

NOVEMBER 2020 (AS LIV)



THE
DRAGON'S
TONGUE

BEING THE OFFICIAL NEWSLETTER OF THE BARONY OF DRAGON'S MIST



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November 2020

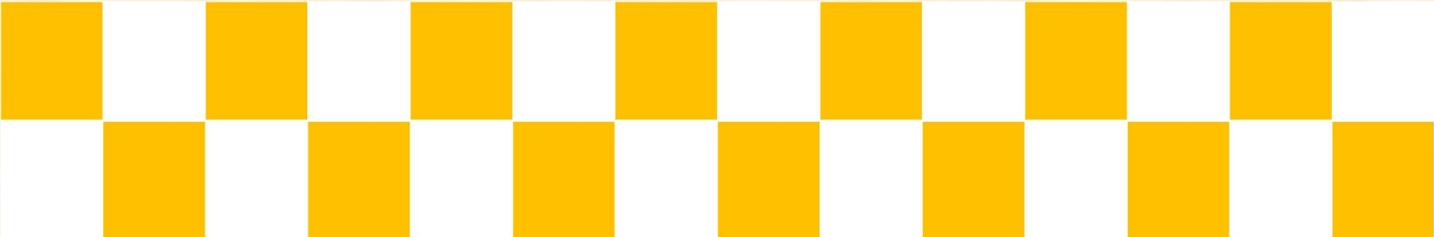
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11-2

Busnies Meeting

Sundays

Pell and Form Practice at home. Doing something else to keep in fighter shape? Send your updates to dragonsmist.chronicler@antir.org



The SCA prohibits harassment and bullying of all individuals and groups.
Harassment and bullying includes: but is not limited to the following:

Offensive or lewd verbal comments directed to an individual

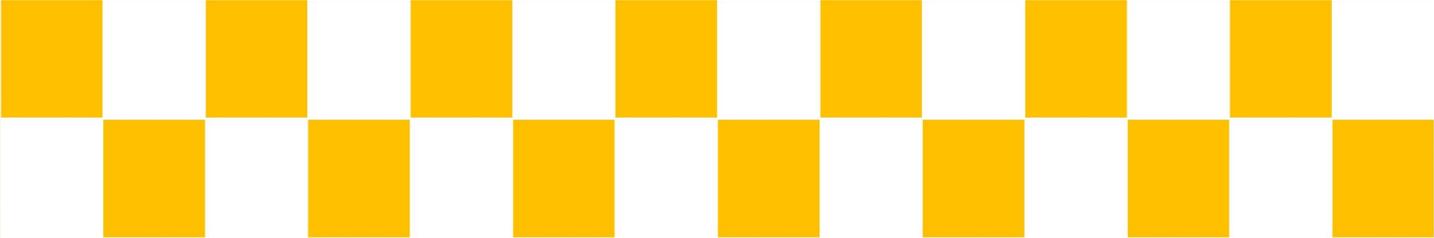
The display of explicit images (drawn or photographic) depicting an individual in an inappropriate manner; photographing or recording individuals inappropriately to abuse or harass the individual.

Inappropriate physical contact: unwelcome sexual attention or retaliation for reporting harassment and/or bullying.

Participants violating these rules are subject to appropriate sanctions.

If an individual feels subjected to harassment, bullying or retaliation, they should contact a Seneschal, President of the SCA or the Kingdom's Board Ombudsman.

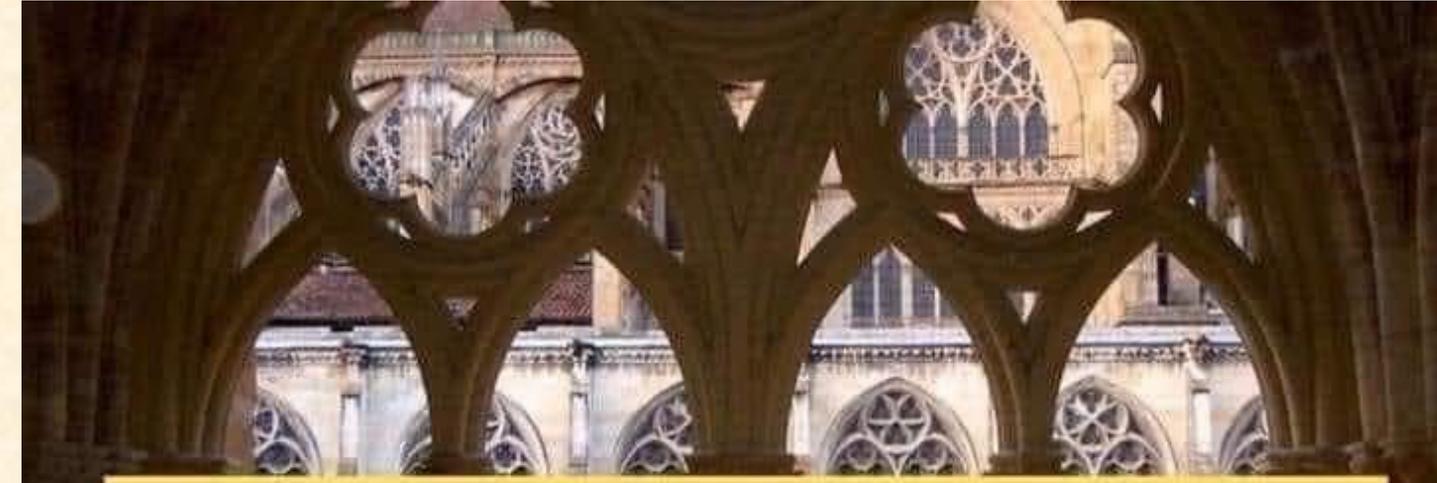
If a participant of the SCA becomes aware that someone is being harassed or bullied, they have a responsibility pursuant to the SCA code of conduct to come forward and report this behavior to a Seneschal, President of the SCA or Kingdom's board Ombudsman.



This is the November 2020 issue of the Dragon's Tongue, a publication of the Barony of Dragon's Mist of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Dragon's Tongue is available from Taylor Ginder at dragonsmist.chronicler@antir.org. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies

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SCA EVENTS ARE FOR HISTORY AND FUN.
IF YOU VIOLATE OUR CORE VALUES
YOU MAY BE ASKED TO LEAVE.
#CHIVALRYISCOURTESY

BY BEING HERE YOU AGREE TO:

- Act in accordance with the chivalric virtues of honor and service;
- Value and respect the worth and dignity of all individuals;
- Practice inclusiveness and respect pluralism and diversity;
- Promote a safe and respectful environment for all SCA events;
- Act with transparency, fairness, integrity and honesty;
- Be a responsible steward of SCA resources; and,
- Be committed to maintaining the trust of its
members and participants.

IT IS THE EXPECTATION OF THE SCA THAT ITS MEMBERS
AND PARTICIPANTS, IN ALL EVENTS AND ACTIVITIES OF
THE SCA, WILL CONDUCT THEMSELVES IN ACCORDANCE
WITH THESE TENETS.

[http://socsen.sca.org/updated-statement-of-core-values/
equity@sca.org](http://socsen.sca.org/updated-statement-of-core-values/equity@sca.org)

CORE VALUES ARE OUR CODE OF CONDUCT

The Barony of Dragon's Mist Business Meeting

Monday, October 5, 2020

Meeting started at 7:06pm

Words from Their Excellencies

The past month has been mostly bookkeeping, and contacting people who were holding items for Jose and Ana to pass along to the new Excellencies.

They are looking for events for next year. Please feel free to contact Their Excellencies and the Seneschal if you are. Also, if you know of any good event sites, please let them know.

They now have the largesse items at their house. They are looking for a largesse coordinator to catalog and track, not necessarily take over physical ownership. If you are interested in the position, please let them know. They do need more largesse.

HL Ilariya confirmed she has handed over all the Baronial largesse to Their Excellencies. She encouraged people to sign up to be the new Largesse Coordinator.

Officer Reports

Seneschal – Thank you for keeping our social media spaces welcoming and polite.

All An Tir events are still cancelled through January 31st 2021,

We have several officer positions expiring at the end of the year, per our customary.

Some of these positions were not occupied until after the normally scheduled time. If we would like to waive the required changeover, a vote is required. If you are interested in one of these positions, reach out to their Excellencies, myself, and the current officer.

Chatelaine

Pursuivant

Marshal

Seneschal

Revels Coordinator – I am seeking a replacement to fill the role as Revels Coordinator.

She received an email from the Beaverton City Council indicating that our current site for Revels is being looked at being demolished for low-income housing. There may be another site available that is currently under construction. If not, we will need to find a new spot.

Marshal – Nothing to report for the month of September.

I would like to thank HL Rashida bint Yusuf for their interest for the Target Archery Marshall deputy position. After discussing with the Seneschal, I am happy to accept and appoint them to their new position.

If you would like to take over as the Baronial Marshal, which comes available at the end of the year, please contact him. He thanked Rashida for being willing to take over the Target Marshal position.

Target Marshal – Nothing to report, but another Archery 101 article was submitted to the Dragon's Tongue for at home education.

YIS!

Rashida

She looks forward to seeing the next issue of the Dragon's Tongue. She only saw the August issue online. She should have an article in the next issue.

Arts & Sciences – As we continue to find our balance in this socially distanced SCA, I will be starting up monthly A&S meetings on the at 7pm on the 3rd Sunday of every month beginning October 18. Meetings will be held via Zoom and more details will be forthcoming as the class schedule gets nailed down.

Sincerely,

Gregorio Cristovalez de La Vega

We are currently working out the details of what the first online A&S class is going to be. Right now it looks like either a history of mathematics or the first in a series on period uses for bias tape. He will be announcing the class shortly. If people have A&S classes they would like to host, but need to host on different days, please let him know.

Pursuivant – She would like to remind people that the Barony has a ton of heralds who can help with registering names, devices, badges, etc. The SCA has increased the number of items allowed to be registered per individual to 10. She and her deputies have gone to a number of classes to learn new things.

She will be moving out of the Barony tomorrow. She intends to continue to be active in the Barony, and is willing to be the contingency deputy if someone else would like to take over the position.

Web Minister – Hello All,

My most sincere apologies for the delay. Due to my wife confusing health issues

I once again wanted to call out everyone's ongoing support, and thank Curtis in particular, for picking up what I'm unable to do during this trying period.

Yours in Service,
Kiarr

He is going to continue to rely on his deputy for the time being. If anyone needs support, please include the deputy web minister in your emails. The Seneschal thanked the Deputy Web Minister, as well.

Chatelaine – Hi all:

I hope this finds you all well.

I have nothing new to report for the chatelaine office.

Please feel free to contact me if you have any questions.

Yours in Service

Ilariya

Discussions

We are looking for event stewards or staff volunteers for our regular events: Carnevale, Boar's Head, and Champions.

Past Events

No discussion

Upcoming Events

Their Excellencies and the Seneschal would like people to volunteer for next year's events, or to suggest possible event locations.

Old Business

New Officers - Because the Dragon's Tongue, with the Letters of Intent for the open positions, has not been published, we cannot hold a vote on our new officers at this month's

meeting. The Seneschal is going to double-check, but he is pretty sure that the requirement to pre-publish in the official newsletter is not something that can be changed.

New Business

Customary Committee/Social Media Officer - The Baron is looking to set up a Customary Committee, especially in regards to setting up a Social Media officer. Please contact him if you are interested in taking part.

Champions Event 2021 – The Baron would also like to talk to people about having a Champions event. The Seneschal said he has a great idea for a tournament.

Kneeling Pillow Container - The Baron would like a container created for the Baronial kneeling pillow. If you are interested in creating a weatherproof container for it, please contact him. Dame Lissette discussed the history of the Baronial kneeling pillows.

The meeting ended at 7:23pm

Archery in These Modern Middle Ages – Archery 101: Focus on Form

By HL Rashida bint Yusuf, Senior TAM, DM Youth Archery Marshal

... featuring an MS Paint illustration by Rashida

The archery range has been various flavors of open and closed during the plague times, and as I write this article, it is currently closed due to literally off-the-charts bad air quality. Even though we may not be able to get to the archery range, there are still useful things we can do remotely, like focus on having a consistent form while shooting.

Why bother practicing your stance without any “real” equipment? In archery, we strive for consistency. If almost everything about our shoot is the same, then it becomes easier to improve a single variable and see results, such as where we aim. In a perfect world, it would be easy to nudge our arrows closer to the bullseye, and to William Tell every good shot!

The emphasis is on consistent form, not necessarily on using a specific form. If you stick to a few general ideals and find something that feels comfortable to you, then your body will be ready to reach for that comfortable form every time. Like yoga, archery is a practice—we need time to grow into body movement and to get used to feeling our alignment.

You need:

- A line on the ground (real or imaginary)
- Something to focus on in the distance as your pretend target
- Something stick-like to hold (e.g. your bow, a remote control, a pencil, a broom, etc.)
- Optional: A buddy (plague-allowing), a mirror, or body awareness

Safety reminder: We’re about to talk about practicing your form indoors. I do not recommend dry firing your bow (if you use one) or firing ammunition indoors.

Procedure:

1. Imagine your pretend target’s location and straddle your line on the ground, with one foot on each side of the line. Straddling the line is standard practice at any SCA shoot, for those who are able, so get used to it when you practice. Typically, if you hold the bow in your left hand, your left foot will be on the side of the line closer to the target.

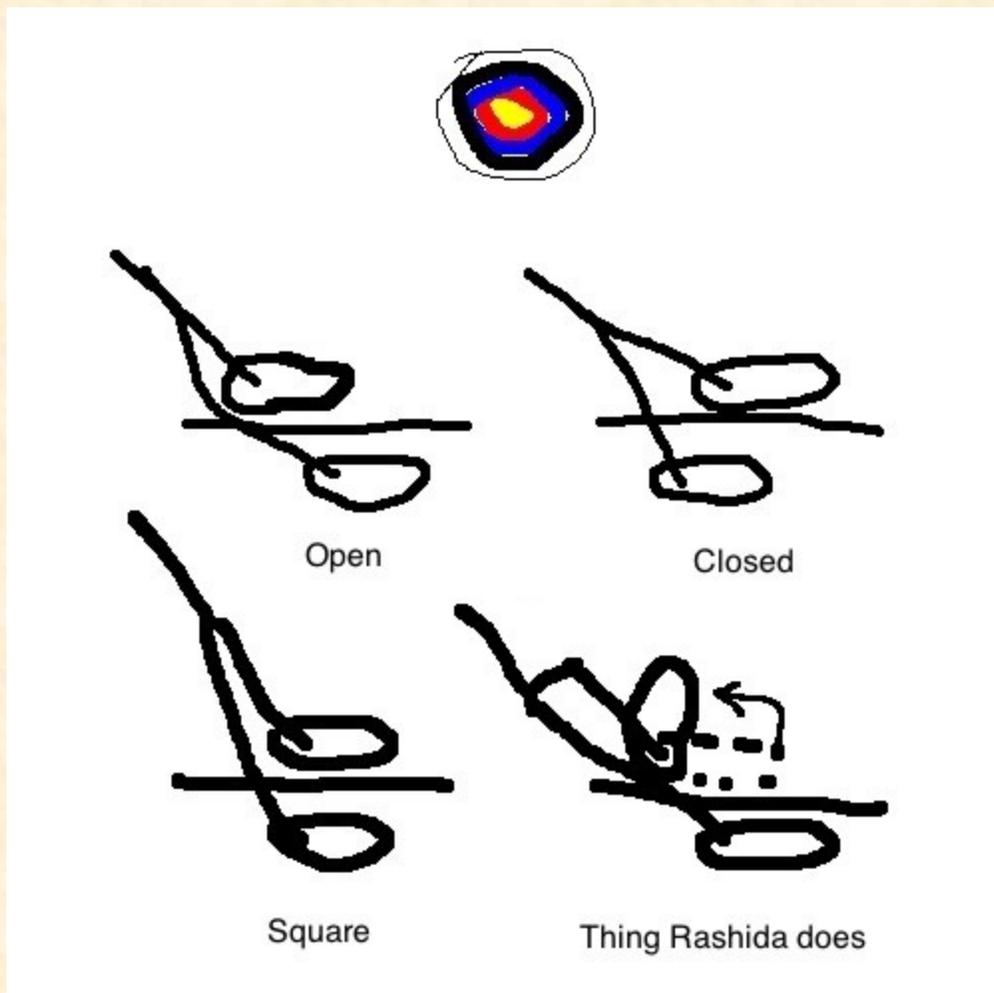
Likewise, if your right hand holds the bow, the right foot will be closer to the target. From there, your stance is up to you, but the fundamental principle is that your foot position influences how your body faces the target, and if you go off-balance, your body will naturally drift back to a position relative to your feet. Having your feet in the right spots ensure that you are subconsciously re-balancing your center in line with the target. Some foot positioning options include:

a. Open stance: Feet on either side of the line, then move your front foot backwards so your hips are open to the target.

b. Closed stance: Feet on either side of the line, then move your front foot forwards so your hips are closed (facing away) to the target. It's not a large movement; just shifting the toes of the front foot slightly ahead of the toes of the rear foot.

c. Square stance: Feet on either side of the line, feet in line with each other.

d. Rashida's Thing: I was incredibly lucky and honored to have my "Grand-Goose", HL Archos Daniel of Moncrieffe, teach me the fundamentals of target archery. He taught me to line up the heel of my back foot with the arch of my front foot. Then, rotate my front foot to point downrange, so my front foot is perpendicular to my back foot. I like it because having one foot pointing down the firing line and the other downrange helps me center my balance.



2. Stand up straight. Your hips should be over your feet, and your head should be turned toward the target, centered over your shoulders. Relax your knees to act as shock absorbers and allow your weight to balance evenly between your feet. When you hold your bow arm up, it should be at about a right angle to your body and pointed downrange. Finally, and this can be hard to do, relax your shoulders down.

a. Standing up straight isn't something everybody (or every body) is used to doing. A visualization I learned in yoga is to picture yourself like a puppet with a string coming out the top of your head. Imagine that string being pulled up, and let your head and center line follow that upward movement.

b. When working on relative body positioning with your torso, shoulders, and arm, I used to think of it in terms of muscle memory, but Grand-Goose Daniel told me to visualize it as bone memory instead. It's not about how the stabilizers hold the arm in place, etc., it's about how the arm itself is held.

3. Now that your feet are planted, your body is straight, and your bow arm is out in front of you, it's time to think a little more about your bow arm. When you're holding it out at a right angle from your body, try not to lock the elbow. Rather, you need to rotate the point of your elbow away from your midline, i.e. away from the bow string, so that your elbow crotch (is there a better word for that?) faces in. You're not bending the elbow away, you're rotating the elbow out.

4. When you grip your bow, hold the grip in the fleshy part of your hand, in line with the thumb, and cradle it there. A big problem I'm still having is my tendency to "choke the bow". I grip it like my life depends on it, which it doesn't (not even in combat archery!). Cradle the grip with a gentle hand, and trust it will stay in your hand because you're pulling back on the string. Keep your wrist neutral.

5. Use your buddy, the mirror, or your own body awareness to check out what you're doing. Feel how you're standing. Try to get back to this place consistently!

6. If you have a bow, you can also practice drawing the string after you re-read the safety reminder. Anchor your draw in the same place every time, and you can use a part of your face for consistency. Anchoring points can vary with draw length, how arms work, and different people, for example:

- a. Draw the bowstring to your lips
- b. Draw the bowstring to the corner of your mouth
- c. Hold your hand next to the point of your jaw bone
- d. Feel the back of your wrist against the base of your ear

Until we meet on the range again, practice consistent form, and I'll do the same.

Rashida bint Yusuf, GdS, SG is a kiera in 16th Century Istanbul, the daughter of Sephardic Jews who fled the Spanish Inquisition. She is also a Yeoman who likes to shoot things, usually while wearing armor.

Amanda Koppel has a Ph.D. in entomology, and uses it to do agricultural field R&D on novel pesticides in Oregon and western Washington. Ask her about that thing crawling in your tent!

Regnum



Baron & Baroness

HE Sir István Gyóri Ulfredsson

HE Mistress Idonia Sherwod



Seneschal

Sir Nicolas Rabenis Von Tachov

Dragonsmist.Seneschal@antir.org

Deputies of the Seneschal



Contingency Deputy to the Seneschal

HL Gundahar Holtzsson



Revels Coordinator

L Magdalena Castillo de Guzman

Dragonsmist.Revels@antir.org

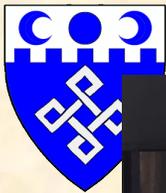


Scribe

L Dangereuse de Perigeux

Dragonsmist.Scribe@antir.org

Deputies of the Scribe



Contingency Deputy Scribe

HL Mairghread inghean Dubhghaill mhic Cainnich



Deputy Scribe

Open



Dance Minister

HL Ignatius Rieger von Wolfratshausen

Dragonsmist.Dance@antir.org



Explorer

L Adele Marie Purrier

Dragonsmist.Explorer@antir.org

Open Positions: YAFA Kingdom Coordinator, Family Activities, Deputy Scribe

(Interested applicants, please contact the Seneschal)



White Dragon Pursuivant

Dame Lissette de la Rose

Dragonsmist.Pursuivant@antir.org

Deputies of the White Dragon Pursuivant



Silent Herald
Ragna Valska



Name Heraldry
Maral of Dragon's Mist



Field Heraldry
Dragomira Skomorokhova



Chancellor of the Exchequer

Sevast'iana iz Tuman Drakonov

Dragonsmist.Exchequer@antir.org

Deputies of the Exchequer



Contingency Deputy to the Exchequer

HL Alexander Scot



Chamberlain (Interim)

Aoife Inghean Niall

Dragonsmist.Chamberlin@antir.org

Deputy of the Chamberlain



Deputy to the Chamberlain



Gold Key

HL Margaret Fae

Dragonsmist.Goldkey@antir.org



Marshal

L Velinn Rulavson

Dragonsmist.Marshal@antir.org

Deputies of the Marshal



Contingency Deputy to the Marshal

Master of Defense Eoghan ÓBriain



Rapier Marshal

Master of Defense Eoghan Ó Briain

Dragonsmist.Rapier@antir.org



Archery Marshal



Dragonsmist.Archery@antir.org



Youth Archery Marshal

HL Rashida bint Yusuf

Dragonsmist.YouthArchery@antir.org



Youth Armored Combat Marshal



Thrown Weapons Marshal

Dragonsmist.ThrownWeapons@antir.org

**Open Positions: Lists Minister, Youth Combat Marshal,
Thrown Weapons Marshal, Archery Marshal**
(Interested applicants, please contact the Seneschal)



**Minister of the Arts &
Sciences**

Maestro Gregorio Cristovalez de la Vega

Dragonsmist.Artsnsoci@antir.org

**Deputies of the Minister of the Arts &
Sciences**

Open Positions: Contingency Minister of Arts & Sciences
(Interested applicants, please contact the Seneschal)



Chronicler

L Livi Astrajord

Dragonsmist.Chronicler@antir.org



Contingency Deputy

Open



Web Minister

Kiarr Olksiv Sin Volkov

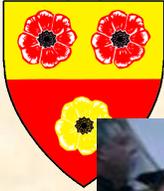
Dragonsmist.Webminister@antir.org



Deputy Web Minister

Karga Voronoi

Open Positions: Grete Book, Librarian
(Interested applicants, please contact the Seneschal)



Chatelaine

HL Ilariya Charmain Litomerice

Dragonsmist.Chatalaine@antir.org

Deputies of the Chatelaine



Deputy Chatelaine

L Magdalena Castillo de Guzman



Demo Coordinator

Dragonsmist.Demo@antir.org

Open Position: Demo Coordinator
(Interested applicants, please contact the Seneschal)

Champions



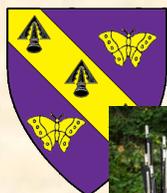
Heavies Armored Combat Champion

Sir Nicolas Rabenis Von Tachov



Rapier Combat Champion

Master of Defense Eoghan ÓBriain



Archery Champion

HL Aibinn ingen Senhain hui Neill



Thrown Weapons Champion

L Donatella Donatelli



Arts & Sciences Champion

Magdalena Castillo de Guzman



Bardic Champion

Braennan MacEarnan

AKA Braennan the Misguided



Youth (Senior) Champion

Elsbeth inghean Eoghain



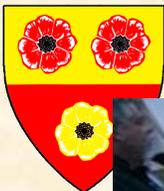
Youth (Junior) Champion

Hrefna

Sergeants

The Sergeantry of Dragon's Mist consists of the positions of Sergeant, Yeoman, Gallant, Lancer, and Courtier. They have been developed to allow individuals the opportunity to demonstrate the martial prowess, commitment to service, pursuit of the arts and sciences, and dedication to the chivalric qualities and developmental ideals esteemed within the Society for Creative Anachronism. The goal of the Sergeantry is to provide experts within the Barony and throughout the region who exemplify one's commitment of service to the populace of the Barony.

The Sergeantry should be worthy of respect as ambassadors for all who they interact with and particularly serve as mentors for newcomers to the society. We hope to establish a tradition as vital contributors to the social and educational aspects of the group in addition to the customary military duties. The Sergeantry is responsible for the security and safety of the Barony and will serve as the Honor Guard for the Coronets in battle and in times of peace.



Gallant

HL Ilariya Charmain Litomerice

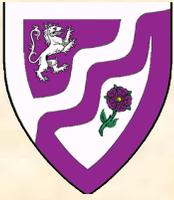
Rapier



Yeoman

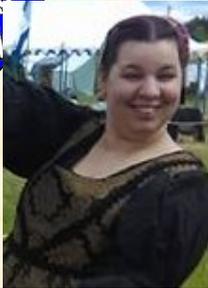
L Sadb an Fheadha

Archery



Yeoman

HL Gaius Octavius Lunaris



Courtier

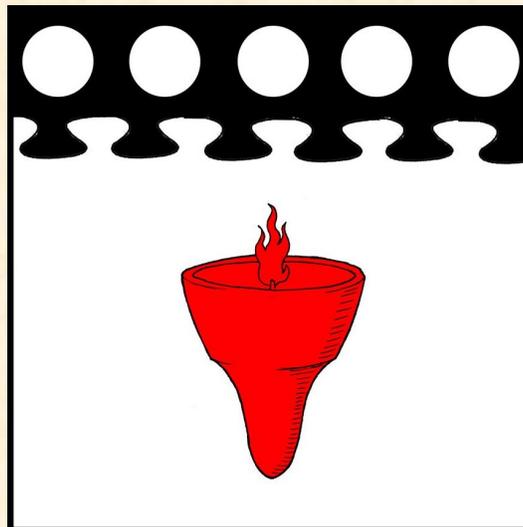
HL Helena Zancani

**(Artisan) Scribal, Haberdashery, Calligraphy,
Seamstress**



Yeoman

Angharat Wyth



For more information on Dragon Mists' Sergeantry program, please visit:

<https://dragonsmist.antir.sca.org/people/sergeantry/>