



The Dredgings

*Being the Voice of
The Barony of Lochmere SCA, Inc
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If you are new to the Barony of Lochmere, these websites should be of interest to you:

Lochmere Homepage: <http://www.lochmere.atlantia.sca.org>

Official SCA Homepage: <http://www.sca.org>

Kingdom of Atlantia Homepage: <http://www.atlantia.sca.org>

The Acorn: <http://www.acorn.atlantia.sca.org>

Event Calendar: <http://www.acorn.atlantia.sca.org/calendar.htm>.

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Concerts and Activities Around Town

MUSIC

National Gallery of Art

The Seventy-Second Season of Concerts 2013–2014

Holiday Caroling

December 14, 15, 21 and 22 nd at 1:30 and 2:30

West Building Main Floor, Rotunda

The Washington Chorus Outreach Singers Geoffrey

Silver, conductor

Washington, DC

Ensemble Galilei

December 22 at 6:30

West Building, West Garden Court

Music by Medieval and Renaissance composers for

Christmas and the Winter Solstice



Illuminare

A Festival of Carols Beth Mailand, harp

In celebration of the 100th anniversary of the birth of

Benjamin Britten, ILLUMINARE joins harpist Beth

Mailand to perform Britten's beloved *Ceremony of Carols* (1942). Britten's inspiration was the English medieval carol, which flourished during the fifteenth century, the epoch from which most of his texts are drawn. As prelude to Britten's work, we will begin our program with a medley of early English carols. Also on the program will be Handel's concerto in B flat, arranged for solo harp.

Saturday, December 7 at 8:00 pm St. Mark's Catholic Church 9970 Vale Road Vienna VA 22181 Free parking Voluntary donation

Carmina

Holiday at the Mansion

Vera Kochanowsky, harpsichord Steven Alan Honley, piano

Carmina returns to Kentlands with a joyous holiday program featuring Spanish villancicos, medieval carols, and traditional favorites including Biebl's Ave Maria. Pianist Steven Alan Honley will offer holiday musical fare at intermission while complimentary desserts are served. Handicapped accessible; call 24 hours in advance for specific accommodation requests.

Sunday, December 15 at 3:00 pm Kentlands Mansion 320 Kent Square Road Gaithersburg, Maryland 20878

Tickets: \$25/\$23 for Gaithersburg city residents Info & tickets: 301-258-6394, www.gaithersburgmd.gov/recxpress

Tickets at the door: across the street at the Arts Barn

<http://www.carmina.org/upcomingperformances.html>

Exhibitions:

The Dying Gaul: An Ancient Masterpiece from the Capitoline Museum, Rome

December 12, 2013 – March 16, 2014

National Gallery of Art [West Building Main Floor, Rotunda](#)

Created in the first or second century AD, the *Dying Gaul* is one of the most renowned works from antiquity. This exhibition marks the first time it has left Italy since 1797, when Napoleonic forces took the sculpture to Paris, where it was displayed at the Louvre until its return to Rome in 1816. A universally recognized masterpiece, the *Dying Gaul* is a deeply moving celebration of the human spirit.

<http://www.nga.gov/content/ngaweb/exhibitions/2013/dying-gaul.html>

Ancient Chinese Jades & Bronzes

Freer Gallery of Art

More than one hundred of the Freer's jades and bronzes—among the greatest treasures of Chinese art outside China—return to public view after almost a decade. Featured in these reinstalled galleries are eighty astounding objects illustrating the remarkable jade production of the Liangzhu culture (ca. 3300–2250 BCE) and its influence on other Chinese Neolithic and Bronze Age civilizations. Also highlighted are powerful animal motifs and forms featured on some forty ritual vessels, as well as fittings from the late Shang dynasty (ca. 1300–1050 BCE) and early Western Zhou dynasty (ca. 1050–900 BCE).

<http://www.asia.si.edu/exhibitions/current/ChineseJadesBronzes.asp>



Silk Road Luxuries from China

Freer Gallery of Art

Long before the adventures of Marco Polo sparked European interest in Asia, the [Silk Road](#) connected Mediterranean ports in the west to centers of production and trade in China and beyond. For more than two thousand years this vast network of caravan trails has linked oasis settlements across the Central Asian desert, and many of those ancient overland routes are still in use today. Then as now, the Silk Road enabled the long-distance exchange of luxury goods—colorful silks, silver and gold objects, delicate glass, and even the legendary peaches of Samarkand—as well as the sharing of ideas, customs, and religious beliefs. The impact of foreign imports on the arts of China reached exceptional heights during the Tang dynasty (618–907), when craftsmen explored new materials, forms, and decorative patterns introduced from the West.

<http://www.asia.si.edu/explore/asia/silkroad/>

Arts of the Indian Subcontinent and the Himalayas

Freer Gallery of Art

"I am over my head in love with India!" said Charles Lang Freer, founder of the Smithsonian's Freer Gallery of Art, in an 1894 letter he wrote home from his first trip to the subcontinent. Now, visitors to the gallery will be able to share in Mr. Freer's enthusiasm when the gallery inaugurates a new long-term installation, showcasing the extraordinary range of South Asian and Himalayan art in the collection—considered to be among the most important in the world. "Arts of the Indian Subcontinent and the Himalayas" remains open indefinitely, with periodic rotations.



Lochmere Business Meeting Notes

NOVEMBER 2013

Seneschal: \$3772 made on BotB we will split with Storvik

377 adults on site for BotB

Many improvements have been made to the site. Storvik will be doing the next September event. There will be tighter coordination between the event staff and the Baronage.

January event: Genevieve - accepts is in the works- flyer is posted, she is looking volunteers.

Night on the Town: Segehart - we will be doing a walk through at the site – we want to try to have ballista as well. There will be an Artisans row and we will have a demo of ballista to get people excited about it. Event flyer in the works –I need a Lochmart co-ordinator. Sean and Bess will do the fundraiser lunch. We will have three get togethers with the staff for input.

On target: Cormac with Dealla as mentor. Will have more information on the event in the next weeks.

Bardic circle is Dec 14th- Corun will be publishing information online in a few days.

Seneschal: the online baronial calendar has been updated.

Unevent is coming up and officers need to have coverage if they cannot attend.

One of the things we discussed last month is that we have not found any new sites. Arianna is checking out St. Michaels in Annapolis. Howard County Fairgrounds- Dorothy checked it out. There is a dining hall, but no real kitchen for rental. We have used Early Heights before but it is not available for Nov 2014.

One of the other issues discussed last month – the mixed response from the group to support demos. Do we want to give up on demos? Do one really spectacular demo? We need a demo coordinator.

Autocratting policy – first draft is $\frac{3}{4}$ of the way done. Hope to have a working copy by February business meeting.

B&B: Going to Unevent/ 12th night and Midwinter's.
They are doing costuming classes for 12th night if anyone is interested.

Exchequer: waiting on latest invoice from school – we were overcharged and it should be corrected. We have \$13955.40 in account. I have some tweaks to do on the quarterly report.

Webminister: contact info needs to be updated in several areas. I will be at unevent.

Chronicler: this issue of the newsletter was themed around the upcoming Silk road event. I'm always looking for articles.

Knight Marshal: I would like to ask for \$200 for rapier masks – we need to do something for the heavy fighters. I'd like to also make some baronial shields for the heavies to get some excitement with the other fighters. I'd like to get tabards made as well. (Baroness – we have tabards!)

Archery Marshal: regular practices are done for the season. Reynard is going to be my new deputy. There will be practices if the weather is good- look at the list for announcements.

MOL: nothing to report

Chirurgion: nothing to report

A&S: We have a good grouping of classes for the January event. The Night on the town will be an artisan's row. Next combo night is the 12th and Avise is teaching a beginners scriptorum class and we will also be working on decorations for the event in January. Scroll covers – we will also be working on those as well- we need cardboard for them.

Herald: Gabe has herald's stuff for Mary Agnes. Reports are done- quarterly is done.

Chamberlain: not here nothing to report

Chatelaine: has had three contacts

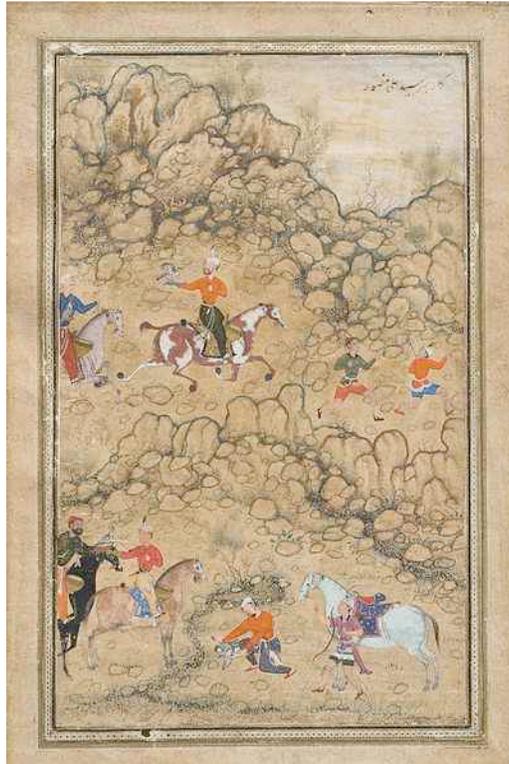
Minister of Youth: Kalara- not present Seneschal will get in touch with her.

Siege: Christian

New business: another autocratting class will be taught at Mid-Winter's

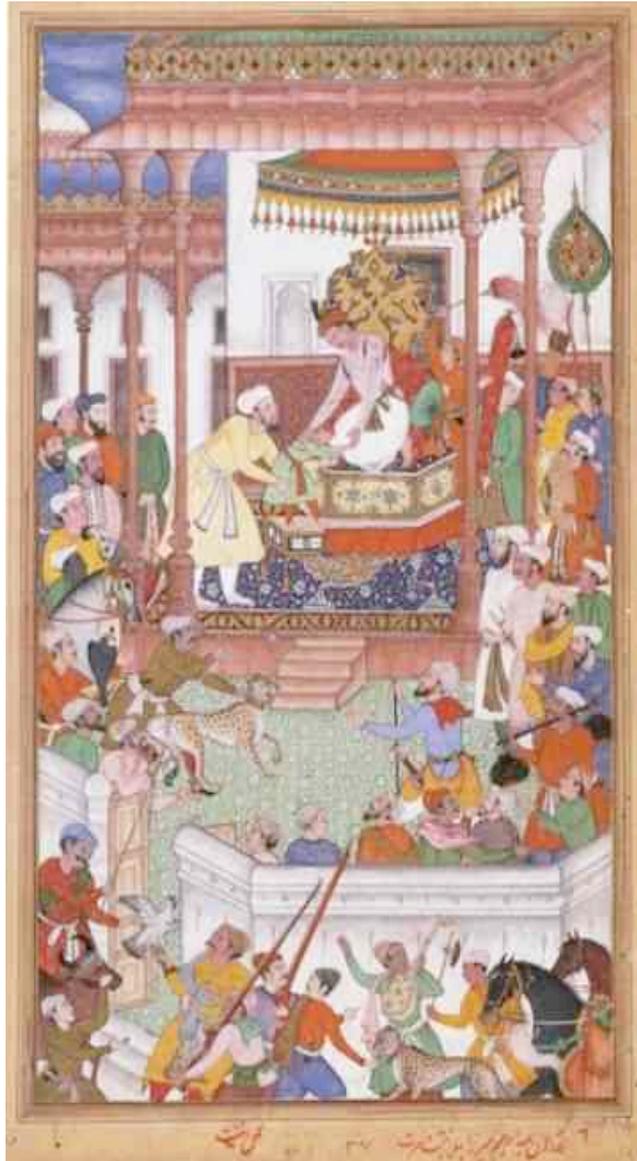
Next meeting is January 6th

No barony meeting in December



Activities and Events Calendar December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Unevent
1	2	3	4	5	6	7
8	9	Fighter Practice 10	11	12	13	Bardic 14
15	16	Fighter Practice 17	18	19	20	21
22	23	24	Happy Christmas 25	26	27	28
29	30	31	Happy New Year 1			

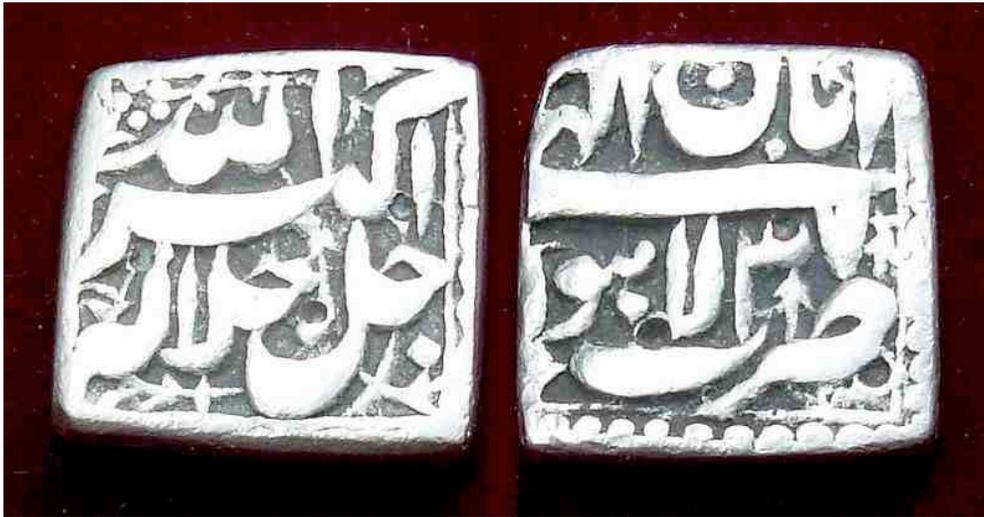


Event Announcements

Twelfth Night
January 11, 2014
Kingdom of Atlantia

The year is 1454, and Mehmed II, Sultan of the Ottoman Empire, Conqueror of Constantinople, and Emperor of Rome, has sent his swiftest and surest messengers across the land to summon all peoples of all faiths to return to their most regal and elegant capital city, to put aside all past differences and cares, to embrace one another freely as equal friends and countrymen, and to celebrate the diverse and joyous holidays of our many ancient faiths together at the dawning of the new year. Please join us as we recreate the magnificence and splendor of the Ottoman Court to celebrate Atlantian Twelfth Night, an evening filled with games, music, and a sumptuous Ottoman feast. Come for the revelry and the dancing, behold the wonders of our finest Artists and Scientists as they compete with their greatest works, explore our rich shared history through the persona pentathlon, and cheer on the entrants in our Ottoman-themed competition. It will be a night to remember!

Website: <http://twelfthnight.atlantia.sca.org/>



Mid-

Winter's Revel: A Journey Along the Silk Road

January 25, 2014

Barony of Lochmere

Heed the call of the marketplace! The sweet smells of spice and incense, cinnamon and turmeric mingling with frankincense and myrrh. Scarlet, saffron and indigo fabrics surrounded by copper and brass. The music of the qānūn, oud, sheng, and koto fills the air...Join us in a Journey along the Silk Road from Kyushu to Samarkand to Constantinople. Spend a day filled with music, dancing, feasting and classes. Lochmere's Mid Winter Revel heads east to bring you the vibrant and exciting Journey along the Silk Road. With twice the space we normally use, we are expanding our event to encompass and celebrate the diversity of the Silk Road. We have space for dancers, musicians and merchants as well as classes and games.

Arts & Sciences Activities: A day filled with opportunities awaits you! Classes include: Basic Middle Eastern Dance, Wire Weaving, Leather Working, Food Preservation (Curing), Persian Clothing, Middle Eastern Cooking and more! The populace of all ages is encouraged to participate in this open-ended Arts and Sciences competition. This competition can be for anything that could be found on the Silk Road that was bought, sold, or traded.

Documentation is required. Two separate prizes will be awarded: one for food and one for goods. For those not wishing to compete, but would like to show-off their latest Arts and Sciences project and/or "Baronial Bling", a separate display will be available.

Documentation is not required but appreciated. For more info, please contact Lady Erennach the Lost (Larissa Lefler). Phone: (443) 852-5923 (NLT 9PM), Email: Larissa.lefler[AT]yahoo.com.

The bag game (with a twist) will be played throughout the day. But beware of robbers! Because not everyone you meet along the Silk Road is a nice, honest businessman! A prize will be given to the one with the most valuable objects by day's end.

Cost:

Adult, Member:	\$11.00 Day-Trip	\$11.00 Feast
Adult, Non-Member:	\$16.00 Day-Trip	\$11.00 Feast
Youth (5-17):	\$5.00 Day-Trip	\$11.00 Feast
Child (0-4):	\$0.00 Day-Trip	\$11.00 Feast

Make Checks Payable To: SCA-MD, Inc., Barony of Lochmere

Cost Notes: Family Cap: 2 adults & 2 children on board at \$66. Note: Lunch/Feast is \$11.00, The evening feast is included with the price of the Day-Board Lunch.

Site: St. Martin's in the Field Episcopal Church 375 Benfield Blvd. Severna Park, Maryland
The site opens at 9am and closes at 11pm

Site Restrictions: NO pets except working animals. Site is handicapped accessible. Site is wet- beer and wine only. Buildings are smoke-free; those who smoke are asked to use the ashtrays available outside Parish Hall and Heck Hall. Candles may be used only if the flame is enclosed. Heck Hall must be evacuated by 4pm.

Feast Information: A regional culinary extravaganza that will tempt vegetarians and carnivores alike will be prepared by the unparalleled Lady Christiana Iarina Chaykinaia (CC Suggs). Please contact her with any dietary concerns/questions at the following email: ccs_meow[AT]yahoo.com. Note: The evening feast is included with the price of the Day-Board Lunch.

First Course (Served as Lunch Day-Board):

Bestels de la Viande/Beef filled pastries
Sambusek b'jibneh/Cheese turnovers
Sbanik bil Ajeen/Spinach turnovers
Soupe de Courge Rouge/Squash soup
Dolma/Veggie stuffed grape leaves
Koruzott Juhturobol/Feta with spices
Olives Marinees
Naan
Assorted Fruits and Sauces

Second Course:

Tuffahiyya/Apple Compote
Mandazi/Savory Breads
Turkman Plov/Rice Pilaf
Borani Esfanaj/Spinach salad
Katuski/Chicken

Third Course:

Assorted Pickles
Salad de Carottes et Cumin/Carrot salad
Mujaddara/Lentils and rice
Sashlyk/Lamb skewers

Fourth Course (Served as Dessert Side-Board):

Haroset/Mince-meat cookies
Samosa/Walnut fritters
Khaplse/Honey rice cookies
Ghraybeh/Butter biscuits

Ma'Amoul/Date and Nut cookies
Chogi Torti/Cherry tarts

Drinks will be included with meals

Merchanting Information: Merchant space is available! A 10' x 10' space in Heck Hall may be rented from 9AM – 4PM for \$5. Merchants please bring your own tables. Additional tables may be available for \$5/each. For merchant information, please contact Lady Gwen ferch Llywellyn (Stefanie Fogle). Email: kanamidori[AT]gmail.com

Autocrat's Information: Lady Genevieve Dompier du Marche (Karen Kalbaugh), 8306 Widgeon Place, Laurel, MD 20724, Phone: (313) 330.7441, E-mail: k_kalbaugh[AT]yahoo.com

Reservations: Mistress Arianna Morgan (Chris Stuermer), 405 Arundel Road, Tracys Landing, MD 20779, Phone: (410) 286.8108, E-mail: chrissings[AT]juno.com

Directions: Take the most convenient route to I-97, Exit 10. Follow Benfield Blvd. to East for 3.5 miles to the site; the church is on the right.

Kingdom Arts & Sciences Festival

February 1, 2014
Barony of Bright Hills

The Barony of Bright Hills and their cousins, The Barony of Highland Foorde, cordially invite all who are interested in the Arts and Sciences to join us on Saturday, February 1, 2014, for a day of A&S activities at the Carroll County Agriculture Center in Westminster, Maryland.

Among the activities and competitions are the Persona Pentathlon/Triathlon, Baronial A&S Champions competition, Royal Baker and Royal Brewer competition, Gyrth Oldcastle Poetry Smackdown, and much more. We also have limited room for classes; please contact the autocrat regarding class space. There will be merchants galore.

Website: <http://brighthills.net/events/KASF2014.html>



Iranian Historical Photographs Gallery : www.fouman.com

ALONG THE SILK ROAD: PERSIAN FOOD AND COOKING

Maire inghean Dhunchain mhic Oisdealbhaigh (MaryAgnes D. Costello)

Over the many long years of its existence, the Silk Road brought more than silk to the societies along its length. Foods also made their way from east to west, or *vice versa*. For example, rice, which was first domesticated in China, is found in cuisines all along the Silk Road. Saffron from Iran went both east and west.

Persian cooking has a long history. “Eating habits and products from ancient Greece, Rome, and many Asian and Mediterranean cultures have influenced this unique cuisine.”¹ Persian, or Iranian, cooking, dates from the sixth century BCE, when Cyrus, called Great, leader of a tribe known as the Pars, created an empire that stretched from India to Egypt. Native Persian ingredients such as saffron and rose water were spread throughout the empire. The Persians also traded with the kingdoms of the Far East: Caravans traveling along the Silk Road from China to present-day Iran and Syria brought citrus fruits and eggplant.² Other food stuffs

which became part of Persian cooking and arrived over the Silk Road include peaches, apricots, tea and rhubarb.³ In addition, noodles migrated along the Silk Road from China to Persia, where they are found in soups and other dishes.

Medieval Persian recipes are not easily come by. However, after Iran was conquered by the Arabs in 637 CE, Persian cooking seduced the conquerors and was adopted by them and spread to North Africa and Europe.⁴ A few rare, early cookbooks preserve the food of medieval Persia, among them a cookbook written in Bagdad in 1226 CE by Mohammad ibn al-Hasan ibn Mohammad al-Karim al-Katib al Baghdadi.⁵ In this cookbook, al-Katib al Baghdadi mentions kababs, and meat khoreshes (braises), two things still found in Persian cooking.⁶ Many of the recipes found in this cookbook use herbs and spices like coriander, cinnamon, ginger, cloves, mint, cumin, caraway and saffron, which are found in modern Iranian cooking, as well as the classic sweet and sour or sweet and savory combinations which are hallmarks of Persian cooking.⁷ Sour might come from pomegranates, limes, bitter orange or vinegar. Sweet comes from sweet fruits or juices, sugar, honey and date or grape molasses. Recipes were thickened with ground almonds, pistachios and walnuts. Interestingly, rice is mentioned in some recipes, but receives no special treatment. The rice recipes that Iran becomes known for are still several hundred years in the future.⁸

Polows, rice dishes similar to pilafs, are first mentioned in Persian literature around 1320 CE, with Obeyd-e Zakani writing his poem, *Mush-o Gorbeh*, around 1350 CE in which seven mouse ambassadors offer rare gifts to a cat, the last item being a tray of rice.⁹ In 1400 CE Boshag Atameh produced a long poem featuring a battle between saffroned rice and pasta, with rice the eventual winner. The refined rice dishes, like crusted rice, were developed in the Safavid courts in the seventeenth century.¹⁰ There are five major varieties of rice used in Iranian cooking, including champa, which probably originated in the ancient kingdom of Champa in Indonesia, anbarbu, mowla'i and sadri, which was brought to Iran in 1850 from Peshawar by

Grand Vizier Mirza Khan Sadr-e A'zam.¹¹ Basmati rice can be used in the majority of Persian recipes, provided it is washed five times in lukewarm water first.¹² Basmati means fragrant, and the aroma when it is cooking is said to be delightful.

Persian food philosophy divides foods up as either hot or cold. Hot foods or *garmi*, it is believed, help to thicken the blood and speed up the metabolism. Cold foods or *sardi*, dilutes the blood and slows the metabolism.¹³ Good health results from the balance the two principles, similar to the humor system in medieval Europe. Persian recipes either balance their ingredients, or are classified as “hot” or “cold” depending on the food stuffs used to make them and are used to bring the nature of the person eating them back into balance.

This is a very brief overview of Persian cooking and does not do justice to a cuisine that is subtle and delicate, with amazing flavors, aromas and ingredients, and whose roots are over 2,400 years old. For more information on Persian cooking, I highly recommend any cook books written by Najmieh Batmanglij, but especially her Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies.

NOTES:

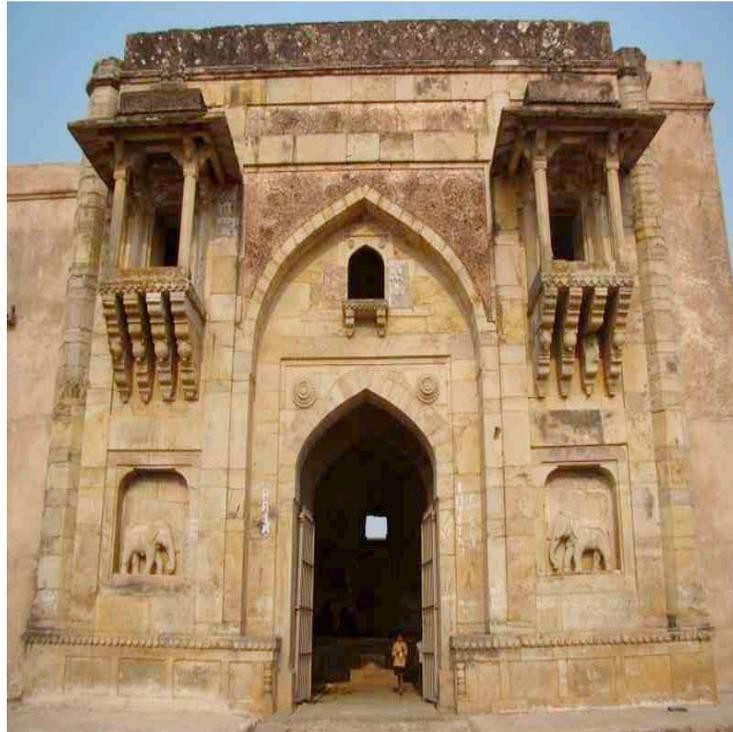
1. “Persian Food History”, <http://www.persianempires.com/persian-food-history.html>.
2. “The Mother Cuisine: A Taste of Persia’s ancient – and influential – cooking” by Sarah Kagan; <http://www.epicurious.com/articlesguides/cuisines/cuisineguides/persian.html>.
3. Pg. 594; Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies; Najmieh Batmanglij (Mage Publishers, Washington, D.C.), 2013.
4. Ibid, pg. 596.
5. Ibid.
6. Ibid.
7. Ibid.
8. Ibid.
9. Ibid, pg. 228-229.

10. Ibid.

11. Ibid.

12. Ibid.

13. Ibid, pg. 12.



Poetry Corner

Look To This Day

By Kalidasa

Look to this day:
For it is life, the very life of life.
In its brief course
Lie all the verities and realities of your existence.
The bliss of growth,
The glory of action,
The splendour of achievement
Are but experiences of time.

For yesterday is but a dream
And tomorrow is only a vision;
And today well-lived, makes
Yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well therefore to this day;
Such is the salutation to the ever-new dawn!

<http://www.poemhunter.com/poem/look-to-this-day/>

Kalidasa, (flourished 5th century ce, India), [Sanskrit](#) poet and dramatist, probably the greatest Indian writer of any epoch. The six works identified as genuine are the dramas [Abhijnanashakuntala](#) (“The Recognition of Shakuntala”), [Vikramorvasi](#) (“Urvashi Won by Valour”), and [Malvikagnimitra](#) (“Malavika and Agnimitra”); the epic poems [Raghuvamsha](#) (“Dynasty of Raghu”) and [Kumarasambhava](#) (“Birth of the War God”); and the lyric “Meghaduta” (“Cloud Messenger”).

As with most classical Indian authors, little is known about Kalidasa’s person or his historical relationships. His poems suggest but nowhere declare that he was a [Brahman](#) (priest), liberal yet committed to the orthodox [Hindu](#) worldview. His name, literally “servant of [Kali](#),” presumes that he was a [Shaivite](#) (follower of the god [Shiva](#), whose consort was Kali), though occasionally he eulogizes other gods, notably [Vishnu](#).

<http://www.britannica.com/EBchecked/topic/310169/Kalidasa>

The Officers of the Barony of Lochmere



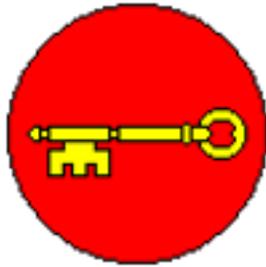
Baron

Baron Galmr Ingolfsson,
240-568-9070
Wayne At Wayneprecht.Org



Baroness

Baroness Eydís Herjólfsdóttir
240-568-9070 (NLT 9 P.M.)
Baroness At Lochmere.Atlantia.Sca.Org



Seneschal

Mistress Arianna Morgan
Chris Stuermer
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Baroness Dealla Cohen
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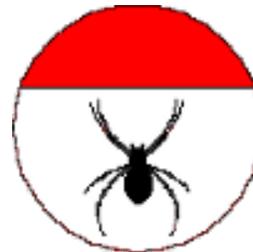


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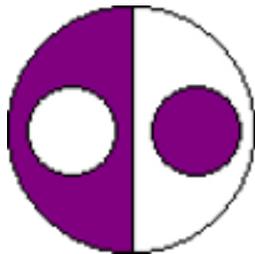


Knight Marshal

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Alricthemad At Gmail.Com

Rapier Marshal

Lady Symone De La Rochelle
Rochelle Newman
301-254-7510



Minister of Minors- VACANT



Chirurgeon

Genevieve Dompier du Marche

Karen Kalbaugh
313-330-7441



Akbar the Great