



Myrtleholt
of The Kingdom An Tir

THE LEAFLETTE

The official newsletter of the Incipient Barony of Myrtle Holt • SEPTEMBER 2015 (AS)

THIS ISSUE

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Ancestral Remembrance Celebration (ARC) is Coming!

October 02, 2015 to October 04, 2015

For updated and current information, you can visit:

http://antir.sca.org/Upcoming/?Event_ID=3819

And

<https://www.facebook.com/events/671372162968552/>

Autocrat: [Andreana Sionnach](#)



The A.R.C. is a chance for the populous of the Summits to join us to gather and celebrate the lives of those within the Society that we knew personally who for one reason or another are no longer with us on our journey through life. Each year, the names of those SCAdian players of the Summits that have passed on are added to the Summits Memorial Scroll and their names are read out in our Remembrance Ceremony. In addition, family and friends are encouraged to bring mementos, regalia, or other artifacts of those passed on that were near and dear to them to be displayed at stations that surround the Town Square of our event, inviting the blessing of their spirits upon all the events of the Summits for the coming year.

A.R.C. is a day meant to be a celebration of life, full of fun and games, tourneys and competitions, and other such frivolities capped by a potluck feast, and finally an evening of bardic offerings commemorating our fallen friends. We pay special attention at this event to providing lots of entertaining activities aimed at pleasing the youths of our families at all ages. We want our SCAdian children to have an event that they really enjoy going to.



CALL FOR CONTENT

Email your Chronicler with ideas. Mail in a letter. Write the idea down on a napkin using colored pencils. Tie it to a pigeon's leg.

ARC continued...

We are proud to announce that in addition to our normal list of traditional activities, by category, we will be hosting two Summits Level Championships. This year's activities, by category, will be:

Heavy Fighting:

- Myrtle Holt Heavy Defender Championship
- Ronald Hawkwood Memorial Single-sword Tournament

Archery & Thrown Weapons

- Myrtle Holt 5th Annual Archery Championship
- Summits Captain of Eagles Archery Championship
- Archery Royal Rounds
- Atlatl Rounds
- Darts Rounds

Youth Armored Combat

- The 3rd annual YAC Castle Diablotin Defender Championship

Equestrian:

- Myrtle Holt 1st Annual Equestrian Championship -- Huntmaster of Myrtle Holt
- Sunday Pumpkin Shoot (equestrian archery)

Arts and Sciences:

- Bard of the Summits Championship
- Remembrance Bardic
- Classes (Further details coming soon)
- Garbology Competition
- Brewing Competition

Childrens activities: (Details coming Soon)

All age fun:

- Granny Grimm Kettle Toss
- Norse Trading Blanket

Gate Fees:

Adult-\$15
Youth-\$8
Child-Free
Family Cap-\$35
NMS-\$5

Formats for the Championships, Dirty Dozen Largess Competition, and the Harvest Potluck Feast will be available online.

Dayshade Challenge—Battle of the Biancos

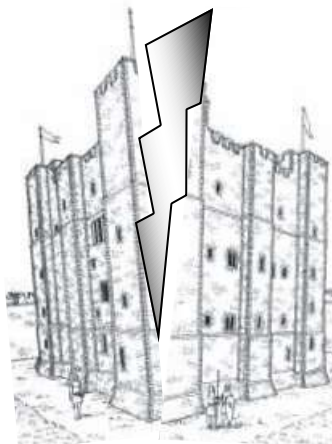
The Gull-Wing Party

Vicountess Jennet MacLachlan
of Loch Fyne, OP

Her Excellency proposes to raise funds to replace the current pavilion with a completely new gull-wing structure utilizing wooden support posts.

Progress to date:

\$112.12



The It's-Not-Dead-Yet Party

His Lordship David de
Rosier-Blanc

His Lordship, the Minister of Arts & Sciences, proposes to replace the support posts of the current pavilion, keep it, and recondition it.

Progress to date:

\$92.65

Call for Winter Investiture Feast Donations

It's important to note that every little bit helps and if someone wishes to donate anything, they do not have to donate the entire amount needed themselves. Also check on the ARC page on Facebook for donation updates. Preparation nights will be announced; Monique de Toulon and HL Alfric Thorfasson appreciate your assistance.

Dry Yeast

Rye Flour

White Flour

5lbs Steel cut oats

Butter (not margarine)

30lbs Ground Beef

Fennel Seed

30lbs Chicken

Honey

Balsamic vinegar

Dijon mustard

30lbs Pork Roasts

Eggs

Salt

Minced Garlic



A Note of Thanks

A newsletter is nothing, without contributions. I wish to thank everyone who has contributed to the content of *The Leaflette* during my first year of editorship. We have had folks who have written content, contributed article ideas, and offered photographs. We have also had folks in the Modern World who allowed us to share their ideas and website/blog content.

Also, to those of you who participated in the online survey, thank you for providing guidance on how I can improve *The Leaflette* for you in the coming year. It's an honor and a privilege to serve.

- Lady Nim, Chronicler

Vicountess Jennet MacLachlan of Loch Fyne
 HL David de Rosier-Blanc
 HL Keara Rylyn Buchanan
 HL Kirstianna Olesdottir
 HL Felicia of the TrueLayne
 L Tristan
 Petronella Lockeheart
 Viscountess Sumayya min Yibna, OP
 Sverre and Vicountess Telisia Brutusdottir
 HL Vestia Antonia Aurelia
 Lady Brynhildr Smidsdottir
 HL Rowan Spiritwalker, O.W.
 Monique de Toulon
 Lord Bjolan Bjornson
 Lochach Order of the Pelican.
 HL Rathyen de Bures of Acton
 Steve Sheldon
 & our friends in Glyn Dwfn

The Generosity of Myrtle Holt Populace

Some of the most recent additions to the Myrtle Holt largess....



Earrings, necklace, jeweled hairpins by
HL Rathyen de Bures of Acton



Peacock feathers by
*L Andreana Sionnach &
L Robert O'Neill*



Glass bead-topped straight pins by
HL Vestia Antonia Aurelia



Bead necklaces by
L Eric Liefson



At'latl by
Emer Andar

Epsom Salts

By Viscountess Jennet MacLachlan of Loch Fyne, OP

Many years ago I severely sprained my wrist when I stepped up onto a moss covered log. I was not sure if it was broken or not so went to our general practitioner at the time, Dr. Henry Meyer. He was pretty much an old timer and well into his seventies. Dr. Meyer told me it was sprained and that I should go home and soak it in Epsom salts. He assured me that it would heal in no time.

Well, did I listen, no. So when I returned to him as ordered four days later with a still extremely swollen and bruised wrist, Dr. Meyer looked at me and said: "You did not follow my orders. Why not?"

Well if truth be told, I did not believe him. Needless to say that I vehemently believe in the uses of Epsom salts today and follow Dr. Meyer's sound advice.

Uses of Epsom Salts:

Clean your bathroom tile grout. Mix Epsom salts in equal parts with dish soap, then rub it into the grout. I use a nail brush and it makes the grout clean and bright again.

Use Epsom Salts as a scourer for pots and pans. Scrub pan with Epsom salt and either a little lemon juice or just some warm water and rinse.

Do you want your windows to look frosty? Mix 2 cups boiling water with 1 cup Epsom salt and 3 Tablespoons of dish soap. Apply the mixture to your windows with a sponge and when it dries it will look like the middle of winter.



INTERIOR OF AN APOTHECARY'S SHOP.
Late XIV. or Early XV. Century. Flanders.
(From an Old Painting)



If your car battery is aging you can dissolve a small amount of Epsom salts in warm distilled water and add some of the paste to each battery cell. This will give your battery a longer life.

Do you get pestered by raccoons eating your dog food or opening your trash can? Then just take a few tablespoons of Epsom salts and spread it around.

Make your grass greener – Epsom salt, which adds needed magnesium and iron to your soil, may be the answer to your green lawn. Add 2 tablespoons to 1 gallon to water. Spread on your lawn with a garden sprayer and make sure it soaks into the grass.

Epsom salts increases production of peppers, tomatoes and other veggies. 1 teaspoon added to one gallon of water sprayed on your plants every 2 weeks, will amaze you.

Skin cleanser. To clean your face at night, mix a half teaspoon of Epsom salts with your regular cleansing cream. Just massage into skin and rinse with cold water. The Epsom salts cleans out the pores.

As a face mask just mix together: 1 Egg white, 1/2 tsp. pantothenic acid powder, 1 Teaspoon aloe vera gel, 1 tsp Epsom salts, 1 chopped up tomato and 2 drops thyme oil. Apply to face and leave on for 15 minutes. Wash the mixture off. This works really well on acne.

Epsom Salts makes a wonderfully soothing soak for feet. Add 1/2 cup of Epsom salts to a large pan of warm water. Soak feet for as long as the water is warm. Rinse and dry. This remedy also helps with foot fungus, like athlete's foot.

Epsom Salts (Cont...)

Massage handfuls of Epsom salt over your wet skin. This acts as a wonderful exfoliant.

Epsom salts soaks up excess oil from your hair. If you have overly oily hair just add Epsom salts to your shampoo “for oily hair”. Rub about one tablespoon of the mixture into your hair when dry and rinse with cold water.

Pour lemon juice or organic apple cider vinegar through your hair and leave it on for about 5-10 minutes, then rinse well.

Combine equal parts of deep conditioner and Epsom salts. Heat the mixture in a microwave or on the stove and massage the warm mixture through your hair. Leave on for 20 minutes then rinse. This will add volume to even the finest hair.

Soak sprains and bruises – Epsom salts will reduce the swelling of sprains and bruises. You will notice that your injury looks more bruised immediately because the Epsom salts draws out the bruising but makes healing much faster. Add some Epsom salts to a warm bath and soak immediately after the injury occurs and then two to three times a day for the first three days.

Soaking splinters in Epsom salts mixed in water will draw out the splinter. The splinter will move to the surface of the skin and will be easier to remove.

Use Epsom Salts to get rid of blackheads. Mix 1 teaspoon of Epsom salts with 2 drops of iodine in 1/2 cup boiling water. Allow the mixture to cool to the touch and apply to clean skin with a damp cotton ball concentrating on the blackhead area. Repeat this three to four times, reheating the solution if it cools too much. This will expand the pore and allow you to gently remove the blackhead. Never squeeze the skin around a blackhead without opening the pore first because you can cause burst veins. After you are done dab the area with an alcohol based astringent to close the pore again.

Use Epsom Salts for a system cleansing. This is especially useful if you suffer from constipation. Epsom Salts does not taste very good, it is extremely bitter so place a teaspoon full into your hand. Have a large glass of water ready. Throw the Epsom salts into the back of your mouth and swallow with water as quickly as possible.

Drink all the water and follow up with water throughout the day.

Nothing draws out stress like bath salts. Make your own bath salts by mixing a small bag of Epsom salts together with some drops of your favorite essential oil. Store in a glass jar and use 3 times a week for maximum benefit.



Epsom Salts is great for use on mosquito bites, bee stings, mild sunburn and poison ivy. Soak a washcloth in a solution of cold water and Epsom salts and apply to the affected area as often as needed to relieve symptoms.

Three teaspoons of Epsom salts in a basin of hot water (as hot as you can stand) will relieve the aches of rheumatism, gout and arthritis. Soak until the water cools and repeat as needed.

Rinsing your face with a solution of Epsom salts and warm water can help heal cataracts, conjunctivitis, and sties.

Do you have a problem with snails in your garden...just sprinkle Epsom salts around and it will dry them out and kill them.

NOTE: you can make your own Epsom Salts... Just add 1/4 cup Epsom salts (magnesium sulfate) to 1/2 cup boiling water stir until it dissolves. Pour over sponge in shallow dish and place the dish in a warm sunny window spot. As the water evaporates your crystals will enlarge. Just be sure to check crystals and harvest them often so that you don't lose them.



For to Serve a Lord or How to Make a Feast Happen (Part 6)

By *HL Felicia of the True Layne*

Don't panic if you get asked to be "the hall steward". Just as I wrote before, we all learn from experience. We learn what is important and what need not be worried about at all. Sometimes the royalty or the autocrats (event stewards) have announcements to make during feast. Sometimes impromptu courts are held during dinner and prizes given and guests honored. The hall steward should learn this before dinner is served, but in this case he mustn't rely on the chef for this information. The herald in charge and the autocrat (event steward) should know this. If you have volunteered to be the Hall Steward, be sure to introduce yourself to these people as soon as you can. Keep a small notebook on your person so that you can write down some of the more important details. Mainly that works by itself as a memory tool so that the notebook doesn't need to be present on the dining floor proper during dinner. I've seen steward's using ornate clipboards when things are going to get really complicated. The steward should be a good "people" handler and identifier, but know when conversation is appropriate to doing his job.

As a chef, try to have a hall steward (Major-Domo) selected and trained before you get to the site, if you can. The sooner the steward can get a look at everything the smoother the service should be. I've seen stewards that choose their own servers the afternoon of the feast from volunteers. While I was flying preparing dinner, he held the sign up sheet, dispensed the livery, and walked them through the kitchen and serving area as he trained them for me! We were serving a three course twelve-dish feast for 275 people and three sotelties for the head table. The steward I had originally selected had a heart attack on the way to the site. (He survived it, thank heavens, but was hospitalized for a time.) The steward in the rest of this tale was a last minute volunteer replacement serving at a Coronation feast! While hectic and harried hardly covers the situation in the kitchen at an event that large, everything came off without a hitch, except for one soteltie. (Baroness Katherine was the autocrat (event steward) so was up to her hocks in duties and details (I think she'd also been made Kingdom Seneschale at that event.) without having to be the hall steward also!)



The meat loaf rabbit covered with mashed potatoes as fur (instead of the pearl barley I had originally planned) with olives for eyes and piercing arrow soteltie had been filled with ketchup. The intention was that when the arrow was removed ketchup would ooze out. Well apparently the meat loaf had soaked up the ketchup and the self-proclaimed "Meat and Potatoes King" wanted more. The hungry Sovereign appointed a quest to 5 newly belted squires. Right in the middle of doling the second course and instructing the impromptu steward on what goes next in what order, they somehow got past him and trampled their way all over the kitchen demanding ketchup at the top of their lungs. Ever try to remember where something as insignificant as a single bottle of ketchup is in an enormous industrial kitchen with a 12-foot walk-in cooler, matching freezer and pantry while plating up dinner for nearly 300 people? Through gritted teeth that I hoped passed as a benevolent long-suffering smile, and holding back obscenities that would make Gordon Ramsay blush, I sent them to the walk-in cooler and the pantry. They emerged three minutes later.



Last Call

Glyn Dwfn's Archery Practices are held every 2nd and 4th Sunday at Fenwald Farm in Shady Cove
 Summer Schedule: 3pm-Dark — Winter Schedule: 1pm-Dusk

Check the Myrtle Holt FB page for fighter practices dates and times

Welcome to our newest member, Rachel! Ethan and Ian, do come play with us and enter your creation into the ARC Garbology competition!

Next Business Meeting

ATTENTION: CHANGE OF WEEKDAY & TIME!

October's meeting will be held at ARC (October 2-4) —Exact day/time will be announced online.

Officer Excerpts

Reminder: Sign in sheets are required at all events, big and small.

MOAS: A&S continues at Vesta's on Tuesdays—Site tokens and largess pouches

Chatelain: Will be working on new business cards, is essentially Myrtle Holt's PR contact.

Marshall: Practices are continuing throughout the tourney season. Check online for times & locations.

Chronicler: Thanks to everyone who is sending in suggestions/articles. Send more stuff.

More detailed Officer Reports are posted in the Meeting Minutes.

Looking Forward

ARC October 2015

Autocrat: Lady Andreana Sionnach (Andrea)
 Feast Team: Needed!

Investiture December 11-12, 2015

Autocrat Team: L Brynhildr Smidsdottir (Megan) &
 Viscountess Jennet MacLachlan of Loch Fyne, OP (Janet)
 Feast Team: Monique de Toulon and HL Alfric Thorfasson
 Feast Assistant: Edward Target-Cleaver (Benjamin)

Hogmanay January 2016

Autocrat: HL Brian Buchanan (Brian)
 Highland Games Steward: L Bowen Doyle (Albert)
 Feastocrat: HL Keara Rylyn Buchanan (Loree)



Calendar

September

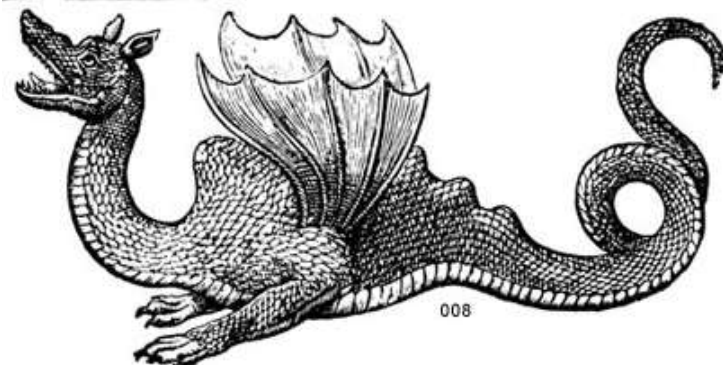
Dates	Event	Branch Locations
04 - 07	   September Crown Tournament	Barony of Glymm Mere
11 - 13	Acorn War XXVI	Shire of Mountain Edge
11 - 13	Banner War	Barony of Aquaterra
11 - 13	Border War	Shire of Pendale
11 - 13	Odin's Play Ground	Shire of Lionsdale
12	Autumn Celebration	Shire of Cold Keep
12 - 13	Tides Turning	Shire of Fjordland
18 - 20	Championship and War in Hartwood	Shire of Hartwood
18 - 20	Dregate Revel	Shire of Dregate
18 - 20	Emprise of the Black Lion XIV	Barony of Madrone
18 - 20	Kaldorness A&S Workshop Weekend	Canton of Kaldor Ness
18 - 20	Lord Defender and Last Chance	Barony of Blatha An Oir
18 - 20	Summer's End 2015	Shire of Krakafjord
18 - 20	 Summits Fall Coronet	Shire of Glyn Dwn
25 - 27	Bows & Blades	Barony of Vulcanfeldt
25 - 27	Feast or Famine	Shire of Druim Doineann
25 - 27	Tymberhavene Birthday Bash	Shire of Tymberhavene
26	Arts Unframed	Barony of Wyewood
26	Tir Righ A&S and Bardic Championship	Barony of Seagirt
28	A Night Along the River Tweed	Barony of Madrone



Calendar

October

Dates	Event	<u>Branch Locations</u>
02 - 04	Ancestral Remembrance Celebration	Shire of Myrtle Holt
02 - 04	K Q Barons Ball	Barony of Wastekeep
02 - 04	Sergeant's Trials	Barony of Blatha An Oir
03	Baronial Banquet	Barony of Lions Gate
03 - 04	Danescombe Academy	Shire of Danescombe
03	Forest Champion's Tournament & Bent Bodkin (Event's Web Site)	Shire of Coill Mhor
09 - 12	Q Tournament of the Golden Swan	Shire of Appledore
10	Amergin's Return	Barony of Adiantum
10	Honour Feast	Barony of Three Mountains
10 - 11	Kingdom Heraldic and Scribal Symposium	Barony of Wastekeep
16 - 18	Fall Equinox (Event's Web Site)	College of Cranehaven
17	Baronial Banquet	Barony of Madrone
17	Boar's Head Hunt and German Tavern Night	Barony of Dragon's Mist
17	Fall Masked Ball	Barony of Seagirt
17	Feast of St. Crispin	Shire of Tir Bannog
17 - 18	Freeze Off	Shire of Ramsgaard
17	October Feast	Barony of Wealdsmere
23 - 25	K Q Tir Righ November Coronet Tournament	Principality of Tir Righ
24	Harvest Feast	Barony of Blatha An Oir
24	Pre-Hibernation Feast Bites	Canton of Bearwood
24	Samhain	Shire of Glyn Dwfn
24	St. Crispins Day (Event's Web Site)	Shire of Mountain Edge



Myrtle Holt Officers



SENESCHAL

Lady Brynhildr Smidsdottir
(Megan Blattel)



ARTS & SCIENCES

HL David de Rosier-Blanc
(David Bianco)



GOLD KEY

Constance Campbell
(Christina Hager)



SCRIBE

HL Keara Rylyn Buchanan
(Loree Day)



HERALD

Lord Bjolan Bjornson
(Rev. James A. Otto Sr.)



HEAVY MARSHAL

Bowen Doyle
(Albert Wessels)



WEBMINISTER

Lord Thorlof Anarson
(Josh Plater)



EXCHEQUER

HL Caterine Mitchell
(Kattie Cole)



CHRONICLER

Lady Nim
(Sarah Givens)



DEPUTY GOLD KEY

Alina MacMurrich
(Amanda C. Cowin)



CHATELAIN

Lord Uilliam (Liam) Mag Duibhfhinn
(Morris Givens)



HERALD IN TRAINING

Eric Liefson
(Glenn Allen)



TARGET ARCHERY MARSHAL

Lord Uilliam (Liam) Mag Duibhfhinn
(Morris Givens)



EQUESTRIAN MARSHAL

HL Robert Buffle
(Robert Chism)

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