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The Questing Quill



VOL. II ISSUE II

FEBRUARY, A.S. XII

THE QUESTING QUILL

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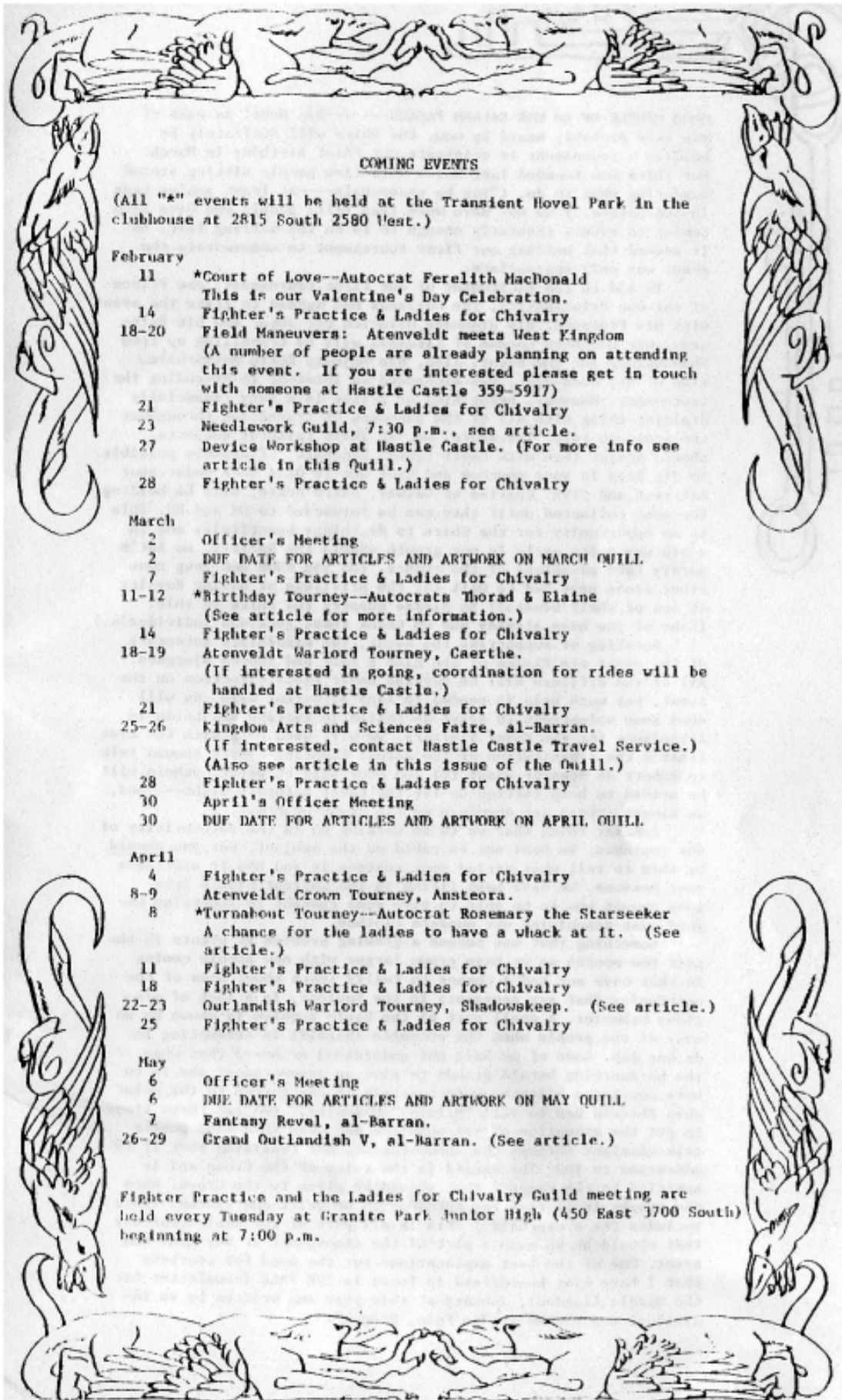
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ARTS AND SCIENCES FAIRE

There is to be, upon the days of the 25th and 26th of March, A.S. XII, a celebration of the Arts and Sciences in the Kingdom of Atenveldt. The Faire is a chance for all Artists, Craftsmen, Armor Makers, Designers, and Musicians to show and sell your wares. There are to be booths for both sales and displays.

Included in the activities are: workshops, weapons competitions, synthetic sword competition, and articulated gauntlet competitions. There will also be crafts competitions, in the areas of vinting, alchemy, textiles, armor, weapons and assorted wood, leather, and metal objects. And finally competitions in poetry and song (original compositions) and calligraphy.

Those interested further, we at Hastle Castle have a bit more information on the workshops and competitions. (Farspeaker 359-5917)



COMING EVENTS

(All "*" events will be held at the Transient Hovel Park in the clubhouse at 2815 South 2580 West.)

February

- 11 *Court of Love--Autocrat Ferelith Macdonald
This is our Valentine's Day Celebration.
- 14 Fighter's Practice & Ladies for Chivalry
- 18-20 Field Maneuvers: Atenveldt meets West Kingdom
(A number of people are already planning on attending this event. If you are interested please get in touch with someone at Hastle Castle 359-5917)
- 21 Fighter's Practice & Ladies for Chivalry
- 23 Needlework Guild, 7:30 p.m., see article.
- 27 Device Workshop at Hastle Castle. (For more info see article in this Quill.)
- 28 Fighter's Practice & Ladies for Chivalry

March

- 2 Officer's Meeting
- 2 DUE DATE FOR ARTICLES AND ARTWORK ON MARCH QUILL.
- 7 Fighter's Practice & Ladies for Chivalry
- 11-12 *Birthday Tourney--Autocrats Thorad & Elaine
(See article for more information.)
- 14 Fighter's Practice & Ladies for Chivalry
- 18-19 Atenveldt Warlord Tourney, Caerthe.
(If interested in going, coordination for rides will be handled at Hastle Castle.)
- 21 Fighter's Practice & Ladies for Chivalry
- 25-26 Kingdom Arts and Sciences Faire, al-Barran.
(If interested, contact Hastle Castle Travel Service.)
(Also see article in this issue of the Quill.)
- 28 Fighter's Practice & Ladies for Chivalry
- 30 April's Officer Meeting
- 30 DUE DATE FOR ARTICLES AND ARTWORK ON APRIL QUILL.

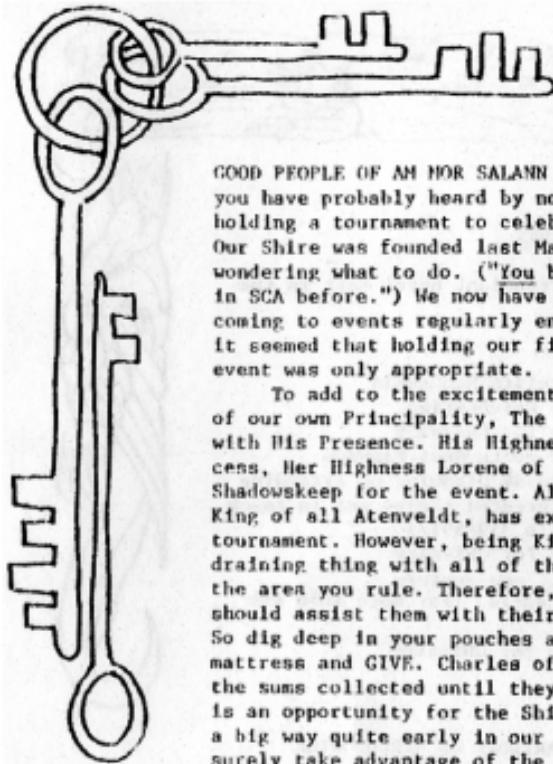
April

- 4 Fighter's Practice & Ladies for Chivalry
- 8-9 Atenveldt Crown Tourney, Ansteora.
- 8 *Turnabout Tourney--Autocrat Rosemary the Starseeker
A chance for the ladies to have a whack at it. (See article.)
- 11 Fighter's Practice & Ladies for Chivalry
- 18 Fighter's Practice & Ladies for Chivalry
- 22-23 Outlandish Warlord Tourney, Shadowskeep. (See article.)
- 25 Fighter's Practice & Ladies for Chivalry

May

- 6 Officer's Meeting
- 6 DUE DATE FOR ARTICLES AND ARTWORK ON MAY QUILL.
- 7 Fantasy Revel, al-Barran.
- 26-29 Grand Outlandish V, al-Barran. (See article.)

Fighter Practice and the Ladies for Chivalry Guild meeting are held every Tuesday at Granite Park Junior High (450 East 3700 South) beginning at 7:00 p.m.



GOOD PEOPLE OF AN MOR SALANN FASACH-----Big News! As most of you have probably heard by now, the Shire will definately be holding a tournament to celebrate our First Birthday in March. Our Shire was founded last March with five people sitting around wondering what to do. ("You be seneschale----at least you've been in SCA before.") We now have more than fifty people who have been coming to events regularly enough to be on the mailing list. So it seemed that holding our first tournament to commemorate the event was only appropriate.

To add to the excitement of our first tournament, the Prince of our own Principality, The Outlands has agreed to grace the event with His Presence. His Highness Heinrich der Jäger and his Princess, Her Highness Lorene of Lircadia will be travelling up from Shadowskeep for the event. Also, His Majesty Koris Matteredhelm, King of all Atenveldt, has expressed an interest in attending the tournament. However, being King or Prince is a very financially draining thing with all of the expenses of travelling throughout the area you rule. Therefore, we, as Their faithful subjects, should assist them with their travel expenses, if humanly possible. So dig deep in your pouches and haul out Ye Olde Sock under your mattress and GIVE. Charles of Galway, Shire Reeve, will be holding the sums collected until they can be forwarded to HM and HH. This is an opportunity for the Shire to do things beautifully and in a big way quite early in our growth within the Society, so let's surely take advantage of the chance. (Do you KNOW how long some other areas have had to wait for the privilege of having Royalty at one of their events?) So please support the Shire in this. (Some of you have already and we thank those generous individuals.)

Speaking of supporting the event, the ~~Autocrats~~ autocrats of the event are Elaine of the Lion's Tale and Thorad Bjorgson. All of the officers will be working under their direction on the event, but much help is needed in many different ways. We will need some volunteers to serve as Ladies in Waiting and Lords in Attendance for the Royal Visitors. We will need help with the List (that's the organization of the actual fighting----you should talk to Robert de Spencer about it) and some help to serve. Others will be needed to help setting up for the Revel Saturday night----and, as always, there are openings on the clean-up crew.

Another thing that we to be working on is the authenticity of our costumes. We need not be rabid on the subject, but you should be able to tell what period your costume is and how it expresses your persona. We have been living in the Current Middle Ages long enough now to be able to give some thought to something beyond just disguising our mundane clothes.

Something that has become a growing problem at events in the past few months as we have grown larger with new people coming in that have not had a chance to really learn about some of the courtesies that are necessary in the Society, is a lack of gracious behavior. A small part of the basic problem is shown by so many of the people when the cornette (herald) is attempting to do her job. Some of us have not understood or heard that when the hardworking herald stands to give an announcement she is to have courteous silence. Unfortunately it has gotten to the point when Rhonwen has to yell "Milords! Miladies!" two and three times to get the attention of the populace and even then many people talk straight through the announcement, not realizing that it is addressed to YOU. The Herald is the voice of the Crown and is entitled to the respect that should be given to the Crown. When she speaks it is time for EVERYONE to be quiet and listen. (This includes the seneschale.) This is all part of the basic courtesy that should be so much a part of the atmosphere at any good SCA event. One of the best explanations for the need for courtesy that I have ever heard/read is found in THE PALE (newsletter for the Middle Kingdom), January of this year and written by an individual who signed it "de Folo, Dragon":

Courtesy is one of the foundations of the Society. Call it respect, politeness, what you will. The fact remains that courtesy allows all the myriad egos and personae to co-exist and allow the Society to function. Without courtesy, the Society would collapse into scattered factions of politicking harpies; the very essence of the Society would be lost. Courtesy lends the Society dignity; without it, we would be just so many overgrown kids running around in costume and hitting each other over the heads with sticks.

We are striving to recreate the spirit of the Middle Ages and courtesy is a big part of it.

Another subject that is dear to my heart is What To Do With Tuesday Evening. Most of you are aware that Tuesday night is fighters' practice at Granite Park Junior High starting at 7:00 P.M. or so. Now many of us (myself included) have no desire to don armour ourselves and whack at someone else who will have the effrontery to be whacking back. However, there is much more to the Society than fighting. Many of the arts and courtesies we use need more practice than once a month at a revel if they are to be natural and graceful. Therefore, I am officially opening the "Fereolith MacDonald School of Dance, Courtesy and Social Graces". No, we will not be practicing our Clench-a-Wench Technique. What I will be doing to trying my best to impart my small knowledge of Medieval and Renaissance Court Dancing and English Country Dancing. Also, in the weeks to come, we will touch on the basics of chess, courtly courtesies, social usage within the Society ("Now what is it I'm supposed to call the King?" "Why do I have to curtsy to her?" "Why are we bowing to an empty throne?") costuming ideas, finding your persona, etc. Being so new, there is still much for all of us to learn about all aspects of SCA and Tuesday nights is a great chance to mix and mingle with others who are learning.

Many of our Shirefolk will be travelling to various events within the Kingdom in the coming months. Check in the Calendar of Events and if you are interested in travelling to out of area events, please talk to us here at Haste Castle and we will try to get you together with someone else interested in going and sharing expenses. (Shall we call it the "Fereolith MacDonald Travel Bureau"?)

Also, some of us have already made plans to attend the Kingdom Arts and Science Faire in al-Barran in March (provided we survive the Birthday Tourney). If you have any entries that you would like to send down in our care, please let us know. (And if you are wondering what an entry would be, please give me a call and we can talk about it.) This is a fine opportunity for the Shire to show its non-fighting abilities.

Thank you all for working so hard to make our collective experience in the Society a happy one.

I remain your servant in the Society,
Fereolith MacDonald, Seneschale

Hospitalers Notes

Dear Sister;

I have met this simply fantastic guy. I would like him to come with me to a revel, but he doesn't have a costume. What can I do? I haven't much money and I'm not the worlds best seamstress.--Please Help

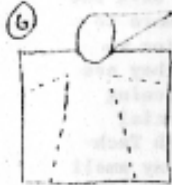
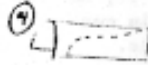
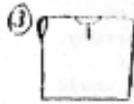
Dear Help:

If he is really that handsome I'd sure like to meet him. I'm not much of a seamstress myself so I asked Sister Envelopia, who makes all our clothes at the convent and here is a simple, but good looking costume she designed. It's best made out of a very loose weave, wool-like, fabric. I'll take it step by step:



1. Take a length of cloth that when folded in half will reach just about his knees...and then fold it in half.
2. Fold it again so that you can cut a hole in the center for his head. Remember to keep the hole small, you can always enlarge it later.





There you go "Please" hope it will help.

3. Now sew the sides up about half way. This leaves room for his arms, and gives him some room.
4. Now if you want to make this costume really nice attach a hood to the neck hole (he does not have to use the hood but it helps make the costume look more period.) To make a hood:
 - a. Take a smaller piece of cloth, large enough to go from shoulder to shoulder over his head (Clever ya!)
 - b. Cut the hood out as shown by the dotted lines and sew up the back. Bells etc. are not unheard of at the end of the hood.
 - c. Now sew the hood to the neck hole so the seam is on the inside.
5. Have your young man wear a bright turtleneck and dark pants, with a belt around the costume's waist, and you're set. This costume should fit just about anyone so if he doesn't like the Current Middle Ages, keep it and try again.
6. If you want sleeves just cut out the shape you want and sew up the sides.

Your Absentminded Professor,
Sister Scholastica



TWELFTH NIGHT REVEL

We did all gather upon the 12th night after Christmas to lay honor unto the arrival of the wise men.

Procession began as usual but ended precipitately as our Abbot of Misrule, Abbot Ethelred, charged forward and took the throne, starting a riotous evening of games and forfeits.

We all participated in games of Blind Man's Bluff, Queen's Chair Out, and Blazons, while the Abbot ran games of Lou and Whist in the library.

The favorite parts of the evening were the sessions in the Abbot's Court of Misrule. Our good Brother John held name badges (the forfeits) over the Abbot's head reciting "Heavy... 'eavy, 'eavy hangs... a 'angs over thy Head," with the Abbot asking Fine or Superfine (Male or Female) and thereupon, the answer, doling out penalties.

The penalties consisted of various participants sitting on lighted candles, kissing candle holders, jumping over chairs, and a couple trying to find each other while blindfolded. The most entertaining and unexpected was by Geoffrey McDonald who recieved the Boor's Badge by virtue of his creatively striped, gracefully displayed (while doing penance) underpinnings.

The other awards of the evening were: the List of Grace, going to our fair lady fighter, Willa Myopia, and the List of Chivalry recieved by our Knight Marshall, Robert de Spencer. Also, the List of Gross, was presented to Sister Scholastica as being the one most in spirit with the evenings fun.

The reveling ended as the Abbot abdicated the throne, during the court, until next year.



Now, as this being the time of year when taxes be collected, and all folk review the years income, it seemed appropriate to publish the years transactions of Am Mor Salann Fasach.

INCOME:	Passing of the Helm	\$ 117.95
	Selling Costume Material	4.00
	Total	\$ 121.95
EXPENSES:	Questing Quill Printing	\$ 34.73
	Postage	15.99
	Identification Ribbons for Revels	2.05
	Turkey for Beast Feast	20.00
	Armor	15.00
	Total	\$ 87.77
	Balance	\$ 34.18

This covers the beginning of the Shire in March, up to January 22. This leaves us enough for the coming expenses of incorporation, next Quill, revel, and other incidentals.

As Reeve I would like to thank on behalf of the shire, all who have contributed to its coffers and to the excellence of the Shire.

Charles of Galway



OUTLANDISH WARLORD TOURNEY

The First Outlandish Warlord Tournament will be held in the Shire of Shadowskeep (Espanola, NM) on April 22 and 23, A.S. XII. Autocrats of the event are Lady Sybilla von Drachenstor and Tarloc von Bold, the Relentless.

The events will include a Lists to determine the Warlord of the Outlands, a quest, and a feast. Since this weekend coincides with the birthday of William Shakespeare, a drama competition is being planned. April 23 is also St. George's Day, and it is hoped that appropriate commemorative activities can be arranged. Other possibilities include athletic competition for the ladies, boffer melees, and Robin Hood and Little John (quarterstaving on a log).

Lady Sybilla says that a complete list of events for the Tourney has not yet been finalized. She is open to suggestions. Groups wishing to sponsor an activity are welcome to do so, and are urged to let her know about it in advance. Lady Sybilla is particularly interested in Arts and Sciences competitions. This should be an event for everyone, not just the fighters.

For more information, and to offer any suggestions, please contact either one of the shire officers or:

Lady Sybilla von Drachenstor
c/o Jodi Stinebaugh
P.O. Box 4154, Fairview Station
Espanola, NM 87533

(Thanks to The Baronial Shaft, from whom I borrowed this article.)

Expand Thy Vocabulary

Faid before thee here
wilt thou find a list
of Medieval words needing
more exposure within the
shire.

Therefore, each member must needs practice and perfect the use of these words, that the alderknowledge of the Shire-folk will be known throughout the Kingdom. Information is taken from the book "Lost Beauties of the English Language," by Charles MacKay.

Alder- *The genitive plural of all; a prefix used to intensify the meaning of an adjective in the superlative degree as if to better the best (Alderbest), and heighten the highest (Alderhighest.) Examples: Alderolde, Alderfirst, Alderlast, Alderformost, Aldertruest, Alderwisest, etc.*

Barrel Fever *The headache caused by intemperance in ale or beer.*

Bode *A message. Example: Milord has brought bode from the King. His bode was worse than his bite. Milady I have important bode from thy suitor.*

Ding, Dang, Dung *Overturn, bent, knock down. Example: I bade him not ding his Fire Chariot into the wall. He ignored my bode and dung it anyway. Later he informed the sheriff as to the manner in which he had dang his Fire Chariot because of an attack of Barrel Fever.*

Spuddle

To go about a trifling business as if it were a matter of grave importance. To assume airs of importance without occasion.

Whittle

A pocket or sheath-knife. Example: A good page is never without his whittle.

Wicker

A twig. Examples: The pages gathered wickers for a fire. The wicker-work before the castle gardens was most beautiful. The peasants sent up gifts in wicker baskets.

Wush

The preterite of wash. He wush his face and kamed his hair.

Yack

A smart blow. Examples: A yack on the head. Wherefore did Milord Crispin of Quay yack me soundly on the the side.

Year

To grow old, to increase in years. Example: Wherefore will he year and wax forgetful.

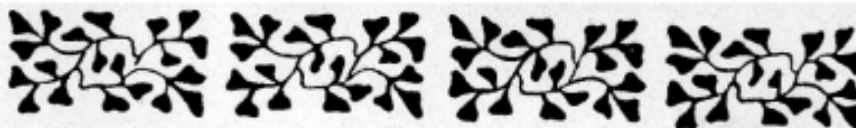
More knowledge will be added next month, that the spuddle of the Shire might wax great.

MacAllan of Campbell



GRAND OUTLANDISH

The latest rumors circulating on the Grand Outlandish came from February's Earonial Shaft. They claim to have found, nailed to an outhouse door (I looked all over the outhouses around here and couldn't find a thing), a scrap of parchment with the following information. The Fifth Annual Grand Outlandish Tournament and Gunch (?!?) Fest will be taking place over Memorial Day weekend, May 26-29. Plans include a wedding, an Original Sin contest, a Beast Feast, a Kissing Auction, a bardic circle, the usual high-altitude (in the tower?) drinking and wenching, and the Lists for the Coronet of the Outlands. For more information, such as possible rides, get in touch with the Travel Bureau at Hastle Castle.



Name: Sister Scholastica S.C.A.
Date of Profession: 1 May 1999
S.C.A. Mother House: Dolgellum, Northern Wales

It is perhaps an oversimplification to say that the world is made of two kinds of people, the professed and the unprofessed. Since I have been a person all of my life I am not particularly curious as to how the rest of the world lives, I already know. Since most of you have never been religious, there exists a degree of curiosity. Let us start things out by saying I am not a Nun. Canon law distinguishes between Moniales (Nuns) as having solemn vows, and Sorores (Sisters) only simple vows. In our order a girl enters the community as a Postulant. At this time she begins her studies and prepares to be clothed as a Novice. Following the Investing, the Novice begins two years of intense training and study, since the Noviciate is followed by profession of simple temporary vows.

I came from a family where little faith was put into religion. My father, a large gruff man who lost one eye in the Border Marches, used to say about religion, "Any church that is so disorganized as to have two Popes at the same time wasn't in the position to tell him either how to run his life or save his soul." When we were about 10 years of age, my mother insisted that we travel to Dolgellum to be educated by the sisters there. Leah, my twin sister, was a far better student than I, as a matter of fact I was neither the most docile nor obedient student the sisters had ever had the pleasure to instruct. It was therefore probably quite a shock to the community as well as my family when I asked my parents and Mother Geriatrica for permission to become a postulant. Since intellectual pursuits had never been of vast interest to me, I pictured my life in the order as being filled with helping the sick and dying. It was while I was a new postulant that we discovered I had not the stomach or temperament for such work. As Mother Geriatrica said, "God closed a door, and opened a window somewhere else." During the six months I spent as a Postulant I came to some very painful understandings with the community, if I truly wanted to stay...I would do things their way.

In our Order, the Investing ceremony is rich in meaning and tradition. As a Bride I wore a habit made of white wool, a sheer veil, and a wreath of flowers. Following the High Mass I was led to the cloister door where I knocked three times, and was admitted by Mother Geriatrica. Behind the Grille I was helped into the Habit of a Novice by two of the newly professed sisters. If the Investing was the Triumphant Entry, the two years of the Noviciate were filled with a thousand small Calvaries. Sister Alligory, the Novice Mistress told us we were all precious stones in the rough, and like the patient jeweler she proceeded to grind, rub, polish, and work both our bodies and souls. The only trouble was that when she finished we were both aware that she had been working a lump of stone. After taking my Vows, I was admitted into the choir, directed by our dedicated Sister Discordia, and assigned to assist in the education of young ladies at the convent's school.

For as long as Mother Geriatrica had been in charge of our bustling community she had dreamed of sending branches out over the wall to start daughter communities. Early last summer she received permission from the Bishop to start a new community in the far away shire of Am Mor Salann Fanach. Seven of us were chosen from the community to make this long journey. Our small band of wayfarers gathered together only the most meager provisions, and a small cart and ass to carry those items Mother felt were needed to set up house-keeping. Mother Geriatrica received word from the Seneschale, Ferelith MacDonald stating that she would welcome us to the Shire, and that she would make arrangements for our lodgings until such time as we could find a house. After a special suffrage to Saints David and Christopher we were at last upon our great adventure.

The road we traveled was as populated as most roads in the Kingdom. From time to time we met other wayfarers and pilgrims. More than once we were overtaken by a string of pack mules and horsemen going the same direction as we were. Once a begging Friar came limping along in a brown habit, and implored us to give him just one groat to keep him from death. Sister Charity, the sacristan of the household was about to give the scoundrel our purse when we spotted a half-gnarled mutton bone sticking out of his pouch, to prove him a liar. We departed in great haste, but could not escape the curses of the four blessed Evangelists which the Medicant howled behind us. Later as we passed the edge of a wood, we came upon a Chapman devouring a great paste, and washing it down with drink from a stone jar. As we passed he broke a rough jest at Sister Voluptua, that would have made a mercenary face burn. Had the days not been so mild, and the country such an expression of God's Grace, some of the events of our journey might have given us to despair. We were met at the Border near Montgomery by my brother-in-law, the Knight Marshall, Robert de Spencer, and from there we were escorted without incident across the great salt waste.

Upon our arrival in your gracious shire, Sister Apothicary set about finding leeches and herbs with which to start the infirmary. I was greeted by two fine young ladies, my nieces, who were given into my care for education. Sister Rotundia found us a spacious dwelling outside of town, and Sister Allergenica spent many miserable days preparing it for habitation. Under the instructions of Sister Incinary, our cook, the other sisters gathered together supplies for the house and larder. With you indulgent help we are now self-sufficient and progressing rather well.

With the supplication that you remember us in your prayers I set this by my hand this the day of Saint Polycarp A.S.VII.
Sister Scholastica S.C.A.

Sanctum Congratium Anacronistium
called Hospitalers

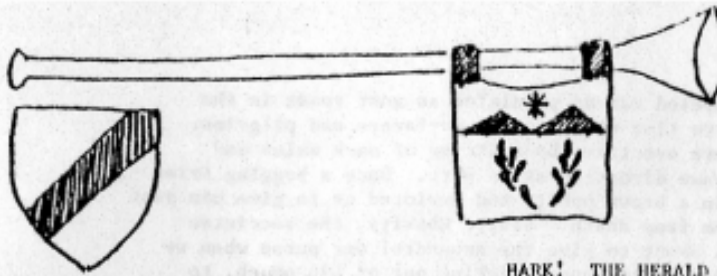


A TURNABOUT TOURNAMENT

At last! A chance for non-fighters to fight on an equal basis with those equally inept! A Turnabout Tournament will be held on April 8, A.S. XII. The doors will open at 6:00 P.M. for the registration of "fighters". The "fighters" will be using rolls of foam packing sheets for swords and shields of cardboard. And there will be a special contest for favors made by the gentlemen of the group. Also, a comely limb contest for the lords will be held. Turnabout games of various sorts will be played. Food will be pot luck. The autocrat is Rosemary the Starseeker. Her farspe number is 355-3986, if you have any questions.



Rabbit pelts are now available for those interested in trimming costumes and for other uses. They are \$1.75 each and come in assorted colors. If interested contact Eireann (Erin McKee) at Farspeaker 328-3387.



HARK! THE HERALD



This is the first of a continuing series of articles written to acquaint the populace of Am Mor Salann Fasach with the history of the Middle Ages. It is designed to help both with choosing a persona and understanding the personas of those around you.

I have stolen these references freely from History of the Middle Ages, which I got out of the U of U library (actually, I xeroxed almost the entire book, if thou wouldst wish to see it, contact me.) It is written in outline form and very clear and concise. I will tend to just pick high points of interest.



Our period in the Society begins in 900 A.D., but in most cases I will begin earlier, so as to lead into the 10th century and give some background information.



ENGLAND IN THE 10th CENTURY

During the 9th century the Danes invaded England and settled in the east and north and brought Danish ways and laws in, but Alfred the Great defeated them and drove them out in 878. Alfred brought about reforms in law and reviewed learning, and many changes in the way of life began.

Alfred's reign ended in 900, but his successors, Ethelred and Edmund, carried on with his work. Danish territories were won back, the Christian Church was established, government became more settled, and a literature gradually took form. The customs brought into being at this time developed into some of the most permanent and fundamental institutions of the English people.

Edgar the Peaceful followed Edmund, during his reign (959-975) he was recognized as King of all England and Overlord of the Kings of Scotland and Wales. Danish invasions during this period and later were relatively unimportant, and although Canute the Great (1017-1035) was Danish, he was an extremely good king for England.

Next month the 10th Century in France, Germany, and Italy.

* * *

I would like, again, to encourage all of you to get subscribing memberships and to submit your devices (especially you fighters!) Those who have submitted their devices thus far are: Ferelith Macdonald, Jerilyn of Vert Silva, Robert de Spencer, Sister Scholastica, and Michael the Lucky. We have also submitted the Shire's device. I am always willing to help any of you--especially at fighter's practice, I have more time than than at revels.

Those of you who have asked questions, I will let you know as soon as the Principality Herald gets back to me. I really have not forgotten you.

Until next month,
Your servant heraldically,
Rhonwen y Lllysteydd



My ladies, Greetings!

I would like to start a needlework guild. We'll be doing needlepoint, crochet, spinning, weaving, and costuming. If enough of you are interested we will hold our first meeting on Thursday, February 23 at 7:30 p.m. Please let me know what you'd like to do.

Elsaine of the Lion's Tale
Farspeaker 973-6618



BIRTHDAY TOURNEY

Date: 11 & 12 March, A.S. XII
Place: Mountain View Transient Hotel Park Clubhouse at 2815
South 2590 West.

Schedule of Events

11 March, 11:00 A.M. Clubhouse will open for set-up
11:30 A.M. Set up for Procession. Those wishing to be
in the Procession should be here by this time.
12:00 A.M. Procession, followed by Opening Court
Tourney will begin immediately following
Opening Court.
7:30 P.M. Revel with dinner

12 March, 10:00 A.M. Fighter Practice and any Challenge Matches
12:00 noon Picnic Lunch Auction

The Shire was born in March of last year. To celebrate the first anniversary of this event we will be holding our first Tourney.

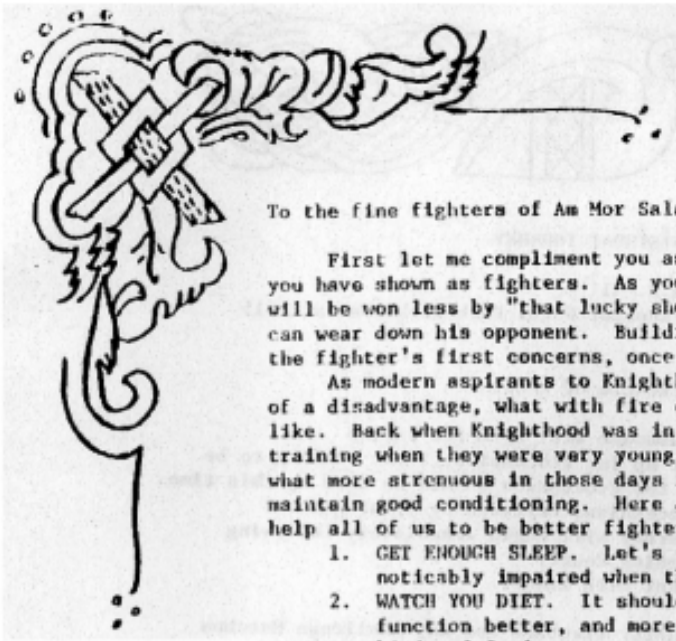
Short of a sudden attack of The Plague, the schedule above should be accurate. Those who plan to be in the Procession must be there at 11:30. (Give the herald a break!) This time we won't be using an empty throne. His Highness Prince Heinrich der Jünger and Her Highness Princess Lorene of Lircadia of the Outlands will be gracing the event with their presences. There is also a possibility that His Majesty King Koris Matteredhelm, the king of all Atenveldt will be able to attend. After procession and opening court, the tournament to determine the First Champion of the Great Salt Waste (winner of the tournament) and the Shire Champion, the "Conqueror of the Great Fine Shrimp" (the fighter from Am Mor Salann Fasach who is the most successful in the lists) will begin.

There will be a break after the Champion is determined and then a Revel will begin with games, dancing and frivolity after a procession that will begin at 7:30 P.M. (real time, not Society Time). Dinner will be a buffet sort of set up. (Bring your own trencher, goblet and utensils----none will be available!) Shirefolk, contact Elaine (973-6618) to find out what to bring. (We will be following the usual custom of contributing \$1.00 per person to the Shire if you do not choose to contribute to the viands.)

March 12 will be a Fighters' Practice where we can all unwind and also give an opportunity to hold any Challenge Matches deemed necessary. This is specifically planned to let our fighters get more experience from working with the out-of-area fighters and, hopefully, get some coaching from these worthy gentlemen.

At noon we will have an auction of the picnic lunches packed by the ladies. We ask all the ladies to pack a lunch for two and decorate it as you will, so long as the maker cannot be identified. The gentlemen will bid for the lunches and the privilege of eating lunch with the lady who prepared the lunch. All monies collected will be contributed to the shire funds. Any ladies with questions please call Desilie at 969-2177. Fighter practice will resume after lunch until the time when our visitors must depart once again into their own lands.

Any questions about the event should be addressed to the auto-crats, Thorad son of Bjorg and Elaine of the Lion's Tale (973-6618). If they cannot be reached, contact the seneschale Ferelith (359-5917).



To the fine fighters of Am Mor Salann Fasach, Greetings!

First let me compliment you as a group on the fine progress you have shown as fighters. As you continue to progress, matches will be won less by "that lucky shot" and more by the fighter who can wear down his opponent. Building endurance should be one of the fighter's first concerns, once he or she has completed a harness.

As modern aspirants to Knighthood we are working under somewhat of a disadvantage, what with fire chariots, moving stairs, and the like. Back when Knighthood was in flower...boys would start physical training when they were very young, and as life in general was somewhat more strenuous in those days it was not quite as difficult to maintain good conditioning. Here are a few suggestions that will help all of us to be better fighters.

1. GET ENOUGH SLEEP. Let's face it your athletic ability is noticeably impaired when the body is tired.
2. WATCH YOU DIET. It should go without saying your body will function better, and more efficiently if you eat the right kinds of food.
3. SET UP A REGULAR EXERCISE PROGRAM. I know from experience that this is the hardest, I'm not putting myself up as a prime example (do as I say, not as I do), but it will make the difference between an average to mediocre fighter, or the Knight we would all like to become.
4. BEFORE COMBAT WARM-UP. To avoid strains or painful cramps a serious fighter should never work-out without first warming up. As I have mentioned before you are encouraged to warm-up with the Karate class, but above all warm-up.

If you choose not to approach this gentle sport as an athlete, here are a few suggestions that might help as the fighter training becomes more strenuous.

- a. CRAMPS. The actual cause of cramps is temporary lack of food, or oxygen to the muscles. Rubbing the muscle may cause it to relax. If you can keep working the muscle it will usually go away.
- b. STRAINS. Most strains are caused by overworking certain muscles. Warm moist heat or in other words a long hot bath will help relieve the soreness.

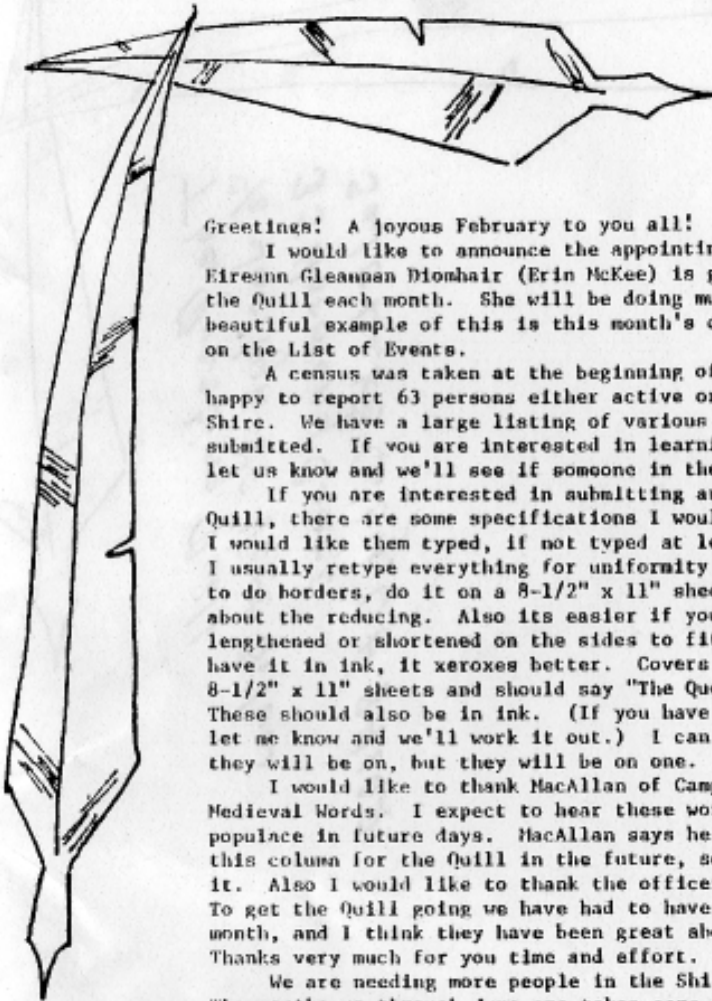
YOU HAVE NOW ARRIVED AT THAT POINT IN YOUR TRAINING WHERE, IN ORDER TO MAINTAIN YOUR RATE OF PROGRESS, YOU MUST NEEDS PUT SOME TIME AND THOUGHT INTO YOUR PHYSICAL CONDITION.

In humble service to
King and Shire I remain:

Robert de Spencer
Knight Marshall



For those who would like to have a device, but don't have the vaguest idea how to go about getting one, we are holding a device-making workshop at Hastle Castle (35 Harmony Court) on February 27 at 7:00 p.m. You can bring your own materials or get some from us (for a small fee of \$1.50.) There will be lots of help on what you can and can't do, so hope to see you all there.



Greetings! A joyous February to you all!

I would like to announce the appointing of a Deputy Chronicler. Eireann Gleannan Dionhair (Erin McKee) is going to help me publish the Quill each month. She will be doing much of the artwork. A beautiful example of this is this month's cover and the griffin border on the List of Events.

A census was taken at the beginning of this year, and we are happy to report 63 persons either active or interested in our Shire. We have a large listing of various talents and a few devices submitted. If you are interested in learning something particular let us know and we'll see if someone in the Shire can teach you.

If you are interested in submitting articles or artwork for the Quill, there are some specifications I would like followed. First, I would like them typed, if not typed at least clear enough to read. I usually retype everything for uniformity in the Quill. If you want to do borders, do it on a 8-1/2" x 11" sheet of paper, I'll worry about the reducing. Also its easier if you make it so it can be lengthened or shortened on the sides to fit the articles. And please have it in ink, it xeroxes better. Covers should be submitted on 8-1/2" x 11" sheets and should say "The Questing Quill" on them. These should also be in ink. (If you have trouble with the lettering let me know and we'll work it out.) I can't promise which issue they will be on, but they will be on one.

I would like to thank MacAllan of Campbell for his article on Medieval Words. I expect to hear these words on the lips of the populace in future days. MacAllan says he will continue to write this column for the Quill in the future, so be on the look out for it. Also I would like to thank the officers for their past articles. To get the Quill going we have had to have articles from them every month, and I think they have been great about submitting writings. Thanks very much for you time and effort.

We are needing more people in the Shire to autocrat events. The months up through June are taken care of, but we need you after that. If there is a particular time or date you would like to do, just let us know. We are not restricted to the second Saturday or to meeting only once a month (actually we would like to meet more). We are also not restricted as to places. If you have a summer activity think about planning it in one of the parks or canyons. The field is wide open and as big as you imagination. I would like to know as soon as possible if you decide to do it, so that we can get it into the Outlandish Herald and Southwind.

The shire members who come to meetings regularly do not need to pay for a subscription to the Quill. But we have been getting requests from outside the shire as to rates. After some discussion we have decided to set the price at \$2.50 a year. Any member in the shire feeling rich may contribute if you wish, we welcome any kind of contribution, artistic or monetary.

With Quill in hand,
Your servant,
Jeryllyn of Vert Silva



The community of Hospitalers wishes to welcome a new postulant, Milady Renence de Spencer. We welcome her and wish to invite any other interested members of the Shire.

Sister Scholastica