FLOWER OF SOUVENANCE lecters for the falcon gentle

Issue Price





Leccer from the editor.

There are were not very many submissions this time, due partially to the lateness of printing of the last issue (less than a month ago). But there is still a good bit of information here. Taking the Baron of Iron Mountain's example I have written a letter to the Society Marshal and have recieved his permission to reprint it. I hope you find it interesting and thought provoking.

One of the points he raises is one of lack of agreement on our part, as women fighters, as to what exactly needs to have armor and what doesn't. Please read the letters and come up with your own conclusions. Do some research.

At this upcoming Pennsic, with permission from the autocrats I would like to hold a meeting to discuss women's armor standards, their problems, neccessities, and out-dated forms. Hard copy from medical sources is more than welcome. It is needed as much as our opinions, if not more. More information will be forthcoming in the May issue of Flower of Sourvenance.

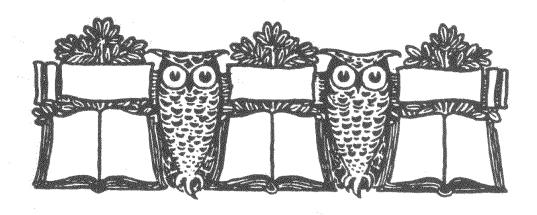
Please write me with suggestions of how to organize and set up this meeting. But more important, even if you can't be there, write with your opinions and facts so we may all share our knowledge.

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CABLE OF CONCENCS

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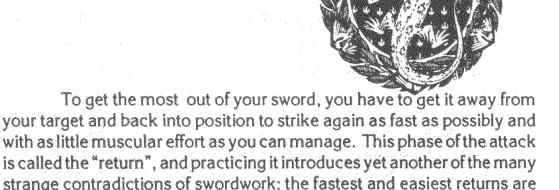
Publication falls in the following months; February, May, August, and November. All submissions must be received before the first of the month of publication the author wishes that article to appear. Starting 1990 publication will commence regardless of submission allotment or the lack of it. All mailing 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.

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PRACTICING THE TEAR-DROP RETURN

not the shortest in terms of distance the sword has to travel!

By Sir Hilary of Serendip



It takes a lot of energy to pull your sword straight back out of a snap, get it into guard position, and shove it out again. By contrast, if you allow the tip to trace a long curve, you can conserve the energy of each blow and feed it into the next one smoothly and quickly, without much new work. This low-line return from the snap is often taught under the name "tear-drop", because the end of the sword really does follow a path shaped like a droplet. Here's how it works: Start where your sword would be just after you hit something with a flat snap-that is, with your feet in normal guard position and your swordside hip and shoulder turned toward the target, your swordarm extended (but not locked) and your hand palm up, so the blade of your hand is pointing at the target. Pull your hip and shoulder back around into quard position, letting your arm fall freely like a pendulum and swing up behind you, still palm up. If you relax and let your arm flow properly, it should be almost straight out behind you at the moment your hip and shoulder get all the way back. Turn your body into the next snap immediately, without stopping to reposition your arm. Instead, pull along what would be the line of your blade, so your hand passes close to your face and then extends toward the target again. Drop-and-turn, and repeat.

This is a dynamite way of practicing your return. Unfortunately, it also teaches you to pull your blow. The last thing you want to do is to imprint a pattern where the sword stops in the just snapped position regardless of whether or not it hits anything; you should just throw every blow as though it's going to go on through your target. The return is only an issue if the sword bounces out-which it's going to do, of course, unless you miss the target entirely. However it screws up the move if you start

adjusting for the bounce before it happens.

You can get around the practicing-to-stop syndrome by working the return against a pell, but even that isn't ideal, especially in the early stages of learning the move. The real bounce tends to be confusing, and you can wrench your arm while you're trying to find out how to deal with it. Also, it takes a lot of practice to get comfortable, and relatively few of us have pells of our own.

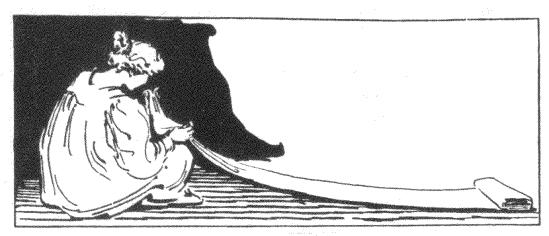
After years of grumbling, I finally worked out an exercise that lets me practice the tear-drop return without either pulling the blow, or battering my arm. It starts with the standing circle I described in "TALKING TO YOUR SWORD" - page #3 of the April "89 issue (#4) of the Flower of Souvenance. The exercise that the tear-drop fits into involves standing on guard and swinging the sword tip in flat ovals over your head. The rotary motion comes from your hips, with very little independent motion in your shoulder and arm. Your swordhand moves straight out and back like a piston in a cylinder, palm up when moving across your body and away from you, and palm down on the return Although your sword goes over your head, your hand stays down around ear level. You avoid hitting yourself by rotating your forearm to adjust the angle of your hand so the oval track of the sword is tilted just far enough from the horizontal to avoid smashing the blade into your forehead.

What this basic exercise does is a series of flat snaps that cut straight through the impact area- as though you'd thrown a blow at a cone of cotton candy- and recover overhead. This is the standard return for a snap that bounces up instead of back when it hits the target. It is also THE way to practice a snap without a pell, because it doesn't teach you to stop your sword. With enough skill, you could even do the exercise at close to combat speed without wrecking your arm or smashing your head- but work up gradually, because a mistake coulkill you for real.

When the sword tip reaches the highest part of the oval, a couple of feet past the impact point, it goes into a "free spot" and becomes weightless for a moment. At that instant you've got a choice. You can either go on around and complete the exercise as you've been doing it, or you can turn your hand over and go back the other way, dropping into a tear-drop and turning your hand palm up as it falls past your side. The body movement is the same whichever you choose. As in the basic tear-drop return I described at the beginning of this article, your hand and sword wind up straight out behind you as your hip and shoulder get back into guard position, and you pull forward along the blade to bring the

sword into the next snap without any pause or break in the curve. Once again, you get a choice between doing an overhead return or another tear-drop, and you should mix them up in random patterns as long as your arm is comfortable.

Practicing the tear-drop return out of the free spot brings you very close to a backhand blow. The angle is a little different, but the move is about what you'd use to strike the opposite side of your opponent's head if your snap bounced (or got blocked) upwards- and the bounce from a real snap will take care of giving you the angle you need. Effectively, this exercise lets you practice two blows and two returns for the price of one, without undue stress on your body, and continues the process of learning to let your sword do as much of the work as possible. I've been playing with it only a few weeks, and I'm still insanely pleased with it. Please let me know how it works for you!



STUDYING YOUR OPPONENT

By Duke Christopher of Hoghton

You're coming off the field. Something about the shot that killed you just doesn't seem right. "Don'cha hate fighting lefties", chuckles someone as you remove your helmet. Now you really feel stupid, you didn't even realize that you had been fighting a left hander. This may sound strange, but over the years, I've heard of this same scenario many times; people who have lost fights simply because they did not study their opponent.

It's the hardest thing to do in fighting; to fight someone that you have never seen fight before. Whenever you are in a tournament, you should always try to keep an eye on the fighting. You never know which fighter you may draw in later rounds. Always try to listen to the names, and make an extra effort to watch the fighting styles of those fighters you haven't heard of, or those you've never seen fight. Any information you

have about a fighter, be it the first blow they like to throw, to blows which they seem susceptible to, will be helpful should you draw them in the future.

Let's say that it's the first round, and you've just heard the name of your opponent, and you don't have any idea who it is. Ask around, see if anyone else knows who it is. If someone can point them out and you have time, introduce yourself, find out where they're from, and who they train with. Does that area have a particular fighting style, or a dominant trainer? What kind of armor are they wearing? This could tell you something about their fighting style, for example, if they have very little arm and shoulder protection they tend to (but not always) be a fighter who relies more on their speed. Is the armor well used? This could mean that they have been doing this awhile. All these things can be useful in sizing up a fighter.

But what if you have the first fight, and there's no time to find out who it is? There they are, standing across the field from you. But you still have some time to study them while the herald is announcing the fight and the two of you are making your salutes, this is your chance to learn about them. What hand are they holding their weapon in? What kind of weapon is it? This in itself will tell you a lot about how they intend to fight you. If they have a polearm, or a two-handed sword, or even a long broadsword, you can bet that they will stay at their fighting range while trying to stay out of yours. They are perhaps very mobile and quick on their feet. If they have a shortsword, a mace, or a short axe, they will have to get in close to hit you. This tells you that they have a fairly aggressive fighting style. Does their weapon have a thrusting tip? If you can't tell ask your opponent or a marshal before the fight begins. Once they have assumed their fighting stance, this should tell you a lot about their style. Someone in an open, squared stance is someone who is probably mobile, someone in a hanging quard (shield up, with the sword across the face quarding the helmet) will tend to be a more defensive fighter, picking and choosing when and where to throw their blows. How are they positioning their weapon? Does it look comfortable for them. or do they seem uncomfortable, this will give you a hint to their relative experience with that weapon form. Of course there are the more obvious ways to tell their experience level if they happen to be wearing a white belt, or strawberry leaves on their helmet, and if they do happen to defeat you, talk to them afterwards, ask them what they did.

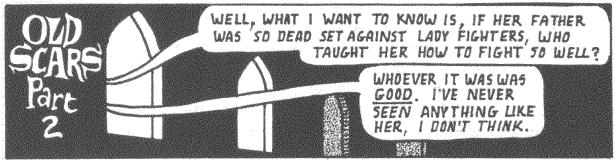
All these things can help you to be a better fighter, but nothing is better than lots of practice, and traveling. Get to know your fellow fighters and their styles. These things will help you to be better known, and make you a better fighter.

WIXEDS' WEGGP 69

SYNOPSIS: The mysterious Marphisa has run away from her father and come to Vixen's Keep. Her strange behavior and incredible fighting skills have left the other students fascinated and concerned.

by H.L. WM Blackfox Script by Cadfan ap Morgan

Story by Cadfan ap Morgan & Soaba ni Sionnach





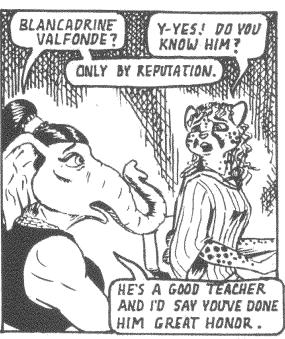




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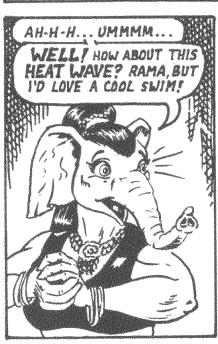
















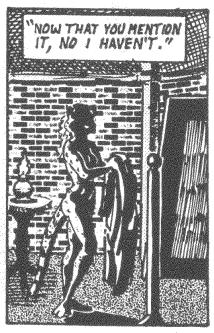




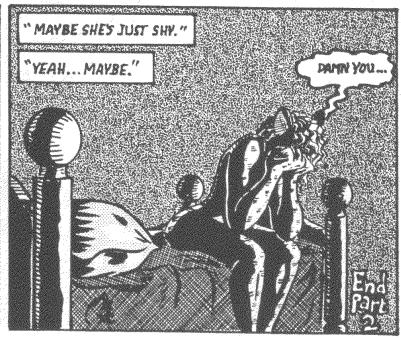






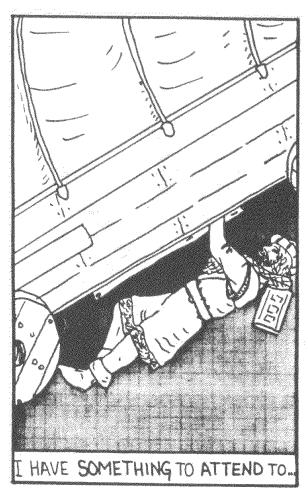




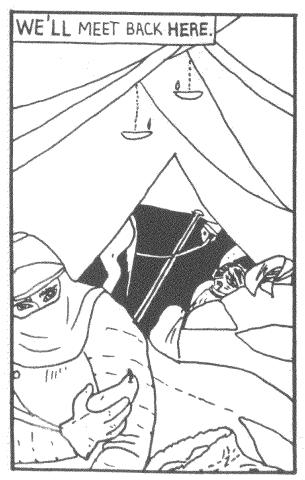




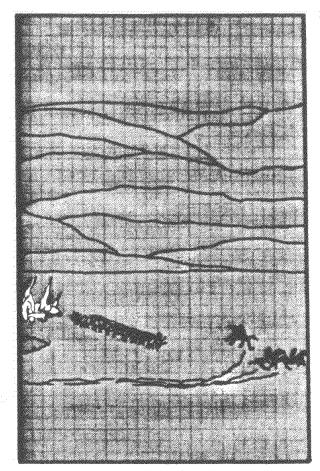


















Unto His Excellency Sir Wulfbrand Lurkr, Marshall of the Society for Creative Anachronism,

GREETINGS from Countess Cymber of the Darkwater, Editor of Flower of Souvenance.

The recent questions on armor regulations for women heavyweapons fighters are many. If you will indulge me, I would like to add my letter to those many I am sure you have already received.

Few things cause so much discussion about armor protection than areas of the female anatomy. I have read a few letters regarding them. In them are raised the questions of where and why.

I have always been a staunch supporter of the question of breast protection. I personally have never fought with anything less than heavy sole-leather covering my breasts during combat. My personal style allows this area to seem open, and I have been defeated with several blows there. I will never enter the field without such protection.

However, I have yet to read any factual medical information as to the dangers of going unprotected in this area. Aside from the pain, which can be nominal, and bruises, which will occur no matter the protection, I can find no reference that actual lasting damage is sustained. The best field for this inter-SCA research would be Ansteorra where most women who do fight, do not wear any sort of protection beside that of a gambeson. None of the ladies I have asked have had breast cancer, cyst formation, inter-mammary tissue destruction, or any other sort of medical damage occur directly related to SCA heavy-weapons combat.

Therefore my suggestion would be to have the Society Chirurgeon, in addition to other warranted medical personnel look into the question in a more than "personal preference" state of mind.

Onto the question of women's groin protection. I know several women fighters, myself included, who never wore groin protection until it became required by the Board of Directors. My question has always been, medically speaking, should women protect the pubic area or should we concentrate more on the area above where the ovaries lie.

Men, having their genitals on the outside of their body, have a great deal to protect from overt or accidental harm. A crushed testicle is a killing blow, as well as a painful one and should be avoided at all costs. Here I am stating the obvious, of course.

Women have their genitals on the inside thus hidden from accidental harm. Striking a woman upon the pubic bone will not incapacitate, or cause her the intense pain it will the man. Even an undercutting blow will not harm her structurally, unless the blow land upon a major artery or nerve. However a solid blow to the lower belly, where the ovaries are located can cause intense discomfort and/or pain. Soft tissue damage can result in a heavy enough contact. I have this from

my own doctor, but it is difficult to explain the exact type of contact to a mundane physician.

My suggestion would again be to ask for some type of medical investigation as to the <u>necessary</u> protection required for any area on the female or male body before requiring fighters Society-wide to adhere to specific armor regulations. For example, should all fighters wear some sort of chest armor to protect the lower sternum area known as the 'xyphoid process'? This small projection of bone can puncture a lung or other internal organs if pressed into the body with medium to heavy force and cause death.

My point is the reason we have armor regulations is for the protection of the participants involved. These participants, regardless of gender, are entitled to detailed, factual medical research to base the regulations upon.

If you feel any need to further correspond, please do so. I am ever interested in the evolution of our armor standards. For your information/enjoyment I have taken the liberty of including you on the mailing list for Flower of Souvenance. The latest issue will be on it's way to you soon.

Thank you for you time and consideration. In Service to the Society and the Dream, Countess Cymber of the Darkwater

Unto Her Excellency Countess Cymber of the Darkwater Viscount Sir Wulfbrand Lurkr, Marshal of the Society Sends Greetings!

I thank Your Excellency for your letter that I received concerning the area of women's armor within the Society. Please indulge me while I hit some of the high points that have been happening of late.

Since the Marshal's Handbook (1989 edition) was published and released, there have been many areas in it that have been questioned One of the reasons for this, overall, is that the Kingdom Earl Marshals did not get a chance to read the draft before it was printed. Now we are going back to look at these areas that we thought to be lacking or overstated as the case may be. I have included a talking paper that was recently mailed to all Kingdom Earl Marshals for response back to me by the end of January AS XXIV (1990).

Two of the areas addressed were breast and groin protection for women. Let me take these one at a time. In reading over the minutes of the Marshal's Symposium of 1988 and letters I have also received, it seems that the breast protection area got misinterpreted somewhere. It was agreed that some type of protection was needed but as to what degree seems to be the problem area. I face the fact that I am a male fighter and do not have anything in this area to go on except women

fighters comments. I myself favor a baseline of women fighters wearing as a minimum a gambeson or suitable equivalent that covers this area. A doctors opinion on this would be great but I would pose another question. Would a doctor on one end of the country tell me one thing and one from the other end tell me another? Who do I take as the most reputable source? For the moment, I believe that the fighters themselves may hold the best answers for the SCA in general. I do not intend to make a final decision on this until I have feedback from the Earl Marshals to help out.

I have asked women about the requirements for their groin protection ever since I became a marshal over six years ago. To this day I cannot get them to agree on this area except that they all agree, a male style cup is dangerous for them. In talking about protection, different results have ensued from the conversations. some of the protection factors have been pain, nerve damage, ovary damage, interpubic joint damage, etc. My own thoughts on this area center around the shots most likely to be taken there (i.e. thrusts vs. slashes or tip shots). As you said, male genitalia is on the outside while women's is internal. At this point in time I personally favor a minimum of protection that can be enhanced as each fighter sees fit. If there is not a baseline need for it, I could be convinced of that instead.

All the areas that we are discussing here have two basic similarities. One is that there needs to be a relative minimum of safety involved and two, that they would be invoked as SCA-wide mandatory requirements. Again, this is the reason for the ongoing discussions and review. With enough public sentiment on the part of women fighters, it could change again in the future. Last time, all it took was a symposium with about twenty people in attendance.

I will take your advice and bring this up to the Society Chirurgeon General as an area to investigate for consideration in these decisions as well. Again, I thank you for your letter and look forward to receiving the Flower of Souvenance. May all your hunts be bountiful and your den safe and warm.

Unto His Excellency Viscount Sir Wulfbrand Lurkr, Marshal of the Society,

Warm Greetings from Countess Cymber of the Darkwater!

Thank you very much for your gracious reply to my letter regarding the question of women's armor standards, (December 1989). Your combination of research and honesty is very refreshing and welcome.

No doubt, as you stated, doctors on different sides of the

continent might differ in their opinions in regards to what we should use. Possibly doctors in the same field of study and/or experience, (such as those who work at Planned Parenthood, Inc.), might be closer to the same opinion. The question of the more reputable source might be based upon credentials, awards, reports and papers written, etc. I really don't know.

I tend to agree with your minimum requirement of a gambeson (medium weight?), but I am not as knowledgeable as I would like to be. The more I tend to learn, the more I realize I don't know about the medical specifics. The practical specifics are decidedly biased personally.

Until the next time, let me know if I may be of any assistance in anyway to the Marshallate.

The Honor is to Serve.

Cymber of the Darkwater



Gazorade for people of all Ages
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PERSONAL OBSERVATIONS AND TECHNIQUES

By Kief av Kiersted, Squire to Sir Ian MacBaird

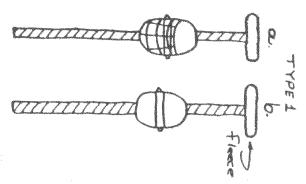
This article originally appeared in <u>Havoc!</u>, and is reprinted with the permission of the Editor.

The day is just right: blue sky, small fluffy clouds, a light breeze ruffles the banners. The combatants slipping into armor as the dew evaporates from the lists. As the spectators, water-bearers, chirurgeons, and divers others gather the mistress of the lists hands the pairings to the herald; they are announced and the first bout soon begins. Cheering their favorites, a rousing good tournament is enjoyed by all. Only for some, the road to this enjoyment is slightly harder to travel than for most gentles.

I am physically impaired. I will not touch on some of the barriers that folk in wheelchairs, the deaf, or the blind must brave to attend events. My own handicap consists of a badly shattered right arm and the loss of my right leg above the knee. I have had this small inconvenience for nearly 11 years. I am also a squire to a certain Sir Ian MacBaird of Ansteorra; I am also active in rapier combat. I fight without an artificial limb, usually with one or no crutches. My specialty is single sword, although I am passable good at bastard, or great sword. Luckily, I am a mutant left hander and carry my shield (when I use one) on my weaker right arm.

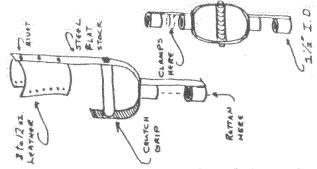
While I have been fighting for about 5 years now, I found it fairly hard, at first, to be allowed on the tourney field. I was lucky enough to start in the Society in a shire, and a Kingdom that will allow a person to follow their own dream without undue interference. Most of my life I have been a physically active person; sports, hunting, camping, etc. The SCA has allowed me to realize a desire to become physically active in competition with my peers and to uplift my own self esteem. Of course the training is hard and the effort expended on the field can sometimes be astounding (usually when facing a man mountain of a knight), but the rewards are great. Over the past several years my opponents have come to realize that I will brook no tendency on their part of "taking it easy" on the guy with one peg. Usually when my foemen do so, they soon learn that I cut them no slack. In my career as an Ansteorran fighter, I have competed in 80-90 tournaments (won 5 with good showing in several more), two Pennsic Wars, two Ansteorran/Outlandish Wars, and several interkingdom conflicts. The reaction I receive varies from place to place; some accept my fighting abilities without question, others are very grudging in their acceptance, and some only allow me to fight after long and hard persuasion. As of this writing, I have had no one deny my qualifications and competence after seeing me on the field.

During the past five years I have developed some unique tactics ans weapons that are adaptable to "normal" as well as handicapped fighters. The weapons are of two types; the first is modifications of "T" crutches. One is a baskethilt, another is even simpler. (See drawings a & b). The "T" crutches can be used for several things, both on and off the field of combat. As a forethought these look more period than modern crutches. As a weapon the Type 1 crutch is used mostly for an off-hand auxiliary; fending off ones opponent, blocking shots, popping open shields, etc. The offensive use of Type 1 crutches are limited to very sneaky leg shots, straight line arm and helm blows, and the infamous "thumb leading rising shot" to the inside of the thigh.



The second type is a direct modification of an Indian gauntlet sabre. This one is more mobile than the first type and is probably more adaptable for anyones use. The Type 2 crutch is much more versatile in a fighting situation. Given the fact that it is attached to the forearm; you have full elbow articulation, even though the wrist is held immobile due to the design of the weapon. With the Type 2, one has the additional reinforcement of the vambrace and heavy gauntlet areas. (All you two footed fighters out there note: as long as you do not have to walk on this crutch, you can add a stabbing tip to it.) Again, this weapon is used for many defensive purposes, but it is really an offensive tool to be used in melee, war, or any scenario where there is a group of folk piled up in a mob. One can add a shield hook to this rascal also, remember though. that if your foes grab this weapon, unlike a spear, you cannot let go. The Type 2 can add another dimension to a bout. A very agile florentine fighter does quite well.

U I N T O



However, specialty weapons do not make a fighter. Just as any aspiring warrior, your proper training is a must. Even if you have a more severe physical problem than I, upper body strength, agile and flexible wrists, and a strong and mobile neck will go a long way toward keeping you alive on the field.

Attention, all you belted fighters out there! This also goes to anyone else that is an experienced combatant. Do not make the mistake of underestimating or pitying an impaired individual. You might find that they are more desirous of training, stubborn, and more apt pupils than many other aspiring fighters. You could do worse than have someone driving to succeed, willing to go the extra mile just to show that they are, at least as good as anyone else. Think about it. Oh well, I guess I'll get down off my soapbox now.

Another thing that I have found is, that without one leg a person can take up some interesting and effective positions on the ground. Most of my opponents have found it harder to win the bout when I am on my "knees". These types of positions are adaptable to you other fighters also. The first thing you do when you go down is get rid of your shield, it will just be in your way. Next sit on your rump with your leg(s) extended in front of you, rather than sitting back on your heels, this will give you more flexibility and a larger range of motion. (Those folk with two legs can now tuck their off hand under their other leg.) With your (remaining) leg either extended in front of you or drawn up slightly, rock or lean back on your off hand. By using your non-weapon arm as a lever, kind of like a one arm push-up, a fighter can lean much further back, push themselves rapidly upright to throw a blow at their opponent, or drop quickly to an elbow to avoid a blow. Also by sitting up straight you can use your off hand to hook your foeman's shield open. Coupled with a good single sword technique this type of alternate fighting position can be disconcerting to an opponent that has not fought against it before. A word of caution: if you develop this technique and use it in a tournament situation, tell the marshals about what you are going to try. Many of them might think that you are in danger or out of control when you start leaning well back on your arm.

I guess I have rambled on quite enough; so I'll close this epistle by giving all those good gentles that I have met in the SCA, both on the field and off, my heartfelt thanks for sharing their dreams and the Dream.

From the TFYC Warshal-in-Charge

Unto the populace of the Known World, Duke Christopher of Hoghton, TFYC Marshall sends

GREETINGS!

I have been asked, and accepted the responsibility of being marshall-in-charge of TFYC. My priorities for TFYC are fun, lots of fighting, and an emphasis on chivalric combat. Right now the job is mostly organizational, but I need your help. In addition to giving each Kingdom its own scheduled time for a tournament, practice, or demo; I would like to see as much fighting as possible. However, I need to know what you want; I hope to see every kind of fighting that we engage in; individual combat (classes and practices in addition to tournaments), melees (open field, terrain battles, static battles- (such as bridge, wall, or castle), etc.), and any other kind of combat that people are interested in.

If you have any ideas for scenarios, classes, or anything that you would like to see at TFYC, please feel free to write me: Duke Christopher of Hoghton, c/o W. Christopher Rolls 12102 N. Huron #17-203, Northglenn CO 80234.

I hope to make this event enjoyable for everyone from novice to Duke.

In service to the aims and ideals of Chivalry and the SCA,

Christopher of Hoghton

AT LASTIN

The Revised Edition of <u>Ye Headless House Fighters Handbook</u> and <u>Training Manual</u> is now available!

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Not to be confused with the SCA's <u>Fighter's Handbook</u>, this is not an encyclopedia, but a training manual organized into a series of lessons which can benefit everyone from novice to expert!

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