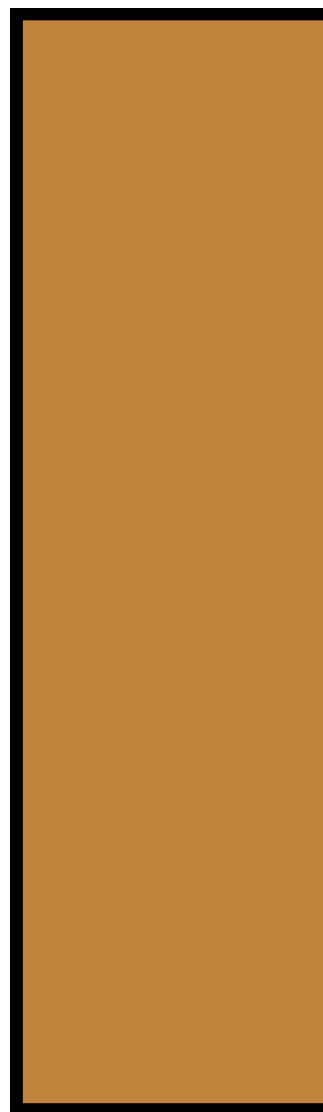
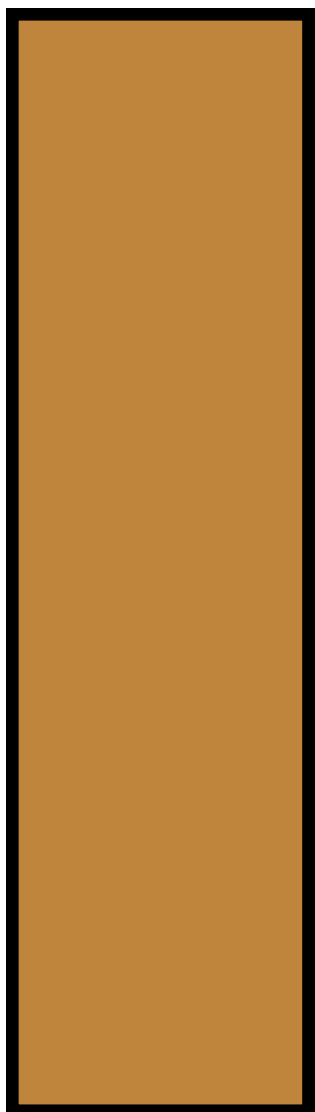


Seasons

#15 Fall A.S. LX (2025)





Greetings from the Seasons Editor

Greetings to All!

This is the fifteenth issue of the new SEASONS. We are nearly three and a half years in, and we hope you are enjoying the current format and content of this magazine.

We welcome Original Cover and Filler Art; Instructional/Educational Articles;

Articles introducing people to new fields of activity, Original Poetry and Songs; Photos of A&S Entries, Tourney Winners, and Vigils; and Information on Future Elevations (all with permission to reprint).

We hope to continue celebrating, in this magazine, the talents, achievements and merits of our Meridian subjects, and showcasing their creations, and we invite you to join our readership and to be a part of our efforts.

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

Upcoming Events This 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 Summer-Fall of A.S. LX (2025):

- Daggers & Hemlock (Phoenix Glade) September 19th-21st—Chipley, FL
- Red Tower (South Downs) September 19th-21st— Bert Adams Boy Scout Camp, Covington, GA
- Haustblot 3 (Loch an Fhraoich) September 20th—333 E College St, Pulaski, TN.
- MGT (Meridies) September 26th-28th — Camp Discovery, Gainesboro, TN
- Fall Coronation (Thorngill) October 3rd-5th — Dalwhinnie Fields, Marion, AL.
- Bacon Bash XI (Crimson River) October 17th-19th — Montgomery Bell State Park, Burns, TN.
- Gatalop (Osprey) October 24th-26th — Fort Gaines, Dauphin Island, AL
- Silver Hammer (Thor's Mountain) October 24th-26th — Big Ridge State Park, Maynardville, TN.



- **Danelaw (Bryn Madoc) October 17th-19th — Oconee Heritage Park, Watkinsville, GA**
- **Fall Crown List (Glaedenfeld) November 8th — White County Fairgrounds, Sparta, TN.**
- **Castle Wars (South Downs) November 13th-16th — Bert Adams Scout Camp, Covington, GA**
- **Magna Faire (Iron Mountain) December 5th-7th — **CANCELED** (Unfortunately Magna Faire has been canceled but a replacement faire will be hosted by the Barony of Glaedenfeld at Winter Market on December 13th in Sparta, TN)**
- **Winter Market & Regional A&S Faire (Glaedenfeld) December 13th) - Sparta, TN**



- **TUESDAY NIGHT SOCIALS** are held and hosted by Mistress Ellen de Lacey on ZOOM at 7:00pm CST/8:00pm EST. These also feature Classes, Guild Meetings, Pennon Decision Meetings, and an On-Line Herald's Point.
- **FRIDAY NIGHT BARDIC** hosted on ZOOM at 9:30pm EST, hosted by Mistress Roheis de Ravenscroft and THL Davoc Walkere, 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.
- **HERALDRY AFTER HOURS** on-line Herald's Point is hosted by Lord Magnus von Lubeck every Tuesday at 8:00pm CST/9:00pm EST in conjunction with the ZOOM Social.





Summer Event Highlights

During the Summer of A.S. LX the eventing schedule was somewhat lighter, in deference to summer's heat, but the following Meridian Events were hosted and enjoyed.

- **Day in the Park** — June 7th (Rising Stone) Old Fort Park in Murfreesboro, TN

This was a small one-day event offering a Regional Fighter Practice, a Regional Rapier Practices, A&S Demonstrations, and a Pot Luck where folk were asked to bring a side dish or a dessert! Small events can be a lot of fun, and this one also was FREE!!!

- **Giants Dance: A Midsummer Night's Terror** — June 20th-22nd (Nant-Y-Derwyddon) Laurel Grove Event Venue, Bristol, TN

Apparently a dire threat was presenting itself with Creatures of Myth and Shadow, long thought to be mere whispers on the wind, having emerged from the depths to sow discord (not the DISCORD server, by the way). This event featured Heavy Combat, Rapier, Archery, Popular Vote A&S, and a Feast, and was reported to have been a lot of fun!!!

- **Meridian Challenge of Arms (Phoenix Glade) June 27th-29th** — Jackson, Ave., Chipley, FL

This Kingdom Level rapier event featured, as usual, a lot of sponsored rapier tourneys including:

Armatura (Militia Challenge) - Master Niccolo Romero di Bologna

Armatura - Runner Up—Don Rodrigo Luis de Albuquerque

Single Sword (Capoferro Challenge) - Maestro Cato di Napoli

Single Sword - Runner Up—Master Nikolaus Hildebrand

Sword and Shield (Defenders Challenge) - Oliver Warde

Sword and Shield - Runner Up—Lady Wandrownyczka & Oliver Warde

Un-scarfed Fighters (Scholar's Challenge) - Lady Zanetta Foresta

Un-scarfed - Runner Up—Maximilian of Arenal

Sword and Dagger (Queen's Challenge) - Master David Twynham

Sword and Dagger - Runner Up—Master David Twynham & Master Brian Robertson

Cut and Thrust (Fechtschule Challenge) - Master Nikolaus Hildebrand

Cut and Thrust - Runner Up—Don Rodrigo Luis de Albuquerque & Captain Pietro de Conti

Bearpit—Master Niccolo Romero di Bologna

Bearpit - Runner Up Master Kevin of Windymeads

Crown's Choice—Lord Derfel Eadhum

Champion—Master David Twynham

There also was an excellent Feast, and at Court THLady Marie la Cousturiere was elevated to Master of Defense! Huzzah!!!

- **Royal University of Meridies (Bryn Madoc) July 19th — Wesley Way United Methodist Church , McDonough, GA**

This Kingdom Level Event was held this year in McDonough, GA at the Wesley Way Methodist Church, and was thus very close to home for Sol Haveners. RUM always features a full slate of assorted classes, and this year it also featured the elevations of the first three PREMIERE Meridian members of the Order of the Mark: Sir Griffin O'Suaird, Master Loegaire mac Lochlainn (called Loric), and Master Fynlo MacCane. Also elevated was Master Brun Canutesson, and writs for The Mark were issued for Master Seamus Corrigan, Mistress Laurettia atte Blacksterre, and THLady Madelena da Firenze. Looks like the Kingdom of Meridies is off and running to establish The Mark well and truly, and a picture of all thus honored has been included on Page 8 of this issue!!!

- **Borders Without Walls (Nant-Y-Derwyddon) August 22nd-24th Laurel Grove Event Center, Bristol, TN**

This was a mostly indoor event, as might be expected in the heat of summer. This was the revamped “interkingdom practice” that they host every year, and they advertised multiple arts tracks, indoor fighting, outdoor melees, combat archery classes, feast, and an interkingdom boasting competition. Considering their location, they were hoping for attendees from all four nearby kingdoms, and we do believe they got them. We would have loved to witness the Interkingdom Boasting Competition, for SURE!!

- **Vices and Virtues: Hope vs. Envy (Phoenix Rising) August 29th-September 1st — Etowah County Fairgrounds at Attalla, AL**

This event featured a Feast, and Merchants were enthusiastically welcomed. There was plenty of space with some power available, limited RV hookups available at a separate fee, and Tenting spaces are available on site (however No on ground fires were allowed, and fire pits or other containment was required. As usual, this was a popular event, and well-attended.



THREE VICES AND VIRTUES TOURNEY THINGS:

Posted to Facebook by Sir Fiachna (aka Theahtyn)

1) Saturday, we held the Hope and Envy tourney. We had 17 combatants. The themed flair was that before each fight, combatants would draw a colored chit from a hat. The color indicated some advantage that an opponent might envy and give the recipient hope. 14% chance/color/draw.

BLUE: One arm shot can be shrugged off.

GREEN: One leg shot can be shrugged off.

RED: Any second blow you deliver is a killing blow.

PINK: You may shrug off a killing blow.

TEAL: Each target location requires two strikes.

WHITE: No bonus

YAM: If you lose a fight while in the loser's bracket, are not eliminated from the tourney. (All blows had to be acknowledged before applying the bonus)

Three fighters drew yam before it was useful, several got it later on and benefitted, and one drew it five times in a row. He benefitted once from it and it allowed him to reach second place.

Sir Marcus won the tourney.

2) Sunday's tourney was a restricted field shaped like a ship. The combatants had to board the ship on a plank and engage around/beside the mast.

We had five fighters, so we did a round robin, best of 3. Then the two highest wins fought, we did a losers bracket, and a final.

One fighter drowned twice by falling out of the boat.

Lord Kenneth, squire to Sir Idris, won the tourney.

3) My especial thanks to Mistress Cairistiona for volunteering to minister the H&E list while I ran tourney logistics. Seventeen is a rough number to begin with, and the yam chit threw her a few wrenches.

Also, my special thanks to Lord Gawain Phoenix who served as herald for both tourneys, managed hydration stations, and was instrumental in set up and teardown. Others stepped in to fill gaps because I was recovering from food poisoning, which makes Saturday especially fuzzy.

SHAIR FIACHNA MAC PHAIRIAC (AKA
Theahtyn)

Summer Events Still On The September Calendar of Held After Deadline

- **Heroes and Heroines: A Renaissance (Forth Castle) September 5th-7th — AH Stephens State Park, Crawfordville, GA**
- **Battle on the Borderland (Redewolfden) September 6th — Good Shepherd United Methodist Church, Murray KY**
- **Black Gryphon (Thor's Mountain) September 14th — Tremont Resort and Hotel, Townsend, TN**
- **Daggers and Hemlock (Phoenix Glade) September 19th-21st — Chipley, FL**
- **Red Tower (South Downs) September 19th-21st—Bert Adams Boy Scout Camp, Covington, GA**
- **Haustblot 3 (Loch an Fhraoich) September 20th—Pulaski Rec Center, Pulaski, TN**
- **MGT (Meridies) September 26th-28th — Camp Discovery, Gainesboro, TN**



Virtual known World heraldic and Scribal Symposium

January 23-25, 2026

hosted by the kingdom of the Outlands

Meet the Summer Champions

Champions for this issue include

THE MERIDIAN CHALLENGE OF ARMS TOURNAMENT WINNERS:

- Bear Pit sponsor the Order of the Pelican: Winner- Master Niccolo Romero advancing to the finals
- Militia sponsor Legio Ursi (Order of the Bear) Winner- Master Niccolo Romero, Don Rodrigo Luis de Albuquerque advancing to the finals
- Scholar's Challenge sponsor Meridian Order of the Blade Winner- Lady Zanetta Foresta advancing to the finals
- Fechtschule sponsor Order of the Chivalry Winner- Master Nikolaus Hildebrand advancing to the finals
- Defender's Challenge sponsor Order of Defense Winner- Lord Oliver Warde advancing to the finals
- Queen's Challenge sponsor by Her Royal Majesty Winner Master David Twynham advancing to the finals
- Capo Ferro sponsor Order of the Chalice Winner Maestro Cato di Napoli advancing to the finals
- Champions' Tournament/Finals Winner Master David Twynham

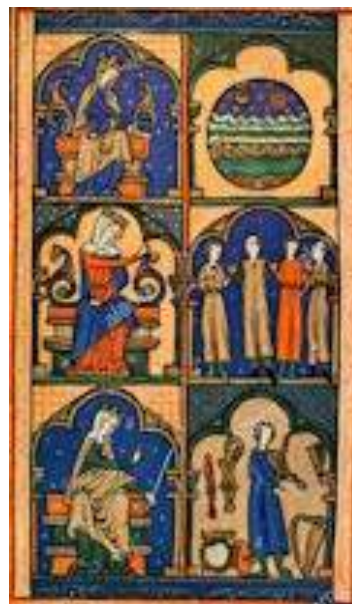


Photo Credit: Baron Asbrand of Norway

Hail unto The Royals of Meridies, **Their Royal Majesties Lochlainn and Paraskova!!**

Likewise, Hail unto **Their Royal Highnesses Meridies, Chinua and Jacqueline!!!**

The Royal Heirs, as expected, stand ready to step forward should any *totally unexpected and unprecedented* tragedy ever befall their current Majesties Lochlainn and Paraskova.



Photo Credit: Baroness Rose Rennel



Photo Credit to Mistress Ellen de Lacey

Order of the Mark!!!

To the four new members of the Order of the Mark — Principles: Lóegaire Mac Lochlainn, Fynlo MacCane, and Griffin O'Suaird, inductee Brun Canutesson, and in celebration of writs presented also to Seamus Corrigan, Laurettia atte Blacksterre, and Madelena da Firenze.

This new Peerage does appear to be well-represented in the Kingdom of Meridies, and we anticipate that it will go forward to distinguish itself further as time passes, as arrows fly, daggers and axes are hurled, and siege weapons are employed. Huzzah s are most definitely in order!!



Meridian Challenge of Arms

Shown right are the various and worthy champions of the many rapier tourneys held at Meridian Challenge of Arms on June 28th (hosted in Chipley, FL by the Shire of Phoenix Glade). The Champions, listed elsewhere with their specific tourney wins were: Master Niccolo Romero di Bologna, Don Rodrigo Luis de Albuquerque, Maestro Cato di Napoli, Master Nikolaus Hildebrand, Oliver Warde, Lady Wandrownyczka & Oliver Warde, Lady Zanetta Foresta, Maximilian of Arenal, Master David Twynham, Master Brian Robertson, Don Rodrigo Luis de Albuquerque & Captain Pietro de Conti, Master Kevin of Windymeads, and Lord Derfel Eadhum.



Photo Credit to Baroness Rose Rennel



GULF WARS NEEDS YOU!



GULF WARS

SITE TOKEN DESIGN CONTEST 

ARE YOU THE NEXT TOKEN LEGEND?

Design the Official 2026 Gulf Wars Site Token!



Clean line work only



Will be printed on wooden tokens



Keep it bold, simple, and iconic



Submit your artwork to:

autocrats@gulfwars.org



Deadline: August 31st, 2025 at 11:59 PM CST



Glory, bragging rights, and eternal renown await!

Added info:

-The overall medallion size will be 2 1/2" after cropping and finishing

-Any digital format can be used

-Remember more details the less clear the tokens will be

-4 principal kingdoms' device must be in the artwork

-wording must say Gulf Wars 34

March 14 - 22, 2026

-historical motif (as long as its not copyrighted), original designs, collaborations, artistic inspirations let your Muse run free.



Peerage Elevations in the Summer

Please join with us to congratulate the following nobles who, by virtue of their achievements, were elevated unto the Peerages during the past Season (and three earlier elevations that we missed):



Marie la Cousturiere - to Master of Defense (MCA)

Lykaina of Stone Hill Keep—to Laurel (Red Tower)

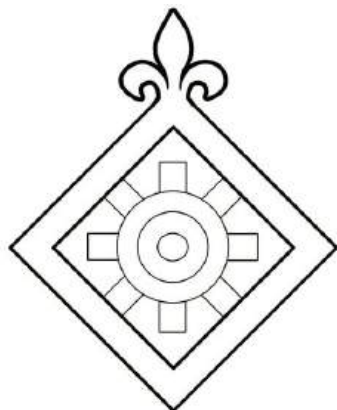
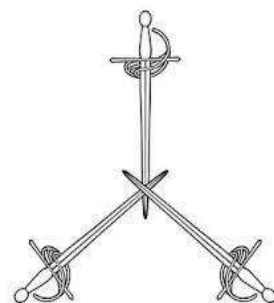
Griffin O'Suaird—To The Mark (July 19th at RUM)

Loegaire mac Lochlainn—to The Mark (July 19th at RUM)

Fynlo MacCane—to The Mark (July 19th at RUM)

Brun Canuteson—to the Mark (July 19th at RUM)

Seamus Corrigan—the Mark (August 30th at Vices & Virtues)

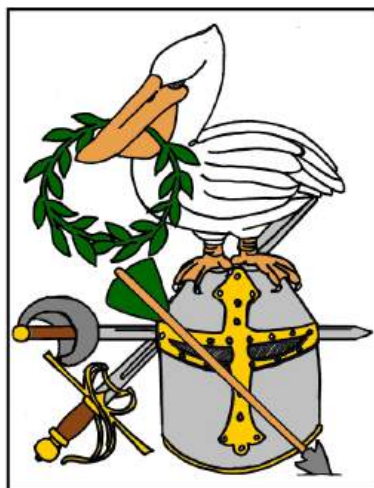


Planned Future Elevations Unknown

Additional Announced Writs:

Laurettia atte Blacksterre, and Madelena da Firenze.to The Mark

Roy MacLucus to The Order of Defense



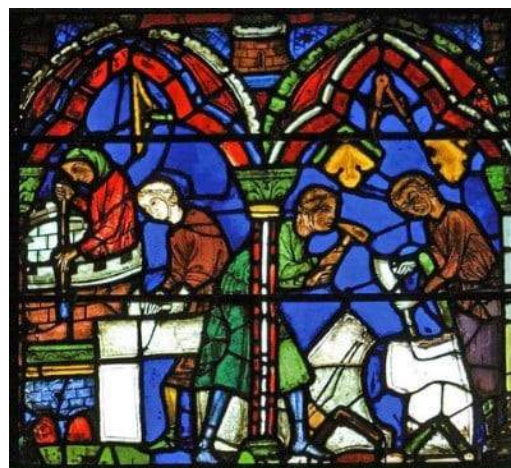
Great effort is made to keep up with all Peerage elevations in our Kingdom, but if we somehow have missed mentioning any Peerage elevations and/or dates in the section above — or if we have missed notifying of any writs issued, and/or any dates set for future elevations — please feel free to notify the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

Guilding the Lily?

Are you familiar with the Various Meridian Guilds? Do you have an interest in a particular subject. Is it listed here on the page. If not, please let someone know.*

Guilds are a vital resource for our members. It allows like minded individuals come together in the research and teaching of subjects that were practiced by our ancestors. To discover new ways of doing something.

Scribal Guild
Cooks Guild
Courtesans Guild of Meridies
Saltare (Dance Guild)
Arachne's Web (Lace Guild)
Gaming Guild
Iron Bow Guild
Paynters Guild
Historic Martial Arts Guild
Herbal Guild
Grand Chefs of Meridies
Minstrel's Guild
Coursing Guild
Royal Foresters of Meridies
Embroidery Guild
Moniers Guild
Accademia Degli Eccentrici
Writing Guild



*Tradesmen Window
Chartres Cathedral 13th Century*

Full links and current contact information can be found on The Guilds of Meridies at Meridies.org

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!

**List of Guilds Updated from the web page 17 Mar A.S. LIX (2025)*

Autumn in the Kitchen

Researching Historical Feasts and Feasting Taking A Deep Dive Into Sources (Part Two)

By Mistress Christianna MacGrain



Researching and Redacting a Recipe

Here is an example of a recipe I recently developed for a feast. I had established a time and place of England in the 14th century, and specifically stayed with sources that are widely available, many of which are in the public domain. The season of the year was Harvest/Late Autumn. This recipe is for Pottage, which was full of grains, vegetables and meats (with a vegetarian option provided).

I consulted originals, translations, and other author's redactions to develop my own.

One of my favorite research resources is the University of Michigan Library Digital Collections. Many period sources and translations are available there.

<https://quod.lib.umich.edu/c/cme/CookBk/1:6?rgn=div1;view=fulltext>



Two fifteenth-century cookery-books : Harleian MS. 279 (ab 1430), & Harl. MS. 4016 (ab. 1450), with extracts from Ashmole MS. 1439, Laud MS. 553, & Douce MS. 55 / edited by Thomas Austin

POTAGE DYVERS.

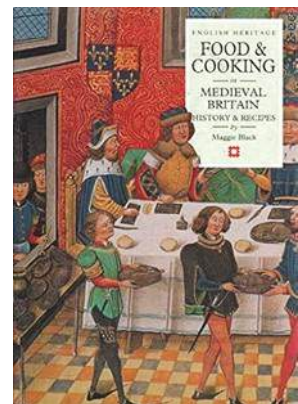
.j. Lange Wortys de chare.—Take beeff and merybonys, and boyle yt in fayre water;
pan take fayre wortys and wassche hem clene in water, and parboyle hem in clene water; pan take hem vp of þe water after þe fyrst boylyng,
an cut þe leuys a-to or a-pre, and caste hem in-to þe beff, and boyle to gederys:
pan take a lof of whyte brede and grate yt, an caste it on þe pot,
an saffron & salt, & let it boyle y-now, and serue forth.

Beef and Vegetable Pottage, “lange wortys de chare”, Harleian MS 279, as seen in :

Food & Cooking in Medieval Britain History & Recipes,
by Maggie Black, English Heritage, 1985

Black's Redaction:

- 2 lb. shin of beef
- 4-6 short pieces of marrow bone
- 4 pt water
- 2 leeks
- 2 sticks celery
- 2 onions
- ¼ firm white cabbage without outside leaves
- 4 oz 'white' breadcrumbs
- A few saffron strands
- 2 tsps salt



Ground black pepper

Cut the meat into 2 inch cubes. Put in a stewpan with the bones and water. Bring to the boil, and skim well. Reduce the heat, and simmer, uncovered, for about 2-2 ½ hours.

Meanwhile, prepare the vegetables and boil in a separate pan, whole or in large pieces, for 10 minutes. Drain and cut into thick slices.

When the beef is just about ready, remove the marrow bones and add the vegetables. Continue simmering until the vegetables are soft.

Stir in the breadcrumbs, saffron and plenty of seasoning. Bring back to the boil and cook for 2-3 minutes. Skim off any excess fat before serving.

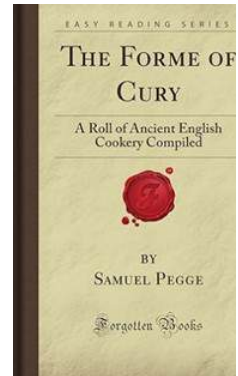
Forme of Cury (Forgotten Books edition, 2008)

For to Make Grewel Forced*

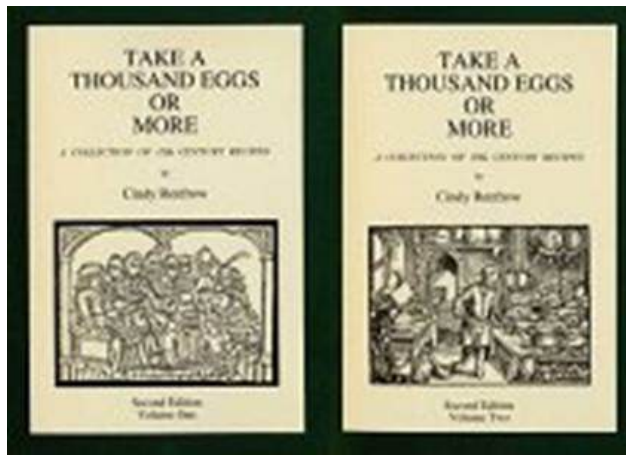
*editor notes that 'forced' or 'farced' indicates that it is enriched with flesh

Take grewel and do to the fyre with gode flesh and see(th) it wel.

Take the lire of Pork and grynd it smal and drawe the grewel thurgh a Straynour and colour it wi(th) Safroun and serue forth.



Take A Thousand Eggs or More – Cindy Renfrew



Potage Dyvers, Cabbages (Harleian MS 279)

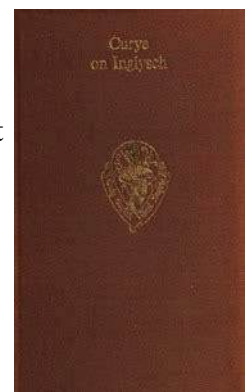
Take fair cabbages, and cut them, and pick them clean and clean wash them, and parboyle them in fair water, and then press them on a fair board; and then chop them, and cast them in a fair pot with good fresh broth, and with marrow bones, and let it boil: then grate fair bread and cast thereto, and cast thereto Saffron and salt; or else take good gruel made of fresh flesh, draw through a strainer, and cast thereto. And when thou serve it in, knock out the marrow of the bones and lay the marrow 2 gobbets or 3 in a dish, as thee seemeth best, & serve forth.

TO MAKE FRUMENTE

Tak clene whete and braye yt wel in a mortar tyl þe holes gon of; and seþe it til it breste in water. Nym it vp & lat it cole. Tak good broþ & swete mylk of kyn or of almand & tempere it perwith. Nym 3elkes of eyren rawe & saffroun & cast þerto; salt it; lat it nau3t boyle after þe eyren ben cast þerinne. Messe it forth with venesoun or with fat motoun fresch. - The Forme of Cury 14th century

To make Frumenty

Take clean wheat and smash it well in a mortar until the hulls are gone, and boil it in water until it bursts. Take it up and let it cool. Take good broth and sweet cow or almond milk, and mix it therewith. Take yolks of eggs and saffron and cast thereto,



and salt it. Do not let it boil after the eggs be cast therein. Serve it forth with venison or fat, fresh mut-ton.” –

Curie on Inglysch, edited by Constance Hieatt and Sharon Butler.

Recipe Testing

Compare ingredients from Black’s redaction to the original:

2 lb. shin of beef	vs.	beeff
4-6 short pieces of marrow bone	vs.	merybonys
4 pt water	vs.	fayre water
2 leeks		
2 sticks celery		
2 onions		
¼ firm white cabbage	vs.	fayre wortys
4 oz ‘white’ breadcrumbs	vs.	whyte brede
A few saffron strands	vs.	safron
2 tsps salt		
ground black pepper		

Why does she choose celery and black pepper?

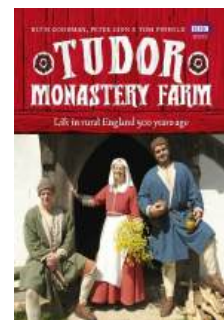
In searching for plants that might be available in this area, I turned to some modern living historians. A British television team has put out some fascinating shows and companion books. This one from the Tudor era is later than the time period I’m aiming for, but gives me valuable information about what would be growing in the garden:

Food Plants from: *Tudor Monastery Farm*:

Alexanders
Basil
Beans
Beet
Borage
Cabbage
Caraway
Carrots
Chervil
Chives
Coleworts
Cress
Daisy
Dandelion
Fennel
Good King Henry

Langedebeef
Leeks
Lettuce
Marigold
Marjoram
Mint
Nettles
Onions
Orach
Parsley
Parsnips
Peas
Purslane
Radish
Ransoms (wild garlic)
Rocket

Rosemary
Sage
Skirrets
Sorrel
Spinach
Milk thistle
Turnips
Thyme



Test Batch Ingredients:

Broth: 1 qt water
4 tbsp. beef broth concentrate
1 tsp. Poudre Fort*
1 celery stalk
small bunch parsley stems
onion skin

Grain: 2 oz. steel-cut oats
 1 cup water
 Wortes:
 4 slices bacon
 ½ small cabbage
 1 medium onion
 ½ cup parsley leaves
 Salt
 Saffron



*Poudre Fort: black pepper, long pepper, cloves, nutmeg

This batch of Poudre Fort is based on an Italian recipe and contains:
 Long pepper, black pepper, Cloves, Nutmeg, Cubebs, Grains of Paradise



Broth concentrate made from celery, parsley stems, onion skins, and poudre fort; simmered for 45 minutes

oats were par-cooked and left 'wet'



2 oz steel-cut oats to 1 cup water stirred with a Scottish spurtle

'farye wortys' cabbage, onion, parsley leaves (whole)



Sauteed bacon in a medium saucepan, removed ½ fat, reserved bacon

Sauteed cabbage and onion In bacon grease



Broth concentrate made from celery, parsley stems, onion skins, and poudre fort; simmered for 45 minutes

oats were par-cooked and left 'wet'





2 oz steel-cut oats to 1 cup water stirred with a Scottish spurtle
'farye wortys' cabbage, onion, parsley leaves (whole)



Sauteed bacon in a medium saucepan, removed ½ fat, reserved bacon



Sauteed cabbage and onion In bacon grease

Added parsley leaves and heated through briefly



Saffron
I believe if you are using it, you should know it. Generous pinches!



Simmered broth, ready to be strained into the pot with the wortys and combined with the oats.



Broth, wortys and oats simmered together for another 20 minutes.



Served topped with reserved bacon strips.

Observations:

It was delicious! The color and texture were good, the texture was satisfying. The saffron flavor came through but was not overpowering.

Oats may be for the poor and the Scottish, but I liked them! Wheat, barley, rye, oats, emmer, and other local grains would all have been used for porridge.

Following Maggie Black's proportions, the result was more of a soup, and I wanted more of a 'standyng' consistency for the feast largely because of my serving bowl/platter availability. Based on my test, I doubled the amount of oats, halved the liquid, and cut back ¼ on the cabbage. I prepared the main batch with shredded beef in the pottage mix, and slices of beef served on top as well. I had a vegetarian option with sauteed mushrooms as a topping.

Based on my research, I was able to put out a hearty, satisfying, delicious dish with period, seasonal ingredients. Diners did not want to give up the dishes for the next course to come out!

The process of researching and redacting an historic recipe might seem like some form of medieval alchemy, but with the right resources and a plenty of practice, it can lead to a rewarding dish to delight diners and scholars alike!

Spring Heraldic Registrations

The following information will probably already have been posted Officially on Social Media or published in Popular Chivalry by the Pennon Herald, and was taken from SCA College of Arms Letters of Acceptance and Return, found at <https://heraldry.sca.org/loar/>



Congratulations!! The following heraldic submissions completed the process during the past Season, and most are now officially REGISTERED with the SCA College of Arms:

April 2025

Acceptances

- * Brynja of Byrrhyll. Reblazon of device. Vert, three grey geese naiant in pall heads conjoined proper, a bordure potency argent.
- * Engenulf d'Evreux. Device. Purpure, a wolf rampant contourny Or.
- * Genevieve d'Argent Chene. Household name Maison d'Argent Chene.
- * Jehan Giefrey. Name (see RETURNS for device).

Nice late 13th century French name!

- * Jonathan McGrath. Reblazon of device. Per pale vert and Or, a sword inverted bendwise surmounted by an unstrung harp proper.
- * Osprey, Barony of the. Heraldic title Osprey Pursuivant.
- * Sean MacRory. Household name Clann Ruaidhri Maoil and badge association. Vert, on a lozenge Or a quatrefoil vert.

Returns

- Jehan Giefrey. Device. Sable, on a cross argent irradiated between three mullets Or a flame gules, and on a chief argent a fish naiant sable.
- This device returned for excess complexity

Pends

- * Valeric the Blackheart of Castle Vanir. Device change. Per chevron inverted raguly argent and purpure, a death's head and in chief two hearts sable.
- This device is pended to redraw

May 2025

Acceptances

- * Barbara Alane Davis. Name and device. Quarterly azure and gules, a wolf rampant and on a chief invected argent an axe sable.
- * Dionisio Tedesco. Name.
- * Godsun Pálsson. Device. Checky argent and gules, two ravens respectant sable.
- * Marcus Tullius Agrippa. Badge (see RETURNS for household name). Or, four lightning

bolts in saltire points to center between in fess a lion's head cabossed and an elephant's head cabossed sable.

Returns

* Marcus Tullius Agrippa. Household name House Tullius.
Returned for construction issues

June 2025

Acceptances

- * Ælfric Hort. Device change. Per pale gules and sable, a tree blasted and eradicated between two stags combattant argent.
- * Ardashir Rushani. Name.
- * Ástriðr Stefánsdóttir. Name change from Astriðr of Owl's Nest and device. Per pale purple and vert, on a pale between a domestic cat rampant and a wolf rampant to sinister argent a sword inverted sable.
- * Aznar Montañes. Name and device. Vert, a unicorn contourny between in bend two mullets of six points argent.
- * Celestine Albret de Morat. Reblazon of device. Or, a sword inverted sable and a rose vine entwined proper, a bordure sable.
- * Corwyn Iain MacAern. Reblazon of device. Per chevron sable and argent, a griffin passant and a bucina reversed counterchanged.
- * Costanza di Firenze. Reblazon of badge for House Hidden Fire. Sable, a pair of hands thumbs outward fesswise coupé conjoined Or, armed and cupping a flame gules.
- * Erik Bryssen. Reblazon of device. Per saltire pean and erminois, on a sinister gauntlet argent maintaining a rose fesswise sable, slipped and leaved vert, three gouttes de sang.
- * Hutchin Dalgaard. Name
- * Thora k{o,}ttr Hrafnisdóttir. Name.

Returns

None

Pends

- * Tarlan Lewyngstoun of Iona. Device. Azure, a saltire cotised between four Bowen knots argent.
This device is pended to redraw.

Meistres Bronwen o Gydweli, Lambent (Commenting) Herald Meridies

BRONWEN

Diversity, Equity, and Inclusion in the SCA

Baron Oengus mac Gilla Dubain

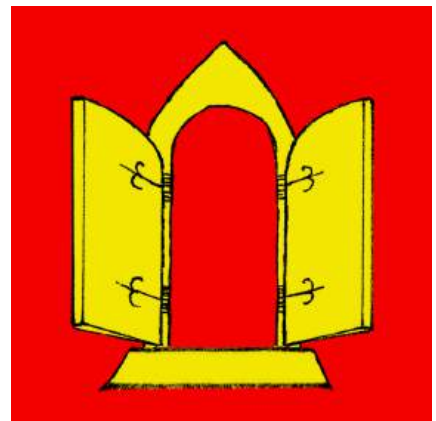
A Tradition of Chivalry, Courtesy, and Honour The SCA is built on the ideals of chivalry, courtesy, and honour, values that guide not only our historical reenactment but also our interactions as a community. As the SCA has grown, so too has its recognition of the importance of Diversity, Equity, and Inclusion (DEI) in fostering a welcoming and enriching environment for all participants. Far from being a modern imposition on medieval traditions, DEI aligns naturally with the SCA's core principles, ensuring that our organization remains a space where all people can fully engage in the dream of recreating the Middle Ages "as they should have been."

Chivalry, one of the SCA's foundational ideals, is not merely about prowess in combat; it's about upholding justice and protecting the vulnerable. In a modern context, this means standing against exclusion and discrimination, advocating for equitable access to events, leadership, and recognition. Just as a chivalric knight was expected to act with integrity and defend those in need, so too does DEI call upon us to see that everyone, regardless of race, gender, ability, or background, can participate fully and fairly in the SCA.

Courtesy, another hallmark of SCA culture, is the virtue of treating all individuals with respect and kindness. It encompasses the way we greet newcomers, the way we engage in discussions, and the way we resolve conflicts. DEI initiatives reinforce this tradition by encouraging education, cultural awareness, and thoughtful dialogue, ensuring that all members feel valued and respected. A culture of courtesy is one where differences are celebrated rather than seen as barriers, making the SCA a more inclusive and dynamic organization.

Finally, the concept of honour binds the ideals of chivalry and courtesy together, demanding integrity in both word and deed. Honour in the SCA is more than just personal reputation; it extends to the collective responsibility of making sure that our society reflects the best of medieval ideals rather than the exclusionary practices of the past. Upholding DEI is itself an act of honour, demonstrating a commitment to fairness, justice, and the continued growth of the SCA as a community where all participants can contribute and thrive.

Ultimately, DEI is not at odds with the SCA's traditions; it is a fulfillment of many of them. By embracing diversity, fostering equity, and safeguarding inclusion, we uphold the very values that have defined the SCA from its inception. In doing so, we ensure that our organization remains a vibrant, welcoming space where the dream of history lives on for all who seek it.



Period Reliefs

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 beautiful period relief sculptures.



Coronation of the Virgin—British
ca 1460



Goddess Chamunda—Nepal—
Probably 15th-16th C



The Entombment— School of
Antwerp—Early 16th C



Fragment of a box representing
the quest for the Golden
Fleece—Italian 15th C



Pieta (Lamentation) - French 16th C



Francesco Sforza (1401–
1466), Fourth Duke of Milan
(r. 1450–66) - Italian Milan
15th C

Authorizing for Heavy Combat

From the Meridies Marshal's Handbook

VII. Authorization

A. Authorization Procedures

- i. Authorization is designed to ensure that all fighters can conduct themselves safely and courteously while on the field; are conducting themselves according to a common standard; and display a minimum level of proficiency to show they are not a threat to themselves or others.
- ii. All combatants in tournaments and melees in Meridies must be authorized in the weapons they wish to use.
- iii. Visitors to Meridies may participate in Meridian events if they go over the Meridian rules with a Meridian marshal before they compete.
- iv. Fighters with valid authorization from another kingdom who move into Meridies may exchange for a Meridian authorization card within their first six (6) months of being a resident of Meridies.

B. Who May Become Authorized

- i. To become authorized a fighter must meet the following requirements.
- ii. Be at least 16 years old.
- iii. Combatants under the age of 18 have additional authorization requirements described in the minor authorization procedures.
- iv. Thorough familiarity with all weapon and armor standards, conventions of combat, and other rules concerning combat-related activities in Meridies.

C. When Can Authorization Occur

Authorizations can be held at any time during an official SCA function (event or fighter practice); a combatant authorized during an event may participate in subsequent activities as allowed by their new authorization.

D. Marshals

- i. For Armored Combat and Rapier combat, there must be 2 warranted marshals present. For all other disciplines, a single warranted marshal is required.
- ii. The marshals MUST be authorized in the applicable weapons form.
- iii. Inspect the armor and equipment of all personnel participating in the authorization process.
- iv. Test the knowledge of the candidate regarding the applicable rules governing combat in Meridies. The knowledge test should include questions applicable to the weapons being used in the authorization.
- v. Inform the participants in the authorization of how the authorization is to be conducted.
- vi. Perform the authorization per the Society Marshal Handbook



E. Authorization for Minors

i. For anyone who is 16 or 17 years old to become an authorized fighter in Meridies outside of Youth Combat, the following procedure must be followed:

a. The candidate must have either a Minor waiver on file at SCA Corporate Headquarters (blue membership card) or must complete an SCA 'Minor's Consent to Participate and Hold Harmless Agreement (General Waiver for Minors)'.

b. For a minor to fight or even practice, either a parent or legal guardian shall be present, or someone holding a notarized Medical Authorization for Minors granting them authority to approve medical treatment shall be present.

c. During early training, those who are running the practice must make a careful determination as to the minor's physical and emotional maturity. The variations among minors are considerable. At this age, many are unready, either physically or emotionally, for SCA combat. The marshals must be conservative in this respect. If there is any question, remember that if the minor is truly emotionally ready, they will not react inappropriately to being told to wait a year. If the marshal is not sure that the minor is ready, they must be told to wait a year.

d. The local marshal will arrange for at least one of the parents or legal guardians to observe the fighting practice. Every attempt should be made to ensure that the parents leave with a familiarity with SCA fighting.

e. The minor must attend at least one fighting event before the event at which the minor attempts to authorize.

f. The parents or legal guardians shall be asked to come to an event before authorization.

g. A standard authorization will be conducted with at least one of the officiating marshals being the KEM or designated DEM.

h. All of the paperwork involved in the minor's authorization must be reviewed by the KEM or designated Deputy Earl Marshal before being processed by the Minister of Lists.

i. Minors engaging in combat with adults shall be marked in the following manner: A single yellow diamond no larger than 1 inch (25.4 mm) but no smaller than 0.5 inch (12.7 mm) to be placed on the front hemisphere of the helm (preferably on or near the inspection sticker). Minors competing with adults in Raapier will have the same diamond on the cuff of the glove of their dominant weapon hand



Making a T-Handle Drill

THL Gaius Nautius Maximus

Greetings, student of woodworking! Today, we are going to use our \$50 Woodworking Tool Kit to make... more tools! The tools we make in the next few articles will lead to us building our first 'real' project, which will be a 6-board chest that we will store our tools in. We will be spending about \$30 for materials and whatnot today.

Materials and tools to gather (besides your tool kit):

1.5" x 3/4" x 2' plank of red oak (~\$10 at Lowes or Home Depot)

1/4" drill bit [the kind with the hexagon base] (~\$5 at above stores)

E6000 adhesive (~\$4 at above stores)

12" quick-release bar clamps (~\$4 each at Harbor Freight)



With your materials and your tool kit, you will need to get your ruler, combination square, and pencil. Get the plank of red oak you bought, and cut two pieces. One 6" long, and one 8" long. The long one will be the handle of this drill, and the shorter one will be the piece that holds the drill bit.

* Clamping the wood while sawing will make it much easier to cut, and be much safer.

Take the 6-inch piece, and remove a piece 1.5" long and 3/8" thick from each end. One end will be where the drill bit is held, and the other will be the joint with the handle. You can use just the saw for this, as below, or you can saw across the grain and then use a chisel to chisel along the grain. Make sure you clamp the piece really good for this step. Safety first and all that!



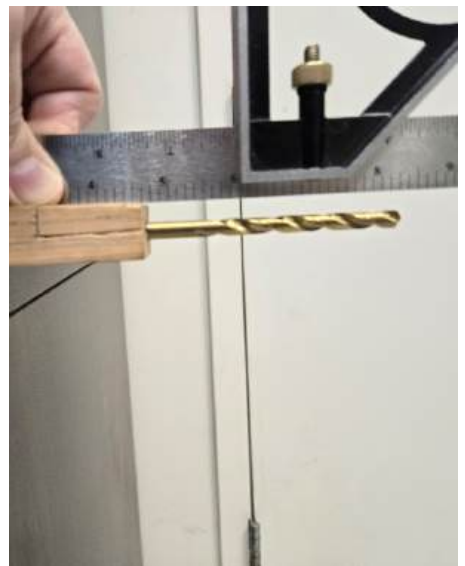
Carefully saw on our lines to separate the square piece from the rest of the wood. Drawing the lines on both narrow sides will let you make sure that you don't remove too much. It's not super critical, so don't beat yourself up too much, but do your best. We're building habits that will be used in all future projects :)

Now that the piece we cut off is out of the way, draw a couple of lines about 3/8" apart in the center of that cut-out section. These are to guide us as we use a chisel to make a nice bed for the drill bit to sit in. Depth-wise, this this will be about 1/8" deep because the hex shank of the drill bit is a 1/4" thick, face to face, and we want the bit clamped in nice and centered. Given the very low speed of a T-handle drill it won't really affect drilling, but again, we want to build good habits as we go :)



We need to cut a matching groove in the piece we cut out. Small pieces of wood can be hard to clamp, so I will share a trick :) lay the small piece of wood on your desk/bench/kitchen table, with the drawn lines for the groove facing up. Lay the bigger piece of wood on top of it, and then clamp the stack to the work surface as you can see in the pic to the right.

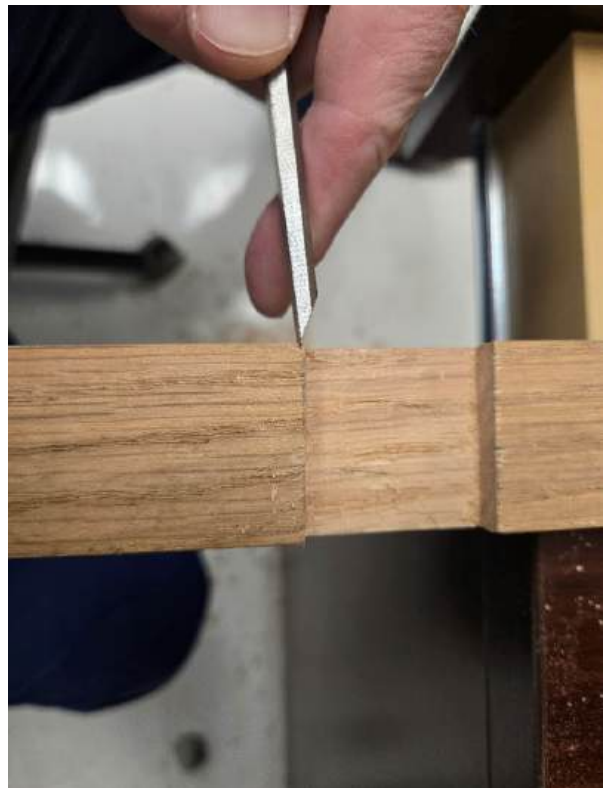
The groove on the smaller piece is identical to the one we just did: 3/8" wide, centered on the piece, and 1/8" deep. This will allow us to clamp that drill bit. Apply a generous amount of the E6000 to the matching faces of the wood pieces, and in the grooves. Place the drill bit in the groove as shown, and either clamp the pieces together, or use a heavy weight to hold them tightly together.



Take up the 8-inch piece (the handle!), and mark off a 1.5" long section in the center. We will be removing half the thickness of the handle (3/8") in that area so that the handle will mate nicely with the vertical piece that has the drill bit. In the pic to the right I have colored in the area to be removed. The best way to do this is to make a good, careful vertical cut on each end of the colored-in area, then make a bunch more between those cuts to make chiseling out the waste much easier. You can see this process in progress below. As you can see, my outside cuts were *not* super clean. If I'm tired or worried that I won't do a good cut, I make the error on the side where I'm cutting everything out, then carefully clear away wood to the line with a sharp chisel as you can see below and to the right.



The final step after making sure the joints fit tightly and well is to apply E6000 to each face, then clamp them together and let them sit overnight. In the pic below, I glued all the joints at one time, but doing them one at a time is fine, too. The completed tool is bottom right. We will use that in the next article when we make a clamp! See you then :) -Gaius



A Call for Largesse

Greetings Meridies,

Now that Gulf Wars is over and the largesse has been inventoried we find that we are lacking largesse for the children. As we all know the Children of the Kingdom are our future. Donations for children's largesse would be greatly appreciated. Things like games, craft stuff for kids, stuffed critters, journals for the older children, illumination kits for older kids, simple jewelry making kits, etc. Donations can be given at any event, please contact.

In service of the dream
Baroness Juliana of Empingham



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/>

So let's see — and share — your work!!!





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

Autumn in the Garden

Fall Gardening Hints
Meistres Bronwen o Gydwelli

The Fall of the year, when some spring and summer plants are winding down, can still be a good time for tending your garden and making it productive. There are numerous vegetables that are known to thrive in cooler Fall weather, so even as you might be thinking of preparing your garden for the Winter months by adding compost to your garden soil, you still can plant those -- as well as planting shrubs and trees.

So what vegetables are good to plant in the Fall? Well, the list includes carrots, spinach, kale, broccoli, turnips, radishes, lettuce, and cauliflower, and, further, you can plant herbs like chives, parsley, dill, and cilantro, which also do well in the Fall of the year.

Planting trees and shrubs in the Fall gives their root systems time to develop a bit before Winter comes in and those plants mostly go dormant. Fall can also be an excellent time to divide and to transplant

perennials like asparagus and strawberries.

Experts suggest mulching in the Fall to conserve moisture, protect plant roots, and suppress weeds, and removing any dead plants to prevent diseases and pests from overwintering.

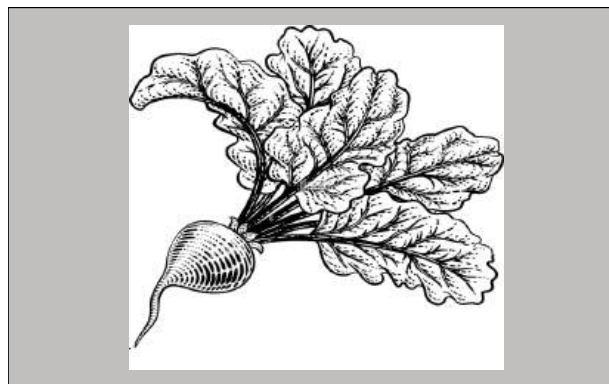
Watering, in the Fall, can also be done less frequently, but it's suggested that it's done deeply because apparently roots tend to grow deeper in the Fall.

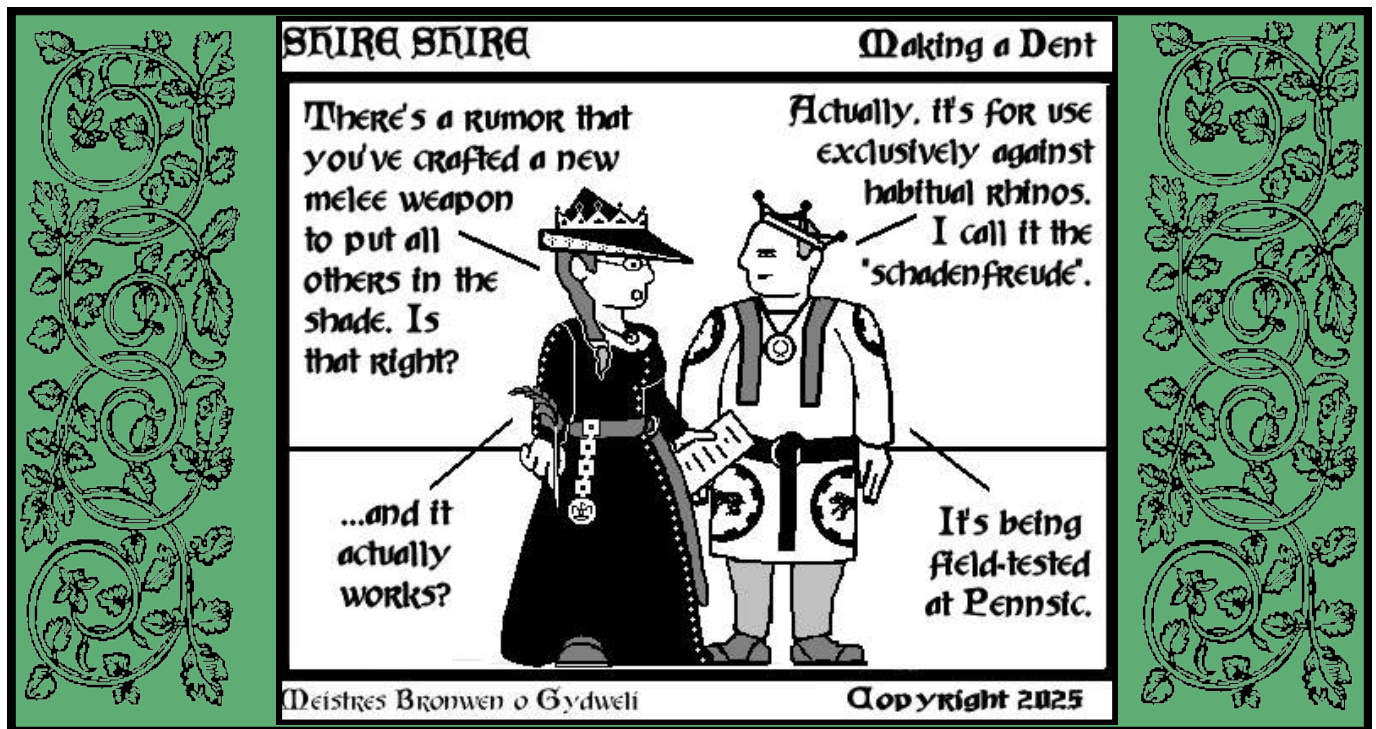
Row covers can be used to protect tender plants from frost and pests. and experts also suggest what they call planting in succession. For example, for faster-growing plants like radishes and lettuce they suggest sowing seeds every couple of weeks for a continuous harvest. Fall tilling also can improve soil drainage and allow for earlier planting in the spring.

Good luck and Happy Gardening! In the meanwhile, I plan to keep researching.

My gratitude to various members of the Meridian Herbal Guild for their ongoing assistance as I learn more about this subject, and if you'd like to check out their Facebook page it can be found at **SCA Meridian Herbalists**

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





Acknowledgements and Thanks

Thank you to **Lady Maria Freydisardottir** for this issue's Cover Art, 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, to **Baron Oengus mac Gilla Dubain** for his article "Diversity, Equity & Inclusion in the SCA", to **Baroness Rose Rennel** for permission to reprint the flyer for the Gulf Wars Site Token Contest, **Shair Fiachna mac Phairiac (aka Theahtyn)** for his additional information on Vices & Virtues, to **THLord Gaius Nautius Maximus** for his article on "Making a T-Handle Drill", and to **Baron Asbrand of Norway, Baroness Rose Rennel**, and **Mistress Ellen de Lacey** for allowing the reprint of their photographs.



Special thanks also to the Kingdom Chronicler **THLady Alis Talemache** for her patience and her assistance, and to my Deputies **Lord Leopold Guotmann** and (less officially) **Mistress Christianna MacGrain** for their ongoing assistance and their contributions to this issue, to wit: "Autumn in the Kitchen: Researching Historical Feasts and Feasting Taking A Deep Dive Into Sources (Part Two)" (Christianna).

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 Winter Seasons will be December 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.