



# THE BEAR NECESSITIES

## Newsletter of the Barony of Bjornsborg

April, 2022

Anno Societas LVII

### Calendar of Events:

**Monthly Business Meeting:** Mondays 7:30pm Virtual meeting held online via Zoom. Monthly business meetings are held on the first non-holiday Monday of each month. Please contact the Seneschal for more information at [Seneschal@bjornsborg.ansteorra.org](mailto:Seneschal@bjornsborg.ansteorra.org)

**Populace in the Park:** This friendly, social gathering takes place Wednesdays, approximately 7:30pm at Dellview Park, 507 Basswood Rd. San Antonio, 78213. Fighter practice is also held at this park.

**Bardic Circle:** Meetings are on the 2nd and the 4th Tuesdays of the month.

**Bjornsborg Early Music Ensemble (BEME):** Meetings are still virtual for the time being, but none are scheduled at this time.

**Scribal and Heraldry:** One on one consultations are available by contacting the current Herald at [herald@bjornsborg.ansteorra.org](mailto:herald@bjornsborg.ansteorra.org)

**Fighter Practice:** Wednesdays at 7:30pm: Chivalric and Rapier practices and instruction are held at Dellview Park, 507 Basswood Rd, San Antonio Tx 78213. Contact the Knights Marshall or the Rapier Marshall for more information.

**Thrown Weapons and Archery Practice:** Please contact the marshals for more information. All practices are currently on hold due to quarantine/shelter in place orders; however, a new archery field is being discussed.

## **Kingdom Events**

**Offices Open for Application:** At this time the office of Chivalric Combat Marshal is open for applications. If interested, fill out and submit the appropriate form which can be found at [Ansteorra.org](http://Ansteorra.org).

The regular business meeting of the populace was held April 4, 2022 and opened at 7:35pm by Lord Robin Carrot, Herald extraordinaire.

## **Reports:**

**Seneschal:** There will be a planning meeting Tuesday, April 5 on Zoom at 7:30pm to discuss any issues related to a demonstration of SCA activities to take place at Lackland AFB. This will be addressed later in the meeting.

**Arts and Sciences:** Alcina Odessa (Doris Dunphy) reports that there are many projects being worked on. Fiber Arts guild will schedule meetings after Crown Tournament. No other guilds have reported or scheduled meetings. When they are, they will be included in the monthly report.

**Minister of Children:** Hadewig Wurmelin will be moving out of Bjornsborg this summer. The position of MOC will be open soon.

**Heavy Fighters:** Hrabia Jan reports that interest in Chivalric combat has increased since the removal of all Covid-19 restrictions. He also reports that this office will also be open soon.

**Rapier Marshall:** no report given.

**Youth Combat:** Czina Angielczyka is working to develop enthusiasm for youth fighting again after the long Covid-19 lock down.

**Chronicler:** asks for any items for publication be submitted before the first day of the month for inclusion in that month's newsletter.

**Heraldry:** reported that nothing especially new has occurred since last meeting. One-on-One consultations continue.

**Archery:** no report given.

**Quartermaster:** Marjorie Harper of Rosedale enthusiastically stated, "We have stuff!" A complete inventory will be available when it is finished.

**Exchequer:** "We have money!" A more comprehensive report will be ready soon for anyone interested in seeing it.

**Web Minister:** Miles Ridley informed the populace that he is working to update the barony websites and FB page. Also, he is producing a series of videos to help fighters get back in or stay in shape.

Hospitaler: Richilde zum Hasen reports that much loaner garb is in stock. More will always be appreciated.

**Baronial Events: See below.**

### **New Business**

The Kingdom of Ansteorra's Crown Tournament will be held in Bjornsborg on April 9, 2022 at the La Vernia Chamber of Commerce property. This is a kingdom-wide tournament and will be well attended by fighters and non-participants from throughout the Kingdom.

Lord Robin Carrot informs the barony that plans for the demo at Lackland AFB go well, but that if there are not enough fighters he will consider canceling our part in the event. A planning meeting will be held Tuesday, April 5 at 7:30pm on Zoom.

Baroness Christianna thanked the barony for all the hard work that has gone into planning and preparing for Crown Tournament. It's success will reflect well on the barony.

A message from Miles Ridley to all fighters:

Hello all!

I will be leading a Combat Preparation / Reintroduction Program to get us back in shape for competition. If you are anything like me, you have taken a long time off due to the events of the last few years, and the thought of getting back into it can be a bit overwhelming.

This will be a progressive "move at your own pace" program designed to slowly reintroduce our bodies and minds to historical combat. The program length will vary depending on each individual, as it is important every individual person comes back in a safe and comfortable manner. It will take anywhere from 4-12 weeks depending on your individual needs and how much work you put into it. In general, we will be progressing in five separate areas:

1. General Activity and Range of Motion;
2. Reawakening muscle memory with Light Drilling;
3. Rebuilding functional strength with Heavy Drilling;
4. Reimplementing Techniques with Focused Sparring; and, lastly;
5. Training for competition / mental preparation

There will also be several discussions on kit repair, optimization, maintenance, and other areas critical to ensuring a safe and comfortable return.

This program will be conducted at my local practice on Wednesday Nights (starting at 7:30PM... theoretically) in San Antonio / Bjornsborg at Dellview Park. I will be STREAMING the local practice sessions to the Legion of Swashbuckler's Facebook Page for those who are interested and cannot attend in person.

There being no further business to discuss, the meeting was declared closed at 8:30 pm.

## Local Officers

Baron: Ivar Runamagi, Baron@bjornsborg.ansteorra.org

Baroness: Christianna Ivarsdotter Baroness@bjornsborg.ansteorra.org

Seneschal: Rurik Gunnvalsson Seneschal@bjornsborg.ansteorra.org

Rapier Marshal: Vitoria de Vera rapier@bjornsborg.ansteorra.org

Chancellor of the Exchequer: Katla in Rauda exchequer@bjornsborg.ansteorra.org

Chivalric Marshal: Hrabia Jan (Jan Lewanski) marshal@bjornsborg.ansteorra.org

Hospitaler: Richilde zum Hasen (Rachel Merrill) hospitaler@bjornsborg.ansteorra.org

Archery Marshal: Rurik Gunnvaldsson archery@bjornsborg.ansteorra.org

Chronicler: Enda Ui Doncha (Robert Dunphy) Chronicler@Bjornsborg.ansteorra.org

Historian: Briony Blaaslagen historian@bjornsborg.ansteorra.org

Herald: Callisto Pursuivant: (Eva de Davyntre) herald@bjornsborg.ansteorra.org

Minister of Arts and Sciences: Alcina Odessa moas@bjornsborg.ansteorra.org

Minister of Children: Hadewig Wurmelin

Webminister: Miles Ridley webminister@bjornsborg.ansteorra.org

Quartermaster: Marjorie Harper of Rosedale quartermaster@bjornsborg.ansteorra.org

This is the April, 2022 issue of the Bear Necessities, a publication of the Barony of Bjornsborg of the Society of Creative Anachronisms INC. The Bear Necessities is available from the Chronicler's office, chronicler@bjornsborg.ansteorra.org Bear Necessities is a corporate publication of the Society of Creative Anachronisms Incorporated, and does not delineate the SCA policies.

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