

# the **SYSTON GREEN**



Official Newsletter of the Syston Bowling Club No 166 – December 2020

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## PRESIDENTS MESSAGE

As this is the last newsletter of the year, I would like to wish everyone a very happy Christmas and a much better new year. I'm sure I speak for everybody in thanking Sue for doing a wonderful job by producing the newsletter each month, not an easy job, thanks Sue.

It has been a terrible year for everybody with no bowling, no socials, no coffee mornings but with the possibility of a vaccine next year there is hope around the corner.

Following the AGM, such as it was, I would like to congratulate all those who put their names forward for office and were elected and I would like to thank those who decided to stand down for their past contribution. I would especially like to thank retiring Chairman George Dodge for his outstanding work over the past years, a hard act to follow, but I'm sure Kate Williams will be up to the task ahead. Finally, I wish everyone a very safe Christmas and new year.

**Pete Murray**



Hi everyone

Just a few words to say hello and hope that you are all keeping safe and well.

It has been a "funny" old year not able to see each other and having a game of bowls together. I couldn't do that this year but if you had been playing, I could have enjoyed coming to the games, but as we all know it wasn't possible. So, it only leaves me to say Hi and enjoy a "Merry Christmas" but most of all a Very Happy New Year to everyone, and hope things will be much better for us next year.

Keep well and safe

**Sheila Aindow**

Seasons greetings to one and all.

As there is no coffee morning to distribute our usual Christmas cards this year, I will use this medium to say to all our members and your families, just that I wish you a Merry Christmas and a Happy, Prosperous and Healthy New Year.

**All the best from Chris and George Dodge**



## DEVELOPMENT DIRECTOR'S REPORT

### Board of Directors

Tier 3 restrictions in response to the Covid pandemic have caused meetings of the Board of Directors to be postponed once again. Our next meeting is now scheduled for January.

Meanwhile, new Chairman Kate Williams, Finance Director Steve Rudkin and Premises Director



Ivan Jordan have quietly taken over from George Dodge and Brian Arnold.

Our thanks and gratitude are due to these retiring officers whose dedication and selfless commitment have made a significant contribution towards the current healthy state of the Club.

Our reputation within the County has never been higher and, away from the green, both financially and administratively, we are demonstrably strong enough to face and survive the varied

pressures imposed by the pandemic.

### Management Committee

By now, under the direction of our President, the Management Committee, responsible for fixtures and competitions, would normally be actively engaged in planning the fixture list and calendar for the 2021 Season. Current Covid-regulated conditions make those tasks difficult, if not impossible, until the scale of the effects of the pandemic on our access to the green and interaction with other Clubs is made clear.

An outline fixture list already exists and could be comparatively easily activated once an "All Clear!" is given.

The organisation of Club competitions for 2021 remains problematical since we still do not have a replacement for Andy Savage as Competitions Secretary. I would appeal to each one of you reading this message to consider offering your services to assist the President to ensure as full a programme of competitions as the public health situation at the time will permit.

At the same time – and as a possible alternative – please remember that we are still looking for a Club Secretary to serve on the Management Committee. Since unification, the demands of this post have been significantly reduced. Much of the responsibility involved has been passed to the Administrative Director on the Board. Apart from keeping the Minutes of meetings (currently held on a monthly basis), the Club Secretary's major function is to act as a focal point for communications between the County and the Club.

Access to email is essential.

### Winter Social programme – Prize Quiz

Many of us will sadly miss the regular social events so well-organised by Hazel Renshaw and her band of stalwart helpers throughout the close Season – particularly the Christmas and New Year parties.

If anyone would like to be included in a Bumper Christmas Quiz (*organised primarily for the U3A*) please let me know ([colin.grimes@btinternet.com](mailto:colin.grimes@btinternet.com)) and I'll be happy to add your name to the distribution list.

### Next Season

(A repeat of my message last month) Much, of course, depends on the current state of the pandemic at the time that we will look to launch the 2021 Season. In accordance with tradition, the first Friday in March has been provisionally set as the date for "Meet the President", the occasion when members are invited to renew subscriptions and arrange competition entries. As already announced, the fees structure for next year has been "frozen" at the same level as this year, with the option to claim a modest discount in view of the enforced closure of the green during April and May this year. Competition entry fees will also be held at current levels. Renewal forms, providing full details of confirmed plans for the Season, will be issued during February.

***Whatever the Corona virus might be throwing at us in March, it is to be hoped (expected, even) that all currently registered Members will renew in order to ensure the longer-term survival of our fine Club.***



## HEALTHCARE FOR THE OLDER PERSON

This month's topic – Norovirus

While we are all naturally pre-occupied with the challenges of the Covid pandemic, it should not be forgotten that we all remain vulnerable to the range of illnesses – such as influenza - that normally circulate especially at this time of year. Hopefully, all qualifying readers will have taken up the opportunity to have a free “flu-jab” either through their normal doctor's surgery or a local pharmacy.

Norovirus

Another disease which increases in prevalence at this time of year is norovirus which can affect anyone at any age, including the elderly. Though seniors may not be more likely to “catch” the virus, we can experience more serious consequences due to the vomiting or diarrhoea it causes. In severe cases, norovirus can be fatal.

### **How is norovirus transmitted?**

Seniors catch norovirus the same way any other person does, as age is not a factor in catching the virus. Essentially, norovirus spreads if we consume liquid or food that has come into contact with the virus or simply from being around someone who has it. Anyone living in a nursing home or assisted living facility (or on a cruise or in a hotel) may have more of a chance at getting norovirus, as they are around more people than if they lived at home. They also rely on others to prepare their food, increasing the risk of contact with someone who could be working in that community that is infected with the norovirus.

### **What are the symptoms?**

Symptoms include vomiting, diarrhoea, stomach cramps, and nausea. Sufferers may or may not experience headache, body aches, or light fever. Norovirus tends to come on quite suddenly. One moment you're feeling fine and the next you're in the bathroom wondering what in the world you ate that is causing such a disruption. Symptoms last around one to two days, but the virus will continue to be contagious for up to two weeks after.

### **Is there a treatment for norovirus?**

There is no cure for norovirus, as the virus runs its course in a couple of days. It is essential to keep anyone who catches norovirus hydrated. Give them plenty of liquids to drink (preferably healthy drinks like water, 100% juice, etc.) regularly throughout the day. This will help them from becoming dehydrated, as dehydration can result in serious issues, including death.

Dehydration symptoms include:

- Dry mouth
- Decreased or no urination
- Getting dizzy when standing up
- Lethargy

If you notice such symptoms, contact a doctor or go to the hospital, as you (or your loved one) may be experiencing dehydration and need intravenous fluids.

### **Take precautions**

Whatever the age, take precaution when it comes to norovirus. After using the toilet/bathroom wash hands in hot water and soap for at least 30 seconds, including your fingernails. (We should all be used to this by now!) Be mindful of how you handle foods. Wash fruits and vegetables well, thoroughly cook shell fish, and regularly clean and disinfect surface areas where you handle and cook food.

If you come down with norovirus, take a break from preparing meals for others. Stay home and avoid contact with others as far as possible. Be as independent as possible and look after yourself. Keep in mind that you are still contagious even after your symptoms have passed.

If you're caring for someone who comes down with norovirus, immediately remove their clothes and wash any contaminated clothing in hot water. Have them bathe in hot (but not scalding, of course) water and wash your own hands well.

Taking the time to do these things can help prevent others from getting norovirus, as well as inhibiting a general norovirus outbreak.

## LOCKDOWN LAUGHTER

### ***"On getting older"***

*"I don't always go the extra mile, but when I do, it's because I missed the exit"*

*"Most people don't think I'm as old as I am until they hear me stand up."*

*"If you see me talking to myself ... I'm having a staff meeting!"*

*"As I watch this generation try to rewrite history, one thing I'm sure of ..... it will be misspelt and have no punctuation!"*

### ***A Seasonal poem of our time***

*(With acknowledgements)*

T'was the month before Christmas, and all through the town

People wore masks that covered their frown.

The frown had begun way back in the Spring

When a global pandemic changed everything.

They called it Corona but, unlike the beer,

It didn't bring good times; it didn't bring cheer.

Contagious and deadly, this virus spread fast

Like a wildfire that starts when fuelled by gas.

Airplanes were grounded; travel was banned.

Borders were closed across air, sea and land.

As the world entered lockdown to "flatten the curve",

The economy faltered and folk lost their nerve.

From March to July, we rode the first wave.

People stayed home and tried to behave.

When Summer emerged, the lockdown was lifted.

But away from caution, many folks drifted.

Then, in November, cases were spiking.

Wave two had arrived, much to our disliking.

Frontline workers, doctors and nurses,

Try to save people from riding in hearses.

This virus is awful, the Covid-19

There isn't a cure. There might be vaccine.

It's true that this year has had sadness a-plenty.

We'll never forget the year 2020.

And just round the corner – the holiday season!

But can we be "Merry"? Is there even one reason

To decorate the house and put up the tree,

When no-one will see it, no-one but me?

As outside my window the snow gently falls

And I think to myself "Let's deck the halls!"

So, I gather the ribbons, the garlands the bows.

I play the old carols; my happiness grows.

Christmas ain't cancelled – and neither is hope.

**If we lean on each other, I know we can cope.**

**COLIN GRIMES**



## GOOD NEWS MESSAGE for 20/21

The last year has been very stressful one for all of us.

Here's hoping 2021 will see us doing the things that will make us happy. First of all, hopefully hugging and greeting our family and friends.

It may well be into next year before we all get the vaccination, but with social distancing we can enjoy getting back on to the green during the year.

I would like to take this opportunity to say have a safe and happy Christmas and all the best for the New Year.

I look forward to seeing you soon

**Club Captain Derek Renshaw**

### Gardening Tips

Cleaning up your garden in autumn can lead to a healthier garden in the next growing season. We've compiled a list of important tasks and some tips to help you extend the life of your plants.

1. Remove any plant supporting items like bean stakes, tomato cages, or moveable trellises. Clean them by wiping them down and spraying with a water and bleach solution. This will kill any diseases that may be clinging to the supports.
2. Clean the garden and trim back dead plant material. Remove dead plants, old fruit and vegetables, and rake leaves from the lawn. Plant material can be composted or if it shows sign of disease burned or otherwise disposed of.
3. Add mulch or compost to vegetable gardens and/or planted beds to insulate plant roots from cold and fertilise for the winter.

### Removing Stains from Garden Paving

Getting stains out of natural stone paving is not impossible, you just have to have the right tools.

Here are some steps and tips for all stain types

Assemble the tools depending on the stain type indicated below. Including: Stone cleaner, bucket, deck mop, broom, liquid soap, soft-bristled cleaning brush, bleach, medium- to hard-bristled brush and hose.

For oil and grease: Fill a bucket with water and stone cleaner. Follow instructions on the cleaner for dilution. Use a deck mop to clean as much oil and grease from the paving as possible. For the majority of oil stains, a simple household product such as washing-up liquid, baking soda, vinegar, or laundry detergent is enough to lift tricky oil stains. Once your chosen detergents applied to the stained paving, allow it to sit for 30 minutes. Repeat the process until the stains removed.

Food and juice stains: Pour a small bit of liquid dish soap or laundry detergent onto a soft-bristled brush and rub the spot or stain. Do not dilute soap. Allow the soap to work into the paver for about 30 to 60 minutes. Fill a bucket with very hot water. Dip a medium - to hard-bristled brush in the water and scrub the paver to remove all the soap residue. Repeat until the stains removed.

Leaf, wood, and tobacco stains: Dilute 125ml bleach with 625ml warm water. Use protective gloves and dip the medium- to hard-bristled brush into the bleach mixture. Rub the stain allowing bleach to sit on the stain about 15 minutes. Use a hose to rinse bleach from the paving and repeat until the stains removed.

Note: Bleach can damage nearby plants so you may want to soak up runoff with a towel.

## **8 Benefits of Raised Bed Gardening**

Maybe you've been thinking of building raised beds in your garden for a bit or perhaps you're wondering what the hype is all about. So, today we've got some excellent info for you on raised beds and how they benefit your plants.

First, raised beds don't have to be deep. You can grow vegetable or plants in as little as 6" of soil. If you are growing carrots or potatoes, you may want to think about at least a 24" bed.

Start your raised bed with a compost sandwich including cardboard then newspaper on the bottom (2" total), greens, like grass clippings next, manure, then topsoil, and finally more manure from herbivores like chickens or rabbits, with watering between layers.

This prep will ensure that your plants have the proper nutrition to flourish.

What are the benefits of raised beds?

1. Fewer weeds grow = less back strain
2. Better water retention
3. Better drainage
4. More growing space
5. No soil compaction from foot traffic
6. Warmer soil earlier in the season
7. Warmer soil late in the season
8. Less erosion when the bed is framed



**Thanks to Jeff Randall and his team for providing the gardening the gardening tips for the Newsletter**

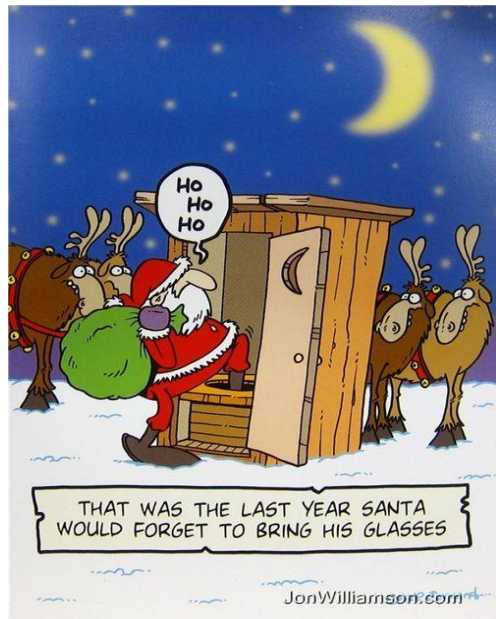
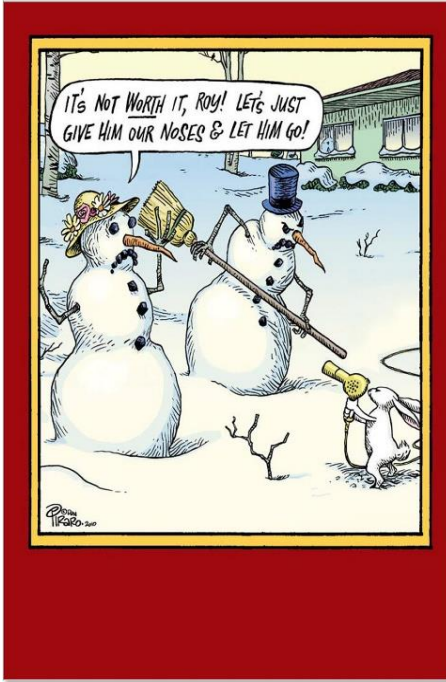
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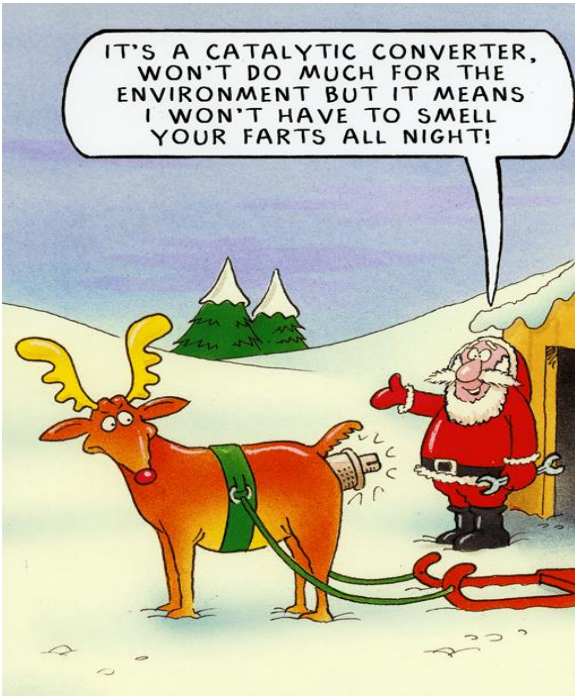


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# MERRY CHRISTMAS HO HO HO







## HILARIOUS THINGS MY MOTHER TAUGHT ME

1. Mother taught me to APPRECIATE A JOB WELL DONE.  
"if you are 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 shops 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 CONTOURTIONISM."  
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."





### CHRISTMAS MESSAGE FROM THE EDITOR

Thanks to everyone for their contributions to this edition and all those who have supported the production of our newsletter.

I hope you all have a wonderful Christmas and a healthy and happy New Year  
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 9th January 2021, which will be a double edition for January and February, as we are having work completed at home.**

### **SYSTON BOWLING CLUB**

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

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**HAPPY  
BIRTHDAY to.....**



**Val Foreman  
David Hill  
Janet Russell  
George Stone  
Bev Wright  
George Dodge  
Roy Hill  
Alan Ward  
Carole Allott  
Lena Findlay  
Barbara Robinson**



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