



Kids – print off and colour in your own Norek, prizes will be awarded at the Shire BBQ on the 27th.

# NOREKS TAELS

Volume 2, Issue 1 in the year ASXLIV

February



## Upcoming Events

- SCA Regional Meeting: TBA, Wandí?
- Blues Alive Demo: 4th March, Rockingham
- WAMA Fayre: 20th March, Supreme Court Gardens, Perth
- Autumn Gathering: 2nd – 5th April, Balingup



## WORDS FROM THE SENESCHAL

Greetings unto the populace of Dragons Bay, I hope you have all weathered the holiday season with good health and no hiccups to mar your enjoyment.

Firstly I would like to extend my thanks to all those who contributed in some way to the Shire in 2009, every little bit helps and makes us a stronger and better Shire, so well done all of you. If there are those among you who share this sentiment then please read the short article on recommendations for awards and recognition elsewhere.

Looking to the future as we move into February there are a few things for us to consider and decide upon, firstly there are Officers positions we need to keep filled this is essential in maintaining and advancing our progress toward full status as a SCA group.

One of the indications of a healthy and sustainable group is a regular turnover of Officers at appropriate times. This frees up people to readily pursue their personal goals, allows newer members the chance to gain experience and renown by serving the group and helps to ensure that the groups gets to explore a number of directions or ideas as it grows and prospers.

In normal circumstances the maximum time to hold an office is 2 years with the possibility of a 1 year extension for good cause.

### Seneschal

I am at the end of my term of office and while I enjoy serving the Shire in this position to continue would not necessarily be in the best interests of the group or possibly Mrs Fryers favourite son.

The Seneschals position is a sort of a cross between president, chairperson, facilitator and secretary; they ensure the group operates within the parameters of the mundane laws, the SCA governing documents, and Kingdom law and the best interests of the populace. They chair the Shire meetings, coordinate the group's activities, in a sense oversee the other officers, encourage people to do stuff, facilitate their efforts, and they have a role to play in resolving grievances. They are the legal representative of the group, provide a conduit to the kingdom and SCA administration, sign off on any purchases or agreements, the running of events and must endorse the various 'official' workshops or meetings.

I would be more than happy to talk to anyone who would like to discuss taking on the very important role of Seneschal, with a view to handing over by the Shire meeting in February or March at the Latest. If desired I can remain as a deputy for 3 to 6 months while the new Seneschal get settled in.

There is a local list and a Kingdom list to provide advice and support.

## OUR WESTERN SHORES NEIGHBOURS

### *Shire of Boesenberg: (Bunbury)*

**Seneschal:** Elspeth the Wyse (Lizzie – 0438610006)

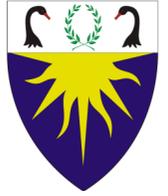
boesenberg.seneschal@hotmail.com



### *Barony of Aneala (Perth Metro)*

**Seneschal:** Betchold Vollarc

seneschal@aneala.sca.org.au



### *Canton of Abertridwr (South of Swan River)*

**Seneschal:** Andre Montsegur (Andrew)

AbertridwrSeneschal@sca.org.au



### *Canton of Aachenfeld (North of Swan River)*

**Seneschal:** Catalina de Gata – (Tex 0423198462)

gatanoz@gmail.com



### *College of St Basil the Great (UWA)*

**Seneschal:** Gillian Attwood –

silly\_filly2002@hotmail.com



### *College of St Lazarus (Murdoch Uni)*

**Seneschal:** Alex (Christopher) mrhellcat@gmail.com



## Regnum

### King & Queen of Lochac:

Their Majesties BRAN and LILYA royal@sca.org.au



Crown Prince and Princess of Lochac : to be decided at May Crown

### THE SHIRE OF DRAGONS BAY

**Seneschal** - Peter D'Gaunt Noir (Peter)

0434461200 or pfryer@iinet.net.au



**Reeve** - Stephanie of Dragons Bay (Steph) smcglew@yahoo.com.au

**Arts & Sciences** - Genevieve du Montfleur (Fiona)

0419966246 or fgillesp@bigpond.net.au

**Chronicler** - Shared

**Constable** - Robert of York (Geoff) geoffrey.heathcote@yahoo.com

**Acting Marshal** - Genevieve du Montfleur (Fiona)

**Webminister** - Matthew de Rohann (Matt) matrohan@hotmail.com

**Hospitaller** - Peter D'Gaunt Noir (Peter)



Words from the Seneschal continued...

### Arts & Sciences Minister (A&S)

Lady Genevieve is also at the end of her term and wishes to hand of this office as soon as possible to allow her to focus on other areas.

This office has a coordinating role and while knowledge and skills in the various areas that fall under A&S doesn't hurt it is in no way essential to successfully running this office. This office organises or encourages others to organise workshops and meetings to make, discuss and try old and new things. Quite often they will seek out people with particular skills to fill guest spots at workshops and to this end they work closely with their counter parts in other local branches and the Laurels (Highest recognition for excellence in A&S).

They may also organise A&S competitions and assist with judging or advice for judges.

After her return from Bali (3<sup>rd</sup> Feb) Lady Genevieve is happy to talk to anyone who wishes to take on this very worthwhile office and can remain as a deputy for 3 to 6 months while the new persons gets settled in. Meanwhile please feel free to talk to me and I will try to assist and encourage you in anyway I can, hand over of the office is intended for the February Shire meeting.

This can also be a shared office, either by splitting it into an Arts officer and a Sciences Officer or a main coordinator with deputies.

### Hospitaller (or Chatelaine)

This office is there to assist new members get settled in and maintains the Shires supply of loaner outfits and feasting gear. They are also responsible for coordinating or running our recruiting and promoting the group to the greater community.

As with all offices one person doesn't have to do all of it, just coordinate and ensure that it is done within the parameters of SCA laws and guidelines.

I currently hold the position of Hospitaller and would either like to hand over all the duties or at least the duties entailed in getting newcomers settled in, maintaining loaner garb and our loaner feasting gear. Happy to talk to people about options such as sharing the role, remaining on as deputy for 3–6 months or remaining on as demo and promotions deputy indefinitely. Here I am looking for a March handover, April at the latest.

There is also the option of the group moving away from a Hospitaller/Chatelaine and establishing a Gold Key which is a multi person effort.

Words from the Seneschal continued...

### Shire Meeting

The meetings are fun and as long as we can get through any required business by 9.30 it doesn't have to be tedious or serious, so I encourage everybody who can make it to turn up to these meetings so that your voice can be heard and Dragons Bay remains a group that caters to the needs of everybody involved.

These meetings are held on the 3<sup>rd</sup> Monday of every month, to decide on issues such as group finances a quorum of the Seneschal or Reeve plus 2 other officers is required.

Anyway that's about it for now so until next we meet may good fortune be yours to share and may you and yours be happy and healthy.

In service to the Dream

Sir Peter



### Awards and Recognition

People in the Shire will get formal recognition of their efforts if the King and Queen find out they are doing a good job, since they don't visit very often your help in letting them know what is going on is critical. A guide to writing awards is on the Shire Yahoo site to assist you, and I would just like to say that recognising peoples effort in this way is one of the most significant thanks people receive. Nobody does it simply to get an award but it is lovely when the people of the group you are working and striving for show their appreciation.

Awards fall into three general categories of Arts & Sciences, Service and Fighting you don't have to mention any particular award, just explain what somebody is doing and how they do it, make sure you get their name right and it doesn't hurt to include their non SCA name. Writing separate letters or emails for each individual makes more of an impression and may remove any confusion.

We also recognise people at a local level with a Shire token so if there is someone who has done a lot to make the SCA a better place please let me know, also if you just want an outline of awards let me know and we can have a chat.

### VEGETABLE RISSOLES – recipe from the Yule Feast



#### **Ingredients for 8 rissoles**

200g pumpkin, peeled, cut into chunks  
200g Cauliflower, cut into pieces  
200g peas (fresh or frozen)  
100g onion, finely chopped  
200g carrots, finely chopped  
1 teaspoon butter  
2 eggs, beaten  
1/4 cup chopped parsley  
1 teaspoon sea salt  
2 cups fresh breadcrumbs

Add 200g potatoes, peeled and quartered to bulk them out and for taste if desired

#### **Directions**

1. Steam the potatoes and pumpkin until tender. (If boiling drain well)
2. Cook peas in a pot of boiling water, until tender. Drain well.
3. Combine vegetables in a large bowl, add butter and mash together.
4. Heat a little oil in a large frying pan. Add onion, and carrots and saute for 5 minutes. Add these to the mashed vegetables.
5. Then add the egg, parsley and salt; mix well.
6. When the mixture is cool enough to handle, shape into patties and coat with breadcrumbs. Place on a lined tray and refrigerate for 1 hour.
7. Either pan fry until golden or preheat oven to 180C and bake for 30 - 40 minutes or until browned

This is a blend of recipes from various cookbooks predominately Eastern ones so it is in a medieval style but not yet documented in its own right.

Potatoes were served in period!

On his return from the New World along with tobacco and all sort of pretties Sir Walter Raleigh brought potato. When it was served to Queen she sent it back to the kitchen remarking that it needed more salt. We mostly avoid serving it as it is a common modern vegetable and we strive to be more than common.

## MUSHROOM TARTS – recipe from the Yule Feast

This pie has a consistency resembling that of a quiche, though made almost entirely of mushrooms.

500g mushrooms  
30g Ricotta  
3 eggs  
3 egg yolks  
1 tsp pepper  
1 tsp ginger  
1/2 tsp cloves  
1/4 tsp mace  
Butter  
Pie Shell



Cut mushrooms into pieces (slice and cut if they are large mushrooms). Fry mushrooms in butter. When cooked, drain oil, and put into a bowl. Add eggs, cheese and spices. Put into pie crust and bake at 350 for 45-50 minutes, or until golden brown (insert a knife or toothpick to ensure it has solidified all the way through).

Source [[Libro di cucina/ Libro per cuoco](#), Ludovico Frati (ed.)]: XCVIII. *Torta de fongi bona e perfettissima. Se tu voy fare torta de fongi col , toy li fongi intriegi mondi ben lavati, fane morseli grande e premi ben fuora l' acqua e toy lardo insalato distruto e ben colato e mitili al sofrigere con esso li fongi e alquanta aqua che non se ardesseno e quando sono apresso cocti, trali fuora in uno catino e mitigi con essi quantit  di caxo e de ova e meti questo batuto in uno testo con una crosta molto sutille la qualle forte molto vole essere sotille e zalla e ponderosa de specie e assay fongi e puocho e ova e falla coxere bene.*

Source [[Libro di cucina/ Libro per cuoco](#), Louise Smithson (trans.)]: XCVIII - *Tart of mushrooms good and most perfect. If you want to make tarts of fungi middling, take the mushrooms whole peeled and well washed, make morsels large and squeeze out all the water and take salted lard melted and strained and but to fry with the mushrooms and enough water that they don't burn (scorch) and when they are just cooked, pull them out in a basin and mix with them a quantity of cheese and of eggs and put this batter in a testo (covered pan) with a crust very thin that is very strong but must be thin and yellow and powder with spices and enough of mushrooms and little of eggs and make it cook wells.*

## HERALDRY MATTERS



### Group Device

We have a couple of suggestions for a group device and they are reproduced here to help commence the submission process please let me know which one you prefer by the February or sooner and I will get it sorted.

### Your name and device

Currently the \$40 cost for registering your name and device is being born by the Kingdom, so it is a good chance to get your very own unique name and device registered and protected for your use alone. Please take the chance to chat with me anytime or talk to me at the sewing workshops about how easy it is to achieve this.

Registration of a name and device is one of the cornerstones that enhances the groups activities, makes it easier for people to address you, certainly displaying your device on banners enriches any event and of course a name and device makes the receiving of award scrolls more achievable.

## CHRONICLER BITS

Along with our beloved Norek this months cover features a group shot of the recent expedition to Aneala's 12th Night celebrations a somewhat hasty snap taken as the hall was being cleaned up. It was a lot of fun and great to see you all there next time more dancing!

As we do not currently have a Chronicler Lady Genevieve has requested that she be able to do the newsletter for March and I believe she would like to take on this role once a replacement for the A&S Office can be found.

Regards your guest Chronicler for February to whit Sir Peter

### **DISCLAIMER:**

NOREK TAELS is not an official publication of the Society for Creative Anachronism (SCA) and does not delineate SCA policy. The official newsletter for the Society in Australia is *Pegasus*, which is available from the Registrar at [registrar@sca.org.au](mailto:registrar@sca.org.au)



## Arts & Sciences

Greetings from far away Bali or is that the Dutch East Indies in any case its great here although I am missing all my friends in the Shire – wish you could all be here because there is so much stuff we could find a use for and it is great fun.

Sir Peter has relayed that the Scribes workshop went well and I am looking forward to seeing the results of your labours, and it sounds like there will be a few names and devices submitted before long. It will be great to see the banners that can be made and displayed.

When I get back I am looking forward to getting the Cooks and Brewers stuff off the ground by combining these meetings with the monthly Shire BBQ it makes it very easy for those who do not have a dish made to still join in, besides I think there are some very tasty things we could recreate using the BBQ plate instead of a hot oven rock, was it Alfred the great who supposedly burnt the cakes? I think we can do better ☺

So to contribute to the recognition of our Arts & Sciences efforts within the Shire when I get back I will be starting a chapter of the Cooks Guild in the Shire. The February get together is on the evening of Saturday the 27th and I think this would be a good starting point. The next Shire BBQ is scheduled for the 30th of January so you can all get a head start on me, Sir Peter has kindly said he will organise the necessary forms etc and organise any judging required and I will get the paperwork off him when I get back.

So the 30th January you all get to practice and on February 27th we will hold our first meeting.

Basically the purpose of a local Cooks Guild chapter is to promote cooking in a Medieval and Renaissance style, encourage research and study of period cooking, make readily available information on period cooking and its modern equivalent's, maintain an index of information and period resources and support the Kingdom Guild. The Guild recognizes individual achievements with the rankings of novice apprentice, journeyman/woman and master/mistress we all get to recognize your achievements by saying yum!

[More Links](#) (reproduced on the yahoo site as well)

**A Study of Cooking Tasks, Methods, and Equipment  
in the Renaissance Kitchen**

<http://www.katjaorlova.com/MedievalKitchenEquipment.htm>



## VENUE SOUGHT

If anybody knows of an inexpensive meeting place please let me know, as I am looking into the viability of the Shire holding meetings and such in a hall or meeting room again. Ideally it has to be central, available, have plenty of parking be easy to find and inexpensive.

The pluses are; that a public venue can be less intimidating for a new person to come along too for the first time, and available space is more generally useable for a variety of activities eg meetings, dancing, sewing etc...

The possible down side is the meeting needs to be well support by the group otherwise it can become a financial burden and a waste of time resources. So divide the cost by the number of people likely to turn up.

Nothing definite yet but it pays to think and plan ahead

In service to the Dream

Sir Peter

## RANDOM LINKS or ITEMS of INTEREST

Burnett, Charles (ed.). *Ibn Baklarish's Book of Simples: Medical Remedies Between Three Faiths in Twelfth-Century Spain*. Series: Studies in the Arcadian Library, no. 3. Oxford, UK: Oxford University Press, 2008. Pp. 216. \$170/ú85. ISBN-13: 978-0-19-954306-9.

A link to some Polish treasures, including Italian, Russian, French, Jewish, German, Islamic and Armenian manuscripts, maps, atlases, books of hours 11-15 C etc

<http://commonwealth.pl/>

A beginners' guide to the Latin used in documents between 1086 and 1733. It is the first online tutorial to help you learn the Latin from this period. The tutorial covers the period between 1086 and 1733, when Latin was the official language of documents written in England.

<http://www.nationalarchives.gov.uk/latin/beginners/>

Local Activities	FEBRUARY		MARCH	
	<b>SEWING GUILD</b> 	<b>Saturday 13th</b> 9.30 – 12.30 Peter's Place	<b>Saturday 27th</b> 9.30 – 12.30 Peter's Place	Saturday 13th 9.30 – 12.30 TBA
<b>AMOUR-ING &amp; A&amp;S</b> 	<b>Saturday 9th</b> 1.30 – 4.30 Peter's Place 21 Langridge Cres, Orelia	<b>Saturday 23rd</b> 1.30 – 4.30 Peter's Place 21 Langridge Cres, Orelia	Saturday 13th 1.30 – 4.30 Peter's Place 21 Langridge Cres, Orelia	Saturday 27th 1.30 – 4.30 Peter's Place 21 Langridge Cres, Orelia
<b>Shire Meeting</b> 	<b>Monday 15th</b> 7.00 – 9.30pm The Bower Waikiki		<b>Monday 15th</b> 7.00 – 9.30pm TBA Offers anyone	
<b>COOKS &amp; BREWERS BBQ</b> 		<b>Saturday 27th</b> 1.30 – 4.30 Fiona's Place 6 Sheathbill Court Safety Bay		<b>Saturday 27th</b> 1.30 – 4.30 TBA Offers anyone

To host a meeting or workshop check with the relevant officer as to what requirements there are re space or other resources and then bring your proposal along to the Shire meeting. You could also discuss it on the yahoo list.

### Ninth- and Tenth-Century Viking Foodstuffs

<http://www.cs.vassar.edu/~capriest/vikfood.html>

### Elizabethan Food and Drink

<http://www.springfield.k12.il.us/schools/springfield/eliz/elizfood.html>

### The Crusader and Ayyubid Period (1099-1250 CE)

<http://jeru.huji.ac.il/ef1.htm>

### No Eels, Please! Non-Weird Period Food

<http://www.katjaorlova.com/NotWeird.htm>



I also believe it will be very cool to include brewing in our efforts as an add on to the cooking guild or maybe that should be the A&S guild? Now most brewing takes a bit more time than we have available between now and the February meeting but here is a recipes to tempt your skills out of hiding, we can talk more about brewing at the meetings. Here is a link to get you going.

### Medieval/Renaissance Brewing Homepage

<http://www.pbm.com/~lindahl/brewing.html>

### Norek's February Quiz

Can you identify the badge below?

Answers to be published on the yahoo list please, a chocolate prize to the first correct answer posted.



**Weak Honey Drink**

(More commonly called Small Mead) Digby p. 107/147

Taken from the link on the previous page I have removed the period recipe to save space and just reproduced the reduction provided, you might want to try doubling the ingredients if you have a suitable pot, good luck and I look forward to tasting the results.

11 pints water = approx. 5 liters  
 1 Tablespoon peeled, sliced fresh ginger  
 1/2 teaspoon yeast  
 1 pint honey = approx. 600mls  
 1/2 Tablespoon orange peel

Dissolve the honey in the water in a large pot and bring to a boil. Let it boil down to 2/3 the original volume, skimming periodically. This will take about 2 1/2 to 3 hours; by the end it should be clear. About 15 minutes before it is done, add the ginger. At the end, add the orange peel, let it boil a minute or so, and remove from the heat. The orange peel should be the yellow part only, not the white; a potato peeler works well to get off the peel. Let the mead cool to luke-warm, then add the yeast. The original recipe appears to use a top fermenting ale yeast, but dried bread yeast works. Cover and let sit 24-36 hours. Bottle it, using sturdy bottles; the fermentation builds up considerable pressure. Refrigerate after three or four days. Beware of exploding bottles. The mead will be drinkable in a week, but better if you leave it longer.

This recipe is modified from the original by reducing the proportion of honey and lengthening the time of fermentation before bottling. Both changes are intended to reduce the incidence of broken bottles. Using 2 liter plastic soda bottles is unaesthetic, but they are safer than glass.

**Kingdom Competitions**

**May Crown XLV (2010)** hosted by Barony of Rowany

Item of clothing or armour re-created from a portrait / illumination / woodcut

A Blacksmithed item

Performance of a song in rounds

**Midwinter XLV (2010)** hosted by Barony of Ildhafn

**A carved item** (email entries are encouraged if there is an issue with quarantine)

**Dance** - (reconstruction details tbc)

**Gardening** - a treatise on the properties of a perfumed plant (in the style of Culpepper)

**November Crown XLV (2010)** hosted by Barony of Aneala



**Lace Making**

**Glass** - an item of glassware or stained glass

**Aprons for working people** (i.e., craftspeople, smiths, cooks)

About judging Arts & Sciences competitions, I won't reinvent the wheel here is the Kingdom web site that explains it all.

<http://www.lochac.sca.org/artsandsciences/cp-judging.html>

Okay that is plenty from me, I look forward to seeing you all soon and in the mean time please direct any questions to my stand in Sir Peter. Me I am going back to sitting around the pool sipping drinks with umbrellas in them and getting massages – it a hard job but somebody has t to do it sigh (do you fell sorry for me yet?)

In fun and frenchship

Lady Genevieve du Montfleur