

The Tydes

Volume 45, Issue 5 ** Anno Societatis LVIII (58th year of the Society) ** Oct 2023 (common era)

A monthly newsletter serving the Barony of Lyondemere, Kingdom of Caid [coastal Los Angeles area, CA]



Crown Tourney, September 2023; Photographer: Carol Jepson, Copyright ©2023 Used with permission.

The Tydes

Volume 45 (in Lyondemere's 45th Year), Issue 5 ** A.S. LVIII ** Oct 2023

A monthly newsletter serving the Barony of Lyondemere, Kingdom of Caid [coastal Los Angeles area, CA]

In This Issue

From the Baron and Baroness	3	Baronial Council Meeting Minutes (September)	14
Chronicler's Comments	3	Baronial Meetings and Workshops	14
How I Found the SCA	4	Regnum (Contact Us)	15
Liquorice	5	October Calendar of Events	16
Local Events of Interest	13	Location Details and Contacts	16
Tri-Barony Scriptorium	13	Photo and Artwork Credits	16
Gyldenholt Sunday Solar	13	October 2023 (AS LVIII)	17
Pentathlon Returns in 2025.....	17		

Chronicler (Newsletter Editor): Dame Eilidh Swann

Copyright © 2023 Society for Creative Anachronism, Inc. All rights reserved.

Statement of Ownership: This is the **October 2023** issue of **The Tydes**, a publication of the **Barony of Lyondemere** of the **Society for Creative Anachronism, Inc.** (SCA, Inc.). The Tydes is available from Cat Ellen, 5776D Lindero Cny Rd PMB291, Westlake Village, CA 91362. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2023 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

Copyrights: All rights to individual works are retained by the original authors and artists. Anyone wishing to reprint any part of any issue should contact the Chronicler (at one of the addresses below) or the original author or artist. Please do not abuse the generosity of our contributors by using material without permission. For unattributed works, please contact the Chronicler directly (copyright protection still applies).

Subscriptions: The Tydes is a free electronic newsletter distributed through our website <https://lyondemere.sca-caid.org/>, FB group <https://www.facebook.com/groups/Lyondemere>, email list (join at <https://groups.io/g/scalyondemere>), and our Discord server at <https://discord.gg/vG7vAbeavJ> Direct any requests for a hard-copy of the Tydes to: chronicler.officer@lyondemere.sca-caid.org

Websites: The Lyondemere website can be found at <https://lyondemere.sca-caid.org/> Regional information can also be found through the Kingdom of Caid <http://www.sca-caid.org> and Corporate information can be found at <http://www.sca.org>

Addresses: Submissions, questions, and subscription requests can be sent to: chronicler.officer@lyondemere.sca-caid.org

Guide To Submissions

Articles and Artwork (including photos) are due by the 25th of each month, for the following month's publication. If you have difficulties with this deadline, please contact the Chronicler in advance, at chronicler.officer@lyondemere.sca-caid.org

Articles: Please submit either an email, text, or Word file for all articles and columns. Email is preferred, sent to chronicler.officer@lyondemere.sca-caid.org

Artwork / Photos: Original drawings or medium- to high-resolution photos are always appreciated.

Signed Releases / Permissions to Print: Photos and Artwork must be submitted with a signed permission to use and the appropriate credit for the photographer or artist, sent to chronicler.officer@lyondemere.sca-caid.org

- **Model Release** Form: <http://chronicler.sca-caid.org/Releases/ReleaseModel.pdf>
- **Photographer Release** Form: <http://chronicler.sca-caid.org/Releases/ReleasePhotographerFillable.pdf>
- **Creative Works** Release Form: <https://www.sca.org/wp-content/uploads/2019/12/ReleaseCreative.pdf>

From the Baron and Baroness

The Baron and Baroness Lyondemere send greetings.

Caid came out to honor Mistress Aliskye at her funeral in full garb. The family so graciously set aside two pews in front for us, though we did overflow those seats. It was good to see so many from Lyondemere there to say goodbye to a great friend. Thank you.

Angel's Anniversary was a great day: To see good friends step up as Baron and Baroness, to witness excellent fighting in both heavy and rapier, and the weather was lovely.

Many thanks to Garrett for handling the GWW for Lyondemere as Camp Master. We hope to see you all at the Pas D'Armes hosted by St. George on Friday at noon. A jolly good time is in store for all.

It was great to have a good turnout at our first in-person council meeting at Calle Mayor. We hope to see more of you join us in the future.

Those heading to GWW, please drive carefully and stay safe, and most of all have fun!

Baron Gareth and Baroness Alatiel



Lyondemere Anniversary 2023
Copyright ©2023 Carol Jepson.
Used with permission.

Upcoming Baronial Progress

Oct 3-9 –Great Western War

Oct 14 – Pirate Tourney Nordwache

Oct 28 – Dreiburgen Anniversary

Nov 4 – Calafia Anniversary

Dec 9 – Lyondemere / Gyldenholt Yule

See <https://lyondemere.sca-caid.org/baronage/>



Lyondemere 2024

Sat, Feb 24 –Lyondemere Arts and Archery

Sat, Jun 29 – Lyondemere Anniversary

Sat, Jul 13 – Coronation (Lyondemere)

Sun, Jul 14 – Privy Council (Lyondemere)

Sat, Dec 14 – Lyondemere/Gyldenholt Yule

Chronicler's Comments

I really enjoyed seeing folks in person out at the Council meeting in September! I hope to see more of you in person, whether at events or meetings or workshops.

Our Arts and Sciences office, Sensei Machime, hosted a lovely inaugural "Fiber Play Day" for the barony as well. We had veterans and newcomers alike attending, and really enjoyed a few hours just chatting and working on projects. Since my first love is "all things string," you know I'm likely to see you all with spinning or weaving at hand!

The 2024 Kingdom calendar is finally published, and our submissions for 2025 will be turned in within the week. We have a busy year coming up!

I hope that you all have a marvelous time at Great Western War and the various events in October. If you'd like to see something specific organized in Lyondemere, please let us know! We would love your ideas!

Most sincerely,

Dame Eilidh Swann

Seneschal and (interim) Chronicler



Photo Copyright ©2023 Cat Ellen.
Used with permission.

How I Found the SCA

or, A Bard Walked Into a Game Store

Like many of us, my first foray into anything remotely like the SCA was reading—reading anything I could get my hands on, but especially history and fantasy. My grandfather was fond of Time Life history book series and their ilk. Titles like *The Lost City of Ur*, *The Romans*, *The Etruscans*, and more lined his shelves along with my grandmother's books detailing the history and personages of the royals of England. If I could reach it, I could read it. Add onto this a hefty number of pure fantasy novels, a subscription to *Dragon Magazine*, a deep love of *Dungeons & Dragons* and several year's worth of singing madrigals and other SCA appropriate music.

The SCA had been running a series of ads in *Dragon Magazine* and I was intrigued. I also found out that Gary, the owner of our local hobby store, Aero Hobbies in Santa Monica, was a member. I was a semi-regular in that place, and for a bit, I would ask him for a membership form, which he had a small stack of. I would take it home, lose it, ask for another, lose it..... I didn't know I could just show up! I finally made it to an event in late 1987, put on armor, became a squire, and joined a madrigal group. The rest, they say, is history.

Baroness Arwen Baird



How it's going: A more recent mugshot



How it started: Baby fighter Arwen
(original photographer unknown)

Photos provided by Elizabeth Reed, Used with permission



How Did YOU Find the SCA?

Would you like to tell YOUR story? We'd love to hear how YOU found the SCA!

Feature Article

Liquorice

Contributed by THL Johnnae llyn Lewis, CE

Of Lyqueryce

Lyqueryce is good to clense and to open up the lunges & the brest, & to doth loose fleume.

Andrew Boorde. **Dyetary**. 1542.

But first he cheweth greyn and lycorys, to smellen sweete

Chaucer. **The Miller's Tale**.

Mention licorice today and often the image, which comes to mind are the hated black jellybeans of childhood Easter basket candy or the red Twizzler twists or the black Dots or possibly the black middle candy in the Chuckles package. The red we liked; the black ones, well, not so much. We know licorice today as these and other sweets comprised primarily of sugar and gelatin. We certainly know what we think the flavor of licorice is, but in reality, modern licorice sweets are mostly made with something other than the root of a true licorice. Back in the medieval period, licorice was a matter of medicinal taproots and branch roots. Sometimes one chewed the root in a raw state to extract an obvious sweetness, but more often the roots were boiled and processed into concoctions and extracts for a variety of conditions and illnesses, ranging from coughing to congestions, ulcers, and stomach ills. So how did the medicinal plant dating back to ancient Assyria, China and India and Alexander the Great become the modern sweet?

The Word

Glycyrrhiza called in latin Radix dulcis is named in english Lycorises, in duch Sueszholtz, or Lycoris or Clarish.

William Turner **Names of Herbes** 1548

Of Licorise. Lycorise is so saide, especially through the Greeke word, for that it hath a sweete roote.

J. Maplet **Greene Forest**. 1567.

If we begin with the word licorice, we find it has two common spellings in modern English. **The Oxford English Dictionary** lists both liquorice and licorice. The former is the preferred version in England; the latter is used in America. The word may refer to the plant, the root, or the “sweetmeat” or candy. In terms of etymology, it derives from Anglo-Norman *lycorys* and Old French *licorice*. If one traces back far enough, one reaches the Latinized *glycyrrhiza* meaning “sweet root”. Just to make things interesting with regards to research and keyword searching, **OED** lists a full paragraph of variations with regard to how the word was spelled in Middle English and later sources. (I counted thirty-nine variations. **The Middle English Dictionary** lists perhaps half that number of variants.) For the sake of the reader, I shall try to use just licorice and liquorice, except when dealing with historical material. We’ll start our exploration with a brief look at the botanical side before moving into medical remedies and sweets, primarily concentrating on English works and contributions.

The Plant

the root is straight, yellow within, and browne without: of a sweet and pleasant taste.

Gerard, John. **The Herball**.

Glycyrrhiza glabra or the licorice plant is best described as a perennial shrub, growing to be one to three feet tall. It’s native to southeast Europe and western Asia and still grows wild from across southern Europe, into Russia, the Middle East, and then into Afghanistan. It’s a member of the pea family but doesn’t form vines. The taproot, branch roots, and runners can spread from as much as three feet to as long as twenty feet. Those roots are harvested after growing four to five years. Sources indicate it was being grown in Italy in the thirteenth century, followed by France and Spain with it appearing in Bavaria in the fifteenth century. Licorice is still grown commercially today in Spain, Turkey, Italy, and France. Concentrated licorice extracts are available as syrups, blocks, or powders. Experts or licorice connoisseurs pride themselves on being able to tell the difference between extracts from the different countries.

According to Richard Mabey’s **Flora Britannica**, wild liquorice, *astragalus glycyphyllos*, may be found growing wild on rough grasslands in Britain. True liquorice, *glycyrrhiza glabra*, was grown as a heavily mucked and cultivated plant but never grew wild in Britain. John Gerard reported it grew “wild in sundry places of Germany wilde, and France and Spaine.” Gerard also reported he grew it in his garden with success. Richard Tomlinson in his translation of Jean de Renou’s 1623 **Dispensatorium Medicum** writes the roots were harvested in July, then purged and brayed, placed in water, percolated, and the juice expressed. The juice was then evaporated by sun or by the fire and kept. “That is best, which is sweetist, soft, new, pure, tenacious, blackest, and which is totally liquescible upon the tongue.” He recommended the liquorice which came from Spain.

In Gerard's time, liquorice was already being grown commercially at Worksop in Nottinghamshire, at Godalming, Surrey and most famously at Pontefract, Yorkshire (Agrarian history, 175) A late eighteenth century agricultural report from a Mr. Hally, seedsman and nurseryman at Pontefract, described its cultivation in Yorkshire.

The soil most proper for liquorice, is that of a deep, light, sandy loam. It is trenched three feet, well dunged, and planted with stocks and runners in the months of February and March, on beds of one yard wide, thrown up in ridges, with alleys betwixt them, and the beds hoed and hand-weeded. The first year a crop of onions, is taken in the alleys, and the tops of the liquorice cut over every year. The ground is trenched when the liquorice is taken up, and all the fibres cut off. A considerable quantity more than 100 acres, is cultivated in this neighbourhood. It is a very precarious plant, often rotten by wetness, and also hurt by sharp frosts in the spring, and dry weather afterwards. Rent of the land, upon which it is cultivated, about 3 l. per acre.

Rennie. 1794.

Pontefract's local liquorice production had largely ceased by WW II. Dr. Iona McCLeery states the last commercial crop was grown in 1966. Production, albeit limited, was slated to return to the area according to an article in The Guardian in 2012. The liquorice fields and factories once provided regional employment with the local saying for generations having been 'Lads down the pits, lasses into liquorice'. The area still hosts an annual liquorice festival and produces the famous Pontefract cakes, but imported roots have been used for decades as they are cheaper.

Tacuinum Sanitatis. Paris, BnF, ms Latin 9333, f°39r, 33×22 cm
<https://portail.biblissima.fr/ark:/43093/mdata1d719fb1ed19bb322330a01c0c1f7df3cf2560cb>

The Flavor and Chemistry

Famed food scientist and author Harold McGee notes the roots of licorice contain *glycyrrhizic* acid which is 50-150 times sweeter than table sugar. Most reference sources repeat this claim with most simply stating 50 times sweeter. Cookbook author Mimi Sheraton counters and notes that the acknowledged sweetness is still not enough to offset the bitterness found in true liquorice. McGee notes licorice can soothe coughs but it can disrupt "mineral and blood pressure levels." True licorice is not recommended for people with a number of chronic conditions, including liver problems, hypertension and edema. It should also be avoided by pregnant women. The US regulates it as a supplement which means it's largely unregulated as to health claims or purity. (Checking **WebMD** is a good course of action if one wants to embark upon true liquorice cookery or confectionary.) As a word of warning, not everything sold as licorice is actually true liquorice or *Glycyrrhiza glabra*. The Chinese use an offshoot of licorice, *Glycyrrhiza Uralensis*, in their herbal medicines; it's not the same plant as that used in English sources or cookery. Roots of true licorice can be purchased from a number of places, including of course Amazon.com.

It turns out that what we describe as the sought-after licorice flavor can be achieved from a number of unrelated plants. Anethole is the flavor molecule being sought, and it can be found in other plants including anise and aniseed, fennel, sweet cicely, hyssop, the pericarp of star anise, as well as true licorice. To no surprise, we find licorice combined with these other plants or products early on. Perhaps this was done to stretch the supply of licorice or to better enhance the sought-after flavor or humoral benefits.

Recipes illustrating this combining of *Anethole* rich plants include a number from the sixteenth century. **The Garden of Health** from 1597 advises "Drinke powder of Licoras and Anniseedes with possit ale made with Sacke and Ale, for the stuffing of the lungs." Under fennel, we find "53 Cough extreame, seethe the roots [of fennel] with bruised Aniseed & Licoras in White wine, and drinke a good draught to bedward, and in the morning eat a Figge and a Date roasted, somewhat hote, two or three houres before meat, and doe so three or foure times." Thomas Dawson offers up a recipe for "An excellent drinke for the Tissicke well approued" which calls for "fennell roots," "half a handful of Licoris sticks scraped, brused and beaten to a fine powder," plus Anniseed and Fennell seeds.

Medical Uses

*Carry him this sticke of Licoras,
tell him his Mistresse sent it him, and bid him bite a peece,
'twill open his pipes the better, say.*

F. Beaumont. Knight of Burning Pestle. 1613.



The early medicinal or apothecary literature is quite vast and exhaustive; it also extended into a number of other domestic and professional guides and even into the early printed cookery books. John Partridge's cookery book *The Widowes Treasure* included licorice in recipes for "To take away the Cough or Stitche" and "Against stuffing of the Lungen, but then rather startlingly to our modern senses and ears included it in this remedy "A drench to plume vp a horsse, and to expell colde, to cleare him of the Glaunders and to open the pipes." It called for licorice and ale. Finding a cough remedy for a child or senior in a recipe book is one thing, but one that also ventures into and offers up treatments for horses seems unusual even for Elizabethan times. It turns out Partridge's book is subtitled "*with many profitable and holesome medicines for sundrie diseases in cattell*," so it shouldn't be so surprising to find either this recipe included in such a cookery book or the licorice in the recipe.

More typically and contemporary with Partridge, the 1579 *An Hospitall for the diseased* offers a variety of remedies for conditions such as: "To aid in digestion", "cough of the lungen," "syrup for a cough", "medicine for the cough", and "the whesing, to breake the steame and for the Cough", and "an easy purgation" all calling for liquorice. The ingredient also appears in this oddly titled for in this remedy.

Against the corrupt ayre.

Take Betanie, Centorie, and Egrimonie, of eache a handfull, and stampe them and straine them with ale and with a Licoras stickte brused, and then boile it, and clarifie it, and make it pleasaunt with Sugar, and drinke thereof euery mornynge blood warme three spoonefulles, three or fower daies.

An hospitall for the diseased. 1579 [*The daies may be dates and not days. Dates and liquorice are a favorite combination.*]

Here's another representative remedy which is taken as a powder.

A medicine for the cough and the whesing.

Take a pound of suger Candy somewhat finely beaten, halfe a pound of Licoras searced, and halfe a pound of Anniseedes seared, and an ounce of the powder of Ginger, an ounce of Elicompane rootes, made into powder and mingle these together, and take of the same powder halfe a spoonefull at a time, when you goe to bed and when you rise in the morning. An hospitall for the diseased. 1579.

One of the best summaries of the medical conditions for which licorice might be used is located in the description given in William Langham's *The Garden of Health* from 1597. Liquorice also turns up in other entries in Langham (see above paragraph on flavor), but here in its own entry, Langham begins: "**Licoras.** *Licoras*: The root is good against the roughnesse of the throat and breast, it openeth and cleanseth Lungs that be stufte and loden, it ripeneth the cough, and bringeth forth flegme being chewed, and so doeth the iuice of the roote taken in like sort, and for the same cause they make a kinde of small cakes or bread against the Cough with the iuice of Lycoras mixt with Ginger and other spices: but the same serueth but for olde and colde Coughs & like infirmities of the Lungs." Langham's long and involved list continues



with 'quenishing the thirst, good for the liver, against ulcers of the kidneys and bladder, and when mixed with honey heals sores and ulcers'. Number 9 states "The fine powder of it put into ye eares, helpeth the running & sores therof." Number 15 is "Heart burning, chewe *Licoras* and swallow downe the iuice and spit out the rest. bene sodden in." Number 18 continues "A dredge powder: take fine powder of *Licoras* and Anniseeds of ech one pound, suger candy two pound, Peper & Ginger of ech two ounces: mixe them and vse it for most inward griefes." 23 ends with "Feuers generall, seeth a quart of white vineger with Saunders and *Lycoras*, of ech one peni worth to the one halfe, and drinke a spoonefull or two at once." [Langham 1597]

By the mid seventeenth century the Countess of Kent was still calling for "powder of Licorice" in her recipes for "For an extream Cold and a Cough" and for sticks of licorice in "A most singular Sirupe for the Lungen, and to prevent the Consumption." By the 18th century liquorice still appears often in remedies for a variety of conditions. Another key ingredient by these times seems to involve the combination of opium and liquorice. (In his *The New Age Herbalist*, Richard Mabey suggests licorice was used in many historical concoctions because it both sweetened and masked bitter tastes. My thought is perhaps this is why it was being used to mask the opium.) By 1718, the Pharmacopœia pauperum: or, the hospital dispensatory calls for liquorice in this remedy titled: D. M—'s Water for the Evil "which was famously said to be good for other conditions, not previously mentioned: "This also avails considerably in Venereal and Leprous Impurities."

Glycyrrhiza glabra, Fabaceae. Original book source: Prof. Dr. Otto Wilhelm Thomé Flora von Deutschland, Österreich und der Schweiz 1885, Gera, Germany. Permission granted to use under GFDL by Kurt Stueber. Source: www.biolib.de and Source:

<https://en.wikipedia.org/wiki/Liquorice>

Drinks

Liquorice was used historically and still is used in the brewing of beers, aperitifs, dark beers, porters, and stout, including Guinness. Famous drinks which taste of licorice or Anethole include absinthe, anis, anisette, ouzo, patis, and Sambuca. It was also an ingredient in barley waters which then subbed lemon in for the licorice and or the barley as time went on. In 1597 Langham had advised “and drinke Barley water with Licoras.” (A full survey on barley waters, including those with licorice, appears in my earlier *Tournaments Illuminated* article.) For readers here, I will just include this medicinal barley water recipe.

XXXII. For a Cough of the Lungs, or any Cough coming of Cold, approved by many.

Take a good handful of French Barley, boil it in several waters till you see the water be clear, then take a quart of the last water, and boil in it sliced Licoras, Aniseeds bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawberry Leaves, five fingered Grass, Maidenhair, of each half a handful, a few Raisins in the Sun stoned; boil these together till it come to a Pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain it; then sweeten it with white Sugar Candy; drink this at four times, in the morning fasting, and at four of the Clock in the Afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body, put in a little Syrrup of Violets, the best way to take it, is to suck it through a straw, for that conveys it to the Lungs the better.

Woolley

Paris, BnF, NAL 1673 fol 41v

Albucasis. Observations sur la nature et les propriétés de divers produits alimentaires et hygiéniques, sur des phénomènes météorologiques, sur divers actes de la vie humaine, etc.

Parchemin. 103 feuillets. Écriture italienne de la première moitié du XV^e siècle. 325 × 250 mm. Manuscrit en latin

Other drinks of sorts were the cordials and syrups. The 1608 Closet for Ladies and Gentlewomen includes cookery, confectionary and medicinal recipes. In the cookery section, the work includes a variety of syrups which use liquorice, including “Syrup of Maydenhaire” which calls for “of Liquorish one ounce scraped and sliced” and a “Syrup of Hore-Hound” which uses another ounce of Liquorish. The Closet also offers this recipe for the following.

[82] To make Syrupe of Liquorish.

Take your Liquorish eight ounces, and scrape it verie cleane, and briuse it verie well, and mayden haire one ounce, Anyseede, and Fennell seede of each halfe an ounce, steepe these in foure pintes of raine water halfe a day, and then boyle it to a quart, then take a pound and a halfe of clarified suger, and boyle it with that liquor, till it come to a Syrupe, and then put it vp and keepe it. **Closet for Ladies.** 1608.

The **Closet** also includes this recipe for Rosa Solis, which was an important distilled cordial of the time. This version calls for licorice.

[65] Rosa Solis.

Take Liquerish eight ounces, Aniseed, Caraway, of each an ounce, Raysons stoned, Dates, of each three ounces, Nutmegs, ginger, Cynamon, Mace, of each halfe an ounce, Gallingle a quarter of an onnce, Cubebs one dram, Figs two ounces, Suger foure ounces, bruse these and destill it with a gallon of Aqua vitae as the rest: but when it is distilled, you must coulour it with the herbe Rosa Solis, or else Alkanet roote.

Rosa Solis with licorice appears in recipe books for at least another two centuries.

Rosa Solis.

TAKE rosa solis, clean picked, four handfuls, nutmegs, carraway and coriander-seeds, mace, cloves, cinnamon, each half an ounce; ginger, cardamums, zedoary, calamus aromaticus, each a dram and a half; cubebs, yellow saunders, each half a dram; red saunders an ounce, liquorice two ounces, red rose-leaves dried a handful, best brandy a gallon: Infuse for some days, and strain off the clear liquor, in which dissolve white sugar twelve ounces.

Mrs. Taylor. 1795?

Gingerbread

There sprung herbs great and small, the licorice and ginger and many a clove and nutmeg ...

Chaucer. The Tale of Sir Topas.



John Gerard summed up the use of licorice in gingerbread with these words: “Moreouer, with the juice of Licorice, Ginger, and other spices, there is made a certaine bread or cakes, called Ginger-bread, which is very good against the cough, and all the infirmities of lungs and brest: which is cast into moulds, some of one fashion, and some of another.”

Not all gingerbread recipes called for licorice. Here are two gingerbread recipes which do.

To make course Ginger bread, take a quart of hony and set it on the coales and refine it: then take a penny worth of Ginger, as much pepper, as much Licoras, and a quarter of a pound of Aniseeds, and a penny worth of Saunders: All these must be beaten and searsed, and so put into the hony: then put in a quarter of a pint of Clar /ret wine or old Ale: then take three penny Manchets finely grated and strow it amongst the rest, and stirre it till it come to a stiffe Past, and then make it into Cakes and drie them gently

Markham 1623

CCXXXIV. To make Ginger-bread.

Take three stale Manchets grated and sifed, then put to them half an Ounce of Cinamon, as much Ginger, half an Ounce of Licoras and Aniseeds together, beat all these and searce them, and put them in with half a Pound of fine Sugar, boil all these together with a quart of Claret, stirring them continually till it come to a stiff Paste, then when it is almost cold, mould it on a Table with some searced Spice and Sugar, then bake it in what shape you please.

Woolley

Confections Then

*O the sugarcandy of the delicate bagpipe there:
and ô the licorise of the diuine dulcimers there.*

G. Harvey. **Pierces Supererogation** 1593

Now we come to the question of when did liquorice or licorice become merely a candy and lose its medicinal associations. Since the liquorice root can be chewed for flavor and sweetness, should it be regarded as a candy stick of sorts? Perhaps liquorice has always been a candy? References, sources, and food historians may mention the root, but then they vary as to where or when the candies, sweets, or confections began, and truthfully, there may be more than one source or place as to where it all began. Historians promoting Pontefract or Pomfret Cakes assert George Dunhill, a local apothecary, created them first by adding sugar to liquorice and thus invented liquorice confections in 1760. This ignores the fact sugar was already being added to various liquorice items prior to 1760. Sir Hugh Plat included “liquerice” as an option in his general paste recipe which appears in his 1602 **Delightes for Ladies**.

40. To make paste of Violets, Roses, Marigolds, Cowslips, or liquerice.

SHred, or rather powder the dry leaues of your flower, putting thereunto some fine powder of Ginger, Cinamon, and a little muske if you please, mixe them all confusedly together, then dissolue some sugar in Rosewater, and being boyled a little, put some saffron therein, if you worke vpon Marigolds, or else you may leaue out your saffron, boyle it on the fire vnto a sufficient height, you must also mixe therewith the pap of a roasted apple being first well dried in a dishe ouer a chafing dish of coales, then poure it vpon a trencher, beeing first sprinkled ouer with Rosewater, and with a knife worke the paste together. Then breake some sugar candy small, but not to powder, and with gumme dragagant, fasten it heere and there to make it seeme as if it were roch candied, cut the paste into peeces of what fashioⁿ you list with a knife first wet in Rosewater.

In licorice paste you must leaue out the pap of the pippin, and then worke your paste into drie rolles. Remember to searce the liquorice through a fine searce. These rolles are very good against any cough or colde. Plat.

Delightes. 1602.

Here is a recipe from the 1608 Closet for Ladies and Gentlewomen which calls for “liquorish powder” to be mixed with “sugar-candy.”

Sections of liquorice root. বাংলা: যষ্টিমধুর শিকড়ের দৈর্ঘ্যচ্ছেদ ও প্রস্থচ্ছেদ (9 February 2023)

Salil Kumar Mukherjee. Kolkata, West Bengal, India. Source: <https://en.wikipedia.org/wiki/Liquorice>



[70] To make pectorall rowles for the Cough.

Take liquorish powder finely searsed one ounce, of the spices of Diatragacanthum frigidum ij. drams, of Gum-arabecke and Tragarant in fine powder, of each a dram, white starch halfe a dram, Aniseeds in fine powder one ounce mingle with the rest, then take of suger sixe ounces, of Pennits an ounce and halfe, Suger-candy one ounce powdered & mingled with the former powder, then take Gum-tragacant steeped in Rose water and bear it into past, and so make it into long rowles and so drie them, and keepe them.

A Closet for Ladies and Gentlewomen. 1608.

As I explained in my annotated edition of the 1608 Closet for Ladies and Gentlewomen, “a pectoral roll is a medicinal recipe for digestive or respiratory complaints.” It’s an early form of a cough drop, and when is a cough drop not a candy of sorts? (Ask any schoolchild who has attended educational institutions where sweet cough drops were allowed and even

encouraged, but actual “candies” were forbidden.) Here is another recipe for a pectoral roule.

To make Pectorall Roules for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of searsed Licorice, two graines of Musk, and the weight of two pence of the sirupe of Licorice, and so beat it up to a perfect paste, with a little sirupe of Horehound, and a little Gumdragon being steeped in Rosewater, then toul them in small rouls, and dry them, and so you may keep them all the whole year.

Countess of Kent.

So is this a candy recipe since one is instructed to boil, dry, and then mould the finished product with sugar? When does the medicinal become the confection? Still later in the seventeenth century, there appears this recipe for another moulded licoras cake.

CXXII. To make the black Juice of Licoras.

Take two Gallons of running Water, three handfulls of unset Hysop, three pounds and half of Licoras scraped, and dried in the Sun and beaten, then cover it close, and boil it almost a whole day in the Water, when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans in the Sun to dry, till it will work like wax, then mould it with White Sugar Candy beaten and searsed, and print it in little Cakes, and print them with Seals, and dry them.

Woolley

Professor Ken Albala in his entry on “Licorice” in ***The Oxford Companion to Sugar and Sweets*** mentions early licorice confections as being those of the mid eighteenth century. These 1749 recipes included ones like these.

The Juice of Liquorice is prepared several Ways whence we have many different Sorts of it. One Sort is brought from Spain in black hard Cakes or Rolls and covered with Bay Leaves. It is extracted from the Root by boiling it in Water and evaporating the Decoction to A due Consistence. The other Sorts are prepared in the Shops. These are white and black Juices and that of Blois.

Thickness. 1749.

The Liquorice Juice of Blois is prepared thus: Take of Gum Arabick grossly pounded lbiv, Sugar lbij, Liquorice dried, scraped, bruised lbij. Infuse the Liquorice for 24 Hours in lbxxx of Water. Divide strained Liguour into three Parts, in two which dissolve the Gum Arabick over a slow Fire and pass it through an Hair Sieve; boil it with the remaining Part of the to the Consistence of a Plaister, adding Sugar towards the End, and stirring it continually to make it white.

Thickness. 1749.

Albala explicitly mentions that licorice candies usually include sugar, and binders, including cornstarch, gum Arabic, gum Senegal, gelatin, and gum tragacanth, to make them chewy. If binders are needed to make the licorice items into confections, then the 1608’s Closet’s recipe for “pectorall rowles for the Cough” including “suger-candy,” “liquorish powder finely searsed” along with “Gum-arabecke and Tragarant” should be a liquorice candy. The Countess of Kent’s 1653 recipe for “Pectorall Roules” calls for “sugar,” “searsed Licorice,” “sirupe of Licorice,” and “a little Gumdragon.” It too has the required elements of sugar, binder and liquorice. Even Plat’s paste of 1602 mentions gumme dragagant, sugar, and licorice. Are these not liquorice confections?

This may be an academic argument as there are the earlier historical confections known as comfits. Comfits are panned confections where seeds, spices, nuts, or even shaved pieces of roots are coated with the thinnest layers of sugar syrups. They are a painstaking operation as the coats of hot sugar syrup are built up slowly and allowed to dry before the next coats are added. While Sir Hugh Plat mentions various spices being used in the creation of comfits, such as coriander, aniseed, carroway, cinnamon bits, et cetera, he does not seem to include liquorice. Other sources including the ***Oxford Companion for Sugar and Sweets*** mention shaved bits of licorice roots have been used as the centers of comfits for centuries. The Italian sweetmaker Amarelli, established 1731, still produces tins of licorice sweets with hard candy shells. (Les Anis de Flavigny creates a licorice flavored comfit but uses anis seeds as the centers.) Candywarehouse.com offers assortments of licorice comfits, including Tidbits.

Confections or Candies Now

In the twentieth century licorice candy becomes a confused mix of types and forms, altered by mass production. It appears in a variety of penny candies and concession or theater counter candies. Poured licorice treats of an artisan nature are still made in starch lined boxes. Extruded licorice treats are created on a mass scale by extruding the candy mixture through small nozzles to form ropes, twists, and soft sticks. Licorice is also shaped into Scottie dogs, cats, cigars, pipes, coins, and buttons. There are hard licorice balls with black and white swirls, and sugar coated panned candies with licorice centers. Hammonds still creates hand pulled licorice sticks and canes. There are also a variety of licorice saltwater taffies. Chocolate licorice treats may be licorice centers dipped in chocolate or chocolate centers surrounded by soft licorice exteriors. Ingredient wise, most of the modern candies do not contain any real licorice. A look on the packages reveal the modern candies are made with natural or artificial extracts, corn starch, gums, gelatin, sugar, salt, water and flour. Flour or wheat starch and gelatin make the candy pliable. (Think extrusion.) Food scientist Richard Hartel describes them as “starch jelly candies flavored with licorice.”

Read the package if in any doubt.

Quick Notes on the Candies We Grew Up With

America

Once the nineteenth century begins, it is somewhat easier to trace the development of modern liquorice candies or sweets. In America, licorice was taken to New England early on to be used primarily within households as a remedy or cure. By the nineteenth century, there was an increasing demand that could not be met by domestic production but that use was not confectionary. By 1876, Susan Benjamin reports it was being imported in large quantities, because it was overwhelmingly being used to flavor and mask tobacco. Twenty million pounds were being used in the tobacco trade, according to a newspaper article in 1888. (Benjamin 63)

The late nineteenth century saw the rise of licorice candies in a number of forms. Black Jack Gum dates to 1884; Black Crows date to the 1890s. Good & Plenty began in 1893. The original producer of Twizzlers, Y&S (Young & Smilie) was founded as a licorice maker in 1845. The original product was a black licorice. The Twizzler name appears in 1929. In the late 1970s the company created their popular red varieties featuring strawberry and cherry flavors. Necco Wafers date back to 1847 when the company was the New England Confectionery Company. The black Necco wafers are of course licorice flavored. Red Vines, a product of the American Licorice Company, date to 1914. Red Vines originated as black licorice sticks but the red won out over the black in the 1950s. Chuckles with its mixed jelly candies dates to the 1921. Jelly beans also date back to the 1890s, but the question with them has always been are the black ones flavored with anise, licorice, or artificial licorice extract. There are of course also the licorice pieces found in Bridge candy mixes.

For the most part, American candies are now made with artificial or synthetic flavorings and/or anise, and large numbers of licorice candies have gone by the wayside as companies been swallowed up by bigger corporations. There's even a global element to the licorice trade. Kookaburra is an Australian soft licorice which is now made in either the USA or imported from Australia. The website states "Kookaburra Liquorice uses real liquorice extract from Israel! Liquorice is also known as liquorice root, sweet root or gan zao (Chinese licorice)."

Britain

Pontefract or Pomfret have already been discussed. The company is now owned by Haribo. Allsorts or Liquorice Allsorts, produced by George Bassett, were created in 1899.

Continental

Haribo, famed for its Gummie candies, was founded in 1920. It began creating liquorice candies in 1925 and bought up other companies as the century passed. Panda in Finland creates an all-natural licorice using only molasses, wheat flour, licorice extract, and aniseed oil. According to Clarissa Hyman, one kiosk in Helsinki sells an amazing 91 varieties of salmiakki. Lakerol from Scandinavia is another one, using salt for part of the sugar. Skolekridt Liitulaku still makes a licorice crayon. Ammonium chloride is used in some Scandinavian countries to create a distinctive salmiac liquorice candy. Lakerol from Scandinavia is one. Iceland makes both chocolate and marzipan covered licorice.

Regaliz de Haribo, Liquorice Wheels. (16 April 2005)

Source: Flickr by Pikaluk at

<https://www.flickr.com/photos/91687216@N00/9571257> and source:

[https://en.wikipedia.org/wiki/Liquorice_\(confectionery\)](https://en.wikipedia.org/wiki/Liquorice_(confectionery))



Abomination or divine, licorice has tempted the palate with the promise of possible cure or remedy for various health problems and survives to this day in the popular form of candies or confections. A little something to think about when we next pass on those black jelly beans or munch down on those Australian licorice bits.

Primary Sources

Banyer, Henry. *Pharmacopœia pauperum: or, the hospital dispensatory*. 1718.

Boorde, Andrew. *Andrew Boorde's Introduction and Dytary*. 1542. EETS: 1870. Millwood, NY: Kraus Reprints, 1981.

C, T. [T.C.] *An hospitall for the diseased wherein are to bee founde moste excellent and approued medicines*. 1579.

A Closet for Ladies and Gentlewomen. 1608. Edited by Johnna Holloway. 2011 Web. Medievalcookery.com <http://www.medievalcookery.com/etexts.html>

Dawson, Thomas. *The good husvvifes ieuuell*. 1587.

De Renou, Jean. *A Medicinal Dispensatory*. 1615, 1623. Translated by Richard Tomlinson. London: 1657. Google Books.

Gerard, John. *The herball or Generall historie of plantes. very much enlarged and amended by Thomas Iohnson*. [1597]. London, 1633.

Kent, Elizabeth Grey, Countess of, 1581-1651. *A choice manual of rare and select secrets in physick and chyrurgery collected and practised by the Right Honorable, the Countesse of Kent, late deceased ; as also most exquisite ways of preserving, conserving, candying, &c.* [Published by W.I., Gent.] 1653.

Langham, William. *The Garden of Health*. 1597.

Markham, Gervase. *Countrey contentments, or The English huswifery*. 1623.

Partridge, John. *The widowes treasure plentifully furnished*. 1588.

Plat, Hugh. *Delightes for ladies*. London, 1602.

Rennie, George. *General view of the agriculture of the West Riding of Yorkshire...* London, 1794.

Taylor, Margaret. *Mrs. Taylor's family companion*. [1795?]

Thickness, Ralph. *A Treatise on Foreign Vegetables, Containing an Account of Such as are Now Commonly Used in the Practice of Physick*. London: 1749. [Google Books]

Woolley, Hannah, fl. 1670. *The queen-like closet; or, Rich cabinet stored with all manner of rare receipts for preserving, candying & cookery*. 1670.

Secondary Sources

The Agrarian History of England and Wales. [Series Ed. H.P.R. Finberg.] Vol. IV, 1500-1640. Edited by Joan Thirsk. Cambridge: CUP, 1967, 2011.

Benjamin, Susan. *Sweet as Sin*. Amherst, NY: Prometheus Books, 2016.

Chevallier, Andrew. *The Encyclopedia of Medicinal Plants*. NY: DK, 1996.

Grigson, Geoffrey. *The Englishman's Flora*. 1958. London: Granada, 1975.

Hartel, Richard W. & AnnaKate Hartel. *Candy Bites. The Science of Sweets*. NY: Springer, 2014.

Holloway, Johnna. "Barley Water" [by Johnnae llyn Lewis] *Tournaments Illuminated*. 2nd Quarter 2009 (#170)

Johansson, Elisabeth. *For the Love of Licorice*. NY: Skyhorse, 2016. [English translation of the Swedish 2013 work *Lakrits* by Johansson.] Available for Kindle.

Lacey, Darlene. *Classic Candy*. Botley, UK: Shire Publications, 2013.

Larousse Gastronomique. Revised and updated. NY: Clarkson Potter, 2009.

Mabey, Richard. *Flora Britannica*. London: Chatto & Windus, 1996.

Mabey, Richard. *The New Age Herbalist*. NY: Fireside, 1988.

McGee, Harold. *On Food and Cooking*. Revised ed. NY: Scribner, 1984, 2004.

Mason, Laura. *Sugar-Plums and Sherbet. The Prehistory of Sweets*. Totnes, Devon, UK: Prospect Books, 1998.

O'Hara-May, Jane. *Elizabethan Dietary of Health*. Lawrence, KS: Coronado Press, 1977.

The Oxford Companion to Sugar and Sweets. Edited by Darra Goldstein. Oxford: OUP, 2015. See Ken Albala "Licorice." pp. 402-404.

Parkinson, John. *The Herbalist's Bible. John Parkinson's Lost Classic Rediscovered*. New York: Skyhorse, 2014. [Passages from the 1640 *Theatrum Botanicum*. Selected with commentary by Julie Bruton Seal & Matthew Seal.]

Ptak, Claire. *The Complete Step-By-Step Guide to Making Sweets, Candy & Chocolates*. London: Lorenz, 2012. Contains instructions on making liquorice

treats at home, starting with the roots and a mortar & pestle.

Richardson, Tim. *Sweets: A History of Candy*. NY: MJF Books, 2002.

Sheraton, Mimi. *1,000 Foods to Eat Before You Die*. NY: Workman, 2014.

Smith, Andrew F. *Encyclopedia of Junk Food and Fast Food*. Westport, CT: Greenwood Press, 2006.

Smith, Andrew F. *Sugar. A Global History*. London: Reaktion Books, 2015.

Stewart, Amy. *The Drunken Botanist*. Chapel Hill, NC: Algonquin Books of Chapel Hill, 203.

Vaughan, J.G & C.A. Geissler. *The New Oxford Book of Food Plants*. Oxford: OUP, 1997.

Wilson, C. Anne. *Food and Drink in Britain*. NY: Barnes & Noble Books, 1974.

Wilson, Carol. *Liquorice: A Cookbook: From Sticks to Syrup: Delicious Sweet and Savoury Recipes*. London: Lorenz Books [Anness Pub.], 2018.

Online Resources

Furseth, Jessica. "Everything You Always Wanted to Know about Licorice." Eater, Eater, 24 Aug. 2021. <https://www.eater.com/22630998/what-is-licorice-salmiakki-how-to-use-cooking-recipes>

Hyman, Clarissa. "The Ultimate Taste Test: Finland's Salty Licorice | Salmiakki Finland Licorice | Clarissa Hyman." Zester Daily. Zester Media LLC, 02 Sept. 2016. Web. 31 Dec. 2016. <http://zesterdaily.com/world/the-ultimate-taste-test-finlands-salty-licorice/>

"Licorice Root." NCCIH. National Institutes of Health. U.S. Department of Health and Human Services, 01 Dec. 2016. Web. 31 Dec. 2016. <https://nccih.nih.gov/health/licoriceroot>

Shapiro, Amanda. "Black Licorice Is Amazing and You Should Reconsider Not Liking It." Bon Appetit. Conde Nast, 07 Dec. 2016. Web. 21 Dec. 2016. <http://www.bonappetit.com/story/best-black-licorice-salmiak>

Smither, Rebecca. "Licorice to grow again in Pontefract." The Guardian. 30 July 2012. Web. <https://www.theguardian.com/uk/the-northerner/2012/jul/30/licorice-pontefract>

"licorice | licorice, n." OED Online. Oxford University Press, June 2016. Web. 28 June 2016.

"LICORICE: Uses, Side Effects, Interactions and Warnings - WebMD." WebMD. WebMD, n.d. Web. 21 Dec. 2016. Important information on health effects and those who should absolutely not use true licorice supplements or raw licorice.

McCleery, Iona. "You Are What You Ate." 'Licorice'- News: You Are What You Ate. University of Leeds, 2011. Web. 31 Dec. 2016. <http://www.leeds.ac.uk/youarewhatyouate/news/news-licorice.html>

The academic collections Middle English Dictionary, EEBO (Early English Books Online) and ECCO (Eighteenth Century Collections Online) were also used.

Candy Websites

Amarelli. <http://www.amarelli.it/?lang=en>

Haribo. <https://www.haribo.com/enIE/consumer-information/licorice/general-information.html>

Kookaburra. <http://www.kookaburralicorice.com/>
Necco Wafers. <http://www.necco.com/candy/wafers.aspx>
Taveners Liquorice Comfits.
<https://www.aquarterof.co.uk/pascalls-liquorice-comfits.html>
True Treats in Harpers Ferry, WV sells a variety of licorice items, including the root and raw licorice for teas.
https://truetreatscandy.com/?s=licorice&post_type=product
"Twizzlers." <https://en.wikipedia.org/wiki/Twizzlers>

Candy Warehouse.
<http://www.candywarehouse.com/flavors/licorice-candy/>
Oldest Sweet Shop in England (established 1827) sells a variety of liquorice sweets, including soft, hard, sticks, and continental. <https://www.oldestsweetshop.co.uk/Davesgarden.com> can advise as to which stores are currently carrying licorice plants or seeds for sale.

© Johnna Holloway, 2017, 2022.

Local Events of Interest

Tri-Barony Scriptorium

The **Tri-Barony Scriptorium** will run every month hosted by the Kingdom Scribe Amarius, The Honorable Lady Valeria Cabriell at 15508 Piuma Ave. Norwalk CA 90650. All are welcome – Most conveniently serving the baronies of Lyondemere, Gyldenholt, and Angels!

Never been to a scriptorium? We work with manuscript arts: calligraphy and illumination (painting/gilding). Training and supplies are available for free. The house has been specifically designed to be a great scriptorium space with oversized tracing boards, a prosumer printer that will print manuscript references at size, a flat file full of good paper, and plenty of supplies that are just waiting for someone to use them.

The scriptorium runs from 11 AM–6 PM but there's no pressure to attend the whole thing. It is just easier, once set up, to work continuously for a while. Drop by for however long you want to come. We'll have food and snacks (though potluck contributions are certainly welcome). Contact scribe.armarius@sca-caid.org with any questions.

Sunday **Oct 15**:

<https://www.facebook.com/events/931473141464783/931473154798115/>

Sunday **Nov 19**:

<https://www.facebook.com/events/931473141464783/931473158131448/>

Sunday **Dec 17**:

<https://www.facebook.com/events/931473141464783/931473164798114/>



Gyldenholt Sunday Solar

Gyldenholt Sunday Solar is typically the third Sunday of the month, where a number of people gather at Duchess Bridget's to work on handcrafts, small projects, or learn a craft.

Sunday, October 29 – 1-4 PM Because of many things happening in October, they have slid the date to October 29!

Come paint a Silk Fan with your, or someone else's, heraldic device! Bring a printout of the image at least 9.5 inches circular. You will tape it to the back of the round silk fan, and carefully paint the device, one color at a time. When dry, you will highlight with gold or silver metallic pens. Bridget has the fans, paints and pens, and materials cost \$5 per fan.

They also have BEADING! String up beaded bracelets and necklaces that can be gifts for Gyldenholt to give to newcomers. Make one for the barony and one for you! They have all the beads and supplies, and you can bring your own, too!

Or feel free to work on something else. What craft do YOU want to learn and do? Do you have projects you need help on? We can help!

Folks are also welcome to bring their own projects to work on. We will be available for coaching on tablet weaving and spinning.

Tables and chairs will be set up inside (and outside if the weather is nice.) This is an animal- and smoke-free home. You can bring beverages and snacks. Well-behaved non-crafters get to watch Disney+!

You can RSVP by joining the Barony of Gyldenholt Facebook group and then click **Going** on this event: <https://www.facebook.com/events/856993645815114/> to receive the street address for the event. Or you can contact Duchess Bridget directly at Bridget@blazingsword.com

Doodle art by Baroness Arwen Baird, Used with permission

Baronial Council Meeting Minutes (September)

Monday, September 7, 2023

Hybrid Meeting: In-Person and Zoom. Attendees: Eilidh, Alatiel, Gareth, John, Fedelm, Garrett, Fearghus, Guillem, Sadhbh (9 total)

Opening Comments

Baron and Baroness / Gareth and Alatiel: Hi thanks for coming! We have dinner and snacks, hope to have more people here. Angels Anniversary on Saturday, and the Barony has a spot on the eric. We attended Aliskye's funeral, so many SCA people there, gave the SCA their own section in the pews (in garb).

Seneschal / Eilidh: Lots of notes in the meeting agenda.

Officer Reports

Arts and Sciences / Machine and Arwen: *proxy report from Machine:* We had our first in person A&S get together since probably 2019. We had 10 total over the four hours. Thanks to our fiber leaders, Lynnette, Miriam, and Eilidh. This Friday we're starting our monthly virtual A&S gatherings. All classes/schedule has been shared on FB as well as on our website. We have a reoccurring event put together connected to the FB group. Valeria continues to do monthly tri-barony in-person scriptoriums. I'm looking for two more teachers for future classes.

Chatelaine / Guillem: Not a whole lot going on, attending events to welcome newcomers. Just finished some tasks and Arwen and Guillem working on loaner clothing. Also working on brochures for newcomers, would like to know where we can get photos to include. Eilidh suggests we double-check on photo permissions with Kingdom and ask the Barony if they would like to donate photos. Alatiel has linen to donate for newcomer clothing. Maybe we can make a garb-making / loaner / sewing event.

Chronicler / Eilidh: The September Tydes has been published, thank you to those who corresponded with me. I'd love to see photos from any event when

Lyondemere is there. And would anyone like to take some pictures at fighter practices, archery practices, or arts gatherings? And I would love to train a deputy!

Constable / Lupus: *not here, no report sent in.*

Exchequer / Gabriello: *not here, no report sent in.*

Herald / Séamus: *not here, no report sent in*

Marshal (Armored Combat) / Fearghus: Haven't had practice for a few weeks, several interruptions. 4-8 people when we have practices.

Marshal (Archery) / Emma: Been going well, attendance 6-8 people on Thursdays, growing participation.

Marshal (Rapier Combat) / Sadhbh: Pretty regular fighting, new authorized fighter.

Social Media / Fedelm: Practices are scheduled for posts to Facebook.

Webwright / Sadhbh: Website is in good order. A&S Calendar is now on the Meetings and Events page. Time to start getting some photos on the website.

Old Business

Baronial presence at GWW: Garrett: I wish I had definitely news, we may or may not have made the minimum 7. Unknown currently. *(Chronicler's note: We've been confirmed since the meeting and Lyondemere has land on the Royal Road between Lantern's Keep and Camp Duello Caid Royal is the next one down. The Kingdom of Outlands is across the road and with Beggar's Inn is behind us.)*

New Business

Calendar Dates for 2024: Should be published soon. *(Chronicler's Note: Since the council meeting, the full calendar has been published! See calendar on page 3.)*

Upcoming Meetings

Meeting Adjourned: at 8:11 PM

Next Baronial Council: Oct 9, 2023 – Hybrid zoom / in-person. Doors will open at 7 PM, meeting will start at 7:30 PM.

Baronial Meetings and Workshops

Meetings may be rescheduled or cancelled without notice, especially around holidays and inclement weather. For the most up-to-date announcements, see our FB group <https://www.facebook.com/groups/Lyondemere>, email list (join at <https://groups.io/g/scalyondemere>), or our Discord server at <https://discord.gg/vG7vAbeavJ> where we typically cross-post changes in schedules.

Regularly Scheduled Activities

There are a number of meetings or workshops held throughout the month for your participation. Most of them do not require any special costuming or

equipment, with the exception of the martial arts. If you have any questions, please feel free to contact the officers and coordinators.

Meetings

Baronial Council Meeting

First Monday of the month (unless it's a holiday, then the second Monday), at 7:30 PM – Join us every month for our Baronial Council meeting. **NOW IN-PERSON** hybrid with Zoom. Meetings are open to everyone. Officers and Guilds report on the month's events, and general information about upcoming events is discussed. **Zoom** link shared to FB group, groupsio email list, and Discord. No costuming required. **Calle Mayor Middle School**, 4800 C. Mayor, Torrance, CA 90505, **Room #33**. Park in the front, go in the gate, go right in the first hallway, look for SCA signs. Questions? Contact the Seneschal – seneschal.officer@lyondemere.sca-caid.org

Marshal Arts

Archery Practice Thursdays at 7 PM – Weeknight Lyondemere Archery Practice will be held at Rancho Park on Thursdays starting around 7 PM. Loaner gear is available by prior arrangement, please contact the Captain of Archers to inquire (email below). Free lessons for beginners. As always, all archers of Caïd are welcome to participate. Contact the Captain of Archers at archerymarshal.officer@lyondemere.sca-caid.org if you have any questions.

Rancho Park Archery Range can be found at 2551 Motor Ave., Los Angeles, CA 90064. Come in on the parking lot marked with the Archery Range sign. Drive past the front lot to the back lot and park.

Archery Practice, Sundays at 12:30 PM – Located at El Dorado Park starting around 12:30 PM and continuing until 4:30 PM. Practices will not be held when conflicting with other local, official events, or when temperatures exceed 99 degrees.

Loaner gear is available. Free lessons for beginners. As always, all archers of Caïd are welcome to participate. Please contact the Captain of Archers at archerymarshal.officer@lyondemere.sca-caid.org if you have any questions.

Location: El Dorado Park (north of Spring Street), **El Dorado Regional Park**, 7550 E Spring St, Long Beach, CA, 90815 - Turn left after entering the park, the range will be on the next right. Carpooling is encouraged, as there is a \$7 parking fee at this site, and a yearly pass is also available for \$65.

Wednesday Fighter Practice

Fighter Practices Wednesdays (both Armored Combat and Rapier Fencing, El Segundo), every Wednesday at 7:30 PM – **El Segundo Recreation Park**, 401 Sheldon Street, El Segundo, CA 90245 (link on Google maps)

If you have questions about armored combat, please contact the Marshal – marshal.officer@lyondemere.sca-caid.org If you have questions about rapier combat (fencing), please contact the Rapier Marshal – rapiermarshal.officer@lyondemere.sca-caid.org

Regnum (Contact Us)

Baron Gareth Nikodemos Somerset – baron@lyondemere.sca-caid.org

Baroness Alatiel de Beaumont of Reading-wood – baroness@lyondemere.sca-caid.org

Seneschal (President): Dame Eilidh Swann – seneschal@lyondemere.sca-caid.org

Arts and Sciences: Sensei Asakura Machime – artsandsciences@lyondemere.sca-caid.org

Arts and Sciences Deputy: Baroness Arwen Baird

Chatelaine (Newcomers) and **Keys** (Costume Loan):
Baron Guillem Cosinier – chatelaine.officer@lyondemere.sca-caid.org

Chronicler (Newsletter): (*interim officer*)
Dame Eilidh Swann – chronicler.officer@lyondemere.sca-caid.org

Constable: Lord Lupus Baltis – constable.officer@lyondemere.sca-caid.org

Exchequer (Treasurer): Lord Gabriello de Arexio – exchequer@lyondemere.sca-caid.org

Herald (Coral Macer) (court business, artistic shield design, and names): Lord Séamus mac Néill Uí

Chonchobhair – herald.officer@lyondemere.sca-caid.org

Marshal: Armored Combat (Heavy Weapons, Fighters): Lord Fearghus Cochrane – marshal.officer@lyondemere.sca-caid.org

Marshal: Captain of Archers (Target and/or Combat Archery): Lady Emma Cardiganshire – archerymarshal.officer@lyondemere.sca-caid.org

Marshal: Rapier Fence (Fencing): Lady Sadhbh inghean Duinn – rapiermarshal.officer@lyondemere.sca-caid.org

Social Media: THLady Fedelm Dub – socialmedia.officer@lyondemere.sca-caid.org

Webwright: Lady Sadhbh inghean Duinn – webwright.officer@lyondemere.sca-caid.org

October Calendar of Events

Location Details and Contacts

- **Thu Oct 5** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org
- **Mon Oct 9** (7:30-8:30 PM) **Baronial Council Meeting (in-person and virtual hybrid)** At **Calle Mayor Middle School**, 4800 C. Mayor, Torrance, CA 90505 – **Room #33** plus Zoom. See the email list, Facebook group, or Discord server for Zoom link. Costuming / Garb is not required. Room opens at 7 PM.
- **Wed Oct 11** (7:30-9:30 PM) **Fighter Practice** (Armored and Rapier Combat) - 401 Sheldon St, El Segundo, CA 90245 Near the tennis courts. email **Armored:** marshal.officer@lyondemere.sca-caid.org and **Rapier:** rapiermarshal.officer@lyondemere.sca-caid.org
- **Thu Oct 12** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org
- **Sun Oct 15** (11 AM-6 PM, open drop-in) **Tri-Barony Scriptorium** - 15508 Piuma Ave. Norwalk CA 90650
- **Tue Oct 17** (7 PM) **Virtual Scribe Night** – email scribesegundo@sca-caid.org for Zoom link
- **Wed Oct 18** (7:30-9:30 PM) **Fighter Practice** (Armored and Rapier Combat) - 401 Sheldon St, El Segundo, CA 90245 Near the tennis courts. email **Armored:** marshal.officer@lyondemere.sca-caid.org and **Rapier:** rapiermarshal.officer@lyondemere.sca-caid.org
- **Thu Oct 19** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org
- **Wed Oct 25** – Submissions for the November Tydes are due
- **Wed Oct 25** (7:30-9:30 PM) **Fighter Practice** (Armored and Rapier Combat) - 401 Sheldon St, El Segundo, CA 90245 Near the tennis courts. email **Armored:** marshal.officer@lyondemere.sca-caid.org and **Rapier:** rapiermarshal.officer@lyondemere.sca-caid.org
- **Thu Oct 26** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org
- **Sun Oct 29** (1-4 PM) **Gyldenholt Sunday Solar** – monthly Arts and Sciences in our neighboring Barony. Email for questions and address: Bridget@blazingsword.com

Photo and Artwork Credits

Cover: Crown Tourney, September 2023 – Photographer: Carol Jepson

page 3: Baron Gareth and Baroness Alatiel, invested on June 3, 2023 – Photographer: Carol Jepson

page 3: Eilidh, Photographer: Cat Ellen

page 4: Photos from Elizabeth Reed

page 4 and 17: drawings by Dame Eilidh Swann

page 6: Tacuinum Sanitatis. Paris, BnF, ms Latin 9333, f°39r, 33×22 cm
<https://portail.biblissima.fr/ark:/43093/mdata1d719fb1ed19bb322330a01c0cf7df3cf2560cb>

page 7: Glycyrrhiza glabra, Fabaceae. Original book source: Prof. Dr. Otto Wilhelm Thomé Flora von Deutschland, Österreich und der Schweiz 1885, Gera, Germany. Permission granted to use under GFDL by Kurt Stueber. Source: www.biolib.de and Source: <https://en.wikipedia.org/wiki/Liquorice>

page 8: Paris, BnF, NAL 1673 fol 41v Albucasis. Observations sur la nature et les propriétés de divers produits alimentaires et hygiéniques, sur des phénomènes météorologiques, sur divers actes de la vie humaine, etc. Parchemin. 103 feuillets. Écriture italienne de la première moitié du XV e siècle. 325 × 250 mm. Manuscrit en latin

page 9: Sections of liquorice root. বাংলা: যষ্টিমধুর শিকড়ের দৈর্ঘ্যচ্ছেদ ও প্রস্থচ্ছেদ (9 February 2023) Salil Kumar Mukherjee. Kolkata, West Bengal, India. Source: <https://en.wikipedia.org/wiki/Liquorice>

page 11: Regaliz de Haribo, Liquorice Wheels. (16 April 2005) Source: Flickr by Pikaluk at <https://www.flickr.com/photos/91687216@N00/9571257> and source: [https://en.wikipedia.org/wiki/Liquorice_\(confectionery\)](https://en.wikipedia.org/wiki/Liquorice_(confectionery))

page 13: Drawing by Baroness Arwen Baird

October 2023 (AS LVIII)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>Great Western War opens (RP, BP)</i>	4 <i>GWW (RP, BP)</i>	5 <i>GWW (RP, BP)</i> 7 PM Archery Practice	6 <i>GWW (RP, BP)</i>	7 <i>GWW (RP, BP)</i>
8 <i>GWW (RP, BP)</i>	9 <i>GWW closes</i> 7:30 PM (hybrid) Baronial Council (BP) Indigenous Peoples Day	10	11 7:30 Fighter Practice	12 7 PM Archery Practice	13	14 <i>Pirate Tourney Nordwache (BP)</i>
15 11 AM-6 PM Tri-Barony Scriptorium	16	17 7 PM Virtual Scribe Night	18 7:30 Fighter Practice	19 7 PM Archery Practice	20 Virtual A&S Night 7 PM	21 <i>Leif Erickson (Calafia)</i> <i>Western Seas Investiture & Competition (RP)</i>
22	23	24	25 <i>November Tydes submissions due</i> 7:30 Fighter Practice	26 7 PM Archery Practice	27	28 <i>Dreiburgen Anni (RP, BP)</i>
29 1-4 PM Sunday Solar in Gyldenholt	30	31 Halloween	Nov 1 7:30 Fighter Practice	2 7 PM Archery Practice	3	4

This calendar is compiled from the Kingdom newsletter (the Crown Prints), the Baronial calendar, and further event announcement updates. Always check with the local event host to confirm event dates and locations.

See <https://lyondemere.sca-caid.org/events/> for a combined Caidan and Lyondemere Calendars, publicly shared with Google Calendar.

* **Key:** **RP** = Royal Presence; **BP** = Baronial Progress

Pentathlon Returns in 2025

Check out the Pentathlon track classes in Arts and Sciences at Great Western War!

Interested in more? Check out the **Facebook** Group: **Pentathlon Centre - Caid**

<https://www.facebook.com/groups/784817909863452/>