

# MEWSLETTER

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## THE FIRST STEP ON A LONG PATH: ROAD TO THE ISLE

By: Jordan of Falcon's Keep

I had the great fortune to attend my first SCA event on Saturday the 20<sup>th</sup>. I had been attending the weekly Falcon's Gate rapier practice since late fall of last year, under the tutelage of Herr Janvier Der Wasserman and Lady Alex. I was extremely excited, and more than a little nervous about earning my primary authorization, but I knew I was ready.

After spending the night at Janvier and Alex's house, we rose before the sun to make our way north. The event was held near Houghton, Michigan, a four-hour trek. As we drove along, I listened to the war stories of events gone by, while the road and the hours flew by. During the lulls in conversation, I studied my freshly printed rapier handbook to make sure I understood the rules of the list.

We arrived at the event just after noon. The event was held in a beautiful old

red sandstone church in the middle of being renovated into a community center. The Road to the Isle was a small gathering, with around thirty people, but everyone was bright, cheerful and friendly. As soon as we hauled in our bags and swords, I was told to armor up and get ready for my authorization. Waiting for the Don, Cy, to call on me was probably the most nerve-racking experience I've had in quite some time.

Finally, I was ushered into the arena. After assuming the position to have my armor checked, the questions began. Many of the subjects were fresh in my mind, and the marshals seemed satisfied with my answers. After my interrogation, masks went down and swords came out, and I couldn't help thinking how fun the experience was. I had met the marshals' standards, and after filling out the appropriate paperwork, became the newest authorized member of the SCA.

The rest of the afternoon was filled with activities. There were a multitude of board games, illumination classes, and of course, a rapier tourney. Although I scored lowest, I was more concerned with learning and having fun than counting the number of times I was poked.

In the evening, we feasted on a pot-luck dinner. Afterwards, we participated in a humorous song festival, with tunes ranging in subjects from were-llamas and promiscuous bards to the tale of a bridge-guarding giant and his bottomless flagon of mead.

Regrettably, the time came for us Wisconsinites to return from the frozen north, and we parted company with warm hearts and full bellies. I enjoyed my first event with the SCA very much, and look forward to many more in the future.

Pax,  
Jordan

## UPCOMING MOOTS AND PRACTICE

- *May 19 Moot: Lady Beatrice, Marshfield*
- *June 23 Moot: THL Alex & THL Janvier, Stratford*
- *Fighter & Rapier Practice Mondays at 7pm UW SP*
- *Special Fighter Practice every other Wednesday evening, starting May 1 at Deb's farm. Contact Tracy Littlelirt@g2a.net.*

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## MAY 19 MOOT

The next moot will be at the home of Lady Beatrice (Jen Beebe) 508 E 6th St, Marshfield. She did not provide written directions as people come from many directions and most everyone can look it up anyway.

## THE CHRONICLER'S QUILL

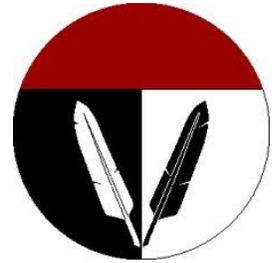
Greetings from Mistress Ealasaic nic Phearsoinn,

Since you are reading this, I am sure I am preaching to the choir, but in order for the shire to really benefit from the Mewsletter, it is necessary first that there be interesting things in the Mewsletter, not only the basics like where is the next moot, but things you might not find elsewhere like accounts of interesting things people in the shire are doing or events they are attending. I could always write about what I do, but I'm sure that could get boring after a while.

Second, we need to spread the word about the SCA and the Mewsletter. Unfortunately our website is not updated so people cannot find the Mewsletter unless they are on the mailing list. If you talk to someone new, contact me and get them on the mailing list! If you attend a moot but are not on the mailing list please let me know.

One last thing: please use my address in the officer's list. I do not have access to the chronicler at falconskeep account.

Yours in service, Ealasaic



### Bardic Madness Feast of Fours

In Medieval medicine, balancing the four humors is paramount. The ideal foods for a given locale are those that counteract the effects of the climate. To a limited extent those patterns still exist.

#### **North: Sanguine foods sustain the Vikings in the cold and dry Northern climate**

Spelt bread

Pork with sage and onions

Stew of carrots, apples and onions

#### **West: Choleric foods warm the Celts in the cool damp climate of Ireland**

Dark bread with well-aged cheese

Roast beef with mustard

Easter cabbage

#### **East: Phlegmatic foods provide cool moist relief for desert dwellers in the Middle East**

Cacik (Cucumber and yogurt sauce ) with pita

Isfanakh Mutajjan (spiced spinach)

Mishmishiyya (Chicken with apricots and plums)

#### **South: Melancholy foods cool the heat of Italy**

Red cherry and rose torte

Quince candy



BaronGuttorm had the honor of carrying the Queen's spear at Bardic Madness. (After he gave her a bowl of Skyr)

#### **Web pages :**

[www.sca.org](http://www.sca.org)

[www.northshield.org](http://www.northshield.org)

[www.falconskeep.org](http://www.falconskeep.org)

[www.uwsp.edu/stuorg/falcon/index.htm](http://www.uwsp.edu/stuorg/falcon/index.htm)

#### **Yahoo group:**

<http://groups.yahoo.com/group/falconskeep/>

## OBLIGATORY BORING DISCLAIMER

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Submissions are accepted until the 20th of the previous month, preferably as a Word document inserted into an email. Submissions are the property of the contributor and may not be used without permission of the author or artist. Contact the Chronicler for further information.

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# Feast of Fours Recipes

## Spelt Bread

- 1 cup activated starter culture
- 1 Tbsp oil
- 1 cup milk
- 1 tsp salt
- 1 Tbsp sugar
- 3 ½ cups spelt flour

Knead together as for any bread. Let rise 4-6 hours or till doubled. Shape into 2 loaves. Let rise 2 hrs or till doubled. Bake 375 45 min or till loaf sounds hollow.

## Roast Pork with Sage and Onions

Rub pork roast with salt, pepper and sage, brown in butter or oil, place in roaster on a bed of sliced onions and apple. Bake at 350 till done.

## Carrot, Apple & Onion Stew

- 6-8 carrots peeled and sliced
- 2 onions peeled and sliced
- 1 tart apple peeled and sliced
- ½ lb mushrooms sliced
- 10 oz vegetable stock
- 1 pinch pepper
- Chopped parsley for garnish

Fry carrots and onions in butter, put in boiling stock after 5 minutes add fried apple and mushrooms. Continue to boil until veggies are done, add pepper and parsley just before serving.

## Barm Brack (Irish Brown Bread)

- 2 cups activated starter culture
- 1 cup butter melted
- 1 cup milk
- 2 tsp salt
- 4 eggs beaten
- ½ tsp nutmeg
- 1 Tbsp caraway
- 1 cup brown sugar
- 6 cups flour

Mix all except last 2 cups of flour, knead in remaining flour. Shape into 3 loaves. Bake at 375 till done.

## Roast Beef

Rub with salt, pepper and garlic. Brown in butter or oil, then cook at 400 for 20 minutes, then at 375 20 minutes per lb or till done, baste with red wine if needed.

## Easter Cabbage

- 1 head cabbage shredded
- 2 onions peeled and sliced
- 2-3 leeks sliced
- 2 cups vegetable broth
- 1/8 tsp EACH cardamom and coriander, salt to taste

Bring to a boil and simmer 20-30 minutes or until done.

## Khubz Arabi (Pita )

- 2 cups activated starter culture
- 1 cup water
- 1 tsp salt
- 1 Tbsp oil
- 5 cups flour

Knead all ingredients together. Let rise 4 hrs or till double. Divide into 8 pieces and roll each to ¼ inch thick, let rest in 2 stacks with towel between all layers for 30 minutes. Bake at 500 about 10 minutes or till puffed and starting to tan.

## Cacik

Mix 2 cups yogurt, 2 Tbsp fresh mint, 6 cloves mashed garlic, 4 Tbsp olive oil and water if needed to make a liquid sauce. Slice 2 cucumbers, weight and drain and toss with yogurt mixture.

## Isfanakh Mutajjan (Spinach)

Parboil spinach in salt water, drain and fry in cold pressed sesame oil (do NOT use Asian sesame oil) with garlic, cumin and coriander to taste.

## Chicken Mishmishiyya

Brown 2 lbs chicken in oil. Cover with:

- 2/3 cup EACH prunes and dried apricots
- ½ C white wine
- 3 Tbsp honey
- 1 Tbsp olive oil
- 2 tsp EACH cumin and coriander
- 1 tsp chili
- ½ tsp cinnamon
- 1 onion chopped
- 4 cloves garlic finely chopped

Simmer until chicken is tender.

## Sour Cherry and Rose Torte

Make a crust of 2 ½ cups flour, 8 Tbsp butter, ¾ cup sugar, 1 egg, ½ tsp lemon zest. Pat in bottom of 2 cake pans. Save remainder for decorative topping.

Fill with:

- 2/3 lb ricotta
- 2 eggs
- 1 cup sugar
- 1 tsp cinnamon
- 1 tsp ginger
- 1 Tbsp rosewater
- 1 can (about 2/3 lb) sour cherries

Bake 325 about 45 minutes.

**Quince Jelly**—quinces are out of season, but you can buy it. It's called Membrillo and is still made much the same as in the middle ages.

## **MINUTES OF THE MOOT APRIL 21 at the home of Mistress Ealasaïd and Baron Guttorm**

In the absence of our historian, Pedro, minutes were taken by Ealasaïd with a little help from her friends since she was also cooking. This was the work moot for Bardic Madness and we made 12 cherry cheesecakes, 12 leaves of spelt bread, and 2 dozen pitas. Special thanks to Alessandro and Mary for their help with the cheesecakes!

While waiting for latecomers, Janvier described the trip to Road to the Isle event in Mistig Waetru (Calumet MI) yesterday. Janvier, Alex, Ysabella, and Jordan had a grat time and despite the snow made it back for the moot.

### **Officer Reports:**

Thrown Weapons: We voted to allot \$50 for new spear tips which are serviceable and affordable though not quite strictly period.

Exchequer: We have \$5332.46 (not counting some checks just cut)

Chronicler: As always she is looking for interesting material to include in the Mewsletter and especially encourages reports of distant events you attend. Next Mewsletter deadline is 4/27. If you are hosting a moot please send directions as she does not have access to those sent to the previous chronicler.

Chatelaine: Planning for the Nekoosa Demo in May is underway

Rapier Marshall: Congratulations to Jordan of Falcon's Keeps who was authorized yesterday. One loaner blade was damaged and may have to be replaced.

Cut and Thrust Marshall: Janvier volunteered and was voted in. For now, practice will be at the same time as rapier practice.

Heavy Weapons: not present, no report

Webminister: not present, no report

Mistress of Arts and Sciences: Not present due to Trivial Pursuit, no report

Historian: not present due to Trivial Pursuit, no report

Maybe next time we should avoid conflict with Trivial Pursuit?

NEXT MOOT WE WILL VOTE FOR SENESCHAL AND EXCHEQUER. Currently we have one candidate for each position: Alessandro for Seneschal and Arianna for Exchequer. Both have been serving as deputies.

### **BARDIC MADNESS**

Last minute details.

Site opens at 8 for set-up, 9 for populace and closes at 2 am (+time for clean-up if needed). Plan is to clean up as much as possible ahead of time.

Extra tables are needed. Alessandro & Mary are bringing several and Beatrice and Janvier also volunteered. Tracy volunteered some paper for tables. We have 51 reservations plus head table. Sufficient servers have volunteered. A small number of extra tickets MAY be available on site, but cannot be guaranteed. Several people volunteered to bring Nescos. We discussed transport of shire equipment. Janvier will loan is vehicle if Alessandro's is not ready. Marie will be shopping for Royalty room as the official royalty liason is from out of town. Contributions for the royalty basket are encouraged.

We enjoyed lots of good food and fellowship and finished the cooking.

### **BARDIC MADNESS: VIEW FROM THE KITCHEN**

Once again I saw only a little of the event due to being in the kitchen. I would like to especially thank all those who helped cook and/or serve. Many hands make for an easy day in the kitchen, though it would have been nice if there were some windows.

From what I saw, Bardic Madness was a fascinating event. The theme was "directions" which was why I planned the feast of fours. Throughout the day there were bardic mini-competitions called "fyts". Some of these took place during dinner so we in the kitchen did not miss out. There were some amazing voices! Also court took place during dinner which worked very well. People seemed in much better humor than when court is the last thing before feast and everyone is starving.

Although I am certainly no bard, I would definitely consider attending Bardic Madness in the future and would recommend it to others.

YIS Ealasaïd

# EVENT CALENDAR



## May, 2013

Beltaine by the Bay, Fri-Sun, May 3-5, Shire of Darkstone (Washburn, WI)  
Eastern Regional Fighter Practice, Saturday May 4 Shire of Falcon's Keep (Stevens Point, WI)  
Spring Crown, Saturday May 11, Barony of Jararvellir (Stoughton, WI)  
Quest for Camelot, Thur-Sun May 16-19, Shire of Schattentor (Sturgis, SD)  
Lamb to Loom, Saturday May 18, Shire of Trum an dem See (Random Lake, WI)  
Raid the Kitchen, Fri-Sat May 24-25, Shire of Rivenwood Tower (Mankato MN)  
ARRG XII, Fri-Sun May 24-26, Barony of Jararvellir (Montello, WI)  
Silks and Needles , Saturday May 25, Shire of Korsvag (Fargo, ND)  
Mermaids XX, Fri-Sun May 31-Jun 2, Shire of Turm an dem See (Valders, WI)

## June, 2013

Border Skirmish, Fri-Sun Jun 7-9, Barony of Caer Anterth Mawr (Elkhorn, WI)  
Mad Dogs and Englishmen, Fri-Sun May 14-16 Shire of Border Downs (Adrian, MN)  
Moorish Tavern, Fri-Sun June 21-23, Shire of Midewind (Bottineau ND)  
Thatsa Mare XIX The Norse Go A Viking, Fri-Sun June 21-23, Mare Amethystinum (Slate River Ont)  
Over the River and in the Woods, Sat Jun 29, Village of Hvitskogar (Ironwood, MI)  
Rockhaven Archery Reloaded Too, Sat June 29 Shire of Rockhaven (St Augusta MN)

## July 2013

Warriors and Warlords XX, Thur-Sun July 11-14, Barony of Jararvellir (Boscobel, WI)  
Ministers and Magistrates, Fri-Sun, July 12-14, Shire of Colvedernhale (Chamberlain, ND)  
Pennsic 42, July 19-Aug 3, Kingdom of Aethelmearc (Slippery Rock, PA)

## August 2013

BYOM XV Fri-Sun Aug 23-25 Shire of Vilku Urvas (Deer River, MN)  
Rose Rises II Fri-Mon Aug 30-Sep 2 , Canton of Coille Stoirmeil (New Lisbon WI)  
O'Ship Fri-Mon Aug 30-Sept 2 Barony of Castel Rouge, (Gimli MB)

## September 2013

Fall Coronation, Sat Sept 14. OPEN FOR BIDS  
Pas d'Armes ..., Fri-Sun Sept 20-22, Canton of Blachemere (East Bethel MN)  
Hrothgar's Hall Sally Forth Fri-Sun Sept 20-22 Shire of Trewint (Cavour SD)  
Ironwood Brewing and Vintning Symposium Sat Sept 28, Canton of Coille Stoirmeil (New Lisbon WI)

## OFFICERS OF FALCONS KEEP

**Seneschal: Lady Beatrice of Falcon's Keep** (MKA Jennifer Beebe)

beebejennifer@hotmail.com

Deputy Seneschal: Lord Alessandro (MKA Jason Welker)

104 N. Florence St. Rothschild WI 715-297-1230 chaosgeneral@charter.net

**Pursuivant: THL Alexandra Wasserman** (MKA Terri Harteau)

5192 Long Drive, Stratford, WI (715)897-4497 terris@tzn.net

Deputy Pursuivant: vacant

**Exchequer: Lady Mary of Falcon's Keep** (MKA Mary Welker)

104 N. Florence St. Rothschild WI 715-297-1230 venom@charter.net

Deputy Exchequer: Arianna da Lucca (MKA Dona Panter)

**Knights Marshall: Lord Hideyoshi Yoshimitsu** (MKA Jeremy Mallory)

610 Moon Rd Lot 37 ,Mosinee, WI 54455

**Marshall of Fence and Cut an dThrust : Lord Janvier der Wasserman** (MKA Steven Harteau)

5192 Long Drive, Stratford WI (715)897-4497 herrjanvier@hotmail.com

Marshall of Archery: (pending)

**Marshall Of Thrown Weapons: Lord Alessandro** (MKA Jason Welker)

104 N. Florence St. Rothschild WI 715-297-1230 chaosgeneral@charter.net

**Minister of Arts & Sciences:** Lady Emelye Ambroys (MKA Tabitha Forman)

620 N Ash Ave, Marshfield, WI 54449 ans@falconskeep.org

Deputy Minister of Arts & Sciences: (pending)

**Minister of Youth: Katharine de Saint Denis** (MKA Kate Seibel)

D3188 Bangart Rd, Stratford WI kseibel@gmail.com

Deputy Minister of Youth: Lady Rawnie de Douglas (MKA Ronda Douglas)

**Chronicler: Mistress Ealasaic nic Phearsoinn** (MKA Elspeth Christianson)

C3808 Heartland Hills Rd, Stratford, WI 54484 715-687-4870 ealasaic27@gmail.com

Deputy Chronicler: vacant

**Chatelaine: Yoshida Kiku** (MKA Tracy Jo Peterson)

Litleflrt@g2a.net

Deputy Chatelaine: Marie Dudely (MKA Amanda Zeidler) azeidler03@yahoo.com

**Web Minister: Lady Caoilfhinn Inghean Maghnusa** (MKA Becky Mallory)

610 Moon Rd Lot 37 Mosinee, WI 54455 rlcable@yahoo.com

Deputy Web Minister: vacant

**Historian: Pedro de Benavides** (MKA Bart Forman)

620 N Ash Ave, Marshfield, WI 54449 otrable@gmail.com