Fall SSAC Scores
Winter SSAC Rules

Quivers & Quarrels

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

A.S. 51 (LI) • Volume 3, Issue 3 • Winter 2016-17



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Four Years with a Period Longbow

The Poison Arrow Series, Part 1: The Hellebores

From Split Log to Bow Stave, Part 1: Days One and Two of the Bow Making Workshop at Primitive Pursuits

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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.

This publication is available online at http://enewsletter.sca.org/ for current Sustaining and International members, and at https://scores-sca.org under "Quivers & Quarrels"

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Editor/Chronicler

THL Sayako Enoki
Barony of Dragon's Laire, An Tir
(Linda Tsubaki, Seabeck, WA)
qqchronicler@gmail.com

Managing Editor/Deputy Chronicler

Lord Gaelen O'Gradaigh, ODB
Barony of Brendoken, Midrealm
(Kevin Kern, Caledonia, OH)

Contributing Editors

Sir Jon Fitz-Rauf, O.L., O.P., RMC
Barony of Westermark, West
(John Edgerton, CA)

Lord Eirik Gralokkr
Barony of Sacred Stone, Atlantia
(Michael Matthews, Charlotte, NC)

Art Director

THL Crisftofanus Castellani
Captain of Archers, Caid
(Christopher Hall, CA)

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About our cover:

The archer is Gregor of Galatia, and his target is Teegan, Warlord of Anglesey. It was taken at our Anglesey event Celt Wars in April of 2016.

She still swears she ducked that shot, but Gregor doesn't believe her.

Photo: Ursus of Anglesey (mka Tim Tyson)

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Writing, and Then Some



Mighty Archers of the Known World,

I have been the Chronicler for *Quivers & Quarrels* for almost three years now, and I have been a technical and academic writer for much, much longer than that. I am very grateful, and sometimes quite relieved, when I receive articles from our community to include in *Quivers & Quarrels*. Throughout my 25 years in the SCA, I have seen a few well-intentioned attempts at recurring publications come and go, and newsletters and other publications struggle, because useable contributions are often very hard to come by. I see this in my modern work too. The downfall of publications is when there simply isn't anything more to publish, and the publication becomes unsustainable.

And then I hear wonderous news, like ProQuest (an academic database) wishing to include The Compleat Anachronist among the journals and publications in it's digital database.

I keep my ear to the ground of our Arts and Sciences community, and I wistfully hope that someday, I will have the time to contribute papers to Kingdom and other A&S competitions. History is not my field of study, but there are many historical topics that I would like to explore. I see the postings on our lists calling for A&S papers. I see the comments of Laurels as they post to discussion groups and lists about how to encourage the growth of research and writing among the populace.

All of these things lead me to feel a little guilty about being such a tough editor of articles as I put *Quivers & Quarrels* together. I understand that most folks have a fear of writing, and can be intimidated by the rigors of researching a topic. What worries me sometimes is that our populace may have interests that they want to explore more academically, yet are daunted by the idea of researching and writing papers. What worries me sometimes is that my toughness on written works may directly or indirectly be a deterrant to the growth of research and writing in the archery community. I do not accept every article that I am offered, and some I heavily edit during layout. And then, I remember that The Compleat Anachronist maintained a quality standard high enough and for long enough that it got the attention of ProQuest. I have been thinking about *Quivers & Quarrels* a lot lately, and none more so than as I put it together. We may never get the attention of ProQuest, but we can certainly serve the Knowne World, and serve it well.

I am not a Laurel. I have as yet contributed nothing to earn such an honor, but as a modern academic, I will offer this: I am at the disposal of our archery community should any among us wish explore research and writing. I cannot guide you through the A&S community and it's activities. You will need to seek the advice of a Laurel for such things. However, I can and would love to develop reserach and writing skills within our community, and it is my hope that *Quivers & Quarrels* will continue to be an opportunity for those among us to have a hand at writing papers, research or otherwise.

Yours in Service,
THL Sayako Enoki

On Target

"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/

By THL Deryk Archer

Marshal's Field Box

Many archers carry a field box, but the marshal's box has a few more things in it. Looking at the picture below, let's cover its contents from left to right.

We begin with a jar full of hardware. When you're out setting up a walk-through range, you may need screws or nails, so have some handy, as well as a drill.



Some spare targets: above the jar of hardware is a styrofoam apple from the dollar store as well as some balloons. No matter how old you get, breaking balloons is fun.

Next we see a bottle of mosquito repellent. In front of that is super glue, spare arrow points, and some spare fletching .

Center top, we see some spare rope and note cards with a pen – you may forget to bring scorecards or you may have something happen that you will need to report while it's still fresh in your mind.

Next is sunblock. If you're going to be in the sun all day, reapply every hour.

The last item on the top is a four pound sledge hammer. You may have to drive spikes or hammer something together. Once, I was out on a range that was so windy it blew over a target and hundreds of dollars worth of arrows got broken. Remember, if it's a windy day, lock it down.

Bottom row left to right, we start with a range marker. If you're new to a range, you don't want anybody losing their way. Next to the field marker is a first aid kit for yourself. When you're out in the woods, it's easy to get a small scratch or cut, so it never hurts to have a spare Band-Aid.

Next to the first aid kit is a multi-tool. This serves two purposes. First, it's great to have spare tools in the field, or second, you can give it away as a prize.

Speaking of prizes, next to the multi-tool is a drinking mug, another great prize. Inside the mug is a spare bow string, yet another great prize. Next to the bowstring is a tent stake – remember what I said about locking things down.

Next we see a 100-foot measuring tape. Even if it's walk-through range, keep the targets between 20 and 100 yards distance.

Last, spare arm guards and shooting gloves, and some fluorescent orange tape. Remember, when you're a marshal, you have to help out the beginner. It's always wise to have spare equipment and to mark your trails.

This month's safety tip: go back and double-check that first aid kit.

Four Years With A Period Longbow:
Being Observations on the Art and Philosophy of Period Archery, for the Enlightenment and Pleasure of all Archers from the Knowne World

By: Lord Mungo Napier, the Archer of Mallard Lodge

It was just before Christmas in the modern year 2012 that I was working on some monster Mary Rose-type arrows for an Arts & Sciences project. As I was whipping the flights into place with silken thread, I asked myself, "Self, isn't it time you went period?"

I had always felt rather strange wearing 15th C clothes at garbed events while shooting a 21st C high-tech reflex/deflex longbow. Shooting a period bow with proper arrows and accessories seemed a great opportunity for a more accurate historical representation.

Society

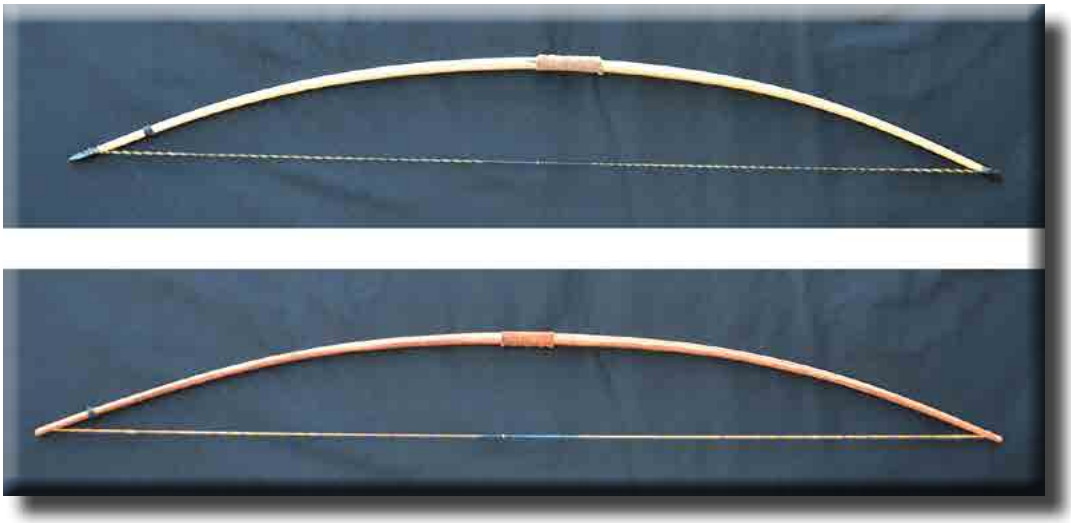
At garbed demonstrations and talks before youth groups, I often discussed medieval archery, but everything I said was parroted from what I had read in books. I hadn't yet learned what it was like to shoot in the medieval manner. Taking up the period bow became a matter of "earning the right to speak".

So at that moment, I took a personal vow to get myself a period longbow and other gear, and to use them exclusively at garbed events over the next year. Our local practices are held in modern ("civilian") clothes, and I initially planned to continue shooting Royal Rounds at our practice with my beloved 40-pound Tred Barta longbow.

My first period bow was a Hawkwood made by Rudder Bows. It is an English-style bow of white oak backed with hickory, drawing at 37 pounds. Since most of my personal bows have drawn at 40 pounds, I would have preferred a slightly heavier bow. However, Hawkwood bows were sold as random selections across 5-pound ranges, and I didn't want to risk buying a bow that was too heavy if I jumped to the 40-45 pound level. This bow has a rather poor cast beyond 20 yards, and slapped my wrist on



(Right) Mungo Napier himself in military kit, defending the sacred soil of Scotland against a 1496 English raid that reached all the way to the Lothians. If Mungo looks worried, it is because he has only eight arrows left in his quiver, and really isn't much of a swordsman. Sally S. Sanford photo.



(Above) The author's principal longbows. [Top] The Hawkwood bow, with the grip replaced. [Bottom] The Ringing Rocks Archery self-finished bow. Author's photo.

almost every shot until I replaced the overly thick grip material. On the other hand, I expected to have trouble aiming a bow shot off the hand, but I was able to adjust quickly. At my first tourney, during warm-ups at 20 yards against a FITA 60-centimeter target I was hitting 23 out of 30 possible points with six arrows. At the end of the first year I was having so much fun, I decided to continue the period archery experiment for another year.

At the end of my second year I made the period experiment permanent. To celebrate I ordered a "you-finish-it" English longbow from Ringing Rocks Archery. This bow is all-hickory and came tillered to 41 pounds. I spent the Christmas break lovingly sanding the bow until I was satisfied. The bow's back was stained with a yellow-orange color, while the sides and belly were stained with red oak. Two coats of satin polyurethane finished the job. The bow closely resembles a yew longbow, and I was very proud of the unique finishing job. Total price with string and shipping was about $70.

Why not buy a real yew longbow? Well, actually I owned two even before I went period. The first exploded on the 42nd arrow, giving me instant induction into the very unofficial "Society of the Shattered Stave". The bowyer replaced the broken bow, but the second developed a small crack in the same spot where the first bow failed. I retired the second yew bow to my demonstration kit for use as a prop. It can be safely strung for display, but must never be drawn again.

During the second year, I put my Barta bow on the rack and have been shooting period bows exclusively ever since, even at our local practices. The Ringing Rocks bow quickly became my favorite, and I continue to improve with it. I frequently shoot 25 or 26 points at 20 yards on six arrows with this bow during practice. Not surprisingly, the Ringing Rocks bow handles somewhat differently from the Hawkwood. Wrist slap is rare, possibly because it has a smaller diameter grip than the Hawkwood. Being four pounds more powerful, its aiming point at 20 yards is eight inches closer to the target center.

Many archers believe that shooting from the hand is less accurate because the grip position will change with each shot. Actually, the bow can almost always be gripped at about the same place, especially if there is a marked arrow pass on the limb, or if the arrow is aligned the top of a grip wrap. There is also a widely repeated notion that a right-handed archer will shoot more to the left, or to the right for left-handers. True, but most archers should have no problem adjusting their aiming point to compensate.

And now a few words about names for bows. Every great weapon deserves a name, bows included. Most personal bows I have owned bore names based on my Scottish character's story, or reflect my Napier ancestors' history. The modern bows had macho titles like "Monarch of Cardross" or "Laird o' the Firth", both derived from ancestral Napier lands along the north bank of the River Clyde. For my period bows I chose more gracious feminine names. The Hawkwood is the "Midlothian Maiden" and the Ringing Rocks bow became "Lady of Kilmahew", after the Napier's ancestral castle.

My period arrows are made with 11/32-inch diameter cedar or Sitka spruce. Both have similar weight and

flight characteristics. In fact, I can't tell them apart once they are mixed in my quiver. My arrows are plain, usually with no shaft color or cresting, though they are sealed with three coats of wipe-on satin polyurethane. They are self-nocked, and the nocks were reinforced by a 1 1/2-inch sliver of piano key ivory. This is 100 year-old "heirloom" ivory, salvaged from dead pianos, not the result of modern poaching. Still, I found this a more than a bit creepy, so I now use .030 strips of styrene plastic.

Flights on my earlier arrows were 5 1/2-inch shield-back turkey feathers, hand cut to "traditional" or "square-back" shapes with short pieces of bare feather base on their nock ends for whipping. Recently I bought a custom-made 3Rivers "Little Chopper" that cuts a 5 1/2-inch "traditional" fletch with a straight top edge instead of a "Roman nose" curve of the modified shield-back flights. After being glued to the shaft, the flights are whipped with thread or fine cord at five turns to the inch. The whipping has not held up well, and when a thread breaks, I have to remove it for safety. A recent batch of arrows was whipped with nylon serving cord, and I may also experiment with thick linen thread. Along with self-nocks, I regard whipping as a "must-have" period feature on my arrows.

All my personal arrows are fletched with the same colors: a white cock feather and two natural or gray barred hen feathers. This has been my signature fletch for many years, and I see no reason to change. A black or gray cock feather and two white hen feathers might seem more appropriate, being the English military fletch described by Roger Ascham. That said, I am a Scot not an Englishman, and we Scots can be very stubborn.

(Below) A target-weight arrow [bottom] compared with one of the author's replica "livery" arrows [top]. The livery arrow is far too heavy to shoot with a 40-pound bow, but makes a great display piece at public demonstrations. Author's photo.

My preferred points are glue-on Bearpaw brand "Mod-kin" piles ordered from the Longbow Shop in Birkenhead, England. These are a streamlined adaptation of small medieval bodkins similar to examples in the British Museum collection. I have also used steel bullet points, again from the Longbow Shop, which are similar to medieval practice points in the Museum of London collection. Other faux-medieval points, particularly those made in the U.S. are much more angular and tend to pop off when the arrow is pulled from a target.

Keep in mind that these arrows are working ammunition, not museum replicas. I am quite willing to adapt modern materials that at least give the look of the middle ages. I save more exact materials and methods for my "Mary Rose" A&S arrows. For more on my arrow building methods, consult the article on pages 20-24 in the Fall 2014 Quivers and Quarrels at https://www.scores-sca.org/public/page.php?R=25&PID=149 .

Shooting with a finger tab was a must for this project. I bought one from a leather vendor I frequently see at SCA events, soon lost it, and went back for another. This time I made a cardboard template from the replacement tab and banged out several copies from scrap leather. I always have an extra tab in my kit bag when I shoot.

Learning to shoot with a tab is not all that hard, though it does take some practice. One unexpected side effect was a thick callus on the inside edge of my first finger. Being a hopeless maladroit, I have never mastered timed ends with a finger tab. At tournaments I fumble through timed targets, but since I rarely turn in my scorecards it really doesn't matter. For timed ends during Royal Rounds I switch to an old friend, a modern 3Rivers Dura-Glove. This is one of the few gear compromises I willingly make.

A glove for the bow hand is very important when shooting period, since fletches can slice flesh and can





(Above) Two of the author's target-weight arrows. [Top] The rather service-worn arrow has hand-cut square-back flights whipped with jeans-weight thread and an ivory nock reinforcement. [Bottom] The unshot arrow displays "traditional" flights cut with a custom chopper, whipped with serving cord, and a .030 styrene plastic nock reinforcement. Author's photo.

even chew up glove leather itself. I formerly used soft deerskin driver gloves from a local farm supply store. After a few shoots, the deerskin gloves tore apart along the seam over which the arrows passed. Now I use a heavy cowhide Wells-Lamont glove with a tucked seam which seems to be holding up nicely. Since I use a glove only on my left hand, I have a whole pile of brand-new right-hand gloves just waiting for a left-handed period archer, or maybe somebody with two right hands.

A thick arm guard has been a must, especially with the Hawkwood bow. Until recently the arm guard I used had elastic cords. Tsk, tsk. So un-period, but I broke a very expensive tooth trying to tie off leather lacing. I have since made my own simple arm guard with small buckles similar to an example found on the Mary Rose.

I use an Acorn belt quiver from Loss Creek Arrows. English military archers usually carried their arrows under their belts if mobile, or stuck them into the ground when fighting from fixed positions. We may presume at least some Scottish Lowland military archers did the same. Quivers were more likely used for hunting or target practice. That said, there as a famous illustration which shows four Highland mercenaries fighting in the 30 Years War, admittedly the early 17th century. Two are archers, and both have belt quivers. Though I am a Lowlander, I feel completely justified keeping my belt quiver.

I have become an advocate for shooting period style, but recognize it might not be right for every SCA archer. Having fun certainly is. To those who don't want to take the "period plunge", you are all my brothers and sisters of the bow and I am grateful for your participation in whatever style you choose. To any archers who are ready for the period challenge, I say, "Welcome! Let's go shoot something."

Garth Groff retired after 28+ years as a paraprofessional librarian in the cataloging department at a certain major university. Besides being active in the SCA, he occasionally portrays an 18th C Scottish gentleman at Celtic festivals, great kilt, buckle shoes and all. And yes, he is a real Napier descendant.

Mungo Napier, The Archer of Mallard Lodge (Order of the Opal, Order of King's Missiliers, Order of the Yew Bow), a 15th C Scottish Lowland archer, is Captain of Archers for the Shire of Isenfir in the Kingdom of Atlantia. He holds the manor of Mallard Lodge with Lady Sarah Sinclair. You can read Mungo's story at http://isenfir.atlantia.sca.org/people/mungo.php.

(Below) Scottish mercenaries in Swedish service during the 30 Years War. Two are archers, and both have belt quivers.



The Poison Arrow Series, Part 1

The Gold and Silver Standard Arrow Poison - The hellebores: White and Black hellebore

by Gehrig Reimundson

All across the globe, and all across history, humans have been found to add toxic substances to arrows, both for hunting and for warfare. Toxic substances make archery more lethally effective in the endeavor to kill and or incapacitate targets. This article is the first of a comprehensive series discussing arrow poisons covering plants, toxins, the symptoms of the toxins, and their applications.

Historical

The Plants

Some of the most commonly used types of European arrow poisons are those called "hellebore". There are more plants called by a similar name that were also very popular in the New World as well. The ancients knew two species that they called "hellebore": black hellebore and white hellebore. Unfortunately, neither of these are actually members of the *Helleborus* genus, and are both considered in modern terms to be "false hellebores." These two plants are members of the *Veratrum* genus, which has many highly toxic species members, European white hellebore being *Veratrum album* and black hellebore being *Veratrum nigrum.* It is recorded that the Gauls, Celts, and Slavs most certainly used it, and the Greeks were also aware of it's use. Some versions of the Odyessy feature Odysseus himself using it after his visit to Ephyra, where the practice of arrow poisoning was supposedly a well cultivated art. There are more species of the *Veratrum* genus that are used as arrow poison sources by various tribes of North American Indians as well. These toxic plants are widely distributed, usually in the mountainous habitats of the temperate northern hemisphere. They prefer full sunlight, and deep, wet soils, and are common in wet mountain meadows, swamps, and near stream banks. These plants are poisonous in all parts due to highly toxic steroidal alkaloids called veratridine, and to a lesser degree, cevadine. In general, white hellebore is more toxic than black hellebore. It is crucial to note that the root and the rhizomes have the highest concentration of the toxins.

(Below) [left] Venatrum album, or white hellebore, [center] hellebore leaves, [right] Venatrum nigrum, or black hellebore. Creative commons.





The Active Toxin

The main toxin in black and white hellebore is the neurotoxin veratridine. In pure form, veratridine is lethal if swallowed 50 percent of the time at 1.350 miligrams of toxin per kilogram of the subject animal. In other words, the lethal oral dose 50 percent of the time, or "LD50", is 1.350 mg/kg (Bloomquist, J. R. Ion channels as targets for insecticides. Ann. Rev. Entomol., 41, 163-190, 1996). In many cases, efficacy increases by nearly ten fold over being swallowed when veratridine is directly injected into the blood stream. Cases have been found where a mere 18 grains of swallowed powdered veratrum root was sufficient to kill an adult human (Textbook of Forensic Medicine and Toxicology Vol. 1 by Arthur Pearson Luff, 1895). By such standard, 1.8 of those same grains on an arrow point could be sufficient to achieve the same result, perhaps much faster. However, a major problem with using LD50 standards with arrow poisons is that with these plants in particular, the poison concentrations in the plant varies widely by specimen and time of harvest, which is a major encouragement to simply go for overkill in terms of the quantity of toxin used.

Symptoms

The symptoms of veratrum poisoning includes nausea, vomiting, abdominal pain, numbness, headache, sweating, muscle weakness, seizures, salivating, and the effects of slowing the heart rate including hypotension (low blood pressure), bradycardia (slow heart rate), and cardiac arrhythmia (irregular heart rate). The effects of the lowered heart rate is what usually leads to death in poisoned subjects. Of course, when introduced directly to the blood stream, this poison is extremely fast acting, which is a major reason it is good for hunting as well as warfare. Indeed, it is important to realize that ideal arrow poisons do not require instant or short death. Instead, symptoms that affect the target quickly and in such a way as to make killing or subduing them while they are under it's effect easier can be as desirable as poisons that are more directly fatal. For example, a deer with the above symptoms is very easy to track, corner, and shoot or spear again as the symptoms make fleeing difficult, and eventually impossible. Similarly, a soldier so poisoned may take over an hour to actually die from the toxin, but he will be rendered useless in the fight far faster.

Application

The most important issue, of course, is how black and white hellebore were used to poison arrows in period. The answer is surprisingly simple. In most cases, the arrow head, socket, and first few inches of shaft up from the head were smeared, "painted", or dipped in the juice of the plant's root. In many cases, the juice was applied directly from the cut root, while in others, the roots were pressed and the juice applied with a brush or by dipping. A more advanced technique was to evaporate away some of the water in the juice to leave a greater concentration of the toxins behind, making the poison that gets applied to the arrow far stronger. This could be done either by boiling the juice, or simply by leaving the juice out to evaporate out some of the water in the open air. In extreme cases both of these methods were used, as is found in this period (though a bit late) recipe from 1644 England. In "*A Book on Field Sports*", this passage in particular is concerned with making arrow poison for hunting and poisoning a crossbow bolt. Interestingly, this book also refers to white hellebore as "the crossbowman's herb":

> *"This decoction is made of roots of the white hellebore, which should be gathered toward the end of August as it is then at it's best season and strength. The way to treat them is to take off all earth and any kind of viscous matter which may adhere to them and wash them well. After this they should be pounded and placed under a press to extract all their juice, which will have to be carefully strained and then put over a fire to boil. All froth and viscosity which may remain must be skimmed off the juice. When this is done, the juice must be strained again and then set in the sun from ten o'clock in the morning till the day declines. This process will have to be repeated for three of four days or more. Each day before the juice is set in the sun it must be strained, when it should be like syrup, and of the same color but thicker. If you put a straw or a bit of stick in it, it should adhere to it, and that which gathers together most quickly and which if smelt makes people sneeze violently, is the strongest."*

It is also notable that white hellebore was, for a time, used in the making of sneezing powders as well. It was discontinued for this purpose when children using it were accidentally poisoned.

Period Sources and Additional History

It is notable that in many instances, the plants referenced in period sources needed to be identified by historians as various cultures did not always have the same name for the same plants, or even the same ways of approaching their use. Indeed, many cultures considered black and white hellebore to be the same plant, but with different colorings, like black and white cats. Often, the historians made these identifications in period, while in other instances, identification was made by modern historians. The following are a variety of sources that modern scholars have all identified as period black and/or white hellebore poison, some of which are identified as hellebore in period, and others have not, but have been identified later.

According to Aristotle's *De Mirabilibus Auscultationibus* from the 4th century BCE, in Chapter 86 called "Celtic Poison", the Celtic Gauls made use of Hellebore:

> *"They say that among the Celts there is a poison called by them 'arrow-poison', which they assert produces corruption so quickly that the Celtic huntsmen, when they have shot a stag, or any other animal, run up to it in haste, and cut out the wounded part of the flesh, before the poison spreads, as well for the sake of the food as to prevent the animal from putrefying. They say, however, that the bark of the oak was found to be an antidote for this; but others maintain that the antidote is something different, a leaf, which they call ravenswort, because a raven, which had tasted the poison, and become sick, was observed by them to hasten for this leaf, and, after devouring it, to be delivered from its pain."*

Note here that animals killed by such a poison arrow have the flesh around the wound cut away to prevent people who would eat this meat from becoming poisoned as well. Also note that this poison has identified antidotes, which is quite useful knowledge, and that an antidote exists for hellebore/veratridine is one of it's distinguishing factors.

Pliny agrees in his *Natural History Book 25* from the 1st Century C.E.:

> *"Galli sagittas in venatu elleboro tingunt/ The Gauls dip their arrows for hunting in hellebore."*

And again using another name for the herb in *Book 27*:

> *"Limeum herba appelatur a Gallis, qui sagittas in venatu tingut medicamento, quod veneum cervarium vocant. Limeum is what a certain herb is called by the Gauls in which they soak their arrows for hunting, and they call it deer poison."*

Strabo mentions hellebore in *The Geography of Strabo* from the 1st Centuries of BCE and CE:

> *"There was a kind of plant like the laurel which caused any beast of burden which tasted of it to die with epilepsy, along with foaming at the mouth. And there was a prickly plant, the fruit of which strewed the ground, like cucumbers, and was full of juice; and if drops of this juice struck an eye of any creature, they always blinded it. Further, many were choked by eating unripe dates. And there was also danger from the snakes; for herbs grew on the sand-hills, and beneath these herbs the snakes had crept unnoticed; and they killed every person they struck. It was said that among the Oreitae the arrows, which were made of wood and hardened in fire, were besmeared with deadly poisons..."*

Hellebore was also among the poisons used by the Slavs, a later-period medieval culture known for their use of poison arrows up to the 1200s. They are mentioned in the collected folklore accounts of Tihomir R. GjorgjeviÊ, *Naπ narodni æivot*, IV. Beograd: 1931: pp. 104-113 (as referenced in "*Poisons and Poisoning in the Republic of Dubrovnik*"), and more specifically mentioned earlier in the *Strategikon of Maurice of the Early Medieval Byzantines* (c. 582 to 602 C.E.).

> *"They are armed with short javelins, two to a man, and some of them with stout shields that are cumbersome. They use wooden bows and short arrows smeared with a poisonous drug, and this kills if a man wounded by it is not safeguarded in time by a draught of antidote, by other aids known to the science of the doctors, or if the wound is not cut away immediately so that it does not spread to the rest of the body."*

Part 2 of this series will cover belladonna, and Part 3 of this series will cover ruby desert rose, appearing in the spring and summer issues of *Quivers & Quarrels*. In conclusion, I hope this paper has served to teach it's audience about the nature of hellebore based arrow poison, about the plants used, their toxicological mechanism, what hellebore poisoning is actually like in practice, how it was used and by whom, with a general idea as to when.

From Split Log to Bow Stave: Part 1

Days One and Two of the Bow Making Workshop at Primitive Pursuits

By: Elska á Fjárfella of the Dominion of Myrkfaelinn.

Day One

When my hubby decided he needed a better bow, he teamed up with Edward of Delftwood to make a longbow from a premade bowstave. It took him about six trips to Syracuse to get her done, and the bow he made is an absolutely gorgeous contrasting color triple layer laminate with a narrow "D" profile, made with plausible period materials and techniques. And while laminating is a period technique (one only has to think of the short, curved horse bow of the Mongol hordes), it's not what came to my mind when he talked about making a longbow. I'd thought of stone age bows… Norse longbows… the incredible English longbows…

Reading up on the subject I quickly realized that what I like are self bows made from one piece of wood, especially ones with character (also called flaws). I could not find anyone to help learn about making self bows, but fortunately, we live in an area with an active primitive skills group of people (or Ithaca hippies, and do they look the part…). As part of the Primitive Pursuits outdoor classroom, which specializes in kid's summer camps and after school programs but also has occasional adult weekend workshops, once a year a Bow Making Workshop is offered right here in town! And this year I decided to take the plunge…

With just a couple of common tools like a rasp, a knife and an axe, and the abundance of his surroundings any person could, and can, make a bow strong enough to take a deer. Actually, a metal rasp, knife and axe is not even necessary, as one of our teachers demonstrated: he'd made a bow with a stone axe and a flint scraper he'd made himself, as well as creek sand as both file and sanding paper and it was completely indistinguishable from the bows made using modern tools! Like Europe, the American northeast has abundant hardwood forests with many suitable trees, and making a bow suitable to hunt from locally harvested materials is not out of our reach at all, even for us modern people!

First things first. We started the workshop with a sing-along to honor the trees and say thanks. Not something I am used to, but nice in a graceful kind of way. Then our two instructors introduced themselves: Justin, barefooted and wearing an inside out sheepskin vest and Sean, also barefooted and pledged to eat and work from and with local materials only (he had a smoked squirrel for lunch). And while normally feeling a bit out of norm as homesteaders etc, here I was likely one of the more normal ones of the dozen and a half students! I felt right at home…

Then we got right into bow making. As the bones of a bow are the wood, good care needs to be taken to find a suitable log. As a general rule, dense hardwoods like hickory, maple, oak, ash, and elm make good bows.

Technical



(Right) Our son Simon checking out the different self bows on display. Author's photo





(Above Left) Talking about the wood.

(Above Right) Demonstrating how to safely remove bark.

(Below) End of day one, each with our own split log. I choose a piece of shagbark hickory.

Author's photos



Conifers like pine do not, and softwoods like willow and basswood do not either. Of course, the exception to this rule is yew, which is a low density conifer and makes awesome bows. But it also needs fairly specific strategies to work well with and is therefore not recommended for the beginner.

Next up is the quality of the wood. Of course, ideal would be a perfectly straight six to seven foot, knot free trunk to be split into log staves. But who's got one of those…? Making a bow is much more forgiving than I expected, and if reasonable care is taken in having a mostly straight, mostly knot free log, apparently it will be fine. What is to be avoided are twist and bends, especially for the beginner. A little twist could be worked around, and a reflex or deflex bend could be removed with heat, but these are more advanced techniques. Know your limitations and keep looking to find a log to go with your comfort level.

Our logs were cut between six and seven feet (to fit the instructor's truck bed). A four to six inch diameter log could be split in half for two staves, using a wedge, a mallet and some splitting wedges to keep the split

going. When it is split wood glue is put on the ends. Paint and beeswax works as well, the advantage of wood glue being that it also works under tension (it's stretchy) and can sometimes prevent cracks that might otherwise have happened anyway. The logs are dried in a cool dry place, like a garage or basement. Whatever you do, stay away from the hot woodstove!

About half of the split logs the students could choose from had the bark already removed as they were harvested in the summer, which was very convenient. Removing the bark facilitates drying and also prevents bark beetles from taking up home and destroying the potential stave. Some people advise getting winter wood as the wood is driest that time of year, others advise getting summer wood as the bark peels off easily. The grain of the wood gives a bow its strength and flexibility, but only if the back is one continuous growth ring from top to bottom. With the types of trees mentioned, the wood right below the bark is the wood used for making a bow, and baring the growth ring is easy if the bark is loose and can be peeled right off. The exceptions are locust and osage orange, where the outer sapwood needs to be removed and only the inner core is used. If the bark is not loose, it can also be carefully peeled first with a drawknife and finished with a scraping knife. Using a drawknife is an acquired skill, so practice first on some scrap wood until you get a feel for what's happening. Whichever way you choose, always make sure to peel away from knots so as not to violate the grain curving around imperfections. Grain does not tend to go straight, so keep a close eye on what's going on and always, always follow the 'yellow brick' grain.

Day Two

Fast forward a year, and the log is peeled, dried and ready to be worked. If you know what you're doing, it is possible to start with a live log and end with a dry bow in a couple of weeks. Luckily, at the workshop the logs were harvested the year before and dried to perfection. Now it is time to measure. We cut our log to the length of each person from floor to eye; this biometric length seems to work out for most people, and is one reason why a self bow is so personal. Then we established the back of the bow as reference. Do we include that knothole, or go around? We looked for the grain of the wood and marked the center length of our log and with pencil, dot the center width from top to bottom, while following the grain. With a straight

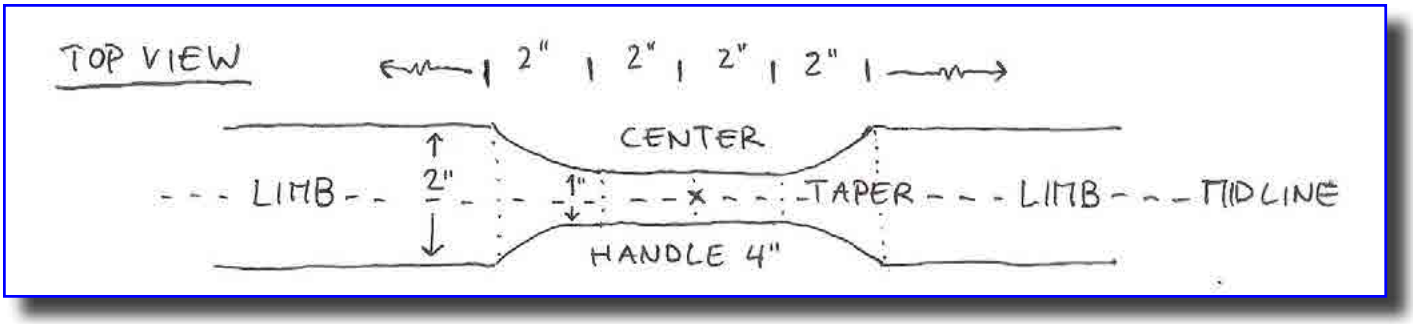


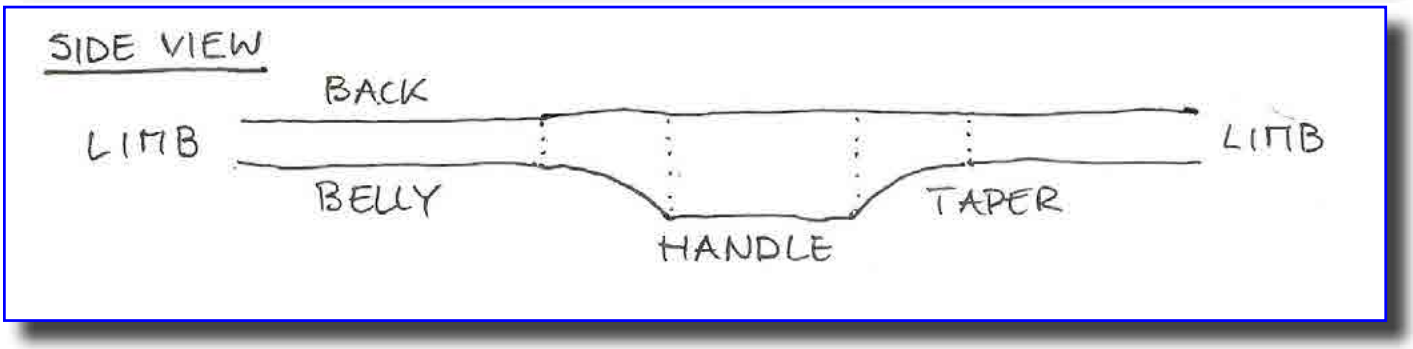
(Above) The first cut made. The log is cut down to eye level. Author's photo.

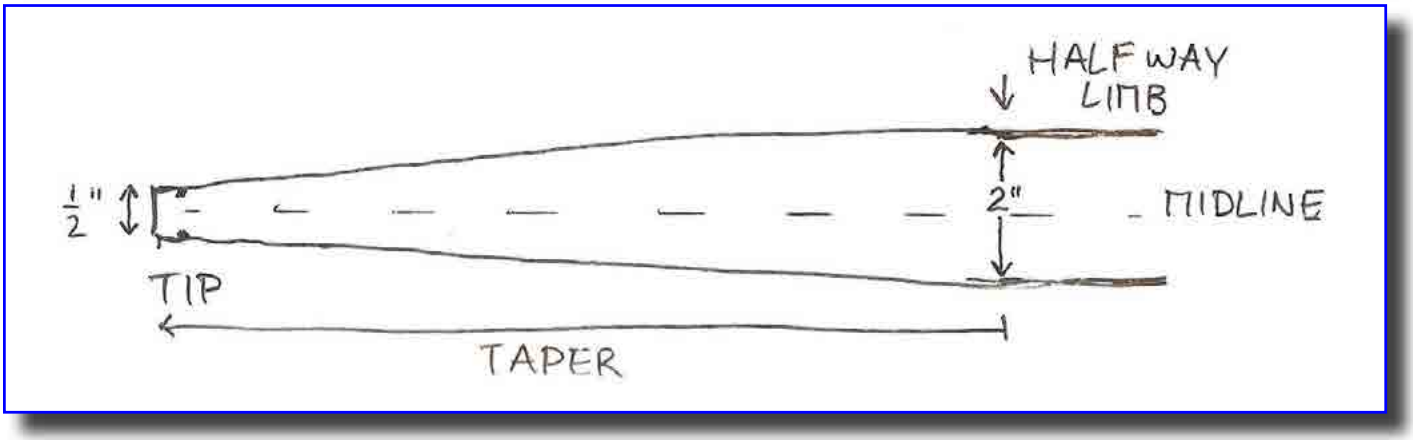
grained log this will look like a mostly straight line from top to bottom. With knot holes (from a branch) and curves, this line will curve around & with them, and for optimal strength our bow would have to as well! With the types of trees available a flat belly bow, which is wide & thin, is a good design: the shape helps spread out compression as it is much stronger in depth than in width. The density of the wood and the poundage required give an indication as to how wide the bow should be. Twice as wide is twice as strong, twice as thick is eight times as strong!

The log's length is measured and the exact center marked in pencil. From the center point, measure and mark a line 2" & 4" above and below. The middle 4 inches makes up the handle, and the 2" above and below will flare towards the outer edge of the bow limbs, and flare down from the handle to the belly of the limbs. Then on either side of the center line we add another line to mark the outside of our bow, about ¾ inch for a 30-40# and 1" for a 40-50# draw weight. Halfway up the bow limb we make another mark, and draw a line from there to the edge of the tip or knock point (which is about a half inch wide). This will make for a tapering shape to the top part of the bow limb, which helps reduce air drag and results in a faster, quieter and/or stronger release.

Then it's time for some refined whacking of log with a hatchet! Day two started with this quote from the instructor: "all you have to do is cut away the wood that is not part of the bow inside". Right! To help with coordination, the hatchet is held right below the axe head and only short quick chops are made. To help remove the excess in short chips and not long strips









(Above Top) Measurements for marking the and the width of the limbs.

(Above Center) Side view of shape of the bow.

(Above Bottom) Diagram showing how to taper the limb.

(Left) Using a hatchet to rough out the bow shape.

(Right) Lots of wood chips are made…

Author's photos





(Above) Lunch around the campfire on the second day. Author's photo.

(which could run off right into your bow measurements by mistake) small nicks are chopped first along the path of where you intend to remove wood to cut up the wood fibers and then, layer by layer, wood chips are removed to about 1/8th to 1/4th of an inch around your pencil drawing and about three quarters of an inch for the bow limb depth. The bow is only as big as the deepest tool mark, so the first day of chopping was rather tentative with lots of checking and rechecking of pencil marks. By the end of the day I had the backs of the limbs, the handle and the edges roughly chopped out and was surprised at the level of precision possible with a sharp hatchet and some practice!

A few things to keep in mind:

- Always chop away from the center or mass. As the bow is widest at the beginning of a limb, a chop towards the ends which has a split that runs too far, will most likely miss anything important as the outer limbs taper into the nock.
- Stop regularly to check your marks.
- Keep all planes square: chop a flat belly (the part facing you when shooting) and square off the edges.
- Work on both limbs alternatively, don't finish one and then start the other, it's easier to keep them similar if worked on parallel.

And whatever you do, do not touch the back (the part facing away when shooting: visualize a bending person and you'll "see" where the terminology came from) – once the surface of the back is established either by peeling or scraping the bark it is off limits!

Wood grain is like fiber rope within a tree: just as a large cable made up of lots of small wires is strong enough to moor a ship, the same is true for plant fiber; enough of them together can withstand thunderstorms! But if there is fraying or some sort of damage, then one wind gust can fell a mature tree… and one scrape, nick or dent can do enough damage to make a bow unstable and set a precedence for a fatal crack!

We finished the second day with lunch around the campfire – it was hard to put down the stave and take a break!

Society Seasonal Archery Challenge (SSAC)



Winter SSAC: Lucky Target

Rules

This competition seems to have begun in the Netherlands in the 1400`s. There is a period illustration showing part of a circular target where there are numerical values in arcs of the circle. And there is mention of square targets with a series of smaller squares of different values.

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

Shoot Begins
December 1, 2016

Shoot Ends
February 28, 2017

Scores must be Submitted by:
March 15, 2017
and within 14 days of being shot.

Target

The target face is 20 inches on a side and the small squares are 4 inches square. There are twenty-five squares in total. The target is placed with one corner pointing upward, as per the drawing below. The numbers are placed as shown in the drawing and should be large enough to be read at twenty yards. The lines should also be visible but no wider than 1/4 inch. A printable pdf has been kindly provided by Lord Cameron de Grey of Atlantia.
Lucky Target

Ranges

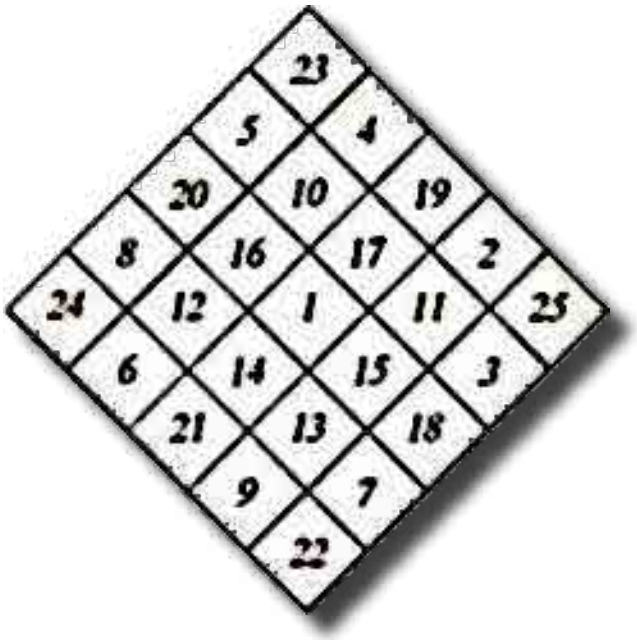
The Adult distance is 20 yards.
Youth division is 10 yards.

Running the Shoot

The number of ends is two, each of six arrows.

Scoring

The scoring is value of the square hit. Lines count as the square with the highest number. A square may only be hit once for score. Repeated hits to the same square by the same archer to do not count for additional score in the end being shot. The archer may hit any or all of the same numbers in next end for score. The maximum score per end is 135, for a maximum total of 270 points. The score sheets should provide space for each Arrow's score (1-6) in each End (A, B) in a vertical column for ease in totaling. There



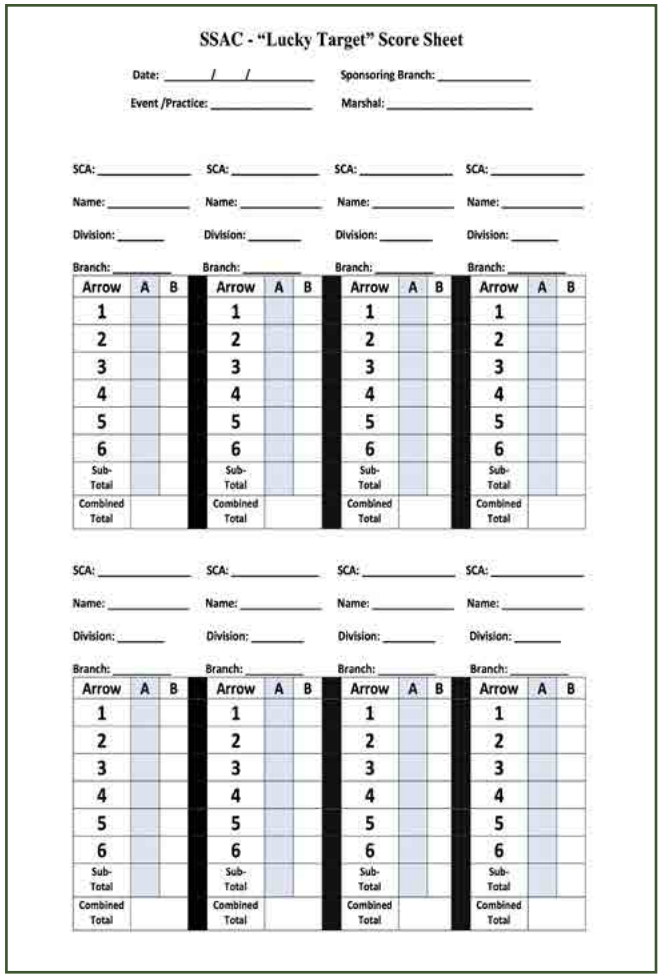
should be a total for each end and a grand total.

Please record the scores for each End starting with the highest scoring arrow to the lowest, with zeros entered for repeats or misses for any remaining arrows.

Scoresheet

A [scoresheet (PDF)] is provided courtesy of HL Iurii Levchenich of An Tir.

This shoot was suggested by: Sir Jon



SSAC - "Lucky Target" Score Sheet

Date: ____/____/____ Sponsoring Branch: _____

Event /Practice: _____ Marshal: _____

SCA:	SCA:	SCA:	SCA:
Name:	Name:	Name:	Name:
Division:	Division:	Division:	Division:
Branch:	Branch:	Branch:	Branch:

Arrow	A	B	Arrow	A	B	Arrow	A	B	Arrow	A	B
1			1			1			1		
2			2			2			2		
3			3			3			3		
4			4			4			4		
5			5			5			5		
6			6			6			6		
Sub-Total			Sub-Total			Sub-Total			Sub-Total		
Combined Total			Combined Total			Combined Total			Combined Total		

SCA:	SCA:	SCA:	SCA:
Name:	Name:	Name:	Name:
Division:	Division:	Division:	Division:
Branch:	Branch:	Branch:	Branch:

Arrow	A	B	Arrow	A	B	Arrow	A	B	Arrow	A	B
1			1			1			1		
2			2			2			2		
3			3			3			3		
4			4			4			4		
5			5			5			5		
6			6			6			6		
Sub-Total			Sub-Total			Sub-Total			Sub-Total		
Combined Total			Combined Total			Combined Total			Combined Total		

Society Seasonal Archery Challenge (SSAC)

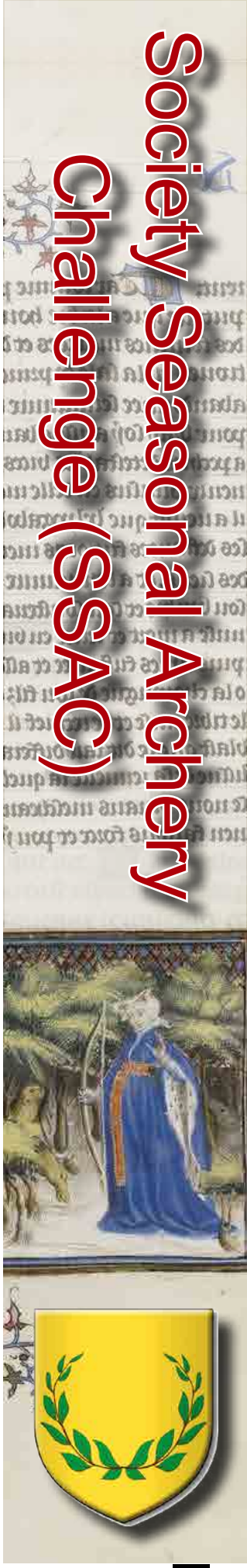


Starting with the Spring 2015 SSAC, I am giving the top five archers in the each of the five divisions - Period Handbow, Period Crossbow, Open Handbow, Open Crossbow, and Youth - two archery coins as a token of their skill in the SSAC.

The coins were a gift to me from the Moneyers Guild of An Tir. The dies were cut by Arion the Wanderer, OGGS. On first 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.

The second coin was made to celebrate the SCA's Fiftieth Anniversary of target archery. The bust side has an archer at full draw. On the reverse is an "L" the Roman numeral for 50 and the laurel wreath for the SCA. And "50 YEARS OF SCA ARCHERY".

To receive a coin, you need to be one of the top five in any of the divisions and you must US Mail me a self addressed business size stamped (49 cents) envelope within thirty days of the end of each seasons contest. My address is: John R Edgerton, 7662 Wells Ave. Newark, CA 94560-3530. Please include your Scadian name and division.



FALL SSAC RESULTS

The target is based on a 40cm FITA which has been cut into quarters, each quarter representing a leaf. The leaves are then mounted on a large piece of cardboard and numbered such that the numbers are easy to read from the shooting line.

There are two ends. Both ends are shot from 25 yards. For the "stationary" end the leaves are still attached to the tree, you are just picking leaves and shooting them. You have 8 arrows untimed, however you must aim at each leaf in order with each successive arrow, first arrow shot at #1, second arrows shot at #2, start over at the top with your fifth arrow shot at #1.

For the "falling end the leaves are now falling, you must shoot them before they hit the ground. You may have a maximum of 12 arrows in your quiver to start. You will have 5 seconds to shoot at each leaf in order, twice though. The marshal will call the time. Archers may only shoot at the leaf being called, and may start with one of their 12 arrows on the string.

Scoring is almost the same as if the target where whole, yellow - 5, red - 4, blue - 3, black - 2, all of the white (outside the rings as well) - 1, background - 0. While the archer must make every attempt to aim at and hit the correct leaf with each arrow, should they get so lucky as to hit another leaf the arrow will still score normally. As the spirit of this shoot is to "move your aim point with each and every arrow", archers found to be taking advantage of this last rule and not attempting to switch their aim should have their entire score disqualified. (I.E. play nice and have fun!!)

PERIOD HANDBOW

Rank	Name	Kingdom	Group	Score
1	Alaricus Simmonds	An Tir	Dragon`s Laire	20.0
2	Gladius the Alchemist	Middle	Cleftlands	18.0
3	Plachoya Sobaka	Ansteorra	Shadowlands	18.0
4	Kaitlyn McKenna	Ansteorra	Shadowlands	17.0
5	Wintherus Alban	Lochac	Politarchopolis	17.0
6	Arion the Wanderer	An Tir	Dragon`s Laire	15.0
7	Sigmund Spelmann	Lochac	Politarchopolis	13.0
8	Miriel of Shadowlands	Ansteorra	Shadowlands	12.0
9	Brian of Cardiff	An Tir	Dragon`s Laire	11.0
10	Kezia von Holzenhaus	Calontir	Lonely Tower	11.0

PERIOD CROSSBOW

Rank	Name	Kingdom	Group	Score
1	Jonathas Reinisch	Atlantia	Dun Carraig	31.0
2	Gladius the Alchemist	Middle	Cleftlands	27.0
3	Tymme Lytefelow	An Tir	Wyewood	26.0
4	Kaitlyn McKenna	Ansteorra	Shadowlands	22.0
5	Dolan Madoc	Calontir	Lonely Tower	21.0
6	Michael de Lundie	Calontir	Lonely Tower	20.0
7	Bjorn Kolbjornsson	An Tir	Dragon`s Laire	15.0
8	Eustace Kilpin	Middle	Winged Hills	14.0
9	Plachoya Sobaka	Ansteorra	Shadowlands	12.0
10	-	-	-	-

OPEN HANDBOW

Rank	Name	Kingdom	Group	Score
1	David St. Rose	West	Caldarium	32.0
2	Muldonny McVriw	Middle	Eastwatch	28.0
3	Edward Brackenbuyre	Middle	Cleftlands	27.0
4	Robin Greenwood of Arden	Caid	Lyondemere	26.0
5	Will O`hanin	Middle	Roaring Wastes	24.0
6	Seán Ó Labhradha	West	Caldarium	23.0
7	Michael of Fox Wood	West	Caldarium	22.0
8	Gwynedd Cole	Middle	Cleftlands	22.0
9	Paul Stoddard	Caid	Starkhafn	22.0
10	Leif of Crescent Moon	Calontir	Loch Bheathrock	22.0

OPEN CROSSBOW

Rank	Name	Kingdom	Group	Score
1	Forester Cirion the Left Handed	Middle	Northwoods	57.0
2	Gladius the Alchemist	Middle	Cleftlands	47.0
3	Tarmach	Middle	Cleftlands	36.0
4	James Barkley	Middle	Cleftlands	21.0
5	Dolan Madoc	Calontir	Lonely Tower	19.0
6	Kaitlyn McKenna	Ansteorra	Shadowlands	19.0
7	Tymme Lytefelow	An Tir	Wyewood	17.0
8	Plachoya Sobaka	Ansteorra	Shadowlands	14.0
9	Michael de Lundie	Calontir	Lonely Tower	13.0
10	Nekoyama Chidori	Calontir	Loch Bheathrock	9.0

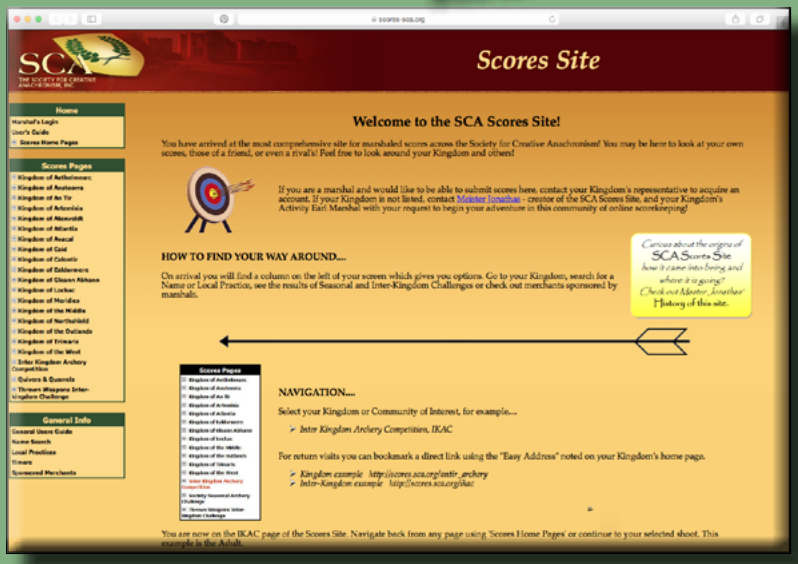
YOUTH

Rank	Name	Kingdom	Group	Score
1	Keira St. Rose	West	Caldarium	2.0
2	-	-	-	-
3	-	-	-	-
4	-	-	-	-
5	-	-	-	-
6	-	-	-	-

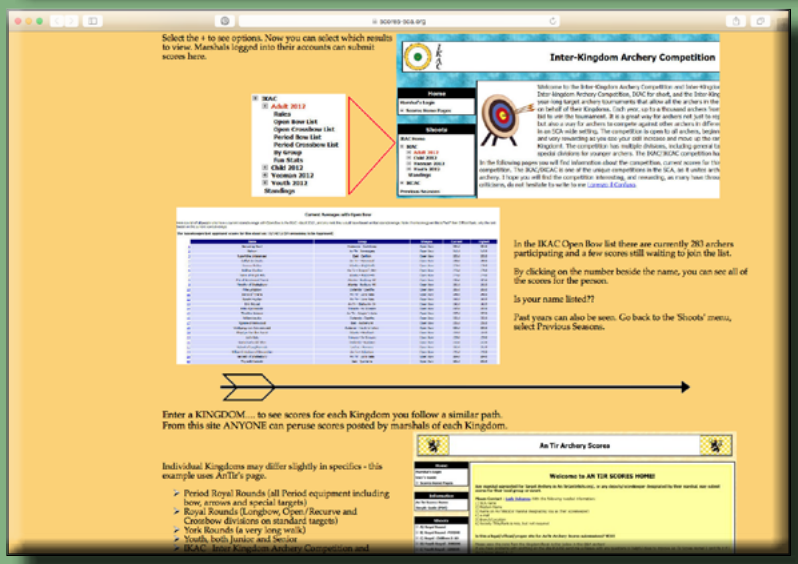
Did you know?

...that you can look up your scores?

...and anyone else's scores too?

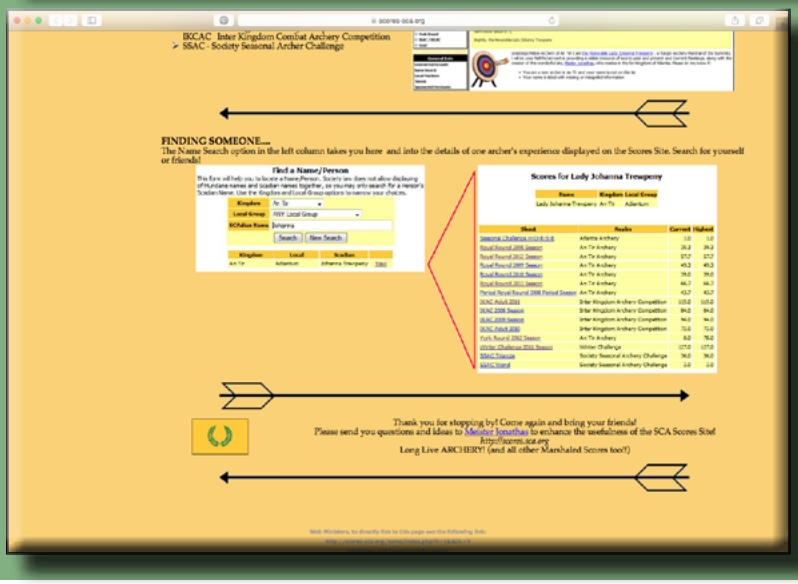


Go to https://scores-sca.org/ and select your community of interest (either your Kingdom or interkingdom competition).



If you have selected a Kingdom, then select either "archery" or "thrown weapons" next.

The content of Kingdom scores pages may vary, but you can navigate to a variety of Kingdom information using the menu on the left side of the home page.



You can also look up a specific person!

Check it out!

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, THL 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.

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

Atlantia

A list of practices for the Kingdom of Atlantia (Maryland, North Carolina, South Carolina, Georgia, and Virginia) can be found at http://scores-sca.org/public/practices.php?R=2&

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

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

Shire of Al-Sahid
Same as Dreiburgen

Shire of Carrweg Wen
On Hold

Shire of Darach
No Archery Practice

Glenn Abhann

Shire of Pilgrims Fount
Archery and thrown weapons every 1st and 3rd Sunday from 1:00 p.m. to 5:00 p.m. at Cedar glades Park in Hot Springs Arkansas. (Weather permitting) Loaner gear is available and ALL are welcome!

We also have archery only practice indoors every 2nd and 4th Monday at One Refuge church at 1700 Albert Pike road in Hot

Springs Arkansas from 6:00 p.m. to 8:30 p.m. Loaner gear is available and ALL are welcome.

Contact us on Facebook (Shire of Pilgrims Fount/ SCA), or contact Kyle Schabel at pinniped@live.com

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



Submission Deadlines

Spring 2017 Edition
February 28, 2017
(for publication March 2017)

Summer 2017 Edition
May 31, 2017
(for publication June 2017)

Fall 2017 Edition
August 31, 2017
(for publication in September 2017)

Winter 2016 Edition
November 30, 2017
(for publication in December 2017/January 2018)

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.