



The RUNESTONE

Volume IV Issue II

March & April, 2017 (A.S. LI)

Barony of Western Seas | Kingdom of Caith | Society for Creative Anachronism



Inside
Highland Games Demo
Cooking with Claudius
Castle North's
Grand Prize Journey

FROM THE BARON

Hi boys and girls,

My beautiful Baroness and I would like to give a big thank you to all that came out and helped at Highland games, we talked to a lot of people and got back good feedback from them. We had a lot of fun and had a great war with sun, sorry to say we got a beat down from the sun, but it was fun. Now this is a reminder that you have just six months until A.S. and do not forget your letter of intent and CNGP is on June 24, so get your swords and get them sharp and ready to go..... So now I must wright something.....The crunching sounds of boots on the cold snow is the only sound that can be heard on this cold and lonely night. With only a full moon playing hide and seek behind the clouds, a lonely figure slowly makes his way in the forest with only his shadow as company.....If you would like to read my new book, "Squire In The Snow" it will be out to a store near you in July of 3967. See you then.

Baron Claudius di Bartolomeo and Mistress Quibheasa ingen ui hEalaighthe



ABOUT THE COVER

Gladiators are a legendary force in the arena. Personification of bezerker rage and combative skill, the gladiator would use only the most essential armor for protection. Most armor was crafted to intimidate a foe, or to help cause immense damage, as shown by the heavy adornment of this gladiator's helmet used for bashing.

Pictured on this issue's cover is a Gladiator re-enactor from Rome in his battle armor looking into the famous Coliseum in Rome, Italy.



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RUNESTONE TIMETABLE

Distribution Date	Submissions Due
February 27, 2017 (done)	February 20, 2017
April 24, 2017 (this issue)	April 17, 2017
June 26, 2017 (next issue)	June 19, 2017
August 28, 2017	August 21, 2017
October 30, 2017	October 16, 2017
December 25, 2017	December 18, 2017



Mistress
Raven
of Heronsmarsh



Greetings to all
good gentles!

Summer is here in the islands. We are looking forward to a wonderful time at the traditional CastleNorth Grand Prize Tournament! The event will feature both fighting and arts, so there will be something for everyone!

Our Western Seas Baronial Tournament will be held this fall. This year will be an Arts & Sciences tournament. I look forward to learning which of our Western Seas artists and scientists will be our new Baron or Baroness!

We have had several newcomers to the islands interested in joining us. Please reach out to them and help them to feel welcome!

I would like to encourage folks to pay for your membership, if you wish to help your Canton and your Barony. Membership is down in Western Seas, and some cantons have gone dormant because of lack of paid members or officers. A subscribing membership is only \$30. A sustaining membership, which gives you access to Kingdom newsletters and allows you to hold an office, is \$45. Membership application can be done online at SCA.org

I want to give a special thanks to our Baronial officers who help keep our Barony running smoothly. I also want to thank all who have stepped up to steward events, as well as those who attend and help at events. A lot of time and planning is required to put on a successful event. I especially want to thank Baron Claudius di Bartolomeo and Baroness Duibheasa for setting a fine example with their love and service to our Barony.

Yours, in service to the Dream,

Mistress Raven of Heronsmarsh

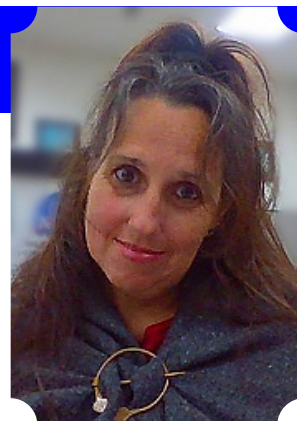
OL, OP, CB

ADDRESSES



Bantiarna
Sadhbh
inghean Uí
Conghal

Salutations to
one and all!



Thank you all, once again, for your continued support of the Barony and the Runestone. It has been a while since I wrote something personally, so decided to fill in some space as we enter the warmer months of the year. Keep in mind, as the temperature rises, so does the humidity. Fighters, don't forget that water is the best friend you will ever have!

The Runestone is now enjoying very solid distribution via the Barony's website. On average, new visits to the Runestone's dedicated page is at 237 a month. The latest issue of the Runestone is downloaded 123 times during the first week of posting, which is wonderful! That means people from all over the Known World are looking at, reading over, and enjoying what Western Seas has to offer. The modern-state visiting our humble corner of the internet the most is California, with Texas being a close second. I think that is some interesting information, considering most Army personnel who rotate into Hawaii come from Fort Hood, Texas.

As school winds down, I will be readying some sewing and embroidery workshops to be held during the summer with small projects to help repopulate the Gold Key. Anyone interested in participating, please send an email to stitches@westernseas.org.

Other than that, please enjoy this new issue of our Runestone. Remember, the more I receive from all of you for each issue, the better it is. Look to Page 2 for information on deadlines.

Forever in the Dream,

Sadhbh

Chronicler | Webwright

Information regarding events listed within this issue are up to date as of April 22, 2017.

Please visit WesternSeas.org and view the Calendar for the latest updates on events. Also check Facebook.com/BaronyOfWesternSeas

CASTLENORTH GRAND PRIZE TOURNEY

Let the trumpet sound and banner wave.

Summer is here!

Helmet polished and moldy leather stave.

Summer is here!

*Beautiful maiden tie upon my arm
your favor tight!*

Summer is here!

*Today is the tournament,
for you I shall fight!*

Summer is here!

-Sir Marco

Entrance into the CNGP – Pot Prize Tourney is simple. All who wish to enter the heavy fighting tournament lysts must bring a prize worthy to be put upon the prize table. Access to the prize table will be scored by the total number of wins for the day. Mistress Genevieve la Minstrelle will lead a group painting project to be announced for those not entering the lysts.



Where: Windward Community College 45-720 Keaahala Rd, Kaneohe, HI 96744

When: Saturday, June 24, 2017. This site is an open field with no trees. Please bring your portable shade.

Registration: Member \$5.00

Nonmembers are \$10.00

Children up to 17 are free

If you bring a newcomer, their registration will be \$5.00

Event Schedule:

9:00 a.m. Site opens

11:00 a.m. (or there-a-bouts) Lysts open

Opening court - At Their Excellencys' discretion

4:00 p.m. Lysts closes

6:00 p.m. Feast in the WCC Atrium Hall (Uala Leaf Café site)

9:00 p.m. Site Closes

Fighting events:

Sword & shield (double elimination)

Two-handed sword (single elimination)

Spear/ Naginata duel (single elimination)

Daggers and bucklers (single elimination)

This site is an open field with no trees. IT WILL BE HOT! Please bring your portable shade and LOTS of water.

Feast a la Claudius:

The Dragon (*providing our champion can catch and bag him this time.*)

Polish Beer Soup

Honey and Rosewater Carrots

Roasted Brussels Sprouts

Bread and Honey Butter

Traditional CastleNorth Dessert

Event Stewards:

Mistress Genevieve la Minstrelle & Master Sir Marco Valerio di

Bartolomeo

Event e-mail:

grandprizetourney@westernseas.org

A CALL TO ARMS

To arms! The cry echoes off the stony tor;
To arms! Dry spirits will awake once more.
Rest not upon the glory of ancient times,
The long past victories of yore.

Arise! Knights of Torvald, with sword in hand!
Arise! Mighty armored warrior band!
Arise! Your fainting Canton calls you to her aid,
With shield defend your land!

What, though your numbers may be small?
What, though the battle take your all?
Since 'tis your goddess Helen pleads for help,
Will you not heed her call?

Then, brave hearts, defend your glen;
Then, strong arms, defeat those men
Whose evils schemes would steal your hard-wrought
wealth;
And raise the shout: Torvald shall rise again!

By Lady Iohanna De Grenewode



From the Philosophers Guild

At my age, it is expected that you know your doctor so well that you are on a first name basis. After all the wars I have stood in, all the injuries I have brought home, I can honestly say that I do. The doctor that helps me to most with my painful knee comes from one of the best

sado-masochistic schools the Kingdom of the East possesses. While undergoing her 'gentle' ministrations, I often have to think about other things - things such as Diophantus the father of heuristic reasoning.

We don't exactly know when Diophantus lived, somewhere between 100 and 400 AD by best guess, but we do know exactly how long he lived.

The reason we know this

is because one of his students described his life in the form of a riddle:

Diophantus' youth lasted one-sixth of his life.

He grew a beard after one-twelfth more.

After one-seventh more of his life, Diophantus married;

Five years later he had a son.

The son lived exactly half as long as his father, and Diophantus died just four years after his son.

All this adds up to the years Diophantus lived.

Diophantus was one of the first thinkers to abbreviate his thoughts using symbols of his own devising. Those of

us who are familiar with his work may have solved the above in the following way; let A be his age, then...

$$A/6 + A/12 + A/7 + 5 + A/2 + 4 = A$$

...and you arrive at his age of 84 years. While the above is nice, what Diophantus did was even better, he gave us the Diophantine statements, basically equations that do not have enough information to give a precise answer but instead show us the connections between the given quantities. It leads to a branch of pure mathematics called Number Theory.

Throughout the Dark and early Middle Ages a succession of Muslim mathematicians built up and handed down this work until 825 AD. During that year a mathematician named Muhammad ibn Musa al-Khwarizimi wrote his masterwork, "Kitab al muhtasar fi hisab al-gabr wa-l-muqabala (The Compendious Book on Calculation by Restoration and Balancing)".



That word 'Restoration' (al-gabr) is often what I think about when my doctor is working on me. Throughout the Middle Ages, a person who restores bones was known by what has become the general title of al-Khwarizimi's text, an algebraist.

Now, back to my pain...

- Sir Valeran do Pico

THE BENEFITS OF MEMBERSHIP

Anyone can participate in events, it is welcomed and encouraged! Members of the SCA love to share what they have learned and know with others all the time, it is why many events are held at public venues.

But did you know that as a paid member of the SCA, you not only get discounts on event registrations, you also become eligible to receive recognition for your efforts? Awards, titles, honors and more await SCAdians who are either a Sustaining or Associate member. Visit SCA.org and click on the Member Services menu item to learn more and to electronically pay for the type of membership you desire!

By being a paid member, you help support your local group, along with the Society overall, to continue bringing medieval wisdom to the modern world. Go become a member today!

Hi boys and girls,

Today we will be making a dish that is easy, and you can use it for a side dish at your feast. You will need very few ingredients to make this, and you will be surprised on how this dish will taste.

We are going to be using sugar in our dish. In the Indian subcontinent, sugar has been used since before Sr. Valeran was born (and he is older then dirt), and it was not plentiful or cheap. One of the earliest references of sugar comes from a 8th century Chinese manuscript, that says the use of sugarcane started in India, in 327, BC. Searches of Crete, a general of Alexander the Great, came across sugarcane in what now is Punjab (some believe that it was sweet sorghum grass).

First century Romans had sugar which they called "Indian salt" and used it for medical reasons, not for cooking. Strabo, a first century Roman geographer, said that there is a reed in India that gives honey without any help from bees. The Greek naturalist and physician, Dioscorides, gave a good description with accuracy as he must have had first-hand knowledge...

"There is a kind of solidified honey, called saccharin, found in reeds in India and Arabia Felix, of a similar consistency of salt, which crunches when in the mouth, just like salt..."

So the idea of sugar as a kind of salt stayed into the medieval period.

Now then, we step into our time box called the Iron Maiden and come to 1491. By now, sugar is the new honey, and we say hi to Pope Martino non vale un lupino, or

Martin V for short, Even if you are a Pope, you still have likes, dislikes, and habits, and this German born cook Giovanni Bockenheim, as we say in our work, he had Pope Martin V's stomach and heart. The recipe that we will be doing is one of Pope Martin's enjoyable dish that he loved it is called, "Omelette of oranges for panderers and harlots".

The Ingredients that you will need are...

- 12 eggs
- 1/4 cup sugar
- 1/2 cup orange juice
- 1/4 cup olive oil

1. Make sure that you have all of the ingredients as in pic one and two
2. Mix eggs, sugar, and orange juice and whip as in pic three
3. Add oil to pan, heat pan to med heat add mix and cook 3 to 5 min. mix as you cook, as in pic four
4. Take out of pan and eat, it will taste like an orange custard

And there you have it, A dish for ruffians, panderers, harlots and flatterers.

References:

Buon Appetito your Holiness, by Mariangela Rinaldi, and Mariangela Vicini

Sweets a history of candy, by Tim Richardson

The Pharaoh's Feast, by Oswald Rivera

A Soup for the Qan, by. Paul D. Buell and Eugene N. Anderson

Photos by Claudius di Bartolomeo



From my plate to yours!

Baron Claudius Brutus di Bartolomeo

Highland Games Demo, 2017



Photos by Claudius di Bartolomeo

WesternSeas.org

EVENTS OF INTEREST



BARONY OF WESTERN SEAS

The entire
State of Hawaii
Baronial Events

FIGHTER PRACTICE

Every Thursday, 5:30pm - 7:30pm
Kaimuki High School
2705 Kaimuki Ave., Honolulu
Practice with Schola members in various
forms of medieval combat. From Fencing
to Armored Combat & more.

BARONIAL TOURNAMENT

Arts & Sciences
Coming in the fall! Check back for
more information as it comes!



CANTON OF FARHAVEN

The entire island of
Hawaii
Commonly called
"The Big Island"

UNARMORED PRACTICE

First Saturday of the month, 11am
Lilioukalani Park
All other Saturdays, 10am
Cooper Center Skate Park

Second Odd Saturday La Bealltainn SoS

May 6, 2017; 10am - 4pm
Manuka State Park,
Ocean View, Hawaii 96704
Beltane was one of four Gaelic
seasonal festivals, it marked the
beginning of the pastoral summer
season, when livestock were driven out
to the summer pastures, and early
crops were starting to mature. We will
be making small banners, and maybe
tokens to be worn or given to those
you favor. If you can find a holy well
maybe you can leave one as a wish. Or
even give one to someone you favor.
Registration: Free for all!
Steward:
THL Siobhan inghean mhic Ghiolla
Eoin
Email: bealltainn@farhaven.org
For more information, visit
WesternSeas.org/la-bealltainn-sos



CANTON OF CASTLENORTH

Windward Oahu
From Makapuu to the
east all the way
to Pupukea

BARONIAL OFFICER MEET

Third Wednesday every month
Open to all members of the Barony
Windward Community College
Skype & phone conferencing available.
Contact the Baronial Seneschal for more
information.

CASTLENORTH GRAND PRIZE TOURNEY

Saturday, June 24, 2017, 9am - 9pm
Windward Community College
(45-720 Keaahala Rd., Kaneohe, HI)

Registration:

Members: \$5

Non-Members: \$10

Children 17 & younger: FREE

Bring a newcomer and their
registration is only \$5!

Event Schedule:

9am - site opens

Opening Court at Their Excellencies'
discretion

11am (about) - Lysts open

Lyst Events

- Sword & Shield

- Two-handed Sword

- Spear / Naginata

- Daggers & Bucklers

4pm - Lysts close

6pm - Feast in the WCC Atrium Hall
(Uala Leaf Cafe)

9pm - site closes

Directions:

From H3, take Exit 9 to merge onto
HI-63 North (Likelike Hwy) toward
Kaneohe and take the HI-83 (Kahekili
Hwy) ramp to get onto HI-83 West
(follow signs for Kahekili Hwy).

Turn left onto Keaahala Road toward
the college. At the round-a-bout, go
Left onto Ala Koolau and follow the
road around the school to the Uala
Leaf Cafe parking.

Event Stewards:

Mistress Genevieve la Minstrelle &

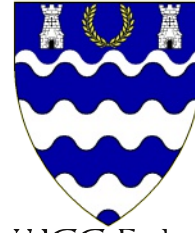
Master Sir Marco Valerio di

Bartolomeo

Event email:

grandprizetourney@westernseas.org

Feast-O-Crat: Baron Claudius Brutus
di Bartolomeo



CANTON OF BARO'S KEEP

Central & West Oahu
From Halawa to
Makaha to Pupukea

WCC-FIGHTER PRACTICE

First Saturday each month, 4pm - dark
Windward Community College
(45-720 Keaahala Rd., Kaneohe, HI)
A mock-invasion and practice of
Armored Combat. Weather permitting.
Visit the Baronial Calendar for the latest
information on this event:
WesternSeas.org/Calendar

FIGHTER PRACTICE

All other Saturdays, 4pm - dark
Neal S. Blaisdell Park
98-319 Kamehameha Hwy., Aiea
Practice Armored Combat and sometimes
Fencing. Weather permitting. May be
canceled if other event is scheduled.

KING'S GARDEN PRACTICE

Every Sunday, 5pm - 7pm-ish
Kapilina Neighborhood Rentals
9184a Ibis Ave., Ewa Beach, HI,
Sunday evening fighter practice on the
beach with crafting classes. May be
canceled if other event is scheduled.

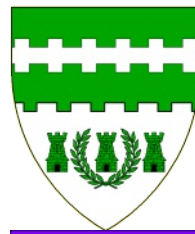


CANTON OF VALLEY AZURE

The entire county of
Maui
Including the islands of
Molokai and Lanai

DORMANT CANTONS

Want to lead one of these Cantons?
Contact the Baronial Seneschal for
information at seneschal@westernseas.org



CANTON OF TORVALD

From Hawaii Kai to
Town, then onward
toward Salt Lake and all
areas within



CANTON OF PERIDOT ISLE

The entire island of
Kauai
The Garden Isle

MATTERS OF LEGALITY & CONCERN

THE LIST OF WAIVERS - WHEN & WHY

SCA Model Release Form

Required to be signed by subject when...

- *the image is portrait-style.
- *the photo is taken in a private space at an event (such as a personal encampment).
- *the photograph is taken at a non-public venue (such as an armor-making workshop at a home or closed event).

SCA Photograph Grant of Use Form

Required to be signed by the photographer for any and all photos in use after December 31, 2010.

A photographer may check the "Perpetual Grants of Use" box, meaning the form is required only one time and it covers any photograph submitted for use by the Barony now or in the future.

SCA Creative Work Copyright Assignment/Grant of Use Form

Required to be signed by the author or artist for the following...

- *articles, poems, stories, songs - written content submitted for publication.
- *original artwork (not clip art) submitted digitally for publication.
- No form is needed for...
- *correspondence from officers or even organizers
- *event notices
- *captions to photographs

Caid Personal Information Release

Required to be signed when...

- *event organizers wish to use their personal email/phone number for contact
- *officers wish to have their modern names used in the Regnum
- *article writers wish to use their modern name in the by-line

~

Waivers are to be submitted along with pertinent works to the Chronicler and/or the Webwright. Waivers can be submitted digitally (scanned as PDF or JPG). Hard-copies received will be scanned. All waivers are stored digitally in a private filing system managed by Kingdom Caid. Hard-copy Waivers are kept on file with the Constable after being scanned.

Combat & Equestrian Waivers are special waivers needed to participate in events related to each. Please speak to the Marshal for more information.

Blue Card vs. White Card

SCA members who have (digitally) signed a Waiver of Liability when joining possess a Blue Membership Card. Members who have not signed this waiver have a White Membership Card. If a member possesses the White Card, that member must sign combat waivers at each event to participate in combat.

Questions? Ask the Chronicler, Webwright or Constable.

Links to waivers can be found at WesternSeas.org.



BARONY OF WESTERN SEAS WesternSeas.org

This is second issue in the fourth volume of the RUNESTONE, a publication of the Barony of Western Seas, part of the Kingdom of Caid, one of twenty kingdoms worldwide within the Society for Creative Anachronism, Incorporated (SCA, Inc.). This publication is not a corporate document of SCA, Inc., and does not delineate SCA, Inc. policies.

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2. The author's name and an original publication credit must be printed with the text.
3. You must notify the Chronicler, stating which article you have used in which publication the material has been reprinted.

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Please respect the legal rights of our contributors. Direct questions and requests to the Chronicler via email: chronicler@westernseas.org.

Barony of Western Seas
54-304 Kawaewae Way
Hauula, HI 96717
westernseas.org



BARONY OF WESTERN SEAS REGNUM

BARON	Baron Claudius Brutus di Bartolomeo	barony@westernseas.org	Ceremonial head of the Barony and representative of the Crown
BARONESS	Baroness Duibheasa Ingen ui hÉalaihthe	barony@westernseas.org	Ceremonial head of the Barony and representative of the Crown
Office of the Seneschal	Mistress Raven of Heronsmarsh	seneschal@westernseas.org	Manages all business affairs of the Barony and sub-groups thereof
Office of the Herald	Sir Valeran do Pico	herald@westernseas.org	Tracks Awards, Devices and Name Resignations; Master of Ceremony at events
Office of the Exchequer	Mistress Genevieve la Minstrelle	exchequer@westernseas.org	Manages the financial matters of the Barony
Office of the Chatelaine	Lord Andrew of Fairburn	chatelaine@westernseas.org	Organizes demonstrations for recruitment and greets newcomers to the Society and the Barony.
Office of the Scribe	Mistress Duibheasa Ingen ui hÉalaihthe	scribe@westernseas.org	Organizes the creation of scrolls for awards which includes calligraphy and illumination
Office of Arts & Sciences	Mistress Raven of Heronsmarsh	artsandsciences@westernseas.org	Oversees the affairs of Arts, Crafts and Sciences, assists members with information & sources
Office of the Chronicler	Bantiarna Sadhbh inghean Uí Conghal	chronicler@westernseas.org	Produces, edits and publishes the Baronial newsletter (this publication)
Office of the Webwright	Bantiarna Sadhbh inghean Uí Conghal	webwright@westernseas.org	Manages Baronial internet needs and presense
Knight Marshal	Sir Edward of Castleguard	knightmarshal@westernseas.org	Supervises Armored Combat activities (per island)
Marshals of Fencing	Baron Claudius Brutus di Bartolomeo, Oahu	fencing@westernseas.org	Supervises Fencing activities (per island)
Marshals of Archery	Mistress Duibheasa Ingen ui hÉalaihthe, Oahu Dame Uta Blackthorne, Big Island	archery@westernseas.org	Supervises Archery activities (per island)
Marshals of UAC	Mistress Duibheasa Ingen ui hÉalaihthe, Oahu Dame Uta Blackthorne, Big Island	unarmored@westernseas.org	Supervises Unarmored Combat activities (per island)
Gold Key	Bantiarna Sadhbh inghean Uí Conghal, Oahu	goldkey@westernseas.org	Manages Loaner Collection for various events (per island)

CANTON SENESCHALS

Farhaven (Big Island)..... Lady Shea Vonquinlan seneschal@farhaven.org
 Peridot Isle (Kauai)..... Vacant - Want to Volunteer? Contact the Baronial Seneschal! seneschal@peridotisle.org
 Valley Azure (Maui)..... Sir Edward of Castleguard seneschal@valleyazure.org
 Torvald (Southeast Oahu)..... Vacant - Want to Volunteer? Contact the Baronial Seneschal! seneschal@sca-torvald.org
 Bard's Keep (Central & West Oahu)..... Lord Andrew Fairburn seneschal@bardskeep.org
 Castlenorth (Windward Oahu)..... Sir Marco Di Bartolomeo seneschal@castlenorth.org

GUILDS

Philosophers..... Sir Valeran do Pico philosophers@westernseas.org
 Music Maximus..... Mistress Genevieve la Minstrelle minstrels@westernseas.org
 Brewers..... Baroness Una Logan brewers@westernseas.org
 Wooden Spoon..... Baron Claudius Brutus di Bartolomeo woodenspoon@westernseas.org
 Sappers..... Sir Valeran do Pico sappers@westernseas.org
 Scribe..... Mistress Duibheasa ingen ui hÉalaihthe scribe@westernseas.org
 Stitches in Time..... Bantiarna Sadhbh inghean Uí Conghal..... stitches@westernseas.org