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# Elfsea Tidings



April, 2015

### Sources for Additional Information:

Kingdom of Ansteorra

[Ansteorra Website](#)

[Ansteorra Calendar](#)

[Ansteorra List](#)

[Ansteorra Announcements](#)

Central Region

[Central Region List](#)

Barony of Elfsea

[Elfsea Website](#)

[Elfsea Calendar](#)

[Elfsea List](#)

[Elfsea Newsletter List](#)

Canton of Dragonsfire Tor

[Dragonsfire Tor Website](#)

[Dragonsfire Tor Calendar](#)

[Dragonsfire Tor List](#)

## A Message from the Vicar and Vicaress

Greetings unto the finest barony in Ansteorra!

This past month saw a great Elfsea presence at Gulf War. Please continue to share your glorious tales and adventures. The joint populace with Steppes was super fun and well attended. If you did not make it out, you were missed. The next one should be in the summer with Steppes hosting.

April is almost upon us which marks the beginning of a string of wonderful events, including our very own Springfaire. Remember, many hands make light work! We are really looking forward to spending time with you all, and know that we will be amazed by the hard work and dedication of Elfsea and the Tor. Taryn and Jackson are looking forward to the Easter Egg Hunt!

Throughout the month, please be sure to send your word fame of worthy gentles to our wonderful Chronicler, Al Aeryn.

In service,  
Drake and Sibri



## Notes and Announcements:

### Open Offices

**Historian:** Currently vacant. Contact the Seneschal.

**Minister of Childrens' Activities**  
Currently vacant. Contact the Seneschal.

### Upcoming Events:

Elfsea - [Springfaire](#) - April 3 - 5

[Coronation](#) - April 10 - 12

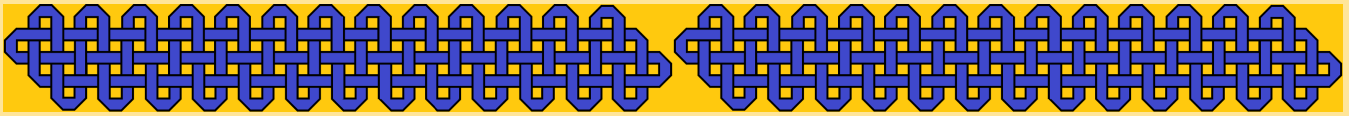
Dragonsfire Tor - Guardian of the Tor - May 15 - 17

Steppes - Steppes Warlord - May 24 - 22

Elfsea - Baronial College - June 26 - 28

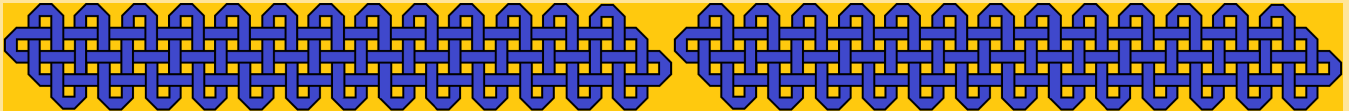
**Springfaire Event Announcements:**

Please also refer to the Elfsea Facebook Page and Mailing List for further requests...



All whom are able to, please join us Friday morning at 09:00 for the "loading of the Truck!" It promises to be a beautiful morning for it. If you are not certain where the unit is, please contact me privately.

Herries Absolon of Hereford



SPRINGFAIRE ALERT!

!!!! Saturday Morning Breakfast !!!!

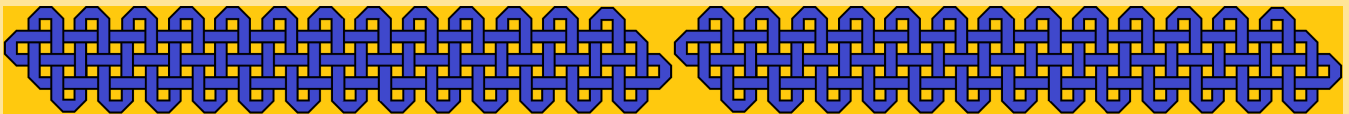
After a long hiatus, the Unknown Cooks have returned and are opening their kitchen so that breakfast foods are available for Springfaire Guests!

\*Time: 8am Saturday Morning. First come, first served, until gone.

\*MENU: Tortillas, Bacon, Eggs, Cheese, Salsa

\*Donations Encouraged.

Once costs are covered, the remainder will go to the fund to send TRMs to the First Coronation of Avacal.



Gate Volunteers Needed!

It is countdown to Springfaire and we need a few more volunteers to work gate. Please let me know if you can work one of these gate shifts.

We will need one person for each of the following gate shifts.

Friday (April 3rd)	9-11 pm	
Saturday (April 4th)	11am - 1 pm	1-3 pm

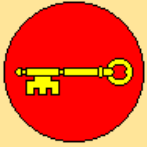
Gate workers will need to bring a chair with them to gate.

Aaliz du Lac

Gate Coordinator



## Officer Reports



**Seneschal:** Aoife Ruadh Inghean Ragnail  
([seneschal@elfsea.ansteorra.org](mailto:seneschal@elfsea.ansteorra.org))



Greetings, Elfsea.

As evidenced in the many posts, emails, invitations, projects, updates, and to-do lists, March has been one busy month for our barony—and April looks to continue the trend with Springfaire, Coronation, and continued detailed planning for two demos, Guardian of the Tor, and Baronial College.

It is obvious to those gazing in that we are a barony on the move and I think there is a natural curiosity as to how we plan to sustain that forward momentum. I propose that we approach our continued growth in much the same way one would eat an elephant: one bite at a time.

Whether our roles at a particular time are great or small, all activity, volunteer action, interaction with the public, teaching, learning, or simply getting together and enjoying one another is a support stone necessary for Elfsea success.

Let us keep performing the myriad of support activities that keep the dream alive for us and others. As we bring history to life, take care of required business, demonstrate our knowledge, and simply have fun doing it, we are in fact building unity. We are building camaraderie. We are building a legacy for future generations. We do this stone by stone. In effect, with diligence, we eat the elephant of success one bite at a time.

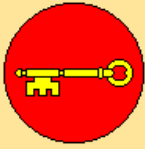
Mother Theresa said, "In this life we cannot always do great things. But we can do small things with great love." With regards to growing and nurturing Elfsea, I believe our members are beginning to embody this attitude. I challenge each of us to continue doing exactly this, for it is the accumulation of the small that creates the great.

In Service,  
Aoife Ruadh inghean Ragnail  
Seneschal

### Populace Meeting

**When**        April 27, 2015

**Where**        Bedford Library,  
2424 Forest Ridge Dr, Bedford, TX 76021, United States ([map](#))



**Seneschal:** Franklin Whitenhale of Cheshire  
([seneschal@dragonsfire-tor.ansteorra.org](mailto:seneschal@dragonsfire-tor.ansteorra.org))



Greetings,

Wow did this month go by so fast and next weekend is Springfaire already! DFT will have a place so we can all camp together. Friday night we will be Hosting the Travelers Fare. We will be offering;

Chili

Tortilla Chicken Soup

With chips, cheese, and onions on the side

Saturday morning there will be an offering of egg and meat burritos and that night there will be a pot luck dinner with Elfsea and DFT. This is shaping up to being a neat event.

This past month it was so great to see our Rapiers fighting again, thank you Tamsin Wyld. And we had a great Demo at Tarleton. We now have an impressive slide show to present at DEMOS thanks to the efforts of our Web minister, Lord Mattis.

Our Guardian of the Tor is less than 2 months away so now is the time to get with Lord Ravenger or Lord Mattis to see how you can help.

In your Service,

Lord Franklin Whitenhale of Cheshire

Seneschal of the Great Canton of Dragonsfire Tor

### **DFT: Business Meeting**

**When** Sun, April 12, 5:30pm – 6:30pm

**Where** FMC Fluid Control, 2825 W Washington St,  
Stephenville, TX, United States ([map](#))



**Hospitaler:** Aine inghean Aodha mhic Sheafraid

([hospitaler@elfsea.ansteorra.org](mailto:hospitaler@elfsea.ansteorra.org))

Deputy: Jeanne Marie la Verriere

Greetings Elfsea!

March has been so full of activity and it has been a lot of fun! April is looking to be another busy month for our wonderful Barony. Between Springfaire, Coronation, Glaslyn Defender and our usual meetings and newcomer classes, we will be a busy Barony!

Springfaire is coming up on April 3-5 and I am looking forward to seeing everyone there! The Gold Key will be at Springfaire this year for all our newcomers! So, bring your friends out and tell them not to worry about garb. I got them covered!

I hope to see all your beautiful faces this month coming out to populace and events! Remember that there are always new people around and we are all hospitalers! Each and every one of us represent our Barony and the Kingdom, so please treat newcomers like you would want to be treated. Let's keep this Barony full of life and growth!

In service,

Áine inghean Aodha mhic Shéafraid  
Hospitaler, Barony of Elfsea



Exchequer: Eleanor of Forth Castle

([treasurer@elfsea.ansteorra.org](mailto:treasurer@elfsea.ansteorra.org))

A question was recently posted about using CafePress to raise funds for the Barony, either for our general fund or specifically for a large purchase. I checked with both the Kingdom Exchequer and Central Region Exchequer on this issue. There is nothing in Kingdom Law or Corpora that would prevent Elfsea from raising funds using CafePress.

However, in just the past year, we have made two large purchases from the baronial funds on hand (the new traveling pavilion and two replacement coronets) and additional funds would still be available if we voted to purchase another high cost item (and we would still have enough funds on hand for our budgeted expenses, as well as our two P&D events, Spring Faire/Defender and Baronial College). We must be concerned with the appearance of having too large a bank account compared to our financial history. Specific details will be provided to the Finance Committee in April and to populace in May but in a nutshell the Barony is presently in a very healthy financial position, at a level where additional fundraising at this time might raise some questions because it is not needed.

If we do decide to use CafePress in the future to sell items that bear Elfsea's design we would be required to contact the Kingdom Media Liaison ahead of time and the Kingdom Seneschal and Star Principal Herald should also be notified ahead of time as a courtesy.

In Service,  
Eleanor of Forth Castle



**Archery Marshal:** Caelin on Andrede

([archery@elfsea.ansteorra.org](mailto:archery@elfsea.ansteorra.org))

We have had archery while I was at Gulf Wars! Master Sebastian picked up the targets and gear from my home and ran the practice. Many thanks to him.

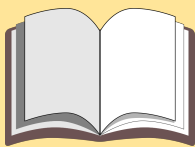
With hopefully better spring weather, we should be having two practices a month: the 2nd and 4th Sunday. We have loaner gear and great instructors. Come have fun with us.

In service,  
Caelin on Andrede,  
Elfsea Archery Marshal

### Archery Practice

**When**            April 12 - 2:00 PM  
                         April 26 - 2:00 PM

**Where**            6500 Boat Club Rd, Fort Worth, TX 76179, USA ([map](#))  
Cancellations are posted to both the Elfsea Mail List and Baronial Facebook Page



**Chamberlain:** Amelot Lisette

([chamberlain@elfsea.ansteorra.org](mailto:chamberlain@elfsea.ansteorra.org))

I have nothing new to add...still stuff in the storage unit.

Amelot





**Chronicler:** Ealasaid Mac al'Bhaird ([chronicler@elfsea.ansteorra.org](mailto:chronicler@elfsea.ansteorra.org))

**Deputy:** Gwenllyan verch Wilkin

Another month has flown swiftly by. I am heartened by the willingness of the members of the populace to continue sharing articles with the barony through The Tidings. There are so many creative people living within the barony.

I am pleased to welcome Gwenllyan verch Wilkin as the Deputy Chronicler for the barony. This is rather a new experience for me and the barony. I have served both my original shire in the Middle and the Barony previously as chronicler and have never had a deputy. I look forward to seeing what wonderful things can happen with the power of two minds to put to work.

Though I am humbled by the words of the seneschal, I encourage you all to continue to share wordfame as you see people doing great things. The more we praise the good we see in others the stronger our barony becomes.

If you have ideas for articles please continue to send them in. Each of us can contribute to the knowledge base of the barony in our own areas of interest. As we work toward the Baronial College I should like to prepare a supplemental issue of the tidings with as many of the class handouts as possible. If you need help with original images I can show you how I created the ones in my handout. I expect that Master Caelin on Andrede might also be able to offer some advice.

The tidings is again full of information but would benefit from artwork and photographs. When you have been moved by the events of an event, a brief description or photo montage can help share those moments with those who were not able to attend.

Please keep writing (and filing releases)

al AERYN

P.S. Please stop in and join Vivianne for a piece of cake during the Youth Chivalric Tournament.

[Domesday Link](#)

[Wordfame Link](#)



**Nautilus Pursuivant (herald): ~ Lady Meadhbh Grahame**  
**(herald@elfsea.ansteorra.org)**

Deputy Lord Angus MacTntyre

Greetings to all!

There is so much positive energy in Elfsea right now! Springfaire is almost here and with it comes the opportunity to display heraldry. Both the Heraldic Display Contest and the Golden Ticket Tournament are a perfect time to bring out your best! So, do you have your heraldry ready? Do you have questions about how to wear to heraldry or where to use it? Please contact me, I am happy to help.

I have had members discuss with me devices, badges and names and I am working on those. I appreciate the patience everyone has shown as I learn this new job. If you think I have forgotten about you completely please email me :-

Thank you Elfsea!

Yours in service,

Nautilus Pursuivant Lady Meadhbh Grahame

Nautilus Pursuivant Deputy Lord Angus MacTntyre



**Knight Marshal: Herries Absolon of Hereford**  
**(marshal@elfsea.ansteorra.org)**

Sound of harsh chiming  
 Swords ringing in the twilight  
 A victor steps forth!

Sunlight on bright steel  
 Dust rising from marching feet  
 A swift march to war!

### **Chivalric & Rapier Fighter Practice**

**When:** Wednesdays - starting at 7:30 PM  
**Where:** Bedford Boys' Ranch, Bedford, Tx ([map](#))

Cancellations are posted to both the Elfsea Mail List and Baronial Facebook Page



Minister of Arts and Sciences: H<sub>L</sub> Jeanne-Marie la Verriere

([moas@elfsea.ansteorra.org](mailto:moas@elfsea.ansteorra.org))

\*\* Heraldic Display contest at Elfsea Springfaire \*\*

I will be hosting a fun contest at Elfsea Springfaire, 'Best Heraldic Display' and I'd love to invite all those good gentles attending the event to enter!

- ❖ Who: Open to everyone, adults and children
- ❖ When: throughout the day at Elfsea Springfaire
- ❖ What: Bring your best Heraldic Display! Clothing, martial clothing, banners, pavilions, chairs, etc....if it's got SCA heraldry on it, it counts!
- ❖ How: No display tables, no set up/ take down, no worrying over your entry that you don't get to enjoy the tournament....I'm bringing the contest to you! All contestants should sign up at gate with your name and what you would like considered in the contest. During the day, I will personally come find you so I can get some information about the item/s you are wanting considered for the contest. I will also have 'secret judges' who will covertly observe all during the day. At the end of the day, after a meet-up with the judges, a winner will be announced in Court.
- ❖ Why: TRUST ME, YOU WANT THE PRIZE!!

Got questions?

Check the event website, post your questions in the comments area below, or PM me

In service,

Jeanne-Marie

<http://elfsea.ansteorra.org/springfaire/competitions>



Rapier Marshal    *Andreas von Meissen*  
([rapier@elfsea.ansteorra.org](mailto:rapier@elfsea.ansteorra.org))  
(Open for Applications)

Greetings, Elfsea!

First of all, thank you to everyone who came to the joint Elfsea-Steppes practice on the 29th! We had, by my count, fifteen rapier fighters from four different groups (Elfsea, Steppes, Glaslyn, and Bryn Gwlad). We also had a few youth rapier fighters, adding Dragonsfire Tor to the list of groups represented. Thank you all for coming out and hitting me with swords on my birthday. (If you missed the chance, come to Wednesday practice!)

The weather was good to us in March: in addition to last week, we had three practices! (Including one during Gulf Wars!)

- ❖ March 11: Eight fencers, including three from Dragonsfire Tor!
- ❖ March 18: Four fencers, including one White Scarf (during War!)
- ❖ March 25: Two fencers, including the Princess of Ansteorra!
- ❖ March 29: Fifteen fencers, including four White Scarves and one Knight!

Additionally, Absolon of Hereford picked up our new loaner sword and gloves at War. I cleaned up the sword a little and played with it at practice on the 25th. It handles great! (If you want to take it out for a spin, come to practice!)

The mask we need is still out of stock, I'm checking back every few days to see when they're back in. As soon as it is, I'll place the order. I patterned the hoods and made a draft version, but I'm not happy with it. When I have time, I'll refine the pattern and start on the first of the Barony's.

Finally, Springfaire is this weekend. I'm running a "Movie Magic" tournament on Saturday, which I promise will be all sorts of fun, and a Newbie tournament on Sunday. The former will be open to all comers, and the latter to anyone who has been authorized for less than a

year and has never won a tournament. If you haven't decided whether or not to come yet, you totally should. 'Cause I said so. :)

1. We had several practices this month!
2. We got our new sword! It's awesome!
3. I'm still working on hoods.
4. Springfaire's gonna be awesome!
5. COME OUT AND HIT ME WITH SWORDS.

As always I remain,  
Your in Service,

Herr Andreas von Meissen

### Chivalric & Rapier Fighter Practice

**When:** Wednesdays - starting at 7:30 PM  
**Where:** Bedford Boys' Ranch, Bedford, Tx ([map](#))

Cancellations are posted to both the Elfsea Mail List and Baronial Facebook Page

### Rapier Fighter Practice

**When** Sun, April 19, 2015, 12pm – 5pm  
**Where** J.W. Dunlop Sports Center,  
Northwest Green Oaks Boulevard, Arlington, TX, United States ([map](#))

Cancellations are posted to both the Elfsea Mail List and Baronial Facebook Page



Web Minister

Mattis Ammann

([webminister@elfsea.ansteorra.org](mailto:webminister@elfsea.ansteorra.org))

<http://elfsea.ansteorra.org/>

## Guild Principal Information



Academie Pedagogue      Jeanne Marie la Verriere

Gladly we await  
Commencement Exercises  
For our dear students!



Principal Scribe      Druinne de Salesberie

### Scribal Guild

**When**

**Tuesday April 21, 2015 7:00 - 9:00 PM**

**Where**

1776 Americana Blvd, Blue Mound, TX 76131, USA ([map](#))



Principal Cook

Caelin on Andrede

The Cooks' Guild talked about the menu for Gulf Wars in our last meeting. Why the different meals were chosen and why they were done on particular days. Much discussion was had and we ate (as we always do).

The month we are going to talk about basic Sous Vide cooking: equipment (including stuff you already have), basic principles, and a few recipes. We will cook a steak the standard way and the sous vide way as a comparison. Other sous vide food will be cooked in advance and consumed during the meeting.

As usual, we meet on the second Tuesday of each month which is April 14th!

Life is Good in Elfsea - and so is the cooking.

In service,  
Caelin on Andrede  
Cooks' Guild principal

### Cook's Guild

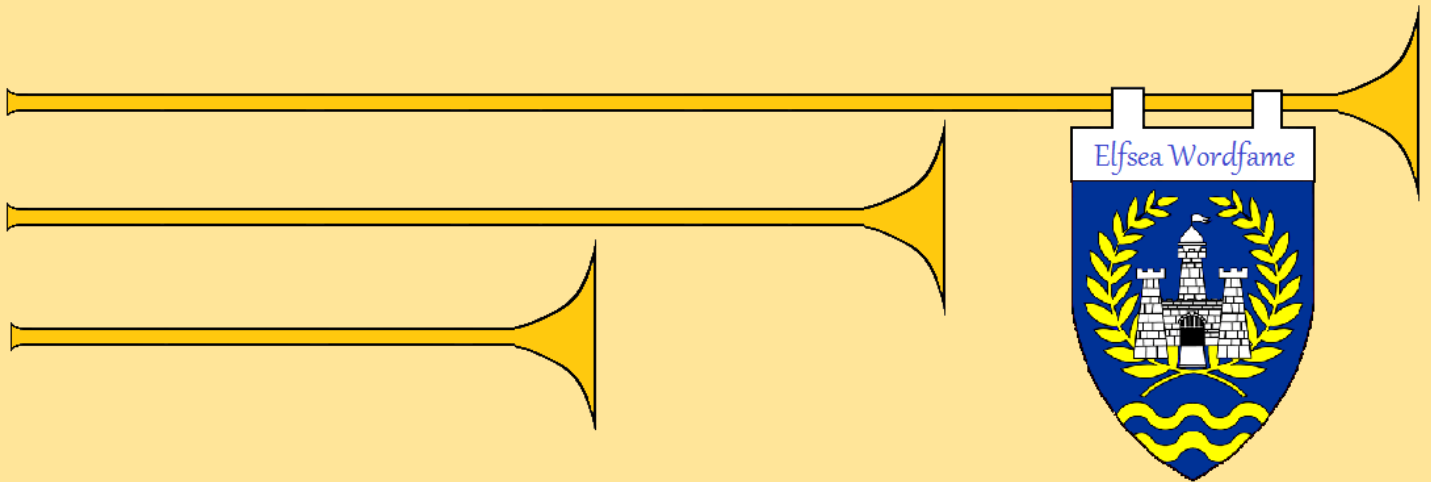
**When**

**Tuesday April 14, 2015 7:00 - 9:00 PM**

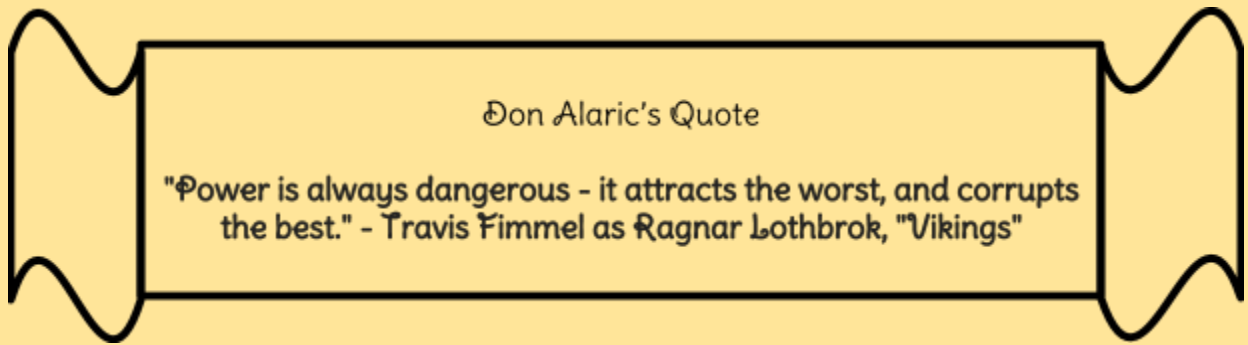
**Where**

2220 Patterson Pl, Arlington, TX 76012, USA ([map](#))

Cancellations are posted to both the Elfsea Mail List and Baronial Facebook Page



- ★ Duke Drake offers word fame to the Elfsea fighters who fought and won in the champion's battle at Gulf War: we had 7 champions who either presently or in the past lived within Elfsea's lands. Vivat!
- ★ Countess Sibri offers word fame to Cassandra for working many hours on the Elfsea tokens. We had a crew helping for almost 6 hours, and she still had more work to do on them at home.
- ★ Countess Sibri offers word fame to Aine who did a wonderful job coordinating the joint Populace in the Park with Steppes. It was a huge success!
- ★ Countess Sibri offers word fame to Aiofe who has hit the ground running as our new seneschal. She is so organized and has everything under control
- ★ Aiofe offers word fame for Ealasaid Mac al'Bhaird commonly known as al AERYN "...for imagination and dedication. The Tidings newsletter is fantastic in form, function, design, and consistency. Fun and informative!"
- ★ A member of the populace offers word fame for Mel Alley for ...can-do attitude and helpful spirit regardless of task or event.



### From William's Kitchen

This month's recipe is a Mixed-Greens Torta. It is based on the recipe found on page 136 of "The Medieval Kitchen, Recipes from France and Italy" by Redon, Sabban and Serventi. I have made changes from what is in the book. This version is what we served at last year's Defender. It was tasty hot at dinner or cold the next morning.

#### Recipe

10 ounces of Spinach  
1/2 pound of Bacon  
6 ounces of Cottage Cheese  
5 ounces of Cream Cheese  
Mint to taste  
4 Eggs  
2 Packages of Frozen Pie Shells

Heat the oven to 425 degrees F.

Cook the bacon on medium heat until crispy. Reserve a portion of the bacon grease for use with the Spinach. Chop the bacon.

Wash the spinach. Remove the stems and discard. Chop the spinach. Cook the spinach in the bacon until it is a dark green and reduced some in size. Remove the spinach from the pan, drain and press to remove the remaining liquid.

Beat the cheeses together. Add the chopped bacon and mix. Add the eggs and beat thoroughly to blend. Add the spinach to the mixture. Chop the mint and add it to the mixture. You will use the pie shells from both packages. The filling will be placed into two shells and the other shells will be used to cover the filled pies. Press the seams tightly shut and cut a slit in the cover to release the steam.

Place the tart on a baking sheet and bake for approximately an hour.

I used regular pie shells. The portions are not quite enough for two deep-dish shells.

Enjoy!

William



This is the first part of my story as Lord Franklin Whitenhale of Cheshire

## Part 1

I am Lord Franklin Whitenhale of Cheshire, from the House of Whitenhale. My father was Frank Whitenhale and mother was Ruth, she was of Noble northern Scottish blood, from the far northern highlands. Her family claims to have been in the highlands since the beginning of time. My grandfather was Sir William and his father was Sir Thomas. Family legend has it we were a group of Norsemen who came into the Normandy area. They settled there and prospered over 500 years ago. My eighth Great grandfather {8}, Sir Mark came to England with King William. In 1074, for his outstanding service to the Crown and fighting at the battle at Hastings Sir Mark was granted a title and the lands around Cheshire. Yes, my father was a Knight but I am not nor do I wish to be one. I greatly enjoy the fight but I am a very successful silk merchant. Now let me tell you my story.

Today is March 31, year of our Lord 1215 and I just started my 68<sup>th</sup> year of my life. I was born on March 22, year of our Lord 1148 in Whitenhale Hall at Cheshire. Growing up I was taught the art of battle by my Father and Grand Father.

When I turned 40 I was restless and joined King Richard to journey to the Holy Lands for it seemed to be the right thing to do. Once in Acre I became friends with many of the Hospitalers and soon joined their ranks. They were a noble lot and fought with honor. When not fighting we were helping with the hospitals and refugees. It was during this time I made a good friend in Ebrahim Davood, a Persian who came into my service shortly after we defeated Saladin's forces at the Battle of Arsuf in 1191. He remained a loyal servant and a great friend during the next year. In September of 1192 Richard and Saladin signed a pact ending the conflict and allowing Christian's access to Jerusalem. King Richard started for home but I, on the other hand, was not yet ready to return home. Davood offered to take me to his birth place of Raslit, a village on the shores of a great inland sea. He guaranteed me I would find beauty and riches beyond my dreams. So King Richard went north with his army and Davood and I went east.

# Guardian of the Tor XXIV



May 15 – 17, 2015

Camp Jim Braley

3009 Wilbanks Dr. Waco, TX 76705

The Canton of Dragonsfire Tor invites you to join us as we select our Champions.

There will be...



The Seventh Golden Ticket Tournament  
Chivalric, Rapier, Archery, & Bardic Championships  
Gaming Tavern  
Feast (Pot- luck) – Please bring your own feast gear

## Event Information:

- \* Site opens: 5:00 pm on Friday May 15th & Closes: 12:00 pm on Sunday May 17<sup>th</sup>
- \* Site is wet in period containers;
- \* Pets allowed if leashed;
- \* See our website for more information: <http://dragonsfire-tor.ansteorra.org/guardian.php>

## Site Fees:

Adults            \$10.00    Makes checks payable to: **SCA Inc. / Canton of Dragonsfire Tor**  
6-17                \$5.00  
5 & under    Free        Family Max:        \$30.00

A \$5.00 non-membership charge will apply to those 18 & over without proof of membership.

**MINORS** must be accompanied by a parent or legal guardian. They may also attend with a 21 year or older adult with a signed and notarized **MINOR EVENT WAIVER FORM** from their parents.

## Event Steward:

Ravenger Wulvkin (Elmer Newby )  
1-254-431-1034 / 421 PR 1389 Dublin, TX 76446  
[Elnewby1972@yahoo.com](mailto:Elnewby1972@yahoo.com)

Mattis Ammann (Joseph Lawson)  
1-254-968-8618  
[Joelaw9@gmail.com](mailto:Joelaw9@gmail.com)

## Directions to Site:

**From I-35 Southbound:** Take Exit 337 towards US-77 BUS/ Elm Ave. Take the frontage road for 0.4 miles, and turn left on US 77 BUS South/ TX-484 Loop. Continue on TX-484/TX-6 S for 8.5 miles. Turn left on Hallsburg Rd; continue for 2 miles. Turn left onto Darwin St; continue for 0.5 miles. Turn right onto Wilbanks Dr, continue 2.3 miles. Site will be on the left.

**From I-35 Northbound:** Take Exit 330A towards Texas 6 S/ Texas Loop 340. Follow signs for and merge on to Texas Loop 340/TX 6 S. Continue on Texas Loop 340/TX 6 S for 6.2 miles. Turn right onto the TX 6 ramp to Bryan/Marlin, continue for 4.9 miles. Turn left on Hallsburg Rd; continue for 2 miles. Turn left onto Darwin St; continue for 0.5 miles. Turn right onto Wilbanks Dr, continue 2.3 miles. Site will be on the left.

**From I-45 Southbound:** Take Exit 219A for TX-14 toward Richland/Mexia. Merge onto TX-14 S/ Austin Ave; continue for 17.6 miles. Turn right onto US-84 W/W Milam St; continue 23.7 miles. Turn left onto County Line Pkwy; continue 4.0 miles. Turn right onto Lake Felton Pkwy; continue 2.9 miles. Turn left onto Steinke Rd; continue 1.6 miles. Turn right onto Pavelka Dr, continue 0.5 miles. Turn left onto Wilbanks Dr; continue 0.4 miles. Site will be on the right.

**From I-45 Northbound:** Take exit 180 for TX-164 toward Groesbeck. Turn left onto TX-164W; continue for 45.3 miles. Turn right onto N Pearl St; continue for 0.4 miles. Continue onto County Line Pkwy/S Freeman Pkwy; continue for 3.4 miles, following County Line Pkwy. Turn left onto Lake Felton Pkwy; continue 2.9 miles. Turn left onto Steinke Rd; continue 1.6 miles. Turn right onto Pavelka Dr, continue 0.5 miles. Turn left onto Wilbanks Dr; continue 0.4 miles. Site will be on the right.

Guardian of the Tor Event Website: <http://dragonsfire-tor.ansteorra.org/guardian.php>

Greetings Good Gentles,

I will be doing a series of articles, over the next few months to help SCA parents plan, prepare, and enjoy events; while keeping their children safe and their sanity intact. I will be drawing not only from my own experiences, raising both our children, as well as helping our grandchildren, grow up in the SCA. I am also a Pediatric Nurse, and will include web addresses for more in depth information.

In Service,

Adelaide

Let us start with infants under 6 months. My goal is to help parents keep their infants;

A. Happy

B. Content

By monitoring;

A. Urine and stool output

B. Moist mucous membranes (mouth)

C. Tear production.

Techniques for addressing a potential heat incident

A. Cooling your infant

B. Preventing shock

Newborn and infants < six months

- ❖ Breast fed: Moms need to increase their fluid intake to approximately half again as much as they do at home. This does not necessarily mean only water; it can be juice, electrolyte replacement fluids, and/or teas.
- ❖ Bottle fed: Babies need an additional 2-3 oz water, sugar water or pedialyte per 8 oz bottle of formula consumed.

All infants < 6 mo

- ❖ Newborns are unable to regulate their own body heat until they reach 8-9 lbs.
- ❖ Newborns < 2 weeks or who have not lost their umbilical stump, really should be kept in a consistent temperature environment. If that is not a possibility, please check with your baby's pediatrician. New moms who are < 2 1/2 to 6 weeks postpartum should stay in a consistent environment, as well, unless cleared by her ob-gyn.

- ❖ Once your infant has cleared 9 lbs and has a completely healed umbilical stump (belly button) s/he should be more likely to tolerate an outdoor event. However, until your infant is closer to 6 months, they will still be susceptible to and quicker to negatively respond to temps that are > 10 degrees above their accustomed home temps. By keeping their fluid intake maintained using the above guidelines, as well as, close monitoring of their responses to the heat, you and your infant will be better equipped to enjoy the event.

All infants > 6mo and up to 12 months or toddling

- ❖ Be sure to bring water, juices, Kool-Aid or even pedialyte.
- ❖ Bring snacks that contain fluid, and natural juices like grapes, oranges, any of the melons, as well as the fruit cups and keep them cool. Try not to force big meals during the heat of the day; doing so may cause them to vomit. Instead offer bites of assorted food choices such as protein and carbs, especial those that can be eaten without need of heat to prepare.
- ❖ Keep your infants in light colored clothes, try to set up where you and your infant can take advantage of as much shade as the site provides. If the site is one that is lacking in suitable shade, try to bring/borrow a pavilion that not only provides shade but blocks UV rays as well; even if you do not have a personal pavilion, ask around. I can not imagine that shade would ever be denied to those who need it. There are sunblocks available made especially for infants, but check that they are age appropriate, or check with your pediatrician.

Signs and Symptoms of Dehydration and How to Monitor It

The following guidelines or suggestions are all tools to help you monitor and define an ongoing baseline to prevent any heat related incidents to your infant.

For All Infants

- A. Urine output should be 6-8 times a day, and 2- 4 overnight; diapers should stay the same saturation as at home, be clear to pale yellow and without a strong odor. Fewer

wet diapers than what is normal at home, a definitive yellow color, and/or a strong odor can indicate a need for more fluids.

- B. Stool output should remain soft and/or slightly fluid for infants who are still on a primary milk diet. Older infants and those who have started to consume solids will be more formed. Watch for constipation, as this can indicate dehydration.
- C. Another thing you, as a parent can monitor, are moist mucus membranes (mouth). If it seems that your infant is not drooling as much as normal, check their mouths for a dry or stickiness feeling, by touching the mucus membrane. As long as his or her mucus membranes are moist, even if the amount of drooling has decreased, s/he should be fine. Also monitor their soft spot, if it seems sunken in at all, increase fluid intake.
- D. Monitoring your infants tear production is not hard and can be a value tool. An infants bright, sparkling eyes are due to the production of tears. If your infant's eyes seem less bright than they do at home, it can be indication of dehydration.

Now, if you have watched, monitored and followed all the suggestions above, at what point do you step up your game? How do you, as a parent, know and recognize, that your infant is now at risk for a heat related incident?

What to watch for:

- A. flushed face and torso, lethargy, general fussiness, but not the normal fussiness from hunger or in need of diaper change
- B. dull eyes, delayed or lack of active interaction with family.
- C. elevated body temp > 99.8

What to do:

- A. remove all clothing, down to a onesy and diaper, fan with a hand held fan or paper
- B. wipe down your infants face, torso and limbs, with water that is not cold. Ideally, the water should be the same ambient temp as the infants surroundings, using a cloth that

is not completely wrung out, so that some moisture is left on the skin that can evaporate.

- C. Simply checking your infants body temp with a thermometer will give you definitive proof of your infants body temp. You will need to increase your efforts to keep your infant cool if their body temp gets to 99.8 degrees F.

Repeat assessment and cooling technique every 20 minutes, until your infant returns to a happy, contented state with frequent wet diapers, sparkling eyes and drool.

However, once your infants body temp reaches 100.5, you will need to remove them to a consistent temperature environment. You will need to continue monitoring your infant to assure they do not cool down too quickly as that can send your infant into shock.

Try bringing their body temp down slowly, switching from fanning to tepid wipe downs, over an hour or so, to help prevent shock. Always keep in mind that every child is unique in the ways that they respond to heat.

If after no more than 1 and 1/2 hours of monitoring and attempting to bring your infant back to a hydrated and stable state and you are not improving his/her status then your infant is in a dehydration/heat incident and needs to be removed from the site to a cooler better controlled atmosphere. If you are still unable to bring her/him back to the state from which s/he began, I would strongly encourage you to call your pediatrician or proceed to an emergency facility.

Online resources:

- A. [www.mydr.com.au/travel-health/dehydration-and-hot-weather](http://www.mydr.com.au/travel-health/dehydration-and-hot-weather)
- B. [www.medicinenet.com/heat\\_exhaustion/article.htm](http://www.medicinenet.com/heat_exhaustion/article.htm)
- C. [www.medicinenet.com/heat\\_stroke/article.htm](http://www.medicinenet.com/heat_stroke/article.htm)

April Calendar Barony of Elfsea						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1 <b>Chivalric &amp; Rapier Practice</b> 7:30pm – 10:00pm Bedford Boys' Ranch, Bedford, Tx	2	3	4 <b>Elfsea Spring Faire</b> - Elfsea (Ft. Worth, TX) *P.E.D.*	5 <b>Elfsea Spring Faire</b> - Elfsea (Ft. Worth, TX) *P.E.D.*
6	7	8 <b>Chivalric &amp; Rapier Practice</b> 7:30pm – 10:00pm Bedford Boys' Ranch, Bedford, Tx	9	10	11 <b>Coronation/ King's Champion</b> - Kingdom of Ansteorra (SCA) - Groesbeck, TX	12 <b>Coronation/ King's Champion</b> - Kingdom of Ansteorra (SCA) - Groesbeck, TX
13	14 <b>Cook's Guild</b> 7pm – 9pm 2220 Patterson Pl, Arlington, TX	15 <b>Chivalric &amp; Rapier Practice</b> 7:30pm – 10:00pm Bedford Boys' Ranch, Bedford, Tx	16	17	18 <b>Stargate Baronial College</b> - Stargate (Houston, TX) *P.E.D.*  <b>Wiesenfeuer Baronial</b> - Wiesenfeuer (Oklahoma City, OK) *P.E.D.*	19 <b>Archery Practice</b> 2pm – 6pm 6500 Boat Club Rd, Fort Worth, TX
20	21 <b>Scribal Guild</b> 7:30pm – 9:00pm 1776 Americana Blvd, Blue Mound, TX	22 <b>Chivalric &amp; Rapier Practice</b> 7:30pm – 10:00pm Bedford Boys' Ranch, Bedford, Tx	23	24	25 <b>Glaslyn Defender of the Flame</b> - Glaslyn (Denton, TX) *P.E.D.*	26 <b>Rapier Practice</b> 12pm – 5pm J.W. Dunlop Sports Center, Northwest Green Oaks Boulevard, Arlington, TX
May						
27 <b>Populace Meeting</b> 7pm – 9pm Bedford Library, 2424 Forest Ridge Dr, Bedford	28	29 <b>Chivalric &amp; Rapier Practice</b> 7:30pm – 10:00pm Bedford Boys' Ranch, Bedford, Tx	30	1	2 <b>Coastal Grand Baronial Championships &amp; Royal Lancer</b> - Loch Soilleir (Clear Lake, TX) *P.E.D.* <b>Beltane Games</b> - Namron (Norman, OK)	3 <b>Archery Practice</b> 2pm – 6pm 6500 Boat Club Rd, Fort Worth, TX

Name and contact information of the local branch's officers and guild principals:

<u>Baron &amp; Baroness</u>	Gerhart Wolfgang der Rote Elspeth de Stervlen	( <a href="mailto:baron@elfsea.ansteorra.org">baron@elfsea.ansteorra.org</a> ) ( <a href="mailto:baroness@elfsea.ansteorra.org">baroness@elfsea.ansteorra.org</a> )
<u>Vicar &amp; Vicaress</u>	Quintus Aurelius Dracontius Sibri de Aldebourne	
<u>Seneschal</u>	Aoife Ruadh Jnghean Ragnail	( <a href="mailto:seneschal@elfsea.ansteorra.org">seneschal@elfsea.ansteorra.org</a> )
<u>Hospitaller</u>	Aine inghean Aodha mhic Sheafraid Deputy: Jeanne Marie la Verriere	( <a href="mailto:hospitaller@elfsea.ansteorra.org">hospitaller@elfsea.ansteorra.org</a> )
<u>Exchequer</u>	Eleanor of Forth Castle	( <a href="mailto:treasurer@elfsea.ansteorra.org">treasurer@elfsea.ansteorra.org</a> )
<u>Archery Marshal</u>	Caelin on Andrede	( <a href="mailto:archery@elfsea.ansteorra.org">archery@elfsea.ansteorra.org</a> )
<u>Chamberlain</u>	Amelot Lisette	( <a href="mailto:chamberlain@elfsea.ansteorra.org">chamberlain@elfsea.ansteorra.org</a> )
<u>Chronicler</u>	Ealasaid Mac al'Bhaird Deputy: Gwenllyan verch Wilkin	( <a href="mailto:chronicler@elfsea.ansteorra.org">chronicler@elfsea.ansteorra.org</a> )
<u>Nautilus Pursuivant (herald)</u>	Meadhbh Grahame	( <a href="mailto:herald@elfsea.ansteorra.org">herald@elfsea.ansteorra.org</a> )
<u>Historian</u>	Currently vacant. Contact the Seneschal.	( <a href="mailto:seneschal@elfsea.ansteorra.org">seneschal@elfsea.ansteorra.org</a> )
<u>Knight Marshal</u>	Herries Absolon of Hereford	( <a href="mailto:marshal@elfsea.ansteorra.org">marshal@elfsea.ansteorra.org</a> )
<u>Minister of Arts and Sciences</u>	Jeanne-Marie la Verriere	( <a href="mailto:moas@elfsea.ansteorra.org">moas@elfsea.ansteorra.org</a> )
<u>Minister of Childrens' Activities</u>	Currently vacant. Contact the Seneschal.	( <a href="mailto:seneschal@elfsea.ansteorra.org">seneschal@elfsea.ansteorra.org</a> )
<u>Rapier Marshal</u> (Open for Applications)	Andreas von Meißen	( <a href="mailto:rapier@elfsea.ansteorra.org">rapier@elfsea.ansteorra.org</a> )
<u>Web Minister</u>	Mattis Ammann	( <a href="mailto:webminister@elfsea.ansteorra.org">webminister@elfsea.ansteorra.org</a> )
<u>Academie Pedagogue</u>	Jeanne Marie la Verriere	
<u>Principal Scribe</u>	Druinne de Salesberie	
<u>Captain of the Guard</u>	Currently vacant. Contact the Seneschal.	( <a href="mailto:seneschal@elfsea.ansteorra.org">seneschal@elfsea.ansteorra.org</a> )
<u>Principal Armorer</u>	Currently vacant. Contact the Seneschal.	( <a href="mailto:seneschal@elfsea.ansteorra.org">seneschal@elfsea.ansteorra.org</a> )
<u>Principal Cook</u>	Caelin on Andrede	

Guild Principals can be contacted via the Elfsea List or the Elfsea Facebook Page



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