

Barony of Loch Salann,
Questing Quill



Wooden chest entry by Baron Bjorn in Kingdom A&S 2013
Photo Courtesy of Baroness Casamira

July A.S. XLVIII, 2013



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Casamira's Corner

The Pun is Mightier Than the Sword!

The problem - There's a box with a hole at each end and there's a rabbit in the box. The rabbit sticks his head out of the hole in one end, and a minute later he sticks it out the other end. Half a minute later, his head appears at the opposite end, a fourth of a minute later it appears at the end opposite to that one, an eighth of a minute later... etc., etc. How long will it take before the rabbit sticks its head out of both ends of the box at the same time? In theory, two minutes. In practice, no answer is possible unless you split hares.



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

The summer camping season is now in full swing. Many opportunities are presented for everyone to enjoy during this wonderful time of year. Although the warmer (HOT) temperatures are a welcome respite from the cold, dreary, and wet days of a few months ago, we all need to be mindful of the need to keep ourselves hydrated. Be certain to always have a good supply of liquids on hand for yourselves and others so that we can continue to participate in all the events that are being planned.

Last month featured our largest event of the year, Uprising, in the Barony of 1000 Eyes. As they do each year, there were as many activities, and more than anyone could possibly attend. One of our favorite activities is Youth Court. This year we had the pleasure of being attended in Court by our pages, including Abigail du Crauford acting as our Herald. We were presented with a "supply" launching catapult by our good cousins from the Barony of Arn Hold, which was put to great use. As Kingdom Archer General, I would like to thank HE Ryryd ap Gwerstan for hosting the Kingdom Archery Championship. In spite of the windy conditions, it was a great event, well thought out and challenging for all, while at the same time fun for everyone who shot. The Kingdom Thrown Weapons Championship was also held, and I would like to thank Lord John of York and Lord Tomas de la Mallorca for doing such a marvelous job in hosting the event. HE Jennet and I were feted by our retinue at the Baronial Court Thursday night with a bounty of gifts. I was barely able to take mine back to camp, but since most of it was

inside me, it made the carrying easier. All in all, a good time was had by all and we are looking forward to next year.

We are planning to venture into the Barony of Arn Hold this month to attend Raptor War. This has become one of our favorite events over the last few years and we always are grateful for the excellent hospitality of our hosts. Although we do not participate in Equestrian activities, this is one of the few events that afford the chance to see what is taking place in the areas. It will be held at a former site this year which will make for a change in scenery.

Later this month we will be presenting our summer event, the Norse Althing. Each year this event changes to a different theme and the autocrats this year, Magnus and Grehan, have decided to offer all things Norse. This year gives the opportunity to get your Viking on. In addition to selecting the Baroness' Armored and Rapier Champions, and the Barons' Pride for Arts and Science, there will be fighting scenarios for all levels of fighters and duelists, and archery and thrown weapons. It seems like a lot for a weekend event, so everyone should have a full schedule to enjoy what they like best. Once again we will be looking for newer players to select who best portray the spirit of our game, as members of the List of Grace and Chivalry.

Please remember to drink plenty of water and travel safe. We are looking forward to seeing you all at the upcoming events.

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



MINISTER OF ARTS AND SCIENCES

As the Summer Days are in full blazing glory, it seems like the right time to start thinking about those Arts &

Sciences projects that are sitting in a bag in the closet, or a box in the basement (or perhaps a pile in the garage). For the month of July I challenge each of you to pick up something that you previously started and take the time to finish it.

From now until Norse All Things at the end of the month, it's time to dust off those items you started at Southern Collegium, at an Arts & Sciences class, or elsewhere and finish it. Tell us what you are working on. Share with everyone your progress. But more important, finish it for yourself. Create that item that you started and put it to use, or show it off.

For this month's Arts & Sciences meeting we will have a "finish your projects" night. At fighter practice on Wednesday, July 17th, we will all gather and work on those unfinished items. I will provide refreshments to aid you in this endeavor.

At Norse All Things tokens of achievement will be given to all those who have participated in this challenge and finished a project.

I look forward to your progress.

Yours In Service,

- Winifred de Whitehorse

Minister of Arts & Sciences – Barony of Loch Salann



YOUTH OFFICER

We will be having our Youth Activity on July 15th from 6:30 pm to 8 pm. We will be doing a small first aid kit that you will be able to carry in your pouches that we made during one of our other activities.

Please contact m'Lady Arianna Rhosyn at 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



CHRONICLER

Greetings Quill readers. As some of you may have noticed I have began the task of gathering information for the upcoming Barony Directory. If you have not had the chance to fill out the form to publish your information in the directory, then please visit the link below to get a copy of the form. Thank you!

<http://loch-salann.org/forms/SCA-Pub-Wavier2013a.pdf>

Yours in service,

- Jevan Arthgen de Berwyn

Chronicler – Barony of Loch Salann

Upcoming Events

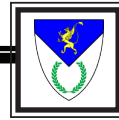


RAPTOR WAR

July 12, 2013

Grayback Gulch
Campground, Boise, ID

http://artemisia.sca.org/ai1ec_event/raptor-war-2/?instance_id=671



FIELD OF CLOTH OF GOLD

July 13, 2013

Rohmer Park, Washington
Terrace, UT

<http://www.gryphonslair.org/bgl/content/field-cloth-gold>



NORSE ALL THING

July 26th - 28th, 2013

Barony Haven, Ogden, UT

<http://loch-salann.org/blog/events/norse-all-thing/>

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

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 past month I had the opportunity to participate in the Iron Chef Competition at Uprising. The thing that I enjoyed the most about it was all the new learning experiences that were there for the advancement of my cooking knowledge. I really enjoy cooking and doing the research is some what easy, however the actual hands on learning that you get from working side by side with the more experienced cooks is invaluable, not to mention fun.

One of my weaknesses when it comes to cooking is being able to identify herbs and spices by just looking, smelling and/or tasting them. I was somewhat delighted with myself when I was given the opportunity to see just how many of the secret herbs and spices I could identify on my own. I was able to identify about a third of them, which was far better then the first time I competed when I knew about 3.

If you have the desire to attain the ability to do this, may I suggest going to the dollar store and buying some inexpensive spices and put them in baggies with numbers written on them with the correct answers on a separate piece of paper and start there. I started doing that when I returned home with some marked down fresh herbs; first while they were fresh and secondly when I had dried them. It was rather fun to say the least.

Below is a partial list of books that I have purchased that has been somewhat of a help to me in learning to identify herbs by sight as well as what they are used for in cooking. There is also a brief synopsis about other uses they may be good for.

- The Cook's Herb Garden by Jeff Cox & Marie-Pierre Moine
- A Garden of Herbs by Eleanour Sinclair Rohde
- Cooking with the Healthful Herbs by Jean Rogers

Good luck in your endeavors! Remember you can't go wrong when you spend "Thyme in the Kitchen" you just expand your knowledge. And knowledge is always a good thing to have.

Until next month ...

Respectfully in Service - *Baroness Sheelaegh*

MEDICINE IN THE MIDDLE AGES

Medical knowledge in the Middle Ages must have appeared to have stood still. While the Ancient Romans, Greeks and Egyptians had pushed forward medical knowledge, after the demise of these civilisations, the momentum started by these people tended to stagnate and it did not develop at the same pace until the Seventeenth/Eighteenth Centuries. In Britain, as an example, most things linked to the Romans was destroyed – villas were covered up as the Ancient Britons believed that they contained ghosts and evil spirits. With this approach, it is not surprising that anything medical linked to the Romans fell into disuse in Britain.

By the 14th Century, universities had developed in Western Europe that could be classed as medical schools where students could study under a master physician. The University of Montpellier was one such university. Dissections of human bodies were carried out in these universities so anyone wanting to study medicine in the Middle Ages was not totally ignorant of facts about the human body. Public debates were also encouraged about medical issues and it is known that some medical schools encouraged students to actually challenge the ideas of Galen and Hippocrates. As a result of this refusal to take what Galen and Hippocrates had stated at face value some progress was made in the medical world during this time.

However, medicine became steeped in superstition and the Roman Catholic Church effectively dominated what direction the medical world took. Any views different from the established Roman Catholic Church view could veer towards heresy with the punishments that entailed. Therefore, when the Roman Catholic Church stated that illnesses were punishments from God and that those who were ill were so because they were sinners, few argued otherwise.

Medical practitioners were also still heavily influenced by Galen 1000 years after his death. Mondino's book on the anatomy, "Anathomia", still relied on observations made by Galen and other Greek writers of medicine.

THE DIAGNOSIS OF DISEASE

No-one knew what really caused diseases. For the Roman Catholic Church they were a punishment from God for sinful behaviour. However, some progress was made in certain areas.

The first authentic description of the symptoms of smallpox were recorded by Rhazes who lived from 860 to 932 AD. However, society was many centuries away from a cure.

Urine charts were also used to help physicians diagnose illnesses. Certain coloured urine indicated certain illnesses. Combined with a table of the planets, these gave physicians enough information to diagnose a disease. Once the disease had been diagnosed, a treatment was decided on.

If you are interested in reading more, check out http://www.historylearningsite.co.uk/medicine_in_the_middle_ages.htm

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.

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

Arts & Sciences Night will be held the week of July 15th. More information will be posted on the Baronial Facebook page and the Loch-Salann.org website. The time and date for upcoming meetings will be announced on the Barony of Loch Salann Arts & Sciences Facebook page and on the Baronial Website. Contact information for Winifred de Whitehorse 801-550-0464 (no calls after 9), or by email at 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 or by phone 801-706-0075 (no calls after 8, please).

COOK'S GUILD

The Loch Salann Cook's guild met at THL Vogg's castle on June 25th with Baroness Casamira, Dame Hilde and Lady Aingeal present. We made Shortbread. We reviewed several different "recipes" for short bread. All used about 1 part sugar, 2 parts butter and 3 parts flour. We eliminated additional flavoring, ground almonds, or other suggested additions, but made small batches using different types of sugar.

Recipe:

1 stick (1/2 cup) butter (not margarine!), 1/3 cup sugar, and about 1.5 cups flour.

In a small bowl, mix the sugar into the softened butter using your hands. Once the sugar is incorporated, gradually add the flour. After 1 cup, add only enough flour to keep the mixture from crumbling – the amount depends on the amount of liquid in the ingredients. Press into a round cake pan, or roll dough into a cylindrical form, refrigerate, and cut into round cookies. Bake at 300 degrees for 45 min to 1 hour until the edges turn very slightly brown. (Cooking time shorter for cookies!)

Granulated sugar takes a long time to dissolve and incorporate into the butter. Use of “Castor” sugar was recommended. Castor sugar is a more finely ground granulated sugar sometimes called superfine or baker’s sugar. Sugar grain particle size is about half that of granulated sugar. Powdered sugar aka confectioner’s sugar or icing sugar is very fine. Commercial powdered sugar contains cornstarch, wheat flour or calcium phosphate as an “anti-caking” agent. To make powdered sugar, use a blender or spice/coffee grinder to grind the sugar. Brown Sugar contains molasses giving it a higher moisture content and a distinctive brown color. Cookbooks noted it gives a different flavor to the shortbread.

All of the examples tasted wonderful. Dame Hilde and Lady Aingeal preferred the brown sugar variety. I didn’t taste any difference. Dame Hilde commented that she had no idea how simple it was to make her own Shortbread. I think we might be able to taste it during Loctoberfest.

YIS

Baroness Casamira

Please contact Mistress Casamira by email at 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 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: holdtytel@aol.com

MIDDLE EASTERN DANCE AND DRUMMER'S GUILD

The Dance and Drummer's Guild will be resuming this May and will be held at Fighter Practice in Sugarhouse Park. Dates and times, along with additional information will be updated as it becomes available, but please feel free to contact the Guild Leader. Contact Lady Zafirah: 801-971-2308 or 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 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 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

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

OFFICERS

Seneschal

Baron Mac Con mac Rodain

540-250-7372, targue@gmail.com

Deputy: Baroness Sheelaegh mac Cathail

jeanne533@yahoo.com

Arts and Sciences

Lady Winifred de Whitehorse

801-550-0464, winifred.whitehorse@gmail.com

Deputy: Sister Scholastica (Leah de Spencer)

holdtyte1@aol.com

Captain of Archers

Lady Aingeal Inghean Garaidh

801-633-8908, AStephens@nelsonlabs.com

Deputy: Lord Brokha Veis

Leishman10@msn.com

Deputy: Jevan Arthgen de Berwyn

foilrose7@gmail.com

Chatelaine

Viscountess Vigdis Hakondottir

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

Mellane30@gmail.com

Deputy: Lord Aeylwin de Spencer

albertwise@hotmail.com

Deputy: Eithne na Teamhair

rose@whitewingphotography.com

Chirurgion

Lord Douglas Sutherland

801-280-5445, amadiod@comcast.net

Deputy: Duchess Tianna NiCoiman

Nikkipothead@hotmail.com

Chronicler

Jevan Arthgen de Berwyn

foilrose7@gmail.com

Deputy: Meical ap Gwaredd

Browncoat_7@msn.com



Contact Information



Exchequer

Lord Tighearnan mag Cenndrighan

801-696-2365, exchequer@loch-salann.org

Deputy: Baroness Anna de Brabant

rcfaevans@comcast.net

Herald

Lady Oonaugh Inghean Glaisne

801-898-7829, rps0602@gmail.com

Knight Marshal

Lord Markos Armenios

801-673-0558, kmarshal@loch-salann.org

Deputy: Sir Robert le Raven MacLeod

RavenMacleod@comcast.net

List Minister

Lady Badahschia

801-658-9590, jayde_dragyn@yahoo.com

Rapier Marshal

Lord Lawrence Bacon

801-673-3478, Christopher.alderman@gmail.com

Quartermaster

Juan Sebastian

810-969-5056, Jon.gaffney07@gmail.com

Sheriff

Lord Vincenzo Del'Aquila

801-864-2771, Rodhansen68@yahoo.com

Deputy: Walter John Sinclair (The Red)

801-946-922, Duke0311@yahoo.com

Thrown Weapons Captain

Lord Rashied al Wahiel

801-243-4663, Mtm021053@aol.com

Deputy: Lord Ragnarr Rodsteinn

801-255-0622

Webminister

Baroness Jerilyn of Vert Silva

jofvertsilva@yahoo.com

Deputy: Ulrich von Grimme

801-259-2523, BrandonFahnestock@gmail.com

Youth Officer

Lady Monica de Chocolat

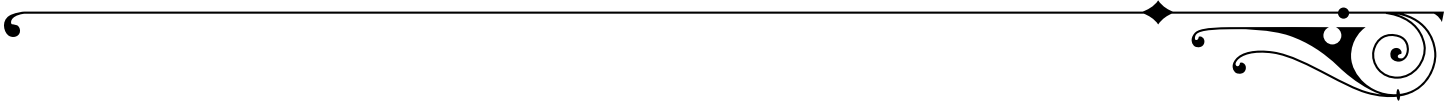
801-231-7926, dturney@sisna.com

Deputy: Arianna Rhosyn

801.897.7412, lbanderson516@gmail.com

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





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. 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.

