

ARDANRUNES

This is the November 2012 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 2012 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 25th of the month for the issue coming out the 1st of the next month.

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Calendar of Events

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November 10	Fall Crown List – Grey Niche
November 15-18	Bordermarch Autumn Melees – War of the Rams (Gleann Abhann vs. Ansteorra)
December 8	Christmas Revel – Axemoor
January 12	Newbie Collegium – Lagerdamm
January 19	Winter Wonders 27 – Ardanroe
January 26	Swamp Romp – Troll Fen
February 2	Candlemas – Grey Niche
February 9	Garbapalooza – Blackwood
February 15	Turf War IV – Seleone
February 22	Fighter's Collegium – TBA
March 10-17	Gulf Wars XXII

ARDANROE OFFICERS

Seneschal: The Honorable Lady Kendra Dey
Knight Marshal: Lord Akimoro of Ardanroe
Herald: The Honorable Lady Evlaliiia Sveneicha
Exchequer: Lady Joya la Normande
Minister of Arts & Sciences: THLady Melisant of Exmoor
Chronicler: Barun Rory ua Riada
Chirurgion: VACANT

Chatelaine: THLord Skallagrímr Bárðarson
Constable: Lord Jurgis Bebra
Historian: Lord Ebrahim al-Jabal{i-}
Provost of RUGA: Lady Amata Quentin Motzhart
Quartermaster: Lady Joya la Normande
Web Minister: Lord Lorccán na Túaithe
Minister of Children: Lady Bridok O Sullevan

HARKEN YE!

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

November 1 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
November 4 – Fighter Practice – 2:00 p.m. – Duck Pond off King's Highway (Sunday)
November 5 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliiia's House (Monday)
November 8 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
November 11 – Fighter Practice – 2:00 p.m. – A.C. Steer off Youree Drive (Sunday)
November 12 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliiia's House (Monday)
November 14 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)
November 15 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
November 18 – Fighter Practice – 2:00 p.m. – Duck Pond off King's Highway (Sunday)

November 19 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
November 25 – Fighter Practice – 2:00 p.m. – Duck Pond off King’s Highway (Sunday)
November 26 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
November 28 – A&S Night – 7:00 p.m. – Aulds Library (Wednesday)
November 29 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)

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



FORTNIGHT

The October Populace Meeting was held on Wednesday, October 10, 2012, at Aulds Library with 28 adults/2 children attending. The meeting opened at 7:00 p.m. and closed at 8:20 p.m.

Attendees included Kendra, Akimoro, Amata, Kert, Evlaliiia, Sarah MacGregor, Skallagrímr, Gilbert, Marcella, Joya, Jurgis, Medb, Libby (Trina’s mom), Trina, Conall, Lorccán, Ebrahim, Melisant, Thalhurst MacSirnah, Elizabeth George, Symon, Avice, Baby James, Alfred, Mateo, Bridie, Michael, Asa (Jordan), Baby Liam, and Rory.

Officer Reports

Seneschal - I need a count for every SCA sanctioned event/meeting that occurs within the shire. It is the responsibility of the hosting party (i.e. the officer normally) to get that information to me.

Knight's Marshal - Regular schedule. New deputies are Skallagrímr, Gilbert, and Alfred.

Herald - Some consultations.

Exchequer - Nothing to Report

A&S - October 24 is A&S - Leather edging by Conall

Chronicler - Write up events you go to!

Chatelaine - We have new people at fighter practice

Chirurgion (Kingdom) - If you are interested get with Marcella

Constable - Nothing to Report

Historian - Event report turned in.

RUGA - Nothing to Report

Quartermaster - Nothing to Report

Webminister - Website updated. Possible new web hosting. Akimoro has volunteered to take over webminister

MOC - Nothing to report

Old Business

Winter Wonders (1/18-1/20)

- Amata - site tokens out of leather with an Oak Leaf perhaps?
- Historian would like electronic menu/flier
- Tentative schedule up/final by next meeting
- Tentative menu by next meeting

Banner for fighting

- The seneschal will be putting a poll for voting. The top few will be voted on again.
- Jordan is cheaper than the original bid
- Banner will be slogan and website only

5th Sunday Demo

- Went well - 6 fighters + spectators
- Alfred won & Skallagrímr had best death
- Beautiful scroll for the list of winner was shown
- Next one: 12/30 @ Betty Virginia

Future Events Bids

- Two Bids - GA Symposium by Medb and Rock and Role by Skallagrímr & Mateo
- Both will send Kendra a written comment about their event
- GA Symposium is a training one day symposium with low cost
- Rock and Role is a weekend or one day event with a rock and roll theme.

New Business

Office Badges

- A pewter(?) cast of an officer medallion for the Seneschal of Ardanroe as an example was passed around.
- Conall is going to look at making leather badges for officers and event staff. They will be shire property.
- Bridie and Mateo volunteered to make shire baldrics for our events to show who staff is.

Mardi Gras Parade

The parades are not until January and February 2013, but it is not too early to consider if the group wants to participate in any. Rory provided a schedule of the parades currently known as of October 9th. Some are on Saturdays, Sundays, and Tuesdays. Some are at night and some are in the day. The general thought was to participate in a parade once more information is gotten, and to consider a daytime parade, possibly on a Sunday afternoon.

War Horn Tokens

The Crown will need a lot of War Horn tokens for the regalia given out when a War Horn is awarded. These are given out at wars such as BAM and Gulf Wars. An estimated 40 are desired for Gulf Wars.

Gilbert has inquired on having these done. This could be the November A&S project. Skallagrímr will coordinate materials. Sarah and Rory will try to locate the pattern. [Pattern is currently not online]

Christmas Party

We will discuss this at the next meeting and make a decision.

Trailer Cleaning Day

The possibility of having the Trailer Cleaning Day and Christmas Party on the same day, like Saturday, December 1st in general met approval of those in attendance. There are restaurants in Haughton that might work for social party after trailer is inventoried and worked on.

Schedule

Monday Nights

Monday nights have turned into a Project Night – no longer strictly armor making. And food is consumed. It was asked that people start bringing food so that we do not eat Skallagrímr & Evlaliia out of house and home. Project nights begin around 6pm. Kendra will coordinate food.

Thursday Nights

Thursday nights are now regular fighter practice, not war practice, at the Church.

Sunday Afternoons

Sunday afternoons are fighter practices alternating between the Duck Pond and A.C. Steer.

A&S Night

The Shire A&S night is the fourth Wednesday of the month.

Kendra went over the Kingdom Calendar for October and November.

The flyer for Christmas Revel and the order form for Viscountess Danielle’s 2013 Gleann Abhann Calendar were also distributed.

Notes from the Populace Meeting provided by THL Kendra Dey, Seneschal
(with some additions by the Chronicler)



CARRIAGE CHATTER

Sadly Harvest Home aka “Art Wars” hosted by the Shire of Northover was canceled. It would have been the third weekend of October. Ebrahim and Avalina were actually two of the few to have pre-reserved.





TOWN FAIRE

Shire A&S night on September 26th was attended by Jurgis, Joya, Gilbert, Marcilla, Melisant, Skallagrímr, Evlaliia, Kert, and Kendra. Evlaliia and Kendra worked on garb for TOC while Melisant taught naalbinding.

Project Nights were held on Mondays, October 1st, 8th, 15th, 22nd, and 29th at Skallagrímr & Evlaliia's House starting around six o'clock. The menu for October 22nd project night was beef stew and rice.

On the last Project Night of October, Alfred worked on a stargazer chair. Skallagrímr was building new poles for an A-frame. Trina (Aine), Symon, and Amata worked on garb with Evlaliia. Kert embroidered. Tralin worked on armor. Gilbert and Marcella kept the peace and kissed the boo-boo's (or something like that). It was two days before Halloween after all.

The covered pavilion and grounds were packed at the Duck Pond on Sunday, October 7 for fighter practice. The Shire of Loch Bais had a contingent of four – Sir Grimbaldus, Lord Gabriel, Lord Swete (who actually hails from Vogelburg but rode along), and Giles. Ardanroe Shire folk who armored up included Skallagrímr, Mateo, Gui, Conall, Tralin, Alfred, Drust, Lorccán, Symon, Wolf. Others observing and socializing (plus working on art projects like tablet weaving or resting after returning from Spring Coronation) included Evlaliia, Carole, Trina, Libby (Trina's mom), Bridie, Ara, Aden, Rory, and Kendra.

Fighter practice at Mangum Memorial United Methodist Church was canceled for October 4th, 18th, and 25th due to schedule conflicts. There was no turnout for fighter practice at the church's gym on Thursday, October 11th.

Due to the thunder, rain, and lightning between 4 am and 7 am Sunday morning October 14, the A.C. Steer Park was a little 'wet' (aka flooded). However, those armoring up included Gui, Skallagrímr, Symon, Drust, Alfred, and Akimoro. Witnesses were Kurt, Jera, Dave, Sir Robert and his lady, and Carole and her daughter.

Turn out for fighter practice on Sunday, October 21 at the Duck Pond off King's Highway was massive. Fighters included Conall, Wolf, Akimoro, Gui, Godric, Alfred, Symon, Jonathan, Sir Grimbaldus and his son (Gabriel). Carole, her daughter, Trina (Aine), and some of Wolf's friends watched. Mateo and family drove by but there were no parking spaces left. There were special appearances by Guðrún, Evlaliia, and Skallagrímr costarring fried chicken and half a watermelon.

Shire A&S Night was Wednesday, October 24 at Aulds Branch Library. The class was "finishing leather edges" taught by Conall. Those who had a piece of leather that need dyeing or finished edges were asked to bring them to learn how to make a finished piece.

The last Sunday of October (28th) was the last fighter practice for Akimoro as a single man (wedding is coming...). While the wind was chilly, the bottom rows of the wooden bleachers at A.C. Steer Park looking at the soccer field were full of people. Those armoring up included Alfred, Wolf, Akimoro, Godric, Symon, Skallagrímr, Tralin, Sir Grimbaldus and his son (Gabriel). Carole and her daughter, Conall, Trina (Aine) and her mom (Libby), Amata, Tyler and a girlfriend, Garrett, and Rory watched; though the teens went off to be teens around four o'clock. A bear pit concluded practice with Alfred and Tralin the last standing.



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

COSTMARY

Chrysanthemum balsamita or *Tanacetum balsamita*, more commonly known as costmary, is a member of the Compositae family. There is a great confusion regarding how this herb got its name. At one time, it was called Costus Marie meaning it was named for Mary Magdalene. This is borne out in such common names as Maudeline and Maudelinewort. There is some evidence that the original name was Costus amarus meaning it was named for the Virgin Mary. This theory is supported by such common names as Marien Balsam and Frauen Balsam. One reference stated that costus was Latin for oriental but this theory is not supported by any of the common names nor by any online Latin dictionaries I found. Costmary is as little known today as it was popular in the 16th century. Its native range was southern Europe to western Asia but it rarely grows wild nowadays though it is still cultivated in North America and Europe.

This leafy perennial has an aroma similar to balsam. The small flower heads are grouped in clusters at the top of the stem and measure about .5” in diameter. Flowers appear in late summer. The stalks can grow up to 3’ tall with upper leaves measuring 1.5” to 5” in length while the lower leaves can measure up to 12” in length. The leaves in general are a silvery grayish green color covered in a fine hair. They are oblong and serrated. Costmary prefers a fertile loam with a soil pH of 6.2 though it can adapt to any soil from sandy to clayish. It tolerates full sun to partial shade well. While costmary technically produces small seeds, division is the only effective method of propagation. Every few years in the spring, divide the plants spacing them 2’ apart. Costmary does not require much in the way of fertilization. Mulching the herb can interfere with its natural tendency to spread above ground. Harvest the leaves in small quantities before they turn yellow. 100° F is the best temperature for drying costmary. At this temperature, the leaves dry in quick order. Once properly dried, the leaves have a long shelf life.

Culpepper, the seventeenth century British herbalist, claimed that costmary “maketh an excellent salve to cleanse and heal old ulcers, being boiled with olive oil, and Adder’s tongue with it. After straining, a little wax is added to thicken it.” Two seemingly contrary uses for costmary were officially listed in the British Pharmacopoeia until 1788: as a gentle laxative and as a treatment for dysentery. It has long been used to treat ague, the liver, the stomach, and as diuretic. The uses of costmary are similar to those of tansy though it is tansy that is more commonly used. Its most common medical form is that of an infusion.

Costmary’s astringent and antiseptic qualities recommend it for various cosmetic usages. Combined with lavender, it was the basis for “sweet washing water”. Follow up a soap and water cleansing with a costmary infusion. It fragrance recommends the addition of costmary leaves to potpourris and sachets.

Costmary leaves have a long culinary history though the only modern commercial use is as a flavoring in liqueurs. Possible uses for fresh leaves range from a garnish in lemonade and other beverages, green or fruit salads, hot or iced soups, stews; or minced the leaves before adding to egg, shrimp, or tuna salad. Dried leaves can be used to make a tea. In brewing, the leaves have been used to spice ale and beer much like clary was. If you need to find a substitute for costmary, you can try tansy or mint depending on the application.

Costmary, either flaked or powdered, has been used in the war on fleas and other pests. This may explain its use as a strewing herb. Because of its use as a bookmark in Bibles and prayer books, it was called the Bible leaf. Sleepy churchgoers would smell the leaf and, even, nibble on it to avert being punished in Church.

References:

- Kowalchik, Claire, Hylton, William H., and Anna Carr. *Rodale’s Illustrated Encyclopedia of Herbs*. Emmaus, PA: Rodale Press, 1987.
- Tucker, Arthur and Thomas DeBaggio. *The Big Book of Herbs: A Comprehensive Illustrated Reference to Herbs of Flavor and Fragrance*. Loveland, CO: Interweave Press, 2000.