



The Newsletter of the Northern Marches, serving Allyshia, Ravenshore and Wudubolt be Secq

from The Editor

CATRIONA MACRATH

Welcome to the inaugural issue of the third cycle of the Strand. We in the Northern Marches have been fantastically busy this winter, and this issue features just a few of the things the populace has accomplished (you may notice a theme!). Please continue to share what you do, that others may take inspiration from it.

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Cover: Iain Gearr-Sheallach O'Maoilbhreanainn

Calendar of Events

Mar 22-24	March Crown
Apr 20	Heron's Pool
Apr 21	Throma Tournament
Apr 21	Baronial Business Meeting

Ongoing events

Heavy Fighter Practice - Thursdays 6:00pm
Rapier Practice - Sundays 12:00pm
Scribal Night - Thursdays 6:00pm

Check the official calendar at allyshia.westkingdom.org/calendar for details.

from Their Recent Excellencies

ERIK FIREDIVER AND SIGNY JÓLINNARDÓTTIR
Good Gentles,

As the time draws near for us to pass our lands to our successors we wanted to take this time to thank everyone in the Barony for supporting us during our reign. Especially those of you who worked behind the scenes making all of the events run smoothly and effortlessly. We are grateful for having the chance to serve as Baron and Baroness again and the memories made will endure. We are excited to welcome Their Adequacies, Katelinen and Kolskeggr and will enjoy their reign and all that comes in the next year.

Thank you again.



from Their New Excellencies

KATELINEN VAN WALRAVERSHYDE
AND KOLSKEGGR SHIELDBREAKER

We are honored and thankful to be part of the grand and noble lineage of Barons and Baroness of this Palatine Barony. We strive to be worthy of the office. We have decided the theme for our tenure is participation. To this end We strive to make participation easier and more pleasant for all of our populous. Go to an event you don't normally attend, participate in a competition or activity you never have tried, create content for the newsletter or make a vow to attend 2 practices/A&S/scribal nights a month. And We also encourage those within Our populace who are able, to help others participate more. We look forward to seeing Our populace enjoying their time outside the mundane world.

Barreh Palav

WILHELM APPATHEKER VOM SCHWARTZWALD

Looking for a way to introduce more period cooking into everyday meals? Also want an easy one pot dish that you can share with your non-SCA friends? Try a palav! The basic idea is to pre-measure water for the amount of rice, bring it to a boil to cook the meat, then add rice and spices. The only thing that takes a bit of time is chopping the meat and an onion.

Place into a large pot or dutch oven:

3 lbs lamb (or beef) in 1½-1" cubes

1 1½ tsp salt

4 cups water

Bring to a boil and then reduce heat to simmer for 20 minutes covered. Then add:

1 can (~12oz) garbanzo beans (drained)

2 cups rice

1 grated onion

1½ cup butter (1 stick)

1tbsp cinnamon ground

1 1½ tsp pepper ground

1 1½ tsp ginger ground

1½ tsp cardamom ground

1½ tsp clove ground

1½ tsp caraway seed

Cover and bring to a boil briefly, then reduce heat to low for 30 minutes. Leave covered and DO NOT STIR. Part of the dish is to develop a "crispy" rice layer on the bottom. Serve directly from the pot.

Note that there is a good amount of meat, it should be enough to satisfy most meat eaters.

Make it vegetarian: omit the lamb, add another can of garbanzo beans and a can of fava beans. You can also add a bag of frozen peas and carrots for a bit of color or a starch/veg side dish.

Make it vegan: As in the vegetarian section, but remove the butter in favor of sesame oil (or you can use olive oil-tasty, but non-period).

Canned beans were used for convenience-dry beans can be used but should be cooked first, or they will not leave enough water to cook the rice.

From: Maddat ol-Hayat Dining at the Safavid Court (M R Ghanoonparvar translation), A 15th c. Persian cookbook and still made in the area today.



Trestle Table

REINOLD HALDANE

A trestle table in the style of the Engraving by Albrecht Dürer from 1514, "St. Jerome in his Study". Made of oak, and able to break down into 4 pieces for transport. Copper wire inlay on both sides of the stretcher of the Sable Swan and a laurel wreath. On the top, a wooden inlay border with the Swan centrally inlaid in Copper Wire and paint. Sealed with modern oil finish. Made for the principality of Cynagua to use between the thrones



Getting Back into the Game

KATELINEN VAN WALRAVERSHYDE

“To speak and to be silent, to come and to go, to do and to let be...” even if you are not a peer you are probably familiar with the words of the fealty oath. These words don’t just apply to people recognized as peers, but summarize the goals and aspirations of the Society at large. They speak to a dichotomy of action and inaction that is necessary for a healthy relationship with the Society. For this is a “just a game” but it can swallow your life if you let it. Breaks and/or a balance in participation are needed to lead a healthy life both in and outside the Society. That balance is hard maintain consistently and sometimes breaks from participation are needed. But getting back in after time away can be just as difficult.

1. *Time*: Participation is hard. Finding time in our busy mundane lives to make time for the SCA is challenging. Jobs, kids and general “adulting” get in the way of our hobby and rightly so. “Real Life” is more important than any hobby. But we need a balance. We need to balance the things that fulfill us and bring us joy with the mundane parts of life. Some of us have fallen away from participation because of responsibilities, others because other hobbies have taken its place. Both are legitimate reasons. However, we can still make time to “do” and “come”. Can you give two hours a month to make a practice or A&S night? Or a day every few months for a local event? It may not seem like much to you, but to the people you interact with and inspire it can mean much. The wealth of knowledge, experience and stories you hold bring extra color to the event or meeting. It also lets the newer people’s enthusiasm and energy revive your excitement in the game.

2. *What to do?*: If you have been out for a long time it may be hard to know what to do. You may not have the same interests

or skills as you used to. When you left the game you many have been a heavy fighter and can’t physically fight anymore. It can be challenging to know where to start. A&S is a great place to start - even if you are not an “Artsy” person you can socialize and find out what is going on in the local group. Practices can be the same, even if you don’t fight (or don’t fight anymore) you can socialize, learn to marshal, teach and make connections with newer fighters.

3. *Fitting in*: Finding your place. This is the hardest part of coming back into the SCA after a break. The SCA’s culture has changed drastically even in the last 5 years. But your experience and knowledge is still important and valuable to our Society. The easiest way is to ask what the local group needs help with. Taking on a lower office or being a deputy can take very little time and give you a place to belong. It can take multiple tries and time to “find your place” again, don’t get discouraged.

So come back! We miss you and what you to come play with us! It does not matter how much or how little you can give. But if you have been less active lately please try and given a little more time this year as we challenge everyone to a little more participation.

Save the Date

Northern Marches A&S is July 19-21, in beautiful Blue Lake (Allyshia). It may seem a long way off, but since it’s shortly after War, we want to get it on your calendar so you have plenty of prep time.

We are currently accepting applications for teachers - let us know what you’d like to teach, how long the class will be and other useful info. Contact Catriona (catriona.macrath@westkingdom.org) or Signy (natrond9000@gmail.com) for more info!

The Adventures of the Futile Turtle of Allyshia

ZBINA OF ALLYSHIA

Once upon a time, in a land that was quite north and usually wet, there was a turtle who needed to travel south. A great storm had been brewing around the traveled path and had caused tiny flakes of white dust to cover the ground. The turtle came upon the land of Ents. The Great Ents were not appreciative of the added weight of the icky white stuff and decide to throw snowballs at the poor turtle. Some Ents lost limbs in the charge, yet they never lost their determination. The turtle, now cold and wet, trudged on until she came upon the despair of two fallen Ents and a live wire. Thus she had to wait, in the cold snow.

While waiting, she found a ram prince. They decided to travel together back north for a bit, however, the Ents still held the decision to toss snowballs at the turtle. In the charge, an Ent suffered loss of limb when trying to separate the two. The effort was thwarted by a bull that we'll name Caltran.

The turtle and the ram were then able to travel north again to a town and contact family and friends. The two heard news that the Ents were cleared and decided to brave the pass and try to get through. On the way, the turtle, at some point, lost the ram and then found and lost then found, and thus started stalking the ram.

Once arriving at the site of the supposedly cleared Ents, the two found out that the pass was closed again. The two, in sadness, decided to sit and wait, hoping the pass would open soon.

(This story was written the day after Lupercalia in February AS 53 or 2019. This story is true in a sense, as the characters are based on real people.)

Ginger Cordial

YRMENGERDIS OF ALLYSHIA

2 ounces ginger root

1 vanilla bean

1 cup sugar

1.5 cups water

1 orange

1.5 cups brandy

Peel ginger and cut into thin slices. Split vanilla bean lengthwise.

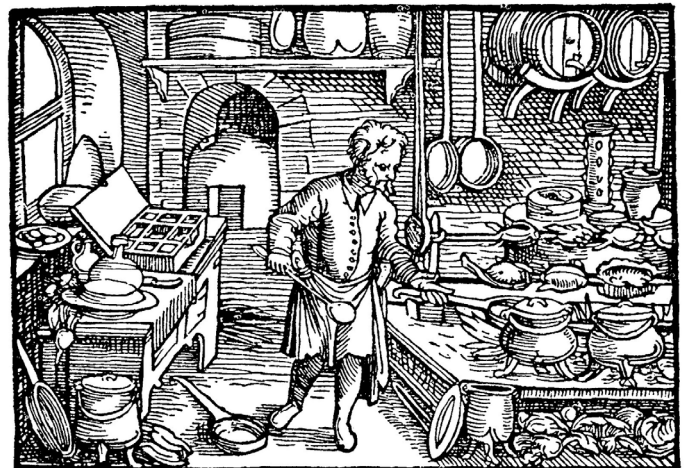
Bring ginger, vanilla, sugar, and water to a boil, then reduce heat and simmer 20 minutes or until ginger is soft. Remove from heat, cover and let cool completely.

Zest orange into a sealable glass container. Pour syrup and brandy in. Seal, shake, and let sit for a day.

On the second day, remove vanilla bean; let the rest sit at least one more day (I did three).

Strain mixture through a coffee filter to remove solids. Let sit at least one more day.

(via <https://www.seriousseats.com/recipes/2011/12/diy-ginger-liqueur-make-your-own-canton.html>)



Psomi - a simple Greek bread

MORGAN THE NOMAD

What you need: 6 cups plain flour; 1 package active dry yeast; 2 cups warm water; 2 teaspoons salt; 3 teaspoons sugar; 1 tablespoon melted warm butter or oil; 1 tablespoon fine semolina; water

1. Sift the flour into a mixing bowl and warm in a low oven.

2. Dissolve yeast in 1/4 cup of warm water, stir in remaining water, sugar, and salt. (You can use less or no sugar).

3. Remove about 2 cups of flour from the bowl, and set aside. Make a well in the remaining flour and pour in the yeast liquid.

4. Stir a bit of the flour into the liquid, until it is thick, cover and leave in a warm place until the liquid is frothy - about 10 minutes.

5. Stir the rest of the flour into the liquid, adding the butter or oil gradually. Beat until smooth - about 10 minutes by hand or 5 minutes with a mixer equipped with a dough hook.

6. On a floured surface, gradually knead in the reserved flour - only knead in enough to stop the dough from sticking. Dough is ready when it is satiny and surface has a wrinkled texture. Shape into a ball.

7. Oil a bowl, put dough in smooth side down and then flip so that both sides are oiled. Cover (cling wrap is fine, or a damp smooth weave towel) and leave in a warm place until dough has doubled - between 1 and 1 and a half hours, usually.

8. Punch down, and divide into 2 equal balls. On a floured surface, form each into a torpedo shape.

9. Grease a baking sheet and sprinkle with semolina, OR cover a baking sheet with baking parchment. Place the loaves well apart, and slash each with 4 diagonal slashes. Cover and leave in a warm place until double - about an hour. Pre heat the oven to 375 F.

10. Place a dish of boiling water on the lowest shelf or floor of the oven. Spray bread lightly with water and bake for 35 - 40 minutes. After the first 15 minutes spray again, and then 10 minutes after that.

Finished bread should be a golden brown, and sound hollow when the bottom is tapped. Let cool on a rack.

The boiling water and spraying the loaf is intended to make a good crust. If you want a soft crust, just leave those steps off.



Awards and Honors

REINOLD HALDANE, SEALION PURSUIVANT
Given by Their Excellencies Erik and Signy

Yule

Baroness' Token - Sólveig Brúnsdóttir
Order of the Fern - Seamus McMurrough
Spirit of the Great Hall - Cristel & Wilhelm

Lupercalia

Partier Extraordinaire - Drogo the Quiet
Baron's Token - Darius of Allyshia
Order of the Fern - Megan Planterose
Spirit of the Great Hall - Conall & Megan

Heraldic Attitudes

CATRIONA MACRATH

Many people include animals in their devices. These are commonly referred to as charges, and the position in which they are placed is referred to as their attitude. The options for attitude vary from animal to animal. For example, courant (running) only works for animals with legs, naiant (swimming) for sea creatures, and volant (flying) for animals with wings. Others, like affronty (front facing) can apply to multiple groups, but are typically only used for animals which can be recognized in that way. It's pretty rare to find a sea lion affronty, because we're more used to recognizing their shape from the side, but merpersons affronty are more common, as are any number of four-legged beasties and winged critters.

Right, here are the basic attitudes for critters with four legs:



Rampant



Passant



Statant



Couchant



Courant



Sejant



Dormant

Stay tuned for more (heraldic) attitude!

Baronial Progress

Their Excellencies plan to attend the following events during their reign:

March crown 3/22/19-3/24/19

Hérons Pool 4/20/19

Fools Tourney 4/26- 4/28

Beltane 5/3-5/5/19

Wolfscairn Duchess War 6/15/19

West/AnTir 7/1/19-7/7/19

Northern Marches A&S 7/19-7/21/19

Northern Wolf 8/10/19

Purgatorio 8/23-8/25/19 (Possible)

Rivenoak Championship 9/14/19

October Crown 10/18-10/20/19

Allyshia Yule Feast 12/7/19

Lupercalia -TBA

March Crown 2020- TBA



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