



November 2006

Welcome to the start of the indoor season!

Officially the indoor leagues start in November; a strong turn out is appreciated. More details elsewhere. The editors are making a point of watching the new BBC series of Robin Hood. What do you think about it? (We all know Norman wants Robin to get out the longbow!)

Editors:

Jonathan & Matilda

Reminders

The range is closed for Middlesex County Squad on the following evenings... **Nov 29th**

For more info: adrian.charman1@btinternet.com

Please keep an eye out for notices regarding the hut.

FOR SALE!

Hoyt Aerotec (green)
Hoyt FX limbs (medium) 40lbs
1 set of ACCs (Spine 3L-04 or 750) 28"
Arten sight
Beiter stabilisers (longrod and V-bars)
Accessories including tab, bracer etc.

Owner would like to sell as a set for £600.

Please phone Chris Addis on 020 8863 9450

It's time for the indoor leagues again. The Bowmen of Harrow takes part in 3 every winter: the BA Portsmouth League, the BA Frostbite league, and the Middlesex Worcester League.

The Portsmouth takes place on the first Tuesday every month and the Worcester takes place on the 3rd Thursday every month. Both start with sighters at 7.30pm sharp.

The Frostbite takes place on the 3rd Sunday every month starting at 11am.

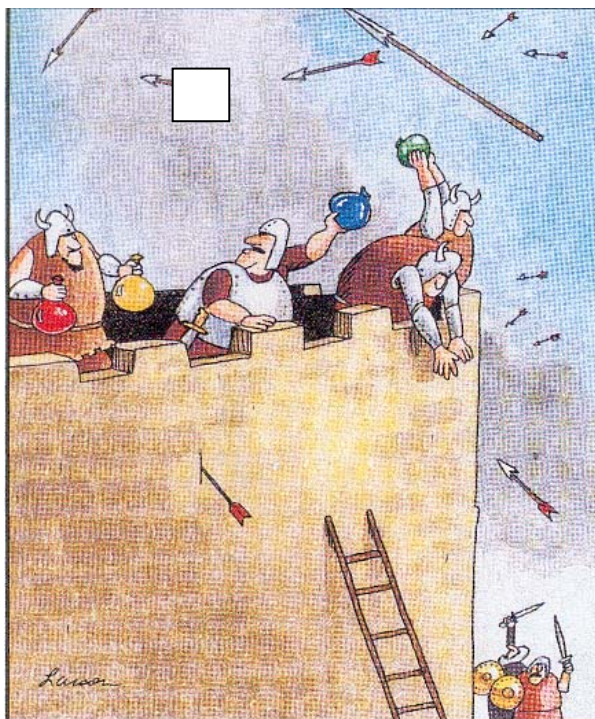
Members are urged to show up early to help set up, and so that the shoot can get underway quickly.

Please try and attend as many league shoots as possible. As we stressed last season, you never know when your score could count!



Here are some pictures taken at the Short Metric League Presentation Shoot at Aquarius in September.





Problems during a corporate evening when rival companies are double booked.

League Dates

Portsmouth:

Nov 7th; Dec 5th; Jan 2nd; Feb 6th; Mar 6th

Worcester:

Nov 15th; Dec 21st; Jan 18th; Feb 15th; Mar 15th

Frostbite:

Nov 19th; Dec 17th; Jan 21st; Feb 18th; Mar 18th

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

Dave Farrer: Some 4x4s aren't proper 4x4s. They're 2x4s. (Regarding cars)

Farrer, Hicks, Hodges, Lang, Paradi, Rush: Surface tension!

Hodges: I'm a pensioner now!

Carrot and pineapple cake

Ingredients:

250g self-raising flour
¼ tsp baking powder
¼ tsp bicarbonate of soda
¼ freshly grated nutmeg
¼ salt
4 eggs
265mL vegetable oil
2 tbsp hot water
250g caster sugar
150g peeled and grated carrots
80g chopped walnuts
100g diced pineapple

Topping:

100g softened butter
100g icing sugar
½ vanilla extract
200g cream cheese
2 tbsp desiccated coconut



Preheat the oven to 170°C/GM3.

Grease and line a 9 inch loose-base cake tin.

Sieve the flour, and baking powder, bicarbonate of soda, spices and salt into a large bowl. Whisk the eggs and oil together lightly. Add to the dry ingredients and mix well. Stir in the hot water, then the sugar. Fold in the carrots, walnuts and pineapple.

Spoon the mixture into the tin. Bake for 1 hour, or until a skewer comes out clean.

Cool for 10 minutes then release from the tin and cool on a rack.

For the topping, beat the butter and sugar until smooth. Then beat in the cream cheese.

Spread over the cold cake. Sprinkle with coconut and serve.

Thanks to Barbara for this recipe.

Delia's Way

When a cake recipe calls for flouring the baking tin, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

The Real Woman's Way

Tesco sells cakes. They even do decorated versions.

Delia's Way

If you accidentally over-salt a dish while it's still cooking, drop in a potato slice.

The Real Woman's Way

If you over salt a dish while you are cooking, tough. Recite the Real Woman's motto: "I made it and you *will* eat it"

The deadline for contributions to the next issue is 25th November 2006. Does anyone want to contribute?