

King Arthur Quest Camp



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KING ARTHUR'S QUEST

CAMP RULES AND REGULATIONS

- **All camp safety rules must be followed exactly.** Tokens will be lost if not. If in doubt, ask a Guider. No token charge for safety advice. Guiders must be present during all fire activities.
- Each camper will have a **King Arthur's Quest Workbook** containing various **challenges.**
- **No one has to complete ANY challenges.** You can all vote to sit around the camp and do nothing all day. The camper(s) collecting the most tokens by the end of camp will win.
- **Tents:** Decide among yourselves how to arrange sleeping. Everyone must agree on the final sleeping arrangements.
- You are free to trade, barter and share information, skills and supplies amongst yourselves for success. Be creative and work together and you will accomplish much more.
- The items in the Ziploc bags (except those used up) must be returned at end of camp in the same condition you received them. There are bonus tokens for this.
- Campers must **follow the Girl Guide Law.** Violations = lost tokens.
- Any arguing, fighting, cheating, stealing, threats, or violations of the Girl Guide Law will be grounds to call Round Table Council. If a Council is called, all challenge activities cease and **EVERYONE** reports to the Round Table Council. Council will hear the complaint and decide the punishment. Those who witness any of the above actions will present their case and the accused will have an opportunity to defend herself. Decision of Council is final, no appeals. Worst case scenario: a girl may be sent home!! **TIP: avoid Council being called at all costs.**
- Report to the Guiders for any first aid issues or illness.
- If you must use the lats you must take a buddy. Anyone found by themselves, without Guider permission, forfeits tokens.
- **Have FUN!!!**

RULES FOR KING ARTHUR'S QUEST CHALLENGES

- **Completing challenges:**
 1. Challenge must be brought to the Guiders to be approved
 2. Guiders must be brought to the area where the challenge was done **or**
 3. Guiders must witness the challenge being completed in order to award tokens.
- Resources are available for many of the challenges but in limited quantities and will be shared on a first come first served basis.
- Instructions are also available for some challenges at a cost of tokens. If you already know how to do a challenge, save your tokens and don't buy them. Buying instructions also entitles you to ask any questions of the Guiders. They will not complete a challenge for you, but may give you some hints or answer your questions.
- Use the resources you have wisely. This includes the skills and abilities of all campers.
- **Token management is important.** The final count may be very close, choose carefully what to spend your tokens on and try not to lose them for not following rules.
- Special credit and possibly extra tokens await those that use creativity and imagination, great teamwork and good leadership & planning skills. Keep safety in mind at all times.
- Please consider daylight hours & threat of rain when planning **which** challenges you will do and **when**. Challenges may be completed in any order, except the Camp Tents and Pavilions Challenge which means your tent must be set up upon arrival at camp.

Challenges List

- 1. Becoming a Knight**
- 2. Female Knights**
- 3. Medieval Tents and Pavilions**
- 4. Heraldry**
- 5. Gingerbread**
- 6. Nine Men's Morris**
- 7. Embroidery**
- 8. Medieval Music and Musicians**
- 9. Chess**
- 10. Medieval Flowers**
- 11. Archery**
- 12. Illuminations**
- 13. Horseshoe Pitching**
- 14. Bocce**
- 15. Medieval Cuisine**

The Legend of King Arthur & The Knights of the Round Table

As the legend goes, a long time ago somewhere in the 5th and 6th centuries AD, the High-King of Britain Uther Pendragon fell in love with the Lady Igraine. However, she was already married to Gorlois, the Duke of Tintagel. But Uther was determined to marry Igraine, so he took his army and fought against Gorlois until the Duke was killed.

King Uther married Igraine. They had a son named Arthur, who was born at Tintagel Castle in Cornwall. This was a very dangerous time with constant threats from the Saxons, so King Uther gave his baby son to his wizard, Merlin, to look after. Merlin sent Arthur away to the countryside where he was raised by Sir Ector. Arthur grew up with his foster brother, Kay, not knowing who his real parents were.

When King Uther died, no-one knew he had a son and so there were a lot of problems as to who would be on the British throne next. But there was found to be a mysterious stone with a huge sword sticking out of it, with a message on it that said whoever pulled the sword from the stone was the rightful King. Lots of people tried but it was not until Arthur came along that the sword came out; Arthur pulled the sword out without any struggle at all.

Arthur was crowned King but some of the local kings would not agree to him being High-King and they started a rebellion. Merlin the wizard helped King Arthur to rule Britain. He took him to a magical lake where the Lady of the Lake gave Arthur a magical sword named Excalibur. Arthur used Excalibur to win the battles against his enemies and eventually he was accepted as High-King.

King Arthur set up his royal palace at Camelot and married a princess named Guinevere, who became his Queen. As a wedding present, her father gave them a huge round table.

All the knights in the country wanted to serve King Arthur, and the bravest and most loyal of them were allowed to sit at this table. They were known as the Knights of the Round Table, and because of its shape the positions of all the seats were equal. This meant that no knight was more important than another, which included the King himself. The Saxons were still a threat and Arthur and his knights fought against the Saxons in many battles before finally defeating them at the Battle of Mount Badon. The Knights of the Round Table had lots of adventures rescuing princesses, fighting dragons and bad knights.

Sir Lancelot betrayed Arthur by falling in love with Guinevere, and they were both forced to flee to France when Arthur found out. King Arthur followed them and his nephew, Mordred, ruled whilst he was away. But Mordred was evil and said Arthur had died... people believed this and made Mordred High-King. Arthur heard of this and returned to fight Mordred, but Excalibur had been stolen by his evil half-sister Morgan le Fay and although he defeated Mordred, he was very badly wounded himself.

King Arthur knew that he was dying and so gave Excalibur to Sir Bedivere, ordering him to return it to the magical lake. When Sir Bedivere threw the sword into the lake, he saw the hand of the Lady of the Lake catch it and take it into the lake. The dying Arthur was taken to the Isle of Avalon, where he passed away...the greatest King of all...

The Knights of the Round Table

The names of the 25 knights inscribed on the Winchester Round Table are given as:

- King Arthur
- Sir Galahad
- Sir Lancelot du Lac
- Sir Gawain
- Sir Percival
- Sir Lionell
- Sir Tristram de Lyones
- Sir Gareth
- Sir Bedivere
- Sir Bleoberis
- Sir La Cote Male Taile
- Sir Lucan
- Sir Palomedes
- Sir Lamorak
- Sir Bors de Ganis
- Sir Safer
- Sir Pelleas
- Sir Kay
- Sir Ector de Maris
- Sir Dagonet
- Sir Degore
- Sir Brunor le Noir
- Sir Le Bel Desconneu
- Sir Aymere
- Sir Mordred

The Round Table was not only a physical table, but the highest Order of Chivalry at the Court of King Arthur. Its members were supposedly the cream of the British military that followed a strict code of honour and service.

The Twelve Basic Rules of

The Knights of the Round Table

1. To never lay down arms
2. To seek after wonders
3. When called upon, to defend the rights of the weak with all one's strength
4. To injure no one
5. Not to attack one another
6. To fight for the safety of one's country
7. To give one's life for one's country
8. To seek nothing before honour
9. Never to break faith for any reason
10. To practice religion most diligently
11. To grant hospitality to anyone, each according to his ability
12. Whether in honour or disgrace, to make a report with the greatest fidelity to truth to those who keep the annals

Challenge: Compare these 12 Basic Rules to the GGC Promise and Law.

- a) What are the similarities? What are the differences?
- b) Discuss as a group with the other Guiders/Pathfinders/Rangers

Becoming a Knight

Boys who trained to be knights were generally the sons of knights or lords. They were cared for by the women of the castle until they turned 7, when they were placed in the house of another lord or knight. There, they were bestowed with the title of **page**. Huntsmen and falconers taught them how to hunt, and priests or chaplains taught them religion, reading and writing. Pages learned to fight by imitating knights and practiced combat with each other using wooden swords and lances.

When a page turned 14, he could become an **esquire** (or **squire**). In a religious ceremony, the new squire took a consecrated sword from a bishop or priest and swore to use it for religious and honorable purposes. After this ceremony, the squire took his place in his lord's household and attended to his duties. There were different squires for specific duties:

- The **squire of the body** was the personal servant of a knight or his lady.
- The **squire of the chamber, or chamberlain**, attended to the castle rooms.
- The **carving/table squire** carved the meat & attended to the banquet tables.
- The **squire of the wines** managed the wine cellar.
- The **squire of the pantry** stocked & tracked household goods in the pantry.
- The **squire of arms** cleaned and maintained the armor and swords.
- The **squire of honor** assisted the lord in all ceremonies and feasts.

During this period of squiring, the would-be knight learned to serve and mastered the intricacies of social behavior and chivalry.

Besides carrying out their duties in the lord's household, squires learned the martial arts of being a knight. They learned how to handle horses and continued practicing with wooden swords and lances -- sometimes with the knights themselves. They wore chain-mail armor to get used to its weight. As they got older, they exercised and trained in full armor. Squires would also assist the knights in combat, at tournaments and in travel to foreign lands (carrying and cleaning armor, taking care of the knight's horses, packing baggage).

Upon turning 21 or after proving his valour in battle, a squire was ready to be **knighted**.

Challenge: Each camper currently holds the rank as page. In order to become a squire, you must accomplish the following:

- a) Do at least one personal favour for each Guiders that the Guider agrees is a favour. List below:
 - Comet _____ ☐
 - Crystal _____ ☐
 - Fuzzy _____ ☐
 - Kermit _____ ☐
- b) Ensure that your tent and tent space is neat and tidy. ☐
- c) Assist in making snacks and meals. Clean up afterwards. ☐
- d) Serve dinner to the Guiders. ☐
- e) Keep coolers and boxes of food orderly. Dispose of garbage. ☐
- f) Show the Guiders how you care for/handle your pocket knife ☐

In order to become a knight, you must accomplish the following:

- g) Take part in campfires and Guides' Own: List below your role(s).
 - Friday Campfire _____ ☐
 - Saturday Campfire _____ ☐
 - Camp Closing Guides' Own _____ ☐
- h) Show valour by overcoming a fear or trying something new. ☐
- i) Packing up for departure thoroughly and on time. ☐
- j) Exhibit behaviour during camp worthy of the rank of knight. ☐

Female Knights

In the Middle Ages, women didn't usually have opportunity to become knights. However, there were a few exceptions:

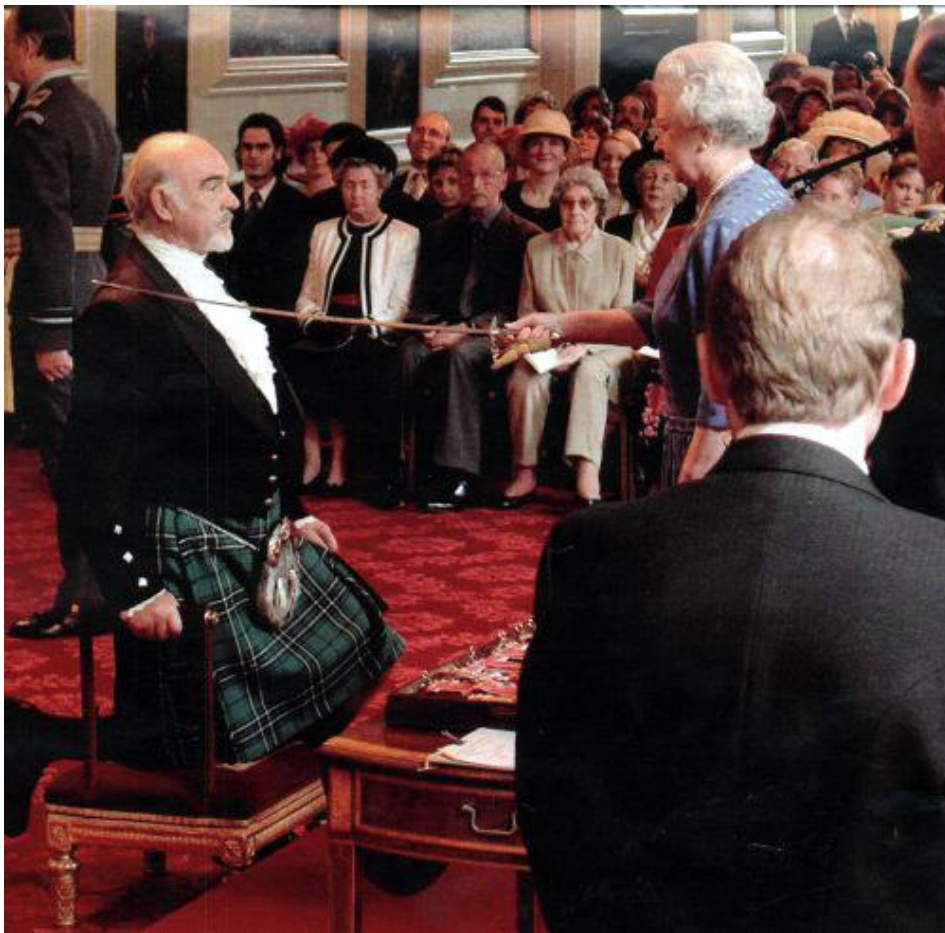
- In 1149, women who had helped defend the Spanish town of Tortosa from the Moors were induced into an order of knights called the **Order of the Hatchet** (which didn't survive beyond its original membership).
- The **Order of St. John** the Hospitaller inducted warrior "nuns".
- The **Knights Templar** also had a class of warrior nuns shortly before all the Templars were accused of heresy and burned.
- Women, usually wives of knights and nobles, were inducted into the **Order of the Garter** in England 1358-1488. There were no further appointments until modern times.
- The **Order of the Star of India** inducted Nawab Begum in 1861. Later, her daughter and Queen Mary were granted knighthood in this order.

Today, women can be granted knighthood, known as **damehood**, in British orders. It is one of the highest honours an individual in the United Kingdom can achieve. The proper salutation for a female knight is "**dame**".

- While in past centuries knighthood used to be awarded solely for military merit, today it recognises significant contributions to national life.
- A knighthood can't be bought and it has no military obligations to the Sovereign.
- The Queen (or a member of the Royal Family acting on her behalf) confers knighthood in Britain, either at a public Investiture or privately.
- The ceremony involves the ceremonial **dubbing** of the knight by The Queen, and the presentation of insignia.

Challenge:

- a) Together with the other Pathfinders and Rangers, from an “order” for female knights. Give it a name. _____
- b) Make a list of qualities & skills that one must have to join your “order”.
- c) Share the list with all of the Guiders at camp. Determine if any of them meet the criteria for knighthood. Try not to reveal why you want the information. “Dub” the new Knight into your “order” during campfire!



Medieval Tents & Pavilions

Paintings of tents and pavilions of various shapes and sizes throughout medieval times illustrate temporary living quarters by noblemen on a military campaign and courtiers following the king on progress (rounds throughout the kingdom). The lower classes in the campaign or progress would use simpler structures made by draping a large fabric over some rough sticks that were likely collected onsite.

- The simplest tent was a rectangle of fabric draped over poles and staked to the ground.
- Closing the fabric ends created a room with privacy. Adding solid ends with a doorway over a wooden structure was known as a **wedge tent**.
- Adding vertical walls so that the wedge makes a roof was called a **wall tent**.
- **Conical tents** consisted of a single center pole, from which fabric was draped downwards and staked in a circle around the bottom.
- **Pavilions** were conical tents with walls added below the roof.
- **Poles** and **ropes** were used to provide shape and support to the structure.
- Tents and pavilions are most often shown in white fabric, sometimes with coloured vertical stripes that may have been used to cover the seams and add some waterproofing. There may have been repeating patterns around the eave lines and ridges which was called Gothic Tracing.
- The use of **heraldry** to indicate ownership of a pavilion was often seen.



Challenge: On arrival at camp and with assistance, pitch your tent and ensure it is well-staked and secure. At the end of camp, strike your tent and pack it up appropriately.

Heraldry

A heraldic device was first invented so that a knight could be recognized in battle. If a knight wished to impress the king with acts of bravery, he could not do so dressed in his armour, which covered him from head to toe and disallowed any form of recognition. In an era where credibility as a lord or knight was a measured in deeds of bravery, such recognition was vital. Hence the creation of heraldic devices, which if seen in battle would identify a knight since only one knight had such a device. Heraldic devices were first seen in the twelfth century.

A heraldic device usually consisted of a coloured design and a short saying.

A knight not only had a shield with his heraldic 'badge'— the same pattern would be found on his banners, the coverings of his horse and on his surcoat that covered his body armour. The phrase 'coat of arms' came from this practice of having a heraldic device/pattern on the surcoat. Knights also took to wearing a crest on the tops of their helmets.

A heraldic device became family property and a father who had impressed in battle desired to pass on to his sons the same heraldic pattern. In this way a family's reputation was maintained. Every noble family wanted others to know how important they were and to brag about their history. Since most people could not read, a list of who owned what design and saying was kept by heralds. This was called the rolls of arms. Herald visited tournaments, battlefields and castles to ensure that rolls of arms were correct and that heraldic rules were followed. A formal description of a coat of arms is called a blazon.

Elements of a Coat of Arms



Shield: The colors and charges (lions, designs, etc. that appear on the shield) are a part of the official blazon, but the shape of the shield is not. Shield shapes vary according to the geographical origin as well as the time period.



Crest: Also a part of the official blazon, the crest is whatever appears above the helm. (Note that there is not always a crest for every coat of arms.)



Helm: Not a part of the official blazon, the helmet varies with the bearer's rank, the century represented, or the herald's or artist's preference.



Wreath: Not a part of the official blazon, the wreath usually consists of the primary color and metal.



Mantle/Mantling: Not a part of the official blazon (except that sometimes the colors are specified), the design varies with the herald's or artist's preference. This is said to represent the cloth that hung from the wreath and protected the back of the head and neck.

Colours: Different background colours came to have different meanings. Red was the color of a warrior and nobility. Other colours included blue for truth and sincerity, black for piety and knowledge, and green for hope and joy. The colours in heraldry are called tinctures.

Charges (Main Figures): Examples include the lion for majesty and strength, the elephant for wit and ambition, the boar for courage and ferocity, and the sun for power and glory.

Arms of Her Majesty in Right of Canada



Details

Armiger Elizabeth II in Right of Canada

Adopted 21 November 1921

Crest Upon a Royal helmet, a lion passant guardant or imperially crowned proper and holding in the dexter paw a maple leaf Gules.

Torse Argent and gules, the mantling gules doubled argent.

Escutcheon Tierced in fess, the first and second divisions containing the quarterly coat following, namely, 1st Gules three lions passant guardant in pale Or, 2nd, Or a lion rampant within a double tressure flory-counter-flory Gules, 3rd, Azure a harp Or stringed Argent, 4th, Azure three fleurs-de-lis Or, and the third division being Argent three maple leaves conjoined on one stem proper.

<u>Supporters</u>	Dexter a lion Or holding a lance Argent, point Or, flying therefrom to the dexter the Royal Union Flag, sinister a unicorn Argent armed, crined and unguled Or, gorged with a coronet composed of crosses-patée and fleurs-de-lis a chain affixed thereto and reflexed Or, holding a like lance flying therefrom to the sinister a banner Azure charged with three fleurs-de-lis Or.
<u>Compartment</u>	A wreath of roses, thistles, shamrocks and lilies proper.
<u>Motto</u>	<i>A Mari usque ad Mare</i> , <u>Latin</u> for "from sea to sea."
<u>Orders</u>	The ribbon of the Order of Canada inscribed <i>Desiderantes Meliorem Patriam</i> , Latin for "they desire a better country."
<u>Other elements</u>	The whole ensigned by the Royal Crown proper.

Challenge: Choose a template and design your own personal coat of arms. It can be simple or very elaborate. Explain your design to the Guiders. Be prepared to answer questions about your design.

Gingerbread

Ginger root was first cultivated in ancient China. It was first baked in Europe at the end of the 11th century, when returning crusaders brought back the custom of spicy bread from the Middle East. During the Middle Ages, ginger root was favored as a spice for its ability to disguise the taste of aging meats. King Henry VIII (1491-1547) is said to have used a ginger concoction in hopes of building a resistance to the plague. Even today ginger is used as an effective remedy for nausea and other stomach ailments.

Hard cookies shaped like animals, kings and queens, were a staple at medieval fairs in England, France, Holland and Germany. Queen Elizabeth I (1533-1603) is credited with the idea of decorating the cookies like this, after she had some made to resemble the dignitaries visiting her court. Over time some of these festivals came to be known as Gingerbread Fairs, and the gingerbread cookies served there were known as 'fairings.' The shapes of the gingerbread changed with the season, including flowers in the spring and birds in the fall. Elaborately decorated gingerbread became synonymous with all things fancy and elegant in England.

Ladies often gave their favorite knights a piece of gingerbread for good luck in a tournament, or superstitiously ate a "gingerbread husband" to improve their chances of landing the real thing.



By 1598, gingerbread was popular enough to merit a mention in Shakespeare's play **Love's Labour's Lost** ("An I had but one penny in the world; thou shouldst have it to buy ginger-bread...").

Medieval Gyngerebrede Recipe

Take a quart of hony, & sethe it, & skeme it clene; take Safroun, poudre Pepir, & brow ther-on; take gratyd Brede, & make it so chargeaunt þat it wol be y-leched; þen take poudre Canelle, & straw þer-on y-now; þen make yt square, lyke as þou wolt leche it; take when þou lechyst hyt, an caste Box leaves a-bouyn, y-stkyd þer-on, on clowys. And if þou wolt haue it Red, colore it with Saunderys y-now.

Translation: Take a quart of honey, & boil it, & skim it clean; take saffron, pepper, & throw on; take grated bread, and make it so thick that it can be sliced; then take cinnamon, & strew on; then make it square, like you would have it sliced; and when you slice it, stick in cloves. And if you'd like it red, colour it with sandalwood.

Challenge:

1. Try some of the gingerbread items available. Which do you prefer? What do you think are some of the ingredients in each?
2. Create a gingerbread cookie cutter using tin foil.

Nine Men's Morris

Nine Men's Morris is a strategy board game for two players that emerged from the Roman Empire. The game is also known as Nine Man Morris, Mill, Mills, The Mill Game, Merels, Merrills, Merelles, Marelles, Morelles and Ninepenny Marl in English. Nine Men's Morris is a solved game in which either player can force the game into a draw.

The game peaked in popularity in medieval England. Boards have been found carved into the cloister seats at the English cathedrals at Canterbury, Gloucester, Norwich, Salisbury and Westminster Abbey. Giant outdoor boards were sometimes cut into village greens. In Shakespeare's 16th century work *A Midsummer Night's Dream*, Titania refers to such a board: "The nine men's morris is filled up with mud" (*A Midsummer Night's Dream*, Act II, Scene I).



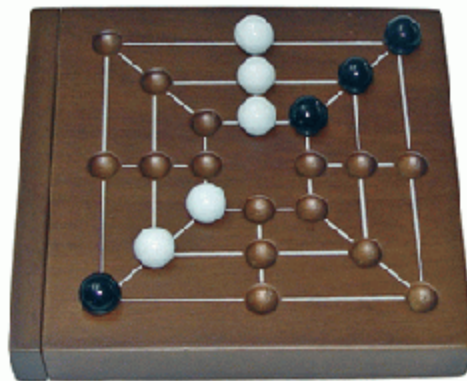
The board consists of a grid with twenty-four intersections or *points*. Each player has nine pieces, or "men", usually coloured black and white. Players try to form 'mills'— three of their own men lined horizontally or vertically—allowing a player to remove an opponent's man from the game. A player wins by reducing the opponent to two pieces, or by leaving him without a legal move. The game proceeds in three phases:

Phase 1: placing pieces. The game begins with an empty board. The players determine who plays first, and then take turns placing their men one per play on empty points. If a player is able to place three of his pieces in a straight line, vertically or horizontally, he has formed a *mill* and may remove one of his opponent's pieces from the board and the game. Any piece can be chosen for the removal, but a piece not in an opponent's mill must be selected, if possible.

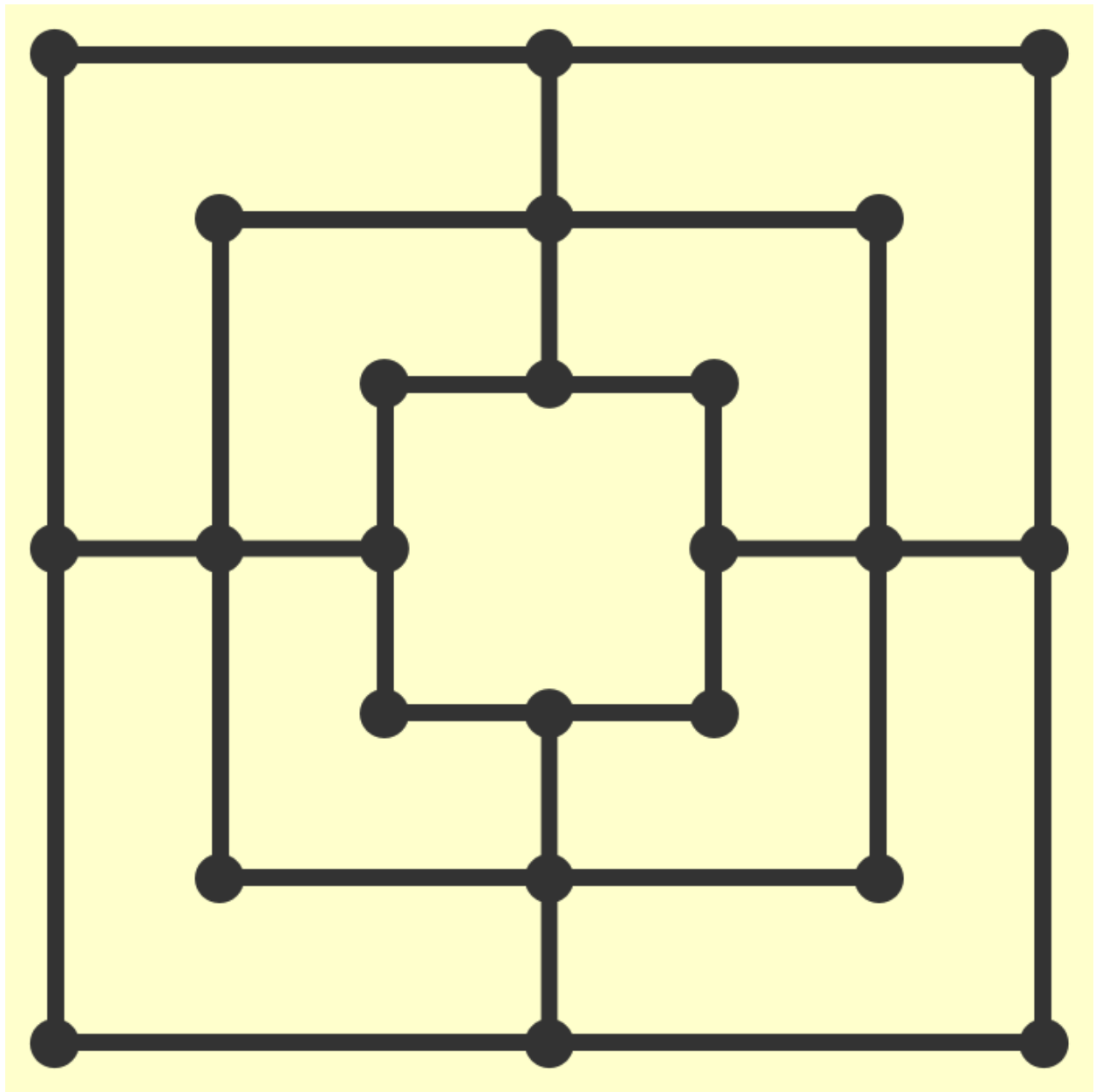
Phase 2: moving pieces. Players continue to alternate moves, this time moving a man to an adjacent point. A piece may not "jump" another piece. Players continue to try to form mills and remove their opponent's pieces in the same manner as in phase one. A player may "break" a mill by moving one of his pieces out of an existing mill, then moving the piece back to form the same mill a second time (or any number of times), each time removing one of his opponent's men. The act of removing an opponent's man is sometimes called "pounding" the opponent. When one player has been reduced to three men, phase three begins.

Phase 3: "flying". When a player is reduced to three pieces, there is no longer a limitation of moving to only adjacent points: The player's men may "fly", or "jump" from any point to any vacant point. Flying was introduced to compensate when the weaker side is one man away from losing the game.

Strategy: At the beginning of the game, it is more important to place pieces in versatile locations rather than to try to form mills immediately and make the mistake of concentrating one's pieces in one area of the board. An ideal position, which typically results in a win, is to be able to shuttle one piece back and forth between two mills, removing a piece every turn.



Challenge: Using the game board and markers available from the Guiders, select a partner and discover how to play Nine Men's Morris. When you think you have mastered the game, challenge one of the Guiders to play with you.



Embroidery

There are traces of embroidery as far back as the hunting/gathering times, but it wasn't like the embroidery of today. Animal sinew and hair was used to make decorations and to sew pelts together. There are old paintings depicting clothing that might be decorated with embroidery. But because embroidery is such a delicate and fine craft, there is not much evidence available of these examples.

Embroidery is said to have developed in ancient China. The earliest record of embroidery as a craft is from China's 3rd to 5th century B.C. Embroidery spread from ancient China to Persia, India and Japan. It was refined throughout the centuries, and soon embroidered garments became elaborate, beautiful designs that only the rich could afford to wear. Gold was twisted into thread as was silk, pearls, and jewels so things were expensive and available only to wealthy people.

Embroidery was popular in Medieval Europe. Professional shops (called Opus Anglicanum, or "English Work") created garments for kings and nobles. The most famous piece of English medieval art is an embroidery. It's called the **Bayeux Tapestry**: it is an embroidered cloth nearly 70 metres (230 ft.) long, which depicts the events leading up to the Norman conquest of England concerning William, Duke of Normandy, and Harold, Earl of Wessex, later King of England, and culminating in the Battle of Hastings.



The tapestry consists of some fifty scenes with Latin captions, embroidered on linen with coloured woolen yarns. It is likely that it was commissioned by Bishop Odo, William's half-brother, and made in England in the 1070s. In 1729 the hanging was rediscovered in Bayeux Cathedral. The tapestry is now exhibited at *Musée de la Tapisserie de Bayeux* in Bayeux, Normandy, France.

There are only a handful of techniques to the craft of embroidery, and even with the invention of machine embroidery, these techniques haven't changed.

Embroidered designs still use the basics: **chain stitch, blanket stitch, running stitch, satin stitch, and cross stitch**, all of which were designed centuries ago.

Embroidery machines came in stages, one improving on another until the computerized machines of today.

The 1800's gave rise to the **embroidered patch** which came from the need to identify armies and soldiers with rank. Prior to the 1800's, soldiers had no real distinguishing adornments, except that the commander might get a fancier hat. By World War II, embroidered patches had become common practice for soldiers in armies all over the world. The term SSI, or **Shoulder Sleeve Insignia** was born.

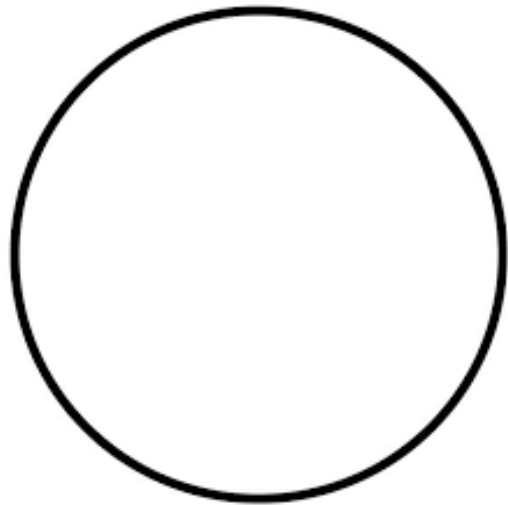
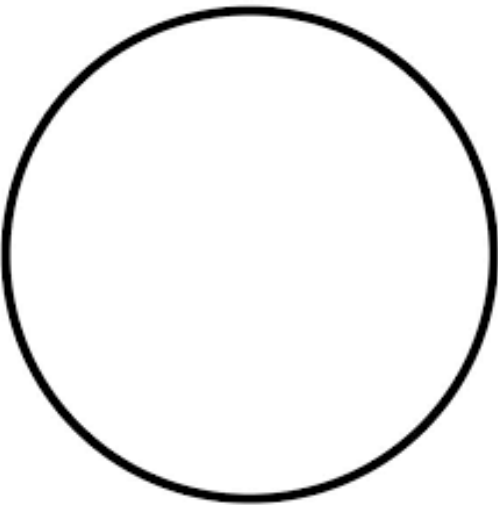
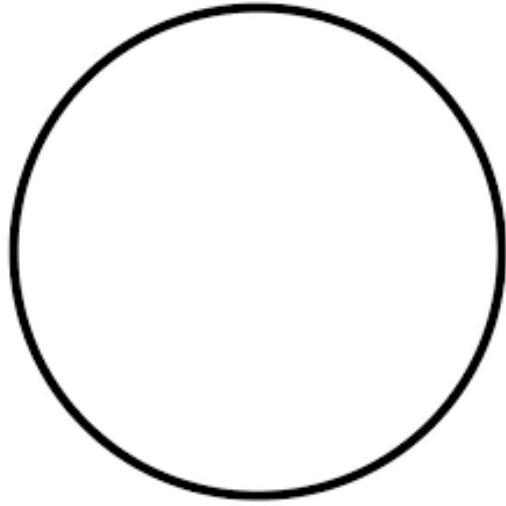
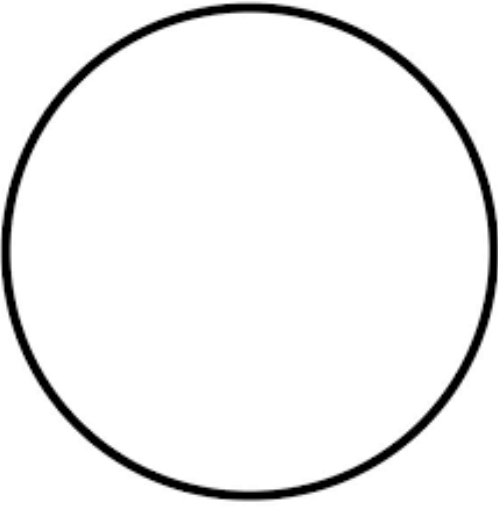
Merit badges for scouts also developed out of these designs. Scout programs in the UK began using embroidered patches (or "badges") in 1907.

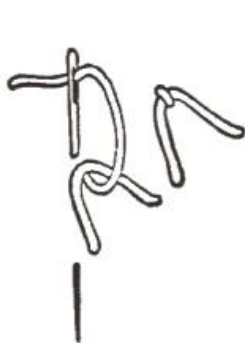


Girl Guides of Canada Basket-Maker Badge 1916 – 1921

Challenge:

- a) Design a badge in the circle shapes to represent your experience at the King Arthur's Quest Camp 2014.
- b) **Embroider** it using coloured threads **and** the stitches illustrated below
or
Colour it using markers **and** the stitch designs illustrated below.
- c) Using the fabric badges, recreate your design in stitching or markers.





Fly Stitch



French Knots



Ray or
Spoke Stitch



Lazy Daisy Stitch



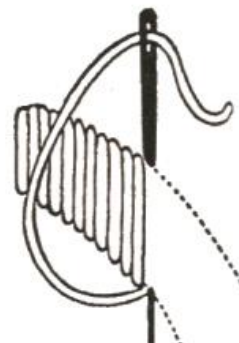
Stem Stitch



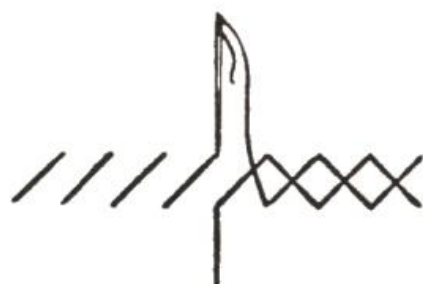
Feather Stitch



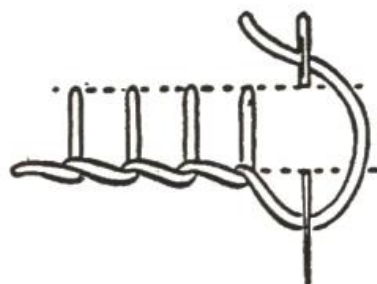
Chain Stitch



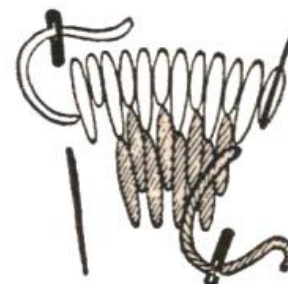
Satin Stitch



Cross Stitch



Blanket Stitch



Short and Long Stitches



Couching



Threaded Running Stitch



Herringbone Stitch

Medieval Music and Musicians

There were two types of Medieval Musicians - Minstrels and Troubadours.

A Minstrel was a servant first employed as a castle or court musician. The role of the minstrel required many different skills including: juggling, acrobatics, dancing, fire eating, conjuring, playing musical Instruments (flute, lute, recorder), reciting poems, singing, buffoonery (jesters), and animal training (e.g. dogs & monkeys).

A Troubadour was of knightly rank and favoured in the courts. The themes of the songs and ballads sung by the troubadours were about chivalry and courtly love but they also told stories of faraway lands and historical events.

The wandering minstrels of the Middle Ages were expected to memorize the words of long poems describing the valour and the code of chivalry followed by the Medieval knights. They sang about the Arthurian Legends featuring King Arthur, Camelot and the Knights of the Round Table, thus strengthening the idea of a Knights' Code of Chivalry and Courtly Love.

Three medieval folk songs that have retained their popularity into the 21st century are "Early One Morning", "Greensleeves" and "Scarborough Fair."

Challenge:

- a) Learn at least one of the medieval songs, and sing at the campfire (either alone or in a group).
- b) Teach one of the songs to the Guides or Brownies.



Early One Morning

Early one morning, just as the sun was rising,
I heard a maiden sing, in the valley below.

Chorus:

Oh, don't deceive me, Oh, never leave me,
How could you use a poor maiden so?

Remember the vows that you made to your Mary,
Remember the bower, where you vowed to be true.

Chorus

Oh Gay is the garland, and fresh are the roses,
I've culled from the garden to place upon thy brow.

Chorus

Thus sang the poor maiden, her sorrows bewailing,
Thus sang the poor maid, in the valley below.

Chorus

Greensleeves

THE CHORUS

Greensleeves was all my joy
Greensleeves was my delight,
Greensleeves was my heart of gold,
And who but my lady Greensleeves.

THE VERSES

Alas, my love, you do me wrong
To cast me off discourteously.
For I have loved you well and long
Delighting in your company. **(Chorus)**

Alas, my love, that you should own
A heart of wanton vanity
So must I meditate alone
Upon your insincerity. **(Chorus)**

Your vows you've broken, like my heart
Oh, why did you so enrapture me?
Now I remain in a world apart
But my heart remains in captivity. **(Chorus)**

If you intend thus to disdain
It does the more enrapture me,
And even so, I still remain
A lover in captivity. **(Chorus)**

I have been ready at your hand
To grant whatever you would crave,
I have both wagered life and land,
Your love and good-will for to have. **(Chorus)**

Thou couldst desire no earthly thing,
But still thou hadst it readily.

Thy music still to play and sing;
And yet thou wouldst not love me. **(Chorus)**

I bought thee kerchiefs for thy head
That were wrought fine and gallantly;
I kept thee at both board and bed,
Which cost my purse well-favoredly. **(Chorus)**

I bought thee petticoats of the best
The cloth so fine as it might be;
I gave thee jewels for thy chest,
And all this cost I spent on thee. **(Chorus)**

Thy smock of silk, both fair and white
With gold embroidered gorgeously;
Thy petticoat of sendal right,
And these I bought thee gladly. **(Chorus)**

My men were clothed all in green
And they did ever wait on thee;
All this was gallant to be seen,
And yet thou wouldst not love me. **(Chorus)**

They set thee up, they took thee down
They served thee with humility;
Thy foot might not once touch the ground,
And yet thou wouldst not love me. **(Chorus)**

Well, I will pray to God on high
That thou my constancy mayst see,
And that yet once before I die,
Thou wilt vouchsafe to love me. **(Chorus)**

Ah, Greensleeves, now farewell, adieu,
To God I pray to prosper thee,
For I am still thy lover true,
Come once again and love me. **(Chorus)**

Scarborough Fair

Are you going to Scarborough Fair?
Parsley, sage, rosemary, and thyme;
Remember me to the one who lives there,
For she once was a true love of mine.

Tell her to make me a cambric shirt,
Parsley, sage, rosemary, and thyme;
Sewn without seams or fine needlework,
If she would be a true love of mine.

Tell her to wash it in yonder well,
Parsley, sage, rosemary, and thyme;
Where never spring water or rain ever fell,
And she shall be a true love of mine.

Tell her to dry it on yonder thorn,
Parsley, sage, rosemary, and thyme;
Which never bore blossom since Adam was born,
Then she shall be a true love of mine.

Now he has asked me questions three,
Parsley, sage, rosemary, and thyme;
I hope he'll answer as many for me
Before he shall be a true love of mine.

Tell him to buy me an acre of land,
Parsley, sage, rosemary, and thyme;
Between the salt water and the sea sand,
Then he shall be a true love of mine.

Tell him to plough it with a ram's horn,
Parsley, sage, rosemary, and thyme;
And sow it all over with one pepper corn,
And he shall be a true love of mine.

Tell him to sheer't with a sickle of leather,
Parsley, sage, rosemary, and thyme;
And bind it up with a peacock feather.
And he shall be a true love of mine.

Tell him to thrash it on yonder wall,
Parsley, sage, rosemary, and thyme,
And never let one corn of it fall,
Then he shall be a true love of mine.

When he has done and finished his work.
Parsley, sage, rosemary, and thyme:
Oh, tell him to come and he'll have his shirt,
And then he shall be a true love of mine.

Chess

Chess is the oldest skill game in the world. Its origin reaches back to the Middle Ages, but not as a game pursued for recreation. Medieval kings used similar layouts representing battlefields and the six different chess pieces on the board represent a cross section of medieval life with its many ceremonies, grandeur, and wars. The earliest mention of a game resembling what has come to be known as modern day chess was written around 600 A.D.

The purpose of chess is to capture the other side's king.



Chess Pieces and Their Meanings:

Pieces cannot move through other pieces (though the knight can jump over other pieces), and can never move onto a square with one of their own pieces.

However, they can be moved to take the place of an opponent's piece which is then captured. Pieces are generally moved into positions where they can capture other pieces (by landing on their square and then replacing them), defend their own pieces in case of capture, or control important squares in the game.

- **Pawns:** are the peasants, serfs or foot soldiers. They are the most numerous pieces in the game and they are in front of the major pieces in order to protect them. Pawns may become a queen (or any other piece) when the other end of the board is reached - this is called promotion. A pawn may also move two squares to the front in his first move. Pawns can only capture one square diagonally in front of them. They can never move or capture backwards. If there is another piece directly in front of a pawn he cannot move past or capture that piece. If a pawn moves out two squares on its first move, and by doing so lands to the side of an opponent's pawn (jumping past the other pawn's ability to capture it), that other pawn has the option of capturing the first pawn as it passes by. This special move, called en passant, must be done immediately after the first pawn has moved, or the option to capture it is no longer available.
- **Bishops:** represent the church. The medieval Europeans incorporated the bishop in order for the church to look more appealing and powerful. The bishop moves diagonally on the square colour it began on.
- **Knights:** The knight has a unique way of 'jumping' on the board - this is believed to be because of a knight's agility and having his own style. It moves 2 squares in one direction and then a second square at a 90° angle.
- **Rooks:** are symbols of medieval fortresses or castles. Their position begins in the four corners of the chessboard, likely representing the fact that castles were a means of defense and not attack. Their movement is in a straight line as far as the chessboard will allow. Castles were not able to "move" but they could nevertheless control a vast amount of land.
- **Queen:** The Queen is the only female piece in the game. She is the most powerful piece of them all and can move like any other piece except for the knight. This represents the enormous role of women during the Dark Ages. The queen would frequently aid the king in most of his affairs as a ruler. The queen became more important during the Elizabethan era, when there was no King of England, so her presence on the chessboard may have appeared around this time. The queen is next to the king protecting him.
- **King:** The King is the most valuable piece of them all. He must be protected by all means and if he is trapped, the game is lost. The term checkmate comes from the Persian "shah mat", which literally means, "The king is finished."

Challenge: Play a game of chess with one of the Guiders. Explain what you already know about the game or what you have learned from the info above.

Medieval Flowers

Many medieval flowers common to 12th century England are still grown in gardens today. Flowers were used for both medicine and cooking.

Many medieval flowers actually found their way onto the dining table at medieval banquets. These probably included the cowslip, daisy, foxglove, iris, Lady's Mantle, lily, marigold and nasturtium. Some flowers were included as ingredients in spectacular dishes to add both flavour and colour whilst others were used as part of the decorations. Flowers such as violets, borage and primroses were often added to salads to give extra flavour, colour and texture.

Here are some of the flowers grown in medieval times, though not all of them were used in cooking

Cowslip

Daisy

Foxglove

Ivy – used in wedding bouquets and to decorate walls and tables.

Iris

Lady's Mantle

Lily

Lavender – strewn over the stone floors of castles for use as a disinfectant and deodorant

Marigold – used in dying wool to give a golden colour

Nasturtium – popular flower in medieval salads

Peony – featured in medieval tapestries and paintings

Primrose – used in salads but also for church decoration

Rose

Snowdrop

Violet

Wild Strawberry – a great addition to salads but it was also eaten in its own right, sometimes with a thick rich cream.

Challenge: Using the field guides available, search the campgrounds for the above plants. **Do not pick them!** Draw, take a photo, or ask a Guider to help you identify the plant(s).



Archery

Archery is the art, practice, or skill of propelling arrows with the use of a bow.

Historically, archery has been used for hunting and combat. It was invented during prehistoric times 12,000 years ago.

The Medieval Archer was extremely important to the war lords of the Middle Ages. Lower Class men were required to practice archery by law! The first Medieval Archery Law was passed in 1252 when all Englishmen between the ages of 15 to 60 years old were ordered to equip themselves with a bow and arrows. There were three types of Archers: the bowman, the longbow man, and the crossbowman. A maker of the medieval bows, arrows and other archery goods was called an Artillator.

In modern times archery's main use is that of a competitive sport and recreational activity. A person who participates in archery today is known as an "archer" or a "bowman". Modern archery involves shooting arrows at a target for accuracy from a set distance or distances. Summer Olympic archery consists of four medal events: men's individual, women's individual, men's team, and women's team. In all four events, the distance from the archer to the target is 70 metres.

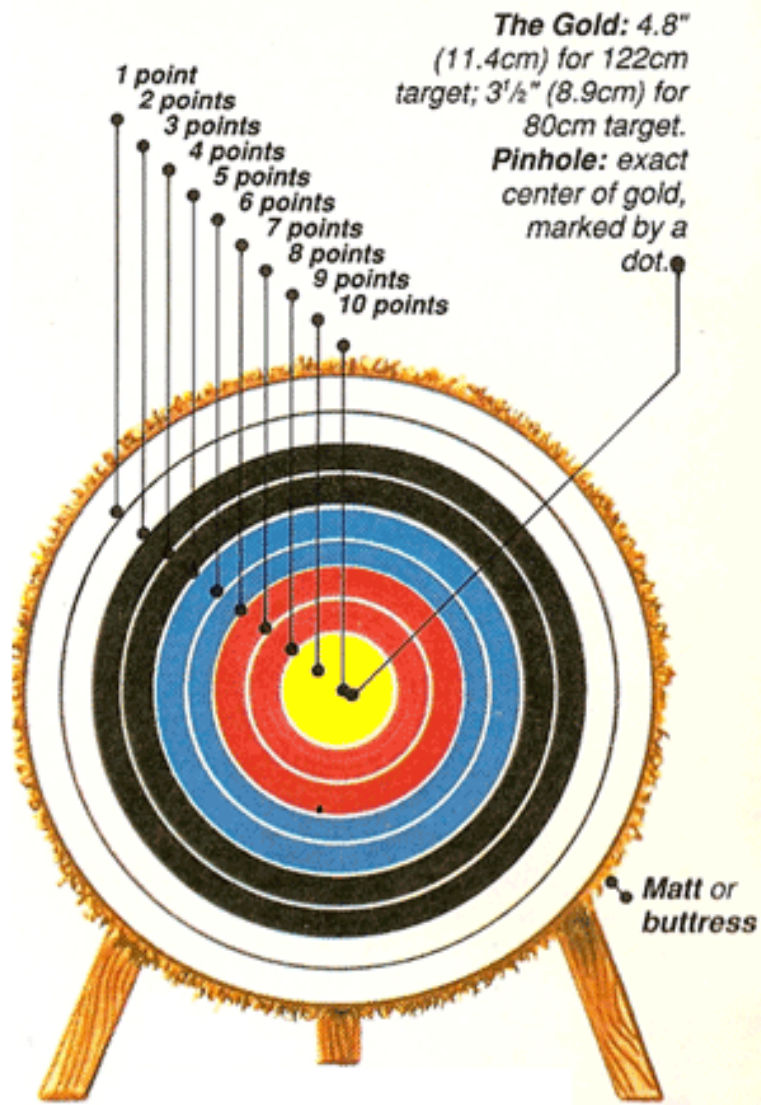


John Burnes - Beijing 2008



Marie-Pier Beaudet - London 2012





Challenge: Visit the Apple Hill Scout Reserve Archery Range and receive instruction from the camp ranger on the use of the bows/arrows, safety, and care of the equipment. Try Archery!

Illuminations

An **illuminated manuscript** is a manuscript in which the text has the addition of decoration: **decorated initials, borders and miniature illustrations**. In the strictest definition, an illuminated manuscript only refers to those decorated with **gold or silver**, but the term is now used to refer to any decorated or illustrated manuscript. The majority of surviving manuscripts are from the Middle Ages and most of these are religious. Most medieval manuscripts, illuminated or not, were written on parchment (most commonly of calf, sheep, or goat skin), but most manuscripts important enough to illuminate were written on the best quality of parchment, called **vellum**. Manuscripts began to be written on paper in the late Middle Ages.

Illumination was a complex and expensive process. It was usually reserved for special books such as an altar Bible. In the early Middle Ages, most books were produced in monasteries by monks for their own use, for presentation, or for a commission. The text was usually written first. Sheets of parchment or vellum were cut down to the appropriate size. After the general layout of the page was planned (*e.g.*, initial capital, borders), the page was lightly ruled with a pointed stick, and the scribe went to work with ink-pot and a sharpened quill feather or reed pen.

The illumination and decoration was normally planned at the start of the work, and space reserved for it. The medieval artist's palette was broad; pigments included substances from **plants** (green – buckthorn berries), **insects** (crimson – kermes bugs) and **minerals** (blue – lapis lazuli). In addition, substances such as **urine** and **earwax** were used to prepare pigments. Gold and silver had to be hammered very thin into leaf or powder.

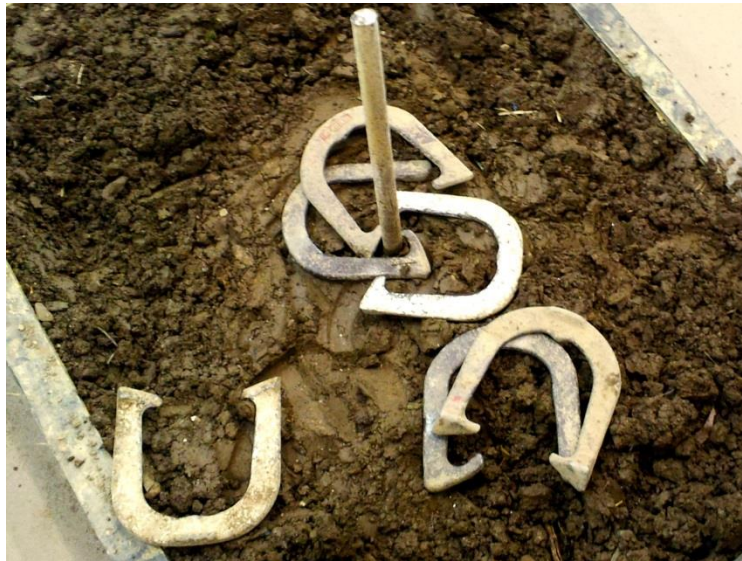
Manuscripts are among the most common items to survive from the Middle Ages; many thousands survive. They are also the best surviving specimens of medieval painting, and the best preserved. For many countries and time periods, they are the only surviving examples of painting.

Challenge: Choose a letter of the Alphabet (it could be your own initial) and design an illumination that is characteristic of **you**. Show it to the Guiders. Prepare to answer questions about your design choices. (Examples of the capital letter G are illustrated on the next page!)



Horseshoe Pitching

Horseshoe pitching may have derived from the game of quoits (Ancient Greeks used a discus) played by Roman officers during the Roman occupation of Britain (1st to 5th century). Their men, lacking quoits, presumably used horseshoes, though the existence of iron U-shaped horseshoes at that time remains undocumented. It is thought that peasants in medieval Britain also adapted horseshoes for use in improvised games of quoits. The sport was introduced into North America by English settlers in colonial times. The National Horseshoe Pitchers Association of America became the governing body of the sport in the United States in 1926 and holds national and world championship tournaments annually.



Players attempt to throw horseshoes so as to encircle a stake or to get them as close to the stake as possible. When two play, they pitch from a pitching box in the center of which is an iron or steel stake toward another stake 12 m away (9 m for women and juniors). After both players have pitched two shoes each (an inning), they walk to the opposite box and pitch from it. When four play, each pair of partners pitches from opposite boxes. Regulation games are played to a winning score of 50, more informal games, to 21. After all shoes have been pitched in an inning, scoring is as follows: one point for each shoe closer than an opponent's, if the shoe is six inches or closer to the stake, and three points for each ringer (shoe enclosing the stake). If shoes are equally distant or if opponents have the same number of ringers, these are considered ties and no points are

scored. A leaning shoe has no more value than one touching the stake. Horseshoes designed for pitching (usually made of iron or steel) weigh 1 kg, are 19 cm long, with a space 9 cm between the calks, the small toes at each open end.

The most commonly encountered lucky charm in modern North America is the horseshoe and it is found in the form of jewellery, wall hangings, printed images, etc. The use of worn-out horseshoes as magically protective amulets (to ward off goblins and evil spirits) hung above or next to doorways originated in Europe, where one can still find them nailed onto houses, barns, and stables from Italy through Germany and up into Britain and Scandinavia. Some people believe that a horseshoe with the two ends pointing up collects good luck and keeps it from falling out, while other traditions state that the two ends should point downward so that luck pours onto those who walk through the door.



Challenge:

1. Play a game of horseshoes with an opponent or with a partner and another team. Explain the rules and scoring to the Guider(s).
2. Using only items found in nature, fashion a lucky horseshoe and give to another camper for good luck.

Bocce

Bocce is an ancient game, claimed to have originated in Egypt about 5200 B.C. It is among the earliest known outdoor pastimes, and played in more countries than any other ball game (with the exception of soccer). Bocce games have been played everywhere: from churches and castles to city streets, alleys, squares and on country greens. People from all walks of life could play the game; young or old, man or woman.

From the first days of the game's popularity in England, kings frowned upon it, as it distracted their subjects away from archery practice and war-like sports which were deemed of greater importance to the safety of England. Richard II of England (1367 – 1400 A.D.) prohibited the game.

An interesting historical story about Bocce claims that the English Admiral, Sir Francis Drake (1540? - 1596 A.D.) , was informed of the approaching Spanish Armada while playing a game of Bocce. Drake, in his usual cool manner, replied: "First, we finish the game; then we have time for the Invincible Armada."

Bocce has been known under many names - lawn bowling, boules, nine pins, skittles, and pentanque... and has seen many rule changes.

Bocce has also become a tournament sport, some events carrying large cash awards for their winners. Bocce is now a part of the World Corporate Games, is an event in the Special Olympics, and is being proposed to be in the Olympics.

Challenge:

Learn the rules of bocce, set up the game, and play!



Rules of Bocce

- Bocce is traditionally played on natural soil and asphalt courts 27.5 metres (90 ft) in length and 2.5 to 4 metres (8.2 to 13.1 ft) wide.
- Bocce balls can be made of metal or various kinds of plastic.
- A game can be conducted between two players, or two teams of two, three, or four.
- A match is started by a randomly chosen side being given the opportunity to throw a smaller ball, the **jack** from one end of the court into a zone 5 metres (16 ft) in length, ending 2.5 metres (8.2 ft) from the far end of the court.
- If the first team misses twice, the other team is awarded the opportunity to place the jack anywhere they choose within the prescribed zone.
- The side that first attempted to place the jack is given the opportunity to bowl first. Once the first bowl has taken place, the other side has the opportunity to bowl.
- From then on, the side which does *not* have the ball closest to the jack has a chance to bowl, up until one side or the other has used their four balls. At that point, the other side bowls its remaining balls.
- The team with the closest ball to the jack is the only team that can score points in any frame.
- The scoring team receives one point for each of their balls that is closer to the jack than the closest ball of the other team.
- The length of a game varies by region but is typically from 7 to 13 points.
- Players are permitted to throw the ball in the air using an underarm action. This is generally used to knock either the jack or another ball away to attain a more favorable position.
- Tactics can get quite complex when players have sufficient control over the ball to throw or roll it accurately.

Medieval Cuisine

Cereals were the most important staples during the early Middle Ages. Rice was introduced later to Europe and potatoes only introduced in 1536. Barley, oat, rye and wheat were eaten as bread, porridge, gruel and pasta. Fava beans and vegetables were important supplements to the cereal-based diets.

Meat was more expensive and prestigious. Game was common only on the tables of the nobility. The most common butcher's meats were pork, chicken and other domestic fowl; beef, which required greater investment in land, was less common. Cod and herring were popular among the shoreline populations and when dried, smoked or salted they could be transported inland.

Food preservation techniques included drying, salting, smoking and pickling. Common seasonings in medieval food included verjuice (squeezed from grapes, crabapples, lemon, etc.), wine and vinegar in combination with spices such as black pepper, saffron and ginger. The use of sugar or honey gave many dishes a sweet-sour flavor. Almonds were very popular as a thickener in soups, stews, and sauces, particularly as almond milk.

A medieval meal was a communal affair. The entire household, including servants, would dine together. Food was mostly served on plates or in stew pots and diners would take their share from the dishes and place it on slabs of stale bread, wood or pewter with the help of spoons or bare hands.

All types of cooking involved the direct use of fire. Ovens were used, but they only existed in big households and bakeries. There were also portable ovens designed to be filled with food and then buried in hot coals, and even larger ones on wheels that were used to sell pies in the streets of medieval towns. Almost all cooking was done in simple stewpots, since this was the most efficient use of firewood and it did not waste precious cooking juices.

Towards the Late Middle Ages, separate kitchen areas began to be built so that smoke, odors and the bustle of the kitchen could be kept out of sight of guests, and the fire risk was reduced.

Challenge: a) Build a fire b) Cook a meal over it c) Know the rules of fire safety.

Name: _____

#Tokens: _____

Knighting Ceremony:

Guides Own:

Friday Campfire _____

Saturday Campfire _____

Camp Closing _____