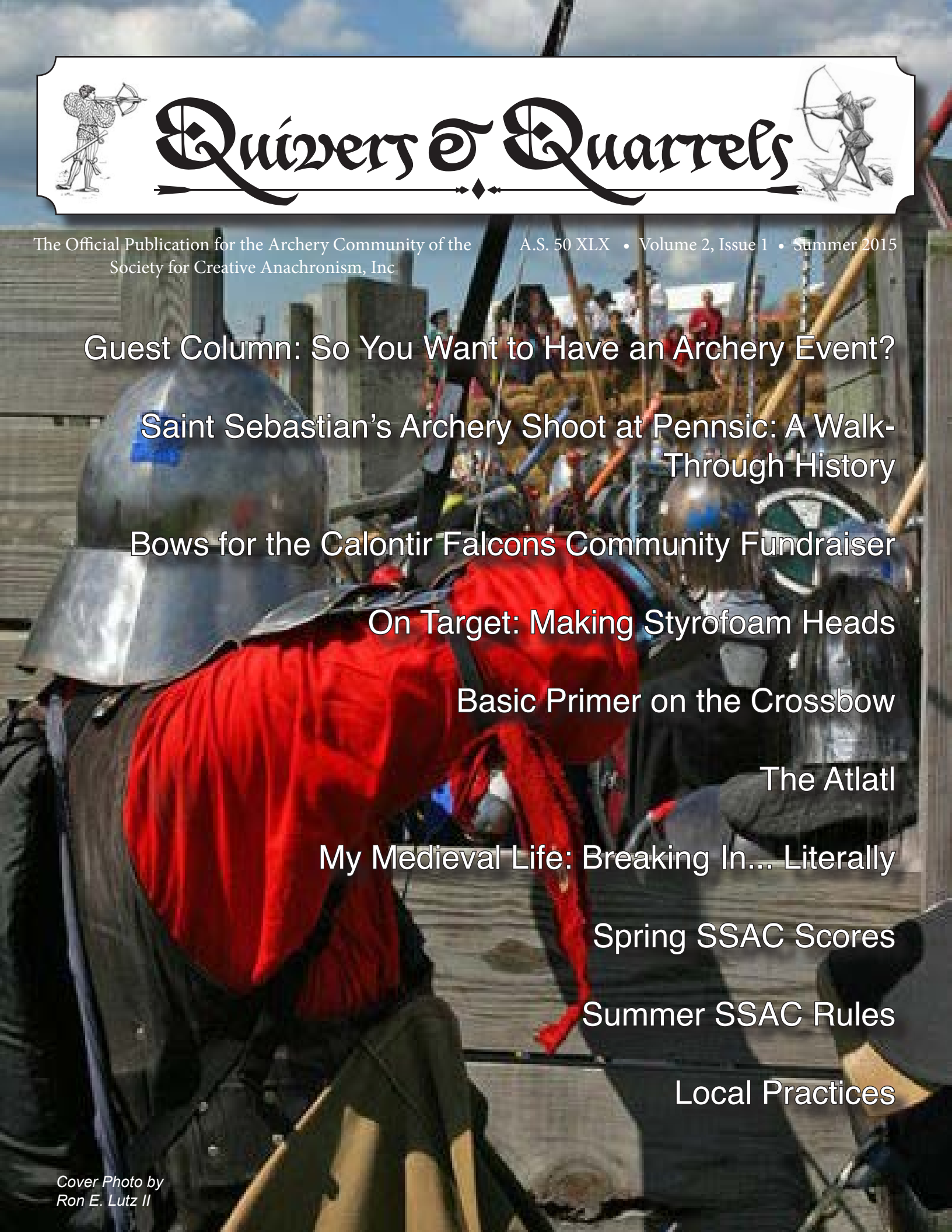


# Quivers & Quarrels

The Official Publication for the Archery Community of the Society for Creative Anachronism, Inc

A.S. 50 XLX • Volume 2, Issue 1 • Summer 2015

Guest Column: So You Want to Have an Archery Event?

Saint Sebastian's Archery Shoot at Pennsic: A Walk-Through History

Bows for the Calontir Falcons Community Fundraiser

On Target: Making Styrofoam Heads

Basic Primer on the Crossbow

The Atlatl

My Medieval Life: Breaking In... Literally

Spring SSAC Scores

Summer SSAC Rules

Local Practices

*Cover Photo by Ron E. Lutz II*

Quivers & Quarrels

Quivers & Quarrels is the official publication for the archery community of the **Society for Creative Anachronism, Inc.,** and is published as a service to the archery community.

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- The ability to compete in Crown/Coronet tournaments.
- Discounted entry fees at some events.
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Horatius Cocles Defending the Sublician Bridge, anoniem, c. 1550. *Rijks Museum*.

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Previous issues of Quivers & Quarrels are available in the "files" section of https://www.facebook.com/groups/QuiversQuarrels/, at enewsletter.sca.org/archery-community.html, from http://scores-sca.org/qnq, or by request from the Chronicler at qqchronicler@gmail.com

# It's Summer!



Mighty Archers of the Known World,

I have been thinking lately on expressing appreciation for volunteers, and how very critical the gift of the self is to the life of the Dream. The problem with virtual teams, like the Quivers & Quarrels team, is that we never actually physically work together. Our editorial team cannot see the gratitude on my face when I get their messages and feedback. I cannot give them a hug with a huge smile so they know the joy that I have over the product that we produce for the populace. It seems very inadequate to offer my thanks, but thank you. Sincerely, thank you.

And now, summer is here! My household and I kicked off the summer season by going to Junefaire in the mighty Barony of Dragon's Lair (but I'm not biased, well, yes I am…) here in An Tir, which traditionally for me has always been my first event of the year. We were privileged to have much of our encampment full of newcomers to the SCA and returnees to the Dream, including two of my longtime best friends. As friends have come and gone from the Dream, my household of over 20 years has dissipated to the passage of time, but our encampment at Junefaire came together in heart and intent over the weekend, and we have formed a new household. I'm not sure that "happy" is the right word. I feel at home.

I also enjoyed taking one of our newcomers to the range for a little shooting. It was her first time shooting a bow. She struggled with it, but caught on quickly and was hitting all bales and paper at 20 yards without overshooting by the time we unstrung the bows to go back to camp. My son was unfortunately too tired after fighting in youth armored combat all afternoon to traipse out to the range, but that's okay. We have a short range in our basement. My little future heavy/archer had a great time, in spite of constantly forgetting not to run in camp and smearing himself with the charcoal from the brazier. Mommy didn't think that was very funny, but everyone else sure did. I also finally picked up a copy of Kay's Thumbring Book from a merchant. I haven't had a chance to flip through it yet, but I am looking forward to diving into it. Now I just need to find a thumbring that fits my dinky little thumb.




One of the merchants was selling really funny little pewter pins. I had to have the "archer" one!

I was also very deeply honored to have received my Award of Arms at court. For that I am very grateful.

So, let our summers begin, and may your arrows fly straight and true!

Yours in Service,
Lady Sayako Enoki

# Guest Column
# Marshal's Notes: So You Want to Have an Archery Event?

*By Master Dougale MacAlestyr O.P.*

So you are pretty jazzed about running archery at an event? That's great! I love archery! I sure wish there was more archery at events.

Now stop. Before you go to a business meeting or contact the Event Steward, you've some leg work to do.

**Can the event site safely support archery?**

Have you looked over a site plot or walked the land yet? New unknown sites can be tricky, so walk the area with care, take pictures of things, and get multiple opinions. Use Google Earth satellite-view. You might not know what's behind a stand of trees in the case of overshooting, so look into it.

**Is there means to provide water, or perhaps a shaded space at the range?**

I'm not saying that you have to provide these things yourself, but look into these options. Many overlook the archers because, for safety, we are located the next state over. Having water and shade helps shooters have fun and improve the overall safety level of your range. Dehydrated and sun-stroked humans don't have the best muscle coordination. Add live weapons and there could be issues. So, get in front of that by looking into what can be provided by the site first, and then evaluate what you and your staff can do.

**Can you get onto the site early to set up without being in the way of the rest of the event setup?**

We usually have trucks or trailers of stuff: Netting, backstops, target butts and 3Ds, tables, some stools, a pop-up, clipboards, paper, pens, scorecards, marshal forms, loaner gear if you have it, all kinds of stuff. If we can get in and get out without being in the way of the rest of the event, the better.

Then comes the range itself. Did you remember your walking wheel for measuring distances? Don't have one? Home Depot has nice tall ones for around $30. Save yourself a bad back and buy the big one. It's worth it. While you're there, pick up some caution tape and those little JULIE flags to mark off your range boundaries. Use the contours of the land and space to your advantage; if you can maximize your marshal staff and be able to run two separate stations independently, the better.

**Do you have a marshallate support staff?**

Are you yourself a marshal? Does the proposed event have a small enough projected attendance that you can run everything yourself?

If not, build thee a staff. Many hands make light work and all that. But, for live weapon marshals, having additional eyes and ears is more important, so get a pair of line marshals.

With your pair of line marshals, can you run all of the inspections? If not, try to line up a marshal point for inspections. Rotate the staffing of these three positions during the day, and they won't burn out.
This doesn't get you off the hook. You should fill in where needed and be the final word on decisions, so brush up on your range etiquette and inspection knowledge.

*Photo credit: Wanda Ostojowna*



*Photo credit: Wanda Ostojowna*

So now you've gotten your archers checked out for safety and ready to go.

**Do you have shoots that are challenging for your participants?**

You should have an inventory of shoots in your repertoire that should range from easy, to challenging, to darn near impossible. This doesn't mean that you need to bring them all out on range day, but you should be able to modify your existing shoots to either raise or lower the difficulty. If your shooters are frustrated with a shoot that's too difficult, they will leave. If your shooters are bored with a shoot that's too easy, they will also leave. So, throw in the element of fun, and you're on your way to a successful day.

**Do you have prizes for the winners of any tourneys or overall for the day?**

Pretty straightforward here, but is usually overlooked. I like to commission a winners scroll through a scribe local to the event. It's a nice way to showcase local talent, and the winner gets a scroll.

**Is there an overarching site schedule, a framework for what the range hours can be?**

Work within those for planning your shoots around setup, lunch, Courts, and ultimately tear-down. Yes, it's a lot of work. Yes there's a lot of stuff to haul around. Yes, the archers appreciate what you do.

**Did you remember to bring a slice of fun, with a bit of deviousness on the side?**

If not, you should. ;)

# Bows for the Calontir Falcons Community Fundraiser

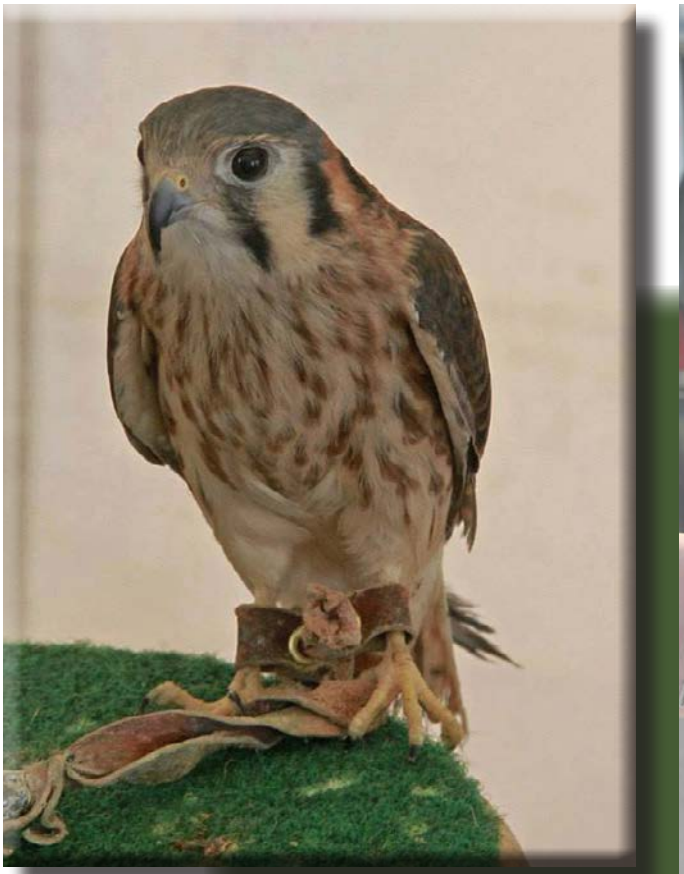
*By Jim Bryant*

While returning home from Gulf Wars this past March, tragedy struck the Brooks family. A vehicle fire resulted in the loss of the beautiful Calontir Falcons. Although a silent auction had been arranged, Dale Hopton and myself (Jim Bryant) thought that more could be done. Though the majestic birds resided within the borders of Calontir, many SCAdians enjoyed visiting and spending time with them at many events such as Gulf War.

After a brief conversation between Dale and I, we decided to hold a raffle. The tickets sold for $1 each, with a total limit of 2500 and was open to the Known World. Up for raffle will be five custom made bows for five winners. These will consist of a Scythian horse bow, an Assyrian horse bow, a Haithabu Viking longbow, and two English longbows. Each will be made of different woods, with one longbow being made of Yew.



We assumed that we "may" sell out of tickets, but were completely surprised when they were sold out in 10 days.







The generosity of everyone involved has shown the greatness of what the SCA stands for, and the love of these amazing birds and the Brooks family. The raffle will be held during Court at the Grey Niche/3 Rivers War, held at The Castrum (located in Lafe, Arkansas) on October 22-25, 2015. Because of the quickness of the ticket selling, and the thought that there is a possibility that none attending the event may win a bow, a second raffle was decided upon, one where the winners must be on site to collect. The prizes for this raffle will consist of a choice from a variety of bows, and a couple of crossbows. Also at that event will be other fundraisers for the Falcon Fund to include children using a period cart to sell lemonade, and the two organizers of the "Bows for Calontir Falcons" serving drinks at the Taverna dressed as Roman Dominae.

Already, the funds collected have helped the Brooks' acquire two new birds, a Gyr falcon and a Barbary falcon. This is due to the caring and giving nature of the people of the SCA. We all follow "The Dream", and assist each other when tragedy strikes.

*THL Ranulf di Aversia*
*Lord Sigvat Odvarson*

*The Facebook group for Bows for Calontir Falcons can be found at* https://www.facebook.com/groups/1624234217795716/. *While the raffle tickets have long been sold out, you may follow the progress of the bow-building in the Facebook group, as well as see photos of the beautiful new birds that have been acquired by the Brooks family.*

## Bow Staves for the Calontir Falcons Fundraiser Prize Bows





*Above left: Sigvat shaving a bow stave.*

*Above right: Red oak stave*

*Below left: Black walnut stave*

*Below right: Yew stave*





# Guest Column
# On Target: Making Styrofoam Heads

*By THL Deryk Archer*

*"On Target" is a recurring archery column featured in the Aethelmearc Gazette. To read more "On Target" entries and other articles related to archery, please visit http://aethelmearcgazette.com/category/archery/*

Greetings, I am THL Deryk Archer, and I have been an archery marshal for 20 years. As much fun as archery can be, shooting at novelty targets takes the sport to another level. Today I'll start with how to make styrofoam heads.

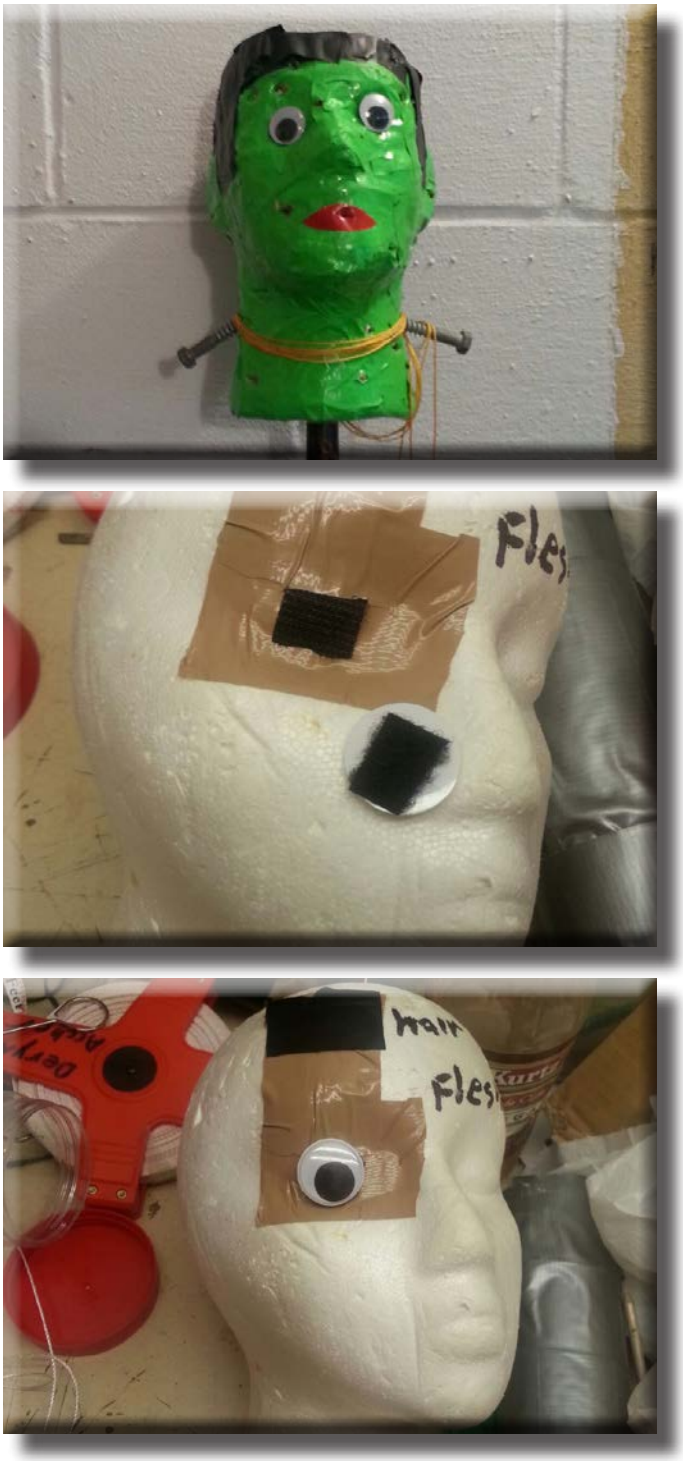
Materials:
- Styrofoam head
- Duct tape in various colors. Suggestions are "cookie dough" for faces, and black, brown, red, or yellow for hair.
- Masonry cord or other very sturdy rope.
- "Googly eyes"
- Adhesive-backed Velcro.
- Carabiner, wooden skewer, or part of a broken arrow.

For a William Tell shoot:
- Plastic apples to affix on top of the head.

For a "hanged man" shoot:
- Manila rope (~25')
- Clothes hanger
- 2-3 Pool noodles
- An old t-shirt

You can sometimes find styrofoam heads at thrift stores, or you can buy them inexpensively online. Male heads are thicker at the neck, while female heads are better for a "hanged man" scenario because they have thinner necks, which are easier to get rope around.

Many people have tried to use foam heads for archery targets, but found that they shatter. To prevent styrofoam heads from shattering, duct tape is the answer. Wrap the entire head in duct tape to give it better structural integrity. "Cookie dough" duck tape is similar to flesh tone, and black duct tape works for hair.



*Top: Completed Frankenstein head.*
*Center: Tape base and Velcro backing for googly eyes.*
*Bottom: Googly eye attached*






*Top: Carabiner holding the rope at the bottom of a styrofoam head.*

*Top right: Plastic apple attached to the head for a William Tell shoot.*

*Bottom: "Hanged man" using a styrofoam head.*



I like to add "googly eyes," which you can buy at a craft store. I use adhesive-backed Velcro to attach the eyes to the head.

Usually a styrofoam head is suspended from above by a rope. Most Styrofoam heads are hollow, so it's easy to add the rope. Punch a hole in the top of the head, then run a masonry cord down through the hole to the bottom of the neck. Tie the cord to a carabiner, wooden skewer, or piece of a broken arrow to hold it at the bottom of the head, then tie the top of the rope to a target or tree and you're ready to shoot.

At first the head will be a little hard, but the more you shoot it, the more arrow-friendly the head becomes. When it's been shot so much that it looks like it's done, all it needs is a fresh retaping. I have a head I have retaped 15 times. When the inside becomes mulched, it can be restuffed with cut up pool noodles. Noses can be restored with old wine corks.

Once you're good at hitting the head, you can add a plastic apple (available at Wal-Mart) on top by drilling a hole through the apple from top to bottom and running the cord that goes into the head through it. Then you have a William Tell shoot, where archers must shoot the apple without hitting the head. Get more then one apple, because people will love this shoot!

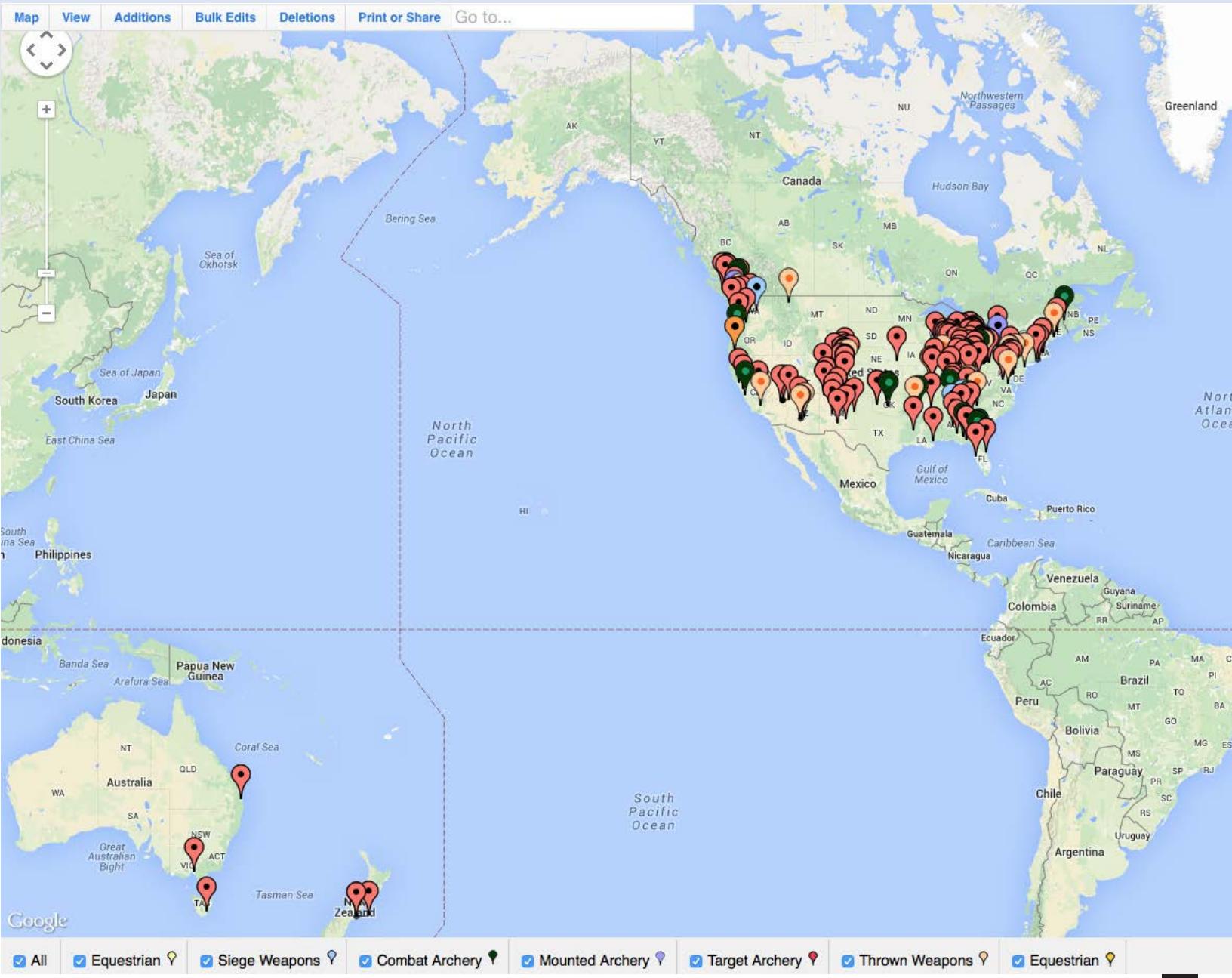
You can also do a "hanged man" shoot where archers try to shoot the rope that's hanging their friend. Get about 25 feet of 1 in. rope. Tie a hangman's noose around the neck of the Styrofoam head and hang the head from a tree or target. Whoever gets closest to the noose without hitting the man wins. For this target, you need to put some weight under the head, so I suggest creating a body. Attach the head to a clothes hanger with pool noodles tied to it for the shoulders. Cover the hanger and noodles with an old T-shirt, and add two more noodles to fill out the arms. The body will catch any misses.

# Non-Rattan/Non-Rapier Map of Martials

Would you like to see if there are marshals in your area for a specific non-rapier/non-rattan martial activity? Please visit http://www.zeemaps.com/view?group=1425605&x=-138.794001&y=9.347101&z=15 to find out!

This map is in constant development, so check back often!

If you are a marshal, and you would like to be added to the interactive map, please contact Lord Gaelen O'Gradaigh (MKA Kevin Kern) at taslen2000@gmail.com.



# Saint Sebastian's Archery Shoot at Pennsic: A Walk-Through History

*By: Janyn Fletcher of Lancastreschire, Atlantia*

For those of you who don't make Pennsic or have not heard of the St. Sebastian's shoot at Pennsic, I wanted to present its history and hope you find it an interesting and humorous tale of how it came to be. I joined the SCA in the late summer of 2007 after my buddy was telling me how he got to dress in medieval garb and shoot a period bow at targets that moved and were "themed." As someone who was fascinated in medieval history from a young age and an avid archer, I immediately fell head first into SCA archery and all it had to offer. I am no stranger to archery, I started shooting competitive archery at age 12, shot as a pro-staff shooter in the mundane world for the Hoyt Bow Company for many years. Once in the SCA, and after designing numerous archery events, an idea popped into my head. I thought how cool would it be to get a shoot together at Pennsic that showcased the best that each Kingdom had to offer?

The next year I pestered everyone who was willing listen, and some who probably didn't want to. I talked with Royals, I talked with friends, I talked with pretty much anyone who would listen, and then probably did all that over again many times much to their chagrin. My first year at Pennsic I requested the audience of the Mayor and Archer General to discuss my thoughts on getting a shoot together. After feeling like a college graduate interviewing for their first job, I was told, "This would never be possible to pull off at Pennsic." Now granted I was asking for the level of "Known World Archery Championship" to include the final shoot-off on the main battle field where all who wanted could watch. This rinse and repeat of being turned down went on for a few years more until I happened to mention my dismay to a Countess friend and apprentice sister, in our Kingdom.

Being the resourceful person she is, I received an email a few months later that she had talked with the powers to be, and the St. Sebastian's shoot was a go for next year. Not quite as grand a show as I was hoping, but at least it was approved, and going to be a formal shoot at Pennsic. So after almost three years of planning and submitting requests, the Kingdom of Atlantia was approved to host the St. Sebastian's shoot at Pennsic. Now I was really worried, because at this point we didn't even have a name for the shoot. We took a poll among our archers, and it was determined and agreed upon that the patron saint of archers would be appropriate, so "St. Sebastian" it was!



The original idea for the shoot was that Atlantia being the first Kingdom to host this shoot, would do so the first year, and then hand off the shoot to another Kingdom the following year. This in theory would continue, and eventually rotate back around to Atlantia again. This thinking was twofold. First, it would allow the Kingdoms to showcase their archery programs and let the Known World see how other Kingdoms put on an archery shoot. Second, it would allow each Kingdom a chance to rest and reset for another turn down the road. Atlantia hosted the first shoot at Pennsic 39, and we had 266 registered archers and another 40 or so who shot for fun and did not turn in formal scores. We had all forms of Royalty from many Kingdoms, and archers from around the world participating.

Our goal is to set up a challenging shoot for all archers, experienced to novice. In Atlantia, we archers shoot for fun and we try to carry that theme in everything we do! The range usually consists of 11 – 15 target stations with all levels of difficulty. We have had targets like a swinging pendulum, motorized kids car with a boar on it, a huge 3-D dragon with hanging dragons' eggs, lollipops, and much much more.

It was a beautiful day, and since the shoot was on Sunday, the turnout was very good. At the end of the day, we had nothing but good comments and lots of smiles. Atlantia presented three brand new bows as prizes donated from Elk Ridge Archery, along with the award arrows. There have been many different themes for the shoot over the years. The first year featured targets comprised of various different Celtic creatures.

Even His Grace Duke Bryan shot in the St. Sebastian's shoot. Lord Seamus McRay presented one of my award arrows to his Majesty as he was the winner of his class. We kept the award quiet beforehand, and I asked his Majesty if I might have a minute of his court for some business. It's very tricky to surprise the Kingdom Triton Herald and Royalty in their court! Not something I will make a habit of.

I made custom award arrows as prizes for each class represented, and also personally cast in pewter "helping marshal tokens" as a way of saying thanks to all of my help. I have been stating since that first year that shoot would have never been possible without all of the help from our archers, marshals and those who





*Top: Some of the turnout of archers on Sunday morning.*

*Middle: Lord Seamus McRay presenting His Majesty with his prize.*

*Bottom: Custom prize arrows*



run archery at Pennsic who helped and allowed this to happen. After the shoot, I talked with the Archer Generals of other Kingdoms to see who would want to pick up the shoot the following year. There were no real takers, and I was concerned for the longevity of the shoot, so Atlantia stepped up once again to continue the shoot into the second year.



*Above: Lord Christophe of Grey helping on the line.*

The second St. Sebastian's shoot again followed the theme of "Celtic Creatures", and the target stations were made showcasing various Celtic creatures as the targets. The shoot was quite successful, and we hosted over 235 archers for the day. A total of three brand new Elk Ridge Archery bows, over 25 gift certificates for archery related goods, and award arrows were given as prizes to the archers who participated. Lord Christophe of Grey (*see photo left*), who is a past DEM, was one of our marshals who helped on the line. It is support like this that makes running the shoot so easy!

For the award arrows I made for the 2nd annual St. Sebastain's shoot (*see photo below*), I hand planed the shafts from douglas fir and four-wing footed them with black palm footings that I made myself. Each shaft took over 26 hours of hand planing work to complete. I try to change the award arrows each year to keep the design fresh for that year. I really hope the recipients like them.

The theme for the 3rd annual St. Sebastian's shoot was "The Silk Road", where targets were made following the sights and scenes that one might encounter along the Silk Road. One such taraget was a "friend and foe" target, where the archer had to shoot the yak thief, and not the yak. Atlantia hosted over 240 registered archers for the 3rd annual shoot, even with the weather raining off and on all day long.

Lord Allen of Wolfhau and his towed targets were also very popular during the day. Atlantia target creators are some of the most artistic I have seen in the Known World. We pride ourselves on making new and challenging novelty targets for our shoots. This was also during the "Silk Road" themed shoot, and his target was very popular with the archers.

*Below: Prize arrows from the 2nd Annual St Sebastian's shoot.*



We are approaching the 5th anniversary of the St. Sebastian's shoot at Pennsic, and this year's theme is "Dungeons and Dragons".

I couldn't be more proud of our Kingdom of Atlantia and all of our marshals, archers, and help we have received each year. Lord Seamus McRay is a prime example of a master target builder, and he is also my Deputy DEM and a great help during the shoots! Over the years we have had award scrolls donated by my

wife Lady Aemilia Rosa, and other scribes from the Known World. I thought it would be a nice touch to provide custom scrolls as awards as well, so I composed an archery poem for the wording, and the artisans from around the world provided the award scrolls. They were a huge hit, and were well received along with the award arrows. For the last three years now, we have also provided more prize bows and over 25 gift certificates each year, all donated by archers, Baronies, local groups, and individuals from Atlantia.

Unfortunately, we have not had any other Kingdoms come forward, and instead of seeing the shoot be discontinued, Atlantia continues to host the shoot each year. The logistics for this shoot are much greater than I think most would imagine. I start planning for the shoot in September after Pennsic each year. The shoot takes over 34 marshals, 12 support staff, myself as the MIC, and many more behind the scenes to pull off. We have artisans making scrolls, awards, and helping marshal thank you gifts. In addition, we have to construct 11-15 target stations each year for the theme of the shoot. Since its inception, Atlantia has not reused a target station as we strive to provide new challenges every year. The shoot is advertised in the *Pennsic Independent*, and looked forward to by many of Pennsic's attendees. I am routinely asked via email if we are going to host the shoot again for the following year.



*Above: Hanging "friend and foe" target.*

*Below: Towed target.*



So, if you are a Pennsic attendee and not so busy that you can't get out for a day of shooting, you should come say hello and have some fun. The shoot is typically the middle Saturday of Pennsic at the end of Peace Week, from 9am – 4pm, with awards right after the shoot. Also I want to strongly say again that we are always looking for help and target stations from other Kingdoms. If another Kingdom would like to host the shoot for a following year, please contact me at janynfletcher@comcast.net to discuss the details.

Who knows? At some point, we might even pull off our original idea of hosting a "Known World Archery Championship" at Pennsic, matching the best archers of each Kingdom against one another for a final round of shoot-offs to determine the best team from one Kingdom.

In Service to our Dream,

Lord Janyn Fletcher of Lancastreschire,

Deputy Earl Marshal for Target Archery Atlantia,
Creator of St. Sebastian's shoot at Pennsic

# Basic Primer on the Crossbow

*By: THL Paul Wickenden of Thanet*

## Introduction

While there are plenty of opinions about the crossbow, much of what you hear may be based on prejudice rather than fact. I'd like to offer you the chance to become familiar with what a crossbow actually is like, not so much so that you'll run out and buy one, but so that you'll appreciate the crossbow for its differences and its similarities to other types of bows.

## The Crossbow: A Glossary

While crossbows come in a variety of forms, most period-style crossbows follow the same basic pattern and have the same parts (*see Figure 1*).

*Stock*

The stock is usually a single wooden piece, or a single piece with inlays, that serves as a permanent part of the crossbow. It's possible to break them, I suppose, but for the most part they aren't going anywhere. They can be made out of any number of hardwoods (cherry, ash, oak, and so on).

*Prod*

The prod is the "bow" part (i.e., the part with the string), and the business portion of the crossbow. It is attached to the stock with cord (linen, hemp, or other sturdy twine), or clamped in with "irons". If tied in with cord, there will be a block holding it in place. It's the prod and, in particular, the part of the prod where it is bound to the stock, that takes the greatest beating and is most prone to breakage. In period, prods were made of wood, bone, or iron. Composite prods were made of sinew, wood and horn. There are few, if any, examples of prods made of just horn. In modern days, most prods are made of aluminum, but can also be made of steel or fiberglass, and are often covered in rawhide.

*Stirrup*

A stirrup is attached to the bow, often through the block itself, and is used to provide an anchor point that the crossbow shooter can use to hold the bow by putting a foot in the stirrup while "spanning", or pulling, the bow. If winches or windlasses

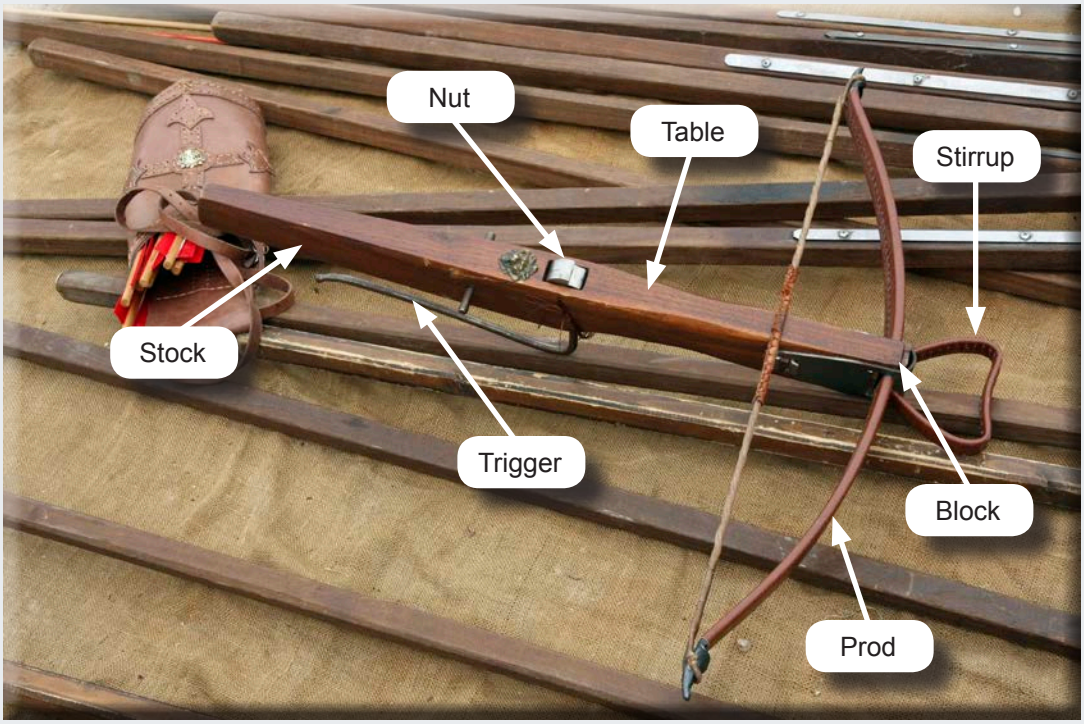



*Figure 1: Anatomy of a crossbow.*

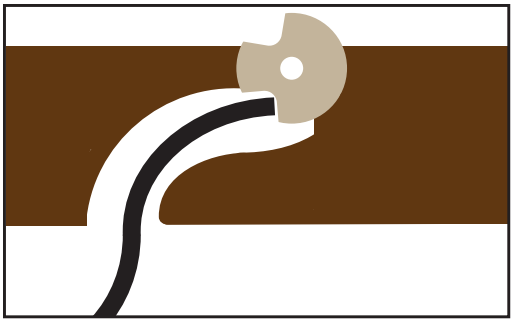


*Figure 2: Cross-section diagram showing the action of the trigger and the nut.*

were used to span the bow, they were attached to the butt of the stock.

*Nut*

The nut is another hard-working part of a crossbow and probably the most critical part. The nut is a circular piece that holds the string of the bow when it is cocked and ready to fire. It also holds the bolt in place. The nut is controlled by the trigger.

The mechanism used in Western European crossbows for most of period is a very simple, but effective design. The nut is fixed within the bow, but can rotate fully within its chamber. On one side of the nut is a set of claws that the string attaches to. On the other side of the nut is a groove that the trigger attaches to (*see Figure 2*).

*Trigger*

The trigger is sometimes also called a "tickler". The trigger is a "shank" (or length) of metal fixed into the bottom of the stock. On one end, it runs deep into the stock and catches on the groove on the underside of the nut. On the other end, it runs out of the stock and is pushed up by the shooter to release the nut. Most period bows do not have a safety.

*Table*

The top of the stock is called the "table", and it may have a groove running down for the bolt to rest in, or it may be smooth and "trackless".

**How a Crossbow Works**

To fire a crossbow, the shooter follows these steps:

1. Position the nut so that the claw is upwards, and the trigger has engaged and caught the groove on the underside of the nut. With most crossbows, a properly locked nut should be easy to recognize.

2. If the bow does not have a winch or a windlass, place a foot into the stirrup firmly, and then grasp the string on either side of the stock. Pull the string back evenly, applying equal stress against the prod as you span the bow, and pull the string onto the claws of the nut. Winches or windlasses come in a variety of styles, and have their own particular needs and instructions. The nut is now holding the string in a "cocked" position.

3. Raise the bow and load the bolt against the string. Most crossbows have a clip to hold the bolt in place against the string. Keep the crossbow pointed down range at the target at all times in the loading process.

4. Aim the bolt and fire the bow by pushing up on the trigger. This releases the nut, which in turn releases the string and fires (shoots) the bolt.

5. Repeat as necessary.



*Photo credit: Wanda Ostojowna*

**Variations**

Not all crossbows are the same, of course, and some of the variations are worth mentioning.

*Tracks*

Some bows are "trackless", that is, they have no groove on the table for the bolt to sit in. Instead, they have a small rest at the front of the stock that the bolt sits in, and a clip that holds the butt end of the bolt in place. The trackless crossbow is largely an Eastern European style, while the grooved or "tracked" crossbow follows Western European fashions.

What does it mean in terms of performance? Trackless bows are harder to shoot. The bolt must be placed carefully under the clip and on the rest, or you run the risk of a misfire as the string misses the bolt. That also means that it takes longer to load. Lacking scientific survey, common sense would dictate that the bolt would probably shoot more smoothly by having less friction lost against the stock on release, and might also release with more force on a trackless table. So, what you lose in ease of use, you might make up with accuracy.

*Nuts*

The nut is a crucial part of the bow, and they come in a great variety of materials. Nuts can be made of wood, metal (usually brass), bone or horn, or plastic.

Wood nuts tend to be cheap and lightweight. They wear out easily and have to be replaced more often. They also swell up in humid conditions and can stick when they do so.

Brass nuts are sturdy, slightly more expensive, and look nice. They rarely need to be replaced, usually outlasting the rest of the bow. Their primary disadvantage is that they are heavy and release sluggishly. Some of the force of the release gets spent merely moving the nut.

Carved bone or horn is by far the preferred material for the nut. The problem is that bone or horn is expensive, mostly because of the sheer agony involved in carving it to the correct shape, but bone and horn are strong and lightweight. They have a nice clean release and look great, and they're also a good period material.

Plastic suffers in the period-looking department, but plastic nuts conquer most of the other materials' problems. They are lightweight, sturdy, and cheap. A plastic nut is reinforced with a metal rod down the center where the metal trigger makes contact, which makes it is as indestructible as just about anything other than brass.

*Prods*

While period bows frequently had wooden or iron prods, or a composite of sinew, wood and horn prods, you won't see many of those on the field in use. Almost everyone shoots aluminum prods. Aluminum is sturdy, and has the advantage of breaking cleanly when it decides to go, and the prods generally have a lifespan of about 150 hours of active use. If you shoot twice a week for an hour or two, you'll break an aluminum prod within a year or two. It sounds traumatic, but a breaking prod is actually a fairly gentle affair. They usually snap off as you are



*Photo credit: Wanda Ostojowna*

spanning them, and rarely, if ever, when they are fully spanned or shooting.

Occasionally, you will see heavy steel prods. These are the allegedly "unbreakable" prods, which is a nickname that is more an exaggeration of their longer lifespan than any reflection of the truth. They will eventually break as well. Note that on all metal prods, you really won't be able to tell when a metal prod is weakening and about to snap, and a visual inspection will reveal nothing. Experienced shooters will comment that they can "feel" the limb weakening. Very rarely, one limb will in fact weaken noticeably, but most of the time, a snapping prod will come as a surprise.

An alternative that does not appear to be as popular as it once was is the fiberglass prod. Fiberglass prods are generally much more powerful than a similar crossbow with an aluminum prod. Like any fiberglass bow, these prods need to be inspected for cracks and gouges that may indicate a weakened state. Fiberglass prods break in a different manner than aluminum or steel, and it's much easier to tell when it is about to happen.

Most aluminum prods in the SCA are covered in rawhide, leather, heat-shrink tubing or other material. This was originally done for two reasons. First, it protects the prod from scratches and dents that could shorten its lifespan. Second, it is believed that the cover will protect people from flying prod shards if the prod snaps. The problem with this belief is that prods don't really shatter. Instead, they just snap in two, and the force with which they snap is rarely enough to cause any worry. While some kingdoms still require wraps, it is largely out of an abundance of caution, and not necessity. Functionally, a wrap is mostly aesthetic.

*Sights*

Sights can be a possible point of contention between bow archers and crossbow shooters because sights are allowed on crossbows for SCA shooting. However, in archery, it is also allowable to mark the limbs of your handbow as a form of sighting.

There are two types of sights typically found on crossbows. One is an L-shaped piece of metal with holes drilled in it, and the other is the "Flemish" sight, which is an adjustable brass circle with pinholes in it. Both are attached at the back of the stock. However, the SCA target archery rules only state "simple rear sights are allowed". They do not specify what type of rear sight. The shooter aims through the holes of the sight to determine where to point the crossbow. Many shooters do not use sights, nor might they gain any actual advantage by using them.



*Photo credit: Wanda Ostojowna*

*Bolts*

In general, bolts are more finicky than arrows. Bolts are smaller and more prone to differences in performance from rather minor variations in construction. I often make my bolts from scrap arrows, but serious shooters should consider making sets of bolts that are carefully measured to the same exact length and weight. Bolts usually have two fletches, although a third fletch on "top" (i.e., two fletches on both sides, and a third in between them at a 90 degree distance) is seen. I prefer straight fletches, but I haven't noticed major performance differences there. I do find that heavier shafts work best. Bolts made from thinner shafts not only misfire more often, but they also tend to "fishtail" or "porpoise" (oscillate from side to side or up and down) more frequently. Most crossbows do not shoot nocked bolts. Usually

the end of a bolt is flat, which is also the easiest way to cut bolts. Bolts may be reinforced on the end to prevent excessive wear, or alternatively, some sort of end cap may be attached. End caps can be metal, and metal end caps are frequently large shell casings for modern bullets. Shell casings are sturdy, but they have a tendency to chew up the table of the crossbow unless they are very smooth. A lightweight alternative is plastic, which can be created by attaching a standard arrow nock to the bolt and then sawing off the ends to create a smooth surface to butt up against the string. An added advantage of using an arrow nock as an end cap is that it is easier to fletch bolts in a jig if there is a nock on the shaft. Bolt design can vary in the shooters' choice of end caps. With the lower-poundage crossbows that are common in the SCA, end caps are not really needed to protect the bolt from wearing out. The most common cause of wear or damage is being hit by another bolt or arrow, not string wear.

**Some Common Myths**

Finally, here are a few of the common myths about crossbows.

*Myth: Crossbows Are Powerful*

Thanks to the movies, there is a common misconception that crossbows are some sort of super-weapon, and for this reason, they are banned in some municipalities and on some archery ranges. I suppose that if you had a 450 pound draw, you might actually be shooting with some significant power, but the type of lightweight crossbows we tend to shoot in the SCA, which are in the 55 to 90 pound draw range, just don't measure up to "powerful".

Many will also misperceive the power of a crossbow by pointing to how deep a bolt sinks into the target, while forgetting that the bolt is much shorter than an arrow. In terms of basic physics, the energy behind the projectile is a result of at least two factors: (1) The strength of the crossbow, which we measure in draw weight, and (2) the "arc", or draw length, of the crossbow. The arc is pretty important. Remember that the long bow was an excellent weapon because it was so long, not necessarily because of a higher draw weight. How does a crossbow compare to a hand bow? A crossbow prod is roughly one-third of the length of an average hand bow, and thus its available energy is about a third of the energy of a hand bow with a similar draw weight. In other words, a 66-pound crossbow has the equivalent firepower of a 22-pound hand bow. This example is a bit oversimplified, but it's the general idea. A calculated comparison between the power of a crossbow compared to the power of a hand bow would be "inch-pounds" (IP) of force. IP is calculated by multiplying the effective draw length of the bow times its' draw weight at full draw. A 60-pound hand bow with an actual draw of 20 inches would be 1,200 IP. A 60 pound crossbow with an actual draw of 10 inches would be 600 IP.

*Myth: Crossbows Are Easy*

While it is typical for beginning shooters to score very well at 20 yards the first few times they pick up a crossbow, what is also typical is that it is very difficult to improve past that. Crossbow shooters must spend a lot of time practicing to improve from these good initial shooting results.

Crossbows are easier to shoot than hand bows in some ways, but only to a point. They have a consistent pull, and a consistent smooth release. The struggles that a beginning archer has with learning to hold, pull, and release a hand bow consistently are unknown to a crossbow shooter. However, crossbow shooters have other factors to grapple with, such the unpredictability of shots, temperamental release mechanisms, and slower set-up and loading times. The physical act of shooting a crossbow may be easier than shooting a hand bow, but shooting a crossbow well is just as difficult. In reality, the learning curve for acquiring skill is just as long as it is for hand bows, but the curve is shaped differently. A crossbow beginner will enjoy initial scores that most intermediate archers would be pleased to have. But, unless the person practices regularly and really learns to appreciate the subtle nuances of shooting the crossbow, they will not progress, and their scores will not improve.

Really, the idea that crossbow shooters don't have to work as hard as hand bow shooters to be "good" sends the wrong message to everyone. Furthermore, crossbows can have bad rounds, whereas the performance of hand bows is largely dependent on the person shooting it. Each choice of weapon is unique, with its own challenges and advantages, and each should be respected and welcomed as incomparable on every range.

# The Atlatl

*By: Felipa of Fenwald (MKA Desireé Morgen)*

*Editor's Note: The atlatl is technically a "thrown weapon" in the SCA, though in terms of policy in many Kingdoms, thrown weapons fall under the purvue of archery. The atlatl shares much in common with archery, including space on the range, and it is seldom seen. The greater purpose of Quivers & Quarrels is not only to expand our learning, but also to expose us to new things that are somehow related to our chosen martial activity. Please enjoy the following article. -Sayako*

I would like to introduce you to a very, very old weapon: The atlatl (*see Figure 1*). It is sometimes called a "throwing stick" or a "spear thrower." This last term is incorrect, because although technically classified as a thrown weapon in the SCA, the atlatl has more in common with the bow and arrow.

The atlatl system is essentially a board or stick with a hook at one end that butts to the end of a dart. The atlatl system acts as both a spring and an extension of the arm, allowing more force and leverage. Richard B Llyons, in the newsletter of the World Atlatl Association (Volume 17, #2), explains it like this:

*"The harnessing of energy from a flexible atlatl shaft to propel a dart is much the same principal in both the bow and atlatl, They are both using flex and rebound effect ( a simple mechanical spring) to propel the flexible dart or arrow that has fletching. The The bow uses two springs, one from each limb of the bow. The atlatl has one."*

Some archaeologists speculate that the atlatl was the predecessor of the bow. The oldest atlatls in the world are found in Europe, with some specimens dating from the paleolithic period, around 25,000 to 10,000 years ago. Most of these were constructed from leg bones or antlers. Many were elaborately carved. Slightly newer (around 12,000 years old) atlatls and darts are found in the North and South America, Australia, and Oceania. Most are made from wood, but some of bone. Bamboo atlatls are still used today for hunting in places such as Papua new Guinea.

There have been many cultures worldwide that have at some point in history



*Figure 1: Left to right, two throwing darts, a standard arrow for a handbow, two examples of at'latls*

made this their primary hunting weapon, and there are as many style variations of atlatls as there were cultures using them.

There are two main categories of atlatl systems. By far the most common is the stick style, which uses a flexible dart (i.e. a large arrow). The other is the board style. Its use was limited to the Inuit, and are also known as the "Eskimo style" atlatl system. They are coupled with a short, ridged dart similar to a harpoon. Their atlatls had specialized holes or handles for use with mittened or gloved hands. It is speculated that other areas, including paleolithic Europe, used harpoon-style darts with stick atlatls. A wooden variation of the board style is found in Australia and is often referred to as "leaf-shaped". These use shorter but flexible darts. With the exception of the Inuit, all other known atlatls can be used ambidextrously.

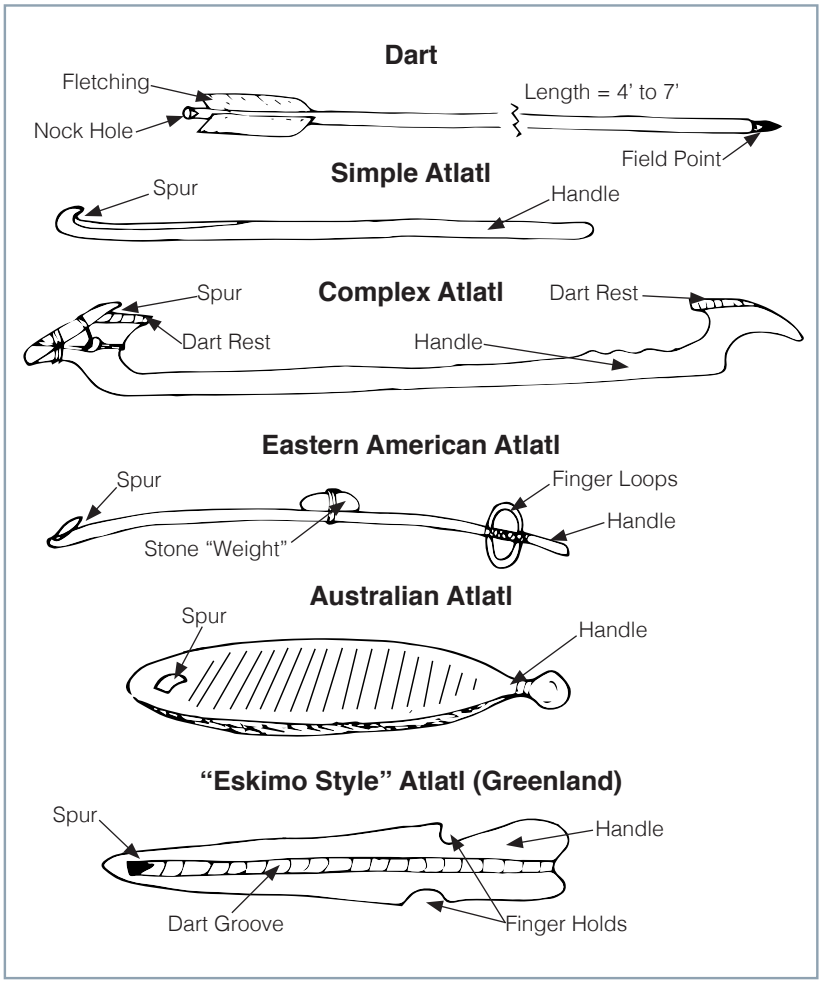
Even after invention and distribution of the bow, atlatls were used for hunting in conjunction with the bow and arrow. The atlatl was preferred for waterfowl, and in some areas, for warfare.

Compilations of ethnographic records show that the normal hunting range for primitive atlatls was 10 to 30 meters. Inuit board atlatls are recorded as being effective at as much as 50 yards. This accords well with the experience of modern sport atlatls. Modern distance records for primitive atlatl systems thrown without regard for accuracy show darts landing at 585 feet!

So were atlatls relevant to the SCA time period? Unquestionably! The Vikings of Greenland were exposed to the board-and-harpoon style through their trade with the Inuit, and there are written accounts describing the hunting methods of the Inuit with atlatls. The Vikings probably also witnessed their use in the Vinland settlements in North America.

The Aubin Codex and the Sahagun Codex, among others, record atlatl use among the Aztec during the Spanish conquest of the New World. The Aztec had three-pronged darts that were capable of piercing the conquistador's plate armor! Many conquistadors were killed or wounded by these battle atlatls. Some specimens were sent to Spain, others to Italy via Spain and Portugal.

*Figure 2: Illustrations of various at'latls*




As far as the SCA in concerned, the atlatl is one of the newest and most mysterious weapons. Only a few Kingdoms have official rules or programs. An Tir approved the atlatl in January of 2014.

Each Kingdom's rules and rankings are a little different. Some closely follow those of Royal Rounds for target archery. Some, like An Tir, resemble the rules of the World Atlatl Association competitions. At this point, as far as I know, atlatls have not been approved for combat, but maybe someday we will have atlatl battles!

Fortunately, besides royal rounds, there is also an Inter-Kingdom atlatl competition that falls under the TWIC (Thrown Weapons Inter-Kingdom Challenge). Atlatlists from all over the Known World can compete with each other without ever needing to travel further than their local event or practice. The targets are archery York Rounds targets, and consist of 5 flights each at 10, 15, and 20 yard ranges.

# Quivers & Quarrels Article Ideas & Wish List

Would you like to contribute to *Quivers & Quarrels*? Here is a list of possible topics for ideas that you might write about. Possible topics for *Quivers & Quarrels* are not limited to those listed here. If you would like to write about anything at all related to archery in the SCA, your written work is most welcome!

## Features:

- Interviews with anyone who is accomplished or influential in SCA archery
- Anything about horseback archery
- Anything about crossbow
- Anything about combat archery
- Anything about target archery
- Anything about youth archery
- Features on other historical archery societies or groups outside of the SCA.

## How To:

- How to build combat arrows - with the kingdom-specific caveat.
- How to make period archer's garb. (This could be a VERY big topic to write about, so simple is probably best. Feel free to consult with me [Sayako] on this topic if you'd like to write about some part of it. I have been sewing since I was 10 years old. I won't tell you how many decades that's been, but if you want to guess, the lower the number, the more I like you.)
- How to make archery stuff out of leather (quivers, bow cases, bracers, etc.)
- How to make archery stuff from horn (bracers, nocks, reinforcements for self nocks, thumb rings, etc.)
- How to make archery stuff from wood (quivers, what else?)
- How to make archery stuff from what else? PVC (not bows, but PVC as a modern substitute for ivory or similar use)? Bone? Metals?
- Cresting and how to do it.
- How to make an inexpensive cresting machine (old sewing machine motor anyone?)
- How to cut your own fletching from raw feathers.
- Pictorial how-to on whipping.
- How to make bowstrings.
- How to set up your new bow.
- Illustrated explanation of how to measure draw length.
- How to test spine weight of bare shafts.
- How to straighten arrows and maintain them so they stay straight.
- How to make other archery equipment (target butts, bow stands, storage racks, dipping racks, etc.)
- How to get into combat archery on a budget? Have you built your own armor and can share the experience?
- How to string static-eared recurves that can't be strung with a simple stringer because they curl up when unstrung (like Korean SERs)

## History:

- History, development, and evolution of archery in the SCA.
- Social history of archers in society.
- History of archery and/or archery equipment in any culture.
- Composite bows and their development in history.
- Historical recurves.
- About the Battle of Agincourt, or any other archery/crossbow-dominated historical event.
- Role/life of military archers.

## Garb/Persona:

- Archer's garb for any SCA-appropriate time period or territory.
- Comparative carriage of arrows across different cultures.
- Comparative archery from different cultures.
- Comparative archery accessories from different cultures.

## Technical Stuff of Archery:

- Proper shooting techniques with photos/illustrations.
- Comparative shooting techniques (draw lengths, placement of arrows, various styles, etc.)
- Alternative releases (thumb release, releases favored by archers of various cultures, etc)
- How bows are made. (Maybe not "how to build a bow", but an explanation of the process with pictures. Let's stay away from PVC bows on this topic for now, please. There are currently strong pro and con arguments regarding the role and use of PVC bows in the SCA.)
- In-depth discussion about the Archer's Paradox.
- Bow tuning
- Arrow tuning
- Refinishing bows
- Proper techniques for drawing arrows from various styles of quivers.
- Proper stringing techniques, and discussion of improper stringing techniques and their consequences.
- Proper storage and maintenance of bows and arrows.
- Experiences and critiques of different shaft woods for arrows.

## Newcomers:

- Archery newcomer FAQs and answers.
- Getting into archery on a tight budget.
- Who are the "People of Archery" and what do they do? (Range marshals, marshal-in-charge, kingdom archers, local champions, archery orders - for the kingdoms that have them, etc.)

## SCA Archery Basics:

- Range rules, range etiquette, range traditions, and safety basics.
- Explanation of shoots in the SCA for newcomers (what's a Royal Round, IKAC, SSAC, York, period, fun shoots, etc.)
- Comparative ranking of archers among kingdoms.

## Scholarly/Academic:

- Examinations of artwork in history and what knowledge can be gleaned from it. (Any photos from museums or third party providers must be open-source, or the author must provide the appropriate photo release from the owner of the photos.)
- Curricula for off-range archery classes.

Any requests or suggestions for articles you would like to see? Let me know! Send me an email at qqchronicler@gmail.com, and I will add your request to the wish list. -Sayako

# My Medieval Life

"My Medieval Life" is a blog by Negoshka Gorodisha (mka Kristine Schilling) documenting her return to the Dream after many years of absence, and her journey as a new archer in the SCA. To follow this blog, please visit http://munchkinsmedievallife.weebly.com

## Breaking In... Literally

Lessons to take away from this Sundays practice:

- Start where you are comfortable.
- Do not aim too low.
- Progress no matter how small, is an accomplishment.

**Start where you are comfortable:**

At the beginning of practice I started at the 30 yard target. In hindsight, this was a bad idea. Let your body warm up and let your mind settle in at a distance you are more comfortable with. Starting the day at a new distance sucked.

I did about 4 full rounds at 30 yards, and in the process I managed to:

- Break 2 arrows.
- Bury most of my arrows in the ground below or behind the target, one so badly it took 3 people to find it.
- Get frustrated, kind of embarrassed, and even a little angry.



*Broken arrows from the day's practice.*

The one on the left was reparable (*Editor's note: Always consult with your range marshal before considering repairs on an arrow shaft that has been broken or compromised.*). I fixed it when I got home, with some fletch glue and thread wrapping to give it extra support. The right one though? It broke into 3 pieces. It was awful, I had to have a moment of silence for that arrow, it was depressing. I almost cried.

**Do not aim too low:**

Both of my arrows broke on the leg supports of the target. At 20 yards your aim would be pretty straight on (*Editor's note: Depending on the draw weight of your bow.*), but at 30 yards, there is a bit father for the arrow to drop as it flies. Granted not much, and I must have been aiming low as well. Even at 20 yards these arrows would have barely made the bottom of the target. I also was lucky, 2 other arrows hit the leg supports and stuck, but took no damage.

In all honesty, aim a bit high when you first start on a new distance. It is better for the arrow to go flying an extra 10-30 yards over the target. I did one round at 40 yards for giggles and to change my mind-frame. I did not hit the target a single time, but I did manage to send a couple arrows out about 60 yards, and I

made a couple other folks laugh at my willingness to joke about it. "I just wanted to see how far I could toss that, really. I did it on purpose." LOL

**Baby steps:**

When I returned to 20 yards, it almost felt like home. I still missed a couple times for each round, but my grouping was improving, and I am definitely dialing in my aiming a bit. Near the end of the day I was getting all 10 arrows on the bale, and usually in the red or blue rings. I was much happier.

My anchor point changed. This is a big deal for me. I have been doing exercises at home with my bow to strengthen my arms. The fact that I now anchor at my ear instead of my cheek is a big difference. It showed my strengthening exercises are working. I was able to draw and hold, breath out, then release, all without my arm shaking most of the time. Being comfortable holding the draw for a few seconds lets me do a mental check on my form. When I did that, the arrow hit closer to center. I still seems to shoot best if I do not think too much, but being able to just check my form before letting the arrow fly does help.

When the group did royal rounds, I skipped as usual. I had actually planned to do it this time, but my performance at 30 yards had discouraged me totally. So, I just kept going at 20 yards, and when they did timed rounds, I joined just to see how I would do. In timed round I got 6 arrows off in 30 seconds, but only 4 hit the target. I almost had a 7th arrow, but not quite.

*"Never discourage anyone who continually makes progress, no matter how slow." -Plato*

In conclusion, the baby steps were the change in anchor point, decent draw form, and 6 arrows off in 30 seconds. Not a bad day all in all, despite the breaking of 2 arrows.





# COMPETITIONS & HIGHLIGHTS

## Society Seasonal Archery Competition (SSAC)

**Shoot Begins Monday June 1, 2015**
**Shoot Ends Tuesday August 31, 2015**

Scores must be Submitted by: Monday, September 7, 2015 and within 30 days of being shot.

### Rules

This shoot is pulled from the old Atlantian Seasonal Challenge. It was a shoot designed to get archers to focus on grouping their arrows.

Please read the SSAC General Rules, as these apply to all SSAC shoots. Below are the additional rules for this specific shoot.

### Target

No target face is required, however you are welcome to put almost anything on the target butt to provide a point of reference, except *NO FITA TARGETS* allowed. So, some stickers or post-it notes, an old SSAC target you have kicking around, anything that does not involve concentric circles. It is suggested that archers attempt to place their group of arrows away from other archers, but this is not required.

### Ranges

For Winter, only 20 yards. For Summer and Spring, 25 yards and 35 yards.

### Ends

2For each range there are two ends;
1) Un-timed using 10 arrows,
2) Timed for 45 seconds unlimited arrows.

### Scoring

After each end is shot, the archer will determine which single arrow will define a `center` from which to measure a 3 inch radius (6 inch diameter) circle. Any arrow either in or touching the circle gains one point. Any shaft stuck in the frame of the butt or in the ground does not count even if `technically` inside the measured circle (i.e. the `center` of the circle is very low on the butt).

*This shoot was provided by the Atlantian archery community. For questions, please contact Master Jonathas*





Starting with the Spring 2015 SSAC, Sir Jon Fitz-Rauf will be giving an archery coin to the top five archers in the each of the five divisions as a token of their skill in the SSAC. The divisions are period handbow, period crossbow, open handbow, open crossbow, and youth.

The coins were a gift to Sir Jon from the Moneyers Guild of An Tir. The dies were cut by Arion the Wanderer, OGGS. The inscription lettering style is circa late 1200`s - early 1300`s. It reads: SIR.JON.FITZRAVF on the bust side and TRVE.HEART.TRVE.AIM on the reverse, which means "TRUE HEART/TRUE AIM". The coin is modeled after the French gros tournois/ English groat. It is 25 mm diameter x 0.7 mm and is 3% silver / 97% tin pewter.

To receive a coin, you must be one of the top five in any of the divisions, and you must send Sir Jon a self-addressed stamped (49 cents) envelope by US mail within fourty-five days of the end of each seasons' contest. His mailing address is: John R Edgerton, 7662 Wells Ave. Newark, CA 94560-3530. Please include your Scadian name and division.

## Lochac Cedes 2014 First Place IKAC Standing

IKAC

***Greetings from The Honourable Lady Angele Marie de Savigny, Deputy Earl Marshal for Archery of the Kingdom of Lochac.***

Due to some scoring irregularities we have uncovered, our honour dictates that we cannot accept first place in the Open and Period Bow divisions of the Inter-Kindgom Archery competition of 2014. Our congratulations go to the archers of the Kingdom of An Tir for their fine shooting in the past year, and we look forward to challenging you all in this current season.

Yours in Service,

Angele Marie de Savigny
Deputy Earl Marshal for Archery
Kingdom of Lochac

# Spring SSAC Results

## Rules for this Shoot

This shoot imitates targets sneaking up and running away. This tourney uses three each of two styles of targets. The first is a round circle of diameter 16", with an inner circle of 4". The second target is a 16" square, divided in quarter, with a 5" square diamond in the center. (Measure 3.5 inches from the center point to form the square) The upper left and lower right corners should be designated by a color contrasting the remaining two corners. The center diamond is black.

- **Round Advance:** Untimed. Archers will shoot two arrows at the round targets at each range, starting at the farthest target and progressing to the nearest target.
- **Round Retreat:** Timed: 45 Seconds. Archers will shoot at the round targets at each range, starting at the nearest target and progressing to the farthest target.
- **Square Advance:** Untimed. Archers will shoot two arrows at the square targets at each range, starting at the farthest target and progressing to the nearest target.
- **Square Retreat**: Timed: 45 Seconds. Archers will shoot at the square targets at each range, starting at the nearest target and progressing to the farthest target.

## Final scores for the Spring SSAC competition.

**Full scores may be seen at the SCA SCA-scores site.**

### Period Crossbow

| | | | |
|---|---|---|---|
| 1. | Kaitlyn McKenna | Shadowlands | 37.0 |
| 2. | Daffyd of Emmet | Caerthe | 30.0 |
| 3. | James Llewellyn ap Gruffydd | Seagirt | 29.0 |
| 4. | Ulrich von Budigen | Northkeep | 27.0 |
| 5. | Plachoya Sobaka | Shadowlands | 20.0 |
| 6. | Kelsey of Shadowlands | Shadowlands | 12.0 |
| 7. | John Wayland | Adiantum | 8.0 |
| 8. | Lucius von Bamberg | Adiantum | 8.0 |

### Open Crossbow

| | | | |
|---|---|---|---|
| 1. | Samuel ap Dewi | Northkeep | 50.0 |
| 2. | Gladius the Alchemist | Cleftlands | 46.0 |
| 3. | Thomas ap Dewi | Northkeep | 41.0 |
| 4. | Ekaterina Iadorovna Kharlampieva | Steppes | 31.0 |
| 5. | Lufe Spinning Winds | Spinning Winds | 27.0 |
| 6. | Kaitlyn McKenna | Shadowlands | 27.0 |
| 7. | Tarmach | Cleftlands | 24.0 |
| 8. | Plachoya Sobaka | Shadowlands | 22.0 |
| 9. | Hawise le Wollemongere | Seagirt | 8.0 |
| 10. | Kelsey of Shadowlands | Shadowlands | 8.0 |

### Youth

| | | | |
|---|---|---|---|
| 1. | Summer of Starkhafn (13) | Starkhafn | 16.0 |
| 2. | Conan (11) | Seagirt | 8.0 |

### Period Handbow

| | | | |
|---|---|---|---|
| 1. | Alaricus Simmonds | Dragon`s Laire | 57.0 |
| 2. | Bjorn Hrafnsson | Loch Salann | 37.0 |
| 3. | Timmur Jochen | Loch Salann | 37.0 |
| 4. | Plachoya Sobaka | Shadowlands | 29.0 |
| 5. | Tryggr Tyresson | Corvaria | 28.0 |
| 6. | Kaitlyn McKenna | Shadowlands | 25.0 |
| 7. | Borijigidun Monggulun | Shadowlands | 23.0 |
| 8. | Vladislav Korsakov | Loch Salann | 23.0 |
| 9. | Elionora O`Rourke | Adiantum | 22.0 |
| 10. | Meical ap Gwaredd | Loch Salann | 21.0 |

### Open Handbow

| | | | |
|---|---|---|---|
| 1. | Muldonny McVriw | Eastwatch | 57.0 |
| 2. | Kaitlyn McKenna | Shadowlands | 53.0 |
| 3. | Michael of Foxwood | Caldarium | 53.0 |
| 4. | Kateryna atte Hagenes | Starhaven | 50.0 |
| 5. | Kenneth MacAndrews | Grey Niche | 50.0 |
| 6. | Eobhan Dunbar | Three Mntns | 50.0 |
| 7. | David St. Rose | Caldarium | 47.0 |
| 8. | Johanna Trewpeny | Adiantum | 44.0 |
| 9. | Paul Stoddard | Starkhafn | 41.0 |
| 10. | ((Justin Godey)) | Vinhold | 41.0 |

# Fun Shoot Ideas

## Popup

6 arrows scoring 1 point per hit on a target that is randomly popping up. (A marshal pulls a string that causes the target to pop up.)

## Window slot

Archers get 6 arrows to score on a castle window slot shot.
Option 1 – the window slot is 6 inch wide and 3 feet long. 1 point per arrow inside the slot.
Option 2 – the inner slot is 2 inch with two outer slots, one per side, of 2 inches each. 3 points per arrow in the inner slot, 1 point per arrow in either of the outer slots.

## Advancing warrior

Targets are placed a 20 – 70 yards distance, 10 yard intervals. Archers get 10 seconds per distance and score only if they hit the distance being called out. This may be an advancing or retreating warrior shoot.

## Walk Up/Walk Back

Archers get 12 arrows to shoot at a target of pre-determined distance. After shooting 2 arrows, the line moves up a few steps then shoots 2 more arrows until all 12 arrows are shot. Score that round, then repeat walking back away from target. Distances are to be random.

## Shoot through window

Archers shoot at a target through a window. Old tires make great windows. Obstructions like tree limbs/branches, brush, hay bales also make good obstructions.

## Stuffed Animals

Stuffed animals placed at varying distances. Each animal is worth different points. Number of arrows to be determined as well as whether or not the arrow must stick, or simply knock the animal over.

## Cube

Archers get 6 arrows to put 4 arrows in an 8 inch Styrofoam cube. The arrows must stick. Cube is placed at 20 yards to start.

# Local Archery Practices

*Editor's Note: This list is a work in progress. Please send your submissions and updates for local practices to qqchronicler@gmail.com, or contact me via the Quivers & Quarrels Facebook group. Quivers & Quarrels is only published quarterly, so it is highly recommended to include contact or web information along with a brief description of your archery practice arrangements. YIS, Sayako*

## Ansteorra

**Northkeep**

Missile practice scheduled every Sunday from noon until whenever people go home.

9737 W 61st Street S, Sapulpa, OK.74066
(918) 200-5584
Calling first is a good idea, as I may be gone to an event.

Random cook out / pot lucks. Thrown weapons practice from noon till 2pm. Children's archery practice from 1pm till 2:15pm. Adult archery practice from 2:30pm till people go home.

Submitted by Arthur Blackmoon, Baronial Missile Marshal - Barony of NorthKeep.

Cancellations: For major regional archery events and if the temperature is below 40 degrees.

## An Tir

**Barony of Dragon's Laire**
(Kitsap County Area, WA)

Winter Archery Practice is held at the VFW Hall in Silverdale, weather and light permitting, on Wednesdays from 5-7 pm. Any questions please contact the Chief Archer, Lady Kloe of Thira, or a Deputy Chief Archer for more information.

For more information about the archery newcomers program and for updated information about practices throughout the seasons, please visit www.dragonslaire.org

**Barony of Three Mountains**
(Portland, OR Area)

The Barony of Three Mountains is pleased to host archery practice every Wednesday from 6:30 PM to 8:30 PM at:

Trackers Earth
4617 SE Milwaukie Avenue
Portland, OR 97202

This is an indoor 40 yard heated range. Contact Archos Andrew Stiubhard (Baronial Archer) at archer3m@yahoo.com, or Archos Eobhan Dunbar at eobhan.dunbar@gmail.com for more information.

**Barony of Wyewood**

By Ikea in Renton, WA. Saturday 10am-1pm, Wed will be 4:30pm-7:30pm.

Please contact t_a_geyer@yahoo.com for more information.

Wyewood also has a Yahoo group for announcing whether practice is on or cancelled, and that is "wyewood_archery".

Tymme "Prodkiller" Lytefelow
Chief Archer, Barony of Wyewood
Arcuarius to HL Evrard de Valogne, OGGS

## Summits (Principality of An Tir)

**Shire of Glyn Dwfn**

Archery, thrown weapons, and At'latl practices are currently the second and fourth Sundays of each month from 1pm to dusk in Shady Cove, OR. In inclement weather, we do equipment repairs and construction. As darkness falls we have a potluck dinner and socialize. Check Glyn Dwfn's website at http://glyndwfn.antir.sca.org/ for address or more information.

## Avacal

**Barony of Montengard**
(Calgary, Alberta)

Archery practice is held at the Calgary Archery Centre 4855 47 St. SE Calgary, AB.

This is an indoor range space with multi distance ranges, 3d course and pro shop.

The SCA hosts practices Tuesday and Friday evenings from 6:30 - 9 pm.

capt.archers@montengarde.org
www.montengarde.org

## Atenveldt

**Baronies of Sundragon and Atenveldt**

The baronies practice together on Sundays at El Oso Park. This is for royal rounds and tournaments only at this time for target archery. October thru April 9 AM and May thru September 7 AM

## Caid

**Altavia**

1st, 3rd, and 5th Sunday of every month at Woodley Park 11:30am-3:30pm

**Angels**

See webpage at http://www.sca-angels.org/, or contact Lady Rayne Archer of Annan at raynearcherofannan@gmail.com.

**Calafia**

Sundays from 10:00 am to noon, and on Tuesdays and Thursdays at UCSD Thornton Hospital from 5:30pm to 7:00pm

**Dreiburgen**

1st and 3rd Sundays, 10am at House Montrose in Pedley, 2nd and 4th Sunday at Paganus and Rekon's

**Dun Or**

Unofficial practices Mondays, 6:30-8:00pm at H&W Archery on Trevor St. in Lancaster and last Sunday of the month at 2:00 in Littlerock

**Gyldenholt**

Target Archery Practices are weekly on Sunday from 10:30 am to 12:30 pm at the Santiago Park Archery Range in Santa Ana, CA. Contact the Gyldenholt Captain of Archers at archery@sca-caid.org.

**Lyondemere**

El Dorado Park (north of Spring Street), Long Beach 7550 E Spring St, Long Beach, CA, 90815 - Sundays from 1-5; and Thursday nights from 7-9 PM at Rancho park in Cheviot Hills.

**Naevehjem**

At Baldwin's keep, a private residence. For more info contact jotl2008@wildblue.net

**Nordwache**

No Info

**Starkhafn**

Clark County Archery Range (6800 E. Russell, Las Vegas, NV 89112) located behind Sam Boyd Stadium/Old Silver Bowl Park. Tuesday: 6:00pm until 7:30pm (or dark) Saturday: 10:00am until noon.
Western Seas

No info

**Shire of Al-Sahid**

Same as Dreiburgen

**Shire of Carrweg Wen**

On Hold

**Shire of Darach**

No Archery Practice

## Lochac

**Barony of Southron Gaard**

Weekly practices from 2pm to 4pm every Sunday, weather permitting, on the back field of Kirkwood Intermediate.

Submitted by Darayavaush Ah.r'r. Captain of Archer for Southron Gaard and current Baronial Archery Champion, MKA Damon Daines

## Meridies

**Barony of Thor's Mountain**
(Knoxville, TN)

The Barony of Thor's Mountain holds its practices on the 2nd and 4th Sundays, 3:30pm to 5:30pm, with reservations (no practices on weekends with Kingdom-Level Events or TM events. We post updates on our website calendar.)

## Midrealm

**Barony of Ayreton**
(Chicago Area)

Wednesdays: 6:30PM, 7240 Madison Street, Forest Park
(708) 366-4864

Confirm with: Forester Lukas Mesmer Stoutmaker@hotmail.com

**Barony of Cynnabar**
(Ann Arbor, Michigan)

"Official Archery Practice in the Barony of Cynnabar is held Sundays from 2-4pm, weather permitting, at the archery range of The Honorable Lord Forester Dillon ap Dillon.

More information regarding archery in the Barony of Cynnabar can be found at our Website: http://www.cynnabar.org/archery

For all questions regarding practice dates, times, and the location of the official Baronial archery range, please contact Lady Godaeth se Wisfaest, GM, archery@cynnabar.org

**Barony of Cleftlands**
(Cleveland/Cuyahoga County, Ohio)

The Cleftlands is instituting two new weekly archery practices. A West side practice on Monday evenings at the Cleveland Metroparks Albion Woods archery range. I'll be out there starting at 5:00pm. We plan to shoot until dark. If loaner equipment is needed, I can bring it is if I am notified by no later than 3:00pm. An East side Tuesday evening archery practice will begin on April 21st at 5:00pm. This will take place in the back yard of Lisa Heller at 411 Douglas Blvd, Richmond Heights 44143. It will also run until dark. Loaner equipment will be stored on site, so no advance notice will be required. There will be no charge for either practice, but donations will be accepted to cover the equipment costs. These practices will continue until Autumn when the days are too short to allow us to shoot outdoors in the evening. At the date we'll return to shooting in the indoor arena in Russel.

**Barony of Flaming Gryphon**

Archery practice at Wildlife District 5 at 1076 Old Springfield Pike in Xenia, OH. As of November, indoors.

**The Shire of Eastwatch**
(Cleveland Ohio area)

The Shire of Eastwatch has archery practice every Sunday from 4:00 to 7:00 p.m. at Free Spirit Farm located at 13987 Watt Road, Novelty, Ohio 44072.
If people would like to contact us about attending, they can email me at whgkingstone@ameritech.net or they can call me at (216) 246-0085.

Our practices sessions are announced on the Facebook Pages for Eastwatch, Barony of the Cleftlands, March of Gwyntarian, Northern Oaken Archery, as well as the Eastwatch Yahoo group page. Besides archery, horseback riding is also available at Free Spirit Farm .

**Shire of Mnynydd Seren**
(Bloomington, IN)

When: 2:00 P.M. every Saturday
Where: Shire of Mnynydd Seren
5501 South Rogers St, Bloomington Indiana
Contact: Eogan - Baiorofred@gmail.com

Cancellations: For major regional archery events and if the temperature is below 40 degrees.

**Barony of Sternfeld**
(Indianapolis, IN)

Wednesday evenings 7:00 to 9:00 PM at Yurts of America, 4375 Sellers Street, Indianapolis, IN 46226.

Outdoor practices will be announced on the Sternfeld Facebook page and on the Yahoo group page. Come have some fun!

## Trimaris

**Barony of Darkwater**
(Orange, Osceola, Seminole, and Lake Counties)

When: Darkwater archery practice
Where: 8545 Treasure Island rd Leesburg, FL 34788
Address: 8545 Treasure Island Rd Leesburg, FL, 34788
Contact: Ld Willaum of Willowbrook 352-326-0083

Notes: Practices are the second and last Sunday of the month. We do a potluck after practice if you wish to attend you are more than welcome to join in. We do ask that you bring a little something to add to the meal.

**Barony of Marcaster**
(Pinellas County, Florida)

All practices are Camp Soule, 2201 Soule Rd., Clearwater, FL 33759
Some loaner gear is available for folks who wish to try out the sport.

Honorable Lord Gavin Kyncade
Marcaster Archery & Thrown Weapons Ranger
gavin.kinkade@yahoo.com

**Barony of Oldenfeld**
(Tallahassee, Gadsden, Wakulla)

When: Oldenfeld Archery Practice
Where: Ox Bottom Hollow
Address: 2020 Ox Bottom Road Tallahassee, FL 32312
Contact: Jay or Jancie Ter Louw (850) 668-3807

Notes: We will practice at 3 p.m. on any Sunday that does not have an SCA event or mundane schedule conflict. Please call or email to confirm the actual dates of practices.

**Canton of Peregrine Springs**
(Seminole County)

When: Darkwater East Archery Practices
Where: Springdale Farms, Longwood FL
Address: Bay Meadow Lane Longwood, FL 32750
Contact: Bennett Redstone (407) 456-0077

Notes: First, third, and (optionally) fifth Sunday of the month. No practices the Sunday of a Kingdom event. Check postings on Trimaris-Archers board on Yahoo for cancellations.

**Shire of Southkeep**
(Miami-Dade County/Florida Keys)

When: Every Other Sunday @ 1:00pm
Where: Homestead
Address: 20420 SW 319th Street Homestead, FL 33030
Contact: Cian mac Cullough (305) 213-3732

Notes: We practice every other Sunday (weather permitting), provided there are no events or modern conflicts. There may occasionally be additional practices scheduled, depending on availability of a ranger. Please call or e-mail to confirm, or check Facebook. There are usually other activities going on for those who don`t want to shoot. Practices are potluck, and we ask that you do bring something to contribute if you can. However, if for some reason you cannot, please don`t let that stop you from coming.

**Shire of Trysel**
(Ft. Myers)

When: Sunday @ 2:00pm
Where: Fort DeNaud Archery Range
Address: 506 Trader Road
LaBelle, FL 33935

Contact: Juliana Strangewayes
(239) 839-8333

Notes: All are welcome. We will practice on Sundays unless an event or mundane scheduling conflict arises. Please contact by phone or email to confirm and avoid disappointment.

## West Kingdom

**Barony of Eskalya**
(Anchorage, Alaska)

We usually hold practice Sundays at 2pm at the public range in Kincaid Park during the summer/fall.During the winter we occasionally visit an indoor range. This year we will also be going to the Northwest Archers classes (non-sca.) We will have to use their equipment, (compounds) but at least it will be free target time.

For more information, please contact Dawn Quick at c_textrix@yahoo.com

**Province of the Golden Rivers**
(Sacramento Area, California)

Target archery practice is held from 10 am to 1 pm, non-event Sundays at Creekwood Equestrian Park in Elverta, CA (Sacramento area). This is an outdoor range on a horse ranch.

In addition to IKAC, Royal Round, and Seasonal shoots, we have also thrown weapons and mounted archery available, depending on interest. Some loaner gear is on-hand, more in the works.

Archers of Golden Rivers have a Facebook Group for discussion of upcoming practices and other activities: https://www.facebook.com/groups/735450109809751/

For additional information, contact our Target Archery Marshal, Brigid O'Connor, email: arcmarshal@goldenrivers.westkingdom.org

Quivers & Quarrels

## Submission Deadlines

### Fall 2015 Edition
August 31, 2015
(for publication in September 2015)

### Winter 2015 Edition
November 30, 2015
(for publication in December 2015)

### Spring 2016 Edition
February 29, 2016
(for publication March 2016)

### Summer 2016 Edition
May 31, 2016
(for publication June 2016)

Submissions, including photographs and releases, are due by the submission deadlines above. Questions about submissions may be directed to the Chronicler, at qqchronicler@gmail.com.

Advertising in *Quivers & Quarrels* is not available at this time. Questions regarding advertising may be directed to the Chronicler, at qqchronicler@gmail.com.

## Submission Guidelines

All submissions require releases.

Written submissions may be of any length. Very lengthy feature articles may be broken up over two or more editions.

Written submissions must be in .doc, .docx, .txt, or .indd format. PDF files may be acceptable, but are not recommended. No other typeset formats. Document formatting for style is optional. Submissions should be minimally formatted with headings so that sections are clear. Academic-style papers with references should be submitted in MLA or APA style with all appropriate citations. Footnotes will be reformatted into endnotes, and tables of content will be omitted.

Photographs and illustrations must be submitted separately as .jpg, .jpeg., .bmp., or .ai files, though they may also be included within the text of the article to indicate placement. Photographs and illustrations of a usable file size and resolution generally cannot be extracted from .doc, .docx, or .pdf files, so the original, full-size files are needed.

In-text photographs should be a minimum of 2048x1536 pixels at 300 dpi. Full-page or cover photographs should be a minimum of 2736x3648 pixels at 300 dpi. Sizes are approximate. Photos with a resolution of 150 dpi or less cannot be used.

Questions about submission guidelines may be directed to the Chronicler, at qqchronicler@gmail.com.