

# Hartwood Hartbeat

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# Important Links

Hartwood Council Minutes/Officer reports etc <https://hartwood.tirrih.org/library.html>

Kingdom officer current listing <https://antir.org/our-people/officers/>

SCA Kingdom calendar <https://antir.org/events/>

Insula magna calendars:

Hartwood <https://antir.org/events/branches/kingdom-of-an-tir/tir-righ/hartwood/>

Seagirt <https://antir.org/events/branches/kingdom-of-an-tir/tir-righ/seagirt/>

Nearby branch info/calendar

Lionsgate [https://antir.org/events/branches/kingdom-of-an-tir/tir-righ/lions\\_gate/](https://antir.org/events/branches/kingdom-of-an-tir/tir-righ/lions_gate/)

Lionsdale <https://antir.org/events/branches/kingdom-of-an-tir/tir-righ/lionsdale/>

\*\*\*Views expressed in these pages may not be those of anyone but the author\*\*\*



**Hartwood Council and Defenders**

<https://hartwood.tirrih.org/officers.html>

**Vacant Office:** Social Media Officer (Deputy to the Seneschal)

Please contact [hartwood.seneschal@tirrih.org](mailto:hartwood.seneschal@tirrih.org) for details



**Upcoming Office:** A & S Deputies

I am looking for 3 Arts and Science deputies, preferably one from North, one South and one West Hartwood. Duties are to work together as a team to make sure that all of Hartwood is being included; to assist me with activities associated with A&S and to create more opportunities for our gentles.

Please send an email to [Hartwood.artsnschi@tirrih.org](mailto:Hartwood.artsnschi@tirrih.org)

Yours in service,

Maestra Aspasia Bevilacqua

Minister of Arts and Science



# Munchies for Snacking

From: Halima al-Rakkasa

- Munchies! Everybody needs a snack every now and again, and medieval people were no different. What is different is that they often had to make their own, unless they lived in towns where street food was readily available. So, what should we nibble on?
- Nuncheons can be leftovers, such as meat pies, cooked cold meats, day old breads, and whatever was left from the day before. However, if you must shop for your foods, here are some ideas.
- Fruits were not quite so big and sweet as now, and included apples, pears, cherries, peaches, apricots, and plums. There is also the dried version of the same fruits. Look, too, for things like "Sugar Baby" watermelons, which are small and just a bit larger than the medieval counterparts. What grew in your persona's era? Look for that, too! (Says Halima as she nibbles on dates.)
- Consider the ultimate in travel food, and stock up on nuts and seeds. Almonds are always appropriate, as are hazelnuts and walnuts. Again, what would your persona eat? Sesame snacks make a lovely treat.
- Cheese is an excellent way to preserve milk protein. Seek out those varieties with some medieval history: Brie, Caciocavallo, Fontina, Gruyere, Livarot, Munster, Neufchatel, Parmigiano, and Pecorina Roman. Modern cheesemakers are exploring the varieties of history, and we can support them in their efforts.

- Breads were very important in the SCA era, and someone who labours in the fields could be expected to consume massive amounts of it. For ourselves, consider multi-grain rolls and loaves as foundations for the cheese, and for sliced meats like ham and Landjaeger sausage, and for hard-boiled eggs.
- The starch and protein can always benefit from accompaniments, which tend to be readily available from your local grocer. Consider: stalks of green onion; radishes; pea pods (peascods!); carrots (medieval carrots were not necessarily orange!); and cucumber. Pickling was also done (definitely in the Near East, but not certain about Europe), so pickled onions, capers, and cucumbers can add some lovely flavours to any meal.
- If you are up for cooking, or pre-cooking, look for recipes like "Pies of Paris", "Cheese Daryoles", "Lorenz Pies", and so on. Explore recipe books and online recipe collections for more ideas. Here are a few links to online resources:

<http://www.godecookery.com/goderec/goderec.htm> - my goto!

<http://www.eg.bucknell.edu/~lwittie/sca/food/fingerfd.html> - great ideas!

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

And, for more links: [https://en.wikipedia.org/wiki/Medieval\\_cuisine](https://en.wikipedia.org/wiki/Medieval_cuisine) - use as a jumping off point for historical cookbooks and ideas.

Enjoy the adventure in medieval snacking!

N.B. Previously published in The Sentinel, 2020, and updated.



Brought to you by

Halima al Rakassa



# Chatelaine's Corner

From the Desk of the Chatelaine:

## SCA CAMPING CHECKLIST

Mistress Letitia Talbott

### Tent

- tent, ropes, poles, stakes
- sledgehammer or mallet, shovel
- extra rope, extra stakes
- floor cloth or plastic tarp
- dining/sun shade /pop up
- poles, ropes, stakes for tent/pop up
- light colored flags to mark ropes
- rugs
- broom & dustpan

### Campsite

- transport/storage boxes
- camp chairs
- folding table
- sleeping bag, blankets
- cot or mattress
- air mattress & pump
- pillow
- cloths to cover boxes
- hand sanitizer
- mosquito repellent
- trash containers and bags
- poles for lanterns/banners
- banners

### Feast Gear

- basket, tablecloth, napkins
- plates, bowls, goblets
- utensils, corkscrew
- candles, candlesticks, matches
- extra trash bags

### Light/Heat/Cooking *(\*check rules around having a fire/cooking with fire)*

- fire extinguisher
- fire buckets
- tongs for fire
- fuel for fire: wood or briquettes
- large matches
- fire starter
- camp stove & fuel
- flashlights, battery lanterns
- solar lights

### Kitchen

- cooler, ice
- water bottle/water jug
- paper towels, utility towels
- cutting board, knives
- dish soap, bleach, washbasin
- scrubber sponge/steel wool
- pots, pans, skillet, griddle
- measuring spoons/cups
- bowls for mixing, serving
- plates for serving
- bug covers for food
- tripod, grill, spit, oven
- camp stove & fuel
- corkscrew, bottle opener, can opener
- spices, herbs, salt and pepper
- sugar, honey, sweeteners, oil, tea, coffee
- food, drinks
- aluminum foil, potholders
- large spoons, forks, tongs, skewers
- quart and gallon ziplock bags

# SCA CAMPING CHECKLIST

Mistress Letitia Talbott

## Grooming

- wet-wipes
- soap, shampoo, conditioner
- toothbrush and paste
- mouthwash
- solar shower bag
- towels & washcloths
- toilet paper
- hairbrush, comb
- makeup, mirror
- shaving gear
- feminine hygiene products
- contacts and solution
- glasses, hair ties
- emergency sewing kit
- scissors, safety pins, clothes pins for drying towels
- lip balm, deodorant, hand lotion
- bug spray, sunblock, sunburn lotion
- personal protection

## Personal Use

- earplugs
- pouch, belt knife
- wallet with ID, pic of ID and vaccination card on phone
- money, bank card, spare keys
- pen and paper
- flashlight
- fan
- staff/walking stick
- sunglasses
- prescription medication
- allergy/hay fever medications
- intestinal medications
- ibuprofen
- first aid kit
- site pre - registration
- proof of membership
- minor waiver /s
- maps/directions
- hotel reservations
- plane tickets

## Clothing

- dirty clothes bag
- shoes (several pairs)
- boots
- Camp shoes, slippers
- belts, extra laces or ties
- tunics, gowns
- over -tunics, robes
- underwear, chemise s
- jewelry, awards, coronet
- cloak
- headpieces, hats, veils
- veil pins
- extra socks
- extra clothes in waterproof container

## Fighting Gear

- armor bag
- cup & supporter
- bust protection
- armor
- gloves
- fighting boots
- shield
- gambeson/ doublet
- weapons
- armor repair kit
- duct tape /hockey tape
- archery equipment
- extra bowstring
- fighter authorization card
- spare blunt for blade tip
- fighting favor

## Extras

- clock/radio/thermometer
- cell phone, solar charger, brick battery
- walkie-talkies
- spare batteries
- books
- games, toys
- calligraphy supplies
- heraldry supplies
- instrument and music
- needlework, craft supplies

# Chatelaine team Intro

Hi all!

My name is Mistress Letitia Talbott and I am the new Chatelaine for the Shire of Hartwood! My persona is 16th century England.

I have been participating in the SCA for 25 ish years and a passion for all things period. I love costuming, gardening, and researching everything I can. But my real passion is helping people to find their niche within our wonderful hobby.

I am super into costuming through the SCA period, gardening, herbals, animal husbandry, wood working, embroidery and many many other things, and am more than happy to discuss these things with anyone who is interested.

You can always find me at the Chatelaine table, so if you need help, have an interest and want to know how to get into it, or just want to take a load off your feet, have a sit and have a chat, feel free to pull up a chair and geek out with me!

I look forward to getting to know you all!  
Mistress Letitia Talbot



Mistress Letitia



# Chatelaine Team Intro, Part 2

Ysabel de Lyle  
Deputy Chatelaine

Hello my name is Ysabel De'lyle. And I am the new Deputy Chatelaines of the shire of hartwood. Very pleased to meet you all.

My bio.

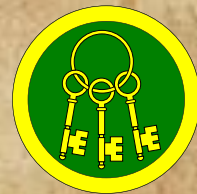
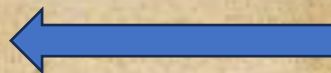
I have been part of the SCA for 17+ years. I started playing in the Sca in Everett / Seattle Washington, Barony of Aquaterra. My very first event was Ursulmas In Monroe Washington. It was such an amazing experience stepping in to a different world, and I within an instant, I fell in love with sca.

Now I live and participate here in the Shire of Hartwood, and look forward to being your Deputy Chatelaine.

As service is my passion, If you want to find me at an event you can look for me working at gate or the Chatelaine table or any of the other service oriented areas I love to Be.



Ysabel



# I could Eat...

## Gruem Vel Anatem Ex Rapis

From: The Guttenberg Project

(Crane Or Duck With Turnips)

- take out [*remove entrails*]
- clean wash and dress [*the bird*] and parboil it in water with salt and dill.
- next prepare turnips and cook them in water which is to be squeezed out.
- take them out of the pot and wash them again, and.
- put into a sauce pan: the duck with oil, broth, a bunch of leeks and coriander
- the turnips cut into small pieces; these put on top of the [*duck*] in order to finish cooking.
- when half done, to give it color, add reduced must.
- the sauce is prepared separately: pepper, cumin, coriander, laser root moistened with vinegar and diluted with its own broth [*of the fowl*]
- bring this to a boiling point,
- thicken with roux.
- in a deep dish arrange the duck on top of the turnips
- strain the sauce over it sprinkle with pepper and serve.

*Apicius de re Coquinaria first century C.E.*

*Via The Guttenburg Project*

# Call to Action Page

What can I do to be more ...Medieval?

## 1. Register your Arms with the Heralds

- a. The Local Herald will help you!
- b. Research is fun!
- c. You will register your name as well...guaranteed!



## 2. Recommend people you know for Awards they deserve

- a. Many people don't have the Awards you think they do!
- b. Even if they have it, maybe they get looked at for something else... just by being mentioned!

## 3. Travel to a nearby event

- a. Like, the next Shire/Barony/Canton over...

## 4. Attend local events

- a. Provide a couch for the Scadian you met at the event we just talked about one group over!

## 5. Help out at events

- a. Help set up, Help tear down, Help keep things on track...
- b. Be a voice Herald
- c. Help set up someone's tent when they arrive late.

## 6. Develop your Persona further

## 7. Take up a new and absurd hobby in the SCA

- a. Make a plan, pack your car for an event, realize your car is too small, get a new friend with a bigger car...
- b. You need the bigger car to carry your fletching equipment? Maybe your spinning wheel? Forge?



# Fun things to do

## Hartwood Edition

**Historic Arts & More!** Every 2<sup>nd</sup> Saturday 186 Shelley Rd, Parksville BC  
This month: April 11<sup>th</sup> and 25<sup>th</sup>



**Historic Arts in Campbell River** Every 2<sup>nd</sup> Friday 6pm and 9pm at  
**Halibe Hall** 8369 N Island Hwy, Black Creek BC

**Archery**



Come try out a new sport or hone your skills! Bend a bow, heck...Build one!

Fletch some arrows, shoot at stuff

**Thrown Weapons**



Spears, axes, knives... what more do you want?

**TUTOR**

Learn something new (or really old) !

**Attend Council**

Find out where all the bodies are buried! Help out with burying new ones! Friends don't let friends dig alone..



**Learn to fight heavy**

Hit people with sticks and other fun games!

**Learn to fight rapier**

Poke people with sticks and look fancy doing it!

**Recommend people for Awards** Every citizen's most ~~important~~ FUN job!



**Volunteer**

Meet new people, do a new job, have a fantastic time!

**Travel to nearby events**

Meet even more fantastic people!

**Try the recipes in the "I could eat" section of this newsletter**

Really!