and algae. Follow instructions on the cleaner. If using a power washer use a fan nozzle and test on a small section first to avoid any potential damage.
4. Fix or replace damaged boards. Keep in mind that new wood will have different colouring than the older wood.
5. Apply stain or sealer following instructions on the product. Don't apply in direct sun.

As always if you need direction or help, we're always here to answer questions. You can call us on [0116 210 0760](tel:01162100760) or email us at [info@leicestershiregardendesign.co.uk](mailto:info@leicestershiregardendesign.co.uk).

"Committed to designing and maintaining beautiful gardens"

## CLUB LIBRARY

All of the DVDs and CDs stored on the Club library shelves have now been individually numbered and catalogued. Printed lists are pinned to the shelves to enable you to see what's available and find what you want very easily. In these difficult lockdown times, you might find among the collection some films, audio books or music that will help you pass the time more pleasantly.

The same contribution of 30p per item as for our books applies.

Why not have a look at the list to find something to your taste?

**Norma**

## REMINDER - 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. Many apologies but, contrary to what was said in last month's Newsletter, additional jackets for those who did not order at the time are unfortunately **not** available.

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

## HEALTHCARE FOR THE OLDER PERSON

### This month's topic – INCONTINENCE



**At an old farm in Wales where I holidayed as a child, they had a double loo seat! Evidently in the good old days it was quite common to make a visit to the toilet a social event, an opportunity for a good chat!**

Today we are much more reticent about our normal bodily functions and visits to the bathroom are something most of us really don't want to discuss with anyone and certainly don't want to share!

But as we get older, various levels of incontinence can occur making those visits to the toilet far more frequent.

**Incontinence** - a weakening in the control of your bladder or bowel movements - can be

caused by many things.

Most women who have had children will already have been familiar with the potential of weakness or damage to the muscles in the pelvic floor and how this can lead to a "leak" when you laugh or sneeze. As we age, these muscles may naturally weaken and then people can experience a leakage or sudden urge to pass urine during exercise, laughter, sneezing and so on.

Also, as we grow older, those full night sleeps become a thing of the past and many people find they have to get up at least once in the night to visit the toilet. If you are woken more than twice a night, the medical term for this is **nocturia**.

Sometimes people can experience a leaking bladder throughout the day and this is of course embarrassing although probably not as rare as you think. Sometimes this can be due to constipation when a full bowel exerts pressure on the bladder.

For men, pressure from changes in the prostate gland can create an urge to urinate.

The first thing anyone should do when they find they are suffering from any level of incontinence is to see a doctor. Medical professionals have none of the shyness many of us encounter when trying to talk about matters like this; they recognise that going to the loo is an essential part of our existence and normal bodily function for absolutely everyone.

And it is important to understand that incontinence is not necessary – that it is not just a symptom of age or a general weakening of muscle control. A urine infection can cause incontinence which can be cleared up by antibiotics. There is a diagnosis of "over-active bladder" which can sometimes be treated with "bladder re-training". Chronic constipation can exert pressure on the bladder causing incontinence, so this is another area that may need to be investigated. Changes in the prostate gland as mentioned can cause incontinence in men **and this needs to be investigated quickly**.

There are also unexpected side effects from nocturia. For instance, it can also be responsible for accidents in the home because many people stumble out of bed half asleep, don't put on proper lighting because they don't want to disturb their partner or the household, and then trip over something on the floor on their way to the toilet.

Unfortunately, for some people, there is no solution and in certain cases, incontinence pads and other products can help.

Today there is a wide range of products in normal chemists so obtaining the best items is not difficult. **Don't let embarrassment stop you from seeking appropriate treatment promptly.**

## LOCKDOWN LAUGHS

### NOTICE IN LOCAL SPORTS CENTRE:

**Swimming pools are to re-open from the 4th July, but due to social distancing, there will be no water in lanes 1, 3 and 5.**



Working from home, but missing the train trips.

## THIS IS US

**Senior citizens** are constantly being criticised for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

**HOWEVER**, upon reflection, we would like to point out that it was **NOT** the senior citizens who took:

The melody out of music,

The courtesy out of driving,

The commitment out of marriage,

The togetherness out of the family,

The service out of patriotism,

The civility out of behaviour

The dedication out of employment,

The ambition out of achievement or

The pride out of appearance,

The romance out of love,

The responsibility out of parenthood,

The learning out of education,

The nativity scene out of cities,

The refinement out of language,

The prudence out of spending,

The concept of right and wrong

And we certainly are **NOT** the ones who eliminated **patience** and **tolerance** from personal relationships and interactions with others!

**YES, I'M A PROUD SENIOR CITIZEN!**

I'm the life of the party..... even if it lasts until 8 p.m.

I'm very good at opening childproof caps.... with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realise that ageing is not for wimps.

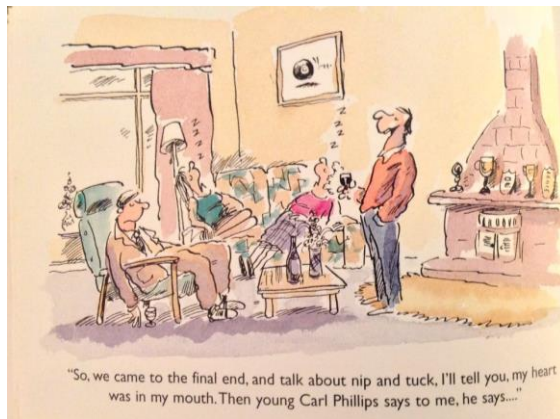
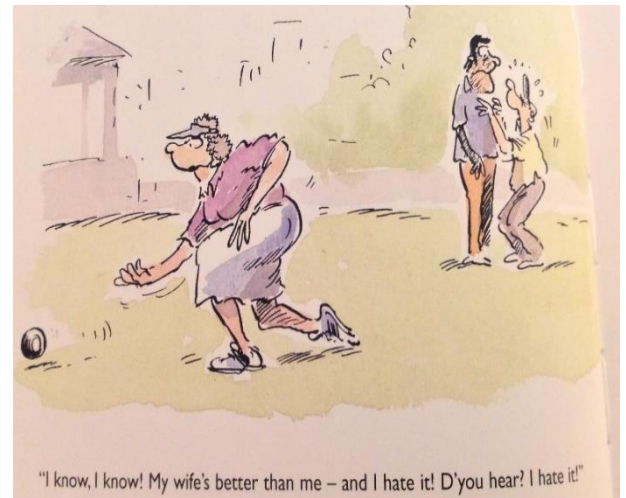
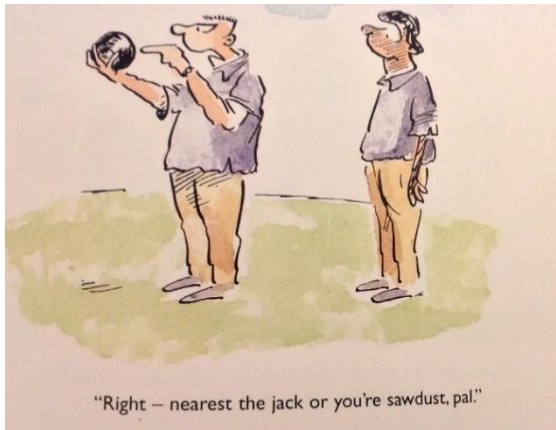
**YES, I'M A SENIOR CITIZEN** - and I think I am having the time of my life!

Join me!

Spread the laughter

Share **Go Green - Recycle Westminster!**





Thanks to Rod Hegg 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 Saturday 25th 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](mailto:systonbowling@btinternet.com)**

## HAPPY BIRTHDAY to...



John Clarke  
Diane Rudkin  
Marilyn Wood  
Pauline Wright  
Catherine Voyce  
Colin Grimes  
Ray Dexter  
Trevor Waterfield  
Jenny Aitken  
Betty Creasey  
Michael Faver  
Sue Howell  
Pat Lilley

### Wordsworth in Lockdown:

I wandered lonely as a cloud,  
Two metres from the madding crowd,  
When all at once my name was called  
To enter Waitrose hallowed hall.

This was the pensioner's special hour  
I'd gone to get a bag of flour,  
But I forgot -when through the door -  
What I had gone to Waitrose for.

The Waitrose staff are extra kind  
I told them it had slipped my mind,  
They ask what else I had forgot  
They clearly thought I'd lost the plot.

I phoned my wife again to ask  
She reminded me of this special task  
"I need some flour to bake a cake  
With all that cream you made me take!"

"Ah yes, I recall" I had to lie,  
I dared not ask what flower to buy,  
But then I saw them at the tills  
A bunch of golden daffodils.

### Syston Bowling Club Update

The Board has arranged a meeting for Tuesday 14<sup>th</sup> July.

In addition, Ken Renshaw is prepared to look into the possibility of opening up the bar for social gatherings, if there is any interest up the bar for social gatherings, if there is any interest.

Further details will be advised to members in due course

**Sue Renshaw**

**Never in my whole  
life would  
I imagine my hands  
would consume  
more alcohol than  
my mouth!!**



[www.silversurfers.com](http://www.silversurfers.com)

To all the grandparents  
who are missing their  
grandchildren.  
When this is over you can  
have them for a month.

Promise.



[www.familiesmagazine.com.au](http://www.familiesmagazine.com.au)



**Self Isolation Chair**

Notice from the Association of  
Psychiatrists

Dear citizens,  
During the quarantine it is considered  
normal to talk to your plants and pets.  
Kindly contact us only if they reply.

Thank you



**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

**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

For a free consultation:  
Tel: 01664 420281  
Email: info@adamlongley.co.uk




**Syston  
Town Council**

**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

Contact:  
01162 101 722  
07504 103 325  
r.cranmer@ntlworld.com  
www.feetaid.co.uk

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

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

**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

**Jennings**  
Ladies' fashions & lingerie  
Bra measuring service

CHARNOS  
NATURANA  
LEPEL  
BESTFORM  
PLAYTEX

**GIFT IDEAS FOR ALL SEASONS**  
Handbags, jewellery, scarves, knitwear, nightwear and so much more .....

**15 HIGH STREET, SYSTON**  
Tel: 0116 260 6747