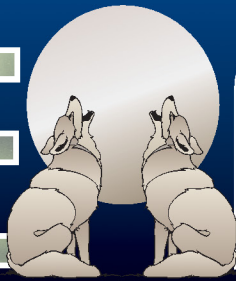


THE AURORA



SEPTEMBER 2016



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Web Minister
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Officer Positions Needed

Please contact Adelheid if you are interested

- Deputy Exchequer
- Deputy Minister of Fence
- Family Activities Coordinator
- Web Minister
- Deputy Knight Marshal
- Deputy Minister of Arrows

A Note From the Chronicler

I'm always looking for contributions for upcoming newsletters, so if you have something you'd like to share please contact me.

-Isabel atte Grene

August Tavern Report

Call to order at 7:51 pm

Welcome Newcomers

Words from our Baron/Baroness: Reme and Divera Wernar & Helene returned from 50th year with anniversary coins. Anyone who hasn't received one please see Divera.

Quad War was excellent and a great war training exercise.

Officer Reports

Seneschal: Adelheid

Welcome to my Deputy - Raffaello Dela Rosa

I participated in a discussion on volunteering in the SCA this weekend at QUAD. There are a few highlight points I'd like to share (there was a lot more said and I'd be happy to discuss)

- We have a small negative language issue that we should all work to correct. When someone takes on an officer role or steps up to be an event steward its common to hear "my condolences" and other words to the effect of "what are you stupid?"

I'm sure this negative spin is unintentional but it does have a larger effect. No one wants to feel like a sucker for taking on a role and volunteering their energy - its defeating.

We need to change our language to "congrats!", "that's cool!" and "thank you! you're awesome!"

- We are a team. -->All<-- of us! We all need to support each other in doing the work aspects that need doing to allow everyone to keep having fun. So if you feel you can help someone who looks like they might need a hand - offer your help. From taking out trash at events to being an officer.

- Be aware of your limits on volunteering and make sure you exit your role as gracefully as you enter it. You do not want to do something because you think you have to and no one else will or knows how - you want to spend your time graciously offering your time and energy. Yes there are challenges in all roles but they should not take

over your life. Step away and train replacements and new people in your skills before your hit burn out. If you see someone needing help because of burn out, temporary or longer term - help them! Train replacements from the start to take the pressure off

- job share - train future people in random things you know how to do! All of this will prevent the extra stress on exiting your role. If you feel you are currently without support and need it ask for support! You can always ask me and I will help or get you the help.

- We currently have a spin on the way officers fill their roles - its a "commitment" of 2 years and this can feel like too much and add pressure to the role. I'd like to change this spin - if you want to try something without commitment - you should! If you want to be a deputy without taking over the role but just to learn - you should! If you are excited about a role or a task we want you to try it! Enthusiasm is the best I will never discourage it!

AUGUST HALL DATES

3 - Tavern

7 - (dance 12-1pm, fight 1-3pm and Bardic practice)

10 - (fight 7-10pm)

14 - NO HALL - CROWN

17 - (fight 7-10pm)

21 - (dance 12-1pm, fight 1-3pm and Bardic practice)

24 - (fight 7-10pm)

28 - (dance 12-1pm, fight 1-3pm and Bardic practice)

31 - (fight 7-10pm)

-Upcoming Events:

- Summer Crown – Borealis – August 12-14

- Whipping Winds – Artemisia – August 19-21

- Sargent Trials – Myrgan Wood – August 26-28

- Bacchus to Rome – Castle Rouge - Sept 2-5

We need the following offices filled:

Deputy Exchequer

Family Activities Coordinator

Web Minister

- Next tavern is Sept 7.

Chatelaine (interim): Raffaello Dela Rosa

- Deputy needed

- Raffaello will remain as interim chatelaine.

- Mayfield September 17th BBQ demo conflicts with Vinfest; we are unable to participate.

- Proposed Edmonton Expo panel and demo each 45 minutes. Some free panelist passes included. Consensus of yes to go ahead.

Gold Key: Armida

- Has an interested deputy, applications are still being accepted.
- If you need outfits for Crown please let her know.

Exchequer: Alena

Financial Meeting – 7:20 pm

Yule bid presented by Sadb & Yule Committee (Faolen, Philippe, Jeanette, and Isabel)

Motion to accept bid with amended budget approved.

September Crown bid presented by Adelheid & Divera

Motion to put in bid for crown to Kingdom accepted.

Bank Balance: \$12, 702.96

2 cheques outstanding

Knight Marshal: Beoad O'Dalaigh

- Practices good, no injuries.

Youth Combat Officer: Peregrine

- Nothing to report.

Minister of Fence: Mika

- Practices good. AT & Quad War were well received.

One tip blow through, no injuries.

- Seeking deputy.

Minister of Arrows: Baldric of Newt

- Practices good, lots of new faces.

Minister of A&S: Brangwyn

- We've received one application for the office of A&S Minister. Applications open until August 19th.

- 3rd Wed A&S Practice

- 3rd Monday A&S @ Reme & Divera's

- Bardic Sundays when no events

- Thursdays @ Galena's (verify with her first because of events)

Herald: Johannes

- Nothing to report

Chronicler: Isabel

- Nothing to report

Scribe: Kora

- Nothing to report

Web Minister: Reginald

- Officer replacement needed ASAP

- 647 website hits

- Most traffic coming from Google

- Keep up sharing interesting and appropriate content on the Facebook page

Continued Business

August Crown – Update

Fighters bring bottles for water, you must fill your own.

Day of Dance 2016 – Update

October 14-16th at Pleasantview Community Hall.

Yule 2016 – Update

Budget passed.

Member site fee \$10.00

Member feast fee \$15.00

Expected profit: \$210.00

September Crown 2017 – Update

Financial committee approved bid submission to Kingdom.

Expected profit: \$120.00 split between Kingdom & Borealis

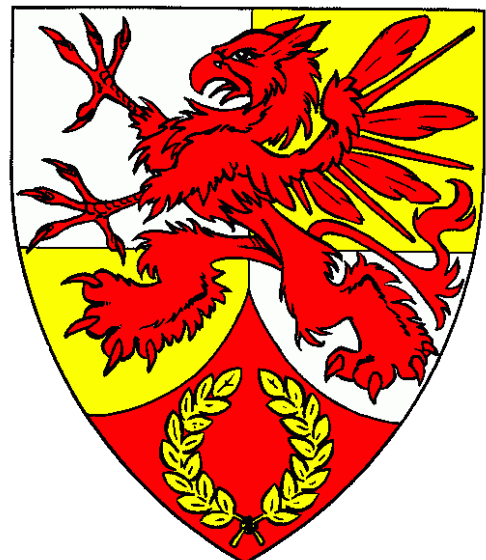
New Business

- Please sign up for Taverns!

- Looking for AT War volunteers

Oh by the way...

Meeting adjourned: 8:26 pm



Entering the Borealis A&S Championship: Why YOU Should Do It!

by *Philippe de St-Denis*

My Lords and Ladies,
With the Borealis A&S Championship coming up in three months, it is a suitable time to consider entering. Hopefully, many of you are already planning to do so. Perhaps some of you are sitting on the fence about it.

It is to you fence sitters that this letter is addressed.

Let us begin with acknowledging that we can all come up with some good reasons for not entering. It is certainly a year's commitment of service to the Barony, a year in which you are expected to support the Arts and Sciences as much as you are able in conjunction with the A&S Minister and the Baron and Baroness. It means organizing and running the Championship to determine your successor at the end of your term. It means actually making something and documenting it and then, having poured your heart and soul into it, submitting it for judgement. And let's be honest, we've all heard horror stories about being confronted by *that* judge. Or maybe, like me, your anxiety level goes up when faced with Peers looking at your stuff.

All of these are legitimate concerns, so allow me to speak of my experience as a veteran of many A&S competitions and as the Borealis A&S Champion for the past year.

This past year has flown by. There simply has not been enough time to do all the things I envisioned doing with my office. It is with sincere regret that I have to surrender my title and regalia to one of you, who I am certain are more than worthy. If you value the Arts and Sciences, serving as Champion is a labour of love. And certainly I had more than enough support and help from the A&S minister, the Baron and Baroness, my colleagues (the other A&S Champions in the Kingdom) and everyone else who wants to see the Arts and Sciences flourish. I have never at any time felt that this was something I had to do on my own. I was quite overjoyed to discover that I was part of a large group of intelligent, creative, resourceful people who were more than willing to help at any time.

Standing behind Their Excellencies at Court has also been

a gratifying experience. I have had a front row seat to some of the most moving elevations and ceremonies of the past year. Never once was this an onerous task in any way.

But in a way, that's the easy part. What about the actual competition? What about making something, or writing a research paper, something you obviously care a lot about and then putting it out there for judgement? That can, indeed, be a daunting prospect. Or it should be, because if it isn't, you probably aren't all that invested, or your skin is much thicker than mine.

Yes, it can be somewhat nerve-wracking. We have some very knowledgeable people in Avacal who will look at your work with a critical eye. But what an opportunity! When you enter an A&S Championship, you have the undivided attention of three people who are there to talk about your stuff. They are there to explore your geek. Peers are usually so busy, it often proves difficult to get their attention in amongst all their other duties, but here, they're **all yours**.

And while we've all heard horror stories about harsh or critical judges, I can honestly say that I have never encountered a judge that was intentionally mean-spirited. One must enter the competition expecting that the judges will have suggestions about how to improve your work. Oftentimes they have volunteered to judge the entries, so they start from a place of interest and wanting to know more about your process. To not share your creation because you are worried about what the judges *might* say is not fair, not to you as an artisan, not to your creation, and not to any of us, who will be ultimately enriched and enlightened by what you bring to the competition.

So, if you are wondering whether or not you should enter the Baronial Arts and Sciences competition, give it some serious consideration. I have personally found that that the inspiration and enrichment to my own process as an artisan has been priceless.



Upcoming Events

Bacchus to Rome

Date: Sept 2 - 5th

Location: Camp Morton, MB

harvest feast

Date: Sept 9 - 11th

Location: Condor, AB

Vinfest

Date: Sept 16 - 18th

Location: Camp Tamarack, AB

Myrgan Wood 37th Anniv.

Date: Oct 8 - 9th

Location: Clavet, SK

Day of Dance & heraldry

Date: Oct 14 - 16th

Location: Edmonton, AB

Cerelia - Roman harvest

Date: Oct 21- 23rd

Location: Pense, SK

For more event details please check the event calendar at avacal.org

Taverns - We need you!

Looking for volunteers to host upcoming Taverns.

September - Elevation celebration for Divera

October - Knights

November - Sergants

December - VOLUNTEERS NEEDED

Roasted Turnips

This is a slight modification of a recipe for a tart filling. Roasting the turnips helps reduce their bite, which when combined with the cinnamon and sugar results in a very mild, pleasantly flavored dish.

5 medium turnips

1 cup soft cheese, grated

3 eggs

4 Tbsp. butter, melted

1 Tbsp. sugar

1/2 tsp. cinnamon

1/4 tsp. salt

Trim and wash the turnips. Bake in a covered dish (or wrapped in foil) until soft - about an hour at 350°F. Let cool and then peel and cut into small strips. Add cheese and set aside.

Beat eggs, sugar, cinnamon, and salt. Pour over turnips and cheese. Add melted butter and mix well. Put into greased pan and bake at 350°F until set - about 35 minutes.

Source [Ouverture de Cuisine, Daniel Myers (trans.)]: Pour faire tourtes de naueaux. Prennez des naueaux, & les faictes rostir sur le feu, estant bien cuits coupez par petites tranches longues comme on hache les trippes, puis prennés quatre onces de fromage gras & tendre, trois oeufs cruds defaits avec le fromage, vn satin de canelle, deux onces de sucre, vn peu de poiure, quatre onces de beurre fondu, vn peu d'eau de rose, & faictes tourtes comme les autres, & seruez ainsi.

Published: March 29, 2006

Recipe by Daniel Myers

Used with permission by medievalcooking.com

Galeana's Closet

Clothing for all Lords & Ladies

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<http://www.galeanascloset.com>

Monthly Calendar

**Practice will be in the regular hall:
Alberta Avenue Community Hall
9210 - 118 Ave**

Tavern Night Hall 1st Wednesday - 7:00pm - 10:30pm Cost: \$3.00 Members \$3.00 Non-Members	Fighter Practice Hall (Sundays) 1:00pm - 3:00pm Cost: \$5.00 Members \$5.50 Non-Members	Dance Practice Hall (Sundays) 12:00pm - 1:00pm Cost: \$3.00 (free if paying to fight)
Bardic Practice South #403, 6149 Stanton Dr SW 1st Monday - 7:30pm - 9:30pm	A & S West 36 Brampton St, Spruce Grove Thursdays - 7:00pm - 10:00pm	A & S North 10726 183 Ave NW 3rd Monday - 7:00pm - 10:00pm
A & S / Bardic Practice Hall 3rd Wednesday 7:00pm - 10:00pm		Fighter & Bardic Practice Hall (Wednesdays) 7:00pm - 10:00pm

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