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Captain of the Baronial Missileers: Lord Tiama Cormac an Faldubh, lrdcormac@charter.net

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Baronial Regnum

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Greetings unto the populace of Nottingham Coill. I hope this month's Quill finds all of you in good health and getting back into the swing of eventing season.

I apologize for the delay in getting The Quill out this month. The deadline for submissions snuck up on me as I was preparing to attend Sacred Stone's Novice Tournament. I encourage all who did not attend this, or last year's, Novice Tourney to attend next year's tournament. Baron Achbar ibn Ali puts on an amazing event which is not limited to novice fighters. As always, Sacred Stone provided an excellent event with merry-making a plenty.

Please continue to send in any articles, letters, updates from your cantons, et cetera for inclusion in The Quill. This newsletter belongs to the entire Barony and as such should reflect its diversity.

In Service to the Barony,
Etaoin Campbell

Warmest wishes of a joyful and not too damp spring.

We invite you to join us in Hidden Mountain at the end of this month for the Tourney of Lyons. Our Neighbors have worked very hard to make this a day to remember. We have requested field space for our gallery and if approved, we invite you to partake of our shade (first come, first serve). We will send out further notification of our field presence as soon as we have confirmation of space. For those interested, come join us in support of Green and Gold and let's make a grand showing for Best Field Presence! In addition, we wish to invite all of the barony to an afternoon open-house under the gallery. Please stop by and say hello.

Our second baronial fighter practice will be April 17th and we hope to have an even better crowd. Etaoin will be posting additional details soon. In the last letter, we announced a Baronial meeting at the practice, however this will be postponed until the May practice.

We wish to invite you to the first ever KnotWorks on May 7th from 11 until 5 in Greenville (directions forthcoming). This will be a series of A&S activities in which the entire barony can participate. Our first project will be banner painting. We will provide the banners (2'x5'), paints, and image ideas. For more information, please check out the website at <http://schc.sc.edu/william/knotworks/>.

Yours in service,
William and Julian
Baron and Baroness

April 16 – Tournament of Chivalry, NC
April 17 – Baronial Fighter Practice, Newberry, SC
April 30 – Tourney of Lyons, Cordesville, SC
May 7 – KnotWorks, Greenville, SC
May 15 – Baronial Fighter Practice, Newberry, SC
May 20-22 – Feast of St. Catherine, Falcon Cree

The Surgeon's Corner

Summer in the South does not wait for the calendar, but often arrives in early April. As I write this, the month is only 5 days old, but the daytime temperature already reads 83°. Many good things are associated with heat: the warmth of your smile, a hot time in the old town tonight, it's summertime and the livin' is easy. But did you know that, according to the Centers for Disease Control, between 1979 and 1999 nearly 10,000 people died from heat-related causes? This is more than died from hurricanes, lightning, tornadoes, floods and earthquakes combined.

In truth, it doesn't even have to be very warm or hot outside to cause heat-related problems. Children, the elderly and persons with certain medical conditions (heart disease among them) are at the greatest risk for heat-related illness and death.

Drinking alcohol, taking medications that reduce the body's ability to regulate its temperature or that inhibit perspiration, and participating in strenuous outdoor physical activities in hot weather also increase your risk. The risk is even higher if you're wearing 40+ pounds of steel and leather armor, or 4-layers-thick doublets! Lack of physical fitness (primarily lack of cardiovascular fitness or the carrying of

excess body weight) is another significant contributor: one fighter practice a week does not make you fit.

The body will try everything possible to keep the vital organs cool: sweating, to rid you of extra heat; increased respiration, to breathe in cooler air; and increased blood circulation, to move cooler blood from the lungs throughout the body. But these benefits are not without their costs. Increased sweating can lead to overall dehydration or loss of body fluids. When your body loses fluids it will not be able to cool off as easily, and you will have less blood volume to help the body cool itself and get rid of excess heat generated by muscles doing work. You will also lose salt (both sodium and potassium). These electrolytes are needed to remove built-up waste products (such as lactic acid) in the muscles. As salt and fluids are lost, you begin to feel badly. BUT - - you still may not feel thirsty! Contrary to popular belief, thirst actually is a late, not an early, sign of insufficient hydration.

So, how does insufficient hydration make itself known? Here are some of the signs and symptoms from less to more severe.

- Headache;
- Lightheadedness or dizziness, especially after a change of position;
- Painful muscle spasms or cramps. These typically occur after work has been completed or at the end of the day;
- Generalized weakness;
- Staggering gait or difficulty in walking;
- Pale or muddy complexion
- Rapid steady pulse, even after exertion has stopped;
- Low blood pressure;
- Nausea;
- Hot, dry, usually red, skin; sweating has stopped;
- Disorientation or confusion;
- Convulsions;
- Delirium;
- Death.

Now that you know what can happen, what can you do to avoid it?

- First and foremost, get to know your friendly neighborhood waterbearer or chirurgeon. If he or she offers you some water, take it! Too often, when I've asked people if they've had anything to drink lately, they point to a tankard sitting lonely and full under a pavilion. Water in the tankard does you no good. It benefits you only when that liquid is transferred from the tankard to your insides. Drink early and drink often! It's almost impossible to drink too much water. If you haven't been

to a porta-castle in the past hour or two, you aren't drinking enough. Your urine should be the color of lemonade, not strong tea.

-- When you stop to rest between activities, lie on the ground in a shady spot and prop your feet up on a chair seat or chest. This will keep the blood from pooling in your lower extremities and making you dizzy or faint when you stand up again.

-- If you know you are going to be engaging in strenuous work or prolonged periods out in the heat, restrict your food intake beforehand to light meals such as salads. Heavy sauces, fatty meats and high carbohydrate meals take more time to digest. The circulatory system will be focused more on digestion and moving nutrients through your system, and less on keeping the body cool and providing oxygen to working muscles.

-- Be a friend: keep an eye on those around you, even if (especially if) they're trying to hit you with a sword or run you through with a rapier. If you know your opponent at all well, you'll come to know how he or she behaves under heat stress.

-- There is no dishonor or discourtesy in admitting when your body has had enough. There is much discourtesy in bringing activities to a halt simply because you didn't have the common sense or decency to admit you'd reached your limits. I would rather be ribbed for pulling out and sitting down than suffer the 'inconvenience' of having to be hospitalized or buried. P.S. When I was an athletic trainer many years ago, a college football player died of heat stroke during the first practice of the season in full pads. He was young and in peak physical condition. He felt, however, that it was a sign of weakness to have something to drink at every break. He paid for that belief with his life. So when I ask you about your fluid intake or teasingly chide you into having some more water, please understand that I do care about you enough even to be considered somewhat of a pest. I don't ever want to go through another incident like that one. Nor does your next-of-kin.

Yours in service to the continued good health of The Dream,
Morwenna Treveathan

News from the Canton of St. Georges

Sent in from Lady Alexandra Scott

Youth Combat Authorizations from St. Georges ~

Several of the Youth from the Canton of St. Georges are now actively participating in Atlantia's new Youth Combat program. Miladies Isabelle de Leon and Victoria Morton de Northumberland and Young James of Clann Lochlan were authorized at

Gulf Wars in March. Though they were unable to fight at Gulf Wars due to armor shortages, they did get a chance to watch the other Youth fighters from across the kingdoms fight in a fort battle. They brought stories and excitement back to the Canton.

Upon returning to our fair lands, progress began in making armor and weapons for the three, newly-authorized fighters. Enthusiasm brought two more "would-be" fighters to the table and the newcomers became St. Georges' newest blue card members. The Wamsley family of four (SCA names to be determined) were quick to join the armoring circle and accompany the Youth troupe to Sacred Stone for the Youth Combat tournament. Milady Madeline (Wamsley) authorized in Youth Division One, THEN, Youth Division Two. Milady Victoria also moved up to Division Two. All in all, St. Georges has four authorized fighters -- all Division Two.

Happenings Around the Barony

These are just some of the activities happening around the Barony on a regular basis. If you are interested in any of these activities, contact the Canton seneschal, whose information is listed earlier with the Baronial Regnum.

Business Meetings

1st Tuesday Falcon Cree, Symmes Branch Library, Greenville, SC

2nd Tuesday St. Georges, Central Branch Library, Central, SC

3rd Wednesday Cyddlain Downs, Shoneys on Busch River Rd. Columbia, SC

4th Sunday Canton of Ritterwald, rotating location, please contact canton seneschal as listed with Baronial Regnum

Martial Activities

Sunday, April 17, Baronial Fighter Practice, Newberry Middle School, contact

Etaoin Campell at lyndasty@gmail.com for details.

Every Sun. Fighter Practice, 2-5 pm, Cleveland Park, Greenville, SC

Every Tuesday Fighter Practice, 6:00 Rapier, 6:30 Heavy, Riverfront Park

Columbia, SC

Every Tuesday Fighter Practice at Clemson Park, 7:00-8:30pm.

Archery Practice

Falcon Cree: Contact Tiarna Cormac an Faoldubh archery@falconcree.org for more info

Ritterwald: 2nd Sunday of each and every month, Torsguard, in Williston, SC. There will be a pot luck supper. Contact Lord Torr Olafsson at (803) 266-2162, or at torsguard@yahoo.com.

Cavalry Practice:

Ritterwald: 3rd Sunday of each and every month, from 10:00am to 4:00pm, with pot luck luncheon break. All fighter disciplines are welcome as well, and there will be workshop projects for anyone else. Fee \$5.00 per person. Contact Baroness Beatrice von Staufen at (803) 593-6512, or at baronessbeatrice@hotmail.com.

Other Activities

2nd Tuesday Calligraphy Night, 7pm Lady Muirgheal and Lord Cormac's Home, Greenville, SC

4th Sunday, Dance Practice, Church of the Cross Episcopal. Contact Baroness Julian for directions. Columbia, SC

2nd Thursday A&S Night, 7pm, changing locations contact Falcon Cree's seneschal, Greenville, SC

Workshops have been slated for any who choose to attend, at Torsguard, concurrent with the planned Archery Practice on the 2nd Sunday of each and every month, beginning on February 12. It is our hope that all Canton members will join us, whether to Arch or to enjoy our fellowship and learning sessions. A potluck luncheon is planned and your participation is encouraged. We are scheduling workshops on the matters of Device Design and Creation, Canton Banners, Sewing a Cotehardie, etc. Should you have particular subject you would like for us to offer, please contact the Canton Minister of Arts and Sciences, Desideria Liberati di Norcia (Patricia della Piana) at (803) 266-5828; patdellapiana@yahoo.com.