

# ARDANRUNES

This is the August 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. Photographs of the fighter practice were taken by Lord Ebrahim al-Jabal, Shire Historian. The photograph of Nasturtium comes from the Wikimedia Commons, author Masparasol at HealthALiciouNess.com, under the Creative Commons Attribution 3.0 Unported License. All clipart in this issue is from Microsoft Word. 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

July 24 – August 12 Pennsic War – OOK  
August 1 Academy of Performing Arts – Iron Ox  
August 8 Aphar Faire – Lagerdamm  
August 8 Summer Sizzler – Blackwood (One-Day)  
August 29 MidSummer Knights Dream - Smythkepe  
September 5 Known World Herald Symposium – OOK  
September 12 War of the Pearls – Hammerhold  
September 19 Kingdom A&S Faire/RUGA – Loch Bais & Ardanroe  
September 26 Slay the Dragon – Vogelburg  
October 3 Gleann Abhann Fall Coronation – Troll Fen  
October 10 Diamond Wars – Small Gray Bear  
October 17 SwampRomp – Troll Fen  
October 24 Harvest Home – Northover  
October 31 Samhain – Grey Niche  
October 31 Havoc/GA Herald & Scribe Symposium – Loch Bais

## 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: The Hon. Lady Melisant of Exmoor  
Chronicler: Barun Rory ua Riada  
Chirurgeon: VACANT

Minister of Children: VACANT  
Web Minister: Lorccán na Túaithe  
Provost of RUGA: Lady Amata Quentin Motzhart  
Quartermaster: Mistress Sarah MacGregor  
Chatelaine: VACANT  
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 August:

August 1 – Fighter Practice – TBA (Saturday)  
August 12 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)  
August 15 – Fighter Practice – TBA (Saturday)  
August 22 – Fighter Practice – TBA (Saturday)  
August 26 – A&S Workshop – 7:00 p.m. – Aulds Library (Wednesday)  
August 29 – Fighter Practice – TBA (Saturday)

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



## POSITIONS AVAILABLE

The following Shire offices need Deputies: ALL (Seneschal, Minister of Children, Knight Marshal, Web Minister, Herald, Provost of RUGA, Exchequer, Quartermaster, Minister of Arts & Sciences, Chatelaine, Chronicler, Historian, Chirurgeon, Constable).

The following Shire offices are Open and Need Filling: Minister of Children, Chatelaine

The following Shire offices are Open but are in the process of being filled: Chirurgeon



## SCRIPTORIUM SENDING

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

Condatis

Greetings unto all whom these letters come. As the god, Condatis, of the ancients brought together the waters for the betterment of the people, so too do we recognize those of Our subjects who work for this River Valley Realm. Let it be known that We, \_\_\_\_\_, King by his strength in Arms, rightful ruler of these sovereign lands of Gleann Abhann is well pleased with the works of Our subject \_\_\_\_\_. You have Our thanks and We induct you now into the King's Order of Condatis for these good works.

Done by the hand of His Majesty this \_\_\_\_\_ day of \_\_\_\_\_, A.S. \_\_\_\_\_ being \_\_\_\_\_ Gregorian.

Rex

Regina



## TOWN FAIRE

Fighter practice was held at Johannes and Branwen's home in Benton starting at three o'clock Saturday afternoon, July 11<sup>th</sup>. Five people practiced in armor (Sir Gethin from Blackwood, Johannes, Lorccan, Melisant, Helmut) observed and cheered on by five adults (Danita, Ebrahim, Avalina, Branwen, and Rory) and Melisant's two children. Burgers, hot dogs, chips and dip, bananas, chocolate chip cookies, brownies, and apple pie followed. Helmut turned in the paperwork for his device submission. The gathering dispersed between nine and ten o'clock that evening.



Helmut practices with Johannes the Knight Marshal.



Melisant prepares to face Sir Gethin.



Melisant wipes perspiration from her brow.



The mighty warriors: Johannes, Gethin, Melisant, Lorccán, Helmut.

Naalbinding was the fiber class held on Wednesday, June 22<sup>nd</sup> at the Aulds Library as the Shire A&S Workshop. The class was taught by THLady Melisant of Exmoor. From her class description, ‘Naalbinding is an ancient form of “knitting” which dates back to ancient Egypt. It is still done in parts of Scandinavia today. It can be used to make socks, mittens, hats and scarves.’ Melisant brought at least eight needles which she had made and plenty of wool yarn.





## FORTNIGHT

The Shire Populace Meeting was held on Wednesday, July 8, 2009 at the Aulds Branch Library in Bossier City. The meeting was again short, lasting only thirty minutes. No actual minutes of the meeting were taken.

Dana, as Seneschal, ran the meeting. Dana announced that the Shire had received the bid to host Fall Crown List at the Caney Methodist Camp in Minden. Dana gave Rory's e-mailed report for the Herald and Chronicler offices. The Chatelaine's office is vacant, Michael having moved to Ansteorra, a farewell party held at May's Gleann Abhann Spring Crown List, as reported by the Kingdom Historian in the July issue of *The Ambassador*. As lucet cord making was the A&S Night class in June, naalbinding (originally considered for June) will be held as the July A&S Night class.



## TOURNAMENT OF CHAMPIONS II - UPDATE

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

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: Sir Brian MacBrand (Tourney winner) and THL Geoffrey de Bradelai (Dulinn).

Grey Niche – Beltaine – April 25: Sir Rey Ribeauumont (Tourney winner) and THL Mika'il (Dex).

Small Gray Bear – Barbarian Brawl – July 25: THL Martin von Augsburg (Tourney winner) and Baron Grimbaldus Bacon.

Royal Consorts of Gleann Abhann (Roses and Diamonds) – MidSummer Knights Dream – August 29.

Pelicans – War of the Pearls – September 12.

Laurels – Swamp Romp – October 17.

Tournament of Champions II – December 5 – to be hosted by the Shire of IronOx



## A CORRECTION

The following is a correction to the write up on the Live Weapons Championship, held June 5-7, by the Barony of Small Gray Bear, which appeared in the Carriage Chatter column of the July 2009 issue of *Ardanrunes*.

Master Rory,

I was reading a copy of your posting in the Ardanrune about the Live Weapons. I needed to make a correction to your report on page 6.

You stated that "...Kenneth MacAndrews was then summoned and received the quiver of the Kingdom Yeoman to record his name upon an arrow and to add an arrow of his own. His predecessor was Malcolm Hogg, who was unable to attend this year..."

The information should read that his predecessor was THL Dante di Pirro. Dante ran the tournament that day.

Just thought you should know.

Lady Ceara  
Scorekeeper for the tournament and Dante's wife



## CARRIAGE CHATTER

### Lugh, July 11, Barony of Grey Niche

While it does not appear that anyone from the Shire of Ardanroe attended this event, the Barony of Grey Niche held their annual summer one-day event, Lugh, this year with the theme of the history of the Barony.

### Ansteorra's 30<sup>th</sup> Year Celebration and Crown Tournament, July 9-12

Held at the Canton Trade Days site, the Kingdom of Ansteorra's 30<sup>th</sup> Year Celebration and Crown Tournament ran from Thursday to Sunday. Several members of the Shire of Ardanroe attended, many staying in the nearby hotels, but some actually tenting. Several also assisted as entourage to Their Royal Majesties Loric and Diana and Their Royal Highnesses William and Onora of Gleann Abhann.

### Barbearian Brawl, July 24-26, Inc Canton of Southtower/Barony of the Small Gray Bear

While it does not appear that anyone from the Shire of Ardanroe attended this event, the Incipient Canton of Southtower, a Canton to the Barony of the Small Gray Bear, hosted the Barony's annual summer event, Barbearian Brawl. The Barony's sponsored qualifying tourney for the Tournament of Champions II was held on Saturday. THL Martin von Augsburg was the winner and Baron Grimaldus Bacon came in second, both receiving invitations to the Tournament of Champions II in December.



## THE ARDANROE HERBARIUM

(THL Rovena of Bri Leith, Column Editor)



Watercress ([Nasturtium officinale](#)) is a dark green vegetable with rounded leaves attached to a long stem.

### *NASTURTIIUM*

There are two species of nasturtium: *Tropaelum* and *Nasturtium*. Species *Nasturtium* is related to the cresses and mustard. Species *Tropaelum* are a flowering plant of some 80 varieties. There are many similarities in taste and uses between the two. Species *Tropaelum* originated in Central and South America so for most medieval purposes, use Species *Nasturtium*.

The planetary influence for this plant is the moon. Nasturtium has a warming influence. It was found on flat banks near clear streams, by springs, and on wet meadows throughout Europe. Nasturtium's annual growth cycle starts once the streams are free of ice even though snow may still be on the fields. In early summer, it will produce a cluster of white flowers. Its chemical composition includes sulfurous essential oil, glycosides, lots of vitamin C, and iodine.

It is no wonder that with its 15 essential vitamins and minerals, the ancients recognized nasturtium's health giving properties. Gram for gram, watercress contains more vitamin C than oranges, more calcium than milk, more iron than spinach, and more foliate than bananas. Hippocrates, the father of medicine, around 400 BC on the Island of Kos, is said to have located his first hospital beside a stream so that he could grow a plentiful supply of watercress to help treat his patients. The Greek general Xenophon made his soldiers eat nasturtium to increase their vigor before going into battle while the Roman emperors said it enabled them to make "bold decisions".

Traditionally, nasturtium is a spring tonic because it can regulate metabolism as well as the flow of bile. It is used to treat rheumatism, eczema, and acne.

Most of the plant is edible. The only part I did not find a use for was the roots. You can substitute the flowers, seeds, and/or petals to replace capers. It has been used as a garnish for steaks and chops as well as on sandwiches. It is used in cream soups and, in Asia, in clear soups. It is also added to salads. It has a peppery taste.

The first attempts at commercial cultivation seem to have been made by a Nicholas Meissner in the 16th century at Erfurt in Germany according to Cardon, an officer of Napoleon's army. It was Cardon that introduced nasturtium into France, where it was eaten at almost every meal – even Napoleon himself was said to be a huge enthusiast. William Bradbury is believed to have opened the first British Watercress farm in 1808 at Springhead in Northfleet, near Gravesend in Kent. The development of the railway during the Victorian period allowed tons of the plant to be transported up to Covent Garden Market where it was packed into wicker "flats". Nasturtium was the first "on the go food". It was eaten fresh in bunches just as it was sold by the street vendors. The Victorians favored it as a breakfast sandwich though in poor homes it was eaten alone earning its nickname of the "poor man's bread". Commercial production thrived through both World Wars. It was a popular sandwich at high teas and was a staple in school meals.

Nasturtium can be used as a companion plant to control aphids and Japanese beetles. In fact, it is generally considered an undesirable plant by most pests.

#### References:

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### ON THIS DAY

#### *August 1999 and 2003*

1999 – August 7 – Prince Eric of Gleann Abhann and Princess Rondalyn and their entire entourage are slain by a giant swamp monster (humongous humanoid alligator) sent by the EVIL Barony of Axemoor while the Prince and Princess of the Principality of Gleann Abhann were celebrating a glorious day in the Barony of the Grey Niche.

2003 – August 9 – The 5<sup>th</sup> Year Anniversary Celebration of the Principality of Gleann Abhann was held, hosted by the Shire of Tor an Riogh during the reign of Prince Caillin and Princess Danielle.





## RUGA DEGREE REGALIA COMPETITION

While judging for the RUGA Regalia/Logo is underway, it is time to begin the competition for the Honorary Degree Regalia/Badges. As a badge has already been designed for the Auditor Honorary Degree, this competition will seek designs for the Lector, Prior, and Philosopher Degrees.

### Guidelines for entries:

Each design must be submitted in a 4 inch by 4 inch square. It can be any shape 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:

- Which degree your design is being submitted for
- Suggested medium that the design might be made of
- A written description/rationale of the design (not in heraldic terms)
- Color suggestions, if any
- Your contact information

A person/group can submit more than one entry. A person/group may submit an entry for one, two or all three honorary degrees.

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

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

Deadline for submission is August 31, 2009.

Entries are to be submitted to the Chancellor:

- At an event
- Via email (See Regnum of *The Ambassador* or Kingdom website)
- Or by Snail mail (See Regnum of *The Ambassador*)

The winning entry will be announced in September 2009.







## LESSONS IN HERALDRY

This month I am using this column as a plug for the Kingdom of Gleann Abhann's Herald & Scribe Symposium. This year's Symposium is being held in conjunction with Havoc by the Shire of Loch Bais at the Caney Methodist Camp in Minden, Louisiana, a short 45 minutes or less drive for most residents in Ardanroe. The event is the weekend of Halloween, October 30 – November 1. Tentatively there is planned a pumpkin carving contest – heraldic themed. And of course there will be tourney.

Mistress Sarah MacGregor, our Shire Exchequer, is the Kingdom's Diamond Principal Herald. She is looking for classes for the Symposium. While you, oh happy Shire members, may not want to teach a class, you, oh happy Shire members, can tell her what classes should be held. Please contact Mistress Sarah this month (August) and let her know what you want to learn. This will make it easier for her to find teachers to fill in time slots on the schedule.

Next month I will have a normal fact-filled lesson. If you have a particular heraldry question you would like answered in "Lessons in Heraldry", please let me know! I may not know the answer but will try to find an answer that helps.

Maistir Rory

