

The Althing



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Submissions: Any gentle wishing to submit articles, artwork, poetry, etc., to the Althing is invited to do so. Please send your work to the chronicler. All material in the Althing is copyrighted to the individual contributors. The chronicler reserves the right to edit, refuse, or reprint any submissions. The Althing's submissions deadline is the 10th of every month – send your contributions to Fuji at chronicler@debatablelands.org for inclusion in the next issue.

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Their Excellencies of the Debatable Lands

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Baronial Positions and Deputies

College Liason

Fiora d'Artusio

Chancellor of Youth

Aibell ingen Chernachain

Gold Key (Loaner Gear)

Elizabeth Arrowsmythe

Iron Key (Loaner Heavy Weapons Equipment)

Sumayya al Ghaziyya

Steward

Michelina Cenomani da Trento

Baronial Signet

Rachel Dalicieux

Dark Pages Editor

Arianna of Wynthrope

Historian

Ts'vee'a bas Tseepora Levi

Youth Fighting Marshal

Arianna of Wynthroppe

Thrown Weapons Marshal (Deputy to Knight Marshal)

O'no Kuma

From the Baron and Baroness:

Hello Debatable Lands!

We've had much to celebrate here in our beautiful lands over the past few months.

Congratulations to our Canton of Steltonwald for yet again running a very enjoyable (if wet!) Aethelmearc War Practice. It was a great day for our Lands! So many wonderful things happened, but to spotlight a few: The new Kingdom Archery Champion is our own Lord Yoshi. And the new Kingdom Thrown Weapons Champion is Baroness Soteria! In Baronial Court, Lord Aiden Gunn received a Gold Comet for continued service to Steltonwald, Duke Titus received an Iron (red) Comet for rapier fighting, particularly in Steltonwald, Countess Anna Leigh received a Silver Comet for her scribal work, and Lady Aisling received a Silver Comet for her research into early period, and for her beautiful leather work. Thank you to the Debatable Choir, our retainers and our Champions who stood with us, and to Lady Rivka, Lord Yoshi who stepped in last minute to run Court, and THL Rachel, Vivant!

Also in May, we held a couple Baronial Champs tourneys. Your new Baronial Rapier Champion is Lord Robert MacEwin of Thornhill (seconded by Lady Cairdha Eilis)! And your new Baronial Heavy fighting Champion is THL Kieran MacRae (seconded by Baron Liam macanTsoir)! Amazing tournaments and competitors. And thank you to Baroness Elizabeth for ministering the lists!

Speaking of Baroness Elizabeth, she logged an incredible 62 hours of volunteer work at the SCA 50 Year event! Vivat! And nice job to the other Debatable Landers that attended. Every single one volunteered or worked in some way and had a great time doing it. It was very inspiring!

Other great news: At Pennsic, Don Clewin will be elevated to the Order of Defense, and Mistress Irene will be inducted into the Order of the Laurel. At Bog 3 Day, Master Jussie was elevated to the Chivalry, and Master Urho was named a Jewel of Aethelmearc!

July Barony Meeting was a blast, and we want to thank Mistress Odriana for arranging it, Baroness Constance for running her ever-popular garb swap, Lord Robert for speaking to first time Pennsic goers, Baroness Soteria for running the SASS auction, Lady Elsa for providing lemonade and popcorn for everyone, and all our marshals for allowing us to impose on their practice time.

And don't forget, we have declared this, THE YEAR OF THE TOWEL! Everyone who wants one can have an Excellent towel printed with a cool design by Lady Kathryn Tanzel. We've got lots, just ask!

PENNSIC! Volunteers are needed in every corner, but specific to the Debatable Lands, please consider signing up for a shift at Kingdom Gate Guard duty on middle Sunday. Also, a retaining or guard shift for our Sylvan Majesties on War Week Thursday. Our Barony has been asked to fill these slots specifically. Please let Baroness Hilda know if you're interested. Additionally, we could use some Baronial retainers. Please let Lady Rivka know if you can help out with that! On the last Friday morning of War, the Kingdom encampment needs to be broken down. We'd appreciate if some folks would help out with that as well.

COME AND JOIN US for the Debatable Lands Baronial Party and Court, middle Sunday of Pennsic, at the Aethelmearc Royal encampment, from 5pm to 8pm. More details later in this fine publication. Also, there will be a memorial party for Countess Aiden, at 8:30 that night, also at AE Royal.

Other Baronial Happenings at Pennsic: We'll be marching in opening ceremonies Saturday evening at 5:30, bring your towels! Our Debatable Choir will be performing on Monday night at 7:30 and I Genesii will be performing at 9pm that night, both in the Performing Arts Pavilion.

After Pennsic, on Saturday, August 20th, we will be traveling to the Seven Pearls Champions event. Our Baronial Champions will be competing against all the other Baronies' champs for victory and glory! Come on out and support our people! See you there!

Thanks again, Debatable Lands! Your vibrancy, talent, and generosity make it a joy to serve as your Baron and Baroness! If you ever need to talk to us about anything at all, don't hesitate to speak to us, in person, by phone, by email, or by social media (Hilda on Facebook, Brandubh on G+).

In Levitate et Caritate, and Cheers,
Baron Brandubh and Baroness Hilda

From the Geneschal:

It's Pennsic time again and for those of us that are going, it's a time of high activity - sewing, making things, planning parties, scheduling Pennsic class schedules, and looking forward to seeing friends that we see only once a year. For those of you who are not able to attend, know that we will miss you terribly and look forward to when we can share Pennsic with you.

Since my last letter, we have welcomed some new officers to the Barony; Baroness Anna Eisenkopf is our new Mistress of the Lists, Lady Elizabeth Parker is taking on the role of Chatelaine, and THL Elss of Augsburg is our new A&S Minister. To Baroness Elizabeth Arrowsmith, Lady Edana the Red, and Master Meszaros Janos our outgoing officers; we thank you all for your service to our Barony. Vivat!

It was nice to see so many people join us for our Barony Meeting this past Sunday - there was nearly nothing left at the garb swap, the SASS auction raised \$200, and folks who are new to Pennsic had the opportunity to learn more about what they were about to experience. Many thanks to Maighstir Liam and Baroness Constance for coordinating the garb swap, to Baroness Aemelia Soteria for holding the SASS auction, and to Lord Robert MacEwin of Thornhill for holding the Pennsic Newcomer's Q&A session. Your contributions are very much appreciated.

At Pennsic we will be holding our annual Baronial Dinner in Aethelmearc Royal Encampment on 7 August from 5p to 8p. There will be Baronial Court with some rumored Very Special Guests. Maighstir Liam is coordinating food for the light dinner. The Barony (through Liam) will be providing two protein entrees, plus water and lemonade. He is asking people to bring side dishes, desserts, and "other" beverages (the SCA doesn't serve alcohol, but *you* can!) If you can contribute, please let Maighstir Liam know by adding to the list here: <http://bit.ly/2a3YFoX>.

On a more somber note, for those who knew and loved her, there will be a memorial for Countess Aidan just after the Baronial Dinner, starting at 8:30 in Aethelmearc Royal.

I wish everyone luck with finishing your Pennsic projects in time for Pennsic and, again, for those of you who are unable to go, we will be thinking of you and missing your presence.

With warmest regards,

Odriana

From the Kingdom Chirurgeon's Guild

Greetings Debatable Landers,

As summer is upon us, and Pennsic within a week or two, I thought it best to go over heat related issues. It's best to know the signs and symptoms so that you can help yourself, and those around you. Also, please know that the 'First Aid' station will be up and running by EMS, in its usual spot. Please go there for any assistance needed.

Heat Cramps

Heat cramps are a mild form of heat illness. They include cramping, spasming and muscle pain. They are generally thought to be of a result of local changes in the electrolytes in the muscles. Though annoying and sometimes quite painful, they are not dangerous by themselves. It is, however, a sign that more serious heat injuries may be on the way.

Treatment includes rest and rehydration.

Prevention is proper hydration, diet, and physical conditioning prior to exercise.

Heat Exhaustion

Heat exhaustion is the most frequent heat-related illness. It is characterized by weakness, dizziness, profound sweating, nausea, vomiting, headache, muscle cramps, and fainting. The person may have an ashen appearance, be sweaty, and/or have a high heart rate.

Treatment is stop exertion, get the person to a cool area, loosen clothing (as modesty allows), and rehydrate. If nausea is severe or the person is otherwise unable to take in fluids, IV rehydration may be necessary.

Prevention is proper conditioning and heat acclimatization, adjusting activity to suit environmental conditions, and adequate hydration and diet.

Heat Injury

Heat Injury is where the heat illness has progressed to being life threatening. It can cause organ damage to the liver, kidney and muscles. The body's cooling systems have stopped functioning. Without cooling or other intervention this progresses to Heat Stroke.

Heat Stroke

Heat stroke is a life-threatening, true medical emergency. The body temperature may reach 106F or higher. There will be central nervous system disturbances such as stupor, seizures, or coma. There will probably not be absence of sweating. Heat stroke can be brought on by ignoring the signs of heat exhaustion and continuing exertion or it can come on suddenly. The type of heat stroke seen in athletes typically is the sudden onset variety and is likely to occur while the person is still sweating.

A fighter will most likely continue to actively sweat, or at least will be sweaty from previous activity. Don't wait for the person to 'stop sweating' to be concerned.

The hallmark of severe heat injury is the change in mental status. If the person is confused, unable to walk properly, or even just acting unusually silly, they should be treated as if they are suffering from heat stroke. You should be suspicious even if it is not hot weather

Treatment is immediate cooling in any way possible: remove clothing, douse them with mass quantities of cold water, ice on the groin and neck, and fans to rapidly decrease the body temperature. The victim should be transported by ambulance to the nearest emergency

Prevention is to recognize the early signs, ensure proper physical conditioning and heat acclimatization, adjusting activity to suit environmental conditions, and adequate hydration and diet.

Remember, not just fighters can suffer heat illness. Many people are at risk for heat injury in hot weather.

The risk factors for heat injuries are:

- Overall heat exposure in the last 3 days
- Hydration Level
- Poor fitness
- Illness
- Alcohol use in the past 24 hours
- Certain medications
- Prior heat illness

Hydrate, Hydrate!

Baroness Constance
Chirurgion Guild

Baronial Party At Pennsic!!!

Greetings Debatable Landers and friends!

We invite you to celebrate our Barony at the Great Pennsic War this August. Eat, drink, attend Court, be very merry, and bring your towels!

The Party will run from 5pm to 8pm on the middle Sunday of Pennsic War, August 7th, in the Aethelmearc Royal Encampment. Please come and enjoy food, drink, and most importantly, each other's' company!

Hilda and Brandubh will be holding their 3rd Court during the party, and we hear rumors of some Very Special Guests!

Maighstir Liam is coordinating food for the light dinner. The Barony (through Liam) will be providing two protein entrees, plus water and lemonade. We are asking people to bring side dishes, desserts, and "other" beverages (the SCA doesn't serve alcohol, but *you* can!) If you can contribute, please let Maighstir Liam know by adding to the list here:

<http://www.luckypotluck.com/potluck/BMDLPennsicParty>

We hope to see everyone there, at this celebration of our fair Barony!





alender

J

July/August- 2016

July 29 - Aug 14 Pennsic 45 - Barony of SCA Pennsic War (Slippery Rock, PA)

August - 2016

17 – Barony Meeting, 8pm

19 – 21 Seven Pearls Championships - Barony of St. Swithin's Bog (Summerhill Twp, PA)

September - 2016

2 – 4 Fireside Feast VI - Shire of Sunderoak (Portersville, PA)

October - 2016

1 Fall Aethelmearc Crown Tournament - Barony of Rhydderich Hael (Lockport, NY)

8 Archers to the Wald - Canton of Steltonwald

15 Aethelmearc Arts & Science Champions - Shire of Sunderoak (Chicora, PA)

28 - 30 Agincourt - Barony-Marche of Debatable Lands (Slippery Rock, PA)

Overview of reoccurring Meetings/Practices:

**** Reminder** There will be no practices on Sunday July 24th, 31st, August 4, and 14th. They will resume on**

August 21st!

Sundays

11am Archery Practice

2pm Fighter Practice

2pm Youth Fighter Practice

Mondays (Private Residence)

7:30pm – 9:00pm Debatable Lands Choir

Tuesdays (CMU Campus)

6pm – 8pm Fencing Practice (Cour d'Or)

Wednesday (Every 3rd Wednesday of the month)

7pm – 9pm Scriptorium (Private residence)

Thursday (The last Thursday of every month)

8pm – 10pm Dance Practice

Barony Meeting

General Barony meetings are held bimonthly on the odd numbered months (Jan, Mar, May, Jul, Sep, & Nov)

Officers Meeting

1st Wednesday of every other month on the even numbered months; 8:00 p.m. – 10:00 p.m. (on the campus of Carnegie Mellon University).

Bafiz, no. 2 (Alhambra)

By Morien MacBain

Here we are again, Amante,

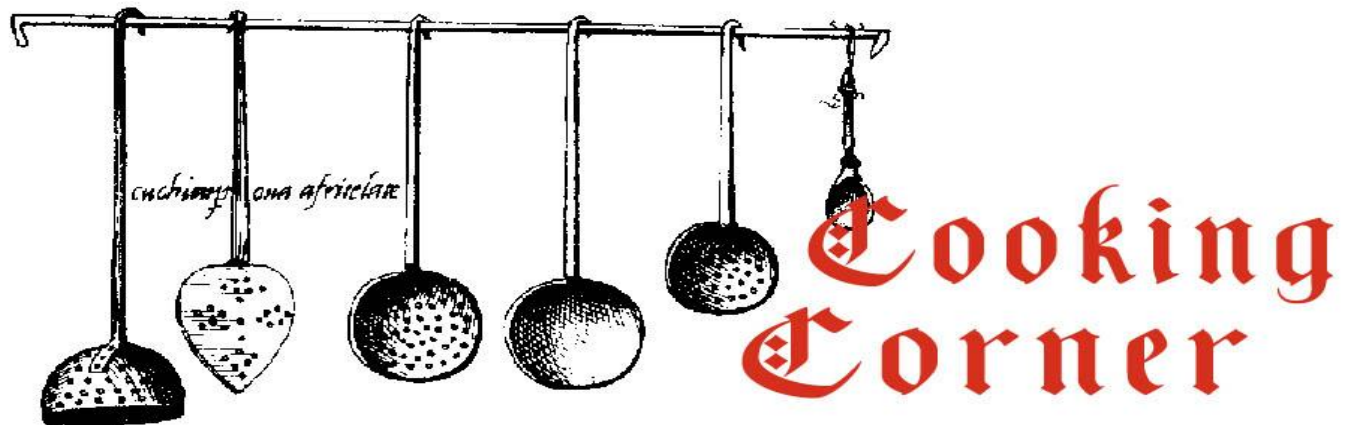
Still two ghosts, Haunting a different attic;

Tell me, Querida, What shall we whisper together

While night lasts?

~Morien





Spinach Tart

To make a tart, take four handfuls of beet leaves, two handfuls of parsley, a handful of chervil, a sprig of fennel and two handful of spinach, and pick them over and wash them in cold water, then cut them up very small; then bray

with two sorts of cheese, to wit a hard and a medium, and then add eggs thereto, yolks and whites, and bray them in the cheese; then put the herbs into the mortar and bray all together and also put therein some fine powder. Or instead of this have ready brayed in the mortar two heads of ginger and onto this bray your cheese, eggs and herbs and then cast old cheese scraped or grated onto the herbs and take it to the oven and then have your tart made and eat it hot.

1/3 lb spinach, chopped

1/2 cup fresh parsley, chopped

2 T dried or 1/4 c fresh chervil

1 or 2 leaves fresh fennel, or 1 t fennel seed, ground in a mortar

5 eggs

2/5 lb each of cheddar and mozzarella cheese

1/2 t ginger

1/2 t salt

9" pie crust

Chop or grate greens and cheese and mix filling in a bowl. Make pie crust and bake at 400deg. for about 10 minutes. Put filling in crust and bake about 40 minutes at 350deg. We usually substitute spinach for beet leaves, dried chervil for fresh, and fennel seed for fresh fennel leaves because of availability.

(From "The Forme of Cury" A Roll Of Ancient English Cookery, Compiled, about A.D. 1390, by the Master-Cooks of King Richard II) (Image from <http://medievalcookery.com/recipes/spinach.html>)

The Canton of Steltonwald Officers and Meetings

(I am aware this needs updated, as soon as Steltonwald has their web page updated I can update this list.)

Seneschal

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Exchequer

The Honorable Lady Ysabell Graver
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Captain of Archers

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Castelain

Lord Bóvi Farmaðr
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Web Mistress

Lady Madeleine de l'Este
Madeleinedlest@yahoo.com

Canton Meetings:

Third Wednesday of the month at 7PM.
Beaver County Courthouse

Archery

Wednesdays, 6PM – 9 PM
Except the third Wednesday of any month
Beaver Valley Archery Club
Maestro Jacopo di Niccolo
JacopoGM@yahoo.com

Fight Practice

?

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The College of Cour d'Or

The College of Cour d'Or is currently dormant. For information regarding local colleges and Universities,
contact the Baronial College Liason.

College Liaison	CMU Rooms Reservationist
Fiora d'Artusio	Margaret Makafee

- Sign up on the Althing mailing list to have the Althing emailed to you every month at http://groups.yahoo.com/group/bmdl_althing/.
- Download or read the Althing online every month at <http://www.debatablelands.org/althing/>.
- Subscribe to the Barony mailing list at <http://lists.andrew.cmu.edu/mailman/listinfo/sca-bmdl>.
- Find the Barony home page at <http://www.debatablelands.org/>.
- College student?
Join the SCA-medieval-interest@googlegroups.com mailing list for announcements of campus and local activities.
- While not official, there is valuable information to be had on various BMDL Facebook groups, such as [The BMDL Ride Board](#), [Debatable Lands group](#), and [the SCA group](#).

The Althing

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