

# ARDANRUNES

This is the August 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.

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## Calendar of Events

July 29-August 14 Pennsic War 40  
August 13 Aphar Faire & Regional A&S – Lagerdamm  
August 27 Axemoor Baronial Investiture – Axemoor  
September 3 Mid Summer Knights Dream – Smythkepe  
September 10 GA Live Weapons Champions – Dragouns Weal  
September 17 Kingdom Arts and Sciences – Iron Ox  
September 24 Slay the Dragon – Vogelburg  
October 1 Coronation – Troll Fen  
October 8 Holy Pail – Rooks Haven  
October 8 Huntsman Harvest – Coill Fhionnabhann

## ARDANROE OFFICERS

Seneschal: The Honorable Lady Avice of York  
Knight Marshal: Lord Skallagrímr Bárðarson  
Herald: Maistre Rory ua Riada  
Exchequer: Lady Joya la Normande  
Minister of Arts & Sciences: The Hon. Lady Melisant of Exmoor  
Chronicler: Barun Rory ua Riada  
Chirurgeon: VACANT

Chatelaine: Lady Evlaliia Sveneicha  
Constable: Lord Jurgis Bebra  
Historian: Lady Amelia Balentine  
Provost of RUGA: Lady Amata Quentin Motzhart  
Quartermaster: Mistress Sarah MacGregor  
Web Minister: Lorccán na Túaithe  
Minister of Children: VACANT

## HARKEN YE!

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

August 7 – Fighter Practice/Pell Practice/Armoring – 2:00 p.m. – Skallagrímr's House (Sunday)  
August 10 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)  
August 21 – Fighter Practice/Pell Practice/Armoring – 2:00 p.m. – Skallagrímr's House (Sunday)  
August 24 – Shire A&S Night – 7:00 p.m. – Aulds Library (Wednesday)

Come walk the track at LSU-S every Tuesday in August at 6:30 p.m. with Skallagrímr and Travis.

Garb and other project (largesse derby!) may also be worked on at FP/PP/A afternoons!

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

## POSITIONS AVAILABLE

The following Shire offices need Deputies: Replacement Deputy Herald



## TOWN FAIRE

Due to the holidays the July 3<sup>rd</sup> fighter practice/pell practice/armoring was canceled.

On Wednesday, July 13, seventeen Shire members participated in a Library Demo for the end of the Summer Reading Program at the Historic Research Center of the Bossier Central Public Library on Beckett Street. Three library staff members and eighteen children ranging in age from thirteen to eighteen attended. The demo was broken up into three parts. During the first part inside the Research Center, each Shire member introduced themselves and explanations were given about the clothes they were wearing. Shoes were then shown and talked about from turnshoes that Erik wore and Rory passed around to gillies that Danita wore to various sandals that could work for Roman and Mediterranean cultures passed around and worn by Avalina and Joya. Ebrahim described the carpentry profession showing blocks of wood and tools used in the making of furniture and decorating it. Headgear from an Elizabethan mixed hat to cloth head covering for a lady to wool knit cap, furry hat, brimmed hat, and the 'Robin Hood' hat were shown and described. Naalbinding socks and leg wrappings were shown, passed around, and modeled by Erik. The psaltery, a musical instrument, was played by Danita. A skein of wool thread that had been sheared, washed, and carded by Melisant was shown. A small wooden box with carved décor and a leather box with tooled designs from the Bayeau Tapestry were shown. Illuminations were shown in a book about the Luttrell Psalter. For the second part of the presentation the children went outside for a talk and demonstration in fighting given by Skallagrímr, Symon, Melisant, and John Perez. The third part of the presentation was back inside where Avice distributed baked goods for the children to sample followed by the writing of the children's names on the front and back of bookmarks in Norse runes and English calligraphy by Avice and Rory respectively. The completed bookmarks were then laminated by the library staff for the children to take home. The program ended with the celebration of the Summer Reading Program "Travel in Time" with prizes awarded to the children based on the number of books read. This was held from two o'clock to four-thirty in the afternoon. Shire members attending were: Ebrahim, Avalina, Amelia, Danita, Melisant, Erik, Elizabeth, Joya, Jurgis, Skallagrímr, Rob, Rory, Symon, Avice, James, Tonya, and John, of whom Erik, Elizabeth, and James were children, and the rest adults. Appreciation is given to Tonya for asking the Shire to do the demo as part of the Summer Reading Program.

Fighter Practice/Pell Practice/Armoring at Skallagrímr's house Sunday, July 17, started around two o'clock. Travis and Skallagrímr fought. Joya, Jurgis, Tonya, Bryan, New Mexico Sarah, Travis' girlfriend, and Evlaliia were also present, many working on garb.

Skallagrímr and Travis did the walk on Tuesday, July 19, at LSU-S. Come out and walk! Meet in front of the Health Recreation Building at 6:30 p.m. each Tuesday.

Shire trailer day was held on Saturday, July 23, at Avice and Symon's house. People began to appear at eight o'clock in the morning to assist in unloading the Shire trailer so that it could be used to transport the Kingdom property to Pennsic War for the Kingdom. Musical trailers were played with items moving amongst them. Jurgis, Joya, Lorccán, Danita, Symon, Avice, Baby James, Skallagrímr, Evlaliia, Rory, Amelia, Tim, Baby Zoe, Godric, Branwen, Tyler and Garrett attended. Hamburgers, hot dogs, baked beans, chips, and watermelon were served for lunch. Evlaliia, Amelia, and Garrett's birthdays were celebrated with two decadent cakes made by Avice (a peanut butter one and a carrot cake). The day concluded with the watching of "The Gamers: Dorkus Rising", an amusing comedy drama.

Drumming was the theme for the Wednesday, July 27 Shire A&S Night at Aulds Library. Starting at seven o'clock and ending shortly before nine o'clock, Caren and Bill Proctor of Log Jam, gave a class on the history of the drums (djembe and doumbek (goblet/chalice drum), how to hold and play a drum, and several of the different rhythms including the Beladii, Ayyuub, and Ciftitelli. They also brought several drums for people to use in class. Attendees left with five handouts and hands-on practice in beating a drum and learning or being introduced to several Middle Eastern rhythms. Attendees included Amelia with Baby Zoe, Joya and Jurgis, Tonya and Bryan, Rory, Amata, Godric and Branwen with Garrett. The Proctors also teach drum class on Thursday evenings. Anyone interested can contact Amelia for more details.



## THE ARDANROE HERBARIUM

(THL Rovena of Bri Leith, Column Editor)

### CLARY

Clary's scientific name is *Salvia sclarea*. It is also known as clary sage. Its planetary ruler is the Moon. Clary is native to northern Mediterranean as well as some areas in North Africa and Central Asia. Modern uses center on its essential oils.

Clary is a biennial that self-seeds. Its height ranges from 12" to 39". The stem is squarish and hairy. The leaf at the base of the plant can be 1' long and decrease to 6" at the top of the plant. The leaves are covered in hairy glands.

Its rosette is white to pink to lilac in color. The winter rosette has no detectable fragrance.

Clary has enjoyed a long history as a healing herb. You can reference the works of Theophrastus (4th century BCE), Dioscorides (1st century CE), and Pliny the Elder (1st century CE). Medicinal uses are basically three: as an anti-inflammatory, as a pain reliever, and to cleanse the eye. Place the seeds in water where they become mucilaginous. This solution is used to cleanse bits of dirt or other irritants from the eye. This is why Culpepper calls it "clear-eye".

The distilled essential oil is used in perfumes. It is used as a fixative for potpourris and sachets. In aromatherapy, it is used to ease anxiety, fear, cramps, and insomnia.

Its main culinary use is to impart a muscatel flavoring wines, vermouths, and liqueurs.

If you use hydrocarbon extraction, sclareol is removed from the essential oil. Sclareol is used as a flavoring in tobacco products.

Clary's strong association with the eyes has given rise to its use to enhance the visions during meditation. Another mystical use was to protect one's ability to see. It is thought to have been used by alchemists in the Universal Condenser to increase its healing powers.

#### References:

- Bender, Steve, editor. *The Southern Living Garden Book*. Birmingham, AL: Oxmoor House, 1998.
- Beyerl, Paul. *The Master Book of Herbalism*. Custer, Wash.: Phoenix Publishing Co., 1984.
- Huson, Paul. *Mastering Herbalism: A Practical Guide*. 1<sup>st</sup> Madison Books Edition. Lanham, MD: Madison Books, 2001, 1974.
- 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.



## FORTNIGHT

The Populace Meeting was held on Wednesday, July 13 at the Aulds Branch Library. The meeting was called to order at seven o'clock by the Seneschal, Avice. Fifteen adults attended the meeting (Avice, Amata, Symon, Ebrahim, Avalina, Amelia, Joya, Jurgis, Rory, Skallagrímr, Evlaliia, Lorccán, Danita, Tonya, and Bryan) along with two babies.

Officer reports were given by the officers.

Amata had nothing new to report as RUGA Provost.

Rory as Chronicler reported the July issue of the *Ardanrunes* is on the website thanks to Lorccán. Rovena's herbal column is now 'syndicated' as Charmaine in Meridies has asked Rovena for permission to include it in her local group's newsletter too. The Kingdom A&S Faire Challenges will be in each issue until Kingdom A&S.

Rory as Herald was happy to report that Godric's name/device are in the July 10, 2011 LoI. Everything else received from Shire members is in the July iLoI for internal commenting. Rory still needs a deputy. Avice volunteered once Skallagrímr takes over as Seneschal in May.

Skallagrímr as Knight Marshall reported that the Shire has a new fighter. Rob (Karn Skallagrímson) was authorized at Barbearian Brawl. The next fighter practice/pell practice/armoring will be this Sunday at 2:00 pm at Skallagrímr house. The Shire also has a new lady fighter, Sarah from New Mexico.

Lorccán as Webminister had placed the July Ardanrunes on the website.

Evlaliia as Chatelaine reported on the success of the demo today at the Bossier Central Parish Library Historic Research Center. The Chatelaine's report is done. We have gained four people.

Joya as Exchequer reported that the Shire has money.

Amelia as Historian reported that we had a demo today.

Amelia gave the report as deputy for the Arts and Sciences Officer. She is talking to Caren Proctor to see if she will come and teach a drumming class for July A&S. We also need a new class on submitting Kingdom Level Event Bids as the forms have changed. Rory will be the back-up plan for a class on this if the drumming falls through.

Avice as Seneschal stated that today's demo was great. There were 17 of us, 28 of them (teenagers), and 3 staff members.

### Old Business:

Avice announced that two bids were submitted for Winter Wonders 2012. The bid has been awarded to Skallagrímr. Avice will be the head cook.

The flyer for Fall Coronation is in the Files section of the Gleann Abhann yahoo group. There is no longer a co-autocrat. Troll Fen is hosting with Alrekr as autocrat and Broddi as head cook.

Next Saturday, July 23, Avice and Symon are asking for help in the unloading and loading of the Shire trailer for the trip to Pennsic. The Shire's trailer is being used to take the Kingdom's property/regalia to and from Pennsic. Meet at their house at eight o'clock in the morning.

No word has been heard from the Boy Scouts regarding a demo.

### New Business:

Skallagrímr is looking for volunteers for Winter Wonders 2012. It will be a pirate theme event. He would like classes on pirates. "The river runs red with rum, and thus the pirates have come, up the river they row, to the Shire of Ardanroe".

Pennsic is at the end of the month. Ebrahim, Avice, and Symon are attending.

### Announcements:

Avice went over the Kingdom Calendar for the months of July and August.

Skallagrímr will run the August 10<sup>th</sup> populace meeting as Avice's deputy.

Amelia is looking for a deputy for the Historians office.

The Largesse Derby to be held at Kingdom A&S was explained.  
The Silver Lamp Companions will host a silent auction at Kingdom A&S for the kingdom.  
Tonya's Library Director loved the demo today and would like the group to do another demo in the future for everyone, not simply as part of the Summer Reading Program.  
The meeting was adjourned at eight o'clock.



## CHALLENGES FOR KINGDOM ARTS AND SCIENCES

Kingdom Arts and Sciences will be held September 17 at Cabot Lodge by the Shire of Iron Ox. Already several challenges have been issued for sponsored competitions in different categories of the arts and sciences. More may yet be issued in the coming months. Below are those as of July 26<sup>th</sup>.

### CHALLENGE #1

The Order of the Laurel in conjunction with the Gleann Abhann Office of Chamberlain & the Amethyst Herald issue our first challenge for Kingdom A&S:

- The Gleann Abhann Champion of Arts has no regalia and only one Legacy Item – the Champions Scroll.
- We challenge you, the populace of Gleann Abhann, To create items that can be used, worn and/or displayed by the Gleann Abhann's Champion of the Arts. (note -this is not a heraldic challenge as the Champion does not have registered badge)

### CHALLENGE #2

Largesse Derby sponsored by Lady Eowyn

- Each entry consists of a dozen items, which will be donated to the crown at the end of the day. (People are encouraged to enter as teams, if creating a dozen items is seen as daunting.)
- The winning entry is chosen by populace vote, and the Crown will also be asked to choose a favorite. The overall winner may choose one item from each winner. The Crown's choice(s) may each choose one item.
- All other items are donated to the crown.
- No documentation necessary. No judging either. Other than the putting of one bead in one cup, per person attending

### CHALLENGE #3

Novice Costume Review- sponsored by Maistres Alysia

Do you love costuming? Do you love to create new costumes? Been *\*thinking\** about entering for a while? Here's your chance! Maistrese Alysia will offer a prize to the best new novice Costume Review entry.

### CHALLENGE #4

The performing arts wants you! Sponsored By THL Amelia

- Celebrate entertainment by entering at Kingdom A&S. Without entertainment and dance we would be bored so sign up, get up on the great stage and give us all you've got!

- This year I will be offering two prizes in the performing arts category a prize for the highest scoring performing arts entry and another prize for my favorite performing arts entry. You've got plenty of time to rehearse, get documentation together, and really show us how talented you are. I look forward to seeing and hearing all sorts of magical, wonderful, fantastic performances from some of the best people, the people of Gleann Abhann.

#### CHALLENGE # 5

Animal Husbandry sponsored by Mistress Rebecca.

So far the prize will consist of: 1) Sake set from Japan (not awarded last year) and 2) Marble bowl from Vietnam. So get working on your Animal Husbandry entry now and be in the running for some really neat prizes.

#### CHALLENGE #6

Novice entry Bone and also the first time entry in Pewter sponsored by THL Frederick von Alton.

#### CHALLENGE #7

Novice Herbal entry sponsored by Morin inghen Ruairc, Craftsman Gleann Abhann Herbal Guild.

This challenge is for a first time herbal entry, may be culinary, domestic or medicinal (i.e. horticulture, husbandry, medicine) --must have period documentation - i.e. primary source for use in the SCA time period. If you have questions about documentation requirement, please feel free to contact sponsor!

#### CHALLENGE #8

Underwear sponsored by Mistress Roz.

Show me Your Underwear! What did your persona wear under it all? Entry can be in the category Single Item Costume or part of Costume Review as part of an ensemble. A prize will be awarded to the highest score. Ties will be based on which one I like best.

#### CHALLENGE #9

Non Novice Herbal Entry sponsored by Mistress Anatasia.

#### CHALLENGE #10

Novice Culinary Arts Entry sponsored by THL Avice.

Are you a foody? Interested in Food prep in the Middle Ages? Here's your chance to win the prize for best novice Food entry!



## AVICE'S KITCHEN

We are thrilled to start a new column that will appear irregularly. Avice's Kitchen will cover recipes Avice has done for SCA activities – demos, meals at events, etc. This month Avice gives us the recipes used for the four snack treats given to the children at the Bossier Central Library demo in July. These are Scottish Shortbread cookies, Apple Fritters, Gingerbread, and Rapeye.

### Scottish Shortbread Cookies<sup>1</sup>

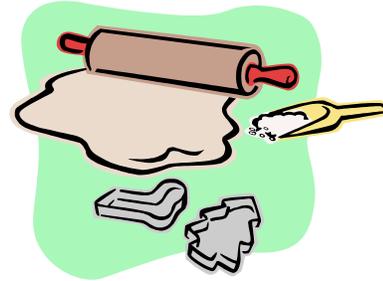
Ingredients:

- 2 cups flour
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup butter
- ½ cup powdered sugar

Preheat oven to 350°

Sift together dry ingredients and set aside.

In another bowl cream butter and sugar together. Gradually add flour mixture. Roll dough about 1/3 inch thick and cut using cookie cutters. Place on ungreased cookie sheet and bake for 20 minutes or until golden brown. Makes about 2 dozen.



### Apple Fritters<sup>2</sup>

Ingredients:

- 1 apple, peeled, cored and sliced into thin wedges or rings
- ¼ cup flour
- ¼ cup ale or beer
- 1 egg yolk, beaten
- 3 tablespoons oil or lard
- 1 teaspoon sugar



Heat oil in skillet over medium high heat. Beat together egg, flour, and ale to make a smooth batter. Dip apples into batter. Fry apples in oil for 3 minutes or until golden. Turn once. Take up and drain. Sprinkle with sugar and serve hot. Makes about 9.

NOTE: These were served cold at the demo, but there were two containers. One was the light golden fritters and one was the crispy crunchy fritters. So fry to your preference. (Note this picture is not a true apple fritter but it is yummy looking)

### Gingerbread<sup>3</sup>

Ingredients:

- 4 loaves of stale bread (French bread works well) grated into crumbs
- 2 cups honey
- 1 tablespoon cinnamon
- 1 tablespoon powdered ginger
- 1 tablespoon ginger chips
- 1 teaspoon white pepper

Mix all the spices in with the bread crumbs.  
Sir in honey until well coated and sticky.



Place in a square or rectangular dish that has been lined with parchment paper.  
Set another dish on top of the mix to weigh it down and let stand overnight.  
Cut into pieces and serve.  
Makes about 2 dozen.

NOTE: This is very different from what we now think of as gingerbread. This was a way to use old bread that had gone hard. Note that there is no actual cooking taking place. You are just transforming the old bread into a new dish that can be eaten.

### Rapeve<sup>4</sup>

#### Ingredients:

1 package of pre-made pie dough  
1 jar (pint) of fig preserves  
1 cup raisins  
1 teaspoon white pepper  
1 teaspoon Galingale (can substitute Ginger)  
1 teaspoon ground cloves



Mix figs, raisins, and spices together in a sauce pan over medium heat until raisins are plump. Let cool. Take pie dough and cut into squares or circles. Place one spoonful of mix in the center of the pie dough, fold over edges, and pinch to close. Place “pies” on baking sheet and bake at 350° until dough is golden. Cool and serve. Makes about one dozen.

NOTE: This is a baked fruit pie, basically done as miniatures. This may also be a form of dumpling, using figs instead of apples.

### References:

<sup>1</sup>*Hobby Farm Home Magazine*. Irvine, CA: BowTie Magazines. Volume 5 (November/December) 2010.

<sup>2</sup>Renfrow, Cindy. *Take a thousand eggs or more :a translation of medieval recipes from Harleian MS. 279, Harleian MS. 4016 and extracts of Ashmole MS. 1439, Laud MS. 553, and Douce MS. 55, with nearly 100 recipes adapted for modern cookery*. [United States]: C. Renfrow, c1990, 1991. Fried apple slices – Volume 1, p.152.

<sup>3</sup>Renfrow, Cindy. *Take a thousand eggs or more :a translation of medieval recipes from Harleian MS. 279, Harleian MS. 4016 and extracts of Ashmole MS. 1439, Laud MS. 553, and Douce MS. 55, with nearly 100 recipes adapted for modern cookery*. [United States]: C. Renfrow, c1990, 1991. Gingerbread – Volume 2, p.288.

<sup>4</sup>Renfrow, Cindy. *Take a thousand eggs or more :a translation of medieval recipes from Harleian MS. 279, Harleian MS. 4016 and extracts of Ashmole MS. 1439, Laud MS. 553, and Douce MS. 55, with nearly 100 recipes adapted for modern cookery*. [United States]: C. Renfrow, c1990, 1991. Fried fruit pies – Volume 2, p.264.

