

## DIARY DATES 2014 FEBRUARY

Saturday 8  
Coffee Morning 10.30am

Monday 10  
Melton Indoor Roll-up 11.20am

Wednesday 12  
Ladies Dinner 12.30 - 1-00pm

Saturday 15  
Call My Bluff 7.00pm £3 inc supper  
Lasagne & French Bread - Raffle

Monday 17  
Melton Indoor Roll-up 11.20am

Wednesday 19  
Quiz & Social afternoon 2.00pm

Saturday 22  
40s Night 7.00pm Tickets £5  
Singing Duo Faith Supper & Raffle

Monday 24  
Melton Indoor Roll-up 11.20am

Wednesday 26  
Quiz & Social afternoon 2.00pm

Saturday 1 **MARCH**  
Indoor Bowls Game - Warren Triples  
6.30pm

Monday 3  
Melton Indoor Roll-up 11.20am

Wednesday 5  
Quiz & Social afternoon 2.00pm

Saturday 8  
Coffee Morning 10.30am

*Your friends and family are welcome to all of the above social activities, so bring them along.*

### NEXT NEWSLETTER

Last copy date for the next  
Newsletter is:  
Monday 3 March 2014

## FORTHCOMING ATTRACTIONS FEBRUARY

**SATURDAY 15 FEBRUARY**

**CALL MY  
BLUFF**



**7.00PM**

**£3.00 INCLUDING**

**LASAGNE &  
FRENCH BREAD**

**RAFFLE**



**SATURDAY 22 FEBRUARY**

**40s  
NIGHT**

**Tickets £5**

**Singing Duo**

**Faith Supper  
& Raffle**



# the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No.93 February 2014



## RECORDING GROWTH

The projected benefits  
of our new extension

One of the conditions  
attached to the award of

the grant for our extension is a  
commitment to provide Sport England  
with regular updates about the  
beneficial effects on the Club as a  
direct result of the new facilities.

In our application, we were required to  
attempt to forecast growth in usage of  
the clubhouse and green over the next  
five years. Our rough estimate of the  
current annual usage was 1700  
"visits" - a figure which includes our  
social programme as well as players  
involved in matches, competitions, roll-  
ups and coaching.

Once the extension is complete and the  
new facilities are in use, Sport England  
will require regular reports on usage.

They have the right to ask for sight of  
the record at any time in the year! We  
are therefore going to have to initiate  
some kind of written record of every  
visit to the Club to be accurately  
maintained throughout the next five  
years!

On match days, the Captain will be  
responsible for recording the total  
number of players (and any  
accompanying visitors) involved. Our  
Coaches will be responsible for  
recording the numbers involve in each

session. Then every individual Member  
will be required to place on record each  
time he/she is engaged in competitions  
and roll-ups.

The Social Programme Director will be  
responsible for recording the numbers  
involved in our regular programme of  
social events - including coffee  
mornings.

The leaders of each of the special  
interest groups, such as the Gardening  
Group and the Art Group, will be  
responsible for recording their  
attendances.

A special Diary/Visit Record Book,  
specifically for this purpose - but in a  
format yet to be approved by the Board,  
will be available in the Clubhouse,  
probably adjacent to the current Diary.

The details required to completed will  
be kept to an absolute minimum to  
avoid too much bureaucracy.

**Date, Nature of event, Total number  
involved** are likely to be the only  
headings - no names or signatures  
required.

Full and final details will be published  
in due course. In the meantime, every  
individual Member is urged to ensure  
that every occasion is accurately and  
promptly logged as we seek to justify  
our first year growth target of 1900  
visits - an increase of 200 over the  
2014/15 year - with an additional 200  
each year thereafter.

*Colin Grimes (Chairman)*

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

# FOR SALE

## Set (4) woods Size 1 heavy £20 o.n.o.

Wheeled bowls carrier £8  
Metal Measure £2  
String Measure £3  
2 Wood Web Bowls Carrier £2  
4 Wood Web Bowls Carrier £3  
Grey Bowls Skirt Size 18 £5  
Doreen Payne Tel. 0116 260 7360  
All Proceeds to the Joint B.C.



## Club Extension Starts

The builders (Paul Noble) have started our club's extension. The site has been stripped of top soil, tarmac and concrete etc, and the foundations dug out and concreted.

Brick and concrete blockwork to floor level is next, then the concrete floor. This will be left for a week, before continuing with the construction proper. More details as we go on.

We now have planning permission from Charnwood Council, for the ramp between the clubhouse steps and the gates to the green. We are currently looking for a contractor to carry out this work, so if you know someone who is capable of doing a good job please let George Dodge know.

## HEALTH TIPS

*This month, continuing our feature on home safety, we look at the living room and bedroom,*

### Living Room

Make sure curtains and blinds are easy to operate and consider adding nets to reduce glare.

Upgrade to a lighted, big-button universal remote control to easily operate the television and other entertainment systems.

Make sure your favourite chair or sofa is easy to sit down in and get up from, and has sturdy arms for support; otherwise consider a *lift chair* or *uplift seat* device.

### Bedroom

Use a sturdy nightstand with ample surface for a lamp, phone, glasses and water. Keep a torch and spare batteries in a handily placed drawer or cupboard.

Use nightlights with movement sensors that illuminate your path from your bed to the bathroom and to the hallway and front door.

Have a sturdy chair with arms in your dressing area for support and comfort while putting on shoes, socks, pants, jewellery, etc.

Ensure your bed is high enough to get in and out of easily. Consider adding sturdy wooden risers and remove casters.

If stairs present a problem, don't be afraid of possibly relocating your bedroom to the ground floor of your home.

**SALE NOW ON**  
15 HIGH STREET  
SYSTON

## 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: 0116 260 4364

Email: [info@adamlongley.co.uk](mailto:info@adamlongley.co.uk)



FURNLEY HOUSE  
WEALTH MANAGEMENT

Independent Financial Advisors

0116 2696311

Helping create, protect and enhance your wealth

## CHRIS MEYNELL & FAMILY

INDEPENDENT  
FUNERAL DIRECTORS  
28 Wellington Street, Syston LE7 2LG  
t: 0116 260 7954  
e: [info@meynellfunerals.co.uk](mailto:info@meynellfunerals.co.uk)  
[www.meynell-funerals.co.uk](http://www.meynell-funerals.co.uk)

*A family firm,  
proud of and committed to  
the local community  
providing an experienced and  
sensitive service  
suited to all styles of funerals.  
Free consultations.  
Pre-paid funeral plans available.*

We are pleased to support Syston Bowling Club

Visit:

[www.richardknight.co.uk/friends](http://www.richardknight.co.uk/friends)  
for articles and updates

RICHARD KNIGHT & COMPANY  
SOLICITORS

[www.richardknight.co.uk](http://www.richardknight.co.uk)  
email: [info@richardknight.co.uk](mailto:info@richardknight.co.uk)  
t: 0116 264 5903

We are grateful for the active support of each of these companies  
For details of how to join our growing list of Patrons please ring 0116 260 8412



## CLUB COACH

Des Eggitt  
Club & County Coach

### Playing Indoor Bowls . . .

Being a fast surface, it takes a bowl longer to

reach the Jack or object, and the concentration is more intense.

At the Monday 16th December roll-up I noticed a lot of narrow bowls and they turned into useless bowls. When playing with outdoor bowls, you must take a line towards the number of the next rink.

With indoor bowls you still have to use the rink marker for your line, you must learn what your bowls need for the right line, all bowls have a different line.

My bowls are Drakes Pride Professional, so I want a line a yard outside the rink marker. Being a fast surface, you have to concentrate on the weight you need for different lengths. It is not easy for me to explain about weight, but I will try.

First of all you have to be well balanced on the mat, feet slightly apart (*illustrated*) and when delivering, place your left hand on your knee and bend your knees on delivery.

For a short length hold your bowl facing down the line 12" above the carpet, with a very short back swing (just passed your right leg) with a smooth follow through.

For the medium length 18" above the carpet and for the full length 2ft above the carpet with the same delivery as for the short length.

You need to have a routine to deliver a good bowl, every shot has its value, that is the right line, length and weight.

Never be in two minds when going to play your shot and always be positive. To have

good control when bowling you must have a good balance.

Bowling indoors or on a fast outdoor green you don't need body movement to get the right length.

To give you help in finding different lengths, for the forehand shot place your right foot pointing from the corner of the mat facing the line towards the point where the bowl starts to turn towards the jack.

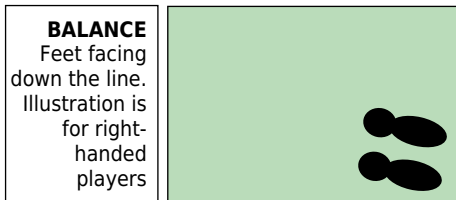
For balance place your foot 4" from your right foot, bend your knees so you lower your body, then hold your bowl facing facing the line.

When you start your arm swing you only need a short step forward and always place your left hand on your left knee, remember to think of the weight when you deliver the bowl (that is by the length of arm swing, or the speed of the arm swing).

The only difference on the back hand is you point your left foot down the line.

Your concentration starts when you pick up your bowl (bias, grip, look for a line, stand on the mat feet apart and ready to deliver the bowl). When you deliver your bowl concentrate on the weight.

Remember when you start playing badly on the first few ends, go back to basics, remember the 3R's, relax, routine and repeat, that is, deliver the same with every 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



## Amazing frozen lemons

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste?

Simple... place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetables, salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky... the list is endless. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Most likely, you only think of lemon juice and vitamin C. Not anymore.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Lemon peel contains as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

It's also known that lemon peel is a health rejuvenator, eradicating toxic elements in the body.

So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret!

### The surprising benefits of lemon!

As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it has on health.

This plant is considered as an anti-microbial agent which also attacks bacterial infections and fungi. It is effective against internal parasites and worms, regulates blood pressure which is too high, acts as an anti-depressant and combats stress and nervous disorders.

There is even some evidence that the lemon can be effective in attacking a range of cancers, as an alternative to chemotherapy using manufactured drugs.

So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!

## 49 CLUB UPDATE

Most recent winners are:  
Peter Rawson (24), Val Foreman (33),  
Edna Loder (11), Mick Hall (29).  
Congratulations to them all!



## THE GARDEN CLUB

This was the first meeting of the new year and the majority of time was taken up discussing new ideas for the coming season.

It was decided we could go a little further afield than previously for some of our visits in order to discover new gardens and places of interest.

It was also agreed that each passenger would pay £3 towards the transport costs.

The first visit of the season will be to Hodsock Priory which is famous for its wonderful display of snowdrops.

Weather permitting, this will take place on Friday, February 14th.

Non members are always welcome to join us. Please put your name on the list on the notice board if you are interested. Meet at the clubhouse at 10.0am wearing sensible footwear.

The next meeting will be on Tuesday, February 18th when we have a guest speaker. Richard Adams has been highly recommended for his slide and music show and we hope many non members will also join us.

Tea and cakes will be served and admission for this entertaining afternoon will be £4.



Happy Birthday wishes to:  
Sue Disney, Hazel Rayns,  
David Anderton, David Fox.  
Congratulations to you all



## "Who wants to be a Millionaire"

This Saturday night social event possibly suffered in support due to wintry weather conditions but a goodly crowd enjoyed the warmth of the clubhouse surroundings and each other's company.

Unfortunately a slight glitch with the volume on the sound equipment meant that members at the back of the room could barely hear what was happening on screen and hence were reduced to talking amongst themselves, rather loudly at times.

This meant that those directly involved with the game found it difficult to concentrate. Nevertheless, the evening could be considered a success as a sum of more than £100 was raised. Thanks to Dave Hudson and Anita Lowder for respectively providing the entertainment and food.

Please keep supporting these events as they provide much needed funds for the upkeep and wellbeing of the club.



### DON'T FORGET!

**SYSTON BOWLING CLUB A.G.M.**

**MONDAY 10 MARCH 2014**

**AT 7.00PM PROMPT!**

*Please put this date in your diary*



In spite of what was a cold, wet and windy night (when one didn't really want to venture out!) we had a most enjoyable evening with the game of "Boccia".

This event, organised by the Ladies President Janice Wilbourn, turned out to be a winner.

More than forty members and friends turned up and everyone said how much they enjoyed it.

Specialist Sports Coach, Wayne Gudgeon explained how the game was to be played and he did stress that players should keep quiet when the game was in progress, "one should be able to hear a pin drop" he said.

Famous last words as far as the Syston players were concerned as there was plenty of barracking and cheering, especially when it came to a measure, which ensured that a good time was had by all.

Winners of the competition (a triples type affair) were Rod and Eileen Heggs ably supported by Colin Smith.



Rule number one: all player's bums must be in contact with the chair when delivering the 'bowl'.



Wayne Gudgeon looks on as the callipers come out for a measure.

The faith supper was as good as ever and overall, including the raffle (but excluding bar takings), the event raised £231.

Thank you once again for supporting this social event and please keep up the good work.

## INTER CARE

Inter Care say thanks again for the used stamps, ink cartridges and spectacles. John Phillis of Henry Smith & Hamilton again donated 5 boxes of used specs, thanks John.

Keep up the good work every one, in bringing your used stamps, ink cartridges and specs, its so easy and is much appreciated. But please no dead batteries.