

JULY

- 13th Coffee Morning
Belgrave H
Aylestone Hall A
- 16th West Cup (Mixed) 6 p.m. A
Management Group Meeting 7 p.m.
Soar Valley A
- 17th Loughborough A
- 18th Nuneaton A
- 20th Melton Town H
St Margarets A
- 22nd Kegworth 2 p.m. H
Fosseway 2 p.m. H
Benevolent TBA
- 23rd Johnson Cup (Mixed) 6 p.m. A
- 24th Market Overton 6.15 p.m. H/A
- 25th St Margarets H
- 27th Humberstone Park H
Whissendine A
- 29th Soar Valley Conways 2 p.m. H
Belgrave Ringers 2 p.m. A
- 30th Hartopp Cup (Mixed) 6 p.m. A
Birstall A
- 31st Soar Valley 2 p.m. H

AUGUST

- 1st St Margarets A
- 3rd Humberstone Park H
Kirby Muxloe A
- 5th S Bonnington Riversiders 2 p.m. H
Wymeswold Steamers 2 p.m. A
Holwell H
- 7th Whissendine (Triples/Greys) H
Oakham 6.15 p.m. H/A
- 8th Westcotes A
- 10th Coffee Morning
Batram (Mixed) H
Wymeswold (Mixed) A

Colour code:

Men, Ladies, SBC, White Plums,
Green & Royals Melton Triples League

49 Club update

LATEST LUCKY WINNERS are:

Gary Jones (14), Kate Toon (27), Dick Crouch (34), Anita Lowder (4) and Dave Hudson (44) Congratulations to them all.

**"The best time to eat diet food is while
you're waiting for the steak to cook."**

Julia Child

**AUSSIE PAIRS
"FUN"
COMPETITION**



If we can get enough Members to participate, we are hoping to organise a new FUN competition during August. Please watch the noticeboards for a date and time but meanwhile take a moment or two to signal your support on the lists already posted. Why not join in something new and, hopefully, a bit of fun?

Entry for humans into the "Animal Park" will be £1.00. Some of the proceeds will be donated to charity.

Competitions news



Gary Kilbourn

PLEASE note that the completion dates for the "Syston Town News" Two-wood Mixed Triples have been changed.

All matches will now be played on **4th August** except for the tie involving

Stan Page, John Lester and Maureen Page v Ray Wood, Colin Grimes and Lyn Horobin which needs to be played on the **11th August**. The winners need to play the next round as soon as possible. Please contact me to discuss further arrangements.

The Men's Triples will now be played on **Friday 26th July** starting at 6pm.

Can I remind all remaining players that they must make every effort to meet the deadlines set. Club completions override normal fixtures so if you are struggling to play these games you might consider playing them on Thursday or Saturday afternoons.

Anyone experiencing serious difficulties should please contact me (2607 922) as soon as possible.



Official newsletter of the Syston Bowling Club

No 86 July 2013

Presidents' pieces



CONGRATULATIONS to **Marilyn Wood** and **Pauline Wright** who have both reached the Quarter-finals of the County Unbadged Singles Competition. Well done, Ladies!

On a less positive note, it has been brought to my attention that the "back-up" fridge/freezer kept in the store is regularly being left in a dirty and unhygienic condition. Sadly, the fridge section has stopped working and the whole unit has had to be replaced. It is cheaper, these days, to buy a replacement rather than pay call out and repair charges for an engineer.

I must implore everyone who is on tea duties - especially those on Thursdays and Saturdays - to include the cleaning of this equipment as part of the normal clearing-up routine in the same way as we deal with the small fridge in the kitchen.

We must take this responsibility for food hygiene very seriously after every occasion that involves food preparation since the consequences could be very severe.

I'm sure I can count on your support.



Car stickers.

SOME of you who did not renew your club membership on "Meet the President's Night" may not be aware that Club Chairman, **Colin**, designed and arranged for the printing of adhesive car stickers for members, to advertise and promote the Club. If you have not received but would like one to stick on your car front and/or rear screen, they can be obtained, free of charge, from me - or there is a limited supply behind the bar.

Maintenance of green surroundings

Unfortunately, the support which was hoped for (and expected!) has not materialised and names on the list requesting assistance for Green Ranger, **Roger**, have dwindled to zero. Inspection of the apron of the green suggests that it is now time to carry out weeding of the surrounds and sweeping/clearing the ditches.

It would be a shame if the surrounds became neglected after all the splendid efforts of the members pre-season, so I would urge Men members to contact **Roger** who will advise what needs doing and how to do it! Let's make it a green to be proud of.



Roger Bentley

THANKS to **George** and **Chris Dodge** for the great work they have done on the hanging baskets (pictured above) and greenside flower beds and to **Myles Clare** who helped in the installation of a self-watering system for the baskets through the roof space of the clubhouse.

The Club has entered the **Syston in Bloom** competition in the "Baskets & Tubs" Section. Fingers crossed for an Award!

Green Ranger, **Roger Bentley**



SYSTON BOWLING CLUB Clubhouse Telephone: **0116 269 2105**

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Telephone: **0116 2608 412** email: systonbowling@btinternet.com

The Club Coach column

In the last of 3 articles on **Teamwork**, Des gives advice to Skips



Our warmest best wishes for a full and speedy recovery go to our Club Coach, Des, who is currently undergoing treatment for a heart condition.

SOME people would say that the Skip's position is the most difficult and most important on the rink. Some would say that the Skip has to be the best player on the rink. Certainly, a Skip should be a very good player but the most important task will be to establish the team as a unit and to get the best out of the other three making up the team.

The Skip's ability to play under pressure is vital. If a Skip can remain calm and pull-off some good shots when shots down, the pressure will be taken off the rest of the team and their game will, in turn, be lifted.

The Skip must also be a master tactician. Tactics play a big part in any game so, a Skip must have a firm knowledge of his/her craft and confidence in the ability to carry it out.

Among the most important skills for a Skip is the ability to "read" the head to see where the team's shots need to be placed, to make it more difficult for opponents to succeed and to re-establish the team's control when the opposition holds shot.

Control of the rink is important. A Skip must never ask a player to attempt a shot that is clearly beyond the player's capabilities. A Skip should also have enough common sense to help a player who is having difficulties in mastering a particular hand or type of shot. In this type of situation, the Skip needs to help the player to regain confidence and, in so doing, if thought necessary, to enlist the help of the rest of the team in restoring relaxation and getting the basics back for the individual concerned.

Briefly, a Skip will have to do all of the following:

1. Carefully watch every move on the green
2. Inspire team members to bring out their best
3. Give full encouragement to all members of the team both when they are playing well and when they might be struggling
4. Give clear instructions on what shots are required at any given time
5. Involve all players into discussions about tactics when any end or the game overall reaches a critical point
6. Be prepared to take advice from the team expressed through the No 3
7. Produce every shot in the book to inspire and lead by example

Next month: "Position and impact of bowls"

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

JUST to let you all know that in all the games played to date, we are holding our heads up well. Unfortunately, three games have had to be cancelled due to the opposing side being unable to field a full team. Let's hope that things improve in this area in the future.

I would like to say "Well done!" to all the ladies who have progressed in County Competitions. In particular, I join President Kate in offering congratulations to **Marilyn Wood** and **Pauline Wright** who have reached the quarter finals of the Unbadged competition. We wish them well and it would be great to see some of our members

supporting them when the next round is played.

Keep up the good work, Ladies, and above all, enjoy your bowling.

Jennings



Summer Sale continues

Fashion & lingerie to suit all ages. Measuring and fitting services available

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A very grand solicitor said to me, in the seventies: "The three essential qualities for a solicitor are accuracy, accuracy and accuracy..."

Those days are long gone. Communication is now the key, inside and outside the office. For that reason I am grateful to the Bowling Club for a chance to work with you and with local groups like you. (I have already been to a primary school gala and met parents and teachers in the glorious July sunshine.) I hope to meet many of you in due course. Someone might teach me to bowl. **Accurately, of course!**

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ring 2608 412**

Mid-Season performance review

(2012 performance figures in brackets)

	P	W	D	L	Shot Diff
Men - Saturday	20(21)	10(14)	0(0)	10(6)	-9(+179)
Men - Weekday	11(10)	6(8)	0(1)	5(2)	-22(+139)

Ladies - Friendlies	11(8)	7(4)	0	4(4)	+36(+2)
Ladies - Trips League	Played: 5(5)	Points: 12(6)	Shot Diff: -10(-94)		

Loughborough & District Triples League

White Plums:	Played: 7	Points: 32/56	Pos: 4/8
Green & Royals:	Played: 5	Points: 24/40	Pos: 3/7

Melton & District Triples League

Syston Played: 3 Rinks Won: 5 Lost: 6 Drawn: 1 Pts: 11/24

In spite of the weather, few matches have had to be cancelled. Our Men's teams continue to struggle while the early success of the Ladies seems to be sustained. "Well done, Ladies!" Our green continues to attract strong praise from visitors. Come on Men! Let's surge forward in the second half of the Season.

Lest we forget

Doreen Payne remembers

Our great Club would not be the strong and dynamic organisation that it now is without the support and dedication of many committed Members over the years since our foundation in 1932. In the first of what is planned will be a regular series, Doreen Payne, one of our longest serving Members, recalls some of those stalwarts of the past who helped to lay the solid foundations on which we continue to build.

MAVIS SANDERSON was a member of a family who were very involved with bowls in Syston. Her sister, **Dorothy**, and sister-in-law **Joan Sikes**, were both members of Syston Ladies' Bowling club and Mavis's husband, **Jack**, played for Fosseway (which at that time was a Men Only Club) **Mavis** was a formidable Skip but was always ready to encourage newcomers to bowling who played on her rink - especially when she was able to mark their wood as a "toucher". Mavis gained her County Badge having played at least three times for Leicestershire. She was a successful President of Syston and, in later years, was made a Life Member. The Honours Board bears witness to her bowling achievements and her knowledge of the game was countywide and beyond. Her mode of transport to the match was "her bike" which was to be found propped up outside the pavilion during the game.

She was a personal friend of the **Allcock** family and, when she died, **Tony Allcock** attended her funeral.

Melton Triples League



Dave Hudson

I regret to have to report that, as last year, we started badly gaining only 5 out of 16 possible points in our first two matches. 6 points against Belvoir Vale has lifted us to a total of 11 with two games left to play. Thankyou to everybody who has made themselves available. Let's go for a big final effort to win these last two games.



Birthday bumps!

July "**HAPPY BIRTHDAY**" wishes to **Colin Grimes, Ray Dexter, Noel Evatt, Dennis Freer, Gary Jones, Colin Smith, Marilyn Wood** and **Pauline Wright**

Health tips

This month we look at potatoes

THE humble spud is not quite as humble as you may think when it comes to diet and nutrition. In fact they're pretty amazing! Potatoes are virtually fat free, a natural source of fibre and contribute to your RDA of several vitamins and minerals. Carefully cooked they are a great natural source of energy. The main vitamins found in potatoes are **vitamin C and B6**. Vitamin B6 has several important functions, including contributing to normal red blood cell formation, normal functioning of the nervous system and the reduction of tiredness and fatigue, as well as regulation of hormonal activity. All potatoes contain vitamin B6, whatever way they are prepared. The vitamin C level in potatoes depends on the type of potato and method of cooking. This vitamin is vital for the normal structure and function of tissue such as skin and blood vessels, and contributes to the normal function of the immune system and the nervous system. The best levels of vitamin C are found in new or salad potatoes boiled or steamed in their skins, or jacket potatoes (baked potatoes). Potatoes are also a valuable source of dietary fibre, particularly found in and around the skin.



With acknowledgement to "Private Eye"

Isn't that dress a bit revealing?

Playing by the Rules

A recent incident on the green demonstrated that not all Rules of the game are clearly understood or upheld. The following explanation of the official Rules might be the first in a series to avoid future confusion.

If you would like an explanation on any aspect of the Rules, please raise the question with the Editor who will be pleased to undertake the necessary research.

What is a "dead jack" and a "dead end"

THE official Rules state:

- 30.1 If the jack is moved by a bowl in play, it is a **dead jack** if it:
- 30.1.1 passes above the face of the bank
 - 30.1.2 passes completely outside a side boundary of the rink of play
- 30.4 If the jack is **dead**, the end is a **dead end** and Law 31 will apply
- 31.1 A **dead end** is not counted as a completed end even if all the bowls required to be played have been played
- 31.2 A **dead end** should be replayed in the same direction unless the Skips or opponents in Singles agree to play in the opposite direction
- 31.3 If the Skips or opponents in Singles or the umpire declare an end **dead**, the first to play in that end should also play first when the end is replayed

What is a "tied end"?

41 No shot scored - tied end

- 41.1 There will be no shot scored by either team if it is agreed that:
- 41.1.1 the nearest bowl of each team is touching the jack
 - 41.1.2 The nearest bowl of each team is the same distance from the jack; or
 - 41.1.3 no live bowls are left within the boundaries of the rink of play
- 41.2 The end should be declared tied and recorded on the score card as a completed end.

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

Moving along the road to unification

Board thinks ahead and invites discussion and design ideas



SETTING an enviable example to other Clubs, Syston can boast of a long history of close and harmonious working relationships and mutual support between our two Sections. At national and Regional level, the slow but inexorable policy of integration of the men's and ladies' sport gathers pace but, in some quarters, is encountering a deal of resistance. Not in Syston, however. Mixed matches, shared celebrations and, most recently, the adoption of a Club shirt design common to both Sections, act as clear signals already of our readiness to adapt and develop, growing stronger as we draw on each other's respective strengths without threat to the continuation of men-only and ladies-only fixtures in the Club calendar.

Looking forward, we might already begin to envisage a time when the Club operates under a single, unified badge.

This prospect has been raised partly as a consequence of discovering that both the Men's and Ladies' flags are in need of repair and possible replacement. Thankfully, **Janice Wilbourn** has already undertaken some repair work on both flags, which should extend their useful life for at least a couple of additional Seasons. Many thanks to her for this valuable work.

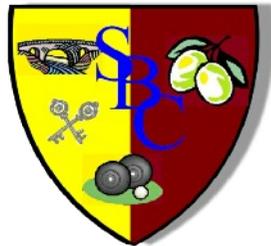
New flags of quality are expensive. So, thinking ahead to the time when replacement becomes inevitable, and bearing in mind the likely cost and ongoing process of integration mentioned above, it is perhaps reasonable to raise the possibility of commissioning a single flag using a common logo for both Sections. In early anticipation of such a situation and in order to stimulate early discussion among the membership on the issues involved, the Board of Directors has agreed to invite all members to consider a new design for a Club badge and flag which might reflect the unification of our sport and which will represent a modern and forward-looking Club.

A new badge, like the example illustrated, might be based on elements drawn from the two existing models. On the other hand, in order to reflect the modernity of our Club, it might involve something completely new. Anything is possible and nothing should be discounted.

Anyone interested should sketch out a design - no matter how rough and ready - your suggestion does not have to appear "finished" - and submit it to the Administrative Director, **Val Foreman**, before the end of the year. If there appears to be strong support for the idea of a single badge, designs will then be put to the next Club AGM, in March next year, to enable as many Members as possible to be involved

in the selection of the best design.

In the meantime, the Committees of both Sections can initiate discussions on the question of further integration and decide on the pace and nature of further developments including the desirability of a "unified" badge and flag.



The approach shown here - combines elements from the two existing badges.

A new design need not be influenced by these features.

Budding designers should start with a blank sheet of paper and consider how best to reflect Syston as a modern, forward-thinking Club where friendship, fitness and fun are the key qualities.

**"If women ran the world we
wouldn't have wars.
Just intense negotiations
every 28 days."**

Robin Williams

Gardening Group



Christine

THE latest Garden Group visit was to a beautiful house and garden at Goadby Marwood. We enjoyed a good lunch at Wetherspoons in Melton and then continued on to the tiny village of Goadby.

We were given a very comprehensive tour around the grounds by the owner of the estate which took quite some time and then had tea and cake. We were very fortunate to have a warm, sunny day which helped to make it so enjoyable. Definitely one of our favourite places so far.

All the greenside summer planting has been carried out, including the hanging baskets and a special display under the old scoreboard to celebrate the Ladies' 80th Anniversary.

A coach has been booked for the trip to Cambridge on July 26th. There are still one or two places left so please put your name on the list if you are interested.

The next Garden Group meeting is on June 18th at 7.0pm. Everyone welcome. Bring a friend - or two!

Things my mother taught me

Words of wisdom?

Religion:

"You'd better pray that the stain will come out of the carpet."

Time travel:

"If you don't straighten up, I'm going to knock you into the middle of next week!"

Logic

"If you fall out of that swing and break your neck, you're not coming to the shops with me."

Foresight

"Make sure you wear clean underwear, in case you're in an accident."

Irony

"Keep crying, and I'll give you something to cry about."

Osmosis

"Shut your mouth and eat your tea"

No wonder I turned out so well!

Special offer from Club Patron Christopher Meynell

CLUB Patrons, Chris Meynell & Family Funeral Directors are happy to offer up to £100 discount on the cost of a funeral to any Club Member. This generous offer will also be applied to any family member, friend or neighbour who refers to this **SBC** offer when arranging a funeral.

Bereavement is one of the most stressful experiences that we have to face. Under such stress it is common for decisions to be made which, in the cold light of day, are clearly irrational and which often result in unnecessary expense and further stress. For this reason, everyone is urged to plan early in anticipation of the inescapable event. Shop around for the best deals. Compare fees, service levels and the professionalism and friendliness of those whom you plan to entrust with your special interests when the time comes.

Strange though it may seem, the pre-planning of the funeral arrangements for yourself and loved ones should be approached no differently from any other business transaction involving significant expenditure. You will find that funeral directors in general and **Chris Meynell & Family**, in particular, will be very supportive and sympathetic to your approach and will be very pleased to offer you every assistance in your planning. Pre-paid funeral plans can very often save you (and/or your family) a great deal of money. A little careful planning and pre-preparation now could result in significant savings and reduce stress levels for those who will be directly involved in what will already be a very difficult time.

A simple telephone call now to **260 7954** will "get the ball rolling" and will bring you and your family peace of mind.

Contortionism

"Just look at that dirt on the back of your neck!"

Patience

"You're going to get it when your father gets home!"and much, much more