

# *Questing Quill*



*Photo from 2012 Melee Madness*

**Photo by Vincenzo Del'Aquila**

*July, 2012 A.S. XLVII*

*Official Newsletter of the Barony of Loch Salann*

This is the *Questing Quill*, published by and for the members of the **Barony of Loch Salann** of the Society for Creative Anachronism, Inc.

*Questing Quill* is now being published as an online PDF and available to all members of the Barony at no charge. This is not a corporate publication of the SCA and does not delineate SCA policies.

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 Chronicler at [Winifred.Whitehorse@gmail.com](mailto:Winifred.Whitehorse@gmail.com).

Submissions must be received by the 27<sup>th</sup> of the month to be guaranteed to appear in the following month's issue.

### Copyright Information

Contents of the *Questing Quill* are copyright 2012, The Barony of Loch Salann. Except where otherwise stated, all articles in this publication may be reprinted without special permission in newsletters and other branches of the SCA, Inc., subject to the following restrictions:

1. The text must be printed in its entirety, without additions or changes.
2. The author's name and original publication must be printed with the text.

You must send a letter to the Chronicler, stating which articles have been used and where they are being reprinted.

## July, 2012

### In This Issue

#### Message from

the Baron and Baroness 1

Officer News 2

#### Upcoming Baronial Events -

Tournament of Virtues 5

What is Tournament of Virtues? 6

Lochtoberfest 9

Awards 10

Awards Recommendation 10

Upcoming Events Kingdom 11

Article - Saints of July 13

Article - Herbs in Medieval Medicine 14

Article -Stick Weaving 13

From the Archives 24

Event Report - Melee Madness 26

Event Report - Uprising 29

Terms of the Month 32

Baroness Blog 33

Casamira's Corner 33

Kid's Corner 34

Guild Information 36

Contact Information 40

# Message from the Baron and Baroness



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

The summer event season is in full swing now and it is our hope that everyone is taking full advantage of the opportunities to enjoy life in the Middle Ages as we know it. The event staffs everywhere have been working tirelessly to provide the activities we all look forward to and it seems to us that they are doing a masterful job, as always.

Early this last month, we were able to attend Melee Madness. This is always one of our favorite events as we celebrate the first event we ever attended when we first joined the SCA. Sir Michael the Lucky of Lancaster once again organized a wonderful two days filled with some of the best marshal scenarios to be found in Artemisia. This year we also were entertained with the Baronial Archery and Thrown Weapons championship competitions. Our congratulations to Bran Ewebank, Baronial Archery Defender, and Ulrich von Fahnstock, Baronial Thrown Weapons Defender. It is of special note that both of these gentles have been members of the SCA for less than one year, yet another indication of the vitality and strength of our Barony. Her Excellency and I are more at ease knowing the Barony is even safer from the daemon decapod that periodically invades our shores. Once the martial activities were over, we were treated to a Grand Tea, presented by

**Bjorn Hrafnsson**  
**Baron**

**Jennet Moir de Brechin**  
**Baroness**

our Arts and Science Defender, Sir Leah de Spencer and our Minister of Arts and Science, Lady Katherine Kelly. As has been the custom, on the following day, Sir Michael the Lucky of Lancaster set the stage for a Pas d'Armes. To our knowledge this is the only occasion when one can watch one of the finest spectacles of this type in our Kingdom, something that should be included in your plans for next year.

We next ventured north to visit with our cousins in the Barony of One Thousand Eyes to take part in their magnificent event, Uprising. Our expectations were high and we were not disappointed. For five full days we were treated to such full range of activities it was difficult to find time for everything. Between the action on the battlefields and ranges, educational classes, the chance to visit with so many people from the far reaches of the Kingdom, and the evening haflas and bardics, we were completely exhausted when we returned home. At Court on Saturday, our own Sir Leah de Spencer was asked to consider her desire to become a member of the Order of the Laurel.

Apparently no matter how long a person has played in the SCA there are still opportunities and challenges to keep a person interested in the myriad facets of what we all enjoy.

Hopefully, we will be recovered enough to travel to the Barony of Arn Hold in the next few days. They have planned an outstanding set of activities. It is difficult to imagine what more could be included. The Kingdom and Baronial Archery championships and Kingdom and Baronial Thrown Weapons championships will be held. This is one of the few places one can see an Equestrian event. And to top it all off we will be privileged to observe the Investiture of the new Baron and Baroness of Arn Hold. Although it is a significant distance to travel, we are sure that it will be well worth the effort.

Our neighbors to the north in the Barony of Gryphon's Lair are planning to entertain the populace with an event known as the Field of the Cloth of Gold. If this is anything like the time when Henry VIII of England and Francis I of France got together to try and outdo each other it will be something to see.

The following week will be the occasion for our own event, the Tournament of Virtues. It is our intention to select the Baroness' Armored Champion, the Baroness' Rapier Champion, and the Baron's Pride in Arts and Sciences at this event. All are welcome to compete in the tournaments, but only members of the Barony of Loch Salann may be chosen as champions. All competitions will include a test of skills based on peer-like qualities, including marshal skills, arts and science, heraldry, games, and entertainment. Her Excellency and I will certainly be well served by those individuals who have mastered their skills in all these areas and are chosen as champions.

# Officer News



## Seneschal

Greetings unto the Populace of the most ancient and glorious Barony of Loch Salann, here are the words of your Seneschal.

The rays of the Summer sun are shining brightly upon on the mountains, valleys, and flats of the most ancient barony, and it appears as if it will be a long and hot one. Fighter practice is in full swing at our ancestral summer site of Sugarhouse Park, and attendance is high! Be safe as you go about your Summer activities (Medieval and otherwise) and KEEP HYDRATED!!!

On the 2nd of the month many gathered to celebrate the 30th anniversary of Melee Madness. It was a grand event, with much fighting and entertainment. The Baronial Archery and Thrown Weapons champions were chosen, we congratulate Bran Ewebank our new Archery Champion, and Ulrich von Fahnestock our new Thrown Weapons Champion.

As our events and practices continue, we remind parents to stay ever vigilant over their children. Know where they are, who they are with, and what they are doing at all times. We would also like to remind parents that youth activities are here for the enjoyment and enrichment of our youth. They are not a babysitting service, and we urge you to attend the activities with your children. Let's have a safe and fun camping/outdoor season.

As the everlasting peace between Loch Salann and Gryphon's Lair does indeed seem to be everlasting (for this year at least), their Excellencies of Loch Salann have asked that a Tournament of Virtues be held in July. A competition will be held for Baroness' Champion based on Peer like virtues, to include A&S entries, a tournament of games, a test of knowledge of heraldry, combat (and a test of knowledge of combat for those competing for the A&S Champion), and a bardic. Come out to the

South Jordan Equestrian Park July 21st to participate or support your favorite fighter/artist in their quest to be Baroness' Champion! Lord Markos Armenios will be Autocratting this event. Please contact him with any questions you have.

All of our offices currently have officers and we have a slew of new deputies over the last few months. If you have ever considered serving the Barony in any capacity, but did not know where to start, being a deputy is a great way to learn. Contact myself, or the current officer, for more information on any of the deputy positions you are interested in.

As the summer comes to a close, there will be a changeover in the leadership of Loch Salann. Dunker Ormrhandleggr, who has served us well as our Seneschal will be stepping down. We are at this time accepting letters of intent from those individuals who wish to fill this position. Please send all letters of intent to [seneschal@loch-salann.org](mailto:seneschal@loch-salann.org) Please CC their Excellencies at [otterness@altamistalpacas.com](mailto:otterness@altamistalpacas.com). Please have all letters of intent submitted by September 1, 2012.

Our Fighter Practice is at our Summer location in Sugarhouse Park, every Wednesday night starting at 7:00 pm and going until dark. Archery/Thrown Weapons Practice is at our Summer location at 2741 West 8600 South in West Jordan, on Thursdays at 6:00 pm until dark.

Lord Takeyama Nakayoshi  
Deputy Seneschal – Barony of Loch Salann



## Minister of Arts & Sciences

Greetings and Salutations! I hope everyone is having a fun and creative summer season. There certainly is plenty going on to take part in. The monthly Arts and Sciences class has been moved to Fighter Practice on the last Wednesday of the

month. The inaugural class on the new schedule featured a terrific class on padded gambesons by HE Anna. I cannot thank her enough for leading this class.

Coming up in July, the Needleworker's Guild will be back to its regular schedule on the 2nd Tuesday and the 4th Thursday of the month. The Musicians Guild would like to continue to welcome anyone interested to join them on Thursday nights, and the Cook's Guild will meeting on the 4th Tuesday. I would also like to invite any and all interested to compete for the title of "Baron's Pride" at the Arts and Sciences competition at the Tournament of Virtues on July 21st. Additionally, there will be entries from the Heavy and Rapier Fighters. It should be a terrific display.

The artists of our Barony continue to amaze and inspire me. I thank you all for allowing me to serve you and to learn from you.

YIS,  
Lady Katherine Kelly  
Minister of Arts & Sciences



## Captain of the Archers

Greetings Fair Citizens of Loch Salann

I just wanted to share with you about how wonderful it was to be at Melee Madness with so many of you.

What a wonderful day, starting with court and being recognized by Their Excellencies for being myself, lol. Receiving the D.U.C.K. at their hands was wonderful, and then to turn over the Baronial Archery Champion's tokens was such a relief. I want to thank HE. Ryryd for a wonderful archery shoot. It is always such a rush to shoot in the Loch Salann Arrow, but it is so much more when you find out that you finally won it, four years of shooting it and had always come in second.

Congratulations to our new Baronial Archery Champion, Bran Ewebank. I was a very close scoring shoot, 1<sup>st</sup> thru 10<sup>th</sup> were only 10points apart. Also thank you to Perwyr for her help in keeping things in order on the range and keeping score for me. I hope everyone that participated enjoyed the tournament. I know I had fun running it.

But the greatest part of the day, was standing on the wall of the amphitheater, remembering Melee Madness 3 years ago, when Isabella and I became husband and wife. Remembering that day and the friends that were at Melee this year, that were there then. The memory of being presented to the populace in attendance as husband and wife on the field of valor, at the end of a very long day and eventful day. What wonderful memories.

I hope everyone that attended Melee Madness had a wonderful day, and thank you Sir Michael for once again putting on this wonderful event.

Francisco DiGrazzi  
Captain of the Archers



## Chronicler

Greetings to the Barony of Loch Salann!

The first month of the camping season has come and gone, and with it we wave good-bye to Melee Madness and Uprising. These two events were well attended and a great deal of fun. I can't speak for everyone, but I know that Bran and I thoroughly enjoyed our time at Melee Madness. We were introduced to our first SCA camping event at Uprising, and what an event it was. We discovered there was not enough time in the day to do everything. A special thanks to Baron Michael the Lost and Baroness Ariel of York for a wonderful event.

Our thoughts now turn to the upcoming Raptor Wars which will include the investiture of the new Baron and Baroness in Arn Hold. On July 21, we look forward to Loch Salann's first Tournament of

Virtues. Please see Baron Bjorn's informative article on this highly anticipated event.

In this month's issue, I am pleased to provide articles and input from the young people of the Barony. What an honor to have such talented youth. There is also a wonderful and very informative (I enjoyed it immensely) article on herbs by HL Bethoc du Crauford, along with a word puzzle in the Kid's Corner.

I intended to create space for buy/sell/barter in this month's Questing Quill, but as no one gave me anything to buy/sell or barter, the space is woefully empty. The space will always be available in future issues.

I want to, once again, thank those who take the time to provide articles, insight, information and, most of all, their willingness to share their knowledge and their views with us.

In Service to the Dream  
Winifred Whitehorse  
Chronicler – Barony of Loch Salann

**TO ALL OUR FRIENDS CELEBRATING  
JULY BIRTHDAYS!!!!!!!**



**HIDDEN JULY**

Each month you will find something hidden. For July, its **Fireworks!!**. If you find the hidden Fireworks, find me at Tournament of Virtues, and claim your prize.

The Fireworks punctuate celebrations. Celebrate the Summer, have FUN!!



*Remember that part of the Dream is helping create the magic. Volunteers are always needed for events, for maintenance and upkeep on equipment, and for other services the Barony and the Kingdom require. Please take the time, and the initiative to answer that call, to serve your Barony, your Kingdom, your Baron and Baroness, your Royalty and yourself.*

**Thank you for your part in service of the Dream.**

# UPCOMING EVENTS

## TOURNAMENT OF VIRTUES – EVENT INFORMATION

July 21, 2012



The Baron and Baroness of Loch Salann send greetings to all and invite all to a Tournament of Virtues.

This tournament shall be held on the 21st of July at the Salt Lake County Equestrian Park. Come show your Arts, prowess and ability to entertain. The day starts with entrants in an Arts & Science competition, followed by testing your skill in Nine Men's Morris, a single elimination tourney will show your prowess, while a heraldry test will show your knowledge of recognition. Last you will be asked to entertain the populace in a bardic competition.

The day's events are open to all unbelted/un-scarfed contenders (No Knights or Dons). The Baroness' Champion will be focused on Heavy Fighter prowess, while her Courtier will be focused on the prowess of a duelist. The Baron's Pride Champion will emphasize on the Arts and Sciences. Points will be awarded in all areas. The three highest scores will be chosen as the winners. The point structure can be found below.

Site opens at 8 AM and Closes at 10 PM. Site fee is \$10 for adults, \$5 for youth ages 6-14, children five years of age and younger are guest of the Barony. Family Cap is \$30. There is no overnight camping, but setup can be done the Friday before starting at 5 PM with tear-down Sunday morning. We will have people on site overnight to provide security for your things.

South Jordan Equestrian Park is located at 2051 W 11400 S in South Jordan, Utah. From North and South: Take your best route on I-15 to the 11400 South exit, turn to head west on 11400 South, follow road to 2200 West, turn right on 2200 West. Parking lot entrance and site are on your right.

# WHAT IS THE TOURNAMENT OF VIRTUES?

*By: HE Bjorn Hrafnsson*

The Tournament of Virtues was decided upon in support of His Majesties Quest for his Chosen Seven and to provide a venue for those interested in furthering their pursuit to improve their mastery of the peer-like qualities as described in Corpora. To that end a competition was put together for heavy fighting, rapier fighting and arts/sciences. The winner of the heavy fighting will be recognized as the Baroness' Armored Champion. The winner of the rapier fighting will be recognized as the Baroness' Rapier Champion. The winner of the arts/sciences will be recognized as the Baron's Pride.

The competition for the Baroness' Armored Champion will consist of five events open to non-belted fighters from the Barony of Loch Salann. Others may participate but will not be considered for the Baroness' Armored Champion.

The first event is an armored tournament which provides an opportunity for the entrants to display their martial skills. The scoring for this first event is as follows:

Enter Tournament	30	30
Out of Pool (4)	5	35
Quarter Finals (2)	5	40
Semi Finals (1)	5	45
Victor (1)	5	50

The second event is an arts & sciences display. The scoring for this second event is as follows:

Enter Competition	3	3
Documentation	0-3	6
Judging	0-7	13

The third event is a test of knowledge of heraldry. The scoring for this third event is as follows:

Enter Competition	3	3
Ten Questions	0-10	13

The fourth event is to show skill at gaming. The scoring for this fourth event is as follows:

Enter Competition	5	5
Quarter Finals (2)	3	8
Semi Finals (1)	2	10
Victor (1)	2	12

The fifth event is to entertain the populace. The scoring for this fifth event is as follows:

Enter Competition	2	2
Judging	0-10	12

The competition for the Baroness' Rapier Champion will consist of five events and is open to non-Don fighters from the Barony of Loch Salann. Others may participate, but will not be considered for the Baroness' Rapier Champion.



The first event is a rapier tournament which provides an opportunity for the entrants to display martial skills. The scoring for this first event is as follows:

Enter Tournament	30	30
Out of Pool (4)	5	35
Quarter Finals (2)	5	40
Semi Finals (1)	5	45
Victor (1)	5	50

The second event is an arts & sciences display. The scoring for this second event is as follows:

Enter Competition	3	3
Documentation	0-3	6
Judging	0-7	13

The third event is a test of knowledge of heraldry. The scoring for this third event is as follows:

Enter Competition	3	3
Ten Questions	0-10	13

The fourth event is to show skill at gaming. The scoring for this fourth event is as follows:

Enter Competition	5	5
Quarter Finals (2)	3	8
Semi Finals (1)	2	10
Victor (1)	2	12

The fifth event is to entertain the populace. The scoring for this fifth event is as follows:

Enter Competition	2	2
Judging	0-10	12

The competition for the Baron's Pride will consist of five events and is open to anyone to anyone interested in Arts & Sciences from the Barony of Loch Salann. Others may participate, but will not be considered for the Baron's Pride.

The first event is an arts & sciences competition consisting of two entries with documentation which provides an opportunity for the entrants to display their skills in this area. The scoring for this first event is as follows:

Enter Competition	3	3
Judging	0-10	13

The second event is a test of knowledge of the martial arts. The scoring for this second event is as follows:

Enter Competition	10	10
Judging	0-40	50



The third event is a test of knowledge of heraldry. The scoring for this third event is as follows:

Enter Competition	3	3
Ten Questions	0-10	13

The fourth event is to show skill at gaming. The scoring for this fourth event is as follows:

Enter Competition	5	5
Quarter Finals (2)	3	8
Semi Finals (1)	2	10
Victor (1)	2	12

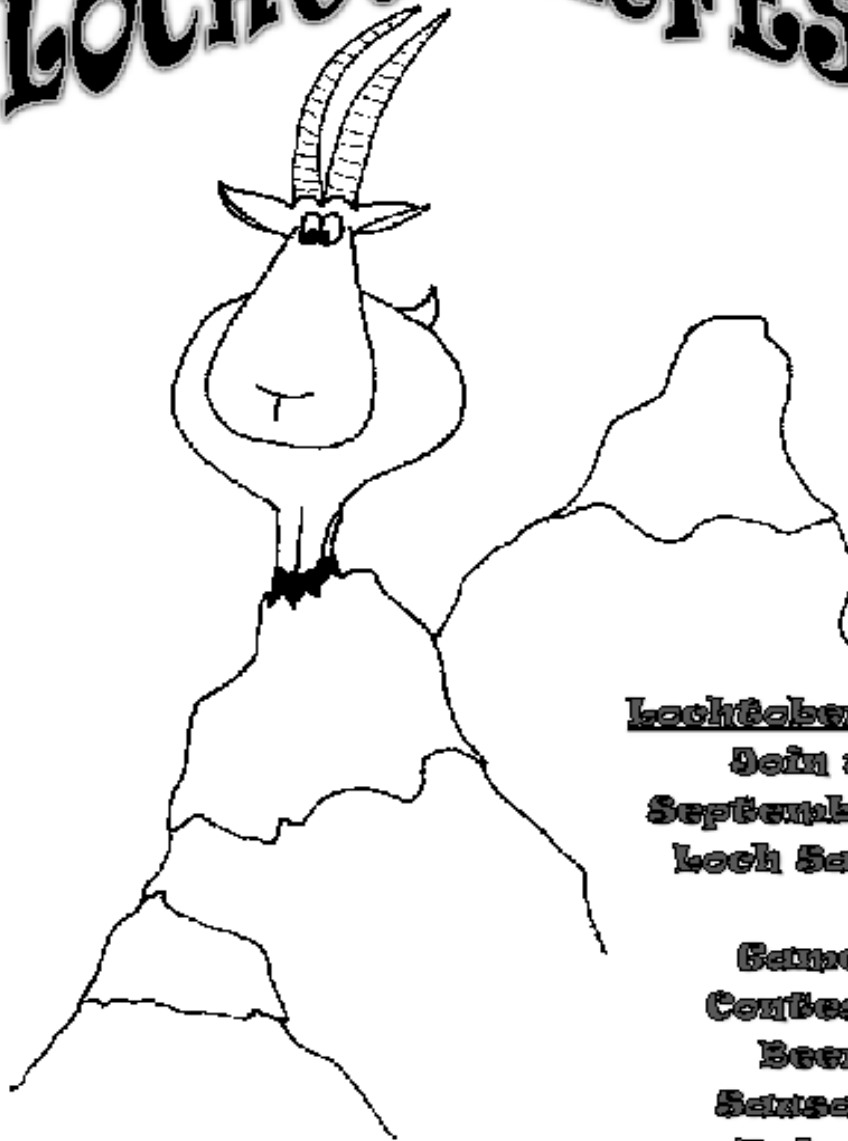
The fifth event is to entertain the populace. The scoring for this fifth event is as follows:

Enter Competition	2	2
Judging	0-10	12

As you can see, the requirements for each of the groups are very similar. The peers like qualities that we work to develop are the same for everyone regardless of their primary interests. Different qualities are emphasized depending on the individual's interests, but everyone should strive to develop some degree of expertise in all areas if they want to be considered a peer of the realm. It is to this end that the Tournament of Virtues was designed.



# LOCHTOBERFEST



**Lochtoberfest**  
**Join us**  
**September 29**  
**Loch Salann**

**Games**  
**Contests**  
**Beer**  
**Sausage**  
**Prizes**

# AWARDS

## MELEE MADNESS 2012

Marius Markos Algallon	Golden Gryphon's Talon
Lawrence Bacon	Gold Scarf
Jerilyn of Vert Silva	Court Barony
Amanda de Spencer	Court Barony
Turi McCarthy	Ermine and Quill
Francisco di Grazzi	White Duck
Clíodhna ui Fearadhaigh	White Duck
Bethoc du Crauford	White Lark
Alex MacLeod	White Cygnet
Leah de Spencer	White Lark
Katherine Kelly	White Duck

## UPRISING

Dunkr Ormrhandleggr	Golden Gryphon's Talon
Sir Leah de Spencer	Invited to Join the Order of the Laurels

## KINGDOM OF ARTEMISIA AWARD RECOMMEDATION

Person being recommended:

Mundane name: \_\_\_\_\_

SCA name: \_\_\_\_\_

Membership number (if known): \_\_\_\_\_

Group: \_\_\_\_\_

Award: \_\_\_\_\_

Reasons for this person to receive the award:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Person making recommendation

Mundane name: \_\_\_\_\_

SCA name: \_\_\_\_\_

Membership number (if any): \_\_\_\_\_

Group: \_\_\_\_\_

E-mail: \_\_\_\_\_

Street address: \_\_\_\_\_

City: State: Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

# UPCOMING EVENTS KINGDOM



## RAPTOR WAR!!!!

Event Date: July 5–8, 2012

### MORE TREES THAN UPRISING

Please join us for the holiday weekend for a great mix of competition, mountain calm, and partying. Note there are MORE updates so read carefully.

ACTIVITIES: For heavy fighters there will be melees, tourneys, including a snowball, and of course a WAR!

There will also be several competitions including: Kingdom and Baronial Archery Championships; Kingdom and Baronial Thrown Weapons Championships; Raptor Rapier Rogue; a Baronial Equestrian Championship as well as a Jousting Tourney

Other activities will include hounds coursing Friday and Sunday, children's castle building, catapults & trebuchets (plan ahead and make one): We have had very few fire restraints these past years in this green meadow and plan to have a fireside bardic Friday & a hafla Saturday with a real bonfire. The Weary Traveler's Tavern will be serving hot soup/stew & bread and entertainment THURSDAY night.[HEADS UPS (NEW)]

Archery – bring “flu flu” arrows for aerial targets on Sunday. One dozen arrows recommended for championship.

Equestrian – bring your jousting lances, javelins, and your preferred heads weapon. Crests & Jousting on Friday.

A&S – if time allows we will have a crafting gathering, possibly even a reverse Laurel's competition.

SITE: Blackwell's Meadow north of Glenns Ferry, Idaho (GPS 43°14'36.18"N - 115°20'33.76"W) The site is damp, fires are allowed, dumpsters on site. Water is available for dishes and horses (non potable). Porta privies, two water buffaloes on site (NEW!) Pets welcome. A large, thin grove of mature quaking aspens for partial shade throughout camping area. Due to the 4th of July holiday on Wednesday we are opening the event earlier. Opening THURSDAY at 4pm and closing 5pm on Sunday.

SITE FEES: Only \$12 adult, \$6 for 7–17, 6 and under free, family cap \$36. \$5 Non-member surcharge. Make checks payable to Barony of Arn Hold, SCA Inc. DIRECTIONS: From Boise: take I-84 to Mt Home, exit 95 towards Fairfield, North / left on US-20E for 28 miles, Right on Nat For Dev Rd 156 for 5 miles, sharp left on Hill City Road, less than a mile up the road camp will be on the left.

From Idaho Falls: I-15 to the Broadway St / US-20W exit, west about 66 miles, turn Left at W. Grand Ave / US-26W / US-93S, about 44 miles and turn Right at Queen Crown Road / US-20W, Go about 72 miles then turn left on Bennett Mountain Rd / Nat(ional) For(est) Dev(elopment) Rd 156 for 5 miles, sharp left on Hill City Road, less than a mile up the road camp will be on the left. For more information including google maps, please see [raptorwar.baronyarnhold.org](http://raptorwar.baronyarnhold.org) and feel free to contact the event stewards or our Vicar or Vicaress with any of your questions. For last minute updates please see the baronial webpage and discussion at <http://www.facebook.com/groups/209772097776/>

EVENT STEWARDS HL Danielle Alavaine deLicorne [danielle\\_sh@yahoo.com](mailto:danielle_sh@yahoo.com) or Lady Auraelia de Medici ([auraeliade@yahoo.com](mailto:auraeliade@yahoo.com))

## Shire of Otherhill



July 14<sup>th</sup>, 2012

Pray heed! The Shire of Otherhill has garnered yet one more year in its quest to remain the oldest shire in the fair Kingdom of Artemisia!

We therefore invite all brave souls to travel to the easternmost marches.

Here you will face crowds of young erstwhile Rednecks as they gather in our fair shire for what is being billed as the WORLD'S GREATEST RODEO!!

Amidst all of the babbling and bubbling through the desert city of Rock Springs is hosting its annual International Days with bands offering music from all over the world (usually ending the day with a really good Celtic Rock Band!), BEER merchants, FOOD merchants and in a corner of the park:

THE SCA REPRESENTED BY THE SHIRE OF OTHERHILL!!!!

Yes, it is time again for another demo! This was our most successful event last year and we hope to have a greater turnout this year in spite of the 1000's of young cowboys! While the mundane go about eating sausages, burgers and more whilst drinking a wide variety of beer, the Shire of Otherhill will display our costumes, our arts, and our research materials. We will also share the field with Native American dancers and between their performances we will have demonstrations of fighting skills. And as a new Shire Defender is sorely needed to protect us from the foul molestations of the direful Kingdom of the Outlands we shall also be having a Defender Tourney. There will be scores of merchants selling all manner of victuals and BEER may (and MUST) be purchased from the International Days Beer Wagon. Our Shire will also be hosting a small bake sale with a LARGE birthday cake and a small assortment of medieval style pasties and pastries (A slice of cake or other items will be sold for \$1 and used to cover the event fee for the shire and as a donation for the Kingdom Travel Fund.

SITE: Bunning Park, 100 North Side Belt Loop, Rock Springs, WY 82901, in Rock Springs, Wyoming. The site will open at 8AM and close at 10 PM. This is a dry site and no pets are allowed.

DIRECTIONS: From 1-80 (The King's Highway), drive to Exit 102 (Dewar Drive). Turning right onto Dewar, proceed for approximately 2 miles and turn right onto Grant Street. You will see an old Anti-Tank Gun. Turn left behind the gun and you will see the Vase Ambulance Service and Funeral Home (don't get into an accident in Rock Springs!) Approximately one block past the Vase you will see a small parking lot...Bunning Park is behind this parking lot. Parking will likely be sparse so call or email me if you decide to come and I will give you my cell and guide you in so we can unload your car and suggest places to park. We will have signage at the small parking area.

FEES: NOTHING! We will be having a bake sale with proceeds to cover the event and the rest to the Kingdom Travel Fund! However BRING money, as there are loads of mundane merchants with food, drinks and items.

### EVENT STEWARD:

Herr Frideger Leopo Sturmreiter (Gene Smith)  
112 S. Main. Street, Rock Springs, WY 82901  
Farspeaker: (307) 362-7589  
Portable scribe: grvsmith@wyoming.com

## HELL'S GATE ARCHERYTOURNEY Barony of Sentinel's Keep July 20th - 22nd, 2012



On his accession to the throne of England King Henry V has vowed to revive the war against France and press his claim to the French throne. Fittful negotiations between the two countries have resumed, in which the French emissaries are rejecting with increasing alarm what they consider Henry's unacceptable demands. Rumors are flying about that King Henry will be resuming battle with the French (sorry Baron) in the fall and his plans include a strong and agile archery force. A tournament will be held at Hellsgate in the Barony of Sentinels' Keep this July 21st, 2012 to determine who among you can join that force as one of the best archers in the Kingdom. For that to be achieved we will have our Baronial Archery Championship and other trials of the bow.

Heavy Armour fighters do not despair! King Henry may also have need of your skills to join his army. Hellsgate will be the perfect arena to display your might. And lest not you Rapiers be left out, there will be much need for your blades to defend and protect where the army may not tread. We will also be holding a polling to determine The Barony of Sentinels' Keep New Territorial Baron and Baroness. All members of the Barony are requested to attend.

Contact HE Judith, Baronial Seneschal, if you have polling questions. For those who brave the heat, ice cream will again be on the agenda as the Barony's fundraiser and all will be invited to create a favor/token to be given to the braev fighters.

The schedule: To spare our archers and fighters the worst of the heat, the archery competitions shall take place starting at 10am and shall end as close to 1pm as possible, starting with the Championship. The range will open at 9am. Archers should be on site, signed up, and shooting practice rounds by 9:30am.

We will then take a break mid-day at 1pm to beat the heat with the Baronial Polling, the ice cream social and other cool down activities. There will be a dinner break at 5pm.

That evening around 6:30pm we will have a short court and then pick up with rapier and armored fighting starting at 7pm that we might enjoy fighting in the dusk. We will also do a glow-stick clout shoot after dark! (Let the fireworks begin!)

Pray heed! The flying, stinging creatures may be about so bring what you need to shield yourself and vanquish them!

SITE: will once again be held at Fort Missoula; although this time we will be camping on the lush green lawns of the museum itself. Camping: Yes. Fire pits: Two central ones only. Pets: no. Water: Yes. Site is Wet after dusk. Shade: Some, but not a lot, it will be hot! Smoking in designated areas only. Handicap Accessible: Mostly. Site opens Friday at 6pm and closes by Sunday at 11am. We must be off site Sunday at noon.

DIRECTIONS: Take best route to Missoula, MT (1) Take Exit 101 off of Interstate 90, head south on Reserve Street south toward Hamilton. (2) After 4.6 miles turn Right on South Avenue. (3) In 0.8 Miles turn left on CCC rd/Guardsman Ln. (4) Welcome to Hell's Gate. Signs will be posted.

FEES: Site \$9 Adults, \$6 ages 15 and under. Feast: None, but cooking on site permitted & restaurants are close by.

Activities: Archery Championships (Adult and Youth), Fun. Archery Shoots, Rapier, Armored, Ice cream Social, & more!

Extra information, changes or updates will be posted on the Barony of Sentinels' Keep website as needed. <http://sentinelkeep.org/>

# Articles

## The Saints of July

Feast of Mary Magdalene, 22 July



Greetings unto the populous of Loch Salann, from Sister Scholastica at St. Catherine's Abbey.

As the heat warms the stones in the garden, I find that I seek the cool quiet of the inner rooms of the Abbey in the afternoon.. Instead of writing about all the different saints of July, I thought I'd focus on one of my favorites. After all the stuff written about Saint Mary Magdalene recently in Dan Brown's book the Da Vinci Code, You will have probably been exposed to a lot of information about her many and varied cults. Saint Mary Magdalene was close friend and follower of Jesus. Throughout history she has been called wife, lover, and Apostle. At the Last Supper, it was she who anointed and washed the feet of Jesus, an act which has become a penitential tradition celebrated on Maundy Thursday. At the Crucifixion, she stayed, with St. Mary the Virgin and Saint John and was the first to go to the tomb and see the risen Christ. Her cult was widespread during the Middle Ages, and persists even today among Lutheran, Roman, Anglican, and Orthodox churches.

At the side is an image of the Stabat Mater Scene. Mary Magdalene is kneeling before the cross.

Other feasts this month include 11 July- St Benedict (never forgotten in a Benedictine house)

July 15- St Swithin

July 16- St Osmund,

July 18th Edgurga of Bicester

July 20- Margret of Antioch

July 21- Arbogast of Strasbourg

July 23-Bridget of Sweden, and

July 25th -St. James the Greater.

By my hand this day, I remain  
Sister Scholastica,  
sca Abbess St. Catherine's Abbey

*[illegiterati.com/tag/medieval-saintsfeastssaintsmedievalchurch.blogspot](http://illegiterati.com/tag/medieval-saintsfeastssaintsmedievalchurch.blogspot)*

# *Herbs in Medieval Medicine*

By THL Bethoc du Crauford




This article is intended to be used with the Pages School Primer, section: "Sciences in the SCA – Emerald" activity: 4: "Grow a period plant from a seed, seedling, or cutting"

Herbs were used in period both for cooking and medicine. My granddaughters, Abigail, Audrey and I decided that for our project, it would be fun to plant a 'Medieval Medicine Garden.' We used some of the information below to determine which herbs we wanted to grow.







Before planting your Medieval kitchen or medicine garden, please remember: herbalism, particularly in medicinal use, is not an exact science. People in the Middle Ages used a wide variety of unhealthy and even poisonous things in their food, medicine and cosmetics.





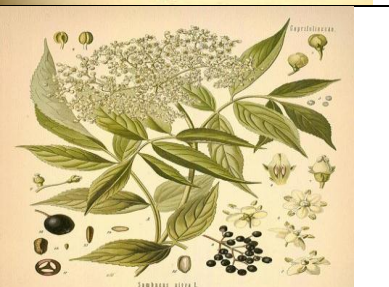

Some herbal substances have been tested and found to be effective, others however have been found to be useless but harmless while others are actually harmful or at least dangerous. While it can be fun to see, touch and smell the different types of herbs, before handling any herb, check to make sure it's safe and always work with a responsible adult. Do not taste herbs unless you are 100% certain that they are safe.







**WARNING: If you are allergic to grasses or herbs, DO NOT ATTEMPT THIS PROJECT!**







Herb	Use in medicine	Picture
<b>Angelica,</b> <i>Archangelica angelica:</i>	Leaves & roots were used against fevers, plague, and illness of all kinds.	
Anise <i>Pimpinella anisum</i>	Dropsy, breath freshener, analgesic	
Balm, Lemon, aka Melissa, <i>Melissa Officinalis</i>	To make the mind and heart merry, glueth green wounds, treats disordered nerves. Aid against melancholy. Fresh leaves were also used to polish furniture. Beekeepers used it to charm bees into a new hive	












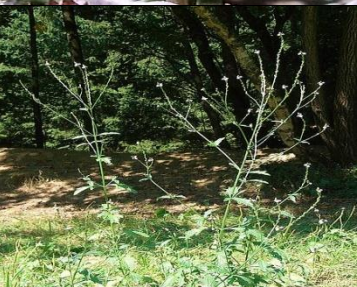

<p>Basil <i>Ocimum basilicum:</i></p>	<p>Insect bites Culpeper cautions that "smelling it too much may breed a scorpion in the head".</p>	
<p>Betony <i>Stachys officinalis</i></p>	<p>Panacea for all ills, anti witchcraft</p>	
<p>Borage * <i>Borago officinalis</i></p>	<p>To make the mind glad; to give courage</p>	
<p>Burnet, Lesser <i>Pimpinella saxifraga</i></p>	<p>Vulnerary, styptic, anti infective</p>	
<p><b>Calendula,</b> aka Pot <b>Marigold,</b> <i>Calendula officinalis</i></p>	<p>Flower petals were used in broths and tonics, and in treatments to strengthen the heart. This is not the common Marigold you find in gardens today.</p>	
<p>Chamomile <i>Matricaria chamomilla:</i></p>	<p>Jaundice, dropsy, analgesic. Used in handwashing waters and for headaches and fevers.</p>	

<p>Chervil <i>Anthriscus cerefolium</i></p>	<p>Used primarily for 'old people who are dull and without courage'</p>	
<p>Coltsfoot * <i>Tussilago farfara</i></p>	<p>Pectoral</p>	
<p>Coriander <i>Coriandrum sativum</i>:</p>	<p>St. Anthony's Fire, deter fevers, treat or prevent stomach aches, including gas.</p>	
<p>Dill <i>Anethum graveolens</i></p>	<p>Anti witchcraft</p>	
<p>Elder * <i>Sambucus nigra</i></p>	<p>To remove freckles, anti witchcraft.</p>	
<p>Elecampane <i>Inula helenium</i></p>	<p>Cordial, dropsy, skin problems.</p>	

<p>Fennel <i>Foeniculum vulgare</i></p>	<p>Strengthen eyes, for dieting, to give courage /strength.</p>	
<p>Fumitory or Earth Smoke <i>Fumaria officinalis</i></p>	<p>Purifier, purgative, good for the eyes, remove skin blemishes.</p>	
<p><b>Ginger,</b> <i>Zingiber officinale</i></p>	<p>Used to treat stomach ailments and as a remedy for the plague.</p>	
<p>Hops, <i>Humulus lupulus</i></p>	<p>used as a sedative (to make people sleep)  Also used in the making of beer.</p>	
<p>Horehound <i>Marrubium vulgare:</i></p>	<p>Mad Dog Bites, coughs and colds, anti poison, anti witchcraft.  wooly leaves with a nasty taste</p>	
<p>Hyssop ** <i>Hyssopus</i></p>	<p>Pectoral, hysteria, flatulence</p>	

<p>Lavender <i>Lavandula angustifolia</i></p>	<p>To comfort the stomach</p> <p>Used in food, and in refreshing washes for headaches; a cap with lavender flowers quilted in it kept headaches at bay. Used extensively in baths, as a personal scent and as a moth repellent.</p>	
<p>Lovage <i>Levisticum officinale</i></p>	<p>Pestilential disorders, urinary problems</p>	
<p>Marsh mallow <i>Althaea</i></p>	<p>Laxative, anti-inflammatory</p>	
<p>Mugwort ** Or common wormwood  <i>Artemisia vulgaris</i></p>	<p>Stomach Disorders, to protect against fatigue and evil spirits moth repellent.</p> <p>A charm for travellers and used in foot ointments; also used in treating women's ailments. It is one of the artemisia family, so internal use should be avoided.</p>	
<p>Mint, <i>Mentha</i> species</p>	<p>Mint vinegar was used as a mouthwash; mint sauce restored the appetite. Used for all stomach ailments, in fevers and in treating venom and wounds.</p> <p>Wilfred Strabo said in the 10th century that there were as many types of mint as the sparks that fly from Vulcan's forge-- in other words, lots! All types of mint were used in food and medicine</p>	
<p>Nettle * <i>Urtica dioica</i></p>	<p>Antidote for henbane, hemlock, nightshade, anti venom, anti rabies, astringent for uterine hemorrhaging.</p>	

<p>Parsley <i>Petroselinum hortense</i></p>	<p>GI Troubles, epilepsy, swollen eyes</p>	
<p>Pennyroyal * <i>Mentha pulegium</i></p>	<p>Purifier for water and blood, headache, giddiness, antispasmodic, complaints in joints.</p>	
<p>Rosemary * <i>Rosmarinus officinalis</i></p>	<p>Stimulate memory and energy, headaches, nerves, bad dreams, purify the air, sprains and bruises, gout, cough, moth repellent, brain weakness, complexion, stimulate appetite. The flowers, boiled in tea, were an all-purpose medicine. A 1525 herbal suggests it boiled in wine for a face wash-- a sort of medieval Stridex. Putting the leaves under your pillow guarded against nightmares. The ashes of the wood, burnt, were used for cleaning teeth. Brides and grooms exchanged rosemary wreaths instead of rings; rosemary was also planted or strewn on graves. Rosemary was burned as an incense to kill or prevent infection, including the plague.</p>	
<p>Rue ** <i>Ruta graveolens</i></p>	<p>Used to treat venomous bites, and poor eyesight. Do not use internally!</p> <p>also called 'the herb of grace' because it was used as a holy water sprinkler.</p>	
<p>Sage <i>Salvia officinalis</i></p>	<p>Anti snakebite and to strengthen the sinews. Used as a spring tonic "A man shall live for aye who eats sage in May". A tonic that is supposed to 'clean out' the system.</p>	

<p>Spearmint <i>Mentha spicata</i></p>	<p>To strengthen nerves and sinew, whiten teeth.</p>	
<p>Tansy * <i>Tanacetum vulgare</i></p>	<p>Vulnerary, bitter tonic, gout, hysteric uterine complaint.</p>	
<p>Tarragon <i>Artemisia dracunculus</i></p>	<p>Cordial to head, heart and liver.</p>	
<p>Thyme <i>Thymus vulgaris</i></p>	<p>Women's problems, melancholy, epilepsy, stomach problems. Used in baths and as an astringent. Burned to fumigate against infection and to scent sacrifices.</p>	
<p>Vervain or common Verbena* <i>Verbena officinalis</i></p>	<p>Anti witchcraft, eye problems, sorcery, headache</p>	
<p>Yarrow * <i>Achillea millefolium</i></p>	<p>Cramps, nosebleed, vulnerary ague. Used to treat headaches and wounds, especially battle wounds, and the bite of mad dogs.</p>	

\* Potentially dangerous

\*\* Poisonous and/or hallucinogenic

Credits:

Medieval uses Extracted from the Known World Handbook, Practical Herbalism chapter.

List is from "A modern Herbal, by Grieve, and from Herbs and Things by Rose.

Pictures are from Wikipedia online encyclopedia.

## Some terms for ways to use herbs

- *Teas*: Infusion: soak herbs/spices in hot water. Decoction: boil herbs (roots or seeds) in water.
- *Enfleurage*: soak flowers and/or bruised herbs in oil to capture essential oils.
- *Essence or Oil*: essential oils from herbs and flowers obtained by various methods including enfleurage, distillation, or soaking in cold water and collecting floating oils.
- *Tincture*: soak herbs in alcohol or add herb essences to alcohol (a perfume diluent, which is non-smelly rubbing alcohol with some additives, is available in herb shops)
- *Ointment*: mix herb pieces, and/or oil made by enfleurage, tinctures, essential oils, etc. with an ointment base (beeswax and oil, usually).
- *Plaster or Poultice*: make a paste or mix of the stuff, add hot water, apply to affected part with or without cloth covering
- *Incense, Fumitory or Burning Perfume*: burn dried herbs and/or flowers, either with flame or by smoldering on a hot rock or hearth. Widely used in worship as well as to kill smells and discourage the spread of illness.
- *Pomander*: Mix herb and spice bits with resin, wax, and/or clay: form into a ball for smelling unto. Let dry. May be encased in a wooden or metal case. Or, take a piece of fruit, especially citrus, stud it with cloves, and douse it with a powder of mixed, ground herbs.
- *Strewing Herbs*: Herbs mixed in with floor rushes or on flags to combat odor, fleas, and germs (pestilence) in the air.
- *Sweet bags and Sachets*: little cloth bags or envelopes of dried herbs and flowers, used to keep clothes and linens smelling sweet as well as discourage moths & bugs; very late period: mostly in period, herbs were simply scattered in chests and folded into cloth. Linens might be scented by herbs added to the wash-water, or, when starch became popular, to the starch solution.
- *Tussie-Mussie*: bouquet of herbs and flowers originally used to avoid breathing noxious odors and pestilent humors.
- *Conserve*: flowers or herbs preserved or jellied in sugar or honey solution.
- *Bath*: Steep herbs in bathwater or add an infusion or oil of the herbs to the water. Soak. Herb teas were sometimes also used in saunas.
- *Vinegar*: Immerse your herb(s) in vinegar for a few weeks or months. The result can be used in cooking, or as a scent or wash. Mint vinegar was recommended as a mouthwash.
- *Waters*: hand washing and perfume as well as medicinal waters were made by mixing herbs with alcohol and distilling. Nowadays we usually do these as tinctures or mix oils with a water and alcohol base.
- *Body Powders*: Essential to prevent chafing as well as achieving that fashionably pale look, body and face powders were concocted by mixing powder bases (rice powder, talc, ground oris root, ground calamus root, starch) with various ground spices and herbs: cloves, dried rose petals, lavender.
- *Soaps*: Scented soaps, made by mixing Castile soap with aromatic herbs and waters, seem to have been known at the end of period. Thyme, lavender, and other herbs were used in bathwaters and as oil rubdowns from the time of the Greeks.

# STICK WEAVING

*By Abigail du Crauford*

1. Gather your materials - sticks, threader and yarn
2. Decide what you will be making.
3. Measure your project - double it and if you want tassels on the ends add 12 inches.
4. Cut all of your pieces of yarn the same length, 1 for each stick.
5. Squeeze the loop end of the threader until it can be pushed through the hole in the stick until it makes a loop on the other side.
6. Take one end of the yarn and push it through the loop in the threader a few inches.
7. Pull the threader until the yarn is pulled through the hole on the stick.
8. Put both ends of your yarn together and slide the stick down to the middle of the yarn.
9. Lay your threaded stick neatly on a flat surface.
10. Do this again for each of your sticks.
11. Tie a knot a few inches from the end of the yarn that is farthest from the sticks. If using a long pieces. of yarn, tie a loose overhand knot every 6 - 8 inches.
12. Make a slip knot, leave a tail.
13. Hold the sticks in one hand. Slide the slip knot over one of the sticks, not all the way down.
14. Pull the long end of the yarn to make the knot snug on the stick.
15. You are ready to start weaving.
16. Holding the sticks in one hand and holding the yarn in the other, weave back and forth through the sticks.  
When you get to the other end go all the way around the last stick and weave back and forth to the other side.
17. Keep working back and forth like this until almost to the tip of your stick.
18. Either push the weft yarn down, or wiggle the sticks and pull them up until you have a few inches of stick to work on.
19. Weave some more.
20. Each time the sticks get full, push the weft down more, it starts falling off the sticks and starts working its way down the warp yarn.
21. If the yarn bunches, use two fingers like scissors to help slide the weft yarn down the warp.
22. When weaving is done, push it several inches away from the sticks and cut the cut the warp yarn off the sticks.
23. Tie an overhand knot on this end.

You can also use a big needle to thread the warp yarn back into the woven piece if you don't want tassels at the end.

## **Vocabulary.**

Warp: the set of yarns placed lengthwise in a loom, crossed by and interlaced with filling and forming lengthwise threads of a woven fabric.



Weft: filling, a woven fabric or garment. Weft-wise is weaving in a horizontal direction selvage to selvage (or side to side)

### **Other finishing ideas.**

If making a belt or bracelet and you want the ends to have tassels, just even out the threads that are hanging past the knots. More yarn can be worked over and around the knot as well to make a bigger/thicker tassel. .

If leaving the ends loose like tassels, add beads or bells at various places on some or all of the threads.

If making a dancing belt, sew tassels into the belt every few inches.

You can braid the ends and tie or wrap them at the very bottom.

If you don't want extra yarn past the weaving, tie knots close to the end of the weave so that the weft doesn't slide off and then weave the ends of the weft yarn backwards into the weft.

### **Tips, Ideas and Suggestions**

The warp threads will only show at either end of your project, the weft will be the face of your weave. To blend in use the same yarn for both warp and weft. Or use a contrasting color for the warp.

Using a variegated yarn or a variety of colors will add 'interest' to the project. .

For belts, bracelets or hair ties, fringe the ends or add beads and charms, etc.

Sew your woven strip to the outside edge of a 'bag' to make sturdy straps.

Make a rug by sewing strips side by side, for a single thickness. If you want it to be thicker weave lots of strips together. These methods can also be used for making pillow covers, tote bags, jackets, etc.

Make a long strip out of very sturdy fiber and attach it to your dog's collar and use as a leash.

Add more sticks (use an odd number of sticks), Instead of working back and forth, work completely in one direction to make a 'tube.

Use this technique to make pencil holders, arm and leg warmers, small bags, etc. Use fuzzy yarns or other specialty yarns to make scarves, hats, muffs, warmers. (our blue scarf was made with 8 sticks and 6 skeins – balls– of fuzzy yarn). Thinner yarns and sticks can be used to make smaller projects.

What else can you think of? Use your imagination.

Have fun and Happy Weaving, most of all, have fun!

### **Suppliers.**

<http://www.finniwig.com/stickweave.htm#Weaving Sticks>

<http://shop.hobbylobby.com/store/item.aspx?ItemId=150478>

Ask your parent or local woodworker to make more sticks for you (Broka can teach them how).

Stick weaving tutorials:

<http://naturalsuburbia.blogspot.com/2012/01/creative-friday-stick-weaving-tutorial.html>

<http://www.finniwig.com/stkweavinst.htm>

<http://www.youtube.com/watch?v=kVYxeLgEmww>

Stick weaving using straws: [http://www.ehow.com/how\\_2301581\\_make-own-weaving-sticks.html](http://www.ehow.com/how_2301581_make-own-weaving-sticks.html)

# Articles

## From the Archives

This article came from the January, 2009 issue of the *Questing Quill*. It was written by Zafirah Tahreer bint Al Riyah. The reasoning behind the choice of this particular article was two-fold. First, with the upcoming reign of HRH Timmur and Saige, this may prove useful in garb creation, and second, it was a really great article. I hope you find this as informative as I do. If you have trouble reading it, go to

[www.loch-salann.org/questingquill/january2009.pdf](http://www.loch-salann.org/questingquill/january2009.pdf)

### Ottoman Turkish Women's Clothing By Zafirah Tahreer bint Al Riyah Erika Andrach

The Ottoman Empire was a long-lived and powerful civilization surviving well into the modern period. And thanks to the Ottoman reverence for fine fabric, we have an enormous wealth of surviving extant garments to study. The Topkapi Museum is home of some garments of the finest quality and condition of their age in all the world.

<http://www.ee.bilkent.edu.tr/~history/topkapi.html>

<http://www.pbase.com/dosseman/clothes>

Ottomans placed great value on fabrics. Silk caftans were given as royal gifts and kept in the palace treasury, in some cases documented in the inventory providing the remarkable ability to date these garments to period emperors or Caliphs as they were called.



From my own personal research I have observed a common theme in all clothing from the Medieval Period: Layers. And the Turkish Ottomans were no different. From bottom layer to the outer most layer, Ottoman women could wear various combinations of the following:

**Gomlek** – under dress (first layer.) This a very fine light weight under-dress that can be made of handkerchief linen, or very light weight cotton. All the examples I have seen from the period show this garment in white, sometimes with very fine embroidery at the seam lines. A woman would not be found without this garment on as it was meant to protect the expensive fabrics of the outer garments from sweat and body oils.

16

**Salwar/Shalvar** – trousers. In all the illustrations I have seen, women always wore trousers. These were very full at the waist and tapered as they came down to the ankle, being held by a draw string. There are many fabric options. These could be made of anything from very light and sheer handkerchief linen or heavier brocade. Many of the illustrations I have reviewed showed the trousers bunched at the ankles, indicating they might have been much longer than the woman's legs and sewn tight so they would barely fit over the ankles.

**Chirka/Hirka** – short under jacket (second layer.) The short coat would typically be made of a lighter weight fabric, possibly satin brocade to make it comfortable under a heavier outer coat. I recommend Home Fabrics for finding some great fabrics. They are many modern fabrics available with the right texture, pattern, and best of all, Home Fabrics has them for an incredibly affordable price. This coat was typically somewhere between mid-thigh and knee length.

**Entari** – fitted coat (third layer.) These coats were ankle length, made of mid-weight fabric, and usually lined and faced with non-matching fabrics. The coat generally had an overlapping gore in the front and was commonly depicted tucked into the sash worn at the waist. The sleeves could be elbow length, to let the long sleeves of the Chirka show, or all the way to the ground. The goal was to show off all the layers of sumptuous fabric. Ottomans wore very little jewelry, so they demonstrated wealth through their textiles.



17

**Yelek** – short outer jacket (fourth and optional layer.) This coat was shorter than the Chirka, stopping somewhere between the top of the legs and middle of the thigh. The shape was fitted but not snug allowing it to fit over the Entari. It was made of heavier fabric since it was designed to keep the women warm in winter.

**Kaftan** – loose ceremonial coat (fourth or fifth and also optional layer.) These were made of rich luxurious fabrics. They were ankle length and unfitted, often with floor length sleeves.



**Ferace** – overcoat (outdoor layer.) This is the loose coat that would have been worn by a woman in public. Made of wool in winter and often silk in summer, the overcoat was made in muted colors like brown grey or dull blue.

18

**Tarpus** – hat. Pill box style hat seen in all the paintings of women in the period. The Koran directs Muslims to be modest. No Muslim, male or female would be seen without a head covering. Jews and Christians of the period were also very modest and did not generally go out in public without some form of head covering.

**Yashmak** – head scarf or set of scarves. A woman of distinction would not have gone out in public without her overcoat or a veil covering her hair. Muslim women and women of wealth, commonly covered their faces as well.

Turkish clothing was well suited to the hot summer days as well as the extreme cold nights of winter. The climate there was not unlike that of our own mountain deasert.

Want to learn MORE? Please join me on January 16<sup>th</sup> at the home of their Excellencies, Sir Robert and Sir Leah DeSpencer, as we learn how to modify a basic T-tunic pattern to produce a Turkish Entari.



We will also explore the difference between the Turkish Entari and the Egyptian Ghawazee Coat.

Hope to see you all there!  
~Zafirah

19



# EVENT REPORTS –

## MELEE MADNESS

*The 30th Annual Melee Madness provided something exciting and fun for everyone. The day started with a very special Baronial Court. Information regarding the day's events was passed on to the populace and then an award or two were presented. Mistress Jerilyn of Vert Silva received the title of Court Baroness, and was given the actual coronet she had worn when she served as our Baroness years before. The second award was to Amanda de Spencer, who received the title of Court Baroness. Her coronet was created for her by her parents, Sir Robert de Spencer and Sir Leah de Spencer. Congratulations to our newest Baronesses. For a list of awards given at Melee Madness, see page 10.*



*After Court, Melee Madness ensued, and exploded into various activities. The heavy weapons fighters armored up and there was fighting, and melees, and more fighting. There were battles in front of the castle, on the paths to the castle, in the castle, near the castle and beneath the castle. In the end, battles were won and lost, and had such a great time.*



*The rapier fighters were also involved in a Melee. They took a stand below the castle for their fight. They, too, had a wonderful day.*



*The quest for the Baronial Champion in both Archery and Thrown Weapons was also an integral part of Melee Madness. There was a large turnout on the Archery Range and after a very close competition; Bran Ewebank was named Baronial Champion (in the picture below, wearing orange). On the Thrown Weapons range the field was much smaller, but just as competitive, and the new Baronial Champion is Ulrich von Fahnestock (in the picture above, wearing plaid).*



*An Arts & Sciences tea was presented by Sir Leah de Spencer and our Minister of Arts & Sciences, Katherine Kelly. Many beautiful items were put on display for the populace to view. There was also*

*delicious desserts and drinks available, as well as lively conversation. Thank you to Sir Leah and Lady Katherine for putting on such a lovely interlude.*

*On Sunday, Sir Michael the Lucky of Lancaster presented the Pas d'Armes. It was truly a feast for the eyes to watch. As our Baron stated in his missive, "To our knowledge this is the only occasion when one can watch one of the finest spectacles of this type in our Kingdom, something that should be included in your plans for next year."*

*This was truly a grand event, and everyone walked away tired, a little sunburnt but very content. Thank you to Sir Michael the Lucky of Lancaster for all your hard work in making this event possible for all.*



*The King*



*HappyBirthday*



*Man at Arms*



*Sir Leah*



# Uprising

*To the North in the Barony of 1000 Eyes, there was rumors of an Uprising. It was the call of the members of Loch Salann and other Baronies and Shires to answer. It was truly an exciting event.*

*The focus of this event was, of course, the WAR!!*



*There was fighting all over the ancestral Youngforest lands. An unbelted heavy weapons tournament was held, which drew many fighters from all over the Kingdom. There was a novice archery shoot, Arts & Sciences classes, and a Laurel's prize event. There was also dancing, lots of dancing, with a specific "prom" for the teens.*

*The Children's Court was a great favorite and the Vicar and Vicaress of Gryphon's Lair made quite an entrance and established themselves as favorites of the children by throwing candy during their procession. I had as much fun as the children (and I was standing in the back well out of candy pelting range). Watching the children of Artemisia interact and have such a great time with our Royals was truly a joy.*

*I am pleased to say that I had the opportunity of attending the Constance de la Rose Medieval Iron Chef Competition. There were two teams that participated in this cook-off, the first was the team headed up by Lady Mairghread, and the second was the Mother-Daughter team from Gryphon's Lair. Distinctly different menus were created by the two teams with the mystery ingredients presented by Mistress Casamira. The meals were delicious and uniquely prepared and presented. I admit that I am not "comfortable" with many foods that are used in medieval cooking, but after tasting each dish I walked away with a new respect for the culinary skills associated with making these ingredients into tasty dishes. Ultimately, the mother daughter team from Gryphon's Lair was victorious. HRH Saige presented the award for her favorite dish, which was the tasty strawberry salad from Team Mairghread. The populace's choice for favorite dish was a fruit drink prepared by the Team Mairghread. But my personal favorite was the medieval guacamole (without avocados) from Team Mairghread. I would have taken jars home with me if available. After a long deliberation by the Judges, a winner was determined. This year's Iron Chef Winning Team was the Mother-Daughter Team from Gryphon's Lair.*



*Team Mairghread*



*Mother Daughter Team from Gryphon's Lair*

*Merchants presented their wares (and I admit to spending a few hard earned coins on some fabulous fabric and trims. I think the most popular merchant was the ice cream vendor. Classes, on a huge variety of subjects were held, and well attended. In the evening there were many camp gatherings and parties, which were heavily attended and wholeheartedly enjoyed.*

*Another event that drew attention was equestrian and Jousting. It was mentioned by Lord Rugar that this was the biggest turn out ever, and that the program was continuing to grow.*



*As camp came down on Sunday, our members, newcomers and non-members walked away with new friends, re-established old friendships, and the sense of camaraderie for which this society is all about. The weather cooperated (except it was a touch hot and windy) and a good time was had by all.*



*At home, our Baron and Baroness had a little Uprising of their own. Last year, when they left their home and Alpacas to attend the event, one of the males got out of his pen and crashed the Lady Alpaca party. The result, this year just before Uprising 2012, a new baby Cria, Dark Wind, was born.*

*The Alpaca Parents and Grand-Baron and Grand-Baroness are all doing well.*



# TERMS OF THE MONTH

From – *Knighthood & Chivalry Dictionary*

## ARMING COAT

A kind of arming coat worn during the 13th - 15th century both as a complete armour unto itself and as padding for additional armour worn over the top. They were generally quilted, either sewn or stuffed with linen, tow or even grass. Most of the illustrations from the 14th century show many buttons or laces up the front, and there are a few examples that feature a high collar to assist in the defense of the neck .

14th century Aketons were generally cut wide around the arm holes in a manner that followed the line of the breastplate or cuirass . These extra-large arm-holes served to grant complete mobility for a full range of arm motion while providing a last-ditch defense of the area under the arm. I can find no evidence of Aketons ever being open under the arm, though this is a common SCA style.

See also the pourpoint , a garment worn under the arming coat useful for attaching the laces for the attachment of a leg harness . A workable pattern for a 14th century model can be found in *Chronique: The Journal of Chivalry #2 . Major Developments during the 14th century- 1300-1350* Knights wore the haubergeon over their aketon- 1350-1400 Aketon shortened and begins to be worn under the jupon , sometimes the only body defense. Strongly wasp-waisted form common to the period.- 1350-1400 Sleeves were sometimes "banana sleeved" or ballooning out or were narrow so as to fit under the arm harness . Both seem popular for the entire period.

## ARMING CAP

A small quilted cap worn under the mail coif that offered protection against blows and the friction of mail against the head. They seem to have fallen out of use by the beginning of the 14th century.

## ARMING POINT

Leather discs attached to armour so that it could be laced to the gambeson , hauberk, or another piece of armour. Generally these pieces of leather were relatively thin and flexible and featured two holes to allow a lacing to pass through and be tied off.

## AVENTAIL

A skirt of mail attached to a bascinet or armet during the 14th and 15th centuries. It defends the neck from attack, usually hanging to at least 1" below the shoulder point for bascinets. Generally it was attached to a leather cuff that wrapped around the base of the bascinet and up the cheeks, which was pierced with holes and laced to the helmet through vervelles .  
. a mail garment protecting the neck 2. a "curtain" of mail to protect the neck, suspended from the helmet and reaching to the shoulders

## Armourer (Armorer)

The artist/craftsman responsible for creating armour. In the 14th and 15th centuries armouring was a highly sought after family business, where carefully guarded techniques made for a good deal of secrecy and national jealousy. Families such as the Missiglian and the Negroli and the Seusenhofers kept a huge industry alive for more than two centuries. Modern schools of armouring have produced similar stylistic families, with the "Valerius School" being the most prolific across the U.S.. We use the English spelling "-our" to distinguish from the kind of armorer who works on firearms who is a machinist-engineer/artist rather than a silver-/blacksmith / artist. See also *Chronique: The Journal of Chivalry #6* .



## Baroness Blog



What a busy month we had in June! Melee was wonderful. There were so many happy moments that I can't begin to list them all. Did you see all the adults and children doing stick weaving? My Page, Abby, taught more than 20 people, including me. The Pas on Sunday was more meaningful to me as Sir Michael explained the intricacies of the process and the sentiments expressed by those participating were extremely inspirational. If you didn't attend, think about doing it next year. Congratulations to our new Archery Champion and Thrown Weapons Champion. Many enjoyed participating in those tournaments as well as fighting all over the site. The Tea was amazing, attended by the two new Baronesses, Jerilyn and Amanda. I won't say more about the activities, because I will forget someone.

Uprising! What can I say except to thank all who took care of me and got me to the activities on time. The Laurels' Prize event was a new experience for me. I didn't intend to display until the night before and had no documentation. Wait till next year! It was certainly an ego boost to visit with all the Laurels who stopped at my display. And, no one told me I got tokens from them! I love prizes.

All are busy preparing this week to attend Raptor War and the investiture of our gracious cousins of Arn Hold. Personally, I'm gearing up for Helga Ball. I hope I don't disappoint HE Morgan or the Barony. HE Bjorn has just asked that I don't hurt anyone. Imagine!

I wanted to close this month with a little message I found in Martha Stewart Living . . . I know, not period, but let me explain. Our awesome Youth Officer and her assistant provide so many opportunities for the kids to be creative and they are so proud of the works of art they produce that this little poem really spoke to me as a mother, teacher, and your very own Baroness:

She gave me life and milk from her breasts,  
and I gave her a lanyard.

She nursed me in many a sick room,  
lifted spoons of medicine to my lips,  
laid cold face-cloths on my forehead,  
and then led me out into the airy light  
and taught me to walk and swim,  
and I, in turn, presented her with a lanyard.

Here are thousands of meals, she said,  
and here is clothing a good education.

And here is your lanyard, I replied,  
which I made with a little help from a counselor.

Here is a breathing body and a beating heart,  
strong legs, bones and teeth,  
and two clear eyes to read the world, she  
whispered,

and here, I said, is the lanyard I made at camp.

*Excerpted from The Trouble with Poetry and Other Poems, by Billy Collins. Published by Random House, 2005*

YIS,  
THL Jennet  
Baroness of Loch Salann



### *Casamira's Corner* *The Pun is Mightier* *Than the Sword!*

*By Mistress Casamira Jawjalny, OL, OP, GA*

THIS GIRL SAID SHE RECOGNIZED ME FROM THE  
VEGETARIAN COOK'S GUILD.

BUT, I'D NEVER MET **HERBIVORE**.

## KIDS CORNER

To the Youth of the Barony of Loch Salann (and anyone else who loves to color). To Honor the Summer and the growing season, add color and breathe life into the Farmer and his flock. Find the Chronicler (or the Youth Minister) at Tournament of Virtues to collect a reward for your art.



Kids Free Coloring Pages by Karen's Whimsy © 2011: Karen J. Hatzigeorgiou. All rights reserved.

The Medieval Medicine Garden  
By THL Bethoc

Herbs can be used for a variety of purposes, from cooking and preserving food to cosmetics and medicine. Read the chapter 'Practical Herbalism' located in the Known World Handbook. How many of the herbs used in the middle ages are found right in your kitchen? How many are found in your garden? Can you find other books to read about herbs in the middle ages?

T	H	N	E	C	E	Q	U	I	C	H	A	M	O	I	L	E	P
M	C	E	E	H	N	T	T	C	O	L	T	S	F	O	O	T	H
A	A	T	P	E	P	P	E	R	M	I	N	T	T	F	Y	H	O
U	R	T	W	R	I	E	L	L	F	N	E	A	E	U	C	Y	D
T	A	L	O	V	M	N	M	A	R	J	O	R	A	M	O	M	S
A	W	E	K	I	E	N	H	D	E	E	R	R	B	I	R	E	P
B	A	S	I	L	A	Y	L	I	Y	P	R	A	F	T	I	O	E
D	Y	U	R	C	T	R	S	L	O	V	A	G	E	O	A	I	A
B	E	T	O	N	Y	O	S	L	P	R	O	O	N	R	N	B	R
O	L	A	S	B	L	Y	A	R	R	O	W	N	N	Y	D	Y	M
N	E	A	E	D	Y	A	H	Y	S	S	O	P	E	I	E	P	I
E	C	N	M	Y	E	L	D	E	R	O	R	U	L	R	R	A	N
S	A	K	A	N	I	S	E	I	T	C	M	U	G	W	O	R	T
E	M	A	R	S	H	M	A	L	L	O	W	B	A	L	M	S	A
T	P	C	Y	H	E	H	O	R	E	H	O	U	N	D	N	L	N
Y	A	P	L	A	N	T	A	I	N	B	O	R	A	G	E	E	S
O	N	U	W	I	L	L	A	V	E	N	D	E	R	N	E	Y	Y
V	E	R	V	A	I	N	D	A	P	A	N	S	A	G	E	W	I

Can you find the herbs in this puzzle?

- |    |            |    |             |
|----|------------|----|-------------|
| 1  | ANISE      | 20 | LAVENDER    |
| 2  | BALM       | 21 | LOVAGE      |
| 3  | BASIL      | 22 | MARJORAM    |
| 4  | BETONY     | 23 | MARSHMALLOW |
| 5  | BONESET    | 24 | MUGWORT     |
| 6  | BORAGE     | 25 | NETTLE      |
| 7  | CARAWAY    | 26 | PARSLEY     |
| 8  | CHAMOILE   | 27 | PENNYROYAL  |
| 9  | CHERVIL    | 28 | PEPPERMINT  |
| 10 | COLTSFOOT  | 29 | PLANTAIN    |
| 11 | COMFREY    | 30 | ROSEMARY    |
| 12 | CORIANDER  | 31 | SAGE        |
| 13 | DILL       | 32 | SPEARMINT   |
| 14 | ELDER      | 33 | TANSY       |
| 15 | ELECAMPANE | 34 | TARRAGON    |
| 16 | FENNEL     | 35 | THYME       |
| 17 | FUMITORY   | 36 | VERVAIN     |
| 18 | HOREHOUND  | 37 | WORMWOOD    |
| 19 | HYSSOP     | 38 | YARROW      |

# *Guild News*

## *Archery –*

Archery Practice is held every Thursday from 6:00 PM until approximately 8:00 PM. Join the archers of Loch Salann as they hone their skill with bow and arrow. The Barony has loaner gear for the use of newcomers. We are at our Summer Practice Site – 8600 South 2741 West, West Jordan. Please remember that we are practicing at someone's house. Remember to keep driveway clear of all vehicles, unless loading or unloading equipment or for those needing assistance. Proceed thru gate on right side of house and continue straight back to next gate, and you will find the range located there.

## *Arts & Sciences –*

A&S Night has changed. It is now being held on the last Wednesday of each month at the location of weekly fighter practice. For June's A&S night, HE Anna taught a class on beginning gambeson construction. If you have questions regarding upcoming

## *Baronial Bardic Circle –*

Lawrence Bacon is the Baronial Bard of Loch Salann. Please contact him by email at Christopher.alderman@gmail.com at for additional information. Additional information will be provided in the Questing Quill and on the Baronial Website as it becomes available.

## *Brewer's Guild –*

The Brewer's Guild meets quarterly to make Potent Potables. For more information please contact Baron Ryryd ap Gwerstan, rcaevans@comcast.net 801-706-0075 (no calls after 9, please).

## *Cook's Guild –*

Cook's Guild is held on the fourth Tuesday of each month. Please contact Mistress Casamira if you have questions.

Cook's guild meeting was held June 26<sup>th</sup> at Casamira's Castle. In addition to Mistress Cas and Winifred from Loch Salann, Allegretza, Gwynnyth, Rebecca, Meraud and Caitlyn from Gryphon's Lair.

The main dish was marinated venison with garlic sauce. The Venison was cooked Dutch oven style. In addition to the venison, the group prepared a Grain & Lentil Stew, a Boletis et Fungis (a mushroom dish), Fricitella, a Torte made with cheese and fresh herbs, Cabbage a la romaine, and for dessert a Fruit/Berry Soup with Balsamic Vinegar. Allegretza brought her world famous bread as well to round out the meal.

As we sat down after the meal to discuss the food and name a favorite, there was a general consensus that all the dishes were great and there was not a stand-out favorite. Because all the dishes were so successful, the entire menu and recipes are attached.

### **Venison- Marinated Not Boiled**

Cooked in a Dutch oven with onions, peppers, ginger, salt and liquid.

### **Garlic Sauce**

**(original recipe from De Honesta Voluptate)**

Garlic Sauce with walnuts or almonds. Add to semi-crushed almonds or nuts as much as you want of clean garlic, and grind best at the same time, as is sufficient, sprinkling continually with a bit of water so it does not produce oil. Put into

the ground ingredients bread crumbs softened in meat or fish stock and grind again. If it seems too hard, it can easily be softened in the same juice. It will keep very easily to the time we mentioned for mustard. My friend Callimachus is very greedy for this dish, even though it is of little nourishment, delays a long time in the stomach, dulls the vision and warms the liver.

(Milham, 359 [Milham, Mary Ella. *Platina's On Right Pleasure and Good Health*. University of North Carolina at Asheville: Pegasus Press, 1999. ISBN: 0866982086

These are approximate volumes for 12 servings of 4 tablespoons each

¼ cup garlic	¼ cup almonds
¼ cup bread crumbs	1 cup beef broth

Grind almonds and garlic in blender or food processor. Mix all the ingredients in a large pan and heat. You may need to add more breadcrumbs. But let the mixture sit for about 10 minutes before adding more as it will thicken as it cools.

### **“What’s Available in the Larder Grain & Lentil Stew”**

This recipe uses foods known in period, prepared in ways that were known in period, but it is not a redaction of a recipe from a period source.

Onions, chopped	Turnip
Carrots, chopped	Olive oil
5 cups water stock	1 cup dried lentils
½ cup barley or other grain	Fresh herbs from the herb garden
Salt (less if pre-salted stock)	Garlic
Cumin	Spinach, or other greens
Vinegar	

In large soup pot, sauté the chopped onion, turnip and carrots in the olive oil. Put lentils in water and bring to a boil. Discard the water and add lentils to large soup pot with sauted veggies, plus stock, barley, herbs, salt and cumin. Bring to a boil, turn down heat and cook until lentils and barley are tender, about one hour. Add greens for the last 15 minutes of cooking. Add vinegar to taste.

*Platina (pseud. of Bartolomeo Sacchi). De honeste voluptate et valetudine* (“On right pleasure and good health”). Translated and abridged by Mary Ella Milham. Pegasus Press, the University of North Carolina at Asheville, 1999. ISBN 1-889818-12-7, page 129

### **Boletis et Fungis (On Mushrooms and Fungis)**

Whole mushrooms, washed and dried  
Olive oil  
Garlic, finely minced  
Fresh parsley, finely chopped with stems removed  
Salt and pepper to taste  
Pine nuts, toasted

Toast the pine nuts in a dry pan and set them aside. Wash and dry the mushrooms carefully, then carve, peel or score them as you wish for decoration. Place the mushrooms in a Dutch oven, season with salt and pepper, add chopped garlic, and toss with oil. Cook until the mushroom sizzle lightly and are hot throughout, roughly 25 minutes. When the mushrooms are done, toss them with chopped parsley and spring with the reserved pine nuts.

### **Torta of Herbs in the Month of May**

Cut up and grind the same amount of cheese (pound and a half of fresh cheese). When you have ground this up, add juice from bleta, a little marjoram, a little more sage, a bit of mint and a good bit of parsley. When all this has been ground in a mortar, add the beaten whites of fifteen or sixteen eggs and half a pound of liquamen\* or fresh butter, and mix. There are those who put in some leaves of parsley and marjoram that have been cut up, but not ground, and a half a pound of white ginger and eight ounces of sugar. When all these have been mixed together, put this in a pot or deep

dish that has been well greased, on the coals at a distance from the flame so that it does not absorb the smoke; and stir it continually and let it boil until it thickens. When it is nearly done, transfer it into another pot with the crust and cover it with your lid until it is all cooked with a gentle flame. When it is done and put on a plate, sprinkle it with best sugar and rosewater. This dish, because it is greener, is better and more pleasing. Let those who suffer from indigestion beware of eating this, for it is slow to be digested, dulls the eyesight, makes obstructions and causes stones.

Use the curds for Torta and the whey for the Fricella. Make a pie shell for this too!

### **Fricella** **(With sprigs of Fennel in Bloom)**

Fricella from Congealed Milk

Pass congealed milk through a thick strainer. Blend the whey which is pressed out with meal, egg whites, sugar and rosewater. When you have stirred this with a spoon for a while put in a pan with liquamen\* or better that is boiling. These are bad for the nerves and eyes.

#### **Another Way.**

Use the recipe we set forth when we were speaking of frictellae of congealed milk. Put sprigs of fennel in bloom into this and blend and immediately fry them in liquamen\* or butter or oil.

Definitions:

The word “frittata” comes from Italian, or from the Latin “frictella.” Even today, the words “frittata” and “frittella” are used in Italy to signify an omelet or “pancakes” and “fritello” means “fried (in oil).”

### **Cabbage a la romaine**

With your hands, tear up cabbage and toss it into boiling water. When it is half done, throw away the juice and transfer the cabbage into another pot and blend in finely chopped lard. Besides this, add as much rich juice as you need. Let it boil a bit for it does not need much cooking. This food is harmful, as we said in the chapter on cabbage, to the stomach and the head. Thus it is that our Cornelius, Roman though he was, spurns cabbage as a ruinous thing.

### **Fruit/Berry Soup with Balsamic Vinegar**

Fresh Fruit	Yogurt
Granulated Sugar	Pepper
Balsamic Vinegar	Orange/Lemon zest

In food processor, puree half of the fruit with the sugar until smooth. Into bowl, stir in water, yogurt and pepper. Reserving 4 whole berries for garnish, finely chop remaining fruit or berries and stir into soup. Refrigerate until cold, about 2 hours. (Make ahead, cover and refrigerate for up to 2 days). Ladle chilled soup into bowls. Slice reserved berries and place on soup. Drizzle with balsamic vinegar.

#### **\*On Liquamen.**

Liquamen is made from the soft fat of the pig or goose in this way. Put finely chopped pieces of the fat into a cauldron over live coals so that it does not smell of smoke as if you had hung it over the flame. Add as much salt as you think is needed. When the fat is melted pour into a large vessel before it cools; and you can take it out to use again when you wish. Liquamen is made in the same way from soft fat of goose and hen.



## *Fighter Practice –*

Fighter Practice is held every Wednesday from 7:00 p.m. until approximately 9:00 p.m. (or until dark). We are now at our summer, outdoor location at Sugarhouse Park. Come watch the heavy weapons and rapier fighters.

## *Gardening Guild –*

The Guild plans to meet (roughly) on the Third Sunday of the month. Contact Her Excellency Mistress Jerilyn of Vert Silva (Jeri Foster) jofvertsilva@yahoo.com for more information.

## *Middle Eastern Dance and Drummer's Guild –*

The Dance and Drummer's Guild will be meeting on the 1<sup>st</sup> and 3<sup>rd</sup> Monday each month at the home of Lady Zafirah. The 1<sup>st</sup> Monday will be for Dance, the 3<sup>rd</sup> for Drum. Additionally, drumming and dance practice will be held during fight practice at Sugarhouse Park on the 2nd and 4th Wednesday each month. Contact Lady Zafirah: at zemlar@yahoo.com for additional information or changes.

## *Musician's Guild –*

Join Mistress Anne de Junius and the Loch Salann Musician's Guild as they explore the music and instruments of the Middle Ages. Meetings are held on Thursdays from 7:15 to 9:00 PM at the abode of Her Excellency Mistress Mary Amanda. The group has had an influx of new musicians and welcomes all musicians who would like to join the group. Members of the guild also perform regularly at Baronial and Kingdom functions held in the Barony.

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 Needleworker's Guild meets on the Second Tuesday and Fourth Thursday of the Month. Contact THL Bethoc (801-322-4984), email: leishman10@msn.com for more information. Please see the article in this month's Questing Quill provided by THL Bethoc on beginning embroidery.

Anyone interested in the Needleworker's Guild may visit our blog at: <http://blsng.wordpress.com/>

# Contact Information

## Websites

Barony of Loch Salann	<a href="http://www.loch-salann.org">http://www.loch-salann.org</a>
Kingdom of Artemisia	<a href="http://www.artemisia.sca.org">http://www.artemisia.sca.org</a>
Official SCA homepage	<a href="http://www.sca.org">http://www.sca.org</a>

## 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

## Baron and Baroness

Baron Bjorn Hrafnsson and Baroness Jennet Moir de Brechin  
435- 882-0790 (please, no calls after 9PM)  
otterness@altamistalpacas.com

## Officers

### Seneschal

Lord Dunkr Ormhandleggr  
801-230-2065  
[mpso307@yahoo.com](mailto:mpso307@yahoo.com)

### Deputy:

Lord Takeyama Nakayoshi  
[falconertomt@gmail.com](mailto:falconertomt@gmail.com)  
His Excellency Mac Con mac Rodain

### Arts and Sciences

Lady Katherine Kelly  
801-783-3042  
[cookiegoddess42@yahoo.com](mailto:cookiegoddess42@yahoo.com)

### Deputies:

Lady Helchen the Rogue of Capua  
[Helchen.the.rogue@gmail.com](mailto:Helchen.the.rogue@gmail.com)  
Lady Phaelaine

### Captain of Archers

Lord Francisco di Grazzi  
801-803-2736  
[borntopraisehim@hotmail.com](mailto:borntopraisehim@hotmail.com)

### Deputy:

Lord Brokha Veis  
[Leishman10@msn.com](mailto:Leishman10@msn.com)  
Bran Ewebank  
[Bran.Ewebank@gmail.com](mailto:Bran.Ewebank@gmail.com)

### Chatelaine

Lady Maysun Nura al-Ishfahani  
al-Samarkandiyya  
801-815-9357 (No calls after 8 pm, please)  
[aravis227@hotmail.com](mailto:aravis227@hotmail.com)

### Deputy:

Lord Aeylwin de Spencer  
[albertwise@hotmail.com](mailto:albertwise@hotmail.com)  
Eithne na Teamhair  
[rose@whitewingphotography.com](mailto:rose@whitewingphotography.com)

**Chirurgion**

Lord Douglas Sutherland  
801-280-5445  
*amadiod@comcast.net*

**Deputy:**

Duchess Tianna NiCoiman  
*Nikipoohead@hotmail.com*

**Chronicler**

Winifred Whitehorse  
801-550-0464  
*Winifred.whitehorse@gmail.com*

**Deputy:**

Meical ap Gwaredd  
*Browncoat\_7@msn.com*

**Exchequer**

Lord Tighearnan mag Cenndrighan  
801-696-2365 (no calls after 9 PM)  
*tighearnansca@gmail.com*

**Deputy:**

Her Excellency Anna de Brabant  
*rcfaevans@comcast.net*

**Herald**

Lady Oonaugh Inghean Glaisne  
801-898-7829  
*rps0602@comcast.net*

**Deputy:**

Lord Bjarki Hvitabjarnarson  
*blsherald@inbox.com*

**Knight Marshal**

Lord Markos Armenios  
801-673-0558  
*markwandrews@comcast.net*

**Deputies:**

Sir Robert le Raven MacLeod  
*RavenMacleod@comcast.net*  
Lord Tighearnan mag Cenndrighan  
*tighearnansca@gmail.com*

**List Minister**

Lady Badahschia  
801-658-9590  
*jayde\_dragyn@yahoo.com*  
Deputy: *vacant*

**Rapier Marshal**

Lord Lawrence Bacon  
*Christopher.alderman@gmail.com*  
801-673-3478

**Deputy:**

*vacant*

**Quartermaster**

Dame Hildegardis Filia Vulframni (Hilde)  
801-964-1801  
*wilhemina3@yahoo.com*

**Deputy:**

*Vacant*

**Sheriff**

Lord Vincenzo Del'Aquila  
801-864-2771  
*Rodhansen68@yahoo.com*

**Deputy:**

Enoch

**Thrown Weapons Captain**

Lord Rashied al Wahiel  
801-243-4663  
*Mtmo21053@aol.com*

**Deputy:**

Lord Ragnarr Rodsteinn  
801-255-0622

**Webminister**

Mistress Jerilyn of Vert Silva  
(email for phone number)  
*jofvertsilva@yahoo.com*

**Deputy:**

*vacant*

**Youth Officer**

Lady Monica de Chocolat  
801-231-7926  
*dturney@sisna.com*

**Deputy:**

*Vacant*

Out of respect for all officers,  
please no calls after 9.00 p.m.