



THE CLARION



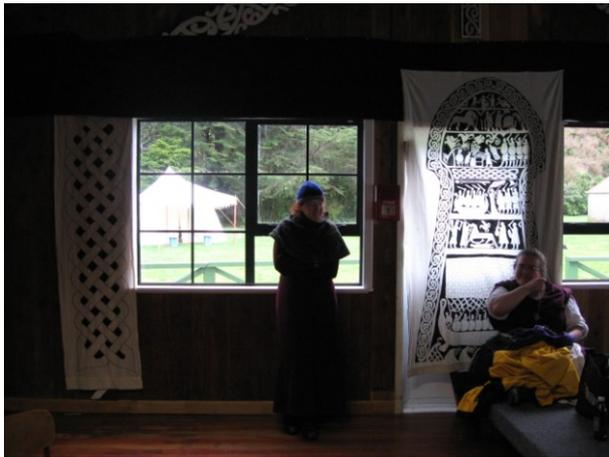
Darton Anniversary AS XLIII

The newsletter of the Shire of Darton, of the Kingdom of Lochac, October AX XLIII (2008)

"Cum tibi sint nati nec opes, tunc artibus illos instrue, quo possint inopem defendere vitam."

"When you have children rather than riches, instruct them in the arts, so that they may be able to live a life without riches."

Disticha Catonis, Book 1-28 from the Liber Catonis (3th-4th C. AD)





Darton Anniversary AS XLIII (2008) "A Viking Thing" Meal Plan
Based upon the following research:

<http://darton.sca.org.nz/d.php/9th+through+12th+Century+Norse+Food+v1-1+June+2004.pdf>

Friday Dinner

Fried Fish
Meat Stew
Vegetable Stew
Stewed Fruit
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar

Saturday Breakfast

Oatmeal Gruel
Fried Pork
Fried Eggs
Vegetable Stew
Stewed Fruit
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar

Saturday Lunch

Oatcakes,
Meat Stew
Vegetable Stew
Stewed Fruit
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar

Saturday Feast

Meat Stews
Roast Meats
Vegetable Stews
Stewed Fruits
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar

Sunday Breakfast

Oatmeal Gruel
Fried Pork
Fried Eggs
Vegetable Stew
Stewed Fruit
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar

Sunday Lunch

Oatcakes
Roast Meat Stew
Fried Vegetable Stew
Stewed Fruit
Barley & Whole Wheat Bread
Cheese
Dried Fruit
Butter
Honey
Beer
Mead
Tea
Coffee
Milk
Sugar



Regular Meetings

ARTS and Sciences Meetings.
Wednesday 7pm-9.30pm. All welcome.
Contact Lord William de Wyk (Alisdair)
at silver@where.else.net.nz for details.

DARTON Council Meetings. Held at
the arts and sciences meeting from
7pm, normally every first Wednesday
of the month. All Welcome. Contact Fru
Marienna on (04)9760220 for details.

HEAVY Fighter Practice and Rapier
Practice. Thursday 7pm-9.30pm.
Fighter's practice is currently being
held in conjunction with the pre-incipient
college of St Emygdius fighter practice and
rapier practice, , at the dance studio of the
Kelburn College of Education. All welcome.
Contact Sir Asbjorn on (04)9760220 for details.

Darton Council Minutes

Minutes are available on the Darton website:
www.darton.sca.org.nz

Regnum

Contact details are available on the Darton
website:
www.darton.sca.org.nz

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