

The Vine

VOLUME 29 ISSUE 8
DECEMBER AS LVII / 2022



MERRY CHRISTMAS

Regnum



KING & KING OF LOCHAC
THIBAUT AND JAYNE
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CHAMPION OF THE BOW
CHAMPION OF THE RAPIER
CHAMPION OF ARTS & SCIENCES
BARD OF ANEALA
PAGE OF ANEALA

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LORD WILLIAM DE WALFORD
LORD MILOS BOSKOV
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Baronial Missive



Greetings to the Populace,

Welcome to December! Where has the calendar year gone?! Luckily our SCA year continues until May, so don't worry - there's still time to complete your SCA New Year's Resolutions even if your modern-world resolutions fell by the wayside some time ago...

November was, as predicted, a very busy month.

We would like to express our gratitude to everyone who attended and helped at the many demos that ran throughout the month of November. These demos included two different events as part of the Perth Pride Festival – the Fair Day at Hyde Park and the Pride Parade – and a medieval fair day at Guildford's Stirling Square Markets. Thank you to Skjaldadís Bragadóttir and Gwyneth ferch Aeddan for their efforts coordinating these different demos.



To anyone who has signed up to the SCA since those demos – welcome! We're happy to have you here.

We would also like to thank Konrad Hildebrandt for running the Toys for Tots Team Archery Event. Sadly, we were unable to attend this event due to unexpected health issues. (Fun fact: we're quite sure this was the first event since we stepped up as Baron & Baroness of Aneala that neither one of us attended.) Fortunately, we heard reports that while small it was overall a successful and fun day. Despite it being a small event, we collected 42 toys and 16 food items to be donated to a worthy charity. Thank you all for your generosity.

In December many of us get busy with family events, but usual SCA activities are continuing. On the second Sunday of the month (the 11th) we will be at Spearwood for Combined Training and there is a plan to run a Market Day – bring along your products to sell and/or bring



Baronial Missive



money so that you can enjoy some shopping! As is tradition, December Council has changed date from the usual 3rd Friday of the month, in order to facilitate celebrations and merriment. If you'd like to know more, please see the Minutes from November (available on the Resources page of the Aneala website) or contact Aneala's Seneschal Sir Nathan for more details.

Before you know it, we'll be in January. January already has the following exciting events coming up:
14th January – Aneala Schembart Carnival (book now!)
21st – 22nd January – Demo at Genghis Con (helpers encouraged & welcome)

Also upcoming, although not for a few months yet, is March Crown. Aneala has the great honour of hosting March Crown in 2023. To prepare for this momentous event, we will be running some Sunday afternoon workshops at our house to provide the space and opportunity to refresh and refurbish the group gear and allow the populace to work on personal projects in good company. These workshops will likely begin in January (given December is already speeding away from us); keep an eye on the usual communication channels for more information.

For those who celebrate, we would like to wish you a Merry Christmas and/or happy summer holiday season. Enjoy the public holidays and time with friends and family.

Yours in Service,
Baron Agostino and Baroness Elizabeth





Lochac Cooks Guild



A Christmas Eve dinner and A Christmas Day dinner

<http://www.godecookery.com>

The Advent fast, prohibiting meat, chicken, milk, cheese, butter, etc. (i.e., virtually all animal products), and lasting a time period that included the four Sundays preceding Yule, was THE primary motivation for the festal consumption of food during a medieval Christmas. This simple fact should always be kept in mind when planning a medieval feast in an authentic manner. Christmas itself ran from Christmas Day up through Epiphany, or Twelfth Day (January 6). The rules and standards of food at Christmas time lasted for this entire 12 day period.

A Christmas Eve dinner should be composed of medieval dishes that are for fish-days, fast-days, Ember days, and for Lent. (Ember Days were four significant fast-days held during Lent, just after Pentecost, September, and in December during Advent.) These sorts of recipes are usually clearly denoted in medieval cooking manuscripts, and can be found throughout the recipe sections of [Gode Cookery](#). Exotic and varied viands of fish & seafood should dominate: grilled, fried, roasted, baked fish, etc. with a variety of sauces; oysters, mussels, crabs, lobster, clams, and assorted shellfish (such as periwinkles) are very acceptable and can be prepared in a multitude of ways. [Almond milk](#) should be the ingredient used for sauces, as it was the main substitute for milk during a fast. Fried foods are prepared in olive & nut oils (see: [Oils](#)) rather than animal fats.

Medieval cooks came up with a variety of ways to circumvent the restrictions of a fast-day: mock cheese was made out of fish and almond milk, fish was made to taste like meat, etc. And some people relied on extremes in common food beliefs to see them through their fast: beaver tail (a high source of fat & protein) was acceptable as the beaver lived in water, like a fish; ordinary geese were often identified as being the mythical [Barnacle Goose](#) by both sellers and consumers alike. The Barnacle Goose, being a product of the ocean, was not a true land-goose and therefore was not restricted. Therefore, if the cook or host of a Christmas Eve dinner wishes to serve goose, it may be done so, but only in the honest faith that it is a true Barnacle Goose that is being served! (Imagine a platter of Barnacle Goose surrounded by oysters, mussels, clams, etc. Yum!)



Lochac Cooks Guild



Bread, cheese, ale, & wine should be included with the foods of both a Christmas Eve or a Christmas Day dinner.

A medieval Christmas Day dinner could be composed of rich and extravagant dishes, heavy with meat and sweets, and laden with delicacies and treats; or, an equally authentic way to eat would be to have simple but hearty dishes like stewed chicken or beef, or pork, ham or bacon served with mustard, along with cheese, bread and ale. The choice is yours, as was our medieval predecessors. Certainly, the Boar's Head should be included in any large dinner or party, whether real or made of cake, as well as Plum Pudding, Mincemeat Pie, and such treats as gingerbread, spiced wines, etc. Venison was a popular meat at Christmas, and possibly represented about 1/4 of all meat eaten at that time, according to household records. Goose, duck, hen, and an enormous range of fowl & poultry served in or with a variety of sauces; dishes of beef, pork, & rabbit prepared in numerous ways; rich soups and thick pottages and stews; a plethora of sweets and desserts - the list of acceptable foods that are authentic, delectable, and highly appropriate for a Christmas Feast would be a long one! Any documented, authentic recipe found in [A Boke of Gode Cookery](#) which is not intended as a fast-day item would be more than suitable.

Decorating the home with greenery during the holiday has been a custom since the Roman festival of Saturnalia, and has been documented as having occurred in London as early as the 12th century. The Medieval dinner table or dining hall can be suitably garnished with holly, evergreen, etc., just like today.

Singing carols at a Christmas dinner was such an expected activity that paid carolers and minstrels were often included in the budgets of large feasts. Other entertainments, such as masques and mummery, were also very common.





Events

MIDSUMMER FEAST

ANEALA SCHEMBART CARNIVAL

Date: Saturday 14th January
Event type: Feast
Location: To be Announced
Steward: Clare Drake
claregwyneth@gmail.com
Time Setup from 4pm
Event 4:30pm-9:30pm
Food stalls from 5:30 onward
Site Rayment Park, 1 Rayment St, Lathlain

Booking bookings@aneala.lochac.sca.org
Price: \$26 adult member,
\$13 for under-18s,
non-members please add \$10 for insurance

DESCRIPTION

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In the city of Nuremberg, the Schembart Carnival ("bearded-mask" carnival) was celebrated yearly from 1449 to 1539. Originating with a dance through the streets, the carnival grew more and more elaborate and popular, adding masks, parades, outlandish costumes, sword games and huge themed floats on sleds or wheels.

Join us in the park at Midsummer for Aneala's Schembart Carnival, where there will be plentiful and delicious street food, masks, games, dancing and mischief. A competition open to all will choose the Monarch of Misrule; another will choose the Mini Monarch of Misrule. There will probably be a rapier tournament and may or may not be flaming artichokes.



MARCH CROWN 2023

Date 10th to the 12th of March 2023

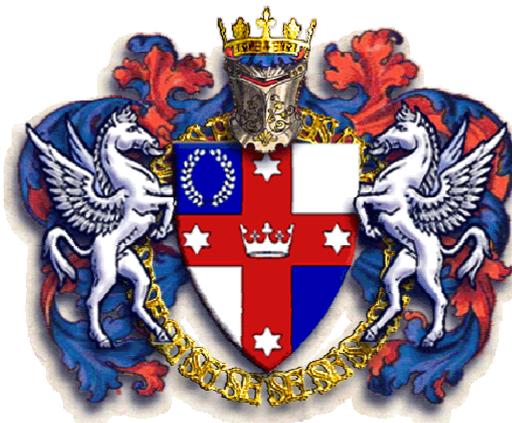
Location Ern Halliday Recreation Camp
Whitfords Ave, Hillarys

Steward Konrad Hildebrandt

More info coming soon.

The glory of reigning as Lochac's Crown lasts for only six months. Through these fleeting moments, the Crown as the font of all awards has the unique privilege to bestow recognition on the deserving populace in front of their friends and peers. But with great power comes great responsibility; to share the burden among Lochac's populace, we hold a Crown Tournament to choose new Heirs to the throne.

The event will be held from the afternoon of Friday 10th March through to Sunday 12th March at Ern Halliday Recreation Camp in Whitfords. We invite the Populace of Lochac - those coming to contest the Crown List and those coming to bear witness - to join us in Lochac's West to share in the wondrous spectacle.





Baronial Activities

The following regular activities occur unless superseded by an event

Baronial Council Meeting.

3rd Friday of each month, room opens at 7pm for a 7:30pm start.
Contact [Baron and Baroness](#)

Baronial Training

Sunday from 10am. Lake Monger Primary School, Dodd St, Wembley
Archery . (Contact [Archery Marshal](#)).
Armoured Training. (Contact [Armoured Marshal](#)).
Rapier Combat. (Contact [Rapier Marshal](#)).

Combined Training and Arts & Sciences

2nd Sunday of each month. 9am to 1pm
Spearwood Primary School, 73 Gerald St, Spearwood

Darlington Arts & Sciences

4th Saturday of the month. 10am to 1pm
Darlington Hall, 3 Owen Road Darlington
Contact: kerryn@ladybirdpainting.com.au

Canton of Dragon's Bay

Please check the [Dragon's Bay website](#) for details

Other non-SCA events of interest

Music and Singing. For times and venues, contact [Lady Isabel](#).
Scribes. Tuesday nights. Contact **Mistress Leonie**
Dancing is on the 1st and 3rd Wednesdays of each month.
Contact [Baroness Elizabeth](#).

Event Booking Policy

Payment for all bookings must be made in advance of the event by the date advised in the booking confirmation email. If payment is not received by the due date your booking will be cancelled.
Payment may be made either online or at any Westpac bank branch.
Payment will not be accepted at the door except in exceptional circumstances and only by prior approval from the bookings officer and event steward.

Participants are reminded that if they are unwell or showing cold or flu-like symptoms, they must not attend.



Local Lochac Guild Contacts

Royal Fibre Guild of Lochac

For those interested in the arts, crafts and history of all textile matters. We encourage the doing, researching and teaching of fibre related skills as seen in pre 1600 cultures. We include weavers, spinners, dyers, cord makers, felters, knitters, njalbinders and lace makers.

Contact Lady Elizabeth: aneala@aneala.lochac.sca.org

Royal Guild of Defence

Researching and teaching of the period martial arts of Europe, as detailed in the various extant fencing and wrestling manuals.

Contact Baron Dameon: dameongreybeard@gmail.com

Worshipful Company of Broiderers

The aim of the Company is to advance the study and practice of pre-1600 AD European needlework in Lochac and in the Known World.

Contact Baroness Leonie: degrey@tpg.com.au

Performers and Entertainers Guild of Lochac

This guild is dedicated to the promotion, encouragement, learning and performance of bardic, theatrical, instrumental and all other entertainment arts within an SCA context.

Contact Isabel: genierachel@iinet.net.au

Lochac Brewers Vintners and Imbibers Guild

We share a common interest in brewing and wine making as practiced in the Middle Ages, and the responsible consumption of said beverages.

Contact Wolfgang:

Lochac Cooks' Guild

Members of the Lochac Cooks' Guild aim to practice cooking in the style of the Medieval and Renaissance periods, research and study period cooking and make available information on all aspects of period cooking as it pertains to the Society for Creative Anachronism

Contact: Bella Valori kerryn@ladybirdpainting.com.au

SCA Group Websites

Barony of Aneala (Perth, WA)	aneala.lochac.sca.org
Canton of Dragons Bay	dragonsbay.lochac.sca.org
College of St Basil the Great (UWA)	stbasil.lochac.sca.org
Kingdom of Lochac (Australia & New Zealand)	lochac.sca.org
SCA Corporate (Australia)	sca.org.au
SCA Corporate (World-wide)	sca.org



TACUINUM SANITATIS.
14TH CENTURY.
MEDIEVAL HANDBOOK OF HEALTH.
BOAR HUNTING. FOLIO 96R



About the Vine

This is the December 2022 issue of the Vine (Volume 29, Issue 8), a publication of the Barony of Aneala, the Society for Creative Anachronism, Inc. (SCA, Inc.).

The Vine is available from Aneala's web site <http://aneala.lochac.sca.org>. It is not a corporate publication of SCA, Inc. and does not delineate SCA, Inc. policies. The official newsletter for the Society in Australia is Pegasus, which is available from the Registrar at: registrar@lochac.sca.org.au

The closing date for submissions to The Vine is the third Sunday of the month. Advertising, including event flyers should preferably be in Word format. Please send original source documents and associated images separately.

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