

From The Tower



Barony of Southron Gaard

February A.S. LI
(2017 C.E.)



Chronic Rumblings

Welcome to another From The Tower.

Whew, I survived another Canterbury Faire! I know that it was a good one because I was too involved to take any photographs.

If you have an article, review, story, poetry or picture* to contribute to our newsletter please send your contributions to the chronicler@sg.lochac.sca.org email address by the 25th of each month. This year we will be particularly grateful for recipes as their Excellencies have mentioned, in their column, that food will be a major focus and I am all for that.

This month's cover art is in recognition of the resurgence in interest in the Fibre Guild, about which you can read a bit further on. This has long been one of my favourite Dutch paintings and the image comes from the Rijksmuseum in Amsterdam. I love the look she's giving the painter – would anyone like to hazard a caption?

Yours, in service to Southron Gaard,

Eleanora

* Please ensure that you have permission to publish the photographs of anyone identifiable in your photos and that there are no copyright restrictions.

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Credits for this issue:

Cover Art: Man and Woman at a Spinning Wheel, Pieter Pietersz. (I), c. 1560 - c. 1570, Rijksmuseum, Amsterdam, persistent URL: <http://hdl.handle.net/10934/RM0001.COLLECT.5045>

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Kingdom of Lochac



King and Queen Ariston I and Lilavati I

Please send award recommendations to crown@lochac.sca.org with a courtesy copy to B&B@sg.lochac.sca.org. Please check Lochac Cannon Lore for an individual's existing awards and information about awards, additional information can be found on the Kingdom website: www.lochac.sca.org.



Their Excellencies Speak



We were delighted to see so many of you at Faire, and hope that you now have dry tents, are substantially through the laundry pile, and are filled with enthusiasm and project ideas for the year ahead. We thank those of you who worked so hard, in so many different areas, to make this event happen. It is one of the great privileges of Our role that we get told people's small particular joys, from favourite foods showing up in meal plan menus, interesting classes, and fun tourney scenarios to moments of courtesy, or those moments when you feel transported back through time. We hope that many of those comments also were repeated to those of you who made them possible, so you got to hear directly of how your work was appreciated.

We would like to extend Our congratulations to those who received awards, especially those awarded Arms. Your enthusiasm helps us all remember what we love in the Society, and your willingness to try and learn new things is inspirational for those of us who are looking for a new challenge.

For Us, Canterbury Faire was also a chance to exchange ideas with others from distant lands. We got to hear of projects and initiatives that have met with success and are looking at what We can do to replicate such successes here. As always, We are looking for projects that will put to good use the funds the group has, so if you have anything in mind that would be of long term benefit to the group and requires some funds We encourage you to bring these ideas to council.

While We still have a great love for music and dance, there is a still greater love in our hearts, for food. Thus, we are looking to include food at more events this year. We would love to see a feast, tourneys with added picnics, A&S with non-marking snacks and beverages, and maybe even a Ball with supper, to delight all our senses this year.

In Service to the Crown,

Richard and Ginevra

Baron and Baroness, Southron Gaard

From the Officers

From the Seneschal

Due to an administrative failing we've lost our room booking for SG Baronial Council meetings at the Upper Riccarton Library. There are two options:

- 1) We can find another space on the Second Wednesday of the month.
- 2) We can continue to use Upper Riccarton Library if we're happy to move to the 3rd Thursday of the month.

As a result, for February council will be at:

Focus Technology Group, UPSTAIRS

45 Mandeville St

Riccarton

(Above Europica Tiles/Beside Home Ideas Centre building. Parking at rear.)

If anyone has feedback about council meeting times that would work/not work for them, please contact the seneschal directly so he can collate it.

Yours in Service

Lord Maximilian von Monsterberg

Vacancies

Please note that all officers **must** be SCA members. If you are interested in a role please review the job outline at <http://sg.lochac.sca.org/docs/OfficerDescriptions.doc>



wanted: chatelaine

The Barony needs you! If you would like to share your enthusiasm with the public, and welcome new people to the world of the Laurel Kingdoms, then please apply to be our next Chatelaine. The Chatelaine is the official greeter of the barony, and is there to help the public and new members get involved with the SCA. If you like meeting people, or supporting new people, this could be the role for you.

Please send applications to the Kingdom Hospitaller at: hospitaller@lochac.sca.org and CC seneschal@sg.lochac.sca.org and BandB@sg.lochac.sca.org.

wanted: captain of archers

We are currently without a Captain of Archers and the Knight Marshal, Brian di Caffa, is looking for either a replacement, or a couple of line marshals who will turn up this last week each month to run archery tournaments. Targets can be made available any Sunday for interested archers if there is a line marshal present, and it is easy to become an authorised line marshal.

If you wish to apply for Captain of Archers email your application to: archer@lochac.sca.org with copies to seneschal@sg.lochac.sca.org & bandb@sg.lochac.sca.org.

Arts and Sciences

stuff night

First Tuesday of each month from 7pm to 9.30pm

Location: Avice Hill Community Centre Activities Room at **395 Memorial Avenue, Burnside** in the front room of the facility.

Donations towards venue rental to lessen the direct cost to the Barony are welcomed, and a donation box will be available. A light supper will be provided.

N.B. There will be no Stuff Night in January.

arts on sunday

Location: **Redwood Scout Hall, 20 Sturrocks Road**

Time: **Sundays, 11am**

The Hall is open and has power, water and loads of space so just bring whatever you're working on.

Have you ever wanted to run a class or A&S activity, but haven't before? Would you like to try? Do you sometimes teach but would like to trial a new class or do a dry run before teaching more widely? Have a neat idea for a Baronial project or activity? Now welcoming all applications to run fun classes or activities either on Sundays or for Stuff Night. Have a go!

Contact Lady Cecily de Montgomery on arts@sg.lochac.sca.org

Introducing the Lochac Fibre Guild

The Fibre Guild of Lochac exists to promote knowledge of the fibre/textile arts and crafts that includes crafts such as spinning, dyeing, weaving (large and small), braiding, felting, sprang etc. As well as promoting these crafts we also create award cords for the Kingdom.

We generally have a meeting at Canterbury Faire but apart from that things have been pretty quiet in the last year or two - that is about to change. As of Sunday 19 February we propose to hold monthly meetings, generally at A&S at the Redwood Scout Hall but depending on the needs and wants of the members sometimes elsewhere.

There is no charge or membership requirements – if you like playing with fibre or string and would like to come along please join us. Our February meeting will focus on plans and schemes for the year.

The Lochac Fibre Guild has an email list at <http://lochac.sca.org/mailman/listinfo/fibreguild> and webpage at <https://lochac.sca.org/fibre/> and the South Gaard 'branch' has a Yahoo group list at https://groups.yahoo.com/neo/groups/SG_String/info.

Recipes from (the Amberherthe kitchen at) Canterbury Faire

A number of members of our household are interested in cooking period food, especially at camping events like Canterbury Faire. We have a number of favourite recipes, and each year we try to add to our repertoire. We thought we'd share one of our new recipes, dubbed "Bacon Pear Chicken", with Southron Gaard.

At the end of Lord Kotek's excellent Collegium class on cooking a feast, someone asked "where do we get recipes from?" The short answer is, start with a copy of this book: Pleyne Delit: Medieval Cookery for Modern Cooks. Second Edition, University of Toronto Press, 1996. Sharon Butler, Constance B. Heatt, and Brenda Hosington. The longer answer will hopefully be a future article(s) and expand on available cookbooks and sources and on how to "redact" your own recipes. Period recipes rarely come with a list of carefully calculated ingredients and set of clear cooking instructions. Generally they come in a delightfully obscure form: "take a hog, hew him into gobbets, and cook him til it is enough". And usually with some very odd ingredients you've never hear of and certainly can't get at your local supermarket. Fortunately for new cooks there are many worked-out recipes available in cookbooks and online. For more adventurous or experienced cooks, working out these recipes into a modern format can be fun and tasty; this is sometimes called "redacting" a recipe.

As this particular recipe was a last minute addition to our menu, we are still working on perfecting the "redaction"; so the recipe has only general indications of the amount ingredients, and we've played a little fast and loose with methodology given some constraints cooking at Faire. Nevertheless, you might enjoy hearing about our initial forays into Bacon Pear Chicken.

This recipe comes from the 1529 Spanish cookbook, Libro de Guisados, which itself is a version of the Catalan Libre del Coch published in 1520. The recipe text was not taken from the original but from the text online here: <http://www.florilegium.org/?http%3A//www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html> As such it's possible the recipe may have diverged from the original during translation.

POTTAGE OF MARINATED HEN WHICH IS CALLED JANETE OF HENS / POTAJE DE ADOBADO DE GALLINA QUE SE DICE JANETE DE GALLINAS

Take a hen which is more than half-cooked and cut it up as if to make portions; and take good bacon which is fatty, and gently fry it with a little bit of onion. And then gently fry the cut-up hen with it. And take toasted almonds, and grind them, and mix with them quinces or pears which have been conserved in honey; and take the livers of the hens, and roast them on the coals. And when they are well-roasted put them in the mortar of the almonds, and grind everything together; and then take a crustless piece of bread toasted and soaked in white vinegar, grind it in the mortar with the other stuff. And when it is well-ground, blend it with hen's broth that is well-salted; and strain it all through a sieve; and cast it in a pot; and cast the hen in also; and cast in all fine spices, and a good quantity of sugar. And this sauce must be a little bit sour. And when the sauce is cooked, cast in a little finely shredded parsley, and prepare your dishes, and then [cast] upon them sugar and cinnamon.

Ingredients

A chicken or the equivalent amount of chicken pieces / chicken meat of some description. It's a generally accepted fact (read, I could cite research for this, but I have only so much time...) that domestic meat

animals tended to be smaller in period than those we enjoy today. Also, few of them were stuck in little cages, sometimes artificially accelerated in growth, avoiding exercise and keeping themselves all tender and juicy. Hence the instruction to half-cook the chicken before further processing. This is not really necessary if you are buying chicken from your local supermarket, and possibly counterproductive. It's been years since I've seen "boiling hens" in a supermarket - tough old birds that needed to be simmered for some time before being used in other dishes. If you are truly trying to capture something of the original recipe, then looking for free-range boiling hens (if such a thing exists) might work; you might also be interested in researching chicken species available in early 16thC Spain. Once half cooked (which may be baked, simmered in broth or roasted, it's not clear from the recipe), you can cut your chicken into similar sized portions. As we were cooking this in the evening, at Faire, in a fairly tight timeframe, we choose to use chicken breast to ensure that the meat would be cooked thoroughly. Meat cooked with skin and bones tends to have more flavour, so in other circumstances we might cut a whole chicken into portions (or even use pre-cut portions). Those of you who saw the first episode of the re-ally TV series "Surviving the Iron Age" might recall the consequences of cooking chicken pieces at night over a fire... (if not, it's an amusing series to watch).

- **Bacon.** Generally these days we'd use lardons (small strips or cube of pork fat, usually from belly pork, sometimes smoked or salted), heated to render out the fat and meat is braised or roasted in that. If you can't find lardons, or don't want to pay exorbitant prices, then very fatty streaky bacon can be used. I have given no quantity as I understand that it is always better to have more bacon.
- **Onion.** One, finely chopped.
- **Almonds** (toasted and ground). If you don't have equipment to grind almonds finely you might buy ready ground almonds. The taste is not as good as grinding your own, but the convenience is handy. We used about 1/2 to 1 cup of ground almonds.
- **Quinces or pears conserved honey.** Unhelpfully the cookbook contains no such recipe. This is where we will be spending most of our time in future, perfecting this ingredient. We had hoped to use quinces, of which we are very fond, but it's not the right season. Also given the price of honey these days, we wanted to be economical in our recipe. Our first tasty attempt, was essentially to stew about 3 small pears (which were peeled and chopped) in about 1/2 cup of liquid honey until they were soft-ish, a little candied and very delicious.
- **Chicken livers.** Were banished from the dish; apparently some people don't like chicken livers. A small amount of grilled / bbq livers ground up will add a little depth and meatiness to the flavour.
- **White bread.** Use a fairly solid load of "artisan bread" with the crusts removed; do not use the nasty fluffy toast slice stuff. About a handful should be good, but will vary depending on how dense your bread is. You might make your own bread from a period recipe and stone ground white flour if you are very keen. Gently toast to dry, not to burn.
- **White wine vinegar** (not white vinegar). A nice artisan Spanish vinegar might be a useful attempt at a period taste. Enough to soak but not drown the bread
- **Chicken stock.** Made from scratch if you are also keen.
- **Salt**
- **Fine Spices.** Libro di cucina / Libro per cuoco, L. Smithson (trans.) recipe for "Fine spices for all dishes (things): Take one ounce of pepper, one of cinnamon, one of ginger, half a quarter (of an ounce) of cloves, and a quarter (of an ounce) of saffron." You should grind these up in a mortar.
- **Sugar.** Grated from your sugar cone of course, or your sugar bowl if you can't find a cone.
- **Finely chopped parsley**
- **Cinnamon**

Method:

The "sauce" (this can be made ahead, even frozen and thawed, and added to the chicken when ready to cook):

1. Toast your almonds, and grind them (or take ready ground almonds / almond meal).
2. Put into a mortar (or food processor if you have no mortar) with the quinces or pears, and grind together with the grilled / roasted chicken livers (if using).
3. Remove the crusts from the bread and toast it gently; soak in the vinegar.
4. Add to the almonds and grind together.
5. Blend the almond mixture into the chicken broth and strain through a sieve to remove lumps.

The chicken:

1. Half-cook your whole chicken and then cut into even sized portions. Alternatively, chop an equivalent amount of chicken breasts into even-sized pieces (smaller cubes if trying to avoid food poisoning).
2. Chop up some fatty bacon / lardons and fry a little until the fat renders out and then soften a chopped onion in the fat. Add the chicken pieces into the fat and fry until sealed (or browned, as you like your chicken).
3. Add the chicken to the sauce or the sauce to the chicken (depending on how many pots you want to clean), mix together and add the fine spice (to taste) and some sugar (think of this as a spice, not a sweetener, a goodly amount is only about a tablespoon).
4. Adjust the sauce with salt, spices and vinegar; the sauce should be a little bit sour.
5. When the chicken has cooked through and the sauce thickened, add the parsley, and transfer the Janete to a serving dish. Sprinkle over sugar and cinnamon. Enjoy.

February Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5 A&S Heavy Combat Rapier Archery
6	7 Stuff Night	8 Council Meeting* Note new venue	9	10	11	12 A&S Heavy Combat Rapier Archery
13	14	15	16	17	18	19 A&S: Fibre Guild Heavy Combat Rapier Archery
20	21	22	23	24	25 FTT deadline	26 A&S Heavy Combat Rapier Archery
27	28					

MARTIAL PRACTICES

Armoured Combat

Sundays 10am–noon at Redwood Scout Hall.

Thursdays 6-8pm in the park at the end of Jasmine Place, Wigram

Rapier

Sundays from noon at Redwood Scout Hall.

Archery

Fine Sundays at Northcote School grounds, meet at Redwood Scout Hall.

Email: archers@sg.lochac.sca.org

ARTS GATHERINGS

Arts & Sciences

Sundays from 11:00am at Redwood Scout Hall.

Stuff Night: first Tuesday of the month from 7pm at Avic Hill Community Centre. Topics or projects are announced on SG list and Facebook.

Fibre Guild: every third Sunday of the month, 11am at Redwood Scout Hall or as announced.

UCMRS Dance

Mondays 7pm -8:30pm in KF08. Kirkwood Village.

ORGANISATIONAL MEETINGS

Council Meeting

Second Wednesday of the month, from 7:30pm. Upper Riccarton Library, 71 Main South Road or join online: details posted to the SG list.

All welcome

Baronial Open Home

Informal, un-garbed, social activity to allow people to chat about projects, the SCA and life in general, share a pot-luck meal and maybe watch a video.

March Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5 A&S Heavy Combat Rapier Archery
6	7 Stuff Night	8 Council Meeting	9	10	11	12 A&S Heavy Combat Rapier Archery
13	14	15	16	17	18	19 A&S: Fibre Guild Heavy Combat Rapier Archery
20	21	22	23 Southron Gaard baronial anniversary	24	25 FTT deadline	26 A&S Heavy Combat Rapier Archery
27	28					

Southron Gaard Regnum

Being a list of the current Baronial Officers and their official email addresses.

* **Seeking replacement:** see vacancies page for details.

Baron & Baroness:	Richard d'Allier & Ginevra di Serafino Visconti	BandB@sg.lochac.sca.org
Seneschal:	Maximilian von Monsterbrg	seneschal@sg.lochac.sca.org
Tour d'Or Herald:	Lady Fiora Vespucci	herald@sg.lochac.sca.org
Reeve:	James of Southron Gaard	reeve@sg.lochac.sca.org
Knight Marshal:	Brian di Caffa	marshal@sg.lochac.sca.org
Arts & Sciences:	Cecily Montgomery	arts@sg.lochac.sca.org
Chronicler:	Eleanora van den Bogaerde	chronicler@sg.lochac.sca.org
Chatelaine:	Vacant*	chatelaine@sg.lochac.sca.org
Chirurgion:	Leonhart Hunt	chirurgion@sg.lochac.sca.org
Constable:	Raffe de Massard	constable@sg.lochac.sca.org
Crescents Officer:	Csperka	crescents@sg.lochac.sca.org
Librarian:	Ginevra di Serafino Visconti	library@sg.lochac.sca.org
Quartermaster:	Raffe de Massard	quartermaster@sg.lochac.sca.org
Web scribe:	Ginevra de Serafino Visconti	web@sg.lochac.sca.org
Captain of Archers:	Vacant*	archers@sg.lochac.sca.org
Captain of Rapier:	James of Southron Gaard	rapier@sg.lochac.sca.org
Lists Officer:	Melisande de Massard	lists@sg.lochac.sca.org

wilomoor hamlet: otago

Mieliko (Dan Stride), or

Aveline Goupil (Sandra Wheeler) wheeles76@gmail.com

nelson hamlet

Fiora Vespucci (Fiona) HeraldRadish@gmail.com

other scanz groups

Auckland – **Barony of Ildhafn**
<http://ildhafn.lochac.sca.org>

Hamilton - **Canton of Cluain**
<http://cluain.lochac.sca.org>

Wellington - **Shire of Darton**
<http://darton.lochac.sca.org>

SCA (NZ) Inc. Membership

There are two different types of membership available to event participants in New Zealand.

Subscribing Membership

Grants full rights of participation in the SCA (including voting, entering Crown Tournaments, holding office and affiliate membership with overseas branches). Subscribing membership also includes a subscription to Pegasus, the Lochac Kingdom Newsletter which is an electronic newsletter (PDF).

1 Year with E-Pegasus*	\$ 15.00
3 Years with E-Pegasus	\$ 30.00

A SCA(NZ) Inc. membership form is included on the final page of this newsletter, or can be accessed on the SCA(NZ) website.

Event Membership

For all non-members aged 18 years or over attending an event. Event membership lasts for the duration of that event only and is not sufficient to hold office or fight in Crown Tournament etc. If the event has a cost, and it is not held by a College, the levy will be charged.

Per event \$ 2.00

For further information visit the official SCA(NZ) Inc. website at:

www.sca.org.nz



Society for Creative Anachronism (New Zealand) Inc. Membership application

If you prefer, you can use the online membership form linked from <http://sca.org.nz/membership.php>

New Membership Renewal Replacement card Change of information

Please print clearly. All information must be legible and filled out correctly for your membership to be processed.
Please fill out one form per person.

Today's Date: _____ Membership number: _____

First Name: _____ Family Name: _____

Postal Address: _____ Suburb: _____

City: _____ Post code: _____ Occupation: * _____

*We are required to collect and keep your occupation on file by the Incorporated Societies Act 1908.

Telephone number (Home) _____ (Mobile) _____

Email: _____ Tick if under 18:

Tick if you prefer to receive all future communications from us via post rather than via email:

Society Name (if any): _____

Group name (closest geographical Barony, Shire, etc.): _____

Membership type and duration:	1 year	3 years
Membership + e-Pegasus (PDF) **	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30
Membership + posted print Pegasus	<input type="checkbox"/> \$40	<input type="checkbox"/> \$105
Replacement for lost card	<input type="checkbox"/> \$5	

** To receive e-Pegasus, you must provide a valid email address. You will be emailed directions to access your electronic subscription.

Payment Method: Cheque Enclosed Internet Banking

I declare that the information given is true and correct:

Signed (please use legal name): _____

Payment information:

- Please do not post cash. Sorry, we are unable to accept credit card payments.
- **Paying by cheque:** make cheques payable to Society for Creative Anachronism (NZ) Inc.
- **Paying by Internet Banking:** make the payment to SCA (NZ) Inc, account number 38-9010-0099412-00. Place your surname in the reference field, then print out and attach the receipt page to this form once your payment has gone through. Failure to attach proof of payment can delay your membership being processed by as much as a month – so please don't forget!

If you have queries about this form or your membership, please feel free to contact the Registrar, Elizabeth Kent, at registrar@sca.org.nz. For urgent matters, phone the Registrar at (03) 960 0452 between the hours of 9am-9pm.

Information you provide on this form will be kept on file by the SCA (NZ) Registry according to the Privacy Act 1993, and may be shared with Kingdom Officers and affiliated SCA corporations as needed. If you believe we hold incorrect information, contact the Registrar directly for a copy of your details. Use this form to update your information by ticking the box labelled 'Change of information'.

Subscriptions other than to Pegasus, the Lochac Kingdom newsletter, are NOT available through SCA (NZ). Contact the US registry directly to subscribe to Complete Anachronist, Tournaments Illuminated or other Kingdom newsletters. Send this form with payment to: SCANZ Registrar, C/- 24 Meadowville Ave, Spreydon, Christchurch 8024