

Fochville Bowling Club Newsletter

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Mans Liga Fochville 12 Januarie 2013



Vat hulle manne!



.... en die besoekers van Witrand en Vaal Reefs







Baie geluk
Oupa Fred!



Fred se skoondogter en seun met MJ wat gebore is op 2 November 2012

INTERNATIONAL TECHNICAL OFFICIALS

The following officials have passed the assessment set by World Bowls to become International Technical Officials

Country	Name	SAID	Date
South Africa	Trevor Davis	SA001	12 11 2014
South Africa	Fred Krus	SA002	12 11 2014
South Africa	Neville Savage	SA005	25 10 2015
South Africa	Chris Serfontein	SA003	12 11 2014
South Africa	Jeanette Williams	SA004	12 11 2014

UITDAGING

Wie het die beste, vinningste en lekkerste resep - dame of man? Gee vir ons jou resep om te publiseer in die nuusbrieff. 'n Gebakte voorbeeld van die resep sal ook baie welkom wees en dan kan kommentaar gelewer word.

CHALLENGE

Who has the best, quickest and most tasty recipe - lady or man? Give us your recipe for publication in the newsletter. A baked sample of the recipe will be most welcome for commentry.

Neutbeskuit

Hoewel dié beskuit se GI nie gemeet is nie, help die gerasperde appel en sade om die GI van enige gebakte produk te verlaag. Dit het ongelukkig nog heelwat suiker en smeer in, maar jy kan enige tyd minder ingooi - suiker kan maklik tot die helfte verminder word. Sit dan net sultanas, nie rosyne nie, by vir meer soetigheid.

1 kg bruismeel
10 ml sout
10 ml bakpoeier
500 ml muesli
250 ml sonneblomsaad
250 ml pekanneute, gekap
125 ml klapper
500 ml semel-ontbytgraanvlokkies
500 ml bruinsuiker
2 ekstra-groot eiers
500 g botter of margarien, gesmelt
500 ml karringmelk
1 groen appel, geskil en gerasper

Voorverhit die oond tot 180 grade C en smeer 3 kleinerige broodpanne. Meng die droë bestanddele saam. Voeg ook die bruinsuiker by. Klits die eiers en voeg die res van die bestanddele by. Voeg by die droë bestanddele en meng goed. Skep in die voorbereide panne, maak gelyk bo-op en bak vir 45-60 minute tot gaar of tot 'n toetspen skoon uit die middel van die beskuit kom. Laat effens afkoel, keer uit en sny in vingers. Plaas op bakplate en droog uit teen 100 grade C. Bêre in lugdigte houers. Lewer 80 beskuite.

World Bowls Singles Ranking List Top 16 (as at 15th December 2012)

Men's Singles Rankings List

Position	Name	Country	Points
1	Lief Selby	Australia	1400
2	Hizlee Rais	Malaysia	980
3	James Talbot	Ireland	850
4	Shannon Mclroy	New Zealand	765
5	Ryan Bester	Canada	600
6	Jeremy Henry	Australia	600
7	Brett Wilkie	Australia	550
8	Ian Merrien	Guernsey	495
9	Thomas Greechan	Jersey	450
10	Keith Jones	Spain	435
11	Vincent Mai	Canada	420
12	Stanley Lai	Hong Kong	400
13	Gerry Baker	South Africa	320
14=	David Bolt	England	320
14=	Graham McKee	Ireland	320
16=	Aron Sherriff	Australia	300
16=	Jonathan Ross	Scotland	300
16=	Graham Archer	Scotland	300

Women's Singles Rankings List

Position	Name	Country	Points
1	Joe Edwards	New Zealand	1750
2	Karen Murphy	Australia	1360
3	Alison Merrion	Guernsey	1290
4	Val Smith	New Zealand	1080
5	Sandra Keith	New Zealand	600
6	Deborah Wilford	Norfolk Island	578
7	Natalie Melmore	England	535
8	Clíodhna Eadie	Ireland	480
9	Tammy Tham	Hong Kong	475
10	Jane Rigby	Zimbabwe	461
11	Carmen Spiteri	Malta	455
12	Tracy Lee Botha	South Africa	440
13	Caroline Taylor	Wales	440
14	Claire Johnston	Scotland	380
15	Ruti Gilor	Israel	357
16	Emma Saroji	Malaysia	335

Before



After



BSA - Rolbal Etiket

9.6 Moenie met Skippers redeneer oor die skoot wat jy gevra is om te speel nie. Dit toon 'n gebrek aan vertroue in jou skipper se taktiese vaardighede en kan die span se sponsees beïnvloed.

BSA - Etiquette of Bowls

8.4 Once the bowl has come to rest, no further instructions may be given nor remarks made. Skips may only talk to their player while their team is in possession of the rink. As soon as each bowl has come to rest, possession of the rink is transferred to the opposing team.

Go have a look at the new look Bowls SA website at www.bowlssa.co.za

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Another very interesting website is www.performancelawnbowls.com

PERFORMANCE LAWN BOWLS