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This is the May 2021 issue of The Portcullis, a publication of the Barony of Brendoken of the Society for Creative Anachronism, Inc. (SCA, Inc.) The Portcullis is edited by and available from Janet MacGregor Jones, 7515 Portage St. NW, Massillon, 44646. It is not a corporate publication of the SCA, Inc., and does not delineate SCA, Inc., policies. Copyright 2019 Society for Creative Anachronism, Inc. For information on reprinting photos, articles or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.





reetings unto the Populace!!

So, Spring is in the air. No, wait, it's Winter time again. No, wait, now it's Summer and humid!! Wait, back to Spring!! Welcome to last week in Brendoken everyone!

Just imagine how confusing it would have been to live in the Middle Ages with our weather. It would be almost as bad as having the local weather people tell us what's going on. Frankly, I'll stick with the weather rock that always sits next to the gate at Gwyntarian Camp. If it's wet, it's raining, and so on!

So, who's getting their garden ready? Who's planting herbs and root veggies? (I shouldn't write this when I'm hungry!) Who's making new garb and working on armor? Who's fixing arrows and sharpening axes? And the big question... who's brewing something they're going to share with the Baron??

Keep sharing all the great things you're up to and involved with. We love seeing all the great things our people are doing!

If you are looking to get involved with something new, we would encourage you to check out The First Bardic War on Facebook or at BardicWar.org.

As always, we encourage you all to stay safe in all you do. Take care of yourselves and each other, and be patient until better days are upon us.

YIS,
Cadwgan and Eadaoin
Baron and Baroness of Brendoken



Marche Reports

Alderford – His report is finished. We are going through some changes. New MoAS Mistress Catriona, zoom meetings the 2nd and 4th Tuesdays. Catriona and Deirdre and Gogan did a wonderful job with the Masque event. Many kudos to those three.

Gwyntarian – meetings every other month. We're getting serger for use.

Thistle – still in a holding pattern as soon as we get the word that archery is allowed, we'll be having meeting at the Silver creek park archery range

3 Towers – reports are going in on time, a few virtual meetings and we'll have a meeting once we can.

General – Immersive Van Gogh exhibit in Cleveland. Contact DonalBane if you're interested in going. The next meeting will be the first Sunday in May, May 2nd still a virtual meeting.



Memorandum – Statement Regarding Proof of Vaccinations, Negative COVID Tests, and Temperature Checks of Attendees at Society Events.

This came down April 23rd from the Board of Directors.

Long story short: The SCA will NOT require proof of vaccination and/or negative COVID tests at

events/meetings unless such things are required by state or local law. The Board previously laid out its requirements for in-person gathers and we are awaiting further guidance/regulation from the Midrealm.

YIS,
DonalBane

The First Bardic War

Dame Honor von Atzinger, Dragon Bard is our Midrealm General. There will be opportunities for volunteers. Judges and general activity hosts to "MC" games and bardic rooms are needed. Some of the events are virtual and some will be live.

BardicWar.org is the web sit to go to find out about all the activities.

Here is the Schedule:

Saturday May 15

12:00 pm Instrumental Only

3:00 pm Renaissance Theatre

7:00 pm Improv

Sunday May 16th

9:00 am Original Poetry

12:00 pm Non-European Performance

3:00 pm Storytelling

7:00 pm Foolery

Friday May 21st

8:00 pm Non-Original

Saturday May 22nd

9:00 am Newcomers

12:00 pm Persona Presentation

3:00 pm Period Performance

7:00 pm original song

Sunday May 23rd

10:00 am Battle speech or story

The war will showcase the many talents of our populace. Twenty nine gentles have been chosen to represent the Midrealm. Here are a few of the performers and their venue.

Ursula Mortimer – Original Poetry and Non-English Performance

Tarmach ben Yehuda al Khazari –Dramatic Writing and Group Non-Musical

Tyzes "Zsof" Sofia- Story telling and Laurels only

Angus Folk Singer – Instrumental only and Non English Performance

GrimR (Soren der Weiss) – Arts & Sciences and Brawl

Seto Gesshuko – Period Performance, Chivalric Dressage and Improv

Brendan O Corraidhe – Group Non-musical

Cellach macChormach – Martial Team Relay captain

Minutes from the April 11, 2021 Virtual Meeting

Good to see everybody

Excellencies – It's always very nice to see everybody. Not the same as in real life but you look great. Society has come out with more directives, be patient.

Can't wait to see you.

Seneschal- June 1st in person activities will be allowed on a kingdom-by-kingdom basis. Meetings for that are happening now. As soon as we get information, we'll let you know. Hang tight. The end is in sight but we're not there yet. Mar'itsa would like to have a decompression space available when we get together. Deirdre says it would include noise cancelling head phones, fidgets in a quite room. We'll have a list of things included. 1 kit per user. We'll see how well they are used or needed. Kid focused but also for adults. Nina – corporate will be putting kits together. John – who is going to hold on to these kits. We will discuss that at the next meeting. Have something in writing for the next meeting.

Exchequer – In the bank we have. \$7,678.60. I paid the wrong amount for the storage unit rental and fixed that. \$5 service fee from bank. I will get in touch with the exchequer deputy to if he going to step up when I leave after two years, which is coming up.

Signet – awards given out at Masque. Safiye will be the new signet.

Knights Marshal – now is the time to start looking at your gear if you need help with repairs let her know try to get out and practice. Work on being active.

Rapier Marshal– check blades

Chamberlain – nothing is going on yet.

A&S – Looking to get a cooking thing together. Largess derby voting on the 15th on Facebook. Vote on your favorite. There were not a lot of entries, but something. Please let her know if you need help. She has her baronial email working.

Herald- If you have any questions, please let him know.

Chronicler – I will post the newsletter on the Baronial Facebook page. I'm looking for a deputy. I will change Lena's email on the newsletter

Chatelaine –Keith will be switching over once the paperwork is complete.

Web Minister – working on the web site

Making Salves from “weeds” by Lady Milisandia MacGreghere, photo by Baintighearn Deirdre MakKkyneth

It's that time of year again, dandelions are blooming in everyone's yards. Also these pretty plants. They are called purple dead nettle. Purple dead nettle is a member of the mint family. It's called 'dead' nettle because it doesn't sting. It has a square stem, fuzzy leaves and purple tops with little pink flowers. The leaves are edible and the purple tops are a little sweet. Historically it was used as an astringent, diuretic and also as an anti-inflammatory, anti-bacterial and anti-fungal. The leaves can be



used on external wounds or as a poultice, similar to plantain. It was used as a tea or a salve.

To make a salve, the first thing you need to do is infuse it with an oil like olive oil or sunflower oil. To do that dry the leaves and flowers and then put them in a jar. Add oil till it covers the leaves. You can set the jar in the sun for a couple of weeks, or hasten the process by sitting the jar in a pan with a couple inches of water. Let the water heat up on medium heat but not to boiling and turn the heat off and let the jar sit till it cools. Then put it in a cupboard for a few days. I usually leave it a week. Then strain the flowers from the oil. I use a tea strainer. Press the leaves to get all the oil you can out of it.

For 8 ounces of oil I add 1 ounce of bees wax (shredded). I put the oil in a glass jar, like a mason jar and put that in a pan with a couple of inches of water. On low heat, add the beeswax to the oil and heat it until it melts. You can add a few drops of essential oil if you want, I like lavender. Pour it into a container and let it cool.



The same method is used for dandelion salve, but I only use the flowers. The flowers need to be dried first because of the water content in the flower. The first time I spread the flowers out on a tray and waited a couple of days. Now I cheat and use a dehydrator. It only takes a couple of hours to dry them, then I put them in a jar and cover them with oil. When making the salve I added an ounce of coconut oil to the olive oil infusion and the shredded beeswax. The more beeswax the firmer the salve.



A (Unofficial) Medieval Pilgrimage:

Camino Santiago by Lady Domeer Valdesmarsdotter and Master Katerina Peregrine

Looking to getting back in shape for the fighting season?

Or wanna stretch those creative muscles for the upcoming Bardic War?

Wanna do it with friends?

Join us walking & creating separately until we can safely join together again on June 1st 2021

Rules*

1 mile of walking, hiking, running, cycling, rowing, and/or skating will count for 1 mile on the pilgrimage.

750 yards of swimming will count as 1 mile.

1 hour of weightlifting will count for 5 miles on the pilgrimage.

1 hour of archery/equestrian practice will count for 5 miles.

50 pell shots will count for 1 mile on the pilgrimage. Maximum of 100 pell shots.

One hour of Arts & Science counts for 1 mile of pilgrimage.

Self Update Weekly

Every Sunday on our Google Doc sheet

*Stolen from the pilgrimage of haseki hürrem sultan