

# Seasons

#8 Winter A.S. LVIII  
(2023)





## Greetings from the Seasons Editor

Greetings to All!

This is the eighth issue of the new SEASONS. Two years in, and we hope you are enjoying the new format and content of this magazine.

We welcome Original Cover and Filler Art;

Instructional/Educational Articles; 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, merits and humor 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 Gydweli  
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 Winter of A.S. LVIII (2023-2024):

- ◆ **Magna Faire** (Live) December 1st-3rd (Iron Mountain)
- ◆ **Winter Market** (Live) December 9th (Glaedenfeld)
- ◆ **Knights' Strategic Redeployment** (not a retreat)
- ◆ **Twelfth Night** (Live) January 6th (Bryn Madoc)
- ◆ **Panhandle Skirmishes** (Live) January 12th-14th (Trimaris)
- ◆ **Wing Ding** (Live) January 13th (South Reach)
- ◆ **Menhir** (Live) January 20th (Rising Stone)
- ◆ **Fighters Collegium/Meridian War College** (Live) January 26th-28th (Iron Mountain)
- ◆ **Midwinter Arts & Sciences** (Live) February 2nd-4th (South Downs)
- ◆ **Knights Gambit** (Live) February 9th-11th (Thorngill)
- ◆ **Black Gryphon** (Live) February 16th-18th (Thor's Mountain)
- ◆ **Meridian Challenge of Arms** (Live) February 23rd-25th (Osprey)
- ◆ **GULF WARS** (Live) March 10th-18th (Gleann Abhann)

**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.



# Autumn Event Highlights

During the Summer of A.S. LVIII the eventing stepped up, and the following Meridian Events were hosted and enjoyed:

- **Vices & Virtues** (Live) September 1st-4th (Phoenix Rising) This event was held at the Etowah County Fairgrounds, Attalla, AL, and promised to feature a Battle of Great Feasts, Archery & Live Weapons, Heavy & Rapier Tournaments, Water Fight, Classes, Youth

Sponsored Tourneys, and much more. With a number of other events being held very locally in September and October, we're not sure anyone local made it to this one, but the reports on-line were glowing! God Work, Phoenix Rising!

- **Red Tower** (Live) September 8th-10th (South Downs) (Live) This event was held at the Indian Springs Group Camp in Flovilla, GA, and featured not only the traditional Red Tower Tourney but also the Baronial Investiture of Ximon and Rhiannon as the new Baron and Baroness of the South Downs. Event activities included the Traditional Red Tower Tourney, Classes and Pomp surrounding the Investiture of Ximon and Rhiannon, Live Weapons Tourneys, a Feast, and at Court a Writ of Elevation to Pelican was presented by the Crown to Countess Dalla Dyrfina. In the Evening Revel the Commedia troupe performed a Show. A well-attended and fun event!
- **Daggers & Hemlock : Raku No Natsu (Summer in the Capitol)** (Live) September 15th-17th (Phoenix Glade) was held at 1424 Jackson Ave Suite A, Chipley, Florida 32428, and featured Breakfast and a Japanese Feast, A large slate of classes, Multiple Heavy and Rapier Tourneys, several Archery Shoots, Children's Activities, an Illumination Scriptorium and Embroidery Salon, and Merchants. Great fun!
- **Haustblot** (Live) September 23rd (Loch an Fhraoich) on September 22nd at the Pulaski Parks & Recreation Department, 333 E College St, Pulaski, TN. All sorts of activities were planned, and all folk were invited to Join them as they reveled in the fruits of the harvest with fighting, feasting, and a friendly competition of the arts and sciences! Reports said the event was intimate, relaxed, that the site was lovely. and that everyone who attended classes enjoyed them. Plenty of fighters showed up for Heavy and Rapier fighting, and the lunch feast was reportedly excellent. A great one-day event!
- **MERIDIAN GRAND TOURNAMENT "MGT"** (Live) September 29th-October 1st (Meridies) Bert Adams Boy Scout Camp in Covington, GA. The site is beautiful, with a huge field, ample parking, plenty of bathrooms, and 200 beds available on site. There was many sponsored Tourneys, and as usual much heraldic display around the field. This popular event

was well-attended, as usual, and Duke Boru Aelwyn won the Grand Championship this year (other winners listed elsewhere). A Great event!

- **FALL CORONATION** (Live) October 13th-15th (Tir Briste) Held at Camp Benjamin Hawkins in Byron, GA, this Kingdom Level Event celebrated the Coronation of Timothy and Ysmay as the new Sovereign and Consort of Meridies, and also featured a 15th Century Wallachian theme and a Grand Court. In the morning, Their former Majesties Garrick and Yasamin left the Thrones vacant after He died unexpectedly of “natural causes” naturally not related the puncture wounds on his neck, and She afterwards departed to join a Leopard Colony. Garrick’s body was laid in state, and THHs Timothy and Ysmay emerged from their Bill and Ted phone booth, approached under a sword arch, somberly paid respects to Garrick and then crowned ourselves. They had a team of pallbearers hoist Garrick and walk him to his final resting place (which it turned out was next to the BBQ smoker). Then They sat, got some cheers, and moved to court business — which included the naming of the new Kings Heavy Champion - Sir John Mailer, and Queens Rapier Champion - Master Nicolo Romero Kingdom Youth Combat Champion: Cody of Owls Nest
- **Danelaw** (Live) October 21st (Bryn Madoc) This event was hosted as a one-day event on Saturday October 21st at Fort Yargo State Park, Group Shelter B, (off of GA 81), in Winder, GA. In days of yore, Danelaw used to be a weekend event, but this one was a one-day event, easily accessible for our local Populace, and included lots of fighting.
- **Gatalop** (Live) October 27th-29th (Osprey) Held at historic Fort Gaines on Dauphin Island, AL, Gatalop featured its usual Tourneys and other Heavy Fighting competitions, but also Rapier Fighting and Feasting. Many things to do and to watch!
- **Silver Hammer** (Live) October 27th-29th (Thor’s Mountain) This is Thor’s Mountain’s signature fighting events, and was held at Big Ridge State Park in Maynardville, TN over the weekend of October 27th-29th. Silver Hammer featured Heavy and Rapier Tourneys, Archery, and an excellent Feast! The newcomers nook was also a big success. There was snacks and drinks available through the day and the two classes were well received
- **Come Together: A Reunification Event** (Live) (Glynn Rhe) On November 4th at Sharon Johnston Park, Pavilion #2 in New Market, AL This one-day event was held to celebrate the re-joining of the Shires of Glynn Rhe and An Dun Theine, and featured a day of fun and celebration, and a Feast as well!
- **FALL CROWN LIST** (Live) (Arenal) On November 10th-12th The Kingdom gathered at The Northwest Florida Fairgrounds in Fort Wal-



ton Beach, FL this year to witness the selection of new Meridian Heirs. Combatants who this time competed honorably were: **Lord Temuge Tsattaan** for **Countess Alainn Aodhomoira BeanLarren**, **Lord Eiríkr Pálsson** for **Baroness Arnora Karlsdóttir**, **Lord Samuel Gisborne** for **Baroness Juliana of Empingham**, **THL Mairghread Wilson** for **Baron Piers Simmons**, **THL Rorik mac Lugdach** for **Baroness Sara al Garnatiyya**, **THL Bram Sleggia Halfdannarson** for **Majestra Alessandra Fioravanti**, **THL Richard na Teanga Mhin** for **Mistress Heahburh aet Niwecastel**, **Sir John Mailer** for the **Oluko Ọmọkẹhindegbẹ̀bọ̀n Ọ̀yọ̀**, **Sir Hrothgar of Mercia** for **Baroness Kata Alarsdottir**, **Viscount Walerich von Brederike** for **Viscountess Catriona Morgan**, **Count Sebastianos Ionnides of Ean Airgead** for **Countess Morgan Filia Starre**, **Earl Lochlainn Glen Nodha** for **Countess Paraskova Chemislava**, and **Earl Robert Glendon of Auk** for **Greifynja Aelfgi-fu Haraldsdottir**. After a well-fought Tourney the victory went to **TRHs Sebastianos and Morgan**, thus assuring the continuance of the noble Meridian lineage!! Huzzah! This event also featured a few additional fighting activities after the main even was concluded. Their Majesties invited all Heavy and Rapier fighter to compete in a Prize Tourney open to all authorized fighters, each Tourney starting with a Bear Pit. Top scoring Fighters were moved on to a Single Elimination List, and The Crown also selected a Fighter from each Bearpit to advance based upon their chivalry and honor on the field. There was an excellent Feast and Revel, many happy guests, and at Court **Taran the Wayward** was named a Herald Extraordinary, and **Genevieve Alaiz d'Avignon** and **Magdalena da Parma** both were inducted into the Scarlet Star. Congratulations all!

- **Castle Wars** (Live) (South Downs) was hosted over the extended weekend of November 15th-19th at MacIntosh Reserve Park in Whitesburg, GA, and featured a LOT of warlike behavior, a multitude of hosted Solars and assorted Classes, and also at court we had the drive-by Pelicaning of **Baron Mihalfy Miklos**, the presentation of a Writ of Elevation to Pelican of **THL David of Duckworth**, **THLady Sarah of Duckworth**, and **THLord Kurt Bogner**. **Lady Catylyn Wen** was inducted into the Order of the Bough, and the King's Royal Huntsman and Queen's Yeoman were named as **THLady Katerina of Sørøya** and **Sir Griffin O'Suaird**. Congratulations to ALL!

## Still On The December Calendar for Fall

- **Magna Faire** (Live) December 1st-3rd (Iron Mountain)
- **Winter Market** (Live) December 9th (Glaedenfeld)
- **Knights' Strategic Redeployment (not a retreat)** (Live) December 16th (Order of Chivalry)



# 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/236065959926266/>

## **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](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**

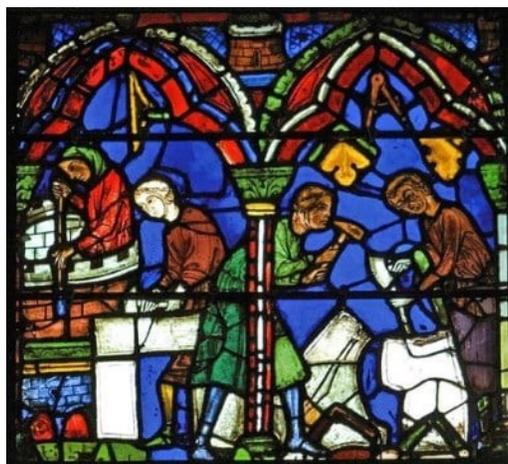
<https://www.facebook.com/groups/MeridiesForesters/>

## **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!

# Winter in the Kitchen: Medieval Food Preservation Methods

By Mistress Christiana MacGrain



Food preservation in the Middle Ages could not depend upon refrigeration or freezing. Snow is at best unreliable and even in areas that never saw the ground until spring, food could not be stored without risking freeze-burn or thaw spoilage. There was a constant risk from animals, insect infestation, and spoilage. Medieval cooks relied upon a variety of techniques to keep food safe and edible for prolonged periods of time.

## Drying

The easiest of all of the preservation techniques, it dates to pre-history and is still widely used today. It provides a lightweight, concentrated food product.

### Sun Drying

Best accomplished in areas of high-sun, low-humidity. It requires several days of good sunlight. Fruits best suited to this are apples, apricots, cherries, dates, figs, peaches, pears and plums. Vegetables including beans and peas, lentils, onions and some shredded vegetables also dry well in the sun. Sun drying can be alternated with shade drying for a more colorful and flavorful product.



### Room or Air Drying

Foods are hung or stacked in a warm, dry room such as the kitchen, attic or stillroom. In the kitchen foods could be hung above a wood-burning stove, although this would not necessarily mean the item was smoked. If hung on hooks in a chimney, the food would be both air-dried and hot-smoked.

Herbs were commonly air-dried in the attic. Sometimes they were stacked on shelves or in boxes, or tied in bags to protect them from dust.

### Wind Drying / Freeze Drying

In northern regions, fish is hung outdoors to dry in the freezing wind. The term 'stock fish' comes from the rows of fish hanging in the wind to dry on frames of sticks.

13th century Peruvian Incas were freeze-drying potatoes and beef in the Andes, 16th century

Japanese were freeze-drying tofu, and there is evidence of other people living in cold, arid areas such as the Inuit, Norse, and Buddhist communities using freeze-drying to preserve their food.





### **Curing**

Curing in one of a number of forms was and is still used widely for beef, pork, and fish preservation. Cured meats are best kept cool.

### **Salting**

Salting is used to extract moisture from the food. Meat could be rubbed with a dry salt rub or brined, and then then hung to air dry.

#### **Dry Salt Pack**

Dry salting involves packing the meat in layers of coarse-ground salt and weighting it down. Barrels of salted meat could be preserved for long storage or sea voyages.

Dry salting was also suitable for greens, cabbage, and a number of root vegetables.

#### **Brine**

Brining uses a liquid of salt and water, plus sugar and spices in some cases. The meat is packed in a vat, and again, layered with salt and covered with the brine and weighted. In both cases, the meat has to be thoroughly washed and often soaked in several batches of clean water to be edible.

### **Smoking**

Smoking is the other major form of curing. Beef, pork, and fish are best suited to smoking. Hardwoods provide the best smoke and flavor. Hung in a smokehouse (a regular building on larger estates or a barrel or box for smaller operations), the food is permeated with smoke for several days. Most meats for smoking were prepared by salting first.



#### **Cold Smoke**

Used to flavor but not cook or preserve.

#### **Hot Smoke**

Used to cook, flavor and preserve the food.



### **Pickling**

Pickling was often used for fruits and vegetables. Food was cooked in a mixture of vinegar, honey and wine, plus spices of choice. Meats could also be pickled in brine.

### **Root Cellaring**

Root cellaring is a method for storing fruits and vegetables for up to 6 months. It is best in an area where the ground provides a cold, moist atmosphere that will not allow the foods to freeze or decompose. The



food is covered with layers of clean, dry leaves, sand, moss, earth, or even a wrapping of paper to protect and help keep the food from “breathing”. Foods most suited are apples, pears, carrots, beets, turnips, celery, seeds, legumes, onions, gourds, and horseradish.



### Candying

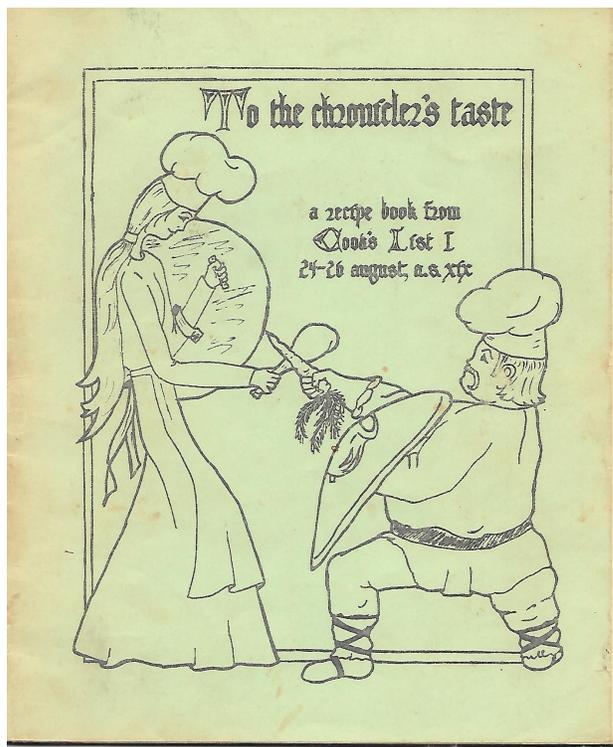
Candying and jellying were quite popular for preserving and having a sweet treat. Gellies or marmalades were made from apples, oranges, quinces, and other fruits. Candies were made from a variety of things, including candied orange peels, rose petals, violets, ginger, whole nutmegs, and mace.

### Dipping in Pitch

Perhaps the most unusual method of food preservation we find is that of preserving fruit in pitch. Fruit is dipped in molten pitch, “being almost cold and before it congeale and harden again”, and hung to dry by the stems (Plat, Sir Hugh, 1609). It is said to preserve the fruit for a whole year.

Medieval cooks, even without the aid of refrigerators and deep freezers, had many ways to get through the long, cold winter. Even so, spring and summer were celebrated universally for the return of pleasant weather and abundant game, dairy and produce. It was not long, however, before harvests were being dried, smoked, and pickled for the next winter’s siege.

\*First published in 1984 by Lady Christiana MacGrain in “To The Chronicler’s Taste”, a booklet of articles and recipes published as a companion to the Cook’s List event held as a fundraiser for the Meridies Chronicler’s Office.



# Period Rapiers

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 Rapiers from late 16th Century to early 17th Century Europe.



Rapier—European  
1570-80



Rapier—Italian  
1540



Rapier—Venice  
15th Century



Rapier—Dutch or  
Flemish; Blade German  
1630-40



Rapier—Possibly  
Spanish 1600



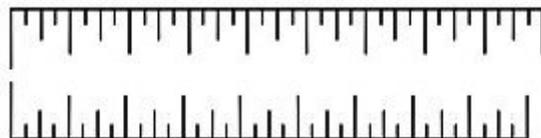
Rapier—French  
Ca 1600



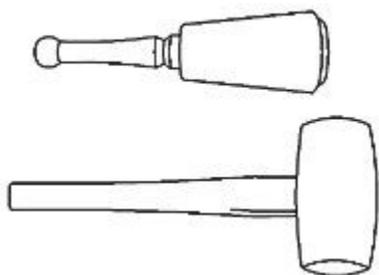
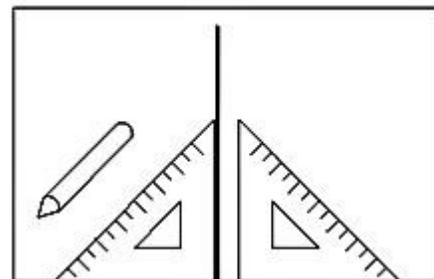
## Master Brun's Woodworking Shop Hints

By Master Brun Canutesson

Hint #1) When using a yardstick or tape measure make sure that you stay with the same measuring device for the project. Sometimes they have errors and switching from one to another can be a big headache. If you have a lot of measuring devices, buy a really good one from someone like Starrett or Mitutoyo and compare all the others to it as a standard. If you find a measuring device that's not accurate, either give it away, or toss it in the garbage. (at a minimum, write defective on it, for future reference)



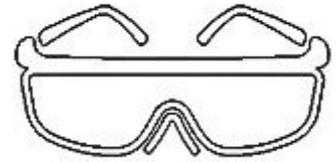
Hint #2) You can check to see if a square is actually at 90 degrees, by using it to draw a straight line perpendicular to the edge of a straight board. Then flip the square over and see if the new angle matches. This concept can also be used to check to see if your Miter Saw is cutting accurately.



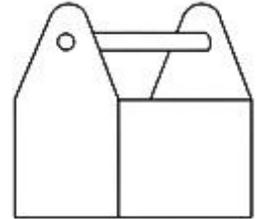
Hint #3) When woodworking, Never hit a steel tool with another steel tool. Hit things with either a wooden or rawhide mallet. ( or rubber)

Hint #4) Make sure that if you must persuade a part to go together, you place a board over the area to be hit, so that you don't dent your work surface.

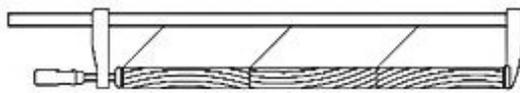
Hint #5) Always wear safety glasses (and keep them clean) It will ruin a shop weekend, if you have to go to the ER, and have them pull something out of your eye.



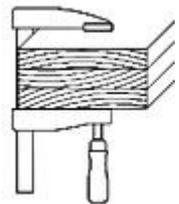
Hint #6) Put your tools away as soon as possible. You might want to get a tool tray to use for individual project. Tools hitting the floor will always fall sharp end first. You will always set your work down on a tool and mar the surface. Clutter will not help you work efficiently.



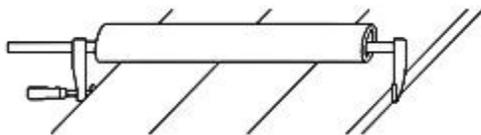
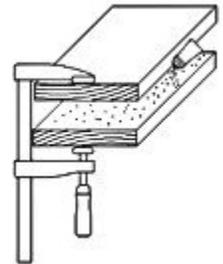
Hint #7) When clamping boards for gluing, make sure that you alternate the grain direction to ensure that you minimize cupping, warping and twisting.



grain direction to ensure that you minimize cupping, warping and twisting.

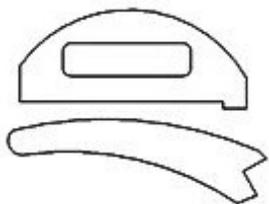
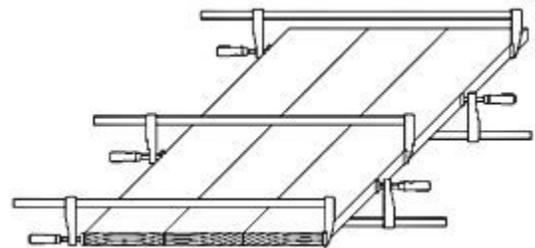


Hint #8) Put a little bit of table salt between the surfaces when gluing up. It will provide a bit of friction to prevent the parts from slipping out of alignment. Don't use a lot though.



Hint#9) When gluing up boards, if you are concerned about the glue getting on the clamp, put the clamp inside a scrap of pvc pipe.

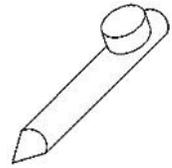
Hint #10) When gluing up, stagger your clamps so that if they provide uneven pressure, it will all even out.



Hint #11) Make push sticks from scrap wood. Inset a magnet into them so they can hang from the metal surfaces of your saws. Paint

them a bright color, so that you will remember to use your push sticks.

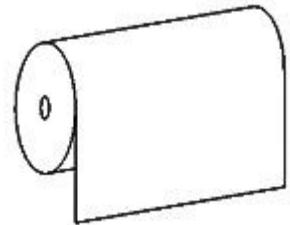
Hint #12) Buy a box of golf pencils and a box of magnets. Hot glue the magnets to the pencils. Now you can hang the pencils all round the shop on metal surfaces. If you need to hang a pencil on a plastic surface, hot glue a fender washer to the needed location.



Hint #13) If you have clothes left over from applying finish, either put them into a metal trash can with a lid, or lay them out in the sun to completely dry before throwing away. They can spontaneously combust because of the oil, so you want to contain the fire if it occurs.

Hint#14) Sawdust is flammable, so sweep up excess sawdust and throw it away. Do not let it accumulate excessively.

Hint #15) Most newspaper print offices sell end rolls of unused newsprint. This is great for covering your workbench while gluing, making patterns and sketching out designs. Just hang it up and cut off pieces as needed.



# THE ORIGINS OF THE YULE LOG TRADITION

(Information Gathered in Bits & Pieces from Various Diverse Sources)

The ancient tradition of the burning of the Yule Log, or Christmas Block -- a specially selected log burnt on a hearth as a winter practice in regions of Europe, and subsequently

of North America -- to bring fortune and good luck, was historically a holiday observance well before the arrival of Christianity in Europe.



As with most European holiday traditions, the origins of the Yule Log are believed to have stemmed from Scandinavian or Germanic paganism, and to be linked to earlier solstice celebrations, as well as to the tradition of bonfires in those cultures. The tradition of burning the Yule Log began as an early Winter Solstice ritual, though the exact date the tradition started is unknown. The earliest references to the Yule Log tradition appear in seventeenth century German texts, though it is widely believed to have been practiced for a number of centuries prior to that.

Hundreds of years after it originated, and like many other pagan traditions, the Yule Log was adopted by Christianity, and the Christmas practice called for burning a portion of the log each evening throughout the twelve days of Christmas, until Twelfth Night (January 6th). The ashes were then placed beneath the bed for luck, and for protection from the household perils of lightning and, ironically enough, fire. In England, oak is the usual Yule Log, whereas the French believe in burning cherry logs.

There are numerous other superstitions concerning the Yule Log, such as counting the sparks to tell fortunes for the new year and beyond, and that Yule Logs should not be bought, but must be gifted or grown, but today the burning of the Yule Log is seen more as a secular holiday tradition, still performed by those of Christian and pagan beliefs alike during the holidays.

Yule log centerpieces and candle-holders (for table decoration) and Yule Log cakes are also very popular — probably moreso than the Yule Log itself — in our modern culture, based upon the sheer number of cakes, centerpieces and candle-holders available for sale on-line.

# Poetry Corner

## Hold Onto the Dream

*Meistres Bronwen o Gydweli*

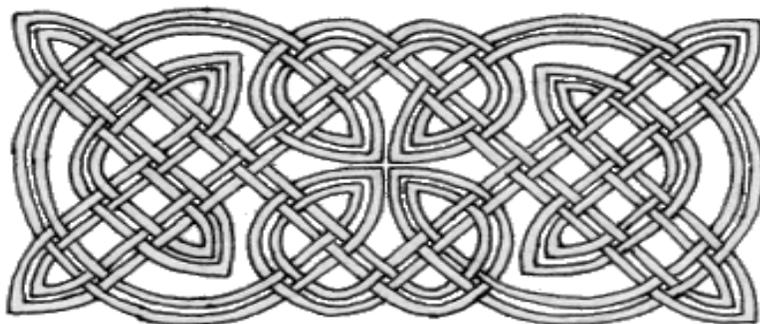
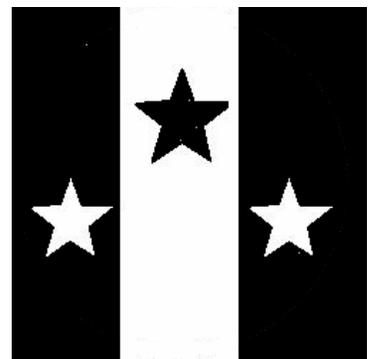
The waking world falters, by dissonance torn,  
It's music discordant, it's truths badly worn.  
Too many believing bald fables as sooth;  
Perversions devised in the semblance of truth.

The seekers of honor know not where to turn,  
As old ethics crumble; old palaces burn.  
When no word is sacred and no pledge upheld,  
We drift amid storms nearly unparalleled.

But honor, time-tested, will never depart,  
And dreams do not waver, if born of the heart.  
The brave brandish banners, as surely a swords,  
And a world is made brighter by Ladies and Lords.

So raise up your standards, and hubris defy.  
Hold onto The Dream; let the bold banners fly.  
For visions we proffer we also receive,  
And we can change worlds if we only believe.

[05 May, A.S. LVII, 2022]



# Meridian Faces of the Season



Photo Credit to Lord Hadrian Rufus

Featured in this issue are two impressive photographs from November's Castle Wars, hosted by the Barony of the South Downs:

To the left is a wonderful photograph of Master Michael de Multan, craftsman par excellence and Laurel of the Kingdom of Meridies (and his honeybun) in his encampment at Castle Wars.

We understand that Master Michael might well have made his fortune as a vendor of roasted honeybuns at this event, had he so desired.

To the right is a photograph of some of the period foodstuffs on offer at Castle Wars, including this sampling from THLady Alisandre Isabeau de la Chapelle 's amazing spread.

*If you have photos like this, rich in period ambience, please consider submitting them of use in SEASONS and allowing us permission to use them in a future issue of this supplement.*



Photo Credit to Baroness Rhonwyn Alyn Nic an Chrosain



# Orders of Meridies

## COMPANION ORDERS OF MERIDIES



### Companionate of the Bard:

Given to those who have served the kingdom in the capacity of Kingdom Bard. Members are elected only once to the order, though they may serve the kingdom as Bard upon more than one occasion. Members may place the initials CCB after their names. The badge used by the Kingdom Bard and members of the companionate is Vair, a harp Or.



### Companionate of the King's Lancer:

Those who have served the Kingdom in the capacity of King's Lancer. The King's Lancer leads and organizes the Royal Horse Guard. Election into this order rests solely with His Majesty and is given to those who have shown outstanding horsemanship in winning the King's Lancer Equestrian Tournament. Members are elected only once to the order, though they may serve the Kingdom as King's Lancer upon more than one occasion. Members may place the initials

CKL after their names. The badge used by the King's Lancer and members of the companionate is Checky sable and argent, a knight armed cap-a-pie mounted upon a horse courrant to sinister a bordure embattled Or.



### Companionate of the Meridian King's Champion:

Those who have served the kingdom in the capacity of King's Champion. Members may place the initials CMKC after their names. The badge used by the King's Champion and members of the companionate is Sable, two swords in saltire proper, in chief three mullets in chevron argent.



Companionate of the Meridian Pillar: There are those among our populace whose efforts by appearance or artistry serve to inspire us and beautify our kingdom.

These good gentles build the foundation whereby we are transported closer to the world of our ancestors. Companions are entitled to place after their names the ini-

tials "CMP." Blazon: Fieldless. a pillar sable its capital and base Or.



Companionate of the Meridian Queen's Champion: those who have served the kingdom in the capacity of Queen's Champion.

Members may place the initials CMQC after their names. The badge used by the Queen's Champion and members of the companionate is: Argent, two swords in saltire sable, overall a rose gules.

## No BADGE

Companionate of the Meridian Queen's Rapier Champion: those who have served the Kingdom in the capacity of Queen's Champion. Election into this order rests solely with Her Majesty, and is given to those who have shown outstanding skill in winning the Queen's Rapier Champion Competition. Members are elected only once to the order, though they may serve the kingdom as Queen's Rapier Champion upon more than one occasion. Members may place the initials CMQC after their names.



Companionate of the Queen's Yeoman: those who have served the kingdom in the capacity of Queen's Yeoman. Election into this order rests solely with Her

Majesty, and is given to those who have

shown outstanding archery skill in winning the Queen's Yeoman Archery Competition. Members are elected only once to the order, though they may serve the kingdom as Queen's Yeoman upon more than one occasion. Members may place the initials CQY after their names. The badge used by the Queen's Yeoman and members of the companionate is (Fieldless) A sheaf of three arrows inverted, overall a rose argent.



## A Newcomers Note:

Winter is not just coming, it's now upon us, and traditionally that means far fewer Events are being hosted.

There are several reasons for this. One is that there are a number of important mundane holidays celebrated (and corresponding family visits and trips) over the Winter — Christmas and New Years come immediately to mind, but also Hanukkah, Kwanzaa, Yom Kippur, Yule, and others. Another reason is that the weather is colder and many of the sites we use are not winterized.

But watch for those exceptions, and we look forward to seeing you at some!!

Good Eventing!



# Meet Some Fall Champions

- Champions for this issue include **Duke Boru Aelwyn**, named the Grand Champion of Meridian Grand Tournament on 30 September, A.S. LVIII. Other Tournaments' and winners reported from the event were (with a total of 67 fighters): Armatura—THLord Xenos Theodrikes/Count Eckehard Thurn (Atlantia), Chalice—HRM Afshin Darius Atlantia, Rose—HRH Timothy of Long Bennington, Sable Sword—Duke Boru Aelwyn, Single Sword—Master Cato di Napoli/Lord Wang WeiYuan (Atlantia), Count Francois Memorial—HRM Afshin Darius (Atlantia)/Count Barthelemy of Illyria, Sir Lee Fribrand Memorial—HRH Timothy of Long Bennington/Baron Bragg MacMorrichai, THLord Jochi Naran Memorial—Duke Boru Aelwyn/Duke Kenneth Grey, Populace Choice—Lady Song Qingzhao, Knights Choice—THLord Drogo inn Keiliselgr, Pelicans Choice—Baron Eoin Mac Cana, Laurels Choice—Lord Kalfr Valfrekr (Atlantia), Royal Peers Choice—Baron Cormacc ua Rigain (Atlantia), Royal/Masters of Defense Choice—THLord Thorhall Wulfstanson, Earl Richard Raefen Memorial Winner—Duke Boru Aelwyn/Count Barthelemy of Illyria. Huzzahs to ALL!!!

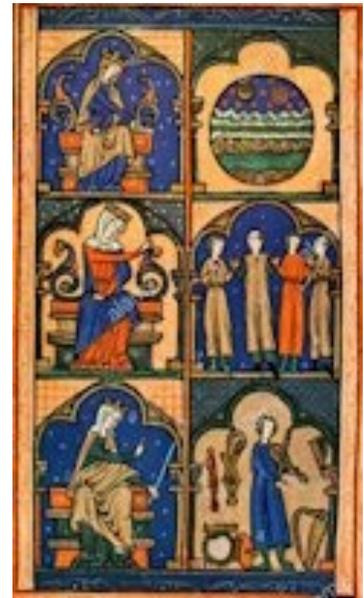


Photo Credit: Baroness Kathryn Spencer

Hail to Their new **Majesties Timothy and Ysmay**, pictured left at Fall Coronation on 14 October, A.S. LVIII, with the promise of a long and tragedy-free vampiric Reign!

Likewise, we congratulate the new Royal Heirs, Crown Prince and Princess, **TRHs Sebastianos and Morgan** on Their victory on 11 November, A.S. LVIII at Fall Crown Lyst. HRH Sebastianos emerged victorious following a well-fought tourney with

thirteen noble combatants, and the new Heirs stand ready to step forward should any *totally unexpected* tragedy ever befall their current Majesties Timothy and Ysmay.



Photo Credit: Countess Gwenthwyfar Mwynn



Photographic Credit to: Mistress Magdalen Venturosa, OP

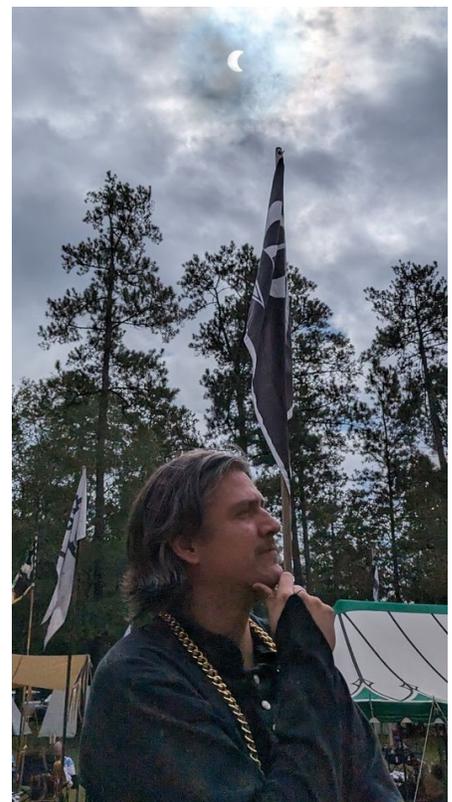
**C**ongratulations to His Royal Majesty Cona (Sir Cona MacPherson) King of Atenveldt, long a gallant Knight of Meridies, who won the Atenveldt Crown Lyst on 23 September, A.S. LVIII, and is here shown as the new Crown Prince, Crowning his Princess, HRH Aesa (Mistress Aesa Ongull)!! Their Royal Majesties Cona and Aesa assumed the Thrones of Atenveldt two months later on 11 November, A.S. LVIII at JFK Memorial Park in Tucson, AZ, and we proudly wish Them a long and glorious Reign!!

**T**he Omens and Portents were there before us in the words of Prophets and Seers, and in the entrails of Tacos, and in the skies above. It seemed certain, to those able to read the signs, that dire changes rode on the winds and lurked in the dark corners of Wallachian Haberdasheries and Millineries where tailors and seamstresses bent low over their work.

**T**he Oracles trembled, and the Soothsayers soothed as the Stars of October foretold the darkening of the skies, and perchance even the passing of a King!!

**A**nd Lo, upon the thirteenth day, a Friday by chance, when the very Sun was shadowed, a noble Prince looked off into the South and thought to Himself “I wonder what’s for Dinner.”

Photo Credit to Lady Åsa Stjarna



# Winter in the Garden

Information gathered by Meistres Bronwen o Gydweli

Winter is a dormant season for many varieties of plant, but not for all. According to researchers, a plant's "circadian clock" regulates growth and reproduction by keeping the plant from flowering when it's a poor time (like the dead of winter when we have long nights and short days) to reproduce, and then telling the plant when it's a good time to start that cycle up again. As a result, even perennials tend to have a dormant period, while annuals seed and then die.



WOODCUT FROM THE TITLE-PAGE OF THE "GRETE HERBALL" (1520)



Though most vegetables do not grow or bear in winter, some vegetables, including Endive, Carrots, Broccoli, Silverbeet, Parsley, Cauliflower, Kohl Rabi, Cabbage, Parsnips, Leeks, Onions, Turnips, Snow Peas, Leeks, Swede, Spinach, Onions, and Lettuce, are reputedly perfect for sowing (as seeds) in Autumn and Winter. (Pictured left: Carrots & Parsnips)

Winter herbs, which survive in the garden year round, include Winter Savory, Oregano, Mint, Basil (though Basil does not survive the winter in my garden, and has to be replanted every year), Parsley, Chives, Lavender (though I've never had luck with keeping Lavender alive even in warm weather), English Thyme, Tarragon, Hyssop, Chamomile, and Chervil. (Pictured right: Rosemary)



Fruit Trees like Apples, Peaches, and Plums, of course, lose their leaves and are dormant in Winter, and fruit bushes (like berries) do likewise, but blueberries and blackberries benefit from mulching, and come back every spring. *Note: I no longer try to grow strawberries because the squirrels eat those before I can harvest them, and short of growing them in wire cages I cannot keep the little demons out of my strawberry beds.* I believe that the taller

blueberries and blackberries are more difficult for them to pilfer, and am considering possibly planting and attempting to grow some Elderberries and Boysenberries next year. Wish me luck! (Pictured left and right: Blackberries & Blueberries)



Pest and Diseases, as a rule of thumb, are less common during cooler months. As a result, you may get a break from issues relating to those, but if your garden is in an area of warmer climate you well may still experience pests, and should remain watchful. Some pests are content to go to sleep for a few months before returning, but some can stay active through the cold months.

Leaf-eaters, or leaf-damaging pests like aphids, slugs, and caterpillars can take advantage of even brief warm spells to eat garden greens of all kinds. (Pictured right: Aphid)



Soil-dwelling slugs come up to feed and return to shelter in the mulch layer or beneath rocks and garden debris. Winter-feeding aphids simply hang out on the undersides of leaves, hoping to avoid notice. Populations can swell tremendously during mild weather. Not only do these leaf eaters damage the foliage by chewing holes in cool weather veggies and other plants, but they also transmit plant diseases. (Pictured left: Slug)

Otherwise, when winterizing your garden it's suggested that you add a layer of "finished compost and mulch". The instructions I found suggested pushing aside the existing, older mulch, pulling any weeds, and then adding about a 1/2" layer of the finished compost — then lightly covering the beds with the old (pushed aside) mulch to suppress weeds and to protect the soil without insulating the beds. Apparently, you don't want to insulate the beds because many pests and diseases are killed off when the soil freezes in the Winter. Use a thick, insulating mulch to protect roots, move containers into sheltered locations, and cover evergreen foliage in freezing temperatures and you should do well.





## Peerage Elevations in the Fall



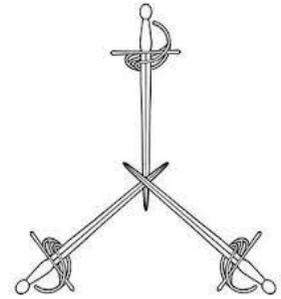
Please join with us to congratulate the following nobles who, by virtue of their achievements, were elevated unto the Peerages during the past Season



**Caterina Angelique Coeur Noir**—To Laurel (October 29th at Gatalop)

**Luchia Del Mar** - to Laurel (November 18th at Castle Wars)

**Mihalfy Miklos**—To Pelican (Drive-By November 18th at Castle Wars)



### Planned Future Elevations

**Dalla Dyrfinna** —To Pelican (??? At Gulf Wars)

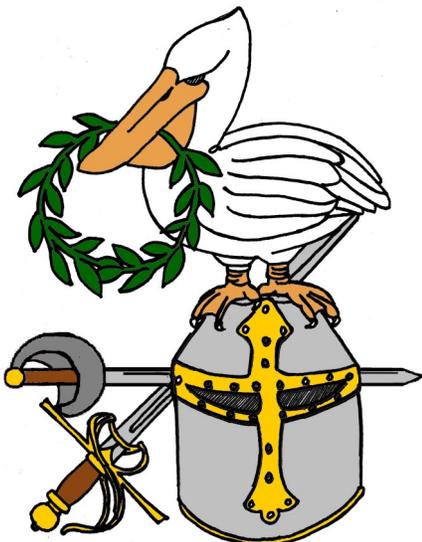
**David of Duckworth**—To Pelican (??? At Event TBA)

**Sarah of Duckworth**—To Pelican (??? At Event TBA)

**Kurt Bogner**—To Pelican (??? At Event TBA)

### Additional Announced Writs:

(Unknown)



*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 Spring Issue, due out at the beginning of March A.S. LVIII.*

# Newcomer Largesse Challenge



Their Royal Majesties have tasked me to collect some items for Newcomers so that they may give them out at their courts. What better idea, then to have a challenge?!

So I put forth this challenge to create or purchase a minimum of six (can be more) items that newcomers can use within the SCA. Whether it is a mug, a nice belt, or anything you can think of! Let's "challenge" ourselves and give our newcomers something nice! Rather than a tin mug, why not a fancy mug they can show off?

Whether you are an artsy person or not, I challenge you all to make our newcomers feel welcome. Create something they can show off to their friends and be proud of! All items will be accepted at any events Their Royal Majesties (or myself) attend. If you cannot attend any of the events, we can arrange something!

The challenge will end at Mid-Winter A&S so you will have plenty of time (hopefully) if you are deciding to make something. If you have any questions, please PM me. If you DO decide you are up for the challenge, PM me so I know that you are interested. If you have NO idea, PM me anyways and I'll be happy to help you with ideas!

Countess Dalla Dyrfinna

## Art & Articles Needed



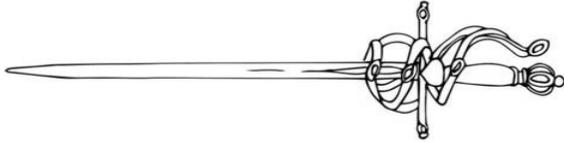
For all those aspiring, or established, Artists and Authors of Meridies, SEASONS is always on the prowl for Cover and Filler Art, and for Articles, and we would very much like to showcase Original Artwork done by our own talented Meridian Artists rather than using photographs, and original articles by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

If you have period-style, or period-themed, or SCA-themed drawings in your portfolios — or still waiting impatiently to be drawn — or Articles just Begging to be written, please consider submitting them for use in this supplement.

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

# What Does It Feel Like To Be A Fencer?

*Lady Ogata Mitsuko*



What does it feel like to be a fencer?

How can I introduce you to the sport I've immersed myself in for 7 years?

My sword feels at home in my hand. More than feeling like an ergonomic tool, it has literally become a sword-shaped hand. Nerves fuse to steel and my sense of space extends 4 feet away through this antenna. I don't notice my sword because I'm not focused on it. It has become like any other part of my body through which I extend my senses. Rather than focusing on my tools, my focus has shifted. Like an amoeba expanding to absorb the object of its desire, my focus expands to absorb my opponent, their sword, their gravity, and everything about them.

I passively absorb as much as I can to accomplish my goal.

I will strike them without being struck.

In order to strike my opponent, I must solve a mechanical puzzle. My opponent will help me to do this.



When swords are brought close enough to cross over each other, the resulting game is not unlike rock, paper, scissors. There are a finite number of positions in which my opponent can hold their sword. None of these positions defeat all the others. Each of these positions can guard certain weaknesses while exposing others. By studying each position, I aim to understand how I can threaten these exposed targets.

Sometimes, I like to unsettle my opponent. I present small threats to see what they respond to, and how they respond.

If a fencer is not careful, they will reveal how they can be defeated. I aim to make convincing threats which my opponent feels compelled to guard against. If I threaten my opponent too

much, I give them information which they can use to strike me.

However, I do not unsettle myself with questions like “how can I be certain my opponent will move like this?” or “what can I do against the way they move?” Instead, I listen to the low rushing sound that can be heard in the back of every fencing mask.

This sound swirls and rumbles fluidly like an ocean in my head, and indeed it is. This is the sound of blood moving in the veins of my skull and echoing inside of the mask cupped around my ears. It’s a calming sound that overpowers the field, the audience, and everything else which could be a distraction. In my head there is only the low rushing of blood and the glimmer of my next move.

Once I know what reaction to look for, the mechanical puzzle is halfway solved. Like watching the pieces of a wooden knot become untangled, I have motivated my opponent to untangle their own defense and expose a target.

Lunging to strike this target has felt different over time.

My experience of it has changed as I have changed.

For the past year, I have been taking anti-androgens and estrogen as informed consent hormone-replacement therapy.

My muscles do not grow the same way as they used to when my body pro-

duced and absorbed testosterone. The way I lunge and the way I propel myself against earth’s gravity feels different.

In my experience, adrenaline feels different as well.

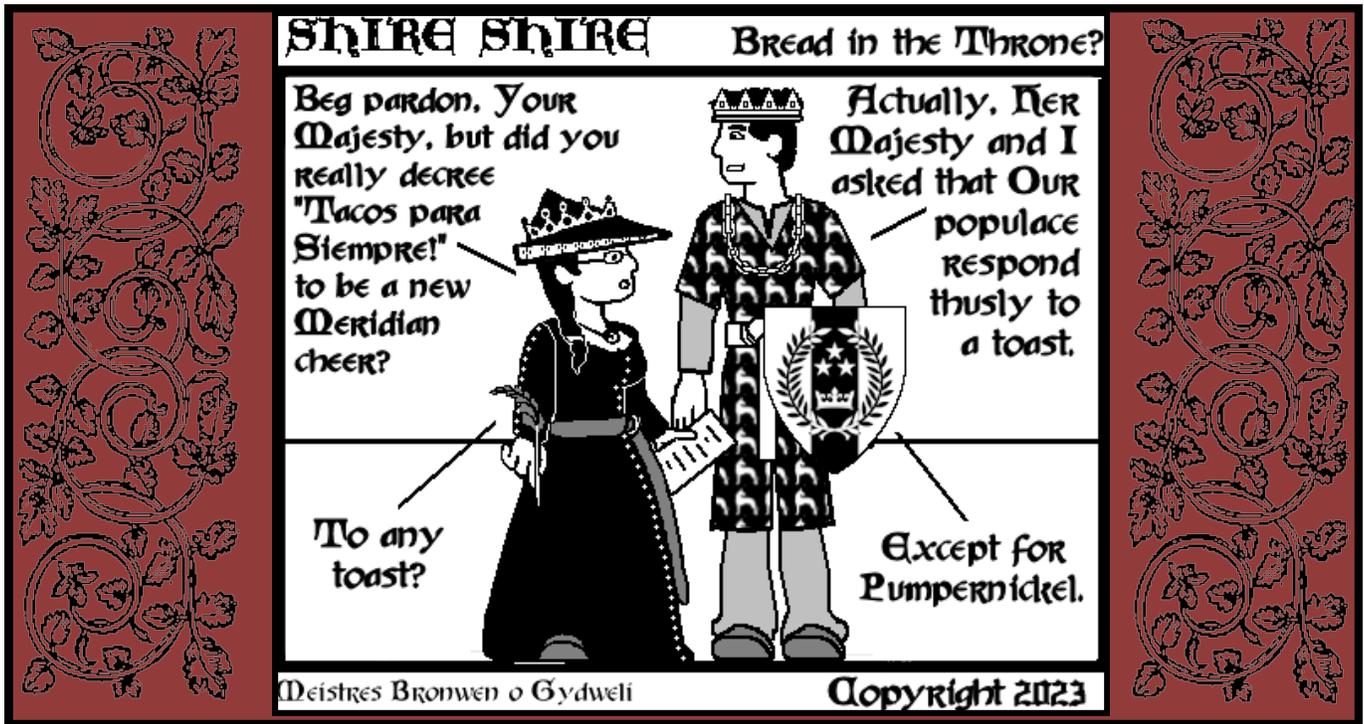
Striking an opponent’s exposed target used to feel like a moment of hesitation followed by the sudden rush of renewed action in a specific direction. My mind raced to catch up with each action of my body. Motion had to be meticulously planned before it was enacted.

In the past year, this has changed dramatically.

My mind races ahead through familiar actions and my reactions follow expediently like a kite pulled by a string.

I used to feel like the kite, and now I hold the string.





## Acknowledgements and Thanks



Thank you to Mistress Ellen de Lacey for this issue's Cover Art, 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. Thanks to Mistress Christiana Mac-Grain for her article on "Winter in the Kitchen: Medieval Food Preservation Methods", to Master Brun Canutesson for his "Woodworking Shop Hints", to Lady Ogata Mitsuko for her "What It Feels Like To Be A Fencer" article, and to Duke Thomas Blackmoor for his information on the MGT tourney winners. Thanks to Master Michael de Multan (and model credit also to the "honeybun"), to TRMs Timothy and Ysmay and TRHs Sebastianos and Morgan, and to THLady Alisandre Isabeau de la Chapelle for allowing reprint of their images (as subjects). Thanks also to Baroness Kathryn Spencer, Lady Àsa Stjarna, Lord Hadrian Rufus, Countess Gwenhwyfar Mwynn and Baroness Rhonwyn Alyna Nic an Chrosain for photographic permission to use their images (as photographers). Special thanks to HRM Cona and to their photographer Mistress Magdalen Venturosa, OP (Atenveldt) for permission to reprint the photograph of Their (then) Highnesses Atenveldt.

Special thanks are extended to the Kingdom Chronicler Lady Albaruna Ana de Granada for her patience and her assistance, and to my Deputy Maestra Dianora Lizabetta di Vittori di Cellini for her ongoing assistance and her contributions.

In Gratitude..... **Bronwen**



*Submissions for SEASONS (and we definitely invite them) should be sent directly to the Editor at [seasons@meridies.org](mailto: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 Spring Seasons will be March 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.*