

FEBRUARY

- 9th Coffee Morning 10.30 a.m.
 11th Melton Indoor roll-up 11.20 a.m.
 13th Ladies' Lunch 12 noon .
 16th "Who Wants to be a Millionaire?" 7.00 p.m. £1 entry, Faith supper
 18th Melton Indoor roll-up 11.20 a.m.
 20th Art & Craft Group 11.00 a.m. Quiz and Social afternoon 2 p.m.
 25th Melton Indoor roll-up 11.20 a.m.
 27th MARCH
 3rd Sunday lunch 12.30 p.m. £6 2-course menu (See page 4 for details) Prepared & served by Men's Section
 4th Melton Indoor roll-up 11.20 a.m.
 6th Art & Craft Group 11.00 a.m. Quiz and Social afternoon 2 p.m.
 9th Coffee Morning 10.30 a.m.
 11th CLUB AGM 7.00 p.m.

Club AGM



ADMINISTRATIVE Director, **Val Foreman**, says: "In preparation for the Club AGM to be held on Monday 11th March, you will shortly be receiving copies of the Agenda, Report of the Directors and a personal

copy of the Profit and Loss account and Balance sheet for the year ended 31st December 2012.

Please study these documents carefully, in advance, to prepare any questions you might have about the management of **YOUR** Club and come prepared to contribute to the discussions on our future direction.

We look forward to seeing **ALL** members in attendance at this important meeting from which the elected Directors explain past policy and take advice on ways in which the operation of the Club might be improved.

Gardening Group



Christine Dodge

A few hardy members of the Garden Group braved the freezing weather to attend the latest meeting. The main subject discussed was the care of houseplants during the winter period. We also discussed various ideas for future visits and finding reasonably priced transport for any longer journeys. The next outing will be to **Wheatcroft's Garden Centre** for lunch and shopping on Friday, March 1st. Meet at the Clubhouse at 11.30 am.

The date of the next meeting will be posted on the notice board shortly.

On a personal note I would just like to take this opportunity to thank everyone who has shown me and, indeed, **George**, so much kindness over the last few weeks. It proves once more that this is not just a Bowls Club, but, more than that, somewhere you know you can get friendship, help and understanding and this is what makes it so great.

Art & Crafts Group

WEDNESDAY 23rd January saw the first meeting, led by **Pauline Wright**, of a group of about a dozen Members who had expressed an interest in drawing.

Pauline talked to the group about grades of pencils, the range of erasers, papers and other tools useful to the artist before demonstrating the techniques involved in creating effective 3-dimensional representations of simple shapes such as the circle/sphere, the square/cube and the triangle/pyramid. Video clips were used to re-inforce and illustrate the concepts in question.

It was agreed that the Group would meet regularly in the clubhouse at 11 a.m. on a fortnightly basis with future meetings fixed for 20th February and 6th March. Everyone welcome. No talent necessary! Starter materials provided.

SYSTON BOWLING CLUB Clubhouse Telephone: 0116 269 2105

All communications to **The Chairman**:

Mr Colin Grimes, 8 Quenby Crescent, SYSTON, Leics LE7 2BW

Telephone: 0116 2608 412 email:



Official newsletter of the Syston Bowling Club

No 81 February 2013

Presidential pieces



IT seems quite a long time since the Festive Season. Although not a lot of bowling is taking place, work is still going on by both Men's & Ladies' Committee Members to keep the Club's social side active. Weather permitting, I urge all members to support the various events taking

place. Have fun and keep in touch!

A special thank you to **Sheila Parker, Janice, Wilbourn, Kate Williams** and **Sheila Aindhow** for preparing and serving the buffet enjoyed by the Lady Mayor of Charnwood and her entourage when they visited Syston Christmas Fair on 8th December. As you can see in the January edition of "Syston Town News", the Club gained a lot of publicity as a result.

Because her husband, **Bill**, is not in the best of health at the moment, **Hazel Rayns** has decided, with the full agreement of the Committee, to step back to Junior Vice-President. **Janice Wilbourn** will take over the position of Senior Vice-President. Finally a couple of important dates for your Diaries.

Monday 11th March is the Club AGM when all Members should be in attendance to express their views on the way in which our Club is managed.

Then, on **Wednesday 25th September**, a game against the **LLCBA** Executive has been arranged to celebrate the Ladies' 80th Anniversary.

**Don't be afraid your life will end;
be afraid that it will never begin!**

WE all know how important an issue this is these days and it is essential that everyone exercises the utmost care when handling food and any equipment used in its preparation. It has been suggested that in order to ensure that the required standards are maintained, several of our Members should undertake a course on this subject.

Accordingly, both **Janice** and I have successfully completed a recognised course, on-line, and have been awarded the appropriate certificates. It is now considered desirable that at least another couple of members also study to seek recognition. The course costs £18 which can be funded by the Club and can be found on the website www.virtual-college.co.uk then click on "Food Hygiene".

Anyone interested may contact either myself or **Janice** who will be able to advise and show typical sections of the course content.

Why not give it a go? We can't wait to be overwhelmed by volunteers!

Rock & Roll Night

This social event was staged on the first Saturday evening in February and, after a slightly shaky start, partly due to problems with the sound system and lighting arrangements, the **Left Hand Band** were soon into their stride and we were all reminded, with nostalgia, of the great rock numbers of the sixties and seventies. By 11 o' clock, after a couple of mid-session breaks, virtually everyone was on their feet rocking and jiving the night away, oblivious to the resulting bad backs and dodgy joints which

The Club Coach column

This month: Guidance to Skips on choosing the best shot to suit the state of the head.



THERE are many points to consider during the course of an end of bowls with regard to the state of the head at a given time and the choice of shot that is open to the player on the mat. In this piece, I am going to deal with the issue from the point of view of the Skip.

The four main questions to be asked are:

1. What do I stand to gain?
2. What do I stand to lose?
3. What are the odds of it going against me?
4. Is this the right time in the development of the game to take a risk?

In other words, we are looking at the shot in terms of percentages. In selecting the shot, therefore, a Skip has to deliberately assess his chances and weigh up the options.

For example, a slightly overweight delivery might be seen as a way to achieve a wick, to rest a shot wood, to trail a jack or to finish in a useful position which might be capitalised on with the next wood. Can any of these results be achieved without taking out his side's nearest wood? Only if the odds are better than 50/50 for any shot should a Skip take the risk.

The optimum time for shots involving calculated risks is during the first 12 ends.

Remember, if you have two good shots on the jack, instead of simply going for a third, always be prepared to play a shot which leaves you in a good position if your opponents should succeed in moving the jack.

There is no need to put yourself under pressure. Sometimes it is better to be one shot down. Don't try for the dramatic. Concentrate all your attention and effort, rather, on getting as near as possible to the wood holding shot or to getting the best safety position for your team. Success means, at worst, a good second wood and, at best, a position that can be improved upon without too much in the way of exceptional skill.

Other points to remember

1. Drawing is not the only way of saving shots. Driving can be equally effective. The position of the woods and their distance from the jack should be the decisive factor in making up your mind which is the right shot to play.
2. Look for shots in the first two-thirds of the game and, if successful, play it "tight" during the last six or seven ends. If you are shots up during the closing stages, your opponents may well be forced to "chance their arm" and give you the chance to score on two or three of the remaining ends which will normally be enough to hold on to the lead and hence to victory.

There are no hard and fast rules to apply to shot selection. But it is important that Skips should not forget the four questions I posed at the start of the piece. A deliberate choice based on a careful assessment of the odds for and against each option will bring about success more consistently than the alternative "instinctive" reaction to the situation.

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.

Tel: 2696548

Ladies cook up a Sunday lunch success

THANKS to **Marilyn Wood** and her team of volunteers - **Kate Toon, Jan Holmes, Carole Allott, Hilary Newman and Dot Bentley** - for an excellent two-course Sunday lunch served on 27th January. A full house of 50 diners enjoyed chicken breast in a mushroom and onion sauce with seasonal vegetables followed by a choice of dessert.

The event and proceeds from the raffle raised over £200 for Club funds.

The Men's Section will try to match this success on Sunday 3rd March (See p 4)

Car parking for visiting teams

PLANS to ease the parking problem for visiting teams on Saturdays, by use of the staff parking facilities at 1165 Melton Road, have been affected by the decision of **Qdos**, the current tenants, to move out of the premises in March.

Agreement has been reached, with the landlord, for the Club to enjoy access but subject, now, to the demands of any future tenant who might require use of the car park on Saturday afternoons.

Fixtures Secretary, **George Dodge**, will now handle the matter of visitor parking on a week-by-week basis until the future use of the property can be settled.

Should the premises remain vacant for an extended period, it is possible that an agreement might be made with the landlord for access to the car park for both Men's and Ladies' midweek matches.

49 Club update

LATEST LUCKY WINNERS are:

Kate Toon (27), **Margaret Trigg** (18), **Pauline Wright** (13) Twice!, **Alf Newman** (36), **Marion Hegginson** (2), **Edna Loder** (11) Twice! & **Tony Hunt** (39) Congratulations to them all.

Please inform **Anita Lowder** if you do not wish to retain your numbers after 1st April.

Ladies' fashions and lingerie



Gift vouchers available

Jennings

15 HIGH STREET, SYSTON
Tel: 0116 260 6747

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



Club AGM
11th March
7.00 p.m.
ALL Members
should attend
this important
event in the
Club calendar

Birthday bumps!

"HAPPY BIRTHDAY" wishes to

Dave Anderton, Susan Disney, Dave Fox, Hazl Rayns and **Kate Toon** who celebrate their birthdays in February.



Health tips

Recognise the benefits of the simple banana

The banana:

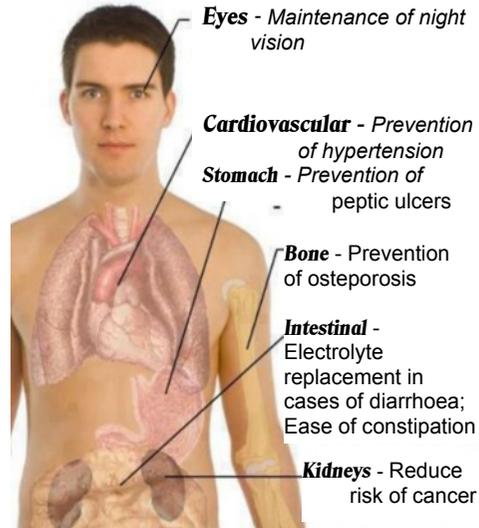
- * Helps you quit smoking
- * Boosts your brain power
- * Reduces itchy insect bites
- * Prevents anaemia
- * Promotes healthy bones
- * Reduces depression
- * Lowers risk of heart disease and high blood pressure (hypertension)
- * Helps to regulate bowel movement
- * Eases pain from ulcers
- * Achieves a gloss polish on leather shoes! (*Rub on the inside of the skin*)

In addition:

Fully ripe bananas with dark patches on yellow skin produce **TNF** (Tumor Necrosis Factor) which has the ability to combat abnormal cells in the human body. The more dark patches, the higher the immunity enhancement potential. In other words, the riper the banana, the better the anti-cancer quality.

More useful health tips next month

Health benefits of bananas



Did you see?



THE Club was strongly featured in the "Leicester Mercury" of 31st January in a piece promoting this year's Red Nose Day, through which funds of £50,000 will be made available for sharing among deserving local organisations. Our Club's purchase of a wheelchair, to encourage disabled people of all ages to participate in bowling, was presented as a shining example of the kind of project that the Red Nose fund seeks to support.

The photo (left) - together with supporting quotes from **Mike Foster** (*Many thanks, Mike!*) and Club Chairman, **Colin Grimes** - represent excellent PR for the Club as well as for the Red Nose scheme. Thanks are due to **Des Eggitt** and **Rob Wilbourn** for their involvement at short notice and to **George Dodge**, **Pete Murray** and **Dave Hudson** for their help with the access ramp on the day.

A copy of the full article has been posted on the main Club noticeboard.

Thank you

The following double message has been received:

"I would like to offer my sincere thanks for the beautiful bouquet of flowers I received last week! What a lovely surprise. Thankfully, I am now on my way to a full recovery.

Yours sincerely
Mavis Morris

To the President, Officers and Members of the Syston Bowling Club
Many thanks for putting my name forward to the Leicestershire Bowling Association and Trustees of the Benevolent Fund. The basket of fruit I received was lovely and very much appreciated.

Best wishes for the coming Season.

Yours sincerely
Ron Morris



Playing with words

With acknowledgements to Tim Vine

1. I don't trust my hands. I keep them at arm's length.
2. The other day I sat on a hair dryer. It put the wind up me.
3. **www.conjunctivitis.com** That's a site for sore eyes
4. When asked why I was shouting into an air conditioning unit, I said I was only venting my feelings.
5. I didn't have a happy upbringing. I remember my third birthday party. I was 15!
6. I'm looking for a house at the moment. It's my house. I've forgotten where I live.
7. What has lots of legs and a machine gun? A caterkiller!
8. Exit signs! They're on the way out.
9. When I drive, eggs drop out of my boot. It's a hatchback.
10. I think you invented Tippex. Correct me if I'm wrong.
11. The doc said "You're turning into the Airport." I said "Is it terminal?"

Presidents' pieces Concluded

would be suffered the following morning. Special guest "star" **Noel Evatt** started the final set with a couple of vocal renditions and was rescued from the stage before being set upon by the the audience! Overall an excellent night's entertainment and worthy of a repeat when, hopefully, more Members will turn up as, sadly, they were heavily outnumbered by visitors on this occasion.



Syston Bowling Club

invites you to
join us for

SUNDAY LUNCH

prepared & served
by the Men's Section

Sunday 3rd March

12.30 for 1.00 p.m.

Ragoût à l'irlandaise d'agneau
avec boulettes

(Irish stew and dumplings!)

Dessert

£6.00

Family and friends all welcome

Book early (See main noticeboard)



Gardening advice: If you water it and it dies, it's a plant. If you pull it out and it grows back, it's a weed.