

ARDANRUNES

This is the May 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 arms of Maximilian von Braun are from the Shire's Heraldry Files. The deadline for submissions is the 25th of the month for the issue coming out the 1st of the next month.

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Calendar of Events

April 30	Forest Maiden VII – Blackmoor Keep
May 14	GA Spring Crown List – Grey Niche
May 21	Lake Bistineau State Park Demo
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 May:

May 1 – Fighter Practice – 2:00 p.m. – The Duck Pond, 1200 East Kings Hwy (at Reilly Lane) (Sunday)
May 6 – Pell Practice – 6:00 p.m. – Skallagrímr's House (Friday)
May 11 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)
May 13 – Pell Practice – 6:00 p.m. – Skallagrímr's House (Friday)
May 15 – Fighter Practice – 2:00 p.m. – Darkhorse Farms (Sunday)
May 20 – Pell Practice – 6:00 p.m. – Skallagrímr's House (Friday)
May 21 – Lake Bistineau State Park Demo – 12:00 noon-5:00 p.m. (Saturday)
May 25 – Shire A&S Night – 7:00 p.m. – Aulds Library (Wednesday)
May 27 – Pell Practice – 6:00 p.m. – Skallagrímr's House (Friday)

NOTE: Fighter practice is now the 1st and 3rd Sunday of the month.

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

Pell practice was cancelled for Friday, April 1 to prepare for the Scottish Tartan Festival. After the long, successful, tiring day of demo-ing at the Scottish Tartan Festival on Saturday the 2nd, fighter practice was cancelled for Sunday, April 3.

The tenth annual Scottish Tartan Festival was held on Saturday, April 2 starting at ten o'clock and running till five o'clock at the Scotland Farms located on the corner of US Highway 79 and Louisiana State Highway 518 near Minden, Louisiana. Skallagrímr, Evlaliia, Joya, Jurgis, Medb, Dana, Maximilian, Yvette, Symon, Avice, baby Zoe, baby James, Sir Robert, Lorccán, Danita and their kids, and Amelia represented the Shire for a daylong demo at the Festival. Skallagrímr, Symon, Sir Robert, Maximilian, and Lorccán conducted fighting demonstrations. Dana and Evlaliia did handcrafts, while Avice and Amelia watched the kids and answered questions. Joya and Jurgis assisted Melisant with the NAVA (North America Viking Association) demonstration animals, including sheep. The plan is to participate in the Festival again next year if there are no conflicts with events.

With April, fighter practice changed to the first and third Sunday's of the month. The first Sunday having been canceled due to the Scottish Tartan Festival, fighter practice was held on the third Sunday, April 17, at Darkhorse Farms. Starting at two o'clock, practice on the field was participated in by Lorccán, Melisant, Sir Robert FitzHugh, Skallagrímr, and a newcomer. The Shire trailer was inventoried and repacked from being lent the previous weekend for Spring Coronation. Those present conducting this were Avice, Joya, Jurgis, Evlaliia and Tara, a friend of Sir Robert's.

Pell practice continues to be held ever Friday starting at six o'clock at Skallagrímr's house with turn out varying each week.

Wednesday, April 27, was the Shire A&S Night at Aulds Library. Several members met first for supper at Trejo's. A&S began at seven o'clock with a general project night. Attendees brought items to work on. THLady Dana had a special project for the populace to assist with. This was the making of tokens in memory of THLord Maximilian von Braun. Black leather was cut in squares or rectangles and maltese crosses were cut out of other material to fasten to the leather. Crosses were also tooled into the leather by members and would later be painted white. Attendees included Melisant, Avice, Symon, baby James, Amelia, baby Zoe, Medb, Dana, Amata, Jurgis, Joya, Skallagrímr, Evlaliia, and Rory. Two newcomers came that night to find out about the SCA, a mom and son, and Evlaliia and Skallagrímr provided them with much information.



FORTNIGHT

The Populace Meeting was held on Wednesday, April 13 at the Aulds Branch Library. The meeting was called to order by the Seneschal, Avice. Thirteen adults attended the meeting (Avice, Amata, Medb, Skallagrímr, Lorccán, Domnall, Evlaliia, Amelia, Robert Fitz Hugh, Dana, Joya, Jurgis, and Tara (guest of Sir Robert)) along with two babies. Rory arrived at the conclusion of the meeting to copy the notes taken by Avice for this report of the populace meeting and turn in the Ardanrunes newsletter to the Seneschal along with two items Dana identified as Shire property and not Lost & Found during the Fair at Spring Coronation.

Officer reports were given by the officers.

Amata as RUGA Provost has sent the evaluations of classes out and is waiting to hear back from the RUGA Chancellor.

Skallagrímr as Knight Marshall is moving fighter practice from every Sunday to the first and third Sunday of the month (two fighter practices/month). One may occur at Darkhorse Farms and one at the Duck Pond. In the heat of the summer fighter practice may be moved to Loch Bais, which holds theirs in the afternoon in a cool building. The change in number of fighter practices is so Skallagrímr can have a life on the weekends.

Lorccán as Webminister is moving the Shire's website to the kingdom to host. A new site is in progress, which he has on his laptop for all to look at tonight. The April Ardanrunes has been posted.

Evlaliia as Chatelaine reported that we may get some new people soon. Sir Robert brought three new people to Spring Coronation this past weekend.

Amelia as Historian reported that the Shire did a lot with the coming of Spring, especially with Spring Coronation.

Joya as Exchequer reported that the first quarter finance report is done and we are doing okay financially. An inventory of the trailer will be done at fighter practice since the trailer was used by the Barony of Axemoor to hold Spring Coronation.

Rory as Chronicler and Herald was not present during the meeting to give a report. However, the April issue of the *Ardanrunes* is on the website thanks to Lorccán. Rory is looking for a Replacement Deputy for the Herald office. Rory had also submitted the first quarter report for the Herald office.

The Minister of Arts and Sciences was not present.

Old Business:

Spring Coronation rocked and the Shire was thanked by many for the work done for that event. THL Gillian, autocrat of Spring Coronation, thanked the Shire in her April 12th letter posted on the Gleann Abhann yahoo group list. *"And big huge massive thanks to all of Ardanroe. Not only did they loan us their entire trailer so we wouldn't have to haul up all our event stuff, they were there to set up the event for us. We truly do appreciate all the help your shire gave us and from the entire Barony, thank you."*

The Shire was also thanked by Baroness Anastasia in her April 11th letter posted on the Gleann Abhann yahoo group list. *"The incredible shire of Ardenroe for the Garage sale (Rory, I swear you could sell ice to eskimos!) and the fun ring toss game."*

The Medieval Fair at Spring Coronation raised \$447 for the Kingdom Discretionary Fund. This money was presented to Their Royal Majesties Havordh and Muirgen during the late afternoon court by THLady Gillian. The other carny booths were House Marshin Fayne (brats and potato soup overseen by Lady Myra), Gida's dogs and pickles (hot dogs and pickles), Stasi's fortune-telling, Isabella of Axemoor's fish pond and the Kissing Booth. Isabella won the best decorated booth prize for the efforts put into the kissing booth. The fair tickets (plastic coins) were sold at Ye Olde Ticket Booth by Epona. The Fair was held under garage tents set up under the administration of Dex with a lot of helpful guys.

Avice reminded everyone that bids for Winter Wonders are due by the June Populace Meeting.

As all groups are now required to submit a Kingdom Level Event bid each year, Sir Robert would like to try to submit a bid for Fall Crown List. He is looking at tenting sites, such as Bonnie & Clyde Trade Days, and hopes to hold a fact-finding/help to put a bid for this Kingdom meeting at his home in the near future with the offer of spaghetti.

The Scottish Tartan Day festival was a great success and a lot of fun. Thanks to everyone who participated.

New Business:

Baroness Bethany Bacon turned over the office of Kingdom Youth Marshal during Spring Coronation. Bethany has found the Ardanroe Youth Armor, as it somehow was added to the Kingdom's stash. She is getting it back to the Shire soon.

For those wanting to fight with spears, please do not make any just yet. Requirements regarding spears may change.

Skallagrímur has offered to insert rebar in the list field posts. Lorccán suggested plungers to be used with the field posts if we ever set it up indoors. After much mirth, the idea was found to be sound and agreed to.

Avice spoke to the Lake Bistineau State Park Ranger during Spring coronation weekend. The desire to have the group come out and do a Day still exists. Avice and the Park Ranger are looking at Saturday, May 21, from 12 noon to 5:00 p.m., doing something similar to the Shire's set up for the Scottish Tartan Festival. This would occur under shade near the boat launch. This could involve having other groups come for the day for a regional fighter practice and grilling of food afterwards. Avice will provide more details soon.

Announcements:

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

The meeting was adjourned.



ASK SKALLAGRÍMR

When did Dianna Ross and Michael Jackson star in “The Wiz”? 1978

Where can I find the best shopping for the SCA in Shreveport/Bossier? This is a long and multifaceted question. There is a wide variety of things we SCAers need and want, and quite a few places to get them, locally. This month we will focus on a few of them.

Leather- The best place to get leather would be Tandy Leather & Repair in Bossier. It is located at 7991 E Texas St Ste 200, Bossier City, LA 71111, across the street from Louisiana Downs. The phone number is (318)746-8690. They are open 9a-5p Monday through Friday and 9a-1p on Saturday.

The Tandy Leather & Repair buys most of their stock from The Leather Factory. Because of this they tend to be a little higher in price, but they are local. You usually can walk in and get what you need, and they are familiar with who we are and what we do. They understand what “armor-grade” leather is. They are helpful, friendly and knowledgeable. If they do not have something they can order it for you.

If you are price sensitive, you may purchase a 20% discount card from The Leather Factory for \$35.00. Check the link below to buy yours. The local Tandy Leather will honor these, but does not sell them. I have one of these cards, and will loan it out if you are making a major purchase, just ask.

Fabric- The place with the best selection on natural fiber fabrics in Shreveport/Bossier is Joann's in Shreve City Shopping Center located at 1271 Shreveport Barksdale Hwy, Shreveport, LA 71105-2405. The phone number is 318-869-3431. They are open M-Sa 9a-9p, Su 10a-6p. Their website is www.joann.com I like Joann's because the selection is varied, and sales are good. If you sign up for their mailing list you get notifications in the mail with coupons for percent off even the sale items. This could make expensive fabric reasonable. They have an email list you can sign up for. They will email you coupons. You print out as many as you need, you can go back several times during the sale, or forward them to friends.

I know others will give me a list of their favorite fabric store, and some may have more of some fabrics, or better prices on other fabrics. If you tell me your favorite and why I will add that information in next month's column.



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



CORIANDER

Coriander (*Coriandrum sativum*) is an annual herb in the *Umbelliferae* (parsley or carrot) family. The fruits (“seeds”) are generally referred to as coriander while the leaves are referred to as cilantro or Chinese parsley. The name “coriander” is first found in late 14th century England. They got it from the French “coriander”, who got it from the Latin “coriandrum”, who got it from the Greeks “koriannon”, who got it from the Mycenaeans “koriandron”. It is thought to derive from King Minos’ daughter name, Ariadne. The root of “koriandron” is “koris” (bedbug).

Coriander is native to southern Europe, North Africa, and southwestern Asia. It was known to the Egyptians, early Israelites, and Romans. Today you can find it growing in gardens in throughout Europe, England, and in the United States. Americans sometime consider it to be a weed.

It looks like a miniature Queen Anne’s lace but has a strong smell that many find unpleasant. The slender, erect, hollow stalks grow to a height of 1 to 2 feet though 3 feet is not uncommon. The small compound umbels are usually white but might be very pale pink or lavender. The farther from the center of the umbel the petals are the larger the petals. Coriander prefers full sun, well-drained soil, and to be moist but not wet. Regular weeding or mulching is a must as it can easily be crowded out by weeds. Coriander can be started from seeds and will self-sow. Sow it in either early September before the first heavy frost or in April after the last heavy frost. Harvesting of leaves is done during the first 30 days while the seeds are harvested in August.

Note that Coriander can produce an allergic reaction in some people.

In a study on rats, coriander seeds were found to have a significant hypolipidemic effect. The result of this effect was the lowering of levels of total cholesterol and triglycerides while increasing levels of high-density lipoprotein. It is thought that this is done by increasing synthesis of bile by the liver thus increasing the breakdown of cholesterol into other compounds. In a study on mice, a coriander extract had a positive effect on both insulin-releasing and insulin-like activity. It has been used as a folk medicine for the relief of anxiety and insomnia in Iran and there are studies that use this. In traditional Asian medicine, a drink is made by boiling coriander seeds and cumin seeds that is used to treat colds, stomach, and intestinal complaints.

To treat acne, coriander juice is mixed with either turmeric powder or mint juice and applied to the face just as you would apply any other toner.

Although all parts of the plant are edible, the most commonly used parts are the leaves and fruits. Once ground, coriander seeds quickly go stale. Heat is the enemy of the flavor of coriander leaves, so they are usually used raw or added to the dish at the last possible moment. The flavor of the roots is deeper and more intense than the flavor of the leaves. Once removed from the plant, the leaves quickly lose their flavor so drying or freezing them is not an option.

Coriander seeds are used in curries, chutneys, sauces, salsas, breads, baked goods, sausages, meat dishes, red beets, plum jam, cabbage dishes, gin, and herb liqueurs. The seeds are used in brewing certain styles of beer, particularly some Belgian wheat beers. Young leaves can be ground up and used to season salads, soups, and stews.

Kinza (fresh coriander leaves) are often used in salads in Russia. The roots are most often found in Thai dishes such as soups and curry pastes.

Coriander, like many spices, contains antioxidants that can delay or prevent the spoilage of food seasoned with it. A study found both the leaves and seed to contain these antioxidants. However, the leaves seemed to have the stronger effect. The leaves were also found to have chemicals that worked against Salmonella.

Coriander was one of the earliest spices raised in the British colonies. It was brought to North America in 1670.

References:

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

Gabriel, Ingrid. *Herb Identifier & Handbook*. New York: Sterling Publishing Co., Inc., 1979.

Tucker, Arthur O. and Thomas DeBaggio. *The Big Book of Herbs: a Comprehensive Illustrated Reference to Herbs of Flavor and Fragrance*. Loveland, CO: Interweave Press, 2000.



HERALDIC RESULTS

The following actions took place at the March 2011 Laurel Sovereign of Arms' Pelican and Wreath meetings, and appears in the March 2011 LoAR printed April 29, 2011:

THE FOLLOWING ITEMS HAVE BEEN REGISTERED:

GLEANN ABHANN

Eibhilín Núinnseann. Device. Gules, on a chevron argent between two natural tigers sejant respectant argent striped sable and a bow nocked with an arrow argent three shamrocks gules.

The use of a natural tiger is a step from period practice.

Evlaliia Svenevicha. Device. Per pale vert and sable, eight Tyr runes in annulo, bases to center and a bordure Or.

Skallagrímr Bárðarson. Device. Gyronny Or and sable, eight Tyr runes bases to center and a bordure counterchanged.

The submitted depiction of gyronny, which has the lines of division straddling the corners of the field, rather than terminating at the corners, has been shown for gyronny arrondy but not for plain gyronny. Pending evidence that gyronny was drawn in this manner in period, its use will be considered a step from period practice. No difference is granted for the placement of the lines of division, nor will their location be specified in blazon. Please inform the submitter that heraldic artists will depict this device using the standard gyronny, and the Tyr runes will be divided colors.





CARRIAGE CHATTER

BAM (Bordermarch Autumn Melees), November 19-21, 2010, Barony of Bordermarch, Ansteorra
(Written by Avice of York)

Symon, Avice, Amelia, Tyler, Jurgis, Joya, James the Beekeeper, Sarah MacGregor, and Helmut all attended this skirmish between Gleann Abhann and Ansteorra. Symon and Helmut fought. Avice was HRH Muirgen's on-site Chancellor and entourage. Everyone else just had fun. Helmut was personally responsible for Gleann Abhann's capture of the fort. Apparently, Helmut's knight, Sir James the Holy, ordered him to capture the sword in the keep. Upon hearing his orders Helmut grabbed up a great sword and charged the keep, brandishing the sword over his head and yelling like a bezerker. Next thing we see is the sword waving back and forth in the top of the tower, hacking and slashing. Then another sword appears in Helmut's hand over the keep wall. Helmut dropped the sword into HRM Radu's outstretched hand and the battle was ours.



A Veddy British Beltain, April 22-24, Barony of Grey Niche

(Written by Avice of York)

Medb, Avice, and baby James attended the event. Morning court saw Countess Kenna placed on vigil for the Order of the Laurel. Twenty fighters participated in the Silver Torque Tourney, a Tournament of Champions qualifying tourney, which was won by Sir Jon the Tall with Sir Luther von Ziemer placing second. Both the winner and second place finisher were qualified from the tourney to enter the third annual Tournament of Champions this summer. The Queen's Champion Rapier tourney fielded a new champion, Osprey. The Ladies' Tea held at three-thirty was hosted by Baroness Alysia Gabrielle de Fougères and was lovely. Beautiful weather but the pterodactyl mosquitoes were out in force. Baroness Alysia, being a member of the Laurels, took an apprentice during the evening court. Many awards were given. The evening court ended with the elevation of Kenna. Speaking for Kenna were Master Charles Pierre de Bourbon via a three page letter read by Mistress Brigit, Sir James the Holy and Maistresse Alysia Gabrielle de Fougères, Baron and Baroness of Grey Niche, Duke William FitzHugh de Cambria and Duchess Onóra inghean mhic Catháin, Lady Joan of Ooc, Master Erik of Telemark and Mistress Brigit Olesdottir of Loch Ree, Lady Emma del Trees, Duke John the Bearkiller and Countess Jane Falada of Englewood, and Baroness Anastasia. His Excellency Steggi sent word via King Havordh, who did the 'steggi' dance on the throne. Feast was said to be very tasty but we did not participate.



IN MEMORIAM



On April 24 AS XLV The Honorable Lord (THL) Maximilian von Braun suddenly left us in a motor vehicle-motorcycle accident. He left behind a loving mundane family of parents and brothers, a near harem of charming maidens he wooed, and a huge host of friends scattered throughout several kingdoms in his over twenty-five years playing in the SCA. He was the Shire Champion for Ardanroe many times and served as the Shire's Knight Marshal officially twice and as a deputy back-up many times, as Hospitaller (later known as Chatelain), and was the Shire's first Constable and may have been the Shire's first Quartermaster. During his twenty-five plus years in the Society he was recognized for his service to the Kingdom of Meridies and Principality of Gleann Abhann and local group Ardanroe, for his artistic talents, his martial skills, and his love of teaching others, primarily as a marshal and fighter but also as a costumer and worker of appliqué and silk screening with the Argent Shield, Meridian Cross, Argent Comet of Meridies, Combattant Ram, Silver Ram, Rams Heart, and Meridian Majesty. He received an Award of Arms in 1987 and a Grant of Arms in 2002. His name and device, "Gules, a pale pean, overall a double-headed eagle displayed Or within a bordure embattled pean" were registered May 1986. He was Sir Eric of Chester's squire, but had the honor of being squired to Sir Phelan Cathoir-Mor and Sir Stephen Wolfe in the past. We mark his passing.