

MAY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <u>Rapier Fighter Practice</u>	5	6	7 <u>Chivalric and Rapier Fighter</u>	8 Social and A & S	9	10
11 Archery Practice 2:00 pm	12	13 Heraldic Commen-	14 <u>Chivalric and Rapier Fighter</u>	15	16	17
18 <u>Rapier Fighter Practice</u> 12:00 pm	19 Populace 7:00 pm New Bedford Library	20	21 <u>Chivalric and Rapier Fighter Practice</u>	22 Social and A & S night	23	24
25 Archery Practice 2:00 pm	26	27	28 <u>Chivalric and Rapier Fighter</u>	29	30	31

Events Schedule:

See the Elfsea List for further activities throughout the metroplex.

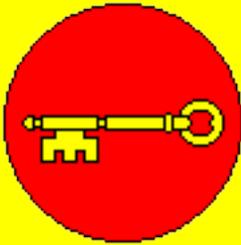
A & S Schedule:

2nd & 4th Thursday, sewing classes at Ldy Elizabeth's 948 Blossomwood Crt, Arlington 76017.

Heraldic Commentary

3rd Tuesday of the month at Joe Pelfrey's home 300 Cinnamon Lane, Euless 76039

If there are any errors or omissions on the calendar please send corrections asap to chronicler@elfsea.ansteorra.org



Seneschal

Don Sabastian Forbshire

seneschal@elfsea.net

Deputy Seneschal

[Accepting Applications](#)



Greetings Elfsea;

Do we all feel a little older now? Our Barony has just celebrated it's 25th Anniversary. The event was a grand success with lots of fun had by all despite the wind and rain. Thank you very much to all of you who had a hand in making this event such a success. A special thanks to Countess Elizabeth and Baroness Elspeth for herding the cats as necessary to make it happen. As you know we have a new Baron & Baroness here in Elfsea. I am looking forward to continuing to serve our great Barony as your Seneschal under our new leadership. I would like to thank Baron Alejandro for his selfless service to our Barony and for the sacrifices he made so we could continue to enjoy the dream we love so much. I would also like to thank him for the opportunity to have served as his Seneschal. At our last populace gathering some changes were made. As you probably know we have lost the Coor's facility as a meeting hall. They have been bought by another company and the hospitality room is being closed. On that note we are going to try a few new locations in our quest for a new meeting place. May's populace will be held 19 May 2014, at the new library in Bedford at 7:00 pm. This is the third Monday because the fourth is Memorial Day and most of us will probably be recuperating from Steppes Warlord, besides, the library will be closed that day. It is located at 2424 Forest Ridge Rd just past Bedford Rd. It is very near our Wednesday night fighter practice. Also a vote was taken and the populace said they wanted to wear garb to our meetings, so we shall, if you wish. Wearing garb at the meetings is not mandatory, we understand for some it can be a challenge. We are now accepting bids for Elfsea Baronial College which will occur 23 August, 2014. If you are interested please submit a bid. If you have questions please let me know. I think it is one of the easier events to run and a good one to learn from. We are also accepting applications for the Heralds Office. If you are interested please let us know, if you have questions please ask. The Heralds Office can be a challenging one for some and total fun for others. If you have an interest in one side of the office and not the other, i.e.: Court Heraldry vs. Book Heraldry, we can introduce you to the people who can answer your questions or concerns. YIS

Sebastian Frobshire, OP

Seneschal,

Barony of Elfsea





Exchequer

Lady Caitrina inhean Mhurchadha

Deputy

Julienne de Bri

exchequer@elfsea.ansteorra.org



Greetings,

Currently there is an opening on the financial committee for an 'At large' member to join in the decision making. We have announced this at the April MOOT and will be making the decision on who will be filling the vacancy at the next officers meeting.

'The financial committee shall consist of the following (1) Baron or Baroness, (2) Seneschal, (3) Exchequer and two members at large. The two at large members shall be selected by majority vote of the warranted officers of the Barony of Elfsea. Vacancies must be announced at moot and published in the newsletter. Vacancies must be filled within 30 days of the position becoming vacant. Financial committee members must be members of the SCA.'

Elfsea Defender was a financial success. VIVAT!! Please contact me directly if you wish to hear more financial details.

Bids were opened for Elfsea College at this month MOOT, it would be nice to have several choices to pick from. Please consider putting in a bid.

'The financial committee must approve event bids with attached budgets. Every event Steward must have a Keystone to assist them.'

Lady Caitrina inghean Mhurchadha

Elfsea Exchequer



Nautilus

Lord William Palfrey

herald@elfsea.net

Deputy Herald

[Accepting Applications](#)

Greetings,

At April's populace Lord William asked that we look for a new Hospitaler. Please come forward and apply for the position if Heraldry interests you. I am sure Lord William will be happy to discuss the requirements and responsibilities with you.



Don Alaric's Quote of the Month

"In an honest service there is thin commons, low wages, and hard labour. In this, plenty and satiety, pleasure and ease, liberty and power. And who would not balance creditor on this side, when all the hazard that is run for it, at worst, is only a sour look or two at choking? No, a merry life - and a short one - shall be my motto." - Pirate Captain "Black Bart" Bartholomew Roberts





Greetings Elfsea,

During the most recent Moot, I presented the idea of a program to help our new fighters, Heavy and Light, to be able to get on the field quicker and commence with much 'Swish swish, clang clang!' The program will be named 'Gear It Forward'.

My plan is to reach out to fighters who may have unused armor or weapons in a closet collecting dust. The armor and weapons will be available on a semi - permanent loaner program for those who are interested in fighting. The gear will be property of The Barony of Elfsea, which means that if the user either upgrades his or her own armor, or simply decides to discontinue fighting in the barony, the gear is to be returned.

I am aware that some of the older gear may need some TLC, but this could actually be a good thing for new fighters to learn gear repair and care. This is a new program and I am sure we will experience some growing pains in the process, but I believe that it will be a positive move for our fighters. I will also work with our Marshalls to make sure that the gear is safe for use.

If you are able to donate to this very worthwhile program, please contact me on Facebook, as Brad Wright, or thru email at dbradleywright@gmail.com.

YIS

Angus MacIntyre

VIVAT!!!

Angus



Hospitaler

Lady Áine inghean Aodha mhic Shéafraid

hospitaler@elfsea.ansteorra.org

Greetings Elfsea!

As the newest hospitaler for our wonderful Barony I have much to learn. I ask that Elfsea bring me her ideas! I look forward to working with the newest members of our Barony and help guide them and teach them all about the SCA. On that note, if you recall during our populace meeting, I mentioned wanting to do classes for our new members. I'm putting a call out for anyone who would like to teach SCA101, garb making, basic heraldry, combat basics, etc. Please e-mail me if you have any interest in teaching classes for our newcomers!

I would like to take this time to welcome our newest member of Elfsea, Anne Brough. I met Anne at Winterkingdom/Round Table in January and she was unaware of our local group. I gave her our information and she jumped in and became very involved. She just recently became an official member of our group and is very excited to continue going to events. Please help in making her feel welcome to this wonderful Barony! I have one last request. I urge you to introduce yourself to someone new this month. Even if they may not be new to this kingdom, they are new to you!

I hope everyone has a fun month with all the wonderful events and please be safe!

In Service,

Lady Áine inghean Aodha mhic ShéafraidHospitaler,

Barony of Elfsea



Aaliz's Kitchen – a modern cook's journey into Medieval Cookery

Roman Cena (part 3)

The main entree of the Roman meal was served during the second course of the Cena. This course was called the Prima Mensa. This course usually consisted of meats like wild game, fish, pork or poultry. Beef could also be served, but it would have been an expensive luxury. More wealthy Romans would serve exotic meats like peacock, flamingo tongue, dolphin, or camel heels. After all the goal of having guest over was not just stimulating conversation, but to also show off the wealth of the host.

The meat dishes would be accompanied by vegetables and bread such as small rolls. While most of the vegetables served during the Gustatio were uncooked the vegetables served during this course would be cooked. It has already been mentioned that the Romans had a fondness for sauces so it is no wonder that they would serve bread to sop up the sauce. Most Romans did not have ovens in their homes and would have to buy their bread from the local bakery. Even though wealthy Romans had ovens in their homes they also frequently had their bread baked at the bakery.

Wine would be served with this course; of course it would be watered down. After all it would be barbaric to serve wine that had not been watered down. If the meal was during the winter the wine would be served heated and if the meal occurred during the summer it would be served cooled. In addition to watering down their wine, they might also add spices or honey.

This course would also consist of four or more dishes.

Prima Mensa (2nd course)

Roast Wild Boar with Cumin,

Sole in White Wine,

Chicken a la Fronto,

Asparagus, Fried Carrots with a Wine Sauce,

Wild Boar – Roman Recipe

- Translation from Apicius' De Re Coquinaria

Clean the meat with a sponge. Sprinkle with salt and ground cumin and let it remain this way (overnight). On the next day, roast it in the oven. When cooked, serve in a sauce of ground pepper, gravy from the boar, honey, stock, boiled wine and raisin wine. (Apicius, Book 8, I-I).

Pork Roast with Cumin – Modern Recipe

– Baroness Jehanne de Huguenin – Adamastor Cook's Guild

Ingredients

3 lb. Pork roast

2-3 tbs. ground cumin

2 tsp. ground pepper

4-6 tbs. honey

1 chicken stock cube

3-4 tbs. boiled wine (wine boiled till it is reduced to a syrup)

½ cup Sweet white wine

Preheat oven to 350°

Rub the pork roast with cumin and salt. Cover and place in oven for 1 ½ - 2 hours or until the roast has an internal temperature of 160 degrees. Remove roast from pan and keep warm. Add to meat juices the stock, honey, and wines, and season to taste. Slice the roast thinly and pour sauce over it; warm in the oven before serving.

Resources

“Ancient Rome.” The Supersizers Eat...: Season 2, Episode 6. BBC. 27 Jul. 2009. Television.

Apicius. De Re Conquinaria. *Cookery and Dining in Imperial Rome*. Trans. Joseph Dommers Vehling. 1936. [English]

de Huguenin, Jehanne. Roman in the Gloamin – Classical Roman Recipes From Apicius. Adamastor Cook's Guild. March 2004. <http://www.3owls.org/sca/cook/roman.htm> . found 4/2014.

Aaliz's Kitchen cont...

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Grainger, Sally. Cooking Apicius – Roman Recipes for Today. Prospect Books. 2006 pp 15-19.

Mercer, Imari & Justine Lykins. Food in Ancient Rome. 10/30/2012. <http://prezi.com/6kc83vbduor9/roman-food/> found 4/2014.

Oulton, Randal. Roman Food. Cooks Info.com. July 29, 2012. <http://www.cooksinfo.com/roman-food> found 4/2014

Raimer, Carla. Ancient Roman Recipes. NOVA. <http://www.pbs.org/wgbh/nova/ancient/roman-recipes.html> Found 12/2013.



HEAR YE! HEAR YE!

WE SEND GREETINGS FROM THE CANTON OF DRAGONSFIRE TOR.

WE INVITE ONE AND ALL TO PARTAKE IN THE UPCOMING GUARDIAN OF THE TOR
XXIII ON MAY 17, 2014, AT CAMP'N'FISH PARK IN GLEN ROSE, TEXAS.

IT IS AT THIS EVENT THAT MANY CONTENDERS MAY VIE FOR THE FOLLOWING
CHAMPIONSHIPS:

ARCHERY BARDIC CHIVALRIC RAPIER

THERE WILL BE ACTIVITIES FOR YOUNG AND OLD

(AND THOSE OF US IN BETWEEN)

YOUTH BOFFER, CHILDREN'S ACTIVITIES, THE STOCKS, AND A QUEST FOR THOSE
SO INCLINED TO PARTICIPATE

THERE WILL BE A POTLUCK FEAST, SO PLEASE REMEMBER TO BRING YOUR
FEAST GEAR AND FAVORITE DISH.

SITE WILL BE OPEN FROM 7:00 AM ON SATURDAY UNTIL 12:00 PM ON SUNDAY.

SITE FEES ARE AS FOLLOWS:

\$10.00 FOR ADULTS

\$5.00 FOR AGES 1-17

FAMILY CAP OF \$30.00 (NMS FEES APPLY).

IF YOU WISH TO COME OUT AND JOIN US ON FRIDAY THERE WILL BE AN ADDI-
TIONAL \$5.00 FEE PAID DIRECTLY TO THE SITE OWNER.

WE HOPE TO SEE MANY NEW AND FAMILIAR FACES THIS YEAR.

PET'S MUST BE ON A LEASH

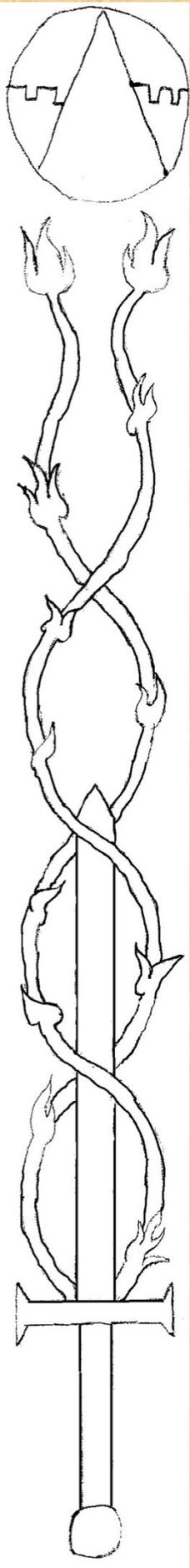
YOUR HUMBLE EVENT STEWARDS:

CAIRSTIONA MAC LAINE

LADY JANIE OF DRAGONSFIRE TOR

KANDAS MATTHEWS kandiSCA@yahoo.com JANIE CASON j-cason@hotmail.com

For more detailed information please visit our website:





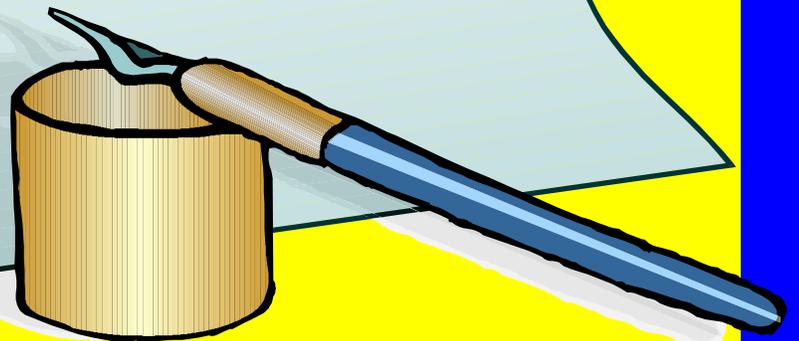
Chronicler
Lady Diana the Just
chronicler@elfsea.ansteorra.org
Deputy Chronicler
Accepting Applications

Greetings

Thank you to those of you who took the
time to submit a report or submission. Your
time is appreciated. Thank you to Cailin and
Pyro for the great pictures.

Yours in Service

Lady Diana the Just



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Picture of Aine submitted by her and used with her permission.

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