

LE CHRONIQUE D'ESPERANCE

VOLUME 1, ISSUE 7 JUNE 2003

FROM THE CROWN

Greetings Good Populace:
The May Event started with a Tournament of Flowers - with the exception of two women on the sidelines, all of the women were led into the arena by Kniaz Sergei Borislav Beneshkek (formerly Sir Conall). The sides were divided, the queen stepped in to even up the sides, flowers were divided and given to each woman. There were 3 resurrections allowed and that was handled by Sir Jehan and Sir Royal. There was much laughter and the winner was none other than our former queen, Dame Razi. The marshaling was done by Sergei who felt it safer outside the arena.

All of the tournaments were

great, with no incidents. Vaisilli La Russo completed his first marshal training session. Sir Erik, Imperial Minister of War and Joust, and Sir Rhys from Brandenburg were on hand to answer any questions concerning the fighter tests and manuals. There were several sideline conversations and hopefully questions answered. Sir Erik and Jason the Dirty were both heard to say, "I am here to fight - let's keep going." Everyone seemed to have fun and many combatants left the field with more weapons than they had when they entered.

Sir Rhys and our own Sir Donovan were both given roses for the best dancing ever seen in steel. We are

just not sure who was leading.

The roses were provided by Dame Katherine Marshall and each lady at the event also, received a rose.

The Pied Piper of the day seemed to be Sir Morgan MacCanna. At one point he was completely surrounded by a group of Girl Scouts as he explained his steel suit and Adria.

The encampment was a buzz during the day as it appears our Sir Jamie the Red wore the favors of two women. Now history has it that usually a knight wore the favor of one woman; Sir Jamie chose to perhaps change history. One of

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ESPERANCE WINS AT BANNER WAR!

The Kingdom of Esperance did ally with the Kingdom of Umbria and stood against all other subdivisions. The Archduke of Brandenburg declared that his subjects were free to choose sides and remained officially neutral, but We only found his subjects at the pointy end of our weapons, not at Our side. Esperance and Umbria did further enlarge

their numbers by hiring the Black Company and the Company de Mortis to join us in facing Our opponents.

This victory entitles us to fly the Imperial West Banner for six months between now and next Banner War. Currently, the banner is in Umbria to be flown at the Coronation Feast of their new crowns Sir Waldham and Dame Nisha.

Out of the 24 in attendance from Esperance, 11 were on the field of battle. Dame Katherine Marshal entered the arts with a beautiful stained glass window, for which she is now selling raffle tickets to benefit the Imperial Travel Fund. Dame Maedb entered candied orange peels, being one of the last entries left

(Continued on page 2)

IMPORTANT NOTES & UPCOMING EVENTS:

- *Conton of Loch Lave event - June 28th. Autocrat - Sir Troiano.*
- *Kingdom Estates Meeting - Jun 14th following the event.*
- *Kingdom Estates Meeting - July 12th following the event.*
- *Imperial Estates Meeting - July 19th and 20th, Kingdom of Aragon, Las Vegas, NV.*

Check the Calendar for more events!

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FROM THE CROWN (CONTINUED)

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these women did insure that her favor was most noticed...it was an embroidered sleeve which she put on his belt with such a look in her eye that I am sure it will remain there forever.

Due to an outside wedding that was to take place behind our encampment, we felt the

need to not complete the event with the scheduled May Pole. But we will have a May Pole - it may be in June or July or August, but it shall be done.

We are sure the Wedding Party appreciated how everyone pitched in and moved the encampment from the center of the park to the side to insure we were not in the Wed-

ding Pictures.

For those of you in attendance at the event, we congratulate each and every one of you for an event well done. For those of you not attendance, we missed you.

Marion Regina Terrin Rex

ESPERANCE WINS AT BANNER WAR! (CONTINUED)

(Continued from page 1)

sweet smiles on the faces of the judges. Dame Maedb also was acting as the Imperial Minister of Arts at this event.

There was an Imperial Tournament following the war, our very own Kniaz Sergei Borislav Beneshek was in the last Renaissance battle facing Sir Sivax Wartongue of Terre Neuve. He fought for the honor of his Lady, Dame

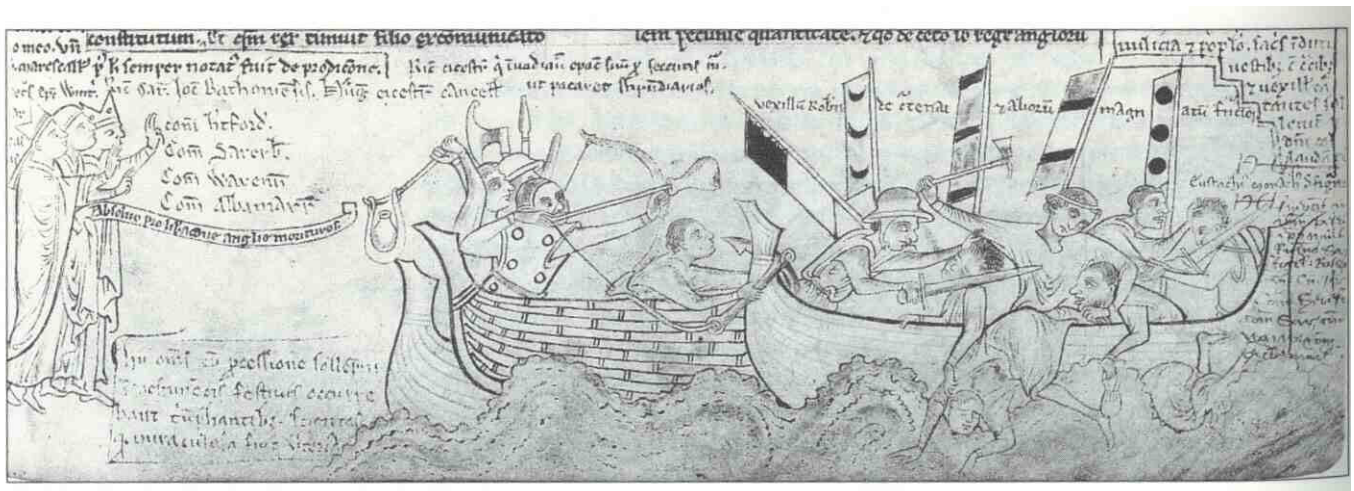
Razi, and for the honor of Esperance. It was a battle well fought and Sir Sivax edged out Sergei by a most narrow margin. In the Steel Tourney, our own Sir Jamie the Red did place third.

The House Herisson flew all of their Heraldry which was most colorful.

We look forward to an Esperance encampment at the Imperial War August 29 through

September 1. Prado Park has been reserved and will be the place of the event pending approval at the Imperial Estates Meeting in July. If this site is selected, archery will be available at this event so arrangements will not have to be made prior to the event and we can truly see the archery action on site.

Marion Regina Terrin Rex



THE BATTLE OF SANDWICH 1217

DEMO RECAP - MONTEREY VISTA SCHOOL

Demo Success!

The demonstration at Monterey Vista School in Monterey Park was well received despite the rain. What was originally scheduled to be a single, hour and a half demo for a few classes got moved into the school library because of rain the morning of the event. (That would be June 9th for those of you who were not able to make it.) There were nine Adrian in attendance.

Because of the size of the school library, the students, who turned out to be the entire student population of the school (in excess of 500 students), were brought to the

library in 3 groups. The artisans, Dame Maedeb and Squire Luren, started things off by describing clothing, how you could tell if someone was rich, and how to turn a sheep into cloth. They then went on to describe soap and its manufacture. Squire Wuner and clan were there to present not just archery, but bow-making and the characteristics of arrows.

After that, the fighters took the floor. Sir Vino began by showing the students some of the weapons we use and some we don't use. Then Squire Alwyn and Sir Vino got started with shinai. They fought a few quick rounds to get the students involved,

then switched to renaissance weapons. Sir Jamie the Red and Sir William de Mild then took the floor in armored combat to wind things up.

We all did this three times.

However, the school was so pleased with our performance that they gave us not one, but two checks for \$100 each. (I was a bit surprised. I didn't know anything about it until one of the staff members approached me and asked who to make the check out to!)

A special thanks to all who braved rain, rush-hour traffic, and iffy directions to get there and help out.

Sir Jamie the Red

Dear Sir Jamie the Red,

Thanks so much for the wonderful assembly that you put on at Monterey Vista today!!!! The kids were so excited, and believe me, it was the very best assembly of the whole year!! I appreciate you all coming from far and wide to Monterey Park. Hope you can come back again next year!

Sincerely,
Mary Hopkins

Please express our thanks to all the members who braved the rain to come out today--it was just great!!

FROM THE STEWARD

Greetings from the Steward's office!

All Members are reminded that the annual renewal is coming up July 1st! Please get your dues in ASAP to keep from getting caught in the Empire wide crush.



FROM THE MARCH 2003 EVENT -START OF THE PANCAKE RACE

FROM THE MINISTER OF JOUST & WAR

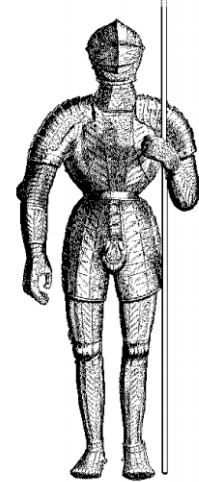
Ed. - There was no report from the Minister of Joust and War this month, the winners are reported from the Minister of Rolls.

The **new** Minister of Joust and War is Sir Morgan MacCanna.

This is effective May 10, 2003 and for-

mally announced that day.

Ed. - Additional articles concerning combat can be found on page 6.



FROM THE MINISTER OF ARTS & SCIENCES

We had two entries last month. Dame Maedb entered Candied Orange Peel and Sir Jame the Red entered a beautiful hand done book.

The book by Sir Jamie the Red was an awesome accomplishment by this artist as he not only did all the calligraphy in a period style from period text, but he also made the cover, painted the cover, hand tied the cover and had to painstakingly plan out how the pages had to go together as he was using a special type of paper. This was an incredibly well thought out project and one that took a lot of care and time to produce. The text

Sir Jamie chose was from Chaucer's Parliament of Fowls.

This project was a very fine example of many different period arts and was incredible. Congrats to him on a job more than well done!

As always, I'd also like to take a moment to thank our scribes and judges who freely gave of their time to help. Without you, we could never have made this possible for our artisans.

Dame Lenora Greyphis
Deputy Pro-Tem Art's Minister

FROM THE MINISTER OF ARCHERY

Ed. - There was no report from the Minister of Archery this month, the winners are reported from the Minister of Rolls.

FROM THE MINISTER OF ROLLS

Good Populace,

Attendance at the May event was 36. The archery list was considerably shorter than usual at 11 participants. We had five participants on the sergeant's list for combat, all of them fighting both shinai and sergeant's renaissance. Squire Falcon was the victor on both lists. Congratulations to him. There were ten participants on the knight's combat lists, including visitors Sir Rhys and Sir Erik. Nine fought on each list (armored and knight's renaissance). Sergei (formerly Sir Conall) won

the Knight's Ren list and Sir Erik was the victor in armored.

There were two arts entries for the month. Dame Maedb entered candied orange peels. Sir Jamie the Red entered a book of his own making. Sir Jamie received a win and a Masterwork for his efforts.

In other news, the points for the month of April, including faire attendance, demos, and all other events have been entered. The data from the May demos

and Banner War have not been entered as yet (though the May event has been entered).

If you have sign-in sheets for any event, please get me copies as soon as possible. If you want an audit, remember to get me any information that you currently have, then we can work to fill in any gaps.

In Service,
Sir Jamie the Red



CALENDAR OF EVENTS

June 2003						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Fighter Practice	5	6	7
8	9	10	11 Fighter Practice	12	13	14 Kingdom of Esperance Crown Event
15	16	17	18 Fighter Practice	19	20	21
22	23	24	25 Fighter Practice	26	27	28 Canton of Loch Lave Event
29	30					

July 2003						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Fighter Practice	3	4 Independence Day	5
6	7	8	9 Fighter Practice	10	11	12 Kingdom of Esperance Crown Event
13	14	15	16 Fighter Practice	17	18	19 Imperial Estates Meeting
20 Imperial Estates Meeting	21	22	23 Fighter Practice	24	25	26 Canton of Loch Lave Event
27	28	29	30	31		

HISTORIC DATES:

- June 1, 1533 - Anne Boleyn crowned Queen of England.
- June 7, 1329 - Robert the Bruce Scotland's King dies.
- June 7, 1494 - Spain and Portugal sign the Treaty of Tordesillas, dividing the New World between them.
- June 11, 1509 - Henry VIII marries Catherine of Aragon, his first wife.
- June 12, 1298 - William Wallace routs the English at the Battle of Black Ironsides.
- June 15, 1215 - Magna Carta signed by King John on the Isle of Runnymede.
- June 15, 1520 - Martin Luther - Pope issues bull condemning ML works.
- June 16, 1329 - Edward, Prince of Wales "The Black Prince" is born.
- June 16, 1497- Amerigo Vespucci lands in the New World.
- June 20, 1484 - Pied Piper of Hamelin spirits away 130 children, never to be seen again.
- June 22, 1559 - Queen Elizabeth's Prayer Book was issued.
- June 22, 1509 - Catherine of Aragon crowned Queen of England.
- June 23, 1314 - Battle of Bannockburn, Scotland defeats England.
- June 24, 1497- John Cabot claims North America for England.
- June 24, 1509 - Henry VIII crowned King of England.

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KNIGHTHOOD

The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the full light of day. The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become. Your Integrity is your destiny. It is the light that guides your way.

Heraclitus, Greek Poet, Philosopher

COMBAT & MARSHAL TESTS

As of June 11, the list of qualified combatants are listed on the Adria - Marshal Yahoo in the file section. Be it known that the records are correct - all records sent to the Imperial Marshal's office have been posted. (No black hole so far.)

We have one more package that will be sent in following the June Event. We encourage all of you that have not completed the tests and safety qualifications to do so now. Currently, the tests that have not yet been submitted were received at or just following Banner War. These will be

submitted following the June Event with those received at the event.

Marion Regina

Ed. - The complete combat and marshal authorization list will soon be posted on the Imperial web site

(Continued from page 5)

- June 25, 1580 - Book of Concord collection of doctrinal standard of the Lutheran Church
- June 27, 1577 - Peter Paul Rubens Flemish painter born.
- June 27, 1462 - Louis XII King of France born.
- June 27, 1550 - Charles IX King of France born.
- June 28, 1491 - Henry VIII King of England born.
- June 28, 1098 - Crusaders defeat the Turks at Antioch, during the 1st Crusade.
- June 30, 1470 - Charles VIII King of France born.
- June 30, 1572 - Poor Law - Great Britain's Poor Law passed, giving aid to the poor or work to the willing and able.
- July 1, 1536 - Henry VIII Children Mary and Elizabeth declared illegitimate by Parliament.
- July 1, 1566 - England and Scotland sign the Peace of Greenwich.
- July 4, 1190 - Third Crusade Richard 1 & Philip II of France leave for the crusade.
- July 6, 1189 - King Henry II of England dies - the first of the Plantagenets.
- July 6, 1553 - King Edward VI of England is succeeded by Queen Mary I.
- July 7, 1189 - Edward "Hammer of the Scots" dies enroute to quell the Scottish Rebellion.

DEMO CANCELLED

It is with sadness that the Crowns received news that a Demo scheduled for Friday, June 13th at Pacifica High School had to be cancelled. The request for the Demo included 2 steel fighters and we were only able to find one that would be available for this demo. Every requested demo this year included the

request that steel be a part of the demonstration. Esperance has 10 active steel combatants, 4 in the far corners of the kingdom. that leaves 6 in the central area of the kingdom. We are beating one of those knights to an old age quickly, while Sir Jamie the Red has been trying to meet all those obligations, he had

already lost one day of work for a demo on Monday. Renaissance Fighters total 27 - of those 10 are the previously mentioned active steel combatants. Of the 17 left how many are thinking about advancing to steel?

Marion Regina

FIGHTER PRACTICE AT EVENTS

Good Populace:

It has been requested that fighter practice be offered following the normal tournament events on the high area behind the amphitheater. This would be a chance for others to have practice time that can not make the Mile Square Park practice on Wednesday nights. **It would also allow for the Esperance Army to gain some strategy points** and show our fighters how to defend themselves against "not so normal weapons that end

up in wars" that we would not use in tournaments and practice working as a unit. In addition, comments have been made that we have an occasional melee following tournaments. It would seem both requests could be combined and allow our fighters to learn as well as get the full benefit of "a good" fight on the day of tournament. All of this is possible, we must, however, insure the event starts on time and maintains a smooth event to allow for the melee / fighter practice to follow.

Therefore, we will announce, starting at the June event that this will be encouraged for one and all.

Marion Regina Terrin Rex

ELIZABETHAN TOURNAMENT - JUNE EVENT

The Kingdom of Esperance is pleased to announce its June event – “Elizabethan Tournament - Playing for the Prize!”

Location: Hurless Barton Park, 4601 Casa Loma Ave., Yorba Linda, CA

Date: Saturday, June 14, 2003

Schedule of activities:

9AM - Set up / sign-ins open
 10:00AM - Sign-ins close, Opening Court
 10:45AM - Steel/Shanai Tournament rules
 11:30AM - Steel Tournament begins, bookmaker is open for business
 12:30PM - Shanai Tournament begins
 1:00PM - Lunch
 1:30PM - Bear Baiting (for the Kids!)
 2:00pm - Rapier rules
 2:30PM - Rapier Tournament
 4:00PM - Closing Court, Prizes awarded

My thanks to Master David Whittaker for his research and the Crowns of Brandenburg for all their assistance in compiling this information and for their permission to use this information.

Overview:

The purpose of this particular tourney is to replicate the feel and procedures of a late Elizabethan list. To this end, the focus is upon creating a different atmosphere other than the typical tournament. This is not a meeting of great nobles filled with pageantry, but a boisterous gathering of sportsmen playing before a raucous and opinionated crowd. If you have Elizabethan costume, please wear it! Bearing this in mind, spectators and

waiting list contestants are highly encouraged to heckle, jeer, cheer and throw things into the arena. Items as money, flowers and bread crusts are acceptable. All other items shall not be allowed.

Combat:

The list field will be the standard size. Contestants shall decide upon the weapon form prior to entering the field. All combat shall be matched weapons. (Contestants must be qualified for weapons per Adrian rules). Scoring and required arms and armor are listed below. When called to the list, opponents will start in opposite corners, the referee will announce them and ask if they are satisfied with their opponent's arms. Assuming the answer is yes (please resolve issues off list!), the referee will tell the contestants to "have at" and the contest will start.

"Hold" will be called for safety purposes only. After each good blow to any valid target, the struck contestant shall yell out the blow (e.g. "Good to the head, damn your eyes!"), action will momentarily stop and the referee will yell the point tally and restart the match. Should a contestant not notice the blow, the referee may call the blow. At no point shall the referee make any attempt to be well beloved. 6 points shall win the match - should there be a tie due to simultaneous shots, the match will go to sudden death (*ahem*) with the first point scored taking the match. At the conclusion of the match, the loser shall slink off the field and report his loss to the Master of the List. The next challenger shall then enter the list. The challenger is allowed to choose the weapon style for the next match. The winner of the last bout shall remain on the

field. The next match then proceeds as the last. The list shall close once everyone has competed in the lists at least twice. Victory for the day shall go to the man or woman (for these are topsy turvy times we live in) who has the greatest total of victories after losses have been subtracted (e.g. Three wins and one loss equal two for the total). A tie shall result in another match or some other such amusing contest.

Whalebone list (Shinai):

Though play would normally be conducted with whalebone, due to the shortages from the fisheries this year, we shall be using rushes striped in the appropriate red (shinai with red tape) and any period style buckler. Armor is standard light weapon apparel. The whalebone list shall be restricted to those of yeoman and guardsman rank.

Rapier List (Renaissance Schläger):

Play shall be conducted with bated blades (standard Ren weapons). All lengths including dagger/poniards are acceptable, but should match the length of the opponent's blade. Blunts will be covered with red leather or cloth (blunt and red tape). Bucklers may be used in this list and should be standard bucklers. Armor is standard renaissance armor.

As this is prizefighting, we will utilize the London School's standard on blows - any good thrust shall count, but no blows (slashes) will be counted. A thrust to a limb shall count for 2 points, a thrust elsewhere shall count for 3. A quick slice with the tip shall count as a thrust, as long as positive pressure is provided. Draw cuts shall not count. The hand may be used to

bat aside without loss of the hand, but not grasp. Should it catch a thrust, it shall be counted as a thrust to the arm. Incidental body contact is permitted, as is grappling with mutual consent (for Knight's list only). Throws, strikes and any maneuvers designed to injure (even if stopped short of injury) are forbidden.

Military Weapon List:

The main difference between this list and the sword list is the armor requirements (Armored standards) and the weaponry.

Allowable forms- Pike, long sword, 2 handed sword, bastard sword, broadsword, axe, broadsword and target (round shield), broadsword and buckler, bare knuckles (please leave your gauntlets on, though!).

Scoring is as above, but for bare knuckles in which a strike to the torso or head is worth 2 points and a throw to the ground worth 3. All grapples, save those designed to injure, are permitted.

Alternate Scoring:

Any contestant of Sergeant rank or lower may ask for "scholar's privilege", and declare the head a non-scoring area for the bout. Knights may not ask for this privilege.

In addition to the winners of each list, all contestants get a chance to vote for who they thought was the best sportsman of the day. Consider fighting ability as well as those sporting qualities of fairness, aplomb and wit. Ties will be decided by the Queen, may God smile upon her. The winner will be granted a seat at the high table as well as the third slice of beef and third pint of ale after Their Majesties.

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PHYSICKER'S REPORT

It is the individual's responsibility to bring sufficient water to the event.

Heat Related Illnesses

Anytime a person is exposed to hot temperatures this can cause a heat-related illness, such as heat cramps, heat exhaustion, or heat stroke. As your body is working to try and cool is self down the blood rushes to the surface of the skin. This results in less blood reaching other parts of the body, such as the brain. Because of this other effects can be brought about, some of them life threatening. Since most of our events are in the outdoors, we need to be responsible enough to monitor ourselves and our fellows for these illnesses so that we can help prevent or treat them if need be.

What is it?

Generally heat exhaustion, heat cramps, and heat stroke all occur when your body cannot cool itself adequately. However, each illness is slightly different and has different treatments. Heat exhaustion occurs when the body loses too much water and salt through the excessive sweating, particularly through hard labor or exercise. This loss of fluids can interfere with brain function. **Those with heart problems or are low on low-sodium diets** may be particularly at risk to heat exhaustion. Heat cramps can occur when the body loses excessive amounts

of fluids and salt. This is usually accompanied by the loss of other essential nutrients such as potassium and magnesium. These losses of those nutrients in the body are what cause the cramping of the muscles and pain. The more serious of the illnesses is heat stroke that occurs when the body suffers from long, intense exposure to heat and loses of its ability to cool itself in extreme environments. This illness affects the part of the brain that normally controls the regulation of body temperature, causing it to malfunction. This decreases the body's ability to sweat and cool down. Those who have medical conditions such as scleroderma or cystic fibrosis decrease the body's effectiveness to sweat and are at greater risk for heat illnesses. Generally you do not have to have heat exhaustion to have heat cramps or heat exhaustion to go right into the worse of the illnesses. Your body can go right into one or the other or have multiple symptoms at once.

Prevention:

In hot weather, spend most of your time in cool, if available - air-conditioned areas, try to reduce outdoor activities in the hottest times of the day if possible. Eat small, well-balanced meals for mineral, energy, and salt maintenance throughout the day; minimum recommended is four small meals. **Drink plenty of non-caffeinated, non-alcoholic** beverages. JAMA

recommends that a solution of 50% Gatorade and 50% of Water is a perfect solution for hydration in the body. Always protect the skin so that it doesn't become too dried out and burned. Use sunscreen. Give special attention to the elderly during heat waves.

Symptoms:

Heat cramps

- Severe, usually disabling, cramps that typically begin suddenly in the hands, calves, or feet.
- Hard, tense muscles.

Heat exhaustion

- Fatigue
- Nausea
- Headaches
- Excessive thirst
- Muscle aches and cramps
- Weakness
- Confusion
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat
- Dizziness
- Fainting
- Agitation

(Heat exhaustion requires immediate attention but is not usually life-threatening)

Heat stroke

- Nausea and vomiting

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THE KINGDOM OF
ESPERANCE

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Arts:

Arts shall focus on all things Elizabethan. So dust off those cookbooks and break out those hand tools. In addition to the normal adjudication, a cash purse (extra tokens for gambling) will be awarded by her Majesty for the tastiest Elizabethan food presented and the most unique Elizabethan craft presented. The purse will be of a large sum! So get to it!

Bear Baiting:

In the interest of keeping our younglings amused and out of mischief, we have prepared this merry jest. One of our more robust knights has volunteered to dress himself as a bear and have one leg tied to the ground. Our dogs will be the young ones, who each be given a stuffed stocking and set upon our

"bear". The "dogs" must crawl on all fours, and should yelp and bark in excitement. We can trust the "bear" to growl with little prompting. Six good blows upon the "bear's" body will defeat him. A swat upon a "dog" with a paw (really a thick woolen mitt) will require the child to run back to a designated resurrection tree, whereupon he or she can reenter the game. If this game is stacked against our "bear", well he knew the odds when he agreed. Betting will be upon the number of dogs swatted before the bear succumbs to their assault (or on any other agreed upon criteria between betters).

Wagering:

All attendees, whether fighting or not, shall be given 20 tokens at the day's start. They may use these to place wagers as they will as the day progresses. Bets be-

tween citizens are, of course, entirely up to them, and may be placed on anything for any reason. Yes, I said anything for any reason. Be creative.

The kingdom shall also provide a bookmaker for today's festivities. All bets on winners of the bouts will be at strict odds according to rank. Ranked odds shall be as follows:

Knight Champion – 5
Knight Bannerette – 4
Knight Bachelor – 3
Sergeant – 2
Yeoman/Guardsman – 1
An example of odds – Sir Bob, a Knight Champion is ranked 5, Sergeant Joe is ranked at 2. Therefore the odds would be 5 to 2 in favor of Sir Bob. Sir Bob is favored to win. If you place a bet of 5 tokens on Sir Bob, and Sir Bob wins, you would receive an additional 2 tokens back on

your bet.

Bets should be placed well in advance, and cannot be made once the round has started. Contestants who bet against themselves should feel bad.

At a yet to be specified time after the day's activities, all tokens will be counted, and the leaders in coinage will be determined. The top three or so will be given gifts. Nice gifts. So bet well and try to keep the cheating undiscovered.

Music and Dancing:

Well, of course, if we have time during the day. Please, please bring your instruments and voices. We are trying to find a dance master. Haven't quite discovered how to bet upon dancing, but I'm sure where there is a will, there is a way.

PHYSICKER'S REPORT (CONTINUED)

(Continued from page 8)

- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate (160 to 180 beats per minute)
- Decreased sweating
- Blood in urine or stool
- Increased body temperature (104 to 106 degrees Fahrenheit)
- Confusion, delirium, or loss of consciousness
- Convulsions

Caution: *heat stroke can occur suddenly, without any symptoms or heat exhaustion. If a person is experiencing symptoms of heat exhaustion or heat stroke, **OB-TAIN MEDICAL CARE IMMEDIATELY.** Any delay could be fatal. Seek immediate emergency care for anyone who has the following symptoms:*

- *Confusion, anxiety, or loss of consciousness*
- *Very rapid or dramatically slowed heartbeat*
- *Rapid rise in body temperature that reaches 104 - 106 degrees Fahrenheit*
- *Either drenching sweats*

accompanied by cold, clammy skin, or marked decrease in sweating accompanied by hot, flushed skin.

- *Convulsions*
- *Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts.*

Treatments:

Usually escaping the heat, drinking beverages high in potassium and salt, and eating salty foods can alleviate heat cramps. Gentle massage or firm pressure usually alleviates the spasms in the muscles. If heat cramps do not go away, seek medical attention for advice.

For heat exhaustion and heat stroke:

First, get help. It is critical that emergency medical assistance be called as soon as possible. Then, if possible, get the victim to drink, but do not force fluids if the person is unconscious or confused. The primary treatment for heat exhaustion is replacement of lost fluids and salt. Move the person to a cool environment, lie them flat and with their feet raised slightly above their head

level, and have them sip cool, drinking water. Salt can be added to the water or if they feel up to it they can suck or eat on pickles or other really salty food. Sports drinks are fab for this as well as tomato juice or cool bouillon. Only use at the most one tsp salt per quart of water.

Heat stroke is usually a rapid onset and can cause permanent brain damage or death if not treated immediately. Anyone with heat stroke needs emergency medical attention. These are to be performed as EMS is on the way only.

- Move person to the shade; wrap them in cool, wet bedding or clothing; or remove the person's clothes and sponge their body with cool water until help arrives
- Ice packs can be placed on the groin, neck or underarms; or the person can be fanned by hand or with an electric fan or blow-dryer set on cold, (never use a blow-dryer on hot)!
- DO NOT GIVE FLUIDS
- If possible, use a thermometer to monitor the

person's temperature, and stop cooling treatments if their temperature normalizes

- Once at the hospital, a person who has suffered a heat stroke may be given intravenous drugs to control seizures and will likely be confined to bed rest for several days.

Remember it is the responsibility of us all to watch out for our fellows and ourselves during these events. If you see anything that you think might be a symptom of heat illness, do not be afraid to talk to the person and suggest maybe taking a rest. Be safe and play safe!

Vaisilli Faa

*** All information in this article is meant for informational purposes and is in no way to be taken as medical advice. If you have any conditions that might be affected by heat it is recommended that you speak to your doctor before conducting any strenuous activity in extreme environments of any type. This article was taken from the article entitled "Understanding Heat Illness -- the Basics" by Charlotte Grayson, MD; Internet resource: WebMD, (<http://my.webmd.com/content/article/54/61499>). ***

KINGDOM ESTATES MEETING AGENDA

- I. Roll Call
- II. Approval of minutes
- III. State of the Kingdom Report from their Majesties. This will include a financial report.
- IV. Consideration of the Arms and Flag of Esperance. A picture can be found on the Esperance Yahoo File Section. *(Also see below.)*
- V. Consideration of Retirement titles for Dame Willow and Sir Cromar.
- VI. Discussion of Imperial Estates Meeting in July - OB only of special concern is OB11, renaissance weapons knighthood.
- VII. Other business
Any one wishing to present other business needs to contact the Chancellor immediately (that was dated May 10)
- VIII. Adjournment

There will be an Estates Meeting in July to discuss and vote on the Imperial Agenda to include the New Business. Splitting the Estates Meetings, should avoid the former hours long meetings. The July Meeting will be held under 90 minutes and should be no problem if the Estates Holders and the populace give time and effort to the items before the meetings.

