



# THE ZEPHYR

October 2016- Anno Societatis 51

## Greetings from our Baron and Baroness



Greetings Unto Ayreton,

We would like to propose a new opportunity for the populace of Ayreton to have their voice heard. We would like to invite everyone to have "Dinner with the Baronage" Or lunch, breakfast, brunch or tea. It's an opportunity to get to know each other better and for us to hear what your visions for the barony are. Anyone wanting to hang out for a while may either email us at [te@Ayreton.org](mailto:te@Ayreton.org) or PM either one of us on Facebook. This can be as a group, a few people or individually.

We are also proud of everyone's ongoing efforts to celebrate each other's successes, and the willingness to keep assisting each other at events. Yes we are a barony of cantons, but we are all Ayreton. Support each other, celebrate each other, post pictures, sing praises and offer support when needed.

If we are at events that allow day camps you are always welcome to come enjoy the baronial day camp, sometimes, there are cookies!

Pro vi Ayreton!  
Gareth and Hillary

## Greetings from the Seneschal

Greetings,

This letter should come as we head into the fall and winter seasons. A gentle reminder that Domesday reports will be coming due very shortly. Please get them in on time.

Also, it is time to start thinking of activities that we do indoors....dust off that A&S project that is unfinished from last year! (Okay, that may very well be a reminder to myself). Perhaps there is something you have always to learn more about, sounds like a good time to maybe join a guild? Perhaps start a guild? If there is something you are interested in but am not sure where to start, please feel free to contact me and I will see if I can help get you started.

In service,  
Henry of Exeter  
Seneschal, Ayreton  
[Scribesquire@comcast.net](mailto:Scribesquire@comcast.net)  
(312) 504-8692

## Inside this Issue

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## Upcoming Officer Reporting Schedule

Archery Marshal	Dec. 1 (Domesday)
Chatelaine	Nov. 1
Chronicler	Jan. 1
Exchequer	Oct. 31 (also monthly)
Herald	Dec. 31 (Domesday)
Knights Marshal	Dec. 1
Minister of Arts & Sciences	Jan. 1
Baronial MoAS	Jan. 15
Minister of Youth	Jan. 15
Rapier Marshal	Nov. 1 (Domesday)
Equestrian Marshal	Nov. 14 (Domesday)
Seneschal	Nov. 15
Baronial Seneschal	Nov. 30
Webminister	Nov. 15

## Calendar of Events

Go to [www.midrealm.com/calendar](http://www.midrealm.com/calendar) for a complete list.

**\* All Soul's: A Body of Knowledge**— Nov. 5  
Canton of Vanished Wood, Roselle, IL

**Known World Fiber Arts Symposium**— Nov. 11 & 12  
Canton of Axed Root, Calontir, Aimes, IA

**Crystal Ball XXXIII** – Nov. 11, 12 & 13  
Barony Shattered Crystal, Mulberry Grove, IL

**Bardic Madness Midrealm** – Nov. 19 & 20  
Barony of Illiton, Henry, IL

**St. Nicholas' Tourney: A Toys for Tots Event** – Dec. 3  
Barony of White Waters, South Bend, IN

**\*A Twelfth Night in Mongolia** – Jan. 14  
Canton of Tree-Girt-Sea, Chicago, IL

**Festival of Maidens** – Jan. 20, 21 & 22  
Shire of Wurmwald, Urbana, IL

**Better War through Archery** – Feb. 4  
Barony of Sternfeld, Danville, IN

**St. Valentine's Day Massacre** – Feb. 11  
Canton of Three Hills, Kalamazoo, MI

**Courting on the River** – Feb. 18  
Shire of Dark River, Moline, IL

**Gulf Wars** – March 11 – 19  
Kingdom of Gleann Abhann

**\*A Monk's Life 3: Scribin' and Imbibin'** – March 18  
Barony of Aryeton, Mount Prospect, IL

**\*Stone Dog Inn XIII** – April 1  
Canton of Grey Gargoyles, Midlothian, IL

\*- Denotes Ayreton/Canton Event

## Toys for Tots Challenge

Hillary of Langeforde, Baroness Ayreton

Last year Gareth and I were able to attend the Toys for Tots Tourney in the Barony of White Waters. We were impressed with their hospitality and the feast, which was basically three Christmas dinners rolled into one. (Really, feast goers were presented with a roast, a turkey and a ham and everything that could possibly go with it.) Mostly we were impressed with the purpose of the event, which was to support the United States Marine Corps' Toys for Tots campaign.

Members of the US Marines spent the event with SCA event goers and attended the feast as the guests of the barony. Gareth and I decided then that we would make a point of returning next year, bringing as many toys with us as the generosity of Ayreton would willingly gift us with.

We cannot return this year ourselves as our attendance is being requested at Barony of the Flame Christmas Tourney. We would like however to challenge Ayreton to keep our promise for us. If you have a desire to attend yourselves and bring a toy or two to share with the Marines for their campaign, to be our representatives a, you would have our gratitude. If you are unable to attend (it is a busy season after all, and time is a valuable commodity) we would issue the following challenge.

Donate toys for our Ayreton contingent to bring to the Barony of White Water, so that their Excellencies White Waters may know the hearts of Ayreton. Lord Renzokenukin has volunteered to use Wednesday night archery as a drop off point. Shoot some archery, drop off a toy. He is asking for one volunteer from each of the cantons to serve as another drop off/collection agent. Renzo and Einar will pick up toys from the canton representatives a week before Toys for Tots. Toys should be unwrapped and new, rather than gently used.

Ayreton will be gifted edible treats at Twelfth Night in Mongolia, from His Excellency and me, for their willingness to share the joy to children throughout these lands. Thank you.

## Review and Analysis of Swordswoman's Roundtable at MKAOD

By Gwynneth verch Ieuan, CCK mka Kari Holman, LPC

On September 17th, 2016 at the Middle Kingdom Academy of Defense (MKAOD) I held a roundtable on women in the fencing community as the first step toward answering the following question posed by the Crown: if 51% of authorized fencers in the Middle Kingdom are women, and four of the first five MK1K Challenge finishers were woman, then why are there so few in the upper echelons of the discipline? There are more lady fencers than lady heavy weapons fighters and yet they are not succeeding like their heavy counterparts; why? There is, by no means, an easy answer to this question if there is an answer to be obtained at all. But it is a fact, and as a community Midrealm fencers owe it to ourselves to ensure these stellar women are not falling by the wayside. As a licensed professional counselor (LPC) and holder of a master's degree in Psychology, I of course wanted to look at the psychology of the matter including how the female brain responds to stimuli as well as the societal constructs and constraints that shape the female psyche over the course of a woman's life.

The roundtable was well attended by the lady fencers in attendance at MKAOD ranging from Masters of Defense, Warders, and Cavendish Knots, all the way down to our most recently authorized ladies which provided a valuable wide range of input. Three gentlemen also came to listen. I hope to see more gentleman fencers at future roundtables as this is an issue for the community at large that requires all fencers to resolve. Herein is a summary and analysis of the questions and observations made at this initial roundtable.

### Ladies Don't Do Those Things

The first topic of discussion was how social constructs affect women both initially and throughout their career as fencers. As a beginning fencer many attendees attested to an initial hesitancy to hit people as well as a desire not to be seen as too aggressive. Whether they liked it or not these ladies all agreed they were cognizant of the pressure not to be aggressive and not to hit another person because "ladies don't do those things," and it can be difficult to go against these societal strictures that we are all raised with, men and women alike, from an early age.

Additionally, some women reported frustration and difficulty learning through what was dubbed the "whack, don't die" or "whack, you did it wrong" method of teaching.

(Continued in next column)

Please observe future articles will contain the appropriate research citations to support assertions such as these but for now this is more a recap than an academic defense.

This method is successful with many gentlemen and involves the teacher striking the student with the sword until he successfully performs the maneuver taught, as a successful execution will block the teacher's attack. This is a terrible method for many women. Some of the attendees remarked with frustration, "If I did not get it right the first six times what makes you think I'm going to get it right the seventh?"

Duchess Elaina's seminal work *The Armored Rose* provides more depth into this matter, however suffice to say from a psychological standpoint "Whack, you did it wrong" is no different to a woman's subconscious than "Whack, you are wrong." Put simply, there is no difference in her subconscious between being struck for incorrect execution of the maneuver and being struck for simply trying. There is also no difference in her subconscious between this and being arbitrarily hit by an abuser. Yes, as much as a woman cognitively knows the obvious difference her subconscious does not. This method of teaching punishes the lady for trying.

One key observation that was made is how often the teacher is male. This then begged the question whether this teaching method would be as detrimental if the teacher was a fellow woman. None of the ladies present who teach use this method so this is still an unknown.

At this point the reader may be asking, "So how am I supposed to teach a woman to fence without hitting her? That is what this game is." The roundtable agreed, and psychological research bears this out, that a gentleman teacher would be well served to create a safe space within which a lady can learn. This can come in many forms and may be unique to this teacher/student pair. Here are some examples the roundtable collected:

- Allow the lady to slowly execute the maneuver until she learns to perform it correctly.
- Stop short of actually striking the lady as the error is clear without physical contact.
- Unless she requests otherwise show/explain to her what went wrong.
- If you began without sword-to-body contact inform her when this is about to change.
- Always reinforce what she did correctly.

### There's No Crying in Baseball

Fact: Crying is a stress response.

Fact: Crying is an emotional regulation system. Human tears contain excess chemicals and hormones and quite literally wash the excess out. This is why we feel better "after a good cry."

Fact: Women are biologically wired to shed more tears than men. The faster those chemicals are washed out the faster she can get back to business.

Fact: Female tear ducts are much smaller than male's. That means the reservoir fills up and spills over sooner.

(Continued on page 4)

## Ayreton Activities

Always check with the organizer of an activity before attending. **DATES AND TIMES ARE SUBJECT TO CHANGE!**

### Sunday

*Silver Thimble Guild for Conspicuous Consumption*  
Contact Mistress Juliana – (773) 750.2180

*Ayreton Authentic Cooking Guild* (4<sup>th</sup> Sundays unless noted)  
Contact: [ayretoncooks@yahoogroups.com](mailto:ayretoncooks@yahoogroups.com)

*Grey Gargoyles Fighter Practice*  
Contact: Lady Susanna – [mickel14@att.net](mailto:mickel14@att.net)

### Monday

*Consort Music*  
Contact: Master Robyyan - (773) 764.1920

### Tuesday

*Thieves of Heart Fighter Practice*  
Contact: Lord Tedesco - [tedesco@ayreton.org](mailto:tedesco@ayreton.org)

*Renaissance Dance*  
Contact: Lady Margrett Norwoode –  
[mistressmargrett@ameritech.net](mailto:mistressmargrett@ameritech.net)

### Wednesday

*Court and Country Music Group*  
Contact: [CourtAndCountry@gmail.com](mailto:CourtAndCountry@gmail.com)

*Archery Practice*  
Contact: Forester Athelwulf of Dover -[Aethelwulf@Dizzywulf.com](mailto:Aethelwulf@Dizzywulf.com)

*Vanished Wood Sewing Circle*  
Contact: Mistress Katherine – [knwkwf@yahoo.com](mailto:knwkwf@yahoo.com)

*Mid Week Fighter Practice*  
Contact: Lord Kith - [kith3609@sbcglobal.net](mailto:kith3609@sbcglobal.net)

### Thursday

*The Pippens – Madrigal and Early Music Singing Group*  
Contact: Mistress Gianetta – (312) 259.6688

So, there is no crying in baseball. Or fencing. But there is apparently mask throwing and stomping of feet. I invite the reader to reflect for a moment: how often has the reader observed a male fencer throw, stomp, or in some other way publically display his frustration? How often does anyone say anything? This is a male stress response that is “allowed.” Why? Because boys don’t cry, of course. That is sexism, gentleman readers, and it goes both ways. Men are taught very early to release stress in any way but crying despite its efficiency in

(Continued in next column)

A male reader may now be muttering to himself, “Okay, this is all good to know. But what do I do if my lady student starts crying? Or is clearing trying not to?” The attendees at this roundtable, lady and gentlemen alike, had a consensus: teach and acknowledge that crying is nothing more nor less than a stress response. Period. Crying also does not have to mean “I’m done.” Let her regulate those emotions and then encourage her not to be done: “I would like you to do five more passes.” Anyone who has ever fallen off a horse, myself included, can tell you the adage about getting back on is literal. It is always good to end on a good note.

### Microaggressions

This is the section where I am going to break form and address my male readers directly. I am doing this because this is where I expect to get the most push back so I might as well call out the elephant right at the start: every gentleman reading this, every last one of you, commits microaggressions against the women you care about every day. I am not going to coddle you for it, and I am not going to acknowledge all of the hard work you put in to trying to be better men because that does not help 51% of our rapier community. That is the insidious nature of microaggressions. For those who are not familiar the definition is thus:

*“Microaggressions are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.” ~ Dr. Derald Wing Sue*

So what does this look like in the Midrealm fencing community? There are the obvious ones such as men who do not want to be beaten by a woman and will refuse to fight her, rhino hide, or use his strength against her so as to be victorious. There are also the less obvious ones, to gentleman and lady alike, because they are such a common part of our social fabric. One prime example is interrupting a lady when she is teaching, giving a class, or just speaking in general. This is bad manners to begin with but what such a behavior communicates is what the man has to say is more important than what she has to say. That wasn’t the intent? He’s just trying to help the rapier community grow? It is still a microaggression and the intent means nothing to the woman who has just been interrupted and invalidated. Because men are at the top of the social pyramid and as women are a marginalized group men cannot treat women the same as they would other men.

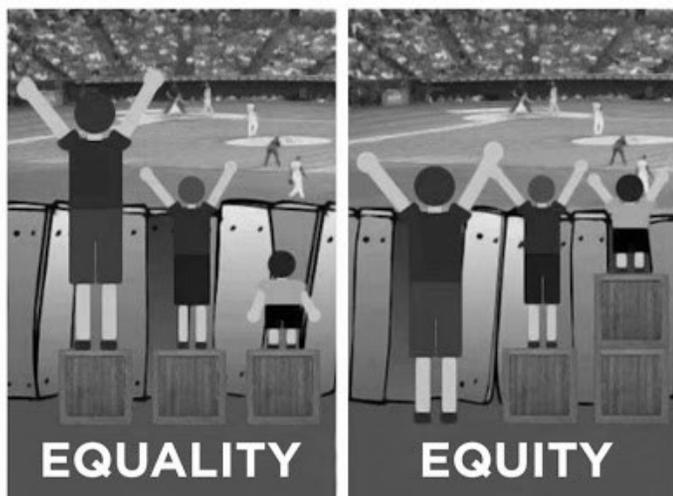
(Continued on page 5)

Dr. Sue is a pioneer and preeminent scholar and researcher in multicultural psychology.

The women at the roundtable, particularly those with years in the SCA, could not count the number of times they have heard a gentleman fencer say something to the effect of, "But I was just trying to treat her like I would any male fencer." Noble sentiment however there is an obvious problem with this: she is not a male fencer. She is female and it is an insult to her to treat her as anything else.

But wait a minute. Does that mean that I, as a woman and a therapist, believe men should not treat women with equality?

Yes. This is exactly what I and all of the women at the roundtable are saying. Instead, men should treat women with equity. Below is a famous picture familiar to students of sociology, psychology, and philosophy that succinctly illustrates the difference.



Treating lady fencers equally to men is disrespectful to women and ineffective. Treating them with equity, on the other hand, is respectful, effective, and more beneficial to everyone.

### It Is Okay to Say No

On the heels of microaggressions is this brief section. Ladies, it is okay to say no! Gentlemen, accept no for an answer. Help your ladies say "No" by supporting them in doing so.

This means...

"No, I don't want to learn from you right now."

"No more, I am done fighting for today."

"No, I don't want to."

"No, you don't get to kiss my hand."

"No, you don't get to interrupt me."

(Continued in next column)

### Conclusions: What Can We Do?

Because it always benefits to end on a good note here are a few take-aways from the roundtable in regards to what everyone in the Midrealm rapier community can all do for our lady fencers:

- Acknowledge the barriers to women are higher.
- Emphasize her natural physical strengths such as her legs and sense of balance rather than her weaknesses such as arm and shoulder strength.
- Forewarn her of the above when she first begins fencing so that she can work to build arm and shoulder strength.
- Teach/acknowledge that crying is nothing more nor less than a stress response.
- Ladies: be her role model by showing her what she can accomplish and by having frank discussions about being a lady fencer.
- Gentlemen: be her role model by creating a safe space for her to learn in and by showing her what she can accomplish.

### And most importantly...

- Help lady fencers put a name to the microaggressions that happen. Allow this to be real. It is not just her.

Finally, I asked the roundtable attendees, ladies and gentlemen alike, for one thing they would say to male fencers. Here are a few that I hope readers find as enlightening as I did:

- "Don't down grade or go easy on me." ~ Moira Campbell
- "Don't demean your opponent by changing your fight to them." ~ Meistari Vindis Sigtryggson
- "Think about your phrasing." ~ Mistress Narissa Della Badessa
- "I am not one of the guys." ~ Warder Moira Chance
- "Don't assume I want your help or teachings." ~ Tualait

## Illiton “Ambassadors” Living in Ayreton

Read into court at Baroness Wars:

### AMBASSADORS

*Unto Their Excellencies, Gareth and Hillary, Baron and Baroness of Ayreton, doth John and Maire, Baron and Baroness of Illiton, send most courteous greetings.*

*Good Cousins,*

*As it is our desire to maintain strong ties betwixt our lands and your barony, a place that we once called “home,” we ask permission to establish an EMBASSY within your borders to enhance communication and facilitate cooperation between our peoples.*

*The bearers of this missive, Lady Gillian Eleanor of Roseholm and Lady Allison Renee of Roseholm, having recently moved from Illiton to Ayreton, hold our absolute trust. We respectfully request that you accept them as our emissaries and allow them to negotiate as our agents as the need arises.*

*We hope that the presence of our ambassadors in near proximity to the heart of your barony will help maintain the love and friendship that our domains have historically enjoyed. We look forward to many discussions to the mutual benefit of our holdings, channeled through our new embassy.*

*So say we, John and Maire, Baron and Baroness of Illiton, in the presence of Their Royal Majesties of the Midrealm, King Cameron II and Queen Amalie II, and witnessed by Their Excellencies of the Midlands Kontore League, at Baroness Wars IV in the Shire of Swordcliff on this twenty-seventh day of August, AS LI (51).*

Please join us in welcoming Lady Gillian and Lady Allison to Ayreton!

Photo of the Scroll on page 7

## Future Article Ideas – Your cool stuff **HERE!**

- Event reviews
- Recipes from events
- Movie/Book reviews
- “How to” articles
- No “kidding” there I was stories
- SCA administration reports
- Upcoming event ads
- History reports
- Poetry/stories/song lyrics
- Museum/exhibit reviews
- Newcomer articles
- My SCA Life stories
- Pictures of events
- Pictures of you, your family, your friends
- Other great ideas I haven’t thought of yet

Unto their excellencies, Gareth and Hillary, Baron and Baroness of Ayreton, both John and Maire, Baron and Baroness of Illiton, send most courteous greetings.

Good cousins,

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John

Baron Illiton

Maire

Baroness Illiton

## Ayreton Groups Online

*If your group has an online presence, let us know and we'll list it here!*

### **Barony of Ayreton:** <http://groups.yahoo.com/group/Ayreton/>

The Barony of Ayreton is the name for the Chicago area within the Society for Creative Anachronism (SCA), a non-profit historic research and educational organization devoted to the study and reenactment of past people and cultures, concentrating on pre-seventeenth century Europe during the Medieval, Middle-Ages, and Renaissance periods, and to reproduce the skills and arts of this era. This is in the Midlands region (Illinois) of the Middle Kingdom (Midrealm, the Great Lakes area of the Midwest of the United States). Go to <http://www.ayreton.org> and <http://www.sca.org> for more information.

### **Ayreton Archers:**

<http://groups.yahoo.com/group/AyretonArchers/>

This is a group to help spread information to the Ayreton Area Archers. Practice times are listed under the Calendar link. Shooting hints and tips are under the Files link.

### **Ayreton Brewers Guild:**

[http://groups.yahoo.com/group/Ayreton\\_Brewing/](http://groups.yahoo.com/group/Ayreton_Brewing/)

This group is for all those gentles who wish to get together and pursue their interest in brewing and vinting. We are located in the Barony of Ayreton, in the Kingdom of the Midrealm. You do not need to be a member of the Barony to be a member of the group.

Here we discuss all matters pertaining the brewing of ales, mead, wines or cordials. We share recipes and tips, support and encouragement. This list is also the primary method for the guild to plan and disseminate information about upcoming meetings and workshops. So whether you are an expert brewer or complete beginner, come join us, ask questions, learn, teach and share your experiences with those around you.

### **Ayreton Cooks Guild:**

<http://groups.yahoo.com/group/ayretoncooks/>

Our mission is to bring delicious, authentic, researched food to the eaters of Ayreton and beyond.

### **Ayreton Scriptorium:**

<http://groups.yahoo.com/group/AyretonScriptorium/>

This is a discussion group for scribes in the SCA Barony of Ayreton located in Chicago and suburbs.

## Group Information for the Barony of Ayreton

### **The Barony of Ayreton**

(Chicagoland area)

Website: [www.ayreton.org](http://www.ayreton.org)

Email list: [groups.yahoo.com/group/Ayreton](mailto:groups.yahoo.com/group/Ayreton)

Seneschal: THL Alexander Adelbrecht von Markelingen  
([seneschal@ayreton.org](mailto:seneschal@ayreton.org))

### **The Canton of Foxvale**

(Aurora IL area)

Website: [www.foxvale.org](http://www.foxvale.org)

Email list: Contact Banamhaighstir Hillary of Langforde for information ([jeffnaggie@aol.com](mailto:jeffnaggie@aol.com))

Seneschal: THL Yamamura Kitsune

([yamamura.kitsune@gmail.com](mailto:yamamura.kitsune@gmail.com))

### **The Canton of Grey Gargoyles**

(South Side of Chicago and Southeast Chicago Suburbs)

Website: <http://midrealm.org/greygargoyles/>

Email list: [groups.yahoo.com/group/GreyGargoyles](mailto:groups.yahoo.com/group/GreyGargoyles)

Seneschal: Mistress Helewyse de Birkestad

([helewyse@yahoo.com](mailto:helewyse@yahoo.com))

### **The Canton of Rokkehealden**

(Southwest Chicago Suburbs)

Website: [www.midrealm.org/rokkehealden](http://www.midrealm.org/rokkehealden)

Seneschal: Lady AElfreda aet AEthelwealda

([aelfreda6@gmail.com](mailto:aelfreda6@gmail.com))

### **The Canton of Tree-Girt-Sea**

(North Side of Chicago)

Website: [www.treegirtsea.com](http://www.treegirtsea.com)

Email list: [groups.yahoo.com/group/SCA-Tree-Girt-Sea](mailto:groups.yahoo.com/group/SCA-Tree-Girt-Sea)

Seneschal: Mistress Gianetta Andreini da Vicenza

([jenrsmall@yahoo.com](mailto:jenrsmall@yahoo.com))

### **The Canton of Vanished Wood**

(Northwest Chicago Suburbs)

Website: [www.vanishedwood.org](http://www.vanishedwood.org)

Email list: [groups.yahoo.com/group/vanished\\_wood](mailto:groups.yahoo.com/group/vanished_wood)

Seneschal: Mistress Acelina of Derelei

([acelinaofderelei@yahoo.com](mailto:acelinaofderelei@yahoo.com))

## Officers

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**Seneschal:** Baron Henry of Exeter  
(Terry Donner)

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**Exchequer:** Lady Matilda Ann Stevyn Slyfield  
(Grace Strauss)

**Minister of Arts and Sciences:** Mistress Acelina of Derelai, OP  
(Dayle Harding)

**Knights Marshal:** Master Ratimir Staryjezvec  
(John Staeck)

**Archery Marshal:** Forester Athelwulf of Dover  
(Thomas Scrip)

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Drawing Tools tab to change the formatting of the pull quote text box.]

[archery.marshall@ayreton.org](mailto:archery.marshall@ayreton.org)

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**Thrown Weapons Marshal:** Master Gailen Alric Ros  
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(773) 512.1498

**Herald:** Lady Bergard Solgei (Called Moose)  
(Dori Becker)

[herald@ayreton.org](mailto:herald@ayreton.org)

**Signet:** The Honorable Lady Heather Hall  
(Heather Rocci)

[signet@ayreton.org](mailto:signet@ayreton.org)

**Minister of Youth:** Vacant

This is the October 2016 issue of the Zephyr, the official newsletter of the Barony of Ayreton, a branch of the Society for Creative Anachronism, Inc.

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For a hard copy of this newsletter, please contact Aggie Powell-Berger; [chronicler@ayreton.org](mailto:chronicler@ayreton.org)

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