

The Blue Strand

OFFICIAL NEWSLETTER



Left to Right: Queen Mary Psalter (fol.78v), c.1310, various hats; Roman statue of Hermes with petasos hat and cloak for protection when traveling; relief depicting the chariot of King Assurbanipal 669-626 BC, parasol as seen.

Historical Sun Protection

Want to look fabulous and sun-smart?

— BLYTHE VENELL —

With summer's arrival many outdoor events are upon us, and once more the issue arises of how to look fabulously in period while guarding thyself from the cancer rays of the sun. Although sunscreen was not a widely used thing, our ancestors were not stupid. If we look at outdoor wear and travel clothing we can find much inspiration for sun protection options today.

We all know the Australian adage "slip slop slap seek", which is used to teach children about sun safety. Well, it still holds true for historical sun protection, even if they didn't "slop"!

Slip, cover thy limbs - long sleeves and lightweight cloaks do not necessarily mean heat. Fabric coverings provide sun protection and can be quite cooling. To make these linen is king - extremely breathable and sweat wicking - the perfect underlayer to lightweight wool outerwear. This provides amazing thermal insulation and helps keep the heat out. If linen is out of thy price range, cotton can work as a substitute. It's not quite as effective but is far more available in our current era and often cheaper. If natural fibres are not an option due to allergy, sensory issues or further budgetary constraints, viscose rayon

is a semi-synthetic (made from wood pulp) and still retains some of the breathability and sweat wicking abilities, just less than full natural fibres. I caution against polyester and nylon; these are plastic and as such have the same effect as wrapping thyself in cling wrap.

Slap, headcoverings are so so historically accurate - for outdoor hats look for brimmed hat in straw or felt. For more specific inspiration, look for images of farmers and travellers, as they tend to be appropriately garbed for the weather. Additionally If thy current hat lacks a brim, try a linen wrap or cap to cover thy neck and ears. Consider veil and coif options, or even take this as an excuse to make a lightweight hood!

Seek, find shade, the stationary kind or the portable, such as a parasol! If thou art garbed in Roman, Greek, Egyptian or in many other ancient world or eastern garb parasols are everywhere. Go get one!

Overall the way of sun historical protection is **Slip** on some long sleeves of breathable material, **Slap** on a hat or head covering and **Seek** shade through the portable kind or stationery.

And also still wear sunscreen and sunglasses, we have these inventions for a reason. Protect thyself!

WHAT's ON?

February Activities

- ❖ Thursday 5th February – Fighter Training + Fibre Guild Meetup
- ❖ Saturday 7th February – Return of the Kraken
- ❖ Thursday 12th February – Fighter Training + A&S
- ❖ Saturday 14th February – Crafthall + Potluck + Bookbinding (4th Century Codex)
- ❖ Sunday 15th February – Archery Training
- ❖ Tuesday 17th February – Council Meeting
- ❖ Thursday 19th February – Fighter Training + A&S
- ❖ Friday 20th – Sunday 22nd February – High Tide War
- ❖ Thursday 26th February – Fighter Training + A&S

More information:

<https://kraeglas.lochac.sca.org/>



It would be a loss if you didn't come to Return of the Kraken! Photos by Julia of the Ravens and Joanna of Broadwood.

Quotes:

Real statements sent in by our readers!

"I live in perpetual fear of the College of Saint Monica at the best of times anyway."

~ An anonymous senior member within the College of Arms, who declined to be named out of cowardice.



Making a kumihimo braid at January Crafthall. Photo by Julia of the Ravens

From the B&B

Missive from Jon and Margie, Baron and Baroness of Krae Glas

Greetings to the populace from Jon and Margie.

It has been a memorable month of January for reasons tragic and those worthy of celebration. We hope that our populace, and that of our neighbouring Shire and Barony have 'scaped the ravages of fire and weather that have swept across our lands. To those of you who have volunteered, or have occupations in which you have contributed to the safety of mortal life, livestock and property, we thank you from the bottom of our hearts. We fervently hope that our lands and people are unscathed by the searing temperatures of the summer still to come.

On a more positive note, our Barony started our regular activities for the year with the reopening of Thursday nights and a monthly Crafthall and shared feast. The focus for Crafthall was 'Cord-Making', and saw all manner of cords taught and made. It was wondrous to see such a hive of industry and enthusiasm. All but one who attended also stayed and shared our table to partake in a feast of plenty. We particularly treasure these times of camaraderie and the opportunity to get to know the members of our populace over a well enjoyed repast.

In the latter part of the month we travelled across the seas of Tasman to the Crescent Isles. After much exploration of the more southerly regions of the South Island, with its stunning vistas and its cool winds to serve as an antidote to the burning land we had left, we joined our Cousins from Southron Gaard and Ildhafn at Canterbury Faire. It has been a wondrous event. The artisans of The Crescent Isles are producing wondrous artefacts and have knowledge that they share unstintingly. We also had the pleasure of attending The Half Circle Theatre though it had to be held in a hall rather than at its regular venue due to the unusually inclement weather. Jon did much teaching and donned his armour to participate in war and tourneys, only being defeated in the Fighter Auction Tourney by Sir Alaine and Sir Radbot. Margie shared the marshalling of The Queens Round archery competition and the Two Handed Weapons Tourney, a form of which she is particularly fond.

We both participated in 'Saarlands Shenanigans' when we leapt from our thrones, wielding weapons and wearing the Saarlands tree in court, to 'defend the salt' from pesky pirates. More than ever we see the need to patrol our waters to ensure the security of the land we hold for the Crown of Lochac. We look forward to the great feats of ship building we are certain to see at our own Krae Glas upcoming event, Return of the Kraken. It was a great event last year and your presence will ensure it is even more enjoyable this year.

There are plans afoot for a variety of events in our Barony this year, and we thank you for your ideas and stewardship of these events. Our own chapter of the Fibre Guild will now have a regular monthly meeting on Thursday nights at Dolphins Keep. I am keen to join The Custard Guild and hope that many of you will join me. More on this to come. Jon and I witnessed the spectacle of the Custard Eating Competition on our first night at Canterbury Faire - a gastronomic and somewhat messy affair.

Are you thinking about attending Rowany Festival? Bookings are open. If you are planning to camp in the combined Krae Glas and Stormhold campsite please let us know. Last minute surprises can cause headaches in planning. If possible please join with us on the Book of Faces - Krae Glas/ Stormhold Festival Campsite, or send a missive to us of your intent.

We are anticipating a visit from the Crown on the second weekend in May. This almost coincides with the Saint's Day of St Monica and the birthday of the College of St Monica! The Crown has requested events in both Stormhold and Krae Glas over this weekend. Please consider the good gentles you know and ask yourself if they are worthy of reward, and send recommendations. These may be sent directly to the Crown, via ourselves or through Canon Lore if the person is listed there. If you are unsure how to do this please reach out and we will assist you. Even more importantly, mark your calendars and come to one, or both, of these May events.

In Service,
Baroness Margie and Baron Jon.



Members of Krae Glas, St Monica, and Stormhold at Midsumma Pride 2026, after marching. This was the first Pride for some of us, and the ~20th Pride for others!

Happy Pride!

The SCA marches in Midsumma Pride 2026

— JOANNA OF BRAIDWOOD

Once again, the Baronies of Krae Glas and Stormhold, and the College of St Monica took to the streets of St Kilda to celebrate and march for the rights of our Blue Feather folk and the mundane LGBT community at large. It was a lovely day with weather significantly cooler than last year. Everyone's summer garb was looking crisp (special shoutout to Blythe's lesbian plaid), and we even managed to have some of the fighters dressed in armour, which made for a good impression.

As usual, most of the event was taken up by waiting at the

marshalling area. There was a bit of a kerfuffle, where we had trouble locating Museums Victoria, who we were supposed to be behind in the march. We sent Ronan off to look for them – and I'll never forget how amusing it was to watch the Blue Feather banner he was carrying bob about here and there through the crowd as he searched.

I also greatly enjoyed hearing Leif, Finn and Ronan blow the hunting horn as we marched. Now that's how to do it, SCA-style!!

Thanks for an excellent march, and happy Pride to all!

From the editor

Technically it's all from me, but still

If you want to write it – I want to read it.

And I want to make everyone else read it too :P

You could have an article about whatever niche topic you want added to this very newsletter!

You could be as unhinged as me. It could happen.

Send any write ups (almost any length, I can make it work) completely without context to joannabraidwood@gmail.com. Make it happen.



About the editor

Joanna of Braidwood is probably a little mad.

If you made it this far, thanks for joining us.

That's all folks! Huzzah!

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