

ARDANRUNES

This is the March 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. Pictures from the Children's Parade were taken by Maistre Rory ua Riada using THL Olaf Lutherson's camera phone. 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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April 28	Beltaine – Grey Niche
April 28	Forest Maiden – Blackmoor Keep
May 5	Candlelight – Southtower/Small Gray Bear
May 5	Saint Bogdacious - Axemoor
May 19	Spring Crown List – (Small Gray Bear?)
May 26	Cracked Anvil – Smythkepe

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 Svenevicha
Constable: Lord Jurgis Bebra
Historian: THLady Kendra Dey
Provost of RUGA: Lady Amata Quentin Motzhart
Quartermaster: Mistress Sarah MacGregor
Web Minister: Lord Lorccán na Túaithe
Minister of Children: VACANT

HARKEN YE!

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

March 4 – Fighter Practice – 2:00 p.m. – Duck Pond off King's Highway (Sunday)
March 5 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliia's House (Monday)
March 26 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliia's House (Monday)
March 28 – Populace and A&S Night – 6:00 p.m. – Aulds Library (Wednesday)
March 31 – Scottish Tartan Festival – Shire Demo (Saturday)

No Shire activities will occur during the week of Gulf Wars or the days before or after this major event.

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

YOUR KINGDOM NEEDS YOU!

Gulf Wars XXI approaches quickly!

With over 3500 people expected on site and 40 departments, Gulf Wars runs by volunteers. Please take the time to volunteer for at least a single shift (4-6 hours) over the course of the week. Last year, there were over 11,000 volunteer hours (which included some departmental shortages). If every person volunteered a single shift, then we would not have any shortages in the entire war.

What does volunteering get you? A lot more than you think.

For each volunteer:

Rewards

- Every 2 hrs earned - Raffle Ticket*
- Every 10 hrs earned - Pewter feather token
- Every 15 hrs earned - Prize from Above & Beyond Table (stocked daily until prizes are gone)
- First 20 hrs earned - Limited edition pewter feather (instead of small pewter feather)
- Every 50 hrs worked - Volunteer Point pin
- Every 100 hrs worked - Volunteer Point necklace

*Raffle tickets count for a war point as well as Volunteer Point raffle on Saturday. The side with the most tickets will be awarded a war point.

For your group:

The hours you work at Gulf Wars are recorded and tallied and part of the profits from Gulf Wars are divided among these hours. These monies are eligible to go to any group with an SCA bank account. In previous years, this has amounted to a significant amount.

For your kingdom/group:

The kingdom (excluding Gleann Abhann) with the highest number of volunteer hours will have their banner flown over Volunteer Point next year. This is based on location of volunteer and not location of group receiving monies.

The Gleann Abhann group with the highest number of volunteer hours will have their banner flown over Volunteer Point next year. This is based on location of volunteer and not location of group receiving monies.

At least one shift per attendee makes the war run smoother. We have volunteer opportunities that range from seeing the war from a golf cart to administration. Somewhere in the war, we need you.

If you have specific questions about volunteer opportunities at Gulf Wars, please contact the Volunteer Point Coordinator at volunteerpoint@gulfwars.org.

In Service,
Lady Joya la Normande
Gleann Abhann Liaison for Volunteer Point
Gulf Wars XXI





TOWN FAIRE

Sunday, February 5th, fighter practice was held starting at 2:00 p.m. at the Duck Pond off King's Highway. As Skallagrím reports, "Fighter Practice was great. I was the first to scuff Akimoro's helm. Cormiac, Twin #1, Wolf, John Renee (Jean Rene) and Johannes fought. Joya, Jurgis, and Evlaliia were there to cheer everyone on and talk to the many walk ups.

Wednesday, February 15, was a mid-week fight practice from 5:00-9:00 pm at the Duck Pond. As Akimoro announced, "Rain, snow, or blazing sun, nothing will stop these war-hungry fighters from Ardanroe! Yes it is raining, and yes we will be fighting. Duck Pond 5pm. Mother Nature was not invited to practice but we will show her that we cannot be stopped!" It is unknown how many actually went out in the rain.

Sunday, February 19th fighter practice again started at 2:00 p.m. at the Duck Pond off King's Highway. As Akimoro reports, "Fantastic fight practice today! Lots of really good fights with weather to match! Skallagrim, Godric, Johannes, Cormiac, Simon, Godrun, and Akimoro on the field with Evlaliia and Samantha goading, er cheering us on."

Armor making and sewing for Gulf Wars may have been held at – Skallagrím & Evlaliia's House on the following Monday's in February – 6th, 13th, 20th, and 27th.

The Shire A&S Night was held at Auld's Florist off East King's Highway behind LSU-S on Wednesday, February 22nd. Auld's Branch Library was closed due to book inventory. Sewing machines were brought and t-tunics were cut and sewn. Mountains of fabric were brought by Dana for rummaging through. A good time was had by all.

On Fat Tuesday, February 21st, the Shire participated in the Krewe of Aesclepius' Children's Parade. This final parade of the Mardi Gras season was held at Pierre-Bossier Mall in Bossier City, and went around outside of the mall. Line-up for the parade began at 5:00 pm with the parade starting at 7:00 pm. Groups could participate with floats, decorated cars, or walking. The Shire of Ardanroe was a walking group, but was allowed to bring animals, sheep. Horses were ridden by members of the Four Winds Renaissance Faire located in Tyler, Texas. There were ten krewes present and 45 units, being the total number of floats, cars, and walking groups. The weather was great and the Mall has already asked for the parade to return next year.





FORTNIGHT

The Populace Meeting was held on Wednesday, February 8, 2012 at Auld's Library. The meeting began at 7:10 pm and ended at 8:25 pm. Avice of York, Seneschal, ran the meeting. Sixteen adults (Rory, Kendra, Joya, Melisant, Giric, Eibhilin, Amata, Lorccan, Domnall, Akimoro, Skallagrimr, Symon, Evlaliia, Jurgis, Ebrahim, and Avice) and three children (Baby Colleen, James Kneewalker, and Erik) attended.

Officer reports were presented.

Melisant, A&S Minister, asked for reports of completed projects for her A&S report which is due this month. The February A&S Night will be on sewing t-tunics. It will be held at Aulds Florist on East Kings Highway (near LSUS) as the Aulds Library will be closed for book inventory and RFID implementation. Bring your sewing machines.

Jurgis, Constable, stated that Winter Wonders went well and that most of the Lost and Found has been claimed.

Evlaliia, Chatelain, has been passing out the Shire business cards at fighter practices and is almost out of the stack she has. Per phone call during the meeting from Dana the Quarrier, Dana will get the last box she has to Evlaliia. We have several new fighters and many people stopping and asking questions at our fighter practices at the Duck Pond.

Skallagrimr, Knight Marshal, reported that fighter practices are now on the first, third, and fifth (when occurs) Sundays of the month starting at 2:00 pm at the Duck Pond on East Kings Highway. The Shire now has two sets of loaner armor and three people using them. We are working on a third set. Melisant has police riot gear that she and Olaf started with for armor that can be loaned for Shire use. The Shire has three helmets so only need three sets of loaner armor.

Motion made and approved that Skallagrimr can sell or donate the old random bits and pieces of armor to those interested in fighting to work with to create their own armor gear.

Motion made and approved to spend \$75 for Skallagrimr will send the three helmets to the store near Evlaliia work place for powder coating and bead blasting on inside and outside of helmets so that they do not rust or tarnish in the future. The helmets will be powder coated school bus yellow from the catalog of color options.

From now on at Armor Nights there will be a \$2 tax to replenish supplies.

Lorccan, Webminister, reported that the February issue of the Ardanrunes has been posted. Lorccan was congratulated on receiving an Award of Arms at Winter Wonders. Akimoro was congratulated on receiving an Award of Arms and Evlaliia on receiving an Onyx Chalice (called Onyn Drinking Horn on the scroll).

Amata, RUGA Provost, thanked Akimoro for a great class at Winter Wonders along with the other two classes taught by Sir Robert and Harp.

Joya, Exchequer, reported that the Shire has \$ 6,800+ after paying the SCA Settlement check. The Shire's portion of the Settlement was \$ 1,305.18, which was 18% of funds at the end of 2010. Dana the Quarrier called at this time and Avice reported on the SCA Settlement. At this time the Settlement Payment is going well. The Kingdom Seneschal has asked for groups not already doing fund raising for the Settlement to wait at this time. There could be other Kingdom related activities that will need fund raising soon.

Avice reported for Amelia, Historian that she is working on the last quarter report for the year before the office officially goes to Kendra. Amelia would like to not stick Kendra with the last quarter report; however, Kendra said she has a lot gathered on Winter Wonders, which will be included in this final quarter's report.

Rory, Herald, again congratulated all on the recent awards. The February issue of Ardanrunes also reports on the registration of Amata's badge, and Jurgis' device and badge, which were in the LoAR that came out in early January. Akimoro is paying tonight for his name and badge submissions, which will be mailed off tomorrow to Kingdom.

Rory, Chronicler, thanked Kendra, Skallagrimr, and Evlaliia for the information about Winter Wonders and Ebrahim for all the pictures of Winter Wonders for the February issue of the Ardanrunes. Baron James was thanked for the information about Swamp Romp for the newsletter.

Old Business:

Skallagrím reported that Winter Wonders is done! The bedding used in the royal cabins needs to be washed before storing. Joya has almost finished the finance report for the event. The group made just under \$ 850 from the event.

It was reported that Karn is still waiting to meet with the History Club at LSUS about a possible demo.

New Business:

A trailer inventory day will be held after Gulf Wars. A tentative date is one of the days of the weekend of April 21-22. Everyone was asked to start making a list of things that would be useful to have – such as extension cords and powerstrips.

Kendra reported that Gulf Wars XXII is in March. Joya is the Gleann Abhann Volunteer Liaison. It has been approved that those volunteering at Gulf Wars can denote that money raised from volunteer hours go to the SCA Corporate office to replenish funds after the Settlement. The hours will still be counted with the group you are with (like Ardanroe). Last year 150 people who were not Department Heads or Major leaders of activities at Gulf Wars worked over 20 hours each. This is very small considering the vast number of volunteer hours needed to run the week long war.

The Krewe of Aesclepius Children's Parade will be held Tuesday, February 21 (Fat Tuesday aka Mardi Gras) at 7:00 pm at the Pierre-Bossier Mall. Line up for the parade starts at 5:00 pm. The parade will go around the outside of the Mall. Anyone can participate – groups that walk are free; one float or two cars is \$50. There is interest to participate and walk. A question was asked about horses. Avice will fill out the application form and contact the Parade Lieutenant about horses. The deadline to turn in the application is February 14th.

The Shire of Blackwood is hosting Athenaeum this weekend at Jimmie Davis State Park. Their Shire members have been hosting lunch fundraisers everywhere to raise funds to purchase the platters and such for serving dishes/courses at feast. They have ordered their kitchenware but unfortunately it is now on backorder. The Shire of Blackwood would like to know if they could borrow Ardanroe's serving dishes/platters. Motion approved to lend Blackwood our serving platters for use in hosting Athenaeum.

Blackwood has also been of great assistance when Ardanroe has hosted events. They are asking for folks to help them out at their event this weekend. Many in Ardanroe have said yes to help.

At the third fighter practice in January, someone in Freshman Admissions at Louisiana Tech attended and was interested in the SCA as another group/activity for incoming freshmen to know about. There is a possibility of a demo during Freshmen Orientation in September at Louisiana Tech. This may be arranged through Blackwood, since their group actually covers Ruston.

The Scottish Tartan Festival is March 31st this year (last Saturday of March). They would like to have the SCA back and are willing to locate the SCA demo area wherever needed (Avice has told them flatter ground for the fighting would be nice). More information will be distributed closer to the date. It is possible we might be able to include some demos on the actual program schedule, and maybe dancing too.

Skallagrím is working with Blackwood to find a date and location for a Regional Fighter Practice; possibly at a park in Minden in April or May. More details to follow.

Kendra is looking for donations for the "Above and Beyond Table" at Gulf Wars Volunteer Point. The "Above and Beyond Table" is the thank you table of items which volunteers who work 15 hours can chose something. For every 15 hours worked a volunteer can chose an item from the table. Anything SCAdian goes! If you have items you would like to donate, let Kendra know – hand-made accessories (cup holders, etc) to garb.

The group camps at Lake Bistineau State Park can be reserved 11 months in advance of the desired date. Following discussion the tentative date for Winter Wonders XXVII will be January 18-20, 2013, which should be the Martin Luther King Holiday weekend (being the 3rd Monday of the month). Avice will contact the reservations system for the park to get the date for Group Camp One.

Announcements:

Avice went over the upcoming events on the Kingdom Calendar for February and March.

The meeting was adjourned.



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

SAGE

Its scientific name is *Salvia officinalis* and is a member of the mint family. “*Salvia*” means “salvation” in Latin. The western American plant called sage is in the family of *Artemisia* so it is not interchangeable with *Salvia*.

Sage’s native range is from Greece to the Balkans to Spain though it is found in gardens around the world. Sage is a shrub like plant that can grow up to 40” tall. Its woody, squarish stem supports wrinkly thick leaves. The large flowers are excellent for bees. Sage loves full sun as well as a soil with a pH of 6.4 that is well drained and moderately rich. Culpepper said that sage and onions would not grow well near each other. Some sources believe that planting sage with marjoram, cabbages, tomatoes, strawberries, and carrots will encourage their mutual growth. Wilt and rot are common diseases for sage while its pests include slugs, spider mites, and spittlebugs. Its chemical composition includes 2% essential oil, 5% tannin, 6% starch, 5.6% resin, phosphoric-acid salts and traces of nitric acid. While sage germinates quickly, the seeds store badly so you may prefer to test your batch’s quality before doing a large planting. Sage should be sown in the late spring. Once the seedlings reach 5” tall, transplant them to a width of 20”. Many people prefer to propagate by division because it can take 2 years to get a decent size plant when starting with seeds. When using division, replant the outer or newer growth. Pruning should be done in the spring. Pruning should be severe to prevent the plant from setting seeds. To prevent the plants from becoming woody and unproductive, replace the sage plants about every 3 years. Since medieval times in Yugoslavia, sage has been planted and harvested three times a year just like a crop of hay or wheat.

Many people still use sage medicinally to treat such things as inflammation of the mouth, gums, throat, and air passages, to counteract night sweats from pulmonary disease, and liver trouble. Modern science believe that the sage’s volatile oils and tannins responsible for its reputation for drying up perspiration since medieval times. It has also been shown to lower blood sugar levels for diabetics. Folklore claims that sage can cure such things as epilepsy, insomnia, measles, seasickness, and worms.

You can find sage listed as an ingredient in some soaps, perfumes, and other cosmetics. It is used in skin lotions and herbal baths because it is a stimulant. It is sometimes mixed with lavender to produce a soothing but astringent aftershave. An infusion has been used to color gray hair though when you discontinue its use you may discover that you have a green tint to your hair.

Most people know of sage’s culinary properties. It has a taste that some people find reminiscent of nutmeg while others find it lemony and pleasantly bitter. It is a strong aromatic. The taste of fresh sage is less intense than dried sage. Chop it fine when using fresh sage. If using dried sage, use it either whole or crushed. The dynamic duo of sage and rosemary is greater than either is alone especially in such uses as a natural preservative for meats, poultry, fish, and condiments. Because of its flavorless antioxidants, distilled sage extracts have been used in a variety of items to increase their shelf life. Add minced fresh leaves to be breading for fried chicken. For

roasting meats, place fresh leaves on the meat or cut slits into the meat and insert the leaves. For grilling or roasting small birds such as quail, wrap the birds in large sage leaves. Fresh leaves, especially young ones, can be added to salads, omelets, soups, marinades, stuffing, meat pies, sausages, fritters, and yeast bread as well as rolls. Fresh or dried, sage is used in the preparation of various meats (liver, kidney, beef, pork, veal, lamb), game, poultry (chicken, duck, goose), fish, cheese, and vegetables (legumes, artichokes, Brussels sprouts, squash, eggplant, asparagus, leeks, garlic, onions, corn, tomatoes, cabbage, carrots, potatoes, oranges, lemons).

The ancients and the Arabians associated sage with immortality or longevity as well as increasing mental capacity. The 10th century medical school at Salerno, Italy, coined the phrase “why should a man die, when he can go to his garden for sage?” Sage tea was highly valued by the Chinese that it was traded for green tea in the ratio of 4 to 1. During the Middle Ages, sage was used as an invigorating agent and to counteract snakebite. 18th century Americans believe sage could cure warts.

While many people plant sage as an insect repellent especially for flies and, in the garden, for cabbage moths and carrot flies, others plant it to attract bees. Sage honey is highly prized. Sage has been used as a smoking alternative to tobacco. It is popular as a border accent or as a background to brightly colored flowers.

Because it dries well, sage is used in wreaths especially culinary ones.

The tops of sage plants have been used as a dye. When paired with alum, it produces a yellowish buff color. When paired with chrome, it produces a yellowish color. When paired with iron, it produces a green-gray color.

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