



Fret Knot

Winter: A.S. XLVII



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From the Chronicler

Happy New Year and welcome to 2013, first quarter issue of the Fret Knot! We're lucky in CAID that our winters are pretty mild, but it does make it tempting to go and frolic in our winter weather instead of doing our chores. We look now at the beginning of another fun and exciting year in the Barony.

We're very proud to be able to print interesting content, SCA related, for the Barony. Do you have something you'd like to share? A period recipe? Perhaps an art project or perhaps you have some sort of research paper you'd like to share? Send it on over to me! I would be happy to share with the rest of the Barony. Been to an event or practice and have photos? Share them! We'd love to see them.

And if you have feedback on how to make this newsletter better, feel free to contact me as well. I'm easy to reach at chronicler@sca-altavia.org.

In Service to CAID and the Dream,

Baroness Asakura Washime

From Their Excellency's

From the Baron and Baroness

Greetings! We had an amazing time at Altavia Yule, the Barony of the Angels' Yule, and Gyldenholt Unbelted; we enjoyed spending time with you all during the holiday season! Next up we're hosting Spring Crown in February, which means lots of honorable combat and a new set of Heirs!

Altavia is in great shape! Our culinary guild is going strong and their monthly Monday night potlucks have been a big hit. Armored and Rapier practices have picked up after the holidays and Archery/Thrown Weapons practices continue to be very well attended. We have some fun and practical A&S classes coming up, pottery studios are open to all and weekly sewing get-togethers also provide help or guidance to anyone who needs it.

Our Facebook page is up and running and it's a good place to check in with all the baronial goings on. If you have a Facebook account and haven't already, join the Barony of Altavia page!

We will not be attending Estrella War 26 this year (February 26, 2013 - March 4, 2013); but if you are going, and it's your first war, please check out some of the articles we have on our YahooGroups page about camping. Have fun and be safe! Info about the war: <http://www.estrellawar.org/>

If you are new to the Barony and/or new to the SCA, please feel free to contact us at baron@sca-altavia.org or baroness@sca-altavia.org and introduce yourself! Also, let us know how we can help you, if you need information about any of our activities, or if you have any suggestions for us.

We look forward to a year of tournaments, practices, wars, classes -- and friends (new and old)!

*Yours in service to the Barony,
Baron Secca and Baroness Meliora*



Mad March Hares

By THL Johnnae Ilyn Lewis, CE

"As mad not as a Marche hare, but as a madde dogge,"
 More, Sir Thomas. **Supplycacyon of Soulys**. 1529. sig. C. ii.
 There's a dainty mad woman, master,
 Comes i' th' nick, as mad as a March hare
Shakespeare, William. *Two Noble Kinsmen III. v.*
 Thus the Tapster in great haste hies him home as
 mery as any hare in the moneth of March.
Foulface, Philip. *Bacchus Bountie*. 1593.



It is wise perhaps to first consider the hare, before one attempts to introduce March and madness into the picture as well. Hares are members of *Leporidae* or the rabbit family. All are herbivores. Unlike rabbits, true hares (genus *Lepus*) are larger and have ears that are longer than their heads. (In North America the California Jackrabbit and Snowshoe rabbit are in reality hares.) The young hares are born with open eyes and with a full coat of fur. They can grow in size to almost 30 inches and weigh upwards of ten pounds or more. Some naturalists make the distinction that hares will make every attempt to outrun a predator, while rabbits with their much shorter limbs will seek refuge in brush or retreat to underground burrows. The common brown or European Hare *Lepus europaeus* was found throughout Europe, including the British Isles, Finland, Sweden, and Germany, and was a foodstuff as far back as 20,000 years ago. In England, the hares were native animals unlike the rabbits, which were introduced into Britain perhaps with the Roman legions. If so, those early rabbits died out and had to be then re-introduced by the Normans in the late 11th or early 12th centuries. Rabbits were easily domesticated, and communities of rabbits were often raised in warrens for food and fur throughout the medieval period. The native brown hare, meanwhile, was never domesticated in England so it escaped being shoved into warrens and raised for meat. Instead hares remained a sought after game animal. Hares (and rabbits that had gone feral) were hunted, and even considered poor man's game as they could be hunted on foot or coursed with dogs. Of course far more were probably poached or trapped to provide fresh meat for the impoverished dwellers of the countryside.

A hare provided much more meat than a rabbit. This dark, strongly flavored meat was made into a variety of distinct dishes. Early English recipes can be found for hares in *brewet*, *civy*, *frissure*, *papdele*, *sauce*, and *talbots*. One might also salt them, stuff them with puddings in their bellies, or serve them with worts. They were also spitted and roasted as were rabbits (less than a year old) or coneys (rabbits more than a year old.) "Connies be ever good and so is a doo. A hare is euer good, but beste from October to Lente" was the advice given in **A Proper Newe Booke of Cokerye** in 1545.

Medicinal and even magical recipes also called for hares. Pliny in his **Natural History** of 77 AD wrote, "Gout ... may be allayed by the patient always carrying about him a hare's foot." Hares were also called for in medications to treat kidney stones and the pain associated with children teething. **Bulleins Bulwarke** published in 1562 called for "the powder of a Hare which is dryed in March for purging." The 1595 edition of the same work titled **The Government of Health** recorded that a hare dried in the month of March and beaten into a powder and drank in ale or white wine would break up the stones found in a bladder. John Partridge in **The Widowes Treasure** of 1588 would recommend: "The Liuer of a Hare dryed and made in powder, is approued for all diseases of the Liuer." Partridge in his 1591 work **The treasure of commodious conceits, and hidden secretes** included this recipe: "To know whether a Woman shall euer conceiue or no. Chap. 66. TAKE of the ruine of a Hare, and hauing fraied and consumed it in hot water, giue it the woman to drinke in the morning at her breakfast, then let her stande in a hot bath: And if there come a grieue or paine in her bellie, she may conceiue, if not, she shall neuer conceiue." The Countess of Kent in 1653 would recommend "For a Woman that hath her Flowers too much. Take a Hares foot, and burn it, make powder of it, and let her drinke it with stale Ale." Certainly neither recipe is the modern rabbit test for pregnancy, is it, although both convey that association of the rabbit or hare with fertility?

With regard to magic, hares were associated with witchcraft and ghosts. White hares were said to be the ghosts of young girls who were haunted. Witches were said to be able to take the form of a hare and escape from hunters. If wounded as

a hare, the witch could later be found with the same wound. A hare crossing one's path could be seen as an evil omen. If one crossed the path of a pregnant woman, the baby might be born with a harelip unless she were to rapidly tear her petticoat. This piece of folklore was common in as early as Elizabethan England. It was recorded first in Thomas Lupton's ***A Thousand Notable Things*** (1579). An even earlier volume, ***Gospelles of Dystaues*** (1507), warns women against eating hares, for the same reason: 'Ye sholde not gyve to young maydens to ete the heed of a hare ...and especyll to them that be wyth chyldre for certaynly theyr chyldren might haue clouen lypes.' Both rabbits and hares were also to be never spoken of aboard fishing boats nor were either to be ever taken aboard ships. Instead they were called special names such as 'long-ears' or 'furry things'. But of course the foot of a hare or rabbit is also seen as a lucky object when carried. This practice goes back at least as far as the 17th century. Samuel Pepys carried a hare's foot in his pocket for protection against "colics." Other of Pepys' contemporaries thought a hare's or rabbit's foot prevented cramps and rheumatism, or protected against witchcraft.

So where did the madness and the month of March enter in? The phrase 'mad as a March hare' has long been part of the English language and literature. Some speculate it's all been recorded wrong and in error and that it ought to rightly be marsh hares and not March hares. Other scholars see the phrase firmly and rightly attached to the month of March. It dates back to the 15th century and starts to appear in numerous printed works in the 1520's. But why March? It turns out that the obvious question of why March hares were especially associated with madness was asked four and one half centuries ago. In 1555 the writer John Heywood asked that very question in his ***Two hundred epigrammes....*** Heywood asked

Of the marche hare

As mad as a marche hare: where madnes compares:

Are not mydsomer hares, as mad as march hares?

(Or in more modern wording: As mad as a March hare; where madness compares,

Are not Midsummer hares as mad as March hares?)

This madness of the March Hare is madness as defined by the ***OED*** as: "To be comically, harmlessly crazy." And as one might guess, it all has to do with spring, mating, and fertility. Perhaps the best explanation of the behavior that might have been observed in the rural countryside in even medieval times comes from the diary of a Victorian gamekeeper that was first published in 1910.

"The March hare is certainly mad; what but madness could cause him to go capering round and round a field for hours at a stretch? The battles of Hares are waged in companies; you may see a score of militant, amorous hares together, and several couples will be engaged in duels. The combatants rear themselves on their hind legs, and spar furiously with their front feet, and when one of a fighting pair has had enough of it another instantly takes his place; while the hare that refuses to fight may be chased until forced to turn and square himself to the battle. The whole company may set upon some poor coward, and worry his life out of him. It would seem that when once hares and rabbits have finished their duels, so common a sight in the country in March, they live peaceably enough through the rest of the breeding season. After these early days of courting, one seldom sees more than a slight skirmish between a couple of hares or rabbits, though the does breed again and again through the summer." ***A Gamekeeper's Note-book*** by Owen Jones. Page 58.

So there it is. March hares, it appears, are simply more combative in the spring. They were known for leaping, boxing, and chasing in circles. Even though the breeding season may occur again in the summer and in answer to John Heywood's epigram, the males are simply not as "mad" in summertime.

The most famous of mad literary March Hares is of course the one that sat down to tea with Alice. In Chapter VII of ***Alice's Adventures in Wonderland*** by Lewis Carroll, Alice encounters the Mad Hatter, the March Hare, and the Dormouse in the chapter entitled "The Mad Tea-Party."

"Is that the way you manage?" Alice asked.

The Hatter shook his head mournfully. "Not I!" he replied. "We quarreled last March - just before he went mad, you know -" (pointing with his teaspoon at the March Hare,) " - it was at the great concert given by the Queen of Hearts, and I had to sing

'Twinkle, twinkle, little bat! How I wonder what you're at!'

Many a scholar has pondered this exchange, wondering if the song drove the March Hare mad or if it was fated to be because it was after all March, and he was a Hare.

Messenger Hares and Rabbits

As a sidebar, this is also an opportunity to mention the fascinating subject of messenger hares or rabbits. I first came across messenger hares and rabbits when doing the original research for this article back in 2009. The story is recounted in Malcolm Jones' excellent volume titled *The Secret Middle Ages*. In a chapter on "Shoeing the Goose: the representation of proverbs and proverbial follies in art," Jones recounts the tale of "The Hare Messenger." The story concerns a group of peasants who are late with the rent. They catch a hare, because hares are, of course, fleet of foot. They attach the rent in a pouch around the hare's neck. The peasants then instruct the hare to take the pouch directly to their landlord. Of course the hare runs off and is never seen again. The tale dates back to Odo of Cheriton's thirteenth century collection of fables. Hares that can carry letters appear in other folk tales, and most of the tales comment upon the foolishness of those that would dispatch a hare in such circumstances.

Messenger Hares remind one yet again of Lewis Carroll and his own messenger character, which was of course the White Rabbit. Oddly enough the medieval Messenger Hare or Rabbit may in fact account for Carroll's White Rabbit. Both Jones and the volume *The Lore of the Land* by Westwood and Simpson include photos of a carving from the interior of Saint Mary's Church in Beverley, England. This very fine Yorkshire parish church was 'Founded c. 1120,' with 'a tower added in 1524.' The church was built over a course of centuries and it is within it, we find our rabbit. Westwood and Simpson write: "There is a carving in the stone of an impost [which] is generally described as a rabbit walking upright, carrying a pilgrim's staff, and wearing a 'scrip' or satchel. Although the carving looks more like a cheerful rabbit than anything else, it is undoubtedly a representation of the hare as messenger." (pp. 821-822) One can judge for oneself as to if the carving more resembles a cute hare or a cute rabbit

here: [http://commons.wikimedia.org/wiki/File:St. Mary%27s Church - The Pilgrim Rabbit.jpg](http://commons.wikimedia.org/wiki/File:St._Mary%27s_Church_-_The_Pilgrim_Rabbit.jpg) It is said that the carving dates to 1325.

It is thought that the young Charles Dodgson saw this very carving in the church when he was visiting the area during childhood. His grandfather was a customs officer at Hull, which is located near Saint Mary's Church in Beverley. Did they visit the church and gaze upon this very carving? When grown, did the author then known as Lewis Carroll remember this messenger or pilgrim rabbit and turn it into his own White Rabbit that leads Alice astray in Wonderland? In any case, whenever I look upon the carving, be it a messenger or pilgrim hare or rabbit or as the inspiration for Lewis Carroll, I am reminded also of those multitudes of standing Easter Rabbit chocolate molds and cellophane wrapped chocolate bunnies myself and that means if we need to document a rabbit standing upright for a subtlety, well here it is in splendid fashion.

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Walter Reed Middle School Demo

Friday April 12 (1 to 5pm) and

Saturday April 13 (10am to 5pm).

4525 Irvine Ave, North Hollywood, 91602.

We need people to do and display the following (just to name a few):

Armored Combat & Rapier Fence, Archery, Thrown Weapons, Siege Engines, Spinning, Weaving, Costuming and other Fiber Arts, Herbalism, Gaming, Leatherworking, Blacksmithing, Woodworking, Weapons & Armor, Scribal Arts, Calligraphy, Cooking, Ceramics, in fact, almost anything we do to re-create history!

They have a stage, so our Singers, Dancers, Storytellers and Minstrels are invited to perform!

Contact Demo Coordinator Mistress Bridget Lucia MacKenzie, Chatelaine of Altavia (Roberta Brubaker) bridget@blazingsword.com



Upcoming Events

3/9-3/10/13	Pentathlon w/ Calafia Gyldenholt Friendship Tourney	Gyldenholt
3/15-3/17/13	Black Oak Lodge	Darach
3/16/2013	March to the Sea	Naevehjem
3/16-3/17	Practicum of the Sword/Festival of Feast and Song	Starkhafn
3/23-3/24/2013	Collegium	TBD
3/30/2013	Al-Sahid Anniversary (w/ Gallavally)	Al-Sahid
3/31/2013	St. Jude's Ransom Tourney	Calafia
4/5-4/7/13	King's Hunt	Careg Wen
4/6/2013	Newbie Knockabout	Wintermist
4/13-4/14/13	QC Archery, Equestrian w/ Starkhafn Anniv	Starkhafn
4/20/2013	Dun Or Anniversary	Dun Or
4/26-4/28/13	Treasure Chest	Nordwache
	Mons Draconis/Steinesee Anniversary /Dreiburgen Spring	
4/27/2013	Tourney	Dreiburgen
4/27/2013	Summergate Anniversary	Calafia
4/28/2013	Baron's Feast	Gyldenholt
5/4/2013	Darach Anniversary	Darach
5/11/2013	Altavia Anniversary	Altavia
5/18/2013	Wintermist Anniversary	Wintermist
5/23-5/27/13	Potrero War	Calafia
6/1-6/2/13	Spring Coronation/QC	Angels
6/8/2013	Careg Wen Anniversary	Careg Wen
6/15/2013	Nordwach Anniversary	Nordwache
6/22/2013	Gyldenholt Anniversary	Gyldenholt
6/29/2013	Altavia Equestrian Championship	Altavia
6/29/2013	Games Tourney	Wintermist
7/6/2013	Desert Oasis	Naevehjem
7/13/2013	Lyondemere Anniversary	Lyondemere
7/20/2013	CP Prize	Isles
7/27/2013	Spring FOTR w/ Dreiburgen Summer Arts	Dreiburgen
8/3/2001	Games and Dance Tourney	Starkhafn
8/3/2013	St. Corrigan's Day Tourney	Dreiburgen
8/10/2013	Academia	Nordwache
8/10/2013	Darach Pirate Tourney	Darach
8/24/2013	Leodamus of Thebes Tourney	Calafia
8/17-8/18/13	Fall Crown/Privy Council	Lyondemere
8/31-9/1/13	Highland War	Al-Sahid
9/7/2013	3.5 Baronies Event	Wintermist
9/7/2013	Calafia Equestrian Championship	Calafia
9/14/2013	Angels Anniversary	Angels

9/21/2013	Tanwayour Anniversary	Calafia
9/28/2012	Allthing	Starkhafn
9/28/2013	Caid Rapier Open (PLACEHOLDER)	Altavia
10/5/2013	Longsword/Greatsword Tourney	Summergeate
10/8-10/14/13	GWW	
10/19/2013	Peasants' Revolt	Angels
10/19/2013	Nordwache Pirate Tourney	Nordwache
10/19/2013	Leif Erickson Tourney	Calafia
10/26/2013	Dreiburgen Anniversary	Dreiburgen
10/27/2013	Agincourt Tourney	Altavia
11/2-11/3/13	Fall Coronation/QC	Dun Or
11/9/2013	Calafia Anniversary	Calafia
11/9/2013	Naevehjem Anniversary	Naevehjem
11/16/2013	Isles Anniversary	Isles
11/23/2013	QC Archery, Thrown Weapons	Altavia
11/30/2013	Medieval Marketplace	Angels
11/30/2013	Wintermist Yule	Wintermist
12/7/2013	Winter FoTR w/ Winter Arts	Calafia
12/7/2013	Angels Yule	Angels
12/14/2013	Nordwache Yule	Nordwache
12/14/2013	Lyondemere/Gyldenholt Yule	Gyldenholt
12/14/2013	Dreiburgen Yule	Dreiburgen
12/21/2013	Starkhafn Yule	Starkhafn
12/21/2013	Altavia Yule	Altavia

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The Fret Knot is provided free of charge; and can be downloaded from the *Altavia* Yahoo!© Group website: <http://groups.yahoo.com/group/Altavia/>. Membership in the online *Altavia* group is free and open to the public, though initial posts are moderated.

Submission Guidelines: Just do it! (chronicler@sca-altavia.org.)

Newcomers Corner

Welcome to the SCA! Now what?

So you have found the Society for Creative Anachronism. How do you get into those groups of people laughing and chatting under those huge pavilions? How do I meet the cool people in those wonderful costumes? How can you be welcome around those cheery campfires? Finding your way into what appears to be cliques of insiders can be intimidating. But worry not, you can surely get in! Here are some tips! Like any social group, the SCA is made up of people who all had to find their way into the organization, you can do it too! And we are waiting for you to take the first step to come find us!

Reach out!

Just getting the newsletters and reading the websites and social media pages is just the surface of what the SCA is. In fact, this is just our outside communications between each other, and to the outside world. The real activities are the Tournaments, Feasts, Arts Classes and Camping Wars. And we are not going to hunt you down to recruit you! It is up to you to take the first step to come out to an event. And do not feel you need to get dressed into the best Elizabethan court outfit with ruffled collar and bejeweled cloak before you step into an SCA event. Far from it. Just come! Our Chatelaines (Welcome Officers) have Loaner Garb that you can wear if you are comfortable doing so. But no one will pish-tosh you if you appear in jeans and t-shirt! Just show up!

Where to go first

Look up your local Barony and find out when and where their local, regular events take place. This is the Barony of Altavia, which means the San Fernando Valley. Hopefully you have found our website and Facebook page. Come to our Fighter Practice on Monday nights in Burbank. We also have Arts & Sciences, our Baronial Council Meetings and Tournaments. Check and see what upcoming events we are hosting. You can also email me or my team of Chatelaines ahead of time and arrange for us to meet you at an event and welcome you in person. We can walk around with you and introduce you to the other members of the Barony. Just reach out, we are here to help!

Follow your Interests

What intrigues you about the SCA? Combat? Historical costuming? Camping? Archery? Let your interests lead you to a group where you can learn more, and develop friendships with those who like to do what you do. If you want to learn combat, go to a Fighter Practice. If you like calligraphy, find a local Scribal Guild or ask the Kingdom Scribal Officer about a meeting or workshop in your area. Or ask me or my Deputies, we can help connect you to groups of folks who will share your interests. You can make friends for life amongst these folks who like the same things you do!

Find where you fit

Each group has its own personality. One barony might welcome families and younger members, another barony might be a great place for retired artisans to sit, tell stories and knit. Where one warband might be focused on perfectly-documented historically accurate armor and camp accessories, another might just have fun fighting and visiting with friends. Try out a group, and if it does not seem comfortable, welcoming or right for you, do not become soured on the entire organization. Move to another barony, guild or warband and check them out. Don't give up on us if you have a bad experience. And if someone is not nice to you, let ME know and I will help you out! You are not alone!

In other words, come play with us. See you at a tournament or event in the future

Bridget Lucia MacKenzie, Chatelaine of Altavia

What's Happening in Altavia

Quivers & Quarrels, a new SCA publication dedicated to traditional target and combat archery will debut this spring. Altavia's archers possess a wealth of knowledge and expertise. Please share yours with the populace! We want your stories, articles, art work, photos, tricks & tips for being a better archer! Send your contributions to: scaarcherynewsletter@yahoo.com

YIS,
Ouregan filia Flaviani
Chronicler, Quivers & Quarrels



Altavia is Rocked the Kasbah on December 8, 2012 at their Yule. It was all things Persian, with cooking contests, Bardic championship for the Barony, dancing and much fun was had by all!

Bardic champion for 2012-2013 was chosen that night and it was Charles Ivansen of Borreby and Aurora of Finchingfield. Our new Chess Champion is Dimitri.



One of the guests to Yule... a camel.

Their Excellencies with their daughter, Petronilla de Chastelerault at Altavia Yule 2012.



Photos of the head table, Yule 2012

Photos provided by Baroness Meliora Deverel

Officer Announcements

Herald's Domesday Report

Events:

Field-heralded at Festival of the Rose/Old Time Tourney
 Field-heralded at Altavia Anniversary, and talked with submitters
 Enjoyed the festivities at Yule, talked to a submitter
 Spoke about heraldry at Baroness Bridget's newcomer meetings at fighter practice

Roll of Arms:

Kept the RoA up to date with new devices and changes from the online LOARs. Still waiting for more scans from Cormac.

Wrote 2 articles about the new rules for the baronial newsletter. One about the history of heraldry rules in the SCA, and one about the differences between SENA and the RfS. I found that Ferdinand Justi's "Iranisches Namenbuch" (Iranian NameBook) is in archive.org. I am in the middle of (well, OK, at the beginning) of translating it from German. Give me a few years.

Dutifully submitted,
 Damien of Baden
 Sable Fret Macer

~~~~~  
 Greetings Throwers,

I hope you are all recovered from the latest Thrown weapons tour of Talon Crescent and Estrella. I know that it was sad that they had to cancel archery and "thrown weapons", but it is amazing what you can find in your home that is not a "weapon" to throw and to make targets out of. They may have said no knives, axes or spears, but that did not stop us from throwing forks :). Hopefully after seeing our set up and showing them how we play safe, they will let us use the real thing next year.

At Collegium I am holding a class on what you can find in your home for competitions: "Using what you have on hand to make a Tourney". I like to be creative and hate to throw things away, so if I can give a second life (or death in many cases), to an object, I would otherwise discard, then why not make it a target? Come to my class at Collegium and learn more and take a step closer to becoming a Thrown Weapons Marshal.

Speaking of Marshals, we need more Thrown Weapons Marshals. Sign up, take classes, volunteer! If everyone helped just every once in a while, we would grow that much more. It takes more than 1 or 2 people to run a program.

IF YOU LIKE TO THROW, HELP IT GROW!

~THL Cecilia Medici

DTWM

# Event Announcement

## Altavia's Pearl Anniversary and Fun Fair

Greetings Caid! Please come join the Barony of Altavia as we celebrate our 30th Anniversary; Saturday, May 11th, 2013 at Veteran's Park in Sylmar! The day's festive activities will include a few "midway" style games, various contests, and, of course, tournaments to determine our next Armored, Rapier, Unarmored, Youth, and A&S champions!

Armored Combat, Rapier, and Unarmoured Tournaments: These Pearly tournaments will be double elimination -- but those fighters presenting an acceptable entry to our A&S competition will receive a 'Pearl,' which will be redeemable for a bonus to their fighting for the day. Exact details forthcoming!

### Arts & Science Competition

This years Pearly A&S Champion will be determined by YOU, in a People's Choice contest. All types of Arts and/or Science entries are allowed (functional or not), and entries incorporating the event theme of "Pearl" are highly encouraged. Documentation is not required, but always welcome. Entries must be turned in by 2pm; judging will end and entries must be picked up right before closing court.

~~ To earn a 'Pearl' For your fighting "bonus:" Fighters will be required to make an "artistic" presentation to our A&S staff. Armor entries are welcome but must be considered 'artistic' – for example: not just "I made these elbow cops" but "I tooled and painted these leather elbows." Additionally, this presentation can be (but is not required to be) entered into our A&S competition if so desired. NOTE – the entry must be left in the A&S pavilion for the day, so it cannot be something you need to fight.

### Youth

Youth combat will begin immediately after opening court. There will also be youth activities.

Fun FairBuy tickets! Try your hand at games of skill and chance! Win fabulous Pearly Prizes!!

### Schedule for the Day:

7:00am | Site opens  
 8:00am | Populace welcome and gate open  
 10:00am | Opening Court (at the discretion of TRMs)  
 After Opening Court | Presentation Court  
 2:00pm | Last of the A&S Entries accepted  
 4:30pm | Closing Court (at the discretion of TRMs)  
 6:00pm | Site closes

Site Information: Veteran's Park, 13000 Sayre St, Sylmar, CA 91342

Directions: From East, take 210 West to the Hubbard Exit



*Girl with a Pearl Earring by Johannes Vermeer*

and turn right onto Hubbard. From West, take the 210 East to the Hubbard exit and turn left onto Hubbard. Follow Hubbard to Eldridge. Turn left on Eldridge and go to the first stop sign, which is Sayre. Turn right on Sayre and follow it all the way up the hill. Altavia signs will direct you to the event in the park.

Site Fee: Adult with proof of membership: \$7 Children ages 4 to 12: \$3 Children ages 3 and under: guests of the barony. A non-member surcharge of \$5 will apply to all non-members ages 12 and over. Please make checks payable to: SCA Inc./Barony of Altavia

Merchants: Merchants are welcome! Fees are your site fees as well as 10% of gross profits, which goes to the park. If you are interested in merchanting, please e-mail the event steward for space reservations.

More Info: There will be no staking into the turf deeper than 6 inches. There will be no driving on the turf. There will be no amplified music. This is a dry site. Pets must be leashed at all times and picked up after. The park has requested that we haul out all of our own trash. Trash bags will be provided.

Event Steward: THL Leonor de Sevilla, [anniversary@sca-altavia.org](mailto:anniversary@sca-altavia.org)



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# Council Meetings

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## October Baronial Meeting 2012

Opening --

Baronial Comments: [Baroness] Great time at GWW! Thanks for coming and spending time with us, as well as Cecelia & Christophe, Flaxen Abbey, and everyone else that helped with set up. This Saturday is QC Archery, which Angels is hosting. They are probably setting up their Baronial. Please offer them your assistance if possible. There will be a fiber play day and Tim will be helping with Chatelaining.

They won't be at Drieburgen Anniversary. Shop Night went well. Got baronial gifts done.

[Baron] Pas d' Arms – go see it! Recommended! Ouregan is updating Unarmored.

Seneschal: Welcome Magdalena as a deputy seneschal. 2014 we got Fall Crown. Have to get dates for a few of our yearly events to lock them in for 2014. Will discuss possible dates on the Yahoo Groups for dates. Thank you to everyone for helping with other Baronies and for being Kingdom Officers. Thank you for doing what you do as it is duly noted. Minutes approved for September.

### OLD BUSINESS

#### EVENTS:

CAID Rapier Open: (7-28-2012) Waiting for deposit back.

Great Western War: (October 3-8) Closed.

### ON GOING BUSINESS

#### EVENTS:

QC: Thank you for helping Angels.

Agincourt: [Tim] Everything going smooth.

Yule: [Flaxen Abbey] Erik mentioned he had the check for the site, but where is the contract? Need to double check.

Theme locked in with contests (Persian theme). Culinary baronial contest. Monique working on ad and site fee. Has site tokens. Will have table decorations contest. There might be a partial royal presence. Selene will be bringing some dishes and Jason will be doing the main cooking. 80 people only for the feast. There will be a Google doc By Lynnette for reservations. Raffle and dance. Toys for Tots. Bardic champion being run by Bridget, Chess Champion run by our Chess Champion's father (need to ask).

Spring Crown: [Lorissa] Doing great.

Altavia Anniversary: [May-2013] Need Event Steward (still waiting for commitment from a possible event Steward: Leonor)

Altavia Equestrian: [2013] Need Event Steward. Niko to look at Pierce for site and speak to Lysette for possible event stewarding.

West coast Culinary Symposium 2014: The cooks of CAID are looking for a site that has indoor cooking areas (at least one kitchen if not more) and cabins/indoor sleeping area for at least 80-120 for a Kingdom cooking event. Anyone that knows of a good site, please contact Mercy ([chronicler@sca-altavia.org](mailto:chronicler@sca-altavia.org)) with info.

#### OFFICERS:

St. Firmin: Nothing to report.

Archers: [Niko] 6 archers with some newcomers. CAID Open had 26 archers, 4 crossbow and 4 period bowmen. 30<sup>th</sup> was canceled and last week was canceled because of war. AT GWW there was a forms class for intermediate and beginners. We helped host the Kingdom of the East for loaner gear at GWW to allow them to participate.

Arts & Sciences: [Aethlwyn] Nothing for this month. May cancel for this month as nothing got "gelled," as well as the rest of the year classes since the classes fall on holiday weeks/days. Tim's class was great and will reschedule another class/advanced class in the future.

Chatelaine: [Bridget] Alas, I will not be at Council meeting tonight! Last Newcomers meeting was Monday, September 24, subject was Camping in the SCA. WE had 2 Newcomers and at least 8 veterans. I also loaned loaner garb to several people. I attended the Mission Viejo Book Festival Demo on Sunday, October 14. I talked to dozens of general public, as did the 10 other spinners, weavers and fiber artisans in our pavilion. Handed out many flyers, but likely these folks will go to Gyldenholt, not Altavia. But this gets them into CAID, so it is good! I am unable to attend Queen's Champion Archery this Saturday, Oct 20. This is an Angel's event, and they should have an Angels Chatelaine, and in fact it is a Kingdom Event and the Kingdom Chatelaine should be there. But in actuality, any Newcomers will likely be Altavians, so we should have an Altavian Chatelaine there! Deputy Catriona will be there, handouts in hand! Next Newcomers Meeting is Monday, October 22; the subject will be Mock Court. I am hoping Dame Lynnette can assist me with this class; she and I make a great duo for this! I also need a Herald, also need as many Altavians as possible to bring a chair and attend to add atmosphere and fun! There will be cookies! 7-8pm. I will be attending Agincourt Archery, Sunday October 28, as Chatelaine of the day, with handouts in hand. I will also be helping Lynnette with Fiber Play day. I do not see event webpages or Facebook pages for either Agincourt Archery or Altavia Yule listed on the EVENTS page of the main Altavia Website! I know there is already a Facebook Page for Agincourt Archery, so Lynnette just needs to put a link to it on the Events webpage. Could the event stewards for those events please forward the event info to the Webwright (Lynnette) and Social Media Chatelaine (Asakura/Mercy) ASAP! My apologies to Lina for not attending the College meeting last week. I plum forgot! I plan to attend the November meeting, with books, photos and other SCA items in hand to show and discuss with the students.

Social Media: Agincourt is up, but we need the Yule write up for Facebook.

Minster of Children: Nothing to report. Probably the last meeting for both that they will be at. Cecelia's background check passed.

Chirurgeon: [Cecelia] Nothing to report. No injuries.

Chronicler: Fret should be out at the end of this month.

Constable: He'll give the Chronicler a list of everything he has in order to post in the Fret and on the Facebook pages. CAID OPEN, Thorin posted Altavia signs as Lyondemere forgot theirs (thanks!). Yusuf started his Constable paperwork at GWW.

Exchequer: Check is ready for Yule. Haven't received contract for Yule yet. Rapier Open check isn't back yet either. Will run troll for Agincourt.

Herald: Not going to meeting. Nothing to report.

Lists: Nothing to report.

Marshals –

Armored: [Thorin] Practice still going on. Practice after war cancelled. 6 heavy and 3 lights. Lightly attended. Been ok. No Shop night or rattan. We have gear from the past we can take a look at to evaluate and see if we can use. Ouregan donated a spear for heavies to use. Need to make covers for rain protection. One past knight might be returning.

Armored Altavians were well represented at GWW.

Equestrian: No report sent in. Haven't heard anything.

Rapier: [Niko] Rapier is slow but ok. Altavians were well represented at GWW. Three weeks ago Diego did a workshop class at practice.

Thrown Weapons: [Cecelia] Still looking for a replacement. Oeugon's daughter is a possible replacement. Everything going well. Had a good showing at GWW and 5 Kingdoms showed up at the Throws/shoots, as well as having Royal presence (Queen of the East). Two marshals were made (from the West) to get authorized. 17 throwers showed up.

Unarmored: [Ouregan] Long sword: sword and buckler worked on to get authorized in both mediums. Guy Rand is the marshal and she is going to him for the information. He's very much a stickler for this information. She's having issues just getting authorized in order to teach. Might try Don Lott to get authorized. Roisin is waiting for information in order to order swords. Because of delays, it was decided to just order the swords ourselves without Roisin. If people want swords, they need to contact and pay Ouregan. We haven't voted to order for loaner swords yet.

Youth Combat: [Uilliam] Two more kids showing up lately with their fathers. 8 and 10. Marissa is going to be pulled out of youth as well as possibly Zavi. If people hear about school demos, let him know.

Webwright: Everything is good. Need to take off a few things off the progress.

Other: [Baroness] Coronation is in Vegas and will be going to that, but not QC. If anyone has anything for stepping down of Kara/Patrick, please give them to us. They will have stuff for incoming Royalty. Faizeh is asking for Belly

Dancing/dancers for the progression of the incoming royals. If you have gotten an invitation for being on court, we will support you, but you can politely decline if you feel better about doing so.



If you see anything cool made out of wood, share them for future ideas for baronial ideas.  
 Cecelia and Chris are planning on going to Drachenwald's anniversary next year.  
 Estrella we will have a presence. We are looking for Thrown Weapons marshals for that War.  
 Closed meeting at 8

### **November 13, 2012 Meeting**

Baroness: This Sunday we are painting the shed at Kristin and Robear's. 11:00am start. Come and help! If it rains on Friday, we may postpone. Watch for update emails. Excited about Yule coming up! Need to make a cover for the loaner gear box. She has a sewing machine than can handle it, but we may need someone else in order to help. Do we want to get dates for CAID Archery Open 2013?

Baron: Hoping to get an update on Unarmored. Will get email report. Personally looking at starting a Thursday night practice that might conflict with Angels practice done second Thursday night. No Navaheim and possibly no Estrella.

Seneschal [Ish]: Dates submitted for 2014 (one date late). Fall Crown Tourney 2014 and will add CAID Archery Open dates.  
 Minutes passed.

### EVENTS

Rapier Open: Still waiting for Tezar to hand him the refund check.

QC Archery: Closed.

Agincourt: Open.

Yule: Everything good. Decorating hall ideas, need banners (bring them). Ad out. Site cashed check. Booked Hall. Working on securing Twisted Gypsy for entertainment. Try to get a financial meeting together with Erik. Someone else to run Bardic. David Vladamir to run chess championship. Culinary Guild/Leonor is running food contests.

Spring Crown/Privy Council: Erik hasn't heard back from LA County yet about the site. Kevin has contacts of the park rangers. Two weeks ago was the last contact. Kevin in charge of gate. Bring your banners! Pewter site tokens (reaching out to various pewters in the Kingdom for them). Niko for Privy Council and the Baroness still needs to check out the site together. Need to talk to the Culinary Guild about supplying food for the lunch. Lynette suggested to set up an email: [events@sca-altavia.org](mailto:events@sca-altavia.org) to use for paperwork. Damien doesn't have to worry about heralding as Cormac will be doing that. Kingdom Marshals are also handling the field.

Altavia Anniversary: Erik is trying to get the same site.

Equestrian: Niko trying to get Pierce College. Baron to talk off line with Equestrian community and so forth in order to see what the activity level is now.

St. Firmin: Club was renewed! Getting ready for tests right now, but everyone is still active.

A&S: No report.

Chatelaine: [Bridget] 10/22 Mock court. No newcomers. Thanks for everyone that was there to help! Agincourt, lots of new people were there. 3 newcomers off Facebook. Persona is the next class. Won't be at Yule. Tim and Catriona will be to help. QC Archery, Tim helped out but didn't see a lot of activity. Terry at Woodley was happy with our involvement. Leonette spoke to Meilora about a possible school demo situation. Bridget to contact. Ish asked Bridget to look at doing more demos and reach out to more schools/opportunities.

Social media: [Mercy] All events up (active). Please promote events and talk on the FB page more often. Chat it up.

Children's: [Fara] Working up ideas for Yule. Agincourt had children's activities (pumpkins).

Chirurgeon: [Cecelia] Nothing to report. No injuries to report.

Chronicler: [Mercy] Need someone to take notes at meeting because I will not be able to make future meetings due to a new job.

Constable: No report.

Exchequer: [Erik] Have less money. Agincourt went negative with the receipts. Reaching out to LA County for the parks. Tim can't be on the finance committee anymore as he is now Exchequer for Angels. Bridget has been moved to the financial committee.

Herald: [Damien] Cecelia's device passed. Give info ASAP if you wish to fight in Crown (or if you are a consort) for the Spring.

List: No report. Tezar did lists. Maitlin works on Sunday now.

Marshals:

Heavy: [Thorin] no report.

Equestrian: [Lysette] Not doing much. We don't have a marshal and no warranted officer. Need to find out if there is still any interest.

Rapier: [Colwyn & Niko] Doing all right. Short on coifs and gloves.

Thrown Weapons: [Cecelia] Chris ran TW at Agincourt. Looking for Deputy. 5 new people at Agincourt with a few regulars at practices. Cold Steel sale this weekend to buy new tips. Practices going ok. Going to Navaheim. There is a Conejo Valley Toys for Tots with a Roving Range shoot coming up as well.

Unarmored: [Oergon] Long sword order came and was distributed. Need to get qualified practices.

Youth: [Uilliam] Youth is going well. 6 kids. Short on elbows and knee pads.

#### FINAL COMMENTS

Seneschal: [Ish] Please let Ish and Erikr know if you give/donate things for events or to your position. That way they know the real costs of running the Barony and those events and positions. We appreciate your donations.

I've been talking to the Kingdom about warranting officers/everyone. She will be speaking to Woodley Park about dates and insurance.

Webright: [Lynnette] Needs a description and contact info for the Culinary Guild. Also needs information on St. Firmin.

Changed the Baronial progress to Google Docs.

End of meeting: 8:39pm

Next meeting 12/11.

### **December 11, 2012 Baronial Meeting**

Notes taken by: Cybal Hall

Meeting opened at 7:30

#### Baronial Comments:

Opening remarks from Baroness was to give thanks to all for Yule and how she had had a great time. If rains will have to postpone shed painting, if so may wait till Spring. Baron not there but his email was read (It was posted on the Yahoo group).

#### Seneschal's report:

Has not made a date for Caid Archery TW Open. Wants to meet with Cecilia and Cristof to set a date. No minutes to approve

#### Old Business:

Caid Rapier Open: Check was received from Caid Rapier Open there was a \$196. profit, given to Erikr.

Agincourt: Will be closed after this meeting.

Yule: People came (between 65-70 people), ate food, and had fun! Not sure if Lorissa and Jason had turned in all receipts, they did come in under budget. Raffle was estimated to bring in \$100-150.00. Side bar on raffle was that we needed more high end items for anniversaries raffle. Pointed out Monique to possibly make something and Cecilia to donate TW stuff. We should do pre-sale at other events as well. Should have someone in charge (we tried to say Lynnette had her hand up but she denied it).

#### On Going Business:

Spring Crown - Griffin Freehold to host- Veterans Park Lorissa did a walk through and no new trees are scheduled to be planted. Will use same area of park as Altavia Anniversary last year. The back gate will be open for Royalty to get on and unload. No merchants at Crown. May get Port a potties even though do not have to. 6 inches for spikes maximum - we will make signs to show each barony where they go and with a picture of 6 inches. Privy council at Niko's church only \$75.00 (not paying for kitchen use, but has one for future yule possibilities). There is plenty of parking, tables and chairs, and has a stage. We will provide simple snacks and coffee \$150.00 budget no culinary guild needed. Time is 9-1 can set up at 8am. It was made clear that Privy council info does not get put in CP. Meliora supplied an invoice she made up for the \$75 needed for church payment.

Anniversary - Theme "Awesomeness" - Leonor is taking suggestions for Themes. At Veterans Park and there will be a raffle

Altavia Equestrian - Lysette is not a Marshal and Virginia has not been playing- may not have one in 2013.

New Business - none

St. Firmin - slow due to finals. Trying to get more freshmen as most members are Juniors and Seniors. In Jan will have meeting list of +200 dates no A&S to be scheduled in summer will go as need be.

Archers - Been wet so light practices and have cancelled 2 of the last 3. Cristof won Naveheim Archery. A Youth bow was bow (\$41 or 42.00 invoice left at home to be sent to Erik). Adult pull 20lbs and youth 15lbs. Woodley had a toys for tots shoot Dec 1st, Cecilia came in 2nd in her class, Both Cristof and Cecilia came in 3rd at the toys for tots shoot at Conejo Valley Archery Range in Simi.

A&S - Next class Jan 22nd and 29th to finish book making classes held by Master Tim Looking for class ideas (she is also looking for teachers for next GWW). T-tunic to gausie coat in Feb.

Chatelaine - Bridget sent report that no one showed up for Heraldry class (except Damien) dates given to Lynnette with class schedule for next year. She was unable to attend Yule, but Deputies did and did have a group that came unprepared for Yule (no garb feast gear etc.) so it was discussed that a blurb be added to events that you can access from the event page to give information on garb feast gear etc. The "what's" in the SCA. Tezar gave guest loaner feast gear, and they seem to have had a great time. They had seen it on a church calendar. Off topic Meliora mentioned a new fighter Jonathan who had been attending Monday practices and Thorin said he was doing well

Minister of Children - Fara sent report that the kids made coin purses and that there were 8 youth. Father Christmas was a success and Margo had brought gifts for all the youth as well.

Chirurgeon - No injuries.

Chronicler: No report.

Constable: Lost N Found at Yule had a few things picked up. Still have a Pyrex baking dish, Cutco Knife and a canteen cup. One incident where a mentally ill person had to be escorted away by Thorin.

Exchequer: We have \$ (little less than last month) Caïd Rapier Open will close after depositing of check received.

Agincourt is closed and Yule open awaiting receipts from Lorissa. Insurance papers waiting on email from Laertes. Erik does not have contact info for Burbank parks and will contact List if practices will be Unofficial.

Herald - Meeting was last Sunday. Cristof is working on submitting his device (Damien showed all a copy of what it will look like), sometime in January.

Lists - N/A

Marshal- practices are slow 4-5 people to fight (same with rapier) last night about 8 (no rapier) hope to pick up in spring when it warms up. Looking to purchase swords and need to schedule an armor repair night.

Equestrian - put on hiatus with the non-participation of Virginia and moving of Dona Arabella, not many SCA people. Also no insurance

Rapier - Tezar reported :practices are slow 4-5 people to fight last night no rapier hope to pick up in spring when it warms up. No equipment bought

Thrown Weapons -- have had no practices last 2 out of 3 practices because of rain. Was asked to work on an Angels TW & siege weapon tourney for March 2014 will introduce Atalatl. We have new weapon the sickle introduced at Navaheim Ann Archery and TW tournament. Talked about Cold Steel rip off and Ish mentioned cannot say not to say boycott, I reaffirmed that I did not say boycott but just explained our situation and said we will use alternative sellers.

Unarmored - death in family no new news.

Youth - 2 - 6 youths at practices getting light due to holidays.

Seneschal - nothing new.

Web wright - will add the note/blurb that Monique is writing up for events. Removing Equestrian Marshal, all champions are up to date. Will set up so that you can access the blurb can be accessed thru Altavia web page and SCA Event Wiki.

The problem had with Yule site is being fixed. Will update the email list for groups each year. Emails not needed on Wiki.

Closing comments - period pot lucks going well and are very well received new champions are listed from yule (she named all winners from Yule). Jan 12th Angels Melee will be next time Pavilion goes up.

Next meeting January 8<sup>th</sup>, 2013

## The Pancakes of Shrovetide

By: THL Johnnae Ilyn Lewis, CE

*"...as a pancake for Shrove Tuesday"  
Shakespeare. All's Well That Ends Well. II, ii*

The period known as Lent begins in February or early March. It may begin as early as February 4th when Easter is as early as March 22<sup>nd</sup> or it may be as late as March 10<sup>th</sup> when Easter falls on April 25<sup>th</sup>. In 2013 Ash Wednesday, the start of Lent, is February 13th. Easter in 2013 is March 31st. Lent carries particular significance in the study of medieval and Renaissance customs. Lent was seen as the period of time when believers prepared themselves for the Holy Week. During this time people repented, prayed, gave alms, and fasted. Originally Lent required the eating of only one meal a day, that being taken after vespers or in the evening. What was eaten during Lent varied from place to place and over the centuries, there were modifications. Quite often the rule of one meal a day taken in the evening might be relaxed and the meal taken at two or three o'clock in the afternoon or midday. The Emperor Charlemagne took his Lenten meal during midday after an early saying of vespers, and many others followed that practice.

Prohibited foods in the early Christian period included wine, fish, meat, eggs, and the *whitemeats* or dairy products of milk, cheese and butter. The ban on fish was lifted early on. St. Gregory writing to St. Augustine of England in the sixth century wrote, "We abstain from flesh meat, and from all things that come from flesh, as milk, cheese, and eggs." Later, it was still common during Holy Week, or at least on Good Friday to eat only a diet of dry food, bread, salt, and vegetables. Dispensations or exceptions were also granted. In medieval Germany, these purchased exceptions to eat eggs and butter on fast days were known as the *Butterbriefe*. The churches profited from their sale of dispensations; one of the steeples of the cathedral at Rouen was even known as the *Tour Buerre* or Butter Tower.

Prior to the start of Lent are the days of Carnival or Carnivale taken from *carne levare* "to take away meat." In these last days before Lent households hurried to eat or use up the prohibited foods, else they might go to waste. There were a number of these *food* festival days, including under various names Collop Monday, Egg Sunday, and even a Fat Thursday in the days leading up to Lent. The famous celebration known as *Mardi Gras* or Fat Tuesday is observed with parties, parades, and much merriment and consumption of alcohol in cities like New Orleans and Venice even to this day.

In England, the Tuesday before Lent was known as Shrovetide, or Shrove Tuesday. In the north, but also regionally in Norfolk, it was once known as Fasguntide, Fastingong, or Fastens Eve, meaning the evening before fasting. Shrove comes from "shriving" or the required confession and absolution that was required before Lent. Traditional English activities besides confession and penance have for centuries included rough and tumble ball games that would later develop eventually into *football* matches played between villages. These "matches" were so violent that they were banned as early as the reign of Edward III, but they persisted. Cockfights, cock threshing or cockshys (where a cock or even a fat hen was baited and killed), and bear baiting were also favored activities. Elizabethan agrarian author and poet Thomas Tusser wrote, "At Shrovetide to shroving, go thresh the fat hen. If blindfild can kill hir, then give it thy men." William Mavor in his 1812 edition of Tusser described this activity as being one where on a fellow's back a live hen is hung. Besides wearing the hen, he also wears horse bells, which make noise. Blindfolded men chase him around an enclosure of some sort and try to grab the live hen. The gentleman with the hen often struck back at his chasers, and they also fought among themselves to gain an advantage. Someone eventually catches up and grabs the hen. Looking into the activity, others noted that the chosen hen was a non-laying hen or a non-productive one that was headed for the stew pot in any case, but this doesn't mitigate the violence of the game. In any case the hen is killed and traditionally boiled with bacon or collops.

There was also general mayhem being carried out by students and apprentices, and in some parts of England bands of children would go begging for treats. In the evening bonfires might even be lit. It was after all the last opportunity for fun before Lent and its restrictions. In 1600 Thomas Dekker in the *Shomakers Holiday* wrote, "Vpon euery Shroue tuesday, at the sound of the pancake bell: my fine dapper Assyrian lads, shall clap vp their shop windows, and away." In Dekker's *Seven Deadly Sins of London*, from 1606, we read: "they presently, like prentices upon Shrove-Tuesday, take the game into their own hands and do what they list." According to Joan Lane, at least for apprentices, it was a holiday well into the eighteenth and even nineteenth centuries. Oxford fellow Thomas Crosfield (1602-63) described in his diary the Shrovetide customs of 1620 as being that of "1. Frittering. 2. Throwing at cockes. 3. Playing at stooleball in ye City by woemen &

footeball by men.” John Brand writing in the nineteenth century still described Shrove Tuesday as “typified so happily on this occasion by pudding and play.”

There is also a long association of Shrove Tuesday with feasting. In England this developed and is documented as early as the 16th century as being associated with pancakes. Elizabethan Thomas Tusser continued his lesson on Shrovetide customs by writing: “Maids, fritters and pancakes ynow see ye make: Let slut have one pancake, for companie sake.” This too requires some explanation as to why a slut deserves a pancake. It turns out that the slut in this case is a servant girl or kitchen maid that does not rise early and go about her duties without being prompted. No one wants to be known as the slut so Mavor wrote that everyone disowned the pancake and it was usually given to the dog. Why pancakes? Perhaps because they used up milk, cream, eggs, and fat. By 1619 *Pasquils Palinodia* records that Shrovetide in England

“was the day whereon both rich and poore  
Are chiefly feasted with the selfe same dish,  
When every paunch, till it can hold no more,  
Is fritter-fild, as well as heart can wish ;  
And every man and maide doe take their turne,  
And tosse their pancakes up for feare they burne ;  
And all the kitchin doth with laughter found,  
To see the pancakes fall upon the ground.”

There were also pancake or shiving bells that were once rung that either signaled the housewife to make her pancakes or to appear at church before making the pancakes. In many towns unruly apprentices rang the bells to commence the fun. In time there came to be pancake races. The village of Olney in Buckinghamshire carries on with a modern pancake race where participants run to the church while flipping pancakes. Olney dates its race back to 1445, but it’s noted that there have been long breaks in the tradition. The modern race dates from after WWII. Today female residents of Olney over the age of 16 can take part. They must wear an apron and cover their heads with scarves or appropriate hats. A frying pan complete with pancake is carried and along the race route the pancake must be tossed three times on the way. The practice has been adopted elsewhere, and today there is even a competition between Olney and the American town of Liberal, Kansas to see who manages the fastest time in their modern pancake races.

When it comes to locating pancake recipes for all these Shrovetime pancakes in early English sources, one finds that they are not as early or as easily found as one might have thought. The word certainly existed and was in use. Both the *Middle English Dictionary* and *Oxford English Dictionary* mention in their entries under “pancake,” a circa 1400 quotation: ‘*Alphita -- Lagana..pankakus.*’ As early as 1510, the printer Wynkyn de Worde in *The Gospelles of Dystaues* includes the passage, ‘I brynge a dosen egges with me. Another sayd and I shal go and fetche floure and butter for to make pancakes with.’ One might ask if that is that a recipe of sorts or just a description? The word pancake and pancakes are often used as descriptive aids. Thomas Middleton described a rain in 1611’s *Roaring Girle* as ‘raine Beate all your fethers as flat downe as pancakes.’ Sermons instruct and describe things as ‘as round as a trenchour, as flat as a pancake’ (Bridges 1571).

Even early recipes and cookery books get in the act. One is told to “Putte a litel of þe Whyte comade in þe panne, & late flete al a-brode as þou makyst a pancake” in the Harleian MS 279 dated 1435, but a recipe is not given for a pancake. Two centuries later, the 1653 *The True Gentlewomans Delight* calls for batter to be ‘as thick as you would make for pancake batter’ but that is in a recipe for making ‘a fine pudding’ and not in a recipe for pancakes. Fear not, however, lacking as we are for recipes we do find the right equipment mentioned. Cotgrave’s *Dictionary of the French and English Tongues*, 1611, included the helpful definition for ‘*Vireurs d’aumelettes,*’ known as ‘pancake-turners.’

There is also the nagging problem of what is meant by a pancake. OED defines pancakes as being “thin flat cake(s) of batter, fried on both sides in a pan.” Are griddlecakes of meal and water baked upon a stone or bakestone pancakes or just forerunners of pancakes? What about the waffles or wafers, which are baked in irons? Must pancakes contain eggs? (Crepes are of course pancakes as are the Dutch *panckoecken*, but being non-English are omitted from this discussion.) Fritters also pose an interesting problem, as the batter for a fritter is often the same as that for a pancake, and it seems that often what was eaten on Pancake Day were in fact fritters. Some even combined the two into one holiday as in this letter dated February 13, 1700 from the *Verney Letters* which notes, ‘This being Pancake and Fritter Day & I have Company makes me to begin my letter this morning.’ The *Concordance of English Recipes Thirteenth Through Fifteenth*

*Centuries* includes at least 21 distinct fritter recipes, but none are listed under pancakes. *The Dictionary of Syr Thomas Eliot Knight*, which dates from the 1530s, includes this definition 'Fritilla, a froyse or pancake.' The Tudor-Jacobean cookery manuscript (dated 1580-1625) titled *A Booke of Cookery* contains four pancake and fritter recipes. Recipe C99 for a fritter batter notes, "this batter will make good pancakes."

Lastly, one must confront the problem that if one does in fact locate an early pancake recipe, would it be recognized as a pancake by the modern American pancake aficionado? The answer is probably not because the early recipes for pancakes are leavened only with eggs or beating. Ale barm or yeast is not even used to lighten the batter. (Modern pancake mixes are leavened with baking powders.) It's also apparent that the pancakes of the 16<sup>th</sup> and 17<sup>th</sup> centuries were thin and fried until crisp.

Recognizable or not, the first English recipe appears in the 1588 cookery book *The Good Huswifes Handmaide for the Kitchen*.

To make Pancakes

Take new thicke Creame a pinte, foure or five yolks of eggs, a good handful of flower and two or three spoonfuls of ale, strain them altogether into a faire platter, and season it with a good handfull of sugar, a spooneful of synamon, and a little Ginger: then take a frying pan, and put in a litle peece of Butter, as big as your thumbe, and when it is molten brown, cast it out of your pan, and with a ladle put to the further side of your pan some of your stuffe, and hold your pan aslope, so that your stuffe may run abroad over all the pan as thin as may be: then set it to the fyre, and let the fyre be verie soft, and when the one side is baked, then turn the other, and bake them as dry as ye can without burning.

When Gervase Markham offered a pancake recipe in his 1623 edition of *Countray contentments, or The English huswife*, he added the delicious note "frie the cakes as thin as may be with sweete Butter, or sweete Seame, and make them browne, and so serue them vp with Sugar strowed vpon them." Syrup, alas, is not called for.

In conclusion one can only echo the words spoken to Sir John Falstaff (in *Henry IV, Part II*) "And welcome merry Shrove-tide. Be merry, be merry."

Be merry, be merry and perhaps do so with pancakes.

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# Altavia Current Champions

- ❖ Archery **THL Cristofanus Castellani** 10/28/12
- ❖ Armored Combat **Duke Edric Aaron Hartwood** 5/11/12
- ❖ Arts & Sciences **Baroness Bridget Lucia Mackenzie** 5/11/12
- ❖ Bardic **Charles Ivansen of Borreby and Aurora of Finchingfield** 12/8/12
- ❖ Chess **Dimitri** 12/8/12
- ❖ Equestrian **Lady Mayken de Houtman** riding **Jo-Jo** 6/30/12
- ❖ Rapier Combat **Don Laertes Blackavar McBride** 5/11/12
- ❖ Thrown Weapons **Vigualfr Ragnarsson** 10/28/12
- ❖ Youth Archery **Nicholai Stagghorn** 10/28/12
- ❖ Youth Combat (0 to 6 years) - **Nicholai Stagghorn** 5/11/12
- ❖ Youth Combat (7 to 9 years) - **Dakota** 5/11/12
- ❖ Youth Combat (10 to 13 years) - **Dante** 5/11/12
- ❖ Youth Thrown Weapons **Nicolai Stagghorn** 10/28/12

Crown Report by Her Excellency Meliora Deverel

For those of you who could not attend Crown this last weekend, Duke Sven and Countess Cassandra are the new heirs to the throne of Caid! Other big news:

Ceallachan received an AoA  
 Monique received a Dolphin  
 Leonor received a Crescent  
 Thorin received a Crescent  
 Dante received a Shining Star  
 Charlotte received an Acorn  
 Nicholai received a Shining Star

Cecilia was asked to join the order of the Pelican!





# Baronial Officers

|                                                                           |                               |
|---------------------------------------------------------------------------|-------------------------------|
| <b>Baron</b> is THL Secca of Kent                                         | (Baron@sca-altavia.org)       |
| <b>Baroness</b> is THL Meliora Deverel                                    | (Baroness@sca-altavia.org)    |
| <b>Chief Lady-in-Waiting</b> is Lady Fara MacGregor                       | (court@sca-altavia.org)       |
| <b>Captain of the Guard</b> is Lord Uilliam mór MacGregor                 | (guard@sca-altavia.org)       |
| <b>Seneschal</b> is Baroness Yssbell inghean Bhaltair                     | (seneschal@sca-altavia.org)   |
| <b>Deputy Seneschal</b> Lord Francisco Rojas de Gomez Y Sandoval          |                               |
| <b>Captain of Archers</b> is Lord Nikolaos Phaistos                       | (archery@sca-altavia.org)     |
| <b>Deputy Captain of Archers</b> is THL Cristof Castellani                |                               |
| <b>Arts &amp; Sciences Officer</b> is Lady Aethelwyn of Ashgrove          | (arts@sca-altavia.org)        |
| <b>Deputy A&amp;S</b> is THL Madelena Hidalgo de Valencia                 |                               |
| <b>Chatelaine</b> is Mistress Bridget Lucia Mackenzie                     | (chatelaine@sca-altavia.org)  |
| <b>Children's Minister</b> is <a href="#">THL Cecilia di Medici</a>       | (children@sca-altavia.org)    |
| <b>Deputy Children's Officer</b> is THL Tezar of Aeolis                   |                               |
| <b>Chiurgeon</b> is Lord <i>Caine</i> Dorcha                              | (chiurgeon@sca-altavia.org)   |
| <b>Deputy Chiurgeon</b> is THL Cecilia Medici                             |                               |
| <b>Chronicler</b> is Baroness Asakura Mashime                             | (chronicler@sca-altavia.org)  |
| <b>Deputy Chronicler</b> is Lady Catriona inghean Diarmada                |                               |
| <b>Constable</b> is THL Thorin O'Seaghda                                  | (constable@sca-altavia.org)   |
| <b>Exchequer</b> is Eirikr Mjoksiglandi                                   | (exchequer@sca-altavia.org)   |
| <b>Deputy Exchequer</b> is Lady Leonor de Sevilla                         |                               |
| <b>Herald</b> ( <i>Sable Fret Cornet</i> ) is THL Damien von Baden        | (herald@sca-altavia.org)      |
| <b>Court Herald</b> is THL Tezar of Aeolis                                |                               |
| <b>Lists Officer</b> is THL Matlens Litovka                               | (lists@sca-altavia.org)       |
| <b>Marshal</b> is Sir Thorin O'Seaghda                                    | (marshal@sca-altavia.org)     |
| <b>Deputy Marshal</b> is Sir Eronric of Devon                             |                               |
| <b>Deputy Marshal for Equestrian</b> is Dona Lady Virginia Read           | (equestrian@sca-altavia.org)  |
| <b>Deputy Marshal for Armored Combat</b> is Sir Thorin O'Seaghda          | (marshal@sca-altavia.org)     |
| <b>Deputy Marshal for Rapier</b> is Don Colwyn Stagghorn                  | (rapier@sca-altavia.org)      |
| <b>Deputy Marshal for Thrown Weapons</b> is Lord Philip de Greylonge      | (tw@sca-altavia.org)          |
| <b>Thrown Weapons Deputy</b> is THL Cecilia di Medici                     |                               |
| <b>Deputy Marshall For Youth Combat</b> is Lord Uilliam of Altavia        | (youthcombat@sca-altavia.org) |
| <b>Scribe</b> is Ysabel d'Outremer                                        | (scribe@sca-altavia.org)      |
| <b>Webwright</b> is Dame Lynnette de Sandoval del Valle de los Unicornios | (webwright@sca-altavia.org)   |
| <b>Deputy Webwright</b> is THL James Everglad                             |                               |

## Altavia's College of Saint Firmin

College of Saint Firmin website: [www.collegeofstfirmin.org](http://www.collegeofstfirmin.org)

|                                                                                        |                                   |
|----------------------------------------------------------------------------------------|-----------------------------------|
| The College's <b>Seneschal</b> / President is Lina de Lune                             | (firminseneschal@sca-altavia.org) |
| The College's <b>Exchequer</b> / Treasurer is Lina of St. Firmin                       | (firminexchequer@sca-altavia.org) |
| The College's <b>Arts &amp; Sciences Officer</b> / Secretary is Temperance Raynscrofte | (firminarts@sca-altavia.org)      |

## Ways to Stay Connected

Altavia has numerous ways of keeping in contact with you, keeping you informed and active. We welcome you to participate however way you feel most comfortable with. Here are several links in order to always keep up with what's going on with the Barony and the SCA.

Altavia's Website: [www.sca-altavia.com](http://www.sca-altavia.com)

Altavia's Yahoo Groups Page: <http://groups.yahoo.com/group/Altavia/join>

Altavia's Facebook Page: <http://www.facebook.com/groups/297336603655499/>

CAID's Website: <http://sca-caid.org/>

CAID's Facebook Page: <http://www.facebook.com/groups/3533625108/>



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# Meetings & Practices in the Barony

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## Business Meetings

- **Council Meeting**

**2nd Tuesday of the month, 7:00pm** at CSUN: Meeting room, parking info and maps are available on the [CSUN Meeting Site Info page](http://www.sca-altavia.org/Meetings/CSUN.html): <http://www.sca-altavia.org/Meetings/CSUN.html>

This is the monthly business meeting for the group. There are officer reports, event reports, discussion of Baronial involvement at the Kingdom Level, choosing new officers, when necessary, and announcements. Baronial decisions are made here, and you do have a voice. **Everyone is welcome (and encouraged) to attend the meeting!**

Pre-Meeting work session and officers arrive by 7:00pm. Meeting starts at 7:30pm.

Contact the [Seneschal](#) for details

- **Newcomers' Meeting**

**Once a month, usually on the 4th Monday of the month, 7:00pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: Off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts. This is the same location as our weekly Fighter Practice.

We meet at the stone tables next to the restrooms; look for Bridget's Red Lantern!

These classes cover a general overview of the SCA and the types of events we hold in Caid. Please bring your questions and wonderful smiles. We look forward to seeing everyone there!

This is the plan for our Newcomers Meetings!

- Jun 25, 2012 -- Maps and Organization of the SCA
- Jul 23, 2012 -- Martial Arts
- Aug 27, 2012 -- Arts and Sciences
- Sept 24, 2012 -- Camping in the SCA
- Oct 22, 2012 -- Mock Court
- Nov 26, 2012 -- Heraldry and Persona
- Dec 2012 -- Happy Holidays!

Contact the [Chateline](#) ([chatelaine@sca-altavia.org](mailto:chatelaine@sca-altavia.org)) for directions.

## Combat Practices

- **Archery Practice**

**The first and third Sunday of the month, 11:00am to 3:00pm** At Woodley Park Archery Range, directions are <http://woodleyparkarchers.org/direction>

Additional practice times are available most **Tuesday and Friday nights**. Contact the [Captain of Archers](#) to verify dates and times.

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.

Contact the [Captain of Archers](#) (archery@sca-altavia.org) for more information.

- **Equestrian Practice**

Practices are held on various Fridays of every month, 6:30-8:30PM at Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, CA 91360.

Open to any participants regardless of territory of residence. Rider must bring their own mounts. Unmounted ground crew training available. Authorizations available. Jousting, mounted combat, crest combat, mounted games, marshalette/marshalette-in-training, and general riding authorizations available on site. General driving and driving games authorizations available subject to prior coordination. Mounted archery authorizations available offsite. Riders are advised to bring their normal tack and equipment. No rental horses are available. Minors must have a parent or guardian present at all times.

Please contact the [Marshal in Charge: Lady Lysette](#) (equestrian@sca-altavia.org). For more information, visit the [CAID equestrian site](#) (<http://equestrian.sca-caid.org/>) or the [Altavia Equestrian webpage](#). (<http://www.sca-altavia.org/Meetings/Equestrian/index.html>). Join the [Altavian Equestrian Email group](#) (<http://groups.yahoo.com/group/AltavianEquestrian/>)

2011 Schedule:

- July 13, 2012
- Aug. 10, 2012
- Sept. 14, 2012
- Nov. 9, 2012
- Dec. 14, 2012

- **Fighter Practice -- Armored Combat**

**Every Monday, 7:00pm to 9:30pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Heavy Weapons Marshal](#) (heavy@sca-altavia.org) for more information or to request to join the [practice information E-mail list](#) (<http://groups.yahoo.com/group/fretfights/>).

**Every Thursday, 7:00pm to 9:00pm** at [Northridge Park](#), 18300 Lemarsh St. Northridge, CA 91324. Find us on the Reseda Blvd. side of the park. Hosted by St. Firmin. Contact the [THL Owain ap Gwyllym Pengryth](#) for more information.

[Guardians of the High Road webpage](#) ([http://wiki.caid-commons.org/index.php/Guardians\\_of\\_the\\_High\\_Road](http://wiki.caid-commons.org/index.php/Guardians_of_the_High_Road))

- **Fighter Practice -- [Rapier](#)**

**Every Monday, 7:30pm to 9:30pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Rapier Marshal](#) for more information

**Every Thursday, 7:00pm to 9:00pm** at [Northridge Park](#), 18300 Lemarsh St. Northridge, CA 91324. Find us on the Reseda Blvd. side of the park. Hosted by St. Firmin. Contact the [THL Owain ap Gwyllim Pengryth](#) for more information.

[Guardians of the High Road webpage](http://wiki.caidd-commons.org/index.php/Guardians_of_the_High_Road) ([http://wiki.caidd-commons.org/index.php/Guardians\\_of\\_the\\_High\\_Road](http://wiki.caidd-commons.org/index.php/Guardians_of_the_High_Road))

- **Fighter Practice -- Youth Combat**

**Twice a month - 2nd and 4th Mondays, 7:30pm to 8:00pm** at [Verdugo Park](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505. Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block near the tennis courts.

Contact the [Youth Combat Marshal](#) for more information

[Guardians of the High Road webpage](http://wiki.caidd-commons.org/index.php/Guardians_of_the_High_Road) ([http://wiki.caidd-commons.org/index.php/Guardians\\_of\\_the\\_High\\_Road](http://wiki.caidd-commons.org/index.php/Guardians_of_the_High_Road))

- **Thrown Weapons Practice**

**The first and third Sunday of the month, 11:00am to 2:30pm** at Woodley Park Archery Range, directions are <http://woodleyparkarchers.com/directions.html>

Contact ahead for loaner gear. Lord Everglad is there on most Wednesday nights and Saturday mornings for authorization tests and help in shooting.

Contact the [Thrown Weapons Marshal](#) ([tw@sca-altavia.org](mailto:tw@sca-altavia.org)) for more information and to verify dates and times.

## Arts & Sciences

- **Arts & Science Workshops (aka Craft Nights)**

**The 4th Tuesday of the month, 7:00pm to 9:00pm** at CSUN, [Meeting site info](#) (<http://www.sca-altavia.org/Meetings/CSUN.html>). Bring your sewing or craft project to work on or help us make Baronial Presentations. The meetings sometimes have a project theme, which is usually published on the [Altavia E-mail list](#) (<http://groups.yahoo.com/group/altavia/>).

Contact [A&S Officer](#) ([arts@sca-altavia.org](mailto:arts@sca-altavia.org)) for details.

- **Bardic Circle**

Hosted by Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois. Contact [the A&S officer](#) ([bardic@sca-altavia.org](mailto:bardic@sca-altavia.org)) for directions. The Bardic Circle will be pick, pass or play. For those who are new, this means that, as we go around the circle, you have the choice of:

1. Picking someone to perform something you like or something they want to do
2. Passing your turn to the next person
3. Performing yourself

This way you can relax & listen, perform, hear your favorites, or mix it up.

Contact [The A&S officer](mailto:bardic@sca-altavia.org) (bardic@sca-altavia.org) for dates, directions, and further information.

- **Children's Activities**

Children's activities are held at every event that Altavia sponsors.

Contact the [Children's Officer](mailto:children@sca-altavia.org) (children@sca-altavia.org) for information or offers to help.

- **Culinary Guild**

Special interest group for All Things Delicious to eat and drink, by the Barony of Altavia, the north-west Los Angeles County group of the Society for Creative Anachronism. Everyone is welcome in our discussions of recipes, historical research and events based around the food and beverages of the Middle Ages and Renaissance.

Meetings happen once a month. Contact the Guild through their Facebook page here:

<http://www.facebook.com/groups/242868192471271/> or contact Baroness Asakura Mashime for information (chronicler@sca-altavia.org)

- **Dance Practice**

**Belly Dance every Monday, 7:30pm** at [\*Verdugo Park\*](#) in Burbank, 3201 West Verdugo, Burbank CA, 91505.

Directions: off of Verdugo, turn North onto California and we are on the right hand side, half way down the block).

Tribal style belly dance practice. We have a mixture of absolute beginners, beginners and old pros. It's outside so dress warmly. Its lots of fun!

We are near the tennis courts and, as we practice next to the Heavies Fighters, just look for the fierce men and women in armor!

**English Country Dance, the 3rd Tuesday of the month, 7:00pm to 9:00pm** at CSUN, [Meeting site info](#).

No previous dance knowledge, equipment, or expertise is needed – but bring water - dancing takes more energy than you think. Garb is encouraged, but not required. The main focus will be English Country dancing, but we may introduce a few sets of some more international dances as well – depending on who is teaching that month. Special instructors and sets may be announced when/if they are known. If you are already skilled at dancing, and are willing to teach a dance or three to others; don't hesitate to contact [Meala Caimbeul](#) and we can make that happen! Likewise, if you want to learn a specific dance – ask and I'll do my very best to make that happen too.

Contact [Baroness Meliora Deverel](mailto:bellydance@sca-altavia.org) (bellydance@sca-altavia.org) for more information or to request to join their practice and event information E-mail group. For English Country Dance, contact Meala Caimbeul (dance@sca-altavia.org) for more details.

- **Potters Guild of Caid**

**Meets once a month, contact [Baroness Asakura no Mashi](mailto:chronicler@sca-altavia.org) (chronicler@sca-altavia.org) for meeting times and location.** To provide a supportive organization for ceramic artists of all skill levels. To provide an opportunity to network and share knowledge and techniques through workshops, special events, and at Arts and Sciences displays. To provide populace awareness and appreciation for ceramic artists and their work. To promote period creation, education and high quality work among our members.

[Potters guild of CAID Yahoo group](http://groups.yahoo.com/group/Potters_guild_of_CAID/) (http://groups.yahoo.com/group/Potters\_guild\_of\_CAID/)

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Photos from Yule 2013 – THL Meilora Deverel

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