

The Fencer's, Dancer's, and Bearbaiter's Quarterly

The Newsletter of the Trayn'd Bandes in North America

Vol. V, no. 4.

'Ever But in Times of Need At Hand'

October 1997

Greetings from the Trayn'd Bandes of London, a federation of living history groups for the period 1585-1645, distinguished by their pursuit of both civilian and military activities, cultivation of first-person interpretation, and fanatical devotion to historically accurate mayhem.

The constituent groups are Gardener's Company (centered in Virginia-Maryland), the Tabard Inn Society (centered in Ontario-Michigan), and the Westminster Trayn'd Bandes (centered in Texas).

The FDBBQ is published quarterly in hardcopy and electronic formats, each issue by one of the TBL's constituent groups:

1 January	TBL
1 April	WTB
1 July	TIS
1 October	Gardeners

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[http://www-
personal.umich.edu/~jsingman/bandes.html](http://www-personal.umich.edu/~jsingman/bandes.html)

Upcoming Events

['Major' Events are the most important in the calendar, and everyone is strongly encouraged to try to make it to as many of these as they reasonably can. 'Regional' Events are smaller events which people are

encouraged to attend if they are close enough to make it over a normal weekend (say, a 5-hour drive or less). 'Local' Events are very small events which people are encouraged to attend only if the journey would take less than an hour.]

Dec 20, 1997: Charlottesville, VA. Elizabethan evening. Feasting, dancing and revelry. Regional. Contact Jeff Morgan.

Spring 1998: Ethel, Ontario. Shapwick Whitsun Muster and Ale. An authentic festival in the remote village of Shapwick during the English Civil War. Major. Contact TIS.

August 1998: New Castle, PA. Eighth annual Trained Bands Elizabethan encampment at the Pennsic Wars. Major. Contact Jeff Morgan.

Fall 1998: Shapwick Michaelmas Fair and Muster. A harvest festival in the Oxfordshire village of Shapwick during the English Civil War. Major. Contact TIS.

The Tabard Inn Society holds its weekly meetings in Toronto on Wednesday evenings.

The Westminster Trayn'd Bandes hold a monthly meeting on the first Monday of each month.

Gardener's Update - Part I

Jeff Morgan

On the July 4th weekend a number of stalwart members of Gardeners company gathered together in Charlottesville VA for a project weekend. The goal was to produce oaken benches for Pennsic and to that end we succeeded admirably. After two furious

days (Friday and Saturday) of activity we had essentially completed 17 benches including one double wide know affectionately as the "love bench". Total cost came in at under 20\$ per bench, which was remarkable considering we managed to break a blade or two. In addition to the wood working party, a sewing group assembled and produced a canvas bag for each bench among other things.

On that Sunday we mustered for the first annual Gardeners regatta and reenactment of the battle of the Spanish Armada. We managed to put fifteen vessels in the water and in the course of four very intense hours tested most of the theories surrounding the trek of the Armada. Conclusions were; The crescent formation is a tough one to beat. Boarding is the best way to take a vessel. Having sufficient ammunition and food is critical. A vessel which runs aground is essentially helpless. Didn't try the fire ships. Maybe next year.

Gardener's Update - Part II

Victoria Dye

The fine summer months were busy for Gardiners Company. We had a very productive bench workshop at Geoffrey and Grace's in July. Grace designed several benches based on period works. The crew produced over 20 benches which can be seen gracing our encampments. In addition we can finally offer plenty of seating to our guests! The group also produced a multitude of small banners to cheer our fine men on in battle.

Several members attended a demo in August at the Walters Art Gallery in Baltimore organized by Giacomo. Gardiners company specifically showed off their prowess with the bunged rapier provided by Jeffrey Singman. We had a great time with them! Thanks Jeff!

The remainder of August was of course spent at Pennsic. The Trayned Bandes had their traditional encampment at Willow Point. We had over 30 campers from all three groups. The group was constantly busy. Patience brought all her cool (flash) hat stuff and provided an impromptu hat workshop. Thanks! Grace was constantly dying something. She had an impressive array of colors when she was done. Mrs. Miggins Pie Shop appeared once again with mayhem and unique cooking. And Mrs. Miggins, Master Bedingfield IS a married man. There was plenty of period cooking. Eleanor provided a fine feast for about 40 of the company and their guests. The scene on the water was quite picturesque. Thursday evening provided fine weather this year so the open party was a pleasant success. Finally, the company impressed the fine ladies of Pennsic by marching around several times. And the Sergeant once again showed his prowess with the halberd by summoning a grand thunderstorm. All in all Pennsic was flash!

In September several members attended the English Civil War event in Staunton. They showed the English how to really fight with a spear!

Upcoming events include a casting workshop at Chris' (T-bones) on November 21 & 22. They plan on starting Friday evening. Let him know if you're coming and what projects you intend on working on. I'm also trying to put together small groups to work on their persona's. The first workshop is in November at Giacomo's. A few of us are going to see what works best! I'll be planning another workshop for those not involved with this first one. We're also hoping to plan a trip to the Cloisters Museum in New York sometime in January. If any of you Northerners are interested let me know! Finally we're looking into a period evening in Charlottesville in December or January. Let me know what's up and what you're doing!

Post Pennsic notes

Victoria Dye

Overall Camp Chores:

Water run is to fill up shower bags, need 2 people, do twice a day am and pm
 Potable water will be bought on shopping run estimate 30 gallons for the week
 Flag duty ok, one person am and pm
 Camp tidy patrol-make sure it's someone who knows where things are and has a clue
 Trash run ok, one person am and pm.
 Camp fee of \$10 per person for the week was barely enough. Will not cover a willow tree.

Food Plan chores:

Ice run needs two people once a day, check the food coolers to see how much is needed
 Thursday and Friday will need more bags-about 4 extra each day to fill up tubs for beer.

Cook one per meal ok, except Sandy needs 1-2 helpers.

Cleanup crew 2 per meal, except Friday about 5 people-one to clear tables, one to wash, one to dry, one to put away and one floating helper.

Drink coolers one person is adequate to keep them full.

Need fire tender for Sandy on Friday.

Need someone to oversee setting up tables, arranging guests, supplying feast gear, and putting out drinks for period evening dinner, Friday.

Fee of \$5 per person per day on plan was enough money.

Other thoughts:

Bulletin Board to post days activities and schedule.

Better orientation for people when we get there.

Overall kitchen organization person-tells where stuff goes.

Armor tent

Coal fire

Extra feast gear for guests

Water filter

Better shower pulley system

Weedeater

Funds:

Camp stuff, stakes, hose, misc. supplies-\$60

Beer for parties-\$110- 3 cases of Sam

Adams, 1 case of Killians, and 1 case of

Wine Coolers -- about 1 dozen bottles left over-Sam Adams and Killians.

Firewood \$30

Drink Coolers \$44

Food Plan All money spent on food, ice and water.

\$30 left over from general camp fund.

Battle of Worcester

David R. Martinez

After a two year wait, the experience from Stanton was brought back as Parliament faced the Royalists in the Battle of Worcester. Gardiner's Company was well represented as pike and shot rallied together for one of the largest English Civil War events to be held in the US. Familiar members of the Tower Hamlets in England were on hand to share their experiences of battles held in their homeland. And Alexander and Katherine Mulford braved the long journey from Canada to welcome us with their pleasant company.

The battle offered plenty of variety for all those in attendance. A Scottish held stronghold was erected complete with towers and battlements. Each side boasted cannon and cavalry, enhancing the experience for all. Why even young Percy was seen bearing his pike in support of Goodman Gamble, who had joined the ranks

to lead the pike through the tower walls.

This led to much rejoicing in the evening as tales of the day's battles were told and songs were sung.

During the day, the troops bravely faced the trials of shopping as the merchants on hand offered a fine array of goods. Yards of fine wools were purchased with intentions of new winter clothing. But no finer apparel was on hand than our own Master Cade who sported both a new Elizabethan buff coat and a new musket. Although we do wonder as to how fine a target Jeffrey will make as the shot may see him a mile away in his brilliant yellow.

Nancy Cox provided us a fine evening meal; assisted by Victoria and fine pies from Kathryn, everyone had full bellies and glad hearts throughout the event. Nathaniel even brought forth talents learned from his youth, to support a camp fire for all to enjoy. With Captain Trent and his lovely wife Jenny on hand to preside over the evening, all contributed towards a well equipped encampment. Plenty of merriment followed as members of the Blackwell's Regiment came to visit. Yet, Edwin failed to heed warnings and fell victim to the wanton ways of the Scottish lasses, and paid dearly the next day.

Everyone agreed that it was a fine event, and a good opportunity to participate in a larger company of both pike and shot. Perhaps this may lead to Gardiner's Company crossing the great Atlantic for an event on English soil.

The Tabard Inn Society: Michaelmas at Shapwick, 1643

Jeffrey L. Singman

On October 3-6 the TIS held its annual Whitsun event at the Shapwick site, at last inaugurating the newly-completed ale-

hovel. The event was attended by about a dozen and a half people in all, including a now unshaven Luke Knowlton, who flew up from Connecticut, and Hunter Drake, who undertook a perilous 11-hour Odyssey from Pennsylvania.

Luke Knowlton, casualty of war.

The weather was unseasonably hot, courtesy of El Nino, and a brief rain shower proved that the villagers had been a bit premature in trusting to the water-repellent properties of the alehouse, but a leaking roof failed to dampen the spirits of the revelers. Saturday evening's merriment was particularly hearty, and the villagers once again demonstrated their hearty love of good song and disreputable company.

Constable-to-be Bentley winning the hearts of the Shapwick electorate.

Featured was a traditional country wedding for Andrew Bentley [Dave Stoyles] and Joan Banwell [Nancy Crozier], with a real priest imported for the occasion; there was also the usual Michaelmas mayhem, including a fair, the payment of hearthpenny, and a particularly incendiary Kern Molly.

Constable-to-be Bentley gains first-hand knowledge of the legal system.

The villagers eagerly exercised their traditional franchise, choosing Andrew Bentley as their Constable for the upcoming year; Bentley, who had to be released from the stocks to take up his new authority, promptly went on a rampage of totalitarian excess that reassured villagers of the ongoing health of law and order in their community.

Newly elected Constable Bentley impresses his bride with the manacles of authority.

In the upcoming months, the TIS will be putting the finishing touches on the alehouse --notably ensuring a better seal on the roof-- and enjoying the fruits of their labor at this newly built cottage in the country. The building has turned out quite nicely--the smoke hood draws very well when the fire is properly tended, and the brick- and stone-lined hearth radiates enough heat to keep the hovel quite warm--not to mention its aesthetic appeal. The building has greatly added to the appeal of the site--we are looking forward to enjoying it in the upcoming years, and hope others will come to partake of Shapwick's hospitality.

A few brief notes on the wearing of the sword on the right hip

Christopher Cox

These are a few brief notes about the wearing of the sword by people of the left handed persuasion. Having come across these items, I thought that there would be number of folks out there who might be interested, if for no more good reason than to make the good sergeant exercise his command of the arcane science of maneuver upon the battlefield.

There are a number of woodcuts in Derricke's "The Image of Ireland", published in 1581, that portray a some people wearing their words to the right. (A good source for these woodcuts is Osprey # 256, "The Irish Wars 1485-1603", by Ian Heath.) For the most part, these are Irishman, but there is at least one Englishman - an officer it appears - wearing his sword on the right. These images can not be mere reversals of the woodcut/print, either by design or fault, as these individuals are seen in the presence of

the typical right handed swordsmen who wear their swords to the left. Further, the rest of the details show others, such as the demi-lancers and musicians, using their tools in a common right-handed fashion. In addition to the left handed sword usage, there are a large number of left handed calivers. Some of the calivermen have their flasks set for the normal right-handed loading methods (flask on the right) and some for a left-handed loading (flask at back cocked to the left). It should be pointed out that extant left handed firearms are not unknown from the period, though definitely not as common as the right-handed variety. Another source is A.V.B. Norman's book, *The Rapier and Smallsword 1460 - 1820*, which has a few brief notes on left handed sword use. In the largest passage, Norman points out that Sir John Smithe, in his *Instructions, Observations and Orders Mylitarie*, London 1595, p 11. says to put the left handed swords man on the right of the line.

Finally, I will point out some examples of Spanish origin. Thought a little later in period (ca. 1650), two of the armours of King Philip IV include rapiers on left-handed carriers. The source for this material is the guide *Spanish Arms and Armour*, by A. F. Calvert, published in 1907. A survey of the plates in the book reveals that only four plates in the book show swords mounted to the right, and two of these depict King Philip IV's armour. It is unlikely that the plates were reversed. These two are also the only sets from that reign mounted with swords, possibly indicating that Philip was left handed. A more detailed research into that King's life may confirm or refute this, however.

In closing, it would appear that the left handed use and wearing of swords did occur, and that their accommodation in the battle formations was acknowledged.

Of Cookery

Sandy Toscano

Following are the recipes I keep promising folks. These have shown up at various Mouseholes and Pennsics.

Title: Oat Farls
Categories: Breads, Medieval
Yield: 12 servings

2 c Rolled Oats
2 1/2 c Unbleached flour, sifted
1 1/4 c Buttermilk
1 t Salt
1 c Buttermilk
1 t Baking soda

The day before serving, mix the oats with 1 1/4 cups buttermilk. Cover with plastic wrap or a plate and let stand overnight at room temperature.

Preheat oven to 350°. Lightly grease a baking sheet and set aside. Stir together the flour, salt, and baking soda. Add more buttermilk if necessary. Shape dough into a flattened circle about 1 inch thick. With a sharp knife, cut the dough into quarters. Place each farl or quarter on the prepared baking sheet and bake for about 40 minutes or until browned. Or use a floured glass or biscuit cutter to yield 12 biscuits.

Source: From Celtic Hearths

Title: Capon in Milk and Honey
Categories: Medieval, Poultry
Yield: 4 servings

4 ea. Boneless Chicken Breast
3 t Parsley
1/2 c Flour
1/4 ts Sage
1/2 ts Salt

1 ts Hyssop
 1/8 ts Pepper
 1/2 ts Savory
 3 t Oil
 1/4 ts Saffron
 3 c Milk
 1/2 ts Salt
 1/3 c Honey
 1/8 ts Pepper

Dredge fowl in flour mixed with salt and pepper. Brown pieces in oil in a large heavy saucepan until golden on both sides. Combine milk, honey, herbs, salt and pepper in a bowl. Pour liquid over browned fowl in saucepan, stirring to combine drippings with the sauce. Cover and simmer about 20 minutes or until fowl is tender. Check seasoning. Serves 4-6.

Source: To the King's Taste

Title: Turnip and Parsnip Soup
 Categories: Medieval, Soups
 Yield: 4 servings

1 c Turnips, diced
 1 c Heavy cream
 1/2 c Parsnips, diced
 3 ea. Egg yolks
 2 1/2 c Beef broth
 1/2 ts Salt
 1/2 c Coarsely ground almonds
 1 T Lemon juice

Gently boil the turnips and parsnips in the broth until the vegetables are soft, about 12 minutes. Stir in the almonds and heat for 3 minutes.

Mix the yolks and salt with the cream; add the lemon juice; pour 1/2 C hot soup into the egg mixture, stirring well. Then slowly pour this mixture into the soup. Stir well. Heat 2 or 3 minutes and serve warm. Serves 4 large bowls.

Note: I leave out the almonds. I also whiz it in a food processor before serving. I usually substitute vegetable broth for the beef broth when I'm concerned about serving vegetarians. Also, I tried using half and half to reduce calories/cholesterol. Didn't turn out as well.

Source: Fabulous Feasts

Title: English Cottage Loaf
 Categories: Medieval, Breads
 Yield: 2 loaves

2 T Honey
 3 3/4 c Whole Wheat Flour
 1/2 c Warm Water
 1 T Salt (or less)
 1 1/2 T Dry Yeast
 1 1/4 c Warm Water

Stir honey and water (1/2 C) together. Mix in yeast and let stand a few minutes until foamy. In a bowl mix flour, salt yeast together. Slowly add 1 1/4 C of warm water until the dough is loose and sticky. Grease the 'loaf pots' and add dough. Let it rise about 45 minutes. Bake 50 minutes at 400°. Remove from pot and cool. Makes two loaves.

Title: Cinnamon Squares
 Categories: Medieval, Cookies
 Yield: 48 servings

1/2 c Butter
 2 c Sifted all-purpose flour
 1/2 c Margarine
 1 1/2 T Cinnamon
 1 c Sugar
 1 ts Salt
 1 ea. Egg, separated
 1 1/2 c Nuts, chopped

Preheat oven to 325°F. Grease and flour a 15 1/2 x 10 1/2 x 1 inch pan. Cream the butter, margarine, and sugar. Add the egg

yolk and sifted dry ingredients. Press the batter into the prepared pan. Beat the egg white until foamy and spread it sparingly over the batter. Press on the nuts.

Bake at 325° for 30 minutes. Cut into square while still hot. Makes 48 cookies.

Source: Williamsburg Cookbook

TBL Publications: Current Projects

Jeffrey L. Singman

The principal current work is *The Goodfellowes Academie*, a collection of Elizabethan songs, games, dances, and other material in a period-looking booklet for use at events. The text will be accompanied by a modern book of historical notes, and there are also plans to produce a CD of computer-generated music to assist people in learning the tunes. The entire project should be finished by summer 1998; the first copies of the period book itself may be out by the end of this year.

Also in the works is a study of military music in our period, covering both the drum and fife. A draft version of this is already out, and available to interested TBL members. This text will probably be finalized in 1998 or 1999.

Further down the road there are plans for a booklet on children in the Elizabethan period, with games, patterns, and other concrete ideas to help include children at events (which will doubtless become increasingly an issue as more of us settle down!); other ideas include a pamphlet on martial sports (fencing etc.), and on games.

New ideas and perspectives are always welcome in these undertakings: if you are interested in getting involved in one of these projects, or have an idea of your own, please get in touch!

Notices

Gardiner's Co. has acquired a wonderful drum. Measuring nearly 2'x2', with reddish wood sides, wooden rims and rope tensioners, it is close in aspect to those seen in various woodcuts and artworks of the period. Manly men those Elizabethans, for it is has proved formidable to Gardiner's novice drummer, who has ordered a more manageable (and transportable) drum from England. Wishing to keep the drum within the Banes, several good gentles have offered to donate funds to offset its wonderful cost. The drum will stay with Gardiner's for the time being; should any reader know of a truly manly drummer with a desire for a great mucking drum, please contact Gardiner's.