

Barony of Loch Salann,  
**Questing Quill**



Norse All Thing 2013

*Photo Courtesy of Arianna Rhosyn and Vladislav Korsakov*

**August A.S. XLVIII, 2013**



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## Casamira's Corner

*The Pun is Mightier Than the Sword!*

University of Manchester researchers discovered that ancient Egyptians used hair gel. Microscopic studies of hair samples from mummies revealed that they had been treated with a substance made from plant and animal fatty acids. They believe that personal appearance was so important to the ancient Egyptians that they used styling gel on dead bodies so they could retain the hairstyles they wore in life. They even had a company that marketed hair gel, but it was a pyramid scheme.

By: Mistress Casamira Jawjalny, OL, OP, GA





## Message from the Baron and Baroness

Unto the populace of the Ancient and Glorious Barony of Loch Salann, we do send greetings

What a busy and enjoyable time of year this is. It seems there are events every weekend and for the most part the weather has been fantastic. All of the practices are being well attended the skills of those participating are making great advances. We are always proud of our populace whenever and wherever they go and they represent the Barony well in all areas in which they take part.

As announced, we will be stepping down as Baron and Baroness of Loch Salann in December of this year at our Solstice Court. In that regard, His Lordship Dunkr Ormrhandlegr and Her Ladyship Oonaugh inghean Glaisne have given a Letter of Intent for Their Majesties to consider them as our replacements. Please take time to make yourselves known to them, so that you may render your informed advice to Their Majesties later this fall.

Early last month we ventured to the western edges of the Kingdom to attend Raptor War in the Barony of Arn Hold. As always we were impressed with the hospitality and warm welcome we receive whenever we go there. This year the event was held in a mountain campground with many tall pine trees and a large central fire pit area. All manner of fighting, archery, thrown weapons, and arts / science were to be had. HE Morgan once again organized an assassin's activity which added a lot to the event and provided many interesting engagements.

Last week was our Norse All Thing. We would like to thank

Lord Magnus and Sir Grehan for organizing such a great event. Everything went along as planned and even the brief, light rain did not dampen the spirits of those in attendance. We were honored by the presence of Mistress Geraldine from the West Kingdom. For those of you who have not had the privilege of meeting her, she was one of the original five Pelicans in the Society and the premier Court Baroness in the Society. It was our great pleasure to have her attend our event. Lord Tighearnan mag Cenndrighan prevailed in the Baroness' Armored Championship and Lord Lawrence Bacon took the list for the Baroness' Rapier Champion, once again. Sir Leah de Spencer was chosen as the Baron's Pride for her outstanding Arts and Science entries. The archery tournament was won by Jonathan de Spencer. All in all it was a wonderful day and the swimming pool provided a welcome relief to the warm weather later in the day.

This coming weekend we intend to travel north to the Barony of 1000 Eyes to attend their first offering of the Sir Prize event. Being just south of Pocatello, it is only a short drive to enjoy a camping event. From the event announcement it appears that there will be a lot of new and interesting activities taking place which should make for a full day on Saturday.

The following weekend will be time for Midge Marsh in the Barony of Gryphon's Lair. This year the event will be held further up in the mountains and we are looking forward to a great time with all of our friends at the event.

***Bjorn Hrafnsson and Jennet Moir de Brechin***  
**Baron and Baroness of Loch-Salann**



## MINISTER OF ARTS AND SCIENCES

Greetings to the populace of Loch Salann. It is with hugely mixed emotions that I write my last report for the Questing Quill. It has been my pleasure and my honor to serve as your Minister of Arts & Sciences. My husband, Bran Ewebank, is being promoted and we are moving to the Barony of Arn Hold for his job.

This month was a great deal of fun. We had the UFO challenge which so many stepped up and finished their projects. Norse All Things brought out some beautiful works to which were displayed, and our Beloved Baron Bjorn selected Mistress Leah de Spencer as the recipient of his award for the item which most embodied the Norse theme.

As my last A&S meeting before I step down, we will do something exciting and fun at Fighter Practice. Stay tuned for details, which will be posted on Facebook.

Our guilds are continuing to meet and Guild Leaders and Members would love to share their knowledge and time. If you are interested in music, needlework, pewter, or any other Guild classes, please contact the Guild Leader and visit their monthly meetings.

Thank you for allowing me to serve as the Minister of Arts and Sciences for the great Barony of Loch Salann.

Yours In Service,

*- Winifred de Whitehorse*

Minister of Arts & Sciences – Barony of Loch Salann



## YOUTH OFFICER

Attention Youth!! We will be having our Monthly Youth Activity on August 19th at 6:30 pm at the Hillsdale Park located at 3275 South 3200 West in West Valley.

Watch the Baronial Facebook page for more details.

If you are going to be able to make it, please contact m'Lady Arianna Rhosyn at [lbanderson516@gmail.com](mailto:lbanderson516@gmail.com) or 801-897-7412 to let her know. We hope to see you there!

Yours in service,

*- Arianna Rhosyn*

Deputy Youth Officer



# Upcoming Events

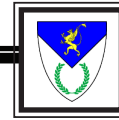


## MIDGE MARSH

*August 9 - 11, 2013*

Mount Ogden Archery  
Range, Ogden UT

[https://www.facebook.com/  
events/205694539588272/](https://www.facebook.com/events/205694539588272/)



## KINGDOM CORONATION

*September 6 - 8, 2013*

Fort Buenaventura,  
Ogden UT

(Details Coming Soon)



## HARVEST WAR

*September 13 - 15, 2013*

North Fork Park Upper  
Boweries, Eden UT

<http://harvestwar.org/>

# Upcoming Events



## LOCHTOBERFEST 2013

The summer heat is high, and for those whose thoughts are turning to cooler days and cool beverages I have good news! Lochtoberfest is returning! Come and join us on the grassy lawns of Camp Kostopulos on September 21st for the Barony's traditional celebration of the harvest season, Beer, brats, and brawling.

This year, in addition to our normal activities of fighting (both armored and rapier) and feasting, we will be taking advantage of the Camp's wonderful horseshoe pits, to participate in a game that dates back to the times of ancient Greece.

Once again, our annual Brewmeister competition is open to all brewers to bring their best brew and compete for the coveted title of Lochtoberfest Brewmeister. We have lots of green space to fight in, for both armored and rapier fighters, and as usual, we will have lots of fun scenarios to pass the time.

At the end of the day, Dame Hildegardis Filia Vulframni is once again preparing an incredible feast, with Brats and other wonderful feats of meat. Due to a smaller serving space, we are limiting the feast to 40.

And now for the fine print:

**Site:** Camp Kostopulos. 4180 Emigration Canyon Road, Salt Lake City, UT 84108

**Site restrictions:** NO PETS, discreetly damp (please pack in and pack out, no liquor)

**Directions:** Take your best route to the mouth of Emigration Canyon (East Sunnyside Ave) and Camp K is on the right, 5 minutes past Hogle Zoo.

**Site Fee:** Adults \$8.00, Youth (4-17) \$4.00, Children 3 and younger free, Non-Member Surcharge of \$5. Make Checks Payable to Barony of Loch Salann, SCA Inc.

**Feast (*Capped at 40*):** 8.00 Adults, 4.00 Youth, and Children 3 and younger free.

**EVENT STEWARD:** THL Dunkr Ormrhandlegr, 801.230.2065 or [MPS0307@yahoo.com](mailto:MPS0307@yahoo.com)

**CO-EVENT STEWARD:** THL Oonaugh inghean Glaisne

**FEAST STEWARD:** Dame Hildegardis Filia Vulframni (Hilde), 801.413.9810 (Call between 6 P.M. and 10 P.M)

# Thyme in the Kitchen

This is a dish I served at one of my feasts several years ago. With the approaching harvest I thought I would submit a few recipes that would enable you to use some of that produce. The recipe is from a cookbook dating from the 1340's -- *Das buch von gutter spise*.

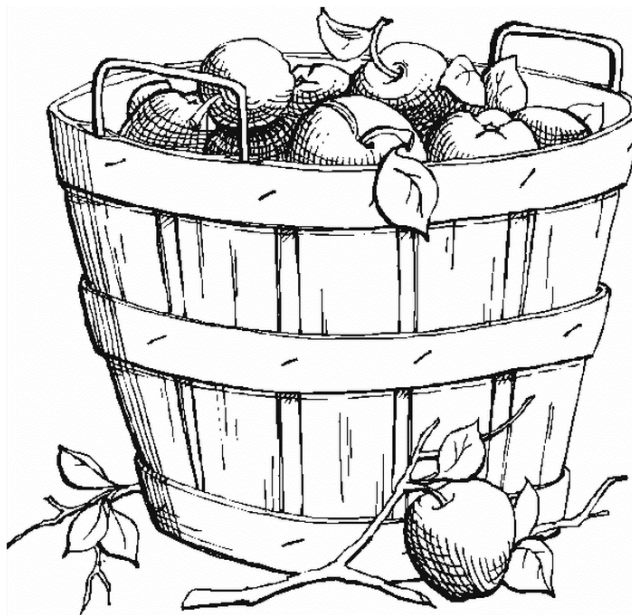
Respectfully in Service - *Baroness Sheelaegh*

## Krapfen

- 4 apples, peeled and diced (about 2 cups)  
(used Granny Smith)
- 2 cups walnuts
- ½ cup honey
- 1 ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground mace
- ¼ tsp ground cloves
- 1 deep dish pie crust (made of flour, butter, water and salt)

### Cooking directions:

Cook the apples in the honey until they are starting to become soft. (this takes approximately 10 minutes.) Mix the cooled apples and honey with the walnuts and spices. Roll out pie crust and put in pan. Fill crust with mixture. Cook in the oven at 350\* F until crust is brown (approximately 30 minutes).





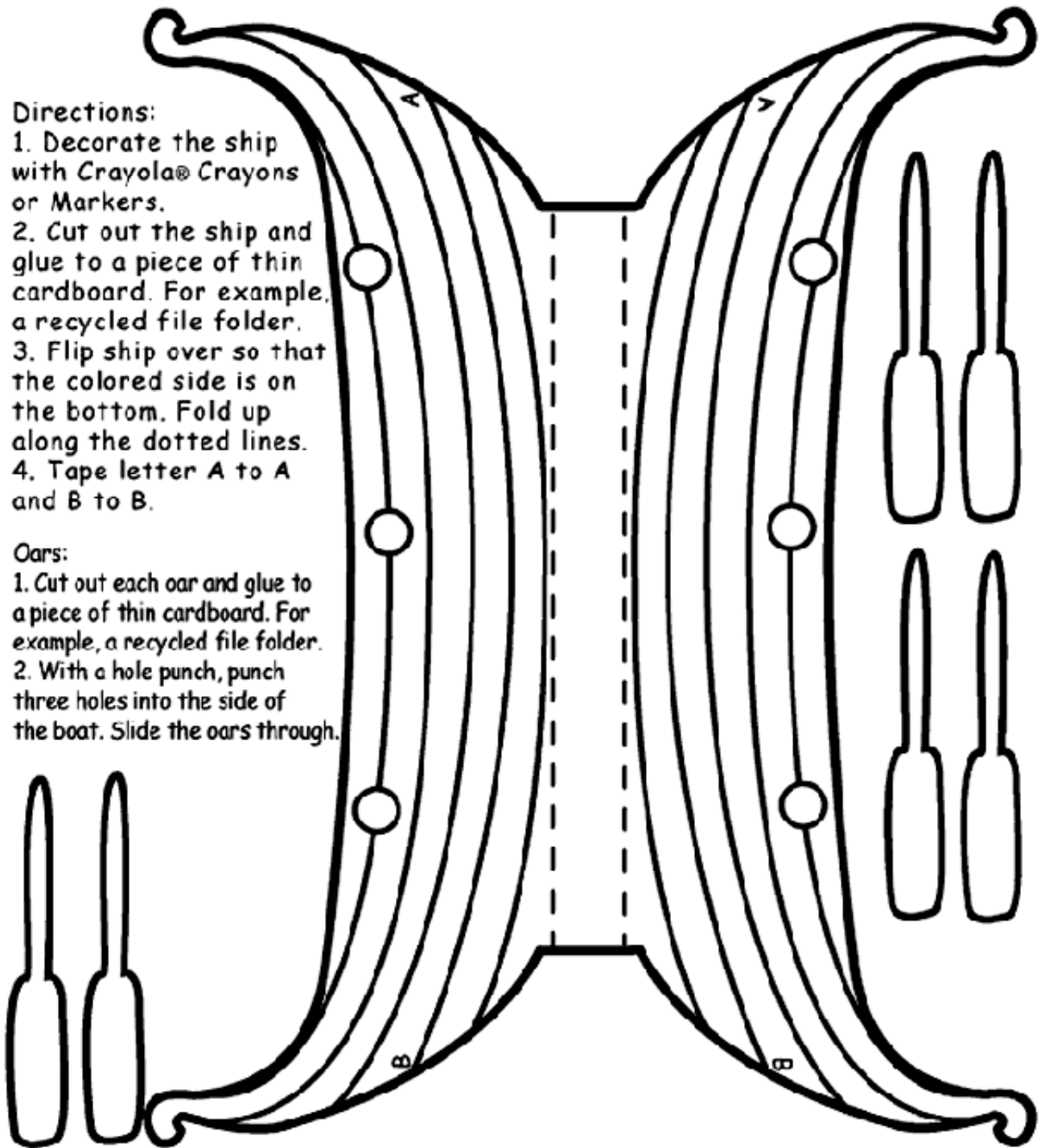
# VIKING SHIP

**Directions:**

1. Decorate the ship with Crayola® Crayons or Markers.
2. Cut out the ship and glue to a piece of thin cardboard. For example, a recycled file folder.
3. Flip ship over so that the colored side is on the bottom. Fold up along the dotted lines.
4. Tape letter A to A and B to B.

**Oars:**

1. Cut out each oar and glue to a piece of thin cardboard. For example, a recycled file folder.
2. With a hole punch, punch three holes into the side of the boat. Slide the oars through.



## ARCHERY

We are now shooting at our outdoor range near Erda (Pine Canyon). We will be organizing outdoor shoots in Erda (Pine Canyon) at least one Saturday during the month so that those who would like an opportunity to shoot outside, but can't get out there on Thursdays will have one. Site Directions: Going west on I-80, exit on the Tooele exit, #99. Go about 6.5 miles to the stop light on Erda Way. Turn left (east) on Erda Way go about 1 mile to Droubay Road then turn right (south). Go about 1.7 miles, until you cross the railroad tracks. Immediately after crossing the railroad tracks turn left (east), onto a gravel road leading to a parking area adjacent to the BLM land. There is construction going on at this time around the railroad tracks and the road is condensed down to one lane so watch carefully.

Check out the Loch Salann Archery Facebook page for updates and weekly shoot information. <https://www.facebook.com/groups/258853954213137/> Or contact Lady Aingeal, Captain of the Archers, 801-633-8908 or by email at [aegthelionswife@gmail.com](mailto:aegthelionswife@gmail.com).

## ARTS & SCIENCES – MONTHLY (THIRD WEEK OF THE MONTH)

Arts & Sciences Night will be held the week of August 26th. More information will be posted on the Baronial Facebook page and the Loch-Salann.org website. Contact information for Winifred de Whitehorse 801-550-0464 (no calls after 9), or by email at [Winifred.whitehorse@gmail.com](mailto:Winifred.whitehorse@gmail.com).

## BARONIAL BARDIC CIRCLE

The Bardic Circle will be holding monthly meetings on the 4th Sunday of each month at the home of HE Amanda de Spencer. Contact Robin de Spencer for additional information 801-520-5481 (no calls after 9 please).

## BREWER'S GUILD

The Brewer's Guild will hold meetings approximately every six weeks. Announcements will be made on Facebook pages and on the Baronial Website. The meetings will be held on Friday evenings and will be at the home of HE Ryryd or HL Dunkr. For more information please contact HE Ryryd ap Gwerstan by email [rcfaevans@comcast.net](mailto:rcfaevans@comcast.net) or by phone 801-706-0075 (no calls after 8, please).

## COOK'S GUILD

Cook's Guild will meet on Tuesday, August 27th. Additional information will be posted on the Facebook pages for Loch Salann and Loch Salann Arts & Sciences, plus on the Loch Salann Baronial website.

The Loch Salann guild met at THL Vogg's castle with Casamira and Hilde preparing the menu.

In a Cook's Guild Meeting that would have made Mistress Constance proud, we used fish caught by Dame Hilde, and anything green in Casamira's garden to make a delicious repast.

Hilde's tiny cleaned trout were stuffed with various herbs and butter. Most used some green onion and thyme, but just rosemary and only garlic were also tasty. Some were wrapped in aluminum foil and baked. Since they didn't have foil in period, Hilde made a salt dough (1/2 c salt to 2 c flour), rolled it thin, and wrapped an herbed fish inside the "coffin". Both tasted wonderful, however the skin of the fish from the coffin was very salty, and the coffin was not eaten.

Vogg made the apricot lentil soup – another version tried out for Coronation. Hilde mentioned a "weed" that was eaten in medieval times, and showed me the all too familiar plant. Purslane, (*Portulaca oleracea*) is low calorie, high fiber, green leafy vegetable with omega-3 fatty acids, vitamins A, C, some Bs. While St. Hildegard von Bingen, 1098-1179, well known for her herbalist writings, did not approve of this herb, other period authors cited purslane's use raw in salads and cooked in soups, or alone like spinach.

I pulled purslane from my garden, and from my lawn. I also cut anything green from my garden including chard, spinach, green onion tops, parsley tops, beet greens, sorrel, chives, parsley, mint and one or 2 unidentified greens. The greens were washed and used in both a green salad and a stir-fry. One unidentified green was easily identified because of its taste - radish greens with flowers. Apparently these are very pricy at the farmer's market.

All the greens were washed and cut, if needed. For the salad, I used just the purslane leaves, the above mentioned greens, some mushrooms, red onion and just a touch of mint. Tossed with vinegar and oil, with a dash of salt and pepper, it was a very good salad. Instead of buying fancy greens, substitute your garden weeds! The stir-fry started with red onion, garlic and mushrooms sautéed in olive oil and bacon grease. When these were softened, I added all of the greens listed above (except mint), and let them wilt. I used the purslane stems and leaves. Once wilted, the greens were removed from the pan. I can't say the purslane added a lot to either of these dishes. The flavors of the various greens with the onion and hint of bacon were great. I admit, my mundane family would not eat either of these dishes, but they don't eat salad or greens. So for you adventurous folks, try it. I bet you have some purslane growing in your yard.

We topped our meal off with a fresh raspberry and fig bread pudding with a touch of Casamira's special raspberry syrup. It was a great cook's guild with adventure and experimentation.

Please contact Mistress Casamira by email at [jeannecas@gmail.com](mailto:jeannecas@gmail.com) or by phone 801-572-6458 (speak to the Machine) if you have questions.

## FIGHTER PRACTICE

Fighter Practice is held every Wednesday from 7:00 p.m. until approximately 9:00 p.m. We are now at our Summer location at Sugarhouse Park, 1330 East 2100 South, Salt Lake City, UT Come watch the heavy weapons and rapier fighters. Loaner gear is available. If you have questions, contact the Knight Marshall, Markos Armenios by email at [markwandrews@comcast.net](mailto:markwandrews@comcast.net) or by phone at 801-673-9558 (no calls after 9, please).

## **GARDENING GUILD**

The Gardening Guild will be meeting on Sundays in the upcoming months. Information will be posted for upcoming meetings, but please feel free to contact the Guild Leader for additional information.

Contact information for Mistress Leah, email: [holdtyte1@aol.com](mailto:holdtyte1@aol.com)

## **MIDDLE EASTERN DANCE AND DRUMMER'S GUILD**

The Dance and Drummer's Guild is currently on hiatus. Once it starts up again, Lady Zafirah will post dates and times for meetings, but please feel free to contact her if you have questions. Contact Lady Zafirah: 801-971-2308 or [zemlar@hotmail.com](mailto:zemlar@hotmail.com) for additional information or changes.

## **MUSICIAN'S GUILD**

The Musician's Guild continues to meet on Thursday evenings at either the home of Mistress Anne de Junius, or Mistress Mary Amanda. For question about your instrument or the activities of the guild, please contact Mistress Anne. If you can't meet for practice, your musical talents are still most welcome at events. Contacts: Mistress Anne de Junius -- (801) 466-7300

## **NEEDLEWORKER'S GUILD**

The Needleworkers' Guild will meet on the 2nd Tuesday and the 4th Thursday of the month at the home of THL Bethoc. Contact THL Bethoc by email at [leishman10@msn.com](mailto:leishman10@msn.com) or by phone 801-322-4984 for more information. If you are interested in embroidery and needlework, this is a wonderful place to learn, talk to other people about projects and spend some time perfecting your needlework skills. Anyone interested in the Needleworker's Guild may visit our blog at: <http://blsng.wordpress.com/>

## **THROWN WEAPONS**

Thrown Weapons is now being held on Tuesday nights at Lady Amhran's Keep in West Jordan at 2315 w 7625 s. If you have questions, contact Lord Rashied al Wahiel by email at [Mtm021053@aol.com](mailto:Mtm021053@aol.com) or by phone at 801-243-4663.

## **SOUTHERN PEWTER CASTER'S GUILD**

Southern Pewter Caster's Guild currently meets on the 2nd Tuesday and 4th Monday at the home of THL Oonaugh Please contact her for additional information 801-898-7829.

# Contact Information



## WEBSITES

Barony of Loch Salann: <http://www.loch-salann.org>

Kingdom of Artemisia: <http://www.artemisia.sca.org>

Official SCA homepage: <http://www.sca.org>

## BARON AND BARONESS

Baron Bjorn Hrafnsson and Baroness Jennet Moir de Brechin, 435- 882-0790 (please, no calls after 9 pm.)

[otterness@altamistalpacas.com](mailto:otterness@altamistalpacas.com)

## GUILDS

### Armories:

Sir Raven / M'Lord Enoch, 801-232-1616

### Brewers' Guild:

Master Ryryd ap Gwerstan, 801-706-0075

### Cooks' Guild:

Mistress Casamira, 801-572-6458

### Musicians' Guild:

Mistress Anne de Junius, 801-466-7300

### Needleworkers' Guild:

THL Bethoc, 801-322-4984

### MidEast Dance & Drum:

Lady Zafirah Bint Al Riyah, 801-971-2308

### Gardening Guild:

HE Jerilyn of Vert Silva, [jofvertsilva@yahoo.com](mailto:jofvertsilva@yahoo.com)

## OFFICERS

### Seneschal

*Baron Mac Con mac Rodain*

540-250-7372, [targue@gmail.com](mailto:targue@gmail.com)

**Deputy:** Baroness Sheelaegh mac Cathail

[jeanne533@yahoo.com](mailto:jeanne533@yahoo.com)

### Arts and Sciences

*Lady Winifred de Whitehorse*

801-550-0464, [winifred.whitehorse@gmail.com](mailto:winifred.whitehorse@gmail.com)

**Deputy:** Sister Scholastica (Leah de Spencer)

[holdtyte1@aol.com](mailto:holdtyte1@aol.com)

### Captain of Archers

*Lady Aingeal Inghean Garaidh*

801-633-8908, [AStephens@nelsonlabs.com](mailto:AStephens@nelsonlabs.com)

**Deputy:** Lord Brokha Veis

[Leishman10@msn.com](mailto:Leishman10@msn.com)

**Deputy:** Jevan Arthgen de Berwyn

[foilrose7@gmail.com](mailto:foilrose7@gmail.com)

### Chatelaine

*Viscountess Vigdis Hakondottir*

916-599-1433 (No calls after 8 pm, please)

[Mellane30@gmail.com](mailto:Mellane30@gmail.com)

**Deputy:** Lord Aeylwin de Spencer

[albertwise@hotmail.com](mailto:albertwise@hotmail.com)

**Deputy:** Eithne na Teamhair

[rose@whitewingphotography.com](mailto:rose@whitewingphotography.com)

### Chirurgion

*Lord Douglas Sutherland*

801-280-5445, [amadiod@comcast.net](mailto:amadiod@comcast.net)

**Deputy:** Duchess Tianna NiCoiman

[Nikkipothead@hotmail.com](mailto:Nikkipothead@hotmail.com)

### Chronicler

*Jevan Arthgen de Berwyn*

[foilrose7@gmail.com](mailto:foilrose7@gmail.com)

**Deputy:** Meical ap Gwaredd

[Browncoat\\_7@msn.com](mailto:Browncoat_7@msn.com)



# Contact Information



## Exchequer

*Lord Tighearnan mag Cenndrighan*

801-696-2365, [exchequer@loch-salann.org](mailto:exchequer@loch-salann.org)

**Deputy:** Baroness Anna de Brabant

[rcfaevans@comcast.net](mailto:rcfaevans@comcast.net)

## Herald

*Lady Oonaugh Inghean Glaisne*

801-898-7829, [rps0602@gmail.com](mailto:rps0602@gmail.com)

## Knight Marshal

*Lord Markos Armenios*

801-673-0558, [kmarshal@loch-salann.org](mailto:kmarshal@loch-salann.org)

**Deputy:** Sir Robert le Raven MacLeod

[RavenMacLeod@comcast.net](mailto:RavenMacLeod@comcast.net)

## List Minister

*Lady Badahschia*

801-658-9590, [jayde\\_dragyn@yahoo.com](mailto:jayde_dragyn@yahoo.com)

## Rapier Marshal

*Lord Lawrence Bacon*

801-673-3478, [Christopher.alderman@gmail.com](mailto:Christopher.alderman@gmail.com)

## Quartermaster

*Juan Sebastian*

810-969-5056, [Jon.gaffney07@gmail.com](mailto:Jon.gaffney07@gmail.com)

## Sheriff

*Lord Vincenzo Del'Aquila*

801-864-2771, [Rodhansen68@yahoo.com](mailto:Rodhansen68@yahoo.com)

**Deputy:** Walter John Sinclair (The Red)

801-946-922, [Duke0311@yahoo.com](mailto:Duke0311@yahoo.com)

## Thrown Weapons Captain

*Lord Rashied al Wahiel*

801-243-4663, [Mtm021053@aol.com](mailto:Mtm021053@aol.com)

**Deputy:** Lord Ragnarr Rodsteinn

801-255-0622

## Webminister

*Baroness Jerilyn of Vert Silva*

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

**Deputy:** Ulrich von Grimme

801-259-2523, [BrandonFahnestock@gmail.com](mailto:BrandonFahnestock@gmail.com)

## Youth Officer

*Lady Monica de Chocolat*

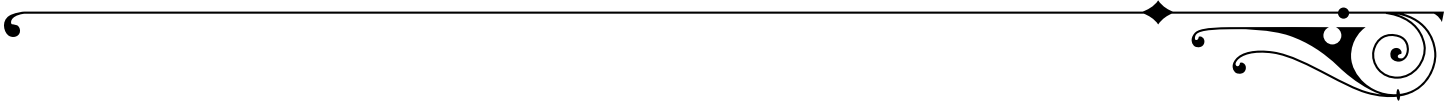
801-231-7926, [dturney@sisna.com](mailto:dturney@sisna.com)

**Deputy:** Arianna Rhosyn

801.897.7412, [lbanderson516@gmail.com](mailto:lbanderson516@gmail.com)

**Out of respect for all of our officers, Please, no phone calls after 9:00 p.m. - Thank you!**





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Submissions are not only welcome, they are encouraged! Be a part of the newsletter, reach the people, share your knowledge and wisdom.

Please send all submissions to the Chronicler Jevan Arthgen de Berwyn at [foilrose7@gmail.com](mailto:foilrose7@gmail.com). Please include Questing Quill in the subject line. Submissions must be received by the 27th of each month to guarantee they will appear in the following month's issue.

