

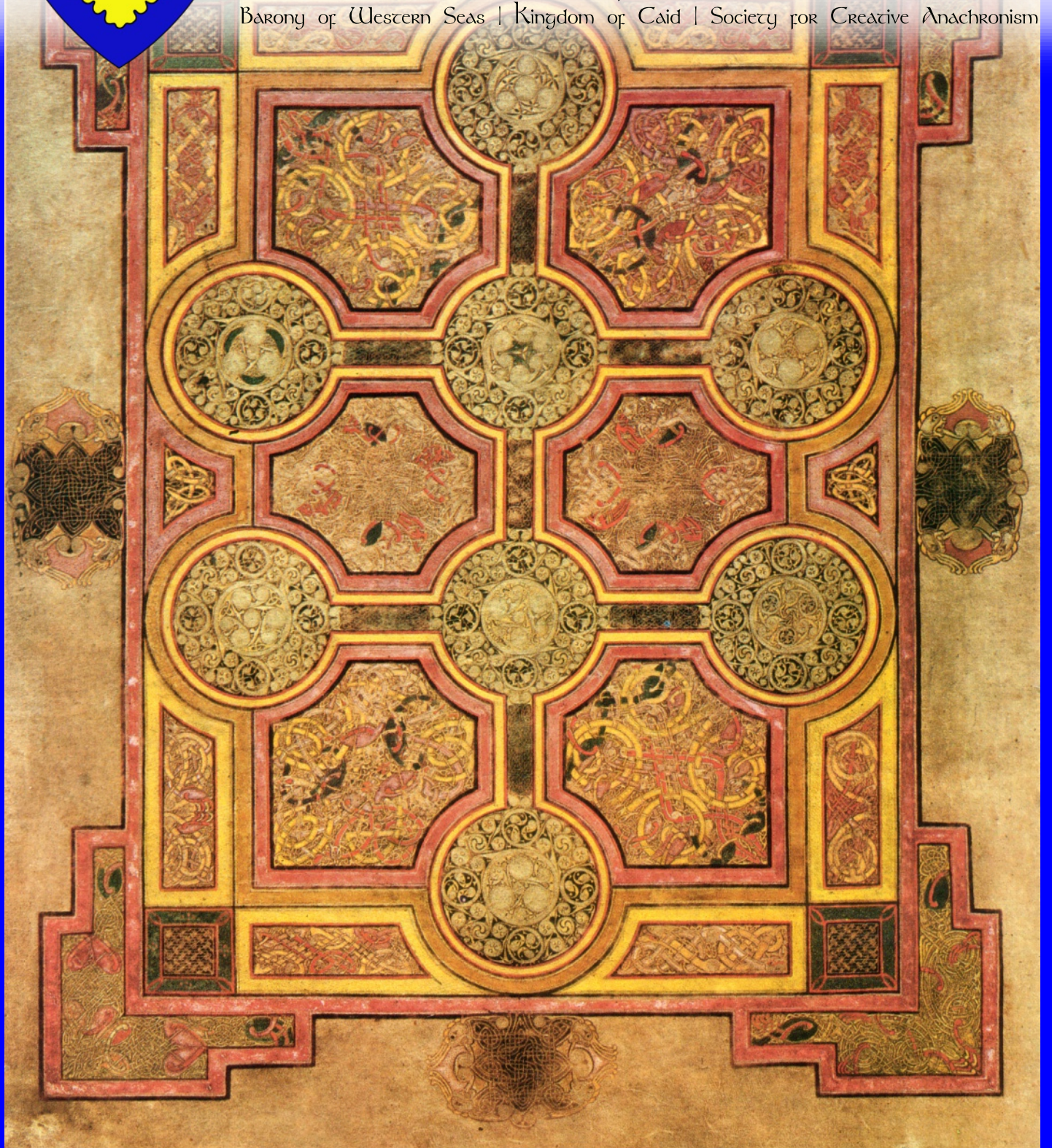


# The RUNESTONE

Volume IV Issue V

September & October, 2017 (A.S. LII)

Barony of Western Seas | Kingdom of Caïd | Society for Creative Anachronism



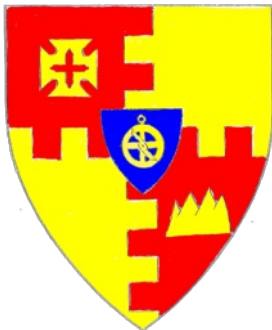


# YOUR NEW BARON & BARONESS

It is with honor and humility that your new Baron and Baroness do receive the coronet from Baron Claudio and Mistress Duibheasa. We are thankful that they have served as long as they have, and happy to accept the privilege of leadership from them. It is with hope and optimism that Sir Valeran do Pico and The Honorable Lady Sadhbh inghean Uí Chonghail look toward the future of Western Seas. This surprising pair - with one foot in the past and another in the future - do humbly ask for your participation as we enter into the 40th year of our barony's time.

Pay attention to our web-space, as well as our social channels, for announcements and more during this year.

*Baron Valeran do Pico & Baroness Sadhbh inghean Uí Chonghail*



## ABOUT THE COVER

One of the greatest riches of the Irish is their knowledge, and their ability to express through artistic creations - such as the Book of Kells. An illuminated manuscript gospel book in Latin, this work is believed to have been created around 800 AD and is the product of several scribes believed to be from both Britain and Ireland.

Gracing the front cover of the Runestone is the carpet page of folio 33. A carpet page is generally made of



geometric designs and is used at the beginning of each section of the manuscript, essentially separating the gospels from one another. This carpet shows various knots with animals.

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## CONTENTS

Your New Baron & Baroness .....	Page 2
Seneschal Address .....	Page 3
Cooking with Claudius .....	Pages 4 & 5
Philosophers Guild .....	Page 6
Runestone Honored .....	Page 7
A&S Baronial Memoirs .....	Page 8 & 9
Viking Twelfthnight .....	Page 10
Coming Events .....	Page 11
Legal Matters .....	Page 12
Regnum .....	Page 13

## RUNESTONE TIMETABLE

Distribution Date	Submissions Due
<del>February 27, 2017 (done)</del>	<del>February 20, 2017</del>
<del>April 24, 2017 (done)</del>	<del>April 17, 2017</del>
<del>June 26, 2017 (done)</del>	<del>June 19, 2017</del>
<del>August 28, 2017 (this issue)</del>	<del>August 21, 2017</del>
October 31, 2017 (this issue)	October 16, 2017
<b>December 25, 2017 (next issue)</b>	<b>December 18, 2017</b>

# SENESCHAL ADDRESS



Mistress  
Raven  
of Heronsmarsh



## Greetings!

Congratulations to Baron Sir Valeran do Pico and his consort, Baroness Sadhbh inghean Uí Conghal. Sir Valeran won the Western Seas A&S Tournament, with his entry of three Viking navigation instruments. Many thanks also to THL Andrew Fairburn and his consort, Kathryn of Caledonia, for entering the A&S Baronial Tournament. Thank you to Mistress Genevieve for once again acting as the Director of Competition, and to the judges and tabulators. Thank you to all who came to the event, especially Their Royal Majesties, King Alexander and Queen Tahira.

I also want to thank Baron Claudius and Mistress Duibheasa for serving the past two years as our Baron and Baroness!

Next fall we will once again hold the Western Seas Fighting Baronial. I hope that we will have a number of entrants. Fighters, you have a whole year to work on skills!

We have just had several of our members attend Great Western War. It was great to see a good showing from Western Seas at the event.

We are approaching a new year which I believe will mark the 40th anniversary for Barony of Western Seas, as our history shows Lewis the Landless as first Baron of Western Seas in May of 1978. I hope that we can do something very special to celebrate. Our Kingdom of Caid will also celebrate a 40th year anniversary in 2018. We are looking forward to 12th Night, coming up in January, and many other adventures in our fair lands of Western Seas. Let us make this coming year a year to remember!

If anyone is interested in helping out the Barony, we can always use help with putting on events. If anyone wants to steward or co-steward and event, I encourage to put your ideas forward.

I wish you all a very joyous Holiday Season, and a Happy New Year.

Yours, in service to the Dream,

*Mistress Raven of Heronsmarsh*

OL, OP, CB

Hi boys and girls!

Today we will be making a cake, it's a French cake called A Lady Lucia Cake and when we say cake what we are actually saying is, it's a enriched bread. I know that most of you came across things in your reading like cake or cakes about food and what people ate back in the day, and you are now thinking, WOW!! they had cake "I CAN DO THIS" ..... it's easy ....take some flour.....take some milk..... take some salt..... take some eggs..... take some sugar... oil... baking powder... vanilla... bake it and take it to an event Bwhahahahaha.....I can do this!!!

Well buckaroo, hold your horses, baking powder was invented in the nineteenth century with a combo of baking soda and cream of tartar and a starch to act as an anti caking agent, so it will not be that easy, you will have to take out baking powder and it will not be ready in a half hour. In Antiquity you had unleavened bread flour and water, Medieval bread had a leavening made with a starter of flour and water left over night in a warm place (sourdough), and then there was enriched breads (cake or cakes), made with cream or milk, sugar, eggs, butter, salt, spices, cream cheese, and dried fruits. Our cake will have brewer's yeast, by the way when they say cake or cakes, the difference is one that is big and the other is

small and many, small or big it is still an enriched bread.

Brewer's yeast is the foam that is spontaneously formed on the surface of fermenting beer, it is collected, washed, and then dried, the Egyptians made bread with it, the Romans adopted it, but sorry to say it had little use in medieval bread only to have a reemergence in 1665 France through the influence of Italian bakers, but it still was made into a leavening by adding liquid and flour and letting it sit before using it. Enriched breads were not only made for the rich and famous, it was used for weddings, funerals, holidays, gods, and for one self. So next time you dress up as Marie Antoinette at a war and you strike a pose and say "LET THEM EAT CAKE" it is not the cake of today but probably a Brioche.

## The Cake

Get all of your ingredients together as in pics 1 & 2. You will need...

- 3 cups flour, plus 1 cup
- 1 cup whole heat flour
- 1 pint half & half (cream)
- 1-1/2 tablespoon ground sea salt
- 1 pound butter
- 12 eggs
- 4 tablespoons brewer's yeast

## Instructions

1. In bowl, put 8 egg yolks and 4 whole eggs, slightly beat, as in pics

3 & 4.

2. In a pot, add butter and cream and heat to boiling as in pic 5.

3. In a bowl add flour, salt, and whole wheat flour. Then add hot cream and butter, and mix. It should look like cake batter. Let cool as in pic 6.

4. Now to make the leavening, in a bowl mix flour, yeast, and warm cream. It should look like thick batter. Put in a warm place for half an hour until it has bubbles.

5. Add leavening to batter and mix. If too soft, add more flour. It should be thick and sticky. Put parchment paper on your baking plates, then put your batter in plate about an inch high as in pic 8 and gild it.

NOTE: Do not put gold leaf on it! In baking you put a false brilliance or make your food shine by using oil or an egg wash. The book didn't say what to use, but most of them used oil or butter.

Put cake in a warm place for 1-1/2 hour to rise.

6. when the cake is ready to bake, make a slash on the top with a knife, then put it in the oven at 325 for an hour and a half. Then you can take it out and eat!

## Resources:

- La Varenne's Cookery*, by Terence Scully
- History of Food*, by Maguelonne Toussaint-Samat
- World Sourdoughs from Antiquity*, by Ed Wood
- The History of Bread*, by Bernard Dupaigne
- The Complete Bread Book*, by Lorna Walker & Joyce Hughes
- A Loaf of Bread*, by Gail Duff
- Bread Baker's Bible*, by Jennie Shapter

*From my plate to yours!*

*Baron Claudius Brutus di Bartolomeo*



# Cooking with CLAUDIUS



Pic 1  
Gather all ingredients for the dough.



Pic 2  
Gather all ingredients for the dough.



Pic 3  
Gather up your eggs.



Pic 4  
Slightly beaten eggs.



Pic 5  
Melting butter into the cream.



Pic 6  
After mixing, should look like cake batter.



Pic 7  
Making the leavening.



Pic 8  
Getting ready to bake!



Pic 9  
Can't you just smell this?!



Not so much a "cake" but a sweet-bread that is sure to capture your imagination. Don't forget, you can use organic equivalents of most items for this recipe.

Photos by Claudius di Bartolomeo



# From the Philosophers Guild

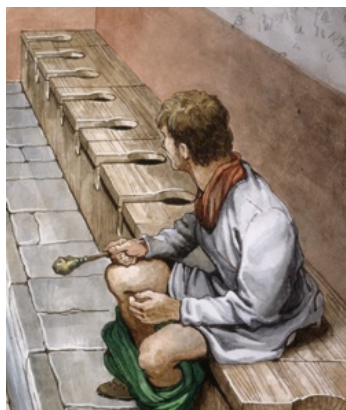
After a brutal practice, where I have had my teeth rattled a couple times, I find that a visit to an establishment that serves large quantities of a mild anesthetic to be just what the doctor ordered. Often this leads me, in all innocence, to the study of esthetics – basically, I love to combine my favorite hobbies of drinking beer and looking for beauty.



The other day, while quaffing my favorite brew, I happened to notice that the serving girl had decorated her eyelids with a dark mineral presumably to draw attention to her eyes. As much as we would like to think of this being a modern trend, nothing could be further from the truth. In fact, this custom

has been around since the times of the Egyptians and the Assyrians.

The Egyptians called this cosmetic mineral stibu (later stibnite), and it was widely used throughout the Middle Ages, not only as a cosmetic, but also for health. In fact, John of Rupescissa (1310-1362), a French alchemist considered this substance to be central to the study of alchemical medicine. It seems that stibnite could be used as a laxative (makes you go) and a purgative (makes you barf). When you consider the poor diet and hygiene of the day, one finds this to be particularly useful! As a purgative, it is a good way to expel disease from the body. As a laxative, swallowing pills of pure stibnite cured the constipation caused by the poor diet of the times. The pills were not absorbed by the body, but were excreted –



and recovered for reuse. Many nobles would purchase these pills to provide personal protection against disease. In fact, one of these stibnite pills would be good to have on hand the next time you are attending a feast that His Lordship Claudio has prepared – and you believe

he might just be mad at you.

Anyway, so wide spread was its medicinal use that it wasn't until early 1600's that it was found that stibnite may in fact be toxic. The story we have today is that an early chemist and enthusiastic experimenter, Basil Valentine (1565-1614), claimed that when he administered it (via a powder) in a monastery, some of the monks died.



Portrait  
de Basil Valentine  
« philosophe occidental »

This inspired Basil to rename the substance antimonachos (anti-monk) in his seminal work “The Triumphal Chariot of Antimony” (1604). It is now known as Antimony and throughout the later Renaissance it was a favorite slow poison.

The Assyrians, however, called the dark mineral guhlu, which later was called kohl in Arabic. I am told that this term is still used for eyeliner. The phrase al-kohl was used to describe any fine powder – especially those obtained by separating it from the solution into which it was dissolved. To obtain kohl, you crushed a specific type of dirt into water mixture. After filtering, the dark liquid was laid out to dry in the sun. What was left was a fine powder that was then ground down into a very fine powder. The process by which you separate various mixed liquids by their boiling points is called distillation. Early in the Middle Ages primitive distillation practices were used to obtain many fine powders. As the distillation techniques improved, purified liquids, and essences were made. At some point the term al-kohl was converted to alcohol.

And I'm back to my brew.

*Penned by Baron Valeran do Pico*

# RUNESTONE HONORED BY BLACKFOX - AGAIN!

Congratulations to our lovely Baroness, Sadhbh inghean Uí Chonghail! Her special issue of the Runestone "50th Year Special Edition", has won a Commendation in the world wide William Blackfox Awards for Excellence in newsletters, in the category "Special Editions" for this past year. A Commendation is equivalent to being runner up, or second prize. We also received notice that Lord Riley Frost, who writes "A Wanderer in Rags", received another nomination for best short fiction, but it was not a prize winner this year. Two years ago it was overall winner in that category.

This makes the third year in a row that our Runestone has won or placed in this prestigious competition. I'm very proud of all who have made this happen, Lady Vivana of

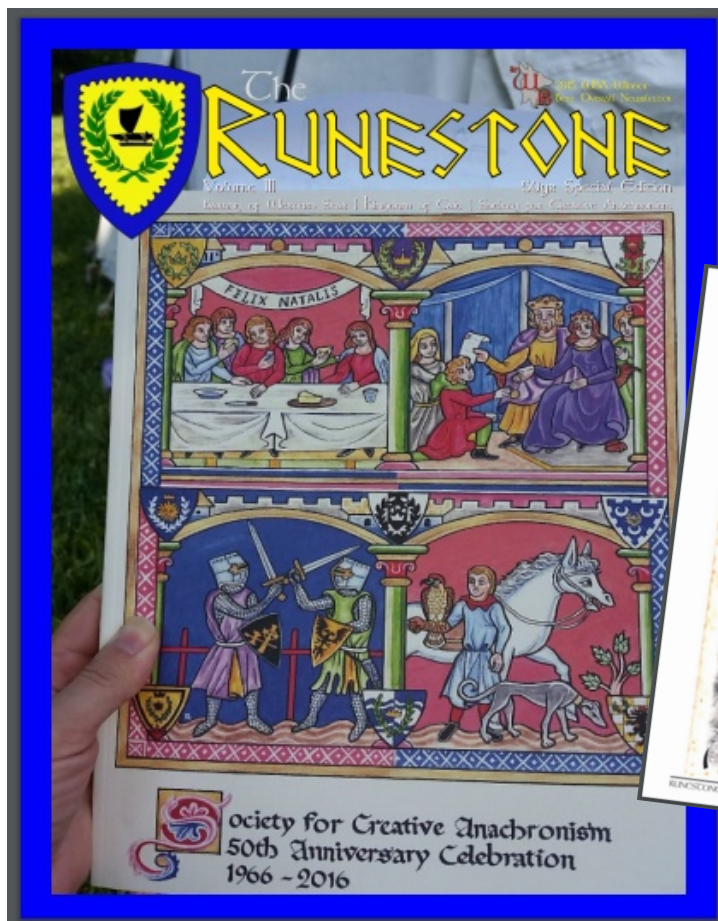
Peridot Isle, Baron Claudius di Bartolomeo, Lord Riley Frost, and Baroness Sadhbh inghean Uí Chonghail.

Next time we have William Blackfox Awards recommendations, I will once again pen my nominations. Any of you can recommend our newsletter for one of the categories, if you so wish. Thank you to all of you who have submitted stories, poems, articles and photos to the Runestone, to make it such a great online newsletter. Thank you to our past Chronicler, Lady Viviana, and to our current Chronicler, Baroness Sadhbh, for keeping the Runestone in the forefront of online newsletters for the Known World.

Yours, in service to the Dream,

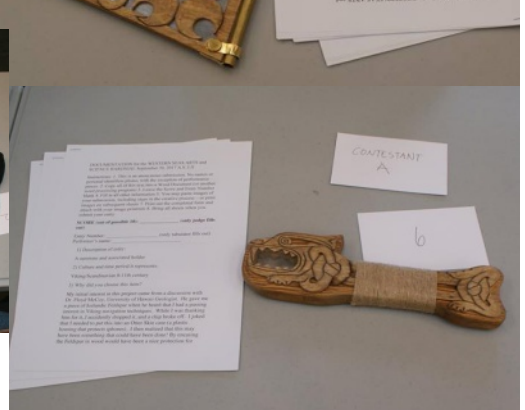
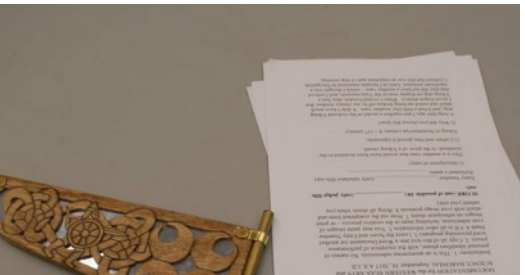
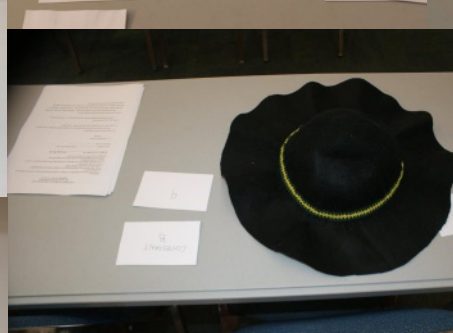
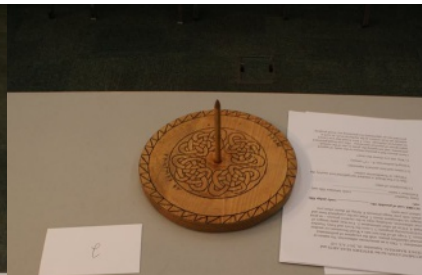
*Mistress Raven of Heronsmarsh*

OL, OP, CB





# ACCS BARONIAL MEMOIRS



Entries to the competition,  
(clockwise from top left)

"Better" Mouse Trap

Norse Sundail

Norse weather vane

Norse "sun locator" (crystal in the  
beasts mouth)

Felted hat

Trebuchet (actually works!)



Combat and sparring with His Majesty and honored guests.



Photos by Claudius di Bartolomeo



# Court & Entertainment





# SAVE THE DATE FOR 12th Night

While the new Baron and Baroness talked about plans for this coming year, the question of twelfth night came up. "I just want to have a Viking feast," exclaimed Baron Valeran. Baroness Sadhbh shrugged her shoulders and muttered, "Well, the Vikings did raid, loot, and pillage Ireland a lot - particularly Ulster." And so it was settled.



A lot is still being planned, but here are the particulars...

DATE: January 20, 2018 (Saturday)

VENUE: Uala Leaf Cafe, Windward Community College (Same as A&S Baronial)

TIME: Noon to 9pm (court at about 3pm)

REGISTRATION:

SCA Member - \$25 (with current card)

Guest - \$30 | Children (<17) - Free!

RSVP: [twelfthnight@westernseas.org](mailto:twelfthnight@westernseas.org)

Please let us know how many as soon as possible! If you cannot make it, you do not need to send an email.

POTLUCK: Please bring a side or desert to feed 15-20 people. See info below...

THEME: Viking Feast!

Instead of everyone dressing to be Viking or Norse, we would like those interested to come as a culture that the Viking/Norse had contact with. That is a whole lot of cultures (basically every culture of the Known World!). What we ask is that you also have a small presentation for the Baron based on that culture - be it a side dish or desert, gift or largess. The better your presentation, the more impressed our Baron will be! Those with exemplary presentation will earn a special gift from Their Excellencies right on the spot! Brag, tell tales of your might, beauty, and wealth, impress the Baron and Baroness, and let's see who has the best tale of the evening. We want to be "wowed"!

MENU: The plan right now is to provide the following:

- Roast Meat (variety)
- Roasted & Stewed Vegetables
- Holiday Mead

For those with special diet needs, we are thinking of you! Our menu will include gluten-free, vegan, and low-sugar variations. More specifics will be coming out in the future. Please be aware, what others provide as a side/desert we have no control over.

## Tentative Schedule

(subject to change)

8am - setup

Noon - Populace Arrivals

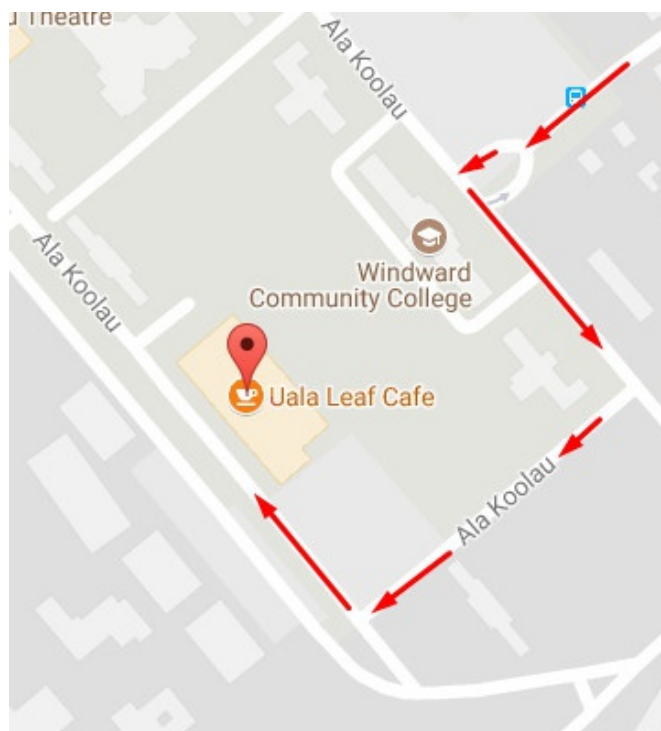
3pm-ish - court

5pm - FOOD!

9pm - cleanup

10pm - Doors locked

Parking is along the road, and limited. Please carpool and arrive early to secure ample parking. The event is being held within the Uala Leaf Cafe in the atrium. Please bring your banners to help decorate the hall. There will be long tables, so expect to mingle with others.





# EVENTS OF INTEREST



**BARONY OF  
WESTERN SEAS**  
The entire  
State of Hawaii  
Baronial Events

## FIGHTER PRACTICE

Every Thursday, 5:30pm - 7:30pm  
Kaimuki High School  
2705 Kaimuki Ave., Honolulu  
Practice with Schola members in various  
forms of medieval combat. From Fencing  
to Armored Combat & more.

## RAPIER PANTATHLON

Magic Island, Ala Moana Beach Park  
November 11, 2017; 9am - dark  
Lord Nicoletto da Piacenza does call  
all who would come forth to a 5-event  
rapier challenge. Visit the Baronial  
Calendar on our website for the latest  
information on this and other events!

## A VIKING'S TWELFTHNIGHT

Feast & Celebration  
January 20, 2018; Noon - 9pm  
See announcement in this issue, pg. 5



**CANTON OF  
FARHAVEN**  
The entire island of  
Hawaii  
Commonly called  
"The Big Island"

## UNARMORED PRACTICE

First Saturday of the month, 11am  
Lilioukalani Park  
All other Saturdays, 10am  
Cooper Center Skate Park

## Second Odd Saturday The Great Hunt (continues)

November 11 & 12, 2017; Contact  
the event steward about camping.  
Kalopa State Recreation Area,  
Honokaa, Hawaii 96727  
Scavenger hunt, Arts & Sciences with a  
pot luck lunch & dinner.  
Registration: Free for all!  
Steward: Lady Shea Verain Quinlan  
Email: seneschal@farhaven.org



**CANTON OF  
CASTLENORTH**  
Windward Oahu  
From Makapuu to the  
east all the way  
to Pupukea

## BARONIAL OFFICER MEET

Third Wednesday every month  
7:30pm to ~9pm (depends on topics,  
events and guests)  
Postponed until January, 2018.  
Open to all members of the Barony  
Windward Community College  
45-720 Keaahala Rd., Kaneohe, HI  
Hale 'Imiloa building, first room on the  
right (Sir Valeran's mundane office).  
Skype & phone conferencing available.  
Contact the Baronial Seneschal for more  
information.



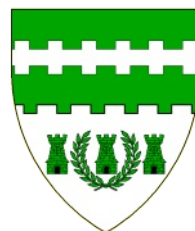
**CANTON OF  
VALLEY AZURE**  
The entire county of  
Maui  
Including the islands of  
Molokai and Lanai

## FIGHTER PRACTICE

None scheduled at this time.  
Contact seneschal@valleyazure.org

## DORMANT CANTONS

Want to lead one of these Cantons?  
Contact the Baronial Seneschal for  
information at seneschal@westernseas.org



**CANTON OF  
TORVALD**  
From Hawaii Kai to  
Town, then onward  
toward Salt Lake and all  
areas within



**CANTON OF  
PERIDOT ISLE**  
The entire island of  
Kauai  
The Garden Isle



**CANTON OF  
BARO'S KEEP**  
Central & West Oahu  
From Halawa to  
Makaha to Pupukea

## WCC-FIGHTER PRACTICE

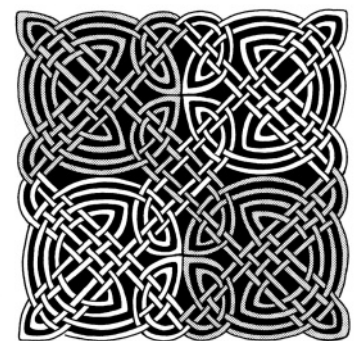
First Saturday each month, 4pm - dark  
Windward Community College  
(45-720 Keaahala Rd., Kaneohe, HI)  
A mock-invasion and practice of  
Armored Combat. Weather permitting.  
Visit the Baronial Calendar for the latest  
information on this event:  
WesternSeas.org/Calendar

## FIGHTER PRACTICE

Sundays, 4pm - dark  
Nuuanu Valley Park, Honolulu  
(Pearl City location unavailable)  
Practice Armored Combat and sometimes  
Fencing. Weather permitting. May be  
canceled if other event is scheduled.

## KING'S GARDEN PRACTICE

Every Sunday, 5pm - 7pm-ish  
Kapilina Neighborhood Rentals  
9184a Ibis Ave., Ewa Beach, HI,  
Sunday evening fighter practice on the  
beach with crafting classes. May be  
canceled if other event is scheduled.



Information regarding events listed within  
this issue are up to date as of  
October 29, 2017.

Please visit WesternSeas.org and view  
the Calendar for any changes and the  
latest updates on events.

Also check the Barony's presence at  
Facebook.com/BaronyOfWesternSeas



# MATTERS OF LEGALITY & CONCERN

## THE LIST OF WAIVERS - WHEN & WHY

### SCA Model Release Form

Required to be signed by subject when...

- \*the image is portrait-style.
- \*the photo is taken in a private space at an event (such as a personal encampment).
- \*the photograph is taken at a non-public venue (such as an armor-making workshop at a home or closed event).

### SCA Photograph Grant of Use Form

Required to be signed by the photographer for any and all photos in use after December 31, 2010.

A photographer may check the "Perpetual Grants of Use" box, meaning the form is required only one time and it covers any photograph submitted for use by the Barony now or in the future.

### SCA Creative Work Copyright Assignment/Grant of Use Form

Required to be signed by the author or artist for the following...

- \*articles, poems, stories, songs - written content submitted for publication.
- \*original artwork (not clip art) submitted digitally for publication.
- No form is needed for...
- \*correspondence from officers or even organizers
- \*event notices
- \*captions to photographs

### Caid Personal Information Release

Required to be signed when...

- \*event organizers wish to use their personal email/phone number for contact
- \*officers wish to have their modern names used in the Regnum
- \*article writers wish to use their modern name in the by-line

~

Waivers are to be submitted along with pertinent works to the Chronicler and/or the Webwright. Waivers can be submitted digitally (scanned as PDF or JPG). Hard-copies received will be scanned. All waivers are stored digitally in a private filing system managed by Kingdom Caid. Hard-copy Waivers are kept on file with the Constable after being scanned.

Combat & Equestrian Waivers are special waivers needed to participate in events related to each. Please speak to the Marshal for more information.

### Blue Card vs. White Card

SCA members who have (digitally) signed a Waiver of Liability when joining possess a Blue Membership Card. Members who have not signed this waiver have a White Membership Card. If a member possesses the White Card, that member must sign combat waivers at each event to participate in combat.

Questions? Ask the Chronicler, Webwright or Constable.

Links to waivers can be found at [WesternSeas.org](http://WesternSeas.org).



## BARONY OF WESTERN SEAS [WesternSeas.org](http://WesternSeas.org)

This is fifth issue in the fourth volume of the RUNESTONE, a publication of the Barony of Western Seas, part of the Kingdom of Caid, one of twenty kingdoms worldwide within the Society for Creative Anachronism, Incorporated (SCA, Inc.). This publication is not a corporate document of SCA, Inc., and does not delineate SCA, Inc. policies.

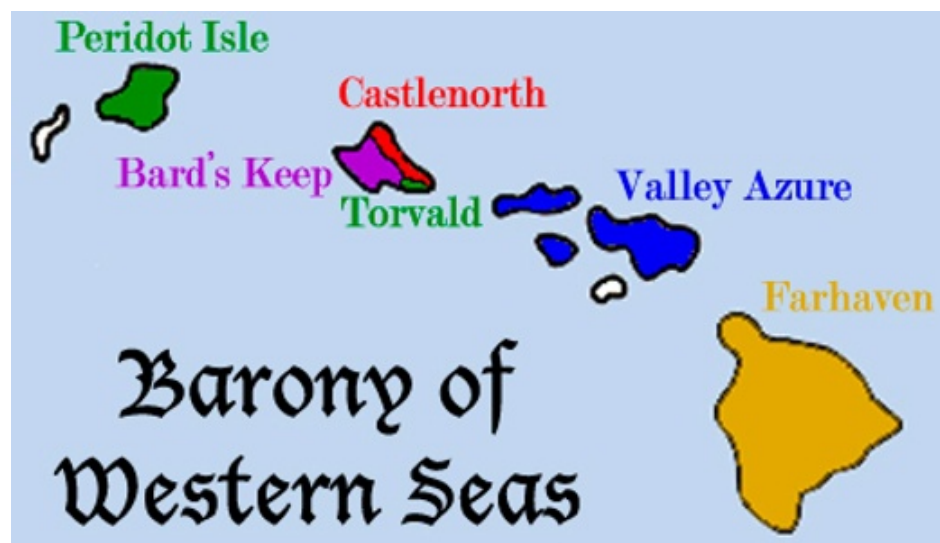
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Barony of Western Seas  
54-304 Kawaewae Way  
Hauula, HI 96717  
[westernseas.org](http://westernseas.org)



# BARONY OF WESTERN SEAS REGNUM

BARON	Sir Valeran do Pico	barony@westernseas.org	Ceremonial head of the Barony and representative of the Crown
BARONESS	THL Sadhbh inghean Uí Chonghail	barony@westernseas.org	Ceremonial head of the Barony and representative of the Crown
Office of the Seneschal	Mistress Raven of Heronsmarsh	seneschal@westernseas.org	Manages all business affairs of the Barony and sub-groups thereof
Office of the Herald	Sir Valeran do Pico	herald@westernseas.org	Tracks Awards, Devices and Name Resignations; Master of Ceremony at events
Office of the Exchequer	Mistress Duibheasa Ingen ui hÉalaighthe	exchequer@westernseas.org	Manages the financial matters of the Barony
Office of the Constable	Baron Claudius Brutus di Bartolomeo	constable@westernseas.org	Ensures all members maintain order in accordance with Society, Kingdom and Baronial laws.
Office of the Chatelaine	THL Andrew of Fairburn	chatelaine@westernseas.org	Organizes demonstrations for recruitment and greets newcomers to the Society and the Barony.
Office of the Chronicler	THL Sadhbh inghean Uí Chonghail	chronicler@westernseas.org	Produces, edits and publishes the Baronial newsletter (this publication)
Office of Arts & Sciences	Mistress Raven of Heronsmarsh	artsandsciences@westernseas.org	Oversees the affairs of Arts, Crafts and Sciences, assists members with information & sources
Office of the Scribe	Mistress Duibheasa Ingen ui hÉalaighthe	scribe@westernseas.org	Organizes the creation of scrolls for awards which includes calligraphy and illumination
Office of the Webwright	THL Sadhbh inghean Uí Chonghail	webwright@westernseas.org	Manages Baronial internet needs and presense
Knight Marshal	Sir Edward of Castleguard	knightmarshal@westernseas.org	Supervises Armored Combat activities (per island)
Marshals of Fencing	Baron Claudius Brutus di Bartolomeo, Oahu	fencing@westernseas.org	Supervises Fencing activities (per island)
Marshals of Archery	Mistress Duibheasa Ingen ui hÉalaighthe, Oahu Dame Uta Blackthorne, Big Island	archery@westernseas.org	Supervises Archery activities (per island)
Marshals of UAC	Mistress Duibheasa Ingen ui hÉalaighthe, Oahu Dame Uta Blackthorne, Big Island	unarmored@westernseas.org	Supervises Unarmored Combat activities (per island)
Gold Key	THL Sadhbh inghean Uí Chonghail, Oahu	goldkey@westernseas.org	Manages Loaner Collection (per island)

## CANTON SENESCHALS

Farhaven (Big Island)..... Lady Shea Vonquinlan ..... seneschal@farhaven.org  
 Peridot Isle (Kauai)..... Vacant - Want to Volunteer? Contact the Baronial Seneschal! ..... seneschal@peridotisle.org  
 Valley Azure (Maui)..... Sir Edward of Castleguard ..... seneschal@valleyazure.org  
 Torvald (Southeast Oahu)..... Vacant - Want to Volunteer? Contact the Baronial Seneschal! ..... seneschal@sca-torvald.org  
 Bard's Keep (Central & West Oahu)..... THL Andrew Fairburn ..... seneschal@bardskeep.org  
 Castlenorth (Windward Oahu)..... Sir Marco Di Bartolomeo ..... seneschal@castlenorth.org

## GUILDS

Philosophers..... Sir Valeran do Pico ..... philosophers@westernseas.org  
 Music Maximus..... Mistress Genvieve la Minstrelle ..... minstrels@westernseas.org  
 Brewers..... Baroness Una Logan ..... brewers@westernseas.org  
 Wooden Spoon..... Baron Claudius Brutus di Bartolomeo ..... woodenspoon@westernseas.org  
 Sappers..... Sir Valeran do Pico ..... sappers@westernseas.org  
 Scribe..... Mistress Duibheasa ingen ui hÉalaighthe ..... scribe@westernseas.org  
 Stitches in Time..... THL Sadhbh inghean Uí Chonghail..... stitches@westernseas.org