



King Alby and his best friend Mr. Rock

## *And now a word from your King...*

*So far things, during my first reign, Things have gone well. I would like to say thank you to all of those who have worked hard to make it so. As we approach mid-reign, I would like to go over a few things that we have accomplished, some things that we are working on now and some plans for the future. So, let's begin with what had happened, so far.*

*One of the things that I felt was needed to bring the Kingdom closer together was a means of instant communications. I was able to work with Elder to create the Chats that we now enjoy on the EH forums. These seem to be going well, with the feedback being more positive than negative, so far. There have been a number of discussions about how we might improve the chats to make them more useful for RP purposes, etc. and those suggestions are being looked at.*

*The fundraisers that we have begun are coming together nicely. In the north, we will be selling coupon books for the Mazzio's Pizza chain. The percentage on these coupon books are pretty good so I hope to be able to make a sizable donation to the kingdom's coffers from the proceeds. Also, I've been able to work out a couple of "Amtgard nights" at CiCi's pizza around the Dallas area. With those, we get a percentage of every ticket that restaurant takes in when the customer identifies themselves as being with Amtgard. They don't have to actually be a participating member of our group, so friends and family are welcome and, the more people we get, the more money we raise for the Kingdom.*

*Finally, I've been able to arrange to have some Emerald Hills T-shirts printed up. I will be selling them at Midreign with the profits going to the kingdom as well. I would like to thank Orchid Noir for her designs, which are being used for the shirts. They look awesome!*

*Finally, the Kingdom RP is progressing nicely. The first three monsters, Vampires, Giants and, now, Dark Elves, have turned out to be pretty fun. I've enjoyed reading some of the RPs that have been posted on both the EH forums and the Dreadmoor forums. Some noticeable stand-outs have been FinnGryphon, Malran and Sutra. All have contributed pretty good RPs concerning their parks and expanded on them to bring in either personal RP or other story elements that have allowed us to bring the story more to life. I thank them and all of the others who are participating in this. By the way, the monsters represent something. That's just a hint.*

*In conclusion, I would like to see a number of things happen over the next few months. One thing I am working on. At midreign, I will be announcing a canned food drive to support our area food banks and shelters. Organizations seem to always want to do these around the holidays but don't do as much as the days get warmer. I am also working with area boys and girls homes with the hope of us doing some community outreach with these kids. I'll be talking more about this possibility both on the forums and in person when I make my visits.*

*So, it's been a good reign, folks. Let's hope that the last half is at least half as good as the first half.*

### ***The Princess addresses her populace...***

*Dragon Master was wonderful, thank you all. And congratulations Sir Flare!*

*Now on to May Day... Get with your Company, Household, or Park and get busy. It's a month and a half until the great weekend of one-up-team-ship begins. Bring it or lose it.*

### ***Dragon Master Results***

*After a wonderful turnout of 85 entries from 14 individuals, which I have been told is a record, I haven't had the chance to check this yet, though, I am thrilled to be able to present those that placed in this tournament:*

*Sir Avatar .4*

*Baronett Docsi .4*

*Sir Forest .5*

*Bleaux .8*

*Marvin 1.9*

*Fenris Esquire 2.1*

*Lord Malran 2.2*

*Baronet Magnus Thera 2.2*

*Lady Allys'siandra 2.3*

*DragonMaster XV Terrik 3.3*

*Lady TigerHawke 3.7*

*and with a score of 3.9*

***Sir Flare**, Knight of the Serpent,*

*has won the title of Dragonmaster XXVIII of the Kingdom of the Emerald Hills.*

**Huzzah Sir Flare!**



*Hello, and thank you for reading Ask Uncle Thorin #5.*

*In case you have not seen any of the previous articles, I am a Dwarven Paladin and began my adventuring career in the Emerald Hills in 1991. Along the way, I have seen a great deal and learned a few things from my brothers and sisters in arms, both in Amtgard and out. I attempt to answer questions in each month's news letters from a Dwarven Paladin's point of view, and I try to keep it pertinent for you humans as well.*

*- Dear Uncle Thorin,*

*I noticed that a lot of the old crowd looks the same. Not just the wrinkles and grey hair, but they have a tendency to wear sunglasses, padded gloves, and shin guards while they hit me too hard. What's with the non-period style?*

*- That is an excellent question, and I am glad you asked right before a springtime event. The simple answer is safety. Of course I can't explain anything simply, this might take a while.*

*Through the ages of Amtgard, there have been many, many people. Most of them have fallen to the wayside and no longer participate. There are several reasons for that.*

- 1. They get a job.*
- 2. Their mom says they can't play anymore.*

3. Their girlfriend / wife says they can't play anymore.
4. A judge says they can't play anymore.
5. But way too often, their body says they can't play anymore.
6. I hit them with a hammer. (see #5)

The secret to longevity in this sport / martial art / game is a combination of the proper attitude (not covered in this article), luck (get it yourself), and keeping yourself relatively healthy and unbroken. Let's look at some of the common sense issues that you may or may not think about.

- Get some common sense: You are reading "Ask Uncle Thorin", and that is a good start. You deserve a cookie, ask the Regent for one. Also, simple things like checking the weather before you leave for a day of training and bringing the appropriate clothing and gear. This is especially true for events where you are away from the crutch of civilization. Ask yourself how you will eat, clean your nasty self, and avoid the unpleasant aspects of the environment, (I mean the weather, not the Corsairs. They are really a great group of people, they probably just hate you). Make sure your tent is in good condition, you have an appropriate sleep system, a functioning vehicle, or gas money if you are bumming a ride.

- Drink Water: Dehydration is a dangerous thing. It causes fatigue, heat exhaustion, heat stroke, dizziness, sluggishness, general crappy feeling, irritability, and male pattern baldness (unconfirmed). Oh, and you can die.

Dehydration thickens your blood, forcing your heart to work harder at moving that blood, requiring your lungs to work harder at bringing oxygen into the system, forcing air through your nose, mouth, and throat more rapidly, which dries you out even more as your mucus membranes try to stay moist and draw upon your depleted reserve of water, (also, breathing hard might push a booger out your nose and nobody wants to see that hanging there). As it gets harder to function and you overheat, you sweat which dehydrates you more. Vomiting, of course dehydrates you also. Be sure to have plenty of water on hand, be sure to drink it, and be sure your brothers and sisters are drinking theirs as well.

- Sunglasses and Brimmed Hats: Both shield your eyes. From the cataract causing sunlight, (and the premature crows-feet from squinting), from weapon impacts, from branches, twigs,

thorns, wickedly sharp dandelions, and comments about how bloodshot your eyes look when you are hung over.

- Padded Gloves: Hand protection, (mostly knuckles and wrists), especially in cold weather, is a good idea. There are occasional broken bones, but usually it is just unpleasant to get busted knuckles. Over time though, little injuries can become debilitating.

- Knee pads and Shin Guards: Not only going to the knees in a fight, but the action of dropping to your knees (on a tree root or rock maybe) or falling on accident or smashing into stuff as you run make knee and even shin protection very important. Like your hands and eyes, you are going to need to make your knees last a good long while. You will often find people who used to fight but no longer do because of bad knees. When you have bad knees it is harder to exercise, making it harder to maintain a healthy weight and fitness, creating problems with the heart, lungs, digestive system, vascular system, etc. Most of the stuff we eat is trying to kill us slowly. We speed things up by damaging ourselves.

- Stretch out: I never see anyone stretch out anymore, except Sir Avatar and myself sometimes. I know some more of the old crowd does, and they should not hide it. They are setting a good example for others when they are seen. I don't think we need to organize a Tai Chi class or anything, but give touching your toes a try. Rotating the shoulders, wrists, and ankles, stretching the legs and back, and anything else you can think of would help avoid injury, and also improve your performance on the field. (Ok, I can't guarantee that. Stretching does not raise your IQ.)

-Sports Drinks: Sports drinks are starting to taste better, and we often prefer them to water. But they are not a substitute, they fill another role. They contain electrolytes among other things, and are designed to replace those in people who have been sweating. If you have not been sweating, don't drink them. Electrolytes help you retain water. If you still have your electrolytes, and add more, you get bloated and lethargic, and your system does not function properly. Drink water before exercise, drink water during exercise, drink a sports drink and water after exercise.

*There are plenty of things out there that are trying to kill us (not just zombies), we should not help them by injuring ourselves. Getting hurt and dyeing can both cut your Amtgard career short.*

*Yours in service,*

*Meister, Sir Thorin "BadAxe" Bane, Viscount*

## **CALENDAR OF EVENTS**

**March 20** St. Patrick's Day at King's Point Leprechauns, snakes, and silliness. Oh My!

**March 20** weapon's construction Workshop at Eagleshire

**March 27** Court/ All thing at King's Point Turn in All-Thing topics by March 13.

**April 17** Braided belt workshop at King's point

**April 29-30** Mayday Event at Tanglewood Forest- see Lady Orchid if you want to host a workshop.