

The Tydes

Volume 45, Issue 7 ** Anno Societatis LVIII (58th year of the Society) ** Dec 2023 (common era)

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

In Memoriam



Honorable Lady Cecilia Lightfoot
12/15/2022



Lady Catelin Avenel
8/2/2023



Baroness Aliskye Rosel
8/17/2023

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Volume 45 (in Lyondemere's 45th Year), Issue 7 ** A.S. LVIII ** Dec 2023

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Chronicler (Newsletter Editor): Dame Eilidh Swann

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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.

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From the Baron and Baroness

The Baron and Baroness Lyondemere send greetings.

The festive season has begun, and we wish everyone great joy and happiness now and in the New Year. Hopefully you'll be making new garb for Yule or 12th Night, or refurbishing your fighting gear, or replenishing your art cache, spices, bows... whatever are the things that bring you joy in our SCA family.

The New Year brings new beginnings in many things hopefully for all. We will be starting up our in person monthly meetings again in January, and we hope to see many of you there. We will be at Yule of course, 12th Night/Coronation, and Unbelted Tournament in January.

A reminder if you wish to suggest someone for an award, please do so and let us know. Thank you.

Enjoy!

Baron Gareth and Baroness Alatiel



Lyondemere Anniversary 2023
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Upcoming Baronial Progress

Dec 9 – Lyondemere / Gyldenholt Yule

Jan 6 – Coronation / Twelfth Night (Angels)

Jan 27 – Unbelted Tournament (Gyldenholt)

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

This has been a whirlwind six months making certain there was a newsletter AND a baronial council meeting for all of you. I'm looking forward to having "just" the job of seneschal to focus on, as well as finding the time to be at more in-person events and workshops throughout 2024.

Speaking of our upcoming year, a huge thank you publicly to THLady Cassandre Loustaunau and Lord Lupus Baltis for stepping up to steward Arts and Archery in February. I'm now looking for one or two good gentles who would be willing to design and create our Anniversary in June and thinking even a year ahead, steward Yule in December 2024. It's really quite fun to be the ones who think up the fun that can be had at events, and I'm happy to train anyone. Please think about it! We can use YOUR fun and ideas!

Most sincerely,

Dame Eilidh Swann

Seneschal and (last month as interim) Chronicler



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How I Found the SCA

In 1972, I went to LACon (World Science Fiction Convention in Los Angeles) to cheer on Bob Vardeman, an Albuquerque Science Fiction Society member who had been nominated for the Best Fan Writer Hugo (he didn't win). There was an SCA wedding at the con, with people dressed in wonderful costumes. Katherine Kurtz (Bevin Frasier of Stirling) was in charge of part of the SCA stuff. I got an SCA contact for home – found out I lived in Al-Barran in the kingdom of Atenveldt.



At a 1974 event in al-Barran, with a borrowed helmet, borrowed scale mail over my fencing jacket, and an enormous round shield

When I went back to school in Las Cruces, I chose Eowyn Amberdrake as my SCA name and started diving into heraldry and scribal arts. I was also president of our university fencing club. The whole fencing club joined the SCA and started learning heavy weapons fighting. I fought several times in local demo tourneys, using a borrowed helmet – and lost quickly.

In 1975, I moved to Los Angeles. Bevin was Principality seneschal and pointed me to the local group (Angels), where I met Conrad von Regensburg, Lavendar of Lorne, and Bjo and John ap Griffin, among others. I didn't know anyone well enough to borrow a helmet, so I stopped doing armored combat. Besides, women fighting in tournaments was quite controversial and many men refused to fight women.

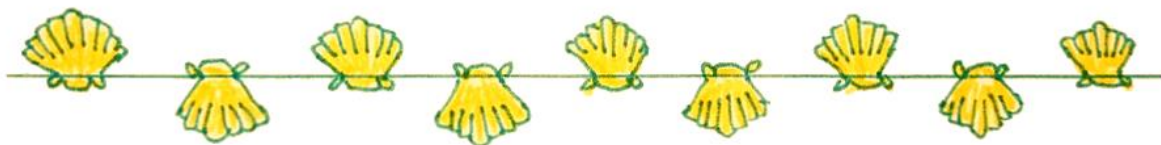


Me in my first attempt at garb - an Elizabethan without any of the proper underpinnings (cuz I didn't know any better)

So I showed up at many tourneys with fencing gear, garbed in a cavalier-style fencing jacket, as Vorpal the Gray Blade. Several fencers fought around the edges of events for years, unofficially of course, with a lookout marshal to make sure no one wandered into harm's way. This was before rapier was an acceptable fighting form.



Vorpal the Grey Blade in 1977 or so





One of my favorite pictures of me in a Joan of Arc style garment, at a Lyondemere Anniversary in mid-1980s. The rapier was a prop, not for fighting with.

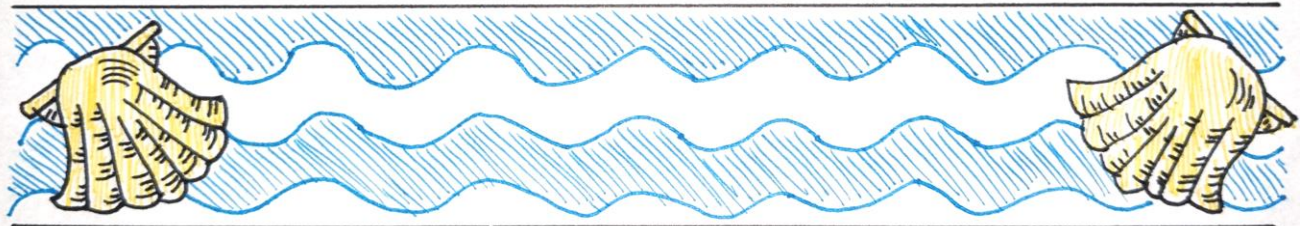
I became Chancellor of Scribes in 1979, taking over from Mary Taran of Glastonbury. When I found out that the Armarius was historically the monk in charge of the writing assignments to scribes, I changed the office name to Scribe Armarius and served until late 1984.

Conrad was Crescent Herald, and informally led the group of us within the Barony of Angels that lived near the coast to form the canton of Lyonesse in July of 1975. It became Lyondemere, thanks to a suggestion from Fiona MacGregor (later known as Natalya de Foix) when the heralds rejected Lyonesse as a name. We became a Barony, with Conrad as Baron, when Caid broke away from the Kingdom of the West in 1978

Baroness Éowyn Amberdrake

How Did YOU Find the SCA?

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



Local Events of Interest

Tri-Barony Scriptorium

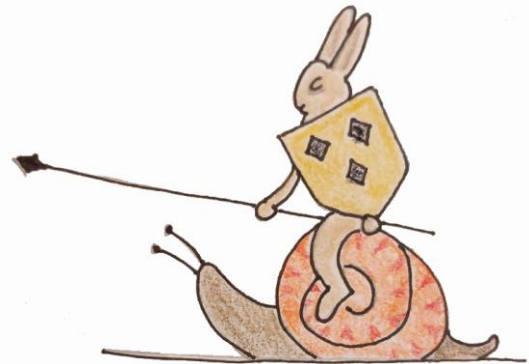
The **Tri-Barony Scriptorium** will run every month hosted by the Kingdom Scribe Amarius, The Honorable Lady Valeria Cabriell at 15508 Piuma Ave. Norwalk CA 90650. All are welcome – Most conveniently serving the baronies of Lyondemere, Gyldenholt, and Angels!

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 **Dec 17:**

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



Doodle art by Baroness Arwen Baird, Used with permission

Gyldenholt / Lyondemere Yule

Their Excellencies of Gyldenholt, Jens and Ida, and Their Excellencies of Lyondemere, Gareth and Alatiel, invite you to join them at their “hearth” to break bread during a combined Yule celebration Saturday, December 9, 2023 in the Barony of Lyondemere. The festivities will begin at 4:30 pm. Feast will be served at 6 pm.

The event is set to take place in Flanders in the early 1500’s and will feature some set tableaus ideal for capturing your perfect medieval moment during the evening. There will be lots of activities for both the young and young at heart alike, including our famous “snowball” fight, various gaming and craft activities, a medieval-themed (white elephant) gift exchange, and a visit from Father Christmas. There are also a number of contests afoot to celebrate our “hearth and home” theme, including a costume contest, bardic competition, table-decorating contest, and best themed dessert. Her Excellency of Lyondemere requests the populace to bring out their visual arts (painting, drawings, scribal, sculpture) for display, including works in progress. Tables will be provided. Their Excellencies of Gyldenholt are sponsoring a toy drive for Toys for Tots. Please bring a new, unwrapped toy for donation. Contact the event stewards if you would like to sponsor a tableau.

For those who desire to have gifts handed out to their children by Father Christmas, please provide said gift labeled with the child’s name. Pass it to Their Excellencies of Gyldenholt upon your arrival.

Note: This is a DRY site. Battery operated candles only please.

Masks; Illustration from: The Romance of Alexander; Bodleiana Ms. 264, fol. 21v.

Flemish illuminator Jehan de Grise and his workshop, 1338-1344. Source: <https://archivalia.tumblr.com/image/78015168911>



SCHEDULE

4:30 pm - Site opens

6:00 pm - Feast commences

7:00 pm - Populace-provided Potluck Dessert and Bardic Competition

7:30 pm - Court at Their Excellencies’ pleasure

8:30 pm - Site clean-up. Everyone is welcome (encouraged) to assist.

9:00 pm - Site closes

Thank you in advance. We are excited to welcome you home for the holidays!

REGISTRATION INFORMATION: Adult Event Registration \$10.00, Adult Member Discount Event Registration \$5.00. Children under 18 years of age are guests of the Barony. In addition, the feast is \$8.00 for adults and youth ages 13 and older, \$5.00 for children ages 5 through 12. Children under 5 years of age may attend the feast for free. Off-board seating is available at no charge. Cash and checks accepted at gate, please make checks payable to: “SCA, Inc./Barony of Gyldenholt.”

FEAST: Lady Eydis Katla is planning a fabulous feast for our homecoming, to include:

Appetizers/snacks: fruit, nuts, seed, saxon bread, herb butters, and honey.

Dinner: walnut and apple salad with fresh cheese, honey roasted veggies, pickled veggies, garlic mushrooms

Mains: Salt dough leg of lamb, chicken skause and a hearty barley and vegetable porridge for our vegetarian guests.

We would like to invite the populace to participate in providing potluck desserts (they may be entered into the contest at your discretion). As a courtesy to those with food allergies, please ensure a card listing the ingredients of the dessert is also provided for each dessert.

The feast is capped at 50 people. We will take feast reservations until December 1, 2023, or until we are full. Please send your reservation request to yule@gyldenholt.sca-caid.org

EVENT STEWARDS: Ceridwen Killian and Dryfinna Valsdottir

EVENT EMAIL: yule@gyldenholt.sca-caid.org

DIRECTIONS: Find your favorite transportation and head to Riviera United Methodist Church, located at 375 Palos Verdes Blvd, Redondo Beach, CA 90277. Ample handicap-accessible parking is available directly adjacent to the Fellowship Hall. The driveway to get to the parking lot is located on the south side of the property (to the left if you are facing the front of the sanctuary). Go down the hill and turn right to access the parking lot and Fellowship Hall.

Ypocras and Spice

Contributed by THL Johnnae llyn Lewis, CE

*Soone after that, this hastif Januarie
Wolde go to bedde, he wolde no lenger tarye,
He drynketh ypocras, clarree, and vernage
Of spices hoot. T'encreessen his corage...*

Geoffrey Chaucer. **The Merchant's Tale.**

So named because it was “filtered through a ‘Hippocrates’ sleeve’ or ‘bag,’” the drink known today as *Hippocras* or *Ypocras* was also spelled as *ipocras*, *ipocrasse*, *ipocratis*, *ipocras*, *hipocras*, *hippocris*, *hyppocris*, and *hypocras*. Hippocrates bags or sleeves were filtering or straining bags that were conical in shape. Karen Hess notes that they were called Manica Hippocrates. They were said to resemble the sleeves of the gown worn by the physician Hippocrates in ancient Greece. Drinks other than hippocras might be strained through Hippocrates’ bags, so it cannot be said that all drinks strained through these sleeves are ypocras. These other drinks include notably Sir Kenelme Digbie’s ‘very pleasant drink of apples’ and the ‘Countess of Newport’s Cherry Wine.’ [For an excellent explanation with illustrations of the process, please take a look at Ivan Day’s website at: <http://www.historicfood.com/Ypocras.htm>]

At the time that Chaucer was writing *The Merchant's Tale* (as quoted previously), the master cooks of England’s King Richard II were composing the culinary manuscript which is known today as the *Forme of Cury*. Recipe 199 of that manuscript states:

Pur fait ypocras. *Troys vnces de canell & iii vnces gyngueur; spykenard de Spayn, le pays dun denerer; garyngale, clowes gylofre, poeure long, noiey mugadey, mayioyame, cardamom, de chescun i quarter donce; grayne de paradys, flour de queynel, de chescun dm. vnce; de dout soit fait powdour &c.*

Or modernized as:

To make Ypocras. *Three ounces of cinnamon and three ounces of ginger; spikenard of Spain, a pennysworth; galangal, cloves, long pepper, nutmeg, marjoram, cardamom, of each a quarter of an ounce; grain of paradise, flour of cinnamon, of each half an ounce; of all, powder is to be made, etc.*

Hieatt & Butler. *Curye on Inglisch*, p. 145.

Ypocras recipes varied from household to household. Cindy Renfrow in her excellent chapter on hypocras in *A Sip Through Time* mentions recipes can be found for versions with white wine, red wine, and oddly sounding to the modern palate, versions which call for wine and milk or cream. Ypocras was at once both a medicinal drink prescribed by doctors and apothecaries and a digestive to be taken at the end of a meal.

At roughly the same time that the master cooks at the English court were compiling their recipes, the Menagier of Paris in a middle-class French household was dictating that ypocras or hippocras ought to be made as a powder. His recipe called for fine cinnamon, selected ginger, grains of paradise, nutmegs, and galangal. One was to mix this powder with sugar and add to the wine. As translated by Professors Gina L. Greco & Christine M. Rose, the Menagier’s recipe reads:

Hippocras. *To make hippocras powder, pound together a quartern of very fine cinnamon, selected by tasting it, half a quartern of choice cassia buds, an ounce of hand-picked, fine white Mecca ginger, an ounce of grains of paradise, and a sixth of an ounce of nutmeg and galingale together. When you want to make hippocras, take a generous half ounce of this powder and two quarterns of sugar, and mix them together with a quarter of wine as measured in Paris. And nota that the powder and the sugar mixed together make “duke’s powder.”*

The Good Wife’s Guide. Le Menagier de Paris. Page 329.



Français: Fabrication et dégustation de l'hypocras au Moyen Age,
Source: <https://commons.wikimedia.org/wiki/File:Ypocras.jpg>

Or As translated by Janet Hinson. the Menagier's recipe reads:

HIPPOCRAS. To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder."

To make a quart or a quarter-ounce of hippocras by the measure used in Besiers, Carcassonne, or Montpellier, take five drams of fine select clean cinnamon, select peeled white ginger, three drams: of clove, grains, mace, galingale, nutmeg, nard, altogether one and a fourth drams: more of the first, and of the others less and less of each as you go down the list. Grind to powder, and with this put a pound and half a quarter-ounce, by the heavier measure, of ground rock sugar, and mix with the aforesaid spices; and have wine and the sugar melted on a dish on the fire, and add the powder, and mix: then put in the straining-bag, and strain until it comes out a clear red. Note that the cinnamon and the sugar should dominate. <http://www.davidfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html>

Another early circa 1380 recipe identified as "Potus ypocras" from the English Mss. Royal 17 notes if one lacks sugar, one should use a 'potel of hony' in the making of the drink.

Potus ypocras. Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, iii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.

Hiatt & Butler. *Curye on Inglysch*, p. 148.



Ypocras et issues de table
(National Library of France)
(BnF, Ms fr 938 fol 69)

By the time John Russell was writing his *Boke of Nurture* (circa 1440), ypocras was being divided into differing versions for the wealthy and for the poor. Ginger, Cinnamon, Grains of Paradise, Sugar, and Turnsole for coloring were called for in the wealthy version. For 'commyn people' ginger, canelle, long pepper, and honey were called for. Dinners for the wealthy and nobility required the festive meal at feasts be ended with ypocras, wafers and comfits. Ceremonies, weddings, and christenings required the drink. During the reign of Henry VIII, Anne Boleyn and her ladies were solemnly served "great standyng spyce plates, a voyde of Spice and subtilties with Ipocras and other wyne" at her Coronation. (Hall) For Elizabeth I, it was recorded "at the seruing vp of the Wafers, the Lorde Maior of London went to the Cupboord, and fitting a cup of golde with Ipocrasse, bare it to the Queene, and kneeling afore hir tooke the assay, and shee receyuing it of him, and drinking of it, gaued the Cuppe wyth the couer vnto the sayde Lorde Maior for his fee, which Cuppe and couer weyed. xvj. dunzes Troy weight." The account ends with the words: "Finally this feast being celebrated with all royall ceremonies, and high solemnities, due and in like cases accustomed, tooke ende wyth great ioy and contentation to all the beholders." (Holinshed)

All three, wafers, comfits, and ipocras could be purchased for special occasions. As the 15th century progressed, ready-made hippocras powders or spice mixtures were increasingly being made available from obliging spicers or spice merchants. This made the task simpler for the not so wealthy household who operated without the services of a butler.

With the arrival of the printing press, ypocras recipes made the leap from manuscripts to the printed page. An elaborate and detailed recipe titled "For to make Ipocras" appears in Wynkyn de Worde's *The Boke of Keruyng* [Book of Carving] in 1508. The first paragraph of this version of the recipe appears below. It calls for red wine, ginger, pepper, grains of paradise, canell, cinnamon, sugar and turnsole:

For to make Hypocras begins

Take gynger, peper, graynes, canell, synamon, suger and tornsole, than loke ye have fyve or syxe bagges for Hypocras to renne in & perche that your renners may hange on, than must ye have by peautre basyns to stande under your bagges than loke youre spyce be redy & your gynger well pared or it be beten to poudre, than loke your stalkes of synamon be well coloured & swete canell is not too gentyll in operacyon synamon is hote and drye, graynes of paradico ben hote and moste, gynger, graynes, longe peper and suger ben hote and drye, tornsole is holsome, for reed wyne colouryng. Now knowe ye the proporcyons of your hypocras. than bete your pouders eche by them selfe & put them in bladders & hange your bagges sure that no bagge touche other

For the extended recipe see *The Boke of Keruyng*. 1508. Or see the online version at: <http://milkmana.tripod.com/kervynge2.html>

A number of other ypocras recipes found their way into printed texts in the 16th century. The first volume of Alessio published in England in 1558 included this recipe for an "Excellent Ipocras."

Excellent Ipcoras.

Take an vnce of Synamom, of Ginger .ii. dragms Melligetta thre dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe all, and put it in a ielley bagge or strainer, than take a pint of the best redde or white wine you can get, or a pint of good Malmesey or other stronge wine, mixe well all togethers, than take a pounce of Sugre fined, and hauinge stamped it, put it into the other wyne, and so poure it vpon the strainoure, wherin you dyd put the sayd wine with the spices, than hauinge taken it oute, you muste poure it on agayne, so often vntyll it become as cleare as it was before, styrringe it sometime in the strayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you will haue more, you muste take a greater quantitie of the sayd thinges. And for to make it verye excellente, you maye bynde a lyttle Muske in a fine linnen clothe at the ende of the strayner, so that all the substaunce maye passe ouer and vpon it, the which by that meane wil receiue the odour and sent of the sayde Muske.

Pp. 57-58.

John Partridge's books on cookery began to appear in the 1570s. He included this recipe:

To make Ipcoras. Cap.xl.

Take of chosen Cinimom, two ounces, of fyne Gynger one ounce, of Graynes half an ounce, bruse them all, & steepe them in .iii. or .iii. pyntes of good odiferous wine, with a pound of Sugre by the space of .xxiii. howres, then put them into an Ipcoras Bag of Wollen, and so receaue the liquor. The rediest and best waye is to put the Spices with the halfe pouned of sugre, and the Wine into a stone bottle, or a stone pot stopped close, and after .xxiii. howres it wyll bee rady, then cast a thin linnen cloth, or a peece of a boulder cloth on the mouth, & let so much run thorow: as ye wyll occupy at once, and kepe the vessell close, for it will so well keep both the sprite, odour, and vertue of the Wine, and also Spices.



Tunis, Museum Bardo, A bottle of wine
(2. Jhdt.n.Chr., El Jem/Thysdrus)

[https://commons.wikimedia.org/wiki/File:Bardo\(js\)089.jpg](https://commons.wikimedia.org/wiki/File:Bardo(js)089.jpg)

Partridge. The Tresurie of commodious Conceits, 1573.

Thomas Coghlan in his 1584 *The Haven of Health* included this unusual recipe:

CHAP. 234. Hippocras made with water.

Take of chosen Cinamom two ounces, of Ginger scraped halfe an ounce, long Pepper, Greynes, Galingale, of each a dramme, Nutmegs, Cloves, Mace, of each halfe a dramme, Spring water three quarts, let it boyle to the halfe or to one quart, then straine it hard through a cloth, and put to it halfe a pound of Sugar, boyle it a little againe and skimme it, then put it into some close pot and use it. To make Hippocras of Aquavita, excellent for one that is very weake. Take a quart of Aqua vitae, and put it in a glasse, then take two ounces of Cinamom, one ounce of Ginger, two pennyworth of Cloves, as much of Greynes, a peny worth of Nutmegges, beat them all grosse, and put them to the Aqua vitae and shake it together every day often for nine daies together, then drinke it with wine or ale, halfe a spoonefull or a quarter, with halfe a pinte of Ale.

Page 266

In the early 17th century, versions for hippocras can be found in Gervase Markham's *The English Housewife*. Markham calls for a woolen bag through which to strain the mixture and helpfully notes 'if your wine be claret, the hippocras will be red; if white, then of that colour also.'

To make hippocras

To make hippocras, take a pottle of wine, two ounces of good cinnamon, half an ounce of ginger, nine cloves, and six pepper corns, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least; and when it is well settled, let it run through a woolen bag made for that purpose: thus if your wine be claret, the hipocras will be red; if white, then of that colour also. Gervase Markham.

The English Housewife, p. 111

Sir Kenelme Digbie's *Closet Opened* from 1669 is well known for its collection of mead and wine recipes, but the book contains no ypcoras titled recipes. For a representative recipe from that period, we can turn to *The Accomplish'd Lady's Delight* of 1675, which contains this recipe for a white wine version.

14. To make Hippocras.

Take a gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal Cloves not bruised, of each two pennyworth, bruise every kind of spice a little, and put them all together into an earthern pot for a day, then cast them through your bags two or three times, as you see cause and so drink it.

The Accomplish'd Lady's Delight.

Lest we think that only in modern times have we strived to create foods and drinks in an instant—here’s another recipe from the same book.

93. To make excellent Hippocras in an instant.

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruise these small, then mix them with as much spirit of Wine, as will make them into a Past, let them stand close covered in a glass the space of six days in a cold place, then press out the liquor and keep it in a glass. A few drops of this liquor put into any Wine giveth it a gallant relish and odour, and maketh it as good as any Hippocras whatsoever in an instant.

The Accomplish’d Lady’s Delight.

As cold and bitter winter days and nights seem to call for what medieval food historian Moira Buxton calls “undoubtedly the best and most comforting of the spiced drinks,” here is her modern recipe for the drink.

Hypocras.

Up to 3 bottles of good plain red vin de table

6 ounces sugar

3-4 quills of cinnamon

1 level tablespoon each of ginger and galingale

1 teaspoon each of nutmeg, mace, cloves and cardamon-all ground

¼ teaspoon hot paprika (I’d use long pepper here but the paprika is an interesting substitute when one doesn’t have long pepper in the cabinet.)

Warm the wine- do not allow to become hot and never boil- and dissolve the sugar in it. Now add the spices and simmer over very, very low heat for 10-15 minutes. Strain several times to remove the spices. Serve warm or cool or bottle and cork or cap.

(pp.76-77)

Last, but not least Peter Brears offers up this simple recipe for a Tudor style Hippocras. Brears in his latest volume *Cooking and Dining In Tudor and Early Stuart England* describes ipocras or hippocras as “the sweet, spiced digestive liqueur of the medieval period” which continued to be drunk at wedding feasts in the seventeenth centuries. Brears notes that even if one halves the amounts of specified spices found in early modern cookery books, the mixture will be well spiced enough for modern tastes. His version from *All the King’s Cooks* follows. He notes it is minus the dangerous ingredients of turnsole, etc.

For two pints of red or white wine, use one-half teaspoon each of ground cloves, nutmeg, and galangal, 2 teaspoons of ground cinnamon and one quarter teaspoon ground ginger. Mix the spices and add them to the wine. Leave overnight. Then filter the wine mixture through paper coffee filters until no longer cloudy. Add one cup sugar (to taste) to the wine mixture. Mix well. It’s ready to serve.

Comfits and wafers (or pizelles) may still be purchased, but it is hard to find a good bottle of ipocras at the local liquor store, but with the recipes above, one can easily make a batch at home. Enjoy!

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Ivan Day's website Historic Food is at <http://www.historicfood.com> but is currently being redone. His blog *Food History Jottings* is at foodhistorjottings.blogspot.com/

For more about Alessio see *Tournaments Illuminated* #147 [2003] for my article on the 16th century culinary and medical recipe bestsellers that appear under his name.

Originally written for and published in *The Pale* January 2007. An abbreviated version appeared in *Tournaments Illuminated*.

This expanded version with additional material and recipes. © Johnna Holloway 2007, 2022.

Baronial Council Meeting Minutes (November)

Monday, November 6, 2023

Virtual Meeting: *Attendees: Eilidh, Alatiel, Gareth, Fearghus, Miguel, Cassandre, Gabriello, Arwen, Guillem, Lupus, Fedelm, Sadhbh, Haldorr (13 total)*

Opening Comments

Baron and Baroness / Gareth and Alatiel: We went to Calafia Anniv and it was a blast. The change over investiture was wonderful. We had a great time. (Court was just under 2 hours). To see all the past B&B was really amazing. Weather was beautiful. They had a great sea serpent.

Upcoming Baronial Progress

Dec 9 – Lyondemere / Gyldenholt Yule
 Jan 6 – Coronation / Twelfth Night
 Jan 7 – Privy Council
 Jan 27 – Gyldenholt Unbelted
 Feb 3 – Festival of the Rose
 Feb 24 – Lyondemere Arts and Archery

Seneschal / Eilidh: We could REALLY USE some additional help with getting event stewards. Remember, it doesn't take a lot of work or knowledge and I am happy to coach anyone on how to keep track of a few details, use some template forms, and create checklists to make sure our events go off without too much trouble. TEAMS can volunteer together.

Officer Reports

Arts and Sciences / Machine: We have two A&S classes this month: Embroidery 101 on Friday Nov 17 at 7 PM (virtual class), taught by HL Jerusha a'Laon. Then Pysanki Eggs at Calle Mayor Middle School (Room #33) in Torrance (in-person) on Sunday Nov 19, at 12 noon, taught by THLady Kiena the Blue. Looking into a second in-person class from Kiena, this time on glass beads. And we still need a few more teachers in 2024. The A&S calendar on the website is up to date.

Chatelaine / Guillem: Need some guidance on the designs that we should use, and then we can create updated new business cards. Updated handout flyers are in the works. Looking to include QR code. Also planning to improve the font for legibility. Newcomer welcome kits being assembled. If anyone has donations for feast gear or other welcome kit products, please contact Guillem. Possibly schedule a newcomer garb sewing event in the new year. Alatiel has some extra linen to donate. At privy council, there was also a QR code that linked to some of the nice SCA intro videos. Could we do that too? Sadhbh to help get/generate QR codes for signs, flyers, etc. The baron of Altavia would be happy to print large signs.

Chronicler / Eilidh: November Tydes published on the first. Let's have more "how I found the SCA" submissions. Arwen is officially allowed now by her work to be the Chronicler. And Arwen will work on prompt questions for this feature.

Constable / Lupus: Still have lost and found from Lyondemere Anniver. And the constable's mace is back in Lyondemere.

Exchequer / Gabriello: Working on the bank account again which went into a black hole and has to be restarted again. Apparently a giant backlog at Corporate. Still in the works. Paid the storage rent personally (for reimbursement). Currently the only signatories are STILL Conchobhar and Tetch. Paperwork is still going to Tetch, but she scans them and sends them to Gabriello.

Herald / Séamus: *proxy report:* I've had one submission from Lyondemere (Yay!) for the December heraldry meeting. And I'm curious if we're holding a Baronial court at Yule? Seamus will also contact the

B&B about Yule. Yule is Redondo Beach site. Also a good site to add to our lists.

Marshal (Armored Combat) / Fearghus: HW practice has been going well, between 4-7 people weekly. Had newcomers, and very interested in the SCA.

Marshal (Rapier Combat) / Sadhbh: Rapier practice is also going well, 4-8 people at practices, out of barony visitors and newcomers. Dreiburgen Anniversary: Caelach won the rapier list! Finals with Gideon of Lyondemere.

Marshal (Archery) / Emma: *proxy report:* Thursday practices are going well. We've regularly have an excellent turnout. Hopefully all the kinks are worked out and we'll be able to shoot royal rounds soon. And if you have any questions, please feel free to ask me.

Social Media / Fedelm: Good so far, things are scheduled for posts. Assuming no practices week of Thanksgiving? Might have practice the Wed before Thanksgiving.

Webwright / Sadhbh: Still good shape, thanks for the latest Tydes and baronial progress information. Please use your new emails. Please send an email from your office addresses.

New Business

Calendar Dates for 2024

Sat, Feb 24, 2024 – Lyondemere Arts and Archery - only 2 council meetings before this event (January and February). Site is reserved. Master Alesone, the baronial A&S champion, is willing to help design the Arts competition at Arts and Archery. We'll also chat with the B&B about their vision for February vs the Anniversary tourney. Possibly "messy art or science" and possibly two-part: Kick-off in February, Wrap-Up at Anniversary. (thank you, Cassandre and Lupus!) Cecelia for Thrown Weapons

Sat, Jun 29, 2024 – Lyondemere Anniversary - Can use Calle Mayor and **we need an Event Steward.**

Sat, Jul 13, 2024 – Coronation (Lyondemere) - Steward is Baroness Arwen. El Segundo Mason's Hall site is reserved! Jamal would like to see it. The B&B would like to see it too. Follow up with contract to get the insurance. Arwen is building up her team of people and details. Some details can only be done after Crown in Spring.

Sun, Jul 14, 2024 – Privy Council (Lyondemere) - site can be Calle Mayor. Gareth will take care of reserving the date.

Sat, Dec 14, 2024 – Lyondemere/Gyldenholt Yule - it will be our turn as hosts, **we need a site and an Event Steward.**

We also have used a Mason hall on the bluff (cute room with a bar, great view), might need to see if we have contacts. See how this year's Yule goes, and maybe we can use the site again. Alatiel wants to encourage people to bring visual arts for Yule, even works in progress.

Upcoming Meetings

On the Caïd Calendar: Sat Dec 2 Yules: Dun Or, Calafia, Wintermist, Dreiburgen. Sat Dec 9 Yules: Gyldenholt/Lyondemere (BP), Altavia, Nordwache. Sat Dec 16 Yule: Starkhafn

Calendar Dates/Bids for 2025 – Submitted or submitting: President's Day Feb 17, 2025 - Arts and Archery Sat Feb 22, Sat Feb 8, or Mar 1; Anniversary June - Saturdays are June 7, 14, 21, 28; Yule - December 6, 13, 20 Fall Crown in 2025 - yes please.

Meeting Adjourned: at 8:18 PM

Next Baronial Council: **NO Meeting in December.**
January 8, 2024 – Hybrid zoom / in-person. Doors will open at 7 PM, meeting will start at 7:30 PM (to avoid New Year's Day).

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 Caid 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.

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-Lyondemere.org

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

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

page 3: Eilidh, Photographer: Cat Ellen

pages 4-5: Photos submitted by Baroness Eowyn, used with her permission

pages 4-5: doodles by Eilidh Swann

page 5: Snail doodle by Baroness Arwen Baird

pages 7-9: Hippocras images sourced in the article

December Calendar of Events

Location Details and Contacts

- **Wed Dec 6** (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 Dec 7** (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 Dec 13** (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 Dec 14** (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 Dec 17** (11 AM-6 PM, open drop-in) **Tri-Barony Scriptorium** - 15508 Piuma Ave. Norwalk CA 90650
- **Tue Dec 19** (7 PM) **Virtual Scribe Night** – email scribesegundo@sca-caid.org for Zoom link
- **Wed Dec 20** (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 Dec 21** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org
- **Tue Dec 26** – Submissions for the January Tydes are due
- **Wed Dec 27** (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 Dec 28** (7-9 PM) **Archery Practice (Weeknights)** - Rancho Park Archery Range, 2551 Motor Ave., Los Angeles, CA 90064. Email archerymarshal.officer@lyondemere.sca-caid.org

The Tydes Wants You!

Your artwork, your articles about research or history, your poetry, your song lyrics, your photos from events... **Your SCA story!** What do you love about the SCA? Please share it with the Barony!

Please send submissions ANY TIME to chronicler.officer@lyondemere.sca-caid.org

November 2023 (AS LVIII)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 26	27	28	29 7:30 Fighter Practice	30 7 PM Archery Practice	Dec 1	2 Wintermist Yule, Winter Arts Calafia, Dreiburgen Yule, Dun Or Yule
3	4	5	6 7:30 Fighter Practice	7 7 PM Archery Practice Hanukkah Starts	8	9 Gyldenholt / Lyondemere Yule (BP), Nordwache Yule, Angels / Altavia Yule (RP)
10	11	12	13 7:30 Fighter Practice	14 7 PM Archery Practice	15	16 Starkhafn Yule
17 11 AM-6 PM Tri-Barony Scriptorium	18	19 7 PM Virtual Scribe Night	20 7:30 Fighter Practice	21 7 PM Archery Practice	22	23
24	25 Christmas	26 December Tydes submissions due	27 7:30 Fighter Practice	28 7 PM Archery Practice	29	30
31	Jan 1 New Year's Day	2	3 7:30 Fighter Practice	4 7 PM Archery Practice	5	6 Coronation / 12th Night (RP, BP)

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