

THE VIGILANCE

MAY – JUNE 2013
A.S. XLVIII – 2013 C.E.



Heronter's First Event
Bear and Akiley's Coronet Tournament
June 27, 1992

TWENTIETH ANNIVERSARY ISSUE!

THE SHIRE OF HERONTER
WWW.HERONTER.ORG

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Position Open

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Steward

Position Open

SHIRE NEWS

Deepest Condolences to Mother Otter of Rhydderich Hael whose mother Frances passed away on March 5th.

Deepest Condolences to Lord Lothin whose Aunt Shirley passed away on March 22nd.

Congratulations to Lord William the White and Lady Thora nik Drukkard who have recently announced their expecting!

Congratulations to Lord Bjorn Einarrson for being asked to serve on the Queen's Guard. (Or maybe the squirrel was asked. It was sort of hard to tell. I think the squirrel was asked, and Bjorn's job is to feed the squirrel. ☺)

Congratulations to Pamela for receiving a special cloak and kind words from TRM's.

Congratulations to Lady Sarah Balangee for receiving her AoA

Congratulations to Lady Helena Lyncoln of Norfolk for receiving her AoA.

Congratulations to Lady Margaret of Ennisworthy for being inducted into the Order of the Keystone.

Congratulations to THL Ian for receiving his Gage. TRM guards were sent to the kitchen to retrieve him and brought him back 'lightly tenderized'.

Congratulations to THL Antonio de Luna for receiving a writ of summons to appear and sit vigil in contemplation of induction into the Order of the Pelican.

And Finally, Congratulations to the Entire Shire of Heronter for putting on a magnificent Coronation event and for their 20th Anniversary as a shire, the official date is May 1st, 2013! VIVAT!

Happy 20th Anniversary!!!

The Shire of Heronter officially lost it's 'incipiency' on May 1, 1993, which means this Wednesday is our 20th anniversary. While still incipient, the shire actually hosted a Coronet Tourney. A recently discovered picture graces our front cover. Cygnus and Dorinda were awarded arms that day. For more history of the shire, read [A Traveller's Guide to Aethelmearc: The Shire of Heronter](#) which was recently published in The AEstel and may be found online at: <http://heronter.org/Library/travellers.guide.html>

The Vigilance archives are currently in the hands of an assistant to the Royal Historian, who is scanning in back issues so that eventually, our entire archive of back issues will be available online! However, to celebrate our anniversary, I'm re-posting articles from back issues, in a BLAST FROM THE PAST! To see additional articles, (and more, as she continues to scan) go to: <http://s300.photobucket.com/user/SleepyUnicorn/library/Vigilance>

The Coronation of Maynard and Liadain

The shire was honored to start off the reign of Maynard III and Liadain II by hosting their Coronation in our regular meeting site. As usual, Lord Lothin and crew did a truly magnificent job of transforming modern meeting rooms into the banquet halls of a medieval castle. Baron Steffan created a period-style Coronation based on the historical coronation of Edward II and with the assistance of Mistress Arianna, even provided the music for the choir. The philosophy, the ceremony, the sheet music, the performance videos, the recipes, and photos of the event have all been gathered together on our website at: <http://www.heronter.org/Library/coronation.html>

This is the May/June 2013 issue of [The Vigilance](#), a publication of the Shire of Heronter of the Society for Creative Anachronism, Inc. (SCA, Inc.). [The Vigilance](#) is available from David P. Salley, known in the SCA as Dagonell the Juggler. It is not a corporate publication of the SCA, Inc. and does not delineate SCA, Inc. policies. Copyright (c) 2013 Shire of Heronter, Society for Creative Anachronism, Inc. For information on reprinting photographs, articles or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the rights of our contributors.

Coronation Feast Sauces

“The number of sauces at the feast is directly proportional to the length of your dags times the cost of the material.” Alexandre sur le Mer
-- Silverwing's Law #4

GREEN MUSTARD SAUCE

1/2 cup dijon mustard
1/4 cup honey
1/4 cup wine
2 Tablespoons olive oil
1/2 teaspoon anise seed, ground
1/2 teaspoon salt
2 Cups chopped parsley
1 teaspoon pepper

PRUNE SAUCE

2 cups red wine
1 cup water
20 prunes
1 Tablespoon red wine vinegar
3 Tablespoons honey
1/8 teaspoon ginger, ground
1/2 teaspoon cinnamon, ground
2 Tablespoons wheat flour

BRING THE FIRST SEVEN ITEMS TO A BOIL. SIMMER FOR 20 MINUTES. PUREE IN A BLENDER WITH THE FLOUR.

HORSERADISH SAUCE

4 hard boiled egg yolks
1/4 cup lemon juice
1 cup sour cream
1/4 cup chives
1 Tablespoon onion, grated
4 Tablespoons parsley, minced
1 Tablespoon horseradish
Pinch of sugar

From the May 1995 issue of The Vigilance:

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Herbs of the Picts

In the Dark Ages, the Picts (Pechts) inhabited the Highlands of Pictland which became "Scotland" in the eleventh century. Although their Celtic language in the Goidelic family is no longer spoken, the record of their culture is preserved in their art as well as their traditional folk wisdom. Tribes of Picts were ruled by kings who, in turn were influenced by an Order of Druids, priests skilled, among other things, in the healing arts, which depended upon knowledge of and empathy with nature. In particular they discovered many medicinal uses of plants. In his book, *Scottish Wildflower: The History and Magic of the Picts* (1993), Raymond Buckland lists several basic herbs and their use by the Picts.

LEAVES

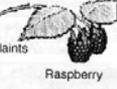
- Ash - for rheumatoid arthritis
- Blackberry - diarrhoea
- Blackcurrant - catarrh; sore throat
- Camomile - dizziness
- Dandelion - laxative; tonic
- Golden Rod - vomiting
- Ground Ivy - ulcers
- Horehound - coughs; beer-making
- Lobelia - bronchial complaints; croup
- Nettles - blood pressure; rashes
- Peppermint - flatulence
- Plantain - piles
- Raspberry - gargle for throat
- Rosemary - hair stimulant
- Sage (wood sage) - kidneys; liver
- Scabious - internal inflammation
- Sorrel - cooling; fever drink
- Southernwood - female disorders
- Sweet Chestnut - asthma; chest complaints
- Thyme - antiseptic
- Violet - poultices
- Wormwood - digestion; worms
- Yarrow - colds; fevers



Dandelion



Peppermint



Raspberry

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FLOWERS

- Camomile - hysteria
- Elder (*Sambucus nigra*) - urinary problems
- Red Clover - coughs
- Hop - stomach complaints
- Marigold - promotes perspiration
- Safflower - fevers; female complaints



Red clover

ROOTS

- Burdock (*arctium lappa*) - blood purifier
- Dandelion - rheumatics; liver complaints
- Lily of the Valley - valvular disease of the heart
- Mate Fern - worms
- Marshmallow - dysentery
- Red Dock - blood purifier
- Rhubarb - aperient (gentle laxative)
- Solomon's Seal - pulmonary troubles



Lily of the Valley

BARKS

- Alder (*Prinos verticillatus*) - aperient
- Ash - laxative
- Oak - antiseptic and tonic
- Birch - eczema
- Cherry - lung diseases
- Willow (*Salix alba*) - rheumatic fever

Buckland says: "A good basic way of using the above is to infuse one ounce of the herb, root or bark in one pint of water and then to take one wineglassful each morning and night. (1 wineglass = 1/16 pint). (185) He recommends using copper, earthenware, or glass containers."



Cross-stitch border by Teri Paul, Franice Davis, and Barbara Kline

From the June 2002 issue of The Vigilance

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COLORING PAGE



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BING BERRY

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| KING | HEAD | FRON | MEAT |
| HENRY | AND | TOWN | GREY |
| LET | FULL | CHASED | YOWLING |
| NEVER | CHARITY | DEER | GRISLEY |
| MAN | THESE | DOE | SHOET |
| WOODING | WAS | DEH | TEETH |
| WEND | SEEN | FATTEST | VEATHER |
| THE | LIKEWISE | BUCK | STAKES |
| LACKETH | ALONE | SLAIN | DOES |
| THINGES | TAKEN | HUNTMEN | CLAB |
| THREE | HAUNTED | BURLY | MELL |
| STONE | HALL | CHEER | FIND |
| GOLD | SEVEN | EARTH | SHELL |
| OAKEN | MILES | QUAKE | KILL |
| | | | HORSE |

From the March 2002 issue of The Vigilance

FYI Healthwise -- Licorice
by Rebecca of Heronter

Far too many of us have fallen victim this season to one or more ailments. Herbals remedies do work. One seldom used plant is licorice. (And I'm not referring to the red and black candies that grace most candy counters)

Before the days of colonialism and the sugar cane plantations, sugar as we know it didn't exist. To sweeten, the populace had to rely on fruit, honey or licorice sticks. Licorice contains glycorisin, a substance categorized as 50 times sweeter than sugar. It comes from the root of the plant that is a member of the bean family.

As I have stated before, people were often drawn to plants because of the plant's unique properties.

One would think that licorice would indeed be used as a treat... but its medicinal benefits far outshine its sickeningly sweet taste. Some countries firmly believe that licorice can bring on health, but if you are trying to lose or maintain your weight, licorice is not the plant for you.

Oribasius and Marcellus, mentioned the plant in 4th century A.D.. Paul of Aegina describes its affects in 600's. By the 1400's the Italians were famous for their superior licorice. Mattioli noted that pastilles flavored with its juices were brought every year from Apulia. Some historians believe licorice was stored in King Tut's tomb.

The Arabs firmly believed licorice could cure whatever ails you. They document using licorice for fever, respiratory ailments and gastritis. A healthy Arab frozen treat -- frozen licorice sherbet: Combine licorice, raisins and carob pulp. Freeze and enjoy.

The Chinese believe the body needs a balance. The Chinese often state that licorice boosts the body and that long term usage leads to clear eyes and vibrancy. They use herbs to bring the body back onto balance and licorice is believed to be a balancer of herbs. It is termed a corrective. They have proven it heals ulcers by absorbing the acid, restoring the PH

balance in the intestines, and helping to relax the stomach and intestines. Best taken at the beginning of an episode.

In many cultures licorice has been noted as a cancer fighter, fighting off degenerative conditions. Licorice has been shown to inhibit the growth of sarcoma 45 and Ehrlich ascites cells. It is also used as an anti-inflammatory. Asia has been using the plant to fight allergies for centuries.

Marcus Floridus, a 9th century herbalist, stated there is no better plant than licorice for the lungs. There is an ingredient in licorice that is similar to codiene for coughs. Singers were noted as chewing the root to protect their throats. Recent research has proven the plant contains anti bacterial properties. The trick to chewing licorice is to chew it until all the sweetness is gone and then spit the pulp out.

You can purchase the plant through mail order catalogs. The licorice plant is about the size of an Azalea with a root structure that can grow up to 16 feet. Taking care to prepare a suitable bed to easily harvest the roots will enable you to replant the plant so that it can continue to grow without much difficulty. You should dig the roots in late autumn or early winter, leaving enough root behind to spread in the spring. Dry licorice in the shade.

Precautions:

Licorice should not be taken if one is pregnant and it may raise blood pressure in people who suffer from hypertension. High doses and long term low dosage should be avoided. Do not use as a daily laxative. Such misuse could result in excessive potassium loss.

If drinking tea, 1 cup per day. Tincture - 1/8 teaspoon or 1/2 dropper full
Chewing on licorice sticks is sickeningly sweet. Chew or suck on a piece until sweetness is gone, then discard the pulp.

Please remember how sweet licorice is, so although you can chew as much of it as you like, your waistline may complain. Licorice tea is a great tool when you feel the beginnings of a cold coming on. Licorice is user friendly to diabetics.

Enjoy in good health.
Rebekah

CORONATION PHOTOS



MAYNARD COMES FORTH



HERALD'S POINT



THE KITCHEN CREW, HARD AT WORK



THERE WAS FENCING ...



AND FIGHTING ...



THE MUSICIANS PLAY WHILE TRM ARE SITTING IN STATE



IAN IS BROUGHT FORTH FROM THE KITCHEN, "LIGHTLY TENDERIZED"



Pelicaned!



ANTONIO'S WRIT IS ANNOUNCED TO THE CROWD!



LADY RENN TAKES A BREAK FROM HER TAPESTRY



THE 'LIGHTLY TENDERIZED' IAN IS NOW A MEMBER OF THE ORDER OF THE GAGE. LORD BJORN STANDS GUARD.



LET THERE BE FEASTING!!!



A QUIET MOMENT



LORD LOTHINN TEACHES THE CHILDREN MANCALA



Crown Spring Tourney Shire of Gryffyn's Keep May 4, 2013

Spring has sprung and the grass has grown,
And Aethelmarc needs new heirs for the throne.
The Shire of Gryffyn's Keep proudly will say
To come and join us for this one fine day
Let the populace travel from near and far,
To find out whom the new heirs are.
Cheer and watch while the Royalty presides
Over valiant fighters with consorts by their sides.
As they bravely battle for Honor and Glory,
The victors will leave with many a story
Of the battles at Pleasant Unity Social Hall
How the combatants persevered and answered the call.
The warriors all will fight long and fight hard.
The tales of their Chivalry may be sung by a Bard.
Come and partake of food, fighting and drink
The A&S competition will be enjoyable we think.
So come one and all and be ready to cheer
The best of Sylvan Aethelmarc will be here.

Please come and join us on May 4th, 2013 for this year's Aethelmarc Spring Crown Tourney at the Pleasant Unity Volunteer Fire Department. Doors will open at 10:00 am and anyone found still wandering on site after 7:00 pm will be put to work. Please know that this is a dry site and the only animals allowed will be service animals.

Location: Pleasant Unity Volunteer Fire Department, 135 John George Street, Pleasant Unity, PA 15676

Cost for the day, including the day-board will be: Gentles 18 and older: \$10.00, Teens aged 13 to 17: \$9.00, Children aged 6 to 12: \$5.00, Babes aged 5 and younger: \$0. There is a Family Cap of

a class or schedule a meeting, please contact the Class Coordinator Countess Aidan ni Leir at Helenpinto@comcast.com . All merchants must register with the Merchant Liaison Alessandra d'Avignon at kardasl@pitt.edu. (As per Cooper's Insurance, all merchants must have insurance to participate at the event.) No animals please, assist animals must contact the Autocrat prior to arrival. Information concerning Marshal Activities will be scheduled and coordinated through our Field Marshal whose contact info will be available via the event web site (<http://warpractice.steltonwald.org>). The Autocrat for this event is Lord Bovi Farmaor (Dave Black) 417 McKinley Rd, Darlington, PA 16117 (david-black42@yahoo.com) , 724-312-9364. There is no pre-reservation for this event. Waivers and more information will be available at the website <http://warpractice.steltonwald.org>.

Fees for the event are Adults: 3 nights \$26.00, 2 nights \$20.00, 1 night \$14.00, Day fee \$13.00; Children 6-17: 3 nights \$9.00, 2 nights \$7.00, 1 night \$5.00, Day Fee \$4.00: Children 5 and under are free. There is a \$5.00 nonmember surcharge. Make checks payable to: SCA, Inc. – Steltonwald. All RVs will be required to camp on the Serengetti.

Directions:

From the North: **Take I 79 South to exit 99, New Castle/Butler. Make a left at the end of the ramp onto 422 West towards New Castle. Travel about ¼ mile and turn right onto Currie Road (between the signs for 422 Auto Auction / McClymonds Transport) Follow Currie Rd for one mile.

From the East or West via Interstate 80: Take your best route to I 79 South and follow from **above.

From the West: Take your best route to 422East. When you go under the route 19 under pass you are getting very close. Make the left unto Currie Rd. (between the signs for 422 Auto Sales/McClymonds Transport). Follow Currie Rd. for one mile.

From the East: Take your best route to 422 west. When you pass the Moraine State Park South Shore exit you are getting very close.

the crowd!

It is a day of grand Art. We will again be hosting the Artisans' Tents and we invite one and all to come and share their skills. Work on projects, demonstrate your skills, display your art and visit with fellow artisans.

It is a day of grand Entertainment. Musicians, Gamers, Dancers, Singers, Thespians, Jesters, Drummers, Jugglers and more are invited to share their talents. We encourage all who enjoy performing to come and celebrate the day!

It is a day of Knowledge. Please come and display your collections, books, games or those items of which you are most proud. You will have the chance to talk about what you love most about the Middle Ages and share your knowledge with others.

It is a day to show who we are. We ask that you bring your good spirit, pageantry and good will. There is room for banners, so please show your personal and group devices proudly. This is a day to display all that is good in the SCA to the general public. It is a chance to share our hobby and invite new people to try our activities. The Brass Ring Thing is an opportunity to share the joy of our events with those that know little about us.

The site is once again open to the public from 11 am to 6 pm. Gentles are welcome to set up Friday evening after 6 pm and Saturday morning after 8 am. There is no sideboard or feast, but the concession stand will have basic picnic-style food available for sale.

Location: Herschell Carrousel Museum, 180 Thompson Street, North Tonawanda, NY 14120. This year's Autocrat is Lady Cordelia Colton (aka Colleen Martino 40 Sandy Lane Cheektowaga NY 14227 colleen_c17@yahoo.com)

This event is free to SCA members in garb. There is no Non-member surcharge. Direction: Take the I-90 E/New York State Thruway E (Portions toll). (From Rochester, take the 90 West

Upcoming Calendar – includes non-SCA events of interest

MAY

- 1 – SCA New Year
- 4 – Star Wars Day (May the fourth be with you!)
- 4 – Spring Crown Shire of Gryffyn's Keep
<http://aethelmearc.org/eventinfo.php?event=848>
- 5 – Cinco de Mayo
- 5 – THL Laurette de Montasalvy's birthday
- 12 – Mother's Day
- 16 - 19 War Practice @ Canton of Steltonwald
<http://aethelmearc.org/eventinfo.php?event=792>
- 18 – Duchess Dorinda Courtenay's birthday
- 27 – Memorial Day
- 29 – Frewsburg Demo

JUNE

- 1 – Brass Ring Thing @ Canton of Beau Fleuve
<http://aethelmearc.org/eventinfo.php?event=836>
- 8 – Rhydderich Hael Champs
<http://aethelmearc.org/eventinfo.php?event=856>
- 14 – Flag Day
- 16 – Father's Day
- 17 – Lothin Vikarrson's birthday
- 6/20 - 7/14 Hamlet @ Shakespeare in Delaware Park
- 21 – Summer Soltice
- 22 – Equestrian Champs @ Stormsport
<http://aethelmearc.org/eventinfo.php?event=855>
- 27 – Helena Lyncoln of Norfolk's birthday
- 29 – AECademy @ ACG
<http://aethelmearc.org/eventinfo.php?event=843>
- 29 – Heronter's First regional fight practice @ Greystone
<http://www.greystonenaturepreserve.com>

The Vigilance: A Publication of Heronter
c/o Dagonell the Juggler mka David P. Salley
5294 Webster Road, Fredonia NY 14063