



# Quivers & Quarrels



AS XLIX • Spring, 2013 • Vol. I • Issue 1

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Greek archer



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AS XLIX • Spring, 2013 • Vol. I • Issue 1

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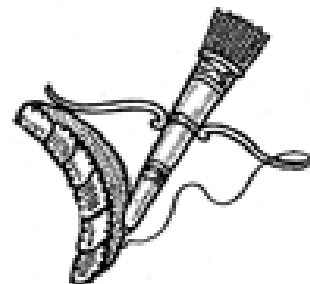
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## She Lives with Wolves An Interview with the Legendary Ingilborg Sigmundardottir

By Ouregan filia Flaviani



Mama Wolf

Who is this legend, this indomitable Viking Warrior Woman known as the **Ingilborg Sigmundardottir**?

Is it possible she can disarm victims with her meads and ales as expeditiously as she dispatches enemies on the field?

It is widely believed that she is a combat armaments innovator and a weapons trader.

Others claim she consorts with and actually lives among wolves.

How could she also be a modern day healer with a capital M.D.?

I myself have verified and attest that all of these claims stated herein are true.

Here are the facts:

**Q: Ingilborg: How did you first get involved in the SCA?**

A: My first love had always been archery—my Dad taught me to bend the longbow at age 11. After relocating to SoCal in the 90s I discovered Dreiburgen and SCA archery. I was in love!!!

**Q: Did you quickly gravitate towards archery and combat archery, or.....?**

A: Target archery was and has always been my first love. I vastly prefer the longbow to the crossbow: I had a little 35 lb fiberglass bow as a child and took it everywhere with me. Then I saw combat archery being done with longbows and knew right away I JUST HAD TO TRY THAT WOW!!!

**Q: Are you ever tempted to draw your bow in civilian life?**

A: Ah---more often than I care to admit. Every now and then I get teased about my poor negotiation skills in the boardroom. My idea of a successful negotiation is standing at the head of the table with my longbow and everyone else is dead. That's why I rarely do this.



Army Chick

**Q: Please tell us about your military career. Did you see action in 'Nam?**

A: I was one of the first women in the Army Corps of Engineers. Combat engineer was my job: we blew up a lot of "stuff". But due to restrictions on women in the military at the time, my Army career was rather anticlimactic. Attitudes towards the





military back then are not the same as they are now; for nearly 20 years I never told anyone I had been in the military. Things are better now.

**Q: What did you do following the military?**

A: I had thought to be a pilot, but first went into nursing and then medicine.

**Q: You're famous for being intoxicating?**

A: No idea--\*chuckles\*--mead and winemaking is my other passion.

**Q: Tell us about your fascination for wolves**

A: To me wolves symbolize a great much about myself. They are strong, family oriented, love their offspring, loyal to their families, consummate survivors. I know I am waxing anthropomorphic here, but it's my nature.

**Q: When did you first start taking purebred wolves home?**

A: About 25 years ago someone gave me a wolf dog hybrid pup. I fell in love. Over time, folks just gave me more and more of them. Each and every one that has lived with me has been a rescue from some place or another—people are stupid—and they stay with me for life.



Kayla Mae



The Obstetrical Anaesthesiologist

**Q: How did you become the infamous arms trader?**

A: It was kind of born of necessity. A big problem with combat archery is that it has developed many different ways in many places, and nobody wants to change. It all began many, many moons ago when dirt was in beta test and rocks were soft, when several of us wanted to become combat archers but siloflex was just not available on the left coast. We pooled and bought a factory run and folks began asking for more of it. Over time the little group fell apart until there was just me left--the rest is history. There was also a serious acceptability problem. Combat archery just couldn't grow here because of obstacles and one big one was lack of accessible and affordable equipment. I have always been resourceful and a good bargainer, and resources formed and pooled. The rest as they say is history.

**Q: Tell us about White Wolf Armory**

A: No matter what Kingdom you are in, White Wolf Armory is one stop shopping where you can buy everything from bows to missiles to all the components in one click. We sometimes have armor too, and refurbished equipment for the budget conscious. <http://www.argentlupus.com/>

**Q: Anything else you'd like us to know about you?**

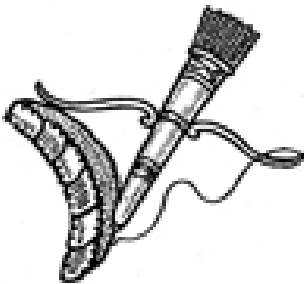
A: Go ahead and run. You'll just die tired. And there are no skeletons in my closet—I haz wolves....



## Getting Started in Target Archery Goerijs “the Unpronounceable” Goriszoon

If you’ve seen archers in action and are wondering: “How do I get started?” this is for you.

If you’re an archer with some level of skill, please keep reading.



Here’s the story of how I got started. It was my first SCA event -- Pennsic XXXV, and aside from my young daughter who had talked me into going, I knew no one, not a single soul out of all 12,000+ present!

We walked around in amazement trying to figure out how we could participate. We climbed mount Eislin and watched the archers. Having played darts somewhat competitively in the past, the idea of launching pointy things at circular targets seemed natural to me, but where to start?

Eventually we struck up a conversation with a very nice gentleman, a skilled shooter from “the Dark Horde”. He suggested we visit the merchants and purchase some starter equipment. He described to us the minimum we would need, and that most merchants would give us credit for our purchase if later we were to upgrade to better equipment.

The next morning we both arrived on the range with a simple, lightly used bow, a *genuine* vinyl quiver with six practice arrows, an arm protector and a three fingered glove. Our new friend from the Dark Horde was there. He explained the inspection process to us and after the bow was adorned with the required sticker, he explained shooting line etiquette and talked us through our first shots.

The rest of the week we met other people who were more than happy to talk about archery and gave us little tips to improve. I particularly appreciated the tip to change my (improper) stance so the string would stop hitting my arm on EVERY shot, as it was starting to look like it was run over by a heavy militia.

Now, years later, I have a much better bow, shoot (mostly) better and make my own arrows. I was awarded a marshall’s warrant and spend many hours on the range looking for and helping out the people who are as clueless as I was that first day I climbed Mount Eislin.

If you’re reading this you are probably already an SCA member, and getting into the game should be a little easier than the way I did it. You probably have been to a few events, and you probably already know a few people, including archers. If you are interested, talk to them. Most archers will talk to you about archery with very little encouragement needed. They will be able to steer you in the right direction. They can take you to the range and let you try it. Maybe you can borrow some equipment, or maybe you want to buy some basic equipment.

I encourage you to check local practice times and then come out and ask questions. Ask for marshall on duty to spend a few moments with you to help you get started, or to help you improve.



Greek Archer, 5<sup>th</sup> Century B.C.

Those of you who are already competent shooters, please encourage those who look interested but are too shy to ask for help. Encourage newcomers to come out the range and get started. It is important that we keep our ranks vibrant and growing. This will enable traditional archery to maintain the status in our Society that it so rightfully deserves!

See you on the range!



## How They Dodged Incoming: Historical Defensive Archery Techniques

By Sir Jon Fitz-Rauf, OL, OP, RMC

As a combat archer usually your only defense against incoming arrows is a good eye, fast reflexes and quick sprinting. However there are some other defensive tactics from the history of archery in warfare that we can utilize in SCA combat archery.

The Assyrians not only had the advantage of iron weapons over their bronze-age opponents, but they made highly effective use of archery in war. The bow was a primary weapon and of major importance in their battles. Unlike most of the armies of Medieval Europe, they provided protection for their archers.

This protection was in the form of teams of shield-men that were responsible for stopping incoming arrows. Early on, these defenders were one or two men teams with round shields (approximately 24 to 30 inch), swords, and spears.



### Iranian Female Archer – History of Iranian Military

Later a single armed shield bearer provided defense for the archer using a tall matlet of reeds, which curved back at the top to provide protection against descending arrows. Often there would also be a spearman on the team. These were highly effective fighting units in both offense and defense.

This kind of defense makes an SCA combat archer much more effective on the battlefield. The fighting unit provides protection for the archer from the missiles of enemy archers, allowing him to stay alive

longer and take out more fighters. This keeps heavies fighters alive longer as well. Your heavies fighters can hold off enemy heavies when your unit comes under attack, thus giving you the opportunity to fall back while shooting missiles to support your fighters.



The Assyrian Archer

The combination of a lightly armored heavies fighter with a pavise and an archer creates an effective unit for both offense and defense. The shield of the heavies fighter provides protection from missiles for all, while allowing the archer to concentrate on shooting. By using a lightly armored heavies fighter, the unit still remains fast and mobile.

Alternatively, when outnumbered, you have the speed to fall back rapidly to a protected position.

The major advantage of this strategy is to keep you alive and shooting for as long as possible, allowing you to reduce the opposing ranks.

Another system of protection used by the Byzantines and the Arabs was the use of a shield on the bow arm. Approximately eighteen inches in diameter, this round shield was strapped to the bow arm leaving the hand free to handle the bow. It provided protection from arrows that you did not see coming, as well as giving an



active defense against those that you did see. Unfortunately, this method is not currently allowed by SCA rules. For mixed battles, do not wear a shield that could be easily mistaken for the shield of a heavy. You should limit it to the size of a buckler.

Leonardo da Vinci had an idea for an archer's shield in one of his notebooks. This round shield was about twenty-four inches across and had an opening in the center to shoot through and was attached to the bow. An SCA version of this can be made from 3/8 inch plywood secured to a fiberglass bow with U-brackets. Do not make this too large or you may find the weight awkward.

As an archer you can maintain a good defense by:

1. Being aware of what is happening around you, but also keeping your concentration on the enemy.
2. Making use of your mobility to maintain the distance you want between you and your target.
3. Using your speed to get to where you are needed or to fall back if overrun.

4. Not looking down at your bow when nocking an arrow.
5. Never dodging in the same predictable direction to avoid arrows (Do not dodge only to the right or left, vary your movements – just like a prize fighter).
6. Making use of cover, both artificial and natural -- including heavies fighters.
7. Avoiding coming back up in the same predictable place when shooting from behind cover, such as castle or shield walls.
8. Avoiding being shot at from several directions at the same time – this is never a good thing.

**An Archer must be:**

- Keen of eye,
- sure of hand,
- fleet of foot,
- canny of mind.

**STARTING A CHILDREN'S ARCHERY PROGRAM**  
By Lord Mungo Napier, Shire of Isenfir Target Archery Marshal  
(Copyright 2013 by Garth G. Groff; all rights reserved)

Setting up a children's archery program takes time, effort, patience, and expense (hopefully from your group's exchequer, and not from your own pocket).

The rewards of seeing children grow in skill and confidence are well worth the effort, and mentoring children may be the most important thing we ever do in the SCA.

There are no SCA rules setting a minimum age for children to participate in target archery. The decision is left to the local group's marshals. Seven is a good age, given the average child's strength, coordination, ability to carry out range commands and understand safety rules. Younger children who understand the rules and show competency may be admitted on a case-by-case basis. Children of any age who are a hazard to others or themselves should be excluded.



The Archers by Harry Brooker, 1894



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The archery range should never be used as a dumping ground for children while their parents do other things, especially at tournaments. The general policy now with most SCA activities is to require one parent from a family (or other legally responsible adult) to be physically present to supervise younger children. Adults should be asked to discipline or remove any unruly children, which protects the marshals from misconduct charges. Older children may be allowed to shoot without an adult at hand, but a parent must be on the site. The exact age may vary from kingdom to kingdom.

Parents may be advised of what equipment their children will need, and directed to suggested sources. Children with their own gear will be more enthusiastic, and more likely to continue archery. New archers may still need loaner gear for some time, and the local groups should offer a selection of small bows at different draw weights, appropriately-sized arrows, arm guards, gloves, and quivers. Marshals should never have to turn away a child for a lack of equipment.



All children should be instructed in basic safety and range commands before being allowed to shoot. This instruction may be repeated as needed. Children will need close supervision on the line by marshals, and must be firmly, but patiently, corrected when they violate the rules.

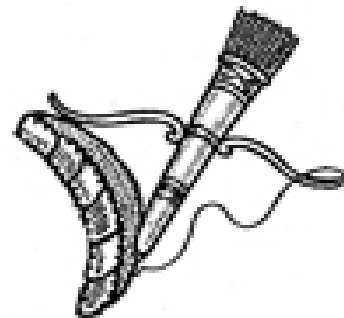
Most children will need serious instruction on how to stand, draw, release, etc. This not something children can learn in a few minutes, or even in a few sessions. It is an ongoing skill set they will build over months. Children will need frequent correction, but any constructive criticism it should be delivered tactfully and with lots of encouragement.

Many children will have a difficult time hitting adult targets at 20 or more yards. A target at 10 yards is better, and will help keep them from burning out with frustration. We want to keep children engaged and enthusiastic!

Adding simple novelty targets from time to time will maintain their interest. Apples on wig heads, balloons, and castle windows all work well. Modest prizes can be offered for the first to hit the apple, etc. Care must be taken to see that more skilled archers do not win all the prizes. Disqualifying children who have won prizes at the previous shoot, or making tougher competitions for these archers will keep newer archers engaged.

If possible, children should have their own range, or their own shooting time on the adult range. Otherwise, they can shoot under the range marshal's command during the adult shoots, with additional marshals monitoring the children from behind the shooting line. If children shoot with adults, low-height targets for them can be set up to one side, closer to the shooting line than the adult targets. This will avoid blocking the adult targets.

Children who wish to shoot at adult targets should be allowed if this can be done safely. When they have satisfied their desire, the youngsters can be gently pointed back to their own targets, perhaps with added incentive of a novelty shoot or prizes. Children will become better archers if they spend most of their time working on form and aim at short distances where they can feel a sense of accomplishment.







## Bow and Buckler Competition by Sir Jon Fitz-Rauf, O.L., O.P. RMC

The Bow and Buckler competition provides combat archers with practice in hitting a small target and in avoiding incoming arrows. Generally, this event is a contest between teams of two partners. Each of the team members take turns attempting to shoot the buckler held by the other partner. The distance is increased at each end until both partners are eliminated and only one team remains.

While shooting or buckler bearing, all participants must wear full archery combat protective gear. The buckler is twelve inches in diameter. The surface may be of any color and may be padded to reduced damage to arrows. Any SCA legal blunt or bow may be used.

A handicapping system may be used. Archers scoring less than sixty in the Royal Round get four arrows per end. Archers scoring sixty to seventy nine get three arrows per end. Archers scoring eighty or more get two arrows per end. Teams may be composed of the same or of mixed levels. If no handicapping system is used, then all archers get three arrows.

The archer that shoots first, stands at the shooting line and the partner starts ten yards away, facing the shooting line with her body perpendicular to it. (For a more challenging event she may stand parallel to it, providing greater chance for kills.) The buckler must always be held level with the center of the chest until the arrow is released. After the arrow is released the buckler bearer may either remain still, move the buckler to intercept the arrow or dodge to avoid being hit or any combination of the above. However, at no time, may she move her feet. Moving the feet to avoid an arrow is considered a hit and the buckler bearer must then kneel on both knees. Moving the feet in order to intercept the arrow with the buckler is considered a miss, even if the arrow hits the buckler. Each archer continues shooting until she either hits the buckler, "kills" her partner (A hit the leg or arm does not stop the shooting) or uses up all her allotted arrows.

However for a more dramatic effect, the archers on the line may take turns shooting only one arrow at a time.

Hits to the buckler bearer count as in combat. Glancing arrows do not count, it must be a solid hit. Hits to the head or torso count as a kill and the archer stops shooting. Dramatic deaths by the buckler bearers are encouraged. A hit to the leg and the buckler bearer may either kneel or stand on the un-hit leg. A hit to the arm holding the buckler and the holder must switch it to the other hand. If both arms have been hit the buckler must be held at chest level and may not be moved. Hits to buckler bearer do not carry over. If a limb is lost in one end, it is back in the next.

When all the archers have finished shooting, they change places with their buckler bearers and the second end begins. After the second end is over, those teams that did not have at least one hit to the buckler are eliminated. The distance is now increased by at least five yards. This continues until only the winning team is left.



Ancient Greek Archer

## SSAC Listings as of February, 2013

Below is a listing of the archers with a current score/average in the SSAC - Roundel Sextet , and any rank they would have based on that score/average. Note: if ranks are given this is \*not\* their Official Rank, only the rank based on the current score/average.

**The Scorekeeper last approved scores for this shoot on: 2/6/13**

	Name	Group	Weapon	Current	Highest
<a href="#">1</a>	Alheydis von Korckhingen	Delftwood	Period Crossbow	78.0	78.0
<a href="#">2</a>	Jonathas Reinisch	Dun Carraig	Period Crossbow	69.0	69.0
<a href="#">3</a>	Karl von Königsberg	Dun Carraig	Period Crossbow	68.0	68.0
<a href="#">4</a>	Carlyle Jameson	Storvik	Period Crossbow	40.0	40.0
<a href="#">5</a>	William Cristofore of Devonshire	Adiantum	Open Handbow	37.0	37.0
<a href="#">6</a>	Michael Gladwynne	Delftwood	Open Handbow	31.0	31.0
<a href="#">7</a>	Johanna Trewpeny	Adiantum	Open Handbow	30.0	30.0
<a href="#">8</a>	Aidan Sceotend	Trinovantia Nova	Open Handbow	28.0	28.0
<a href="#">9</a>	Edward Harbringer	Delftwood	Open Handbow	26.0	26.0
<a href="#">10</a>	Gregoire Moroz	Trinovantia Nova	Open Handbow	26.0	26.0
<a href="#">11</a>	Timmur Jochen	Loch Salann	Open Handbow	26.0	26.0
<a href="#">12</a>	Bjorn Hrafnsson	Loch Salann	Open Handbow	25.0	25.0
<a href="#">13</a>	Oonaugh inghean Glaisne	Loch Salann	Open Handbow	25.0	25.0
<a href="#">14</a>	Seamus Rogan	Delftwood	Open Handbow	25.0	25.0
<a href="#">15</a>	Brokha Veis	Loch Salann	Open Handbow	25.0	25.0
<a href="#">16</a>	Reinaldr bjórtappr	Delftwood	Open Handbow	24.0	24.0
<a href="#">17</a>	Iurii Levchenich	Adiantum	Open Handbow	22.0	22.0
<a href="#">18</a>	Sajah al ish Shirazyah	Loch Salann	Open Handbow	21.0	21.0
<a href="#">19</a>	Liadaon Suileabain	Loch Salann	Open Handbow	21.0	21.0
<a href="#">20</a>	Ro-Bear	Borealis	Open Handbow	20.0	20.0
<a href="#">21</a>	Gerard von Lowenstein	Stormvale	Open Handbow	19.0	19.0
<a href="#">22</a>	Kevin Sorok	Adiantum	Open Handbow	19.0	19.0
<a href="#">23</a>	Raithe	Trinovantia Nova	Open Handbow	19.0	19.0
<a href="#">24</a>	Icabod Lobster	Delftwood	Open Handbow	19.0	19.0
<a href="#">25</a>	Dunkr Ormrhandleggr	Loch Salann	Open Handbow	18.0	18.0

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### SSAC Listings as of February, 2013

<a href="#">26</a>	Francisco di Grazzi	Loch Salann	Open Handbow	18.0	18.0
<a href="#">27</a>	Somerled of Ballindore	Borealis	Open Handbow	17.0	17.0
<a href="#">28</a>	Anastasia de Lamoure	Delftwood	Period Crossbow	16.0	16.0
<a href="#">29</a>	Orla O`Shannahan	Trinovantia Nova	Open Handbow	16.0	16.0
<a href="#">30</a>	Corwin Templeton	Delftwood	Open Handbow	16.0	16.0
<a href="#">31</a>	Ronan of the White Rose	Trinovantia Nova	Open Handbow	15.0	15.0
<a href="#">32</a>	Ligessac de la Coq Ombrage	Northwoods	Open Handbow	15.0	15.0
<a href="#">33</a>	Aurelio Di Baldseare	Delftwood	Open Handbow	14.0	14.0
<a href="#">34</a>	Kilian	Borealis	Open Handbow	14.0	14.0
<a href="#">35</a>	Elise Southerland	Loch Salann	Open Handbow	14.0	14.0
<a href="#">36</a>	Saige verch Laurens	Loch Salann	Open Handbow	14.0	14.0
<a href="#">37</a>	Hoggar Hansen	Loch Salann	Open Handbow	14.0	14.0
<a href="#">38</a>	Robert le Raven MacLeod	Loch Salann	Open Handbow	13.0	13.0
<a href="#">39</a>	Marrin von Waldburg	Trinovantia Nova	Open Handbow	13.0	13.0
<a href="#">40</a>	Alanna Ó Deághaidh	Delftwood	Open Handbow	12.0	12.0
<a href="#">41</a>	Jevan Goedwen	Loch Salann	Open Handbow	10.0	10.0
<a href="#">42</a>	Luciano Foscari	Adiantum	Open Handbow	10.0	10.0
<a href="#">43</a>	Frederico	Loch Salann	Open Handbow	9.0	9.0
<a href="#">44</a>	Muirghen of the White Rose	Trinovantia Nova	Open Handbow	7.0	7.0
<a href="#">45</a>	Adelle Bicknell	Trinovantia Nova	Open Handbow	6.0	6.0
<a href="#">46</a>	Nathair	Adiantum	Open Handbow	6.0	6.0
<a href="#">47</a>	Frederick	Adiantum	Open Handbow	6.0	6.0
<a href="#">48</a>	Ariana Rhosyn	Loch Salann	Open Handbow	6.0	6.0
<a href="#">49</a>	Isadora Rogan	Delftwood	Period Handbow	6.0	6.0
<a href="#">50</a>	Desiderata Del Rio	Stormvale	Open Handbow	5.0	5.0
<a href="#">51</a>	Derverguillia Graham	Stormvale	Open Handbow	5.0	5.0
<a href="#">52</a>	Bree Mac Cauley	Stormvale	Open Handbow	5.0	5.0
<a href="#">53</a>	Victoria	Loch Salann	Youth	5.0	5.0
<a href="#">54</a>	Erevon FitzGerald	Stormvale	Open Handbow	3.0	3.0
<a href="#">55</a>	Gabrielle D`Archi	Adiantum	Open Handbow	3.0	3.0
<a href="#">56</a>	Aaron of Delftwood	Delftwood	Open Handbow	1.0	1.0

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## Kingdom of CAID – Target Archery Practices

Altavia: 1st, 3rd, and 5th Sunday of every month at Woodley Park 11:30am-3:30pm

Angels: Fridays at Pasadena Roving Archery Range 415 South Arroyo Boulevard - Lower Arroyo Seco Park Pasadena, CA, 91105 3:00-4:30pm

Califia: Sundays from 10:00am to noon, and on Tuesdays and Thursdays at UCSD Thornton Hospital from 5:30pm to 7:00pm

Dreiburgen: 1st and 3rd Sundays, 10am at House Montrose in Pedley, 2nd and 4th Sunday at Paganus and Rekon's

Dun Or: Unofficial Practices Mondays, 6:30-8:00pm at H&W Archery on Trevor St. in Lancaster and Last Sunday of the month at 2:00 in Littlerock

Gyldenholt: every Sunday at 10:30am in Mile Square Park Archery Range in Fountain Valley.

Lyondemere: El Dorado Park (north of Spring Street), Long Beach 7550 E Spring St, Long Beach, CA, 90815 - Sundays from 1-5

Naevehjem: Every Sunday 12:00-2:00pm at Leroy Jackson Park, across from the Library in Ridgecrest

Nordwache: No Info

Starkhafn: Clark County Archery Range (6800 E. Russell, Las Vegas, NV 89112) located behind Sam Boyd Stadium/Old Silver Bowl Park. Tuesday: 6:00pm til 7:30pm (or dark) Saturday: 10:00am til noon.

Western Seas: no info

### Shires:

Al-Sahid: same as Dreiburgen

Carrweg Wen: On Hold

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## Binding Your Crossbow Prod Onto Its Stock

By Brun Canutesson

(Mka: Wm. Bryan Fountain)

Binding a prod to the stock of a crossbow is an ancient practice that goes back in time. It can be done in a variety of ways, and I am sure that there are quite a few folks out there who have improved and better methods than the one that I am going to tell you about.

This is the method that I currently use, and it is based on an illustration in Payne-Galway's book. I did have to make a few modifications from his method though. Due to a lack of readily available sinew I had to substitute cotton cord. I wanted to avoid man made fibers, due to their typically stretchable nature, and hemp is also a bit scarce. After many experiments with various types of cords, I have found that "# 24 Cotton Cable Cord" by Wellington works very well for the main binding and #18 works very well for the cross binding. Both cords are of sufficient tensile strength that they can be pulled tight without breaking. (I have found that I can get this type of cord at almost any decent hardware store or home center.) If you have to use other types of cord, just try and use something strong, without going overboard. Cords that are too large are hard to get to settle into a tight binding so don't try and save time by going with something closer to being called rope.

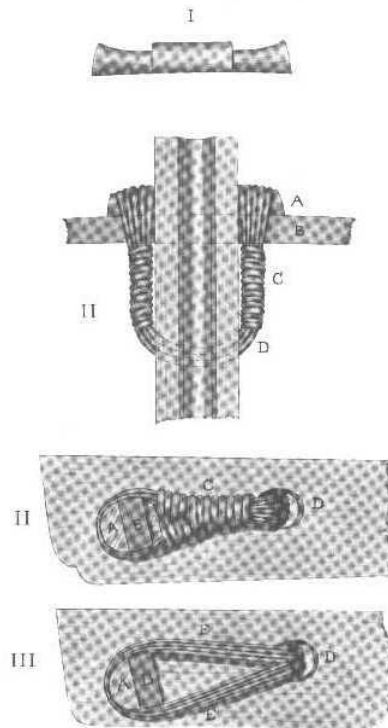
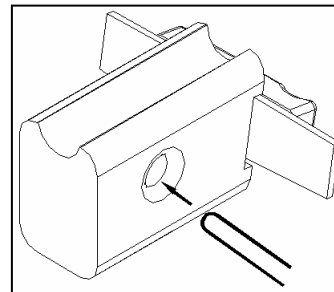


FIG. 28.—THE BRIDLE OF SINEW WHICH WAS OFTEN USED FOR SECURING THE BOW OF A CROSSBOW TO ITS STOCK.

### Step #1 – The Primary Binding Bundles

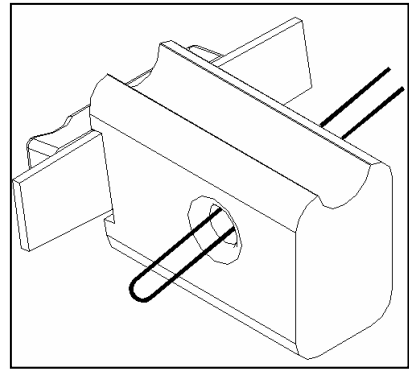
Cut off a piece of cord about 40 – 50 feet long.

Double it up and put a needle onto it. (Make sure the needle has both free ends going through it.)



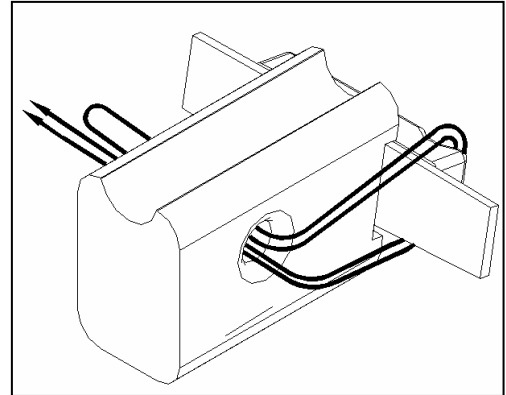
**Step #2**

Take the looped end and pass it through the binding hole in your crossbow stock.



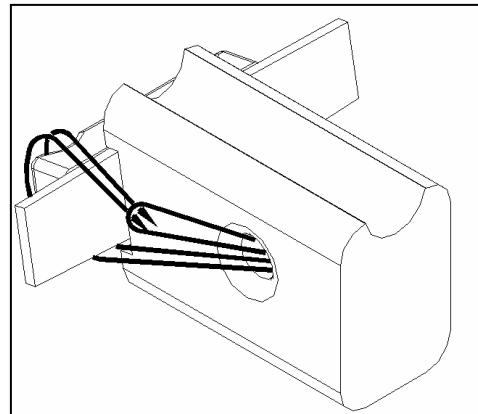
**Step #3**

Hold the looped end in place and pass the needle end around your prod and back through the binding hole.



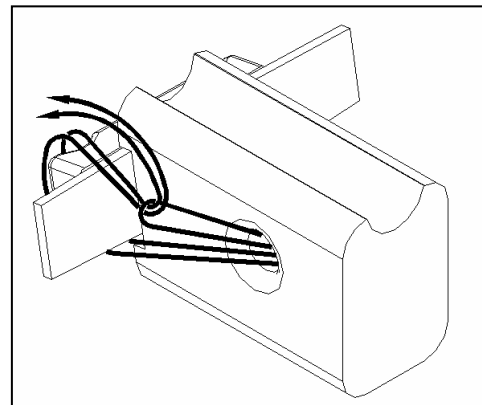
**Step#4**

Pass the needle around the prod and binding block and back through the loop.



**Step #5**

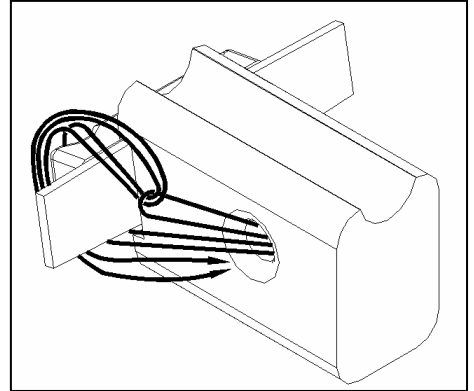
Take your needle back around the prod and binding block and pull everything tight.





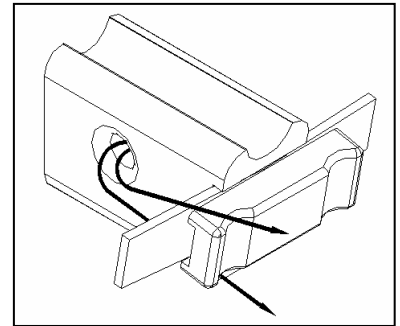
**Step #6**

Take your needle back through the binding hole. Go back around the prod and bring the needle back through the binding hole. Continue this process until you only have about 12" of cord remaining. Make sure that each pass is pulled tight and is neatly laid next to the previous passes of cord.



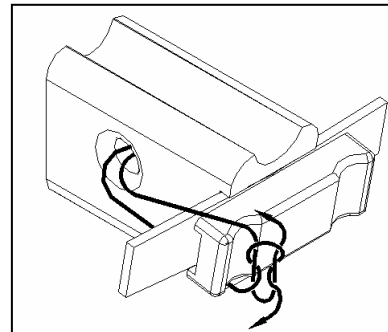
**Step #7**

When you only have about 12" of cord remaining, separate the two cords and place one on each side of the prod.



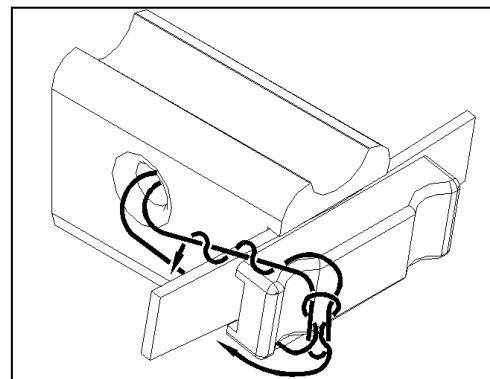
**Step #8**

Pull the two cords tight and tie them in a square knot.



**Step #9**

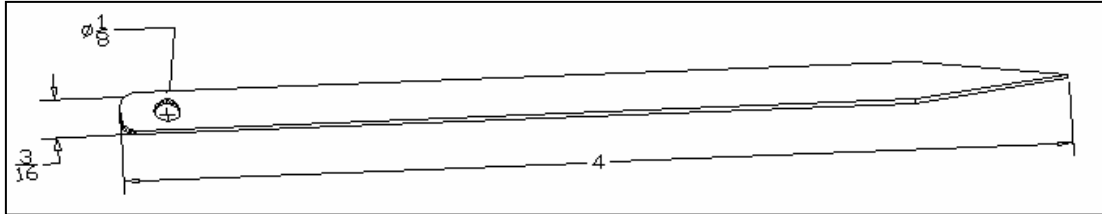
Take the remaining ends of the cord and weave them in among the cord making up your primary binding bundles.



**Step #10**

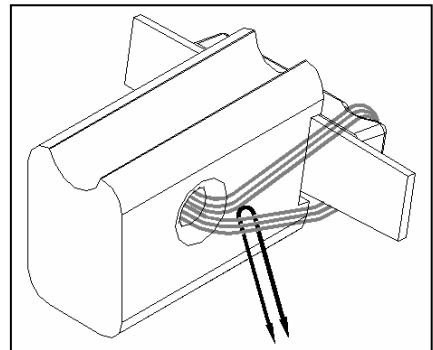
Hang your crossbow up over night by the prod or foot stirrup. This will allow the binding to settle in and stretch a little. (If you are in a big hurry you can skip hanging the bow up.)

Make yourself a lacing needle from a strip of thin brass. Make sure that you polish all the edges until they are as smooth as possible. Any sharp edges or burrs on your needle will scratch the finish on your bow. The dimensions in the picture below are just a guideline. It does not have to be exactly this size. (I know that Master Iolo from New World Arbalest likes to use a shorter and wider needle.)



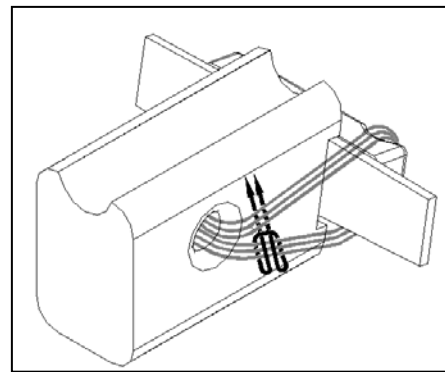
**Step #11 – Cross Binding**

Cut off a piece of smaller cord approximately 15 foot long. Using your lacing needle pass the doubled up cord under one of the bundles of primary binding cord. Make sure that you leave the looped end free.



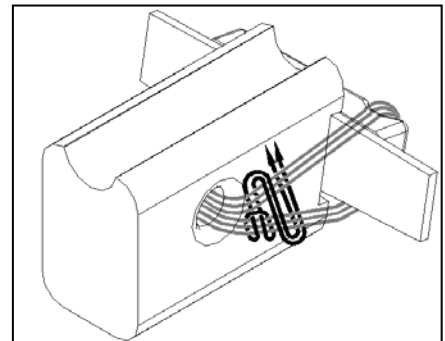
**Step #12**

Pass your lacing needle trough the looped end and pull tight.



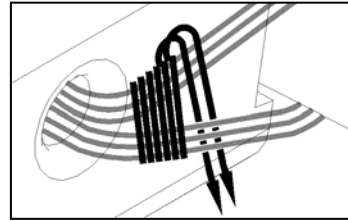
**Step #13**

Go around both main bundles of the primary binding , and pull the cord very tight. Make sure that the cords lay neatly alongside each other.



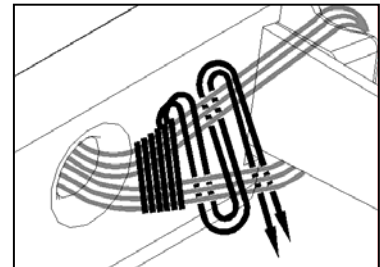
**Step #14**

Go around both main bundles another 6 – 8 times. Then start working on your “figure eight” by going under the second bundle instead of around it.



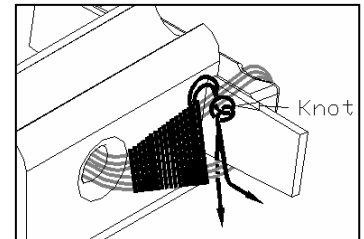
**Step #15**

Continue working on your ”figure eight” until you get to within ½” of the back of the prod. Make sure that you pull the cord tight and that the cord lay neatly alongside each other.



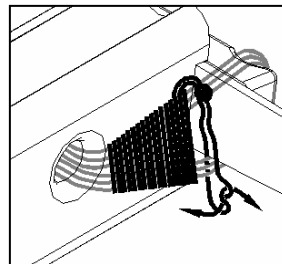
**Step #16**

Tie a knot in your cord as it comes out from under the upper bundle, then separate the two cords and slide one of them under the second bundle. The other cord should go over it.



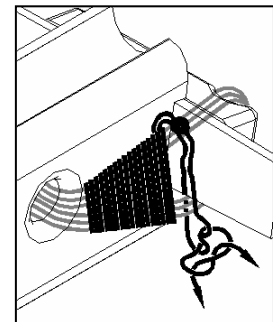
**Step #17**

Take one cord and going over and under the other cord, pull the pair of cords tight, in the beginning of a square knot.



**Step #18**

Complete the square knot.



**Step # 19**

Flip the bow over and repeat steps 11 through 18 on the bundles on that side.

**Step # 20**

Place a small drop of clear fingernail polish or super glue on the knots to make sure that they do not come loose. After the glue has fully dried, trim off the excess cord. (Do not trim the cord before the glue has dried. I find that I lot more success with my trimming once the glue has dried.)