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# *The Chanticleer*

## *Monthly Newsletter of Barony Beyond the Mountain*

*April, 2017*

*AS51*

### *2017 Election of Heirs for the Barony Beyond the Mountain*

*It's time to begin the process of selecting a new Baron and/or Baroness of the Barony Beyond the Mountain, to be invested in 2018. The Baron and/or Baroness sits for a term of 3 years and may be granted a second (consecutive) term if affirmed by a vote of confidence of the baronial officers.*

#### **Candidate Requirements**

*Candidates may be a single person, or a couple. In addition, candidates must meet the following requirements:*

- a. Candidates must be a paid member of the SCA throughout the course of the election process*
- b. Candidates must be at least 18 years of age at time of nomination*
- c. Candidates must be physically domiciled within the boundaries of the Barony and provide proof of domicile if needed*
- d. Candidates must not hold any Baronial office during the course of their candidacy, except at the discretion of the Crown.*
- e. Candidates must nominate themselves. Nominations of third parties will not be accepted.*

#### **To Declare Your Candidacy**

*Please send your nomination, including proof of SCA membership, by Wednesday, May 3, 2017 to Seneschal Marcus Allectius Felix ([seneschal@bbm.eastkingdom.org](mailto:seneschal@bbm.eastkingdom.org)), and Their Excellencies ([baroness@bbm.eastkingdom.org](mailto:baroness@bbm.eastkingdom.org) and [baron@bbm.eastkingdom.org](mailto:baron@bbm.eastkingdom.org)).*

*If you prefer, you may send your nomination via first-class mail to the Seneschal and Their Excellencies.*

*Eligible nominations will be announced by the Seneschal and published in the May Chanticleer.*

*Any questions about the nomination or election process may be addressed to Seneschal Felix ([seneschal@bbm.eastking.org](mailto:seneschal@bbm.eastking.org)) or Deputy Seneschal Elizabeth Vynehorn ([vynehorn@gmail.com](mailto:vynehorn@gmail.com)).*

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## Baronial Officers:

**Baron & Baroness** - Baron Dorigen of Lewes, [baron@bbm.eastkingdom.org](mailto:baron@bbm.eastkingdom.org), and Mistress Eloise of Coulter, [baroness@bbm.eastkingdom.org](mailto:baroness@bbm.eastkingdom.org)

**Seneschal** – Marcus Allectius Felix, [Seneschal@bbm.eastkingdom.org](mailto:Seneschal@bbm.eastkingdom.org)

**Deputy** – Mistress Elizabeth Vynehorn, [vynehorn@gmail.com](mailto:vynehorn@gmail.com) & Lady Leandra deLeon, [leandrasuz@aol.com](mailto:leandrasuz@aol.com)

**Chatelaine** – Lady Gwenllian ferch Llewellyn, [chatelaine@bbm.eastkingdom.org](mailto:chatelaine@bbm.eastkingdom.org)

**Deputy** – Sybill Teller, [mpeckham83@gmail.com](mailto:mpeckham83@gmail.com)

**Chronicler** – Lady Johanna de Glastingburi, [chronicler@bbm.eastkingdom.com](mailto:chronicler@bbm.eastkingdom.com)

**Company Captain of Archers** – Rumhann MacDuibhsithe an Bhlog Seolta, [archercap@bbm.eastkingdom.org](mailto:archercap@bbm.eastkingdom.org)

**Exchequer** – Lady Ciara McRobbie, [exchequer@bbm.eastkingdom.org](mailto:exchequer@bbm.eastkingdom.org)

**Deputy** - Lord Gwilym of Fflint, [willied0296@yahoo.com](mailto:willied0296@yahoo.com)

**Herald** – Lord Grimolfr Skulason, [herald@bbm.eastkingdom.org](mailto:herald@bbm.eastkingdom.org)

**Deputy** - Mistress Camma an Daraich, [andaraich@hotmail.com](mailto:andaraich@hotmail.com)

**Knight Marshal** – Lord Angus Gove MacKinnon, [knightmarshal@bbm.eastkingdom.org](mailto:knightmarshal@bbm.eastkingdom.org)

**Marshal of Fence** – Lord Grimolfr Skulason, [rapier@bbm.eastkingdom.org](mailto:rapier@bbm.eastkingdom.org)

**Marshal of Thrown Weapons** – Vacant

**Mistress of Arts & Science** – Lady Alys du Bois, [moas@bbm.eastkingdom.org](mailto:moas@bbm.eastkingdom.org)

**Deputy** – Elspeth inghean Armstrong, [bethneedles@yahoo.com](mailto:bethneedles@yahoo.com)

**Minister of the List** – Mark of the Red Hand

**Web Minister** – Lady Sisuike Butler, [webminister@bbm.eastkingdom.org](mailto:webminister@bbm.eastkingdom.org)

**Deputy** - Lady Constance Navarre, [wolfie603@sbcglobal.com](mailto:wolfie603@sbcglobal.com)

**Youth Marshal** - Vacant

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# Combat Arts

**NOTE: Practices are subject to change without notice. Please call ahead.**

## Archery

**CT: BBM – The former Canton of Fennbrycg archery practice:** Practice to Tuesdays at 4:30 indoors for the winter at the Norwich Archery Club; crossbows welcome. Contact Bob Smith to ensure practice is on due to weather or other issues at 860-848-3525. \$5.00 for non-members of the club.

**CT: BBM - Bowman's Rest:** Tuesdays – 5:30 p.m. Burlington, CT - Dorigen & Eloise's at 17 Bittersweet Lane, Burlington, CT. Contact Dorigen at 860-673-2240.

**CT: BBM – Woodstock:** Practice may still be open by appointment. Crossbows welcome. Contact Krakken at 860-928-0578 or Email: Dean\_Whitehead@bose.com.

**CT: Dragonship Haven: Sundays, noon-3pm** (weather permitting), in Oxford, CT.

**MA: Carolingia – Carlisle, MA: Sundays** from 10 am to 1 pm - Archery practice runs year round, by Master Peter the Red, at his home at 94 Laurelwood Drive, Carlisle, MA. All are welcome and loaner equipment is available. Contact Peter at peter.carmichael@comcast.net or call 978-287-0808.

**MA: Smoking Rocks - Trader Jan's:** Practice is open Wednesdays 5:30-7:30PM; Friday 6-8PM at 288 Plymouth Ave, Fall River MA. Lane fee is \$8.00. Loaner gear is available. Contact Owen at Owen\_Hudleston@yahoo.com

**MA: Quintavia - (Worcester County; Central Mass): Sunday from 1-3 pm** weather permitting. Rozi and Brokk's, 472 Gleasondale Road, Stow, MA.

**RI: Tobyn's practice:** Practice is open by appointment. Website has current information: [www.baronyofthebridge.eastkingdom.org](http://www.baronyofthebridge.eastkingdom.org). Contact Tobyn 401-741-9130 or Radagast 401-741-9067.

Photos by Sitt al-Gharb ha-niqret Khazariyya

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## Fencing

**Wednesday, 7-9 p.m. Colchester Federated Church**, 60 Main St., Colchester, CT 06415  
Youth Fencing from 7-8PM

**Thursdays, 7:30-10:00 p.m.**, Keefe Community Center, Hamden, CT (hosted by Barony of Dragonship Haven). Contact the Fencing Marshal (Christophel) @ [fence@dragonshiphaven.eastkingdom.org](mailto:fence@dragonshiphaven.eastkingdom.org).

**Sundays, 1-5 p.m. at Mary Elizabeth McGrath Educational Center**, 130 Elm Street, Millbury, MA (hosted by the Shire of Quintavia).

## Heavy-List Fighting

**Tuesdays, 7-9 Middlefield Federated Church**, 402 Main Street, Middlefield, CT. Contact: Áine at [ainethefearless@gmail.com](mailto:ainethefearless@gmail.com)

**Wednesdays, 7 p.m., Barony of Bergental at Bethesda Lutheran Church**, 455 Island Pond Rd., Springfield, MA. Contact Lord Harkin MacTighearnan, Knight Marshall of Barony of Bergental for more information.

**Thursdays, 8-10 p.m., Keefe Community Center**, Hamden, CT, hosted by Barony of Dragonship Haven). Contact Baron Osgkar of the Wood (Stephen Straut-Esden); [osgkar@earthlink.net](mailto:osgkar@earthlink.net).

## Thrown Weapons Practice

**Tuesdays from 6 p.m.-8 p.m.**, weather permitting In the Canton of Ravenhill, 28 John Beach Rd Newtown, CT. Contact Michael Longstryder (Michael Intemann) [thrownweapons@ymail.com](mailto:thrownweapons@ymail.com) 203-270-3670 (no later than 8:30 p.m.)

## Youth Fighter Practice

**Tuesdays, 6:30 pm-8:00 pm** at Middlefield Federated Church, 402 Main Street, Middlefield, CT. Contact Aine at [ainethefearless@gmail.com](mailto:ainethefearless@gmail.com)

**Thursdays, 7-8 p.m.** at the Keefe Center in Hamden, CT (hosted by Barony of Dragonship Haven). Contact the Youth Fighter Marshal (Taoisech Holt Kincaid) for more information at [youth@dragonshiphaven.eastkingdom.org](mailto:youth@dragonshiphaven.eastkingdom.org). Those who are new or need loaner gear should arrive a little early and a marshal will be there assist them. Please bring your own personal protection (athletic cup) and water bottles.



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# Canton Seneschal:

**Ravenhill** – Michael Christian Longstryde,  
[michael.seneschal@yahoo.com](mailto:michael.seneschal@yahoo.com)

## Baronial Champions:

**Archery Champion:** Lady Ciara McRobbie

**Fencing Champion:** Lord Grimolfr Skulason

**Heavy Weapons Champion:** Lord Mark the Red Hand

**Thrown Weapons Champion:** Lord Rumhann MacDuibhsithe an Bhlog Seolta

## Meetings:

**Baronial:** Monday, April 17, 2017 @ 6:30 pm - 8:30 pm at Jo-Ann Fabrics and Crafts, 1440 Pleasant Valley Rd, Manchester, CT  
<http://bbm.eastkingdom.org/> or yahoo group.  
Contact Seneschal Marcus Allectius Felix,  
[Seneschal@bbm.eastkingdom.org](mailto:Seneschal@bbm.eastkingdom.org)

**Newcomers Meeting:** TBD

**Canton:**

**Ravenhill:** Second Monday of the month, at the home of Seneschal Michael Christian Longstryde (Michael Intemann), 28 John Beach Rd, Newtown, CT 06470, 203-270-3670 (Before 9:00 pm),  
[michael.seneschal@yahoo.com](mailto:michael.seneschal@yahoo.com).

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# Arts & Science

## Middle-Eastern Dance

Sundays, 1-4 p.m., Authur Murray Dance Studio, Glen Lochen Marketplace, 39 New London Turnpike, Glastonbury, CT. Contact Mistress Su'ad (Nancy Barrett) at 860-228-6933 (before 10 p.m.);  
[nancysuad@gmail.com](mailto:nancysuad@gmail.com).



Baroness Eloise of Coulter being awarded the King's Order of Excellence



## A Message from the Baroness:

"Spring has sprung, the grass has riz. I wonder where the robins is?" Well, I've seen the robins. Still can't see the ground for the snow. Hopefully it will go soon.

With the (hopefully) imminent departure of winter and onset of spring somewhere other

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than the calender, we have a \*bunch\* of things coming up to pay attention to. The first will have been the Coronation of Ionnes and Honig on... April 1, of all dates. I'll let that go by without comment.

On April 8 we are hosting the Golden Seamstress competition in Middlefield – many thanks to our neighbors in Dragonship Haven for graciously allowing us the use of the site. On that day our intrepid competitors will endeavor to create a full suit of clothes between Friday evening and court on Saturday. There is still time to enter, and Mistress Ciara can probably use some help with the event itself. If you are unavailable for either, perhaps take a moment for a brief prayer to whatever saint watches over seamstresses.

Also on the horizon is our Solstice Shoot, with which we could definitely use some help. Contact Anarra if you can see fit to lend a hand. We can always use help at gate, with setup, break down, you name it! If you can give us a few hours of your time, we'll take it. Remember that many hands make light work, and we can only host events if everyone pitches in.

We will be voting on a new Baronial Herald at the April meeting. As of this moment, only Camma has volunteered, but it is still important that people come and vote. It's also a great way to be part of the working of the Barony. Want to change the way we do things? That's the place to get it done.

Notes on the practices: archery continues to be workshop based rather than shooting based, but work on arrow manufacture is moving right along. They'll be shooting the instant the snow clears. The heavy list practice in Middlefield continues along, and just celebrated its one-year anniversary with a Saxon weapons fight night. Sir Gelleys is perhaps a little too fond of his axes. Worth noting is the change to the fencing practice in Colchester. That practice will be experiencing

three significant changes: it will be moving from the church in Colchester to private property in East Haddam; it will be changing from Wednesdays to Sundays; and most importantly from a corporate compliance perspective, until such time as appropriate approvals are secured, it will be **\*\*unofficial\*\*** What does this mean? It means that the practice is *\*not\** covered by the insurance of the SCA, Inc. It may mean that there are certain official functions that cannot occur there. It means that you all can still come out and fence, as long as you are aware of the status. Practically speaking, much will remain the same (other than time and location,) and this is anticipated to be a temporary situation until a new, less expensive site is located. Plus ça change, plus c'est la même chose.

It's also getting to be that time of year – the design for Her Majesty Honig's favor is available for anyone who wishes to assist by making some. You can contact any group Minister of Arts and Sciences for the design – and for those with embroidery machines, there is a digital file available. We anticipate all of that information to be available on Their website soon.

Lastly, I will put forth our usual request for recommendations. There's no way for us to know everything that everyone is doing, and it would be tragic for people to go unrecognized because of geography. If you know someone who is deserving of an award for their skills or work for the Barony, please let His Excellency and I know. If there is someone who works for the Barony but lives elsewhere – we have an award for that too. And if you're not sure if someone who clearly deserves an award has it or not – the Baronial Order of Precedence is available on the website. Give me a reason to make our webminister update it.

Hopefully the world will soon be verdant, and our activities will be outdoors in the fresh air, pollen, and mud. What can I say – I'm a realist, and we live in New England.

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*In the meantime, cherish those close to you,  
and be sure that they are aware that you do so.*

Eloise



*Mistress Kay Leigh Mac Whyte receiving an  
augmentation of arms*

## **Up Coming Events in our Barony:**

### **Golden Seamstress Challenge**

*April 7th, 2017 - April 8th, 2017*

*Hosted by Barony of Beyond the Mountain -  
Middlefield, CT*

*Are you behind on your resolution to start  
your Pennsic sewing early? Do you like to  
sewing garb but find it's more fun to sew with a  
group a folks? Do you have a set of garb that  
you want to make but are afraid to go it alone?  
Well we have just the event for you!*

*The Barony Beyond the Mountain invites  
you to show us your costuming skills The  
seamstresses of the East will take up the  
challenge to create a complete set of  
garments, from the skin out, in eighteen  
hours. Teams of from 1 to 6 active members  
are to start at 10 PM Friday and continue to 6  
pm Saturday. Team members are expected to  
remain on-site during the competition. A  
tavern will be available on Saturday for  
breakfast and lunch.*

*For full details on rules of the challenge and*

*how to register a team please  
visit <http://bbm.eastkingdom.org>*

**Site Opens:** 6 pm Friday, April 7th

**Site Closes:** 11pm Saturday, April 8th

**Location:** Middlefield Federated Church, 402  
Main Street, Middlefield, CT 06455

**Directions:** Take your best Rout to I-91. Take  
exit 20. Turn left onto Middle St (0.1 mile, turn  
left onto Country Club Rd (1.1 mile), turn right  
onto Higby Rd (1.2 mile), continue onto  
Jackson Hill Rd (2.1 mile), turn left onto CT-  
157 N, church will be on the right.

**Registration:** No site fee or feast fee

**Event Steward:** Ciara McRobbie, MKA: Anne  
Akin, 248-339-6996, [anne.akin@pfizer.com](mailto:anne.akin@pfizer.com)

**Send Reservations to:** No reservations  
needed

**Other Contact Information:** No merchants,  
no children's activities, no martial activities

## **Summer Solstice Shoot**

**June 17th, 2017**

**New Britain, CT**

*Come celebrate the summer solstice  
with us. Spend the day in joyous  
company*

- fighting
- fencing
- thrown weapons
- gaming
- feasting
- dancing
- learning
- merchanting
- and of course
- SHOOTING ARCHERY!

**Event**

**details:** <https://www.eastkingdom.org/EventDetails.php?eid=3036>

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*Sitt al-Gharb ha-niqret Khazariyya & Grmiolfr Skulason being awarded the Queen's Cypher*

## Archaeology News

<http://www.archaeology.org/news/>

**3/29/17 - VIKING-ERA TOY BOAT DISCOVERED IN NORWAY - ØRLAND, NORWAY**—According to a report in Live Science, a wooden artifact thought to have been a child's toy some 1,000 years ago has been found in a well at a farming site in central Norway, by a team led by Ingrid Ystgaard of the Norwegian University of Science and Technology. As many as seven farms are thought to have clustered in the area during the medieval period. The toy resembles an ocean-going Viking ship, with an uplifted prow and a hole in the center for a mast and sail. Its presence at the site suggests that people in the farming community were familiar with Viking vessels, despite living inland and away from major trade routes, and that the children had time and materials for play. To read about some of the earliest Norse raiders, go to "The First Vikings."

<http://www.livescience.com/58456-1000-year-old-toy-viking-boat.html>

**3/29/17 - "COFFIN BIRTH" IDENTIFIED IN MEDIEVAL CEMETERY - GENOA, ITALY—**

According to a report in Seeker, researchers have identified a rare "coffin birth" in a fourteenth-century cemetery at the hostel of

San Nicolao di Pietra Colice in the Northern Apennines. The hostel and its church served as a rest stop for travelers headed to Rome. The woman's remains, found in a grave with the skeletons of two children, had been placed on her side. "In this case, we have a partial expulsion of a 38- to 40-week-old fetus, which was found to be complete and to lie within the birth canal," said physical anthropologist Deneb Cesana. "Coffin birth," or the expulsion of a fetus after death, is caused by the build-up of gas pressure from the decomposition of a pregnant woman's body. The study also suggests the woman and the children had all been buried at the same time, directly into the ground, and all of them have tested positive for the antigen to the bacteria that causes the bubonic plague. DNA analysis could determine if the three were related.

<https://www.seeker.com/coffin-birth-found-in-black-death-burial-2333620306.html>

**3/27/17 - MEDIEVAL JEWISH GRAVES UNEARTHED IN ROME - ROME, ITALY—**

Haaretz reports that 38 graves were unearthed in a section of a medieval Jewish cemetery labeled on historic maps as the "Field of the Jews." Located near Rome's Trastevere neighborhood, where Jews first arrived in the second century B.C., the cemetery was used from the mid-fourteenth century to the mid-seventeenth century. Pope Urban VIII decreed in 1625 that Jews should be buried in unmarked graves and ordered pre-existing tombstones to be destroyed. During the recent renovation of a palazzo courtyard, the excavators discovered a fragment of a tombstone with a few letters in Hebrew in a "layer of destruction" above the simple burials that helped make the identification.

Archaeologist Daniela Rossi said that two gold rings were found on one woman's fingers, and part of a scale was recovered from a man's grave, "perhaps as a reference to his profession, or a sign that he was a just person," Rossi said. The skeletons also exhibit signs of malnutrition, and a lack of protein in the diet, which may reflect the harsh conditions for Jews living in the medieval city. The remains will be reburied. To read about a Jewish section of Krakow, Poland, go to "Off the Grid."

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**3/21/17 - MEDIEVAL MAN'S FACE RECONSTRUCTED - CAMBRIDGE, ENGLAND—**

*The Independent* reports that researchers from the University of Cambridge and Dundee University have reconstructed the face of a man who was buried face down in the cemetery of the Hospital of St. John the Evangelist in the thirteenth century. Known as "Context 958," the man is thought to have lived at the hospital, which cared for indigent people of the town. According to John Robb of the University of Cambridge, analysis of the man's robust skeleton suggests he led a life of hard work, and may have had a specialized trade, since he ate a diet relatively rich in meat or fish. But his burial at the hospital indicates that he fell on hard times and may not have been supported by a family network. Analysis of his teeth showed that the enamel had stopped growing twice in his youth, which indicates he experienced bouts of serious illness or extreme malnutrition. There was also evidence of a healed wound from a heavy blow to the back of his head. For more, go to "The Curse of a Medieval English Well."

<http://www.independent.co.uk/news/science/archaeology/average-13th-century-man-look-like-difference-cambridge-dundee-university-chris-rynn-john-robb-a7640886.html>

**3/16/17 - GOLD BRIDLE FITTINGS RECOVERED FROM VIKING GRAVE - SKANDERBORG, DENMARK—**

*The gilded fittings of a horse's bridle have been recovered from one of several graves dating to the early Viking Age discovered in central Denmark in 2012, according to a report in The Copenhagen Post. "This type of bridle would only be available to the most powerful of people in the Viking Age, and we believe it might have been a gift of alliance from the king," said Mereth Schifter Bagge of the Museum of Skanderborg. The bridle has been dated to A.D. 950, which suggests that the "Frejerslev Viking," as the tomb's occupant is called, may have been aligned with Gorm the Old, or perhaps a rival king. Excavation at the site will resume this spring. To read about another discovery in Denmark, go to "Bronze Age Bride."*

<http://cphpost.dk/news/archeologists-make-sensational-viking-discovery-in-denmark.html>

**3/14/17 - MEDIEVAL KILN UNEARTHED IN SOUTHEASTERN ENGLAND - COLCHESTER, ENGLAND—**

*The Daily Gazette* reports that an excavation conducted by the Colchester Archaeological Trust ahead of construction work has uncovered a rare medieval pottery kiln. The well-preserved, wood-fired kiln was spotted with a magnetometry survey. Philip Crummy, director of the trust, explained that during the medieval period, the excavation site was a busy industrial area. "It is really good because we will be able to tie down some of the pottery in the town to where it actually came from," added Colchester Council archaeological advisor Jess Tipper. The kiln and its artifacts could be displayed in the Colchester Castle Museum. For more, go to "The Curse of a Medieval English Well." [http://www.gazette-news.co.uk/news/15148968.Archaeological\\_dig\\_reveals\\_Medieval\\_pottery\\_industry\\_in\\_north\\_Colchester/](http://www.gazette-news.co.uk/news/15148968.Archaeological_dig_reveals_Medieval_pottery_industry_in_north_Colchester/)

**3/14/17 - ABERDEEN ARCHAEOLOGISTS PLAN SEARCH FOR 16TH-CENTURY SCHOOL - ABERDEEN, SCOTLAND—**

*Archaeologists from the University of Aberdeen will look for traces of a sixteenth-century grammar school that was situated in front of King's College, a site now occupied by King's College Chapel, according to The Scotsman. "It acted as a preparatory school for pupils who wished to study at the university and pupils underwent a grueling timetable, with prayers, classes on the Latin authors, and language lessons," said project leader Gordon Noble. The team members hope to find evidence of the building's ground plan, artifacts from the school, and develop a better understanding of educational practices in the years before the Protestant Reformation, which is thought to have brought about a more egalitarian educational system. For more on archaeology in Scotland, go to "Viking Treasure Trove." <http://www.scotsman.com/heritage/people-places/ancient-grammar-school-at-aberdeen-university-to-be-unearthed-1-4391452>*

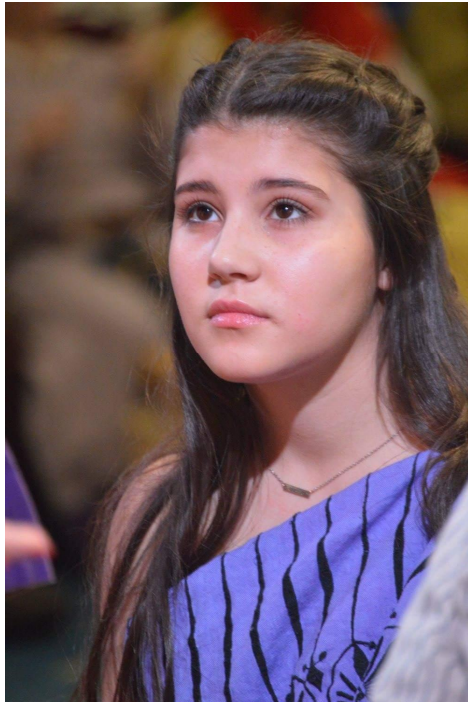


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### 3/13/17 - WOMAN BURIED IN VIKING GRAVE IN DEMARK WAS BORN IN NORWAY - RANDERS, DENMARK—

*According to a report in The Copenhagen Post, archaeologist Ernst Stidsing of East Jutland Museum says that a woman buried in a Viking grave in Randers, Denmark, was born in southern Norway. He arrived at this conclusion based on the style of her bronze and silver jewelry, and the results of strontium isotope analysis of her teeth. He added that the high-status woman may have traveled to Denmark to marry. To read about a young woman who traveled to Denmark more than 3,000 years ago, go to "Bronze Age Bride."*

*<http://cphpost.dk/news/immigration-to-denmark-is-nothing-new-just-ask-the-vikings.html>*



*Rhianon Grimolfrsdottir awarded the Queen's Award of Esteem*

### Frikadeller ("fricka della")

1# ground beef  
1# pork--ground  
1/2 tsp pepper  
2 tsp salt  
2 eggs  
1/3 cup minced onion  
1/2 cup heavy cream  
2 cups plain bread crumbs  
1/2 cup melted butter (or olive oil)

Grind meat together, mix with salt, pepper, eggs, onions, and cream. This mixture will be very moist. Shape into small oval patties, flatten, coat with bread crumbs.

Because we often make 20 pounds or more at a time, we finish like this: Arrange in single layer on a shallow baking pan, parchment paper on the bottom works well for this. Drizzle with melted butter, bake at 375\* for about 30 minutes, until thoroughly cooked. Let cool, put into zipper bags and freeze. When needed, thaw frikadeller, then fry in butter until browned on both sides.

If you want to make them for immediate consumption, skip the baking, fry in butter (or olive or combo of both), both sides, until thoroughly cooked.

This is the basic recipe, you can vary the proportions of the meats or spices if you prefer. The pork was purchased as a loin, trimmed of fat, then ground. The beef was pre-ground, 85% lean.

#### Dill Sauce

2 cups chicken broth  
2 tsp dry dill  
1/2 tsp allspice  
salt, pepper, paprika to taste  
1/2 cup butter  
1/4 cup flour  
2 cups sour cream

Add dill and seasonings to chicken broth. Melt butter in a large saucepan over low heat. Whisk in flour until smooth. Gradually stir broth into flour-butter mixture, continue stirring until thick and bubbly. Remove from heat, blend in sour cream.

Submitted by Casa do Buraco

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**Congratulations to the following  
gentles who received awards at the  
last court of  
King Brion and Queen Anna:**

*Baroness Eloise of Coulter was awarded the  
King's Order of Excellence*

*Mistress Kay Leigh Mac Whyte received an  
augmentation of arms*

*Sitt al-Gharb ha-niqret Khazariyya and Grmiolfr  
Skulason were awarded the Queen's Cypher*

*Rhianon Grimolfrsdottir was awarded the  
Queen's Award of Esteem*



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Jane Brezzo  
146 Prospect Street  
Glastonbury, CT 06033