

June 2023
♦ AS LVIII / 58 ♦
Issue
612

The Kingdom of An Tir brings you...

The Crier

Eat This Book!

Master Eduardo sits down with *Tasting History's* Max Miller to discuss his new book! Plus RECIPES!!

Lunch Is On The Way!

Mistress Gianetta del Bene shows us how to whip up a fantastic Norse lunch with ingredients from the grocery store!

Pennons, Pt.2

We continue our adventure into heraldic flags with Thegn Cormac Mor, OP!

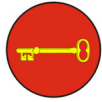
Please Allow Me To Introduce Myself

Baron Sebastiaen des Roseaux talks SCA history with *The Crier*!

A Friday Night Feast for Bar Gemels

HL Stefan De Kilpatrick shares simple and delicious recipes to feed the masses!

Greater Offices of An Tir



Seneschal
Attia Prima, OP
seneschal@antir.org
Warrant expires January 2024



Black Lion Principal Herald
Fina MacGrioghair, OL
blacklion@antir.org
Warrant expires January 2024



Chancellor of the Exchequer
HL Aislinn of Blatha An Oir
exchequer@antir.org
Warrant expires October 2023



Chatelaine
HL Una of Grimwith
chatelaine@antir.org
Warrant expires January 2024



Chronicler
HL Kendryth filia Gerald
chronicler@antir.org
Warrant expires January 2025



Earl Marshal
Althaia filia Lazari, OP
earlmarshal@antir.org
Warrant expires May 2023



Minister of Arts & Sciences
HG Dagrún Stjarna, OP
artsnsi@antir.org
Warrant expires July 2024

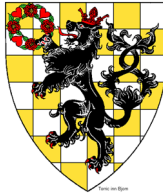


Kingdom Webminister
HL Saito no Ryoichi Mitsukage
webminister@antir.org
Warrant expires May 2023

Reporting Calendar of An Tir

		Report Due
Q1	Jan-Mar	May 1st
Q2	Apr-Jun	August 1st
Q3	July-Sep	November 1st
Q4	Oct-Dec	February 1st

The Royal Court



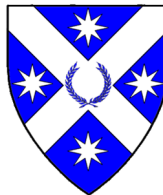
Their Majesties

King Athanasios (Athos) Belisarios & Queen Alianora Greymoor
crown@antir.org



Their Alpine Highnesses of the Summits

Prince Weylyn Middleson & Princess Lindis de Aquisgranno
summitscoronets@antir.org



Their Highnesses of Tir Righ

Prince Argyle MacMillan Ban & Princess Bernadette Ebhilín Árd
prince@tirrigh.org & princess@tirrigh.org

Royal Champions

Champion of An Tir	Sven Fallgr Gunnarsson, OC	July Coronation
Kingdom Protector	HL John de Percy	September Crown
Queen's Rapier Champion	L Aidan Conroy	Kingdom A&S
Arts & Sciences Champion	HL Athelyna da Oldenfeld	Kingdom A&S
Bardic Champion	HL Briauhanna Colette La Trouvere	Collegium
Equestrian Champion	HE Drifa in Rauda	September Crown

Health and Safety



Although the SCA (Society of Creative Anachronism) complies with all applicable laws to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

Notices

Position Available – Marshal of the Society (Society Marshal)

The Marshal of the Society's area of authority is all martial and related activities practiced in the Society, both those described by the handbooks approved for the office and proposed as additions to those handbooks (experimental activities). The Marshal will work to encourage the participation of all in the Society's martial activities, and strive to expand and improve those activities for the benefit of the Society and its members.

The duties of the office include:

- Directing the Earl Marshals of the Kingdoms in matters concerning the supervision of martial and related activities at Society events
- Overseeing the manner and conduct of duties of all marshals throughout the Society
- Working to promote and improve the safety of the Society's martial activities
- Working with the Minister of Arts and Sciences to encourage research in armor, weapons, and the practice of historical martial arts

Day-to-day work of the position entails administering the marshallate activities of the Society and coordinating the activities of the Kingdom Earl Marshals, and of all Deputy Society Marshals for the individual disciplines. Reports are required to be filed quarterly to the Board summarizing the martial activities of the Society. The Society Marshal is also responsible for maintaining communications with the Kingdom Earl Marshals. These activities specifically include:

- Warranting (with the Crown) Earl Marshals for twenty kingdoms
- Warranting (with the Board) Deputy Society Marshals for Armored, Rapier, and Youth Combat, Combat Archery, Siege Weapons, Equestrian, Rebated Steel, and Target Archery and Thrown Weapons, and other deputies as needed
- Supporting the Earl Marshals when they have questions, and advising them as necessary
- Resolving disputes among marshals, and between marshals and the Crown
- Serving as the point of appeal for sanctions applied by the Earl Marshals

• Encouraging the expansion of martial activities in the Society by the wise revision of the marshallate's documents and by conducting experiments with new materials and activities

The successful candidate must be well versed in administrative techniques, problem solving, and interpersonal communications. The successful candidate will possess:

- Knowledge of marshallate policy, rules, and procedures
- Knowledge of the traditions of the Society
- Extensive negotiation skills and experience in resolving differences
- The ability to set aside all preferences and biases for the betterment of all
- Patience in the face of emotion, advocacy and provocation
- Expertise in the use of modern communications media, messaging, e-mail and telephone
- The ability and availability to travel as necessary

Interested applicants should send a letter of interest, together with modern and SCA qualifications, hardcopy to:

Louise Du Cray, P.O. Box 611928 San Jose, CA 95161

with courtesy copies to resumes@sca.org.

The deadline for applications is June 15, 2023 and is open to members of SCA Inc and all affiliates.

From the Kingdom Earl Marshal

MARTIAL OFFICERS WANTED

The Martial Leadership Team is seeking several new officers to join our team: Kingdom Rapier Marshal, Kingdom Cut & Thrust Marshal, Kingdom Youth Armored Combat Marshal, Kingdom Youth Rapier Combat Marshal, and the Kingdom Missile Combat Deputy.

If you would like to know more about these positions, please contact the current officer or myself. Addresses are in the Marshallate section of the An Tir officers page. Descriptions of each of these positions (except Missile Combat) are in Kingdom Law on pages 16-17. The manuals for each of the sports provide further information about duties and qualifications in

the section entitled "Marshal Responsibilities, Chain Of Command And Reporting". That text will be posted on the Facebook groups for the relevant sport. (Kingdom Library link.)

Interested parties should submit their SCA resumes by May 1st, to [\[earlmarshal \(at\) antir.org\]](mailto:earlmarshal@antir.org) and to the current office holder. Please also answer the following questions:

Other than the basic duties described in our manuals, what do you see as this officer's role or what would you like to do in this role during your term if you are selected?

What are your ideas for encouraging participation in martial activities as the SCA continues to re-build after COVID and seeks to support a more diverse community?

The plan is to announce decisions at May Crown, and then the new and current officer will discuss transition dates. Thank you for considering serving An Tir in this manner.

Maestra Althaia filia Lazari, Kingdom Earl Marshal

From the Principality Seneschal of The Summits

ROYAL SUMMONS

Applications and resumes accepted until July 31, 2023

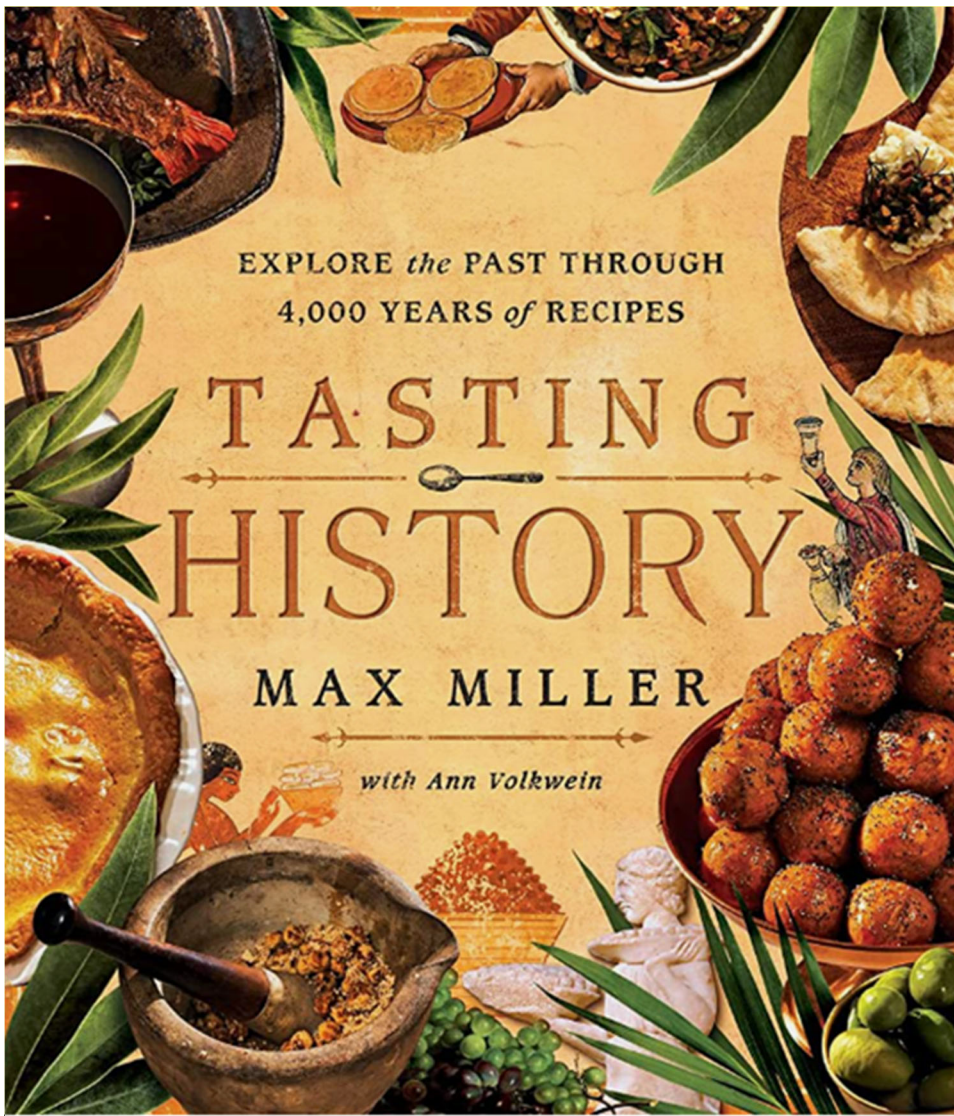
Projected changeover date: 11th Night, 2023

The Principality Seneschal is responsible for the administrative operation of the Principality of The Summits. The Principality Seneschal maintains and updates Principality Law as well as the Principality Business Records. The Principality Seneschal is a member of the Principality Financial Committee, is responsible for leading business meetings, is a Deputy of the Kingdom Seneschal, and works closely with the Coronets of the Summits.

If you have questions about the position, email the Seneschal.

Send your application and resume to summitseneschal@antir.org and SummitsCoronet@antir.org

Viscount Séamus O'Caellaigh OL OP OotS
Principality Seneschal



Eat This Book

Max Miller, from YouTube fame <https://www.youtube.com/c/tastinghistory>, made himself available for an interview with me for Eat This Book. We talked about his new book “Tasting History: Explore the Past Through 4,000 Years of Recipes” by Max Miller with Ann Volkwein, Simon Element, 2023. I highly recommend it and hope that after reading this column you will share it with your friends and recommend it too! This book is an excellent addition to all re-enactor’s libraries. Tasting History, the incredibly popular YouTube channel, has 1.71 million subscribers and 206 videos for you to explore. I would encourage you to use it as supplement to this new cookbook. “Taste History,” the book, pulls from the Web series, but there is plenty of new information to warrant a purchase. The book was released April 18th and it already has more than 300 reviews and a star rating of 4.9 on Amazon. It is also #1 on Amazon in its category.

“Tasting History” has five sections which are organized by place: 1) The Ancient World 2) The British Isles 3) Continental Europe 4) the Near & Far East and 5) The New World. It includes 64 recipes and, lucky for those of us who love pre-1650 recipes, 49 of them fit the bill! Each recipe includes the original text “from History”, along with some very interesting contextual comments and a modern recipe produced with the help of Ann Volkwein. Mr. Miller told me that, “My patreon subscribers gave lots of feedback on the recipes I selected for the book and Ann would translate my notes, and their comments, into a cookbook style recipe”. The book also includes a preface and introduction with a brief, but good, guide to the more unusual ingredients from the recipes. All the recipes from the “Ancient World” section look delicious. The “Globi” recipe on page 34, adapted from Cato the Elder’s “De agri cultura”, are cheesy dough balls with a honey and poppy seed coating. They are first on my list of must try. More than half the recipes in the “British Isles” section are pre-1600. The recipes include some standards such as “Gingerbread” from the 14th Century cookbook “Curie on Inglysh”, “Tart de Bry” from the 1390’s cookbook “The Forme of Cury” and “Douce Ame,” which is included below. A good two thirds of the recipes in the “Continental Europe” section are pre-1600 and include many delicious recipes like the “Pumpkin Tourte,” which is also included below. The 9 recipes in the “Near & Far East” are all from the time period we research and

some of the first redacted recipes from this place and time. Take some time and explore recipes from India, the Mughal Empire, China, Japan and more. Unfortunately, the “New World” section only has two pre-1600 recipes. But I will be trying the “Tamales” and the “Aztec Chocolate” immediately.

All the recipes in “Taste History” are immediately accessible to the home cook. Mr. Miller told me he wants to make sure, “people will be able to make these dishes even if they don’t have access to a pipkin or other equipment.” He went on to say, “I want them to be able to make the recipes from ingredients from a modern grocery store. I want them accessible for a modern person, in a modern kitchen.” He more than hit the mark. Even some of the more esoteric ingredients such as long pepper, galingale, garum, etc., are now easy to source on the internet or at your favorite spice store.

I would be remiss if I don’t mention the illustrations which complement the material beautifully. Most of the recipes have full color, gorgeous photos of the finished dishes by Andrew Bui. Also included are photographs of pottery, marbles, paintings, woodcuts, etchings, manuscripts etc. which support the recipes included in the book. While “Tasting History” does not include a bibliography it does reference each original source used. The book also includes a comprehensive index which is helpful and easy to use.

During our discussion Mr. Miller said he started his YouTube channel as, “a creative outlet that was all my own.” He was inspired by the likes of Alton Brown and Bill Nye because there is “nothing more influential as a good teacher.” It should also be noted that the SCA is acknowledged in “Tasting History”. Mr. Miller told me his “first interaction with the SCA was when I was a little kid.” He writes in his book, “a huge thank-you to all of you wonderful fellow food history nerds” and he thanks the SCA and other groups “who devote their life to keeping the past alive” and who “have done so much of the heavy lifting when it comes to research throughout the years”. We also talked about his process for creating both his YouTube segments and the book. He says he almost always “starts with the history. I find an interesting character or story and then find a recipe that tells that story. History is the main focus for me and the food is the way to experience it.” When the topic of where food history and historic cooking are going came up Mr. Miller said, “from the reception I have

received I think food history is, and can be, more main stream. It can be just as interesting as tales of war and great men. Food history is more accessible and becoming more popular.” Let us all hope so!

Before creating his “viral digital series” Max Miller was an employee of Walt Disney Studios where he worked in the marketing and the film distribution department. Born in California, he earned a degree at California State University in History. He currently lives in the Los Angeles area with his husband, Jose, and their two cats. Mr. Miller let me know that his passion for food and history will continue with more on his YouTube channel. If we are lucky, there will be a second book too! Mr. Miller is still on his book tour. If you can catch him in person DO IT! He is scheduled to be in Tempe Arizona, San Francisco, New York and other East coast cities at the end of May 2023. He tells me, “The crowds have been great!” He also has a Patreon site where you can support his work on a monthly basis. Check it out at <https://www.patreon.com/tastinghistory>. When I asked him about his favorite time and place in history he replied, “England and Normandy are my favorite from a history standpoint, but there isn’t really enough food information. From a food perspective I love whatever I am reading at the moment. I bounce around. But I do love 11th century England and Normandy.”

I am so grateful to Max Miller for allowing me to share with you two recipes from his cookbook. I am also grateful our editor, Kendryth Filia Gerald, has allowed for an expanded version of EAT THIS BOOK this month so there is room to include them! During our chat I ask Mr. Miller what advice he would have for people who want to do historic cooking and he said, “Just get started. Make mistakes! Sometimes with historic cooking things don’t work out. Just do it, have fun.” You surely will have lots of fun with the recipes in “Tasting History”.

The first recipe I am sharing is found on page 139 of “Tasting History”. It is from Bartolomeo Scappi’s “Opera dell’Arte Cucinare” and is one of Mr. Miller’s favorites. It is also one of the first recipes for a New World food product: pumpkin is a post-Columbus European ingredient. One of the best things about Max Miller’s “Tasting History” is he includes the original recipe and the source for each of the recipes. If you have been reading this column you will know this is one of my “most important”

traits when I recommend a book for your library. Mr. Miller says, “Scappi’s Recipes are great! You don’t need to change much for a modern audience. He knew what he was doing!” Miller went on to say the, “flavor palate of the past is what is important. I don’t mess with the quantities. Scappi, for instance, is spice heavy. I don’t change that.”

Recipes

The below recipes are copyright 2023 by Tasting History LLC

To Prepare a pumpkin tourte without a shell. When the pumpkin is scraped, cook it in a good meat broth or else in salted water and butter. Then put it into a strainer and squeeze the broth out of it. Grind it in a mortar along with, for every two pounds of it, a pound of fresh ricotta and a pound of creamy cheese that is not too salted. When everything is ground up. Put it through a colander, adding in ten well beaten eggs, a pound of ground sugar, an ounce of ground cinnamon, a pound of milk, four ounces of fresh butter and half an ounce of ginger. Have a tourte pan ready with ix ounces of very hot butter in it and put the filling into it. Bake it in an oven or braise it, giving it a glazing with sugar and cinnamon. Serve it hot.

Pumpkin Tourte

MAKES ONE 9-INCH TOURTE

COOK TIME: 6 HOURS 30 MINUTES

INGREDIENTS:

FOR THE PUMPKIN PUREE:

2 quarts (2 liters) beef broth or 2 quarts (2 liters) water

2 tablespoons salted butter

1 tablespoon kosher salt

1 (3 to 5-pound) (1.25 to 2.25 kg) pumpkin or squash (see Cook’s Note)

FOR THE FILLING:

1 cup (240 g) ricotta cheese

1cup (225 g) mascarpone or cream cheese

6 large eggs

1½ cups (250 g) light brown sugar

2 tablespoons of cinnamon
 4 teaspoons ground ginger
 1 teaspoon kosher salt
 ½ cup (120 ml) whole milk
 4 tablespoons (55 g) unsalted butter
 2 tablespoons (30 g) salted butter

FOR THE TOPPING:

1 tablespoon granulated sugar
 1 teaspoon ground cinnamon

DIRECTIONS:

1. Preheat the oven to 350°F/175°C.
2. Make the pumpkin puree: Heat the beef broth or water with the butter and salt in a large pot over high heat. Chop the stem and bottom off the pumpkin, then slice the pumpkin in two. Peel each half and remove the seeds and any string bits. Cut the pumpkin into small pieces 1 to 1 1/2 inches (2.5 to 3.5 cm) square. Once the broth or water is boiling, add the pumpkin and boil for 20 minutes or until easily skewered with a knife.
3. Strain the pumpkin into a colander, then mash or blend the pumpkin into a smooth puree. Place a fine-mesh sieve over a large pot and transfer the puree to the sieve and let the liquid drain from the puree for 5 minutes. You can gently stir the puree to release more liquid, but do not press the puree through the sieve.
4. Make the filling: Once the puree is drained, put it in a medium bowl and mix in the ricotta and mascarpone until smooth. Whisk the eggs separately, then add them to the bowl with the pumpkin and mix until fully incorporated. Add the brown sugar, cinnamon, ginger, and salt and mix. Finally, pour in the milk and the 4 tablespoons of unsalted butter and beat the mixture until smooth.
5. Melt the salted butter in a small saucepan over medium heat, then pour it into a deep pie pan or cake pan and roll it around the pan to coat the bottom and sides. Pour the pumpkin filling into the pan. Mix the sugar and cinnamon, then sprinkle it on top of the tourte.
6. Set the tourte on the middle rack of the oven and bake until the filling has puffed up and there is a slight wobble in the center, about 1 hour and 15 minutes. Turn off the oven and

allow the cheesecake to stay in the oven to slowly cool for another 45 minutes. Then remove it from the oven and set it on a cooling rack to cool completely, about 4 hours. Do not cut the tourte until it is fully cooled. If it is to be served warm, reheat it in a low oven for 15 minutes.

Cook's Note: The pumpkin will be used to make 2 cups of puree. Alternatively, use 2 cup (450 g) of canned pumpkin.

The second recipe is one I got to pick. It is from the *Forme of Cury*. It is a delicious and tasty chicken dish which will be familiar to the modern palate, is easy to make, but has a few twists that clearly anchors it as a Medieval dish. Again, the original and Mr. Miller's redacted recipe are included below.

Douce Ame – Take good cow's milk and warm it in a pot. Take parsley, sage, hyssop, savory and other good herbs. Chop them and add them to the milk and cook them. Take capons, half roasted, and cut them in pieces and add pine nuts and clarified honey. Salt it and color it with saffron and serve it forth.

Douce Ame (Capon in Milk and Honey)

MAKES 4 SERVINGS

COOK TIME: 1 HOUR

INGREDIENTS:

2 to 3 pounds (1 to 1½ kg) chicken (or capon) cut into large pieces (legs and wings kept whole, breast and thigh cut in two or three pieces)
 3 or 4 tablespoons extra-virgin olive oil or melted unsalted butter
 2 cups (475 ml) whole milk
 1 cup (235 ml) heavy whipping cream
 ½ cup (80 ml) honey
 3 tablespoons chopped fresh parsley
 3 tablespoons chopped fresh sage
 3 tablespoons chopped fresh hyssop or mint
 1 tablespoon dried savory
 1½ teaspoons sea salt
 Pinch of saffron

½ cup (50 g) pine nuts

DIRECTIONS:

1. Preheat the oven to 300°F/150°C.
2. Lightly coat the chicken in the olive oil or melted butter, then place the chicken, a few pieces at a time, in a skillet set over medium heat until lightly browned. Repeat until all the chicken is browned, then set aside, keeping any drippings in the pan.
3. In a small saucepan, combine the milk, cream, honey, parsley, sage, hyssop, savory, salt, and saffron and set over medium heat until simmering. Simmer for 5 minutes watching to make sure it does not boil. Add the pine nuts and the drippings from the pan the chicken was fried in, stir, and let simmer for 2 more minutes.
4. Layer the chicken in an oven-safe dish and pour the milk and honey mixture over it. Cover and set in the oven to cook for 30 minutes, or until the chicken is cooked through.
5. Remove from the oven and serve the chicken in the sauce.

"Eat this book" is a column produced for An-Tir's Kingdom newsletter, *The Crier*. I hope help you build your food history library. If you have a book, a country, or a time period you would like explored please write to me at: info@vastrepast.com



Photo by Tessina

Maestro Eduardo Lucrezia is a mid-15th Century Italian Renaissance Court and Kitchen Punk. He is obsessed with the food from the Iberian Peninsula, specifically the recipes of Martino and Platina. He is a member of the Order of the Laurel, the order of the Pelican, and a Lion of AnTir.

David Huffman-Walddon owns a technology consulting company, Renaissance Strategic Consulting, Inc., and an Arbonne health and wellness business. He has written on food history for *The Journal of Italian Food and Wine* and *Petits Propos Culinaires*. He has given papers on the food of the Italian Renaissance at the Oxford Symposium on Food and Cookery and the Renaissance Society of America. His weekly food history and tradition column, *The Vast Repast*, was syndicated in Washington, Oregon, California and British Columbia.



Please Allow Me To Introduce Myself...

This month, *The Crier* sits down with Baron Sebastiaen des Roseaux to discuss their history with the SCA.

What is your full name and title(s)?

Sebastiaen des Roseaux, Baron to the Court of An Tir, Sergeant to Their Excellencies Three Mountains, Squire to Sir Olin Ulfredsson.

What is your persona, and why did you choose it?

I am a late 16th century French sailor, to some a pirate and others a privateer. I am a former monk who left the church much to the chagrin of my noble family. I chose this persona to allow me to have a structure of the things I wanted to learn and to encompass hobbies I already had in real life: beekeeping and fermentation craft were already things I did, but I loved nautical lifestyles and wanted to learn more.

Who is your favorite historical

figure? What about them appeals to you?

William Shakespeare. I love many of their works and the fact that not a few words we use today are attributed to their creativity.

What would your profession have been during the time/place of your persona?

My persona profession is an officer on a nautical vessel. I think I would have made a great on-board factor for a shipping concern.

What is your favorite SCA moment: the moment where it feels like you are out of the modern age?

There has been a moment at some outdoor vigils when a balance seems struck between the hours of joyous celebration for the vigilant and a calm that comes over the camp hosting

the celebration. I don't know why, but I felt the most embedded in The Dream at those moments.

What is your favorite thing about the SCA?

I think it's the opportunity to learn "the old ways" as some would put it, combined with our efforts to ennoble and encourage a better form of honor and chivalric behavior and recognizing those around us who embody this.

Do you have a favorite "No S-t There I Was" story, and would you share it with us?

Maybe it's getting hit in the head so much as a fighter, but I honestly can't think of any. If I had any, they probably revolve around people close to me getting offers and awards and being gobsmacked when they are usually quite well spoken in all situations. There is another story, but you should come and find me and I will tell you about it.



Photo by Noah Hale

This article is the third in a series covering the various types of heraldic flags found in the Middle Ages, providing enough of an overview to their use to inspire the reader to design and paint their own. Each article will describe the distinguishing features of the flag type, including their typical use in period, using examples from period art where available. At the end of the article, I will guide the reader through the process of designing a new flag using armory appropriate both to the SCA and history. This article covers an incredibly versatile heraldic flag: **The pennon.**



Banner and pennon, from Spiezer Schilling, BBB Mss.hh. IO016, 1480s Germany



Standards for Richard II, the Duke of York (differenced with a red baton) and Edward II, from Wriothesley Heraldic Collections, Volume II, Add MS 45132.

as rallying points for smaller fighting units, such as the crossbowmen in the image to the left.

Badges also appear on larger pennons, as in the example from the Chronicles of Jean Froissart, where the English fight under a pennon emblazoned with the Cross of Saint George. By the Tudor period, the badges of major nobility and royalty appear on pennons in rolls of arms such as

Prince Arthur's Book (1480), artwork of which was reproduced by Gayre (third illustration). Note the swallowtails peeking out of the bottom right edge.

Not seen in Gayre's reproduction are the supporters holding the pennons: A white hart for Richard II, a white lion for the Duke of York, and a golden lion for Edward III. These same badges and livery repeat on standards in manuscripts of the same period, along with their respective supporters.

Badge-pennons are thus particularly useful as a medium to display badges that show affiliation or allegiance, rather than ownership. I will go into more detail about this in a future article.

Orientation: Upright vs. At Charge

Some pointed pennons, especially pennoncelles, are oriented with the hoist to chief, so that the armory is properly displayed "at



Funerary brass of Sir John Auberon, 1277, via Surrey Archaeological Collections



Pennoncelles, from les grandes Chroniques de France, Français 2608 f279r, 1390s France

charge," or with the spear or lance horizontal. We see this orientation in the funerary brass of John d'Auberon, and in a larger pennon from the Grandes Chroniques de France.

However, most lance-pennons mirror the orientation of banners, with the hoist to dexter. This is unsurprising, given that there is a ceremony where a bachelor knight is promoted to a knight-banneret by cutting off the tails of the pennon to transform it into a banner (cf. banners).

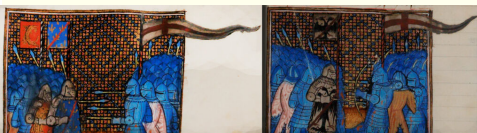
Pennons as Decoration and Effect

The appeal of pennons, especially badge-pennons, stems largely from their ability to create movement and color in a smaller space. Pennons used to adorn small finials on the corners of pavilions or wagons give panache and pageantry without requiring long poles or lots of silk. However, nothing compares to the effect of a collection of pennons in similar livery all fluttering in a single area.

The image following is taken from Miller Arthur's depiction of a procession in Brussels in 1615. Though the image is just post-period, you can see that the swallow-tailed pennons are exactly the same shape and size we've seen throughout this article. But the collection of multiple flags in the black, white, and red of

Badge-Pennons

With the rise in popularity of badges in the 15th century, pennons became the primary flag for their display. When used on the battlefield, badge-pennons served



Battles from Toulouse Bibliothèque municipale ms. 511 169r and 253r, 15th century France



Badges for Richard II, the Duke of York, and Edward III. From Gayre, op. cit., Plate IV.

* Gayre of Gayre and Nigg, Robert. *Heraldic Standards and Other Ensigns, Their Development and History*. Oliver and Boyd, Edinburgh, 1959



Detail from The Omnegan, Miller Arthur, 1615, Brussels

the group's livery, each flying from its own spear, provides a beautiful example of the cumulative effect of pennons.

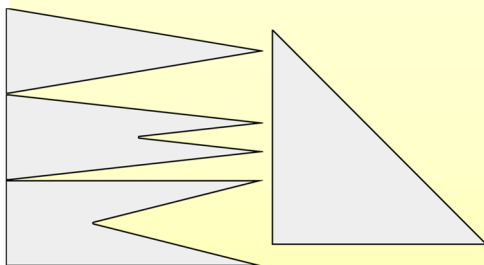
This effect is particularly relevant to our use in the SCA. While the troop of horsemen with pennons are not the most impressive in the Omnegan procession, their use of pennons as a pageantry tool is much easier to emulate in our group than the multi-story pageant wagons elsewhere in the scene. From court processions to camp perimeters, pennons enhance medieval ambience using relatively little fabric.

How do I design my own pennon?

When deciding to make a new pennon, consider:

- ◆ Where will this pennon fly? Examples: Pavilion, camp gate, armored combat spear, list field ropes
- ◆ How large do I want this pennon to be? If attached to a weapon, consider a pennoncelle and stick with 18"
- ◆ What design do I want to put on this pennon? And relatedly...
- ◆ What orientation makes the most sense for this design?

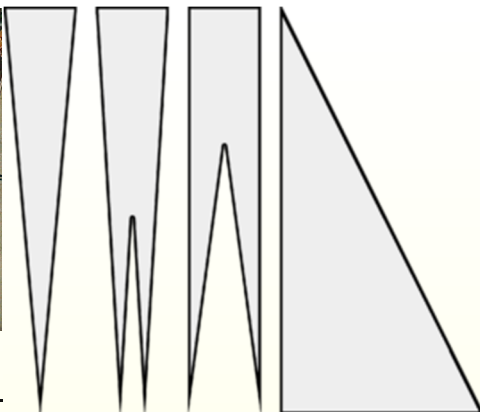
Shape



Lance-pennon shapes

Pennons, as previously stated, stick with a few basic shapes: pointed, swallow-tailed (narrow and wide forks), and paven.

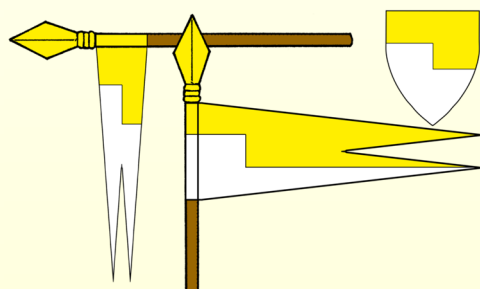
For lance-pennons, the ratio of 3:1 for pointed and swallow-tailed pennons and 1:1 for pav-



Pennoncelle shapes

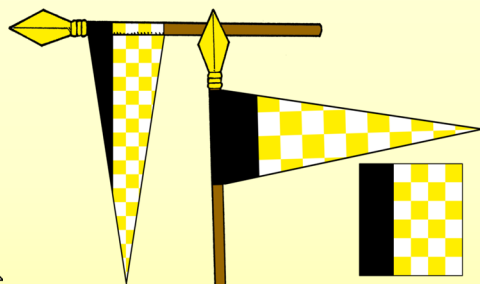
ons works well, while pennoncelles have ratios closer to 8:1 for pointed and swallow-tailed and 1:2 for pavons.

Some pennon shapes work better for designs than others. My device, for example, has a field division that lines up well with some swallow-tailed pennons, in both orientations.



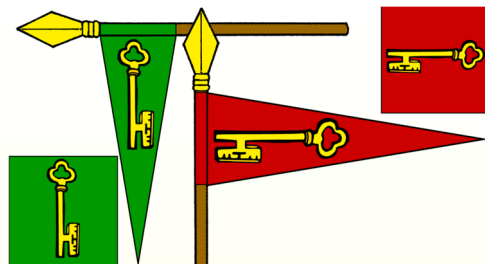
Pennons for Cormac Mor, Per fess with a right step Or and argent

Generally, pennons on functional weaponry (excluding pavons) should be rendered "at-charge," or with the hoist to chief. However, while many designs might work well in this layout, some might look better when displayed upright. See, for example, a pointed pennon with the ensign of An Tir, Checky Or and argent, a tierce sable.



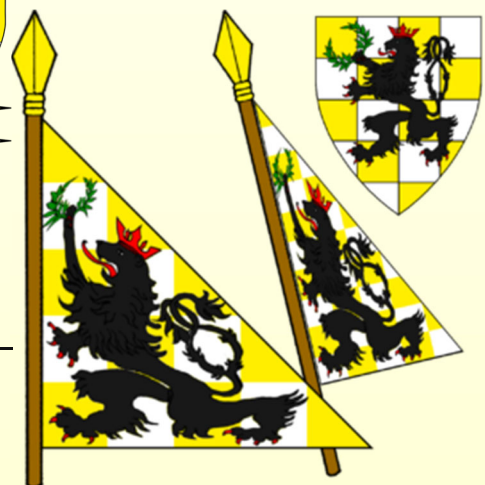
Pennons in the ensign of the Kingdom of An Tir, Checky Or and argent, a tierce sable

If a charge is generally oriented palewise, a pennon at-charge is a good option. If the charge is generally oriented fesswise, a pennon



Pennons for the Chatelaine, Vert, a key palewise wards to sinister base Or, and Seneschal, Gules, a key fesswise Or

upright will tend to look better. See the badges for the Chatelaine and Seneschal, respectively. Should you decide to design a pavon, take care to lay out the device carefully, in a way that will fill the available space while remaining recognizable. Below are pairs of pavons in the arms of An Tir and Caid, as full-size pennons and pennoncelles. For An Tir, the limbs splay out into the three corners of the pavon while maintaining the posture of the lion. For Caid, the crescents shift into the corners.



Pavons in the arms of An Tir



Pavons in the arms of Caid



Photo by Joyce Brendlinger

A pre-cooked sausage to cut into slices. I found a nice pork and venison one. The refrigerated ones recommend re-heating to prevent food borne illness, so if you can find something stored at room temperature, it's probably a better choice.

Smoked salmon if you like fish

Biltong, Bresaola, if you're someplace fancy and see it. Jerky if you're not somewhere fancy. Get the plain kind, not the peppered or teriyaki.

Skyr - Siggis is the brand I've found in the yogurt section.

Water

Dried apples, plums or cherries

Hazelnuts Apple juice, cider, mead

Butter

Apple juice, cider, mead

When it's time for lunch, cut up the sausage into slices, or arrange your fish or jerky on the plate, along with your other items.

If you got plain skyr, and some baby carrots, you can pour any whey over the carrots to give them a little tang.

Spread butter and jam or put berries on your flatbread.

An event can sneak up on you. You'd planned to do some cooking during the week, packing some delicious medieval recipes. Or, maybe you don't know any medieval recipes. Either way, this article will help you pick up food from the grocery store on your way to an event. We're going Norse-ish for this article.

I'm assuming for the purposes of this article that you didn't bring pots, pans, a stove or a firepit. Please, please, put everything into a cooler with ice. Food safety is important.

Most of our Norse food information is from anthropological evidence. I haven't studied this field much, but this should be a good 10' rule lunch.

By now, we're tired of chicken, so it's sausage today.

Packing list:

a cooler

a platter or cutting board

a sharp knife

cloth napkins

small bowls

spoons

feast gear stuff - cup, plate, bowl, etc.

small trash bag to hold dirty dishes on the way home

can opener

Shopping list

Berry Jam or fresh berries if they're in season. Look for smaller strawberries.

Honey

Flatbread or if you can find a small bagel to resemble the round breads

ICE - don't forget the ice for the cooler.

Lunch Is On The Way

You can make some honey water as a quick drink. Just stir a teaspoon of honey into some water.



Photo by Ghislane

Mistress Gianetta del Bene, OL lives outside Florence in the early 1500s. She enjoys cooking many different cuisines and managing the estate for her children.

How do you feed 100 hungry travelers on a peasant's budget? Simple food and time. Bar Gemels' dinner had 3 dishes made to be as accessible as possible to as many hungry bellies. Recipes from a Pleasant Hungry Peasant.

Pulled Pork

INGREDIENTS:

3 bone in pork butts - about 30 lbs

Salt, pepper, onion powder, garlic as a rub

Clove - to spice to Braising liquid.

A Friday Night Feast for Bar Gemels

DIRECTIONS:

Smoke the Pork at 250f for at least 6 hours, until an internal temp of 165, then move to a crock pot or roaster pan. Add water to the pot/pan to cover 1/2 the meat, cook low and slow (250-300f) until the meat shreds easily, the bone can be pulled out freely. Serve on a roll with sliced onion, pickle chips, (And mayo, and/or Sweet Baby Ray's Original bbq sauce. Accept no substitute.)

Krautsalat

(Vegan, bacon not included)

INGREDIENTS:

3 heads cabbage sliced in strings and ribbons

2 tbs vegetable Better Than Bullion

4 cups water

1/4th cup salt

1/4th cup sugar

1 tbs Caraway seeds

Diced parsley (On the side)

Thinly sliced bacon lardons, fried (on the side).

DIRECTIONS:

Mix bullion, salt, sugar, and caraway seeds and water in a pan and bring to boil, stirring to combine.

Put the cabbage in a heat safe bowl, pour warm pickle over the cabbage and allow to sit for 5 minutes. Toss occasionally to thoroughly coat the cabbage. The cabbage should loosen up, but still have texture. Serve.

Peasant's Beans (Vegan)

INGREDIENTS:

3lbs dried beans (I used Navy, Kidney, and Black), soaked overnight and rinsed at least twice.

2 28oz cans diced tomato

4 4oz cans fire roasted diced green chilis

3 onions diced rough

3 large elephant garlic nubbins, rough diced

Other peppers as desired (bells, dried, nuclear hot), diced

Chili spice packets(chili powder, smoked paprika, basil, cumin, salt, garlic, onion, pepper)

DIRECTIONS:

Add water to double the volume of the beans and veg.

Bring to boil, reduce to simmer, cook 2-3 hours, until the beans are tender. Salt to taste.



Photo contributed by Stephen A. Trickle

HL Stefan De Kilpatrick, self titled "The Fat" is a peasant of moderate renown for unruly court behavior, attempted baronial-cide, and general care and regard for the populace. Often armed with a tray of snacks, he focuses his service on the Barony of Terra Pomeria.

Meanwhile, in the line at Bar Gemels...

(must be something in the water)



Photos this page by Stefan De Kilpatrick

Kingdom Calendar

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Upcoming Events

July Coronation	July 14-16	Barony of Terra Pomaria
September Crown	September 1-4	Bid needed
Collegium	November 10-12	Bid needed
Twelfth Night Coronation	January 12-14	Bid needed
SCADEI Collegium	January 20	Virtual Event

June

Boars Hunt

June 2 — June 4

Friday, Noon to Midnight for Merchants, 3 pm to Midnight for populace. Saturday, 8 am - 6 pm. Site closes Sunday at 1 pm. *After the Masonic Park Gate closes, there will be no entry until Gate opens again in the morning both nights. No Exceptions*
Barony of Aquaterra

Event Stewards: Lady Sigrid Hrafnisdottir (sigridhrafnsdottir@gmail.com), Lady Arnora Jonsdottir

Event Fee: Weekend: Adult non-member \$50, member \$45; Youth (13-17) \$5; Children (under 13) Free

Day: Adult non-member \$30, member \$25; Youth and Children free

Pre-reg for a \$5 discount.

Make checks payable to SCA, Inc., Barony of Aquaterra.

Site Address: Masonic Family Park, 24310 Mountain Loop Hwy, Granite Falls, WA 98252
Get ready for a weekend of medieval fun! The Barony of Aquaterra invites you to attend Boars Hunt!

Join us at Boars Hunt, an unforgettable camping event at one of the most beautiful sites in the kingdom. This event is one of few that includes fighting scenarios in the woods! Enjoy an included Pig Roast, fighting, rapier, archery, scavenger hunts, youth and family activities, Iron Needle, culinary competition, merchants, dancing, and more! Relax in a majestic forest campground nestled next to a river in the foothills of the Cascades - Not just

an open field! Secluded campsites in both loud and quiet areas are available. Don't miss out on this one-of-a-kind event!

Please see our baronial website for all information, hopefully including pre-reg information soon: <https://aquaterra.antir.org/mc-events/boars-hunt/>

Day of Archery

June 10, 10am - 6pm

Barony of Wyewood

Event Steward: Simon Fisc (simonthefisc@gmail.com)

Event Fee: Adult non-member \$15; adult member \$10; under 18 free; lunch available for \$5. Make checks payable to SCA, Inc., Barony of Wyewood.

Site Address: Associated Energy Systems; 8621 S 180th St, Kent, WA 98032

Come join the Barony of Wyewood for a day of target archery, combat archery, thrown weapons, and related classes!

There will be Royal Rounds, Inter-Kingdom Archery Competition (IKAC), Inter-Kingdom Combat Archery Competition (IKCAC), a prize lottery for people entering scores in a style for the first time this year, general shooting and throwing of weapons, classes related to archery and thrown weapons.

June Investiture

June 16, 3pm — June 18, 1pm

Shire of Mountain Edge/Principality of the Summits

Event Steward: Myvanwy verch Roberts - (me_eventstewards@antir.org), Earc MacFithil

Event Fee: Adult non-member \$25, member \$20; under 18 free. Make checks payable to SCA, Inc., Shire of Mountain Edge.

Site Address: Hawk's Haven Artist in Residence, 20400 Baker Creek Rd McMinnville, OR 97128

The Shire of Mountain Edge is pleased to host the Summits for the first time! Please join us to witness Weylyn ibn Rustam and Lindis de Aquisgranno surrender the Alpine Thrones to their heirs Ivan Shieldbane and Mina de filia Philipe. Watch our heavy combatants vie to be the next Summits Defender! Witness the investment of Their Alpine Highnesses

Be mindful of entering and leaving site. It is a one way road. There will be contact between the entrance and gate.

Ducal War North VJII

June 23, 12pm — June 25, 4pm

Shire of Coill Mhor

Event Steward: Hamelin L'Archier (hamelin1066@gmail.com)

Event Fee: \$30.00, \$5.00 membership discount applies. 17 and under is free. RV Sites require an extra fee paid to and organized by Northwood Lodge (Ann @ 1-250-396-7311). Cabins are rental but are being organized by the event staff, payments to the site. Make cheques payable to SCA, Inc., Shire of Coill Mhor.

Site Address: Northwood Lodge, 5538 Northwood Rd, Lac La Hache, BC, V0K 1T0

This site is the same site Tir Righ uses for its June Coronet for many years now. It has plenty of lake-side camping, RV sites with hook-ups. There are a limited number of cabins that will be assigned through the Steward and through the participating Ducal Households.

The site is a bit spread out with some inclines, so isn't the best for mobility. The War Site will be on the baseball field at the site entrance, all camping will be along the lake.

A rivalry so deep that generations have come and gone knowing nothing but war - an eternal conflagration that sees no resolve by mortal means. Ducal Houses of the Known World are invited to Coill Mhor to face off against the Einar's and the Wolfpack for supremacy over these lands. Support your side or sell your services to the highest bidder. Merchants · Potluck · Bardic Slam · WAR · Newby Bearpit · Brewing Competition · Iron Rose Tournament for female / gender minority fighters." Ducal Households are requested to register their attendance by May 31, 2023. Registration and Questions to hamelin1066@gmail.com.

Troll Stomp

June 23, 4pm — June 25, 10am

Shire of Appledore

Event Steward: Cysia Lyndsey;
(lou.anne@shaw.ca)

Event Fee: Adult non-member \$25, member \$20, under 18 free. Make cheques payable to SCA, Inc., Shire of Appledore.

Site Address: Pass Creek Campground, 1090 Parkside Road, Castlegar, BC, V1N 4T7, Canada

An annual tradition is back. We look forward to seeing old friends and making new ones. Activities and classes to be announced. Park gates are closed from 10 pm to 7 am. Please check the kingdom calendar for updates.

Athenaeum

June 24, 9:00am – 7:00pm

Barony of Madrone

Event Steward: Spike Zoetaert
(baronessspike@gmail.com)

Event Fee: Adult non-member \$25; Adult member \$20; Under 18 no fee. Make checks payable to SCA, Inc., Barony of Madrone.

Site Address: Lake Washington High School, 12033 NE 80th St, Kirkland WA 98033

Come witness the artistry of An Tir! Chat with artisans, hear performances, and enjoy seeing and hearing about the research and making happening among our artisans. This event will have a lunch available by pre-registration, and will have a Royal court. This is a dry site.

July

July Coronation

July 14, 3pm — July 16, 4pm

Barony of Terra Pomaria

Event Stewards: Christmas Caryl
(LadyChristmasCaryl@gmail.com),
Meisterin Lindis de Aquisgranno

Event Fee: Adult non-member \$25, Adult member \$20; under 18 no fee.

Make checks payable to SCA, Inc., Barony of Terra Pomaria.

Site Address: Powerland Heritage Park, 3995 Brooklake Rd NE, Salem, OR 97303

From the 5 fwy, take exit 263 - Brooklake Rd. NE, head West. Site is 1 block west of the freeway, on the North (Righthand) side of the road.

Coronation, Kingdom Champion in armored combat, Elevations, Merchants, Discreet alcohol allowed, RV sites available: 20v hookups \$20 additional fee, no additional fee for non-hookup spaces. See Kingdom Calendar for updates and schedule.

Rivers Region Family Day

July 22, 10:30am – 4:30pm

Barony of Stromgard

Event Steward: Dagmar, Yolotli of An Tir
(Stephaniefith86@gmail.com)

Event Fee: \$3 parking fee at Lewisville Park, unless you have a WA State Parks pass.

\$7 Members

\$12 Non Members

** 17&under free

Lunch: \$5 kids size \$10 Adult size

Make checks payable to SCA, Inc., Barony of Stromgard.

Site Address: Lewisville Regional Park - Birch Picnic Shelter

26411 NE Lewisville Hwy

Battle Ground, WA 98604

United States

Rivers Region Families are invited to spend a lovely afternoon in Lewisville Park enjoying a variety of SCA activities all geared towards children!

All ages are encouraged to sign up for the MiniStormMaker Challenge!

Have an idea for a class and need help making it inclusive for all kiddos? Send a message and I'm happy to help!

Lunch options will include Hotdog or Quesadilla, bag of chips and drinks.

More information for this event will soon be available on the Stromgard website.

The Crier Archive— Now Available Online!

The Chronicler's Office is very pleased to announce that **every issue of The Crier is now available** to access on the Kingdom website, with the precious hard copies catalogued and residing in the Kingdom heated storage unit. You can read the very first issue published in October 1971 up to the most current.

This project was a two-year labour of love undertaken by the Chronicler's Office Archive Deputy Dame Ellen Fraser. This is an amazing resource of our Kingdom's history. We hope you enjoy it. Our gratitude to Dame Ellen for her work in bringing this compilation to reality. Thank you!

Access the archive from the Kingdom
Website. www.antir.org

[Home > Library >](#)

[An Tir Kingdom Newsletter Archive](#)

An Tir Seneschals – Your Local Leaders

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Druim Doineann, shire
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WA)

Pendale, shire (Sandpoint, Bonner &
Boundary Co., ID)

Silverhart, canton of Wealdsmere
(Kootenai Co., ID)

Midhaven, shire (Skagit, San Juan & N
Island Co., WA)

DORMANT BRANCHES

Bearwood, canton of Aquaterra
(E Snohomish Co., WA): IN SUSPEN-
SION

Cáe Mór, shire
(Kitimat and Terrace, BC): INACTIVE

Crickstow-On-Sea, port
(CFB Esquimalt, BC): DORMANT

Earnrokke, shire
(Whidbey Island, WA): DORMANT

False Isle, shire (Powell River, BC):
DORMANT

Fjordland, shire (Sunshine Coast, BC):
IN SUSPENSION

Rath an Oir, stronghold of Blatha an Oir
(Ft Lewis, WA): DORMANT

Saint Bunstable, college
(University of Washington, WA): INAC-
TIVE

St. Giles, college
(University of Victoria, BC): DORMANT

Southmarch, shire
(Klamath & Lake Co., OR): IN SUSPEN-
SION Windwic, shire
(Klickitat Co., WA): DORMANT

Wittanhaven, college
(The Evergreen State College, Olympia,
WA): DORMANT



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Kingdom Crier Deputy:
TBD

Quarterly Board Meetings

The Board of Directors is considering the possibility of a return to live meetings in late 2023. Groups interested in hosting a meeting should contact the Executive Assistant (ea@sca.org) for information on meeting requirements and how to submit a bid.

Meeting Schedule:

Meetings will be held online until further notice.
Second Quarter 2023—April 23, 2023
Third Quarter 2023—July 23, 2023
Fourth Quarter 2023—October 22, 2023