

The Vine

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Regnum



KING & QUEEN OF LOCHAC

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BARONESS GINEVRA LUCIA DI NAMORAZA



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CHAMPION OF THE BOW
CHAMPION OF THE RAPIER
CHAMPION OF ARTS & SCIENCES
BARD OF ANEALA
PAGE OF ANEALA

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LADY LEOFLAEDA AELFWYNNSDOHTIR
NOBLE CAMILLE MAUPIN D'FRANCOIS
SIR ANDRE DE MONTSEGUR
HON GWYN CANTOR
COOPER OF ANEALA



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Baronial Missive



Greetings to the Populace of Aneala,

Happy New Year! But only on the mundane calendar. The SCA new year begins in May so we're not quite there yet.

Do you have an SCA resolution for 2024? It's a great time to set yourself a personal challenge. Maybe you want to run your first event this year (contact Aneala's Seneschal, Sir Nathan Blacktower, for support with this one), take up a new martial art or research some new garb. Whatever direction your interests take you, we encourage you to pursue it with fun in your heart!

What's coming up in 2024? We were really pleased to see a number of events approved at December Council and so have much to report. We hope that these upcoming events get you as excited as we are for what is to come this year!

A Grene Midsummer Revel

20th January 2024 See details at <https://aneala.lochac.sca.org/calendar/>

Aneala runs an annual Midsummer event and while the weather is not always kind at this time of year, steward Gwyn Cantor has chosen an air-conditioned hall to retreat into after games on the lawn in the evening. Don't miss out on one of Aneala's key events!

Sword Schola Aneala

10th & 11th February 2024 See details at <https://aneala.lochac.sca.org/calendar/>

Some rapier teachers from Innilgard are flying West to teach here in Aneala. If you're a rapier fighter, come to the whole event for an intensive weekend of classes. If you're not a rapier fighter, just come on the Sunday to watch rapier guild prizes in the morning, enjoy a pot-luck lunch and watch a challenge tourney in the afternoon.

Collegia

23rd March 2024 Further details coming soon to <https://aneala.lochac.sca.org/calendar/>

Featuring a newcomers' stream along with other classes and a pot-luck lunch, this is sure to be a great day of learning and teaching. More information such as specific classes and times is still to come.



Baronial Missive



Western Raids

31st May to 3rd June 2024 See details at <https://westernraids.lochac.sca.org>

A massive event, camping under the stars and singing around the campfire with your friends – what's not to love?! Steward Sir Nathan Blacktower has described the event using these key phrases to draw you in: discover the silk road markets; feats of prowess and competitions; entertainment beyond imagining; bardic tales by the fire. This is the event that typically attracts the most visitors from outside Aneala – what a great opportunity to show off the best of what we do here!

And although it's not an event run here in Aneala/WA, we would like to make special mention of Rowany Festival 2024. Having been thwarted in all our other recent attempts to attend, we are hoping (cross fingers, touch wood, etc.) that 2024 is the year we'll get there.

Although it's not an option for everyone, if you'd like to enjoy Lochac's biggest SCA event with us and other travelling Anealans, consider making the trip across to New South Wales for Rowany Festival. See details at <https://festival.lochac.sca.org>

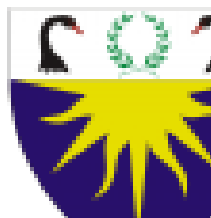
With Midsummer coming up, which again is one of Aneala's key traditional events, we would like to encourage everyone to send in Award Recommendations to us. You see things that we don't and we greatly appreciate your advice about who is doing what awesome stuff around the Barony. (And yes this very much includes the Canton of Dragon's Bay and the College of Saint Basil the Great!) Not sure how?

It doesn't have to be too formal, just flick an email to us at aneala@aneala.lochac.sca.org and tell us what you've been noticing.

Until we see you next, take care of yourselves.

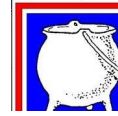
Yours in Service,

Baron Agostino and Baroness Elizabeth





Lochac Cooks Guild



Cherry pottage (vegetarian)

'Tak cheryes & do out the stones & grynde hem wel & draw hem thorw a streynour & do it in a pot. & do therto whit gres or swete botere & myed wastel bred, & cast therto good wyn & sugre, & salte it & stere it wel togedere, & dresse it in disches; and set theryn clowe gilofre, & strewe sugre aboue.'

– Mnesitheus, quoted in Oribasius, Medical Collections 4, 4, 1.

This cherry pottage was a genteel dish, being made with wine and white bread, and called for the use of precious white sugar! Soluble gold gouache can be used to gild the tops of whole cloves, but don't eat them as they are very strong – they're just for decoration here.

Serves 6

Ingredients

900g fresh ripe red cherries

350ml red wine

175g white sugar

50g unsalted butter

225g soft white breadcrumbs

Pinch of salt

Flower heads of small clove pinks or gilded whole cloves (according to season)

Coarse white sugar for sprinkling

Method

Wash the cherries and discard the stems and stones. Purée the fruit in a blender with 150ml of the wine and half the sugar. Add a little more wine if you need to. Melt the butter in a saucepan and add the fruit purée, breadcrumbs, remaining wine, sugar and salt. Simmer, stirring steadily, until the purée is very thick. Pour into a serving bowl, cover and leave to cool. When quite cold, decorate the edge of the bowl with flowers or whole cloves, and sprinkle coarse sugar over the centre.

<https://www.britishmuseum.org/blog/how-cook-medieval-feast-11-recipes-middle-ages>

The Medieval Cookbook by Maggie Black





Fencing Marshal

Master Don Donnchadh Baillie



Timing and Tempo in Italian Fencing

Timing and tempo are essential aspects of fencing. The fencer aims to control the distance and timing of their attacks by controlling the tempo of the bout.

In fencing, Timing refers to the ability to execute an attack or counterattack at the right moment. This means executing a thrust or lunge at the exact moment when the opponent is most vulnerable. Timing of a feint, or false attack, to create an opening for a real attack. This requires an understanding of distance and timing, as well as a constant awareness of the opponent's movements.

To improve your timing in fencing, it's important to practice drills that focus on these different aspects of timing. By training your body to react quickly and accurately, you'll be better equipped to make split-second decisions while fencing.

There is a balance between observation, anticipation, and action. It is important to learn to perceive the slightest cues from your opponent—a shift in weight, a movement of the eyes, or the subtle positioning of the blade. This awareness allows fencers to determine the most opportune moment to strike or parry.

Tempo refers to the rhythm or pace of the bout. It involves manipulating the speed, intensity, and using a variation of actions to control your opponent. By disrupting your opponent's tempo while maintaining your own, a fencer can assert dominance upon the bout. A fencer uses changes in tempo to disrupt their opponent's rhythm and create openings for attacks. This requires quick reflexes, the ability to read the opponent's movements, and an understanding of the principles of timing and distance.

For example, if you're facing an opponent who is very aggressive and likes to attack quickly, you can use a slower tempo to throw them off and create openings for counter-attacks. Alternatively, if you're facing an opponent who is very cautious and defensive, you can use a faster tempo to pressure them and force them to make mistakes.

The Italian Masters like Capo Ferro, Agrippa, and Fabris, emphasize a balance of timing and tempo. Their treatises note the importance of balance, footwork, and blade work, together with timing and tempo. With practice these principles become instinctive responses ingrained in muscle memory.

In conclusion, timing and tempo stand at the core of fencing. By mastering these techniques, you'll be better equipped to anticipate your opponent's moves, create openings for attacks, and gain an advantage in matches.



DARLINGTON A&S SATURDAYS

We have booked our new monthly dates for 2024.
1/3 Owen Road Darlington
10am to 1pm

\$3 per adult. Minors free.
Non-members Add \$10 per Adult, \$5 per Minor.
Please bring correct change if paying cash.
Electronic payments are fine.

January 27th	Edith's Illumination class
February 24th	
March 23rd	Collegium 9:30am to 3:30pm
April 27th	
May 25th	
June 22nd	
July 27th	
August 24th	
September 28th	
October 19th	
November 23rd	
December 14th	

Master Donnchadh, Provost, will be running his Fencing Guild Classes from 10:30am to 11:30am each month.

"Fencing training at Darlington A&S is dedicated to Guild Training. Fencing activities will be concentrating on Period fencing techniques from different treaties and preparation as pertaining to the successful playing of Guild prizes of different ranks."

Cooks Guild activities are also being planned.

If anyone would like to run a class this year, on the topic of their choice, please contact me so we can advertise and make it happen. We would like classes to be a regular activity but are equally happy if you just want to come along to socialise and work on your own projects.

Bella Valori
Darlington A&S Steward
kerryn@ladybirdpainting.com.au



A GRENE MIDSUMMER REVEL

Date: Saturday 20th January
Event type: Feast
Site: Mount Hawthorn Lesser Hall
197 Scarborough Beach Road Mount Hawthorn
Steward: Gwyn Cantor
Time: Set-Up: 4:30pm
Games and First Course: 5pm in Braithwaite Park
just outside the hall
Court and Second Course: from 6:30pm inside hall
Dancing, dessert and revelry: until 10pm
Bookings: Close 14 January 2024
bookings@aneala.lochac.sca.org
Price: \$13 for adult members
\$6.50 for minor members (age 10 to 18).
Under 10s free.
Non-Member Insurance of \$10 per adult and \$5 per child applies.

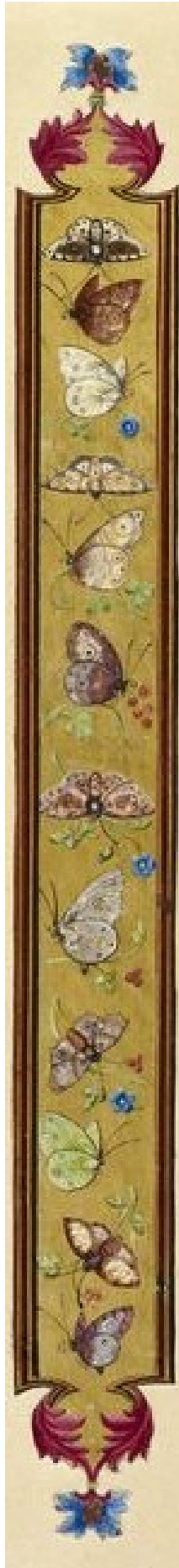
Celebrate the new year, long evenings, abundant fresh harvest and lush gardens with the Barony of Aneala at a Grene Midsummer Revel. Play a game on the lawn or enjoy the shade of the trees with light morsels and good company, then follow into the cooled hall for feasting, dancing and revelry. Perhaps show off your favourite clothing, or your talents with an arts and sciences competition entry, both on the theme of "green" - interpreted very generously.

UPDATE

Event Change: A Grene Midsummer Revel will now be potluck.
Pricing has changed accordingly.
We invite the populace to bring dishes from the wonderful menu prepared by Lady Bella and Dame Edith.

You could also bring something entirely different or just BYO if you don't want to be part of the potluck.

When booking you will receive Bella's email address.
Please contact her if you wish to choose an item from the menu.



SWORD SCHOLA

Date: Saturday 10th & Sunday 11th February
Event type: Collegium
Site: Maida Vale Scouts main Hall, 50 Newburn Road,
High Wycombe
Steward: Maestrø Pantero Pantera di Valembrosa
Time: 9am to 5pm Sat & Sun
Bookings: Close 5th February
claregwyneth@gmail.com
Price: Full event \$40
Day rate Saturday or Sunday \$20
Sunday Tourney spectator \$5
Non fencing Under 8s free
Fencing youth 12+ adult price.

Non-Member Insurance of \$10 per adult and \$5 per child applies.

This February the Innilgard Incursion of Rapier Teachers will grace our shores, and our fencers with their knowledge. Join us across 2 days of intensive rapier classes, coaching, socialising, and activities. We shall show them the hospitality of Aneala by finishing the weekend with a Sunday Challenge Tourney and potluck.

All rapier fighters, authorised or students, are encouraged to attend classes across various skill levels and styles (only authorised fencers can enter the tourney).

Saturday: Classes, garb optional

Sunday: more classes, guild prize, pot luck and a challenge tourney, garbed.

Timetable

Saturday Day, 10th Feb 2024:

9 am start

Beginners and Advanced Classes

Lunch is provided, booking essential

Beginners and Advanced Classes

Training Finish 5 pm

Sunday Day, 11th Feb 2024:

9 am start

Beginners and Advanced Classes

10 am Guild of Defence Prizes

Lunch - Pot Luck

1 pm to 4.30 pm Challenge Tourney

5 pm event close



COLLEGIUM

Date: Saturday 23rd March
Event type: Arts & Sciences Classes
Site: Darlington Hall,
3 Owen Road Darlington
Steward: Bella Valori
kerryn@ladybirdpainting.com.au
Time: Set-Up: 9:30am
10am Classes
12pm Potluck Lunch
12:30 Classes
3:15 Pack up
3:30 Leave site
Bookings: Close Sunday 17th March
bookings@aneala.lochac.sca.org
Price: \$5 for adult members
\$2.50 for minor members (age 7 to 18).
Under 6's free.
Non-Member Insurance of \$10 per adult and \$5 per child applies.

A day of practical classes

I am hoping to a variety of classes aimed at helping new members with some basics to get them started.
Eg. Headwear, basic garb like tunics, belts, rapier hoods etc.

There will also be classes suitable for regular members.

Schedule of classes coming soon.
Bookings will open when classes have been scheduled.

If you would like to run a class please contact the Steward.



WESTERN RAIDS

<https://westernraids.lochac.sca.org/>

Date: Friday 31st May to Monday 3rd June
Event type: Camping Weekend
Site: Wandii Progress Association
302 De Haer Rd, Wandii
Steward: Nathan Blacktower
Time: Site Open for setup from 12 pm Friday 31st
Onsite from 3 pm Friday 31st
Event Closed By 12 pm Monday 3rd
Offsite 6 pm Monday 3rd
Bookings: Close 19 May 2024
bookings@westernraids.lochac.sca.org
Price: Adult member - full event: \$105.00
Adult member – Friday: \$20.00
Adult member – Saturday: \$55.00
Adult member – Sunday: \$50.00
Youth (12-17) member - full event: \$50.00
Youth (12-17) member – Saturday: \$25.00
Youth (12-17) member – Sunday: \$20.00
Child (5-11) member - full event: \$25.00
Child (5-11) member – Saturday: \$12.50
Child (5-11) member – Sunday: \$10.00
Families (2 Adults & 2 or more children) receive a 15% discount.
Non-member insurance fee of \$10 per adult / \$5 per child applies.

Greetings, noble travellers,

Embark on a journey to the far western reaches of Lochac for an unforgettable weekend of medieval immersion at Western Raids! Join like-minded friends in a realm of adventure where the echoes of the past come alive.

Discover the Silk Road Markets:

Step into a vibrant marketplace filled with treasures and delights inspired by the Silk Road. Browse through a myriad of wares, savour exotic treats, and immerse yourself in the rich tapestry of medieval craftsmanship.

Feats of Prowess and Competitions:

Witness and partake in epic tournaments and displays of skill that will transport you back to an age of chivalry and honour. Engage in friendly competition, showcase your prowess, and claim glory on the battlefield.

Entertainment Beyond Imagining:

Delight in the merriment of singing, dancing, and a myriad of medieval activities that will captivate your senses. Attend classes to hone your skills or learn ancient arts, ensuring that every moment is filled with enchantment.

Bardic Tales by the Fire:

As the sun sets, gather around the flickering flames to share your best Bardic tales, songs, or performances. Warm your spirit with the camaraderie of fellow travellers and let the tales of old weave a spellbinding atmosphere.

Bookings Officer Assistance:

For our esteemed travellers, our diligent bookings officer awaits your arrival to assist with any arrangements. Ensure a seamless experience by checking in and letting us cater to your needs with the utmost care and hospitality. Join us for a weekend where medieval history takes over, forge memories that will last a lifetime. Western Raids beckon, and the adventure awaits!

May your journey be swift and your heart filled with the spirit of medieval revelry!



Baronial Activities

Regular activities occur unless superseded by an event

Baronial Council Meeting.

3rd Friday of each month, room opens at 7pm for a 7:30pm start.
Contact [Baron and Baroness](#)

Baronial Training

Sunday from 10am. Lake Monger Primary School, Dodd St, Wembley

Archery . (Contact [Archery Marshal](#)).

Armoured Training. (Contact [Armoured Marshal](#)).

Rapier Combat. (Contact [Rapier Marshal](#)).

Combined Training and Arts & Sciences

2nd Sunday of each month. 10am to 1pm
Spearwood Primary School, 73 Gerald St, Spearwood

Darlington Arts & Sciences

Varied Saturday's of the month. 10am to 1pm

Darlington Hall, 3 Owen Road Darlington

Contact: kerryn@ladybirdpainting.com.au

Canton of Dragon's Bay

Please check the [Dragon's Bay website](#) for details

Other non-SCA events of interest

Music and Singing. For times and venues, contact [Lady Isabel](#).

Scribes. Tuesday nights. Contact **Mistress Leonie**

Dancing is on the 1st and 3rd Wednesdays of each month.

Contact [Baroness Elizabeth](#).

Event Booking Policy

Payment for all bookings must be made in advance of the event by the date advised in the booking confirmation email. If payment is not received by the due date your booking will be cancelled.

Payment may be made either online or at any Westpac bank branch.

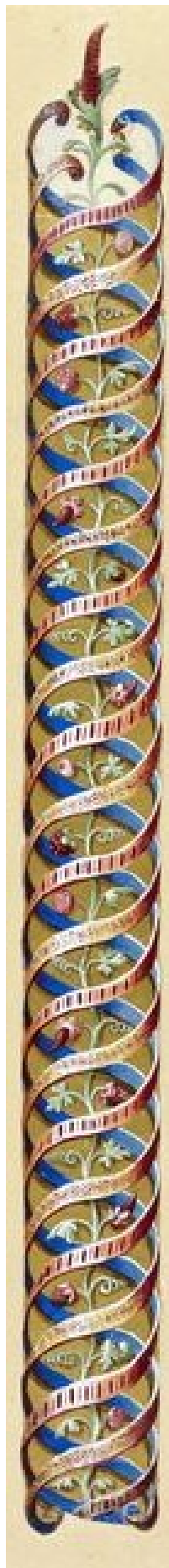
Event Cancellation/Refund Policy

Cancellation can be made at any time up to the close of bookings with a full refund provided for any event payment already made.

Cancellation after close of bookings will be accepted in the case of illness with a refund provided. Please contact the booking officer ASAP prior to the event.

Refunds (full or partial) for any other reason are at the discretion of the event steward together with the seneschal and/or reeve and will be dependant on expenses incurred.

Participants are reminded that if they are unwell or showing cold or flu-like symptoms, they must not attend.



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 Baroness Elizabeth: aneala@aneala.lochac.sca.org

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 Master Dameon Greybeard :dameongreybeard@gmail.com

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 Mistress Leonie de Grey: degrey@fgcint.com

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@iinet.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:

Lochac Cooks' Guild

Members of the Lochac Cooks' Guild aim to practice cooking in the style of the Medieval and Renaissance periods, research and study period cooking and make available information on all aspects of period cooking as it pertains to the Society for Creative Anachronism

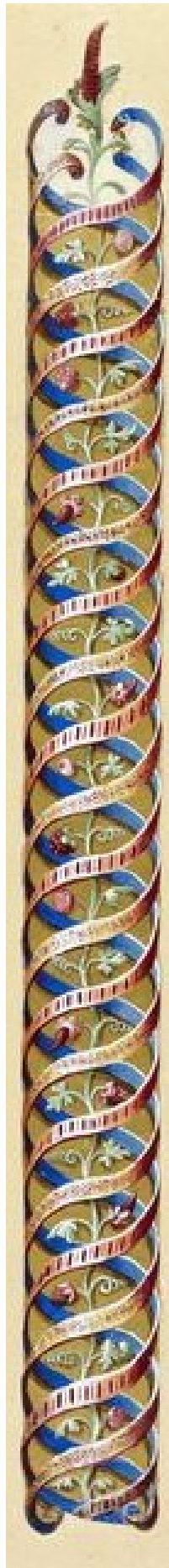
Contact: Bella Valori kerryn@ladybirdpainting.com.au

SCA Group Websites

Barony of Aneala (Perth, WA)	aneala.lochac.sca.org
Canton of Dragons Bay	dragonsbay.lochac.sca.org
College of St Basil the Great (UWA)	stbasil.lochac.sca.org
Kingdom of Lochac (Australia & New Zealand)	lochac.sca.org
SCA Corporate (Australia)	sca.org.au
SCA Corporate (World-wide)	sca.org



TACUINUM SANITATIS.
14TH CENTURY.
MEDIEVAL HANDBOOK OF HEALTH.
BOAR HUNTING. FOLIO 96R



About the Vine

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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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<https://www.tania-crossingham.com/illuminated-letters-gallery>

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