



Fallen Leaves

The Glen Rathlin Newsletter
1st May to 31st July 2006,
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Court of Love. Mistress Agnes will be explaining how to make a quill and Spitroast has a nice easy period recipe for you to have a go at. I'm always interested in how these things turn out so if anybody feels brave enough to try them I'd love to know what results you get. Our shire should be in for a busy couple of months with several demos coming up over the summer and our Champions of Lough Devnaree III event in August.

Enjoy

Lady Helene the Artisan

Words From The Editor

Greetings all.

Despite the best efforts of the weather our Flaming Arrow II event turned out to be quite an enjoyable weekend with plenty of archery (target and combat) and some excellent food supplied by the talented Lord Nemet Arpad. For this, our Spring issue, Brother Gaudaful has provided us with an event report from Champions of the





Spitroast the Kitchen Boy

Good morrow, good gentle
...that Captain of the Guard had me
polishing all their armour again, my
poor arms don't half ache.

I've a lovely wee recipe here for
you, Honey Toast with Pine Nuts,
fit for a king it is!

I'll be generous though and only
charge you a few coins for it.

Honey Toast with Pine Nuts

8 oz (225 g) stiff honey
A pinch of ground ginger
A pinch of cinnamon
A pinch of black pepper
4 square slices of white bread 1/2
inch or 10mm thick, without crusts
1/2 oz (15 g) pine nut kernels

1. Put the honey, spices and pepper
into a small saucepan over a low
heat.

2. Melt the honey and simmer for
no more than 2 minutes. Do not let
the honey boil or darken. Let it cool
a little.

3. Toast the bread lightly on both
sides. Cut each slice into four small
squares or rectangles.

4. Place on a heated serving plate
and pour the honey over the toast.

5. Then stick the pine kernels
upright into each piece of toast.

6. Serve immediately while still
hot.

CAUTION: For those with nut
allergies replace the pine nuts with
dried fruit e.g. sultanas.

Got to go!! I was supposed to go
straight back to the kitchen after I
had finished in the guard house

*Permission to use this recipe was
kindly provided by Gillian Ellis of
the Selly Manor Museum. The
recipe was taken from a Tudor
recipe book.*

For further information go to:-
<http://www.bvt.org.uk/sellymanor/cook.html>



Mistress Agnes

Well my dears, what a busy week I've had. The castle had a big tourney so we've had squires and all kinds of interesting people dropping in.

One lovely young lad was busy making some quills. We got chatting and I mentioned that my youngest Cedric is forever breaking my quills on me. At this point he very kindly offered to show me how to make them so now I'm sharing my newfound knowledge with you.

Quills: Which Feathers?

- The first five flight feathers from the wing of any bird are appropriate to use for a pen.
- Molted feathers are white at the quill end and very soft. They harden as they get older. (Store them in a bundle and hang them to dry. Or to cure them faster they can be heated in a dutching box.)

- Right handed people need the left wing feathers, left handed people need the right wing feathers. (The feathers should move away from the body.)

Definitions of the Feathers:

- Pinion feather- The first feather on the leading edge of the wing. The barbs are very narrow on one side; the barrels are short but tough. (These are the best feathers for pens.)
- Seconds- the second and third feather on the wing. They can be identified because they have a slight bulge of barbs growing where the pinion feather was covering them.
- Thirds- The fourth and fifth feathers on the wing. They have longer barbs on the narrow side, longer barrels, and are also weaker.

Tools Needed:

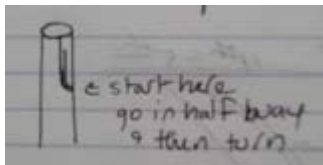
- Cutting board
- Pen knife with round sharp blade (Can use a sturdy exacto knife with a round blade.
- Tiny crochet hook
- Cup of water

Cutting the Quill:

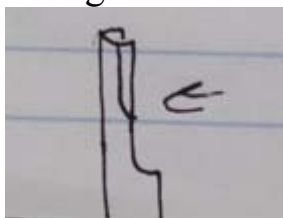
1. Cut off the top part of the feather so that you have a pen 9" long.
2. Remove long edge of barbs. Tear them off, but stop before you strip it too close to the barrel.

Carefully cut the barbs off that are near the barrel to prevent inadvertently weakening the barrel.

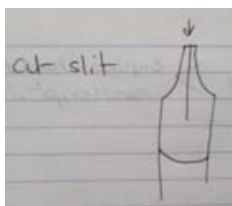
3. Use a knife to gently scrape the waxy surface off the barrel.
4. Cut the tip of the barrel off with scissors.
5. Fish out any material that's in the barrel with the crochet hook.
6. Soak barrel end of the quill in water to soften it.
7. Take out a 1" section of the barrel, making the cut curve at the bottom. Start 1" from the tip, cut into the quill half way, curve upwards and cut straight out to the end.



8. Halfway down the 1" slit, do the same thing again taking out another section.



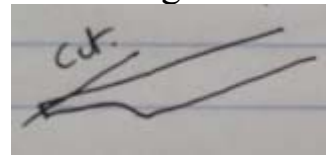
9. Put the front of the quill on a cutting board and cut slit in the center of the nib.



10. Cut the top of the nib off to form a squared surface.



11. Put the pen back down angled towards the cutting board. Take a bit off the tip at an angle to sharpen it.



Tips:

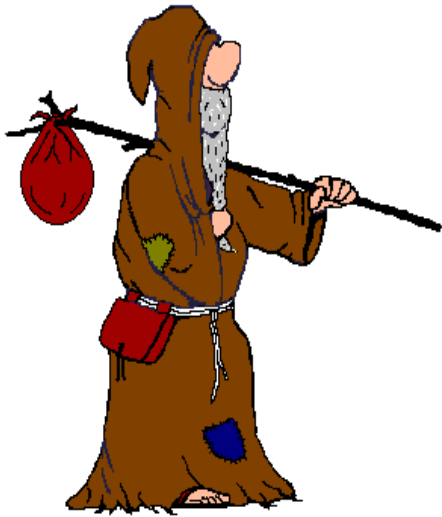
- As they dry out, the nibs will splay. Put it in water and they will straighten out and go together.

Take care my lovelies. Remember to drop in for a couple of drinks anytime you like.

Permission to use this article was kindly provided by Rhiannon Redwulf. The instructions were taken from a lecture by Patricia Lovett. She has also very helpfully recommended as a beginner book, her little paperback, Tools and Materials for Calligraphy, Illumination and Miniature Painting.

For more information go to:-

http://www.redwulf.info/quill_instructions.htm



Brother Gaudaful

The Winter Travels

I wintered over at Ardnally, culminating in Glen Rathlin's merry birthday bash where the talented Sean taught a class in wax sculpting while Sofia produced succulent chicken, cheese and breads from the kitchens. Quite a crowd attended with Sofia's Darts challenge being ran with even Njall the Mercenary taking part!!

Setting off again through January's sludge and rain I eventually came upon a bright ray of Sunshine in the middle of February in the middle of the island, Eplaheimr. The festival known as Champions of the Court of Love was an expansive affair with archery against live targets (ok cardboard cut-outs of an archer and a knight), fencing and heavy as well as the Arts & science contest all inspired by love. All the tourneys were Rose tourneys with the loser giving a wooden carved rose to the winner's consort. Lord

Merlin again made a wondrous feast from the hunters' catch and the feasting went well into the night.

My final stop over this quarter was at Dun in Mara for Fes Tain, held over the feast of St. Patrick. I did my best to stop the feuding families but the drink they called a 'Mickey Finn' seemed to affect me quite adversely and I woke up the next morning sorely in need of doghair.

There were no fatalities reported although I believe the O'Bastards, O'Cernacs and O'Cormacs are still itching with unresolved aggressions so expect more later in the year on this one.

I have returned to Glen Rathlin in time for the archery festival Flaming Arrow II and been invited to the creation of the next Viceroy and Vicereine of these islands at the end of April I hope I'll see you all there.

This article was kindly provided by Lord Robin Bowman of Dalriada

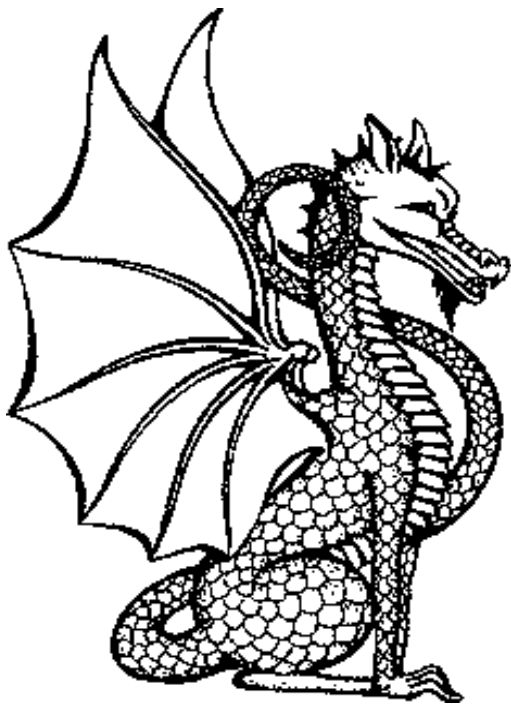
Announcements

Want to know more about what we do then come and see us at one our demos on the following dates

14th May National Trust (2-6pm)
Divis / Black Mountain, Belfast

25th June 2006 National Trust (2-6pm)
Crom Demense, Co. Fermanagh

15th July Portaferry Festival, Portaferry



Forthcoming Events

Details of all forthcoming events can be found in Dragon's Tale or by going to the Kingdom of Drachenwald – Calendar at

<http://www.drachenwald.sca.org/calendar/>

Forthcoming Practices

All the forthcoming practices will be held at Ardnalvalley Scout Centre

6th May 2006

3rd June 2006

2nd September 2006

7th October 2006

Directions:

Turn off M1 at Junction 2
(Stockman's Lane)

Follow Stockman's Lane to traffic lights and onto Balmoral Avenue (1.3 miles)

At traffic lights turn right onto Malone Road (0.4 miles)

Take first left at roundabout onto Milltown Road for one mile

Turn left slip road at lights (signposted Ardnalvalley Scout Centre)

Turn left at T junction onto Old Milltown Road (signposted) Follow road till end (0.1 miles) You have now arrived at the event site.

Officer List and Contacts

Seneschal
Sofia da Negroponte
Exchequer
Elaine of Glen Rathlin
Chronicler
Lady Helene the Artisan
Pursuivant (acting)
Lord Robin Bowman of Dalriada
Minister of Arts & Sciences
Currently vacant
Webwright
Lord Paul son of Brian
Captain of Archers (acting)
Lord Seán O'Mordha the Archer

All Officers can be contacted via the Ministers links on the Shire Web page:

<http://www.glenrathlin.org>

Shire mailing list:

scanorthernireland@yahoogroups.com

Contributions

I'd like to take this opportunity to thank all the contributors for all their help in putting together this newsletter.

Lord Robin Bowman of Dalriada
Rhiannon Redwulf
Gillian Ellis

Contributions Wanted

Any and all contributions are welcomed and needed for this publication, as it's your newsletter! In particular, send me details of events you have traveled to so we can share your experience with the shire at large. Send by e-mail as a MS Word doc or TXT file to Chronicler@glenrathlin.org or by mail to Helen McLarnon, 7 Millicent Park, Bangor, BT19 6BU

Disclaimer

This is **Fallen Leaves**, the Newsletter of the Shire of Glen Rathlin, a branch of the Society for Creative Anachronism, Inc.

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