



The Privy

The Barony of Terra Pomaria



Volume 1, Issue 1

July 1st, 2009

From Their Excellencies



His Excellency, Ruland von Bern, Knight
Her Excellency, Emma von Bern, GdS

Greetings unto the Populace of the Grand Barony of Terra Pomaria,

We first want to say congratulations to their Alpine Highnesses, Brogan O'Bryant the Bull and Johanna Kjoppmandtr, May their reign be long and prosperous. Next we congratulate, Their Excellencies Viscount and Viscountess, Brian of Ledbury and Acacia Gryffyn, on a successful

reign, and we thank them for their gracious service to the Kingdom and Principality.

Plans and Preparation for September Crown are proceeding well. Many hands make for light work for all. If you would like to help please contact our Volunteer Coordinator, Countess Berengaria de

Montfort of Carcassonne at jcstapleton@gmail.com

We would greatly appreciate any assistance possible to ensure the event is a huge success for the Barony, Principality and Kingdom.

We are looking forward to Long and Short of It on August 15th. It should be a fantastic event. We hope to see you there.

Now we turn our attention to much more dire matters. The drums of war may be heard in the distance, and the King of the west threatens the peace and tranquility of the southern lands of An Tir. The Principality of the Summits is the first line of defense against these invaders. I now call upon all those able, to lay south, to the coastal valleys of Tymberhaven, for it is there that we will meet the army of the West. Our King and Queen are bringing the full force of the Sable Lion to meet these foes.

Yours in Service,

Sir Ruland & Emma von Bern

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From The Chronicler

Greetings unto the Populace!

The weather is finally warming up and the Tourney season is in full swing! In this new version of the Privy it is my hope that you will find information to help you in the coming months as well as intrigue you. I searched throughout The Known World for articles and information that I thought might help our entire populace, whether they be new comers or veterans alike.

It is my profound wish that our Privy be the best it can be. Our Barony is a wonderful place to be and I want to endeavor to

showcase that. To that end I am now begging and pleading for submissions from the populace. Submissions can include and are not limited to the following: articles, biographies, book reviews, poetry, stories, photos, and illustrations.

If you have any suggestions for topics that you would like to see in the Privy, please email me at LadyFortuneThomas@gmail.com and I will begin the search anew for the information that you seek.

Yours in Service, Fortune verch Thomas



Upcoming Events

- July 2nd-5th– An Tir– West War, Gold Beach OR
- July 17th-19th– July Coronation, Barony of Three Mountains, Clackamas & Multnomah Counties, OR
- July 31– August 2nd– A Game of Thrones and Storm-gods, Barony of Stromgard, Vancouver, WA
- August 7th-9th– Briaroak Bash & Summits Archery Championship, Shire of Briaroak, Roseburg, OR
- August 15th– Long and Short of It, Barony of Terra Pomaria, Marion & Polk Counties, OR
- August 20th– 23rd– Sport of Kings, Barony of Three Mountains, Clackamas & Multnomah Counties, OR
- August 28th– 30th– Harvest Tourney, Shire of Corvaria, Bend, Jefferson, Deschutes, & Crook Counties, OR
- August 28th– 30th– William Tell XXIV, Shire of River's Bend, Kelso & Longview-Cowlitz Counties, WA
- September 4th– 7th– September Crown, Barony of Terra Pomaria, Marion & Polk Counties, OR
- September 11th– 13th– Acorn War, Shire of Mountain Edge, Yamhill County, OR
- September 18th– 20th, Summits Fall Coronet, Shire of Tymberhaven, Coos & Curry Counties, OR



*Zombie Tournament
Eggils, May 2009*

July 2009

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September 2009

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Curia

Their Royal Majesties of An Tir

.. Vik Vikingsson and Inga the Unfettered

Their Highnesses of the Summits

Brogan O'Bryant the Bull and Johanna Kjooppmandtr

Excellencies of Terra Pomaria

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His Excellency Roland von Bern
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Even the very young can enjoy a day in the past.

"...What a family is without a steward, a ship without a pilot, a flock without a shepherd, a body without a head, the same, I think, is a kingdom without the health and safety of a good monarch."

-Queen Elizabeth the First, to her brother King Edward c. 1550



Early training for fighters, Bar Gemels, April 2008

**Excellencies of Terra Pomaria**

Roland and Emma von Bern

June Investiture, 2008

Champions of Terra Pomaria

Heavy Defender: Inar Knutson**Archery:** Yeomen Lord Brendon Strongbow.**Arts & Sciences:** Brigit of Guernsey - brigitspins@yahoo.com**Rapier:** Sabastian de Winter**Youth Champion:** James Windswift

Local Gatherings

Ceilidh: 2nd Monday, October-May, 7pm, Pringle Community Hall, 606 Church St SE, Salem. Contact: tpcate-laine@gmail.com Wearing garb is requested, Gold Key is available

Business Meeting: 3rd Monday, 7pm, Round Table Pizza at Keizer Station, Contact: HL Maccus of Elgin (Mark Chapman) chap65@comcast.net

Scribal Night: 3rd Thursday, 6pm, 6024 Fircrest st SE, Salem Contact for questions, directions or to RSVP attendance to Brigit of Guernsey (Beth Harrison) Brigitspins@yahoo.com

Armoring: Contact: Roland (Heath) SirRulandvon-bern@hotmail.com (modern attire)

Archery Practice:

For information contact: Cherise MacGill. Curt-brandi@msn.com

Heavy Weapons / Rapier Fencing Fighter Practice: Wednesday evenings, starting at 7pm. 720 Farmland Rd. Keizer, OR 97303. During the months of November through May, and any bad weather, we will be at Clearlake Elementary School: 7425 Meadowglen St NE, Keizer, OR 97303. Contact HL Lucas von

A & S Day: 1st Monday of the Month at 875 20th street NE, Salem, 97301. For more information contact HL Finna Grimmsdottir fionnghuala069@yahoo.com Dress is modern.

Open Castle : On hold till after Sept Crown, This gathering is an opportunity for the members of Our Great Barony to gather at the home of the Baron & Baroness to have informal discussions, work on projects together, potluck, and just enjoy each other's company. It is also a chance for members of the Barony (both new and old) to get to know one another better. Please consider joining us, it always ends up being a fantastic time for all who attend. This gathering is generally held the 3rd Thursday of every month from 7-10 p.m. This gathering is in modern clothing. For further information, contact the Baroness, Emma von Bern at twyla_lawson@hotmail.com

Bardic Music Night

Dates / times currently irregular, by appointment at the home of HL Juliana van Aardenburg. Learn the songs that are sung at bardic circles so you can participate at your next event or come to just listen to songs and stories. For more information contact HL Juliana van Aardenburg julianavana@comcast.net at 503-363-7512. Dress is modern.

Legal Stuff

This is the March, 2009 issue of The Privy, a publication of the Barony of Terra Pomaria of the Society for Creative Anachronism, Inc. (SCA Inc.). The Privy is not a corporate publication of SCA Inc. and does not delineate SCA Inc. policies.

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Submissions guidelines: If you wish to submit articles or notices, they are welcomed and will be published as space permits. Please understand that all submissions are subject to formatting and spelling adjustments. The chronicler reserves the right to edit any submissions for inappropriate content and may make changes to the final copy to ensure entries meet all guidelines for acceptability. Submission deadline for the upcoming month's Privy is by Business Meeting (3rd Monday of the month) and may be sent by hard-copy, disk or email to the Chronicler.



*The SCA and Young Children
(Four and Under)*

*Written By Duchesse Sabine de Rouen, Edited by Countess
Alys Katherine, OP, OL*

The SCA offers many wonderful activities for children to participate in – however, they are rarely geared towards the very young. This leaves the parents of young children to fend for themselves. Well, you can create a more enjoyable environment for your young children with just a little planning.

I can guess what you may be thinking. It's not possible to take your young children to an event and still enjoy yourself. YES, it is possible! The Society of Creative Anachronism BEFORE children was just a matter of packing for yourself, but now you need to gather another car load of items just for your children. This can be a daunting task and if not thought out it can leave the parents and children frustrated and unhappy. Unfortunately, the SCA loses many promising members because of this, but it just does not have to be that way! By addressing a few simple things you and your children can enjoy SCA events as a family.

Garb – Children dressed in beautiful period garb is always a wonderful sight! If you have the time, money, and the know-how then this is most definitely the way to go. However, children grow so fast so it can be difficult to keep them clothed. When they are so young is might be best to just make simple tunics, pants and tabards. If you have girls and you want them to look like little ladies you can make their tunics longer or make a gathered tie string or elastic waist skirt to go with a simple tunic. Hand-me-downs are also great source of garb (more about this later). **REMEMBER** – Young children have accidents! Always bring extra shoes and socks, clothes, garb, and underclothes/diapers and large zip-lock bags for the dirty clothes and “toxic waste”. Better to be prepared than sorry – I’ve been there... it is not fun.

Toys and Activities – A large basket or plastic tub full of favorite toys is perfect. Because other children may want to play with your child's toys, mark them indelible marker or fingernail polish. This will help you identify which toys are yours and which belong to someone else. If you buy a coordinating play set (such as the Little People Castle and Accessories sets) you are more likely to remember what belongs and you won't have many mix-ups. Children love to listen to stories so bring age appropriate books and have a story time. This might be perfect right after a snack and before nap time.

Nap Time – Don't forget to bring a blanket and small pillow for your child to rest on. It can be very hard to get children to nap at events so a familiar blanket and pillow can be comforting. If you use the same items each time then the child will associate them with nap time which increases the likelihood of you getting

them down for a nap.

Snacks and Lunch – Make sure you have your child's favorite snack and drink on hand. If they are in daycare during the week then they are used to having breakfast, a snack, lunch, and another snack at school and then dinner at home. It is a good idea to continue this on the weekends to keep them on their schedule. Snacks can be whatever you and your child can agree upon, of course. Lunch is pretty simple. Most children like meat, cheese, crackers, and juice.

Feast – Well, this can be a little tricky. Small children are not always willing to try some of the “interesting” things that our wonderful feast stewards create. If it looks funny they might not give it a try. If a children's feast is offered, sign up your child. They are more likely to serve something that your child is more familiar with. If not, then be prepared to offer your child something from your own cooler such as items from their lunch and snack menus. If you have ever taken your child to a sit-down restaurant where the dinner may last an hour or more, you know to bring small toys or crayons to entertain your child. Feast is no different and can be even longer. As you know, a child's patience is rather short. If possible, plan on taking turns with someone to routinely take the child for a walk if they appear to be becoming too “antsy”.

Court – No one wants to hear a child fussing during court – especially not the parent holding the child. Finding a spot at the back of the room where you can spread out and let your children play with toys would be perfect. You can keep them entertained and have easy access to the door should you need to whisk a child out for any reason. If this is not possible then you may want to find someone to watch your children. (See next section.)

Above all, remember you're not the only one! Get to know the other parents of young children. You can be a support team for each other. Share event tactics – not to mention toys and garb that your children have outgrown. If possible gather children together and form an event play group. Parents can take turns hosting this group. This will allow parents to take turns attending classes, participating in martial activities, enjoying feast, dancing, or attending court.

Once you have formulated a plan that works most of the time and established a routine, you will find that attending events with small children becomes easier and more enjoyable for you and your children.



Camping Safely

By John LaTorre

The SCA in general, and the West Kingdom in particular, bases much of its recreation around camping. For many people, it's the easiest way to construct a medieval-feeling environment with as few reminders of the modern world as possible. And wars like Pennsic, Estrella, Gulf Wars, and Lilies are often the high point of one's SCA activities. But if your familiarity with camping ended with the occasional overnight campout with the Scouts, or you've never camped out at all before, you should be aware of how the camping environment requires some adjustments in your usual life-style.

Safe Camping Priorities

In any outdoors situation, the first priority is staying comfortable. While a full-blown survival course isn't necessary, there are a few important differences between camping and everyday life, and understanding them can make the difference between a pleasant weekend and a miserable one.

We'll look at the three basics of survival -- water, food, and shelter -- as they pertain to camping in the SCA.

Water

In hot weather, dehydration is a real danger. The cure is not simply drinking liquids, but drinking the right kind of liquids. Plain water is fine; so are most juices and sodas. Use coffee, tea, and alcoholic beverages sparingly; they act as diuretics, fooling the body into thinking it's got too much water stored away, and causing it to excrete the "excess." Gatorade and other "sport beverages" are probably not worth the expense unless you're fighting or otherwise strenuously exerting yourself.

When camping, use only the water source approved by the autocrat or landowner. Don't drink out of streams! When in doubt, bring water from your own municipal supply; the chlorine treatment will stay effective for a number of days. Or bring some bottled drinking water.

Food

Food poisoning is avoidable. Make sure that food needing refrigeration is stored in ice chests (yes, with ice in them!). Buy small bottles (or single portions) of mayonnaise or other foods that perish rapidly after being opened.

Wash your hands before preparing food, keep the cutting board clean (particularly after using it for chicken); in short, do everything your mother told you to do. It's important!

Dispose of trash properly. Don't let it accumulate, but dump it at regular intervals to keep down vermin. Dump waste water away from the camping area. Never use the area around a water supply for washing; it's a good way to make the supply vermin-infested, soggy, and otherwise unusable. Think about getting one collapsible bucket for taking water away from the source to your designated washing area and another for carrying the waste water away ... but don't mix them up!

Shelter

We use tents as shelters for sleeping and for staying out of the weather. Let's look at sleeping first, since that's something most of us will be doing sometime during the weekend.

The art of sleeping comfortably simply consists of making sure that, in cold weather, you have some way of keeping your body heat. The first step is to use a ground cloth to prevent moisture in the earth from dampening your bedding. The second is to insulate, either by bedding (at least as much underneath you as on top of you) or by the use of a foam mattress or an air mattress. You don't need to invest in a high-tech sleeping bag if you bring enough blankets and sheets and keep them dry. If it gets really cold, use your cloak as an extra blanket, and wear some clothing to bed.

The safe way to use a wood, kerosene or propane tent heater is leaving the door open a crack when using it, so it can get enough oxygen to burn efficiently. When you're ready to go to bed, **turn the heater off**, and make doubly sure that it is off. **Never sleep in a tent with a burning heater.** If it starts combusting the fuel improperly, it can produce carbon monoxide, an odorless, poisonous gas. When you're asleep, you won't know that this gas is being produced, and it will kill you without you ever being aware that you're in danger.

Getting drenched to the bone is seldom fatal, but it leads to illness by stripping heat from the body. If you don't have a good weatherproof cloak, at least invest in a plastic poncho or rain suit. It's not period, but we're talking health and comfort. And bring a change of clothing.

In a pinch, you can improvise an overcoat with a plastic trash bag by cutting out a head hole and arm holes ... another reason to stash a few extra trash bags in the tourney box.

Pitching Camp Securely

Every campsite is different, but there are a few common principles to observe which will make your camping more pleasant.

First, consider traffic. Are you blocking a traffic lane to the eric or the privies? If you are, you'll have a lot more company than you want, and you'll have it all night long. So leave those vital traffic lanes open. If you can't avoid pitching camp adjacent to a traffic lane, try to keep your guy ropes away from the lane.

Speaking of guy ropes, did you know that you should flag them? It's the law in the West Kingdom, and an excellent idea everywhere! But don't assume that because they're flagged, they're invulnerable.

Many of the sites we use have a lot of wind, which puts strain on the tent's guy ropes. Be aware of the direction of prevailing winds, and orient your tent to minimize the wind's influence on it. To keep the guy ropes from pulling out, here are some tricks that work wonders.

1. Drive the stake in as close to 90 degrees to the rope as possible, and drive it as deep as you can ... not only to reduce the chances of stubbing your toe, but to reduce the leverage of the rope against the stake.

2. Try to put the stakes as far away from the tent as possible, without creating a menace to navigation. The farther away they



Camping Safely continued

are, the better leverage they have.

3. Use longer stakes. Standard plastic or stamped metal tent pegs aren't much good for large pavilions. Use 12" nails with washers, available at about 40 cents apiece from large hardware outlets. In sandy soil, back up these stakes (or replace them) with one-by-twos at least a foot and a half long.

4. Double-line. That is, run two ropes from each point that now has one rope, and stake them down at least a foot or so apart.

5. If your stakes are holding but your ropes are too slippery to hold their adjustment in gusts, adjust the rope and then set the adjustment with duct tape.

Fire Safety

Let's face it. In the SCA, we play with fire a lot. We use it for heat, for light, for entertainment, for cooking. So camp safety must include fire safety.

In its infinite wisdom, the State of California has mandated that all tents sold here be fire-retardant. (This does not mean fireproof. The tent will burn, but its flames will not sustain themselves without additional fuel.) And at large outdoor events, the constables often have fire extinguishers. But that's about as much protection as you're going to get; you'll have to provide the rest yourself.

First, make sure you have your own fire extinguishers if you have a fire, even if it's simply a candle. For wood fires, a bucket of water will suffice. For white-gas or propane stoves, oil lamps, or paraffin logs, you need a "Type B" extinguisher; water won't work, and may in fact spread the fire.

Any fire policies in effect should be strictly adhered to. These policies have often been the only reason we have been able to get fire permits. They may seem like overkill, but they're really not.

Most places we camp allow off-ground fires in fire pits. Your fire pit should be a stable structure, not a washtub delicately balanced on a few rocks. And burn the driest, most seasoned wood you can, not green stuff that throws sparks. And is it too much to remind you to set up a windbreak?

One last thing about fire. Think about the fuel you're wearing. That's right. Clothes burn. And no clothing burns faster or hotter than synthetic like rayon, nylon, or polyesters. You are safest with 100% cotton, leather, or wool. And if you're cooking or tending the fire, tuck those long sleeves away!

If you see a violation of one of the policies listed below, point out the violation to the offender, or let the constables know. It really is important; you could be saving an untold number of people an untold amount of injury, death, and destruction. And if you see any kind of fire burning out of control, don't be afraid to yell out the alarm. Fire often gives you only one chance. Use it.

Common Sense Stuff (Or, Don't Be a Bozo)

Sunburn, etc.

A little sun is good for you, but a lot can hurt you. This will

come as no surprise to those of us who live in sunny climates, but folks from coastal areas need to be reminded of this from time to time. Be sure to bring sunscreen and a hat to outdoor tourneys. These two things can make a real difference in comfort. And stay out of the sun if you can. The ozone layer is probably a lot thinner now than it was in the Middle Ages.

Sharp Things

These include such things as live steel (swords, daggers, and such) and utilitarian tools like axes or hatchets. No matter what the sharp thing is, be sure the area is clear of bystanders before you use or exhibit it. If you're chopping wood, make sure you leave enough room for errant bits of flying wood. You can get into serious trouble by being cavalier about the dangers of live steel. And if you haven't had much experience in using axes or the like, ask a more experienced camper to show you how it's done.

Please keep sharp things away from where children can get at them, and instruct them that such things are not toys. I have seen children "playing swords" with real carving knives. Scary? You bet.

Alcohol

As adults, we have a responsibility to use alcohol in such a way that you do not present a problem to yourself or anybody else. This really is a safety issue, as well as a social one; you can do yourself serious damage in an outdoor environment by getting too drunk to take care of yourself.

Using alcohol responsibly is easy for most people. If you're not one of those people, perhaps you have a deeper problem than we can help you with, and the SCA is not the place for you unless you're willing to forego alcohol altogether when you participate. In the past few years, we have had a rash of alcohol poisonings or other medical crises due to alcohol; we have also seen the usual number of drunken fights, threats and hard feelings. We don't need any of it, do we? So if you're going to use alcohol, it makes sense to do it in the presence of others who can gauge its effect on you and advise accordingly.

Of course, if you've had so much alcohol that you require medical care, the surgeons and constables will do what they can to keep you from hurting yourself. But it's contrary to the Society's dedication to "courtesie" to have made it necessary for someone else to forego their own enjoyment or even their sleep because of something you shouldn't have done, but did anyway.

Also remember that furnishing alcohol to minors is illegal. And it's especially reprehensible from a safety standpoint, because children have less experience in knowing when to quit, and alcohol-induced medical emergencies like dehydration or hypothermia are likely to hit them harder.

There are signs in a lot of factories that say "Safety is everybody's business." And it's true. And safety is mostly being aware of the dangers and using common sense to avoid them. As comfortable as SCA-style camping can be, remember that it's not like home, and you have to pay more attention to heat, cold, and other stresses of the outdoors.

*13 good reasons why chocolate mousse isn't medieval*

By Jehanne de Huguenin

For some reason, if I ask the Herald for suggestions as to what I should make for a potluck, he usually says "Chocolate mousse." To which I invariably answer "It isn't period," or, occasionally, "It's not period, dammit!" I am sometimes tempted to assume that the Herald's harping on this theme is deliberately unhelpful and designed merely to irritate. However, mature reflection suggests that such a chivalrous and noble individual could never stoop to those depths. He must therefore be sorely afflicted with (a) a liking for chocolate mousse, and (b) ignorance. While I am unable to indulge (a) within the scope of this society, I can certainly address (b), which I do below, at some length.

As an added bonus, at no extra charge, and for purposes of discussion, I reproduce below my favourite Chocolate Mousse recipe. But straitly do I charge all gentles of the Shire to pray remember that it is a bastard and upstart recipe, having no place in our Current Middle Ages; for reasons which I hope I shall be able to demonstrate.

VERY UNMEDIEVAL CHOCOLATE MOUSSE

250ml caster sugar

250 ml cocoa powder

125ml strong black coffee

4 eggs

250 ml cream

dash of rum or brandy

50g walnuts or pecan nuts

Stir sugar, coffee and cocoa over low heat until well mixed and smooth. Beat egg yolks until pale and thick and beat in chocolate mix. Cool to room temperature. Whip cream to soft peaks and fold into chocolate mixture with nuts and rum/brandy (nuts and alcohol are optional). Beat half of egg whites until stiff and fold into chocolate mixture (also optional). Refrigerate and allow to set.

Other variations on the chocolate mousse concept use chocolate instead of cocoa, or set the mix with gelatin.

This discussion is based on my experience of medieval cookery, which I define for my own purposes as ending somewhere around late 15th century or early 16th. From the 16th century onwards, the development of cooking techniques brings the recipes and concepts much closer to our familiar modern cuisine, and they lose their distinctive medieval character to some extent. Chocolate mousse has perhaps the most in common with an Elizabethan illusion food called "A dysshe of Snowe", but I don't define that as a medieval dish. (I've reproduced it at the end of this article, just for fun).

Chocolate mousse? It's not medieval. Here's why:

1. According to the *Oxford English Dictionary*, the word "mousse" appeared first in the late 19th century (1892, a recipe for Chestnut Mousse in an *Encyclopedia of Cookery*). The OED

isn't great on cookbooks, and there are probably earlier examples that they haven't found, but not that much earlier: 1892 is very far out of our period indeed. The OED suggests that the word "mousse" developed from "moss", which is "a kind of fine sugar work, made by confectioners, in imitation of moss" (Edward Phillips, *The New World of English Words*, 1706). So we could have a mousse in the 19th century or a moss in the 18th and probably 17th. Still way out of the SCA period.

2. Chocolate. This was discovered in South America by the Spanish explorers of the early sixteenth century; to the best of my (admittedly limited) knowledge chocolate or cocoa do not appear as an ingredient in any cookery books of our period. Cortez and the boys were familiar with it, but it took a while to permeate to the rest of society. In 1604 a dictionary definition describes it as a drink of the South American Indians; it has appeared as a Western confectionary by 1659, at six shillings and sixpence per pound for the best sort. It would have been far too expensive for extensive use as an ingredient in sweet dishes.

3. Cocoa powder. This is the crushed cocoa bean with the fat and moisture removed. When chocolate did start to become known in the West, it was as a drink. The Mayans used to drink chocolate with boiling water and spices, including chilli; these were added to a crushed paste of the beans. Spanish missionaries added sugar, cream and vanilla to the cocoa bean paste, producing the cocoa drink beloved of the seventeenth and eighteenth century nobility, who drank it in the morning when they woke up. Cocoa powder is a comparatively modern invention, and its original users would not have known it flavoured with sugar.

4. Caster sugar is a modern concept: while finely-ground sugar was undoubtedly known to the medieval cook, any recipe requiring it would specify that it needed to be specially ground and sifted to make it finer. In my experience of medieval cooking, finely-ground sugar is generally used only in later-period or Renaissance recipes for sweets such as sugar plate.

5. There is a lot of sugar in this recipe. In the bulk of medieval recipes, sugar is treated more as a spice than an ingredient; for example, it is one of the components of the spice mix known as *poudre douce* (the Goodman of Paris's version has sugar, ginger, cinnamon, cloves and grains of paradise). Most recipes calling for large quantities of sugar, such as sugar plate, seem to be Renaissance or Elizabethan dishes; these are much closer to modern cuisine, and are not true medieval foods.

6. Coffee. This was known in the West in our period, as a strange concoction drunk by the Turks. It was only in the seventeenth century that it became a fashionable drink. It spread pretty quickly: Samuel Pepys describes frequent trips to coffee houses in his diary of 1664 (in one such visit he records drinking "chocolata" as well as coffee). But coffee does not appear as an ingredient in any medieval recipe I have ever seen, and even as a beverage its use is much later than our period of interest.

7. Rum or brandy. Maguelonne Toussaint-Samat maintains that distilled spirits were known to the Arabs for centuries before



13 good reasons why chocolate mousse isn't medieval continued...

the West caught on; perhaps as early as 450 A.D. She also claims that the eau-de-vie made by the French in the fifteen century was a distilled essence of wine, while the Irish were doing something similar with cereal products. These were not widely drunk, however, and I have certainly never come across a medieval recipe of any sort which calls for a spirit ingredient. I suspect the stuff was too precious.

8. The melting of the cocoa and sugar in the liquid of the coffee is unlike any method I've ever met in medieval cooking, with the exception of some 14th-century Andalusian recipes for lemon or pomegranate syrup (as a beverage). In period dishes of my experience, a heated syrup is far more likely to be honey than a sugar syrup. Also, cocoa beans were roasted and ground and boiling water added to make the seventeenth century beverage; the powder was not heated in the water.

9. Beat the egg yolks until pale and thick? Whisk the whites until stiff? This method of introducing air into a mix was apparently unknown to the medieval cook. The most we have is an instruction to pass the egg through a strainer, and this doesn't seem to introduce air at all. The OED records the use of a "whisk" for beating egg whites, but the earliest mention - 1666 - was Boyle's *Origine of Formes and Qualities*, a basic physics text rather than a culinary treatise. It's only with Hannah Glass's cookbook in 1747 that we have an injunction to "beat the whites of the eggs up well with a whisk". Not in our period.

10. While egg yolks and whites were often separated, it was usually only in order to use one or the other. There seems to be no concept of separating the egg only to whisk the white and recombine them, in the body of medieval recipes.

11. Folding? Most medieval recipes require mixing or beating; they don't ever specify the very careful and specific process of folding an aerated substance back into the mixture so as not to flatten the introduced air. If air is to be introduced into a mixture, it's by prolonged beating of the whole mix, sometimes for hours; not by whisking and folding. (A good example of a beaten mixture is Prince-Bisket (Hugh Plat's *Delights for Ladies*, 1609), a light, aniseed-flavored cookie with a texture like rather tough and glutinous meringue).

12. Some mousse recipes call for gelatin. While there are jellies described in the medieval recipe books, these are meat jellies, using the natural gelatinized broth of the meat (e.g. Harleian MS. 279 - Gelye de chare, a fancy dish of jellied pork and chicken; there are also several recipes for meat jellies in the 14th century *Goodman of Paris*). The only jelly-like sweet recipes I know are dishes known as a leach or leche, effectively a milk jelly (e.g. A leche of divers colors, from Murrell's *Daily Exercise for Ladies and Gentlewomen*, 1617). They are set with isinglass, a gelatine made from the bladders of fish (yech), and they are Elizabethan rather than medieval recipes.

13. Chocolate mousse is a dessert. This means it's a light, sweet dish served at the end of a meal, either on its own or with other light, sweet dishes. This was not a characteristic meal order in

the Middle Ages. Sweet dishes - fruit tarts, cream custards, etc - tended to be served as part of a meat course. The closest we have to a dessert course is the final course, which usually consisted of spiced wine, nuts, oranges, and wafers (a sort of a cross between a waffle and a biscuit - a sweet or savoury batter cooked on a hot plate to make a thin, crispy biscuit).

An Elizabethan mousse-like thing

The closest thing to a mousse in the Elizabethan cookbooks is an illusion food that recreates a snow-covered bush; it is made with cream, sugar and egg whites whisked together.

To make a dyschefull of snowe

Take a pottell of swete thyke creame and the whutes of eyghte egges, and beate them altogether with a sponne, then putte them in youre creame and a saucerfull of Rosewater, and a dyshe full of Suger wyth all, then take a styke and make it clene, and than cuytre it in the end foure square, and therwith beate all the aforesayde thynges together, and ever as it ryseth taek it of and put it in a Collaunder, this done take one apple and set it in the myddes of it, and a thick bushe of Rosemary, and set it in the myddes of the platter, then cast your Snowe uppon the Rosemarye and fyll your platter therwith. And yf you have wafers caste some in wyth all and thus serve them forthe. Anonymous, *A Proper newe Booke of Cokerye* (before 1575).

SOURCES

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The Oxford English Dictionary, second edition.

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*Baron Ruland von Bern,
June Investiture, 2008*



Six Steps to Enhance Your SCA Experience

by Modar Neznanich

You've just started coming to SCA activities. Perhaps a friend brought you along or maybe you got invited to attend after seeing a demo or possibly you discovered the SCA was having meetings in your area and came on your own. However it happened, you now find yourself amongst a group of people doing various things, many of which you don't know anything about. It can be a tad bewildering at first. So how can you get oriented to this very different world? How can you get involved and begin having some fun? Here are a few pieces of advice...

1. Introductions You will discover that SCA folk are friendly. So don't be shy about introducing yourself. Most people will be courteous and respect what they think is your desire to be left alone if you hide at the edges of the room. Additionally, SCA members are often involved in catching up on what happened since they last saw each other and may not notice a new face until you walk up to them. But if you approach people and say "Hi, my name is X and I'm new. Would you tell me what's going on?" they will gladly introduce themselves and explain things to you.

2. Be Inquisitive Don't hesitate to ask questions. As you hear conversations, don't be afraid to ask for an explanation of some term or activity you don't know or understand. We were all new to this organization at one time and had to learn the "ins and outs" of things. If an activity is going on that's new to you, ask what it's about and the history behind it. If you hear about an activity that you might be interested in or notice someone working on a project that makes you curious...ask about it and how someone gets involved in it. You're not required to do it simply because you asked about it, but you may discover some new hobbies along the way by asking!

3. Orient Yourself There are a variety of ways in which SCA groups help new people get adjusted. Some offer newcomer classes, others provide information packets and a few have a "big sibling" program. No matter what your new group offers, take advantage of them. Doing so will help you feel at home in the SCA quicker. Another thing is to give yourself adequate time to acclimatize to the SCA setting. It is usually suggested that you attend a minimum of four SCA meetings before deciding on staying involved in the SCA or not. This gives you a chance to gain a broader perspective of the organization and what it has to offer. Some activities do not occur at every meeting. And some gentles are not able to attend all the functions. Additionally, if you can attend one of the full-blown weekend events, you get to see the activities and business handled at meetings put into action. By giving yourself time to experience more things and interact with more people, it allows you to have a much truer scope of what the SCA is about.

4. Participate The SCA is very much a participatory organization. As some have stated, you get out of the SCA what you put into it. By getting involved in doing one or more of the activities, you discover the fun the SCA offers. Instead of just reading about the Middle Ages, we are trying it out in a hands-on manner. Taking part lets you interact with folks, make new friends and possibly find talents you never knew you had. Everyone participates to the extent they feel comfortable with. Don't be afraid to share your knowledge. If you already know a craft that applies to the Middle Ages, you will discover that there are folks who will be willing to learn from you. If there's something you want to learn about, most likely there's

someone in the kingdom who's interested in it too and would love to compare notes with you. But give yourself time also. You needn't rush into things and try to sample everything in the first few months. There's plenty of time to dabble in a wide variety of things as you participate in the SCA.

5. Clothes Because the SCA is a participatory organization, the wearing of medieval clothing (many times referred to as garb) is suggested for meetings (and required for the weekend events). Thus you need to get at least one basic set of medieval clothing. It need not be overly fancy, a simple tunic and pants will do to start. Ask your group about making simple garb. If you can't sew, ask about putting together a reasonable approximation of medieval clothing out of modern clothes. Additionally, some groups have "Gold Key" garb which is loaner clothing available for folks until they get their own.

6. Expectations There are two general areas of expectation in the SCA... comportment and fiscal responsibility. The comportment area is simple: be polite, lend a helping hand when you can and don't pick up another person's things without asking permission first. The fiscal aspect is also straightforward. Just like belonging to any club there are financial obligations to consider. Most groups have

to rent the site to hold their meetings. If so, then that cost is usually covered by donations from the members attending. If site donations are asked for, please consider putting in a dollar or two as you can. Another expense that everyone has is their "gear". Whether it's clothing, jewelry, armor, weapons, feast gear, etc...it requires an investment to have the items you need to participate. Realize this up



Iskander ibn Hider and Jalid ibn Hider practice with the catapult at June Investiture, 2008



Six Steps continued...

front. Sometimes newcomers expect everything to be provided to them, and that's just not the case. Except for children, each person is expected to be an adult and to take responsibility for themselves and their gear. Now that can sound a little scary at first, but realize that everyone you see who is wearing fancy clothing or armor started out without anything also. Also realize that not everything has to be purchased...many folks have learned to make a lot of their own gear and you will find that they are quite willing to

teach you to do the same. Others are willing to trade the things they can make for things that you can make. So, whether it's items to use, activities to participate in or anything else, your SCA group can help you with suggestions, but you are ultimately responsible for your SCA experience...with just a little effort you will find it reaps great rewards!



HL Brigit of Guernsey demonstrating dyeing with indigo at Eggil's, May 2009

Toward a More Period Encampment

By John LaTorre

The SCA is, in a nutshell, a theater. In this theater, we wear costumes and play parts. Most of us aren't perfect actors, or make perfectly accurate costumes, but we all realize how important these activities are to the success of an event.

There's another vital element in nearly every theatric endeavor, and that is building the set, and finding the right props for the drama. This attention to the backdrop behind all our SCA activities is just as important as the costumes; it is, in fact, the costume our environment wears. That's why a lot of us make banners and buy those big tents, and use candles instead of Coleman lanterns, and make or buy medieval-style furniture instead of using metal folding camp chairs.

Of course, not everybody does this. And hardly anybody starts out in the SCA this way. It can be a big drain of time, money, and effort, and some people quite rightly feel that there are other aspects of the SCA (or life itself) on which these precious resources can be better spent.

At some point, though, most people want to improve their "kit" in some way. Some buy big pavilions because they want to camp within eyeshot of the tourney field, where pavilions are often required. Others become interested in how our ancestors cooked over fire, or made furniture or jewelry or pottery or whatever, and find that the best way to learn about it is to try their hand at it. Some have had the fortune of visiting a camp where people have worked hard to make every artifact as close to period as they could, and discovered for themselves how these camps can become time machines, transporting us from the twenty-first century to the Middle Ages. For many of us, our first exposure to the "time machine" effect was at a feast, where most of the setting had been arranged beforehand. We realized that there was real magic to be had there, once we had banned the modern artifacts from our sight.

Like nearly everything else in the SCA, there are degrees to

which authenticity be taken. For some folks, it's not a big priority. They don't mind sleeping in a dome tent and cooking on a propane stove set up outside, and they happily set up camp where it won't be seen from the main tourney ground. For others, it's a vital component of the SCA and without it, events would not be worth going to. Everybody else is somewhere in between. At the very least, we should all realize that we're bound to intrude on somebody else's "theater set" from time to time and we should look the part, drinking from a mug instead of a beer bottle and leaving the iPod back at camp.

Among those who view their campsites as part of the theater set, there is a rule of thumb that some find useful. It's called the "ten-foot rule" (or, for those in more progressive countries, the "three-meter rule"). Simply stated, the rule is: If it looks authentically medieval from a distance of ten feet or more, it passes the test and can be used in the encampment. Many people would expand that rule to say that if it doesn't look glaringly modern from ten feet away, it belongs in the encampment. There's a subtle difference here. For example, a tent made of a modern canvas like Sun-forgoer wouldn't look like a tent made of a period-weave cloth, even at a distance of ten feet, so it might not pass the test in its stricter formulation, but as long as it doesn't call attention to itself for the average SCA participant, it would easily pass the broader test.

I must stress that this is a continuum, not a set of gradations. Thankfully, there is nobody walking around your tent with a checklist, adding points for hemp ropes and subtracting them for metal grommets and wire-spike tent stakes. We are continually making compromises because of constraints of money, weight, set-up time, and availability of materials. (More on that later.) This article is about how to get around some of these constraints, and how to best use your resources to create a period camp. There are four basic strategies: Hide, Disguise, Periodize and Compromise.

Hiding (or: "Pay No Attention to the Man Behind the

*Toward a More Period Encampment*
*continued***Curtain")**

The cheapest and easiest way toward a period encampment is simply to hide the offending articles. This can be done, in the case of ice chests and chairs and such, by simply throwing a piece of cloth over it. Tablecloths can usually be had at thrift stores for a dollar or two. They may have a minor defect, like a stain or a small hole, which doesn't detract from its function.

Obviously, this technique doesn't work very well for larger things like tents, but even these things can be hidden from view using a fabric wall made of old bed sheets. Many people have started their encampment by making or buying a simple sunshade, for which they improvise a back wall using curtains, bed sheets, or fabric drop cloths from the hardware store. The back wall conceals all the modern stuff behind it.

Once you buy or make a period tent, it's easier to hide the stuff out of the weather; you simply put it inside the tent and keep the door closed. That's pretty much how I got started. Everything inside the tent was modern, but nobody could see it. As I replaced the components, bit by bit, I could leave the door open a little wider to expose the nice period bed and the wooden boxes that replaced the plastic totes. I still like to set up a propane stove on an aluminum table in my tent, but it all goes on one side of the tent. When I want things to look pretty, that side is curtained off.

Disguising (or: "That's an Ice Chest!")

Sometimes the modern article can be disguised as a period artifact. For example, an ice chest can be built (or enclosed) inside a six-board chest. This practice is usually the next step for those who like modern conveniences but want to make their campsites more period looking. For purists, it's also the first step down the road to Hell; they rightly point out that if you're constructing a modern but "period-looking" artifact to fill a need in your encampment, why not devote a little more time and effort into constructing a truly "period" artifact to do the job, or redesign your camping style to eliminate the need? Duke Cariadoc of the Bow, for instance, doesn't like the idea of ice chests but, instead of hiding one or making one that looks like a period-looking chest or a box chair, he simply foregoes the use of ice altogether (and solves another problem, that of having to wait in line for half an hour at Pennsic and get it back to camp).

I sometimes take that road myself, but most of us have become used to refrigeration as a matter of taste (cold beverages), safety (keeping meat and milk from spoiling) or necessity (keeping medications cold). For them, it makes sense to keep the ice chest in their gear, but they delight in making them look like period artifacts. Similarly, I've seen people put cold-drink dispensers inside barrels (with suitably modified spigots) and electric lights into lantern shells. You could, for a while, buy a cover for your PDA that looked just like a wax tablet. There is no end

to the ingenuity that folks have applied to the problem, and it's become a distinct subset of the SCA camping experience.

Periodizing (or: "Out with the New, In with the Old")

For me, "periodizing" means gradually replacing the modern stuff with their period equivalents. I've already mentioned the practice of gradually phasing out your plastic totes with period boxes, either bought or built. In the same way, when the metal cot you've been using finally bites the dust, you can replace it with a period bed. Or maybe it's finally time to replace the director's chair with the Glastonbury chair you've been lusting after for the last three years. The point to remember here is that for most people, this replacement process is very gradual, and usually driven by need. As items get worn out or broken, you replace them; depending on your finances and your schedule, you can replace them with identical modern pieces or with period pieces that serve the same function.

At some of the period encampments I've participated in, my fellow campers take pride in showing me something new that they've made or acquired. With each acquisition, they take one more step toward the encampment they envision for themselves, **Compromising (or: "Well, that's good enough for now.")**

When it comes down to it, we all are forced to make compromises in the stuff we have. Otherwise, we'd be furnishing our camps with actual pieces of medieval furniture (stolen, no doubt, from museums). At its core, the very style of camping we do is a compromise between absolute authenticity and the SCA style of re-creation. We can't forage for fuel on site, or cut down trees for building materials. We gladly eschew the pleasures of the medieval field toilets in favor of modern chemical toilets. We probably use a lot more soap and toothpaste than our predecessors ever did. So every one of us, even the purist, accepts compromise as part of the game.

Take lighting, for example. In period, people used primarily rush lights (which seldom burned cleanly), oil lamps (which were fueled with vegetable oils and rendered animal fats rather than kerosene), or candles (which required constant trimming because the self-trimming wick was still in the future). Most of us would rather use kerosene-based lamp oils and modern self-trimming candles instead, and these would not be out of place in most of the period encampments I've encountered.

Another compromise I've made is placing a modern fire extinguisher in a conspicuous place, near my fire pit. Yes, it looks modern, but in this case, that's a virtue, not a vice. If I had disguised it or hidden it, a person looking for it might not readily see it, and lose precious seconds that could have made a difference between a promptly doused fire and an incinerated tent. I am willing to accept the compromise in the interests of safety.

And I've made other compromises, too. My sunshade is constantly used for meetings, and people who attend them might



Toward a More Period Encampment
continued

have brought their own chairs and drinking vessels; not a few of these are the modern articles, which one would not normally find in my camp. But I make an exception here authenticity is all well and good, but hospitality is the greater virtue. I would rather have an encampment where all who are invited feel welcomed, rather than an historically accurate diorama where nobody feels comfortable.

Opportunities for "Period" Camping

The West Kingdom doesn't offer many structured environments for period camping, such as dedicated areas at tourneys or wars. The only requirement codified into kingdom law is that all tents visible from the eric must be of a period design. In keeping with the spirit of this requirement, you are encouraged to go beyond the minimum garb requirement. If you're camping or socializing a lot on the eric, so as not to ruin the effect.

Other than that, it's pretty much up to the households themselves to determine how "period" they want their campsites to appear. Nobody expects you to show up at your first event with a completely authentic campsite, but the people you're camping with will appreciate any efforts you make to keep the modern stuff hidden.

At some of the major inter-kingdom events like the Pennsic War, the Estrella War, and other get-togethers marking special occasions, you may find special areas set up for those who want to camp in a period manner. As you'd expect in an SCA environment, these range from those who merely wish to present an historically correct appearance to those who wish to do everything -- cooking, fire lighting, acting in "persona" -- as authentically as possible. The standards are set, again, by individual households and are applied only to the area in which that household is camping. Of these venues, the Estrella War is unique in having a period encampment that is not based on households, but is free for anyone to participate in. It's adjacent to an area where period crafts are practiced, to heighten the illusion of being out of the modern era.

If you've been visiting at bardic circles, you're already aware that these circles vary widely in their musical or dramatic tastes. Some strive for period-sounding material only, some will tolerate filk,

and some accept anything. It's the responsibility of the performer to find out what the house rules are and abide by them. The situation is really not that different at period encampments.

These rules aren't always straightforward. For example, I was offered a drink at Duke Cariadoc's "Enchanted Ground" where people are expected not only to present a period appearance but to stay in persona. In that spirit, I accepted the offer but apologized for the glass mug I happened to be carrying at the time. I was outside the encampment's boundary and he was inside it. His Grace stepped over the boundary rope and, as he filled the mug, he gently instructed me that it would have been better if I had not called attention to the mug's nature at all, and instead simply presented it as a mug whose nature Cariadoc could choose not to notice. That's one of the rules of the game he plays, and I abide by it when I'm at his camp.

And I must add that there were no hard feelings; rather than take offense that I didn't play the game properly, he was delighted that I was playing at all. This attitude is typical of those in period encampments, so it's a mistake to think that you shouldn't attempt to play the game because you might misunderstand the rules. Remember, everybody was new to the SCA at one time, even the people at the First Tourney in 1966. If we were all too shy to try something new, the SCA would have never come into existence at all!

Some may find these requirements stifling, but I would encourage you to at least visit their encampments and try to play their game. If you like it, you can spend more time in it or even arrange to camp there in the future; if not, at least you'll have seen some variants of the SCA experience that you might not otherwise have experienced, and you'll have gained an appreciation of what the SCA means to other people.



Encampment, June Investiture, 2008

*Decorating Pavilions in a Period Fashion*

By Baron Terafan Greydragon

Pavilions have been decorated throughout history. Many people in the SCA have a very simple pavilion with plain white walls, or plain walls with a valance or dagging around the edge of the top.

There are so many good examples of decoration techniques, from colored designs on white cloth, to colored designs on colored cloth. We have 13th century examples from William of Tyre showing colored tops with designs (figure 2) and plain white pavilions with simple designs around the edges (figure 3). I have provided nine different photos of 14th century examples. In particular, notice the top photo on each of the last two pages (figure 4 through figure 12). These photos show multiple types of design and decoration, from very fancy dagging, to intricate designs including gothic arches and intricate knotwork valances. The image from the Codex Manesse (fig 6) shows simple lines on the roof, and a fancy leaf design in color on the valance. Simone Martini shows us simple lines with coats of arms (fig 12). The 15th century is plentiful in its examples of designs, especially due to the detailed images from Jean Froissart in the Froissart Chronicles. (Figures 5, 10, 11, 12, 13, 14, 15, 16, and 17) Here we see many very fancy pavilions from the full color versions with gold vines (fig 19 and 21) to full color with heraldic designs or either France or England (fig 20), to plain white with intricate blue designs (fig 17) to simple color changes (fig 13) or simple patterns (figs 14 and 15). Two other illuminations show us full color with gold design work in figures 26 and 27.

The 16th century has its well known pavilions as well. Certainly everyone is familiar with the Field of the Cloth of Gold (figs 29 and 30), but there are lots of plain white pavilions with fancy single color designs throughout the illuminated scrolls in Das Epos des Burgunder Reiches, (figs 31 through 40). We also have the tents from Codex René d'Anjou (King Rene's book) in figures 41 and 42. Additionally there are woodcuts and engravings (figs 43, 44, and 46) that show us great detail and design.

So, now that we know there are lots of designs to choose from, how do we go about decorating our pavilions? There are a couple of different ways to accomplish it, including embroidery and painting.

I find the easiest method is paint, so I will focus on that. There are two different types of paint that work well. You can use normal exterior latex house paint or you can use fabric paint. The problem I find with fabric paint is that it normally comes in very small bottles (which makes it costly), and it isn't really designed to be submitted to the weather conditions that tents are in.

When using paint. The trick to painting is 1) use EXTERIOR latex and 2) thin it 1:1 with water.

Exterior latex is easy to thin, easy to mix, easy to clean up, and dries to a waterproof finish. The reason it needs to be thinned is two-fold. First, you want to have adequate color penetration of the tent fibers to get a good hue and not leave little white spots.

Second, you don't want to "glop" it on because it may crack and flake off. Thinning the paint (1:1) with water provides a nice even penetration with a thin enough coating that I have not had any cracking or flaking in the last several years I have been using my pavilion. I painted my pavilion in 1998.

The advantages of EXTERIOR latex is that it has been designed to withstand a wide variety of weather conditions from intense sun and heat, to constant rain, to extreme cycles of wet/cold and dry/hot. The color is designed to not fade. The advantage of latex, is that since latex is a type of rubbery plastic, the paint will flex with the tent, and you won't have problems with it cracking or flaking as you repeatedly fold and unfold your tent.

ADDITIONAL SOURCES

Web Information

Places to find lots Grandes Chroniques de France and Jean Froissart's Chronicles on the web is at the The Bibliothèque Nationale de France with 1,000 Illuminations from the Age of King Charles V (1338-1380) at <http://www.bnf.fr/enluminures/aaccueil.htm>

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All the photos that are referred to in this article may be found here: <http://www.greydragon.org/library/tentpics/index.html#13th%20century>



Gothic Arch Breakdown Chairs

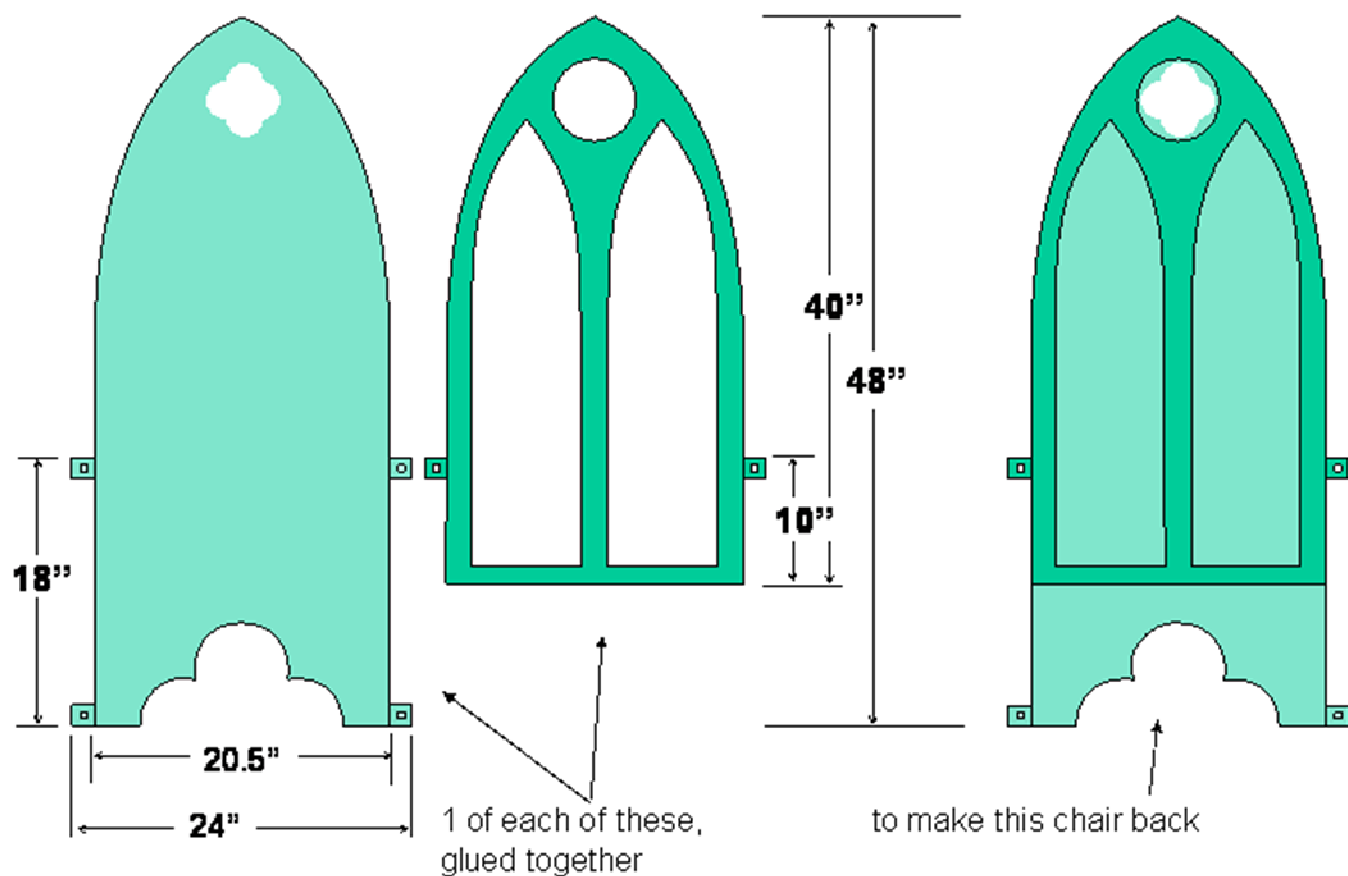
By Baron Terafan Greydragon

This style of breakdown plywood chairs is very popular throughout the SCA. However, many chairs of this type are very plain and don't really add much medieval flavor to an encampment or court setting.

At Pennsic XXX, Sir Kragon of Land's End had the first set of stylish chairs I had seen, and so I took these photos of his chairs. The quatrefoil cut-outs had been gold-leafed, but the gold was mostly worn off.

I developed a set of plans for the chairs, and made my own improvements by making a set of arm rests that are wider and more comfortable than the simple edge of the plywood. Here are my chairs. The photos are thumbnails of the larger images. The gold leaf is shiny because it is very new.



**Gothic arch break-down chairs.****Original idea by Sir Kragon of Land's End. Plans by Master Rhys Terafan Greydragon***Jelabs, Sekanjabin and Oxymel: Oh My!*

By Maestra Serena da Riva

Given that the theme of this month's issue is "how to keep cool" at events I thought it might be fun to present a little bit of information on what has come to be referred to as "period Gatorade". This particular refreshment was introduced to the SCA by Duke Cariadoc of the Bow in a self proclaimed attempt to find a replacement for Iced Tea. While it was not used by the "European" cultures it appears that it was common among the Islamic cultures.

To quote His Grace from his *Miscellany*

Note: This is the only recipe in the *Miscellany* that is based on a modern source: *A Book of Middle Eastern Food*, by Claudia Roden. Sekanjabin is a period drink; it is mentioned in the *Fihrist*

of al-Nadim, which was written in the tenth century. The only period recipe I have found for it (in the Andalusian cookbook) is called "Simple Sekanjabin" (see below) and omits the mint. It is one of a large variety of similar drinks described in that cookbook—flavored syrups intended to be diluted in either hot or cold water before drinking.

Sekanjabin

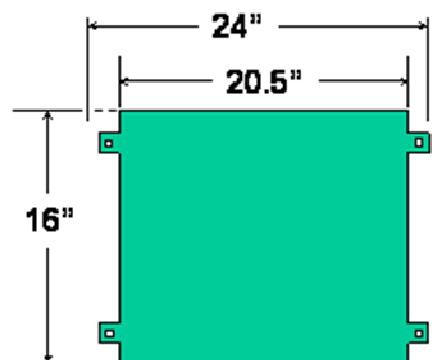
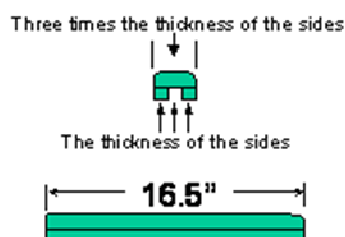
4 cups sugar
2 1/2 cups water
1 cup vinegar
handfull of fresh mint

Dissolve sugar in water; when it comes to a boil add the vinegar. Simmer for 1/2 hour. Add a handful of mint, remove from fire, let

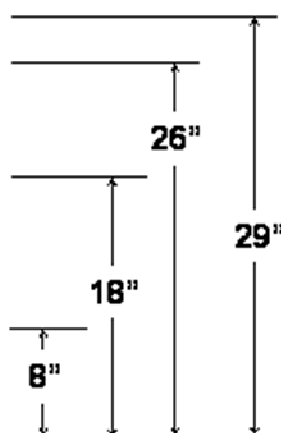
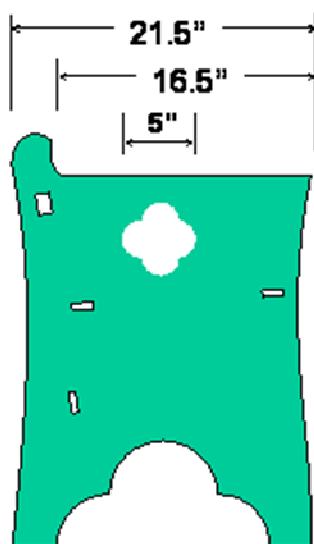


Gothic Arch Breakdown Chairs continued...

Cut/assemble two of these arm rests



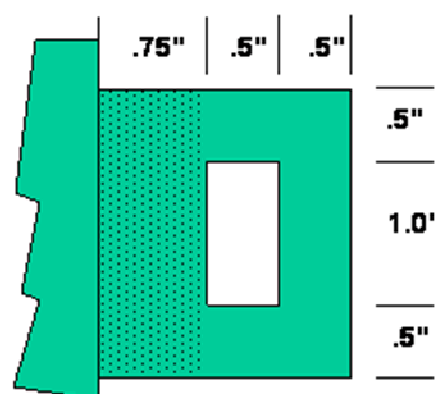
Cut one chair seat



Cut two of these chair legs

Detail of the peg slots

The left space (shaded area) is the **thickness** of the sides of the chairs.
(I used 3/4" plywood.)



Jelabs, Sekanjabin and Oxydel: Oh My! Continued...

cool. Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration.

The period recipe to which His Grace refers is from the Anonymous Andalusian Cookbook, translated by Charles Perry. This text is extensive collection of recipes from 13th century Moorish Spain. The actual text for the drink is thus:

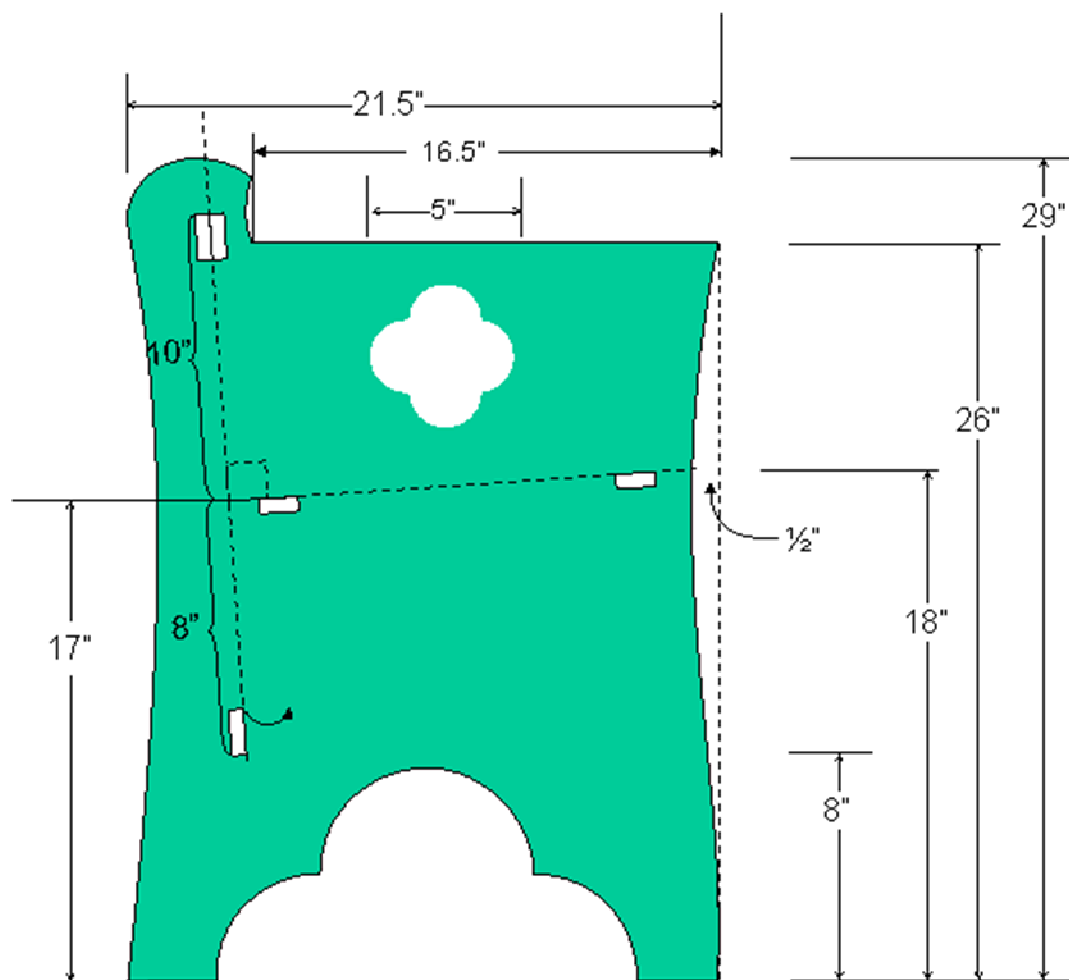
Syrup of Simple Sakanyabin

Take a pound of strong vinegar and mix it with two pounds of sugar, and cook all this until it takes the form of a syrup. Drink an ounce of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sakanyabin syrup is beneficial in phlegmatic fevers:

make it with six ounce of sour vinegar for a pound of honey and it is admirable ... and a pound of sugar; cook all this until it takes the form of a drink. Its benefit is to relax the bowels and cut the thirst and vomit, and it is beneficial in yellow fevers.

Also found in this same text is a fairly lengthy list of other jelabs (a group of syrups of which Sekanjabin is a member) that includes the following base flavors: mint, rose, violets, hyssop, basil, pomegranate, sour grape, lavender, lemon, jujube, thistle, tamarind, carrot and apple. In addition to the base flavor, each jelab has other components that enhance the differences between the syrups.

Upon reading the different recipes many members of the SCA have found inspiration to "doctor up" their own personal versions of refreshing jelabs. A brief perusal of *Stefan's Florigium* pro-

*Gothic Arch Breakdown Chairs continued...*

Position the seat slots so the rear of the seat is 1" lower than the front.

Make the line of the slots for the back perpendicular to the seat, (dashed line)

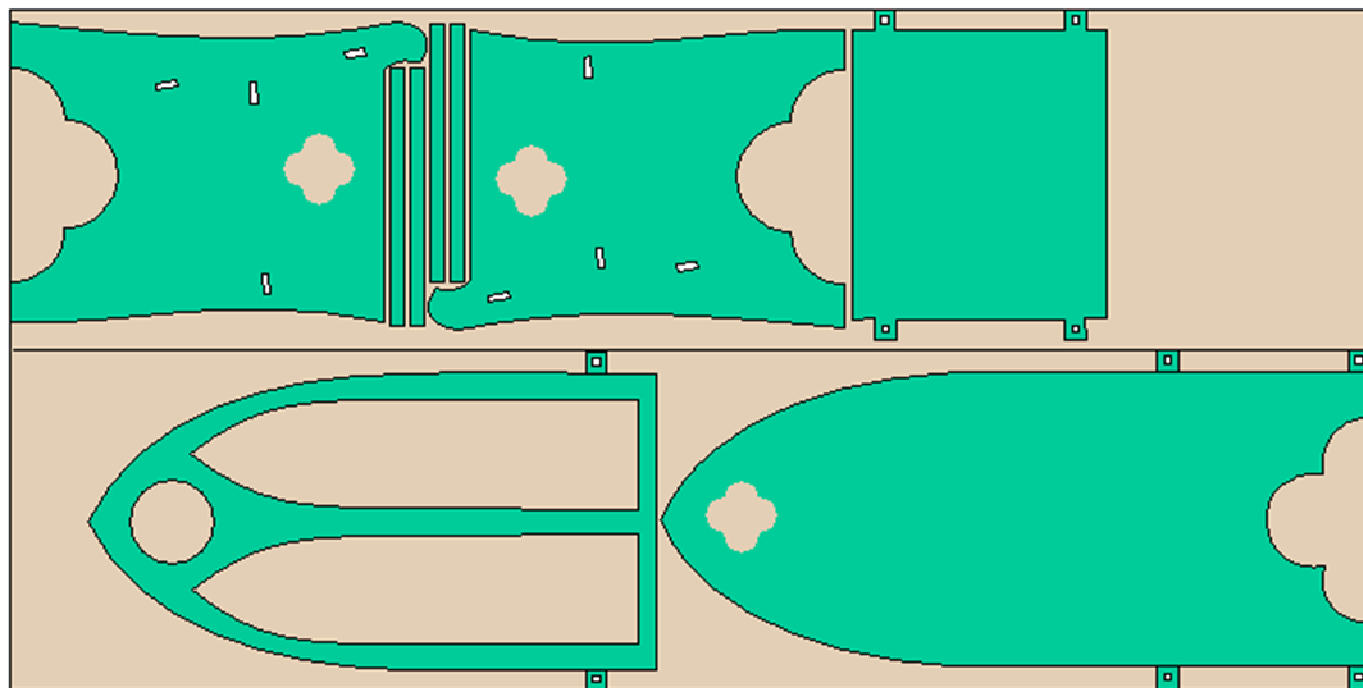
Jelabs, Sekanjabin and Oxyamel: Oh My! Continued...

vided some very interesting suggestions. One good gentle suggested the use of Mint Herbal Tea bags if fresh mint was unavailable, this suggestion was accompanied by a warning to make sure the ingredients are 100% mint and contain no actual tea. A second supplement that was recommended by several gentles was the addition of slices of fresh ginger during the steeping process.

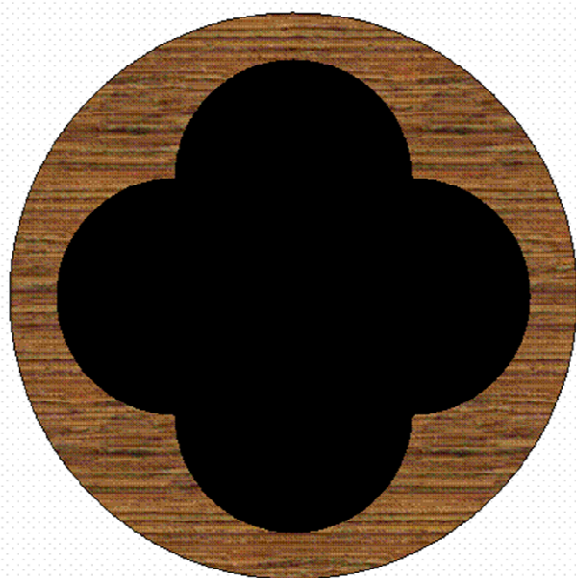
The flavor of the drink can be further refined by playing with the constituent ingredients. Different flavors and quality of vinegar will drastically affect the end result, as will the flavor of the mint. One interesting suggestion was the substitution of fresh Lemon Balm for the mint. Lemon Balm is documentably period and in the mint family but with a distinct flavor all of its own. The third primary ingredient, sugar, can also be varied to achieve different results. During a late night porch discussion at

an event, Mistress Rosamund of Mercia opined that the tastiest sekanjabin she had ever sampled was prepared with the lightly processed, brown, cone sugar that can be found in Hispanic markets.

Varying the sweetening agent is where one will venture into the area of a more distinctly European beverage. By replacing the sugar with honey you will create Oxyamel. The earliest mentions of Oxyamel can be found in Hippocrates' *On Regimen in Acute Diseases*. This ancient Greek source (460-380 BC) mentions Oxyamel repeatedly with explanations for its proper use in medicinal treatment but does not provide a recipe for the drink. In Greek Oxyamel literally translates to "acid-honey" providing us with a basic recipe of vinegar (acid) and honey, with the diluting water being self evident.

*Gothic Arch Breakdown Chairs continued...*

One method I lay out the chair pieces on a 4' x 8' sheet of plywood, but it is better to make 2 chairs using $\frac{1}{2}$ " plywood for the backs and $\frac{3}{4}$ " plywood for the seat and sides



Full size quatrefoil pattern
(2.5" circles just touching in the center, 5" total) on a 6" circle



Lanterns

These lanterns were created by Master Dafydd and Master Terafan based on a design of Master Dafydd's.

They use small liquid paraffin lamps.



The lantern as seen from the "front" although the angle doesn't really matter.



From the "back" showing the small wooden rod used to raise and lower the candle/lamp for lighting



Showing the lamp raised for lighting. The lamps come out in order to be refilled

They are fairly easy to make. The parts list is:

- 1 piece $5\frac{3}{4}$ " x $5\frac{3}{4}$ " (for the top)
- 1 piece $4\frac{3}{4}$ " x $4\frac{3}{4}$ " (for the bottom)
- 4 pieces $3\frac{1}{2}$ " x $3\frac{1}{2}$ " x $\frac{1}{4}$ " thick (for the decorative sides)
- 4 pieces $\frac{3}{4}$ " x $\frac{3}{4}$ " x 6" long (for the corner columns)
- 1 piece $3\frac{1}{8}$ " x $3\frac{1}{8}$ " x $\frac{1}{4}$ " thick (for the inside base)
- 1 piece of $\frac{1}{4}$ " dowel x 8" long (for lifting rod)
- 4 pieces of glass $3\frac{1}{2}$ " x 6"
- some thin rope



The underside of the top, showing the knotted ends of the rope.



Some internal pieces. An assembled lifting base and an example of the decorative side pieces.

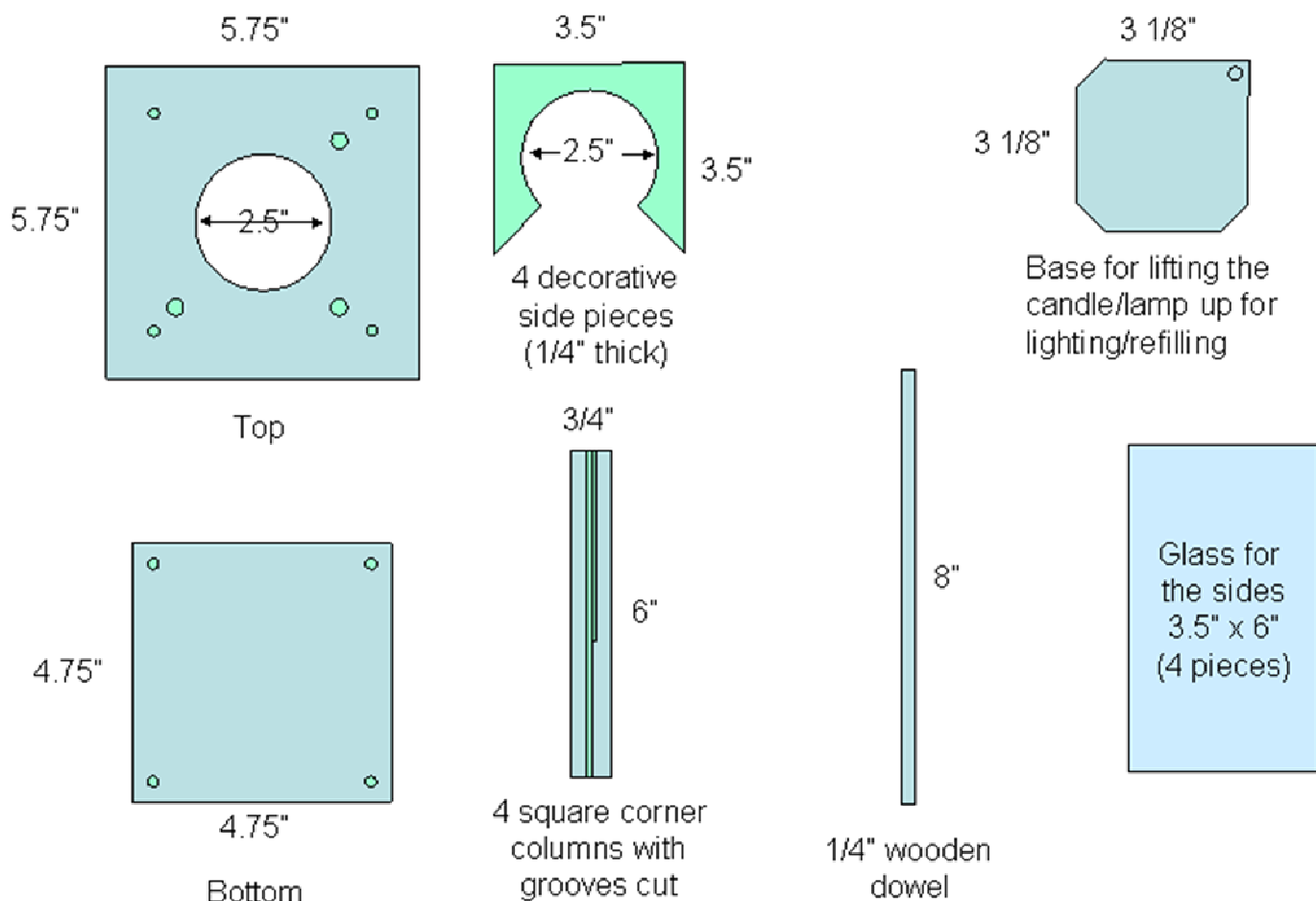


The lit lantern



Lanterns continued...

Lantern plans by Master Dafydd and Master Terafan



Uses for Heraldry

by Baron Modar Neznanich

Okay, so you have a heraldic device or badge. Now what do you do with it?

Put it on things naturally.

What sort of things should you put it on? As someone once said, "When it comes to your personal items, if it doesn't move, put your armory on it. If it's moving, stop it and put something with your armory on it (if it doesn't object too loudly)."

Following are uses for heraldry that have been noted from either period sources or in SCA use.

These items have been marked using needlework (embroidery, cross-stitch, appliqué), silk screening, painting, carving, burning or other methods.

How many of these items do you have your armory on?

General Items

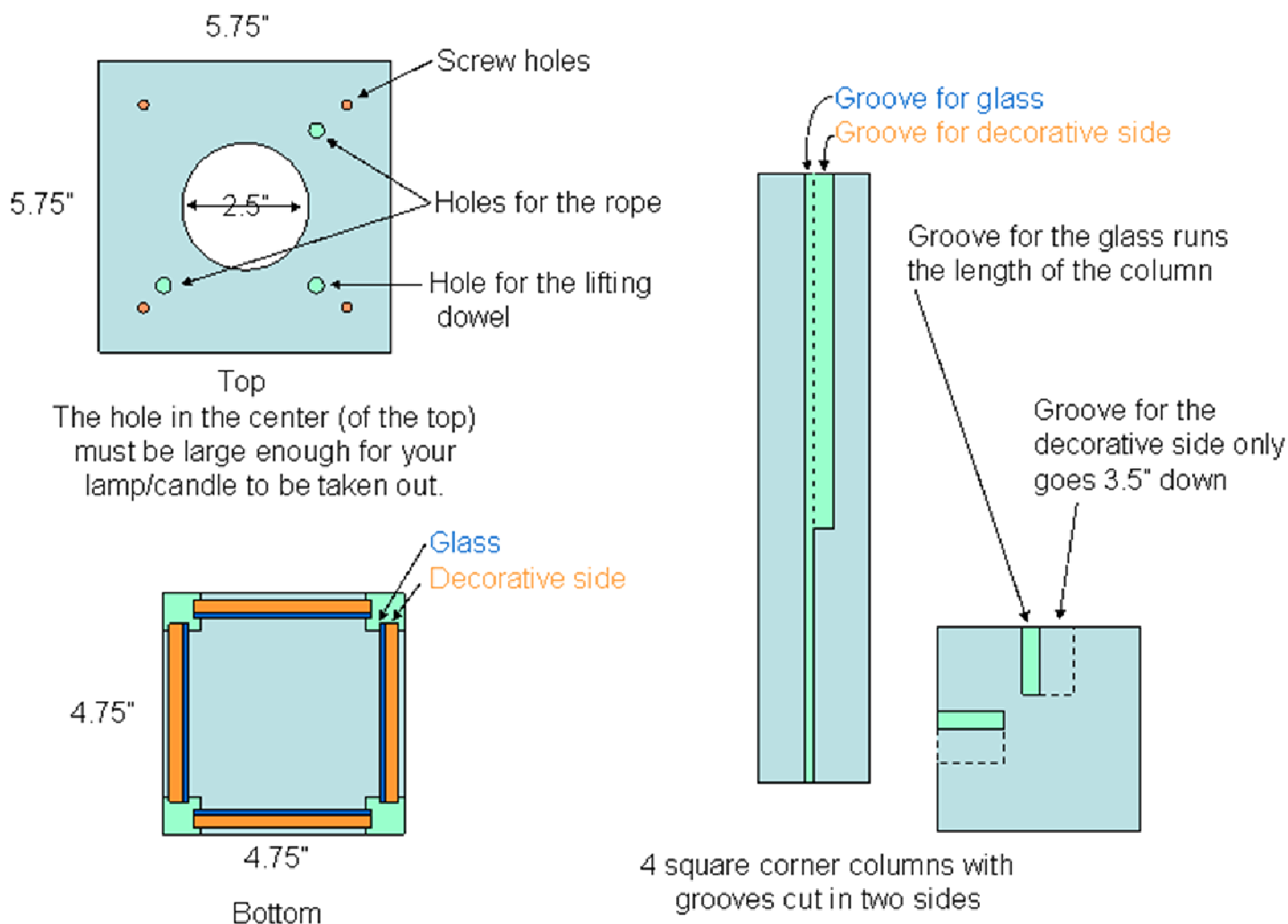
banners, pennons and stan-

dards
book covers
book spines/binding
bookplates
charters, scrolls and other documents
coins
coronets
favors
hallmarks
herald's tabards
inkwells
maps
notebooks
personal prayer books

portraits
scribal tools
tabard/baldric with your badge for your retainers
tabard/baldric with your device for your personal herald
tents/pavilion (roof & walls)
tokens
wax seals

Clothing & Accessories

armbands
baldrics
belts
busk (for corset) carving

*Lanterns continued...**Uses for Heraldry continued...*

cloaks
garters
gloves
hats
jewelry (including bracelets, necklaces, medallions and rings)
pouches
sideless surcoates
shoes and boots
stockings
t-shirts
tunics
under-garments
Martial Items

armor bags
arrow boxes
body armor
bow bags/cases
bow/archery stands
fighting surcoates
helms
knife sheaths
markers for tourney-field
ropes
quivers
shields
sword scabbards
tourney chests
Domestic Items

bathtubs
bedspreads
candle holders
carry-bags
chairbacks
cookware
cooler covers
door frames
door stops
doors
drinking vessels
eating plates
feast gear boxes
fire pits
glass jars

headboards of beds
knobs for cabinets, doors, etc.
lanterns
lintels
napkins
night stands
outer painting for a diptych
pillowcases
pitchers
place mats
pot-holders
rugs
serving platters
shower curtains
stained glass windows



Lanterns continued...

Construction notes:

- The lifting base has three corners cut off so it won't get caught up with the corner columns. The fourth corner has a hole for the lifting dowel to be inserted and glued.
- Most glass should fit in the groove left by a standard circular (or table) saw blade. To make the groove for the decorative sides, you will need a router with a 1/4" bit, or a very small chisel
- After all the pieces are cut, and the lifting base assembled, screw the four columns to the bottom piece
- Attach the rope to the top, and fasten your candle holder to the lifting base.
- Slide the glass and decorative sides into the grooves between each pair of columns.
- Put the lifting base rod through the slide hole in the top, and screw the top to the four columns.

I use small cat food cans secured to the lifting base to hold me paraffin lamps. I have found some cans that just fit my lamps, so the lamps are secure on the base. The options for type of lamp/candle and how to secure them are completely up to you.

For 'candles', I choose to use refillable, liquid paraffin lamps. The liquid paraffin is much safer than lamp oil or citronella, and it delivers a clean, odor-free flame. It is classified as non-toxic (unless consumed internally) and non-flammable. It is supposed to be so safe, it even extinguishes itself if accidentally knocked over. The container stays cold, so I have no problems with things getting hot. These cartridges can be purchased in either disposable or refillable form, in various sizes, from www.candleservices.com.

Uses for Heraldry continued...

stall-plates
stationary
table runners
tablecloths
tapestry
throw pillows
throws/comforters
tall stools
towels (can be cross-stitched)
trinket boxes
wall hangings/plaques in various mediums
water bottle covers
woven into lace

Animal Items

equestrian items (caparisons, saddles, tack equipment)
pet accessories (leashes, collars, tags, carriers, blankets, coats)
swanmarks (you carve these on the bill of the swan)

Miscellaneous Items

birdcages (there are period examples)
bumper stickers
car carriers
Christmas ornaments
clock/watch faces
commode lid decoration

computer background and/or screen saver
decorative plates and cups
doormats
drink coasters
etchings on blades, etc.
false fingernails
grave markers
hair "thingies"
magnets (small for refrigerator, large for side of car)
mounting block (step for getting on horses)
pens
stone cairns
tattoos/body art
tiki torches
toys (children's wagons, hobbyhorses, juggling equipment, cube puzzles, game boards)
vehicles: side of tourney carts, pushcarts, wagons and wains plus modern vehicles
wallpaper stencil
web pages

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web pages

Use of Device vs. Use of Badge

While there is no restriction on use in the SCA, there are times when it is more appropriate

(historically speaking) to use one's heraldic badge instead of one's device and vice-versa.

Which are those times?

The general rule of thumb is that your device says, "Hello, my name is George." and your badge says, "This belongs to George."

As such, use your device on things that you personally wear or which represent you: armour, clothes, banners, tabard of personal herald speaking in your name, rings, stationary, etc.

Use your badge on other things: books, tents, carts,



Picture of a Shield Board

Fundraiser - Shield Boards

The Barony of Terra Pomeria will be using their list board for the September Crown Tourney and would like to see all fighters represented in style using a shield board (approximately 3 X 5 inches), if possible, for the lists board.

Want a new shield board or don't even have one?

The Barony of Terra Pomaria is selling shield boards, painted or blank, to raise funds for the Barony. Shield boards are formed and smooth-sided metal and available for \$5 blank or \$25 painted with your device. Leather bag not included.

Fundraiser Coordinator: HL Fawkes Bailehauche
(lord_fawkes@yahoo.com)

Please include a picture of your device with your e-mail and put Fundraiser in the subject line.

All orders for painted shield boards need to be submitted by *August 1, 2009* so they can be painted in time for September Crown and can be picked up and paid for at September Crown. Orders for non-painted blanks can be shipped via USPS. Shipping will be included in the cost.

*Business Meeting Minutes: May 18 2009*

In Attendance: Maccus of Elgin, Arianna of Waterford, Catarine Quhuting, Geoffrey Fitz Henrie, Finna Grimsdottir, Brigit of Guernsey, Acelyn Ferridey, Torstin Van Hessen, Lumer K Seafor, Alail Horsefriend, Berengaria de Montfort de Calcassonne, Lucas von Brandenburg, Emma von Bern, Juliana van Aardenburg, Berk Le Webbere, Jehon Jaques Lavigne, Maggie Flores, Austin ?, Dikran Aivazian, Wynneva Ronaldsdaughter, Fawkes Bailehaush(sp?), Adara Koresina, Fortune verch Thomas

7:08pm Meeting called to order.

Minutes taken by Fortune v. Thomas

Baron and Baroness:

- Baron Couldn't be here cause he's making a helmet to get another female fighter on the field.
- Looking forward to local events
- Unable to travel due to Mundane concern.
- BBQ was Fantastic
- Not a lot of fighters (probably due to storm)

Seneschal:

Greetings to their Excellencies and the Populace of Terra Pomaria!

Summer is here in the land of the orchards and I want to thank all of you whom have stepped up and agreed to take on the various and sundry offices that have been vacant and helped ensure the livelihood of our fair barony.

I want to thank all officers that submitted their reports on time and just set out a reminder that all reports are due to the Seneschal by the 15th of the month and your Quarterly reports must be filled out on time with your immediate principality superiors.

Our barony is doing well and working together to guarantee prosperity and I look forward to seeing all the exciting endeavors that this year will bring for all

of us. I have had contact with new people in the area and see new faces are amongst us on a regular basis and it warms my heart to see them welcomed into our Barony and I can honestly say that I believe that is what our society is based on.

The season of most activity in our fair game has begun. Investiture is coming soon and we will witness the stepping up of a new Prince and Princess of the Summits, Coronation of the new king and Queen, Sport of Kings offers many classes and Learning opportunities and don't forget Long and Short of it and September Crown held here in our own Barony.

Thank you all for your continued support and I truly look forward to seeing what this year holds in store.

Yours in service, Maccus of Elgin

- Our offices are filled
- 0 Principality Officers are in Dire Need
- ✦ Exchequer is needed or the Summits will be suspended.

Read the following plea:

Greetings, Good Gentles:

During the last week or so, my lady wife posted a plea for someone, anyone really, to step up and volunteer to become the next Exchequer of the Summits. My most current information is that no one has done so. I am disappointed. I am not disappointed because I expect that Adiantum and its residents need to hold every office within the Summits, nor do I feel that it is specifically our responsibility to find someone to cover this office. I am disappointed because it has been made clear, or so I thought, that the Summits has a dire need for someone to fill this office, and no one has. If prior email messages have not been concise enough, I will at-

tempt to remedy that herein.

If we do not get the office filled by Investiture (this upcoming weekend), Summits faces suspension.

We aren't talking about receiving snarky comments here, good people, we are talking about our very Principality and its continued existence. How do I know? Our Principality Seneschal told me this in person. The Kingdom Seneschal was sitting right next to her when she said it. Do you think that they are ones to jest about things such as this?

As a volunteer organization, we don't get paid to do all of the things that need doing. We all have day jobs/ mundane lives/ video games to play/etc. There are many things that we have on our plates, every day. I understand this, please believe me. Without someone stepping forward and saying, "I can do that!", nothing gets done. I absolutely hate keeping track of money, but if I weren't already doing something else, I would consider stepping in at this moment. That is how serious I am taking this. I'd like for you to take it this seriously, too.

If you can learn something new, can file a report in a timely manner, and are a member of the SCA, then we need you to rise to challenge. Heck, if you have all of the qualifications, but are not a member, I will pay for one-half of your membership if that is what it is going to take to keep the Summits going. If we succeed, we do it because of all of

our labors. If we fail, don't let it be because You "thought about" doing something, but ended up expecting that "someone else" would do it.

I thank you for your consideration of my words.

Tadhg O'Murchadha the Wanderer

Baron Adiantum



Tadhg O'Murchadha the Wanderer, Baron Adiantum



Business Meeting Minutes: May 18 2009 continued...

Exchequer:

- Out of Town
- Balance: 5996.26

Chronicler:

- Read the Minutes
 - 0 No changes
 - 0 I have been compiling articles from the known world. Next issue will have articles on Camping cooking and her-aldry. Possibly more.
 - 0 Need people to contribute articles, photos and such.
 - 0 Would like to have more local people showcased.
 - 0 The privy was only received by 4 people. Not sure what's wrong there.
- Some of the computer problems have been resolved and I have inquiries in to people to help with the rest.

Chatelaine:

- Nothing to Report.
- Requested that a new comers class be held at September Crown

Chirurgion:

- Out of Town
- Nothing to report

Herald:

- Nothing to Report
- Going to Investiture

Archery Marshal:

- Needs more stuff for Loaner Gear.
- Talking to Gowen

Heavy Marshall:

- Practice is every week.
- Mid-Willamette was great except for lighting
- 4 fighters at last week.

- Bathroom been delivered
- Need to do site clean-up again
- Will be announced

Rapier Marshall:

- Nothing happened at Mid Willamette due to Lightning.

A & S:

- Has a Deputy : Berengaria
- Wants to do Banner making again
- Next A&S right after West War
- Might move it

Minister of Lists:

- Not much to Report
- Mid Willamette was fun.

Web Minister:

- Get her Report
- Adara is Deputy
- Misses us.

Scribe:

- "I haven't written a thing"
- Magdellena is doing a Thank you for Willamette Mission state park
- Turned in 3 Kingdoms charters
- Not Holding scribal until we have charters to paint

Librarian:

- Nothing to Report

Gold Key:

- Doesn't know where the shed is.
- Getting the Key
- Needs Donations
- Maybe do a sewing night with scrap fabric

Dean of Pages:

- Not a lot to Report. Working with the Principality to plan something.

Chamberlain:

- Hello
- Nothing to Report cause no one has needed stuff.
- Brigit says we need new table clothes

Grete Book:

- Nothing to report

Water bearer:

- Nothing to report

Event Info**Long & Short –**

- Nothing New
- Site copy is up on Baronial and Kingdom
- Need Youth Activities volunteers for the following: Youth Combat, A & S, Games, Bardic, Heraldry,
- Same fighting style as last year.
- Will be having Helm Auction
 - William Jeffery the Rogue will be calling it

September Crown 2009

- Make a lot of progress
- Have lots of Banners
- Have the Obelisks for Banner Holders
 - Pictures will be posted
- Only work projects left
 - Pennant for the volunteers
- Fortune is ready for prereg to arrive
- Web site is Up
- Possible Fundraiser
- Banner poles w/ portable holes- Purchase in Advance
- Keeping the ones in the Obelisk
- Park permit is in
- Sanitary policy is done
- Volunteer Raffle needs Prizes
- Form for the Insurance is Done

*Business Meeting Minutes: May 18 2009 continued...*

- Need check
 - Need some signs for to direct people to the park.
 - Brigit proposed and Ariana Opposed a budget for making new signs for the barony.
 - Torsten Seconded.
 - Need Design
 - Easel style with movable arrow
 - ¾ in ply, Heavy duty outdoor paint.
 - Reflective yellow so they can be seen at night
 - Maccus going to Price for a Bid by next business meeting.
 - Need 8 large
 - Going to Check to see if the people down south have any left from last crown
 - Still need Site Copy.
- New Business:**
- New Member intro
 - Maccaus is willing to Help Teach people how to make Armour
 - Maccus has Shield Blanks
 - Her Excellency is asking for someone to head up the fundraiser.
 - ✦ Needs to be able to communicate through email and know people who can sell.
 - ✦ Needs to Talk about them and get the word out.
 - ✦ New comer volunteers
 - ✦ Chronicler is getting Contact info
 - ✦ Fawkes is also Volunteering.
 - **Rest Area Fundraising**
 - Contact has been made.
 - Application is now simplified.
 - ✦ Hours can be anywhere from 24-72 Hours
 - ✦ Possible to use of tent
 - ✦ Need 5013c number on App
 - **Bids for these still needed**
 - Winter's End February 1th
 - Bar Gemels April 23rd-25th
 - Next year the 25th Anniversary.
 - Trying to Secure Sites asap
 - ✦ Playing Phone tag with the grange and Camp Taloli
 - ✦ **Dragon's Lair has asked to use the baronial Pavilion at An Tir West war**
 - Sure let them use it for Gate.
 - Yeahs...Fortune opposed cause some one has to.
 - **Ideas for Ceiledhs**
 - The following were suggested: Dancing, Bardic, Story Telling, Ambiance, Classes, Heraldic, Cooking, Bringing Banners, Trying to stay in personas, Mini Courts, Yule Ceidlehs, Mock Court

Feathered Gold, Golden Feathers

by Ld. Daniel Raoul le Vascon.

This is a very strange story indeed. It began when the Spanish conquered what were then called the Fortunate Islands late in the 15th century. These were lush tropical islands off the west Coast of Africa. Upon these islands lived some very small but very cheerful little golden birds.

All over Europe the Spanish sold these happy little birds as pets. Being very crafty merchants they sold only male birds. The fame of these birds quickly spread and everyone who was anyone wanted one for their very own. As a result

the price of the birds went up and up and up.

The clever Spanish merchants kept the origin of the melodious little birds very mysterious. They spread the tale that the birds had to be gotten at great price from a far distant land. The truth was the Spanish were hatching them out in secret in Spain.

The Spanish maintained their grip on the supply of the birds until 1622 when a ship coming to Spain, carrying both male and female birds, sank at sea. Thousands of birds escaped drowning and flew to the nearby Isle of Elba. The birds were quite happy in

their new home. They made nests and thrived. In due time the birds in their new home were discovered by passing French and Italian travelers. These travelers recognized them and quickly captured some as pets. The Spanish hold on the market was thus undone. The little golden birds, like the islands from which they came, are now called Canaries.

from:
"A Browsers Book of Beginnings",
Charles Panati, 1984, Houston Mifflin Company, 2 Park Street, Boston, Mass