

Seasons

#5 Spring A.S. LVII (2023)





Greetings from the Seasons Editor

Greetings to All!

This is the fifth quarterly issue of the resurrected Seasons, released in the Spring of A.S. LVII, covering activities and achievements from the Winter and announcing upcoming Spring events and activities.

My staff and I hope you are enjoying this supplement, and will want to continue down-

loading and reading it as we go forward. We also hope you will want to help it continue by submitting articles, information, and artwork for publication.

It remains our hope to be able to celebrate some of the great and positive things being done in our Kingdom that Popular Chivalry simply doesn't usually have room for, and we hope to be reporting on large events, on Peerage elevations, on winners of large tournaments and competitions (including Crown Lyst, MCA, and Kingdom Arts & Sciences), and on other matters of interest to the Populace!

Please help us to make this possible!!

In continuing Service....
Meistres Bronwen o Gydweli
Seasons Editor

Upcoming Events This Spring Season

According to the Kingdom Calendar at the time of this publication, the following Events and Virtual Gatherings will be held (in the stated formats) during the Spring of A.S. LVII (2023):

- ◆ **Spring Coronation** (Live) March 31st-April 2nd (Thorngill & Okebourne Keep)
- ◆ **Fool's War** (Live) April 6th-9th (Tir Briste)
- ◆ **Iris Faire** (Live) April 14th-16th (Glaedenfeld)
- ◆ **Newcomers Collegium** (Live) April 15th (Owl's Nest)
- ◆ **Dreamstone** (Live) April 21st-23rd (Bryn Madoc)
- ◆ **Black Axe** (Live) May 5th-7th (Iron Mountain)
- ◆ **Golden Lily Hosts Saltare** (Live) May 19th-21st (Beau Fort)
- ◆ **Artsy Crown** (Live) May 26th-30th (Thor's Mountain)
- ◆ **Giants Dance** (Live) June 9th-11th (Nant-Y-Derwyddon)

TUESDAY NIGHT SOCIALS continue to be held and hosted by Mistress Ellen de Lacey on ZOOM at 7:00pm CST. These also feature **Classes, Guild Meetings, Pennon Decision Meetings, and Lambent Internal Commenting and Teaching Sessions.**

FRIDAY NIGHT BARDIC continues to be hosted on ZOOM at 9:30pm EST, and they have also posted a rather extensive calendar of Bardic Activities and Classes — to be seen at the Friday Night Bardic group on Facebook.



Winter Event Highlights

We are pleased to say that during the Winter of A.S. LVI & LVII the following events on the Meridian Kingdom Calendar were hosted and enjoyed:

◆ **Twelfth Night** (Live) Bryn Madoc — January 7th

Held as a FREE 1-day event at St. Gregory the Great Episcopal Church in Athens, GA, this was a fun gathering with Fighting, Fencing, Dance, a Live Music Practice, a Fiber Solar, a Scriptorium, Classes, an A&S

Competition (Best Representation of Birds), and a Potluck Feast. Fun for one and all!!

◆ **Panhandle Skirmishes** (Live) Trimaris — January 13th-15th

This event was hosted, as usual, at Compass Lakes in the Hills in Alford, Florida, and featured lots of wonderful fighting. The event offered both Rattan and Rapier battle scenarios, including Combat Archery, Siege Weapons, and Melees for authorizations in Ranged Combat. They also had a Live Weapons (Archery and Thrown Weapons) range and a Clout Shoot, Revelry, and a Potluck Feast. Compass Lakes is a Cabin and Camping site with RV hook-ups, and so pretty comfortable year-round. Good Fun for Meridies, Trimaris, and all who attended.

◆ **Wing Ding** (Live) South Reach — January 14th

This event went well, and despite earlier threats of inclement weather (threatened snow and freezing temperatures), Wing Ding was great! Wonderful classes/teachers, great fighting - heavy and rapier. Scriptorium was popular. Wings and desserts were a hit, and the promised cool site token was a USB drive with all of the classes on it. They didn't have any snow at all, and at Court the Crown presented a Laurel Writ to **Omokehindegbebon of the Opo, known as Kehinde**. Congratulations to Kehinde, and to Meridies on soon gaining a new Laurel.

◆ **Menhir** (Live) Rising Stone — January 21st

Held at Ward Agricultural Center in Lebanon, TN, this was reportedly a great 1-day Collegium Event with hands-on A&S Classes and Heraldic Consultation. They also ran archery on a parking lot, which worked much better than expected, and had lots of volunteer help with this aspect of the event. The SCA loves volunteers!!

◆ **Fighters Collegium/Meridian War College** (Live) Meridies — January 27th-29th

Held at Dalwhinnie Fields in Marion, AL, this Kingdom Level event featured Fighting Classes and Drills (for both Tourney and War fighting), Revelry and Feasting, and was apparently lots of fun for our fighters and for others as well. Dalwhinnie is a mostly Camping site, and weather predictions were for highs in the 50s and low 60s and lows in the 30s, so campers did have to prepare for chilly nights. However, we hear everyone had fun and cold weather makes for great campfires, right?

◆ **Midwinter Arts & Sciences** (Live) South Downs — February 4th

Held as a 1-day event at the University of West Georgia (Pafford Building) in Carrollton, GA, this was an A&S Faire where numerous artisans entered and displayed their artistic, creative and research projects. This event did not feature a Feast, but it was held in warm surroundings and

allowed for quite a lot of socializing and art appreciation. The Kingdom Bard **THL Min Soo Yun** and Poet Laureate **THL Idris ibn Tariq al-magribi** were also selected at this event, and a Laurel writ was presented to **THLady Inan bint Sufian**, and great fun was had by all.

•**Black Gryphon** (Live) Thor's Mountain — February 10th-12th

This year the Barony invited us Fall Creek Falls State Park in Pikeville, TN (a Cabin Site) to travel back to Renaissance Italy for a weekend of sordid, salacious scandals in the form of Black Gryphon 2023: Mysteries, Mayhem...Murder? This collegium event promised to include an additional mystery, with clues to find throughout the weekend, alongside classes with a focus on Renaissance-era havoc -- and a Feast. Fun, fun, fun! According to the staff, it turned out to be a small, understated event, but it was great fun with wonderful teachers and classes and an amazing feast!

•**Knights Gambit** (Live) Thorngill—February 10th-12th

Hosted at Dalwhinnie Fields, this Fighting Event offered, in addition to lots of fighting, a limited number of bunks on site (20) as well as Camping, and a Feast limited to 80 people on Saturday Night. We understand there was a good turnout, and hear the Gaming Hall was open “into the wee hours”, that the feast was excellent, and that while the rain came (and came, and came) and the field was so muddy they had to relocate, the fighters still armored up and gave a great display of their prowess and honor! Congratulations to **Brennan Rennel** for taking home the signed rattan staff.

•**Meridian Challenge of Arms** (Live) Meridies—February 24th-26th

A Kingdom Level Rapier Event, MCA was scheduled to be held this year at Fort Gaines, on Dauphin Island, AL, and to be ably hosted by the Barony of the Osprey. As a Kingdom Level Rapier Event, this was to have featured numerous excellent Tourneys, in periodesque surroundings, and the Kingdom Rapier Championship would have been determined. We expected to congratulate the winner, and the rest of our skilled and flamboyant rapier fighters on their skill and enthusiasm, but on the day when the event was scheduled to begin an announcement was posted to Facebook stating that the event had been cancelled. We had not discovered, at deadline, why this occurred, but will be watch8ing to see if MCA is rescheduled later in the year.

Still On The March Calendar

***GULF WARS** is preparing to start up again at the time of this publication, and will be running from March 11th-19th, hosted by the Kingdom of Gleann Abhann. We're absolutely certain that everyone who can manage to attend will soon be down there at King's Arrow Ranch having a wonderful time! Gulf Wars is known for entertaining weather, so be sure to pack for all contingencies, and to be ready for some awesome fighting. The site has new owners, so some changes are probably to be expected, but it's GULF WARS, right? RIGHT!!!



Guilding the Lily?

So what are the Meridian Guilds, and what are those Guilds doing these days?

The Kingdom of Meridies presently has a number of active Guilds, including the: Scribal Guild, Courtesans Guild, Saltare (Dance Guild), Arachne's Web (Lace Guild), Gaming Guild, Iron Bow Guild, Painters Guild, Herbal Guild, Grand Chefs Guild, Minstrels Guild, Coursing Guild (Greyhounds), Equestrian Guild, and Foresters Guild — and possibly others.

Arachne's Web—Lace Guild

<http://facebook.com/groups/434953093257836/>

Coursing Guild

<https://www.facebook.com/groups/23606595926266/>

Courtesans Guild of Meridies

<https://courtesansofmeridies.wordpress.com/>

The Meridian Embroidery Guild

<https://www.facebook.com/groups/414381975319839>

Gaming Guild

https://www.facebook.com/groups/889784304857628/?ref=share_group_link

Grand Chefs of Meridies

<https://grandchefs.meridies.org/>

Herbal Guild of Meridies

<https://sites.google.com/site/scameridianherbalists/>

Ironbow Guild

<https://ironbow.meridies.org/>

Historic Martial Arts Guild

<https://hma.meridies.org/>

Meridian Moneyers

<https://m.facebook.com/groups/MeridianMoneyers/>

Minstrels Guild

<https://www.facebook.com/groups/meridianminstrelsguild>

Painters' Guild of Meridies

<https://www.facebook.com/groups/918601828202930/>

Royal Foresters of Meridies

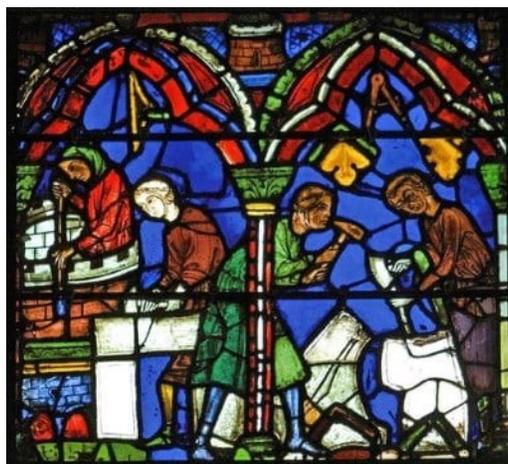
<https://www.facebook.com/groups/MeridiesForesters/>

Saltare—Meridian Dance Guild

<https://www.facebook.com/groups/414381975319839>

Scribal Guild of Meridies

<https://www.facebook.com/groups/382341241966024/>



*Tradesmen Window
Chartres Cathedral 13th Century*

The Meridian Herbal Guild has recently been meeting fairly regularly on Tuesday nights in conjunction with the Tuesday Night Socials on Zoom, so if you have an interest in herbs, their cultivation and their uses, you might consider checking in on some of these and meeting some of the other members.

We will gladly mention meeting schedules for other guilds here also, on request!

Spring in the Garden

Written by Lady Laurencia inghean ui Nuillain

Spring in The Garden 2023

It's that time, again, Meridies! Between the time of this writing and the next, you'll be planning and beginning your Spring gardens! This year, we're going to talk about ways to arrange your garden that will make gardening easier, more fun, historically accurate, and much less hassle! (You're welcome!)



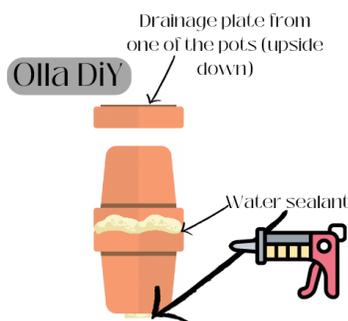
WOODCUT FROM THE TITLE-PAGE OF THE "GRETE HERBALL" (1526)



First, let's talk about watering. There are many ways that historical records reference keeping your plants watered, fed, and supported. We're going to talk about three of the most successful ones, here.

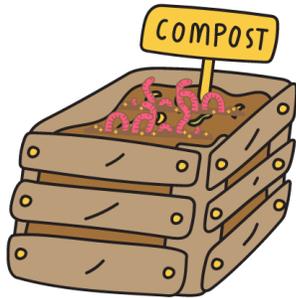
1- The Olla (pronounced oh-yahs): As long as 4,000 years ago across Northern Africa and China, farmers were burying large Ollas in the centers of their garden plots. These large bottle-necked clay jars would be buried to the neck, leaving the neck exposed above ground. Once a day, they would fill the jar with water and cover the top to keep the water from evaporating and, during the course of the day, the clay would allow water to seep into the ground around it. The roots of each plant within 2-3 feet for smaller ollas, and as far as 3-4 feet in larger ollas, would curl towards the Olla under the ground.

To make this work in your garden, simply glue two clay pots together at the top using water sealant and close up one of the two with the sealant, too. Bury the pots to 2 inches from the top, with the open hole facing up. Fill the pots with water and cover the hole with the plate of one of the pots. Track how fast the water drains and use it to keep a constant water supply in your garden all year!



2- Companion Planting: This is really easy and just takes a little extra planning, but the result is fewer pesticides and more flavorful fruits and veggies in the garden! Companion planting is as old as agriculture and has been widely practiced the world over. From The Three Sisters of the New England colonies in the Americas to pest control in Europe and Asia and even to water conservation in the agriculture throughout Africa, companion planting has been the favored trick of gardeners everywhere for more than 10,000 years.

There is no way to include all of the possible combinations of companion plants, so we're going to keep it simple and share the main resource for centuries, the Farmer's Almanac: <https://www.almanac.com/companion-planting-guide-vegetables> .



3- Composting- I mean, sure, you've heard of it, but did you know that Clay tablets dating as far back as 2350 BC have referenced recipes for good compost? There are very few rules to compost, but not following them can cause problems, so make sure you follow them to the letter!

*start with a base of soil, add a layer of paper and cardboard.

*add fruit and veggies remains, peels, egg shells, used coffee grounds, old used teabags (break them open before adding them), etc., in addition to paper and cardboard whenever you have them. You can add yard waste, too! Do ***NOT*** add *meat or dairy products!*

*every week, mix your compost up. This is best done with a shovel, unless you have an outdoor compost, then a pitchfork will work best. **DO NOT LET THE GASES CREATED BY THE BREAKING DOWN OF LIVING MATERIAL BUILD UP IN YOUR COMPOST!** Firemen really don't like it!

*for even better results, start an earthworm colony in your compost. They'll thrive with all that material to break down and process it into fantastic compost for your garden all year long!

Using homemade compost will save you money in fertilizer after a few months, though the best compost will take a solid year of tending to have the most nutrients for your plants. Add a layer to your garden at the start of Spring a week before your planting and watch the magic! (Yes, you can even drop some earthworms into that garden!)

So, there you have them! The best, history-tested methods of enhancing your garden! Take a page from your history books this year and create your very own historic garden!

Until next time time!

~Laurencia



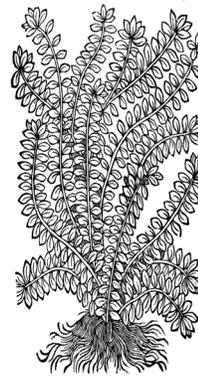
081
Summer savory



106
English wild marjoram



092
Great chickweed



094
River chickweed



080
Great, or broad-leaved thyme



Top Ten Food Safety Practices for SCA Kitchens

By Mistress Christiana MacGrain, O.P., O.L, mka Chef Christine Seelye-King, C.C.

Off-site Food Prep and transportation

- Plan your shopping trips with the staying-power of perishables in mind. Have your empty coolers and boxes easy to reach as items that need cold protection are purchased.
- Try to plan your trip to avoid traffic jams and rush hour if possible, sitting still with several hundred pounds of thawing food in your vehicle is stressful on you, the vehicle, and the food.
- Plan your arrival on site with helpers that can be there to help unload and get things directly into coolers or sinks as need be.

Primitive Kitchens

When preparing meals in a camp or primitive kitchen, get all the details up front. Make sure there are hand washing facilities available, hand sanitizers alone are not acceptable for food handling.

Assess the site for:

- cover? water facilities? trash removal? Are pit or ground fires allowed?
- What equipment must be brought on-site to prepare and serve the feast?

Storage

- Non-perishables such as bottled, canned and dried food items, spices, paper and disposable items can all be bought ahead of time.
- Have a plan about where pre-cooked and pre-purchased perishable items will be stored until transported to site. Always cool foods completely and keep them below 41°F while transporting them.
- The feast planner should supervise as others unpack, directing items to appropriate storage areas.
- Before any food is unloaded at the site, check the temps on all coolers and freezers to make sure they are within usable ranges. Coolers should be below 41°F, and a cooler that has not been used or had the door opened in some time should be closer to 36°F. Freezers should read somewhere between 0°F and 20°F. Frozen foods such as dairy products should be stored at 6°F - 10°F
- Store refrigerated foods on shelves so that ready-to-eat foods are on top, followed by raw fish, raw and ground meats, with raw poultry on the bottom shelves. Anything above has the potential to contaminate the items below, so foods are stored in order of ultimate

cooking temperatures. Ready-to-eat foods are not reheated, fish will be cooked to 145°F, ground meats to 155°F - 165°F, and raw poultry to a minimum of 165°F.

Have a plan for the food as it comes back into the kitchen. Have containers ready for foods that are being saved for re-use at breakfast, or being packaged up for distribution.

Hand Washing and Volunteer Staff Health

Make sure you have a designated hand sink and that you use it, and that everyone in your kitchen uses it regularly.

Hand washing, dishwashing, and food preparation areas should be separated.

Kindly turn away ill or inebriated volunteers.

Don't let anyone use their personal belt knife to cut food.

Hair should be restrained in some fashion.

Encourage your volunteers to wear comfortable, washable, non-binding clothing.

Close-toed shoes are a must; no bare feet in the kitchen.

Discourage rings and bracelets, as well as long, dangling neck-wear.

Don't let yourself plan on working all through the night right before the feast. If you allow yourself to

become overworked and tired, accidents are more likely to happen, and things will be forgotten.

Allergies and Ingredients Lists

Post your ingredients list as soon as you get set-up, and direct diners with questions to it. Be faithful in posting changes and additions, and make your kitchen staff aware that any changes must be recorded and not 'cheated' on. (For example, a small amount of nuts can kill someone with a severe nut allergy, it is essential that every ingredient is truthfully reported. If it gets added in once the cooking is in progress, go out and add it to the list.)

Thawing

Foods thawing out from a frozen state should be kept in the cooler or under cold water, not in hot water or left on a counter-top to come to room temperature. Check foods for signs of spoilage, and don't serve something you are unsure of. Better to have one less dish than take a chance on making your guests ill.

Take a couple of oven/refrigerator thermometers with you to check out the accuracy of the coolers,

freezers, ovens, and warming equipment you will be using, as well as a good food thermometer such as a bi-stemmed metallic thermometer to check food temps.

Cross Contamination

Cross Contamination is the transfer of microorganisms from one food or surface to another.

Microorganisms move around easily in a kitchen. They can be transferred from food or unwashed hands to prep tables, equipment, utensils, cutting boards, other food, door knobs and handles, etc.

Assign specific equipment to each type of food product. (i.e. poultry)

Clean and sanitize all work surfaces, equipment, and utensils after each task.

When using one prep table, prepare raw meat, fish, and poultry and ready-to-eat foods at different times.

Purchase ingredients that require minimal preparation.

Time / Temperature Abuse

Time/Temp abuse occurs when foods are held in the Temperature Danger Zone between 41°F and 135°F for extended periods of time. Microorganisms grow much faster in this zone, and fastest in the middle between 70°F and 125°F. If food is held in this dangerous range for more than 4 hours, you must throw it out. Cooking does not kill all pathogens that can be present in food after being time/temperature abused.

Most time/temp abuse in SCA kitchens happens:

- when the event purchases exceed the storage capabilities of the homes of those shopping and prepping for the feast, food sits out until driven to the site;
- with items unloaded from cars by volunteers and not placed in an appropriate cooler or freezer;
- while thawing foods incorrectly;
- while cooling large stock pots of food from the stove;
- pre-cooking, storage and re-heating foods incorrectly;
- with foods used as leftovers that were not stored correctly or in a timely fashion.

Cooking large batches of food

Large quantities of liquid take a longer time to heat than just the expanded time. Spread the surface to heat ratio out to speed the process. Get more than one burner under the pan if possible. Add a lid or create one from foil if necessary.

When cooking a large batch of grains, instead of using a pot with boiling water on top of the stove, bake it as a ‘pilaf’! In a large, deep, baking pan, place grain, liquid, fat, and seasonings. Heat oven to 350 degrees (25 degrees in either direction won’t hurt if you’ve got something else in the oven as well, just watch the cooking time). Place baking parchment or wax paper over the top to keep the top layer of grains from drying out, and bake for between 45 - 90 minutes. Check after 30 minutes to adjust cooking time. No more nasty burns or sticking to the bottom of a large pot to deal with!

Try to plan your cooking times to coordinate with service time, or to allow ample time for cooling

something all the way down and then heating it all the way back up.

Cleaning and Sanitizing

Cleaning is the process of removing food and debris from a surface such as a prep area.

Sanitizing is the process of reducing microorganisms on that surface to safe levels.

Sanitizing can be accomplished by heat or chemical methods. Items submerged for at least 30 seconds in water heated to 171°F and then air dried have been heat sanitized.

Chemical sanitizers are usually chlorine or iodine based. Follow manufacturer’s directions, and keep chemicals in original containers.

Store all chemicals and cleaners separately from food and food prep areas.

Plan for trash disposal and recycling

Period Locks & Keys from the 15th Century (Germany and France)

For any artisan interested in trying to reproduce period accessories, the graphics below, used courtesy of the Metropolitan Museum of Art's Open Access Policy [The MET Open Access Policy: As part of the Met's Open Access policy, you can freely copy, modify and distribute this image, even for commercial purposes], show some period Locks and Keys.



Lock—German 15th Century (High Museum of Art)



Lock—French 15th Century (High Museum of Art)



Lock—German 15th Century (High Museum of Art)



Various Keys—German 15th Century (High Museum of Art)

Welcome to the Library!

Maestra Dianora di Cellini

From the Library – Research Notebooks Part 1



Hello, and welcome to the library! Today, instead of suggestions of research links, I want to talk to you about what you need to do BEFORE you begin your research. It is the one thing I wish I had done when I joined the SCA many, many years ago. That thing is to keep a research notebook. A research notebook is particularly relevant when you use a library, because it helps to keep your information organized.

First, let me explain why I feel a research notebook is important. I think a lot of wonderful begin to grow from small ideas. A research journal will keep these all together so you can go back and reconsider ideas. In addition, this journal will allow you to have one place for research ideas, sources, and projects. You can also use it as a log for what worked and what didn't – for example, if you are trying to recreate a recipe, you can add your substitutions for ingredients or amounts used and then record the results. For the next try, you write down your changes and continue. And this can apply to almost any project – Did you change the line on a pattern for garb or armor? Did you use two strands of a specific thread? Did you try to recreate a specific stitch? If you think about it, when you are trying to perfect a project having these kinds of notes can be invaluable. (Note – when you go online you will see a lot of references to lab notebooks. These are mainly focused on research in the science disciplines. While many have helpful information, keep their specific focus in mind. Also, many of those links are for specific universities and college classes, and require a universal format that might not work for you.)

Format

There are three overall general formats you can use to keep your notebook – fully online, as a paper copy, or a combination of the two. I will offer some information on all three, but my focus will be on paper notebooks, as that is what I'm most familiar with. All journals collect and record information, and can be structured to fit your needs.

Electronic Journals. Electronic journals basically let you gather your data and store it in one place online. You can set up folders, lists, etc. and organize them in a way that works for you. You can use a word processing program like Word (sorry, I don't know what program Apple computers use).

While I don't have a lot of experience using electronic journals, I think this link will be helpful. It is from the University of Cambridge Research Data Management website, so I am pretty confident it is reliable. The main info page includes information about the basics (what they are and why would you want to use it), DIY documentation systems such as Evernote, OneNote, etc., Free ERMs (Electronic Research Manuals), and more. There

are also links that offer information on creating, organizing, accessing, sharing, and looking after your data. The URL is <https://www.data.cam.ac.uk/datamanagement-guide/electronic-research-notebooks> . You might also want to check out this LibGuide from Brown University – it is very science focused, but some of the suggestions are helpful.

Paper Journals: Paper journals come in all shapes and sizes and can be adapted to fit the particular information you want to save. These journals run from spiral notebooks to hard and soft cover journals, to 3-ring notebooks. A big advantage of keeping your info in hard copies is that it's easy to bring the notebook with you. If it begins to get large, you can split it up by subject, era, or whatever works. I like to use 3-ring notebooks – you can add and remove information as necessary, and rearrange and restructure while keeping it all in one place. You can add new information, photos sources, and make sure they are in the right section. I am an organizer, and I like to keep like things together. I will add more specifics and information about paper journals in the next issue.

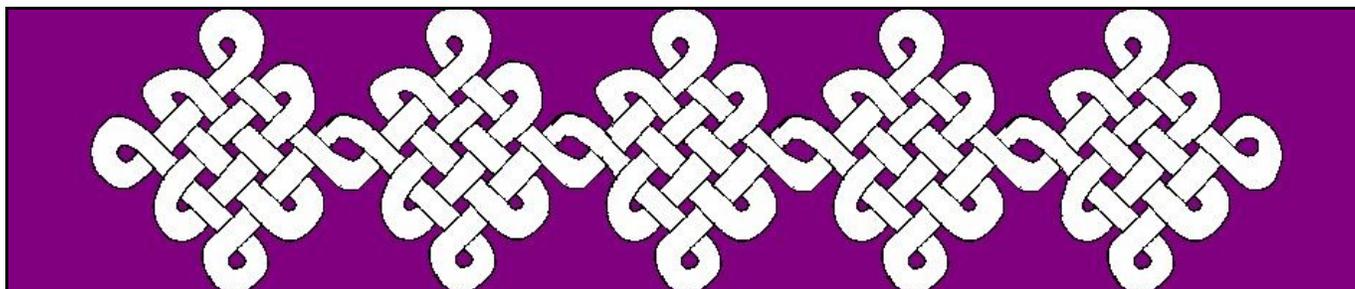
Combined Paper/Electronic Journals (CPEJ): Probably the best option is to use both the paper and electronic journal. Depending on the type of information, you can store it in one format or the other – or both. Large documents, book lists, and similar items can be kept online in lieu of printing out a lot of pages. Also, it's easier to forward copies if necessary, or to set the document up to be used by more than one person, like in a collaboration. For example, I keep large documents and booklists online, and just print off the front page or keep a list of documents in my notebook.

I hope this has been of some help and interesting. I think sometimes of the things I've done and wish I had a record. What did I do in that recipe that made it so good? I know I solved the problem of fitting my bodice – but how? I used to brew and made some exceptional beverages – but the recipes are lost to constant moves and failure to remember where I stored them. If you have a strong interest in creating in any form, and improving what you do, or possibly entering competitions that require documentation, it will help you to set up a journal. Next time I will go ore in depth on exactly what you should include and suggestions of ways to set it up. Until then, happy researching!

Happy Spring!

Dee

Maestra Dianora di Cellini dicellini@gmail.com





Crown Chooses Kingdom Bard and Poet Laureate



It is our honor to hear poems, sagas and songs during the Midwinter A&S Meridies Poet Laureate and Meridies Bard presentations. There were many stellar entries, including a poem and song themed with the Round Table; a tribute to the history of Bryn Madoc; an original composition praising Meridies, and a lovely instrumental piece.

We are pleased to announce The Honorable Lord Idris ibn Tariq al-magribi as our Poet Laureate. He is the newest Companionate of the Poet Laureate of Meridies, entitling him to add "C.P.L.M" after his name with other awards. He recited a poem that spoke to the arts, his inspiration of Arabic calligraphy. In like manner, we have added The Honorable Noble Min Soo Yun is recognized as the Kingdom Bard and Companion of the Bards of Meridies, with the honorific "C.C.B". Her original song performance was based on the point of view of Medusa.

Thank you to all of the entrants and the joy and entertainment brought forth in your performances.....TRMs Randver and Arianne

The Court of Athena

(from the point of view of Medusa)
THL Min Soo Yun (Kingdom Bard)

Live as a maid, you'll be safe and fed
When I was young, granny Gaia said
To Athena, I dance and sing
And expected not a thing

So I lived my years in service to you.
Gave everything, and I meant it too
Spared not a glance to men's hoots and howls
But a vulture stole my vow

Oh Spared not a glance to men's hoots and
howls
But a vulture stole my vow

I grieved to her, my once savior

I sought comfort and solace from her
But in disgust, she cursed me to atone
My family and friends turned to stone

Thus, I fled to a cave so far away
It's dark and damp, but I'm there to stay
One day, a soldier will descend
And I'm waiting for the end

Oh, one day a soldier will descend
And I'm waiting for the end

I'm begging you don't forget my tale
It's a tragedy, and I won't prevail
Another tale of the gods And their lies
So I'm cutting all my ties

Yes, another tale of the gods and their lies
So I'm cutting all my ties

Calligrapher's Tools

THL Idris ibn Tariq al-magribi

I say to the ink bearer:

Give me your best,
Dress this pure silk
With deep black potential
With it, I shall write our happiness.

On this thread, shadows soak in
Forming a tangled line of reason
Like that of the lore of nations
Always beautifying tragedies with victories

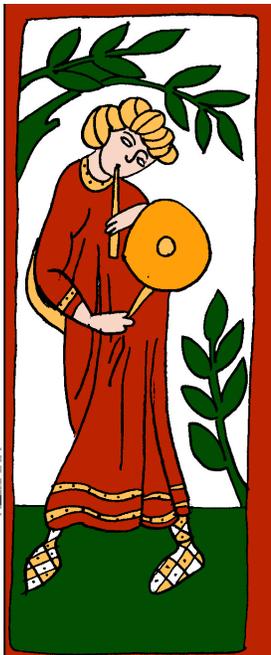
I say to the knife bearer:

Give me your best,
Sharpen the blade
So that I can carve the pen
With it, I will slice away blank ignorance.

On the surface streaks of ink
Form the shadows of knowledge
Like that of the Sankofa bird
Always looking back to go forward.



[Image Courtesy of the Metropolitan Museum of Art Open Access Collections]: The Elephant Clock 715-1315 C.E.



Cover Art Needed

For all those aspiring, or established, Artists of Meridies, SEASONS is always on the prowl for Cover Art, and we would very much like to showcase Original Artwork done by our own talented Meridian Artists rather than using photographs.

If you have period-style, or period-themed, or SCA-themed drawings in your portfolios — or still waiting impatiently to be drawn — please consider submitting them for use as Cover (or Filler) Art for use in this supplement.

An Artist Release Form will be required — the link to which can be found at <https://meridies.org/home/royaltyandofficers/chronicler/>



Orders of Meridies



Order of the Cygnet's Nest: given to those who have worked tirelessly on the behalf of children. Members may place the initials CCN after their names. The order's badge is: (Fieldless) A swan argent sitting in a nest proper within and issuant from an annulet argent.



Order of the Duvant Cross: given for exceptional skill, courtesy and honor on the field of Youth Combat. This order is named in honor of Count Sir Francois Duvant, First Prince and Fourth King of Meridies, whose shining example of honor, chivalry, and courtesy has been the model for all who have come after. Members of the Order may place the initials C.D.C. after their names, and may bear the Order's badge Sable, a cross formy Argent, between in bend, two mullets of five points Argent.

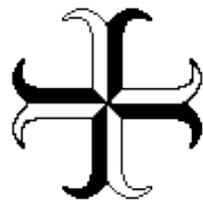


Order of the Guiding Hand, Meridies: given to those who have served the kingdom well and faithfully by giving encouragement and assistance to newcomers and any in need. Members may place the initials CGHM after their names. The order's

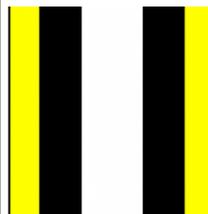
badge is Argent on an egg sable the Lombardic uppercase letter M argent.



Order of the Meridian Broken Bow: given to archers who have displayed courteous and chivalrous conduct and have distinguished themselves in the field of archery. Members may place the initials CMB after their names, and bear the badge: Sable, on a pale between two bows argent a crossbow sable.



Order of the Meridian Cross: given to those who show promise and skill in the arts and sciences. Members may place the initials CMC after their names. The order's badge is (Fieldless) A moline cross quarterly argent and sable.



Order of Meridian Majesty: given by the consort to those who have personally served her/him well, truly, and faithfully. Members may place the initials CMM after their names and may wear on their shoulder a black ribbon edged in gold and silver.



Order of the Rising Swan: given to subjects of Meridies, age 17 and under, to recognize outstanding service and achievement above and beyond that recognized by the Order of the Cygnet.

Members of the Order may place the initials CMRS after their names. The order's badge is (fieldless), A swan rousant within and conjoined to an annulet argent.



Order of the Rose: presented, at the pleasure of the Crown, to past consorts of the kingdom. Companions of the order may place the initials CR after their names.



Order of the Sable Cygnet: The Crown may induct into this order those children who show promise and skill in the Arts and Sciences. Companions are entitled to place after their names the

initials "C.S.C."



Order of the Quill: given only once per reign, to those who have shown exemplary merit and skill in the authorship, publication and dissemination of articles of scholarly interest to the Society, the kingdom and its members. Members are encouraged to continue their work, and to contribute to Seasons (the kingdom arts and sciences newsletter), the Royal University of Meridies, and Tournaments Illuminated. The Crown may call upon members to aid in the education of the kingdom by requesting, as a patron, specific articles and/or research in the recipient's areas of expertise. Members may place the initials

CSQ after their names, and bear a sable feather with three argent mullets as a token. The order's badge is (Fieldless) Upon a quill pen bendwise sinister sable, a mullet argent.



A Newcomers Note:

Spring is here, and that means that you will be seeing more and more events scheduled on the Meridian Kingdom Calendar.

If you plan to drive to an event, and are new to the SCA, make sure to check out the details on any unfamiliar sites so that you can pack appropriately for the site (cabin or camping), for the activities offered (like including Feast Gear, Scribal Materials or A&S Projects) and for the weather expected (whether you need cloaks or warm-weather garb).

Most event flyers do include basic site information, so check the flyers in Popular Chivalry and on Facebook and the Web to get an idea of what to expect, and you will be much better prepared to have a wonderful time at the events you plan to attend this Spring in our glorious Kingdom of Meridies!!



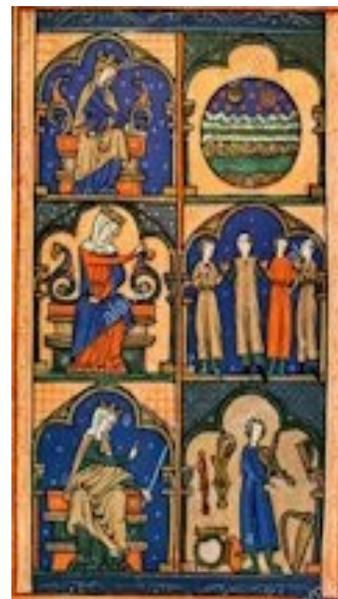
Meet the Winter Champions

Congratulations to our new Royal Huntsman — **Cathalina of Glaedenfeld** and to our new Queen's Yeoman — **Einar Ragnarson**

The Archers of this Kingdom have shown their abilities in competitions and have proven themselves: **Griffin O' Suaird, Ricard, Moreg Cochrane, Alana, Cara Tong, Voya, Cathalina, Luke of Glaedenfeld and Hailey** have all received medallions from the Interkingdom Archery Competition!! Congratulations to all!

Their Royal Majesties were pleased to host the competitions for Kingdom Poet Laureate and Bardic Champion at Midwinter A&S. The winners were named as THLady Min Soo Yun Kingdom Bard, and THLord Idris ibn Tariq al-magribi Kingdom Poet Laureate.

In the midst of all the pageantry, education, entertainment and combat, the efforts of members of our community helping those experiencing vulnerability can sometimes be overlooked. The Society remains committed to being the best we can, anchored in our core values and nothing demonstrates this like the actions of individuals in our groups giving back to others. For more than 17 years, members of the Kingdom of Meridies (Alabama, almost all of Georgia, a bit of the Florida panhandle, most of Tennessee, and parts of southern Kentucky) have been doing just that. {from sca.org]



[Photo credit to **THLady Jeanne Chandeliere**]

Meridian Grand Tourney is that kingdom's preeminent event for field pageantry and heavy fighting, comprised of several qualifying tournaments that culminate into a final Grand tourney. One of these is the Francois Duvant Memorial Tournament, sponsored privately by the Order of the Chalice, which is beloved for its focus on service and spreading good works. Voluntary contributions and patron sponsorships are compiled from combatants and onlookers at the event, which combine with proceeds from a

field lunch, to enable winners to direct a charitable donation. Past recipients include shelters devoted to the safety and wellbeing of women and children.

This year, **Jarl Ailgheanan** of Atenveldt proved victorious and together with his consort, **Duchess Amber Bikkisdottir**, asked that the proceeds be donated to The Trevor Project.* They wish to thank all who participated for their generosity, and the Order of the Chalice for institutionalizing a tourney promoting chivalric deeds that bring relief to those in need. They hope others continue to find ways to take the light generated from participation within the SCA and reflect it back onto their world.

The \$5,000 raised at the event grew thanks to a generous employer match (some 2:1), plus another match arranged by the receiving charity, resulting in a **total impact of \$22,000**. This brings the total donations raised by the Order and generous individuals to nearly \$70,000 since the Tournament first began.

The Trevor Project is a non-profit organization focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer and questioning youth. LGBTQ youth are more than four times as likely to attempt suicide than their peers, not because of their orientation, but because of the mistreatment and stigmatization in society.

Ailgheanan and Amber chose this charity to honor the memory of a young teen who they loved, a fixture in their home and close friend of their children, who was lost last year. Their hope is that other children can be saved. [Reprinted with permission from SCA.Org]

Over the past year, we understand that Meridies also has raised thousands of dollars for many other worthy charities — including holding The Nine Lives Tourney to support an animal shelter, collecting over two hundred toys to be gifted to children over the Holidays, collecting numerous coats for those in need during cold weather, and hosting several other worthy endeavors. None of these would have happened without the participation and generosity of the Meridian Populace, and those who organized and promoted these fund-raisers, and we laud them for their efforts!

Below are photos of several outstanding entries from Magna Faire: Entered respectively by The following gentles:

- Baron Brun Cauntesson (Crossbow and Accessories)
- Lady Áine inghean uí Shéaghdha (Nalbinding—Mittens)
- Lady Maryam al-Jawhariyya (Lady Grey Acne Salve).



[Photo credit to **Albaruna Ana de Granada**]

How the Heraldic Submissions Process Works, and Who The Commenters Are

Meistres Bronwen o Gydweli, Lambent Herald Meridies



When you submit a Name or Armory for potential registration in the SCA Ordinary and Armorial -- which is where such things are officially listed -- they go through a submission, commentary and registration process now lasting roughly six months. It used to take a lot longer, but the use of electronic media and the internet have reduced the time considerably since the early days of the SCA College of Arms.

They first go through an intake process, where (in Meridies) the Cypher Herald receives the paperwork/electronic forms and art. Cypher then invoices the submitter for the fees associated with registration, and (when payment is received) adds the items to a monthly Kingdom Letter of Intent (or "KLOI"), which is then posted on-line to OSCAR (the "On-Line System for Commentary And Response"). These letters are generally compiled and posted only once per month, so items received or paid for late in a given month may not make the cut-off date, and may need to be delayed until the next letter/month.

Once the items appear on a KLOI on OSCAR, the Lambent Herald (Kingdom Commenter) and anyone else in the Known World with permission to comment at that level — currently this is apparently limited to in-Kingdom Commenters — can log onto the system, whereupon they have one month to give their opinion on 1) whether or not the submission is adequately documented (and, if not, they can add additional documentation), 2) whether it conflicts with an already registered item (and, if so, can suggest ways to clear the conflict), and 3) whether or not the item is acceptable under the rules (or has style, or construction or other issues).

These commenters are volunteers who may or may not have extensive experience, and who may or may not always agree on every detail. However, it is their job to point out any potential problems so that submitters can be contacted and asked if they will accept changes or tweaks while the submission is still being considered at Kingdom Level, when those changes can still easily be made.

The Pennon Herald will then host a Pennon Decision Meeting (these are scheduled and held once per month) to decide whether or not to advance the items from Kingdom to Society level, based upon personal expertise and upon the advise of the aforementioned commenters. Sometimes, if a submitter cannot be contacted following the meeting, or refuses to allow needed changes, the item will be Pended or Returned for further work.

On the other hand, sometimes a Name or Armory will be advanced even if it has potential issues -- usually because the rules are such that a Name or Armory item might be "borderline", and that as a result Kingdom commenters and submissions Heralds do not feel confident of grounds for a return.

If Pennon returns or advances an item, the submitter is notified. If Pennon advances the item, it is then added to a regular Letter of Intent (or "LOI") and posted again to a different section of OSCAR. Thereafter those with permission to comment at that level (often, but not entirely, the same people, and usually a much larger pool of commenters) will have two months to add their commentary, supply additional documentation, and point out the item's merits or problems. By this point it is usually too late to make actual changes to armory (which is why such things are hopefully caught and dealt with in Kingdom), but additional help can still be provided, and , some changes can be allowed to names if the submitter allows them.

Following that period of commentary, monthly Society Level Decision Meetings are then hosted by the Pelican Sovereign of Arms (Names) and the Wreath Sovereign of Arms (Armory) where attendees review the commentary, state their opinions, and give their advice on whether or not each item should be registered. Based upon that, and upon personal expertise and research, Wreath and Pelican will decide which items to register and which to return or pend.

The Laurel Sovereign of Arms will then add everything to a monthly LOAR (Letter of Acceptance And Return), which undergoes roughly a month of proof-reading before being finalized and released, and posted in the LOAR archive at Heraldry.sca.org. The registered items are then added to the Ordinary and Armorial, and are deemed to be Officially Registered -- whereupon the submitter is notified.

Without the multi-layered commenting process, which relies upon dedicated volunteers, the Laurel Sovereign of Arms would have to make final decisions with far less input, and far less help, and, without Kingdom-level commenting, far more submissions would be returned at Society Level based upon problems that could have been fixed earlier -- but were not caught in time.

A solid roster of commenters, coupled with willing consultants to help with the research and design prior to submission, make the process exponentially easier for rank and file submitters. Because of these volunteers, the internet OSCAR platform, and a vast array of internet information sources and resources, the process runs more quickly, more smoothly, more economically, and more transparently than ever in our history.

So, if you've ever considered becoming a commenter or a consulting Herald, please think about joining us in the heraldic trenches, either online or at an event. When members of the populace want to show their true names and hoist their true colors, be a part of it!



Peerage Elevations in the Winter



Please join with us to congratulate the following nobles who, by virtue of their achievements, were elevated unto the Peerages during the past Season:



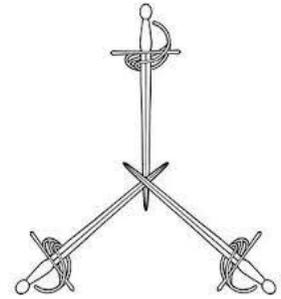
Marcus Tullius Agrippa—to Knight (January 28th at Fighter's Collegium/War College)

Planned Future Spring Elevations

Kikuchi Kazumitsu—To Knight (March at Gulf Wars)

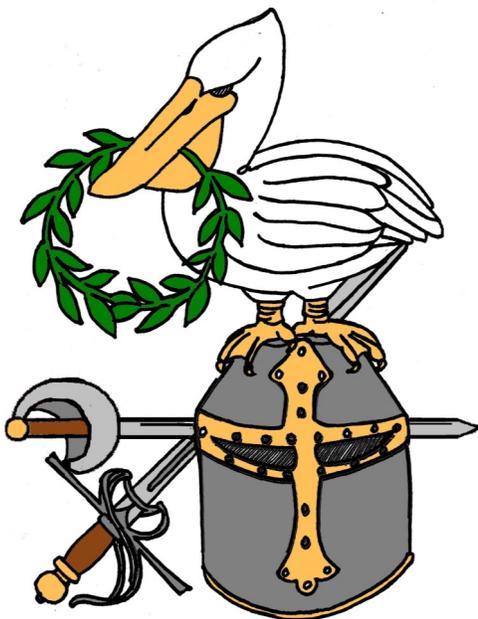
Miriel du Bois—to Laurel (March at Gulf Wars)

Eleanor of Grey — To Laurel (April 8th at Fool's War)
Emelina le Norreys —To Laurel (May 27th at Artsy Crown)



Additional Announced Writs:

John Mailer—To Knight (Date and Event TBA)
Omokehindegbegbon of the Opo, known as Kehinde - To Laurel (Date and Event TBA)
Inan Bint Sufian—To Laurel (Date and Event TBA)
Rohais de Ravenscroft—to Laurel (Date and Event TBA)



Great effort is made to keep up with all Peerage elevations in our Kingdom, but if we somehow have missed mentioning any Fall Peerage elevations and/or dates in the section above — or if we have missed notifying of any writs issued during the Winter, and/or any dates set for future elevations — please feel free to notify the Editor at seasons@meridies.org so that these can be mentioned in the Summer Issue, due out at the beginning of June A.S. LVIII.

Newcomer Largesse Challenge Update



It is our pleasure to acknowledge our new members at court with gifts to help them with their SCA kit. This Meridian tradition welcomes those newcomer to our SCA family.

Countess Dalla has been very active with newcomer activities, as a chatelaine, as part of “Welcome Home”, and her general willingness to assist with recruitment. Countess Dalla coordinated the receipt of largesse for our newcomers during our Reign, and we are very grateful for her assistance. Her efforts have yielded these wonderful donation for our Newcomer’s Challenge:

Our Challenge winner is Sigrun Kelda Ingridardottir - Naalbinding hats

And our thanks to these contributors:

Nishikawa Kiyo- utensil sets with embroidered holders

Countess Hanna- feast gear kits complete with baskets and utensils

Mal Sponseller Rivera- fans

Mistress Andriet di Pisan – feast gear sets with carrying bags

Sir GeoffreyMacDhomhuill - games of nine man

Blackheart Leatherworks (Ceri and Mongo) – Leather frogs

Glynis Ferch LLwelyn - donated pouches and belts

Mistress Flannait h'Eighnigh – mugs/cups

Mistress Ailleagan Andhrimnirsdottir – ring pouches and linen hats.

Danielle Bird - embroidered cup covers and earrings

And a thank you to the baronies of Meridies, for gifts such as goblets, hoods, mugs, feast gear and kits. Again, a big thank you to everyone for these gifts that we gratefully shared with our new members to welcome them to the SCA.

Randver and Arianne, King and Queen of Meridies



[Photographic Credit to HRM Arianna]



Making & Waring a 1st Century Roman Tunic

By THLord Einarr knýtir

**In this article, I refer to men's and ladies' garments. This is a reflection of 1st-Century Roman practice, not an attempt to tell anyone in the modern middle ages what they should wear. Should anyone of any gender wish help with making Roman garb, please do not hesitate to contact me by email (ssn706@gmail.com), and we will find something that pleases you and looks period. :)*

It gets hot in Meridies in the summer! Many of us like to 'go Roman for the summer' for good reason: It's way more comfortable! In this short article, I hope to share some knowledge gained from my studies whilst commingling with strict Roman reenactors (Legio XIII Gemina Martia Victrix) who were kind enough to help me find good scholarly references in order to make more accurate garb.

There is a pattern on page three, I promise, and no great harm will be done if you skip to that and make a linen tunic from the pattern. Between here and there are points on sewing in period style, common missteps, and a little history.

So, back in the 1st Century CE, fabric was made by hand on either a warp-weighted

loom, or on a two-beam loom. It was considerably more labor-intensive, and thus they were loathe to cut it up. So garb was by and large made from rectangles of cloth as they came from the loom. When the Army ordered tunics, it specified the size and the pieces were woven to that size, then sewn across the top (leaving a gap for the head), and down the sides (leaving a hole for the arms). The stitches used most commonly were the single running stitch and the overcast stitch (aka whip stitch). Both of these stiches were also used for edge treatments when they had need for them on a piece of cut fabric (for example, on patches to repair holes in a garment).

So pitfalls in the modern era? Apart from non-historically bright colors or patterns, we do not have anyone weaving rectangles of cloth for us! This is bad because that means that we have cut edges of linen or wool to protect from fraying. This is easily dealt with by using your choice of edge treatment on the rectangles of cloth before you sew them together. Folding the edges over twice to hide the loose edges and then sewing that in place is probably the easiest method, and it allows you to take the two pieces of cloth in hand and sew them period-style. [Note for those who haven't sewn a lot before: Wash the linen BEFORE you cut it! It will shrink when it gets washed, and that would potentially cause problems. So, wash it on hot and machine dry it, to get it shrunk, and iron it before cutting.]

The good news in the era of modern ma-

chine-woven linen is that period tunics ran about 55" wide, and a modern piece of 60" wide medium weight linen will shrink to about 55" wide. Why this is good is that it will let you have a selvage edge on the right and left sides, which means only doing edge treatments on the top and bottom edges! Huzzah!

Both of these are *WRONG!*

They are way too narrow. A proper Roman tunic of that era would reach past the elbows (i.e. around 55" wide). Not a lot past the elbows, but there we are. Plus side, even made too narrow, they're both fine as undertunics in cold weather; it was common to wear 2 or even 3 tunics if it got cold!

If they're too narrow, what can we learn from these two pictures? The tunic on the left is unbelted and gives you an idea of how long they should be on men: reaching to just below the knees. On the right, worn



properly, with a rope belt*, with the tunic pulled up so that the hem is just above the knees. Ladies' tunics were longer and the hem was on top of the foot after belting. They frequently had a narrow (a few inches) decorative band sewn to the bottom as decoration, and as a sacrificial element that could be easily replaced when damaged or worn. A proper lady would be wearing an undertunic (tunica) and an outer tunic (palla), plus a shawl (stola) over that. In the heat of Meridian summers, I would make the undertunic of very light linen, and the palla of light to medium linen, and the stola can be as light as you please. If making Roman ladies' garb for winter wear, wool would be indicated for all but the undertunic.

*the belt can be a piece of rope, a woven belt, or a leather one. Soldiers and veterans would wear the balteus, as much for prestige as for holding their tunic in position. Ladies would commonly wear two belts, one at the waist and another below the bust, and sometimes even a third if desired.



Pattern: Fabric width is ~55" (or at least just wider than your elbow-to-elbow measurement). Height for men is the same as the distance from the top of the shoulder to just below the knee. Height for a lady is from top of the shoulder to the top of the foot. These measurements do not include a seam allowance but it is not strictly necessary, as +/- an inch won't cause any disasters.

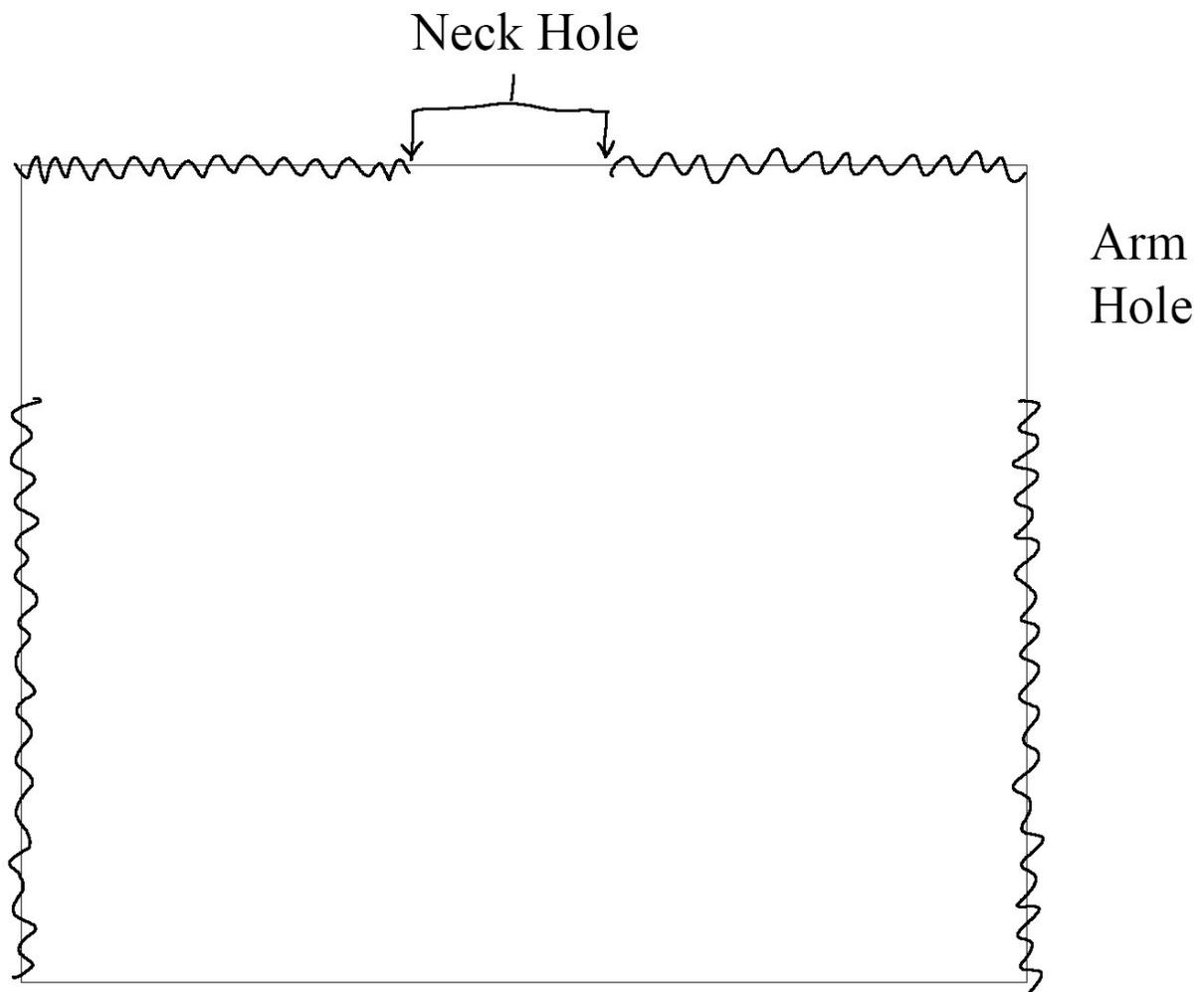
The neck hole should be 14" wide (although exact value not critical as long as your head fits through it)

The arm holes are 12" unless you have massive arms and need more than that. Key point is that

they should not fit tightly.

I apologize in advance if anything is not clear or is worded awkwardly! If anyone has questions on materials or construction, please email me at ssn706gmail.com and I will endeavor to assist. Have an excellent day!

Lord Gaius Nautius Maximus
Shire of Forth Castle





Acknowledgements and Thanks

Thank you to Lord Thorfinnr landskeggr Eiriksson for the Cover Art, to Mistress Christiana MacGrain for her article "Top Ten Food Safety Practices for SCA Kitchens", to THLord Einarr knýtir for his article "Making & Wearing a 1st Century Roman Tunic" (and his photos), to Communications Committee Chair Brigid Costello for permitting reprint of her post from sca.org, to Lady Etain of the Ulaid for her information on Wing Ding, to Baron Brun Canutesson, Lady Áine inghean uí Shéaghda, and Lady Maryam al-Jawhariyya for permission to use photos of their Magna Faire A&S entries, to Countess Dalla Dyrfinna and Their Majesties Randver and Arianne for their information on the Newcomers Challenge and the Kingdom Bard & Poet Laureate Competitions, to THL Idris ibn Tariq al-magribi and THL Min Soo Yun for allowing the reprint of their Kingdom Bard and Poet Laureate entries, to the various Photographers (credited with their photos), and to The Metropolitan Museum of Art whose Open Access Policy allowed us freely to reprint images of objects from their Open Access Collection to this periodical. The Logos, the original graphics on Pages 13, 15 & 22, and comic on Page 27 are my own.



Special thanks also to the outgoing Kingdom Chronicler Mistress Jane Wolfdon for her patience and her assistance, and to my talented Deputies Maestra Dianora Lizabetta di Vittori di Cellini and Lady Laurencia inghean ui Nuillain and for their ongoing assistance and their contributions to this issue, to wit: "Welcome to the Library" (Dianora)!

In Gratitude..... **BRONWEN**



Submissions for SEASONS (and we definitely invite them) should be sent directly to the Editor at seasons@meridies.org, and accompanied by any graphics (in .JPG format) and by an appropriate Creative Release Form. These forms can be found on-line at <https://meridies.org/home/resources-and-reports/> under “Chronicler Resources”. The deadline for submissions to the Summer Seasons will be June 1st.

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Articles submitted to SEASONS should be short to moderate length, and deal with topics of interest to the populace. Artwork should, ideally, be at least 300 dpi and deal with period or SCA subject matter, or be presented in a period style. The deadlines for submissions are (Spring) March 1st, (Summer) June 1st, (Autumn) September 1st, and (Winter) December 1st.