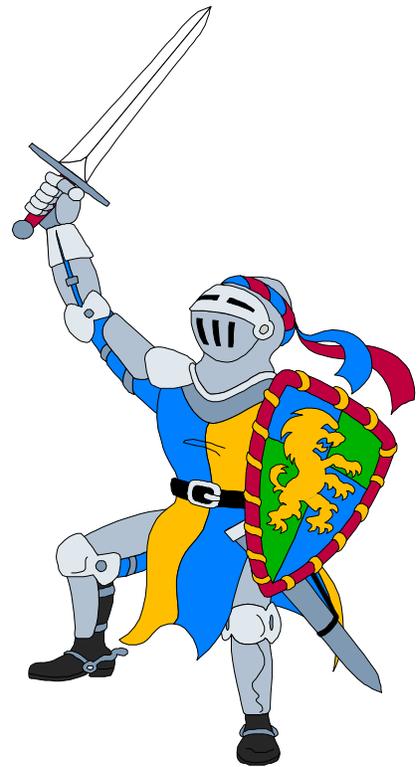
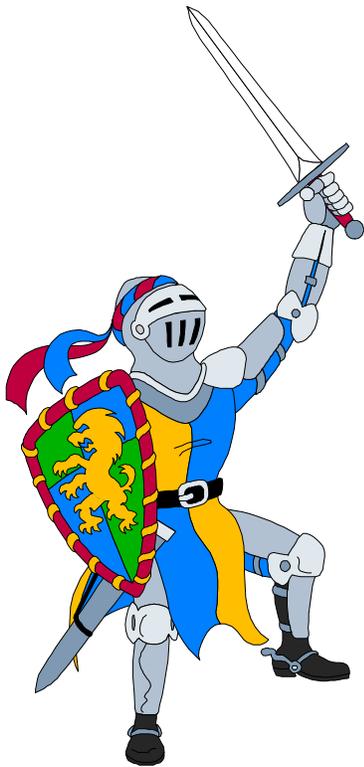


# Clyffe Notes

## Challenge of the Heart

July 22-24



The Newsletter of the Barony of Dun Carraig  
Volume XXXI, Issue VII A.S. XXXI,  
July 2007

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# July 2007



Sun      Mon      Tue      Wed      Thu      Fri      Sat

1	2	3 Baronial Business Meeting	4 Armored/ Rapier Practice	5 Archery Practice	6	7 King's Assessment 
8	9	10	11 Armored/ Rapier Practice	12 Archery Practice	13	14 Storvik Novice Tourney
15	16	17	18 Armored/ Rapier Practice	19 Archery Practice	20	21
22	23	24	25	26	27 Pennsic	28
29	30 Pennsic 	31	 <b>Baronial Progress</b> Black—Meetings      Blue—A&S Green—Events Red—Marshaled Practices Purple—Everything Else			

# August 2007



**Sun Mon Tue Wed Thu Fri Sat**

			1	2	3	4
<i>Pennsic</i>						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			Armored/ Rapier Practice	Archery Practice		
19	20	21	22	23	24	25
			Armored/ Rapier Practice	Archery Practice		
26	27	28	29	30	31	
			Armored/ Rapier Practice	Archery Practice		

## Upcoming Events for July

- ◆ July 6-8                      Assessment (R)              Black Diamond                      Big Island, VA
- ◆ July 27– August 12              Pennsic XXXVI (R)              Aethelmearc                      Cooper's Lake, PA

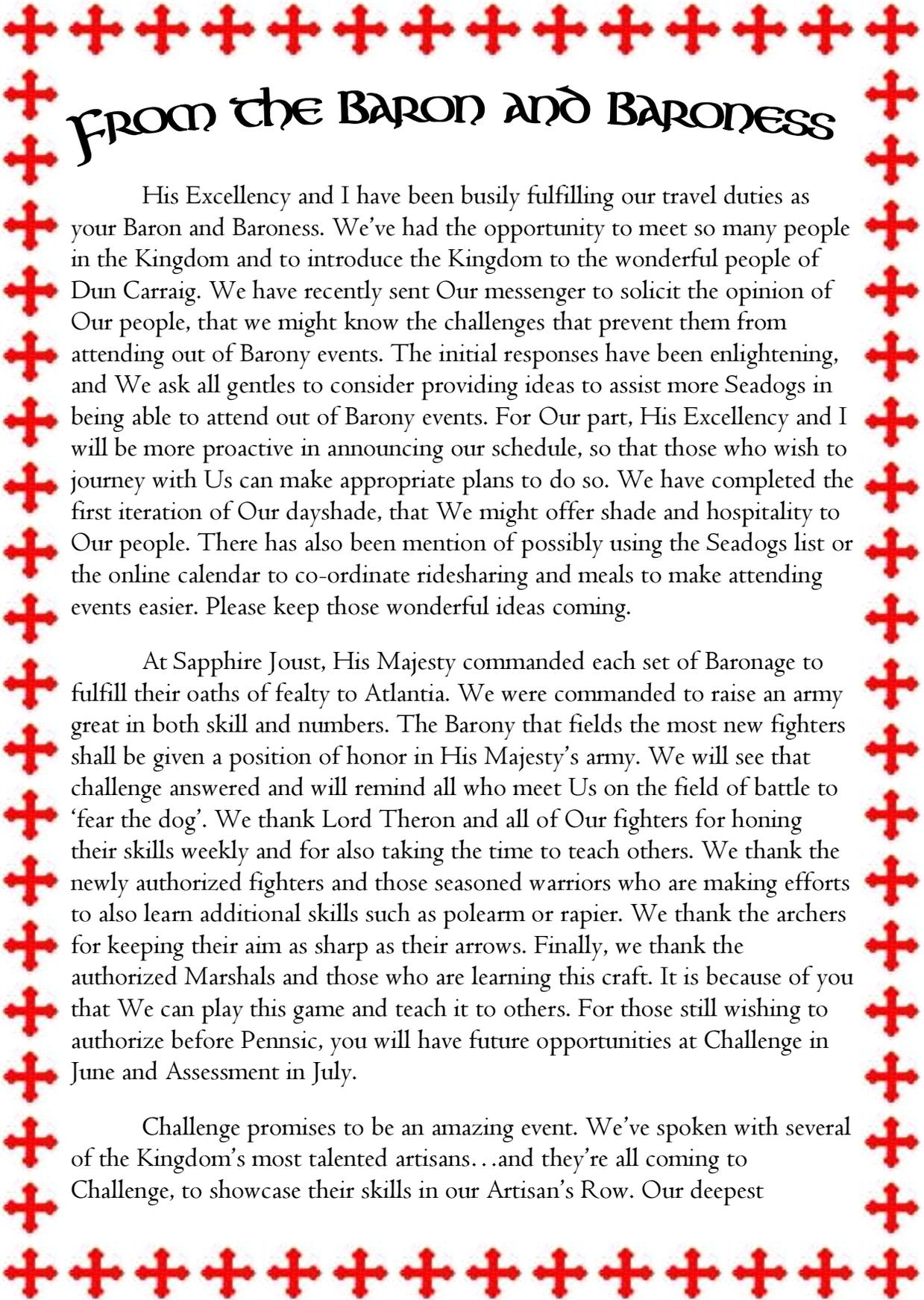
## Upcoming Events for August

- ◆ Pennsic
- ◆ PENNSIC
- ◆ PENNSIC
- ◆ Did we mention **PENNSIC?**

## Upcoming Events for September

- ◆ September 8              Masters of Defense              Lochmere                      Elkridge, MD
- ◆ September 14-16              Chalice of the Sun Gods IV              Ponte Alto                      Triangle, VA
- ◆ September 21-23              Siege of Glengary              Highland Foorde                      Hedgesville, WV
- ◆ September 21-23              Journey to the Crusades              Caer Gelynniog                      Palmyra, VA
- ◆ September 22              Battles of Britain              Yarnvid                      Powhatan, VA
- ◆ September 28-30              Storvik Baronial Birthday              Storvik                      Upper Marlboro, MD
- ◆ September 29              Bloodlines                      Tir-y-Don                      Newport News, VA
- ◆ September 29              Games Tourney                      Isenfir                      Weyers Cave, VA



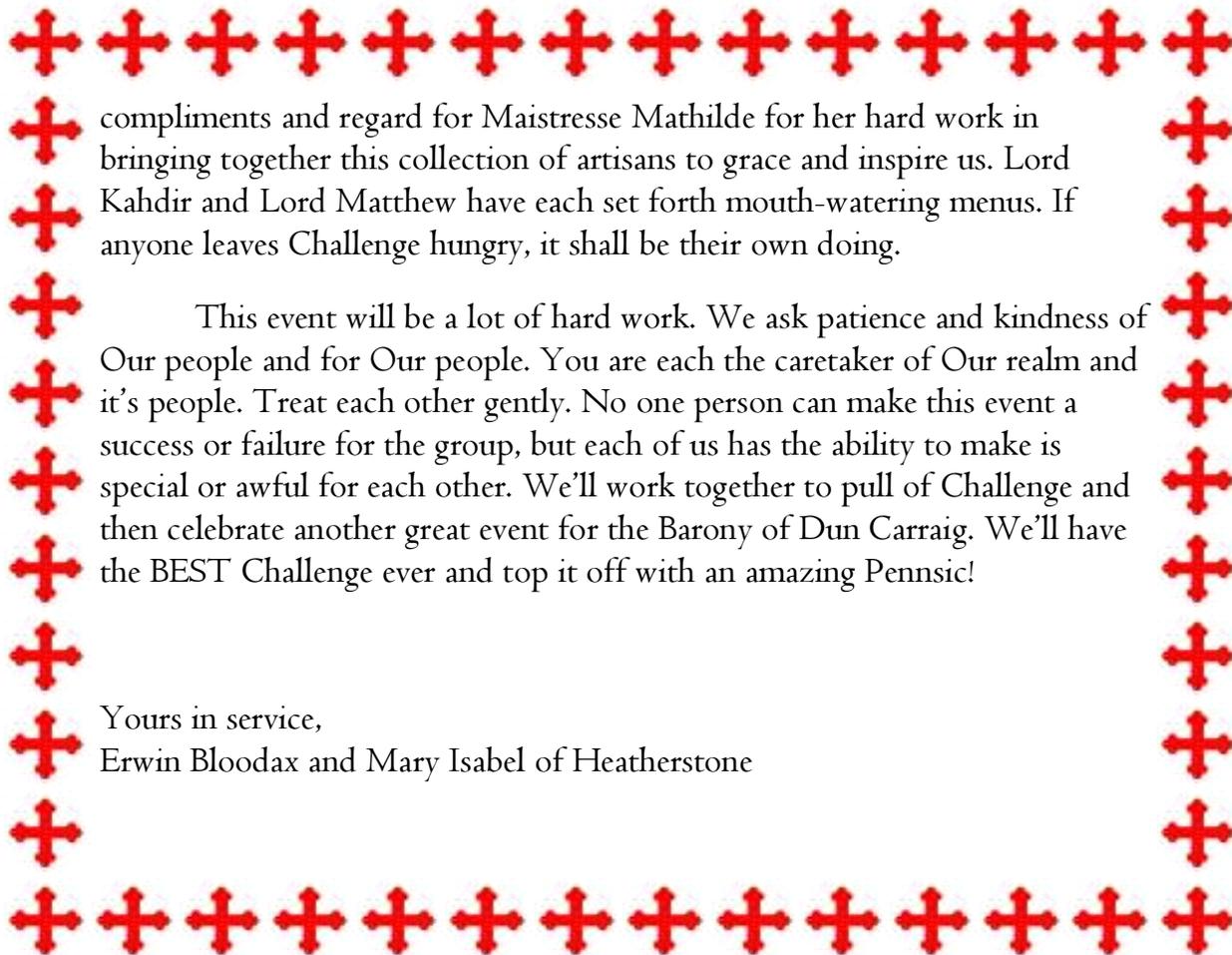


## FROM THE BARON AND BARONESS

His Excellency and I have been busily fulfilling our travel duties as your Baron and Baroness. We've had the opportunity to meet so many people in the Kingdom and to introduce the Kingdom to the wonderful people of Dun Carraig. We have recently sent Our messenger to solicit the opinion of Our people, that we might know the challenges that prevent them from attending out of Barony events. The initial responses have been enlightening, and We ask all gentles to consider providing ideas to assist more Seadogs in being able to attend out of Barony events. For Our part, His Excellency and I will be more proactive in announcing our schedule, so that those who wish to journey with Us can make appropriate plans to do so. We have completed the first iteration of Our dayshade, that We might offer shade and hospitality to Our people. There has also been mention of possibly using the Seadogs list or the online calendar to co-ordinate ridesharing and meals to make attending events easier. Please keep those wonderful ideas coming.

At Sapphire Joust, His Majesty commanded each set of Baronage to fulfill their oaths of fealty to Atlantia. We were commanded to raise an army great in both skill and numbers. The Barony that fields the most new fighters shall be given a position of honor in His Majesty's army. We will see that challenge answered and will remind all who meet Us on the field of battle to 'fear the dog'. We thank Lord Theron and all of Our fighters for honing their skills weekly and for also taking the time to teach others. We thank the newly authorized fighters and those seasoned warriors who are making efforts to also learn additional skills such as polearm or rapier. We thank the archers for keeping their aim as sharp as their arrows. Finally, we thank the authorized Marshals and those who are learning this craft. It is because of you that We can play this game and teach it to others. For those still wishing to authorize before Pennsic, you will have future opportunities at Challenge in June and Assessment in July.

Challenge promises to be an amazing event. We've spoken with several of the Kingdom's most talented artisans...and they're all coming to Challenge, to showcase their skills in our Artisan's Row. Our deepest



compliments and regard for Maistresse Mathilde for her hard work in bringing together this collection of artisans to grace and inspire us. Lord Kahdir and Lord Matthew have each set forth mouth-watering menus. If anyone leaves Challenge hungry, it shall be their own doing.

This event will be a lot of hard work. We ask patience and kindness of Our people and for Our people. You are each the caretaker of Our realm and it's people. Treat each other gently. No one person can make this event a success or failure for the group, but each of us has the ability to make is special or awful for each other. We'll work together to pull of Challenge and then celebrate another great event for the Barony of Dun Carraig. We'll have the BEST Challenge ever and top it off with an amazing Pennsic!

Yours in service,  
Erwin Bloodax and Mary Isabel of Heatherstone

## BARONIAL BUSINESS MEETING

The July business meeting will be held Tuesday, July 3rd at 7:30 PM, at the Southern Maryland Higher Ed Center in California. (44219 Airport Road California, MD).

FROM CHARLES CO & THE NORTH: Take Route 5 to Route 235. Follow Route 235 approximately 13 miles to Wildewood Shopping Center (Airport Road). Turn right on Airport Road; Center is 3/10 mile up the hill on the left.

FROM CALVERT CO & THE SOUTH: From Solomons: Follow Route 4 across the Bridge into St. Mary's County. Proceed approximately 4 miles to the intersection of Rt. 4 and Rt. 235. Turn Right (North) on Route 235 At the 2nd light, turn left onto Airport Road (at the Outback Steak House) and proceed 3/10 mile. Center is on the left.

FROM PATUXENT RIVER NAVAL AIR BASE: North on Route 235 - 6 miles. Turn Left on Airport Road (at Outback Steak House). Proceed 3/10 mile on Airport Road. SMHEC is located on the left across from the SMC Airport Runway.

# Baronial Business Meeting

## Minutes

June 5, 2007

In attendance: Theron, Gormr, Isolda, Serena, Rose, Kiri, Mathilde, Philip, Alsandair, Mathias, Gwen, Adriana, Matthew, Minna, Cathal, Mary Isabel, Khadir

The June Baronial Business Meeting focused mainly on the upcoming Challenge of the Heart.

### Challenge of the Heart

Sunday, a baronial group worked on the King's Landing cabin and completed most of the repairs. We still need to paint the outside, but it doesn't have to be prior to Challenge. We replaced two screens and almost all window cover tracks inside. We cleaned out, closed holes, cleaned up sticks and leaves, in front of the cabin, and relocated a family of mice. It went well despite pouring rain. No one Mathias gave "Mucho thanks" to all who helped.

Sat/Sun the 16<sup>th</sup>/17<sup>th</sup>—Mathias needs a group to help sweep out the cabin prior to Challenge.

Friday Night – We have access to the site starting at 5 Friday night and can set up everything outside hall. We can get into the building at 8 Saturday morning. We very badly need folks to man the gate from 7:30 to 8 the following morning. (The gate has to be closed, but people will be arriving at all hours—they don't need to check in & pay, but need to be let in.)

A map will be up at front so that gate person can send campers to their spot. The gate person will also take names so they can check in the next morning.

Serena also needs volunteers for troll—those who haven't had the class would need to meet with her to take it beforehand *or* help without handling money (hand out site tokens, get waivers signed, etc.).

Minna volunteered to make a wooden sign for camping—"Tent Camping Here"

There won't be lights at night, but we will line the cabin area with tiki torches.

Gate volunteers – Matt, Adriana, Rose, Bobbi, Theron

We also need people to man the gate Saturday night. We will need someone awake manning gate for people to leave up until 1 AM. After that, will have some sort of "emergency only" coverage late Saturday night—someone sleeping in a tent next to gate.

*Friday night Kids' Activities*—Gwen will visit the site during the cabin clean-up to figure out a location for kids' stuff.

Saturday- Authorizations start at 10, presentation of teams to the ladies gallery will be at 11

Syr Richard has painted banners for 10 teams; Molly & Rose will sew edges of banners.

Artisan's row should be set up tent-wise by 11 at the latest.

Waterbearers are still needed.

We need someone to run the A&S display.

We still need a merchant coordinator to check people in & give them a spot in the hall.

Troll will open at 8:30 in the hall. (It will be outside near the field overnight.)

Court is scheduled for 5.

Feast is scheduled at 5:30 (with wiggle room to 5:45 if necessary)

Tables should be set up prior to court. Appetizers will be put on tables—when people come in from court, there will be food waiting. When tourneys end, we will herald to the site that people need to set up feast area before court.

We will do an outdoor court weather permitting.

Field will be open until court, as Prince Logan has requested that fields stay open for pick-ups.

Gormr will do hall set up. Will get tables set up after tourney ends. (Will try to have as many of the tables and whatnot out in the morning so that there's not a mad scramble at 4:30.)

Dayboard will happen right around 12:00. High table will be the dayboard setup.

The is rented by the hour...any time after 8, we are supposed to tack on \$25.

Greg and Tom are in charge of clean up—Greg in charge of kitchen clean-up, Tom in charge of hall clean up. One nice thing about hall clean-up is that the site hires someone to vacuum hall and such.

Gwen will be running children's activities Saturday evening so parents can stay to clean up.

We have 2 firepits...one by pavilion by field. Hope to have a bardic circle there. If you know bards, ask them to come. We make sure that no one uses any of the wood from the Scouts' woodpile. Someone needs a tarp. If we have any excess wood, we will add it to their pile.

We will have 3 porta-potties. 2 near cabins, 1 near field.

Barony members are encouraged to advertise to the Merry Rose and talk up Challenge to their friends.

Troll hours will be 5-10 Friday, Saturday 8:30-4:00

Sunday

War practice Sunday at 10 AM (Theron is in charge of getting field area cleaned up after practice.)

## Officers' Reports

### Chronicler

Changes Coming down from Kingdom:

The Webminister is no longer under the Chronicler, and is now a greater officer or will be once he's warranted, which begs the question, do we have any "lesser officers" left?

The deadline for reports has been moved up—chroniclers now have two fewer weeks to do reports each quarter. Lucky for Adriana, since we do an online newsletter & don't charge for subscriptions, the report is pretty straightforward and doesn't take too long.

**Change to No Conflict Rules**—To SPIKE an event as "no-conflict" you are now required to complete the Event Registration Form \*\*and\*\* the flyer. Any questions, I will pass them to Otto. (My big one is what happens if you change the flyer...does that un-no-conflict you??)

I still need to contact Otto about our heraldry not appearing on the ad for Challenge. We're not sure what the reasoning is for that, but would like it to be there.

**Officer's Report Master Schedule** - I'll be happy to put this together for officers, if you give me your reporting deadlines.

**Membership Roster** - Seneschal & Chronicler are supposed to keep this. I'll be getting a copy from Theron so I can make it into an Excel spreadsheet. The main advantage being that it can then be sorted by expiration date, making it quick & easy to tell who gets to vote on financial matters, or who to bug about renewing/sending current info.

**Web "Instruction Manuals"** - Hey, since I write this stuff for a living anyway...I've written up two quick instruction lists for "how to update your phone book entry" and "viewing/updating/searching the calendar" Look for those to appear on the web page as soon as Matt figures out where to put them & gets a chance. Also in the works is a "Who to contact..." list for all web "stuff"—a central help file that tells you who to contact to get on the Seadogs list, submit pictures, etc., and will eventually include links to instructions for the things you can do yourself. Anything you would like instructions on that's web-related, let me or Matt know. When the instructions go out, I'd love input from the populace in general and especially all the teachers, tech writers, instructional designers, etc. on anything that could be improved.

### Exchequer

Mathias turned in Lowe's receipts in the amount of 76.05—the financial committee has already

approved up to 300.

Balances due to Kings Landing for Challenge have been sent.

Serena reports that she is still working with those who have funds approved for them for spending but that haven't been spent yet. Theron regarding the List Fence (\$40 approved); Theron regarding the baronial tent repair (\$20 approved); & Mathias regarding general Quartermaster supplies for loaner gear and kitchen supplies (\$75 approved).

Baroness—survey asking populace for feedback. . . . what are the roadblocks/problems with getting to events, what keeps people from attending? (Gas, site fees. . . don't have anyone to sit with). B&B looking for ways to meet any of those needs (carpooling, etc.) Large motivation is to be able to recommend people for kingdom stuff, which can't really be done if they aren't active outside Dun Carraig.

## Seneschal

We have two opportunities for us to put on a fairly easy kingdom event w/ no feast—University & KASF. If you have any interest in running something like this, let Theron know. KASF would be March (1<sup>st</sup> weekend), University would be October (1<sup>st</sup> weekend).

Jill has a potential KASF site. Rose will go with her to check out the site as a second opinion.

## Tuesday Night Activities

The barony discussed whether to reserve a room at SMHEC every Tuesday for A&S, newcomers meetings, persona development, etc. Most Tuesdays, we will have a room to use; we can also use student lounges if no room is available. (Alsandair suggested that having more activities going on within the barony would help us in attracting/keeping newcomers.)

Molly, Alsandair, and Khadir volunteered to run it. Although no formal vote was taken, the majority of people present expressed interest in the idea.

Rose asked if there was interest in dance, and volunteered to teach English country dance after Pennsic, just as soon as she finds her tapes.

If you have a Tuesday night idea. . . get with Molly, Khadir & Alsandair. They are to start after Pennsic, because the Pennsic panic will start right after challenge panic ends.

## Baronial Gear

After Challenge, all baronial gear needs to go to the B&Bs house. They've agreed to store it, even though the Naval Exchange still hasn't managed to get the shed we ordered. Those who have baronial gear that needs to be stored at the B&B's, Theron asks that you bring it to Challenge.

## **Knight's Marshal**

Cathal announced that he will be gone the week after the meeting, and that someone else needs to get the loaner gear to practice.

## **Curia Report**

Lady Serena Giovanna de Verona, who attended Curia at University, provided a report on the kingdom policy changes from Curia.

Castellan and webmaster are now greater officers (yes, we're calling them that again, but we don't need to change financial policy). (Chronicler's Note: I'm down a deputy...how am I supposed to take over the world now?)

There will be a new kingdom youth officer and new rules regarding kids' activities. No specific changes were announced at Curia, just that changes were forthcoming.

The definition of live steel within historical combat done as A&S (Western Martial Arts combat, done with blunted or wooden blades). It's been determined that it isn't permissible to use sharp steel for that (as it's not done with sharp blades anyway, this doesn't really change anything for historical combat).

Kingdom will officially accept bids for I2<sup>th</sup> night without feast...in the hopes of getting more bids for I2<sup>th</sup> night.

Kingdom is looking for a bid for KASF, the I<sup>st</sup> weekend in March. They would need at least a couple isolated rooms.

## **Relay for Life**

It was announced that Relay is coming up in a few short weeks. Anyone willing to come walk, please sign up. Donations are welcomed from those who won't be able to make it. People are invited to come whether you're on the team or not---it will be a fun time, with games, performances, good food, and a silent auction. People not on teams do have to leave @ 11. Relay starts 6, ends 6 the next morn for teams.

Come in garb.

No cars are permitted on the field after 4.

Rose is selling cheesecake raffle tickets for relay.

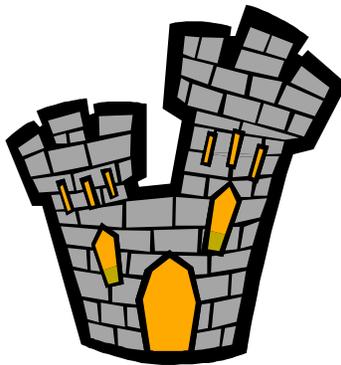
## **Perusic Pre-Reg**

Deadline is the FIFTEENTH.

## Relay for Life

Seven barony members were part of the Dun Carraig team for the Calvert County Relay for Life, Friday, June 15 at 6:00 PM to Saturday, June 16 at 6:00 AM. A number of other barony members who weren't on the team also stopped by to walk and hang out. The baronial team raised \$1051.00. We were a "Bronze All-Star Team"—Bronze All-Star teams raise an average of \$150-\$249 raised per team member

<https://www.kintera.org/faf/search/searchTeamPart.asp?ievent=I89702&team=I946188>



## The Wisdom of Saint Rowena

“When complementing a woman on her clothing, avoid pointing out that it ‘lifts and separates.’ That just implies that the body parts in question \*needed\* to be ‘lifted’ and ‘separated.’”

## Overheard in Dun Carraig

The following quotes, heard in the barony in the past month at events, practices, and A&S workshops, are provided for your amusement.

It's all fun and games until someone loses an eye. Then it's hysterical.

This is for people to come and show their thing.

Ooh, I get to tie you up!

What is there to do—oh, these guys are beating each other with sticks!

What I would like most...is young men.

I'm flexible.

But they're organic, free-range zombies.

Don't worry, I'll keep her awake.

Why must you discriminate against goats?

I am warm and fuzzy.

We both have things we must pass.

We're still waiting on the [expletive] Navy.



## Orange and Lemon Drinks of Summer

by THL Johnnae Ilyn Lewis, CE

*Many men putte þerto in somer þe Iuse of lymons or of orenge. [Many men put thereto in summer the juice of lemons or of oranges.]*

Chauliac 2(Paris angl. 25 156a/b) c1425

The question arose on the online SCA-Cooks list again last spring as to what non-alcoholic drinks did they imbibe in the Middle Ages and Renaissance. Quite quickly it can be determined that in England they drank mead, metheglin, ale, beer, wine, fermented cider and perry, as well as distilled spirits. In terms of non-alcoholic drinks: water (including barley water), milk, whey, and buttermilk are mentioned. Tea, coffee and chocolate for drinking are well documented as being increasingly popular only in the mid to late 17th century. (Starbucks has nothing on the coffee houses of the Restoration.)

The search began for orange and lemon drinks that more closely resemble those of today. In 1659 W.M. included distilled orange water. The recipe reads:

*To make Orangewater.*

Take a pottle of the best Malligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a glass still, and let the water run into the receiver upon fine Sugar-candy; you may still it in an ordinary still.

Likewise, the *Leamon Wine* found in the Tudor-Jacobean manuscript (edited as *Martha Washington's Booke of Cookery*) is again mildly alcoholic. Digby in 1675 includes a barley water flavored with the juice of an orange, but the recipe seems far more barley than orange in its flavors. It reads :

*A Cooling Drink in a Fever.*

Take a Gallon of Spring-water, five Spoonfuls of French Barley, half a pound of the best blue Currants, let it boil softly till a quart be consumed; then take two handfuls of Wood-Sorrel, as much of Roman Sorrel; bruise them well, and let them infuse one hour, then take it off and strain it through a Sieve; drink of this with the juice of an Orange, and a little fine Sugar.

But what about lemonade and its lesser cousin orangeade? Food historian C. Anne Wilson states with certainty that "Lemonade was a French invention." OED notes that *-ade* words are formed to indicate that they are "the product of an action, and, by extension, that of any process or raw material." One early form was pomade which lost out to the word cider as meaning a drink made of apples or pomme. Under "lemonade" the earliest quotation in the *OED* only dates to 1663; "orangeade" is dated to 1706.

Food historians, of course, can do better in the contest to find earlier quotations. The most popular and the earliest printed source for both lemonade and orangeade recipes in England appears in the

1653 edition of La Varenne's *The French Cook*. Only two years earlier La Varenne's *Le Cuisinier Francois* had swept Paris. There quickly followed volumes titled *Le Pâtissier Francois* and *Le Confiturier Francois* which were also attributed to La Varenne. This last French volume includes recipes for both *Limonade* and *Orangeade*.

The English version of the recipe reads as follows:

#### How to Make Lemonade.

It is made several waies, according to the diversity of the ingredients. For to make it with Jasmin, you must take of it about two handful, infuse it in two or three quarts of water the space of eight or ten houres; then to one quart of water you shall put six ounces of sugar. Those of orange flowers, of muscade roses, and of gelliflowers, are made after the same way. For to make that of lemon, take some lemons, cut them, and take out the juice, put it in water as abovesaid. Pare another lemon, cut it into slices, put it among this juice, and some sugar proportionably.

That of orange is made the same way.

Francois Pierre La Varenne. *The French Cook*. 1653. pp. 238-239.

Terence Scully in his new and highly recommended English translation of La Varenne writes of Orangeade : "It is made in the same way as the Lemonade, except it doesn't take any lemons." (page 494)

What makes food history so interesting and vexing is that another alternative version of lemonade's history may be found. Clifford Wright who is the author a number of popular Mediterranean cook-books has a "History of Lemonade" posted on his website. He writes:

"It appears that the all-American summer drink, lemonade, may have had its origin in medieval Egypt. Although the lemon originates farther to the east, and lemonade may very well have been invented in one of the eastern countries, the earliest written evidence of lemonade comes from Egypt. The first reference to the lemon in Egypt is in the chronicles of the Persian poet and traveler Nasir-i-Khusraw (1003-1061?), who left a valuable account of life in Egypt under the Fatamid caliph al-Mustansir (1035-1094). The trade in lemon juice was quite considerable by 1104. We know from documents in the Cairo Geniza--records of the medieval Jewish community in Cairo from the tenth through thirteenth centuries--that bottles of lemon juice, *qatarmizat*, were made with lots of sugar and consumed locally and exported."

So are lemonade and orangeade mid 17th century drinks that are hinted at in earlier mentions of juice in summer or is lemonade an indirect descendant of a Jewish drink known as *qatarmizat*? Shall we pour and enjoy a tall glass of lemonade while we investigate further?

#### Sources:

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Digby, Kenelm. *Choice and Experimented Receipts in Physick and Chirurgery*.

London, 1675.

La Varenne, Francois Pierre. *Le Cuisinier Francois*. 1651. Edited by Jean-Louis Flandrin, Philip and Mary Hyman. Paris: Montalba, 1983. [From the Bibliotheque Bleue collection, this contains all works attributed to La Varenne in French.]

La Varenne, Francois Pierre. *La Varenne's Cookery*. Translated and Edited by Terrence Scully. Totnes, UK: Prospect Books, 2006. [This new English translation contains all the works attributed to la Varenne.]

La Varenne, Francois Pierre. *The French Cook*. 1653. Lewes, East Sussex, U.K.: Southover Press, 2001. [Reprint of the 1653 edition that was translated by I.D.G. Philip and Mary Hyman provide a valuable introduction to this edition..]

M. , W. *The Queens Closet Opened*. London. 1659.

*Martha Washington's Booke of Cookery*. Edited with commentary by Karen Hess. New York: Columbia University Press, 1981.

Scully, Terence. *The Art of Cookery in the Middle Ages*. Woodbridge, Suffolk: The Boydell Press, 1995.

Wilson, C. Anne. *Food and Drink in Britain*. New York: Barnes and Noble Books, 1974. p. 357.

Online sources included the following academic databases:

Middle English Dictionary Online. *MED Online*.

The Oxford English Dictionary. 2nd ed. 1989. *OED Online*.

Early English Books Online. *EEBO* and *EEBO-TCP*.

Clifford Wright's alternative version of lemonade's history may be found on his web page <http://www.cliffordawright.com/history/lemonade.html>

Versions of this article appeared in:

*Mead Meat & More* volume 2, issue 2, Spring 2007

•Orange and Lemon Drinks of Summer• pp.4-6, and in the Barony of Cynnar's newsletter *The Citadel* in August/September 2006.



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