

The Peoman

The Newsletter of
the Barony of Bright Hills
of the Kingdom of Atlantia



July 2915
Anno Societatus I



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Baronial Calendar

June

3

7:30 PM: Fighter Practice

5

12 Noon: Textile Arts Guild – Mistress Brienna's house

1 PM: Archery/Rapier Practice – Weather permitting

10

7:30 PM: Fighter Practice

12

1 PM: Archery/Rapier Practice – Weather permitting

17

Officers Reports due online

7:30 PM: Fighter Practice

19

1 PM: Archery/Rapier Practice – Weather permitting

24-August 9

Pennsic 44



From the Baron and Baroness



Good Morrow and Good Day to one and all!

The sun is shining and the day is clear after the tumultuous early summer weather. We know there will be more rain in our future but we take heart on days such as these with cool winds and kind temperatures to help ease us into our week of work.

As most of us are prepping for the upcoming war his Excellency and I would like to take a moment to thank you all for sharing your time, your energy, your knowledge. This has been a very busy year so far and fair warning, there is plenty more ahead of us. There will be challenges for each of you to help support several upcoming Demos. Our Chatelaine and Mistress of Arts and Sciences will be in need of your time and enthusiasm to assist in showing and educating our neighbors in what we do. It's a wonderful way to spend time with your friends in the SCA and to meet new friends. Friends that didn't know they were Scadian until they saw us.

And speaking of the upcoming war, his Excellency and I will be posting our Pennsic schedule as soon as possible. There's always so much to see and do. We hope to see as many of you as possible at opening ceremonies and we will be holding court that afternoon up at the battle field. It has been scheduled for 1pm.

As a final request we humbly ask for each and every one of you to watch closely to those around you; those hardworking souls and wonderful artists; the deserving person that bakes, brews, throws an ax, swings a great sword or excels in stage presence. We have need of your eyes, your ears, and your attention. There are several autumn events coming up. We have several awards that we have an interest in presenting, but we also are aware that we cannot see everyone. We cannot hear all that happens in front or behind the scenes of events, demos, universities. We need you all to help guide us to those you feel are deserving and are yet unrecognized.

Our schedule for the next two months is as follows:

Pennsic War Week Only	July 31st through August 8th.
Royal Rabbit Winery Demo	August 29th.

Yours in Service
Kollack and Rebecca von Zweckel
Baron and Baroness of Bright Hills



From the Chronicler

The month of July brings some relief in my work schedule. I hope, therefore, to have the summer newsletters out on time. Since there will be no officers' meeting this month, please remember to send your reports to the web by July 17th. Please send me your articles before you leave for Pennsic. As usual, I will not be at Pennsic as I will be on stage with the Open Space Arts Theatre. If you are not at Pennsic please come to the shows which are July 31, August 1 & 2 and 7-9.

A personal thank you to my daughter Natalya for the cover picture, THL Katarzyna for her article on Riddles, Lady Deirdre for her poem, Chagan Bagshi article on caring for fighters and her stuffed zucchini flower recipe, and Lady Wanda for providing event pictures. You are what make this newsletter so wonderful.

THL Sindara Lind Rachael Fessel of the Falconshield
Chronicler of the Barony Bright Hills

Officers of the Barony of Bright Hills

MINUTES

June 19, 2015, 7:05 P.M.

Attendees: Kenneth Kepple, Graham Wright, Robyn Becker, Karen Setze, Michelle England, Erin and Fred Scimeca, Rebecca Ritterhouse, Claudia Bosworth, Hunter Fowler, Randy and Nancy Feltman, Debra Eccles, Jill Peters, Barb and John Kriner, Karen and Wade Whitlock, Gordon and Wanda Kinnie, Sherrill Abramson, Carl Jacobson, Jay and Amy Nardone, Catriona MacClane, Katherine Hawkins, and Sharon Saroff.



- I. Report of the Baronage** – We are looking forward to Pennsic. We will be holding court on the battlefield, the afternoon of opening ceremonies at 1pm. Our open house will be Tuesday August 4 at 7:30pm.

II. Officer Reports

- A. Chronicler: THL Sindara Lind Rachael Fessel of the Falconshield – I greatly apologize for the lateness of the newsletter. Work has been unexpectedly busy. However, today is the last day of school so things will slow down. Thank you all for your patience.

The kingdom chronicler has just put in the Black Fox nominations for this year. As she was looking at the various newsletters she noticed that a lot of them did not have recurring articles, used graphics from the web, did not include photos, etc. She requested that the newsletters try to include more original work from members of their group. We have 3 regular columns, we include photos and original illumination and original poems from members of the Barony.

- B. Exchequer: Lady Clara – Back in 2013 the archers ordered some items and the purchase was approved. The items that were ordered have finally arrived and the amount of \$409.99 was requested. Lady Katarzyna made a motion to pay the amount and Lady Sindara seconded it. The motion carried after a vote.

- C. Webminister: Lord Janyn Fletcher of Lancastreschire – Nothing to report this month.

- D. Herald: Lady Deirdre O'Bardon – Bright Hills heralds continue to work both locally and at the Kingdom level. At least one returned name and device are being redone. Bright Hills' heralds have handled Royal Court duties at Storvik Novice, Ruby Joust, Highland River Melees and Kingdom University.

- E. MOAS: Lady Reyne Telerius - Here's is my report for June 2015.

Lady Katarzyna Witkowska - Two poetry competitions were held -- one at Storvik Novice Tourney and one at Highland River Melees.

Lady Katarzyna Witkowska - A class was taught at University - "Introduction to Medieval Poetry"

Lady Amelia Rosa - Taught a class at University - The Fundamentals of Scroll Design

Lady Rebekkah Samuel taught a class at University – Quilling

Lady Sindara Lind Rachael Fessel won the A&S general display competition at Highland River Melee's for her beaded jewelry.

Canton of Green lion Bay – no report

Guild Reports:

1. Armors: No report

2. Brewers: No report
3. Cheese mongers: No report
4. Clothiers: No report
5. Cooks: There is no meeting this month. We will meet again on July, hopefully at the new home of Dame Olwen. More information will be forthcoming.

We are planning for both the Atlantian after-court nosh AND the Bright Hills Open House. Donations of time and/or food stuffs would be greatly appreciated. Please contact myself or Mistress Jeanne Ten-neur de Bec.

6. Herb Group: nothing to report
7. PAGE (Performing Arts Guild Extraordinaire): No report.
8. St. Matthias: no activity this month
9. Scriptorium: We had one mini class at fighter practice this month.
10. TAG: No report
11. Woodworkers: No report

F. Chatelaine: Baroness Barbara Giumaria diRoberto – Greetings, The chatelain's office received 3 inquiries this month. Some of the Bright Hills officers met with the Green Lion Bay officers to talk about recruitment, getting positive publicity and demos.

I contacted Linda Albin/ Royal Rabbit Winery demo, August 29, and Reverend Fran/ Pumpkin Fest demo October 17, to see if there any changes. Linda Albin replied that they are delighted we are attending and asked if we need camping accommodations. The Demo will be from 11am-5pm. We are invited to hang around for Pizza, wine and Bardic.

The Pumpkin 'Fest is October 17 at Christ Our King church in Forest Hill near Bel Air. More information will be provided on the officers' as it becomes available.

G. Minister of Lists: Lord Alexander Fowler - No activity to report in June.

Addendum: The Stepping Stone demo was fun and safe. There were no reported injuries. A kid hit someone in shoulder. There were 8 fighters & 3 rapiers on Saturday. Livi emailed that there were 4 fighters on Sunday.

H. Knights Marshall: Randver Askmadr – Nothing to report.

I. Youth Minister: Lady Katarzyna Witkowska - The Bright Hills Youth Minister coordinated a full day of classes for Pages Academy at University. Baroness Wynne, Lady Rebekkah and Lady Katarzyna all taught classes.

We are working on plans for a Bright Hills craft table at Pennsic to make Robin Hood hats.

III. Old Business

A. Trial By Fire: Livia di Samuele - 75% of the site tokens are completed. We are waiting to finalize some things. I will get a flyer to Sindara by her deadline.

B. Harvest wars-Tatiana: Baroness Barbara is working troll. Scholastica is doing reservations. Lady Deirdre is doing a subtlety competition. Lady Reyne will be doing a sweet and savory pies and a preserve the harvest competition. Lord Godai will be running the archery. Lunch will be a fundraiser. Children's activities will include mask making, herding cattle, candy pumpkin harvest, castle-marshmallow battle, and a bean bag toss. We are planning to have a field battle, melee, champion's battle, siege engine competition, a cattle raid and a sheep toss.

The tentative feast will contain the following: gourd soup, roast pork, chunky applesauce, red cabbage slaw, savory toasted cheese, cabbage with mock bacon, apple crisps, pumpkin custard with clotted cream, bread and butters, mushrooms and barley, and carrots with ginger orange sauce.

C. Baronial Birthday 2016-This event has been spiked. Lady Livi has been in touch with Lady Rebecca, the autocrat of this year's birthday to get numbers. There is a 50% chance we will marshal activities. We will have youth activities. Lady Deirdre will hold and A&S competition to choose her successor. Reyne will also do some A&S. I have 1 apprentice autocrat.

D. Baron Heinrich inquired about the old thrones. Lord Graham responded that more would be known after this Sunday as they will be doing inventory on that day.

E. The Cooks Guild is doing the After Court Social. All assistance is welcome.

IV. New Business

A. Green Lion Bay – Return of Lion's Head Tavern: Catriona MacClane came to begin discussing possibly bringing back the event in January. We will be discussing it more at the August meeting.

B. Kingdom Archery Tournament 2016 Event Bid: Yseulte proposed an event tentatively on April 9, 2016 from 8am to 6pm at Baltimore Bowman. The proposed theme is Great Bowshots of History and Legend. This will be a one day event with no feast. Lunch will be a fundraising opportunity for baronial groups. Kingdom Archery Champion Lord Aedan will be the marshal. Lord Cairell will take reservations. We are looking for a head troll, troll staff and merchant liaison.

We will need \$600 to rent the site and port-a-potties. A discussion was held about the numbers from this year's competition and cost. The Baron and Lady Reyne thought the site fee was too low. The Baron said it could go up to \$8 and Lady Reyne said it could go up to \$10. Lord Godai noted that many events are \$12-\$13. Dun Carraig charged \$12 and included lunch. Average archers don't come so we will have a novice shoot. Prizes are not in the budget. The archers usually donate them. Yseulte will bring back changes in August.

C. Lady Reyne asked if the July meeting could be electronic due to the fact that many of the officers will be at Pennsic. Lord Graham said he was fine with that just as long as the reports were posted to the officers list by the third Friday of the month-July 17.

The next officers meeting will be on Friday, August 21, 2015

The meeting was adjourned at 7:45 P.M.



UPCOMING EVENTS



Trial by Fire: Challenge of the Gods
Barony of Bright Hills
September June 4- 6, 2015

Friends, Greeks, Patriots, Atlantians, One and all

As Artemis Goddess of the hunt prepares her Bow, Demeter fires up the barbecue, Hera beckons with promises of cheesecake, and Dionysus pulls out a cold brew! It is not just Trial by Fire but Challenge of the Gods!

Come Join Bright Hills for an Epic Labor Day Weekend! Help us celebrate Labor Day weekend, Friday night we will kick the weekend off with a Barbecue feast and, Saturday will be a trifecta of activities first is Trial by Fire: the traditional Bright Hills cooking competition sponsored by the renowned Bright Hills Cooks' Guild. The Cooks' Guild usually cooks as a team, so the Trial By Fire competition allows cooks to showcase their individual talents. All cooks are invited to join us in demonstrating that cooking really is a spectator sport! The Second this year's Baron's Challenge is a double header with the theme of Cheese!! There will be two categories best made cheese and best dish made with cheese, may the Cheesiest win! And thirdly since we are on one of the nicest archery ranges we will be hosting this year's Lochmere Arrow shoot as well as other archery contests. We will have a Heavy marshal on site so if a heavy bear pit tournament spontaneously erupts in a back field we are ready for it!

The harper Lady Yseulte Trevelyn plans to situate herself in or near the world-renowned Sekunjabin Tavern, which will see the return of the "Sukunjabin Slushies." as well as offering the traditional space for minstrels, musicians, poets, philosophers, bards, dancers, and storytellers to make music, swap stories, exchange gossip, and brew mischief.

Lady Yseulte invites performers of all kinds, to exercise their skills in honor of the residents of Mount Olympus, in the taverna during the day and around the campfire both Friday and Saturday evenings. She offers prizes for:

- 1) The largest number of different period performances about one or more of the Greek Pantheon;
- 2) The best original performance in honor of one or more Olympians; and
- 3) For performances specifically honoring:
 - a) Apollo, the archer of Olympus;
 - b) Artemis, his twin sister and Lady of the Hunt;
 - c) Arisaos, a son of Apollo, whose name means most excellent, and who is the patron deity of shepherds, cheese-makers, beekeepers, and mead brewers; and
 - d) The victory at Marathon, (believed to have taken place on September 12), and which the Greeks credited to the intervention of Apollo and Artemis.

Saturday night is a Potluck Feast of entries as well as other offerings (please bring enough to serve 8 people). If you don't gain 5lbs during this event we have done something wrong!

Martial Activities: target archery, and more if we can convince Heavy fighter and Rapiers to attend!

A & S Activities: "What's Cookin'" - Let's do a fun poem about "What's Cookin'" in your SCA fire. Let's throw caution to the wind and you do not have to document that your style is medieval. That opens up the world! You can give them to Lady Katarzyna Witkowska at Trial by Fire or email them to her at Poeta@atlantia.sca.org

Children will also have a full day, Lady Katarzyna Witkowska will be preparing spice rubs to take home as part of an "Herbs used in Cooking" class and we will have a "Spike" pool noodle Jousting competition for stuffed animals as well.

There will also be costume contests, with prizes for best Greek garb for adults and for children, and Contests for singers, storytellers, dancers, poets, musicians and performers of all kinds, with special prizes for performances honoring Hera (from whose Island cheese cake was created) and Apollo, the harper of the gods.

And I heard rumblings about a sugar plate contest ... watch the site for further information!!

Cost:

Adult, Member:	\$7.00 Day-Trip	\$5.00 Feast	\$0.00 Camping
Adult, Non-Member:	\$13.00 Day-Trip	\$5.00 Feast	\$0.00 Camping
Youth (6-17):	\$3.00 Day-Trip	\$2.00 Feast	\$0.00 Camping
Child (0-5):	\$0.00 Day-Trip	\$0.00 Feast	\$0.00 Camping

Make Checks Payable To: SCA-MD, Inc., Barony of Bright Hills

Cost Notes: No family (of parents and children) will pay more in site fees than the cost of two adults and two children, \$30, (not counting non-member surcharges.) Refunds will be given if requested by October 1, 2015.

Site: Baltimore Bowmen, 10301 Harford Road, Glen Arm, MD 21057. Site opens Friday 5pm, closes Sunday 2pm.

Site Restrictions: Alcohol is permitted in camp, but forbidden on the archery ranges. Pets are allowed but must be leashed and owners must clean up after them. No smoking in the building or toilets.

Feast Information: Friday Night Barbecue Feast, a variety of meats, cookout themed sides, and drink, Saturday Lunch will be a fund-raiser for the Shire of Spiaggia Levantina. Dinner is pot luck - bring a dish to feed yourself and 8 others – plus the food leftover from the cooking competitions.

Merchanting Information: Merchants are MOST welcome! Contact the autocrat: Lady Livia di Samuele (mka Sherrill Abramson). 7927 Mandan Road, Apt. 104, Greenbelt, MD 20770. (301)807-5476; abramsonsm@yahoo.com

Autocrat's Information: Lady Livia di Samuele (Sherrill Abramson), 7927 Mandan Road, Apt. 104, Greenbelt, MD 20770, Phone: (301) 807-5476, E-mail: Abramsonsm@yahoo.com

Reservations: Lord Cairell MacCormaick (Carl Jacobs), 7927 Mandan Road, Apt. 104, Greenbelt, MD 20770, Phone: (443) 416-8356, E-mail: cairellmaccormaick@yahoo.com

Directions:

From the North: Take I-695 towards Towson, and take Exit 31B Harford Road. Follow Harford Road about 2 miles, through three traffic lights. Once you pass the second light, North Wind Road, you are very close. Follow Harford Road down the hill a ¼ mile and watch for signs on the right. Turn right and go through two gates. You are there!

From the South: Take I-95 north to Baltimore and through the Fort McHenry Tunnel (toll \$4). Continue on I-95, getting into the right lane to take Exit 65 onto I-695 towards Towson. Drive about two miles to Exit 31B Harford Road. Follow Harford Road about two miles through 3 traffic lights. Once you pass the second light at North Wind Road, you are very close. Follow Harford Road down the hill a ¼ mile and watch for signs on the right. Turn right and go through two gates. You are there!

Upcoming Demos,



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Summer Folly Royal Rabbit Vineyards August 29, 2015

Unto the goode and noble gentles of Bright Hills does Countess Elysende, send you warm greetings:

Summer Folly at Royal Rabbit Vineyards

August 29, 2015 10am – 6pm

1090 Jordan Sawmill Road, Parkton, MD 21120 443.721.6693

Once again the Acre fighters will take to the field to fight for the Royal Rabbit Winery. Residing in the SCA lands known as the Barony of Bright Hills but claimed also by the Kingdom of Acre the question must be settled. For whom will Elysende and TK owe allegiance? To whom will they owe taxes? More importantly, who will get their wine?

Please bring any pavilions you may have and anything that will lend to the ambiance of our medieval afternoon. Everyone who attends will receive a free wine tasting for two. Last year we had the support of their Excellences and

several of the goode gentles of Bright Hills but this year we hope to encourage more participation. How do I make this more enjoyable for you? What would you like to spend the day doing? All suggestions are encouraged.

Contact the autocrat with any concerns or questions. Elysende (Linda Albin) 443.721.6693

Upcoming Demo Schedule

Mark Your Calendars:

October 17, 2015: Christ Our King, Church in Forest Park near Bel Air, Pumpkin Festival.



Announcements

Fellow Bright Hillians and Cooks Guild members

I need a head count of everyone who is attending Pennsic this year. Remember we have to functions to prepare snacks for. The first is Bright Hills Open House on Tuesday, 4 August starting around 7:30 pm. The other is the after Atlantian After Court Social (nosh) on Thursday, 6 August, beginning at 7:00 pm. According to the Atlantian Pennsic home site court should last only an hour. We will need all hands to help prepare, transport, serve and tear-down.

If you can help please contact mistress Jeanne Tenneur de Bec at beckyritterhouse@yahoo.com or myself jay_wynne@hotmail.com

Thank-you all in advance.
Baroness Wynne fetch Rhodri
Bright Hills Cooks Guild

Good Afternoon All,

We are a month away (Wednesday, August 5th) from the Known World Children's Fete at Pennsic and we still need help! The Fete Needs You!

If you have volunteered but not signed up yet, please do so. If you have not spoken up, we could still use you. Either way, please fill out the google doc so that volunteer registration will go much smoother:
<https://docs.google.com/forms/d/1Xo9fOtzvIW2kOui43dZUiMUuPMPFSI2UHcHoSMHySAg/viewform>

There is still plenty of room for more craft/game tables if you or a group would like to help. Please contact me with your idea to make sure we don't have duplication.

Set up will begin at 11:00 am with festivities starting at Noon. The Fete will run until 3:00 pm and we should be done with clean up by 4:00 pm. If you are able to help with either setup or clean up or both, that would be great. We also need help with registration/troll and with some of the booths. If you can give an hour or the whole time, we will be much appreciative.

There have been questions over the new Pennsylvania law and we have worked with the Pennsic staff to make sure we are in compliance.

I look forward to seeing everyone in just a few short weeks!

Respectfully,

Tammy Reid/Lady Aine O Grienan
Chancellor of Family & Youth, Kingdom of Atlantia & Fete Coordinator



The Artisans' Cabinet

The Care And Feeding Of Your Fighter **Chagan Khulan, Bagshi, O.P.**

Congratulations!

You have acquired a fighter. Now you must learn to take care of this very special creature.

Most fighters are perfectly normal folk – possessed of the usual collection of good and bad habits, personality quirks and idiosyncrasies. Just plain folks like you and I. However, upon donning armor of any sort, some mystical change overtakes them. The degree of change is generally dictated by the level of combat or challenge, the frequency of donning the armor and the sum total of the nearby fellow fighters. Pay heed to these signs.

- Please note - the term FIGHTER is used here in a generic sense. It denotes male and/or female, heavy, rapier, combat archer, equestrian or siege folk – anyone on the field and in armor for reasons of combat.

At the average fighter practice you can usually leave your fighter safely unattended. Exceptions to this are during very hot weather, when your fighter is in an argumentative mood or has spotted the arrival of someone – especially another fighter – who your fighter feels the need to impress. At this point you should begin to treat your fighter on the same level as you would at a small tournament.

At small tournaments there are a few preparations that you should make. Do have at hand a ready water/sports drink supply. Have this ready as soon as your fighter begins to ‘armor up’. A non-breakable container, such as a sports bottle, with a long straw or plastic tube is best. The tubing or straw needs to be of a size that will fit through the face grill of the fighter’s helm. There isn’t always time to remove the helm during a hold in the battle but they need to get the water anytime a ‘hold’ is called. Do your best to water them regularly – every ‘hold’ if possible. **THIS IS IMPORTANT**, the water should be somewhere between room temperature and cool – **NOT ICE COLD!** Ice water can send an overheated fighter into shock.

Other items to carry for your fighter during combat are; duct tape, heavy cord or lacing, two towels (one wet, one dry) and a small first aid kit – a collection of Band-aids™, iodine or peroxide will do and you can add other items that might be timely such as an Ace Bandage™ or Benadryl™ (good for allergies and insect bites). First aid during a ‘hold’ usually consists of “clean it, cover it and send it back into combat”. Be sure you’ve avoided bringing anything your fighter is allergic to.

At large tournaments such as war practices, Crown Tourney and Pennsic make sure you have covered all the above but possibly increase the supplies or the variety of items that you carry. You might also consider carrying a more complete first aid kit. Above all, make sure these things are in hand and readily available. Although this is sometimes difficult in melees, try to keep your fighter in line of sight.

If possible, find a way to help carry or cart your fighter’s excess gear (this means ANYTHING they dropped or took off upon leaving the battlefield) back to your campsite or pavilion. Water your fighter when they leave the battlefield. Even

though the battle is over your fighter isn't finished and now is usually when they need at least one last drink to start the cooling down process.

Have that wet towel ready to drape over their neck and head. If they appear to be unsteady or dazed make them SIT DOWN (in the shade if possible) until they lose the "cooked lobster" look or return from being pasty white (or whatever shade isn't normal for their particular racial coloring) or blotchy to their normal coloring. Try to loosen their armor. If they are pale, blotchy and not sweating – get them shade, water and immobilized immediately! You may have a potential case of heat exhaustion or dehydration on your hands. Call a Chirurgeon or EMT if you aren't sure what to do or your fighter is totally unresponsive. Be ready with any health information that is specific to your fighter. Fighters with conditions such as heart issues, Diabetes and severe allergies may need a different level or type of care.

These are just the basics. What follows is not only a listing of additional care suggestions, but some personal observations that I hope may help you to answer that most frustrating question – "Why do they DO that?"

Your fighter will, most likely, exhibit one very annoying habit – at least it will seem annoying till you get used to it. They seem to ignore you. Just before and after combat they seem to be on some other plane of existence. This is actually truer than it sounds. They tend to shut out everything in the process of preparing for combat. 'Psyching themselves up' is how my fighter describes it. Much like a countdown, it helps them to be totally ready for the upcoming combat, confirm that everything is in place and warmed up. This 'psyching' varies in time length based on your individual fighter and the combat situation they are going into. If they aren't ignoring you, they may be going through the 'bossy' variant. 'Get me my glove, where's my coif, did you pack my...etc., etc.' For this I can only say – Get Used To It. They do not really mean to be rude and obnoxious, but it sure does feel that way when you are not used to it and trying to help. Realize that the 'psyching up' is a reaction to not only the excitement of upcoming combat but the adrenaline building up in the system at the same time.

OK, your fighter has gone off to war, fought valiantly and survived. Here they come, trudging off the field....and walk right past you. Panic not! This is the first sign of the post-combat unwinding sequence. They are now coming down off an incredible adrenaline rush and it takes time. They may seem to ignore you, they do not always respond to anything other than combat related talk and all this is relative to whether they had a good fight or a bad fight. Be there....help them out of their armor or water them or just be visible. Somewhere deep in their thought process, they have noticed you and your help. They will remember it later. The unwinding process is longer and more involved than 'psyching up'. Not only are they trying to unwind, they're trying to cool down, catch their breath, stop hurting and shucking their armor. Just hang in there and help, but don't push it.

- Note of warning – beware of falling armor bits. It HURTS when a 15 pound helm gets dropped on your foot!

Welcome additions to your 'fighter kit' are fresh fruits and salt/electrolyte supplements. Bananas, apples, oranges, pears – all are welcome if there is an extended 'hold' or a break between battles. Do make sure the fruit or snacks are in bite size chunks for quick and easy consumption. Pickles, olives and salty snacks are also welcome as well as helping to replenish those very vital salts and electrolytes that help keep your fighter healthy and not dehydrated. Many of our fighters use an over-the-counter supplement called Sustain™ which provides a small boost to the electrolytes and salt in the system and helps them avoid dehydration. Water alone is not always enough - especially in high heat and humidity. If your fighter uses an inhaler or specific medication, make sure they are carrying it and if not – you carry it for them. If possible, carry a spare. Many of the newer 'sports drinks' also have supplements that help avoid dehydration. Whatever they prefer but carry at least one of these beverages that they will drink! It sure beats getting dehydrated or heat exhaustion.

The battle is over, the troops are home, ensconced in the pavilion. The more self-sufficient fighters will either take off their own armor and dump it in a pile (possibly even a semi-organized pile) or they will ask for assistance. The rest of them will drop pieces of armor here and there or just leave a trail of armor 'bits' leading up to the pavilion. Learn to recognize your fighters 'bits'. It helps when picking up after them. Yes, I know, they should pick up their own toys but... sometimes they need help.

You have now watched them battle, watered them, helped tape their armor back together and tied up the dangling whatever you call it 'bit'. You toted a battered shield and a well worn sword back to camp. You made sure they hit the showers and found the bruises, sore spots, cuts and scrapes and attended to them. At this point, if you really want to spoil them, you might offer them a back rub or foot rub (AFTER they shower), cold drinks and, with luck, you'll get a thank

you. However, you aren't really done yet. Prepare yourself to deal with the tired, sore, bruised fighters who are now painfully aware of all their injuries. You will probably hear choruses of 'would you get me a..., could I have a..., Did you see my..., etc. Happy Days! Your fighter is once again fully aware of your presence. It doesn't matter that you have aches from standing, watching them fight, running around watering them and all their friends because "you weren't out there in the thick of things". Grin and bear it. Actually, if you planned ahead, you can now sit back and semi-relax. Find yourself a comfy spot near your fighter, have the cooler full of cold drinks within easy reach, keep the duct tape, first aid kit and the bottle opener near at hand. Somehow, it is traditional that someone will show up with the 'good stuff' but no opener, or someone will find one more cut, scrape or bruise. Now begins the 'no shit, there we were...' story session. Sit back, enjoy and commit the good stories to memory.

Next comes the fighting critique. Eventually this will mean something to you and you can bring up 'your observations' or make a few points, bringing up old exploits. 'Remember when you trapped Duke Sir Whatsisname with your spear...'. These are generally appreciated.

Be prepared for "sweaty fighter hugs" and really disgusting sweaty, grubby fighter clothes. Frequently the soggy fighter clothes end up mixed in with the armor bits. Depending on who gets custody of the laundry, you may want to hang these up to dry out before dumping them in with the other laundry. This is truly optional. If you've married your fighter then it may be expected. Work out your own set of rules on this. As a matter of fact, working out the rules is a real good idea. 'Who does what with what when?' can be an issue between two people. I have known folk who have absolutely nothing to do with their fighter's gear, some who help occasionally and some who are virtual pack animals after a battle or event. Some fighters do not want anyone else handling their armor and weapons. Learn which type of fighter you have. There is no "carved in stone" rule concerning this aspect of caring for your fighter.

Feeding your fighter is an aspect with many variables. Fighters differ in their pre and post-battle eating habits. Some fighters will not eat at all before a battle, some will eat like horses and some have certain foods they must have or will not touch when fighting. Find out what applies to your fighter. If they're not hungry or will not eat before a battle, do not force-feed them! You'll regret the results if you do. Most fighters with special health issues will do what's best for them but it doesn't hurt to ask if they've taken care of their meds or whatever and possibly nudge them to do so if they haven't. BUT DON'T NAG! Remember the fresh fruit, the bananas, oranges, etc., the sports drink or water and the pickles for during and after combat. Don't forget the Sustain™ or salt tablets because you really don't want dehydrated or heat-exhaustion suffering fighters. Remember that overheated or dehydrated fighters should avoid COLD drinks, alcohol and caffeine till they cool down. DO NOT give them ice cold liquids or even apply COLD wet towels till they are really cooled down to near normal. If it feels just cool to you it's going to feel like ice to an overheated fighter. These things should help you keep your fighter happy and healthy, maybe even spoiled. How much you spoil your fighter is up to you.

** A quick note on salt and electrolytes. During particularly hot weather or the more evil hot and humid combination, there are many folks who 'sweat out' their natural sodium and electrolyte supply. While salt has been given a bad reputation by the medical community, it is still necessary to some degree. The most common symptom of salt depletion is a screaming headache. For some folks, a near migraine level headache. Carry a small packet of salt or salty food (pretzels, chips, dill pickles) handy for this problem. It happens often enough at summer events to make it worth mentioning. So keep on watering your fighter AND yourself as well as watching your salt and electrolyte losses via sweating. If you've stopped sweating or haven't had to pee in a while – you're definitely in need of liquids and electrolytes!

The other things you can do for your fighter have nothing to do with water, salt or carrying their armor. This is the fun part. Fighters, like anyone, enjoy attention. If you aren't proud of your fighter and supporting him or her then something's wrong. Get out there and cheer them on! Be positive about their efforts and make sure they know just how special you think they are. Once you get the hang of things, venture an occasional comment on how well they're doing or, diplomatically, point out something you question or think they might be neglecting. If they looked REALLY GOOD, compliment them. If they looked bad, let someone else who is more knowledgeable point out the flaws. If you're the only person handy to give a critique, choose your words carefully. Telling a fighter they were "off their form" is a lot less damaging than saying they "looked really crappie out there today". 'Nuff said – when in doubt, SAY NOTHING!

Give them a favor or token. This is a personal touch that can mean a lot. If you put a pocket inside it they have a safe place to carry their fighter cards. Go and watch them fight as often as possible, which you should be doing anyway.

Whether it's single combat tourneys or melee combat, they know who is watching. Make them a tabard, mantle, cassock or gambeson to wear when they fight. Make it in their colors and device. Make it out of sturdy fabric, though. Trigger™, heavy broadcloth, cotton duck or mid-weight canvas are all good choices since these items of clothing will take a lot of abuse.

No matter if your fighter is brand new or a Knight fighting in Crown tourney, support their efforts, cheer them on! If they're fighting in Crown Tourney you should not only cheer them on but have a backup crew ready to go, just in case they win, because obviously you've been taking REAL GOOD care of your fighter!

I realize that providing proper care and feeding of your fighter sounds like you have entered into indentured servant status. It really isn't that bad. If you work out a 'support routine' and keep your support kit ready to go, most of what you'll do becomes second nature and you won't wear yourself out. In most cases you won't even think about it anymore, you'll just grab your gear and go. The benefit to all this – beyond having a happy, healthy fighter – is your well kept fighter is generally more inclined to indulge you with things that keep you happy, healthy and slightly spoiled. After all, they've gotten used to all that special care and probably want it to continue.

Some observations after 2 decades of taking care of my fighter.

I've mentioned health issues and listed a very short list of the sort of things you might wish to keep in your "care and feeding kit" on purpose. Most of what I listed is generic because every individual may have some allergy, some dislike, some bad reaction to something or simply their 'own special cure'. Adapt your kit to fit your fighter.

So you could consider everything from just bandages, water and duct tape to a full EMT's special medical bag. Taking care of your fighter will also change as they do. So your job is to roll with those punches and make changes as they become necessary. The best equipment you can have in your kit is a large dose of common sense.

This article was originally written years ago, for a lady who was dating a fighter but had no experience with SCA fighting. So this is aimed at individuals who are 'newbies' but I would hope that any fighters consort would find it helpful. I've updated it to include things I've seen or used that actually do help. It is only a series of guidelines.

Brand names mentioned in this article are meant as common usage names. This is not an endorsement for any specific product. Always consult your physician before taking any medication or supplement.

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Author: Karen Whitlock, known within the SCA as Chagan Khulan.

I can be contacted via e-mail at chagankhulan@gmail.com



The Poets' Corner

Riddles

By Katarzyna Witkowska

Riddles were very popular forms for medieval verse. A riddle is a statement or question or phrase having a double or veiled meaning, put forth as a puzzle to be solved; in other words the item's identity is hidden. Riddles are of two types: enigmas (problems expressed in metaphorical or allegorical language that require ingenuity and careful thinking for their solution) and conundrums (questions relying for their effects on punning in either the question or the answer). Riddles occur extensively in Old English poetry. Aldhelm (639-709) was the principal exponent of the Anglo-Latin literary that spawned this form. Aldhelm was inspired by Symphosius, a Latin poet. In the Anglo-Saxon world, the wise had wisdom due to their wit – their ability to conciliate and mediate by maintaining multiple perspectives. This wit was taught with a form of oral tradition called the riddle. In the 10th century the Exeter Book (one of the most important surviving collections of Old English manuscripts) was written. It is famous for its anthology of Anglo-Saxon poetry. Although the author is unknown, Aelfric, the first bishop of Exeter, collected the works. In addition to its collection of other gnomic verses (meaningful sayings put into verse to aid the memory), poems and maxims, it includes a collection of nearly 100 riddles, none of which have answers written. A number of them also seem to involve dirty puns and double entendres. Scholars have come up with the answers to many of them by staying true to the humor and thinking of medieval Englishmen.

"I have heard of a something-or-other, growing in its nook, swelling and rising, pushing up its covering. Upon that boneless thing a cocky-minded young woman took a grip with her hands; with her apron a lord's daughter covered the tumescent thing." (Note the double entendres.) The answer is Dough!

In Anglo-Saxon education riddles taught their listeners how to track two (or more) meanings at once in a single semantic situation. There are at least eighteen distinct Anglo-Saxon words describing aspects of cognitive skill (frod, ferð, onhæle, degol, cunnan, dyrne, hyge, hygecraft, hylest, heort, þencan, gleaw, sceolon, giedd, mod, sawol, heofodgimme, wis, snot(t)or, wat, swican). The Anglo-Saxon culture highly valued these cognitive skills.

The general technique of the riddle form is to refer obliquely to the subject by kenning and other sorts of figurative language; since kennings formed such an important element of alliterative verse forms in the Germanic languages, the riddles served the dual purpose of puzzling the poet's audience and teaching the lore needed to successfully use or understand the poetic language. Old Norse literature, though closely connected with Anglo-Saxon literature, attests to few riddles; however, Norse mythology attests to a number of wisdom-contests, usually involving the god Odin.

Riddles were not exclusive to the Anglo-Saxons and Old Norse; they are ancient in their origins. Oedipus killed the Sphinx by grasping the answer to the riddle it posed. Samson outwitted the Philistines by posing a riddle about the lion and the beehive. In both cases, riddles were made to decide matters of life and death. Ancient Greek children engaged in riddle play. In his Rhetoric, Aristotle describes the close relationship between riddles and metaphors: "Good riddles do, in general, provide us with satisfactory metaphors; for metaphors imply riddles, and therefore a good riddle can furnish a good metaphor." Riddles can be found in many diverse cultures--Hungarian, Chinese, Russian, Polish, et al.

Here is a riddle that is supposedly connected to the death of the Greek poet Homer. Homer traveled to the island of Ios (he ignored an oracle who warned him Ios would be the place of his death). During his travels around the island, Homer came upon some fishermen. He asked them how their day was going and they responded with this riddle: "What we caught, we threw away; what we didn't catch, we kept. What did we keep?" It is said that Homer died on the island, refusing to leave until he could solve the riddle. The answer is Lice.

Here is a poem that is a whole collection of riddles. It was found in a schoolboy's notebook in Devon in the fifteenth century. Later it is widely heard in England and Scotland in different versions:

Will you hear a wondrous thing
Betwixt a maid and the foul fiend?

Thus spoke the fiend to the maid:
'Believe on me, maid, today.
Maid, may I thy lover be?
Wisdom I will teach thee . . . '

'What is higher than is the tree?
What is deeper than is the sea?
What is sharper than is the thorn?
What is louder than is the horn?
What is longer than is the way?
What is redder than is the day?

What is better than is the bread?
What is sharper than being dead?
What is greener than is the wood?
What is sweeter than is the note?
What is swifter than is the wind?
What is richer than is the king?
What is yellower than is the wax?
What is softer than is the flax?

The maid prays to Jesus for inspiration and protection. Then she says:

'Heaven is higher than is the tree;
Hell is deeper than is the sea;
Hunger is sharper than is the thorn;
Thunder is louder than is the horn;
Looking is longer than is the way;
Sin is redder than is the day;
God's flesh is better than is the bread;
Pain is stronger than being dead;
Grass is greener than is the wood;
Love is sweeter than is the note;
Thought is swifter than is the wind;
Jesus is richer than is the king;
Sapphire is yellower than is the wax;
Silk is softer than is the flax.
Now, though fiend, still thou be!
Will I speak no more with thee!'

At which the devil instantly disappears, as devils do when you recognize and name them!

In the later Middle Ages, wandering scops or German spielmann (or "gleeman") told riddles as they traveled about performing. Riddles were one of the most common forms of spielmann lyric verse. Below is an anonymous 12th century German riddle.

Three I saw both great and strong
They labored hard and labored long.
The one spoke thus: "I wish for night,"
The other: "Day for me, and light,"
The third one: "Whether night or day,
I never rest along the way."

When you are writing a riddle you should make the item as obscure as possible without making the riddle impossible to solve.

Riddles are one thing I have not been able to master. Can you send me your riddles at k_hawk_us@yahoo.com? I will bet I don't know the answer!!

Katarzyna



As per the request of the bride and groom Chagan Bagshi and Lord Wade here is the first of the 3 wedding poems from their wedding.

Wrade
By Lady Deirdre O'Bardon

Who is this man that came today
And wed this Mongol bride?
When he dared to give his sword
None did him deride.

Wrade was once a warrior bold.
At need he is one still.
Wrade gives counsels good to all,
With words he has great skill.

This magic man with magic hands
Will shape a piece of wood
His heart is great. He helps his friends
And his wisdom does all good.

Wrade is wise and so he sought
No fainting, shrinking bride
Wrade does a strong partner want
To walk proudly at his side.

Wrade's fiery hair has gone with youth
Though his eyes are fierce and blue
A worthy man who earned his bride
With deeds both right and true

Still no bride is won by only deeds
But by love is a woman won
In love does Wrade all men surpass
His love grows ever strong.

Today these two have joined their lives
As by love they were led
And we are glad to share their joy
For it is right they wed.



From the Bright Hills Kitchen:

Summertime Eats - Stuffed Zucchini Flowers
By Chagan Khulan Bagshi

I used to see the bright orange flowers growing on any kind of squash family plants in various gardens growing up. I never thought you could actually eat them and never realized how delicious they really were.

These are a great little treat which you can only get for a little while during the year. Don't be afraid of them as they aren't that hard to deal with. You just have to be careful while handling them, that's all. You can put various things inside for stuffing, such as fresh mozzarella and an anchovy fillet (from David Rocco), smoked mozzarella and salsa, ricotta, the list goes on and on. If you are using something with a little liquid in it, be careful when you bite into them as the liquid will be very hot and can burn your mouth. Letting them sit for a short time after cooking isn't a bad idea, but not for long. They are fried so don't make a habit of eating them like this.

Ingredients

12 zucchini flowers
1 egg, beaten
1/2 cup all purpose flour
1/2 cup soda water or white wine
1/2 cup ricotta
juice of half a lemon
sea salt and fresh ground pepper
EVOO, Grape seed or Canola oil, for frying

Directions

1) Carefully dust off the flowers with a dry cloth or use a pastry brush. Do NOT rinse them off as they are very delicate.

Take a look inside of them to make sure they are clean in there as well and to make sure you don't have any freeloaders, like a bug. While I was picking these, a hornet flew out of one and I just about shit my pants. Pinch the stamen and remove it as it has a bitter taste.

2) Make your batter by mixing the flour and liquid together using a fork. Mix well and make sure there aren't any lumps. Add the egg and mix it in.

3) Mix the ricotta up with the lemon juice, salt and pepper. Put it in a piping bag (if you want, it's a lot easier if your using a mixture like this, if not just pull the flower apart a little to expose the inside and spoon the ricotta in) and start filling up the flowers. Don't fill them up too much. You just need a little bit. Just squeeze in enough to cover the bottom of the inside of the flower.

4) In a frying pan, pour in enough oil to give you about 1-1.5". Make sure the oil is very hot. If it isn't, the flowers won't crisp up and will absorb the oil. If you have a candy thermometer, heat the oil to about 360F, or just use a deep fryer.

5) Dip the flowers in the batter and roll them around in it so you coat the entire flower.

Let the excess drip off a little before gently lowering them into the hot oil. Make sure they are cooked on all sides and are nice and golden. When done (it should only take about 15 seconds per side), take them out of the oil and place them on a plate with a paper towel on it to soak up any excess oil. Sprinkle with sea salt and serve.

Yield: Serves 4



June Event Pictures



Bright Hills' archers participate in Highland River Melees Archery Competition.



Godai presents the competition winners and gets a scroll.

Sindara wins the A&S for her jewelry.



Wynne heralds royal court.



Members of Bright Hill visit Owlshurst and participate in the archery competition.



Bright Hills' archery participate in archery competitions in Owlshurst and Steirbach.

Godai takes aim.



Our Archery Champion.



A gathering of archers.



Wynne helps with royal court.



Current Baronial Champions



Archery: Lady Wanda Ostowana
 Arts and Sciences: Lady Deirdre O'Bardon
 Bardic: Lady Tarquinia Maida
 Brewer: Lady Nem
 Equestrian: Rachel d'Alton
 Heavy Weapons: Lord Raphael
 Rapier: Milord Conrad Muni
 Children's Archery- M'Lord Pietre Witkowski



Guild Contacts

Armors' Guild: Baron Heinrich Kreiner (lands_heinie@yahoo.com)

PAGE: THL Yseulte Trevelyn (brunosharpy@yahoo.com)

Brewer's Guild: Lady Livia di Samuele (Abramsonsm@yahoo.com)

Cheese Mongers' Guild: Master Chirhart Blackstar (chirhart_1@yahoo.com)

Clothier's Guild: Lady Faye de Trees (feataure@yahoo.com)

Cooks' Guild: Baroness Wynne ferch Rhodri ap Hwytell (jay_wynne@hotmail.com)

Scriptorium: Lady Amelia Rosa (aemiliarosa@comcast.net)

Textile Arts Guild (TAG): Mistress Brienna Llewellyn Lindsey (LadyBrienna@gmail.mil)

Woodworkers' Guild (WAG): Lord Luke of Bright Hills (idylukewild@yahoo.com)

The Worshipful Company of St. Matthias: Lady Livia di Samuele (Abramsonsm@yahoo.com)



To see the most current list of local events, please follow the following link:

<http://brighthills.atlantia.sca.org/events/local.htm>

To see the most current list of away events, please follow the following link:

<http://www.atlantia.sca.org/>



Barony of the Bright Hills Practices and Meetings Site Directions

Heavy and Light Weapons Fighter Practices and A&S classes are held most Friday nights from 7:30 PM-10 PM

Business Meetings are held from 7 PM-8 PM the last Friday of the month (Please See Calendar)

Location: Christ the King Episcopal Church, 1930 Brookdale Rd., Baltimore, MD 21244

Although we use these facilities, the SCA is not endorsed by the Church.

Directions: Exit the Baltimore Beltway (I-695) at Exit 17 (Security Blvd Exit). Take the exit west toward

Rolling Road, not the exit east toward Woodlawn. Travel west along Security Boulevard about one-half mile, through traffic-lights at Belmont Avenue, Lord Baltimore Drive, and Rolling Road.

Continue west for another block, until you reach Brookdale Road.

The Episcopal Church of Christ the King is on your left.

Make a left turn onto Brookdale, and then turn right into the Church parking lot.



INCLEMENT WEATHER POLICY

If Baltimore County Schools announce they are closed or closing early, there will be no practice that night. You can usually hear the school closing lists on virtually any local radio station broadcast throughout the morning.



Sunday Afternoon Archery Practice

Lady Nichola Blackwell, 301-404-6133

Every Sunday 1:00 pm - 4:00 pm (See Calendar)

Location: Baltimore Bowmen Site

Go to www.baltimorebowmen.com for directions. If the gate is closed, check to make sure it is not locked. If it is not locked, open it and drive down the hill to the butts. If the gate is locked, park your car and walk down the hill to the butts.

NOTE: PRACTICE WILL NOT BE HELD WHEN THERE ARE WEEKEND-LONG EVENTS AND WHEN THERE ARE EVENTS AT THE BOWMEN SITE.



Guild Gatherings:

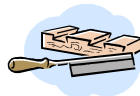


Bardic Circle/PAGE

(Sundays 4-8pm; Contact Lady Nina for exact dates or check calendar)

6414 Loch Raven Blvd. Baltimore MD 21239

ninadances@gmail.com



Woodworkers' Guild (Check Calendar)

Lord Luke of Bright Hills' house. 1020 Register Avenue, Towson, MD 21239, (410) 377-6828.

Directions: Take Baltimore Beltway 695 toward Towson. We live near the northern apex of the beltway. Take exit 29 from 695. Take Loch Raven Blvd. south, past Taylor Ave. intersection, go through two lights after Taylor, look for quick right onto Register Avenue just over peak of a hill. (If you miss Register Ave. don't despair: at next light make a right onto Loch Hill Rd., then left at stop sign onto Register Ave. If you've gone too far on Loch Raven, you will reach

Northern Parkway – a huge intersection.) Our house is at 1020 Register – white house with porch on right with SCA-type banner hanging from a signpost on front lawn - large driveway. Park on the south side of Register Avenue if there is no room in driveway.



Brewer's Guild

Lady Livia di Samuele, 7927 Mandan Road Apt 104 Greenbelt, MD 20770; 301-807-5476 Abramsonsm@yahoo.com

Contact with questions or to request special brewing days.



Clothier's Guild

Lady Faye de Trees, 1402 Hillside Dr., Bel Air, MD 21015; 352-281-8216, feataure@gmail.com.

The clothiers currently do one class per month on a specific project at Friday night fighter practice followed by a sewing session on Sunday afternoon to finish the projects. The location of the Sunday sessions varies. (Check calendar)



Textile Arts Guild

Mistress Brienna Llewellyn Lindsey, 3009 Ebbtide Dr., Edgewood, MD 21040, [410.598.3422](tel:410.598.3422), ladybrienna@gmail.com.

TAG meets the first Sunday of every month. Check calendar for location and times



Armors' Guild

Baron Heinrich, 3114 Littlestown Pike, Westminster, MD 21158; 443-789-8109, lands-heinie@yahoo.com

Weekends by appointment.



Cook's Guild

Baroness Wynne ferch Rhodri ap Hwyell, jay_wynne@hotmail.com

Meets second Sunday of the month. Check calendar for location and time.



Gold Key

To Access Gold Key garb, Contact Lady Wanda Ostojowna, wlkinnie@comcast.net



A very appreciative thank you to the following individuals for their assistance: THL Katarzyna for her article on Riddles, Chagan Bagshi for her article on taking care of fighters and her stuffed zucchini flowers recipe, Lady Deidre for her wedding poem-Wrade, Lady Wanda for her pictures. Many hands truly make light work.



Have you noticed any errors or omissions? Remember to update your group information with the Chronicler! Don't be left out, send your submissions to the Chronicler. *The Yeoman* can only improve with your help and interesting submissions of articles, project write-ups, book reviews, research tactics, or anything else that is newsworthy that your fellow barony members would like to hear about... Submit now to *The Yeoman* by emailing at Sindara@pobox.com or call for information at 410-961-2739. Do your part to make *The Yeoman* get better every month!



Officers and Deputies of the Barony of Bright Hills

Please try not to call any of the following individuals after 9 PM

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Graham Wright
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This is *The Yeoman*, a publication of the Barony of Bright Hills of the Society for Creative Anachronism, Inc. *The Yeoman* is available from THL Sindara Lind Rachael Fessel of the Falconshield (Sharon R. Saroff), 123 Embleton Road, Owings Mills MD 21117, 410-961-2739. Subscriptions are free. *The Yeoman* is currently offered through the Bright Hills website. Please request a hard copy if required from the Chronicler. This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies.



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Bright Hills Website

The Baronial website, <http://brighthills.atlantia.sca.org/> contains a listing of current officers, regularly scheduled meetings, events and other items of interest. If you have an item for the website, please send it to the Webminister, THL Janyn Fletcher of Lancastreshire, janynfletcher@comcast.net



Visit *The Yeoman* On-Line

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