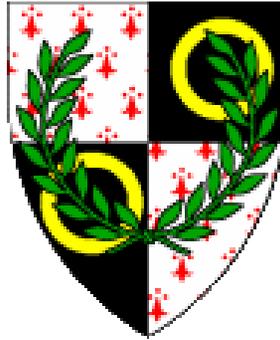


FIST HOME FLYER

*Newsletter of the
Barony of Naevehjem
Sept / Oct AS XLVII (2013)
www.naevehjem.org*





Barony of Naevehjem

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Chatelaine:	Mistress Katherine of Anglesey Katherine Baldwin	chatelaine@naevhjem.org
Constable:	Vacant	
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Canton of Cragdon-on-the-Water (Inactive)

Contact Their Excellencies Baron Rudolf or Baroness Amicia, (Randy or Beth Porter) at:

baron@naevhjem.org or baroness@naevhjem.org (760)764-2038

Greetings Unto the Gentle People of Naevehjem!

Summer is waning as the days grow shorter and the nights a bit cooler. The end of summer also heralds the arrival of the heirs to the throne of Caid. Crown Tourney was a glorious day wrapped in the splendor that is Caid. We celebrate the victor, Count Conrad Breakring and his lady A'isha bint Shamir. Long may they reign. Their coronation will be held in the Barony of Dun Or on Saturday November 2; followed by Queen's Champion Tourney on Sunday.

We encourage all of the artisans of the Barony to contribute items to the gift baskets we present at other Baronial Anniversaries and at Coronation. Items for use as largess by their majesties are especially welcome. Please remember that as wonderful as it may be to present the bounty of our Brewers Guild, SCA rules do not allow for the giving of alcoholic beverages at any event. Privately, well, that's another matter..... Vinegar, tho' fermented, does not fall into this category!

We are still asking for volunteers for a team to operate the Dragon at Anniversary in November. Scheduling practices will begin in September after Highland War and will be held at Baldwin's Keep. We

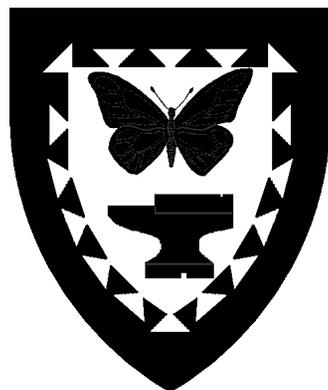
will also take care of any repairs at the same time. Announcements will be posted on the Naevehjem Yahoo Group and Facebook page.

By the time you receive this issue of the Fist Highland War will be over and we will be preparing to attend many of the upcoming events; Angels Anniversary, September 14; Great Western War, October 9-14; Dreiberger Anniversary, October 26; followed by Coronation and of course, our own Frost Dragon Anniversary. We hope to see as many of you as possible at these glorious celebrations!

Speaking of Frost Dragon.....don't forget to donate items to the Baronial fund raiser raffle!

Yours in service,

RUDOLF AND AMICIA



There were three men came out of the West their fortunes for to try,
And these three men made a solemn vow "John Barleycorn must die."

They've plowed, they've sown, they've harrowed him in,
threw clods upon his head,
And these three men made a solemn vow "John Barleycorn was dead."

They've let him lie for a very long time, 'til the rains from heaven did fall.
And little Sir John sprang up his head and so amazed them all.

They let him stand 'til Mid-Summer's Day 'til he looked both pale & wan;
And little Sir John's grown a long, long beard and so become a man.

They've hired men with the scythes so sharp to cut him off at the knee;
They've rolled him and tied him by the waist
serving him most barbarously.

They've hired men with the sharp pitchforks
who pricked him to the heart.
And the loader he has served him worse than that,
for he's bound him to the cart.

They've wheeled him around and around the field
'til they came unto a barn.
And there they made a solemn oath, On poor John Barleycorn.

They've hired men with the crab-tree sticks to cut him skin from bone.
And the miller he has served him worse than that,
for he's ground him between two stones.

And little Sir John in the nut-brown bowl, and he's brandy in the glass,
And little Sir John in the nut-brown bowl
proved the strongest man at last.

The huntsman he can't hunt the fox nor so loudly to blow his horn.
And the tinker he can't mend kettles nor pots
without a little Barleycorn.

Frost Dragon Tourney

Saturday, November 9th

Warriors! One and all! Brave souls of Caid! The Frost Dragon has again threatened our lands and will descend upon us at the Anniversary for the Barony of Naevehjem! Come help us to once more vanquish him to hell's cold gate from whence he came!

The day's fighting events will take place on the green across from the Ridgecrest Senior Center, 125 S. Warner Street, Ridgecrest. This is a dry site. There will be prize tourneys for heavy weapons and rapier, probably unarmoured combat, and of course, a special prize for the brave soul who slays the intrepid Frost Dragon.

Schedule:

8:00 a.m. Site Opens
9:00 a.m. Lists Open (Lists will close 15 min. after Opening Court)
10:00 a.m. Opening Court
4:00 p.m. Closing Court
5:30 p.m. Site Closes
5:30 p.m. Feast Hall Opens (maps will be provided)
6:30 p.m. Feast Commences
9:00 p.m. Feast Hall Closes

Site fees: \$7.00 for SCA members over 12 years of age; non-members over 12 years of age will be \$12.00; 12 and under are free guests of the Barony. Make checks payable to: SCA Inc./Barony of Naevehjem.

The Arts & Sciences theme is 'Hearth and Home'. Entries could be homey foods, décor... We'll have a theme poetry contest for the younger set, and other artistic activities. Questions? A&S coordinator: Edain McCarthaigh, celtic_lady373@yahoo.com, 760-977-6665.

Fundraising auction: please bring cool period items, yardage, artwork, handmade things, etc. We will draw tickets, and the ticket holder can choose any item from the display...until everything is gone. There will be a separate drawing for a handmade afghan that has been donated.

We still need dragon animators. Please think about this adventure.

Autocrat: Kaires Tevesu, frostdragon@naevehjem.org, 760-384-8532

Frost Dragon Feast

After the event, come and enjoy a sumptuous feast prepared once again by THLs Liam and Magnus, taking on a tour with Moorish and Spanish delicacies. The feast will be held at the Knights of Columbus Hall, 725 W Ridgecrest Blvd, Ridgecrest. Bring out your best dessert recipe! A Dessert Contest will also be part of the evening festivities with prize's awarded for most period entry, and Baron's Favorite. The title of Confectioner to the Baron of Naevehjem will be awarded to the Baron's choice of desserts. Bards of all types, singers, dancers, musicians...are invited to perform at the feast. Please contact the Feastocrat to volunteer. Feast fee shall be \$17.00 and advance reservations for the feast are highly encouraged as space is limited. Please make reservation with Feastocrat:

Baroness Belinda, frostdragon@naevehjem.org.

Archery Championship Tourney Sunday, November 10th

If we succeed in vanquishing the Frost Dragon, there will still be happy populace and visitors in Naevehjem, so the Archers of Naevehjem will host a shoot for the Baronial Archery Championship, plus other fun, at Baldwin Keep, 3750 W. Drummond Dr., Ridgecrest. (maps will be available at the Frost Dragon tourney & feast). There will be assorted novelty shoots, including some new ones, and Thrown weapons activities, as well as the Baronial Championship. There is no site fee, but donations will be gladly accepted. Crossbows are welcome and will have their own category.

Schedule:

9:00 a.m. Site Opens/Setup

9:30 a.m. Warm-up Rounds

10:00 a.m. Archery Tournament Begins

4:00 p.m. Site Closes

Any who wish may crash at Baldwin's Floor and Breakfast. Contact Autocrat: Mistress Katherine, misskofa@wildblue.net, 760-377-4533.

Baronial Calendar

- 11 SEP** **Baronial Dinner Meeting**
5:30pm @ Casey's (meeting at 6:30pm)
- 13 SEP** **Friday Night Dinner Group**
5:30pm @ Tokyo House
- 20 SEP** **Friday Night Dinner Group**
5:30pm @ Taqueria
- 27 SEP** **Friday Night Dinner Group**
5:30pm @ Red Bowl
- 04 OCT** **Friday Night Dinner Group**
5:30pm @ La Fiesta
- 09 OCT** **Baronial Dinner Meeting**
5:30pm @ Casey's (meeting at 6:30pm)
- 11 OCT** **Friday Night Dinner Group**
5:30pm @ China Garden
- 18 OCT** **Friday Night Dinner Group**
5:30pm @ Farris' Italian Garden
- 25 OCT** **Friday Night Dinner Group**
5:30pm @ Kristy's
- 09 NOV** **Frost Dragon Tournament and Feast**
8:00am @ Freedom Park

Monday Night Fighter Practice
6—8 pm
Knights of Columbus

Wednesday Night Scriptorium
7—9 pm
Baldwin's Keep

Sunday Archery & Thrown Weapons
4—6 pm
Baldwin's Keep

Kingdom Calendar

- 14 SEP** **Angels Anniversary**
Kuns Park, La Verne, CA
- 21 SEP** **Tanwayour Anniversary**
Sweetwater Summit Park
Bonita, CA
- 28 SEP** **Caid Rapier Open**
Stow Grove County Park
Goleta, CA
- 8 OCT -** **Great Western War XVI**
14 OCT Buena Vista Aquatic Recreational
Taft, CA
- 19 OCT** **Nordwache Pirate Tourney**
Logan Park, Fresno, CA
- 26 OCT** **Dreiburgen Anniversary**
Rancho Jurupa Park
Jurupa Valley, CA
- 2 NOV** **Fall Coronation**
Knights of Columbus Hall
Palmdale, CA

Lord Liam, the Chef of our last Frost Dragon Anniversary Feast, was kind enough to share some recipes for the delicious meal that was served. Enjoy!

Korozott Juhturabol

[Feta Cheese Blended With Spices & Paprika]

Imperial Mongolian Cooking

By Marc Cramer

- 1-1/2 lbs. Feta Cheese
- 1/2 lbs. Butter
- 3/4 lbs. Ricotta
- 1-1/2 tsp. Ground Caraway Seeds
- 1 tsp. Dry Mustard
- 1 tbs. Paprika
- 1/4 tsp. Salt
- 1/2 tsp. Black Pepper
- 1/4 cup Brandy
- 3/4 cups Dark Beer

In a large mixing bowl, blend the feta, butter, and ricotta into a smooth paste. When the mixture is creamy, add the caraway seeds, mustard, paprika, salt, and pepper and blend thoroughly. Drizzle in the brandy followed by the beer. Stir until the mixture is blended nicely. Chill for 2 hours, enabling the beer to lightly ferment the mixture and the texture to become firmer.

Makes 6 cups.

Missow Sekhi Dolma [Melon Stuffed With Spicy Beef]

Throughout Central Asia and Asia Minor, a variety of fruits and vegetables are served stuffed ranging from vine leaves in Greece to zucchini in Turkey and melons and Uzbekistan and Armenia. This version uses cantaloupe and a stuffing of beef, dried fruits, nuts and spices. Brought back by Great Uncle Ilya an Uzbek official who swore that while the Armenians claimed to have created the dish, it was originally developed in Samarkand in the Thirteenth Century. While difficult to prove, this may be true as medieval Uzbekistan was famous for its melons, which were packed in ice and exported in lead boxes.

- 1 large cantaloupe, not over ripe
- 2 Tbsp butter
- 1/2 lb. lean ground beef
- 1 medium onion, finely chopped
- 1/2 c long grain white rice
- 1/4 c coarsely chopped walnuts
- 1/4 c dried currants
- 1/2 tsp finely ground cinnamon
- 1 c beef broth
- salt & pepper to taste

Serves 4

Preheat the oven to 350 degrees. Lightly brush a baking pan with vegetable oil. Slice off the top of the cantaloupe (about 1" should do), and set aside for later use. Remove the seeds and pulp from the interior of the melon. Scoop out 1 c of melon flesh and chop coarsely. Melt butter in heavy sauce pan stir in beef and onions, sauteing over medium heat until browned. Add rice, walnuts, currants, cinnamon, salt, pepper and beef broth. Cover and cook until the liquid in the pan is absorbed and tender, about 20 minutes. Remove from heat. Allow to cool. When the meat mixture cools to room temperature stuff the melon and cover with the top of the melon holding it in place with toothpicks. Place the cantaloupe in the center of the pan and bake for 1 hour or until tender.

Serve with plenty of warm flat bread such as naan.

Greybond's Musings....

First let me apologize for the lateness of this issue. I spent the last weeks of August driving through the kingdoms of Caid, the West, the Outlands, and Artemisia. And this made me realize, living in a desert has made me jaded to the term “drought” — it’s just another day in Naevehjem for us. But as I drove past miles and miles of farmlands, the rows of corn that should have been taller than I am instead were barely knee high. This made me a little sad and got me thinking about corn. Again. This summer, corn keeps popping up, if you’ll forgive the pun, as my studies wandered from subject to subject. In addition to eating it, corn is used as a building material, and as a biofuel. Corn silk is used as a herbal supplement. Cornstarch is made into glue, but it also used to make plastics and even fabric. Exciting stuff, corn! This fits in well with the medieval mindset of ‘use everything; waste nothing’. So I thought I should probably learn more about how our ancestors used it.

First, I had to stop thinking of it as corn. It’s maize to most of the world, and probably was to people of the middle-ages as well, since to them, “corn” was a catch-all term for any cereal grain. Second, my schoolboy days ingrained me with the notion that corn was a New World plant brought back to Europe by the hero Columbus.

Some quick digging around turned up evidence to the contrary. Carbonized food grains in potsherds in India. Radiocarbon dated maize pollen in Asia. There’s some who believe that diaries of Leonardo daVinci indicate maize was a staple food in Italy during his day. The first recorded instance of maize-came-from-America is in the herbal of Matthiolus (1570, p. 305), and even that is a second-hand report.

So I still haven’t found much on the use of corn outside of foodstuff by medieval Europeans, I went too far down the rabbit hole of whether or not maize existed in Europe prior to Columbus’ voyages. Another “fact” that I KNEW about the Middle Ages called into question. I’ve not yet come to a conclusion one way or the other, but I am convinced of one thing.

Columbus had the best marketing department, ever.

- Greybond

NOTICE

the next fisthome flyer will be published:

NOVEMBER OF 2013.

submissions for the next issue will be due:

OCTOBER 21ST, 2013

so please, send your photos, pictures, letters,
stories, articles, clippings, research, anecdotes,
notes, jokes, recipes, diagrams, scribbles, doodles,
or late-night ravings to:

chronicler@naevehjem.org

GUILD MEETINGS and USEFUL POINTS OF CONTACT

(in addition to Regnum listings)

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zulktm@ridgenet.net

THL Llewellyn Flinthaven (Larry Zulkoski) 760-375-4429

flinthaven@yahoo.com

THL Gregory Morgan (Greg McAllister) 760-382-4174

g_morgan_8of7@yahoo.com

Newcomers Information

Mistress Katherine of Anglesey (Katherine Baldwin) 760-377-4533
misskofa@wildblue.net

Calligraphy/Scriptorium :

7-9pm every Wednesday

English Country & Middle Eastern Dance:

by arrangement

Cooking Guild:

by arrangement

Archery and Thrown Weapons:

4-6pm every Sunday

Hounds of Caid:

by arrangement

For more information on these events, contact:

Mistress Katherine of Anglesey (Katherine Baldwin) 760-377-4533
Baldwin's Keep misskofa@wildblue.net
3750 W Drummond Ave, Ridgecrest, CA

GENERAL INFORMATION

This is the Spetember / October 2013 joint issue of the Fist Home Flyer, a publication of the Barony of Naevehjem of the Society for Creative Anachronism, Inc. (SCA, Inc.) It is not a corporate publication of the SCA, Inc. and does not delineate of the SCA, Inc. policies.

Submissions for publication: Submit to the Chronicler via Email: chronicler@naevhjerm.org

The deadline for submissions is the twenty-first of the month before desired publication.

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- c. The editor of this newsletter must be informed in writing which article has been used, and in which publication the material is being published.

Lord Greylohd Winter
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