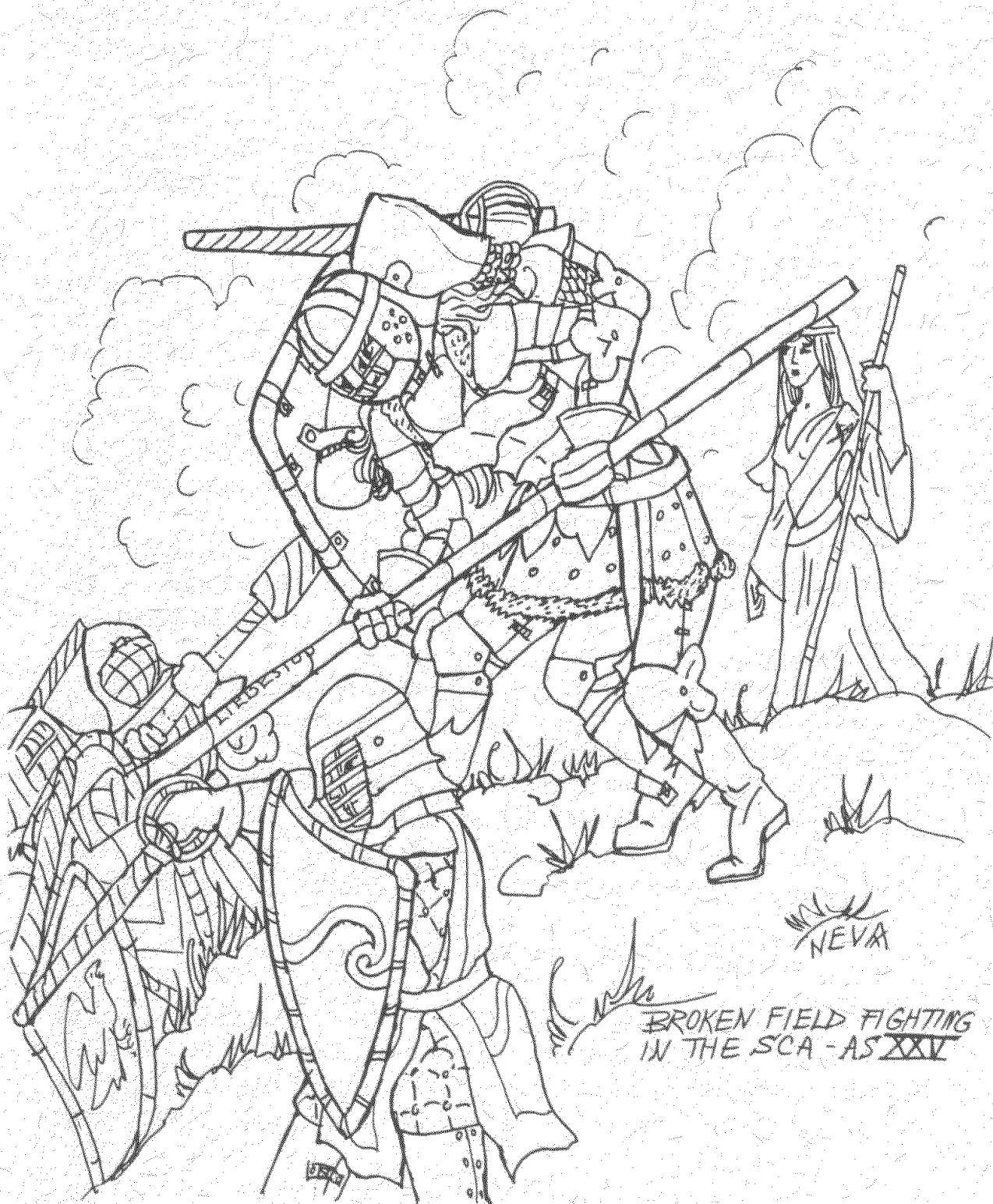


FLOWER OF SOUVENANCE

#11



LETTERS FOR THE FALCON GENTLE



NEVA

BROKEN FIELD FIGHTING
IN THE SCA - AS XXXV

The cover is by Lady Neva of the East Realm.

LETTER FROM THE EDITOR

Greetings!

If you have not heard, and I'm reasonably sure you have, SCA history has been made in the Kingdom of Ansteorra! A woman, Duchess Sir Rowan de Kampf, won their Crown Tourney in November of this year!!! If you have not met her, she is a wonderful lady who will do all women proud as the first Queen in her own (damn) right. Below is an excerpt from the fifth notice I received:

"...it was a rip-starter of a contest. Other people reported of Rowan going all three rounds in the semi's with a fine squire named Mahadi...and really having to work for it.

"Then it was Duke Hector [her husband] going up against Duke Inmann. ... They went three rounds and it was dead even. ... Hector had to fight to finish Inmann off. With that, it was a foregone conclusion that Hector and Rowan were to be the new Crown, but the 64,000 Ducat question was who would get to sign their name first on the scrolls. ... Hector could have used his Ducal Perogative and pulled out in favor of Rowan. That would have left the ascension of the first Sovereign Queen under the eternal cloud of that most horrible question, how could she claim it fair and square if her husband just handed it to her?

"The answer was forthcoming and Hector and Rowan squared off to a tumult of cheers. Everyone in camp was there watching with microscopes. Every blow and every engagement was scrutinized with care by everyone there.

"This round...went all three bouts and I saw the blow to the top of Hector's knee that put him down in the last one. He refused to yield and Rowan waded into him and put him down good.

"You should have heard the cheers!!! I swear that if Rowan smiled any harder, It would have ripped her cheeks open. ... There were three camcorders on the sidelines and they will provide copies of the tourney coverage for anyone who thinks that Rowan didn't earn the Crown fair and square."

[Courtesy of H.L. William Blackfox]

Please read the Editorial section as I have included some special comments. Also, pay close attention to the full page ad for the TFYC tourney that the Flower of Souvenance will be sponsoring, complete with very spiffy prizes! There is also some information on the next Pennsic Women's Tourney.

In Service to the Ideal,
Cymber

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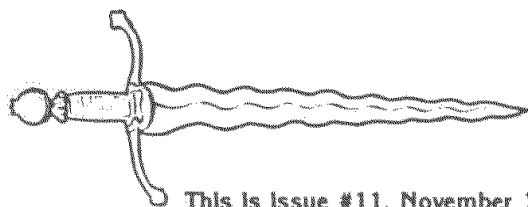
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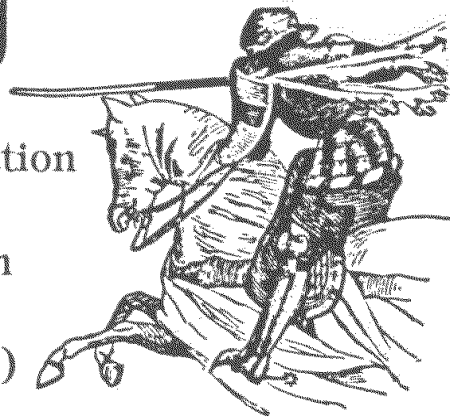
All submissions may be subject to editing. If requested, the author of a submitted article will receive a copy of the issue in which that article appears. Editorials will be printed occasionally with a response from the editor, this response is the editor's current opinion and should not be viewed as factual unless suitable documentation is given.

Publication falls in the following months; February, May, August, and November. All submissions must be received before the first of the month of publication the author wishes that article to appear. Starting 1990 publication will commence regardless of submission allotment or the lack of it. All mailing of current and back issues will occur at the same time on or about the end of the month of publication. If any problems occur with mailing to subscribers, they are encouraged to write the editor for clarification.

Advertising is printed as space allows. Rates are \$20.00 full page, \$10.00 half page, \$5.00 quarter page. All checks and money orders must be made payable to KC Lancaster. DO NOT SEND CASH THROUGH THE MAIL!

FLOWER OF SOUVENANCE TOURNEY

Where: Twenty Fifth Year Celebration
When: Wednesday
Fee: Submission for publication
or a written promissory
(bribes might be accepted)



This tourney will be run single fight, double elimination, weapons of choice. Society minimum armor and weapons standards will be enforced. If the final round comes down to three fighters instead of two, the three will fight round-robin, best two out of three.

Most Chivalrous

Your device digitized for computerized embroidery
(samples will be displayed)

First Prize

Color portrait for two by William Blackfox

Second Prize

Picnic basket and accoutrements for two
(sans food)

*Men and Women,
Come and do honorable combat
with fighters from around the Known World!*

Support the Flower of Souvenancel

Theory on Historical Amazons

H.L. Wyndlyn Leanb na Doinnean
Outlands

Once upon a time when the the world was new, there were countries surrounding an inland sea that lived in peace and harmony with each other. This remarkable state of affairs was entirely due to the fact that women owned and controlled everything. The Garden of Eden was really destroyed by Barbaric Patriarchal men.

Well..., not really.

In actuality, the lands surrounding the Mediterranean enjoyed a long period of mild weather and fruitful harvests at the same time that northern weather patterns were gradually becoming more freakish. These things can be traced through pollen counts in soil layers and by checking tree rings. Unfortunately, what we know of the cultures of those areas is mostly from outside observers or from historians far removed in time. The contemporary evidence has since been deliberately destroyed, reworked, or in modern times, ignored where it does not fit prevailing theories.

The prevalent school of thought holds that matriarchies, Amazons, Goddess worship as The Religion, and so on, never existed. They hold that those who say it did are just looking for historical references to back up the feminist movement. The other extremists claim that it's all a plot to keep women from regaining their rightful place. Looked at objectively, the evidence suggests that they are all wrong.

What little remains from the primary cultures of the Mediterranean and surrounding areas indicates that these living patterns grew out of the relatively sedentary hunting, gathering, herding, farming patterns of clan/tribe living. Most modern hunting/gathering groups live and have lived in fringe subsistence areas and therefore should not be taken as examples of how life was in pre-Greek times. The Mediterranean people enjoyed bounty of all kinds, and what little of their lifestyle remains to be found reflects that.

To understand Amazons, one must understand the cultures from which they came. The most reasonable picture that we have of the original cultures indicate that there was not ownership of land but only the right to the production of part of a field or a stand of trees or bushes. A poor family might only have the right to the crop of one tree. Descent was traced through the female line and although money, harvest rights, and belongings were usually left to a daughter or the family as a whole, they could be left to male offspring and there are fragments of court disputes to prove it.

Both men and women served as priests to the Mother-Goddess and in later times to Her mortal male son-lover. It was a widespread religion with at least one shrine in every dwelling and usually several more. Men were not second class citizens, but with their looser ties to the family

structure they also tended to have less interest in politics. Men married into families not to one wife, necessarily, and could opt out if the choice proved unhappy.

There was apparently no bastardy as it is a ludicrous concept in a matrilineage and no orphans as a baby belonged to the family not just to the mother. Families were not only all the females in direct descent but all others who through marriage ties or just plain affinity happened to share the rambling family house that to modern eyes resembles an apartment block. The major difference in its structure is the interior connections.

This period was not without its own problems, but it lacked war, that scourge of later times. Battles were fought individually or with champions but the idea of large groups of warriors indulging in mass slaughtering competitions had not yet been introduced. Walled towns were not yet in evidence and the surviving weapons were more for defense against predators than other people. Surviving fragments of pottery, pictures, stone tablets, burials, and cities indicate that these people enjoyed a richly artistic cultural life.

In the north, freakish weather patterns and a harsher climate first forced the development of a more rigid cultural pattern and then forced their descendants south. In the north, the higher infant mortality rate combined with a nomadic lifestyle, caused women to be protected at first from some of the rigors of a harsher life. It is a small step from protection to possession. These then are the people who came south when increasing population and fluctuating resources pushed some of them from their traditional lands.

When the two groups met, the southerners, of course, were not ready for organized bloodshed. The northerners already had a pattern developed against each other for wiping out the male population of an opposing group and coopting the females. They used this to great effect against the southerners who were also not helped by the numbers of their own men who saw advantages for themselves in the nomads way of life.

The history of these times survives mostly in the myths of the gods and goddesses which tell of a time when the Goddess was supreme until she was betrayed by a god who raped Her and stole Her power and forced Her to acknowledge him as Her overlord. This story in various permutations shows up in every legend in the area and the God names are all of northern variations.

We have at this point in history, cultures that still follow the Mother-Goddess and trace their descent through the female line but whose men are more and more often settling arguments on the battlefield. The Goddess's Son-Lover is taking on more and more of the aspects of Godhood and the priesthood is splitting along gender lines. Invasions from the north are just frequent enough to prevent stability from returning, and women who abuse their powers as family heads are finding the men

fighting back instead of opting out. It is at this time in history that we see the rise of nations, a patriarchal collection of matrilineal families. Borders tended to be not only fluid but frequently fought over. Towns and villages along borders tended to be frequently and repeatedly overrun.

The most well known of these ongoing battles was between the Scythians and the Phrygians. Both sides had maintained much of their pre-patriarchal culture and with the rise of the warrior class many women had learned to fight. Since destroying the male part of the population was traditional by this time, it came about that the border towns wound up with little or no male population. The women were forced to take on even those jobs that had been traditionally left to men. Finally in utter disgust and desperation at their inability to build a stable life for themselves and find men willing to live in the old style, many of the borderers packed up everything and fled to the mountain valleys of the Caucasus. There, in an effort to preserve their ways, they adopted the culture we have come to think of as Amazon.

Unless physically handicapped, all women trained as warriors and were not allowed children until they had served some years. To acquire money to buy what they could not make or grow for themselves, they hired themselves out as mercenaries. Some historians credit them with the invention of the stirrup and, by derivation, the cavalry charge. They were fierce fighters and deadly archers, although there is no record that they actually cut off a breast to facilitate aiming. It is most likely a mistranslation referring to the strapping they used or perhaps to the fact that they often left one breast bare.

Men found them unnerving warriors to face and made up many stories about how "unfeminine" Amazons were. These are the Amazons that with which the Greeks were familiar. The Trojans, who were also Goddess worshippers, hired them as mercenaries for the war that led to the downfall of the longest-lived of the Amazon cultures. It is estimated that they lost perhaps as much as two thirds of their total population, all of them women in their prime, and suffered continual harassment from the Greeks thereafter.

The Greek harassment made it difficult to pursue their usual methods of increasing their population. Their previous pattern was for small bands to go out and find a likely male or two and seduce them. Once a year they also held a festival in the foothills of the Caucasus to which all the men in the nearby villages came. Male children born of these unions were left in the villages at about the age of two. As they tended to be bright and healthy, they were looked upon as favored children. Some children were also rescued from hillsides where they were exposed for being the wrong gender or one too many. Although the Trojan War spelled the end of these Amazons as a competitive culture, they persisted until about the fourth century.

These were not the only Amazons. Throughout the Mediterra-

nean, Aegean, Northern Africa, and Indian areas, wherever there was a clash between Goddess worshippers and the invading northern patriarchies, some form of the Amazon culture developed. Some of them only lasted a generation or two and in general were subdued or wiped out by the surrounding patriarchies.

PROTECTION INFORMATION and ORDER FORM

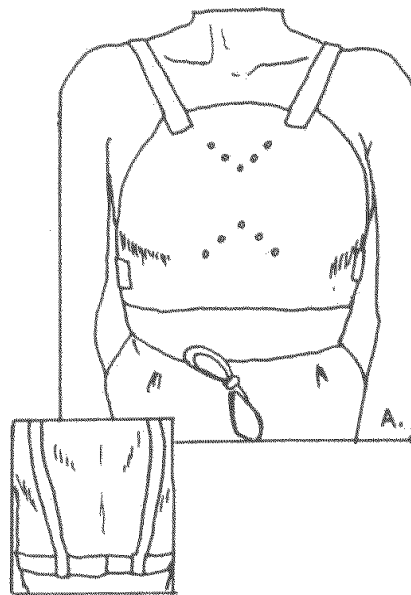
One of the subscribers to the FOS (no SCA name included) sent me this in regards to the famed, and usually elusive, martial arts female groin and breast protection. I have also included some drawings taken from the xeroxed photos. [Thank you very, very much R. Calahan]

A. Female Chest Guard

Ideal chest guard for women. Provides a margin of safety for breasts and sternum.

Adjustable elastic straps, perforated for ventilation.

Sizes:	Jr (26-28).....	#11-8101-00
	A (30-32).....	#11-8101-01
	B (34-36).....	#11-8101-02
	C (38-40).....	#11-8101-03
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B. Female Support Panty

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Made specifically to accommodate the Century female groin pad.

Sizes: S (5), ML (6/7)

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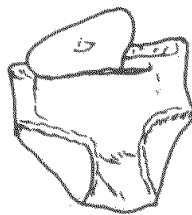
Female Groin Pad

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Unique pad provides a margin of safety for abdomen and groin. Royalite® outer coating absorbs more readily than ordinary foam.

Sizes: S, ML

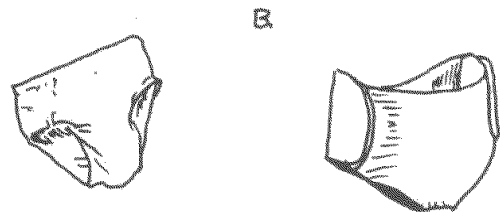
#10-1720.....	\$12.99
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C. Protective Panties

Sizes: Small or Medium

#10-1700.....	\$17.99
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Support Shorts

Provides compression for lower back, groin, hamstring, and buttocks. Performs as an athletic supporter. Material is tough. .25% lycra, 75% nylon. Stretches in four directions. 3" rise from front to back of waist band prevents creeping. Available in white only.

E. Thigh Length

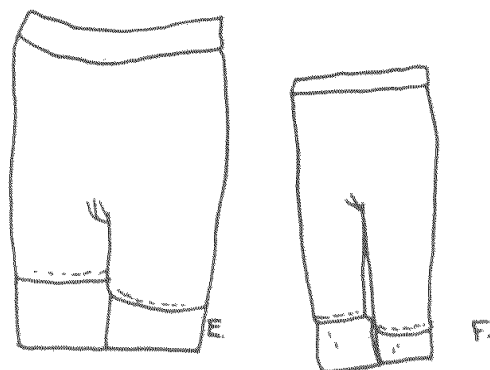
Adult: S, M, L, XL

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F. Knee Length

Adult: S, M, L, XL

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I hereby give consent for my child to purchase a weapon. I also release Century Martial Art Supply, Inc. from any liability.

Name Age

Address

City State Zip

Country (other than the USA)

Home Phone () Work ()

Fill in for best fit Male Female

Page	Part #	Item Description (include name, stripe combinations, etc.)	Height	Weight	Waist	Inseam	Shoe size	Item Price	Total

Method of Payment (check one):

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Card #

Signature

Money Order Check Note: Orders paid for by personal check will be held for 8 working days.

PAY IN U.S. DOLLARS
 Oklahoma residents add 8% sales tax. Maryland & Georgia add 5%. Prices subject to change without notice.
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Subtotal	Add	Shipping & Handling	Add
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\$75.01 - \$99.99	\$8.65	\$200 - UP	6%
\$100 - \$149.99	\$10.90	Add \$3.30 for C.O.D. orders	

POLEARM FIGHTING Part III

Sir Kazimier of Silesia

Caid

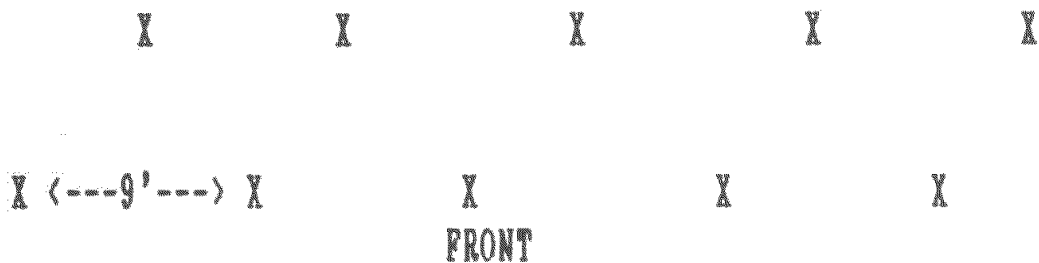
After reviewing some old war videos, I realized that there were times when it was necessary for me to utilize my polearm overhead, fighting over a protective shield wall. Again, like any other fight I recommend that the polearm fighter hold the butt end of the pole with his/her primary arm (right or left handed) and balance the pole mid-way with the other. I rest my arms against my chest not to tire them out overly and thrust as usual. In especially heavy fighting, I'll fight behind the shield wall and throw a shot and duck while pulling back my polearm, keeping myself exposed only long enough to shoot. Just remember, fighting from behind a shield wall may have some advantages, but you do lose the range, flexibility and mobility that polearms operating in front of their shields have.

I just have some final thoughts on polearm fighting, especially under duress conditions. Indeed, should you find an arm taken, utilizing the weapon becomes extremely difficult. But all is not lost! In one castle fight, my left arm was taken and losing use of this arm (my left arm) I balanced the polearm on the top of a shieldman kneeling in front of me in a castle and holding the absolute butt end of the pole continued to fight on in defense of the castle for sometime, killing nine more attackers.

In open field battles, when reduced to one arm. I've grabbed the pole at the balance point and fought with it overhead, (and over folks shields) with some success.

In the last year or two in Caid, a Calafian unit, the "Wolfpack" has operated as an all polearm unit that operates as a skirmisher/light unit. They attempt to harass heavier opponents and their formation operates at pike length (nine

feet) away from each other. In this formation, they are just close enough to support each other and in the deep checkerboard type pattern they occasionally use (see illustration below) will swallow up (surround) small unit attempting to bombard the surrounded unit from all sides. They will retreat and harass larger unit moving against them, harass and destroy smaller unit with inferior polearm strength by laying down an enormous barrage of thrusts against a foe. While I don't agree with all their tactics and the method of operating in these checkerboard formations, they are a good and quick polearm unit. They usually operate in a small group of eight or so fighters and carry just nine foot pikes.

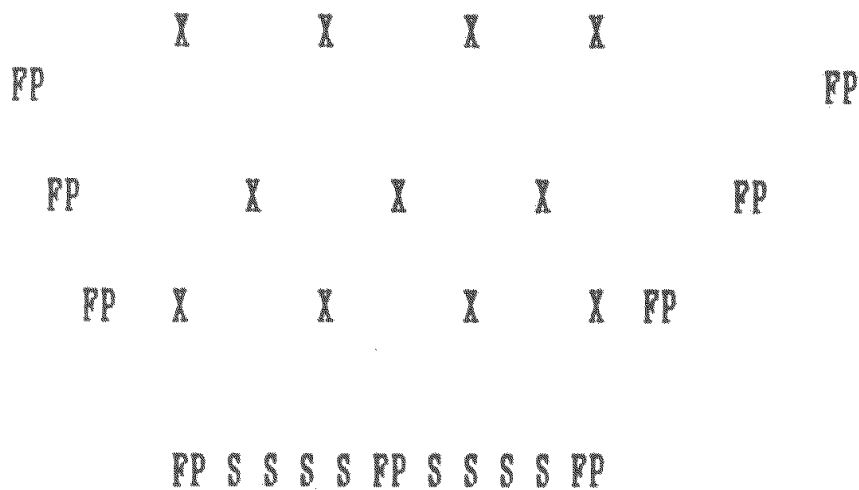


While I personally believe that pike units should help support shieldmen, the utilization of pikes as light skirmishers has many advantages under certain circumstances. A pike unit like "Wolfpack" can defend more frontage per man than a shieldwall unit. Three pikemen in the open nine foot formation can lightly defend 36+ feet of frontage. The same frontage can be defended by shieldmen, but it would take three to four times the number. That many attacking polearms concentrated against a shieldwall unprotected by friendly poles will be hard pressed.

In Lyondemere, in answer to this "Wolfpack" mass use of pikes, the scratch unit "Hunters" has been formed and trained. The "Hunters" exists largely to neutralize the "Wolfpack" by confronting them, usually with inferior numbers and denying them easy access to operate. In one war practice,

three "Hunters" pinned a half a dozen "Wolfpack" between themselves and the friendly shields, the Wolves were killed. Again, with inferior numbers it is unlikely that the "Hunters" can destroy the "Wolfpack", but by denying them the freedom to harass the shields essentially destroys them by making them useless.

Light polearm skirmish units can be foiled in a number of ways. 1.) the normal shield wall line can operate an equal number of poles just in front of the shield line. (As mentioned earlier); 2.) The "Wolfpack" type unit can be met by a similar unit, then attack one or more of their skirmishers with two to one odds; 3.) The "Wolfpack" type unit can be flanked by polearms and charged head on by the shields, eliminating them. (see illustration below) 4.) Corraling them into a tight area that they cannot retreat, then charging them and pushing them hard when they change formations. 5.) Just charging the poles head on, in formation or charging a section of the line.

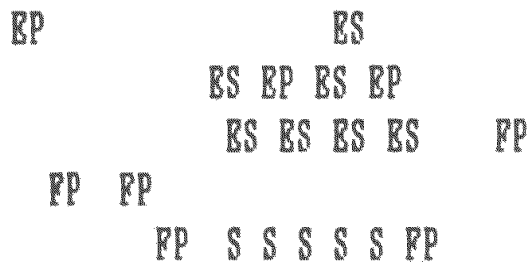


Key: FP - Friendly Polearm
S - Friendly Shieldman

X - Hostile Polearm

Personnally, I believe that massed polearms would be more efficiently used in "cloud" type formations. That is, in no

particular formation. The "cloud" formation retreating in front of larger units, harassing, pinning superior numbers of the opponent and attempting constantly to flank the opponent and get flanked by hostile opponents and formations. What do I mean by flanked? As mentioned earlier in the article, it is best to catch your opponent off guard and when he/she is not looking at you. At one recent war practice, a group of Calafians allowed themselves to be flanked and were nearly destroyed. Below is an example of the flanking:



Key: FP - Friendly Pole EP- Enemy Pole
 S - Friendly Shield ES- Enemy Shield

Flanking is basically making your opponent look two places at once, one of the two will get him, then another and another. Much like what happened in this small battle, once the opponent begins to retreat, keep after them and don't let up, push harder.

Should one pole arm unit outnumber the other even slightly during a fight, the officer in charge should call his fighters to aggressively double team one of their outnumbered opponents, especially someone on a flank. Example:



Key: EP = Enemy Pole FP= Friendly Pole

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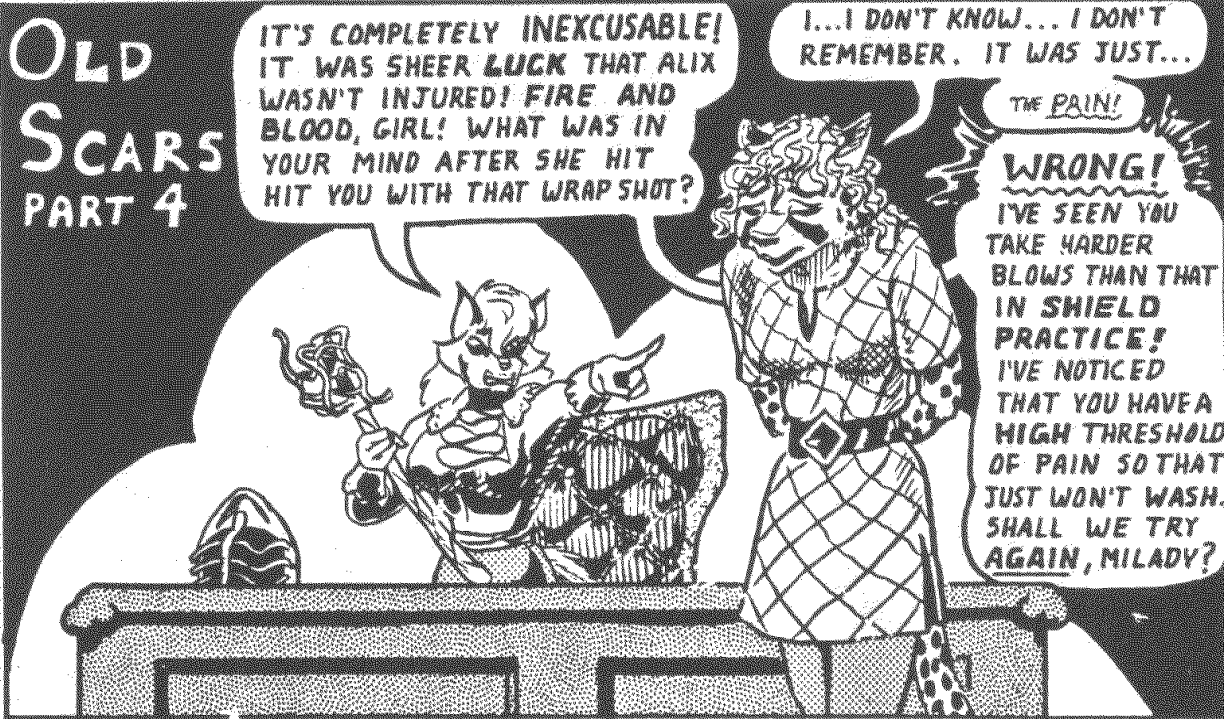


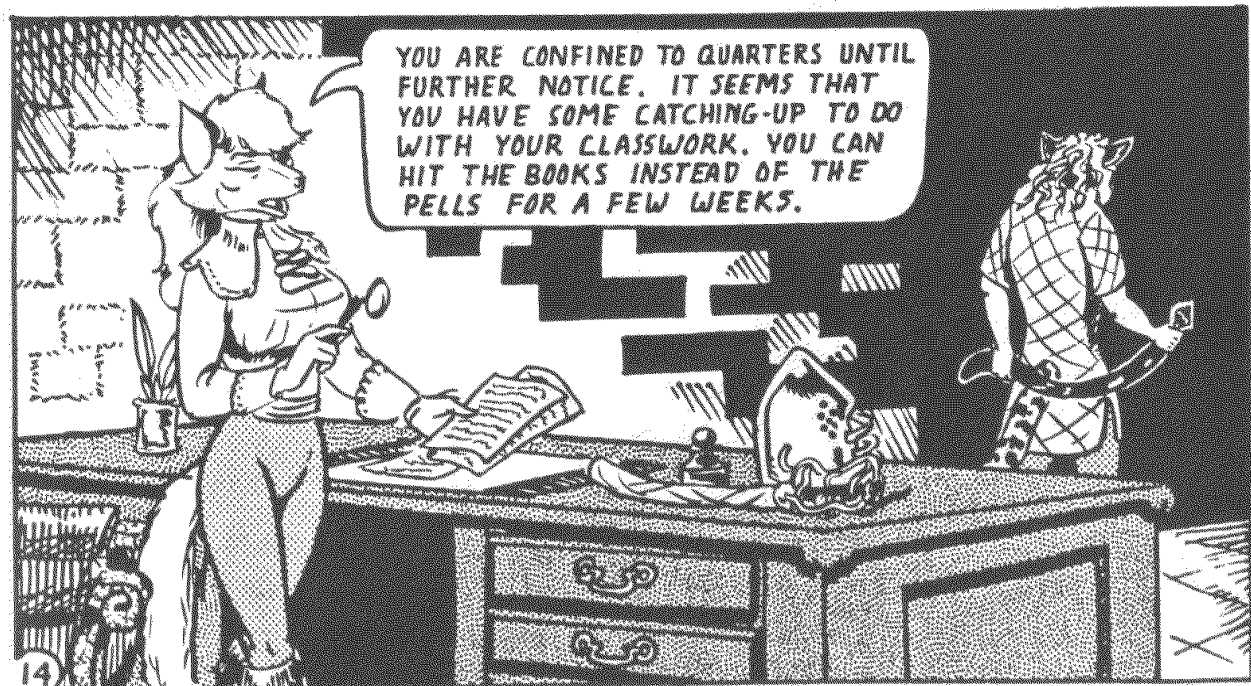
Wixens' Keep

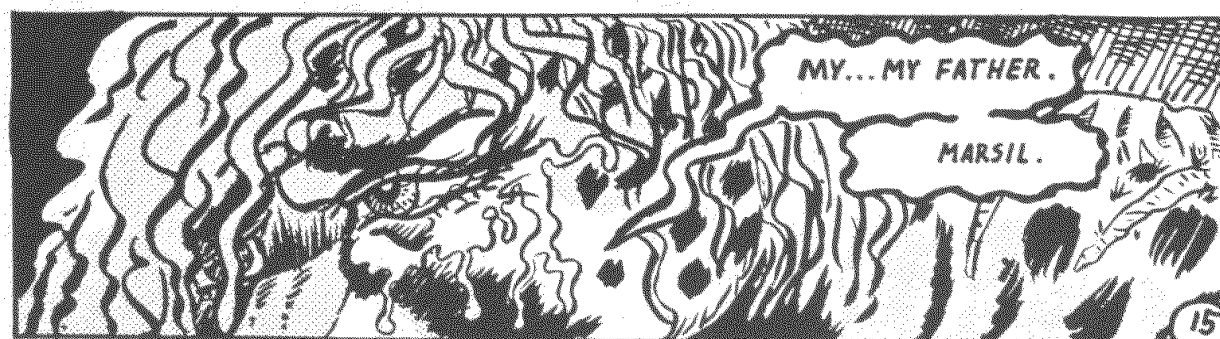
Art
 Story & Script
 Story Editor
 Story consultants

H.L. William Blackfox
 Master Cadfan ap Morgan, O.L.
 Mistress Alanna of Caer du Pard, O.L.
 Mistress Catrin ferch Gwillym, O.L.
 & Soaba ni Sionnach

SYNOPSIS: During a gruelling fighter practice, Marphisa mysteriously loses control and attacks Lady Alix in a berserk rage. Maya has managed to restrain her when Captain Rose demands that Marphisa be sent to her office immediately.







LATER THAT EVENING
IN ROSE'S STUDY,

THAT BASTARD!

HE'S ALL OF THAT AND
MORE. THIS APPARENTLY
HAS GONE ON FOR SOME
TIME. MOST DISTESSING.



BUT WHY?

FROM WHAT I KNOW, I
CAN HAZARD A GUESS.



STRENGTH IS EVERYTHING TO
MARSIL. SINCE HE SEES ALL
WOMEN AS WEAK, THAT MAKES
THEM WORTHLESS TO HIM.

BUT MARPHISA
DIDN'T FIT
THAT MOULD!



NO, BUT SHE HAS HER
FATHER'S TALENT. SHE
MUST HAVE LEARNED HER
FIGHTING SKILLS TO
WIN HIS RESPECT.



WHO KNOWS... PERHAPS
HE EVEN ENCOURAGED
HER... AT FIRST.



BUT IN THE END IT MADE THINGS
WORSE. SHE WAS GOOD AT IT
AND THAT PUT HEART IN HER.
MARSIL COULDN'T ABIDE THAT.

SO HE TRIED TO
BEAT IT OUT
OF HER.





AND HE ALMOST SUCCEEDED.
AS IT IS HE'S LEFT HER
NOW WITH A PATTERN
OF SCARS THAT RUN
STRAIGHT TO HER SOUL!



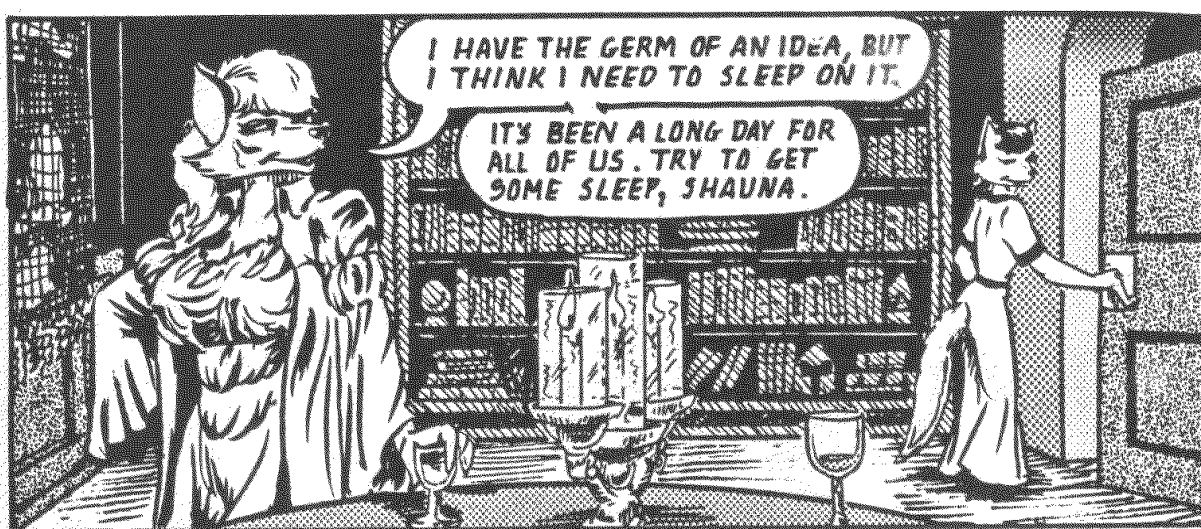
IT DOES EXPLAIN
HER BEHAVIOR ON
THE FIELD TODAY.

AND IN MY OFFICE, AND
HER BODY-SHYNESS, TOO.
I CAN SEE WE'VE GOT
QUITE A BIT OF WORK
AHEAD OF US, SHAUNA.



SO... WHAT NEXT?

WHAT, INDEED?



I HAVE THE GERM OF AN IDEA, BUT
I THINK I NEED TO SLEEP ON IT.

IT'S BEEN A LONG DAY FOR
ALL OF US. TRY TO GET
SOME SLEEP, SHAUNA.



OH! WOULD YOU PLEASE
SEND MARPISA AND
ALIX TO ME FIRST
THING AFTER BREAK-
FAST, MY DEAR?

MARPHISA AND...? WELL,
ALRIGHT, AUNT ROSE. GOODNITE.

GOODNIGHT, DEAR.



End Part 4

WOODENS ARMOUR STANDARDS SURVEY RESULTS

Compiled by Countess Cymber of the Darkwater
(With many thanks to Duke Christopher of Hoghton for his assistance.)

A friend of mine, Countess Elspeth MacNaughton, wrote me in care of my newsletter, the Flower of Souvenance. In her letter, she urged women fighters to write the then Society Marshal, Viscount Wulfbrand Lurkr, about women's armor standards.

I published the letter and wrote him myself. I gave freely of my opinions and suggestions. He wrote me back to say that he had asked the opinion of as many ladies as he could find (less than five) and made his decisions thereby.

As of The Marshal's Handbook, 1989 Edition:

For women, groin protection of closed cell foam or heavy leather or equivalent is required.

For women, breast armor in the form of a single breast plate is required. Separate breast cups are prohibited unless connected by or mounted upon an interconnecting rigid piece, i.e., heavy leather or metal breast plate.

Some time later, His Excellency was in our area and attended a local fighter practice. We introduced ourselves and treated each other to a few bouts. He expressed a desire to speak with my husband, Duke Christopher of Hoghton, in regards to the rules of combat for TFYC as he is the Marshal-in-Charge of that event. We invited His Excellency to dinner for that purpose.

While discussing the non-Kingdom specific standards, the subject of women's armour standards came up. They generously asked me what I thought. I told them my opinion and was surprised when they became the TFYC standards.

For women, the lower abdominal area must be covered by a minimum of closed cell foam or heavy leather, or an equivalent that will impede a normal blow.

For women, breast protection will consist of a minimum of a padded gambeson or jacket. Separate breast cups are not allowed, as they can be more dangerous than no armour at all.

As soon as the regulations were published, I began hearing complaints from some of my fellow lady fighters. Almost immediately it became clear to me that I had done the same thing Wulfbrand had done, with the same response. We had each made a decision based on mostly our own opinions and views without asking the fighting populace that would be affected.

All right, I said to myself, let's correct this problem and appeal to the female fighters for their opinion. In addition to them, I decided it would be a good idea to ask all the Kingdom Chirurgeons what they felt would be prudent. As you can see below, the Chirurgeonate response was rather less in number than I had hoped.

CHIRURGEONS

KINGDOM

MEDICAL BACKGROUND

CALONTIR-	2	M.D. PRACTICING EMERGENCY PHYSICIAN
OUTLANDS-	2	EMERGENCY MEDICAL TECHNICIAN
MIDDLE-	1	OBSTETRICIAN/GYNECOLOGIST
AN-TIR-	1	B.S. NURSING

CERTIFIED REG NURSE ANESTHETIST

NATIONALLY REG PARAMEDIC / INSTRUCTOR

MALE/FEMALE

MALE- 3

FEMALE- 3

1) In your opinion, is breast protection for women necessary for SCA Combat?

No, (but I think it should be strongly recommended)- Blunt trauma to the breast poses no threat to life and limb, nor is it likely to result in significant long term disability. However, in addition to the obvious likelihood of bruising and hematoma formation, both of which are painful and unsightly (albeit temporary), there is the possibility of a blow resulting in in a traumatic mastitis (inflammation of the breast) which could lead to fat necrosis with resultant permanent breast deformity.

Yes, I do- The breast is made of soft tissues, which can be severely, even permanently damaged.

Yes- A blow to the breast could damage blood vessels in the breast leading to a hematoma which could compress or damage lactitious ducts and could lead to breast masses which could neccessitate surgery, or cause problems with breast feeding later.

Yes- The tissue, not being muscular can not tolerate blunt trauma very well. The value placed on breasts by women for emotional and societal reasons would amplify any distress should they be injured.

I think it would be unconscionable for the powers that be in the SCA to allow women to fight without breast protection, especially if these women were still of childbearing years.

2) Is it necessary to require "rigid" protection as opposed to a lightweight leather or a gambeson?

No, but I think it should be strongly recommended; and those women who choose not to, be fully aware of the risks involved.

It would provide better protection.

Yes

It would depend on the physique of the woman.

No.

I suspect the amount of protection one affords to ones breast might have some correlation to how large the breasts are.

3) How much pressure does it take to damage an unprotected or lightly protected sternum or Xyphoid Process?

A lot! I doubt that a normal sternum could be fractured with any legal weapon used in an acceptable manner.

It is known that an average RN in an emergency room can break ribs easily and fracture sternums doing routine CPR compressions.

I don't know.

Variable amount due to body structure, health impact point, diameter of projectile, etc.

4) Approximately how much direct, abrupt force or pressure to the chest does it take to stop a human heart and can it occur in SCA heavy weapons combat?

A whole lot! I seriously doubt it would be possible to produce such injuries unless someone was intent on doing serious physical harm, and even then the force required would be prodigious.

A direct blow to the heart can effect it. The "heart punch" in martial arts is a prime example. The possibility is increased by a lack of protection and increased even more if the fighter has a heart condition.

I doubt such force could be generated in SCA combat.

I don't know.

This could occur, but it needs a certain series of incidents.

I do believe there is enough force delivered in SCA combat to cause a heart to go into fibrillation if the blow were delivered over the sternum.

5) What, in your opinion, based on medical facts, should be the necessary minimum protection for the breasts?

I believe that the recommended minimum should be a good sports bra and a cuirass or coat of plates of rigid or semi-rigid material. I do not support a mandatory standard for breast protection because there is a great variability in breast size. I think it better to educate women to the special risks they may face and allow them to use what works best for them.

Due to the amount of soft tissue, I'd recommend "rigid" protection such as plate, or another form of thick protection.

Minimum breast protection should consist of heavy sole leather (rigid) over some padding.

Rigid, or semi-rigid armor with padding sufficient to spread out the force of the blows.

A heavy gambeson over the breasts is sufficient protection.

I think a breast plate for any and all fighters in the SCA should be of sufficient weight and strength to take the force from a mass weapon in the hands of a skilled and larger fighter.

6) Men wear athletic cups to protect the tissue of their genitals. In the protection of the woman's genital area is it necessary to protect the soft tissue of the lower abdomen and/or the pubic area?

Yes- the pubic area, especially the vulva should be protected, a blow which rises from below and strikes the vulvar area could drive the tissue against the underlying pubic arch and produce lacerations of the clitoris and /or the labia.

Yes- serious damage to this area could effect the possibilities of a woman being able to have children.

Yes- if a woman took a direct hit to an unprotected mons pubis she would probably develop a significant labial hematoma which may require surgery.

The area has enough nerve endings to make a blow there very painful.

Very painful, but not debilitating.

The internal and reproductive organs of a woman are probably better protected by the curvature of the pelvis than a man's are.

7) What do you feel, based on medical facts, is the necessary minimum protection of the woman's genitals/ reproductive system?

A pelvic protector which is comparable to an athletic cup seems most appropriate.

I don't think a "cup" would be right, but something similar, it should be large enough to cover the entire area to provide full protection.

I feel that the minimum protection for a woman's genital area should consist of a soft fencers cup. I do not feel that a rigid cup is necessary for women, but they do need some padding to distribute the blow taken in this area.

Such armor and/or padding as would insure that no strong direct blow can strike the area.

Based on medical facts, I don't believe protection for women in the genital area is as necessary, but still some padding could be a source of protection from injury.

I think a cup or cup-like device would be sufficient to protect the woman's genital area.

For the women fighters, I included a questionnaire with my newsletter August 1990 mailing. Discouraged by the lack of response from the Kingdom Chirurgeons, I determined that there had to be a better way to evoke interest. The best idea would be to hold a class or consortium and ask people to fill out the questionnaire while they attended.

A war would be the best place to hold such a class, and the war with the best cross section of Kingdoms is Pennsic. After much deliberation, advertising and flyer posting, the class was held and very successfully attended, (48 people, mostly women and two men). I was especially pleased at the turnout because the class was inadvertently scheduled during the Pennsic Boat Battle. The large portion of Calontirian fighters arrived after the end of the battle.

The stats below reflect those who attended the class and the very few who mailed me a questionnaire. (Keep in mind that the number discrepancies are due to those who did not fill out some questions.)

FIGHTERS

<u>KINGDOM</u>	<u>#SURVEYED</u>	<u>MARSHALL</u>	<u>CHIRURGEON</u>
AN-TIR	0		
WEST	2	1	
CAID	1		
ATENVELDT	1		
OUTLANDS	2	1	
CALONTIR	14	2	
ANSTEORRA	2	2	1
MERIDIES	0		
MIDDLE	10	4	2
EAST	9		
ATLANTIA	2	2	
TRIMARIS	6	3	1
TOTAL	50	15	4

YEARS INVOLVED IN FIGHTING

DON'T FIGHT	1
1 MONTH	2
3 MONTHS	1
4 MONTHS	1
5 MONTHS	2
8 MONTHS	1
10 MONTHS	1

YEARS ACTIVE IN FIGHTING

DON'T FIGHT	2
JUST AUTHORIZED	2
1 MONTH	1
4 MONTHS	1
5 MONTHS	1
6 MONTHS	1
8 MONTHS	1

YEARS INVOLVED IN FIGHTING

1 YEAR	3
1 1/2 YEARS	3
2 YEARS	7
2 1/2 YEARS	3
3 YEARS	6
3 1/2 YEARS	3
4 YEARS	6
5 YEARS	5
6 YEARS	4
10 YEARS	1

AVG. 2.87 YEARS

YEARS ACTIVE IN FIGHTING

1 YEAR	3
1 1/2 YEARS	3
2 YEARS	8
2 1/2 YEARS	3
3 YEARS	5
3 1/2 YEARS	3
4 YEARS	3
4 1/2 YEARS	1
5 YEARS	5
6 YEARS	3
10 YEARS	1

AVG. 2.56 YEARS

WEAPONS FORMS USED

SWORD & SHIELD	46
MACE & SHIELD	2
SINGLE SWORD	3
DOUBLE WEAPON	5
SPEAR	7
POLEARM	7
GREATSWORD	4
BASTARD SWORD	8

BREAST PROTECTION WORN

NONE	2
GAMBESON	3
LIGHT LEATHER	2
LEATHER PLATE	3
HARDENED LEATHER	2
LEATHER & GAMBESON	2
PLASTIC COAT OF PLATES OR BREASTPLATE	8
BRIGANDINE/METAL COAT OF PLATES	8
METAL BREASTPLATE	18

GROIN PROTECTION WORN

NONE	7
MAXI PADS	2
ENSOLITE/FOAM	7
FOAM & LEATHER	7
WOMEN'S COMMERCIAL HOCKEY, KARATE, ETC	9
SKIRT	11
KYDEX PLATE	1 2

Those are the stats, now here is a condensed version of what was discussed. It started with a brief overview of the questions. Below are the questions and their answers.

-See next page-

#1) In your opinion, is breast protection for women necessary for SCA Combat?

YES-	20
NO-	17
UP TO INDIVIDUAL-	7

COMMENTS:

Whether or not breast protection is needed often depends on what fighting styles are prevalent or are being used, or whether you fight in melees, wars or tournaments.

#2) Is it necessary to require "rigid" protection as opposed to a lightweight leather or a gambeson?

YES-	7
NO-	36
UP TO INDIVIDUAL-	12
RECOMMEND-	1

COMMENTS:

Yes, to better distribute the blow.

Rigid armor causes more problems with pinching.

"I've run into several ladies who unfortunately due to the influence of the men around, very obviously need more breast protection but refuse to use it, because the guys don't."

Would not work for all climates.

Not necessary, but a good idea to use it.

#3) What, in your opinion should be the necessary minimum protection for the breasts?

UP TO INDIVIDUAL-	7
NONE-	8
GAMBESON-	21
HEAVY GAMBESON-	2
GAMBESON W/LIGHT LEATHER-	1
MEDIUM WEIGHT LEATHER-	1
RIGID W/ PADDING-	4
SOLID BREAST PROTECTION-	1
SAME AS FOR MEN-	3

COMMENTS:

There were many recommendations for the use of a sportsbra in addition to the armor.

#4) What do you feel is the necessary minimum protection for the women's genital area/ reproductive system?

NOTHING-	10
PERSONAL CHOICE-	6
LIGHT PADDING/ SKIRT-	12
GAMBESON-	4

HEAVY GAMBESON-	1
COMMERCIAL FEMALE CUP-	6
RIGID MATERIAL-	2
RIGID MATERIAL W/PADDING-	2

#5) Do you feel that breast protection and or genital protection should be required by the SCA Marshallate or highly recommended so that each lady may decide on her own?

REQUIRED-	5
HIGHLY RECOMMENDED	39
INFORMED-	2
JUST RECOMMENDED	1

COMMENTS

Should be required for new fighters (less than 2 years).
 Give each physical body type a choice.
 Educating women is the most important thing.

#6) If the SCA Marshallate decided that, for instance, breast protection is highly recommended and you took the option of not complying, would you be willing to sign a waiver specifically for women that stated a hold harmless for damage (including extreme bruising, dimpling, fat necrosis, traumatic mastitis and changing of the shape of the breasts)?

YES-	38
NO-	10

COMMENTS

Yes, but I think both sexes should be informed of the damage fighting could do to any reproductive system.

I tried to hold each question to about 10 minutes discussion time, as we had a small amount of time in which to accomplish this. The hardest thing to do was to keep everyone talking about minimum Society standards, not what they wore personally. (I must admit to being as guilty as the rest to straying from the subject.)

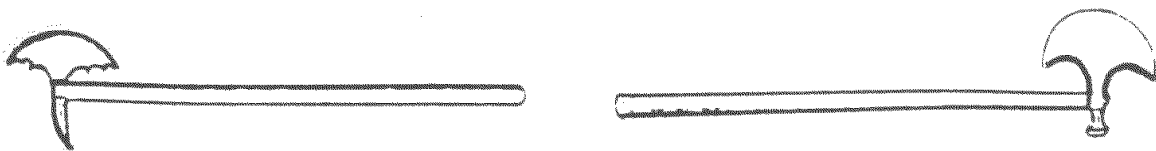
We had the extremes from an Ansteorran lady who believes that nothing should be required for breast protection or female groin protection. The other end of the spectrum was a lady from the East who believes that we should be required to wear full plate everywhere in question. There were also those who believe that nothing should be required for women that is not required for men. To be sure there were some hypocrites as well as those whose opinions changed with the wind of opinion.

The final general consensus was somewhat myriad. The majority voiced that if something had to be required than it should be this; 1/4" closed cell foam over, under and around the pelvic arch, and 1/4" closed cell foam or two layers of heavy duty cloth for the breasts. According to most Chirurgeons, the best defence would be, (at minimum), something that distributes the blow over a larger area than clothing alone. It must be

noted that most of the women I spoke with were well informed of the dangers of individual breast cups and athletic cups intended for men and worn by women for genital protection.

It was unanimous that anything heavier should be highly recommended by the Marshallate, not required. It was also recommended that the Marshallate prepare a worst case explanation to be inserted behind the armor standards for both sexes. For example, if a man's groin protection is not adequate he may receive a direct blow of sufficient force to crush a testicle with death as a result. If a woman decides to wear inadequate breast protection she may receive a direct blow sufficient to cause an inflamed mammary gland and a mastectomy may result. If a fighter, male or female decides on inadequate kidney protection, they may receive a direct blow of sufficient force to damage a kidney with a renal shutdown and death as a result.

A copy of this article as well as copies of the completed questionnaires have been sent to the Society Marshal, Duke Lawrence of Ashana. If you have any suggestions or opinions, please write him. I am sure he would appreciate more information in this matter.



WOMENS' TOURNEY

The Third Annual Women's Tourney will be held at Pennsic XXI!

For the third time this controversial list will be held to encourage women as participants in the art of heavy weapons combat! Everyone who has attended over the past two years, has enjoyed themselves thoroughly! Come and be a part of this women's fighting consortium!

Men are encouraged to offer their assistance in armor inspection, marshalling, field heraldry, list running and/or training but entrants for this list are restricted to *women only*.

Prizes will include *Most Chivalrous, First Place, Second Place, Best Death, Best-looking Armor and Lord's Choice*. Prizes are, as yet, undisclosed, but promise to be well worth the effort!

For more information, check for flyers on site at Pennsic and ads to appear in later publications of this newsletter!

GRANUAILE Part I

Seamus Donn
Lough Damh na Rich (Ireland)

Pirate, chieftain, gambler, noblewoman, traitor, mercenary, all are terms that have been applied to Granuaile, none without some justification. She was born as the English king Henry VIII implemented his "surrender and re-grant" policy over Ireland and died as Hugh O'Neill and Hugh O'Donnell were defeated and with them the last hopes of an Ireland free from England. That she lived to be over seventy in that turbulent period that ended an era is a tribute to the strength of character and reason she must have possessed.

Granuaile (Grace O'Malley) is thought to have been born in 1530, with one illegitimate step-brother Donal-na-Piopa (of the pipes), to Owen 'Dubhdarra' (Black Oak) O'Malley who by the Brehon system was the elected chieftain of Umhall Uachtarach (Barony of Murrisk). The O'Malleys had been known for their sailing prowess since 1123 and traded regularly with Scotland and Spain in their galleys and three masted caravels.

There is a story told as to how she got one of her nicknames: Grainne Mhaol (i.e. Bald). As a young girl she begged her father to allow her to travel on one of their ships setting sail for Spain. Her mother rebuked her saying that the life of the sea was not for a young lady. She left them and promptly returned with her long hair cut short like a boy. Her family was greatly amused and gave her that nickname. From her later exploits one would assume she did take that ship to Spain.

About 1546 she was married to Donal O'Flaherty. Being tainist to The O'Flaherty (i.e. next in line to be head of the clan and chief of all Iar Connacht) and being in possession of the castles of Bunowen and Ballinahinch he was a good match. He was known as Donal-an-Chogaidh (Donal of the Battles) for his truculent disposition. In 1549 he was implicated in the murder of his step-nephew Walter Fada Burke who was a likely obstacle for the son of his sister, Finola O'Flaherty, in attaining The MacWilliamship.

During her marriage Grainne bore three children Owen, Murrough and Margaret. Over the course of time she gradually eclipsed her husband, actively engaging in politics, intrigue, tribal disputes, fishing and trading. The city of Galway, one of the largest trade centres in the British Isles, had closed its gates to the O'Flaherties and so they had to trade themselves with Munster, Ulster, Scotland, Spain and Portugal. To the further annoyance of Galway Corporation she would swoop out in her fast galleys and waylay the slower merchants. She would negotiate with the ship's captain for a suitable price for safe passage or give leave to her men to pillage and plunder.

During the 1560s Murrough na dTuadh O'Flaherty (Murrough of the Battleaxes), a young chief, was making his presence felt. In 1564 the Earl of Clanrickard was forced to fight him just outside Galway and was resoundly defeated. This was too much to be overlooked but the English were short of funds as ever. In return for his submission and promise to 'Observe the Queen's peace' he was pardoned and made the chief of all of Iar-Connacht, in effect making him The O'Flaherty and thus ousting the current one and

the tainist, Grainne's husband.

Donal is said to have died in a revenge attack by the Joyces for his capture of the island castle of Caislean-an-Circa. During that fight he earned the name of Donal-an-Cullagh (the Cock) for the great courage he displayed defending it. The Joyce victory was premature though. Grainne herself fought on and defeated them. She earned the name 'the Hen' and the castle was henceforth called Hen's castle.

Another tale is told of her being besieged in Hen's castle by a force from Galway. Conditions had badly deteriorated under the tight siege but Grainne was determined not to surrender. The castle's roof was made of lead and on her orders it was stripped and melted down. The following bombardment drove the English back to the mainland to carry out the siege from there. After dark she sent someone through a secret passage to the mainland and lit a series of beacons she had set up. Her fleet put to sea, overcame the English and lifted the siege.

By Brehon law a widow of a chieftain was entitled to one third her husband's estates but this was seldom actually paid (much like alimony today). With her two sons grown and trying to secure their own place she returned to O'Malley territory with 200 followers, many of whom had been her husband's. She set up on Clare Island in Clew Bay. In this ideal setting she could monitor virtually all the ship traffic going along the coast. Between piracy, charging for safe passage and providing pilots she did very well for herself and her followers.

According to legend Grainne and her forces were on pilgrimage at a holy well on Clare island on St. Brigid's day. News was brought that a ship had foundered near Achill. Her ships set sail into the gale but upon reaching the place it was found the ship had broken up. From the rocks was recovered a young man, nearly dead, said to be called Hugh de Lacy and of Nordic origin. She nursed him back to health and the two fell in love. Sadly he was killed shortly thereafter by the MacMahons of Ballycroy while deer hunting. Grace wasted no time and found them after the killing on a pilgrimage to the island of Cahir. She destroyed their boats and personally slew those responsible for Hugh's death. Still not satisfied she sailed back to their castle of Doona in Blacksod bay, routed its inhabitants and installed her followers there. It is thought that her title of 'The Dark Lady of Doona' originates from this.

The only portion of Clew bay not in O'Malley hands was governed by the castle of Rockfleet (Carraig-an-Cabhlaigh). So around 1566 she married Richard-an-Iarainn, Iron Dick Burke. Curiously enough he was the son of her first husband's sister who he had committed murder for. Traditionally she had married Richard for 'one year certain', i.e. either party could terminate the marriage after one year. Marriage under the Brehon system was a contract for the mutual benefit of the participants. Divorce was simple and uncomplicated for both partners and more like a business transaction. It is said that after a year Grainne had thoroughly installed herself in Rockfleet and when Richard returned from one of his war missions she called down from the ramparts 'I dismiss you' and thus divorced him.

She had one son in 1567, called Tibbot-na-Long or Theobald of the Ships. Traditionally he was born on the high seas while

Grainne was returning from a trading mission. The day after the birth they were attacked by Turkish pirates. The captain informed her that the battle was going against them. 'May you be seven-times worse this day twelve months, who cannot do without me for one day' she said and stormed on deck discharging a blunderbuss at the Turks saying 'Take this from unconsecrated hands!'. They captured the ship, dispatched its crew and added it to their fleet.

Her maritime time activities became so great that on 8 March, 1574 Captain William Martin lead a force of ships and troops and laid siege to Grainne in Rockfleet castle. She rallied her defences and on the 26th turned the siege into an attack. Captain Martain was forced to beat a hasty retreat, and at the age of 44 the victory no doubt could only enhance her reputation.

But times were changing. Many Irish chieftains had submitted to the English throne. In March 1576 The O'Malley (her father had by this time died) was summoned and gave his submission in Galway to Sir Henry Sidney. He kept his promises and in the next year did not join in the rebellion. It was sometime in 1577 that Grainne herself, unasked, presented herself to Sidney and submitted. He wrote:

There came to me also a most famous feminine sea captain called Grany Imallye, and offered her services unto me, wheresoever I would command her, with three galleys and 200 fighting men, either in Scotland or Ireland; she brought with her her husband for she was as well by sea as by land well more than Mrs. Mate with him; he was of the Nether Burkes and now [1583] as I hear Mack William Euter, and called by nickname Richard in Iron. This was a notorious woman in all the coasts of Ireland.

In Ireland at the time survival was the rule of the day. If to give a promise of good behaviour to the English was what was necessary it is not surprising that that was done. Her husband, according to Brehon law, was next in line for The MacWilliamship but the present one had submitted and agreed to enforce English law, including that of primogeniture. Establishing good relations was all the more important to secure her husband's future.

Sir Philip Sidney had accompanied Sir Henry and apparently was quite taken with Grainne and spoke at length with her. He corresponded at length about her but most had been lost. One story does relate how Sir Henry had asked her to conduct him and his entourage around the bay to view the city's harbour and defences. She did agree, but being a business woman, demanded and was given payment.

Another traditional tale says that when returning from England she stopped to restock in Howth, the main port for Dublin at the time. She went directly to the Lord of Howth seeking hospitality as was the Gaelic custom. The gates of the castle were locked before her and the servants would not let her in as the Lord was at dinner and was not to be disturbed. Furious at this breach of hospitality she came upon the heir of Howth and seized him on the way back to the ship. The Lord of Howth travelled to Connaught to bargain for the return of his son for any ransom. Grainne scorned the offer of ransom and demanded in return that his gates never be closed against anyone asking hospitality and that an extra place always be set at table. This practice is still followed to this day in Howth castle.

EDITORIALS



I, like most people I know, enjoy helping others in the form of advice. I get my share of questions and try to answer them as best I can, as we all do. Something has happened of late which I wish to share without dragging to light the identity of the person in question.

Because of this newsletter, and the mild form of notoriety I receive because of it, problems of women fighters are often referred to me. I consider this a heavy responsibility, but one I endeavor to perform to the best of my ability. Because of the explosive potential of some of the situations brought to my attention, I try to be discreet and research my answer before I give it.

Some time ago a lady sent me a letter describing a situation which I found disturbing. She has approached many, many other people about this [you may be one] so I do not feel that discretion in this matter is as necessary as it might otherwise be. She resides in a Kingdom with a bad reputation for heartily discouraging women fighters. She has claimed, and continues to do so, that in her area in particular this form of discouragement can get downright brutal on the field.

I was incensed, but with some bad experiences behind me, I decided to investigate her allegations more thoroughly before replying. Initially, it seemed a bad situation. With more investigation, I became suspicious of the woman in question, not the area she was in. Certainly everyone has experiences with those who hit too hard, male and female, and some might feel as if it is meant for them personally. The more I looked into it, the more this woman seemed to be the type that not only made a bad reputation for herself, but for all women fighters because of her attitude. I concluded that she was a harmless paranoid and decided to take her with immense graineries of salt.

After Pennsic XIX, and speaking with her in person, I received a large packet from her including a plea for advice and or assistance, as well as a copy of a letter she sent to her Kingdom Ombudsman mentioning me and the Flower of Souvenance. I admit to being more than a little perturbed since, it seemed to me, she portrayed this publication as supportive of antagonistic, feminist (kill-the-scum) attitudes. So with this fire under my... um... hat, I proceeded to write a very lengthy letter, using some of the arguments contained in her letter to me. It took me a considerable amount of time to do this and quite a bit of thought.

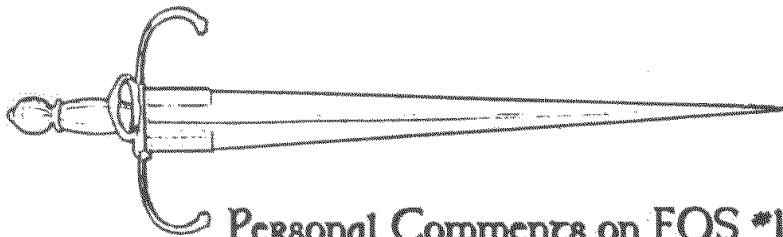
That in mind, possibly you can imagine my feelings when she wrote me back and, among other things, ridiculing a tiny portion of what

I had sent her and ignoring the rest. I was seriously appalled and flabbergasted. I honestly do not expect those who ask for my advice to take it all to heart and do everything I suggest, but to be ignored and ridiculed is something else entirely.

The bulk of this rambling comes to this; do not ask for advice you do not wish to hear. I will not cater to those who desire to complain instead of trying to correct their situation in a positive manner!!! Please, for the sake of good manners, if you ask for advice tell the person who gave it that you appreciate their effort and that you will take their words under consideration. Ignoring the advice is perfectly within your rights, though tasteless. Ridiculing that advice is likely to gain you a few hard words and possibly the lack of support from that individual.

Whew! I feel much better! Thank you for reading this. If you didn't, please don't tell me.

In Service to the Ideal,
Cymer



PERSONAL COMMENTS ON FOS #10

I would like to commend Shana for pointing out the fact that Sir Kazimier os Silesia is TALL. He admits to 6' 8", but I have personally seen him duck under 7' doorways. And, Kaz, I'm sorry, I don't buy the 'reflex action'. I would also like to thank her for giving me pointers she didn't know I'd get. After three years of sword and shield, (not consistent fighting, but always sword and shield) I have come to the conclusion this is not my forte.

Would it be possible for more fighting techniques to be told about?

I would like to fight glaive, and I would really like more information on this weapons form. I was lucky to meet Countess, then Queen, Elana of Trimaris at the Estrella War. Since then, she has visited here and brought a videotape of Glaive 101 from the Trimaris Collegium which I could learn from. I feel this is a good weapon for my size and I hope to start doing this and pole soon.

Are there any more weapons forms that cater to women? Also, does anyone have additional information on the glaive? An information would be much appreciated. Countess Elana pointed out that may women in her Kingdom fight glaive. I've noticed many women in war use spears or pole. Please share your insights with me!

Living and Loving The Dream,
Celeste Cathan

Celeste, I honestly don't think any weapon 'caters' to women. It's supposed to be the other way around, the fighter caters to the weapon.

-Cymer, Editor

Subscription & Back Issue Information

Subscriptions are \$6.00 per year or four issues (within the U.S.), \$8.00 per year in Canada, \$12.00 per year in Foreign Lands without an APO.

Free issues are available to those who submit articles and/or artwork! You will receive a free copy of the FOS that your submission appears in!

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