



The Vine

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Champion of the Rapier
Champion of Arts & Sciences
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Baronial Missive

Greetings to the Populace of Aneala,

Since we last wrote, there has been a Coronation over East in the Barony of St Florian de la Riviere. Although we were unable to attend in person, we had Mistress Leonie scribe a letter of fealty, which we sent to our new Crown, Kinggyadai Khagan and Altani Yeke Khatun. We look forward to a peaceful Mongol reign and the accompanying Naadam festivities. Naadam is a traditional Mongolian festival, somewhat like Mongolian Olympics. Naadam activities are being organised all around the Kingdom, so keep an eye out for Naadam events in Aneala and our neighbouring groups in the coming months.

On the night of Midwinter Coronation, we were in attendance at the Mughal Feast here in Aneala. We greatly enjoyed this feast and would like to extend our congratulations for a well-run event to the steward, Lord Konrad, and a particular thank you to Lady Bella and her team in the kitchen. The food was delicious and we were so pleased to eat a lot of it!

We had much business in our Court at the Mughal Feast, including presenting awards to some members of the Populace. We encourage you to contact us with your recommendations when you see great works being done in the Barony, so that we may present more awards! Congratulations to:

Richard of Saint Basil – Award of Arms, awarded at the Anealan Baronial Devestiture & Investiture event by King Rowland & Queen Tailltiu and entrusted to us to be passed on.
Frances Affrica Ray – Black Feather

Recently, many Offices in Aneala have changed hands. We are grateful to all who step in to provide this service to our Barony and would like to thank both the outgoing and incoming officers. Thank you to:

Outgoing Seneschal – Sir Nathan Blacktower
Incoming Seneschal – Richard Ferrowre
Outgoing Reeve – Elizabeth Severn
Incoming Reeve – Lokki Rekk
Outgoing Chatelaine – Alessandra de Florenza
Incoming Chatelaine – Suzanna de Plume
Outgoing Constable – Elizabeth Rowe
Incoming Constable – Ula



Baronial Missive Continued...

We would also like to congratulate competition winners Isabel de Annesley and Kilic ibn Sungur ibn al-Kazganci al-Turhani for their A&S entry and popular-vote Best Garb, respectively. Special mention also goes to Skjalddis Bragadottir and Alessandra de Florenza.

This month, we look forward to visiting the Canton of Dragon's Bay to witness their Champion of the Bow competition on August 12th. Later in the month, Baroness Elizabeth is hosting a Baroness's Fighter Auction on August 26th. We are looking forward to seeing everyone come to support the Barony and have a fun day of tournaments, games, pot-luck lunch and of course an exciting auction!

Yours in Service,
Baron Agostino and Baroness Elizabeth



Photo Courtesy of Sir Nathan Blacktower.



Kingdom of Lochac A&S Competitions

November Crown (2018) hosted by Shire of Bordercros

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

Twelfth Night (2019) hosted by Barony of Krae Glas

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

May Crown LII (2019) hosted by ??

- *Games & Toys*
- *Liquid*
- *14th Century*

Midwinter (2019) hosted by ??

- *For the head*
- *Baked/Fired*
- *Tribal Nomads (think Mongols, Huns, Scythians, etc.)*

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.



Training the Femme Fatale:

Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

Part 4: Training

Find a Motivation:

This is an exercise which gives you a clear goal to aim for. Think of what you would like to achieve as an armoured combatant in the next 5 years.

Be in the top 2% of combatants in the Kingdom?

Win a Crown?

Be a notable opponent on the Kingdom Scale?

Get Authorized?

Comradery? (Enjoy and excel fighting wars or team oriented tournaments?)

Be honest with yourself and your trainers on this. There is nothing wrong with small goals, they can be reassessed later on if you want. However the higher you aim; the more pressure you may put yourself under. Determine if you work well under pressure. Some people do quite well in these conditions. Remember – you are an individual and even your training regime can be tailored to help you succeed.

Comfort People:

You may notice that at training, you fight some people better than you fight others. Not that you beat them more, but rather that you feel better when fighting them. You may move better with them, or hit them a little harder. This is because you are comfortable with these people. This may be a trainer, a friend, or just a combatant that you trust. These are your comfort people.

A common problem at the beginner stage for female combatants is that we can feel compelled to fight only the people we are very comfortable with at training and fail to branch out. This can create a stale experience for her and eventually hold her back, because variety is necessary for development and she is not learning to fight different types of combatants. Even worse is that she is not preparing herself for tournament. Mentally, she is not training to fight any combatant other than her comfort people. This can lead to intense emotional backlash when she is forced to compete by luck of the draw in the list.



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However comfort people can also be used to a great advantage. They make the game fun! Therefore if she does branch out and leaves the comfort zone to fight someone new, and has emotional issues, she can go back to her comfort person for a couple of bouts, and then try again with a fresh perspective. Eventually it won't seem so hard for her to fight everyone at trainings, and this will have made her a more confident combatant overall.

Warm Up:

Your warm up is something that can influence your fighting for the whole day. Your warm up does not only prepare your muscles to fight, but it is also what gives your brain warning that fighting is about to happen. Your warm up can instigate the release of adrenalin into the system, therefore you want to use your warm up routine to put yourself in the best mental state possible so your adrenalin can give you an uplifting feeling, rather than emphasize any frustration you feel.

There are many variations and exercises to warm you up. You will want to tailor your warm up regime to suit you, and it should be enjoyable for you. Early in my fighting career, I would warm up by getting in armour and doing about 10 minutes of slow work with my comfort person, followed by three full speed bouts.

This worked for a while. My comfort person made me feel secure. However, after a while I found that this method was giving me inconsistent results. Firstly, I found I could only fight well against my comfort person, leaving my fights with others lacking. This can also come from not branching out with different opponents at training. If you have ever had someone say to you, "Just pretend you're fighting (insert name here)!" you have probably experienced this problem. Secondly, I found that if I could not warm up with my comfort person, and was forced to warm up with someone else, I would get frustrated because I was too used to a certain tempo and flow that I had with my comfort person and the new guy just didn't match up.



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Warming up with slow work can be successful, but if you and your partner have different aims, you can come out of the warm up feeling less focused than before you started. Mental focus can be fragile. Always remember that slow work is not a competitive exercise. I found that some people treat slow work as a target-hitting exercise instead of a movement exercise, and they will move faster than your pace to hit you in the head. This is frustrating and can put you in an uncomfortable mood before fighting. Also remember that that person is also warming up in their own way.

This is why I began to change my routine to suit me and avoid my triggers. I have 2 variations on this idea. The first is a warm up that cuts out any external influence (no partner needed), which is a series of stretches and movement drills which I execute alone purely to warm and stretch the muscles needed for fighting. The second is a series of drills done with a partner that are good to warm up movement, but cut out the illusion of competition. Warming up alone can help to control the setup if your mood for the day, as it is independent. You do what makes you feel good and prepared. When warming up with a partner, always remember they are a partner at that time, not an opponent.

Small Victories (Setting small goals):

A final psychological exercise for training that can help to beat frustration is aiming for small victories at training. Training is not always about winning, it is about learning and trying new things. It is about improving as a swordsman/woman. Everyone at training is trying to achieve the same thing. We all want to improve. However, if you set out to a training session with the aim of beating everyone, some days you'll just feel bad when you don't kill the knight/duke/high ranking combatant. This makes sense, as they are training themselves at the same time. So rather than set yourself up for disappointment and frustration through not achieving the goal of winning constantly, consider a smaller set of goals for each training session.



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For example, today you will aim to throw as many leg wraps with good technique and sufficient force as possible. So your focus is now to improve an aspect of your fighting, rather than focus on the overall picture, which can seem quite vast.

Next week change it up! Today you're going to focus on balance. You are going to keep an even balance in every fight.

Suddenly after two weeks you've improved your balance and a specific shot. So you're more stable and taking people's legs a lot more often than you used to! These improvements eventually lead to improvement of you as a whole fighting unit, and your results will show this. More importantly, you will leave training feeling like you are achieving something every week.

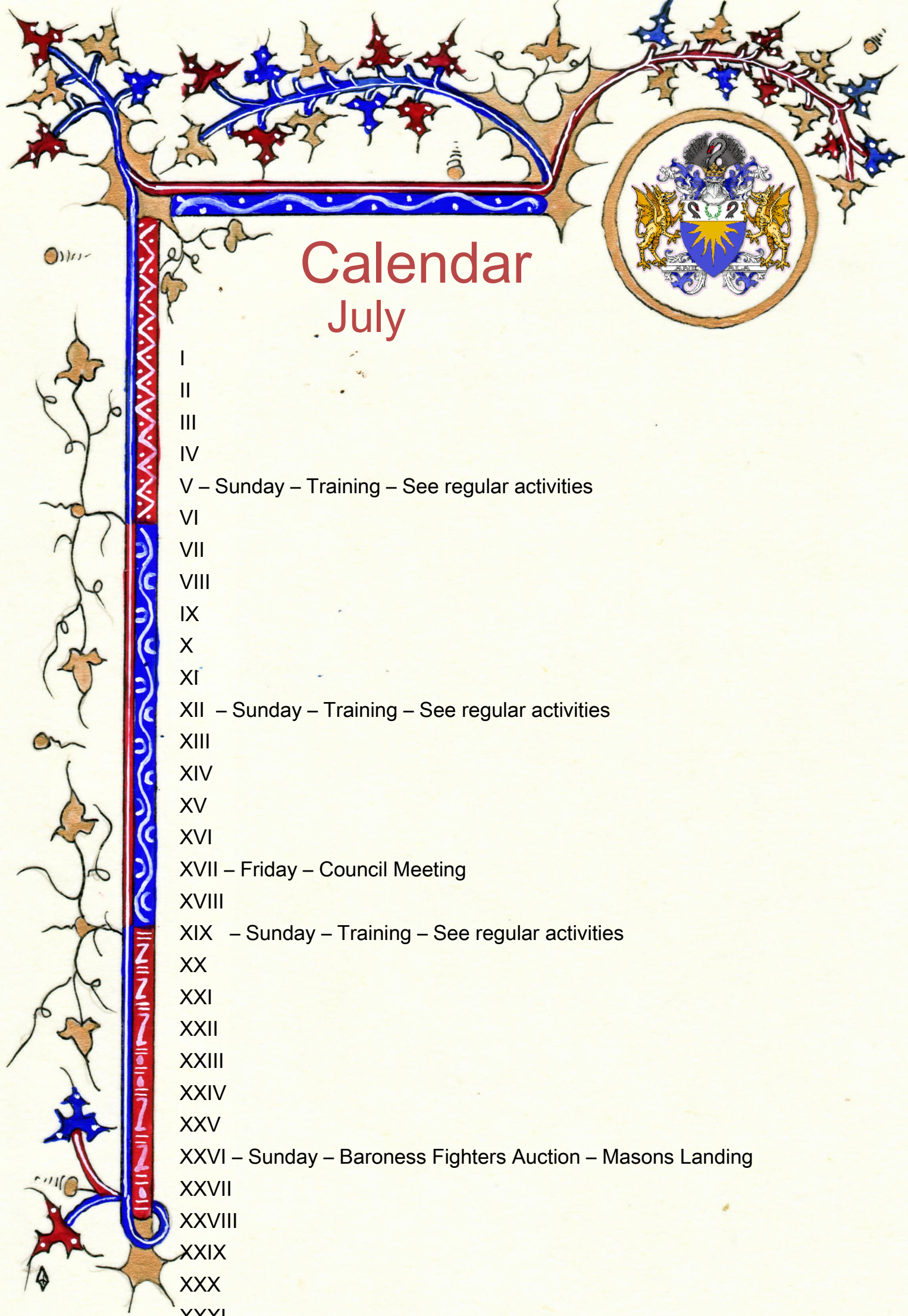
Be Inspired!:

One thing that I stand by is that combat should be fun. Something that I love is watching a really amazing fighter do their thing and later, trying to emulate that. I've done some of my best fighting pretending to be someone else, because it forced me to break habits and try new stuff. When I do this, I take note of what worked for my style and I start to add that to my style.

I've noticed over the years that a common issue for female fighters, is that we are simply outnumbered and women commonly feel the need to find a specifically female teacher or role model. As a community, we should help each other and be inspired by the feats of our sisters-in-arms, but I want to stress that you can be inspired by anyone. Learn from everyone you can! Take techniques from and be inspired by both our male and female counterparts, because you can!



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Essewell



Calendar July

- I
- II
- III
- IV
- V – Sunday – Training – See regular activities
- VI
- VII
- VIII
- IX
- X
- XI
- XII – Sunday – Training – See regular activities
- XIII
- XIV
- XV
- XVI
- XVII – Friday – Council Meeting
- XVIII
- XIX – Sunday – Training – See regular activities
- XX
- XXI
- XXII
- XXIII
- XXIV
- XXV
- XXVI – Sunday – Baroness Fighters Auction – Masons Landing
- XXVII
- XXVIII
- XXIX
- XXX
- XXXI



Calendar

Baroness Fighters Auction

Greetings! Baroness Elizabeth invites all and sundry to a Fighter Auction Tournament and Pot Luck Lunch.

Sunday 26th August 2018

Mason's Landing Park, Cannington WA

10am

Free entry (\$5 event membership fee applies to non-members)

There will be an armoured combat tournament in the morning and a rapier tournament in the afternoon. Both lists will be open during set-up and will close by 11am, at which point the auction will commence! Bid in the auction to become the patron of a fighter and reap the benefits of your investment at the prize table at the end of the day. There will also be an auction of all unclaimed lost property.

A prize will be awarded in each tournament to the combatant displaying the most entertaining death. This prize is to be decided by Baroness Elizabeth, in consultation with spectators.

There will be an **Arts & Sciences competition** with the theme "Personal Heraldry". Entrants are encouraged to display their work around the event, for example worn on their person, on a shield, as a banner, etc.

Please bring a pot-luck dish to share for lunch and a donation for the prize table.

All funds raised in the Fighter Auction and the Lost Property Auction will go towards supporting the Barony.

Please contact Baroness Elizabeth for more information, at nancy_e_white@yahoo.com.au



Calendar Aneala Championship

Anealan Championship Queen's birthday long weekend, 21-24
September 2018

Come and be part of Aneala's annual event where we choose the Baronial Champions of the **Sword**, the **Rapier**, the **Bow** and the **Arts & Sciences** for the coming year.

This year the event will be held at the Windmill Camping site at Ern Halliday Recreation Centre.

Windmill Camping ground is a *camping only area* (no dormitories) with showers and toilets, an under-cover kitchen and eating area, and grassy camp-sites and list fields.

Steward – Mistress Leonie de Grey

Costs – weekend camping, with evening meals included members \$90 adult, 10-17 yo \$45, under 10 free, add \$20 for all breakfasts and lunches
Day rate, includes evening meal: members \$30 adult, 10-17 yo \$15, under 10 free, add \$5 for lunch

Site opens 2 pm Friday September 21, closes 2 pm Monday September 24

See Announce and Anealan populace email for further details, also social media.

Bookings to Lady Elizabeth Severn at
bookings@aneala.lochac.sca.org



Period Dancing with Elizabeth: What happened at Dance Practice?

Dance Practice is not an SCA event. It runs fortnightly on a Wednesday evening at my house. Dance Practice may be of interest to SCA members because the dances that we learn can be performed at SCA events. Please contact me directly if you are interested in attending Dance Practice.

Last month at Dance Practice was quiet. Unfortunately, cold and flu season struck hard!

However, we had one particularly good dance practice with many in attendance where we were able to revisit a dance that we haven't done for quite a while. After the strong focus that we have had on the fifteenth-century Italian dance Anello, we decided to translate the skills that we learned on that dance into one that is just a little more challenging – Gelosia.

Here are some of the reasons that I chose to revisit Gelosia: firstly, it's a dance for 6 people instead of 4 people, which means there's potential to include more people as dance practice gets bigger. Secondly, it includes some challenging steps that we haven't had the opportunity to practice much. Finally, it has a strong potential for "acting" in the dance and adding some character, which always makes dancing more fun and it makes it more entertaining for the audience. Of course, it does take us some practice to reach the level where we feel confident to play with the dance in this way!

The particularly challenging step in Gelosia is called a contrapasso. We've previously done this step in dances such as Lioncello, at which time Lady Ariel described it as "the devil step". But don't be scared – with a bit of practice we all managed it! If you've done a double, or in this style of dancing a doppio, then you actually already have the prerequisite skills to do the contrapasso. In the simplest terms, a contrapasso is defined by two main features: 1) it's three doppi in the time of two and 2) each of the three doppi starts on the left foot. There's more to it than that, of course, but you'll have to attend dance practice to learn the mysteries of this tricky step!

If you speak any of the Romance languages, then you'll already have realised that the name of our new dance, Gelosia, translates to "jealousy". As well as being the title of the dance and its music, that's also the theme of the dance. In this one, each man leaves his partner to flirt with each of the other ladies in the dance in turn! Currently we're focusing on our technique and learning the correct footwork, but once we've achieved mastery there's a lot of scope in this dance for adding in some "acting". Flirting with the other dancers, getting angry or sad when your partner leaves you, maybe even interacting with other sets in the dance! Keep an eye out for this one at upcoming events because it promises to be a lot of fun to watch as well as to dance.

Next month at Dance Practice: we continue our focus on Anello and Gelosia and hopefully have a look at some of the Gresley dances as well, which are local favourites and relatively simple to learn.



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



About the Vine

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registrar@lochac.sca.org.au

The closing date for submissions to The Vine is the third Sunday of the month. Advertising, including event flyers should preferably be in Word Format. Please send original source documents and associated images separately.

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