

THE SKALÐ

From the Seneschal

Greetings,

Just a reminder that Applications for Herald will close at the July pop meeting.

Since it did not make it into the last newsletter Applications for the A&S office will close at the Aug meeting.

As stated at the June meeting, the NR Knight Marshal has deemed us ineligible to have a Knight Marshal at this time. So no applications will be accepted at this time for that office.

We still need a location for Axeman in November, 2008.

Lady Siobhan ingen Tigernaich
Seneschal

Also remember we need for submissions to the group calander.

Thanks
Siobhan

Upcoming Events

July 11-13 Coronation - Stargate (Houston, TX)

July 25-27 Crown Tournament - Mooneschadowe (Stillwater, OK)

July 25-Aug 3 Out of Kingdom: Pennsic XXXVII

Aug 22-24 King's Round Table - Mooneschadowe (Stillwater, OK)

Aug 29-Sep 1 Gothic War XVII - Trelac (San Angelo, TX)

Oct 10-12 Namron Protectorate - Namron (Norman, OK)

Nov 14-16 Axeman V—Skorrararðr

Message from the Reeve:

Greetings unto the populace of Skorrararðr. As of July 1st the balance in our account is \$1821.21.

Just a reminder that we still have cookbooks available for sale. Price is \$5.00 each. Please keep in mind that this is a major fundraising effort of the Canton. Anyone willing to take charge of selling some of the books should just see me. You can contact me at clarissima.dellachiesa@yahoo.com.

In service, Clarissima della Chiesa

Voice Projection for the Meek and Mild

Sæmundr the pure
(mka Jim Couch)
June 2008

In early June 2008, I traveled to the far away Barony of the Steppes for one of our kingdoms historic King's Colleges. The first of my courses was titled "Vocal Projection (for singers and heralds)" by Mistress Adelaide de Beaumont. This was a basic course that offered practical advice to those that needed more volume without diminishing the quality of their voice. I was very interested in this course because I have had vocal training in the past and I strive to learn the entertainment arts as it applies to the society.

At first glance one might think that this sounds overly simple. We use our voices every day, how could it be that difficult to gain volume and still remain clear. However, the difficulty of vocal projection is hidden in the seemingly simplicity of the details. Good vocal projection requires proper posture, good breathing technique, and confidence at even its most basic level.

Good vocal projection requires that you have proper posture. Your body is your instrument and how you get your air from your lungs to the tips of your lips is dependent in part on your posture. Think of how a horn is shaped. Air is supplied by your lips and curves around the insides of the beautiful instrument in your hands. It reaches the valves and passes through depending on the fingering you are using. It leaves the valve casing and passes out the bell, which is contoured outward. Assuming that everything is done properly the horn will make beautiful music. However, if the horn is dinged up, if there are holes in the body, if the valves are not functioning, and if air is not passed through the instrument correctly the music will not sound correctly. The same is true with our bodies.

A technique that I learned from Mistress Adelaide de Beaumont is to lay something about a foot from your feet and stare ahead. Lift your head until it is just at the point where you cannot see the item any longer. Now, your head is just about at the right position. Stand with your feet about the width of your shoulders.

Good breathing is also vital to good projection. On the cover this would seem like obvious advice but while it is true that we all breathe, we do not all breath correctly. Stand in front of a mirror and take a deep breath. Do you see your shoulder rise and fall with each breath? Now, lie down with your back on the floor and do the same exercise. See how your shoulders no longer rise and fall? Now it is your stomach that is rising and falling. That is good technique. Good vocal projection requires that you are able to fill up your entire lungs with air. However, our normal method of breathing is not good at filling up our lungs with air. As your breath, your stomach should push outwards and your shoulders should remain in place.

Mistress Adelaide de Beaumont suggested another great piece of advice. She said that if you can get your hands on a spirometer then you can measure how much air you are able to push out of your lungs. Another good, but less expensive, way of measuring and testing this is to take a small sheet of paper about the size of a post it note. Now hold the paper to the wall while timing yourself, only using your air to hold the paper to the wall. Each time, you should see the amount of time increasing.

Confidence is another important factor in vocal projection. It is impossible to project yourself if what you really want is to hide. I find that often when people say, "I don't sing very well." it is usually because they do not believe they sing very well. They can sing but that they lack the confidence of allowing themselves to be heard. Practice is key to overcoming this but you must make certain that you are practicing with a kind, caring, and gentle audience.

Whether you are heralding the next list or visiting bardic circles it is important to be able to project yourself. Using these techniques and paying attention to the little details will aide you in being the best that you can be. I pray that the Kingdom of Ansteorra will be filled with many a herald and bard from our Canton of Skorrararð, and that their voices will be heard across the land.

Bless
Sæmundr the pure



Silent Harold Class July 19th

Learn American Sign Language (ASL) (snipped and editorially cut and pasted from Lady Isobel's postings on the Canton's Yahoo Group)

Classes will cost \$10 per person per month (if there are enough people). Pay as you go. You do NOT have to be a member of the SCA to attend. Anyone and everyone who wants to learn the basics of sign language and/or practice some rusty skills is more than welcome to join the class.

Our first class will meet July 19th at Sophia and Lord Andrukh's home at 14305 Whippoorwill Vista, Choctaw, OK. Classes will start at 10:30 am followed by a potluck SILENT lunch.

Oh, and for those who are asking, children are welcome. If they are small enough, they likely won't be much trouble. If they are a bit larger, no reason why they can't learn, too.

So that our instructor has enough materials for the first meeting, if you are certain you are going to attend, please send me an email with the following information:

- 1) SCA Name
- 2) Mundane Name
- 3) Email address
- 4) Phone number
- 5) Number of people in your group attending (along with their information)

I will make a class list for our instructor and take care of collecting fees, etc.

If you need additional information or have any questions, please contact me at kirkbryde@yahoo.com OR 405-623-2618.

If we can get enough people to commit, the instructor will drop the price to \$10 a session. This is 33% off the regularly advertised price. So, bring your friends, your neighbors, anyone who is interested. Remember, they don't have to be a member of the SCA to participate. Let's get the attendance up so the price can come down and make it more affordable for everyone!!

Also, July 19th is only the FIRST class. You can still join us if you miss out on that class. We will be having classes monthly until people have learned what they want to or get tired of it, whichever comes first.

Lady Isobel de Kirkbryde leanbh a Úna
 Guild Head of the Guild of St. Camillus de Lellis, Kingdom of Ansteorra
 V-Scribe Canton of Skorrargarðr
 Member of Clann Lochlan

Seneschal (President)

Lady Siobhán ingean Tigernaich
 (Yvonne Hamilton)
 (405)273-9679
sirensong13@yahoo.com

Deputy Seneschal

Lord Andrei Iosifev syn (Andrukh)
andrukh@yahoo.com

Reeve (Treasurer)

Clarissima Dellachiesa
clarissima.dellachiesa@yahoo.com

Archery Marshal

Lord Apollonari Darius Septimus
 (Scott Melton)
 405-214-5678
darius67@sbcglobal.net

Hospitaler (Hospitality)

Lord Halldor Grimmsen
 (Bobby Harlow)
ironstorm34@hotmail.com

Deputy Hospitaler

Lord Pukhta "Pooky" Lovvek
Lord_Pooky@hotmail.com

Minister of Children

Appointment pending

Minister of Arts and Sciences

Lady Úna Carleton
 405-273-9679
a_silverswan@yahoo.com

Virtual Scribe (Webmaster)

Lady Isobel de Kirkbryde
 (Melody Andrews)
 429 Dakota St.
 Norman, OK 73069
 405-364-0270
kirkbryde@yahoo.com

Chronicler

Lord Andrei Iosifev syn (Andrukh)
andrukh@yahoo.com

Offices Taking Applications:

Rapier Marshal (Light Weapons)
Youth Marshal
A & S
Historian

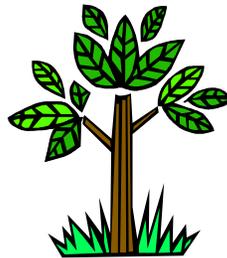
From the V-Scribe;

I met with Master Ulf Gunnarson, V-Scribe for the Barony of Namron for a tutorial on HTML and building a more user friendly website.

At the moment, the old format remains in place and information regarding Axeman, A&S, and Populace meetings have been updated. Deadlines for bids and officer applications have been added to the website as well as the officer information for the new herald.

Coming soon will be a new format that is more friendly for keeping updated, for being read by personal digital assistants and screen readers.

Lady Isobel Margaret de Kirkbryde
Guild Head of the Guild of St. Camillus de Lellis, Kingdom of Ansteorra
Deputy Herald, Barony of Namron
V-Scribe Canton of Skorragnarðr
Member of Clann Lochlan
Member of Clann Haddock



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Populace Meeting:

Monthly Populace Meeting is the first Sunday of the month 6:30 pm - 8:30 pm at Denny's on Harrison near the freeway in Shawnee.