

SOUTHEAST REGIONAL NEWSLETTER

Welcome to the Southeast Regional Newsletter January 2010! We're back and running again. Issues will release at least once every three months. Any submissions for the newsletter can be sent to searc.newsletter@gmail.com. Pretty much anything is an acceptable submission except for things that are IC news and announcements for local normal monthly games. Write-ups on special events (even reviews), non-fiction Camarilla articles, fiction in the form of short stories or poems, artwork and photographs and even recipes are cool. (Though, Deb might steal the recipes for the next [cookbook](#).) Try to keep any articles short and just send a work or three.



*Happy Holidays
from*

*Father Christmas
&
Krampus!*

(Requiem: Lord Castille and
Gideon of Knoxville)

Southeast Regional Newsletter
January 2010
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The Short and Dirty Regional Calendar

Month	IRC meeting	Charity Drive	Featured Game of the Month	Date FGotM
January	4 th	Stuffed Animals	Tampa, FL	15 th -17 th
February	1 st	Pet Food	vacant	
March	1 st		Starkville, MS	
April	5 th	Soldiers Angels	Huntsville, AL	Weekend of 17 th
May	3 rd	Book Donations	Miami, FL	
June	7 th		Raleigh, NC	
July	5 th	School Supplies	Chattanooga, TN	Weekend of 31 st
August	2 nd	Goodwill Donation	Gainesville, FL	
September	7 th		Orlando, FL	
October	4 th	Canned Food	vacant	
November	1 st	Toys for Tots	Nashville, TN	
December	6 th		Atlanta, GA	

For more information and any updates, check <http://www.larp.com/seregion/calendar.shtml>



by Roger Alderman

Featured Game of the Month

January 2010 Tampa Florida

The SE Featured Game of the Month for January 2010 is taking place in Tampa, FL on Friday January 15 thru Sunday January 17, 2010 (the weekend of the Martin Luther King Jr. holiday).

The games will all take place in a private home at the following address:

5365 Conner Dr. Land O Lakes, FL 34639

The game schedule will be:

Geist - Friday January 15. 8 until midnight
Awakening - Saturday January 16. 1 until 5
Requiem - Saturday January 16. 8 until midnight
Ling - Sunday January 17, 2010. noon until 4
Check-in starts an hour before game time.

Plans are also underway for a BBQ on Saturday evening between the Awakening and Requiem Games.

Contact Justin Diaz, chyldprodg@aol.com, for more information.

February 2010

As of publication of this newsletter, no FGotM has been scheduled.

March 2010

Starkville Mississippi

Watch for further information



by Tiffany Allen

Regional Charity

These are the drives for the first quarter of 2010.

For more information, talk to your local coordinator or email secharities@gmail.com.

2010 1st Quarter Stuffed Animal Drive

---- Drive starts on Jan 1, ends on January 31
---- Prestige is due to the SE ARC Charities by February 1
---- Prestige announced by RC on 2/15
This will be for the month of January 2010
A stuffed animal can often bring a smile to a child, but it is not just during holidays that stuffed animals are needed. As law enforcement officers and other officials respond to traumatic events, sometimes children can be found sitting to the side of the emergency, feeling lonely and scared. Officers have often comforted these children with stuffed animals. A stuffed animal can really make a difference for a child in great need!

2010 1st Quarter - Pet Food Drive

---- Drive starts on 02/01 ends on 02/28
---- Prestige recs are due to ARC Charities by 03/01
---- Prestige announced by RC on 03/15
This will be for the month of February 2010

Regional IRC Meetings

January 4th (you already missed it)
February 1st
March 1st

Regional meeting MIRC Room name is #se_region on the darkmyst server.

For attending this meeting you will earn 3R points. You must be no more than 15 minutes late and not leave early, if you are then you will not earn the prestige. Sorry regional staff cannot earn this Prestige.

Regional Meeting starts at 9pm EST/ 8pm CST sharp. There is a coordinator meeting an hour before each Regional meeting in #meetings.

A Healthier New You

by Mariano Jimenez

It's 2010 and it's time for those new years resolutions including the ohh so famous "I'm going to shed some pounds" promise. In reality we should think less about losing weight and more about eating healthy.

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, depriving yourself of the foods you love, or trying to live off cigarettes, coffee, and a cube of cheese a day. It's about feeling great, having more energy, and being able to fit into your costumes... Well for some of us it's about the costuming. Yes there's things like heart disease, cancer, and diabetes to think about... in addition to the costuming...

Before I ramble on about costuming please keep in mind the following when adopting a new, healthier lifestyle.

Eat enough calories but not too many. Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

Eat a wide variety of foods. Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.

Keep portions moderate, especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend, and don't order supersized anything.

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.

Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See suggestions below for limiting salt and substituting whole grains for refined grains.

Don't be the food police. You can enjoy your favorite sweets and fried foods in moderation, as

long as they are an occasional part of your overall healthy diet. Food is a great source of pleasure, and pleasure is good for the heart - even if those French fries aren't!

Get moving. A healthy diet improves your energy and feelings of well-being while reducing your risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.

One step at a time. Establishing new food habits is much easier if you focus on and take action on one food group or food fact at a time

Other things to take into consideration are:

Take time to chew your food: Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of what is in our mouths. Reconnect with the joy of eating.

Avoid stress while eating: When we are stressed, our digestion can be compromised, causing problems like colitis and heartburn. Avoid eating while working, driving, arguing, or watching TV (especially disturbing programs or the news). Try taking some deep breaths prior to beginning your meal, or light candles and play soothing music to create a relaxing atmosphere.

Listen to your body: Ask yourself if you are really hungry. You may really be thirsty, so try drinking a glass of water first. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly. Eating just enough to satisfy your hunger will help you remain alert, relaxed and feeling your best, rather than stuffing yourself into a "food coma"!

Eat early, eat often: Starting your day with a healthy breakfast can jump start your metabolism, and eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going and ward off snack attacks.

Finally, you are not alone. Fellow Cammies have started a group: <http://wiki.white-wolf.com/camwiki/index.php?title=C> devoted to living a healthier lifestyle. It's a great place for support.



Altered by Brian Ketner



By Heather "Shae" Murrell



By Tiffany Allen



By Louise Conrad



By Heather "Shae" Murrell



By Tiffany Allen

My Nightmare

A Hunter: The Vigil Short Story
by Roger Alderman

January 10, 1997

I guess I should start where all things begin...in the beginning. I have never had a journal before Dr. Shelly told me a long time ago that keeping a journal is a great way to get things out. Well I hope this works because lately the medications just don't seem to work as well as they used to. Hmmm I wonder how to start this thing. I know I'll start back when I was a very small boy. Yeah right we were all abused by someone even if they did not know it. Besides you should just try to grow the fuck up and get over it life is pain. Damn pins and needles back again...fucking meds wearing off. Well at least doc says she has some new meds to help me sleep. Enough of this shit for today.

January 11, 1997

Man these meds are really messing me up. My dreams, hope doc can help when she looks at these journal entries. She said to be descriptive as possible since dreams hold the truths of our minds and thoughts. Well here it goes... remember you asked for it doc.

"I am standing in the rain outside of a house. I have no Idea where I am, but each drop of rain feels like a needle going straight through me. I am looking in a window there is a young girl there sitting on a couch with some popcorn. God the light inside is so bright it hurts my eyes are searing and burning. The fucking rain is hurting maybe I can get out of the rain. I see the porch. I have got to get on the porch and out of this evil rain. I stand there next to the front door. There is no light on the porch. Stupid, always leave a light on it keeps the boogey man at bay. I should let the girl know that it is out. PAIN again geez how loud is the TV inside. She is in the same fucking room. The sound assaults my senses piercing my ears. The light is dimmer here on the porch, but still too bright. My eyes feel like they are on fire. So, I knock on the door. FUCK!! My hands are so sensitive they hurt just barely tapping on the door. With the loud fucking TV, that stupid bitch can't hear that there is someone at the door. I hit the door as hard as I can get to get her attention. OH HELL! The door gives way under my pounding with a loud slam. My ears again fuck I hurt myself geez. I clutch at the sides of my head and roar due to the pain. The TV is so loud she did not hear me enter. I'll have to try and not scare her. I walk slowly and softly to the TV room to speak gently to her. It is so cold inside air conditioning must be on minus 5 degrees. My skin is aching and throbbing again. My ears feel like they're about to bleed and it is so damned bright in here. God everything hurts, someone kill me. I find the TV

room I walk into the room directly behind her. She sees my reflection and screams. "MY EARS YOU BITCH" I roar and dive towards her. She has to be quiet or my ears are going to start bleeding. She jumps and runs down the hall I hear her go up the steps. "FUCK" I yell this could not have gone worst. Rage overcomes me as I smash the bright TV. Good eyes feel better but there is still too much light. I start breaking lamps and other lights. "SHIT" I scream as the realization hits me hard. She is calling for help rather than just understand I need her help. I rush up the steps to find her. I call out but no answer...damn it where is she. Funny thing is it seems like a game of hide and seeks like when we were all a lot younger ...days of innocents past. Anyways need to find her. I hear her calling for help inside a bedroom. SHIT I think to myself if she had just answered the door we would not be doing this. I kick open the door and grab for her to stop her from calling others. God it is so damn cold in here I hurt all over and she is screaming again. I cannot stop myself, I hit her... hard...very hard. Catching her in the back of the head. But she quits screaming at least my ears do not hurt any more. She is wearing too much perfume now my nose and stomach churns at the stink of her. Fucking teens never know when too much is too much. Nausea envelopes me. My world starts spinning and then she moves again, screaming. I have to find a place to sit her up and talk to her. I drag her down the steps to the kitchen. I hit her again after several attempts at fireman carrying her down stairs. She continues to fight ...good girl her mommy taught her well. She kick me in the groin... as if every sense in my body was not trying to destroy me with lances of pain thrusting through my body endlessly. I throw her into a chair in the kitchen. She screams again I strike her ...hard. Blood flows my pain leaves me for just a moment. I watch the crimson flow down her soft cheek. She begins to cry again and pleads with me not to kill her. Her noise sends spikes of pain through me with every whimper and moan. Suddenly I see the knife block on the counter. Now Crimson flows and screams dull to nothing. My pain ends as the glorious crimson ribbons coat my body and its' warmth penetrates me, my soul, my being settles happy for the moment no pain, no sound, and no light no nothing all is still . Peace and quiet. Then from the peace I hear the cry of a baby from upstairs. I know what has to be done as the rage, pain, and hatred soars again inside my chest of dancing red ribbons." (continued on next page)

My Nightmare continued

January 12, 1997

Hello again! Doc is encouraging me to continue writing this all down. She says that she feels were really getting some where. Sometimes that guy in my dreams... well he seems kind of scary in a horror movie kind of way. Big brutish yeah, but to be able to act on some of the violent thought that we all share each and every day even if we tell no one about them. Rob, in the cubicle next to me... god I hate that douche. He thinks were in high school again. I remember when he used to call me names, if I was lucky. For the most part he and his cronies would just beat the living hell out of me. Dad never understood. He was a big war hero of some kind. Always said "if you're going to fight ya better win, cause when ya get home I'll kick your ass if ya loose"... yeah real nice, Asshole. Well I think this is enough for today. Sides got to meet with doc in couple days and need to "get it all out". Well ta till then. Somebody just fucking kill me.

January 13, 1997

Well that does it rob is a grade a ass hole. Fucker told the boss I would cover for him while he went on vacation. Never once asked me just left!!! I hope whatever whore he sleeps with gives him and his wife crabs. Wendy, robs wife, was a real bitch in school also. So fucking popular! Made me sick, every time I tried to fit in they screwed with me. Like the time my folks tried to help me get over my granddads passing away. They took me out bought me some new clothes and got my hair cut. Even tough gamps had passed away we all knew it was coming. So the next day moms said wear your new clothes. For once I listened. I dressed good, looked good and felt "normal" for once. Rob and Wendy had seen me coming. They started by taunting me "poor boy must have stopped at the salvation army...got new clothes on". Then rob and his buddies held me down while she pissed on me. I cried and tried to go home but the assistant dean caught me and brought me back to campus. Let's face it life sucks man. God someone kill me.

January 14, 1997

I had the same horrible dream last night. As hard as it was to describe. It did not bother me as much this time. Doc told me today to "take control of my dreams". But she does not understand I don't want to everything seems just fine to me save for all the pain I feel in the dreams. Weird every dream has the same problems seems like my senses are set to over load. Every little sensation turned up to max. Little touches are like lances of pain running through me. All lights burns eyes like flesh searing branding irons. All sounds are the roar of some great unseen locomotive. All smells make me gag or worse. Then

the rage comes like tidal waves of hate fueling dark and remorseless desires. However wonderful quiet and loss of sensation comes with the warm, hot, and sticky crimson. But she says once I start to dream remind myself that it is just a dream and that I am in total control. Sounds fun...have to give it a try tonight. Rob, the douche bag called me tonight. Fucker actually thanked me for working for him. I just could not find the courage to tell him to fuck off. Guess I got problems like those ladies who get the shit kicked out of them so many times by their old man that they just take the abuse. Will someone kill me please?

January 15, 1997

Funny that our only escape comes from the dreams and nightmares that flow through our slumbering minds. My wife sara started again with all the "whys"; why can't we have the nice things others have? Why do we always have to live like this? Why do you always do that? Cant you get a better job? Why are we living here? Why cant you make more money? Why aren't you like you used to be? Why, Why, Why, I mean fuck cant a guy get a damned break. Some times I tell ya the rage builds and I just wanna reach out and silence her. But this is not about her. This is my journal. Well truth be told had another nightmare last night. Great thing was it was full of bad things happening and I did like doc said and took control.

"It is dark around me and then all comes into focus. Day light tries to take my sight with its' hot razors of brilliance slicing deep into my eyes. I stand outside of another house. It is another two story house in a suburb somewhere. I have to get out of the fucking light or I will go blind. The wind blows and I look around to see all the neighbors are gone and the street is empty. I go to the front door of the house. The mail must have ran. So I collect it for the owner. I look in the windows to the sides of the door.



Photo by Tiffany Allen

The Name Game

Resources for Naming your Character

by Suzanne Johnson

The choice of a name can define the life of a character. It can also define parts of the character's history. A guy named Alice is treated differently than one named Fred. Recent studies have encouraged over-achieving parents to name their children with names starting from the front of the alphabet, because the children will be more likely to be called on in class.

When naming your character, there are some things to keep in mind. You need to ask yourself questions like:

Are she still going by her birth name? If so, what were her parents like? Were they more likely to name their child something common at that time or perhaps pull from literature or religious text?

Did her parents name her after someone or did they intentionally not name her after someone?

If not going by her birth name, where did her new name come from? Is it a nickname that stuck? Is it something she picked herself to blend in or to stand out?

What would you like the name to mean? Do you like the irony that the name means 'life' when the character is dead? Would wolf-kin parents really name a boy 'Ulf' or 'Randolph', both meaning 'Wolf'?

Is the name appropriate for the time and place your character was born? Chances are pretty good that your vampire from 14th century Russia wasn't named Jessica at birth, just like Adolph is very unlikely since World War Two for someone born in the United States.

Was he named after someone? A Junior or a 'the fourth'? Or perhaps after someone famous? It has gone in and out of popularity over the ages to name your child after someone in the royal family in the same way that celebrity names are popular today.

Silly or serious? Normal or exotic? Is the name appropriate to time, local, gender? Wrought with meaning or just something some scrawled on a birth certificate?

Last names are another cause for concern, especially for older and/or foreign characters. In many parts of the world, last names either came from professions, locality or whose the parent was. In Russia, for example, many last names were originally the person's father's name. However, in many cases, there was a difference between male and female last names, with the male's being Petrov and the female's being Petrova.

Fortunately for us, we live in the age of the Internet and there are great resources out there to find the perfect name. A good place to start is any baby naming site. www.babynames.com is one of my favorites, you can look up names by meaning, number of syllables, starting letter and nationality. Another good site is <http://babynamesworld.parentsconnect.com/> where you can look at their popularity charts also.

If you are playing a character that was named in the United States in the last 120 years, check out the Social Security Administration site, <http://www.ssa.gov/OACT/babynames/>, where you can find the most popular names for any year or decade.

Wikipedia can be pretty useful in naming, http://en.wikipedia.org/wiki/Given_names. The related articles and lists section has links on different nationalities, surnames, and even names based on deities. Also, while on Wikipedia, just try doing a general search on each part of the name you are trying out. If it's a popular name, like 'James', try the link at the bottom of the page that says, "All pages beginning with James". There is a wealth of information there.

Another great source for naming info are site designed for writers. There is a great list at [Writing World](http://www.csupomona.edu/~pronunciation/). One great link I found on there is <http://www.csupomona.edu/~pronunciation/> where you can hear the pronunciation of some more diverse names.

Whatever you name your character, a name can truly change how that character is perceived. Muffin, Bertha and Madonna all will bring different images of who a person is to others. In any case, happy naming!



Photo by Tiffany Allen