



The Cascadian

the newsletter for the Shire of Glenn Linn
Northern Region, East Kingdom
May/June AS XLIII

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heir Royal Magesties
Conrad Von Ulm and
Brenwen the Faire
welcomed their Heirs
Darius Aurelius
Serpentius and Alethea
Eastriding At Crown
Tournament held in the
shire of Lyndhaven on

April 26 Anno Societatus XLII (2008 C.E.).



ractices are held every
Wednesday for rattan
fighters. Youth fighter
practices are held every
first and third
Wednesday of each
month. Rapier practices
are held every second
and fourth Wednesday of
each month. Loaner gear

is available for rattan, youth, and fencing.

6:00pm Crandall Park Glen St, GF

Please contact Glenn Linn's Knight Marshal
Lord Ketil with queries (518-222-3762,
(knightmarshal@glennlinn.eastkingdom.org).



usiness meeting are held at
the Adirondack Saratoga
Region American Red
Cross on January 8 at 78
Warren Street. The
building is on the corner of
Center and Warren Streets,
on the left - two blocks
down from the traffic

circle in Glens Falls. Enter through the gray door on
the side of the brick building that faces Center Street.

Visit the Glenn Linn message board for cancellations
or rescheduling

<http://groups.yahoo.com/group/Glennlinn/>

Business meeting time is 6:00pm on the second
Tuesday of each month, except August when there is no
meeting.

Officers

Seneschal Lady Freygerðr in stórráða Halladóttir “Frigga”
Jennifer Haley; 518-792-7923; seneschal@glennlinn.eastkingdom.org

Deputy Seneschal Master Liam St. Liam
Bill Toscano; bill@goonbox.com

Herald THLady Alethea Eastriding (who is currently Royalty)
C. Allison Hewett; herald@glennlinn.eastkingdom.org
Master Liam St. Liam (who will be covering in the meantime)
Bill Toscano, bill@goonbox.com

Exchequer Lady Ratburc Castus
Jennifer Melchert; 518-222-3985; exchequer@glennlinn.eastkingdom.org

Knight Marshal Lord Ketilfastr Thorkilson “Ketil”
Jason Melchert; 518-222-3762; knightmarshal@glennlinn.eastkingdom.org

Minister of Arts and Sciences Lady Arnleif the Red
Susan Youngman; ministeras@glennlinn.eastkingdom.org

Minister of the Lists Lady Ratburc Castus
Jennifer Melchert ; 518-222-3985; ministerlists@glennlinn.eastkingdom.org

Web Minister Valdimarr Thorsbane
Ralph Brody; webminister@glennlinn.eastkingdom.org

Chamberlain Raven MacNeil
Sharlotte Lohret; 518-812-9988 cell, 480-4062 home; shar_lohret@yahoo.com

Chatelaine Lady Freygerðr in stórráða Halladóttir “Frigga”
Jennifer Haley; 518-792-7923; chatelaine@glennlinn.eastkingdom.org

The current officer term is January 1, 2008 to December 31, 2009.

Marshals-at-Large:

Heavy List - Lord Asgar Roulfson; Dan Haley, 518-321-6693; rolgson@hotmail.com

Rapier - Lord Seamus Maguidhir an Rua Pete Keenan; lordseamus@verizon.net

YFP Marshal - Lady Frigga; Jen Haley; 518-792-7923; frigga_of_glennlinn@hotmail.com

YFP Marshal - Lord Asgar Roulfson; Dan Haley, 518-321-6693; rolgson@hotmail.com

Northern Region War Camp XV

July 3 - 6, 2008

A Brief Letter From Your Autocrat

Four hours shy of a week until the troll throws open the gate, and with raucous cries will we welcome gentles from across our dear Realm. Stores are set by, pavilions being aired in courtyards, warriors honing their blades. Before our hearths at night, we talk of the merry-making near at hand, our fond memories of events past, and coming opportunities to learn the intricacies of new artistic techniques and the hearts of new friends.

In short, the excitement builds for the "fifteenth" Northern Region War Camp in Glenn Linn. Over the past year, we have plotted and schemed for this magnificent occasion. We have toiled over casting tokens, slaughtering potatoes and pigs for the pot, scribing maps, and arranging classes. Electronic ambassadors of goodwill have fluttered across the air, bringing words of encouragement and answering the burning questions that might otherwise keep an honest autocrat awake at night. These burdens have all been slight thanks to the willingness and cheerfulness of friends new and old.

With a firm will and carefree hearts, we will all be able to enjoy the delights of this happy event whilst arming ourselves for the glorious wars upcoming in August. There is not enough time to express the gratitude I feel towards the good gentlefolk of this shire and beyond. Thank you all. I have never been prouder to serve Glenn Linn, the Northern Region, and the East.

Yours in Service,
Lady Ratburc Castus



Water Walk II

On Saturday, May 10, 2008 in Crandall Park, we were there to show support towards the Rotary of Glens Falls' effort to ensure clean water gets to those in need in Guatemala. The money raised by this fund raiser will buy sand filters for families whose children would otherwise die from drinking with water bourne diseases.

This year's fighting included both a Northern Region practice and an Unbelt practice.

A newcomer/demo table and an Arts and Science table was present. Thank you to those who donated a hand-crafted item for display!

Thank you Dave, Ketil and Lou for the use of their tables.

Thank you Emma and Lou for manning the fighter's food table.

Thank you Gage and Giovanni for demonstrating chainmail creation during the event.

Thank you to all of the awesome people who walked a lap or two or more during the day's festivities.

Thank you Seamus and Frigga for bringing your tents.

Go Team Glenn Linn and friends!! The unofficial word is that this year \$20,00 was raised for this worthy cause. It was great fun to see everyone outdoors and having fun in the warm Spring sunshine. As a result of this demo, a local television station TV8 would like to do a spot on Glenn Linn's activities to gear up for NRWC XV.



Arts and Sciences Circles

every Wednesday 6:00pm Crandall Park pavilion Glen St GF, NY

the fourth Tuesday of each month American Red Cross 78 Warren St GF, NY

Look for posts to the Glenn Linn yahoo group for specific scheduled workshops. Many interesting and persona/garb building workshops are being held where each circle will encourage one to make an early period tunic, vest, hat, pants, pouch, you name it! Also, are you interested in teaching? Please contact MoAS Arnleif the Red at ministeras@glennlinn.eastkingdom.org

It has been an annual Glenn Linn tradition is to make Queen's favors that will be presented to Her Royal Majesty during Court at NRWC. Please contact Lady Arnleif (ministeras@glennlinn.eastkingdom.org) with questions and interest! At May's indoor A&S Circle, fabric and paint supplies was available, and we created a basket full!

June's indoor A&S Circle is reserved for War Camp needs.

From the Chatelaine

Unto All of the fabulous gentle folk of the shire of Glenn Linn does your Chatelaine send greetings and thanks!

First I would like to say a hearty THANK YOU for the support I have had recently in planning and attending the Water Walk demo and the few others that will be happing before Pennsic. Take a bit of time to look at the demos listed and please try to volunteer for at least one!

As a result of the exposure at the Water Walk II fund raiser demonstration, an individual has indicated that she would like to show off what we do during a local television station (TV8)'s show called "Seasons!" At one of our fight practices, a crew came out to interview and tape. Those not fighting wore garb and many brought something artistic and medieval to demonstrate, display and in the very least talk about. It was a very fun evening spent in the park.

Thanks to the abundant participation of everyone in Glenn Linn, our Shire is growing and easily fulfills the annual obligation for two demos a year (and usually by February).

Thank you thank you!

Yours, Happily in Service,
Frigga Halladottir



Page 3





Puzzle: Shire Gentle Trivia

Frigga Halladottir

Match an individual from the list of gentlefolk on the left to one of their life events on the right. Answer key on page 12.

- | | |
|------------|--|
| 1. Carl | A. Spent an entire year in youth with at least one extremity or other in a cast |
| 2. Arnleif | B. Is on a mission for Roses and Favors |
| 3. Emma | C. Used to do beauty pageants until 9 years old (and even won a few!) |
| 4. Talorc | D. Participated in the SCA in Indiana, even attended Pennsic, before coming to the shire of Glenn Linn |
| 5. Tetsu | E. Killed a man, just to watch him die |
| 6. Uust | F. Is a member of the mile high club |
| 7. Frigga | G. Likes to keep the banter going on the GL message list |
| 8. Moreta | H. First camping event was Pennsic, for second and third events attended was Feastocrat |
| 9. Asgar | I. Really likes to play with extreme heat and fire |
| | J. Recently brewed first batch of beer solo |



Practices

****Please be aware of changes/cancellations posted.****

Coldwood: Heavy - every other Tuesday at the Salvation Army Hall, South Catherine St, Plattsburgh NY 12901

Concordia: Rapier, Rattan - each Monday 6:30pm {indoor site: Schenectady School, outdoor site: Scotia Collins Park contact: knightmarshal@concordia.eastkingdom.org for info}

Archery - 24 Shadow Wood Way, Ballston Lake, NY 12019 The house is just west of the northernmost intersection of Shadow Wood Way and Blue Spruce. Please check Concordia's message list for changes.

Dance - every Thursday 7 - 9pm, Academy Hall (Old School 14) located at the corner of 15th street and College Ave, RPI campus, Troy NY Please note the room number changes as space allows. Please check Concordia's message list for current room.

Glenn Linn: All practices are held 6:00pm at the Crandall Park pavilion and playground field, Glen St, Glens Falls, NY 12801.

Heavy - every Wednesday , loaner gear is available.

Rapier - every second and fourth Wednesdays of each month, loaner gear is available

Youth - every first and third Wednesday.

Contact Knight Marshal Lord Ketil 518-222-3762 or knightmarshal@glennlinn.eastkingdom.org

Mountain Freehold: Heavy - Sundays 12pm noon

Patchen Park in South Burlington is a very large park with plenty of free parking. To get to the park: Get off the Interstate at exit 14E. Head down Wiliston Rd towards Al's French Fries. At the light in Front of Al's turn left. At next light turn left again. The park will be on the left not even a 1/4 of a mile.

Contact Tyrvold tyrvold@yahoo.com Cancelled only if it "really rains" hard.

Unbelt Team practices
 Ice Falcon Ducal Challenge: K&Q Rattan
 Champs
 Water Walk II
 War of the Roses
 Panteria
 Barren Sands War
 Northern Region War Camp
 Vinland Raids
 GNE War
 EK War Camp

Youth Regional Practices
 5/11, 6/22
 Sundays, 1pm to 5pm
 Springfield, MA
 Bethesda Lutheran Church, Island Pond Rd
 (\$2 fee for site)



Authorizing as a Fighter

Asgar Roulfson

Come to practice: Have someone demonstrate how to throw a shot. Know legal target areas. Know melee rules, specifically engagement rules. Armor up. Be aggressive. Hit hard on your opponent's head. Take shots that ring your helmet or those that feel solid on the rest of your body. Learn how to die correctly. Realize that you cannot hurt anyone. It usually takes attendance at about four practices before you can be authorized.

On authorization day, relax. Be safe (ie do not hit on the knee or below). Be aggressive. You will be asked the rules. You will be asked to block some shots, call your shots (where your opponent hits you) and fight at three-quarter speed. Then you will be asked to fight at full speed and call your shots that are good. Then you will fight and act out your blows and then you will be asked to die correctly. Remember, have fun and relax!

Youth Armored Rattan Combat

A Division 4 has been approved and rules and regulations will be in place for safe Pennsic fun for those individuals between 16-17 years of age. Additional protection will be required. Lord Tiberius Iulius Rufus has been appointed as the EK Youth Deputy Earl Marshal for Youth Armored Combat. Please look to <http://youthfighters.eastkingdom.org/> for preliminary rules and information.



Youth Fencing in the East

Greetings.

I'm pleased to announce that the East has begun a youth fencing program, open to fencers ages 14-17. As of this writing, we have only a few warranted youth rapier marshals, but we're adding more, and youth practices have already begun in certain areas.

For more information on the youth fencing program, including the current rules and requirements for participation, please visit http://rapier.eastkingdom.org/ekRules_YouthRapierNotes.php. If you know of a fencer who would like to take advantage of this program, please write me off list at antoniopatriquinATcomcast.net. I will try to connect marshal, fencer and practice.

The beginning of youth fencing in the East also means that Eastern youth will be able to fence at Pennsic (youth practices are held every morning during War week). For more information about youth participation at War, please contact me off list.

Please feel free to forward this to any appropriate lists. Thank you.

In service,
 Antonio Patriquin,
 EK Marshal of Fence &
 Provisional EK Youth Rapier Marshal

Regarding Waterbearing

Patrick Anderson

Ladies and Gentlemen,

There have been a couple common questions that have come through on comments and in various email lists. I have asked Mazelle Attiya, the Society Exchequer and Interim Corporate Treasurer, to address those. Her comments are below.

I appreciate your patience and your well-thought out comments.

Patrick
President, Society for Creative Anachronism, Inc

Letter from Mazelle Attiya follows:

Allow me to address two specific questions that numerous people have asked in regards to the proposal dealing with water bearing activities.

1. Does it mean that we can't use SCA Funds to purchase water, Gatorade, food, etc for the fighters?

The answer is yes, groups, including kingdoms and the major wars can still use SCA Funds to purchase supplies and food products for the populace's use. Donations can still be taken for this but instead of it going to the Waterbearer's Fund; it will have to be placed into a different Fund. I will be discussing this with all the kingdom exchequers. The group funds currently set aside for waterbearing would still belong to the group to purchase water, etc. It just is not labeled as belonging to the guild/office anymore.

2. What happens to the equipment and supplies that belong to the office?

Since SCA Funds were probably used to purchase the equipment and supplies, then it all belongs to the group that bought the items. The items still need to be listed on inventory and in the case of items valued over \$500 have to be included on the depreciation schedule of the group as should currently be the case. Nothing changes there at all. The best analogy that I can give is the following: think of the Waterbearer's Office as a division of a large corporation. If the division is dissolved then the assets would be absorbed back into the rest of the corporation. Same sort of scenario is happening here. There is no impact financially as to

who can use a group's equipment, however individual groups might have policies in place that restrict usage, such as not allowing individuals from borrowing equipment for usage outside of the SCA. You do not need to be an officer of a group to use its property. Feastcrats/Headcooks would be a good example of non-officers using group property.

If any one has any further questions or comments, they may contact me at treasurer@sca.org.

Mazelle Attiya
Interim Corporate Treasurer/Society Exchequer

Keeper's of Athena's Thimble

East Kingdom Embroidery Guild

Did you know anyone can become part of Athena's Thimble? All are welcome at any meeting or paneling to learn something new, or to show off your own talents and (not the very least) to meet friends and relax!

For information on the guild and possibilities to participate, please visit:
<http://www.athenasthimble.com/>

Meetings are held at Ruth's in Albany. Car pooling is always available, or email Arnleif or Moreta for directions. Bring whatever project/s you are working on!

Lady Moreta has completed 26 plus white gloves and is asking for individuals to complete a rose or two. There are many ways to get the gloves and roses together! Give completed roses to Moreta and Arnleif in Glenn Linn, or Sheldon and Ruth in Concordia. You can even drop it into an envelope and mail to Moreta (Kim Jones, Country Colony Rd, Queensbury, NY 12804).

Posted to the Thimble list by HRM Brenwen the Faire: "Their Majesties are currently in dire need of more *Tyger's Cub* badges/medallions. There is only 2 left in inventory. Also, they are very short on *Queen's orders of Courtesy*."

If interested *anyone* can try their hand at these, whether it be stitching, painting, beading... however it suits your fancy! Completed projects can be mailed or given directly to TRM at an event.



Camping: Pennsic Sanitation for the Compleat Idiot

Jaji (mka George Page)

You're at Pennsic! The smells of campfires and wonderfully period food fill the air. Wooden plates, iron pots, and all those things which make period food you want to cook at Pennsic taste better; ya gotta have 'em! And you've got that cooler for your beer, so why not just throw the bag of chicken for the stew in there too, along with the cheese for a snack. The ice will keep everything cold.

Hold on there, Kimo Sabe! Pennsic is not like the day-long events you are used to. We're there for a week or more in pretty cramped quarters, considering we are outdoors, and a lot of things are different from anything else you may have experienced with food or anything else. For a day event, you can get away with a lot that could be terminally bad for you at the War.

The topics for discussion are the following:

- The care and feeding of coolers at Pennsic
- The set-up of a sanitary camp kitchen
- The scullery
- How to be a period cook or at least look like one
- Sanitary serving, or how not to poison your

friends

Without further ado, then, we forge ahead!

The care and feeding of coolers at Pennsic

OK, I exaggerated a bit with the raw chicken example, but you'd be surprised at how many people really don't have that much of a clue. Pennsic comes, and the brain shuts off. "It was in the shade all day, so this egg salad with mayonnaise should be fine" forgetting that it was 90 degrees in the shade that day. Common sense really is the only guide.

Cross contamination can occur if you do not separate the coolers. While we can't run a completely kosher kitchen (easily, anyway), if the meat is kept separate from the dairy (ALL dairy: milk, eggs, butter, cheese, etc) and the vegetables, then there should be no problems. I am referring here to raw foods only. Once foods are cooked, the leftovers can usually be bagged, labeled and put into a separate cooler, with precautions taken with the ice (see below).

Sometimes you must worry about allergies and cross-contamination. It is imperative at that time to ascertain the exact allergies and circumstances under which those allergies are suffered. It makes a BIG difference if someone simply cannot eat something, as

opposed to not being able to be in the room with something. Coolers can be allotted for such usage if necessary. Note I didn't say "preferences". Pennsic cooking can be hard enough on the cooks without "fussy eaters"!

At the least, then, 4 coolers are needed for a medium-large camp (i.e. 20-40 or so). I would recommend using the 100-150 qt. size coolers, as they hold a lot and can accommodate several days of food. This prevents multiple trips to the store, except to buy ice. On that subject, unless you are putting ice into drinks (NOTE: DO NOT use ice cubes from a meat cooler in anything other than that cooler!), it is best to use block ice. It will stay colder much longer and you will need to buy fewer blocks of ice. The ice will also last longer if the coolers are kept out of direct sunlight and out of nylon tents. A light-colored fabric cover is great, since it also keeps the cooler out of sight and helps keep the period look of a camp without sacrificing safety or convenience. To store food in a cooler, it is advisable to use sealable waterproof plastic containers or zip-top bags. In my camp at Pennsic, we have cold cuts available for lunch, and the last thing you want is to pull soggy bags of ham and salami out of the cooler water. Another very useful item is the plastic egg carriers designed for backpacking. Most sporting goods stores (and even Wal-Mart!) carry these for about \$2. Buy milk and juices in plastic containers as well. The coolers should be drained as often as needed. Even though the water feels cold, it actually is warmer than the ice and can melt the ice faster, which can create a potentially unsafe situation. Most of us don't keep thermometers in camp to measure the cooler temperatures and it's not really necessary. Check your ice often, and drain the water often. That's really it. If the ice seems to be melting quickly, then replace it more quickly. If it is your own cooler, that's easy. If it is a camp cooler, assign someone to check the ice and be responsible for it. When draining the coolers, be certain that you are as far away from camping areas as possible. Often times the coolers can become contaminated with meat juices or food scraps, which should be removed if at all possible (the scraps, anyway). It is advisable to make a bleach solution (1/4 cup bleach per gallon of water) and sprinkle it over the area where you dump the cooler water. Also, take care since sometimes the coolers are not completely empty, so using the drain hole is advisable over just dumping the cooler over.

Setting up a Sanitary Camp Kitchen

Your coolers are ready, but the rest of the kitchen still needs tending to. You wouldn't cook on the

floor and put all of your pots and pans there, so why do it at Pennsic? A small wooden trunk with short legs is great to store utensils in, and you might even want to go so far as to build a cook box to contain everything you might need when not in use, provided everything is accessible when needed. It is downright dangerous to keep knives rattling around in a box with other things folks might need. Depending on where and what the cook tent is, a rack to hold pots and pans can be improvised to keep pots off the ground and always at hand.

Having a prep table at a proper work height is imperative, since to be done right, food needs to be prepped. If Spaghetti-O's from a can is what you like for food at Pennsic, put down this paper and walk away. Far away. Before you begin to prep or cook, wash your hands. I know it sounds trite and your mother always said to, but it really is important. Also wash your hands in between prepping food types. Simply wiping your hands on a towel will not do. Having a supply of non-latex or plastic food-service gloves on hand is also a good idea. Be certain you have the following ready: A supply of paper towels or kitchen towels, enough cutting boards to not have to re-use them for different food types, sharp knives, and a clean place to put the prepped food before it is cooked (right into the stewpot is good). And start heating your wash water now, before the dishes get dirty. (see "The Scullery" section)

The same "rules of separation" used for coolers apply to the prep table. Meats, dairy, and vegetables (even ones to be cooked) must be done separately on different cutting boards. The knife you cut the carrots with can be wiped off with a cloth and used to cut the meat, but not the other way around. It is good to prep the veggies first, then the meat. This makes for more efficient clean up. Any dairy can be done at the same time as vegetables. Make certain to clean up spills IMMEDIATELY, and if using a kitchen towel, DO NOT re-use that towel for anything other than another spill if needed. Paper towels are fine, and if the roll is kept out of sight and used ones discarded promptly, the period nature of camp will be unhurt.

A boon in recent years has been Clorox Clean-up wipes. After you are finished with the meat, make certain all blood/meat juices are wiped up, then wipe the table (NOT THE CUTTING BOARDS) with the wipes, which contain bleach. Even if the wash water isn't ready, you can still prevent any bacteria from growing in this way. As with paper towels, discard quickly and no one's the wiser.

After prep is done, make sure all prep utensils

make it to:

The Scullery

Here is where the mess the cooks just made is cleaned up. In some camps, the cooks wash the pots, etc., and everyone else washes their own feast gear. In some larger camps, disposable feast gear (ie paper and plasticware) is used instead, and the pots & pans are washed by others than the cooks. However your camp decides to organize, the principle is the same.

Wash, rinse, sterilize. That's it. Three containers: one for each of the activities. You can use three large plastic tubs (the rectangular "Rubbermaid-types fit neatly on a table) and heat your water on a stove, or you can put your water in a heavy tin bucket near the fire and pour it into tin washbasins. If you have any tin canning basins, they are perfect since they hold about 7 gallons, and have handles so that the dishwashing basins themselves can be put near the fire to heat. Though it may look cool, I do not recommend using wooden basins or tubs since they may absorb bacteria from the dirty wash water and defeat the entire purpose of this exercise. The wash water should be warm, the rinse water MUST be hot, and the bleach water can be cold, warm, or hot. It is best to use bio-degradable soap; Ivory dish soap is about the best and nowhere near as expensive as the soaps found in all the natural food stores. To the bleach/sanitize container, add 1/4 cup of bleach per gallon of water. Use only normal bleach, no scents, softeners, etc. Dunk the items to be bleached into the bleach water, swish around a bit, remove and air-dry.

Air-drying is of paramount importance. The amount of bacteria that can grow on a dishtowel is staggering. Even if the towel is used for nothing but dishes, it may not properly dry, leaving moisture to grow mold and other nasty things. Get a wooden dish rack, which can be found in almost any store now for under \$10, and set it up where the breeze can get to it. The breeze will prevent insects from settling and will help the dishes to dry faster. If you are not cooking in a period camp, find yourself a stainless steel dish rack instead.

Discarding the dishwater should be given the same precaution as discarding the cooler water, and dump the bleach water last to prevent any bacteria problems.

How to be a Period Cook, or Just Look Like One

OK, not really about cooking, but important nonetheless. As mentioned in the beginning, wooden feast gear and iron cookware are great for adding to the

period feel of our game, and it looks awesome in camp to see iron pots boiling over a fire. Care must be taken lest the first clean up destroy beautiful (and sometimes expensive) gear. In our busy lives at home we can sometimes put off chores like dishwashing until later, or when we get to it. That can happen at Pennsic also. While it may be tempting to let things soak until later, please avoid that temptation and don't do it!

Woodenware is often either laminated or otherwise made from many different pieces of wood joined together. Leave a cutting board or wooden bowl in a washbasin for a day or two and it will separate and literally come apart at the seams. The handles on wooden tankards are often glued on and will come off, sometime much later when you have a drink in them. If left to soak in hot water, woodenware will discolor and while it will still be safe to use, it will look horrible. Since wood is porous, it will also soak up any soap that is in the water and you'll know it the next time you want some soup. French Onion a la Ivory Soap? Yuck! This same precaution applies to wooden spoons and any utensils made from natural horn.

Cast iron is an animal unto itself. Many do not realize that it too is porous and will absorb odors and flavors, such as soap. The best way to keep cast iron clean is to not let food sit in it for a long time and get stuck. When cleaning cast iron, it is best to use no soap at all, but simply remove all food particles and gently scrub clean with steel wool (NOT A BRILLO PAD) and hot water. To remove food particles, fill the pot about halfway and bring to a boil. Remove from the fire, then scrape the food particles off the bottom using a wooden spoon to move the steel wool. Pour out the water and dry either over slow heat or with a paper towel then add a few drops of oil to the pan/pot while the pan is still warm. Rub the oil into the pan with a paper towel. So long as this paper towel only has the oil and not water on it, you can also save it to help start your next fire. Be certain you also treat the lid in the same manner. Don't leave iron pots out in the rain or dew, and definitely don't assume that since the lid was on, the inside of a pot is dry. Many a dinner had to be delayed so that the inside of a "sealed" pot could be de-rusted.

A stainless steel dish rack was mentioned earlier, if you are not interested in the period look. Even if you are, don't discount stainless entirely. Visit your local dollar store and see what they have for stainless steel cups, bowls, plates, and trays. I have several cups which are virtually indistinguishable from the period tin ones. The plates are excellent as well. This feast gear gives me everything I want: a mostly

period look, durability (I'm rough on my gear) and the bacteria resistance of stainless. While food left on these plates may grow mold and bacteria, it takes a lot to stick and it can't penetrate the metal. Wash, rinse, sterilize, and the nastiest stainless steel plate is safe to use.

Sanitary Serving, or how not to poison your friends

In some larger camps, a breakfast or lunch board is part of the experience. Fruit, bread and spreads, cold cooked meats and hard-boiled eggs are perfect for breakfast, and the addition of some savory spreads and cold cuts made a decent lunch. The key is to keep it all cold.

One way to do this is to obtain either foil or stainless steel chafing pans. Foil can be found in any discount store, and check the bargain newspapers for old restaurant supplies to get the stainless ones. The deepest pan is filled with ice and a shallower one is laid in that. Place the food to be kept chilled into this shallow pan and cover with foil or plastic. A clean cloth towel can be laid over the top if you wish to keep it covered, and it will also stay cold longer. A full pan of ice set up this way should last for the duration of the meal time. (Hint: on those REALLY hot Pennsic days, instead of discarding this melted ice water, pour it into a tub of some kind and soak your feet in it.) Alternately, you can set bowls of food directly into the ice and keep an eye on them to make sure they don't tip and spill into the ice as it melts.

Whole fresh fruit can safely sit out on the table, but cut fruits including loose grapes and hulled strawberries should be kept chilled. Same goes for veggies: keep all cut veggies as cool as you can and in the cooler between meals.

Cooked meats, lunch meats and cheeses must be kept cold, and so should spreads like mayonnaise and butter. Hardboiled eggs can safely be served unpeeled in a bowl and left out. If you have the room, keep jams and jellies at breakfast cold as well. It's not imperative to chill them while serving, but they will keep longer and you won't waste food or make anyone sick.

In our camp, leftovers from dinners happen, and are often served for lunches. If the food will not be reheated, keep it cold. Chances are the leftovers sat out a bit during dinner. We all know that coolers are imperfect beasts, so err on the side of caution. And mark leftovers like you would at home. If they are more than 2 days old, throw them away. Pennsic offers enough opportunities for Plague without adding botulism to the mix. Lastly, whenever food is out as part of a Pennsic board, keep it covered. A clean towel (white will do; leave the rubber ducky one at home),

some damp muslin (evaporation will aid in the chilling process), or even some of those mesh "domes" you see for picnics all work to keep direct sunlight and bugs at bay.

That, as they say, is that. Happy and safe camp cooking and eating!

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Newcomers' Academy: Your First Event

Lady Angharad Rhos ferch Rhain

Types of Events

There are a variety of different types of events you can choose from for your first event.

Local Events - Tend to be fairly small, laid-back events, and usually last only one day. Activities can range from a day of classes, to a day of fighting or fencing, to a day of games. Sometimes there will be a feast, sometimes not, depending on the event. If the event is held in a Barony, there could be Baronial Court, at which the Baron and/or Baroness might give awards or recognize people for their achievements.

Royal Progresses (RP's) - Occur when the King and/or Queen attend an event and hold Royal Court. While usually the King and Queen hold Court together, only one need be there to hold Court. Sometimes the Prince and/or Princess may hold Court in the name of the King and Queen if they are unable to attend, but this is unusual. In Royal Court, Kingdom and Society level awards are given and the Royals attend to other official matters.

Universities, Collegiums, and Scholas - Are events at which classes are the focus of the day's activities. These classes may be offered on a wide variety of topics, or they may be restricted to a theme of the event. As an example, you might find an Early Period University at which the classes all cover topics from before the year 1000.

Camping Events - Run over a weekend, or sometimes

even longer. People bring camping gear and sleep out, or cabins might be available. Because camping events last longer than day events, there are usually more activities. There might also be other activities not usually seen at day events, such as a bardic circle held around a campfire.

Inter-Kingdom Wars - Are large-scale events involving two or more Kingdoms which usually occur yearly. The largest of these is the Pennsic War, which is a war between the Kingdom of the East and the Kingdom of the Middle, held every August in Western Pennsylvania. Attendance at Pennsic in recent years has exceeded 10,000 people, and activities include numerous battles and hundreds of classes, as well as the best shopping in the Known World. Some other Inter-Kingdom Wars are Estrella War, held in Arizona in February, and Gulf Wars, held in Mississippi in March.

How to Choose an Event So, now that you know what kinds of events are available to you, how do you choose? Your best bet is to start with the event calendar, either from Pikestaff or the East Kingdom Website.

Reviewing the list of upcoming events by date and location, you can see what events are coming up near you. Once you've found one close enough, read the event announcement, which will detail the activities scheduled for that particular event, so you can decide if it appeals to you.

The event announcement will then give basic information about the event, including cost, location, start and end times, and directions to the event site. The announcement will also include the name and contact information for the autocrat (the person running the event) and the person in charge of food for the event. You should contact them if you have any questions or dietary concerns.

Before the Event

Once you've decided on an event, you probably want to make a reservation. While not necessary for all events, reserving ahead of time may earn you a discount on the site fee, and it will ensure that a place is set aside for you. This is especially important if you want to eat the feast, as they often have limits on the number of people that can be served.

Note that feasts usually cost extra, so be sure to take this into account when making your reservation. Many event announcements will use the terms on-board, off-board, and out-board when giving the prices for the event. On-board means that you will be included in the feast. Off-board means you'll have space available at a table, but will not be served the meal, so you'll need to bring your own food. Out-board means that you won't

be given any space at the feast.

To make your reservation, send a check and a note to the person listed in the event announcement. Checks should be made out to "SCA, Inc. - <name of the group sponsoring event>". Your note should include the names of all the people to be included in the reservation, as well as any other information requested in the event announcement.

Be sure to check the event announcement to see if any food will be offered during the day, as it isn't always. If it is, it will usually be mentioned as day-board or lunch-board, and may cost extra in addition to the site fee. If food isn't offered, you'll probably want to bring at least some sort of snack and drink.

If the event you're planning to attend is far enough away that you won't want to travel home afterward, you have two options. The first is simply to stay at a hotel or motel. The second is to arrange for crash space, which can be anything from a bed in a spare room to space on a floor, at the home of a local member. If you want to take advantage of crash space, you must arrange for it in advance, and observe the rules of being a good house guest - remember to clean up after yourself, and a gift for your host is a good idea.

Packing for the Event

Obviously, you'll need garb. Also don't forget any accessories such as belts, shoes, or hats. If the event will be held outdoors, you might want sunscreen and/or bug repellent, and if the weather is expected to be cold or rainy, you will want suitable outerwear. Bringing a chair or stool to sit on can be helpful, and you may also want to bring games, handwork, or something to help pass the time. If you plan to stay for the feast, you'll need to bring your own feast gear, as place settings aren't provided for you. A basic feast gear setting should include a plate, a bowl, a mug or goblet, and flatware. Tablecloths and napkins are also a good idea.

Getting to the Event

Before leaving for the event, make sure you have directions on how to get there. These can be found in the event announcement. As you get close to the event site, you can also look for signs, which are usually posted. Also don't forget cash for any tolls you might encounter on your journey, and a road map can also be very useful. If you'd rather not travel alone, you can usually arrange to ride or caravan with someone else. If you ride with someone, be prepared to pay your share of the gas and trip expenses.

At the Event

Once you arrive, you'll need to check in at the Gate (in some places called the Troll Booth). There,

you'll pay for the event if you haven't reserved in advance, sign waivers, pick up schedules and perhaps sign up for available classes. After checking in, the person at the gate can direct you to the changing rooms. Once you're all checked in and changed into garb, you're ready to enjoy your first event.



A Blending of the Past and Present

by THLord Stefan li Rous

Over the past seventeen years in an ongoing effort, I have been collecting bits of useful information from various newsgroups, mail lists and articles submitted to me by their authors. In order to make this information available to others, I have placed this information in a collection of files I call Stefan's Florilegium.

The Florilegium is on the web at:
<http://www.florilegium.org>

I am always interested in new articles. If you have written an article that would be of interest to others in the SCA, please send it to me for possible inclusion in the Florilegium. A&S documentation and class handouts will also often work out well.

I am also interested in volunteers who might be interested in helping me maintain the Florilegium. Everything from collecting materials, editing and web work is needed. Again, please contact me for more details.

THLord Stefan li Rous
Ansteorra
stefan at florilegium.org

See Stefan's Florilegium files at:

<http://www.florilegium.org>

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Answer Key to Puzzle: Shire Gentle Trivia

1D Carl participated in the SCA in Indiana, even attended Pennsic, before coming to the shire of Glenn Linn

2J Arnelif recently brewed first batch of beer solo

3H Emma's first camping event was Pennsic, for second and third events attended was Feastocrat

4G Talorc likes to keep the banter going on the GL message list

5C Tetsu used to do beauty pageants until 9 years old (and even won a few)

6I Uust really likes to play with extreme heat and fire

7A Frigga spent an entire year as a youth with at least one extremity or other in a cast

8B Moreta is on a mission for Roses and Favors

9F Asgar is a member of the mile high club

And who did YOU think killed a man, just to watch him die? tsksk! :D



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Subscriptions are free and will be emailed as a pdf attachment. Send requests to frigga_of_glennlinn@hotmail.com or Jen Haley 1

Margaret Drive, Queensbury, NY 12804.

Donations will be accepted, however, to cover the cost for mailing copies. \$6 for a 12 month subscription if one desires a copy in hand.

Also available online: Cascadian yahoo group: cascadian_glennlinn-subscribe@yahoo.com

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