

Fort Knights

THE SHIRE OF CAER ADAMANT NEWSLETTER
JULY, 2008



www.caer-adamant.org

Azure, on a pale vert fimbriated between two laurel wreaths a sword Or

**** Unofficial until approved at the next Business Meeting ****
Shire of Caer Adamant – Business Meeting notes
19 June 2009 Corbit-Calloway Library, Odessa

In attendance (in no particular order): Adolphus, Malcolm, Brice, Betryse, Hogge, Padraig, Sarah, Mark IV, Alexendre, Dietrich, Wende, Susanna, Magdalena, Art, Pappy, Hugo, Hedewigis

Confirm Officer quorum. Yes

Approve previous meeting minutes. Yes for 22 May 2008 and 17 April 2008.

Officer Reports:

Exchequer: (Lady Sarah reporting) Bank Account Balance \$5514.05

-\$2.00 Check Images in Statement Fee

The position of Chamberlain is open again.

Minister of Arts and Sciences: Kingdom report was submitted.

Herald: (Lord Alexendre reporting) Two names and two devices to Kingdom. On-line submission beta test will be up soon.

Knight Marshal: (Lord Alexendre reporting as Deputy) Shire fighters have been attending outside events.

Need a work party for list field.

Web Minister: (Lady Wende reporting) Nothing new. Committee will be moving forward.

Captain of Archers: (Lord Padraig reporting) Two new Caer Adamant archers on the Royal Round list, and a few more are showing interest. RR numbers are down, but there is hope for an increase.

Chatelaine: (Magdalena reporting) I sorted through gold key for some more efficient storage organization and took notes of what all we have. We have *no* men's tunics at all and a limited selection of sizes for women's clothes. I think gold key primarily needs more pieces that aren't size specific. A lot of the women's and children's clothing are pieces that are not very forgiving when it comes to fit. Will work with Betryse to increase Gold Key.

ELI demo has been announced to the lists. Red Hats, I haven't seen any update of the proposal that Serena had written before. She won't be at the meeting due to a work function.

Chronicler: (Laird Malcolm reporting) Added articles on a monthly herb and a monthly game. Still trying to compile SCA related classes taught by mundane sources. Made change asked for on archery night at Padraig's. Will get mantle site from Alexendre.

Old Business:

Events:

Swamp Thyng – (Susanna reporting). Rattling along. Pikestaff announcement to be updated. It was moved and approved that NTX \$250 would be spent on a tourney fence to become Shire property.

Demos:

ELI – Archery, fighting, food, music, A&S and dancing are planned. Alexendre will run the possibility of having demo attendees able to hit a pell by Krey. (NB: Follow-up with Krey indicates this is permitted. Participants will sign a waiver and will be given protective equipment).

Sarah suggested and it was agreed to create a schedule of activities.

A potluck will be held for the SCAdian participants, with goodies indoors.

St. George's – 25 October. Planning is on-track.

Red Hats – 14 September. Magdalena is awaiting details from Serena.

New Business:

Crown Tourney – (Adolphus and Alexendre) Putting together a Crown Tourney bid for Killen's Pond. The completed proposal will be sent to the Officers by 23 June.

Other:

Next meeting – 7:00 p.m. Tuesday 15 July 2008 – Dover Library
7:00 p.m. Thursday 21 August 2008 – Corbit-Calloway Library, Odessa

July Activities: Check the calendar at <http://www.caer-adamant.org/calendar.html> for the most up-to-date schedule of activities. Check the website for directions.

Archery Practice – 6 July 1:00 – 5:00; Wednesday 5:00 – dark Padraig’s in Middletown. 13 July at ELI demo in Newark. 10:00 a.m. – 4:00 p.m.

Fighter Practice – 1st and 3rd Sunday noon – 4:00 in Delaware City; 4th Sunday noon – 5:00 at Padraig’s. 13 July at ELI demo in Newark. Wednesday 5:00 – dark at Padraig’s (variable, contact herald@caer-adamant.org to confirm)

Dance Practice – 8, 22, and 29 July 7:00 – 8:30. 29 July is a special practice – garb is encouraged.

Scribal Night – 10 July at Mistress Sarra’s in St. George’s

Cancellations for July – Games Gathering on the 6th, and A&S Night on the 14th.

July’s Festive Holiday: St. Swithin’s Day- July 15th

Many July holidays usually honored fruitfulness, and rain. Weather on St. Swithin’s Day was thought to predict wet or drought for forty days thereafter, and therefore the proper time to make sun and star measurements for weather almanacs determining planting, harvesting, and traveling.

St. Swithin (or more properly, Swithun) was an Anglo Saxon Bishop of Winchester and legend says that as he lay on his deathbed, he asked to be buried out of doors where he could be trodden on and rained upon. For nine years, his wishes were followed, but then, the monks of Winchester attempted to remove his remains and place them in a splendid shrine inside the cathedral on 15 July 971. According to legend there was a heavy rain storm either during the ceremony or on its anniversary. This led to the old wives’ tale that if it rains on St. Swithin’s Day (July 15th), it will rain for the next 40 days in succession, and a fine 15th of July will be followed by 40 days of fine weather.

July's Medieval Game: Nine Man's Morris

Also called *MereIs*, versions of Nine Man's Morris have been found dating back to ancient Egypt. The game was very popular in Scandinavia and the British Isles, and is still played today in many parts of the world.

Each player alternates placing their nine pegs/pieces on the board. If a player places three pieces in a row (called "forming a mill"), one of their opponents pieces is removed. Once all the pieces have been placed, players take turns moving any one peg to a vacant adjacent hole. If a player gets three pieces in a row, again, he removes opponents pieces.

A player wins when their opponent is reduced to only having two pieces left, or when their opponent is unable to move.

July's Herb of the Month: Chamomile

The Anglo Saxons looked on chamomile as one of the nine sacred herbs given to heal the world by the god Odin. The early Egyptians and Romans used it to cure illnesses too. Additionally, it was thought to bring love and prosperity to the user.

Chamomile will not only help you rest and calm down, but it also has antispasmodic, carminative, analgesic, antiseptic, anti-inflammatory, and vulnerary properties as well. It's no wonder that chamomile is famous for relieving such a wide range of ailments. Chamomile's active ingredients are found in its volatile oils. These oils are also what gives it its fruity apple fragrance.

Use chamomile tea to sooth an upset stomach. If you drink chamomile tea between meals on an empty stomach, it will reduce flatulence. It also has the ability to cleanse and tone the digestive tract. Other uses for chamomile include: a mouthwash for a sore inflamed mouth, (gums, sore tooth), lotion to sooth itchy skin, and skin reddened from sun/wind exposure, after shampooing use as a hair rinse to provide shine to hair.

There are two kinds of chamomile, Roman chamomile (*Anthemis nobilis*), and German chamomile (*Matricaria recutita*). Roman chamomile is a low growing perennial that can be started from seeds or plant divisions. The flowers are what's used, just as with German chamomile. To tell the difference between the two, gently split the yellow middle of the flower from the top of the flower to the stem. If it is hollow it is German chamomile, if it is solid, it is Roman.

Chamomile is easy to grow as it is forgiving of all soil types. Simply scratch the top of the soil and drop the seeds in. No need to cover the seeds. In a week or two, tiny, feathery seedlings will emerge. The plants will grow to about 12 inches and have $\frac{3}{4}$ inch blooms that look like little daisies with bright yellow centers. Harvest the flowers just when they open, and completely dry them to prevent mold. If you leave a few of the flowers alone, they will reseed themselves. **Warning:** DO NOT USE ROMAN CHAMOMILE IF YOU ARE PREGNANT!!! > Enjoy!!!

East Kingdom War Camp ****UPDATED****

[\(At-a-Glance Event Information\)](#)

Friday, July 18th, 2008 to Sunday, July 20th, 2008

Hosted by [Shire of Eisental](#) - Lehighton, PA

Event Last Modified: June 23rd, 2008

Last chance to practice before Pennsic! The shire of Eisental is once again hosting an East Kingdom War Camp at the Ukrainian Homestead in Lehighton PA. There will be heavy weapons melee using the war scenarios, as well as archery, fencing, and thrown weapons. We also have space for siege weapons and gunnery. No organized children's activities are planned.

Merchants are welcomed; there is no charge for merchanting but MERCHANTS MUST PRE-RESERVE with autocrat for space BEFORE the event-- Contact the Autocrat at jenne.heise@gmail.com, with subject line War Camp Merchanting.

The site is wet; there is a bars on site, and the pool will be open -- swim at your own risk. (There will be no, not nobody, not nohow, swimming after dark, however.)

It's a big site but not infinite. To avoid camping space conflicts, if you will need a large space for your camping group, you'll need to pre-register at least 10 people and contact the land agents to request space.

Directions:

From PA Turnpike, NE Extension, take exit 74 (Mahoning Valley) to Rt. 209 South, towards Jim Thorpe. At 2nd light (Caruso's Restaurant), 209 South makes a Right turn. From this light, continue for 2.1 miles (ignore the first "Ukrainian Homestead" sign) and make a Left turn at the sign for "Flagstaff." (The sign is on the left side of the road) Follow this road (Beaver Street.) for 1.7 miles; the Ukrainian Homestead will be on your Left.

From I-81: Take exit 131A (Hometown/Mahanoy City) onto Rt. 54 East, through Hometown to Nesquehoning. (Please observe the speed limit through town) At the Monument landmark, bear Left and continue on Rt. 209 North 4.9 miles to Jim Thorpe. At the 2nd light, make a Left and continue on Rt. 209 North for 1.6 miles and turn Right at the top of the mountain (at the Mountainside Family Restaurant). At the stop sign, go straight for 1.3 miles and the Ukrainian Homestead will be on your Left. Signs will be posted.

At-a-Glance Event Information

Site:

Ukrainian Homestead
1230 Beaver Run Dr
Lehighton, PA 18235
[Show me a map!](#)

Site Opens: 4:00 pm on Friday

Site Closes: 1:00 pm on Sunday

Event Fees:

Site : Site fees:

Adults, Weekend Camping: \$14

Children 8 through 17, Camping: \$7

Adults, Daytrip: \$8

Children 8 through 17, daytrip: \$4

Children 7 and under, free.

A non-member surcharge of \$3 will be applied all non-member adults

Feast: Your site fee includes both the Eisental Saturday dayboard and Sunday breakfasts whose quality and quantity are justly famed. Please bring your own feastgear to reduce waste and trash.

Send Reservations to:

Heather Dunning 421 E. Abbott Street, Lansford, PA 18232.

Autocrat:

Jadwiga Zajackowa, Jennifer Heise, jenne.heise@gmail.com, 610-559-9123.

Other Contact Information:

Land agents: 570-429-0807.

Ingrossi@f-tech.net

Make Checks Payable to: SCA Inc., Shire of Eisental

Pennsic 37

[\(At-a-Glance Event Information\)](#)

Friday, July 25th, 2008 to Sunday, August 10th, 2008

Hosted by Kingdom of East/Aethelmearc/Middle - Slippery Rock, PA

Event Last Modified: March 31st, 2008

Event Website: <http://www.pennsicwar.org/penn37/>

At-a-Glance Event Information

Site:

Coopers Lake
205 Curry Road
Slippery Rock, PA 16057

Shire Officers:



Seneschal (Head of Group)
Lady Hedewigis Ockenfuß
Linda Brizendine
(302) 239-9787 (No calls after
10PM)
seneschal@caer-adamant.org



Drop Dead Deputy Seneschal
Lord Padraig O'Gealagain
Tim Burroughs
302 378 7444 (no calls between
10PM and 9AM)
seneschal-dep@caer-adamant.org



Exchequer
Sarah Johnson

(302) 740-4654 Before 10pm
exchequer@caer-adamant.org



Deputy Exchequer

exchequer-dep@caer-adamant.org



**Minister of Arts and Science
(MOAS)**
Mistress Sarra the Lymner

moas@caer-adamant.org



Chronicler
Laird Malcolm MacLeod
(302) 284-3155
(no calls after 10 pm)
chronicler@caer-adamant.org



Chataleine (New Member Contact)
Magdalena the Migrant
Cell # (302)540-9062 call between
10am and 10pm, please leave a
message if no answer
chataleine@caer-adamant.org

Archery Captain
Lord Padraig O'Gealagain
Tim Burroughs
302 378 7444 (no calls between 10PM
and 9AM)



Herald
Lord Alaxander Mac Blykrose
Roger Young
(302)595-4099 Before 10pm
herald@caer-adamant.org



Knight Marshal
Lord Krey MacLeod
(302) 655-3142
knightmarshal@caer-adamant.org



Deputy MoAS

moas-dep@caer-adamant.org



Web Mistress
Wende Brown

web@caer-adamant.org

Regular Activities:

Scriptorium (A&S‡)

2nd Thursday at Sarra the Lymner's 7:00 p.m.
Contact Sarra the Lymner for more information

Cook's Guild (A&S‡)

Fourth Thursday at Lord Alaxander's 7:00 p.m.
Contact Lord Alaxander for more information

Period Gaming (A&S social, garb encouraged)

1st Sunday 5:00 p.m. at Lady Hedewigis', Hockessin (see "Directions" for address)
Contact Lady Hedewigis 302.239.9787
Focus on Games of the Middle Ages. Favorites include Bocce, Tarot and Astronomical Tables. Light refreshments are available.
This evening gathering is open to all. A&S projects are welcomed as well as friendly social interaction.

A&S Evening -- formerly known as Embroidery Night (A&S‡)

2nd Monday at Lady Hedewigis' (302.239.9787) 7:00 p.m.
(see "Directions" for addresses)
An opportunity to work on various A&S projects in good company. Trying an new stitch? Need help marking a hem? Need tasters for your new recipe? Light refreshments are available.

Archery (martial activity)

2nd and 4th Sundays (April - October) at Lord Padraig & Helen's, 936 Marl Pit Road, Middletown, DE, Wednesday evenings, 5pm til Dusk
Contact Lord Padraig 302.378.7444
An open target range is available for shooting Royal Rounds and general practice. Loaner equipment is available and instruction can be given. Cancellations will be posted on the Populace List.

At Baronage Farm - by appointment
311 Black Stallion Road, Townsend
Contact Baroness Laurens 302.598.0862 or Lord Lewin 302.465.0651

Heavy Weapons (martial activity)

2nd and 4th Sundays (April – October) at Lord Padraig & Helen's, 936 Marl Pit Road, Middletown, DE.
Contact Lord Krey (Knight Marshall) 302.655.8142
Rattan fighting, full armor. Instruction can be given.

Fort Knights Newsletter

c/o Neal Griffin
2055 Andrews Lake Rd.
Felton, Delaware 19943

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