



Let It Be Knowne

The Shire of Owlsherst

The Society for Creative Anachronism

WANT YOUR ARTWORK, CRAFT, OR PHOTOGRAPH FEATURED HERE?

CONTACT THE CHRONICLER!





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Greetings from the Chronicler

Welcome to the inaugural edition of the resurrected Newsletter for the Shire of Owlsherst, *Let It Be Knowne*! My hope is to make this an interesting and educational publication for all the activities within the Shire, as well as providing stories pertinent to SCA, East Kingdom, and medieval life in general. I am looking for articles, so if you have something interesting to share, please contact me. This column will become Knowe Thine Officer, which is why I NEED BIOS FROM ALL THE OFFICERS! I will provide you with a form and an example, if needed.

YIS, Siobhán ingean ui Ghadhra

East Kingdom A&S Champions

Artists and Scientists of the East!

A Message from your Champions:

As the year turns, and the sunshine returns, it becomes time to begin thinking about Pennsic! Once again the East and her allies will be joining in competition against the Mid and her allies on the Field of Art and Science. Artisans of the East, we need you! Are you planning on attending Pennsic? Do you have a fabulous project in the works, or finished since last Pennsic? Or do you have something that you've always wanted to do that can be completed in time? Consider serving your kingdom as a champion! The artisans of the East are an amazing community of incredibly talented folks, and we're so excited to see what you all come up with as entries.

Keep your eyes open for more official announcements and information about how to submit your name and project as a hopeful champion. We are informed that the rules this year bar us from entering Food, Drink, Research, or Performance.

Yours in Service,
Pórfinnr Hróðgeirsson, and Ástríðr Musi
King's and Queen's Champions of Arts and Sciences

(reprinted from Unofficial EK Discussion Group on Facebook, <https://www.facebook.com/groups/17551346704/>)

Heavy Metal: Armor Drained Medieval Knights' Energy

By Stephanie Pappas

As if flying arrows and burning pitch weren't enough to worry about, medieval knights also had to battle their own armor.

A new study that put armor-wearing volunteers on treadmills finds that wearing a full suit of armor (which might weigh up to 110 pounds, or 50 kilograms), takes more than twice the energy of walking around unencumbered. Even lugging around a backpack of equal weight is less energy-intensive than wearing armor, the study found, because wearing 17 pounds (8 kg) of steel plates on each leg requires no small amount of extra exertion.

On occasion, armor's weight may have turned the tides of battles, said lead study researcher Graham Askew of the University of Leeds. In 1415, heavily armored French knights advanced across a muddy field toward a lightly armored English force in the Battle of Agincourt. "By the time they advanced across the field, they would have been exhausted," Askew told LiveScience. "It's possibly one of the reasons why the French lost, despite there being many, many more French soldiers than there were English."

Like many casual museum-goers, Askew, a biomechanics researcher, became curious about how medieval knights moved around after seeing suits of armor on display. Unlike most museum visitors, however, Askew had an opportunity to answer the question using hard numbers.

He and his colleagues recruited four volunteers, historical re-enactors who were accustomed to wearing their own sets of replica 15th-century armor. Each man agreed to walk and run on a treadmill (a task Askew called, "very clanky") while wearing a breathing mask to measure how much oxygen they took in and how much carbon dioxide they exhaled, as well as their breathing rate. These measurements allowed the researchers to calculate the energy they used during the exercise periods.

The modern-day knights used 2.1 to 2.3 times more energy walking with their armor on compared with walking without it. Running with armor took 1.9 times the energy as running armor-free. The result, Askew said, is that men in armor end up moving much more slowly than men without armor. This effect is only exacerbated with age: At his maximum aerobic capacity, an average 38-year-old man could cover about 5.5 feet (1.7 meters) per second, compared with 8.8 feet (2.7 m) per second for an unarmored 38-year-old. With a maximum walking speed of 4.6 feet (1.4 m) per second, an armored 55-year-old would have trouble keeping up.

Few people face the occupational hazards of medieval knights today, Askew said, with the possible exception of bomb disposal experts, who wear full-body protective suits that are also very heavy. But the study could be of help to historians trying to understand the outcomes of ancient battles, Askew said. The research also gives a hint into how fit the knights of old must have been. Although modern soldiers lug around equipment as heavy as a knight's armor, Askew said, they expend less energy doing so because their legs are unencumbered.

"It requires a great deal of physical exertion to even perform a medium-speed walk in a suit of armor," Askew said. "I certainly don't think you'd be able to put on a suit of armor and walk around with it without suffering quite badly if you weren't used to it."

(reprinted from Live Science web page, <https://www.livescience.com/15128-armor-drained-medieval-knight-energy.html>)

Newcomer's Corner: The Don't Speech

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This advice has been given to many a newcomer. I am thankful to the variety of people who gave me the pieces and parts that I have compiled and now give to you.

So, you're new to the Society for Creative Anachronism (SCA), and you want to do it all! Well, come check it out, find out what you like and explore. You might find something you like that you never thought you would. But first, a word of advice.

In your first year DON'T.

That's right DON'T.

DON'T register a name.

DON'T register a device.

DON'T join a household, guild etc.

DON'T attach yourself to someone as in an apprenticeship or squiring or other such thing.

The Name Thing

DON'T register your name. The truth is that you will likely find a name or persona that you think is cooler or better later on. Chill out try a few on and see what sticks. Most newcomers in my experience change names a few times before they settle on one.

The Device Thing

DON'T register a device. Same reason as not registering your name really. In addition to that, a device is a symbol that will come to be recognized as you. People will see it and think of you. People will see you not with it and wonder what is wrong. And there is a limit to how many you can register so wait a while.

The Household Thing

DON'T join a household, guild etc. Hang out with them, get the lay of the land and the internal politics, have fun, get to know people. If they're cool now, great! But really if they're cool now, then they'll be cool in a year just the same. You may find that you like hanging out with them but don't really wanna join up. That's okay. Then again you may choose to join up after that year and you'll be a better member for it!

The Attachment Thing

DON'T attach yourself to someone. Those kinds of things in the SCA are viewed as permanent and forever. Yes, you can get out of them but it is a **big** deal when that happens and people will talk for years about it. I keep hearing about one split that happened over 15, yes that's fifteen, years ago. Take your time get to know what you really want to do and what the person is really like and what their reputation is. Once you do get attached to a person you **will always** be judged in that light and will **always** be associated that way. So get to know the person well before you get attached as a squire or apprentice or other such thing.

There are plenty of stories in the SCA of people having registered names or devices and wishing they hadn't. And even more stories of having joined a household or guild and wishing they had spent more time getting to know people and things before they had.

So As A Newcomer, What Should You Do?

The best advice for newcomers is to take your time, explore lots of different things and research them to your hearts content.

April 2019

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Shire of Owlsherst

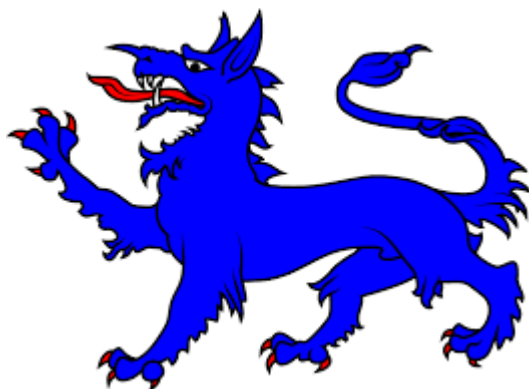
And if anyone gives you any guff over not registering your name or device, or joining up with a household or guild politely tell them to lay off.

I am an apprentice and my Laurel has *never* registered her name or a device. *Never*. You simply are *not* required to do it. Anyone who says otherwise is flat wrong. The truth is that you should wait around to figure out what you want to register for certain before you do. There are kingdoms that if you do not have a registered name and/or device you may not be eligible for awards but you are still not required to register either. By the way, on average, it takes a year or two to get your first award, but not always.

Just remember you are here to have fun and learn and the SCA is a great place to do that. But some things are forever or close to it in the SCA. Take your time and don't make the mistake of choosing some things too early.

Ian the Green

Ansteorran and FORMER Constellations Regional Chatelain in the Middle Kingdom



Shire Business Meeting Recap

Brief summary of Shire business meeting March 26, 2019

Officers gave monthly reports.

Old Business:

Final report from the Owlsherst Country Twelfth Night event in January was summarized.

New Business:

- Exchequer business concerning signatories, reporting, and transfer of duties to new exchequer was discussed.
- Possible venues for Shire demonstrations were discussed. Additional information will be forthcoming for the venues where we can put our best foot forward.
- We will need a marshal if we are to continue with the youth fighting program. Anyone who is interested or willing to step up into the position should contact Wulfgar or Linette.
- Shire Tapestry project – We would like to revive this project, check with Linette for information or details.
- Fall Event – Depending on the status of shire wars we may consider doing a fall Schola. Watch for more details and discussions.

Future meetings: April 23, May 28, June 24, July 22 (?)

Upcoming Events of Interest

- Apr. 27 – Balfar's Challenge – Dragonship Haven – Meriden, Ct
- Apr. 27 – Decameron – Ostgardr - Mt. Kisco, NY
- Apr. 27 – Revenge of the Stitch - Atlantia
- May 4 – Spring Crown Tourney - Caer Adamant - Harrington, DE
- May 5 – Ft. Hunter Maypole Dance – Blak Rose - Ft. Hunter, PA
- May 11 – Dining al Fresco Henry II – Hatshorn-Dale - Berwyn, PA
- May 11 – Maybe I'll Try Something New – Iron Bog - Moorestown, NJ
- May 11 – On Target – Atlantia
- May 24-27 – War of the Roses – Concordia of the Snows - Schaghticoke, NY
- May 25 – Hunters Picnic – Caer Adament – Newark, DE
- May 12-June 2 – Artisan's Village – Buckland Cross – Point Pleasant, PA
- June 7-9 – SoReg War Camp/K&Q thrown Weapons Champ – Carillion – Manalapan, NJ
- June 8 – Skewered! – Atlantia
- June 14-16 – Trial by Fire – Atlantia
- June 15 – Penn-Mar Irish Festival Demo – Owlsherst - Shrewsbury, PA
- June 15 – K&Q Archery Champ – Beyond the Mountain – New Britain, CT
- July 20 – EK Novice Day – Rusted Woodlands – Tappan, NY
- July 26-Aug 11 – Pennsic War XLVIII - AEthelmearc

Don't forget to
register for Pennsic!



Ahhh,
Home!



Shire Officers

To contact the Shire Officers individually, please use the links on the Officers page of the Shire web site,
<https://owlsherst.eastkingdom.org>

Seneschal - Maïstresse Linette de Gallardon
Herald - Lady Leonilla Kalista Kievlianina
Knight's Marshal - Master Wulfgar o'the Wood
Rapier Marshal - Lord Dorian
Youth Fighter Marshal - Sir Hroudland
Archery Marshal -
Minister of Lists - Lord Conall na Seamar
O'Conghaile

Exchequer - Lady Fabrisse
Arts & Sciences Minister - Lady Esmeria de Rus
Chatelain - Lord Donnchadh Mac Lochlainn
Chamberlain -
Chronicler - Lady Siobhán ingean ui Ghadhra
Chronicler's Social Media Deputy – Cordelia Sharpe
Webminister - Lord Edmund Forester



(above photos: Jo Diodato)

Links of Interest:

- Owlsherst Shire web site - <https://owlsherst.eastkingdom.org/>
- Owlsherst Shire members Facebook page - <https://www.facebook.com/groups/361579113923151/>
- East Kingdom web page - <https://www.eastkingdom.org/index.php>
- SCA web page - <https://sca.org/>



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