



A Cleftlands (Middle Kingdom) Newsletter - 7/5/2021

News of the Realm

July Reopening - July 1 marked the end of most of the restrictions on SCA activity. Going forward, the only restrictions will be that there will be no sharing of food and drink, attendees must pre-register for weekend events, and must sign-in for all other events. Martial, archery, bardic, heraldry, demos, and all other activities may resume without restriction.

Anyone hosting an activity at their home may have additional restrictions. If you want to host an SCA activity with additional requirements, please contact seneschal@cleftlands.org. **Note:** each and every announcement or invitation for an SCA activity needs to include the following language, and it needs to be posted at the activity as well:

Although the SCA complies with all applicable laws to try to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

Cleftlands is going to continue to have a sign-up form (<https://forms.gle/qyj926Tk53MNEqc46>) so that attendees can submit their information ahead of the meeting they plan to attend. We hope this will be more convenient for you, and is also helpful to our staff in reducing the time it takes to get information. The required information is your modern name and one form of contact (email or phone). We are asking that each adult sign up separately to make it easier to find information if we need to. Minors can be signed up under a single guardian.

Meetings are currently planned for every other Wednesday through July and August to help ease everyone back in. Please join us from 7:00-10:00pm at St John of the Cross School, 140 Richmond Road, Cleveland OH 44143. The dates of the upcoming Baronial meetings are:

- July 7
- July 21
- August 4
- August 18
- September 1 - meetings resume every week

Notes for Meetings - We're asking that if you have "regular" guild announcements or general announcements, or if you simply prefer to make an announcement virtually, that you please send those notes to chronicler@cleftlands.org, where The Honorable Lady Jolicia will write up the complete details and send them out with the meeting notes.

Examples include "regular guild meeting at the regular place" or "I have a bushel of garlic, who wants it" type things. Official announcements, officer announcements, and event announcements will still be done at meeting, if people feel comfortable doing so, (and will be written up and shared too). These can always be announced on Facebook and through the Cleftlist as well!

As we ease back into things, we're still being cautious, and we also hope that doing this allows for everyone to share news, even if they aren't there in person. So for those who aren't comfortable attending in-person gatherings, or aren't ready to talk to someone up close, or just can't make the meetings, we hope this is an accessible way to stay connected. The notes can be a one-stop location for complete information to be easily referenced, since it can be hard to jot down contact details and other specifics in the moment.

If you have any questions, please send them to seneschal@cleftlands.org - and thank you!

SCA News

- Welcome to Louise Du Cray, the new Vice President for Corporate Operations and Member Services - <https://www.sca.org/news/new-vice-president-for-corporate-operations-member-services-louise-du-cray/>
- Variance regarding preregistration requirements - <https://www.sca.org/news/variance-to-board-resolution-of-may-25-2021-regarding-preregistration-requirements/>
- Digital SCA membership cards are now available - <https://www.sca.org/news/digital-sca-membership-cards-now-available/>
- Get 70% off at the SCA Marketplace - <https://www.sca.org/news/starting-july-4-marketplace-sale-70-off/>

Kingdom News

- Crown Tournament is coming up on July 17! If you plan to attend, pre-register here: <https://members.sca.org/apps/#MtgList> Learn more about the event here: <https://flaminggryphon.wixsite.com/crown>
- Congrats to the 4 combatants chosen to fight for the Crown in the upcoming Tourney! They are Baroness Magrat fighting for Duke Palymar; Duke Ullr fighting for Duchess AnneLyse; Duke Cellach fighting for Duchess Vukasin; and Sir Jaime fighting for Dame Eleanor
- The Middle Kingdom Helpdesk Team now has a website: <https://midrealm.org/helpdesk/>

How They Stayed Cool in Period

By Lady Claricia de la Mere

As we dress in the clothing of SCA period, it's often wondered how they stayed cool with layers of fabric and without the ability to wear shorts and tank tops. You might be surprised.

Those layers were made from natural materials like linen, wool, and silk, which breathe better than modern fabrics. Cotton, known as a light and cool fabric, was growing in Egypt, Spain, and India by the 8th century, so persons in those areas could make use of it. It made its way to Europe in the 12th century, however it was a luxury because it couldn't be grown just anywhere and was difficult to spin. Instead, linen was worn against the skin, which wicks moisture away so that it can evaporate. Wool is actually hotter when worn without a piece of linen clothing underneath.

Men faced less censure for taking off their outer layers, and they were often wearing less in the first place (although not as much as children, who might be totally naked until the age of 7). Fashion for men included tights and short doublets and tunics. Many working men would wear short-sleeved tunics that went to the knee - nothing else. Some art shows them in even less. Women, on the other hand, were also working, but were expected to wear normal layers. In response, necklines on womens' dresses went down to allow more skin to stay cool, and some period art shows lacings undone and skirts tucked up. For those women looking to protect their fair complexions from the sun, light shawls could be layered over the bosom, which could be fanned or removed.

Short sleeves were also worn, especially in southern climates. Styles that use pin-on sleeves could be a way to convert a winter dress to a summer dress without the expense of making a new one. Puffy sleeves created pockets of air against the skin that could dry out more easily than fabric tight to the body.

Also keeping air circulating in women's fashion were bum rolls and hoop skirts, which brought the fabric away from the body. Women might also flip their top layer up and pin it or bustle it, which can be often seen in illuminations even on wealthy ladies.

Cooling technology at the time involved hats and other head coverings. Veils and caps were often white to help reflect heat. Then, what was on the head could be soaked in water to cool the blood in the head, which cooled the rest of the body when it circulated. Just like today, head coverings protected the face and neck from the sun.

Umbrellas and parasols were not often used in Europe, except by high-ranking clergy, until the 16th century. However fans of leather, parchment, or feathers kept air flowing and the sun out of the eyes all around the world.

Apart from clothing, homes in warmer countries were built to cool their inhabitants. Mediterranean structures had central courtyards were a place to stay cool with gardens that contained fountains and shade. Bowls of water would be set out that would bring the air temperature down as they evaporated. As far back as Ancient Egypt, wet cloths were hung in windows to cool air that flowed through them. In some areas, outdoor spaces were covered to block the sun and keep the areas underneath cooled.

For the Combat & Ranged Arts

Armored:

Backyard Basics:

The Blind Man Drill:

<https://youtu.be/gHCfEE5Riqc>

Buckler Defense Concepts:

<https://youtu.be/8808hFKcTaE>

<https://youtu.be/9jnLboNdsrg>

Pell Drills #1:

<https://youtu.be/3SUZWAD54uA>

Combat Archery:

Tavern Archery - Introduction to Combat Archery:

<https://youtu.be/GxzbyqzcmJk>

Rapier:

TheMedievalMedia - Introduction to SCA Rapier Combat:

<https://youtu.be/DHN2UgJexYs>

How to Get the Most Out of Your Practice:

<https://youtu.be/zMvLSyEUjWA>

Pennsic Rapier Champions War Point (2014):

<https://youtu.be/k1vw64Y8N3o>

Gulf Wars XXIII Rapier Champions Battle (2014):

https://youtu.be/UMjRBD_lxn4

Call for Content

We want to make sure there's a central place to get information and see posts that might get buried, or resources that might not be shared.

If you have info to share - an upcoming virtual gathering, activity ideas, or a great website, please contact me: clariciadlm@gmail.com.

Thank you and stay well!

This Week in History

- July 5 328 - Constantine's Bridge over the Danube opens - considered the longest ancient river bridge.
- July 6 1411 - Ming China's 3rd [treasure voyage](#), which did have treasure to show the kingdom's might, returns with the captured King of Kotte.
- July 7 1456 - Joan of Arc is acquitted of heresy in a retrial - 25 years after her death.
- July 8 1579 - [Our Lady of Kazan](#), a very important Russian Orthodox relic, is found 140 years after it was lost.
- July 9 1401 - Timur destroys Baghdad in an attack on the Jalairid Sultanate.
- July 10 1553 - Lady Jane Grey takes the English throne, albeit briefly.
- July 11 813 - Michael I, Byzantine emperor, abdicates in favor of his general Leo V and becomes a monk.

Random Period Object - Cleveland Museum of Art



The Fourth King of Hell; Korea, Goryeo Dynasty; late 1300s.

Ink, color, and gold ink on silk. ~53.5" x 23". <https://www.clevelandart.org/art/2019.224>

In the "hell" of Buddhism, 10 kings serve as judges to determine the fate and punishment of the dead. This was originally part of a set of 10, presumably with each one showing a different King.

The King is seated at the center, with his secretary beside him to oversee the execution of the verdict. In this case, sinners are being boiled in a giant cauldron and pierced with burning spears.

The idea of salvation was more emphasized in Buddhist schools during the medieval era, and depictions such as this were to promote those ethics. However, it is thought that Chinese workshops were mass producing images such as these, which served as the prototype for this work.

Upcoming Cleftlands Events

- Wednesday, July 7 6:30-10:00pm EST - Cleftlands Baronial Meeting and Practice - St John of the Cross School, 140 Richmond Road, Cleveland OH 44143
- Thursday, July 8 7:00-10:00pm - Armorers' Guild Meeting - The Lash Home in Berea (OH). Contact Baron Syr Calum on the Facebook post or at meeting on Wednesday.
- Wednesday, July 21 6:30-10:00pm EST - Cleftlands Baronial Meeting and Practice - St John of the Cross School, 140 Richmond Road, Cleveland OH 44143

Staying Cool - continued

There were even some types of early air conditioning. Wealthy Romans had cool water from the aqueducts they built pumped into the plumbing in the walls of their structures. Persians developed wind towers that captured breezes and funneled them into the building below. The high ceilings and thick walls of European castles and cathedrals also kept air cooler. When the Little Ice Age hit, more manor houses were built, which were easier to heat.

Cooling drinks helped as well. The wealthy could afford to have snow brought down from a nearby mountain, or to keep ice in their cellars. For the rest of the population, jugs were wrapped in wet clothes or grass fiber.

People did swim, while staying modest, although not in the ocean. Summer for most was a time to work, since about 90% of the population was involved in agriculture. Some workers, such as those in Spain and Italy, took a break at the hottest part of the day and would work later instead. They still might be working for 18 hours a day, and just learned to deal with the hot weather as best they could.

Sources:

- <https://meghanmastersonauthor.com/staying-cool-through-history/>
- <https://stores.renstore.com/history-and-traditions/keeping-cool-in-the-heat>
- <http://cdalebrittain.blogspot.com/2020/07/summer-in-middle-ages.html>

Cleftlands Officers' Contact Information

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Image of The Fourth King of Hell courtesy of the Cleveland Museum of Art. As of January 23, 2019, the Cleveland Museum of Art is an Open Access institution, using the Creative Commons Zero (CC0) designation for high-resolution images and data related to its collection. This means the public now has the ability to share, collaborate, remix, and reuse images of many as 30,000 public-domain artworks from the CMA's world-renowned collection—all without asking permission. In addition, portions of collections information (metadata) for more than 61,000 artworks, both in the public domain and those works with copyright or other restrictions, are now available.

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