Quivers & Quarrels

VOLUME 5, ISSUE 2
SEPTEMBER, A.S. LIV

Featuring:

Pennsic Archery

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Quiver Corner

with Master Petros

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Origins of the Royal Round

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DIY 3-fletch Jig

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History of the St. Sebastian's Shoot

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Basic Crossbow Primer

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Teaching Archery to Children

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AND MUCH, MUCH MORE!



Quivers & Quarrels

The Staff



Lady Máirin Ó Nialláin
{m.k.a. Deborah Preston}
Managing Editor

qqchronicler@gmail.com
Shire of Port Oasis, Kingdom of Æthelmearc
(Huntington, WV)

Contributing Editors



Sir Jon FitzRauf, OL, OP, RMC
Baron of the court of the West
(m.k.a. John R. Edgerton)
Barony of Westermark, West Kingdom
Current interest~History and construction of crossbows



THL Sayako Enoki
(m.k.a. Linda M. Tsubaki, PhD)
Barony of Dragon's Laire, An Tir



THL Forester Gaelen O'Gradaigh, ODB
(m.k.a. Kevin Kern)
Member of the Greenwood Company
Barony of Middle Marches, Midrealm



Lord Eirik Gralókkr
(m.k.a. Michael S. Matthews)
Barony of the Sacred Stone, Atlantia

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Cover Photo Credit: "Simon & Snorri at the Pennsic 48 Period Shoot" taken by Elska a Fjarfelli

This is the September 2019, issue of Quivers & Quarrels, the official newsletter of The Archery Community of the Society for Creative Anachronism, Inc., and Quivers & Quarrels is published as a service to the SCA's membership. Subscriptions are available only to members. This newsletter is available online at http://enewsletter.sca.org/ for current Sustaining and International members. Memberships are available from the Member Services Office, SCA, Inc., P.O. Box 360789, Milpitas, CA 95036- 0789. All changes of address or questions about subscriptions should be sent to the Corporate Office. Membership information and a subscription form are included elsewhere in this issue on a quarterly basis. Quivers & Quarrels accepts no advertising.

Letter from the Editor...



So at long last here it is...the first full issue of Quivers & Quarrels since it's long hiatus, I sure hope it doesn't disappoint. This is the first publication of substance I have done as a managing editor, and I am hopeful this reboot will escort in a new era of interest, and a growing reader base, for this most humble of newsletters.

It is my honor to serve the archery community, whom I love so dearly. You are my community, and I want us to have a voice, a place to come, let our hair down, relax and share all things archery. I want all readers of Quivers & Quarrels to feel welcome here. Send me your articles, your ideas for special issues, your DIY projects, your photos, your class instructions, your research, your latest archery related projects, large or small. They will find a place here; this is your home.

Thank you all for lending me your ear, and giving me this opportunity to serve you in the best way I can, helping give you this platform to share your passion for archery with the rest of the Society.

So how can you help make this newsletter your own? The plan moving forward is to resume quarterly publications to be out by the end of September, December, March, and June, with the deadline for all submissions to be the 1st day of each of those months. This is so that my staff and I have enough time to read, check the content, edit, get proper release forms, format articles, get final approval, and get it into the current issue's layout in time to meet those deadlines...and that takes a great many hours to accomplish.

Many thanks to the staff I inherited with this newsletter - without them none of this would have been possible. Only through their experience, expertise, and answering my many questions, was I able to make this issue a reality in such short order.

Many thanks to Sir Jon, whose dedication to the archery community, and passion for historical archery, was the inspiration behind the creation of Quivers & Quarrels. I hope to continue his legacy of publishing an informative, well rounded, and interesting newsletter for the archers of the Known World to enjoy.

Forever Yours In Service,
Lady Máirin Ó Niallain

Managing Editor
Quivers & Quarrels

Pennsic Archery

How the Known World Celebrates Archery at War

By Lady Máirín Ó Nialláin



For those of you who have had the pleasure of attending the Pennsic War in more recent years, you may have noticed, or not, that archery plays a very big role there. In recent years, we have had thousands of archers grace our ranges. Everyone from children to expert archers make the journey out to the Pennsic archery range to take part in some aspect of all we have to offer.



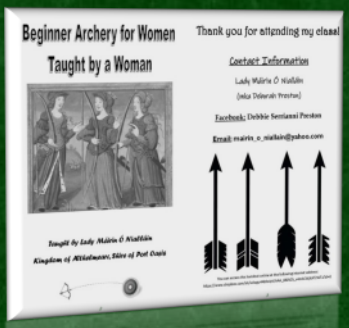
In the past, the archery range at Pennsic was out in the open, for all to see, but as our society grew, and the war grew, the space available for all the activities did not. So, archery was moved out to a larger and safer location. Now, out of the eye of the general populace, and far enough away that unless you had some specific business to attend to, or were an archer seeking to shoot your bow, you may not even realize we were there. Though the location is now out of sight, and less than convenient to get to, this has not deterred our devoted archery community from making the pilgrimage to the range, sometimes multiple times a day, to run the widespread ranges, hold competitions, teach classes, or take part in the many shoots, practices, and various tournaments.



So now I bring this story to you to showcase what Pennsic Archery has grown into, and to give you a bird's eye view of the magnificent spectacle it has become. We have all heard that pictures speak much louder than words, so I now present to you Pennsic Archery - *The Known World's Celebration of All Things Archery*.



CLASSES



There are many different types of archery classes that happen at Pennsic: beginner archery, how to use specialized equipment, string making, combat archery 101, period arrow making, the history of archery throughout the Middle Ages, etc. As at any war, the classes available each year are dependent upon the people available who are willing to teach them. But there is never a lack of archery knowledge being shared both on and off the range.

ATLANTIA'S ST. SEBASTIAN'S NOVELTY SHOOT

For the past 10 years, the Kingdom of Atlantia, wanting to share a very special type of archery with the rest of the Society, has sponsored an all-day novelty shoot the middle Saturday of the war, The St. Sebastian's Novelty Shoot. The shoot highlights 8 to 12 novelty ranges featuring everything from static targets and moving targets, to timed shoots, and everything in between. There is never a dull moment on the range this day. This shoot is also a competition for archers of every rank, giving prizes within each rank, and allowing even lower ranked archers a chance to win big prizes like a bow donated by SCA archery vendors. Each of the St. Sebastian's novelty ranges hosts multiple levels of competition, so if you are a novice, your expected performance is lesser than that of a master bowman. This evens out the playing field, allowing all archers to compete at their current rank, while most importantly, having fun while doing so.



















THE ANNUAL PERIOD SHOOT







If your passion is for period equipment and techniques, then Pennsic has something very special for you; the Annual Pennsic Period Shoot. The requirements for this shoot are simple: all your equipment and clothing must be period correct. What makes this shoot super special, for both shooters and spectators, is seeing the variety of period equipment, garb, and shooting styles. There are longbows, Mongolian horse bows, period crossbows, Japanese yumi, as well as others. Watching the pure joy in the competitors' faces, and seeing the dedication that each of them has paid to the smallest of details in their appearance, is truly beyond words. The research done by those who take the time to host this magnificent shoot is incredible. Every target is a well documented representation of a target that would have been used in period, from a variety of different times and locations around the world. This competition is more than just a labor of love, it embodies all that is best in the SCA.































FLIGHT SHOOT

Once a year, at the break of dawn, the most die hard archers don the field to challenge each other to see whose equipment and expertise will exceed their expectations, and send their arrows the farthest down range. They seek to claim the prize and bragging rights each year for this flight of fancy.

Some use period equipment, and others more modern iterations, but all do it for the joy of watching the arrows take flight and tracking them through the sky, many times losing sight of the arrow as it lands out of the range of sight.





EALDORMERE'S CHILDREN'S SHOOT





During war week each year the Kingdom of Ealdormere hosts a children's shoot. They bring multiple children's novelty targets, set up a range at shorter, child friendly distances, and let the kids compete for prizes. This shoot is usually a half day long and is done fairly early in the day in order to finish before the heat of the day takes over. This is always a big hit with kids and parents alike, and is generally well attended. Many thanks to the Kingdom of Ealdormere for hosting this each year and showing the children of the SCA that they can have fun and enjoy archery too.

THE KNOWN WORLD BARONIAL CHAMPIONSHIPS



Since Pennsic is the oldest war in the Society, it is fitting that the Known World Baronial Championship is also held here. It has been hosted for the past 5 years by the Barony of the Roaring Waste, Middle Kingdom.



This shoot hosts the Baronial Champions, both adult and juniors, who are able to attend to represent their Barony, and Kingdom at the Pennsic War and to compete for this prestigious title.



The shoot typically features several stages; these increase in difficulty as the competition advances, eliminating some archers each round.



The adults and juniors compete side by side within their respective divisions. As the field is narrowed, the competition continues to get more difficult until only the top few Champions remain to battle it out for this honor.



There are awards given in both the hand bow and crossbow divisions for both adult and junior Known World Baronial Champions.



POPULACE ARCHERY WAR POINTS



In recent years as the populace makes the pilgrimage to the archery range they have had a place to enjoy some shade, grab a refreshment, and relax a bit before venturing out to shoot their bows, marshal a range, or enjoy a class, under the Populace tent hosted by the Midrealm and sponsored solely through donations. Port Tortuga, the last Pennsic encampment before the descent down the hill to the range, always offers all archers a chance to grab some water, mist off to cool themselves, often times have a frozen treat, and a seat in the shade to enjoy along their way.



Part of the Pennsic War Point Total is the Populace Archery War Points. These are tallied up at the end of the war and each Populace Shoot is worth one point. There are 3 to 4 different shoots each year designed with a theme in mind. Although the theme changes, the styles of the shoots do not.

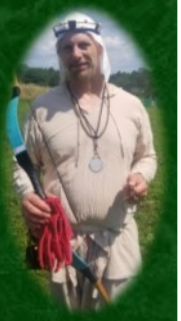


The styles always include some variation of an advancing soldier shoot, a wand shoot, a clout shoot, and a friend/foe shoot, for a total of 4 war points available. Each of these shoots may be shot 5 times by each member of the populace. The Populace War Points are available to be shot daily from middle Sunday through mid-day Friday of War Week, except for the day of the Pennsic Archery Champions' Shoot. The points are tallied daily, and after the range closes Friday of War Week, the final tallies are added up and reported. Each shoot is worth 1 War Point and is awarded to the Kingdom with the highest total points scored.





In addition to the populace war points, there is an added competition for anyone shooting the clout, the belt-ring challenge. There is a belt ring hung on the face of the clout target, and the first member of the populace to shoot inside the belt-ring wins a special belt donated for the winner each year.



ÆTHELMEARC DAILY NOVELTY SHOOT









Each day the range is open to the populace, the Kingdom of Æthelmearc starts the day off with a 2 hour novelty shoot, which takes place alongside the normal daily activities. Each day hosts something different and unique. You'll see everything from games like archery twister to moving targets, and everything in between that you can imagine. If you can think of it, you might just find it there on any given day. Each day is a surprise to those who attend, because the type of daily novelty is not announced in advance, only that there is one taking place.

PENNSIC WAR ARCHERY CHAMPIONS' SHOOT





The Pennsic War Archery Champions' Shoot is held each year on a specific day when the range is closed to the general populace. The teams consist of the two primary Kingdoms and their allies, and each Primary Kingdom fields a team of 30 archers and 10 alternates, chosen through special Champions' practices and try-outs. On the day of the shoot, the alternates shoot alongside their primary team members, so if they should need to step in, they have a full set of scores.

This all-day shoot begins in the morning and features 3 parts to determine the overall winner of the Archery Champions war point. There is a new theme selected each year to make it more interesting. First up in the morning is the roving range, consisting of up to 10 novelty shoots.



Then there is a short intermission for a special luncheon for the Champions' teams, and all the volunteers who make this shoot possible, which happens solely through the generous donations of the archers and the wider archery community.



After lunch there is a timed friend/foe shoot, which always proves to be a great challenge for all archers, and lastly there is the walk-up clout shoot, where the archers loose 3 arrows at each of 4 unknown distances, usually somewhere between 60 and 140 yards. Each of the 3 parts is scored and the winner of 2 out of 3 is declared the overall winner of the war point.



















HOW DOES ALL THIS HAPPEN?



















Now that you have read about all the great fun that is had at the Pennsic Archery Range, it is time to pay homage to all those souls who make it possible. Every year, the same 50 or so volunteers show up to help with set-up, run the day to day operations, and tear down the range. Without these few, steadfast, hardworking, loyal folk, absolutely none of this would be possible. So if ever you find yourself at the Pennsic War, and manage to make the pilgrimage to the archery range, find someone who is working out on the range, and tell them how much you appreciate the hard work they are doing, and the time they are sacrificing, to make everyone's archery experience better.



Photo Credits:

- **Pages 4, 5, 11:** All Photos, *Lady Máirin Ó Nialláin*
- **Page 6:** Group photo, *Noyon Naran Numuchi*; Table of food, couple at black target, archer shooting pop-n-jay, *Mistress Chrestienne Dewaterdene*; Individual Lady with black target, *THL Aiden Killkenny*, All single targets in the article, archers on the line from the front, archer shooting into the sky, and award plaques, *Lady Máirin Ó Nialláin*
- **Page 7:** Flight Shoot photos, *Noyon Naran Numuchi*; Ealdormere Children's Shoot Photos, *THL Brendan Hunterston*
- **Page 8:** Photo of archers on the line shooting, *Tarmach ben Yehuda al-Khazari;* All Other Photos, *Lady Máirin Ó Nialláin*
- **Page 9:** Ring Belt Winner photo, *Lady Annelin Ulrich*, AEthelmearc Novelty Photos, *Lady Máirin Ó Nialláin*; All other Photos, *Taliesin of Archenfield*
- **Page 10:** All Photos, *Taliesin of Archenfield*

ORIGINS OF THE ROYAL ROUND

By Baron Sir Jon FitzRauf, OL, OP, RMA



Artwork: Luttrell Psalter, 1325. Public domain. This was used on the first printed hand out of the Royal Round rules.

Long, long ago (April of 1977) in the Kingdom of the West, when I was the kingdom archery officer, Royal Archer, I felt there was a need for a way to track the archers' improvement in their shooting ability. It seemed that a good way of doing this was to track their scores. A short competition was needed that would be shot at different distances and also include a timed end.

Given the tourney sites we frequently used at that time seldom offered a space that would allow more than forty yards for a safe archery range, I made forty yards the maximum. And then used thirty and twenty yards as the shorter distances. I used six arrows as the number for an end, because it a common number for a longer end. The thirty seconds for the speed/timed end was because at the time, most of our archers could barely manage to get off six arrows in that time. I choose the twenty-four inch FITA five color face as the target, with scoring of 5,4,3,2,1 instead of the values currently used.

If I had known then, what I now have learned about period archery competitions, I would have used a more period style face for the Royal Round.

After it had been used for a while just to track individual improvement in scores, I decided to post the top twenty scores each month with the archers' names in our kingdom newsletter, "The Page".

When new kingdoms were first being formed our kingdom seneschal would send them information packs, which included my

information on archery and the rules for the Royal Round as well as the archery skill ranks we were using based upon royal round scores. This established the royal round rules and the archery ranking system in many of the early kingdoms.

The Royal Round also served as the basis for the Inter Kingdom Archery Competition. I just doubled it and added timed ends to the thirty and forty yard distances. Although at first, the distances were thirty, forty and fifty yards to provide more of a challenge.

However, safe fifty yard ranges were hard to find, so it was changed to the current distances. The IKAC was created originally as an archery challenge from the archers of the West to all the archers of the Known World.

Below is the original set of rules for the Royal Round, as first published in April of 1977 in "The Page", the newsletter of the Kingdom of the West.

"OFFICE OF THE ROYAL ARCHER

There is to be a Kingdom-wide, year-long archery competition with prizes to be awarded at Twelfth Night.

The competition rounds can be shot at any official Society event at which an archery competition can be arranged, and must be open to participants from any area of the Kingdom.

Archers may participate as often as they wish to improve their scores.

Rules: The competition will consist of four rounds: one at 20 yards, one at 30, one at 40, and one speed round at 20.

Each round will be of 6 arrows. The 20-yard speed round has a 30- second time limit (starting with one arrow drawn and aimed).

Only arrows which are released within the time will count. The target is to be a 24-inch standard five-color. The center counts as 5 points, the outside ring as 1, etc.

Cutting a line counts as the higher point value. The distances to the target should be measured as carefully as possible. The only equipment limitations are: no compound bows, no stabilizers, and no bow sights for longbow. However, marking your bow limbs and/or string is allowed.

Crossbows are encouraged to compete, and will be in a separate class for awards.

Crossbows may use sights, but not telescopic ones.

Scores should be sent to me, Sir Jon Fitz-Rauf, c/o John Edgerton, **********, ******, ** ****, by the organizer of the archery competition of each event, and shall consist of: archer's names, areas, scores (both by round and by total), date and location of the event, and a signed statement by the organizer of the event saying that these scores are accurate to the best of his/her knowledge.

Anyone with any questions may contact me at the above address, or call ***-***-****."





Photo: Public Domain, https://commons.wikimedia.org/w/index.php?curid=6234511

Quiver Corner

with

Master Petros

The Miscellaneous Ramblings of a Crazy Old Man

Petros Mystikos, OL
M.K.A. Daniel T Fishback

Greetings ,

This column is intended to share some of what I have learned over the years about archery quivers, as seen prior to the 17th Century. This has been an obsession of mine since a good friend handed me a left-handed recurve bow and a dozen arrows – and said that I should go forth and have fun. Well… I did… until I decided that I needed a quiver to carry the arrows in. That rabbit hole has proven to be bottomless for me. Since then… much research… made a bunch of quivers… done very little archery practice. Thank you Master Robert.

The information that I plan to share with you will come as…

- **Depictions – from manuscripts, stone carvings, paintings, non-quiver artifacts, etc.**
- **Descriptions – from historic inventories, rents, wills, etc.**
- **Artifacts – quivers and pieces of quivers**

Other Sources...

Some of the columns will consist almost entirely of an image and a description of what is known about the image. Some will be my own opinions with whatever supporting information is available to me. All are intended to give you a glimpse into this obscure little corner of archery's history. I hope you find it both useful and entertaining.

About me…

I have been a Companion of the Laurel since October of 2015. My specialty is in the surface decoration of leather (mostly quivers). I have also been known to do a bit of fairly simple woodwork and to tinker with a few other crafty things. Other than that, I have served in several local level SCA offices and am the current Seneschal of the Shire of Beau Fort, Kingdom of Meridies.

Outside of the SCA…

I am proud to be the father of one and grand-father of five. I am a retired jack of all trades… I have been an automotive technician, automotive technology teacher, automotive repair shop owner, dance teacher, dance teacher trainer, truck driver, purchasing agent, bill collector, file clerk, wrecker driver, etc., etc., etc.

Contact Information...

If you find errors in any of my writings, or want to share information that you have, or seek my assistance with anything SCA related, please contact me by PM (Private Message) on my Facebook page. It is listed as Petros Mystikos. Otherwise, you may contact me through the good offices of this publication.

Date

- Description
  - Created in 1240-1250 AD - First Horseman of the Apocalypse - Wiltshire, England

Item Specifics:

- Name: Apocalypse
- Folio: 7v
- This manuscript was created in:
  - Country: England
  - County :Wiltshire
  - Local: Salisbury
  - Artist: Master of Sarum

Note:

Images contained in manuscripts may indicate contemporary use – and often do. They may also be iconic in nature, especially when dealing with subjects such as this one.

- Configuration:
  - Profile: Tapered
  - Cross Section: Oval (maybe round)
  - Bottom Shape: Rounded
  - Lid/Door: None
  - Materials: unknown
  - Measurements: unknown
  - Where Carried: Apparently at the rear of the saddle
  - How Carried / Mounts: Unknown
  - Vertical / Tilt / Cross body: Vertical
  - Approx. Arrow Coverage: All but fletching
  - Arrowhead Direction: Down
  - Decorations: Crossed straps, chape at bottom, surface decorations overall, colored green on most.



Photo credit: gallica.bnf.fr / National Library of France

Basic Primer on the Crossbow

Taken from the class handout of
THL Paul Wickenden of Thanet



Drawing credits:
THL Paul Wickenden of Thanet
Photo Credits:
Mistress Chrestienne DeWaterdene

Introduction

While there are plenty of opinions about the crossbow, much of what you hear is based on prejudice rather than opinion. In this short class, 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. We'll also spend some time actually shooting crossbows.

The Crossbow: A Glossary

While crossbows come in a variety of forms, most period-style bows follow the same basic pattern and have the same parts:

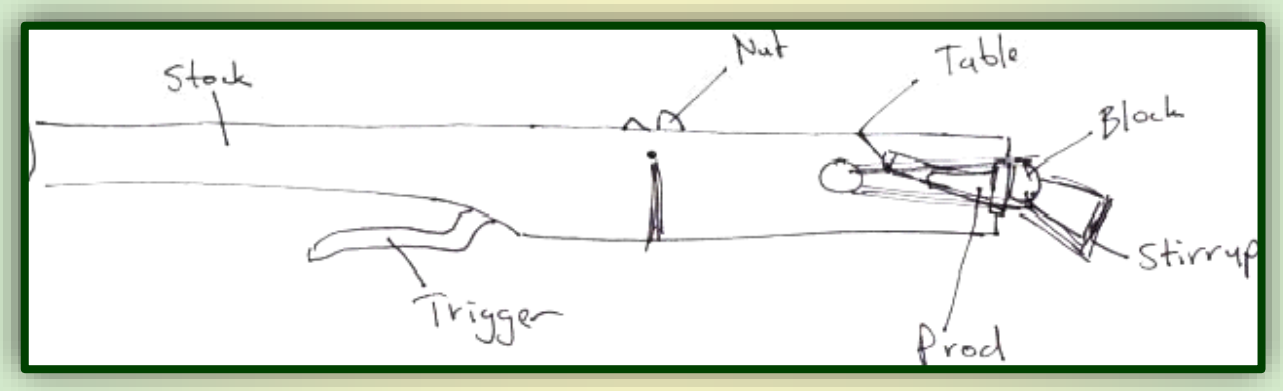
Stock – the stock is usually a single wooden piece (or a single piece with inlays) that serves as



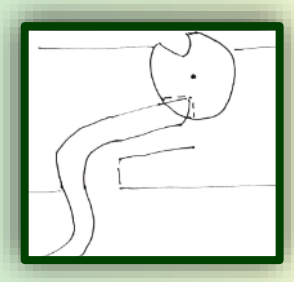
a permanent part of the crossbow. It's possible to break them, I suppose, but for the most part they aren't going anywhere. They can be made out of any number of hardwoods (cherry, ash, oak, and so on).

Prod – the prod is the "bow" part (i.e., the part with the string) and the business portion of the bow. 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 which is most prone to breakage. In period, prods were made of solid wood; laminated of wood, bone, and sinew; or iron. In modern days, most prods are made of aluminum (although steel or fiberglass is sometimes found) 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 while "spanning" or pulling the bow by putting their foot into the stirrup and pulling back the string by hand, or by using a winch with pulleys and rope.



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.



Trigger – sometimes also called a "tickler." The trigger is a bar of metal fixed into the bottom of the stock. On one side, it runs deep into the stock and catches on the groove on the underside of the nut. On the other side, 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 or may not 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 the following 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, place your 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) onto the claws of the nut. (Winches 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.





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 the bolt.
5. Repeat as necessary.

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, while it is held at the rear by the clip. The trackless bow is largely an Eastern European style (while the grooved, or "tracked" bow follows Western European fashions). However, in the SCA trackless crossbows are not allowed (rule V.A.).

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 stand, or else you run the risk of a misfire as the string misses the bolt. That means it takes longer to load. A scientific survey is lacking, but common sense would dictate that the bolt would probably shoot smoother (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 there is a great variety in their materials. Nuts can be made of wood, metal (usually brass), bone, or plastic:

- ***Wood –*** the 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 –*** brass nuts are sturdy and slightly more expensive. 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. Brass nuts LOOK nice.



- ***Bone –*** by far, the preferred material for the nut is carved bone. The problem is that bone is expensive (mostly because of the sheer agony involved in carving it to the correct shape), but bone is strong and lightweight. It has a nice clean release and it looks great. It's also a good period material.
- ***Plastic –*** while suffering in the period-looking department, plastic nuts conquer most of the other materials' problems. They are lightweight, sturdy, and cheap. Reinforced with a metal rod down its center, a plastic nut is as indestructible as just about anything (other than brass, of course).

- **Prods** – while period bows frequently had wooden or iron 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 usage. 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 spanning them, and rarely – if ever – when they are fully spanned or releasing).
- **Occasionally, you will see heavy steel prods**. These are the allegedly "unbreakable" prods – a nickname that is more an exaggeration of their longer lifespan than any reflection of the truth. They will eventually break as well. Note 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** (and 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 bow with an aluminum prod. Like any fiberglass bow, these prods need to be inspected for cracks and gouges that may

indicate a weakened state. When they break, it is a much more glorious affair than an aluminum prod, but it's also much easier to tell when it is about to happen.

- **Covered prods** –
  - **Most aluminum prods in the SCA are covered in rawhide. This was originally done for two reasons.**
    - First of all, it protects the prod from scratches and dents that could shorten its lifespan.
    - Secondly, the Society Archery Rule V.D.2 which reads: "Wooden or metal Prods such as steel or aluminum should have some form of safety straps, sleeve, or other method to reduce the chance of the shooter or a bystander being injured by a broken limb."
    - The problem with this second reason 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. However, some kingdoms still require rawhide wraps, it is largely out of excessive concern. A rawhide wrap is mostly aesthetic.

- **Sights** – if people who shoot "normal" bows have a distinct problem with crossbows, it is that sights are allowed on them in SCA shooting (as if marking your limbs on a longbow wasn't a form of sighting).
  - **There are two types of sights allowed:**
    - An L-shaped piece of metal with holes drilled in it.
    - And a "Flemish" sight, an adjustable brass circle with pinholes in it.
  - **Both are attached at the back of the stock.** The shooter aims through the holes of the sight to determine where to point the bow. I personally don't use them and have not noticed any significant advantage of having one.

Bolts

A few random notes about bolts:

- **In general, bolts are more finicky than arrows.** That is because they 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 either side and a third in between them at a 90 degree distance) is seen.** I prefer straight fletches myself, 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, they also tend to "fishtail" more frequently.

- **The major area of variation on bolt design is seen in choice of end caps.**
  - **Most crossbows do not fire nocked bolts.** Usually, the end of a bolt is simply flat, but bolts without any reinforcement on the end wear out quickly.
  - **The alternative is to attach some sort of end cap.** End caps can be metal (frequently large shell casings are used). These are sturdy but have a tendency to chew up the table of the bow unless very smooth.
  - **A lightweight alternative is plastic,** which I create on my bolts by attaching a standard nock to the bolt and then sawing off the ends to create a smooth surface to butt up against the string. An added advantage is that it is easier to fletch bolts in a jig if there is a nock on the shaft.

Some Common Myths

Finally, a few short rants about crossbows. When you have been shooting for a while, you get tired of hearing the same old stories about crossbows, usually told by people who really don't know much about them. I'll stick to only two popular myths in particular (although there are plenty more):

Crossbows Are Powerful – thanks to the movies, everyone thinks that crossbows are some sort of super-weapon. And for this reason, they are banned in some municipalities and archery ranges. I suppose that if you had a 450lb draw, you might actually be shooting with some significant power, but the type of lightweight bows we tend to shoot (in the 55 to 90lb draw range) just don't measure up. Folks will also point to how deep a bolt sinks into the target, while forgetting that the bolt is a lot shorter in the first place.

Let's talk some basic physics here. The energy behind the projectile is a result of at least two factors – the strength of the bow (measured in draw weight in our case) and the arc of the bow (measured in its length). The second factor is pretty important. After all, 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 measure up? A crossbow prod is roughly a third of the length of an average recurve or longbow and thus its available energy is probably about a *third* of the energy of a recurve with a similar draw weight. In other words, my 66lb crossbow has the equivalent firepower of a 22lb recurve! My example is a bit oversimplified, but you get the idea.

Crossbows Are Easy – this second complaint I often consider to be the "sour grapes" gripe of archers. They see a beginner crossbow shooter score some ridiculous score (like 15 points at 20yds) on their third time out and they start screaming foul. What they don't recognize is that that crossbow shooter spends a *long* time getting any better after that.

Crossbows are easier than bows on two fronts: they have a consistent pull and a consistent smooth release. The struggles that a beginning archer has with learning to hold, pull, and release the bow consistently are unknown to a crossbow shooter. However, crossbow shooters have other concerns (greater volatility of shots, temperamental release mechanisms, slower set-up and loading times, etc.). Shooting a crossbow may be easier, but shooting it *well* is just as difficult.

Conclusions

To conclude, I hope my little introduction to the crossbow has proved informative and interesting. It is hardly comprehensive. I've skipped by large sections of topics (for example, how to inspect a bow), but I'm hoping that this small piece is enough to whet your appetite and, at the least, help you understand a bit more about the crossbow

SAINT SEBASTIAN'S

The Closing of a Wonderful Chapter…

Article & Photos by: Master Janyn Fletcher of Lancastreschire

Hail and well met my Brothers and Sisters of the Bow, over 11 years ago my crazy idea of a populous shoot at Pennsic to showcase the "best of the best" from the archery community of the Known World was born. The intent of this shoot was for one purpose only, fun! Fun for all, new to our sport as well as those seasoned archers. As was previously written in a past article, you will not see me use the word "I" because this was very much a team effort and without this wonderful and fabulous team beside me the entire way, this shoot would never have been as successful as it was.

Countess Rowan Berran McDowell (Atlantia) was that catalyst that finally obtained the approval required for us to proceed after many "thanks but we will pass" rejections from prior Pennsic leaders when asking for permission to conduct the shoot. Without her steadfast support, Saint Sebastian's would have not been possible. The original intent was for Atlantia to kick off the shoot and then have it rotate through the Kingdoms so each Kingdom would take a turn at running it each year. We quickly realized that some Kingdom's archery programs were not quite as large or nimble as Atlantia's so we were asked to continue to support the event the next year. Somehow this continued year after year, and being the crazy archery nuts we are, we really didn't mind. As the years rolled on and it became harder and harder to find enough marshals, target station volunteers and supporters, it was becoming painfully evident that it might be time to think about ending the shoot. It wasn't a discussion I necessarily wanted to have, but felt we needed to have for everyone's sake. So with counsel of my archery peers we decided it would be better to end on a high note then to let this shoot fall off to a disappointment for the populous. The unwritten agreement accepted early on was we committed to ten years of Atlantia hosting the shoot. We are proud to say Atlantia kept our promise!



Saint Sebastian's 1, 2009
(Opening the line for the shoot)

In the last ten years we supported archers from all over the Known World, from Lords and Ladies to all levels of Royalty. On a few rare occasions we even had a few sitting Kings and Queens win awards for their own ranking class for participating in the shoot! It was quite rewarding to see TRM from other Kingdoms participating and enjoying a day on the course.



Black Palm footed custom award arrows for SSB 2 by Master Janyn Fletcher (2010)

Over these years we serviced over 4,000 archers in total, not all turned in scorecards for official score but they all registered to shoot. Over 325 total marshals assisted to make the shoots possible. We awarded 16 prize bows donated by private parties as well as some of the Pennsic vendors like Elkridge Archery. Award arrows made by myself, Lord Jonathan (Atlantia) and many others were also donated each year as awards, prize scrolls crafted by my wife Baroness Aemilia Rosa and Lord Geffrei Maudeleyne were donated a few years as well. Hand crafted leather items from the late Baron Christophe of Grey were also very popular.



His Excellency Christophe of Grey timing archers on one of the lines at SSB 5 (2014)

Our course of fire was typically 11 – 15 stations of various challenges to showcase the different styles of "novelty" shoots we develop for Atlantian archery shoots in a typical year. We selected a different theme each year such as, "Dungeons and Dragons", "The Silk Road", "Celtic Creatures" and this last year's theme was dedicated to the passing of one of our own "COG hunts in the afterlife." Target stations are then designed by volunteers to match that theme and the course of fire is laid out to provide a day filled with archery fun for all.



My registration staff Baroness Aemilia Rosa (middle), Lady Nichola Blackwell (Right) and Lady Reyne Telarius (left) SSB 6 (2015)

A typical shoot would require 30-40 marshals to run. This included everything from inspections, registration and scoring to line marshals and MIC. We tried to assure that all of our working marshals had a chance to rotate during the day so if they worked in the morning they could shoot in the afternoon and vice versa, although there were a select few very dedicated crazies I'm proud to call "friends" that you could not pull off the field for anything!



Master Janyn Fletcher inspecting youth archers at SSB 6 (2015)

In closing I would just like to again say thank you to the Pennsic leadership, and support staff that fed us, watered us and checked on us. To my own Kingdom and Barony that did the same thank you. To all of the Atlantian (and other Kingdom's marshals) that helped with this shoot, thank you! I know this time is your vacation too and this is why we decided that 10 years was a good stopping point. The kind and supportive comments we have always received from the populace is what kept us going along with the smiles and thanks that let us know everyone had a great time and we appreciate that. To whomever carries the torch next in whatever fashion it might be, I say do it with conviction and pride, treat your team correctly and most of all have fun!

In Service to our Dream

A most humble
Master Janyn Fletcher
of Lancastreschire

Comments from the Editor

While researching information for my own article, I had the pleasure of interviewing the wonderful folks who are taking on the Herculean task of ensuring that this type of novelty day does not end with the 10th anniversary of the St. Sebastian's shoot, THL Treya Min Teanga, and THL Miles de Locwode, of the Atlantian Archery Community.

The NEW "Ullr's Revenge: The Known World Novelty Day", will no longer be sponsored and hosted solely by the Atlantian Archery Community. In order for it to continue on into the future, ALL Kingdoms from the Known World are being asked to participate in order to carry this tradition forward.

If we all pull together, and each does a small part, then this will not only be manageable, but more successful than ever before. We all know many hands make for light work, and it takes many hands to make an event of this magnitude successful.

Many thanks to the Atlantian Archery Community for giving us this gem, and sacrificing so much in order for others to enjoy all the wonderful possibilities that are archery.

For more information about getting involved with next year's "Fire & Ice" themed novelty day please contact:

THL Treya Min Teanga, at
treya.minteanga@yahoo.com

or

THL Miles de Locwode, at
milesdelocwode@verizon.net

SSAC Rules & Scores

Fall 2019
Society Seasonal Archery Contest
Poll Results

⇒ The winner of the poll is "Golf" with 41 votes.

⇒ The competition will begin September 1 and end November 30.

⇒ The rules may be seen at the SCA archery scores site.
https://scores-sca.org/public/scores_rules.php?R=25&Shoot=396

⇒ **Results of the poll:**

1.	Golf	41
2.	Falling Leaves	32
3.	Matching	21
4.	Hit and Run	16
5.	Pop Cans	12
6.	Anti-FITA	9
7.	Gordian	8
8.	Total Distance	7

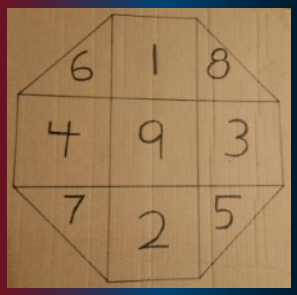
⇒ **Rules:**
The goal of the Golf Shoot is to hit all of the spaces. Your score is the total of the spaces that are left un-hit. This means that a LOW score is better.

⇒ **Distances:**
Fall/Spring: 25 yards
Winter: 20 yards

⇒ **Ends: There are two ends**
1. 9 arrows, un-timed
2. Timed 45 seconds

⇒ **Target:**
The target is generally the same for each season, the only thing is the dimensions are slightly different. Draw a Tic-Tac-Toe grid, then cut the corner squares in half diagonally to create an octagon. For the Fall/Spring the squares should each be 20cm (60cm total target width), for the Winter the squares should each be 15cm (45cm total target width). Lines should be fairly thick to be clearly visible.

⇒ **Scoring:**
Your score for each end is the sum of all the spaces that are left UN-HIT. Arrows breaking into more than one space (the white space itself, not the just touching the line) count in the archer`s favor (each arrow may only count toward one block). The blocks may be hit in any order for both the timed and un-timed rounds. There is no additional score for hitting a block more than once as your score is made up of the blocks that are not hit.



⇒ **Bonus:**
On the timed round, after successfully hitting all nine spaces, with your remaining time you may attempt the bonus to get a negative score. Hit each space a second time, counting up from one towards nine. This will score as that number but negative.

Example: Hit all blocks once in 32 seconds, with the clock still running use the remaining time to hit a second arrow in 1, 2, 3, and 4, this would score as -4 (highest consecutive number hit a second time). If the second hit on 2 missed, then it would only score as -1 even if the 3, and 4 were hit (highest consecutive number hit a second time was 1). Likewise, if when scoring you find out that the arrow you thought hit the 8 actually missed, even though you hit 1,2,3, and 4 a second time, your score is a +8 as per the normal rules as it was unhit.

This shoot was suggested by: Nate of Dun Carraig

Summer 2019
Society Seasonal Archery Contest
Poll Results

⇒ The winner of the poll is “Slots”, with 41 points.
⇒ The contest was run from June 1 to August 31.
⇒ The rules may be seen on line at:
https://scores-sca.org/public/scores_rules.php…

⇒ **Results of the poll:**

1.	Slots	41
2.	Wand	27
3.	Grouping	15
4.	Polka Dots	14
5.	Nottingham	10
6.	Pass Through	9
7.	Double Royal	6
8.	Tibetan	6
9.	Hit and Run	6
10.	Random Distance	4
11.	Tir Beursault	4

⇒ **Rules**

Arrow slots, also called slits or loops ,were re-introduced to castle architecture in the late 12th century. They allowed the defenders of a castle to shoot at the attackers, while giving them only limited exposure to enemy arrows and bolts. The early forms were a simple vertical slot.

These evolved into vertical slot with cross arms. This transverse opening allowed a wider field of view. However, the "X" formed by the cross made a good aiming point, like cross-hairs, for the enemy archers.

This evolved into a vertical slot with off-set cross arms. This still gave a wider field of view, but did not make such a good aiming point.

In the new Osprey book "The Longbow" by Mike Loades, on page 46, the author states that the offset transverse arms made it harder for enemy archers to aim to shoot through it and hit the archers inside. This competition is intended to test the validity of this theory. I may pass the results on to Mike Loades on Face-book.

⇒ For this Slot Shoot, the competition consists of three targets each representing a different slot: vertical slot, the cross arm slot and the offset slot.

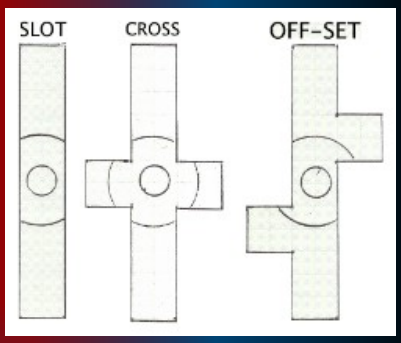
⇒ Please read the SSAC General Rules, as these apply to all SSAC shoots. Below are the additional rules for this specific shoot.

⇒ **Range:**
The distances are 20 yards, 30 yards and 40 yards. The Youth distances are 10, 15 and 20 yards.

⇒ **Targets:**
The slot is 4 inches wide and 24 inches high.

The cross arm slot is 4 inches wide and 24 high with the arms centered at 12 inches are 4 inches wide and 4 inches high.

The offset slot is 4 inches wide and 24 inches high. The arms are 4 inches wide by 4 inches high. The upper arm is placed on the right side and 6 inches down from the top. The left side arm is 6 inches up from the bottom. This leaves 4 inches between the two arms.



In each of the slots is an 8-inch diameter circle centered at the middle of the 24 inch-slot. Part of it is included in each of the two arms of the cross arm and off-set slots. Within this circle is centered a 3-inch circle. The 8-inch circle does not extend outside of the slots or arms. The 8-inch circle may contrast with the slot, but the 3-inch circle is the same color as the 8-inch and is only outlined. The slots may be either drawn on a larger surface or may be cut out to shape and mounted on their backstop. In the case of a cut-out, the target should contrast with the backstop. You may either use the plain circles or you may draw a face within the 8-inch circle and within the slot as well. If a face is used, the scoring circles must be plainly visible up close.

Summer 2019 Summer 2019 Society Seasonal Archery Contest Scores Cont'd

for scoring. If drawn upon a larger surface, the area outside of the slots may be made to resemble the stones of a castle wall.

You may use one target and shoot a single face from the three distances before changing the face and shooting the next distance. Or you may set up three targets with the three different faces for each round and shoot them from the three distances. If you have three targets set up, you may shoot all three faces before scoring to save time.

⇒ **Arrows:**
There are three rounds, each consisting of three ends of two arrows at each target face from each distance. A minimum of six arrows is needed to shoot the competition.

⇒ **Scoring:**
The 3-inch circle is 5 points. The 8-inch circle is 3 points. And anywhere else within the slot is 1 point. Arrows cutting a line count as the lower score. Arrows touching the edge of the slot count as zero points. There is a maximum of thirty points per end and a possible maximum total score of ninety points.

In order to compare the difficulty of hitting the different slots to test the validity of Mike Loade's theory, the scores for each slot type at each range must be recorded separately so that subtotals for each face at all its distances and a grand total for the SSAC score for each archer can be calculated.

Two printable score sheets are available, provided by Lord Cameron de Grey from Atlantia and Lord Randal of Camusfearna from West

⇒ **Statistics**:
Statistics are the reason Sir Jon requested that each segment of each slot be broken out and recorded separately. Now that scores are coming in here is a link to how the different slots are comparing to one another. The link for Slot Statistics can be found at: scores-sca.org

FINAL SCORES SSAC Summer 2019

Summer 2019 SSAC Participation was Down

PERIOD HANDBOW

	Name (Age)	Kingdom	Current
1	Konrad von Alpirsbach	Outlands	38.0
2	Alaricus Simmonds	An Tir	25.0
3	Sigmund Spelmann	Lochac	21.0
4	Patrick of the Quiet Woods	Outlands	18.0
5	Katherine Fox	An Tir	18.0
6	Eorann O`Connor	Outlands	16.0
7	Jamil al`Wadi	Outlands	14.0
8	Ubertino Nicolai di Fara San Martino	Outlands	12.0
9	Robin the Scarlett of Ambledune	Lochac	12.0
10	((Celina Nissim))	Outlands	10.0

PERIOD CROSSBOW

	Name (Age)	Kingdom	Current
1	Crispin Fletcher	Northshield	86.0
2	Paganus Grimlove	Caid	44.0
3	Eric Morrison	Outlands	25.0
4	Gladius the Alchemist	Middle	19.0
5	Kaitlyn McKenna	Ansteorra	18.0
6	Josep Gautrsson	Ansteorra	15.0
7	Katherine Fox	An Tir	11.0
8	Daffyd of Emmet	Outlands	10.0
9	Erasmus (10)	Outlands	6.0
10			

FINAL SCORES
SSAC Summer 2019
Cont'd

OPEN HANDBOW

	Name (Age)	Kingdom	Current
1	Dubhghaill Mac Gilla Easbaig	Outlands	33.0
2	Alaricus Simmonds	An Tir	29.0
3	Ulric of Ambledune	Lochac	28.0
4	Winfred of Heather-wyne	Caid	25.0
5	Bartholomew Reynold Codlin	Caid	24.0
6	Muldonny McVriw	Middle	24.0
7	Gwyneth Cole	Middle	24.0
8	Paul Stoddard	Caid	22.0
9	Jon Thomme de Clay-don	Caid	21.0
10	Damian Wolfhunt	Outlands	21.0

OPEN CROSSBOW

	Name (Age)	Kingdom	Current
1	Cirion the Left Handed	Middle	80.0
2	Arnbjorn Karlsson	Northshield	39.0
3	Josep Gautrsson	Ansteorra	12.0
4	Taliesin of Archenfield	Middle	6.0
5	Leo le firse	An Tir	5.0
6	Kaitlyn McKenna	Ansteorra	5.0
7			
8			
9			
10			

YOUTH

	Name (Age)	Kingdom	Current
1	Erasmus (10)	Outlands	7.0
2			
3			
4			
5			
6			

Spring 2019
Society Seasonal Archery Contest
Poll Results

⇒ The winner of the poll is “Tic Tac Toe”. with 53 votes.
⇒ The competition was run March 1 to May 31.
⇒ The rules may be seen at the SCA archery scores site.
https://scores-sca.org/public/scores_rules.php?R=25&Shoot=396

⇒ **Results of the poll:**
⇒ **Rules:**

1.	Tic-Tac-Toe	53
2.	Quarterly and Saltire	28
3.	Yin Yang	19
4.	Grouping	18
5.	Golf	16
6.	Pop Cans	10
7.	Anti-FITA	6
8.	Piety/Pride	6
9.	Total Distance	2
10.	Hit and Run	2

This is Tic-Tac-Toe, the common kids game turned into an archery shoot.

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

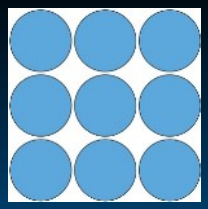
⇒ **Target:**

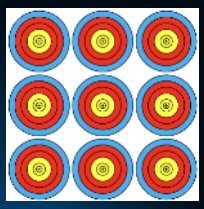
The target is nine 20cm circles arranged in a 3x3 square.

You may either purchase three ‘vertical 3-spot' targets and place them side by side, such that the horizontal spacing is the same as the pre-printed vertical spacing. These targets are available from numerous retailers, for example: Amazon, Lancaster, etc.

You may also hand draw the target, the circles should be exactly 20cm in diameter, with <5cm between them, ie 25cm on center.

Hand drawn target - Using vertical 3-Spot target





A large format printable version of the target has been provided by Wolfgang von Tolstat.

⇒ **Ends:** The shoot has four ends

1. 15 Yards - Untimed 6 arrows
2. 15 Yards - Timed 30 seconds
3. 20 Yards - Untimed 6 arrows
4. 20 Yards - Timed 30 seconds

⇒ **Scoring:**

The scoring is: 1 point per arrow hitting any circle. There is a bonus of 5 points for any "3 in a row" created. Each arrow may only count as hitting a single circle, however the circle hit may count towards more than one "3 in a row". Repeat hits to a circle count, ie all six arrows in one circle counts as 6 points.

A printable scoresheet has been provided by Thomas of Salisbury.

This shoot was suggested by: Miguel de Granada

FINAL SCORES
SSAC Spring 2019

The final scores are in for the Tic-Tac-Toe competition. The top ten archers in each division are listed on the next page. The complete listing of all archers for all divisions may be seen at: https://scores-sca.org/public/scores_current.php?R=25&Shoot=481

The top ten archers in the each of the five divisions; Period Handbow, Period Crossbow, Open Handbow, Open Crossbow, and Youth will be awarded two archery coins by Sir Jon as a token of their skill in the SSAC.

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 send Sir Jon a US Mail self addressed stamped business size envelope within thirty days of the end of each seasons contest. His address is: John R Edgerton, 7662 Wells Ave. Newark, CA 94560-3530. Please include your Scadian name, division, and score.

PERIOD HANDBOW

	Name (Age)	Kingdom	Current
1	Jamil al`Wadi	Outlands	97.0
2	Konrad von Alpirsbach	Outlands	96.0
3	Snorri skyti Bjarnarson	Aethelmearc	79.0
4	Alaricus Simmonds	An Tir	73.0
5	Miruska Lyubomyr	Aethelmearc	58.0
6	Ubertino Nicolai di Fara San Martino	Outlands	55.0
7	Kenneth le Beaman	Outlands	46.0
8	Bjarki Rikarðarson	Aethelmearc	42.0
9	Patrick of the Quiet Woods	Outlands	41.0
10	Marguerite fitz William	An Tir	39.0

PERIOD CROSSBOW

	Name (Age)	Kingdom	Current
1	Tymme Lytefelow	An Tir	73.0
2	Paganus Grimlove	Caid	72.0
3	John Buchanan	Ansteorra	66.0
4	Crispin Fletcher	Northsheild	60.0
5	Woody of Gwyntarian	Midrealm	60.0
6	Eric Morrison	Outlands	50.0
7	Wolfram Gottfried	Ansteorra	47.0
8	Dolan Madoc	Calontir	44.0
9	Daffyd of Emmet	Outlands	41.0
10	Toussaint de Caluwe	Northsheild	40.0

YOUTH

	Name (Age)	Kingdom	Current
1	Erasmus (9)	Outlands	45.0
2	Alexandra (11)	Outlands	16.0
3	((Jessica McLelland)) (8)	Outlands	12.0
4	Juliette du Parc (13)	Æthelmearc	6.0
5	((John Hammond)) (10)	Outlands	6.0
6	((Ethan Dille)) (12)	An Tir	4.0

FINAL SCORES
SSAC Spring 2019
Cont'd

OPEN HANDBOW

	Name (Age)	Kingdom	Current
1	Jamil al`Wadi	Outlands	93.0
2	Coel Hen	Ansteorra	73.0
3	Eric Morrison	Outlands	62.0
4	Dubhghaill Mac Gilla Easbaig	Outlands	62.0
5	Bartholomew Reyn-old Codlin	Caid	61.0
6	Seamus Rogan	Æthelmearc	59.0
7	Paul Stoddard	Caid	59.0
8	Daniel Larke del Glen	Outlands	57.0
9	Osmond de Berwic	East	55.0
10	Robin Greenwood of Arden	Caid	55.0

OPEN CROSSBOW

	Name (Age)	Kingdom	Current
1	Jonathas Reinisch	Atlantia	93.0
2	Gladius the Alchemist	Midrealm	73.0
3	John Buchanan	Ansteorra	62.0
4	Tymme Lytefelow	An Tir	62.0
5	Dolan Madoc	Calontir	61.0
6	Daffyd of Emmet	Outlands	59.0
7	Eric Morrison	Outlands	59.0
8	Winfred of Heatherwyne	Caid	57.0
9	Josep Gautrsson	Ansteorra	55.0
10	Taliesin of Archenfield	Midrealm	55.0



Teaching Archery to Children - Part 1

Article & Photos by Gabrielle d'Auvergne (M.K.A. Lorna Czarnota)

Like many adults who grew up in the 50s, 60s, and early 70s, my exposure to archery came in school, during a school-sponsored summer program when I was twelve. I don't remember much about the instructor, or the instruction, but I recall falling in love with the sport, or art as I call it. Never an athletic kid, I think it appealed to me because it was about me doing my best and improving my skill, not trying to win or be better than anyone else. When shooting, it was just me and that target. The only other thing I remember vividly were the bruises on my inner arm where the string kept thwacking me. I learned something from my teacher that I pass on to my students. "Girls' arms stick out more. Tuck it in. If you still get hit, make your own full length armguard", which I did.



My SCA "career" began in 1985 when a friend told me about a local feast. It didn't take me too long to get involved in activities, including something I had longed to do for many years since I was a kid, shoot a bow again. I moved up through the various levels of SCA archery, eventually all the way to Master Bowman before my real life career put too much distance between me and the SCA to maintain my score. I also became an archery marshal, assisting our local archery captain for many years. Somewhere in this time, and while going to college to become a teacher, I found a community education system with old high school equipment and a desire to hire me to teach a summer archery program for children.

It might have been 1992 or 1993 when I developed the program. At first, we had enough students and I had enough spare time to teach four groups of students for 14 days each and did so for a few years, but my time limits and the district's policy of no summer classes on Fridays have cut the program to 8 days with one group of students. I can tell you from experience, 10 days would be better, but the kids still love it and keep coming back year after year. I'm teaching the siblings of kids who aged out!

Before I forget, when I started working with the children of my SCA barony, other martial activities were not open to them. At one point, when the Kingdom of Æthelmearc was still a principality, I started the "Fletchlings," a legion of youth archers. I don't think anyone carried that on after I moved on.

I will share the program with you on a day to day basis

On to the nitty gritty of the program and how I run it, based on both my own experience as an archer and on my knowledge as an educator.

The Program 8 days, two hours per day.

Location: an elementary school field next to a tree line (so we don't have to be too concerned about safety from that direction, although deer and rabbits have popped out now and then and we watch for them). Most importantly, we have shade to wait in between rounds. The safety and well-being of the students is my responsibility.

The Students: I limit my ages to 9-16, although I have taken 8 year olds on request and allowed some students to return at age 17. The reason for this limitation is strictly due to equipment.

We have standard arrows to use, not matched in length for older, longer armed children, and bows that might be too heavy in pull for younger children, and many younger children have enough trouble just standing still, let alone standing still and releasing a 20-25lb bow.

The school did purchase "el cheapo" 10-15lb bows but they barely reach 10 yards, and the strings are terrible. In other words, I am confined by budget.

I limit my classes to 12 students and we shoot in lines of 4 or 6 depending on their needs. I have occasionally allowed an extra student or two. Smaller lines allows you to have eyes on all shooters.

Day One: Introduction

1. **Introduce yourself** - share your experience with the students and parents. This will give you credibility.
2. **Tell the students what to expect during your time together.**
3. **We will shoot everyday.**
    - We will go over the safety rules daily until they know them to my satisfaction.
    - You will learn methods I have developed over 25 years as a teacher.
    - We will also shoot fun targets and have a tournament.
    - I guarantee each child will get one bullseye by end of 8 days if they come every day and follow what I teach them.
    - More importantly, I promise they will become better archers.



- **We will shoot on the first day.** This is really important because for many kids, they signed up not even knowing there were rules and techniques, they just want to be like Robin Hood or Katniss Everdeen.

1. **Letter to the Parents:** Each family receives a copy of my letter. It has my contact information, experience, class dates and times, common non-life threatening injuries to expect (bruises, fletching cuts), what happens in class, behavioral expectations, what happens if weather is inclement, information on the art of archery and its importance to their child, and how to procure equipment for their child if they wish to bring their own.

- I mention, the school supplies equipment, but lots of kids go get their own after a day or two, and some come with their own the first day. All equipment they bring must pass, just as with an SCA marshal. Limbs, strings, arrows. It all gets looked at for fraying, cracks, and improperly matched equipment. In my mundane class, we do allow sights, triggers, and compound bows as long as they are set at 30lbs or less and no hunting tips or broad heads.

6. **The parents may stay or leave.** SCA rules may be different on supervision.
7. **Teach the safety rules, including how to put on an armguard.** All students must wear an armguard, as teacher I have to keep them as healthy as possible. armguards save against bruises, for the most part. They are taught that they bring the target out and put on the guards before each class.
8. **Get the kids shooting.**
    - **Notice:** No instruction on how to hold an arrow or a bow, or how to stand. Believe it or not, it's **not important on the first day**. **Safety, Yes!** But, touching and using the equipment is why they came to class. As long as the arrow is pointed in the right direction, all is well.
9. **I will have each student fire one arrow.** If I feel they are safe, I clear them to shoot the rest of their arrows.
10. **We will typically have time for about four rounds on the first day.** After the second round I don't need to watch each child shoot their first arrow. After the first day, we only do that with each new technique they learn. Make sure you give them appropriate breaks for bathroom, water, or just to sit and relax in the shade on very hot days.
11. **Clean up and put away equipment.**



My rules:

- Students can do whatever safe activities they want while waiting their turn as long as they are beyond a preset boundary.
- Honor matters. Kindness matters.
- Take care of the equipment.
- Follow the safety rules.
- I only had to remove one student in all my years because he refused to stop using foul language, spitting on the ground, and was discourteous to me and to other students. I'd say one in 25 years is a great average.

Shooting rules:

- I use what I learned as an SCA marshal.
- Hold means stop what you are doing.
- Clear to shoot means you can shoot.
- Nobody goes onto the field until the marshal says, "Clear to retrieve. "

Rules I have added as a teacher:

- No running on the field
- Don't just look for your arrows—help each other
- Never dry fire a bow—it puts stress on the limbs that is intended for the arrow
- Never fire straight up into the air—we spend a lot of time calibrating shots safely if we are shooting long distances and doing a clout shoot
- Never point an arrow at anyone—even if not drawn
- All bows are down if not on the shooting line—I don't have eyes in the back of my head and any movement of a bow puts me on alert.

Day Two

1. **The second day will often involve reviewing everything from day one.** Often someone new comes to class in the first few days. Regardless, we always review the safety rules.
    - Ask them questions like: "What does it mean when the marshal calls "HOLD"?" Etc.
    - Talk about the marshal's duties, and have the kids be the marshals throughout the sessions beginning on this second day.
    - They practice what I preach. I'm always there in the background, but whenever possible, they marshal each other.
    - They bring out the target and help clean up after class. This teaches them how to take care of the equipment.
    - The only thing I gave up doing was allowing students to string and unstring the bows due to time constraints.
2. **We do a warm-up round, or two, each day.**
    - Scores only count if they are bullseyes, because I use those to make up the tournament teams, it helps me put varying abilities on each team.
3. **Teach the parts of the bow and the arrow.**
4. **Teach about buying your own equipment**—what to look for, how to match equipment both to the archer and to each piece, etc.
5. **Our big lesson today is on how to stand.** Then we do a couple rounds practicing that. If they do well, we go on to finger position.
6. **Remember one or two ten minute breaks.**



Day Three

1. **Safety review.**
2. **Review how to stand.**
3. **Review or add fingers.**
4. **Warm-up round(s)**.
5. **Next: If fingers have been taught, teach shoulders.**
    - Many new shooters will draw with their elbows instead of their shoulders., making it look like they are going to throw a bowling ball, rather than pull a bow string. For many younger kids it will take time to build up these muscles.
6. **Take a break.**
7. **Introduce a fun target and have a fun shoot for the kids**.
8. **Clean up and put away equipment.**

Day Four

1. **Review safety only if needed.**
2. **Let the kids take turns as marshals.**
3. **Warm-up rounds.** (Warm-up rounds involve no coaching. Just let them shoot and warm up their muscles).
4. **One or two rounds reviewing stance, fingers, and shoulders.**
5. **I love doing peer-coaching, and so do the kids.**
    - Pair them up and place one line of child marshals a safe distance behind a shooter to watch how that shooter uses his/her stance, fingers and shoulders.
    - Then give the marshals a few minutes to take their shooter off to the side and discuss what they saw.
    - Then switch roles: shooters become marshals and visa versa.
    - This is a very useful tool. They learn about themselves by watching someone else, and it makes them aware of their own positioning.
6. **Today's lesson: The Draw and Anchor.**
    - By now, most students will have good form.
    - Some may still be unstable, but most will, if reminded, get their arms up and line themselves with the target.

- We will address stability later.

7. **Shoot a round or two with this new lesson.**
8. **Take at least a ten minute break.**
9. **Discuss the three Ps and two Cs of archery.**
    - **Persistence**: keep trying.
    - **Patience:** it doesn't happen all at once.
    - **Practice:** putting persistence and patience into action by shooting as much as you can.
    - **Concentration:** when on the line, the only thing that matters is shooting safely and well, leave all else behind.
    - **Consistency:**
        * Every time you change something, it will change your shooting.
        * New equipment takes time to get used to and break in.
        * New methods and techniques require practice.
        * It may seem like you shoot better instinctively, but once you train your brain and body to act as you want them to, it becomes similar to instinct.
        * We often learn things wrong, then we learn them right.
10. **Shoot a fun shoot if time permits.**
11. **Tell them what to expect next week.**
12. **Clean up and put away equipment.**

Day Five

1. **Do a quick review of the safety rules since the kids have had a weekend off.**
2. **Do a warm-up round or two.** They should be able to remember what you taught them previously. It's okay to remind them that it's part of the "Consistency" piece. I will even tell them that in order to be able to learn the new lessons, they should be able to act on what they've learned so far.
3. **After thee warm-ups, you can do a peer coaching round, or move on.**
    - Peer coaching here will help them all remember, feet, fingers, shoulders, and draw and anchor.
4. **Today's lessons: Stability and release.**
5. **Stability demonstrate with your wobbliest student.** (See my techniques in the December issue for how I do this).
    - The goal is to not look like you are trying to fly every time you shoot. I jokingly call this "ballet archery."
    - Archers should look, and feel, like a pole is going through the top of their head into the ground and after they shoot they should still be standing in that position. This takes time to build those muscles.
    - Part of the lesson is also making sure they don't move their feet every time they load a new arrow. You cannot teach aim if their position is inconsistent.
6. **Release.** Gloves and tabs help with smooth release but our equipment doesn't include these.
    - Some students buy triggers, but I encourage them not to. I believe they should learn to release smoothly before they buy a device that does it for them.



    - When I was shooting in the SCA, they were not allowed. I teach my students to freeze after they shoot.
6. **Shoot some rounds practicing the new lessons.**
7. **Do a fun shoot or two.**
8. **Clean up and put away equipment.**



Day Six

1. **Warm-up round.**
2. **Peer coaching or teacher coaching, or both.**
    - You are watching for it all, fingers, feet, shoulders, draw, anchor, release, stability. For the students in my class, this is their last day of instruction.
3. **Today's lesson: What they've all been waiting for: Aiming.**
    - Aiming is about calibrating, being consistent in form so you know where your starting point is, and adjusting .
    - Shoot at least one round where the students each shoot one arrow, telling you where they were aiming, then help them learn to adjust by telling them where to move their aim, have each shoot a second arrow doing this.
4. **Do a few practice rounds on aiming.**
    - Make sure they are not losing the other lessons while doing so.
    - This is where students will be tempted to fall back on old ways because they will most likely not be as accurate when they aren't being instinctive.
    - Remind them, their aiming will teach their muscles what to do the right way and it will be more accurate after they practice.
4. **We try to get in time with all the fun shoots that will be in our tournament by the end of this lesson.** I usually **keep one super secret target** aside for our last day.
5. **Clean up and put away equipment**

Days 7 & 8

These are my tourney days. You really can teach an 8 or 9 year old child who has never shot before to shoot well in 6 lessons! But when we had 10 days, with 8 being lesson days, I did find they shot much better and we were more relaxed with our schedule. Therefore, I recommend 8 lessons minimum.

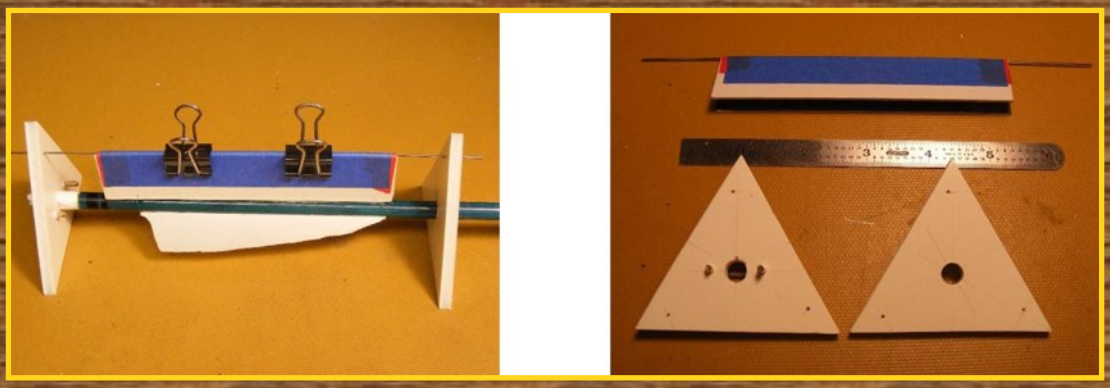


Stay tuned…

My teaching techniques will be in the December 2019 issue.

Preparing a simple, inexpensive, 3-fletch Fletching Jig

Instructions & Photography
by Patrick of the Quietwoods
(M.K.A. Patrick Thompson)



Materials

- 3/16" Foam Core (3"X6" minimum)
- 1/16" Mat Board (1"X5" scraps)
- 0.032" Music Wire, (~8" piece)
- 10 gauge Wire, (~3" piece)
- Masking Tape

Tools

- Paper Clamps, (2)
- X-Acto Knife (or equivalent)
- Needle Awl
- Straight Edge, (Ruler)
- 3/32" drill bit
- 5/16" drill bit
- Power drill
- Pliers or hammer

  (to bend the Nock Positioning Piece)

Nock Positioning Piece:

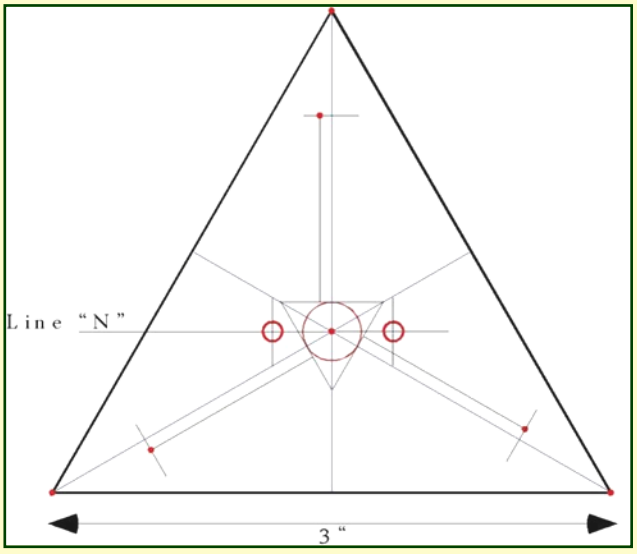
- (10 gauge wire, or 0.100" dia)

This should be bent so that the two ends (legs) are parallel and about ½" long. Prepare this piece first to determine where to mark and drill the foam core Stand Pieces. The holes will be drilled on either side of the center hole, along line "N"



Preparing the Stand Pieces: (2)

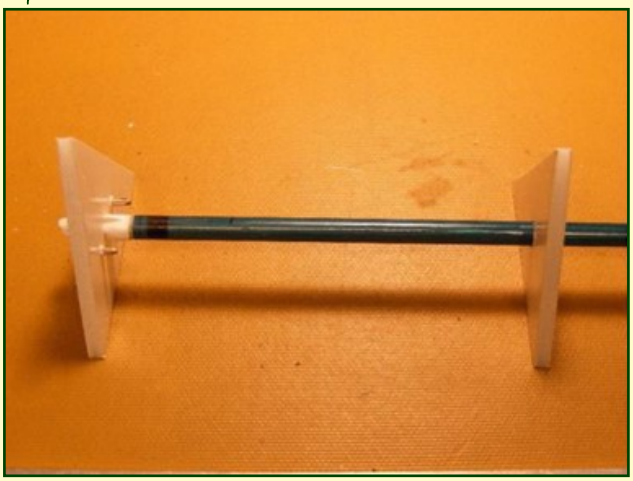
Use a needle awl to transfer the drawing below. Pierce at red dots, or lay-out drawing directly onto the Foam Core.



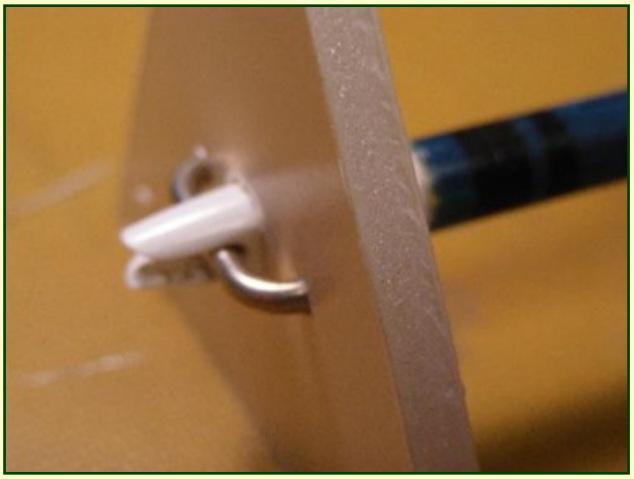
**Note: I choose to angle the fletches slightly to cause the arrow to spin more in flight. If you like straight fletches (less spin in flight), then pierce the pieces on the center lines instead of the offset line. The Stand Pieces face each other when placed on the arrow shaft.

Cutting the 3/16" foam core material (Stand Pieces)

Use the heavy mat board, Clamp Parts together then cut. This is easiest to do with a very sharp X-Acto knife, box cutter, or mat board knife. Do the cutting over some cheap cardboard to protect both the work surface, and the knife tip.



Drill the 5/16" central arrow shaft holes with a sharp wood bit, high rpm and light pressure is best, and remove the wad pieces as the layers rip free. Metal bits will leave a more ragged or fuzzy edged hole.



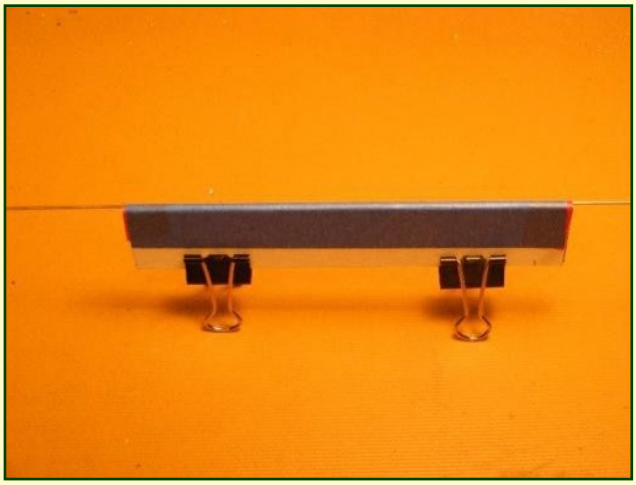
Drill the 3/32" holes for the Nock Position Piece.

Pierce the holes for the clamp alignment completely through the Foam Core.

Preparing the Fletch Clamp Piece

Align the two pieces of 1" x 5" mat board and apply paper clamps. Place the music wire centered along the edge.

Apply tape over it to secure the wire, and hold the mat Board Pieces together.

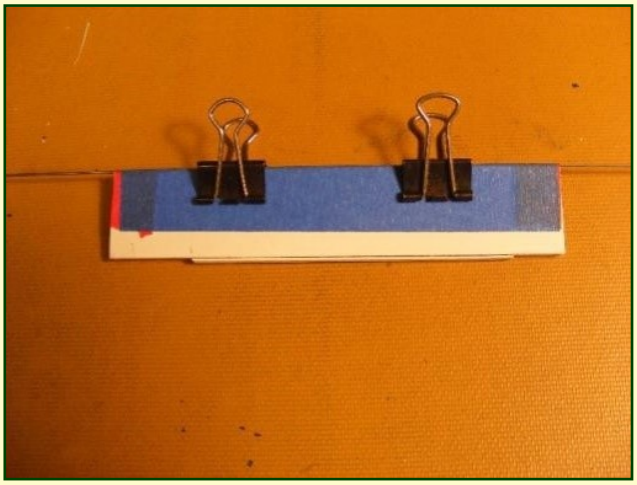


The fletching is held by opening the hinge formed by the tape, placing the fletch between, and clamping over the hinge.

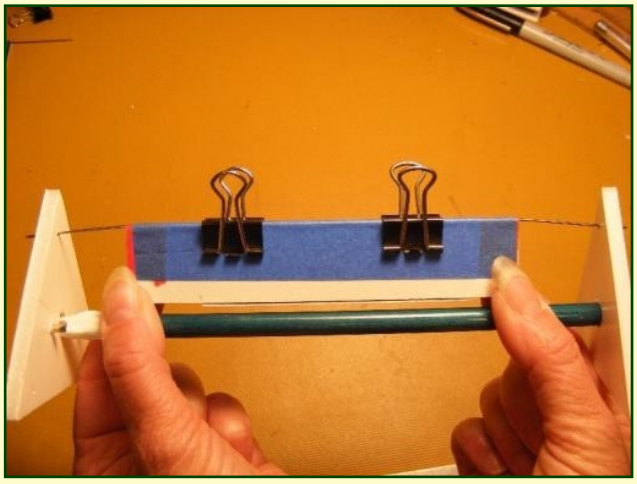
Dry fit pieces to check for alignment before gluing. The wire is flexible enough to hold the fletching above the arrow for placement.

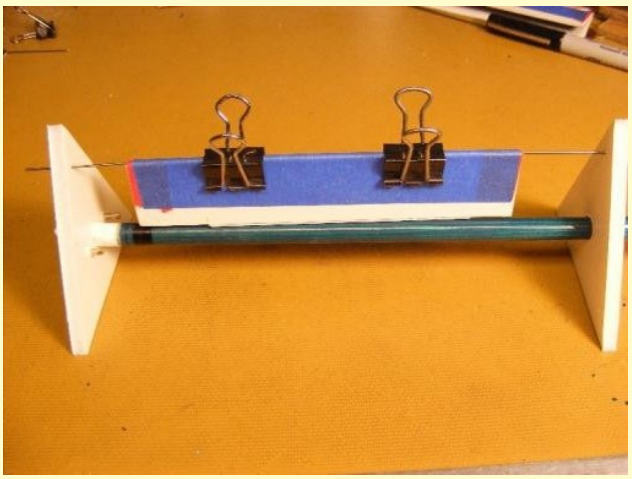


Alignment marks on the Stand pieces and the shaft will help with placement.
Apply glue along the exposed edge of fletch and set into desired position.



After the glue has dried, remove the paper clamps from the Fletch Clamping Piece, and remove the Fletch Clamping Piece from the Stand Pieces. Rotate to the next position, and repeat with the next fletch.





Preparing the fletching:

Prepare a template from some of the mat board. This is placed over the feather, and the feather marked with a Gel- Pen, a metallic color will show on both light and dark colored feathers. The feather is then cut with scissors.





Making 2-fletch arrows:

To prepare 2-fletch arrows; after the first fletch has been attached, remove the paper clamps from the Fletch Clamping Piece and rotate the arrow in the Stand Piece so the nock position has been rotated 180 degrees. Add 2nd fletch while in this position.

Modifying the jig to make 4-fletch arrows:

The jig will need two more holes drilled to shift the position of the Nock Positioning Piece by 90 degrees; holes above and below the center hole on the center line of the Stand Piece.

Quivers & Quarrels

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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, or .txt 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 .tiff, 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 recommended.
- 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 Managing Editor, at qqchronicler@gmail.com

Submission Deadlines

December 1, 2019
December A.S. LIV

March 1, 2020
March A.S. LIV

June 1, 2020
June A.S. LV

September 1, 2020
December A.S. LV

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