



The RUNESTONE

Volume IV Issue VI

November & December, 2017 (A.S. LII)

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

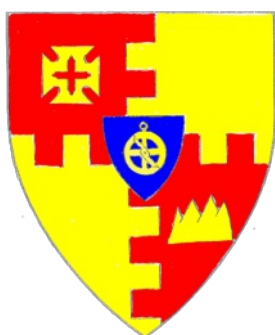


FROM THE BARON & BARONESS

We've been preparing for an active and bountiful year
whilst enjoying the festivities of the yule season.

Here is wishing the best of the holidays to one and all!

Baron Valeran do Pico & Baroness Sadhbh inghean Uí Chonghail



ABOUT THE COVER

Winter Solstice marks the shortest day of the year in the northern hemisphere. It is a time of celebration as the days begin to grow longer, bringing warmth with more sunlight. In ancient times, it is believed that people marked this and other important dates with stones, similar to what is found in Wiltshire of the United Kingdom - Stonehenge. Gracing the cover of this issue is the setting of the winter solstice's sun between the two upright stones of the Great Trilithon of Stonehenge.



© English Heritage Photo Library

CONTENTS

From the Baron & Baroness	Page 2
A Viking Twelfth Night	Page 3
Seneschal Address	Page 4
Engineering Feats of Strength	Page 4
Philosopher's Guild	Page 5
Cooking with Claudius	Pages 6 & 7
Events of Interest	Page 8
Legal Matters	Page 9
Regnum	Page 10

RUNESTONE TIMETABLE

Distribution Date	Submissions Due
February 26, 2018 (next issue)	February 19, 2018
April 30, 2018	April 16, 2018
June 25, 2018	June 18, 2018
August 27, 2018	August 20, 2018
October 29, 2018	October 15, 2018
December 31, 2018	December 17, 2018

SAVE THE DATE FOR 12th Night

While the new Baron and Baroness talked about plans for this coming year, the question of twelfth night came up. "I just want to have a Viking feast," exclaimed Baron Valeran. Baroness Sadhbh shrugged her shoulders and muttered, "Well, the Vikings did raid, loot, and pillage Ireland a lot - particularly Ulster." And so it was settled.



A lot is still being planned, but here are the particulars...

DATE: January 20, 2018 (Saturday)

VENUE: Uala Leaf Cafe, Windward Community College (Same as A&S Baronial)

TIME: Noon to 9pm (court at about 3pm)

REGISTRATION:

SCA Member - \$25 (with current card)

Guest - \$30 | Children (<17) - Free!

RSVP: twelfthnight@westernseas.org

Please let us know how many as soon as possible! If you cannot make it, you do not need to send an email.

POTLUCK: Please bring a side or desert to feed 15-20 people. See info below...

THEME: Viking Feast!

Instead of everyone dressing to be Viking or Norse, we would like those interested to come as a culture that the Viking/Norse had contact with. That is a whole lot of cultures (basically every culture of the Known World!). What we ask is that you also have a small presentation for the Baron based on that culture - be it a side dish or desert, gift or largess. The better your presentation, the more impressed our Baron will be! Those with exemplary presentation will earn a special gift from Their Excellencies right on the spot! Brag, tell tales of your might, beauty, and wealth, impress the Baron and Baroness, and let's see who has the best tale of the evening. We want to be "wowed"!

MENU: The plan right now is to provide the following:

- Roast Meat (variety)
- Roasted & Stewed Vegetables
- Holiday Mead

For those with special diet needs, we are thinking of you! Our menu will include gluten-free, vegan, and low-sugar variations. More specifics will be coming out in the future. Please be aware, what others provide as a side/desert we have no control over.

Tentative Schedule

(subject to change)

8am - setup

Noon - Populace Arrivals

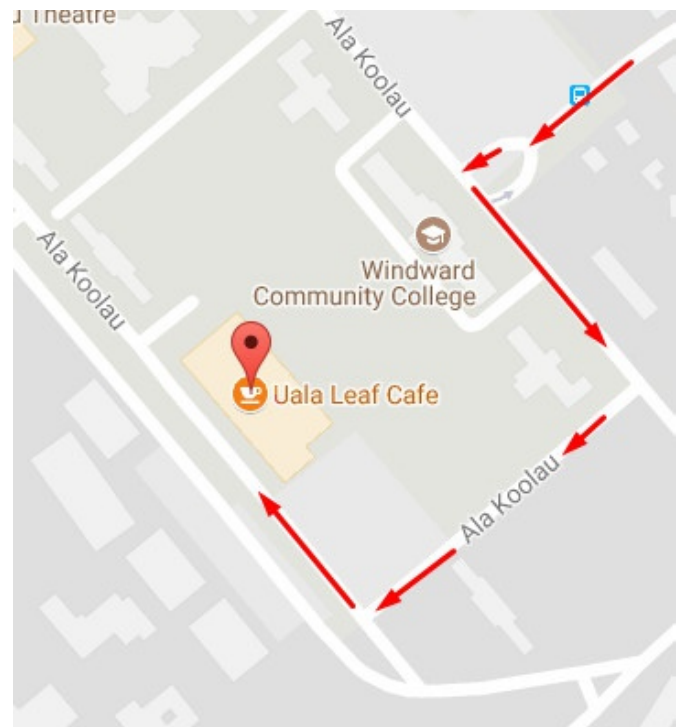
3pm-ish - court

5pm - FOOD!

9pm - cleanup

10pm - Doors locked

Parking is along the road, and limited. Please carpool and arrive early to secure ample parking. The event is being held within the Uala Leaf Cafe in the atrium. Please bring your banners to help decorate the hall. There will be long tables, so expect to mingle with others.



Engineering Feats of Strength



THL Andrew wishes to bid entry to the Sapper's Guild by demonstrating the use of diving techniques in siege warfare! There will be wall fighting, siege weaponry, and competition to hold the castle.

Date: March 31, 2018; Noon to ?

Where: Windward Community College (near Uala Leaf Cafe)

Event Registration:

Adults: \$10 | SCA Members: \$5 | Children: FREE!

Scheduled Contests:

Siege Engine Accuracy: Points for getting ammo closest to the target

Will it fly? See how far your projectile goes! (points awarded for distance & hilarity)

Armored Combat & Gonfalon Painting

Contact: Chatelaine@WesternSeas.org

SENESCHAL ADDRESS



Mistress
Raven
of Heronsmarsh



Greetings!

This year is the 40th Anniversary of both the Barony of Western Seas and the Kingdom of Caid! Let's put our minds and hearts together and make this a memorable year, celebrating this 40th anniversary of our beloved Barony and Kingdom.

I think it very fitting that this year Sir Valeran do Pico is our Baron, being one of our founding members in the Barony of Western Seas. I am also pleased that THL Sadhbh, who has been around our Barony for about three decades, is our Baroness during this 40th year.

I once again encourage people to help your Barony by paying for your SCA membership, by volunteering to help put on events, by serving as an officer or a deputy to your Canton or Barony. Thank you to all who are already helping in those areas.

Yours, in service to the Dream,

Mistress Raven of Heronsmarsh

OL, OP, CB

From the Philosopher's Guild

“So, why do you do what you do?” It is a question that anyone playing in our society gets asked at some time. Every time this question comes up, I always go back to Democritus. As you may recall from a previous article, this was the ancient thinker that realized that there had to be something fundamentally common between everything, and thereby hypothesized the atom - the tiny indestructible particle that makes up everything around us. This question was particularly vexing to Democritus because, if everything is made of atoms, and atoms were indestructible, then all things were nothing more than a patterning of atoms, which would come into being (join together), coexist for a time, then separate and become other entities. The problem here is that if the motion of atoms is unpredictable, and no combination they form ever endures, then all change in the universe consists of this endlessly repeated process. What then was the use in anything we do?

Two great thinkers tried to answer this question. The first was Epicurus (341 to 270 BC) who basically states that a group of particularly fine atoms comes together to make a body and a mind in the form of a single being. The eventual dispersal is inevitable, however this break-



up is not to be feared because when it happens the entity ceases to exist, therefore there is no one to whom being dead happens to. 'As long as we exist, death is not, and when death is, we are not. Death is nothing to us.' I have to admit

that this is type of reasoning reminds me of the logic mimes of Sir Anton on a good day. Anyway, since nonexistence is the eventual result for all, we should make to best of the only life we have. We do it for the experience of it! And the Epicurians have been living it up ever since then.

The other thinker to embrace this atomic view of the

universe, as well as grapple with an answer to this question was Zeno of Citium (334 to 262 BC), not to be confused with the Zeno of Paradox fame. Zeno embraces the same view as Epicurus but added to it by stating that there can be no authority higher than reason. The world of Nature is all the reality there is. And Nature is governed by rational principles. Since we are part of Nature, that spirit of rationality resides within us, and there can be no “higher”. Because Nature is governed by rational principles there are reasons why everything is as it is - it cannot be changed, and so should be calmly accepted with dignity. Many people adopted this philosophy; early on they were Syrian, but later on Romans, not the least of which were Seneca (2 BC to 65 AD) and Marcus Aurelius (121 to 180 AD). But what happens if the circumstances were so bad that it was beyond acceptance with dignity? In those cases, the most rational thing to do was to end your life painlessly - which many of them did, but not before doing many great things in philosophy. These Stoics divided philosophy into three branches logic, physics, and ethics.

In logic they went way beyond Aristotle and his syllogisms - actually invented the propositional statement. In physics they developed a pantheistic but materialist and determinist system, which contrasted with the Epicurians.

In ethics they aimed at self-sufficiency and acceptance of fate treating virtue as the only real value. We do it for the Virtue; virtue is its own reward!

My answer to the question is based on a combination of these two philosophies. So, why do I do what I do? Because I enjoy doing it, and that is its own reward.



Images from the Nuremberg Chronicles | Penned by Baron Valeran do Pico

Hi boys and girls!

As the morning sun slowly rises over the horizon with a warm breeze rushing over the land and hitting your face like kisses from a lover you had not seen in years. You think that today will be the day, I will become Baron and all of the Ladies of Western Seas will fall in love with me, and all the Lords and Knights will be in awe and wonder of my powers of swordsmanship. And before you know it the midday sun hits you with a warm ray of light that says come my lover come into my arms and we will be together forever and it makes you feel proud of your powers in fighting and it even makes you feel like a god.... and then they call your next opponent...."SIR VALERAN DO PICO!....as you look over to the horizon you see dark clouds forming with lighting and thunder coming your way, and with that storm there is a dark figure getting bigger and bigger as it comes closer and closer and as closer he comes the smaller that dream of you having that Baron Coronet gets. Next thing you know the light from the sun wants a divorce and that warm breeze is cold as ice and all the Lords and Ladies got things to do, and the next thing you know, you are looking at Sir Valeran from a

hole in the ground where he planted you like a tree. We all had days like that and so did they back in the day and they had dishes to help you feel better and that is what we will be doing today, food for the sick.

They had many ways to deal with the sick and what was wrong with them. The first recipes that was put down on paper or stone were recipes to help the sick, so if you are at an event and feeling sick and your Consort is holding up two leaches big as pythons and is smiling (see! you should have won) and you see me sharpening my knives with a pot next to me, just smile and run! On today's recipe we will be making a thing call sop basically it's bread and liquid with stuff on it sometimes and in England they were call trenchers, (the bread was used to hold food when they had no plates) they would use this to help keep food down and make it easy to eat, sometimes soup was just not easy to keep down, and in fact soup derives from sop or sup, meaning the slice of bread with broth poured on it. In all the period cook books they have recipes for the sick and how to cook for them, if the doctors of old did not write down things we might not even have cook books today. (not really)

The Recipe, Pear sops

You will need 3 pears with a stem on them (so that you can pick them up by the stem and eat)

2 cups red wine

1 cup Turbinado sugar (I like to use it)

1 whole cinnamon stick (most cinnamon sticks are cassia-Chinese cinnamon, and the ground cinnamon is the Cinnamomum Verum)

1/2 tsp. ground cinnamon

3 thick slices of bread

4 tsp. butter

1. Get your ingredients together as in pic one

2. Peel and cut the bottoms off of your pears as in pic two

3. In a sauce pan add pears, sugar, wine, and cinnamon stick and boil until tender (15 min.) as in pic three

4. In a frying pan add butter and fry your bread until golden brown and NOT BLACK BROWN!!! (as in pic four and five)

5. Put your bread on a plate and pour the wine from your pot on the bread and put a pear on it and serve it to your poor Consort that was planted by Sir. Valeron (as in pic six and seven).

Resources:

Opera, by Bartolomeo Scappi

The Art of Cooking, by Maestro Martino of Como

History of Food, by Maguelonne Toussant-Samat

A Drizzle of Honey, by David M. Gitlitz and Linda Kay Davidson

From my plate to yours!

Baron Claudius Brutus di Bartolomeo

Cooking with Claudius



Pic 1
Gather all ingredients.



Pic 2
Peel the pears, but leave the stems



Pic 3
Boil the pears, but not too much!



Pic 4
Melt butter in pan...



Pic 5
... then fry the bread.



Pic 6
Finally, place your offerings!



An excellently warm
dish for anyone.
Decorate for your
occasion, or simply
leave plain.

Photos by Claudius di Bartolomeo

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.

A VIKING'S TWELFTHNIGHT

Feast & Celebration
January 20, 2018; Noon - 9pm
See announcement on page 3.

ENGINEERING FEATS OF STRENGTH

March 31, 2018; Noon - finish
See information on page 4.



**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 Winterfeast

January 13, 2018; 11am - 5pm
The Gerrish Hale, 14-1688 Manienie
Road, Paauilo, HI
Celebrate Winterfeast with Farhaven!
Gather for lots of food, company,
music & games. There may be archery
and a bonfire (weather permitting)!
Registration: Free for all!
Steward: Lady Honoria
Email: Winterfeast@Farhaven.org



**CANTON OF
CASTLENORTH**
Windward Oahu
From Makapuu to the
east all the way
to Pupukea

BARONIAL OFFICER MEET

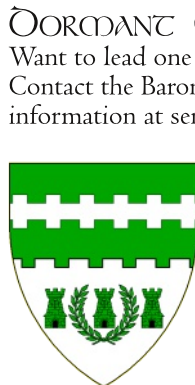
Third Wednesday every month
7:30pm to ~9pm (depends on topics,
events and guests)
Open to all members of the Barony
Windward Community College
45-720 Keaahala Rd., Kaneohe, HI
Hale 'Imiloa building, first room on the
right (Sir Valeran's mundane office).
Skype & phone conferencing available.
Contact the Baronial Seneschal for more
information.



**CANTON OF
VALLEY AZURE**
The entire county of
Maui
Including the islands of
Molokai and Lanai

FIGHTER PRACTICE

None scheduled at this time.
Contact seneschal@valleyazure.org

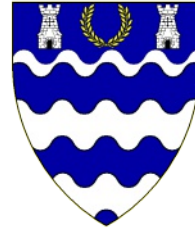


CANTON OF TORVALD

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



**CANTON OF
BARD'S KEEP**
Central & West Oahu
From Halawa to
Makaha to Pupukea

WCC-FIGHTER PRACTICE

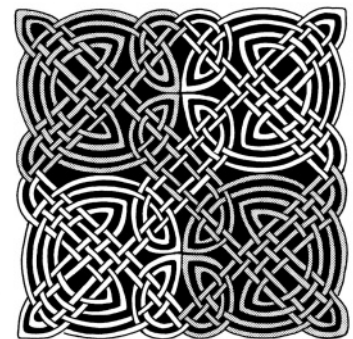
First Saturday each month, 4pm - dark
Windward Community College
(45-720 Keaahala Rd., Kaneohe, HI)
A mock-invasion and practice of
Armored Combat. Weather permitting.
Visit the Baronial Calendar for the latest
information on this event:
WesternSeas.org/Calendar

FIGHTER PRACTICE

Sundays, 4pm - dark
Nuuanu Valley Park, Honolulu
(Pearl City location unavailable)
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.



Information regarding events listed within
this issue are up to date as of
December 21, 2017.
Please visit WesternSeas.org and view
the Calendar for any changes and the
latest updates on events.
Also check the Barony's presence at
Facebook.com/BaronyOfWesternSeas

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 sixth and final 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.

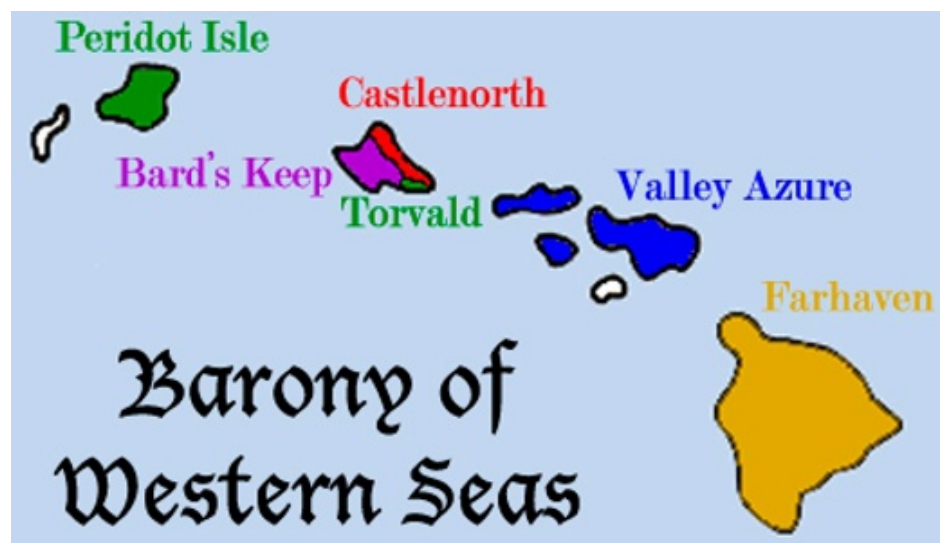
Except where otherwise stated, all articles within this publication may be reprinted in other newsletters and other publications for branches of the SCA, Inc. subject to the following conditions:

1. Text must be printed in its entirety, without additions or changes.
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.

Rights to all artwork are retained by the original artist. Please contact the Chronicler who will assist with contacting the artist for reuse.

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	Sir Valeran do Pico	barony@westernseas.org	Ceremonial head of the Barony and representative of the Crown
BARONESS	THL Sadhbh inghean Uí Chonghail	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 Duibheasa Ingen ui hÉalaighthe	exchequer@westernseas.org	Manages the financial matters of the Barony
Office of the Constable	Baron Claudius Brutus di Bartolomeo	constable@westernseas.org	Ensures all members maintain order in accordance with Society, Kingdom and Baronial laws.
Office of the Chatelaine	THL Andrew of Fairburn	chatelaine@westernseas.org	Organizes demonstrations for recruitment and greets newcomers to the Society and the Barony.
Office of the Chronicler	THL Sadhbh inghean Uí Chonghail	chronicler@westernseas.org	Produces, edits and publishes the Baronial newsletter (this publication)
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 Scribe	Mistress Duibheasa Ingen ui hÉalaighthe	scribe@westernseas.org	Organizes the creation of scrolls for awards which includes calligraphy and illumination
Office of the Webwright	THL Sadhbh inghean Uí Chonghail	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 hÉalaighthe, Oahu Dame Uta Blackthorne, Big Island	archery@westernseas.org	Supervises Archery activities (per island)
Marshals of UAC	Mistress Duibheasa Ingen ui hÉalaighthe, Oahu Dame Uta Blackthorne, Big Island	unarmored@westernseas.org	Supervises Unarmored Combat activities (per island)
Gold Key	THL Sadhbh inghean Uí Chonghail, Oahu	goldkey@westernseas.org	Manages Loaner Collection (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)..... THL 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 Genvieve 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 hÉalaighthe scribe@westernseas.org
 Stitches in Time..... THL Sadhbh inghean Uí Chonghail..... stitches@westernseas.org