

Goode Tidings

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C/O Ian Johnston
1100 Wayne Ave
Pensacola, FL 32507



a Publication of the Shire of Arenal
December, 2006

A Few of the Officers of our Shire



Senechal
Bastion d' Sint Michel



Exchequerer & Chatalane
THL Joselito Leofric
and Lady Gefn



Herald (on right)
Lord Sanzio Sansovino



Youth Combat Marshall
Baron Ulric of Somerset



Mistress of Children (on right)
Madelana Sartore



WebMinister &
Arts and Science Mistress
Lord Saxa Corduane &
THL Lavena Knappe



Meeting Schedule:

Business Meetings are held every Thursday night on the PJC College campus in room 101 across from the LRC (library). It begins promptly at 7:30PM and is usually followed by everyone going out to eat en masse.

Fighter Practice is held every Sunday afternoon in the Optimists Park on Langley Ave.. It begins around 2:00PM (4:00 summertime) and runs until they run out of steam. The last weekend of the month is "Feast and Finery", when members attend in garb and have a pot luck lunch & social.



Goode Tidings is an independent and local publication of and for the Shire of Arenal in the Kingdom of Meridies and is not an official publication nor does it delineate SCA policy. In the event of confusion or misunderstanding between officially published SCA rules and publications and this publication, the official SCA rules and conventions are to take precedence.



Platina, *De Honesta Voluptate*, Venice, L. De Aguila, 1475. Translated by E. B. Andrews, Mallinkrodt 1967. (Both Platina and Kenelm Digby were published as part of the "Mallinkrodt Collection of Food Classics." Reprinted by Falconwood Press, 1989.)

Who's Who in the Shire...

by Lavena Knapp

We would like to introduce you to Lord Saxa Corduane (Bruce Chappell)

When did you start in the SCA?

1985 in Panama City, FL. It was then known as the Shire of Salt Keep.

What motivated you to find the SCA?

I had seen them doing fun things at a Game Convention while in Tech School.

Do you still own your first piece of garb?

Yes, it was a Byzantine patterned tunic that I made it with some help from a friend of mine out of a bedspread bought from the Salvation Army.

What is your main interest in the SCA?

I love to have Conversation with people about widely diverse topics.

What was your favorite event and why?

One week-end I went to 3 events. An event at Firedrake (Dothan, AL) that got flooded out and had to close early, since Oldenfeld (Tallahassee, FL) had a daytrip event I rolled over and fought in that event then had feast and went back to Salt Keep (Panama City, FL) where I lived. Then on that Sunday The city of Lynn Haven, FL which is attached to Panama City had an annual parade that the Shire of Salt Keep always walked in then had a demo at the park where the parade ended. I fought at all three events and had good food and great company with my friends. At that point in my life, I occasionally rode a motorcycle to events with my armor packed on it and I also had a white VW bus which I had used for taking up to seven at a time to events. On one unusual trip through a bright tree lined roadway in Georgia, everyone had their arms out the vent windows making rowing motions and singing, "We-all-live-in-a-white-Vee-Double-U-bus!" to the tune of "Yellow Submarine".

What does your name mean?

I have two names, the first is Lord Corwayne Saxon of Salt Keep. Corwayne was supposed to mean "Heart-maker" but in fact means nothing in particular. The Saxon part is due to the fact that upon entering the Shire of Salt Keep the majority of members had Norman personas and I was a Saxon. As the only Saxon I became "THE Saxon of Salt Keep" This is the name that my AOA was awarded under. And the second is Saxa Corduane (I pronounce it with a silent "d" making it virtually the same name in reverse order). This is the name that eventually was passed by the college of heralds and registered along with my arms. Saxa is a very generic name for a Saxon man and Corduane means shoemaker.

Corduane resides with his wife in Navarre.

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From the Senechal,

Greetings from your Seneschal!

It is yet another quarter gone by, and as we all know, we have gotten our bid for Crown List approved and we are now under way developing what is to be hopefully the greatest event ever done by our Shire. This is a time to forget the past, forget your personal issues with other members, suck it up and do your part to help make this Shire flourish. Without each and every one of you contributing your best, we cannot be strong and united for this one common goal. I urge each of you to reflect on your personal issues, ask and give forgiveness for past transgressions and build on your common goals in the SCA: Living the Dream to it's fullest potential. There is no other place where you can have the kinds of friends that you have in this group and in the SCA. All of us can succeed if we work hard and do the honorable thing. There is no need for one to fail so another can succeed. BOTH can succeed if they are willing. ALL can succeed if they are strong enough and have the drive and will to remember the past, but not focus on what is behind us. If you spend your time looking behind you all your days, sooner or later you will either trip on something trivial and fall flat on your face, or miss everything that goes by you, simply because you are always staring and focusing on the past, Good or bad. We all have forgiveness in our hearts if we just swallow our pride, grant ourselves a little humility and remember what and who we are all striving to be in this game. It is an important game we play here, and it is a large part of our lives, whether we want to admit it or not.

We are having a GREAT year folks. Lets keep it up and show our Illustrious Kingdom who we are, and what we can do, and overcome the transgressions of the past and rise above it all and become the greatest shire our Kingdom has ever had!

P.S. Due to legal issues, public executions, floggings, stonings, water torture, bootheel sessions, wet willie fights, will no longer be held in conjunction with SCA events. These will now be done in the privacy of your own castle, or bungalow. If these events should occur, and anyone asks, disavow all knowledge that anything has transpired by looking into the air from side to side and saying what? what flogging milord?

In Service to the Kingdom, and my family

Bastion



From the Exchequer,

Unto the populace of Arenal comes greetings from your exchequer,

Well the Christmas party is right around the corner, And I would like to remind everyone the entry fee is \$5 a head for adults and \$3 a head for kids. And just so it is

clear to everyone, this is to cover the cost of the site and the main meat dish(es). I will also be taking reservations for 12th night at the business meetings and at Fighter practice. Technically the discounted rate ends Dec 15th but I may have a bit of the Christmas spirit in me at the Christmas party on the 16th so with the blessing of the powers that be, I may be coaxed to extend the deadline one day. ;)

We only have five known world handbooks left, and the people who asked for the first three copies have yet to get them (you know who you are). Keep in mind these make great gifts and do fit in the price range for the gift exchange.

THL Joselito Leofric
Exchequer of Arenal



From your neighborhood Chatelaine,

A warm welcome to one and all, to the Shire of Arenal in these rapidly chilling months!

Thank you again to everyone who helped out with getting the Loaner Garb up and usable again. We seem to be doing well enough now with our loaner gear, but I would never dream of turning down more stuff for the Shire. ;)

I will echo the sentiments of our Exchequer on the Known World Handbooks. These are very good things to have. So much information that is commonly forgotten, from Tent making, to Table making, to Basic Garb, to Names, to Courtly Behavior. This is definitely a very good book to own, beginner or not.

Looking forward to seeing everyone at the Christmas Party,
Lady Gefn of Arenal
Heather Hefner



Unto the Shire of Arenal come greetings from Lord
Sanzio Sansovino, pursuivant Herald, Arenal.

This missive is all about education. I have received some clarifications on the sumptuary laws in regards to Genfalon construction. They have been relaxed considerably since I joined. The only restricted items are regalia of various orders or status (Baronial Coronets, County Coronets, Ducal Coronets, Laurel Wreaths, Caps of Maintenance, and Chivalric regalia {white belt, gold chain, gilded spurs}), you must have a grant of arms to keep one supporter, and the only entities authorized two supporters are royal peers and local groups who have been augmented arms. Aside from that, the mottos must be translated into Latin and cannot be offensive in any way. As far as size, the Gonfalon is traditionally twice as tall as it is wide. That's it.

Bearing this in mind, let's turn this Shire into the Heraldic envy of the known world. I am issuing a challenge with this missive. I challenge everyone in this Shire to construct a Gonfalon for a dazzling Heraldic display at 12th Night.

When you have rolled out your pastry made of meal with sugar and rosewater and formed it like a crust, put into it the same mixture as the one I said in the section on marzipan (sic) [Take almonds that have soaked in fresh water for a day and night and when you have cleaned them as carefully as can be, grind them up, sprinkling them with fresh water so that they do not make oil. And if you want the best, add as much finest sugar as almonds. When all this has been well ground and dissolved in rosewater...]; this time, it should be formed like rolls and cooked in the oven as I said before, with a gentle flame.

I began with 2 cups of blanched skinless almonds which I did soak overnight as per the instructions in the recipe. I added 2 cups of sugar and added 1 T. of rosewater. In retrospect I could have halved the almonds and sugar as I ended up with about twice as much as I needed. I made a crust of 2 cups flour and a bit over ¼ c. sugar and 2 T. rosewater mixed with about 8 T. water as I felt that to the modern tongue a pastry of just rosewater would be very strong. From other recipes that I have made I have found that large quantities of rosewater tend to give a "Jergan's Soap" taste to the food. I ran this through a food processor to make it a bit finer, but not into "sugar almond meal." This pastry did not call for any butter or other fats that some pastry or "coffin" recipes call for. I rolled the dough very thin, thinner than I would for a pie shell. I then rolled them up like jelly rolls and tucked in the open sides. I baked them at 350°F for 20 minutes. I decided upon 350° based on modern temperatures used to bake pastries, pies and other dough.

In retrospect it seems like the crusts are a bit hard although, again, this may be due to modern preferences and our ideal of a light and flaky crust. I also wonder if "formed like rolls" means to roll up like a jelly roll or if they were to be rolled shaped with a stuffing and more of a "dumpling." Recipes from Plantina do sometimes assume that you know something about cooking. I've read many instances where a recipe from Plantina will call for the reader to "make a coffin" or "as I have said before." I also would reduce the sugar in the filling a bit as when it baked the sugar melted and caramelized on the baking pan. I don't think it ruined the flavor. I just think that it was a signal that there was too much sugar.

I have made this recipe before using various "pastries." The better ones included a traditional pie crust, a yeast bread dough rolled very thin, and phyllo leaves, which while yummy, were quite messy once baked. If I were taking this to a tournament I would probably use the yeast bread dough crust purely for the portability factor. While a traditional pie shell crust might be more period, it also might be more fragile.

Give this recipe a try sometime and see how it turns out. This also makes a good dish for a feast as the canisones can be made ahead of time and cut just before feast.

Bibliography:

A Note From the Kitchen...

a recipe from THL Joselito Leofric

Rot Kraut Mit Apfeln

(Red Cabbage with Apples)

1 medium sized head red Cabbage
1 or 2 tart apples
2 Tablespoons chicken fat (or bacon grease)
1 Medium sized onion, sliced
1 quart water
½ cup light vinegar (red wine preferred)
½ cup sugar
½ teaspoon salt
¼ teaspoon pepper
2 cloves
1 bay leaf
Juice of ½ lemon
2 to 3 Tablespoons flour

Wash cabbage, drain; cut as you would for Cole slaw.
Wash and core apples; peel and cut in small pieces.
Sauté onions and apples in chicken fat for 3 to 4 minutes.
Add water, vinegar, sugar, salt, pepper, cloves, bay leaf and lemon juice. Stir;
Bring to a boil. Add cabbage. Cover and let simmer 45 minutes, or until tender. Just
before serving, sprinkle flour on top to absorb liquid. Serves 4.

And Another Note...

from Michelle Leifur Reid

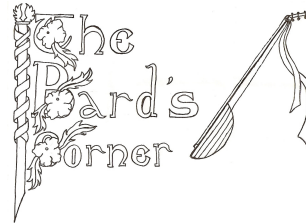
Pastry Which They Call Canisiones

One of the things that I miss from my old group was our period cooking night. Each month we would get together and create period recipes from period cookbooks using (as close as possible to) period methods (if you can call a gas stove close to period). These were delightful evenings filled with stories, entertainment, and, of course, cooking. I thought I would share one of my favorite recipes and the notes on how it was prepared.

This recipe is from a book from Platina written in the 15th century in Italy. Platina wrote this book as an instruction guide to a cook in a new position, but not for beginner cooks. This was not your mother's Betty Crocker Cookbook, but a collection of recipes assuming that the reader already had cooking skills and needed little guidance.

Platina book 8

Yours in service,
Lord Sanzio Sansovino



The honorable SCA art of “Filking”
“Filking” is an age old and very period activity of taking the tune of a well known song and adding new words.

Many evenings at events were spent around the fire with everyone singing both the old favorite song and learning some new ones. And many groups and kingdoms have songbooks filled with these filked songs.

Generally the bard or writer is writing about something his audience is familiar with and is either promoting the subject or doing a parody. But in either case, the idea is to provide a song others can enjoy and sing themselves.

Regionally, there have been many great examples of filking. Taking “American Pie-The Day the Music Died” and creating “The Day the Table Died” is one of the most popular songs at area events in the Bardic circle.

“Please Bearkiller” to the tune of “Please Mr. Custer” is another example.

Just for fun, try your hand at filking your favorite song. See if you can do a SCA version of it. Even the Irish Rover’s music can be easily filked for the SCA audience.

For example, try the following:

“Red and the Green”
(Irish Rover’s “The Orange & the Green”)

(chorus)

Oh, it is the biggest mix-up that you have ever seen.
My father’s belt was red and me mother’s, her’s was green.

My father was a Fighting Man man, proud Meridian was he.
My mother was an Artisian, from Glean Abhann was she.
They were married in two kingdoms, lived happily enough,
Until the day that I was born and things got rather rough.

(chorus)

Into a set of armor, I was rushed away a’far,
To be made a little fighter, my father’s shining star.
I attended all their classes, but still, I’m no saint,
For me father, I was fighting, while me mother made me paint.

(chorus)

With Mother every event, to class I’d proudly stroll.
Then after that, the fighting lads would try to save my soul.
For both sides tried to claim me, but I was smart because,

I'd play the flute or swing the sword, depending on where I was.

(chorus)

One day me Ma's relations came round to visit here.
Just as my father's kinfolk were all sitting down to beer.
We tried to smooth things over, but they all began to fight.
And me, being strictly neutral, I bashed everyone in sight.

(chorus)

My parents never could agree about my type of school.
My learning was all done at home, that's why I'm such a fool.
They've both elevated peerage, but they left me caught between
That awful belted problem of the red and the green.

(chorus)



December

					1	2
						Magna Faire-Iron Mountain Arenal Gulf Wars land meeting
3 Fighter Practice	4	5	6	7 Shire Meeting	8	9 Knight's Gambit-Brantestone
10 Fighter Practice	11	12	13	14 Shire Meeting	15	16 Arenal Christmas Party!
17 Fighter Practice	18	19	20	21 Shire Meeting	22	23
24/31 Fighter Practice	25	26	27	28 Shire Meeting	29	30



January

	1	2	3	4 Shire Meeting	5	6 12 TH Night-Arenal
7 Fighter Practice	8	9	10	11 Shire Meeting	12	13 12 th Night Collegium-Bryn Madoc
14 Fighter Practice	15	16	17	18 Shire Meeting	19	20 Menhir-Rising Stone
21 Fighter Practice	22	23	24	25 Shire Meeting	26	27 Diverse Pleasures IV- Canton Des Forges Jour d' Armour II-Drakenmere
28 Fighter Practice	29	30	31			

*A European 12th Night
With Arenal*

January 5th - 7th 2007
R.R. # 1, McKenzie, AL
At the WOW Camp River Springs, AL

*Come join us for Arenal's 12th Night Celebration:
12th Night Traditions of Europe. Classes galore,
Heavy Weapons Tournaments, Youth Combat
Tournaments, Fencing Tournaments, Target
Archery competition (weather permitting), a new
spin on an old Arenal Tradition:*

Autocrats:
Lady Gefn
Mka: Heather Hefner
Mommy.Heather@gmail.com
2933 Pine Forest Rd
Cantonment, FL 32533

Nikolas Von Hertlien
Mka: Fred Wolfe
Rads_Nexus@yahoo.com
(850) 261-0129

Reservationcrat:
Lord Joselito Leofric
Mka: Joel Schirtzinger
Joselito42@cox.net

Please send reservations to:
Shire of Arenal 12th Night
PO Box 11870
Make checks Payable to:
SCA Inc/Shire of Arenal

From the North— I-65 south to exit 114 (Hwy 106). Turn left on Hwy 106. At US-31 turn right. Follow US-31 toward Evergreen. Site is on the right near mile marker 108.
From the South— I-65 North to exit 93 (Fairview). Turn right on US-84 East, go past Evergreen, US 84 will merge with 31 and become 31/84. Stay on 31. The site is ten miles north on the left between mile marker 107 and 108.

***Subtract \$4 for w/o feast **Add \$3 for Non-Members**

Pricing with Feast	Oct 1—Dec 15	Dec 16—Jan 4
**Adult Weekend	\$22.00*	\$26.00*
Child Weekend	\$10.00*	\$14.00*
**Adult Day	\$18.00*	\$22.00*
Child Day	\$8.00*	\$12.00*

If you must cancel, we need notification at least 2 weeks prior to the event for refunds

A foofs court masquerade ball

For More Information Go To:
www.ShireofArenal.com

Florida State and Kingdom Law Requires:
That you have three (3) Notarized Copies of the Child Waiver Forms for each child that will be attending the event without a Parent or Legal Guardian but will be with a Supervising Adult (1 copy for the Parent, Supervising Adult, and Troll each). These must be Signed and Notarized prior to the event.

Feastacrats:
Milady Rowan
Mka: Amanda Wolfe
MarrenTheKat@yahoo.com

Lorkin Flagherty
Mka: Greg Hacker
Lorcan_Flagherty@yahoo.com

Classes :
Leather Bottles
Leather masks
Shields in History
How to make a Pell
What is Sprang?
The Yule Log.

*Feast is capped at 100
so get your reservations
in soon and come have
a "Ball" with us!*