



## UPCOMING EASTWATCH EVENTS

Volume 1, Issue 2  
August 2010

- ◆ Vancura Art Gallery  
Pas de Arms Tournament September 11-12
- ◆ Afternoon of Fun VII October 1-3rd

## Iron Weasel Triathlon and Archery War Practice... Blown Away.

By: Perrin de Sable

Major thunderstorms, sixty mile an hour winds and lightning strikes did not dampen the festivities at a very entertaining Iron Weasels Triathlon and Archery War Practice. For those that did not brave the inclement weather, The Shire of Eastwatch proudly announces that this year's recipient of the Iron Weasel is our own Sir Conrad and for the Wire Weasel Matheus Mac-Tavish. In this competition the entrants were required to fight on their chosen field, shoot to the best of their ability on the arch-

ery range, and dance with the fairer sex. All of these exercises had to be done in full armour. There were many laughs and a few surprises in these activities.

During this event the Youth Archery Program was kicked off. Lady Cherise and Lady Catlin of the Cleftlands. The Archery War Practice was overseen by Lord Merlin and went very well.

For those that stayed the night, they were awed by nature's wrath. A night of chasing tents blowing around like tumble weeds and many campers being soaked to the skin several times over made for an exciting time. From carpports wrapped around trees, to communal tents falling on fire pits and air mattresses blown off into the trees; this was an event that no one will forget.

## To Arms... To Arms!!

By: Liam MacGuinness

We have been invited back to The Vancura Art Gallery, in Middlefield, for the second annual Pas de Arms Tournament. Tournament to start at 1:00 P.M.

With prizes for first place in heavy & rapier on Saturday the 11th.,

On Sunday the 12th. we will be putting on an Arts & Science demo, all danc-

ers, musicians and comedians welcome both days camping is available for those traveling long distance.

We will also need extra Heralds for the Tournament.

You may contact me off list at

Greywolf44062 (at)yahoo (dot) com

### Inside this issue:

Archery	2
Marshal	3
Youthe	3
Bardic	4
Hearth	5
Bardic Cont.	5
Archery Cont.	6

The Eastwatch  
SIGNAL FIRE

## Spine

By: Ambrosius filius Merlinus –“ Merlin”

When an arrow is launched from a bow the force of the bowstring causes the arrow to first bend into the riser section. When the arrow has bent in one direction as far as it can, it reverses the action and springs back the other way. Eventually, this oscillation of the shaft diminishes and the arrow continues on a straight path. This bending of the shaft when shot is called the archer's paradox. Depending on the bow, its design, and the spine of the shaft, the time and distance required to stabilize the shaft will vary.

In order for an arrow to fly correctly out of a bow it must have sufficient stiffness, or what is called Spine. An arrow that has too little spine will leave the bow tail left and will fishtail, failing to stabilize until well into its flight, and hit right of its intended target, for a right handed shooter (*it will hit left of the intended target for a left handed shooter*). This causes the arrow to lose much of its speed and thus its momentum and energy. An arrow with too high a spine will often show bad

arrow flight as well as hitting left of the intended target for a right handed shooter (*it will hit right of the intended target for a left handed shooter*). Having the correct spine is necessary for the arrow to recover as quickly as possible from the archer's paradox, have good arrow flight, and maintain the energy when it reaches its intended target.

There are two types of spine: Astatic and Adynamic. Static spine is the stiffness of an arrow and is measured on a scale with a consistent weight attached. The static spine of an arrow is measured in deflections of an inch. The tool used to measure this deflection is called a Spine tester. Dynamic spine is the stiffness of the shaft when it is shot and varies from bow to bow and shooter to shooter because of individual shooting styles, bowstring, brace height and arrow weight.

Finding the correct spine for your bow and shooting style is a relatively simple affair. The spine of an arrow is measured by placing the shaft lengthwise across a 26-

inch span, hanging a 2# weight in the middle, and reading the deflection of the bent shaft on a scale. The marks on the scale represent deflections in inches that correspond to the spine of the shaft being tested. As an example, a shaft that deflects .400 of an inch equates to a spine of 65#. This spine is for a 28-inch arrow.

To get the correct spine for your bow you first need to know the exact draw length and the weight that you are pulling from your bow. The standard measurement for a bow is based on 28-inches, but many people fail to draw to that length; most of the time they draw less. A rule of thumb is to add 5 pounds of spine for each inch over 28-inches as well as an additional 5 pounds for the field point or broad-head. For each inch under 28-inches, you will subtract five pounds. For example, if you are drawing 65# at 29-inches you would add five pounds for the inch over 28-inches and another 5 pounds for the field point or broad-head, ending up needing an arrow spined at 75#. (Continued pg. 6)



## Today's Youth, Tomorrow's Champions

By: Lady Cherise

I am writing a note concerning the Youth Archery Program. The youth program has officially kicked off at the Iron Weasel Triathlon. Bring your young bowmen, experienced or not, to practices and events, and "enlist them" into a worthy activity that they can grow with and learn.

Today's youth, tomorrow's Champions!

Any questions or suggestions are welcome. Please contact my Youth Archery Program Deputy, Lady Catlin of Cleflands. She has already devoted much thought and time on her part, and is now working

on patch design with Patrick and myself. I couldn't do this without her. She is priceless, not to mention, she can embroider the patches.

## Youth Pointe

By: Tæthen ingean Daniël

Getting our youth involved is just as important the S.C.A. as it is for the adults to take part. I as Minister of Youth love to guide today's children. The time period that the S.C.A. is involved in is rich in culture and history that most children would and do find fascinating.

Seeing the smiles as our children learn a new craft, story or song thrills me. I will be asking the children of our shire to submit period themed stories and artwork, as well as personal accounts of their experiences. I will then submit their submissions to the newsletter for pub-

lication. All submissions must be original and not copyrighted.

Parents, please help your children get involved. You will not regret it.



## A Kid's Pointe of View

By: Patrick mac Patrick

There are so many things to do in the S.C.A. I really like archery, and watching the fencing, and heavy combat. I can't wait until I am old enough to play in the fencing and heavy com-

bat. I have been to the Party in the Park Demo, Afternoon of Fun, and the Iron Weasel Triathlon (I got to be the heralds' page there). These events have been the most fun I have ever had. I really like the

primitive camping, like they did in medieval times.

The S.C.A. is so much fun!

## Bardic Musings (pardon the pun)

By: THL Brendan O Conaidhe, CIM, OST, OW, HH, MoSS

Hi. I'm Brendan, and I'm a bard. *Hiiii, Brendan...*

A brief introduction: I'm a newcomer to Eastwatch, but I've been around the SCA since... well, a long time ago. My home is Ansteorra, back when it was a baby kingdom. I moved to Northshield when it was a Region. I watched it become a Principality, a Crown Principality, and finally a Kingdom. I moved here six years ago and got active last year...

*Ok, fine, Brendan, we get it. You're OLD. What's your point?*

I do Bardic Stuff. Some people fight, some people cook, I sing, tell stories, and recite poetry. From my time in Northshield I'd known that the Midrealm has some very fine individual bards, but Northern Oaken didn't exactly have a bardic reputation that had carried very far. But folks, I'm very excited about what's happening in this area with regard to Bardic Stuff. That's not just based on the huge success of the recent Bardic Madness event (perhaps the best I've ever been to, and I was at the first one). It's based on the quality of the bardic-minded folks in

this region. And by "quality" I don't just mean the quality of their performance ability. I mean the quality of their characters.

Now, I realize that for a lot of folks, "Bardic" has a negative connotation. In some times and places, "Those Bardic People" have been a closed club. In some times and places, "Bardic" has meant either endless Viking sagas (recited poorly) or 19<sup>th</sup>-century Irish drinking songs (sung out of key). In some times and places, some people who got the idea that they were "in charge" of the "Bardic Arts" in their area or region or kingdom got it into their heads that there should be a "quality control" system in place to help ensure that bards were *vett*ed. (Pet owners will spot the double-entendre.)

**But not here, and not now!** (If you hear the voice of Viggo Mortenson echoing, + 5 pts.)

*Here and now*, Bardic Stuff isn't reserved for "experts" or "professionals" or Laurels or Willows or [insert local arts award]. It's for *everyone*.

*Here and now*, you're a bard if *you* say you're a bard.

*Here and now*, Bardic Stuff is telling stories about the last event. It's fighters regaling their buds with, "No-joke-dude-there-I-was" tales. It's singing songs in the car to while away the miles enroute to Coronation two states over. It's singing while doing dishes, or setting up camp, or breaking camp, or just sitting around a campfire under the stars. It's the praise poem that springs to mind while seeing a friend receive a long-overdue honor. (Or the limerick that tweaks them when they do something dumb.) And yes, it's also the carefully researched, totally authentic, perfectly period performance that wows the A&S judges.

*Here and now*, folks who have never told a story / sung / read poetry / juggled / danced / eaten fire / performed before an audience are encouraged to *Just. Try. It. OK?* No one will boo. No one will heckle. No one will laugh inappropriately.

(Cont. on pg. 5)



## From the Kitchens: Potato & Leek Soup

Found by: Lady Cherise of the Clefflands

Time: 1 hour 15 mins.

Servings: 17

Ingredients:

1 ½ lbs. Butter (salted)

4 Leeks (Torn apart, washed and diced (use only 3 inches of the green))

Salt & Pepper

64 oz. Chicken Broth

3-4 Tbs. Cornstarch

8-9 Cups Yukon Gold Potatoes diced

2 pts. Heavy Cream

In a large pot over medium heat melt butter. Add leeks and salt and pepper, cook until tender stirring frequently, about 15 minutes.

Whisk cornstarch into the broth separate from pot,

pour mixture into the pot and add the potatoes. Bring to a boil and season with salt and pepper.

Pour in the cream, reduce the heat and simmer at least 30 minutes, until potatoes are very tender. Season the soup again with salt and pepper; stir slightly mashing some of the potatoes. Serve.

## Bardic Musings (pardon the pun)

(Continued from page 3)

Anyone who does will be beaten solidly about the head and shoulders. Everyone will applaud – if not the performance itself, then at least the courage it takes to get up in front of friends and strangers and open your mouth.

*Here and now*, those who are comfortable and experienced doing Bardic Stuff are committed to support and encourage new folks rather than imitate Simon Cowell.

*And here and now*, there's a community of bardic-minded folk who will support you if you want to try Bardic Stuff. We go by the collective name of the Gorsedd of

Northern Oaken. (Gorsedd (say "gore-seth") is a Welsh term that relates to People Who Do Bardic Stuff.)

Within the SCA Inc., The Gorsedd of Northern Oaken is set up as a Household, since that's the least-complicated way for a group of people to register a badge with the Heralds. (Wearing a badge makes it easy to spot other members.) That's as "official" as we want to make it. If you want to join the Gorsedd, you're in. If you want to help make things happen, we can use the help.

Gorsedd members maintain a space called the Kavehane at most re-

gional events, where a cup of fresh-brewed Turkish coffee can be had for the price of a song, poem, or tale. There's a Yahoo! email group where we chat about Bardic Stuff: <http://groups.yahoo.com/group/no-gorsedd>. There's also a website with links to information, bios, resources, and recorded performances: <http://www.no-gorsedd.com/>

I hope to see you there.

In service to The Dream,

Brendan



# Spine

(continued from pg. 2)

I would recommend that you err on the high side, adding another 5 pounds. In this case, you would opt for shafting that is spined 75# to 80#.

A recurve bow will generally accept a wider range of spine in its arrows because of the near center shot design of the bow. A longbow, on the other hand, will require a tighter tolerance due to the arrow having to Bend farther around the bows riser when shot. But this is not true for all archers. For example, one

archer shoots a 65# long-bow, but shoots arrows spined 75# to 80# at 29-inches in length. Another archer shoots a 67# long-bow and will have excellent flight characteristics shooting shafts that are spined 65# to 70# at the same 29-inches in length. Bow weight, bow design, release, and numerous other individual shooting characteristics will all play a part in what spine arrow will work best for you.

The following chart shows the recommended arrow spine for

any given bow weight and draw length. But these are not set in stone; rather you should use these figures as starting points. Any problems you will encounter can be corrected once the shafting tuning process is undertaken.

*Merlin Group Archery Marshal for the Shire of Eastwatch*

*Northern Oaken Regional Lieutenant Commander for Archery*

*Deputy Northern Oaken Regional Archery Marshal*

Deadline for submissions for the next issue is November 30.

The Next issue will be published in January.



This is the August 2010, issue of the Signal Fire, a publication of the Shire of Eastwatch, of the Society for Creative Anachronism, Inc. (SCA, Inc.). Signal Fire is available from Perrin de Sablé (Patrick Armetta) and can be found on our website [www.eastwatch.org](http://www.eastwatch.org). It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2009 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

## SUGGESTED STARTING POINT FOR WOOD ARROW SPINE – CHART

Draw Length	24"	25"	26"	27"	28"	29"	30"	31"	32"
<b>Draw Weight</b>	<b>Spine Needed</b>								
20 – 25	< 30	<30	<30	< 30	< 30	30 - 35	35 – 40	40 – 45	45 - 50
25 – 30	< 30	<30	<30	< 30	30 – 35	35 – 40	40 – 45	45 – 50	50 – 55
30 – 35	< 30	<30	<30	30 – 35	35 – 40	40 – 45	45 – 50	50 – 55	55 – 60
35 – 40	< 30	<30	30 – 35	35 – 40	40 – 45	45 – 50	50 – 55	55 – 60	60 – 65
40 – 45	< 30	30 – 35	35 – 40	40 – 45	45 – 50	50 – 55	55 – 60	60 – 65	65 – 70
45 – 50	30 – 35	35 – 40	40 – 45	45 – 50	50 – 55	55 – 60	60 – 65	65 – 70	70 – 75
50 – 55	35 – 40	40 – 45	45 – 50	50 – 55	55 – 60	60 – 65	65 – 70	70 – 75	75 – 80
55 – 60	40 – 45	45 – 50	50 – 55	55 – 60	60 – 65	65 – 70	70 – 75	75 – 80	80 – 85
60 – 65	45 – 50	50 – 55	55 – 60	60 – 65	65 – 70	70 – 75	75 – 80	80 – 85	85 – 90
65 – 70	50 – 55	55 – 60	60 – 65	65 – 70	70 – 75	75 – 80	80 – 85	85 – 90	90 – 95
70 – 75	55 – 60	60 – 65	65 – 70	70 – 75	75 – 80	80 – 85	85 – 90	90 – 95	95 – 100
75 – 80	60 – 65	65 – 70	70 – 75	75 – 80	80 – 85	85 – 90	90 – 95	95 – 100	100 – 105
80 – 85	65 – 70	70 – 75	75 – 80	80 – 85	85 – 90	90 – 95	95 – 100	100 – 105	105 – 110
85 – 90	70 – 75	75 – 80	80 – 85	85 – 90	90 – 95	95 – 100	100 – 105	105 – 110	110 – 115
90 – 95	75 – 80	80 – 85	85 – 90	90 – 95	95 – 100	100 – 105	105 – 110	110 – 115	115 – 120
95 – 100	80 – 85	85 – 90	90 – 95	95 – 100	100 – 105	105 – 110	110 – 115	115 – 120	120 – 125



Eastwatch Publications

Editor: Perrin de Sablé