# Diary Dates

APRIL	
11th	Coffee Mo
	Scotlands

ornina - (H)

Belgrave - (A) Glenfield - (H) 15th 16th Holwell - (H)

18th Western Park - (A) Little Bowden - (H)

Loughborough Triples: Queens - (A) 20th

Blaby - (A)

St Margarets - (H)

Club Coaching Session 1 - 6.30 p.m.

23rd Oakham - (A) Birstall - (H) 25th Holwell - (A)

27th Loughborough Triples: Merlins - (H) 29th Club Coaching Session 2 - 6.30 p.m.

30th Enderby - (A) Belgrave - (H)

MAY

22nd

St Margarets - (H) 2nd Knighton Victoria - (A)

5th SBC Board Meeting - 10.00 a.m.

6th Goodwood - (A) Leicester Banks - (H) 7th 9th **Coffee Morning** 

Aylestone Hall - (H) Sileby - (A)

13th Quorn - (H) Evington Park - (A) 14th

16th Sileby - (H)

Loughborough Granby - (A)

Colour key: Men: Ladies: Mixed: SBC

### In Memoriam - Concluded

We are not Europeans. How can we be? Europe is miles away over the sea. We're the English from England. Let's all be proud! Stand up and be counted - shout it out loud! Let's tell our Government and Brussels too We're proud of our heritage - the Red, White & Blue.

Fly the flag of Saint George or the Union Jack Let the world know - WE WANT ENGLAND BACK !!!!

Don't smoke, drink or gamble. Don't eat salt, sugar or fat. Don't overeat. Don't play around. You may not live longer, but it will seem that way!

### Recipe of the month Ladies' President, Janice Wilbourn

#### **AUNTIE DOT'S BISCUITS**

200g Margarine 200g Sugar 200g Plain flour

15ml (teaspoon) Baking Powder

Pinch of Mixed Spice

200g Sultanas

1 Egg

Cornflakes (crushed)

#### Method

Cream margarine and sugar until light and

Add flour, mixed spice, sultanas and egg to make a stiff dough.

Roll one teaspoon of mixture into a ball and roll in crushed cornflakes.

Place on greased baking trav.

Cook for 15-20 mins in oven Gas Mark 4 (180C)

Leave to cool on tray for about 5 mins. Transfer to a cooling rack with a fish slice. Transfer to a suitable container when cold and then freeze.

# Teas for visiting teams



CATERING Manager. Gerry Kennell, writes to thank all those Ladies who once again have offered their time and assistance with the preparation and serving of teas to all our visiting Teams.

Duy rotas have now been published for the Season. Please give as much notice as possible if you are unable to attend on the dates specified.

If any Member who is not currently involved or any Member whose wife/partner would like to get involved to help with this important task, please contact Gerry.

### SYSTON BOWLING CLUB Clubhouse Telephone: 0116 269 2105

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# THE SYSTON GREEN



Official Newsletter of the Syston Bowling Club

No 38 - April 2009

# Green to be resurfaced

### Board decides "Enough is enough 1"

BASED ON early experience of the quality of the playing surface during the opening week, the Board have decided that the green will have to be re-surfaced at the end of the 2009 Season. Chairman, Colin Grimes, says: "The reputation of our Club can no longer be threatened as a result of the poor quality of our green. While it is still possible that some improvement might be experienced as the Season progresses, it is now clear that the current surface is worn out and needs to be replaced.

The Board has decided that enough is enough! We have therefore agreed that a new surface will be commissioned immediately after the end of the 2009 Season."

#### Meeting the cost

We are currently seeking a number of Under the direction of Director and Men's appear to be sympathetic to our proposal | The programme of maintenance and significant costs involved. considering making a contribution of up to £4000 (about one third of the likely cost). This will leave the Club with a residual bill | Apologies of about £8000 which both Men's and Ladies' Sections will be expected to help to cover.

#### Other measures

the post of Green Ranger, to advise on playing surface. At the same time, the In the meantime, we ask for the patience and the current ground staff to enable the likely difficult months ahead. Board to determine what action, if any, might be taken to improve the quality and standards of the service currently being provided.

competitive quotes and expect the total Vice-President. Pete Murray, arrangements cost to be in the region of £12000. At the are being made for a regular weekly time of writing, the Syston Town Council programme of true level rolling of the green.

for a "partnership" approach to meeting the | treatment, recommended by external They are consultants at the end of last Season, will continue to be followed by the Council ground staff throughout the Summer.

In a bid to minimise the risk of seriously adverse reaction from visiting Clubs, unless significant and early improvement in the playing surface is observed. Captains are to During the current Season, pending the be asked formally to offer apologies to all commissioning of re-surfacing, the Board | visiting teams, asking for their patience and is hoping to be in a position to re-instate understanding during the current Season since re-surfacing had now been agreed and how to get the best out of the existing improvement anticipated for 2010 onwards.

Ranger would be invited to attempt to forebearance of all of our Members and for assess the effectiveness and efficiency of | their sympathetic understanding during the

> www.systonbowlingclub.org for Diary, Fixtures, Results, Press Releases, Newsletters and other Club details

Your views, opinions, news and any other material of interest to Members would be welcomed for publication in future editions. Please send to George Dodge, as Editor, by the first Monday in every month

IN RESPONSE to the reported operational loss on the 49 Club shown in audited accounts for last financial year, Members at the AGM ALL MEMBERS in both Sections are agreed that all participants should be reminded reminded that the first two practical of the basic principle that on joining the Club coaching sessions are scheduled for 22nd one is committed to paying for the full year (up and 29th April starting at 6.30 p.m. to end of March). If anyone drops out mid- Everyone interested in taking advantage year, it is that individual's responsibility either of this important service is asked to to pay any outstanding balance up to the end register on the notice to be found on the of March or to find a replacement who will take main noticeboard just inside the main door. over the number(s) without any break in continuity.

This policy provision will be understood to have been accepted by everyone who takes part in the Club in the future.

All Club participants are reminded that the THE FINAL social event of the close new Club vear started on Saturday 4th April so everyone now owes £52 for the was a great success. new vear.

(Bonus Ball 21).

# In memoriam?

GOODBYE to my England. So long! my old friend.

Your days are numbered, being brought to an position around the green. end.

To be Scottish. Irish or Welsh that's fine But don't say you're English, that's way out of line.

The French and the Germans may call themselves such.

So may Norwegians, the Swedes and the ahead. Dutch.

You can say you are Russian or maybe a Dane.

But don't say you're English ever again. At Broadcasting House the word is taboo. In Brussels it's scrapped, in Parliament too. Even schools are affected, staff do as they're awning. told.

They must not teach children about England

Writers like Shakespeare, Milton and Shaw. The pupils don't learn about them anymore. How about Agincourt, Hastings or Mons? When England lost hosts of her very brave sons.

Concluded on back page

R.I.P.

### Des sez ....

Club & County Coach, Des Eggitt, issues reminder about coaching sessions

# Out with the old

season, which took place on 21st March.

It was good to see Rov Hill back to his The winner of Week 1 draw was Gerry Baker usual self and very much in charge of the stand-up bingo. This was followed by three guizzes and an excellent faith supper.

> In preparation for the new season Pete Murray. George Stone. Roger Bentley and George Dodge re-installed the rubber matting in the gutters and fixed the tables onto the benches and moved them into

> The bay trees and other containers have been re-planted with seasonal bedding and the flagpole lanyard has been replaced. New rink markers provided by the grandson of *Margaret Abbott* will help to improve the general image of the green in the Season

> Unfortunately, due to vandalism, the score board has been severely damaged and has been taken down. An additional memorial bench, originally provided by Mick Hall but which was removed following vandalism. will be re-instated under the scoreboard

### **OBITUARY**

IT IS with deep regret that we record the sad passing of Edgar Walden after a short illness. Our sympathies are extended to his daughter and family who have requested that any donations in Edgar's memory be made to LOROS .

# Gardening Group report

New members and activity programme

THE SECOND monthly meeting of the Gardening Group was held on Tuesday. 17th March when it was very encouraging Jackie opened the evening with a medlev of to welcome six new members.

potatoes could easily be grown in a bag of she is. compost, was followed by an informative The main attraction was Craig Douglas who of sweet peas.

take cuttings of fuchsias etc.

It was decided that the next garden visit the audience. would be to Woodhouse Eaves on clubhouse at 1.00 p.m.

plants brought in by members. It was amount raised from such activities at the end of the year would go towards paying for a Christmas meal for Group members.

The next meeting will take place at the clubhouse on Tuesday, 14th April starting successful than last year. at 7.00 p.m.

"He must be smart. He's insulted everyone around and he still has his own teeth! George Burns

# Craig Douglas 3 cabaret success

THE RECENT concert starring Craig Douglas and local artiste, Jackie Lee, played to a full house and proved to be a great success.

favourite songs, including several requests A demonstration by George Dodge on how and proved once again what a fantastic singer

talk by Des Eggitt on his specialist subject (still) has a lovely voice and a very charming

Later there was a demonstration of how to He sang all his old hits as well as some more recent numbers and proved very popular with

The evening ended with Jackie Lee again Tuesday, 7th April, meeting at the singing more well-known songs and requests. Pete Murray and various assistants worked The meeting ended with a mini auction of extremely hard behind the bar and were kept very busy all night.

agreed that a minimum charge of 50p per The refreshments were very popular. Thanks plant would be made and that the total to Anita Lowder for preparation of the rolls carried out earlier in the day and to Janice Wilbourn for serving in the evening.

> Finally, thanks to Brian Adams for arranging the evening which turned out to be even more

#### Note

Tickets for the next in our series of Sunday Cabaret nights, scheduled for 12th July. will soon be on sale. Watch out for full details to be posted on the main noticeboard and be sure to book early to avoid disappointment.

# "Lively" AGM signifies a vibrant Club

ANY CLUB that can attract more than 50% of the membership to an AGM and whose Members unanimously endorse the annual report of the Board and the draft Resolutions commended to them by the Board has good cause to be proud. When, in the Open Forum session which followed the formal business, those same Members felt able encouraged even - to offer open, honest and, at times, critical, views on the way in which the Club is managed, we saw evidence of a strong, open and democratic organisation at

Our Club can be justly proud of the way in which it is managed and operated. No single Member should feel inhibited about expressing a view on the way things are managed and every single Member should have full confidence in his or her individual importance to the vibrant organisation which is **Syston Bowling Club**.

#### Long may it continue!

Thanks are due to the team of willing volunteers who have agreed to serve as Directors for the busy year ahead. Regrettably, the search for a Club Treasurer continues.



## **BAR PRICES**



March 2009	½Pint	Pint
raught <i>Carling</i> Lager	110	220

Draught Carling Lager 110		220
Draught <i>Tetley</i> Bitter 100		200
Kaliber (Low alcohol beer - bottle)	140	
Guinness/Mackeson (bottle)	140	
Brown Ale <i>(bottle)</i>	120	
Spirits (Single)	130	
Whisky Club Double	200	
Liqueurs	130	
Stones Ginger wine	120	
Martini	110	
Sherry	110	
Wine <i>(25 cl Red or White)</i>	210	
Strongbow cider	110	
St Helier Fruit Cider (50 cl )	210	
Appletise	110	
Coke/Pepsi	80	
J20	110	
Mixers (Bottled Tonic, Dry Ginger, Bitter Lemon	1,	
Britvics)	90	
Lime & Lemonade	95	
Lemonade (½ pt glass)	80	
Crisps	35	

Bar profits are an important source of revenue for the Club. We keep our prices as competitive as possible and stock according to Member demand. Please give the Bar your full support.

# Nature's pharmacy Amazing or what?

IT HAS BEEN said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born.

The following foods are best & more powerful when eaten raw. We're such slow learners... Nature left us great clues as to what foods help what part of our body!

A sliced *carrot* looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And yes, science now shows carrots greatly enhance blood flow to and function of the eyes.

A tomato has four chambers and is red. The heart has four chambers and is red. Research shows that tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and research today shows grapes are also profound heart and blood vitalising food. A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three dozen neuron-transmitters for brain function.

**Kidney beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, pak choy, rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, eggplant (aubergine) and pears target the health and function of the womb and cervix of the female. They look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds

unwanted birth weight, and prevents cervical cancers.

And how profound is this? It takes exactly nine months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (Modern science has so far only managed to identify and name about 141 of them).

**Figs** are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well as helping to overcome male sterility.

**Sweet potatoes** look like the pancreas and actually balance the glycemic index of diabetics.

**Olives** assist the health and function of the ovaries

Oranges, grapefruit, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

**Onions** look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, *garlic*, also helps eliminate waste materials and dangerous free radicals from the body.

# Wise men of history

**Thomas Alva Edison -** Brilliant inventor of the phonograph. He only invented the lightbulb so that he could see where to put the needle!

**Mahatma Gandhi** - Organiser of India's non-violent resistance movement. But his smartest move was to wear nothing but a sheet thereby saving a fortune in laundry bills!

**King Solomon** - Any man who could keep 1000 wives happy without causing domestic violence deserves inclusion in any list of wise men!