



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

## from The Editor

CATRIONA MACRATH

Another (mundane) year draws to a close, and with it, the final issue of this volume of The Strand. This issue is a little... breadier... than usual, thanks to Morgan's excellent collection of tasty bread recipes.

Don't forget to submit your contributions anytime the mood strikes - no need to wait for the next announcement! Via the Book of Face, or sent to [catriona.macrath@westkingdom.org](mailto:catriona.macrath@westkingdom.org), whatever suits.

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Cover: Iain Gearr-Sheallach O'Maoilbhreanainn	

### Calendar of Events

Jan 19	Throma Tournament
Feb 1	Lupercalia
Feb 16	Throma Tournament
Mar 27-29	March Crown

#### Ongoing events

Heavy Fighter Practice - Tuesdays 6:00pm  
Rapier Practice - Thursdays 5:30pm  
Scribal Night - Thursdays 6:00pm

Check the official calendar at [allyshia.westkingdom.org/calendar](http://allyshia.westkingdom.org/calendar) for details.

## from Their Excellencies

KATELINEN VAN WALRAVERSHYDE  
AND KOLSKEGGR SHIELDBREAKER

As We near the end of our tenure, We are looking back at the last year and We are so honored and thankful to be part of the grand and noble lineage of Barons and Baronesses of this Palatine Barony. We have done our best to add to the legacy and history of Allyshia, but we have not done it alone. We are so very thankful to all the people that have helped Us out this last year, from Our guard and court to the baronial officers and populace.

We decided at the beginning of our tenure that the theme would be participation. To this end, We strove to make the Lupercalia tournament more accessible to the populace. We are allowing couples to forfeit a competition if they so choose. Additionally we are opening up the tournament to run as a prize tournament as well. Anyone may enter any part of the tournaments for a chance to win a prize without concern about winning the Coronet. We look forward to seeing many people at Lupercalia this year, and many more people entering the tournament.



### Baronial Progress

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

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 -2/1/20  
March Crown 2020- 3/27-3/29/20

## Greetings from Willow Creek

ROBERT OF CROWHURST, NE AP MADOG

This may be a good case study of “how do these things get started?”. In October 2018, a mother and son team brought a “pirate” fencing class to our youth center in Willow Creek. As an old Allyshian whose youngest son is now in high school, I saw this as a chance to get in some father-son bonding and a way to share the rapier-play that I loved before life called me away from the SCA. The class was successful, but was only meant to last until the Medieval Festival of Courage last year. Our teachers had already moved to McKinleyville and I was one of two adults in the group and the only one with teaching experience. The Barony made a very positive impression on the class, in no small part to the generosity of Brendan and Seamus. At this point, the old bug had bitten me, so when they asked me to make inquiries with the Barony, I was already there.

Presently, we stand at about seven regulars, five of them invested in rapier fighting. If I was to come up with an average from our group, it would be a fifteen-year-old girl with her own rapier and some background in theater and costuming. They are very new to reenacting, but so far have taken in the introductory materials I shared with them and the cleaner versions of my experience with the Barony all those years ago.

I am really intrigued to see where this all might go. In my time in the SCA, I’d seen and heard of groups rising and falling, and Allyshia went through three phases. This whole thing began in a themed birthday party, after all...I have polled the class and there is a strong interest in crafting and costuming in addition to rapier fighting. If there was an emerging persona for us, it might be something like a trading town.

So, here we are, open to any support and influence the populace may want to share. I hope to drive some of us down for Lupe so you may know us better. Until then.

## The (Further) Adventures of the Futile Turtle of Allyshia

ZBINA OF ALLYSHIA

The leaves have started to turn and fall, and we see our Futile Turtle starting to get her sweaters out. She is getting excited for the winter. Not for weather, dear me if she was, but for gathering of friends and family for the Yule Feast. Everyone is invited, even the Ents, to enjoy the feast prepared by Mr. Sea Lion. Her friend Badger is coming up from the Southlands to visit and join in the festivities of the Feast. He is well known for liking to teach dancing, so there may be dancing at the feast. Everyone’s spirits are lifting and getting excited for Yule Feast.

This year, Turtle has something special happening after the feast. She is in a production of The Nutcracker with some friends and family. Who is the Nutcracker? A golden retriever who fights the Rat King (played by Elefly) in the battle to break Nutcracker’s curse. Turtle plays as a Baker for Mother Ginger in celebration of the curse breaking, and it is a lot of jumping, making Turtle feel like a moose out of water. Horse, a new member of the family, cannot join in dancing, but he loves to dance with help and has lots of fun when he is able to do rehearsals as a shortbread and dance with Elefly as a shoe pastry.

Turtle has many festive recipes she wants to try and she often has a fun time teaching a little Tree how to bake after she teaches him science. They have made cookies and muffins so far, with more to come.



# Braided Cardamom Bread

*From The Everything Nordic Cookbook  
by Kari Schoening Diehl*

MORGAN THE NOMAD

Makes 2 loaves

## Ingredients

- ✧ 1 package active dry yeast (2 1/4 teaspoons)
- ✧ 1/4 cup warm water
- ✧ 1 cup milk, scalded and then cooled to finger-warm
- ✧ 1/4 cup softened butter
- ✧ 1/3 cup white sugar
- ✧ 1 teaspoon salt
- ✧ 1 egg, beaten
- ✧ 1 1/2 teaspoons freshly ground cardamom
- ✧ 4 - 4 1/2 cups all purpose or bread flour
- ✧ Milk for basting
- ✧ Pearl or sparkling sugar to taste

1. Stir the yeast into the warm water and allow it to proof for 15 minutes, until it becomes foamy (if it doesn't start to bubble, buy new yeast and try again).

2. Combine the milk, butter, sugar, salt, beaten egg, and cardamom in the bowl of a stand mixer. Stir in the yeast mixture and 2 cups of the flour. Equip the mixer with the paddle blade, turn to low, and gradually increase the speed to medium as the flour incorporates into the liquid. Beat until smooth.

3. Replace the paddle with the dough hook, and add enough of the remaining 2 1/2 cups of flour to make a slightly stiff dough that pulls away from the side of the mixer. Increase the speed from medium to high and knead dough until glossy and smooth.

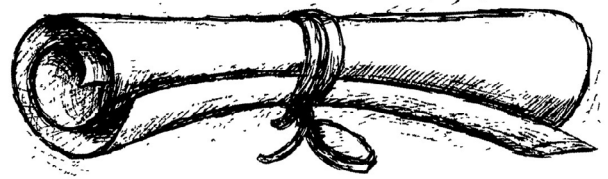
4. Turn the dough out onto a lightly floured counter and knead 2-3 times.

5. Place the dough in a greased bowl and roll it over once, bringing the greased side up. Cover with a tea towel and place in a warm spot to rise until doubled, about 1 hour. Punch the dough down.

6. Divide the dough into 2 equal halves, and then divide those halves into 3-4 equal portions. Roll each portion into a 15"-long snake. Lay 3-4 of these ropes parallel to one another and braid them loosely, tucking the ends under and pinching to seal. Repeat with the remaining set of "snakes". Place on greased cookie sheet, cover with the tea towel, and allow to rise until doubled.

7. Preheat oven to 350°. Brush the braids with milk, sprinkle with the pearl or sparkling sugar, and bake for 15-20 minutes, until golden.

This is (as best as I can transcribe!) the exact recipe. I use baking parchment instead of greasing the baking pans. And Bob's Red Mill does a reasonably priced pearl sugar.



## Award Recommendations

Know someone who's doing something nifty? Don't keep it to yourself - make an award recommendation! There's a possibility we may have a royal presence at Lupercalia, so it's a great time to get those kingdom-level recommendations submitted.

Do the thing.

<http://heralds.westkingdom.org/Awards/forms/AwardRecommend.php>

**U**NTO THEIR MAJESTIES UTHER AND UERA  
DO WE BARONESS MISTRESS KATELINEN VAN  
WALRAVERSHYDE AND BARON SIR VISCONT  
KOLSKEGG, SHIELD BREAKER SEND GREETINGS  
FROM THE BARONY OF ALLTSBIA IN THE NORTHERN  
MARCHES LAND OF THE WOODWOSE - WE SWEAR OUR  
FEALTY TO YOU OUR UNDOUBTED SOVEREIGNS AND  
SWEAR TO OBEY YOUR LAWFUL COMMANDS HOLD AND  
ADMINISTER YOUR BARONY - SUPPORT PROTECT AND  
DEFEND YOUR PEOPLE AND BARONY - BRING ALL GOOD  
WORKS TO YOUR NOTICE - BE MINDFUL THAT THE  
HARMONY OF THE BARONY SPRINGS FROM OUR OWN  
DEEDS AND THUS TREAT COURTEOUSLY ALL WHATEVER  
THEIR DECREE OR STATION - UNTIL YOU DEPART YOUR  
THRONES - DEATH TAKE YOU - OR THE WORLD END -  
WE SO SWEAR



< R S M X  
Baron

Katelinen  
Baronesse



# Pain Nord Africain au Coriandre

(North African Coriander Bread)

*From Bernard Clayton's New Complete Book of Breads, by Bernard Clayton*

MORGAN THE NOMAD

**M**akes 3 medium or 2 large loaves

(this recipe is set up with directions for multiple methods; I've done my best to reproduce the pages in the book)

## Ingredients:

- ✧ 2 cups milk
- ✧ 6 tablespoons butter
- ✧ 1/2 cup honey
- ✧ 7 cups bread or all purpose flour (approximately)
- ✧ 2 packages of dry yeast
- ✧ 2 teaspoons salt
- ✧ 4 teaspoons ground coriander
- ✧ 1/4 teaspoon ground ginger
- ✧ 1/4 teaspoon ground cloves
- ✧ 1/2 teaspoon ground cinnamon
- ✧ 2 eggs
- ✧ 1 tablespoon grated orange or lemon peel

Baking pans - 3 medium (8 1/2" x 4 1/2") or 2 large (9" x 5") loaf pans, greased or non-stick

## Preparation:

6 minutes

- In a saucepan pour the milk and add the butter and honey. Place over low heat for 5 or 6 minutes to take the chill off the milk and soften the butter (about 125°)

- Measure 3 cups flour in a mixing bowl or the bowl of a mixer and add the dry ingredients. Stir them together well.

By hand or mixer, 10 minutes

- Pour the milk mixture into the flour, add the eggs and citrus peel, and beat by hand 200 strokes, or for 3 minutes with the flat beater in a mixer.

- Add flour, 1/2 cup at a time, until the dough is a shaggy mess.

Kneading 8 - 10 minutes

- While it still may be sticky, turn the dough onto a floured work surface and begin kneading. If sticky, add sprinkles of flour. Knead with a strong push-turn-fold motion until the dough is elastic and smooth, about 8 - 10 minutes. If under a dough hook, knead for 10 minutes. The dough should clean the sides of the bowl. If the dough sticks to the bowl, add sprinkles of flour. Soon it will become a compact ball.

By processor 3 minutes

- Heat the butter mixture, as above
- Attach the plastic dough blade.
- Pour 3 cups of flour into the work bowl and add all of the dry ingredients. Pulse to mix. Add the eggs and citrus peel. Pour the butter-honey-milk mixture into the bowl. Turn on for 30 seconds before adding the flour, 1/2 cup at a time, through the feed tube. The dough mass will begin to clean the sides of the bowl and ride on top of the blade.

Kneading 45 seconds

- With the machine running, knead for 45 seconds.

First Rising 50 minutes

- Turn the dough out of the mixer or processor bowl to check consistency by hand. The dough should be smooth and elastic. Grease the bowl. Place the dough back in the bowl and cover tightly with plastic wrap. Leave at room temperature to double in volume, about 50 minutes

Shaping 20 minutes

- Punch down the dough and divide into 2 or 3 pieces, according to the pans being used. Make into balls and leave under a cloth to

rest for 10 minutes before shaping into loaves.

- Press each ball into a flat oval, fold lengthwise, and pinch the seam together. Tuck in the ends to fit the pan and drop the dough into place. Press down with your fingers to flatten the dough and push it into the corners.

Second rising 40 minutes

- Cover the pans and leave them at room temperature for the dough to rise about 1" above the sides of the pans, about 40 minutes.

Pre-heat

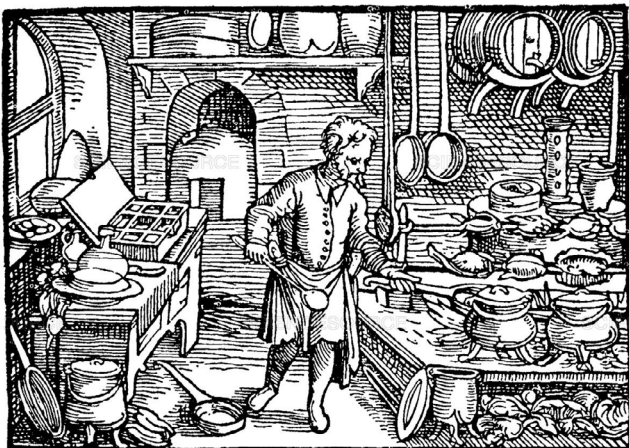
- Preheat the oven to 375° 20 minutes before baking.

Baking - 375° - 35 minutes

- If desired, cut a tic-tac-toe or a diagonal pattern on the top of the loaves.
- Place on the lower shelf of the oven and bake until golden brown, about 35 minutes. Turn out a loaf and tap on the bottom with a forefinger. If there's a hard, hollow sound, the bread is done.
- (If using a convection oven, reduce heat 50°. Place the loaves on the lower shelf. If the oven is too small for all the loaves, place the second or third loaf, covered, in the refrigerator until it can be baked. The bread will be done with it is a golden brown, about 25 minutes.

Final step

- Turn the loaves onto a metal rack to cool.



## The Twelve Years of Yule Feast

*(a holiday carol to the tune of... well, you know)*

ZBINA OF ALLYSHIA

On the # year of Yule Feast, Fulla gave to me:

a water cup just for me.

2 drinking mugs

3 serving platters

4 hunting knives

5 something shiny!

6 calling bells

7 metal spoonies

8 embroidered napkins

9 candle sticks

10 eating plates

11 stabby forks

12 wooden bowls

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