

The Nottinghill Quill VOLUME 88 <> ISSUE 8 <> AUGUST, A.S. LV

This is the Nottinghill Quill, a publication of the Barony of Nottinghill Coill of the Society for Creative Anachronism, Inc. The Nottinghill Quill is available from Lady Merewyn Scharp via email at chronicler@nottinghillcoill.atlantia.sca.org. Subscriptions are free as all publications are available electronically. This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies. (c) Copyright 2020, Society for Creative Anachronism, Inc. For information on reprinting letters and artwork from this publication, please contact the Nottinghill Coill Chronicler, who will assist you in contacting the original creator

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COVER PHOTO BY LADY CORNELIA CAECILIANA



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A Note from Their Excellencies...



Photo credit: Lord Patrice de Terra Lepori

Greetings unto Our properly socially distant populace. We fervently hope you are all well and in good health. Normally, We would be frantically preparing for Pennsic, but this year finds us all forced to seek a more homebound experience, especially in view of the latest news from the Board of Directors.

If you have not read or heard of the SCA's Board of Directors' Resolution, they have decided to ban all in-person events until January 30, 2021 for the sake of preserving the well-being of the populace. This does exclude local practices. As of this writing, there is no word as to whether official practices will be allowed in Atlantia yet. If you are interested, please check with your seneschal for further information as local seneschals must clear any official local practices before they can take place.

Pennsic, for those who have never gone, is a grand experience. So many people devoted to their version of our mutual hobby all gathered in one place. There is so much to do and see at Pennsic, one person cannot hope to do

everything they would like to in the few days we are allotted in a normal year. We completely agree with the decision to postpone Pennsic, but that does not mean We are not sad about it. Thankfully, we can all get a taste of it with Pennsic in Your Backyard and Virtual Pennsic University. With Pennsic in Your Backyard, we hope to find not just some small part of the grand event so many of us miss, but a connection to our friends both far flung and near who share our passion for history in all its many and diverse facets. With that in mind, We are going to host an Evening of War Stories on Sunday August 9th from 7-11pm on Zoom where we all can share stories of glories past. These do not have to be strictly Pennsic stories or even tales of war or fighting. Fun stories of happenings at SCA events will do very nicely. We will post the Zoom link on Nottinghill Coill's Facebook page as the date gets nearer so please be on the lookout for that. If you cannot find it or do not participate on the Book of the Face then please email either of Us and We will respond with the Zoom link.

Until we can all meet in person again, please do not forget that there are things happening every day on Virtual Atlantia. And dozens of video classes are already available on the Pennsic University YouTube Channel for you to enjoy at your leisure. We may not be able to gather together for many months, but, nevertheless, we shall persist!

In all things We wish you well, be safe and hope to see you for an Evening of War Stories.

With Warmest Regards,

Elphin, Baron
Delia, Baroness

From the Seneschal's Pen...



Photo credit: Master Ursus of Anglesey

Well, we made it through July. It's been almost 5 months since we've had an SCA event anywhere in the Kingdom, and as you probably saw from the SCA Board of Directors missive the other day, there will be no SCA events until February 2021.

Sigh. But we will get through this. It will take some time, but we will get through this.

Yule Toy Tourney has been cancelled. We had received a bid for it a couple of weeks ago from a first-time autocrat, Lady Virginia of Wolfholt. I'm a bit biased, but she put together a good bid with plans to help fend off the Coronavirus and keep everyone safe. I'd like to thank her for trying to take on that role, and I encourage her to submit a bid for next year.

So, what does that mean for Country Santa? Well, we're not going to let a little thing like a global pandemic stop us from helping one of our favorite charities. We may not be able to hold the event, but we can still provide toys!

Dame Morwenna has graciously offered to collect toys from the various Cantons (with logistical support from others to get them to her) and take them up to Country Santa. We are currently checking with Country Santa on any special procedures they want us to follow, and to check on cash/gift card donations. Further information will be forthcoming, but please, hang on to the toys you've already collected, or make sure you go out and get some to have ready.

We still need an autocrat for Nottinghill Coill Baronial Birthday for next year. I believe there is one person working on a bid. We are going to have to be flexible, because we don't know yet what next year has in store for us.

The Kingdom is working on plans to slowly reopen. While we can't do events, we will be able to start holding small gatherings for archery practice, A&S, rapier and heavy fighting, etc. It's not in place yet, so please don't get too excited. There will be a carefully worked out plan in place that will need to be followed, because we want to do this safely. Watch for further information to come out soon.

On July 11, we had a Baronial Populace Meeting on Google Meets. I think it went well, we covered everything we needed to, and the Financial Policy was discussed and approved. I'm in the process of putting the policy into a format that the Kingdom exchequer has requested, and once that is done and she approves it, then we will post it publicly.

Thank you to everyone who was able to make it to the virtual meeting. It really was wonderful to see your faces and hear your voices.

We are going to get through this, and the events we have next year are going to be SPECTACULAR.

Again, if you're having trouble, whether it's emotional, physical, financial, or just can't get necessary supplies, reach out to me or anyone else. We are a family, we're all in this together. It's important that we all make it through to the other side of this pandemic, so we can be with our Chosen Family.

Now is a good time to start working on garb repair, gear maintenance, persona development (talk to Master Hagar about that!), get your heraldry finally registered, and do the little things that we all need to do with our SCA stuff that tends to get put off. Keep the SCA alive in your home. Wear your garb one day. Drink your coffee out of your Claybaby Pottery mug. Reach out to your SCA family and check on each other. Take the time to look over the Kingdom OP and see who you know that should have a particular award and doesn't. Write to Their Majesties and/or Their Excellencies and recommend them.

Be safe, and know that you are loved.

Maistir Cian mac Ceallachain hUi Dubhlaich Seneschal, Barony of Nottinghill Coill

Finding Motivation in the Time of COVID

....by Lady Cyneswith the Quiet

- 1. Most other people feel the way you do. Feeling down or even depressed is going around these days it's not just you. It's not something wrong with YOU.
- 2. Treat your own lack of motivation as you would a friend's. You may not have enough extra in yourself right now to create, and there is nothing wrong in that. Be as kind to yourself as you would to a friend.
- 3. Keep in touch. Those people you miss? Talk to them. Regularly. And... it can get awkward to randomly talk to one person at a time. Choose 6 or so people who all have something in common, so you can all have someone to talk to, no pressure.
- 4. What you do has value, now possibly more than ever. In rough times, the bits of joy and kindness we CAN spread shine brighter. I am motivated by making people smile with my art I haven't done it in a while. BUTI did see the results of Mistress Etain giving a friend her art. Mistress Etain's art and kindness pulled me out of a "this is pointless, why bother?" hole. Noble Seraphina Mascherante's excitement over using a new-to-them period pattern, and describing their reconstruction of the Moy gown reminded me "Oh, yeah, I do this because it's exciting to figure out something new and gain new skills."
- 5. You are running through people's minds as often as ever. People miss you. People miss your art (your art can be service or hitting people with sticks or making people smile.)

Tastings from the Wooden Spoon...

....by Lady Marie Hélène of the New Forest

Hopefully this is the first of the new resurgence of TFTWS. Had a bit of 'life happens' things, mostly dealing with my health, but doing better.

Today I want to talk about farro.

Farro is an ancient grain, first developed in Mesopotamia around 17,000 BCE, during the Mesolithic and Neolithic times. It is commonly believed that it was growing wild during this time.

Farro is interchanged between several varieties of Triticale (Triticum):

- S Einkorn Triticum monococcum
- S Emmer (True farro) Triticum dicoccum
- Spelt Triticum spelta

Emmer is also known as kusemet/kusshneth in the Hebrew and arauseh/kamut (corn) in Egyptian - although, this name was shared by both Emmer wheat and barley. It made its way to Italy via the Roman conquest and Julius Caesar in 47 BCE. Emmer wheat is also called 'farro' in Italian and it is believed that its name is derived from "pharaoh's wheat". In many Italian recipes, farro is often substituted with spelt; but being that spelt is a soft wheat and farro is the forerunner of duram (a hard wheat), this might be a misnomer. Farro is also where the Italians get the word 'farina'. Farro has been cultivated in Italy and its provinces ever since - often feeding Roman legions and Gladiators, as well as the common folk for generations. In Egypt, spelt does not grow, so the bread, gruels and beer were made with emmer (farro) and barley. There is an unleavened bread similar to matzo which dates back to the biblical times, which some believe was the fore runner to matzo (called raqaq in Egyptian and rakik originally in Hebrew) and is still made today in Egypt

(complete recipe can be found at https://www.ancientrecipes.org/biblicalemmer-wheat-matzah/).

As far as the other wheats go, farro is the lowest in gluten; however, this does not make it gluten free (something handy to know for those with celiac or on a 100% gluten-free diet). Farro is also rich in protein, iron, magnesium, zinc. and folic acid. One-quarter cup (47 grams) contains: 170 Calories, 37 g of Carbohydrates, 1.5 g of Fat, 7g of Fiber, 7g of Protein, B3 (niacin)- 20% of the RDA, Magnesium - 15% of the RDA, Zinc - 15% of the RDA, and Iron - 4% of the RDA.

There are three market varieties:

- **Whole (groats)** still contains all its bran, highest amount of nutrients, the strongest in flavor, and the longest cooking time (30-45 minutes).
- Semi-pearled About half the bran removed, shorter cooking time, middle-of-the-road.
- **B** Pearled All the bran removed, and shortest cooking time.

While the use of farro has had its ups and downs throughout the centuries, there are still many recipes in which farro might have been the grain of choice instead of elkhorn or spelt. Might be a fun experiment.

Some recipes:

Carthaginian Porridge (Puls Punica)

Marcus Porcius Cato, De Agricultura 85

Original recipe: Pultem Punicam sic coquito. Libram alicae in aquam indito, facito uti bene madeat. Id infundito in alveum purum, eo casei recentis P. III, mellis P. S, ovum unum, omnia una permisceto bene. Ita insipito in aulam novam.

Translation: Recipe for Carthaginian porridge: Soak a pound of groats in water until it is quite soft. Pour it into a clean bowl, add 3 pounds of fresh cheese, ½ pound of honey, and 1 egg, and mix the whole thoroughly; turn into a new pot.

Ingredients (one serving):

3 to 6 oz. of fresh cheese 2 oz. dry emmer groats 1 to 2 Tbsp. honey 1 egg

Directions:

Soak the emmer groats overnight.

Drain, put into a saucepan with fresh water and boil until the groats are soft.

Drain the water from the saucepan and return it to low heat.

Fold in a well-whisked egg, followed by the cheese, and stir.

The consistency of the mixture should be akin to a thick pudding, neither watery nor stiff.

Fold in the honey or spoon it on top and serve.

Greek Farro Salad

(a modern take on an ancient recipe, just remove the bell pepper, red pepper flake, and maple syrup)

Author: Cookie and Kate. Prep Time: 15 mins. Cook Time: 25 mins. Total Time: 40 minutes. Yield: 4 servings.

Ingredients:

Salad

1 cup dried farro, rinsed

5 cups lightly packed arugula (if it's not baby arugula, you might want to give it a few chops to break it into smaller pieces)

1 can chickpeas, rinsed and drained (or 1 ½ cups cooked chickpeas)

1 large cucumber (about ¾ pound), seeded and chopped (to yield about 1 ½ cups chopped cucumber)

1 cup chopped roasted red bell pepper

20 kalamata olives, sliced into thin rounds (about ½ cup)

½ cup feta cheese, crumbled

½ cup chopped flat-leaf parsley

¼ teaspoon salt

Dressing

1/3 cup olive oil

2 to 3 tablespoons fresh lemon juice, to taste

2 teaspoons honey or maple syrup

2 garlic cloves, pressed

½ teaspoon dried oregano

½ teaspoon salt

¼ teaspoon red pepper flakes

Freshly ground black pepper, to taste

Directions:

To cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups water (enough water to cover the farro by a couple of inches). Bring the water to a boil, then reduce heat to a gentle simmer. Cook, stirring occasionally, until the farro is tender to the bite but still pleasantly chewy (pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes). Drain off the excess water and return the farro to the pot. Stir in ¼ teaspoon salt and a little splash of the dressing. Set aside for just a few minutes to cool.

Meanwhile, in a large serving bowl, combine the arugula, chickpeas, cucumber, peppers, olives and parsley.

In a liquid measuring cup or small bowl, whisk together the olive oil, lemon juice, honey, garlic, oregano, salt, red pepper flakes and pepper until emulsified. Add the warm farro to the serving bowl and drizzle in the remaining dressing. Toss to combine. Add the feta, toss again, and season to taste with additional salt and pepper.

If you have any suggestions as to ingredients or recipes you would like to see, email me at feo2mouse@yahoo.com.

¹ <u>The food timeline</u> - https://hort.purdue.edu/newcrop/proceedings1996/V3-156.html#EMMER <u>Ancient Foods</u> - https://ancientfoods.wordpress.com/2011/10/14/emmer-wheat-grain-of-theages/#:~:text=To%20the%20ancient%20Egyptians%20both,my%20last%20article%20on%20Kamut) <u>Cultivated emmer wheat (Triticum dicoccon Schrank),</u> an old crop with promising future: a review (large article covering several topics)- http://yasadngo.org/wpcontent/uploads/2018/04/Zaharievaetal.emmerreview2010.pdf

¹ Food with Judes: Farro: The Pharaoh's wheat - https://foodswithjudes.com/farro-pharaohs-wheat/

¹ Boston Food Tours – Farro -

https://www.bostonfoodtours.com/blog/farro/#:~:text=Farro%20gave%20rise%20to%20the,expanded%20through%20the %20Western%20World.

¹ Ancient Recipes – Biblical Emmer- https://www.ancientrecipes.org/biblical-emmer-wheat-matzah/

¹ Healthline.com <u>5 Benefits of Farro</u> - https://www.healthline.com/nutrition/farro-benefits



Submitted by Master Hagar the Black

Local (Virtual) Event Flyers

Online Fall University of Atlantia

September 12, 2020 Kingdom of Atlantia

Site:

Your Home. Kingdom, of Atlantia, NC 12345

Date/Time:

2020-09-12 to 2020-09-12

(Site opens at: 9:00 AM, Site closes at: 6:00 AM)

Alcohol Allowed: No

Martial Activities: No marshal activities planned

Autocrat:

Adriana la Bretonne (Drea Callicutt). 3221 Brennan Dr, Raleigh, NC 27613.

Phone: (919) 844-4423.

Email: university AT atlantia.sca.org

Web Site: https://university.atlantia.sca.org/

VIRTUAL Event: Sacred Stone Baronial Birthday & Investiture

September 19 2020 (10 AM - 8 PM) Barony of Sacred Stone

Come and pay your homage to the goddesses at Sacred Stone's 38th Baronial Birthday and meet our new Baronage.

Fighting Stay tuned for tournament scenarios:

Heavy: TBA

Rapier: Although we cannot meet in a contest of blades it does not mean that we are unable to challenge each other and improve our skills. Choose a plate from a period master's lesson, preferably in such a way that a beginner fighter would find useful. Use whatever medium you are most comfortable with (video, photography, crayons...) and be creative with your image. Don't have a partner and it's a two person illistration? Use a dressmakers dummy or photograph yourself in both positions and splice it together. Judges will be chosen who are recognized authorities in the historic marshal arts. Bonus points for creativity. Entries can be submitted at claybabyetain AT gmail dot com.

Archery:
TBA Thrown
Weapons: TBA

Arts & Sciences:

All arts are encouraged for display. We have several competitions available: Brewing: Nectar of the gods (Beers, Wine & Mead, & Cordials) Embroidery: Bring your gifts suitable for a goddess. Calligraphy & Illuminations: Proclamations of the gods. Both Kingdom and Baronial Scrolls.

Baking: Sweets to tempt a siren. Leather working.

Feast:

Have you always wanted to learn new cooking skills? This feast will be done a little differently with classes spread out through the day so you can follow along at home and cook the same feast together. Menu & Shopping list will be posted ahead of the event.

Merchanting:

Merchants are welcome and encouraged to join us! We have ideas for a "stroll through" merchant channel during this event. Please contact Baroness Asta with questions and commentary.

Other:

Cost:

	Day-Trip	Feast	Camping Camping
Adult Member Registration	\$0.00	\$0.00	\$0.00
Adult Non-Member Registration	\$0.00	\$0.00	\$0.00
Youth (6-17)	\$0.00	\$0.00	\$0.00

Child (0-5)	\$0.00 \$0.00 \$0.00
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Make Checks Payable To:

SCA, Inc., Barony of Sacred Stone

Cost Notes:

Site: This will be held via a Zoom meeting in the comfort and safety of your home.

Autocrat: Baroness Asta knarrarbringa (Kari Newby), 916 Rye Hollow Rd, Pearisburg, VA 24134, Phone: (843)

7730457, E-mail: baronessasta@gmail.com

Reservations: No reservations needed.

VIRTUAL - Highland Havoc

October 31 2020 (PM - AM) Barony of Highland Foorde

For the good of the realm, Highland Havoc will be virtual this year! What is Highland Havoc? It is an event by Highland Foorde all about equestrian, archery, and equestrian archery! We also have thrown weapons and topical A&S. Since this year's event was spiked for Halloween, we were going with the additional holiday theme, as well! We plan on having video/photo submittal contest for equestrians, thrown weapons, and possibly target archery. We are trying to coordinate A&S activities, including classes and competitions, to be virtual as well. Our current plan is to gather all the details for contests, publish it on September 1, and have the submittal deadline of October 31. All contest and classes (whether to run one or to participate) are open to anyone in the Known World— no need to live in Atlantia! Are you interested in helping? Have an idea for a competition or class? Reach out to me at Kearney00mm AT gmail.com Until next time, YIS, Epy Pengelly, Armiger Mka Mishee Kearney

Website: http://highlandfoorde.atlantia.sca.org/havoc/index.l	html
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Fighting

Arts & Sciences:

Feast:

Merchanting:

Registration:

	Day-Trip	Feast	Camping
Adult Member Registration	\$0.00	\$0.00	\$0.00
Adult Non-Member Registration	\$0.00	\$0.00	\$0.00
Youth (-)	\$0.00	\$0.00	\$0.00
Child (0-)	\$0.00	\$0.00	\$0.00

Make Checks Payable To:

NA- VIRTUAL

Registration

Notes:

Site: Individual/personal computer equipment/internet access will be required

Site

Restrictions:

Autocrat: (Michelle Kearney), 1666 Colonial Way, Frederick, MD 21702, Phone: (240) 7721286, E-mail:

Reservations: (), , Frederick , DC 21702, Phone: () , E-mail:

Upcoming Events in the Kingdom

Кеу

Key				
R: Royal	Progress	K: King's Pro	gress 2: 2	ueen's Progress
H: Highn	esses' Progress	P: Prínce's Pr	rogress Pr:	Príncess' Progress
		August 2	2020	
Cancelled	<u>CANCELLED- Tou</u> <u>Silver Chalice</u> (R)	rney of the	Hidden Mountain	Harleyville, SC (Map)
Cancelled	<u> Day Of Challenges</u>	CANCELLED	Marinus	clarkesville, VA (<u>Map</u>)
Cancelled	Non-European Per <u>CANCELLED</u>	sona Workshoj	<u>p</u> Nottinghill Coill	Spartanburg,, SC (<u>Map</u>)
		September	2020	
Cancelled	Hastílude at the H CANCELLED	<u>lollow VI -</u>	Black Diamond	Raphine, VA (<u>Map</u>)
Cancelled	Battle on the Bay · CANCELLED (R)		Storvík	Upper Marlboro, MD (<u>Map</u>)
1)	<u>Online Fall Univer</u> <u>Atlantia</u>	<u>rsity of</u>	Atlantía	of Atlantía, NC (<u>Map</u>)
	Trial by Fire (CA)		Bright Hills	Glen Arm, MD (<u>Map</u>)
19	<u>VIRTUAL Event: :</u> <u>Baronial Birthday</u> <u>Investiture</u> (R)		Sacred Stone	Boonville, NC (<u>Map</u>)
25-27	Midnight at the Od		Nimenefeld	Apex, NC (<u>Map</u>)
Cancelled	Stierbach Baronia Celebration and In Postponed (R)		<u>I</u> Stierbach	Spotsylvanía, VA (<u>Map</u>)
October 2020				
	CANCELLED The	<u>Wild Hunt</u>	Ponte Alto	Triangle, VA (<u>Map</u>)
Cancelled	<u>War of the Wings :</u> 40th Birthday Par POSTPONED til O	<u>ty</u>	Atlantia	Boonville, NC (<u>Map</u>)
	Border Skirmish		Cydllan Downs	Trenton, SC (<u>Map</u>)

31	<u>VIRTUAL - Highland Havoc</u>	Highland Foorde	VIRTUAL, MD		
	Novemb	er 2020			
13-15	Red Mountain Mead Hall	Isenfir	Charlottesville, VA		
14	<u>CANCELLED</u> <u>Birthday of the Dragon</u>	Saint Georges	(<u>Map</u>) Easley, SC (<u>Map</u>)		
		Marinus	Virginia Beach, VA		
14	<u>Marinus Baronial Investiture</u>		(<u>Map</u>)		
14	<u>Buckston Birthday 44</u>	Buckston-on- Eno	o, NC		
21	<u> Holiday Faire</u>	Stierbach	Manassas, VA (<u>Map</u>)		
	D				
5	Unevent (TBD)	2r 2020 Atlantía			
3	anevent (15D)	Atuntu			
	Januar	y 2021			
9	Atlantian 12th Night (TBD)	Atlantía	6. 6. 466		
30	The Feast of Manannan MacLIr	Tear-Seas Shor	e (<u>Map</u>)		
	Februar	W 2021			
6	Winter University (TBD)	Atlantia			
March 2021					
	Kingdom Arts & Science Festival	2021			
6	(TBD)	Atlantia			
	Apríl				
10	Spring Coronation (TBD)	Atlantía	Annanolis MD		
16-18	Night Under a Faie Moon	Lochmere	Annapolis, MD (<u>Map</u>)		
17	<u>Festival of Elvegast: Journey to</u> <u>Avallon</u>	Elvegast	Hillsborough, NC (<u>Map</u>)		
23-25	Revenge of the Stitch VII	Spiaggia Levantina	Denton, MD (<u>Map</u>)		
May 2021					
1	Spring Crown Tourney (TBD)	Atlantía			

98-90 H1001000 R1000 W10100C		Highland Foorde	Hagerstown, MD (<u>Map</u>)
	June 2	021	almon Maria
5	Storvík Novíce and Unbelt Tournament	Storvík	Upper Marlboro,, MD (<u>Мар</u>)
12	Summer University (TBD)	Atlantía	
18-20	Tourney of the Sun	Charlesbury Crossing	Apex, NC (<u>Map</u>)
Cancelle	ed <u>Royal Archery Tournament</u> (R) Bright Hills	Glen Arm, MD (<u>Map</u>)
18-20	Known World Theater Arts	Sacred Stone	Lincolnton, NC (<u>Map</u>)
18-20	Royal Archery Tournament	Bright Hills	Glen Arm, MD (<u>Map</u>)
July 2021			
30-15 <u>P</u>	ennsic War XLIX	Aethelmearc	

The Back Page...



Good morning dear friends and neighbors! This pandemic seems unending at times, but eventually it must abate. I was particulary sad about War of the Wings being cancelled, but not surprised in the least given the current circumstances. But we must chin up and make good use of our time at home! I'm particularly happy because my device finally passed! It's pictured above. I've also finally conquered simple tablet weaving and am working on learning some new skills from the Pennsic University videos. I hope that you all are also enjoying Pennsic in Your Backyard. I don't have a big enough space to set up a tent, but I'm participating in spirit from the air conditioned comfort of my living room and craft room.

If you're enjoying the virtual events that are taking place, please consider sharing a recap of the event with us in the Quill! If you're taking on a new skills or craft, please share with us your interest and resources! Upping your SCA game with new garb, armor or accessories? We'd love to hear all about it in the next issue of the Quill!

Should you choose to submit an article or work for the Quill, please include the appropriate release form or a clear statement in e-mail that your submission can be used in the Nottinghill Quill (release forms can be found here: http://chronicler.atlantia.sca.org/Releases.php). Please send submissions to me at (chronicler@nottinghillcoill.atlantia.sca.org). You can find the release forms at http://chronicler.atlantia.sca.org/Releases.html If you have any questions or need help with the forms, please let me know.

Yours in Service to the Dream, Lady Merewyn Scharp, Baronial Chronicler