

The Vine

Volume 25 Issue 01 May AS LIII/ 2018





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Champion of the Bow
Champion of the Rapier
Champion of Arts & Sciences
Bard of Aneala

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Avalon of the Isle
Veil le Pantera
Elizabeth Rowe
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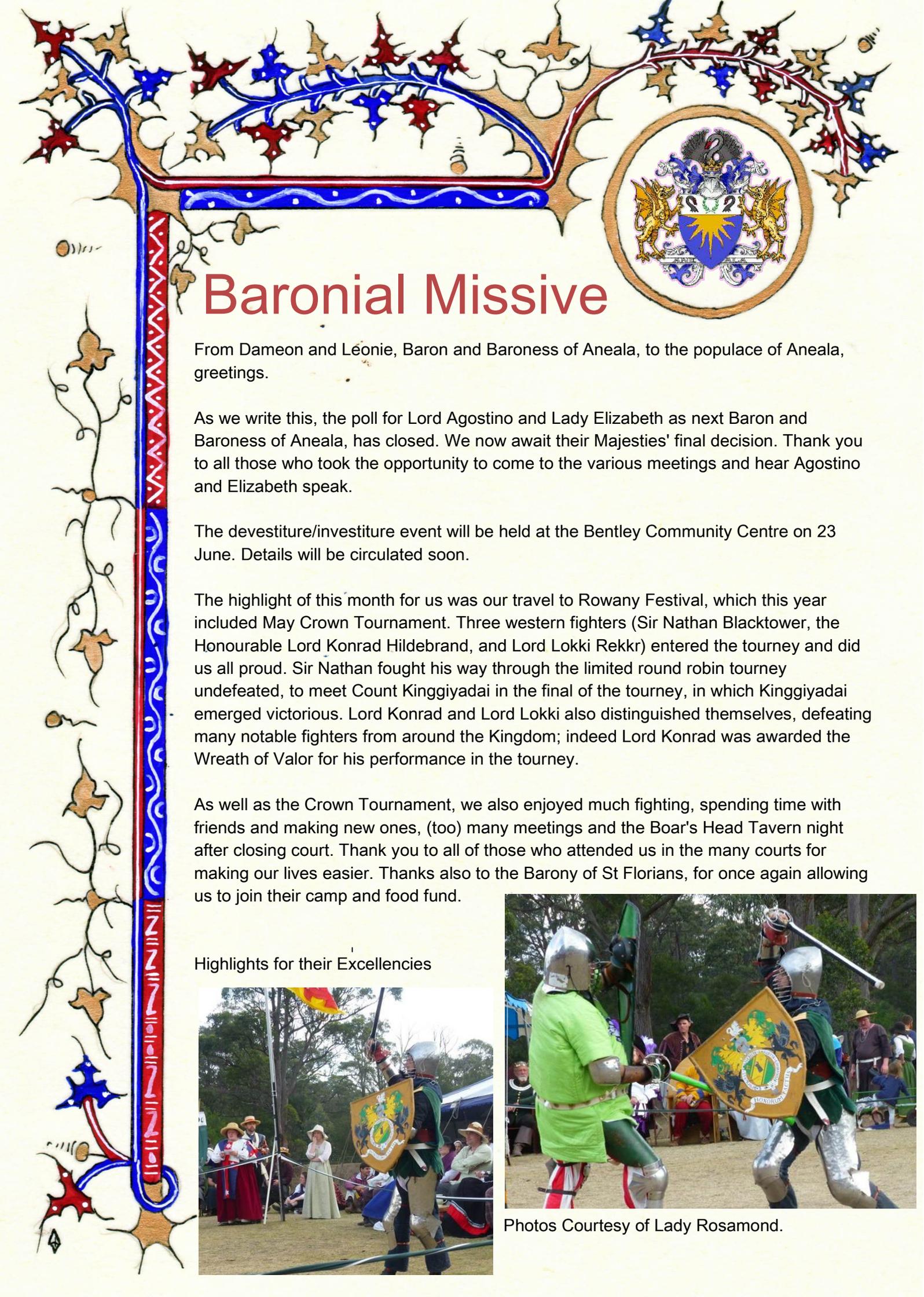
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Captain of the Archers
Vacant: Please contact Marshal



Baronial Missive

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

As we write this, the poll for Lord Agostino and Lady Elizabeth as next Baron and Baroness of Aneala, has closed. We now await their Majesties' final decision. Thank you to all those who took the opportunity to come to the various meetings and hear Agostino and Elizabeth speak.

The devestiture/investiture event will be held at the Bentley Community Centre on 23 June. Details will be circulated soon.

The highlight of this month for us was our travel to Rowany Festival, which this year included May Crown Tournament. Three western fighters (Sir Nathan Blacktower, the Honourable Lord Konrad Hildebrand, and Lord Lokki Rekr) entered the tourney and did us all proud. Sir Nathan fought his way through the limited round robin tourney undefeated, to meet Count Kinggyadai in the final of the tourney, in which Kinggyadai emerged victorious. Lord Konrad and Lord Lokki also distinguished themselves, defeating many notable fighters from around the Kingdom; indeed Lord Konrad was awarded the Wreath of Valor for his performance in the tourney.

As well as the Crown Tournament, we also enjoyed much fighting, spending time with friends and making new ones, (too) many meetings and the Boar's Head Tavern night after closing court. Thank you to all of those who attended us in the many courts for making our lives easier. Thanks also to the Barony of St Florians, for once again allowing us to join their camp and food fund.

Highlights for their Excellencies



Photos Courtesy of Lady Rosamond.



Baronial Missive Continued...

Our time as Baron and Baroness of Aneala is now drawing rapidly to a close, and we look back on our tenure with gratitude to you all, for making Aneala a wonderful barony, peaceful, harmonious and full of people with an enthusiasm for the SCA and the middle ages which is the envy of Lochac and the greater Known World.

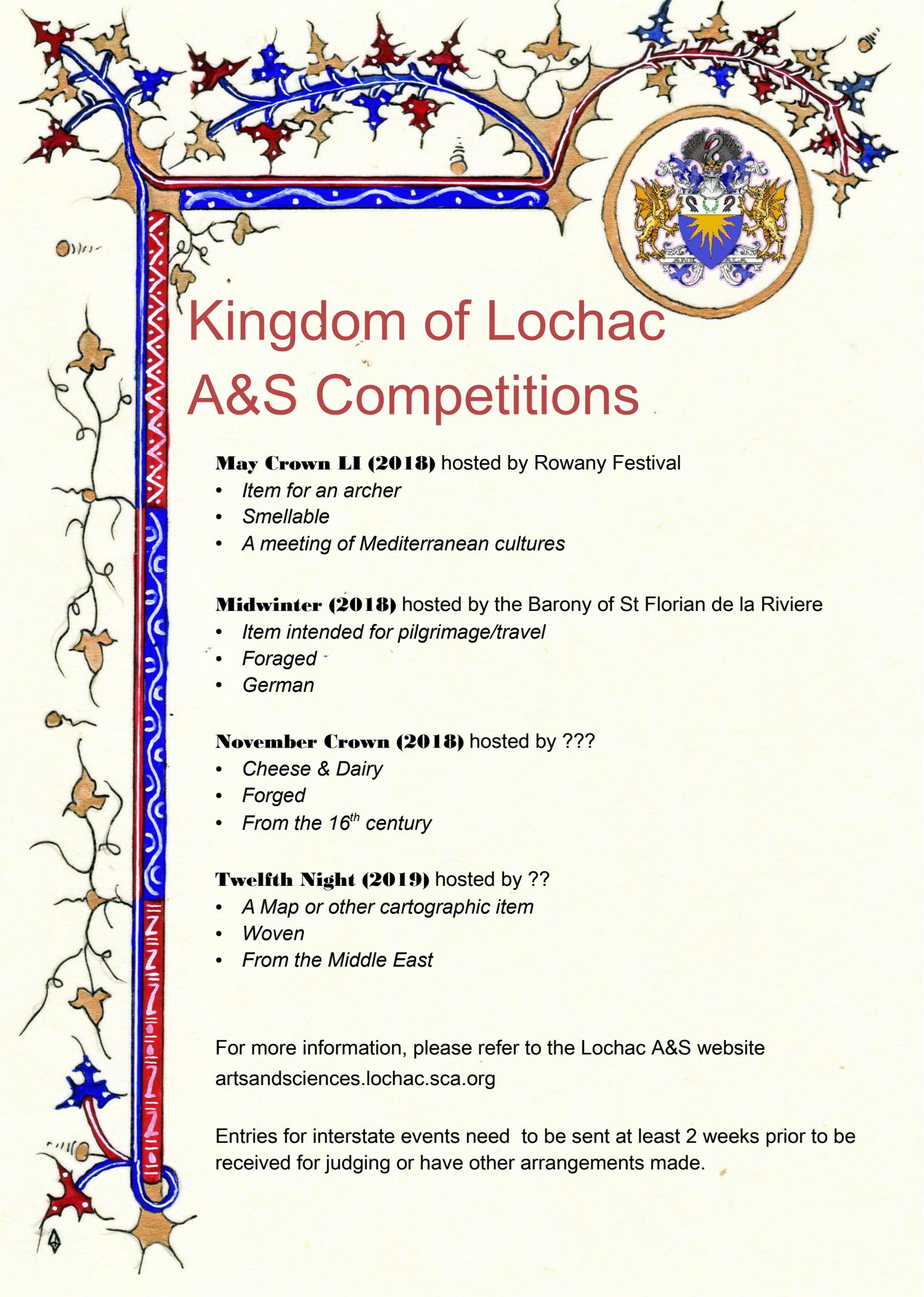
The next couple of months will be our final opportunity to reward members of the populace deserving of Baronial awards. Send us your recommendations, and also send recommendations for Kingdom awards to Their Majesties, for they will be travelling for the deinvestiture/investiture event. Send recommendations to us at aneala@aneala.lochac.sca.org and to the King and Queen at royal@lochac.sca.org

Yours in Service

Dameon and Leonie
Baron and Baroness of Aneala



Photo Courtesy of Sir Nathan Blacktower.



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 ???

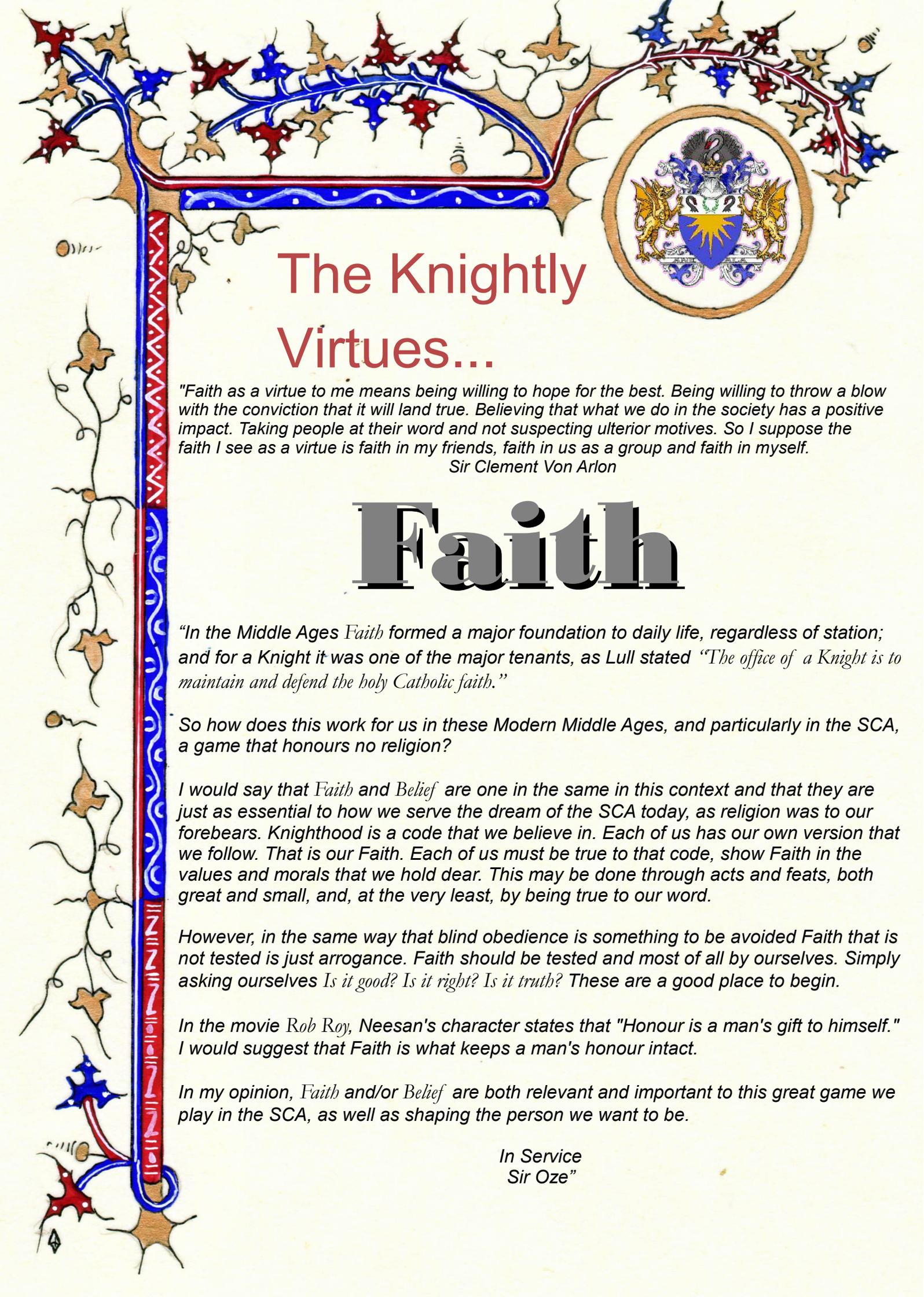
- *Cheese & Dairy*
- *Forged*
- *From the 16th century*

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...

"Faith as a virtue to me means being willing to hope for the best. Being willing to throw a blow with the conviction that it will land true. Believing that what we do in the society has a positive impact. Taking people at their word and not suspecting ulterior motives. So I suppose the faith I see as a virtue is faith in my friends, faith in us as a group and faith in myself.

Sir Clement Von Arlon

Faith

"In the Middle Ages Faith formed a major foundation to daily life, regardless of station; and for a Knight it was one of the major tenants, as Lull stated "The office of a Knight is to maintain and defend the holy Catholic faith."

So how does this work for us in these Modern Middle Ages, and particularly in the SCA, a game that honours no religion?

I would say that Faith and Belief are one in the same in this context and that they are just as essential to how we serve the dream of the SCA today, as religion was to our forebears. Knighthood is a code that we believe in. Each of us has our own version that we follow. That is our Faith. Each of us must be true to that code, show Faith in the values and morals that we hold dear. This may be done through acts and feats, both great and small, and, at the very least, by being true to our word.

However, in the same way that blind obedience is something to be avoided Faith that is not tested is just arrogance. Faith should be tested and most of all by ourselves. Simply asking ourselves Is it good? Is it right? Is it truth? These are a good place to begin.

In the movie Rob Roy, Neesan's character states that "Honour is a man's gift to himself." I would suggest that Faith is what keeps a man's honour intact.

In my opinion, Faith and/or Belief are both relevant and important to this great game we play in the SCA, as well as shaping the person we want to be.

*In Service
Sir Oze"*



Training the Femme Fatale:

Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

Part 1: Psychology and Adrenalin

Training in any physical sport or combat style can be stressful. This is so for men and women. Typically, women are raised and conditioned to be nurturers, not fighters. Therefore when we approach armoured combat, the experience can feel more emotionally charged or seem to have more negative emotional reactions to pressure and competition. The book, *The Armoured Rose*, by Tobi Beck describes what it calls "lizard brain", which is a mental hurdle which women competing in SCA combat can endure. I have commonly experienced many psychological reactions to fighting, however I do not describe them as hurdles so much as a backlash which occurs in response to the amount of pressure I put on myself at the time. I use the term 'backlash' because much like an elastic band, the harder you push your psyche; you amplify the possible negative emotional response. This can manifest in a range of ways. Symptoms can include...

Frustration and Crying (Very Common)

Anxiety

Poor Performance as opposed to your personal average

Lack of focus

Mood swings

Bitchiness

Self Loathing (extreme frustration aimed at yourself)



Training the Femme Fatale:

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You may not experience all of these, and you may not mean to act in certain ways, but fighting can manifest these symptoms because as stated before, women are conditioned from childhood to be mothers and nurturers. Society is moving beyond this to a degree but it is still a cultural norm that fewer women are interested in contact sports. So you're reconditioning your mind to allow yourself to compete in a male dominated contact sport. Secondly, when fighting your mind is pumping adrenalin, making you tense. These forms of psychological backlash can act as barriers from achieving your goals, because basically you're fighting yourself harder than your opponent every time you get in armour. More importantly, we are all here to have fun! Obviously if you feel uncomfortable at times, it is taking away from your fun.

To find a solution you must commence a more thoughtful style of training to firstly understand why the problem happens, what triggers the reactions and to try and combat these triggers. Everyone will be different as we are all individuals, but I can describe the things that have worked for me and others to become more psychologically stable swordswomen.

Understanding:

The first step is to consider your reactions and feelings during training, at a time when your mind is clear of the stimulants of training. One major thing to understand about the psychological aspects of fighting is the addition of adrenalin to the mind. Adrenalin can have very positive results. It is what controls the "fight or flight" reflexes in the body, but be aware it also amplifies your mood. So when you're having a good day; it makes you feel great! But on a bad day, adrenalin will amplify that negativity.

Due to a woman's hormonal differences, the effects of adrenalin also take longer to wear off in the female body. This means that if you've had an emotional upset before training, you're probably not going to fight as well as usual and your focus will be compromised. Similarly, your frustration levels will skyrocket. Frustration usually leads to another common lash-back affect – Crying.



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Tears happen during fighting. It's not a big deal, but they usually happen because she is frustrated, mostly at herself. Tears are a natural form of stress relief. (A note for trainers: A good way to handle this is to check and ask if she's hurt, and if not, give her space to work things out on her own. From personal experience, I don't like people around me when I cry. I'm embarrassed and usually in no mood to talk over why I'm crying. This also builds emotional independence during training).

So now we know the symptoms, so we should now consider why this happens. What are your triggers?

Armour not sitting right?

Personal Upsets? (previous mood)

Relationship Issues? (especially if your trainer is your partner)

Feeling weak or Nervous?

Not being able to execute a new technique?

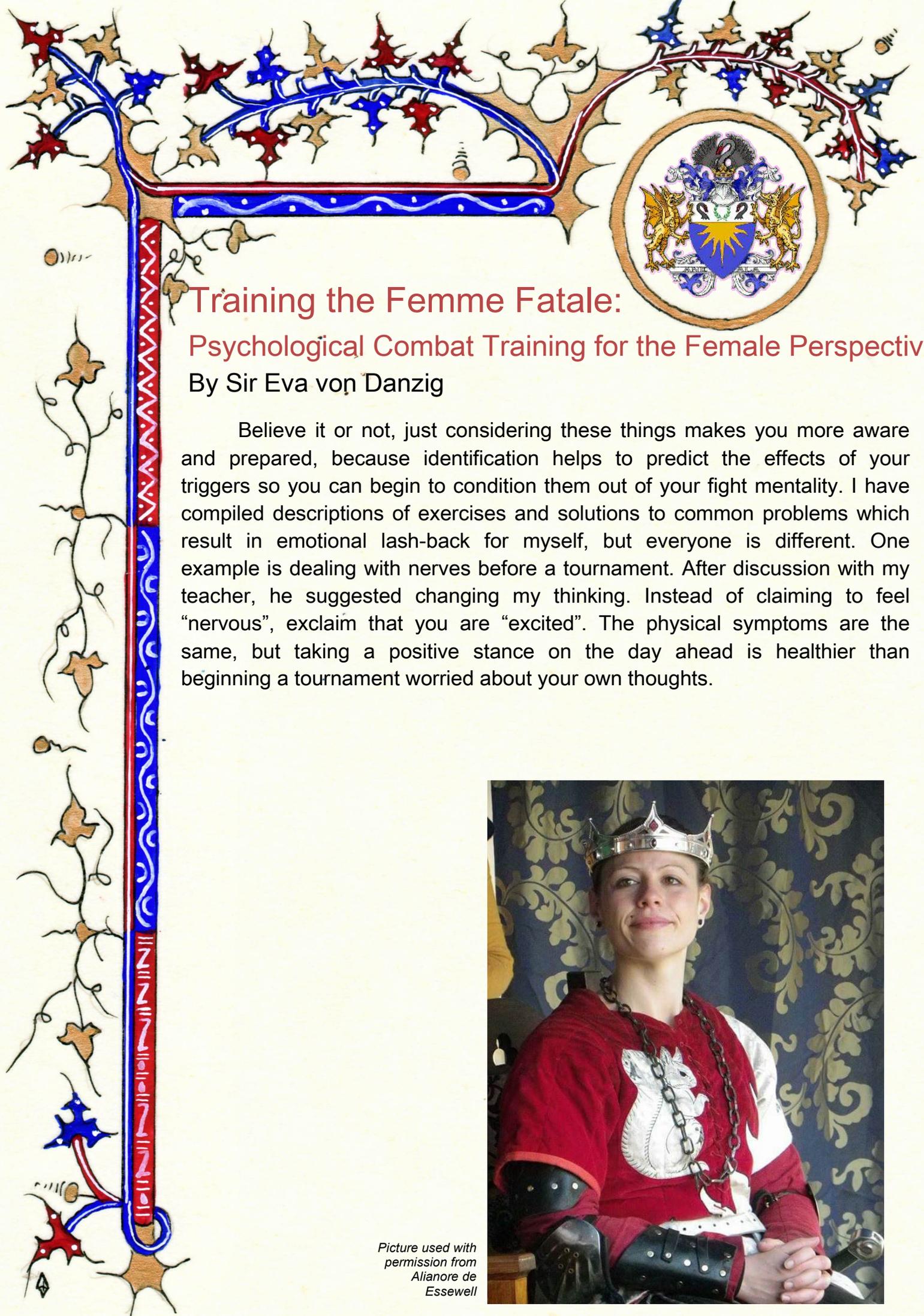
People not taking or calling your shots?

People warming up the way you like?

Being hit in the head repetitively?

Being crowded?

Poor balance in sword or shield?



Training the Femme Fatale:

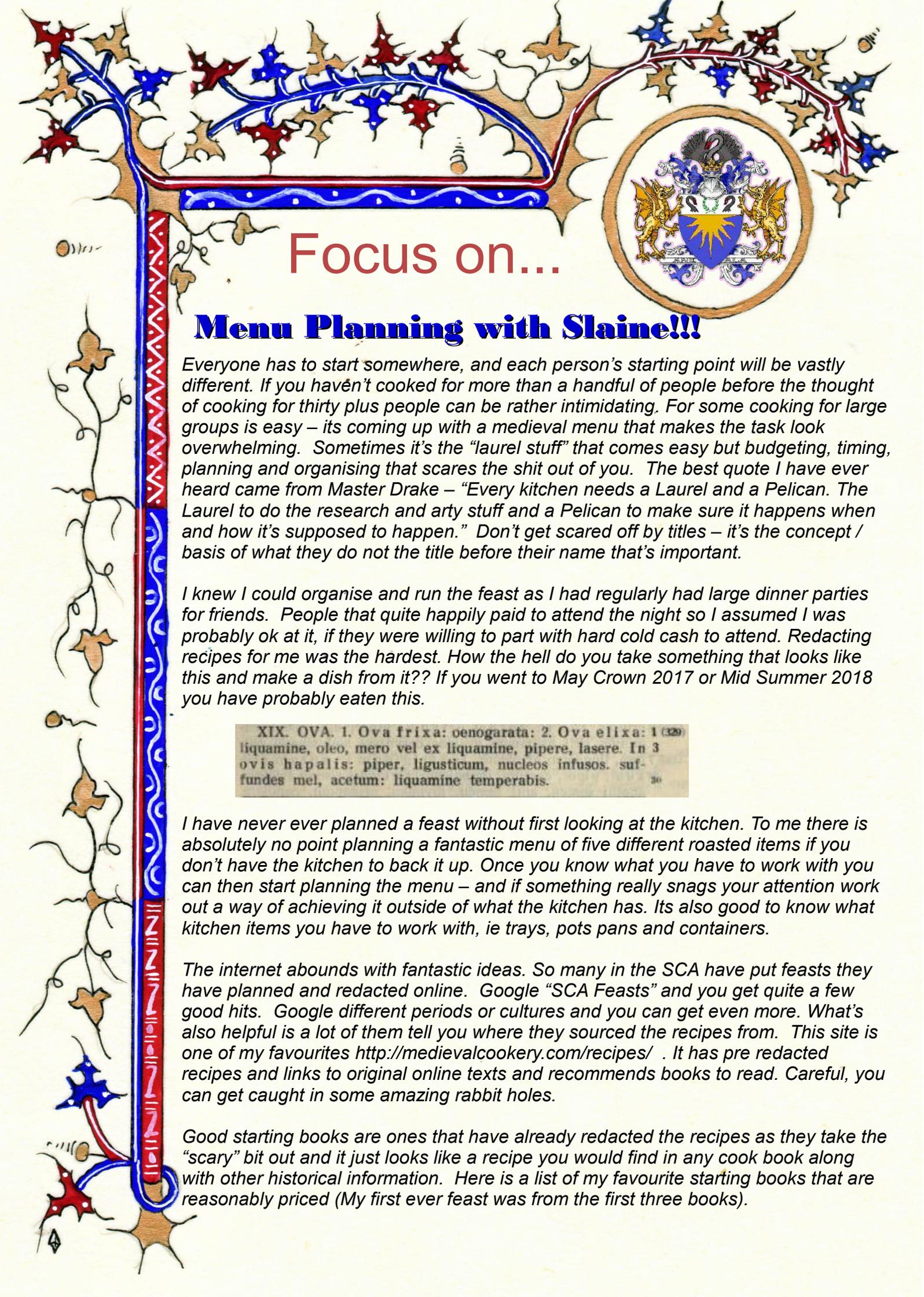
Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

Believe it or not, just considering these things makes you more aware and prepared, because identification helps to predict the effects of your triggers so you can begin to condition them out of your fight mentality. I have compiled descriptions of exercises and solutions to common problems which result in emotional lash-back for myself, but everyone is different. One example is dealing with nerves before a tournament. After discussion with my teacher, he suggested changing my thinking. Instead of claiming to feel “nervous”, exclaim that you are “excited”. The physical symptoms are the same, but taking a positive stance on the day ahead is healthier than beginning a tournament worried about your own thoughts.



Picture used with permission from Alianore de Essewell



Focus on...

Menu Planning with Slaine!!

Everyone has to start somewhere, and each person's starting point will be vastly different. If you haven't cooked for more than a handful of people before the thought of cooking for thirty plus people can be rather intimidating. For some cooking for large groups is easy – its coming up with a medieval menu that makes the task look overwhelming. Sometimes it's the "laurel stuff" that comes easy but budgeting, timing, planning and organising that scares the shit out of you. The best quote I have ever heard came from Master Drake – "Every kitchen needs a Laurel and a Pelican. The Laurel to do the research and arty stuff and a Pelican to make sure it happens when and how it's supposed to happen." Don't get scared off by titles – it's the concept / basis of what they do not the title before their name that's important.

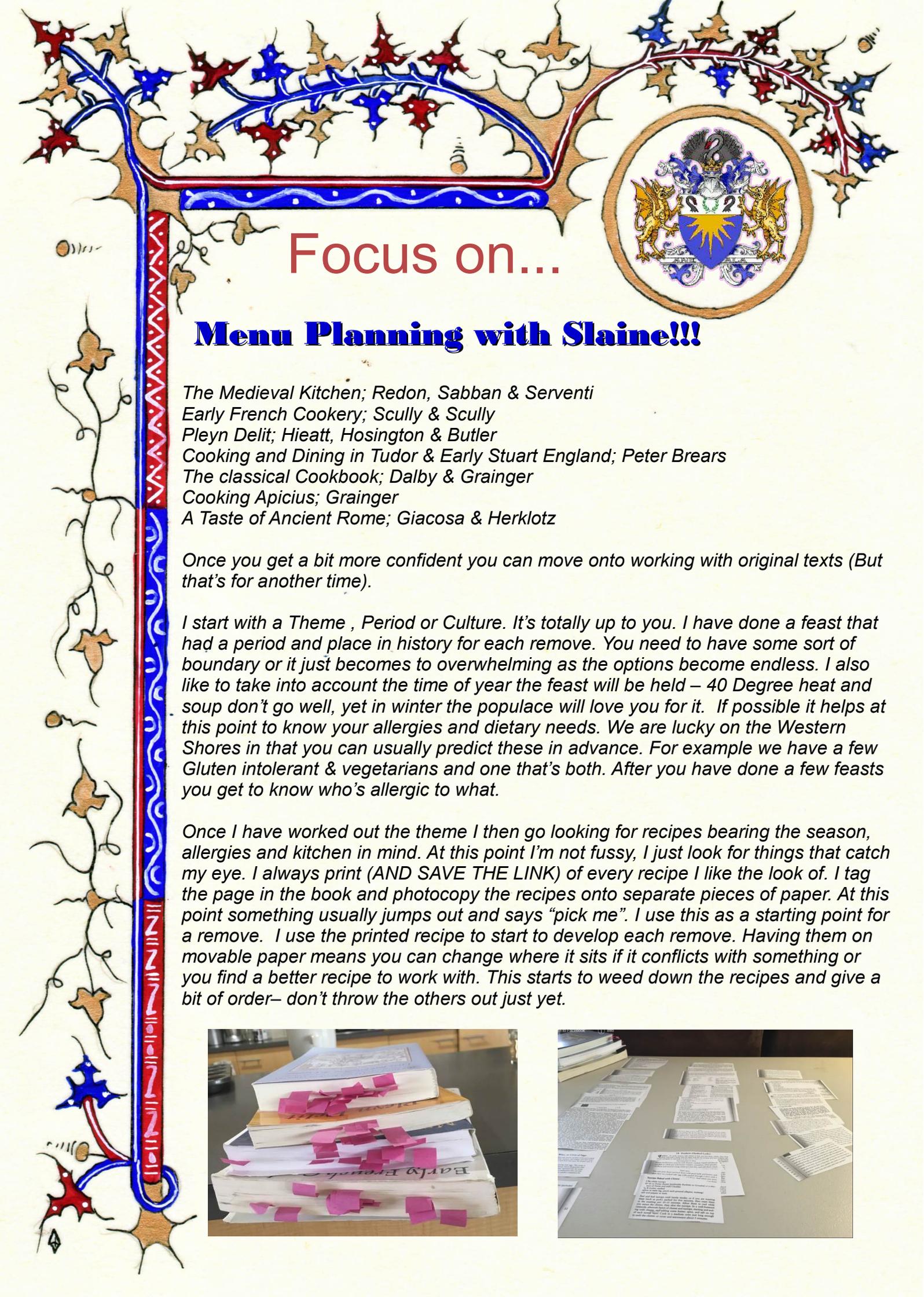
I knew I could organise and run the feast as I had regularly had large dinner parties for friends. People that quite happily paid to attend the night so I assumed I was probably ok at it, if they were willing to part with hard cold cash to attend. Redacting recipes for me was the hardest. How the hell do you take something that looks like this and make a dish from it?? If you went to May Crown 2017 or Mid Summer 2018 you have probably eaten this.

XIX. OVA. 1. Ova frixa: oenogarata: 2. Ova elixa: 1 (329)
liquamine, oleo, mero vel ex liquamine, pipere, lasere. In 3
ovis hapalis: piper, ligusticum, nucleos infusos. suf-
fundes mel, acetum: liquamine temperabis. 30

I have never ever planned a feast without first looking at the kitchen. To me there is absolutely no point planning a fantastic menu of five different roasted items if you don't have the kitchen to back it up. Once you know what you have to work with you can then start planning the menu – and if something really snags your attention work out a way of achieving it outside of what the kitchen has. Its also good to know what kitchen items you have to work with, ie trays, pots pans and containers.

The internet abounds with fantastic ideas. So many in the SCA have put feasts they have planned and redacted online. Google "SCA Feasts" and you get quite a few good hits. Google different periods or cultures and you can get even more. What's also helpful is a lot of them tell you where they sourced the recipes from. This site is one of my favourites <http://medievalcooking.com/recipes/> . It has pre redacted recipes and links to original online texts and recommends books to read. Careful, you can get caught in some amazing rabbit holes.

Good starting books are ones that have already redacted the recipes as they take the "scary" bit out and it just looks like a recipe you would find in any cook book along with other historical information. Here is a list of my favourite starting books that are reasonably priced (My first ever feast was from the first three books).



Focus on...

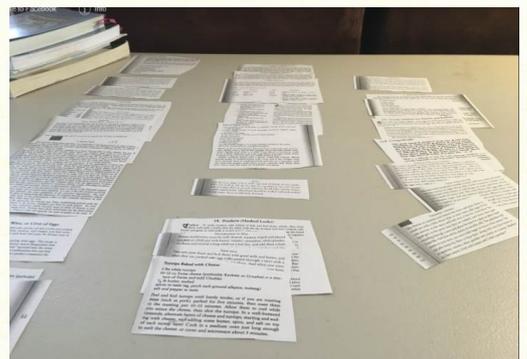
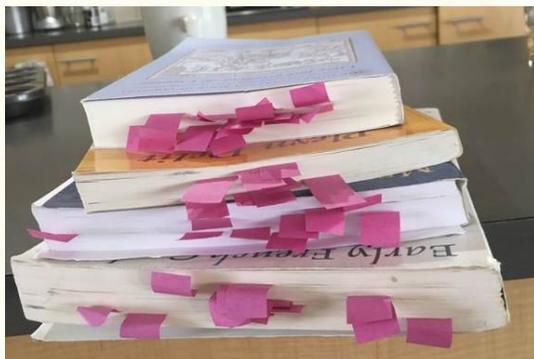
Menu Planning with Slaine!!!

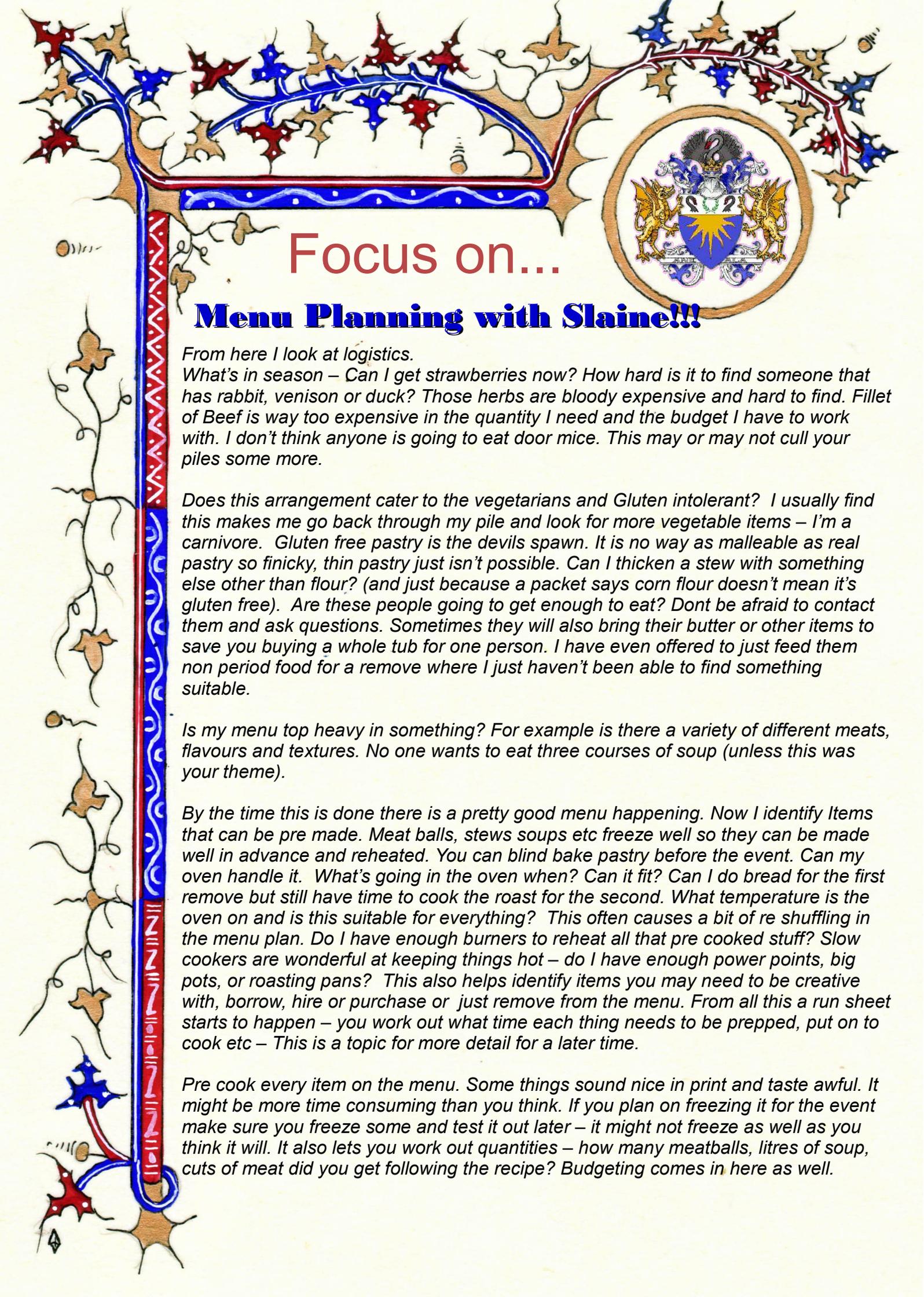
*The Medieval Kitchen; Redon, Sabban & Serventi
Early French Cookery; Scully & Scully
Pleyn Delit; Hieatt, Hosington & Butler
Cooking and Dining in Tudor & Early Stuart England; Peter Brears
The classical Cookbook; Dalby & Grainger
Cooking Apicius; Grainger
A Taste of Ancient Rome; Giacosa & Herklotz*

Once you get a bit more confident you can move onto working with original texts (But that's for another time).

I start with a Theme, Period or Culture. It's totally up to you. I have done a feast that had a period and place in history for each remove. You need to have some sort of boundary or it just becomes too overwhelming as the options become endless. I also like to take into account the time of year the feast will be held – 40 Degree heat and soup don't go well, yet in winter the populace will love you for it. If possible it helps at this point to know your allergies and dietary needs. We are lucky on the Western Shores in that you can usually predict these in advance. For example we have a few Gluten intolerant & vegetarians and one that's both. After you have done a few feasts you get to know who's allergic to what.

Once I have worked out the theme I then go looking for recipes bearing the season, allergies and kitchen in mind. At this point I'm not fussy, I just look for things that catch my eye. I always print (AND SAVE THE LINK) of every recipe I like the look of. I tag the page in the book and photocopy the recipes onto separate pieces of paper. At this point something usually jumps out and says "pick me". I use this as a starting point for a remove. I use the printed recipe to start to develop each remove. Having them on movable paper means you can change where it sits if it conflicts with something or you find a better recipe to work with. This starts to weed down the recipes and give a bit of order– don't throw the others out just yet.





Focus on...

Menu Planning with Slaine!!

From here I look at logistics.

What's in season – Can I get strawberries now? How hard is it to find someone that has rabbit, venison or duck? Those herbs are bloody expensive and hard to find. Fillet of Beef is way too expensive in the quantity I need and the budget I have to work with. I don't think anyone is going to eat door mice. This may or may not cull your piles some more.

Does this arrangement cater to the vegetarians and Gluten intolerant? I usually find this makes me go back through my pile and look for more vegetable items – I'm a carnivore. Gluten free pastry is the devils spawn. It is no way as malleable as real pastry so finicky, thin pastry just isn't possible. Can I thicken a stew with something else other than flour? (and just because a packet says corn flour doesn't mean it's gluten free). Are these people going to get enough to eat? Dont be afraid to contact them and ask questions. Sometimes they will also bring their butter or other items to save you buying a whole tub for one person. I have even offered to just feed them non period food for a remove where I just haven't been able to find something suitable.

Is my menu top heavy in something? For example is there a variety of different meats, flavours and textures. No one wants to eat three courses of soup (unless this was your theme).

By the time this is done there is a pretty good menu happening. Now I identify Items that can be pre made. Meat balls, stews soups etc freeze well so they can be made well in advance and reheated. You can blind bake pastry before the event. Can my oven handle it. What's going in the oven when? Can it fit? Can I do bread for the first remove but still have time to cook the roast for the second. What temperature is the oven on and is this suitable for everything? This often causes a bit of re shuffling in the menu plan. Do I have enough burners to reheat all that pre cooked stuff? Slow cookers are wonderful at keeping things hot – do I have enough power points, big pots, or roasting pans? This also helps identify items you may need to be creative with, borrow, hire or purchase or just remove from the menu. From all this a run sheet starts to happen – you work out what time each thing needs to be prepped, put on to cook etc – This is a topic for more detail for a later time.

Pre cook every item on the menu. Some things sound nice in print and taste awful. It might be more time consuming than you think. If you plan on freezing it for the event make sure you freeze some and test it out later – it might not freeze as well as you think it will. It also lets you work out quantities – how many meatballs, litres of soup, cuts of meat did you get following the recipe? Budgeting comes in here as well.

Focus on...

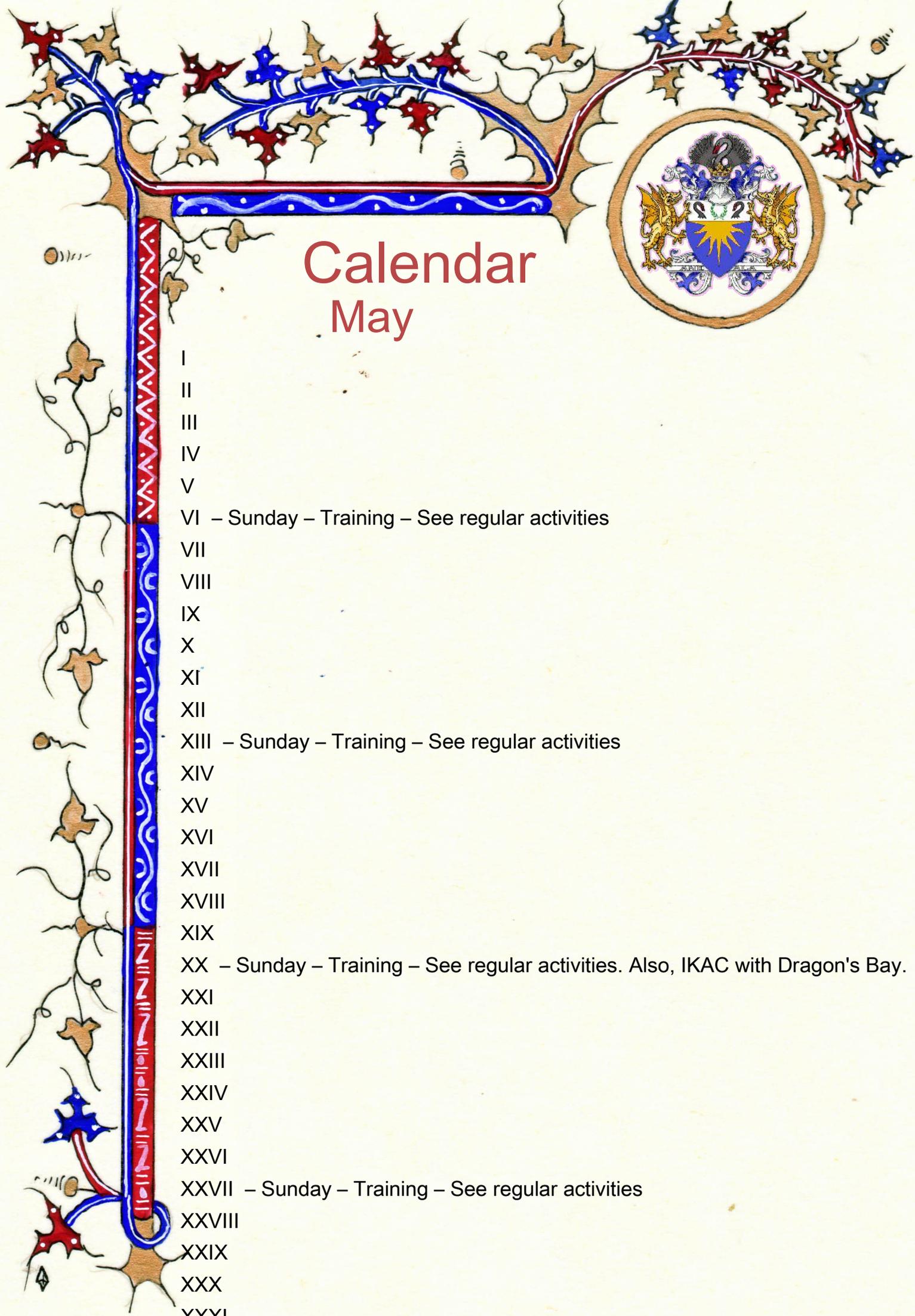


Menu Planning with Slaine!!!

Lastly I like to look at presentation. How can I serve this up so it looks like something you want to eat? Also look at diet requirements – you don't want to serve the vegan dish on the same platter as the meat dish.



Voilà – One Menu !



Calendar May

I

II

III

IV

V

VI – Sunday – Training – See regular activities

VII

VIII

IX

X

XI

XII

XIII – Sunday – Training – See regular activities

XIV

XV

XVI

XVII

XVIII

XIX

XX – Sunday – Training – See regular activities. Also, IKAC with Dragon's Bay.

XXI

XXII

XXIII

XXIV

XXV

XXVI

XXVII – Sunday – Training – See regular activities

XXVIII

XXIX

XXX

XXXI



Pencampwr 14
WA Long Weekend June 1st to 5th
This year with the Crown Prince and Princess
Kinggiyadai & Altani
and

Mistress Rowan & Master Nicodemus

Booking & Pricing info can be found
@

<http://abertridwr.org/pencampwr/pencampwr-event/booking-form/>

Steward

Sir Kane Greymane. Email ccolyer@bigpond.net.au



Pencampwr XIV

Greetings All,

Pencampwr is two weeks away.

This year as in the past, there is plenty to do from Wars, Tourney's both heavy & Rapier, Archery, A&S and lots more.

This year our guest instructor for the Arts & Sciences is Mistress Rowan and accompanied by Master Nico. Please stay tuned for their lesson plans on the timetable when it is published. Heads up Master Nico will be conducting a officer workshop, so if you have questions for the former/retired but current Kingdom Seneschal he will be at your disposal to answer what he can.

For our fighting instruction at Pencampwr this year we will have the pleasure of His Highness Count Sir Kingiyadai, Crown Prince of Lochac. Please stay tuned for his lessons on the timetable when published.

The Pencampwr gan Abertridwr championship will be happening on the Sunday so we hope you are all fighting fit, please stay tuned for the requirements of lists from Sir Kane Greymane, the current Pencampwr.

The Arobryn (A&S) competition is in full swing and please remember that entrants are required to be scored on 3 pieces of work. If you have any questions on this competition please contact the incumbent Arobryn Lady Sorcha for details.

For this year's Saethyd (Archery) Championship, the theme for it's format from our current champion M'Lord Ryan is "Save our kingdom from the dragons".



Pençampwr XIV

First round, hit foam animals. Second round, hit soft toy 'dragons' in between foam animals. Round three, stop the dragons before they get to the castle, timed round. Round four, dragon retreats, making a long-distance target. Round five, paper mache dragon swinging from a string. Last round, large dragon box piñata style with chocolate coins. Six rounds in total. Sounds like an awesome challenge for any potential archery champion out there.

Last year we saw the inaugural Pendragon (Kids Boffer) champion and will be again held this year and a mighty pendragon we did award the dragon cape, will you (Kids Only) be the next Pendragon????

As with all this looks to be an exciting event and bookings can be made through our booking form at <http://abertridwr.org/pencampwr/pencampwr-event/booking-form/> More information will be published when it is available from the events Steward Sir Kane Greymane.

A reminder that a Council meeting will be held at Pencampwr this year, so please be available or if you have any item for the agenda please email the Seneschal at adblower37@gmail.com

Yis
THL Galen Wulfric
Seneschal of Abertridwr



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.

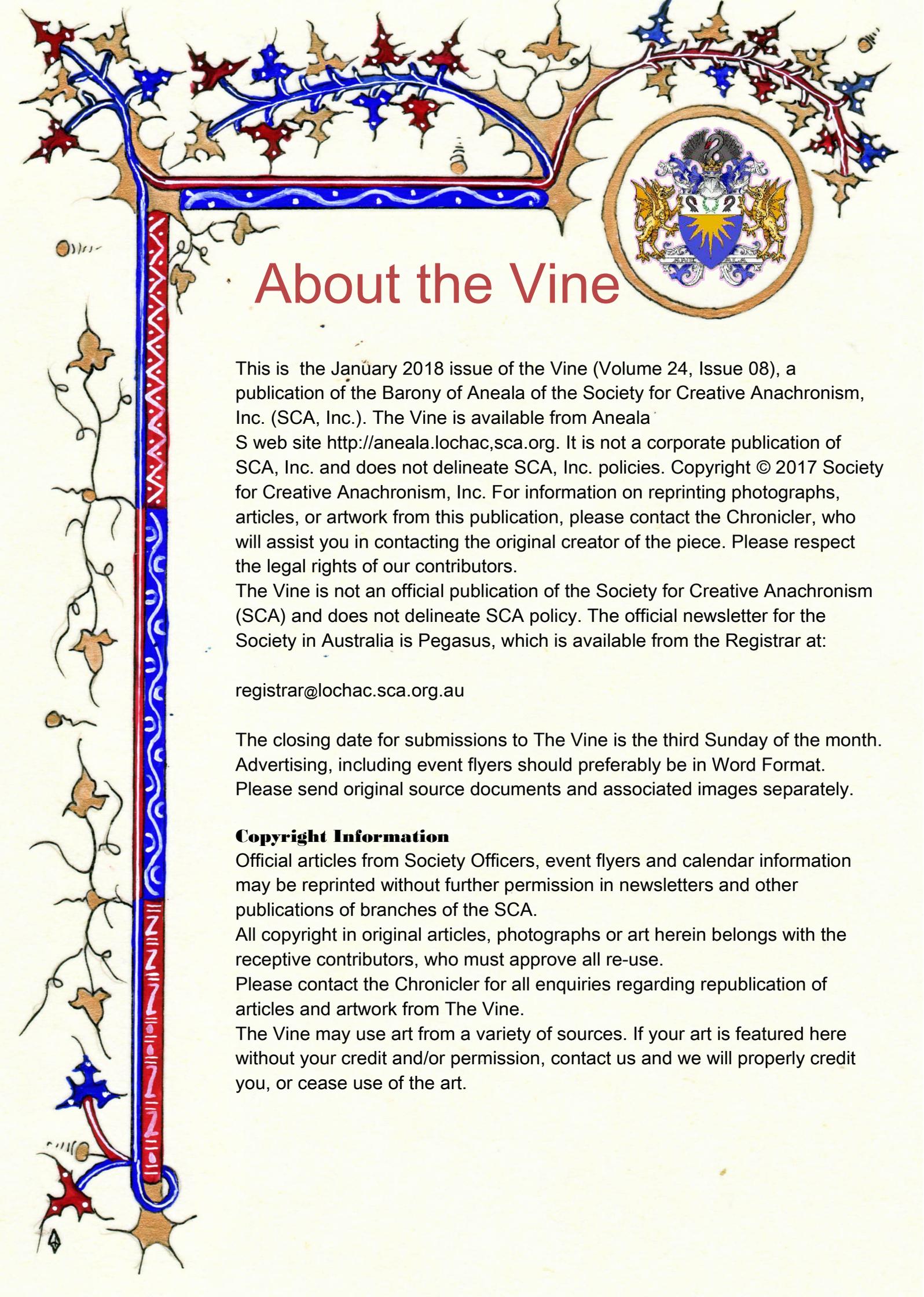
College of St. Basil Armoured & Rapier Training

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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