



OUR WORLD IS BIG

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The Vine

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Regnum



Khagan and Yeke Khatun of Lochac

Kinggiyadai and Altani Khaligu
crown@aneala.lochac.sca.org

Baron Agostino & Baroness Elizabeth
aneala@aneala.lochac.sca.org

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

Lokki Rekr
Avalon of the Isle
Veil le Pantera
Elizabeth Rowe
Avalon of the Isle



Seneschal
Richard Ferrowre
seneschal@aneala.lochac.sca.org



Reeve
Lokki Rekker
reeve@aneala.lochac.sca.org



Arts & Sciences
Mery of Ellersly
arts@aneala.lochac.sca.org



Constable
Ula
constable@aneala.lochac.sca.org



Marshal
Agostino Tamburi
marshal@aneala.lochac.sca.org



Chronicler
Wolfgang Germanicus
chronicler@aneala.lochac.sca.org



Herald Blackwing Persuivant
Lucia delli Fenice
herald@aneala.lochac.sca.org



List Keeper
Branwen of Werchesvorde
lists@aneala.lochac.sca.org



Chatelaine
Susanna de Plume
chatelaine@aneala.lochac.sca.org



Rapier Marshal
Baron Dameon
rapier@aneala.lochac.sca.org



Webminister
Nathan Blacktower
webmaster@aneala.lochac.sca.org



Captain of the Archers
Branwen of Werschesvorde
archer@aneala.lochac.sca.org



Baronial Missive

Greetings to the Populace of Aneala,

We hope that our words find you well.

This month we travelled down to our Canton of Dragon's Bay, where we attended their Champion of the Bow event. In the middle of a rainy month, we were lucky to have beautiful clear skies and sunlight for the entire day. The populace of Dragon's Bay greatly impressed us with their skill at archery. We saw Clint hit a target 100 yards away and we saw Andrew achieve the closest arrow to the clout, which was a distance of over 100 yards away! The roaming animal hunt provided some unique challenges. Along the way we had the opportunity to shoot through the middle of a forked tree, shoot uphill, shoot downhill, and even shoot whilst standing on a boulder! Congratulations to Nathan of Dragon's Bay for winning the Champion of the Bow contest this year. We recognised his efforts by awarding him an archery tassel.

Later in the month, on the final Sunday, Baroness Elizabeth hosted her first Fighter Auction tournament. We had another beautiful sunny day down by the river at Mason's Landing Park. Only four combatants signed up to fight on the day, meaning that competition in the auction was high because everyone wanted to be a patron to benefit from the generously donated prizes on the table. Combatants were secretly polled for an odd number, the average of which had them fighting their Round Robin tournament in a Best of 9 format! The combatants found this exhausting and should be commended for their endurance and perseverance. We also held two games of kubb, where adults and children alike demonstrated expert marksmanship with thrown sticks.

Congratulations to the Honourable Lord Lokki for his win in the tournament. With only four combatants in the tournament, we elected not to award a tassel to the winner. We encourage combatants to bring their friends along, as we will only be awarding tassels when 7 or more combatants participate in an armoured combat tournament.

Coming up in September is one of the most exciting local events of the year – Baronial Championship! This will be our first Championship since we were invested as Baron & Baroness and we are very much looking forward to it. If you would like to compete in the Championship for Armoured Combat, Rapier or Archery, please declare your intent in a message to aneala@aneala.lochac.sca.org and be sure to inform us of who your consort is, who will inspire you on the day. We would prefer that competitors choose a single person as their consort, rather than a group, even if all members of that group do inspire you.



Baronial Missive Continued...

We would also like to remind everyone to write in to us with award recommendations. If you believe someone is deserving of a Kingdom level award, we can pass this along to Their Majesties. If you're not sure which award someone should be given, please still write to us with words of their deeds. We would very much like to award those who are deserving in our Barony.

Finally, we invite everyone to read the words of Their Majesties and of the SCA Board of Directors on the topics of inclusivity and equity in SCA culture. There has been a lot of discussion, especially on social media, around these topics. We believe these words are important and are a good reminder of the ideals that we all strive to uphold here in Aneala: (to quote Their Majesties) "courtesy, curiosity, and community."

Yours in Service,
Baron Agostino and Baroness Elizabeth



Photo Courtesy of Sir Nathan Blacktower.



From their Majesty's...

Our Society, as it is practiced in Lochac from the Crescent Isles in the East through to the Western Shores, is a place in which any person can participate in historically-inspired activities, surrounded by mutually supportive people pursuing their own interests. The ancient adage is that we 'recreate the best parts of history'.

In today's world of pervasive global communications which brings every culture to one's fingertips, this must be understood in the context that every person you meet may have sensibilities, and indeed their very identity, rooted in backgrounds as diverse as our personas. If our Society is to thrive in this modern world, we each need to understand and accept that every person deserves a level of respect for who they are, in their every dimension of gender, ability, race, language, background, sexual orientation, age, socioeconomic status, politics, philosophy, and any other dimension, whether inherent or chosen.

The only exception to be made is if an individual holds any tenet that denies the same respect to any others. Those who refuse to grant respect to others do not themselves deserve respect.

Each and every one of us has the ability and the duty to cultivate a spirit of community and ensure that our fellowship is something valuable and shared. Let's keep true to our founding ideals of courtesy, curiosity, and community.

Kinggiyadai Khagan &
Altani Khaligu Yeke Khatun



*Picture used with
permission from
Angharat Benbras*



Statement from SCA Board of Directors...

There has been recent discussion in assorted fora regarding tolerance of racist statements and unacceptable behaviour within the society. We feel that this requires a clear and unambiguous response:

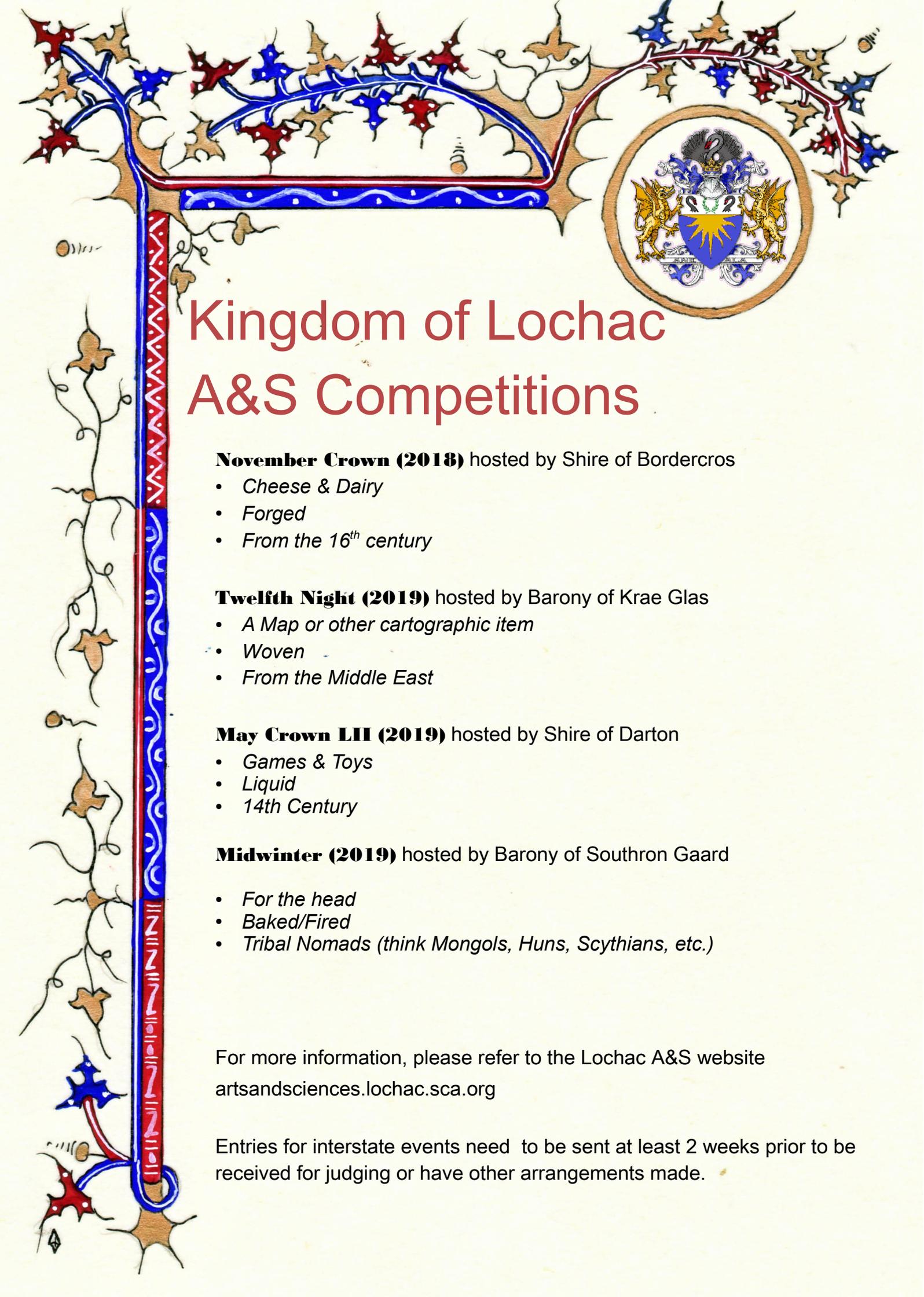
The Society for Creative Anachronism (The Society for Creative Anachronism Ltd (Australia) and The Society for Creative Anachronism New Zealand Incorporated) remains committed to ensuring that we reflect the best and most welcoming aspects of the modern world, committing to celebrating equity, diversity, and inclusiveness in the game we play. Researching and re-creating cultures of bygone eras does not require abandoning the values of the present and our Codes of Conduct reflect this.

We welcome people of all ages, sexes, ethnicities, religions, sexual orientations, gender identities, and ableness, and reject anyone who will discriminate on any of these bases.

The promotion of social equity and diversity in our activities remains fundamental to our game as a requirement for participation. As such, the SCA Ltd Board and the SCANZ committee continue to actively look at the best strategies and actions we can take to support this commitment. In the coming weeks and months, we will be inviting you to play an active part in developing these strategies and actions that will support our game and its future.

Georgia Winter,
Chair, SCA Ltd

David Maclagan
Chair, SCANZ



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 Shire of Darton

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

Midwinter (2019) hosted by Barony of Southron Gaard

- *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 5: Tournament

Tournament is not the time to practice controlling your emotions. This is why considering your psychological state during training is so important, because in tournament you should not think, or practice, you focus. And this is what one should strive to develop is a mental focus for tournament, so that nothing matters but the task at hand, and you are confident that you can obtain your goal.

Appearance:

Your appearance on the field can be strongly linked to confidence. The better you look on the field, the better you feel the more confident you become and therefore the better you will perform. This applies to many forms of performance. When you go in for a job interview you look the part. You wear your most professional looking outfit, do your hair and makeup and wear uncomfortable shoes. This makes you feel the part. The same theory can be applied to field appearance. Polish your steel the week before the tournament, make a nice surcoat, re-tape your sword and paint your shield. All of these things will make you feel more prepared, and more confident.

Your Ritual:

Have a ritual or routine that suits you, that you only use before fighting in tournament. Use this as your focusing tool. It can be as simple of as intricate as you need, but should include...

Intensify your training regime a little in the weeks before the tournament.

Start building confidence and believing you can win.

Check your gear and fix anything that needs it **before** the day.

Remember that the symptoms of being 'nervous' and 'excited' are the same. Be excited! Look forward to the tournament. It's fun right!?

Pack the night before

A lot of combatants use the salutes on the field as time for a final focus before lay on is called. This is the time to breathe deep and clear your mind.



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Doing all of these things eliminates any unexpected problems that can take focus away from the tournament on the day. The fewer distractions you have from tournament, the better you should perform. Similarly I recommend avoiding anything that upsets you including confrontation before a tournament. Try to keep the most positive mood possible, because the affects of adrenalin can be intensified by the pressure you may put on yourself through entering competition. Even listening to music uplifts you during the drive to the tournament is a nice way to put yourself in a healthy and positive psychological state before tournament.

During the Tournament:

This is the tricky part. Every combatant is different and wants different things when the pressure is on. Some like to watch the fighting, because they feel they gain insight into their opponents by watching their previous fights. Some don't want to be disturbed and ask their consorts to run interference so no one speaks to them and breaks their focus. Some like to forget the tourney is on so that they can conserve focus for their fights. This is not a gender based topic, but I feel it is worth bringing up, because what you do during a tournament can either help your mental state, or trigger emotions that you don't want during this potentially high stress situation.

My recommendation is try different techniques to gain focus at training, and then experiment at tournaments until you find what gets you most comfortable.



Training the Femme Fatale:

Psychological Combat Training for the Female Perspective

By Sir Eva von Danzig

I personally like to forget the tournament's on in between my bouts. This is because I have a low threshold of focus and I like to conserve my mental energy for my fights. I also tried for years to make the serious pre-tourney rituals work for me, but no matter what variation I tried, I would be eliminated early feeling like I hadn't been in the fight at all mentally. I usually start by making sure everything is prepared the night before. Have a good breakfast and arrive early to the tourney. I take a long time to warm up mentally and I've found that doing a lot of slow work, stretches and even going for a little run to let off some excess emotional energy before the pressure is on helps. During the tournament, I find someone or a group that I feel comfortable with, who make me laugh and have a good time somewhere close enough to the herald so I can hear my call. I keep my spirits high and cheerful until my bout and then I switch into a focus with the salutes. This is a ritual that has taken me years to work towards, and I'm sure it will continue to change and evolve as I grow and it's not the way for everyone.

Finally, what I ask is that YOU as an individual find your way. This article is based on my personal experiences as a combatant, a trainer and research, but it is only a guide. Every individual has different challenges, different strengths and unique perspectives. Similarly, be proud to be a woman, but do not let your gender define the combatant you see yourself becoming. We take to the field, as in life, as equals.

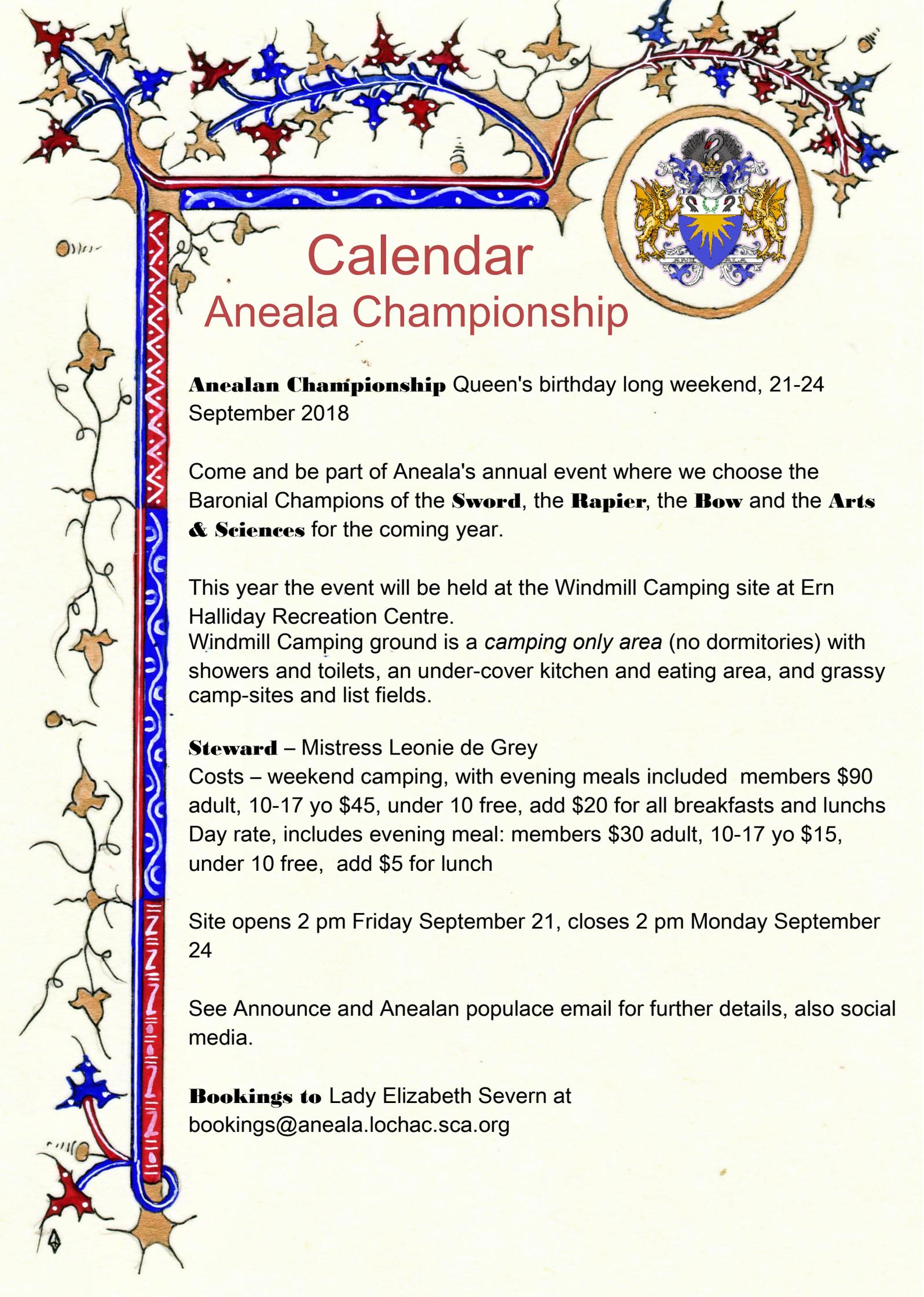


Picture used with permission from Alianore de Essewell

Calendar September



- I
- II – Sunday – Training – See regular activities
- III
- IV
- V
- VI
- VII
- VIII
- IX – Sunday – Training – See regular activities
- X
- XI
- XII
- XIII
- XIV – Friday – Council Meeting
- XV
- XVI – Sunday – Training – See regular activities – Championship Bookings Close
- XVII
- XVIII
- XIX
- XX
- XXI – Friday – Aneala Championship – See info page
- XXII – Saturday – Aneala Championship – See info page
- XXIII – Sunday – Aneala Championship – See info page
- XXIV – Monday – Aneala Championship – See info page
- XXV
- XXVI
- XXVII
- XXVIII
- XXIX
- XXX – Sunday – Training – See regular activities
- XXXI



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 on the 1st and 3rd Wednesdays of each month 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, we stuck to the plan and continued our focus on Anello and Gelosia. That contrapasso step that I mentioned? Still giving us some trouble, but we persevere!

We brought a few new dances into the rotation in August. Sticking with the fifteenth century Italian dance category, we did Belfiore. When people can't remember which dance Belfiore is, I usually describe it as "the other duck dance" because it bears some similarities to Petit Vriens. The timing can be a little tricky in Belfiore, but other than that it's a relatively simple dance with lots of cute passages.

We also branched out, staying in the same time period (fifteenth century) but shifting focus from Italian dances to English dances. These dances are "newer" in the sense that the book they are described in was discovered relatively recently, in the 80s. The source is actually a notebook that was found in Derbyshire, England. It contains lots of different information, as it is actually someone's journal from approximately the year 1500. Some of that information is dance steps and music and these are called the Gresley Manual. When we talk about doing "Gresley Dances" these are the dances that we're talking about. The dance reconstructions that we use are out of a book called Eschewynge of Ydlenesse.

The Gresley dances tend to be easier to learn than the Italian dances from the same period. We covered 4 of them! We did Prenes en Gre, Prenes a Gard, Lybens Distonys and Estampie #5. My favourite of these is Lybens Distonys, which is a really easy and fun dance for partners dancing in a circle – or at least, that's how we dance it here in Aneala!

Next month at Dance Practice: we polish up Anello, Gelosia and Belfiore and continue to look at the Gresley dances. Will we do your favourite dance? Come along to find out!



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

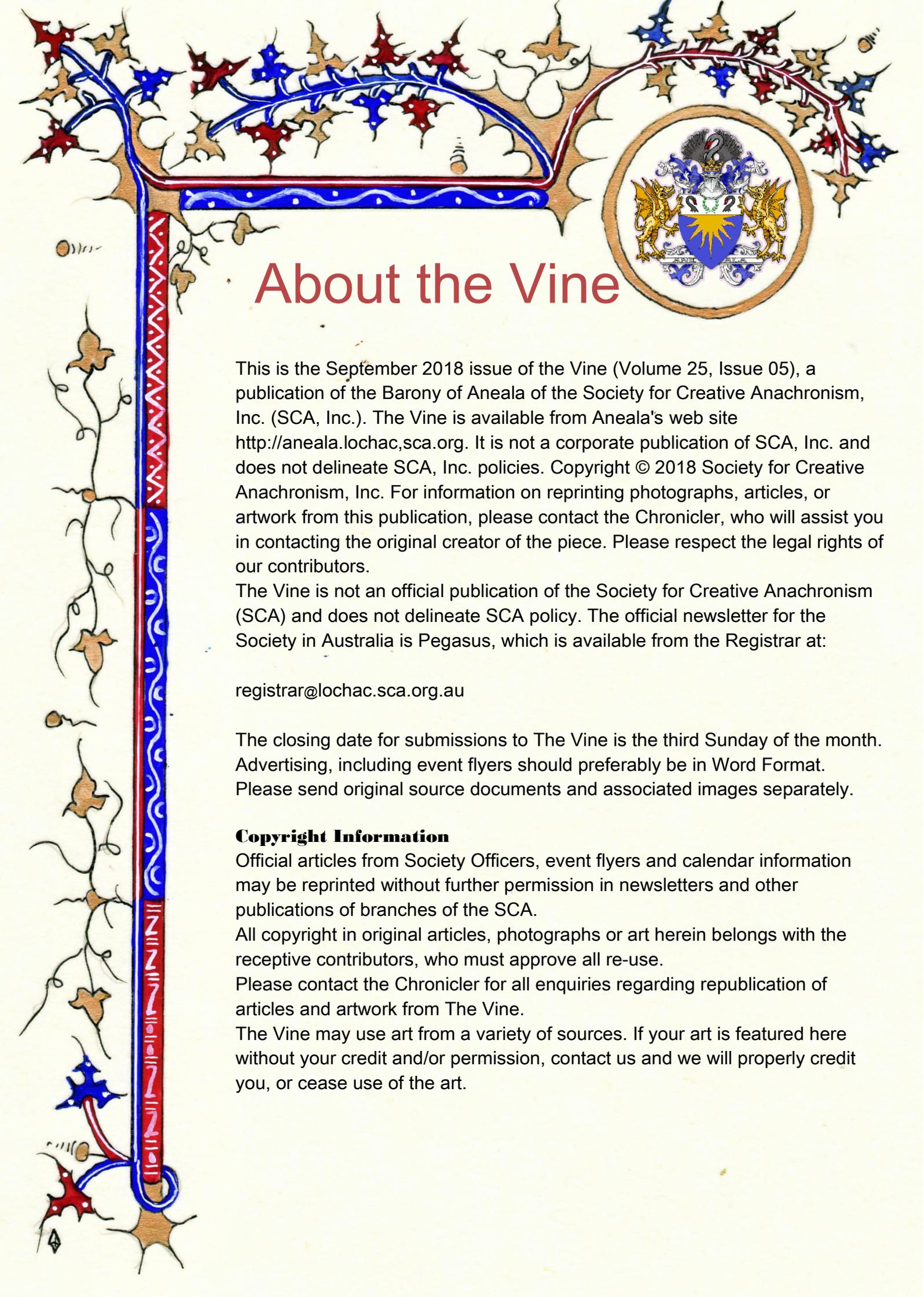
Contact Agostino: marshal@aneala.lochac.sca.org

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

This is the September 2018 issue of the Vine (Volume 25, Issue 05), a publication of the Barony of Aneala of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Vine is available from Aneala's web site <http://aneala.lochac.sca.org>. It is not a corporate publication of SCA, Inc. and does not delineate SCA, Inc. policies. Copyright © 2018 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

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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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