

MARCH

- 11th Melton Indoor roll-up 11.20 a.m.
Club AGM 7.00 p.m.
- 13th Ladies' Lunch 12 noon
- 16th Casino Night 7.00 p.m. £7
includes "Starter" chips
- 18th Melton Indoor roll-up 11.20 a.m.
- 19th Management Group 7.00 p.m.
- 20th Quiz and Social afternoon 2 p.m.
- 22nd "Meet Your President!" Night
7.00 p.m. onwards
- 25th Melton Indoor roll-up 11.20 a.m.
- 27th Quiz and Social afternoon 2 p.m.
- 29th Good Friday
- 30th Games Night 7.00 p.m. £5
includes supper
- 31st Easter Day

APRIL

- 1st Easter Monday
Official opening of the green
- 6th Coffee Morning

Changing room extension

Renewed efforts to seek Lottery grant through Sport England

BOARD Chairman, **Colin Grimes**, and Men's Treasurer, **Brian Arnold**, are to collaborate in the preparation and submission of an application for grant aid from Sport England to enable the building of the proposed clubhouse extension to provide additional changing room and toilet facilities. The application process opens on 1st March with grants of up to £50,000 available from National Lottery funds, channelled through Sport England, for the improvement of sports facilities around the country.

Fingers crossed!

**"All the world's a stage."
Unfortunately, most of us are
desperately unrehearsed!**

Gardening Group



Christine Dodge

THE latest Garden Group outing was to Wheatcrofts Garden Centre in Nottinghamshire. Hopefully, spring is just around the corner and we will soon be able to visit some interesting gardens once more. In view of this I have provisionally booked John and Kate Ward to visit us on Tuesday, April 9th to see slides and hear their talk on "Gardens of the Midlands". This will hopefully give us some ideas for future garden visits. Full details will be on the main notice board shortly. This is always an enjoyable afternoon and we hope as many people as possible will attend. Non members and friends are always welcome. The next meeting will be held on Tuesday, March 12th at 2.0pm when we hope to discuss future plans and coach trips, etc.

Men's match catering arrangements

THE Men's Management Group has decided that a "full" tea will be provided for both midweek and Saturday fixtures. Separate rotas will be published by the Catering Manager at the start of the season. Members are asked to check dates on which they have been designated for tea duty and to make appropriate arrangements to find a substitute for any date on which they are unable to perform the associated duties. As a matter of last resort, problems should be reported to the Captain of the day.

49 Club update

LATEST LUCKY WINNERS are:

Stan Page (48), **Ray Wood** (49), **Alf Newman** (36) and **Edna Loder** (11)
Congratulations to them all.

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



SYSTON



GREEN



Official newsletter of the Syston Bowling Club

No 82 March 2013

President's pieces



1. Where were YOU?

SATURDAY night, 16th February saw the staging of "Who Wants to be a Millionaire?" In the clubhouse. This is an annual favourite but on this particular occasion, it was not at all well supported, there being only six men in attendance out of a total of 22 participants, including some guests. Unfortunately, some Members were bowling at Melton and others may well have had other commitments. I can only remind you once again that it is vital that these out-of-season social events are fully supported to ensure the future wellbeing of the Club.

New pushers ordered

IN anticipation of revenue from fundraising activities planned by both Sections of the Club during the approaching season, the Board has given approval for the purchase of 10 new pushers to be delivered in time for the opening fixtures.

The project has been given a boost by the decision of Ladies' President, **Kate Toon**, to forgo her President's Day and to donate the associated funding from the Ladies' Section to meet half of the costs involved. The Men's Section have agreed to match this to cover the remaining costs involved.

The store will need to be re-arranged in order to enable the new pushers to be properly stowed. A Working Party, under the direction of **Pete Murray**, will carry out the necessary work during the month. Volunteers to help with this, with the setting out of benches around the green and re-lining of the ditches would be greatly appreciated.

2. Postal and mail distribution costs

With ever-increasing costs of postage and petrol, the Club could make significant savings and communicate more regularly and effectively by the use, wherever possible, of email.

The Club Secretary already holds records of Members' email addresses as displayed on the noticeboard in the Men's changing rooms and the subscription renewal notice invites you to notify or re-confirm the details. If you have access to email and your name is not on the list, please make sure the Secretary is notified of the details as quickly as possible. Can you also please make use of the subs renewal form to confirm your date of birth. Our current records are far from complete.

2013 Membership subscriptions

AS all Members will have noted from the AGM papers already circulated, the Board has set the annual membership subscription for 2013 at £93. A small annual increase was judged preferable to no increase this year and a larger increase next.

Subscriptions can be paid in two instalments - £50 in March and the balance of £43 by 1st July.

Green fees

THE Management Group of the Men's Section has decided that any Social member or non-member who wishes to participate in informal roll-up sessions should be required to pay a green fee of £3 per session.

The fee will be waived in the case of potential full playing Members involved in coaching sessions with the Club Coach or another Member.

Your views, opinions, news and any other material of interest to Members would be welcomed for publication in future editions. Please send to George Dodge, as Editor, by the first Monday in every month

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:

The Club Coach column

This month: The importance of achieving consistently accurate line.



THERE's so much to learn from the opening ends.

Experiment for the first two ends to find the best side of the rink to suit you and, as far as you can thereafter, try to stick to that hand. The more you play a particular hand, the better you get to know it and your chances of delivering a quality shot are increased.

Many games are won by good draw play and many are lost by poorly weighted or firing shots when the opportunity for a draw shot was open.

Points to remember

1. Contrary to common belief, the shortest way to the jack is not always the best. You should always be looking for the hand which gives you the highest percentage chance of finishing with your wood on the centre line.
2. Woods twelve inches or less directly in line either in front or behind the jack are excellent, while woods jack high, within six inches either way, are there to be wrested or displaced. Remember, straight heads win matches.
3. It is usually beneficial to play one side of the rink both ways - that is forehand from one end and backhand from the other. This is because, more often than not, there is a variation in pace between the two sides of the rink. However, let common sense prevail. If backhand or forehand in both directions is the only reliable way to the jack through the head, an adjustment to the weight of your shot is probably far easier to achieve than an unpredictable line on an unreliable hand.
4. Always appreciate the importance of accurate line. If you can consistently deliver your wood to finish on the centre line, you will become more confident. However, the most important factor - once you have taken your stance on the mat and lined yourself up correctly - your whole concentration should be on **weight**. Whenever you have a niggling doubt about your ability to achieve your desired line, your weight is bound to suffer because your concentration is divided.

A love story

The white spherical target on the green known to us as the **jack**, is sometimes called the **cot** (East Anglia), the **block** (in the North) or the **kitty** (West Country). The following lines were written by a lady:

When my husband took up bowling
He boasted on the phone
About some girl called Kitty
Whom he could not leave alone.
He addressed her, caressed her,
By her he seemed bewitched

He missed her; he kissed her
Stayed with her in the ditch!
So I took up bowling
To win my husband back
But found that all he'd done with Kitty
I could do with Jack!

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

Dress Code

DELIVERY of new Club shirts from overseas' suppliers is expected at some time during April. Until delivery and distribution to Members has been completed, the current Dress Code for Men's matches will remain in force (i.e. White shirt and tie plus white trousers for Midweek and Saturday fixtures; White shirt and tie plus grey trousers for evening League fixtures.) Please read selection sheets carefully and follow Captain's instructions. Every effort will be made to bring the changes in as quickly as possible.

The President and Management Group thank you for your co-operation.

Art & Crafts Group

UNDER the expert guidance of *Pauline Wright*, a steadily expanding number of Members continue to develop their drawing skills. The Group are to consider the possibility of continuing to meet throughout the Summer months.

Budding artists among the membership are welcome to join in at any time.

Club Patronage scheme

RENEWED efforts are to be made to recruit more supporters of the Company Patronage scheme this year.

The package of benefits offered includes advertising space in this Newsletter, links to the Club web site and the chance to erect a display board at the edge of the green during the playing season (*April to October*)

If any Member has contact with any local company which might be interested in supporting the Club, please supply full contact details to Board Chairman and Club PRO, **Colin Grimes**, who will approach the company concerned to give further details of the mutual benefits of the scheme.

Wise words

Life is like a sewer. What you get out of it depends on what you put into it!

Ladies' fashions and lingerie



Gift vouchers available

Jennings

15 HIGH STREET, SYSTON
Tel: 0116 260 6747

need a helping hand?

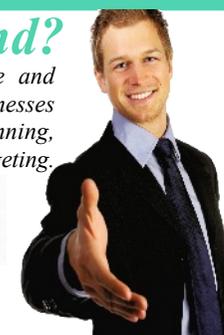
A local firm offering top-quality advice and support services to individuals and to businesses including personal taxation, tax planning, bookkeeping, payroll management and budgeting.

adam longley
accountants limited

For a free consultation:

Tel: 0116 260 4364

Email: info@adamlongley.co.uk



**Monday
1st April
(Easter
Monday)
Green
officially
opens**

Birthday bumps!

March "**HAPPY BIRTHDAY**" wishes to
**Myles Clare, Mike Foster, Janet Holmes, Edna Loder,
Anita Lowder, Rolf Meyer, Maureen Page and Doreen
Payne**



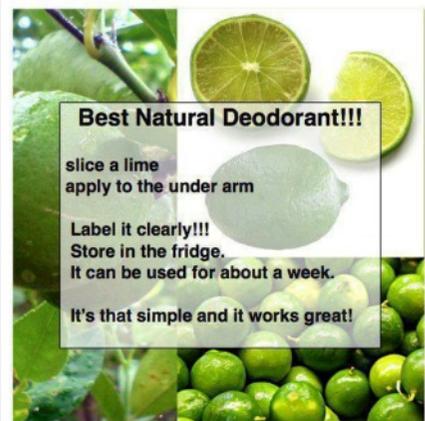
Health tips

More benefits of fruits and other advice



RED fruits get their colour from **lycopene** which, as an ant-oxidant, helps to protect the body from cancer.

Red fruits protect against heart disease, blood clots and poor circulation
Red fruits are a rich source of anti-oxidants which fight cancer



Best Natural Deodorant!!!

slice a lime
apply to the under arm

Label it clearly!!!
Store in the fridge.
It can be used for about a week.

It's that simple and it works great!

More useful health tips next month

Men sustain the culinary standards

OVER 40 diners enjoyed a 2-course lunch prepared and served in some style by the Men's Section on Sunday, 3rd March.

The main course of Ragoût d'agneau à l'irlandaise avec boulettes (*Irish stew and dumplings!*) was complemented by a delicious apple pie with cream.

Thanks to **Chef, Colini Grimaldi**, *Sous chef, Georgio Dodgione* for the meal preparation and cooking. (*Vegetable preparation alone took them nearly 3 hours!*) Thanks also to **Pete Murray** for table layout and Bar service, ably assisted by **Dave Hudson**. Under the direction of *Maître d'Hotel, Ray Wood, Mark Newman, Rod Higgs, Noel Evatt* and President **Rob Wilbourn** (setting an excellent example to others, *the latter specifically requested a role in the event*) served very capably at table.

Ladies' President, **Kate Toon**, led the many tributes from diners to those involved for a high quality meal and service.

Special additional thanks are due to **Rob Wilbourn, Mark Newman, Ray Wood** and **Noel Evatt** whose sterling efforts continued long after the meal was over as they cleared away, washed and dried the crockery and cutlery and ensured that the kitchen was returned to its former pristine state before leaving for home.

Mark and **Rob** were overheard asking the advice of their spouses for suitable treatment for dishwasher hands!

Six double portions of the main meal (*sans dumplings*) were frozen ready for re-sale at the March Coffee Morning. With the benefit of the anticipated revenue from those sales, and in spite of the use of expensive meat and other ingredients, it is estimated that the day's programme, inclusive of raffle income, raised close to £150 for Club funds.

In short, the Men demonstrated that they are just as capable as the Ladies when it comes to culinary standards. Well done fellas!



10 ways to increase happiness

1. Accept the things you can't change. If you can and want to change them - **DO IT!**
2. Let go of the people who are holding you down. If you considered them, you already know who these people are.
3. Play your favourite upbeat song loudly and sing at the top of your voice, dancing around as you go.
4. Go for a walk - an extended walk - until you feel good. At the very least, you'll be tired enough that anxieties and negative feelings will seem less important.
5. Call someone close to you. Just hearing their voice will make you feel better.
6. Smile at a stranger. It will lift both of you.
7. Thank someone or compliment them for a service.
8. Write down everything you don't like about yourself. Then rip it up and burn it.
9. Watch a favourite film.
10. Trust in yourself.

Playing with words (again!)

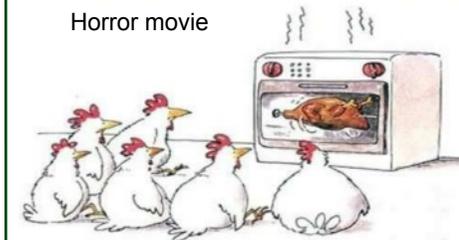
Can you spot the punchline coming?

1. King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, "I'll give you 100,000 dinars for it."
"But I paid a million dinars for it," the King protested. "Don't you know who I am? I am the king!"
Croesus replied, "When you wish to pawn a Star, makes no difference who you are."
2. Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire, and so we'll never know for whom the Tells bowled.
3. A man rushed into a busy doctor's surgery and shouted, "Doctor! I think I'm shrinking!"
The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."
4. An Indian chief was feeling very sick, so he summoned the medicine man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to bite off, chew, and swallow one inch of the leather every day.
After a month, the medicine man returned to see how the chief was feeling. The chief shrugged and said, "The thong is ended, but the malady lingers on."
5. A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official, who apologized profusely, saying, "I must have taken Leif off my census."
6. There were three Indian squaws. One slept on a deer skin, one slept on an elk skin, and the third slept on a hippopotamus skin.
All three became pregnant.

The first two each had a baby boy. The one who slept on the hippopotamus skin had twin boys. This just goes to prove that the squaw on the hippopotamus is equal to the sons of the squaws of the other two hides.

7. A sceptical anthropologist was cataloguing South American folk remedies with the assistance of a tribal elder who indicated that the leaves of a particular fern were a sure cure for constipation. When the anthropologist expressed his doubts, the elder looked him in the eye and said, "Let me tell you, with fronds like these, you don't need enemas."

Horror movie



Green maintenance

THE Board are actively engaged in getting quotes for the replacement of the water storage tank for the sprinkler system. It is planned to replace the current metal tank, which is badly corroded, leading to rust regularly blocking the sprinkler jets, with a plastic model. Initial indications are that the cost is likely to be in the region of £1500. At the same time attention has to be given to the uneven slabs running around two sides of the green, if we are to minimise the risk of serious accidents through tripping. In the longer term, the condition of the ditches is giving rise to concern. Following a full assessment of the necessary work, the Board plan to seek funding support for the significant remedial work likely to be involved.

The more sand that has escaped from the hourglass of our life, the clearer we can see through it