

AURORA

SPRING WAR WARM-UP

On the March long weekend (19-20), Anne of Montengarde and myself attended the Spring War Warmup at the Bowden Site, the first outdoor event for either of us.

The weather was superb (excepting soggy Monday) and in the two days we packed in a great deal of outdoor activities. The camp is situated far enough into the bush and near enough to the Red Deer river to make an ideal site for a peaceful, picturesque weekend retreat.

There was a good mix of fighting and the peaceful arts, and with Thorvald Grimsson as autocrat, there was a large emphasis on archery. Anne and myself each shot a royal round, and I also shot my first IKCAC round and won highest score for a non-belted fighter. Lord Sergeant Conal Fitzallen placed first in the Sunday round-robin tourney.

The highlight of the event was Sunday night's bardic circle around a huge fire, and lasting well into the night.

Monday's rain out the weekend short, but we packed up and left fulfilled.

The Dragonwood site is approx. 35km west of Bowden, and is also the site of the Regional Champions Tourney and War Games on June 30-July 2.

Anyone who wants a weekend at a great site (they have a castle!) is urged to attend.

Olaf Sigurdssen

FIGHTER'S CORNER

The Fighters Corner (From Afar)

Have you ever had a morning when you can not get out of bed? No, it is not caused by the hangover from the party after the war or tourney, but rather from those muscles you never really knew existed until the morning after! Is it possible to prevent such agony? I do not believe you can completely eliminate the pain, but you can have a direct effect on the degree of pain and the duration of its unwelcome stay.

Since I arrived in the East Kingdom, I have spent 4 months using weights to improve my strength, improving my flexibility and improving my endurance by running four days a week.

I fought for the first time (last week), in nearly 5 months. *Guess what!* Reality struck the morning after! The reality that 4 months of outside training does not completely replace SCA combat.

You can improve your strength, flexibility and endurance via outside

training but the only way to train your muscles to SCA fighting is to fight. SCA combat moves your muscles in unusual ways and requires great endurance, therefore you must practice, practice, practice!

The IDEAL is to combine outside training with practice. By doing so you will reduce the risk of injury and pain and increase the level of enjoyment. Please note: Before you begin to train or fight you should consult your physician and dietitian.

Happy Fighting Sgt. Edward Bolden.

DEADLINE FOR AUGUST
ISSUE:

JULY 14, 1990

Have all information,
submissions, ect. to me
BEFORE the above date.

Send To: 10670 Beaumaris
Rd

Edmonton AB, T5X 3N4

There is a very strong possibility of acquiring a large shipment of **RATTAN** sticks in Edmonton.

Would all people and **FIGHTERS** who would be interested in purchasing rattan please contact. Lady Sunniva Ragnsvald

Now heres's the catch:
"With good interest shown we could actually have a regular supply / supplier of rattan.

"With even Great interest shown we - the Barony of Borealis - could become a supplier of rattan."

Lady Sunniva Ragnvald
(403)482-1884 Please if
Lady Sunniva is not home,
LEAVE A MESSAGE.

WINDWYRM BORDER REIVERS

13-14-15 July 1990 C.E., A.S. XXV Emerson Bridge Recreation Area The usually peaceful Shire of Windwyrn is being plagued by the nasty {boo, hiss} Border Reivers! These lawless people strike swiftly, burning crops and stealing sheep and other booty before disappearing into the hills. On the weekend of the 13-15 July, Windwyrn invites all to a weekend of thieving, singing and boasting. We will have booty wars {whoever wins keeps the booty} Archery contests boffer battles, bartic circles dancing and more fun. Bring your best {or worst} song about border raiding. Site fee is \$5.00/head {if attached to a body}. Site has fire pits, wood and water {stronger drink is permitted}. Site opens on thursday, but event does not begin until Saturday. For further information or reservations contact: Gruoch macCrinan {Grace Holmes} 703 Cassils Road Brooks, Alta. T0J-030 (403) 362-2682 OR Dhulbhal MacLabhrainn {Will Baillie} 2718-8 Ave "A" North Lethbridge Alta (403) 320-7275

CANTON SENESCHALS

AQUILON - Ulf Ingbrandsson Daryl Haaland Edmonton, AB Phone:

SCHWANSTEIN - Lord Brian von Schawanstein Brian L. Nelson R.R. #1 Chaton, AB T0B 3P0 Phone: 672-6374

LAKELAND - Massuke-No-Tasashi Matsu Greg Dorrington #38, 5612 - 53 Ave. Grand Centre, AB T0A 1T1 Phone: 594-2510

BORDER GATE - Lord Sgt. Derek the Exile Rob Mills 3206 - 55 Ave. Lloydminster, AB T9V 1K5 Phone: 875-6743

AVACAL-WARGAMES/TOURNEY

June 29 thru July 2 at Dragonwood Camp. Located 34 km [approx. 21 mi] west of Bowden on highway 587, [approx. 2 km beyond the Garrington crossing of the Red Deer river].

Friday June 29

----- gates open 5:00 p.m.

Saturday June 30

----- Wargames all day

Sunday July 1

----- Champions Tourney [both heavy and light]

Monday July 2

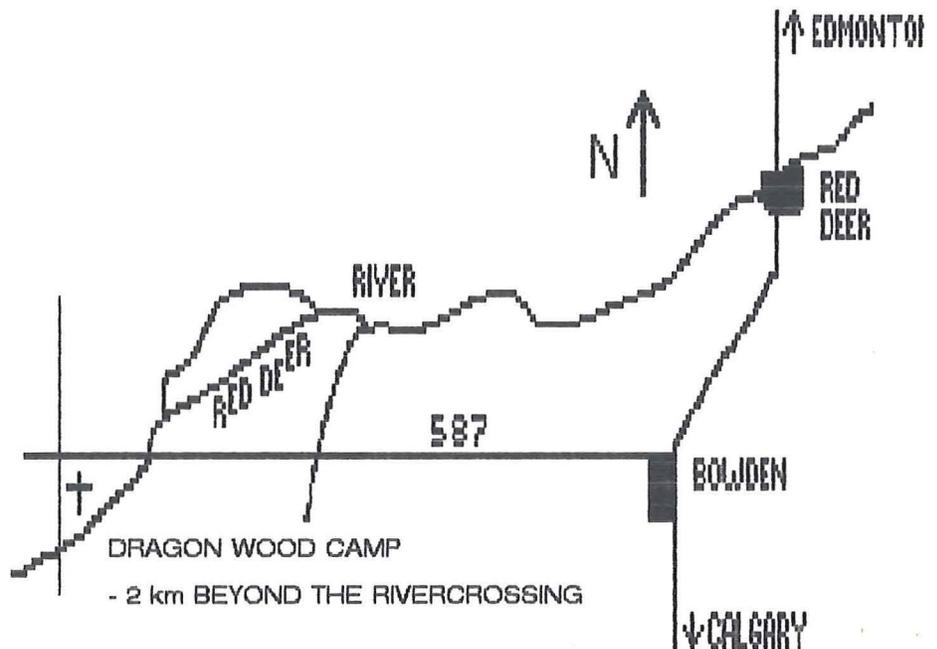
----- What ever -- (for those lucky types who have the day off)

As this is Avacal, all fighters must have their archery mesh in order to participate in the weekends activities. [this includes the champions tourney, as per Wargames III conclave (A.S.20) first Campions Tourney].

Day cost - \$2.50 Weekend - \$7.00

Autocrats ... Douglas Cameron of Skye MKA G.D. Shore far speaker - (403) 346 - 1334 address - # 319 4811 - 67 St. Red Deer, Alberta T4N 5V3 Sire of Bitter End, region of Avacal, Kingdom of An Tir

... Conil Fitzallan MKA Don Allen far speaker - (403) 424 - 2489 address - # 402 10145 - 113 St. Edmonton, Alberta T6K 1P1 Canton of Aquilon, Barony of Borealis, Region of Avacal Kingdom of An Tir



COOKING WITH ERNA

I know it's been awfully warm of late, but the vegetables are starting to appear in the Farmer's Market, and for those times when it rains for several days and you want something comfy, this soup hits the spot. The first time I tried this, I was in raptures and I'm sure you'll like it too.

Piemontese Vegetable Soup

- 1 lb Great Northern White Beans
- 1/2 cup oil
- 5 slices bacon, chopped
- 2 cloves garlic, chopped
- 4 carrots, diced
- 6 celery stalks, diced
- 1 - 8 oz. can plum tomatoes (optional)
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley

- 2 cups sliced peeled potatoes (optional)
- 4 med zucchini diced
- 1/2 lb fresh green beans sliced in 1/2" pieces
- 1 small savoy oabbage, shredded
- 2 quarts of homemade or canned beef broth
- 1/2 cup grated parmesan cheese
- 1/2 tsp pepper
- salt to taste

Cover washed beans with water and soak overnight. In a small skillet, cook oil, bacon, garlic, and onion over medium heat for 10 minutes, stirring occasionally. Drain beans and put into a large kettle. Add bacon and onion mixture, carrots, celery, tomatoes and juice, basil, parsley, potatoes, zucchini, green beans, cabbage and broth. Cover and simmer for 3 to 4 hours. Before

serving, stir in cheese, pepper and salt. Serves 10 - 12 people.

I'd just like to share with you my latest discovery - a really neat East Indian import food store on the South Side. They have a bizarre collection of nifty things, including all sorts of spices, lentils and nuts sold in bulk or large quantities. Add a great clerk, who helps and offers advice without ridicule and you have it made! The store is called "J.B. Cash & Carry Foods Ltd.". They are two (?) doors down from the also excellent "Flying Fashions of Canada Ltd.", which specializes in Japanese yard goods, Indian silk sarees and suits. The prices have to be seen to be believed and the clerks are very friendly. I really recommend the borders of some sarees for truly medieval decoration on costumes. Location: 5217 - 87 St. and 5221 - 87 St.

BARONIAL OFFICERS LIST

BARON AND BARONESS His Excellency, Baron Sir Conrad von Graz and Her Excellency, Baroness Christiona of Ulidia. Wilf and Christine Backhaus 6607 - Enevold Drive Camrose, AB T4V 3J7 Phone: 672 - 3795

BARONIAL SENESCHAL Her Ladyship, Erna Kajadotter..Karin Thirlwell 10670 - Beaumaris Rd. Edmonton, AB T5X 3N4 Phone: 457-7585

HERALD William the Boisterous Mark Henry 3021, 3007-56 Ave. Lloydminster, AB T9V 1Z6 Phone:

EXCHEQUER Lady Sunniva Ragnsvald..Kym Banks #1 10173 - 117 St. Edmonton, AB T5X 1X5 Phone: 482-1884

MASTER OF STABLES His Lordship, Sargent Colin Ironwolf..Larry Sutherland 9017 A - 85 St. T6C 3C6 Phone: 466-6848

BARONIAL ARCHER Lady Yeoman, Joan the Just Joan Reader Box 765, 4308 - 48 St. Beaumont, AB T0C 0H0 Phone: 929-2054

MASTER OF ARTS His Lordship, Sgt. Cennet ap Llangollen Ken Reader Box 765, 4308 - 48 St. Beaumont, AB T0C 0H0 Phone: 929-2054

MASTER OF SCIENCE (See Above)

CHIRURGEON (See Baronial Archer)

CONSTABLE Lord Haakon Draken Chris Argall 6352 - 10 Ave. Edmonton, AB T6L 5S2 Phone: 461-8502

MASTER(MISTRESS) OF THE LISTS (Insert HERE)

GOLD KEY Anne of Montengarde Anne Robertson Simms 143 Marlborough Place, Edmonton, AB T5T 1Y6 Phone: 481-5473

CHATELAINE Her Ladyship, Sigrít Rabenfelds Chris Argall 6352 - 10 Ave. Edmonton, AB T6L 5S2 Phone: 461-8502

COSTUMERS UNITE

A Costumers Guild! It was time.....so we decided to do it! The first meeting for the Aquiline apparelled was held at Hakonsteading (6352-10 ave) on June the 11th. Eleven persons attended, and yes....four of them were male. Several of these good gentles expressed a desire to learn basic sewing skills, and lady Anne, our "gold key", reminded us that we are still rather short of Medium to large size tunics in our collection of lendable.

Putting these two needs together, we have decided to devote the next few meetings to producing generic T-tunics for gold key use. (No, they won't be yellow with big black letters.)

The second project proposed will be to construct several tabards, in proper heraldic collars, for our new constabulary force. Other things planned for the future include, pattern making for specific periods, how to modify mundane patterns for cause (that's cause use), construction techniques for some of the more intricate later period costumes and the organization for a Feeder threaders guide.

Now if sewing is "not your bag", we also have people who are interested in making shoes, belts, jewelery, pockets, and hats. In short... anything that makes up a costume.

So....don't just sit there....call me at 461-8502 and get all the poop on what is happening when. And remember, there is not such thing as too many hands for those gold key projects. Come on down and join us for your local AA Meeting, (that's Aquiline appaerlers). The next one is planned for next Monday at 7:00 pm. (sharp!) at Hakonsteading (6352-10 Ave).

CALENDER

GIONAL WAR GAMES JUNE 30 +
 & TOURNEY (BOWDEN) JULY 1
 CLINTON WAR AUG 4 & 5
 CAMROSE FAIR & AUG 11 & 12
 BOREALIS SGTS
 FRINGE DEMO AUG 18 & 19
 (AQUILON)
 CROWN SEPT 1 & 2
 (LION'S GATE)
 TENTH STREET FAIR SEPT 8
 (MONTENGARDE)
 SILVERWOLF SEPT 23
 (AQUILON)
 HARVEST FEAST SEPT 29
 (BITTER END)

FROM THE GOLD KEY

Greetings to all kind and gentle folk of Borealis.

This is your Gold Key Representative asking you for some info, input and general knowledge.

First, I am seeking all current and potential Needle Threaders to begin a Needle Threaders Guild. Anyone interested in participating should contact me no later than one week when I'll be writing the results of this query for info.

The specific info I'd like for this guild is:

- Who's interested
- What evening would be best and how often
- What end of town do you live in and

can we car pool or float the meetings around town

- What would you like to do
- What can you teach

and anything else you may wish to add.

Personally I'm very interested in free hand embroidery, blackwork and several other needle arts. I'm very eager to get to know the rest of you avid Needle Threaders.

Until next time, Anne of Montengarde Gold Key Rep. for Barony of Borealis

P.S. Bordergate, Lakeland, and Schwanstein stitchers please feel free to contact me regarding any of the above, or about anything in which I may be of service to you..