

# The Derneherald



...Goes Electronic!

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# THE CHRONICLER'S CORNER

By: Lady Isobel Mure

Welcome to the first online issue of the Derneherald! For those of you who missed the meeting in which we chose to switch to a digital format here is why; the cost to produce a hard copy and the demand for the news letter did not match up. In other words I was spending about \$20-\$35 per issue and in return only getting \$10- \$15 to put back on our Shire's Kinko's card, so basically we ran out of funds, and would continue to drain the Shire's funds to produce it, so the solution? No printing fee by putting it in a digital format.

I am still looking for a deputy. I have gone over my schedule and timeline. I will be able to continue in this post until around August 2010, after that I will more than likely be moving out of the Athens area. I know I have referred to Andres as my deputy, but that is a running joke with us since when I leave Athens he will be coming with me. All my deputy needs to know how to do is edit, type, catalog, and assemble the information needed to post up the newsletter, it is not very difficult, I blew a hard drive saving a document once and can still do this so... Also you get to work on the Shire's history!

Now for my advertisement of the month, I found the coolest fiber arts store in Parkersburg. It is called Market Street Yarn & Crafts. They have yarn, raw wool, knitting and crochet supplies, drop spindles, tablet/card weaving looms, normal weaving looms, and spinning wheels. They are located at 615 Market Street in Parkersburg. They rock, and they know about the S.C.A!

Please e-mail submissions to [littlesearles@gmail.com](mailto:littlesearles@gmail.com). I can also be reached at (740) 707 1402 if you have any questions.

## **From the desk of the Seneschal**

T.H.L. Eidiard an Gobihainn, O.G.R. (X2), C.W., C.E., A.P.F.

Greetings peoples!

Well, we seemed to have survived winter so far, but until the rains of spring come be careful. Take a little extra time or err on the side of caution. Neither meeting nor event is worth risking your life over.

On a slightly different note, I would like to commend everyone on the meeting when the Baronial Chronicler, Lrd. Boldeywn Rheinholt came to visit. You showed him the true spirit of Derenhealde and the wonderful people therein. His article in the Vigil reflects your gracefulness and friendly manner. We were honored by being the first shire he reviewed and I would say that we made a good showing of it.

Fight practices are on Sundays and are doing quite well! Loaner armor is there if you want to try and I suggest you do. Thursday nights are still our traditional Craft Night and this is the backbone of our well known A&S people (Thank you to Her Ladyship, Forrester Sabine du Creuequoer (Yea Bean!!))

I could write more but I'll leave that to the other officers.

Officers: You did send in your letters, didn't you? (\*stern look\*)

I remain yours in service to the crown,

Eidiard

# Keeping Yourself Fed at Pennsic ( And Shorter SCA Events)

Lucina la Frepiere, CW

When camping at Pennsic I like to keep meal-making simple. One-pot meals reduce clean-up. Quickly cooked meals use less fuel and less time. Taking only what I need and a No Leftovers policy...not that I've ever completely achieved these...supposedly help Simplify, Simplify, and Simplify.

I take advantage of convenience foods available at my local grocery store or the New Market (formerly the Asian Market) supplemented with foodstuffs I can buy on site, at Cooper's Camp Store or the Produce vendor.

I buy food packaged for camping: in cans, or sealed pouches, especially those that claim "No Refrigeration Necessary." (These bags may not be designed for the ambient temperature of Pennsic at midday, so they tend to wind up in the cooler, but the packages are waterproof.) . At the campsite, all my food will either be iced down in my cooler, or in plastic tubs which keep out rainwater, damp, and ants. (Google "Pennsic without a Cooler" for more ideas.)

Before leaving my kitchen - which has clean, level counters and hot water for cleanup- I re-portion food into the amounts I think I'll need, and discard the cardboard boxes or superfluous packaging layers. For instance, if I have in mind two meals that call for rice, I'll measure one cup (or whatever) into a Ziploc bag and label it with permanent marker. When I have actually given myself enough time to pack properly, I make that into a Ziploc bag for each meal, and put the 2 labeled bags into another bag. If I plan to have one of those meals on the first or second day, I'll cook the rice ahead and Ziploc it that way. Likewise, pasta. And I take a wad of extra Ziploc bags. Good sturdy ones.

I plan meals that could be cooked either over a fire, or on a camp stove, which isn't much different from using my gas stove at home. I bring a long-handled wok suitable for using over a fire, which you can use whenever I don't need it.

## **Breakfast**

Instant oatmeal and tea with sugar. Always. Breakfast is not my best time for decision-making.

Foods for lunch or snacks

Fresh fruit: apples, oranges, bananas, things with sturdy outer covers. Also celery. Wash at home.

Fresh veg: baby carrots. Get 2 small packs instead of one large. Broccoli in bite-sized pieces (in Ziploc bag in cooler). Include veggie dipping sauce if you like (see "Yogurt"). Also, pre-packaged salad greens.

Grape/cherry tomatoes (washed, in a waterproof container that won't squish).

Dried fruit: raisins, prunes, apples (and crispy apple or banana chips), papaya, mango, cherries.

Nuts: peanuts, cashews, pistachios, etc.

Ramen noodles in Styrofoam cups (pour in boiling water, eat from cup, lick fork "clean.")

Grains: Crackers, such as Wheat Thins, and pretzels. Granola bars. Corn/potato chips in small packages.

Veggies/fruits in bottles: olives, beets, salsa.

Hard-boiled eggs (Keep them in cooler, and in their plastic carton.)

Meat: Jerky, smoked oysters, Vienna sausages, perhaps dried/smoked sausages.

Peanut butter. Other nut-butters are expensive, spoil more quickly. Then there's Nutella.

Soft stuff in individual-serving containers: yogurt, pudding, applesauce. Put foil-topped yogurt into Ziplocs, cooler.

Cheeses, IF you can keep them not only cool, but DRY. I've given up, and no longer bring cheeses.

Chocolate: see challenges listed under "Cheeses."

## **Drinks**

Jug of whatever tap water you're used to. Or, freeze pop-bottles of water, doubles as "ice" in cooler.

Fruit juices in single-serving containers: pouches, bottles, cans. Convenient but generates lots of trash.

Fruit juices in plastic jugs to cool after opening: cranberry, grapefruit keep well.

Chai concentrate: mix equal parts with milk from Cooper's store.

Powders to mix into hot water: coffee, tea, chocolate, spiced cider.

Frozen lemonade concentrate in PLASTIC container: save an emptied jug from your juice or water.

### **Menus for Meals**

Strategy: Meals with freshest or fragile foods on first day, then meals with ingredients that are progressively harder to store, lastly box meals freshened up with sautéed onions, which keep well. With any meal, raw veggies are good on the side: green/yellow/red peppers, baby carrots or broccoli chunks.

**Chicken chili.** Package mix (Williams' brand), fresh onion sautéed, add small can corn, can o' white beans. Chicken could be canned, or an entire package of sliced chicken for sandwiches, or fresh chicken chopped-up-and-frozen-at-home. You could also add black olives.

**Stir fry with couscous** (or rice). Possible ingredients: canned chicken, spicy tofu, canned mushrooms, water chestnuts, peanuts/cashews/pecans, onion, snap snow peas (pre-packaged), zucchini, and peppers. After tossing and cooking veggies and chicken, add couscous (which you have packaged in a Ziploc).

**Smoked sausage** with either sauerkraut, OR canned beans...butter beans, or classic baked beans. You could substitute a sealed plastic pouch of ham chunks for sausage. Sautéed onions recommended.

**Spaghetti**, with tomato sauce, alfredo sauce, clam sauce, pesto sauce (powdered or in a jar), or Cincinnati chili (recommend you just get canned chili, but you can make from powdered mix.) Boiling a big pot of water takes lots of heat and time, but you can pre-boil the pasta at home and just warm everything together. Do this meal on the first or second day; cooked pasta doesn't keep well. Add a bit of olive oil in the baggie with the cooled pasta when you package it; press out as much air as possible. Don't forget Parmesan. You can buy pre-cooked, sealed-in-a-package hamburger meat at Wal-Mart, or you can cook enough hamburger meat at home, double-baggie it, freeze, and use as "ice."

**Indian-food-in-a-pouch.** Kroger's Indian food section has Palak Paneer, Roasted Eggplant, and many other dishes in single-serving pouches. Eat on rice, or plain. Try at

home to judge spiciness level. Asian Market has even more. (I also like “Sea Vegetable” salad, which can be eaten straight from the pouch.)

**Thai coconut chicken on rice.** Spices packaged as powder or sauce (various brand names of each kind), with common added ingredients being canned coconut milk, raisins, carrots, canned chicken, and green peas. Unfortunately it’s impossible to buy frozen peas in a really small package, so whatever I don’t use in this meal I’ll give away for use by someone that night. I add flaked coconut to increase coconut-ness.

**Jambalaya.** Box mix, add; sausage, ham, chicken or a combination; sautéed garlic and onion, fresh peppers, canned tomatoes, olives, can of beans (black, kidney, red all OK). Mix includes rice.

**Chili with crackers.** It could be as plain as hamburger, canned tomatoes, and canned kidney beans.

### ***Other Ideas***

Here are some things I haven’t tried, but seem like possibilities:

Canned stuffed grape leaves. Eat at “room” temperature.

Salmon cakes, made from canned salmon.

Dried potato flakes. So easy, got to be good for some camping application!

Breakfast for supper! Pancakes, bacon & eggs, omelets. You can buy pre-cooked bacon at Kroger.

I offer these ideas with some trepidation, because I realize that the communal supper Dernehealde has done for years at Pennsic is the best way to feed a largish group of people. Perhaps you will find one or two menus, or the lunch-food list, useful for a weekend event. And please share your ideas to add to these lists.

# The Anvil's Ring

T.H.L. Eidiard an Gobihainn, O.G.R. (X2), C.W., C.E., A.P.F.

Randomly Bardic Type Person, Storyteller and Standup Philosopher

It was suggested to me by Lady Lucina la Frepiere, whom I am sure is well known to all of you. It was one of those head scratching type of suggestions followed by "Well, that is a hell of a good idea..." So this issue's column is by her suggestion, so please thank her.

## Lunch Feasting At Events

I hate to be hungry. There is something in my psyche that drives me to quash that feeling faster than thirst or any other feeling. So, how do you feel a Pictish warlord and his lady wife without breaking the coffer's last copper? Simple, quickly! Now many events have fine lunch taverns so I encourage you to use them when you can. It helps the shire or other group earns a little extra coin. Remember to be nice with a tip or tell them to keep the change (and I do mean be generous, go on, you know you want to) But you know, sometimes you just can't get by on what some of them offer to serve so here is some suggestions to pack a lunch, for several.

### Planning:

There is more to a great lunch than just slapping some peanut butter crackers in a pouch and calling it food. No, let me guide you along the path I use. There are some simple questions you need to ask in the planning stage firstly, hot or cold?

### Hot or Cold:

What is the weather like? A steaming cup of potato soup is not all that welcome in 90 degree heat nor is the Italian ice at 10 below zero. Plan your food according to the temperature of the day and it will help. Hot lunches take more work, and for a daytrip may not be that easy without cooking facilities. You may be able to beg a few cups of hot water at the lunch tavern or from the Feastocrat (remember to leave a tip at the tavern or offer to run an errand for the Feastocrat) for instant soup, but lets face it, it still tastes like instant soup. A small two liter insulated jug will hold the heat on some hot soup for quite a while. Make it in the morning, pour it in to the preheated container and you have hot soup for lunch!

## **Period vs. Non-Period**

Let's face it; some of the period food our personas would happily eat turn the stomach of the modern Scadian just to think about. Some things, though simple, provide a period looking lunch and taste good. Long bread (baguettes) are good as well as round loaves. There is something feral that is satisfied by ripping into a loaf of bread and munching on a piece of it. Remember the soup from the previous paragraph? It goes great with bread. Now, add in a little sliced meat and cheese (either your own for from the supermarket deli), and there you are, a staple meal for many centuries of time. Or perhaps a little veggie sushi is more to your personas liking? Rice is easy to make and many ethnic supermarkets carry all the rest of the ingredients. Maybe the Spanish peacock needs to have something spicy like a good stack of peppers or the Viking craves the cold turkey leg? Consider pre cut veggie plates or fresh fruit. These are things we eat but often do not think of them as being period by just being themselves. Remember to eat what you like and be happy, period or not.

## **Gear**

What you say? I need gear for lunch? Yep. Let's stay simple for ease of use and cleanup.

## **The bowl**

The bowl is an indispensable piece of equipment. Get a good wooden one and it will last but remember to keep it clean. It can be used as a bowl (duh!) a plate or even a drinking vessel if needs be. It does not have to be a huge salad bowl, but bigger is usually better. Hot soups cool faster, you have more room when using it like a plate and it can even be used for cleaning up after.

## **Knife**

I cannot stress enough the need for a good knife. Now I am not talking about one of those giant Rambo moose killers but a little knife, more than likely less than 3 inches of blade. It can do everything from spreading mustard (a very period condiment) to carving off hunks of meat. Keep it clean and sharp. Think about how many times you have heard "Has anyone got a knife?" Yep, you too can join the "Me!" club too.

## **Spoon**

Another of the greats. You can do so much with a spoon besides eat soups. Start with just a regular one and then later try for the more period ones like wood or horn. Now you may ask "But why not a fork?" Forks are useless with most soups, spreads, and are

even problematic with jelly. Chopsticks, while good for some foods are not all that good with soups either. Almost every culture had the spoon, even though we have no idea why. Consider that one for a while.

### **Cup or Mug**

Nothing is more deflating to a person when someone comes up and offers you a mug of their latest "Old Frothing Bowel Busting Black Barium-laced Ale" and you have to decline not out of fear (which in fact may be the best choice for survival) but ...wait for it..."I don't have a mug" A good mug can be a bowl as well so it can, if need be do the same types of double duty.

### **The Carry-all**

No, not the thing from Dune, but something to put all your gear into. A basket is nice but a drawstring bag made of muslin will work just as well with wooden utensils in it. I would recommend a box if you intend to use ceramics or glass. Inside the carryall add in a few napkins, a plastic bag or 3 (incase there is nowhere to wash dishes)

Now you have a better idea about the equipment needed.

But, you say I can't spend all that money! Okay, now here is where being frugal like Eidiard kicks in.

### **Thrift Stores**

Do not turn your nose up at the idea of going to a thrift shop. There are bargains galore there. You may spend 10 cents for a spoon, 25 for a mug and maybe another 50 cents for a bowl. Knives are sometimes harder to come by, but keep looking. You can outfit yourself with a good kit for less than \$2.00 Oh yea!

### **Garage Sales**

There is lots of fun to be had when the spring cleaning bug hits and people start having garage sales. All of the things mentioned before can be found plus you have the added bonus of taking a group of friends along for a scavenger hunt.

### **Barter**

Didn't think about that one did ya? Well do you know a woodworker or someone taking a ceramics class? Maybe you can sew or cook or have some other tradable skill. Talk to the people you know and you may be able to get hooked up for a song (literally!) Talk to the older Scadian you know and see if they have anything they might be willing

to trade off to you. Some people love playing hunter for others so who knows what they may find if they know your looking to put together your feast gear.

### **Feast gear?**

Yep, that is exactly what it is. The lunch kit can be used at a sit-down feast just as well as for lunch. We all know /real/ scadians have feast gear. Be one of the cool kids in the in-crowd, get your own. Better yet, pack for 2 people and you can lend it out at feast to your new friend.

Guys, nothing says class like inviting a lady to feast and having feast gear for both of you. Oh yea, smooth.

Ladies, you can shoot down that cute guys' excuse for not going to feast with "but I have enough feast gear for both of us".

In a future column I will go into more detail about how to do lunch for 4 for less than \$10.00. Yes, it can be done!

Till next time!

I remain yours in service to the crown,

Eidiard