

ARDANRUNES

This is the January 2013 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 2013 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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January 19	Winter Wonders 27 – Ardanroe
January 26	Swamp Romp – Troll Fen
February 2	Candlemas – Grey Niche
February 9	Garbapalooza – Blackwood
February 16	Turf War IV – Seleone
February 23	Fighter’s Collegium – Axemoor
March 10-17	Gulf Wars XXII

ARDANROE OFFICERS

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

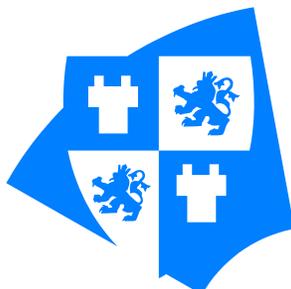
Chatelaine: THLord Skallagrímr Bárðarson
Constable: Lord Jurgis Bebra
Historian: Lord Ebrahim al-Jabal{i-}
Provost of RUGA: Lady Amata Quentin Motzhart
Quartermaster: Lady Joya la Normande
Web Minister: Lord Lorccán na Túaithe
Minister of Children: Lady Bridok O Sullevan

HARKEN YE!

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

January 3 – Fighter Practice – 6:00 p.m. – **Cancelled** for this Thursday only
January 6 – Fighter Practice – 2:00 p.m. – Duck Pond off King’s Highway (Sunday)
January 7 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliia’s House (Monday)
January 9 – Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)
January 10 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
January 13 – Fighter Practice – 2:00 p.m. – A.C. Steer off Youree Drive (Sunday)
January 14 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliia’s House (Monday)
January 17 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
January 21 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliia’s House (Monday)
January 23 – Shire A&S Night – 7:00 p.m. – Aulds Library (Wednesday)
January 24 – Fighter Practice – 6:00 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
January 27 – Fighter Practice – 2:00 p.m. – Duck Pond off King’s Highway (Sunday)
January 28 – Project Night – 6:00 p.m. – Skallagrímr & Evlaliia’s House (Monday)

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



HERALDIC RESULTS

The following actions took place at the October 2012 Laurel Sovereign of Arms' Pelican and Wreath meetings, and appears in the October 2012 LoAR printed Tuesday, December 4, 2012:

THE FOLLOWING ITEMS HAVE BEEN REGISTERED:

GLEANN ABHANN

Drust map Cirig. Name.

The submitter requested authenticity for 5th-6th century Pictish. We cannot confirm that the element *Cirig* was used at that time, though the name is registerable.



TOWN FAIRE

The last Thursday fighter practice for November (29th) had Gilbert, Skallagrímr, Kert, and a quick appearance by Kendra.

The last Monday Project Night for November (26th) had Skallagrímr, Evlaliia, Kendra, Gilbert, Marcilla, Amata and Mateo.

December began with the Shire Trailer Day and Holiday Party at the Dark Horse Farms, homestead of Olaf and Melisant. People started gathering Saturday afternoon around 1:00 pm to work on the trailer. Three new storage shelves were installed. The inside of the trailer looks great! Following the trailer day work, the Shire held its holiday party with plenty of potluck foods and a gift exchange full of mischief. Attendees included (at one or both activities during the day) Amata, Avice and Symon, Carole, Gilbert and Marcilla, Harp and Jordan, Jurgis and Joya, Kendra, Kert, Lorccan and Danita, Melisant and Olaf, Skallagrímr and Evlaliia, Rory, Alfred, Lothar the cute and cuddly, and a whole bunch of teens, tweens, and under 5s. Oh, and Lothar the cute and cuddly; and Alfred.

The first fighter practice in December (2nd) was held on Sunday at the Duck Pond off King's Highway starting at 2:00 pm. A bear pit was held with Wolf the winner. Fighters were Alfred, Wolf, Skallagrímr, and Kert. Lothar the cute and cuddly (soon to be Aedan), Akimoro, Carol and her daughter, Kendra, Amata and Mateo cheered them on.

The first Project Night in December was on Monday (3rd) at Skallagrímr & Evlaliia's house and had lots of people - Skallagrímr and Evlaliia, Marcilla, Carol, Amata, Kendra, Kert, Bert, Mateo, Jonathan, Harp, Jordan, baby Harp, and Sarah.

The first Thursday fighter practice in December (6th) at Mangum Memorial United Methodist Church was really great. Skallagrímr was the marshal. Drust, Harp, Symon, Paul the Small, Kert, and Prior Gilbert fought. Alred and Kendra were cheering. Everyone had fun and learned a lot.

Thursday night fight practice for December 13 was canceled due to other commitments each of the marshals had.

Sadly, THLord Conall Mac Roigh passed away on Sunday, December 9. Many Shire members as well as SCA friends from Troll Fen, Vogelburg, and Loch Bais attended the visitation the following Friday and service the following Saturday at Aulds Funeral Home. At Aine's request everyone was invited to meet afterwards at Skallagrímr & Evlaliia's house to tell stories of Conall and remember the good times. Those able to come brought covered dishes, drinks, and dinnerware.

Sunday fighter practice on December 16 was held starting at 2:00 pm at the Duck Pond. Those fighting included Skallagrímr, Gui, Wolf, Alfred, Lothar, and Kert. Sir Robert, Allison, Evlaliia, Amata, and Christy watched and cheered.

Due to the holidays Shire A&S Night was cancelled for Wednesday, December 26.

As Drust and Gilbert were the only ones who for certain would be there, fighter practice at Mangum Memorial United Methodist Church was cancelled for Thursday, December 27. It will resume next year, but not until January 10.



FORTNIGHT

The December Populace Meeting was held on Wednesday, December 12, 2012, at Aulds Library with 21 adults/1 child attending. The meeting opened at 7:07 p.m. and closed at 8:00 p.m.

Attendees included Kendra, Drust, Gui, Akimoro, Amata, Joya, Jurgis, Medb, Avalina, Ebrahim, Skallagrímr, Evlaliia, Sarah, Kert, Michael atte Harp, Asa (Jordan), Gilbert, Rory, Trina, and Trina's mom, Jonathan, and one child.

Officer Reports

Knight's Marshal - Article generated lots of interest. The 5th Sunday Tournament is 12/30 at Betty Virginia. Garb is requested.

Herald - Durst's name passed!

Exchequer - We have money and is requesting Winter Wonder reservations.

A&S - January's A&S will be war horn construction. Please bring sewing machine as well as red, black, and white fabric. Also please send any research done for the A&S report.

Chronicler - Event write ups are great for the Ardanrunes.

Chirurgion - If you would like to be a chirurgion, please get with the Kingdom Chirurgion to get trained.

Chatelaine - Skallagrim is starting to create a book of heraldry. Please get an electronic of your device (passed or not) to be included for newcomers to look at.

Constable - Nothing

Historian - We have an article!

RUGA - Several classes scheduled for Winter Wonders including Skallagrim teaching SCA 101 and a class on heraldry.

Quartermaster - Trailer cleaning went well.

Web minister - As soon as the paperwork clears Aki is the new web minister. Please send him content for the updated website. Also he has started to create shire roster including photos. Look for upcoming practices to get your picture taken for the website.

MOC - Nothing

Old Business

Winter Wonders (1/18-1/20)

- Still need heavy and light marshal as well as merchants and more classes
- Avice would like to see more A&S. We have held on to our regional A&S status but must show improvement this year. If you need help with documentation, Avice or James will help. Mistress Sarah offered to help with editing. Works in progress are acceptable.

Banner for fighting

- Kendra passed around a picture of the banner to be created.
- The finance committee has approved it.
- Akimoro will get with Jordan about constructing the banner.
- Aki is purchasing the umbrella stands.

GA Symposium

- Kendra reported the event has been submitted to the Kingdom Calendar
- Medb has sent a letter to the Kingdom Officers about the event.
- Medb has seen the church and the Shire members will need to help set up the classrooms.
- Gilbert reported that if the Shire held a work day at the church to help clear some things the church may give a full waiver on the fee for holding the event there.

Rock and Role

- Kendra reported the event has been submitted to the Kingdom Calendar
- Per discussion at the meeting and vote by the populace the event will be a weekend event (Friday – Sunday) and not a one-day event. Skallagrímr will find out about reserving the small group camp at Lake Bistineau State Park for that weekend.

Future Events Bids

- Kendra has learned that Their Royal Highnesses have received three bids for Spring Crown List. We do not need to submit a bid for this.
- Gilbert asked that the Shire think about submitting a bid for a fall event and discuss this in early 2013.

Office Badges

- This was tabled until January.

Mardi Gras Parade

- Rory has posted a lot of information about the different parades in NW Louisiana on the Shire's yahoo group list. Kendra passed this information around. Please let Kendra hear your opinion as to whether there is interest this year in participating in a parade and which one. The children's parade we did last year is not being held this year. The parades generally appear to be on the weekends.

War Horn Tokens

- Scheduled for January A&S night.

Holiday Schedule for Meeting/Fighter Practice

- December 13 fighter practice is cancelled.
- December 23 fighter practice will be held.
- December 24 project night is cancelled.
- December 26 A&S night is cancelled.
- December 27 fighter practice will be held.
- December 30 fighter practice/demo tourney will be held.
- December 31 project night is cancelled.

New Business

Restaurant List

- A few changes were made to the restaurant list based on food, location, and prices.

State Park Camp Reservations

- Gilbert believes there may have been a change in the policy for Louisiana State Park reservations, particularly with regard to refunds for cancellations and date changes. This will be looked into.

New Years Eve Party

- Skallagrímr announced there will be a New Year's Eve Party at his home and all are welcome to come.

Schedule

- Kendra went over the January, February, and March Kingdom Calendar.

Conall's Wake

- Trina thanked everyone for all they have done this week in helping her and went over plans and requests for Conall's wake and funeral on Friday and Saturday. Trina would like anyone that wants to get together after the funeral to gather at Skallagrímr and Evlalii's house to tell stories of Conall and remember the good times. We will open the house between 4:30 and 5pm.

Notes from the Populace Meeting provided by THL Kendra Dey, Seneschal and Barun Rory ua Riada, Chronicler



THE ARDANROE HERBARIUM

(THL Rovena of Bri Leith, Column Editor)



LOVAGE

Lovage's scientific name is *Levisticum officinale* and is in the *Umbelliferae* family. It has also been called lavose, Cornish lovage, Italian lovage, and sea parsley. The ruling planet is the Sun and the zodiac sign is Taurus. If you are wild crafting, do not confuse lovage with such poisonous plants as fool's parsley, poison hemlock, and water hemlock. There is no known allergic problem with lovage.

Lovage was spread by the Romans across Europe. It has been naturalized throughout North America where you will find it in meadows and hedgerows as well as gardens. This herb was popular from Charlemagne through the Middle Ages but has since fallen out of favor. This perennial herb can grow from 3' to 7' tall. The plant is topped by clusters of yellow flowers that can be 1.5" to 4" across that may flower between May and July. The thick, hollow stems are ribbed like celery. The sharply toothed leaves start short near the top and get larger (up to 2') as you go down the stem. The aromatic fruit are .25" in size and resemble seeds. When you brush against lovage, you get a strong celery aroma. Lovage is much easier to grow than celery. It prefers full or partial sun in a moist but well drained soil that has a pH of 6.5. Mulch the plants in the spring and keep them well watered especially during dry periods. Each winter, it dies back but returns more robust the following summer for the first four years. After that, it basically holds it own. Propagation is by division or from seed. Seed sowing is down in the late summer or early fall. Regardless of propagation method, plants should be 2' apart. Clipping the flowers as soon as they appear will result in a bushy plant. Allow lovage to get fully established before harvesting any part; after that, harvest leaves and stem at will though roots need 2 years before harvesting. The fruit is ripe and ready to gather when they start popping open. For drying, the young leaves and stems should be cut young and for seeds, gather the umbels then all can be hung upside down in a warm, dark place. The stems and leaves need to be stored in an airtight, opaque container or they will yellow and lose strength. After digging the roots in late fall, wash them, slice into .5" pieces, and then dry them using a screen in a warm, dark place. To store by freezing, blanch in small bunches in boiling water followed by a 2 minute ice bath. After draining very well, the small bunches should be frozen sealed in plastic containers. After thawing, the frozen herb will be softer and droopier than fresh lovage but this is not a problem for use in cooking.

Historically, medicinal uses have included boils, diuretic qualities, jaundice, kidney stones, malaria, pinkeye, rheumatism, sore throat, and stomach ailments. Modern medicine has proven the lovage has a varying degree of effectiveness as a breath deodorizer, a diuretic, and relief of gas pains.

If you wish to erase freckles, try an infusion made from lovage seeds. Many benefits can be had by adding lovage to your bath water such as soothing skin problems, pleasantly scenting the room and yourself. Some claim it also helps with mental sharpness and focus.

If you want to add flavor to a low salt or no salt recipe then lovage is your herb. Most parts of this herb has culinary usages. The leaves can be used in chicken, fish chowder, gravies, mayonnaise, potatoes, poultry stuffing, rice, salads including potato salad, sauces, sauerkraut, savory pies, soups, steamed vegetables, stews, stocks, and tomatoes. Stems can be used in salads, candied, or be blanched and marinated to be served as you would asparagus

or leeks. The seeds, whole or ground, can be used in cheese spread, brines, salads, salad dressings, and sauces. Dried stems can be found commercially but are difficult to locate. You can substitute celery for lovage.

If you want a large and dramatic effect for your garden then add lovage to the landscape.

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