

# ARDANRUNES

This is the April 2011 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 2011 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. 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.

## Table of Contents

Ardanroe Officers  
Ask Skallagrímr  
Calendar of Events  
Carriage Chatter  
Congrats to Our New Baron!  
Fortnight  
Harken Ye!  
Positions Available  
The Ardanroe Herbarium  
Town Faire

## Calendar of Events

April 2	Plunderers & Privateers – Iron Ox Elfsea Defender – Elfsea (Ansteorra) Scottish Tartan Festival (Minden, LA)
April 9	GA Spring Coronation – Axemoor
April 23	A Veddý British Beltain – Grey Niche (**DATE CHANGE**)
April 30	Forest Maiden VII – Blackmoor Keep
May 14	GA Spring Crown List – Grey Niche
May 28	Cracked Anvil XIV – Smythekepe Steppes Warlord – Steppes (Ansteorra)
June 11	Birthday Bash – Loch Bais
June 18	Tournament of Champions III – Troll Fen

## ARDANROE OFFICERS

Seneschal: The Honorable Lady Avice of York	Chatelaine: Lady Evlaliia Sveneicha
Knight Marshal: Lord Skallagrímr Bárðarson	Constable: Giric l{o,}gmaðr
Herald: Maistre Rory ua Riada	Historian: Lady Amelia Balentine
Exchequer: Lady Joya la Normande	Provost of RUGA: Lady Amata Quentin Motzhart
Minister of Arts & Sciences: The Hon. Lady Melisant of Exmoor	Quartermaster: Mistress Sarah MacGregor
Chronicler: Barun Rory ua Riada	Web Minister: Lorccán na Túaithe
Chirurgion: VACANT	Minister of Children: VACANT

## HARKEN YE!

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

April 1 – Pell Practice – 6:00 p.m. – Skallagrímr’s House (Friday)  
April 2 – Scottish Tartan Festival – 10:00 a.m. – Scotland Farms, US Highway 79 and LA Highway 518, Minden (Saturday)  
April 3 – Fighter Practice – 2:00 p.m. – Darkhorse Farms (Sunday)  
April 8 – Pell Practice – 6:00 p.m. – Skallagrímr’s House (Friday)  
April 10 – Fighter Practice – 2:00 p.m. – Darkhorse Farms (Sunday)  
April 13 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)  
April 15 – Pell Practice – 6:00 p.m. – Skallagrímr’s House (Friday)  
April 17 – Fighter Practice – 2:00 p.m. – Darkhorse Farms (Sunday)  
April 27 – Shire A&S Night – 7:00 p.m. – Aulds Library (Wednesday)  
April 29 – Pell Practice – 6:00 p.m. – Skallagrímr’s House (Friday)

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

## POSITIONS AVAILABLE

The following Shire offices need Deputies: Replacement Deputy Herald and Replacement Deputy Constable



## TOWN FAIRE

The first pell practice of March was held on Friday the 4<sup>th</sup>. It was attended by Skallagrímr, Domnall, Maximilian, Bolvi (Brandon), and Jeff (Brandon's friend). Gulf Wars XX being March 13-20, the Shire's pell practice was cancelled during this time. The second/last pell practice of March was on the 25<sup>th</sup>.

The first fighter practice of March was held on Sunday the 6<sup>th</sup>. It was attended by Skallagrímr, Symon, Maximilian, Melisant, and Bolvi (Brandon). Gulf Wars XX being March 13-20, the Shire's fighter practice was cancelled during this time.

The Shire's A&S Night was held Wednesday, March 23 at the Aulds Branch Library in Bossier City from seven o'clock to nine o'clock that evening. Skallagrímr taught chainmail making, how to create each link and connect each link together. Attendees included Skallagrímr, Evlaliia, Godric LeGrande (Branwyn's sweetie), Tiran and Moren O'Roigh (Branwyn's teens), Branwyn Bryn-glas, Melisant and her two kids, Avice and Symon and their baby, Dana, Joya, Jurgis, and Rory. Godric and Moren were assisted by Rory in how to submit names and armory (the forms) and questions regarding armory ideas. Many items were also brought for Rory to collect for the booth at the Medieval Fair at Coronation. Avice brought directions to the Scottish Tartan Festival for those planning to attend.

The last fighter practice of March was held on Sunday the 27<sup>th</sup> at Darkhorse Farms from two o'clock to four o'clock. It was attended by Skallagrímr, Melisant, Maximilian, Johannes, Evlaliia, Rory, and J Corley. Skallagrímr, Melisant, Maximilian, and Johannes practiced. The others watched. Rory worked on name documentation for Godric and Moren and collected stuffed animals from Melisant for the game booth at the Fair at Coronation. Maximilian volunteered to look for a game for the game booth.



## CONGRATS TO OUR NEW BARON!

Congrats to His Excellency Domnall Dubh Ua Máille, Baron of the Court of Their Royal Majesties Radu II and Broinnfinn II. He received a Court Barony at Gulf Wars XX!



## FORTNIGHT

The Populace Meeting was held on Wednesday, March 9 at the Aulds Branch Library. The meeting began at 7:15 p.m. at the Aulds Branch Library and concluded at 7:45 p.m. The meeting was called to order by the Seneschal, Avice. Fifteen adults attended the meeting (Amata, Ebrahim, Medb, Maximilian, Rory, Amelia, Joya, Jurgis, Skallagrímr, Evlaliia, Avice, Symon, Domnall, Dana, Bolvi [Brandon LeBlanc], and Jeff Corley) along with two babies.

Officer reports were given by the officers.

Amelia as Historian reported she is working on the quarterly report.

Rory as Chronicler announced the March issue of *Ardanrunes* is on the website thanks to Lorccán. He had copies of the Release Forms for Creative Works and distributed some to Skallagrímr, who has submitted a story about Fighters Collegium. Due to the slowness of the website this week, the request was made to also put the newsletter in the Files section of the Ardanroe yahoo group.

Rory as Herald announced that he is actively looking for a Replacement Deputy. He encouraged everyone to take notes about activities at Gulf Wars since the quarterly reports due next month will cover this event.

Skallagrímr as Knight Marshall announced that pell practice is cancelled this Friday and next Friday due to Gulf Wars. Fighter practice this Sunday and next Sunday are also canceled due to Gulf Wars.

Amata as RUGA Provost reported completion of the class evaluations from the classes at Winter Wonders and submitting of those to RUGA.

Evlaliia as Chatelaine is preparing materials to distribute at the Scottish Tartan Festival in April. She also introduced Jeff Corley, a friend of Bolvi's (Brandon's), both here tonight. Both attended pell practice on the 4<sup>th</sup> and Bolvi was also at fighter practice on the 6<sup>th</sup>.

Joya as Exchequer reported that Lake Bistineau State Park has been reserved for Winter Wonders XXVI in January 2012. It will be the weekend after the MLK Holiday weekend. The State Parks now require full payment at time of reservation, not the first night now and rest on arrival.

The Minister of Arts and Sciences and Web Minister were not present.

Old Business:

Rory was a driver in the children's parade at the Pierre Bossier Mall on Fat Tuesday. It was a short parade, one hour in length, and had roughly 500 attendees due to the late change in venue and weather. However, it was a success and is something to consider next year. Mardi Gras next year will be in late February. Members of the Four Winds Faire (Renaissance Festival) south of Tyler, Texas, were part of the parade. Rory passed around their brochure. The Four Winds Renaissance Faire this year is held from March 5<sup>th</sup> thru April 24<sup>th</sup> on the weekends only. More information can be gotten at [www.fourwindsfaire.com](http://www.fourwindsfaire.com).

The Shire inventory is done. New ladles (real metal) and a soup terrine have been purchased. Rory brought the box of washed and bagged table linens. This went home with Avice after the meeting.

New Business:

The Scottish Tartan Day festival is Saturday, April 2, 2011. Avice has a list of fourteen people, a horse, a sheep, and three pavilions as part of Ardanroe's presence.

Gulf Wars is this month. Volunteer! Have fun! Do not forget to name an entity for your volunteer hours. You can name the Kingdom Discretionary Fund, the Shire, the Ambassador, etc.

Dana and Avice and Medb have sent lists of what the Shire has available for the Barony of Axemoor to use at Spring Coronation at the Lake Bistineau State Park, April 8-10. A final complete list will be sent. In addition there will be a Medieval Fair to raise funds for the Discretionary Fund. The Shire has a booth at the Faire. Please bring items for the booth to A&S Night for Rory to collect. If you have an idea of a name for the booth (or decorations), let Rory know, as a contest will be held for the best decorated booth.

Bids for Winter Wonders XXVI (January 2012) are now being accepted by the Seneschal. The deadline to submit a bid is the June Populace Meeting.

Anyone wishing to submit a bid to host a Kingdom Level Event, is welcome to do so, but needs to find a site.

Announcements:

Avice went over the Kingdom Calendar for the rest of the month of March and April.

There are several job openings at the Society and Kingdom level. Within Gleann Abhann these include the Kingdom Chamberlaine and Amethyst Herald.

The meeting was adjourned.



## ASK SKALLAGRÍMR

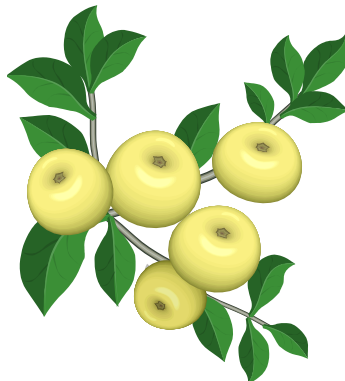
What is “Pell Practice?”- The short answer is hitting a post with a stick to practice sword swings. As with anything asked here, the answer gets more complicated than that. Let’s start with the history of the pell.

The pell can be traced back to at least Roman times, when the legionnaire would hit a practice post with a wooden sword. Many medieval histories depict or mention a “practice post.” Through this we know this was a common training tool throughout the middle ages. We use it today for the same reason they did, to build strength, stamina, and muscle memory.

When we get together for practice, we hit the pell with our rattan swords repeatedly. This helps build strength and stamina. We are also hitting slowly, trying to make each swing perfect and accurate. Pell practice is not about how hard you can hit. We want our muscles to remember how to throw the perfect shot during a fight, so we don’t have to think about it.

At our local fighter practices, we have two pells; so two fighters can practice at the same time. Usually Sir Robert will work with everyone on new blows, combinations and footwork. There is an armory in my garage, so when a fighter is not practicing he can work on any armor repairs that he needs.

Practice is also a place for fighter to come together and talk. The point is to meet and get to know each other when we aren’t trying to hit each other. This helps build friendship and camaraderie among fighters and temper hostilities that may arise from just hitting on each other. Non-fighters are welcome at practice. You do not have to have an interest in fighting, just an interest in socializing with those that do. If you have a chance some Friday, you are welcome to stop by and see us.



Quince from Word Clipart

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



*QUINCE*

The quince (*Cydonia oblonga*) is native to the Caucasus region of the warm-temperate southwest Asia. It was introduced to Syria, Croatia, Bosnia, Turkey, Serbia, Republic of Macedonia, Albania, Greece, Romania, Hungary, Ukraine and Bulgaria. Cultivation of quince may have preceded apple culture, and many references translated to "apple", such as the fruit in Song of Solomon, may have been to a quince. Quince was also introduced to the New World, Australia, and New Zealand. In some locations this plant grows wild. Due to fireblight, quince has become rare in North America. It is still widely grown in Argentina, Chile and Uruguay. Almost all of the quinces sold in North America come from Argentina even though Turkey ranks first in world quince production by producing a quarter of the total world production.

Quince can be a shrub or small tree that prefers full sun and moderate water. Quince is slow growing but can reach up to 10 to 25 feet. It is deciduous and related to apples and pears and, when mature, produces a bright golden yellow pear-shaped fruit. Quince is resistant to frost and requires a cold period below 7 °C to flower properly. While it is self-fertile, it can benefit from cross-fertilization. The fruit can be left on the tree to ripen further softening the fruit to the point that it can be eaten raw in warmer climates, but should be picked before the first frosts.

Remove the suckers from the base of the tree as they usually do not fruit and they weaken the trunk. Use of high nitrogen fertilizer can make it susceptible to fireblight.

Quince is a dramatic plant. In the winter, it has gnarled and twisted branches. In spring, it is dressed in two inch wide flowers in white or pale pink. During the summer, its leaves are dark green with a whitish underside. In the fall, the leaves and fruit turn yellow and the fragrance is memorable.

The quince's planetary ruler is Saturn.

Note as a warning that the quince seeds contain nitriles (RCN). In the human stomach, the nitriles can release the volatile gas HCN (hydrogen cyanide). Toxicity is likely only if a large quantity is consumed or if one is hypersensitive.

In the Middle East, especially Iran, the pits of the fruit are dried and soaked in water. The resulting viscous by-product is drunk much like cough medicine to treat sore throats and coughs. Because it is alcohol free, it is particularly favored for use with children. In Malta, to relieve intestinal discomfort, a teaspoon of quince jam is dissolved in boiling water. Quince seeds are used in Iran and Afghanistan to treat pneumonia and lung disease.

The only cosmetic use of quince is found in Latin America where the gel-like, adhesive substance surrounding the seeds is used to shape and style hair.

Most varieties of quince are too hard, too astringent and/or sour to eat raw. Once peeled, they can be roasted, baked, or stewed. This is why they are so often made into jam, jelly and quince pudding. An interesting oddity is that after a long cooking period, the flesh will turn red. Quince can be added in small quantities to applesauce, apple pies, and jams because the strong fragrance will enhance the flavor. The Portuguese called quince "marmelo" and their quince jam was called "marmalade".

Quince can be made into a sweet dessert wine. Quince brandy is made in the Balkans. In Germany, Quittensaft, quince juice is a common drink. It is also used as an additive to mainly green tea because of its sweetness and fragrance. Dulce de membrillo is a reddish jelly-like block or firm reddish paste common to

Argentina, Chile, Mexico, Spain, Uruguay and Venezuela. A quince cheese is popular in Hungary. Boiled quince is a dessert commonly found in Dalmatia and Croatia.

Quince is a token of everlasting love. It is used as a protection against evil intent.

Among the ancient Greeks, the quince was a ritual offering at weddings, for it had come from the Levant with Aphrodite and remained sacred to her. Plutarch reports that a Greek bride would nibble a quince to perfume her kiss before entering the bridal chamber, "in order that the first greeting may not be disagreeable or unpleasant". Paris awarded a quince Aphrodite. It was for a golden quince that Atalanta paused in her race.

The Romans also used quinces; the Roman cookbook of Apicius gives recipes for stewing quince with honey, and even combining them, unexpectedly, with leeks. Pliny the Elder mentioned the one variety, Mulvian quince, which one could eat raw. Many images of Venus show her holding a quince.

In Slavonia, Croatia when a baby is born, a quince tree is planted as a symbol of fertility, love and life.

In the Canary Islands and South America, teenagers play a beach toss-and-swim game with the quince. They throw the quince into the sea, race after it, and the one who catches it then takes one bite and tosses the quince again. This is done until the quince is consumed. The salt water sweetens the quince.

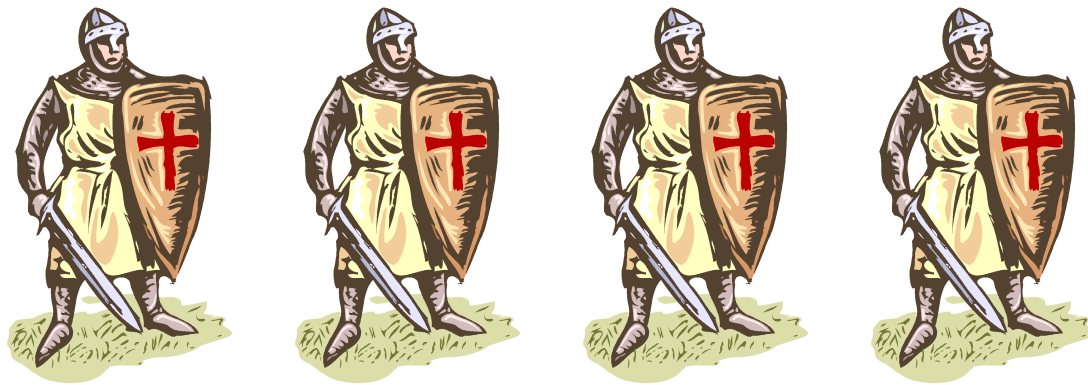
### References:

Bender, Steve, editor. *The Southern Living Garden Book*. Birmingham, Ala: Oxmoor House, 1998.

Beyerl, Paul. *The Master Book of Herbalism*. Custer, Washington: Phoenix Publishing Co., 1984.

Huson, Paul. *Mastering Herbalism: A Practical Guide*. Lanham, Md.: Madison Books, 2001, 1974.

Also from personal notes that do not contain citations.



## CARRIAGE CHATTER

### Gleann Abhann Fighter Collegium & War Practice, February 25-27, Shire of Dragoun's Weal

(Written by Skallagrímr Bárðarson)

As war creeps slowly upon us, a call is made. Three from Ardanroe answer the call, load up their wagon and head to the Shire of Dragon's Weal for Fighter's Collegium. Sir Robert Fitz Hugh, Lord Skallagrímr and Lady Evlaliia, known as Jera, make the long trek. They make it to site just after midnight, finding troll still open and many people still milling about. After trolling in, they all head to bed to prepare for the long day of fighting and food that comes with the morning.

The morning was busy. Sir Robert went to the Knight's circle, while Skallagrímr and Jera went to breakfast. During breakfast Baroness Barbara came around with the guessing game. It was particularly challenging, having to guess

the weight of a stone in grams. After breakfast Skallagrim went to armor up and prepare for fighting, while Jera visited with friends, while waiting to help in the kitchen.

The Knights planned at great tournament to pick their representative for the upcoming TOC tournament. Thirty fighters entered the tournament. The fights were fought at the same time each round. Spectators would watch 15 fights simultaneously; the entire first round took less than ten minutes.

Skallagrímur won his first bout, when his opponent led with his head. After a few minutes for the list mistress, Her Excellency Isabella, to tally wins and losses it was time for round two. Skallagrímur drew Dulan, and while he did not win he was satisfied he did his best. There was barely time to take off the helmet and get water before round three started. This time, Skallagrímur would fight Settimio. Skallagrímur hadn't done well against him at Swamp Romp, and was determined to do better this time. When lay-on was called the fighting was intense, until both fighters yelled good. It was a double kill. Settimio won the second face off, but it was a bye fight for Skallagrímur, so he advanced to the next round. In the fourth round, Skallagrímur faced Dex. This time Skallagrímur led with his head, and walked off the field upset, not at losing, but that this last fight for him in the tourney he did not perform his best. Settimio went on to win the tourney.

His Majesty held a quick court on the field to award Settimio his scroll, as Settimio had mundane commitments that would keep him from the evening court. His Majesty was not done with Settimio yet, however and went on to extol his virtues and his many works. Then His herald read the scroll bestowing a Grant of Arms to THL Settimio. His Majesty was done with Settimio, but not done with all the business of court. His herald called Baron Grimbaldu Bacon to His presence. He then told of the great many works Grimbaldu had done for The Crown, and Kingdom. His Majesty said he could not reward Grimbaldu for everything he had done, but He knew a group who could. With a signal from His Majesty, the Knight's Circle stepped forward, and His Majesty announced Grimbaldu would become a Knight of Gleann Abhann. Three Awe Hails rang out and court was closed.

After court, Jera went to the kitchen, while Sir Robert and Skallagrímur went to the fighter classes, Sir Robert to teach and Skallagrímur to learn. Sir Ashi and Sir Callin taught, "Thrusting in combat." His Excellency Loric and His Excellency Jon the Tall taught, "Judging and using range." His Grace Havord and Sir Robert taught, "Fighting on your knees." There were two other classes "Fighting with glaive", and "Fighting center grip shield vs. strap on shield", but I do not know who taught those classes.

After lunch Skallagrímur cleaned up, and then headed to the kitchen to help there. Sir Robert stayed on the field and assisted with the melee practice. Since everything was caught up, partly because of Jera and Skallagrímur's help, the kitchen crew took a few minutes to appear at court. It was a good thing to, because three of them received awards at court. Kendra Dey received an award for her sewing, another lady received an AOA, I had already headed back when the third one was called so I am unsure who or what award it was.

Feast consisted of three removes appetizer, main course and a dessert course. Appetizers were bread, whipped butter, honey butter, marinated vegetables, seasoned oil, and the hit of the feast bacon fried rice balls. Main course was pork loin and gravy, and potato gnocchi in a Parmesan sauce. The final remove was apple crisp and vanilla ice cream. The kitchen help was cheered as they came out to the well-fed crowd. His Majesty bestowed His praise for a tasty feast, well prepared, and timely served. No one left hungry, and there were leftovers.

The evening finished with everyone relaxing and chatting. The fellowship was a fitting end to the long day. In the morning the three travelers packed up and headed back home.



**Gulf Wars XX, March 13-20, Gleann Abhann**

*Remembrances from Gulf Wars*

(Written by Skallagrímur Bárðarson)

For an extra \$5.00 Skallagrim, Jera, and Symon got on early. We moved to the head of the troll line, and got our tents set up on Saturday morning.

Site token was a pewter ring. You could bend it to fit your finger, or anything else. I saw it as an earring, pendant, belt favor, body piercing. You were only limited by your own imagination.

Public Works Department needed help, and Skallagrim, Jera, and Symon jumped in to help all week. Skallagrim was officially the Deputy for Public Works. Public Works is looking for help for both setup and tear down for next year. If you can be early on and want to help, contact Skallagrim, for more information.

A golf cart is a great way to see the war. It is a lot of work to get the cart, but it is worth it. The only way to get a golf cart is to volunteer. This year for the 20<sup>th</sup> Gulf Wars, there was a special feather for 20 hours of volunteering. Jera and Symon both received one.

There was a mounted watch this year. Horsemen patrolled the entire site, and reported any problems. It helped keep things quite, but you had to watch your step.

Weather was great. We only had rain on one day and it lasted about an hour. It made for a beautiful war.

This saw the introduction of a rented 8-stall portable shower house from the porta-john company. It stayed relatively clean, if you could get in before the fighter got off the field, and had an instant heat water heater that only ran out of hot water when the propane ran out, which did happen a couple of times.

We kicked butt in the ravine battle, but due to how they scored it we still lost. Much butt was kicked in the fort battle as well.

The Known World Party was fun. Sir Ashikaga and his retinue were all in Japanese garb. Sir Ashi's had his polka dots. I think this was the first time I have seen the Japanese knight in Japanese garb.

Skallagrim and Jera met old friends from Calontir. We caught up with each other's lives, introduced them to some of our new friends in Gleann Abhann, and remembered old times.

His Excellency Domnal was made a court Baron. He is most humble about it, but please offer your congratulations when you see him.

The Brewer's Guild named Liam as Guild-master. The Guild was given an Argent Keystone for all their help with Gleann Abhann Social and other Gulf Wars hosting duties. Liam was made a court Baron for all his work teach the art to others.

Her Grace Duchess Onora was given a GOA for all her work during the war. She was noted to remark, "I out rank myself!"

Sir Grimbaldus Bacon was knighted. There was a long wait to see him during his vigil. The Bob Party even dropped by to visit him that night. I stopped to visit with Bethany before going to see Grimbaldus. I wondered why no one ever gave the spouse of a new peer advice the night before their spouse's elevation. Grim's buffet was the best I have seen. His Majesty knocked him off his feet and he literally flew through the air.

