

# ARDANRUNES

This is the April 2009 issue of the Ardanrunes, a publication of the Shire of Ardanroe of the Society for Creative Anachronism, Inc. (SCA, Inc.). Ardanrunes is an electronic newsletter only, available on the Shire of Ardanroe website. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright 2009 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors. All clipart in this issue is from Microsoft Word. Photographs from Gulf Wars XVIII were taken by Viscountess Danielle de la Roche. Photograph of the Borage plant in Rory's herb garden was taken by Barun Rory ua Riada. The deadline for submissions is the 25<sup>th</sup> of the month for the issue coming out the 1<sup>st</sup> of the next month.

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## Calendar of Events

|                     |   |
|---------------------|---|
| April 4             | Baronial Investiture – Axemoor              |
| April 11            | Spring Coronation - (EASTER) - Seleone      |
| April 18            | Athenaeum II: Art Wars – Tor an Riogh       |
| April 25            | Beltaine – Grey Niche                       |
| April 25            | Forest Maiden V – Blackmoor Keep            |
| May 16              | Spring Crown List – Wyrngeist               |
| May 30              | Cracked Anvil – Smythkepe                   |
| June 6              | Live Weapons Championship – Small Gray Bear |
| June 12-21          | Lilies War – OOK                            |
| June 27             | Border Raids – OOK                          |
| July 11             | Lugh – Grey Niche                           |
| July 25             | Barbearian Brawl – Small Gray Bear          |
| July 24 – August 12 | Pennsic War – OOK                           |

## ARDANROE OFFICERS

Seneschal: The Honorable Lady Dana the Quarrier  
Knight Marshal: Lord Johannes von Greiffenburg  
Herald: Maistir Rory ua Riada  
Exchequer: Mistress Sarah MacGregor  
Minister of Arts & Sciences: Lady Melisant of Exmoor  
Chronicler: Barun Rory ua Riada  
Chirurgion: VACANT

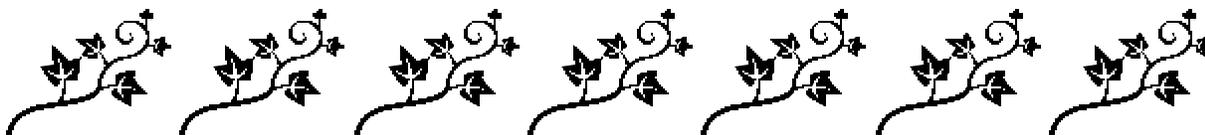
Minister of Children: VACANT  
Web Minister: Lorccán na Túaithe  
Provost of RUGA: Lady Amata Quentin Motzhart  
Quartermaster: Mistress Sarah MacGregor  
Chatelaine: Lord Michael atte Harp  
Historian: Lord Ebrahim al-Jabal  
Constable: The Honorable Lord Olaf Lutherson

## HARKEN YE!

Below is a tentative schedule of Shire activities for the month of April:

April 4 – Fighter Practice – TBA (Saturday)  
April 8 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)  
April 18 – Fighter Practice – TBA (Saturday)  
April 22 – A&S Workshop – 7:00 p.m. – Aulds Library (Wednesday)  
April 25 – Fighter Practice – TBA (Saturday)

**NOTE:** Please see the Shire website and Ardanroe Yahooogroup for updates.



## ON THIS DAY

*April 4, 2009*

2009 – April 4 – On this day the Barony of Axemoor holds its seventh Baronial Investiture with the ascension to the thrones of Axemoor and granting of the rights and privileges of territorial baron and baroness to Master Charles Pierre du Bourbon and THLady Martha Effingham of Stewarts Keep. The Founding Baron of Axemoor, Sir Beorn Collenferth (who was knighted that day), was invested twenty-one years ago on December 2, 1978 at Christmas Revel. He was later joined by Countess Megan of the Shore as Baroness on August 28, 1982. The first three sets of Baronets were invested at Christmas Revel – the fore mentioned Beorn (joined by Megan) in 1978, Master Gordon Blackwolf the Disrespectful and Mistress Antonia Martin de Castilla in 1985, and Ragnar Kaupmadr and Laure Ellin Faucon in 1987 (both of whom later were elevated to the Chivalry in 1999 and Laurel in 1992 respectively). The fourth investiture occurred during Gulf Wars in 1995 with THL Shoiel ben Israel and THL Francesca da Trani (she later became a Laurel in 1998). The fifth investiture was in April 2000 with Sir Merwydd of Effington and THL Eleri of Caerleon (who would become a Pelican during the Christmas Revel of 2004). The sixth investiture was in July 2006 with THL Ifor de Leycester and THL Muirgen (called Morgana) of the Mist. The seventh investiture is being held at the Woodman of the World Camp in Hattiesburg, Mississippi.



## SCRIPTORIUM SENDING

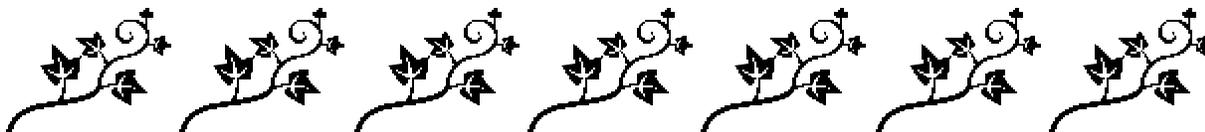
Their Royal Majesties need award scrolls. Below is the text to one of the many awards in the new Kingdom.

Yeoman

Know ye all by this proclamation that \_\_\_\_\_ has through skill and expertise proven \_\_\_self worth of Her Majesty’s trust and has earned the honor of standing as Their Majesties’ Yeoman. For the duration of Their reign, \_\_\_\_\_ is charged to take bow and arrow and guard the honor of Gleann Abhann. Done by the hand of \_\_\_\_\_ and \_\_\_\_\_, King and Queen of Gleann Abhann, this \_\_\_\_ day of \_\_\_\_\_, A. S. \_\_\_\_\_.

Rex

Regina



## TOURNAMENT OF CHAMPIONS II - UPDATE

Ten Qualifying Tournaments – 4 Baronies each host, 4 Peerages each sponsor, Group Champions day of ToCII, Open day of ToCII. Below are the confirmed and penciled dates of qualifying tournaments.

Seleone – Winter War Practice/30<sup>th</sup> Anniversary – February 7: Sir William FitzHugh de Cambria (Tourney winner) and Sir Caillin MacLeod.

Axemoor – Baronial Investiture – April 4.

Grey Niche – Beltaine – April 25. The Silver Torq Tourney will be a qualifying tourney for the Tournament of Champions.

Roses and Diamonds – Cracked Anvil – May 30.

Laurels – Swamp Romp – October 17.

Tournament of Champions II – December 5?



## TOWN FAIRE

The March Shire A&S Workshop was held on Wednesday, March 25 at the Aulds Library from 7:00 to 8:30 p.m. THLady Melisant of Exmoor taught Drumming Basics to a group of ten despite the massive downpour and tornado warnings, which included Lorccán, Kathleen, Hawk, Dana, Rory, Skallagrim, Jara Svensdaughter, Lil' Rob, and Isabella. We welcome Isabella, who hails from Detroit, Michigan. Located in the Metro-Detroit area the Barony of Roaring Wastes is the third oldest barony in Michigan and is bordered by the Riding of Hawklund Moor and the Barony of Cynnabar, all a part of the the Midrealm. The Barony of Roaring Wastes consists of two cantons: Brackendelve (Downriver area) and Grand Marais (Grosse Pointe).

THL Melisant went over the three 'notes' used on a dhoubek. These are the Doum, which is the low note when hitting the center of the drum with your hand; Tek, which is a higher note when hitting the rim of the drum with your right hand; and Ka, which is the highest note made from hitting the rim of the drum with your left hand. Using these three 'notes' the following four dhoubek rhythms were taught.

Key: D=Doum T=Tek K=Ka

Camel Walk (very slow beat – think of how a camel slowly walks): DTT DTT DTT DKTKTTK

Masmoudi (Mas-Moody): D D TKTKT D TKTKT TKTKT TK / D D TKTKT D TKTKT TKTKT TK

Ayoub (Eye-oob) <Arabic>: D TKDT D TKDT D TKDT D TKDT

Sahidi: D T KK DD TKT



## FORTNIGHT

The Shire Populace Meeting was held on Wednesday, March 11, 2009 at the Aulds Branch Library in Bossier City. The meeting started at 7:15 and ended at 8:00 p.m. Rory ran the meeting as Dana out unable to attend due to family illness. Twelve adults (Rory, Avice, Melisant, Amata, Avalina, Eibhlín, Ricky [E's husband], Helmut, Lorccán, Ebrahim, Heylen, and Jen) attended the meeting.

Rory welcomed everyone and went through the Kingdom calendar of events. Rory passed around the schedule for Axemoor's Baronial Investiture and a teaser flyer for the Academy of the Performing Arts (last year known as the Academy of Dance) being hosted by Iron Ox in August. In news from court at Fighter Collegium the Barony of Small Gray Bear is hosting the Live Weapons Championship and the Incipient Shire of Southtower will run the Barony's Barbearian Brawl event.

Officer reports were then given.

Melisant as Minister of Arts and Sciences stated that the February shield-making workshop was a massive success with lots of shields being made and burgers enjoyed by all. This month the A&S workshop will be back at the Aulds Library and will be on drumming. Please bring your dumbeks. Please also send to her any projects you are working on for her A&S report.

Avice reported for Sarah the Exchequer that we do have money and that no decisions have been made yet regarding the new Shire trailer.

Rory as Herald reported that Eibhlín's name was currently in the internal letter of intent and hopefully should be part of a Letter of Intent at the end of March after Gulf Wars. Johannes and Lorccán's device resubmissions are part of the Gleann Abhann February LoI and Ebrahim's name/device is part of the January LoI. Eibhlín had a device idea which was consulted on with Rory after the meeting concluded.

Rory as Chronicler reported that the March issue of *Ardanrunes* was on the Shire website. The compressed photo option reducing the size of the file works wonderfully. Melisant was thanked for her article *The Viking Horse* and everyone was encouraged to write and submit things for the Shire's newsletter.

Lorccán as Web minister has put the new issue of the *Ardanrunes* up and taken down the link to the War Practice held last month.

Amata as Provost reported that all was going well and that a new RUGA Handbook had been finished.

Ebrahim as Historian took photos at the Regional War Practice and is working at digitizing them.

Melisant had nothing to report from Olaf the Constable.

The Exchequer, Constable, Knight Marshal, and Chatelaine were not present. Ricky was introduced as a new member. Eibhlín reported that her family is all now paid members of the SCA. Ricky has returned from the Anabar Region of Iraq as of this past Friday (March 6). He wants a Scottish name.

Again under Old Business no decision has been made on the new Shire trailer. All present would like the date of Winter Wonders 2010 to be the January holiday weekend of Martin Luther King as that extra Monday holiday really helps after the event. All present preferred to hold off on submitting any Kingdom Event Bids for the fall.

Under New Business, the question of a Shire Social for this year was discussed. The group present opted not to plan any events for the fall. Instead, Heylen is on the Committee for the BAFB October Festival October 2-3, 2009 and would like the group to consider doing a demo on Saturday. Friday night will be German beer and music and Saturday will be a family day. The possibility of offering to host Fall Coronation at the October Festival as it is the same weekend was discussed.

April 4 which is Axemoor's Investiture is also Minden's Scottish Highland Day and the Civil War reenactment's Battle of Pleasant Hill. 'Chicks with Sticks ... it's a yarn thing' is having sock classes at Hamilton/South Caddo Branch Library the first three Thursdays in March from five-thirty to seven-thirty. Heylen has been asked to teach at the Academy of Performing Arts event in August. The last Saturday of the month at Albasha's is bellydancing from 6:00 – 10:00 p.m. by Heylen and others. March 28<sup>th</sup> is also the Second Aseana Spring Festival at the Asian Gardens, Municipal Plaza Park, corner of Common and Milam Streets in downtown Shreveport from 11:00 am – 5:00 p.m. Heylen's dance troupe to perform from 4:00 – 5:00 p.m. Ebrahim has apple wood in his car for anyone to take home and burn. A shameless plug was made for Art Wars by Avice.

The meeting was adjourned.



## LESSONS IN HERALDRY

Last month we concluded our discussion on the duties of herald positions. Next month we return to general topics in heraldry itself starting with the difference between devices (arms) and badges. This month we look at a few list trees to try to answer the question, how does anyone know who should fight who in a list?

With the Tournament of Champions II having started and Crown List next month, watching a tournament and trying to figure out who will be fighting who is a valid spectator sport. A list tree is used by the Minister of the List to chart the matches in a tournament. This tree of matches is something we see in modern sports. With the college basketball playoffs the local papers showed all of the teams that would match up in the first round (their first games). The college basketball playoffs are effectively a single-elimination tournament. Each team must win. Any team losing is eliminated and can no longer continue to play to reach the finals and ultimate glory as the overall winning team of the season.

In an SCA tournament the list tree is used just for the tournament that day and has any number of competitors, each match occurring that day and the combatants moving forward in the tree by their wins or being eliminated by their loses. This is similar to the tennis tournaments, such as Wimbledon, which is also a single-elimination tourney. However with Wimbledon, the matches occur over multiple days. In an SCA tourney, all matches occur during one day (at least in Gleann Abhann).

Below are a few examples of list trees used for different tournaments taken from the Kingdom of Atlantia office of The Minister of the List website, <http://mol.atlantia.sca.org/>.



Round Robin Scoresheet

Event: \_\_\_\_\_  
Date: \_\_\_\_\_

**Results**

| Name | #  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | W | L | Place |
|------|----|---|---|---|---|---|---|---|---|---|----|---|---|-------|
|      | 1  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 2  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 3  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 4  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 5  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 6  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 7  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 8  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 9  |   |   |   |   |   |   |   |   |   |    |   |   |       |
|      | 10 |   |   |   |   |   |   |   |   |   |    |   |   |       |

**Order of Bouts**

| 4 Fighters<br>5 Bouts | 5 Fighters<br>10 Bouts | 6 Fighters<br>15 Bouts | 7 Fighters<br>21 Bouts | 8 Fighters<br>28 Bouts | 9 Fighters<br>35 Bouts | 10 Fighters<br>45 Bouts |
|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|
| 1-2                   | 1-2                    | 1-2 3-6                | 1-2 1-7                | 1-2 1-8 1-3            | 1-2 1-8 1-7            | 1-2 3-10 3-3            |
| 3-4                   | 3-4                    | 3-4 2-4                | 3-4 3-6                | 3-4 6-7 2-6            | 3-4 4-9 5-9            | 3-4 3-9 1-9             |
| 1-4                   | 1-4                    | 5-6 1-3                | 5-6 2-4                | 5-6 4-5 4-7            | 5-6 2-7 2-8            | 5-6 5-7 7-10 4-10       |
| 2-3                   | 3-5                    | 1-4 2-5                | 1-4 1-5                | 7-8 2-3 6-8            | 7-8 3-5 4-6            | 7-8 1-6 5-8 6-8         |
| 1-3                   | 4-5                    | 2-6 4-6                | 2-6 3-7                | 1-4 1-7                | 1-4 8-9 1-8            | 9-10 6-10 3-6 1-3       |
| 2-4                   | 2-3                    | 3-5                    | 5-7 4-6                | 2-5 5-8                | 2-5 6-7 3-7            | 1-4 4-8 2-4 2-5         |
|                       | 1-5                    | 1-5                    | 1-5 1-3                | 3-6 3-6                | 3-8 4-5 2-5            | 2-6 2-7 1-7 4-7         |
|                       | 2-4                    | 4-6                    | 2-7 2-5                | 5-7 2-4                | 7-9 2-3 6-8            | 3-8 3-5 5-9 6-9         |
|                       | 1-3                    | 2-3                    | 3-5 4-7                | 1-6 1-6                | 1-6 1-9 1-3            | 5-10 1-10 3-10 8-10     |
|                       | 2-5                    | 1-5                    | 6-7                    | 4-8 3-7                | 4-8 5-8 2-5            | 7-9 5-9 2-8             |
|                       |                        |                        | 4-5                    | 2-7 2-8                | 3-9 3-6 4-7            | 1-6 6-7 4-5             |
|                       |                        |                        | 2-3                    | 3-5 4-5                | 5-7 2-6 6-9            | 6-8 4-5 1-5             |

**Instructions:** Fill in the names for up to 10 fighters. Run the bouts in order vertically, crossing off each bout as completed. Fill in the Results table with the outcome of each bout. If the outcome is scored by wins and losses, write "W" or "L" as appropriate (the Marshal-in-Charge should decide how to score double-kills). If the outcome is scored by points (ex. 1 point for a win, 0 points for a loss) fill in the point score. The table should be filled in from the perspective of the person whose name appears on that line. Example: Fighter 1 [Soren] defeats Fighter 3 [Vyvyan]. On Line 1 with Soren's name on it you would go to Column 3 (for Vyvyan) and put a "W" or points as appropriate. On Line 3 with Vyvyan's name you would go to Column 1 (for Soren) and put a "L" or points.

**8 FIGHTER DOUBLE-ELIMINATION LIST**



**16 FIGHTER DOUBLE-ELIMINATION LIST**



Maistir Rory



## CARRIAGE CHATTER

### Gulf Wars XVIII, March 14-22, Inter-Kingdom War hosted by Gleann Abhann

(Written by Rory ua Riada)

The eighteenth Gulf Wars was held at King's Arrow Ranch near Lumberton, Mississippi the week of Saturday, March 14 thru Sunday, March 22, 2009. THL Wilhelm von Drachenburg of the Shire of Blackwood was the autocrat. Over 3500 people attended Gulf Wars XVIII. Opening ceremonies were held one day earlier this year, being on Tuesday, March 17, rather than Wednesday. This allowed for the movement of the war battles along with a change in courts. The War Court was held on Friday, March 20, instead of the final Saturday of the War. The individual Kingdom courts were held on Saturday, March 21, instead of the final Friday of the War. This allowed more people who can only come for the weekend to attend their Kingdom courts. The Gleann Abhann Social was still held on Tuesday night and was a massive undertaking, this year including a bacon bar and a BBQ contest. On Friday, THL Jon the Tall was knighted upon the battle field, while THL James the Holy was announced as a vigilan at a future date for elevation to the Chivalry, tentatively Beltaine. THL Genevotte Villeneuve de la Fleche's vigil and elevation to the Order of the Pelican were not able to be done at Gulf Wars due to mundane conflicts and tentatively will also occur at Beltaine. The vigil for THL Charles Pierre du Bourbon was held on Friday with his elevation to the Order of the Laurel during the Kingdom of Gleann Abhann court Saturday night. Many members of the Shire of Ardanroe were able to attend from a few days to nearly every day of the event. Below are a few photos capturing members and special moments during the war taken by Viscountess Danielle de la Roche.



James at GA Social.



Blaec at GA Social.



Italian greyhound coursing at Gulf Wars.



Mustering – note James with Ardanroe banner.



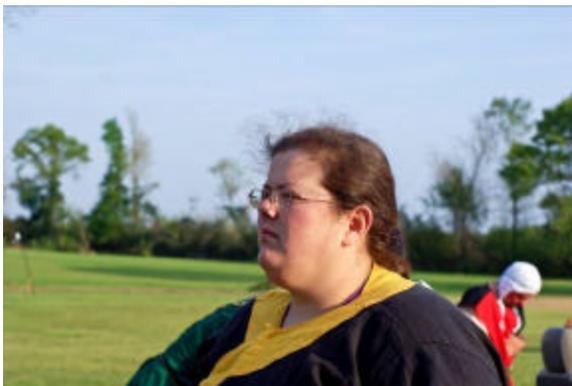
Wilhelm the Autocrat



Michael atte Harp



Equestrian combat at Gulf Wars



Nonnie, Captain of the Auxiliary Army



Melisant, Olaf, Rainillt, and Blaec at Court.



The Shire of Iron Ox Presents

**Academy of Performing Arts**

Date: Saturday, August 1, 2009

Autocrat: Sarah Tereza (aka Mary Anne States)  
Email: sarah.tereza@gmail.com  
Phone: 601-952-9662

[www.ironox.org](http://www.ironox.org)

**The APA wants you!**

We are looking for instructors to teach Performing Arts in the following tracks:

- Non European
- European
- Theatre
- Bardic
- Music

Location: Cabot Lodge Mill saps  
Jackson, MS  
<http://www.cabotlodgemill.saps.com/>

Classes will be scheduled from

- 9:00am -12:00pm
- 1:00pm-5:00pm

With a European Ball, Hafia and Bardic circle from 7:00pm-midnight.

Documentation Review table open throughout the day! The Order of the Silver Lamp and Glenn Adams/Laurels offer to help you improve your documentation for Kingdom A&S!



**THE ARDANROE HERBARIUM**  
(THL Rovena of Bri Leith, Column Editor)



Borage from Rory's herb garden

***BORAGE***

Borage (*Borago officinalis* L.) is also known as starflower, bee-plant, and bee bread. Although it is sometimes called Bugloss by older herbalists, that name properly belongs to *Anchusa officinalis*, the Alkanet while the Small Bugloss belongs to *Lycopsis arvensis*, and the Viper's Bugloss belongs to *Echium vulgare*. It is also known as borage in the Mediterranean countries.

Borage is believed to have originated in Syria but has been naturalized in most of the world as a weed. It is an annual herb that grows up to 3' with leaves up to 6" long. The stems and leaves are covered in bristly white hairs. The flowers are made up of 5 narrow, triangular petals. The most cultivated variety has white flowers but in the wild they are most often blue though pink has been known to occur. It is a prolific spreader and in warm climates can bloom year round. Borage produces 4 brownish nutlets.

This is a sun-loving plant but needs protection from the wind. Borage is not picky about its soil but the better the soil the bushier the plant. Seeds can be planted any time during the growing season. Once established it will self-seed. It can also be propagated by dividing the rootstock in the spring. If you sow the seeds in the autumn then it will bloom in May while those sown in the spring will bloom in June.

**Allergy Warning**

The only known problem is that borage contains small amounts of the liver-toxic pyrrolizidine alkaloids in the leaves.

Traditionally borage was cultivated for culinary and medicinal uses, although today commercial cultivation is mainly as an oilseed. The seed oil is desired as source of gamma-linolenic acid (GLA, 18:3, cis 6,9,12-octadecatrienoic acid), for which borage is the highest known plant-based source (17-28%). The oil is often

marketed as “starflower oil” or “borage oil” for uses as a GLA supplement, although healthy adults will typically produce ample GLA through dietary linoleic acid. Naturopathic practitioners use borage for regulation of metabolism and the hormonal system, and consider it to be a good remedy for PMS and menopause symptoms such as the hot flash.

Borage is sometimes indicated to alleviate and heal colds, bronchitis, and respiratory infections in general for its anti-inflammatory and balsamic properties. The flowers can be prepared in an infusion to take advantage of its medicinal properties. The oleic and palmitic acid of borage may also confer a hypocholesterolemic effect. Tea made from the dried flowers is a traditional calming drink in Iran (*Echium amoenum*). Because it is a tonic plant for the adrenal glands, borage provides an invaluable support for a stressful lifestyle. A tea made with borage helps to reduce fevers and ease chest colds. An infusion of borage acts as a galactagogue, promoting the production of milk in breastfeeding mothers. The stems and leaves supply much saline mucilage, which when boiled and cooked likewise deposits nitre and common salt.

### **Diuretic, Demulcent, Emollient**

Borage is much used in France for fevers and pulmonary complaints. By virtue of its saline constituents, it promotes the activity of the kidneys and for this reason is employed to carry off feverish catarrhs. Its demulcent qualities are due to the mucilage contained in the whole plant. Externally, it is employed as a poultice for inflammatory swellings. The flowers, candied and made into a conserve, were deemed useful for persons weakened by long sickness, and for those subject to swooning; the distilled water was considered as effectual and also valuable to cure inflammation of the eyes. Gerard says: “Those of our time do use the flowers in sallads to exhilarate and make the mind glad. There be also many things made of these used everywhere for the comfort of the heart, for the driving away of sorrow and increasing the joy of the minde. The leaves and floures of Borage put into wine make men and women glad and merry and drive away all sadnesse, dulnesse and melancholy, as Dios corides and Pliny affirme. Syrup made of the floures of Borage comforteth the heart, purgeth melancholy and quieteth the phrenticke and lunaticke person. The leaves eaten raw ingender good blood, especially in those that have been lately sicke.”

The juice in syrup was thought not only to be good in fevers, but to be a remedy for jaundice, itch and ringworm. Culpepper tells us that in his days: “The dried herb is never used, but the green, yet the ashes thereof boiled in mead or honeyed water, is available in inflammation and ulcers in the mouth or throat, as a gargle.”

Borage makes an excellent facial steam for improving very dry, sensitive skin.

When used fresh in salads or as a garnish, borage has a cucumber taste and fragrance. This is a common use in Germany and the Spanish regions of Aragón and Navarra. The flower has a sweet honey-like taste as well as being one of the few truly blue-colored edible things. Candied borage flowers are used as attractive cake decorations. Although often used in soups, one of the better known German borage recipes is the Green Sauce (Grüne Sauce) made in Frankfurt. The leaves can be cooked with cabbage leaves (two parts cabbage, one part borage).

The leaves and flowers were originally used in Pimms before it was replaced by mint or cucumbers. As a tea, it has a rich purple color that turns bright pink by adding a few drops of lemon juice. Borage flowers and leaves are the traditional decoration for gin-based summer cocktails, and may be set in ice cubes to garnish other drinks. When steeped in water, it provides coolness and has a faint cucumber flavor. If you compounded it with lemon and sugar in wine and water, it makes a refreshing and restorative summer drink. It was used as an ingredient in cool tankards of wine and cider, and is still largely used in claret cup.

The flowers may be dried to add color to potpourri. According to Dioscorides and Pliny, Borage was the famous Nepenthe of Homer, which when drunk steeped in wine, brought absolute forgetfulness. Owing to the presence of nitrate of potash when burnt, it will emit sparks with a slight explosive sound. Borage is an excellent companion plant for tomatoes, squash and strawberries. The plant actually improves the flavor of tomatoes growing nearby.

### **References:**

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Grieve, M. (Maud). *A Modern Herbal: The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-lore of Herbs, Grasses, Fungi, Shrubs & Trees with All Their Modern Scientific Uses*. New York:

Dover Publications, 1982; originally published: New York: Harcourt, Brace & Co., 1931. Hypertext version of book is available on Botanical.com (c1995-2009).  
<http://www.botanical.com/botanical/mgmh/b/borage66.html>



## RUGA REGALIA CONTEST

Announcing the RUGA Regalia Contest!

It is time for RUGA to take the next step. RUGA needs its own logo/regalia. This is your chance to make your mark on Gleann Abhann history. Your creation could live in infamy.

Guidelines for entries:

The design must be submitted in a 4 inch by 4 inch square. It can be any shape just as long as it will fit in that square.

All submissions become the property of the Royal University of Gleann Abhann.

Include the following information with the design:

- suggested medium that the design might be made of
- a written description/rationale of the design (not in heraldic terms)
- color suggestion, if any
- your contact information

A person / group can submit more than one entry.

The entries will be judged by the Kingdom A&S Officer, the RUGA Chancellor and any RUGA provosts that do not enter the competition.

Deadline for submission is April 12, 2009.

Entries are to be submitted to the Chancellor:

- At an event,
- Via Email: (See Regnum of The Ambassador)
- Snail Mail: (See Regnum of The Ambassador)

The Winning entry will be announced in May.

