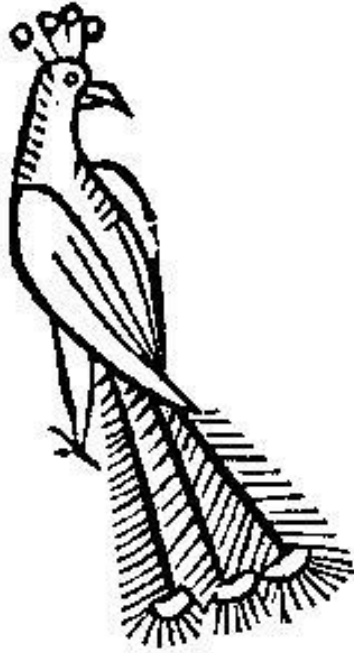


The Aerie



A peacock; enlarged detail from *The Birds*.

FEBRUARY/MARCH A.S. LII (2018)

Cum An Iolair Calendar
(Events in bold are local)

February 2018

- 2** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
3 **Clothier's Seminar**—Cum An Iolair (S. Johnson County, KS)
9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
16 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
17 Winter War Maneuvers—Mag Mor (Lincoln, NE)
24 Chieftains—Three Rivers (St. Louis, MO)

March 2018

- 2** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
9 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
10-18 Gulf Wars XXVII—Gleann Abhann (Lumberton, MS)
16 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
24 Hibernatus Interruptus—Westumbria (Great Bend, KS)
31 Spring Spears—Calanais Nuadh (Rolla, MO)
Spring RUSH—Moonstone (Emporia, KS)

April 2018

- 6** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm
7 **Unslung Heroes**—Aston Tor (E. Jackson County, MO)
13 Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS
14 Spring Crown Tournament—Oakheart (Springfield, MO)
20 Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm
21 Kingdom Arts & Sciences—Lost Moor (St. Joseph, MO)
28 Melon Wars—Flinthyll (Burlington, IA)
Bardic Event—Lonely Tower (Omaha, NE)

Shire Birthday List

February

- 6 John Bowyer
12 Ysabel de la Oya
28 Vittoria (Megan)

March

- 2 Rose Wulfdén
9 Niccolo

April

- 5 Giraude Benet
8 Jadwiga Marina Majewska
11 Fiona nic Gormliatha
14 Lilian Bowyer
27 Ursula of York
30 Felicity (Bronwyn's daughter)

Note from Chronicler

We need articles, book reviews and event reports for *The Aerie*. Please submit those by the 25th of each month to chronicler@shireofcai.org. It would be especially helpful if people wrote event reviews. It is so simple to write them since you go to events already.

Quick note from exchequer, on Clothiers Event

We had 255 adults attend and 23 children making 278 people attending in all. Two were their Majesties of course, so they did not pay. Thanks so much to Brandlar & his family & Ki & Alfgirr for their help at the Gate. There will be more information on the event in April once I finish the Event Report Form.
YIS
Fiona

Letter from the Cook's Guild

by HL Fiona nic Gormliatha
(Used with permission)

Cook's Guild meets the second Friday of every month at Her Excellency Marguerite's (7216 Cottonwood, Shawnee, KS) give her a call at (913) 268-0416 for directions.

The theme for February cook's meeting was "foods of love", one of which is Salmon, so I chose a recipe from "Shakespeare's Kitchen" by Francine Sagan—salmon in pastry. This in particular since it also featured artichokes, asparagus, grapes &

nuts which are also considered foods of love. Have ready piecrusts for a 9-inch pie, roll out one into a 5 by 13 inch rectangle & place on a parchment-lined baking sheet (we didn't actually do this, but if you want to make it look like a fish, start this way, we just kept it circular)--place 3 artichoke bottoms cooked & quartered along the center of the pastry (we used some canned artichoke hearts, hard to find fresh artichokes in the store). Have ready about 1 ½ lbs. Salmon filet cut into 12 2 by 3 inch pieces place over artichokes & sprinkle with 1 tsp. Salt, ½ tsp freshly ground black pepper & ½ tsp freshly ground nutmeg. Arrange on top of the salmon 12 thin asparagus spears cut into 1 inch pieces, 24 seedless grapes or gooseberries, ¼ C coarsely chopped pistachio nuts. (there was also 1 Dozen oysters, but I hate oysters!) Roll out remaining dough & use to top the salmon & cut into shape of fish as desired, using excess dough to make fins, tail, eye & spoon to indent crust into scales, (do not break dough while doing so) brush to glaze with beaten egg. Bake in 375o oven for 40 minutes or until golden brown & serve with lemon wedges. This was a great variation on salmon in pastry, we had some asparagus leftover that we sauteed in olive oil with onions, salt & pepper, Yay!

Eggplant is also a food of love, I chose a recipe from "A Miscellany" by Cariadoc & Elizabeth (SCA publication 4th edition, 1988), an Islamic dish called "Badinjan Muhassa". Start by simmering in salted water (½ tsp. Per pint) or roasting a ¾ lb. Eggplant, let cool, peel & slice & let sit in colander to drain out the bitter juice. Meanwhile grind 1 C walnuts into a meal add ½ tsp salt, 2 Tbs vinegar to make a sort of dough & press into very thin patties & fry these in a med. To high frypan without oil, turning whenever the patty seems about to scorch. When done, the patty will be dark brown to black & crisp, this is to take the raw taste out of the walnuts. Chop up eggplant & mix in nut patties, add in 1/8 tsp. Each salt & pepper, 1 tsp. Caraway seed, top with 1 ½ Tbs more vinegar & top with ¼ C grated onion. Eat by itself or on bread. This is like a very yummy babaganoush, it would be very good on bread too!

The rest of the recipes came from the medievalcookery website, one was Mushroom tart: start by lining pie plate with a 9 inch crust, slice & saute 1-2 lbs. Mushrooms (we used a mix of white & baby bellas), in a small amount of oil to release their water, drain & cool. Mix with 1-2 C cheese (Swiss was suggested, but colby was used) & 1-2 tsp. Powder fine or douce (a mix of cinnamon, ginger, cloves & powdered bay leaf or pepper) & put in pie shell & bake at 375o for 30 minutes until done. The crust was folded down onto the filling so that the crust held all in—a nice rich pie, great for lunch the next day. Cinnamon Soup—since cinnamon "makes love warm" take 1 C cooked chicken, chopped & brown in 1 Tbs. Butter or lard in a saucepan, add in 2 C chicken broth, ½ c ground almonds, 1 tsp cinnamon, ¼ tsp each ginger & salt; 1/8 tsp each cloves & grains of paradise. Bring to a boil & simmer until thick, serve hot. Basically a chicken soup with cinnamon, it was different. And then for dessert, strawberries in snow—red & white the colors of Valentine's Day! Whip 1 pint of cream & set aside, then beat 8 egg whites until they form soft peaks, add egg whites to whipped cream & whisk together. Add 1-2 Tbs Rosewater & ½ C sugar to the mixture a little at a time, it will have the consistency of cool whip but taste a lot better. Clean 2 pints strawberries & place into a bowl, mix 1 C red wine, ¼ c. sugar, ½ tsp cinnamon & ¼ tsp ginger & pour over strawberries & allow to marinate for a hour or so. Serve "snow" with

strawberries on top & with a couple of shortbread cookies on the side.

This is a really good Valentine's Day dessert, we had some shortbread leftover from Yule, but I will include a recipe if you want to make your own. Preheat oven to 300o, in bowl with mixer combine 1 C softened butter & ½ C sugar until creamy & fluffy. Gradually stir in 2 C. flour until well blended. Spread or pat the dough in bottom of an ungreased 13x9x2 baking pan (or roll out or cut with round or square cutters) prick dough all over with a fork. Bake at 300o for 30-40 minutes until just lightly browned, remove from oven & immediately pierce all over with a fork. Cut into bars, cool before removing from pan. Makes about 3 dozen cookies. Use good butter & pretty good flour!

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Elizabeth I
Born September 7, 1533-Died March 24, 1603
Reign: November 17, 1558-March 24, 1603
"Much Suspected, Nothing Proved"

by HL Fiona nic Gormliatha
(Used with permission)

Elizabeth was born at Greenwich Palace, the only child Henry VIII was to have with his second wife, Anne Boleyn. He had broken from Rome in order to divorce Katherine & wed Anne, who had promised him a son & heir. She had failed in this, and after two more miscarriages, so did the marriage. Elizabeth was three when Henry had her mother beheaded on charges of adultery & treason. Soon after, he had parliament declare the marriage invalid from the beginning—rendering Elizabeth illegitimate. She was away from court at this time, as she had her own household at Hatfield Palace, & her responses to these events were not noted (her unhappy half-sister, Mary was serving as one of her ladies-in-waiting there since Elizabeth was born).

What was noted was her precocious seriousness, one visitor observing that at six years, she had the gravity of a 40 year old! In 1537 Henry's third wife, Jane Seymour, gave birth to the long-awaited son, Edward, causing Elizabeth to retreat further into obscurity, but not into neglect, being called to court on ceremonial occasions. Holding the oil at Edward's christening, for example, and after all, she was still third in line for the throne.

Elizabeth & Edward were to become study buddies in a mostly friendly competition as who could impress others most with their learning. This enabled Elizabeth to get the same education as a male heir to the throne & she had some great tutors. One of them, Cambridge humanist Rodger Ascham, who taught her Classical Languages, history, rhetoric & moral philosophy noted that: "Her mind shows no womanly weakness...her perseverance is equal to a man's and her memory long keeps what it quickly picks up." From her 10 year on, Elizabeth was more often at court due to her step-mother, Catherine Parr, Henry's last wife. Parr encouraged Elizabeth's fascination with languages, like Greek, Latin, French & Italian. She also encouraged Elizabeth's interest in theology & English Protestantism, since she wrote two books in the subject, one anonymously & one under her own name. After Henry died in 1547 & Edward VI came to the throne, Catherine Parr wed in secret her old flame Lord High Admiral Thomas Seymour, Edward's uncle. This put his older brother, Edward, Lord Protector of the 10 year-old king in a snit,

since he supposed (rightly) that Thomas had done so to plot against him. When Thomas & Catherine were exiled from court over this Thomas wrote to Mary, & tried to have her intercede for him. Mary was insulted by this & cut off all contact with Catherine & Thomas & told Elizabeth to do the same. But Elizabeth wanted to study more with her learned step-mother, so she & other noble girls (including her ill-fated cousin Jane Grey) went to live at her manor. During this time Catherine became pregnant for the first time & Thomas started to take an especial interest in Elizabeth, “romping” with her & visiting her in her bedroom while both were in nightclothes. Catherine thought nothing of it until she caught the two of them in an embrace, which led to Elizabeth's being sent away—so that when Catherine died in childbirth, Elizabeth never made peace with her. Thomas seemed to be paying court to Elizabeth after his wife's death & The Lord Protector decided that he'd had enough of his overly ambitious brother. So he was accused of treason, trying to gain access to the young king & marry Elizabeth—which led to the 15 year princess being closely questioned as to her part in any of Seymour's plot. She showed great poise while doing so, showing no emotion when told that Thomas had been beheaded.

She was to need this poise even more when her sister Mary came to the throne in 1553—it started out well, Mary had Elizabeth & Anne of Cleves dressed in silver dresses ride in an open chariot at her coronation procession. Elizabeth was a frequent visitor at Anne's small court/salon at Hever castle, and outwardly conformed to the Roman Catholic services Mary demanded during her reign. Then the time of Sir Thomas Wyatt came along—in January 1554 Wyatt plotted to unseat Mary & put Elizabeth in her place so that England could be Protestant again. Elizabeth spent two months in the Tower protesting her innocence & narrowly avoided the ax. Under the ax went Jane Grey, her father & her young husband. Anne retired to seclusion at Hever until her death in 1557. Elizabeth was released from the Tower to house arrest at Woodstock Manor, thing eased a bit after Mary wed Philip of Spain July 25, 1554. Then when Mary thought she was pregnant, Elizabeth was released to court in April of 1555 to witness the birth of the new heir—which proved to be a false pregnancy.

It was then suggested that Elizabeth be safely wed to a Catholic prince like Philip's cousin Emmanuel Philibert—but both Elizabeth and the English parliament said “NO!” to that idea. Soon after, Philip's father abdicated from the throne of Spain, leaving it to Philip—which led to trouble for Elizabeth again. Jane Grey's uncle Henry Dudley decided that perhaps they could drive Mary out of England, put Elizabeth on the throne & Mary could go be queen of Spain with her husband. Unfortunately he was found out, fortunately he was still on the Continent when the plot was revealed & was able to return to England after Mary's death. What Elizabeth took away from all this was her motto “Much suspected, nothing proved” & a good lesson in how she represented herself & how others saw her. There was also to be a gap between her outward behavior & her inward life.

In 1558 Mary realized that she would never bear Philip a child, & was forced to name Elizabeth her heir—she tried to have Elizabeth promise to keep England Catholic, but Elizabeth put her off. Mary died November 7, 1558 & Elizabeth spent some time burying her & planning her accession. She saw to it that her coronation January 15, 1559 was one of great splendor with

crowds at her procession so happy when she stopped to accept their flowers & other gifts, talk to them & promise no more religious conflict. She was queen now, and her country needed stability & industry & she need to look for a husband. She was 26, so there was plenty of time.

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