



# The Higher Word

Barony of Ered Sul

Anno Societatis LIV  
June 2020

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## Words from the Coronet

Greetings unto the glorious land of Ered Sul,

His Excellency and I would like everyone to know that you are all in our thoughts during this trying time. COVID 19 has put some significant challenges in all our lives and we are here for you all. As we all know Highlands War was canceled due to the virus, although, at this time we are moving forward with Too Hot. Our autocrats are diligently working on bringing us an extremely magical event and I hope to see you all there. If you would like to help and volunteer with Too Hot please reach out to us and we can direct you to the Event Stewards.

Please take care of yourself and your loved ones during this unprecedented time.

Stay safe.

Yours in service of the dream,

Robert and Kolfinna Av Bergen

Baron and Baroness of Ered Sul

# Calendar

June 2020

All in-person Kingdom events for June 2020 have been cancelled. Please see the Facebook page for updates and possible virtual meetings.

# Announcements

Greetings, Unto the Populace of Atenveldt and the Outlands!

We come to you today with some important news. Estrella War for 2021 will be held at Schnepf Farms, as it has for several years now, but after that, it will need to move to a new site. We want to assure you all that we are actively pursuing some promising potential sites, but are open to any suggestions that you might have. If there is a site that you think might be a good fit for Estrella, please email the information to [seneschal@atenveldt.org](mailto:seneschal@atenveldt.org), and the site will be evaluated and contacted, as appropriate. Please do not call the site yourself, as this tends to cause some confusion with site staff that doesn't know us or how we work.

We want to assure you all that War will continue, and a site will be found. This gives us the unique opportunity to fine tune some things, to reimagine the War, and to revitalize the event that we all love so much. If you have constructive ideas about how to improve things moving forward, as always, those suggestions are welcome.

While we may not have all of the answers at the present moment in time, we are working for a solution that will benefit everyone, and appreciate your patience and support through this process.

Warmly,

Bela, King of the Outlands

Nerissa, Queen of the Outlands

Morgan, King of Atenveldt

Elizabeth, Queen of Atenveldt

## Fun Facts

### Plagues in the Middle Ages

Epidemics and pandemics have plagued humanity for centuries, but our knowledge of what causes them, how they spread, and how to treat them has changed dramatically.

Without an understanding of germs, our ancestors had to formulate other reasons as to why their neighbors and families were suffering. On the Ancient History Encyclopedia website, Joshua Mark notes that “no one understood the cause of these outbreaks or how they spread and so they were attributed to supernatural causes and the wrath of the gods or God”. An educational pamphlet written by Mrs. Sims-King states that in the fourteenth century, people believed plagues were a punishment from God, brought by followers of foreign religions poisoning wells, bad air, and even the positions of the planets. The word “plague” was not coined until Galen, a Roman physician, used it to describe the Antonine outbreak that struck the Roman empire from 165 to c. 180/190 CE (Mark).

Several methods were recommended in avoiding illness. Some common ones for the plague in the fourteenth century were the following:

1. Avoid breathing in the same air as a plague victim.
2. Sit next to a blazing hot fire, (it worked for the Pope in the summer of 1348).
3. Live in a house sheltered from the wind and keep the window closed.
4. Attack foreigners and people of a different religion. (Twenty thousand Jews were burned to death in Strasbourg in 1348)
5. Letter from King Edward III to the Lord Mayor of London in 1349: ‘You are to make sure that all the human excrement and other filth lying in the street of the city is removed. You are to cause the city to be cleaned from all bad smells so that no more people will die from such smells.’
6. You could walk around carrying flowers, herbs or spices, which you would often raise to your nose.
7. Live a separate life, only eating and drinking in moderation and seeing no one.
8. Run away to the country, leave everyone behind.
9. Go to church and ask for forgiveness.





12. "In the first place no man should think on death.... Nothing should distress him, but all his thoughts should be directed to pleasing, agreeable and delicious things... Beautiful landscapes, fine gardens should be visited, particularly when aromatic plants are flowering.... Listening to beautiful, melodious songs is wholesome... The contemplating of gold and silver and other precious stones is comforting to the heart". (Mrs. Sims-King)

thought to draw out the illness. One of the most expensive treatments offered was eating or drinking crushed emeralds, which were ground using a mortar and pestle and then mixed with food or water. Four Thieves Vinegar “of was a combination of cider, vinegar, or wine with spices such as sage, clove, rosemary, and wormwood (among others) thought to be a potent protection against the plague”. Mark goes on to mention that cleansing the air was also common, stating that “Since the plague was thought to spread by “bad air”, homes were fumigated with incense



or simply smoke from burning thatch. People carried bouquets of flowers which they held to their faces, not only to ward off the stench of decomposing bodies, but because it was thought this would fumigate one's lungs". Bloodletting, fleeing from infected areas, and flagellation (mentioned above) were all practiced as well.

















While some of their methods seem bizarre, they also encouraged isolation and social distancing during times of disease. Four Thieves Vinegar is still used today, although not as a cure to any sort of ailment. Learning more about how our ancestors dealt with outbreaks can help us deal with our own, or, at the very least, at least give us a much-needed laugh.

Sources:

Information- <https://www.ancient.eu/article/1540/medieval-cures-for-the-black-death/>,  
<https://www.ancient.eu/article/1534/reactions-to-plague-in-the-ancient--medieval-world/>,  
<https://www.cloverleaflocal.org/Downloads/Plaguebooklet.pdf>

Photo- <https://www.christs.cam.ac.uk/what-extent-did-anglo-saxon-church-condemn-contemporary-medical-practices-and-what-reasons>

# Officers of Ered Sul

<b>Baron &amp; Baroness</b>  HE Robert av Bergen HE Kolfinna av Bergen Coronet @ baronyoferedsul.org	<b>Seneschal</b>  Lady Margre of Ered Sul seneschal @ baronyoferedsul.org	<b>Deputy Seneschal</b>  Mistress Violet Elliot and Lord Bjorn Robertson violetelliott @ yahoo.com
<b>Exchequer / Reeve</b>  Lord Wolff Belar der Koch Exchequer @ baronyoferedsul.org	<b>Acting Herald</b>  Lady Katherine Tapester Katherine.sweebe@nau.edu	<b>Signet</b>  Lady Sólveig At Rauðá rhoades@citlink.net
<b>Hardsuit Marshal</b>  Sir Thaddeus the Legless Marshal @ baronyoferedsul.org	<b>Rapier Marshal</b>  Jacob "Meadow" Miller newageleveller @ Hotmail.com	<b>Deputy Rapier Marshal</b>  Lord Friedrich Swartzen Hut
<b>BES Captain of Archery</b>  THL Gil Gareth Greywolf gggwolf@cox.net	<b>Archery Drop Dead Deputy</b>  Lord Chain Maille archery@baronyoferedsul.org	<b>Arts &amp; Sciences Minister</b>  Lord Christopher Of Peckingham the_Kranken @ hotmail.com
<b>Historian</b> Master Roger Von Allenstein Allenstein49 @ hotmail.com	<b>Webmistress / Social Media Officer</b>  Lord Vincent Blackwell web @ baronyoferedsul.org	<b>Gold Key/Chatelain</b>  Lady Iðunn of the Citadel chatelaine @ baronyoferedsul.org
<b>Sheriff</b> Open 	<b>Chronicler</b>  m'lady Jenna of Ered Sul chronicler@baronyoferedsul.org	



## Open Positions

### Sheriff



The Sheriff is in charge of the Lost and Found and maintaining/planning watches for our events.

Please contact Their Excellencies for more information on available positions.

## ~~The Higher Word~~ Lower

“When all of this is over, am I going to start having to wear pants to court again?”

~ Ketil of the Mountain

Overhear a dicey quote? Have a major foot-in-mouth moment?  
Submit it to The Higher Word (or Facebook)! After all, those who laugh together stay together!



<https://www.collectorsweekly.com/articles/naughty-nuns-flatulent-monks-and-other-surprises-of-sacred-medieval-manuscripts/>



# Games

## Positivity

M P C L B W P G R C  
 H R V C N P I J O C I J L B  
 H O J U D P P P C X T U A C C E P T E D  
 F M W F M L E N F S S T T K B L Y L I P P A H D  
 A Z D D Y A D T G U A F M T P C F S D R E K Z Q N E  
 U B K L E K S Z A E O Y R E P V V P C G N I M A E B Z D H K  
 E U O P T I M I S M R D B A A H V C L M N W Y R E E H C S V  
 U L L V R N P K T C E M U N T R A G P E K N C X N D U R I E  
 Q O W J A D T V N B N R I I Y G L A C C O M M O D A T E L U  
 I U R N E N H D A E E H C N L I V E L Y D A Z Z L E D I P C  
 N S A E H E R G L T G C Q G A K E H S T T G T O I X W X M F  
 U I D E N S A T L T X J N F K T F I P S R C H H M C B R O M  
 V I I N E S A H A E Z N W U O F I B A J F M O E R I E N C O  
 E A F P E D N G R V L A L H R R O V K N I U I A A Y B C  
 O N B O C G A I M S J N D F X K V N T Y A G H A N Q E A  
 T E Y N H C U E L B A V O L J V R B Q D H Y E Z Y N  
 T L H I A H N W U R C E L E B R A T E T H D J L  
 K B X L R T T N U R R C P L P N K F F O O A  
 D O P L I N L E J W U U U J H M Z U S V  
 N N B U S P E R E E B J O Y F U L I  
 W D G M M N S D M K Z W R A Y V  
 G H R I A L S B C T Z J Z E  
 B B M N K M O W L Y I R  
 A L U A G L W U J V  
 D J D T D K M A  
 A Y L E Y T  
 V E N C  
 A U

ACCEPTED  
 BEAMING  
 CHARISMA  
 DAZZLED  
 FABULOUS  
 GENEROUS  
 JOYFUL  
 LOVABLE  
 OPENHEARTED  
 REVIVAL

ACCOMMODATE  
 BETTERMENT  
 CHEERY  
 DETERMINATION  
 FEARLESS  
 HAPPILY  
 KINDNESS  
 MEANINGFUL  
 OPTIMISM  
 THOUGHTFUL

ACCOMPLISHED  
 CELEBRATE  
 DAUNTLESS  
 EMBOLDEN  
 GALLANT  
 ILLUMINATE  
 LIVELY  
 NOBLE  
 RADIANT  
 UNIQUE

Source: <https://worksheets.theteacherscorner.net/make-your-own/word-search/>

## Other Ways to Contact Us

Society Website: <http://www.sca.org>

Kingdom Website: <http://www.atenveldt.org>

Barony of Ered Sul Facebook Page: <https://www.facebook.com/SCAEredSul/>

Baron of Ered Sul Facebook Group: <https://www.facebook.com/groups/135613726524285/>

Highlands War Website: <http://www.highlandswar.org/>

## The Fine Print

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