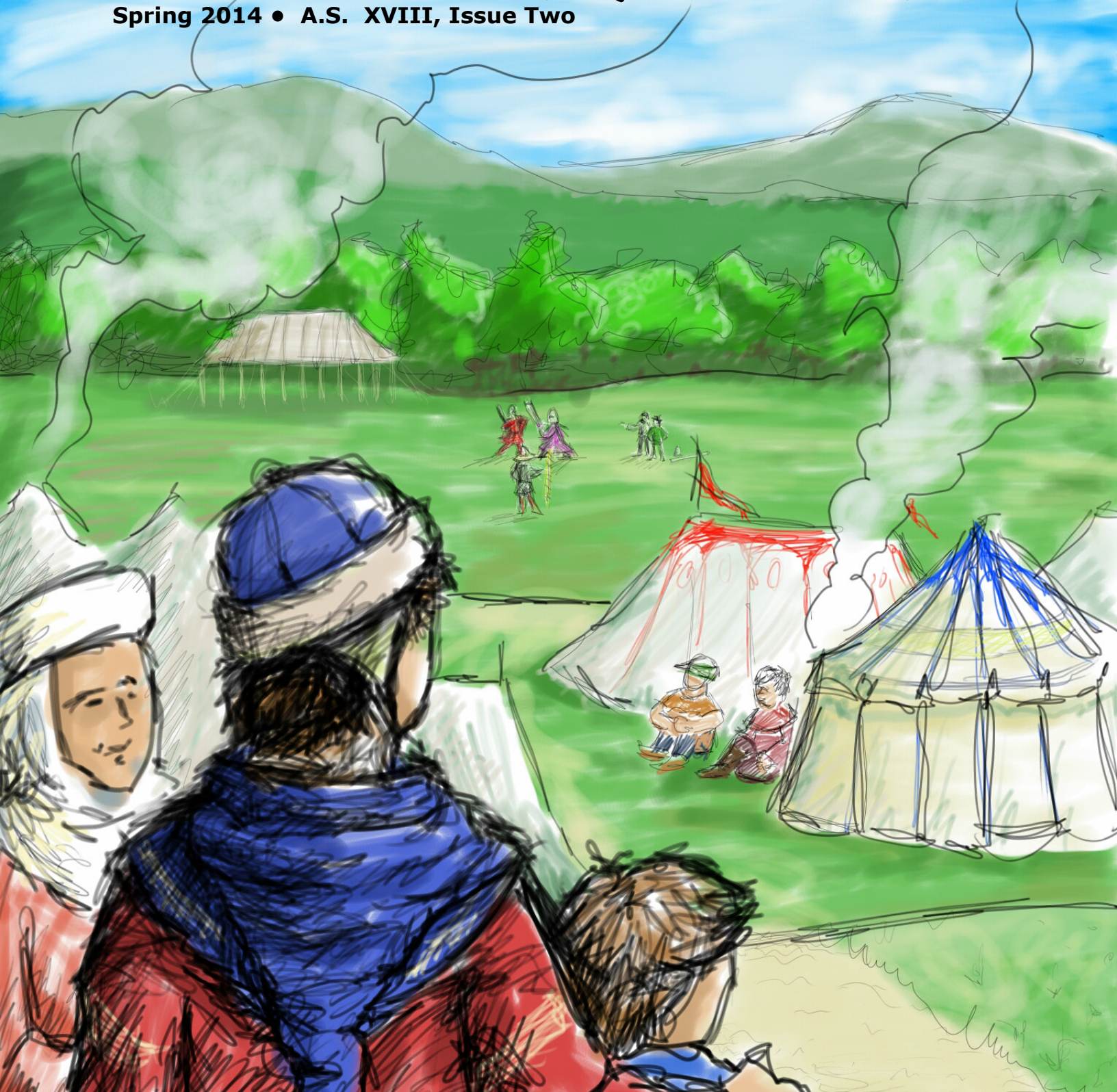


the Moonstone

Spring 2014 • A.S. XVIII, Issue Two



All the news of Malagentia that is suitable for repeating in mixed company



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Dispatch from the Chronicler

One of my first events in the SCA was Great Northeastern War. I managed to beg a corner of a tent and showed up with a sleeping bag, my one set of garb, a jug of water, a loaf of bread and my fencing gear. I was woefully unprepared.

I recall snippets from that blur of a weekend - fencing in the hot sun while wearing leather pants, witnessing a Heavy List melee for the first time, being in awe of the gorgeous canvas pavilions. There were singers and dancers and campfires and endless rounds of "No sh!+, there I was..." stories. It was a grand time.

The thing I remember most, however, is the sense of wonder and delight at being surrounded by all these amazing people. This medieval village magically came together for an unforgettable weekend and at the end, disappeared behind the veil of the mundane world. It was a place I desperately wanted to go back to and I counted the days until I could do it again.

Some of you will be camping for the first time this year. Don't panic if this seems like a Herculean proposition. Malagentia is filled with many people who have decades of experience and are happy to offer advice. You'll also find a brief primer on Page 30 to give you an idea of what to pack for a weekend event. A word of warning though - these weekend events can be addictive. It doesn't take long before new campers

begin plotting their first canvas tent or how to better arrange their gear around the fire pit for next time.

Veteran campers may remember the feelings of nervous excitement; wondering if you brought enough food or what crucial piece of equipment was left behind. For many of us, those concerns have been replaced with something far sweeter - nostalgia. Who among us doesn't feel that first truly warm breeze of spring and not begin to dream of days on the battlefield and nights filled with song, laughter and dear friends? This is the time of year when the countdown to Pennsic begins. Tents are set up to air them out after a long winter in storage. Equipment is checked and repaired. Many folks, especially those with growing children, begin garb sewing projects that start to resemble sweat shops. Most of us look forward to these early days of the season as a promise of the fun times to come.

This issue of the Moonstone is full of incredible articles that are sure to get you ready for this summer, and I hope you take the time to read them all and become inspired for the 2014 camping season. It promises to be a good one. To campers new and old I say, "Welcome home".



Cover art by Lord John "Izzo" Fowler

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PUBLISHING POLICY

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The Moonstone is supplemented by the much shorter newsletter, *MoonLite*, which is published seven times a year as a record of the events of the Province of Malagentia. There are no August publications in Malagentia.



from the pen of the Seneschal

Greetings to all,

Our fair lands have seen such a long winter, but hope of spring is near as the snows give way to rain and the winds lose their bitter edge. The turn of the season is upon us and not a moment too soon.

Many of us toil in our homes during the winter months working on projects that we will happily put into use during the warmer times. Long winters as these can sometimes keep us from community, but unlike those winters past I have seen a change. I have seen our populace still keeping in touch with one another.

Still meeting and sharing ideas, planning, and looking to the near future with hope. It is a testament to our endurance of the cold, a further demonstration of what it means to be northern.

The days are growing longer now. Soon we will see practices move to the green grasses, we will have tents to place in fields, and we will sit around fires and share our stories with dear old friends and hopefully make some new ones. We shall see wars soon, but wars of the best kind where friends can face one another to

show dedication and skill and afterwards get to raise a cup to each other celebrating our works.

As I write this, I can recall reading of ancient rites of spring. Some cultures burned effigies of winter, dances and songs performed, and ceremonial foods eaten in hopes of ushering in spring. I think often what my rite of spring would be. Sometimes I think that watching a sunrise on one of some of the first warm days would be best. I would also be just as happy with one Russian ceremony of old that involves eating pancakes. But it is no surprise that I



like pancakes.

To however you keep the celebration of spring and the summer months to come, I raise my glass to you all and look forward to our revels.

Ever in your service,

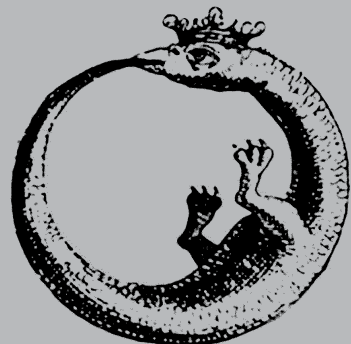
Christian Woolfe

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Thinking about running Great Northeastern War in 2015?

Consider submitting your bid now so that we can announce our next GNEW Autocrat during Closing Ceremonies this year. Contact Master Christian or Mistress Honig if you'd like to know more.



This Month in Malagentia

Province Notes

From the Seneschal: Future Province meetings will have a monthly topic. Topics are geared toward letting folks know about the working of the Province and Kingdom and include things like "How to submit an event bid" or "How to recommend someone for an award".

The word of the month is "Crumhorn". Anyone interested in finding out is invited to attend the Bardic Symposium in Giggleswick on May 3.

From the Deputy Minister of Arts and Sciences: In the words of our beloved A&S Minister, who was unable to be with us this evening, "We has them!"

Bardic Brunch is at the Big House in Portland and is open to any SCAdian. The puppet theater is coming together nicely and the group is doing lots of improv and work on a musical interlude-y thing for GNEW. If you are interested in Bardic Brunch or any of the Malagentian Bardic activities, please join the *Malagentia Bardic Group* on Facebook.

Dance practice had 11 attendees.

Music is back on Wednesdays after an extended winter break. Check the Malagentia website or Yahoo Group for dates and times.

The Malagentian Calligraphy and Illumination workshop starts up again very soon. Dates and times to be posted.

Her Majesty has decided on the design of her favors. A link to the pattern can be found on the Malagentia website.

From the Herald: Contact the Herald if you are interested in your own name and device. The Herald has received a hardcopy of the updated Order of Precedence (OP). The online OP is being updated and can be found at <http://op.wiglaf.org/>

If you find an error with your OP entry, send corrections to Conall. He's collecting a list so as not to have duplicate corrections submitted.

From the Deputy Web Minister: The Yahoo Group and the Malagentian website www.malagentia.org, continue to be the official groups for notices. If you make an event notice to Facebook, please crosspost on the Yahoo Group. If you need anything added to the Malagentian website, contact Izzo, Baroness Mylisant or Christiana.

From the Exchequer: Lady Tiernan

will only be available at the May, June and November Province meetings. If you need a check for anything, please make arrangements with her.

From the Quartermaster: If you need anything from storage, please contact Speedbump early. While he is somewhat mobile now, he will need extra time to make arrangements to get over to the storage unit.

From the Knight Marshall: Fighting happens every Tuesday from 6 to 9 PM at Sullivan Gym on the USM Portland campus. Practice will move outside around the second or third week of May, as weather and an increase in light permit.

Heavy List University is scheduled for Saturday, April 12 in Eliot. [*Chronicler's Note: Event report and photos from Heavy List U are on page 14.*]

If you are planning to go to crown, please note that it is in Canada and a valid US passport is needed.

From The Minister of Fence: Rapier combat happens from 6 to 9 PM on Tuesdays at the Sullivan Gym on the USM Portland campus. Cut and Thrust is growing and there is an effort to acquire extra equipment for loaner gear.

The Fencer's Colloquium had its first meeting on April 13 at Dobra Tea. Be sure to check the website for future meeting info.

From the Archery Captain: Still waiting for the snow to melt. Lord Deormund has returned to the north and will announce practices as they become a thing.

From the Minister of the Lists: Contact Lady Wynefryde if you are in need of cards. If you are planning to fight at GNEW, please be sure to get authorized soon.

From the Chancellor Minor: The youth of Malagentia are still in hiding. Lady Thalia is in conversations with Q regarding loaner weapons and armor for youth fighting.

If you have interest in becoming a Warranted Youth Officer, please get in touch with Thalia so she can start the process. Interested candidates must be paid members of the SCA and must pass a background check. More information on Youth Services can be found in the East Kingdom Chancellor Minor Handbook

Malagentian Mayhem

At the King's and Queen's Rapier Championship on March 29 in The Barony Beyond the Mountain, **Col. Christian Woolfe** was made a Companion of the Order of the Pelican.

Lord Lucien de Wyntere made it to the final the finals of the King's and Queen's Rapier Championship. This final pairing was the best 3 of 5 and went all five rounds in what was reported to be a nail-biter of a competition.

Dance Practice had a special guest from Trimaris, **Lady Muirin ni Clerigh**.

http://eastkingdom.org/Law/chan_minor_handbook.pdf

There is a request from Her Majesty that royal progress events have service opportunities for youth under 12. Children who participate in these activities will have a chance to be called into court and recognized for their efforts. If you are in charge of a department for GNEW, please think about ways that young children might be able to help out and get in touch with Thalia.

In Other Business

The **Tyger and Bucket Tavern** will be open for business May 3 at the Ossipee Snowmobile Club. The rather racy but delicious-sounding menu has been posted. It has been announced that there will be a Pub Quiz at Tavern this year. Teams will be three people or less and the grand prize is a paid Fall Tavern bill!

The **Great Northeastern War** needs volunteers! There are a limited number of spaces on the setup crew, and the benefit is that you get to set up your tent on Wednesday, July 9 (regular campground fees apply for people setting up early). Even if you do not come to set up early, please consider lending a hand on one of the many tasks that need to be done throughout the weekend. If everyone lends a hand just once over the course of the event, the work load will be much lighter for all of us. Contact Astrid at garouguru72@yahoo.com if you are interested in volunteering.

From the Herald

Greetings to the wonderful “Bad” gentles of Malagentia, With this issue, a lot of wonderful things have been added to our website for your enjoyment. First, I wish to bring up our “Order of Precedence” also known as “OP” for short. An OP within the SCA is a list of gentles, and their awards and accomplishments, in order from Duke to Lord. Within the last few years, I have been combing the archives, looking through the East Kingdom large tomes, and I have constructed one for our lands on our website. You can find it located here:

<http://malagentia.eastkingdom.org/main/malagentia-order-of-precedence/>

This is a wonderful tool for us at a glance to find out what gentles, have for achievements, and honors.

Another portion of our website I wish to bring to your attention is our Passed Names and Devices. This was set up to show everyone’s current passed name on record and devices as shown from the College of Heraldry. Now if you are asking yourself “I know that my name was submitted but I do not see it here”, names without a device attached have not been added as of yet. Also, the “cool factor” in this is that with each gentle that has an East Kingdom Wiki page,



I have attached the link of your wiki page to your own personal device. With a click of the mouse (or, in period, a flick of the wand) we can see more about you, your persona, and projects you are working on. This can be found here:

<http://malagentia.eastkingdom.org/main/passed-names-and-devices-2/>

Updating these two pages is time consuming, so please be patient with me if you have reached out and do not see the changes yet.

The college is working very hard to get everyone’s wishes through for their own name, and personal device, household name and device or badge, or even local group. So exciting news to come. As always, I am available for any and all heraldry questions that you may have, by email at herald@malagentia.org or on Facebook as Conal an Doire

In service to the dream, and yours in most delightful service,

Conall an Doire
Herald of Malagentia



Discovering the Dream

by Muirenn Ban

First, let me say – shamelessly and boldly – I am stepping away from obscurity in writing this for three very basic reasons. One: I am relatively new to the Society. It occurred to me, as I listen at the Province meetings and see posted on social media pages, that as a “newbie” I have a unique perspective. Perhaps by sharing my thoughts I can help enhance the experience of those who are also new and the more seasoned.

Two: This is a game. I want to play! Adding my voice and perspective is a jolly good way to get my feet wet. This is the wonderful part of the SCA to me. There is no hard line as to where you start or end. Pick a spot where you are comfortable or challenge yourself. Either way it is about fun and learning and sharing.

Three: Cookies! Yes. You read that correctly. Cookies are a magical impetus. Perhaps had they been utilized more skillfully through the ages, history might well have played out in a vastly different manner.

A friend first told me about the Society for Creative Anachronism about five years ago. It may have been one of the best recommendations of my life. That said, I will acknowledge doing this takes time and effort. It is worth the return in making new friends and expanding your horizons. One of the original intentions of the creation of the game was “effort”. To celebrate days past when “by hand” was the only way to accomplish most everything. Technology was fine craftsmanship – forging a sword, sewing clothing and beautifully embellishing it, cooking, singing dancing – all were part of the work of life. They are today as well, but with technology strapped to our heads and virtual reality becoming more real than anything else, isn’t it humbling when you look at what your own human form can accomplish when you focus and set an intent? Oh the joy of seeing something you have created used by someone, or worn, or consumed, sung or carried into battle. There is real magic there.

As a newcomer things can at first seem daunting. Folks have more than one name (mundane and persona) and often people

have known each other for many years and are able to easily interchange the two. Seeing the accomplished efforts of seasoned members can either spark a flame of desire to emulate and become a part of it all, or stir a feeling of overwhelming fear that perhaps this is too complicated and the feeling that maybe I am just not that smart. This is a halcyon moment. A point where a future lord or lady might easily be missed. A smile and an open welcome with a calm but inclusive attitude can go far in planting many seeds of the “dream”.

The very first event I attended, I knew no one. I am by nature a rather shy sort. It took a tremendous amount of self coaching just to get to the gate. It was Great Northeastern War. I had no garb. (Thank you all who donate for the loaner garb. I am so grateful!) It poured while I was there. I almost turned away. I figured in for a penny, in for a pound. While I was a bit lost with a soggy map and no sense of where everything was, I found myself wandering down merchants’ row. Many friendly faces and kind greetings actually brightened the day for me. This is one bounty at the very heart of the game.

Each time you have contact one to another, be it with a fresh new face or one grown dear with time, you exemplify the values of the Society. The few moments you may have contact with a curious newcomer are a beautiful doorway for introducing them to the potential of their own joy and discovery within the SCA. Your persona, ideas, ‘niches’ in the society are all new to those of us with eager eyes. Recall the joy, the excitement and accomplishment you felt when you first made or did something you had no idea of being able to do before. It is a heady perfume to wave in front of those of us who are exploring.

There was once a time you too, stood just outside the firelight wondering “How do they do that? Can I do it too?” This society brings folk together in learning and practicing and living in a way of long ago. The spirit is still the same one though: To learn, create and share with each other with hands of our own.



1. Cookies- one could easily achieve world domination with the right cookies. Simply with the promise of them. Perhaps Lady Christiana is plotting the overthrow of the Known World as we speak – one subject, one cookie at a time. I bow to the power of the Lady of the Cookies.

Barter Your Way to Better Gear

by Elle du Pepperell

Barter Town – some of you may or may not have heard of this wonderful SCA related group. Created by an SCA member, Michel Almond de Champagne, it was a place she envisioned and has nurtured since its creation nearly a year ago. Currently at over 3,300 members, many talented artisans have found a place to barter for goods they may need.

Bartering is simple; no money is ever used during transactions and strictly forbidden during barter discussions.

There are a few rules in Barter Town that everyone needs to follow.

1. You must trade Medieval(ish) goods or services without the exchange of money.
2. Post what Kingdom you are from, what you need and what you are willing to trade.
3. Keep it Medieval. Please don’t post items that are more appropriate for modern cosplay/steampunk/fantasy/elves.
4. Keep it appropriate. No guns, no S&M, no animals.
5. No chatting/linking to sites about

selling goods or services.

6. Above all, keep it fun! In Barter Town you’ll find a talented, creative, and fun bunch of individuals that genuinely care about their products and are willing to work with each other in order to accomplish barter and trades. Items for barter include but are not limited to fabric, custom made beads, feast gear, garb, weaponry, and other items needed for your medieval pleasure. Come and give them a look. Who knows what treasure you will find?

On Facebook under *SCA Medieval Barter Town*.

Great Northeastern War II

Winters are long in the north and when the spring finally arrives, the roads are in need of repair. The Barony of Endeweard takes issue with the tolls charged on the Great North-South Road and so calls for a judicial contest with Malagentia to dispute the weight of said tolls.

Malagentia invites one and all to come lend support to plaintiff or respondent in this action and settle once and for all the rightness of this levy.

— JULY 10-13 2014 —



Making a Medieval Folding Chair

by Fionn Mac Con Dhuibh

Several months ago I decided that our camp needed some sprucing up. One of the easiest ways to do that was to replace the aluminum camp chairs with something more period. The experience of seeing a group of abused folding chairs gathered in disarray – as though they were the ones holding the kegger – can detract a great deal from the medieval atmosphere that we are trying to portray.

However, aluminum chairs have three things going for them:

- 1) They are inexpensive.
- 2) They fold small.
- 3) Relatively comfortable.

I took a look at chairs being currently produced and they are really great looking. They are also kind of expensive. Most are variations of the Sedia Savonarola chair that started in Northern Italy and spread throughout Europe during the fifteenth to sixteenth centuries. Too late you say? That's not my period? Well fortunately it's actually based on the old Roman x-chair or curule seat. It was a special chair to them as it was the chair that people of power got to sit on. If you want to know more about that kind of chair, that's

what Wikipedia is for. The point is that this kind of folding chair, popular or not, was probably around someplace during whatever time period you specialize in. It is also mentioned in China in about 550 AD in a poem by Yu Jianwu¹:

*By the name handed down you are from a foreign region
coming into [China] and being used in the capital.
With legs leaning your frame adjusts by itself.
With limbs slanting your body levels by itself.*

Ok, we all agree that this chair existed in one form or another for a very long time? Good! If not try <http://thomasguild.blogspot.com/2011/12/medieval-folding-chairs.html>

The really nice versions of this chair are a little on the expensive side because they have these wonderful curves which take up a lot of wood. You also have to match up all the curves and because of the curves, they don't fold flat for transport. This makes aluminum camp chairs a very attractive option.

Here was my goal: make something that could have existed in period, that is inexpensive and can be done with a minimum of materials and fuss, using common tools. It also needed to be portable and fold up so it can be out in the trunk of a car without



Opposite Main Photo: Fionn's low math, perfectly period folding chair. **Inset:** Anatomia of Guy de Vigeganot circa 1345, proof that this style chair is period. **Above Left:** Oak dowels go through the drilled holes in the arms, legs and seat of the chair. These keep the chair together while allowing it to fold. **Above Center:** Closeup of the joining pegs. **Above Right:** If your chair does this, congratulations!

taking up valuable room. I was able to accomplish this for well under \$50.

The key was to make a chair out of standard stock so there are no curves and no complicated cutting. 1x3 is readily available at the local lumber yard. There was some figuring involved since the concept was pretty simple but I had no exact measurements. Fortunately this was not rocket science² and through the application of some basic math³ skills, I was able to create a pattern.

I decided that I would use premium pine from home depot. Part of that was to keep the cost low and part of it was to see what pine can actually hold.⁴ I was able to make the whole thing out of 1x3 pine boards, four 3/8 inch oak dowels, four 2x2 pieces of poplar that were on sale, and some pegs I purchased to attach the arm rests and feet.

Tools used? A circular saw, a drill, some sandpaper and a mallet. See? Easy stuff and all for under forty bucks!

I took my 1x3s and cut them into 12 lengths of 32 inches. I then drilled holes at 10 inches in from each end. These would be my legs.

The next step was to cut 12 lengths at 17 1/2 inches each, with a 45 degree angle at one end for the seat. I drilled 3/8 inch diameter holes in the squared end of these pieces at 1/2 inch from the end and in the center of the piece at 8 1/4 inches. All

the holes drilled in at this point were 3/8 inches.

Now by placing a dowel into the holes you can see how you did. You can assemble the chair at this point and even fold it. If any of the wood cracks, your holes were off. Fortunately it is pretty easy to make a replacement part.

Once the pieces were assembled, I marked the ends of the "legs" with an "x" to find the center and drilled a 3/8 inch hole. I then put in my peg, made from 3/8 inch dowel cut into 2 inch lengths, and used this to mark where on the arms (or bottom of the legs) I needed to drill. Remember that since the legs are stacked, you will need to offset the arms a bit in order to make them even. The arms are 22 1/2 inches long. I also shaved off about a third of one corner on the bottom of the legs at a 45 degree angle. This allows the chair to sit flat(ish). It does not matter how much you take off, but you should take off the same amount on each side.

Next step was to disassemble the chair and sand and stain. I did a quick sand to take the edges off the wood and used Dutch oil for the finish. Dutch oil is simple and easy to do – very little fuss in a finishing product.

After everything was dry, I glued in my end pegs and attached the arms and legs. I found it easier to do on an assembled chair because I could tweak as I went.

You may have noticed that I seem to have an aversion to measuring things. I find it best to let projects evolve organically and they tend to look right in the end. I know that some people out there differ, but it works for me. For glue I just used Elmer's wood glue.

If your chair folds flat, you did it right!

The seat height on this chair is at about 15.5 inches. On the next one I will raise that (yes I will use math again) to about 17 inches. It sits a little low, however is perfect for having in your tent to take your shoes on and off etc.

Comparing this chair to the aluminum from earlier:

- 1) They are inexpensive.
- 2) They fold small.
- 3) Relatively comfortable.
- 4) Can be used for firewood if necessary.

Take that aluminum chairs!



Fionn Mac Con Dhuibh is squired to Syr Marcus. He is an Archery Marshal and founding member of a local bardic group.

¹ Frances Wood, The Silk Road: Two Thousand Years in the Heart of Asia, 2002 page 86.
² Nothing we do in the SCA should ever be "rocket science" because they didn't have rockets. Ok the Chinese had rockets, but you know what I mean.
³ They didn't have rockets, but they did have math. Lots of math. Feel free to use as much as you like.
⁴ Quite a lot actually. It holds my 250 pounds though I am not sure where the point of failure is. If you question it, use a sturdier wood like maple, poplar or oak.



Tiger and Bucket

Tavern Without Pants • May 3

"I love this bar!"

-Everyone



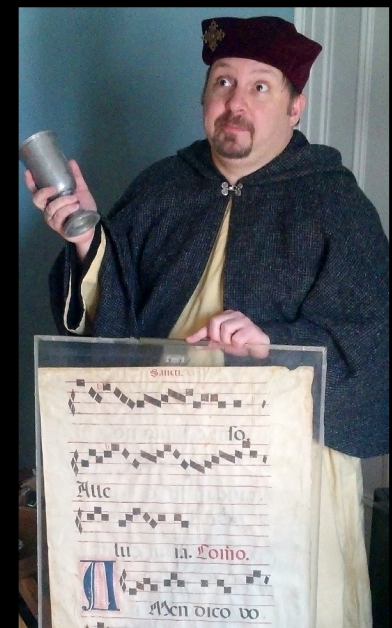
A HUSH FALLS AS OUR PERFORMERS TAKE TO THE STAGE.

FOCUS ON: BARDS THEY PLAY THE

HERO, THE VILLAIN, THE QUEEN, THE FOOL. THEY MAKE US

LAUGH AND CRY. THEY STIR OUR SOULS AND MAKE US FORGET

OUR TROUBLES - JUST AS THEY HAVE FOR THOUSANDS OF YEARS.



“Show up. Expect silly.”

-Lord Boden Henebry



“I really enjoy the group as a whole. As a newcomer I find it fascinating to watch the interplay between everyone. Those exchanges are well worn and cherished pathways – like a garden that is familiar and beloved; a sheltering place to create magic with songs, stories and good feelings.”

-Muirenn Ban



“What I really love are period stories that are “translated” (for lack of a better term) for the modern audience. Because language is an ever evolving thing, it can make it hard to understand the stories from the original text.”

-Lord Fionn Mac Con Dhuibh



“Just like fencing or heavy list, most of us start out using modern techniques and then challenge ourselves to try things that are more historically based.”

- Lord Marhalt of Aranmor



“The creativity and imagination of every member [of the Malagentian Bardic Group] is incredible. For me, I have been doing bardic performing in the SCA for close to 20 years and have had incredible adventures.”

- Gregor McLaughlin



“The Brunch is a place for people to come and stick their necks out a little further than they might have.”

-Lord Frederick Van deer Veer

The Bardic Brunch is held the third Sunday of the month in Portland from 11 to 2. For more information on how to be a part of this amazing troupe, please join *Malagentian Bardic Group* on Facebook.



Notes on Recreating a Period Encampment

by Laird Maxton Gunn

The SCA means different things to different people, but at its heart is a desire to recreate some small part of an earlier time; to breathe real life into a world which has been widely forgotten outside of those two chapters of your seventh-grade history book. Regardless of where you focus that interest, some parts of the experience are the same for all of us; we learn, we make, we get together and share. And some of our gatherings, for lack of a proper Medieval city in which to visit, are camping events.

So; do you camp? Is your encampment “period,” or maybe at least a little “period-oid”? Many of us entertain the thought of leaving behind the distracting plastic reminders of the mundane world. For some, recreating a period camp is the very focus of their SCA experience. It’s certainly been an aspiration of mine for many years, and I have been fortunate to belong to a household which embraces it as well. I’d like to share some of the lessons which this 18-year-and-still-going quest has so-far provided.

But what does (did) a period camp even look like? What can we hope to recreate? By and large, our Medieval European predecessors lived in houses, traveled rarely, stayed at inns whenever they did travel, and, lacking both the means and the inclination, never ever

camped. But there are documentable examples of period camping! Military camps existed in every culture, fit well with many personae, and their austerity makes them easy-ish to re-create, and easier to transport in the trunk of the family sedan. Royal hunting camps are another good choice, and are justification for having bed, table, and chairs inside a tent. Diplomatic missions traveled with tents, and there are nomadic camps if your personae happens to be more than a little eastern. And for some, it’s enough to simply build an encampment with period-appropriate items to keep the mundane world at bay. So you do have a few options; which will it be?

And how far might you want to go towards being period? Few (no one) can start with a fully authentic kit, but how far do you intend to go? Do you just want to present a good outward appearance, or are you eager to “live the life” and do away with modern gear altogether? There’s a lot of room in between for folk who are either not prepared to give up their ice cold drinks, or who lack the wherewithal to transport a full camp of period gear.

Now stop. Seriously; stop. Forget about ordering a brand new SoulPad tent for just a moment, put down that Panther Primitives catalog, and step away from Amazon’s 1-click. Do yourself a big favor and re-read those questions, and answer them. Unless you have more cash than most and don’t mind spending it, you would do well to decide on what sort of camp you want before buying or

building for it. This may sound obvious, but I know that I am not alone in regretting more than just a few purchases which I only thought were needed for the camp. In fact, a half-decent camp could be set up with just the stuff I ended up giving away because it really didn’t belong; easy-up, a wood bed, aluminum camp chairs, another wood bed, Coleman lantern, charcoal grill, Igloo cooler, those damn shelves; yep, all given away or set aside to loan out. Now to be fair, some of the discards were “starter gear”; the stuff I needed just to get into camping. But here and there I got ahead of myself, and that’s what I’m talking about. Nothing will save you from suddenly deciding on an entirely different personae during your third camping season, but a plan now could save you plenty and get you further towards your goal.

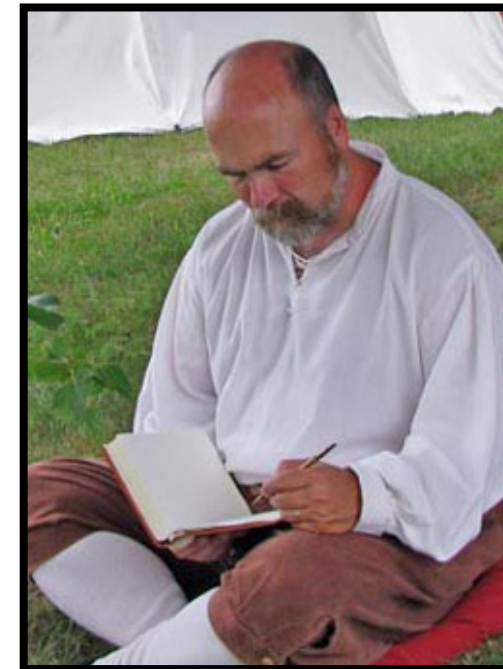
Still with me? Great; so here are a few ideas for transforming your starter kit into the camp of your dreams.

Don’t try to “fix” everything at once. Accept that you will continue to see mundane items in your camp while you methodically pick away at it. Don’t fret; it’s a journey and a learning experience, and it can take many years. Learn what each item should be and should look like before you build or buy. And do consider passing along the stuff you no longer need, to folk who are just getting into camping!

First, acquire a nice cup. Simple as that; find yourself a proper drinking vessel that actually looks like something your personae would have used; not a glass-bottomed pewter pirate mug, or a snazzy flagon made from five different types of wood, but an honest glass or pottery cup befitting your nobility, and then use it faithfully; drink everything from it. Let it remind you of who “you” are. You could gather inspiration from that cup; you might gather your very personae from it, but for certain you will no longer be gathering empty cans and plastic cups from every corner of the camp, to stuff into ugly trash bags. Get others in your camp to do the same. This one act tops the list of the most gain towards a period encampment with the least effort.

Pick a spot. You are not going to change everything at once, so pick one area of your camp to start with so that your first efforts will have a more immediate result (and so you will still have a place to hide your remaining mundane gear). The household my Lady and I belong to, Haus Wanderstamm, mostly started with the center of camp, and declared that the common area around the fire would “henceforth be free of that unholyest of metals known unto the heathen Saracen as ‘a-lu-min-i-um.’” We didn’t want to be

oppressive about it, and certainly didn’t want to discourage guests, so we simply asked folk to take their modern chairs away with them whenever they weren’t actually sitting by the fire. We prepared for the debut of our “Aluminum-Free Zone” by building a bunch of three-legged back-stools to augment the period seating a few of us already had. This effort was a



Laird Maxton Gunn and Lady Mikel von Salm are the owners of the aptly named Taj Pavilion, a period encampment that continues to evolve even after almost two decades.

big success, and we soon found ourselves ridding our common area of other mundane items as well. Soon gone from sight were the coolers, cans, trash bags, and paper-plates-in-the-fire-pit. We could

Don’t try to “fix” everything at once. Accept that you will continue to see mundane items in your camp while you methodically pick away at it.

as easily have started with our kitchen tent, or with our tent interiors, or with the tents themselves; its all a matter of your resources and priorities.

Don’t build fabric covers. That’s right, I’m going after our most sacred of sacred bovines on this one! Furniture covers are the SCAdian comb-over. The Renaissance Man simply did not pull a drink from a covered plastic cooler, sit down on a covered folding chair, and put his feet up

on a covered aluminum table; and building covers for every single item you can buy from the camping aisle of WalMart still won’t get you one step closer to your period encampment. Use that same effort to maybe build one item you really need, or make something to trade with another SCAdian for what you need. It’s better to have a modern item hidden behind the bed, or out in the open for that matter, than to waste time making it into a modern item with a cover.

Research what you buy and build. This is a tough one for enthusiastic makers and shoppers, but it keeps us from wasting time on compact camp kitchens, hanging clothes storage, and “period” items which were actually invented by the Boy Scouts in the 1950’s.

Make a plan for controlling the mundania you either can’t or won’t leave behind. That might mean having a cloth sack with a liner to use for trash, or hiding plastic bins beneath the bed, or insulating a six-board box to use as a cooler. I knocked the end out of a wooden keg so it could be used to hide the plastic container my Lady and I buy our drinking water in. The point is that some day you are going to want all that stuff gone or hidden away.

Plan your second tent. There’s the tent you start off with, and then there’s your second tent; the one you may never ever replace, the one which will define your camp and which will frame everything you buy or build for it. If you are just trying to leave mundania behind, then you’ve got a bit of latitude here. If you are vying for a very correct appearance, then making your own tent should be a top consideration. Every tentmaker I’ve asked agrees that the task is far more intimidating in prospect than in hindsight, and it is far cheaper than buying!

And here’s the big secret: you don’t have to make your camp alone. Have you ever mentioned to other SCAdians that you are going to cook a period recipe, or build some Medieval item, and had folk ask questions, offer suggestions, and offer to help? That’s what happens; and the more ambitious the project, the more folk want to participate. It’s more than a camp you end up making. I’ve never spent two hours on a project but that I had help for one of them, and my own offers of assistance have never been refused. We want to learn, we want to make, we want to get together and share.



When Laird Maxton Gunn is not away to the English court, he may be found camped afield, hunting with the Lady Mickel von Salm and their closest friends.



Left to Right: Frederick van der Veer, Johannes Keller, Stefan of Silverforge, and His Lunacy Christian Woolfe ham it up for the camera. Baron Kypyn Kirkcaldy and Mistress Mira demonstrate the offside shot when fighting left handers. Delaney of Malagentia and Mistress Carolyne chat. William Ravenhair teaches the finer points of Triads. Baron Matthew takes part in Tiernan MacAlpin's polearm class. Titus and Master Edward spar during Duke Vissevald's historical polearm class.

Heavy List U

April 12, 2014 — Over 60 attendees came out on a lovely spring day to take part in Malagentia's first Heavy List University, orchestrated by Mistress Honig and Lord Michael. Instructors included some of the finest fighters in the East and people came from as far away as Frosted Hills (NY) to participate. Baron Matthew Moraveous taught one of the early morning classes which he deemed a success as "no one blacked out or stormed out". Notes from his class on Heavy List Conditioning can be found on Page 16. Master Julien's class on Two-Sword techniques was also highly praised by many fighters, particularly for his

pointers on fighting in your opponents defense zone and not your own. "Kill them with your feet" was an overriding theme in most of the classes. Duke Kenric combined footwork with using core muscles to throw effective shots. The dayboard, headed by Lady Aesa Ormstunga, was excellent and filling. The corned beef received many accolades. Lord Stephan of Silverforge proved that a hardboiled egg can not be blown from its shell, and somehow managed to keep his eyes firmly in his head. As the day came to a close, everyone had high praise for the event and look forward to more events like it in the future.



Left to Right: Syr Ankara demonstrates Fiore Longsword. Master Julien demonstrates two sword techniques vs Micah's polearm. The amazing kitchen crew of Q, dayboard organizer Aesa, and Anna Serena. Duke Vissevald instructs Syr Osgkar on historical polearm techniques.



Left to Right: Fighters line up for Duke Lucan's Movement, Measure, and Power class. Mistress Honig, our Autocrat. Co-Autocrat Lord Michael. Duke Kenric talks intermediate sword and shield, assisted by Master Julien.

Basic Conditioning

for Heavy List Combat

by Baron Matthew Moraveous Avdenmork

Sword fighting captures a childlike imagination. Most little children have picked up sticks, wiffle ball bats, empty wrapping paper rolls -- anything roughly rod-shaped -- and mimicked knights in armor or samurai or pirates or other sword-wielding heroes. Some of those children grow up and discover the SCA, where it's actually acceptable for adults to pick up facsimiles of real swords and try to smack one another!

The thing most of those people discover early on -- swinging a sword is kinda hard to do. Especially to do it properly, to do it well, and to do it without getting injured.

SCA Heavy list fighting combines the timing and technique of racquet sports, the footwork of boxing and similar martial arts, and the open field tactics of football or rugby, all performed with weights strapped to just about every part of the body. This diverse combination of skills requires a specialized set of physical abilities.

In everyone's excitement to start whacking away with a sword, newbies are usually immediately put into armor, handed a weapon, and told to swing-away. There is great emphasis on technique, with various schools of thought on the specific mechanics of striking a target -- each with its own arguable advantages and disadvantages -- much like schools of traditional martial arts would often argue over who's kung fu was stronger. However, very few dojos, dojangs, boxing gyms, or the like will throw people into the ring without first training the students, often for months at a time, on basic skills.

As part of this skill development, there is also a more general training of the body to prepare the initiate for the rigors of full on performance. Can the initiates body withstand the demands involved in their sport? This is called conditioning. Unfortunately, many people come into sword fighting without being physically prepared for the unique stresses wielding weapons will place upon them. Even many experienced fighters are lacking in aspects of their conditioning, which limits performance and increases the risk of injury.

But, how does one train for such an unusual sport? This can be accomplished by breaking down the components to observe where a sword athlete needs to function. This article will attempt to break down the different aspects of function and how training can be tailored to suit the needs of the sword athlete.

In sports, there are three tiers of function: Movement, Performance, and Skills.

Functional Movement

The athlete requires a sufficient base of flexibility, motor control, and strength to perform effectively and safely in their chosen sport. This comes under the category of basic sports screening

for injury prevention and for optimal performance. Many of these movements are fairly universal to athletic performance. For example: If someone is able to bend forward and touch their toes without needing to bend their knees and without pain, they have at least a modicum of flexibility in their spine, hips, and hamstrings and enough motor control and balance to utilize that flexibility. If someone can stand on one leg with their eyes closed for greater than 10 seconds, their balance, motor control and proprioception are likely sufficient to keep them from falling at every turn and twisting a knee or ankle. The ability to hold a proper plank¹ position for 60 seconds indicates a certain minimum of core muscle strength and control.

There are a number of different screening methods used by coaches, trainers, physical therapists, and others for assessment of functional movement in determining readiness for a sport. Heavy List has certain physical requirements that are more heavily emphasized than others. These include:

Are you able to easily get down to and back up from the ground? In our sport, we fall down -- a lot. We get knocked over, we die defensively, we trip on gear, we drop to our knees when struck with a good leg shot. If you are unable to move easily from the ground to standing, do you have the flexibility and strength to be able to fight from your knees without risk of damage, or to jump back into the fight when plowed over by a mass of bodies?²

Can you twist side-to-side through a good range and without pain? Basic shot mechanics for the various weapons forms involves twisting motions. Power is usually generated from a forceful rotation of the hips. Without sufficient flexibility and core strength to allow these movements in a stable, controlled fashion, there is a high risk of injury -- back or groin strain, over-rotating a knee, damaging a shoulder.³

Are you able to reach easily overhead? Sword and great weapon techniques often require forcibly moving the arms upward, and doing so against the added leverage of the weapon or shield in hand and against the resistance of sudden impact at the end of a blow or blocking a blow aimed towards you. This requires strength at the extreme ranges of motion of the shoulders for generation of effective power and avoiding damage to the rotator cuff muscles or other aspects of the shoulders.^{4,5}

Do you fall over when you lunge? Basic footwork involves lunging in different directions -- lunging forward to close distance quickly, backwards to escape an attack, to the side to create openings in an opponent's defense. This requires strength, timing, and flexibility. A variety of lunges is foundational to good movement while fighting.⁶

Again, a screening is best done by an athletic performance specialist who can dissect movements as well as recommend a course of action to remedy any deficiencies. Sometimes it is as simple as adding stretches for a tight area, sometimes it requires knowledge of neurodevelopmental patterns and movement chains to understand where the deficiency truly lies and how best to address it.

Functional Performance:

Speed, timing, endurance, strength

Whereas Functional Movements indicate the basic ability to perform a task, Functional Performance describes more measurable objectives. How fast can you run? How long are you able to fight for? How many consecutive shots are you able to throw before form starts degrading? This is where most people think of traditional training. Getting on the treadmill, lifting weights, CrossFit or P90X training.



Lunges develop performance skills relevant to Heavy List fighting. They replicate moving into and out of an opponents range, stepping to position for a blow or bracing for impact with a charging shield wall.



Heavy List fighting creates a number of unique demands. The activities are typically repeated bouts of short, maximal bursts. Combatants will close with one another into a flurry of attacks and blocks, then move away to re-assess their opponent and look for the next opening. This may occur multiple times in any one confrontation, then is repeated through a series of fights in a tournament. Melees involve running bursts with a handful of powerful blows over the course of a few minutes, followed by a rest, then another high-intensity sprint. If the scenario is a resurrection battle, the rests may be very short and the ‘bursts’ can go on for a long time.

Functional Skill

This is actually putting it together. Going out in full gear to step into the lists and vie for tournament champion; crossing the field at a full run with your brethren at your shoulder; even just being at practice and fighting again and again against whomever has gear on. How fast, accurate, well-timed, and well-positioned one fighter is in relation to another. This is trained most extensively in the SCA. Older generations of fighters have their input with newer fighters and each other, sharing tactics, techniques, and insights, even translating period text to more accurately incorporate the wisdom of past masters-at-arms.

Movements are foundational to Performance is foundational to Skills. Sometimes athletes are able to have a high level of Skill despite lacking in an area of Movement or Performance. For example, because of experience or a natural propensity, they are able to place their sword firmly on their opponents despite having limited flexibility in their shoulder. This likely means they are pushing that shoulder to the limits of its ability to accomplish the goal of hitting an opponent, every single time. That’s a recipe for injury and shortened career. Perhaps they lack endurance, a component of Performance, which means their Skill declines rapidly as individual fights go on or after multiple bouts in the

course of a tournament, event, or war, and also increases the risk of injury.

High Performance without basic Movement is also problematic. Being able to run fast becomes a detriment if your ankle is unstable whenever you make a sharp turn.

As said above, having someone skilled in movement assessment is recommended to ensure there is normal Functional Movement and determining how to overcome any deficiencies. Even without this oversight, many people know where they are tight, or what movements cause pain. If you repeatedly dislocate your right shoulder, you may want to think about fighting left handed or choosing a different weapons form than sword and shield. Pilates, yoga, and Foundation Training⁷ are examples of programs that can develop basic flexibility and core strength needed for any athletic activity to be safe and set a stage for easier development of advanced abilities.

In the SCA, there is no shortage of skilled teachers to instruct the finer points of heavy list to progress Functional Skills.

Out of Movement, Performance, and Skills, the easiest of these three categories for an individual to take personal responsibility for is actually Functional Performance. A good, all-around fitness program is a wise thing to incorporate into anyone’s life. Below are some options to make that Functional Performance more specific to the list fields.

Training Suggestions

Lifting Arms — One very basic criteria for Heavy List combat is being able to hold a weapon. This sounds simplistic, but when you consider how few sports require carrying around a weighted stick, it should become obvious this is a unique requirement. The fatigue that occurs in an untrained fighter simply from keeping their sword and shield in place impacts training tolerance and skill development. Even someone with a huge benchpress will initially find holding a sword in a guard position taxing, as it is a very

different use of your musculature.

This can be worked around simply by using the weapons like one would dumbbells. Holding a sword or polearm and pressing it overhead repeatedly; getting into a guard and holding that position for 30 seconds or longer; performing slow motion attacks against an imaginary opponent; strapping on a shield or even just holding a full gallon jug or a heavy rock and pumping it up and down to mimic the movement of blocking shots. With a little imagination, one can develop a base level of strength endurance that will make all subsequent training less taxing.⁸

Intervals — Fights are short, intense bouts. Even timed melees where the fighting can last for greater than an hour, combat occurs in fiery bursts. As such, interval training is the most appropriate type of conditioning.

Tabatas⁹ are a form of interval training that works well with many different exercises. A whole Tabata session consists of only 4 minutes broken into segments of 20 seconds of exercises followed by 10 seconds of rest, repeated 8 times. The exercise can be sprints, squats, jumping jacks, push-ups – anything you can do hard and fast for 20 seconds. Heavy List specific: How many on-side/off-side combinations can you throw in 20 seconds?

Peak Eights¹⁰ are structured with 30 seconds of maximal intensity exercise with 90 second rest periods of much lighter activity. This suits sprinting, stairmaster, elliptical trainers, and exercise bikes. Try sprints in full fighting gear.

Lunges — These were already mentioned under Functional Movement. It’s necessary to have a certain base level of flexibility, balance, and strength to perform a lunge properly. Once this is in place, then lunges become a powerhouse of conditioning to develop performance skills relevant to Heavy List fighting. Squats and deadlifts are excellent exercises for developing power in the hips and lower back, but does not simulate the positions from which sword shots are typically thrown. Lunges more accurately replicate those postures. Moving into and out of an opponents range, stepping to position for a blow, bracing for impact with a charging shield wall all are done with a lunge.

There is a virtually limitless variety of lunges:

- Forward, backward, sideways, diagonal.
- Walking – Instead of returning to the starting point with each lunge, you allow each lunge to move you forward by bringing the trailing leg up to the lead.
- Tightrope – Stand with both feet in line with each other, like walking the center-line in a sobriety test. Squat up and down. Challenges balance and hip flexibility.^{11 12 13}

Pell Training – Usually the pell (typically, a padded post sunk into the ground intended for practicing sword techniques) is used for learning shot mechanics. Once good form is adequately developed, a pell becomes a tool for conditioning.

- Firing multiple strikes as rapidly as possible [speed development];
- Throwing shots repeatedly for a preset period of time [cultivating endurance];
- Launching attacks as forcefully as possible [building power]

Our predecessors who originally evolved the chivalric fighting arts came from a much harsher time in terms of physical demands. Unlike today, desk jobs were much more rare. Those of certain classes and cultures were conditioned to hold a sword from a very young age, others used shovels and pitchforks in their early youth. Please look at yourself in an honest, critical way. If you are a computer engineer by day and a video game champion by night, you can still be an excellent sword fighter, but do yourself the favor of preparing your body for the workload weapons fighting places on your physical structure. Your skill level will benefit, as will the duration of your career. If

Being able to hold a weapon seems like an easy requirement for fighting in Heavy List, but a fighter needs a surprising amount of strength to be effective with it through a battle. Using your weapons as you would a dumbbell will build necessary muscle endurance. Try holding a sword or polearm and pressing it overhead repeatedly or getting into a guard and holding that position for 30 seconds or longer.



Can you twist side-to-side through a good range and without pain? Basic shot mechanics for the various weapons forms involves twisting motions. Power is usually generated from a forceful rotation of the hips. Without

sufficient flexibility and core strength to allow these movements in a stable, controlled fashion, there is a high risk of injury – back or groin strain, over-rotating a knee, damaging a shoulder.

you already regularly exercise, adjust your program to compliment the special requirements of Heavy List Combat.

I’ll see you on the field.



- 1 **Proper Plank.** <http://greatist.com/fitness/perfect-plank>
- 2 **Advanced training option for ‘getting up’.** <https://www.youtube.com/watch?v=2vWKMuDh528>
- 3 **Rotational strength training option.** <http://www.menshealth.com/fitness/best-new-move-standing-russian-twist>
- 4 **Basic shoulder flexibility.** <https://www.youtube.com/watch?v=2e68jvZowM>
- 5 **Basic shoulder flexibility.** <https://www.youtube.com/watch?v=js4wA4I2lac>
- 6 **Balance training.** <https://www.youtube.com/watch?v=KRJDeq9Gg8c>
- 7 **Foundational Training.** http://www.youtube.com/watch?v=vOgxWp0WyiI&list=PLh4zJ2i6o6DKZT5K_RMITwVtT3XzQiMYh&feature=share
- 8 **Shoulder Presses.** <https://www.youtube.com/watch?v=jLd6MS9B-jY>
- 9 **Tabatas.** <http://greatist.com/fitness/tabata-protocol-interval-training-032713>
- 10 **Peak Eights.** https://www.youtube.com/watch?v=_NmNS75w9hI
- 11 **Lunges 1.** <https://www.youtube.com/watch?v=Z6H-VijOB88>
- 12 **Lunges 2.** <https://www.youtube.com/watch?v=FUX6Pz8vV0s>
- 13 **Lunges 3.** https://www.youtube.com/watch?v=_BjD8p5mQ8

Baron Matthew Moraveous Avdenmork is mundanely a physical therapist with a special interest in, of course, sport specific conditioning. Please make sure you are medically able to participate in athletics before following any of this advice.

Many thanks to Lord Matthew MacGyver for assisting with photos.



CAMP STEW

The weather forecast for this weekend's camping event calls for cool weather. You have a bunch of hungry mouths to feed. We have just the thing for that.

by Lord Samuel Peter DeBump

I love good food and I love sharing good food with friends, but with so many things to do at an event, I don't want to spend more time than necessary cooking at events. I love peasant food, like long cooked stews, or one-pot dishes like the French cassoulet¹ or Italian ribollita². Although these long cooked meals can be made in a dutch oven, either over a campfire or a propane burner that can be turned low without blowing out, they often need to be stirred regularly, making it fine if you are working on projects in camp but no so great if you want to make it to the range or classes.

Many stews can be made ahead of time and get even better when reheated. These recipes are great for making before the event and warming them back up at the event. Others can be prepped up to a point and then stored so that you can save some time on site.

One recipe that I have made at Pantaria and Pennsic that has gone over well for most of the people who have tried it is a modern

(1846) Hungarian recipe *Székely Gulyas*. A thing about the dating of this recipe; It was served to writer József Székely and Sándor Petofi when they came into a restaurant after lunch was done being served. The restaurant combined the remaining cabbage and pork stews to make a meal. When Petofi returned later, he requested it again, calling it "Székely cabbage". The basis of the stew is older, but 1846 is the first time that it was documented that cabbage and pork was served together in one stew.

This is a Hungarian stew called Szekely Gulyas (sometimes called Magyer Gulyas or cabbage goulash). The only people who don't like it don't like sauerkraut, so I set some aside without it and then they are happy. At a weekend event I will do the stewing at home, chill it down, and then reheat it and only cook the last couple of steps at the event. At Pennsic, I prefer to cook on site, because I don't want to have to fill up my cooler with the precooked stew until it is my night to cook. Served over a pound of egg noodles, this feeds 5-6 people easily.

- 2 lbs stewing pork, in 1" cubes or mushrooms, quartered for large, halves for small if you want vegetarian
- 7 Tablespoons of lard or other fat if vegetarian
- 2 cups chopped onion
- Garlic, to taste
I use 3-4 cloves
- 1 tablespoon sweet Hungarian paprika
The only place I know in Portland to get this is Miccuchi's. Watch out because there is also a hot Hungarian Paprika if you want more heat. I am not sure if this is available near Pennsic.
- Caraway seeds, to taste
The recipe does not give any quantity, and I don't use it because I hate caraway.
- 2 to 2.5 lbs sauerkraut
The refrigerated style found near the hotdogs tends to be more crisp, and works well.
- 1 cup sweet green Hungarian wax peppers, chopped
These can be found at the Giant Eagle's near Pennsic, but Hannaford only seems to stock the hot ones, — you never know until you have it home. Use 1 or 2 hot ones, with the seeds and ribs removed, and use green bell pepper to fill out the rest of the cup.
- 2 tablespoons flour
- 1-3/4 cup sour cream or non-fat greek yogurt for those lactose intolerant, or soy-sour cream for dairy allergic
The soy sour cream can be found at Giant Eagle at Pennsic, or Whole Foods in Maine.
- 1lb pasta, spetzle, potatoes (boiled, mashed, whatever) or a loaf of crusty bread.
- Water and salt to cook the starch
Advantage to bread – one less pot and no grey water.
- Finely chopped dill
- Salt, to taste if needed

1. Heat the fat or oil in a heavy stockpot or dutch oven.
2. Fry the onions until a light yellow.
3. Add the garlic, paprika and caraway (if using). Let heat for minute until fragrant, and then brown the pork on all sides.
4. Add a small amount of water or stock and let the meat stew/fry until tender, about 3 hours or 1 hour without any added liquid if using mushrooms. Stir frequently. You can cook to this point at home and freeze or refrigerate until the event. 3 more hours to spend with friends! To restart, warm the stew back to a simmer and continue.
5. Drain the sauerkraut, reserving the liquid. If it is especially sour, rinse the sauerkraut in cold water.
6. Add in the peppers and sauerkraut and cover the pot. Add a little water, stock, or 'kraut juice if the meat is too dry. Simmer the sauerkraut until it has slightly softened, but do not overcook. You want the sauerkraut to remain a little crunchy.
7. Mix the flour and sour cream together, and then mix into the pot. Add in the sauerkraut liquid if it needs more sour or salt. Let it come to a boil for a few minutes to thicken. Sprinkle with dill, and serve over noodles, spetzle, or boiled potatoes or serve with crusty bread.

1. http://www.amateurgourmet.com/2008/03/cassoulet_in_10.html
2. <http://www.foodnetwork.com/recipes/ina-garten/ribollita-recipe.html>



Lord Samuel Peter DeBump (fondly called Speedbump) is an excellent cook, a maker of wondrous things and the Quartermaster of Malagentia.

the Moonstone NEEDS YOU!

Summer means the Marshal Issue of The Moonstone and we need your contributions! Now accepting articles on Heavy List, Rapier, Archery and Thrown Weapons. Not a fighter? No problem! We'd love to have articles on topics like: Sekenjabin recipes for hydration (important to everyone!), Making a gambeson or a quiver, or a cut and thrust buckler, Building boffer weapons for kids, Incorporating heraldry into fighting gear, How to take care of your equipment, Advice for beginners in putting together their kit, Making favors for champions, Courtesy on the list field... the choices are endless! None of these topics interest you? Submit something on a topic that does! Help make The Moonstone Summer Issue the best one yet!

SUMMER DEADLINE IS JULY 5



Making a Timeshare In the Past

by Pani Astryda Borowska and Lord Stefan of Silverforge

The road trip home from Pennsic is always full of energy from the inspirational things seen and experienced during our stay, and it's a time when our wish list for the next year gets generated. Some years it's "make more hot-weather garb" or "remember to pack sunscreen!" The summer of 2005 it got a little out of hand. We decided to make our own round pavilion, big enough to house two adults and a growing child in comfort and style. We knew we wanted canopy beds for warmth and darkness (white canvas is BRIGHT in the morning!) as well as spaces for food preparation and entertainment. We wanted to create a space that was luxurious and welcoming, yet easily packable. Our only vacation tends to be Pennsic, so we wanted our own resort luxury suite. By the time we got home we had worked out our hub-and-spoke design, fabric requirements, and hardware/structural plan. We began building it in 2005, and we've been tweaking it ever since.

Having once made a pavilion from the 1980s-era Known World Handbook, we'd already learned the hard lesson about the importance of using the right materials. (Shredding generic canvas=bad.) This time we'd do better, and bought tent-grade fabric, Sunforger canvas. We researched pavilions in illuminated scenes from the 14th century, and looked to the House Greydragon¹ website for construction advice. Stephen came up with the layout for the decorative painting, and Astrida sourced an industrial sewing machine, necessary to handle the heavy cloth.

Once all our wishes for the interior space were factored in, it turned out we needed a 22 foot diameter footprint, and this in turn meant that pleasing proportions resulted in a 20 foot high peak. That meant a lot of canvas, and a lot of weight. To make practical life easier, we decided to make the roof and walls separate, to be joined by toggles, and to break the walls into two long panels and two short ones. But still, those were big lengths of canvas. Having an open-concept house was helpful – long lengths could be laid out on a clean floor for cutting. All the shapes were simple, trapezoids for the walls and triangles for the roof, and based on the pattern diagrams we had worked out ahead of time, Astrida was able to get all the panels cut with a minimum of scrap left over.

All seams were flat-felled, and the trickiest part was closing the cone of the roof with that last seam. In addition, the peak

was reinforced with more canvas since the weight of the whole pavilion would be hanging from that point. Sixteen triangular pockets to hold the ends of spokes were sewn at the base of each roof seam, (eventually altered to be sewn to a round patch which itself is sewn to the roof, the better to distribute stresses) and forty eight attachment loops for the toggles were sewn along the roof edge as well.

While Astrida was working on the "software" Stephen was making the "hardware"-- the spokes, central two-part mast, lots and lots of toggles, internal peak support for the very tip, exterior cone for the tip with giant gold ball and pole for a pennon, hub, and stakes. The central mast is still a temporary one, with the two halves held together by strapping and bolts; Stephen is making a cast bronze collar to join them and when that is completed the mast will need to be replaced with two lengths that will seat inside it with a diagonal join. The hub is laminated up out of several pieces of plywood, each cut differently to create an overall decorative effect of four recessed trefoils. Astrida painted the hub once it was complete, and Stephen stained half the spokes so they could be placed alternating the natural golden wood color and a pale blue.

The pavilion is entirely free standing without ropes, though Stephen has made claw-foot ropes we can attach to the roof hip whenever we wish to drop walls for circulation (or just to be social—the front half of the floor plan is essentially a solar for entertaining.) With the ropes the roof is able to stand without any walls at all. In addition, we have three high-wind ropes, attached to the peak, which are also central to the set up of the pavilion. Stephen can almost raise the tent alone; he joins the mast, adds the hub, slips on the roof, adds the wind ropes, seals the top opening with a metal cone/giant gold ball/pennon piece, and begins hoisting. This is where having someone to steady the base of the central mast is helpful. But once the mast is upright, the three wind ropes are staked out, and the roof is free-standing and supported. At this point the spokes get added in one by one, and the walls get hung and staked. Our best time is 20 minutes.

We knew all along that we wanted a "painted lady" of a pavilion, but 2006, first year it went to Pennsic, there wasn't time to do much of the design. But we got the rayony at the peak and the bottom roof tracery of blue in place, using exterior latex paint cut 50/50 with water. The following year, 2007, we added in more of

(Continued on Page 22)

The Pavilion Feel Without The Pavilion

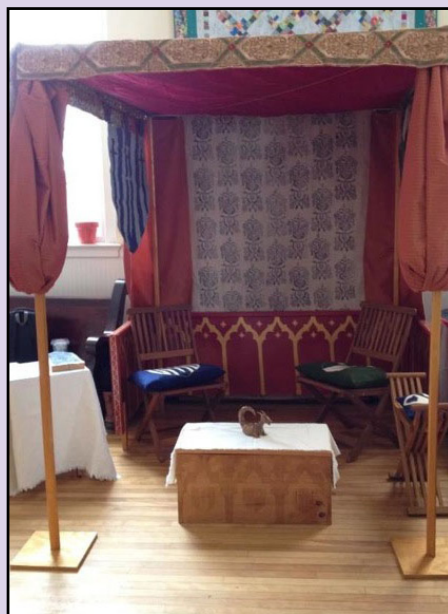
We have repurposed many things from the pavilion to use in creating what we call a Portable Family Solar for inside events. We love camping in our medieval setting and wanted to bring the flavor of that to events, a period home base that was beautiful but not a space hog.

We used the bed hangings from the queen-sized bed as a space-defining canopy, hooking the conduit frame to the top of four poles (it's usually hung from the pavilion spokes). Two of these poles were mounted to blocks to make them free-standing, two were bolted securely to the wooden bed-surround from our daughter's cot, now used as a structural backdrop to the space.

Furnishing this space can vary, with chairs for us and for guests, a table for refreshments, our carved wooden chest for either seating or another table surface, floor cloths, and so forth.

For the Tourney of Love event this year Astrida made a cloth backdrop based on textiles at the Metropolitan Museum of Art, carving a wood block copy of a 14th c. textile pattern and block printing on linen as the original was.

The photo of the Solar also includes a ceramic wyvern aquamanile made by Stephen and Astrida's daughter Helena, armorial opus consutum cushions (medieval applique), and banners. Like with the pavilion, we want to create welcoming medieval spaces!



(Continued from page 21)

the roof design, and learned the terrifying lesson that red sharpie is only somewhat permanent. The yellow letters of the motto – Dum Vivimus Vivaumus (while we live, let us truly live) needed outlining to stand out against the white, and permanent marker seemed the way to go. Until it rained, at which point it leached hot pink ink down the roof. We cried but thankfully within a couple of days the sun bleached this disaster away, and a lovely dark shade of red remained around the letters. It took us until 2011 to finish the rain flap of the roof and also the walls, by which point we had forgotten the sharpie incident and had to learn that lesson all over again. All the designs were painted flat on a table, panel by panel, tracing the shapes on with pencil and home-made stencils, then painting in by hand. One of our favorite views is through the hub and spokes into the roof from inside when the sun illuminates the canvas.

The interior of the pavilion is lush but is almost all a matter of fabrics. The canopies for both beds are just rectangles of conduit suspended from the spokes of the pavilion, with fabric draped over the top and curtains hung from the rods. The floor, made of plain canvas over plastic tarp, is decorated with carpets and floor cloths. The eventual plan is to make a painted floor cloth. Anything modern is hidden by fabric; folding tables are covered with tablecloths, but the period

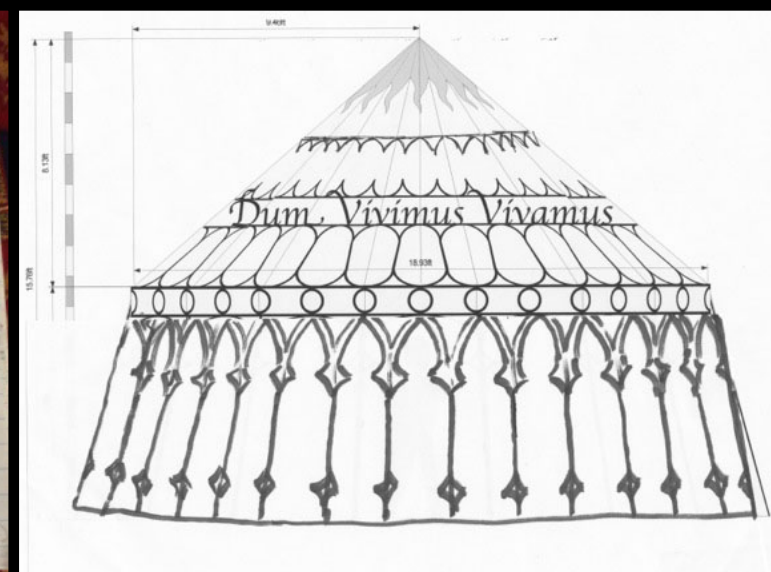
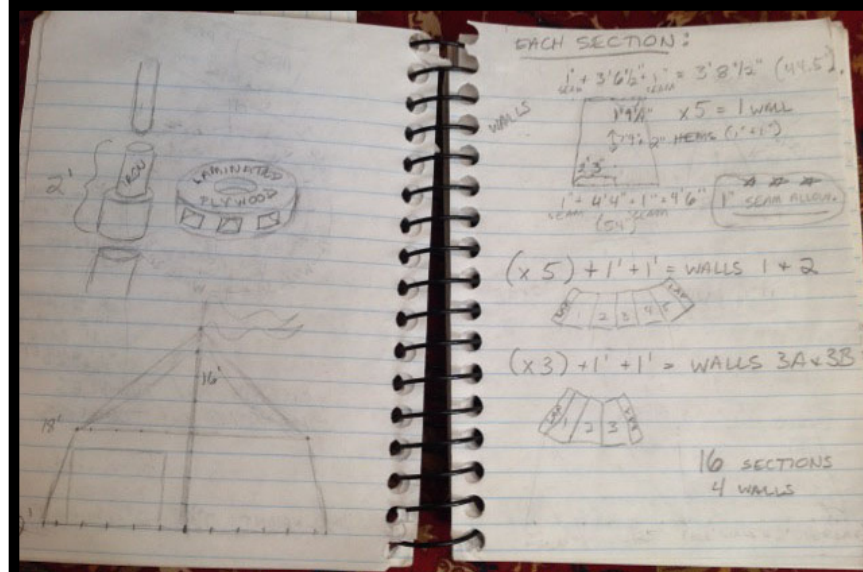
reproduction table is displayed openly. Chests to hold clothing double as seating, and banners and brocaded fabrics hang from the spokes to decorate and define the space. Because the pavilion walls are trapezoidal and angle out slightly from their anchor points at the roof, any cloth allowed to hang freely down from the perimeter creates a hidden place behind it, great for storing armor or modern items. The child's bed has a wooden three-sided surround to help the bedding (and child) stay on the narrow cot, which is itself modern and obscured by fabric. The queen-sized bed is a wooden slat bed made by Stephen. Our wooden-but-modern slat chairs are in the process of being replaced by period reproductions made by Stephen.

Finally, in 2013 Astrida added one last touch: a camp enclosure wall painted to look like an illuminated manuscript border. Done on simple cotton, each panel is unique with corner and gate panels being more elaborate than the running walls. These were painted with acrylic and gold metallic paint, and white sharpie for the whitework on the top bars, vines, and leaves. More to come for 2014!



1. House Greydragon website. <http://www.greydragon.org/pavilions/>

Pani Astryda Borowska is mundanely a costume historian, author, and museum mannequin maker. Lord Stefan of Silverforge is a computer programmer with an armor and woodworking workshop.



Top Left: Some of the initial sketches and plans. **Above:** The layout for the decorative painting. **Center Left:** The lavish interior is achieved primarily through the use of fabrics, rugs and cushions. **Center Right:** Pockets hold the ends of the tent spokes. Toggles and loops attach the walls to the top. **Bottom:** The camp enclosure wall is made with painted cotton panels.





GIGGLESWICK PRACTICES & EVENTS

Martial Activities

The Giggleswick Rapier and Heavy List Practice schedule for the spring is as follows. Times for all of these practices is 6:30-7:30 youth and 7:30 - 9:30 adult. **Fridays 4/25, 5/9, 5/16, 5/30.** Please check with the Giggleswick calendar for more details. <http://teamup.com/ks219ee10a335c8fe6/>

Archery - There is great hope that the range will open for the season on April 15, so long as the field is snow, ice and deep mud free. Check the Giggleswick Facebook page for schedules and times.

Arts & Sciences

The Giggleswick Dance Practice is held frequently in conjunction with Rapier Practice. Taught by Lady Mikel von Salm, no experience is necessary. Check the Giggleswick Facebook page for schedules and times.

Look for more A&S activities coming as soon as Lady Astryda is finished helping a little bird leave the nest.

GIGGLESWICK OFFICERS

- Lord Lucien de Wyntere**
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- Rafael de Ayala de Santiago**
Herald
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- Lord Stefan of Silverforge**
Knight Marshal
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- Pani Astryda Borowska**
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Exchequer
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- Charis de Wyntere**
Web Minister
carriesholes@gmail.com

News from the Incipient Riding of Giggleswick

From the Seneschal

Greetings folk of our fair lands! As the snows thaw and green returns to the fields, Giggleswick is ready to welcome spring with music, verse, and performance. In less than a month we will be holding our Bardic Symposium and look forward to seeing many a performer there. We still need teachers so please contact the autocrat if you would be willing to share your wisdom and talent to enrich our Kingdom's people.

Also look for more archery as we add practices this season. Giggleswick now has two archery marshals, myself

and Lady Beatrice Buontalenti da Firenze.

Thank you to Honig and her staff for running a wonderful event, Heavy List University, that was hosted in our lands, I am looking forward to seeing all of you through the upcoming event season.

In Service,

Lucien de Wyntere

Seneschal,

Incipient Riding of Giggleswick

Spring Winds brings medieval music to Giggleswick on May 3

As the weather warms and thaws us all out, come warm up your vocal chords and break out your instruments for Spring Winds, the very first Giggleswick Bardic Symposium.

Come to learn how to write an epic tale that will entertain the masses, play an instrument you can barely pronounce, and mingle with the best and the brightest bards. We will be hosting bardic classes, including an introduction to bardic class and classes for our budding child bards.

In addition to bardic classes, we will be hosting the lovely and talented **Laura Gustafson**, who will be entertaining and educating us with "Do Not Try

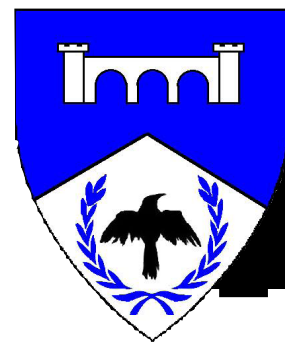
This at Home", a program of music and history that explores the wild, wacky, loud and truly bizarre reed instruments of the Renaissance and how they were used. This presentation demonstrates (mostly double reed) instruments from the early Renaissance to the beginning of the Baroque. Music from the fifteenth and sixteenth centuries played on nine historical instruments is interspersed with commentary on how the instruments were developed and used. Opportunities to try out some of the instruments will be provided after the presentation.

So what exactly IS a crumhorn? Come to Eliot Baptist Church on May 3 and find out!



Music • Classes • Merriment
May 3, 2014
Eliot Baptist Church • Eliot, ME

Classes in the morning followed by a dayboard and capped off with a presentation by Laura Gustafson of Medieval and Renaissance Woodwinds. She will have many reproductions of instruments on site.



the Proposed Riding of Ravens Bridge

PRACTICES & WORKSHOPS

Fighter: A couple of potential locations have been made for weekly Fighter Practice. The first is Capitol Park in Augusta. The second is a Archery/Shooting range between Lewiston and Augusta. Thursday seems to be the night of choice.

Archery: A shooting range has been found. Plans are currently to host practice twice a month. Dates and times to be announced.

A&S: Wednesdays have been discussed as A&S nights. There is interest in period cooking workshops that can then be used to feed fighters on Thursdays.

PROPOSED OFFICERS

- Baron Kyppyn Kirkcaldy**
Seneschal
- Lord Antony Martin of Sheffield**
Herald
- Drottin Broddr Tryggrrson**
Knight Marshal
- Lord Christoff of Swampkeype**
Minister of Arts & Sciences
- Rose Copper-Steel**
Chatelain
- Edward Midnight**
Exchequer

Letter of intent from the people of Northern Malagentia

Unto Christian Woolfe, Seneschal of Malagentia and the populace of Malagentia, does Baron Kyppyn Kirkcaldy, Knight and Pelican of the Society send greetings this eve.

As northern Malagentia society members, it has been a great concern for many months that the location of our homes are very far away from the activity center of Malagentia. Indeed, you have rarely seen some of us due to the great distances we have to travel. Our horses become very tired from such an arduous journey and with the high cost of hay and oats, often we are not able to attend the group's events in these difficult financial times. Likewise, the light of day is often diminished when we complete our daily chores and finish tending our fields and livestock. Thus, we remain home and sulk because of our lack of contribution.

So, we ask that you support our venture in forming a Riding within the Malagentia borders that would allow us to hold activities closer to our homes and towns. If we can come together as a Riding, we know that we could strengthen the northern Malagentia borders by recruiting more populace members to the area. This opportunity would allow other members to grow as leaders within our organization, holding offices and planning events and feasts that would provide entertainment and sustenance to the Malagentian people.

Our brood is bountiful and our hearts are hopeful that you recognize the rectitude of this request. We thank you for listening to our petition and with confidence anticipate your promising answer with sanguinity and joy.

In service,
Kyppyn

Notes from the Pot Luck April 13 Business Meeting

Kyppyn received an email from the Kingdom Seneschal saying that she would be working on the Ravens Bridge paperwork this weekend.

Drottin Broddr is working on getting his membership updated. The SCA website can't accept credit cards right now. When he gets his membership sorted out, he will be eligible to hold the the Knight Marshal position for the Riding.

Lord Antony has joined a local Archery/Firing Range between Lewiston and Augusta. After our status allows us to hold official activities, there will be an Archery practice there twice a month. Exact dates TBD. The range also allows members to rent it for \$100. More info

is needed, but may be a good site to hold a day event and even a weekly fighter practice.

Wednesday nights were discussed as the night to hold Arts and Science activities, especially period cooking. Left over food can be taken to Thursday night fighter practices.

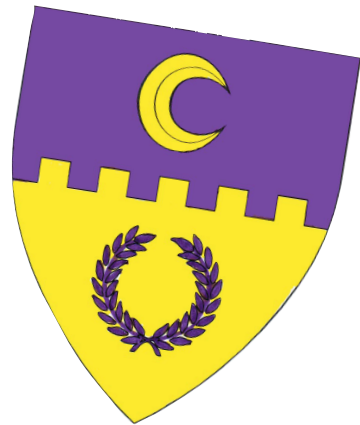
Many event ideas were discussed. Tourney or small group melee events with a feast were favored.

There are two thrown weapons marshals that will be able to hold a monthly practice.

There was a brief discussion of the recruitment plan that will kick off with the "Whatever Festival".

KEEP UP TO DATE WITH THE LATEST STATUS & ACTIVITIES IN RAVENS BRIDGE!
f RavensBridge • Ravensbridge Yahoo Group

THE INCIPIENT SHIRE OF Hadchester



Laughter and limericks abound at Caristia II

by Lord Foner of Maplecroft

Caristia II, Hadchester's celebration of Food, Family and Friends was held at the Rockland Congregational Church in Rockland, ME on Saturday, March 1, 2014. Attending were 32 players from Hadchester, Malagentia & Endewearde

Lord Antony very kindly ran a Mancala tournament; the champion of which was young Lord Payrun.

Lady Freygerthr of Visby our A&S minister ran a competition where Lady Agatha the Wanderer won First Place as a combined prize for a double entry of Molded Springerle which took second place and 15th Century linen underwear which took

1st place. Handmade wooden dulcimer, designed by Lady Leofwyn and built by Lord Alan by score took third place and awarded second place prize. And Lady Mabbe Atte Eye entered top down knitting of socks made with hand-painted wook, short row heels and a star toe. All entries evoked considerable admiration.

A considerable feast was presented through the combined efforts of folk from three branches of the SCA! Recipes from the cookbook Plein Delit centered the period offerings and everyone arose (barely) from the table well pleased with the toothsome selections!

The Limerick Challenge resulted in five entries:

The folks from the North hate to pay,
And wish we would just go away.
They dislike the tolls,
but complain about holes.

Like donkeys they just have to bray!

— Lady Ellice

The lords of the North, so they say,
Live a life that is carefree and gay!
When they're not making truffles,
or comparing their ruffles,
They dance round a pole like it's May!
(moi)

— Syr Arlof

(continued page 21)



Left: Ladies Ellice de Valles and Agatha Wanderer, Syr Arlof and others dance the afternoon away. **Center:** Lord Anthony Martin, Lady Adrienne d'Evreaux and Vivien de Valois enjoy the mancala table. **Right:** Lady Freygerther of Visby, called Freya and Lady Elizabeth of Maplecroft work tirelessly to create a delightful feast for the Caristia attendees. (photos by Lady Symonne aus Chevaux d'Or)

News of Hadchester

Repolling for Shire Status has begun. The deadline for the poll is April 23. There are currently 32 paid members in Hadchester. Letters of support have been received from Lady Tiernan, Exchequer of Malagentia and Lord Velikail of Deltiva, Hadchester Thrown Weapons Marshal.

Day Tourney and Orchard War have both received approval from the seneschal and proceed to budget meetings.

Heavy List practices happen on the second and fourth Mondays of each month and have an average of five fighters at each practice. Extra practices are held occasionally at Lord Krumr's barn in Union.

An **A&S roundtable** on Deepening Personae led by Lady Freya will be scheduled for sometime soon. People interested in A&S competition and documentation should get in touch with her.

There will be a **monthly food-oriented A&S** on the third Thursday of each month, starting in March.

Thrown Weapons practice is being held in "the old windmill" during the off season. As soon as the weather is agreeable, Thrown Weapons will coincide with but follow Archery practice.

Lord Velikail of Deltuva (formerly known as Matteo) is in the throes of trying to get a new name approved by the College of Heraldry.

Verthande has had **new shire business cards** made.

With the coming of better weather, Hadchester looks to schedule a regular

socially oriented gathering in the Rockland area.

Lord Krumr has agreed to take up the post of Deputy Chatelain

Hadchester's bills are current and there are no outstanding debts. Lady Symonne has volunteered to be deputy Exchequer.

There was a successful demo presence at the **Horse Trade Show** in Belfast on March 29. Gentles from Hadchester and Endewearde were in attendance.

At the **Equestrian Interest Meeting** held on February 23, ring stands and rings were completed. John Ramsden donated a quintain. Baroness Sylvia of Endewearde remains strong in her support of equine activities in Hadchester. In preparation for unofficial practices within the shire Lady Symonne is ordering a load of sand and will host a BBQ to feed the manpower required to spread same and form a practice ring on her property in June.

The **first official equestrian event** in Hadchester is tentatively scheduled for the third weekend of October.

Upcoming events include **Tourney on a Summer's Day**, on June 7, 2014 in Waldoboro; a **potential demo** at the Rockland Congregational Church in September; a demo at the Union Fair after Orchard War; and **Orchard War** on July 25-27 at the Union Fair Grounds.

The **next shire meeting** is scheduled for Sunday, April 27 at 6:30 PM at Over the Rainbow Yarns, on School Street in Rockland.

Caristia II

(continued from page 20)

A shield maiden northward was bound,
To watch a new baron be crowned.
Though north she did go,
she never did show.
In a pothole she's said to have
drowned!

— Lady Ellice

They say at the end of the world,
A baron some money has squirreled.
He hopes thus to hire,
some out of work choir,
To squawk when his banner's unfurled!

— Syr Arlof

Dear Hadchester held an event
To Caristia we all have been sent
Love, family and friends,
and food without end
Oh, thanks for the joy you have lent.
— Master Godric of Hantum

The applause was lusty and fearful!
When asked by Lady Tiernan, after
submitting his event report, "Was the
event successful? Did you have fun?"

Lord Foner replied: "We had fun putting it on. The attendees had fun playing. The site owners are pleased with us and want us back again and we made a profit." What greater success is there?

ORCHARD WAR VI

Help keep the Orchards of
Hadchester safe at this
relaxed, family-friendly revel

July 25-27

'Round the Shire

Lady Verthande and Lord Tryggve host a **Sing Thing** on the 1st & 3rd Mondays of each month at Over the Rainbow Yarns on School St. in Rockland.

Hadchester Fighter Practices occur on the 2nd and 4th Mondays of each month at Union Elementary School, Route 17 in Union, ME. We sing on the odd Mondays and fight on the even Mondays.

Beginning on March 20th and the third Thursday of the month thereafter, Lord Foner will be having a monthly **food oriented A&S meeting** at 10 Berkley Street in Rockland. In March we'll be looking at medieval food preservation: In a **Pretty Pickle in Hadchester**, followed by **'Before Potatoes'** on April 17th and **'Cheesmaking 1'** on May 29th.

Archery Captain Erik of Vastergotland is trying to get an **archery supplies bulk order** together for the season. To do this he will require a financial advance from those seeking to make arrows. Contact him at j.vaster@att.net FMI.

Archery Practice is expected to begin in April, weather permitting, on a date TBD at 557 Valley Rd., Somerville.

The next **Shire Meeting** is Sunday, April 27 at 6:30 PM at Over the Rainbow Yarns in Rockland.

Join us for any and all activities
We keep growing and getting more active. There's no telling what we'll be up to next.

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A Beginner's Guide to Weekend Events

by Christiana Crane

For most SCAdians, their first event is local. At the end of the day, everyone changes into their mundanes and goes home. Eventually though, the talk of events like GNEW and Pennsic gets even the most inexperienced camper excited about giving a weekend event a try.

Great Northeastern War is a perfect first extended event for Malagentians. It's long enough to get a real feel for camping, but you'll still be close enough to home if you forget anything crucial.

Your starting kit for weekend adventures doesn't have to be extravagant and many items you need, you already own.

Shelter

One of the first things you'll need is some kind of shelter. Borrow a tent from a friend if you can. Tents can be expensive and this first event is a good opportunity to take a look at what other people are using before committing to an investment. If borrowing is right out, small dome tents (sometimes referred to as "earth pimples" in the SCA) can be an inexpensive option.

Once you have your head covered, you'll want something to sleep on. There are more elegant ways to do it, but for a first outing, I recommend a sleeping bag and an air mattress. Young folks might be able to get away with a foam pad, but the ground is hard and if you're unaccustomed to roughing it, sleeping on the floor of your tent can be unforgiving.

Events at the beginning and end of the season can get chilly. You will want to bring along extra blankets and pillows from home. Cheap sleeping bags aren't known for their superior thermal qualities and nights can be long and cold.

Many people get portable fire pits. For your first weekend event, save your money and plan to "borrow fire" from others. Instead, spend your money on a good chair. You'll see many beautiful wooden chairs at your first event, but for now get something light and foldable. A chair isn't necessary if you don't mind the ground, but it is a nice luxury if you can swing it.

Food

Very few weekend events come with a full meal plan. If it's an option, sign up and pack your feast gear. If you are camping with experienced friends, talk to them about food options. Should you be

totally on your own for food, don't try anything crazy just yet. You'll be so busy you'll only have time to grab a quick bite anyway. Foods that don't require refrigeration are your friend. Bread, peanut butter and jelly, fruits, nuts, cereal are all great and convenient choices and you won't have to worry if anything has gone "off" or how you're going to get more ice for your cooler. Finally, don't forget to bring water. We plan a gallon of water per person, per day when it's hot. If you know for absolute certain that there is potable water on site, bring a couple of gallons and refill the containers on site as needed. Bring water and drink it often. Dehydration isn't pretty.

Clothing

If you only have the one set of garb, now's the time to start working on your next outfit. A change of clothes not only feels nice, it's important, especially if your first outfit gets wet and the event is cold. Remember your cloak and extra socks and underwear. Layers are your friend. If you don't have a hat with a brim, get a hat with a brim. The straw ones are nice and you can find some that look vaguely period-ish. Bring something to sleep in that is not your clothes. Sleeping in the clothes you've worn all day is an invitation to getting a chill in the middle of the night.

Other Considerations

Two words: Sun Screen. Use early, use often, even on the last day when you're breaking down the camp and don't think you'll need it. Use. Your. Sunscreen.

If you have medications that you need to take, be sure to bring them.

A lightsource is handy, especially for late night trips to the privies. Candlelight is nice, but it can be dangerous. A flashlight will get the job done for your first event.

I always toss a roll of toilet paper and a small bottle of hand sanitizer in a ziploc just in case. Most events are really good about replenishing bathrooms, but better prepared than sorry.

Finally, don't worry about what you've forgotten. Unless your first camping event is Pennsic, you'll be home before you know it and making your packing list for next time. Happy camping!



For more on what to pack for your first event, check out:
http://www.nordskogen.northshield.org/officers/maas/sca_camping_101.html
<http://jducoeur.org/carolingia/jerky.html>

News from Beyond the Borders



From the Barony of Endewearde:

February's **Tourney of Love**, saw the first presentation of baronial awards. **Mistress Brita Mairi Svendsdottir** and **Lady Ana Tarr** were given the Keystone of Endewearde for service and **Lady Agatha Wanderer** and **Lady Alys Treeby** given the Beacon of Endewearde, for excellence in the Arts and Sciences.

On April 19 we will be hosting **Jehan's Fighting and Fencing at the Fort** at Fort Knox. There will be a ceremony for Endewearde's fallen heroes, including Jehan at the end of court. The Barony is preparing for the **Great Northeastern War!** Mistress Brita shares the following limericks.

"Why?" Our baron said, "Why/Are the tolls we are paying so high?/And it doesn't seem nice/That we have to pay twice/We must settle this thing in July."

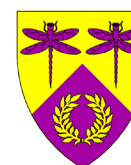
Northguard said, "Baron, we hear/That Great Northeastern War is now near/We are happy to fight for Endewearde's right/For the small price of chocolate and beer."



From the Canton of Wyndriche:

A Medieval Faire was held at Unity College on April 12 and showcased both Heavy List and Rapier combat as well as dancing and assorted arts and sciences.

With the spring semester coming to a close, summer practices will likely migrate to various areas around Wyndriche. Please check the Wyndriche Facebook page, Yahoo group or the Endewearde website for times and locations.



From the Shire of Smithwick:

All is quiet in the north this time of year. We are working on the final planning for our **Welcome to Spring Gathering** on May 3 and gearing up for work at the Long House and starting some outdoor activities once the snow is gone.



From the Barony of Stonemarche:

A **First Feast** event was held on March 15 for **Dorio and Jocelyn** in honor of Their recent Investiture. It was a day for people to share their "SCA Passion" with others. Dorio and Jocelyn held their first court, beginning with their predecessors leading a group of "teamsters" in to present several chests of Baronial regalia and livery. After the presentation **Xavier and Maria** pledged fealty and support to Their Excellencies. Following this, gifts and fealty were accepted from officers and households, and several backlog awards were given. Court was followed with a wonderful feast prepared by the **Stonemarche Cook's Guild**. Their Excellencies head table was served by their predecessors, while the **College of Knottung Cross** served the populace. Feast was followed by much revelry and dancing.

The Barony's next event will be the **Palio di Stonemarche** on the weekend of June 13th – 15th, 2014 where you can join one of the three Contrade for a fun day of games competing for the Palio banner.

cart talk by Christiana Crane



**Need to register your name?
Looking to create your own arms?**

Contact Your Local Herald!

Malagentian Herald Conall An Doire offers his services to any and all who seek assistance navigating the waters of the college of heralds.

**Beat the Pennsic rush!
Submit your application today!**





LAMENT FOR THE GOLDEN RAPIERS

by Mistress Alys Mackyntoich, 16th Companion of the Golden Rapier
adapted from Lament for the Makaris by William Dunbar (1456 - 1513)

Our plesance heir is all vane glory,
This fals world is bot transitory,
The flesche is brukle¹, the Fend is sle²;
Timor mortis conturbat me.³

The stait of man dois change and vary,
Now sound, now seik, now blith, now sary⁴,
Now dansand⁵ mery, now like to dee;
Timor mortis conturbat me.

No stait in erd heir standis sickir⁶;
As with the wynd wavis the wickir,
Wavis this warldis vanite.
Timor mortis conturbat me.

On to the ded gois all estatis,
Princis, prelotis, and potenttatis⁷,
Baith riche and pur of all degre;
Timor mortis conturbat me.

He takis the knychtis in to feild,
Anarmit⁸ under helme and scheild;
Victour he is at all mellie⁹;
Timor mortis conturbat me.

That strang unmercifull tyrand
Takis, on the moderis¹⁰ breist sowkand,
The bab¹¹ full of benignite¹²;
Timor mortis conturbat me.

He takis the campion¹³ in the stour¹⁴,
The capitane closit in the tour,
The lady in bour¹⁵ full of bewte;
Timor mortis conturbat me.

He sparis no lord for his piscence¹⁶,
Na clerk for his intelligence;
His awfull strak may no man fle;
Timor mortis conturbat me.

*Death he hes my brethers tane¹⁷,
Allace! they nocht with us remane,
So schort, so quyk, our lyvys be:
Timor mortis conturbat me.*

*Death hes done petuously devour,
The nobell Morgunn, Aethelmearc's flour¹⁸,
Of goldin ordour our prymarie;
Timor mortis conturbat me.*

*Gud Maister Patris du Chat Gris
In sepulture¹⁹ rests lamentable,
Gret reuth²⁰ it wer that so suld be;
Timor mortis conturbat me.*

*He hes the honoured Don Michel
Slaine with his schour²¹ of mortall ills;
A bettir fallow did no man se;
Timor mortis conturbat me.*

*In Endeward Death hes done rounne²²;
A swerds-man of great renoune,
Don Gregory enbrast hes he;
Timor mortis conturbat me.*

*And he hes now tane, last of aw,
Capteyne Jehan gud gentill saull²³,
Of quham all wichtis²⁴ hes pete²⁵;
Timor mortis conturbat me.*

*Sen for the deid remeid is none²⁶,
Best is that we for dede dispone²⁷,
Eftir our deid that lif may we;
Timor mortis conturbat me.*

Italicized text is not from the original poem. 1 "brukle" = brittle, frail; 2 "the Fend is sle" = the Devil is sly; 3 "Timor mortis conturbat me" = fear of death confounds/disturbs me, a line from the Holy Office for the Dead; 4 "sary" = full of distress or sorrow; distressed, vexed, unhappy, regretful, sorrowful, sad; 5 "dansand" = dancing; 6 "No stait in erd heir standis sickir" = No rank in earth here stands secure.; 7 "potenttatis" = potentates; 8 "Anarmit" = armored, clad in armor; 9 "mellie" = melee, combat; 10 "moderis" = mother's; 11 "bab" = babe, baby; 12 "benignite" = kindness, graciousness; 13 "campion" = champion; 14 "stour" = battle; 15 "bour" = bower; 16 "piscence" = puissance, power; 17 "tane" = taken; 18 "flour" = flower; 19 "sepulture" = grave, tomb; 20 "reuth" = pity; 21 "schour" = shower; 22 "done rounne" = whispered; 23 "saull" = soul; 24 "wichtis" = persons; 25 "pete" = pity; 26 "Sen for the deid remeid is none" = Since there is no remedy for death; 27 "dispone" = to prepare, make ready

Monthly Province Events

FIGHTER PRACTICE

Date: Every Tuesday
Time: 6:00-9:00
Location: USM Sullivan Gym, Portland
Cost: \$5

Fencing and fighting in conjunction with the USM Blade Society. There is a gym fee of \$5 (cash only) and you must show a photo ID. Children under 18 are not allowed in the gym. Fighter practice is held outdoors in the spring and summer.

BARDIC BRUNCH

Date: Third Sunday of the month
Time: 11am- 2pm
Location: The Big House on Brighton. Please check the Malagentia Bardic Group on Facebook for details.
Some food and drink will be provided, please bring something to share.

Upcoming Events in the North

See the East Kingdom website for a complete list of future events.

Jehan's Fencing & Fighting at the Fort

Barony of Endewearde
Where: Prospect, ME
When: April 19, 2014
Time: 8 AM to 5 PM
Cost: Adult (Member)-\$7; Adult (Non-Member)-\$12; Child - \$5; Babes in arms - Free

East Kingdom Brewer's Collegium

Barony of Stonemarche
Where: Plymouth, NH
When: April 25 - 27, 2014
Time: Site opens 7 PM Friday and closes 12 PM Sunday
Cost: Adult (Member) - \$20; Adult (Non-Member) \$25; Staying overnight: \$15.00

Spring Winds: Giggleswick Bardic Symposium

Riding of Giggleswick
Where: Eliot, ME
When: May 3, 2014
Time: 10 AM to 4 PM
Cost: Adult (Member)-\$10; Adult (Non-Member)-\$15; Youth (6-12) - \$5; Children (5 and under): Free

DANCE PRACTICE

Date: Third Thursday of the month
Time: 7:30-9:00
Location: Acorn Studios, Dana Warp Mill, Westbrook
No prior experience necessary. Bring comfy footwear and water.

MUSIC PRACTICE

Date: Wednesdays by announcement.
Location: TBA on the Yahoo Group or website.
An evening of practicing medieval music for dance and entertainment.

PROVINCE BUSINESS MEETING

Date: First Thursday of the month
Time: 7:30-9:00
Location: Acorn Studios, Dana Warp Mill, Westbrook
Informal gathering across the street at Doughboy's Deli around 6-ish for eating and general merriment.

Tyger and Bucket Tavern Province of Malagentia

Where: East Waterboro, ME
When: May 3, 2014
Time: 5 PM to 10 PM
Cost: Adult (Member) - \$5; Adult (Non-Member) \$10; Dinner is a pay per plate. Bring cash.

Panteria XVIV

Shire of Panther Vale
Where: Thetford, VT
When: May 23- 26, 2014
Time: Site opens Friday 2 PM and closes Monday at noon
Cost: Weekend: Adults \$30; Youth(6-17) \$15; Child(5 & under) Free
Day: Adults \$20; Youth(6-17) \$10; Child(under 6) Free
Event Website: panthervale.com/panteria

Tourney on a Summer's Day

Incipient Shire of Hadchester
Where: Waldoboro, ME
When: June 7 2014
Time: Site opens Friday 2 PM and closes Monday at noon
Cost: Adult (Member) - \$5; Adult (Non-Member) \$10; Youth - Free
Event Website: <http://hadrianskeep.webs.com/tourneyday.htm>