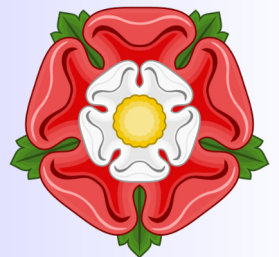
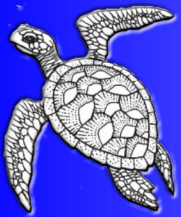


The Dredgings

December, 2021
Volume 33, Issue 4 AS LVI

Being the Voice of the Barony of Lochmere in the Kingdom of Atlantia, SCA, Inc.



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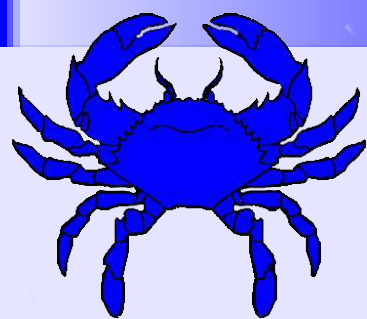


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Information of the Dredgings

The Dredgings is a publication of the Barony of Lochmere of the Society of Creative Anachronism, Inc. The Dredgings is a free publication and is available electronically. You may request a copy from the Barony of Lochmere Chronicler at lochmere_chronicler@gmail.com

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Attention Lochmere Officers

Make sure your information in this newsletter and website is correct. Contact Lady Katla Flokadottir at lochmere_chronicler@gmail.com for The Dredgings and Lady Marta De Lyon at webminister@lochmere.atlantia.sca.org for the website. Please submit your Baronial Report in advance of the business meeting via email to Sir Edgar Refskegg at seneschal@lochmere.atlantia.sca.org and the Chronicler, Lady Katla at lochmere_chronicler@gmail.com. Thank You!

Today in History

<https://www.onthisday.com/>

Front Cover

Henry VIII, Katherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Katherine Howard, Katherine Parr

Their Excellencies

Greetings Lochmere,

This month we have much to write about. To start, and perhaps most importantly, the Baronial pup is doing great!

His Excellency and I had the pleasure to go to two in-person events! The first of which was Crown Tourney where we got the joy of seeing four entrants who call Lochmere home. While none of our own have become the heirs, they all fought well and it was my pleasure to be there and support them. The fighters had great skill and our own Cormacc was recognized for that skill with a Kraken.

The other big news from Crown is that Their Majesties literally took my breath away as I was offered my Laurel. I was honored to be surrounded by friends on that day!

We also attended Holiday Faire this month. It was a pure delight to see everyone. I didn't even fully get to do all the shopping. There were so many people to talk to that I had not seen in way too long. At one point I got distracted by a beautiful rendition of Green Sleeves sung by our barony! Our own Farthegn Keldansson was recognized as a freescholar of the Academie de Espee. A congratulation is also in order for Noble Litta Celori who received their Coral Branch.

There is so much to look towards on the calendar as well!

We are attending the upcoming Unevent, as all officers and members of orders are requested to do so. It is virtual on 12/4-12/5 so please look up your meeting times if you need to attend. We are uncertain if we are planning on going to Dun Carraigs Baronial Birthday or 12th Night at this time, but both are on our minds as possibilities, as is planning to sign up to teach classes for the upcoming university.

What is most on our mind for the future calendar is Midwinter's Event, which we are excited to have a Lochmere in person event! We are grateful to all those helping with the event and we are really looking forward to it.

We also have had people suggest a couple awards to us, and we have been keeping our eyes out for people who we can celebrate their works and deeds. If you hear or see of deeds let us know. You can send baronial awards through the award system. <https://award.atlantia.sca.org/>.



We hope everyone has a great holiday and stays warm, healthy, and safe this season.

Yours in Service,
Baroness Letia, Baron Linhart, & the Baronial Pup

Reoccurring Activities

Populace Meeting

First Monday of every month
7:15 pm
Via Google Meet

Fighter Practice (Heavy & Rapier)

Every Tuesday
7:00 pm
Severn Christian Church
8132 New Cut Road,
Severn, MD 21144

Archery Practice

Every Thursday (til time change)
Lord Ivan's Home
511 Chad Avenue, Severn, MD 21144

Arts and Sciences

Lady Marta de Lyon
moas@lochmere.atlantia.sca.org

New Member Information

If you are new to the Barony of Lochmere, there websites may be of help:

Barony of Lochmere Homepage:

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

Barony of Lochmere Facebook Group:

<http://www.facebook.com/groups/LochmereSCA>

Kingdom of Atlantia Homepage:

<http://www.atlantia.sca.org>

Kingdom of Atlantia Event Page:

<http://www.atlantia.sca.org/events/atlantia-calender-events>

Kingdom of Atlantia Online Event Page:

<https://virtual.atlantia.sca.org/calender.php>

The Acorn, Atlantia's Official Newsletter:

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

Official SCA Homepage:

<http://www.sca.org>

You can also contact the Barony of Lochmere's Chatelain at:

chatelain@lochmere.atlantia.sca.org

Today in History

December 1

772 Pope Adrian I [Hadrian I] elected
800 Charlemagne judges the accusations against Pope Leo III in the Vatican
1167 Northern Italian towns form Lombardi League
1420 Henry V of England enters Paris
1566 Spanish King Philip II names Fernando Alvarez, duke of Alva
December 2
1409 The University of Leipzig opens

December 3

741 St Zachary begins reign as Catholic Pope
1347 Pope Clemens VI declares Roman tribunal Cola di Rienzo as heretics
1557 1st Covenant of Scottish protestants form
1586 Sir Thomas Herriot introduces potatoes to England from Colombia
December 4
1110 Syrian harbor city Saida (Sidon) surrenders to Crusaders
1154 Adrian IV elected Pope. The only Englishman to become pontiff, Nicholas Breakspear was a member of the family which until recent years brewed beer in Henley-on-Thames, Oxfordshire
1197 Crusaders wound Rabbi Eleazar ben Judah
1259 Treaty of Paris: English King Henry III and French King Louis IX end 100 years of conflict between the Capetian and Plantagenet dynasties
1489 Battle of Baza
1534 Ottoman Sultan Suleiman the Magnificent occupies Baghdad
1563 Council of Trent holds its last session, after 18 years. Last ecumenical council for more than 300 years

December 5

663 Fourth Council of Toledo takes place
771 Charlemagne becomes the sole King of the Franks after the death of his brother Carloman
1082 Ramon Berenguer II, Count of Barcelona is assassinated
1301 Pope Boniface VIII's degree Auscultati fili (only nominee)
1349 500 Jews of Nuremberg massacred during Black Death riots
1360 The French Franc is created
1408 Emir Edigu of Golden Horde reaches Moscow
1448 Bishop Jona of Moscow chosen as metropolitan of Kiev/Intoxication
1456 Earthquake strikes Naples; about 35,000 die



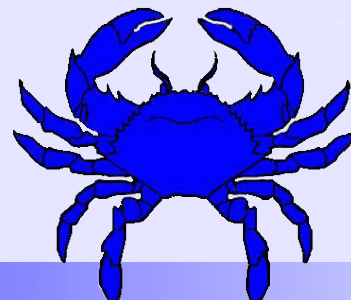
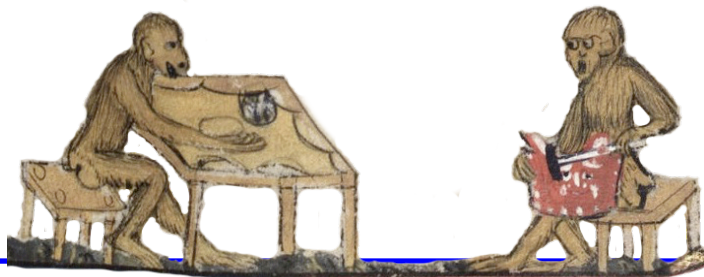
Lady Marta's ARTS AND SCIENCES

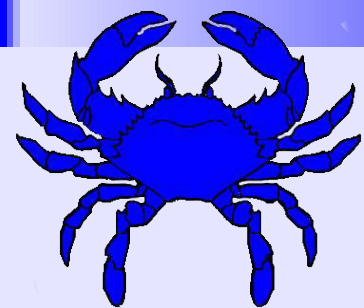
This past month Lochmere has held another medieval dance class! It is the hope that we will be offering these classes more frequently, more to come – stay tuned!

I would like to draw your attention to the upcoming Midwinter 2022 event at the end of January. There will be much merriment, and a full day of A&S classes!

As always, I'd like to encourage you – if you see someone doing something awesome please consider writing them in for an award recommendation! It's the number one way that you can help folks get recognized.

Please reach out at
moas@lochmere.atlantia.sca.org





Populace Meeting Minutes

Baron and Baroness:

- ◆ Went to Crown and had a lovely time, several consorts from the barony, Cormac got his Kraken, and Baroness Letia got her Laurel, weather was great, good time had by all
- ◆ Talked to their Royal Majesties and they showed interest in coming to mid-winter - they have to check their calendar
- ◆ Can use more award recommendations - the online award recommendation page has baronial things on it, you can email or Facebook us- if you have questions ask, Online award: <https://award.atlantia.sca.org>
 - ◆ Anyone can make a recommendation
- ◆ University has started asking for proposals for Winter University
- ◆ Puppy is happy and healthy
- ◆ If you're interested in going to any events make sure you pre-register because they usually sell out

Seneschal:

- ◆ Not a whole lot to report - In December we will nail down interest in in-person meetings
- ◆ Will put out to the lists about autocrat for the next Battle on the Bay

Exchequer: emailed report

- ◆ November 2021 Exchequer's Report (reporting period 1-31 October 2021) Ledger Balance is \$10,026.25
- ◆ Please remember, if you have Baronial property, let Mistress Arianna know before 15 Nov so she can update the spreadsheet. I need to turn in our completed inventory by 25 Nov and I don't want to wait until the last minute

Minister of Arts and Sciences:

- ◆ Started dance practice at fighter practice - no set schedule yet but we are having it next week
- ◆ Soliciting teachers and instructors for Midwinter, I have a few slots left.
- ◆ Dame Dealla has the Baronial Game box and will bring to Mid-winter
- ◆ The Lochmere Vocal Music Guild (LVMG) has been dormant for over a year and a half primarily due to the Pandemic. Dame Dealla and I, having both served as previous directors of the LVMG, would like to reactivate the group in the new year if there is sufficient interest and we can find a place to host rehearsals.
 - ◆ Group Membership: Everyone is welcome to join the group. Music reading skills, while helpful, are not required. All we ask is that you be able to sing in tune and attend rehearsals. Music will be provided by the directors.
 - ◆ If you are interested in joining/rejoining the group, please complete the form (link provided below) so we can keep track of those who are interested.
 - ◆ Rehearsals: Rehearsals will be held on Monday evenings from 7:15 until 8:30 p.m. except when there is a Populace Meeting. Rehearsals will comply with current COVID rules for everyone's safety.
 - ◆ This means that we will be wearing masks and checking vaccination cards until further notice.
 - ◆ Ideally, rehearsals will be held at a location central to the barony (Odenton/Laurel area). To that end, we need your assistance in finding a free location. It can be a private home, community center, library, church, etc. There is no need for the rehearsal site to have a piano as I have a portable keyboard.
 - ◆ Please let us know if you are interested and if you have found a potential rehearsal site! We look forward to making music with those who are interested!
 - ◆ https://docs.google.com/forms/d/1eqlyDFQPcu0e9ahkQA2Uq0OA7vV603cDQ_dGvXs68CI/edit

Continued on page 9...

1492 Christopher Columbus discovers Hispaniola
1496 Jews are expelled from Portugal by order of King Manuel I
1590 Niccolo Sfondrati chosen as Pope Gregory XIV

December 6

963 Leo VIII elected Pope
1060 Béla I of Hungary is crowned king of Hungary
1160 Jean Bodels "Jeu de St Nicholas" premieres in Arras
1196 Northern Dutch coast flooded, "Saint-Nicolas Flood"
1240 Mongols under Batu Khan occupy and destroy Kiev; out of 50,000 people in the city only 2,000 survive
1273 Thomas Aquinas is thought to have a mystical experience in Naples, refuses to continue his work "I cannot, because all that I have written seems like straw to me"

1424 Don Alfonso V of Aragon grants Barcelona the right to exclude Jews
1527 Pope Clemens VII flees to Orvieto
1534 Quito, Ecuador, founded by Spanish

December 7

185 Emperor Lo-Yang, China sees supernova (MSH15-52)
1354 Margaretha van Bavarian's son earl Willem V signs peace treaty

December 8

1326 Daitokuji temple, Rinzaï line, established in Kyoto by Daito Kokushi

December 9

536 Byzantine General Belisarius enters Rome while the Ostrogothic garrison peacefully leaves the city, returning the old capital to its empire
656 Battle of Kameel: Kalief Al ibn Abu Talib beats rebellion
1212 Frederick II (later also Holy Roman Emperor) crowned King of Germany in Mainz
1315 Swiss Woudsteden renews Eternal Covenant (Oath Society)
1425 Pope Martinus V forms University of Leuven
1570 The Geuzen (a confederacy of Calvinist Dutch nobles) under Herman de Ruyter occupies Loevestein

December 10

741 Pope Zachary elected
1041 Michael IV, Paphlagonicus, Byzantium Emperor dies of dropsy, his wife Empress Zoe elevates her adoptive son to the throne of the Eastern Roman Empire as Michael V
1294 Pope Celestinus V becomes Pope (until Dec 13th)
1508 League of the kingdom signed (covenant against Venice)



Food For Thought

Eating Food in Tudor England



"Well Stocked Kitchen" by Joachim Beuckelaer, 1566

Who were the Tudors? The Tudor Dynasty began at the end of the War of the Roses when Henry Tudor defeated Richard III at the Battle of Bosworth Field on August 22, 1485.

The Tudor dynasty began with Henry VII and ended with his granddaughter Elizabeth I. Elizabeth did not have any children and the throne was left to James VI of Scotland. James was the son of Mary Queen of Scots, Elizabeth's cousin through her father's sister, Margaret Tudor, Queen Consort of Scotland.

The Tudor Dynasty did not last long, about 118 years from Henry VII to Elizabeth I. They did however leave a long lasting impression on history mostly due to Henry VIII and his six wives. But never forget his daughter Elizabeth I whose long lasting reign is known today as the Elizabethan Era.

Tudors ate their fruits and vegetables, everyone from the lowest peasant all the way up to the king. It has been thought that the elite ate few vegetables because they are not found in account books from the period. The fact is that they were grown in backyards and on palace grounds. They are also found in period recipes. Vegetables made up the majority of common people's diet.

Fruits and vegetables were eaten in season because there were few ways to preserve food. Vegetables could be pickled and fruit was made into

marmalades, jams, and pie fillings. Fresh fruit was traditionally eaten by the poor but it was also used to make mead and wine. Legumes, such as peas, were a basic food, along with other beans. They were often dried, which allowed them to be preserved and would serve as food through the long winter or times of famine.

Almonds were ground into flour, and many period recipes called for almond "milk," a drink made from ground almonds, water, and typically some sort of sweetener. Ground almonds were used as a thickener in soups, stews, and sauces.

Everyone ate meat. It was the biggest part of the elite's diet. The poor did eat meat when they were able to catch something. They ate everything from beef to geese and wild boars to deer. They enjoyed eating many birds and not just chicken such as pheasants, swans, and peacocks. Tudors loved to eat fish! If it swam in a river, lake, or ocean they probably ate it. Eels and lampreys were among their favorites. They also ate crustaceans and shellfish. Some other odds and ends they ate were frogs, snails, and tortoises.

Contrary to popular belief, spices were not used to cover up the taste of meat that had gone bad. Spices were very expensive and were used to complement and enhance the flavors of bland food. Some edible flowers, such as violets and marigolds were used to flavor dishes or as an edible decoration.

Ale and wine were served with meals because water was known to carry diseases. Bread was also served with each meal. The elite ate machete made of white wheat flour, the middle class ate ravel, also called yeoman's bread, made of wholemeal, and the poor ate Carter's bread which was a mixture of rye and wheat. Bread was also used as a "plate" called a sop or a trencher to present food on.

Continued on page 6.....

1510 Muslim ruler of Goa, Yusuf Adil Shah and his Ottoman allies surrender to Portuguese forces led by Afonso de Albuquerque who puts the Muslim population to the sword

1520 Martin Luther publicly burns papal edict demanding he recant
1582 France begins use of Gregorian calendar

December 11

359 Honoratus, first known Prefect of the City of Constantinople, takes office

384 St Damasus I dies and ends his reign as Catholic Pope. Began reign 366

1282 Llywelyn ab Gruffydd/Llywelyn the Last, last native Prince of Wales is killed at Cilmeri, near Builth Wells, south Wales. Reigned from 1259

1395 John "Eleanor" Rykener, a male cross-dressing prostitute, is brought to court in London for "committing that detestable unmentionable and ignominious vice" in late medieval England's only recorded case on same-sex intercourse (verdict unknown)

1419 Heretic Nicolaas Serrurier exiled from Florence

1477 Duchess Maria of Burgundy ends the 'Great Privilege' in states of The Netherlands

1572 Spanish troops begin siege of Haarlem

December 12

627 Battle at Nineveh

1098 1st Crusaders capture & plunder Mara Syria

1408 Order of the Dragon: The Order of the Dragon was first created on December 12, 1408 by Emperor Sigismund, then King of Hungary, and his wife Queen Barbara of Celje following the battle for possession of Bosnia

1474 Isabella crowns herself queen of Castile & Aragon

1479 Jews are expelled from Schlettstadt Alsace by Emperor Frederick III

1524 Pope Clement VII approves Organization of Jewish Community of Rome

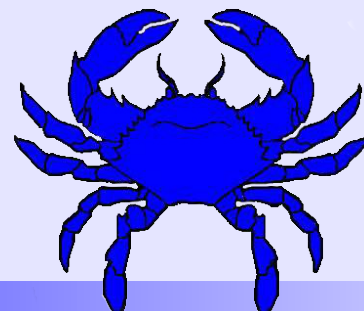
December 13

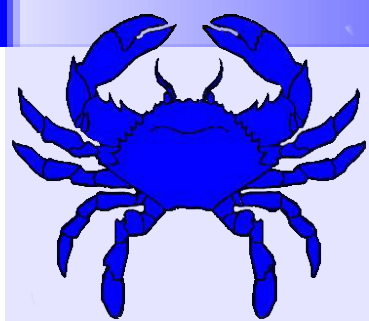
1294 Saint Celestine V abdicates the papacy after only five months; Celestine hoped to return to his previous life as an ascetic hermit

1545 Council of Trent (19th ecumenical council) opened by Pope Paul III

1570 Sweden and Denmark signs Peace of Stettin

1572 Spanish army beats Geuzen fleet (confederacy of Calvinist Dutch nobles) under admiral Lumeij





Join the Barony of Lochmere for Henry's holiday huzzah!



January 29, 2022

And a Delightful Day of Tudor holiday Cheer



Henry, the eight of his name has gathered his most trusted friends, advisors, and admirers to join him at court for a Holiday Celebration Huzzah!

To indulge the Lion of England's pleasure, each of his wives will be in attendance. The women who stood by Henry's side will be stirred to revel in memories as the Kings favorite and bear the sorrow of his fickle whim; recalling the gambles that shackled their fate.

Games, competitions of arts and science, music, song, and knowledge will be shared. Partake of Henry's favorite sport, a tournament of joust. Invoking the spirit of chivalry and win renown while guiding a horse and a lance down the tilt and try to unhorse your opponent. Show your finest efforts and creativity – may your craft win the favor of the King himself. Trade baubles and treasures with those assembled to see who is the most clever and thrifty of Henry's guests. Fetch your instrument and warm your voice to make song.

We request your musical talent to bring joy and harmony to the revel.

In hopes to complete the day with a culinary jewel, a marvelous feast has been fashioned to quench the appetite of Henry himself. The days law shall be honored regarding the repast.

Please join the Barony of Lochmere in a day full of fun and friendship in the court of Henry the VIII!



For more information: <https://katlaflokadottir.home.blog/henry-viii-holiday-huzzah/>

1577 Sir Francis Drake sets sail from England on a circumnavigation of the world
December 14

557 Constantinople, the capital of the Byzantine Empire, is significantly damaged by a 6.4 magnitude earthquake

644 Uthman ibn Affan, companion of Muhammad, appointed 3rd Caliph of Islam

835 Chinese Emperor Wenzong conspires with chancellor Li Xun and general Zheng Zhu to kill all the eunuchs, but the plot is foiled. Also known as the Sweet Dew Incident

867 Adrian II begins his reign as Catholic Pope

872 John VIII elected as Catholic Pope

1124 Theobald Buccapeus elected Pope Coelestinus II (he refuses)

1287 During St. Lucia's Flood in Northwest Netherlands the Zuiderzee seawall collapses with loss of over 50,000 lives. Fifth largest recorded flood in history

1542 Princess Mary Stuart succeeds her father James V and becomes Queen Mary I of Scotland at 6 days old

1575 Polish Parliament selects Istvan Bathory as king of Poland

1582 Zealand, Brabant

Netherlands adopt Gregorian calendar, tomorrow is 12/25

1600 Olivier van Noort sinks Spanish galleon San Diego at Bay of Manila, 350 die

December 15

533 Byzantine General Belisarius defeats the Vandals, under King Gelimer, at the Battle of Ticameron

687 St Sergius I begins as Pope

1124 Chancellor Haimeric selects pope

1167 Sicilian chancellor Stephen du Perche moves the royal court to Messina to prevent a rebellion

1256 Hulagu Khan captures and destroys Hashshashin stronghold at Alamut, in present-day Iran, part of the Mongol offensive on Islamic southwest Asia

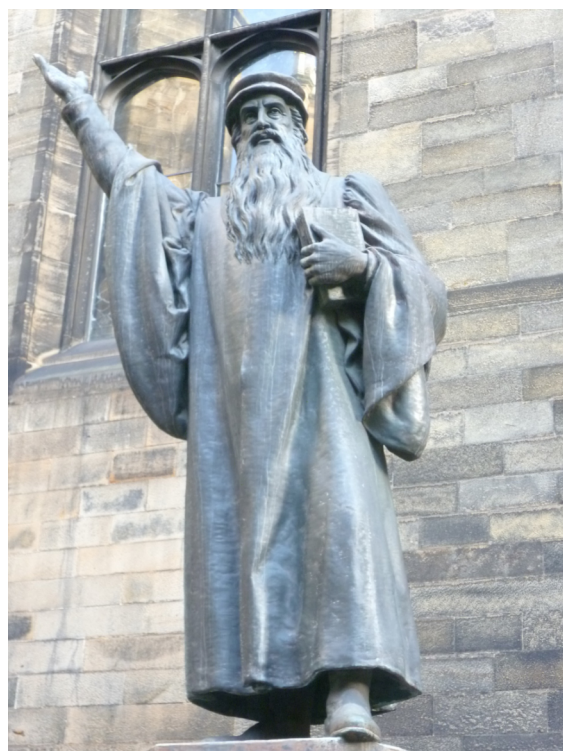
1467 Stephen III of Moldavia defeats Matthias Corvinus of Hungary, with the latter being injured thrice, at the Battle of Baia

1488 Bartolomeu Dias returns to Portugal after becoming 1st known European to sail round the Cape of Good Hope

1569 Westmoreland flees to Scotland

1582 Leidse university names Rembert Dodoens professor of botany and medicine

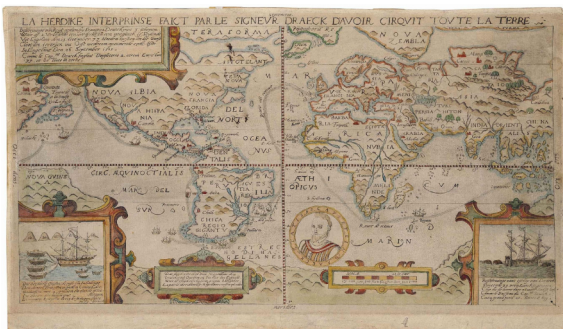
1582 Spanish Netherlands, Denmark and Norway adopt the Gregorian calendar



Above: Statue of John Knox, a leading figure of the Scottish Reformation

December 3, 1557 1st Covenant of Scottish protestants form

December 3, 1586 Sir Thomas Herriot introduces potatoes to England from Colombia



Above: Engraved world map, hand-coloured, possibly by a contemporary hand, printed on paper, showing the route of Francis Drake's circumnavigation of the globe 1577-1580

December 13, 1577 Sir Francis Drake sets sail from England on a circumnavigation of the world

December 14, 1542 Princess Mary Stuart succeeds her father James V and becomes Queen Mary I of Scotland at 6 days old

December 15, 1569 Westmoreland flees to Scotland



Above: Robert Dudley, Earl of Leicester (ca. 1580-1585). Circle of William Segar

December 17, 1587 The Earl of Leicester's army leaves Netherlands

December 20, 1585 English fleet & Robert Dudley, Earl of Leicester, reach Vlissingen

December 22, 1536 English scholar Reginald Pole appointed cardinal

December 24, 1515 Thomas Wolsey appointed Lord Chancellor of England

December 31, 1600 British East India Company chartered

1586 Laevinus Torrentius, becomes bishop of Antwerp
1593 State of Holland grants patent on windmill with a crankshaft

December 16

755 An Lushan revolts against Chancellor Yang Guozhong at Fanyang, initiating the An Shi Rebellion during Chinese Tang Dynasty

882 Marinus I begins his reign as Catholic Pope succeeding John VIII

1392 Nanboku-chō - Emperor Go-Kameyama abdicates in favor of rival claimant Go-Komatsu.
1431 King Henry VI of England crowned king of France

1497 Portuguese navigator Vasco da Gama is 1st European to sail along Africa's East Coast, names it Natal

1538 King Francois I orders renewed pursuit of Protestants

1575 The 1575 Valdivia earthquake takes place

1577 Danzig surrenders to troops of Polish king Istvan Bathory

1598 Seven Year War: Battle of Noryang Point - in the final battle of the war Korean navy decisively defeats the Japanese

December 17

283 St Gaius begins his reign as Catholic Pope

546 Gothic War (535-554): The Ostrogoths of King Totila conquer Rome by bribing the Byzantine garrison

920 Romanos I is crowned as co-emperor of the underage Emperor Constantine VII

942 Assassination of William I Longsword, 2nd Duke of Normandy

1398 Tamerlane captures and sacks Delhi, defeating Sultan Nasir-u Din Mehmud's armies by setting camels loaded with hay alight and charging them at the Sultans armored elephants

1526 Ferdinand of Austria chosen as King of Bohemia

1526 Pope Clemens VII publishes degree Cum ad zero - forms Inquisition

1531 Pope Clement VII establishes a parallel body to the Inquisition in Lisbon, Portugal

1538 Pope Paul II excommunicates King Henry VIII of England

1572 Spanish army begins fires in Haarlem Netherlands

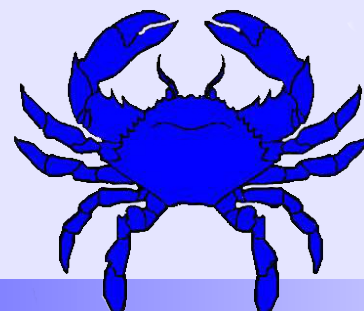
1586 Go-Yōzei becomes 107th Emperor of Japan

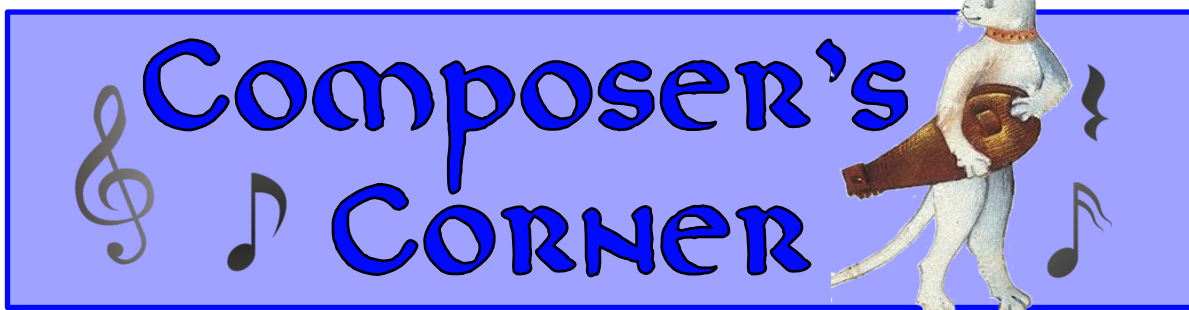
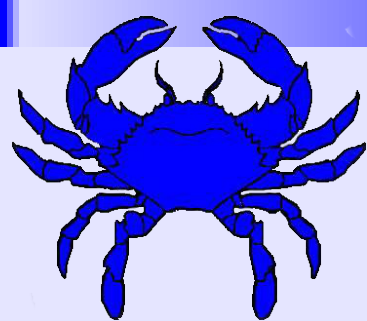
1587 The Earl of Leicester's army leaves Netherlands

December 18

1118 Alfonso van Aragon occupies Saragossa on Almoraviden

1271 Kublai Khan renames his empire "Yuan" (元 yuán), marking





the start of the Yuan Dynasty of China
 1352 Etienne Aubert elected as Pope Innocentius VI
 1385 Peace of Tournai (Dutch – Doornik) signed between the Burgundian Duke Philip II and the rebellious city of Ghent
 1406 Anton of Burgundy becomes Duke of Brabant
December 19
 324 Licinius abdicates his position as Roman Emperor
 401 St Anastasius I ends his reign as Catholic Pope
 1055 Seldjuken under Toghril Beg occupy Baghdad
 1154 King Henry II of England crowned King of England
 1551 Dutch west coast hit by hurricane
 1562 Battle at Dreux: Anne de Montmorency & huguenots under Condé captured
December 20
 69 General Vespasian's troops occupy Rome after defeating the Emperor Vitellius
 1046 Pope Gregory VI abdicates at the Council of Sutri, ending a conflict between himself, Benedict IX and Sylvester III; Clement II becomes the new Pope
 1192 Richard the Lionhearted captured in Vienna
 1448 Pope Nicholas V appoints Rudolf of Diepholt, Bishop of Utrecht, as cardinal
 1522 Suleiman the Magnificent accepts surrender of the surviving Knights of Rhodes, who are allowed to evacuate
 1585 English fleet & Robert Dudley, Earl of Leicester, reach Vlissingen
December 21
 1163 Hurricane hits villages in Holland/Friesland, causing floods
 1561 Antoine Perrenot de Granvelle, Archbishop of Mechelen, made Cardinal
 1582 Flanders adopts Gregorian calendar, tomorrow is Jan 1 1583
 1598 Battle of Curalaba: the Mapuche people led by Pelentaru revolt and inflict a major defeat on Spanish troops in southern Chile
December 22
 401 St. Innocent I begins his reign as Catholic Pope
 1135 Norman nobles recognize Stefanus van Blois as English king
 1216 Pope Honorius III delegates degree "Religiosam vitam eligentibus"
 1465 Peace of St Truiden
 1536 English scholar Reginald Pole appointed cardinal
 1596 Ferryboat Meuniers crashes in Paris, 150 die

Come Sing with the Lochmere Music Guild (LVMG)

By Mistress Arianna Morgan, OP

Recently, I announced that we were interested in reactivating the LVMG. If you think you might want to sing but you're on the fence about joining, here are some things for you to consider in making your decision. The purpose of the group is to have fun while learning period music to perform at SCA events.

Singing in LVMG is an opportunity to try singing and learn period music in a low-pressure environment. There are no auditions. Singers of all experience levels are welcome. The music will be selected based on the collective skill levels and voice ranges of the members of the group. As the group becomes more experienced, the music may become a little more challenging. Members are never expected to sing by themselves unless they are comfortable doing so.

Expectations are minimal and are as follows:

- That members can sing in tune in a choral group;
- That members do their best to attend rehearsals and performances; and,
- That members learn their music to the best of their ability.

Singing is good for your health! Many scientific studies have been conducted on the health benefits of singing. These studies have concluded that singing is good for your brain as well as the rest of the body. Singing helps us improve our breathing, posture, and muscle tension. Participating in music has been shown to be effective in reducing pain, probably due to the production of endorphins! There is also some evidence to suggest that music may play a role in sustaining a healthy immune system. It reduces cortisol (the stress hormone) and boosts Immunoglobulin A

antibody. Singing has also been shown to increase our happiness and well-being after actively singing most likely due to the release of positive neurochemicals. It is also may be due to the general sense of community and social bonding that occurs when singing in a group.

Singing doesn't require any special equipment. All you need is a dark blue 3-ring binder a pencil, and some water for hydration. The music will be provided at no cost.

So whether you've never sung in a choir before, you haven't sung in a choir since your were in High School or you sing in choirs all the time, this is the group for you. If you are interested, please complete the form at the following link:

https://docs.google.com/forms/d/1eqIvDFQPcu0e9ahkQA2Uq0OA7vV603cDQ_dGvXs68CI/edit

Note: Reactivation of the group is contingent upon sufficient interest and an appropriate rehearsal venue in the center of the Barony (Odenton/Laurel/Annapolis area). The venue need not have a piano as I have a portable keyboard. Any help in locating a rehearsal site would be appreciated.



Chatelain:

- ◆ Nothing to report - Dame Emma is new to Lochmere
- ◆ Had a newcomer (Ike, just authorized at Battle on the Bay for Heavy) at fighter practice - please point them in my direction
 - ◆ He will probably need some help with garb
 - ◆ Anne has a basic tunic tutorial we could get him and she could help him with it online
 - ◆ Maybe help him at A&S night to get him started
 - ◆ He has shown interest in the Roman time period
 - ◆ Will get him in touch with Anne

Herald:

- ◆ University of Atlanta is doing spotlight classes and Katla is doing Tudor Food this month - I will send out the invite
- ◆ Class proposals are due by December 10, 2021 for Winter University
- ◆ Not much to report - sent in the third quarter report
- ◆ Sent a message to Trident to extend my warrant for a few months in order to help with the transition to the new Herald
 - ◆ Gabe and Leta have shown interest
 - ◆ Need to put out to the group for any concerns or questions

Minister of the Lists: Not in attendance

Knight Marshal:

- ◆ Moving inside to get out of the cold weather and darkness
- ◆ Have a fair amount of fighters at practice
- ◆ Quarterly report is going to be submitted tonight and waivers will be in the mail in the morning

Archery/Thrown Weapons Marshal:

- ◆ We are now officially over for the season until the time change
- ◆ Had some issues with the site the last couple of times
 - ◆ Need to get over to site and do clean up
- ◆ Will have an arrow making class over the winter either at fighter practice or at the house
 - ◆ If you're interested let me know
- ◆ If you want to shoot over the winter let me know - i have set up at the house
- ◆ Made new target stands and have materials to make new targets

Web Minister:

- ◆ Not much to report

Chronicler:

- ◆ Got newsletter out on time

Minister of Youth:

- ◆ Nothing to report

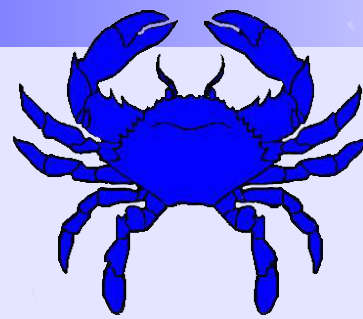
Old Business:

- ◆ **Battle on the Bay:**
 - ◆ Looking for Autocrat for next year - we are lead
- ◆ **Night on the Town:** Night Under the Faie Moon
 - ◆ It is moving forward
- ◆ **On Target:**
 - ◆ Nothing new to report
- ◆ **Mid-Winter:**
 - ◆ Did a recon of the site with Lady Marta so she had an idea of space for classes and competitions
 - ◆ I did a Tudor Food class through the University of Atlantia's new monthly spot-light classes and did a shameless plug for the event

New Business:

- ◆ There are recurring events on the Kingdom calendar that need to be removed and or adjusted

Next Meeting: December 6, 2021 meeting link: <https://meet.google.com/mxr-wpvh-eas>



December 23

619 Boniface V begins his reign as Catholic Pope
962 Byzantine-Arab Wars: Under the future Emperor Nicephorus Phocas, Byzantine troops storm the city of Aleppo, recovering the tattered tunic of John the Baptist
1482 The Peace of Atrecht (now Arras) concluded between Louis XI of France and Maximilian of Austria, ending the War of the Burgundian Succession
1493 Georg Alt's German translation of Hartmann Schedel's Nuremberg Chronicle is published
1588 "The Day of the Dagger" Henry, Duke of Guise, leader of the Catholic League is assassinated by the bodyguards of King Henry III at the Château de Blois

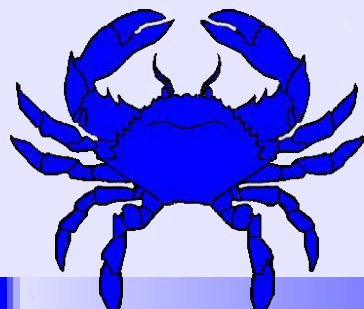
December 24

563 The Byzantine church Hagia Sophia in Constantinople is dedicated for the second time after being destroyed by earthquakes
640 John IV begins his reign as Catholic Pope
1046 Pope Clement II, [Suitger] elected
1294 Cardinal Benedetto Gaetani chosen as Pope Boniface VIII
1476 400 Burgundian soldiers freeze to death during siege of Nancy
1515 Thomas Wolsey appointed Lord Chancellor of England
1565 Compromise of the Nobles in Habsburg Netherlands closes against inquisition
1568 Uprising of Moriscos in Granada
1593 Storm hits Texel: 40 ships hit, 500 killed

December 25

274 Roman Emperor Aurelian dedicates a temple to Sol Invictus on the supposed day of the winter solstice and day of rebirth of the Sun
337 Earliest possible date that Christmas was celebrated on Dec 25th
352 1st definite date Christmas was celebrated on Dec 25th
390 Roman emperor Theodosius admits debt on mass murder in Thessalonica
496 King Clovis I is baptized a Roman Catholic in - first Germanic king to do so, according to Henry of Tours (year disputed)
597 England adopts Julian calendar
604 Battle at Etampes (Stampae)
800 Pope Leo III crowns Charlemagne as Roman Emperor
875 Charles the Bald crowned emperor of Rome

967 John XIII crowned Otto II the Red German compassionate emperor
 969 Johannes I Tzimiskes crowned emperor of Byzantium
 999 Heribertus becomes bishop of Cologne
 1000 Monarch Istvan crowned king of Hungary
 1046 Pope Clemens VI crowns Henry III as Holy Roman Emperor
 1048 Parliament of Worms: Emperor Henry III names his cousin Count Bruno van Egisheim-Dagsburg as Pope Leo IX
 1066 William the Conqueror is crowned King of England at Westminster Abbey, completing the Norman conquest of England
 1100 Boudouin I of Boulogne crowned King of Jerusalem
 1101 Henry I of Limburg becomes Duke of Lower Lorraine
 1121 Norbertus van Xanten finds order of the Norbertijnen
 1130 Anti-pope Anacletus II crowns Roger II the Norman king of Sicily
 1194 Holy Roman Emperor Henry VI crowned King of Sicily in Palermo Cathedral
 1223 St Francis of Assisi assembles 1st Nativity scene
 1261 John IV Lascaris of the restored Eastern Roman Empire is deposed and blinded by orders of his co-ruler Michael VIII Palaeologus
 1492 Christopher Columbus' flagship the Santa María runs aground and sinks on the north coast of Hispaniola. The crew are left to found a colony as Columbus returns to Spain
 1522 Turkish troops occupy Rhodes
 1553 Battle of Tucapel
 1582 Zealand and Brabant adopts Gregorian calendar, yesterday was Dec 14th
 1599 The city of Natal, Brazil, is founded
December 26
 268 Saint Dionysius, Pope dies
 795 Leo III is elected to serve as Pope on the day his predecessor was buried and is consecrated the following day
 1198 French bishop Odo van Sully condemns Zottenfeest
 1481 Battle at Westbroek: Dutch army beats Utrecht
 1492 1st Spanish settlement La Navidad in the New World is founded by Christopher Columbus
 1568 Uprising of Morisco's against suppression in Granada
December 27
 418 Etalius begins reign as Pope
 537 Hagia Sophia inaugurated by the Emperor Justinian I as an Eastern Orthodox cathedral



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Some food laws existed because of the Catholic Church. Meat was not allowed on Wednesdays, Fridays, and Saturdays as well as some saints' feast days, Advent, and Lent. On these days they would eat fish. In 1549, during Edward VI's reign. Fridays and Saturdays were re-established as non-meat days to include Lent and some saint days and in 1563, Elizabeth I added Wednesdays to help support the fishing industry.

Meals served at court were far different than what would have been served in a peasants home. The rich often ate three good meals a day and they were served in "messes." A mess means a whole menu for small groups of people eating together, similar to how our feasts are presented at an event. The King's dinner usually consisted of a single mess of thirteen dishes compared to the mess of his servants that only had two dishes.

Food and drink was a very important status symbol used to demonstrate the power, wealth, and taste of the host. One could tell their place in the rigid hierarchy just by where they were seated, the tableware, and the content of the food served to them. Everyone washed their hands in bowls of water that were set out just for that task. You had to bring your own eating utensils when you were invited over for a meal. Spoons were considered a status symbol and the fancier your spoon, the higher your status in society was. Forks were introduced during Henry VIII's reign,

from Italy, but were mostly used for serving.

After grace, diners would take the napkin laid out for them and either place it on their left shoulder or across their left forearm. It was used to dry your lips before and after drinking, not for messy eaters. The left hand was only used to touch the communal dishes and the right only for using your spoon or knife to bring food to your mouth or using your right hand to eat with.

Each course consisted of many dishes for guests to choose from and all dishes were placed on the table at the same time. Period recipes show us that they liked to mix flavors of sweet and savory in their dishes. Unwanted items, such as bone or gristle were set aside and probably used for soup stock. Any leftovers went to the servants or the poor - they did not waste anything.

The poor had a rather simple diet mostly of pottages or gruel made with vegetables and grain. Common vegetables were onions and cabbages, but towards the end of the Tudor period, new foods were brought over from the Americas, such as tomatoes, potatoes, and peppers. The poor ate whatever meat they could find, such as rabbits, blackbirds, pheasants, partridges, hens, ducks, and pigeons. They also ate fish they caught from lakes and rivers.

I hope that all of this Tudor Food talk has given you the urge to come feast with the Barony of Lochmere on January 29, 2022, please see page six for more details.

KINGDOM OF ATLANTIA EVENT CALENDAR

December 2021

- 4-05: [Unevent - Virtual](#): Simpsonville MD (Atlantia) (Q K)
 10-12: [Yule Toy Tourney](#): Pickens SC (Nottinghamhill Coill) (Q K)
 11: [Dun Carraig's Baronial Birthday](#): Waldorf MD (Dun Carraig)

January 2022

- 15: [Kingdom 12th Night 2022](#): Winston-Salem NC (Atlantia)
 29: [Midwinter's 2022](#): Lothian MD (Lochmere)
 29: [Tourney of Manannan mac Lir](#): Harleyville SC (Tear-Seas Shore)

February 2022

- 5-6: [Online Winter University of Atlantia](#): Atlantia City DC (Atlantia)
 11-15: [Tournament of YMIR](#): (Atlantia)
 12: [Bright Hills Baronial Birthday](#): Manchester MD (Bright Hills)

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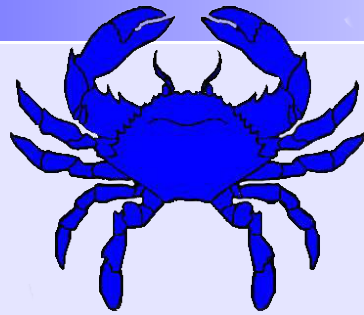
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795 Leo III begins his reign as Pope after his election the previous day
1437 Albrecht II von Habsburg becomes king of Bohemia
1512 Spanish Crown issues the Laws of Burgos, governing the conduct of settlers with regards to native Indians in the New World
1521 The "Zwickau Prophets" appear in Wittenberg
December 28
418 St Boniface I begins his reign as Catholic Pope
801 Louis the Vrome occupies Barcelona
1065 Westminster Abbey in London consecrated
1308 The reign of Emperor Hanazono, Emperor of Japan, begins
December 29
1170 English Archbishop of Canterbury, Thomas Becket assassinated
1503 Battle of Garigliano
1539 St Jacob's Church burns after being hit by lightning
1541 Isabella of Poland & King Ferdinand of Austria sign Treaty of Gyalu
1558 Charles V, King of Spain and Holy Roman Emperor, buried in El Escorial
December 30
987 French King Hugo Capet crowns his son Robert the compassionate king
1317 Pontifical degree "Sancta Romania" against spiritualists
1460 Wars of the Roses: Battle of Wakefield
December 31
192 Roman Emperor Commodus survives poisoning attempt by his mistress only to be strangled in the bath in assassination plot
406 80,000 Vandals, Alans and Suebians cross the Rhine at Mainz, beginning invasion of Gallia
535 Byzantine General Belisarius completes the conquest of Sicily, defeating Ostrogothic garrison of Syracuse, and ending his consulship for the year
765 Coffin of Ho-tse Shen-hui interred in a stupa built in China
870 Skirmish at Englefield:
Ethelred of Wessex beats Danish invasion army
1229 James I of Aragon the Conqueror enters Medina Mayurqa consummating Christian conquest of the island of Majorca
1492 100,000 Jews expelled from Sicily
1502 Cesare Borgia occupies Urbino
1564 Willem van Orange demands freedom of conscience/religion
1600 British East India Company chartered

Lochmere Baronial Champions

Rapier Fighting:

Lord Melchior zum grauen Wolf

Equestrian: Lady Aine d'Alton

Archery & Thrown Weapons:
Ethan of Lochmere

Armored Fighting:

Marcus Galmrsson

Arts & Sciences:

Lady Katla Flokadottir

