

ARDANRUNES

This is the July 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

July 14	Star Mangled Spanner – Hammerhold
July 21	For the Love of Helena: A Spartan/Trojan Love Story – Seleone
July 21	Barbearian Brawl – Small Gray Bear
July 28	APA (Academy of Performing Arts) – IronOx
August 11	Aphar Faire – Lagerdamm
August 18	Cook’s Collegium – Small Gray Bear
August 25	GA Herald & Scribal Symposium – Ardanroe
September 1	MidSummer Knights Dream – Smythkepe
September 8	Slay the Dragon – Vogelburg
September 15	Kingdom A&S – Lagerdamm
September 22	Drop in the Bucket 2 – Rooks Haven
September 29	Tournament of Champions IV – Loch Bais
October 6	Fall Coronation - Seleone

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 July:

July 1 – Fighter Practice – 2:00 p.m. – Duck Pond off King’s Highway (Sunday)
July 2 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
July 9 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
July 11 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)
July 15 – Fighter Practice – 2:00 p.m. – Duck Pond off King’s Highway (Sunday)
July 16 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
July 18 – War Practice – 6:00 p.m. – A.C. Steere Park off of Youree Drive near the tennis courts (parking lot off of Preston); look for soccer field (Wednesday)
July 22 – Blackwood Fighter Practice – Meet at B&N Parking Lot to caravan at 10:00 am (Sunday)
July 23 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
June 25 – A&S Night – 7:00 p.m. – Aulds Library (Wednesday)
July 30 – Armor Making – 6:00 p.m. – Skallagrímr & Evlaliiia’s House (Monday)
NOTE: Please see the Shire website and Ardanroe Yahooogroup for updates.



THIRD ANNUAL LARGESSE DERBY AT KINGDOM A&S

Good ladies and gentlemen all,

I am pleased beyond measure to announce the Third Annual Largesse Derby, to be held at this year's Kingdom A&S.

Last year, at the Second Annual Largesse Derby, we had a record number of entries, as well as one person who provided five (5) entries. (I stand in awe so have added an extra challenge below.) To reiterate the explanation and rules from last year, let me introduce the Derby as follows:

Have you learned a new skill, or gone back to an old one? Do you find yourself creating lots of small items that are in urgent need of a good home? Do you want to donate largesse to the kingdom so we can expand our reputation as friendly folks? We have just the venue for you!

As a means of enriching the largesse available to our majesties, we are running an A & S largesse donation competition at Kingdom A & S.

Each entry consists of a dozen small items to donate to the Crown. Entries can be created by groups, or by individuals. We encourage you to construct the items around a common theme of your choice. As examples, consider the following entries from last year:

Transport: pouches, wooden boxes, needle and sewing cases

Comfort: handkerchiefs, Gulf War survival kits

Fittings: Buttons, fittings, buckles

Whimsy: Origami, clay sculptures, bookmarks

Crafty: Sewing kits, bookmark weaving kits

The items do not have to be identical, but should be suitable to hand out as largesse. Kingdom colours (red, black, and silver) are particularly suitable.

Best of all, while it would be nice if the items were period-ish, the only required user documentation is a card with your name and what the item is made of: please include one card for each item. (Blank cards will be provided on site.) The use of such modern tools as sewing machines, routers, inkle looms, etc are welcome in your construction.

Voting will be by populace vote. The winner will receive their choice of one item from each set of donations. All other items will be donated to the crown.

THL Eowyn the Weaver

PS: Should any single person surpass Lady Isabel Winterbourne's record number of entries, I will personally weave them a knotwork belt of up to 74 inches, in their choice of colours. Group entries will not count against this total. And in case you're wondering, Lady Isabel managed to donate 5 entries.





HERALDIC RESULTS

The following actions took place at the April 2012 Laurel Sovereign of Arms' Pelican and Wreath meetings, and appears in the April 2012 LoAR printed June 7, 2012:

THE FOLLOWING ITEMS HAVE BEEN REGISTERED:

GLEANN ABHANN

Symon Mac Coynich. Device. Per chevron vert and azure, two crosses fourchy Or and a sinister armored fist argent.



PAPER DEADLINE FOR KINGDOM A&S

Kingdom A&S Papers Entries (Research and Creative Writing)

The deadline for entering Papers for KA&S is August 15th. Send them to Mistress Rebecca, Kingdom Minister of Arts & Sciences. Emailed papers are preferred (as helps in dissemination to the judges). See *The Ambassador Regnum* for her information.





FORTNIGHT

The Populace Meeting was held on Wednesday, June 13, 2012 at Auld's Library. The meeting opened at 7:12 and closed at 7:40 p.m. There were 14 people in attendance including 1 newcomer. THL Avice quit immediately and turned over the position of Seneschal to THL Kendra Dey. Much celebration was had by THL Avice.

Officers changed (though the boxes may not need to change locations).

New officers are:

Seneschal: The Honorable Lady Kendra Dey

Knight Marshal: Lord Akimoro of Ardanroe

Herald: The Honorable Lady Evlaliia Sveneicha

Chatelaine: THLord Skallagrímur Bárðarson

Historian: Lord Ebrahim al-Jabal{i-}

Web Minister: Aislinn's husband Philip volunteered to be web minister and will be attempting to get him in contact with Lord Lorccán.

MOC: Mateo's wife, Lady Bridie O Sullivan, has volunteered to be MOC. She does have the necessary red card already.

Reports:

Knight's Marshal: (Skallagrim reporting for Akimoro):

- Yes, there will be fight practice this weekend.
- Off Wednesdays will be war practice at AC Steere Park (Soccer field on Youree)
- Loaner armor and armor night will remain at Skallagrim's.
- Light loaner armor is \$150/set. Fundraisers have been suggested to raise money.

Historian:

- Karn has offered to be deputy.
- Avice is working on getting the Historian boxes back.

Chatelaine:

- Golden Key needs to be cataloged. This will be arranged by the chatelaine.

A&S:

- This month will be hand sewing and beginning embroidery by Jera and Kendra

Old Business:

Scribal Symposium (8/25-one day-Ramada Inn-Bossier City)

- Early bird discount by 8/5
- To teach, contact Mistress Brigit (Tracks: Scribal, Heraldry, Everything Else)
- Shire Defender Tourney will be held (TOC ticket to the winner)

New Business:

Winter Wonders

- BIDS ARE DUE ELECTRONICALLY TO THE SENESCHAL BY JULY 11TH.
- If your name is on a bid and you have not done that job previously (deputy/co), submit a secondary letter to explain your skills.

Social Night

- Kendra Dey suggested a monthly or quarterly social gathering. If you have comments about this, please feel free to post them. It will be discussed further in July.

Notes from the Populace Meeting provided by THL Kendra Dey, Seneschal



BOOK ABOUT THE SCA

The following book is available for circulation from the Bossier Parish Library:

O'Donnell, Patrick. *The Knights Next Door: Everyday People Living Middle Ages Dreams*. New York: iUniverse, Inc., 2004. ISBN: 0-595-32530-0 (Pbk); 0-595-66633-7 (Cloth).

New member Celestria had read this book at the library where she works. It was one of the things that led her to the SCA (summer reading program being a big thing too). After reading the book, I found that I knew many of the people in the book, some fairly well and others whom I have met or have heard of from stories by others who met them. Read the book if you get a chance. While it is centered in the Middle Kingdom, it covers many other Kingdoms thru events (such as Gulf Wars and Pennsic) and people met by the author.

Rory



TOWN FAIRE

Armor making nights were held Monday, June 4, 11, 18, and 25, at Skallagrímr & Evlaliia's House.

Armor making night on the 4th was busy. Skallagrímr built a basket hilt for Karn's new sword and covered his new round shield in canvas. Karn worked on his knees, which broke at fighter practice. Alfred worked on his "space marine" armor. Drust worked on new leather demi-gauntlets. Symon worked on his gauntlets. Nicholai (Symon's nephew) organized the loaner armor. Next up is war practice at A.C. Steere Park (across from Broadmoor Baptist church) Wednesday at 6pm.

The June 11th armor night was spent repacking the Shire loaner armor.

The June 18th armor night was productive. Skallagrímr reports that Guðrún worked on demi-gauntlets and lamellar plates while Curt and Skallagrímr worked on an inventory of loaner armor, and making as much of it as serviceable as possible. Two sets of loaner armor are back to 100% service, with a third only missing the helm and elbows. There are some street hockey stuff and a few weight belts that might be usable for youth armor. After the third set of loaner armor is 100% serviceable, and an accurate count on the leftovers pieces are made, we will know where we stand and what needs to be planned for next.

June 25th armor night was dedicated to helmet building lead by Akimoro. Lorccán, Skallagrímr, Guðrún, Karn, Kendra, Evlaliia, and Kert were there. In addition to working on helmets, some gauntlets were made, sewing plans created, and popsicles consumed.

The first fighter practice of June was held on Sunday afternoon, the 3rd, at the Duck Pond. Seven fighters put on armor and practiced. These were Akimoro, Karn, Skallagrímr, Conall, Alfred, Helmut, and Wolf. Those present observing included Aine, Aislinn, Rory, and Drust. Rory also did some heraldic consulting. Alfred filled out the paperwork for his name submission.

Wednesday, June 6 and June 20, was war practice for the Shire fighters on the soccer field at A.C. Steere Park.

Skallagrímr reports that the Sunday June 17th Father's Day fighter practice was well attended with Symon, Tralin, Karn, Conall, and Guðrún fighting. Skallagrímr was on the injured reserve list and cheered from the sidelines with Conall's lady (Aine) and Curt.

Instead of a trip to Blackwood or Troll Fen (though Akimoro went to Troll Fen), on Sunday, June 24th fighter practice was held at two o'clock in the afternoon at the A.C. Steere Park off of Youree Drive along Preston. Seven people attended. Skallagrímr, Tralin, and Karn fought. Kert Blackleaf (now we know what name he wants...), Guðrún, Rory, and Evlaliia observed. Rory worked on documentation for Kert's and Tralin's names – found ways to document Blackleaf and MacCabe; and a lead on Kurt/Curt.

The Shire's A&S Night was held Wednesday, June 27th at Aulds Library. The class topic was 'hand sewing' and was taught by Kendra and Evlaliia. Handouts were provided. The class covered some basics of sewing and embroidery. Participants were encouraged to bring the following items:

- needles (a comfortable size, sharp and rust free)
- thread or embroidery floss
- scissors (small is fine)
- embroidery hoop
- straight pins
- fabric (natural, close weave)

Optional items:

- thimble
- ruler
- beeswax or thread conditioner

- pin cushion
- chalk

In addition to the hand sewing class, Skallagrímr would be doing sword construction. Those not wishing to sew were encouraged to bring rattan and make a new stick.



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

BETONY

Betony's scientific name is *Stachys officinalis* and it is from the Labiatae family. Planetary ruler is Jupiter according to most though Culpeper assigns it to Venus. Its name may be derived from "bew-ton" meaning "good for the head".

This perennial herb likes well drained but moist soil and full sun to partial shade. It has a plant hardiness to Zone 4. Its native range covers Europe, northern Africa, and western Siberia though it is widely cultivated around the world. While it can be found in meadows and unused land, it seems to prefer woodland hence one of its common names is wood betony.

What differentiates betony from other members of the Labiatae family is its interrupted spike. The main flowers appear on a short upper spike, a short stretch of leaves then flowers associated with the leaves. Flowers can be white or red-violet and appear from July to August. The leaves are hairy and deep green. They grow in pairs along the stem as widely spaced intervals. After the flowers have died you can find brown nut lets under the calyx. Betony is a fairly carefree plant to grow only needing an occasional weeding. It can be propagated from seed, cutting, or by division. You only need to divide betony every 3 or 4 years. Crowding starts it to decline sooner at which point you would divide immediately.

The only know a problem from an overdose of betony is stomach irritation.

Betony has a long medicinal history. It has been used to treat such conditions as diarrhea and throat irritation. Betony contains glycosides that a Soviet study showed could lower blood pressure that may explain its use for treating headaches and some types of anxiety attacks. Gerard recommends it for falling sickness, ruptures, drunkenness, back pain, headaches, cramps, and head colds. He also recommends it for the bites from mad dogs and venomous snakes.

While there is no historical cosmetic use for betony, modern science has discovered one use – as an astringent.

Culinary uses seem restricted to use as a tea and as a conserve, both arising originally from medicinal use. Today it is substituted for black tea and blended with other teas.

Betony was regarded as a magical herb by the Egyptians. Roman physicians used it for 47 various illnesses while in the late 1600s betony had 30 recorded medicinal uses. It was thought that wild animals would eat it when they were wounded. Because of its reputation for warding off evil, it was planted in churchyards and worn as an amulet during the Middle Ages. Readers of the British book *Demonology and Witchcraft* were advised to freely sow betony around their home to avoid all forms of "mischief". There was a Spanish saying "He has as many virtues as betony" meaning if a person has as many virtues as betony has uses then that person would be a saint.

Another use of betony is as an ornamental plant. It is often found in flower beds and borders because of its tall flower spikes.

References:

- Beyerl, Paul. *The Master Book of Herbalism*. Custer, Washington: Phoenix Publishing Co., 1984.
Gerard, John; Woodward, Marcus. *Gerard's Herbal: the History of Plants*. London: Senate, 1994.
Huson, Paul. *Mastering Herbalism: a Practical Guide*. Lanham, Md.: Madison Books, 2001, 1974.
Kowalchik, Claire, Hylton, William H., and Anna Carr. *Rodale's Illustrated Encyclopedia of Herbs*. Emmaus, PA: Rodale Press, 1987.



KINGDOM A&S TEAM CHALLENGE

Mistress Rosalind has issued the following challenge for Kingdom A&S. Our Baron James is looking for members for a team. See the Challenge and talk to James!

Kingdom A&S TEAM CHALLENGE:

Create Teams led by a Veteran Artisan (or non- novice/has entered before) and up to 4 other artisans who have either

1. never entered KA&S before
... or
2. Enter a category that they have never entered before at KA&S.

Each Team member enters one item (for this competition). Team competition will have a winner based on averaged highest Score. Team leader must enter as well.

Other Rules for entering:

1. Must declare your intent
2. Each team puts together a prize 'basket'
3. Winner takes all



KÖNIG CHALLENGE

During Saturday evening court on April 14th at the Coronation event of Uther and Kenna, His Royal Majesty issued an invitation to all heavy weapons fighters sans the Chivalry. Below are His Royal Majesty's invitation and a list of the challengers who have petitioned and been accepted, with events noted where the field will be taken. If you happen to be at any of these events, please go and watch and support this historical endeavor. If any are not listed that have occurred, or are newly scheduled, please let me know. – Chronicler

The Invitation

Unto the people of Gleann Abhann! Hear and Bear Witness to the words of Dein König!

Combat is the forge upon which the true spirit und soul of man is hammered. Through fire und pressure does the iron become steel und the dull shape become a blade that can be used to smite the enemies of Our Realm. The names of those Heroes of Our past call us to continually test that temper; to be sure that the blade is sharp und readied to be drawn in defense of the Kingdom und it's people. The winds do still carry those names, they do still bite hotly into our soul as we strive to rise ourselves up und touch the glory; the chivalry; the utmost Honor that these Heroes embodied. With the names of these Heroes on My lips do I here and now issue an invitation to the fighters of Our Realm:

Know that I, Uther; König von Gleann Abhann do here issue an Invitation to any fighter within the borders of Our Realm; that has the means to secure a second, to take up arms in honorable combat with My person. This combat will be three (3) passes with each pass being the best two (2) out of three (3):

Pass One will be contested using Sword and Shield

Pass Two will be contested using 2 Swords

Pass Three will be contested using Godenak (the Medieval Chopper)

Each pass will be counted und observed by the seconds und the people so that Honor und Chivalry shall be upheld above all others on the field of combat. Come Warriors of Gleann Abhann! Come und test yourselves!

Ever in Service,
Uther
König von Gleann Abhann

The Challenges Accepted and Scheduled

<u>The Challenger</u>	<u>The Second</u>	<u>The Location</u>
Gareth the Smaller	Savelli Bastiani	Beltaine (April 28)
Paul the Small	Grimbaldus Bacon	Candlelight Camp (May 5)
Aron Harcourt	John the Bellringer	Star Mangled Spanner (July 14)
Karn Skallagrimson	Skallagrímur Bárðarson	Academy of Performing Arts (July 28)
Juan Carlos Santiago y Benevidez de Villa Lobos		Aphar Faire (August 11)
Akimoro of Ardanroe		Slay the Dragon (September 8)
John the Bellringer	Martin von Augsburg	TOC IV (September 29)

Challenge for The Iron Ring of Gleann Abhann

Lorccán hua Conchobair Joana Alvarez For the Love of Helena (July 21)