



Myrtleholt  
of The Kingdom An Tir

# THE LEAFLETTE

The official newsletter of the Incipient Barony of Myrtle Holt • APRIL 2017 (AS LI)

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## Hail Hydrate! Waterbearing in An Tir

*By HL Milisandia filia Willelmi filii Roberti*

With another camping season close at hand, it is time again to take stock of outdoor gear, do repairs, and possibly make or buy that new tent you've been dying to add to your encampment. As we move our events out of doors and into fields, it can be easy to forget one important feature that buildings afford us: easy access to potable water.

You may not think this is a very big problem; after all, most encampments will plan for water for the weekend, and can send someone out to grab more if need be. Now imagine that you are planning waterbearing for an outdoor event. What extra gear will you need to bring to make sure our fighters, marshals, list ministers, and spectators stay hydrated while away from their camps? An increasing number of water-bearers have been expanding beyond simply bringing themselves, and have put together a whole set-up separate from their camping equipment. These set-ups often include a table, water coolers, chairs, a day shade, extra serving dishes, cutting board with a knife, towels, flats of water, and more. Since all water-bearing must be done "unofficially" by individuals, households, and unofficial guilds, it heavily relies on donations of water and food by household and guild members.

Despite the extra equipment, prep time, and out-of-pocket expense needed to successfully hydrate the populace, An Tir has active and generous groups who have made water-bearing one of their priorities. Many of these groups have been going strong for quite a while, and work to support each other. In fact, Myrtle Holt's own Thorlof Anarson has been heading up the waterbearing efforts for Blue Crush at An Tir/West War for several years, and has even created a badge for his "Hail Hydrate" efforts, stating that he is "bent on World Hydration."

But what drives people to volunteer at events to serve others, and why is waterbearing so important? I've heard opinions regarding the need for waterbearers run the gamut from those who believe fighters should be responsible for themselves, and that waterbearing is unnecessary to those who, like me, believe it is an essential part of any martial activity within the SCA. While I agree that fighters (well, all adults, really) should be responsible for themselves, I also believe that it is important to have others present who are there to watch the fighters' faces, and actions for signs of dehydration.



*This is His Excellency, The Baron of Dragon's Mist Finn Grim at An Tir / West War ensuring fighters renew their electrolytes. Photo taken by Her Grace, Mary Grace of Gatlin.*

## Hail Hydrate... Continued

It is unreasonable to expect a person to always make safe choices about their health once they've become over-heated and adrenalin-fueled.

This is often the starting point of what drives a person to volunteer as a waterbearer, and in many cases it can evolve into something with even more depth. For me, it began at my very first An Tir/West War several years ago when I was looking for something to do. I was fairly new to the SCA, and was still looking for my "place" within the society. On the last day of the War, I found myself on the sidelines of the Warfield jumping in to help with the waterbearing efforts. It was hot, tiring, and wet work, but the sights and sounds of being that close to the action was exciting and invigorating. Not once was I made to feel like I had no right to be there, even though I was so new, and did not know anybody with whom I was volunteering. After a couple hours, I returned to my encampment sore, tired, and soaking wet, yet grinning like a fool. I was hooked.

In my mind, waterbearing isn't only important because it serves others by keeping them hydrated, but also because it is one of the simplest and least frightening ways to get involved for a number of reasons. It does not require any prior knowledge or experience, so it works well for people who are new to the SCA, plus it is a great activity for families with kids (trust me, fighters tend to have a harder time saying "no" to a cute kid than any adult). On top of that, you get a first-hand view of the fighting, and you have a lot of options regarding how involved you become. So, the next time you are at an event where you have a spare hour or so, come by the waterbearing station and make some new friends. And as the Heralds always remind us, don't forget your sunblock and hat. Hail Hydrate!



*Original Hail Hydrate! Badge  
by Thorlof Aranson*

## Recipe: Borscht

*Submitted by Lord Bowen Doyle*

### Ingredients:

2 cups peeled & shredded beats (optional: roasted and cubed)  
1 cup shredded Carrot (optional: cubed)  
1 onion  
3(14 ounce) cans beef broth (better than bouillon dissolved in water)  
2 cups chopped cabbage  
1/3 stick butter  
2 Tablespoons lemon juice (optional: apple cider vinegar)  
Salt and pepper to taste

### Instructions:

Cook beets, carrots and onion in 3 cans beef broth for 20 minutes.

Add cabbage and butter, and cook uncovered for about 20 minutes.

Stir in lemon juice. (or apple cider vinegar)

Now let it sit (but you don't have to), for an hour or so.

Reheat or leave at temperature and serve with sour cream.

### Myrtle Holt Business Cards Now Available!

Myrtle Holt business cards?  
Go on, I'm all ears....



# Basic Conditioning for Heavy List Combat

*By Baron Matthew Moraveous Avdenmork*

Sword fighting captures a childlike imagination. Most little children have picked up sticks, wiffle ball bats, empty wrapping paper rolls -- anything roughly rod-shaped -- and mimicked knights in armor or samurai or pirates or other sword-wielding heroes. Some of those children grow up and discover the SCA, where it's actually acceptable for adults to pick up facsimiles of real swords and try to smack one another!

The thing most of those people discover early on -- swinging a sword is kinda hard to do. Especially to do it properly, to do it well, and to do it without getting injured.

SCA Heavy list fighting combines the timing and technique of racquet sports, the footwork of boxing and similar martial arts, and the open field tactics of football or rugby, all performed with weights strapped to just about every part of the body. This diverse combination of skills requires a specialized set of physical abilities.

In everyone's excitement to start whacking away with a sword, newbies are usually immediately put into armor, handed a weapon, and told to swing-away. There is great emphasis on technique, with various schools of thought on the specific mechanics of striking a target -- each with its own arguable advantages and disadvantages -- much like schools of traditional martial arts would often argue over who's kung fu was stronger. However, very few dojos, dojangs, boxing gyms, or the like will throw people into the ring without first training the students, often for months at a time, on basic skills.

As part of this skill development, there is also a more general training of the body to prepare the initiate for the rigors of full on performance. Can the initiate's body withstand the demands involved in their sport? This is called conditioning. Unfortunately, many people come into sword fighting without being physically prepared for the unique stresses wielding weapons will place upon them. Even many experienced fighters are lacking in aspects of their conditioning, which limits performance and increases the risk of injury.

But, how does one train for such an unusual sport? This can be accomplished by breaking down the components to observe where a sword athlete needs to function. This article will attempt to break down the different aspects of function and how training can be tailored to suit the needs of the sword athlete.

In sports, there are three tiers of function: Movement, Performance, and Skills.

## **Functional Movement**

The athlete requires a sufficient base of flexibility, motor control, and strength to perform effectively and safely in their chosen sport. This comes under the category of basic sports screening for injury prevention and for optimal performance. Many of these movements are fairly universal to athletic performance. For example: If someone is able to bend forward and touch their toes without needing to bend their knees and without pain, they have at least a modicum of flexibility in their spine, hips, and hamstrings and enough motor control and balance to utilize that flexibility. If someone can stand on one leg with their eyes closed for greater than 10 seconds, their balance, motor control and proprioception are likely sufficient to keep them from falling at every turn and twisting a knee or ankle. The ability to hold a proper plank (1—See **REFERENCES at the end of this article**) position for 60 seconds indicates a certain minimum of core muscle strength and control.



## Basic Conditioning... Continued

There are a number of different screening methods used by coaches, trainers, physical therapists, and others for assessment of functional movement in determining readiness for a sport. Heavy List has certain physical requirements that are more heavily emphasized than others. These include:

Are you able to easily get down to and back up from the ground? In our sport, we fall down -- a lot. We get knocked over, we die defensively, we trip on gear, we drop to our knees when struck with a good leg shot. If you are unable to move easily from the ground to standing, do you have the flexibility and strength to be able to fight from your knees without risk of damage, or to jump back into the fight when plowed over by a mass of bodies? (2)

Can you twist side-to-side through a good range and without pain? Basic shot mechanics for the various weapons forms involves twisting motions. Power is usually generated from a forceful rotation of the hips. Without sufficient flexibility and core strength to allow these movements in a stable, controlled fashion, there is a high risk of injury – back or groin strain, over-rotating a knee, damaging a shoulder. (3)

Are you able to reach easily overhead? Sword and great weapon techniques often require forcibly moving the arms upward, and doing so against the added leverage of the weapon or shield in hand and against the resistance of sudden impact at the end of a blow or blocking a blow aimed towards you. This requires strength at the extreme ranges of motion of the shoulders for generation of effective power and avoiding damage to the rotator cuff muscles or other aspects of the shoulders. (4 - 5)

Do you fall over when you lunge? Basic footwork involves lunging in different directions -- lunging forward to close distance quickly, backwards to escape an attack, to the side to create openings in an opponent's defense. This requires strength, timing, and flexibility. A variety of lunges is foundational to good movement while fighting. (6)

Again, a screening is best done by an athletic performance specialist who can dissect movements as well as recommend a course of action to remedy any deficiencies. Sometimes it is as simple as adding stretches for a tight area, sometimes it requires knowledge of neurodevelopmental patterns and movement chains to understand where the deficiency truly lies and how best to address it.

### **Functional Performance:**

#### ***Speed, timing, endurance, strength***

Whereas Functional Movements indicate the basic ability to perform a task, Functional Performance describes more measurable objectives. How fast can you run? How long are you able to fight for? How many consecutive shots are you able to throw before form starts degrading? This is where most people think of traditional training. Getting on the treadmill, lifting weights, CrossFit or P90X training.

Heavy List fighting creates a number of unique demands. The activities are typically repeated bouts of short, maximal bursts. Combatants will close with one another into a flurry of attacks and blocks, then move away to re-assess their opponent and look for the next opening. This may occur multiple times in any one confrontation, then is repeated through a series of fights in a tournament.

Melees involve running bursts with a handful of powerful blows over the course of a few minutes, followed by a rest, then another high-intensity sprint. If the scenario is a resurrection battle, the rests may be very short and the 'bursts' can go on for a long time.



## Basic Conditioning... Continued

### *Functional Skill*

This is actually putting it together. Going out in full gear to step into the lists and vie for tournament champion; crossing the field at a full run with your brethren at your shoulder; even just being at practice and fighting again and again against whomever has gear on. How fast, accurate, well-timed, and well-positioned one fighter is in relation to another. This is trained most extensively in the SCA. Older generations of fighters have their input with newer fighters and each other, sharing tactics, techniques, and insights, even translating period text to more accurately incorporate the wisdom of past masters-at-arms.

Movements are foundational to Performance is foundational to Skills. Sometimes athletes are able to have a high level of Skill despite lacking in an area of Movement or Performance. For example, because of experience or a natural propensity, they are able to place their sword firmly on their opponents despite having limited flexibility in their shoulder. This likely means they are pushing that shoulder to the limits of its ability to accomplish the goal of hitting an opponent, every single time. That's a recipe for injury and shortened career. Perhaps they lack endurance, a component of Performance, which means their Skill declines rapidly as individual fights go on or after multiple bouts in the course of a tournament, event, or war, and also increases the risk of injury.

High Performance without basic Movement is also problematic. Being able to run fast becomes a detriment if your ankle is unstable whenever you make a sharp turn.

As said above, having someone skilled in movement assessment is recommended to ensure there is normal Functional Movement and determining how to overcome any deficiencies. Even without this oversight, many people know where they are tight, or what movements cause pain. If you repeatedly dislocate your right shoulder, you may want to think about fighting left handed or choosing a different weapons form than sword and shield. Pilates, yoga, and Foundation Training (7) are examples of programs that can develop basic flexibility and core strength needed for any athletic activity to be safe and set a stage for easier development of advanced abilities.

In the SCA, there is no shortage of skilled teachers to instruct the finer points of heavy list to progress Functional Skills.

Out of Movement, Performance, and Skills, the easiest of these three categories for an individual to take personal responsibility for is actually Functional Performance. A good, all-around fitness program is a wise thing to incorporate into anyone's life. Below are some options to make that Functional Performance more specific to the list fields.

### *Training Suggestions*

**Lifting Arms** — One very basic criteria for Heavy List combat is being able to hold a weapon. This sounds simplistic, but when you consider how few sports require carrying around a weighted stick, it should become obvious this is a unique requirement. The fatigue that occurs in an untrained fighter simply from keeping their sword and shield in place impacts training tolerance and skill development.

Even someone with a huge benchpress will initially find holding a sword in a guard position taxing, as it is a very different use of your musculature.

This can be worked around simply by using the weapons like one would dumbbells. Holding a sword or polearm and pressing it overhead repeatedly; getting into a guard and holding that position for 30 seconds or longer; performing slow motion attacks against an imaginary opponent; strapping on a shield or even just holding a full gallon jug or a heavy rock and pumping it up and down to mimic the movement of blocking shots. With a little imagination, one can develop a base level of strength endurance that will make all subsequent training less taxing. (8)

## Basic Conditioning... Continued

Intervals — Fights are short, intense bouts. Even timed melees where the fighting can last for greater than an hour, combat occurs in fiery bursts. As such, interval training is the most appropriate type of conditioning.

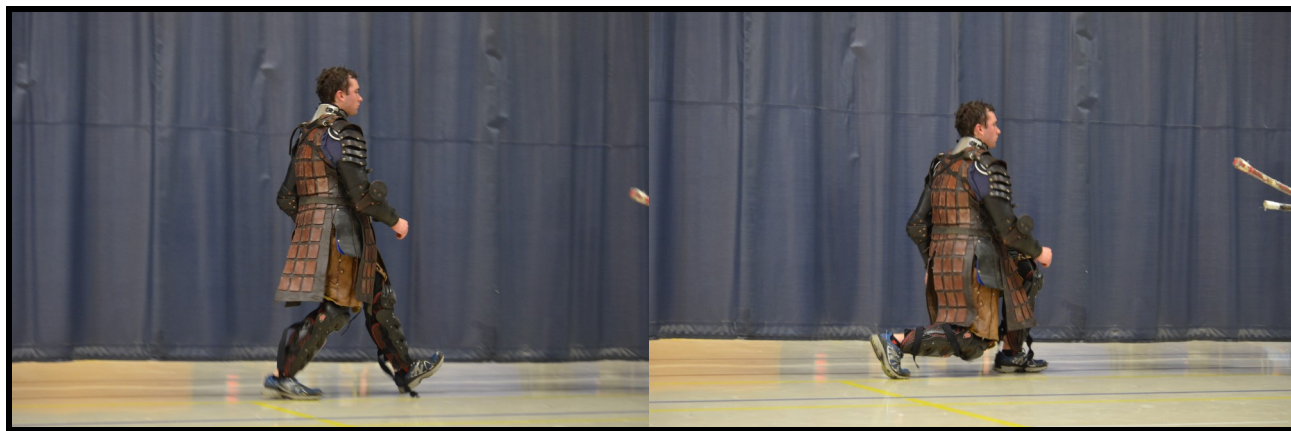
Tabatas (9) are a form of interval training that works well with many different exercises. A whole Tabata session consists of only 4 minutes broken into segments of 20 seconds of exercises followed by 10 seconds of rest, repeated 8 times. The exercise can be sprints, squats, jumping jacks, push-ups – anything you can do hard and fast for 20 seconds. Heavy List specific: How many on-side/off-side combinations can you throw in 20 seconds?

Peak Eights (10) are structured with 30 seconds of maximal intensity exercise with 90 second rest periods of much lighter activity. This suits sprinting, stairmaster, elliptical trainers, and exercise bikes. Try sprints in full fighting gear.

Lunges — These were already mentioned under Functional Movement. It's necessary to have a certain base level of flexibility, balance, and strength to perform a lunge properly. Once this is in place, then lunges become a powerhouse of conditioning to develop performance skills relevant to Heavy List fighting. Squats and deadlifts are excellent exercises for developing power in the hips and lower back, but does not simulate the positions from which sword shots are typically thrown. Lunges more accurately replicate those postures. Moving into and out of an opponent's range, stepping to position for a blow, bracing for impact with a charging shield wall all are done with a lunge.

There is a virtually limitless variety of lunges:

- Forward, backward, sideways, diagonal.
- Walking – Instead of returning to the starting point with each lunge, you allow each lunge to move you forward by bringing the trailing leg up to the lead.
- Tightrope – Stand with both feet in line with each other, like walking the center-line in a sobriety test. Squat up and down. Challenges balance and hip flexibility. (11 - 12 - 13)



## Basic Conditioning... Continued

Pell Training – Usually the pell (typically, a padded post sunk into the ground intended for practicing sword techniques) is used for learning shot mechanics. Once good form is adequately developed, a pell becomes a tool for conditioning.

- Firing multiple strikes as rapidly as possible [speed development];
- Throwing shots repeatedly for a preset period of time [cultivating endurance];
- Launching attacks as forcefully as possible [building power]

Our predecessors who originally evolved the chivalric fighting arts came from a much harsher time in terms of physical demands. Unlike today, desk jobs were much more rare. Those of certain classes and cultures were conditioned to hold a sword from a very young age, others used shovels and pitchforks in their early youth. Please look at yourself in an honest, critical way. If you are a computer engineer by day and a video game champion by night, you can still be an excellent sword fighter, but do yourself the favor of preparing your body for the workload weapons fighting places on your physical structure. Your skill level will benefit, as will the duration of your career. If you already regularly exercise, adjust your program to complement the special requirements of Heavy List Combat.

I'll see you on the field.

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- 7) Foundational Training. [http://www.youtube.com/watch?v=vOgxWp0WyiI&list=PLh4zJ2i6o6DKZT5K\\_RMlTwVtT3XzQiMYh&feature=share](http://www.youtube.com/watch?v=vOgxWp0WyiI&list=PLh4zJ2i6o6DKZT5K_RMlTwVtT3XzQiMYh&feature=share)
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- 11) Lunges 1. <https://www.youtube.com/watch?v=Z6H-VijOBB8>
- 12) Lunges 2. <https://www.youtube.com/watch?v=FUX6Pz8vV0s>
- 13) Lunges 3. [https://www.youtube.com/watch?v=t\\_BjD8p5mQ8](https://www.youtube.com/watch?v=t_BjD8p5mQ8)

*Baron Matthew Moraveous Avdenmork is mundanely a physical therapist with a special interest in, of course, sport specific conditioning. Please make sure you are medically able to participate in athletics before following any of this advice.*

*Many thanks to Lord Matthew MacGyver for assisting with photos.*

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*This article first appeared in a publication of The Moonstone and appears as a courtesy of Baron Matthew Moraveous Avdenmork and editor of The Moonstone, Christiana Crane.*

# Roman Garnet Drop Necklace

*By Visc. Vestia Antonia Aurelia*

Learn a great technique for making "S" curve chain links in this fun, fashionable necklace project. With just a few materials and basic tools, you can make this great-looking necklace ... right down to the clasp!

## Materials

Garnet hexagon beads, 6x5mm  
Headpin, gold-filled, 1-1/2 inch, 22 gauge  
Gold-filled round full-hard wire, 18 gauge  
Pliers, round-nose  
Pliers, flat-nose  
Pliers, side-cutting



## STEP 1

The links of the chain are made in simple "S" curves using the round-nose pliers. The sample contains 65 links, creating a 22-1/4 inch long necklace.

Each link begins with a piece of wire 1-1/4 inches long, which is then bent into a simple "S" curve using the round-nose and flat nose pliers in tandem.

It's a little awkward to start with, but after about 4 - 5 links, the tools and technique feel more natural.



Expect the first links to not look as finished as the last links.

Connect the links as if they were jump rings i.e., twist them open and shut, rather than pulling the ends apart.

## STEP 2

Create hook for hook-and-eye clasp.

Take a 3-inch piece of wire and fold it over at the 1-1/4 inch mark, so the two sections of the wire lay next to each other like lanes in a highway.



## STEP 3

At the end of the shorter length, create a loop for attaching the clasp to the chain.



## STEP 4

Attach it to the chain and bend the other end of the looped wire (the "other lane" of the highway) away from the chain at a 90-degree angle.





## Roman Garnet Drop Necklace



### STEP 5

Grasp the clasp firmly with one pair of flat nose pliers and, starting from the attachment to the chain, use the other pair to wrap the wire around the base of the clasp tightly.



### STEP 6

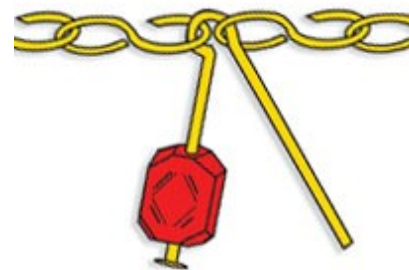
Bend the doubled section of the clasp into a wave to create the hook.



### STEP 7

Create eye for hook-and-eye clasp.

Repeat Steps 1 - 5. Do not create hook. Instead, separate the two wires (pull the "lanes" of the highway apart) to create a round loop.



### STEP 8

Now create and attach the drops. String one garnet per headpin. Halfway up the length of the headpin, begin an attachment loop.



### STEP 9

The loop should be loose enough to let the drops swing freely. A length of headpin wire will remain. As with the clasp, wrap this remaining wire around the headpin.

String onto a link--one drop per link, beginning in the center of the necklace and stretching toward each side--and close the loop. The pieces featured in Fire Mountain Gems and Beads' Gallery of Designs are copyrighted designs and are provided for inspiration only. We encourage you to substitute different colors, products and techniques to make the design your own.

### Designer --

Barbara van Look, Marketing Content Development Group, Fire Mountain Gems and Beads®  
Find more of her designs in the Gallery of Designs at <http://www.firemountaingems.com/>

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# On Being a Sheep Farmer

## Chapter 2: Lambs Don't Fly

*By HE Dame Jennet MacLachlan of Loch Fyne*

There is something very exciting about new life.

The first birth of a lamb was quite the experience since it was an assisted birth. One would think nature could simply take care of things but sometimes a ewe that is too young to give birth is covered by a ram and, well, the lamb simply has to be born. This is all very exciting and somewhat simple if things go according to plan. So what was the plan that we had come up with before the birth of the first spring lambs?

We had divided the main shed into cordoned off sections that we dubbed our birthing pens. One would think that a mother who has just gone through hours of labor and pain and has produced a lamb would automatically know that she has given birth and has offspring. Well, that is not the way things go in the sheep shed. First of all, if the mother is a first timer, she invariably does not register that she has given birth. If you are not quick enough and catch her at it or shortly thereafter, so that you can identify her by the afterbirth...well, you will be in trouble. Now if two moms simultaneously give birth, well, same problem.

I don't know if I have mentioned that sheep have very, very small brains for their body size. Consequently, they are not very smart at all. You have to be quick and make sure that the new mom is aware that she has given birth and usually we will place the mom and the new born lamb into a birthing pen together until they "get to know each other". Once the mom has the smell of her lamb, you are in much better shape. Good luck recognizing who owns which lamb if you do not spot them quickly enough! And, if you place a lamb with a mom and she does not think it is hers, even if it is, that poor lamb is in for a hard time and will probably die of starvation.

Our first spring lambs arrived well before we were ready for them. The weather was miserable and cold and the moms started giving birth out in the field. So much for our great plan of birthing pens! At night when the remainder of the sheep came into their barn for the night...all hell broke loose. We had had two moms give birth. One mom knew she had had a lamb and was obviously not a first timer. She had cleaned the lamb and was staying out in the field with her lamb. There was no way she was coming indoors without that lamb. The second mom, however, had totally forgotten that she had given birth and had rushed on into the shed for her evening meal totally abandoning her lamb out in the field. The second now-abandoned lamb had simply teetered over to the other mom and lamb and was causing all sorts of confusion. So out we went to render assistance.

Lambs are not very heavy so it seemed a simple action to pick it up and carry it to the barn, and the mom should follow, right? Wrong. Hence our title of this chapter "Lambs don't fly". You see, once you pick up a lamb at human carrying height, which is well above the eye-level of the mom...hence that lamb is now flying and is no longer in mom's visual range - so it has gone. If it flies for too long, mom forgets that she has a lamb. Yes, really. So, you have to carry said lamb at mom's level. This means that you are walking bent over at the waist in a very unnatural position for a 5-foot-somewhat-inch human to walk. It kills your back and you have a very wriggly, squirming lamb in your hands who is bleating like crazy while the mom runs around in circles trying to locate where said bleating is coming from.

In the meantime, the second lamb is trying to follow her newly adopted mom, who will have nothing to do with her because she does not smell right and is butting her in the wrong direction. Add to all of this that you have to act quickly and make sure that the lamb you are carrying is not too close to your body because you do not want said lamb to absorb any smell from you. If your smell gets onto the lamb, mom will no longer recognize it.

Once you get all the lambs and moms into the shed, the fun part of identifying the second mom begins. We put the lambs into the birthing pens and if only they would stay put, life would be so simple. But no, the lambs are bleating for their moms and the moms are all responding, even those who have not yet given birth. So, the lambs keep running back out of the pens and you cannot close the gate or the "real" mom cannot get in to the pen with her lamb. All this, of course, has to happen while mom is trying to grab as much feed in her mouth before all the other ewes eat it, all while trying to identify which lamb is hers.

It took us a while to get this entire process down but we got better over the years of identifying when a mom was going into labor so that we could hopefully get her into a birthing pen before the lamb put in its appearance - barring that we have gotten better at making sure we can identify who is about to give birth as opposed to those who have just given birth. There is a lot to learn and we learnt it the hard way. The most important lesson was "lambs don't fly".

## Basic Armouring Chapter 9: Head (Continued)

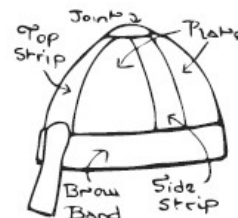
*Basic Armouring—A Practical Introduction to Armour Making*  
Copyright 2002 By Paul Blackwell

The material provided in these articles are excerpts from Basic Armouring, a book by Paul Blackwell. The contents and images are used with permission and courtesy of Paul Thane-Clarke (Richard the Rampant) of Brighthelm.org

### Dome Topped Helm

Variations in design will allow this type of helm to be used for a wide variety of periods and fighting styles.

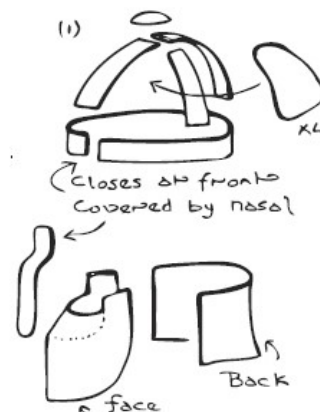
Two basic frame designs are described below - many more are possible, however, the logic behind them remains the same. A brow band goes around the head. Strips are attached to this, which pass over the head from back to front and from side to side, to form a frame. Dished side plates are then inserted into the frame to form the dome. Additional pieces are then added to give face, cheek and or neck protection.



### Crusader Style

This frame design has a relatively shallow brow band and narrow frame strips. The top of the frame comprises a back and front strip and two side strips, which are joined at the top by another small plate at the top.

1. Decide on the details of the design.
2. Measure around your head, add a bit for padding (see Chapter 18) and use this to make a template for the brow band.
3. Measure across the top of your head, and again allowing for padding, cut templates for the back and front strips and the joining piece. Tape the templates together, bend into an egg shape to fit your head then use this to workout the size of the sidepieces. Here are a few useful tips:
  - a. A 2 cm overlap gives space for riveting. The strips all need this at both ends.
  - b. Because your head is oval, not round, the side strips will be shorter than the front/back ones.
  - c. Having all the strips the same width makes cutting a lot easier!
  - d. Make the strips longer to achieve a more pointy look.



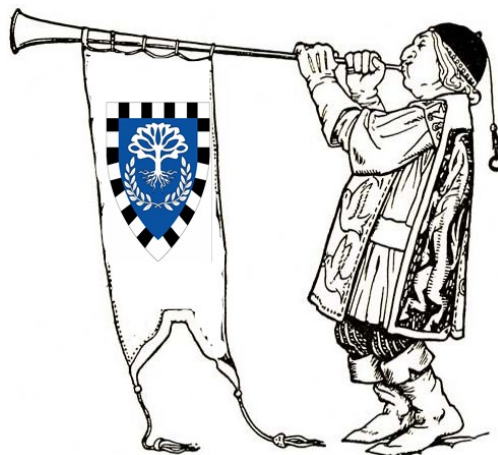
4. Transfer, then cut, the patterns from steel.

## Last Call

Check online for A&S Meetings and Fighter Practice schedules

### Next Business Meeting

Marie Hill Conference Room, Community Corrections,  
510 NW 4th St, Grants Pass.  
SUNDAY, May 7 at 1:00pm.



## Officer Excerpts

**Chronicler:** Warrant extensions are expiring for Chatelaine, Archery Officer, and Chronicler. These positions are needed for Barony . Very Excited that By HL Milisandia filia Willelmi filii Roberti answered the call for a Waterbearing article.

**Chatelaine:** Warrant extension is expiring.

**MoAS:** Bring your Show-n-Tell to the business meetings!  
Charters need painting.

**Heavy :** Fighter Practice planned for the Sunday immediately following St. Eggberts.



## Looking Forward

**St. Eggberts**    **April 8, 2017**  
Event Steward: Maître David de Rosier-Blanc  
Feastocrats: HL Monique de Toulon and HL Aelfric Thorfasson

**ARC**    **July 2017**  
**Outrider**    Event Steward: Lady Brynhildr Smidsdottir. Seeking shadow.

**Winter**    **December 9-10, 2017**  
**Investiture**    Event Steward: Visc. Vestia Antonia Aurelia

**Hogmanay**    **December 2017**  
Event Steward: Needed  
Feastocrat: Team TBA





# Calendar

Find These Events at: <http://antir.sca.org/Upcoming/index.php>

## April-2017

Dates	Event	<u>Branch Locations</u>
07-09	<a href="#">Baroness' War IX (Hopping Phules)</a>	<a href="#">Barony of Vulcanfeldt</a>
08	<a href="#">Feast of St. Eggberts</a>	<a href="#">Shire of Myrtle Holt</a>
08-09	<a href="#">Spring TUTOR Session</a>	<a href="#">Shire of Hartwood</a>
15	<a href="#">All Fools</a>	<a href="#">Shire of Corvaria</a>
15	<a href="#">Tournament of Roses</a>	<a href="#">Shire of Danescombe</a>
20-23	<a href="#">Art of War</a>	<a href="#">Barony of Aquaterra</a>
21-23	<a href="#">2017 West Coast Culinary Symposium</a>	<a href="#">Kingdom of Caid</a>
21-23	<a href="#">Bar Gemels</a>	<a href="#">Barony of Terra Pomaria</a>
21-23	<a href="#">Honor War</a>	<a href="#">College of Lyonsmarche</a>
22	<a href="#">Northwest Cherry Festival Demo</a>	<a href="#">Shire of Hauksgaror</a>
22	<a href="#">Spring Ball &amp; Tavern</a>	<a href="#">Barony of Seagirt</a>
28-30	<a href="#">Embers and Ambrosia</a>	<a href="#">Barony of Blatha An Oir</a>
28-30	<a href="#">Kraken's Beltane</a>	<a href="#">Shire of Krakafford</a>
29	<a href="#">Adiantum Birthday Bash</a>	<a href="#">Barony of Adiantum</a>

## May-2017

Dates	Event	<u>Branch Locations</u>
05-07	<a href="#">Maypole Faire</a>	<a href="#">Shire of Druim Doineann</a>
05-07	<a href="#">Sir Edward's Memorial Tournament</a>	<a href="#">Shire of Thornwood</a>
06	<a href="#">May Revel</a>	<a href="#">Shire of Southmarch</a>
12-14	<a href="#">Hocktide</a>	<a href="#">Shire of Glyn Dwfn</a>
12-14	<a href="#">Mayfaire</a>	<a href="#">Barony of Glymm Mere</a>
12-14	<a href="#">Newcomers</a>	<a href="#">Canton of Akornebir</a>
12-14	<a href="#">The Duncan Kerfuffle</a>	<a href="#">Shire of Hartwood</a>
13	<a href="#">Lions Gate Champions Tournament</a>	<a href="#">Barony of Lions Gate</a>
13	May Defenders	<a href="#">Shire of Cold Keep</a>
19-21	<a href="#">May Crown</a>	Shire of Ambergard
26-29	<a href="#">Celtic Revolt</a>	<a href="#">Barony of Wealdsmere</a>
26-29	<a href="#">Egil Skallagrimsson Memorial Tournament 43</a>	<a href="#">Barony of Adiantum</a>
26-29	<a href="#">Grand Thing XII</a>	<a href="#">Barony of Stromgard</a>
27-28	<a href="#">Sealion War</a>	<a href="#">Barony of Seagirt</a>

# Myrtle Holt Officers



## SENESCHAL

HL Keara Rylyn Buchanan  
(Loree Day)



## ARTS & SCIENCES

HL Monique de Toulon  
(Laura Dollarhide)



## GOLD KEY

HL Uilliam (Liam) Mag Duibhfhinn  
(Morris Givens)



## SCRIBE

(Vacant)



## HERALD

Lady Brynhildr Smidsdottir  
(Megan Blattel)



## HEAVY MARSHAL

Lord Bowen Doyle  
(Albert Wessels)



## WEBMINISTER

Lord Thorlof Anarson  
(Josh Plater)



## EXCQUEUER

Visc. Vestia Antonia Aurelia  
(Barbara van Look)



## CHRONICLER

HL Nim  
(Sarah Givens)



## DEPUTY GOLD KEY

Alina MacMurrich  
(Amanda C. Cowin)



## CHATELAINE

HL Uilliam (Liam) Mag Duibhfhinn  
(Morris Givens)



## HERALD IN TRAINING

Eric Liefson  
(Glenn Allen)



## TARGET ARCHERY MARSHAL

HL Uilliam (Liam) Mag Duibhfhinn  
(Morris Givens)



## EQUESTRIAN MARSHAL

(Vacant)

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