



Shire of Al-Sahid Newsletter

Scorpion Tales

June 2006

Around the Shire

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c) You must send a letter to the editor of this newsletter, stating which articles you have used, and in which publication the material has been reprinted. THL Caitlin (Christine Taylor P.O. Box 3499 Wrightwood, CA 92397)

June Shire Meeting

The next Shire meeting will be at on Sunday, June 25 at 3 p.m. at Lord Davi's and Lady Magdelene's.

FIGHTER PRACTICE

Fighter Practice is on Monday nights at 6:30 at Sir Killian's. For directions and more information about how to hit your friends for fun and profit, please contact Sir Killian at

kiltek@earthlink.net.

A&S (CRAFT) NIGHTS

The A&S meeting for June will be taught by Lady Blase. Lady Blase just received her Harp Argent for chainmail making, and appropriately enough will share her expertise with us. June's meeting will be on Monday, June 12 at 6:30 p.m. at Sir Killian's and THL Teka's.

COSTUMING SUITS

The Costuming Guild meets on the third Monday of every month at Lady Jane's. June's meeting will be June 19. Bring your ideas, fabric, pictures, patterns, books and anything else.

SARLIC WINE LESSON

Lady Blase assures THL Caitlin that this wine is a cooking wine. Whew. Lady Blase will be preparing a batch at hers and Lord Ryan's home on
(Continued on page 2)

May Officer Reports

Seneschal. The Shire once again volunteered Gregor to autocrat our demo at Hesperia Days (!) The event is on 9/23. If you would like to be involved — and we strongly suggest that as many of us that can, will —

Gregor's email address is:
greg_bettencourt@msn.com.

The Shire voted to fund a Chirurgeon's bag for our incipient Chirurgeon.

Lord Ryan suggested

that we do list shields for the Shire with our various arms. The Shire also voted to adopt a Shire fighting award in addition to our A&S and service awards.

(Report, Continued on page 4)

(The Shire, Continued from page 1)

Sunday June 25 at 10 a.m. and has invited Shire members to watch and participate. Please see “Garlic Wine” for more information. Everyone will pick up to attend the Shire meeting at 3 p.m. that same day.

DANCE PRACTICE

At least until Highland War, the Shire will host weekly dance practice on Wednesday nights at 6:30 p.m., starting June 14. The location will be announced in a separate mailing.

HONORS AND AWARDS

We are proud to announce that Lady Blase won two out of three prizes at the Siege Cook Off at Protrero War! Blase was also awarded her Harp Argent for chainmail making.

And Lady Jane took the Dean’s Award for Costume Design at her school. Congratulations!

Youth Combat Champions

Lord Logan and Kor took youth Combat championships! Congratulations to both of them.

WARS AND LAND ALLOCATION

Several Shire members will be attending Darkwell, but no land allocation is available or necessary. The site will be the same as Crown Tourney.

Lady Jane has volunteered to handle land allocation for the Shire at Great Western. We will try for land by the lake near the Fifth Brigade. If you would like to camp with the Shire, please tell Lady Jane that you are planning on attending and how many people will be with you.

Pentathlon Update

By CAICLIN CHRISTIANA WINTOUR

It’s time to firm up your Pentathlon projects! Remember that you can enter more than one entry. I would like a final count on Pentathlon team members and their proposed projects by the end of this month. There will be plenty of time to change things around, but I need to make sure we’re covered in terms of categories.

Remember that you need to document your final project. It’s easier to start with a documentable design or technique than to create something first and then try to find documentation for it.

And don’t let documentation scare you! Three written pages is plenty, and you’ll have all the help you need to write it. Just keep track of your resources so you can refer back to them.

I strongly suggest that all team members (or a family) buy a copy of our most recent *Ars Caidis* issue on Pentathlon. They are available from me at \$5.00 apiece, and I’ll bring copies with me at every Shire and SCA event.

I’m going to make a distribution email for all Pentathlon team members so we can keep up by email.

I’m so excited about this! Pentathlon is challenging, fascinating, maddening — and a huge amount of fun. Thank you, team members, for joining me on this incredible journey!

And one more thing — we need a team name!

Excellent Online Sites for SCA Cooking

By CAICLIN CHRISTIANA
WINTOUR

In a recent issue of *Ars Caidis*, Dame Katja Davidova Orlova Khazarina suggests several SCA sources for period cooking. I have included a selection of her online sources.

Δ Boke of Good Cookery

This user-friendly site at www.godecookery.com is maintained by a Laurel. You can buy "A Boke of Good Cookery, Vol. I" and view wonderful online categories including "The Kitchen of Mirth" for funny food. According to Dame Katja, the site contains a number of "Medievaloid" dishes, but also has a variety of good redactions as well as artwork, articles, and a discussion group on Medieval food and feast preparation.

The Medieval / Renaissance Food Homepage

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

Contains many links to period food-related primary sources, articles and publications, and individual recipes, and much more.

The Florilegium

<http://www.florilegium.org/>

Dame Katja calls this "a treasure trove of articles, menus, links to other webpages, postings of primary sources." (Stefan's Florilegium contains an excellent variety of articles and discussions on most SCA interests.)

Δ Miscellany

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

The legendary Duke Cariadoc presents "Cariadoc and Elizabeth's Recipes," an excellent resource for SCAdian cooks and non-cooks. Check other Miscellany links for Cariadoc's brilliant persona work, commentaries, and many other wonderful works.

**From "Choosing and Comparing Medieval Cookbooks" in Ars Caidis Summer 2005.*



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Highland War News

GREETINGS CARD!

As part of Highland War in September, the Shire of Al-Sahid is pleased to announce that we are again hosting a Brewing Competition.

The three categories for this year's competition will be Ale, Liqueurs and Mead.

Further details will be provided at a later date, meanwhile please contact me at the email address below for more information or check the Highland War website for updates on the War and all of the activities and contests we will be providing.

I will be out of town from June 14 to July 12 and will not have Internet access. If you try to contact me during that time it may be a while before I can get back in touch with you.

Lady Valdis Isbrandsdottir

webwright@al-sahid.org (Web)

Valdis@dragonshadow.info (email)

(Report, Continued from page 1)

A&S. Happily accepted a new Pentathlon team member. June craft night will be on chain mail making.

Chatelaine. Not present.

Chronicler. Needs submissions for June newsletter.

Constable. Nothing to report.

Exchequer. Reporting accounting totals. Still looking for deputy.

Herald. Get in submissions by the 8th for consideration at that month's herald meeting.

List. Nothing to report.

Marshal. Read the new Fighters Handbook, you are responsible for knowing the information.

Children. Nothing to report.

Presentations. Lady Blase made 20 chainmail bracelets for largesse and presented them to Their Majesties at Protrero War.

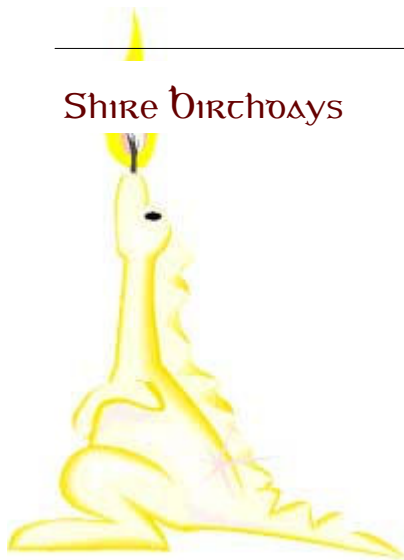
Waterbearer. Nothing to report.

Webwright. Actually dares to take a vacation, so will leave instructions with Seneschal for accessing our site on kingdom servers. There is a calendar at this site that Shire members can use as needed. Requested more information for Highland War to post updates. Also check out the new forums.

So you see, old age is really not so bad. May you come to know the condition!

— Cicero

Shire Birthdays



Lady Magdelene	6/15
Lord Christian	6/18
Lady Amilia	6/27
Lord Valente	6/28

Happy
BIRTHDAY!!

Garlic Wine

by Lady Olase

The attached recipe is for making Garlic Wine. (See "Around the Shire" for meeting details on June 25 at 10 a.m.). I have just four burners on my stove, but only one pot big enough to cook one gallon. I do have a very large pot and whoever is there we can combine the mixture then divvy out or each can bring their own pot.

Also, I'm looking at doing a peach mead sometime in August or September when the peaches are ripe.

Recipe: Garlic Wine

Yield: 1 Gallon

12 Large garlic bulbs
1 teaspoon pectic enzyme
12 ounces apple juice concentrate
1 teaspoon yeast nutrient
Juice of 1 lemon
1 ½ cups orange juice
2 teaspoons lemon zest
¼ teaspoon tannin

1 Campden tablet
1 package Montrachet wine yeast

Divide garlic into two piles, one with 8 heads and the other with 4 heads. Separate and peel garlic cloves, discarding any with brown spots. Wrap the cloves from 4 garlic heads in a piece of aluminum foil and seal tightly. Bake in a 350 F oven for 2 hours to caramelize the sugars.

Place the baked garlic and the cloves from the remaining 8 heads of garlic in a large pot with 2 quarts of water. Boil for 45 minutes, replacing the evaporated water as needed. Strain out the cloves and return the garlic water to the pot.

Add the apple juice concentrate and boil for 5 minutes. Remove from heat and stir in lemon juice and lemon zest. Let cool for 1 hour.

Strain out the zest and transfer liquid to a 1 gallon plastic bucket add a Campden tablet and let the mixture sit, loosely covered, for 24 hours.

In a jar, make a yeast starter culture by combining the wine yeast, pectic enzyme, yeast nutrient, and orange juice. Cover, shake vigorously, and let stand 1 to 3 hours, until bubbly; then add to the must.

Add the tannin and let the mixture sit, loosely covered, for seven days. Rack into a 1-gallon air locked fermentation vessel, topping off with water if necessary. Let the moisture ferment for three to four months, racking as needed to clear. Bottle, cork and cellar the wine.

Wait six months before using this wine to make wonderful meat marinades.

"Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigor of the mind."

—Leonardo da Vinci

Lament for the Great Heart: Sir Jamal Damien Marcus

By CAITLIN CHRISTIANA WINTOUR

(A Fighter Poem)

Sir Jamal's arms: *Per bend azure and argent, an eagle striking Or and a cedar of Lebanon proper*

"A great eagle with great wings and long pinions, rich in plumage of many colors, came to Lebanon and took the top of the cedar" (Ezekiel 17:3)

The Eagle rends and dark hawk falls to ground;
Sharp talons rip once-Aten iron butterfly.
Silent rest the dead beneath green mounds
Under tall cedars do bravely fallen lie.

Out of Thuringia strides a crownéd knight
Argent and azure upon his warlike shield.
Brother knights in contest try their might
A clash of giants but to Dietrich falls the field.

Pyrrhus of Ithica as was Achilles son
Gilgamesh fells the forest, the gods flee
Fades the bloom, the Eagle is undone.
(Soon will slayer fall in Pyrrhic victory.)

Great heart lieth still. Gentle the dragon
Comes, his lady to bear the hero home.

*Be great in
act, as you have
been in thought.*

— William
Shakespeare