

APRIL

- 13th Scotlands H
Belgrave A 2 p.m. start
- 16th Opening Day
Management Group 7 p.m.
- 17th Glenfield H
- 18th Holwell (Mixed) H
- 20th Western Park A
Little Bowden H
- 22nd Lbro Trips Lge Birstall Sands H
Blaby A
- 24th St Margarets H
- 25th Oakham A
- 27th Birstall H
Holwell A
- 29th Lbro Trips Lge Kegworth H
Lbro Trips Lge Fosseyway A
- 30th Keyworth H 2 p.m. start

MAY

- 2nd Enderby A
Belgrave H
- 3rd Shepshed H 2 p.m. start
- 4th St Margarets H
Knighton Victoria A
- 6th Lbro Trips Lge Trophy Prelim Round
- 7th SBC Board Meeting 7 p.m.
- 8th Goodwood A
- 9th Leicester Banks (Mixed) H
- 11th Coffee Morning
Aylestone Hall H
Sileby A

Colour code:

Men, Ladies, SBC, White Plums, Green & Royals



"I'm getting so old, all my friends in heaven will think I didn't make it!"

Gardening Group



Christine Dodge

THINGS have been rather quiet and a visit had to be cancelled due to the awful weather. However, we had a visit from **Kate** and **John**

Ward, who are now old friends of the group, and we had a most interesting talk on the gardens of the North Midlands, including Chatsworth House and Hardwick Hall. Several regular members were absent due to illness or holidays but it was very encouraging to welcome some new visitors to the Group who will hopefully join us again for meetings and future visits.

The next visit will be to Dobies Garden Centre on Tuesday, 23rd April. Meet at the Club at 11am. The next meeting will be held on Tuesday, 7 May at 7.00 pm. Full details will be posted on the main notice board.

Green fees

THE Ladies' Committee have agreed to follow the lead of the Men's Section in requiring any Social or non-member wishing to engage in informal "roll-up" sessions on the green to pay a green fee of £3 per session. The fee can be waived in the case of potential Members involved in coaching sessions with the Club Coach or another Member. A receipt from the designated receipt book kept on the Bar must be completed on each occasion.

49Club update

LATEST LUCKY WINNERS are:

Margaret Trigg (18), **Betty Wheatley** (19), **Margaret Abbott** (31), **Val Foreman** (33) and **Alf Newman** (36) Congratulations to them all.

"They say marriages are made in heaven. But so are thunder and lightning!"

Clint Eastwood

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:



SYSTON



GREEN



Official newsletter of the Syston Bowling Club

No 83 April 2013

Presidents' pieces



SOME of you may have noticed, when walking through the Park by our clubhouse recently, that there has been a great deal of activity going on around the green. In addition to the normal annual tasks of clearing the ditch surrounds, replacing the ditch rubbers and re-siting the benches, it was felt that the slabs surrounding the green were in a far from ideal condition and presented a safety hazard due to uneven sinking over the years. Over a series of recent working parties, all the slabs have been raised, undersides cleaned (cement pads chiselled away) prior to re-bedding on sand. This has been an absolutely massive undertaking on the part of a small but dedicated bunch of volunteers. To those involved, I would like to offer my sincere thanks for their splendid efforts and giving up their spare time, particularly as the manual labour involved does become very taxing for the over-sixties! Once these improvements have been completed, I believe it will be necessary to initiate some form of regular maintenance programme to keep the surroundings in a condition we can be proud of and which will enhance the club's image. Hence, it has been proposed that some form of rota is set up whereby Members from the club at large can offer their services to the tune of maybe two or three hours twice throughout the Season. This should ensure that an acceptable level of tidiness is maintained. A list calling for volunteers will be posted on the clubhouse notice board in due course and I would be very happy if all active members of the club would offer their support.



THE longed-for new Season has arrived. Not quite the start we were all hoping for..... but, "Every cloud etc." The cold but dry conditions have enabled us to carry out much-needed maintenance work around the green. I would like to take this opportunity to thank the men who helped on the "Chain Gang" to get this work done and also the ladies who have been busy springcleaning inside the Clubhouse. The Ladies' Open Day is Tuesday, 16th April. It would be nice to see all the Ladies' Section Members turning out. There are a couple of Mixed Competitions Entry Forms from Men's Competition Secretary, **Gary Kilbourne**, on the noticeboard. Please give these mixed events your full support. Also Captain **Janice** has put up some Availability Sheets. Please give her your full support and get your name down early for selection. To all Members who are in involved in competitions, I offer you my best wishes for success. But I say to everyone, the most important thing for the coming Season is to enjoy your time on the Green.

Men's Notices

1. Any member wishing to obtain a key for access to the clubhouse, please contact Secretary, **Rob Wilbourn**. A deposit of £5 (refundable on membership ceasing) is normally charged.
2. County Handbooks for 2013 are now available for collection from the clubhouse.

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

The Club Coach column

This month: Self discipline and a personal perspective on the sport in general.



YOUR attitude must always be positive. Gauge every shot carefully and be confident that you can achieve the desired result. You must approach each shot with certainty if it is to be successfully achieved.

As a player, you must be constantly thinking about winning and refuse to be shaken by the "rubs" of the green. It is fatal to let a little bit of bad luck disturb you. Somewhere, along the line, the tables will be turned and the luck will happen in your favour. Let your attitude be: "I'll put these shots back on the next end or with my next wood."

In any situation, you will have to make an assessment of the percentages (see previous articles) and, if you always play to the shortest odds, you will give yourself the best chance of winning - even when luck enters the equation.

I must admit that my own game is based heavily on percentages of chance. I always weigh up what I am likely to gain from a situation and what I am likely to lose by following each of the available options. If I consider the chances to be "odds-on" (*i.e. I stand to gain more than I stand to lose*) I will always select that option with the added confidence that my analysis of the situation has provided.

Whatever process is involved in your choice of shot, you must always try to deliver with confidence. Take time in deciding which shot to play and the manner of its execution. When on the mat, have the shot all worked out in your mind's eye (pace and line of delivery).

Every shot has its perfect weight but it may well be a toss-up whether or not to play at perfect strength or with a little extra weight. Every individual player has a natural or instinctive weight which they find more comfortable and natural. That weight might be fast, medium or even just an overdraw.

One thing that you must do when playing is to shut out all distractions. It is all very well being relaxed but avoid wandering off the green and chatting to other people. Besides affecting your own play, it might also distract your fellow team players.

The start of a new outdoor Season - The fascination of bowls

What is the explanation for the amazing popularity of bowls as a sport? Bowls is a science, the study of a lifetime in which you may exhaust yourself but never your subject. It is a contest, a duel calling for courage, skill, strategy and self-control. It is a test of temper, a trial of honour, a revealer of character.

It affords the chance to play the man and act the gentleman. It involves going into God's outdoors, getting close to Nature, and offers fresh air, exercise, a sweeping away of mental cobwebs and gentle regeneration of tired tissues. It is a cure for care and an antidote to worry. It provides companionship and opportunities for social intercourse with friends, calls for courtesy, kindness and generosity towards opponents. It promotes not only physical well-being but also moral force. There is an aura surrounding the game of modern bowls, an atmosphere, an emanation of the spirit which readily communicates itself to anyone taking up the game. It is an atmosphere largely compounded of courtesy, of kindness and really good fellowship and this is to be found wherever the game is played.

Bowls can be a gentle exercise or an extremely strenuous pastime calling for intense concentration, tactical skill, stamina and, often, great moral courage. For this reason, it makes an instant appeal to people of all ages and both sexes once they have experienced the exhilaration of playing a well-delivered wood up the green.

The reputation of Syston Bowling Club, as one of the best in the County, is not just its competitive spirit but the standards of courtesy, kindness and generosity shown to visiting teams throughout the Season allied to the companionship, friendliness and mutually supportive spirit between members of the Club.

I wish everyone the best of health and a successful Season for 2013.

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' fashions and lingerie



Gift vouchers available

Jennings

15 HIGH STREET, SYSTON
Tel: 0116 260 6747

Art & Crafts Group 5

MEMBERS involved in the Art and Crafts Group have decided to carry on meeting throughout the playing season. Match commitments mean that it is unlikely to be possible to sustain a regular programme of meetings. The date and time of each meeting will therefore be agreed on a week-by-week basis throughout the Summer.

Anyone wishing to join the Group should contact **Pauline Wright (Tel: 260 5787)** for details.

The Group have been invited to work together to produce artwork appropriate to the *Wild West* theme planned for the Ladies' 80th Birthday Party scheduled for October.



It was a pleasure to welcome Member-at-Large, **Joe Evans** (pictured left in full Chelsea Pensioner uniform) to the March Coffee Morning. **Joe** reports that he is now happily settled in his new situation.

How about a match with the Chelsea Hospital? Could be great fun!

need a helping hand?

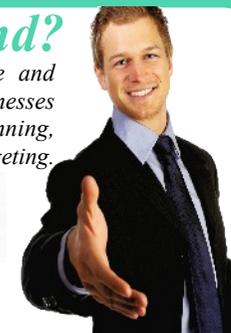
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**Friday
26th April
Closing
date for
Men's
Competition
entries**

Birthday bumps!

April "HAPPY BIRTHDAY" wishes to
Sheila Aindhow, Brian Arnold, Des Eggitt, Kieran Jordan, Pete Murray, Margaret Porter, Dot Roberts, Margaret Trigg, Colin Wilkinson



Ladies' Captain issues a gentle reminder



Janice Wilbourn

1. **PLEASE** keep your eyes on the **Captain's noticeboard** in the changing room.

2. **Availability and Selection sheets** will be posted there, so please enter your name if you wish to play.

3. On occasions when you are on **Green Duty** for Home matches, please be at the clubhouse by no later than 1.30 p.m.

4. If you are not available or unable to cover your allotted date for **Ladies' Teas**, please remember that it is up to you to arrange for your replacement.

5. Above all, do enjoy your game. Try to keep focused on the development of the match - and, especially, on your **Skip**.

Essential maintenance work around the green



Melton Triples League news

3



Dave Hudson

THE recently held AGM of the Melton & District Triples League approved the recommendation to scrap the traditional Knock-out Cup Day because of the increasing difficulty of finding a date which

suit all participating Clubs and the escalating cost of suitable prizes. Instead, prize money of £80 will be paid to the Club which finishes top of the League and £40 to the runners-up.

The meeting also agreed that the Tom Brown Trophy would be played at Market Overton, as usual.

As we look forward to the start of a new Season, can I please ask for your full support in putting your name on the availability sheets when they are put up in the changing room. Although I can select only 12 players for each game, I will try to arrange for everyone to have at least one game out of the five involved in the League. To all Members, I say "Enjoy the new Season!"



THANKS to **Roger Bentley** for these shots of Working Parties engaged in renovating the surrounds of the green.

It is now proposed (see front page) to initiate a continuous maintenance programme throughout the year to ensure that the surroundings of the green are not allowed to deteriorate into such a poor state in the future.

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Health tips



This month's focus is on "Adam's Ale" and aspirin

1. Water

GRAVITY holds water in the lower parts of the body when you're upright. When you lie down you bring the kidneys and lower body to a similar level making it easier for the kidneys to remove the water. This explains why you often need to get up in the night to urinate. Drinking water at a certain time maximises its effectiveness on the body.

2 glasses of water on waking helps activate internal organs

1 glass of water 30 minutes before a meal aids digestion

1 glass of water before taking a bath helps lower blood pressure

1 glass of water before going to bed reduces chances of stroke or heart attack and will help to prevent night time cramp

Another interesting hint: Don't take medication with cold water. Tepid water is more effective.

2. Aspirin



If you take a daily aspirin, take it at night. Aspirin has a 24 hour "half-life". Therefore, if a heart attack occurs in the early hours of the morning, the aspirin in your system would be stronger.

Aspirin lasts a really long time - years, in fact - in your medicine chest. It smells like vinegar when it gets old. Always keep a supply within easy reach - upstairs and downstairs (*unless you live in a bungalow!*)

If you suspect that you are suffering a heart attack, immediately dissolve 2 aspirins in your mouth and flush down with a glass of tepid water. Call the emergency services. Say "Heart attack" and tell them you've taken aspirin. Take a seat or chair near the front door and await their arrival. **DO NOT LIE DOWN.**

Note: There may be no pain in the chest during a heart attack.

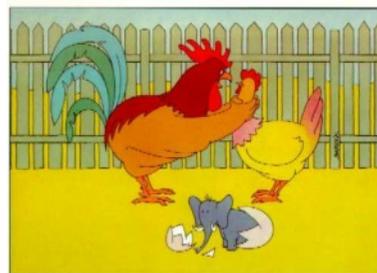
More useful health tips next month

Please note that all advice featured in this Newsletter is offered in good faith but should not be understood to represent qualified medical advice. Always consult your GP. Information is published only as a guide and not as a comprehensive authority on any of the subjects covered. While every effort has been made to ensure that the information given is accurate and not misleading, neither **Syston Bowling Club** nor the contributors can accept responsibility for any loss or liability perceived to have arisen from the use or application of any such information or for errors and omissions. Readers are strongly advised to follow up articles of interest with specialist medical advisers.

Club shirts

PERFECTLY timed delivery of new style Club shirts, which are now available for collection from Men's Treasurer, **Brian Arnold** and Ladies' Match Secretary, **Kate Williams**. Cash on collection, please.

Revised Dress Code will come into force and new shirts will be worn in all matches starting on Saturday 13th April..



New Season's Resolutions



ON behalf of the Board of Directors, I'd like to join with other contributors in wishing everyone a successful and, most importantly, an enjoyable Season. But may I add to these sentiments by urging every single

Member to resolve to make this the year to commit to doing that little "extra" for the Club, away from the green. There is a wide range of tasks that go into making this a successful Club. Yet, time and again, we see the same very small group of Members responding to the call for active, non-playing support. This year, why not take the plunge and put your hand up when the call comes? It doesn't hurt and you won't regret it!