

# VOX



COVER PHOTO CREDIT TO JORGEN RASMUSSEN

# CYNAGUAE

**The Newsletter for the Principality of Cynagua, Kingdom of the West—October Coronet (2016)**

## Help Wanted

This is a list of Officers who need a deputy or a successor. Please consider volunteering; it's a lot of fun and a great way to keep Our Principality going. Please Contact the Officers directly for more information details on how to contact them can be found in regnum at the back of the Vox.

**Arts & Sciences:** Deputy /Successor (Jan 2017)

**Chronicler:** Deputy

**Constable:** Deputy / Successor

**Copper Spoon:** Successor ASAP

**Lists:** Deputy / Successor

**Rapier Marshal:** Deputy

**Regalia:** Deputy / Successor

**Sable Swan Herald:** Deputy

**Seneschal:** Successor ASAP

**Web minister:** Deputy

**Youth Point Minister:** Officer Needed

**Barony of Rivenoak Exchequer & Seneschal:**  
Officer Needed



## From the Prince and Princess of Cynagua

*Hwæt* Most Glorious Cynagua!

At this, the last camping event of the season, We look back at all the fabulous things that have come before and we are reminded that We reign in a truly great land! We have been blessed to dine in the halls of Our Shires and Baronies. We have watched as Champions were chosen upon many fields and We have held the field in multiple Wars. Finally We come to the Coronet to determine Our heirs. We cannot express how eager we are to witness the strength of Cynagua upon the field.

Our tournament shall be a standard double elimination tournament with participants using a significantly different fighting style in fourth round. Styles to consider: great weapon, Florentine, sword and shield, spear, etc.

We invite all to attend evening Court in costume (or not, all are welcome). Our costume theme is: Saturday morning cartoons. After court there will be trick or treating around the list field for the youths. Also after Court the populace is invited to visit the Arts and Sciences Pavilion to partake in the Laurel Petting Zoo (the not-at-all-scary and open-to-everyone Meet-and-Greet with Laurels) (please receive permission before initiating petting).

On Sunday morning Her Highness invites the populace to meet the new Lady of the Swan and to enjoy refreshments served at the Princess' Tea which will be held in the Cynaguan Royal pavilion while witnessing the Tournament to determine the next Prima Spada.

As always We are eager to hear word of the good deeds of our Populace as you bring to Our attention the noble and worthy acts of your friends and neighbors. Please send Us your award recommendations. It is through your words that we can see and reward the good deeds of our Populace.

Yours in joyful service to Cynagua,  
Fearghus and Sylvie  
Prince and Princess of Cynagua

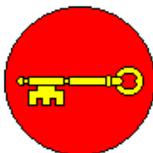
## **A Princess's thoughts on the concept of "Honor"**

When you walk on the field you are not you.  
You are your consort's honor. You don't just carry that honor  
you ARE that honor  
With every blow you throw and every blow you take, or don't  
take you either grow or shrink that honor.  
When you look in the eye of your consort you see reflected  
back, their honor

Are they proud?

Should you be granted final victory, when you walk off the  
field you are still not you.  
In fact you will not be just you for a very long time.  
You will be the honor of all of Cynagua.  
When Cynagua looks back at you what will you see reflected in  
her eyes?  
Are you proud?





## From the Seneschal

### Greetings Cynagua:

We will gather on Sunday, November 27, 2016, at Round Table Pizza, 9500 Greenback Lane in Folsom, starting at 11:30 AM (ending 3:30 pm)

Agenda is as follows:

- Welcome / Introductions
- Officers' & Guild Reports
- Event Reports (past and future)
- Open Agenda
- Officer Meeting Close
- Break
- Cynagua Purse & Regalia (Financial Committee)

Members of the Populace are welcome to attend - especially if you are considering taking on an office at any level in the SCA. Please forward this on to anyone who may be interested.

Feel free to contact me with questions or concerns - 209-480-7458, or [seneschal@cynagua.westkingdom.org](mailto:seneschal@cynagua.westkingdom.org) or by private message on Facebook.

In Service,

**Catriona**  
**Seneschal of Cynagua**



## **From the Arts and Sciences Minister**

Let it be known that the Arts & Science's officer is looking for a replacement to take over the office as of January Investiture.

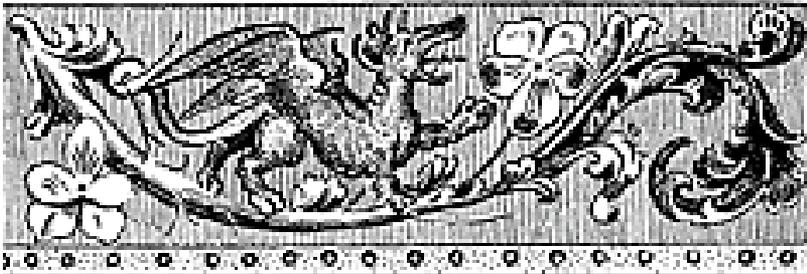
Please send a private message via Facebook or email if you are interested. If you could include a brief SCA résumé that would be greatly appreciated.

**Yours in service,**

**Baroness Farleigh de Grey**

**Facebook: Farleigh Greyerbiehl**

**Email: E244DB@ERAC.COM**



# From the Office of the Equestrian Minister

With summer coming to a close and autumn upon us, the Cynaguan equestrians find our precious sunlight hours waning and time to ride dwindling.

Looking to 2017, Cynagua will see the startup of a new equestrian practice to be held in Modesto at the Double N Ranch. Those that attended 'A Day at Smithfield' in 2014, know what a wonderful site this is for practices or events. We will have use of the covered arena during not so fair weather as well as their very large outdoor arena when desired. I know a few of us are currently bringing along new horses to strengthen the ranks of the experienced war horses we have here in our great lands.

I hope to see many of you out at this new practice, whether it be to polish you and your horses skill current skills or to learn new and exciting things in the areas of armored combat, the handling of boar spears as well as some group activities I'm working on. If you are not a rider and would just like to help out or learn more about the equestrian program, we welcome you to join us at practice.

Look to the West Kingdom Equestrian page on the Book of Faces and the West Kingdom calendar for practice and event dates as we get nearer to 2017.

As always, please contact me directly at any time at [equestrian@cynagua.westkingdom.org](mailto:equestrian@cynagua.westkingdom.org) should you have need.

Kathryn Onora

Principality Equestrian Minister

AFTER SHE STEPS DOWN, HER HIGHNESS PLANS TO CONTINUE HER PASSION FOR TRAINING ANIMALS. THUS FAR, SHE HAS WORKED WITH HOUNDS, HORSES, EVEN GEESE!

HOWEVER, HER LATEST PET MAY BE A BIT MORE OF A CHALLENGE.



# Real Medieval Science Project, or the Art of Doing Science

## Gwyn Chwith ap Llyr

Honestly, it's not my fault. I had no intent to start a project like this. I was simply looking online for interesting medieval Welsh pottery shapes to hand over to a friend who keeps me in pipkins and other medieval cookware.

In doing so I came across the images of a pair of pots, one inside the other, from a museum on the Anglo-Welsh border. The article that accompanied the image opined that the two pots shown, found in that way, were used to perform fireless cooking as in this recipe...and here, it quoted a recipe from "Two Anglo-Norman Cookery Books", by Constance Heatt. "Oh, neat!" says I, to myself. "Chemical cooking." And I went on my way searching out new and exciting pipkins.

Unfortunately for my peace of mind, I've had a lot of chemistry over the years, and that memory of the recipe kept bubbling up. I went back to that website, hunted up the source, and found to my delight that I did actually own a copy of Heatt's text! And yes, what was there matched what was on the website—no omission or addition to the text changed the meaning of the actual recipe. So I started thinking....I knew the reaction of Calcium oxide and water was exothermic, but was it exothermic ENOUGH to actually cook food?

So I poked around online again, this time trying to see if anyone had actually tried this recipe. I asked some of the most knowledgeable medieval cooks I know, if they had heard of anyone trying this. the Florilegium was an enormous help here....while there were no references to anyone trying it, it DID provide two more accounts of "recipes" for people cooking with lime and water. The first was an account of a Persian man called al-Razi, who was known to cook eggs without a fire, in a pot, and the second was a small assortment of German 15<sup>th</sup> century recipes that called for cooking chicken between two tin plates, and using quicklime and wine to heat the whole apparatus.

Now I had 3 different accounts, across FIVE centuries of cooking, with three different cultures. And the word came down from the lofty towers of my Laurel, Duchess Juana Isabella, saying unto me "Hey, you HAVE to do this. Make it so!" Therefore, I started with materials research.

Our subjects, the medieval population of Western Europe, would be quite familiar with limestone and its various products. Limestone itself would be an easily quarried stone used in building. If roasted at a high temperature, calcium carbonate cooks off into calcium oxide and carbon dioxide. Calcium oxide (also known as unslaked lime) is white, soft, usable to amend acidic soils and firming up loose soils. In our period, it was used also for making mortar, plaster, and even in the case of Henry III, it was used as a weapon to blind an invading French fleet. Adding water to make the aforementioned plaster and mortar results in slaked lime, which is much less reactive...and this slaked lime gives off heat as it converts.

Another confession: I am a science nerd. Once I found the numbers online for the conversion of calcium oxide to calcium hydroxide, I had to know.



It turns out that a liter of water will fully react with 3.1 kilograms of calcium oxide, and produce 3.54 megajoules of energy (this is 3355 BTUs). Is this enough to actually cook food (not just heat it)? Yes, in theory. But as a medieval cook, theory isn't something you can eat. I had to try it. There was just one thing standing in my way.

Where does one find unslaked lime? Everything I've read indicates is a very commonly used chemical, so where is it? My attempts to call industrial chemical suppliers locally went unanswered. Building and construction stores only carried slaked lime (well, one store did have a product that was 2.5% unslaked lime according to the label). I considered making it myself from calcium carbonate, in our glass kiln, but that was vetoed by my wife. eBay and Amazon DID have the pure product, as lab-grade chemicals, but for those, you'd be paying lab-grade prices, too. Finally, I tried to email a US-based international dealer in this product. The link for their West-coast distributor just....bounced. One final try...I emailed their Vice President for Special Projects. This qualified, right?

He thought so. Oh, it took a little convincing. Who I was took a bit. I had to explain what I was going to do, and why, and that I did understand the MSDS he sent me, and that while Calcium Oxide isn't toxic, per se, neither was this actually meant to come in contact with food...I'm sure you can imagine how it went. The amount I needed was also a bit of a problem. I was hoping for five or ten pounds. Their main unit of sale was twenty five TONS. So he called his most local distributor to me (two hours away), and had him "pull a sample"...twenty pounds,

in two different sizes of gravel. Really, it was a great experience. Especially since the following week, we were going to go to the West Kingdom's 50<sup>th</sup> year Beltane celebration, which meant 10 days where I could hang out with medieval cooks and just TRY things, under near-medieval conditions.

I brought all the gear to make this happen. I brought vessels as closely matched as to what was described in the texts as I could. I brought the quicklime, of course. I had safety gear: apron, goggles, long thick rubber gloves. I had measuring gear—a scale, volumetric measures, and probe thermometers. There was food to cook. I was ready. Well, almost. Sadly, the scale broke literally as I packed it, so I had to do some estimation. But I was ready to Bring the Science!

My first trial was just mixing quicklime and water to see what sort of temperatures I would get as well as the final resulting consistency of the fully slaked lime. It generated enough heat that I did not want to hold the metal container with unprotected hands until it had cooled somewhat. The resulting plaster looked to be a very useful product in finishing my medieval stove project (but that's a different obsessive project...). My highest recorded temperature was 183 degrees F, which is pretty respectable for a steel bowl of white rocks and water.

I decided to skip the second trial—following the techniques of al-Razi to cook eggs without a fire. As far as I could tell, it was mostly a “trick” done to impress audiences. Further, as we were camping on a primitive site, we did not have easy access to the large amounts of water it would take to wash the slaked lime off the outside of the eggs. This could wait for a future attempt.

The third trial was one I had been waiting to do since the beginning of the project. This was the one that used the double pot. The recipe from Hieatt and Jones [Two Anglo-Norman Culinary](#) Collections is as follows:

*To cook meat without fire....*

*Take a small earthenware pot with earthenware lid of the right size. Then take another pot, also earthenware, also with a suitable lid that fits well. This should be five fingers deeper than the first, and three fingers bigger round. Then take pork and chicken, cut them into nice pieces, get good spices and put them in, and some salt. Take the little pot with the meat in and put it inside the big pot. Set it upright, cover it with the lid and seal with damp, sticky soil, so nothing can come out. Then take lime that has not been slaked [quicklime], put it in the big pot full of water, but take care that no water gets into the small pot. Leave it alone for as long as it takes to go five to seven leagues. Then open your pots, and you will find your meat well and truly cooked.*

I had one stoneware jar with a lid from my potter friend that looked to be about three cups in volume. I decided to alter the recipe a little because a pot full of nothing but meat would be rather boring—I seasoned some pork, cut into one inch cubes, with salt, savory, cinnamon, clove ginger, cubebs, and thyme, and added wine and lentils. The size of the small pot dictated the size of the larger pot as above. I quickly ran into some issues. First of all, my larger pot was an unglazed terracotta flower pot, meaning I had to improvise a lid for the larger pot. Secondly, as lime slakes, it expands. While nothing broke, I did have trouble with keeping the outer lid in place. Third, it's a messy process, with mushy slaked lime getting everywhere.

Fourth, due to the way the lid sealed on the smaller pot, I was unable to run a probe thermometer into the smaller pot to monitor the internal food temperature.

I was able to monitor the temperature of the smaller pot just at the outside. The high temperature reached was 213 degrees F, which cooled over the space of two hours to 87 degrees F. At this point, I made the decision to open it up, even though the listed cook time is 5-7 hours (given average walking speed, a person can walk about 1 league an hour).

The results? The food inside was cooked, but not cooked WELL—the lentils were still somewhat hard, and the meat was not cooked to a tender state. The temperatures recorded showed a rapid drop from the high of 213 down to 140 in only a half hour or so. I believe this was due in part of several issues unrelated to the cooking method. First, we were doing this outdoors, in an unenclosed area. The daily temperature at that point was in the 50's, with a fairly constant cool and damp breeze blowing (approximately 5MPH). Convection processes would cool the apparatus much more rapidly than otherwise. Secondly, the unglazed terracotta pot did not retain the heated liquid that well. We could see bands on the outer surface where heat and liquid on the inside were pushed to the outer edge of the outer pot. This would carry heat as well. I did not precisely follow the instructions of the recipe which called for filling the outer pot with water and adding the lime--I reversed this to keep from having bits of lime blasted out of the pot (think Pop-rocks), which may have resulted in incomplete conversion of the lime. Lastly, the whole apparatus was on an iron shelf we had access to, raising it up for easy measurements and monitoring. Iron is a great heat sink, and so after the fact I have to wonder how much heat was lost that way.

I definitely look forward to trying this again under better circumstances.



# From the Culinary Guild

Welcome to summer and garden growing times. Are you growing extra herbs and veggies? Depending on what you are growing and if there is more than can be used in a short time, remember it can be dried, pickled, canned or preserved. Flavored vinegars, sugars and salts are a few other ways of preserving/use.

Drying herbs is easy and can be dried in the kitchen; aroma is wonderful while the drying process goes on. I use regular string (use it in my cooking also), long lengths and do small bundles of the herb. Wolfric made me an herb drying board, which I put tea cup hooks in. If you don't have something like this, a clothes hanger will do also.

Now is also the time to start seedlings for late fall/winter gardens. This would be the bulb varieties, such as garlic, some shallots; cauliflower/broccoli plants; onion sets or young plants (white, yellow and red). Check with your local nursery for plants. Make sure to leave a nice berm areas around the plantings. Lettuces should be directly seeded in areas. With the weather changing, and hopefully we have a normal wet winter, this will have to be done at various times during the season. Weeding will also need to be kept up, as well as fertilizers or composting in the soils. But this will make it all worthwhile come harvest time.

And what can be done with all these wonderful garden foods?

Try doing a new recipe from a period cookbook. Do you like meat loaf? Try a roman meat loaf recipe (<http://www.medievalcookery.com/recipes/meatloaf.html>) More rRecipes can be found online, type in medieval recipes and have some fun looking at all the sites. Try a recipe or three. Here's some I like to read:

<http://www.medievalcookery.com/recipes/indexesy.html>

<http://godecookery.com/goderec/goderec.htm>

<http://www.medieval-recipes.com/recipes/>

Mistress Tashi Falconsclaw, Culinary Guild Minister



## From the Cynagua Needle Workers

We are pleased to sponsor a Dirty Dozen Donation Derby (aka 4D) at Investitures and 1 / 2 Dozen at Coronets.

The 4D was created in the Principality of Tir Righ, Kingdom of An Tir as a way to encourage the creation of largesse through friendly competition. The concept has spread to the West via Ula Paulson and with permission we are jumping in with it here.

The basic rules for the Dirty Dozen Donation Derby

\* All entrants must create 12 items based on a theme that are suitable for largesse

- 12 needle books

- 12 hats from different (or the same) period(s)

12 items suitable for a specific time period

- 12 children's toys

--- 12 socks would not be suitable as that is only 6 pairs

\* All entries must be tagged and ready to be gifted the day of the competition.

**\* Items need not be documentable; this is not an Arts and Sciences competition.**

\* Items should not have heraldry on them as they are meant to be given to other areas.

\* Judging is done by the populace. Each entrant display will have a cup placed next to it and anyone may put a provided token into the accompanying cup to denote their choice.

\* The entrant with the most tokens in their cup at the end of the day chooses one item from any one of the other entries as a prize. Each entrant then chooses from the remaining entries according to how many tokens they received (largest to smallest number). Each entry may only be chosen once as a prize.

\* The remaining 11 items from each entry will be given to Their (soon to be) Highness' of Cynagua.

Table opening TBA. Judging will commence one hour after that. Please come claim your prizes TBA. Listen for Herald shouts. This part is important. If you do not report for your prize before presentation, your prize stays with the largess.

Thank you. In Service,

Sable Swan Needle Workers Guild.



# BARDIC VOICES



## A Single Petal

I've walked this path for many years.  
And memories can flee.  
But a single faded petal, saved.  
Calls the magic back to me.



Of a sunny day so long ago.  
The memory still glows.  
I played my harp under a tree.  
And the Queen gave me a rose.



I saved a petal from that bloom.  
Cherished it as the seasons flew.  
My gracious Queen, both then and now.  
Is kind Ivone, soveriegn true.



Princely gifts have come my way.  
Since then, as repute grows.  
But one sunny day I played my harp.  
And the Queen gave me a rose.

**Joan leHarper, Bard of Vinhold, July 15, 2016**

# SESSİZ DAVUL - (SILENT DRUM)

Benim için dans et, davul  
Rashid  
Benim davul uyandırmak  
Sessiz Davul, Sessiz Davul  
Benim davul uyandırmak  
Benimle oyna, bade Rashid  
Davul sessiz izin vermeyin  
Sessiz Davul, Sessiz Davul  
Davul sessiz izin vermeyin  
Ozgur birak, adinda Rashid  
Dansçılar için oynamak  
Sessiz Davul, Sessiz Davul  
Dansçılar için oynamak  
Beni hatırla, davet Rashid  
Benim sessiz davul olmaz  
Sessiz Davul, Sessiz Davul  
Benim sessiz davul olmaz  
Biz sizin için yas, Usta  
Rashid  
Burada sessiz davul oturur  
Sessiz Davul, Sessiz Davul  
Burada sessiz davul oturur  
Benim için davul, cevaplar  
Rashid  
Hayat getir, benim sessiz  
davul  
Sessiz Davul, Sessiz Davul  
Hayat getir, benim sessiz  
davul  
Onun için oynamak - Rashid  
Rashid  
Sessiz Davul yok

Translation: Greg Flores

/Lyrics: Dawn Groves

Dance for me, drummed  
Rashid  
Awaken my silent drum  
The silent drum, the silent  
drum  
awaken my silent drum  
Play with me, bade Rashid  
Let that not be your silent  
drum  
The silent drum, the silent  
drum  
let it not be your silent drum  
Set them free, called Rashid  
Give no dancer a silent drum  
The silent drum, the silent  
drum  
give no dancer a silent drum  
Remember Me, invites Rashid  
suffer not my silent drum  
The silent drum, the silent  
drum  
suffer not my silent drum  
We mourn for thee, Master  
Rashid  
For here sits your silent drum  
The silent drum, the silent  
drum  
here sits your silent drum  
Then drum for me, replies  
Rashi  
Bring to life, my silent drum  
The silent drum, the silent  
drum  
bring to life, my silent drum  
Play for me - Rashid, Rashid  
No more the Silent Drum

# Swords and Armor

The black coal is fired  
Til it is burning bright  
The bellows will blow  
Until the heat is just right

Making the sword true  
Is justice's call  
Hold sword arm in honor  
As defender of all

The metal is molten  
Then poured and shaped  
By hammers blow  
And the artists' scape

When these are brought together  
And the fighter takes the field  
Chivalry and honor  
Becomes souls own to wield

The armor must be strong  
Defender of woman or man  
To maintain the heart  
When making a stand

Your opponent stands ready  
Your consort on your right  
Let love and beauty guide you,  
This is the making of a knight

The helmet built stout  
Must protect one's head  
To provide leadership  
In moments of bloodshed

Written and Performed By Mistress Caoilinn Rose Maddox

May Coronet AS LI - Bard of Cynagua Competition

*\*Note: This was written on-site as 'Swords and Armor' was my 'words from a hat'.*

# I Have Wandered Far

I have wandered far	Deep lakes and mountainside
Far from Cynagua	I will forever bide
The black swan is calling me	Home to Cynagua
Home to the hills	Home to Cynagua
	Home to Cynagua
Deep lakes and mountainside	Home
I will forever bide	
Home to Cynagua	I've traveled to the north
Home to Cynagua	Bears, moose, and mountains
Home to Cynagua	The wild how it calls to me
Home	But home I must go

I've been to Drachenwald	Deep lakes and mountainside
It's histories and castles	I will forever bide
As beautiful as it was	Home to Cynagua
It isn't my home	Home to Cynagua
	Home to Cynagua
Deep lakes and mountainside	Home
I will forever bide	
Home to Cynagua	Though I may travel
Home to Cynagua	Far from these blessed hills
Home to Cynagua	The black swan is always here
Home	This is my home

I've traveled the mistlands  
Oceans and redwoods  
As much as I love the sea  
Cynagua has called

(sung to the tune of "Land of the Silver Birch") Written By Mistress Moira O'Connor  
Performed By Mistress Caoilinn Rose Maddox  
May Coronet AS LI – Bard of Cynagua Competition

# Untitled poem

Written by Bernard De Ventadorn 1180 (approx.)

Performed By Mistress Caoilinn Rose Maddox

May Coronet AS LI – Bard of Cynagua Competition

In good faith, without deceit,  
I love the best and most beautiful.  
My heart sighs, my eyes weep,  
Because I love her so much and I suffer for it.  
What else can I do, if Love takes hold of me,  
And no key but pity can open up  
The prison where she has put me,  
And I find no sign of pity there?

This love wounds my heart,  
With a sweet taste, so gently,  
I die of grief a hundred times a day  
And a hundred times revive with joy.  
My pain seems beautiful,  
This pain is worth more than any pleasure;  
And since I find this bad so good,  
How good will be the good when this suffering is done.



Greetings Cynagua,

At July investiture I entered the copper spoon for the first time. I entered Red Apple Tarts from the Most Excellent Book of Cookery. I shared the pie with any and all who wanted some after the feast. For your enjoyment I have included my documentation and the recipe. This recipe yielded 2 pies. Please feel free to use a pie crust you are comfortable with, as mine was not period.

Yours in Service,  
Lady Finna Kottr Godormsdottir

# Red Apple Tarts



I acquired an interesting tart recipe for red apple tarts. The original recipe from *The Most Excellent Book Of Cookery* said on page 228, “Tartes rouges Pour faire Tartes rouges de pommes plumes voz pommes & faictes tremor en vin rouge, & sucre & canelle batue avec ung petit de buerre frais et passes tout par l'estamine& faictes voz tartes.” The translation from page 229 is “Red Tarts To make red apple tarts, peel your apples and soak (simmer) them in red wine with sugar and cinnamon beaten, with a little fresh butter, then pass everything through a sieve and make your tarts.”

I peeled, cored and sliced up 15 granny smith apples. I chose Granny Smith because they are tart already and I hoped they would balance out the sweetness of the wine and sugar. I took 1 ½ cups of sugar and mixed in ½ table spoon of cinnamon. I then poured a bottle of Apothic Crush, a smooth red wine blend, and the sugar mixture into a large pot. I added the apple slices and butter, 1/4<sup>th</sup> a cup, and simmered them for about an hour, stirring often so it wouldn't burn. My next step was to pass everything through a sieve. I tried but my sieve didn't do anything but juice the apples some. So after some research in a book called *Food in the Medieval Times*, I found that “In the absence of a modern food processors, a mortar and sieve cloth were the most important utensils for preparing smooth sauces and pastes that were the hallmark of medieval upper-class cuisine.”(p62). So I used a blender to reduce the apples and wine to a pureed form.

For the pie crust I dug through my medieval sources. I understand that things like pie shells and general bread recipes were passed down from mother to daughter and cook to apprentice. So with this in mind I found a basic list of ingredients for a shell and checked it against my mother's family recipe. It was similar except that instead of just oil my mother and grandmother used vegetable shortening. The pie crust I used had 2 ½ cups of flour, a cup of shorting, ½ teaspoon of salt, 3 teaspoons of sugar and 2 tablespoons of water. This mixture was figured out by taste and texture as it got blended together with a pastry tool. The crust was then rolled out and placed into the pie pans. It's a crumbly pie crust. To make sure everything was properly cooked the crust was cooled and then baked on its own. Then the red tart filling was ladled into the shells and put back into the oven at 375 degrees and baked for 25 minutes. This brought the core temperature of the filling up to 150 degrees. I had a lot of fun learning to cook these tart/ pies. I found the filling very delicious and I hope you enjoy them. I would feel honored to receive any feedback you may wish to give. Thank you.

## Works Cited

Adamson, Melitta Weiss. *Food in Medieval Times*. Westport: Greenwood Press. 2004. Print.

Albala, Ken. *The Most Excellent Book of Cookery Liver Forte Excellent de Cuy sine (1555)*. Trans. The Medieval Kitchen. Philadelphia: Dutton, 2012. Print.

**Cynagua Archery Championship**  
**November 13, 2016**  
**Shire of Windy Meads (Dixon, CA)**

Come bear witness or shoot with us as archers of Cynagua compete to be the next champion.

There will also be a

Potluck soup & stew lunch provided with site fee.

**Autocrat:** Brigid O' Connor (Rachelle Elwell)

**Phone:** 916-214-0618

**Email:** Brigidsmoon1066@gmail.com

**Registration:** Adult Event Registration: \$10, Adult Member Discount Event Registration: \$5, Children (Ages 12 and under): Free

\*\$6.00 parking fee to be paid separately to the parking box on site.

Site Opens 9am and Closes 4pm

**Location:** Yolo Bowmen Archery Club, 30475 County Road 104, Dixon Ca, 95620

**Directions:** Use GPS directions to site.

**West Kingdom Collegium**  
**November 19, 2016**  
**West Kingdom (Sacramento, CA)**

Come and enjoy a feast for the mind and the soul; learn about medieval arts and practices, from painting to poetry, from needlework to Normans, from crusades to cookery. There will be many classes from which to choose, so join us and come away enriched with the jewels of knowledge.

Classes will be posted on the Facebook event page and distributed on the SCA-West group list.

If you are interested in teaching, please fill out the form:

<https://www.westkingdom.org/officer/kingdom-west/arts/signup>

**Autocrat:** Leofwen Cryccthegn Deorcwuda (Jennifer Nestojko)

**Phone:** 408-205-4278

**Email:** deadmidfiscum@hotmail.com

**Registration:** Adult Event Registration: \$20, Adult Member Discount Event Registration: \$15, Children (Ages 12-17): \$10, Children (Under 12): Free, Family Cap: \$40

**Site Opens:** 9am and Closes 7pm

**Location:** Sierra Arden United Church of Christ, 890 Morse Ave, Sacramento, CA 95864

**Directions:** From 5, north or south: Take 5 to 50E, then take exit 11 for Watt Ave. Turn left onto Watt Ave., turn left onto Adams Rd, turn right onto Morse Ave. The church is on the right.

# Golden Rivers Anniversary Banquet

## November 26, 2016

### Golden Rivers (Sacramento, CA)

Come and celebrate another bountiful year with us in Golden Rivers. The Lord and lady of Golden Rivers, Shishio and Sakura, invite you to a day of fun, classes, and a fabulous feast. The feast is Italian themed and cooked by Edmond of Surrey. There will be classes starting at 1pm, an Arts and Sciences competition of calligraphy and illumination, and the feast starting at 6pm. Please bring an unwrapped new toy for toys for tots.

We are also planning an auction to benefit the Province so please bring items to donate.

**Autocrat:** Moira O'Connor (Carol Whitney)

**Phone:** 916-969-8790, no calls after 9pm

**Email:** moira@evenstarkeep.org

**Registration:** Adult Event Registration: \$25, Adult Member Discount Event Registration: \$20, Children (Ages 6-15): \$10, Children (Under 5): Free

Tickets available from the autocrat. Call for information.

**Site Opens:** 12pm and Closes: 10pm

**Location:** St. Ignatius of Loyola Catholic Church, 3235 Arden Way  
Sacramento CA 95825

**Directions:** From hwy 50 exit at watt ave. Go north turn left on Arden way. Church is on the right.





### **Outgoing Prince and Princess**

#### **Fearghus and Sylvie**

916-599-4817 Himself/ 510-301-0983 Herself

royals@cynagua.westkingdom.org

Please no calls after 9 pm (except in case of  
emergency)

### **Incoming Prince and Princess**

heirs@cynagua.westkingdom.org

## **Greater Officers**

**Arts & Sciences:** Farleigh De Grey (Farleigh Greyerbiehl)/916-612-0920/  
ans@cynagua.westkingdom.org

**Chronicler:** Morwenna of Tintagel (Morwenna McKinley)/916-792-1781/  
chronicler@cynagua.westkingdom.org

**Constable:** Asillinn O Gallchobhair (Robin Burgett)/350-415-5365  
constable@cynagua.westkingdom.org

**Exchequer:** Edmund of Surrey (Kristopher Gulliver)/916-705-2194/9008 New Dawn  
Dr. Sacramento, CA 95826/ exchequer@cynagua.westkingdom.org

**Marshal:** Lord Cathal Maclae (Terrance Shackelford)/530-941-6440/  
marshal@cynagua.westkingdom.org

**Deputy: Heavy:** Walerich von Bredereke (Patrick Oliver) / 209-450-5133

**Missile Combat:** Michael of the Shire (Mike Saunders) / 916-420-3459 /  
missilemarshal@cynagua.westkingdom.org

**Rapier:** Tangwystel Telenores (Elizabeth A. Richard) / 916-673-3182 /  
rapiermarshal@cynagua.westkingdom.org

**Sable Swan Herald:** Michael of the Shire (Mike Saunders) / 916-420-3459 /  
herald@cynagua.westkingdom.org

**Seneschal:** Vicountess Catriona Morgan (Cathy Oliver)/209-480-7458/  
seneschal@cynagua.westkingdom.org

**Web Minister:** Abrahe çaragoça (Joel Viney) / 775-217-5228 /  
webminister@cynagua.westkingdom.org

## Lesser Officers

**Chatelaine:** Annora Raines (Addison Brooks)/209-658-2481/  
chatelaine@cynagua.westkingdom.org

**Gold Key:** Berta Mallory (Jessica Mallory)/916-508-6147/  
goldkey@cynagua.westkingdom.org

**Equestrian Minister:** Kathryn Onora (Kathy Paulson) / 209-597-9320 /  
equestrian@cynagua.westkingdom.org

**Lists:** Arianwen ferch Morgan (Victoria Poh)/209-329-3914  
lists@cynagua.westkingdom.org

**Minister of the Bow:** Brigid O'Conner (Rachel Elwell)  
bow@cynagua.westkingdom.org

**Minister of the Mint:** Eowyn d'Agincourt (Molly Coughlin) / 530-894-1993 /  
mint@cynagua.westkingdom.org

**Regalia:** Angus Tyresson (Douglas Skelton)/916-735-2626  
regalia@cynagua.westkingdom.org

**Sable Swan Scribe:** Moira O'Connor (Carol Whitney)/916-706-2990/  
scribe@cynagua.westkingdom.org

**Youth Chancellor:** Ahmed the Wanderer and Isabella of Betany Woods/916-910-5566/  
pageschool@cynagua.westkingdom.org

**Bard of Cynagua:** Tuathflaith ingen Maedóc/916-706-2990  
bard@cynagua.westkingdom.org

## Groups and Guilds

**Brewers' Guild:** Michael of the Shire (Mike Saunders) / 916-420-3459 /  
miachoftheshire@gmail.com

**Chirurgeon's Guild:** Rhys ap Gwion Baird/916-425-1917  
Cliftonmuller@gmail.com

**Camerata Cynaguae:** (period music performance, vocal and instrumental); rehearsals every Tuesday, 7:30-9 pm call for location. Contact: Gwenhwyfaer ferch Gwilym (Ginni Morgan) / (916) 799-3515 / ginni.morgan@doj.ca.gov  
Camerata website: [www.cameratacynaguae.org](http://www.cameratacynaguae.org)

**Copper Spoon:** Gwyn Chwith ap Llyr (Glenn Gorsuch) /530-877-3865  
Ggorsuch@gmail.com

**Culinary Guild:** Tashi of Falcons Claw (Debbie Greco) / 209-824-0931 /  
No calls after 9:00 PM please / djgreco2001@yahoo.com

**Guild of St. Hildegard (Herbalists):** Tashi Falcons Claw (Debbie Greco) / 209-824-0931 /  
no calls after 9:00 PM please / cynaguaherbs@yahoogroups.com

**Sable Swan Needleworkers Guild:** Micheila MacCallum (Kim Gallagher) /  
Kim@gallagherclan.net

## Local Branches

(Note: All Seneschal changes MUST be approved by the Principality seneschal and be listed in the Page prior to publication.)

**Belogor, Shire (Siskiyou & Modoc Cos.):** Nancy of Edgewood Castle/530-921-3192/  
crystalmist@cynagua.westkingdom.org

Meetings are monthly and fighter practice twice a week, times and locations are variable however; please contact the Seneschal

**Bestwodeshire, Shire (Tehama and Shasta Co.):** Cathal MacClay (Terry Shackelford) /  
530-528-8832 / bestwodeshire@cynagua.westkingdom.org Meetings – contact  
Seneschal for time/date/location. Fighter practices are every Thursday at  
Anderson River Park 7 pm.

**Bryniaid, Shire (Calaveras & Tuolumne Cos.):** Contact Principality Seneschal

**Canale, Shire (Southern Stanislaus and Merced Cos.):** Adam de Lancaster (Bill Yorker)/  
209-634-4034 / canale@cynagua.westkingdom.org

Mtg: 2nd Wed, call for location. Fighter Practice call the Seneschal

**Champclair, Shire (Eastern Solano Co.):** Edith of Swanesdale (Edith Lebednik-Crank)/707-  
301-8031/ champclair@cynagua.westkingdom.org

**Dangeld Tor, shire (NE Sacramento and Placer Co)** Margaret Pye (Haley Zerr) / 530-723-  
2983 / danegeldtor@cynagua.westkingdom.org Shire meetings every second  
Tuesday of the month, 7:30 pm, Carrow's Restaurant 100 North Sunrise Avenue  
Roseville, CA 95661-2905, on the corner of Sunrise Ave. & Douglas Blvd.

**Fendrake Marsh, Shire (Churchill & Lyon Cos. NV):** Douglas Scronce / 775-217-4718 /  
245 La Verne St. Fallon, NV 89406/fendrakemarsh@cynagua.westkingdom.org /  
www.fendrakemarsh.org

**Fettburg, Barony (San Joaquin and Northern Stanislaus Cos.):** Raven of Drachen Heim  
(Scott Tibbedeaux)/209-607-6839/209-932-9785/  
fettburg@cynagua.westkingdom.org

**Baroness:** Aderyn Pierrepoint (Rachel Dawson) / 209-244-4973/3131 W Euclid Stockton,  
CA 95204/azureavian@yahoo.com  
www.fettburg.org for activities, practices and events calendar.

**Golden Rivers, Province (Central Sacramento Co.):** Katrina Yarbrough, THL (Tammera  
Gulliver)/916-757-8769/9008 New Dawn Dr. Sacramento, CA 95826/  
goldenrivers@cynagua.westkingdom.org

**Mont d'Or, Shire (Nevada Co.):** Fionnghuala of Cynagua (Krista Woodford) / 530-559-  
7874 / Montdor@cynagua.westkingdom.org

**Mountain's Gate, Shire (El Dorado Co.):** Michael of the Shire / 916-420-2459 / 2141  
Enchanting Trail Cool CA 95614/ mountainsgate@cynagua.westkingdom.org  
www.mountainsgate.org/  
http://groups.yahoo.com/group/theshireofmountiansgate/

**Rivenoak, Barony (Glenn and Butte Cos.):** Muirenn ingen Brain (Jeanette Frary/ 530-230-7437/573 E. 19<sup>th</sup> St. Chico, CA 95928 /rivenoak@cynagua.westkingdom.org  
Baronial Mailbox: PO Box 2343 / Chico CA 95927

**Baron/Baroness:** Thor Stagge and Eowyn d'Agincourt (W. Jay Coughlin and Molly Coughlin)/530-894-1993/Mad4dmouse@aol.com/Baronial Yahoo Group:  
<http://groups.yahoo.com/group/rivenoak>

**St. Cassian of Imola, College (dormant) (Sacramento State U):** Contact Principality Seneschal.

**Silver Desert, Province (Washoe Co.):** Daniel de Blare (Daniel Fenwick)/778-359-6485/  
silverdesert@cynagua.westkingdom.org/<http://groups.yahoo.com/group/silverdesert>/<http://www.silverdesert-sca.org>

**Thistle Torr, Shire (Colusa and Sutter Cos.):** Stephen McAlpine / 530-755-0242 /  
thistle Torr@cynagua.westkingdom.org

**Vakkerfjell, Shire (Yuba Co.):** Gavin Conall of Greenlaw (Brent M Moore) / 530-870-7616  
vakkerfjell@cynagua.westkingdom.org

**Windy Meads, Shire (Yolo Co.):** Menault le Rouge (Amanda Miura)/510-673-1509/  
windymeads@cynagua.westkingdom.org



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**Good people of Cynagua, we know you have talent! Submit to The Vox!**

We know you can draw, we know you can take pictures, we know you can do unnatural things with those pictures in Photoshop. Further, we know you have writing talent as well.

We know there is a long history of bardic excellence in Cynagua and that only skims the surface. Out there, among her people, the skills of the swan lie dormant and now is the time to put those skills into service. If you have songs, poems, drawings, photos or anything else that you think might be of any use to the Chronicler of Cynagua, let her know. Email to: [chronicler@cynagua.westkingdom.org](mailto:chronicler@cynagua.westkingdom.org). The Vox Cynagua is Cynagua's voice, not just that of her royalty or officers, but that of her people as well. Make your voice heard!

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