

# *the* SYSTON GREEN

Official Newsletter of the Syston Bowling Club

November 165 2020

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## Gardening Tips

Making the most of your fallen leaves, we've got some great ideas for making the most of your fallen leaves

1. Mulch, mulch, and more mulch – adding a layer of leaves to your beds protects roots from the cold giving you healthier plants in the spring from nutrients released from decomposing leaves.
2. Fertilise your lawn – leaves are full of nutrients. You can use your mower to cut the leaves into tiny pieces that drop between the blades of grass. These clippings decompose releasing nutrients to feed your lawn.
3. Build soil in your lasagne garden – fallen leaves are an essential part of a lasagne garden. What is lasagne gardening? It's a no-dig, no-till organic gardening method resulting in rich, fluffy soil.
4. Start creating mulch for spring – pile leaves in a bin and by spring they'll be partly decomposed and ready for spring mulching.
5. Last but not least, a few fun ideas for putting those leaves to use – pile them high and jump in, use them for fall decorations, or make a leaf maze by raking them into rows
6. If you have trees in your garden, you need want to do a bit of work to prepare them for the winter months to come

### Here are some tips for keeping your trees healthy:

7. 1. Wrap the trunks – Sunscald is injury to tree trunks caused by fluctuating winter temperatures. This happens when warm winter sun heats the trunk cells causing them to come out of dormancy. When temperatures drop to below freezing again these active cells are killed causing injury and scarring on the trunk. Wrapping trees, especially saplings with a light-coloured paper wrap can help prevent this winter damage. Starting at the base, wrap the tree with overlapping layers up to the first branches.
8. 2. Mulch around the base – Adding a layer of mulch 2-3 inches thick around the base of the tree can insulate soil and roots from freezing and thawing which causes soil to expand and contract damaging roots.
9. 3. Water – Water plenty during the autumn, especially young and newly planted trees. Water acts as an insulator. Plants cells with plenty of water help prevent damage from cold.
10. 4. Protect – Use wire to prevent critters from chewing the trunk – Small animals can damage bark. Wrap the trunk loosely with a small meshed wire screen.
11. 5. Prune – Cut deadwood and prune back branches that may break off and damage your home or walkway

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**THANKS TO JEFF RANDELL & HIS TEAM FOR PROVIDING HINTS AND TIPS**

## CLUB COMPETITIONS 2020

First of all, I would like to thank all of the players who were able to compete in this year, limited, club competitions. Numbers were high and the field was still competitive. Also, I would like to thank all those who were markers for the Singles events. Your help was very much appreciated and valued.

Due to the current climate and uncertainty of this years' season we decided that we will run the competitions that were County recognisable and easier to manage.

### **2020 Competitions**

Champion of Champions (Ken Renshaw v Marylin Wood)

4 wood Ladies Singles Championship

4 wood Men's Singles Championship

2 wood Men's Singles

Maidens

Aussie Pairs

Following some competitive bowling and some 'nail biting' games please find a list of all the finalists & winner(s) for each competition;

<b>Competition</b>	<b>Finalists</b>	<b>Winner(s)</b>
<b>Champion of Champions</b>	Ken Renshaw v Marylin Wood	Marylin Wood
<b>4W Ladies Singles Championship</b>	Jan Holmes v Pauline Wright	Pauline Wright
<b>4W Mens Singles Championship</b>	Andrew Savage v Ken Renshaw	Andrew Savage
<b>2W Mens Singles Championship</b>	Derek Renshaw v Geoff Ellis	Derek Renshaw
<b>4W Singles Maidens</b>	John Clarke v Steve Rudkin	Steve Rudkin
<b>4W Aussie Pairs</b>	Andrew Savage / Neil Marshall v Ken Renshaw / Roger Stone	Andrew Savage & Neil Marshall

Congratulations to all winners and good luck in all future competitions. For those unfortunate to make it this year, please keep trying.... your time will come.

Thank you all for your support in my role as Club Competition Secretary over the last few seasons and I would like to wish my successor all the best in your new role.

Until next season, farewell and have a safe winter.

**Andrew Savage Competition Secretary**

### **Club Captain**

Well done to all the participants in this year's competitions with a lot of the matches being very close finishes. I am sure that if we had been able to play against other teams from other clubs we would have done well.

So, lets hope that things will be back to normal next year and we will enjoy playing on the best green, with the best players. There is nothing to stop us.

Stay safe. Hope to see you soon.

**Derek Renshaw**

## DEVELOPMENT DIRECTOR'S REPORT

### The Season just ended

Another Season comes to a close. And what a Season! Special thanks to everyone who took advantage of the relaxation in pandemic restrictions to take part in Club competitions and/or roll-ups and for (broadly) following the safety guidelines that were put in place to enable this to happen.

Extra special thanks are due to Green Ranger, Roger Stone, not only for keeping the green in such good shape but for undertaking the considerable task of co-ordinating the bookings for games.

### 2020 Competitions

Thanks, too, to Competitions Secretary, Andy Savage, for successfully organising a limited range of club competitions in spite of the Covid-related restrictions. The Board decided that, in view of the unique circumstances surrounding this year's competitions, a special Honours Board should be commissioned to record the winners of each of those which did take place. This is now hanging in the clubhouse. As a precaution, space has been left to enable a similar record to be made next year should circumstances dictate. (*Heaven forbid! But you never know!*)

### External defibrillator

A new publicly accessible defibrillator has been installed on the clubhouse wall, close to the main door. This has been transferred from its original site at the Tesco supermarket. Thanks to the generosity of Councillor Tom Barkley, the major portion of the cost of the installation has been met by a grant from the Charnwood Borough Council made available to Councillors on a personal basis to support local community projects of their choice. Any future maintenance costs will be shared by the Council and the Club while the Council will be responsible for the regular checking of the equipment which will offer an enhanced service both to the Club and to the local community.

### Winter Social programme

The pandemic conditions make it currently impossible to organise any kind of Winter season social activities within the Club. We will have to wait and see what effect, if any, the forecast introduction of widespread vaccination might have on social activity restrictions in the New Year.

While the lack of a social programme will be felt as a sad loss to those who regularly participate, more serious, will be a consequent and significant drop in Club income over the period. As reported to the AGM, the Club is currently in the fortunate position of holding some reserves and is by no means faced with any question of "folding" due to a shortage of funds. However, the Board must seek every means possible to sustain that position in the longer-term interests of the Club and will have to try to find ways of offsetting the drop in revenue as a result of the cancellation of a regular social programme including coffee mornings.

### Board meeting

The second pandemic lockdown announcement caused the postponement of the scheduled first meeting of the newly elected Board on 10<sup>th</sup> November. This has now been rearranged for 8<sup>th</sup> December. The handover to Chairman-elect, Kate Williams from retiring Chairman, George Dodge, will take place at that meeting which will also welcome newly elected Premises Director, Ivan Jordan.

We are still without a Finance Director to replace Brian Arnold. A volunteer to take on this important role is urgently required. Anyone interested should contact either Val Foreman (2609 635) or Kate Williams (2604 477) for further details.

### Next Season

Much, of course, depends on the current state of the pandemic at the time that we will look to launch the 2021 Season. In accordance with tradition, the first Friday in March has been provisionally set as the date for "Meet the President", the occasion when members are invited to renew subscriptions and arrange competition entries.

As already announced, the fees structure for next year has been "frozen" at the same level as this year, with the option to claim a modest discount in view of the enforced closure of the green during April and May this year.

Competition entry fees will also be held at current levels.

Renewal forms, providing full details of confirmed plans for the Season, will be issued during February.

### Club library

The Club library is being continuously re-stocked during the closure period. Books (hardback and paperback), DVDs and CDs are all available for 30p each. We also hold a stock of jigsaws for sale at £1 each. The current stock can be inspected in the former Men's changing room in the cupboard immediately on the right as you enter. Cash should be left in the "honesty box" on the library shelves.

### Communications

During these extraordinary times, communications with Members takes on an added urgency and importance.

Email is the fastest and most effective channel but there are still a number of Members for whom we do not hold email addresses. If you are aware of any such individual(s) could you offer to print out a copy of anything you receive for them so that they are kept "in the loop".

## HEALTHCARE FOR THE OLDER PERSON This month's topic – Mindfulness

### Lost in Thought



In our lifetime, things have changed dramatically from a concept of “get on with it” to new trends in meditation and mindfulness. The word mindfulness covers controlling our thoughts so that we can experience and concentrate on what is occurring in the present moment without judgement. The concept comes through Buddhist traditions and is based on historic practices including Tibetan meditation techniques.

The NHS have a good description of what mindfulness it all about. Quoting Professor Mark Williams, a former director of Oxford Mindfulness Centre, the NHS reports that mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment. The Professor says it is easy to lose touch with the way our bodies are feeling. Instead we end up living “in our heads”, caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour.

An important part of mindfulness is to reconnect with our bodies and the sensations they experience; waking up to the sights, sounds, smells and tastes of the present moment.

There is almost limitless information on line about how good meditation and mindfulness is for people, and how it can relieve anxiety, stress and a myriad of other problems.

However, information on what really happens to the brain when we meditate is harder to find although in recent years there have been a number of scientific studies undertaken. A team at the august American university Harvard found that mindfulness meditation can, after a while, actually change the structure of the brain. This included evidence that meditation could increase the cortical thickness in the hippocampus, an area which governs learning and memory and is also involved in regulating emotion. The team also found that mindful meditation could decrease the brain cell volume in the amygdala. This is an area responsible for fear, anxiety and stress.

Another American university, the University of Wisconsin-Madison, also undertook some detailed research. The study was undertaken by a group of neuroscientists and a Tibetan monk agreed to take part. The monk had spent many years meditating in the Himalayas. The researchers connected 256 electrodes to the monk, and when they took a full reading, they were very surprised. The results showed that a very unusual level of activity in the monk's left prefrontal cortex, an area responsible for subduing negative emotions; and also in the gamma wave levels, another area connected with happiness. The researchers were keen to emphasize though that it may have taken decades for the brain to change.

While right now there are no absolute clear cut statistics on brain changes achieved through mindfulness and meditation, especially as there are many different ways to meditate, but the general idea is that stepping back and slowing the brain from processing all the mass of information most of us cope with every moment of the day is indeed beneficial.

Most of us can train ourselves to practise mindfulness, perhaps sitting quietly and paying attention to our thoughts and perhaps the sensations of breathing or parts of the body. A basic idea is not to let your mind wander.

There are lots of courses available to help people and many choose to get involved through yoga, tai-chi or other activities which involvement an element of meditation and mindfulness.

If looking online, Be Mindful is an online mindfulness based cognitive therapy course that is NHS Pathway approved. The course has been designed to help reduce stress, depression and anxiety. The downside to the course is that it is not free...it costs £30. You can find out more at:

<https://www.bemindfulonline.com/>

There is also some useful information on:

<https://www.mindful.org/meditation/mindfulness-getting-started/>

And also at:

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>



## Defibrillator at the Clubhouse

You may have noticed that there is a defibrillator located at the front of the clubhouse to the left of the front door. This was previously housed at Tesco on Melton Road, for approximately three years; and is now situated in a prime location for Central Park, which in a normal year, hosts six plus major public events a year.

The relocation costs have been shared between Syston Town Council Chairman, Cllr Tom Barkley and Syston Bowling Club. (two thirds to one third).

The defibrillator has a weekly function test and this is carried out by Syston Town Council staff and reported to the Community Heartbeat Trust. Costs of replacement parts are to be shared 50:50 between the Council and the Bowling Club.

### Four steps to take if someone is having a cardiac arrest:

Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival.

If you come across someone in cardiac arrest:

1. Call 999
2. [Start CPR](#)
3. Ask someone to bring a defibrillator if there's one nearby
4. Turn on the defibrillator and follow its instructions.

There is a code to unlock the defibrillator and that is provided to you when you call 999.

### Who can use a defibrillator?

You don't need to be trained to use a defibrillator – anyone can use it. There are clear instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed. You cannot deliver a shock accidentally; the defibrillator

### Message from the Editor

Thanks to everyone for their contributions to this edition.

Please continue to provide me with regular updates of club activities, by email, as a Word document

**Please let me have any items for the next edition by 5<sup>th</sup> December 2020**

## **SYSTON BOWLING CLUB**

**All Communications should be addressed to the Chair of the Board of**

**Directors: Kate Williams 78 Barkby Road Syston LE7 2HA**

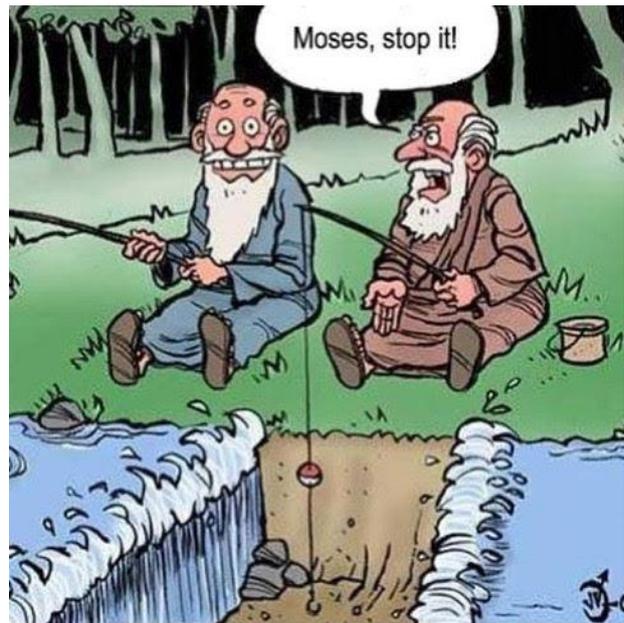
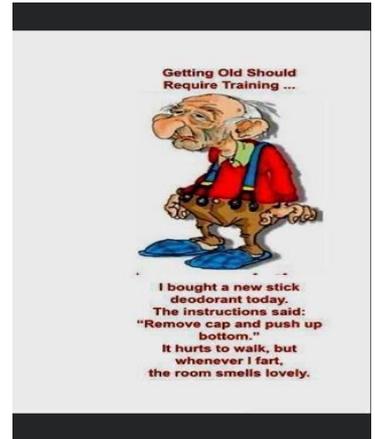
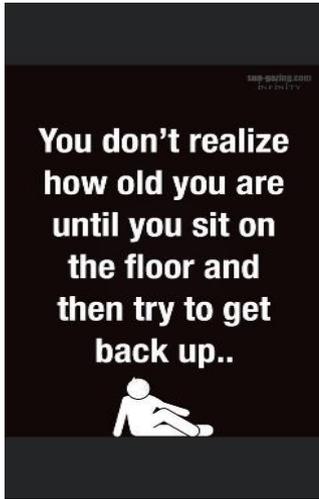
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**HAPPY  
BIRTHDAY to...**

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Chris Meynell**



**Dick Crouch  
Muriel Gibson  
Ken Palmer**



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