

ARDANRUNES

This is the September 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. Photos for Wombat Regional Fighter Practice were taken by Lord Akimoro of Ardanroe. The deadline for submissions is the 25th of the month for the issue coming out the 1st of the next month.

Table of Contents

Ardanroe Officers
Calendar of Events
Fortnight
Harken Ye!
The Ardanroe Herbarium
Town Faire
Wanted: Deputy Chatelaine
Wombat Regional Fighter Practice

Calendar of Events

August 31	A Murder Mystery – Smythkepe (Labor Day)
September 7	Slay the Dragon – Vogelburg
September 14	Holy Pail 7 – Rook’s Haven
September 21	Kingdom Arts & Sciences – Axemoor
October 5	Fall Coronation – Dragoun’s Weal
October 12	SCA-Trek the Next Generation – Grey Niche
October 12	Havoc – Loch Bais
October 19	Diamond Wars – Small Gray Bear
October 26	Huntsman’s Harvest IV – Coill Fhionabhann
November 2	Knight’s Academy – Dragoun’s Weal
November 9	Fall Crown List – Seleone
November 22-24	Bordermarch Autumn Melees - Bordermarch
December 7	Christmas Revel – Axemoor
December 14	TOC V – Iron Ox
January 18	Winter Wonders – Ardanroe
January 25	Barbearian Brawl – Small Gray Bear
January 25	Swamp Romp – Troll Fen

ARDANROE OFFICERS

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

Chatelaine: THLord Skallagrímr Bárðarson
Constable: Lord Jurgis Bebra
Historian: Lord Ebrahim al-Jabal{i-}
Quartermaster: THLady Joya la Normande
Minister of Children: Lady Bride O Sullivan
Web Minister: Lord Akimoro of Ardanroe
Chirurgeon: THL Mateo Lopez



HARKEN YE!

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

- September 1 – Fighter Practice – 5:00 p.m. – A. C. Steer off Youree Drive (Sunday)
September 5 – Fighter Practice – 6:30 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
September 8 – Fighter Practice – 5:00 p.m. – A. C. Steer off Youree Drive (Sunday)
September 9 – Shire Workshop: Make Medieval Games – 6:00 p.m. – Auld’s Flower Shop (East Kings Hwy) (Monday)
September 11 – Shire Populace Meeting – 7:00 p.m. – Aulds Library (Wednesday)
September 12 – Fighter Practice – 6:30 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
September 15 – Fighter Practice – 5:00 p.m. – A. C. Steer off Youree Drive (Sunday)
September 16 – Shire Workshop: Make Medieval Games – 6:00 p.m. – Auld’s Flower Shop (East Kings Hwy) (Monday)
September 19 – Fighter Practice – 6:30 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
September 22 – Fighter Practice – 5:00 p.m. – A. C. Steer off Youree Drive (Sunday)
September 23 – Project Night – 6:00 p.m. – Skallagrím’s House (Monday)
September 25 – Shire A&S Night – 7:00 p.m. – Aulds Library (Wednesday)
September 26 – Fighter Practice – 6:30 p.m. – Mangum Memorial United Methodist Church (3939 Pines Road, Shreveport, LA 71119) (Thursday)
September 29 – Fighter Practice – 5:00 p.m. – A. C. Steer off Youree Drive (Sunday)
September 30 – Project Night – 6:00 p.m. – Skallagrím’s House (Monday)

NOTE: Fighter practice held at Duck Pond off King’s Highway on Sundays when raining. Please see the Shire website and Ardanroe Yahoogroup for updates.





TOWN FAIRE

The first day of August was a Thursday. Fighter practice was held that evening at the Mangum Memorial United Methodist Church. Gilbert watched while Godric, Skallagrímr, and Tangwystle fought.

Sunday fighter practice on August 4 was held in the afternoon at A.C. Steer. Paula P, Rory, and Skallagrímr watched (though Skallagrímr also did training of fighters). Akimoro, Álfráðr, Daniel, Isabella, Jason P, Symon, and Wade fought. One other potential newcomer also observed. Godric and the boys stopped by to watch. Lucas was also assisting and observing.

Gilbert and Tangwystle attended the August 8 Thursday evening fighter practice.

Sunday fighter practice on August 11 once again rain into the early evening, where the weather was cooler than the starting time of two o'clock. At A.C. Steer the observers were Amata, Primus, Marguerite, Paula P, and Tangwystle. Those armoring up were Álfráðr, Daniel, Isabella, Jason P, Skallagrímr, Symon, and Wade.

Skallagrímr reports that on August 12, "Monday project night was awesome! Isabella and I worked on her shield. All that's left is mounting the basket. Joya and Jurgis brought cake. Amata and Kendra discussed heraldry and Amata's new chair project. Joya showed Runa and Luc how to use OSCAR. Marguerite and Wade worked on Wade's new sword."

Thursday evening fighter practice was canceled for August 15.

Thursday evening fighter practice on August 22 at Mangum Memorial United Methodist Church had Gilbert, Luc, and Skallagrímr fighting with Runa as spectator.

Sunday fighter practice on August 25 at A.C. Steer found Tralin, Jason P, Akimoro, Wade, Isabella, Symon, and Eida in armor and Álfráðr trained. Paula P watched.

"How to while away a siege, or a really long court: a sampling of various medieval games" was the topic for the Shire A&S Night on Wednesday, August 28 at Aulds Library from seven to eight-thirty. Baron James discussed a few books on the history of board games, distributed poster board depicting various games in different cultures, and encouraged all attending to play a game. Books included *A History of Board-Games Other Than Chess* (H.J.R. Murray), *Sports and Games of The Ancients* (Steve Craig), *Sports and Games of Medieval Cultures* (Steve Craig). Attendees included Kendra, Ebrahim, Avalina, Gilbert, Marcella, Aedan, Isabella, Jurgis, Joya, Primus, James, Medbe, Rory, and Melisant. How to make the games was also discussed.



WANTED: DEPUTY TO LOCAL CHATELAINE'S OFFICER

Due to a lot of work travel Skallagrímr needs a deputy for the Chatelaine's office.

Purpose of the Chatelaine's office (from the Kingdom Chatelaine's page of the Kingdom's website):

In the Middle Ages, the term chatelaine or castellan referred to the commander of the castle. The feminine form, chatelaine was the woman who supervised its daily function and kept the keys. Frequently, she was in charge of hospitality to guests. In Gleann Abhann, we use the term chatelain to refer to the officer who assists newcomers in their efforts to find a place within the Society for Creative Anachronism. Some kingdoms use the term hospitaller instead of chatelain(e).

Gleann Abhann has a Chatelain's Handbook, [Gleann Abhann Chatelaine Handbook](#) (134.8 KB), located in the Chatelaine's folder of the Library on the Kingdom website.

For more information about the Chatelaine position, contact Skallagrímr or Kendra (our Seneschal, who happens to be the Kingdom's Chatelaine).



FORTNIGHT

The August Populace Meeting was held on Wednesday, August 14, 2013, at Aulds Library (3950 Wayne Avenue, Bossier City, LA 71112). The meeting began at seven o'clock and ended at seven-thirty. Twenty-two adults and one child attended.

Attendees: Kendra, Gilbert, Marcilla, Gaius Curtis Primus, Aedan, Skallagrímr, Mateo, Bride, James, Medb, Sarah, Luc, Runa, Melisant, Amata, Evlaliia, Rory, Ebrahim, Joya, Jurgis, Avice, Symon, and Little James.

Officer Reports

Seneschal

- Waivers are good. Please turn in waivers from Shire activities.
- Local reports due in August are the Marshal (change in date), A&S, and MOC.

Herald

- Álfráðr's device passed Kingdom.
- Aki and Aedan's name are at Kingdom in internal review.
- Roster warrant received.
- Several members are working on submissions and are close to being ready to submit them.

A&S

- Local A&S report is due this month. Please send a list of completed projects to Melisant for her report.
- August A&S Night will be "Learning to Play Medieval Games". This will be taught by James.
- September A&S Night will be "Making Medieval Games – the boards and pieces". (This expanded in work dates later during the meeting for September).

Chronicler

- August newsletter is done and on the Shire's website.
- If you attended APA, please see Marguerite and tell her about the event so she can write up a report for the Ardanrunes.
- If you attended the Wombat Regional Fighter Practice, please write something up for the Ardanrunes.
- Still need last month's Populace meeting notes (Kendra says Marguerite should have these)
- September local calendar changes for "Harken Ye" section begun here and continued later during the meeting.

Chatelaine

- We have a LOT of new people. We had three new people in armor at Sunday's fighter practice and two more new people watching and eager to take part. The loaner armor for fighter practice is getting good usage.
- Due to work travel a deputy is needed. (Despite efforts, everyone avoided the bus tonight)

Exhequer – not here

Constable – not here

Historian

- Quarterly report was sent in.
- Please let Ebrahim know if you attend an event or receive an award so that he can include this information in the Historian reports for the Shire. You can send the information to him using the Shire's officer email, historian@ardanroe.org.

Minister of Children

- Bride helped with children's activities at APA.

Chirurgion

- It's hot! Drink water!

Webminister – not here but sent a report

- The website awaits information. Send information to the webminister to be added.

Knight's Marshal – not here but sent a report

- Fighter practices are going well on Sunday's. Fighter practices are not going well on Thursday nights. There have been a lot of cancellations on Thursday. Please send suggestions for changes to make this day more viable or switching to another day for additional practices.
- Aethan, Kingdom Rapier Marshal, has been contacted and the pattern has been gotten for light weapons. We now have to work on making the loaner armor.
- Aedan asked if light weapons could be done on Thursday nights. Could a meeting be held next Thursday (August 22) to see how many people are interested and start organizing rapier.

- James reported that the closest rapier marshal is Aethan, down in Troll Fen. Aethan is willing to come up on a weekend, but cannot come up on a Thursday due to his job. Becoming a rapier marshal is very hard due to the required time you have to put in. There are lots of authorized rapier fighters in the Kingdom, but not lots of rapier marshals. Currently Ardanroe has two authorized rapier fighters – James and Helmut.
- Primus suggested changing the start time for Sunday fighter practice to later in the day due to the summer weather. It is now very hot outside and the fighters are finding it too hot to fight and to do multiple fights when starting at two o'clock in the afternoon. The park (A.C. Steer) closes at ten o'clock in the summer and nine o'clock in the winter. The suggestion was to move the start time for Sunday fighter practice to five o'clock.
- Gilbert stated that currently everyone is finding that six o'clock on Thursday evenings is too early to be at the church to start fighter practice. Thursday night at the church will now start at six-thirty.
- Jason and Paula P have invited the Shire to come to their house for Saturday pell practice – perhaps once or twice a month. If there is interest, the first Saturday pell practice could be on August 24th. Kendra will send this out for more discussion.

Exhequer

- Joya is now here. She reported that the Shire has money.

Constable

- Jurgis is now here. He reported that all was well with the world.

Old Business

Shire Pavilion

- The sides for the Shire pavilion have arrived
- New poles now need to be made

Winter Wonders (January 17-19, 2014)

- Mistress Sarah MacGregor will be the autocrat. Paul the Small is her co-autocrat. Michael atte Harp is the head cook.
- The theme is Vikings.
- The focus of the event in all of the pre-event preparations is making the Shire look good for future events – replacing the window covers, etc. and supporting the Kingdom and Crown.

New Business

Schedule

- Kendra went over the upcoming events on the Kingdom Calendar in August and September.
- Changes were made to the local calendar for September as follows:
 - Labor Day is a non-Shire activity day. There will not be a project night on September 2.
 - September 9 and 16 (Mondays) will be part of the “Make Medieval Games” workshops by the Shire. These will be held at the Aulds Flower Shop on East Kings Highway behind LSU-S.

Waivers

- Request was made to place the roster waiver on the Shire’s website for easy access.

Announcements

- If you are in Lake Charles this Saturday, stop by MacFarland’s Celtic Pub. Aedan will be there celebrating a family birthday.
- If you have an entry for Kingdom A&S, Avice and others (like James) are planning to attend and can bring your entry to the event (so long as the size is not ‘massive’ – no beds, etc.)
- Marcilla has fabric for anyone who wants it

Notes from the Populace Meeting provided by Barun Rory, Chronicler



WOMBAT REGIONAL FIGHTER PRACTICE

(As reported by Lord Akimoro of Ardanroe)

The sun shone down on us that second Saturday in August. A light rain misted the field as the fighters paired off, creating little rainbows on our bar grills. Warriors from all over Gleann Abhann, and Ansteorra, came to honor Lady Aisha with friendly combat. She was one of the first fully armored and took the field proudly, accepting all challenges. By the end of the day, the Combat Wombat had fought nearly everyone that was in attendance.

Akimoro gave an introductory no-dachi (Japanese great sword) lesson to Papa San and Alex, a Troll Fen native. His other fights included Thorgard, Yoric, Aisha, Carson, and HRH Ashikaga.

Eida and Isabella represented Ardanroe's female fighting force. Eida fought Paul the Small, Faelan Haraldsson, and HRH Ashi. Isabella had several good fights, one of which was HRH Ashi. Symon and Álfráðr completed the Ardanroe contingent, battling many foes and the heat for a very successful day in the park.

The day ended with HRH Ashikaga challenging Lady Aisha to a counted blows battle. They stood with one foot on a shield and exchanged hits until the mighty Wombat could count no more. After nearly six straight hours of continuous fighting, everyone was amazed that she could still lift a sword, let alone swing it with nearly as much authority as at noon. Although she has temporarily left the kingdom, she assured us that she will still be present at most events.





THE ARDANROE HERBARIUM

(THL Rovena of Bri Leith, Column Editor)

HYSSOP

Hyssopus officinalis (hyssop) is from the Labiatae (mint) family. The Greek word hussopos means “holy herb”. The hyssop is not the same as the Biblical hyssop which is probably Syrian hyssop. The planetary ruler varies from sources you consult; it is either Jupiter, Cancer, and Mars.

It is native to Europe and Asia. It has been naturalized throughout North America. This compact, pretty perennial is very aromatic in a medicinal sort of way which develops a skunk like odor in hot weather. It has a square stem that is upright to about 3 ft. The dense flower spikes are blue or violet June through August. While it likes full sun, hyssop prefers moist soil though it can withstand some drought conditions. It grows easily and seldom bothered by pests or disease. To get hyssop be lush, it should be clipped often to within 6” of the ground and deadhead it. After each clipping, you should feed with fish emulsion. It should be replaced every 4 to 5 years. Propagation can be by seeds, cuttings, or division. If for medicinal use, the stems should be cut just before the flowers open. Hyssop should be stored in tightly covered glass containers or tins after chopping the dried leaves, green stems, and flowers. To prevent the plants from becoming woody and leggy trim hyssop back sharply in the early spring then trim after flowering to maintain compact plants.

Hyssop was recommended for bronchitis and inflammations of the chest and throat by both Hippocrates and Galen. A tea is still used for this today. In the 7th century, it was strewn about the floors of sickroom. Nicholas Culpepper considered hyssop such “a most violent purgative” that he warned against its use unless under the care of “the alchemist”. To reduce perspiration and to cure jaundice and dropsy, tinctures and teas of the flowers and leaves were used during the seventeenth and eighteenth centuries. It has a history and current use as a poultice using fresh ground leaves to promote the healing of wounds and bruises.

Hyssop’s aromatic qualities lead the oil to be used in perfumes and to be combined with thyme in potpourri. To cleanse the skin, add hyssop to a steaming herbal facial.

Many chefs liked to plant it near beehives to flavor the honey. The flavor is a bit strong for the modern palate. It was used in the kitchens as strewing herb as early as the 7th century. A key ingredient in some Benedictine and Chartreuse is hyssop oil. The leaves and flowers can be added to chicken soup, green salads, fruit soups and salads, lamb stew, liqueurs, sage poultry stuffing, and teas. It is only commercially available as dried as tea.

Hyssop has a long history in landscaping: Elizabethans knot garden edgings; formal border settings with feathery herbs such as dill and anise; intermixed with white or pink roses; and to attract butterflies, honey bees, and hummingbirds. It is thought to be a repellent to flea beetles and other pests but there is no research backing this up. It looks nice in a wreath. It is said that elderly women would press hyssop in their psalm books to keep themselves awake during long services.

References:

- Beyerl, Paul. *The Master Book of Herbalism*. Custer, Washington: Phoenix Publishing Co., 1984.
- Gerard, John, and Marcus Woodward. *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.
- Reader’s Digest Association. *Magic and Medicine of Plants*. Pleasantville, NY: Reader’s Digest Association, 1990.
- Tucker, Arthur O. and Thomas DeBaggio. *The Big Book of Herbs: a Comprehensive Illustrated Reference to Herbs of Flavor and Fragrance*. Loveland, Colo.: Interweave Press, 2000.