



B.O.H. Newsletter

March 2006



Suggestions or comments? E-mail bowmenofharrow@googlemail.com

Welcome the third issue of the BOH Newsletter. Thanks to those of you who have contributed. Please, do not hesitate to email us stories, news, photos or ideas.

Additionally, thank you to all of you who have turned out for the league shoots, but we still seem to be thin on the ground on those particular days! Please all make an effort!

Many thanks for reading,

Editors. Jonathan and Matilda

Congratulations go to all those who competed in the Middlesex County Indoor Championships on the 11th and 12th of February. Despite a small turnout from the club, the following archers came home with awards:

Gents Recurve Champion Jonathan Paradi
Ladies Recurve Champion Mati Lang
Ladies Recurve Bronze Jenny Hargraves
Junior Boys Recurve Champion Ben Gan
The Bowmen of Harrow (comprising the above four) also won the Recurve Team event. Well done all!

Notice from Club League Officer

As there are too few clubs participating in the MCAA Worcester Postal League this indoor season, there will be no Worcester this month. However, if members wish to have a club Worcester shoot, they are requested in contact Dave Blunden before Monday 13th March. Failing this, it will be a normal practice night.

The range is closed for Middlesex County Squad on the following evenings...
Mar 29th, Apr 26th, May 31st, Jun 28th, Jul 26th,
Aug 30th, Sep 27th, Oct 25th, Nov 29th
For more info:
adrian.charman1@btinternet.com
(Note, this is the correct email address)

Picture: J. Paradi



A Frostbite shoot on a sunny Sunday morning. No, we're not freezing our butts off!

John Lyon success at British School Indoors

BoH junior members James Matthams and Ahmed Al-Naher brought home medals from the British School Indoor Championships in February. James took home the Junior Boy Recurve title, and with Ahmed, and John Lyon team members Nasri El-Sayegh and Gareth Corfield came second in the School Team event, behind the seemingly unconquerable Deanes of Essex. An excellent result for the boys' first tournament! Well Done!

Tournaments

There are currently several entry forms up on the club notice board. If you wish to enter, please write your name on the form, or take the details and contact the organiser yourself.

If you would like to advertise non-commercial items for sale or wanted, please contact the editors with details. If your company would like to advertise, please contact us for more information.

Quotes of the month...

Pete and Siobhan, of success at the County Indoor Champs: 'Bloody well done all!'
Robert A, of Jonathan: 'You great big lump of foot!'
Ben G, of not getting into the Herts County Indoors: 'I was rejected...'
George, of Ann: 'She's crazy!'



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Equipment Review

This month: the Sebastien Flute (SF) Bow; Price: Riser is approx £190, Glass/foam limbs approx £130, carbon/foam limbs approx £200, all from Alternative. There are other online dealers who may be selling at different prices.

I bought this bow (handle and carbon/foam limbs) in January, wanting a change from my Hoyt Radian. The price tag was very persuasive, but I did not know what exactly to expect, as it is still a relatively new bow on the market.

It was designed by the 1992 Olympic Gold Medallist, Sebastien Flute, and manufactured in conjunction with the multi successful Korean company Win & Win. The handle is forged, and the limbs are available as glass/foam and carbon/foam. The bow is very comfortable to shoot already, and reasonable scores so far make it all the more agreeable!

The bow is aesthetically very pleasing, mine being blue fade silver. The riser takes

international fitting limbs, and is

not particularly heavy in the

hand. The grip is slightly bigger

than I am used to, but there is a

sharper edge to it, enabling me

to position my hand very easily.

My only gripe with this bow is

the clicker screw hole is slightly

too low, and as a result, it is

more likely for an archer to end

up with the clicker at a poor

angle (the closer to vertical the

better).

Overall, I enjoy shooting this

bow, and for the price, it's a

fantastic buy. Fingers crossed

for a successful outdoor

season.



Score: 8/10

Value for money: 10/10

For all you chocolate lovers out there, here's a yummy recipe... It might be worth making this for Mothering Sunday too!

Mississippi Mud Pie

Ingredients:

225g crushed digestive biscuits

75g melted butter

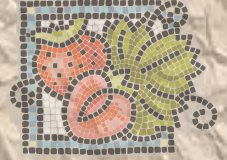
300g marshmallows

60mL milk

225g plain chocolate, broken into pieces

15mL (1tbsp) coffee essence

600mL (1pint) double cream



Mix together the crushed biscuits and butter, and press into the base and up the sides of a 9in round, loose-based flan tin. Chill in the fridge for half an hour.

Place the marshmallows and milk in a heatproof bowl, set over a pan of simmering water and leave until melted. Stir well.

Place chocolate and coffee essence in a separate bowl, melt over pan of simmering water, and stir until smooth. Cool both mixtures for 10 minutes.

Stir a quarter of the cream into the melted chocolate. Stir in the marshmallow mixture and another quarter of the cream. Pour the mixture into the biscuit case and chill for 4 to 5 hours until set.

Softly whip the rest of the cream and spoon around the edge of the pie. Decorate with the mini marshmallows and chocolate curls.

EAT!!

Please join the club at a
darts/archery social at BoH!

Bring darts or arrows, and
BEER!

Friday 21st April 2006 at
7.30pm

Tom Lehrer: I wish people who have trouble communicating would just shut up

The deadline for contributions to the next issue is 25th March 2006.

Picture: J Paradi



Chaos in between sessions at the County Indoor Championships