

The Tydes

Volume 41, Issue 3 𐌹𐌺 A.S. LIV January 2020



A quarterly newsletter serving the Barony of Lyondemere, Kingdom of Caid .
(Lyondemere comprises the coastal Los Angeles area of California).

The Tydes

Volume 41, Issue 2 ƿƿ A.S. LIV ♦ Nov 2019



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GUIDE TO SUBMISSIONS

Articles and Artwork (including photos) are due by the 25th of January, for the February publication. If you have difficulties with this deadline, please contact the Chronicler in advance, at chronicler@lyondemere.org

Publish Dates: *The Tydes* is ambitiously published on the 1st of the month for the previous quarter (e.g., May 1 for Q4 of Feb-Mar-Apr).

Articles: Please submit either an email, text, or Word file for all articles and columns. Email is preferred, sent to chronicler@lyondemere.org **Artwork / Photos:** Original drawings or photos are always appreciated.

THE TYDES TEAM

Chronicler (Newsletter Editor): Lady Batu Sechen Tsagaajin **Proof-reading Staff:** Dame Eilidh Swann, Lady Avicia de Na Baiona, Lord Geiri Smidsson

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Websites: The Lyondemere website can be found at <http://www.lyondemere.org>. Regional information can also be found through the Kingdom of Caid and Corporate information can be found at <http://www.sca.org>.

Addresses: Submissions, questions, and subscription requests can be sent to: chronicler@lyondemere.org

FROM THE BARONAGE



Greetings, Lyondemere!

It was a wonderful holiday season. Thank you to everyone from both Lyondemere and Gyldenholt for making our shared Yule so special. The dancing, singing, games and food were all spectacular. We are truly blessed to have shared the day with our chosen family. A special thank you to Lady Arwen for coordinating all the moving pieces and making this happen.

Coronation site was beautiful. Seraphina and I wish to welcome Alexander and Tahira back to the Thrones of Caid. May Their reign be truly majestic. Congratulations to Finella Harper for becoming the Bard of Caid AND for also being the first two-time champion. We are always in awe of her amazing talents.

Festival of the Rose was wonderful. The displays, performances and demonstrations from Caid's artisans were inspiring.

There is something for almost everyone in March with Crown on the 7th, Gyldenholt/Calafia Friendship Tourney on the 14th, Lyondemere Arts and Archery on the 21st and Crescent Artisan on the 28th.

Please come and join us for Lyondemere Arts & Archery at Woodley Park as we seek new champions in Archery, Crossbow, Thrown Weapons and Arts & Sciences.

Seraphina and I are excited to be part of the West Coast Culinary Symposium being held April 24 – 26. Register now at westcoastculinarysymposium.com. It is going to be spectacular and you don't want to miss out on all of the great classes. Oh and the FOOD!!! Don't forget about the amazing FOOD!!! We hope to see all of you there.

In closing, please remember to take care of yourselves. This cold and flu season has hit many of us hard. Seraphina and I want 2020 to be a happy and HEALTHY year for all of us.

Thank you all for making "The Dream" a reality. We appreciate all of you and all you do.

In Service to the Dream,
Conchobhar & Seraphina
Baron and Baroness of
Lyondemere

COUNCIL MINUTES

November 11, 2019

Attendees: Conchobhar, Seraphina, Mercy, Fedelm, John, Arwen, Will, Emma, Avicia, Etiennette, Miguel, Borgunna, Geiri, Sechen

Start time: 7:30 pm

Opening Comments:

Baron & Baroness/ Conchobhar & Seraphina – Hi! Thanks for coming!

Seneschal / Mercy – Thanks for coming out! Short and sweet tonight, I'm jet-lagged and Their Excellencies are sick.

Officer Reports

Arts and Sciences / Finella – Not here. No report submitted.

Chatelaine / Etiennette – Quarterly report due yesterday and was submitted. Changing from Yahoo Groups to IO groups. Downloading stuffs to hard drive as back-up

Children / Arwen – Nothing to report. Need a deputy--specifically for Yule. Speak to Gyldenholt Youth Officer.

Chronicler / Sechen – Please send me articles! Any articles for newcomers, A&S class summaries, A&S class ideas, etc are all acceptable! The Deputy Kingdom Chronicler is going to re-publish articles from the local baronial newsletters; so, please send me stuff to publish!

Constable / Geiri – We have a thing. It will be returned to the person to whom it belongs

Exchequer / Tetchubah – We currently have the following in funds:

- General funds: \$10741.32
- Archery: \$425.84
- Cooks: \$203
- WCCS: \$3361.38 (two registration checks and the Gyldenholt fundraiser money was received. We have not received any transfers for Paypal from the kingdom yet.)

We have the following upcoming bills: Emma needs money for Yule which I believe she will bring up tonight, but she hasn't told me yet how much. We will need to pay the storage fees again this month as our rent is due again (at higher rates) on Dec. 1. I will get that check written and get Conchobhar to sign it hopefully this coming Sunday.

Herald / Caellach – No news on submissions from the Lyondemere populace. The Order of the Seahorse of Lyondemere's name and badge remain ready to submit, but I still need to get the paperwork back from Lachlan. I intended to go to the November heralds' meeting, but it was cancelled due to low projected attendance.

Lists / Sechen – No report.

Marshal (Armored Combat)/ Fearghus – Not here. Holding weekly practice in El Segundo with 4 - 10 fighters. Nothing else to report.

Marshal (Rapier Combat)/ Sadhbh – There was a lull in rapier practices surrounding GWW, but we're back now. Last week's practice was particularly well-attended.

Marshal (Archery) / Emma/Miguel – Practices are happening on Sundays & Tuesdays. People are coming and things are grand! Come out and have fun!

Sexton / Conchobhar – Looking for a deputy! We have stuff. Haven't done the price comparison for getting rid of the trailer; but since rent went up on the trailer space (\$156/mo), it will be more

cost-effective to get rid of the trailer and just rent a truck. We need to clean out the storage unit of things we don't use anymore. February would be a good time for purging.

Webwright / Eilidh/Sadhbh – Not here.

Guild Reports

Bardic – Beach Bardic went well. There were about 12 people there. We had a young man and his cub scout son show up and ask questions. Thanks to THL Avicia for putting everything together. May try to do it again in the Spring or Summer.

Lyondemere Cooking Guild / Eva – Eva is the feast steward for Yule. Cookie Exchange potential dates: December 14 and December 21.

Scribal / Aliskye, Deputy Emma – The next Lyondemere scriptorium is November 21st. This month's meeting was held on 10/17 and went well. There were 3 attendees.

Old Business/Upcoming Events

- **Beach Bardic** – Avicia and Finella are looking at November 10th as the date for a beach bardic event (the previously provided date ended up not working out after all). More details will be forthcoming but it will be a casual afternoon/evening event with a potluck and bardic circle. The location will be Cabrillo Beach which allows bonfires.
- **Great Western War** – The weather at war was cool and setup went smoothly. Their Excellencies went to the Heroes and Villains Grand Court as Beauty and the Beast. The royals present participated in the fun and the costumes were impressive. Arwen advised that war was fun and the baronial encampment ate well. The daily fee worked out to cover the costs of the food. Master Thomas Bordeaux, a former baron of Lyondemere, came out from Northshield to hold a post-Laurel vigil one evening at war. He performed Ban the Fencers on Saturday night for a large group of fencers who came over from the MOD vigil. Lyondemere worked a Thursday late-night (12-4 am) gate shift and it went smoothly.
- **Lyondemere/Gyldenholt Yule (December 7, 2019)** – Arwen could not attend the meeting and Will was given the check to deliver so the site can be paid ASAP. She is still looking for volunteers for Yule and will post about the needed positions on the Lyondemere and Gyldenholt pages. She will also resubmit the item to be printed in November's Crown Prints. She would like copies of prior Yule budgets if they are available.
- **West Coast Culinary Symposium (April 24-26, 2020)** – Registration is live! We can accept PayPal, credit cards, and checks thanks to working with the Kingdom. There is tiered pricing with the first deadline in December. Teacher class submissions will be live soon. There will be cooking, brewing, and bardic classes and there may be fiber classes added as well but that is still being discussed to ensure the logistics are in place.
- **Caid Archery Open** – The date is still being discussed to determine an acceptable date. April 11 is the desired date but there is an ongoing discussion about whether it is acceptable because of a conflict with another event. Miguel and Mercy will discuss offline.

New Business

- **Arts and Archery 2020 (March 21, 2020)** – The date works for Woodley. The event stewards are traditionally the Arts & Sciences Minister and Archery Captain. Miguel will be stepping in to support the Archery steward role.
- **Lyondemere Anniversary 2020** – They are seeking proposals for next year's anniversary and hope to have event steward(s) selected by December.
- **Baronial Succession** – Their Excellencies are requesting letters of intent from those interested in being the next Baron/Baroness. Announcements will be publicized on the baronial website and on social media. They plan to accept letters until November 15th, and the plan is that heirs will be selected by Yule or Twelfth Night.

Next Meeting

Next Baronial Council:

January 13, 2020

End: 8:45 pm

January 13, 2020

Attendees: Mercy, Conchobhar, Geiri, Sechen, Will, Arwen, Etiennette, Richard, Eva, Geoffry, Avicia, Pierre, Sadhbh, Caellach, Ian, Miguel, Borguna, Fearghus, Cissandra, Feldelm, John

Start time: 7:33 pm

Opening Comments:

Baron & Baroness/ Conchobhar & Seraphina – Hello, greetings! Her Excellency sends her apologies for not being able to make it tonight. Apologies for not being able to make Queen's Champion. I'd like to welcome Scott, our new guy! Congrats to Finnella Harper for being the new Bard of Caid!

Seneschal / Mercy – Happy 2020! Welcome, everybody! We have a full house tonight! Doomsday reports are due, so please make sure to copy me on your reports. I need yours for mine.

Officer Reports

Arts and Sciences / Finella – Arts & Archery 2020 If you're interested in entering the Baronial Arts competition, please let Finnella know so she can make sure she has judges available for you. Had a Beach Bardic in November and are looking to do another, likely after A&A.

Chatelaine / Etiennette – Still looking for a Deputy. Please welcome Richard of Canterbury. He's new to Lyondemere and returning after a long absence from the SCA. Chatelaine report is due February 10; will copy Mercy on it. The new io group for Newcomers is up and running and going well.

Children / Arwen – Nothing to report for Youth Stuff. We'll come up with something for Arts & Archery.

Chronicler / Sechen – January 25 for Tydes articles. January 15 for the new Crown newsletter.

Constable / Geiri – I have a thing! Edmund knows I have a thing! Just trying to synch up with him.

Exchequer / Tetchubah – So many signatures needed! Current balance not locked up \$10,047. Breaking even, it would seem.

Herald / Caellach – December herald's meeting, no new submissions from this barony; Vincenzo, Sadhbh, & Caellach's names and devices approved. The Seahorse has been approved.

Lists / Sechen – Arts & Archery will be covered by moi; I am also helping Paganus with Lists at Caid Open.

Marshal (Armored Combat)/ Fearghus – Been having good practices; 4-5 coming on average. There was a spike up to 10 for a few months. Unbelted is on January 25, in Tustin. Please come out.

Marshal (Rapier Combat)/ Sadhbh – We, too, are having practices! We have about 4-5 people. Down from the holidays and rain.

Marshal (Archery) / Emma/Miguel – Had a hiatus in December for Tuesday practices. Sundays were low in December, as well, because of rain and holidays.

Sexton / Conchobhar – Looking for a deputy!

Social Media / Deputy: Fedelm (w/Mercy) – Fedelm is helping to promote Arts & Archery via social medium. Seems to be doing well.

Webwright / Eilidh/Sadhbh – We have a website! It has some confusion with e-mails, currently. Baronial Progress is updated to March and Arts & Archery is listed.

Guild Reports

Bardic – Not much to add. Congrats to Finnella for the first, ever two-time Bard of Caid.

Brewing Guild / – Would like to bring Brewing back up to running, but wants to speak to Their Excellencies, first. Just contact Geoffry Brewer!

Lyondemere Cooking Guild / **Eva** – Thank you to everyone who assisted with the Yule feast! Cooking Guild has a meeting January 26 for setting the Guild calendar for the year. It's a pot luck.

Scribal / **Aliskye, Deputy Emma** – Didn't have a meeting in December, also not having one this month because of Winter Weekend.

Old Business/Upcoming Events

- **Yule 2019** – It was a fairly successful event. We had between 65 and 75 people for it. It went well and I've given Tetchuba all the receipts, just now, so we're all squared away.
- **West Coast Cullinary Symposium** – 95 registrations, 12-15 are for day-trips; the rest are stay-overs. Goal is 90 for stay-overs. Short 9-11 people, currently. There are no private rooms/cabins. Considering doing a raffle to raffle off private rooms/cabins as a fundraiser. Will announce the handling of it in the next few weeks. There have been several generous people who have sponsored others to go. There have been at least 2 sponsors, possibly 3. We hit the first deadline; the next deadline is January 29 for pre-pay/pre-reg. Looking for teachers, currently have 19 classes. Need volunteers. Baroness Amicia is the Volunteer Rangler. Contact Mercy and she will get information to her. February 2, Claudia & Mercy will be going to check out the site; Tetchuba, Conchobhar, & Seraphina going with. Hoping to have classes scheduled and posted by the end of January. Registration can be extended, if necessary.
- **Polling Updates** – Candidates: Sechen & Geiri, Will & Arwen, Geoffory & Eva, and John & Fedelm. We're looking for feedback. Put your choices in order of whom you would like to have as the next Baronage. It is ***not a vote***. Polls will go out via GoogleForms. There will be a link via Facebook & GroupIO. If people don't want to do the forms, they can e-mail the Kingdom Seneschal, or print out the form and mail to him. No one will see the information other than the Kingdom Seneschal. This form is for the entire populace; the "Vote of Confidence" is for paid members. Hopefully will have the polls out in the next week, maybe two.
- **Arts & Archery 2020** – Looking for help for thrown weapons & crossbow. Cecilia will be asking her deputy about helping for thrown weapons. The Kingdom's Deputy Marshall is also trying to help for crossbows. Would like to have a Planning Meeting. Baron & Baroness will help with making the prizes, again. Will have a planning meeting in February. Cooking Guild will handle donation lunch. CP write up done, and social media live. Woodley Park is location.

New Business

- **Lyondemere Anniversary 2020** – Sechen & Arwen (and by extension, Wil & Geiri) have volunteered to co-steward the event. Sechen is looking at a couple sites, including Veteran's Park and the park on 22nd Street in L.A. Harbor area. The date is June 27, 2019. Feast is an option since it is also an investiture.

Next Meeting

Next Council Meeting

February 10, 2020

End: 8:24pm

On the Humors Part I: The Balance

By Lady Batu Sechen Tsagaajin

Hippocrates (460-377 BCE) is often credited with the development of Humorism. No, I'm not talking about something you laugh at, I'm talking about the general medical theory in place from the time of the Greeks up until about the 1850's. Humorism was even used into the mid-1900's in psychology to discuss personality types.

Essentially, Humorism is the belief that the blood (small-b) has four invisible humors that flow through it and those are responsible for a person's behavior and health. The balance of these humors is specific to the individual person, but their personal balance is off, then doctors come to treat the person, based on their symptoms.

The four humours are as follows:

- ♦ **Yellow Bile**
- ♦ **Blood** (capital-B)
- ♦ **Phlegm**
- ♦ **Black Bile**

Hippocrates linked each of these "humours" to an element in the universe. Black bile is "related to earth with cold and dry properties"; Blood is "related to air, with moist and warm qual-

ities"; Yellow bile is "related to fire, with dry and warm properties"; and Phlegm is "related to water, with moist and cold qualities" (ExploringYourMind.com, March 9, 2019).

Those who followed Aristotle's philosophic views (the Peripatetic school of philosophy) posited that an excess of one humour would pronounce a specific temperament. Galen of Pergamon (129-216 CE) is credited with ascribing temperament types to Hippocrates' humours. Perhaps you are familiar with them? They are as follows:

- ♦ **Choleric**
- ♦ **Sanguine**
- ♦ **Phlegmatic**
- ♦ **Melancholic**

Those terms are familiar! Choleric people, according to Galen, tend to be passionate and energetic people who are quick to anger; Melancholic people tend to be sad and are easily upset, but have a great artistic sensibility; Phlegmatic people are, basically, Spock: Cold and rational; and Sanguine people are happy and optimistic, expressing affection towards other people, and very confident

(ExploringYourMind.com, Aug 13, 2019).

The theory wasn't just a separate idea for body and a separate one for mind. By Galen's time, there were many who believed body and mind were linked by the Humours. When one fell out of balance, temperaments would change (I mean, *I* get cranky when I'm sick!) and health would change.



We're all pretty familiar with the practice of bloodletting. In the picture above, a lovely scribe or monk has depicted such a scene in an illumination. Apothecaries, doctors, wise women (or men), or even barbers were the medical professionals of the time—it all depended on what you could afford. They were all well-versed in the practice of bloodletting. Some would make incisions in the skin; others would use leeches. Regardless, this is not the only way that was used to balance the Blood!



Choleric



Melancholic



Phlegmatic



Sanguine

Smith (2013) notes that these doctors also prescribed a “cold and wet cucumber” to help balance a fever (excess of Blood). In fact, in Part II of this article, I will discuss the foods and drinks that are to be avoided and consumed for a balance of temperament!

In the modern age, we still discuss keeping a balance. In my own non-SCA research field, one of the topics is work-life balance. We seek to find a balance for our mental and emotional health. We want to maintain a balance between happiness and depression. Balance! Balance! Balance! Smith (2013) posits that when we *do* get sick, our first thought is to blame the flu vaccine, or the bug that’s going around, etc. But, when our lives are out of balance, our immune system is weakened (McLeod, 2010; HealthEssentials.com, 2017).

Bringing a balance is not a “new age” way of thinking, nor is it “Eastern Medicine.” It is simply a philosophy that began in the early days of civilization which eventually had the scientific method applied to it. We know that stress negatively impacts our immune system, and when your immune system is weak, you have the potential of becoming ill—your Humours are Out of Balance.

Please don’t try bloodletting. Take the medication your doctor prescribes you. Exercise is not only for people who wish to lose weight; it is a way to help the body reduce stress. Personally, I choose to walk on a daily basis and do dynamic yoga three times per week. That, however, is for my personal humours!

Check out Quarter 4 of *The Tydes* (May 1, 2020) for “On the

Humours, Part II: Striking a Balance,” and check out the next page for a fun comparison of personality Humourism and the MBTI!

References

- ExploringYourMind.com. (March 9, 2019). Hippocrates and the theory of the four humors. Retrieved from <https://exploringyourmind.com/hippocrates-theory-four-humors/>
- ExploringYourMind.com. (August 13, 2019). The differences between personality, temperament, and character. Retrieved from <https://exploringyourmind.com/the-differences-between-personality-temperament-and-character/>
- HealthEssentials.com (March 1, 2017). What happens when your immune system gets stressed out? Retrieved from <https://health.clevelandclinic.org/what-happens-when-your-immune-system-gets-stressed-out/>

OYEZ! OYEZ! WCCS!

The Kingdom of Caid is proud to host The Society for Creative Anachronism's West Coast Culinary Symposium in 2020. This multi-Kingdom, 3-day event will be a chance for like-minded and enthusiastic people to get together and share their love and knowledge of pre-1600 period cooking and practices and share the tasty results. It is also a time to gather as friends, make new ones, share ideas, and teach our skills to others hoping to learn.

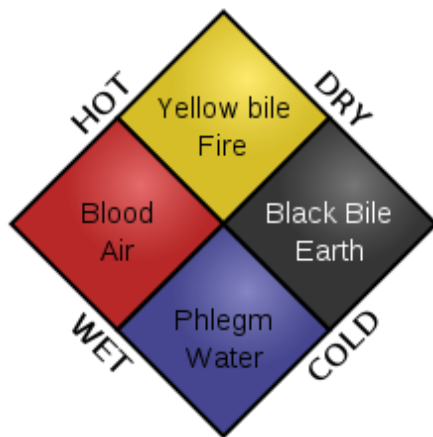
This year we will be adding a full brewing track as well as some bardic activities! There's truly something for everyone!

We are excited to announce our Keynote speaker is none other than the co-author of "An Early Meal- A Viking Age Cookbook and Culinary Odyssey", Hanna Tunberg. Hanna hails from the Kingdom of Drachenwald. She earned a Master's degree in Medieval Archaeology and uses her knowledge to work her way through thousands of years of food history. She has given lectures and workshops on medieval cooking around Europe and is now headed to the New World.

This action-packed event will be held April 24-26, 2020 at Camp Wrightwood in Wrightwood, CA. Participants will be comfortably lodged in heated cabins with access to several onsite kitchens and outdoor cooking areas. Please visit www.westcoastculinarysymposium.com for more information!

McLeod, S. A. (2010). Stress, illness and the immune system. Retrieved from <https://www.simplypsychology.org/stress-immune.html>

Smith, M. (November 2, 2013). Balancing your humors. Retrieved from <https://www.psychologytoday.com/us/blog/short-history-mental-health/201311/balancing-your-humors>



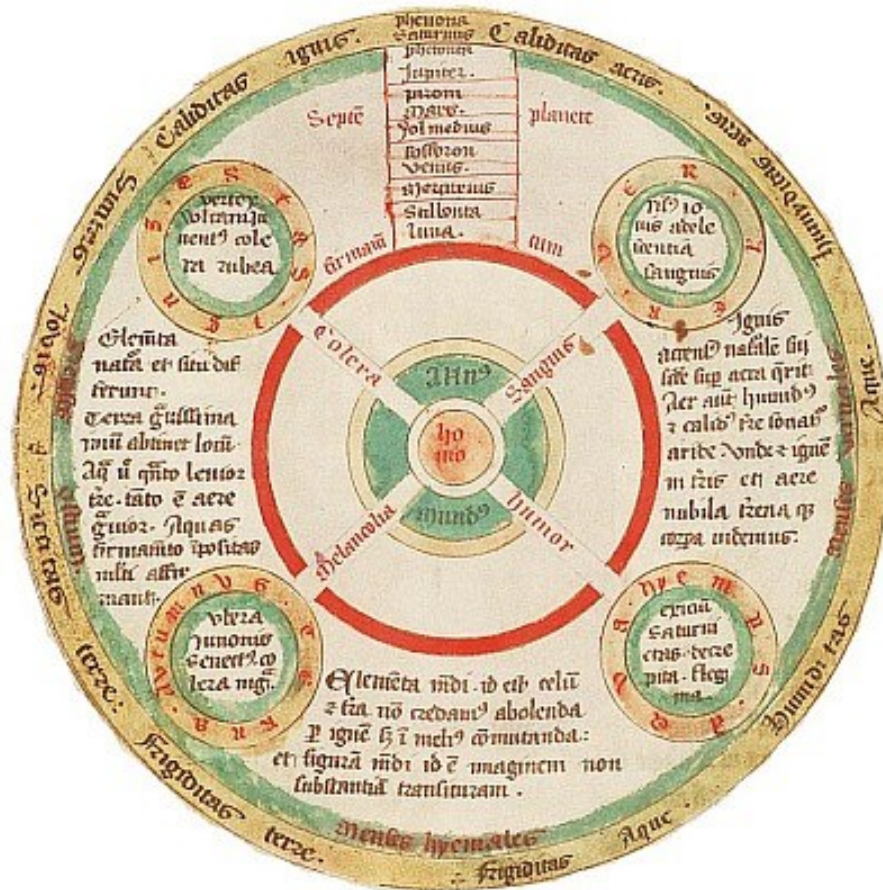
Pure Temperaments with their Meyers-Briggs equivalents

Sanguine	ESFP (Extravert/Sensing/Feeling/Perceiving)
Phlegmatic	INFP (Introvert/iNtuitive/Feeling/Perceiving)
Choleric	ENTJ (Extravert/iNtuitive/Thinking/Judging)
Melancholic	ISTJ (Introvert/Sensing/Thinking/Judging)

Mixed Temperaments (Predominate-Secondary)

Sanguine-Phlegmatic	ENFP (Extravert/iNtuitive/Feeling/Perceiving)
Sanguine-Choleric	ENTP (Extravert/iNtuitive/Thinking/Perceiving)
Sanguine-Melancholic	ESFJ (Extravert/Sensing/Feeling/Judging)
Phlegmatic-Sanguine	ISFP (Introvert/iNtuitive/Feeling/Perceiving)
Phlegmatic-Choleric	INTP (Introvert/iNtuitive/Thinking/Perceiving)
Phlegmatic-Melancholic	ISFJ (Introvert/Sensing/Feeling/Judging)
Choleric-Sanguine	ESTP (Extravert/iNtuitive/Feeling/Judging)
Choleric-Phlegmatic	ENFJ (Extravert/iNtuitive/Feeling/Judging)
Choleric-Melancholic	ESTJ (Extravert/Sensing/Thinking/Judging)
Melancholic-Sanguine	ISTP (Introvert/Sensing/Thinking/Perceiving)
Melancholic-Phlegmatic	INFJ (Introvert/iNtuitive/Feeling/Judging)
Melancholic-Choleric	INTJ (Introvert/iNtuitive/Thinking/Judging)

From <http://psychologia.co/four-temperaments/>



Queen of Hungary Water (Medieval Febreeze)

Here is a medieval recipe you can make at home. It is good for disinfecting countertops and hands, as well as refreshing linens, bedding, armor, and more. This 13th Century perfume was created for Her Majesty of Hungary; it has grown and evolved throughout the years, becoming incredibly complex during the Victorian era. This is the basic recipe. You will need the following items:

1 4oz mason jar	1/2 tsp cloves	1/2tsp mace (or nutmeg/allspice)
Dried rosemary	1/4 tsp anise seed	1 sprig sage
Rosewater	Cheap Vodka	Fine mist bottle (dark glass is best)

In your mason jar, place rosemary, 1/2 tsp cloves, 1/4 tsp anise seed, 1/2 tsp mace (nutmeg/allspice...all the same plant), and 1 sprig sage. Add a splash of rosewater and fill with vodka. Steep this for 2 weeks, shaking once per day. At the end, strain out the solids with a cheese cloth and place in a fine mist bottle.

FOUR THIEVES' VINEGAR

A RECIPE FROM THE KITCHEN OF A THIEF

"Listen, mate," the harsh whisper came through the candle-lit room. "We don't have time for this!"

"Trust me!" came the response. The four men huddled around a single candle in a room with wooden tables and benches and kegs, holding their hands out to the person next to them, anxiously awaiting this elixir. "Here, take this. Put it on your forehead, your ears, under your nose, and on your hands."

"An' this stuff'll keep us safe?"

"Like Shadrach, Meshach, and Abednego in the fiery furnace, mates!"

The four men chuckled and gave softened "woo"s of approval. Once the liquid had been applied, they set out about their business. Their business, of course, was corpse-robbing. The year was 1350 and the Black Death had been sweeping through Europe, killing indiscriminately. Men, women, children, Kings, Princes, clergy, it didn't matter your rank, station, birth, or gender, when the Black Death came for you, there was no escape.

Except these four thieves. For ease of reference, we'll call them Belteshazzar, Hananiah, Mishael, and Azariah. When the four thieves stalked out into the relative safety of the night, they, indeed, were walking through their own burning, fiery furnace. But, yet, they remained safe. Night after night, for three years, these men walked. On their last night, they were captured by the King's own guard. "You got some explainin' to do," one guard drooled callously into Belteshazzar's ear.

And explain the would, for the King offered them a deal: He would spare their lives and prison time **if** they would reveal their secret of staving off the plague. Belteshazzar was quick to speak:

"Your majesty. We have survived through a concoction that we put on our foreheads, ears, hands, and under our noses each night. I shall tell you how to make it. Into a pint jar, place fresh rosemary, sage, and thyme until it is enough, about $\frac{3}{4}$ full. Add to this some whole cloves, anise seeds, a cinnamon stick, and some orange and lemon peel, being careful not to slice your own finger. Peel and crush a clove of garlic and toss it in. Fill the jar with white wine vinegar and place in a sunny place for 5-7 days." ((Not a period recipe, but it would be good as a salad dressing! —Sechen))

Baronial Progress

- **Saturday, February 1 - Festival of the Rose**
- **Saturday, March 7 - Crown Tournament**
- **Saturday, March 14 - Friendship Tourney**
- **Saturday, March 21 - Arts & Archery**

EMAIL LISTS & GROUPS

Baronial List

<https://scalyondemere.groups.io/g/main/topics>

Archery

<https://www.facebook.com/groups/983706488315263/>

Brewers

<https://www.facebook.com/groups/389455797787896/>

Caid Clothiers

<https://www.facebook.com/groups/CaidClothiers/>

Cooking Guild

<https://www.facebook.com/groups/355580354645898/>

Fighters, mostly rapier

<https://www.facebook.com/groups/819820254813544/>

Caid Art and Sciences

<https://www.facebook.com/groups/521417457879219/>

Lingo Alert! “Your Excellency” is the proper address for a Baron/Baroness or Count/Countess (a person who has served once as King/Queen).

Lyondemere Regnum

Contact List



www.facebook.com/groups/Lyondemere/

Baron: Conchobhar mac Cionaoith—baron@lyondemere.org

Baroness: Seraphina Arlotto—baroness@lyondemere.org

Seneschal (President): Asakura Matsume —seneschal@lyondemere.org

Arts and Sciences: Mistress Finella Harper—artsnscience@lyondemere.org

Chatelaine (Newcomers): Lady Etienne Dubord dite Desmarais — chatelaine@lyondemere.org

Chronicler (Newsletter): Lady Batu Sechen Tsagaajin—chronicler@lyondemere.org

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