Principality of the Wists



Tempus Nebularum

April 2020, AS LIV

From Our Prince and Princess



Photo by Sandra Brenchley

Unto the Principality of the Mists do we, Patric and Sara, send tender greetings.

It has been now four weeks since we have each one of us, for the better of all, retreated to our homes. With overcast skies and concern in our hearts, we remain isolated. We look to art both modern and medieval to entertain our stimulus-starved minds and in doing so enrich ourselves as a Principality and Kingdom.

It is impossible not to miss those we ordinarily would have seen at events now rescheduled or to let worry creep into our thoughts, but We choose to put our faith in the people of the Mists and the West, knowing that when this winter of plague gives away to spring we all shall emerge – maybe a little worse for wear, but in our minds and heart renewed and ready to show our best selves made better.

So in this time of isolation, read, write, art and practice your crafts. We look forward to seeing you all soon.

Our best to you all,

Patric and Sara *Prince and Princess of the Mists*

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UPDATE ON SCA MEMBERSHIP STATUS March 30, 2020

We would like to take this opportunity to let you know that anyone with an SCA membership with an expiration date of March 2020 onward will not show as lapsed in the Corporate database. Access to online newsletters will still be available when you login to the SCA member site. Your physical card may show the expired March 31st, April 30th, etc. 2020 date, but in the SCA system your membership will be active. This will continue through the current mandated quarantine period. When things get better, there will be an announcement letting everyone know when the lapsed cards will be updated to reflect a non-current (lapsed) membership. Again, this process is for anyone who was a member of the SCA, Inc. with an expiration date of March 31, 2020 going forward.

If you are currently receiving a paper copy of Kingdom Newsletters, or subscribe to *Tournaments Illuminated* and/or *Compleat Anachronist*, please contact us directly at <u>membership@sca.org</u> or <u>renee@sca.org</u> and we will manually extend the subscription dates through the designated quarantine.

Please know that the SCA Board and Corporate Officers are constantly monitoring the situation and will be making affordable adjustments when possible as we move through this together. Announcements will be sent out as decisions are made. You will find them on <u>www.sca.org</u>, on the official SCA Facebook page & if you subscribe to Announcements, you will be notified through that subscription.

If you have any questions, please feel free to email us.

Kind Regards,

face Segurata

Renee Signorotti VP/ Corporate Operations

Preparation For a Day of Fighting

By Magister Symon Montgomery du Calvados

The preparation for a day of tournaments, or even war scenarios, usually starts the day before regarding trying to start some stretches and making sure I have a high protein meal.

The morning of, I'm trying to get better at physically stretching, taking some water as well as caffeine, and trying to eat a bit more carbs and simple sugars. I run my mind through various exercises like mentally running passes and plates, focusing on things to varying distances to relax the eyes, and keeping my mind clear while focusing on breathing.

To be quite honest, there is some knotting of my stomach when it comes to presenting my consort as I want to say the right things, which leads to a multitude of things to say all at once. I try to focus while lining up for invocation, on the main things I want to say: thanking the Royals present, stating CORRECTLY my consort's name (my lady is easy on me on this one), and trying to add some flowery stuff in there for the sake of what we are doing.



The difficult part for me comes to the fights themselves. I want to make each fight fun but that can lead to some mistakes I may otherwise not mean to do or even cause a break in my mindset when I'm coming up against a more aggressive opponent who is wanting to come out alive in as whole of a person as possible. I also hold myself as a teacher and tend to not want to make a fight to quick as my opponent doesn't have a chance to demonstrate what they can do.

After the fights, pickle juice and ideally more stretching... sometimes more of the former than the latter...

As to what I fight for? Honor: to provide as clean of a fight as possible to demonstrate who the victor was in the encounter so that both parties can walk away with their heads held high and a smile on their face; if I were to do otherwise would be to smear not only my name and what I believe in, but that of my consort which I hold to be higher than my own as they are entrusting me with their name and their honor by publically fighting for them.

As a rapier fighter, I have nothing else to fight for. There is no crown at the end of the tournament. There is as much of a "job" as one chooses to make holding a championship; personally I find it to be great fun being able to fight for a territory and wear their colors when at all possible... it makes the whole greater than the self. As there is no Crown at the end of the tournament, we are also not bound to having consorts, though a consort can be anybody who inspires you to do good things and is willing to lend you their name as inspiration to fight all the better.

Through my study of various martial arts, a serious fight is a serious fight and has a certain tone to it, a playful fight has a different tone; but in the end fighting is fighting regardless what you are holding in your hands or wearing on your body.



By Michael O'Foley

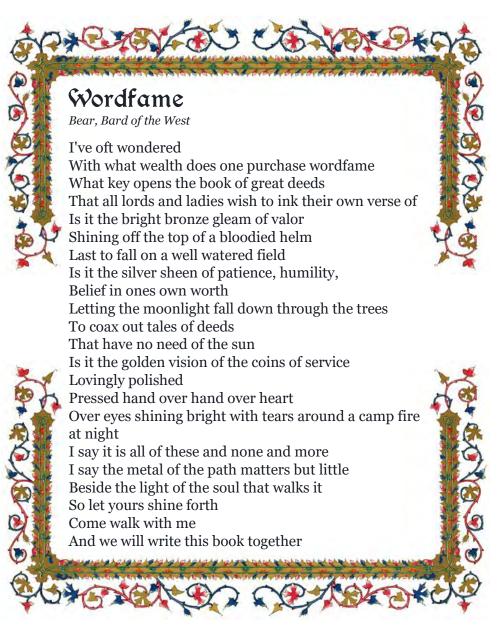
1-gallon glass jug of apple juice, lemon2 cinnamon stick1 cup of good quality honey

Buy a glass gallon jug of nice apple cider. remove from the jug 3 cups of juice. Put 2 in a pot and begin to bring to a boil. Drink the other cup of juice (you have to make sure it's good, right?)

Add to the heating juice the juice of one lemon, the cinnamon sticks and the honey. Let it reach a boil for NO LONGER than 1 minute and dump the mixture back into the jug (might require a sterilized funnel)

After recombining, cap the jug and shake vigorously for a minute, dump in a cider or ale yeast and replace cap with an airlock that fits the jug. let sit for a week.

After the week has passed, pour into bottles taking care to leave the lees and cinnamon sticks behind, let sit another week and then enjoy lightly chilled.



From Fighting to Reigning

By Viscount Sir James Kristof

When I was just another fighter it was simpler. I didn't really have a chance at winning a tournament and so I could just fight without concern. As I got a little better, the "Really good day" could have landed me with responsibilities I was unprepared to accept. I was terrified of making a mess of reigning and letting the populace down. Letting the people who had been kings and queens and princes and princesses down, I wanted to do well by the example they had set.

When I signed my name to compete for the coronet, I always did it with intent. But it was the one I actually prepared for that I won. I wanted more from myself physically for my own reasons, so I made the time to work on getting stronger and faster. I found that not get tired meant that I didn't need to be that much more skilled a fighter than everybody. I could simply outlast the competition and win.



Even preparing for it and entering with intent... There is never enough preparation for that moment when it hits you; there are no more salutes, there are no more fights. Now it's time to be the shining example other people look up to. And it's terrifying. The adrenaline makes your hands shake; hands that just moments ago were steady enough to throw the blow that decided the fight. Words you may have rehearsed in your mind fly away and you just try not to sound like an idiot while your hands shake and your heart races and you place a wreath on your consort's head.

And then the work begins. Everything you did to prepare and get there is gone and the time to make the next step and be the hero of legend you looked up to when you first started playing this wonderful game. It is hard work, harder to get right and fraught with fears and uncertainties. But when you meet newcomers and you get to be their first royal you can look back and remember what your first time was like...

And you can make the dream come alive for them.



Champion's Rose

15 October A.S. XXXVI Leah Raedaelf of Pagham

A champion's rose he carried gently; T'was cradled in rough, armored hands. The victor had tasked him to seek her-"Alone, to the side, there she stands."

"Your grace has inspired a champion, Your worth he has proved through his deeds, And so he has sent you this token," He said as he went to his knee. "In three passes we met on this fine day, His skill and his strength versus mine. In two of the three did he hold sway And sent you this flower, it's thine."

The champion's rose tendered gently, He begs of her leave to depart. The tribute of a true knight's regard The lady holds close to her heart.

The wreath of rose will grace but just one Whose fate it will be next to reign, But single rose off rings are tributes To those who all champions may claim.

By Mistress Caitlin O'Byrne

Who doesn't love quiche? And who doesn't love *cheese*! Here's a quick and easy recipe for a period cheesy quiche that comes straight from the 14th-century collection *Forme of Curye* via *Pleyn Delit*, which is the first period-cooking resource most people acquire (for good reason!)

Let's take the original recipe and break it down:

Take a crust ynche depe in a trap.

Get a shallow (one-inch deep) pie crust in a pie pan.

Take yolkes of ayren rawe and chese ruayn and medle it and the yolkes togyder.

Blend egg yolks and autumn cheese (semi-soft cheese; the title indicates using Brie).

Do therto powdour gynger, sugur, safroun, and salt.

Season the mixture. Suggested spices include powdered ginger, saffron, sugar, and salt. (You can adjust this – not everyone can find or afford saffron; the modern palate might object to too much sugar.)

Do it in a trap; bake it and serve it forth.

Well, your crust is already in a trap (a pie pan) so bake it in the oven. I'd suggest putting a cookie sheet under the pie pan in case it spills.

But there are no measurements! No times or temperatures!

So, taking the proportions from a similar, more familiar recipe – I used a cheese quiche that I found online – here's one interpretation of the recipe:

1 shallow 9-inch pie crust (go ahead and buy it; no one's looking!) 3 raw eggs 6 oz. brie Seasonings (saffron, salt, sugar, ginger)

Blend the eggs and cheese and spices. Pour the mixture into the pie crust. Bake at 375 for 25-35 minutes or until golden brown.

Is it correct? Does it follow the recipe? Well, if it comes out looking and tasting good, then yes, you did it right. Great job!



Egg Custard Pie

By Lady Rew Payne Entry in the Silver Spoon competition, Fall Coronet AS LIV

Original recipe from A Propre new booke of Cokery, 1545

Take fine floure and a curtesy of faire water and a disshe of swete butter and a litle saffron and the yolkes of two egges and make it thin and tender as ye maie.

Breake your Egges into a bowle, and put your Creame into another bowle, and straine your egges into the creame, and put in saffron, Cloues and mace, and a little synamon and ginger, and if you will some Suger and butter, and season it with salte, and melte your butter, and stirre it with the Ladle a good while, and dubbe your custard with dates or currans.

Egg Custard Pie

(Continued from page 8)

Tart crust

Ingredients

- 3 cups Flour
- 1/2 cup Water
- 2 sticks Butter
- pinch of saffron
- 2 Egg yolk, slightly beaten



Dissolve the saffron in your 1/2 cup water. While that is going, rub in the butter to the flour, then add the egg yolk and saffroned water. Stir until entirely incorporated, adding more water very gradually until everything just sticks together.

To pre-bake a shell, line a pan with dough, rolled very thin. Using a fork, poke holes all over the bottom of the pan, or use a pie weight. Bake for around 10 minutes at 350 degrees. Don't let it start to brown! Remove from oven and fill as per the recipe.

Makes enough for 8-4 inch tart pans and one 9 inch pan.

Custard

- 2 whole eggs and 2 whites from crust above
- Whole heavy cream about a cup
- Very low heat so you never burn the milk and eggs, mix them together
- Add clove, cinnamon, ginger, and saffron, then add sugar if you choose about 1/3 of cup, butter about a stick
- Stir while heating til it turns into a custard
- Add currants
- Let cool some but not too much and add to tart crust
- Put back in oven for a bit to set

Note : soak currants before use (can use water or cream or wine)





Clan Blue Feather represents the SCA's LGBTQIAA+ community, and all gender and sexual minorities are welcome here. Membership to this group is open to all LGBT members of the SCA and their friends/allies.

New to the SCA or just want to know more about West Coast Blue Feather? Join us on Facebook at <u>https://www.facebook.com/</u> <u>groups/1453524661457713/</u> or e-mail

how to Become a Rapier Fighter in the West Kingdom

Step 1. Come out to an event where we are having rapier and introduce yourself. If the event is a smaller/local event, the chances are high that those fighters may be in your local area. Either way, we want to get to know you so please introduce yourself.

Step 2. Join the Facebook page for West Kingdom Rapier @ <u>https://www.facebook.com/</u> <u>groups/187258177975703/</u> and say hello. This page is a massive resource for finding other fighters in your area, reaching out for assistance/ideas for garb, gear, swords, etc.

Step 3. When you say hello on the Facebook page, make sure to ask where the nearest practice would be to your general area, this is the fastest way to get the information as well as come into contact with those holding/attending said practice.

Step 4. Use loaner garb that you are comfortable with. It is a good idea to get a mask sooner than later (a very good option is currently approximately \$65 @ <u>https://www.absolutefencinggear.com/shopping/</u> <u>product_info.php/products_id/1301/cPath/111</u>), a gorget for comfort, and an armored upper body tunic/ protection of some form. Any easy way of going about this is to purchase a modern fencing jacket which you can put a basic tunic over at event for fighting in.

Ultimately last step: buy your first sword. This really does need to be after some time of practicing, especially with various swords of different lengths, different weights, different balance points, different guards. There are many nuances when it comes to a sword and you really want to make sure you are getting what you are wanting as this is ultimately the most expensive investment you will be making.. and you will be doing it a few times (those with tattoos will understand this concept; as will many others :-D). Castille Armory (https:// castillearmory.com) is currently a great resource for weapons that are of a great quality for a very reasonable price all the way to creating custom work that can get rather expensive and could be museum pieces. There are a few other vendors out there like Darkwood Armory (http://www.darkwoodarmory.com) which definitely provide a long standing product that many of us have gotten at least a decade out of with consistent use if not longer.

It is generally not the best idea to purchase bladed items (swords and daggers) from places like ebay unless you absolutely know who the maker is and know that they are an established armorer/smith who has a consistent reputation of a SAFE product. Thankfully, this list is growing a bit from Europe but please ask on the West Kingdom Rapier page for ideas/assistance. Kult of Athena is another place that is fantastic for sheilds but questionable for offensive weapons (swords and daggers). If you can talk with someone directly over the phone and they can give you the details of the maker as well as the flex test (if the maker is not known to the general rapier community), you are better off but you still need to do your homework.



In the end, have fun learning to dance with steel.

Magister Symon Montgomery du Calvados, OD Principality Rapier Marshall



Greetings to My Fellow Misties,

Sadly, we were not able to have Mists Coronet, but the Mists Management meeting did occur online. Thank you to all the officers and Her Highness who took time to log on. From that meeting I have a number of announcements.

Mists Spring Investiture, originally scheduled for May 16, has been canceled. I'm sorry I can't give you a definitive time as to when we will be able to move forward with the event, but clearly social distancing requirements will not be lifted in time to go forward as planned. Furthermore, because of the canceled coronet we have no one to invest. We have sent in a request for variance to extend their highnesses reign until after the shelter in place is lifted and we are able to resume events. We will keep you posted as information becomes available. As always our utmost concern is for the safety and wellbeing of the populace.

The Silver Muse Competition Arts and Sciences competition has been postponed until Spring 2021. An abbreviated online court was done to install the new Arts and Sciences Minister Lady Rew Payne and some fun ideas for informal online competitions were discussed. Special thanks to those who participated in the Princess Artisan Virtual Display! Please continue to post your art online for it helps to inspire us all in these dark times.

Due to the constantly rising costs of sites the Financial Committee voted to raise the price for Principality of the Mists events to \$20 for members/\$25 non-members. Feast prices will remain the same. The committee also voted to begin using PayPal through the West Kingdom PayPal Committee. These changes will go into effect in September for all Fall Principality events.

There are a few Principality Officers looking for deputies. These include Constable and Lists. If you are interested in getting more information, please check the Help wanted "ads" in this newsletter. Also, if you are interested in trying out your hand at being and Event Steward please contact me as I am beginning to set up the calendar for 2021. Feast cooks are currently needed for this year's Fall investiture and Fall Bardic 2020. Please contact me (Angelitta DeGuzman aka Nicki Powell-Ford) if you are interested.

Yours in Service,

Angelitta Marina Castillo DeGuzman

Principality of the Mists Seneschal mrsnicki@hotmail.com

A Fine hippocras

From A Sip Through Time, p. 236, circa 1395

(less a brew, more an aperitif or "winetail" but a tasty medieval draught none the less)

1 1/2 oz of cinnamon (or 2 uncrushed sticks)
2/3 oz of ginger root
1 1/8 lbs sugar
Red wine (dark reds work best here, pinot noir or zin)
1/3 oz Duke's Powder (clove, cardamom, mace, galingale, & nutmeg in equal measure, feel free to omit the galingale, it can be tougher to find)

For a quart of Hippocras take the cinnamon, ginger, sugar, and Duke's powder and add to heated but not boiling wine. Once dissolved, strain until the wine is clear again (free of particles) sugar and cinnamon should be the strongest flavors

Michael O'Foley Chancellor, Brewer's Guild

Competitions Information



Silver Spoon Competition

Due to the uncertainty of events, and for the health and safety of the populace, there will be no Silver Spoon Competition in 2020. The previously announced format will take place in 2021. I invite you to explore new recipes (because Period food is yummy), and if you are not already a member, join the West Cooks group on Facebook (https://www.facebook.com/groups/558134624235689).

Yours in Service,

Sayyid Da'ud ibn Ali Silver Spoon Minister

Silver Muse Arts and Sciences Competition

Due to the plague, we have decided to forgo this year's Silver Muse Arts and sciences competition. But do not fret it is not cancelled but merely postponed to next Spring! Same competition: Art and science though the centuries. This will start ASVV (spring 2021) at Spring Cornet.

So no excuses on why you can't enter – you have a whole year to prepare!!

Until then, please participate in the Princess' Artisans Virtual Display on Facebook, and keep your eyes out for some fun Arts and Science competitions such as: Best Plague Mask, Cutest Plague Rat, and much, much more!

Lady Rew Payne

Principality Arts and Sciences Minister

#PrincessAtrisansVirtualDisplay
#PrincipalityoftheMists
#SCAVirtualA/S



PRINCE AND PRINCESS OF THE MISTS

Patric and Sara (Patrick Guenette and Sarah Rozett) royals@mists.westkingdom.org

GREATER OFFICERS

Seneschal: Angelitta Marina Castillo de Guzman (Nicki Powell-Ford) / 510-517-4508 (Home/Cell) / 209-206-6904 (Groveland house cell, other number doesn't work there) / seneschal@mists.westkingdom.org /

Arts & Sciences: Rew Pane (Ruthe Miller) / 510-505-0475 / arts@mists.westkingdom.org /

Chronicler: Argenteilin filia Elffin (Michele Edler) / chronicler@mists.westkingdom.org / Deputy: Moira of Kent (Maureen Williams) / 925-708-5074 / moira.of.kent@westkingdom.org /

Constable: Nikolai Iastrebov (Kyle Shiells) / 650-924-5724 / kshiells@hotmail.com / constable@mists.westkingdom.org /

Exchequer: Svanna McLeod (Melissa Roberts / 707-396-8494 / exchequer@mists. westkingdom.org /

Marshal: Anton Barsuk (Jerry Petersen) / 831-915-6535 / marshal@mists.westkingdom.org /

Rapier Marshal: Symon Montgomery du Calvados (Kristofer Agerbeek) / 408.460.5248/ rapier@mists.westkingdom.org /

Youth Combat: Contact Mists Marshal

Sea Wolf Herald: Domamir Vlatko syn (David Derpich) / 415-742-1844 / herald@mists.westkingdom.org /

Lesser Officers

Archer: James the Unhinged (James Whitten) / archer@mists.westkingdom.org /

Chatelaine: Khalidah Bint Sa'Id Al'Attar (Dominique Ruffa) / 831-359-0899 / chatelaine@mists.westkingdom.org /

Equestrian: Marguerite du Royon (Rachel Keish) / 408-592-0223 / equestrian@mists.westkingdom.org /

Gold Key: Khalidah Bint Sa'Id Al'Attar (Dominique Ruffa) / 831 359-0899 / goldkey@mists.westkingdom.org /

Lists: Leah Raedaelf of Pagham (Linda Segal) / 408-245-4141 / lists@mists.westkingdom.org

Youth Chancellor: vacant, contact Kingdom Youth

Regalia: Eva Hundsdotter (Kristie Joy Truelock) / royalregalia@mists.westkingdom.org/

Web Minister: Allison de Saint-Loup (Allison Rolls) / 510-684-1845 / webminster@mists.westkingdom.org /

BARD OF THE MISTS: Cesare di Lodovico Malefici (Bruce Bufkin) / bard@mists.westkingdom.org

(Continued from page 13)

MISTS LOCAL BRANCHES

Caer Darth, Canton DORMANT See Barony of Darkwood for information

Caldarium, Shire (Marin Co.): Mark von dem Falkensfenn (Mark Fenn) / 415-499-0670 / P.O. Box 4292 San Rafael CA 94913/ caldarium@mists.westkingdom.org /

Cloondara, Shire (San Francisco): Angus Duncan Cameron (Warren Klinger) / 415-444-6530 / AngusDuncan@sbcglobal.net

Crosston, Shire (NW Santa Clara Co.): Gregory Blount (Greg Lindahl) / crosston@mists.westkingdom.org / http://crosston.westkingdom.org /

Darkwood, Barony (S. Santa Clara, Santa Cruz, San Benito and Monterey Cos.): Leofwynn Cryccthegn (Jennifer Nestojko) / 408-205-4278 / darkwood@mists.westkingdom.org /

Baron and Baroness: Carrick MacBrian and Mercy Grim (Aaron and Stormy Winklebleck) 408-722-5781 / heartofdarkwood@gmail.com / Website: http://baronyofdarkwood.org /

Hawk's Haven, Canton (S Santa Clara, San Benito Co.): Jacques de Sion (Blake Erickson) / 408-386-3018 / hawkshaven@mists.westkingdom.org /

Mists, Province (N. Alameda Co.): Angelitta Marina Castillo de Guzman (Nicki Powell-Ford) / 510-517-4508 (Home/Cell) / 209-206-6904 (Groveland house cell, other number doesn't work there) / mistsprovince@mists.westkingdom.org /

Montaigne du Roi, Canton (Monterey Co.): Rhys Gethin (Rhys Moore) / 831-789-9029 / montaigneduroi@mists.westkingdom.org / Mtg: 2nd Tues@7pm at MIRA. A&S Nights: 4th Tues@7pm at MIRA. / http://cantonofmdr.org

St. David's, College (UC Santa Cruz): Marnie of St David's (Marnie Bryant) / 510-9299497/ mbbryant@ucsc.edu /

St. Katherine, College Berkeley) Bersi Eðvarðsson (Bear Goodson) / 925-719-1264 / beargoodson@berkeley.edu /

Southern Shores, Province of (Central Santa Clara Co.): Apollonia Faust (Ashley Flesouras) / 479-970-5614 / southernshores@mists.westkingdom.org / www.southern-shores.net

Teufelberg, **Shire** (E. Contra Costa Co.): Moira of Kent (Maureen Williams) / 925-708-5074 / teufelberg@mists.westkingdom.org /

Vinhold, Shire (Napa, SW Solano, and E. Sonoma Cos.): Margaret of Vinhold (Margaret Woodbury) / 707-287-1771 / vinhold@mists.westkingdom.org / www.vinhold.org /

Westermark, Barony (San Mateo Co. and Central/south Alameda County): Sean Tracy of Newbury (Tracy Newby) / 510-386-7135 / westermark@mists.westkingdom.org

Baronesses: Alistair of Avalon and Tangwistel Telynores (Teresa Richard and Beth Richard) / 650-434-3929 / westermark-baron@weskingdom.org / http://westermark.westkingdom.org/

Wolfscairn, Shire (N. Marin and W. Sonoma Cos.): Steinarr Ulfsson (Geordie McDermott) / 707-480-9914 / wolfscairn@mists.westkingdom.org /

Lists Mistress Seeks Deputy/Successor

Are you looking for the best view of the tourney and up to date information on how each fighter is doing throughout the day? Then you should consider joining the lists team!

The Principality Minister of the Lists, Leah Raedaelf of Pagham, is seeking an experienced deputy/successor as her warrant expires in November. The job entails coordinating the lists sign-ups, development of the field distribution, management of the process of running the lists, and attending the Mists Management meetings for two events per year (at Mists Coronets).

Please contact Leah (Linda Segal on Facebook or <u>lksegal24@gmail.com</u>) for further information and to express interest in the job.

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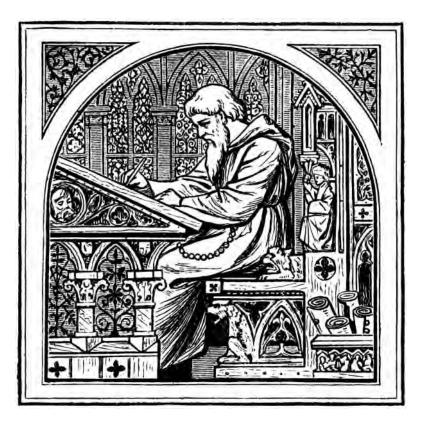
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Principality Constable Seeks Successor

Principality Constable Nikolai Iastrebov seeks a successor for on-the-job training whenever things open up again. Please contact him at <u>kshiells@hotmail.com</u> or <u>constable@mists.westkingdom.org</u> for further information.

If you are in need of a deputy, event steward, head cook, or just volunteering in general, this is where you place your Ad!

Contact :Lady Argenteilin filia Elffin - <u>chronicler@mists.westkingdom.org</u>



Principality Guilds and Groups

Brewers Guild: Chancellor: Michael O'Foley (Josh Roberts)

Mists Needleworkers: Katherine de Langelei (Kathryn Randall) / 650-269-8228

Mists Representative of Kingdom Chirurgeons Guild: Finn the Bald (Paul Bennett) / 408-998–5423 / nazghash@yahoo.com

Saltatoris Nebularum: (Dance): Crystal of the Westermark (Crystal Larsen)/ Deputy: Cera inghena Corbbi (Tiana Hanson) / dance@mists.westkingdom.org

Silver Spoon (Cooking): Da'ud ibn Ali (David Williams) / 925-708-5075 / silverspoon@mists.westkingdom.org



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We want you to share YOUR artwork, articles, Poetry!!

Contact chronicler@mists.westkingdom.org for details