

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 121 - August 2016

LADY PRESIDENT'S PIECE



Please allow me to say a big "Thank You!" to everyone who came to help me celebrate my President's Day. Certainly a day I shall always remember. The fun, plus all the hard work my friends put in to make the day a success, made it such a special day for me.

My thanks also go to Men's President Pete Murray, to Dave Hudson and Rod Heggs for their hard work in arranging the tables and seating to fit in so many people.

The Ladies put the finishing touches to make the room look so attractive with beautiful flower arrangements provided by Jenny Dewick.

It was heartening to hear so much laughter and banter on the green – especially when players had to change hands to deliver their first wood – a task which is certainly not as easy as it looks!

The introductory "Spider" was won by Pete Murray.

Three of my guests turned up very late in the day but, as the report below clearly explains, there was no need for apologies since those involved, Marilyn, Kate and Bev, had done the Club proud in the County Competitions – and on such a hot day, too! Congratulations and thanks. You added another fine memory to my special day.

It was especially pleasing to welcome Barbara Brown back into the club house once again. I'm sure she really enjoyed chatting to her old friends and I'd like to thank Suzanne for bringing her along.

Unfortunately, Marjorie Clowes and Margaret Trigg were not well enough to join us. They were sadly missed and all of our best wishes are sent to them.

My thanks once more for all the cards and gifts. Now that it's all over, I can enjoy that glass of wine and enjoy looking at the beautiful flowers and plants which will be a strong reminder of a wonderful day for a long time to come.

LADIES' COMPETITION SUCCESSES

After winning all three of their matches on Friday 22nd July, three of our Ladies – Marilyn Wood, Kate Toon and Bev Wright won through to the Quarter Finals of the County Two-wood Triples Competition. In the course of this fine performance, the trio recorded a "Hot Shot" in the third game.

The Quarter Finals (followed by the Semi-Finals and Final) will be played at Goodwood Bowling Club on Monday 22nd August. **Fingers crossed!**

Congratulations are also due to Marilyn Wood, Jenny Dewick and Kate Williams who were awarded a set of spoons for the largest shot difference in the County Benevolent match held on 20th July.

CLUB CHAIRMAN



Many congratulations, Sheila, on giving the Club such a lovely President's Day. I really hope you enjoyed your special day as much as we did. Almost every member of the Club was present and it was nice to see that members of your family were able to join us. The food was exceptional and I'm sure that's thanks to many of the ladies who helped with the catering.

We all know you've had a difficult time recently but I hope you've been helped in some small way by the concern and friendship of Club members.

With the full support of Tarmac (formerly Lafarge) an application for grant funding of £2500, to replace the clubhouse shutters, has now been lodged with the Derbyshire Environmental Trust. A decision on our application is expected in November.

As a start to discussions on possible unification of our Club, the Board has set 1st January 2018 as an initial "target" date for any change in the Club's constitution. An initial report, setting out issues on which the Board has already been able to reach agreement has been sent to members of the Section Committees for further discussion. A small Working Party is to be set up (see Noticeboard) to continue discussions and come up with a set of detailed proposals for consideration by the Board, before being put to a General Meeting of all Members in due course. In order to ensure the widest possible consultation, any Member wishing to contribute in any way to the discussions on possible unification is invited to contact me at any time.

SYSTON CARNIVAL 2016

As reported last month, as part of our fundraising and membership promotional activities, the Club will once again have a stall at the Syston Carnival this year on Saturday 3rd September. All Members are urged to provide cakes for sale. Marlene Murray will provide her usual crafts and jigsaws. All men are requested to assist with the setting up of the stall from 9.30 a.m. onwards and, particularly, with the dismantling of the stalls and return of tables and chairs to the clubhouse from about 4 p.m. onwards. Please watch the main noticeboard for further details.

PRESIDENT PETE SAYS



Congratulations to our Lady President Sheila Aindow on her President's day. A lovely sunny day and a friendly bowls match, which resulted in my rink getting the booby prize. The meal following the game was brilliant with a great variety of food. Well done to the ladies who prepared it. Everyone received a free drink which was a lovely gesture from President Sheila.

At the Men's July Management Meeting, among many items discussed was the possibility of the amalgamation of the Men's and Ladies' Sections into a fully unified Club. It was agreed that as President of the Men's Section I should write to the Chairman of the Board of Directors to open discussions on the setting up of a totally unified club. It goes without saying that there are a great many things to think about before any decision can be taken, and the final decision will have to be taken at a future joint AGM. I invite ALL Members to get fully involved in these vitally important discussions in the months ahead. I'm sad that Pauline Wright has had to resign from the position of Social Director and I would like to thank her for all the hard work she has done during her term of office.

Finally congratulations to Marilyn Wood, Kate Toon and Bev Wright for reaching the Quarter finals of the County Two-wood Triples competition.

GARDEN CLUB UPDATE



The most recent visit of the Garden Group was to Lincoln to view the poppy display and attractions at the castle. Unfortunately the poppies were very overrated and it seemed that the numbers had been depleted over time. However, there were other things to see at the castle and the cathedral was nearby. It also rained quite heavily several times but there were lots of shops and small cafes in the area that were of interest. It wasn't the best visit we had ever had but we all get on well together and enjoy each other's company.

The next Garden Group meeting will be on Tuesday, 9th August at 7.0pm and the next visit will be to Trentham Gardens on Friday, 26th August. A detailed list will be on the notice board shortly. This is always a very popular venue so the number of places available will depend on how many drivers we can get. Regular Garden Group members will take priority.

COACHING CORNER

This month: *PURPOSEFUL PRACTICE*

- Don't be afraid to ask your Club Coach to advise on suitable practice routines.
- Practice on your own
- Make sure not to practise your faults.
- Set an objective for each practice exercise
- Not more than 20 minutes for each individual exercise.
- Practice means just that, not a fun roll up where the result is more important than the technique used.

PRACTICE AND ENJOY IT!

Try out these exercises:

1. JACK DELIVERY

OBJECTIVE

To consistently deliver a jack to a nominated length

METHOD

Use two mats placed on the centre line 30m apart. With a partner, deliver 8 jacks to each others feet, varying the distance when the 8 jacks are consistently within 60 cm of the nominated positions for lower grades and within 30 cm for higher grades

2. FINDING THE RIGHT "GREEN"

OBJECTIVE

To establish and prove the maximum curvature technique of the draw shot by selecting the correct delivery angle.

METHOD

Set the jack at full length and gauge where the bowl will be at its maximum distance from the centre line (on both hands). Place markers at these points.

Deliver bowls to pass directly over the markers to obtain the correct delivery angle.

When the delivery angle is established move the jack and / or mat to alter the length and re-establish new marker positions.

This practise is to assist in selecting the delivery angle - do not worry too much about the weight.

Concentrate on the perfect delivery angle for each bowl

3. ROLLING THE JACK AND DRAWING SHOT

OBJECTIVE

To roll the jack and deliver a draw shot consistently.

METHOD

Use four bowls and two jacks.

Practise as follows for 10 ends.

Roll one jack to a medium length and draw two bowls to it. Roll the second jack to a minimum length and draw the last two bowls to it.

Play on one side (whichever you find is the easiest) and aim to draw consistently within 40 to 50 cm behind the jack.

Do not try for touchers or cross the head

CLUB COACHING

For coaching advice and assistance, ring **Ken** on 0116 2606 743 or **Gary** on 0116 2607 922

CLUB DIARY

AUGUST

13 th	Batram (Mixed) H
	Wymeswold (Mixed) A
15 th	Humberstone H
	Green & Royals A
	White Plums H
17 th	Knighton Victoria H
18 th	Belgrave H
19 th	Warner Clubhouse Trophy H
20 th	Thurmaston H
	Thringstone A
22 nd	Kegworth H
	Loughborough Brush Hawks A
24 th	Leicester Banks A
25 th	Enderby H
27 th	Wymeswold (Mixed) H
	Birstall A
31 st	Belvoir Vale H

SEPTEMBER

1 st	Nuneaton H
3 rd	Thringstone H
	TBA A
5 th	Loughborough Brush Hawks A
	Rothley Crusaders H
6 th	Keyworth (Mixed) H
8 th	Sileby A
	Melton Town A
10 th	Coffee Morning
	Kirby Muxloe H
	Leicester Banks (Mixed) A

BIRTHDAY BUMPS

Happy birthday wishes to all of the following with birthdays in August:
Josie Hubbard, Jean Ward, Gillian Allen, Norma Grimes

SPECIAL ANNIVERSARY

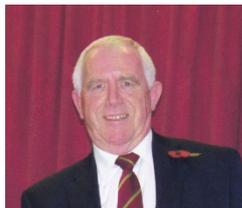
Rob & Janice Wilbourn celebrate their Golden Wedding on 20th August.
Congratulations and warmest best wishes to you both!

59 CLUB UPDATE

Most recent winners are: **Chris Biddles (12)**, **Roy Hill (41)**, **Ray Dexter (25)**, **Stan Page (48)** and **Sheila Aindow (08)**

Please note that numbers 28 and 57 remain available. Please contact Val Foreman if you would like to take up either (or both) of these numbers.

GREEN RANGER



Sorry to keep on about it but can I please remind everyone that there are always little maintenance jobs to be carried out on a weekly (sometimes daily) basis to keep the green and its surrounds in good condition. I would very much appreciate more support from Members to help with these tasks.

Please don't wait for a general appeal to be made on the noticeboard. If you have a spare hour or two to help out, at any time, please give me a ring when I will be very happy to give you details of what needs doing. Let's all take pride in our wonderful green.

FINANCIAL MATTERS

The monthly advisory feature supplied by Club Patron, Pardeep Narwal, Narwal Wealth Management Ltd

This month: “Heir trigger”

The lack of financial planning in Britain remains worrying – many people only take action when receiving an inheritance. Receiving an inheritance is a life event that generates a mix of emotions. New research has shown that worry is a common one, as the inherited wealth prompts many people to think about their own estate planning.

The research, based on a YouGov survey of more than 2,000 UK adults, revealed that for 29% of people, receiving an inheritance was the main life event that would prompt them to seek financial advice. This figure jumped to 49% for those whose household income was in excess of £80,000. Buying a property and retirement planning came second and third, respectively, as reasons for people to seek help.

In addition, respondents to the survey said that Inheritance Tax and investing were the two topics most likely to unnerve them. It’s little surprise therefore that receiving an inheritance is the most common trigger for people to seek advice.

Voluntary tax

And they have good reason to be concerned. It is estimated that UK families could save a combined total of around £595 million every year by taking some simple steps to reduce Inheritance Tax (IHT) (Unbiased TaxAction Report 2016). Something as simple as ensuring that life insurance pays into a trust, not into the deceased’s estate, could significantly stem the flow of tax revenues pouring into Treasury coffers.

Figures released by the Office for Budget Responsibility suggest that the government is on track for the highest annual intake of IHT in history. The OBR forecasts that £4.6 billion will be raised in IHT revenue in the 2015/16 tax year – double the amount collected in 2009/10. More worryingly, the OBR data also reveals that the number of families paying IHT has increased by over 160% in that period.

Even though IHT regularly appears at the top of the ‘most disliked taxes’ list, many people still fail to plan their estate properly. In doing so, they are handing over money voluntarily to the government.

Research suggests that this is because many people remain unaware of how much they can do to reduce their own IHT bill, or because they prioritise other areas of tax planning instead.

Putting aside the stories about morally indefensible tax avoidance, there are some perfectly legitimate ways to preserve the wealth that you have worked hard to build and want to pass on to your family. Ensuring you have an effectively-written Will in place is an imperative, but lifetime gifts, trusts and charitable giving can all play their part.

Effective tax planning is not about avoiding tax – it simply means making full use of the allowances and exemptions that are available.

More information

Should you wish to discuss any of the detail contained in this article or any other financial issue, please do not hesitate to get in touch - Pardeep Singh Narwal, Partner - St. James’s Place Wealth Management on 0116 319 0084 for a free no obligation meeting.

(The levels and bases of taxation, and reliefs from taxation, can change at any time. The value of any tax relief depends on individual circumstances.)

(Will writing involves the referral to a service that is separate and distinct to those offered by St. James’s Place. Wills and trusts are not regulated by the Financial Conduct Authority.)

TEAM PERFORMANCES TO DATE

Full scores in all matches are featured on the Club web site – www.systonbowlingclub.org

WISDOM OF THE AGED

“There is a fountain of youth. It is in your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap into this source, you will truly have defeated age.”

Sophia Loren

You know you’re getting old when:

*“Happy Hour” turns out to be a nap; you sink your teeth into an apple and they stay there;
your back goes out more than you do; you can’t get your rocking chair started;
it feels like the morning after – but you haven’t been anywhere; you get short of breath playing chess;
everything either dries up or leaks; you’ve lost all your marvels;
the only thing you want for your birthday is not to be reminded of it;*

Anon

Jennings



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*We are grateful for the active support of all of our growing
list of Patrons, especially those regularly featured in this
Newsletter.*

*For full details of Patron benefits and costs, please contact
Colin Grimes on 0116 2608412.*

*In return for their generous financial support for our Club,
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CHANGING ROOM COURTESIES

More frequent mixed matches and the siting of lockers are causing some congestion and problems in the new changing room.

The Board of Directors asks that all men should exercise a measure of care and courtesy under circumstances that make it necessary for ladies to enter the changing room to access their lockers. It should not be necessary to point out that not all ladies are comfortable at the sight of men in a state of undress. When mixed games are taking place, please take all possible steps to minimise embarrassment for either party.

Secondly, all Members are asked to note that the "Disabled" toilet in the changing room is available for use by everyone. Ladies are also asked to note that the new changing room and toilets are available for their use on days when "Ladies Only" matches are taking place.

SYSTON MEDICAL CENTRE – PATIENT PARTICIPATION GROUP

At their meeting held on 14th June, the PPG were informed that savings of £18 million are having to be made by the local Clinical Care Group (from £46 million current annual budget). While £16 million savings had already been identified, it was proving very difficult to find the additional £2 million. A major problem was the wastage of drugs caused by patients through over-ordering drug supplies.

Dr Hurwood drew attention to a list of items supplied through the Centre but which were not funded by the NHS – including ear syringing and paracetamol!. He explained that the cost of supply of paracetamol on prescription cost the practice far more than the cost of buying this over-the-counter (OTC) drug at a pharmacy. The Group discussed the practicalities of asking patients to pay for their own non-funded listed items as a means of saving money or freeing up funds for more urgent treatments.

Further information on the workings of the PPG can be obtained from Club Chairman, George Dodge.

EDITORIAL COPY DEADLINES

All copy for the August Newsletter should be sent to Colin Grimes (systonbowling@btinternet.com) by no later than **Monday 29th August**

ENDPIECE

We are still looking for an Editor of this Newsletter. This edition once again demonstrates that all likely needs of the publication can be handled using nothing more "complicated and challenging" than Microsoft Word. When material is submitted to the Editor by email, the Newsletter can be put together using simple "cut and paste" methods.

Photographs and pictures can either be placed directly on the page or be imported using your scanner. It really is a relatively simple process.

The biggest problem remains a lack of input from members which can involve a lot of "chasing" and/or writing of copy by the Editor!

This month's edition has been printed in black and white (greyscale) to demonstrate that colour production is not absolutely necessary.

SYSTON BOWLING CLUB

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