



# NOREK'S TAILS

Volume 6, Issue 1 in the year ASXLV

FEBRUARY edition

## Shire of Dragons Bay

### EVENTS: WHAT FUN THOU ART



The resplendent Morgance of the Sea Witch at November Crown

Greetings most beloved populace!

It is with much relief that I publish this edition for your good selves to peruse; with a full year of exciting events ahead I look forward to documenting more festivities and meeting even more of the gallant populace. Stay safe and happy;

Catherine of Shirwode

**CHRONICLER (p)**

**SHIRE OF DRAGONS BAY**





## SENESCHAL'S REPORT



Greetings to the good folk of Dragons Bay

Just a quick note from your Seneschal

Well it's the start of another year let's hope it's a good one.

We have a lot going on this year, our workshops start on the



12<sup>th</sup> February with sewing, Archery then starts up on Sunday 13<sup>th</sup> February with Heavy training starting up the following Sunday, Cooks guild will also be coming back along with other workshops, Autumn gathering over the Easter Long Weekend, there are quite a few of us involved in helping to run this weekend.

Then come January next year we have 12<sup>th</sup> Night which I am sure Dragons Bay will make a fantastic weekend.

Sir Robert Leffan of York stepped down as constable at the Yule Feast last year and I would like to take this opportunity to say thank you for all your help over the last 2 years, you have done a wonderful job.

I would also like to take this opportunity to thank all our office bearers you all do a grand job and put in every effort to make our group a great one, we are lucky to have you all. If there is anyone who would like to take on any of the free positions then please do not hesitate to contact me.

Our first meeting will be on the 14<sup>th</sup> February, I am hoping as many of you as possible can come along and have a say in what sort of things you want to do within the group. Our group is for all of us and if you want something specific to happen then you need to put your ideas out.

We need some more signatures on the petition so we can send it back off to Kingdom in the hope that we can maybe get everything done before the Royal Visit in March and then we can make it past being Incipient and we can be a fully fledged Shire.

Wishing you all good health and happiness

Petronilla Fairwif of Horsford

**SENESCHAL**

**DRAGON BAY SHIRE**

## COMING EVENTS

### Sunday March 6th: Blues Alive Demo

Churchill Park, Rockingham foreshore (Rockingham Beach Rd)

Set up 9am - event 10am till 3.30pm

Pack down and off site 4pm onwards

Garbed fun and games to spread the word and provide info for potential new members (who we love dearly)

Contact Sir Peter for more info

### Saturday 19th March: WAMA Medieval Fayre

Supreme Court Gardens Cnr Barrack St & Riverside Drive, Perth

A big, wonderful Fayre with LOADS of things to see and do; hang about with the populace and enjoy the festivities.

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## 21st– 26th April: Autumn Gathering

Where all the groups gather and well, hang out,  
laugh, feast and compete!

St Aiden's site located near Bunbury

The venue will provide a mixture of open and shaded areas for camping, a war field, an Archery range and a grassed area for the various combats, games and general lounging about beneath the canopy of your viewing pavilion.

The St Aiden's Cellar Door will be open during the middle part of the day and will be selling; wines, non alcoholic drinks, and gourmet lunches

Book by April 9th

Adult Member \$70 - Youth Member \$50 - Child \$10

Price after April 9th

Adult Member \$100 - Youth Member \$80 - Child \$20

Child 0 – 5 years, Youth 6 – 16years, Adult 16 years or older, Non SCA members

add \$10 to the Adult and Youth prices, for Child non member prices add \$2.

Day tripper prices will be available on request.

A booking deposit of 25% (or the full amount) is required and is non refundable

unless the booking is cancelled prior to April 9th 2011.

When booking please discuss any special dietary needs and have an estimate of the total ground space you require. Group campsites encouraged.

**See the Yahoo Groups board for more info or contact Sir Peter.**



## The Medieval Gourmet: Far Away Food

By Sir Peter du Gaunt Noir

**Andalusia** or Al-Andalus (Arabic: الأندلس) as it is known to its Moorish inhabitants for period between 711 and 1492. It was the last territory to fall in the Reconquista and the cities of Seville, Cadiz, Cordoba, Almeria and fabled Grenada are found here.

The Arabic name was a corruption of earlier Vandalusia or *the land of the Vandals*, the Germanic tribe that invaded Spain after the fall of the Roman Empire and set up various kingdoms in Southern Spain and North Africa. Andalusia was the center of power in medieval Muslim-dominated Iberia. Besides Muslim or "Moorish" influences, the region's history and culture have been influenced by the earlier Iberians, Carthaginians, Greeks, Roman Empire, Vandals, Visigoths, all of whom preceded the Muslims, as well as the Castilian and other Christian North Iberian nationalities who conquered and repopulated the area in the latter phases of the Reconquista. There was also a relatively large Sephardic Jewish presence.

Found on the southern most tip of the Iberian peninsula its western neighbour is Portugal and it shares a three quarter mile border with Gibraltar which is the Spanish derivation of the Arabic name *Jabal Tāriq* (جبل طارق), meaning "mountain of Tariq".

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This was the gateway to Spain for the Berber Umayyad general Tariq ibn-Ziyad who led the Moorish invasion in 711. Earlier, it was known as **Mons Calpe**, one of the Pillars of Hercules.

Now we have discussed the culturally rich lands of Al-Andalus let us now turn our thoughts to feeding our bellies rather than our minds.

I have in my possession a copy of an anonymous Andalusian Cookbook written sometime in the 13<sup>th</sup> century and it is from this that I wish to share some simple dishes.

Firstly let us look at **Mirkas or Merguez Sausage**,

The book claims these are as nutritious as meatballs and quick to digest as the pounding ripens it for ease of digestion.

First get some meat from the leg or the shoulder of a lamb and pound it (grind or mash?) until it becomes like meatballs. Knead it in a bowl, mixing in some oil and murri naqi (a fermented barley paste), pepper, coriander seed, lavender, and cinnamon. Then add three quarters as much of fat, which should not be pounded, as it would melt while frying, but chopped up with a knife or beaten on a cutting board.

Using the instrument made for stuffing, stuff it in the washed gut, tied with thread to make sausages, small or large. Then fry them with some fresh oil, and when it is done and browned, make a sauce of vinegar and oil and use it while hot. Some people make sauce with the juice of cilantro and mint and some pounded with onion. Some cook it in a pot with oil and vinegar, some make it rahibi with onion and lots of oil until it is fried and browned. It is good whatever of these methods you use.

## **Mirkas with Fresh Cheese**

Take some meat, carefully pound as described earlier, add fresh cheese that isn't too soft lest it fall apart, and half a piece of cut-up meat and some egg, for it is what binds it together, and pepper, cloves, and dry coriander. Squeeze on it some mint juice and cilantro juice. Beat it all and use it to stuff the innards, which are tied with thread in the usual way. Then fry it with fresh oil, as aforementioned, and eat it as by nibbling, without sauce, or however you like it.

## **A Recipe of Isfiriya**

Take some red meat and pound as before. Put it in some water and add some sough dough dissolved with as much egg as the meat will take, add salt, pepper, saffron, cumin, and coriander seed, and knead it all together. Then put a pan with fresh oil on the fire, and when the oil has boiled, add a spoon of *Isfiriya* and pour it in the frying pan carefully so that it forms thin cakes. Then make sauce for it.

## **Simple Isfiriya**

Break however many eggs you like into a big plate and add some sourdough, dissolved with a commensurate number of eggs, and also pepper, coriander, saffron, cumin, and cinnamon. Beat it all together, then put a frying pan with oil over a moderate fire and make thin cakes out of it as before.

## **Counterfeit Isfiriya of Garbanzos (Chickpeas)**

Pound some garbanzos, take out the skins and grind them into flour. And take some of the flour and put in a bowl with a bit of sourdough and some egg, and beat with spices until it's all mixed. Fry it as before in thin cakes, and make some sauce for them. Since not many of you will have some left over fermented barley paste cluttering up the back of the fridge I pardon the pun sourced this from the good old internet.

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## Substitute for Murri Naqi

### **Ingredients:**

To make two cups worth

3 tablespoons honey

1/3 cup breadcrumbs

1 tablespoon flour

2/3 teaspoon anise seed

2/3 teaspoon fennel seed

2/3 teaspoon nigella seeds

1/4 teaspoon saffron

1/3 teaspoon celery seed

1 Tablespoon carob powder

1 Tablespoon walnuts, chopped fine

2 Tablespoon quinces

100 mil salt

500 mil water

1/4 lemon, juice of

### **Directions:**

1. Cook the honey in a small frying pan on medium heat, bringing it to a boil then turning off the heat and repeating several times; it will taste scorched.
2. The bread is sliced white bread, toasted in a toaster to be somewhat blackened, then mashed in a mortar. Or, toast breadcrumbs in a dry skillet until very dark brown.
3. Toast the anise, fennel and nigella in a frying pan or roast under a broiler, then grind in a mortar with celery seed and walnuts.
4. Peel and core quince.
5. Boil all ingredients except the lemon together for about 2 hours, then put it in a potato ricer, squeeze out the liquid and add lemon juice to it; this is the murri.

The recipe generates about 1 1/4 to 1 1/2 cups of liquid. You can then add another 1/2 cup of water to the residue, simmer 1/2 hr -1 hr, and squeeze out that liquid for the second infusion, which yields about 1/3 cup. A third infusion using 1/3 cup of water yields another 1/4 cup or so.

**Prep Time:** 20 mins **Total Time:** 4 1/2 hrs (Quicker than fermenting a barley paste)

I hope this has been entertaining for you and perhaps tempted you to join us at a Cooks & Brewers meeting

In service to the Dream and the regard of  
my consort Lady Genevieve  
Sir Peter



## SHIRE OF DRAGONS BAY CHAMPION OF THE SWORD

October provided its best warming sunshine for the gallantry and pageantry of the Championship of the Sword.

As Marshal I can confidently say that yes, this is a very cool helmet.



Representatives of the populace gathered in their finery to stand witness to the prowess and dedication of the battle to the death for the right to hold aloft the treasured Norek Shield.



Lord Robert, Rognvald and our newest authorised fighter Vlad battled it out through the heat and sweat; sworn to display their skills and to fight with honour and glory.

After much ado (not about nothing) emerged victorious Lord Robert Lefthand of York who swore to act as protector and champion of all things Dragons Bay.

The perks of being the retiring Champion



This card allows me to biff the others. (in a nice way) Yippee!!

Huzzah to the combatants!  
Huzzah to the herald!  
Huzzah to the marshals!  
Huzzah to the populace!  
Huzzah Huzzah to Lord Robert!



**Lord Robert Lefthand of York**  
**Champion of the Sword**

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Don't mess with  
the marshals!



Blam! Splat!  
Kabammo!  
Twang!



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Well fought today;  
much skill and valour  
displayed. Milady  
Morgance? What say  
you?

Lady marshal, how did  
you find the tourney?



Me too..I'd be the  
one doing First Aid!

Much enjoyed! Glad  
there were no injuries.





Currently we are without an Arts & Sciences Officer, if you are interested in this office please contact the Seneschal milady Petronilla (See regnum).

### **Open Arts & Sciences Workshops**

Scheduled fortnightly

Location: The Bower Waikiki

Come join us in a night of information and production. A wonderful evening of discussions on Sewing Techniques, Armouring, Calligraphy/Illumination, Woodwork, Leatherwork or perhaps consulting about Names & Heraldry.

Further information can be obtain by contacting Sir Peter Du Gaunt

### **Cooks & Brewers Guild**

Held monthly at various households in the Shire.

A meeting of the fledgling Shire Cooks Guild, where you can bring along a medieval dish to be sampled by the cooks present and contributing to your guild ranking. We also taste and consider any brewing projects and failing either of these please come along and throw something on the BBQ and join in.

Please discuss with Lady Genevieve or milady Petronilla

### **Dancing Practice**

We are currently negotiating about a venue, and we hope to be running dance practice every Tuesday shared between Rockingham and Kwinana on a fortnightly basis.

If you are at all interested in medieval dance please contact Lady Genevieve.



## **ARCHERY NEWS**

**From Raynald Greygose**

**Champion of the Bow**

**Shire of Dragons Bay**

Any of the populace interested in archery contact Raynald or turn up at archery training (see calendar). There is some loan gear that is available at a small hire cost to 'try and see' if you like archery before you go and buy your own gear. Raynald can also advise on what gear and where to get it.

Interested in fletching??? Raynald also offers fletching workshops and can do coloured shafts and feathers so let your imagination run wild and create your own unique set of arrows! Serves a dual purpose of looking extremely flash at IKAC and also being a bit easier to recognise your own arrows on collection.

In development is a crack squad of combat archers to give the heavies a shake up in wars. There is an armour requirement for combat archery so this is a good way of getting more use out of your gear if you are doing both archery and heavy combat. In development also is an armoured target to practice those vital shots.

For new members archery is a great place to start: Dragons Bay has a healthy archery team who also happen to be very welcoming and helpful so go along to the next training session at Wandi and give archery a go.



## CALENDAR OF EVENTS

Local Activities	FEB		MAR	
<b>ARMOURING &amp; A&amp;S</b>	Saturday 12th  1pm  THE BOWER	TBA  Check Yahoo Group List	TBA  Check Yahoo Group List	TBA  Check Yahoo Group List
<b>SHIRE MEETING</b>	Monday 21st  6:30 pm  TBA		Monday 21st  6:30 pm  TBA	
<b>FIGHTER TRAINING</b>	Sunday 20th  10am  VILLAGE GREEN		Sunday 20th  10 am  VILLAGE GREEN	
<b>ARCHERY</b>	Sunday 13th  9:30 am  WANDI	Sunday 27h  9:30 am  WANDI	Sunday 13th  9:30 am  WANDI	Sunday 27th  9:30 am  WANDI
<b>COOKS &amp; BREWERS BBQ</b>	Saturday 19th    TBA		Saturday 19th    TBA	
<b>SPECIAL EVENTS</b>			6th:  Blues Alive Demo  Rockingham	19th:  WAMA Me- dieval Fayre



Local Activities	APRIL		MAY	
<b>ARMOURING &amp; A&amp;S</b>	TBA Check Yahoo Group List	TBA Check Yahoo Group List	TBA Check Yahoo Group List	TBA Check Yahoo Group List
<b>SHIRE MEETING</b>	Monday 18th 6:30 pm TBA		Monday 16th 6:30 pm TBA	
<b>FIGHTER TRAINING</b>	Sunday 3rd 10am VILLAGE GREEN	Sunday 17th 10am VILLAGE GREEN	Sunday 15th 10 am VILLAGE GREEN	Sunday 29th 10 am VILLAGE GREEN
<b>ARCHERY</b>	Sunday 10th 9:30 am WANDI		Sunday 8th 9:30 am WANDI	Sunday 22th 9:30 am WANDI
<b>COOKS &amp; BREWERS BBQ</b>	Saturday 16th  TBA		Saturday 21st  TBA	
<b>SPECIAL EVENTS</b>	Autumn Gathering 21st-26th			

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# COMBAT NEWS

Introducing our newest Authorised Fighter:  
Vlad of Dragons Bay

How to become an authorised fighter in 8 easy steps:



**Step 1: Pass a test on the Rules of the List and be inspected**



**Step 2: Block a blow (or 10)**



**Step 3: Attack!!!!!!!!!!!!!!**



**Step 4: Block/attack up close and personal**



**Step 5: Accept a good hit and concede with honour**



**Step 6: Fall down from mortal blows**



**Step 7: Die with style**



**Step 8: Come back to life and be friends with your opponent**

Well done Vlad!

Thanks to Sir Peter for marshalling,  
Stephanie of Dragons Bay for inspecting  
and assisting in marshalling and also

Robert Lefthand of York for providing a worthy opponent to allow Vlad to display the skills for authorisation. Huzzah to all the heavy combatants of Dragons Bay! Huzzah to Vlad! Huzzah to the Populace!

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## NOVEMBER CROWN

### Awards



**Milord Adair**

**Most Useful New Skill Award**



**Morgance of the Sea Witch**

**Multi-Tasking Award**



**Sir Peter du Gaunt Noir**

**Most Subtle Placement of Banner Award**





### The Populace

Most Incredibly Good Looking Group Award



### Dragons Bay Archers

So Handsome Everyone Else Just Give Up Now Award

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**Lord Steffan**  
**Most Admired Tabard Award**



**Lady Rhianwyn, Queen Leonore , Lady Constanzia**  
**Coveted Gowns Award**



**King Edmund**  
**What a Nice King Award**



**Lord Gabriel and Sir Peter**  
**Most Contrast in Combat Award**



**Sir Peter**

**Scariest Yet Nicest Combatant Award**



**Lord Robert**

**Most Chivalrous Award**

What pageantry we witnessed at November Crown! The Shire of Dragons Bay proudly supported Sir Peter and his consort Lady Genevieve in the tournament to decide who would be crowned the next king of Lochac. With honour the entrants fought until there was only two left to contest the crown; milord's Kane and Gabriel faced each other with dignity and courage until milord Gabriel was declared the victor.

The crown tournament was accompanied by market stalls, feasting, dancing and displays of rapier and heavy combat. Highlights for your humble chronicler included the bestowing of favours upon ladies of the realm by those that fell in battle, the splendid company and the gowns. (oh lordy lordy the gowns!)

Huzzah to the populace who came for the festivities.

Special Huzzah to Lady Genevieve for supplying inspiration and instructions for Roman styled garb which was an absolute blessing in the heat!

Events, especially camping events are such a joy I encourage everyone to come along. See you all at Autumn Gathering!







## SHIRE SPEAKS

### VENUE STILL SOUGHT

If anybody knows of an inexpensive meeting place please let me know, as I am looking into the viability of the Shire holding meetings and such in a hall or meeting room again. Ideally it has to be central, available, have plenty of parking be easy to find and inexpensive.

The pluses are; that a public venue can be less intimidating for a new person to come along too for the first time, and available space is more generally useable for a variety of activities e.g. meetings, dancing, sewing etc...

The possible down side is the meeting needs to be well support by the group otherwise it can become a financial burden and a waste of time and resources, so when calculating divide the cost by the number of people likely to turn up.

Nothing definite yet but it pays to think and plan ahead

For further details and information please contact Seneschal.



## SHIRE MEETING

The meetings are fun and as long as we can get through any required business by 9.30 it doesn't have to be tedious or serious, so I encourage everybody who can make it to turn up to these meetings so that your voice can be heard and Dragons Bay remains a group that caters to the needs of everybody involved.

These meetings are held on the 3<sup>rd</sup> Monday of every month, to decide on issues such as group finances a quorum of the Seneschal or Reeve plus 2 other officers is required.

Anyway that's about it for now so until next we meet may good fortune be yours to share and may you and yours be happy and healthy.





## BOOKS FOR SALE:

### The Known World Handbook

-Covers close to everything you need to know about the SCA.. \$35

### Costuming to a T

-Basic garb construction; perfect for beginners or the sewing-challenged \$5

Contact the Seneschal (see page 28)

## VACANCY:

### Office of Constable for the Shire

Contact the seneschal Petronilla if interested

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## YULE FEAST



Comments from the populace  
(chroniclers privilege in embellishing  
and censoring upheld)

Lady Genevieve: : Yule Feast was the best ever!

Milady Avalon: It was a lovely event; there was much more food than I had imagined and everything was tasty. I didn't know about removes so I was amazed when the food just kept coming! The whole feast had a great ambience and the set up was amazing. I enjoyed the dancing and the violin playing and look forward to the next feast.

Lady Genevieve: It was really great to see new Dragons Bay members at the feast; we tried hard to make them feel welcome and I think we managed to do that very well. There was a good attendance, we played games and had raffles, dancing and much entertainment.

Milady Petronilla: all went well in the kitchen, I hope everyone enjoyed the food.

Going to a feast is a great way of meeting new people and catching up with those you haven't seen for a while. The shire has a supply of basic loaner garb which is a great way of trying on styles without all the cost and time of making your own!

Keep an eye on the Yahoo Group list for up coming feasts: of course there is a feast at Autumn Gathering so come along and join in the fun.

## SNIPPETS FROM THE POPULACE

### **Mead Making:**

Last year as part of the Cooks and Brewers Guild, members made mead. Each brewer added their own signature through subtle adjustments in ingredients.

Although the mead had been sampled, the final taste test occurred at the last shire meeting in December.

Unanimously the best mead was brewed by Petronilla Fairwif of Horsford. According to one taster this mead was the best because it reminded her of lazy summer evenings (well, that is the G rated version)

The secret to this mead was less sugar and to omit all of the spices to make a smooth mead with less bubbles.

Come along to the next Cooks and Brewers food-fest and try your hand at medieval cooking and tasting!

### **Registering Devices and Names**

Getting a device and name registered is not a fast process; but progress is being made on registering our shire device to match our name.

Several members have names and devices currently in the registering process.

It is worth exploring registering a device as this allows you to create wonderful banners and heraldic garb that is uniquely yours.

For more information or assistance speak to the Shire Herald Sir Peter.





## **King & Queen of Lochac:**

Their Majesties GABRIEL and CONSTANZIA  
royal@sca.org.au

### **THE SHIRE OF DRAGONS BAY**

**Seneschal** - Petronilla Fairwif of Horsford (Lynn)

0416020681.

**Reeve** - Stephanie of Dragons Bay (Steph) smcglew@yahoo.com.au

**Marshal** – Genevieve du Montfleur (Fiona) fgillesp@bigpond.net.au

**Herald** – Peter du Gant Noir (Peter) pfryer@iinet.net.au

**Hospitaller** – Peter du Gant Noir (Peter) pfryer@iinet.net.au

**Arts & Science** – Vacant: please contact seneschal

**Chronicler (p)**- Catherine of Shirwode (Fiona) spookysnark@yahoo.com

**Constable** - Vacant: please contact seneschal

**Web Minister** - Sarah of the Hills (Sarah)





## OUR WESTERN SHORES NEIGHBOURS

*Shire of Boesenberg: (Bunbury)*

**Seneschal:** Elspeth the Wyse (Lizzie — 0438610006)

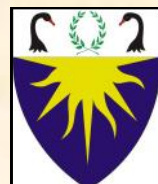
boesenberg.seneschal@hotmail.com



*Barony of Aneala (Perth Metro)*

**Seneschal:** Betchold Vollarc

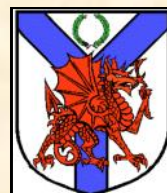
seneschal@aneala.sca.org.au



*Canton of Abertridwr (South of Swan River)*

**Seneschal:** Andre Montsegur (Andrew)

AbertridwrSeneschal@sca.org.au



*Canton of Aachenfeld (North of Swan River)*

**Seneschal:** Catalina de Gata — (Tex 0423198462)

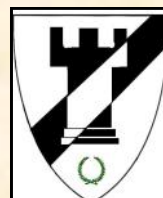
gatanoz@gmail.com



*College of St Basil the Great (UWA)*

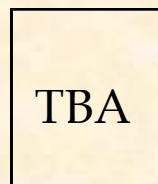
**Seneschal:** Gillian Attwood —

silly\_filly2002@hotmail.com



*College of St Lazarus (Murdoch Uni)*

**Seneschal:** Alex (Christopher) mrhellcat@gmail.com





Kids – print off and colour in your own Norek, prizes will be awarded at the Cooks & Brewers BBQ.