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*Their Royal Majesties, Agrippa and Dawid of Kingdom Caid! Dashing figures in cavalier. Crowned during the 40th Anniversary Celebration. May Their reign be glorious!
Photo by Fu Ching Lan.*



VOL V
ISS III

RUNESTONE

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

May - June, 2018 ~ A.S. LIII



A gruesome tournament in the Codex Manesse, University of Heidelberg, Cod. Pal. germ. 848, c. 1300-1340

Tournament News

It's tournament time again! Of course we have several coming up in the next few months. Check out the Baronial calendar for the most up to date and recent information on all of the tournaments of Western Seas.

First up in the calendar and coming fast on July 21 is the Castlenorth Grand Prize Tourney. In this heavy combat tournament, participants enter the lyst by submitting a prize. All of the prizes are placed upon a table for all to see. At the end of the tourney, the person with the highest accrued points gets to pick from the prize table. Then the next person, then the next, as determined by points earned. There may be other contests for those not fighting – which will be announced on the day of the event. This event is being held at Windward Community College, on the green. Please bring your own shade and refreshments as it is expected to be sunny and hot.

Next on the calendar on August 25, the Canton of Valley Azure is hosting the Spear of Destiny Tournament. Being held at the 4th Marine Division Memorial Park in Haiku on Maui. This tournament is a round robin of heavy fighting until a victor is left standing. Registration is free and is sure to draw a crowd.

And don't forget the Baronial Coronet Tournament which is also a heavy fighting fought to determine the next baron and baroness of our barony. There is more information on the next page.

If any Canton, guild, household, or group wishes to host a tournament of some sorts, please visit the [Event Stewardship](#) page on our web site. All of the information necessary for your event to be official can be sent to the Baronial Seneschal via the page.



Great Western War
Oct. 2 – 8, 2018
Buena Vista Aquatic Rec. Area
Taft, CA Registration now open!

Their Excellencies Valeran and Sadhbh intend to make Western Seas known during the Great Western War! If you are going to attend as well, please inform Baroness Sadhbh as she is making tabbards for all to wear during procession. Let us share our Medieval Aloha with all (then kick some arse)! For information on the event, visit the [Great Western War website](#).

From the Baroness

MORE TO IT Than Combat

Every issue, either the Baron or Baroness makes a statement for the populace.



We all know them. Glorified battles, deeds of might and valor, sweating brutes in shining armor. But there was more to medieval living than sharpening the sword and beating up someone over land. What of the people that made that shining armor? Or the tabbards and flags bearing their arms? We sometimes forget as we seek to enter lyst upon lyst of combat tournaments that there is either a tinkerer, seamstress, or chef providing support to you combatant.

His Excellency recently murmured that he may be in need of a new tunic. Indeed, his is faded and worn. Another fighter made mention that he'd like a banner with his newly approved arms. Yet another asked where to buy tabbards. And yet, not one has bothered to directly seek the council of the sewing guild.

Yes, there is a sewing guild for Western Seas, which also manges the Gold Key. The guild is small (officially two members) and may buckle under the swath of pending requests, but we are here and willing to stitch your much needed garb. The two members of the guild are currently taking stock of their inventories and will submit an nouncement of their intent in a future issue of the Runestone.

There are others who do works for the Barony, Baron Claudio and Baroness Maria prepare wonderful feasts for us all to enjoy. Lord Andrew runs an "armor shop" periodically to help with setting up a kit or making repairs. Sir Kageatori, with friends from Calafia (Lords Snorri and 'Precious')

use their science and alchemy for exquisite metalworks.

The Arts and Sciences are as much a part of the Society as is prowess at arms. A commitment from this Baroness, is to enliven our populace with further participation in these other facets of medieval life. Part of that commitment is an embroidery project that will be present at each practice and event I attend. Supplies are provided, as are lessons (which are quite simple). Anyone can participate, no skill required, just motivation. Here's a peek at the design:



Becoming Baron & Baroness

The Crown of the Kingdom Caid, as in all SCA Kingdoms, is responsible for selecting a Baron and Baroness for each of its baronial territories, including the Barony of Western Seas. At its establishment as a Barony, the Barony of Western Seas asked that the Barony be able to select its Baron and Baroness through a competitive process. That request was approved in Kingdom Law and because the barony was unique in the process by which the Baron and Baroness would be selected, the barony was referenced as a palatine barony in Kingdom Law. Note that this does not remove the responsibility the Crown has for finding a suitable Baron and Baroness for the Barony and hence the need for contestants to submit Letters of Intent to satisfy the resume requirement in kingdom law. Further, all Barons and Baronesses must abide by the Barony of Western Seas Traditions.



Baronial Tournament News

Hear ye all hopeful Barons and Baronesses! As representatives of the crown for this Palatine Barony, Baron Valeran and Baroness Sadhbh wish to announce the next Baronial Tournament to be held in the fall. This year will host the classic Fighter's Tourney, with rounds of Heavy Armored Combat for all who wish to partake.

In accordance with the Baronial Traditions, each Competitor must also have a Consort of whom is able to serve the full year term. Competitors must submit a Letter of Intent (LoI) with information detailing their participation and history within the Barony, the Kingdom, and the Society as a whole – and this for both Competitor and Consort. To help facilitate the LoI, visit the Barony's website where a webform can be filled out, and sent directly to all required addresses.

Read the updated Traditions regarding participation in the Baronial Coronet Tournament.

Those not fighting are asked to bring Arts & Sciences projects or displays to share as the chosen venue is a very public park with lots of visitors through the day.

Bring refreshments, and a potluck dish to share with others.

**Baronial Coronet
Fighting Tournament**
Kualoa Regional Park,
Kaneohe, HI
Sunday, Oct. 21, 2018
All Day ~ BYO & Potluck
*We will be celebrating
Celtic Culture
(Vikings are welcome)*
Adults \$10
SCA Members: \$5
Children >17:FREE

Submit your Letter of Intent
via [WesternSeas.org/officers-
of-the-barony/baronial-intent](http://WesternSeas.org/officers-of-the-barony/baronial-intent)
No later than Oct. 7, 2018

Cooking with Claudio

Hi boys and girls,

This time we will do a recipe from my new book from the Slalom family (a father and two daughters). There are three books: *Scheherazade's Feasts*, *The Sweets of Araby*, and my favorite, *Sweet Delights*. The books are not only cookbooks, but a historical study on cooking. In all of these books, you will find history on Arab cooking and insights on food and the dishes are made to let you know how they came out. For example, in *Sweet Delights* it shows you the original medieval recipe as Historical Version, then it has a adaptation called Traditional Recipe, and finely modern variation called Modern Recipe. And may I suggest *Medieval Arab Cookery* by Maxime Rodinson, A.J. Arberry and Charles Perry, it's a rewright of an old book, *A Bagdad Cookery Book*, the book has been done in a new format and it gives you better info with essays and in-depth knowledge of the recipes.

We will be doing a cookie today. It's a stuffed, dry cookie with sugar and almonds (AL-Ka'k Al-Mahshu). The reason I picked this recipe is that in my family we made almost the same cookie in Italy for over five generations. I came from a small town in Abruzzi in the province of Chiet in a small town called Casalbordino. To this day, you will find my mom's last name, Colantonio, in the books. Her name is as old as the town. From a Roman settlement to an 11th century town on the side of the Adriatic Sea. And our town got it's mane from Roberto Bordimus, a feudal lord. At one time there was some influence from the Arabs. One thing about food is that when a group leaves, the food stays. In our family version of the recipe we use oil, flour, and white wine for the dough, then we make a filling of nuts, raisins, and spices cooked in wine; then we stuff the dough, shape it in a crescent moon, and bake it. In the Arab recipe you got a yeast dough with sugar and almond and spices as it's filling and it's baked and we both call them cookies.

There is one more book I would like to suggest and that is *La Cucina* containing over 2000 authentic recipes of Italian cooking. It isn't a period book, but is about real Italian cooking off all over Italy. For me, it's a good reference book, our family recipe is a combination of two recipes, Christmas Spice Cookies and Jam-Filled Horseshoe Cookies that are in the book and only made in Abruzzi. But on with this cookie now.

Ingredients

2 cups flour
1/4 up olive oil
1/4 cup warm water
1/8 cup rose water
1 pack yeast
1/2 tsp. salt
1/2 cup slivered Almonds
1/2 cup sugar
1/4 tsp ground ginger
1/4 tsp. ground cinnamon
1/8 tsp.cloves
1/8 tsp. ground pepper
1/8 tsp. spikenard
1/8/tsp. camphor
powdered sugar for dusting



Picture 1

Notes: Spikenard has a taste between Licorice and Sarsaprilla, it's optional or you could use ground licorice and a little root beer extract. Camphor is really strong and it smells like vicks and if you ask me it has the same tastes if you are go to use it a little goes a long way or you could use mental extract.

1. Get all your Ingredients ready, as in **pic one**. Top row from left to right: flour, olive oil, rose water, almonds, powdered sugar; middle row: yeast, salt, sugar, ginger; bottom row: cloves, cinnamon, spikenard, camphor, black pepper.

Picture 2



2. Add flour, 1 tsp sugar, yeast, and warm water and let yeast bloom 5 min
3. Take oil, bloomed yeast and add to flour and make a dough then let rise for 1 hour as in **pic two**
4. Take almonds and sugar and grind together as in **pic three**, then add the rest of ingredients as in **pic four**, then add rose water and make a filling to look like **pic five**.
5. Now take some dough and make 1 1/2 inch. balls, then roll them out and put filling at the top then fold over the filling and roll it and pinch the ends and shape like a horse shoe as in **pic six** (you will have to roll the dough because it's a bread dough if you just pinch it close it will open when you bake it.)

Picture 3



Picture 4



Picture 6

6. Bake at 350 for 20 min take them out and dust with powder sugar.

"The discovery of a new dish confers more happiness on humanity than the discovery of a new star." ~ Brillat-Savarin

From my plate to yours,

Claudius

Resources:

Sweet Delights, by Habeeb Slalom, Mana Slalom and Leila Slalom

Scheherazade's Feasts, Habeeb Slalom, Mana /Salloum, Leila Slalom

La Cucina, by Rizzoli

Medieval Arab Cookery, by Maxime Rodinson, A. J. Arberry and Charles Perry

A Flummery of Food, by Andre Simon



The List of Waivers ~ When and Why

Several release forms and waivers are necessary for various activities by the Barony, Kingdom, and Society. Printable versions of these can be found at WesternSeas.org.

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 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 of 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 event 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 as contact in public display.
- Officers wish to have their modern names used in the Regnum.
- Articles writers wish to use their modern name in the by-line.

~*~

Waivers are to be submitted 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 Cid. Hard-copy Waivers are kept on file with the Constable after being scanned.

Combat and Equestrian Waivers special waivers needed to participate in events related to each. Please speak to the Field Marshal of the event for more information.

Blue Card vs. White Card

SCA members who have (digitally) signed a Waiver of Liability when paying for membership possess a Blue Membership Card. Members who have not (digitally) signed this waiver have a White Membership Card. If a member possesses a White Card, that member must sign Combat Waivers at each related event to participate in combat. See the Field Marshal of the event if there are any questions.



Barony of Western Seas

The WesternSeas.org

This is third issue in the fifth volume of the RUNESTONE, a publication of the Barony of Western Seas, part of the Kingdom of Caid which is 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.

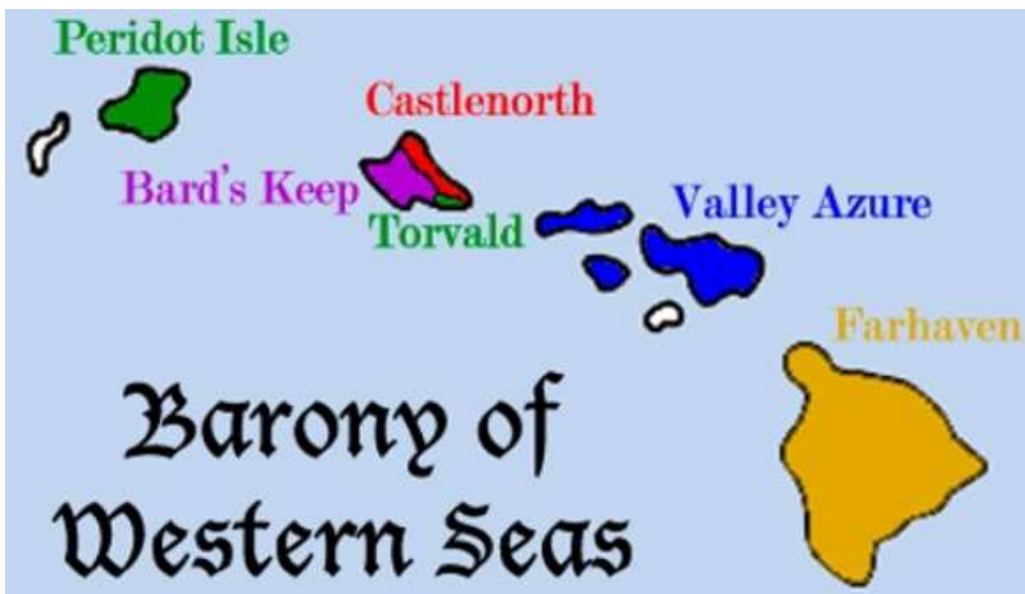
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Barony of Western Seas
54-304 Kawaewae Way
Hauula, HI 96717
WesternSeas.org



Barony of Western Seas Regnum

| | | | |
|--------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| BARON | Sir Valeran do Pico | barony@westernseas.org | Ceremonial heads of the Barony and representatives for the Crown of Caid |
| BARONESS | THL Sadhbh inghean Uí Chonghail | | |
| Office of the Seneschal | Mistress Raven of Heronsmarsh | seneschal@westernseas.org | Manages all business affairs of the Barony and sub-groups |
| Office of the Herald | Sir Valeran do Pico | herald@westernseas.org | Tracks awards, Devices, and Name Registrations; Master of Ceremony at events |
| Deputy Herald | Lord Geoffery of Camlann | | |
| 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 and greets newcomers to the Society and Barony |
| Office of the Chronicler | THL Sadhbh inghean Uí Chonghail | chronicler@westernseas.org | Produces, edits, and publishes the Baronial Newsletter (this publication) and other marketing materials |
| Deputy Chronicler | <i>Position Available, Volunteer today!</i> | | |
| Office of Arts/Science | Mistress Raven of Heronsmarsh | artsandsciences@westernseas.org | Oversees affairs of the Arts, Crafts, and Sciences |
| Office of the Scribe | Mistress Duibheasa Ingen ui hÉalaighthe | scribe@westernseas.org | Organizes the creation of scrolls for awards |
| Office of the Webwright | THL Sadhbh inghean Uí Chonghail | webwright@westernseas.org | Manages Baronial internet needs and presence |
| Knight Marshal | Sir Edward of Castleguard | knightmarshal@westernseas.org | Supervises Armored Combt 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 Blackthrone, Big Island | archery@westernseas.org | Supervises Archery activities (per island) |
| Marshals of UAC | Mistress Duibheasa Ingen ui hÉalaighthe, Oahu Dame Uta Blackthrone, Big Island | unarmored@westernseas.org | Supervises Unarmored Combat activities (per island) |
| Gold Key | THL Sadhbh inghean Uí Chonghail | goldkey@westernseas.org | Manges Baronial Loaner Collections |

Canton Seneschals

| | | |
|-----------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|
| Farhaven (Big Island) | Lady Shea Vonquinlan | seneschal@farhaven.org |
| Peridot Isle (Kauai)..... | Vacant - Want to volunteer? Contact the Baronial Seneschal! | seneschal@peridoisle.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 of Fairburn..... | seneschal@bardskeep.org |
| Castlenorth (Windward Oahu) | Sir Marco Di Bartolomeo..... | seneschal@castlenorth.org |

Cuilds

| | | |
|------------------------|-----------------------------------------------|--------------------------------------------------------------------------------|
| Philosopher..... | 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 |
| Scribes | Mistress Duibheasa Ingen ui hÉalaighthe | scribe@westernseas.org |
| Stitches in Time | THL Sadhbh inghean Uí Chonghail | stitches@westernseas.org |

Future Events of Interest



Baronies of Western Seas
The entire State of Hawaii

Fighter Practice

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

Baronial Coronet Tournament

October 21, 2018, 8am - dark
Kualoa Regional Park
49-479 Kamehameha Hwy., Kaneohe
Heavy Combat Tournament with Royal Presence. See article in this issue, or visit the Baronial Calendar at WesternSeas.org/Calendar
Contact: barony@westernseas.org



Canton of Farhaven
The Big Island of Hawaii

Unarmored Practice

(unless other event is planned)
First Saturday of the month, 11am
Lilioukalani Park
All other Saturdays, 10am
Cooper Center Skate Park



Canton of Castlenorth
Windward Oahu, from Makapuu to the east, all the way to Pupukea

Baronial Officer Meet

Windward Community College,
Hale 'Imiloa (Valeran's Office)
45-720 Keaahala Rd., Kaneohe

Third Wednesday every month; 7:30pm to 9pm
Open to all members of the Barony. Skype and phone conferencing available. Contact the Baronial Seneschal for more information. No meeting in July, 2018.

Grand Prize Tourney

Saturday, July 21, 9am - 6pm
Windward Community College,
45-720 Keaahala Rd., Kaneohe
Registration: Adult-\$10; SCA Adult-\$5; 17 & under-FREE
Entrance into the CNGP 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.
Visit the Baronial Calendar for the latest information, WesternSeas.org



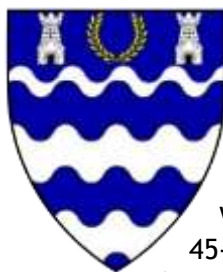
Canton of Valley Azure
The entire counties of Maui, including the islands of Moolokai and Lanai

Fighter Practice

Sunday mornings, 10am until tired
Eddie Tam Memorial Center, lower field
931 Makawao Ave., Makawao, HI 96768

Spear of Destiny Tournament

August 25, 2018, 10am until 4pm
4th Marine Div. Memorial Park, Haiku, Maui, Hawaii
Rumors have been heard, the fabled Spear of Destiny has been found and it needs a new Champion! Join Valley Azure in a double elimination round robin tournament to decide the victor and new wielder of The Spear of Destiny! Visit the Baronial Calendar for the latest information, WesternSeas.org



Canton of Bard's Keep
Central and West Oahu, from Halawa to Makaha to Pupukea

WCC-Fighter Practice

First Saturday each month, 4pm - dark
Winward Community College
45-720 Keaahala Rd., Kaneohe
A mock invasion of Castlenorth, and practice of armored combat. Weather permitting. Visit the Baronial Calendar for the latest information, WesternSeas.org

Fighter Practice

(unless other event is planned)
Sundays, 4pm - dark
Nuuanu Valley Park, Honolulu
Armored Combat and sometimes Fencing. Weather permitting. Tapestry project from the Stitches in Time guild will also be present.

OORMANT Cantons

Want to lead one of these Cantons? Contact the Baronial Seneschal for information. 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