

The Tides

Volume 43, Issue 3 𐌹𐌺 A.S. LVI November 2021



The Tydes

Volume 43, Issue 3 ❧ A.S. LVI ♦ November 2021



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GUIDE TO SUBMISSIONS

Publishing Dates: *The Tydes* is ambitiously published each quarter. Publication dates based on the Society year are:

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Content Submission Date: All content is due by the 25th of the month prior to publication. If you have difficulties with this deadline, please contact the Chronicler in advance at chronicler@lyondemere.org

Articles: Please submit either an email, text, or Word file for all articles and columns. Creative works releases are required for any item that is not an officer or baronage address. Please send to chronicler@lyondemere.org

Artwork / Photos: Original drawings or photos are always appreciated! Scans and photos of artwork gladly accepted.

THE TYDES

Chronicler (Newsletter Editor): Lady Raphaella Benintendi **Proofreading Staff:** Dame Eilidh Swann
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Websites: The Lyondemere website can be found at <http://www.lyondemere.org>. Regional information can also be found through the Kingdom of Caid's website at <https://wp.sca-caid.org>. Corporate details, membership information, and other Society documents can be found at <http://www.sca.org>.

From the Baronage

Now that the Kingdom Calendar has been finalized, here is Baron Guillem and Baroness Arwen's tentative Progress for the first part of the year.

Their Excellencies have an aggressive schedule to keep and will need volunteers for Court and Guard to make this happen.

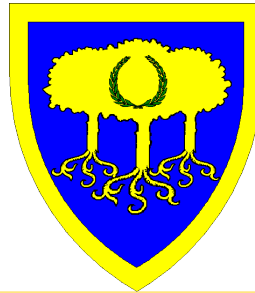
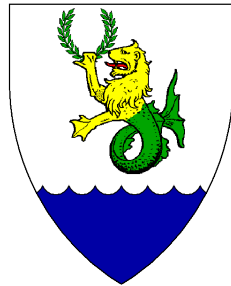


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|------------------|-------------------------------|
| ☞ 12/04/2021 | Gyldenholt & Lyondemere Yule |
| ☞ 1/08/2022 | Coronation |
| ☞ 1/22/2022 | Queen's Champion Tournament |
| ☞ 2/05/2022 | Festival of the Rose |
| ☞ 3/05/2022 | Crown Tournament |
| ☞ 3/11-3/13/2022 | West Coast Culinary Symposium |
| ☞ 4/02/2022 | Dun Or Anniversary |
| ☞ 4/16/2022 | Al Sahid Anniversary |
| ☞ 4/30/2022 | Lyondemere Arts & Archery |

LYONDEMERE & GYLDENHOLT

PALÉ

SATURDAY, DECEMBER 4, 2021



WELCOME ALL TO OUR OUTDOOR HOLIDAY PICNIC IN THE PARK! ENJOY A BEAUTIFUL DAY WITH SUNSHINE, GAMES, FOOD, FRESH AIR AND FUN!

Once again the two neighbors, the fair Baronies of Lyondemere and Gyldenholt join to celebrate **in-person** - this time many things: the season, the warmth of the camaraderie of old friends too long unseen and the excitement of making new friends.

Date: Saturday, December 4th, 2021

Site (dry): Bolsa Chica Park, 13660 University St, Westminster, CA 92683

Fee: There is no Registration cost for this event. Please consider bringing an unwrapped toy to donate to Toys for Tots.

Schedule:

10:00 am	Site opens
11:00 am	Court and Day announcements
11:30 am	Picnic lunch starts
12:00 pm	Games, A&S, and handcrafts
2:00 pm	Gift exchange/white elephant (or earlier if games finish early)
3:00 pm	Closing and Clean up

YULE ACTIVITIES

(SUBJECT TO CHANGE, PLEASE SEE SOCIAL MEDIA POSTS FOR UPDATES)

- ❖ **Baronial Bean Bag (Corn Hole)!!** Make a team, throw some bean bags, win prizes!! We'll be having a tournament, may the best tossers win! In addition, we encourage you to bring your favorite games to play, be they period or not. Chess? Great! Cards? Great! Board Games? Great!!
- ❖ **Lunch!!** Please feel free to bring lunch to share with your family, household, or other friends based on your own comfort level. If you do bring items to share generally, we strongly suggest single serving packaging.
- ❖ **Gift Exchange!!** Bring a wrapped gift to exchange. Rules will be available on social media, but if you'd like to participate, please bring a wrapped gift suitable to the SCA.
- ❖ **BYO DIY!!** Don't feel like playing games? Bring a handcraft to work on: inkle looms, beads, chain-mail, whatever you'd like to work on.
- ❖ **Live music and dance!!**
- ❖ **A&S Challenge!!** Sugar craft is an ancient craft and still practiced today. The entries will be judged by Their Excellencies and the winner will receive a prize. No documentation needed. (note, modern sugar craft dough can be purchased at many hobby stores and on line. Look for "fondant". If you've never tried using it before, think of it like playdough).

EVENT STEWARDS

THL ALBERT TORRYNGTON (BERT BODEN)

AND

THL QUEGAN THE WANDERER (ADAM ATTANASIO)

EMAIL: YULE@SCA-GYLDENHOLT.ORG

Please remember that we will be following all local Covid guidelines as well as our SCA guidelines. Masks will be required unless you are actively consuming food or drink, and everyone will need to preregister for this event on our Covid contact tracing Google form.

In conjunction with the Kingdom of Caid COVID Policy you will be required to show proof of COVID vaccination or a negative COVID test taken within 72 hours of an event start time from all event attendees. For more information please visit Kingdom of Caid's COVID policy at shorturl.at/tCKX8.

All Things Great for Smalls

Candlemaking

Lady Siobhan na bhFeadh

Regent, Children's Track, Collegium



Light up the dark winter nights with your own handcrafted rolled beeswax candles. This "Throwback Tydes" reprint from 2005 is a small-friendly craft that can be enjoyed by the entire family!



Holiday Greetings Gentles, big and small. The holidays are finally upon us. Carols at the mall and on the radio, lots of family and friends to shop for and spend time with. Coming up with unique gift ideas for all the people on the shopping list can be, at best, a challenge. I saw this and thought it would be fun and open to endless possibilities for unique individual touches, hand-rolled beeswax candles.

Candles have been around for millennia - clay candle holders were even found in the tomb of Tutankhamen. Some candles are made of wax poured into molds and others are wicks dipped into melted wax, still others are rolled from thin sheets of wax. Beeswax was fairly common back then, and can even still be acquired raw from bee keepers. The benefit to beeswax over paraffin is that it has a nice mellow honey-like smell, is nearly smokeless when burned, and has less of a tendency to melt in heat.

The beeswax sheets for rolling come in a rainbow of colors and can either be purchased at most craft stores or can be made by pouring melted beeswax onto a cookie sheet covered in wax paper, letting it cool, and then carefully peeling it off.

To create the candle, lay out the sheet flat on a good solid surface. Then cut a piece of wick, slightly longer than the wax sheet. Place the wick on the very edge of the sheet and fold the edge over, covering the wick completely and firmly. Now gently roll the sheet from the wick edge towards the other edge, keeping it firm. The tighter it is rolled, the slower it will burn and the thinner the final candle will be.

Now for some creative ideas. Prior to adding the wick, you can rub the wax sheet with any essential or scented oil you choose. You can also sprinkle any herb you wish over the wax sheet. Either of these create wonderful scented candles that maintain their scent for a long time. After rolling, you can cut out shapes in contrasting colors of sheet, either by hand or with cookie cutters. These shapes can be used to decorate the outside of the candle by slightly melting the shape and pressing it firmly onto the outside of the candle. You can also glue trim or beads to the outside of the candle. Sprinkle the outside of the candle with glitter for a sparkling touch. Mix these suggestions to create elaborate candles, or add any other touches that you feel appropriate.

For the little ones, this can be a lot of fun and does not require that they work with hot wax. They can be extremely creative in their decorating.

Hope everyone has a wonderful, safe, and happy Holiday Season.

TMWFY

This Month in Watching Swordfighting on YouTube By Sir Halldorr Thorhalsson

To find footage of one of the most interesting fighters active in the SCA today, just search for Duke Sven Ansteorra (as opposed to Duke Sven Antir and Duke Sven CAID). He is a two-sword, aka Florentine, fighter who is a natural lefty and came up through a foam fighting group called Amtgard; those two things are the key to understanding his style. He uses his right hand primarily for defense, and while he has gotten better with it over the years, he seems to throw a total of five different shots with it, none of which are offsites. His left hand is used for defense as well as being his primary offense, and he uses both hands either to guard two different levels or to double-block particularly hard shots from the opponent.



Duke Sven Randallsson, aka Duke Sven Ansteorra, "double-blocks" a shot from Duke Edward of the

Similarly, his hunched over on-guard likely developed from years fighting a style in which calves are targets but the head is not, and he can move from that position. He is excellent at backing away in a circle and lunging out and forward to get past an opponent's defense when they have over-extended themselves.



Duke Sven Randallsson, aka Duke Sven Ansteorra, in his on-guard vs Duke Edward of the East.

And lastly, if he can get an opponent to fully lock-down their right side from his left-hand threat, he can quickly step to the other side and throw a right-hand shot, usually a wrap or face-thrust. He seems to be especially fond of doing this to legged opponents.

If you are a lover of the fluidity and tactics of SCA singles fighting, and are not already familiar with this unique and very interesting fighter, I advise you to check him out.

COUNCIL MINUTES

Baronial Council Agenda

August 2, 2021

7:30pm

Attendees: Elizabeth, Guilliem, Mercy, Patrick Palmer, Emma, Halldorr, Fedelm, Sadhbh, Raffi, Miguel de Granada, Liane

Opening Comments:

Baron & Baroness / Arwen & Will: Welcome everyone. Can't believe it's August! We have a few things coming up in the next 6 months to discuss.

Seneschal/ Mercy: Not much going on, glad to see everyone!

Officer Reports:

- ◆ **Arts and Sciences / Cecilia:** Nothing for now, will have some things in September.
- ◆ **Châtelaine / Geiri:** Need to get Gold Key stuff from Sechen and Geri; bins of garb need to be sold.
- ◆ **Children / Vacant:**
- ◆ **Chronicler / Raffi:** Everything is going well; as always, will take any content for the next newsletter.
- ◆ **Constable / Geiri:** Nothing to report.
- ◆ **Exchequer / Sechen:** Nothing to report.
- ◆ **Herald / Caellach:** Nothing to report.
- ◆ **Lists / Sechen:** Nothing to report.
- ◆ **Marshal (Armored Combat)/ Fearghus:** Practice has been awesome: lots of visitors and lots of fighting. We had a visiting Duke, Duke Tom Tintinabulum from Northshield.
- ◆ **Marshal (Rapier Combat) / Sadhbh:** Practices are going well with 4-5 attending every week. A fencing mask fell apart, need a new one. Will cost around \$60; will send replacement info to the Finance Committee.
- ◆ **Marshal (Archery) / Emma:** Doing well, both practices restarted. 1-2 attending at Rancho, 3-4 attending on Sunday. Gyldenholt has been showing up.
- ◆ **Sexton / Conchobhar:** Need to see if Conchobhar is coming back before GWW.
- ◆ **Social Media / Deputy Fedlem with Mercy:** Doing ok, keeping everything up to date.
- ◆ **Webwright / Sadhbh:** Let me know your updates and I'll update the website.

Guild Reports

Bardic / Avicia/Julia - Dormant but looking at becoming active again.

Brewing Guild - Dormant

Lyondemere Cooking Guild / Eva – Dormant but looking at becoming active again.

Scribal / Alyskeye, Deputy Emma - Hosting online scriptoriums, see social media for info.

Old Business / Upcoming Events

Need Campmaster for GWW – waiting for more GWW info.

Hosting Caid Archery and Thrown – maybe combine with Alatavia? 10/23?

New Business

Social Media - for officers, Discord, Slack, options?

Next Baronial Council Meeting

September 6, 2021

7:30pm

Baronial Council Agenda

September 6, 2021

7:30pm

Attendees: Arwen, Will, Mercy, Raffi, Sadhbh, Fearghus

Opening Comments:

Baron & Baroness / Arwen & Will: Hello all! This will be a short meeting. Hope everyone had a good weekend. Looking forward to a lot of activity coming up in the future as things open up.

Seneschal/ Mercy: Welcome to the meeting. Please do not forget to copy me on your quarterly reports.

Officer Reports:

- ◆ **Arts and Sciences / Cecilia:** Nothing to report.
- ◆ **Châtelaine / Geiri:** Nothing to report.
- ◆ **Children / Vacant:** Nothing to report.
- ◆ **Chronicler / Raffi:** Everything is going well; as always, will take any content for the next newsletter. Photos are most welcome with the proper waivers.
- ◆ **Constable / Geiri:** Nothing to report..
- ◆ **Exchequer / Sechen:**
- ◆ **Herald / Caellach:** Nothing to report.
- ◆ **Lists / Sechen:** Nothing to report..
- ◆ **Marshal (Armored Combat)/ Fearghus:** Getting good turnouts at practice.
- ◆ **Marshal (Rapier Combat) / Sadhbh:** Also having participants at practice.
- ◆ **Marshal (Archery) / Emma:** Archery is doing good. Though the heat might start impacting Sundays' practices.
- ◆ **Sexton / Conchobhar:** Nothing to report.
- ◆ **Social Media / Deputy Fedlem:** Nothing to report.
- ◆ **Webwright / Sadhbh:** Willing and able to get all website updates done, just get the information to her! And she'll take care of the rest!

Guild Reports

Bardic / Avicia/Julia – Mercy to reach out to Lynnette our Lyonbard. Perhaps quarterly meetings vs. monthly.

Brewing Guild - Dormant

Lyondemere Cooking Guild / Eva – Working on meetings.

Scribal / Alyskeye, Deputy Emma – Still happening, see social media for info.

Old Business / Upcoming Events

Financial Committee - (ongoing) needs to be added to our bank for change over. Sechen (exchequer) is tasked with completing.

Coronets - at Jewelers to get plated. Estimate was \$260 roughly for each coronet. Arwen will be following up on completion and will eventually need to be reimbursed. Probably no pearls, but will need to review if they need to be added after the plating is done. Estimate completion 9/15ish.

Thrones - will be made by contact in Arizona. Waiting for the weather to cool down before he can start. Arwen following up on this. Financial committee needs final pricing per throne to review on paper. \$3000-\$5000 estimate for both depending on how ornate they are.

GWW -- Camp Master Arwin. Updates?

(Continued on the next page)

COUNCIL MINUTES CONTINUED

WCCS -- Still waiting for the calendar to approve the dates.

New Business

Yule - Co-Steward for Shared Yule needs to be confirmed (this is a true split event with working with Gyldenholt). From Grace the "biggest question for this year's Yule is indoors or outdoors followed by feast or boxed lunch or nothing..." Complete Calendar write up due no later than October 20th-ish for December issue (best to get something in sooner to start promoting it). More details from Arwen.

Next Baronial Council

October 11, 2021

7:30pm



Baronial Council Agenda

October 11, 2021

7:30pm

Attendees: Arwen, Guillem, Emma, Sadhbh, Miguel de Grenada, Fedelm, Fearghus, Ceallach, Raphaella

Opening Comments:

Baron & Baroness / Arwen & Will: We went to war. It was delightful and too short. Total gate was close to 2000. Seven sets of royals from as far as Artemisa and Outland attended. They also brought the damp to California. Baron Meechum was elevated to pelican. There was a knight elevation from Western Seas. Fun was had by all. Draconarius was awarded the Herald Extraordinaire. Guillem proposed to Arwen (she said "Yes!").

Seneschal/ Mercy: To all officers hoping to step down in 2022, we need you to find replacements for your positions. The majority of the officers are wanting to step down from their positions. We can't fill these positions without your help! Please start now reaching out to possible replacements in order to allow you to show them the ropes. They can be new or established blue card owning members in the SCA. If you need help, please let Their Excellencies or myself know.

Officer Reports:

- ◆ **Arts and Sciences / Cecilia:** Nothing to report.
- ◆ **Châtelaine / Geiri:** No changes since our last meeting. I am working on a plan to expand our membership.
- ◆ **Children / Vacant:** Nothing to report.
- ◆ **Chronicler / Raffi:** Just a reminder that since there is no December newsletter, holiday content needs to go into the upcoming November newsletter. Photos from Yules gone by would be nice!
- ◆ **Constable / Geiri:** I no longer have the "thing" as it was returned to its owner.
- ◆ **Exchequer / Sechen:** I now have a Kingdom Financial Warrant, have taken Exchequer training, have an action plan for moving forward (which involves working with Cara), and need to have the minutes for presentation to Wells Fargo for anyone being added or removed from the account. As a reminder, the Kingdom Exchequer needs to be on the account (either current or immediate past). The image is the most recent paperwork I have for account access[not shown in minutes]. I need to send you a check request form, as soon as I get access to Teams, which will probably be later this week. Because I am not a signatory, I cannot change the address for the bank statements; those are still going to Tetchuba. I did reimburse Guillem for \$595 for the replating on the cornets (signed by Conchobhar & Tetchuba).
- ◆ **Herald / Caellach:** Will be around for Yule.

- ◆ **Lists / Sechen:** I need to give this position to someone else; also nothing to report
- ◆ **Marshal (Armored Combat)/ Fearghus:** Practice going well with 7-12 attending per practice. Tourney season is over. Had 2 people at GWW fighting. Wore the tunics. Had a Marshall. A lot of fighters didn't fight. Conor has a box of loaner armor; needs to look at and sort out before storing it.
- ◆ **Marshal (Rapier Combat) / Sadhbh:** Had a GWW presence. Has about 6-7 people at practice. Looking to step down in 2022. Tunics for rapier fighters also.
- ◆ **Marshal (Archery) / Emma:** Had 5 people at practice on Sunday, a few on Thursday. Left-eyed dominant people covered for loaner stuff.
- ◆ **Sexton / Conchobhar:** Met and handed out some regalia, pretty ceramic cups, a fan, parasol, banners (some need serious repair work – will have a darning party – some have water damage). Rebecca Robinson, Banner making Laurel, volunteered a student to make banners.
- ◆ **Social Media / Deputy Fedlem:** Practices posted.
- ◆ **Webwright / Sadhbh:** Still have a website. Not leaving in 2022.

Guild Reports:

Bardic / Avicia/Julia - Dormant.

Brewing Guild - Dormant but trying to revive.

Lyondemere Cooking Guild / Eva - Monthly events are in the works.

Scribal / Alyskeye/Deputy Emma - Scriptorium schedule posted.

Old Business / Upcoming Events:

GWW - War report given. Arwen couldn't get olives.

Crown - Crown was amazing and we were able to sell off \$280 of the old Keys garb as a fundraiser. May have more of that garb sold off at future practices and events.

New / Ongoing Business

Gyldenholt/Lyondemere Yule - Gyldenholt is looking at a local park near them (near their Seneschal Grace's home) as the site. This will be an outdoor event. CP write up is due next week and it's being written up now. Looking for a co-event steward if possible. This will be a very small event, with a pot luck, games and possibly dancing. Event steward would be organizing games and looping in coordinators to run various activities/games outdoors. Co-Steward, consort Keegan.

Upcoming Events - Will eventually need a steward for Anniversary, Arts & Archery too.

Tokens and Favors – Court and Guard can use enamel pins and embroidered patches. Currently have stock of patches, can be used as belt favors for Court and Guard only but could be used on dice bags, messenger bags, etc. for the populace. Will need to set a price.

Caid Open - not happening on the 23rd. Avencourt - No group events on the archery field. Eventually need a steward for Anniversary, Arts & Archery too.

8:16 meeting ended.

Next Baronial Council

November 8, 2021

7:30pm

MEDIEVAL GINGERBREAD

By James L. Matterer (Courtesy of Godecooking.com)

(Reprinted from *The Tydes*, December 2014)

The gingerbread being discussed in this article comes from recipes originally used in the 14th & 15th centuries, and isn't anything at all like our modern cake-like variety. It is in fact more like a candy or a confection; however, it's very good and quite a treat, and I can recommend it to anyone with a bit of a sweet tooth. I've made many versions of it and it is always well received. This type of gingerbread was among the many sweets brought to Chaucer's Sir Thopas in *Canterbury Tales*:

"They fette hym first the sweete wyn, and mede eek in a mazelyn, and roial spicerye of gyngere-breed that was ful fyn, and lycorys, and eek comyn, with sugre that is trye."

The version I use most often comes from *Two 15th c. Cookery-Books* by Thomas Austin, 1888. This book is compiled from several period English manuscripts, most notably Harleian MS. 279 and Harleian MS. 4016, both circa 1425-1450:

"Gyngerebrede.--Take a quart of hony, & sethe it, & skeme it clene; take Safroun, pouder Pepir, & throw ther-on; take grayted Bred, & make it so chargeaunt that it wol be y-lechyd; then take pouder Canelle, & straw ther-on y now; then make yt square, lyke as thou wolt leche yt; take when thou lechyst hyt, an caste Box leves a-bouyn, y stykyd ther-on, on clowys. And if thou wolt haue it Red, colore it with Saunderys y-now."

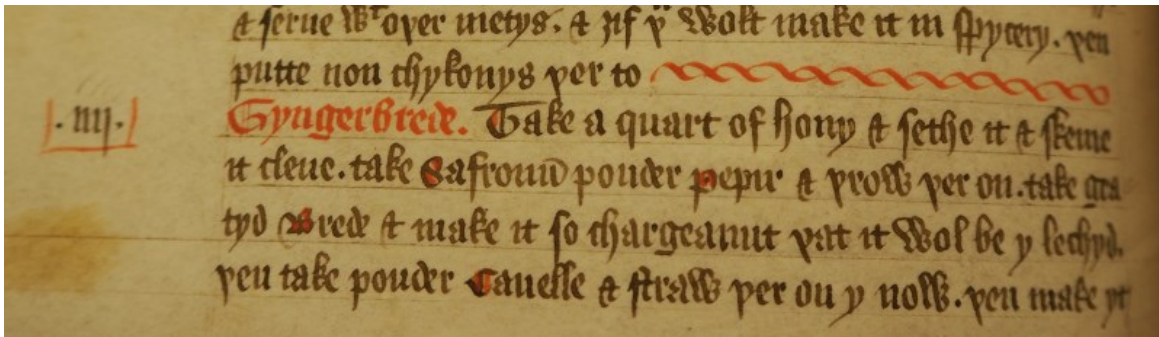
The period recipe calls for the gingerbread to be decorated with box leaves fastened to each piece with a clove. I usually use any attractive, small, non-poisonous leaf or a candy imitation, and either place one in each piece or just garnish the platter with several of the leaves. If you're using real leaves, please advise the diners to remove them first! Beware: on hot, sticky days the gingerbread may become soft and a little gooey, but it holds up very well in cool weather, and can be refrigerated for several weeks.

Curie on Inglis, a collection of period cookbooks including *Forme of Cury*, gives this definition: "Gyngerebred; not to be confused with the cake-like variety, made from breadcrumbs boiled in honey with spices: not the modern cake but more like it than the confection." The good ladies who are the authors of *Curie on Inglis* (and of *Pleyn Delit*, a collection of period recipes transcribed for the modern cook), feel that the ginger has been mistakenly left out of this particular recipe by a for-



getful scribe; however, I'm not sure I entirely agree. I have made this recipe many times without ginger, and the results were always delicious! As it is above, this is like a honey candy, and the ginger is neither needed nor missed. But here's what *Pleyn Delit* says: "Do not expect this gingerbread to resemble its modern spice-cake descendant. Both texture and flavor will be quite different, though equally delicious. But we must make up for the absent-mindedness of the scribe who neglected to tell us when to add ginger." Period recipes from other manuscripts such as *Goud Kokery* are similar to this but do contain the ginger, so there indeed were several different versions floating around during period. Certainly, don't be afraid to try the ginger-less version. It really is good.

William Edward Mead in *The English Medieval Feast*, p. 65, calls this "gingerbread without the ginger!" and offers this translation:



"Take a quart of honey and seethe it and skim it clean. Take saffron, powdered pepper, and throw thereon. Take grated bread and make it so stiff that it will be leched (cut in slices). Then take cinnamon powder and strew thereon enough. Then make it square as though thou wouldst slice it. Take, when thou slicest it, and cast box leaves above, stuck thereon in cloves. And if thou will have it red, color it with saunders (sandalwood) enough."

Gingerbread

- 1 lb. Honey - I prefer organic, or something made with a flavored flower blossom, etc., but feel free to use your favorite. Just remember that the final product is affected by the flavor of the honey you choose.
- Bread Crumbs - up to a pound, maybe more, maybe less. These must be UNSEASONED bread crumbs, though either white or wheat, or a combination, is fine. Be sure that they are finely ground and not soft in any way.
- ginger (optional!) - up to 1 Tbs.
- cinnamon - up to 1 Tbs.
- ground white pepper - up to ½ tsp.
- pinch saffron, if desired, but not important here
- few drops red food coloring (optional)

Bring the honey to a boil and skim off any scum. Keeping the pan over very low heat, add the spices, adjusting the quantities to suit your taste. Add the food coloring "if you will have it red." Then begin to slowly beat in the bread crumbs. Add just enough bread to achieve a thick, stiff, well-blended mass. Remove from the heat and turn the mixture onto a lightly greased (cooking

spray works fine) square or rectangular baking sheet or shallow pan, ½ to 1 inch thick. Take a rolling pin & spread the gingerbread evenly out into the pan. Turn the pan over onto wax paper or parchment paper, & tap gently until the gingerbread falls from the pan. Turn the gingerbread over once again, then cut into small squares to serve. (A diamond shape is also very nice.) Decorate with small leaves (real or candy) attached to each piece with a clove.

So, that's medieval gingerbread! One hint: on occasions when I've been rushed, I've simply taken the mixture, when cooled slightly, and rolled it into small balls. This works nearly as well, and can be easier & faster to make. Children also love to create their own designs with this playdough-like edible, and for a school or home project, they can be put in charge of molding the gingerbread into a variety of objects. I've seen children make snakes, animals, and even a little model airplane out of this recipe! And they always enjoy eating the final product afterwards.

•Austin, Thomas. *Two Fifteenth-Century Cookery Books. Harleian MS. 279...and Harl. MS. 4016.* London, 1888. Early English Text Society, Oxford Series, No. 91.

•Baugh, Albert C. *Chaucer's Major Poetry.* New York, 1963. Meredith Publishing Company. •Hieatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth Century (Including the Forme of Cury).* London, 1985. For the Early English Text Society by the Oxford University Press.

•Hieatt, Constance B. and Sharon Butler. *Pleyn Delit: Medieval Cookery for Modern Cooks.* Toronto, 1976. University of Toronto Press.

•Mead, William Edward. *The English Medieval Feast.* New York, 1967. Barnes and Noble, Inc.

2021 Reprint

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VOLUNTEERS NEEDED

OR HOW YOU CAN GET INVOLVED IN LYONDEMERE

Looking for a way to become more involved within Lyondemere? We have several volunteer officer and deputy positions that need to be filled and/or need assistants! Here's a list of the offices and what they do:

Arts & Sciences Minister: This position focuses on advancing work in the field of Arts & Sciences (A&S); being a resource person for your group; facilitating research, creative artistic and scientific work, as well as teaching activities; and recording (through your reports) what happens in Lyondemere A&S. You don't have to be an expert in everything A&S to do the job; you just need to know how to track down resources and share information. The handbook for A&S Ministers may be found [here](#).

Chatelaine & Keys: The Office of the Chatelaine exists in order to inform the public about the SCA, to invite interested or curious individuals to participate and join, and to provide instruction and workshops for new members so that they will become fully participating members. The handbook for Chatelaines may be found [here](#).

Constable: The Office of the Constable is responsible for: keeping the peace at Kingdom-sanctioned events, making and enforcing such regulations concerning events as appropriate to insure safety and orderly participation therein (not including SCA combat), and operating the Lost & Found. The handbook for Constables may be found [here](#).

Lysts: The Lysts Officer is in charge of pairing fighters for tournaments and recording the results. The handbook for Lysts may be found [here](#).

Youth Activities: In general, the local Youth Activities Officer provides opportunities for parents and other adults to engage in age appropriate activities with youth members by providing ideas, games, crafts, stories, and songs for parents to work with their children and the children of others. Youth Officers ensure that sufficient leadership is provided for all activities, and have the right and duty to cancel activities when the necessary two adults are not available. The handbook for the Youth Activity Officer may be found [here](#).



Lyondemere Regnum Contact List

Baron: Guillem Cosinier - baron@lyondemere.org
Baroness: Arwen McBaird - baroness@lyondemere.org
Seneschal (President): Sensei Machime - seneschal@lyondemere.org

Arts and Sciences:

THLady Cecilia Lightfoot
artsnscience@lyondemere.org

Captain of Archers:

Lady Emma Cardiganshire
archery@lyondemere.org

Chatelaine (Newcomers):

Lord Geiri Smiðsson
chatelaine@lyondemere.org

Chronicler (Newsletter):

Raphaella Benintendi
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Constable:

Lord Geiri Smiðsson
constable@lyondemere.org

Exchequer (Treasurer):

Lady Batu Sechen Tsagaajin
exchequer@lyondemere.org

Herald, Coral Pursuivant (court business, artistic shield design, and names):

Lord Ceallach mac Uilliam
herald@lyondemere.org

Lists:

Lady Batu Sechen Tsagaajin
lists@lyondemere.org

Lyon Bard (Annual Bardic Champion):

Lady Lynnette de Sandoval
lyonbard@lyondemere.org

Marshal (Heavy Weapons, Fighters):

Lord Fearghus Cochrane
marshal@lyondemere.org

Minister of Children:

Vacant
childrens@lyondemere.org

Rapier Marshal (Fencing):

Lady Sadhbh inghean Duinn
rapier@lyondemere.org

Sexton (Baronial Possessions):

Baron Conchobhar mac Cionaoith
sexton@lyondemere.org

Webwright:

Lady Sadhbh inghean Duinn
webwright@lyondemere.org

Social Media, Lists, and Groups - Baronial and Kingdom

Baronial Email List

<https://groups.io/g/scalyondemere>

Barony of Lyondemere Facebook Group

<https://www.facebook.com/groups/Lyondemere>

Barony of Lyondemere Calendar of Events

<http://www.lyondemere.org/calendar>

Lyondemere Cooking Guild

<https://www.facebook.com/groups/355580354645898>

Lyondemere Officially Unofficial Fighter Group (mostly rapier)

<https://www.facebook.com/groups/819820254813544>

Caid Calendar of Events

<https://wp.sca-caid.org/events>

Caid Target Archery

<https://www.facebook.com/groups/983706488315263>

Right Noble Brewers Guild of Caid

<https://www.facebook.com/groups/RightNobleBrewersGuildOfCaid>

Caid Clothiers

<https://www.facebook.com/groups/CaidClothiers>

Caid Art and Sciences

<https://www.facebook.com/groups/521417457879219>



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