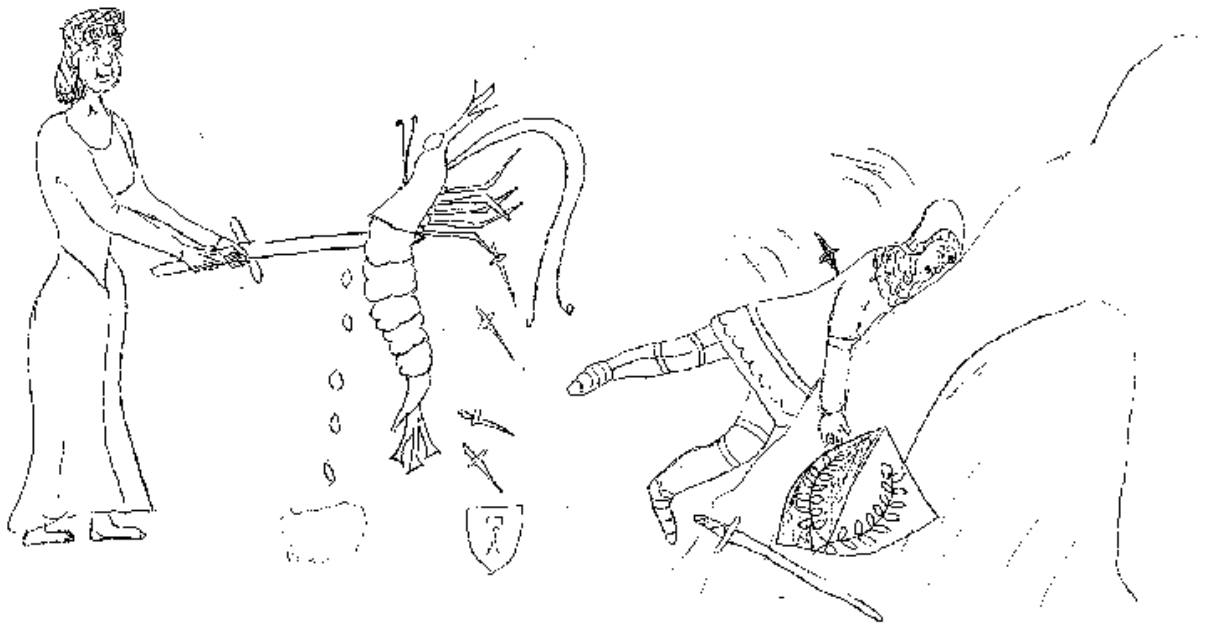


# Questing Quill



*Art by Mistress Casamira Jawjalny, OL, OP, GA*

*March 2012 A.S. XLVI*

*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 Chronicer at **Winifred.Whitehorse@gmail.com**.

Submissions must be received by the 25<sup>th</sup> of the month to be guaranteed to appear in the following month's issue. The formatting of submissions may be altered to fit the *Questing Quill's* layout, but text will be printed as-is, so please check your article carefully for typos before submitting. Although the Chronicer cannot alter your text without your permission, if you would like help polishing your article, please feel free to ask!

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

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# Message from the Baron and Baroness



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

This last month several members of the Barony sojourned south to practice their marshal skills with the Barony of Starkhafn in the company of His Majesty. It has been reported that all went well and a good time was had by all. It is anticipated that this event will continue to grow in the future and hopefully more will be able to attend next year.

**Bjorn Hrafnsson Ohnstad**  
**Baron**

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

It was with great anticipation we awaited the grand party planned by Their Highness' for the celebration of Their Majesties six months on the thrones of Artemisia. At the end of the day it was our pleasure to welcome our new King and Queen to the thrones of Artemisia with the expectation that they will have a long and glorious reign.

Following closely will be our own Defenders' Tournament where we will be holding tournaments and competitions to determine the next Baronial Champions for Heavy Fighting, Rapier, and Arts & Sciences. This year we are also planning to select the Bard of Loch Salann, so please prepare your best entertainment for the populace and regale us all during the feast. Again, we hope that your schedules will provide you with time to join us for this exciting event.

The Crown will soon be looking to select their heirs to the throne of Artemisia. We welcome everyone to attend our weekly fighter practice to sharpen your skills in the martial arts or if you prefer simply watch the fighting and visit with those others in attendance. As always the duelists will be practicing as well and would be pleased if you wished to join in with them as well.

We hope everyone will be able to clear their schedules for the many events upcoming as the weather improves and we are able to get outside and enjoy the wide range of activities that are being planned with time to join us for this exciting event.

# Officer News



## Seneschal

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

The New Year has started, and the Barony is abuzz with activity and planning for the year to come.

The Barony will be starting our

event calendar a bit early this year, with the Coronation of Sean and Nisa on March 3rd. Lady Amanda DeSpencer will be Autocratting Their Majesties first event at St. Stephen's Episcopal Church, in West Valley, and Dame Meraud will be providing a wonderful feast. The following week (March 10th) will see their Excellencies holding contest to determine the first defenders of the Barony during their reign to drive the Demonic Decopod back to the Depths of the great body of water that our humble Barony draws its name. Details are still being worked out at this time, but the site should be announced in the coming weeks. Keep an eye to the normal Baronial information areas for more details as they become available. In the following months, we are planning once again to have our Southern Collegium. Lord Tighearnan is Autocratting this, and calls for instructors and more information on tracks and location will be available in next month's newsletter.

**Lord Dunkr Ormrhandlegr**  
Seneschal – Barony of Loch Salann



## Arts & Sciences

A is for Alchemy

We have a great many new players in the Barony of late and many seasoned players that are taking their game and personas in new directions. To that end, I will be highlighting each of the 32 Artemisian Grand Arts and Sciences categories over the coming months.

The first category is Alchemy, which is further broken down into cooked and uncooked. Uncooked alchemy would be such things as lotions, oils, potpourri, and the like. Cooked alchemy is comprised of candles, soaps and distillations. Basic supplies are readily available in most craft stores, but for a more period process I recommend the Tournaments Illuminated article "Soapy Alchemy" by Carrie A. Koehler-French, which is available now in the Baronial library. Contact me for a copy of the article.

For additional research, try "*The Complete Soap Maker*" by Norma Coney, "*Back to Basics*" ed by Norman Mack for Reader's Digest, or see <http://www.alchemywebsite.com>

If you are versed on this topic and would be willing to offer more info on it, or are curious and would like to learn how to do it, please contact me at [cookiegoddess42@yahoo.com](mailto:cookiegoddess42@yahoo.com).

**Lady Katherine Kelly**  
Minister of Arts & Sciences– Barony of Loch Salann



## Chronicler

Unto all the members of the Barony of Loch Salann, Greetings! As the winds of March blow through the Barony, they bring with them much change. The first, and major change, is the electronic publication of the Baronial Newsletter, The Questing Quill. The newsletter is now accessible through the Baronial website [www.loch-salann.org](http://www.loch-salann.org) as a PDF file. The Questing Quill can also be sent via email. Please contact me if you would like to arrange for email delivery.

March also brings change to the office of the Chronicler. As of the end of February, Lady Belladonna has stepped down as your Officer, and we wish to express to her our sincere thanks and our deepest gratitude for her commitment and diligence as the Baronial Chronicler. As I step into this position, I will serve the Barony as the new Chronicler with enthusiasm, and to create an online newsletter that is easily accessible and interactive. I will also be open to suggestions on content, articles and information you would like to see in the Questing Quill. It is my hope that you will enjoy reading it as much as I have enjoyed putting it together.

The Office of the Chronicler will also be providing an updated Baronial Directory. I have been contacting our members for the past few weeks and now the Directory will be ready for distribution at Defenders. Distribution will be primarily via email, but there will be printed copies available as well. Find me at Defenders if you would like a printed copy.

I look forward to serving the Barony and am excited to serve as your Chronicler.

### Winifred Whitehorse

Chronicler – Barony of Loch Salann

## HIDDEN COOKIES

Each month you will find something hidden, some message or comment that is not what (or where) it is supposed to be. Find it, then find the Chronicler at a Baronial Event (March – Defenders) and you will receive, COOKIES

## Cookies [kook-ees]

noun

1. a small cake made from stiff, sweet dough rolled and sliced or dropped by spoonfuls on a large, flat pan (cookie sheet) and baked.
2. Informal . dear; sweetheart (a term of address, usually connoting affection).
3. Slang .
  - a. a person: a smart cookie; a tough cookie.
  - b. an alluring young woman.
4. Computers . a message, or segment of data, containing information about a user, sent by a Web server to a browser and sent back to the server each time the browser requests a Web page.
5. Other. A bright orange mythological flying dragon with the face of a Tiger and the tail of a zebra.

# BARONIAL ARTS & SCIENCES COMPETITION REQUIREMENTS

Individuals entering to compete for the Loch Salann Baronial Championship, must follow these guidelines and submit your entries by 11:00 a.m., 3/10/12. Those not entering to compete for Champion may enter up to 3 individual items. These may be judged by fewer judges.

1. The entrant must have entries in a minimum of 3 Grand Categories, with a maximum of 5 entries. The winning entrant will be chosen with the top score of the 3 categories.
2. The entrant be aware that documentation counts in the scoring. Written documentation is required. The minimum documentation is "Kitten's Documentation Form" as found in the March 2009 issue of The Sage Advice. The article is by Baroness Casamira, Kingdom MOAS. Now online [here](#).
3. The entrant must be a member in good standing of the Barony of Loch Salann and present a current membership card.

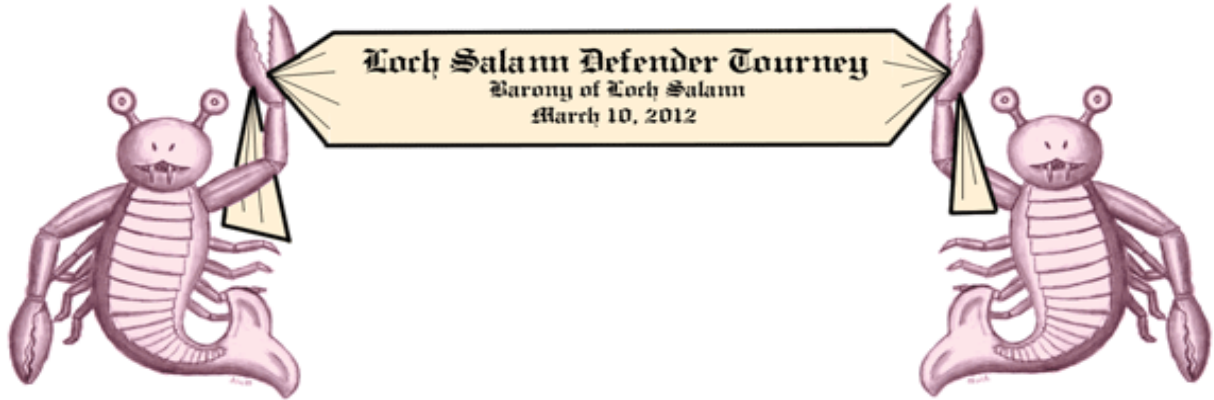
The form in the Sage Advice is from Kitten Reames, mka:Duchess Caterina de Forza d'Agro, OL, OP, Atlantia: Kitten's EASY A.B.C. Documentation Form.

A list of Grand Categories and Sub Categories can be found in the Artemisia A&S Handbook. Section III-Guidelines for Judges and Entrants.

It can be found at <http://www.moas.artemisia.sca.org/handbook/handbook.htm>

In Service,  
Baron Bjorn Hrafnsson

# UPCOMING EVENTS



## The Dreaded Daemon Decapod is Back!



As the spring doth bring renewal of life it also brings forth rumors of an ancient threat to the peace and tranquility. Having ridden out with my me to the edge of the salty depths I can confirm that indeed that the once again that saline swilling decapod does slither and slide its slimy self to the surface of the salty loch from whence our barony draws its name.

Once again the ladies of the now endangered Barony are called upon to use their wit and their wiles to lure the devious decapod, to the shores, land locking that saline swilling fiend so our warriors can drive it back into the black briny depths from whence it reared it's vile head. Making it rue the day that it ever set it's many limbs upon the shores of Loch Salann.

Lords and ladies who will he or she be? Who will be named out lady shrimp bait, the one most likely to distract, disarm, and lead to the undoing of this awful beast. On the 10th day of March the fearsome beast will return and thus we shall see.

The warriors of Cote Armour and Dualists are called forth to test their mettle in what promises to be an intense day of fighting to determine who our lady shrimp bait will be. The tournaments will be held in two parts. The first tournament we will have a Warlord tournament. The second tournament of the day will be a double elimination tournament fought with weapon of choice. Depending on how the individual competitors fair in the tournaments the Defender of Loch Salann will be decided.

Once the monster has been vanquished join us for "1492: A Feast Of Discovery."

Just four short years ago, Bartolomeu Dias opened the sea route to the Indies, allowing us to bring back the strange foods of foreign shores. Now our caravels traverse the Known World so quickly that they can bring back delicacies for our chefs to prepare-- even exotic animals that have been hitherto unknown on these shores. And look-- there, at the horizon-- what ship is that approaching from the West? Where has it been, and what wonders does it hold?



Feast will be limited to 100.

The site for the event will be  
Wasatch Presbyterian Church  
1626 South 1700 East Salt Lake City, Utah 84108

Site is DRY.

Site Fee will be  
\$10.00 for adults  
\$5.00 for children under 16

Feast Fee and Menu will be soon forthcoming.

Autocrat Sir Robert le Raven Macleod  
Feast Steward Lenore de Costa



# UPCOMING EVENTS

## Spring Crown Tourney



Event Date: Saturday, April 7, 2012

The Barony of Gryphon's Lair has the distinct honor and pleasure of hosting Their Majesties' Sean & Nisa. Spring Crown Tournament to determine the heirs to the Gryphon Thrones.

There will be a kingdom fundraiser lunch of chili or soup with bread for your afternoon sustenance. \$3/serving. Please contact the Lunch coordinator if you are willing to donate chili, soup or breads. There will be a dinner break and plenty of off board room for dining. Times TBD. There are plans for a variety of activities for our youth and if Mother Nature smiles upon us some fun thrown weapons.

### By Royal decree:

Opening Court will commence at 10 am sharp with the Processional & Presentation of the combatants & consorts as the final order of business. Combatants must be checked in prior to being presented. The Bard of Artemisia Competition will occur following the dinner break and during a Dessert Ball. Artemisians bring your best/favorite finger food desserts to share on the sideboard while we dance and are entertained by the wondrous talents of those vying for the title of Bard of Artemisia.

There will be a Tournament of Roses open to ALL fighters, scheduled to start immediately following opening court and those competing in the list are encouraged to participate.

Their Majesties intend to meet with the Peers of the realm following the conclusion of the list. The time and order of Peer circles will be determined the day of the tournament.

Format of the list shall be a pooled list to determine the quarter-finalists. The list will continue as single-elimination, best two of three fights for the quarter, semi and final rounds. Each combatant may fight with their weapons of choice for the entirety of the list. There will be no specified restrictions regarding thrusting tips or types of weapons. However, individual weapons are subject to inspection and approval by the marshallate and the Crown. The Crown will be allowing additional bye fighters to contest in the pools. All bye fights will be considered destructive. Anyone who wishes to compete as a bye fighter is welcome to contact the Crown for consideration in the list.

Letters of Intent with Entrant forms and copies of All cards (membership & combat authorization) must be RECEIVED by March 24th 2012. Send them to TRM Sean & Nisa, who would prefer hard copies, electronic copies will be accepted, Contact information on the Kingdom Website.

The List Minister – Mst Sajah al ish Shiraziyyah and Acting Kingdom Seneschal – Baroness Juliana nic Lachlainn– electronic or hard copy - Contact information in officers section of the Kingdom Website

Event Steward: Maestro Azir de Lucera - azir.de.lucera at aol.com  
Lunch/Dessert Coordinator: HL Gwynnyth – ladygwynnyth at aol.com  
Anyone willing to assist with the event in any way, please contact The Event Steward.

### SITE:

Davis Legacy Events Center - 151 S. 1100 W. Farmington, UT 84025.

Site opens at 9am and closes at 10pm

Site fees:

Ages 16+ \$8, 6-15 \$5, 0-5 free, Family Cap \$25. MNS \$5 applies to each individual 16+, not included in the family cap.

## SOUTHERN COLLEGIUM



Event Date: Saturday, April 14, 2012

Spring is just around the corner and with that brings Southern Collegium. Dust off those books and notes and teach a few classes. Baron Bjorn has asked that we focus this year's Collegium around the Peer virtues listed in COPORA. For example:

History of music, heraldry, illumination, literature, calligraphy, dancing, period games, period art, Kingdom, SCA and local Laws

SCA and period courtesies and behavior encouraged by the SCA

Answers to questions like:

What would my persona wear?

How do i take care of my armor?

How to teach classes in the SCA, what kinds of classes are appropriate?

How to welcome new people to the SCA, how to treat new people in the SCA

SCA and period court customs

Know how to create arms, the language and construction of heraldic devices (heraldry)

Fighting for the peanut gallery

Please contact me at the email address listed below if you are interested in teaching classes.

Thank you,

THL Ashé'el

Ashe\_el@yahoo.com

\*\*This information taken from Southern Collegium

Facebook page. Additional information will be provided as it becomes available.

# Articles

## Lent

Unto the populous of Loch Salann, Greeting on this dry and somewhat disappointing winter, water wise, from Saint Catherine's Abbey, and Sister Scholastica. This article is meant to give you a little insight into the Medieval world.

March this year is filled with the celebration of lent. Lent is a period of fasting and preparation for the celebration of the Resurrection of Christ on Easter day, that began on the 22<sup>nd</sup> of February with the celebration of Ash Wednesday.



The word Lent is actually an old Anglo-Saxon term referring to the lengthening of the days as we move into Spring. The Latin term for the season is Quadragesima, or forty days. The number forty is very important in the Bible. You might recall a worthy gentile called Elijah like Jesus fasted and sought God's will for forty days. The children of Israel wandered for forty years, and the flood of Noah's fame also lasted forty days and forty nights.

Lent in the Middle Ages was celebrated by first giving up all animal products as food, the exception being fish, since they were considered to be bloodless and so not animal. It was a busy time for the serfs and country folks as they prepared the soil and got the fields planted with the first planting of grains. As the cold gray days of winter ground to an end, so did the foods, and so lent made these lean times easier to bear when faced as a community rather than alone.

In addition to the ongoing Lenten remembrance, March hosts celebrations of Saints,

Saint Kathrine Drixel on the 3<sup>rd</sup>.  
Saint Perpetua and Felicity on the 7<sup>th</sup>,  
St. John of God on the 8<sup>th</sup>,  
St. Frances of Rome on the 9<sup>th</sup>,  
St. Patrick on the 17<sup>th</sup>,  
St. Joseph, spouse of the Blessed Virgin Mary on the 19<sup>th</sup>,  
St. Turibius de Morgrovejo on the 23<sup>rd</sup>, and  
The Annunciation of the Lord on the 26<sup>th</sup>.

By my hand,

Sister Scholastica  
Saint Catherine's Abbey, Loch Salann

Illustration by Fra Angelico  
Information from Leah Spencer and the Saints SQPN.com website

# Articles

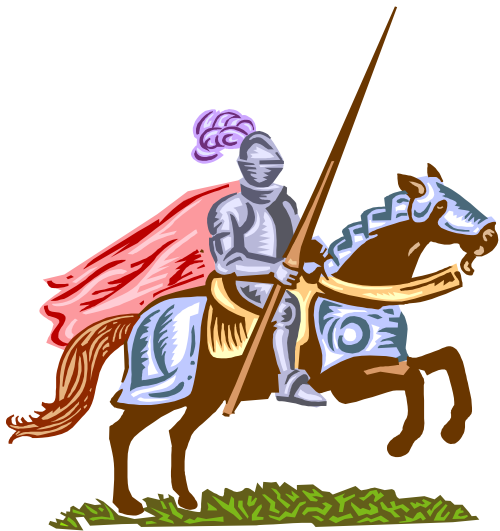
## From the Archives

### Knights

Mounted on a war-horse and dressed in armor, the Knight was the most notable military figure of the Middle Ages. The word knight comes from the Old English word *cniht*, the equivalent of the Latin word *caballarius*, meaning “horseman.”

Training for knighthood began at the age of seven when a boy was fostered in the home of a nobleman, perhaps his father’s Lord. His duties were to serve the Lord and Lady as a page. A page’s duty was to wait at the dinner table, learn religion from the chaplain, and receive training in arms from the squires. He was also taught to sing and play the lute, to hunt and to hawk and to honor and protect women. Most importantly, he learned to ride a horse.

At the age of fourteen, a boy became a squire. He was taught to wear armor, and use the sword, axe and shield. He was taught to use a lance by riding a wooden device called a quintain. He was now expected to perform additional tasks such as carving at the dinner table, and accompanying his knight into battles. He assisted him in putting on his armor, and took care of the weapons. He stood by to come to his Lord’s defense if he should get into trouble, and to lend his horse if his knight’s was lost. The squire would raise his knight if he had fallen and bear him off the field if he were wounded or killed in battle.



At the age of 21 a squire could become a knight, if he had performed all duties, learned courtesy and chivalry and achieved skill in the art of warfare. Knighting was an elaborate and solemn occasion. After a purification bath, the candidate would spend the night in prayer and contemplation in the chapel, where his armor and sword had been placed on the altar. This was called “keeping a vigil.”

In the morning there was a religious ritual where he would swear an oath to protect the weak, right wrongs, and honor women. Then in the presence of the assembled knights and ladies, his armor was buckled on piece by piece, a sword was buckled around his waist and spurs attached to his boots. Then he would kneel to receive the “*colee*”, a blow upon the shoulder with a sword or a fist, given by the person performing the ceremony.

There are many orders of knighthood. The Order of the Garter was established by Edward the 3<sup>rd</sup> in England about 1348. There was also the Ancient Scottish Order of the Thistle. Thought to have been founded in about 787. In France, the Order of the Golden Fleece was founded in 1430 and the Danish Order of the Elephant was also founded in the 1400's.

Information taken from *Compton’s Interactive Encyclopedia*, and “*Knights The Age of Adventure*” by Marilyn Tolhurst. **Originally published in *The Questing Quill* April A.S. XXX edition**

Term of the month:

## Poleyn

From: *Knighthood & Chivalry Dictionary*

The period name for what is known in modern SCA verbiage as the "knee cop," the defense of the knee. During the early 14th century, rondels were laced to the mail to improve the defense of the leg and add to the defense offered by a mail chausse. By 1320 these rondels had been replaced by a fully-encompassing "gutter" around the knee itself, laced into place or attached to a leather or gamboised or splinted cuisse at the top and the same construction of greave to the bottom. By 1350 the poleyn was articulated with lames ; a heart-shaped wing was then extended from the poleyn itself to provide more protection for the back of the knee. After this point the poleyn decreased steadily in size, providing for a better platform for the articulation of the joint. This wing expanded and, with minor variations, remained reasonably constant in shape (though larger) throughout the 15th century. 14th century poleyns were generally articulated with no more than three lames, one on top and one or two between the demi-greave and poleyn itself. See also leg harness .

See also: Klappvisier , Armory , hauberk , chattels , vervelles

<http://history.socialsciencedictionary.com/Poleyn>

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Poleyn

The knees are protected by poleyns, attached to the bottom of the cuisses with narrow plates called articulating lames which give them the flexibility needed. This one forms part of the Dutch armour presented to Henry Prince of Wales in 1607.

© The Board of Trustees of the Royal Armouries

## *Kids Corner*



**To the Youth of the Barony of Loch Salann (and anyone else who loves to color).** Color the handsome knight and his trusty steed and bring it with you to Defenders. Find the Chronicler, Winifred Whitehorse, and be rewarded!! (picture copyright© Dover Publications :KNIGHTS AND ARMOR, 1985 by A.G. Smith)



## Baroness Blog

I have been asked to share thoughts with the populace, as we go to the magical format for our newsletter, The Questing Quill.

As I was looking over the snow-covered land this morning, I was encouraged to hear of all the activity in our Barony. Truly, we are preparing for Spring. By the time you read this, we will have had a wonderful party to celebrate the Coronation of our Heirs to the Artemisian Throne. I am concentrating my efforts on the celebration the following week, as our Brave Defenders battle the Daemon Decapod in defense of the Barony. This event is such a celebration of all that is playful in our Society. The Champions of Heavy Fighting, Rapier Fighting, and Arts and Sciences will be joined this year by the Baronial Bard. The beautiful consorts who serve as Shrimp Bait will be luring the Daemon from the Deep to be attacked by these Defenders and for our entertainment. Be sure to stay for feast to witness the reenactment of this play, which has a thirty year history, as well as to view the Bardic competitors and the awarding of Regalia.

Now it is back to sewing, making lists, gathering all the items which enrich our lives as we play. If you happen to read this little note, please let me know on March 10th. As a footnote, I will be celebrating St. Patrick's Month.

Regards (and hugs) from your very own Baroness Jennet



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

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

It's not widely known, but the infamous 5th-century marauder Attila had a nephew who pestered "Uncle Attila" to take him along on raids. Finally Attila agreed and the results were disastrous! It seems the boy did fine at the plundering and pillaging part when on the ground, but was constantly falling off his horse. It was embarrassing. Attila kept giving the lad additional chances, but it got to the point that he was disrupting the other horsemen, and interfering with their productivity, or I suppose one should say destructivity. So one day Attila took the boy aside and said "Listen, this just isn't working out. I like you, but I can't take you along anymore." But why not?" asked the boy. "Well, it's like this," said Attila "You can Hun, kid, but you can't ride."



## CONTEST

We need cover artwork for the Questing Quill. Submit your original drawings to the Chronicler at

*Winifred.Whitehorse@gmail.com.*

Recognition and rewards for all artwork used.

# *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. Winter Practice is being held at Salt Lake Archery (Cost is \$6 each session)  
1130 Wilmington Avenue, Salt Lake City, Utah 84106 (801-486-8242)  
Summer Practice Site – To be Announced

## *Arts & Sciences –*

A&S Night is held on the third Friday of each month. For the month of February, Baron MacCon taught acid etching.

## *Baronial Bardic Circle –*

Information about the Baronial Bardic Circle will be announced on the Baronial website.

## *Brewer's Guild –*

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

## *Cook's Guild –*

The monthly cook's guild was held the 4<sup>th</sup> Tuesday of February at Lord Voog's Castle. Seven cooks, and prospective cooks attended. Mistress Casamira put together a great menu. the two favorite recipes, the Chicken and Herb Soup, and the Sweet and Sour Lamb are listed below. Everyone had a good time, some learned that they need more experience with pie crust, and, as usual, there was not enough food.

### **SOUP WITH CHICKEN, HERBS AND SPICES**

from Brodio martino, Liber de Coquina (end of 13<sup>th</sup> or beginning of 14<sup>th</sup> century).

#### **Ingredients**

For 5 people	Powdered spices:
240 g chicken breasts	½ tsp cinnamon
120 g onions (peeled)	1/10 tsp cloves
70 g breadcrumbs (dried bread)	3/4 tsp ginger
1.24 l water	½ tsp nutmeg
100 g Lardons** (use bacon)	7 g coarse salt
4 g nana mint (26 leaves)	
Rosemary (10 leaves)	
14 g parsley	
Oregano (17 leaves)	

\*\*Lardons may be prepared from different cuts of pork, including pork belly and fatback, or from cured cuts such as bacon or salt port. Since the true French lardon is salt-cured but not smoked the flavor comes through cleanly, more like ham but richer because

the meat is from the belly of the pig, not the leg.” One food writer takes this as evidence that the French “do bacon right”. The meat (fat) is usually cut into small strips or cubes about one centimeter (3/8 inch) wide, then blanched or fried.

### **Recipe (Cooking time 15 minutes)**

Cut chicken breasts into small pieces, fry them with finely chopped onions and lardons. Add water and chopped herbs; parsley, mint, oregano and rosemary. Mix. Add breadcrumbs (use dried bread since commercial bread crumbs are already flavored). Cook for 10 minutes.

Add spices, finish cooking for 5 minutes. Serve hot.

### **SWEET-AND-SOUR LAMB FLAVORED WITH CINNAMON AND GINGER**

from Egurdouce (Sweet-and-sour), Forme of Cury, 1390

### **Ingredients**

2 kg of ground lamb	120 g fresh lard and little bit of shortening (oil)
600 g red wine	140 g vinegar
30 g breadcrumbs	60 g unblanched almonds
350 g onions	140 g currants
2 tsp cinnamon	1.5 tsp ginger
½ tsp pepper	3 g salt

### **Recipe (cooking time = 1 h 20)**

Cut the meat into pieces and pan fry. Add the currants and blanched onions, brown. Deglaze with vinegar. Then add the wine, spices, crushed almonds and salt. Simmer (a good hour) with “a good amount of white fat” (shortening).

Finally, add the breadcrumbs moistened with a bit of stock to thicken.

## ***Fighter Practice –***

Fighter Practice is held every Wednesday from 7:00 p.m. until approximately 9:00 p.m. Winter Location beginning October 5<sup>th</sup> and is being held in the warehouse of the Zions bank building located at 1635 S Redwood Road from 7 to 9 PM. The entrance is located behind the bank (next to the drive through). Please do not block the ATM and car pool if possible (parking is somewhat limited close to the building).

## ***Gardening Guild –***

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

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

Contact Lady Zafirah: at [zemlar@yahoo.com](mailto:zemlar@yahoo.com) for information and location regarding meeting locations and practice.

## ***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 HL Bethoc (801-322-4984), email: leishman10@msn.com for more information.

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	Mistress Jerilyn of Vert Silva	801-265-9493

## Baron and Baroness

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

## Officers

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### Deputy:

Lord Takeyama Nakayoshi  
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### Arts and Sciences

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### Deputies:

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Lady Zafirah Tahreer Bint Al Riyah  
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### Deputy:

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### Chatelaine

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al-Samarkandiyya  
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**Chronicler**

Winifred Whitehorse  
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**Deputy:**

Meical ap Gwaredd  
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**Exchequer**

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**Rapier Marshal**

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TuriMacCarthy@gmail.com

**Deputy:**

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**Quartermaster**

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wilhemina3@yahoo.com

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*Vacant*

**Sheriff**

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**Deputy:**

Enoch

**Thrown Weapons Captain**

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**Deputy:**

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**Webminister**

Mistress Jerilyn of Vert Silva  
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**Deputy:**

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**Youth Officer**

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**Deputy:**

*Vacant*