

UPCOMING LOCAL EVENTS:

Saxon Summer XI Sept. 16th - 18th
Coronation Sept. 24th
Cleftlands Baronial Standard Bearer Tournament Oct. 1st
Afternoon of Fun Oct. 7th-9th

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Editor:
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It's Archery Time Again by Ambrosius filius Merlinus

Spring is rapidly approaching and the weather is beginning to get warmer, and that means it is time to get out the bows and arrows, dust them off, make repairs that are needed, replace what needs replacing, and start heading for the archery range.

The long winter lull means that many of you have not been shooting on a regular basis. Remember that you will need to strengthen your muscles again. You can accomplish this by stringing your bow and pulling it every day. I recommend that you start by pulling the bow 25 to 35 times each day. As your muscles begin to strengthen, you can increase the number of times you pull the bow...but don't overdo it.

Once your muscles are back in shape, it is time to go the range and start shooting the bow. Many will find that their aim is a bit off from what it was last year. To help you overcome this problem, I am including some helpful tips in the material that follows. So let's get started:

Aiming The Bow:

Hitting what you are aiming at is the goal of all archers. Most traditional archers do not use any mechanical sights on their bows. They use either a type of gap shooting, split-vision or indirect aiming, or pure instinctive shooting. Although these are all considered Abarebow shooting, the approach to learning and using these methods is different.

Once you have mastered your shooting form B smooth draw, using back and shoulder muscles, solid anchor, and release B then it is time to develop a shooting system that will allow you to place your arrows where you are aiming. Until you learn the fundamentals of shooting your traditional bow, it is wise not to attempt to learn any type of aiming system. The frustration encountered will ruin the appeal of shooting for you and can only encourage bad shooting forms and habits.

The most common methods of aiming are gap shooting, indirect-aiming or split-vision, string walking, and the most pure form of shooting a



traditional bow, instinctive shooting. Today, we will be looking at Gap Shooting:

Gap Shooting:

Gap shooting has been used for decades in target archery where known distances are encouraged on the range and in competition. As the name implies, the archer creates a gap between the spot he wishes to hit and a second reference point. This gap between the two marks varies with different distances to the target. Although it sounds rather complicated, it is actually quite simple.

In gap shooting the tip of the arrowhead is used as the front sight. When you are at full draw and correctly anchored, place the tip of the arrow on the center of the target you wish to hit. After release, if you find your arrow has hit high, simply move farther back from the target and shoot again until the arrow hits dead center with each succeeding shot. This distance is called the point-of-center distance, then you can start developing a gap system from there.

Let's say that your point-of-center distance is 50 yards. Move closer to the target, say 40 yards, and shoot an arrow using the same aiming point B the tip of your arrow is on the dead center of the target. After the shot you will notice your arrow has hit high. Just how high it hits will be the distance or gap below a point-of-center you must place your arrow tip. For example, if your arrow hits 10-inches high at 40 yards, then you must place the tip of the arrow 10-inches low to hit the target at that distance.

Writing these gap distances down for each known distance from the target will help you learn where you must place the tip of the arrow at full draw at each distance you shoot from to hit the target. It is wise to do this for all distances you will be shooting from, in competition or hunting. I would suggest you make a chart showing the gap distance you must aim to hit the target from 10 to 100 yards in 5-yard increments.

The gap shooting method is ideal for field archery, competition archery, and trick shooting. With a bit of practice and persistence, you will soon be hitting the bulls-eye consistently.

This year I would like to challenge all of the archers in the Shire of Eastwatch to strive to shoot at targets at distances farther than they normally shoot at. In other words, if you normally shoot at the 20, 30, And 40 yard targets (Royal Round target distances), try shooting at some 50, and 60 yard targets this year,. If we continually challenge ourselves, our archery skills will continue to improve.



Now, go out and Practice.....Practice.....Practice!

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### **The Brewers Inn by Lliam McGuiness**

In this installment we will discuss sanitation.

Whether you're a carboy brewer, or like myself I prefer to use the plastic buckets for the first stage fermentation only because they allow more space for mixing and stirring.

On to sanitation: Here there are various schools of thought, my preference is the good old stand by, of dish washing soap and Clorox Bleach along with the use of bottle brushes and carboy brushes, these are a help to reach small places. I use one or two drops of dish liquid and keep my brushes in hot water when not in use. I also keep all my cleaning stuff separate for the stuff used in house cleaning and always kept in air tight containers.

The amount of clean water used to wash with is up to you as to what you can lift and dump easily. I also recommend good quality rubber gloves to prevent burns and other types of contamination.

After washing everything thoroughly I then rinse with hot water once and cold three times to make sure all the soap is GONE then I use a rinse of ¼ cup Clorox to 1 cup of warm water. Add this to my bucket half full of warm to hot water here I will add my air locks and bungs I will use in this on brew day, then all the air locks and bungs are put in a zip lock bag.

I never use towels to dry anything. I drip dry everything and Sanitize everything that will come in contact with my equipment.

There are good things that come out of care and good Sanitizing.

- 1) The lady of the house gets a clean kitchen.
- 2) You get a better product out of the bottle.

When you make good wines, mead or beer you know that it's safe for all to drink and enjoy and that nobody will get sick from what you made. This will be a help to build your confidence and your pride in your product.

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A Note of Thanks...

Greetings unto the populace of Eastwatch and all of our neighbors.

Thank you so much Lady Illaria for all the kind words and praise....

Yes, Thank you from the bottom of my heart to Their Excellencies the Baron and Baroness of the Clefthlands for attending our event... It is always a wonderful time when you are in attendance.

Thank you to my Co-Autocrat Mindy, my daughter Ashley, Nick, Meriel, Chelsea, Patrick, Crystal and Ron for all of their help in the kitchen before and during the feast.



Thank you Ellen for taking care of Troll.

Thank you Tangwystl, Lassarina, Cherise, Bob, BJ, and anyone else I may have missed for the wonderful job of decorating.

Thank you to Llywelyn for organizing all the entertainment during feast and also Julianne along with Llywelyn for setting up the coffee house, it was a wonderful addition to this year's revel.

Thank you to all of the entertainers, you all did a wonderful Job!

Thank you to the brewers who shared the fruits of their labors, I heard many good things about the ale's and mead's.

Thank you Hawise for being our Dance Mistress, I hope you had as much fun as we all did.

Thank you Nial for being Master of the Games, you always do a wonderful job setting it up.

Thank you to Dorothea, BJ, Pat, Sandy and anyone one else whom I may have missed during clean up of the kitchen.

Lastly, again Thank you to all who attended, you made my first attempt at autocrating a very memorable experience!

Respectfully,
Y.I.S.
Seoinin MacKenzie, Autocrat
Shire of Eastwatch Game and Dance Revel 2011



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