



The Claymore

The Newsletter of the Shire of Misty Highlands, Kingdom of Æthelmearc

A.S. 53, Quarter 2

A Letter from the Seneschal

Greetings to the populace of Shire of Misty Highlands from Arias, Seneschal!

You hold in your hands (or your monitor, as the case may be) the return issue of the Claymore, the newsletter for the Shire of Misty Highlands. I would like to thank Lady Isabetta Simona da Murano for taking on this responsibility as the Shire's newest Chronicler, a post that has been vacant for many years now. While we are a close group in person and online, it's my hope that the Claymore will be a chance to help share information with friends outside the Shire, and for those within to learn more about topics interesting to them.



I am happy to see this newsletter return now, as well. This is just one of many signs of strength I and others have seen in Misty Highlands in recent times. They can be seen by the election of a new collection of people to offices in the Shire, some for the first time, others after a return to the slate. They can be seen in our recent history of running successful events, bringing money into the Shire, allowing us to share our gifts and our hospitality with the known world, and allowing the possibility of building the Shire's collection of regalia. They can be seen in other outside the Shire commenting that they see us as one of the stronger local groups in the region.

Practices continue for heavy fighting and fencing, and Althyngs are on the return thanks to Her Ladyship McKenna. There are many things on the Shire's plate in the coming months, some big, some minor, but all worthy of accomplishment. In June, Vikings in Miklagard, an event that returned from hiatus last year, is back under the capable Autocracy of Her Majesty Juliana. Also on the radar, and awaiting Shire approval is the aforementioned refreshing and updating of the Shire regalia, an update to Shire by-laws, and the possible return of the demo and muster at the Trans-Allegheny Lunatic Asylum.

We have much to be excited about in the Shire, so let us commit to building this energy as the Shire grows and diversifies. I look forward to seeing what our people bring to the table next, and to seeing the Shire thrive, thanks to you, the populace!

Yours in Service,
The Honorable Lord Arias Beltran del Valle, Seneschal

Artisan's Corner

From the desk of our Minister of Arts and Sciences:



The Shire of Misty Highlands has much to be proud of. Fighters who are honorable and spend hours perfecting their craft. Fencers who fight each other with the delicateness of the flowers that bloom on the shire's fields. And lastly, artisans incorporate not only fighters and fencers, but the whole populace of Misty Highlands.

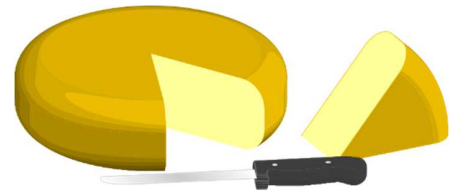
We have people who display their arts with pride and give selflessly to the Kingdom of Æthelmearc. Lord Otto is one who deserves a special mention. He takes leather and molds it into beautiful sheaths for swords, belts, and countless other things. He rarely asks for something in return for his work and spends so much time studying and perfecting his craft. Next, there is His Majesty who even though he has been running a kingdom has been working tirelessly armoring men to defend not only the borders of Æthelmearc, but our cousins to the south. These two men are just two examples of what the Shire has to be proud of. The Shire of Misty Highlands has so much to be proud of and I am honored to be serving as A&S Officer. If anyone has anything that they would like to learn about or how we can grow A&S please email me at a.morris302 at gmail dot com.

Yours in Service,
The Honorable Lady McKenna "Red" Henderson

Bits and Pieces: On Cheesemaking

By: Isabetta Simona da Murano

Cheese, a staple of our modern diet, has been a key part of European diets for at least the past two thousand years. A passage in Homer's *Odyssey* describes a variety of cheeses in the Cyclops's stores. Several hundred years later, Columella included a recipe for cheesemaking in *De Re Rustica*. Another Roman, Pliny the Elder, wrote of a large assortment of cheeses from many diverse sources throughout the Roman Empire in his *The Natural History*. Mentioned are fresh cheeses, goat cheeses, and sheep milk cheeses, as well as herbed cheeses, notably with thyme. Cheese making was already well advanced, as evidenced by the wide variety mentioned. Many of what we would consider "modern cheeses" were first mentioned in the books of the medieval and Renaissance periods.



Cheesemaking is, at its heart, a relatively straightforward process. Milk is heated, and then acidified to cause coagulation. Acidification may be accomplished by adding an acidic substance, such as vinegar or citric juice, or with bacteria and rennet. Of course, before modern germ theory, the mechanism of coagulation was not understood, but nonetheless, the process worked the same as today. Rennet may be obtained through a lamb's, kid's or calf's stomach. Today, rennet may be purchased in a refined form, but period cooks would use the stomach itself. Examples of rennet coagulated cheeses are brie, cheddar, and gouda. Acid coagulated cheeses have a sharper, fresher taste, as they are rarely aged. Queso fresco, a Mexican vinegar coagulated cheese, and Paneer, an Indian lemon juice coagulated cheese, are common examples of acid coagulated, fresh cheeses.

Cheese may be made in a home kitchen relatively easily. All it takes is some time and basic equipment and ingredients that may be obtained through your local supermarket. However, rennet and cultures must be obtained through a cheesemaking supplier or online store. All surfaces

and equipment must be sanitized prior to use by washing with hot soapy water and wiped down with a dilute bleach solution, or alternatively boiled to kill unwanted bacteria.

Recipe for Basic Fresh Cheese:

Equipment:

Large Stock pot, thermometer, metal spatula or whisk, colander, cheesecloth or butter muslin.

Ingredients:

1 gallon Whole Milk, 1 pint Heavy Cream, 1/4 c to 1/3 c Vinegar (Apple Cider or White, may substitute lemon juice), 2 tsp kosher salt, Other herbs as desired.

Heat milk and cream in stock pot over medium heat to 180°F – 190°F, stirring often to prevent scorching. Remove from heat and add 1/4 c vinegar, stirring continuously until milk curdles and solids rise to the top. If milk does not curdle, more vinegar may be needed but no more than 1/3 c total.

Line colander with cheesecloth or butter muslin and pour contents of stock pot into colander. Let drain, then tie corners of cheesecloth and hang for 2 hours. Move bag to a cheese mold or small colander, and place weights on top. Refrigerate 6-7 hrs. Remove from bag and add salt and any herbs, if desired. Mix well and divide into smaller cheeses as wanted.

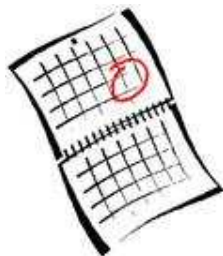
Artisans Wanted!

Have you been working on a big project? Starting something new that you'd like feedback on? We'd like to hear from you! Bits and Pieces will be a regular feature of The Claymore and will feature a different A&S project from the populace each issue. Email isabetta.sdm@gmail.com for more information!

Upcoming Events

Vikings in Miklagard – June 2

Come join the Shire for another round of fun Viking games at Vikings in Miklagard on June 2, 2018 at Chestnut Ridge Park. The site will open at 9am and closes at 8pm. There will our infamous Viking breakaway shield tourney along with ice flow battles for both heavy and rapier, an all-day sideboard by THL McKenna, thrown weapons, and once again feats of strength to prove your mettle! Did someone say “Viking Deed?” More information may be found at <http://aethelmearc.org/event/vikings-in-miklagard/>



Known World Heralds and Scribes comes to BMDL! – June 8-10

Attention all practitioners of the Scribal and Heraldic arts! Known World Heralds and Scribes Symposium will be located practically in our back yard this year. A full day of classes will be held at Pittsburgh Marriott North on June 9. Events begin Friday evening, June 8, and conclude Sunday at noon, June 10. Please note: Preregistration deadline is May 31st. More information may be found at: <http://aethelmearc.org/event/known-world-heralds-and-scribes-symposium/>

Trans Allegheny Lunatic Asylum Muster – June 30

You're not crazy, we're going back to the asylum! The Shire of Misty Highlands will once again host the army of Æthelwald in a Muster at the Asylum. The date is set for June 30 and will include plenty of fighting to prepare for the great Pennsic War in a few short months. Site will open at 10 with activities to follow shortly after. More details to come!

Announcements

Shire Business meetings occur the second Sunday of each month at 4pm at the Elks Lodge in Morgantown, WV (1138 Chestnut Ridge Rd, Morgantown, WV).

Fighter Practice is each Sunday at 4pm at the Elks Morgantown unless otherwise noted – please watch the Misty Highlands Facebook page for updates. Additional midweek fighter practice is in the works – a Fairmont or Clarksburg site is desired. For more information, please contact our Knight Marshal, Lord Oláf Steinabjór at hdp247@hotmail.com.

Rapier Practice is each Sunday at 1pm at the Elks Morgantown, subject to change. Please watch the Misty Highlands Facebook page for updates. For more information, please contact our Fencing Marshal, Lord Ragnarr Gunnolfsson at wes_stump1996@yahoo.com.

The deadline for Newsletter submissions for the Q3 2018 edition of The Claymore is June 30, 2018. Questions, suggestions, or submissions may be emailed to isabetta.sdm@gmail.com.

Do you have pictures or artwork you'd like to share? Want to write an article that the entire Shire will see? We need pictures and artwork not only for the Claymore, but also for the website! Contact the isabetta.sdm@gmail.com for more information.

Shire of Misty Highlands Facebook group may be found at: <https://www.facebook.com/groups/185926754780840/>

Coming Soon!

Next edition will premiere a new feature: “Misty Highlander of the Month”! Interviews with local notable personalities. If you have a suggestion for an interview, please email isabetta.sdm@gmail.com

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