



The Mudpuppy

The official newsletter of the
Barony of Settmour Swamp

AS XLVIII – November 2014

2.



Arts & Sciences

Using a Pattern to Tailor a Cotehardie
(see page 20)

Baroness and Baron Letter

As the nights draw longer, and Winter fast approaches with its cold grip on these lands be sure that the Spring shall come and with it the Mud will thaw yet again.

We are pleased to let you know that plans for several Baronial events are underway. The **Black Gryphon Inn** will open its doors once again, in February, and we hope you will join us for a grand day filled with fun festivities.

Currently the hunt is on for sites to hold **Mudthaw**, so if you know of any potential sites please contact the seneschal or us. We are pleased to say that **Quest** is also being planned for next May. With all of these events there are many ways for you to get involved and there will be plenty to do to prepare. We would love to have your help, so join us. (continued page 4)

**November Gathering and Officer Meeting Sunday,
November 9th at the home of Baroness Jehannine**

310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848

(see page 3)



Edward Grey of Lochleven and Thyra Eiriksdottir were declared our Royal Majesties.



9.

The East Kingdom Gazette has a wonderful article on the development of the Coronation Ceremony of TRM Edward II & Thyra | East Kingdom Gazette

<http://eastkingdomgazette.org/2012/10/16/development-of-the-coronation-ceremony-of-trm-edward-ii-thyra/>

Photos of Coronation were graciously shared by these gentles:

9.

Cateline La Broderesse

<https://plus.google.com/photos/107530822403255590361/albums/6063905358345594993>

8.

Lavina Attewode

<https://plus.google.com/105451068894070626350#105451068894070626350/posts/RNsEA55bTDx?pid=6065665998686351010&oid=105451068894070626350>



Seneschale Notes

Greetings Settmour Swamp,

As we all enjoy the beautiful fall weather, many events continue to offer delights to entice a wide range of interests. On the eighteenth day of October their Royal Majesties held a tournament to determine the rapier champions of the realm. It pleases me to tell the populace that my predecessor, **Sir Antonio Patrasso**, fought his way to victory and the honor of King's Champion. Vivat!! (see page 6)

At our October officers meeting **Miles Boweman** was voted in as our new Exchequer. (see page 5.) I would like to thank **Ryan** for his years of service and sticking it out while we

found a new and worthy successor. Other business at our meeting included the acceptance of a bid, by **Galefridus**, to autocrat **Mudthaw** in 2015. We are still actively searching for a site for this event and appreciate any suggestions.

Our November meeting will be held at the house of our most generous **Baroness Jehannine** on **Sunday November 9th at 4pm** following archery practice. We invite everyone to come out and see how your Barony is run and chime in with suggestions for what you would like to see in the future.

We expect to be voting on an autocrat for **Quest** 2015 and welcome any who would like to

try their hand at organizing this signature Swamp event. We also expect to vote on three officer positions, Captain of Archers, A&S minister and web minister.

Wishing all a wonderful and productive fall season!

Yours in Service,
Charis

Seneschale



Maerhild will autocrat Black Gryphon Inn

Greetings fellow Swampies! Your beloved Canton of Gryphonwald has been quite a-buzz with activity as we begin planning our annual event, **Black Gryphon Inn** or commonly known as **BGI**.

Black Gryphon Inn will take place at the beginning of February 2015, as usual.

This year's BGI will be autocrated by **Lady Maerhild**.

The BGI cooks for this year's feast will be **Failenn Finn** and **Aife bean Macl'omhair**

Lady Maerhild has been autocrating events for some time now, while Aife and I are just dipping our toes into the "feast-o-crating" positions. Keep your ear to the ground for more details and an event announcement shortly!

YIS,

Failenn Finn

Seneschale of Gryphonwald



Baroness and Baron Letter (continued)

Our latest **Baronial Field Trip** was to Phillips Farm, where we picked a great lot of apples, some eaten on the spot, some set aside for pies, but most were ground up and pressed for cider at the Baroness's house, it was so delicious. Some gallons were set to fermenting, other jugs surely will be emptied sooner. We hope those of you who got to join us has as much fun as we did. (See page 16.)

The next **Baronial field trip** is being planned for early December and will be to the **Culinary Institute's Library**. The library of the Culinary Institute of America (CIA), located in Hyde Park NY, has an outstanding collection of cookbooks historical and modern. **Galefridus** will be serving as the research guide/reference librarian for this expedition. Watch for more details via emails and the Baronial Facebook page. (see page 9)

Our Barony has stepped forward to sponsor the month of January - Feasting, in the coming Labours of the East calendar! Please help support this endeavor by buying a calendar or a set of notecards. Proceeds benefit the Royal Travel Fund. It can be ordered here: (see page 5)

<http://eastkingdombookofdays.mbouchard.com/OrderCalendar.html>

Here is an article in the Gazette about it:

<http://eastkingdomgazette.org/2014/10/08/get-your-east-kingdom-2015-calendar/>

We will be traveling to our neighbors to the north, Rusted Woodlands, for the 100 Minutes War, on the 22nd November, and also to our neighbors to the south, Carillion, for East Kingdom 12th Night, Bellringers and their Baronial Investiture on January 17th. (see page 6)

Please allow us to thank all of you for coming out, to our events, our field trips, or to neighboring or distant events, representing our fair barony both far and wide. Many of you have been recognized by the Crown, and we are proud of you and honored by your presence here. Together we make Settmour Swamp, and what we make is truly inspiring.

Baroness Jehannine

and

Baron Erec





2.

Lord Miles Boweman is our new Exchequer



The Officers of the Barony of Settmour Swamp have voted to accept **Lord Miles Boweman** as our new exchequer. Miles' first task is submitting payment for the Swamp to sponsor a page on the new East Kingdom calendar (see below).

East Kingdom Calendar—Swamp Sponsors a Page

The Swamp has sponsored a page in the new East Kingdom Calendar. The Officers voted to sponsor the month of January/Feasting by Mistress Rhonwen

Get Your East Kingdom 2015 Calendar—Order by November 1

Calendars may be purchased at:

<http://eastkingdombookofdays.mbouchard.com/>

Calendars are \$17 + \$3 shipping. Notecards are \$12 + \$3 shipping.

Orders must be placed by November 1, 2014.

More details on the calendar are available at:

<http://eastkingdomgazette.org/2014/10/08/get-your-east-kingdom-2015-calendar/>



January
Feasting
page,
sponsored
by the
Barony of
Settmour
Swamp

January Feasting
Mistress Rhonwen glyn Conwy



Antonio, the K&Q Rapier Champion



The new King's Rapier Champion is **Sir Antonio Patrasso**.

He defeated Don Ogedei in the finals. The other two semi-finalists were Don Nathaniel Wyatt and Don Owynn Greenwood.



100 Minutes War—Rusted Woodlands event

100 Minutes War 2014

Event date: November 22nd, 2014

Hosted by: Shire of Rusted Woodlands –

Location: Camp Sacajawea
844 White Lake Road
Sparta, NJ 07871

East Kingdom Event Listing

<http://www.eastkingdom.org/EventDetails.html?eid=2719>

100 Minutes War—2014 Facebook Event

<https://www.facebook.com/events/1469304613324634/?>



Tuesday Night Fighting & Rapier Practice & A&S

The **heavy weapon practice** and **rapier practice** meets most Tuesday nights.

We will also be hosting an **Arts & Science (A&S) gathering** to work on various projects for the Swamp. Or just come and watch, or bring a project of your own. All are welcome. There will be fencing and room for heavy weapons practice, if a marshal is available.

Contact [Orlando](#) with questions.

Location:

The Glen Gardner Youth Center
16 Hampton Rd
Glen Gardner, NJ, 08826

Time:

Tuesdays 7:30 pm-9:30pm

Suggested Donation:

\$7 per person



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Nutley Heavey Weapons Fight Practice (photos by Liz Basedow)

The heavy weapon practice, Nutley, NJ.

Contact [Wulfgar](#) Silfrahaar with questions.

Location:

Franklin Reformed Church,
45 Hillside Crescent
Nutley, NJ 07110

Day/Time:

Wednesdays 7:30pm - 10:30 pm

Suggested Donation:

\$5 per person



Baron Phillip Reed the Facetious, OP (Scott P. R. Berk, MD), became Chairman of the Board of Directors on Saturday, October 25.

Says Master Phillip of his new position, "I am honored to continue the progress the SCA has made to this point and look forward to continue leading the changes necessary for our organization to grow in the future."

Reprinted from the East Kingdom Gazette

<http://eastkingdomgazette.org/2014/10/27/new-chairman-of-the-board-of-directors-from-the-east-kingdom/>



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Culinary Institute of America (CIA), Day Trip December 6

An update on the field trip to the library of the **Culinary Institute of America (CIA)** in Hyde Park, NY.

The date will definitely be **Saturday 6 December**. I'll post specifics on the Settmour Swamp Yahoo and Facebook groups in mid-November.

Hyde Park is about 1 1/2 hours from the Morristown area, so it is perhaps 2 - 2 1/2 hours for those who live in the more southern and western reaches of the Barony.

About a dozen folks is the largest group that would work well -- no librarians are on duty on Saturdays at the

Culinary Institute, so I'd be serving as the research guide/reference librarian for this expedition.

Two of the CIA restaurants are open on Saturdays, so we need to select one for lunch.

One, the **Bocuse** (click [here](#) for the menu), is fairly high-end French cuisine, and the other, **American Bounty** (click [here](#) for the menu), is Hudson Valley seasonal. Please check these out and let me know your preferences.

We will need to make reservations for whichever restaurant we go to, so I'll

want a fairly solid head count before the end of November.

Again, I'll post more specifics next month -- when and where we'll meet, and the consensus on what restaurant to go to.

-- Galefridus

galefridus@optimum.net

For more information visit the Culinary Institute webpage:

<http://www.ciachef.edu/newyork/>

Chronicler Notes

The November issue of the Mudpuppy is devoted to Arts and Sciences in the Barony of Settmour Swamp.

Lady **Vivian's** photo article on the tailoring of a Cotehardie, using a pattern created by Mistress **Caterina** Giaocchini is a step by step guide. Next month will highlight the fitting process used to create the pattern, with insights from Mistress Caterina.

This month also highlights the

many awards received by members of Settmour Swamp.

If you have a new or old story of the Swamp to tell, please send it to me.

Thanks to Ceara and Peter for encouragement, and excellent proofreading.

Baroness Ursula of North Woods,
[Chronicler](#)



2.



3.

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Awards for Swamp Members

Emperor Brennan and **Empress Caoilfhionn** held their final court at the Coronation of **Edward** and **Thyra** on September 27, in the Barony of Bergental. During that court many members of our Barony were recognized for their work during the reign, and we would like you to join us in sending out our Vivants.

Emma Lovell and **Caleb Patrasso** were inducted into the Order of the Tyger's Cub.

Antonio Patrasso and **Elizabeth Elenore Lovell** each received a King's and a Queen's Cypher.

Charitye Dale received a Burdened Tyger for her dayboard at River Wars.

Malcolm Bowman received a King's Cypher.

Turi MacKinnon was named a Woodworker to the Crown and received a King's Cypher.

Marguerite De Sainte Nazaire and **Edana inghean Aluinn mac Kinnon** received Queen's Cyphers.

Owynn Greenwood received a Queen's Honor of Distinction.

Mathias Feuerdrachen received a King's Esteem of Merit and a Court Barony for his work.

Culann mac Cianain received a Queen's Honor of Distinction and a King's Cypher.

The entire **Archery Champions team** from Pennsic was awarded and named the Blue Tyger Legion. From our Barony this includes **Alexander von Heisler**, **Gregor von Heisler**, **Jehannine de Flandres**, **Miles Boweman**, **Phillip Reed the Facetious**, and **Thorlaeifr Hvitskegg**.

Once the Sybils proclaimed a dire warning, Caoilfhionn inghean Fhaoláin and Brennan Mac Fearghus relinquished their crowns, and **Edward Grey of Lochleven** and **Thyra Eiriksdottir** were declared our Royal Majesties.

Caoilfhionn inghean Fhaoláin was then elevated to be a Lady of the Rose and received her County. **Brennan Mac Fearghus** received his County.

Vivants to you all!

Baroness Jehannine and Baron Erec



Awards for Swamp Members

Emma Lovell and **Caleb Patrasso** were inducted into the Order of the Tyger's Cub.



Antonio Patrasso and **Elizabeth Elenore Lovell** each received a King's and a Queen's Cypher.



Charity Dale received a Burdened **Tyger** for her dayboard at River Wars.





Awards for Swamp Members

(all photos Lavina Attewode)

Malcolm Bowman received a King's Cypher.

(photos by Lavina Attewode)



Turi MacKinnon was named a Woodworker to the Crown and received a King's Cypher



Marguerite De Sainte Nazaire received a Queen's Cypher



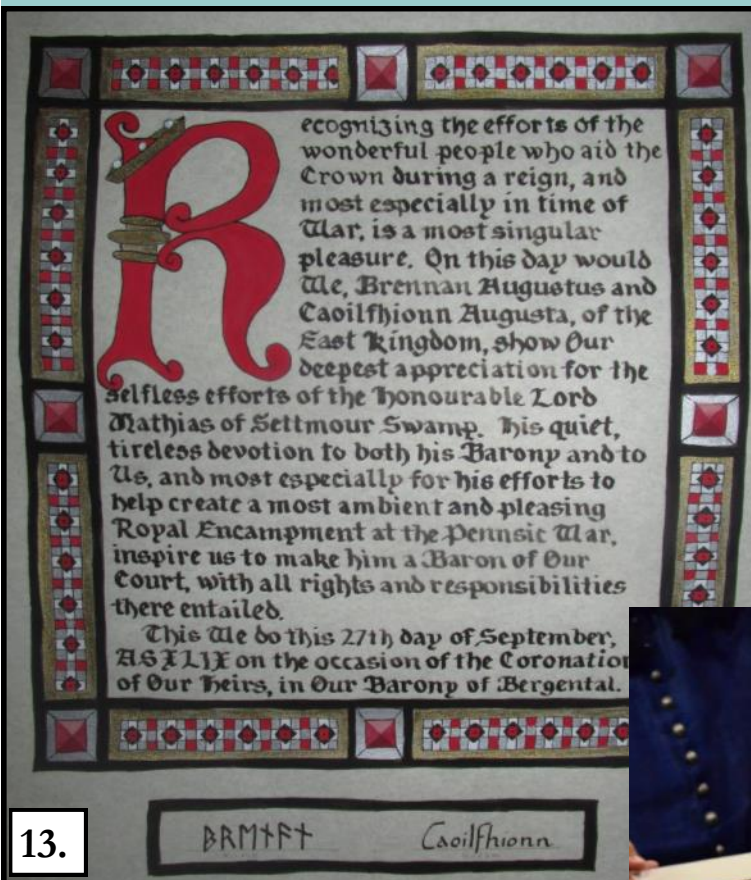


Awards for Swamp Members

Owynn Greenwood received a Queen's Honor of Distinction.



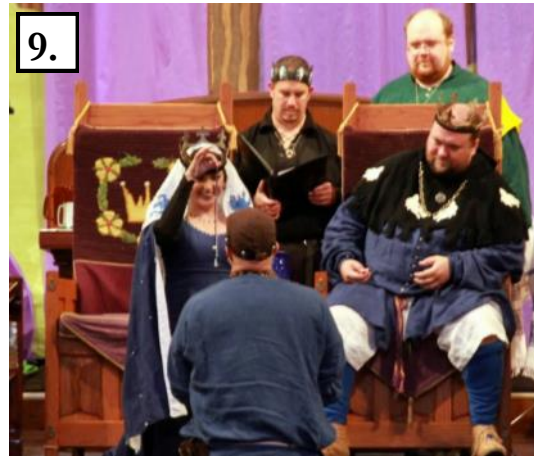
Mathias Feuerdrachen received a King's Esteem of Merit and a Court Barony for his work.





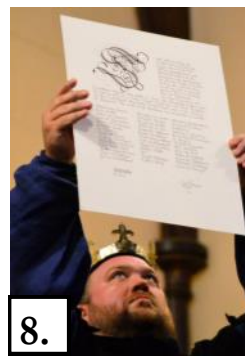
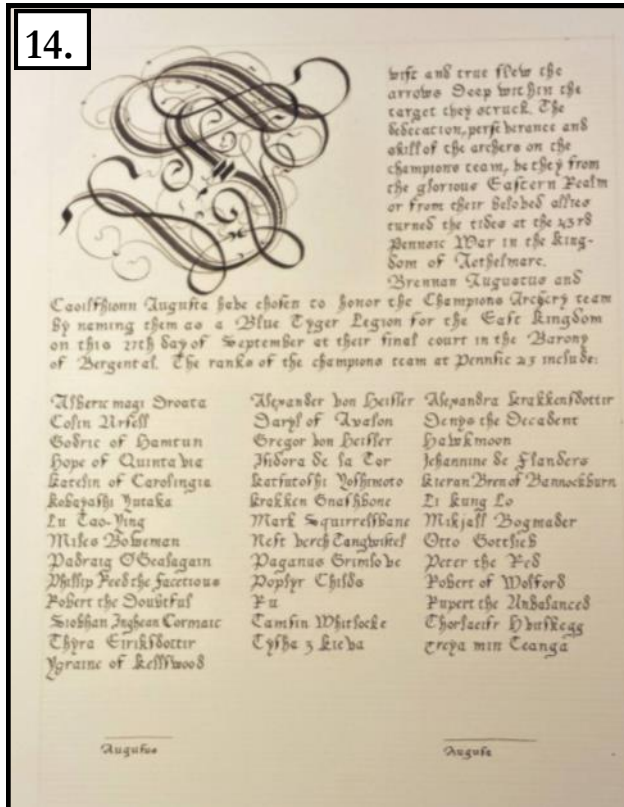
Awards for Swamp Members

Culann mac Cianain received a Queen's Honor of Distinction and a King's Cypher.



Edana inghean Aluinn mac Kinnon received a Queen's Cypher (no photo available)

The entire **Archery Champions team** from Pennsic was awarded and named the Blue Tyger Legion. From our Barony this includes **Alexander von Heisler**, **Gregor von Heisler**, **Jehannine de Flandres**, **Miles Boweman**, **Phillip Reed the Facetious**, and **Thorlaeifr Hvitskegg**.



Scroll Cadell by Kay Leigh Mac Whyte
 Scroll Body calligraphy and words by Nest verch Tangwistel
 Photo by Nest verch Tangwistel.

(See photo page 36)



Awards for Swamp Members

15.



Elizabeth Elenore Lovell

was inducted into The Order of the Silver Crescent.

(K & Q Rapier Championship)

This medallion was made by Kendra of the Holly Oaks. It was then given to the following people through the years:

Rennata MacDougals
Master Krakken Gnashbone
Master Rolf Gunnarson
Mistress Alys Mackyntoich
Master Griffyn ap Madoc
TH Don Malcolm Bowman
Sir Antonio Patrasso
THL Emeline Patterson
Don Owynn Greenwood
Don Edmund Patterson
Lady Charis Accipiter

Scroll

Illumination by Honig von Somerfeldt
Calligraphy by Caroline de Lapointe
Words by Alys Mackyntoich



15.



11.



Baronial Field Trip—Apple Picking

(photos by Baron Erec)



Baronial Field Trip - Apple Picking

Sunday October 12th was the most recent Baronial Field Trip. In celebration of Fall we went apple picking and afterwards, we pressed the apples to make fresh apple juice.

We went apple picking at:

Phillips Farm

<http://phillipsfarms.com>

Thank you everybody who joined us!!!!
What a perfect fall day for gathering apples. We hope you all enjoy the fresh pressed apple cider and apples!!

Baron Erec and Baroness Jehannine



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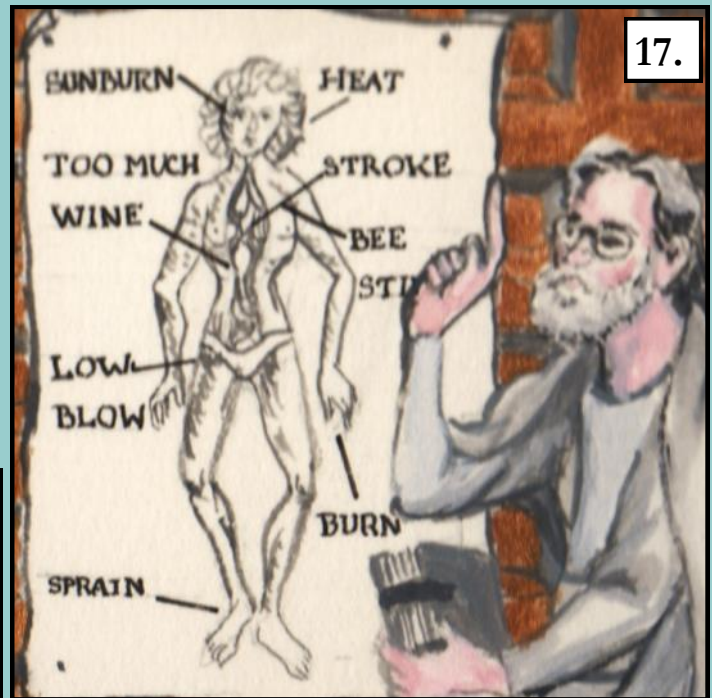


FAVORITE SCROLLS

I was inducted into the Order of the Silver Crescent a bit more than four years ago. I like the scroll I was given for a bunch of reasons, but especially the the semi-caricature drawing of me, the whimsical medical chart, and the injured supporters -- the bandaged finger of the one on the left, and the arm in a sling of the one on the right.

The scribe was Svea the Shortsighted, and the scroll is based on the Hours of Jeanne d'Evreux.

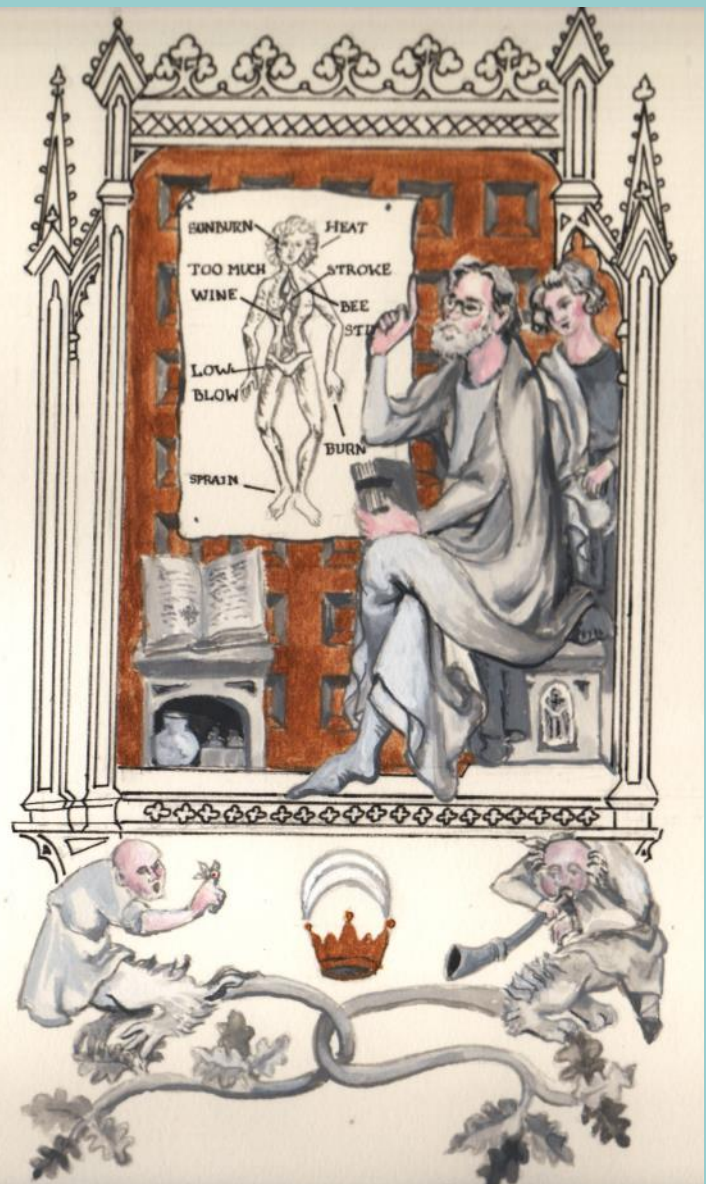
-- Galefridus



All heed these words & know that We, Edward Rex & Marguerite Regina Orientalis, hold in high esteem Our good & learned Galefridus Peregrinus as chirurgion & mentor to chirurgions to the great benefit of Our Realm. Therefore, at the request of the Companions and by Our wish, We create the noble Galefridus Peregrinus a Companion of Our Order of the Silver Crescent. Done by Our hand this twenty-fourth day of April, Anno Societatis XLIV, at the East Kingdom Royal University and Knights College in Our Shire of Anglespur.

Edward

Marguerite





Ask Milton the Mudpuppy

5.

Dear Milton-

I need a wingman for the **dating scene**. Care to lend a fighter a few pointers or a personal appearance?

Mott of the hoope

Dear Mott:

I no longer make personal appearances, seems that Knights all over have an innate desire to kill dragons, unicorns, **even mudpuppys** of unusual size. That becomes rather pesky when all I want is a bit of salad from the dayboard. I try to spear a hard boiled egg with a claw, and the knight tries to make me the entree for dinner. I would prefer to keep writing articles, and not be the "roast beast on remove 3."

That being said, I can offer a bit of advice for the dating scene, though I expect that human customs of courtship are vastly different from the mudpuppy ones. Firstly, I'm sure that you have heard the filk "**When Your Lord is a Fighter**" (If you haven't, I've asked Her excellency to include the lyrics later in this issue.) Within this song there is a line "And I'll fetch for him drinks as he sweats on the field." Now, we all know that

women swoon with rapture at the mere thought of men who are all sweaty from a great workout. This usually only lasts about 15 minutes – if that long – before the funk of

6.



your gambeson overpowers her delicate sensibilities. Do yourself, and everyone a favor, make sure to **shower** and put on fresh clothing prior to hitting the tavern that night.

Nothing says, "I play hard, but enjoy being around other people" more than having arrived at a party just after showering and having freshly washed hair. Girls also love to run their fingers through damp hair – so it's a two for one deal.

The second thing to keep in mind is **Courtesy**. Yes, I did capitalize that for a reason. Treat women like the Ladies they are. This does not mean coddle them, or treat them as servants, but do be polite.

Inquire if you can procure the lady in question a beverage. Compliment her on her hair, her dress, or something else she is wearing. Keep crass comments to yourself. No

matter how low cut her dress is, do not compliment her on her décolletage. You may find that drink thrown in your face, or the lady could do something worse. (See the song "**Ladies of the SCA**" for reference.)

Thirdly – Be prepared. The Boy Scouts have it right – tasty little creatures that they are... Or so my dragon friends tell me... As I was saying, be prepared. Have a **clean cup** for drinking, carry a **handkerchief**, carry a tin of **Altoids**!

Hope that this helps you with the dating scene.

Milton

Please feel free to send me your questions regardless of how odd they may seem and I'll do my best to help. You can reach me via the inter-web-thingie at

MiltonMudpuppy (at) gmail.com



Song—When Your Lord is a Fighter

Submitted by Milton

When Your Lord is a Fighter

Tune: The Wild Rover

Lyrics by Ellen McDaniel-Weissler **18.**

Chorus: And it's flat, light, tippy,
Good, excessive, or clean;
When your lord is a fighter,
You know what I mean.

Oh, my lover gets clubbed like a baby harp seal
And so what else is new, this is not a big deal.
I hear his helm ring and I watch his eyes spin,
But I don't worry till rigor mortis sets in!

(Chorus)

He dons all his armor and chain mail each week.
He's a weekend stick-jock, other days he's a geek!
He has bruises to spare - battle scars make him boast!
(It's the whining next day that annoys me the most.)

(Chorus)

He will re-live each moment, each blow of each fight,
And he'll tell me the details the rest of the night!
I've given up fearing his head bouncing free -
'Cause I'll hear all about his duct tape surgery!

(Chorus)

He yacks about great swords and wrap shots and such -
I admit, as a bard, I don't sympathize much!
I keep hoping someday he'll stop thinking it's fun -
But by then, I'm afraid, the brain damage is done!

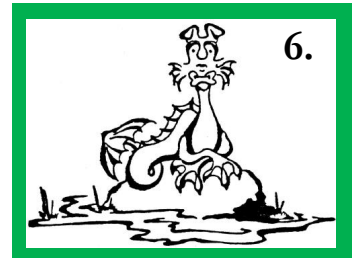
(Chorus)

He went to Crown Tourney, a'seeking for fame -
For to rule this fair kingdom and honor my name.
He fought, but he lost, which was fine, though unplanned -
To be Queen would have cost me an extra ten grand!

(Chorus)

We'll travel to Pennsic, I'll carry his shield,
And I'll fetch for him drinks as he sweats on the field.
He'll gripe when, at daylight, he's forced to wake up -
When we get to the field he's forgotten his cup!

(Chorus)



Last year's Highland River: for the short journey back,
He had leaned up his spear then proceeded to pack;
But the spear slipped and hit me as hard as it could;
As I fell down unconscious, I forgot to yell "Good!"

(Chorus)

We are poor but so happy, tho' our furniture's sparse;
We have food and a home, and much laughter and farce.
But poverty's choices oft-times overwhelm:
Should we buy a new sofa or buy a new helm?

(Chorus)

If someday we marry, how happy we'll be!
We'll have sons like my lord, we'll have daughters like me!
They'll be SCAdian children, but at one thought I quail:
I will not have them christened in infant chain mail!

(Chorus)

My lord joins me dancing at Pennsic each night -
He can beg all he wants, but I won't join the fight.
I'll cheer as opponents unnumbered he fells -
But there's got to be one of us guarding brain cells!

(Chorus)

I've never met someone who bruises so much!
And he gets them in places no polearm can touch!
I'd fear that he's cheating with some other maid -
But she'd run from his scars if he tried to get... close!

(Chorus)





Using a Pattern to Tailor a Cotehardie, Lady Vivian De Dunbar

Lady Vivian used the pattern, created by Mistress Caterina, to tailor a finished cotehardie.



The **three pattern pieces**: The top piece is the sleeve, the middle piece is the front and the bottom piece is the back. I am showing the making of the dress pieces being drawn and sewn on the lining fabric. I will sew the lining together first with a long stitch, and then try it on and make any adjustments needed. Once I am happy with the fit, and have adjusted the lining pieces, as needed, I then take the lining apart and use these pieces as the patterns to cut out the outer fabric.

Making one of the **front panels of the dress**: When the pattern was made, we did not allow for seam allowances so I am going to add 1/2 inch around the pattern for a seam allowance. On the front seam, I added 2 inches to the bodice part so that I would have an overlap where the buttons are. If this was going to be laced up, I would not have added the 2 inches and would add a modesty panel when the dress was finished.



I measured how long I want the dress to be, so I am measuring from what will be the front center seam of the dress.



Using a Pattern to Tailor a Cotehardie (continued)

(photos by Vivian)

10.



With my faithful Pug dog, Nala, helping me, I am drawing the side seam of the front panel. I want it to flare out on the side to make room for my hips. The side seam is going to be the same length as the front seam so it will end higher than the front seam. This will make the dress fall to the ground equally at the front and side seams.

I measured along the bottom to ensure the was the right length to have the dress hit the ground at the same point.

10.



10.



The final front panel for the left side of the dress.



Using a Pattern to Tailor a Cotehardie (continued)



The right side front panel of the dress.



The back left panel of the dress. Notice the center back seam is quite a bit longer than the side seam this is so that I can have a small train at the back of my dress. Also the seam allowance around the bodice part is also only 1/2 inch.



The **sleeve pattern**: The sleeve has the center seam going down the back of my arm, as is the style in the 14th century, which makes the sleeve pattern look a little different from what you may be used to seeing.





Using a Pattern to Tailor a Cotehardie (continued)

(photos by Vivian)

10.



The back pieces shown sewn together at the center seam.

The front pieces shown sewn at the shoulder seam to the back piece.



10.



10.

the front pieces sewn to the back piece at the side seam, and the center seam of the front sewn up until the bottom of the bodice where the buttons will be.

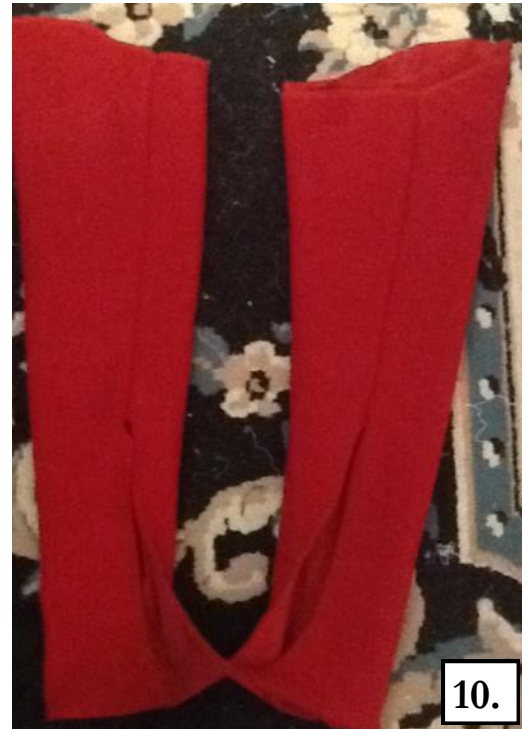


Using a Pattern to Tailor a Cotehardie (continued)

10.



The lining sewn to the wool layer: I sewed the lining to the outer fabric with right sides together and stitched along the front seams and the neck line then turned it right sides out and pressed the seam flat with an iron.



10.

2.



The lining and the wool fabric for the sleeves were sewn separately then the lining sewn to the wool layer with right sides together and the stitching going around the button seams and the cuff. The sleeves are then turned right side out and pressed flat with an iron. I then used a basting stitch around the part of the sleeve that will go in the armhole. This makes it easier to pin the 2 layer sleeve into the dress. once the sleeves are pinned into the armhole, they are sewn in. Now it is time to sew the button holes and buttons then hem the dress. I hem the dress lining and then it is ready to wear!



Using a Pattern to Tailor a Cotehardie (continued) (photos by Ursula)

Finished Dress and Details



Fitting a Pattern for a Cotehardie (planned for next month)





UPON MY CHOPPING BLOCK

4.

- a mad chef's view of the S.C.A. An occasional article by Perote Gormal Campbell

UPON MY CHOPPING BLOCK - a mad chef's view of the S.C.A.

Sweating the small stuff..... the culinary terms you should know...

How many times have you heard Chef Bubba on the Food Network, or QVC, or PBS (yeah, you should be watching PBS, and supporting it if you can) ramble on telling you to sweat the leeks, sauté the peppers, and caramelize the red onions? It's amazing that people toss around the terms as if everyone on the planet can tell them apart. They are all similar, non-interchangeable, and need to be handled carefully.

Jeff Smith (The Frugal Gourmet) was fond of working with children's groups. He once did an entire 3 episodes with Elmo. Now you have to imagine a gray haired minister telling Elmo that sauté means "to jump" as he sautés up veggies. Suddenly we have a red fuzz ball jumping up and down in the kitchen every time the word sauté passes someone's lips, and in his caring parent style Jeff

reminds Elmo that we don't jump in a kitchen because it's too dangerous. Two lessons for the price of one for America's kidlets.



Assorted chefs would tell us sauté is "To cook food quickly in a small amount of oil in a skillet or sauté pan over direct heat." So it's a hot pan, lightly greased moving like a disco fanatic. (If you can do the oh so cool chef sauté toss with one hand it's oh so impressive; if you can't just drop a few handfuls of beans in a pan and practice till your arms are tired, then try again tomorrow. Feel free to email me and I'll go over the procedure with you - I would prefer to save the space here.)

Caramelize is only similar in that it involves food and heat and a pan. Lower your heat, keep everything moving slowly and let your onions slowly climb to about 320 degrees. Too hot and too fast and you burn, low and slow (like good bar-b-que) draws out the internal sugars and adds a subtle sweetness. I tend to use a bit of butter and oil blended for this as the oil will help keep your butter from burning. You can add them to a range of items. From brats to speidies nothing savory should be safe from a random caramelized onion/leek accent.

Sweat? Don't we do enough of that at Pennsic? Imagine caramelize but not letting them get brown. Sweat should not change your color profile just the flavors. And remember that fat in the pan is going to be loaded with flavor so use it don't discard it.

Well that about wraps us for the 3 most tossed about sauté pan terms...

Till next time keep your knives sharp and your work area clean!

Perote



Baronial Tip from Our Baroness and Baron

When you receive an award with a scroll, look on the back to see who the artist is. If they have their contact information on there, consider sending them a note thanking them. So many scrolls are given out by amazing artists who truly put their love into to them, so

kind words should always be sent to show your appreciation.

Baroness Jehannine & Baron Erec



Favorite Scrolls

Please submit a high resolution photograph of your favorite scroll for publication in the Mudpuppy. It can be the prettiest, the silliest or just your favorite. See an example of Galefridus's favorite scroll on page 17.

Ursula

Chamberlain Tip from Rhiannon

Just a quick tip from the Chamberlain:

If you need to get something from the **Swamp Storage unit**, please make sure to contact me several weeks ahead. We need to arrange a convenient time for both the person who needs access and the keeper of the keys. With winter and early sunsets coming on, it is better to arrange something during daylight hours. There are no lights in the storage unit and I try not to drive in the dark, especially in bad weather. There are two other keys out there – but contact me first. I need to keep track of where things

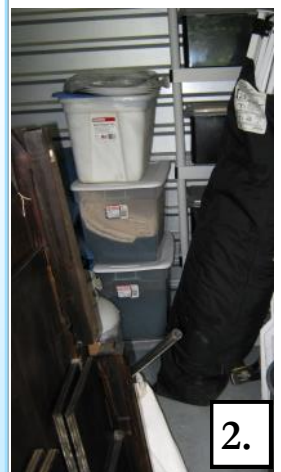
are. That's my job. If we can't agree on a good time to meet, I can then see if my deputy can get there instead.

Please be considerate. We all have busy lives and need to accommodate each other as best we can. Events are scheduled months in advance so there is really not much reason to wait until the last minute to schedule a trip to the storage unit.

Thank you for your cooperation,

Baroness Rhiannon,

Settmour Swamp Chamberlain





Arts & Sciences Tip from Caterina

Competitions can be a scary thing - especially to someone putting themselves out there for the first time, (I know I was terrified the first bunch of times -), but there is quite a bit to gain from entering.

If you are considering or on the fence with entering a competition, keep in mind that becoming an entrant is an opportunity for growth and exposure. Simply displaying gets you out there, gets your work of art or science seen and appreciated, but feedback/ comments don't usually happen there.

Remember that those folks judging

(for the most part) were once in the same shoes, they were once the ones (and sometimes still are) putting their work out for others to judge. The primary goal of competitions is finding a winner, sure - but my opinion on them is more that they are a golden opportunity to garner some guidance or refinement.

And most importantly - remember you are not alone in the dark - there are quite a few cheerleaders amongst us, reach out to us on Facebook or the Swamp list!

Mistress Caterina Giacchini
Mistress of Arts and Sciences



2.

Chronicler Tip from Ursula

My response to the question: "How do I get people to **submit to the newsletter?**"

I find that people are overwhelmed with life/SCA and think they do not have time to submit anything for the newsletter.

I monitor my group at local events, on FaceBook, at weekly meetings and also I take lots of photos. I often put together a photo-article with empty text boxes and hand the pages to the person at a meeting. About 50% of the time I can get the "author" to hand write comments for the photos. I type up the comments, format the article and have a nice instructive photo

article.

I also ask winners of A&S contests, or contestants, whose work I find interesting, to submit articles. Often they have written up documentation for their A&S displays, that can be turned into an article.

All of this takes time. The "reporting" side of creating our newsletter takes most of the time. Getting photo-permission forms also takes many emails and time. Once I have gathered all the info, entering the photos and text into MS Publisher is the easy part

Baroness Ursula of North Woods
Chronicler



2.



Equestrian Tip from Kiena

Greetings Swampies!

As the summer season winds down, so do the Equestrian Activities. Many of the cavalry though, continues to train both in their riding disciplines as well as their mounted skill of arms. This is also one of our favorite times of the year to ride out from our estates to explore our fields and neighboring lands.

During the harsher winter months, you can find many Equestrians repairing or replacing their equipment, weapons and riding apparel for our mounts, as well as ourselves.

We also hold our annual planning meeting in The Barony of Stonemarche during The Maket Day at Birka event (this year's date is January 24, 2015).

Happy Trails to you all
Duchess Kiena



Photo by
Liam St. Liam



The Officers Of Settmour Swamp

Baron	Baron Erec L'Claire baron@settmourswamp.eastkingdom.org (908) 268-0725 (before 9pm)	Invested March 2013 Expires March 2017
Baroness	Baroness Jehannine de Flandres baroness@settmourswamp.eastkingdom.org (908) 319-0765	Invested March 2013 Expires March 2017
Seneschale	Lady Charis Accipiter charisacci@comcast.net (908) 850-8690 (No calls after 9pm)	Elected June 2014 Expires June 2016
Sinking Tower Pursivant	Lord Orlando Sforza herald@settmourswamp.eastkingdom.org	Elected October 2013 Expires October 2015
Knight Marshal	Baron Wulfar Silfrahaar (Silverbraid) marshal@settmourswamp.eastkingdom.org	Elected January 2014 Expires January 2016
Exchequer	Lord Miles Boweman exchequer@settmourswamp.eastkingdom.org	NEW Elected October 2014 Expires October 2016
Chronicler	Baroness Ursula of North Woods chronicler@settmourswamp.eastkingdom.org	Elected March 2014 Expires March 2016
Chirurgeon	Lord Miles Boweman chirurgeon@settmourswamp.eastkingdom.org	Elected March 2013 Expires March 2015
Web Minister	Lord Dalek Bolotnikov webmaster@settmourswamp.eastkingdom.org	Renewed November 2012 Expires November 2014
Mistress of A&S	Mistress Caterina Giaocchini mas@settmourswamp.eastkingdom.org	Elected October 2012 Expires October 2014
Mistress of The Lists (MoL)	Lady Ceara MacKieran mol@settmourswamp.eastkingdom.org	Elected March 2013 Expires March 2015
Chatelaine	Baron Don Malcolm Bowman chatelaine@settmourswamp.eastkingdom.org	Elected February 2013 Expires February 2015
Marshal of Fence	Lady Jehane de Fenwyk fencing@settmourswamp.eastkingdom.org	Renewed April 2014 Expires March 2016
Captain of Archers	Honorable Lord Thorlaeifr Hvitskegg archery@settmourswamp.eastkingdom.org (908) 406-0143 (No calls after 9pm)	Renewed October 2012 Expires October 2014
Chamberlain	Baroness Rhiannon de Carreg Cennen chamberlain@settmourswamp.eastkingdom.org	Renewed October 2013 Expires October 2015



The Officers Of Settmour Swamp (continued)

Youth Combat	Vacant	Vacant
Chancellors Minor	Vacant	Vacant (organize activities for children and teenagers)
Thrown Weapons	Vacant	Vacant
Canton of Gryphonwald (Middlesex Cty, NJ): Seneschal:	Failenn Finn gryphonwald@settmourswamp.eastkingdom.org	The Canton of Gryphonwald holds BGI (Black Gryphon Inn)
Canton of Marwick (Union County, NJ): Seneschal	Baron Edmund Patterson	The Canton of Marwick is inactive



**BGI
2012**



2.



2.



2.



2.



2.

**BGI
2014**



7.



Did You Know:

The **East Kingdom Calendar**

<http://www.eastkingdom.org/EventListing.html>

- lists all official **events** and up to date information and registration details.

SCA Chivalry—Ever wonder about the history of an SCA Knight?

[Viscount Edward Zifran of Gendy](#), KSCA, OL, OP, ETC, maintains a list of the Chivalry and when and where they were knighted. <http://whitebelt.com/>

Edmund O'Rourke	K	01/31/09	43	EAST
Federach mac Cian	K	01/31/09	43	EAST
Callum Macleod	K	02/07/09	43	LOCHAC
Boleslav Ragnarsson	K	02/13/09	43	OUTLANDS
Askold Brotamadr	K	02/14/09	43	ATLANTIA
Morgan Aethelwulf	K	02/14/09	43	ATENVELDT
Donas McNair	K	02/14/09	43	MIDDLE
Robert le Raven MacLeod	K	02/14/09	43	ARTEMISIA
Matheus Bane	K	03/07/09	43	AN TIR
Jon the Tall	K	03/20/09	43	Gleann Abhann
Albrecht von Salzburg	K	03/20/09	43	CALONTIR
Maddach Macathol	K	03/20/09	43	MERIDIES
Celwin Barenjager	K	03/28/09	43	TRIMARIS
Antonio Patrasso	K	03/28/09	43	EAST
Moradan Peresenchenev	K	04/04/09	43	MERIDIES
James the Holy	K	04/25/09	43	Gleann Abhann
Malachi Thorrson	K	05/02/09	44	MERIDIES
Sighfridh Hauknefr	K	05/02/09	44	WEST
Jost Brandolf von Luck	K	05/03/09	44	ATENVELDT

Society for Creative Anachronism **Newcomer's Portal:**

<http://welcome.sca.org/>

A **Newcomer's Guide** to the SCA:

<http://www.sca.org/officers/chatelain/pdf/NewcomersGuidePages-low.pdf>



Combat	Date/Time	Location	Contact	Notes
Fighter Practice	Wednesdays 7:30 pm - 10:30 pm	Nutley, NJ. Franklin Reformed Church, 45 Hillside Crescent Nutley, NJ 07110	Wulfar Silfrahaar marshal@settmourswamp.eas tkingdom.org	Other fight practices: Fighter Practice group at Yahoo!Groups; suggested Donation \$5
	Updated			
Fighter Practice	Tuesday evenings 7:30 pm to 9:00 pm	Glen Gardner Youth Center 16 Hampton Rd Glen Gardner, NJ, 08826	Wulfar Silfrahaar marshal@settmourswamp.eas tkingdom.org	Also fencing and Arts& Science; suggested Donation \$7
Fencing Practice	Thursdays, 7:30 pm - 10:00 pm	Springfield, NJ Fencing Sport Center 4 Commerce Street Springfield, NJ 07081	Owynn Greenwood owynn.greenwood@gmail.com 908-447-2979	suggested Donation \$5
Fencing Practice	Tuesday evenings 7:30 pm to 9:00 pm	Glen Gardner Youth Center 16 Hampton Rd Glen Gardner, NJ 08826		Also heavy fighting and Arts& Science; suggested Donation \$7
Archery Practice	Sundays 1:00 pm - 4:00 pm	Milford, NJ 310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848 (908)995-4417	Jehannine de Flandres baroness@settmourswamp.ea stkingdom.org Phillip the Facetious	
Thrown Weapons Practice	Sundays 1:00 pm - 4:00 pm	Milford, NJ 310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848 (908)995-4417	Jehannine de Flandres baroness@settmourswamp.ea stkingdom.org Phillip the Facetious	Please email for directions.
Thrown Weapons Practice	First and Third Tuesdays of every month	Maplewood, NJ	James of York (contact via Merlinia) merliniajws@gmail.com (973) 762-2554	Please email for directions.



Art	Date/ Time	Location	Contact	Notes
Swamp Cats	Evenings TBD	Announced on the Yahoo email list	Rhiannon De Carreg Cennen chamberlain@settmourswamp.eastkingdom.org	Occasional Meetings to Share Art Projects
Dancing	Evenings TBD	Glen Gardner , NJ (same location as fencing)	Ursula of North Woods chronicler@settmourswamp.eastkingdom.org	Occasional Practices
Archery Practice	Wednesday evenings May through October	Pittstown, NJ	Elizabeth Hawkwood hawkwoode@gmail.com	Occasional Practices Please email for directions.

An electronic listing of **activities and events** is available on the Barony website:

<http://settmourswamp.eastkingdom.org/events.html>

Courtesy copies are sent to:

chronicler@eastkingdom.org
historian@eastkingdom.org
king@eastkingdom.org
prince@eastkingdom.org
princess@eastkingdom.org
queen@eastkingdom.org
seneschal@eastkingdom.org
archivist@sca.org

Publication release forms:

<http://www.sca.org/docs/library.html>
<http://www.sca.org/docs/pdf/ReleaseFormsFAQsPRINT.pdf>

Links:

[The Barony Of Settmour Swamp](#)
[Settmour Swamp On Facebook](#)
[Settmour Rapier On Facebook](#)
[Canton of Gryphonwald](#)
[East Kingdom Website](#)
[SCA Membership](#)



SCA-required release forms must be signed for most submissions, including art, articles, recipes, poetry or maps. The Chronicler collects and stores the signed forms.

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19. **Photos of Kiena on a Horse**, used with permission, Liam St Liam



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Pennsic Archery Team

(photo by Nest Verch Tangwistel, see page 14)

14.



1.

Local newsletter polices for the East Kingdom of the Society for Creative Anachronism. This includes obtaining releases from contributors for the inclusion of their works and contact information.

[EK Local Chronicler Policies](#)

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