

Fighter's Corner

I have discussed in the past the importance of physical conditioning - well, the tourney & war season is well on its way - how are you doing? Besides having a regular workout program 3 days a week, it is very important to attend weekly fighting practice & practice at home. A wise old fighter once said "15 minutes of practice a day makes kings!" Even if you do not aspire to be a king, 15 minutes a day will condition your body and mind to SCA fighting and make it more enjoyable.

Following the above statements is a sample 2 hour workout, that should be done at least weekly practice and you can breakdown the components to practice them individually on separate days

Example:

M=offensive blows,
T=defensive moves,
W= pell,
TR= day off,
F= body moves

Any questions? If so, ask.

EXAMPLE:

SWORD & SHIELD:

OFFENSIVE BLOWS - snap, overhead, backhand, right cross, punch, fall-away snap, rising snap, falling snap, changing forehand, wavy snap, pumping snap, wrap-around, falling, whirl-around (a)horizontal, (b)vertical), J - cut.

DEFENSE - shield, sword, jam-

ming, dodge, ducking, step back, step in, side step, sway.

PRACTICE OUTLINE:

FIRST HOUR:

- a) 3/4 armour
- b) lecture - new blows, ABC
- c) warm up
- d) review: repetition practice - attack & defense modes
- e) practice new techniques

SECOND HOUR:

- a) combination line up (call blows)
- b) offence/defence
- c) special situations
- d) two on one
- e) sparring
- f) matches

and practice, practice, practice!

Sgt. Edward Bolden

WANTED ADDS

BARONIAL EMPLOYMENT OPPORTUNITIES

WANTED:

Baronial Herald. Experience an asset. Must be prepared to assist Canton level heralds with local inquiries related to names & devices. You will be required to submit devices, perform heraldic duties at events, and commu-

nicating with regional & Kingdom level officers. You are also required to report four times per year to the Baronial Seneschal. For further details, contact Erna the Hag.

WANTED:

Baronial Constable. Must be willing to work long hours at events, coordinating safety & security. Responsible for troll duty, lost & found, and dealing with mundanes (who can be dangerous) and SCA'ers who may have over-consumed. Must cooperate with Autocrats of events. You must report 4 times per year to the Baronial Seneschal. For further details, contact Erna the Hag.

WANTED:

Baronial Gold Key Officer. Must be willing to store numerous costumes & their accessories. Must be readily available when costumes required. Must collect monies for rentals, and apply funds to

continued on page 4

SILVERWOLF TOURNAMENT

September 21, 1991

Hear ye, hear ye!
To all citizens and gentles of An Tir, the Barony of Borealis once again invites you to partake in our Tournament of Champions, and our Silverwolf Feast; to celebrate and honour the victors.

We are pleased to note that their Majesties Tjorkill Kanne and Hlutwige Wolfkiller will be in attendance.

The feast will be held in a period Greek Taverna, also known as *Assumption Parish Hall (9040 - 95 ave., Edmonton, AB)*. The hall will open at 12:00 noon. Please note that the hall will be closed to everyone except the Cook between 4:30 and 6:00 pm. The feast will start at 7:00 pm. There will be a cash bar.

The heavies Tournament shall be held at the park across the street, east of the hall. Armour inspection will begin at noon, and the tournament will begin at 1:00 pm.

For information

about the Lights Tourney, please contact Yeoman Joan the Just (Joan Reader, Box 765, Beaumont, AB, T0C 0H0, ph 929-2054).

The site fee will be \$15.00 per person. This includes the feast. We require servers, and are willing to give a \$5.00 discount to people helping in this capacity. If you are interested in serving, please state so when you make your reservation. **ALL RESERVATIONS MUST BE IN BY MIDNIGHT, SEPTEMBER 7!!!** Prepayment would be greatly appreciated (how else can we fund the bar???) Cheques should be made payable to ``ASCA - Canton of Aquilon``.

For more information, reservations,

continued on Page 3

SENECHAL'S GRIPE

Apparently some Heralds have not been reporting to the Regional Officer. I would recommend that you contact this person (see back of Crier

for address) immediately - your group is in jeopardy if you do not.

There was an interesting development at the Regional Tourney. There are plans to have, in addition to the Heavy and Light Champion, a Fencing Champion and an Arts & Sciences Pentathlon Champion. The interesting thing is that in the future, in order to participate in ANY of these, you will be required to provide proof of a sustaining or family SCA membership. Those of you who have been holding out on purchasing a membership **BEWARE** - the entire region is tightening up on you (with my full support).

Brian von Schwanstein has informed me of updates on the Camrose Fair Demo (Aug 10 & 11). The event will be streamlined into two daily demos (Sat & Sun) of approx. 40 minutes each. For each demo, Brian will require 8 experienced heavies, and 8 dancers. Instead of providing expensive prizes for individu-

continued page 3

Senischal's Gripe ...
continued from page 2

als this year, Brian will be awarding each group (fighters & dancers) a cash bonus (over \$100) for the groups to spend as they wish. He needs to know immediately if he can rely on these 8 people to be there.

Due to Brian's chaotic mundane life, we will not be doing the "living museum" this year, but next year instead. Brian really needs help. He doesn't care if people camp on site or not, although he did say that the site has been completely sodded with nice grass & the infamous road has been oiled.

I would like to introduce my new Deputy Baronial Seneschal, Elizabeth Llandaff (mka Lisa Townsend). In addition, there is a new seneschal for the Canton of Aquilon; Eldred ap Evesham (mka Gary McIntyre).

Congratulations to Rauric the Wendel for winning the Regional Heavies Tournament.

OFFICER'S LIST

BARON AND BARONESS

His Excellency, Baron Sir Conrad von Graz and Her Excellency, Baroness Christiona of Ulidia.. Wilf and Christine Backhaus 6607 - Enevold Drive Camrose, AB T4V 3J7 Phone: 672 - 3795

BARONIAL SENESCHAL

Her Ladyship, Erna Kajadotter.. Karin Thirlwell 10670 - Beaumaris Rd. Edmonton, AB T5X 3N4 Phone: 457-7585

BARONIAL HERALD the Boisterous Mark Henry 3021, 3007-56 Ave. Lloydminster, AB T9V 1Z6 Phone:

EXCHEQUER Lady

Sunniva Ragnsvald.. Kym Banks #1 10173 - 117 St. Edmonton, AB T5X 1X5 Phone: 482-1884

MASTER OF STABLES

His Lordship, Sargent Colin Ironwolf.. Larry Sutherland 9017 A - 85 St. T6C 3C6 Phone: 466-6848

BARONIAL ARCHER Lady

Yeoman, Joan the Just Joan Reader Box 765, 4308 - 48 St. Beaumont, AB T0C 0H0 Phone: 929-2054

MASTER OF ARTS

SCIENCES His Lordship, Sgt. Cennet ap Llangollen Ken Reader Box 765, 4308 - 48 St. Beaumont, AB T0C 0H0 Phone: 929-2054

CHIRURGEON (See Baronial Archer)

CONSTABLE Lord

Haakon Draken Chris Argall 6352 - 10 Ave. Edmonton, AB T6L 5S2 Phone: 461-8502

MASTER (MISTRESS) OF THE LISTS

GOLD KEY

CHATELAIN Her Ladyship, Sigrit Rabenfelds Chris Argall 6352 - 10 Ave. Edmonton, AB T6L 5S2 Phone: 461-8502

Silver Wolf ... continued from Page 2

crash space, etc; please contact the Autocrat: Colin Ironwolf [Larry Sutherland, 9017A - 85 St., Edmonton, AB, T6C 3C6; PH 466-6848].

* please disregard any previous event copy or rumours

ADDS...

continued from page 1

the maintenance of the collection. An answering machine and sewing skills a definite asset. You must report 4 times per year to the Baronial Seneschal. For further information, contact Erna the Hag.

ALL OF THESE APPOINTMENTS MUST BE FILLED BY AUGUST 31, 1991.

There are also two new Regional level offices to be filled; Regional Arts and Sciences and Regional Chiurgeon. To apply for either position, please contact the Regional Seneschal in writing.

The AURORA, a publication of the Barony of Borealis, of the Society for Creative Anachronism, Inc. This Newsletter is available from the Editor for \$16.00 per annum (12 issues). All cheques and money orders are to be made payable to "ASCA - Barony of Borealis". This is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies.

Weekly Meetings in Aquilon are held on Wednesday nights 8:00 pm in room #034, in the Student's Union Building at the University of Alberta.

Send all news and information for the AROURA to:

MAGNUS
9340 - 85 st.
Edmonton, Alberta
T6C 3C8

Deadline for September Issue:
August 15, 1991

CALENDER

August 3 - 5

Clinton War

August 10 & 11

Camrose Fair

August 17 & 18

Edmonton Fringe Demo
Montengarde Sargeants

August 31 - September 2

An Tir Crown Tourney

September 14 & 15

Calgary 10th Street Fair
Demo

September 21

Silver Wolf Tourney

September 28

Bitter End Harvest
Feast

CLINTON WAR

August 3 to 5

