

Kenning Points

October 2018

Anno Societatis LIII

Long live the King and Queen of the East Congratulation to Wilhelm and Vienna



Coronation held at Dragonship Haven, September 29, 2018

BIRKA 2019 Fashion Show announcement:

From a post of the East Kindom Gazette:

Once again, its is time to think about the fashion show at the Market Day at Birka. Marvel at the creativity of your fellow Easterners.



Upcoming Baronial events:

- **12th night January celebration:** January 5th, 2019 at the Unitarian Universalist Church in Fairhaven, MA



Prepare yourself for a day filled with music, games, song, dance and delicious homegrown food by our own Mistress Nest Verch Tangwistle. Autocrat Marguerite von Elfenau. Please contact Marguerite if you would like to help out at this event @ ruthbechtold@gmail.com. Help is needed in the kitchen as well as at the gate, youth and adult games, dancing, singing and dinner performances.

- **Ice Weasel:** February 8, 2019 at Lady Amy's church in Rochester MA.



Fighters near and far get our your swords and armor out for our yearly tournament **in the snow**. All are also welcome to bring along projects they are working on. This is always a fun and enjoyable day of gathering with friends and family. Classroom space is available upstairs. Autocrat is Ceawlin, the meal will again be pot luck. Contact him if you want to teach a class.

- **"Hrim Schola":** March 9th, 2019 at the Stone Church in Raynham MA.



All fiber artists, and fiber artist wannabees, This is a great time to roll out a class you have been thinking about teaching, or an old favorite that you teach regularly. We would love to have some classes that are for beginners, but also some more advanced classes.

If you would like to teach, get in touch with Elaine Howys of Morningthorpe at: edenhy12@comcast.net (and don't be surprised if the return message says it is coming from Robert Dennehy).

- **Barony Birthday:** April 2019



Come Spring it will once again be time to celebrate our Barony and hold yearly championship tournaments. Fighters, Fencers and Artisans have plenty of time to prepare for this important event during the long and cold winter months so get ready dear friends !

WHAT IS A PERSONA? HOW DOES ONE DECIDE ON A PERSONA ? MEET SOME OF US !

A persona is the fictional person you wish to have been, had you lived during the period of time the SCA covers (Pre-17th Century).

Creating a persona takes some thought, a bit of time and a little research...but deciding who to be is the single most important process you will go through when first joining the SCA. This will be the name you are known as to all your SCA friends, and the background on which to develop many of your SCA activities.

- 1) Choose a Culture
- 2) Decide upon a Time Period
- 3) Select a Name
- 4) Fleshing out the details.

Once you've settled on a name, how much further you develop your persona is up to you. You already have the most basic of personas...name, culture and time period. You can stop there. For example, you may simply be Mary Smith, a 13th century English woman. Or you can focus your persona on who you are in context of the Current Middle Ages of the SCA. For example, you may simply be John FitzWilliam hailing from the Barony of Forgotten Sea, member of the House of the Red Sword and a member of the Calontir Brewers Guild. The choice of focus is yours.

Or, if you so choose, you can begin to add particulars to the persona story. Your character's history can be fairly simple, consisting of your SCA name, the time and place your persona is from, and a few facts such as occupation, social status and general family information.

Your persona's life story can also be more complex and include a variety of factors such as: area/time of birth; languages spoken; occupation & craft skills; behavior/manners; pursuits/hobbies; weapons skills; travels; significant events during life (both historical and personal) and area/time of death. To accomplish creating a more multifaceted persona will take time and research. But do not feel pressured to develop a complicated story right away. You can start slow and add more details to the chronicle as you go along.

Begin by discovering who some of the historical notables from your time period were and read about them. This will give you a sense of happenings in the world during the lifetime of your persona. And it may spark a new area of interest as well. Additionally, there are questions that you can use in your research to assist you in developing a very detailed history. Examples of a few of these questions are: <http://www.modaruniversity.org/Names.htm>



Meet:

Fergus Redmead

I was born in 1345 Scotland. My parents owned a small pub but after 10 years or so of running this business the drink finally caught up with dad and killed him. To this day we still have no clue what happened to him because he could out drink anyone. Mom went a little crazy after dad's death and my brother took over the pub.

With me kinda out of the picture i decided to inform my family that i wanted to explore the world and that someday i would return. I made my way to Galloway and found a ship that needed a cook and someone that was good with grog. After a bit of travelin around and seein the sights i saw it was time to search the soul. Being on the sea does some things to the soul. I got to London and found my way to the Dominican Brethren and learned their ways.

After a spell they set me out on my way preaching to anyone that would listen to the Brother Fergus. I was able to catch the eye of the naive widow Sabina Lutrell, Stunningly beautiful but she seamed at wits end because her two sons Ulf and Justinios did not have a father figure and were a handful. She came to me for council on several different occasions and this is when i decided to offer her my services.

Of course my services did not come cheap she had a beautiful home that had extra quarters and i also was in need of clothing. I thought i had it made and was going to have meals prepared for me and a roof over my head and clothing.

HA nobody told me she could not cook! I did not realize how bad the cooking was and never asked what happened to her husband but lets just say I have my idea's. Well at least i know my job is secure between the cooking and her enjoyment of a little of Brother Fergus's mead every now and then.



MEET SOME OF US CONTINUED:



Meet:

Lady Serafima Medevdnikova

She lives in 10th century Russia and resides in Kiev. She's a member of the personal guard of Queen Olga. Since "no one ever suspects a woman" she trains with the rest of the guard when not retaining to the Royal Queen.



As a hobby she also likes to time travel and often jumps into late period times to take part in fencing practice and tournaments.

Latest update on 12th Night 2019 feast preparations; *By Nest Verch Tangwistle*

The geese were butchered a couple days ago and are ready for the smoke house.
Is the smoke house ready? Just a few spider webs and organic detritus.
Clean out and smoke out. Then lay clean aluminum foil, and add geese.

Smoked goose with sauce over a bed of barley for 12th night in smoking rocks.



Pennisc 47 impressions

By Angela Perrone



Recipe Corner: *by Baroness Alys Attewater*

Rabioli (Ravioli) from the cookbook of Sabina Welslerin

Das Kochbuch der Sabina Welslerin is a manuscript cookbook dated 1553. It contains 205 recipes ranging from simple comfort foods to more elaborate preparations. Many of the recipes appear to be slight variations of one another (there are six versions of apple tart, for instance), while others vary widely from marzipan to bratwurst.

I chose to make chicken ravioli. The English translation, done by Valoise Armstrong is as follows:



To make ravioli

Take spinach and blanch it as if you were making cooked spinach, and chop it small. Take approximately one handful, when it is chopped, cheese or meat from a chicken or capon that was boiled or roasted. Then take twice as much cheese as herb, or of chicken an equal amount, and beat two or three eggs into it and make a good dough, put salt and pepper into it and make a dough with good flour, as if you would make a tart, and when you have made little flat cakes of dough then put a small ball of filling on the edge of the flat cake and form it into a dumpling. And press it together well along the edges and place it in broth and let it cook about as long as for a soft-boiled egg. The meat should be finely chopped and the cheese finely grated.

To begin I roasted a chicken for the meat. When that was completed, I chopped it “finely” until I had about two cups, and put it in a bowl. Next I blanched the spinach. When it had cooled a bit, I squeezed the excess water out of the mass of spinach. While the recipe does not call for this step, previous experience with using cooked spinach in recipes suggested to me that the extra moisture would make my end result too watery. I chopped the spinach and added it to the chicken. There was just slightly under two cups of spinach.

I added the salt and pepper before adding the eggs, as I wanted to test the seasoning. I ended up adding salt twice more, though I think the second time I may have added a bit too much. I added pepper once more. Although I did not use measuring spoons, I would estimate I put in about two teaspoons of salt, and about one and a half of pepper. Then I added the eggs.

For the pasta part, the recipe calls for us to “make a dough with good flour as if you would make a tart.” I was a little uncertain about this when I first read it, as my experience with tart pastry tends to be of the butter and flour variety, which would not hold up well as ravioli dough. However, one of Sabina Welslerin’s further recipes for making pastry dough for shaped pies sounds an awful lot like the egg/flour pasta recipes I am used to, so I decided to follow her advice.

To make a pastry dough for all shaped pies

Take flour, the best that you can get, about two handfuls, depending on how large or small you would have the pie. Put it on the table and with a knife stir in two eggs and a little salt. Put water in a small pan and a piece of fat the size of two good eggs, let it all dissolve together and boil. Afterwards pour it on the flour on the table and make a strong dough and work it well, however you feel is right. If it is summer, one must take meat broth instead of water and in the place of the fat the skimmings from the broth. When the dough is kneaded, then make of it a round ball and draw it out well on the sides with the fingers or with a rolling pin, so that in the middle a raised area remains, then let it chill in the cold. Afterwards shape the dough as I have pointed out to you....

Technically it was fall, and not summer, but I had a meat broth ready and waiting for the raviolis, so I decided to use the summer method. However, the broth had almost no “skimming’s” in it. I did still have the pot that I had roasted the chicken in, and that had a considerable amount of fat on the bottom, so I borrowed some of that fat for the broth/fat mixture to spread on the dough.

Once the dough had been made, I used a rolling pin to spread it out thinly. Then I dropped the egg/spinach/chicken mixture and made small “dumplings” out of them.

The cookbook does not give a specific recipe for broth, which is not surprising considering that broth was such a basic recipe that pretty much everyone would have been assumed to know how to make a simple version. The references to broth in other recipes often seem to indicate simply boiling meat in water, sometimes with herbs or other spices thrown in. Lacking clear direction, I chose to make a very simple broth by boiling the chicken carcass that was left after chopping the chicken for the filling. I added an onion, salt, and pepper to the broth.

I cooked the raviolis for about two minutes, roughly the time it takes to soft-boil an egg. And then they were done!

Conclusions

Salting “to taste” is still a skill I am working on. I tend to add too little salt, then a little more, and a little more until it is suddenly too salty and I can’t take it back. (Or at least I can’t when I’m trying to follow a recipe and have already used up all of my limiting agent, in this case the entirety of the spinach.)

Cooking the ravioli in broth rather than plain water was surprisingly tasty. Whether because it was fresh pasta, or simply because the broth is that much better, I found the ravioli dough really picked up the flavors of the chicken broth.

References

Online English translation by Valois Armstrong, accessed September 15, 2015 http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina_Welslerin.html

BARON & BARONESS CORNER:

Greetings to the Populace,

We are thrilled to see so many of our baronial members being recognized for the fantastic work that they have been doing.

If you know anyone who has been overlooked, whether for kingdom level award or at the baronial level, please get in touch with us. With so many fantastic people in our area, we know we are missing our chance to award or recommend our barony members.

Thank you Alys & Richard of Smoking Rocks



Seneschal's message:

Baron and Baroness of Smoking Rocks, this is Richard and Alys's last year before they step down from that honor. Starting at our October meeting, we will be accepting nominations for anyone that is interested in holding the position as Baron and/or Baroness. The nominations need to be in writing.

We need to find a site for Investiture during June or September of 2019. I give you all a quest to find a site. If you want more details on what is needed, please ask Sabina.

An Autocrat is needed for our Barony Birthday event, traditionally held in April. If you are interested, but have never done something like this before, we can pair you up with an experienced Event Steward that will teach you what you need to know.

In service to the Barony of Smoking Rocks,

Sabina Luttrell

Oje Oje Oje all Fighters of the East, young and not so young, new and well seasoned !



Regional Fight Practice set for November 10, 2018

Location: At the PAL hall, 31 Franklin Street in Fall River MA, 02720

Time: Door opens at 10 am training begins at 11 am and last until 5 pm

Contact: Master Pat for more information

Training and conditioning drills for both Melee and Singles.
This training is for all levels from novice to advanced

Newcomers information:

New to the SCA or just moved to the area from another part of the country?

SMOKING ROCKS WELCOMES YOU !

VISIT OUR WEBSITE FOR CONTACT INFORMATION:

<https://smokingrocks.eastkingdom.org/>

Your Chatelain: *Bethamie Von Rohr*

Captain of Archery Position

The Barony is **STILL looking** for an individual (s) who would be interested in fulfilling this post. Regulation do not require this person to be an Archery Marshall, but it is strongly suggested. The Captain of Archery is responsible for submitting scores from Royal Rounds, organizing the yearly competition for the Arch Forester, and assisting persons interested in Archery.

Remember Mistresses [Nest Verch Tangwistel](#) covers this position only TEMPORARILY. If anyone is interested in taking on this position **please contact your Seneshal Mistress Sabina Luttrell !**

TRADER JAN'S ARCHERY PRACTICE IS ONGOING:

Every Friday evening, Check the Barony's FB page for changes or cancellations.



EK Royal Round Rankings as of September 25, 2018

Rank	Master Bowmen	SCA Group	Bows	Average
12	Nest Verch Tangwistel	S. Rocks	RRR	87.00
Rank	Master Bowmen	SCA Group	Bows	Average
19	Elaina Howys of Morningthorpe	S. Rocks	RRR	76.33
Rank	Archers	SCA Group	Bows	Average
76	Dearbhorgaill ingen Rosa	S. Rocks	LLL	39.33
87	Alice Rousseau	S. Rocks	RRR	35.00

Bows used in top 3 scores: C=Crossbow, L=Longbow, R=Recurve or U=Unknown

**OYE OYE OYE ARCHERS OF SMOCKIN ROCKS !
WE NEED YOU BACK AT THE RANGE
DON'T FORGET TO PRACTICE YOUR ROYAL
ROUNDS THIS SPRINGTIME**

Webminister:

Diego Porcelos would like you all to contact him with information or additions for the Barony website:
webminister@smokingrocks.eastkingdom.org



Chronicler:

If you have a story, announcement or anything else for our next Kenning Points send it to:
Ruthbechtold@gmail.com



Chatelaine:

New to our area new to the SCA contact
chatelaine@smokingrocks.eastkingdom.org



Barony of Smoking Rocks Meeting Minutes September/October 2018

This is an abridged version of the minutes for the full versions please join the Smoking Rocks yahoo groups.

Officers reports

A & S: (William Spicer) looking for members to teach Fiber arts classes at the upcoming "Hrim Scola" event in March 2019. October 28, 2018 shop and craft day at Fergus and Sabina's home. Sabina would like to continue this on a monthly basis.

Knight Marshal: (Ceawlin) Recent practice included Fencers. New people from out of state showed up last Friday at PAL. Training usually Sunday afternoons. November 4th another regional training planned in Framingham.

MOL: N/A

Herald: (Amy) Locking into alternative name for Order of the Load Stone and research 15th century reference found by Baroness Molly.

Exchequer: Bank accounts and all reporting is current.

Chronicler: Working on publishing October newsletter.

Chatelaine: (Bethamei) we hope to see new faces at upcoming PAL fight practices. Check Facebook page for news and updates.

Web minister: Euric has now an EK account. Nothing new to report on official Social Media presence. Send email to Diego with event announcements.

Steward: The shed is in order, we will need to schedule a clean up day this coming fall. Will check on things before 12th night.

Seneschal: The following positions are still open for: Arch forester, and a chancellor minor. Contact Mistress Sabina if you are interested.

Old Business:

- ◆ **12th night.** Paperwork filled out and sent in to Church, new date is January 5th (same day as EK 12th night in Canada). Room rental for Nonprofits has changed, no longer 4 hr time limit. Geese are smoked and lamb is prepared.
- ◆ **"Hrim Schola"** March 9th, 2019 at the Stone Church in Raynham, Elaine will coordinate. Notify Elaine if you are interested in teaching a class. Fee will be ~ \$10 per person including day board. We are expecting up to 100 people.
- ◆ **A \$ S meetings:** Ceawlin is working with staff of New Bedford Church to find a good meeting time, so far 1 x/month on Wednesday looks best. Also Bourne Community Center is an option, Molly has contact for that.
- ◆ **Ice Weasel: (Ceawlin)** February 8th, 2019 at Amy's Church in Rochester, same place as last time. Class rooms available, meal will be pot luck.
- ◆ **Barony Birthday:** Sometimes in April, Still looking for Auto-crat, cook and Location.

New Business:

- ◆ Sabina gave 30 day notice to step down as Seneschal.
- ◆ Call for Nomination for Baron and/or Baroness: Time frame = 60 days and must be in writing. Nest is nominating Sabina and Fergus. Ceawlin nominated Cerdic but he declines.

Baron and Baroness time:

- ◆ Happy to announce Troubadour award given to Fracta Modi at Coronation. Congratulations to Serafima on her Silver Brooch. Contact them if you want to recommend and award for someone they will forward to the Crown.

Next meetings:

- ◆ November Meeting on Cape Cod at Bechtold's IYS Marguerite von Elfenau

ANNOUNCEMENTS

BARONY IS LOOKING FOR:



CAPTAIN
OF ARCHERY



CHANCELLOR
MINOR



CONGRATULATIONS TO:

LADY Serafima Medevdnikova



ON HER INDUCTION INTO
THE ORDER OF THE SILVER BROOCH
SEPTEMBER 16, 2019



CONGRATULATIONS TO:

TO THE MEMBERS OF FRACTA MODI

NEWLY INDUCTED INTO THE EAST KINGDOM
ORDER OF THE TROUBADOUR



AT: CORONATION OF WILHELM & VIENNA
SEPTEMBER 29, 2018
AT DRAGONSHIP HAVEN

*This order is given for vocal entertainment, and especially for
encouraging others to join in or respond in kind.*

The traditional token is a cup.

Established October 6, A.S. 14 by Vissevald I and Embla.

FOR SALE

Lady Elaine:

I have a wood Lathe for sale
Contact me for more information!



Baron Richard:

I have a wood press & railroad tie Anvil for
shaping iron on a stand.
Interested folks please contact me:



REGNUM

Baron and Baroness:

Richard Leviathan & Alys Attewater
(Fred Carpenter & Ann Carpenter)
Vargaliss@comcast.net & alys.ann@gmail.com

Chancellor of the Exchequer:

Baron Ceawlin Alreeding
Deputy Exchequer:
Open position

Chancellor Minor:

Open Position
Deputy Chancellor Minor:
Lord Rufus Bowe (George Anzivino)

Chatelain:

Bethamie Von Rohr
chatelaine@smokingrocks.eastkingdom.org
Deputy Chatelain:
Baroness Molly Blythe (Mali Lim Howe)

Chronicler:

Lady Marguerite von Elfenau (Ruth Bechtold)
508-362-6131 / ruthbechtold@gmail.com
Deputy Chronicler:
Lady Naia (Anna Purcell)

Knight Marshall:

Baron Euric Germanicus

Leviathan Pursuivant (Herald):

Lady Amy ferch Rychard (Amy Jump)
amy.jump@hotmail.com

Minister of Arts & Sciences:

Lord William Spicer (David Tarrant)
Deputy: Lady Serafima Medevdnikova
artsscience@smokingrocks.eastkingdom.org

Minister of the Lists:

Baron Fergus Redmead (Michael Meyer)
fergusredmead@gmail.com

Seneschal:

Mistress Sabina Luttrell (Linda Meyer)
sabynluttrell@gmail.com

Steward:

Mistress Nest Verch Tangwistel (T. Sanders)

Webmaster:

Lord Diego Porcelos (Mike Purcell)
webminister@smokingrocks.eastkingdom.org

Marguerite von Elfenau (Ruth Bechtold)
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