



The Mudpuppy

The official newsletter of the
Barony of Settmour Swamp

A.S. LI (Year 51) of the SCA

March, 2017



**Food &
Cooking
Workshop**
(see photos pp. 22 to 27)

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Officer Meeting— March 9

The next meeting is [on Thursday, March 9](#) at the Greek Orthodox church where we will be holding Mudthaw. See you [at 7:30](#) there.

--Judith

Ss Nicholas, Constantine & Helen Greek Orthodox Church
80 Laurel Avenue
Roseland, NJ 07068



Food and Cooking Workshop

8 April, 2017 at 11am to 7pm

Montville Township First Aid Squad
137 Changebridge Road
Montville, NJ 07045

See map at <http://bit.ly/2kKV2tR>

Food and Cooking A&S Night : <https://www.facebook.com/events/382571915431721/>

- Garb is not required, as both these activities are more workshop-oriented.
- The site is the town's EMS squad house. An active-duty EMS crew will be present in another part of the building and will be responding to (hopefully few!) 911 calls, so we will need to stay out of their way.
- Parking is available for 20+ cars on the right side of the building. If the lot fills up, please park on Old Changebridge Road behind the squad house. Enter at the door on the right. There will be signs to direct you.
- No fee is required, but we'll have a basket set out for donations to the first aid squad, and we encourage generosity.

**See Photos of recent Food & Cooking Workshops
pages 22 to 27**





Baroness & Baron Letter

Our appreciation and gratitude stretches clear across the Kingdom and embraces each and every one of you. During our tenure we have faith that you have felt welcome here in the Barony, for you belong. We have delighted in your company and camaraderie. We have watched you grow, learn and improve your skills in every aspect. All the work we have done serving as Baron and Baroness has been worth it a thousand times over, for we have been blessed to be in this with all of you.

During our reign we were witness to this Barony creating events great and small; these included Scholas and Coronations, Winter Wolf, and Brennan and Caoilfhionn's Ducal Challenge. Through our Officers' tireless efforts, we weathered crises of finding new sites for Quest and Mudthaw. At Swamp Stomps, we have come together socially, celebrating the Barony and holding workshops; through these we met numerous new faces and formed many new friendships.

As Baron and Baroness we have gotten a front row seat to watch our Kingdom recognize many of you for your artistry, service and prowess. We too, have had the incredible honor of recognizing so many of you with Towers and tokens for your noteworthy contributions to this Barony. We were inspired to create two new awards; the Order of the Copper Tower to recognize the Youth of this Barony and The Company of Mud, a token that can be used to acknowledge the work and service of the populace to the Barony.

For their hard work and dedication, we extend our appreciation to our officers and champions. To our predecessors Their Excellencies Alexander and Rhiannon we thank you for giving us a thriving Barony. To our successors Jonathon and Teresa as we step down we have no fear for the Barony's future. Finally, we send our gratitude and love to our spouses, Anna and Phillip, who supported us on this endeavor.

To serve our Barony and our Society has been an amazing experience that we shall cherish forever, and words cannot express how appreciative we are for all of the support we have received.

In Service and Friendship,

Baron Erec and Baroness Jehannine





Meet the Baronial Heirs

Lady Teresa Ana Perez and Lord Jonathan Miles

Teresa was born in Jersey City, NJ. She is one of a pair of identical twin girls born to Frank and Belen Urspruch. Belen Urspruch immigrated from Puerto Rico, and Teresa's Puerto Rican heritage has always played a significant role in her self-identity. The girls were raised in a very loving, if sheltered, environment in the close community of her brick high rise tenement on JFK Boulevard where her parents still live to this day. She attended St. Aedan's catholic school as a child, loved art deeply, and listened to heavy metal during the angst of her teens. She sang in her church's choir and was recorded along with her sister on a Christmas album. She attended the Ronald E. McNair Academic High school, a small magnet school focused on (you guessed it) academics. She was inspired to study art and art history by a school teacher. She applied to and was accepted to NYU, but was unable to convince her parents that they could afford it. Disappointed, she went to Rutgers University,

2.

where she earned a Bachelor's Degree in Art History. It was there that we met.. Excellent and extremely disciplined student Teresa was heartbroken to learn that there would be very few opportunities to work in her chosen field. Shortly after college she opted to work as a kindergarten teaching assistant and as an office manager in a Manhattan computer training school, and then decided to try her luck at a Masters Degree program at Rutgers. Teresa graduated from Rutgers a second time with a Masters of Library Science with a focus on cataloging. She worked for Baker and Taylor, a huge book and media distributor. She moved on from Baker and Taylor to the Somerset County Library system where she has worked as a Cataloging Librarian and Acquisitions Supervisor for the past 10 years.

I was born to a single mother and spent the first six years of my life in Montclair, NJ. My mother was from Brevard, NC and saw fit to move us back to North Carolina in 1980. From the age of 8 I began learning to play musical instruments, recorder, clarinet, saxophone, and even a little guitar and trumpet. For a very long time I thought I would become a professional musician when I grew up. Equal to this effort was my obsession with personal computers, the bulk of my time with which I spent on friends computers because we could not afford one.



Meet the Baronial Heirs (continued)



My mother struggled to make ends meet in North Carolina, during which time I was placed in a youth shelter and later lived with a friend of the family, and in 1984 she took me back in and moved us back to Montclair, NJ. More and more troubled by poverty, stress and abuse; at age 16 I took the unusual step of petitioning the state to remove me from my mothers custody and entered the foster care system. I moved from home to home, into shelters and eventually into an independent living program. I got my GED after about 1.5 years of total time spent in high school and applied to DeVry Technical Institute where I excelled. Using my DeVry grades and my status as a disadvantaged minor, I convinced Rutgers to take me. I attended Rutgers for a year (where I met Teresa and fell in love), and flunked out miserably. I never returned to complete my degree in Electrical Engineering.

I worked a series of manual labor jobs, then the computer industry exploded and I parlayed my unrequited love for computers (as a child), into a career as an adult. Today I work on a small team that handles "big data" problems for Billtrust in Hamilton, NJ.

The year I started at Rutgers, the university instituted a policy of disallowing outside groups to have student activity clubs within. The Markland chapter became Scarlet Cross, the SCA chapter became RUSCA. There was a great deal of cross play

between the two groups and soon we were canoodling at Cafe News events for RUSCA and camping at Markland's Mount Holly Day / Easy Living War.

Teresa and I met when we were 19 years old, we shook hands and agreed we were officially dating on April 9th, 1993. On October 13th, 2002 we were married. On April 8th, 2010 Oskar was born.

Lord Jonathan and Lady Teresa





Seneschale Notes

As Spring approaches, so do the dates of a number of events.

We all have fun at the events we sponsor, but in order to make them run well, we also need your help.

Mudthaw is the next event on our calendar, on March 25th. Planning is almost complete, and now we need your help as volunteers to make the event an enjoyable one for every one of the 750+ people who are coming. **Baroness Treannah and Baron Wulfgar** are co-autocratting Mudthaw, and you can find their requests for help on the baronial Facebook page, the Mudthaw 2017 Facebook page, and the emails through the barony's Yahoo group. Or you could email the autocrats using the contact information on the event announcement.



Baron Wulfgar and Baron Erec are making new list posts and could use help with this continuing project. Last Saturday a number of people worked on posts and site tokens for the event—it was a nice time of fellowship and good food while accomplishing these projects. (see photos on pages 17 to 18)

Black Gryphon Inn (BGI) is scheduled for April 22 at Kiddie Keep Well Camp in Edison. The Canton of Gryphonwald is running BGI, headed by **Baron Alexander**. Settmour Swamp's new bardic champion will be chosen at this event.

Two weeks after that on May 6th is **Spring Crown Tourney**, with **Magister Galefridus** as autocrat. We will again need a number of volunteers to help since we expect over 500 people to attend. Galefridus will be sending out requests for help with a number of tasks.

And our beloved **Quest** event is again scheduled for Memorial Day Weekend, with what promises to be an intriguing quest designed by Galen. Requests for help will be sent out by **Baroness Ursula**, the autocrat, as that event's date gets closer.

My apologies if my theme this month is “we need your help,” but that is the truth. We are a volunteer organization, dependent on people willing to help out in order to put on worthwhile, enjoyable events. And as most of you have discovered, helping is a good way to make friends, deepen relationships, learn, and grow.

Yours in service, **Lady Judith bas Rabbi Mendel**



Mudthaw March 25, 2017

MUDTHAW

<http://www.eastkingdom.org/EventDetails.php?eid=3111>

As winter turns to spring, all are invited to attend the annual celebration of the Thawing of the Mud and celebrate with the Barony of Settmour Swamp as their Excellencies, Erec and Jehannine, Baron and Baroness of Settmour Swamp, retire and Lady Teresa Ana Perez and Lord Jonathan Miles are invested as their heirs.

Please join us on March 25th at the Ss Nicholas, Constantine & Helen Greek Orthodox Church in Roseland, NJ, as we gather to enjoy much that our society has to offer. There will be tournaments of martial skill; the arts and sciences will be celebrated and demonstrated; we will gather for court where the Barony's new Baron and Baroness will be invested; and we shall conclude our day's celebrations with a sumptuous feast prepared by Yagyu no Kagetoki .

Our site is once again the Greek Orthodox Church, and they have kindly asked that we be respectful of their facility and beliefs.

There will be absolutely no martial activities of any sort inside the building.

We have also been asked not to have any open flames in the building.

The sites main halls have wood "gym" floors; please do not wear foot-ware that could damage the floor.

Please help us continue to build a good and long lasting relationship with this site by respecting their wishes.

The site is discretely damp. While alcohol is permitted, please try to use period containers.

The site is handicapped accessible.

**** For more details and the updated schedule, please see the event announcement on the EK Calendar**

Location:

Ss Nicholas, Constantine & Helen Greek Orthodox Church

80 Laurel Avenue

Roseland, NJ 07068

Directions:

If you are using a GPS and are coming down 280 East, you need to make a LEFT onto Laurel ave at Exit 6. Some GPS systems tell you to make a right--don't trust it; you are being deceived.

Find your best route to New Jersey Route 280.

From RT 280 East, take Exit 6 Laurel Avenue

Make a LEFT onto Laurel Avenue. The site is less than a mile (0.2 mile) down Laurel Ave.



Mudthaw March 25, 2017

From RT 280 West

Take exit 6B Laurel Avenue; make a right onto Laurel Avenue. The site is less than a mile (0.2 mile) down Laurel Ave.

As in years past, there will **NOT be a dayboard** at Mudthaw. There will be a savory bake sale going on as a fundraiser.

There are some restaurants about a mile and a half down the road from the site.

Please plan accordingly.

Site Opens: 10:00 am

Site Closes: 9:30 pm

Registration:

Pre-registration closes on March 15, 2017

Adult Non-Members \$18.00

Adult Members (with Membership Discount) \$13.00

Minors (6-17 years of age) \$5

Minors (0-5 years of age) free

Feast: Feast will be \$10 per person in addition to the personal registration fee.

Make Checks Payable to: SCA NJ Inc., Barony of Settmour Swamp

Merchants: \$5 fee in addition to the appropriate personal registration fee.

Merchant space is limited. There is outdoor space available in a paved covered area as well as very limited indoor space. Merchants must provide their own table. Due to space considerations they are limited to one table each and/or a maximum footprint of 6' wide x 4' deep.

The site requires that we provided them ahead of time with a list of all merchants with full contact information. If you have not provided that information to the Merchant Coordinator and paid the site fee and your personal registration fee by the pre-registration deadline, you will not be able to merchant.

All parties interested in merchanting should contact Baron Perote Campbell at mudthawmerchant@gmail.com. 973-417-9031 No calls after 10 pm.

Please remember that our site is a Greek Orthodox Church. We ask that you respect their religious beliefs when choosing what to display and sell this day.



Mudthaw March 25, 2017

Contact Information:

Event Steward:

Miriam Berger, Baroness Theodora Bryennissa, called Treannah, PriestesM@aol.com, 908-406-6344
and

Thomas Berger, Baron Wulfgar Silfraharr, Drklrdraven@aol.com, 732-789-5457

Please put Mudthaw in the subject line of emails. No calls or texts after 10pm please.

Send Reservations to:

Mudthaw
c/o Michael Iurilli
806 Benner St.
Highland Park, NJ 08904
miles.boweman@gmail.com
908-307-8672 (no calls after 9pm)

Other Contact Information:

Cook in Charge: Yagyu no Kagetoki (mka Chris Stanley) Samuraibartender@gmail.com

Merchant Coordinator: Baron Perote Campbell at mudthawmerchant@gmail.com. 973-417-9031 No calls after 10 pm. Please review information for Merchants above.



11. Teresa



11.



BGI Black Gryphon Inn

April 22, 2017

BGI

<http://www.eastkingdom.org/EventDetails.php?eid=3151>

Winter has past into memory, Spring has arrived, and the Canton of Gryphonwald is preparing to greet our new Baron and Baroness to the Canton! By order of the Seneschal Failenn Finn, the canton's meadhall is to be opened for the celebration. Aife Bean Mhiclomhair will be preparing a wonderful Norse feast for the occasion.

A tournament of Kubb will be held in honor of their Excellencies' visit, overseen by Jon Renwick of Bheither. If you are not familiar with this Norse game then come out and learn! Spectators and players are welcome!

Test your skills in the arenas of art and science by entering a piece of work in our populace vote A&S competition. It is beneficial to provide alongside your piece a short description of the work and its origin or inspiration.

Submit a sample of your favorite concoctions to our Brewer's competition. This competition shall be split into two categories consisting of beer and mead.

Lastly we are honored to host our Barony's Bardic competition! Come before our Canton of Gryphonwald, the Barony of Settmour Swamp, and our esteemed Baron and Baroness to compete in our Bardic competition and become the next Baronial Bardic Champion of Settmour Swamp! All who wish to participate please come with a small index card with brief documentation to be presented before the competition begins.

The site is wet so you are welcome to bring the libation of your choice. However the site has a strict policy that all alcoholic beverages be kept indoors.

**** For more details and the updated schedule, please see the event announcement on the EK Calendar**

Site Opens: 12:30pm

Site Closes: 7:30pm

Kiddie Keep Well Camp

35 Roosevelt Drive

Edison, NJ 08837

[Google Map](#)

Directions:

Direction can be found at: <http://kiddiekeepwell.org/directions/>

Registration: Event Fees

Site :

Adults SCA members : \$11

Adults non members : \$16

Youth (age 3-17): \$5



BGI Black Gryphon Inn

April 22, 2017

Children (under age 3): Free

Feast: \$8

Please include the full mundane names and SCA names and reservation types with your reservation fees. Please clearly mark the reservation is for BGI.

Make Checks Payable to: SCA NJ Inc., Barony of Settmour Swamp

Event Steward:

Master Alexander MacGregor

Mka David DeVito

Ddevito17@comcast.net

732-297-1721

Send Reservations to:

Please send reservations to:

Lord Miles Boweman

c/o Michael Iurilli

806 Benner St.

Highland Park, NJ 08904

Other Contact Information:

Head cook.

Aife Bean Mhiclomhair

Mka Laura Rager

LNardomarino@gmail.com

BGI 2016



12. Alexander



12.



Spring Crown Tournament May 6, 2017

Spring Crown Tourney

<http://www.eastkingdom.org/EventDetails.php?eid=3153>

Hear ye, Hear ye!

Prince Ioannes and Princess Honig are pleased to announce that their Spring Crown Tournament will be held on 6 May, 2017 at South County Park Fairgrounds in the Barony of Settmour Swamp. This event listing will be updated as information becomes available.

For those wishing to stay the night, several lodging facilities are available in the nearby towns of Flemington and Lambertville. The site is a large open area with a few buildings and plenty of parking.

Information for those wishing to enter the tournament will be posted when it becomes available.

**** For more details and the updated schedule, please see the event announcement on the EK Calendar**

Smoking is permitted outside the buildings.

By Hunterdon County Parks and Recreation regulations, the site is dry.

Site Opens: 10am

Site Closes: 8pm

Location:

South County Park Fairgrounds

1207 Route 179

Lambertville, NJ 08530

[Google Map](#)

Directions:

From the North:

Take your best route to US 202 South.

6.5 miles past the Flemington circle, take the exit to NJ 179 South toward Lambertville.

The entrance to the site is 0.6 miles south on the right.

From the Northwest:

Take your best route to NJ 31 South.

At the Flemington circle, get onto US 202 South.

6.5 miles past the Flemington circle, take the exit to NJ 179 South toward Lambertville.

The entrance to the site is 0.6 miles south on the right.

From the Southwest:

Take your best route to NJ 179 North.

The entrance to the site is 5 miles north of downtown Lambertville on the left.



Spring Crown Tournament May 6, 2017 (continued)

From the Southeast:

Take your best route to NJ 31 North.

About 7 miles north of Pennington, bear left onto Rocktown Hill Rd.

In 0.3 miles, turn left onto Gulick Rd.

In 1.1 miles, turn right toward NJ 179 North.

The entrance to the site is 0.2 miles on the left.

Registration:

Adult: \$17.00

Adult with membership: \$12.00

Child 7-13: \$6

Child 6 and under: FREE

Feast: There will be no feast, but a hearty dayboard will be prepared by Lord Martyn de Halliwell. If you have any dietary concerns, please contact him no later than 26 April.

Make Checks Payable to: SCA NJ Inc. - Barony of Settmour Swamp

Event Steward:

Magister Galefridus Peregrinus

(Loren D Mendelsohn)

3 Morris Pl

Towaco NJ 07082

(973) 214-4957 (mobile)

springcrown.steward@eastkingdom.org

No calls after 10pm.

Send Reservations to:

Lady Mabel Fortune

160 W. Hanover Ave across from Junard

Morristown, NJ 07960

(862) 209-0619

springcrown.gate@eastkingdom.org

No calls after 10pm.

Other Contact Information:

Dayboard:

Lord Martyn de Halliwell

T.J. DeLuca

springcrown.dayboard@eastkingdom.org

(484) 557-8757 (call or text)



Quest for Wit and Wisdom XXXIII

QUEST

<http://www.eastkingdom.org/EventDetails.php?eid=3172>

Quest for Wit and Wisdom XXXIII

May 26, 2014 to May 29, 2017

(Clinton Elks, 211 Sidney Road, Pittstown, NJ 08867)

The Barony of Settmour Swamp will celebrate the Thirty Third Quest for Wit & Wisdom. This year will have a Spanish theme. "The QUEST" by Lord Galen, is titled "Man of La Munchkin", featuring Don Quixote. A delicious Spanish feast will be prepared by Lady Charis.

QUEST is Settmour Swamp's local camping event and includes competitions to determine the Barony's champions for heavy weapons fighting, rapier combat, thrown weapons, arts and sciences (A&S) and archery. There is also an Artisan's row (live displays and hands-on demos), a bardic circle and of course "the QUEST". This year Lord Galen has designed a delightful Quest featuring Don Quixote.

Baron Erec L'Claire and Baroness Jehannine de Flandres, and their heirs, Lord Jonathan Miles and Lady Teresa Ana Perez, welcome all to join in our weekend-long celebration. Baroness Jehannine and Baron Erec also invite you, before we step down, to join our new Baron and Baroness. The investiture is planned for Mudthaw, at the end of March.

**** For more details and the updated schedule, please see the event announcement on the EK Calendar**

Registration: SCA Members receive a \$5 discount (except on \$5 fees)

Adult rates:

\$ 5 Friday "day trip" rate (members \$5, no discount)

\$20 Saturday "day trip" rate (members \$15)

\$20 Sunday "day trip" rate (members \$15)

\$35 Adult Maximum Fee (members \$30)

Minor (age 6 to 17) rates (no discount):

Free Friday "day trip" rate

\$5 Saturday "day trip" rate (members \$5)

\$5 Sunday "day trip" rate (members \$5)

Children under 6 years old are free

\$70 Family Maximum site fee (at least one member, family rate \$65)

\$5 Merchant fee (members \$5, no discount)

Reservations must be postmarked by May 11.

Site fees will be refunded if requested by Thursday May 11.



Quest for Wit and Wisdom XXXIII (continued)

Please include with your reservation:

Mundane and SCA names for each person on the reservation

Member numbers (with expiration date) for each person on the reservation

Weekend or day-trip (specify which days you plan to attend)

Contact information - (phone number and/or e-mail)

Feast: Feast: Feast: \$8.00 (limited to the first 100 gentles)

Reservations must be postmarked by May 11.

Feast fees will be refunded if the space is resold.

Make Checks Payable to: SCA of NJ Inc., Barony of Settmour Swamp

Contact Information:

vent Steward:

Baroness Ursula of North Woods

Sandra Unger

36 Terry Drive

Morristown, New Jersey

07960

Seltzerwater1@yahoo.com

Send Reservations to:

Sandra Unger

36 Terry Drive

Morristown, New Jersey

07960





Building List Poles for Tournaments

Greetings, Swamp!

I wanted to fill you in on a big and exciting project that **Baron Erec** and myself are spearheading; we are building new list poles for our fighting events!

Over the years, Mudthaw and Quest have been enjoying more and more combatants for our tournaments and we have been adding more fighting events, such as Winter Wolf, the Ducal Challenge and hosting Crowne Tourneys.

With all of this happening, it was long passed due that our list markers get replaced with something more sturdy, easy to see and definitely good looking!

Our new list poles are 2.5" square, 3.5' tall with a removable, four footed base. This is done for easy storage and transport, as well as usable indoors.

They will be painted white, with a green pattern on them to represent our Barony and add to the pageantry of our events.

We are making enough that both rattan and fencing will have eight lists each to fight in!



14.



15. Baron Erec

This is a labor of love, but a lot of hard work. On the Settmour Swamp Facebook page, we have listed the dates that we are working in this project, and invite all



15.



Building List Poles for Tournaments (continued)



who wish to help to contact Baron Erec or myself to volunteer. All skill levels welcome and needed.

We will be debuting our new lists at this coming Mudthaw.

Here is the future schedule. Work will be conducted at the home of Baron Erec:

28 Jericho Rd, High Bridge, NJ 08829

Wed 08 Mar 1pm-3pm
Thu 09 Mar 1pm-3pm
Mon 13 Mar 11am-3pm
Wed 15 Mar 1pm-3pm
Thu 16 Mar 1pm-3pm
Sat 18 Mar 10am-5pm
Sun 19 Mar 10am-3pm
Mon 20 Mar 11am-3pm



Yours in Service,

Baron Wulfgar Silfraharr

Workers: Wulfgar, Lu-an hua, Rowen Auley, Felicia, Winston a Bheithir, Baron Erec





Judith's White Bread Plus Recipe

17.

Judith's White Bread Plus Recipe

Ingredients:

- 2 c. water
- 1 T. yeast
- 1 T. sugar
- 1/8 t. ground ginger
- 1/2-2/3 c. Crisco or other shortening, melted
- Slightly less than 1/2 cup sugar
- 1 1/4 t. salt
- 2 eggs
- 1 1/3 c. water
- 10-12+ c. flour



1. Heat 2 cups of water in microwave for 1 minute 30 seconds (approx. 145° F).
2. Pour 1 1/2 cups of this water into a large mixing bowl. Leave 1/2 cup of water in the measuring cup.
3. To the water in the measuring cup, add yeast, 1 T. sugar, and ground ginger. Stir until everything is dissolved. Let mixture sit for 10 minutes.
4. Melt Crisco in microwave. Put it aside and let it cool slightly.
5. When yeast mixture is bubbling and has at least an inch of foam on top, pour yeast mixture into the large mixing bowl. Add salt. Add melted and cooled Crisco. Add sugar. Break eggs, stir slightly and add them. Add remaining water. Stir well.
6. Add flour until you can't add any more. The dough should be stiff and formed into a ball.
7. Dump the dough out of the bowl onto a floured surface. Knead until it feels elastic. Add more flour if it is sticky, but be careful not to make it too dry. You will have kneaded for at least 5 minutes.



Judith's White Bread Plus Recipe (continued)

8. Put the dough in the large clean bowl. Cover top of bowl with saran wrap or a towel. (I put a light tray on top to help the saran wrap stay stuck.) Let it sit in a warm place with no drafts for an hour or so. (Sometimes it takes longer.)
9. After the dough has doubled in size, punch it down by sticking your floury fist in it. Spread more flour on the counter. Dump the dough out on the counter.
10. Knead the dough a second time. This time you should hear popping noises as you do. Keep kneading until you don't hear any more popping noises. You should not have to knead for more than 5 minutes.
11. Cut the dough into 4 equal pieces. (I use a scale. If the four pieces weigh close to the same amount, they are the same size. If you don't have a scale, you can eyeball it and hope you have got it right.) Shape each piece into a loaf. (You can play with the dough and make it into rolls or braids or long loaves. It makes good cinnamon bread.) Place loaves in greased bread pans. (For rolls and long loaves, grease a cookie sheet.)
12. Let the loaves rise until they have doubled in size. This step will take at least an hour, sometimes 1 ½ hours or longer.
13. Preheat the oven to 375°. Make sure the oven rack is in the middle of the oven.
14. With a sharp knife, slash the top of the loaves, going the length of the loaves in one stroke. The knife should go down into the dough about 1/2 an inch. (Braids do not need to be slashed.)
15. Put the bread pans in the oven. Let bake for 10 minutes at 375°. After 10 minutes; turn down temperature to 325° and let it continue to bake for another 34 minutes or so. (Rolls can be baked at 350° for 15-20 minutes. If I've made longer loaves on a cookie sheet, I usually bake them for 30 or so minutes at 350°, turning the pan every 15 minutes.)
16. The bread should have turned golden brown. When you thump the top, you should hear a dull thud. Remove the bread from the oven. Take it out of the pans or off the cookie sheet and let it cool down on a cookie rack. If desired, you can brush the top with melted shortening. Eat and enjoy.



Judith's White Bread Plus Recipe (continued)

Makes 4 loaves

NOTES:

You can replace 3-4 c. white flour with whole wheat flour to turn this into whole wheat bread.

This bread can be frozen and used later. Let it cool completely before freezing. Do not put bread in a plastic bag until it has cooled completely. If it has to be bagged warm, use a paper bag.

Experiment with the amount of Crisco. Using less will make the bread drier and clumbier; it will also go stale faster. But most of the calories in this bread are in the shortening. I've already reduced the amount of shortening, sugar, and salt from the original recipe. I use Crisco or Spectrum as the shortening because I want bread with no milk products in it. You can replace the Crisco with margarine or butter if you want. Most margarines have milk in them.

To make cinnamon bread, pat or roll the bread dough out to be a rectangle. The short side of the rectangle should be about the length of your bread pan. Lightly smear the surface with melted margarine. Sprinkle with cinnamon sugar. Sprinkle with some ground cinnamon. Sprinkling with raisins or currants is optional. Starting at the short end, roll the dough up like a jellyroll. Pinch the seam so it stays together sort of. Place in pan with the seam down.

To make monkey bread, use the dough for one loaf. In a small bowl, mix brown sugar and cinnamon. Melt margarine in another bowl. Grease a loaf pan or tube pan. Sprinkle the bottom lightly with brown sugar. Break off pieces of dough about the size of a walnut and shape them into balls. Roll them in the melted margarine and then the brown sugar/cinnamon mix. Place in pan. Allow room between the balls to allow them space to rise. Bake at same time as other loaves, but it may be done a bit earlier—keep an eye on it.

Makes excellent toast and sandwich bread. Good basic bread.

Yours in service,

Lady Judith bas Rabbi Mendel





Food & cooking Workshop on February 4





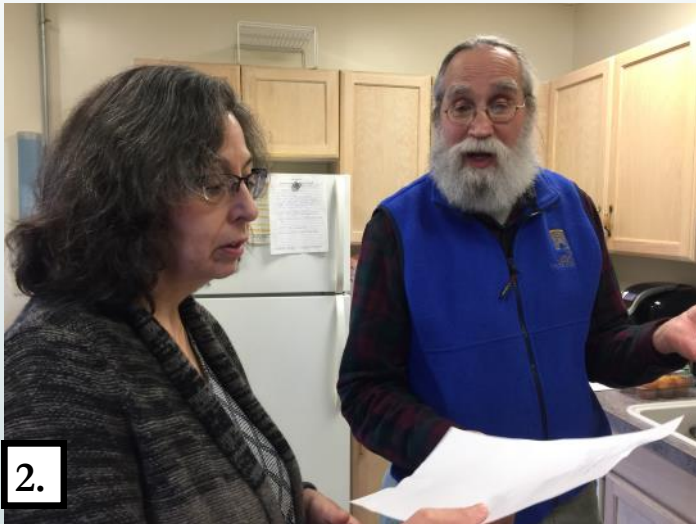
Food & cooking Workshop on February 4 (continued)

A recipe using large unhulled lentils ('adas jalil ghayr maqshūr):

Pick over the lentils, wash them, and cook them with round onion (*baṣal mudawwar*) and cheese. Also add chard—root, stalks, and

hearts (tender leaves in the center). Break eggs on them, but leave them whole.⁴

The dish is seasoned with coriander seeds, cumin, and a little cassia and galangal.⁵ Besides, you need to add to the pot before the dish is fully cooked a lot of dill and *fūdanaj*, which is *fulayyā* (mint).⁶



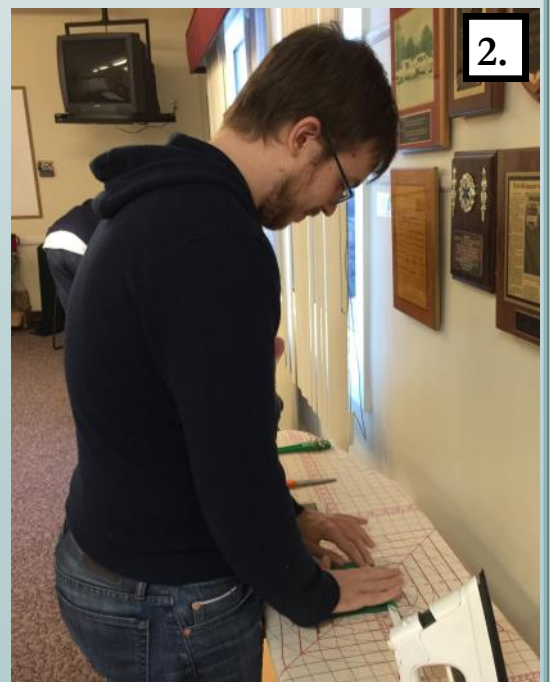


Food & cooking Workshop on February 4 (continued)





Food & cooking Workshop on February 4 (continued)





Food & cooking Workshop on February 4 (continued)



2.

To make Alloes of beef

Take lene beef and cut hym in thyn pecys and lay hit on A borde then take sewet of motton or of beef and herbys and onyons hackyd small to gether then straw thy lesches of beef with powder of pepur and a lytell salt and strew on thy sewet and the herbys. And rolle them up ther yn put them on a broche and roste them and serue them up hote.

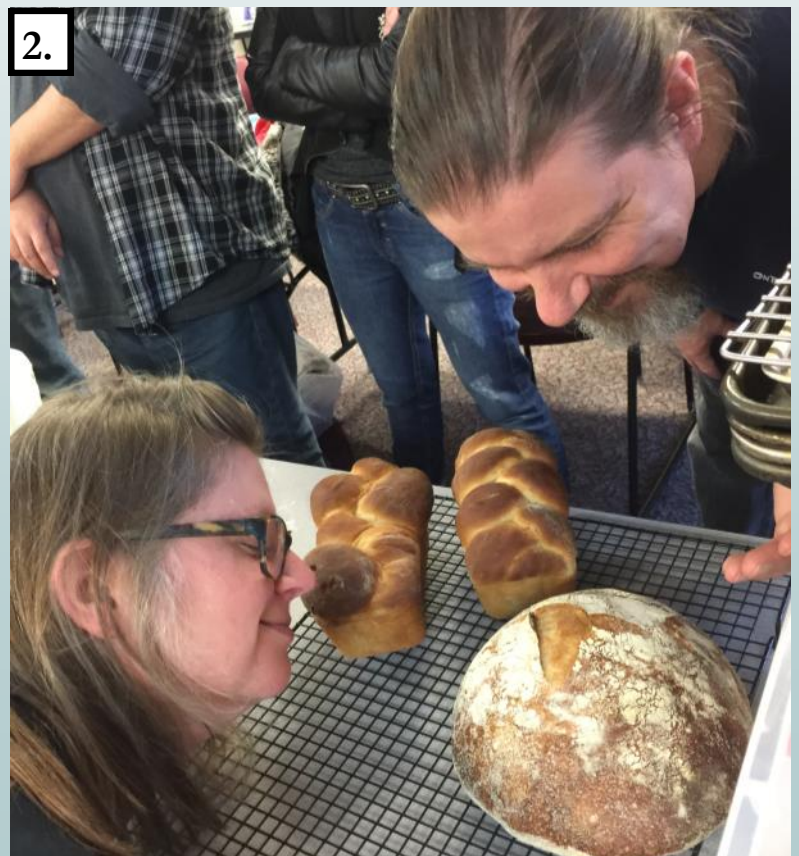
Gentyll manly Cokere (MS Pepys 1047, c.1500)



2.



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2.



2.



Food & cooking Workshop on March 3

Lady Charis teaching Basic Cheese Making





Chamberlain Needed

Our current Chamberlain, **Lord Jonathan Miles**, is also our Baronial Heir Apparent.

Lord Jonathan needs to find a deputy Chamberlain to train and take over the office as soon as possible.

Please contact our Chamberlain, Lord Jonathan, at jonathanbayles@gmail.com

The office duties are as follows (from Lord Jonathan):

- Maintain a time line of swamp events where gear from the locker will be needed.
- Speak with the autocrats, martial-ate, and other activity organizers prior to the event to determine what they will need.
- Set the expectations of how the gear will be moved to and from the event in plain terms. If you are moving it, commit to that. If they are moving it, let them know where and when to show up, and what kind of vehicle to bring. There is no requirement to move the actual gear, and remember that moving things is easy; being a good and accountable facilitator is the key strategy.
- Either bring or facilitate the transport of the needed gear to the event in a timely fashion, and see the gear safely home at the conclusion of the event. Again, do not be afraid to ask for help, no one expects you to move all the gear by yourself.
- Inform the officers of the Barony when anything is not returned, lost, or damaged.
- Respond to the monthly report emails from the officers' list with anything relevant to the gear, its status, or needs for new gear.
- Attend monthly business meetings and offer your vote and experience to the Baronial processes.
- Graciously receive any donations to the Barony and place into storage, thank donors sincerely.
- The most important part of the job, to my mind, is to give everyone a sense of confidence that the gear will be onsite and on time.



Webmaster Needed

The Swamp needs a new **Web Master** to maintain our Baronial webpages.

Lord Dalec Bolotnikov has maintained the Swamp web pages for many years. It is time for another to take up the roll of Web Master.

Please contact our Seneschale, Lady Judith - mcmendelsohn@optimum.net

The East Kingdom has established an unofficial standard design, preferably in WordPress and offers some help pages and assistance. One possibility would be to redesign the Barony page in WordPress to comply with the Kingdom preferences.

<http://helpdesk.eastkingdom.org/>

Lord Dalek described the current Barony Webpage as follows:

The Barony of Settmour Swamp website (<http://settmourswamp.eastkingdom.org/>) does not completely comply with the East Kingdom suggested standard design. A step was taken to get there, but the standardization is not complete. For example, instead of hundreds of individual pages, there are things like header and footer pages, and arrays designed to hold some data.

Required Skills: proficiency with **html5**, novice understanding of **php**

Chronicler Notes

The March issue of the Mudpuppy is dedicated to the four upcoming events, Mudthaw, BGI, Spring Crown Tourney, and QUEST.

I have offered to update the calendar on the Barony webpage. Awaiting a warrant as a deputy webminister.

Please note the need for new officers and consider volunteering to help organize and run our Barony.

I am seeking a **deputy chronicler**. If you would like to learn how to be a snoopy reporter, a nitpicky editor, and develop skills with MS Publisher, this is your opportunity! Please let me know if you would like to help with

any aspect of the Mudpuppy.

Feel free to contact me with ideas for an article. I am happy to help.

Baroness Ursula of North Woods,

[Chronicler](#)

I see the newsletter as capturing the history of the Barony of Settmour Swamp. By comparison, FaceBook is like a cocktail party where chaotic information floats rapidly by and can't be found a week later. We are after all a history group. **The newsletter captures the HISTORY of**



Note: all artwork, photos and creative articles are used with permission. Each item is marked with a number. The numbers refer to the list of contributors which is shown on the last page of this issue.



Did You Know:

By Ursula of North Woods

The **East Kingdom Calendar**

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

Public Domain Review

<http://publicdomainreview.org/>

The PUBLIC DOMAIN *REVIEW*

A project of the Open Knowledge Foundation

Essays

Conjectures

Collections

Shop

The PDR Press

Donate

About

SEARCH RESULTS FOR "MEDIEVAL FOOD"

13.

medieval food

Search

...or BROWSE BY TAG



Bugs and Beasts Before the Law

...d a street salesman has been charged with manslaughter. Prosecutors in Taipei, Taiwan said 21-year-old Ho Yu-Mei was responsible for the death of the food ... Continued



When Chocolate was Medicine: Colmenero, Wadsworth, and Dufour

...e (1746), a translation into English by Dr Robert James of a work by Simon Paulli originally published in 1661. Further Reading Chocolate in History: ... Continued



The Other Lives of Adam and Eve

...very first images depicting these episodes of the Life of Adam and Eve. Just another piece of proof that every book of hours conceals a ... Continued



Moonlight and Six Feet of Romance: Dan Carter Beard's Foray into Fiction

...e. In case readers were not entirely sure that Twain was criticising the 19th century and not just the 6th, Beard reverses the time travel ... Continued

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>



Ursula, Pete & Orlando Designed Settmour Swamp Tee-shirt

Interested in ordering a "BARONY OF SETTMOUR SWAMP" tee-shirt? Then just call the toll free number below to speak to a **CustomInk** Sales Associate to place your order: **800-293-4232**

Call CustomInk and reference the previous order number **7397591**. The sales associate will then place your order using your email account and preferred shipping address. CustomInk will require your credit card information as well as your billing address information to complete payment.

<http://www.customink.com>

Note: Two Designs are available: request either the "TREE" or the "TOWER" design. High resolution images of these designs are available in the April Mudpuppy.

http://settmourswamp.eastkingdom.org/mudpuppy/media/The_Mudpuppy_-_2016-04.pdf



Karin Jacobsdotter Designed a Settmour Swamp Mug



Karin Jacobsdotter designed a mug and a beer stein with Settmour Swamp logos. You may purchase one for yourself from **Zazzle**. Karin suggests you use a coupon code to reduce the price. Shipping costs can be reduced by ordering several at one time. All royalties will be donated to the Barony of Settmour Swamp.

<http://www.zazzle.com/mug-168521169520261667>



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 to 9:30 pm

Recommended Donation is \$5 to help offset the cost of the practice site.



Caterina's Arts & Sciences (A&S) and Calligraphy

Mistress Caterina Giaocchini (Kasia) is hosting

Arts and Sciences (A&S) get together on THIRD Fridays, at 7:00 pm

Calligraphy and Illumination (C&I) workshop FIRST Sundays, at 7:00 pm

55 Hillcrest Ave, Morristown, NJ 07960

917-968-9321

Bring whatever you are working on and come **chat and hang out** with others doing their thing.

Caterina



Nutley Heavey Weapons Fight Practice (photo by Ioannes)

The **heavy weapon practice**, Nutley, NJ.

Contact **Ögurr Aðalbrandarson**

marshal@settmourswamp.eastkingdom.org

Location:

Franklin Reformed Church,
45 Hillside Crescent
Nutley, NJ 07110

Day/Time:

Wednesdays 7:30 pm to 10:30 pm

Donation are welcome

to help offset the cost of the practice



Archery Practice (photos by Vivian De Dunbar)

Archery Practice is lead by Baron Thorlaeifr Hvitskegg each Sunday at the home of our Gracious Baroness Jehannine in Milford, NJ.

Contact Thorlaeifr with questions.

Location:

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Archery is suspended for the winter.

Practices may be announced If there is particularly good weather.



5.Photo by Vivian De Dunbar



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 (cell)	Invested March 2013 Expires March 2017
Seneschale	Lady Judith bas Rabbi Mendel seneschal@settmourswamp.eastkingdom.org (973) 214-5356	Elected November 2016 Expires November 2018
Sinking Tower Pursivant	Lady Ceara MacKieran herald@settmourswamp.eastkingdom.org	Elected November 2015 Expires November 2017
Knight Marshal	Ögurr Aðalbrandarson marshal@settmourswamp.eastkingdom.org	Elected March 2016 Expires March 2018
Exchequer	Lord Miles Boweman exchequer@settmourswamp.eastkingdom.org	Renewed November 2016 Expires November 2018
Chronicler	Baroness Ursula of North Woods chronicler@settmourswamp.eastkingdom.org	Renewed April 2016 Expires April 2018
Web Minister	VACANT webmaster@settmourswamp.eastkingdom.org	vacant
Mistress of A&S	Mistress Caterina Giaocchini moas@settmourswamp.eastkingdom.org.	Renewed December 2016 Expires December 2018
Mistress of The Lists (MoL)	Lady Lu An-Hua mol@settmourswamp.eastkingdom.org	Elected June 2015 Expires June 2017
Chatelaine	Lady Maerhild chatelaine@settmourswamp.eastkingdom.org	Elected March 2015 Expires March 2017
Marshal of Fence	Don Orlando Sforza fencing@settmourswamp.eastkingdom.org	Elected January 2016 Expires January 2018
Captain of Archers	Honorable Lord Thorlaeifr Hvitskegg archery@settmourswamp.eastkingdom.org (908) 406-0143 (No calls after 9pm)	Renewed December 2016 Expires December 2018
Chamberlain	Lord Jonathan Miles Chamberlain@settmourswamp.eastkingdom.org (908) 644 4599	Elected September 2015 Expires Baronial Investiture



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): Seneschale	Failenn Finn gryphonwald@settmourswamp.eastkingdom.org	Renewed March 9, 2016 Expires March 9, 2020



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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	Ögurr Aðalbrandarson marshal@settmourswamp.eas tkingdom.org	Other fight practices: Fighter Practice group at Yahoo!Groups; Donation are welcome to help offset the cost of the practice site.
Fighter Practice	Tuesday evenings 7:30 pm to 9:00 pm	Glen Gardner Youth Center 16 Hampton Rd Glen Gardner, NJ, 08826	Ögurr Aðalbrandarson marshal@settmourswamp.eas tkingdom.org	Also fencing and Arts& Science; suggested Donation are welcome to help offset the cost of the practice site.
Fencing Practice	Tuesday evenings 7:30 pm to 9:00 pm	Glen Gardner Youth Center 16 Hampton Rd Glen Gardner, NJ 08826	Orlando Sforza rapierdon@comcast.net (908) 850-8690 (No calls after 9pm)	Also heavy fighting and Arts& Science; Donation are welcome to help offset the cost of the practice site.
Archery Practice	Sundays 1:00 pm - 4:00 pm	Milford, NJ 310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848 908-319-0765 (cell)	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 908-319-0765 (cell)	Jehannine de Flandres baroness@settmourswamp.ea stkingdom.org Phillip the Facetious	Please email for directions.

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Art	Date/ Time	Location	Contact	Notes
Caterina (Kasia) A&S Thingy	THIRD Friday 7pm	55 Hillcrest Ave, Morristown, NJ 07960	Mistress Caterina (Kasia) mas@settmourswamp.eastkingdom.org 917-968-9321	Caterina announces meetings on the Swamp email list and on the Swamp Facebook page.
Caterina (Kasia) Calligraphy & Illumination	FIRST Sunday 7pm	55 Hillcrest Ave, Morristown, NJ 07960	Mistress Caterina (Kasia) mas@settmourswamp.eastkingdom.org 917-968-9321	Caterina announces meetings on the Swamp email list and on the Swamp Facebook page.
Archery	By Appointment	Pittstown, NJ	Elizabeth Hawkwood hawkwoode@gmail.com	Email Baroness Elizabeth Hawkwood 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](#)



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This is the **March, 2017** issue of the **Mudpuppy**, a publication of the **Barony of Settmour Swamp** of the Society for Creative Anachronism, Inc. (SCA, Inc.).

The **Mudpuppy** is available from:

Sandra Unger,
36 Terry Drive, Morristown
New Jersey 07960

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