

The Skraeling Atching Chronicle

FOOD FOR THOUGHT: MEAL PLANNING FOR CAMPING

By Dame Helen of Greyfells

Planning for your SCA camping trip includes planning what you are going to eat.

Decide well in advance of your trip how you will feed yourself at the event. Will you have cold, prepared foods from your cooler? Will you cook for yourself or team up with friends to make a food group? Will you shop for food at the Pennsic food merchants? Or will you adopt a combination approach?

Be sure that any foods you bring with you are safe from the elements and from local wildlife!

You also need to have enough ice in your cooler, and be sure that you can get more if you need it. Ensure that dry goods stay dry.

When camping in a wilder park, put your food in the car to keep the animals out of it. Take your garbage out every night!

Bring enough water for your needs, and a bit more to be sure. "Potable" water on site may still not agree with your stomach if you are used to



Unfortunately, fish from the lake at Pennsic are not for eating, so make sure you plan what you are going to eat

Photo Courtesy of Lord Dafydd ap Alan

city water. Pennsic water is potable but it is a funny colour, even after filtering, and has a lot of iron in it. This can give you a funny tummy, and that is no fun!

At Pennsic you might want to bring only enough for camp use - there are lots of places to get it in "town".

If you will have a cold food weekend consider things like hams, dry sausage, cheese, boiled eggs, fruits, bread/buns/pita, granola bars, juice.

Many foods can be had in tins or jars as well: tuna, bean salad, dolmades,

hummus, baba ghanoush.

Even if you intend to buy most of your foods from vendors at Pennsic, there are a few things that are good to bring.

I like to have breakfast foods in camp (perhaps Granola bars and tinned fruit) in order to have breakfast at my own pace, the hill seems very long on an empty stomach!

I always leave camp with snacks like small bags of dried fruit or nuts in case I get hungry when on the go.

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FROM THE QUILL OF THEIR EXCELLENCIES

Unto the People of the Barony of Skraeling Althing, do their Excellencies Baron Giovanni and Baroness Lucia send warm greetings.

Summer camping events are where we get to live the best of the Middle Ages, not just visit for the day.

It is at such times that otherwise run of the mill occurrences become adventures worthy of retelling.

These are the stories that bring us together and entertain us. They became part of our history when they were first told and each retelling knits us closer together.

No matter how the stories began, they now live around the campfire. From the polished bard to the smallest child we love hearing your stories.

Of course, some of our favou-

rite stories are about our very own Skraels.

Tor Brant once had an incident with powdered coffee whitener, and Greyfells with beehives inside archery equipment.

Her Excellency can tell you about the fire in the middle of a pond, but you're best to ask someone from Harrowgate Heath about 'ODIN!!!'.

If you are looking for some period entertainment this summer around a fire, ask one of your friends to recount one of these tales or one of the host of others about other Ealdormerians.

Just about anyone can tell you the story of Rocco and the Ealdormerian Lady.

In your service,

Baron Giovanni and Baroness Lucia

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UPCOMING EVENTS

In Skraeling Althing

July 9-11: Autocrat's Day Off
Hosted by Caldrithig
(Perth, ON)

July 9-11: Osgoode Festival Demo
Hosted by Skraeling Althing
(Osgoode, ON)

July 16-18: Baronial Muster
Hosted by Greyfells
(Napanee, ON)

Nov 6: Feast of the Hare
Hosted by Caldrithig
(Ottawa, ON)

Out of Barony

July 1-4: War of the Trillium
Hosted by Ard Creag
(Whitby, ON)

July 30-Aug 15: Pennsic War
(Slippery Rock, PA)

Sept 3-6: Baron's Howe
Hosted by Brennistein Vatn
(Bonfield, ON)

Sept 17: Fall Frolic
Hosted by Northern Outpost
(Heuvelton, NY)

Sept 25: Coronation
Hosted by Petrea Thule
(Lindsay, ON)

Oct 23: Crown Tourney
Hosted by Bryniau Twynnog
(New Hamburg, ON)



Their Majesties King Quilliam and Queen Dagmar, with their alter egos, the puppet King and Queen. Taken during Royal Court at Dandelion Festival.

Photo Courtesy of Marina Longchamps

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MEAL PLANING FOR CAMPING - CONTINUED

Remember to bring a few easy-to-pack comfort foods. I always have some crackers and a tin of tomato soup, just in case I don't feel well. Most of your friends will let you use their equipment in such a case.

Cooking in camp is another whole article, but here are some tips to keep in mind. Prepare the menus well in advance while keeping in mind what equipment you will have for cooking. Look for sales on foods that you like and that will cook up easily. If you freeze the components of the second night's dinner, they will help to keep the cooler cold before then.

Some ideas on period and easy-to-cook foods: BBQ pork tenderloin, beef rouladen with various fillings, sausages of all kinds; Rice/barley/bread; salad or cut vegetables cooked or raw.

Remember that you cannot bring many foods into the US. It might be easier to pack your cooler with non-food items and go shopping when you get there. It saves space and you don't need to wonder if they will stop you at the border, or if your ice will last the trip in the hot car!

TOR BRANT TURNS TWENTY

By Lady Adela of the Fiery Woods

On the 31st of March, A.S. XXV, the Stronghold of Tor Brant held its first official event at St. Mary's school in Deep River.

Present on that occasion were Lord Duncan Gabh MacLeod, Lady Adela of the Fiery Woods (now of Aethelmearc), Lady Anastasia of Tor Brant, and their Excellencies, Raimund Constable and Donnet Drynkemylke (who, at that time, were known as Leofflaed and Cinneth).

These same gentles participated in this year's Dandelion event which was held on the fifteenth of May at the Lions' hall in Chalk River.

As expected, there were the usual outdoor combat activities (fighting, fencing, and archery) plus an outdoor throwing game.

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Questions or concerns may be

Indoor activities included Baronial council, a bad heraldry contest and a raffle to benefit the royal travel fund.

A delicious lunch of soup, bread, cheese, vegetables and fruit was available for purchase.

Before feast, Baronial and Royal courts were held. The highlight of royal court was, perhaps, the beheading of two royal sock puppet imposters. (They did look remarkably like our monarchs.)

After court, a bountiful feast, which included elk, was served. The evening ended with a bit of dancing.

Congratulations to the residents of Tor Brant on their twentieth. May this small but enthusiastic group continue to prosper.

directed to the Baronial Chronicler, [Lord Dafydd ap Alan](#).

Issues of the Chronicle are posted to the Skraeling Althing web site. You can subscribe to the Chronicle by e-mailing the Chronicler at the address above.

You can also follow news about the Chronicle, and be notified when new issues are available, by following the Skraeling Althing Chronicle on Facebook.

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KEEPING YOURSELF SAFE IN THE HEAT OF PENNSIC

By Baroness Xristina Viaceslavibna

Based on an article originally published in The Tidings in May 2008

The sun is hot and moving high in the morning sky. You can see the water vapours in the air from the humidity.

It's almost oppressive, but it's not going to stop you from getting your camp set up or from getting into your armour and trudging up the hill to the battle field or carrying water around to those who need it or spending all day at the archery field because it's Pennsic and this is what you're here for.

The terms heat exhaustion and heat stroke are fairly familiar to the majority of the SCA people that I've come across, though they are not always used correctly and are sometimes used interchangeably.

Heat exhaustion is where the body is experiencing a depletion of internal fluid which can lead to low fluid volume (hypovolemic) shock. In this stage the body is getting into trouble.

You could experience a gradual onset of weakness, anxiety, nausea, excessive sweating (not always a good indicator in humid environments), faintness, mild confusion and pale, clammy skin.

If you don't know what to do for the person, get them in the shade,

lie them down, keep someone with them and get some help/call 911.

Heat stroke is the life-threatening state of a heat-related illness.

This is the stage where the body's thermoregulatory system has been severely compromised or suffered a complete failure and is now affecting the central nervous system. This is definitely a 911 call.

Some warning signs for this state are; severely altered mental status (bizarre behaviour, disorientation), sudden loss of consciousness, seizure or coma. Call 911. This person

needs definitive care.

If you don't know what to do, get the person into a shady and/or cool place, lie them down, have someone stay with them and send for help.

Be aware that heat stroke can be caused by exertion (ex; fighting – the one we are all familiar with) but can happen without exercise as well.

Falling asleep in your tent during the day can lead to heat stroke (non-ventilated, high heat environment) and is one of the more common examples.

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The new Baronial fire ring was unveiled at Summer Siege II. Built by Blythe. Photo Courtesy of Lord Dafydd ap Alan



SCA CAMPING WITH THY MEDIEVAL POOCH

By Jehane

For over thirty-six years I've camped with my dogs.

Some of these outings have required staying overnight in a regular campsite, but most of them have been in fields at championship dog shows.

Real camping, with cozy prepared fire pits and actual dirt roads is a luxury compared to the bulk of my experiences.

Whether I'm at an SCA event or a dog show, there is planning involved when I bring any of my canine companions.

Items are tailored to where I'm heading and how long I plan to stay.

Your dog sure didn't ask to become a medieval dog and since his opinions are mute, make sure that he's comfortable and happy.

What to bring for a few hours out

Day trips, no matter what the season, will require water, preferably brought from home.

In the summertime, please include ice cubes.

Winter requires the ability to warm frozen water.

If you plan to stay late into the night, please bring supper for your dog too, with dishes.

Don't feed him tons of picnic fare, unless your dog has a cast iron stomach and the wherewithal to hold things down on the way home. Nobody likes barfing in the car!

Since my dogs are hairy, I have a pin brush, coarse-toothed comb and baby powder, just in case they get dirty.

Baby powder, when sprinkled on dirty spots, takes out both the odor and some of the staining.

Old towels are always great and provide warmth if needed, a clean place to lie down and come in handy during clean-ups for whatever reasons.

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UPCOMING GATHERINGS IN THE BARONY

Practices and Meetings

Please contact the local group to confirm details about specific scheduled gatherings.

Harrowgate Heath

Armoured Combat Practice
Mondays at 7 pm

Archery

Schedule varies month to month

Canton Meetings

On hiatus until the fall

A&S Days

Scheduled A&S days are on hiatus until the fall

Tor Brant

Gatherings vary from month to month.

If you are interested in attending Tor Brant scheduled activities, please contact the group to confirm their next scheduled activity.

Greyfells

Canton Meetings
Meetings (which often include A&S and other activities) are held from 7:00 to 9:30 pm on Tuesdays each week.

Rapier Practice
Tuesdays at 7 pm

Caldrithig

Dance Practice
Wednesdays at 7 pm

Armoured Combat Practice
Wednesdays at 7 pm

Rapier Practice
Thursdays at 8 pm

Choir Practice
Sundays at 1:30 pm

Canton Meetings
Second and fourth Sunday's of the month at 4 pm

Instrumental Practices
To start soon



CAMPING WITH THY POOCH - CONTINUED

These items wait in the car for me for emergencies and I always have them on hand.

What about a longer stay?

This requires much more thought and extra equipment.

The canine contingent 'chez moi' consists of five Afghan hounds and an Irish wolfhound.

Needless to say, smaller dogs require less sizeable housing.

One Afghan equals one cage and perhaps an exercise pen, plus an awning for shelter. One Irish wolfhound, in our case, needs the same, except we forgo the cage and make do with my biggest exercise pen.

These shelters can be dressed up in medieval fashion and I doubt that anyone will fault you for providing a safe and pleasant place for your dog despite the modern appearance.

Indoor events require much the same equipment, sans the awning. However, they also require care concerning the regulations of both the event and the venue.

If pets aren't allowed, then your dog should stay home.

He shouldn't be forced to sit out in the vehicle. (How would you like to sit in a car for hours at a time, especially if you could die from heat or cold?)

Camping rules for dogs

No matter how long you stay, or where you are, certain rules should always be followed!

1) Socialize your dog before you even think to bring him to an event. Make sure that he is steady with people and well-used to being out and about. If your dog is unreliable, leave him at home where he's comfortable.

2) Control your dog! Leashes are your dog's life line and make for good neighbours and invitations back.

Don't allow your dog to run free. While most campsites have rules disallowing loose canines, some don't and common sense must prevail here.

Not everybody loves dogs. Some people are highly allergic to canine dander and others are just plain terrified. Good leashes also make good camping neighbours; while you might find King's antics funny and endearing, other people might not.

3) Keep in mind that most dogs aren't fond of strange dogs poking their noses into their faces, so have a care! Keep a respectful distance and do not under any circumstances allow your dog to approach.

Common sense from his owner

is what makes any dog a good participant in all medieval events. Remember that your dog looks to you for his very life. Take great joy and care with his.

Travelling to the States

If you are heading to an event in the US, you may need additional documentation (rabies certificates etc) to bring your dog into the country. Check these requirements before leaving to make sure you are not stopped unnecessarily at the border.

Things to Bring

Here's a good basic list of things to bring for your dog when attending an SCA event.

- Food, in well-sealed containers
- Water, preferably bottled (Don't use heated snow or natural water at any time)
- Shampoo in case your dog discovers something nice smelling -- to them -- to roll in,
- Proper identification in the dog (microchip) or on his collar
- A photo of your dog in case you have to go looking for him
- A good leash
- Proper shelter and gear to help your dog stay warm or cool, depending on the season

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KEEPING YOURSELF SAFE IN THE HEAT - CONTINUED

Keep in mind that just because you are sweating your body isn't necessarily being cooled.

The evaporation process is the primary and best way of cooling the body.

In the heat and humidity at Pennsic, the evaporation of sweat is decreased which means heat can build up in the body. A person in trouble may still be profusely sweating.

While heat and humidity are two external factors that affect your body's ability to cool itself, there are other factors to consider.

Alcohol, illicit drugs, some prescription drugs (ex: antihistamines and some anti-depressants) all can affect your body's ability to regulate temperature.

As well, hyperthyroidism, dehydration, infections, age (elderly or children), obesity, lack of sleep or chronic illness are all examples of other factors that can increase your risk of succumbing to the heat.

Heat-related emergencies are best dealt with by preventing them in the first place. Use common sense.

Hydrate properly before, during and after exertion in a hot environment.

Be aware of what medications you are taking and how they might affect you. Your doctor or pharmacist

can help you out with this.

Talk to your doctor about how any current infections or long-standing illnesses may be affected by the heat.

While your body is adaptable to changes in the climate, acclimation to a hot environment takes 7-10 days.

If you work in an air-conditioned/climate controlled environment, travel in an air-conditioned vehicle

and live in an air-conditioned home then your body will not be prepared for the hot weather that the SCA camping season brings.

Pace yourself outside accordingly, take breaks in the shade, wear a hat, eat properly and hydrate regularly.

And remember, once you've had even a mild heat-related problem, you'll be more likely to have further problems for a couple of days.

So be safe out there and have fun.

BARONIAL COURT REPORT

The following Kingdom and Baronial awards have been given out to members of Skraeling Althing at recent events both in the Barony and at outside events. Was-sail to all of the recipients!

Dandelion Festival:

Kingdom Court:

Award of Arms – Alienor the Spinster

Scarlett Banner – Lady Morag Taylor

Baronial Court:

Tantony – Genvieve Constable

Friend of the Hare – Lady Gudrun Jansdatter.

Bunny Tail:

Marina Langchamps
Lady Avelina Attefell
Devora of Harrowgate Heath
Isabel of Tor Brant

Pikeman's Pleasure:

Kingdom Court:

Award of Arms – Sandarr the Beardless

Summer Siege II:

Hare Valiant – Lord Michael Eastbrook

Archery Champion – Blythe

Bunny Tails:

Lady Elsebeth Ffaberyn
Sarah the Playfull
Carl of Harrowgate Heath
Ulrich Jagger of Tor Brant



PENNSIC FOR THE NON-COMBATANT

By Chronicle Staff

Pennsic is the biggest SCA event in the Knowne World, with more than 10,000 people attending every year. And while there is obviously a certain focus on war-like activities, there is plenty to do for the non-combatant.

In fact, you could probably spend two weeks at Pennsic without ever going near the battlefield, and still have the time of your life.

No matter what your area of interest, there's plenty to do at Pennsic. Here are just some examples:

Pennsic University

Every year at Pennsic, volunteer instructors gather from around the world to teach at Pennsic University. Hundreds of classes, both theoretical and hands-on cover dozens of areas of interest, from sewing and fiber arts to astronomy to how to plan SCA events.

You can learn new skills, or perfect skills you already have, from some of the top artists and scholars in the SCA.

The course calendar is now available at www.pennsicwar.org.

Merchants

If you enjoy shopping, Pennsic is the place to be. Hundreds of merchants make their way to Pennsic, selling everything your average

SCAdian could need. For those of us in the North, it's often the easiest place to get many items that we use for the rest of the year.

Performing Arts

Music and performing arts are an essential part of Pennsic. Whether it's the beat of the drums echoing across the lake, or walking through the market and stumbling across a performance by a well known Bard, music is everywhere at Pennsic.

There are almost nightly bardic circles, the Pennsic Choir and gatherings of drummers, harpers and anything else you can imagine.

There is dancing, from classes at Pennsic University to galas and balls almost every night. The Knowne World Players (theatre group) also have scheduled performances for you to enjoy.

Children's Activities

There is plenty to do for kids and families at Pennsic as well.

In fact, there is an entire schedule of youth activities scheduled throughout Pennsic, organized at Youth Point, which is where children and families can go meet up and sign up for activities.

More information is available on the Pennsic Youth Activities page: <http://www.pennsicwar.org/penn39/GENERAL/youth.html>

Still more to do

These are of course just some examples of what you can do at Pennsic. There's no shortage of activities and parties all throughout the two weeks. If you're not sure about Pennsic, ask some of your local Pennsic veterans about their past visits.

BARONIAL COUNCIL NOTES

A reminder that the terms for both the Seneschal and Exchequer will be ending in the near future. The changeover for the new officers is scheduled for Feast of the Hare in November.

As well, it was recently announced that Lord Elrik is looking to find his successor as Web Minister for the Barony.

Please contact Lord Vodnikov and

the relevant office holder if you are interested.

For the time being, please do not use the award nomination form on the Baronial web site.

If you would like to nominate someone for a Baronial award (which is strongly encouraged), please e-mail the nomination directly to Their Excellencies at skraeling.althing@gmail.com.

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THE FASHIONABLE SKRAEL - PACKING GARB FOR WAR

By Dame Helen of Greyfells

When camping in Ealdormere or at Pennsic you will face many different kinds of weather- hot and cold, dry and wet.

Check weather reports for the area, but be prepared for the weather to be contrary!

Use washable natural fabrics and remember that linen will usually feel cooler than cotton which will usually feel cooler than silk noile. Wool is usually more water repellent, and can be cool or warm, depending on the weight and weave of the cloth.

Cover your head against the sun to ward off sun/heat stroke and reduce the need for sunglasses. Large straw hats or linen hoods can be worn by men and women, and ladies usually have a number of options for veils. Use lightweight but opaque natural fabrics for these.

In the evening a wool hood or shawl can be helpful to keep you warm, and is much easier to wear and carry than a whole cloak.

Take care of your feet and wear comfortable shoes or sandals. Bring at least two pairs. Period shoes may need to have inserts added for comfort, and the soles scuffed for traction.

Bring enough socks, at least some of them wool, because they are warm even when wet. Waterproof footwear can be good if you are expecting rain.

Pack your garb in waterproof containers or bins. Keep your accessories organized either in boxes or bags so that they don't

get lost on the tent floor. Bring something to sleep in- or at least to wear to the bathroom in the middle of the night!

Be aware that your thighs can chafe when you are wearing skirts of any kind. Bring and apply powder, cornstarch or solid deodorant

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Lady Alienor the Spinster and Lady Avelyn Wexcombe from team Ealdormere United at Murder Melee

Photo Courtesy of Lady Augusta of Ben Dunfirth

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PACKING FOR WAR - CONTINUED

between your legs, or wear well fitting shorts under your tunic.

Pack one change of under clothes (shirts, under tunics, etc. plus mundane undies if you wear them in garb) for each day you are planning to be camping, plus 1-2 more.

For overclothes (doublet, cotes, skirts and bodices) you should bring one for every other day that you are there, plus 1-2 more. Have at least one outfit suitable for either temperature extreme.

Choose only one (or maybe two) basic styles of garb so that everything will go together. Bring layers for maximum versatility.

During Pennsic, plan to do your laundry at least once so you can re-wear things.

For example, a basic tunic can be worn alone if it is hot, or covered with another tunic or an apron dress, or wear all three if it's cold.

For a 4 day camp bring: 5 (under) tunics, a warmer over tunic, and two apron dresses (one linen, one wool); 5 linen hats or scarves for day, a hood for cool nights; pins/jewelry; socks and shoes and any modern undies you require.



Lord Michael Eastbrook demonstrates mounted combat skills at Summer Siege II in Harrowgate Heath. There was also a mounted archery demonstration.

Photo Courtesy of Lord Dafydd ap Alan



The call for new Baronial chairs is answered by Lord Duncan and his team. The design is optimal for lengthy courts and includes paperwork.

Photo Courtesy of Lord Dafydd ap Alan

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The view from Skrael camp on a misty morning at Pennsic, 2009

Photo Courtesy of Lord Dafydd ap Alan

10 LESSONS I LEARNED FROM THE NORSE

By Lady Avelyn Wexcombe

1. Aspire to show your guests new levels of hospitality
2. Don't be afraid to collect a little bling, or to show it either
3. Be creative with religion and art
4. Tell good stories
5. It's okay to name inanimate objects, if you're really fond of them
6. Get out there and explore
7. Practice good grooming
8. When it comes to the important stuff in life, go big or go home
9. Appreciate the value of a new shirt
10. Know when to conquer or when to just blend in with the locals



Ealdormere's army moving into place during the field battle at Pennsic, 2009

Photo Courtesy of Lord Dafydd ap Alan

NEW PENNSIC WOODS BATTLE SITE

For armoured combat and rapier fighters, there will be something different at this year's Pennsic. The woods battle site has moved.

In previous years, the woods battle has been located at the far North-East end of Pennsic (North of N-28 on the map). Starting this year, the woods battles will be located North of B1-B3 on the map (see www.pennsicwar.com for the map).

According to Pennsic staff, the new woods site has some rougher terrain which could require different tactics. There are also a few locations where dangerous terrain will require vigilance.