

The Bowstring.

Volume 2, Issue 11
March 2007

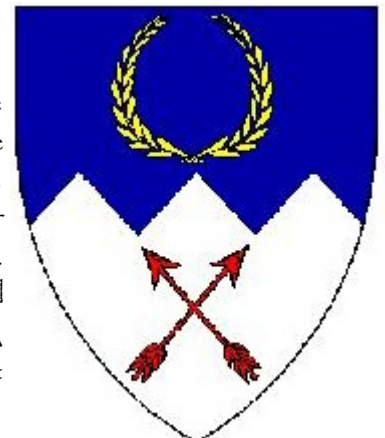


Arrowsreach's Fearsome Archers Are Back!

Taken at a recent Mixed Combat Training session, this little shot should strike fear into the . . . Hearts of our would be foes.

Disclaimer

This is the Bowstring, the monthly newsletter for the shire of Arrowsreach, a branch of the Society for Creative Anacronism, Inc. It is not an official publication of the SCA and does not represent official SCA policy.



Arrowsreach Regular Events

Heavy Training - Every Monday Night
 7.30-10pm, at Central Ringwood
 Community Hall, Bedford park, Ringwood
 Cost: \$5 for Fighters
 \$3 for Spectators
 (\$1 discount for Members)

First Monday each Month -
 Garb Encouraged Event
 Bowstring Released
 Second Monday each Month - Garbed Event
 A'reach Monthly Bash Training Tourney

Archery Training - Second & Fourth Sunday
 1-5pm, at Croydon Secondary College,
 Croydon Rd, Croydon.

Cost: \$5 for fighters
 \$3 for Spectators
 (\$1 discount for Members)



This Month

- 2 - Moonlight Revel
- 3 - Cooks and Brewers Guild
- 4 - Stormhold Monthly Bash
- 5 - Arrowsreach Heavy Training
- 11 - Arrowsreach Archery
- 12 - Arrowsreach Monthly Bash
- 16 - Stts 2
- 19 - Heavy Training
- 25 - Arrowsreach Archery
- 25 - Scribes and Illuminators Guild
- 26 - Arrowsreach Heavy Training

Favourite Sites

This is where I'll publish sites that are sent to me, if you have a favourite site that you feel others would like to see, please send them to me (details in the Regnum).

This Month's Favourite site is one that features nearly everything related to the SCA. Stefan's Florilegium. It can be found at:

<http://www.florilegium.org>

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Moonlight Revel	3 Cooks and Brewers Guild	4 S'hold Bash
5 Heavy Training	6	7	8	9	10	11 Archery
12 A'reach Bash	13	14	15	16 STTS 11	17	18
19 Heavy Training	20	21	22	23	24	25 Archery Scribes & Illuminators
26 Heavy Training	27	28	29	30	31	

Riddle Me This

This month there'll be a prize for the first person to contact the Chronicler of Arrowsreach with the answer to this week's riddle.

Power and treasure for a prince to hold,
 Hard and steep-cheeked, wrapped in red
 Gold and garnet, ripped from a plain
 Of bright flowers, wrought--a remnant
 Of fire and file, bound in stark beauty
 With delicate wire, my grip makes
 Warriors weep, my sting threatens
 The hand that grasps gold. Studded
 With a ring, I ravage heir and heirloom
 To my lord and foes always lovely
 And deadly, altering face and form.

Last Month's answer was The Sun.
 Nobody contacted the chronicler with the answer this month.

Suth Gild Heall chapter of Lochac Cooks & Brewers Guilds

Anyone who has an interest in cooking or eating, brewing or drinking is welcome to attend. Held on the first Saturday of each month, unless it clashes with an event. Held at Mistress Nicolette Dufay's Home, 4 Emville Court, Cheltenham, Vic. phone: 0413 518 151 Email: AuntieNic@gmail.com For more details see web page at www.gwynfor.org/SuthGH

Suth Gild Heall chapter of Lochac Scribes & Illuminators Guilds

Get together to learn a new skill or to practice an old one. Held on the fourth Sunday of each month, unless it clashes with an event. Held at Mistress Nicolette Dufay's Home, 4 Emville Court, Cheltenham, Vic. Phone: 0413 518 151 Email: AuntieNic@gmail.com For more details see web page at www.gwynfor.org/SuthGH

What's on in April

- 1 - Stormhold Montly Bash
- 2 - Arrowsreach Heavy Training
- 5 - 10 Rowany Festival
- 16 - Arrowreach Heavy Training
- 22 - Arrowsreach Archery
- 22 - Scribes and Illumnators Guild
- 23 - Arrowsreach Heavy Training

Suth Gild Heall chapter of Lochac Broiderers and Tailors Guilds

Interested in Medieval needlework or how to design that new frock? Want to get other interested folk's opinion? Held at Lady Yvonne Yvette de Plumetot, Email: mlebas@alphalink.com.au For more details see web page at www.gwynfor.org/SuthGH

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 Heavy Training						1 S'hold Bash
2 Heavy Training	3	4	5 Festival	6 Festival	7 Festival	8 Festival
9 Festival	10 Festival	11	12	13	14	15
16 Heavy Training	17	18	19	20	21	22 Archery Scribes & Illuminators
23 Heavy Training	24	25	26	27	28	29

Medieval Justice

Not So Medieval

By Heather Whipps

Special to LiveScience

posted: 03 August 2006

07:51 am ET

Labeling idleness a crime may have been a bit strict, but the justice system in medieval England should never be considered backwards. Punishments for offenses in those days were perhaps even more sensible and humane than they are now, say some historians.

"The common view of the medieval justice system as cruel and based around torture and execution is often unfair and inaccurate," said University of Cambridge historian Helen Mary Carrel. Most criminals received gentle sentences merely meant to shame them, Carrel said, with the punishments often carried out in the open so townspeople could bring them charity. Carrel presented her views recently during the International Medieval Congress, hosted by the University of Leeds.

Open-door policy

The notion that our system is better because law and order happens behind closed doors especially needs to be challenged, Carrel said.

Crime & Punishment

Beheadings are Out, But Watching Executions is in Vogue
Innocent Suspects Confess Under Pressure

The Real Crime: 1,000 Errors in Fingerprint Matching Every Year

Family DNA Helps Cops Catch Criminals

Brain Scans as Lie Detectors: Ready for Court Use?

False ID: Face Recognition on Trial

"There is a real downside to keeping those who are punished out of the public eye we often have no idea how they are being

treated," Carrel told LiveScience. With most medieval communities lacking any proper policing, crime prevention was trusted in the hands of the village common-folk. There was no reason or means for punishment to be any different, say experts.

"Punishments therefore had to be simple and generally seen to be fair," according to the online exhibitions of the United Kingdom's National Archives. "Fierce, physical mutilation (cutting off part of the offender's body), common in earlier periods, was now rarely used." Though murderers were often executed, the majority of lesser medieval offenses were punished by shaming the criminal publicly, according to Carrel. Fastening the offender into stocks wasn't considered barbaric, she said, and was seen as a much better alternative to spending the time in jail.

"Medieval town inhabitants would probably have a much clearer idea of how criminals were treated and may well have had much more contact with the incarcerated than most people do today," Carrel said.

Criminal charity

Even medieval jail wasn't a closed-off affair. Prisoners were often let out to beg and could make money behind bars as long as they shared their take with the jailers. "Charity towards criminals was much more acceptable and much more common in the Middle Ages," Carrel said. "Many people left bequests to help prisoners in their wills, for example." Town officials looking for good press would also leave baskets of food or ale for the jailed, Carrel said. Medieval authorities were lacking the funds to construct and upkeep jail systems as we know them today. In special cases when long-term incarceration was required, or to hold a prisoner awaiting trial, castle dungeons would have been used, according to the National Archives.

Twelve shillings for a maid

But cash payment was sufficient enough

Continued on page 5

An Afternoon of Archery

Sunday, 17 June 2007

Traditional Archery for all with a medieval feel Setup & registration from 12noon - 1st tournament to commence 1pm, John Gardiner Reserve, Auburn Road, Hawthorn, Victoria. The afternoon will include;

-The day will commence with a King Rounds - scores from this will form part of the Wildwood archery multi-event competition. For those that have not competed in such this will take the form of 6 ends (various ranges) including 2 speed rounds,

-an animal target shoot (roving with 5 targets, 2 rounds),

-Several novelty shoots (wand, flu flu or clout) - flu flu arrows will be provided if needed - as time permits,

-The SCA will provide a demonstration of the combat archery including an Agincourt run (live target shooting for all),

Merchants & Traders welcome to attend with Medieval stalls - please liaise with the Steward
Prices listed are SCA Member / SCA Non-Member (all children under 12 are free)

Prices until	Participants	Spectators
End of April 2007:	\$7 / \$10	\$3 / \$5
End of May 2007:	\$10 / \$15	\$3 / \$5
June 2007 & on the day:	\$15 / \$20	\$3 / \$5

* Participating children aged 12 to 15 half price -

* All entrants will need to supply their own arrows - at least 8 - recommend 10 in case of breakage

* The SCA requests that all those attending make an attempt at Medieval costume

* Bookings (with payments to "SCA STORMHOLD") can be posted to 5 Dobell Ave, Sunbury Vic 3429

Steward: Hanbal Reis al Barbary (Simon Hoad) - Email: hanbal_reis@yahoo.com

SCA Stormhold will also be hosting their Winter Feast (a Venetian style Masked Ball theme) the night before See SCA Stormhold website for further information <http://www.sca.org.au/stormhold/>

Brought to you by the crew of the Flying Ypotryll, SCA Stormhold & Wildwood Archery

Continued from page 4

punishment for minor crimes today's misdemeanors and was mostly intended to keep everyone involved happy and out of trouble, say historians.

"The Anglo-Saxon system of criminal justice was mainly concerned to prevent feuds provoked by violent or serious crime," according to medieval historians Andrew Barrett and Christopher Harrison. "The system was designed to force the victim or, if he was dead or incapacitated, his family to accept compensation rather than turn to violence." The common toll for sleeping with a nobleman's serving maid in early medieval times was twelve shillings, Barrett and Harrison give as an example in their book "Crime and Punishment in England" (Routledge, 2001). The lack of police patrols and maximum-security penitentiaries didn't translate into a lawless society, however. Murder rates per capita in 14th-century England were a fifth that of Washington D.C. in the 1990s, according to estimates by the British government.

An Fhirinne in aghaidh an tSaoil - The Truth Against the World

Stormhold Fighter Training

Come along to fighter practice next Tuesday at Kensington Neighborhood Centre, 18 Anthony St Kensington, from 7-10pm.

Bring your armour, bring your enthusiasm, bring your curiosity, bring a project if you don't want to fight and bring a coffee cup if you want a hot drink.



Made in Arrowsreach

Who: Lady Nadia

What: Learning a new pattern in Tablet Weaving on an Inkle Loom

Where: At Monday night Training in Arrowsreach

Arrowsreach Competition

By Everard Sefar

Point System

1 point:- Awarded every time you attend a weekly Arrowsreach's training session and participate in full speed heavy combat.

3 points:- Awarded for entering Arrowsreach's Monthly Practice Tourney.

2 points:- Awarded for every other heavy tournament based in Melbourne.

5 points:- Awarded for holding an SCA membership.

In the Event of a Draw -

For those of you that are interested and have been following the progress of the combatants, you would of noticed that their is nothing between the leaders.

Given the situation I have had to consider what to do if at the conclusion of the

competition (AR's June Practice Tourney) its a draw.

Given we are fighting for our consorts and all chivalry is gained on their behalf, therefore they should be instrumental in deciding who displays the most chivalric behaviour, together with the wisdom of the Peers and Marshals that have witnessed the combatants during AR's training sessions and at AR's monthly training tourneys.

I will ask the following question of the Consorts, Peers and Marshals:-

"Which of the two combatants do you believe has demonstrated the ideas of Chivalry during the competition?"

I believe this is the fairest means of determining the winner and consistent with the ideals of chivalry and SCA values.

The most recent ladder can be found at:-

http://arrowsreach.com/dokuwiki/heavy_combat?DokuWiki=c48c0c5c2988cb8b0558aae12544a3b8

Arrowreach Tourney Ladder

Results as of - 1/3/07

Billy 88
Tobias 87
Tom 56
Everard 51
Gwynfor 50

Conrad 39
Bertram 35
Hanbal 33
Rodrigo 29
Bad Adam 29
Drogo 26
Zhou 26
Bill 25

Bruce 23
Rauf 23
Sir Brennan 22
Master Piers 21
Konga 20
Corin 18
Sui (Moved ACT) 13

Last Month's

Arrowsreach Bash

By Everard Sefar

This tourney provided plenty of biff as planned. Congratulations to Sir Brennon for winning the tournament without losing a bout. At the end of the tourney there were plenty of smiles and bruises going around. Given those bruised were also smiling, I believe its reasonable to declare the evening a success.

Two combatants wearing smiles and possibly bruises were Ailis Inghean Mhedhbha and

Rohan (not Vandal). I have decided to appoint Ailis a bonus point for her first tourney win and applying a newly learnt skill (controlling range) she picked up during last Friday nights training session at KG/St Mons. Last night was Rohan's first tournament experience, yet he managed a win plus displayed an impressive level of control and confidence not normally seen in new combatants. I have decided to award Rohan a bonus point and look forward to him getting authorised (hint) in the coming weeks and entering many more tournaments. I would also like to thank Baroness Nicolette for running the List and supplying the results online.

Summer Twilight Tourney Series

STTS II being a gathering for noble combat, arts & sciences and frivolity of divers natures upon the sward, 'neath the shady trees in the grounds of the halls of learning - there will never be a series of events like this again, until the next time - polish your armor, cook that repast, don that garb and be prepared to entertain and be entertained, to battle and to be fought for, to dance and play and while away those sultry summer soirs scintillating salubriously sans stress.

Friday 16th March 2007

Monash University, Clayton (for more information please ring Mistress Nicolette 0413 518 151)

Time table

6:00 Potluck

7:30 Armour Inspection

8:00 Tourney Starts

ending with the Activities til 9:30, just after dusk.

Pricing

\$8 for members or \$9 for non-members, children under 16 free.

Discounts! To Admission Fee

Bring a dish for the potluck get \$5 off entry fee

Enter one or more of the competition gets a further \$1 off

Competitions

Best Newbie Fighter - Sponsored by Master Cormac (newbie fighter is someone who has been authorised less then two years and has never won a tournament)

Best Period Cooking - Sponsored by Mistress Nicolette (documentation does count)

Best Elizabethan Sonnet - Sponsored by Mistress Elspeth (must be in written form, as she is unable to attend, performances only when she can attend)

Best Accessory - Sponsored by Master Gwynfor.

Midwinter Coronation 2007

YOUR HOSTS: Barony of Southron Gaard, Christchurch, New Zealand

DETAILS: <http://sg.sca.org.nz/coronation>

WHEN: July 7 and 8, 2007

WHAT: Bid farewell to Lochac's retiring monarchs and welcome our new King and Queen in grand style and architectural splendour with inspiring music, roaring fires, an excellent, hearty feast prepared by the Peerless Kitchen, a high ball and some remarkable entertainment. We're calling in favours and pulling out all stops to ensure you will never find a more fitting opportunity to wear your best and warmest Elizabethan...

WHERE: Several remarkable venues in Christchurch, the neo-gothic capital of the Southern Hemisphere. These include the Great Hall of the Arts Centre, the manor-like Sign of the Takahe, garden and river walkways and an A&S, market and peerage-meeting venue to die for.

OUTLINE SCHEDULE:

Friday July 6 - Casual evening welcome revel

Saturday July 7 - Opening Court, Coronation Court, Feast, First Court, Ball, Very Special Entertainment, Supper

Sunday July 8 - Peerage meetings, Market, A&S, Queen's High Tea, Queen's Champion Tourney (ends approx 4pm)

COST: between \$NZ30 and \$NZ77 per adult depending on food and transport options. Accommodation is not included, but much billeting will be on offer for travellers and low-cost, close-at-hand accommodation options abound. \$A pricing is on the booking form and \$A cheques are accepted.

For more information and an online booking form, see <http://sg.sca.org.nz/coronation>

Good Technique from the ground up ...

by Sir Vladimir Ivanovich Kurgan,
Prince of Lochac ASXXXVIII

Body Mechanics

Anyone can deliver a good solid blow utilising a single part of their body, be that their wrist, elbow, entire arm, shoulders, chest, hips or legs (it's difficult for some of these, but they can all be done). However if you are throwing blows continuously with a single part of your body as the motivating force behind those blows, you will get tired quicker, you will get less accurate as you get more tired, and your blow strength will get less and less effective until you are no longer able to deliver a good solid blow. But if you utilise all of these body parts to throw every blow, you have automatically given yourself seven times as much effective fighting time than your opponents who have been relying on just one body part – they are tired and worn out and can no longer deliver effective shots, while you are hitting at the same speed and power as you were when you started. The key to this technique is body mechanics.

Think of throwing a blow as a tank shooting something. The tracks of the tank take it to where it would be most advantageous to fire the shot. The turret, acting completely independently of the tracks aims the main gun. The barrel provides more precise aiming. The cartridge is full of high explosive material which kicks the shell out towards the target. And the shell travels through the air to smack some hapless target into oblivion. Your feet and legs are the tracks, your torso is the turret, your arm is the barrel and the stick in your hand is the shell. But the thing that provides the motive

power behind that shell is the cartridge full of explosive, and that is your hips.

In nature, there are no straight lines. As such, the human body, being a natural entity, has no straight lines and thus does not move in a straight line – every single movement in the human body is done in a circular motion (see rule one...). In order to utilise a circular motion correctly to throw an effective shot, you have to add together all the circles of the different parts of the body, transfer that circular motion into a stick and then point the stick at the target. “How can you get a straight line out of a circle?” you may be asking. There is no need to – if you were to put a pen (which could write in thin air) in the end of your sword and throw a sequence of blows, I guarantee that there would be not a single straight line. The secret in being able to transfer the circular motion of hips into a similar motion in the upper body, then by utilising a whipping action, having that power flow across your shoulders and down your arms until the sword is going where you need it to go.

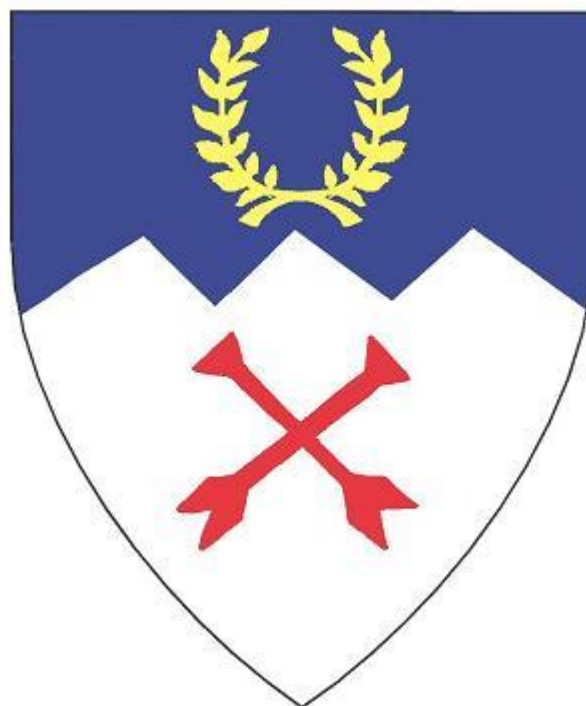
First of all, make sure you have a good solid stance. Rotate your hips forward to the side that you are going to be throwing the blow – sword side for a snap, shield side for an off-side snap. [note: this does not have to be a large hip movement, a few centimeters will usually suffice at full speed, but for training purposes this should be exaggerated to the point of absurdity to make the motion reflexive.] Then, through the utilisation of natural body mechanics, transfer that power from the hip up your torso, rotating your chest either in time with your hips or a fraction of a second later. Once your torso is moving, your shoulders want to move too. So let them go with the flow only direct that circular motion straight into your arm. Your upper arm and lower arm work together to snap forward (never EVER have a completely straight arm when you throw a blow – you may hyper extend your joints and the risk of breakage is increased immeasurably), while your wrist directs the sword to the target. Sounds complicated, but it's frightfully easy

to do.

Range

So far we have looked at the techniques for getting a good solid blow to land on the target with the correct level of power, but we need to be at the correct distance from the target in order to make it an effective shot, and that's where range comes in. Just like everything else about fighting, there is no correct range other than that you are comfortable with. However, remember that to be effective in a fight, it is probably much better to control the fight and part of that includes fighting at a range that you are more comfortable in than your opponent (of course, the majority of times that range will be almost identical...) Your ideal range is where you are most capable of throwing a good solid shot while remaining comfortable. To figure this out is largely a series of trial and error exercises with yourself, your sword and shield, and your pell – stand in a comfortable en garde position (as detailed above) and throw a shot at the pell. Now, there will usually be a single spot on your sword where the majority of your blows will land and it is by utilising whee that spot is that you will find your range, for some people, that spot is the very last centimeter of the sword dip, for others it is almost at the hilt, with everyone else ranging everywhere else along the blade length. [NOTE: there are some who will tell you about a 'sweet spot' on every sword, a certain position which, when utilised as a primary striking surface, will strike the target more clean and less effort will be required; if the principles of hip rotation and body mechanics are utilised correctly, sweet spots become irrelevant.] No one can tell you what your range is, you have to work it out for yourself, but I will stress that it is somewhere where you must be comfortable. If you are not comfortable with someone just out of your range firing off a single shot which takes your head off and you have no right of reply, long range is probably not your thing and you must move in; conversely, if someone is

crowding you, right in your face almost face plate to face plate and raining in blows mercilessly while you are panicked and worried about this intrusion into your personal space, move back around and get into a position at which you are comfortable enough to continue. Remember, range is a personal thing and the person who can control the range of the fight will usually be the victor of the bout.



Where would we be without
blunts?????
\$1.20 each
Muloc de Pachter 0400 903 084

Officer Positions Available

Officer Positions that are currently
Available in Arrowsreach

Deputy Chronicler -

for more information

Speak to Isobel de la Rose

Constable -

for more information

Speak to Everard Sefar

Regnum



Seneschal (President)

Lord Everard Sefar (Jason Tate)

Phone (03) 9762 7795

seneschal@arrowsreach.com



Reeve (Treasurer)

Lord Muloc de Pachter (Jared Smith)

Phone : 0400 903 084 or (03) 9737 0735

Email:jatls@ihug.com.au



Marshal (Combat Safety)

Master Will Cumyn (Bill Farrow)

Phone : (03) 9836 7088

Email: bill@arrowsreach.com



Group Rapier Marshal

Lord Audun in illi ((Bad) Adam Price)

Phone : 0417023033

PoBox38 Ferny Creek Victoria 3786



Herald

His Lordship Drogo von Koenigsberg (Andrew Pass)

Phone : (03) 9899 6560

primagenia@yahoo.com.au



Constable (Sherif)

Position Vacant - See Everard Sefar



Hospitaller

Lady Caoimhe the Sprightly (Michelle Kurrle)

Phone : 0414 763 321

heaven_star_angel@hotmail.com



Arts & Sciences

Lady Arganhell merch Briauc (Suzanne Tate)

Phone : (03) 9762 7795

Suz00@iprimus.com.au



Chronicler

Lady Isobel de la Rose (Jackie Baker)

Phone 0400109255

qandjbaker@dodo.com.au

"A BOW AND ARROWS ARE
USELESS WITHOUT
THE BOWSTRING"

Latin Quote
of the Month

Vi et armis -
By force and arms