

MAY

- 13th Loughborough Triples League
Soar Valley Conways A
Ringers H
- 14th SBC Board meeting 7 p.m.
- 15th Quorn H
- 16th Evington Park A
Evington A
- 18th Sileby H
Loughborough Granby A
- 20th Loughborough Triples League
S Bonnington Riversiders A
Wymeswold Steamers H
- 21st Management Group meeting 7 p.m.
- 22nd Aylestone H 2.15 start
- 23rd Melton Town H
- 24th Loughborough Trips Ladies League
East Leake A
- 25th Belvoir Vale A
Keywoth H
- 27th Loughborough Triples League
Trophy Round 1 H
- 29th Melton Mowbray H
- 30th Loughborough Granby A
- 31st Loughborough Trips Ladies League
Thringstone H

JUNE

- 1st Countesthorpe H
TBA
- 3rd Loughborough Triples League
Brush BC Hawks H
Shepshed Lambs A
- 6th Birstall H
Keyworth A
- 8th Coffee Morning
Brookfield H
Quorn Mills Park (Triples) A

Colour code:

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

49 Club update

LATEST LUCKY WINNERS are:

Aideen Talbot (6), Gary Jones (14), Marlene Murray (26) and Margaret Dexter (37) Congratulations to them all.

Patron profile

Chris Meynell & Family

A small and independent family business, deeply rooted within the local community and providing quality services relevant to our membership. Our latest Patron, **Chris Meynell & Family**, Funeral Directors, present the perfect profile for the role.

For over 40 years the Meynell family (*Chris, wife Kathryn and their four children*) have been active members of the church, sports clubs and other social organisations in the Syston area. After more than 15 years' experience in the funeral business, **Chris** established the area's only independent funeral service in Wellington Street in October 2012. He says: "We have no shareholders to please or Head Office to answer to. The family, not profits are our number one priority. We are fully committed to creating a personal relationship and to providing a unique, sensitive and sympathetic service on every occasion."

*I'm at the age where I need
my false teeth and hearing aid
before I can ask
where I left my glasses!*

Visitor parking for
Saturday games

WE are deeply indebted and grateful to **Furnley House**, Financial Advisors, the new tenants of Fernleigh House on Melton Road, who have very kindly allowed us to continue using their car parking facilities on Saturdays throughout the Season. They plan to keep the gate to the premises locked but have agreed to provide us with a key for use by each of our designated Car Park attendants on a weekly basis. In his capacity as Fixtures Secretary, **George Dodge** will make the necessary administrative arrangements.

Unfortunately, we are unable to extend this facility to cover any weekday matches.

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 84 May 2013

Members awarded the CBS

Chairman offers recognition for outstanding service to the Club



LAST month's edition of *Syston Green* featured photos of reparation work being carried out around the green in preparation for the new Season. In fact, this was a major undertaking involving the lifting and re-bedding of all of the slabs around the green, scrubbing of the gutter linings, painting of the greenside furniture and site of the old scoreboard and general weeding and tidying of the green surrounds. The size of the task was daunting and the physical effort involved cannot be overstated - especially when you bear in mind the average age of our membership. In spite of these disincentives, volunteers were found and the job was completed on schedule.

Far too often, too many Members take for granted the voluntary efforts of a small number of willing hands. On this occasion, on behalf of the Board of Directors, I would like to pay special tribute to those involved in this extraordinarily difficult and physically demanding project. I propose that those identified in the Roll of Honour below should be awarded the special distinction of the **CBS** - Club Before Self - in the hope that a far larger number of Members, whose current default position is to "let the others get on with it", will be moved to recognise that a successful Club requires a great deal of work and effort to ensure that our facilities remain in good order. It simply is not enough, as a Member, to turn up to bowl while ignoring/refusing to get involved in the wide range of "housekeeping" tasks on which the quality of the Club's facilities depends.

If **YOU** are one of those traditional shrinking violets, please make this the year that you decide to give your **FULL** support to the Club both on and, equally important, off the green. There is a job for everyone. Not all tasks are physically demanding - and we can never have enough volunteers. Watch out for the next appeal for help.

The CBS Roll of Honour

Roger Bentley
Dot Bentley
Myles Clare
George Dodge
Roger Eshelby
Noel Evatt

Pete Hancock
Rod Heggs
Gerald Horobin
Lyn Horobin
Josie Hubbard
Dave Hudson

Pete Murray
Colin Smith
Kate Toon
Rob Wilbourn
Ray Wood

Ladies lead in Season launch

CONGRATULATIONS to the Ladies! April matches recorded 4 wins out of 4 played and a positive shots aggregate of 69. In the same period, our Men have managed only a single win. Let's hope for a significant improvement now that the weather is warming up! Full stats next month.

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

In the first of 3 articles on **Teamwork**, Des concentrates on the role of the Lead



IT is most important for a Lead to be able to draw competently to the jack on either hand. The most satisfying shot in the game of bowls is still the successful draw - and no-one in the side gets a better chance to execute this shot - so a good Lead will always try to draw that first wood as close to the jack as possible.

Too many Leads, having seen their opposite number draw close, make the basic error either of changing hands or putting down a heavier wood into the head in the hope of disturbing the other wood(s) or the jack itself. This is fatal! A Lead should always identify and play to the "better" hand on the particular rink. (*There invariably is one, to be identified in the first couple of ends.*) If the opposing Lead has left a wood close to the jack or on the draw line, even if it appears to be in the way, a good Lead will still play that hand trying to draw as close as possible to the jack. The short wood should be ignored in the knowledge that, if contact is made, there is a good chance of finishing in a "jack high" position or, at the very least, clearing the way either for the Lead's second wood or for the No 2. **Teamwork at play!**

Having drawn a close shot - or even a toucher which stays close to the jack - with the first wood, the Lead should then be thinking only of another draw shot, preferably finishing up behind the jack. (*"One on the jack, one at the back!" should be a Lead's mantra.*) I recommend this because, when a Lead plays two woods close to the jack, there is always a danger that the result is simply to present the opposition with a larger target to go for. Nine times out of ten, when the jack is disturbed, it finishes up further back on the rink. A good Lead will therefore anticipate this and, having drawn close with one wood, will try to place the second in a useful, defensive position. Short woods from a Lead contribute little, if anything, to the team. Broadening the head with two woods adjacent to the jack generally plays directly into the hands of the opposition.

Teams with a strong Lead can boast a big advantage over the opposition and can set the platform for successful shots for the other members of the team.

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

Lady Captain's log



Janice Wilbourn

ALTHOUGH the weather has been cold and windy, the sun has shone on our Ladies who have won 5 out of their first 5 matches of the Season! Very well done! Let's keep it up.

I must thank the men for helping us out when we were unable to field a full Ladies' side.

May I remind all our players of the importance of keeping a close eye on the noticeboards for news and any changes. Please remember, it is up to you to check whether you are on green or tea duties.

Margaret has now completed the competition draws which are now on display with completion dates for each Round clearly identified. Please do everything possible to respect these dates to avoid pressures and congestion later on.

RIP

We remember with fond affection
GORDON PELL and DOT ROBERTS
both of whom have been taken from us all too soon

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

Jennings

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Happy Birthday!

We join the Ladies of Syston Bowling Club in celebrating our 80th anniversary
Established on Melton Road in 1933.
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Saturday 11th May

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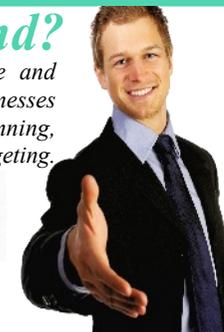
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**For details
of how to
join our
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of Patrons,
ring
2608 412**

CHRIS MEYNELL & FAMILY

INDEPENDENT
FUNERAL DIRECTORS

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**We are grateful for the active support of each of these
companies**

Ladies' Competitions



Margaret Abbott

LADIES please note that draws and full details of all Competitions are now posted on the noticeboard. Can I please ask that you all arrange to play your matches as quickly as possible. Please do not leave them until the last minute. Failure to complete a tie by the date specified on the sheet may cause you to be disqualified from that particular competition. Of course, if you have any queries or difficulties caused by circumstances beyond control, please do not hesitate to speak to me.

Company Patronage progress report

ON Page 5 of this edition we now feature 4 display advertisements for respected local companies which provide services relevant to our membership. We are pleased to welcome back **Jennings Ladies' Fashions** and **Adam Longley Accountants**, for their second year as Patrons, and are especially delighted to welcome **Chris Meynell & Family**, Independent Undertakers, as new Patrons this year. (See editorial on Page 6)

While **Richard Knight & Company** are not registered as Patrons, discussions are at an advanced stage about a collaboration which both parties believe will be of mutual benefit once the finer details have been agreed and the scheme launched. Watch this space, as they say.

Greenside display boards for **Adam Longley** and **Chris Meynell & Family** are in the course of production and are expected to be installed before the end of the month.

Meanwhile, discussions are continuing with a number of other companies in a bid to persuade them of the mutual benefits to be derived from the patronage scheme. Members are urged to recognise that Patrons deserve special support and consideration in return for their declared support for the Club.

Birthday bumps!

Maytime "HAPPY BIRTHDAY" wishes to
**Margaret Abbott, Arthur Calver, Marjorie Clowes,
Win Collins, Allan Disney, Pete Hancock,
Julie Warrington and Betty Wheatley**



Men's President's 3

May message



WE were all deeply shocked and saddened to learn that **Gordon Pell** had died suddenly. **Gordon** was a great sportsman who loved golf and bowls. He supported the Club both on and off the green over many years

and will be sadly missed. To his partner, **Mavis**, and to his family, all Members of the Club offer sincere condolences.

On a happier note, I look forward to welcoming you on my President's Day, Friday 24th May. Notices of the event are on display in both the Ladies' and the Men's changing rooms. I would ask you all to add your name to the lists as soon as possible so that the catering arrangements can be finalised.

Weather permitting, it should be a great occasion. A match between teams representing the President and Vice-President will be preceded, at about 4 p.m., by a spider. This will be followed by a meal in the clubhouse and the whole event rounded off by an evening of live traditional jazz.

I do hope that you can make it!



4

Health tips

This month's focus is on strokes



THE Stroke Association have asked us to pass on the following message about causes of strokes and measures we can all take to protect ourselves from the potentially devastating effects of a stroke "A stroke is a brain attack. It happens when the blood supply to part of the brain is cut off. It can be caused by

- * a blockage (an ischaemic stroke) or
- * a bleed (a haemorrhagic stroke)

Here are 8 things that affect your risk of stroke and why:

1. High blood pressure (also called hypertension) puts a strain on blood vessels all over your body. Your heart has to work much harder to keep the blood circulation going. This strain can cause blood vessels in your body to become clogged up or to weaken and this, in turn, can lead to narrow blood vessels and blood clots. When a blood clot forms a blockage in an artery leading to the brain, or a blood vessel inside the brain, it can result in a stroke.

2. Cholesterol is a type of fat produced by your liver. It is also found in foods like meat and dairy products. Extra cholesterol can travel around your arteries, narrowing them and increasing your risk of stroke. You can lower your cholesterol by making sure your diet is healthy. Over 40's should have regular cholesterol checks through their GP.

3. Atrial fibrillation (a type of irregular heartbeat) can cause clots which travel to the brain, block arteries and cause a stroke. If you feel your heart is racing or thumping in your chest, visit your GP for a check up just to be on the safe side.

4. Diabetes is a condition where there is too much sugar in the blood. This can cause the build up of fatty deposits and blockages in your arteries thereby increasing your risk of a stroke. You are at particular risk if you have diabetes

5. Alcohol in excess raises your blood pressure. (See 1 above). Binge drinking of more than 8 units for men and six for women in a single session is particularly dangerous as it can cause your blood pressure to rise very quickly.

6. Smoking causes arteries to fur up and makes blood more likely to clot. Smokers are twice as likely to suffer a stroke than non-smokers. The more you smoke, the higher the risk.

7. Salt raises blood pressure. Avoid processed and "fast" food which contain lots of hidden salt. Eat fresh foods whenever possible and instead of adding salt to your food try flavouring with herbs and spices.

8. Regular physical activity helps to lower blood pressure and reduces the risk of stroke and Type 2 diabetes. The type of exercise doesn't matter as long as it makes you feel warm and slightly out of breath. Don't overdo it! Build up gradually to at least 30 minutes per day. **Bowling is an ideal form of exercise in this context.**"

Gardening Group



Christine Dodge

A small group had an enjoyable visit to Dobies Garden Centre on 7th May. The Group had decided to organise a visit to Cambridge in the near future but the success of this venture depends on

our being able to fill a small coach, so we are looking for support from Members, their families and friends. All welcome. Full details will appear on the noticeboard shortly. Our next visit will be to the garden at Long Close in Woodhouse on 17th May. Meet at the clubhouse at 11.30 for lunch at Badgers Sett. Names on the noticeboard, please. Our next meeting will be on Tuesday 28th May at 7 p.m..

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.