

In A Nutshell

Official Newsletter
of the Incipient Canton
Gleann nam Feòrag Dubh

Brewing Issue
July, AS XXXIX
Volume 1, No. 7



Enter

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Web Site

Meeting minutes and other Canton information:

<http://www.feoragdubh.eastkingdom.org/index.php>

Newsgroups

Canton discussion list:

<http://groups.yahoo.com/group/dubhfeorag/>

Canton announcements:

<http://groups.yahoo.com/group/dubhfeorag-announce/>

Submissions

Submission guidelines:

<http://www.feoragdubh.eastkingdom.org/Nutshell.php>

Or contact the Chronicler at:

canton_chronicler@yahoo.com

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Populace Missives

From the Chronicler

Greetings from the Chronicler.

This issue casts the torchlight on brewing, with *A Brief History of Beer* by Lord William Graham, Co-founder of the Celtic Cock Brewers' Guild. He also joins me for an interview in this issue's edition of *Fireside Chatter*. But we are not limited to beer! (Really.) Other features include a timely article on Pennsic cooking sanitation by Jaji, and an illustration on how to attach trim from Master Rashid. To these I have added a poetic challenge to the outgoing Baronial Rapier Champion, delivered at the court of *Something Fishy This Way Comes*. My thanks to all contributing gentles.

Next month is Pennsic, and this Chronicler will be taking the time off to play. Publication of the *Nutshell* resumes in September.

A special note: Lady Sabine, Baronial Mistress of Arts and Sciences, is compiling a book of Bhakaili literary works. I'm excited about this project and hope to see some Canton talent there. Consider submitting stories, songs, poems, or prose (inquire about length) to Sabine at arts@bhakail.eastkingdom.org.

Katrine Lyndesay

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Canton Meetings, Practices, and Workshops

Canton Meetings

Canton Business Meetings are held the first Monday of each month. The Canton welcomes members, friends, and visitors of any age to all meetings.

There will be no August business meeting. The next Canton meeting will take place at 7:30 pm, Monday, September 6th, 2004, at the home of Lady Eleanora the Tilemaker:

**114 Ferguson Avenue
Broomall, PA 19008
(610) 356-9176**

Directions:

Take your best route to 476 (the blue route).

Exit at Route 3 and go West on Route 3.

Once you have cleared the 476/Route3 interchange, take the 3rd right turn (the 1st street after the 1st light) and turn right onto Ferguson Avenue. (If you pass a Pathmark, you went the wrong direction on Route 3.)

The house is after the first stop sign, 6th house on the left.

Please bring:

Snacks (veggies and dip, cheese and crackers, fruit, etc.)

Datebook and/or notepad

Garb not required

Canton Practices

Middle Eastern Dance Classes are held from 7:30 to 9:30 pm, the third Friday of each month, at the home of Baroness Scheherazade Al-Zahira:

**3900 Ford Road, 5G
Philadelphia, PA 19131**

(215) 878-7721
allouyna20@aol.com

Directions:

**From Rt 95, take your best path to Rt 76W.
Go to City Line Ave, which is a left hand exit.
Go 4 lights and make a left on to Bellmonte, at the Mobile station.
Take the very next left, Ford Rd.
Go 3 blocks, 2 lights, and look for the high rise on the right.
You can park in the parking lot on the right, just before the high
rise, going thru the toll gate. There is no toll going in - take a token
from the bowl on the way out. Scheherazade is in apartment 5G.
You will need to tell the guard at the security desk you are there to
see her.**

Please bring:

**Sash or coinbelt (loaners available)
Garb not required; loose clothes or dance/exercise clothes
recommended**

**Middle Eastern Drumming Classes are held at 7:30 pm, the second
Friday each month, at the home of Lord Bilgisayar Tajir al-
Hisoon:**

**69 East Old Baltimore Pike
Media, PA 19063
(610) 892-3975
Bilgisayar50@yahoo.com**

Directions:

**Take best passage to Rt. 476 exit 3, the old exit 2.
If traveling north on 476, turn left at the bottom of the ramp,
toward Media on East Baltimore Pike.
If traveling south on 476, turn right at the bottom of the ramp,
toward Media on East Baltimore Pike.
Once you get past all the lights at Exit 3, travel straight, all the way
thru town.
The 4th light, which will be Manchester Ave, is where Dunkin
Donuts is.
Do not turn here, instead keep going for another 1.7 miles.
Once out of town, you will go down a long big hill, and up the other
side.
You will see a flashing yellow light, turn left at this light.
Go to the T. and turn right.**

The house is about 100 yds futher on the right hand side, just past the yard flag with dog.

Please bring:
Drum (loaners available)
Paper/pen for notes
Garb not required

Fencing Practices will be held locally on Tuesday nights once we can establish an indoor site. For now, Canton fencers are encouraged to visit nearby practices. The Shire of Iron Bog holds practices on some Tuesday nights. For details, visit the Shire Web site at <http://www.ironbog.eastkingdom.org/> (look under Meetings). For practice on Thursday nights, 7:30-10:30 pm, visit the Bhakail Baronial practice in Northeast Philadelphia. Details on the Bhakail practice are available on the Tadcaster Militia Web site at [http://www.smidgeonink.com/tadcaster militia/](http://www.smidgeonink.com/tadcaster_militia/) (look under Directions).

For more information, contact the Canton Marshal of Fence:
Lord Geoffrey Gryphon
mka Jefferson Stephens
Home: (610) 362-0208
Work: (215) 365-4007, ext. 18 (ask for Jefferson)
geoffreygryphon@yahoo.com

Please bring:
List-legal armor and weaponry (loaner gear may be available -- contact the Canton Marshal of Fence)
Plenty of water to drink
Garb not required

Canton and Other Workshops

Embroidery Guild Workshops take place from 7:30 to 9:30 pm, the fourth Wednesday of each month. Guild members come from all over the region to meet, share ideas and research, and work on group projects.

The location of this meeting varies by month, so contact Baroness Scheherazade Al-Zahira of the Embroidery Guild for directions and other information:
Baroness Scheherazade Al-Zahira

(215) 878-7721
allouyna20@aol.com

Head of the Embroidery Guild: Lady Gisela Sabot

Please bring:
Sewing/embroidery projects, or other paraphernalia
Garb not required

New Garb Workshops are being run by Sayidata Suba al-Hadid Jamilia al-Bhakailia. We deeply miss Uncle Rashid, who has been teaching classes for more than a year and now has to move. His patterns remain posted on the [Canton Web site](http://www.feoragdubh.eastkingdom.org/GarbWorkshops.php) (<http://www.feoragdubh.eastkingdom.org/GarbWorkshops.php>) and in recent issues of the Nutshell.

If you are interested in making simple tunics, please contact Sayidata Suba, who is holding summer workshops for simple garb, based on the teachings of Uncle Rashid.

Tunic workshops will be held every Tuesday, from June 15th up to and including August 3, with two Fridays on June 25th and July 2, at the home of Sayidata Suba:

571 Mount Alverno Road
Media, PA 19063
610-565-6661

Directions:
Get to the intersection of Route 1 and Route 352.
Take Route 352 South
At the second light turn right onto Glen Riddle Road.
Take the first left onto Mount Alverno Road.
At the first stop sign turn right to stay on Mount Alverno.
At the second stop sign turn right again to stay on Mount Alverno
At the third stop sign go straight
We are the second house on the left after the third stop sign
(Note: the first house has two driveways right next to each other)

Please bring:
Yourself, garb not required
Fabric, trim, thread, fasteners, etc. for that evening's project
Sewing Machine (optional)
Notepaper/writing implement
Snack and/or Beverage to share
Printouts from the [Canton Web site](#) suggested

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Event Announcements

Bishop Geoffrey Melee Tournament Revisited

Hosted by the Barony of Bhakail

September 10th-12th, 2004

Landhope Farm

(no street address)

West Grove, PA

Event Web site: <http://www.bhakail.eastkingdom.org/>

Site Opens: 3 pm Friday

Site Closes: Sunday

For 14 years an event has been missing on the Bhakail events calendars and now has been revived for your pleasure. The Bishop Geoffrey Melee Tourney is back once again even bigger and better than before.

Featuring a weekend of heavy fighting, fencing, A&S workshops, feasting, and dancing. This SCA event/demo will be held concurrently with the International Equestrian Driving Event, an annual horse carriage and wagon driving skills event (<http://www.laurelscde.org/>).

Saturday agenda: Three man melee tourneys (heavy fighting) prizes TBA later. Archery and Fencing pick up and demos for the entertainment of the mundanes.

Feast in the evening, with a theme of "On the Road to the Crusades". Limited to 150 persons, reserve early!

**Sunday Morning agenda: Archery Tourney (Late Morning)
Fencing Tourney.**

All day Sunday: Heavy fighting demos for the public.

Mid afternoon: Bhakail Baronial Court.

Site Rules: Please be aware the site is Bone Dry. Scadians of the four-legged variety are welcome but must be on leashes

at all times.

Cost:

Camping Fee:

**\$25.00 for weekend (must show SCA membership card)
\$35.00 (SCA non members/guests) Includes weekend
campsite, 2 day boards, Sat night feast, and Sunday AM
Fasting breakfast.**

Daytrip Fees:

**(Sat Daytrip): \$17.00 (must show SCA membership) \$20.00
(non SCA members/guests) includes day board & feast on
board. OR \$7.00 (must show SCA membership) \$10.00 (non
SCA members/guests) day board & off board feast.
(Sun Daytrip) \$7.00 includes day board.**

**(Landhope Farm will be charging a parking fee of \$10.00
per car load for the weekend which includes admission to
the International Equestrian Driving Event.)**

Autocrat Information:

**Abbott Frantz Tragen Sie Jager
(mka Sandy Swank)
246 West Upsal St Apt F-303
Philadelphia, PA 19119**

Make Checks Payable to: SCA Inc., Barony of Bhakail

Directions:

**The site is located in West Grove, Pa., on Landhope Farm at
the corner of Wood View and Glen Willow Roads. It is
accessible to Rt. 1 and Rt. 41 only a few miles south of
Chadds Ford and Kennett Square. It is close to the
Longwood Shopping Center.**

From the North:

**Take I-95 Suth to Rt. 322/West Chester Rt. 322 to Rt. 1, South
Rt. 1 South to Rt. 41/Avondale-Chatham Right, (North,) on
Rt. 41, toward Atglen Follow Rt. 41 2/10 mile to Wood View
Rd. Right on Wood View, 8/10 mile to event on right.**

From the South:

**I-95 to Exit 100, Rt. 272/North East and Rising Sun. Rt. 272
north to Rt. 1, 10 miles. Rt. 1 north to Rt. 41/Avondale-
Chatham Left, (north,) on Rt. 41 toward Atglen. Follow Rt.
41 3/10 mile to Wood View Rd. Right on Wood View Rd.,
8/10 mile to event on right.**

From the West:

Rt. 30, east to Rt. 41, south From the center of the village of Chatham on Rt. 41, 3.7 miles to Wood View Rd. Left on Wood View, 8/10 mile to event on right.

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A Brief History of Beer

Lord William Graham

It is truly amazing that beer is often overlooked for its historical value. Wine and mead enthusiasts battle over which came first, but beer actually can be documented during the period of early Egypt and Mesopotamia. Early writings and hieroglyphics show the process. Many of these early cultures attributed the effects of alcohol to the gods and did not understand the chemistry, but beer was beer then as it is today: grains, water and yeast. These early cultures had grains and barley as a main food staple. Apparently, these grains would be left out, would get wet and wild yeast would then penetrate this early mash. When it was consumed, it created a sweet tasting, lasting beverage that left the drinker feeling happy, even god-like.

As beer progressed through time, more and more people learned the process and created it in their own homes. Since clean drinking water was a rarity, beer was a safe and tasty way to stay hydrated.

"As towns developed, good drinking water became scarcer. Beer, with its mild alcoholic content, was one of the few liquids safe to drink and thus in great demand."(1)

As beer became more popular, a few merchant enthusiasts saw a market for creating good beer and started small breweries in their respective towns. People still continued to create beer in their homes, but larger quantities were available in their towns. Small breweries started popping up during the Middle Ages throughout all of Western Europe. This heritage came across the Atlantic Ocean to the Americas, where it continued.

Beer developed due to experimentation and necessity. It did not travel well, so brewers found that adding more hops to beer aided in preservation. England added huge amounts of hops to send beer to their troops in India, which created India Pale Ales, which are

very hoppy. German beers got stronger and stronger so that they too could travel well to soldiers and for exporting purposes. Beer also changed according to what was available in the specific area they were being brewed.

The worst blow beer could take was in America during the 1920's, due to prohibition. The small breweries could not survive and closed down. Shortly after prohibition, World War I began and many of the metal vats used for brewing were used to help the war effort. Beer made a comeback with the large brewing companies after prohibition and the war. Large brewing companies were not in it to supply a variety of beers but to make one beer, en masse, that the general populace would drink. American Ale was born and at this point there was not much else to choose from.

It was not until 1978 that the federal government repealed the restrictions on homebrewing beer.

"In 1920, it became illegal to make beer, period! In those dark ages the only kind of beer that was available was clandestine homebrew. Millions of Americans got into the act of making homebrewed alcohol. Quality was not important. Prohibition finally ended and the commercial production of beer was legalized. The Homebrewing of wine and/or beer should have been legalized as well. Homemade wine was legalized, but unfortunately, through a stenographers omission, the words 'and/or beer' never made it into the federal registry."(2)

In 1978, president Jimmy Carter signed the bill to allow homebrewing beer to be legalized. To this day a homebrewer can brew 100 gallons per person, at home up to 200 gallons. As much as people may make fun of Jimmy Carter, he was instrumental for homebrewers everywhere to enjoy good beers from all over the world, brewed right in their own homes.

(1) Charlie Papazian, The Complete Joy of Homebrewing 3rd Edition. 2003. pg. 6.

(2) Ibid, pg. 2

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Salamander Verses, A Spanish Romance: A Duel With the Gryffon

by Lady Katrine Lyndesay,
for her Challenge to a Duel With Lord Geoffrey Gryphon

Geoffrey Gryphon, the Rapier Champion of Bhakail, continued last year's championship format in his design of this year's tournament at *Something Fishy This Way Comes*. The new Rapier Champion was to be made in a test of three parts: a fighting portion, with a Pine Box (first-blood, wounds-retained, single-elimination) tournament; an Arts and Sciences portion, wherein rapier fighters vied to show their prowess in the gentle arts; and a Challenge portion, in which the outgoing champion judged the most entertaining invitation to a duel.

This poem, delivered in court for the most public roasting of my cadet-brother, Lord and sweetheart that I could achieve, tied with the challenge of Lord Sterling de la Rosa for first place of the Challenge portion. It is a Spanish Romance, a ballad form of the 15th century and after, in octosyllabic verse in which even-numbered lines assonate alike and odd-numbered lines are left free. Assonance differs from the rhyming we more often see in that vowels rhyme and consonants are discarded (so that *flight* rhymes with *sky*, for instance).

The poem was most enjoyable to deliver, and I pray its content be excused by a quote borrowed from a certain comedy club: "We only roast those we love."

**Salamander Verses, A Spanish Romance:
A Duel With the Gryffon**

From the spires and groves of Bhakail,
scented with apple pie,
the Salamander Herald did
uncommon tidings cry:
The Champion of Rapier sought
tale-worthy means to die.

"Challenge the Mute", the herald called,
"Cast down your leather glove.
The Rapier Champion of Bhakail
invites your wit and blood,
whether he be a stranger first
or, to the last, your love."

From the Ivy walls of 'Einrust,
out of that balmy shade,
The Pursuivant of viney leaves
came forth bearing a blade.
Her look resigned, she held it forth
and here is what she bade:

"Take this and call our brother and
your Lord out of his bed.
The duller end goes in your hand,
the pointy in his head."
And I felt a new purpose, though
I knew not what she said.

In the Canton of Feorag Dubh
(which none can say or spell)
the Herald of the oaken nuts
paused in his game of shells.
"You'll need some luck," he mildly said,
"or two years with the pell."

"Which will it be?" And I thought on
my heraldry, the fox.
Unlucky might one be to lose
his love to a pine box.
Yet his test was: "Challenge the Mute.
Amuse me with your talk."

And so it was that I pondered
those gifts the Heavens give.
Considering his skill at arms,
flair and heart exquisite:
within reason, the Maker might
have shorted him on wit.

How shall we know? How shall I call
to test his wisdom's worth?
Just this: one question, no fell tricks
nor riddling absurd;
From him one answer, the wisdom
of the ages in two words.

Two words. My question to you is:
"Will you concede this duel?
I'll buy you beer." ("Yes, dear.")

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Pennsic Sanitation for the Compleat Idiot

by Jaji
(mka George Page)

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You're at Pennsic! The smells of campfires and wonderfully period food fill the air. Wooden plates, iron pots, and all those things which make period food you want to cook at Pennsic taste better; ya gotta have 'em! And you've got that cooler for your beer, so why not just throw the bag of chicken for the stew in there too, along with the cheese for a snack. The ice will keep everything cold.

Hold on there, Kimo Sabe! Pennsic is not like the day-long events you are used to. We're there for a week or more in pretty cramped quarters, considering we are outdoors, and a lot of things are different from anything else you may have experienced with food or anything else. For a day event, you can get away with a lot that could be terminally bad for you at the War.

The topics for discussion are the following:

- The care and feeding of coolers at Pennsic
- The set-up of a sanitary camp kitchen
- The scullery
- How to be a period cook or at least look like one
- Sanitary serving, or how not to poison your friends

Without further ado, then, we forge ahead!

The Care and Feeding of Coolers at Pennsic

OK, I exaggerated a bit with the raw chicken example, but you'd be surprised at how many people really don't have that much of a clue. Pennsic comes, and the brain shuts off. "It was in the shade all day, so this egg salad with mayonnaise should be fine" forgetting that it was 90 degrees in the shade that day. Common

sense really is the only guide.

Cross contamination can occur if you do not separate the coolers. While we can't run a completely kosher kitchen (easily, anyway), if the meat is kept separate from the dairy (ALL dairy: milk, eggs, butter, cheese, etc) and the vegetables, then there should be no problems. I am referring here to raw foods only. Once foods are cooked, the leftovers can usually be bagged, labeled and put into a separate cooler, with precautions taken with the ice (see below).

Sometimes you must worry about allergies and cross-contamination. It is imperative at that time to ascertain the exact allergies and circumstances under which those allergies are suffered. It makes a BIG difference if someone simply cannot eat something, as opposed to not being able to be in the room with something. Coolers can be allotted for such usage if necessary. Note I didn't say "preferences". Pennsic cooking can be hard enough on the cooks without "fussy eaters"!

At the least, then, 4 coolers are needed for a medium-large camp (i.e. 20-40 or so). I would recommend using the 100-150 qt. size coolers, as they hold a lot and can accommodate several days of food. This prevents multiple trips to the store, except to buy ice. On that subject, unless you are putting ice into drinks (NOTE: DO NOT use ice cubes from a meat cooler in anything other than that cooler!), it is best to use block ice. It will stay colder much longer and you will need to buy fewer blocks of ice. The ice will also last longer if the coolers are kept out of direct sunlight and out of nylon tents. A light-colored fabric cover is great, since it also keeps the cooler out of sight and helps keep the period look of a camp without sacrificing safety or convenience.

To store food in a cooler, it is advisable to use sealable waterproof plastic containers or zip-top bags. In my camp at Pennsic, we have cold cuts available for lunch, and the last thing you want is to pull soggy bags of ham and salami out of the cooler water. Another very useful item is the plastic egg carriers designed for backpacking. Most sporting goods stores (and even Wal-Mart!) carry these for about \$2. Buy milk and juices in plastic containers as well.

When draining the coolers, be certain that you are as far away from camping areas as possible. Often times the coolers can become contaminated with meat juices or food scraps, which should be removed if at all possible (the scraps, anyway). It is advisable to make a bleach solution (1/4 cup bleach per gallon of

water) and sprinkle it over the area where you dump the cooler water. Also, take care since sometimes the coolers are not completely empty, so using the drain hole is advisable over just dumping the cooler over.

The coolers should be drained as often as needed. Even though the water feels cold, it actually is warmer than the ice and can melt the ice faster, which can create a potentially unsafe situation. Most of us don't keep thermometers in camp to measure the cooler temperatures and it's not really necessary. Check your ice often, and drain the water often. That's really it. If the ice seems to be melting quickly, then replace it more quickly. If it is your own cooler, that's easy. If it is a camp cooler, assign someone to check the ice and be responsible for it.

Setting up a Sanitary Camp Kitchen

Your coolers are ready, but the rest of the kitchen still needs tending to. You wouldn't cook on the floor and put all of your pots and pans there, so why do it at Pennsic? A small wooden trunk with short legs is great to store utensils in, and you might even want to go so far as to build a cook box to contain everything you might need when not in use, provided everything is accessible when needed. It is downright dangerous to keep knives rattling around in a box with other things folks might need. Depending on where and what the cook tent is, a rack to hold pots and pans can be improvised to keep pots off the ground and always at hand.

Having a prep table at a proper work height is imperative, since to be done right, food needs to be prepped. If Spaghetti-O's from a can is what you like for food at Pennsic, put down this paper and walk away. Far away.

Before you begin to prep or cook, wash your hands. I know it sounds trite and your mother always said to, but it really is important. Also wash your hands in between prepping food types. Simply wiping your hands on a towel will not do. Having a supply of non-latex or plastic food-service gloves on hand is also a good idea.

Be certain you have the following ready: A supply of paper towels or kitchen towels, enough cutting boards to not have to re-use them for different food types, sharp knives, and a clean place to put the prepped food before it is cooked (right into the stewpot is good). And start heating your wash water now. before the dishes get

dirty. (see "The Scullery" section)

The same "rules of separation" used for coolers apply to the prep table. Meats, dairy, and vegetables (even ones to be cooked) must be done separately on different cutting boards. The knife you cut the carrots with can be wiped off with a cloth and used to cut the meat, but not the other way around. It is good to prep the veggies first, then the meat. This makes for more efficient clean up. Any dairy can be done at the same time as vegetables.

Make certain to clean up spills IMMEDIATELY, and if using a kitchen towel, DO NOT re-use that towel for anything other than another spill if needed. Paper towels are fine, and if the roll is kept out of sight and used ones discarded promptly, the period nature of camp will be unhurt.

A boon in recent years has been Clorox Clean-up wipes. After you are finished with the meat, make certain all blood/meat juices are wiped up, then wipe the table (NOT THE CUTTING BOARDS) with the wipes, which contain bleach. Even if the wash water isn't ready, you can still prevent any bacteria from growing in this way. As with paper towels, discard quickly and no one's the wiser.

After prep is done, make sure all prep utensils make it to:

The Scullery

Here is where the mess the cooks just made is cleaned up. In some camps, the cooks wash the pots, etc., and everyone else washes their own feast gear. In some larger camps, disposable feast gear (ie paper and plasticware) is used instead, and the pots & pans are washed by others than the cooks. However your camp decides to organize, the principle is the same.

Wash, rinse, sterilize. That's it. Three containers: one for each of the activities. You can use three large plastic tubs (the rectangular "Rubbermaid-types fit neatly on a table) and heat your water on a stove, or you can put your water in a heavy tin bucket near the fire and pour it into tin washbasins. If you have any tin canning basins, they are perfect since they hold about 7 gallons, and have handles so that the dishwashing basins themselves can be put near the fire to heat. Though it may look cool, I do not recommend using wooden basins or tubs since they may absorb bacteria from the dirty wash water and defeat the entire purpose of this exercise.

The wash water should be warm. the rinse water MUST be hot.

and the bleach water can be cold, warm, or hot. It is best to use bio-degradable soap; Ivory dish soap is about the best and nowhere near as expensive as the soaps found in all the natural food stores. To the bleach/sanitize container, add 1/4 cup of bleach per gallon of water. Use only normal bleach, no scents, softeners, etc. Dunk the items to be bleached into the bleach water, swish around a bit, remove and air-dry.

Air-drying is of paramount importance. The amount of bacteria that can grow on a dishtowel is staggering. Even if the towel is used for nothing but dishes, it may not properly dry, leaving moisture to grow mold and other nasty things. Get a wooden dish rack, which can be found in almost any store now for under \$10, and set it up where the breeze can get to it. The breeze will prevent insects from settling and will help the dishes to dry faster. If you are not cooking in a period camp, find yourself a stainless steel dish rack instead.

Discarding the dishwater should be given the same precaution as discarding the cooler water, and dump the bleach water last to prevent any bacteria problems.

How to be a Period Cook, or Just Look Like One

OK, not really about cooking, but important nonetheless. As mentioned in the beginning, wooden feast gear and iron cookware are great for adding to the period feel of our game, and it looks awesome in camp to see iron pots boiling over a fire. Care must be taken lest the first clean up destroy beautiful (and sometimes expensive) gear.

In our busy lives at home we can sometimes put off chores like dishwashing until later, or when we get to it. That can happen at Pennsic also. While it may be tempting to let things soak until later, please avoid that temptation and don't do it!

Woodenware is often either laminated or otherwise made from many different pieces of wood joined together. Leave a cutting board or wooden bowl in a washbasin for a day or two and it will separate and literally come apart at the seams. The handles on wooden tankards are often glued on and will come off, sometime much later when you have a drink in them. If left to soak in hot water, woodenware will discolor and while it will still be safe to use, it will look horrible. Since wood is porous, it will also soak up any soap that is in the water and you'll know it the next time you want some soup. French Onion a la Ivory Soap? Yuck! This same

precaution applies to wooden spoons and any utensils made from natural horn.

Cast iron is an animal unto itself. Many do not realize that it too is porous and will absorb odors and flavors, such as soap. The best way to keep cast iron clean is to not let food sit in it for a long time and get stuck. When cleaning cast iron, it is best to use no soap at all, but simply remove all food particles and gently scrub clean with steel wool (NOT A BRILLO PAD) and hot water. To remove food particles, fill the pot about halfway and bring to a boil. Remove from the fire, then scrape the food particles off the bottom using a wooden spoon to move the steel wool. Pour out the water and dry either over slow heat or with a paper towel then add a few drops of oil to the pan/pot while the pan is still warm. Rub the oil into the pan with a paper towel. So long as this paper towel only has the oil and not water on it, you can also save it to help start your next fire. Be certain you also treat the lid in the same manner. Don't leave iron pots out in the rain or dew, and definitely don't assume that since the lid was on, the inside of a pot is dry. Many a dinner had to be delayed so that the inside of a *sealed* pot could be de-rusted.

A stainless steel dish rack was mentioned earlier, if you are not interested in the period look. Even if you are, don't discount stainless entirely. Visit your local dollar store and see what they have for stainless steel cups, bowls, plates, and trays. I have several cups which are virtually indistinguishable from the period tin ones. The plates are excellent as well. This feast gear gives me everything I want: a mostly period look, durability (I'm rough on my gear) and the bacteria resistance of stainless. While food left on these plates may grow mold and bacteria, it takes a lot to stick and it can't penetrate the metal. Wash, rinse, sterilize, and the nastiest stainless steel plate is safe to use.

Sanitary Serving, or How Not to Poison Your Friends

In some larger camps, a breakfast or lunch board is part of the experience. Fruit, bread and spreads, cold cooked meats and hard-boiled eggs are perfect for breakfast, and the addition of some savory spreads and cold cuts made a decent lunch. The key is to keep it all cold.

One way to do this is to obtain either foil or stainless steel chafing pans. Foil can be found in any discount store, and check the bargain newspapers for old restaurant supplies to get the stainless ones. The deepest pan is filled with ice and a shallower one is laid

in that. Place the food to be kept chilled into this shallow pan and cover with foil or plastic. A clean cloth towel can be laid over the top if you wish to keep it covered, and it will also stay cold longer. A full pan of ice set up this way should last for the duration of the meal time. (Hint: on those REALLY hot Pennsic days, instead of discarding this melted ice water, pour it into a tub of some kind and soak your feet in it.) Alternately, you can set bowls of food directly into the ice and keep an eye on them to make sure they don't tip and spill into the ice as it melts.

Whole fresh fruit can safely sit out on the table, but cut fruits including loose grapes and hulled strawberries should be kept chilled. Same goes for veggies: keep all cut veggies as cool as you can and in the cooler between meals.

Cooked meats, lunch meats and cheeses must be kept cold, and so should spreads like mayonnaise and butter. Hardboiled eggs can safely be served unpeeled in a bowl and left out. If you have the room, keep jams and jellies at breakfast cold as well. It's not imperative to chill them while serving, but they will keep longer and you won't waste food or make anyone sick.

In our camp, leftovers from dinners happen, and are often served for lunches. If the food will not be reheated, keep it cold. Chances are the leftovers sat out a bit during dinner. We all know that coolers are imperfect beasts, so err on the side of caution. And mark leftovers like you would at home. If they are more than 2 days old, throw them away. Pennsic offers enough opportunities for Plague without adding botulism to the mix.

Lastly, whenever food is out as part of a Pennsic board, keep it covered. A clean towel (white will do; leave the rubber ducky one at home), some damp muslin (evaporation will aid in the chilling process), or even some of those mesh *domes* you see for picnics all work to keep direct sunlight and bugs at bay.

That, as they say, is that. Happy and safe camp cooking and eating!

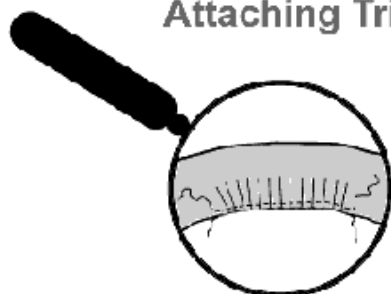
**In a Nutshell
Brewing Issue
July, AS XXXIX
Volume 1, No. 7**

**Nuts and Bolts:
How to Attach Trim
by Master Rashid**

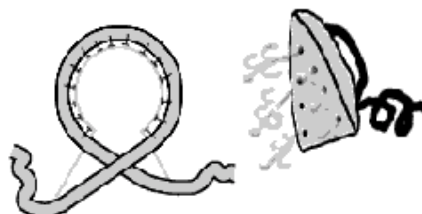
Attaching Trim



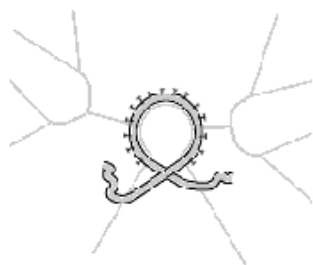
Trace cutline of neck edge from pattern pieces onto paper, using permanent marker.



Gather inner edge of trim to approx. shape of neck curve using hand or machine basting.



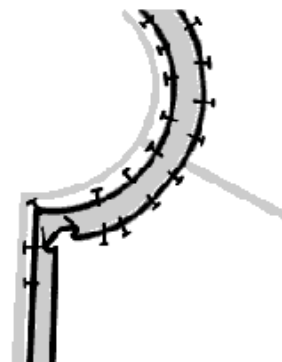
Pin trim to paper outline so it lies flat and then steam and press until trim conforms. (test small piece for melting, first)



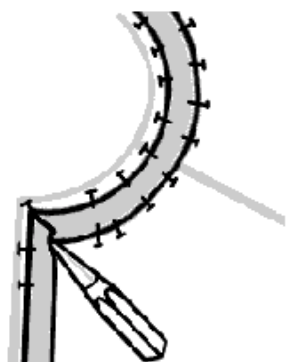
Remove trim from paper outline and pin to finished edge of garment. Pin outer edge of curve first.



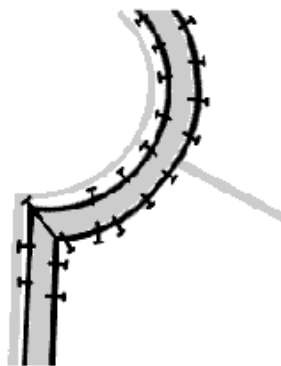
Then pin inner edge of curve.



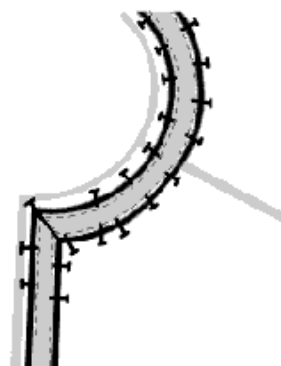
Pin trim around corner as shown.



Using a fid or awl, fold edge of trim under at the corner, to form a neat miter.



Pin other edge of miter.



Whipstitch or machine sew close to edge of trim. Most trim has a small "track" close to edge that you can sew in. Match thread to the color of this track. If trim is metallic use a non-metallic thread one shade lighter.

In a Nutshell
Brewing Issue

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Fireside Chatter: Good Times Brewing

A Chat With Lord William Graham

For this Fireside Chat, I'm treated to a visit by Lord William Graham, past Knight Marshal and new Deputy Seneschal of the Canton. As is often the case with the big-hearted and generous William, I'm also treated to a sampling of his latest brewing labor: a smooth and mellow honey brown ale. Ale and conversation flows freely, and I'm reminded, as often, of the joy I take in this game.

It's a busy summer, and you've a wee one on the way. Thanks for taking time out for a chat. So, what do you know about the bairn -- boy or girl?

The wonderful prophet told me it was to be a girl and she is due September 17th.

To return to your beginnings... How and when did you first become involved in the Society?

I had a good friend many moons ago named Lord Callum O'Moran from the Shire of Caer Adamant. He showed many, many pictures of this nut fighting others in heavy armor. Well I thought beating on others with a stick would be fun and decided to get involved. I believe I joined the Society during the late 1980's.

What was your first event? Tell me your memories and impressions of it.

Well I think my first event was Yule. I remember helping serve Baron Tristan and drinking some fine potables. Yule was not the action-packed event I thought it would be, after seeing fighting pictures. My SCA life geared up at fighter practices and finally tested my metal at Southern Region War Camp.

Who is your persona? What did he do for his livelihood?

William Graham was born in Montrose Scotland in 1330. He was sent to St. Andrews, where he saw the monstrosities of the church. The day before he was to be ordained, he left the seminary and went back to his father's brewery in Montrose. Two days before his arrival, William's father was killed in a horrible brewing accident where a huge keg fell on top of him. William continued to run the business with his older brother, but because of family feuds and English raids, he had to take

up arms to protect his town and business. William was involved in many battles and was found to be an avid swordsman. In his spare time William acted as a Friar in a small village outside of Montrose. One evening, while in a small shore town, a group of scalawags kidnapped William and dragged him aboard a sailing ship. He has not been seen since, although tales of William the Grey have been attributed to this William Graham.

What period skills are you learning, practicing, or teaching?

Currently I am a co-founder of the Celtic Cock Brewers Guild and Deputy Guildmaster. I am ranked as a Craftmaster in beer, and Journeyman in mead and soon wines as well. I dropped heavy fighting because I tore my rotator cuff in my left shoulder in March of 2003. I switched to fencing and am currently ranked a Scholar (black cord) in the League of Rapier Academies (<http://sca.uwaterloo.ca/rapier/index.html>). I am qualified with epee and schlaeger. I teach brewing often and judge many competitions.

What period skill would you like to learn, if only you had more time?

I am already an accomplished bard and play guitar and write songs. I wish I had more time to pursue music and song writing.

You've been a Knight Marshal of the Canton. Can you describe a particular favorite battle?

Back when I was in the army of Bhakail, we were very large. We averaged 30-50 strong and were so large we had a left and right flank. One of my favorite memories was fighting at Southern Region War Practice, breaking off from the main unit as a flank and cleaning up the stragglers that were left behind from our destruction.

How did you become interested in the "arte of defence" (fencing)?

I had always been interested in fencing, but since I was doing heavy I really didn't have the time for it. Once I was injured, I decided I would leave the heavy fighting to the younger generation and switch gears to more finesse than brute strength.

What is your favorite weapons form? What do you like about it, and what are its limitations?

Well I am only qualified in a few forms and have started to work with dagger, but I think my favorite so far is schlaeger. Schlaeger is a heavier blade than the epee and it slows things down a bit. Being a bit on the large side, slower is better. I like the weight of the schlaeger and it balances well in my hand. Its only limitations are its weight and that for some folks it can be hard to handle. It can cause someone damage if they are not careful in how hard they hit their opponent.

From what you've seen of heavy and light weapons melees, what do you feel are the main tactical differences?

The biggest difference between heavy and light is how you hit. This is so obvious but very important to know when switching from one to the other. In heavy fighting a light hit doesn't count, but in light a heavy hit can really hurt someone. In heavy fighting you almost always know when you are hit because your head is ringing like the Liberty Bell. In light, sometimes you may barely feel the hit but it is still good.

I want to talk a bit about brewing (which usually comes before the martial activities -- and its product after!). I think this is one of the most widely appreciated SCAdian activities... How did you first become involved?

To be honest I started brewing in 1995 outside of the SCA. I started brewing beer for fun, then realized how period brewing could be. After that I found out how much SCAers enjoyed drinking and I enjoyed making them smile, so it was a good match.

Tell me about the inception, history and activities of the Celtic Cock Brewers' Guild.

Well a few of us got to talking about promoting brewing down here in the Southern Region of the East Kingdom and decided to formalize a group to help teach and promote good brews. The more we did this, the larger we grew. We are up to about 25 members. If you are interested in our guild check us out at <http://www.celticcockbrewersguild.org>. We meet the second Wednesday of the month. Our guild has taught all across the Southern Region, judged competitions, presented gifts for the past four reigns and brewed over 60 gallons of alcohol for the East Kingdom Allied War Party at Pennsic. This year we expect to brew much more.

What do you tell a newcomer who is concerned with perceived cost or lack of space needed for brewing? Is it difficult to prevent contamination?

Anyone who is concerned about space or cost need not worry. Just come out to a brew date with the guild and we would be happy to teach you and let you observe, even take part in brewing. Cost and space are always an issue. A starter brewing kit can cost about \$60 for equipment and if you brew from a beer extract starter kit, that can run about \$40. A 5-gallon batch of beer will yield two cases. If anyone has any questions about brewing, feel free to contact me. Contamination is always a concern but with the right procedures it can be controlled. Beer has a high chance of contamination, then wine and mead. Cordials are usually free of contamination because they are already alcohol and kill most bacteria and wild yeast strands.

What is your personal heraldic device?

Well I have the official heraldic terms somewhere, but basically it is a purple chief with three gold key crosses, and below a gold field with a black crow taking off.

What draws you to this design?

I have always been drawn to the crow for some reason. It's not the most majestic of birds, but you see him everywhere and he gets your attention. Oddly enough, I used to go by the name *the Lone Crow* when I sang Karaoke. The crow is also identified on my own family crest.

What do you enjoy most, or what continually surprises you, about play in the Society?

I love the playfulness of fencers and the roleplay banter that goes on during bouts. I love to see a persons face light up when they try one of my potables. I am also continually surprised about how chivalrous many of our members can be inside and outside the society.

Related to your activities in the SCA, what's foremost on your mind that you wish to learn, make or improve?

I want to educate people in the Southern Region that brewing is a serious craft and not just something to 'tie a load on'. I would love to make my way into the chivalry either as a Laurel or Pelican, and be so friendly and approachable that I may have the honor to inspire someone to achieve greatness. I want to be a good fencer but a friendly teacher who develops relationships with and skill in my students. That goes for fencing and brewing. I am underway in creating the perfect honey brown ale.

If we were to return to the Middle Ages or Renaissance as we are, given your present skills, what would you pursue as a vocation?

Whew, that's a tough one. I would either be a brewing Friar, spreading the gospel and beer cheer, or a brewing fencer, perhaps brewing for a living and making some money on the side teaching people how to fence. I wouldn't mind being a Baron either, but I'll try not to be greedy.