



The Keystone

Incipient Canton of Southtower Newsletter

UACCB 5th Annual Renaissance Faire

Seven members of the Incipient Canton of Southtower traveled to Beebe, AR, for the 5th Annual Renaissance Faire that was to take place at UACCB. The Faire was a demo for the college and was put on by the Incipient Shire of Guardian Forest. The Faire started on Friday night and ended Saturday night. Two of our brave fighters participated in a bridge battle as well as the UACCB Defenders tournament. Our very own Ender was the Dignitary that was to be saved from the Blade Runners during the many battles our fighters bravely fought. Members of Southtower were able to participate in various classes provided by the Incipient Shire of Guardian Forest and UACCB.



Bridge Battle!

April Business Meeting Summary

Much was discussed in April's Business Meeting. Plans were discussed for Barbarian Brawl which included that Lord CuCullin had agreed to recite his own poetry during feast as well as the need for volunteers to help not only teach A&S classes, but to also help out doing various jobs throughout the weekend. Cracked Anvil was also discussed as to if people wanted to volunteer to job shadow as well as helping out with the feast. Gleann Abhann's Live Weapons event was brought up. It was announced that it was a Kingdom event and would take place in Pine Bluff, AR, June 5th through 7th. Not much other information about the event was known at the time of the meeting. The newsletter, *The Keystone*, was also discussed. Members of the Canton suggesting wanting to see other little things, such as "Newbie Corner" and "This Month in History," in the newsletter sometime in the near future. When the meeting was ended, members of the Canton dispersed throughout the library to do further research in documenting the name that they wanted for their SCA persona.



Don Kolar and his service dog, Ceska



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New Business Meeting Location Needed

Twenty members of the Canton attended the Business meeting held at Garland County Library on April 14, 2009. The meeting showed the Canton how much they have recently grown and will likely grow to be bigger. With the growth, a dilemma has occurred. The dilemma is that the Garland County Library meeting rooms are too small to accommodate the Canton and therefore, the meetings, as well as A&S meetings, will need to find a new location to be held at. The Seneschal posted a call to the Populus for help to find a new meeting place. The Seneschal encourages folks to look around Hot Springs for meeting rooms and organizations willing to donate facility time for us to host approximately two meetings a month. Some suggestions that he suggested are as follows:

School of Math, Sciences, and the Arts
Hot Springs Pocket Theater
Community High Schools/College
the open amphitheater in downtown
Parks around Hot Springs
New China Restaurant
Walmarts (I guess the parking lot)

"If you know of a good meeting place, and you know the group/company/organization/business that holds ownership to the building, please let all of us know so we can start talking to these proprietors," informed the Seneschal of the Canton in his post to the Populus on the Southtower Yahoo group.

Where will we meet until a new place is located? The Seneschal stated in his post the following: "For now, we will still meet at the Garland County Library Room C for the rest of the year, I would like to work on finding a new place possibly after Barbarian Brawl to alleviate the stress we are going to go through at the event. Please throw in ideas that you may have and let's work on a solution. This is the populus time to talk and share ideas. Let's work together and please, let's have some fun at the same time. This group is for you, make the best of it."

This Month in History

May 4, 1494 - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 6, 1527 - The Renaissance ended with the Sack of Rome by German troops as part of an ongoing conflict between the Hapsburg Empire and the French Monarchy. German troops killed over 4,000 Romans, imprisoned the Pope, and looted works of art and libraries. An entire year passed before order could be restored in Rome.

May 29, 1453 - The city of Constantinople was captured by the Turks, who renamed it Istanbul. This marked the end of the Byzantine Empire as Istanbul became the capital of the Ottoman Empire.



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Recipe of the Month

Period-Style Almost-White Bread

A recipe for an almost-white bread, attempting to approximate the bread eaten by the well-to-do commoner in the High Middle Ages. The very well-off and royalty would have eaten manchet bread, which was very similar to white breads of today. The malt syrup helps mimic the flavor of ale barm, which was the commonest form of yeast. The wheat germ and whole wheat flour mimic the not-quite-fine texture of the less-expensive flours. (The ice cube treatment is definitely not period, but helps ensure a shatteringly crisp crust.)

SERVES 20

Ingredients

2 cups water
2 tablespoons butter or lard
1 (7 g) packet active dry yeast (2 1/4 tsp)
1/4 cup warm water
1 tablespoon malt syrup
1 teaspoon table salt
1/4-1/3 cup flaked wheat germ
3/4 cup stone ground whole wheat flour
5-6 cups bread flour
1/2 cup ice cube

Directions

1. Put 2 tbsp butter into 2 c water. Microwave until butter melts. Set aside until it cools to lukewarm.
2. Combine yeast, 1/4 c warm water and malt syrup. Set aside until bubbly, 5-10 minutes.
3. Add yeast to water and butter. Stir in salt, wheat germ and whole wheat flour. Add bread flour until you have a soft, cohesive dough. Knead thoroughly (at least 300 strokes), until springy and satiny. Place in an oiled bowl, cover with a cloth, and set in a moderately warm place until doubled in size, 60-90 minutes.
4. Punch dough down, turn out of bowl, and knead 10-15 times. Shape into 20 rolls, 8 small loaves or 4 large loaves. Place on greased baking sheets. Cover with towels and let rise again, about 45 minutes. Meanwhile, preheat oven to 425°F with an empty baking sheet or roasting pan in the bottom of the oven.
5. When risen, place breads in oven, pour ice cubes into hot pan, and quickly close the door. Bake rolls 12-15 minutes, loaves 20-30 minutes -- until crusty, brown, and hollow-sounding when the underside is thumped. If you have a small instant read thermometer, the interior temperature should be 205-210°F when done.

Found at the following website:

RecipeZaar

<http://www.recipezaar.com/Period-Style-Almost-White-Bread-332098>



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Silver Heart School of Defense Rapier Workshop and A&S

Silver Heart School of Defense Rapier Workshop

Thirty-three members of the SCA and guests gathered at Linden Park in Hot Springs, AR, to participate in a workshop run by the teachers of the Silver Heart School of Defense from the Shire of Smythkepe located in Fort Smith on Saturday, April 25. Basic rapier was taught as well as how the school had been formed. Many members of the Canton suited up and participated in drills as well as some practice sparring with members of the Silver Heart School of Defense. Great fun was had by all, especially when the members of the Silver Heart School of Defense put on a brief demo for the members of the Canton who were in attendance. After the workshop, some of the participants migrated to Salsa where food was eaten and great fun was had by all in attendance. The members of the Incipient Canton of Southtower would greatly thank THL Frederick and his fellow teachers of the Silver Heart School of Defense for journeying to Hot Springs to share their knowledge with us.



Practice, Practice, Practice!

Silver Heart School of Defense A&S

For the non-fighters who attended the workshop, A&S classes were presented by Lady Morin and Lady Esa. Classes on rose petal beads and herbs were taught by Lady Morin while Lady Esa shared her wealth of knowledge as well as her many books on sewing and patterns. Food was provided for the group by various participants although it was agreed upon by all that the Mead cookies brought by Ana Boheme Krejcova were going to be brought to Cracked Anvil for feast. Various crafting was done by the ladies and gentlemen who decided not to participate in the fighting and great fun was had by them also. Ram Rub was produced to help aid the aches and pains of our fighters.



Trina and Nif making Rose Petal Beads



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Cracked Anvil XII

Presented by the Shire of Smythkepe

Seafarers of the Middle Ages

May 30, 2009

Franklin County Fairgrounds

Fees:	Early Bird	After May 15
Adult with Feast	\$15	\$17
Child with Feast	\$10	\$12
Adult without Feast	\$7	\$9
Child without Feast	\$2	\$4

Reservations:
Lady Quatarana la Petita
C/O Shire of Smythkepe
P.O. Box 5505
Fort Smith, AR 72913

Age 5 and under Free, Adult non-members add \$3
Per Kingdom Law, no family shall pay for more than 3 adult admission fees.

This is a Dry Site

Take your best route to Interstate 40 at Ozark, Arkansas and take Exit 35
(AR 23 Ozark/Huntsville).

Go South on 23 approx 3 miles to Jct US 64 and turn West (Right)

Follow US 64 approx 7/10 of a mile to 29th Street and turn North (Right)

Continue on 29th St approx ½ mile to site (on the Right)



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Cracked Anvil XII

Activities!

Fighting

Burning Ship Battle (Double Elimination-style) - Light Fighting

Boarding the Ship (Bridge Battle) (Double Elimination-style) - Light Fighting

Smythkepe Defender Tourney - Light Fighting

Youth Rapier Workshop

This Rapier work shop is for youth ages 7 to 16. At least one parent needs to be present for child to be able to participant in the Workshop.

Adult Rapier Class

“So you want to be a Queens Blade?”

This class covers the Queens Blade Charter and history of the Queens Blade.

Ship to Ship Battle - Heavy Fighting

Loot Deck Tourney - Heavy Fighting

Classes

Spanish Travels

Games at Sea

Astrolabes

Waiting for my Ship to Come In

Cordials

What They Ate at Sea

How to Make Flemish Eyes and other Knots

A&S Contest



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Gleann Abhann's Live Weapons Championship

June 5, 6, and 7, 2009

Camp Taloha
Pine Bluff, AR

*The Kingdom Yeoman's Champion Competition and Kingdom Sentry
Champion Competition will be held at this event.*

All entrants into these Tournays will be required to enter or sponsor an entry in the A&S competition to be held at the event. Heraldic display will also be greatly appreciated for those competing.

Fees:

\$16 Adult Weekend
\$9 Child Weekend (ages 6-12)

\$12 Adult Daytrip
\$7 Child Daytrip (ages 6-12)

Children under the age of six not requiring a bed are free.
Add \$6 for Saturday night feast. All other meals included in site fee.
Add \$3 surcharge for non-members.
CASH ONLY AT THE GATE.

As Per Kingdom Law, no family shall pay more than 3 adult prices as long as the children are 15 and under and all are members. This includes 3 bed and feast spaces. For additional feast spaces for children receiving free admission, price is \$6 per child.

Cabin space will be reserved on a first-come first-serve basis.
Tenting space is unlimited.
There's no price difference between camping and cabining.

Reservationist:
Lord Kolskeggr (Chris Finklea)
hobbitsage@yahoo.com
(501) 941-9291 (best to call 5-9pm)

Directions

I-530, exit 39. West on Hwy 79. Right on Hwy 54 (Sulphur Springs Road). Drive 5 miles, take the right fork to Lee Springs Road. Right on Camp Taloha Road.



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The Incipient Canton of Southtower
Presents

Barbarian Brawl

July 24, 25, and 26, 2009

Come partake in the Norman conquest of Southern Italy as we wrest the city of Brindisi from the Byzantines. The Populous of the Incipient Canton of Southtower cordially invite you to Camp Clearfork in Mt. Ida, Arkansas, to celebrate the conquest at this year's Barbarian Brawl!

*Let it be known to all in our fair lands that Barbarian Brawl is fast approaching, and with it many issues decided by heavy combat. Decided at this event shall be: **Brawl edition of the Tournament of Champions qualifier, Baronessa's Protector, and the Small Gray Bear Warlord.***

Be it known that ALL of these matters shall begin in one double elimination tourney, open weapons style. The Baron and Baroness of Small Gray Bear will be viewing this great contest and will select protector and Warlord candidates from the SGB fighters competing. These Baronial candidates will be asked to perform tasks suitable for their stations after the ToC tourney is complete. The top two fighters will have qualified to compete in the ToC.

A regional A&S Competition themed "Fiber and Spice, and Everything Nice!!" will take place.

Fees:

Adult (Cabin/Tent with Feast) \$22	Adult (Cabin/Tent without feast) \$18
Child (Cabin/Tent with Feast) \$15	Child (Cabin /Tent Without Feast) \$13
Day Trip Rate (with Feast)	Day Trip Rate (without Feast)
Adults \$15	Adult \$8
Child (Under 12) \$10	Child (Under 12) \$5

- * \$3 Additional fee for non-members
- * Children under 3 free
- * Camp is fully accessible
- * Max for feast is 100 people
- * Cabin space for 80
- * Tenting space is limited

Please send reservations to:
SCA, Inc., Barony of Small Gray Bear
Attn: Barbarian Brawl Reservation
P.O. Box 21636
Little Rock , AR 72221

Per Kingdom law, no family shall pay higher than 3 adult member prices for admission to an event as long as the children are all under 15 years of age and have current memberships



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Schedule of Events for *Barbarian Brawl*

Friday

5pm– Site Opens
7:30pm-Traveler's Faire
Troll stays open all night!!

Sunday

7:00am– Wake-up Call
7:30am– Breakfast
11:00am- Site Closes

Saturday

6:30 am- Wake-up Call
7:00 am– Breakfast
9:30 am– Armor inspection
10:30 am– Fighting Begins– Heavy and Light Weapons
tournaments and A&S Competition
12:00pm– Fundraiser Lunch
1:00pm- Fighting and Activities continue
6:00pm– Court
7:00pm- Feast
8:30pm– Social and Dance

Feast for *Barbarian Brawl*

1st Remove

Bruschette with meats like hard salami,
genoa salami, proscutto
Cheeses like provolone, mozzarella, feta,
swiss, cheddar, & havaretta
Sauces like Pesto, Olive Oil, Garlic
Fruit spears like apples, pears, grapes

2nd Remove

Shrimp and Scallop stew or Gazapacho (cold to-
mato stew)
Tossed green salad with balsamic vinaigrette
Wheat bread, White bread, Soda Bread

3rd Remove

Pasta with choice of Lati del Carne (meat
sauce) or Alfredo sauce
Garlic Bread
Roast Pork Shoulder with Steamed
Vegetables

4th Remove

Italian Cream Cake
Ice Cream

Menu Subject to change due to availability. Anybody with dietary or allergies please
contact Feastocrat, Lord Daniel (Danny Burnell) at mac_000038@yahoo.com.



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More information on Barbarian Brawl

**Merchants are welcome! Please contact Aneia de Mowbray prior to the event date.
Camp is discreetly wet.**

Autocrat

Lord Anton Fortunio
mka Hector Socias
Ph: 501-321-2564

Merchant Info

Aneia de Mowbray
mka Louise Tribble
Ph: 501-847-5599

Feastocrat

Lord Daniel
mka Danny Burnell
Ph: 501-620-9182

Location: 20 miles west of Hot Springs on U.S. 270.

Directions:

Take US-270. Turn left onto the US-270/US-70 ramp. Keep right at the fork to continue toward US-270 W/US-70 W and merge onto US-270 W/US-70 W. Take the US-270 exit toward Mount Ida. Keep right at the fork to continue toward Albert Pike Rd/US-270 and merge onto Albert Pike Rd/US-270. Turn right at Hiram Smith Trail.



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Upcoming:

- More news on Barbarian Brawl, weekly meetings ahead!
- Notes from May's A&S and Business meetings
- Articles and pictures on Cracked Anvil
- More information on Gleann Abhann's Live Weapons Championship

Please visit us:

Our website:
www.thesouthtower.org

Our Yahoo Group:
http://groups.yahoo.com/group/The_Southtower/

Populus Business Meetings:
2nd Tuesday of the Month at Garland County Library in
Hot Springs, AR

This newsletter was written and edited by:

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