



**Known  
World**

**Newcomers  
Symposium**

**SCHEDULE &  
CLASS HAND-OUTS**

# CLASS SCHEDULE

Time	Track	Class	Instructor	Room
7:00 AM	Event Zoom opens			
7:30 AM	<b><i>Welcome to the Symposium - Join us for the official welcome to the KWNS 2024!</i></b>			
All event	<b><i>Heraldry Consultation rooms available for one-on-one assistance!</i></b>			
8:00 AM	SCA 101, Arts & Sciences	Fiber Properties for SCA Use	Diachbha the Weaver	1
8:00 AM	Chatelaine 101	The Perfect Newcomers' Point	Dame Mor the Merry	2
8:00 AM	OPEN			3
8:00 AM	OPEN			4
8:00 AM	Introductory Hacks for the SCA	The SCAdian Family: Adjusting Garments for the Growing Children	Jacquette de Brackeleire	5
8:00 AM	Heraldry	Choosing an SCA Name	Sisuile Butler	6
9:00 AM	Chatelaine 101	How to Start and Run a successful College Group	Fergus DeBotha	1
9:00 AM	Chatelaine 101, Introductory Hacks for the SCA, Arts & Sciences	Handsewing for Dummies	Yrsa Ketilsdottir	2
9:00 AM	Diversity, Equity, Inclusion & Belonging (DEIB)	DEIB Terms 1 and 2	Taidhgin O'Quin	3
9:00 AM	Introductory Hacks for the SCA	DIY Shade Fly	THL Skallagrímur Bárðarson	4
9:00 AM	Introductory Hacks for the SCA	Quick & Easy Medieval Hair	Emeline de Moulineaux	5
9:00 AM	Heraldry	Designing Your Armory	TBA	6
10:00 AM	Arts & Sciences	Introduction to Scribal Arts - Tools and Resources	Hellen of Haldane	1
10:00AM	Chatelaine 101	They Picked You! How to Respond to Newcomers at Events of Hoghton	Morgan Woodsende	2
10:00 AM	Intro to Martial Topics	Intro to Archery & Thrown Weapons	Alessandra de Piro	3
10:00 AM	Introductory Hacks for the SCA, SCA 101	Doing It All: How To Be Multidisciplinary Without Burning Out	Ciaran ua Meic Thire	4
10:00 AM	Introductory Hacks for the SCA	Hacking the Thrift Store for Your First Event	Minion DeBougier	5
10:00 AM	Heraldry	Heraldic Display in Any Medium	TBA	6

<b>Time</b>	<b>Track</b>	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
11:00 AM	LUNCH			1
11:00 AM	LUNCH			2
11:00 AM	Chatelain 101	Roundtable Discussion: Chatelains & Youth Officers Working Together	Dame Mor the Merry	3
11:00 AM	Intro to Martial Topics	Getting Started in Equestrian	Else Hunrvogt	4
11:00 AM	Introductory Hacks for the SCA	A Tale Of Triumph Over...De Feet, Or How We Found Almost-Period Shoes That Fit	Mungo Napier	5
11:00 AM	Heraldry	Matching Heraldry to Persona (Regional Styles)	TBA	6
12:00 PM	Arts & Sciences	Intro to Papercut Arts	Ciaran ua Meic Thire	1
12:00 PM	SCA 101	What is Expected of Me When I Attend an Event?	Miranda Logansdottir	2
12:00 PM	LUNCH			3
12:00 PM	LUNCH			4
12:00 PM	Introductory Hacks for the SCA	The Fastest Not-Quite St. Birgitta's Cap	Emeline de Moulineaux	5
12:00 PM	Heraldry	Court Protocol (What To Do if You're Called Up in Court)	Magnifica Beatrice Domenici della Campana	6
1:00 PM	Arts & Sciences	What am I Cooking? Recipe Redaction & Interpretation for Beginners	THL Christina O'Cleary	1
1:00 PM	Intro to Martial Topics	Introduction to SCA Rapier	Maria Castelana & Santiago Rodriguez de Cadiz	2
1:00 PM	Chatelaine 101, SCA 101, Diversity, Equity, Inclusion & Belonging (DEIB)	Outlands Hero's Quest	Lord Ilo de Faux	3
1:00 PM	Intro to Martial Topics	Introduction to Armored Combat	Ottar Surterson	4
1:00 PM	LUNCH			5
1:00 PM	Heraldry	Beatrice's Pointy Hat Spotter's Guide (What Does All That Regalia *Mean*?)	Magnifica Beatrice Domenici della Campana	6
2:00 PM	Arts & Sciences	Getting to Know the Medieval You	Sciath ingen Chaennaig	1
2:00 PM	SCA 101	SCA Q+A session with our SCA President	Bao Pham	2

<b>Time</b>	<b>Track</b>	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
2:00 PM	Diversity, Equity, Inclusion & Belonging (DEIB)	DEIB: Newcomers and Eventing with DEIB	Baroness Elspeth de Stervlen	3
2:00 PM	OPEN			4
2:00 PM	Introductory Hacks for the SCA	Fabulously Fashionable Rectangles - Up Your Garb Game!	Caterina da Savona	5
2:00 PM	LUNCH			6
3:00 PM	OPEN			1
3:00 PM	Diversity, Equity, Inclusion & Belonging (DEIB)	Families Forever: Reaching the Youth of Atenveldt and Shaping our Future	Sigrid von Sud & Maria von Bonna	2
3:00 PM	OPEN			3
3:00 PM	SCA 101	What is the Role of Royalty in the SCA	Duchess Tangwystl D'Courci Tudur	4
3:00 PM	SCA 101	Award Structures	Marie le Faivre	5
3:00 PM	Heraldry	Heraldic Display in Any Medium	TBA	6
4:00 PM	Diversity, Equity, Inclusion & Belonging (DEIB)	Inclusive Recruiting	Bao Pham	1
4:00 PM	SCA 101	How Did the SCA Start	Carmina Helmschmidt	2
4:00 PM	OPEN			3
4:00 PM	SCA 101	Finding Your SCA Persona	Duchess Ylva Jonsdottir	4
4:00 PM	OPEN			5
4:00 PM	Heraldry	Choosing an SCA Name	Viscontessa Elisabetta Tommaso di Carduci	6
5:00 PM	OPEN			1
5:00 PM	Chatelaine 101	Strengthening your Local Group and Your Community	Ottar Surterson	2
5:00 PM	Diversity, Equity, Inclusion & Belonging (DEIB)	Sign Herald roundtable	Magdalena Lucia Ramberti	3
5:00 PM	Intro to Martial Topics	SCA Equestrian 101	Maestra Maria Arosa de Santa Olalla	4

<b>Time</b>	<b>Track</b>	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
5:00 PM	OPEN			5
5:00 PM	Heraldry	Designing Your Armory	TBA	6
6:00 PM	Arts & Sciences	Basic T-Tunic	Eadaoin inghean Chionoidha	1
6:00 PM	OPEN			2
6:00 PM	Diversity, Equity, Inclusion & Belonging (DEIB), Heraldry	What are Sign Heralds Signing Anyway?	Tegan de Moreton	3
6:00 PM	OPEN			4
6:00 PM	SCA 101	Demystifying The Crown: What's the job actually about?	Alain Quartier	5
6:00 PM	Heraldry	Court Protocol (What To Do if You're Called Up in Court)	Magnifica Beatrice della Campana Domenici	6
7:00 PM	Arts & Sciences	Basic Inkle Weaving	Eadaoin inghean Chionoidha	1
7:00 PM	OPEN			2
7:00 PM	OPEN			3
7:00 PM	Heraldry, SCA 101	Intro to Heraldry	Shoshanah bas Nachman	4
7:00 PM	OPEN			5
7:00 PM	OPEN			6
8:00 PM	Arts & Sciences	What are the Bardic Arts?	Marian of Heatherdale, OL (aka modern recording artist Heather Dale)	1
8:00 PM	OPEN			2
8:00 PM	Chatelaine 101, Diversity, Equity, Inclusion & Belonging (DEIB)	Coming Out in the SCA	Yrsa Ketilsdottir	3
8:00 PM	OPEN			4
8:00 PM	Heraldry, SCA 101	Virtual Heralds' Point	Shoshanah bas Nachman	5
8:00 PM	OPEN			6
9:00 PM	Arts & Sciences	Guilds in the SCA	Lady Madelaine le Mercer	1

<b>Time</b>	<b>Track</b>	<b>Class</b>	<b>Instructor</b>	<b>Room</b>
9:00 PM	Chatelaine 101	How to Talk to Strangers	Fergus DeBotha, OP	2
9:00 PM	OPEN			3
9:00 PM	OPEN			4
9:00 PM	OPEN			5
9:00 PM	Heraldry	Beatrice's Pointy Hat Spotter's Guide (what does all that regalia *mean*?)	Magnifica Beatrice Domenici della Campana	6
10:00 PM	Closing Notes	<i>Join us for the official closing of the KWNS 2024</i>		

## **CLASS HAND-OUTS**

**SCA FIGHTING ON A BUDGET**

**RUSH INFO SESSION HAND-OUT**

**QUICK & EASY MEDIEVAL HAIR FOR THE COMPLETE BEGINNER**

**THE FASTEST NOT-QUITE ST. BIRGITTA'S CAP**

**WAYS FOR NON-HORSE-OWNING EQUESTRIANS TO HELP-OUT/CONTRIBUTE**

**A HERO'S QUEST**

**(A.K.A. A BEGINNER'S GUIDE CHECKLIST)**

**EQUINE SAFETY, TERMINOLOGY, & COMMON PHRASE**

**A TALE OF TRIUMPH OVER...DE FEET**

**(OR HOW WE FOUND ALMOST-PERIOD SHOES THAT FIT)**

**TAKING THE WATERS – A HISTORY OF BATH (ENGLAND) AND PERSONAE**

## SCA Fighting on a budget - Sir Cai Dubhghlas (Wayne Brown)

Format: talking points with discussion as we go. I will try to ensure that we have an engaging conversation and talk about all parts of the outline.

1. See if fighting is for you (1-4 practices approximately)
  - a. Go to local practice, try on loaner gear (it won't fit the best)
  - b. hit someone, be hit by someone
  - c. You won't be great, but was it fun?
  
2. Try on different types of armor/weapons (4 practices to ?)
  - a. Try different helms, gauntlets, armor bits
  - b. Borrow from a friend or group loaner gear
  - c. Try different weapons/shields
  - d. Not everything will work right away or feel natural go with what works best for now
  - e. No one is good immediately
  
3. Building your first kit - Most expensive and required piece is Helmets. Followed by Gauntlets (for pole weapons)
  - a. First kit decision is "Hidden or shown?"
  - b. Local Artisans vs Online dealers
  - c. Social Media forums, trades, barter system
  - d. Get reliable references for armor, its your body its protecting!
  - e. Return policies/resale value
  - f. Make it yourself?
  - g. Garb (Tunics, pants, hoods, caps, etc)
  - h. Rattan
  - i. Shields
  
4. Taking care of your body
  
5. References
  - a. Society standards  
[https://www.sca.org/wp-content/uploads/2023/10/Armored\\_Combat\\_Handbook-Oct\\_2023.pdf](https://www.sca.org/wp-content/uploads/2023/10/Armored_Combat_Handbook-Oct_2023.pdf)
  
  - b. Kingdom standards  
Calontir -  
<https://docs.google.com/document/d/1sKrvfIF0I5WfOkTKGUs34w48-A4A2Hcxk1ebYvRcvM/edit>

c. Online retailer list

- Knotwolf Armory  
<https://sites.google.com/site/knotwolfarmory/home/currently-in-stock>
- Munitions Grade Arms <https://www.mastereirik.com/>
- Dark Victory <https://www.plasticarmor.com/SCA>
- PlasticSmith armor <https://plasticsmitharmoury.com/en-us>
- Tradewinds of the Levant <https://tradewindsofthelevant.online/shop/>
- Valkyrie Forge <https://valkyrieforge.com/>
- Plastic Lamellar <https://www.plasticlamellar.com/>
- Armstreet <https://armstreet.com/store/armor/>
- Torvoldr Leatherworks <http://skaldic.com/>
- Icefalcon Armory <https://icefalcon.com/>
- Firedryk Steel <https://www.firedryksteel.com/>
- HBC Armor <https://hbcarmorshop.com/collections/sca>

d. Forums - FB Groups

- SCA Merchant Relief
- The Trade Blanket (barter only)
- Bareena Crafts
- SCA Armor/For Sale (Unofficial Group)
- SCA Armor
- Local Chat groups

e. Other?

- Amazon <https://www.amazon.com/>
- Menards <https://www.menards.com/main/tools/workwear-safety-gear/knee-pads/masterforce-reg-thigh-support-stabilization-gel-knee-pads/68675/p-1642874301017731-c-13848.htm?exp=false>



# **RUSH Info Session Hand-Out**

## **Subjects**

**Goals for Subjects:** The goal in updating the subjects is to expand our impact from Arts & Sciences to education across a broader range of SCA activities.

Subjects should encourage people to engage with a variety of aspects of education.

Reducing the number of subjects and clearly defining them in order to 1. Make it easy for instructors and students to know what the subjects are. 2. To list all subjects on the attendance forms so that instructors can circle one and easily communicate to the staff which subject their class fits in.

Have more than 3 subjects so that we aren't requiring anyone to spend time on classes they are uninterested in or uncomfortable with.

## **History Class**

Lecture style classes focused on history

## **Hands-On Class**

Learn a hand-craft skill

## **SCA Culture**

Lecture style classes that cover not only the history and traditions of Calontir, but also newcomer style classes where we introduce people to how things work in Calontir. As well as round tables, DEIB, and philosophy discussions about the directions we would like to grow as a Kingdom.

## **SCA Activities**

Classes that don't fit in the other categories including, but not limited to how to volunteer, lecture aspect being taught separate from a handcraft, martial technique instruction. By offering RUSH credit for these types of classes/activities we hope to provide opportunities for people to learn the skills they need to be confident in stepping other activities whether that's arts & sciences, martial activity, or volunteering for service positions. If you're unsure of how to do a task please reach out to the RUSH staff and we will help connect you with a mentor to help guide you.

## **Individual Project**

Applied knowledge. Implementing what you've learned. This can take a variety of forms including, but not limited to: research paper, documentation from entering a competition at intermediate or advanced level, performing an original piece at bardic, making objects for largess, teaching a class, and volunteering (event steward, feast steward, list master, etc)

Please feel free to send your input and suggestions to [RUSH-Chancellor@calontir.org](mailto:RUSH-Chancellor@calontir.org)

## Quick & Easy Medieval Hair for the Complete Beginner

By Emeline de Moulineaux

### 1. Single Braid



Later 13th cent France Lausanne, Bibliothèque Cantonale et Universitaire, U 964 - Biblia Porta fol.178r

### 2. "Milkmaid" Braids



St. Margaret by Pietro Lorenzetti (1306-1348) Painting is at Musée de Tesse, Le Mans, France

### 3. St. Birgitta Cap



Visconti Book of Hours, Italian, later 14th century, located in Biblioteca Nazionale in Florence

Could also use a plain white square or rectangle of cloth tied at the back of the neck.

#### 4. Headrail or Draped Veil



Cotton Claudius B IV, folio 10, from Old English Illustrated Hexateuch at British Library, 11th century.

#### 5. Veils



Book of Hours, early 14th century, at Walters Art Museum in Maryland



Taymouth Book of Hours, 1325-1335, at British Library Dept of Manuscripts in the Yates Thompson collection

More online resources:

<https://thedecavershamhousehold.wordpress.com/2014/08/11/how-to-wear-fourteenth-century-veils-and-wimples/>

<https://maniacalmedievalist.wordpress.com/2012/10/08/on-ye-head-part-i/>

<https://costumeholic.blogspot.com/2010/04/making-and-wearing-medieval-veil.html>

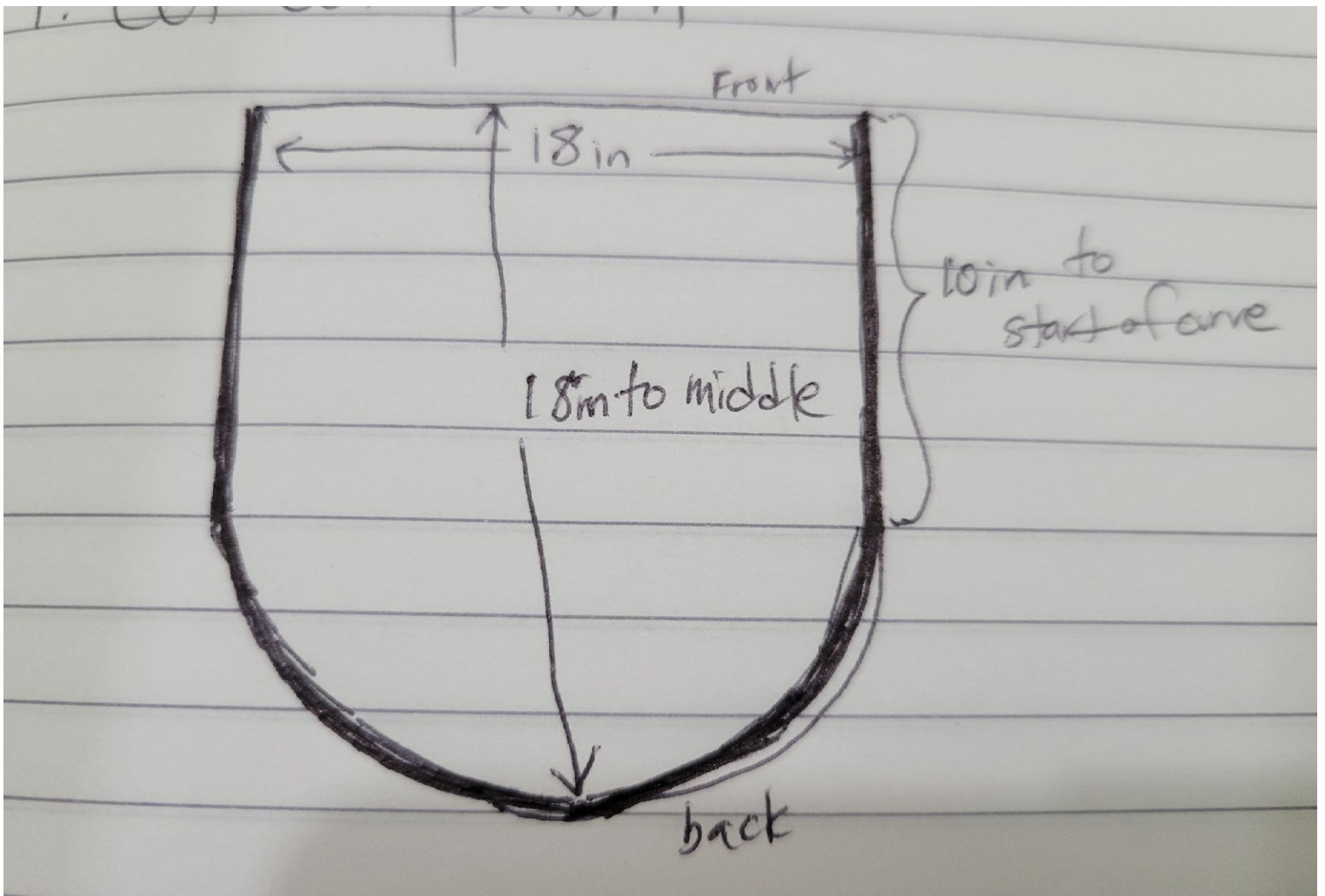
<https://rosaliegilbert.com/headwear.html>

## THE FASTEST NOT-QUITE ST. BIRGITTA'S CAP

By Emeline de Moulineaux

1. Use any white colored cloth. Linen (especially a lightweight kind) or cotton are the most authentic looking.
2. Cut fabric according to the pattern below.
3. Hem all the way around. I try to do a very small "turn under & turn under" type of hem perhaps  $\frac{1}{4}$ " wide.
4. Make a casing from the edge of the front all the way around the back to the edge of the front on the other side. This is the darker curvy edge in the pattern. Make sure the casing will be wide enough for your chosen cord.
5. Thread your cord through the casing. DONE!

Notes on the cord: I lucetted most of my cords. You can use any kind of cord you like. White will be the most authentic looking. I like the cord to pull tight & make a bow, stuffing the leftover cord up under the cap. My cords are always at least 36" long. If you want it to tie & then wrap around your head, then the cord needs to be longer.





# Ways for Non-Horse Owning Equestrians to Help Out/Contribute

You don't need to own a horse to get involved in SCA Equestrian. Let me say that again... YOU DON'T NEED TO OWN A HORSE TO GET INVOLVED IN SCA EQUESTRIAN.

We very much understand the commitment required to own horses. That commitment surpasses the SCA; one could argue that horse owning is an entire separate lifestyle. In many cases that lifestyle/change doesn't work for everyone in the SCA. That's okay! Many SCA Equestrians put TONS of time and effort (both in and out of the SCA) to make their mounts available to others who wish to participate but don't own mounts.

HOWEVER....

Just like any community in the SCA nothing happens without helpful and/or contributory hands. This is especially true for SCA Equestrian, as it requires more logistics and help than any other activity. The biggest thing that many SCA horse owners ask is help out in some way in exchange for saddle time. Even the smallest effort in helping out makes a huge difference and does not go unnoticed!

So if you find yourself wanting to get involved in SCA Equestrian but don't know how to help or where to contribute, here are some ideas.

## At the Event Help

- Set up/Tear down help – Just like a tourney field requires set up, so do obstacle courses, etc.
- Groundcrewing – There's always a need for someone to receive/hand off weapons and reset things. This is especially needed for any larger activities such as jousts.
- Stall/Arena Maintenance – Yup, this means poop. Just like any animal you bring to an SCA event, poop clean-up is a thing. If you're worried about horse poop you probably want to re-think getting into any horse activity.
- Grooming/Tacking up – This is an excellent way to get to know a horse owner and their equine. It is important to keep good communication with the horse owner. If you're unfamiliar with the tack they use, etc., ASK QUESTIONS!! This is always a huge help, especially in the morning when everyone is running around getting things set up.



- Tacking down/Stalling – If you have to tack up a horse, you're going to have to take that tack off. This is a great way to familiarize yourself with tack and its maintenance. It is important to keep good communication with the horse owner.
- Feeding and Watering – Most feeding and watering times are in the morning and/or in the early evening. This is also a great way to help get to know the horse and maintain good communication with the owner. Farm life is all about animals eating first.
- Time Keeper – Sometimes equestrians run timed events. If you have a cell phone handy, please consider helping by keeping time.
- Scorer/Listing – Just like any competitive SCA activity needs someone to keep score/manage a list tree.
- Waterbearing – Just like any high energy SCA activity, people need water. This is especially true for hot days, jousts, and mounted combat activities.

## **Logistics Help**

SCA Equestrian takes LOTS of logistics and pre-event planning. Really more so than most SCA activities. So helping by carpool, loading, unloading, caravaning, etc. are great options as well.

There is also much more expense associated with SCA Equestrian. Most SCA equestrians bring more than one mount specifically for non-horse owning participants to use (if they are available). The costs associated with bringing extra mounts add up. As a SCA equestrian participant it's important to have an understanding of the work and costs involved.

Here is a breakdown of what a horse-owning SCA Equestrian has to expect to spend per horse. Keep in mind that this is an average for a weekend event and does not include site fees.

- Gas – \$280 - \$300 (roundtrip average for an SCA event 3 to 4 hours away)
- Hay/Feed – \$30 - \$40
- Stall Fees – \$10 - \$20 Per Night (This means if you get to site Friday night and leave Sunday your total stall fees for one horse is \$30 - \$60)
- Shavings – \$5 - \$10
- Health Certificates – \$15 - \$30 (if traveling out of state)

Average Total Per Horse: \$360 - \$440

This breakdown is just for physically bringing one horse to a weekend event. SCA horse owners don't wish to be anyone's burden and understand that many don't have the funds for owning a horse full-time. But these costs are the things most people don't see. Unfortunately, they do make a great impact on whether some make it to the event or not. Just like anyone else in the SCA we have to be financially minded when it comes to some events.

**Office of the Kingdom Equestrian Marshal**  
*eqmarshal@calontir.org*



With all that being said, if you aren't sure of the amount of help time you can give at the event etc. another great way to contribute is to help with these costs in exchange for riding a horse at an event. I have personally done this numerous times. I've covered stall fees for the weekend for the horse, helped chip in for gas, covered health certificate costs, etc. It's the kind of help that means the world to owners. It gives the owners an opportunity to provide others with mounts.

*The Society for  
Creative Anachronism  
A Hero's Quest*

(a.k.a. A beginner's guide checklist)



**Hello Adventurer! Welcome to the Society for Creative Anachronism, a group dedicated to living out what we call “The Dream” by recreating the best parts of the middle ages! This Quest, should you be courageous enough to take it on, will lead you through the Society’s many activities. This goal is to help familiarize yourself with how the club operates and how to have fun! This quest will take time, maybe even up to a year! But the SCA is a grand adventure and will take time to learn and grow.**

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**A heart-felt thank you to the Outlands Deputy Chatalaines for this Quest:**

*Kingdom Chatelaine Sir Alexander MacAndrew*

*Southern Deputy, Lord Ilo de Faux*

*Northern Deputy, Lady Kára Snæbjórn*

*Kingdom Events Deputy, Baroness Morgan Cheyney*

*Gold Key Deputy, Lady Bella*

*Lady Lisette, Barony of Caerthe*

*Lord Yngve Hjalmsson, Barony of Unser Hafen*

## Connect (Explore!)

**Your adventure starts here, the lay of the land! To get your bearings, visit [SCA.org](http://SCA.org). This is the Society's main website and has information about the SCA, membership, and finding your local group. It also has the rules that guide the SCA and its members called Corpora. Find and read “New to the SCA. What are some insights or surprises you have learned?”**

**Now find your Kingdom on the SCA.org website.**

**My Kingdom's name is:**

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**Navigate to your Kingdom's website. Your kingdom website might give you various ways to connect, via blogs, newsletters, or social media sites. Sign up and start connecting with your Kingdom! There you will also find important information like the calendar of events, information about officers, and most importantly, your local group.**

**Many cities and towns have Chapters of the SCA such as Kingdoms, Baronies, Colleges, Shires. Membership size and society impact determines what type of group your local chapter falls under.**

**My local groups name is:**

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**Find your way to your local groups website. Here they will tell you about the group's officers as well as a calendar of weekly activities and upcoming events.**

**The site will also tell you how to connect to its local newsletter and social media sites.**

**I have signed up for the local newsletter which is called**

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**Now find and sign up on your areas Facebook groups. Most of the day to day communication is done here.**

**Congratulations! Now you have the lay of the land. The SCA, Kingdom, and Local websites will help you connect to people, activities and information on your Quest.**

**Often people ask, “How do I get started in the SCA?” or “Do I have to buy a lot of stuff or own armor?” No, the first step is to just go to a local practice or activity. The SCA is a volunteer-run organization filled with talented people. They are eager to meet you and to help you on your journey. It is time for you to Meet your Group. Welcome Home!**

**Draw a map of your kingdom below, and mark where the groups are in your kingdom.**

# Meet your group

Attend a populace meeting (Once per month meeting of local members)

While there:

Meet the Seneschal (Leader of Local group)

The Seneschal is like the president for your local group. Hero, you must search out the Seneschal, and learn about their duties as a Seneschal.

Name \_\_\_\_\_

Date \_\_\_\_\_

Duties:

## **Meet the Chatelaine (new person liaison)**

**The Chatelaine is like the welcome party for new people for your local group. Hero, you must search out the Chatelaine, and learn about their duties as a Chatelaine.**

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Duties:**

**Meet the B/B (special to Baronies, they represent the Crown on a local level)**

**Some cities have a large enough populace to need Crown representation year round. Naturally the King and Queen can't be everywhere at once so Barons and Baronesses are selected by the crown after a populace polling to hear the thoughts of the people.**

**Notes from meeting B&B and group officers:**

## **Learn more about your group**

**Attend an Arts and Sciences day – this will help in creating your garb for persona.**

**Things learned/observed:**

**Attend a bardic activity - sing, dance, drum, storytelling, or just watch and listen.**

**Things learned/observed:**



**Attend an archery practice – shooting not required but great exposure to that group.**

**Things learned/observed:**

**Attend a rapier practice – fighting not required but great exposure to that group.**

**Things learned/observed:**

**Attend a heavy practice - fighting not required but great exposure to that group.**

**Things learned/observed:**

**Attend an armoring session - see armor being made and perhaps try your hand at swinging a hammer. Making a gorget for yourself is a great place to start!**

**Things learned/observed:**

**Attend an equestrian practice (if your group has them) - riding not required, but great exposure to the group. Meet the equestrians and their horses.**

**Things learned/observed:**

**Attend an officer meeting - this is a chance to meet the local officers and see how many people do service in the SCA.**

**Things learned/observed:**

# **Create yourself**

**Create a persona (who do you want to be?)**

**Create your very own name and device. Contact a herald to get started registering your name and device.**

**Create a set of garb from the skills you picked up at A&S or skills you already have!**

**Garb Checklist (fill in some details in the blanks):**

**Basic outfit (this can be as simple as a basic t-tunic)**

**Accessories (Optional)**

**Headwear**\_\_\_\_\_

**Jewelry**\_\_\_\_\_

**Bag**\_\_\_\_\_

**Belt**\_\_\_\_\_

**Footwear (will come with time)**

\_\_\_\_\_

**Undergarments (Optional)**

\_\_\_\_\_

**Other ideas? Hoods, Cloaks, or items that might match your persona?**

**Don't forget your feast gear! Useful for more than just feasts, you can feel in-persona at any event or meeting when you have your mug or goblet!**

**Feast Gear Checklist:**

- Mug/Goblet/other drinking**

**vessel** \_\_\_\_\_

- Plate/Trencher** \_\_\_\_\_

- Utensils** \_\_\_\_\_

- Carrying**

**bag/basket** \_\_\_\_\_

**Take a look around and see what items other people have that might be useful. A chair to sit in? An umbrella for sunny days? Write some of the things you see below. Just remember, it has taken these folks years to acquire all of these items, so there is no rush.**

## **Attend a Local Event**

**You have been attending local practices, but the SCA doesn't end there. Now it is time for you to take you new skills and possessions and attend a local event. Events are where we get to “play” the SCA. You local events are also a place to host members from other groups who come to visit your shire or barony.**

**Information about event (Times, Dates, Costs can be found on local group and kingdom pages)**

**Volunteering to help at an event is a great way to meet people.**

**Service ideas Checklist:**

- Help with set up**
- Help with take down**
- Serve at a feast**
- Help with gate**

**What did you think? Maybe you feel ready to help an event steward run your next local event?**

**Things learned/observed:**

## **Attend another groups Event**

**Traveling to other groups is a great way to support those groups and to meet new people. The more you travel, the bigger your community of friends will become and the more you will learn about how different groups play the SCA.**

**Information about event (Times, Dates, Costs can be found on local group and kingdom pages)**

**What are some of the activities you participated in at the event?  
What did you learn?**



## **Attend a Kingdom Event**

**Several times a year your kingdom will get together for special events like, Crown Tournament, Coronation, and other various competitions. Some kingdoms have an annual large kingdom event. It is a great place to meet members from all over your kingdom. It is also an opportunity to attend a kingdom court and see people receive awards for various deeds.**

**Information about event (Times, Dates, Costs can be found on local group and kingdom pages)**

**What are some of the things you have learned about different stations in the SCA, and of courtly graces?**

## **Know the rules of the Society**

**The Governing Documents of the SCA (referred to as "Corpora") have the highest level of precedence, followed by Outlands Kingdom Law, which covers the duties of the various officers and the day-to-day functions of the kingdom. (Federal, State and local laws always have precedence over the rules of the SCA. These are just the rules we use to govern the workings of the SCA, Inc., and the kingdom we play in.)**

**Find and read the Society's Copora Document at [SCA.org](http://SCA.org). What are some things you have learned from this document?**

**Find and read your kingdom's laws on your kingdom's website. What are some things that are different than the SCA's Copora?**

## Meet the Peers

**Meet a Knight – In days gone by, there existed many orders of knighthood which recognized the skill and honor of their members. In the service of their King, and in the defense of the noble ideals of chivalry embodied in their Queen, did these orders achieve their exalted rank. The Society created the Order of Chivalry, which consists equally of the Knights and Masters of Arms, to recognize outstanding martial achievement and the attainment of those qualities and abilities which are a mark of a Peer. Members of the Order of Chivalry are mighty warriors, but they are also skilled in the arts, and have given of their time to the benefit of the common weal. As such, they have been recognized as Peers of the Realm.**

**Name \_\_\_\_\_**

**Date \_\_\_\_\_**

**What are some of the things you learned from the Knight?**

**Meet a Laurel – Since olden times, life was often made more gracious and history preserved, through the works of artists and craftsmen. Untold hours were spent in the creation of master works that would outlive them in beauty and service, for the love of the art alone. In the second year of the Society the Ancient and Honorable Order of the Laurel was ordained and instituted; the fit mark of a Peer recognized for excellence in the arts and sciences. A companion of the Order of the Laurel is an artisan, but also has knowledge of the martial sciences and the wellhead of chivalry from which they flow, and has given of time and works to the benefit of the Common Weal.**

**Name \_\_\_\_\_**

**Date \_\_\_\_\_**

**What are some things you learned from the Laurel?**

**Meet a Pelican – Within the fellowship of the Society four orders of great merit have been created to honor those who have excelled in Arms and Chivalry, in Arts and Letters, in Service to the Realm, and in Rapier and Courtly Comportment. A companion of each of these four orders is one whose skills are freely manifested and willingly taught, whose efforts on behalf of others are unstinting and above all, who is an example of courtesy and grace. The Order of Chivalry honors martial achievements in armor; the members of the Order are the swords of the King. The Order of the Laurel honors those skilled in Arts and Sciences who create works of service and beauty. The Order of Defense honors those wielding the deadly rapier and with noble comportment. In the sixth year of the Society, there was called into being the third great order of Peerage: The Right Noble Order of the Pelican, to salute those who distinguish themselves in areas not otherwise recognized: by their sustained and exemplary service to the Society.**

**Name \_\_\_\_\_**

**Date \_\_\_\_\_**

**What are some things you learned from the Pelican?**

**Meet a Master of Defense – Throughout history there have been those men and women who excelled in the use of myriad weapons and skills of the art of Defense. They stood the trials of their guild, rising from novice to journeyman, aspiring to the vaunted rank of a Master or Mistress of Defense. In the 50th year of the Society, there was created the Order of Defense to recognize those of great skill and perseverance. In the Kingdom of the Outlands, a Master or Maestra of Defense shall be one who has demonstrated skill in the use of the rapier and/or cut-and-thrust combat, and in the study of the Art and Science of Defense, who is generous with their talents and knowledge, and who has dedicated their skills and efforts to benefit the Society and the Outlands, as befits a Peer of the Realm.**

**Name \_\_\_\_\_**

**Date \_\_\_\_\_**

**What are some things you learned from the Master?**

## Conclusion

**Congratulations on completing your quest! Now the real quest begins. I am sure you have found, the Society for Creative Anachronism is a group that likes to do things. What are the areas you have found that you want to pursue? Combat? Arts and Sciences? Service? What events would you like to attend next?**

**We are glad that you have decided to join us on this adventure.**

**Welcome home.**



**Artwork by: Joshua Maze (Valentine)**

# Equine Safety, Terminology, & Common Phrase

Glossary of basic equine anatomy, gaits, tack and equipment, and equestrian specific terms. As well as a brief and basic overview of some safety information.

## Basic Equine Anatomy

### Basic Equine Body Parts

Important parts are in **bold**.



**Back** - Area from the horse's withers to the point of its hip.

**Dock or Croup** - The top of the hind quarters, from the point of the hip to the tail.

**Flank or Loins** - The area of the horse's back between the lower ribs and pelvis. The weakest part of the horse's back, lying either side of the vertebrae, just behind the saddle.

**Heel or Heel Bulb** - The soft cushions at the very back of the hoof.

**Hoof** - The hard part of a horse's foot, it is made up of several components each with its own function. The hoof itself has little to no nerves on the exterior similar to your fingernail only much much thicker.

**Muzzle or the Boop Snoot** - Area of the horse's head that includes the mouth, nostrils, chin, lips, and front of the nose. The muzzle is very mobile and sensitive. Whiskers help the horse sense things close to its nose and the skin is almost hairless. Best kind of snoot for boops.



**Poll** - The highest point on the top of the horse's head.

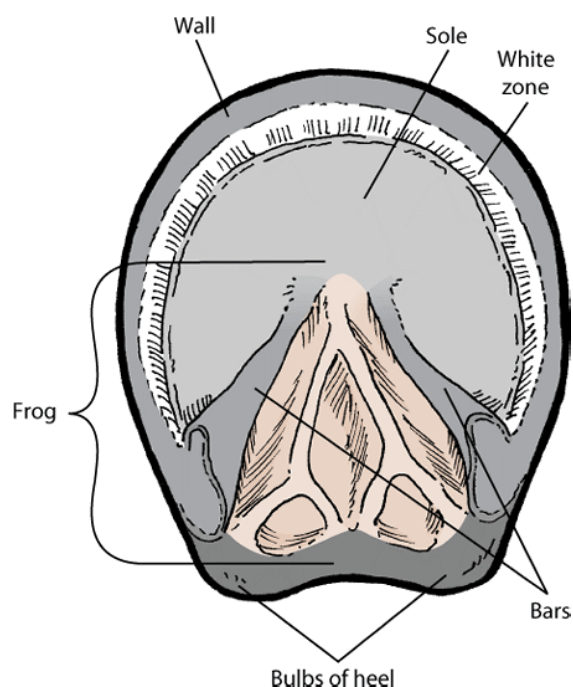
**Shoulder** - This area is one of the largest contributors to the horse's overall body composition and movement. It is most important to ensure that the shoulder has clear rotation and movement under the saddle.

**Stifle** - The stifle is the area where the tibia (the bone that forms your horse's gaskin) meets the femur (the bone that extends up to his hip) and it can be compared to our own knees – when you pick up a horse's hind leg, the joint bends forwards, just as your knee does when you walk up stairs.

**Tail** - Pretty self explanatory.

**Withers** - The ridge between the shoulder blades, at the bottom of the horse's neck.

### Picking a Horse's Hoof - Important parts are in **bold**.



**Bars** - The bars lie directly beneath the lateral cartilages and along either side of the frog. This is where you will see the most dirt and debris build up. Its primary purpose is to control the movement of the back of the hoof, adding strength to the heel area and protecting it from excess distortion.

**Heel Bulbs** - Heel bulbs are soft horn tissue with a cushion of connective tissue on the interior side, providing the bulbs with springiness and flexibility. They help provide shock absorption.

**Frog** - The frog of the horse's foot is the insensitive, wedge-shaped cushion or pad. Its purpose is to help the horse with shock absorption, blood circulation and traction.

**Sole** - The sole is the underside of the hoof, but most of it does not make contact with the ground because it is a bit concave. Its primary function is to protect the sensitive structures beneath the sole.

## Basic Tack and Tools

Many horse people use certain tack and tools for many reasons. It fits, works, or is better tolerated by a certain horse. It makes whatever job easier and more efficient for either horse, rider, or both.

There's always more than one way to do things but keep in mind sometimes that particular horse owner has their reasons. And it's 100% ok and encouraged to ask why! PLEASE ask questions! There is no such thing as a dumb question! We get concerned if you don't ask questions.

Another thing to keep in mind is equine tack and tools are expensive and get a lot of use. So if something breaks, looks worn, etc. Let someone know! Please treat equipment with respect. It's ok to ask where should I put this? Or Is this ok where it's at? Rule of thumb: just put it back where it was ●

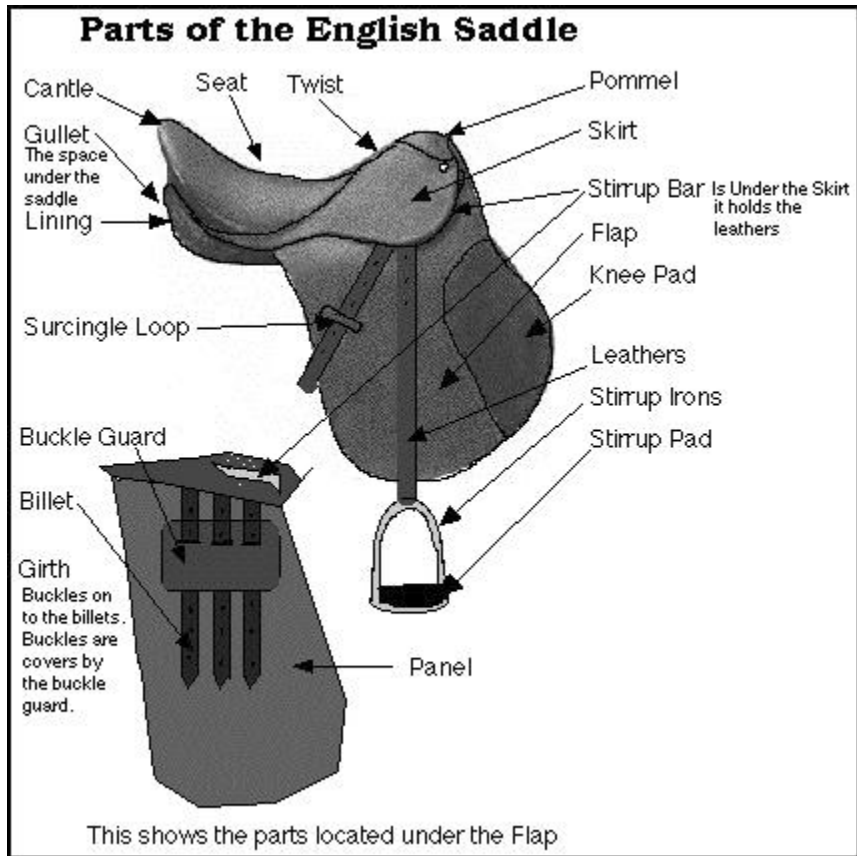
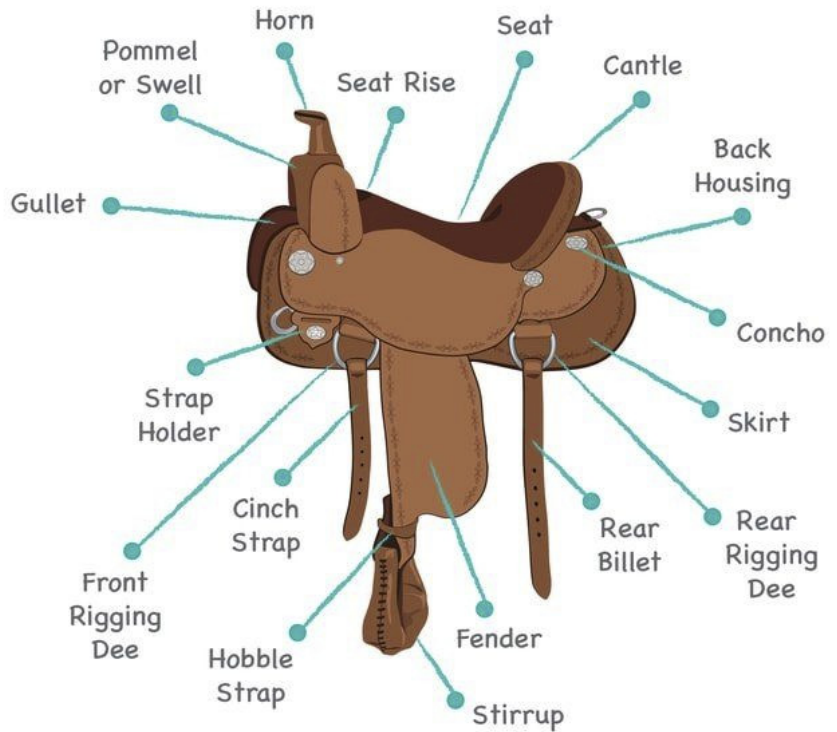
Regardless of what style an equestrian's tack is **RIDING IS RIDING**. Not one tack type is better than the other, nor does it dictate what discipline a particular rider partakes in. Safety concerns are the same. Just because you're used to Western tack does not mean you can't ride in an English saddle and visa versa. Just **COMMUNICATE**. It's ok if you've only been exposed or have experience with one tack type or many.

# Saddles

For the sake of time and ease we'll just focus on the parts of a basic English saddle and basic Western saddle. Important parts are in **bold**.

The Western Saddle:

- Cantle**
- Cinch Strap**
- Fender**
- Horn or Oh Shit! Handle**
- Seat**
- Stirrup**
- Strap Holder**



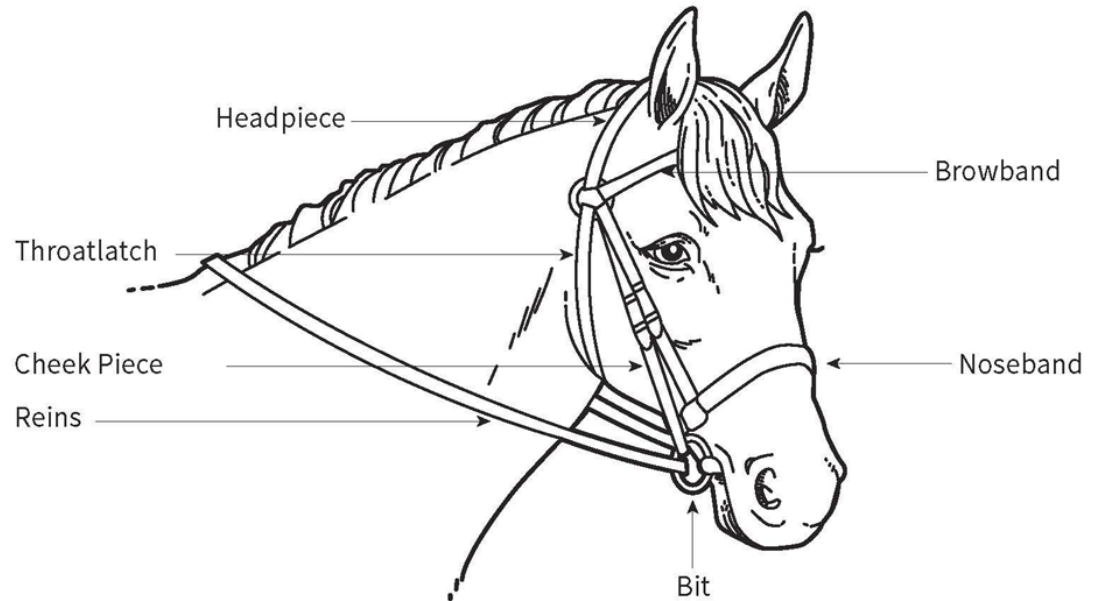
The English Saddle:

- Billet**
- Cantle**
- Flap**
- Girth**
- Leathers**
- Pommel**
- Stirrup Irons**
- Oh Shit! Strap (not pictured)**

## Horse Bridle Terminology

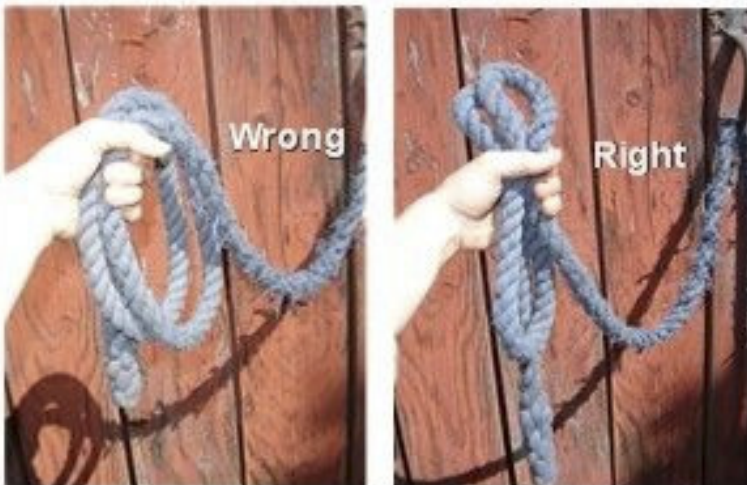
### The Bridle

The bridle shown to the right is a pretty basic bridle. All of these terms apply the same regardless of saddle type.



### Halter and Lead Rope

Halters come in many sizes and colors. Some are made of rope, webbing, or leather. Many equestrians know what works best for their particular equine. It's best to ask which halter goes to which equine if you are asked to halter an equine for any reason.



When using a halter and/or lead rope there is one main rule of thumb: **DON'T WRAP THE LEAD ROPE AROUND ANY APPENDAGE EVER!! (ei: hand or arm)**. This is one of the most common mistakes even the most seasoned equestrian can make that could result in serious injury should an equine decide to run off.

## Grooming Tools

The grooming tools depicted are tools that every equestrian has in their kit and are used before and/or after each ride. Grooming is a great way to get to know an equine and an equine to get to know you. If you're not comfortable with immediately getting into the saddle, ask the owner if you can groom the horse for them. Grooming is a great way to work up confidence around horses.

**Curry Comb** - Used to get crusted dirt, mud, sweat, or muck off. Can be metal or rubber. Curry combs were used in period with the word already being used specifically for horse grooming by the late 12th century.



121 Curry comb from Westminster, MoL acc no A605, with angular blade and tripartite tang & loose rings

>> Circa 1350 - 1400. English. Museum of London collections.

**Horse Brush** - Horse brushes come in many styles, shapes, colors, and strengths. Some brushes are designed for a certain use or body part.

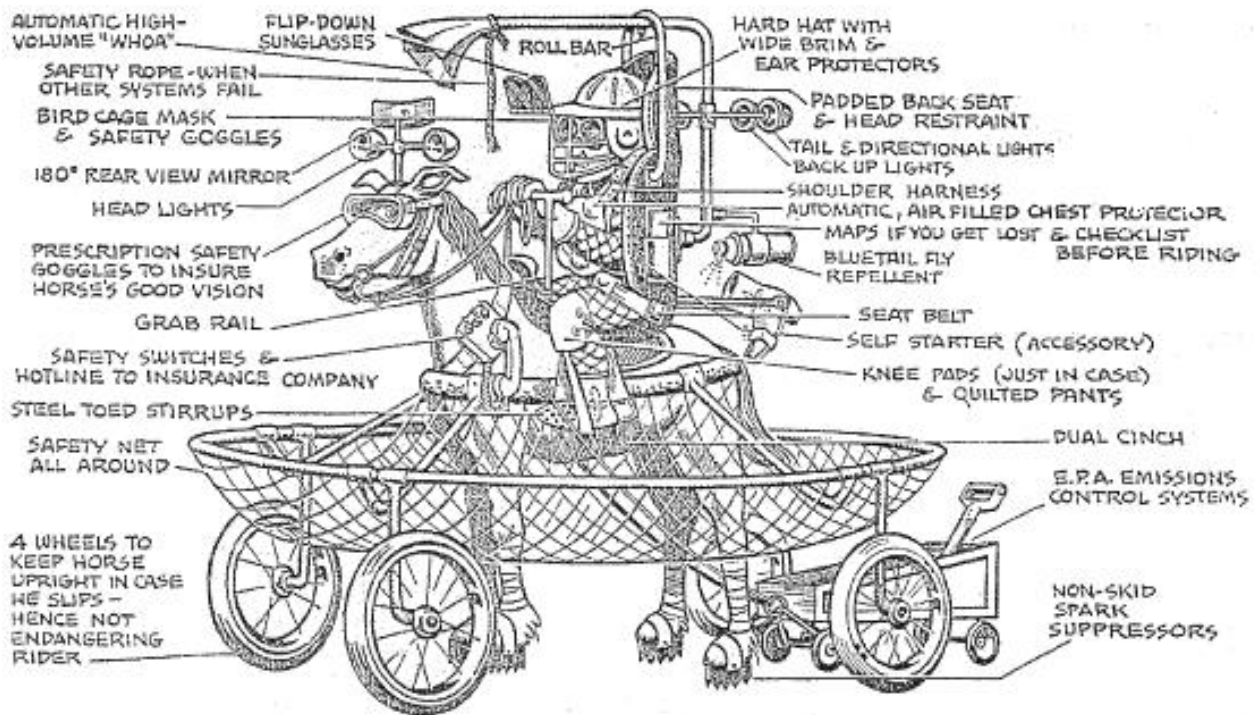


**Mane & Tail Brush** - Most mane and tail brushes look like regular hair brushes. Some equine owners use human hair brushes. If you're in a jam and didn't bring a hair brush to war you can use the one you brought for your horse. I promise I won't tell on you. ;)

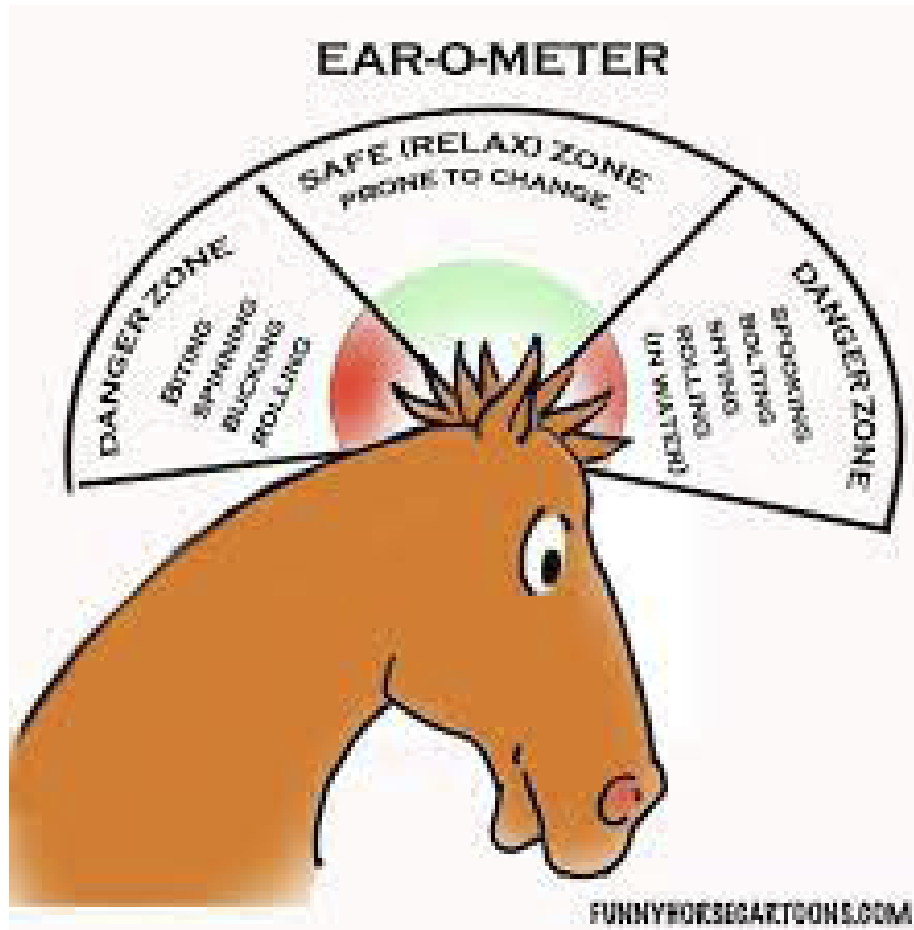
**Hoof Pick** - Hoof picks also come in many forms. Some have brushes attached to them, some are plastic. Some are metal. Regardless they all serve the same purpose, to pick the equine's hooves clean. Sometimes hoof picks are a lot like seam rippers, you have a million of them all over the place and they're all missing when you need them.



## Equine Safety Visuals



## Equine Ear Language Basics



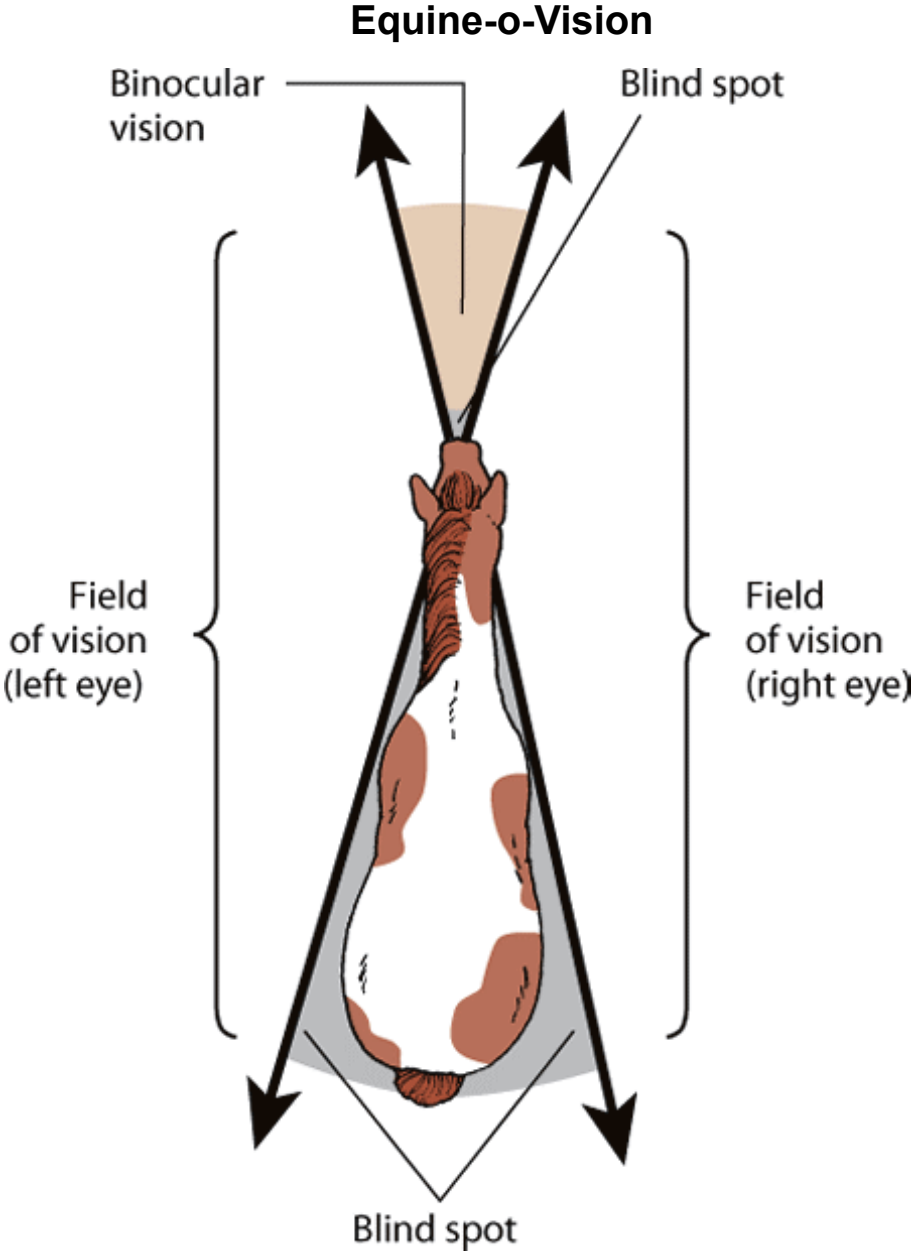


Fig. 1

When looking at this visual (Fig.1) we now understand why it's important to make a calm sound/greeting to the equine when we are approaching or moving within the equine's blind spots. It is ok to move within these blind spots as long as we are making it obvious to the equine that we are there. However, the safest way to approach an equine is to the side and along the shoulder.

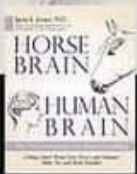
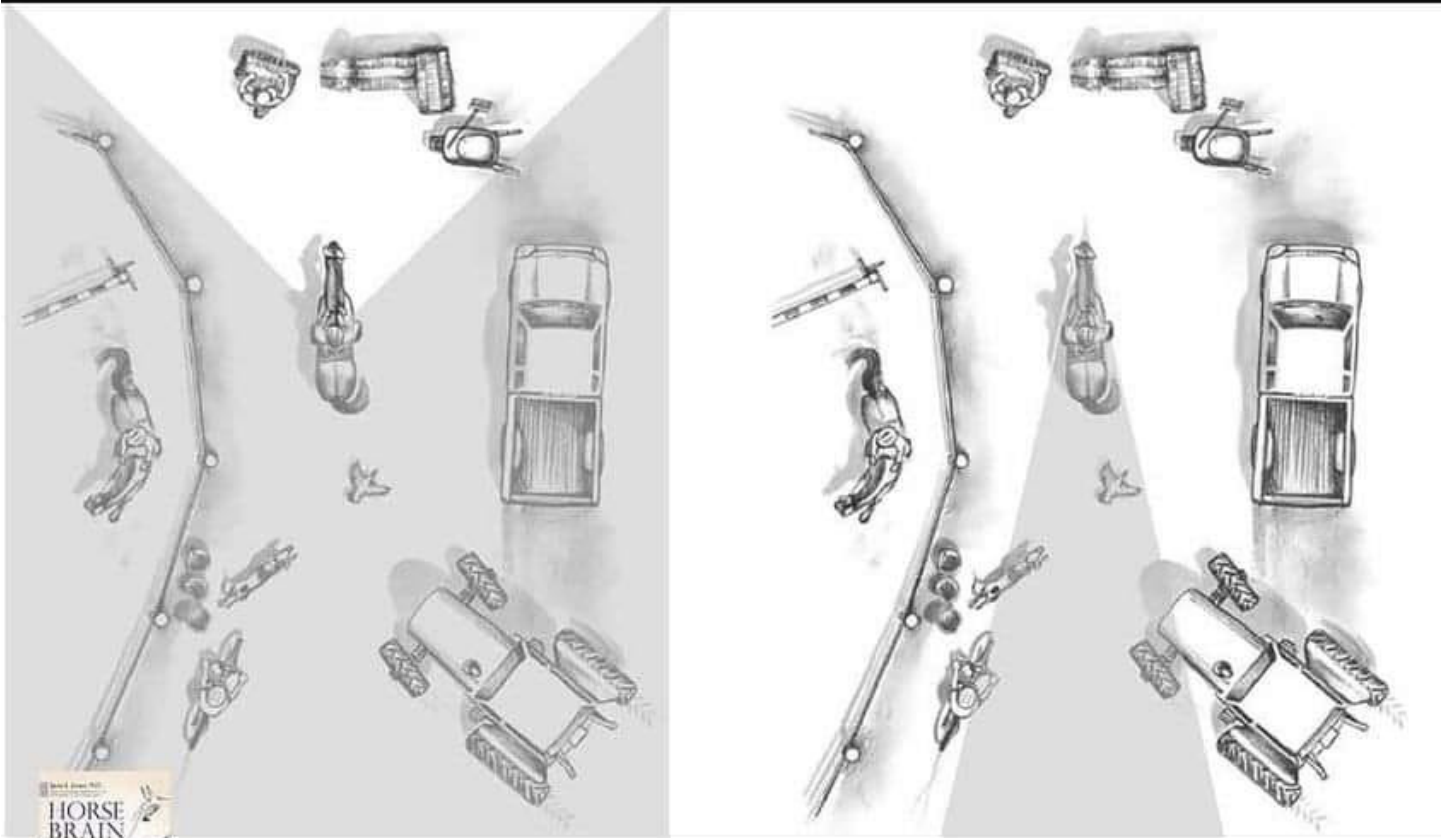
Please practice common courtesy, especially if there's a rider on the equine and ask if you may approach prior to approaching. Just like when approaching an unfamiliar dog for pets, etc., we ask first. See Fig 3.

One of the biggest and most life threatening problems we encounter is when there are riders on the road and vehicles are passing by. It is important that we as driver's either wait for a signal from the equestrian(s) or simply pass the exact same way we'd pass a deer on the road. Slowly, quietly, and with caution. See Fig.3.

# ONE SCENE, TWO VIEWS

The white area below indicates what the rider sees.

The white area below indicates what the horse sees.



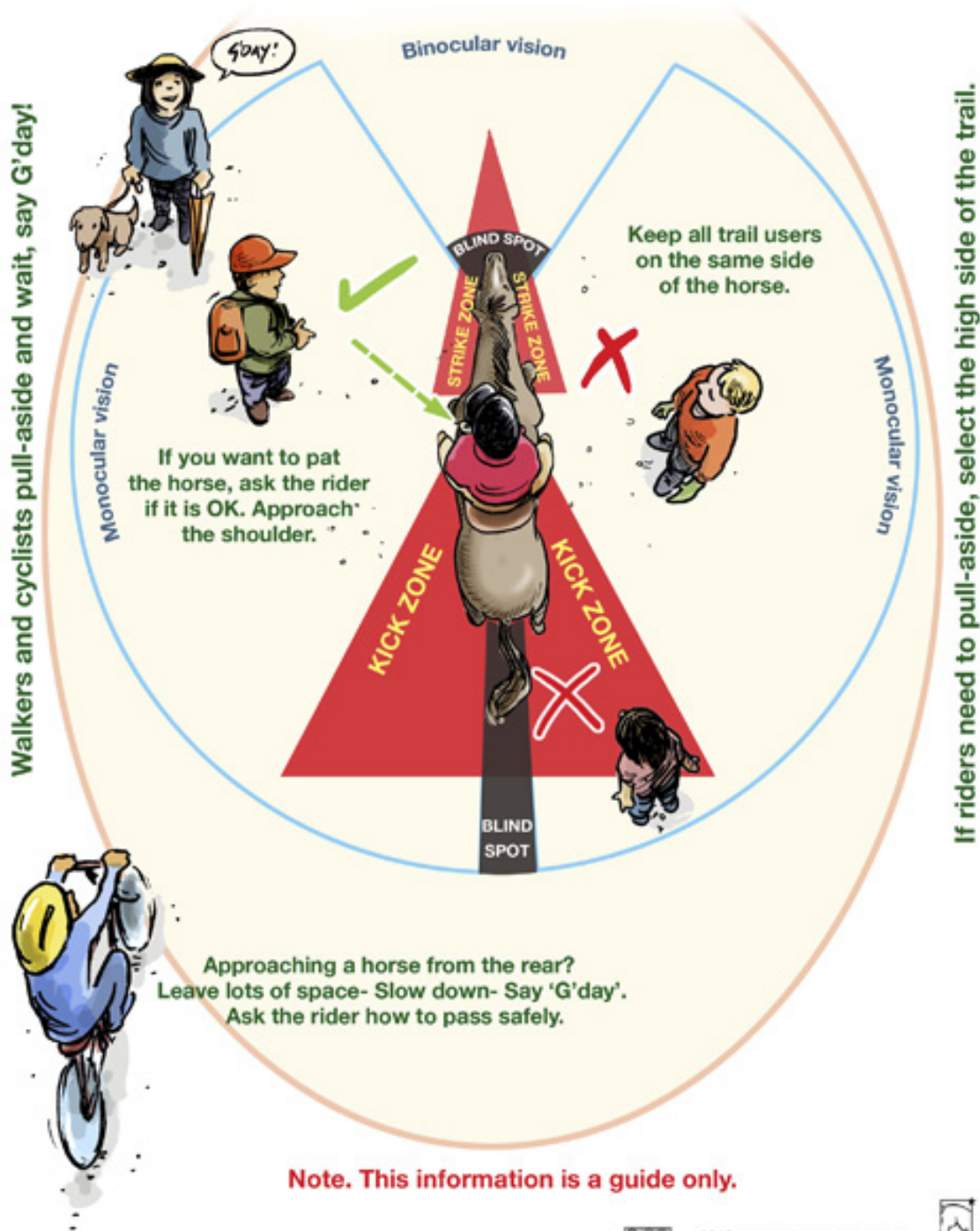
FROM *HORSE BRAIN, HUMAN BRAIN* BY JANET JONES, PHD  
[WWW.HORSEANDRIDERBOOKS.COM](http://WWW.HORSEANDRIDERBOOKS.COM)

Fig. 2



# Safer places around horses on the trail

Watch eye, ear and body language at all times. Horses with a high level of alertness will have their head up, wide eyes and alert ears.



2019 www.horsesa.asn.au



Fig.3

## Kicking

But don't horses kick? Yes, horses can kick. Any creature with legs can kick. But don't horses bite? Yes, any creature with a mouth can bite. There is a degree of common sense we must all utilize when being around any animal. Horses are no different. However, in order to address some of the kicking fears many have, here are a few visuals.

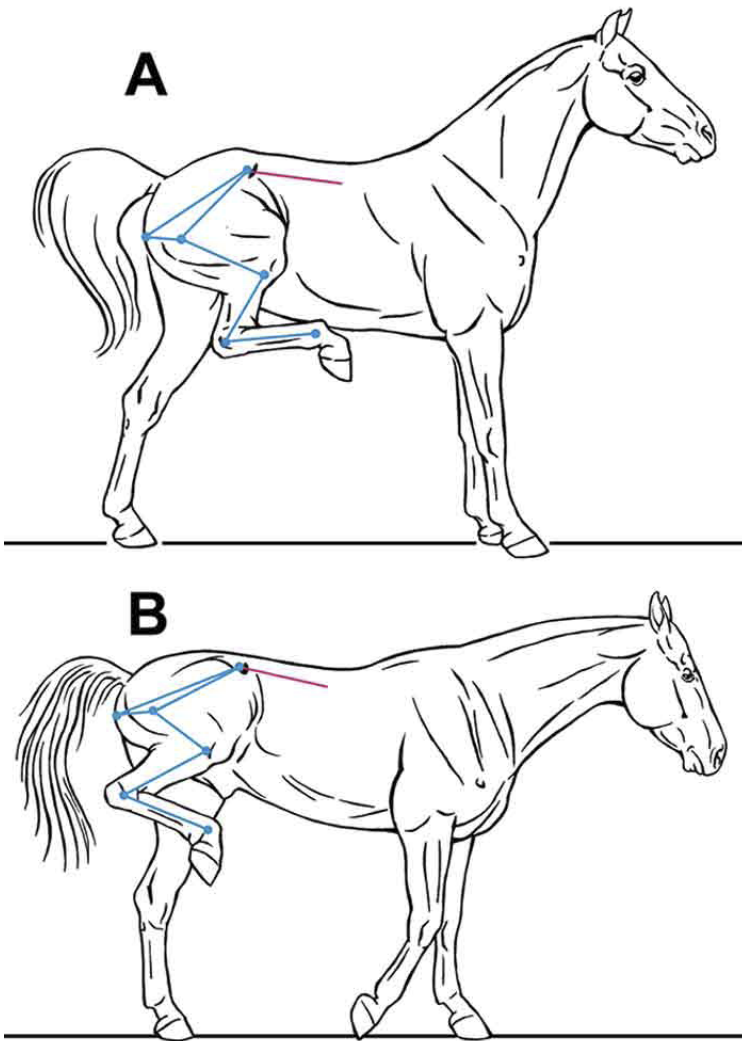


Many equestrians utilize a ribbon system to help visually identify some problem habits or "statuses" their equine may have. A red ribbon on an equine's tail means that the equine is prone to kicking.

Many SCA equestrians utilize this ribbon system. In fact, this ribbon system appears in SCA handbooks and during general authorizations.



Almost all these ribbon codes can be found on the equine's tail, with the exception of an equine prone to biting (they get a red ribbon on their forelock or mane).



**Figure 9** - An example of kicking mechanics before the actual kick. While, yes, at times this motion can be fast this is a good visual reminder of how large of a movement an equine kick can be.

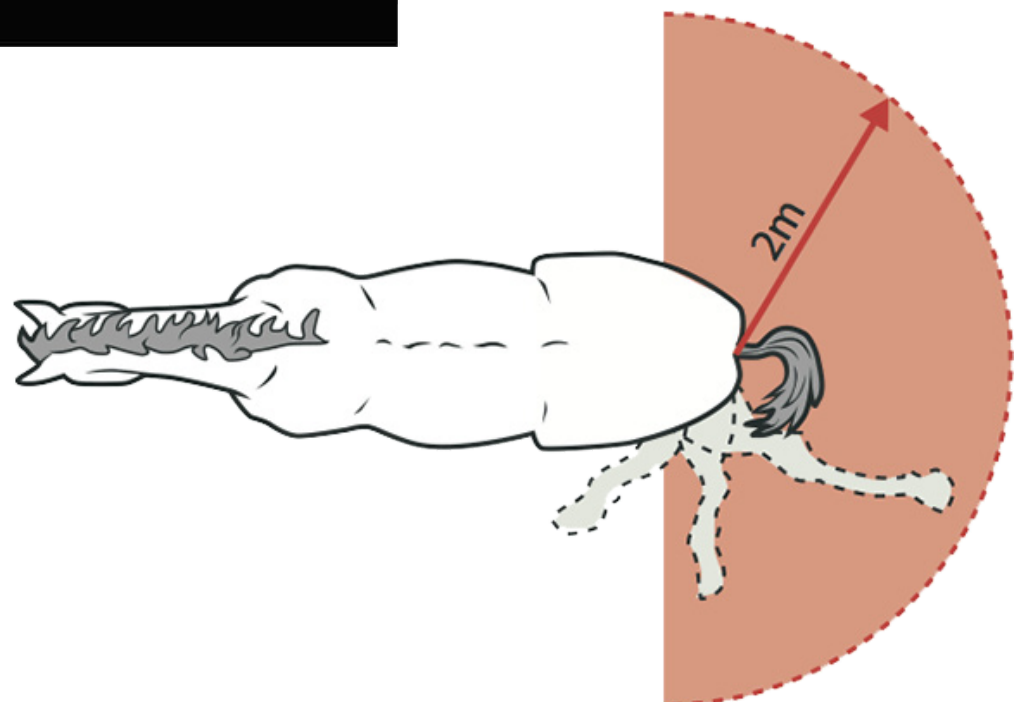
Many believe that it's important to keep your distance and this, in many circumstances, is true. However, the absolute best place in most instances is to be right up against the equine's rear with a hand gently resting on their rump.

This is because if the equine were to kick we would feel them activate their muscles to perform the movement, they would either feel us there and stop the motion, or the kick would simply reduce to a little push. A little push is a much better alternative than a full force/motioned kick.

Of course, there are always exceptions to any equine, person, and/or situation. But it's good to have this basic knowledge in order to maintain general safety for yourself, the equine(s), and others.

Note: The kick range measurement below is an average.

**Figure 9**



## Common Phrase

Every hobby and hobbyist have their common phrases and words they toss around. Sometimes not realizing that not everyone knows what that means. Kinda like SCA-dians using SCA jargon around newcomers. Here is a little breakdown of what some equestrian phrases and jargon mean.

“My **gelding** is 16 **hands**.” – Gelding = a neutered male horse.

Hands = the unit of measurement by which an equine’s height is determined. A hand is equal to 4 inches.

“This **mare** is still a little **green**” – Mare = A mature female horse.

Green = used to describe an inexperienced horse.

“Please don’t feed my horse treats because he’s **metabolic**.” – Metabolic = used to describe a horse that has Equine Metabolic Syndrome (EMS). Which is characterized by obesity and/or insulin resistance. Basically horse diabetes.

“This horse has been in a stall all day. It needs to be **turned out**.” Turn(ed) Out = Turn out refers to leading a horse to a secure, safe, open area like an arena to let them run around free without lead or halter in order for said horse to get some exercise. This is especially necessary when a horse has been stalled for an extended period of time. This concept is the same as when you let a kenneled dog run around in the backyard.

“**Get out of the horse’s mouth**.” = if someone tells you this while you’re riding an equine it means that you are holding the reins too tightly. Holding the reins too tightly can result in a grumpy/nervous equine and injury. Simply give the horse a little more slack in the reins and trust them a little.


“Could you help me **muck out** this stall?” – Muck(ing) out = removing manure, urine, and soiled bedding. This is a very important part of daily stable management, as it keeps the stable smelling better and the horse healthy.

“I need to do some **groundwork** before we ride.” – Groundwork = a group of exercises carried out with a horse while being instructed on the ground. This is generally used in training or to get the horse in the right frame of mind before riding. Not all equines have to do this.

“You can let this horse **graze**.” – Graze = Letting the equine move freely and eat grass. NOTE: Some equines are not allowed to graze while still tacked up, in use, or while working. This is mainly due to that equine’s particular behavior. Once they are allowed to graze, that’s all they’ll want to do.

“Let’s **mount up**.” – Mount up = an idiom meaning to get up on and sit into the saddle of an equine.

A TALE OF TRIUMPH OVER . . . DE FEET,  
OR HOW WE FOUND ALMOST-PERIOD SHOES THAT FIT

MUNGO NAPIER, LAIRD OF MALLARD LODGE   
**mallardlodge1000\_at\_gmail.com**

During the 17 or so years my Lady Sarah Sinclair and I have been active in the SCA, I have endured several catastrophic footwear fiascoes. My sad shoe stories may help those who are new to our world, or those advising newcomers. And to seasoned members who have suffered their own painful shoe misadventures, you are not alone.

Nobody . . . uh . . . stepped forward to advise Lady Sarah or myself about shoes when we first began to gather our garb back in 2007. Maybe we just didn't know what questions to ask, or whom we should have asked.

**[PHOTO #1]** SCA literature suggested Chinese slippers for first shoes. These are Mary Jane type shoes, echoing both women's and men's styles sometimes seen in late-period illuminated manuscripts. Chinese slippers have rubber soles with cloth uppers. Smaller sizes for women we found had straps, but the men's sizes I saw lacked straps. Chinese slippers would be fine for an indoor event, at least one without dancing because of the rubber soles. They are practically useless for outdoor wear, especially on wet grass. We bought some, but quickly moved on to more substantial footwear, or so I thought.

**[PHOTO #2]** Lady Sarah found it easy to solve her shoe problems. She bought, or already had, a pair of good quality flat-sole Mary Janes. Modern Mary Jane-type shoes are generally considered acceptable as SCA wear for both women and men. If possible, buy Mary Janes with buckle rather than velcro straps. Finding men's sizes is not easy. U.S. women's size 12 is equal to men's size 10 1/2 (or EU 43). Shoes that large will likely have to be bought online or special ordered, and make shure to be choose the widest possible toe box.

**[PHOTO #3]** My first so-called period boots were purchased from one of those large online renfaire vendors. These rather pricey boots turned out to be a smaller size than they were advertised, and they weren't even real leather. They were soon retired. **Lesson: clothes and garb accessories from online renfaire vendors are often inaccurate, shoddy and a waste of money; stick with reputable SCA-oriented vendors. Ask your new friends for recommendations.**

**[PHOTO #4]** Our next shoes were some cheap faux-suede ladies' slouch/scrunch boots from K-mart. These were o.k. for Lady Sarah. The largest scrunchies I could find were vaguely called women's "large" (likely EU size 39 or 40). I take a men's size 10.5 or 11 (EU sizes 42 or 43), so these were a very tight fit and had seriously narrow toe boxes. They were barely tolerable for an afternoon demo, but I got into real trouble when I wore a pair to our first Pennsic Wars. By the third day of hobbling about my toes were a bruised mess. I eventually lost the nails from both big toes and they have never completely recovered. The fake-o leather was also permeable, and my feet were soaked after trudging around in dewey grass on the archery range. **Lesson: cheap substitute shoes can ruin your feet, so don't skimp.**

**[PHOTO #5]** Lady Sarah later went to an equestrian tack store and bought a pair of women's riding/barn boots to wear on the archery range. These are really high-quality boots, and cost a small fortune (at least it seem so to this penny-pinching Scot). They look great though. If you go with riding boots, make sure they don't have visible zippers. Pull-ons are always a better choice.

**[PHOTO #6]** Early on my second day at Pennsic I limped into a well-known reenactment shoe vendor's tent, and put my credit card down on a pair of their two-button, side-lacing low-quarter boots. The salesman promised he would pound them to soften the leather for me, and I picked them up the next day. My K-mart specials went into the oubliette (trash can to the uninitiated). The new boots were still not very soft and did even more damage to my already mangled feet. **Lessons: Break in new shoes slowly; Pennsic is NOT a good place to wear new footwear.**

I wore those boots for several years, though I had a lot of trouble lacing them. I am mildly dyslexic, and after losing the instruction sheet I could never quite remember how to loop the laces around the buttons so they would hold. I usually got the right shoe tight after a couple of tries, but had major problems doing the lacing backwards for the left.

**[PHOTO #7]** Finally in desperation, I bought pair of Saxon-style low-quarter buckle boots via the same vendor's web site. I got lucky, as the shoes fit very well, but it is always better to buy in person where you can try the shoes on before paying. **Lesson: *Buying shoes online is risky; stick with in-person vendors if possible.***

I liked both of these styles, but after several years they had passed their prime. Both began shipping water almost as fast as the *Titanic* after her appointment with the iceberg, probably as the stitching between the toes and the soles loosened. Both had flat foot beds which offer zero arch or heel support. I added inserts, but they pushed my toes up into the top of the toe boxes, and my feet were often quite painful by the end of a day's activities even though I was wearing the thickest wool socks I could find. Those socks didn't help much, and actually made the shoes even tighter. I now lost the nails on both of my second toes at a subsequent Pennsic, and when they grew back they were all wonky and brittle. **Lesson 1: *Even the best quality reenactment shoes are not always scientifically designed and may be a poor choice for some feet.*** **Lesson 2: *Nothing lasts forever, and even good shoes can leak with age.***

Just before the recent plague struck, I stopped by our local Red Wing store to buy a pair of steel-toe work boots. This time I brought my thickest wool socks and arch supports to the fitting. I chose a size even larger than the measurement with the socks on, and specified the widest toe box possible. At last, comfort! Of course, these are not period-style, and I only wear them at SCA events for set-up chores.

**[PHOTO #8]** While browsing Red Wing's other offerings, I spotted their low-top "chukka" boots, Style 3223. Except for modern soles, they looked much like lace-up Viking boots from the source where I bought my Saxon boots. I went back to the store with a print-out from the period vendor's web page to compare. Wow! A near match. After my bank account recovered from the work boots, I bought a pair of brown chukkas. I brought my inserts and thickest socks to the fitting and choose a size that was extra-roomy. The laces were modern woven cord, so I also bought Red Wing's best quality leather laces. The salesman had them dyed to match the boots at no extra charge. I had finally found the shoes that I, and my long-abused feet, had . . . dare I say it . . . ached for over the past ten or so years.

Returning to Red Wing the next year, I bought another pair of chukkas, this time in black. I freely admit to being rather "fashion conscious", and try to color-match my accessories. It is important for Mungo's masked good-guy-for-hire alter-ego, The Scarlet Varlet, to look good when he is relieving a rapacious landlord of his purse or trouncing an oppressive evil-doer. Style does count in my line of work. Choosing between black or brown boots depends on whether I am packing a sword, and the weapon's scabbard or baldric color. Besides lots of red tunics, red hose, red hoods and red hats, my garb closet has both black and brown belts, sporrans, dagger sheaths, tankard straps, and side pouches (for a small camera I usually carry, but almost always forget to use). So I just HAD to buy another pair of shoes to complete both ensembles. Imelda Marcos certainly would have understood.

**[PHOTO #9]** By the way, my modern wool socks are not visible. Like a good Scot, I usually wear leggings called *mogens* held up with woven wool garters. The *mogens* extend down onto my boots and do an excellent job hiding my non-period hosiery. They also give me a place to tuck a small dagger, which you can barely see near the small arrow in the photo . A dirk in your stocking is always waaaay cool.

**[PHOTO #10]** Birkenstock makes two shoe styles with wide rounded toes that also might be acceptable as compromise SCA footwear. Their classic strapped clog style for both men and women is called "Boston". Their "London" style is similar but has a full-heel back. I have owned several pairs of both styles and they are very comfortable. No, I haven't worn "Birks" to a garbed SCA event . . . yet, but I have seen others wearing them.

Recently while browsing through a shoe store I spotted several other brands of suede or chukka boots that would pass for medieval styles, especially with replacement leather laces. A search on the Birkenstock, Dr.

Martens, Clark's, Dansko, or other high-quality shoe vendor's web site might turn up other styles with a period-flavor.

In summary, while some SCA purists may cringe in horror, period shoe style is less important than comfort and foot health. Although I don't recommend canvas gym shoes or Crocs, there are modern shoes that fit well, can protect your feet, and still look at least presentable for SCA use. Remember, we're only asked to make a *reasonable* attempt at pre-17th century garb and accessories. **Lesson: The term "reasonable" does allow for some compromise when comfort and health are involved.**

Your feet can't talk, but they *will* thank you.

### PHOTO #1



PHOTO #2





PHOTO #3



PHOTO #4



PHOTO #5



**PHOTO #6**



**PHOTO #7**



**PHOTO #8**



PHOTO #9



**PHOTO #10**





## **Taking the Waters – A History of Bath (England) and Personae**

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### **Shire of Caer Gwyn, Middle Kingdom, Known World**

For this class, I wanted to give the history of Bath but give it a window dressing of why it is good as a location for an SCA persona and by extension, what kind of things one can look for when choosing a location for one's own persona.

Just like choosing a persona, choosing a location is a highly personal decision. Depending on one's desire, almost any place could be chosen. My opinions on where to be from are that: my opinions. They are intended to help someone who isn't sure where to be from and why to be from that place. If you have a good idea where you want to be from and why, then that is much more important than any opinion I have. That said, I recommend choosing a place like Bath for a variety of reasons.

One could be from a small village or just the countryside. The problem with this in my view is that there is little reason for you to interact with anyone else. In general, people tend not to leave small places and there is little reason for trade to come to those places. Likewise, one could just say one is from a large area, a region, France for instance. To me, this is too amorphous; it doesn't really define you. Similarly, large cities are out. There are 100,000's of people in London, Rome, and Paris. It doesn't say much about the person to be from there. Again, there are perfectly good reasons to choose small nameless manors and large faceless cities. But small but important towns and cities add excellent color to a persona. And in my opinion, Bath is perfect for just about any English persona regardless of the time period.

#### **Reason 1: History (legendary and actual)**

One reason to choose one place over another is its history, real or imagined. You may want to tie into that history for your persona. For Bath, the history extends from pre-historic times to beyond our period. I will attempt to do this in chronological order.

The legendary history of Bath goes back to 863 BC. In Geoffery of Monmouth's history [1, 2], Bladud, son of Hudibras, the eighth king of the Britons was sent to Athens to study and while there, contracted leprosy. Upon his return, he was imprisoned but he escaped and got a job incognito as a swineherd. He noticed the pigs liked to cover themselves with the warm black mud near where the Rivers Avon and Severn met. The skin diseases of the pigs would be cured by the warm mud. He then covered himself with the warm mud and found that his leprosy was cured. Free of disease, he returned to his father's court and founded the city of healing on this site, named Aquae Sulis in honor of the local goddess Sulis. When he became King, he moved his court to this place. On a side note, Bladud's son was King Lear from Shakespeare.

Bath's pre-history goes back even further. There is evidence of Bronze and Iron Age forts nearby [3]. There is also evidence of Celtic use of the springs at Bath. From digs, many coins were recovered from the mud and soil near Bath. These include 18 silver Celtic coins, a Gaulish minim, a quarter-stater of the Durotriges, and coins of the Debonni. The coins are in near mint condition which suggests that they were not in circulation and therefore were deposited in the silt around the time that they were minted. There is no evidence that the Celts did any construction at the site of the spring itself which is not surprising given that they tended to revere natural areas [4].

The formal history of Bath goes back to the Roman times [5]. Under the city of Bath, there is evidence of Roman military fort works. These pre-date the Temple complex. It is likely that this fort was along the Roman frontier at the time. Roman town of Aquae Sulis (the waters of Sulis) was built over a Briton shrine to a local goddess Sulis [6]. It would be shortly after Boudica's rebellion, around 60 AD. The Romans associated this deity with Minerva and built a classical temple with a large open district and open pool on the site. Over the next several hundred years, the formal baths would take shape. The Romans built a hot bath, two pools, and all the standard equipment of *tepidaria*, *frigidaria* and *hypocausts*. These hot baths and its source yield over 1,200,000 litres of water daily at more than 46 °C [7].

In the Roman baths, offerings were often given to Minerva Sulis or sometimes simply to Sulis herself [8]. Offerings found are over 12,000 coins, libation vessels, various trinkets, and about 130 curse tablets. The curse tablets are inscribed lead tablets that call on the goddess to punish some transgressor. Examples are [9]:

"Solinus to the goddess Sulis Minerva. I give to your divinity and majesty [my] bathing tunic and cloak. Do not allow sleep or health to him who has done me wrong, whether man or woman or whether slave or free unless he reveals himself and brings those goods to your temple."

"I have given to the goddess Sulis the six silver coins which I have lost. It is for the goddess to exact [them] from the names written below: Senicianus and Saturninus and Anniola."

"Docimedis has lost two gloves and asks that the thief responsible should lose their minds [*sic*] and eyes in the goddess' temple."

"May he who carried off Vilbia from me become liquid as the water. May she who so obscenely devoured her become dumb"

"..so long as someone, whether slave or free, keeps silent or knows anything about it, he may be accursed in (his) blood, and eyes and every limb and even have all (his) intestines quite eaten away if he has stolen the ring or been privy (to the theft)."

At sometime around 122, a new addition was added to the temple district. A *tholos*, or a round, open air columned temple, was erected, possibly commissioned by Emperor Hadrian himself [10]. Around 300 AD, the complex was completely restored, a retaining wall built, and the springs enclosed.

Roman Bath was an economic center as well as a religious one. The Temple and baths brought in pilgrims who needed services and healing. There is evidence of combs and spinners so Aquae Sulis may also have engaged in the wool trade. Primarily though, Aquae Sulis was a tourist spot [11].

If you believe in King Arthur, Bath might have been near the site of the Battle of Mons Badonicus. This battle is where the Britons halted the advance of the Saxons, at least for a while. Gildas [12] gives the leader of the Britons as Ambrosius Aurelianus and describes the Battle of Mons Badonicus thusly,

“... From that time, the citizens were sometimes victorious, sometimes the enemy, in order that the Lord, according to His wont, might try in this nation the Israel of to-day, whether it loves Him or not. This continued up to the year of the siege of Badon Hill (*obsessionis Badonici montis*), and of almost the last great slaughter inflicted upon the rascally crew. And this commences, a fact I know, as the forty-fourth year, with one month now elapsed; it is also the year of my birth.”

Bede [13] also mentions the battle. He describes the “siege of Mount Badon, when they made no small slaughter of those invaders.” This occurs 44 years after the arrival of the Anglo-Saxons which Bede puts after the reign of Valentinian. So, Bede estimates that this occurred circa 500 AD.

Nennius gives us the Arthur hook. In the *Historia Brittonum* [14], Nennius describes the 12 battles of Arthur and gives us this:

"The twelfth battle was on Mount Badon in which there fell in one day 960 men from one charge by Arthur; and no one struck them down except Arthur himself".

Then the author of the *Annales Cambriae* [15] gives us:

"The Battle of Badon, in which Arthur carried the Cross of our Lord Jesus Christ for three days and three nights upon his shoulders [or shield] and the Britons were the victors."

But it is Geoffrey of Monmouth [16] who finally tells us it is near Bath. In Geoffrey narrative, he tells us that Merlin predicted that Badon's baths would lose their hot water and turn poisonous.

During this time period, the name of Bath morphs from Aquae Sulis into several different variants. As Christianity spreads through Roman Britain, the name morphs into Aquaemann (combination Latin and Welsh) [17]. The Anglo-Saxons called the town Baðum, Baðan or Baðon [18]. It is easy to see the connection to Badon and then to the more modern Bath from there.

Bath may have seen a population decline between the Fall of Rome and the early 7<sup>th</sup> century. The Anglo-Saxon poem *The Ruin* is mostly probably about Bath. *The Ruin* mentions “. . . a hot spring gushed in a wide stream; a stone wall enclosed the bright interior; the baths were there, the heated water; that was convenient. They allowed the scalding water to pour over the grey stone into the circular pool.”

These were all features of Roman Bath. If *The Ruin* is about Bath, it is around this time that it would have been written [19].

Regardless of whether Arthur existed and whether Mons Badonicus was near Bath, Bath re-enters the official record around 577 AD. The Anglo-Saxon Chronicle [20] relates that the Cuthwine and Ceawlin finally pushed the Romano-British out of Gloucester, Cirencester, and Bath at the Battle of Dyrham. Around 675 AD [21], Osric, King of the Hwicce, a sub kingdom of Mercia, grants land around Bath to Abbess Berta to establish an abbey. It may have even been a "double-house" where monks and nuns lived under one leader [22]. About a century later in 757, Offa, King of Mercia, rebuilds the monastery [23]. Then around 787, Offa gains direct control of Bath and has the Church to St Peter built.

Bath becomes increasingly important in Saxon England. Cunliffe has this fragment, "In 797 King Ecgrith issued a charter from oet Baðun" [24] and in 864 Burhred, the last King of Mercia, holds a council meeting at Bath. Alfred drives the Danes out of Wessex in 878 [25]. Bath becomes part of Wessex. Bath is made a *burh* as part of Alfred's defensive plans. According to the *Burghal Hidage*, the walls of Bath were 1375 yards long so around 1000 men were needed for its defense. Edward the Elder establishes a mint in Bath and those coins have "BAÐ" on the obverse. Then in 973, Edgar the Peaceable, King in my time, is crowned King in Bath Abbey. This ceremony is the basis of the current coronation ceremony. Edgar's consort is also crowned as the first Queen of England at this time. Edgar is also recognized as overlord by the kings of Wales, Scotland and Stratclyde. The assembled kings supposedly rowed Edgar up the River Dee as a sign of their vassalage [26]

Bath is also mentioned in other sources. Nennius has in his History, a "Hot Lake" in the land of the Hwicce along the Severn, and "men may go there to bathe at any time, and every man can have the kind of bath he likes. If he wants, it will be a cold bath; and if he wants a hot bath, it will be hot" [27].

Bede also describes the area in the prologue of his History [28].

Throughout the 10<sup>th</sup> century, Bath was a small but prominent town. It had four churches, three springs, a mint, and a well-regarded monastery. Cunliffe estimates that the religious community covered about 13% of the walled area of Bath [29]. Good quality pottery, whorls, and spindles have also been founded in Bath. Even under the Viking rulers of the 11<sup>th</sup> century, Bath seemed to be unchanged.

However, under the Normans, Bath did suffer. In 1088, Odo led the Norman bishops rose in revolt against William Rufus, supporting his brother Robert. They based their rebellion in Bristol but ravaged Bath since it contained many royal holdings. The rebellion was a failure but enough damage was done to Bath that a complete reorganization of its political leaders and city layout was possible [30]

In 1091, William Rufus granted the city to a royal physician, John of Tours, who became Bishop of Wells. He moved his pontifical seat to Bath with the King's permission. As was typical of Norman sentiment, John disliked the English. He planned to totally remodel the city. A Norman style cathedral was built with cloisters, lodgings for the bishop and prior, and a collegiate school. This is the school that Adelard

(see below) was a part of [31]. New baths were built around the three springs. In 1106 Henry I visited Bath and John confirmed his rights to the revenue of the city and permission to hold a fair at Bath [32]. This may be where King's Bath (one of the three baths in current Bath) gets its name. In the Gesta Stephani, it was said that "sick persons from all over England go there (Bath) to bathe in the healing waters, as well as the healthy, who go to see the wonderful outpourings of water and bathe in them [32, 33]. So Bath once again becomes a tourist-center of healing.

Bath also became part of the English wool trade. Bristol was the primary port that wool and cloth were exported but records show that weaving, dyeing, and fulling of wool occurred in Bath [33, 34].

For the rest of the 12<sup>th</sup> through the 14<sup>th</sup> century, Bath remained a center of wool and ecclesiastical activity. It was important for its springs, but it was not a major player in most of the events of these centuries. During this time frame, the bishops of Bath move their see back to Wells and gain the title of Bishop of Bath and Wells. As we near the end of our Period, the quality of the abbey and its monks decline.

By the 15th century, Bath's abbey church was badly dilapidated and Oliver King, Bishop of Bath and Wells, decided to rebuild it on a smaller scale in 1500. Not just the building itself though, Bishop King found, "discipline was, to say the least, lax. There was feasting in the refectory, the monks were idle, and women were often to be seen at unseemly times about the precinct of the monastery [35]." In 1535, a report given to Thomas Cromwell, minister to Henry VIII, stated of Bath, "we found the Prior a right virtuose man . . . a man simple and not of the greatest wit, his monks worse than any I have fownde yet both in buggerie and adulterie . . . the house well repared but foure hundrethe pownds in debt [36]." The new church was completed just a few years before Bath Priory was dissolved in 1539 by Henry VIII. However, the dissolution meant that much of the church property was sold off and gutted. [37].

At the close of our Period, Elizabeth I grants Bath a charter of incorporation. Many of the functions that were previously fulfilled by church authorities (recall John of Tours) pass now into a mayor, council, and alderman. These new men of power in Bath worked to restore the city as a resort spa and restore various buildings and symbols of status. Elizabeth granted special taxes to restore the abbey, hospital, and almshouses. The newly rebuilt abbey was dubbed by Elizabeth as the "Lantern of the West" for its beautiful and numerous stained glass windows.

As the city improved, the wealthy and influential returned to Bath. In part, it was marketing. In part, the knowledge that bathing was healthy was coming to the fore. Dr Turner, published a book in 1557, stating, "I have also written so well as I can of the bath in Baeth in England to allure thither as manye as have need of suche helpe as almighty God hath graunte it to gyve." John Jones' in 1572 titles his book, "The Bathes of Bathes Ayde wonderfull and most excellent agaynst very many Sicknesses, approved by authoritie, confirmed by reason, and dayly tried by experience." [38]

Bath would remain a popular and interesting place throughout modern times. Part of the English Civil War would occur there, Georgian and Victorian Era Bath would be the spa for the rich and famous. Jane Austin would set her books there.

### **Reason 2: Importance**

Another reason may be the importance of the place. In general, places with a detailed history will also be important in some way, but there may be a specific importance you are looking for. In Bath's case, it was a place of healing, a house of worship, a fort, a mint, a trade hub, and a place of political power. It is the site of Kings, Queens, and charters.

It is tied to the legendary founding of Britain, King Lear, King Arthur, and Shakespeare. Edgar the Peaceable, Henry I, Elizabeth I, Queen Anne of Denmark (wife of James I), and Queen Henrietta Marie (wife of Charles I) all visited the site.

### **Reason 3: Geography**

A third reason maybe geography. You want your persona to have connections to specific cultures or regions. You might therefore choose a place that is geographically near where those influences are.

Bath is in Somerset England and not too far from the regions of Cornwall and Wales. In fact for part of its history, Bath was in Wales and later in Mercia before finally becoming part of Wessex and of course England. The cities of Gloucester and Bristol and Exeter are fairly close, even in terms of medieval travel. Bath is a great crossroads city for those who want to sprinkle a bit of another culture into a base persona. My Anglo-Saxon personae is part Welsh as a result. My 16<sup>th</sup> century personae is also from Bath.

### **Reason 4: Economy**

A fourth reason may have to do with a specific economic activity. You may want to be near where the art you like to practice is well known.

For Bath, it would be known for its cloth as part of the wool trade, its scribal arts due to the Abbey, and coinage due to the mint. And of course, it would be known for its doctors and healers.

### **Reason 5: People**

A fifth reason may be to connect to well-known figures from the Middle Ages. Some of these were already mentioned.

- King Arthur

- Various Anglo-Saxon kings
- Adelard of Bath - astronomer, philosopher and mathematician
- John of Tours,
- Henry I
- Henry VIII
- Elizabeth I (visited the baths twice)
- Anne of Denmark (visited twice for whom the Queen's Bath is named)
- Henrietta Marie (Charles I queen)

### **Reason 6: Uniqueness**

A sixth reason may be something unique about the area. That uniqueness may rise from a mixing of other reasons.

By far, what makes Bath unique is its hot springs. But as a result, it is then more unique due to the previous factors. It has been a place where history was made. It would crumble to ruin as a whims of history would decide but the Waters of Sulis would continue to bubble up and inspire a renewal.

To conclude, there are perfectly good reasons to be from anywhere. But just like your modern birthplace, whether you identify with it or not, your persona is from somewhere. By being specific, you can then add an array of interesting tidbits to your persona's story. Making it an important small city gives you leeway to explain why things are the way they are and why you are part Welsh, travel the Known World, weave, shoot, and write.

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[3] Cunliffe, *The City of Bath*, pp 7-13

[4] Cunliffe, pp 14-15

[5] Cunliffe, pp 16-18

[6] Cunliffe, p 21

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- [20] *Anglo-Saxon Chronicle*
- [21] Davenport
- [22] Davis, p 33
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- [25] Asser, Life of Alfred, p?? A-S
- [26] check
- [27] Nennius, *Historia Brittonum*
- [28] Bede, *Ecclesiastical History of the English People*
- [29] Cunliffe, p 62-63
- [30] Cunliffe, p 63
- [31] Davis p 39
- [32] Davis p 40 and Cunliffe p 72.



[33] Davis p. 43-45

[34] Cunliffe p 89 -91.

[35] Cunliffe, p. 91.

[36] Davenport, p. 171

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