

June 2025 A.S. LX



Official A&S Supplement for the Kingdom of Trimaris



Volume 5, Issue 2



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## Disclaimer

This is the June issue of the *Triskele*, the official Arts & Sciences supplemental newsletter of the Kingdom of Trimaris, published quarterly. Trimaris is a branch of the Society for Creative Anachronism, Inc., and *The Triskele* is published as a service to the SCA's membership. This newsletter is available online at <https://members.sca.org/apps/#Newsletters>.

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June 2025  
Edition



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# *Letters from the Editors*

Greetings to you, good people of Trimaris!

'Tis the time for summer collegiate – TRU approaches! Be sure to attend the many excellent classes and perchance learn many things to incite you to passion in creating, further education and perhaps find a new area of interest to spark you as you wend your way through this Dream we share.

In this issue, we talk with Mu'allim Ibrahim ibn Abih al Thaalibi OP OL, and Honorable Lady Laska Koudelka, learn about nutmeg in period cooking and medicinals (note: this is for educational purposes only; we do not offer medical advice) and enjoy a song, a poem and a recollection by inspired writers of Trimaris.

Please continue to submit your informative articles, creative writing, artwork and anything else you'd like to see published here by sending them to [triskele-editor@trimaris.org](mailto:triskele-editor@trimaris.org). It is because of your contributions that we have an award-winning publication.

Vôtre, en service to the Dream and the Kingdom of Trimaris,

*Melissent*



**Maîtresse Melissent  
Jaquelinne la  
Chanteresse, OL**





# *Letters from the Editors*

War is coming; if you are looking for a total immersion into our modern medieval times, I cannot recommend Pennsic War enough. Be prepared for inclement weather: heat, rain and wind. Bring all your garb and your best walking shoes. There are classes galore, and if you walk down merchant's row, you can start out "naked" and end up fully garbed and have an encampment.

This quarter offers an opportunity to learn new skills and enhance old ones – take advantage of that! Also, consider offering to share your own knowledge, either at an event, your own barony/shire/canton meetings, or the upcoming Trimaris Royal University.

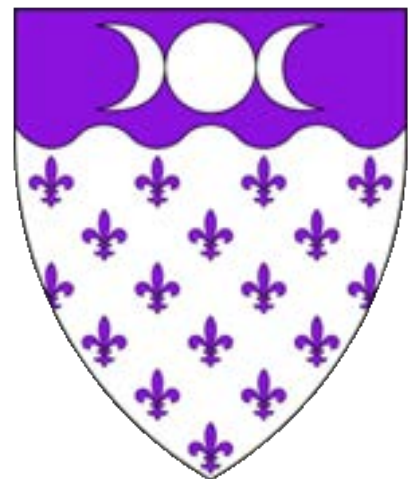
With the heat and humidity in summer, stay hydrated and shaded. Wear garb that breathes. Trust me – you'll regret it if you don't (ask me how I know that).

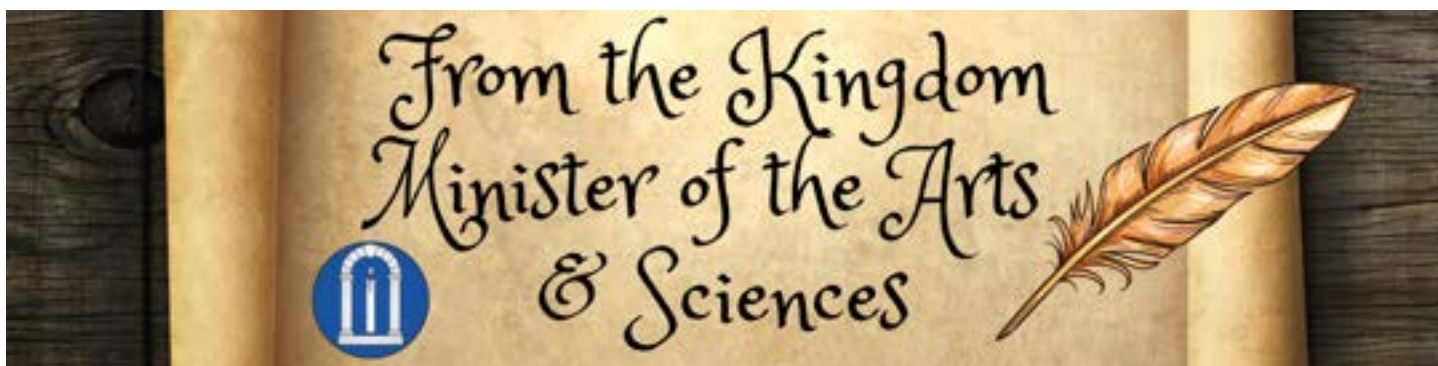
Always in service to the dream and the great Kingdom of Trimaris!

*Anthionette*



**Honorable Lady  
Anthionette  
de Caulmont**





Good gentles of the realm,

I hope this message finds you well.

I come before you to celebrate — you, the crafters, thinkers, scribes, smiths, stitchers, brewers, and dreamers who keep the heart of the kingdom beating with beauty and knowledge.

We've much to look forward to! Trimarian Royal University draws near — a gathering of minds and hands, where classes shall be offered in arts of all kinds. Whether you're a seasoned artisan or simply curious to learn something new, I invite you to come, participate, and share in the joy of discovery. These are the days when inspiration is passed hand to hand like bread at the table.

Also, I'll be seeking a Deputy of the Arts and Sciences — someone eager to learn the ropes, assist in duties, and eventually step into this role. If you're passionate about lifting up the skills and knowledge of our kingdom, I'd love to hear from you.

Keep creating. Keep learning. And above all, keep sharing what you love.

In service and inspiration,  
Count Valbrandr Strúgr

Kingdom Minister of Arts and Sciences



**Count  
Valbrandr Strúgr**



# *Arts & Sciences Happenings*



Good day, fine Gentles of Trimaris!

Your friendly local Art-Sci Expo Deputies, Lord Kelwyn Owain and HL Philippe d'Artgainan here. We want to thank all of the amazing individuals that showed up at the Trimaris Memorial Tournament at Camp Trinity for this most recent event on May 26th - May 28th and displayed at Art-Sci Expo. Our new site was wonderful and the indoor environment for Art-Sci Expo was very much appreciated by everyone looking to escape the heat.

We also want to remind you all that you still have two more chances to display at upcoming events in 2025:

August 30<sup>th</sup> - September 1<sup>st</sup>: Fall Coronation  
November Crown List: (Dates TBD)

There is no pressure and no judgement. Art-Sci Expo is not a competition and is solely for you to exhibit your creativity and craftsmanship to the populace. Critique and



feedback are optional. You do not even have to display a completed work, it can be in-progress. So please feel free to come down at the next event to show us all how talented you are!

You can see the latest information about Trimaris Art-Sci Expo here on Facebook:  
<https://www.facebook.com/groups/TriArtSciExpo/>

If you want to know who-is-who in Arts & Sciences for the Kingdom, please go here for the Kingdom of Trimaris website:  
<https://trimaris.org/greater-kingdom-officers-of-trimaris/office-of-the-minister-of-arts-and-sciences/>

If you want to learn what it takes to expo at Art-Sci, you can read up here:  
<https://trimaris.org/wp-content/uploads/2025/01/HOW-TO-Expo.pdf>

You can also email us, the Kingdom Art-Sci Expo Deputies anytime with questions and we will work diligently to assist you: [expo@trimaris.org](mailto:expo@trimaris.org)

Thank you once again for the opportunity to serve you as your Kingdom Art-Sci Deputies,

Lord Kelwyn Owain & HL Philippe d'Artaignan



Philippe & Kelwyn



# I DID A THING

## *Honorable Lady Laska Koudelka*

Greetings from your I Did a Thing Deputy!

I Did a Thing is a monthly Arts and Sciences challenge, and you will see me post to the Trimaris Populace Facebook group and Trimaris Discord each month to remind people to participate. All you have to do is make or research something within the parameters of the challenge and post about it, to get a monthly token. Make sure to tag me on Facebook as Laska Koudelka or on Discord as #LaskasBasket, so I see it. We also have a dedicated Facebook group, "I Did a Thing - Trimarian A&S Challenge". Join us there to see what everyone has been making! People who complete a whole year streak get a special prize at the Winter ArtSci. We also meet once a month in the Discord craft room channel on the third Thursday of each month, to work together and inspire one another.

The challenges for the next few months are as follows:

**June** is scribal. Practice your illumination and calligraphy skills and put them to the task to create scrolls for our deserving Populace!

**July** is to entertain our Populace, especially the youngest members. Make a toy or research a period game and play it!

**August** is Fiber Arts. Sew, embroider, nalbound, knit, weave, sprang, the options are limitless!

Looking forward everything you will come up with,

Yours in Service

*Laska*

HL Laska Koudelka  
of Shire of Sangre del Sol



*Photography by Laska's Dad, Alex*

# Upcoming Events and Demos with Arts & Sciences

June 14 @ 8:00 am - 5:00 pm

## Starhaven Art/Sci Symposium

St. Timothy Lutheran Church  
1903 Croton Rd, Melbourne, FL 32935



June 14 @ 8:00 am - 5:00 pm

## Res Centurius – Path of the Warrior



The Clubhouse @ Stonehedge on the Hill  
39820 US Highway 19 N, Tarpon Springs, FL

June 20 @ 8:00 am - June 21 @ 5:00 pm



## Dragon's Chase Shire Demo

New Smyrna Beach Library  
1001 South Dixie Freeway, New Smyrna Beach

## Trimarian Royal University



July 19 @ 8:00 am - 5:00 pm  
Fort White High School  
17828 FL-47, Fort White

July 25 - August 10

# Pennsic War LII



Coopers Lake Campground 205 Currie Rd, Slippery Rock, PA, United States

<http://www.pennsicwar.org/>







# THE Laurel's Corner

Featuring



## Mu'allim Ibrahim ibn Abih al Thaalibi OP OL

**What is your SCA name and title?** Ibrahim ibn Abih al Thaalibi OP OL. I sometimes use the Arabic title Mu'allim (which refers to both "teacher" and "mentor", so I found it appropriate.

**Tell me about your persona.** Grew up in Grenada. When the city fell to the Reconquista in 1492, I found my way to Florence where my connections to the Moorish world found me a place working for the Apothecary Guild (Arte dei Medici e Speziali). As a foreigner I could not be formally part of the guild, but my ability to travel between Fierenze and the Moorish lands made my service worthwhile. The travels gave me much exposure to a range of skilled craftsmen.



*Photography by Bill Anlage*

**What is your Laurel in?** Fundamentally, "Dress Accessories". My specific skill sets include leatherwork, non-ferrous metalwork and casting, lapidary, and bone and stone carving.

**Tell me about any offices or roles you hold or have held.** Over the years I have been the Arts and Sciences Officer in Darkwater (when it was "sciences only), Castlemere, An Crosaire, and the Kingdom of Trimaris. I've been Baronial Chatelaine/Hospitaller, Chamberlain, Seneschal, and Baronial Noble (twice). I frequently do Voice Heraldry, and am always willing to work with newcomers.

**Would you like to share your elevation experience?** My elevation to the Laurel apparently got delayed for a time because I was unexpectedly called by the Order of the Pelican, first. I claim both Master Rurik and Mistress Barb-Har-Ah as my Laurel Mentors.

**What does it mean to you to be a Peer?** My number one goal is to encourage others to take what I can offer them, and take it further. The skills of the Arts for our Society are intertwined with service, and should be. The goal is to make this thing of ours better with each new thing we learn.

**How would you define The Dream?** When you can help someone find those indelible moments where you can feel that you are touching, tasting, or feeling the eras that we emulate.



**What is the most amazing thing you've witnessed at an SCA event?** The first time I heard what came to be known as "Darian's Song" performed. It was a small group of people, and this was the first performance of the final draft of the song, and the fact that we were in a dressed up modern tent became totally irrelevant. There have been others since, but that was the one I will always come back to.

**Do you have any funny SCA-related anecdotes?** The first craft that I got recognition and encouragement for was leatherwork.

Mistress Atalaya was one of the first to encourage me and mentor me (with an occasional needed kick in the pants). I, with the help of my friend Lars, decided to get the materials so I could make a tooled leather face for a small shield with Atalaya's badge on it. We got the thing put together, and before we were heading down so we could give it to her, we realized that the small round shield with the tooling attached would fit perfectly into a large pizza box. When we got to the event, we offered her the box, telling her it had "all of her favorite toppings" on it. At that point, she decided that we were a pair of goons...but "I guess you're kinda my goons", as she laughed in that very Atalaya sort of way of hers.

**Is there anything else you would like to share about yourself?** I take helping our newcomers very seriously. I had good early mentors, which is why I'm still here, and I think that others need that same kind of care.

**Is there anything else you would like to add?** My first real event was Summer Triad in 1982. This later became Summer Arts and Sciences, and even later, TRU. TRU 2025 will mark the start of my 44<sup>th</sup> year in the Society.

I can be reached on FaceBook as Ron Charlotte, or via email at [thaalibi@gmail.com](mailto:thaalibi@gmail.com).

# Featured Artisan

## THL Vavara Laska doch' Koudelka

### What is your SCA name and title?

My name is Laska Koudelka, very formally Varvara Laska doch' Koudelka, and outside of the Society it is Olya, they/them.



*A gold bullion embroidery done for Lady Arastorm, mka Tchippakan Fair Richards-Taylor*

### What is your art?

I love all things fiber: spinning, narrow band weaving, sewing, natural dyeing, nalbinding, and embroidery. I enjoy researching history, folklore, mythology, and craft techniques. I also dabble with wire jewelry and illumination.

My particular joy is service through art. I have been my local Shire's A&S officer for four years, organized or helped with many Regional A&S competitions, and now serve

as Trimaris Deputy for I Did a Thing, our monthly Arts and Sciences challenges. For more information, please see the I Did a Thing article in this newsletter.

### How long have you been at it?

My Mama taught me how to sew, embroider, knit, and crochet when I was very little. In particular I remember this wonderful illustration in *The Crimson Flower*, the Russian version of *The Beauty and the Beast*, where the Nastenka was sitting at an embroidery frame in a beautiful sarafan and kokoshnik (strap dress and an elaborate headdress), and that really made me want to learn. And in my twenty plus years in SCA I have attended many classes and practiced my chosen crafts on my own.



*My class on Goldwork with Bullion*



**If you trained, where or under whom?**

My first teacher was my Mama, and after that the instructors of as many classes as I could fit into at any event I go to. For the past few years I am studying nalbinding under Mistress Sigrid Briansdotter, mka Anne Marie Decker, who hosts Zoom meetings twice a week. I learned a lot of goldwork embroidery techniques from my dear friend from Independent Dominion of Myrfaelinn Mistress Cristina inghean Ghriogair, mka Donna MacTavish-Ankrum. And of course my Laurel, Nishigori Mitsumune no Ason teaches me constantly, keeps me on track, encourages me, and guides my research.

**Do you merchant? If so, where can people find your wares?**

I very occasionally take commissions, but I much prefer making gifts. It is a lot less stressful that way, plus I don't subscribe to the hussle culture of turning every hobby into profit.



*Replica of Yaroslavl' Mitten*

**What do you do mundanely if you'd like to share?**

I have degrees in Classics and History from University of South Florida, but I didn't get a job in academia. I did get a chance to attend the International Medieval Congress this year and show off my museum replicas and techniques in the DISTAFF Exhibition.



*At the 60<sup>th</sup> Annual International Medieval Congress at Kalamazoo, showing off my goldwork embroidery and nalbinding during the DISTAFF Exhibition on tools and techniques*

*Photography by Mistress Anna Dokeianina Syrakousina*

**Who is your muse? Who inspires/inspired you to your artistry?**

My main inspiration is sharing skills with other people who are interested in them and challenging myself to create items as authentically as possible. I also take inspiration from all the people from antiquity and the Medieval period who produced awe inspiring items with the technology available to them.

**Tell me about your persona.**

I don't really have a developed persona, since I enjoy creating sets of garb from different time periods. Right now I have full kits for Kyivan Rus' nobility, a late period Ukrainian peasant, and fashionable ladies from Classical Greece, Rome, and Minoan Crete.

**How do you define The Dream?**

My definition of the Dream is Community. It is all about building connections and the found family, a place where I can be myself loudly.

**What is the best thing that's ever happened to you in the SCA?**

The best thing that came out of the SCA for me is the friends I made, my found family, and Pennsic, Home.

**Any suggestions you would give to someone just starting to learn your art form?** My advice would be never to be shy to approach someone whose work you admire. The artisans almost always want to geek out about their creations and share their knowledge, tips, and tricks. Also, don't feel like you need to completely master something before teaching it to others. Teaching makes you think about your craft differently, and you learn as much from the students as you teach them.

**FB:** Laska Koudelka

**Discord:** #LaskasBasket

**Email:** [Olenyika@gmail.com](mailto:Olenyika@gmail.com)

*Except as earlier attributed, all photography in this interview is by Olya.*



*A hat in Mammen stitch*



*Work in progress, based on a doublet at the MET*



# Warrior of the Ages

Carl Crosby  
Viscount Alexander Shanashie

In the heart of the melee, midst banners that twirl,  
Stands a warrior of ages, his banner unfurl.  
With sword and with shield, through the fray he does wend,  
But it's not just these weapons on which he depends.

With mace tightly gripped, he moves through the throng,  
With an ax by his side, his blows swift and strong.  
Twin swords, they dance, a deadly ballet,  
Enemies watch, kept cautiously at bay.

Yet beyond the great clash, when battle sounds dim,  
On the range with keen eye, his true skill begins.  
Axes and knives, to their targets they glide,  
Each throw precise, from his hand they do slide.

And with bow ever ready, both in battle and field,  
His arrows strike true, never once does he yield.  
Both combat and target, his arrows take flight,  
Marking him a master, a beacon of might.

By the campfire's glow, tales of him they convey,  
Of the foes he's defeated, and the games that they play.  
Yet, beyond all the weapons, the armor so grand,  
It's the heart of the warrior, that makes him so grand.

For in stories and songs, his legend does grow,  
Of his courage and strength, and the arrows that glow.  
In the heart of the SCA, his tale rings so true,  
A warrior of ages, both timeless and true.



## *'N' is for Nutmeg*

Wulfwyn aet Hamtune, OL



Greetings and salutations from Wulfwyn aet Hamtune, OL, your friendly, neighborhood chief cook and bottle washer! Food and cooking are my favorite things, and like any recipe, cooking is a cup of art, a handful of science, a spoonful of history, and a dash of laughter, every now and then. Baking, on the other hand, is a cup of science, a handful of art, a spoonful of history, and a dash of blood, sweat, and tears. Here's the next installment, 'N' is for Nutmeg.

Nutmeg is the seed of several tree species of the genus *Myristica*; fragrant nutmeg or true nutmeg (*M. fragrans*) is a dark-leaved evergreen tree cultivated for two spices derived from its fruit: nutmeg, from its seed, and mace, from the seed covering. It is also a commercial source of nutmeg essential oil and nutmeg butter. Indonesia is the main producer of nutmeg and mace, and the true nutmeg tree is native to its islands. The spice has a distinctive musky fragrance and a warm, slightly sweet taste; it is used to flavor many kinds of baked goods, confections, puddings, potatoes, meats, sausages, sauces, vegetables, and such beverages as eggnog.

The seeds are dried gradually in the sun over a period of six to eight weeks. During this time, the nutmeg shrinks away from its hard seed coat until the kernels rattle in their shells when shaken. The shell is then broken with a wooden club and the nutmegs are picked out. Dried

nutmegs are grayish brown ovoids with furrowed surfaces. The dried nutmegs are roughly egg-shaped, about 0.81–1.18 inches long and 0.59–0.71 inch wide, weighing 0.18–0.35 ounce. Two other species of genus *Myristica* with different flavors, *M. malabarica* and *M. argentea*, are sometimes used to adulterate nutmeg as a ground spice. To avoid this, never buy ground nutmeg in a jar or bottle. Always buy whole nutmegs and grate your own powder when you need it. The difference is noticeable.

Mace is the spice made from the reddish seed covering (aril) of the nutmeg seed. Its flavor is similar to nutmeg, but more delicate; it is used to flavor baked goods, meat, fish, and vegetables, and in preserving and pickling. In the processing of mace, the crimson-colored aril is removed from the nutmeg seed that it envelops and is flattened out and dried for 10 to 14 days. Its color changes to pale yellow,



orange, or tan. Whole dry mace (also referred to as “blades” in early sources) consists of flat pieces—smooth, horn-like, and brittle—about 1-1 ½ inches long. The first harvest of nutmeg trees takes place 7-9 years after planting, and the trees reach full production after 20 years.

The word *nutmeg* was first used in English in the 1380s, when it was spelled *nutimenge*, *nootmoge*, *notemoge*, *netmug*, *notemygge*, *notmyge*, and more. The current spelling came into being around the early 17th century. The word comes from a partial translation of the Old French phrase *nois muscade*, meaning “nut smelling like musk”, which comes from Latin *nux muscata*, with the same meaning. *Nux* comes from the Proto-Indo-European *kneu*, which also meant “nut” and is the source of words like *nougat* and *nucleus*. *Muscata*, meanwhile, comes from the Sanskrit word for “testicle”. Eventually, it’s all thought to trace to the Proto-Indo-European reconstruction *muhs*, meaning “mouse”.

<https://www.etymologynerd.com/blog/nut-musk> Note: Go ahead and giggle. It’s perfectly okay.

When it comes to the modern words in other European languages, all of them ultimately derive their word for nutmeg from the Proto-Indo-European via Sanskrit to the Latin *muscata*: French: *noix de muscade*, Spanish/Portuguese: *nuez moscada*, Italian: *la noce moscata*, Danish: *muskat*, Dutch: *nootmuskaat*, German: *muskatnuss*, Czech: *muskat*.



The earliest evidence for the use of nutmeg comes from 3,500-year-old potsherd residue from the island of Pulau Ai, one of the Banda Islands in eastern Indonesia. The Banda Islands consist of eleven small volcanic islands, and are part of the larger Maluku Islands group. These islands were the source of nutmeg and mace production until the mid-19<sup>th</sup> century. In the 6<sup>th</sup> century CE, nutmeg use spread to India, then further west to Constantinople (just one of the many reasons why Roman coins are found on the subcontinent.) By the 13<sup>th</sup> century,

Arab traders had pinpointed the origin of nutmeg to the Banda Islands, but kept the location a secret from European traders. The Banda Islands became the scene of the earliest European ventures in Asia to get a toehold in the spice trade. In August 1511, Afonso de Albuquerque conquered Malacca, which at the time was the hub of Asian trade, on behalf of the king of Portugal. In November of the same year, after having secured Malacca and learning of Banda's location, Albuquerque sent an expedition of three ships led by his friend António de Abreu to find it. Malay pilots, either recruited or forcibly conscripted, guided them via Java, the Lesser Sundas, and Ambon to the Banda Islands, arriving in early 1512. The expedition remained for about a month, buying and filling their ships with Banda's nutmeg and mace, and with cloves, in which Banda did a thriving trade. An early account of Banda is in Suma Oriental, a book written by the Portuguese apothecary Tomé Pires, who was based in Malacca from 1512 to 1515. A digital copy in English can be found here: <https://archive.org/details/McGillLibrary-136385-182>. Full control of this trade by the Portuguese was not achieved, but they remained traders without a colony/factory in the islands.

This trade history can be followed by looking at the cookbooks. The earliest European cookbook containing nutmeg is the Anonymous Andalusian, in the 13<sup>th</sup> century, which is thought to be roughly concurrent with Forme of Cury, however, nutmeg is not mentioned in the Forme of Cury at all. This makes perfect sense, since Al-Andalus was, at that time, owned and operated by Islamic dynasties, and the Arabs already knew about nutmeg, and where to find it. If you follow the timeline, France knew about nutmeg by 1393, when the Menagier de Paris was written, and Italy shows usage in the Anonymous Tuscan around the same time. The first English recipe appears in 1425 with a medicinal entry in Ancient Cookery. Germany catches wind of nutmeg around 1500, in Alte Kochrezepte aus dem bayrischen. It reaches



the Netherlands shortly thereafter, and the Spanish Libre del Coch contains it around the same time. There is no nutmeg mentioned in Danish cookbooks until 1616. Interestingly, Portuguese cookbooks didn't contain nutmeg until well into the 17<sup>th</sup> century. Perhaps they spent a lot of money acquiring it, made a lot more money trading it, but didn't adapt it into their cuisine until much later.

Always remember that a timeline cannot be absolutely carved in stone. "Circa" should be translated as "maybe was, could be, might have been". Manuscripts can seldom be absolutely dated, and even a 'known' dated copy could be a replication of an earlier manuscript. It could be that the Danes just didn't publish a cookbook containing nutmeg until 1616, but they'd been using it since 1500. It's just one of the many things which simply cannot be nailed down as proof-positive when it comes to cooking and food.

Here are some recipes.

This is an excerpt from Le Viandier de Taillevent, (France, ca. 1380 - James Prescott, trans.)

The original source can be found at [James Prescott's website](http://www.jamesprescott.com/)



Spice Powder. Grind ginger (4 parts), cassia (3.5 parts), nutmeg, (2 parts), pepper (1.5 parts), long pepper, cloves, grains of paradise and galingal (1 part each.) Quoted by Pichon, et. al. p. 26.

<https://medievalcooking.com/search/display.html?viand:220:NTMK>

This looks like Taillevent's personal recipe for a spice mix. Is it powder forte, powder douce, something that was used for both, or used for specific recipes? Like many things in medieval cooking, we just can't say for certain. In my mind, a medieval cook's spice powder mixes were probably uniquely theirs, based on experience with one's bosses, and their own particular alchemy. I know my own herb and spice mixtures change according to the dish I'm creating. It's nice of Taillevent to have left us this pretty specific mixture's recipe. I just wish he'd told us what dishes he used it on. Just sayin'.

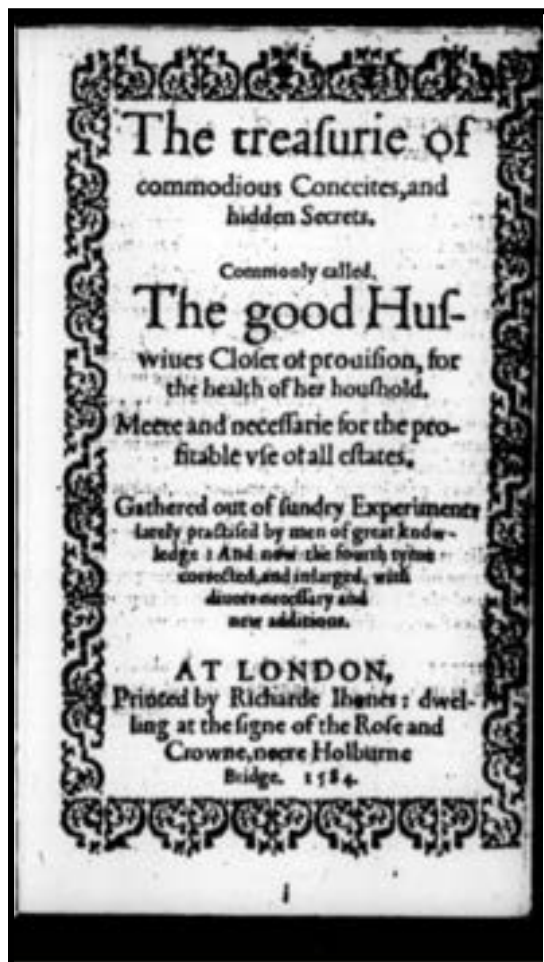
This is an excerpt from Two Fifteenth-Century Cookery-Books, (England, 1430)

The original source can be found at [the University of Michigan's "Corpus of Middle English Prose and Verse"](#)

Sauce rous. Take brede, and broyl it vpon the colous, and make it broune, and ley hit in vynegre, and lete it stepe; and thanne take piper, canel and **notemygge**<sup>3</sup>, and a fewe of clowes, and cast it to-gedre in-to a mortre; and take the brede out of the vynegre, and bray ther-wyth. And whanne it is y-brayd y-now, tempre it wyth wyne and vinegre, and draw it thurgh a straynour as thou woldiste galyntyne.

My modernization: Red sauce. Take bread and broil it on the coals, and make it brown, lay it in vinegar and let it steep; then take pepper, cinnamon and nutmeg, and a few cloves, and put them in a mortar; take the bread out of the vinegar and grind it. Then temper it with wine and vinegar, and draw it through a strainer as you would galantyne.

Pretty straightforward. The sauce is probably cinnamon-forward, with backnotes of pepper and nutmeg, and a hint of cloves. This would provide the red color for the sauce. "Rous" is the Middle English word for a red-haired person, and is most often found as a surname, so if you take the word literally, it is probably a reddish-brown sauce made with white wine versus red. This sauce would go well with venison and other wild game meats.



This is an excerpt from The Treasurie of commodious Conceits, (England, 1573 - J. Holloway, transcr.)

The original source can be found at [MedievalCookery.com](#)

To make all kinde of Syrops. Chapter. xxxiiii. TAKE Buglosse, Borage, white Endiue, of each .i. handfull, of Rosemary, Thyme, Isop, winter Sauery, of each halfe a handfull seeth them (being fyrste broken betweene your hands) in .iii. quartes of water, vnto iii. pints, the straine it, and put to ye liquor, whole cloues an ounce, pouder of Cinimon: half an ounce, pouder of Ginger: a quarter of an ounce .i. **Nutmeg** in powder, of suger half a pound, or more: let them seethe vpon a softe fyre well styred for burning too, vntyll it come to the thicknesse of liue Hony, then keepe it in Gallypots, if you put .i. pynte Malmzey in the second seethig, it wyl be better. When it is perfecte, haue sixe graynes of

pleasure. <https://medievalcookery.com/search/display.html?treas:35:NTMK>

sinews. The dose is the size of a hazelnut.

Here are some ancient and modern medicinal uses for the ingredients of this syrup. The leaves and flowering stems of bugloss are antitussive, aphrodisiac, demulcent, diaphoretic, diuretic, pectoral and vulnerary - relieve fevers, headaches, lung disorders, chest conditions, colds and nervous complaints. The best leaves to use are the ones growing from the root and lying on the ground. Borage flower and leaves are used for fever, cough, and depression. Borage is also used for a hormone problem called adrenal insufficiency, for "blood purification," to increase urine flow, to prevent inflammation of the lungs, as a sedative, and to promote sweating. Endive confers a wealth of essential nutrients like vitamin K, vitamin A, folate, and fiber. Adding this green vegetable promotes gut, liver, heart, and eye health and also strengthens bones, and sheds weight. Rosemary is a source of iron, calcium, copper and magnesium, boosts immunity, helps fight diabetes, improves blood circulation, supports brain health, fights stress and anxiety, protects vision, and aids digestion. Thyme's benefits include fighting acne, lowering blood pressure, helping to alleviate cough, and boosting immunity. The most common uses of hyssop in traditional herbalism have been to relieve chest congestion and coughs, to soothe sore throats, and to act as a mild sedative. The whole herb, and especially the flowering shoots, of winter savory is mildly antiseptic, aromatic, carminative, digestive, mildly expectorant and





stomachic. Taken internally, it is said to be a sovereign remedy for colic and a cure for flatulence, whilst it is also used to treat gastro-enteritis, cystitis, nausea, diarrhea, bronchial congestion, sore throat and menstrual disorders. Clove has antioxidant and anti-inflammatory properties. It may manage stomach-related diseases (loose bowels,



flatulence, nausea, indigestion, vomiting, gastric irritability, and diarrhea), respiratory conditions (cold, cough, bronchitis, sinusitis, asthma) and many more. In addition to being an antioxidant, anti-inflammatory, antidiabetic, antimicrobial, anticancer, lipid-lowering, and cardiovascular-disease-lowering compound, cinnamon has also been reported to have activities against neurological disorders, such as Parkinson's and Alzheimer's diseases. Ginger has been used for thousands of years for the treatment of numerous ailments, such as colds, nausea, arthritis, migraines, and hypertension. Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify

the body, boost skin health, alleviate oral conditions, reduce insomnia, increase immune system function, and prevent leukemia, and improve blood circulation. Natural musk has the action of inducing resuscitation and has been utilized as a TCM in treating stroke, coma, neurasthenia, convulsions for thousands of years. Modern studies have demonstrated the neuroprotective effects of musk.

Given these various (and in many cases, similar) therapeutic benefits of the ingredients, this mixture could probably be described as a universal "it's good for you, just swallow it" spoonful. The sugar and malmsey helps the medicine go down. Bugloss is somewhat hard to find, but it is part of the borage family of plants, so doubling the borage may be more efficient. Everything else except the musk is fairly easy to acquire. For musk, you may need a large Indian grocery, or Chinese medicine supplier. For the malmsey, it's available through the magic of the Internet, or one of those huge wine stores, if you've got one.

I found this recipe fascinating. I remember my grandmother dosing us with sulphur and molasses in the spring. It was gross, but there was no backing out of taking it. This looks like a winter tonic, good for the lungs and heart, and a handy thing to have on hand when the snow is deep and everyone is housebound.

***The content in this article is for informational purposes only and should not be considered professional medical advice.***

# Lost Crusading Knights

By: Baron Guillermo de Cervantes

## **Chorus:**

Two knights . a long way from home  
Together . they felt so alone  
Jerusalem's gates . bar their path  
Jerusalem's walls . resist their wrath  
Over mountains, oceans. and sands,  
Through many many lands, so many  
many ways  
Just one hundred forty seven days

*Knight one:* I wake alone, lost and miss  
I dream of your sweet li'l kiss.  
I miss seeing your bright dark eyes.  
I can still hear your mournful cries.  
My heart is yearning  
My soul is burning  
My eyes . looking back  
For my lost lady love

## **Chorus**

*Knight two:* I yearn to hold your hand  
To walk again in our land  
To cuddle once more in the night  
Together entwined delight  
My heart is yearning  
My soul is burning  
My eyes . looking back  
For my lost lady love

## **Chorus**

I miss feeling your soft white skin.  
I dream of your lips so thin.  
I hear you as I wake.  
I cry her name and ache.  
My heart is yearning  
My soul is burning  
My eyes . looking back  
For my lost lady love

## **Chorus**

*Together:* The return finally has come.  
Down the road back I run.  
To you, I come, my love, my sun  
Together our hearts will be one  
My heart is yearning  
My soul is burning  
My eyes . looking back  
For my lost lady love

## **Chorus**

*Together:* I return and wash your feet.  
Our pain we defeat.  
United in love tonight.  
In arms . our souls take flight.  
My heart is yearning  
My soul is burning  
My eyes are back  
On my lovely lady love  
my lovely lady love



*Photograph by Richard Sullivan*

# Faith Sonnet

Lady Isabella Julietta Diego y Vega

“The greatest of these is Love – “  
So spake the Apostle of yore;  
But there is no disdain by angels above  
For the two *other* virtues before.

Faith and Hope are Love’s sisters fair,  
And for Faith’s sake do I sing my song.  
Her strength comforted Daniel in the Lions’ lair  
And Our Lord through His martyrdom long.

If you but have Faith, though mustardseed small,  
There is confidence in things unseen.  
In dark of the night or within chasm tall,  
Her staunchness is illumination keen.

For though we peer now through the darkling glass,  
With Faith shall revelation come unto pass.

Written the 30<sup>th</sup> day of September 2006  
in the Barony of Oldenfeld





# Days of Discovery: A History of the Early Days of Trimaris

Chronicled by [Mester Udvarhelyi Aeryck, OP, OL](#), Founding Baron Darkwater —  
and a witness to “a lot” of what follows

*(Note: the following account was written for, and published in, the program for the Society for Creative Anachronism's 50-Year Celebration in 2016. It is being republished, with some editing and updating, in conjunction with the 40<sup>th</sup> Anniversary of the Kingdom of Trimaris)*



And the waters receded, leaving a land amid the three seas abounding with blinding white sands, lush tropical wilds of fragrant flora and waters beyond count; a land of large felines and bears, voracious reptiles and even a Rodent Of Unusual Size of legend that speaks and waves with gloved hands of four fingers.

Many explorers arrived under the banners of Spain, France, England and something called a United States. But in later days a solitary wanderer of Germanic bearing, who came to be known as Erik von Kampf, brought to the land of three seas some called "Florida" the standard of a green laurel wreath upon a brilliant field of gold.

A land we revere as Trimaris.

It has been my honor to be Sir Erik's squire 'lo these many years, and my delight and privilege to chronicle some of his story and the beginning of days to follow.

"Ah, Barar, m'boy," he would say, settling back to savor a few puffs on a hand-rolled Jamaican cigar. "Those were the days ..."

Those days he was called Paul Camp. As retold by Master Taly, the late lore master and keeper of ceremonies, in his historie "A Knight, A Book and A Student," young Paul encountered a passage in an elfin fantasy set in an age of Vikings, "The Broken Sword," by multiple Hugo Award-winner Poul

Anderson, also known as Sir Bela of Eastmarch. The passage spoke of "people interested in Medievalism who regularly hold tournaments and revels in antique costume."

"My first reaction," Sir Erik recalled as fragrant smoke swirled about our heads, "was surprise that such an organization actually existed, followed immediately by, 'How do I join?'"

"The SCA fascinated me right-off, with visions of knights and castles and tall lords riding," he continued. "What I visualized were events like the banqueting scene from Errol Flynn's 'Adventures of Robin Hood,' not the yet-unknown realities of Elks' Clubs, Boy Scout camps, freon can helms and carpet armor."

He still has the book, a treasured flea market find.

Being schooled in letters, Paul wrote to Sir Bela seeking more knowledge. In due course, a missive returned. Upon a late midsummer's day, Paul shed that name to embrace a truer self, Erik von Kampf, and in Society reckoning V became the first citizen of the land that would come to be known as Trimaris.



Being mid-1971, the nearest branches to Tampa where he lived were the Barony of the Southern Marches in Birmingham, Ala., and the Kingdom of the East in Brooklyn, NY.

"I had no ambition to found an SCA branch in Florida," he recalled. "What I really wanted to do was just go to tournaments and revels." But "lacking a known group closer than Birmingham or Brooklyn, that wasn't going to happen." Thus, "necessity was the mother of Wyvernwoode."

Wyvernwoode? "I've long thought wyverns were attractive beasts, classier than the garden-variety dragons," he said of the name. He said he preferred the spelling with a "y" instead of an "i," "which I think was the older form. To make it a place, add in a 'woode' for the wyverns to live in."

At its first revel of All Hallows Eve in A.S. VI — held in his parents' backyard — is recorded the first incidence of "The Dread Spectacle of the Tournament of Fools," wherein each participant affixed a "pygge's bladder" (a balloon) to their, ahem, derriere, then armed with a stick with a pin attached, each sought to deflate all else's bladders.

As the years progressed, An Crosaire, Darkwater, Oldenfeld, Marcaster and Castlemere joined Wyvernwoode as baronies, with numerous smaller groups aborning, and began a carefree era of weekend-to-weekend eventing, lists, art/sci's, more lists, along with lighter pastimes as

clench-a-wench, passing a cloven fruit — "unfortunately, I hadn't a clue," Sir Erik admitted ruefully. "The lady offered me a clove and I thanked her, plucked one from the orange, ate it, then wandered off" — and arrivals where friends not seen since the week before greeted others with a tankard of dubious brew usually dubbed "Here Try This!"

They were indeed carefree days!

The seed now lovingly planted in the sandy yet fertile soil of this peninsula amid three seas took strong root, sprouting a line the wonder of all who beheld, staunch enough to withstand the changing parentage of the East, of Atenveldt, and of Meridies, when the gallant Verron and the gracious Adriana then called Wulfa in A.S. XVI claimed the first principality throne of a newly minted Trimaris; sturdy years after to weather a mighty storm upon our Kingdom's birthing day in A.S. XIX in a time many call "The Coronathing" where the valiant Baldar and the radiant Ljudmilla took their Crown in a backyard even as the winds swirled about them; a Crown invited to sit amid the Powers of the Known World at the Great 20-Year Gathering beneath the celestial travel of Halley's Comet, the very same traversing star that heralded the coming of William the Conquerer in many, many days before.

In the fullness of time the Tree of Trimaris has born nigh onto 80 Crowns; six baronies; shires beyond easy count; peers of sword, of craft masters and of blood the rival of any realm's; warriors dauntless in waging "Death From Below;" a people generous in spirit and loving in nature embracing the Dream with ferocity unmatched, and future brighter than any star above the seas three.

As Sir Erik might say, sitting back and putting up boots scuffed by more than 30 years of toil, "Ah, Barar, m'boy, these truly ARE the days ..."



*Photography by Richard Allen*



# Contributor Guidelines

We would like to highlight your Arts & Sciences with the Kingdom! Do you have an Article you would like to share? A period Recipe? Pictures or Original Artwork? Send them to us for publication!

Submissions must be received by the 1<sup>st</sup> of the month of publication. Any submissions received after the submission deadline may be held until the next issue. The preferred method of submission is via email to [triskele-editor@trimaris.org](mailto:triskele-editor@trimaris.org).

Electronic submissions may be in the body of an email or as an attachment. Artwork should be submitted as a computer graphic file. If you are using artwork found online that is not yours, even if it is in the public domain, please include a citation or page link from where you obtained it. If you have any questions, please contact the Kingdom Chronicler or Triskele Editor. These guidelines do not pertain to event announcements, which follow the submission guidelines laid out for *Talewinds*.

All contributions must be accompanied by the appropriate release forms which can be found online at:

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Photographer Release Form: <https://forms.gle/ejmFb3KueQtHYCAE9>

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## Deadline

1<sup>st</sup> of the month  
of publication

March

June

September

December



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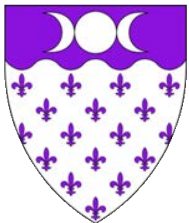
## Maître Melissent Jaqueline la Chanteresse, OL

Born in 1495 in Libourne, Southern France, Melissent is an expatriate who lives in Trimaris. She was a waiting woman and retainer for Countess Francoise de Foix, her best friend and neighbor growing up. She came to Trimaris after meeting Thomas Alistair, her now-husband, at the Field of the Cloth of Gold, which she had attended with Francoise. She is a trobairitz (as was her mother and her mother before her), and is studied in prose, poetry, and song; additionally, she teaches the gentle arts such as retaining skills and comportment classes, and skills inherent to performance to any who desire to learn such things.



Rev. Mia Reeves is a professional actress/singer and writer who has been a member of the SCA since 2008, and is a performance and research Laurel. She is an Interfaith Minister (graduated from the New Seminary in NYC) as well as a former IP paralegal. She has had books, poems, and papers published in a variety of genres, including two *Compleat Anachronists*; she also appeared in over 100 theatrical productions, such as Rosalind in Shakespeare's *As You Like It* off-Broadway, Beauty in the national tour of the musical *Beauty and the Beast*, Lady Macbeth, and movies such as *The Replacements* (Wanna-Be Cheerleader) and *True Lies* (Stunts). She is a member of the Screen Actors Guild (SAG), and her theatrical biography can be found at [Mia Reeves - IMDb](#). She enjoys writing, gaming, knitting, lucet cording, and such in her spare time, and lives with her husband, Lord Thomas Alistair, and Maltese dog, Vincent. She is a protégé of Duchess Islay Elspeth of Glen Meara, a Peer of Moose Lodge, and the Art/Sci Warranting and Admin Officer.

## Honorable Lady Anthionette de Caulmont



Anthionette was born in 1465 in the Duchy of Burgundy and left for Marseille when Louis XI inherited the area from Mary, Charles the Bold's daughter. She married Henri de Caulmont, a French merchant in Marseille, in 1486. She learned the art of embroidery and sewing at her mother's knee as a young child and uses her talents in her home today.

Vicky Lutz is an expat making her way to Trimaris by way of a small shire, Tir Bannog, in northern An Tir. She is a teacher, teaching high school in British Columbia while raising four boys and one girl. She was introduced to the SCA by a friend in the 1990s and has been playing ever since. As all of her family is still in Canada, she spends three to four months in the summer there.

She designs and sews her own garb, and creates for others as well; she enjoys embroidery, and is currently working on an Art/Sci involving it.





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<b>Trimarian Perfumers' Group</b> <i>Duchess Cerric Eld Veghandi</i> <a href="https://www.facebook.com/groups/925621068805360">https://www.facebook.com/groups/925621068805360</a>	<b>Triskele Tradecrafter's Guild</b> <i>Baron Gavin McFergu &amp; Jarl Valbrandr</i> <a href="https://www.facebook.com/groups/164274117299682">https://www.facebook.com/groups/164274117299682</a>
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<b>Seamstresses and Tailors</b> <i>Countess Marcia Dulcitia</i> <a href="https://www.facebook.com/groups/TrimarisCostumingGuild">https://www.facebook.com/groups/TrimarisCostumingGuild</a>	<b>Performing Arts Guilds</b> <b>Trimaris Music and Performers</b> <i>Chancellor of the Laureate</i> <a href="https://www.facebook.com/groups/trimarismusicandperformers">https://www.facebook.com/groups/trimarismusicandperformers</a> <b>Trimaris Choral</b> <i>Mistress Aibhilin inghean Daibhidh</i> <a href="https://www.facebook.com/groups/trimarischoral">https://www.facebook.com/groups/trimarischoral</a> <b>Triskele Company of the Performing Arts</b> <i>Maitresse Melissent Jaquelinne la Chanteresse &amp; Master John Littleton, Founding Deans</i> <a href="https://www.facebook.com/groups/triskelecompanyoftheperformingartstcpa">https://www.facebook.com/groups/triskelecompanyoftheperformingartstcpa</a>
<b>Trimaris Herbalism Guild</b> <i>Mistress Christine Chabrier &amp; THL Draza Kováčová</i> <a href="https://www.facebook.com/groups/1745014922568128/">https://www.facebook.com/groups/1745014922568128/</a>	
<b>Soothsayer's Guild</b> <i>Mistress Thyri Byrsi</i> <a href="mailto:lokissa@gmail.com">lokissa@gmail.com</a> <a href="https://www.facebook.com/groups/427242403243553">https://www.facebook.com/groups/427242403243553</a>	



