



# The Oak



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This is the October 2024 Issue of The Oak, the official arts and sciences newsletter of the Kingdom of Atlantia. Atlantia is a branch of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Oak is published as a service to the SCA's membership. Subscriptions to the digital issue are available only to members, however The Oak is also available as an online blog at <https://oak.atlantia.sca.org/>.

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# Since Our Last Issue...

Since you last heard from The Oak, the following articles have been published on our website. You can read all of them at [The Oak](#).



- Interview with Lord Aurelio Vitrisoni
- Crash-Course Processional: Adapting Elizabeth I's Coronation for a Laurel Elevation Ceremony by Magister Ishmael Stedfast Reed, OL
- Translating Ancient Texts to Build Performance Pieces by Ollamh Lanea inghean Uí Chiaragáin
- The Nine Worthies Revisited by Dame Deirdre O'Siodhachain
- Pas de Deux: Spring Coronation 2023 Equestrian Challenge by Epy Pengelly, Armiger
- A Silk Embroidered Spanish Almspurse by Helena Kassandreia
- Historical Origins of the Shot Put by Baroness Tegan of Anglesey
- Ode to Commius by Anauved de Mona
- Poeta Atlantia Poetry Challenge: Haiku Compilation
- Making a Simple 14th Century Purse by Meisterinde Amie Sparrow
- A Torunament a la Charny: A Modest Proposal by Dame Deirdre O'Siodhachain
- In Black and White: Period Legal Documents by Dame Deirdre O'Siodhachain
- Pelican Megallion for Ollamh Lanea by Hlaford Bran Mydwynter
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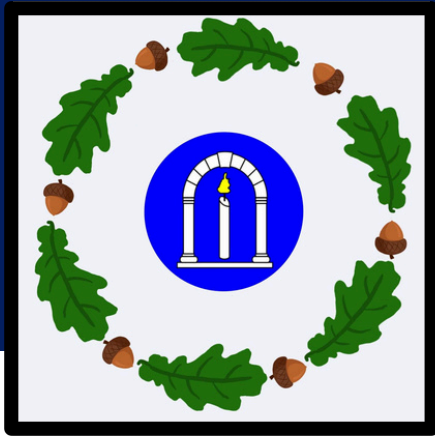


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- Vigil Planning for Students and Dependents by Magistra Beatriz Alaures de la Oya
- Korean Tea Desserts by Ha Su Jin Daegam (THL)
- Korean Tea by Wol Bi
- Changes in Atlantia Law affecting the A&S Community by Dame Sophia the Orange, KMOAS
- National Museum of Scotland, Early Period Gallery by Doña Mariana Ruiz de Medina
- National Museum of Scotland, Late Period Gallery by Doña Mariana Ruiz de Medina
- National Galleries of Scotland Gallery by Doña Mariana Ruiz de Medina
- Stirling Castle Gallery by Doña Mariana Ruiz de Medina
- Stirling Castle, Unicorn Tapestries Gallery by Doña Mariana Ruiz de Medina
- Blenheim Palace Gallery by Doña Mariana Ruiz de Medina
- Brighton Royal Pavilion Museum Gallery by Doña Mariana Ruiz de Medina
- Brighton Royal Pavilion Gallery by Doña Mariana Ruiz de Medina
- Shakespeare's Globe Gallery by Doña Mariana Ruiz de Medina
- Tower of London Gallery by Doña Mariana Ruiz de Medina



# From the Kingdom Minister of Arts and Sciences

Dame Sophia the Orange



Fair Atlantia! Behold your kingdom newsletter for A&S, The Oak!

Communities flourish when they communicate, and a newsletter is one great way to do that. The Oak is a newsletter in blog format using a kingdom sponsored Wordpress website. Reborn from its previous printed version, in partnership with Dame Deirdre O'Siodhachain the Kingdom Minister of Arts and Sciences at the time, The Oak's Wordpress version was launched in December 2022 at Unevent.

As a Wordpress blog website, we have incredible tools at our disposal. Any person can write an article of any length, including links, pictures, videos, and any kind of content that they like. Getting your A&S work shared with the A&S community is a challenge for many people. Some folks grumble at thinking they need a website of their own. Absolutely not! You can share what you're doing with a couple paragraphs and a picture on The Oak! No technical skills required. The Oak staff can receive your text and pictures via email and post them on the Oak for you.

Please consider writing an article of any length and submitting it to The Oak. Someone out there wants to learn the same stuff you're learning. Finding fellow geeks who love the same stuff we love is one of the great joys of SCA life. The Oak can help you reach further out and more reliably than ever before!



# From the Kingdom Minister of Arts and Sciences

Dame Sophia the Orange

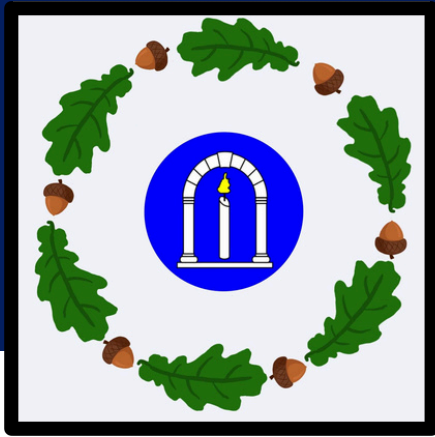


Questions can be directed to our brilliant Oak staff under the fearless leadership of Doña Mariana Ruiz de Medina via email at [the\\_oak@moas.atlantia.sca.org](mailto:the_oak@moas.atlantia.sca.org). Thank you, Mariana, for your excellent work!

Share your stuff, Atlantia!

Sincerely yours,

Dame Sophia the Orange, Atlantia Kingdom Minister of Arts and Sciences



# Korean Tea

Wol Bi



China and Japan have cornered the market on the Western imagination of Eastern Tea Culture. So much so that The True History of Tea<sup>(1)</sup> has chapters for China, Japan, Russia and Europe, but three mentions<sup>(2)</sup> in passing of “oh, there is tea in Korea too”. Despite this oversight, Korea has a long and varied practice of tea.

There are two legends about the origin of tea drinking in Korea. One links tea with the building of Buddhist temples in the 4th and 5th centuries. However, my favorite is that a princess of Ayodhya in India brought it with her when she followed her dream’s direction to marry Suro,

the nine foot tall king of Garak, who hatched from a golden egg<sup>(3)</sup>. It is impossible to know exactly which, but I have an idea of which one is more likely, even if I like the other one better. Tea has been a part of Korean culture for a long time.

Tea preparation varies greatly over the centuries. A lot of people write poems and books about how to do it. Earlier centuries, most tea is produced via a long complicated process that ends with a cake of tea for storage. This tea is often roasted and reground in preparation to serve<sup>(4)</sup>. The loose leaf brew that is more familiar to us becomes popular in the 15th century<sup>(5)</sup>. This style is the easiest to recreate because sourcing tea cakes for the earlier styles made in the correct way is incredibly difficult, so recreation requires creativity<sup>(6)</sup>.

There are many kinds of tea ceremonies. From the elaborate ceremony that Xu Jing records for us in his 1126 account<sup>(7)</sup> of his travels to Goryeo to the intimate ceremonies between friends or host and guests that the literati write poems about. There is always a reason for tea.

Korean tea tradition fades during the Joseon dynasty due to taxation on tea farmers, Japanese invasions and kidnappings of Korean potters and, finally, King Yeonjo shifts the ceremonies at that palace to use wine. The occupation of the peninsula by the Japanese really drove the Korean tea ceremony into obscurity, so much so that modernly, Koreans are known for their fondness of coffee<sup>(8)</sup>.





# Korean Tea

Wol Bi



Happily, there is a reviving interest in Korean style tea and lots of work has been done to reconstruct together a tradition from books written by Hanjae Yi Mok and others(9), poems written by the literati, and accounts of tea ceremonies.

Outside of my interest in tea to match my persona, I find that the practice of Korean tea is personally more pleasing. Chinese tea has an aesthetic to it that I dare not attempt because I will drop that teaware and cry about it. Japanese tea is very formal and structured which I find restrictive. However, instead of explaining the concept of 망형 or manghyung, below is a presentation by Kim Donghyun, a Korean tea master.

me at an event with my tea equipment, please come have a cup or two.

1. [The True History of Tea](#) by Erling Hoh and Victor H. Mair ↗
  2. Yes, I counted them. ↗
  3. [The Korean Way of Tea: An Introductory Guide](#) by Brother Anthony of Taize and Hong Kyeong Hee ↗
  4. [Korean Tea Classics](#) by Hanjae Yi Mok and the Venerable Cho-ui and [The Classic of Tea](#) by Lu Yu ↗
  5. A Ming emperor actually makes it law that his tribute tea comes in loose leaf. Citation to come because I cannot remember which of the many books I have that it is from. ↗
  6. I have promised Choi Min a post on how to make tea like Lu Yu. Someday, I will be a better human and do it. ↗
  7. [A Chinese Travel in Medieval Korea: Xu Jing's Illustrated Account of the Xuanhe Embassy to Koryo](#) The illustrations are lost to time, sadly. Hilariously, Xu Jing complains the tea is cold by the time anyone gets to taste it. ↗
  8. If you search the #scakorea on IG, it is alllllll fancy coffee. ↗
  9. [Korean Tea Classics](#) by Hanjae Yi Mok and the Venerable Cho-ui ↗
- For more information, please visit [Wol Bi's site here](#).

# Korean Tea Desserts

Ha Su Jin Daegam (THL)



Hangwa is the term used for traditional Korean cookies or sweets. The origin of hangwa can be traced back to the Silla Dynasty (57BC to 935 AD). During the Goryeo Dynasty (918AD to 1392AD), hangwa started to gain popularity with more desserts being introduced. This increase of popularity was due to the rise of Buddhism which resulted in a ban of meat.

While most desserts can be traced back to an origin, not many can be said to originate from a legend. In the Goryeo times, monk Iryeon published an unofficial history called “Memorabilia of the Three Kingdoms”. In this unofficial history, the legend of yaksik is told.

King Soji (500AD) was going on a picnic when he was approached by a mouse and a crow. To the king’s surprise, the mouse told the king to follow the crow. The king dispatched a servant to follow the crow. The crow led the servant to a lake, from within an old man appeared. The old man handed the servant a note to give to the king with a warning. If the king opens the note, two people will die. If the king does not open the note, only one person will die.

The king was given the note along with the warning. After much deliberation, the king ultimately decided to open the note. The note instructed the king to shoot arrows in the geomungo (string instrument) box. After shooting the arrows into the box, the king opened it



# Korean Tea Desserts

Ha Su Jin Daegam (THL)



to find a concubine and a monk who were conspiring to kill the king. The king told his cooks to create a dessert with something that crows like, including jujubes, chestnuts, rice, and pinenuts, thus yaksik was created.

While not all hangwa have such elaborate backstories, they are none the less delicious. Here are 6 different types of hangwa.

## **Yakgwa – fried dough soaked in honey**

Dough:

½ cup flour

½ tsp salt

1/3 tsp pepper

3 ½ Tbs sesame oil

6 cups of cooking oil

Honey syrup for dough:

3 Tbs Honey

3 ½ Tbs soju

Jibcheong syrup:

2 ½ cups grain syrup

2/3 cup water

Less than ¼ cup sliced ginger

Mix the flour, salt, pepper, and sesame oil in a bowl and then press the dough through a strainer. In the honey and soju together. Mix the grain syrup, water, and ginger together in a pot and bring to a boil over medium heat. Allow the mixture to boil for 5 minutes and then set aside to cool down. Mix the flour mixture with the honey syrup a little bit at a time to make a dough. The dough should just hold together without being too wet. Do not over mix the dough or the yakgwa will be hard. Roll the dough flat to about half an inch thick, cut it in half, place the halves on top of one another. Do this process 3 times to laminate the dough. Either roll out the dough to a third of an inch thick. Cut into 1 inch square pieces or press the dough into a mold. Poke several holes into the center of the cut or molded dough to ensure that the center cooks.



# Korean Tea Desserts

Ha Su Jin Daegam (THL)



Heat two pots of oil, one to about 250°F, and the second to 330°F. Place dough into the 250°F oil and cook until the yakgwa floats to the top and the layers open up. Transfer the yakgwa to the other pot on oil and cook until it turns a light brown, turning it over to ensure an even color. Remove the yakgwa and allow the oil to be drained. Soak the yakgwa in the jibcheong syrup for 4 hours, turning over occasionally. It can be stored in the fridge or freezer, just allow the yakgwa to come back to room temperature before serving.

## **Yugwa – fried rice cake dipped in honey or rice syrup and rolled in sesame seeds/rice puffs**

2 cups glutinous rice  
3 ½ Tbs soy milk  
2 Tbs soju  
1 ½ cup honey  
¼ cup sugar  
Sesame seeds  
Crushed puffed rice

Wash 2 cups of glutinous rice. Let it soak for 24 hours. Drain well and place in the blender until it is a fine power. Press through a sieve. Add 1 ½ teaspoon of sugar and mix. Add soy milk and soju by pouring small amounts into the rice flour and rubbing the mixture between your hands. Press the mixture through a sieve. Pour water into a steamer. Place a cloth on the steaming rack and place the rice on the cloth. Once the water is steaming, steam the rice flour mixture for 10 minutes on medium heat, turn the heat to medium and heat for another 5 minutes.

Place the cooked rice mixture in a bowl and pound with a mallet for 5 minutes. On a floured surface, add the pounded dough. Roll out the dough into a thin sheet.

Dry it out the dough. This can be done by placing the dough on a tray at a low temperature in an oven, turning it over occasionally. Another method is to place on an electric heating blanket, turning it over occasionally. The traditional method is to place the dough on a floured cloth and leave it to dry in the sun.

Cut the dried dough into 2 to 3 inch wide strips and then cut each strips into ½ inch strips.



# Korean Tea Desserts

Ha Su Jin Daegam (THL)



## Dasik – no bake tea cookie

1 cup sesame seeds  
1 cup almond flour  
 $\frac{1}{2}$  cup rice syrup  
 $\frac{3}{4}$  cup honey  
 $\frac{1}{2}$  cup sugar  
2 Tbs water

Toast sesame seeds in a pan until light brown. Mix frequently while toasting to prevent burning. In a food processor or mortar and pestle, grind the sesame seeds until the oil starts to come out and the ground seeds start to clump together. In a pan over medium heat, add honey and rice syrup. Heat until the mixture can be evenly stirred. Remove from heat and allow to cool.



In a bowl, add the ground sesame seeds. Add 1 tablespoon of the honey mixture and mix well. If it is still not holding together, add 1 teaspoon at a time. Make sure to knead the dough thoroughly. The dough should need to be sticky enough to hold together, but if it is too wet then it won't hold its shape. If it is too dry, then the dough will crumble when being taken out of the mold. Repeat this step with almond flour. Rice flour, mung bean starch, pine pollen, and green bean powder can also be used to make dasik.

Prepare the dasik-pan, a traditional wooden cookie mold, by lightly spreading sesame oil around the inside of the mold. Roll a small amount of dough into a ball. Dip the ball slightly into sesame oil and press into the mold. Fill each mold and then press the top of the dasik-pan to extract the cookies. If unavailable, use any small cookie cutter. On parchment paper, spread out some sesame oil. Roll the dough into a ball and press flat until about  $\frac{1}{2}$  inch thick. Cut out shapes.



# Korean Tea Desserts

Ha Su Jin Daegam (THL)



## **Yumilgwa – dough with filling topped with spiral date flower**

2 cup flour  
½ tsp salt  
1 Tbs sugar  
½ water  
Pumpkin puree  
Honey  
Pine nuts  
Jujube  
¾ cup sugar  
¾ cup water

In a pot, place pumpkin puree and honey. Cook until the mixture thickens. Add pine nuts to the mixture. In a bowl, add flour, salt, sugar, and water to make a dough. Knead for about 20 minutes. Let the dough rest.

Wash the jujube. Cut the ends off of the jujube. Cut the jujube lengthwise. Cut while slowly rolling the jujube to carefully remove the seed while keeping the flesh on the jujube together as one big piece. Press the jujube flat skin side up and then roll it into a little log. With a sharp knife, cut the log into thin slices to create a little jujube flower.

Roll out the dough on a floured surface and cut with a round cookie cutter. Place the filling inside and fold the dough over. Heat oil until it is about 325. Place the dumplings into the oil and fry until golden brown. Drain excess oil. Make a sugar syrup with sugar and water. Heat until golden brown. Dip in dumplings and place onto a wire rack on top of a baking sheet. Add the jujube flower on top.

# Korean Tea Desserts

Ha Su Jin Daegam (THL)



## Kkae Gangjeong – sesame seed candy

¼ cup honey  
¼ cup rice syrup  
½ cup sugar  
½ tsp salt  
2 cup sesame seeds  
1 cup nuts or seeds of choice

Toast sesame seeds until lightly golden brown, about 5 minutes. Stir often to make sure it doesn't burn. In bowl, mix together sesame seeds and other nuts. Prepare a baking sheet with parchment paper. In a pan, add honey, sugar, salt, and water over medium heat. Let it cook without stirring until it becomes a deep golden brown, about 4 minutes. Turn off the heat and quickly add the toasted sesame seeds and nuts/seeds.



Add the mixture to a sheet of parchment paper, spreading it out as much as possible. Place another sheet of parchment paper on top and press down with a rolling pin to flatten it to about ¼ inch. Let it cool. When it is warm to the touch, use your hands to break the pieces in bite size pieces. Store in an airtight container.



# Korean Tea

## Desserts

Ha Su Jin Daegam (THL)



### **Yaksik – glutinous rice with dates, chestnuts, pinenuts, and honey**

2 cups glutinous rice  
5 jujube dates  
5 chestnuts  
½ cup pine nuts  
Sweet rice sauce  
½ cup brown sugar  
½ cup water  
1 Tbs sesame oil  
1 Tbs starch  
½ tsp cinnamon  
Rice seasoning  
2 Tbs soy sauce  
¼ cup dark brown sugar  
2 Tbs sweet rice sauce  
2 Tbs honey  
2 Tbs sesame oil  
½ tsp cinnamon



Wash the glutinous rice and soak for 5 hours. Drain the rice in a strainer to 10 minutes. Wipe the jujube. Remove the flesh from the seed (set the seeds aside for another step) and cut into 6 pieces. Peel the chestnuts and cut into 6 pieces. Remove the tops of the pinenuts.

Pour water into a steamer. Place a cloth on the steaming rack and add rice inside. Once the water is steaming, steam the rice for 40 minutes. Mix well, reduce heat to low and steam for an additional 20 minutes. Add the jujube seeds and water to a pot and simmer for 15 minutes over medium heat. Strain the tea.

To make the sweet rice sauce by adding sugar and 2 tablespoons of water to a pot over medium heat for 3 minutes. Add oil to the pot. Continue cooking, stirring by swirling the pot until it changes color. Add the remaining water and starch and bring to a boil while stirring for 1 minute. In a bowl, add the rice and the rice seasoning ingredients and mix





# Korean Tea Desserts

Ha Su Jin Daegam (THL)

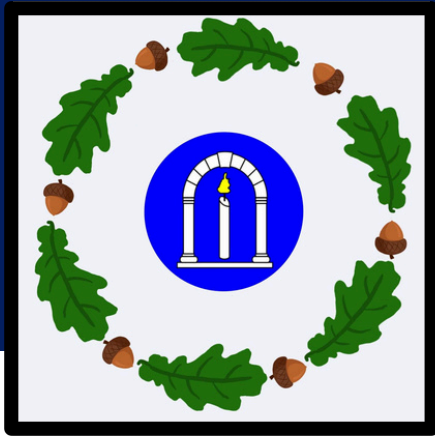


well. Add the jujubes, chestnuts, and pine nuts and mix again. Spread the mixture into a 9x13 pan covered in plastic wrap, pressing the mixture flat. Allow yaksik to cool before cutting into squares.

Pressure cooker method:

Wash rice, strain the rice, but do not soak. Add all of the ingredients to the pressure cooker. Add 1 cup of water and cook on a rice setting. Mix until seasoning is evenly distributed. Cook again on the shortest rice setting.

It can be stored in the fridge or freezer, just allow the yaksik to come back to room temperature before serving.



# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaires  
de la Oya



One of the major responsibilities of a Peer in any discipline is preparing their students for eventual elevation. The real substance of this preparation is the mentorship we provide on their journey to becoming a Peer of the Society, but the final gift that we as Peers are able to give them is a vigil to mark their passage from student to master.

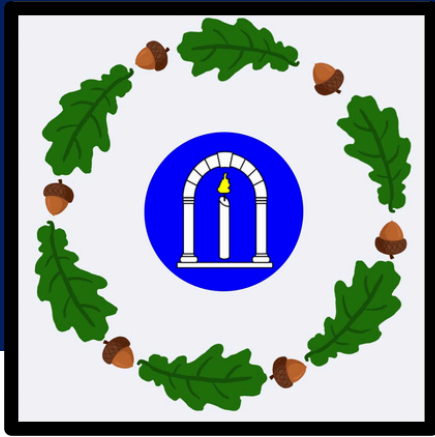
As a Laurel of the Society, it has been my very great privilege to coordinate vigils and elevations for three vigilants in the last three years - two of my own belted apprentices, and one beloved foster apprentice whose Peer stepped up as Princess shortly before her student's writ was issued. In each case, I have

learned a slew of lessons both difficult and joyful, and I hope what I have learned can be useful to anyone else planning this special event.

## Pre-elevation notice planning

Before you even get to the stage of vigil planning, there are some things you can do to help prepare for the big day. I highly recommend asking your students to fill out an ICOP (In Case of Peerage); this can be as thorough as a spreadsheet that details everything down to the last slice of bread on the vigil table, or as simple as a note that reads "I just want everything to fit for 15th century England."

The purpose of the ICOP is to give your students some input into the process. It lets them tell you who and what are most important to them, and what will help make their day special. However, it's important to be clear that an ICOP is a wishlist, not an order form. Due to circumstances that are often beyond our control, some aspects may have to change or be dropped altogether. For example, while planning the vigil for Mistress Marguerite Honoree



# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaures  
de la Oya



d'Cheneau, a sudden emergency meant the site of the entire event had to move several hours south of us. This meant that food plans had to be simplified to items that could be safely transported and held over, Worthies had to be contacted in case they couldn't make it, some preferences for decorations had to be stripped down to what could fit in a single vehicle, etc.

My personal preference for an ICOP, and the one that I have all my students fill out during our relationship, is the ICOP spreadsheet created by Ollamh Lanea Inghean Uí Chiaragáin. Her several stints as vigil coordinator for various royal reigns has given her some excellent insight into the planning process.

## ICOP Checklist

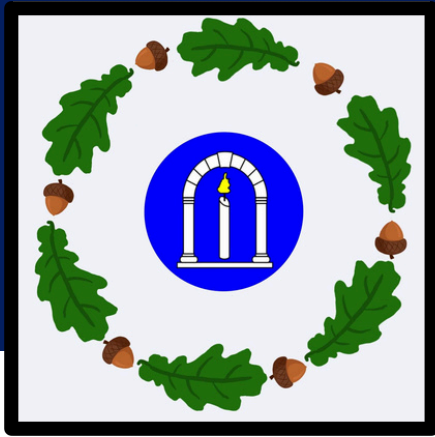
**Note:** Please make a copy of the original and save it to your own device before making changes.

Another bit of administrative preparation is to make sure that any entries for your students in the ESP include a point of contact and the name of their Peer. Don't hesitate to ask friends to assist with this - a simple "Hey, if my student's name should come up, please make sure [Magister X] is listed as their point of contact." This is the first person Their Majesties will contact with information about a potential elevation.

## **After the notice**

Their Majesties or Their representative will contact the person listed on a candidate's order watchlist entry with information about Their plans to elevate a candidate. Don't worry too much if all the information isn't available immediately, especially at the very beginning of a reign. You do, however, want to obtain the following information as soon as possible:

1. Will there be a writ?
2. What date/event is planned for the elevation?
3. Will the candidate be set to vigil in morning or evening court?
4. Is the vigil space indoors or outdoors?
5. Does the planner need to provide infrastructure (tents, furniture, etc.)?



# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaures  
de la Oya



Next, you will want to sit down with your student's ICOP and read over it carefully. I do this in conjunction with the next step, which is setting up a planning spreadsheet. As part of this process, I list out:

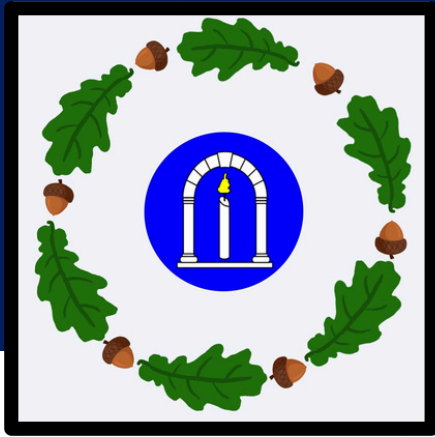
- All tasks that need doing - food preparation, clothing preparation, Worthy contacts, etc.
- All items that will be needed - furniture, decorations, traditional vigil items, etc.
- List worthies and any requested family/friends
- Who is in charge of what areas

This is a screenshot of one sheet in the planning workbook for Tala al-Zahra's elevation at Pennsic 2023:

Each task or item has been assigned to an individual or team who is responsible for that task. My own style of management is to find people I know are excited about making the candidate's day as memorable as possible, and who are able to take ideas and run with them without minute by minute supervision. I also tend to err on the side of choosing "unit leads" who are comfortable managing others, so if someone wants to volunteer to help within a certain unit, I refer that person over to the "unit lead" instead of trying to manage them myself. I combine this with regular check-ins to make sure everything is running to schedule and find out if the units need anything from me to carry out their tasks.

	A	B
1	<b>Task</b>	<b>Person/People</b>
2	POC	Beatriz Alaures & Aelia Suphunibal
3	Vigil space	Guild of St. Expeditus
4	Vigil food	Eadric, Urtatim, et al
5	Vigil clothing	Bea, Mariana, Emma
6	Vigil coffee/tea	Maria Beatriz la Mora (Bambi)
7	Henna (at the vigil? before the vigil?)	Gaia Salvia Repentina (Erin)
8	Vigil wine (and mead)	Glaukos
9	Vigil book	Talia
10	Music	Erin (playlist)
11	Basin & Pitcher	Lanea
12	Towel	Adrian Alma
13	Floor cushions	Marguerite & Emma
14	Lanterns	Allison Oram
15	Rugs	Whoever has any
16	Rosewater handwashing station (guests)	Bea
17	Hangings	Bea, Lanea, Suphunibal
18	Fruit infused water	camp
19	Virtual vigil book	Talia de Morales
20		





# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaures  
de la Oya



I also make a list of things that will be needed for the elevation - these are mostly items of regalia and heraldic pageantry:

Peerage regalia

- Knight: belt, chain, spurs, sword
- Laurel: cloak, medallion, wreath (this is becoming popular in Atlantia)
- Pelican: Medallion, cloak, cap of maintenance
- MoD: collar, sword

Heraldic decoration:

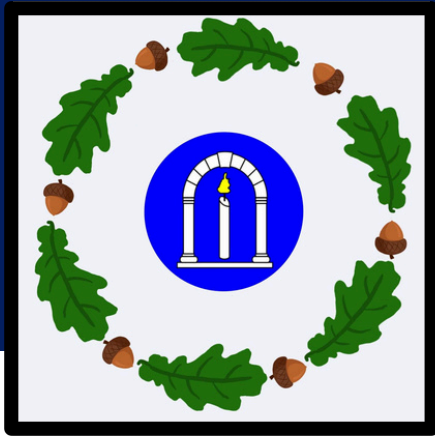
- Banner
- Flags or pennants
- Decorative items - tablecloths, seat cushions, etc.

## Contact the Worthies

I try to do this as early in the process as possible. As part of their ICOP, I ask my students to list not just their first choice of Worthies, but at least one backup just in case. In the case of Worthies who cannot attend, you could consider asking them to send a letter to be read by another representative. For Tala's elevation, one Worthy wasn't able to attend, so another Peer volunteered to read a letter from that Worthy during the vigil.

It can be helpful to have a short script to use when contacting the Worthies; I use the following: "Greetings! My name is Magistra Beatriz Alaures de la Oya, and I am contacting you on behalf of [candidate's name]. I have been notified that Their Majesties intend to elevate [candidate] to [Order] at [event name] on [date]. It is [candidate]'s wish that you speak for them as their [Peerage] Worthy at their vigil. We would love for you to be part of this day - please let me know how I can help facilitate this."

I usually check in with each Worthy again within a week or two of the event, and especially if circumstances change, to make sure they're aware of the time and place they'll be speaking and ask if they need anything from me.



# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaires  
de la Oya



## Aspects to Include

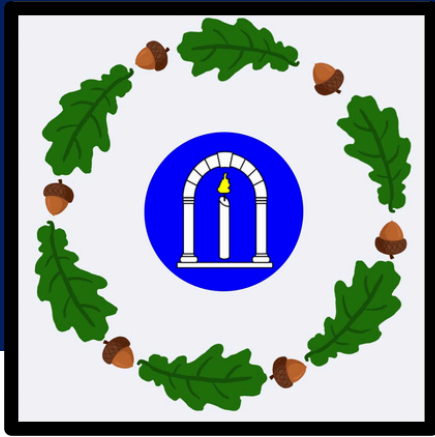
Atlantian vigils have some traditional aspects that tend to be seen at most elevations, with some latitude for personalization. These include:

The Worthies: These are representatives of the major bestowed and royal peerages (and the populace) who speak to the candidate's excellence in aspects of the virtues that are often associated with those positions. Traditionally, these Worthies have spoken for the candidate in court; however, it has become more common to have the Worthies speak at the vigil, which frees up court time and allows for a more intimate setting to hear the words spoken.

- Knight - prowess
- Rose - courtesy
- Pelican - service
- MoD - defense
- Laurel - artistry
- Populace - teaching/leadership

Although these 6 are traditional, your vigilant may want to have fewer, or they may want a different combination of Worthy types - all Laurels or three Pelicans and one MoD, etc. This is entirely up to the preferences of the person being elevated.

- The Release from Fealty: A candidate cannot be elevated while still in fealty to another, so there is usually a symbolic release from that relationship before the handwashing. This can include the Peer removing the student's dependent belt, the destruction of a written contract (if one exists), or even a simple "I release you from my service."
- The Handwashing: A ceremony that symbolizes the passage from one stage of life to another, or the process of purification that is historically associated with that passage. There will usually be two Peers involved with this ceremony: one to hold a basin to catch the water, and another to pour the water from a pitcher for the handwashing itself.



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Each of these activities requires some amount of planning (and some amount of item gathering), so I add these to my planning spreadsheet.

## On the Day

The packing process is critical to success on the day of the vigil. I use my planning spreadsheet to populate a packing list I can print out and check off as I go. However, Magistra Adelaide Half-Pint has developed a comprehensive vigil packing spreadsheet that can be adapted to any size and type of vigil.

## Vigil Packing List

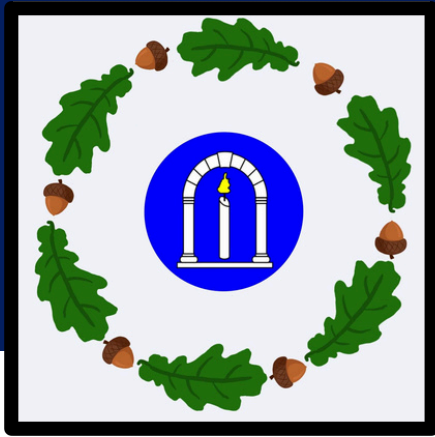
**Note:** Please make a copy of the original and save it to your own device before making changes.

Remember to include things like ice for coolers, a lighter or matches for any warmers or candles, serving utensils, disposable dishes (our household is fond of compostable dinnerware sets - our favorites are available on Amazon for less than \$30 for a full service of plates/utensils, and often include a roll of biodegradable garbage bags), ziploc bags, trash bags, cleaning wipes, hand sanitizer, and anything else you might need to both prep and clean up afterwards.

I always count Vigil Day as an all-hands-on-deck day. I try to make sure as many people can be involved in the setup of the vigil space as possible (and feasible) so that setup takes less time and everyone can have more time to enjoy their day.

Some details that can make a vigil space feel special include:

- A comfortable chair with cushions, blankets, furs, etc for the candidate to sit in during the day
- A pair of chairs for visitors
- A small table to hold a plate of snacks and a drink for the candidate



# Vigil Planning for Students and Dependents

Baronesa Beatriz Alaires  
de la Oya



Some details that can make a vigil space feel special include (Contd.):

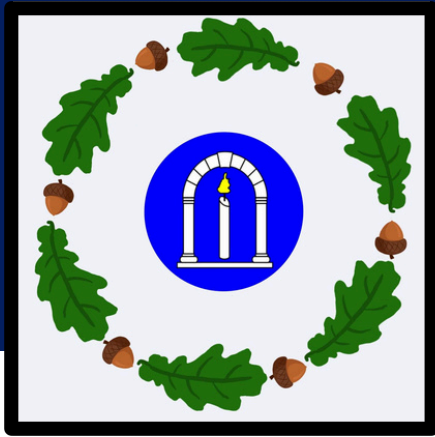
- A table or hanging display of their works, their dependent's belt, their contract with their Peer, etc.
- Music, either live or recorded
- A notebook and pen - this is separate from the vigil book, and is intended for the vigilant to write down advice they are given during the day, thoughts and reflections they have, planning their elevation oath, notes, etc.

It's a good idea to ask someone to help you with vigilant minding. It's easy to forget that 6-8 hours is a long time to be effectively trapped in a small space undergoing some intense one-on-one conversations. Check in on your vigilant every hour or so to make sure they have eaten, have enough water, are warm/cool enough, and if they need to visit the restroom or just get some fresh air. At my own vigil, I was lucky enough to sit in a tent next to a small lake, so during down times I could step out the back door of the tent for some fresh air and a relaxing view, but sometimes you need to smuggle the vigilant outside for ten minutes and let them recharge. It's also okay to close the vigil to visitors for a short stretch of time to let the vigilant have some quiet time.

I've mentioned food and drink several times. It's a kind touch to make sure there is a plate of food from the vigil board that is reserved for the vigilant - too often, vigilants don't get to sample the tasty treats folks have provided! I like to go through before the vigil board is opened to the populace and fix a plate of anything I know my person likes or particularly wants. If they aren't hungry right away, you can stash the whole plate in a large Ziploc and store it in a cooler until they're ready.

## What To Do When It All Goes Wrong

Sometimes, despite all the planning and preparation, you arrive at the event and everything goes wrong. It's supposed to be an outdoor vigil, but it's pouring cold rain. It's supposed to be an indoor vigil, but the designated room flooded before the weekend. The food manager came down with Covid and cannot attend, someone forgot the Laurel cloak, one of the Worthies had a death in the family.



# Vigil Planning for Students and Dependents

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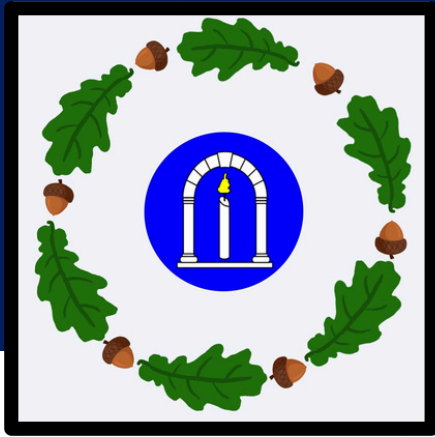


First, take a deep breath. During the planning process, you have surrounded yourself with a capable team who are there to support you and the candidate. These are the folks you will lean on when nothing seems to be going right. Check in with them and make them aware of the problem, and brainstorm solutions with them. If the food didn't get to the event, take up a fast collection and send someone out for deli trays and drinks. If a Worthy is out, send someone to tap another.

Remember to check in with Their Majesties or Their representative. These folks are also experts at recovering from sudden problems, and they can often suggest solutions that may not be obvious to someone not privy to behind-the-scenes information.

And finally, remember that at the end of the day, your person will walk away from this experience with memories they will cherish. Whether or not it rained, whether or not the vigil board ran out of food, whether or not someone flubbed their speech - these are stumbles that feel enormous at the time but that will fade in comparison to the love and support your person will remember when they think of their vigil.





# Adding Salt During the Soap-Making Process

Matthew of Summerdale



I took a class on saponification at the Summer 2023 Atlantian University by Lucia de Moranza from Ealdormere. Taking this class led me to start to do some soap making. While I have started with modern soap making methods and processes, I have started looking at period soap making. One technique I found mention of was adding table salt during the soap-making process to make harder soap.

## Saponification

Saponification is the chemical process that occurs during soap making. It is done by adding a strong base to an oil or fat (Moranza, n.d.). They are mixed to form an emulsion. Modernly, the bases used are sodium hydroxide ( $\text{NaOH}$ ), or potassium hydroxide ( $\text{KOH}$ ). These both are often referred to as lye. Sodium hydroxide produces hard bars of soap, and potassium hydroxide produces a soft soap that is used to make liquid soap.

In period, lye was produced by passing water through wood ash. Using most wood ash would produce potassium carbonate dissolved in water. This could be used to make soap, though it is



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Matthew of Summerdale



less strong than potassium hydroxide. Calcium hydroxide (quicklime) could be added to the potassium carbonate and would produce potassium hydroxide and calcium carbonate. The calcium carbonate would precipitate out of the solution.

If the process of passing water through ash were done with ash from beach plants or seaweed, sodium carbonate would be produced instead of potassium carbonate. As with the potassium carbonate, sodium carbonate could be used to make soap directly, or calcium hydroxide could be added to convert it to sodium hydroxide.

I found mention that in period, salt was used as part of the process (Verberg, 2016). I would expect soap made from potassium hydroxide and salt to be harder than soap made from just potassium hydroxide. Because there would be sodium ions in the solution, in addition to the potassium ions, the saponification process would behave like there was a mix of sodium hydroxide and potassium hydroxide, and result in a harder bar of soap.

## Experiment Process

To conduct the experiment and see if adding salt made the soap harder, I made six batches of soap. First, I chose 2 different fats to use separately, beef tallow and olive oil. I chose these because they were fat sources that would have been available in period and were used for soap making. I chose to use 2 different fats because the tallow is solid at room temperature and the olive oil is liquid, so I wanted to see if that made a difference in the results. I would expect a harder bar from the tallow, as it was already harder. With each of those fats, I would make 3 different soaps, one using sodium hydroxide, one with potassium hydroxide, and one with potassium hydroxide and salt. This way I would have some soaps to compare the KOH with salt soap against, so I could see if it was harder than the KOH soap and if it got as hard as the NaOH soap.

I used the calculator at <https://soapee.com/calculator> to determine the formulation for making the soaps. The recipes I used are attached. The batches were based on 8oz of fat with 3% superfat. Superfat is fat in excess of the amount of KOH or NaOH used. For the batches with salt added, I added the salt at 15% the weight of the oil, so 1.2oz of salt. The 15% salt was based



# Adding Salt During the Soap-Making Process

Matthew of Summerdale



on a recipe I found on a soap making forum from someone who said it had worked for them (Potassium hydroxide bar soap, 2016).

I hot processed the soap using a crockpot. I have found some mentions that soap in period was made in a form of hot processing (Verberg, 2016). It is an area for future research on the exact process. I combined the lye with water and added it to the fat. I then blended them with an immersion blender until trace was reached. Trace is when an emulsion has been created and the mixture has thickened up. The soap was then cooked until it reached the wet mashed potato state, and then was put into a mold. The mold was a mini loaf pan lined with parchment paper.

The soaps were made over several days at the beginning of September 2023, on the 1st through the 4th. This allowed for cleaning of equipment between uses but kept the age of the soaps close to each other for later comparison.

## Results

The soaps made with sodium hydroxide firmed up quickly in the mold and could be removed from the mold the next day. This was the expected behavior for soaps made with sodium hydroxide.

The soap made with potassium hydroxide and tallow has become somewhat hard. The soap made with potassium hydroxide and olive oil is still soft at the end of September and is more of a paste. I have not removed it from the mold out of concern that it would ooze out into a puddle. I flipped it over in the mold to attempt to allow it to dry more.

The soaps made with potassium hydroxide and salt are noticeably harder than the ones made with just potassium hydroxide. The olive oil, potassium hydroxide and salt soap was harder after half a day in the mold than the olive oil and potassium hydroxide soap that had been in the mold for 2 days.

After sitting for about a month, the soaps are largely unchanged. The sodium hydroxide soaps are still hard. The potassium hydroxide and salt soaps are still firm. The potassium hydroxide



# Adding Salt During the Soap-Making Process

Matthew of Summerdale



tallow soap is somewhat firm but is a bit soft. The potassium hydroxide olive oil soap is still more of a paste.

## Conclusion

Adding salt to soaps made from potassium hydroxide makes them harder, close in hardness to soaps made from sodium hydroxide. The effect is more noticeable in soaps made from fats that are liquid at room temperature versus fats that are solid at room temperature. I plan to do some further experiments involving varying the amount of salt used to see if there is a gradual change in hardness as the amount of salt used is increased or if there is an amount of salt that causes an abrupt change from soft soap to hard soap.

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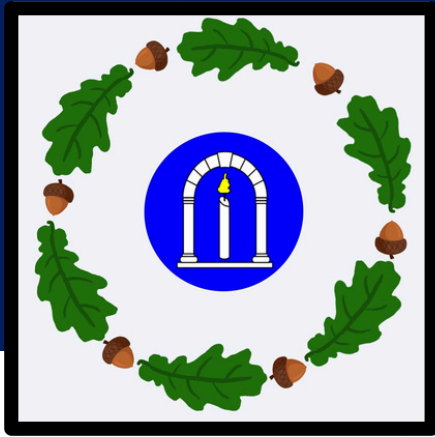
# Five Minute Art History: Gleaning Style

Hlaford Bran Mydwynter



Our concept of "style" didn't coalesce until the Renaissance. However, when you're making something based on historical artwork, it's helpful to be able to glean its style to better capture the true spirit of the original. But that's a skill developed over time, and there's no shortcut. Which is why I've put together a post on my new website (Applied Art History), exploring an approach to parsing the art we see. It lays out a few suggestions which can help you develop an "eye" for whatever you're looking to explore, gathered from my decades of experience making art from historical references. I hope it will be useful! Please check it out at <https://applied-art-history.com/gleaning-style>.





# Upcoming Kingdom A&S Opportunities

Kingdom Competitions Deputy:  
Baronesa Beatriz Aluares de la Oya



Date	Event	Competition	Period/Theme
October 2024	Coronation	Cultura	865 CE: The Great Heathen Army and the Occupation of York!
November 2024	Crown	Tempore	1500-1600 CE
January 2025	Twelfth Night	Tempore	prehistory-1000 CE
April 2025	Coronation	Cultura	
May 2025	Crown	Tempore	1000 - 1350 CE
October 2025	Coronation	Cultura	
November 2025	Crown	Tempore	1350 - 1500 CE



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