



The Shire of Hartwood

At a Glance...

Archery Practices: Archery is now 'closed' for the season! Always check our Facebook group for updates.
#ShireOfHartwood

Fight Practices: Nanaimo: The Scout Hut at Camp Callais 6:30ish see Facebook for details
#NanaimoFightPractice

A&S Wednesdays in Black Creek. Nanaimo is now starting up as well. Always check facebook for details.
#ShireOfHartwood

Your Council

Incoming Seneschal Aline de Seeze
Exchequer Halima al-Rakassa
Chamberlain Ulf Tretelgja
Minister of Stables Ulf Tretelgja
Chief Archer John MacAndrew
Chief Chucker Harold of Hartwood
Incoming Minister of Arts & Sciences Sigrun Bjarnheðinsdóttir
Herald Harold of Hartwood
Chief Scribe Halima al Rakassa
Castellan Sextus of Hartwood
Family Activities Aline de Seez
Chronicler Anikó Melyes



A Change for Hartwood

"I've been very glad to represent Hartwood, a Shire and people I'm immensely proud of. A Seneschal's experience, good or bad, depends upon the team they get to work with. I've had the supreme privilege to work side by side with the most dedicated, enthusiastic and friendly group of people I could have hoped to.

This year we acknowledged our unity with a new motto (One Heartbeat!), created a new event dedicated to our growth in combat and sports (College of War), stood with Fjordland in representing Tir Righ's thrown weapons community, initiated a major scribal initiative, and began to recognize one another's achievements with a new set of Shire Tokens, inspired by the past but designed to carry us forward into the future.

It's been a busy and exciting year, and I am grateful that the duties of Seneschal will now fall to a lady who inspires me, whom I have absolute faith will continue to help Hartwood grow. Please make Archos Aline de Seez feel welcome as we transition in the new year."

Your departing Seneschal, Cunegonda



Events Events Events!

We have had a fruitful year!

by Lady Anikó Melyes



Left to Right, Top to bottom:
Fjordland Rising, Hartwood
College of War, Seagirt SYG,
Lionsdale Odin's Playground,
Hartwood Champions,
Hartwood Champions II,
Seagirt Island Fall Faire

This year has been a very full year for this Hartwoodian getting out in Tir Righ and exploring the various events! Since our last newsletter, I can personally say I attended some fantastic events and wanted to recap and visit some memories.

Fjordland Rising - Beautiful event. Amazing location (runs every other year). Archery, rapier, heavy, boisterous court with flying marshmallows everywhere. Heartfelt speeches all around. Drinking pecan whiskey with Vincent around a fire. Went home very happy.

Sealion War - (alternates between Lions Gate and Seagirt) Ah yes. The year to remind us to never complain about heat or sunshine, **ever**. Still, we carried on with wars, fighting, archery, bardic and thankfully an indoor court filled with awards and fun. Best quote of the weekend, "It's not so much the rain but, when you walk, the mud getting where mud not ought to go!"

College of War - Oh Hartwood you do us proud! What a wonderful FIRST TIME event. An educational weekend full of friends fighting and fun!

Seagirt Summer Tourney - sadly I missed this amazing event on Denman Island as I was mid-relocating. I am mentioning it because I heard so much positive response about the location right on the beach. I heard it was beautiful and very fun time.

SYG - So. Much. Archery. 40 yards all day. Shot arrows until my arms were like noodles. Listened to an amazing recount of nautical history by Baron Connal for his trial. I was surrounded by friends sharing meals and visiting.

Odin's Playground - HANDS DOWN some of the most fun I have ever had at an event! GAMES! FEAST! MARKET! There was archery, thrown weapons, heavy, rapier and SO MANY fun things to do. Amazing people, amazing fun - I felt very welcome over in Lionsdale. Also, real bathrooms. There's something to be said for those!

Hartwood Fall Champions - Yes, it rained but it STOPPED when it was important! The sun came out and we shot many things! There was also great rapier and heavy fighting! There were awards and hugs and tears and smiles. Oh and champions named. cough cough

Island Fall Faire - Way to go Seagirt! We had a perfect end to summer with blacksmiths, competitions, displays, coopers, arrowmakers, archery, tons of rousing fighting, challenges thrown down, ribbons handed out and a pyjama party movie night to end it all! Lots of public interest too, which was fantastic!

Tir Righ Coronet - The court! The fighting! The garb! The TAVERN! It was lovely to see friends from far and near gathered with our high hopes for competitors as they fought through the lists. We have a future princess on the island stepping up in February. Congratulate Glynis if you see her!

My summer has been full, I hope yours was too and I hope with my brief descriptions I have inspired some of you to get out beyond our shire's borders and visit some of the truly wonderful events we have in Tir Right. We are lucky to have such a bounty of medieval fun to choose from!

How was your summer? Let me know! ladyhartwood@gmail.com





A Little Scribal?

Necessity being the mother of all invention, we had decided on offering tokens - no small undertaking but with that endeavour positive change and creation was brought about.

Hartwood performed a minor miracle! Designed, created, calligraphed, painted and sealed something like 12 charters, plus tokens. Now we have a Scribal Minister (Halima) and a kit is being put together for Hartwoodians to loan out to create and work on more scribal projects.

We now have the following tokens:

Service (Sable Hound),

Artistry (Swan Tag)

Stags Mark (Friends from outside the Shire who have helped us)

The Stag Tag and Ravens Tag are automatically bestowed when people meet the requirements (Chief Archer/Chief Chucker/ Master of Stables.

If you want to nominate or request someone receive these awards please contact your Seneschal!

Time to Make Plans...

NOVEMBER

26 **Hartwood Yule**

DECEMBER

3 **Seagirt Yule**, Barony of Seagirt. K&Q present

JANUARY

21 **Gentle Arts** Barony of Seagirt

FEBRUARY

4 **Winters Tourney**, Shire of Lionsdale

11 **Winters End**, Shire of False Isle

17-19 **Tir Righ February Investiture**, Barony of Lionsdale

MARCH

18 **Daffodil** Barony of Seagirt

APRIL

1 **Canterbury Fayre** Barony of Lions Gate

8-9 **Quest for the Golden Fleece** Barony of Ramsguard

8-9 **Spring TUTOR** Shire of Hartwood

MAY

13 **Lions Gate Champions Tournament**

27-28 **Sealion War** Barony of Seagirt (please don't rain)

16-18 **Hartwood Camping Event** Shire of Hartwood

30-02 **Island Fall Faire** Barony of Seagirt

JUNE

9-11 **Tir Righ June Coronet** Shire of Coill Mhor

17 **Lionsdale Championship**

JULY

1-3 **Seagirt Summer Tourney** Barony of Seagirt

7-9 **Stranded Mermaid Tourney** Shire of False Isle

14-16 **July Coronation** Shire of Danescomb

28-30 **ATWAR** Tir Righ Event in Nakusp



Winter Training for Archery

by John MacAndrew

For the last couple of years I have been using a winter training program with Miranda's archery. In it you will find:

- A weekly trip to the pool to swim lengths. This works all the muscles associated with archery and is good for your overall health. Swim slow but as long as you can. Hold that time for each week and then add 5 minutes every month.
- Two or three times a week of very light weight training. I have been using the following link and have added a few extra exercises specific to issues we have been dealing with. Again, while this is good for archery it is also good for your general health.

<http://www.archeryassociation.bc.ca/old/Bowhunting/AthleteResources/Level%201%20%20Exercises%20for%20General%20Conditioning%20Program.pdf>

Lastly, indoor shooting. While it would be amazing to have an indoor site to shoot 20 yards (or more) five or six feet is actually plenty. Winter training for archery is really about keeping the muscles involved in archery warm while you focus on very specific aspects of your shooting form. For example:

- Balance – are you grounded and what is your weight distribution?
- Bowhand – are you drawing directly through your wrist?
- Anchor and draw length – are you consistent?
- Release – completely smooth?

Make sure when you are doing indoor shooting you are safe (won't damage your home) and that the target is shoulder height to simulate correct bow arm level.

Additionally make sure you know the objective of the practice before you begin. Practice does not make perfect it simply solidifies your existing errors.

Only focused practice makes perfect.

John Macandrew, OGGS.

From the Outgoing A&S Minister of Hartwood

Lady Guencendl (Gwynafel) ben Madudhain

The last 3 years have flown by, and I must say I loved being A&S Minister to Hartwood. The position was fun, and little fuss. I had a great amount of fun and help during my 3 years, and would like to say thank you to John Mail-MacAndrew for his virtual A&S Mondays. It was very inspiring, and amazing to see what everyone was up to and creating.

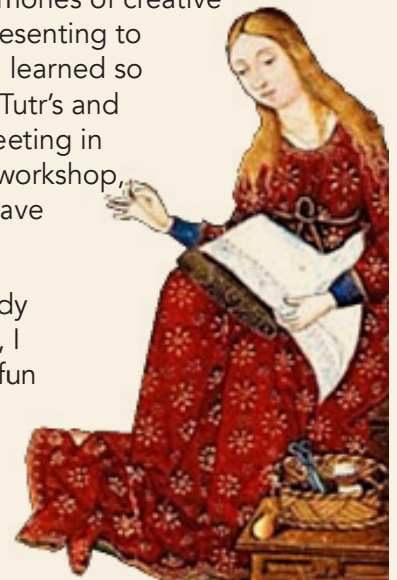
Thank you to Lady Aniko Melyes' who held A&S Meetings in North Hartwood, such a warm and inviting person, feeling and space. To the Lord and Lady of the Barenthal Inn for picking up the A&S meetings when Lady Aniko had to leave our fair lands for Seagirt.

I have such great memories, and leave the position hoping to fill it again at some later point. Firstly I want to welcome Lady Sigurn Bjarnhedinsdottir (Lisa Corlett-Simpson) to the A&S Minister position! She is very knowledgeable, and a warm addition to Hartwood's Council. Lady Sigurn is positioned in South Hartwood, and will be holding A&S Meetings.

I would also like to welcome a newcomer that has taken up the position of Arts and Science's Deputy to Lady Sigurn, Sarah Schwartz! She will be positioned in North Hartwood, and aiding Lady Sigurn where-ever possible.

I will remain an active member of Hartwood, and have happy, fulfilling memories of creative times in this position. Presenting to the Embellisher's Guild, I learned so much! Taking classes at Tutr's and other events, a picnic meeting in the park, a sewing garb workshop, and charter painting. I have loved it all.

Many good wishes to Lady Sigurn and M'lady Sarah, I hope you have as much fun as I did!



Methinks about... Christmas and Yule

Halima al-Rakkasa

Come December, and the shortened days, we look forward to Christmas.

The word Christmas comes from the combining of the title Christ, meaning Saviour, with Mass. Mass (from Old English *maesse*) is a Christian ritual in which bread and wine are consecrated, distributed, and consumed; it is a liturgy (set of prescribed forms for public worship, from the Greek *leitourgia*, public duty) in the Roman Catholic and some Anglican churches. The day, therefore, is one of celebration of the birth of a Saviour. Christ comes from the Greek *Christos*, which comes from *chriein*, anoint. The Christ means the Anointed or the divinely chosen one, and was originally used as a title identifying Jesus as the Messiah.

Before the 5th century, there was no consensus on the date of this liturgy until it was eventually set to December 25th, taking over *Modranecht* (mothers' night) and *Invicti Solis* (sun-god Mithra's birthday).

Christmas superseded the *Saturnalia* of Rome, which was set around December 19, and lasted as long as seven days. The celebration was for Saturn, the Roman god of agriculture; the lively festival was connected with the winter sowing (between October and January). Slaves were temporarily freed and equal to their masters, and gifts were freely exchanged, especially those of wax candles (not tallow) and little clay dolls.

Christmas eve is on the evening before the day; in past times, each "day" started at sunset, putting our sleeping-times in the middle of the "day" which was dark. Evenfall was often spent in some specific activity, possibly entertainment, especially as a winter's even (archaic from Old English *aefen*) was oft too long to be spent sleeping.

Yule comes from the Old English *geol* (2 dots over the o), meaning "wheel". The ancients felt that the changing of summer to winter and back again had a rhythm like the turning of a wheel, hence the references to the "Wheel of the Year". The sun would also have suggested that same phrase, with its change in noon-tide height throughout the year like the wobbles of a spinning children's top.

The Yule Log was a particularly large block of wood that was placed in the fire, but not allowed to be consumed completely; the remainder would be used to start the next year's Yule fire, except for the bits shaved or scraped off and used in folk remedies.

Fast Fact

Plum pudding evolved from a porridge made with meat broth thickened with breadcrumbs and flavoured with dried plums, raisins, currants, sugar, spices and wine.

The German carol, "O Tannenbaum", loosely translated as "O Christmas Tree", refers to a fir tree. The fir tree was chosen as a centrepiece because, as an evergreen, it suggested that even in the cold and dark of winter, some things were eternal. The small candles placed in the branches suggested the stars, or the suns of past years; it may all harken back to the custom of holding bonfires during this dark time of the year to encourage the sun's return to the land.

So, by whatever name you call this

season, may it be a good one!

References:

Encyclopaedia Britannica, 1947

Doubleday Dictionary, 1975

First published in *The Cragmere Piper*, issue #19, December 1998.

Reproduced here with minor changes for *The Hartbeat*, 2016.

"Methinks..." by Halima al-Rakkasa is a serendipitous journey into the history of words.



Recipe of the Season I

Norwegian Hardtack - Knekkebrod

by Sigrún Bjarnheðinsdóttir

3 1/2 - 4 cups of white or whole wheat flour

1 3/4 cups of graham flour

1 tsp salt

1 tbs dry yeast

approx 2 1/4 cups of warm water

Mix dry ingredients together in a large bowl. Mix together with warm water. When thoroughly mixed, cover bowl with saran wrap and let rise in a warm area until doubled.

After rising, divide dough into 12 - 20 pieces (depending on how large you want your tacks to be). Roll each tack into a circle with a floured rolling pin. Thinner tacks cook faster and will be crisp versus "hard". But experiment to see what you like best.

Let rolled out tacks rise 15-20 mins. Poke risen tacks all over with a fork or the handle end of a wooden spoon. This keeps the tacks from puffing up full of air and gives them some texture.

Bake at 435 degrees for 5-8 mins depending on thickness. Lower temp to 200 to let them dry out after they are baked. If you bake them until crisp, they will last almost indefinitely.

I make my knekkebrod with white flour because I like the taste better. They are great for camping, instead of crackers.



Recipe of the Season II

to Make Pyes

Who doesn't love a good Pye?

PERIOD: England, 1545 | SOURCE: A Propre new booke of Cokery | CLASS: Authentic

DESCRIPTION: How to make mutton or beef pyes, & how to make royal pastry

To make Pyes.

Pyes of mutton or beif must be fyne mynced & seasoned with pepper and salte and a lytel saffron to colour it / suet or marrow a good quantitie / a lytell vynegre / pruynes / great reasons / and dates / take the fattest of the broath of powdred beefe. And if you will have paest royall / take butter and yolkes of egges & so to temper the floure to make the paest.

To make Pies.

Pies of mutton of beef must be finely minced & seasoned with pepper and salt and a little saffron to colour it / suet or marrow a good quantity / a little vinegar / prunes / great raisins / and dates / take the fattest of the broth of powdered beef. And if you will have paste royal / take butter and yolks of eggs & so to temper the flour to make the paste.

Beef or lamb roast, cooked and minced in small pieces

Pepper & Salt

Beef suet or marrow, diced or cubed

Vinegar, red wine or cider

Prunes, sliced / Raisins / Dates, chopped

Beef broth

Royal Pastry:

4 cups pastry flour

1 tsp. salt

1 1/2 cup butter

4 egg yolks

2-4 Tbs. cold water

In a large bowl, combine meat, spices, suet or marrow, & the fruit. Add enough broth to thoroughly wet the mixture - the consistency should be runny. Add enough vinegar for a slightly tart taste. Line a 9-inch pie pan with Royal Pastry and fill with the meat mixture. Add a pastry lid or leave open-faced. Bake at approx. 350° - 375° F until filling is bubbling and the pastry cooked.

Royal Pastry: combine flour and salt. Cut in butter with a pastry knife. Add egg yolks & then the water, a spoonful at a time. Knead until pastry forms a ball and leaves sides of bowl. Separate dough into 2 equal portions. Roll out one portion for pie shell, another for the lid.



What? When? Where?

I'm putting on my Chronicler's Hat and extending a warm welcome to anyone who would like to send me some nifty tidbits about the Shire and goings on. I love me a good nifty tidbit!

In all seriousness (Chronicler's face on now) our Shire is VAST, and there is no way in hel that I can cover it all - I rely on you. Yes, YOU, and you and you and you, to bring me stuff to put in this newsletter. Not a writer? No problem! Just tell me what is happening, I only need a sentence or two (or send me entire pages!) I will give it an honest shot at editing it and including you in the newsletter.

Here's the kicker: it is as easy as sending an email or facebook message.

ladyhartwood@gmail.com and on facebook I am on the Shire page as Leslie Eaton. If you can't seem to message me (it happens sometimes) post on the page! I'm around!



Y.A.F.A.

Here's a picture showing the new tokens for the Youth and Family Achievement Program



At Investiture I had the chance to meet with the Kingdom Family Activities Minister, Alizand Thorgeirsson and discuss the new Youth and a Family Achievement program.

Here is a picture of her display at Investiture



She brought along samples of the various categories of activities that people can offer to act as a mentor for. The interesting thing is that you do not have to develop a curriculum, it is all laid out for you.

If you interested in becoming a mentor please go to this link <http://yafa.sca.org/>

Or contact me for more information.

Thanks!

Arches Aline de Seez

Family Activities Minister

Shire of Hartwood

A Shire Motto

We deliberated, We voted, We deliberated some more.

Drumroll please.....

"One Heartbeat"

Parting Shot

The votes are in. A contest unleashed on facebook in the same manner as this newsletter was created. IN ONE DAY

THE WINNER WITH 8

VOTES IS:

John Mail-Macandrew It's only a fletcher wound. (shooting at the black knight)

Runner up:

James Llewellyn "I'll go forward looking for the rabbit. When I nod my head, you shoot it" :What? I shoot your head?"

You would think we did a Monty Python Demo down island or something?



Source: photo taken by Anikó Melyes



A little bit of Etiquette goes a long way

In the SCA we recreate the best of the middle ages. We assume we are all of gentle birth and treat each other with respect and honour.

It is important to remember that what we are doing is recreating and we treat our royalty like, well like royalty!

It is more than just wearing (what seems to be a catch phrase lately) a pointy hat - which really we should practice calling a crown. The hat has so little to do with how we behave in royal presence, it isn't about the **crown** but rather **we show our respect the wearer of the crown.**

Here are some tips:

The Thrones

The thrones also have a presence. It is not ten feet in all directions, but ten feet or so in front (more in a room with a long, clear aisle). If you pass before the empty thrones, you should bow a little.

The King's Approach

If you are traveling along and the king is coming your way, you should clear the path, stop and bow, kneel or at least lower your head. If you are in a crowded passage, stand to the wall making room for them to pass. If the king is in conversation with companions, do not interrupt. If the king is silent you might want to offer a greeting. Addressing him is sufficient-you say "Your Majesty," and he may nod or just say "my lord" or "good day." After his passing, continue on your way.

Entering the Royal Presence

We are often in outdoor settings, or in single large halls without side-chambers. Therefore we have designated the area ten feet around the king's person as his presence. The king (and likewise the queen, prince and princess) is in a circle with a twenty-foot diameter. By law and custom, no person may enter this presence without rendering courtesy to the crown. "Rendering courtesy" here means to acknowledge by a bow or curtsy that the person holds a position of honor.

If you wish to speak with the king and he is not busy, wait just outside the presence until you are bidden to approach. You might make yourself more obvious by bowing or curtsying. Staring is not good. If you must speak to get the king's attention (although this isn't usually necessary) you might try "Forgive me, your Majesty, but. . ." or "Your Majesty, may I approach?"

There may be times when you need to speak with the king and you are unable to gracefully arrange it yourself. You might ask the herald or seneschal to approach the king on your behalf to arrange a time and place, and ask them to have you sent for when the king has time to hear you.

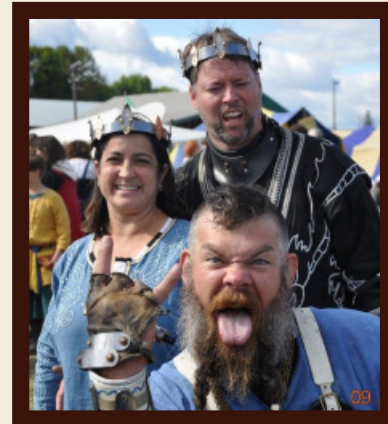
FMI <http://www.antir.sca.org/Pubs/ATH/7formsaddress.php>

exerpts borrowed from (and edited)
sandraddodd.com/ideas/etiquette1.html

The Royalty of An Tir



**Their Royal Majesties of An Tir,
King Kjartan Daegarson and
Queen Sha'ya Kjartanskona**



**Their Royal Highnesses of An Tir,
Prince Styrkarr Jarlskald and
Princess Dagrun Stjarna
(and a photobomb...)**



**Their Highnesses of Tir Righ,
Prince Ieuan Gower and
Princess Gwyneth Gower**



**Their Excellencies of Tir Righ,
Tanist Einar Guntharson and
ban-Tanist Glynis Fawr**

Photos and information from antir.sca.org/WhosWho/