

THE FORGE

FALL 2016



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Greeting!

As the editor of the Forge I would like to invite anyone who is interested to please submit to me any stories, pictures, artwork, and articles that you would like to have published in the Shire of Smythkepe's "Forge".

THL Aveline Frazer

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Chronicler

From the Seneschal,

Greetings unto the populace,

I hope you are all resting on your laurels for a successful event. MSKD was a great event. Everyone I spoke to was having a good time, the feast was to die for, and this time I got to take two classes. I rarely get to do classes so I considered myself most fortunate.

Im very happy to see so many participating in Shire business through the Shire Work Group on Facebook. If used correctly this can be a tool to bind us together and keep us all on the same page.

Keep in mind the Kosplosion Demo, please participate, invite everyone you know, both SCA family and mundane. We want lots of help to have an awesome display and we want lots of people to come see what we are about.

Keep in mind things for the future. We really need to do more demos, Christmas train is coming up, and the Shire Christmas Party too. Anyone want to plan and coordinate the party.....that would just be awesome.

Keep up the good work, love you all.

In Service

THLAesa Gaethfogmar

There's Always A First Time

One year, 2014 to be exact, I lost my mind. I agreed to Feastocrat an event. I have been in the SCA for many years; I have always managed to avoid that particular detail. At this point it would be fair to point out that.....I don't cook, I don't like to cook, and when forced to cook I don't cook well. My children can tell you horror stories. Truthfully, I feared a disaster on the horizon.

The theme of our event that year was "Where the Wild Things Are". In keeping with our event I wanted to plan a menu that would reflect the theme. This was my menu; first remove Onion soup with bread, cheese, and herbal butters. Second remove, Venison with creamed peppercorn potatoes. Third remove, Rabbit with glazed carrot medallions. Fourth remove, Pork with Butternut squash.

Many times during events I present myself to the kitchen and offer my help. I have to tell you some of my most wonderful memories are of time spent in the kitchen, helping with the cooking, or on clean up. It gives you a chance to get to know someone new. It was the start of great friendships. At our events, and those I have attended elsewhere. I have been in kitchens where a team slaved the whole day long, tension high and tempers short, and chaos seemed to reign. I have also been in kitchens where much laughter was heard and camaraderie was the order of the day. I can tell you I much preferred the later. This was the atmosphere I wanted to cultivate in my kitchen.

Years ago when we were a struggling little incipient shire, prior to an event the populace would get together and we would do all sorts of precooking. We cut veggies, we rolled out pastry, and we made fillings. We tried to do everything possible ahead of time. This was something I wanted to do with my feast. All of the bread was done by Master Cinaed and THL Rene Reynold. THL Rene was my co-feastocrat. Since I really did not do the bread I'm not really sure how that was done. However it seems if, I recollect correctly, that all the dough was made before hand and frozen. She can correct me if I am wrong. I'm thinking it was put in

pans to thaw and rise that Friday night. The next day the entire hall had the wonderful smell of freshly baking bread circulating. The butters were mixed at home ahead of time and frozen. The onions for the onion soup were all sliced and put in a bag, and frozen. It was short work to heat the broth to boiling, and drop the onions in. The wine was added toward the end of cooking. The venison was put into pans on Friday night and shoved into a low oven, and left over night to cook. The other ingredients were added the next day. This was easily the tenderest venison I have ever cooked. The potatoes were done on site that day because well, potatoes just aren't the same overnight. The chemical composition changes. All of the rabbits were precooked. My problem with rabbit is that it is dry. I wanted it to be moist and flavorful. I pressure cooked those rabbits, and I used apple juice instead of water. I'm just saying that I will always cook rabbit this way from now on. The carrots were sliced and precooked partially then frozen. The other ingredients were added and cooked on feast day. All of the pork was precooked and frozen, ingredients for the sauce added when pork was heated on event day. The butternut squash was done onsite.

So as you can see, much of my feast came to the event precooked or partially precooked. My kitchen was quiet, except for our laughter and our joking around. The cooking was done by me, THL Rene Reynold, and her daughter. We had time to walk around, visit with other people, and enjoy our event. People who came to our kitchen were encouraged to visit, and they remarked on the relaxed and laid back feeling. We cleaned as we worked so after feast was no big mess.

I hope maybe you learned a little from my experience. Truthfully I may offer to Feastocrat again sometime. It was not an unpleasant experience, actually it went quite well. Next time I will post the recipes.

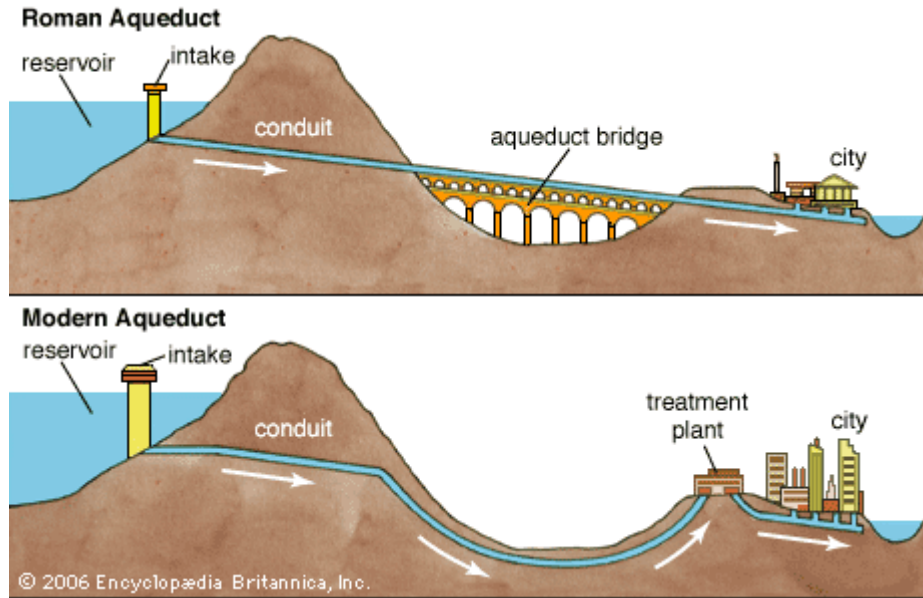
THLAesa Gaethfogmar

The Roman Aqueducts



The amazing and advanced Roman waterways system known as the aqueducts, are considered one of the greatest achievements of the ancient world. With them the Roman Empire had running water, indoor plumbing and a sewer system. All these items helped Romans have a more hygienic and disease ridden system of all their ancient counterparts. It took until modern times for people to come up with a system as good as what they had in many ways. It is a testament to Roman engineering. Some of the aqueduct system is still used today.

The aqueducts were made from volcanic cement called Pozzuolana and also from stone and bricks. As in diagram below you can see that most of the water system was actually underground. There were 260 miles of aqueduct and only 30 miles was actually visible above ground.



The entire system required gravity to make it flow. When the water reached Rome it went into cisterns called Castella. This enormous system was watched over by a Curator Aquarium who had slave, laborers and legions at his disposal to build and maintain this system. Eleven separate aqueducts beginning in 312BC were built over 500 years. At the time of 1,000,000 inhabitants, the water system was capable of delivering 1 cubic meter of water to each person, more than is commonly available today.

Info from: <http://www.unrv.com/culture/roman-aqueducts.php>

Photos: www.britannica.com,
<http://www.crystalinks.com/romeaqueducts.html>

Compiled and rewritten by THL Aveline Frazer

Herbal Hair Rinse and Shampoo

Rosemary lessens the sharpness of gray hair. I got a soap base at hobby lobby, but the recipe calls for Castile soap. Vinegar is ancient and began use in the eastern continent. All other products existed back in Renaissance time.

Here is a recipe for Rosemary, Sage and Cinnamon shampoo and Rosemary Vinegar hair rinse.

For the shampoo I just mixed in the bath/shower gel in with three teaspoons of baking soda 1 teaspoon of cinnamon. 1 teaspoon of sage and 1 teaspoon of rosemary with 6 oz of water. When I do it with Castile soap it will be with 1-1/2 cups.

Rosemary Vinegar Hair Rinse

For the hair rinse I used two teaspoons of Rosemary tea. I boiled 4 oz of water and then strained the two teaspoons of dried rosemary leaves. 1/4 cup of apple cider vinegar and 1/2 cup of beer or ale. I used apple ale. Then three oz of water.



Caerwynn Inghean Fearghal. MKA Charlotte Johns