

DIARY DATES 2014 AUGUST & SEPTEMBER

AUGUST

11	Brush Hawks	A
	Loughborough Queens	H
16	Thurmaston	H
	Thringstone	A
18	Green & Royals	H
	White Plums	H
23	Wymeswold (Mixed)	H
	Birstall	A
25	Loughborough Queens	A
	Fosseway	H
30	Greenwood Cup	A
	Whissendine	A
28	S. Bonnington Riversiders	A
	Sibley Finches	H

SEPTEMBER

13	Coffee Morning	
13/14	Competition Finals Weekend	
20	Oakham	H
	Rothley (Mixed)	A
27	Mowmacre (Mixed)	H

Colour Code:
Men, Ladies, SBC, White Plums,
Green & Royals,

MORE ARTICLES REQUIRED PLEASE
FOR THE **SYSTON GREEN**.
REMEMBER THIS IS YOUR
NEWSLETTER!

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

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.

Birthday Bumps August

Happy Birthday wishes to:
Gillian Allen; Chris Biddles; Norma Grimes; Adrian Hodgkinson; Josie Hubbard; Gery Kinnell; John Lamble; Jean Ward.
Congratulations to you all.

49 CLUB UPDATE

Most recent winners are:
Dick Crouch 34; Bev Wright (40);
Edna Loder (11); Ray Dexter (25).
Congratulations to them all!

NEXT NEWSLETTER

Last copy date for the next
Newsletter is:
Monday 8th September 2014
email: alancollins338@gmail.com

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No.99 August 2014

OFFICIAL OPENING OF CLUBHOUSE EXTENSION

At the time of writing, Saturday 13th September - the date of the next Coffee Morning and start of the Men's Competitions Finals Weekend - looks likely to be the date of the official opening of the clubhouse



extension and the disabled ramp.



I have set up a small Working Party (myself, both Presidents and Secretaries and Premises Director, George Dodge) to organise the detailed arrangements for the programme which is likely to start at about 11.30am,

immediately after the close of our regular Coffee Morning activities.

The Mayor and Mayoress of Charnwood have signalled their availability to attend but no decision has yet been taken about who will actually perform the opening by the traditional cutting of the ribbon.

It is likely that we will seek to impose a dress code for the occasion. Please keep an eye on notice boards

for further information on the day's programme.

As a result of the recently conducted poll of Members, offering a second chance to have names included on the memorial plaque, more than 20 additional names are to be added. Hopefully, the new version can be completed in time for the opening ceremony.

Champion of Champions Trophy

Launched last season, the Champion of Champions trophy, for which the Men's and Ladies' Singles Champions compete, has had its future secured under the terms of a five year sponsorship deal agreed with local Financial Adviser, Pardeep Singh Narwal, who represents the nationally renowned St James's Place company, based in London.

A new trophy, together with five replicas, will be bought as a very attractive addition to the existing range for which Members compete so closely throughout the year.

The sponsorship deal also includes arrangements for the Club to receive a small commission on any business conducted with Pardeep by Members and their families.

Full confidentiality of any business transacted with Members will, of course, be strictly maintained.

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We are deeply grateful to Pardeep for his generous support and look forward to a long and mutually beneficial relationship.

Club Library

It is hoped to have the Club Library restored to full working order in time for the official opening.

Please continue to bring books to enable us to maintain an attractive range of titles.

This small membership service raises over £300 per annum (the equivalent of 3 extra Members) for Club funds.

Syston Town Carnival

As you will have seen from notices already posted, volunteers and donors are required to help to run the Club stalls at this year's Carnival to be held on Saturday 30th August.

Please lend maximum support to this important fundraising and potential recruitment event.

Volunteer to help to set up and/or man the stalls, bring cakes, bric a brac or craft items for sale.

Whatever you can offer will be greatly appreciated.



HOW TRUE! JUST ASK THOSE WHO DO THE GREEN!

MELTON TRIPLES LEAGUE UPDATE

The Triples League games started 25th June 2014 and results are as follows:

Results as at 28th July

Oakham 4 Belvoir Vale 4
Melton Town 4 Holwell Sports 4
Syston 4 Market Overton 4

LEAGUE TABLES

Melton Triples - Dave Hudson

	P	W	L	D	Pts
Syston	3	8	3	1	17
Mkt Overton	4	8	7	1	17
Belvoir Vale	4	7	8	1	15
Howell Sports	3	6	5	1	13
Oakham	3	5	6	1	11
Melton Town	3	3	8	1	7

The League will finish its season with the Tom Brown Trophy being played at Market Overton BC on Sunday 31st August.

Loughborough Triples

	P	Shot Wins	Shot +/-	Rink Wins	Pts
Queens	8	7.0	81	16.0	48
Riversiders	8	3.6	-39	12.0	31
White Plums	6	3.0	49	11.0	28
Fosseway	6	4.0	92	10.0	28
Finches	6	3.0	12	10.0	26
Hawks	6	2.0	-68	8.0	20
Conways	6	1.6	-103	6.5	14
Green & Royals	4	1.0	-34	2.5	7

This is the latest update I have - Ed

WORDS OF WISDOM

Marriage is a wonderful institution, but who wants live in an institution?

Groucho Marx

FUTURE EVENTS FOR YOUR DIARY

As reported in our last Newsletter here a few dates for your diary.

CURLING 19th September

SUNDAY TOURIST

Friday 28th September when there will be a game the Sunday Tourist followed by a hot supper/tea.

CANDLE LIGHT GAME

Wednesday 1st October a Candle Light Game start 5.30 for 6.00.

JAZZ EVENING

November 21st sees a return of our Jazz Evening.

BOCCIA

January 31st 2015 sees another evening of Boccia.

TICKETS WILL BE ON SALE SOON!

Jennings



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 companies in the Syston Green Newsletter
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LADY PRESIDENT'S MESSAGE

When you read this report, a few of the Syston bowlers will be enjoying themselves on tour in Worcestershire with the Leicester Sunday Tourists.

May I say how proud I am of the ladies who went to Belgrave for the County Two Wood Triples on what was the hottest day of the year with temperatures soaring to 32deg C.

After playing three rounds, three of our ladies should have played another round but due to the heat, it was postponed until 1st August, when they won and qualified for the semi-final to be played at New Lount on 18th August.

Congratulations also to Kate Toon for winning through to the County Unbadged finals, to be played in September.

Thanks go to all the ladies who have played in extremely hot conditions over the past few weeks – keep the flag flying for Syston.

Janice



CLUB COACH

Des Eggitt
 Club & County Coach

THE BOWLS MAT

At the start of a match the lead must place the mat in the right position before you start playing the end.

It is a simple process when laying the mat and the way to place is how I show new bowlers when coaching,

First of all, is hold the mat at both corners with each hand facing the rink number, place the mat in position so the rink number is at the centre of the mat.

Before you deliver the jack, ask the skip if the mat is in the correct position. One of our members' who was in a losing rink said the opponent's skip was lucky with his heavy bowls into the head to get a result, this is because his front players had bowls in the head.

So, remember, when playing lead or 2 your bowls must be the head.

Playing in the match on Thursday afternoon I noticed there were still a lot of narrow bowls, which means a lack of concentration. You have to find some way to find the line.

Remember the bowls mat is one way to find the line, for the fore-hand, point your right foot pointing to the corner of the mat, with your left foot pointing the same way, you will be facing to the line that you will be bowling.

If your bowl finishes wide of the Jack, turn your right foot about an inch inside the line you have just bowled to find the correct line.

When playing in a match it is important to find the best hand of the rink, keep

bowling the hand, even if you think there are bowls in the same line.

Never change onto a bad hand, your job is to get bowls into the head.

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

MEN'S MANAGEMENT GROUP

The Men's Management Group have strongly reaffirmed current policy covering match day catering arrangements. ALL Members will continue to be expected to share tea duties. The Catering Manager will produce a pre-season rota covering all Saturday and Midweek fixtures.

Should any Member - for whatever reason - be unable or unwilling to fulfil his obligations, it is his responsibility to identify another Member to take his place either by exchanging dates or by persuading him that he has good reason for being excused. It is NOT the responsibility of the Catering Manager to find or arrange replacements/substitutes.

The Management Group wish to stress that they are prepared to consider future sanctions against any Member who is found to be in continued breach of this policy.

Regrettably, Pete Murray, current Catering Manager, has signalled his intention not to offer himself for re-election at the end of the current year. He cites the deal of work and stress created for the post holder by the unco-operative attitude of a small minority of Members in relation to current catering policy as the main reason for his decision.

8 Foods That Take Anti-Aging One Step Further

The old saying that “you are what you eat” is particularly true when it comes to anti-aging. The foods that you consume have a significant effect on your overall physical appearance.

1. Dark Chocolate

You can treat yourself to a piece of dark chocolate without feeling guilty! It's chock-full of antioxidants that will put a stop to premature aging and protect your skin against the harmful effects of UV exposure.

2, Salmon

Eating this fish will provide your body with omega-3 fatty acids that help calm inflammation. A chemical in salmon, astaxanthin, which contributes to salmon's pink hue can have the same beneficial effect on your skin – giving you a youthful glow!

3. Dark Berries

Berries with a dark hue – such as blackberries and blueberries – have a high concentration of flavonols and anthocyanins which are antioxidants that help fight off free radicals. They also aid in producing collagen and reducing inflammation.

4. Vegetables

Dark, leafy vegetables, such as spinach and kale, are one of the best sources of antioxidants. Spinach can keep your eyes bright and clear, due its zeaxanthin and lutein content – which are nutrients that are found in the retina.

5. Tomatoes

The magical ingredient in tomatoes, lycopene, helps protect your skin against harmful UV rays. Lycopene protects your skin from the oxidation that results from sun damage – which is one of the leading causes of wrinkles.

6. Nuts

Like salmon, nuts are packed with omega-3 fatty acids, amongst other key anti-aging ingredients. The vitamin E in nuts neutralizes troublesome free radicals in your muscles and your nervous system.

7. White Tea

This precious brew is known to extend your lifespan if drank enough. It is also responsible for preventing the breakdown of elastin and collagen – both of which contribute to your skin's elasticity and strength.

8. Avocados

Avocados provide you with vitamin E and potassium, and are a great source of antioxidants as well. Next time you're dipping your chips into a bowl of guacamole, you can rest assured that you are taking steps to improve your skin's health!

It may seem difficult to be able include all of these super-foods into your diet. To make it easier on yourself, you can always take a supplement that will provide some of the key ingredients mentioned.

WORDS OF WISDOM

If it wasn't for electricity, we'd all be watching television by candlelight.

George Goble

MARKET OVERTON GALA

Syston Bowling Club entered three teams in the Market Overton Gala on Sunday 13th July.

The players that made up the three teams were:

Anita Lowder, George Stone, Marilyn and Ray Wood.

Kate Toon, Dave Hudson, Pete Murray and Tom Jordan.

Maureen & Stan Page, Noel Evatt and Trevor Allen.

The weather started off cloudy and then it rained, but this didn't put a dampener on proceedings.

On the day all the teams had good games: with Marilyn, Anita, George and Ray having won 3 and lost 1.

Kate, Peter, Dave and Tom also won 3 and lost 1.

The team that won against Kate & Co was according to Kate, not up for discussion!

Maureen, Trev, Noel and Stan won 2 and lost 2.

As the results show we all gave a good account of ourselves.

The organisation of the event was spot on. Tea and biscuits were served on arrival and an excellent dinner with a good tea to follow later in the day (there wasn't a slice of ham in sight!).

It was a good day out and everyone enjoyed it, if you have not tried this event, then give it a try!

Stan Page



THE GARDEN CLUB

Christine Dodge

The latest visit of the group was to Coton Manor which is an old favourite but is always enjoyable.

The main problem as usual was lack of available drivers but thanks to Colin and Norma stepping in at very short notice, we managed to take everyone.

As usual, we were very lucky with the weather and upon arrival we all sat in the courtyard and had lunch, followed by a leisurely stroll round the gardens.

The judging of the containers and hanging baskets has now taken place. The two judges appeared to be very interested in everything they saw including the RAMP which they'd read about in the Leicester Mercury. They just could not understand why it was so controversial

Due to the problems with transport at the moment, it has been decided to forego a visit in August and arrange one for early September when the competitions should be completed and people will have returned from holiday.



Our picture shows: Jean Ward, Pat Ploughman & Christine Dodge