

# FLOWER OF SOUVENANCE

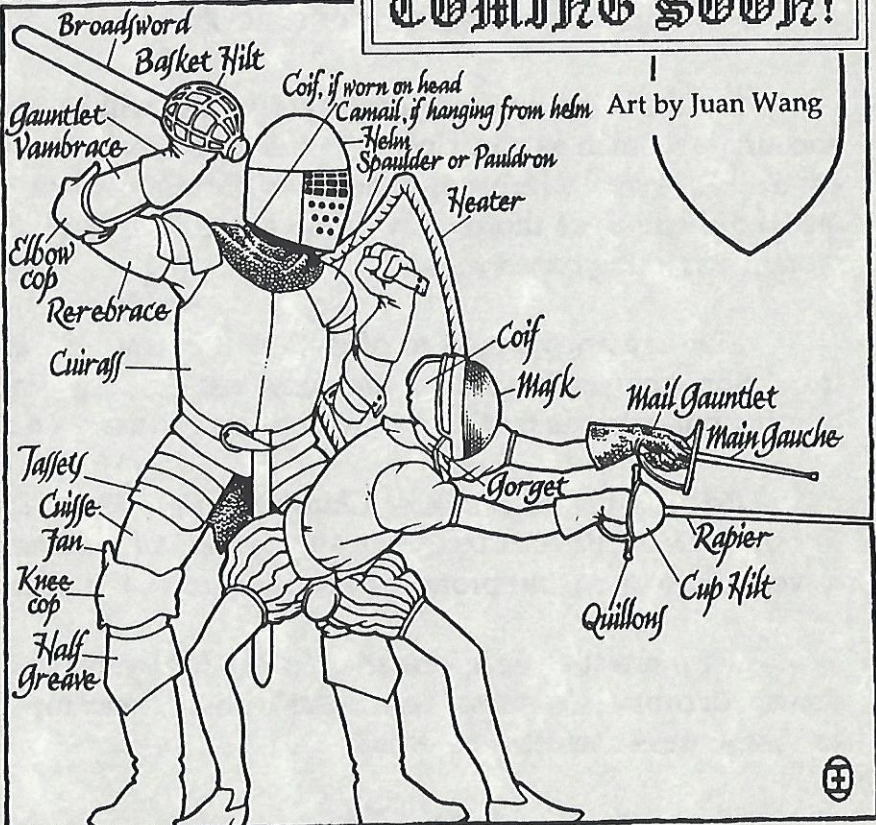
letters for the falcon gentle

#14

The New SCA

# Fighters

COMING SOON!



# Handboke

Being a Collection of valuable Information & sound Advice for all Fighters, heavy & light.





# 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 specific information, check for flyers on site at Pennsic or contact Countess Elena in the Trimarian encampment or Viscountess Yseult Summerhall.



# TABLE OF CONTENTS

Page 2	<i>The Crier</i>	Humor / Alert
Page 3	<i>Duchess Sir Rowan</i>	Women and Fighting
Page 8	<i>Robyyan d'Elandris</i>	Thrusting Tip Const.
Page 10	Flower of Souvenance Tourney at TFYC	
Page 12	Surviving Your Mistakes	
Page 14	Extended Back Issue Information	
Page 16	<i>Rowena le Sarjent</i>	Letter to the Editor



This is issue #14, August 1991, of the Flower of Souvenance. This is not a corporate publication of the Society for Creative Anachronism, Inc., and does not dictate or delineate SCA policy. The opinions of the articles contained herein do not particularly express the opinion of the editor, but are the opinion of the authors of the individual articles only as well as those that might agree with them. Except where otherwise stated, any other articles in this publication may be reprinted without special permission in newsletters & other publications of branches of the SCA Inc., subject to the following conditions: a) text must be printed in its entirety, without additions or changes; b) author's name & an original publications credit must accompany the text; c) you must send a letter to the editor of this newsletter, stating the articles you have used, and in which publication the material has been reprinted. A copy of said reproduction would be greatly appreciated, so that the author might be notified.

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 editors 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. 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 \$10.00 full page, \$5.00 half page, \$3.00 quarter page.

All checks and money orders must be made payable to KC Lancaster.





# Medical Alert: The Plague Returns!

The GREEN DEATH, previously known by other names, has returned worse than ever and is again threatening to destroy fun and happiness throughout the entire Known World.

Beware the 6 Warning Signs:

- 1) Over-enlargement of one's self importance.
- 2) Excessive interest in other people's business.
- 3) Inability to speak to persons of lower rank.
- 4) Green tint to the eyes when looking at the crown or persons of higher rank.
- 5) Uncontrollable ambitions and sudden fits of rage.
- 6) Tendency to dominate conversations on every topic regardless of understanding.

**WARNING:** Green Death is highly contagious! Any Contact with plague victims could cause permanent disillusionment.

## HOPE THROUGH RESEARCH:

Recently, the Bureaucrats of Disease (B.O.D.) has discovered that plague victims are not solely responsible for transmission of Green Death. Traces of the agent of disease transmittal, long referred to as "The Snub", has been found among PLAGUE CARRIERS. Plague Carriers have been found associating closely with Plague victims, prolonged contact causing rapid advancement of infection in both.

Warning Signs of a Plague Carrier:

- 1) Severe swelling of the ego.
- 2) Unexplainable heightening of the nasal appendage.
- 3) Fawning, often accompanied by strange sucking noises.
- 4) Enlargement of the ears and mouth, causing chronic gossiping.
- 5) Green-tinted eyes. (Standard)
- 6) Slime-trails.

## TREATMENT:

While no cure has been found, several experimental drugs are being worked on at this time. All show hopeful signs, but as each treatment must be self-administered, none have worked well under voluntary public testing. Non-physicians should not attempt these treatments without supervision unless in the final, fatal stages.

## RECOMMENDED MEDICATIONS:

- One ounce of ground humility root per cup of hot water.
- Three powdered leaves of tolerance per day.
- A pint of non-insulting laughter.
- 100 cc's of Thorazine (To make you feel better)

100 cc's of arsenic (To make us feel better)  
The shoes of a newcomer.  
An enema of the Royal Boot.

If none of these work, swallow two tablets of pride and see me in the morning.

Yours in medicine,  
Dr V, KSCA, An Tir

From The Crier

©Shirley Herndon (Rosemund Goodfellow)

---

---



---

---

## Notes from "Women and Fighting"

By Duchess Sir Rowan Beatrice Von Kampfer

The biggest myth associated with female fighters is that men are more competitive than women. This is B.S. Women just compete in more subtle ways. When women compete it is not always obvious who the winner is. The belief that women have a tendency to be sneaky and cut-throat is a bad generalization, as many men are this way also.

There doesn't seem to be any "trait" associated with women that is not also associated with men. In men it is usually attributed to being immature, whereas with women it's "typical woman", or "that's a woman for you".

Don't be an "Amazon". Guys want to be liked as much as women. If they think a woman hates them, they'll probably hate her back. If you hate men, then you have a problem which you must get over. If you have a "feminist" button that can be pushed, men will key in on it and always have you so upset you can't concentrate on your fighting.

Acting like a guy will never turn you into a real man - or a better fighter. Culture, gentility, manners, courtliness, are as much a part of being a knight as being any PEER. Cussing, checking your package, swaggering, dyke stuff will not make anyone, male or female a knight. Be wary of non-productive confrontations; they are a waste of time. A prime example is arguing a feminist point of view with a true male chauvinist. You are not going to change his mind by arguing with him. You are not going to convince anyone that a woman can be as good a fighter as a man with a verbal



conversation. The most convincing argument is a demonstration of skill; by becoming that good a fighter. Even so, the most you can expect is that they'll respect you as a fighter, not all women, just you. Even being knighted will not instantly obtain that respect. Every man and woman you meet is going to want to see for themselves (by fighting you, or watching you fight) and judge for themselves whether or not they think you deserve the accolade. But it's the same for most male fighters too. Most new knights become "targets" for the up and coming fighters for several reasons-

- 1) a test to see how good the new knight is, and
- 2) a comparison with themselves, to check on their own

progress.

An advantage women have is they usually can get all the attention they want from knights, this can also be a disadvantage.

If you want to be respected as a fighter and treated as a fighter you've got to set some parameters for your own behavior and stick with them. Especially in regards to sexuality, you'll wind up confusing the guys, who are already confused enough as it is. Flirting, come-ons, "helping" the damsel in distress stuff does not work on the field. Always remember you're a woman; be proud of it. Live up to your potential - so that "how like a woman" becomes a compliment instead of a snide retort. Same for "how like a man".

Do not mess yourself up by imagining the fight is real, or that you're being raped and fighting for your life. This shows our own defeatist attitude, how we think of ourselves as second class and that we expect to lose. The ability to fight well comes from focusing your energy, and focusing your desire, the desire to want to win, to beat the other person. You've got to want it bad enough!

You have to learn how to deal with winning and losing. Winning doesn't mean you're better or will always be better, it means you were the victor that time. It is very important for women to be good winners, maybe because we're used to being beaten by men that we consider it a real coup to beat one.

Losing isn't always a loss, it doesn't mean you're less than someone else or always will be. It can be a victory if you stuck to your game plan and didn't fall apart (under pressure). Loss doesn't have to be "the agony of defeat". It's one step closer to lengthening your line.

A poor reaction to losing is to make excuses for the loss -

- I wasn't really trying
- the sun was in my eyes
- I have a cold

This takes the win away from your opponent, the person who beat you, and gives it to an act of god, or a fluke of luck; much "grander" individuals to lose to. Thus many men may make excuses when they are beaten by women:

- these women must be awesome for them to have been beaten by this woman
- she cheated (wasn't calling blows, etc.)

• boy did they fight bad that day, had a real off day, why even that woman beat them.

I have experienced all of the above excuses. The truth is that on any given day any fighter can beat another fighter. The amount of training, and whether they're alert that day has a major role in who will win. Best to leave the ego out of it, then no excuses need be made.

One of the most difficult things to learn as a fighter is how to deal with emotional tension. The worst thing that can be done on the field is to lose your temper, hitting people in anger is inappropriate and unacceptable. Other methods of emotional release are semi-appropriate or at least tolerated recourses. These could be hitting trees or other inanimate objects, or crying. Have you ever cried on the field? What caused it? Were you feeling frustrated, was it physical pain, were you feeling put down or being treated like a second class citizen? Crying is an emotional release of tension. It is important to learn to channel that emotional energy and focus it into hitting harder, or fighting better. Men often hit things instead of crying, this is their way of releasing emotional tension. Most men can't handle women crying, they might not want to fight you again. There are many destructive thought processes. If you find (especially while crying) that you're thinking things like "I can't...", it is important to mentally start changing this to "I can..." It's corny, but it is the key.

Something that often comes up is couples who fight or train together. How this works out depends on the two individuals involved. Generally, the rule or old cliche that a husband can't teach his wife to drive applies to anything, be it fighting, racquetball, or chess. There are several reasons for this:

1) the student usually takes criticism from a loved one personally. They have found fault with me - they must not love me anymore.

2) the teacher thinks the world of the student and expects them to be able to catch on quickly, when they don't the teacher gets impatient.

3) sometimes to avoid 1 or 2, the teacher won't push the student as hard as they should be pushed. Thus not much criticism, nothing to be taken personally, not pushing hard, not expecting much, nothing to lose patience about. Nobody gets anywhere. Only with infinite patience and understanding, and good positive attitudes about yourselves can this work.

So where do you stand? Ask yourself these questions.

- 1) How long have you been fighting?
- 2) On the average, how many practices do you make a month?
- 3) How long did it take you to get all of your armor together, including your weapons?
- 4) How many tournaments a month do you enter?
- 5) How many bouts do you fight at practice? How many hours are you at practice?
- 6) If you're at practice a long time, but don't fight many



bouts, what do you do? Do you work on the pell or do you socialize?

7) What are your greatest strengths that help your fighting abilities?

8) What are your greatest weaknesses that hinder your fighting abilities?

There are things that will help you to progress in your fighting, the first is to set goals for yourself, they must be reasonable and realistic. Something else that is very important is momentum. If you're getting better, work harder and let the momentum carry you forward. Don't let the momentum drag you backwards, it's to just continue forward than to have to take the same path again and again.

Look at yourself, how could you be better suited for fighting. The optimum fighter is big, say around 6'4" tall and about 230 pounds. They must be strong, they should be able to bench press about their own weight. The optimum fighter is fast, they should be able to run a mile in six minutes. They would be young, say 20-25 years old. And of course the fighter is well trained, competing in all sports since birth. If you're not the optimum, you're going to have to maximize your assets and minimize your handicaps. The further away from optimum you are, the more commitment and discipline you're going to need to get where you're going. Remember it doesn't matter how long it takes to get there, as long as you eventually arrive. Remember this when you're getting disappointed by how slow your progress is. Also the road goes ever on, it is not a path to a door. By saying to yourself "I will learn something new today", you continue on your path to success. The odd thing about this is that it applies to everything else in your life.

There are things that can help you measure your progress and change. Are you changing your armor, where are you getting hit? Not just who you can now beat, but who can you beat who you couldn't before.. Are you calm when you walk on the field? are you calm and confident in your ability. Your fight will fall into one or more of these patterns:

- 1) you can't see what killed you.
- 2) you can see the blow, but you can't block it.
- 3) you block it.
- 4) you block and counter with your own blow.
- 5) your counter kills them.

You have to through that five stage process with every blow thrown by every person, it is neverending and those other people are getting better just as you are. No one can take up fighting, learn 2 or 3 blows and expect to enter tourneys and do well, it just doesn't happen.

Your fighting ability can be expressed by the following equation:

$$F = M \times A$$

F is your fighting ability, M equals your mass of training that you get, and A equals your learning speed or acceleration. Some people have a higher learning rate and it seems as though they get better even though they don't practice as much. I consider myself a slow learner, so I have to work twice as



hard to get to the same level. This also explains why you have plateaus, when it seems as if you are not progressing, if your speed of learning is 1 then you are on a plateau. You improve your ability to learn by working with different teachers, and by continually try new things. Teachers should be aware that in teaching a slow learner, especially around fast learners that the "I can't do it" mentality will be reinforced, that the more others can do it and the slow student can't the more the 2nd class attitude and sense of worthlessness will be reinforced.

One of the most important things to work on is consistency. I suggest learning a good defense first, then you can stay alive long enough to develop your offence. Our society is big on instant gratification, if that's what you want, this isn't the sport for you.

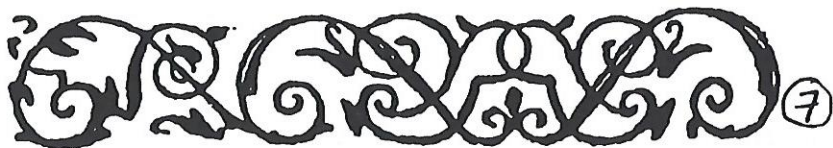
Earlier I mentioned setting realistic goals, remember the Rocky movies. In the first movie he just wanted to go the distance, in the second movie he just wanted to make a lot of money. Your goals can be as simple as:

- I will attend more practices each week/month.
- I will fight more bouts at each practice.
- I will fight tougher opponents.
- I will try to learn a new shot or defense at each practice.
- I will try something new at each practice.

Remember that physical skills don't become "reflex" until they're repeated over and over. The same goes for mental skills. When you are asked what's 2+2 you don't mentally imagine two sets of two then count the number of items and arrive at four. It's a reflex response. Pell work and katas are designed to do the same. A living pell is better for developing focus and aim, or the ability to hit a target you can't see. A non-living pell is better for developing muscle memory or having your muscles remember the shots without having to think how to throw the blow every time you swing.

You can't fight your opponent if you're fighting your armor. Armor is extremely important to your well being as a fighter. If you're getting hit somewhere armor it up. Wear enough armor that you're not afraid you'll be hurt. Macho is for Neanderthals. We're mature, intelligent women with all the benefits of modern technology at our disposal. There comes a certain confidence in the knowledge that you're not going to get hurt that helps you get over the fear or timidity of trying new things. As you get better, you'll better know where best to armor, and where best not to armor.

Some days you won't fight up to your expectations, some days you'll fight above yourself, but won't know why. Don't get disappointed or discouraged. Everybody goes out and shines once in a while. The more you put into your fighting the more often you'll go out and shine.



# Thrusting Tip Construction

by Robyyan Torr d'Elandris, OL

[The following material is copyright 1990 by Dennis R Sherman, 1308 Brookfield Drive, Chapel Hill, NC 27516. It may be freely copied for not-for-profit distribution, as long as it is copied in its entirety, including this copyright notice.]

A thrusting tip must be of a certain size and resiliency, depending on the weapon on which it is placed. In Atlantia at the time of this writing, a one-handed thrusting tip must have one half inch of give under one hand pressure, two handed weapon thrusting tips must have an additional one inch of give under full body pressure. All thrusting tips must be at least 2" in diameter. Spears with a fiberglass shaft must have a tip at least 3" in diameter, with 3" of give. This article discusses one method of building a thrusting tip which I have found to be fairly simple, very durable, and uses easily obtainable materials. The example used throughout is building a thrusting tip for a one-handed sword, but the method may be modified easily for other weapons.

## Materials Needed:

- 2- pieces 1/4" closed cell foam, each approx 1 1/4" X 1 1/4"
- 2- pieces 1/4" closed cell foam, each approx 1 1/2" X 8"
- 2- pieces 1" open cell foam, each approx 2" X 12"
- strapping tape
- duct tape

## Tools needed:

- scissors and/or mat/utility knife

## Procedure:

1) Tape each of the 1 1/4" X 1 1/4" pieces of 1/4" closed cell foam to the end of the sword, using strapping tape. Your sword will now look like figure 1.

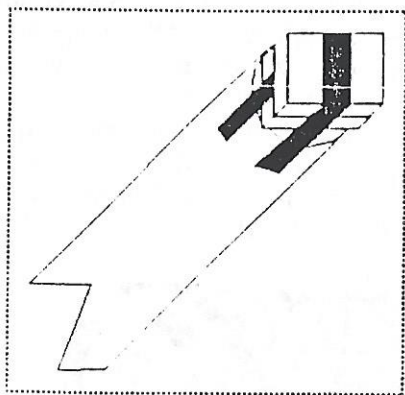


Figure 1

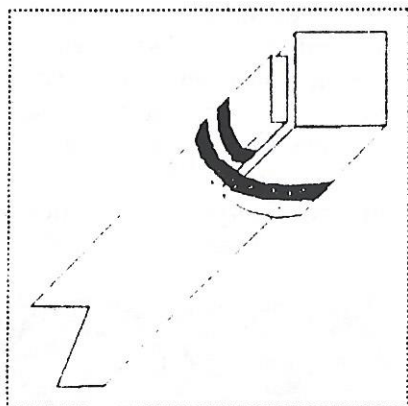


Figure 2



2) Tape each of the 1 1/2" X 8" pieces of 1/4" closed cell foam over the end of your sword, using strapping tape. You may trim the ends so they are even if you wish, but be sure there are at least 2" of foam down the sides of the rattan. Your sword will now look like figure 2. (For a fiberglass shafted spear, repeat this step two more times, using 2" X 14" and 2 1/2" X 18" strips of closed cell foam.

3) Securely and tightly wrap the closed cell foam in strapping tape, starting on the rattan below the foam, and continuing to just past the end of the rattan. Your sword will now look like figure 3.

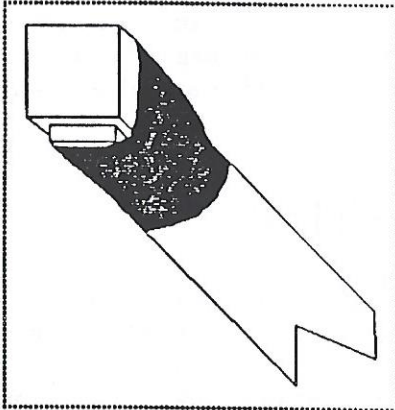


Figure 3

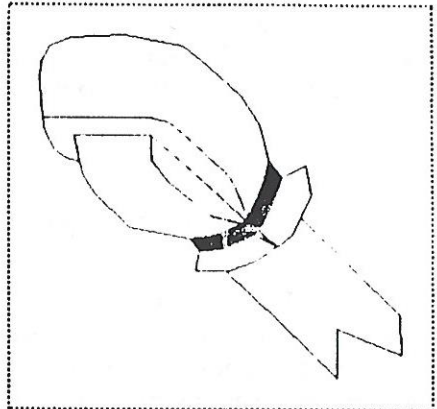


Figure 4

4) Tape each of the 2" X 12" pieces of 1" open cell foam over the end of the sword using strapping tape. You may trim the ends so they are even if you wish, but be sure the open cell foam extends down the rattan at least as far as the closed cell foam, and preferably a little farther. Your sword should now look like figure 4.

5) Securely and tightly wrap the open cell foam in strapping tape, starting on the rattan below the foam, and continuing to just past the end of the rattan. Continue taping about half the remainder of the distance to the end of the foam, but loosen the tightness of the strapping tape, or the tip will be too small in diameter. Put another layer of strapping tape on, going in the opposite direction. Your sword should now look like figure 5.

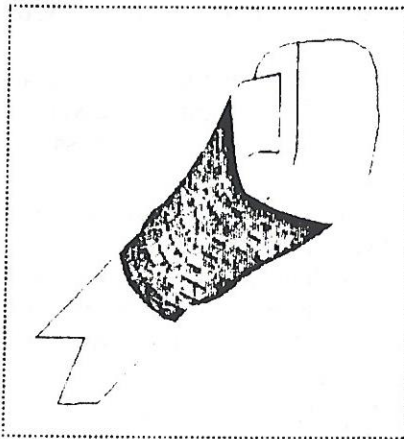


Figure 5

6) Cover the entire thrusting tip in duct tape, compressing the open cell foam slightly as you do. Be careful you don't compress the open cell foam so far that the tip gets smaller than 2" in diameter.

7) Mark the tip with contrasting tape, so your opponents will see it! And that's all there is to it. You have a thrusting tip that will hit softly for face thrusts, due to the open cell foam, and harder for body thrusts, due to the closed cell foam backing it up. It should be durable, due to the strapping tape holding it together, and was made of materials you probably had around.

To modify this technique for other weapons, or other standards of compression, all you need to do is modify the number and composition of the layers of foam. The foam I use for closed cell is sleeping bag pads, available from army surplus stores, and the open cell foam is widely available in fabric stores.

---

---

## FoS tourney at TFYC

On Wednesday morning at the SCA's Twenty Fifth Year Celebration in Ansteorra the Flower of Souvenance sponsored a tournament. Although it was in the middle of the week it drew a reasonable turnout. Forty-nine fighters, representing nine kingdoms entered the tournament. It was run single fight double elimination, but if an entrant supplied an article for the FOS or purchased a subscription they were given an extra death. This resulted in two articles, one printed in the last issue by Sir Gunthar Jonsson, and the other by Robyyan Torr d'Elandris which appears in this issue. In addition 18 new subscriptions were added.

The tournament was (in our opinion) one of the best at the event. Several tourneys had been run earlier in the week, so most fighters had had a chance to fight already and most had seen the other fighters. Only nine members of the chivalry entered (2 of which were reigning kings), so the tournament had a good mix of fighters of all skill levels. It also wasn't so late in the event that people were tired or overly pumped up to win. The tournament had a very relaxed atmosphere, and was one of, if not the cleanest tourneys at TFYC.

If a fighter drew a bye, rather than fighting someone, they were required to do a "performing bye". The fighter needed to perform something, be it song, story, or poem for Her Grace Duchess Willow de Wisp of Ansteorra.

The victor of the Tournament was Sir Gunthar Jonsson of Ansteorra. Sir Gunthar was presented with a set of goblets, and a scroll good for a color portrait for two by Master William Blackfox. In second place was Galen Eadwin Kirchenbauer from Ansteorra who was awarded a basket containing feast and picnic gear. In third place, also from Ansteorra was Don Galen Nicolli. For the fighter deemed most chivalrous a prize of embroidered arms was given to HRM Brion Anthony Uriel Tarrogon, who shone on the field as an example to all.



The following is a list of all fighters who entered the list:



Adella du Jourlaville		Outlands
Aelfrida Gruemach		Meridies
Akagawa Yoshio		Caid
Aleksandr Ivanovitch Budimir	Ansteorra	
Allen Youngforest		Atenveldt
Attila Karolyi		?
Bernard de Barfleur		Trimaris
Black Aislynn Straithbaern		Caid
Bors of Lothian	Ansteorra	
Cadwallader the Crazy		Ansteorra
Celeste Cathan	Caid	
Don Galen Niccoli		Ansteorra
Donald Cohearn		Caid
Eichling von Avrum		Caid
Eleanor Isabeau d'Autun		Calontir
Eliborio Antolinez Sancho del Mar		Ansteorra
Galen Eadwin Kirchenbauer		Ansteorra
Godwin of Edington		Ansteorra
Graff Dinaris the Wanderer		Ansteorra
Griffith Belwyn	East	
Harald von Bayern		Ansteorra
HRM Brion Tarrogon		Atenveldt
HRM Ivan the Illustrated		Caid
Ian McChatten	Meridies	
Ja'far al-Taieb Abdurrahlm ibn	Atal	Outlands
Jarl Gunwaldt Gulbjorn	Outlands	
John ap Gwyndaf of Holdingford		Caid
John of Severn	Ansteorra	
Kendrick Lagerfeld		Caid
Llamrei Aethnen		Outlands
Marc l'Haut d'Provence	Ansteorra	
Mikhail Grimme		Meridies
Orrick Longtooth		Ansteorra
Ramon Fallenstar		Ansteorra
Robbyan Torr d'Elandris		Atlantia
Robert Perry Paxton		Ansteorra
Roger Redhand, called the Disgusting		Ansteorra
Royse of the Sinte		Outlands
Sir Bartholomew of Wolfetwain	Atenveldt	
Sir Gunthar Jonsson		Ansteorra
Sir Kein MacEwan		Ansteorra
Sir Kevin MacKinnon		Outlands
Sir Pendaran Glamorgan		Ansteorra
Tarn of No City	Atlantia	

Vlad Ravna Starkraven  
Weelan McGregor  
William de Vallier  
William of Nowhere  
William Schuyler

Ansteorra  
Ansteorra  
Outlands  
Trimaris  
Caid

**Heartfelt thanks to all who helped and participated to make it a success!!!**

---

---

## "Surviving Your Mistakes"

A philosophy of learning that applies both on and off the field.

At any fighting event or local practice we make errors that get us killed. We miss a block, fall for fakes, and get distracted. Occasionally we call a blow wrong, either by not accepting a good blow or by dying to a bad shot. We screw up our own blow mechanics sometimes, and hit our opponent with something that should have been good but wasn't. But our mistakes aren't just limited to the lists. We can make mistakes as King, as Earl Marshal, and as Society Marshal. We might mis-interpret rules, called hold when we shouldn't have, inadvertently broken Kingdom Law and bent tradition. Sometimes our mistakes can hurt people or cost us friends. Yet we can be fortunate enough to rectify some of our mistakes, apologize for many others, and even learn not to repeat a few.

Mistakes are common, and we all make them. In large part, the SCA is geared to allow for mistakes, and to make them relatively painless. We can get up again when we make a mistake fighting that gets us "killed". We can call a hold and explain that the shot that we called light a few moments previously still stings and therefore probably was good. Our social gaffes are generally passed over, or treated with mild humor, because the Society is based in chivalry and honor and most people act out of the best intent, no matter what the actual result turns out to be.

We, as a society, are tolerant of mistakes and those who make them. What we have little tolerance for is the refusal to accept responsibility for a mistake, since this inhibits the learning process, causes hard feeling and generally fouls up the works. A fighter who refuses to acknowledge errors in blow acceptance soon earns a reputation as a rhino. A fighter who passes off each defeat purely to the luck or superior athletic skill of his or her opponent will be condemned to fighting poorly forever. An officer who messes up paperwork and then tries to hide it just complicates matters for himself and whomever takes over the office. A person who cannot recognize and laugh at their own social faux pas will have few friends and little respect among strangers, because that person will quickly use up even the most generous quota of goodwill and tolerance.

⑫

So how do you accept responsibility for your mistakes? When you



feel that you have made a mistake, be up front about it. When fighting, discuss it with your opponent or with the marshals, to let them know what you are thinking. Outside the Lists, talk with the person most directly affected by your mistake if possible, otherwise talk with a friend or someone you respect who can offer you advice on how to correct your error. Offer apologies to those concerned, if that is appropriate. Do what you can to rectify the mistake. Then think through how you made the mistake, how you could have avoided it, and what you would do differently in the future.

Also be open to outside criticism, since there will be times when you do not initially realize that you have made a mistake. Try not to be offended if someone asks you about the force of a blow or where a blow landed. A lot of problems that come up between people are due to miscommunication, and your opponent or the marshals may simply be looking for additional information about what happened. It is even entirely possible that in the confusion of fighting you missed noticing how a blow hit. Listen to what your opponent or the marshal has to say. Reconsider what you felt. When in doubt, apologize, accept the blow, and go on to the next fight. You will have plenty of other opportunities to fight, plenty of other chances to win. By gracefully accepting responsibility for a mistake you will garner respect and others will come to trust your honesty and judgement.

By saying this I do not mean to imply that you should blindly accede with groveling and apologies to every question about a blow, or every doubt about your behavior. Each of us has to learn to test ourselves, to develop our own internal sense of what is right and proper. Yet that internal sense needs to be calibrated now and again to insure that it hasn't gotten out of whack. If your opponents or the marshals repeatedly ask you about blows, or you find yourself continuously justifying why blows aren't good, something is wrong and you would be wise to find out what. The same thing applies to non-fighting situations: when you find yourself constantly at odds with those around you, or get advice on how you can improve either your performance or relationships with others, it is time for an honest re-evaluation.

Lastly, don't take offense if someone offers criticism. It probably is meant well, even if it is wrong. And it might even be right. Remember, we are all human and make mistakes, and sometimes even Crowns and crusty old peers need to be reminded of that.



# Flower of Soubenance

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!

## Back issue information:

Issue	Subscriber price	Non-Subscriber price
#7 & 9-13	\$1.50	\$2.00
#4-6, & 8	\$2.50	\$3.00
#1-3	\$3.50	\$4.00

**#13** Highlights include: *Female Fighter's Perspective* by Sir Hilary of Serendip, *The Attainment of Peerage* by Sir Gunthar, *Changing the World Around You* by Viscount Galen of Bristol and the final installment of "Old Scars" in *Vixen's Keep*.

**#12** Highlights include: *The 24th Ansteorran Crown* by Master Cadfan ap Morgan Godrudd, *Polearm Fighting Part IV* by Sir Kazimier of Silesia, *Granuaile Part II* by Seamus Donn, *Shark Infested Waters* by Countess Cymber and *Vixen's Keep*.

**#11** Highlights include: *Martial Arts female groin and breast protection suggestion and order form*, *Women's Armor Standards - Survey Results* by Countess Cymber, *Polearm Fighting Part III* by Sir Kazimier of Silesia and *Vixen's Keep*.

**#10** Highlights include: *Polearm Fighting Part II* by Sir Kazimier of Silesia, *On Getting Things Done* by Lady Llamrei Aethnen, *Women's Armor Questionnaire* and *Caravan*.

**#9** Highlights include: *Taking the High Ground* by Sir Hilary of Serendip, *Amazon Household Letter* by H.L. Regina, *Polearm Fighting Part I* by Sir Kazimier of Silesia, *Vixen's Keep* and *Caravan*.

**#8** Highlights include: *Practicing the Tear Drop Return* by Sir Hilary of Serendip, *Studying Your Opponent* by Duke Christopher of Houghton, *Personal Observations and Techniques* by Kief av Kiersted, *Vixen's Keep* and *Caravan*.

**#7** Highlights include: *Teaching Lessons* by Brian Mac Braud, *Pennsic Women's Tourney* by Viscountess Yseult Summerhall, *For the Aspiring Women Fighter* by Marie Genevieve, *Vixen's Keep* and *Caravan*.



# Flower of Soubenance

Back Issue Information, continued...

#6 Highlights include: *Tourney vs Practice* by Sir William the Lucky, *Spear Fighting* by Duke Christopher of Hoghton, *The Fletchers Jig* by Valkyrja Skegglos, *Vixen's Keep* and *Caravan* by Vladimina Foxfire.

#5 Highlights include: *Personal Remarks* by Master Pavel Josevitch, *A Word on Comedy and Tragedy* by Lady Llamrei Aethnen and *Two installements of Vixen's Keep* by H.L. William Blackfox.

#4 Highlights include: *Talking to Your Sword* by Sir Hilary of Serendip, *Basic Strapping Techniques*, *The Fighting Distaff* by Mistress Elspeth MacNaughton and *the Premier of Vixen's Keep* by H.L. William Blackfox.

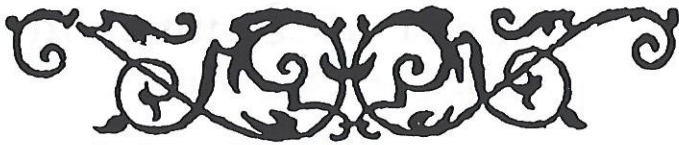
#3 Highlights include: *Knees and Knee injuries in the SCA* by Lady Kateryne of Hindscroft, *Macho and Macha*, *Attitudes in Fighters*, *Personal Comments Regarding Armor for Women* and *Women Gladiators of the Roman Empire* by Lady Llamrei ap Pendaren.

#2 Highlights include: *Initial Training of a Fighter* by Duke Erin Breck Gordon, *Zen of Sword and Shield* by Sir Hilary of Serendip and *Training Ladies to Fight* by Sir William the Lucky.

#1 Highlights include: *Knightly and Chivalrous Manner* by Viscount Galen of Bristol, *Specifics on training* by Sir Hilary of Serendip, *Equality - Love it or Leave it* by Sir Maythen of Elfhaven and *Women Warriors* by Adeetha Meara Bytha O'Braugh.

## ATTENTION:

Those wishing to collect back issues  
can now buy issues 1-12 for \$25.00,  
including postage and handling.



## LETTER TO THE EDITOR

Unto My Lady Cymber,

I received my copy of "The Flower". Thank you so much for printing my "Skalds Song". We are very impressed with "The Flower" and a number of people from the Shire who have seen it consider it very informative and useful.

We New Zealanders find Americans surprisingly backward when it comes to equal rights and equal opportunities. The opposition female fighters seem to face is quite strange to us. We are only a small group - we have 14 authorized fighters at the moment. However at least 3 of our prospective fighters are female. We will be pleased to send contributions to "The Flower" when we can

Many Thanks,

Rowena le Sarjent, Territorial Marshal - Shire of Southron Gaard

*M'lady Rowena,*

*It is rare that I get compliments in written form. Yours is only the fifth since I started the Flower of Souvenance several years ago.*

*As you can see, I felt strongly appreciative about your praise.*

*Trying not to sound defensive, I do not feel that so many of us Americanized SCA folk are all that backward. From what I have observed, both SCA and non-SCA, discrimination of any type tends to be more regional than total. Men and women are taught by their parents, their experiences and their area. In the case of all three, time and the willingness to learn are the only solutions.*

*In regard to female fighters, my personal belief is that every woman on the field is serving as a lesson to every man who might have a problem with it. The lesson isn't by winning all the time, or even some of the time, but by the act of doing in the best manner you know how. Even a beating on the head won't change some people, men and women, of their odd and archaic views. However, some will find a reason to change and see those nearest to them as examples. We can only hope that the example we show is the one we want others to view.*

*Thanks again for the pat on the back, it came at the best time possible.*

*-Cymber*





**FLOWER OF SOUVENANCE**

c/o Courtesa Gymer o/c Darkwater

6633 Irving

Denver, CO 80221