



Baronial News Online During Quarantine Times - 3/29/2020

From the Baron & Baroness

Unto our friends and family of the Cleftlands do we Baron Crispin and Baroness Gianna send hopes of wellbeing.

We have entered a time that will define us as a nation, state, community, and family for the foreseeable future. The ripples will be felt for years to come, and there are several initiatives in the works to help normalize the feel of this crisis.

On a serious note, as we are under a health department order to shelter at home, many may find these life changes to be particularly challenging in terms of loss of or reduced income, limited access to needed supplies, anxiety, and depression.

The Cleftlands reputation is that of redoubtable support of its own and the Kingdom, so we are sure that this will continue as we encourage our members to continue to reach out to one another during this lockdown.

The Baroness and I are available to offer any assistance we can provide. Our Barony's armored champion, Americk Gilead (Vance Kunze, a psychologist at Case Western Reserve University), has also offered to be available to for support. Noble Wrin (Erin Mathes) has offered to dog walk or pick up prescriptions for those in higher risk groups. All of us can be contacted via Facebook messenger.

Additionally we have put together a list of some options for help and outreach should you have the need and we hope that anyone experiencing difficulties will know that we are all in this together and that support is available. Meanwhile please continue the step the CDC and Ohio department of health have put forth to help slow the spread of COVID-19 and please take care.

-Crispin & Gianna

Resources:

Ohio Works First OWF:

<https://www.acf.hhs.gov/ofa/help>

General Information: (866) 244-0071

The Ohio Department of Veterans' Services:

<http://dvs.ohio.gov/main/Benefits.html>

Main Number: 614-644-0898

Benefits Info: 877-644-6838

Vets' Crisis Line: 800-273-8255

Online Therapy Services: onlinecounseling.com

The "Crisis Textline": Text "4hope" or "Start" to 741-741

Organization for Psychological Health Hotline:

440.349.3038

<https://oph-psych.org/hotline-resources/>

Home Energy Assistance Program or HEAP:

1-800-686-1557

<https://www.benefits.gov/benefit/1563>

The Cleveland Food Bank Grocery Delivery for Seniors:

216.738.7245

<https://www.greaterclevelandfoodbank.org/programs/grocery-delivery>

Other Grocery Delivery Options:

<https://clevelandmagazine.com/food-drink/articles/grocery-delivery-options>

Call for Content

Why a newsletter? Everything is online - but EVERYTHING is online! Posts can get buried, things missed, so this is a place to make sure you see important news, interesting resources, and any upcoming gatherings.

If you have any info to share - an upcoming virtual gathering, activity ideas, or a great website, please contact me - clariciadlm@gmail.com. Thank you and stay well!

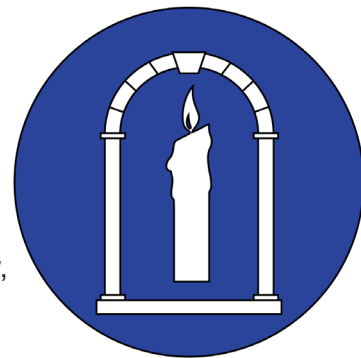
From the Minister of Arts & Sciences

Check out the Royal University of the Midrealm, which is streaming classes on Facebook Live or over Zoom all month. You can find the most up-to-date info on their Facebook page: Royal University of the Midrealm (RUM). <https://www.facebook.com/Royal-University-of-the-Midrealm-RUM-147891028019/>. If you'd like to teach at the RUM, you can register to do so on the RUM web page: <http://rum.midrealm.org/>.

We were going to start Fiber Month with a fingerloop braiding class next week. For now, you might want to check out this class on YouTube: <https://youtu.be/GQpEcGfv-rY>

Several Cleftlanders are in the process of preparing online classes or sessions: Dame Elizabeth has already led a couple of classes on paternosters, while Pietro is working on a pewter casting class. If you're planning to teach, please share with the Barony on the FB page, or via Cleftlist, so that we don't miss it! If you'd like to, but don't know where to start, please contact moas@cleftlands.org.

Yours in joy - Baroness Angharad



Upcoming Classes & Events for the Week of March 30 through April 5

March 30 6pm CDT - Stuffed Buttons & Making a Basic Kirtle - <https://www.facebook.com/events/2796593177104241/>

March 31 6pm CDT - Developing Leadership in the SCA - <https://www.facebook.com/events/780984795643585/>

Second Quarter 2020 Board of Directors' Meeting: <https://www.facebook.com/events/2437782609867208/>

Tips for the Combat Arts



Pennsic is still coming (as of now), so keep in fighting shape with these classes and challenges from around the SCA.

Armored Combat: Duke Eikbrandr's training videos. Graciously sharing his expertise with single drills you can do in your yard - and in your pjs! Here are just a few:

Polearm: <https://youtu.be/6MGA9wrUQPA>

Return cut to the head: <https://youtu.be/3ETKOTBJIT0>

Shield guards: <https://youtu.be/FRseognJOu4>

Mulenee cutting techniques: <https://youtu.be/Mu5DTu3EDxo>

Iron chicken and mulenee cuts: <https://youtu.be/hPRcWUNjtOI>

And more!

Fencers: From Lady Livith in the Kingdom of Caïd comes the Quarantine Lunge Challenge - 30 lunges a day, with focus on measure.

For this you will need a "target" of some sort. This can be an object you strike, or some other creative way you may think of to measure how far you are lunging.

Start by doing a few lunges at whatever you deem to be your "normal" lunge range, and taking note of that distance. Then slowly begin to move farther away - can you still hit your target? How difficult is it? Are you still able to recover safely?

Do a few at various distances. Do some from closer than normal too. See if you can find the spot where you are out of measure. Take note of it.

Try to get an idea of how it feels to execute lunges from different measures - how does your body move differently? How much explosive energy does it require? Are you able to ensure your opponent's safety?

Share your observations! Let's all learn something, and come back better than before.

*You can use [#quarantinelungechallenge](#)

This Week's Virtual Resources

Learn about Eyam, a 17th century village that cut itself off to avoid spreading plague:

<https://www.atlasobscura.com/places/eyam-plague-village-museum>

Walk amongst the Xi'an warriors (China's terra cotta army). It's a little early, but very cool:

<https://baike.baidu.com/museum/qinshihuang>

Medieval Manuscripts Blog - Medical Recipes (NOT meant for any sort of use, medical or otherwise!):

<https://blogs.bl.uk/digitisedmanuscripts/2020/02/medical-recipes-from-gilbertine-nuns.html>

An Easy Medieval Recipe for Kids*

Applemoyse - Apple custard.

3 cups applesauce
3/4 cup sugar
3 egg yolks
1/2 tsp cinnamon
1/2 tsp ginger (or choose other spices)

Mix all ingredients in a sauce pan. Heat until it starts to boil and becomes very thick. Serve warm or cold. Try topping with whipped cream!

Redaction from Daniel Myers at medievalcooking.com. See the original recipe in "A Proper Newe Book of Cookery", 1575, written by William How.

*Please use supervision when working with a hot stove!

From the Seneschal

Greetings unto the lords and ladies of the Barony of the Cleftlands,

I write to inform you that the officers of the Barony met (via conference call) and discussed the candidates to succeed me to the office of the Seneschal of the Cleftlands. I thank those good gentles who applied. Your willingness to serve our group in this capacity is commendable.

It is with pride that I announce to you that our next Seneschal will be Lady Claricia de la Mere (Karin Strippel), Companion of the Order of the Willow and recipient of the Award of the Purple Fret. She has been deputy Seneschal, Mistress of Revels, an event steward, feast steward, lunch steward, and an active part of our community for many years. Over the next few months she and I will be working together diligently in order to transfer the office smoothly.

Please welcome her to the position. The transfer of the office will occur at North Oaken War Maneuvers this summer.

In Service to the Cleftlands,

Cadfan of Cleftlands, APF CDB
Seneschal



Craft Corner - Crafts for Kids!

Thanks to our Minister of Youth, Lady Zofia Der Kinder, for the ideas!

Kids are home from school, and might be for a while. Here are some SCA-related resources to have fun and learn something new!

Medieval Paper Dolls - Color and cut out historically accurate outfits for these paper dolls. Available for free from Rosalie's Medieval Woman on Facebook: <https://www.facebook.com/pg/rosaliesmedievalwoman/photos>

Tablet Weaving for Kids: <http://honorbeforevictory.com/tablet-weaving-for-kids-golden-path-of-fire-band/>

Yummy Viking Treasure Necklaces from THLady SæhildR barngóðR aka Lady Silly - https://docs.google.com/document/d/1-WOvrDgukSGgpL0GI8lyCfSvhzQ2dW7T0yGaL2Kz_hw/edit?fbclid=IwAR3qHncxNdlikfh3STedbELZDebXGJ0UxXAweHOAcukPG01rGbGpl_nGqCw

Learn heraldry and get active with Herald's Twister - [here is the pattern](#) for the game.

More dolls & toys you can make: <http://aelflaed.homemail.com.au/doco/toysyou-canmake.html>

Need more ideas? Lady Zofia will be putting up more resources on her new site, minimedievalists.com.

From the Kingdom Seneschal - *Originally posted 3/16/2020*

Dear Members of the Midrealm,

As the Dragon protects its treasure so do We, the Crown and Great Officers of State wish to protect the great Populace of the Midrealm. Thus, with a heavy heart, do We here proclaim the following:

All events (weekend events, business meetings, practices, other official SCA activity, etc.) are hereby canceled, effective immediately through the end of APRIL. We will evaluate the situation at the end of April to determine the next appropriate steps.

This determination was not made lightly. However, under recent guidance from the CDC that activities with over 50 attendees be postponed and recent closures and actions by state officials We feel this is the best course of action for the safety of the Populace. If you'd like to see the referenced guidance: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As previously announced pre-registration of events through PayPal will be disabled until further notice. It is recommended that local branches stop offering a pre-registration option to avoid potential issues with refunds due to canceled events or requests due to illness. To help ease the potential impact of these decisions, the Middle Kingdom will be making the following financial policy changes:

For local branches hosting events, the Middle Kingdom will assist local groups who provide site refunds to individuals who request one due to them or a family member being ill. Such requests would have to occur on or before the event. Policy to be re-evaluated in 60 days.

Local groups forced to cancel the use of a venue by government, venue, the Board of Directors of SCA, Inc. or by the Middle Kingdom: If the venue does not offer a full refund of the deposit and the forfeiture of the deposit would result in the group having a balance of less than \$500 in their account, the Kingdom will assist to ensure a minimum of \$500 remains in the group's accounts for ordinary operational costs. Policy to be re-evaluated in 30 days.

You may find the most current, official, word at the following sites:

U.S. Centers for Disease Control: <https://www.cdc.gov/>

Ohio: <https://odh.ohio.gov/wps/portal/gov/odh/home>

Indiana: <http://www.state.in.us/isdh/>

Illinois: <http://www.dph.illinois.gov/>

Kentucky: <https://chfs.ky.gov/agencies/dph/pages/covid19.aspx>

Michigan: <https://www.michigan.gov/mdhhs>

Iowa: <https://idph.iowa.gov/>

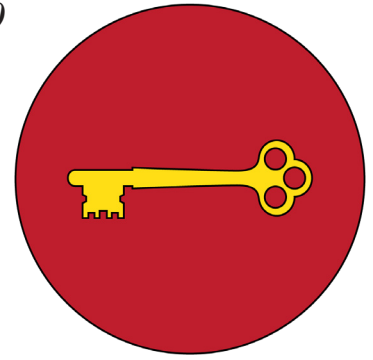
Ontario: <https://www.publichealthontario.ca/>

Remember, PROTECT YOUR FRIENDS, WASH THY HANDS! The plague was so 1347!

Yours in Service,

Master Cerridwen verch Ioreword

Middle Kingdom Seneschal



This Week in History

March 29 1461 - Henry VI and Edward IV collide at Towton.

March 31 1547 - French King Francis dies and is succeeded by Henry II.

April 3 628 - Kavadh of Persia sues for peace with the Byzantines.

April 4 1581 - Francis Drake completes circumnavigation of the world.