

# the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 164 – October 2020



## Presidents Message

As you are all aware we have the AGM on the 16<sup>th</sup> of this month and there are some important posts still to be filled. If anyone thinks they could fill one of these positions I would urge them volunteer. I'm sure I speak for everyone in thanking those members of the Board and Management who are standing down for their hard work and dedication during their terms of office.

Although the green has been open for almost all of the season not many members have made use of it for all sorts of reasons not least of which is the fear of mixing with other people and catching the dreaded virus. For those members who have used the green there have been some competitions and I would like to congratulate the winners and commiserate with the losers.

It is obvious that with no matches against other clubs during the season our financial situation is not as good as it would have been, but I'm sure the Board of Directors will be able to find a solution to this problem.

Finally I would like to thank all members of the club for their hard work during the past year and wish everyone a very healthy and successful future.

**Pete Murray**



Although the garden now lacks much of the vibrant colour of summer, there are still the more muted and subtle shades of autumn to be enjoyed with none of the pressures associated with spring or summer gardening. It is a time for pottering and tidying and form enjoying the garden in all its autumn glory. Yes that word again, tidying, we keep on about it, but it is most important especially at this time of year when the leaves are coming off the trees, you must keep collecting them up, especially from under the hedges and under shrubs, because this is where all the bugs and baddies will over winter, and try to keep them off the lawn, as worms will pull them under, and this can disfigure the lawn.

Herbaceous and mixed borders become overgrown in time, with the more vigorous plants swamping many of the choice less aggressive kinds. The balance of the border can be lost, and it can soon look neglected. Some plants die and need replacing; some would be better moved to another position in the border, perhaps where their height is more appropriate or simply to achieve a more balanced area. Sometimes it is sufficient just to lift the offending plants, taking the opportunity to divide them before replanting. Don't forget if you are going to move and or divide, water them the evening before. Plants like Rudbeckia's, Lily of the valley, Iris and many more others, can now be split up. However, sometimes, it is best to lift a whole section of border and start afresh. If this is to be done, you should enlist the help from friends or relatives for their assistance, don't struggle on your own with the bigger jobs.

All biennials for spring and summer flowering, such as wallflowers, Canterbury bells and sweet Williams, should be planted as soon as possible. Many of these such as Wallflowers and Double Daisies are often used along with bulbs for spring bedding. Most bulbs can still be planted now, and you may find some bargains as it is now late in the season, but make sure they are firm and in good condition.

Your plants will only be as good as your soil allows them to be, improving the soil is the best route to more successful gardening, so, as you are planting, add in some bone meal which helps to develop a strong root system and chicken manure pellets, which are an ideal way to enrich your soil.

Members will not have been surprised to learn that our AGM, scheduled for 16th October this year, cannot be held in the usual way. Instead, all relevant paperwork has already been sent to every voting Member (either by email or normal mail for those without email addresses) together with a Voting Slip to offer everyone the chance to express their opinion on the issues raised.

As that paperwork explains, your votes will need to be received by the Administrative Secretary, Val Foreman (again, either by email or post) by no later than 5.00 p.m. on Friday 16th October, the published date of the AGM. Results of the voting will be notified to Everyone, as soon as possible after that date. (If you haven't received AGM papers, please contact Val Foreman as quickly as possible.)

Elections for Board and Management Committee

As shown in the AGM paperwork, no nominations were received by the published closing date for the posts of Chairman, Premises Director, Finance Director, Premises Director or Compliance Director to serve on the Board, and for Secretary, and Competitions Secretary to serve on the Management Committee.

It is vitally important that these positions are filled if the Club is to be efficiently managed as we move towards the challenges of 2021. If you feel that you have something to offer to help in this task, or if you would like more information about any of the posts before making a commitment, please do not hesitate to contact either Val Foreman or myself as soon as possible.

Apologies are due to Maureen Page whose name should have been included in the list of re-elected Directors continuing to serve as Welfare Officer.

At the time of writing, it is now understood that Kate Williams has subsequently agreed to offer to serve as Chairman of the Board of Directors. Further nominations for this and all other published vacancies can be notified to Val Foreman at any time before 16th October 2020.

#### Membership subscriptions 2021

The Report of the Chairman, included with the AGM paperwork, explained that after detailed consideration of the unique situation caused by the Covid pandemic this year the Board have decided that membership subscriptions for 2021 will remain set at £105 - the same level as this year. In line with the undertaking given in March, a rebate of £10 may be claimed to cover the weeks that the green was closed due to the Covid pandemic.

The Chairman has explained that this has not been an easy decision and the Board recognises that it is unlikely to please all Members. The Board seeks your support, however, and asks you to recognise that they have had the difficult task of balancing the books while being as fair as possible to all Members, remembering that significant overheads involved in maintaining the club are incurred, whether there are any participating players or not, and reminding you that the green has been fully open and available to everyone since June.

#### 2020 Competitions

As reported last month, a limited number of Competitions have been successfully organised in spite of Cov-19 restrictions and working within guidelines published by Bowls England. Because of the unique circumstances affecting us this year, the Board has decided to record this year's competition winners on a special "Covid Commemoration" board to be erected in the clubhouse. Relevant trophies will be engraved, as usual, but there will be no

competitions presentation ceremony. Apart from the "Presidents" board in the main changing room, honours boards will be left blank for 2020.

All Members are reminded of the requirement to sign in the register supplied each time that they visit the clubhouse. This rule is part of the pandemic control regulations to assist in the "Track & Trace" process should anyone visiting the clubhouse subsequently test positive for Covid-19 symptoms.

For those who have downloaded the NHS Track and Trace application on to their smart phones, QR logos are now displayed in the clubhouse. and can be used as directed.

**Weatherproof jackets**

In another decision at their September meeting, in response to requests, it was agreed that an order should be placed for additional weatherproof jackets to be available to Members in time for the opening of the 2021 Season. We have to place a minimum order of 20 jackets and there is a 12 to 15 weeks delivery period. Anyone who would like to obtain a jacket in time for next Season should contact either Val Foreman or myself to identify size requirements.

**Extension of Season**

It has been agreed that, subject to weather, the green will remain open during the first two weeks of October. A special "Closing" match is to be organised for Saturday 17th October. Anyone interested in playing is invited to register on a notice posted on the main noticeboard in the clubhouse.

**Winter Social Programme**

Sadly, unless and until circumstances allow, there are no plans to offer a regular programme of social events, including Coffee Mornings, during the winter months. Members will be notified if there is any change to this policy.

**Policies and Procedures Manual**

A large green lever arch file "bulging" with documentation has gone "missing" somewhere in the clubhouse. This file contains important information on Club policies and procedures and is intended to act as a reference guide to anyone needing to know how any aspect of the Club operates. It contains everything from the signed lease agreement with the Council to instructions on how the door alarm works!

If anyone has any information on the file's whereabouts, I would be very pleased (and relieved) to hear from them.



"The first half of our lives is ruined by our parents; the second half by our children"  
Lawyer *Clarence Darrow*, quoted in *Reader's Digest*

"The best way to keep a prisoner from escaping is to make sure he never knows he's in prison."  
*Anders Nyström*

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## With Covid 19 still raging, don't ignore the threat of seasonal flu

With acknowledgements to "Later Life")



### Flu can be very serious indeed

In the past, flu was sometimes thought to be just a bad version of a cold. Now of course we know so much more and after Covid 19, we can understand more clearly what the world went through in 1918, when an influenza pandemic swept across the globe.

This flu, which killed millions, was recorded as the most devastating infectious disease in history.

The problem with flu viruses is that they change continuously and come in different strains. There are in very simple terms three main types of flu viruses, A, B and C. These are the ones usually responsible for seasonal influenza but it is a very complex area. These viruses can mutate, there are numerous sub strains and there is also a D strain.

Influenza A is usually the one that causes the most seasonal flu cases and it is often the type that is responsible for the most severe symptoms. A bit like Covid 19, this flu can be spread from person to person by coughing and sneezing and also by sneezing over and infecting objects which are then touched by others. A flu of this type may last for one or two weeks.

One type of influenza A virus was discovered ten years ago in Mexico and named H1N1 or more commonly Swine Flu. This became the first flu pandemic for four decades but while it is technically called a flu, the virus is very mutated.

Influenza B generally causes symptoms that can be less severe than with type A. Scientists say while Influenza B can cause epidemics it won't cause a pandemic. For the record, an epidemic is a disease that affects a large number of people within a community, population or region while a pandemic is an epidemic that spreads over many countries and continents. Like Influenza A, symptoms can last for a week or two.

Influenza C is the best type of flu to catch as its symptoms are much milder and usually goes away on its own after three to seven days.

Influenza D has only so far been identified in cattle and swine but scientists are suggesting a jump to humans may be possible.

The flu vaccinations we are offered each year are not the same as previous years. **Instead, the World Health Organization** continually monitors the viruses across the world and then makes updated recommendations about the strains which should be included in that year's vaccine. Researchers work out the strains of flu that are most likely to circulate each season, and then recommend specific vaccinations. For instance, vaccines may include:

- **One influenza A virus (H1N1)**
- **One influenza A virus (H3N2)**
- **One or two influenza B viruses**

The vaccine you receive will only offer protection against the specific strains it contains so, even if you have had the vaccination, it makes sense to be sensible and take what precautions you can to protect yourself. Luckily the precautions are similar to those we need to take for Covid 19.

With the flu and cold season approaching, protecting yourself as best you can is obvious. But it is also a good idea to be aware of some of the different symptoms, just so you can ensure that if you are unfortunate enough to catch something, you can quickly seek the best treatment. But, like the strains of flu, symptoms can vary enormously and, as always, if you are concerned then contact a medical professional.

Colin Grimes

## **SYSTON BOWLING CLUB**

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# **HAPPY BIRTHDAY to...**



Trevor Allen  
Rod Heggs  
Tyler Johnson  
Sheila Parker  
Ken Renshaw  
Michael Ward  
Kate Williams  
Don Creasy  
Dot Bentley  
Marie Britt  
Margaret Freeman

**Message from the Editor**

**Thank you for the contributions to this edition  
Please let me have any items by email or word document**

**Sue Renshaw**

**Please let me have any items for the next edition by  
Wednesday 4<sup>th</sup> November 2020**

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