



One Heartbeat

SPRING 2023 ANNO SOCIETATIS 57

NEW AN TIR SCHOLAR

IN THIS ISSUE



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Congratulations to our very own Signora Aspasia Bevilacqua who scored 100 for her An Tir Arts and Science entry in February. Well done, indeed! See page 3 for the story of her experience.

The Battle of Stamford Bridge, (26.09.1066)
from The Life of King Edward the Confessor by Matthew Paris. 13th century.
Cambridge, Cambridge University Library, MS Ee.3.59, f. 32v; MS produced c. 1250-60.



With gratitude, we acknowledge the Shire of Hartwood rests on the traditional lands of the Dididaht, Halatt, K'omoks, Kwakwa'wakw, Laich-kwiltach, Quw'utsun; Stz'uminus, Wei Wai Kum, the Nuu-chah-nulth and the Coast Salish

Have you ever wanted to help the Shire, but don't know what you can do? . This will be the 1st installment of *How to Help Out Your Shire* as there are so many ways that you can participate in the Hartwood community.

If you like being in the thick of things and making decisions for your community, you can become part of our council that helps to run our branch,. Council members hold offices that perform a specific function within an area/activity within our community. Officers send in monthly reports and oversee functions within the branch like setting up classes of interest within the SCA, helping to build our Shire website, getting charters and scrolls ready for events, helping to maintain the items that are owned by the group or making sure various practices happen within the branch. We need people to hold these offices to ensure our Shire continues to grow and provide a great experience for all members.

As well, all offices are able to have a Deputy Officer. This is someone that can help the current officer with their tasks while they learn how to be a branch officer, and attend council in their stead when necessary. Please see p. 06 for positions that are available.

Another way that you can help the Shire is to help out with our Hartwood events. You can help in many ways, from being the Event Steward, the person who organizes the event or by being part of the team that runs different facets of the event. You could help with set up and take down of the event, cook a feast or help in the kitchen, or help to run gate as people enter the event grounds.

Merchanting is another great way of helping an event. Are you crafty and have wares you would like to sell? Maybe you are a leatherworker, fibre artist, woodworker, or a cook that would like to support the people of the Shire . Tempt us all with your wares and make our time in the SCA even better by being part of a medieval market. Any time there is an event in our branch, event stewards are looking for people who want to set up a table to sell their artisanal goods. You can contact event stewards and let them know you would like to sell your crafts, or you can contact the seneschal, and have them add you to a list of merchants. When events come up, the event steward will be able to contact you and find out if you are available to attend on that date.

What if you are someone who likes to do things to support the branch from the comfort of your own home? Well, there are things for you to do there as well. The branch always needs help in the terms of Largess. Largess is generally handmade items presented to your local group, or to the SCA royalty. These can be anything from period spices, soaps, woven trims for SCA clothing, hand bound books, pouches, pins, sewing kits, scissor holders or keeps, cups, spoons, cutlery holders, period games or toys for children. Really, the sky is the limit on what you could make. You can gift these items, with your name and branch attached, to your seneschal, and these items are used within the Shire or passed on to other branches/royalty to be given out as gifts to their populace. As an example, largess is given to all people who are part of an event team as a thank you for all their efforts in helping to run events. It can be given out as prizes, like the yearly Hartwood Yule Chest, given every Yule to a paying member of Hartwood. I personally have little clay bowls that were given out at a Seagirt Daffodil that I use on an almost daily basis. I will never forget that event because of largess I received there.

In my next installment of *How to Help Out Your Shire*, I will discuss Marshalling, Heralding, and more in our newsletter next quarter!

Feel free to email me with any questions at hartwood.seneschal@tirrigh.org

Yours in Joyful Service,
HE Letitia Talbot
Seneschal of Hartwood



EXPERIENCING KINGDOM ARTS AND SCIENCE 2023

Signora Aspasia Bevilacqua

From February 24-26, 2023, the Barony of Blatha an Oir hosted the An Tir Arts and Science Championship in the lovely state of Washington at Ocean Shores. We took up the whole hotel February 24-26 this year, the Barony of Blatha an Oir hosted the An Tir Arts and Science Championship in Washington State. Of the 18 participants, 6 were vying to be An Tir Champion with 3 entries and 12 with single entries for judging. Fifteen of us were first time participants. Three of us represented Tir Righ and we were all from Vancouver Island!

The thought of entering never crossed my mind until one Sunday a few months ago, Mistress Alicia, Master Stephen, Master Nickolas and Duchess Tangwystl talked to me about the work I had been doing on my gamurra (Florentine dress) and how they thought that it would be a good thing for me to present my work at either Tir Righ or An Tir.

I came up with excuses and they had solutions to all of them. Mistress Alicia would be my editor and make all the travel plans; and they all listened while I filled out the application. I set four goals: to have fun, to feel like I had done the best I could do, to score 80+ using the rubric to help, and to share my work.

I should mention that I am a maker---research, record keeping and writing are not my strengths, although I had been taking photos and writing a running commentary of what I had been doing. I even did research---I just didn't record exactly where I got my information. But I started writing and sent the first of many drafts off to Alicia and Tangwystl. I got frustrated at times, but I also got more excited as I pieced everything together.

Altogether, I took almost 2 months of writing, getting feedback and rewriting. The document was sent to the event steward a few weeks before the event and then I had to organize a display. Fortunately, I got to practice a bit at Investiture, where having people ask me questions helped me relax.

Hartwood's Laurels came to support me at the event. It was wonderful to be a part of that as I felt inspired through many conversations with people who love to make stuff and do research and by seeing other displays. I discovered to my surprise that my project was really complex since I had always thought that what I was doing wasn't all that unique.

Although I was a teacher for 28 years, I had not been in front of a group to do a lecture for 7 years, so I was really nervous.

The presentation is still a bit of a blur; I remember the judges listening and smiling and nodding with excitement as I talked about my work. After the presentation, I had people coming throughout the day to chat. It was such a good feeling.

At court that evening, participants who had achieved a score of 80 or more were called up and awarded the Scholar of An Tir. I am not totally sure, but I think there were about 10 people called up. Tir Righ's Princess was so excited when all three Tir Righ participants were called. I was called up and I went weak in the knees when my score of 100 was announced and everyone cheered. I was completely overwhelmed.

One entry from the judge's comments that made my heart sing was: "Technical ability made to look easy, but weaving the cloth and design decisions to stay in vision showcases the breadth of skill needed to properly make a simple dress. Inspired to go back to my persona roots."

This has been an amazing experience. I learned a lot about myself but more importantly, I learned that there are really wonderful people who saw the potential and were willing to be there for me to do this. They opened my eyes, made me think more deeply and touched my heart. I'm inspired to use the tools I've learned to continue with my persona driven research and projects. Will I do this again? Ask me at a later date.

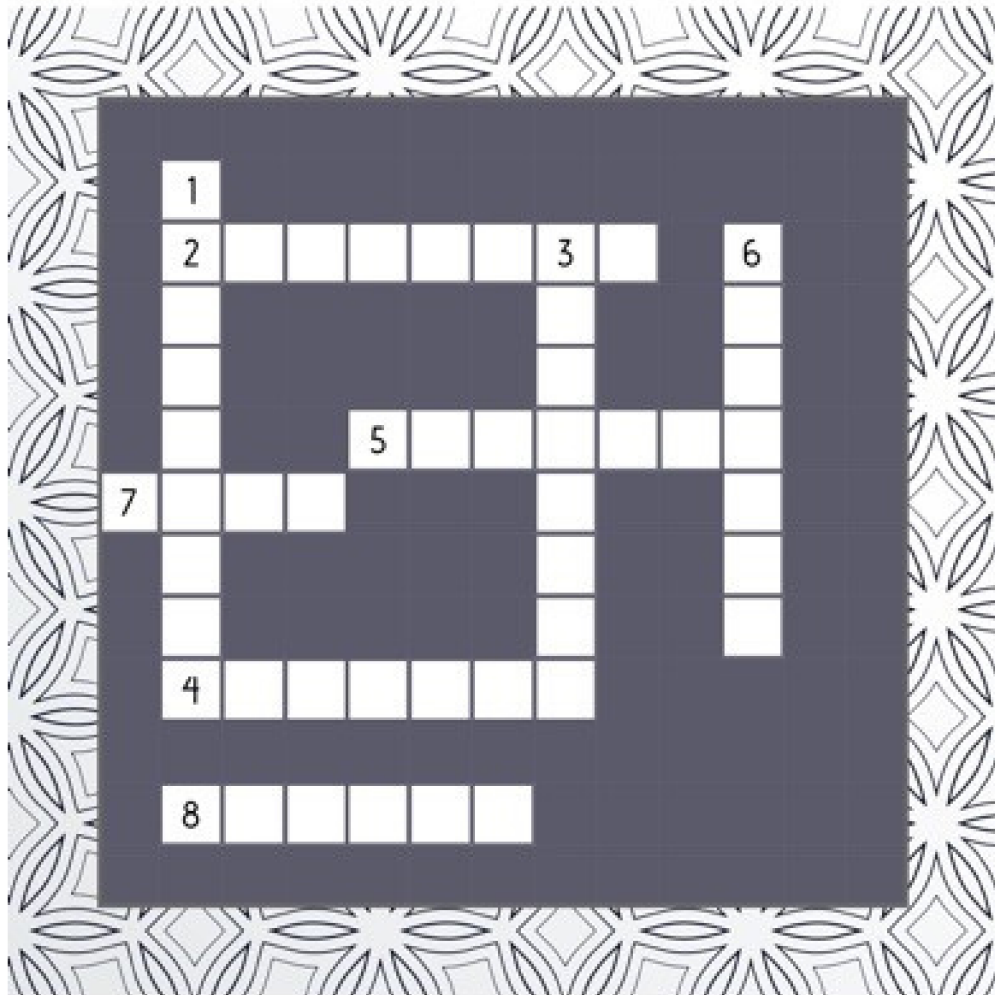
SUGGESTIONS FOR CAMP FOOD

Being Ideas for the Newcomer to SCA Eventing, the Neophyte Camper, and Those
 Needing Inspiration; Food for Either Day-Trip Or Weekend
 by Halima al-Rakkasa, minimalist

STORE COOLISH AND DRY		COOLER	
NO OTHER PREP	MUST HEAT	NO OTHER PREP	MUST HEAT
dinner rolls, uncut bread loaves, bread sticks, flat bread, crackers	instant soup, hot chocolate, coffee/tea, Oxo cubes	cheese; harder is better if a cooler is an issue; gouda, parmesan, brie	home-prep'd stew/soup
almonds, other nuts, dried fruit (dates, figs, apricots, raisins)	canned soup, canned stew,	fresh fruit (grapes, apples) fresh veg (carrot, turnip, radishes)	partially-prep'd stew or soup <i>(chop and fry an onion in a little olive oil before adding the stew or soup, and be the envy of the camp)</i>
protein bars, dry cereal, peanut butter, butter, fatyr, Cheese rolls, cereal bars such as Nutrigrain	Instant oatmeal, instant couscous (starch for stews)	yoghurt (for oatmeal) cold couscous or rice salad	
tortilla chips (w salsa or in stews), pretzels (the big soft ones are period)	<i>chapatis can be made with flour, water, a little oil and salt, on a hot, dry cast iron frying pan</i>	pickles(cucumbers, onions, eggs, olives)	pre-cooked rice and/or beans as a base

Freeze pre-cooked stew/soup to help keep other food cold; it will thaw eventually.
 Open cooler only as needed, to keep it cold. Use a separate cooler for beer and similar beverages.
 Consider having snacks available for "company": baked goods, easily prepped fresh fruits and veg, tea, hot chocolate, whatever your friends like.

MARTIAL MAYHEM



WORDS TO FIND

ACROSS

- 2. huge crossbow, common in the 12th Century (8)
- 4. medieval foot armour (7)
- 5. armour that covers entire torso (7)
- 7. many rings of metal, woven together (4)
- 8. armour held in the hand (6)

DOWN

- 1. armour on forearm, wrist and elbow. 1 piece (9)
- 3. throwing Star (8)
- 6. triple tipped polearm, 15th Century (7)

Answer on p. 8



AUGUST INVESTITURE

MISSED IT LAST TIME?

CATCH IT THIS TIME

August 26 - 28 2023

COWICHAN EXHIBITION

DUNCAN, BC

BRING ON THE HORSES



FRIED FIG PASTRIES

Tourteletes in Frytour. Take figus & grynde hem smal; do therin saffron & powdur fort. Close hem in foyles of dowe & frye hem in oyle. Clarifye hony & flamme hem therwyt; ete hem hote or colde.
(Curye on Inglysch, IV. 157)

Apothecaries made up and sold a number of spice mixtures ready for use. There were no set recipes for these mixtures, so each practitioner could suit his own taste; but the general style and strength of the 'mix' was reflected by its name. Powder fort almost always contained black pepper, ginger, cloves or cumin and other strong spices. Powder douce contained milder, sweeter spices such as cinnamon and sugar.

Figs were eaten all through Lent but particularly in the week before Easter to commemorate Christ's last ride into Jerusalem. They were a special treat for monks and nuns.

450g/1lb dried figs, soaked, drained and minced (reserve the soaking liquid)
Powder fort mixture made with 1/8 tsp each ground ginger and cloves, and a pinch of black pepper
1/4 teaspoon dried saffron strands moistened with fig soaking liquid
1/4 teaspoon salt
1 egg, separated, and
1 egg white
6-7 sheets filo or strudel pastry
oil for frying
About 225ml/8fl oz/1 cup warmed clear honey (optional)

In a food processor combine the minced figs, spices and saffron, salt and egg yolk.

Beat the egg whites until liquid. Lightly brush the top sheet of pastry with egg white. Mark the short side of the pastry sheet at 7.5cm/3-inch intervals. Then cut the sheet into strips 7.5cm/3 inches wide. Put a dab of fig mixture on the end of one sheet and roll the strip up like a mini Swiss roll. Pinch the ends to seal in the fig mixture.

Repeat this process until you have used all the fig mixture; remember to brush every pastry sheet with egg white before cutting it into strips.

Fry the rolls, a few at a time, in deep or shallow oil as you prefer. Serve them with warmed honey spooned over if you like a very sweet sauce. (The old recipe tells you to baste the rolls with the honey, so you may be meant to finish processing the rolls like Crepe Suzette.)

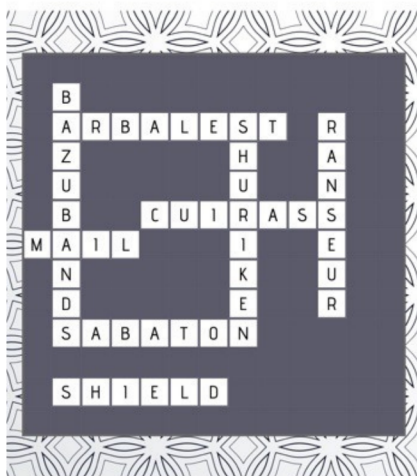
Recipe submitted by Bantiarna Elphin o Flaithbheartaigh from The Medieval Cookbook, revised edition by Maggie Black, p 64 - 65



UPCOMING EVENTS

APRIL 29	Lions Gate	CHAMPIONS https://antir.org/events/lions-gate-champions-7/
MAY 26-28	Seagirt	SEA LION WAR
JULY 21-23	HARTWOOD	MID-SUMMER'S CHAMPION
AUG 4-7	Lions Gate	LIONS WAR
AUG 18-20	Lions Gate	LIONS GATE TRIALS
AUG 26-28	HARTWOOD	TIR RIGH INVESTITURE
SEPT 15-17	HARTWOOD	FALL FAIRE

MARTIAL MAYHEM



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MIDSUMMER CHAMPIONS

HARTWOOD, JULY 21-23

Come vie for the unique honour of being a martial Champion of Hartwood!

Join us in the woods and on the fields to compete in friendly battle with friends! Those who defeat all comers become Champions to represent Hartwood wherever they go, bearing the regalia, the honour, and the duty also to choose their successors in like manner.

Yet... Hark! There be more!

As the arts martial do not appeal to all, there will be other activities, as yet tentative: TUTR classes; Embellishers' Guild; Master Nicholas with medieval card games, and dance...?

Should the sun beat down and parch palates, make your way to the refreshment stand, and sample of the local beverages for a small donation. The range of summertime, thirst-quenching shrubs will both astound and delight you! (Note that Scout Camps are dry sites.)

There is a seasonal creek on site! Follow the trail down to the water's edge to that hidden treasure. Note that those with young ones must keep a close watch on them, to keep them safe.

Camping locations give you a choice between the group campsite in the woods, near the archery range, or on the edge of the field, where the list fields are located.

Be prepared to carry water from the well-house. The only available power is from the well-house.

RVs can be accommodated through the back gate, as the main gate is angled steeply downwards; please reserve ahead of time so we can make arrangements for that to be unlocked.

Event pages coming soon!

Site fee (weekend only)

Adult: \$20;
\$5 discount for
SCA members)
Youth (12-18 years
old, inclusive): \$5
Child: free

Site opens 6 pm,
Friday, July 21, 2023

Site closes 1 pm
Sunday, July 23, 2023

Event Stewards: Halima al-Rakkasa &
Elphin O Flaithbheartaigh
Steward in training: Thyra
Gate: Doireann Dechti
MIC: TBD
Champions Wrangler: Maurus Ioinur

Site address:
Camp Gilwell
5200 Duncan Bay Main, Courtenay, BC

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SCA: Halima al-Rakkasa, OP
Shire of Hartwood
Principality of Tir Righ
Kingdom of An Tir

FORAGING CORNER

Beitris inghen Giolla Mhuire

SPRING is and was a traditional time to forage for health-giving plants that could provide nutrition after the long winters. Early plants such as nettle, dandelion, chickweed, and other early greens gave a much needed boost of Vitamin C and nutrients. History records their use from pre-Roman times to the present and material artefacts have been found in use as early as the Bronze Age.

One of the most common of these plants was the stinging nettle, or *Urtica dioica* L, widely distributed throughout Europe.

Etymology

The word 'nettle' is derived from the Anglo-Saxon *noedl* (needle), referring either to its fierce sting or to its use in making thread. Before the introduction of flax and hemp, nettle thread was used in western Europe to weave fabrics. A remnant of nettle cloth used in wrapping cremated bones was discovered in a Danish burial from the late Bronze Age (1). An early written version of the word 'nettle' appeared in A.D. 725 as 'netlan'; this evolved to 'netele' by 1000 and 'nettle' by 1250 (2). About 1400 the word assumed its present spelling, and Maundry wrote, 'Humbloks and nettles and swilk other weeds.'

Uses as food

People have eaten stinging nettle for centuries. The herb is very nutritious, containing large amounts of vitamins A and C (3). Nettles were hawked in the streets of London to the cry of "Nettles with tender shoots, to cleanse the blood" (8); leaves and tops were known to have a laxative effect. Stinging nettle was added to vegetable stews or made into nettle pudding. A useful rennet was made by adding salt to a strong decoction of nettles. A tablespoon of this put into a large bowl of milk clabbered readily, forming a pleasant beverage free from nettle flavour (3).

Uses as Medicine

Stinging nettle was the nettle most often used in the medicine of medieval Europe (1). Of its "Vertues" John Gerard (1545-1612) wrote: "Nicander Colophonius af-firmeth, that it is a remedie against the venomous qualitie of hemlocke, mushrooms, and quicksilver... And Apollodorus of Artemita [1st Century B.C.] saith that is a counter-poison for henbane, serpents, and scorpions" (4). Modern use of this plant continues. During the 19th century, stinging nettle was prescribed "as an astringent, tonic and diuretic." Decoctions of the root and leaves were regarded as "valuable in diarrhea, dysentery, and piles... The leaves of the fresh common nettle, are also an excellent styptic, checking the flow of blood from surfaces almost immediately upon their application. The seed and flowers are given in wine for agues" (1). The dried flowers, leaves and seed are still administered for their tonic principles—for example, in infusions for relieving coughs and shortness of breath, in lotion for burns, and in beer or tea as a purifier of the blood. The juice of the roots and leaves in honey or with sugar may be prescribed for asthma and similar bronchial complaints. Homeopathic medicine suggests nettle tincture for rheumatic-gout or chicken pox, and nettle ointment for nettlerash and bruises (1).

1. LeStrange, R. 1977. A History of Herbal Plants. Angus and Robertson, London.

2. Georgia, A. E. 1942. A Manual of Weeds. The Macmillan Co., New York.

3. Brenchley, W. E. 1920. Weeds of Farm Land. Longmans, Green and Co., London.

4. Gerard, J. 1928. Gerald's Herbal. Houghton Mifflin Co., Boston.

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CURRENT CHAMPIONS

Exemplar Mistress Alicia le Wilfulle

Scholar Mistress Alicia le Wilfulle

Bardic HL Theodora van Zeeland

Crafstsman Milady Thyra

Archery Lady Esa inghean Alasdair

Armoured Combat HL Beorn Bjulfrsson


Rapier Mistress Magdalena Kress

Thrown Weapons HL Seamus MacDonald of Skye

CURRENT ROYALTY



Their Royal Majesties of An Tir

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

Their Royal Highnesses of An Tir

Crown Prince Argle MacMillan	Crown Princess Bernadette Ebhilín Árd
	



Their Highnesses of Tir Righ



	
Prince Saif ibn Owain (prince@tirrigh.org)	Princess Alessandra Luciana Giancomo (princess@tirrigh.org)
	
Contact Their Highnesses' Head of Retinue (retinue@tirrigh.org)	
Their Highnesses Tir Righ's Progress	

photographer: Aziz

SCA: <https://sca.org/>

An Tir: <https://antir.org/>

Tir Righ: <https://tirrigh.org/>

Hartwood: <http://hartwood.tirrigh.org/>

<https://www.facebook.com/shireofhartwood>