

# The Shire of Hartwood's **HARTBEAT**



The Shire of Hartwood is a busy place with activities for the whole family. During the winter season we host numerous feasts and classes, as well as a full range of combat opportunities. Once the sun returns, our summer weekend events are filled with fun, friends, wars and tourneys! Camping in the SCA is a far cry from roughing it and can be enjoyed by people of all ages and abilities.

## Upcoming Events

April 12-14 Hartwood TUTOR - Hartwood  
May 4 Hartwood Newcomers - Hartwood  
May 3-5 Sir Edwards Tournament - Thornwold  
May 10-12 Fjordland Rising - Fjordland  
May 17-19 May Crown - Stromgard  
May 24-26 Sealion War - Seagirt  
May 31-June 2 Lions Gate Champions - Lions Gate  
June 8-9 Tir Righ June Coronet - Coill Mhor  
June 15-16 Lionsdale Champions - Lionsdale  
June 21-23 Ducal war - Coill Mhor  
June 28-1 Seagirt Summer Tourney - Seagirt  
July 3-7 An Tir-West War - Tymberhavene  
July 19-21 July Coronation - Wealdsmere

Keep up to date at <http://www.antir.org/events/>

## Weekly Activities

Tuesday - Nanoose Bay Fight Practice (heavy, archery)  
Wednesday - Courtney A&S  
Thursday - Duncan A&S; Campbell River A&S  
Saturday - Courtenay Dance (not every); Comox Rapier Practice  
Sunday - Courtenay Thrown Weapons

Keep up to date at  
<https://www.facebook.com/groups/21507980237/events/>

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# Seneschal's Address

*Greetings good gentles from Master John Macandrew, Seneschal of the Shire of Hartwood!*

*Today I will be writing about the upcoming Road to Barony. This road we are on is one that the members of the Shire have been on since before my days of arriving in Hartwood. It began with the joining of the three Shires into one when our first hurdle was to find a common voice. No more could we be the Shires of Ravensly, Cragmere, or Hartwood. We needed to find the "One Heartbeat" to motivate us all. And while we have our strengths in West, North, South, and now East Hartwood we are focused on a singular goal; to be the best Shire in the Principality.*

*When the idea of Barony was revived again we looked at the requirements: A full cadre of offices (at minimum; Seneschal, Herald, Marshal, A&S, Chatelaine, Exchequer, Chronicler) name and device registered with the College of Arms, 50 plus members, documentation of activities across the full SCA spectrum (heavy, rapier, archery, TW, A&S), a minimum of three events per year, and a quarterly newsletter. All these items needed to be recorded as items being successfully completed long term not things new to the Shire.*

*Being a Barony would allow us to be represented to the Crown of An Tir by a Baron and Baroness, it would allow us to create and present Baronial Awards, and should the Baron/Baroness wish create a Sergeantry. The process moving forward would require a preliminary poll to determine if moving towards Barony is the will of the populous, a package would then be presented to Kingdom and should we meet Kingdom requirements a formal poll of members would be initiated. As well would be the member's poll for candidates for Baron and Baroness. Please remember this is a poll of members but in the end it is the Crown that makes the final decision regarding candidates.*

*So what can you do as Shire populous to assist in this process? 1. Attend practices and events, 2. Keep your memberships up as that is one of the measurements we will be judged by as well you will need your membership for any formal votes, 3. Respond to polls when they are posted as we need a high percentage of replies. Basically, keep doing what we are doing as an already successful Shire.*

*At our Yule last year I had a conversation with the King and in it he said, "If you want to be a Barony, act like one." I believe we are well on our way and look forward to what this year will bring to our proud Shire.*

*Master John Macandrew, OP  
Seneschal, Shire of Hartwood*



# How to Select a Weapon to Throw

## Part 1 - The Axe

By Archos Harold of Hartwood

Before delving into the specifics of what makes a good throwing weapon, let's look at the physics of the throw. This will help in the selection of the most suitable axe and knife. It is short so do not despair having read the word "physics."

How do you create spin? In simple terms velocity = distance / time. During your throw the knife moves in an arc until you release it. Assuming you are holding the handle of the knife the tip travels further (larger arc) than does the handle but in the same amount of time. This differential velocity imparts spin, which is influenced by the length of your arm, the length of the knife and its centre of mass (the point around which the knife wants to rotate). So, in reality, you do nothing to make the knife spin. It is a natural consequence of throwing it.

The most obvious characteristics of all weapons is overall size, weight and materials. There are two broad categories of weapons. Ones that look good and ones that throw good! I will concentrate on weapons that will be easy to handle and help improve your scores. No weapon is a substitute for practice, but the right weapon can make a world of difference.

Axe Constraints:

Handle (haft) 12" - 24" long and MUST be made of wood.

Head metal single blade max. 4" wide on striking edge firmly attached to handle.

No top spikes, spike poles or butt-spikes

The weight of the head is generally the deciding factor when first selecting an axe. As with all our weapons the heavier the axe is the better it penetrates the target. However an axe that is too heavy for your wrist strength will make it impossible for you to duplicate good throws making it difficult or impossible to improve your score. Best results in general from axes weighing 550gms - 770gms (1lb - 1.5lb)

To maximize your scoring the blade should be as wide as the rules allow which is 4 inches. It should have a "pointed" tip to allow it to stick even though it has over rotated. The head should be sharpened at its foot to allow it to stick even with the handle touching the target. This to allow sticking even though the throw was under rotated. The blade should have a shallow curve. This limits the surface

area that initially hits the target forcing deeper penetration.

The centre of mass (balance point) should be inside the head or if not, near where the haft enters the base of the head. This is important as it keeps the head on a flatter trajectory as it travels to the target.

The haft (handle) should be of a comfortable diameter one you can get your hand around without your fingers pressing into your thumb pad and should be slightly elliptical. It is very important that any thickening of the handle at the end - commonly used to stop your hand from slipping off the axe, be removed. We want the axe to "slip" out of your hand when you release it. If you can find a handle that has an arc to it then all the better. It will move your hand in line with the centre of mass.

A simple camping axe 14 oz. or heavier will suffice as long as you remove the bump at the foot of the handle and sharpen the upper and lower points of the head. Make sure the length is within the rules.

My personal preference is the Norse axe with the sweeping blade. The blade is about 1/4" too long so it has to be ground down. I like it because it is as light as is reasonable, sticking well because the blade is thinner than an axe blade. I cut the ridiculously long handle down to about 13"

Next time the knife.

The recommendations come from:

<https://www.warriorsandwonders.com/>





MEDIEVAL

# MAY FAIRE

MAY 4TH 10-4

ENTRY BY DONATION

CRAFTSMEN & ARTISANS

FAMILY ACTIVITIES

COMBAT DEMOS

FOOD & DRINK

MAY POLE DANCING

ENTERTAINMENT

SOMENOS  
COMMUNITY HALL

3248 COWICHAN VALLEY HWY

SOCIETY FOR CREATIVE ANACHRONISM

# A Bittersweet Fare Thee Well

Farewell! My tenure as Thrown Weapons Officer has come to a close. This is a position that I really enjoyed and I am sad to relinquish the roll.

This has been an exciting couple of years. Years that have seen Hartwoodians transition from steak knives, firewood axes and asparagus spears to “real” knives, axes and spears. Hartwood, as usual, has led the Thrown Weapons march within Tir Righ. From those first torchlight throws at the College of War to the sunny afternoons on the practice range, we have all improved and grown as a community. Many of us have our own equipment and throw at events outside of Hartwood. We attracted one of the best throwers in An Tir to our last championship event.

In 2017 we had 16 scorers, in 2018 we had 12. This is nearly 50% of the total number of throwers in Tir Righ. Together with our neighbours in Seagirt, Lions Gate and Fjordland we form the nucleus of the Principality and Kingdom TW community. In the mundane world throwing axes is becoming wildly popular. This bodes well for us as new arrivals may have already experienced the thrill of sticking an axe into a target. In the SCA world Thrown Weapons is gaining recognition and is now directly supported by deputies at both the Principality and Kingdom level.

So the future of Thrown Weapons in the SCA is bright. The incoming Officer has a firm base from which to work and I wish them well. Practices will continue to be held at Fern road and in Nanaimo. For those that have not yet braved the elements be assured that the snow has gone, the targets have thawed and the sun is out. Come and join us. My new position as Principality Thrown Weapons Deputy requires me to make sure all throwers have fun regardless of their scores. I assure YOU WILL HAVE FUN!

Cheers,  
Archos Harold of Hartwood

“ An axe without a shaft is no threat to the forest.  
Albert Einstein



## Southern Heartbeat

By Fionualla Davindottir

The mist swirled gently through the green spring leaves as the scent of rhubarb wafted from the hot iron pot.

The visitors chatted idly as they patiently waited for the cake to be done, mouths watering in anticipation.

Southern Hartwood's SCA community is slowly growing due to the exposure created by ongoing local activities, namely arts and sciences workshops and summer fight practices.

One of the many activities our band of A&S gatherers have engaged in is open fire cooking, along with classes on a wide variety of interesting subjects. So far, we have learned Middle Eastern drumming, Viking wire weaving, Celtic knot drawing, candle dipping, book binding, and more; and are always looking for new people to join us.

Fight practice ran all last summer and promises to start up again as soon as it is light long enough in the evenings. There was a blend of rapier and heavy fighters in attendance on a regular basis, and lessons on rapier technique were often offered by Baron Connal. Keep your eyes peeled for further information about this year's practice!

We also excitedly invite you to Hartwood's upcoming Newcomer's event. We are hosting a May Faire on the 4th of May for the pleasure and enjoyment of both our experienced population and new people interested in learning about what we do in the SCA. See the poster on page 3 for more information, or contact Fionualla Davindotter at [hartwood.familyactivities@tirrigh.org](mailto:hartwood.familyactivities@tirrigh.org)



# Sweet & Sour Rabbit Stew

Submitted by Maulana Halima al-Rakkasa

Adapted from Egredouce, "Pleyn Delite"

Serves 8-12

Originally published in the Cragmere Piper, Issue 4, June 1996, as Qiturah, The Sweet and Sour Rabbit Stew received rave reviews at the Cragmere Celtic event, so here is the recipe for you.



## Ingredients

2 rabbits of 3-4 pounds each  
6 onions  
2 tablespoons oil  
1/2 c currants and raisins  
3 cups red wine  
1 cup white vinegar  
1 cup white sugar  
3/4 teaspoon ground dry ginger  
1/2 teaspoon cinnamon 1/4 teaspoon black pepper 1 teaspoon salt

## Directions

Roast rabbit; roasting bags work very well, and take about an hour and a half. When cool enough to handle, take all the meat off the bones and cut into bites. The remaining carcass will make a good soup stock. Fry onions in oil until well-softened. Add the currants and spices and fry a bit more until fragrant. Add rabbit meat, liquids, and sugar; heat long enough for the flavors to marry. Like many stews, it tastes better the next day!

“

That's no ordinary rabbit. That's the most foul, cruel, and bad tempered rodent you ever set eyes on!

Monty Python

## Persona Spotlight: Geirhildr Vilhjálmsdóttir

I joined the SCA because I wanted to do sword-fighting (and being new to the area, to meet like-minded people who were interested in history, costuming, and swords!). I went to my first event in September 2016 - Hartwood Champions. I was/am making comics set during the Viking Age, so I created a Persona that lived in that time to aid with my research for my book. Plus I already had some items based on 9th Century Norwegian finds, so that was the time/place I decided to go with.

The majority of people are given their names, so I wanted my Persona's name to have that sort of origin. Under weird circumstances in mundane life I've been referred to as Margaret or Gertrude, so I looked up Old Norse names that were related to that, and found Geirhildr. My maiden name is Wilson, so I used that as the base for my Persona's last name, Vilhjálmsdóttir ('William's daughter'). Geirhildr Vilhjálmsdóttir is a bit of a mouthful, so I started telling people to just call me 'Hilda' (a short-form for Geirhildr) but that turned into 'Helga' - a nickname I'm happy to have been given.



# From the Greenwood

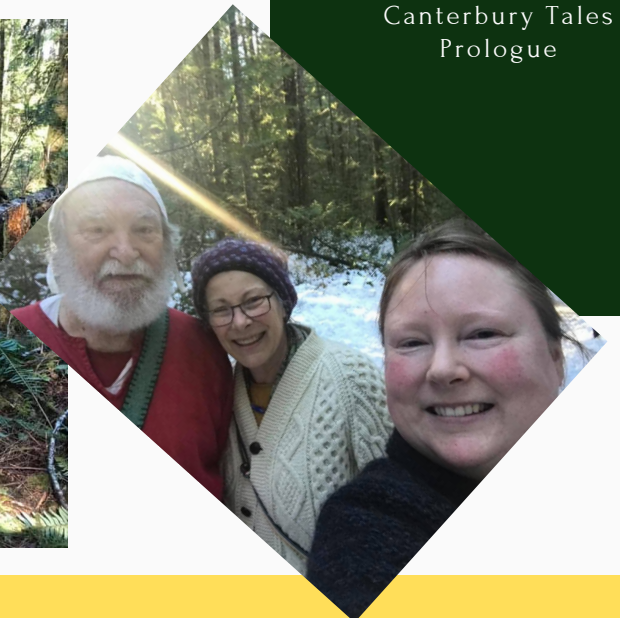
By Maurus Ioinur

The Northwest Forester's Guild, related to the Known World Foresters Guild, is an unofficial guild of the Kingdom of An Tir based on the Medieval Foresters that protected the forests of medieval England. Largely due to the 14th and 15th century obsession with hunting, a great deal of information has survived on the culture of historical foresters. Also because they served courts of law, a lot of details of their day-to-day work have been passed down to us. This makes it easier for a member of the SCA to recreate the persona of a forester in some detail.

As Foresters, we research, recreate, educate, and demonstrate. We use historical tools, methods, equipment, and techniques for living, camping, traveling, and cooking in the outdoors or in wilderness locations. We practice a high level of wilderness and camping ethics and leave no trace. We are sworn to protect the green spaces of the world, to take only what we need from the land, and to educate others to do the same.

Becoming a Forester is an excellent option for anyone interested in learning period wilderness and camping skills, but is particularly attractive to those players wishing to play a persona that does not fall within the established culture of 'everyone comes from noble families.' Recreating a forester has then become a way for those who do not identify with the wealthy upper crust to still have a place. They can recreate forest related skills and wear lower class garments with no fear of a little dirt or a spark hole from the fire. This has been a very popular distinction for many people who love the SCA but do not necessarily enjoy the pageantry or are uncomfortable with it.

As an unofficial SCA Guild, membership is open to anyone who asks to join. If you are interested, please check out the Northwest Foresters Guild Facebook page. Also feel free to browse the file section for our group, as well as the Known World Forester's Guild and the Kingdom of Atlantia Royal Forestry Guild...they have some great resources! We try to meet monthly for hikes and workshops on forest craft. Watch the Hartwood events page for more information.



"A yeoman had he, nor  
more servants, no,  
At that time, for he chose  
to travel so;  
And he was clad in coat  
and hood of green.  
A sheaf of peacock arrows  
bright and keen  
Under his belt he bore  
right carefully  
(Well could he keep his  
tackle yeomanly:  
His arrows had no  
draggled feathers low),  
And in his hand he bore a  
mighty bow.  
A cropped head had he  
and a sun-browned face.  
Of woodcraft knew he all  
the useful ways.  
Upon his arm he bore a  
bracer gay,  
And at one side a sword  
and buckler, yea,  
And at the other side a  
dagger bright,  
Well sheathed and sharp  
as spear point in the light;  
On breast a Christopher  
of silver sheen.  
He bore a horn in baldric  
all of green;  
A forester he truly was,  
I guess.

Chaucer  
Canterbury Tales  
Prologue

# Hartwood Council

## Seneschal

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## Chatelaine

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## Chief Scribe

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## Minister of Stables

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## Deputy for Archery

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## Deputy for Rapier

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## Deputy for Thrown Weapons

Archos Harold of Hartwood  
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## Herald

ban tiarna Elphin ò Flaithbheartaigh  
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## University of Tir Righ Minister - Open

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## Minister of Arts & Science - Open

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# Current Champions

## Armoured Combat

Lord Ulf Treteljgar

## Rapier

His Lordship Wulfgar Bradax

## Archery

Lord Theodor of Lions Gate

## Thrown Weapons

Duncan of Aberfoyle

## Craftsman

Lady Aspasia Bevilacqua

## Bardic

Lady Aspasia Bevilacqua