

*Shire of Smythkepe Newsletter*

*The Forge*

*March 2017*

*A word from our Seneschal:*

From the Seneschal;

Thank you so much to those that turn out for fighter practices and those that come to Business meetings. It is through everyone's participation that keeps our shire going.

Cracked Anvil will be coming up soon and I want to thank everyone that has been working so hard to pull it together. It's our shire.....lets make it shine.

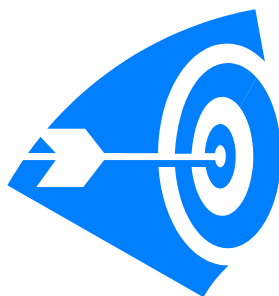
Don't forget that we have MSKD in September, wind your thinking caps up and lets do some magic for that event. The Lady Katheryn von Kiehl will be autocrating that event, if you have ideas or suggestions by all means let her hear from you.

At Cracked Anvil this year we will have Master Cinaed De Eden stepping into the Exchequers office, and Lady Rebbekah of Newcastle stepping up as Seneschal at MSKD. I am confident they will both do well in their office. We all owe many thanks to the Lady Katheryn von Kiehl for doing such a terrific job as our Exchequer.

Keep in mind that we have Cracked Anvil 2018 and MSKD 2018 to plan for, the sooner the better. If you have a bid or an idea for a bid, get with someone and pull that baby together. There are plenty of people that can and will help you, and if they can't (for some mundane reason, lets face it we all have them) they can usually suggest someone that can. It is in our best interests to each do what we can to make our shire outstanding.

Thanks guys for all your hard work to make out shire great!

THL Aesa Gaaethfogmar



## Setting up a Target Archery Range

By: Wilim Penbras ap Gurgeneu

### Range Dimensions:

The primary concern in setting up a range is, of course, safety. A clear line of site to the edges of the range is important. In general, you want about ten feet across at the line for each target butt. For an IKAC shoot, that would involve thirty to forty feet at the line.

The targets are set out at forty yards, thirty yards, and two at 20 yards. From the corners of this line, go out at a thirty to forty-five degree angle back to a line even with the farthest target. At this point, your lines should straighten out, and go back to half again the distance of the farthest target, or fifty yards, whichever is greater. That would mean ninety or so yards if your farthest target is at forty yards. These dimensions are only guidelines. More space is certainly preferable, but these would be the minimums that you should use. As a Marshal you constantly have to picture the worst possible case. Even if it is a one-in-a-million chance that something could go wrong, you must plan against it. If an arrow falls off the shelf as it is being shot, it can go wide in that direction.

And since there are both right handed and left handed archers, arrows can fly far off the mark in either direction. You need not be too worried about the people lined up beside you. But if someone is a pace or two in front of the line, they could be hit. As a marshal, you have to think about everyone around you, and be pushy if they are doing something that might get themselves hurt, even if they don't know it.

The Perimeter

I have made jokes in the past about placing a few arrows in trees at the perimeter of the range to discourage people from entering the range in your back field. But in all seriousness, people need to know well in advance they are coming up on the range. If you have amazingly dense underbrush, it is a little easier to keep people out of the back field. But I have been at events where some teenagers popped out of the bushes in the back field with no warning. All reasonable caution must be used to mark the range boundaries. You can use just about anything, but typically it is a roped-off area at roughly knee to waist height, depending on the terrain. The ropes should mark as much of the perimeter as possible, with a single entrance behind the line where spectators are allowed to watch. The shooting line should be clearly marked. In a range with a stationary line and targets at each of the ranges, the line is easily marked with a rope at ground level between two stakes. If the shooting line has the targets in line at the same range, then the line has to move to the different ranges. In this case, the ranges you want to shoot can be marked with different colored flags or stakes. Then simply make sure all the archers are firing from the same line. For example, say you have a nice, tall levee, and you want to put all of your targets against it to minimize the required back field. If you want to do a Royal Round shoot, instead of making a single line and measuring twenty, thirty and forty yards from it to place your targets, you simply make three lines. One will be twenty yards back from the target, one thirty yards back, and the last forty yards back. You mark all the lines, and then just move the archers from line to line to shoot the different ranges. You can make the lines even more visible by putting flags on the stakes holding the ropes. A flag that can be raised and lowered to let people know when the range is open is also good. 20 yards 30 yards 40 yards 90 yards

Rules of the Range It is important to let all the archers know the rules of the range. This can either be done by announcement if the shoot has a firm start time, or the rules can be posted if archers will be coming and going throughout the day. Source: <http://marshal.ansteorra.org/files/archery/aob2003/aob2003.pdf>

# Inspecting Combat Archery Equipment

Wilim Penbras ap Gurgeneu

It has been asked how you can know if a bow is combat legal when it does not specifically say it is thirty pounds at twenty-eight inches. What follows is a little bit of the standard Gulf Wars Inspection Procedure.

## Inspection Tent

When you come to the Inspection Tent, you will be expected to be armored and have your bows and arrows available for inspection. Your equipment should be presented to the Combat Archery Marshal in Charge, and you will then move to the Heavy Marshal in Charge. While he is inspecting your armor, which must meet minimum Armor Standards, your bow and arrows will be inspected by the Archery Marshal.

## Inspecting the Bow

This inspection will check for many things. First and foremost, your bow will be inspected for structural defects that might cause a failure while shooting. Then, a standard arrow with a length of twenty-eight inches from nock to back of the head will be placed on the bow and a scale applied to the string where the arrow nocks on the string. It will be drawn back to full draw with that twenty-eight inch arrow, and a weight measurement will be taken on the bow scale. This will be repeated three times. As long as the measurements are less than thirty pounds, a sticker will be placed on the bow to indicate that it passed the inspection. In some instances, bows will be spot checked, or all of them rechecked on the field before the battle to insure nothing has damaged the bow or changed the draw weight.

## Inspecting the Arrows

The arrows will then be checked for structural integrity. No cracks in the shaft, and the head and nock must be firmly seated. Shafts must be taped. Wooden shafts need to have fibre or strapping tape down their length to keep them together and present no any sharp points when a fighter steps on them. Fiberglass shafts must be taped. In this case, you may use electrical tape, as a proper fiberglass shaft will not splinter the way a wood shaft does. The tape simply keeps the broken shaft together. The heads will be checked for proper compression so they do not hit too hard, and that the diameter is 1.25 inches or more. Also, materials are checked to make sure nothing dangerous is used in the construction. If there are any questionable arrows or design types, the final test, at the marshal's discretion, is for the arrow to be fired at the archer at the minimum range of fifteen feet while the archer is armored. If the archer refuses this test, the arrows are generally not allowed on the field. After all, why should anybody else agree to be hit by such arrows if the archer will not.

## Conclusion

If there is any question pertaining to the draw weight of your bow, simply find a marshal with a bow scale and have them test it for you.

Source: <http://marshal.ansteorra.org/files/archery/aob2001/aob.pdf>.



## What Can You Do With Artemisia Abrotanum, or Southernwood

Artemisia abrotanum (southernwood, lad's love, southern wormwood) is a species of flowering plants in the sunflower family. It is native to Eurasia and Africa but naturalized in scattered locations in North America. Other common names include: old man, boy's love, oldman wormwood, lover's plant, applingie, garderope, Our Lord's wood, maid's ruin, garden sagebrush, European sage, sitherwood and lemon plant. (Wikipedia)

Southernwood has a strong camphor-like odour and was historically used as an air freshener or strewing herb. It forms a small bushy shrub, which is widely cultivated by gardeners. The grey-green leaves are small, narrow and feathery. The small flowers are yellow. It can easily be propagated by cuttings, or by division of the roots. (Wikipedia)

There are over 200 species in the Artemisia genus. The name 'Southernwood' has Old English roots and means "woody plant that comes from the south." The genus name, Artemisia, is derived from the Greek word "abros," meaning delicate and stems from Artemis, the Goddess of chastity. Artemis was also known as Diana, the Mother of all Creatures and Goddess of the Herbalist, the Hunt and Wild things.(gardeningknowhow.com)

A yellow dye can be extracted from the branches of the plant, for use with wool. Its dried leaves are used to keep moths away from wardrobes. The volatile oil in the leaves is responsible for the strong, sharp, scent which repels moths and other insects. It was customary to lay sprays of the herb

amongst clothes, or hang them in closets, and this is the origin of southernwood's French name, "garderobe" ("clothes-preserver"). Judges carried posies of southernwood and rue to protect themselves from prisoners' contagious diseases, and some church-goers relied on the herb's sharp scent to keep them awake during long sermons.(Wikipedia)

The pungent, scented leaves and flowers are used in herbal teas. Young shoots were used to flavor pastries and puddings. In Italy, it is used as a culinary herb. (Wikipedia)

Most Artemisia plants are hardy to United States Department of Agriculture zones 5 to 10 and occasionally down to 4 with protection. Most Artemisia in winter do quite well, shedding some leaves but, otherwise, the root zone stays safely underground. Plants in regions that are warm or temperate enough to sustain Artemisia outdoors may still want to do a little winter preparation. The plants will benefit from 2 to 3 inches of organic mulch, such as fine bark chips, over the root zone. This will act like a blanket and protect the roots from any sudden or sustained freezes. If your plant has died back due to winter and does not appear to be coming back, it may not be too late. Some Artemisia in winter

naturally lose their leaves and new foliage may be forming. Additionally, if the root ball was not killed, you can probably get the plant to come back. Use a clean, sharp pruner and gently scrape the woody stems and trunk. If you see green under the bark, the plant is still alive and there is a chance. Remove any plant material that is brown after scraping. This may mean cutting the plant back to the main stem, but there is still a chance all is not lost. Make sure the plant is in a location that is well draining and receives some moisture during spring as it battles its way back. Fertilize with a gentle formula, such as a diluted mixture of fish fertilizer and water. Feed the plant once per month for two months. Gradually, you should see the plant come back to itself if the roots survived and produce new foliage. Caring for Artemisia over the winter is a simple, straightforward process that can save these unique plants.(gardeningknowhow.com)

Now some practical information, from my experience. I lived with my Southernwood for quite some time not knowing what it was. I attempted to find out, showed it to people, looked through books, and finally found it while looking for something else. I have since tried to unlock some of its secrets. My Southernwood has a camphor like smell (I think), although I



have read that different varieties smell a little different. Not a strong stinky camphor smell, actually I think it is quite aromatic. I have made little sachet bags out of it. My mom likes them to sleep with under her pillow. She says it gives her restful sleep. My mom has COPD so it helps "a little" according to her. I have not tried it as a culinary herb, or tea. I plan to do so in the future. I read one time of its insect repellent properties and that it would repel cabbage worms. So I cut a bunch of it and laid it around my cabbage plants and broccoli last year. I don't know if it was the southernwood, or if it was just a bad year for larvae, but I did not have cabbage worms last year. I have never deliberately mulched my southernwood but it gets a natural mulching because, I sort of live in the woods. It has been very hardy, and remains evergreen usually. The one irritating thing I can say about it is that you should shape and prune it because it will creep out and cover an area. Its stalk will lean over, develop roots, and anchor itself in the ground and grow. It will continue to creep across your yard if you let it. Its very easy to start other places, prune off a piece of that stalk that has little roots on its underside and just stick it in some dirt. Water it and it will grow. I'm sure it must have a preference for a certain type of dirt but in my opinion it's not that picky, as the mess that has grown in my yard can attest to.

If you think you might like some, hit me up, I will be more than happy to get you started.

Read more at Gardening Know How: Artemisia Winter Care: Tips On Winterizing Artemisia Plants

<https://www.gardeningknowhow.com/ornamental/foilage/artemisia/artemisia-winter-care.htm> [https://en.wikipedia.org/wiki/Artemisia\\_abrotanum](https://en.wikipedia.org/wiki/Artemisia_abrotanum)

THL Aesa Gaethfogmar

\*Photo credit to Pinetrest via Smythkepe Chronicler



# Shire of Smythepe Medieval Trivia! March 2017

Here is your chance to learn medieval trivia and maybe win a SCA related prize! Find the answers and send it to [vernette\\_t@hotmail.com](mailto:vernette_t@hotmail.com) for your chance to win!



- 1) What caused medieval rye bread to cause hallucinations when you ate it?
- 2) What sport was banned by the English King Edward 11 in 1314? What was the ball made out of?
- 3) Who built Westminster Abbey? Which English king rebuilt Westminster Abbey in the 13th century?



4)

5) For what event would you roll a burning barrel down a hill?

6) What is this tool and how would you use it?



7) Where and how would you use a Destrier?

- 8) In modern times a lozenge is something to help a sore throat. In medieval times how and where was a lozenge used? For an extra point: Find a picture example and attach to quiz.
- 9) Who investigated the properties of optics, partly based on the research of Islamic opticians; and lead to the invention of a glass that could magnify objects?
- 10) What were Chaucer's guildsmen occupations?
- 11) What is a wolf hole and why would you put one outside your castle?



Disclaimer: This information was researched to the best of my ability and answers will be accepted by what my research found. Please include your name and address on bottom of answers so I can mail you your prize! 😊

Have Fun! And I hope you learn something!

THL Aveline Frazer