



# STORMSCROLL

Monthly Newsletter of the Barony of Stormhold

April AS LIX (CE 2025)



<sup>1</sup> Detail of insects and two hares from the Cocharelli codex, Italy, N. W. (Genoa); c. 1330 - c. 1340, [Add MS 28841](#), f. 6v



## CALENDAR

### APRIL

16th-21st \* Rowany Festival

### MAY

1st \* Society New Year

4th \* Birthday Bash

24th-25th \* Autumn Coronation (Innilgard)

### EVENTS WANTED

Have you got a grand idea for an event to add to our calendar? Please speak with your Seneschal Lady Nicolette today!

Contact her on [seneschal@stormhold.lochac.sca.org](mailto:seneschal@stormhold.lochac.sca.org)



# ANNOUNCEMENTS

## BARONIAL REPORT

Greetings to the fine gentles of Stormhold!

A quieter month this March as compared to our February and much quieter than what we anticipate April to be (Festival is ACTUALLY two weeks away!!!).

We started the month with Monthly Bash, a small event with people still in recovery following High Tide 2. Nonetheless, we had a small armoured tournament. We also used the Monday night of the March long weekend to enjoy some sausages and other snacks as a group, and see the many and wonderful things one can purchase at a Twilight Market.

Her Excellency travelled far north to the Canton of Okewaite to observe the Crown Tournament. With two Stormhold fighters contending, we watched with bated breath as the gruelling round robin tournament came to a final, with Orlok Hanbal putting in yet another amazing effort but being defeated by Strategos Ariston, inspired by Hauptman Jochen Schwalbe. Long live the Princes of Lochac!

Training at the Monday night Crafhall has continued to be very well attended by our armoured combatants, though our fencing combatants have seen a drop off of late. Even Baron Leif has been seen (mostly) in armour and rumour has it he may even reauthorise soon!

The month was rounded out by the annual Chess Challenge between Stormhold and Krae Glas. While Baron Jon put in an exceptional effort winning both the armoured and fencing tournaments, the actual Chess Challenge was won by Orlok Hanbal for Stormhold! And excellent day with much fun had by all.

We look forward to what April brings, with many heading to away for the Rowany Festival. There will be no April Monthly Bash as there are too many tents to repair and bags to pack, but after Festival we'll be back with our bows ready for Archery training!

YiS

Eleanora, Baroness

Leif, Baron

## **BIRTHDAY BASH**

The SCA is turning 60! Your humble Chronicler has it on good authority that this May's Monthly Bash shall be a birthday party to celebrate the 60th year of the SCA. Cake and party favours will be supplied.

The Arts and Sciences competition theme is 'Birthdays', and there will be a potluck picnic lunch as well as Armoured Combat and Rapier tournaments.

### **Timetable:**

10am ★ setup

11am ★ court

11.30am ★ heavy tournament

12.30pm ★ lunch and cake

1pm fencing ★ tournament

As this event is in the state of Victoria, please remember that anyone carrying or using any kind of sword in the state - including visitors - must carry proof that they completed the Victorian weapons exemption application process with the SCA Ltd Registrar - see <https://sca.org.au/victorian-weapons-legislation/> for detailed information.

## **CALL FOR SUBMISSIONS**

Your Chronicler is in search of articles!

Are you working on something cool? Wayfared somewhere new? Want to share tips and tricks for the tournament field? Or maybe you encountered a dragon and want to tell us all about it? Now is your chance! Please reach out to me (Bastian Dandelyon) via [email](#) to talk about how you would like your submission presented!



## NACHRONISM CORNER

Yes, we are the Society for Creative Anachronisms. Occasionally your Chronicler likes to consult with their trusted sources and set the record wrong about a few historical matters. This month's Anachronism is brought to you by:

### Don Quixote

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Alonso Quijano was a 16<sup>th</sup> century hidalgo (the lowest rank of the nobility). His eventual descent into madness was partly due to the curious Continental idea that those born into nobility were excused all forms of actual work; but was unquestionably the result of the local wine.

La Mancha is famous for its red wines, despite being situated in the arid central massif of Spain. Wine buffs speak of the grilled toast overtones of La Mancha's vintages. At the time, a villainous brand of sherry called *agua de locura* was made from the actual toast.

After imbibing a bottle of this nefarious liquor, it is said that your legs would become paralysed, your teeth would wander off by themselves, and your head appeared to detach itself and float up to the ceiling. A special order of monks called *Las Castigadoras* was formed to treat the victims of this wine, usually with fresh vegetables and flagellation with lettuce leaves.

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<sup>2</sup> *Windmill. Flemish 1338-44 detail. Bodl.264*

Alonso's subsequent chivalric self-delusions were described in Miguel de Cervantes' famous novel Don Quixote. The subtle change from Quijano to Quixote was an invention of Cervantes: since the Catalan word cuixot means a horse's backside. Quixote is described as elevating a peasant girl into the noble (but unattainable) Dulcinea, tilting at windmills thinking they were giants, and mistaking a barber's basin for the legendary helmet of Mambrino.

Quijano did far more than that. So far as we can gather, Sancho Panza was real, and rescued his master from a number of imbroglios. Quijano once took on a posse of card-sharps under the impression that they were an assembly of vampires. He attempted to impale them with a sharpened stake and stabbed himself right in the gambeson. Sancho managed to remove him from the tavern by explaining that his master imagined that he was a giant rabbit sent to punish sinners, which amused the inmates enough to allow him to leave. On another occasion he fought against a small army of huge white goats visible only to himself, and managed to knock himself unconscious with a wild, savage swing of his sword.

Sancho eventually persuaded his master to give up agua de locura and settle down to being a moderately responsible householder. His niece shortly afterwards ran off with a passing vintner, and they settled down and lived happily ever after in Barcelona: a place as far away as possible from La Mancha without leaving the country.

© Dafydd of the Glens



## ERBALISM

This month your Chronicler is pleased to introduce an essay on *Laurus Nobilis* (also known as Bay Laurel, Sweet Bay or Grecian Laurel), its uses and myths, written by Luise Schloss of The Norge.

### **Laurus Nobilis**

*A crown of bay good fortune brings / to poets, cooks, scholars and kings*

- *Caroline Dille & Susan Belsinger*

Many people, were they to be asked, would more than likely associate bay with fishing the leaves out of a flavoursome stew prior to consumption or as the decorative headwear bestowed upon such ancient VIPs as chariot-riding military types and well-oiled, scantily clad athletes.

And, given this handsome, evergreen Mediterranean native's symbolic links with victory, they'd be correct on both viewpoints.

However this innocuous plant with the subtly fragrant, fashionable foliage, has a long folkloric and medicinal history and, in recent times, has proven to be a source of an astonishing range of vitamins, trace elements and organic compounds, many of which can be very easily incorporated into our daily lives to help maximise numerous aspects of health.

So let us discover some of the myths, malarkey and medicine of this plant ally – in both medieval and modern times.

### **MYTHOLOGY**

In the Classical era, the Laurel tree was associated with the god Apollo - he of sun, truth, prophecy, poetry, music, eternal youth, healing and, for the purposes of this creation myth, lechery – and was widely worshipped in both Greek and Roman culture.

In the story, Apollo was pursuing a tree dryad called Daphne, who, in a desperate bid to avoid his satyric advances, cried out to her father, a river god, for aid and was subsequently turned into a laurel tree. Apollo was reportedly so infatuated by the poetic beauty of her floral form that, in his possessive drive, he declared the tree sacred to all aspects of himself. Thus, as the god of poetry, it became the practise that winners of poetic competitions were crowned with a garland of laurel leaves. The term 'Poets laureate', a title that represented the highest recognition of their abilities and contribution to the art, helped secure the image of a garland of bay leaves as an emblem of achievement and distinction. And, by gracing the brows of many a victorious statesman and general, this symbolism with victory has further perpetuated the laurel's importance throughout the centuries.

### **MALARKEY**

From Roman times and throughout the Middle Ages, bay leaves were thought capable of preventing all manner of disasters - both natural and manmade - including protection against poisoners, accidents, conspirators and malicious lightning strikes. They were often planted outside of buildings and leaves were frequently carried by travellers for luck on their journey. Standing under a bay tree would stop a wizard from following you and the leaves were used in divination rituals to attract or foretell love as well as impel romantically wayward husbands to return to hearth and home. And, due to Christian associations with resurrection and eternal life, garlands of bay leaves have been used for centuries as part of floral decorations at weddings and funerals, a possible echo of Apollo's divine governance over eternal youth.

Bay leaves were also popular as an insecticide during the Middle Ages, used to keep moths and weevils at bay... pun absolutely intended... due to the high levels of lauric acid that they contain, as well as being heavily utilised in stocks and sauces, especially during the renaissance period, one medieval practice that thankfully never ceased.

### **MEDICINE**

But what about all those supposedly amazing health benefits mentioned about 500 words ago?

Well, the compounds hidden in the leaves include Vitamins A, B6 and C, calcium, iron, magnesium, manganese, potassium and zinc plus tannins, flavonoids, alkaloids, eugenol, flavones AND a bucket load of "antis" including -inflammatory, -diabetic, -spasmodic, -microbial, -bacterial, -oxidant, -viral, -fungal and -carcinogenic.



Depending on the method of administration, bay has been found - amongst a myriad of other uses - to have analgesic properties, as well as aid the overall improvement of skin and hair health. It can assist with immunity, help regulate diabetic and cholesterol related disorders, reduce the severity of respiratory conditions, migraine, stress and anxiety, arthritis and muscle/joint pain including rheumatoid, osteo and gout).

In addition, there's been positive research that certain species of bay may assist with the inhibition of carcinogenic cell formation as well as aiding recovery from treatment by stimulating appetite and digestion.

That's a lot of bazinga to pack into a few bay leaves!

These are just a handful of reasons to make this brilliant botanical a conscious inclusion in your daily routine; whether as a tea, infusion or decoction, a flavour enhancing spice, a powdered addition to smoothies and seasoning blends or as a potent extract in a soothing topical oil, rinse or salve.

Live lively, live curiously, live well... Luise Schloss of The Norge.

### **Disclaimer**

This is the monthly magazine of the Barony of Stormhold, in the Kingdom of Lochac, within the Society for Creative Anachronism (SCA). This publication is not a corporate publication of the SCA in whatever jurisdiction the latter operates as an incorporated body. It does not delineate official SCA policies, and any opinions expressed in this publication, unless otherwise indicated, are solely those of the individuals concerned.

### **Acknowledgement of Country**

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters, and culture. We pay our respects to their Elders past, present, and emerging.

### **Equity and Diversity**

The SCA is an international organisation devoted to the research and re-creation of pre-seventeenth century life, encouraging its participants to employ a knowledge of history to enrich their lives and the lives of others through events, demonstrations, workshops and other educational activities. The SCA in Australia remains committed to ensuring that we reflect the best and most welcoming aspects of the modern world, committing to celebrating equity, diversity, and inclusiveness in the game we play. Researching and re-creating cultures of bygone eras does not require abandoning the values of the present. We welcome people of all ages, sexes, ethnicities, religions, sexual orientations, gender identities, and ableness, and reject anyone who will discriminate on any of these bases. The promotion of social equity and diversity in our activities remains fundamental to our game as a requirement for participation.

### **Contribute**

To submit event notices, articles, or artwork for Stormscroll, please contact the Chronicler at [chronicler@stormhold.lochac.sca.org](mailto:chronicler@stormhold.lochac.sca.org) . To assist the Chronicler, please include a written statement of permission to publish, dated and signed for all original work.

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