



Northern Watch Newsletter

Spreading the good news of Endewearde

June 2011

Scribed Seneschal

By Lord Otto Gottlieb

Unto all do I send hardy greetings! As we emerge from a snowy winter and wet spring, I cannot help but marvel at all the ways the Shire of Endewearde continues to blossom. In preparation for writing this letter, I looked at the last newsletter dated March 2009. Though it has been two years since the last newsletter, it is not an overstatement to say that Endewearde continues to do great things!

Just since the beginning of the year, members of the Shire have joined the ranks of Order of the Laurel, Order of the Silver Crescent, Order of the Manche, and Order of the Tygers Cub. One has an Award of the Silver Rapier and several received their Awards of Arms. The Shire hosted King and Queen's Bardic Champions with one of our own having been selected as the King's Bardic Champion! In addition, the East Kingdom Captain General of Archers and Northern Region Thrown Weapons Marshal hail from the Shire of Endewearde. Each one's achievement and service to the East Kingdom is truly inspiring.

From a personal perspective, it has been my great privilege to assume the position of Shire of Endewearde Seneschal. It was only three and a half years ago that my family and close friends attended our first Fort Knox Demo, then only a month later attended our first camping event, The Hunt. It is an honor to have been welcomed into the group and allowed to contribute in such a significant way. Endewearde, you have my deepest gratitude.

The Shire is also blossoming through the development of a Shire Charter. For many years the "What's What in Endewearde" has served as an outline for how we do things. But as our populace grows and develops, it has become necessary to redefine several aspects of our governance. Some "rules" that we implicitly play-by have been reevaluated. These explicit agreements will serve us when other questions of our implicit rules are asked. This has been a rewarding experience as we, or more specifically 'I', have learned what our decision making process is. Though we are well on our way to completing this work, there is still work to be done and hope to be finished by the fall. Please watch the Endewearde Yahoo! Group for further announcements.

Finally, I would like to thank all those that have been helpful to the incipient Shire of Hadchester. I met and spoke with Lord Nathaniel Lysander, Shire Seneschal, recently. He had nothing but good to say about the help he has received organizing and submitting paperwork to become a shire. We should all be so proud to know that not only do we serve ourselves well, but serve our neighbors too. This service is to the benefit of the East Kingdom and the SCA.

Endewearde, from the bottom of my heart, thank you for all you do.

Lord Otto Goettlieb

Households: To Be or Not to Be?

By Lord Gwillim Kynith

I recently heard a comment made by some folks fairly new to the SCA about households. They said they felt like "second rate citizens" because they didn't belong to a household. I quickly set them straight on households and what it means to be, or not to be, a member thereof.

A household is a group of SCAdians who enjoy playing together and decide to do so under a group name; nothing more. They may be a group of old friends who have camped and played together for

years; they might call themselves the House of the Noisy Mynah Birds. Perhaps a couple of retired Coast Guard families might band together in a household and call themselves The Old Goats. A Peer might decide to invite his or her apprentices or squires to gather together as a household and use the Peer's SCAdian name; perhaps House Granite.

Being a member of a household bestows no Society or Kingdom title, rank, or privileges upon its members. Some households have badges that

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News of the Wearde

Appointments

- *Lord Godric of Hamtun*
EK Captain General of Archers
- *Lord Gwillim Kynith*
Endewearde Shire Captain of the North Tower Archery Company
- *Lord Otto Gottlieb*
Shire of Endewearde Seneschal
- *Syr Cedric of Thanet*
Shire of Endewearde Deputy Seneschal
- *Brita Mairi Svendsdottir*
Chamfrom Herald
- *Lady Elena Ross*
Northern Region Thrown Weapons Marshal
- *Oleksander of Endewearde*
Shire of Endewearde Chronicler

Announcements

Congratulations to Don Jehan Fitzalan on his recent acquisition of a new spotted ass. May it serve you well on your farm!

Awards

- Order of the Laurel: Syr Cedric of Thanet
- Order of the Silver Crescent: Lady Aneleda Cyntheria Falconbridge
- Order of the Manche: Lord Gwillim Kynith and Lady Sylvia du Vey
- Awards of Arms: Eoin an Doire, Isabella Altoviti, Alessandra da Monteregegni
- Order of the Tygers Cub: Nick the Good
- Award of the Silver Rapier: Lord Ben of Endewearde

Tournament Results

Jehan's Fighting and Fencing

- Small Sword: Don Donovan Shinnock of the Barony of Carolingia
- Cut and Thrust: Don Jehan Fitzalan of the Shire of Endewearde
- Heavy List: Lord Thomas de Winterwade of the incipient Shire of Hadchester
- Youth Fighting: Dagfinn, the Duck of Doom of Hadchester
- Youth Golden Apple: Nicholas the Good of the Shire of Endewearde

Upcoming Shire Events and Gatherings

Soap and Cheese Workshop with Anya - Saturday July 16, 2011 8:30 AM - 7:00 PM

Anya will be running two hands on workshops at her home followed by a true pot-luck style stew, and merry making. Bring something for the stew, and whatever you need to have fun (chairs, drinks, etc.). Contact anya@endewearde.eastkingdom.org for more information, to RSVP, and for driving directions to her home in Hampden, ME.

Fort Knox Demo - Saturday September 10, 2011 10:00 AM - 4:00 PM

Annual SCA public demo at the Friends of Fort Knox Medieval Tournament in Prospect, Maine. Autocrat: Lady Aneleda Falconbridge, Chatelaine

Endewearde Novice Schola - September 17, 2011 - details TBA

A university about the SCA, a full day of workshops in Bangor, Maine. Autocrats: Syr Cedric of Thanet (cedric@endewearde.eastkingdom.org) and Lord Nevell Sudlow (neville@endewearde.eastkingdom.org)

The Hunt - October 7-10, 2011 - details TBA

A great end of the season camping event, with archery, thrown weapons, A&S and more. This year's theme is: "The Hunting Book" of Gaston Phebus, a very early 15C manuscript. Autocrat: Lord Gwillim Kynith (gwillim@endewearde.eastkingdom.org)

Bare Blade Tavern Brawl - November - November 2011 - details TBA

The East Kingdom's longest running fencing event. Unity, Maine. Autocrat: THL Frasier MacLeod

News of the Wearde

~continued~

Upcoming Shire Openings

Currently the Seneschal is accepting nominations for the following Shire Officer positions for the 2012-2014 term. Please contact him before the end of August 2011 if you are interested in running for any of these.

- Chamberlain
- Knights Marshal (KM)
- Herald
- Minister of Lists
- Local Fencing Marshal
- Shire Chirgeon

Please also submit proposals (formerly known as bids) for winter events you'd like to Autocrat, including, but not limited to the "Tourney of Love."

Call for Event Proposals: Winter

Please also submit proposals (formerly known as bids) for winter events which you'd like to Autocrat. This includes, but is not limited to the "Tourney of Love."

At recent Shire Meetings we have discussed that our event calendar is becoming very full with "traditional" events. It was agreed that just because we run an event once, or many time in the past, we need not run every event every year.

Please contact the Seneschal with questions or to submit event proposals for the winter quarter.

Recently at Meetings

In the last four months the Shire has held four business and business-type meetings where we've discussed all aspects of the Shire as we develop the unofficial "What's What in Endewearde" into an official Shire Charter.

For full details please see the minutes in the Meetings folder on the Endewearde Yahoo! Group. (<http://groups.yahoo.com/group/endewearde/>)

Our next meeting will be our official quarterly business meeting and will held August 21, 2011. All Shire residents are encouraged to attend.

Recurring Shire Events

*Please check the website and with the organizer for cancellation or questions.

Most Mondays

Archery Practice

5:30-8:00 PM @ Lady Margaret Rochester & Lord Godric Hamtun's Home in Bangor - FREE

The coordinator for this activity is Lord Gwillim Kynith, Captain of the North Tower Archery Company. He can be reached at gwillim@endewearde.eastkingdom.org

Every other Thursday

Dance Practice

7:00 PM - 8:50 PM @ Orono High School Cafeteria, Orono, ME - FREE

Contact Lord Gwillim Kynith by email at gwillim@endewearde.eastkingdom.org for more information about period dances or with any questions.

Sing Thing

7:30 PM - 9:30 PM @ Lord Gwillim Kynith and Lady Constancia de Vianne at their home in Orrington. - FREE

Contact Lord Gwillim Kynith by email at gwillim@endewearde.eastkingdom.org for more information and for driving directions to his home.

Most Sundays

Fighter Practice

3:00 PM - 7:00 PM @ Herbert Sargent Community Center, 342 Bennoch Road, Old Town, ME 04468 - \$4.00 FEE

This is an official Society for Creative Anachronism (SCA) practice in the Shire of Endewearde for Youth Combat, Youth & Adult Fencing, and Adult Heavy Weapons Fighting.

Contact Lord Ané du Vey vey@endewearde.eastkingdom.org for questions about heavy fighting, and Lady Bryn Millar bryn@endewearde.eastkingdom.org for questions about fencing.

Life Expectancy in the Middle Ages

By Oleksander of Endeweard

We often hear that lifespans were much lower in period than they are today, while this is true, it could be a little misleading. For instance, from 1200-1600 in Britain the average lifespan of a person was only a paltry 30 years. One then wonders how the human race survived, there should barely have been time to reproduce and raise children. It must have been the rare bird indeed that lived to be an old timer. And your friends and family must be dying all around you throughout your life. But this wasn't typical, the numbers in this case are a little misleading. Baring plagues, duels, and wars the most dangerous events in life were childhood and childbirth. The vast majority of early deaths are a result of child mortality due to disease or accidents. In fact between ½ and ⅔ of all children died before the age of four, typically of disease. So the overall average life expectancy is dragged down by the many, many very

*"Baring plagues, duels, and wars
the most dangerous events in life
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short lives. Complications and infections due to childbirth also brought the average life expectancy down considerably.

Certain demographics of the population also had a longer lifespan, for instance members of the aristocracy had a slightly longer lifespan than average people, largely due to better personal and home hygiene, and better nutrition. And on average females not in their childbearing years (14-40) had a 10% longer lifespan than men, while females in their child bearing years had much higher death rates.

One of the most misleading aspects of

Please see *Life Expectancy* on page 7

SCA Events 101

By Mistress Brita Mairi Svendsdottir

Event season is upon us, and many of us will be traveling to events near and far, so here are some things to keep in mind:

An attempt at pre-17th century garb is a requirement to attend any SCA event. Some groups have Gold Key (loaner garb), but you can't count on it, so if you need garb, get in touch with our chatelaine Aneleda to see about borrowing some. For a camping event you will need both warm and cold weather garb (layers are good) and more than one set of garb if the event lasts more than a day.

Read event announcements carefully to note such thing as whether there will be a dayboard (lunch), whether pets are allowed, whether alcohol is permitted,

whether the site is handicap accessible. Bring your own silverware, cup and plate - some events provide paper goods, but you can't count on it.

Remember that flash photography, modern beverage containers, and smoking are not permitted in the public areas of an event. Your camp at a camping event is not a public area, but try to be considerate of people with smoke allergies or sensitivity to bright lights.

If you have any questions about a particular event or event plans in general, there are many experienced SCAians in our group who would be happy to help.

*"Aside from PENNSIC and GNEW
what is your favorite SCA event?"*

TourneyofLove

The Hunt

BareBlade

Birka

Jehans Panteria

TheDemo

NorthernRegionWarCamp

Take next issue's survey at:

<http://www.surveymonkey.com/s/JW232CM>

Blazoning, or What is This Foreign Language

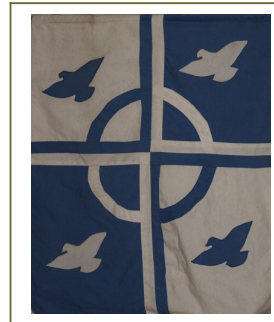
By Mistress Brita Mairi Svendsdottir

A blazon is the heraldic description of a device, supposed to be precise enough that someone who has never seen the device could draw it accurately from the description. A blazon always tells you the colors, field divisions, charges, etc. that are on a device, always in a certain order.

The field is the background. Field division is how the background is divided: For example: per fess: in half horizontally; per pale: in half vertically. A solid shape is a charge: for example: a fess: a horizontal stripe; a pale: a vertical stripe. Charges can also be animals, plants and inanimate objects.

The blazon starts by telling you about the background. If it is all one color, the first word in the blazon is the color of the background: Azure (blue), Argent (white or silver), Or (yellow or gold), Gules (red), Vert (green), Sable (black), Purpure (purple). If the background is divided, the first thing the blazon tells you is how it is divided, then the colors: Quarterly, argent and azure Next, the blazon tells you the main charge (the most important, visually largest thing): Quarterly, argent and azure, a celtic cross

Then the blazon describes anything on this



A blazon is the heraldic description of a device. The blazon used in this article is a description of Mistress Brita Mairi Svendsdottir's device. Photograph by Mistress Brita Mairi Svendsdottir.

charge, then the secondary (smaller) things: Quarterly, argent and azure, a celtic cross between four ospreys volant bendwise. Volant means flying, bendwise means they are slanted with their heads higher than their tails, facing left (as you look at the shield). If they were flying in the other direction, the blazon would read: bendwise sinister.

Then the blazon tells you the color of the secondary (smaller) charges: Quarterly, argent and azure, a celtic cross between four ospreys volant bendwise counterchanged. In this case, colors of both the primary and secondary charges are described at the end of the blazon. Counterchanged means using the opposite color

Please see *Blazoning* on page 6

Heat: The Enemy

By Galen of Ockham (MKA Keith E. Brandt, M.D.)

The warm winds of summer are fast approaching, and even now, fighter practices are being held outdoors. As the sun moves higher in the sky, so looms one of the fighter's greatest enemies - Heat. As with any enemy on the field of battle, the master Sun Tzu tells us "know thy enemy, know thyself."

The Enemy. Heat attacks on many fronts. Direct solar radiation, hot winds, and even from within as you exert yourself. Heat is in cahoots with Humidity by preventing evaporative cooling. It lays siege upon you with your own armor by containing the heat within. If successful at his attack, you will find yourself under the spell of Heat Exhaustion, Heat Cramps, or the ultimate deadly force of Heat Stroke.

Yourself. Prepare - acclimate. If you live in an air-conditioned home, drive to an air-conditioned office in an air-conditioned car, then you will never acclimatize to the summer heat. Regular workout in the environmental extremes you will be facing will help you be prepared.

Winning the Fight. If you see nothing else upon this page, please heed the following: **HYDRATE, HYDRATE, HYDRATE!!!** Keeping your fluid intake up in warm weather will be your best defense from Heat. Yield to the water-bearer's advise. If you are not urinating about every hour, and the color is darker than weak lemon-aid, then you are not sufficiently hydrated. Remove your helm and sit in the shade during breaks in the fight.

Prepare your body by getting accustomed to the environment well ahead of the event.

Though Heat is an enemy you cannot see, he will stalk you down and can truly kill you, or at least give you the Mother of all Headaches. Either way your event would be less than enjoyable.

Eriar Galen

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Households from page 1

members can wear to identify themselves as a member of that household. Though households can have internal awards for their members, such awards are recognized only within that household and have no place in the Order of Precedence.

Households can be very local or they can span several branch borders. More often than not, a household is only a local name and is virtually unheard of outside the local branch. Some households hardly exist at all except for at events; i.e. a household may be nothing more than a name under which a group of friends camps at Pennsic. Other households may be very active as a fundraising group, a fencing company, an archery company, a group of musicians or singers, etc.

There are no Society or Kingdom rules about how to join a household, or about how many

households to which one may belong. Certainly, there may be strict rules and structure established with any given household, while the next household may be so lax that folks outside the household don't even know it exists at all.

Being part of a household may be a very significant part of some folks' SCA experience. If it's an active and vibrant household, being a member might bestow a sense of pride in its members. Then again, it might be nothing more than a group friends who like to camp together, or wear the same period garb, etc. Being part of a household certainly doesn't make one "somebody". If you're not part of a household, it doesn't mean that you won't have a meaningful and rich SCA experience. It doesn't mean that you're "a nobody". Remember, you ARE a SCAdian and that makes you part of a very special group already.

Finally, it is my humble opinion that if members of a household talk down to you because you're NOT a member of that household, it's probably not a household of which you'd want to be part anyway.

Blazoning from page 5

from the background.

The whole blazon reads: Quarterly, argent and azure, a celtic cross between four ospreys volant bendwise counterchanged. This means that the shield is divided from top to bottom and from left to right, with the top left corner white, the top right corner blue, the bottom left corner blue and the bottom right corner white. On top of this is a celtic cross (a cross with the circle behind the arms). Where the cross touches a white background, it is blue, where it touches a blue background, it is white. In each quadrant of the shield is an osprey (fish hawk) flying towards the left, head slightly higher than the tail. The birds are also the opposite color from the background (a white bird on blue, a blue bird on white).

There it is, explained in heraldese: 13 words. My explanation of the blazon: over 100 words. You can see why heralds use "heraldese". It's so much simpler once you understand the language.



Our current Prince and Princess, Gregor von Heisler and Kiena Steward recently attended Panteria. Photograph by Mistress Brita Mairi Svendsdottir.

*Fun things to do in Maine this Summer***Midsummer Gathering - Houlton, Maine** - 6/24-6/25

A camping event hosted by the Shire of Smithwick - \$7 adult member site fee. <http://www.eastkingdom.org/EventListing.html>

Great Northeastern War 25 - Hebron, Maine - 7/8-7/10

A the largest SCA camping event in Maine, hosted by the Province of Maligentia - \$20 adult member site fee. <http://www.gnewar.org/>

Maine Celtic Celebration (Non-SCA) - Belfast, Maine - 7/15-7/17

This fun non-SCA event may be of interest. More information at: <http://www.mainecelebration.com/>

Orchard War III - Waldoboro, Maine - 8/5-8/7/2011

A camping event hosted by the Shire of Hadchester (incipient) - \$10 adult member site fee. <http://www.eastkingdom.org/EventListing.html>

Maine Highland Games (Non-SCA) - Topsham, Maine - 8/20

This fun non-SCA event may be of interest. More information at: <http://www.mainehighlandgames.org/>

Life Expectancy from page 4

average life expectancies is that they don't get across that overall, as an individual survived longer and longer, their average life expectancy increased drastically. If you made it to full adulthood, you had a pretty good chance of making it into old age. Individuals who survived to age 21 were very likely to live for several more decades. For instance, in 1550 a male aristocrat surviving to 21 had an average life expectancy of 70, which is an impressive 50 more years.

Compare this to life expectancy in modern Britain which is 80 years, today in modern Britain (and

most of the developed world) they also have far lower rates of infant mortality, death from infection, or complications of childbirth. People in the modern developed world also have far lower birth rates than people did in period times (back then having many children was necessary to insure that some of them would survive into adulthood). So in truth, most of us are not just reenacting aristocracy, were mostly reenacting the lucky few who survived to maturity and, for women, the dangers of childbirth.

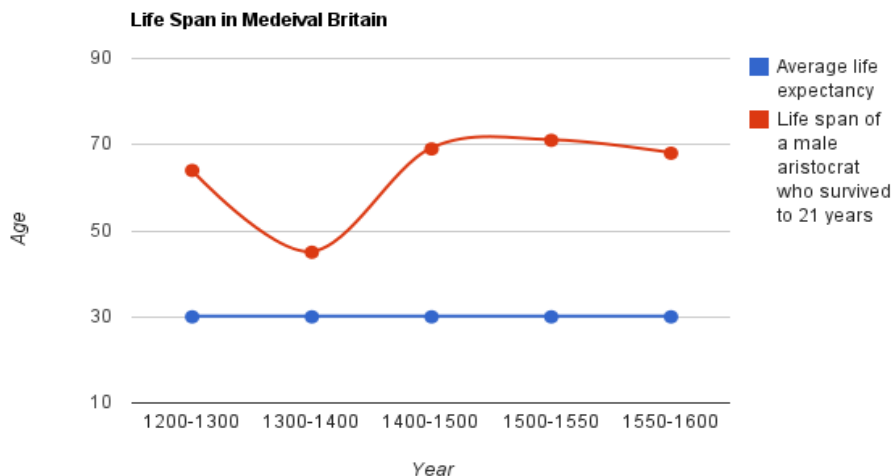


Figure 1. The graph above charts a comparison of overall life expectancy in medieval Britain vs. male aristocrats who survive to age 21. Notice that average life expectancy remains the same - a result of continued high rates of child mortality and the lack of any major advances in medicine and hygiene. Notice also the sharp drop in life span of even mature people during the peak of the black plague from 1300-1400.

Strawberye: a modern readaction

By Lady Agatha Wanderer

“Take strawberys & waysshe hem in tyme of zere in gode red wyne; than strayne thorwe a clothe, & do hem in a potte with gode almaunde mylke. Alay it with amyndoun other with the flower of rys, & make it chargeaunt, and lat it boyle; and do therin roysonys of couraunce, safroun, pepir, sugre grete plente, powder gyngere, canel, galingale; poynte it with vynegre, & a lytil whyte grece put therto; colour it with alkenade, & droppe it abowte, plante it with the grayness of pomegarnad, & than serve it forth.”

--from *“Two Fifteenth-Century Cookery-Books”* ed. Thomas Austin. *Early English Text Society, Original Series*, No. 91 1888. HARLEIAN MS. 279 (ab. 1430), & HARLEIAN MS. 4016 (ab. 1450).
<http://quod.lib.umich.edu/cgi/t/text/text-idx?c=cme;cc=cme;rgn=main;view=text;idno=CookBk>

I doubled my recipe. I used two pints of fresh strawberries (hulled), poured a cup of red wine over them in a bowl, stirred gently and let them sit for a few minutes, then poured off the wine (alright, I drank it!). I put the strawberries, 2 1/2 cups of almond milk, 4 tbsp. rice flour, 2/3 cups sugar, a smidge of pepper, ground ginger, cinnamon, and salt in a blender and blended until smooth. I then poured the mixture into a pot and cooked it on medium-high, stirring constantly, until it boiled for 2 or 3 minutes. I took it off the heat, and added 2 tbsp. butter (stirring to melt), 4 tsp red wine vinegar, and a handful of currants. I let the pudding cool on the counter for a bit, then chilled it in the refrigerator.

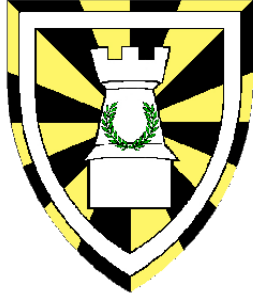
This pudding is sweet, tart, and has a pleasant, unique flavor. It is a refreshing treat on a hot summer evening!

Trivia

“In the history of the East Kingdom there have been a total 87 kings/terms. Twenty-six have been single reign kings, and the other 61 kings/terms have been held by only 22 different individuals.”

-Mistress Brita Mairi Svendsdottir

Shire of Endewearde – Officers



ADMINISTRATIVE

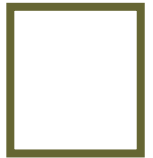
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