

The  
Newsletter  
June as xliii,  
volume xviii, issue 6



Published on behalf of the shire of Falcon's Keep and student members of Falcon's Gate

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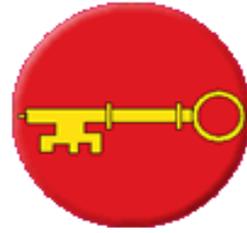
## Disclaimer

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Submissions are accepted until the 15th of the previous month, preferably as a Word document inserted into an email. Send to both the Chronicler and Deputy Chronicler. The last Thursday of the previous month is the mailing date. 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.

The Mewsletter is published monthly. It is available from Elspeth Christianson, C3808 Heartland Hills Rd, Stratford WI 54484. Written subscriptions are \$1.00 per issue or \$10 per year and electronic subscriptions are \$5. All subscriptions expire in December. Back issues are available for \$1.00 each. Make checks payable to SCA Shire of Falcon's Keep and send to the Exchequer for processing.

# *Greetings from your Seneschal!*



## Greetings Keepers

In the upcoming months there will be officer positions changing or opening up. All the officers are looking for deputies. If anyone is interested in becoming a deputy please contact the officer you wish to be deputy under. Officer information can be found on our website. There will be an all shire meeting on Friday night at Poorman's Pensic. The exact time and place will be determined closer to Poorman's. Please encourage anyone who can't normally attend the Moots to make it to this meeting. At our next moot we are going to work on making wood charcoal. If anyone is interested in bringing chili for the chili feed please contact me or sign up at the July moot. I will be putting together 2 prizes this year for people who donate. See me for more details.

YIS

Mary of Falcon's Keep

Cover:

This month we have a photograph of those who attended the opening of the Ages of Armor exhibit at the Leigh Yawkey Woodson Art Museum. We are shown along with the musicians who performed for the event. Also please see the pictures from the afternoon of medieval arts and crafts on April 26. For those who have not yet seen it, it is a great exhibit and will be open through June 22.

from Andrew McGivern Curator of Exhibitions  
Leigh Yawkey Woodson Art Museum

## *The Chronicler's Quill*

Greetings onto the folk  
of the Shire of Falcon's Keep,



Unfortunately I missed the last moot. I had a perfectly good excuse; I was out of town repairing my mother's house after it was vandalized and getting it ready to go on the market. I don't feel guilty, but I am sorry I missed it partly because it would have been fun. I don't know how the weather worked out, but I've always enjoyed moots that take place outside. The other reason I am sorry I missed it is that I feel really out of touch. I don't know what happened at the May moot or what is planned for the future. That makes it difficult for me to do my job as chronicler. If this can happen to me after missing just one moot, I wonder how people who are unable to attend the moots stay in touch. I am sure some do so by attending other activities such as fighter practice or via the internet by looking at the web page. I actually tried the latter but unfortunately it did not contain the information I needed. Then I started emailing people who would know and finally got most of the information. I did this as part of my office. If I did not happen to be chronicler and responsible for trying to get information to others, I would probably have procrastinated and still would not know what is going on. If I did not remember in time I might miss the next moot too and eventually drift away.

I want to use this opportunity to remind everyone, especially all of the officers, that it is important to stay in touch. I know most people cannot all attend every moot, but if an officer cannot be at a moot, he/she should send a deputy or at least a message. Speaking of which I still need a deputy. Any volunteers?

Really all of us should try to stay in touch in several ways. If we rely too much on one way, such as the moots/practices, the Mewsletter or the webpage and something goes wrong, (we miss the moot or the Mewsletter gets lost in the mail or our computer goes down), we can be out of touch. If we are officers, we have to remember that means that others are also out of touch with us.

Shameless plug for the Mewsletter. If you have anything you want to share with others in the shire, please send it for inclusion in the Mewsletter.

## Anachronists Book Review:

### Lady Eve of Lynn

*Seven for a Secret* Written by the Husband and wife team Mary Reed and Eric Mayer. This is seventh book they have written about Justinian's Lord Chamberlain John. While in theory John's position in the royal court is Chamberlain to Justinian, his main aim in life is to survive the plots to overthrow the government. Many exiled aristocrat's claim that Theodora is not a fit spouse for Justinian and that their marriage is not valid. This is the latest attempt to overthrow the pair. The titles in this series follow the old nursery rime; *One for Sorrow, Two for Joy, Three for a letter, Four for a Boy, Five for Silver, Six for Gold, Seven for a secret.* Can *Never to be Told* be the next title? Whatever the title is, I will be looking forward to reading more of the works of Read & Mayer and exploring sixth century Constantinople with Lord John

Earlier this year I mentioned Ken Follett's two works that fall into our time frame. *World Without End & Pillars of the Earth*, I recently reread the latter. I had put in a request for it when I had checked out *World Without End*. I was 32<sup>nd</sup> on the list for a copy of *Pillars of the Earth*. This book has been on the best sellers list off and on for 19 years. I recently added both books to my bookshelf.

Sharon Kay Penman's *When Christ and his Saints Slept* is another book that gives a good view of what life was like during the twelfth century. It also is a book that is well worth more than a second reading. It also retained a spot on my bookshelf



## *Haire Affaireski*

### *A Feast from Medieval Poland*

*Obarzanek (ring pretzels) with mustard*

*Wroclaw trencher bread*

*Mizeria (cucumber and sour cream salad)*

*Kurczak Pieczony z Suszonymi Sliwkami*

*(chicken with prunes served over millet)*

*Pierogi*

*Duszony Por z Pasternak (stew of parsnips & leeks)*

*Mostek Wolowina z Roz'na po Wegiersku*

*(roast beef, Hungarian style)*

*Pieczone Owoce po Krolewsku (a court dish of baked fruit)*

*Opkalki Szafranowe (saffron wafers)*

How do we know what they ate in Medieval Poland?

The major source is *Food and Drink in Medieval Poland* by Maria Dembinska, translated by Magdalena Thomas, and published by University of Pennsylvania Press 1999 (Polish version published by the Polish Academy of Science in 1963.) Originally this was no so much a cookbook as a thesis on food and culture in Medieval Poland. It does contain recipes, but does not explain exactly how they were derived. What it does do is explain the circumstances appropriate for serving each dish. The dishes from this book include bread derived from the laws in 14<sup>th</sup> C Wroclaw (a very hearty rye and wheat bread intended for use stale as a bread trencher). Most of the other dishes are for relatively wealthy Poles as they contain imported or expensive ingredients such as spices. It should be noted that the class structure in Poland was quite complex with many minor nobles. The ring pretzels are described and illustrated in the book but no recipe is given. Unlike the trencher bread they use fine wheat flour which would have been available only to the wealthy. The chicken dish was originally baked in earthenware pans and is first documented as a dish served to a bishop in the 14<sup>th</sup> C. It contains juniper berries along with more conventional seasonings. Millet was the common grain in medieval Poland eaten by all classes. Poor people may have had little else. The book suggests that at least some types of pierogi are later period. I found however that a German cookbook of the 14<sup>th</sup> C (Sabina Welserin's Cookbook) contains a recipe for ravioli that is almost identical to pierogi so I renamed and used it (with a modern pierogi recipe as a guide to proportions). The beef recipe is modified from a venison recipe in the book. It contains the unusual spice "long pepper". The meat is marinated and then grilled. Queen Jadwiga was known for her love of Hungarian food which became fashionable during her reign. The dish baked fruit is a glorified bread pudding which is a court dish because it contains exotic imported ingredients like almonds and lemons. The saffron wafers were originally made by confectioners in special irons over a charcoal fire. They are flavored with saffron and rosewater.

**Chicken with Prunes**

Layer the following in a baking disk or crockpot in this order:

1 onion and 1/2 lb cabbage sliced

1 lb prunes and a handful of chopped parsley

30 juniper berries

5 lbs chicken parts

8 bay leaves

4 oz thick bacon

1/2 tsp **each** ginger, cinnamon & dill seed in 2 cups red wine

Cook slowly until chicken is falling off the bone.

**Pierogi**

Dough: 5 cups flour, 2 tsp salt, 2 eggs, 4 Tbsp sour cream, 1 cup water, mix all ingredients well, roll out, cut rounds, fill, brush edges with water, close and cooking in boiling water, slice an onion, brown slightly in butter and layer with pierogi.

Filling: 1 lb farmers cheese, 1 egg + 1 yolk, 1 tsp sugar, mix all in food processor and season with salt and pepper.

**Court Dish of Baked Fruit**

Fruit mixture: 1/2 lb chopped apples, 1/2 lb chopped pears, 1/2 cup dried cherries and/or sultana raisins, 1/2 cup slivered almonds, juice and grated zest of 1 lemon, 3/4 cup sugar, and 1 1/2 tsp cinnamon. Mix and let stand at least 2 hours.

Batter: cream 8 oz butter and 2 cups plain dry bread crumbs, add 1 quart boiling milk, stirring well and cooking about 5 minutes till thick. Beat 4 egg yolks slightly and add. Beat 4 egg whites to stiff peaks and fold in. Pour half into a greased dish. Top with fruit mixture and remaining batter. Cook in oven preheated to 425, after 15 minutes decrease temp to 250 and continue baking for about 40 minutes or till set in center.

**Saffron Wafers**

Sift together 1 cup sifted flour and 1 cup superfine sugar. Dissolve a pinch of saffron in 2 Tbsp rosewater. Whisk 4 egg whites until soft peaks form, then add the sifted dry ingredients, the rosewater, and 1 Tbsp oil. Cook in a pizzelle or krumkake iron till golden brown.

An Afternoon of Medieval Arts and Crafts April 26  
at the Leigh Yawkey Woodson Art Museum  
Ages of Armor Exhibit (4/19-6/22)



**CALENDAR****June 2008**

- 5-8 Moorish Tavern [Midewinde-Bottineau ND]
- 6-8 Castel Fever [Silfren Mere-Oronoco MN]
- 13-15 Border Skirmish [Menominee Falls WI]
- 14-15 Beltaine [Darkstone-Ashland WI]
- 19-22 Pirates, Knaves & Idiots [Noiregarde-Beulah WY]
- 27-29 Thatsa Mare [Mare Amethystinum-Thunder Bay ON]
- 28-29 Butt I am a Merry Man [Castel Rouge-Sanford, MB]
- 27-29 Mad Dogs [Border Downs-Parker SD]

**July 2008**

- 6 Art in the Park [Wynandremer-Brainerd MN]
- 10-13 Warriors & Warlords [Jara&Nordskogen-Boscobel WI]
- 17-20 Rabid Yale Hunt [Colderdale-White River SD]
- 19 River Revel III [Stromfels-River Falls, WI]

**August 2008**

- 1-3 Poor Man's Pennsic [Falcon's Keep-Arpin WI]
- 16-16 BYOM VI [Vilku Urvas-Deer River MN]
- 22-23 Griffin's Needle Challenge [Jararvellir-Jefferson WI]
- 23 Day of Fencing [Silfren Mere-Rochester WI]
- 29-31 Autumn Rose [Rokecliff-Galesville WI]
- 29-1 Village Fair [Castel Rouge-Gimli WI]

**September 2008**

- 13 Crown Tournament [open for bids]
- 18-21 Cecil's Siege [Svaty Sebesta-Vermillion SD]
- 27 Peasants revolting [Rudivale-Arvilla ND]

**October 2008**

- 11 Crown tournament [Midewinde-Minot ND]
- 18 Creating the Creative SCA101 [Nordskogen-Andover MN]
- 25 Masquerade III [Dreibruken-Bismark ND]

**Rapier practice will resume June 2. the first practice will be at the home of Lord Alessandro in Rothschild. There will be a rotation also including the homes of THL Lady Alex and Asli. Please watch for email from Lord Vincent.**

**June Moot**

**Sunday June 15th, 2008**

**meeting 1pm, potluck to follow**

**at the home of Lady Mary and Lord Alessandro**

**104 Florence St, Rothschild**

Directions to the home of Lord Alessandro and Lady Mary:

Take I39 to the cedar creek exit (185) turn right at the bottom of the ramp onto Old Business Hwy 51. Follow this approximately 1.5 miles to Florence St. (There is an old closed gas station on the corner, if you've gone to Citgo you've gone one block too far.) Take a right onto Florence St. We are on the left, the second house on the second block. The address is :104 Florence St., Rothschild

If you have any trouble finding it call Lord Alessandro on his cell phone for directions. The # is: 297-0718

**Web pages of interest:**

[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)

## *Officers of Falcon's Keep*

Seneschal: Lady Mary of Falcon's Keep (MKA Mary Welker)  
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Deputy Exchequer: Maebh de Blancheville

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Minister of Youth: vacant

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Deputy Chatelaines: Lord Gabriel Michalik

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Deputy Web Minister: Guinevere Aloisia of Falcon's Keep

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June 2008