

# 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

Nov 23	Hartwood Yule - Hartwood
Dec 7	Baronial Banquet - Lions Gate
Dec 7	A Tudor Yuletide - Seagirt
Jan 18	Gentle Arts - Seagirt
Jan 18	Winter Gathering - Danescombe
Jan 24-26	Ursulmas - Aquaterra
Feb 8	Lion's Stage - Lions Gate
Feb 14-16	Tir Righ February Investiture - Lions Gate
Mar 6-8	Kingdom Arts & Sciences and Rapier Championship -
Mar 14	Daffodil Tournament and Feast - Seagirt
Mar 21	Canterbury Fayre - Lions Gate
Mar 27-29	Quest for the Golden Fleece - Ramsgaard

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

## Weekly Activities

Monday	Duncan A&S (every other)
Tuesday	Nanoose Bay Fight Practice (heavy, archery) Jan start
Wednesday	Courtney A&S; Mid Island A&S
Thursday	Cobble Hill Fight Practice (heavy) every other Thursday
Saturday	Comox Rapier Practice

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

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**“Chivalry**  
(n)  
1. the combination of qualities expected of an ideal knight, especially courage, honor, courtesy, justice, and a readiness to help the weak.  
2. gallant warriors or gentlemen.

# Seneschal's Address

*My Lords and Ladies, greetings from Master John Macandrew, Seneschal, Shire of Hartwood.*

*M'Lady Fionulla has asked me to write up an address for this quarter's newsletter. Rather let me write about the Seneschal's word or more specifically your word and what that means in the SCA. In the SCA commandments we look at the following, "be faithful to your word" and at another point "raise not your voice". In thirty years in the SCA I have seen these to be of the highest importance.*

*We need to make sure we very careful in taking on new tasks in the SCA. Are you sure you can do the work? Are you sure exactly what the task entails? Have you checked your household or family to look at the impact? Fealty could be another issue. Buy yourself some time to look over all the ramifications and follow up later. Now that I've mentioned it, following up, is another aspect of your word. If you have said it, do it.*

*Now onto, "raise not your voice". This means a lot of things to me besides speaking loudly (or harshly). Speak kindly of others. Don't spread rumors of others based on your observations as we know personal observations are often tainted. If raising your voice is needed, for example a marshal addressing an issue, remember others will see/hear your actions and may base future decisions on that one circumstance. One of the responsibilities of a Peer is guidance. Ask questions if you have concerns. It never hurts to take some time before you make a mistake.*

*In this age of instant communication the issue is amplified. Don't send emails or messages in anger. Type it and sit on it for 24 hours. Ask a friend to read it before you send it. A voice raised in anger echoes for years to come.*

*Be faithful to your word. Raise not your voice in anger.*

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



One heartbeat

# How to Select a Weapon to Throw

## Part 2 - The knife

By Archos Harold of Hartwood

This is part 2 of my weapon selection guidelines. Part 1 dealt with the selection of an axe; this monograph will offer some advice on the selection a throwing knife. These notes are tailored for those taking up the wonderful sport as defined by the SCA rules. These rules state that the overall length of a knife has to fall between 10" and 16", The blade must not exceed 2.5" in width and must have only one striking point. As with all weapons, there is no magic knife that will suit everyone, however there are guidelines that will get you started with a good chance of success. Here follows my personal opinions and the reason for them.

**Material:** Throwing knives are generally made from stainless steel or carbon steel. The stainless blades do not rust and are shiny, however they are often lighter than their cold steel counterparts. They also tend to bounce back further and faster than a carbon steel knife. For this reason I do not recommend stainless knives.

**Length:** The length of a knife affects its weight, rotation speed and in air stability. The longer the knife the slower the rotation speed, the heavier and therefore greater the energy transferred to the target. In other words they stick better. The problem arises that because of their slower rotation speed you have to throw them further to accomplish a full rotation. The further you are from the target the greater the effect of any technique problems you have and the "stronger" you have to be. By "stronger" I mean you have to feel comfortable hefting the knife. It must not feel light and insubstantial or a brick that will require real effort to throw all afternoon. I have found that a 12" knife is a good starting point. I would not suggest you start with a knife any longer than 14".

**Weight:** Most throwers throw knives in the 10-16oz (280 - 454 grams). The heavier the better. Try for about 13oz. The extra weight makes the weapon penetrate further and can save some rotational bounce outs. If you can handle the 16oz all the better.

**Shape:** A throwing knife should be simple and utilitarian. Ideally there should be no bumps in the profile and no holes in the handle. It must be one piece that is the blade and handle is cut from a single piece of steel. Unless you have a problem closing your hand you should start with a knife that has no scales (tacked on handle grips). The handle should transition into the blade smoothly so as to provide an uninterrupted release. If you need scales to allow you to grip the knife then make sure they are securely attached through

the tang. I prefer that they are secured with countersink screws. This makes it much easier to replace damaged components. If riveted make sure you have smoothed the rivet heads and washers so as to make sure you do not damage yourself on burs. Do not buy a knife with paracord wrapped handles. You need the handle to be smooth with very little friction when released.

The urge to acquire a stylish knife such as a Bowie knife or modified kukri can be overwhelming. Do not succumb to this temptation for your first knife. Also understandable is the urge to sharpen the point and blade so you can shave with it. Do not do this. The blade does not need to be razor sharp. You may be called upon to throw your knife at 15'. This usually requires that you hold the blade in your hand. An overly sharp point will just bend and bur. It should however come to a point and not be chiselled.

Finally do not purchase a knife with a large ring at the end of the handle. How can the knife slide out of your hand with a bloody great ring at the end?

**Balance:** You will hear a lot about balance. Balance is important you will be told. However many people will tell you the balance point (centre of mass) should be as low as possible down the blade. The assumption is that a heavy blade and a light handle will somehow make the pointy end spend more time towards the target. In actual fact the balance point should be as close to the mid point of the knife as possible while being beyond your grip. This will have the effect of minimizing the radius of rotation. How important is this? I do not know but it just feels like it should be important.... The balanced knife should have a more predictable and consistent trajectory, and this is a good thing.

What do I throw? I have a problem closing my hand so I need scales to fatten up the handle so I can grip it. My knife is a Cold Steel Pro Balance Thrower. It is 13 1/4" long weighing 16oz made from 1055 Carbon Steel. The scales are Polypropylene. It is not perfect. It has a bump and a waist separating the handle and the blade but I can live with it. The Cold Steel Pro Flight design has a better (smooth) profile and is what we use as loaner equipment. At about \$16 that is my recommendation.

**NOTE:** If you are a real keener you should purchase 3 knives. This allows you to get more practice in a shorter time, and is another reason not to buy a knife with scales. Throwing 3 scaled knives into a single target virtually guarantees damage to your equipment.



# Weihnachten

Mistress Winter gently sighs her waking  
breath across the land leaving the magical  
glow that only the season of cold can bring.  
In Hartwood, we take to our homes, escaping  
the chill of Mistress Winter. We embrace the  
warmth of home, hearth, friends and family,  
and invite you to Weihnachten in our  
Medieval German Hunting Lodge.

**November 23 10am to 11:30pm**

**240 Lions Way, Qualicum Beach**

Adult Day fee \$15 (\$5 SCA member discount)  
Youth & Child Day fee \$0  
Adult Feast fee \$15  
Youth Feast fee \$10  
Child Feast fee \$0  
Off Board \$5



**Championships**  
**Bardic Entertainment**  
**Martial Combat**  
**Feasting**

**Gentle Arts**  
**Prizes**  
**Merchants**  
**Children's Activities**

For more information go to:  
<http://hartwood.tirrigh.org/calendar.html>





## Area Demos

By Archos Aline de Seez

Our Shire has been busy this fall doing a number of demos throughout the area. Our first one was on Hornby Island on September 8. Scarlet, David, Elizabeth, Halima and John were able to travel over to attend the Medieval Fair. People were very interested in what we do, so much so that they were still chatting with John as he was packing up to catch the ferry home!

On Oct 5th from 12-4 we were at the Nanaimo Harborfront Library's Fun Palace. For this event the organizer wanted us to let people try some new things as well as observe. So for this I set up 4 teams each with their own lead to make sure that things

went smoothly. Team 1-A&SLead-Halima, Aspasia, Freydis, Harold, Alicia and StephanTeam 2-A&SLead-John, Aspasia , Adelheid, Aniko Team 3-RapierLead-Korbinian, WulfgarTeam 4- ArmoredLead-Sir Duncan, Wulfgar, Sir Liam, Beorn, FionuallaScarlet and I oversaw everything and had the welcome area and main display.

## Persona Spotlight: Halima al-Rakkasa

Halima al-Rakkasa thinks she still dwells on the outskirts of Dimashq, during the franji year 1085 CE. She is the sole support of her dar, dancing and telling fortunes to travelers and wearers-of-slippers alike.

I joined the SCA in 1995 when 4 people I knew said we should create a branch of the SCA. They they said there was dancing, so I said what the heck! I didn't have garb yet, but they convinced me that my ethnic-style belly dance tunic would be appropriate. Then I needed a name to suit, which is a complete other story! The 5 of us became the founding members of the Shire of Cragmere, which was later united with the Shire of Hartwood.

It is both the people and the range of activities that bring me pleasure in the SCA! It was the dancing that first drew me in, and now my current favourite activities include textiles (in particular sprangwork, medieval-style spinning, and band-weaving), book arts (in particular limp parchment binding, and calligraphy), and casting pewter in hand-carved soapstone molds. And archery! I tend to learn new things, teach them, and move on to something new. Because, in the SCA, you can do that!





# A Tart to Provoke Courage

Submitted by Fionualla inghean Ui Murchaidh

Adapted from The Good Housewives Jewell by Thomas Dawson

Serves 8-12

Take two Quinces, and two or three Burre rootes, adn a potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they bee tender, put in an ounce of dates, and when they be boyled tender, Draw them through a strainer, wine and all, and then put in the yolkes of eight Eggs, and the braynes of three or foure cocke Sparrowes, and straine them into the other, adn a little Rosewater, adn seeth them all with suger, Cinamon and Gynger, and Cloves and mace, adn put in a little sweet butter, and set it upon a chaffingdish of coles betweene two platters, adn so let it boyl till it be somthing bigge.

## Ingredients

2 parsnips, peeled and chopped	3 eggs
1 sweet potato, peeled and chopped	1/4 cup sugar
1 cup white wine	1/2 tsp cinnamon
2 apples, peeled, cored, and chopped	1/2 tsp ginger
6 dates, pitted and chopped	1/4 tsp cloves
2 tbs unsalted butter	1/2 tsp mace

## Directions

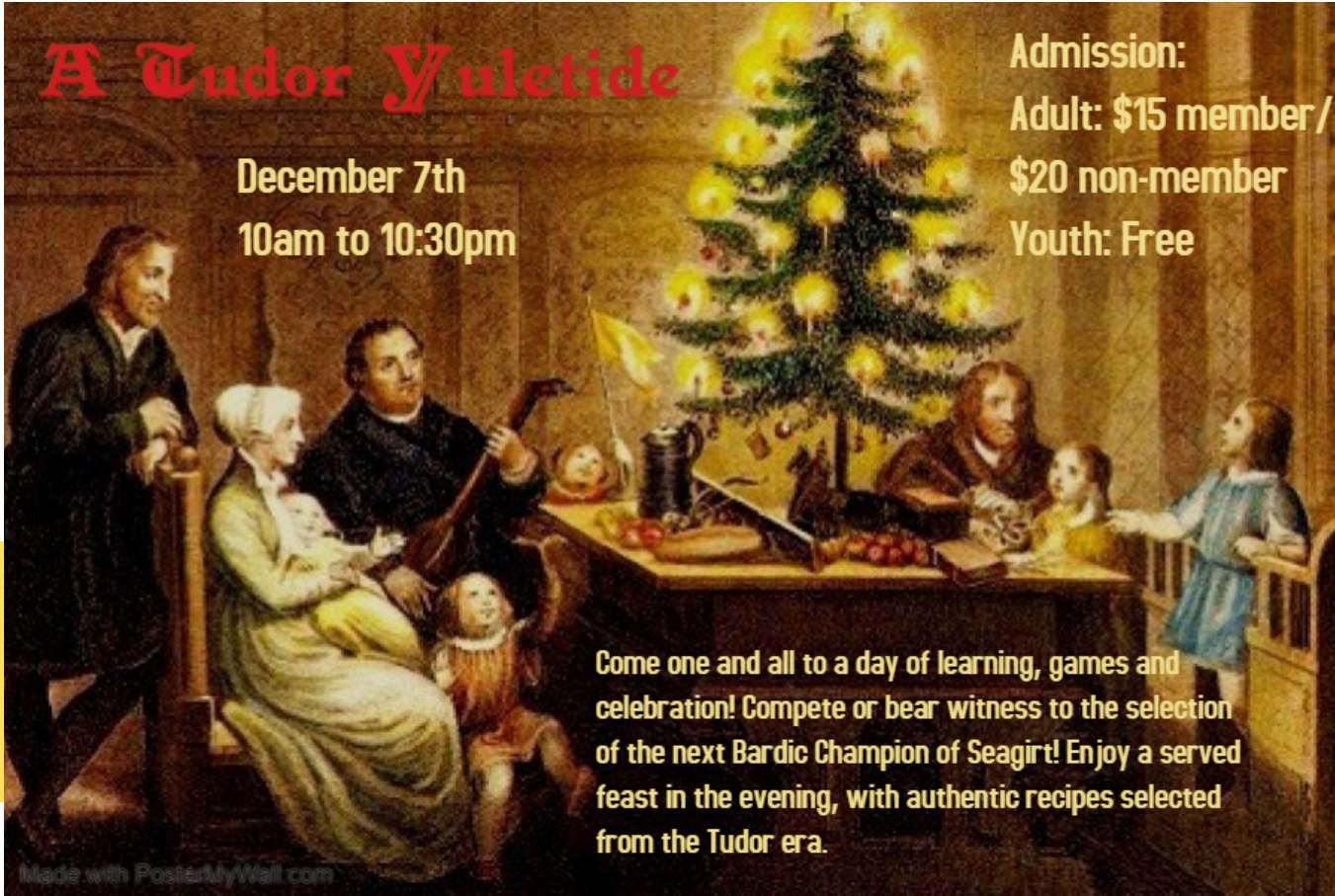
Preheat oven to 325F. Place the parsnips and potato in a stainless steel or enamel saucepan with the wine and start to cook over medium heat for about 10 minutes. Add the apple and dates to the saucepan and continue cooking. When the roots are soft (after 30 to 40 minutes), remove from the heat, stir in the butter, and mash.

While the vegetable mixture is cooling whisk together the eggs, sugar, adn spices. Prepare a casserole dish by rubbing the inside with oil or butter. Incorporate the mashed vegetables into the egg mixture and stir until smooth. Pour into the casserole dish and cover. Bake for approximately 1 hour, or until firm.

“

Who could refrain  
that had a heart  
to love and in  
that heart  
courage to make  
love known?

Shakespear



**A Tudor Yuletide**

**December 7th**  
**10am to 10:30pm**

**Admission:**  
**Adult: \$15 member /**  
**\$20 non-member**  
**Youth: Free**

**Come one and all to a day of learning, games and celebration! Compete or bear witness to the selection of the next Bardic Champion of Seagirt! Enjoy a served feast in the evening, with authentic recipes selected from the Tudor era.**

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# From the Greenwood

By Maurus Ioinur

Foresters were created by founding member Llwyd Forester in AS 46 and actively began recruiting members in AS 48. Initially the Guild operated under a letter temporary; a document which outlined their future plans and mandate. With six members by the end of their first full season they began to actively engage in period outdoor activities and outdoor cooking at events. Eventually, their activities and membership grew to the point where they were able to successfully petition their Kingdom to become an official Kingdom Guild.

A core group of affiliated members located in An Tir decided to create a Guild here, are operating under a letter temporary until we receive our own Charter from the Crown. While we prepare our Royal petition, our goals are to grow our membership and to offer skill building opportunities for the general public as well as our members. So far, we have hosted a series of forest walks, some community stewardship events, and are planning an overnight camping experience.

At this year's Yule, anyone who has filled out an application and passed their 90 day probationary period, may take the Foresters Oath, if they so choose. The Keeper of the Northern Forest of An Tir (Fionualla Inghean Ui Murchaidh) will be in attendance, as well as The Keeper of the Forests of Insula Magna (Maurus Ioinur). We will also be doing some promotions and can assist anyone interested in filling out an application to become a Novice Forester.

It is not required that you take the Oath to become a Forester, but only sworn members may seek promotion or become officers within the Guild. As historical foresters were most often lower class or at best extremely low ranking nobility that were illegitimate, the guild emulated a style of dress and culture very different from the majority of the SCA. The wearing of Forest or Lincoln green in the summer and grey in the winter. This was done for two reasons; first because it is based on historical fact, and second because the type of people typically most attracted to medieval outdoor activities in the forest prefer a simpler working class style of dress that functions well in the outdoors in all weather.

This being said, most attending Yule will most likely be wearing their best garb. Feel free, however to bring any Forester garb and equipment you have, and maybe we can have a show-and-tell and share information/advise on building your Forester Kit.



## The Forester's Oath

I,  
\_\_\_\_\_, standing before my  
mentors and peers,  
commit  
myself to venerate the  
traditions, reputation and  
integrity of the  
Known World Forester's  
Guild.

I thereby swear to respect  
the laws of  
the Forest, and regard the  
laws of An Tir as long as  
they are just. I  
swear to protect the green  
space, To practice ethical  
camping, To  
take no more than what is  
needed from the forest or  
field, To support  
and teach others to do the  
same.

I will, to the best of my  
ability,  
hone my forester crafts  
and skills, and help my  
fellow Foresters when  
I see them in need.

I  
accept this Foresters Oath  
freely and upon my  
honour.

# Hartwood Council

## Seneschal

Master John MacAndrew  
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## Chatelaine

Archos Aline de Seez  
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## Exchequer

M'Lady Juliana Cuthbertson  
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## Chronicler

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## Family Activities

M'Lady Fionualla Davindotter  
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## Web Minister

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## Chamberlain

M'Lord Korbinian Von Hirschholz  
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## Chief Scribe

Kuria Aspasia Bevilacqua  
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## Minister of Stables

Honourable Lord Kjartan Kraka  
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## Deputy for Archery

Maulana Halima al-Rakkasa  
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## Deputy for Rapier

M'Lord Dieterich von Kleinburg  
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## Deputy for Thrown Weapons

Lord Ulf Treteljgar  
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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

M'Lord Maurus Ioinur  
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# Current Champions

## Armoured Combat

Lord Wulfgar Bradax

## Rapier

M'Lord Dieterich von Kleinburg

## Archery

Master James ap Llewellyn

## Thrown Weapons

Archos Harold of Hartwood

## Craftsman

Lady Aspasia Bevilacqua

## Bardic

Lady Aspasia Bevilacqua