

The Vine

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Champion of Arts & Sciences
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Captain of the Archers
Vacant: Please contact Marshal



Baronial Missive

From Dameon and Leonie, Baron and Baroness of Aneala, to the populace of Aneala, greetings.

We bring great news. Their Majesties Rowland and Tailthiu, King and Queen of Lochac, find that Lord Agostino Tamburi and Lady Elizabeth Rowe are suitable candidates to assume the role of Baron and Baroness of Aneala. Now Lord Agostino and Lady Elizabeth have to satisfy you, the populace, that they should lead the barony into the future. By the time you read this, there will have been two opportunities to listen to their ideas and ask questions about their plans, and there will be a final meeting for that purpose, held in Dragons Bay on Sunday April 15, after training at the Lair.

As told in the last Vine, the King and Queen have decided that the poll, where people may share their opinions of the candidates with their Majesties, will be run by Mistress Leta of Politarchopolis. You may send commentary about the candidates to her at any time, or wait until the official poll to have your say. Mistress Leta's email address is leta@internode.on.net

You do not have to be a financial member of the SCA, or a member of Aneala, to take part in the poll or to attend the meetings, but the poll will ask you for your membership status and group affiliation so that their Majesties can see where the commentary is coming from.

The poll will run from April 11 to April 27.

We attended the College of St Basil's Newcomers Event on March 24 at the North Perth Town Hall. It was wonderful to see so many new faces, and also to welcome back those whose faces we have not seen at events for many years. We were pleased to admit Lady Isolde van Wilravenssijde to the Order of the Golden Swans of Aneala, for her contribution to the Arts and Sciences, especially in the area of Dutch clothing and culture, and cheesemaking.

The big event in March was Autumn Gathering, held over the Easter Weekend. We had a fabulous time, as we hope did the other 80 people who attended, both newcomers and longer time members of the Society. To the Stewards, Mistress Branwen and Master Kilic, heartfelt thanks for the enormous amount of work they put in to making the event so successful. The food was plentiful and tasty, and we thank all the cooks and helpers who prepared it. We also thank the teachers who gave their time to teach so many classes, particularly Lady Mery, who was still helping students finish their projects near midnight on Saturday.



Baronial Missive Continued...

We gave three Baronial awards. Congratulations to Lady Gwyneth ferch Aeddán, newest member of the Order of the Demi Sun, and to Kat of Aneala and Sue of Aneala, newest members of the Order of the Black Feather.

Later this month we will be travelling to Rowany Festival, held from the 18th to the 22nd of April. Festival will also host the Crown tourney, and we look forward to watching several Anealan fighters completing in the lists. We hope we will be able to return with a local Prince and Princess.

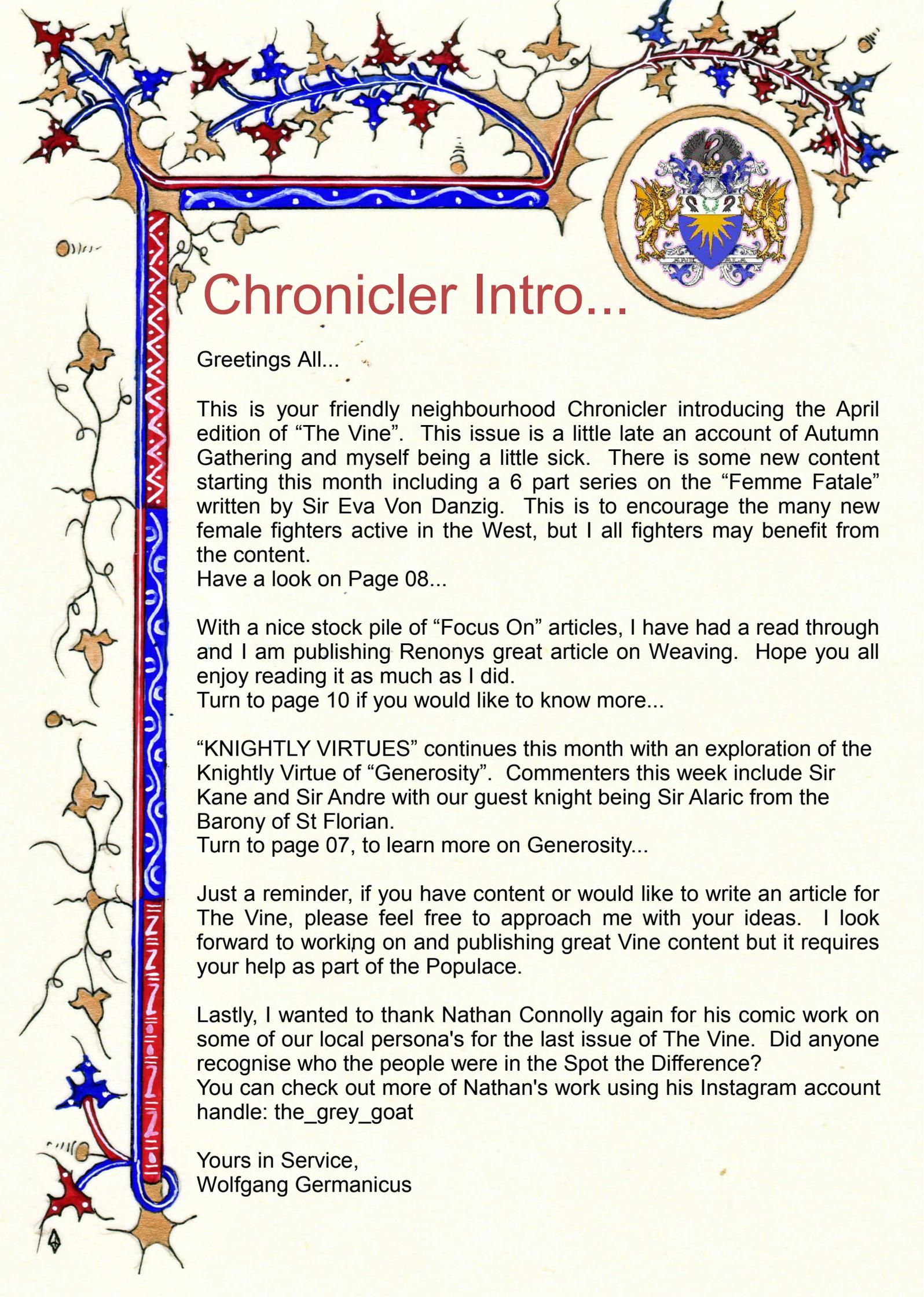
Meanwhile, don't forget to send in your recommendations of those members of the populace deserving of awards. You can find a list of the Baronial awards at: <http://aneala.lochac.sca.org/resources/aneala-baronial-awards/>

Yours in Service

Dameon and Leonie
Baron and Baroness of Aneala



Photo Courtesy of Sir Nathan Blacktower.



Chronicler Intro...

Greetings All...

This is your friendly neighbourhood Chronicler introducing the April edition of "The Vine". This issue is a little late an account of Autumn Gathering and myself being a little sick. There is some new content starting this month including a 6 part series on the "Femme Fatale" written by Sir Eva Von Danzig. This is to encourage the many new female fighters active in the West, but I all fighters may benefit from the content.

Have a look on Page 08...

With a nice stock pile of "Focus On" articles, I have had a read through and I am publishing Renonys great article on Weaving. Hope you all enjoy reading it as much as I did.

Turn to page 10 if you would like to know more...

"KNIGHTLY VIRTUES" continues this month with an exploration of the Knightly Virtue of "Generosity". Commenters this week include Sir Kane and Sir Andre with our guest knight being Sir Alaric from the Barony of St Florian.

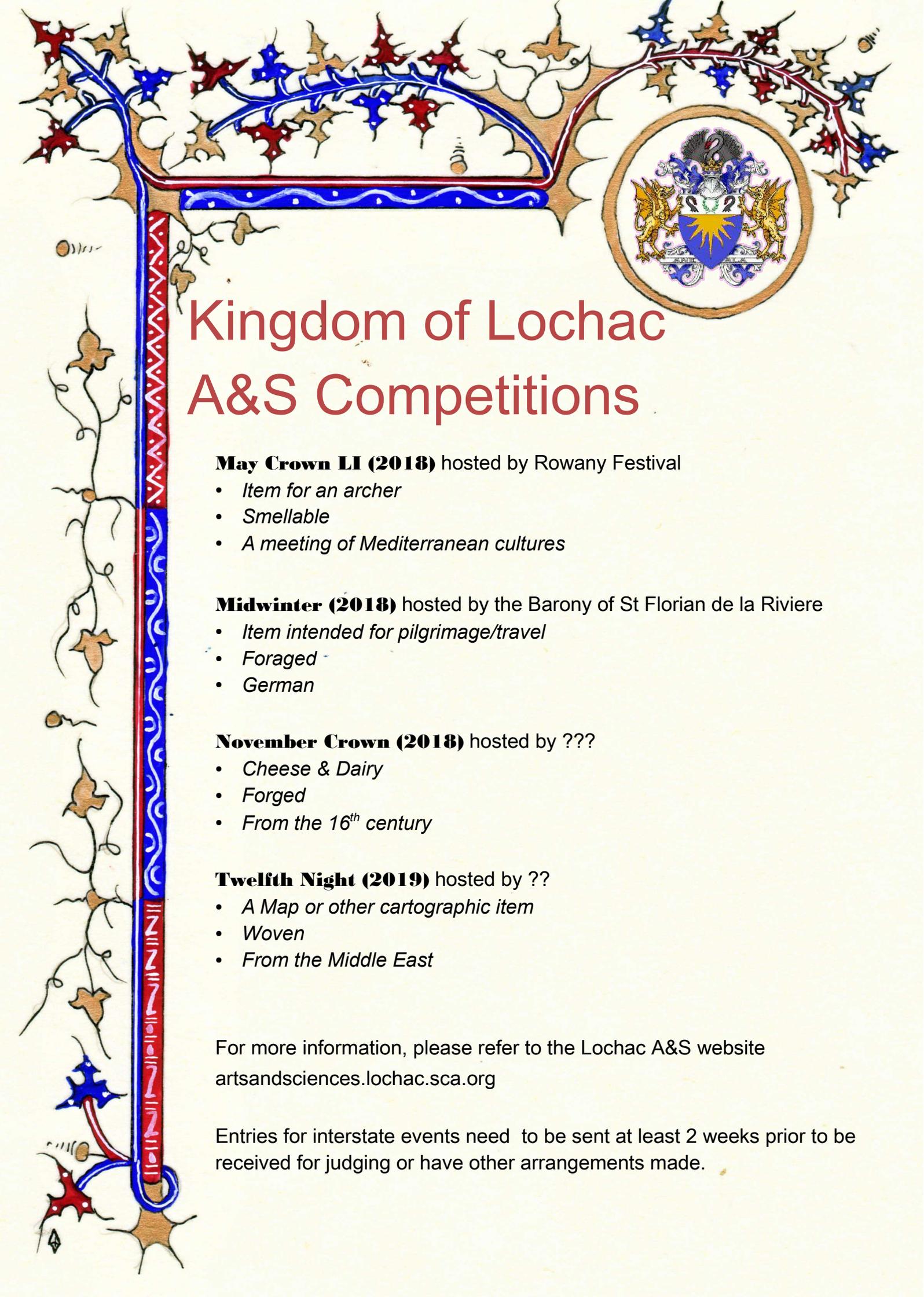
Turn to page 07, to learn more on Generosity...

Just a reminder, if you have content or would like to write an article for The Vine, please feel free to approach me with your ideas. I look forward to working on and publishing great Vine content but it requires your help as part of the Populace.

Lastly, I wanted to thank Nathan Connolly again for his comic work on some of our local persona's for the last issue of The Vine. Did anyone recognise who the people were in the Spot the Difference?

You can check out more of Nathan's work using his Instagram account handle: [the_grey_goat](#)

Yours in Service,
Wolfgang Germanicus



Kingdom of Lochac A&S Competitions

May Crown LI (2018) hosted by Rowany Festival

- *Item for an archer*
- *Smellable*
- *A meeting of Mediterranean cultures*

Midwinter (2018) hosted by the Barony of St Florian de la Riviere

- *Item intended for pilgrimage/travel*
- *Forged*
- *German*

November Crown (2018) hosted by ???

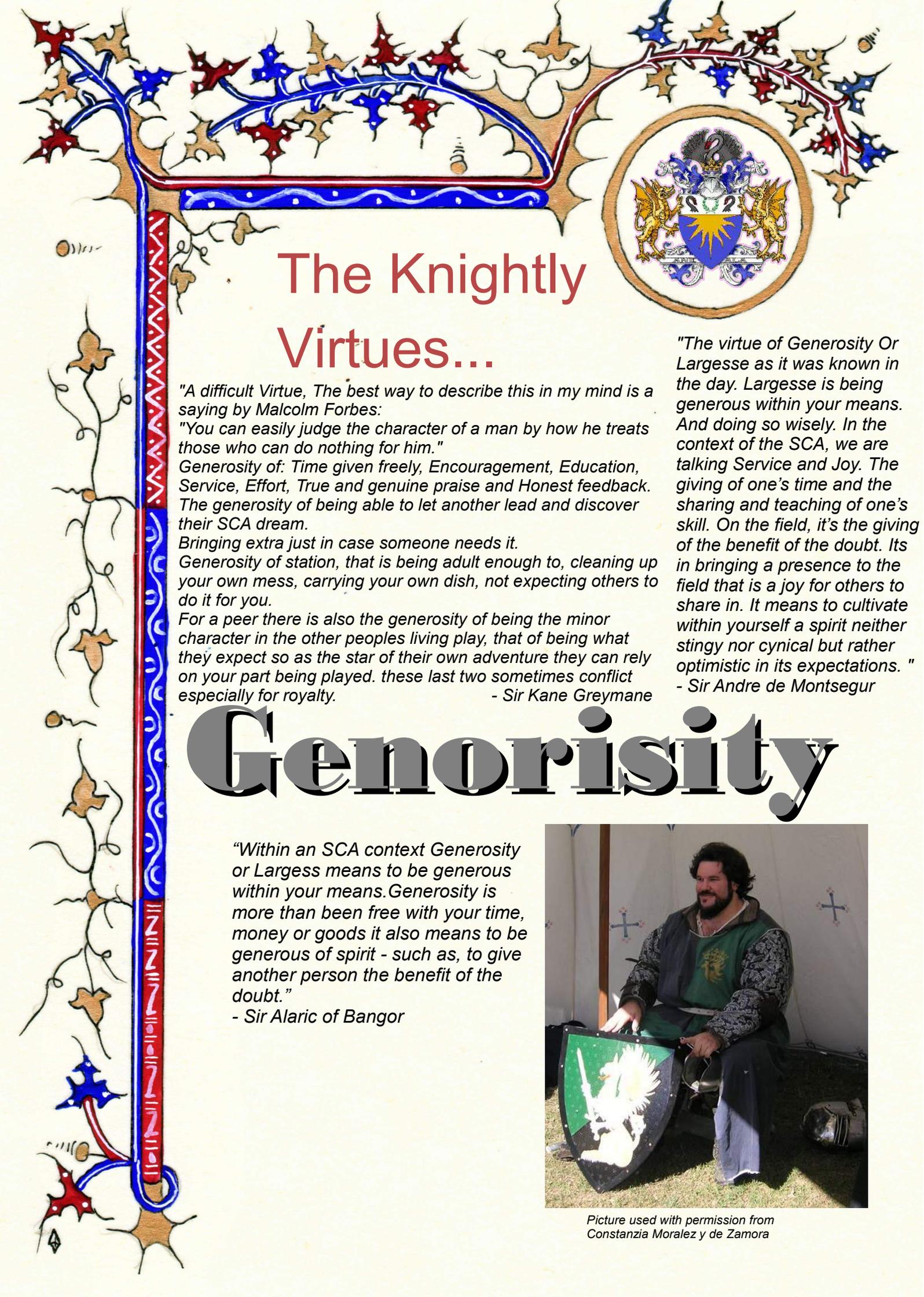
- *Cheese & Dairy*
- *Forged*
- *From the 16th century*

Twelfth Night (2019) hosted by ??

- *A Map or other cartographic item*
- *Woven*
- *From the Middle East*

For more information, please refer to the Lochac A&S website
artsandsciences.lochac.sca.org

Entries for interstate events need to be sent at least 2 weeks prior to be received for judging or have other arrangements made.



The Knightly Virtues...

"A difficult Virtue, The best way to describe this in my mind is a saying by Malcolm Forbes:

"You can easily judge the character of a man by how he treats those who can do nothing for him."

Generosity of: Time given freely, Encouragement, Education, Service, Effort, True and genuine praise and Honest feedback. The generosity of being able to let another lead and discover their SCA dream.

Bringing extra just in case someone needs it.

Generosity of station, that is being adult enough to, cleaning up your own mess, carrying your own dish, not expecting others to do it for you.

For a peer there is also the generosity of being the minor character in the other peoples living play, that of being what they expect so as the star of their own adventure they can rely on your part being played. these last two sometimes conflict especially for royalty.

- Sir Kane Greymane

"The virtue of Generosity Or Largesse as it was known in the day. Largesse is being generous within your means. And doing so wisely. In the context of the SCA, we are talking Service and Joy. The giving of one's time and the sharing and teaching of one's skill. On the field, it's the giving of the benefit of the doubt. Its in bringing a presence to the field that is a joy for others to share in. It means to cultivate within yourself a spirit neither stingy nor cynical but rather optimistic in its expectations. "

- Sir Andre de Montsegur

Generosity

"Within an SCA context Generosity or Largess means to be generous within your means. Generosity is more than been free with your time, money or goods it also means to be generous of spirit - such as, to give another person the benefit of the doubt."

- Sir Alaric of Bangor



Picture used with permission from Constanza Morales y de Zamora



Training the Femme Fatale:

Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

Introduction

The human mind is a strong and complex organ that determines most of our actions and drives, desires and procrastination. It controls our conscious thought as well as our emotional state all in the one vessel. In fighting terms there can be a conflict of the mind in which, you have the desire to perform well on the field, however your emotional state can inhibit your performance subliminally.

When I first approached armoured combat, I considered myself physically no different from the male combatants. This worked for me and I stand by this perspective, because a woman of a small build with low upper-body strength will encounter many of the same issues in power generation and armour fitness as a man with a small build. Train for physique – not gender. The actual differences in body construction only require a tweak to a few movements and techniques to rectify these seemingly daunting issues.

However, over time I discovered that my feelings and responses during fighting differed from that of my male counterpart and that is when I realized that emotionally and chemically, men and women are very different. Our conditioning has been sculpting us into mentally different beings, and for women this creates a stronger and more complex set of emotional responses to confrontation and combat sports. It is this emotional backlash that makes physicality seem like such a big issue, because it is easier to blame your body for complications than to blame your mind. The fortunate thing is that minds can be changed, ideas altered and you can recondition yourself with time and understanding.

This series of articles will focus on learning to control the emotional impulses that can effectively become hurdles on the path of a successful fighting career.



Training the Femme Fatale:

Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

Learning the art of medieval combat can be as stressful a task as any other contact sport and anxiety affects us all differently. Here I will discuss some of the common mental barriers of women that can manifest due to armour, technique, while at training and the most stressful time – tournament, and ultimately how to deal with these hurdles.

As a final introductory note, it is most important to remember that we are individuals. Especially when it comes to something as complex as your thoughts and feelings, we will not all share one mind. The suggestions made here are formed from my personal experience and for your consideration and experimentation. This is not THE way, merely A way. Do not be afraid to try new things. Remember, an open mind is the key to a clear perspective.



Picture used with permission from Alianore de Essewell

Focus on...

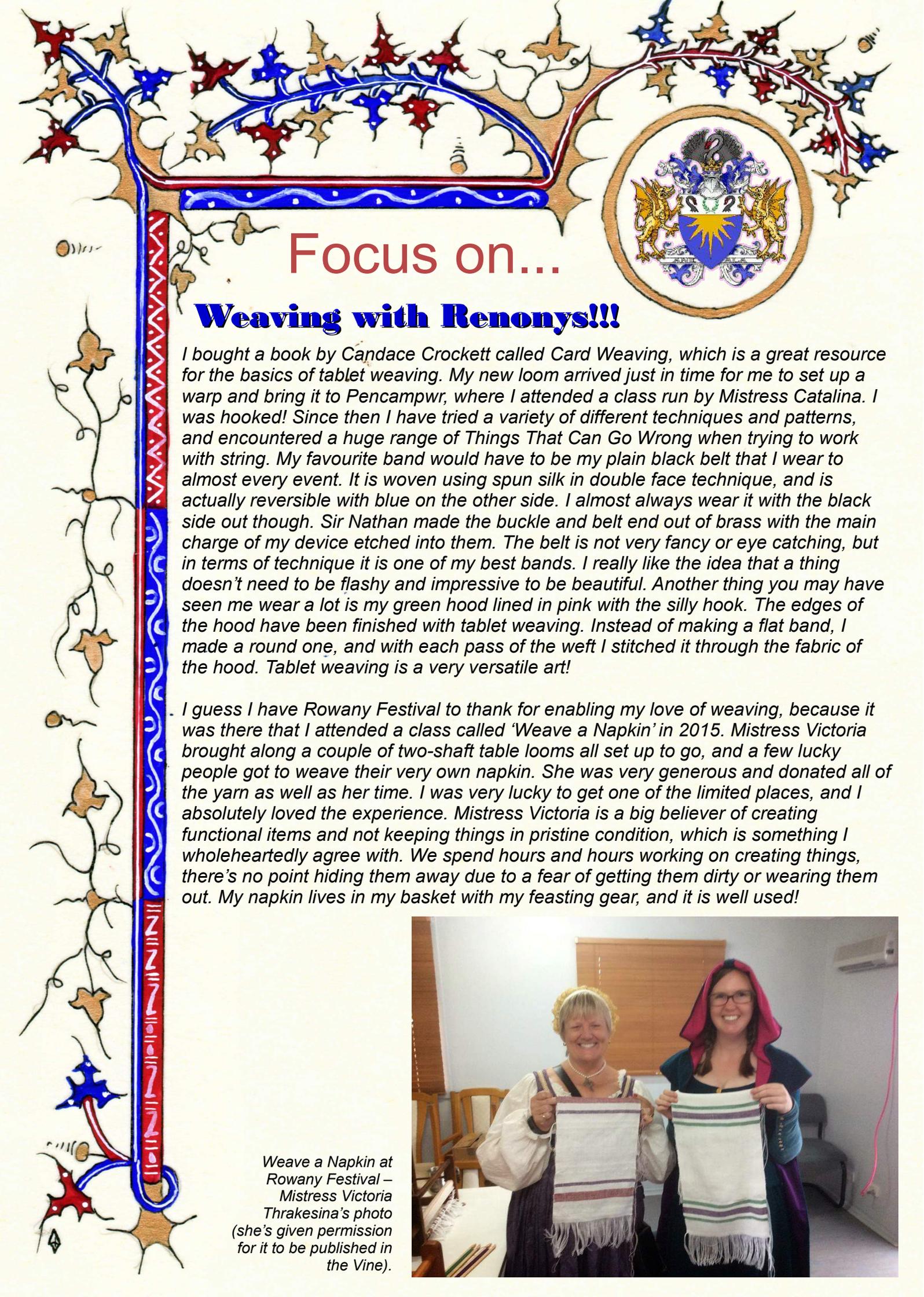
Weaving with Renonys!!!

I joined the SCA in 2009 when I moved back to Perth from Sydney and started studying at UWA. I had visited Rowany Festival that year before moving, and had really enjoyed hanging out with interesting people. I didn't really have a 'thing' that hooked me in, other than liking the social side of the society and a vague interest in making cool costumes. My interest in weaving was a gradual thing, and started with tablet weaving. Tablet weaving (or card weaving) is a method of producing narrow bands used for a variety of purposes such as straps, belts and trim. Tablet weaving was a method used throughout the SCA period.

I had seen woven bands around the place, sewn on garb as trim or for sale at various events. I had seen people weaving bands too, Lady Helen Hartshorne had borrowed a loom from Mistress Catalina to make a band (it looked difficult!), Lady Elizabeth had been gifted an Inkle loom and was producing some really cool things and I had also seen Mistress Catherine weaving some very fancy bands. When I saw a small tablet loom for sale for a very affordable price at Rowany Festival in 2011, I jumped at the chance to give it a go myself. The ladies selling it were very accommodating and posted it to me so I didn't have to find a way to carry it back to Aneala in my luggage!



Weaving diamond twill on the table loom



Focus on...

Weaving with Renonys!!!

I bought a book by Candace Crockett called *Card Weaving*, which is a great resource for the basics of tablet weaving. My new loom arrived just in time for me to set up a warp and bring it to Pencampwr, where I attended a class run by Mistress Catalina. I was hooked! Since then I have tried a variety of different techniques and patterns, and encountered a huge range of Things That Can Go Wrong when trying to work with string. My favourite band would have to be my plain black belt that I wear to almost every event. It is woven using spun silk in double face technique, and is actually reversible with blue on the other side. I almost always wear it with the black side out though. Sir Nathan made the buckle and belt end out of brass with the main charge of my device etched into them. The belt is not very fancy or eye catching, but in terms of technique it is one of my best bands. I really like the idea that a thing doesn't need to be flashy and impressive to be beautiful. Another thing you may have seen me wear a lot is my green hood lined in pink with the silly hook. The edges of the hood have been finished with tablet weaving. Instead of making a flat band, I made a round one, and with each pass of the weft I stitched it through the fabric of the hood. Tablet weaving is a very versatile art!

I guess I have Rowany Festival to thank for enabling my love of weaving, because it was there that I attended a class called 'Weave a Napkin' in 2015. Mistress Victoria brought along a couple of two-shaft table looms all set up to go, and a few lucky people got to weave their very own napkin. She was very generous and donated all of the yarn as well as her time. I was very lucky to get one of the limited places, and I absolutely loved the experience. Mistress Victoria is a big believer of creating functional items and not keeping things in pristine condition, which is something I wholeheartedly agree with. We spend hours and hours working on creating things, there's no point hiding them away due to a fear of getting them dirty or wearing them out. My napkin lives in my basket with my feasting gear, and it is well used!

Weave a Napkin at
Rowany Festival –
Mistress Victoria
Thrakesina's photo
(she's given permission
for it to be published in
the Vine).



Focus on...

Weaving with Renonys!!!

When I returned from Rowany that year, I began my hunt for my very own table loom. I was very honoured to be gifted a ten shaft loom for my birthday from Sir Nathan and Mistress Catherine. The loom was built buy Mistress Catherine's dad, who used to weave for a hobby but had given it up, so his loom was just gathering dust in the shed. I am very glad to give it a new lease on life! So far I've made a few scarves for mundane use and have started working with linen to make some more towels and napkins for use at feasts! Loom weaving has taught me a lot about weave structures and how to manage large amounts of string, which has been really useful to apply back to tablet weaving. I feel like I've barely scratched the surface of what there is to learn, and there just aren't enough hours in the day or spare dollars to do all the things that I want to!

One day I'd also like to learn to spin fibres into yarn, and then use that yarn for weaving. I think I have a lot more to learn before I get to that stage!

*I've pulled most of these photos from my blog
<https://renonys.blogspot.com.au/>*

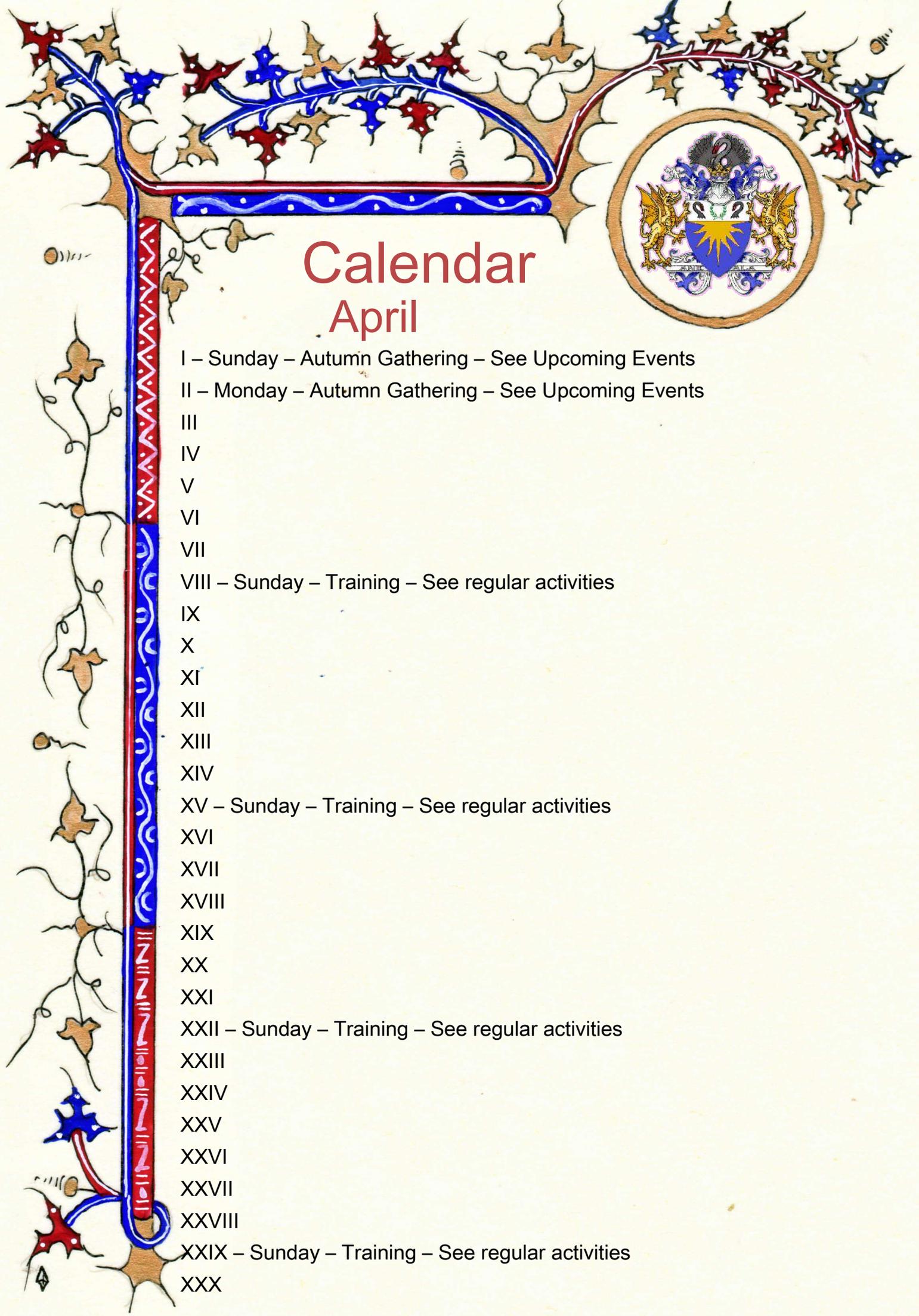


Tablet weaving – blue silk with gold wire brocade



Figuring out a Pattern





Calendar April

I – Sunday – Autumn Gathering – See Upcoming Events

II – Monday – Autumn Gathering – See Upcoming Events

III

IV

V

VI

VII

VIII – Sunday – Training – See regular activities

IX

X

XI

XII

XIII

XIV

XV – Sunday – Training – See regular activities

XVI

XVII

XVIII

XIX

XX

XXI

XXII – Sunday – Training – See regular activities

XXIII

XXIV

XXV

XXVI

XXVII

XXVIII

XXIX – Sunday – Training – See regular activities

XXX



Period Dancing with Elizabeth:

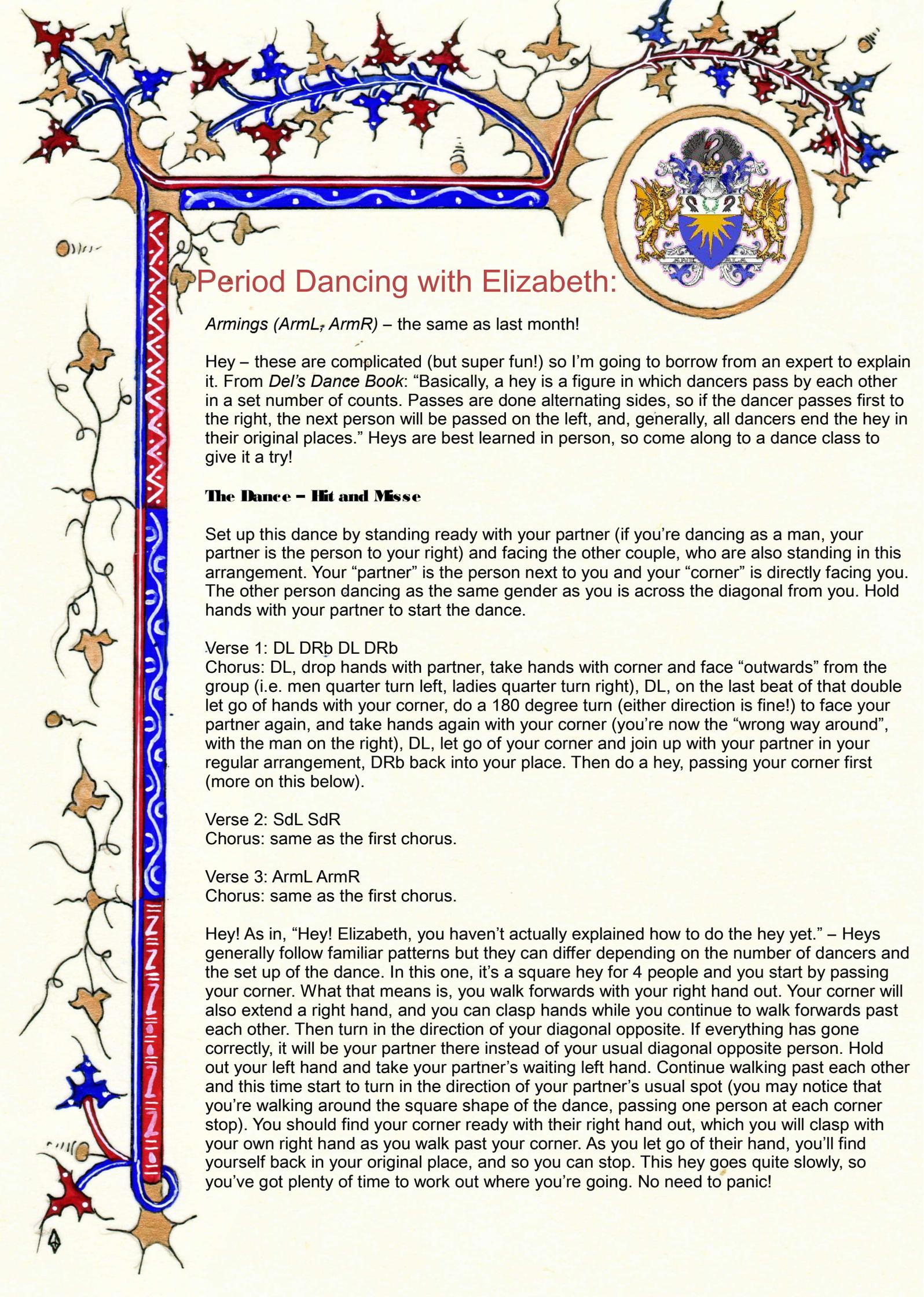
Hit and Misse

Dance classes in Aneala currently run fortnightly on a Wednesday evening at my house. You should come along! We've been practising a lot of English Country Dance lately, which is the same dance style as last month's dance, Jenny Plucks Pears. Last month's dance may have been familiar if you've previously danced in Aneala at all. This month's dance is the exact same style, out of the exact same book (Playford's *The English Dancing Master*) but it might be less familiar. Personally, I had never danced Hit and Misse until the evening that we did it at dance practice! This is a dance for 2 couples (4 people total). Something interesting about this dance is that in the contents page of *The English Dancing Master* it's called "Hit or Misse" but on the actual page it's called "Hit and Misse". Most people seem to know it as "Hit and Misse" but the music I use (by Musica Subterranea) calls it "Hit or Miss." I'm calling it Hit and Misse.

Steps Used in English Country Dance

Doubles (DL, DR, DLb, DRb) – you've already learned doubles so this is familiar notation, but this is the first time I've written about doubles forwards/backwards instead of sideways around a circle. A double forwards is essentially 3 steps (left, right, left) and then you close the feet on the fourth & final beat. A double right is the same, but starting on the right foot. You can also do these backwards, doing three steps backwards and then closing the feet on the fourth & final beat. I say "close the feet" but what I really mean is more like "tap the foot" or "touch it to the floor" – you don't want to do a fourth step.

Sidings (SdL, SdR) – last month we learned about short sidings, because that's what we generally dance in Aneala. But long sidings are also a good option and I personally think they're a bit more comfortable when sidings left & right are done in immediate succession, as in this dance. Start facing your partner. Do a double left (forwards) on a slight diagonal to the left. You should come up level with your partner or slightly past them, with your right shoulders next to each other. Then, do a double backwards into your original place. That's a siding left. A siding right is a double up to your partner slightly to the right, so that your left shoulders are next to each other, and then a double backwards into your place.



Period Dancing with Elizabeth:

Arming (*ArmL*, *ArmR*) – the same as last month!

Hey – these are complicated (but super fun!) so I'm going to borrow from an expert to explain it. From *Del's Dance Book*: "Basically, a hey is a figure in which dancers pass by each other in a set number of counts. Passes are done alternating sides, so if the dancer passes first to the right, the next person will be passed on the left, and, generally, all dancers end the hey in their original places." Heys are best learned in person, so come along to a dance class to give it a try!

The Dance – Hit and Misse

Set up this dance by standing ready with your partner (if you're dancing as a man, your partner is the person to your right) and facing the other couple, who are also standing in this arrangement. Your "partner" is the person next to you and your "corner" is directly facing you. The other person dancing as the same gender as you is across the diagonal from you. Hold hands with your partner to start the dance.

Verse 1: DL DRb DL DRb

Chorus: DL, drop hands with partner, take hands with corner and face "outwards" from the group (i.e. men quarter turn left, ladies quarter turn right), DL, on the last beat of that double let go of hands with your corner, do a 180 degree turn (either direction is fine!) to face your partner again, and take hands again with your corner (you're now the "wrong way around", with the man on the right), DL, let go of your corner and join up with your partner in your regular arrangement, DRb back into your place. Then do a hey, passing your corner first (more on this below).

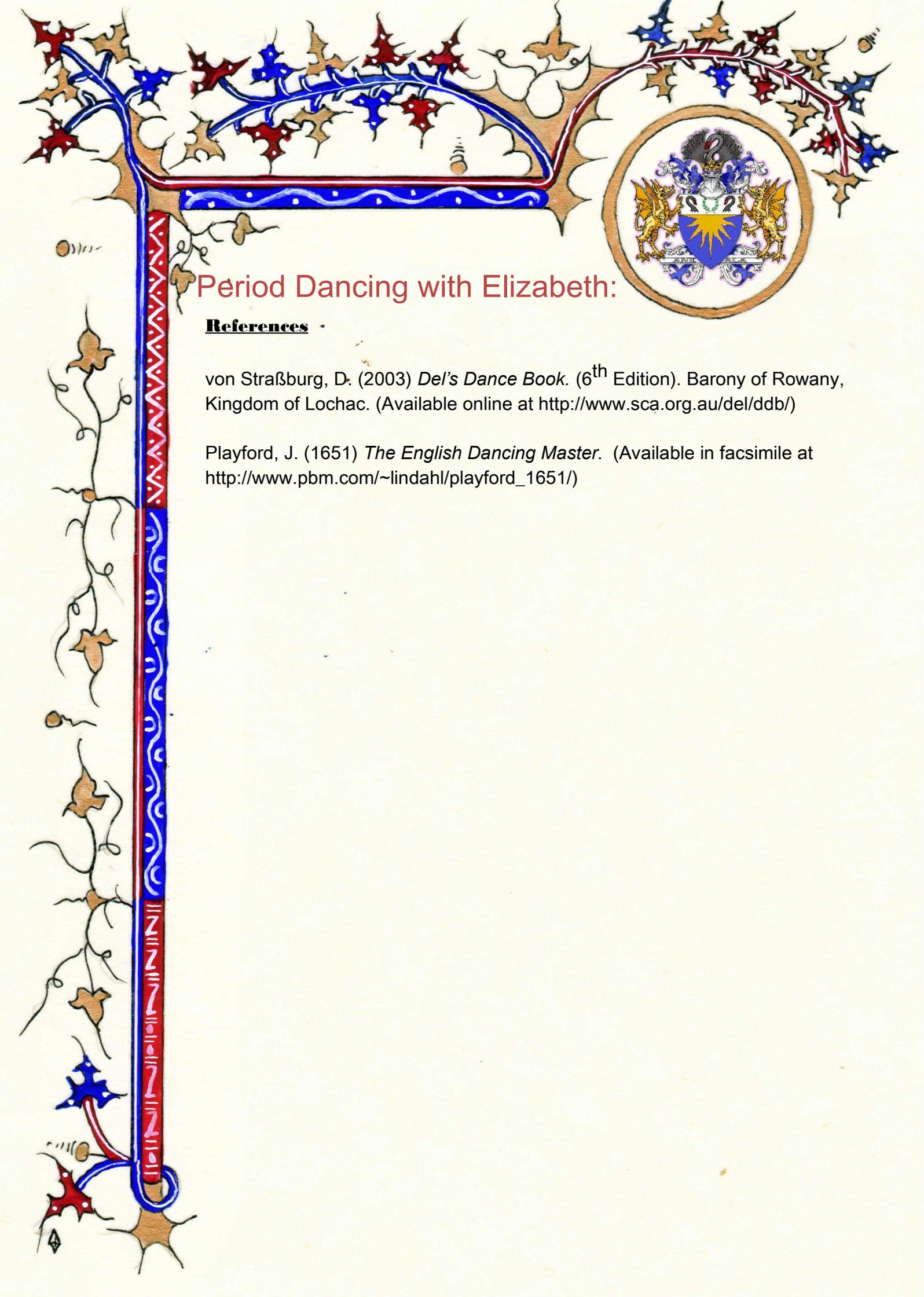
Verse 2: SdL SdR

Chorus: same as the first chorus.

Verse 3: ArmL ArmR

Chorus: same as the first chorus.

Hey! As in, "Hey! Elizabeth, you haven't actually explained how to do the hey yet." – Heys generally follow familiar patterns but they can differ depending on the number of dancers and the set up of the dance. In this one, it's a square hey for 4 people and you start by passing your corner. What that means is, you walk forwards with your right hand out. Your corner will also extend a right hand, and you can clasp hands while you continue to walk forwards past each other. Then turn in the direction of your diagonal opposite. If everything has gone correctly, it will be your partner there instead of your usual diagonal opposite person. Hold out your left hand and take your partner's waiting left hand. Continue walking past each other and this time start to turn in the direction of your partner's usual spot (you may notice that you're walking around the square shape of the dance, passing one person at each corner stop). You should find your corner ready with their right hand out, which you will clasp with your own right hand as you walk past your corner. As you let go of their hand, you'll find yourself back in your original place, and so you can stop. This hey goes quite slowly, so you've got plenty of time to work out where you're going. No need to panic!



Period Dancing with Elizabeth:

References

von Straßburg, D. (2003) *Del's Dance Book*. (6th Edition). Barony of Rowany, Kingdom of Lochac. (Available online at <http://www.sca.org.au/del/ddb/>)

Playford, J. (1651) *The English Dancing Master*. (Available in facsimile at http://www.pbm.com/~lindahl/playford_1651/)



Local Lochac Guild

Contacts

Royal Fibre Guild of Lochac

For those interested in the arts, crafts and history of all textile matters. We encourage the doing, researching and teaching of fibre related skills as seen in pre 1600 cultures. We include weavers, spinners, dyers, cord makers, felters, knitters, njalbinders and lace makers.

Contact Lady Elizabeth: nancy_e_white@yahoo.com.au

Royal Guild of Defence

Researching and teaching of the period martial arts of Europe, as detailed in the various extant fencing and wrestling manuals.

Contact Baron Dameon: aneala@aneala.lochac.sca.org

Worshipful Company of Broiderers

The aim of the Company is to advance the study and practice of pre-1600 AD European needlework in Lochac and in the Known World.

Contact Baroness Leonie: aneala@aneala.lochac.sca.org

The Performers and Entertainers Guild of Lochac.

This guild is dedicated to the promotion, encouragement, learning and performance of bardic, theatrical, instrumental and all other entertainment arts within an SCA context.

Contact Isabel: genierachel@inet.net.au

Lochac Brewers Vintners and Imbibers Guild

We share a common interest in brewing and wine making as practiced in the Middle Ages, and the responsible consumption of said beverages.

Contact Wolfgang: chronicler@aneala.lochac.sca.org

SCA Group Websites

Barony of Aneala (Perth, WA)

aneala.lochac.sca.org

Canton of Dragons Bay

lochac.sca.org/dragonsbay

College of St Basil the Great (UWA)

lochac.sca.org/basil

Shire of Abertridwr (South of Perth, WA)

abertridwr.org

Kingdom of Lochac (Australia & New Zealand)

lochac.sca.org

SCA Corporate (Australia)

sca.org.au

SCA Corporate (World-wide)

sca.org



Regular Activities

Baronial Council Meeting

3rd Friday of the month, 7:00pm arrival for a 7:30pm start

Contact Nathan: seneschal@aneala.lochac.sca.org

Scribes Calligraphy & Illumination

SCA sign in required

Contact Mistress Branwen for session times.

Contact Branwen: bakerskeep@antiferus.net

Music and Singing

This is not an official SCA event. Practices held twice a month. Times and venues vary and are posted on our Yahoo group

<http://launch.groups.yahoo.com/group/CeoltoiriAneala>

For more info join this group or contact Catherine: vertagis@arach.net.au

Baronial Armoured, Rapier & Archery Training

Sundays, 10am – 12pm, Lake Monger Primary School, Dodd St, Wembley

Contact Agostino: marshal@aneala.lochac.sca.org

Dragon's Bay Training

Sundays from 9-9:30am, Casuarina Wellard Community Hall, corner of Mortimer Rd and Barker Rd Casuarina – 2km from the freeway at the Mortimer Rd exit.

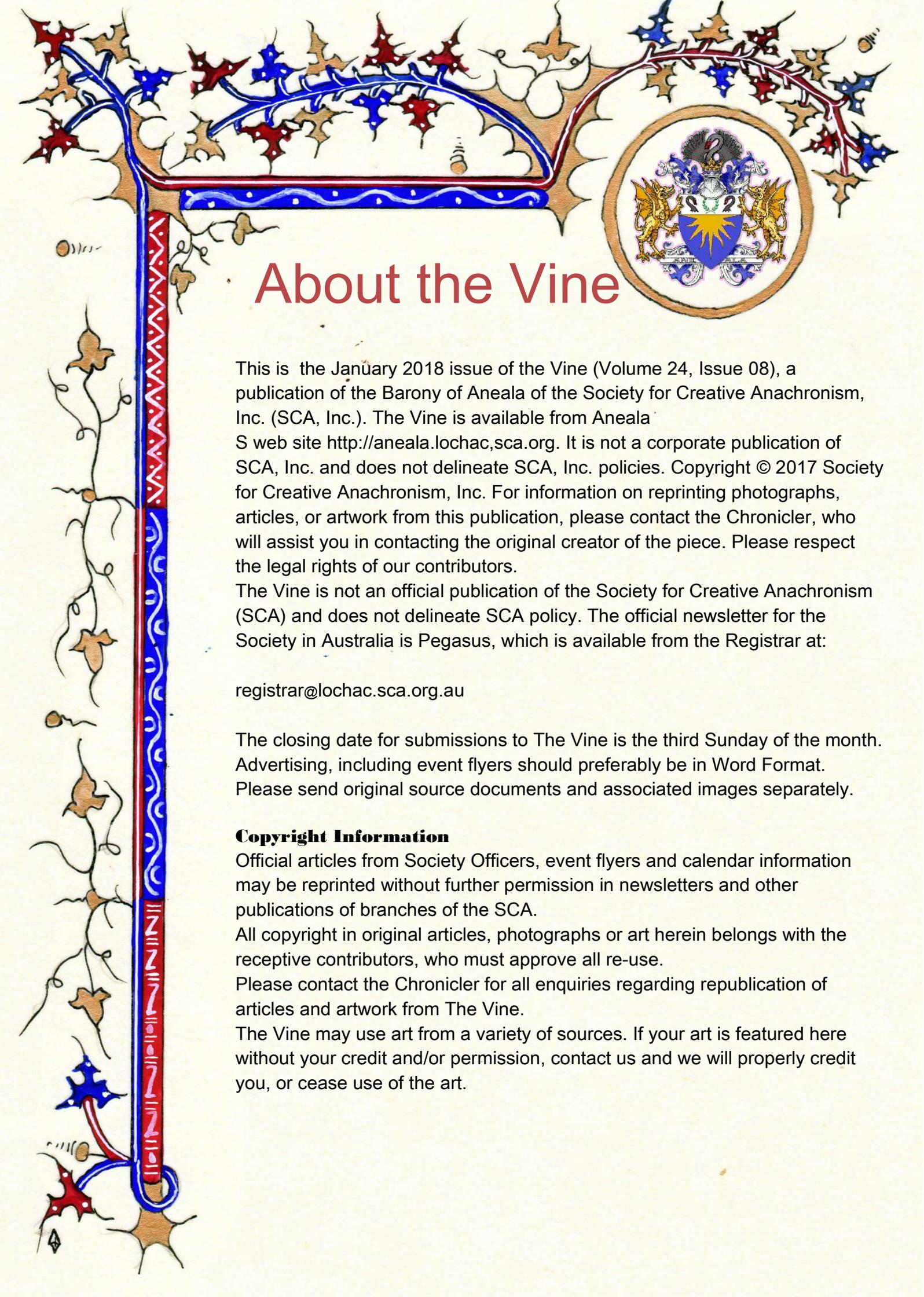
College of St. Basil Armoured & Rapier Training

Wednesday (Armoured) & Thursday (Rapier) 5pm to 7pm, Oak Lawn, UWA

Abertridwr Armoured plus Arts & Sciences

Tuesdays, 6 pm in Success. Contact Galen or Slaine for the address. \$5 for dinner.

Contact Galen: adblower37@gmail.com



About the Vine

This is the January 2018 issue of the Vine (Volume 24, Issue 08), a publication of the Barony of Aneala of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Vine is available from Aneala's

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registrar@lochac.sca.org.au

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