







DIARY DATES 2013 SEPTEMBER

14	Coffee Morning
14/15	Men's Competitions Finals
16	Western Park A 2pm
18	Oakham A 2pm
19	Holwell A
21	Oakham H Rothley (Mixed) A
22	Rothley A 2pm
25	80th Anniversary Executive H
26	Ladies Closing Day
28	Mowmacre (Mixed) H

OCTOBER

3	Nuneaton H
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Colour Code

 Men	 Ladies
 White Plums	 SBC
 Green & Royals	 Melton Triples Lg

HAPPY BIRTHDAY

September

Happy Birthday wishes to: Linda Horobin, Janet Lowe and Gary Kilbourne

DO YOU HAVE SOMETHING TO SAY?

Your views, opinions, news and any other material of interest to Members would be welcomed for publication in future issues.

Please send your copy to Alan Collins by the first Monday in every month.
email: alancollins338@gmail.com or
telephone: 0116 260 9835.



INDOOR ROLL-UPS AT MELTON

A reminder from John Lamble

For members who wish to continue bowling in the winter months, I will, as in previous years, be booking rinks for the Monday 11.50am sessions, commencing this year on 7th October.

If you wish to participate, please arrive no later than 11.15am to give me good time to pick the teams and for the green fees to be paid.

Please remember if you are a member of Melton Bowls Club to bring your membership card along with you.

If any of your friends wish to join us, even if they have no previous experience, they will be made very welcome. Hopefully this will encourage them to join our Club in the future.

To enable me to assess the number of rinks required, particularly for the first game, please add your name to the list on the Club's main notice board.

Please do not hesitate to contact me on 0116 292 1619 should you have any queries.

Throughout the close season regular social afternoons will again be held in the clubhouse every Wednesday, starting at 2pm with a Pub Quiz. Also starting in October will be our fortnightly series of Saturday evening entertainment. These programmes help to raise much-needed cash for the Club. We therefore urge all Members to give the events their fullest possible support.

Please watch the club noticeboard and future editions of the Newsletter for programme details, signing up to signal your attendance in appropriate cases.

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No.88 September 2013

CARNIVAL SUCCESS

Many thanks, once again, to all those - especially the ladies - who worked so hard to make a success of our presence at the Syston Town Carnival on Saturday 31 August. As usual, our home made cakes, made both by men and ladies, were a sell-out success. As a result of everyone's efforts, we raised over £300 for Club funds. The picture shows the well-stocked Club stand before the crowds arrived.

It is a great pity that the event, as usual, coincided with the Greenwood Cup match involving all four men's teams playing away at neutral grounds. This militates against the men providing much-needed help with breaking down the stand and returning



unsold stock, furniture and display materials to the clubhouse. Nevertheless, grateful thanks to those non-playing men who did manage to assist, either in setting up or breakdown.

For more of this story see Our Ladies at the Syston Carnival inside.

Congratulations!

Loughborough League success

Congratulations to our Green & Royals team who have gained promotion to Division 3 in the Loughborough & District Triples League. G&R finished second behind Fosseway and 6 clear points - and a far superior shot difference - over Belgrave Ringers.

The White Plums missed out on promotion from Division 3 by a single point after what Captain, Colin Wilkinson, described as a disappointing season. They finished in 3rd place behind Kegworth and Rothley Crusaders.

G&R Captain, Noel Evatt says:

"I am very proud of our performance especially when we have strong evidence to indicate that some teams in the Division took advantage of the slackening of rules on the declaration of squads this year to field stronger teams in critical matches, using players normally selected for games in the higher Divisions. This is an issue which we plan to raise at the League AGM. In the face of such tactics, our lads have still come out on top. We can now look forward to meeting the White Plums in the same Division next year!"

SYSTON BOWLING CLUB Clubhouse Telephone: 0116 269 2105

All communications to The Chairman: Colin Grimes, 8 Quenby Crescent, SYSTON, Leics. LE7 2BW
Telephone: 0116 260 8412 email: systonbowling@btinternet.com



CLUB COACH

Des Eggitt
Club & County Coach

The Value of a Second Bowl

Playing in a triples Cup match, our side

was 10-11 shots down at the 16th end and our skip had the last bowl.

We had second bowl and our No.2 asked him to rest out the opponent's shot bowl, the shot was too heavy taking out our second bowl, that made us three shots down on the 16th end.

On the 17th end they scored one shot, making the score 10-14.

On the 18th end and needing five shots to draw, we managed to get five shots and our opponent's skip, with his last bowl, drew fifth bowl thereby winning the match by one shot.

If, on the 16th end our No.2 and myself had told our skip it would be best to give the one shot away, the score would have been 10-12.

Losing the 17th end by one shot would have made it 10-13. We then got four shots on the last end and so we would have won the game by one shot.

Therefore by losing the 16th end by only one shot it proved the value of a second bowl!

On another occasion, when I played in the National Over-60s Double Rinks match, we won the game on the 21st end by one shot, whilst on another rink the opponent's were one shot up and our team captain had the last bowl, he decided to go and look at the head, and his team had second bowl and seeing that the shot would have to be perfect, and not wanting to chance it, he

decided to give his opponent's the one shot. The result was a drawn match.

It went down to an extra end and our captain won the toss.

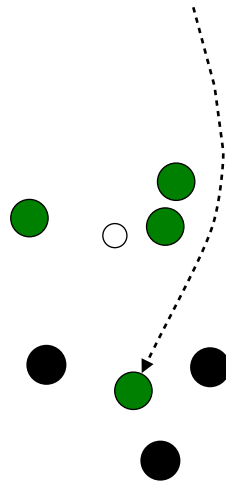
He gave his lead the Jack, asking for a length his rink could bowl to, with a result that put us into the next round.

So that second bowl had its value in the 21st end.

There are times when a second bowl helps to win matches.

Below Des shows how to cover against a trailing Jack with a positional shot.

**SINGLES
THE POSITION SHOT**
Holding three shots and with his final bowl, positions his shot among his opponent's back bowls as cover against an opposition bid to trail the Jack through with his last bowl.



If you have any particular problems on which you would appreciate the advice of our Club Coach, please do not hesitate to contact him at any time on 0116 269 6548

Jennings

Gift Vouchers available
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HEALTH TIPS

This month we feature the effects of salt on blood pressure. High blood pressure is as prominent as it is destructive. Just check the food served at all too many restaurants and the all-too-many persons with high blood pressure eating at them.

Approximately, one-third of the population have high blood pressure, incredibly destructive to their blood vessels, which results in harm to hearts, brains, kidneys and even eyes. It triples the risk for dying from a heart attack and makes it four times as likely to die from a stroke. Optimal blood pressure is technically defined as less than 115 systolic over 75 diastolic mmHg.

Pre-hypertension (pre-high blood pressure) is defined as between 120/80 and 140/90 mmHg.

Hypertension (high blood pressure) is defined as sustained pressure above 140/90 mmHg. That's the technical side. In simpler terms, there are several symptoms of having high blood pressure: frequent headaches, impaired vision, shortness of breath, nose bleeds and chest pain.

Blood pressure often increases with age. Fifty percent of people will have high blood pressure by age 60. Most people think it is inevitable with age. Or is it?

In non-industrialized countries, where people eat foods very low in salt, studies show that their blood pressure does not rise with age. In the UK we eat a very high salt (sodium) diet.

Three-fourths of the salt we eat comes from restaurant and processed foods. So even if people never add it to their food, they could still be getting a tremendous amount of salt.

As we age, people become more sensitive to salt. So as we get older, cutting back on salty foods becomes even more effective at lowering high blood pressure.

Cut salt, improve drug effectiveness

But why cut back on salty foods if you're already taking medications to lower blood pressure?

Eating lower-sodium foods can double how well all blood pressure lowering medicines work. Unfortunately, studies show that about half the people on blood pressure lowering drugs stop taking them after one year. But whether people take blood pressure lowering medicines, if they dramatically lower their salt intake, they can lower (systolic) blood pressure as much as eight to 14 points. Even reducing blood pressure a few points can reduce chances of a heart attack or stroke.

Disclaimer

Please note that all advice featured in this Newsletter is offered in good faith but should not be understood to represent qualified medical advice. Always consult your GP. Information is published only as a guide and not as a comprehensive authority on any of the subjects covered. While every effort has been made to ensure that the information given is accurate and not misleading, neither *Syston Bowling Club* nor the contributors can accept responsibility for any loss or liability perceived to have arisen from the use or application of any such information or for errors and omissions.

Readers are strongly advised to follow up articles of interest with specialist medical advisers.



GARDEN GROUP

We have not had a Garden Group meeting for some time, due to holidays and the competition season. Our next

visit will be to Belton House and gardens on Friday 27 September, meeting at the Clubhouse at 11.00am. Details are on the main notice board so please put your name on the list if you would like to attend. Non members are always welcome to join us on any of our visits.

We entered the Syston in Bloom competition for the first time this year and were judged in the container category. The results will be known shortly.

The next meeting will be held on Tuesday 8 October at 2.00pm.

49 CLUB UPDATE

Most recent winners are:

Margaret Trigg (18), Margaret Porter (43), George Dodge (1), Stan Page (48) and Roger Bentley (5).

Congratulations to them all!



Chairman Colin Grimes

FUNDRAISING TO START IN EARNEST

Appeal launch imminent

After the euphoria created by the news of the success of our application for a £40000 grant from the Sport England, Olympic Legacy "Inspired Facilities" fund settles, a cool appraisal of the challenges which face the Club, in order to complete the project, begins to set in. As was made clear at the time of the announcement, we face a number of challenges - most of them financial - if we are to derive maximum benefit from the opportunity that the award of the grant offers.

In addition, the Board has been faced with additional and significant costs (about £7000) to complete a full overhaul of the sprinkler system. The old metal storage tanks had started to leak making an early decision on repair/replacement inescapable - in spite of the lateness in the season.

After a great deal of research and consideration of alternative systems, the Board decided that a complete refurbishment was the most practical solution, presenting the best value for money in the longer term

So, when we add £7500, to meet the non-recoverable VAT payable on the building works for the extension, to the £7000 sprinkler costs, we are faced with a combined bill of close to £15000.

As a first step in meeting the need, each Section has been invited to make a contribution to the appeal fund from existing reserves. The Men's Section have already agreed to underwrite up to £10000 from their reserves to assist cashflow which will enable the Board to meet the

requirement that Sport England will only re-imburse expenses already incurred. Additionally, in the course of the next couple of weeks, each Member will receive a personal letter from the Board of Directors as we launch a fundraising appeal to achieve our target. We also plan to explore the possibility of support from local companies.

We recognise fully that not all Members will be in a position to make a contribution. We also recognise that a "one size fits all" scheme would not suit everyone. The Board therefore plans to offer a range of options in the hope that as many Members as possible will find themselves able and willing to give a positive response in one way or another. These options are likely to include a straightforward donation, an interest free loan repayable over 5 years, a "buy a memorial brick" for £25 scheme (*with names inscribed on a special plaque to be placed in the extension*), payment of up to 5 years membership subscriptions in advance (*any outstanding balance to be refunded if the membership should cease before the relevant period is up*) and others yet to be agreed. We are open to all fundraising suggestions that Members might care to propose.

As a registered Community Amateur Sports Club (CASC) we can reclaim 20% on all donations made by taxpaying individuals so, naturally, the simple donation is a clearly preferred method.

Where requested, we can ensure the anonymity of any donor and full confidentiality on all contributions of whatever kind. Only Finance Director, Rolf Meyer (*to whom all contributions should be directed*) and Chairman, Colin Grimes (*as second signatory to CASC documentation*) will be aware of the detailed nature of response from the membership.

Please, therefore, give our appeal your most careful consideration and be as generous as you possibly can in order to help the Club at this very exciting time in our history.



LADY PRESIDENT'S MESSAGE

Kate Toon

As Lady President of Syston Bowling Club, one of my proudest moments happened on Sunday 1st September at Leicester Bowls Club, where I watched Marilyn Wood play in the Final of the County Unbadged Singles.

Although Marilyn was beaten 21-16, what an excellent performance she gave. She did herself and the Club proud. Well done Marilyn.

Two dates coming up for your diaries

- (1) October 5th Ladies 80th Party (with a Western Theme).
- (2) November 8th Curling Night at the Syston Social club.

Both will have limited numbers available, so as soon as the notices go up I urge you to sign up to avoid disappointment.

New-look Newsletter

Following the appeal in last month's newsletter, we are delighted to be able to confirm that Alan Collins has agreed to accept responsibility for the future editing of the "Syston Green".

Members will note from the improved style of this edition that we are lucky to be able to benefit from Alan's long professional experience in publishing.

The future of the important membership service looks secure in a very safe pair of hands.

Thank you, Alan, for your exemplary support.

END OF SEASON ROUND-UP

Melton Triples - Dave Hudson

	P	W	L	D	Pts
Howell Sports	5	14	5	1	29
Mkt Overton	5	11	8	1	23
Melton Town	5	11	9	0	22
Syston	5	9	10	1	19
Oakham	5	9	11	0	18
Belvoir Vale	5	4	15	1	9

Loughborough & District Triples - Division 3

Colin Wilkinson

	P	Shots Wins	Shots +/-	Rink Wins	Pts
Kegworth	14	11.0	125	25.0	72
Crusaders	14	9.5	64	23.0	65
White Plum	14	8.0	17	24.0	64
Conways	14	7.0	12	24.0	62
Hawks	14	6.0	6	21.5	55
Riversiders	14	5.0	-33	20.0	50
Sands	14	4.5	-80	17.5	44
Saints	14	5.0	-111	13.0	36

Loughborough & District Triples - Division 4

Noel Evatt

	P	Shots Wins	Shots +/-	Rink Wins	Pts
Fosseway	12	12.0	252	27.5	79
Green/Royals	12	7.0	74	22.5	59
Ringers	12	7.0	22	19.5	53
Lambs	12	4.0	-65	16.5	41
Swallows	12	4.0	-86	14.0	36
Steamers	12	4.0	-55	13.0	34
Merlins	12	4.0	-142	13.0	34

Thursday Fixtures

P20 W13 L7 Shots F1489 A 1437

Saturday Fixtures

*P42 W27 D2 L13 Shots F3232 A2916

*Correct at time of going to press

OUR LADIES AT THE SYSTON CARNIVAL



Our picture shows Val Foreman and Kate Toon helping out at the Carnival.

There were big ones, small ones, round ones, oblong ones, fruit ones, chocolate ones, nut ones and Madeira. What a lovely selection of cakes we had for sale at the Syston Carnival.

To everyone who contributed to the stalls, not only the Cake Stall but the Craft Stall (which exhibited more of Marleen's lovely Cross Stitch and Ann's Knitted items), many thanks.

Also a very big thank you to Jan Holmes who bought in more to the coffers with her "Guess how much money was in the Jar".

My thanks also go to the members who helped set up and take down the stalls.

We raised the wonderful amount of £300.15.

I also received a couple of contributions which I have put in the "Bottle".

Only another £14700 to go!!!!

'LEST WE FORGET'

This month Doreen Payne remembers . . .



Marjorie Clowes

Marjorie is a lady with many talents. Her cakes and cake decorating are mouth watering, she can make a bunch of flowers into a work of

art and her commitment to The British Legion is known beyond Syston as is her dedication to the Poppy Appeal.

Marjorie is a Life Member and the longest serving member of Syston Ladies Bowling Club and throughout her membership of the club she has given unstintingly of her time and effort.

Marjorie with John Wheeler was in at the beginning when the club house we now have was first mooted. She was there with John when plans were drawn and funding was sought for the go-ahead.

Marjorie was the first secretary of the joint club as we used to know it and was there to help steer us through times when the enormous step was finally taken to go ahead with the building.

Following on from this she has held many offices in the club, as President, Club Secretary, Life Member and much more. As a skip on the green she had a smooth, seemingly effortless action and was able to draw into spaces which seemed impossible.

Derek, (Marjorie's late husband) also supported Syston Bowling Club and when it was Marjorie's turn on coffee duty Derek would be there dealing with raffle tickets.