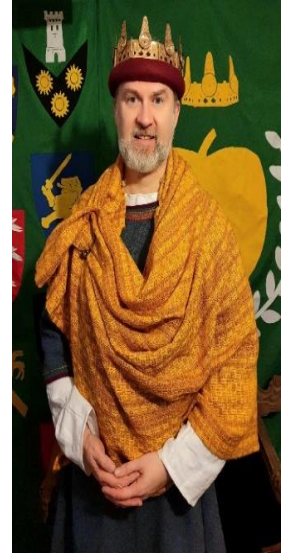




The Annals of Eplaheimr

Barony of Eplaheimr Vol. one,
Number 3, March 2021



Our New Baron and Baroness,



The Book of Kells edition

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Greetings people of the Barony and beyond,

Eplaheimr, you did it! By having fun, sharing what you love, enjoying friendship, being kind and charitable in thought and action, you grew. You inspired and you were recognised as a Barony.

The 1st ever in our Principality.

This is something to be proud of, but we feel that it's the closeness, friendship, skill, and enjoyment of good company that we should all be most proud of. A barony is only a recognition of what is already there. You are a most valuable part of what is here.

Eplaheimr is its people, and over the years we'll have times where we participate more and times when we attend less. Make sure your attendance and participation serves you, as well as the barony. Pace yourself, don't burn out and always remember that having fun empowers all the rest.

We are honoured and humbled to be your Baron and Baroness. We'll do our best, and we won't always get it right. Please help us to improve as we go too. Your kind word of disagreement, advice, and insight is most welcome.

We'd like to speak a little here about the type of Barony We would like to see us continue to be:

A place where you are welcome, at whatever skill level, activity level, or authenticity level you bring. You as a person are more important than trying to meet imagined standards. When you wish to develop skill or authenticity or to learn more of anything of this Society, please ask. We are here to help point you in the direction of those who can help. We like authenticity when it delights people, but we prefer courteous people having fun and then developing their historical interests from a place of happiness and comfort.

We want Eplaheimr to continue to develop as an LGBTI+ safe place. We won't always get this right either, but we'll work on it and are open to your gentle correction and support as we do so.

Eplaheimr has a great tradition of stories, songs, and poetry. Please continue this. We would love to hear more tales of the deeds of the people of the society, period and period-style

songs, music, poetry and all bardic arts and of course more bardic of a general nature for after the watershed!

At Investiture we also announced a competition, open to the Knowne World, for an Eplaheimr Marching Song or Anthem. Please feel free to compose towards that. At the Baronial Gathering in July 2022 (Laochra na Bharúntacht) we shall hear the entries for that song. The bard whose work is chosen shall be appointed a 'File Eplaheimr' and recorded as the composer in the Annals of Eplaheimr.

We also announced that at the pleasure of the baronial couple, there shall be one person recognised for some special act or kindness at each event we are present at. This person shall receive 'The Hero's Portion' at feast. (The cooks don't need to worry, it won't add extra effort for them). The 1st to receive this shall be Lady Marina Claudia Alessandra de Grado for her titanic work on banner making. Not only for the creation of so many banners, but also for the great encouragement it has given people to design arms and use them. Marina Abú!

There is a lot we wish to say and ask. We hope you can attend some of the Barony's online meetings in the coming months so we can gain from your input and ideas.

We have the special opportunity to set a culture for our Barony which will endure as long as the Barony does. We all bring different ideas, time periods, cultures, and views which we see as a great crucible to create something beautiful and lasting. Please be part of this as much or as little as you wish.

A huge thank you to all those who contributed to the Regalia. Work is underway to record all those efforts and have them upon the Baronial website in due course so people may be recognised for such amazing work and show that the work can be seen.

Another huge thank you to all who helped with Investiture. The task was Herculean, and heroes arose and met the challenge and delivered a stunning event. The feedback across the Knowne World has been wonderful. You did us all proud!

And lastly for now, our continuing thanks to the officers of Eplaheimr and Kingslake. Much goes on to keep things running. There are many more meetings than are seen where the mundane implementation and work gets done. You guys rock. Thanks so much. Shout if you need help.

Don't forget the award recommendations not only to us but to the Principality and Kingdom.

Stay safe and we can't wait to see you all in person at events in due course.

Eplaheimr Abú.

Etienne and Melisende

Ard Tiarna and Ard Bantiarna Eplaheimer



Greetings from the Seneschal,

Firstly, to Etienne our now Barún and Melisende our BanBharún a heartfelt Abú from everyone including myself in the Barony of Eplaheimr, we look forward to our new journey together.

We often use the term Céad míle fáilte a hundred thousand welcomes today I offer Céad míle buíochas A hundred thousand thank you to everyone who helped to make the Barúnach Eplaheimr proud on Saturday the 13th of February 2021. It is a day always to be proud of, the day where everybody had made their videos, rooted out photographs of years gone by, stories gathered and told, songs sang and recorded, all with a view of show the world the Tuatha of Eplaheimr, people and family of Eplaheimr. I am immensely proud to be one among many in Eplaheimr.

I sincerely appreciate everyone's hard work. With three weeks' notice to go online, all I can say the investiture was magical. The Known World of the SCA was invited into the homes of Eplaheimr, thank you for showing the world the people and the places we are so lucky to have within our Barony. The feeling I felt the next day, was Eplaheimr has grown up, from three years ago when the idea of Barony was talked about, much discussion, meetings, and proposal we now call ourselves a Barony.

To Rognend, our autocrat, our tech team Yannick, Sela, Robert, Timothy, Orlaith, Hilka, without you this would not have been possible, To Fianna our magnificent Herald, to Marina and Edel, Hilde, Melodi, Iain, Aodhain and Trish whose nimble fingers provide us with Regalia to be in awe of, to our to all our tuatha for their input, photos and Videos, A special mention to Melisende who looked after the advertising and Sue who looked after our Royals..

We appreciate his Majesty Æiríkr inn Hárfagri and her Majesty Jacquelyna de Belmont encouragement and kind words, to his Highness Avery of Westfall and her Highness Zoë of Enstone thank you all for making our investiture so memorable. For our members who received awards a heartfelt Abú.

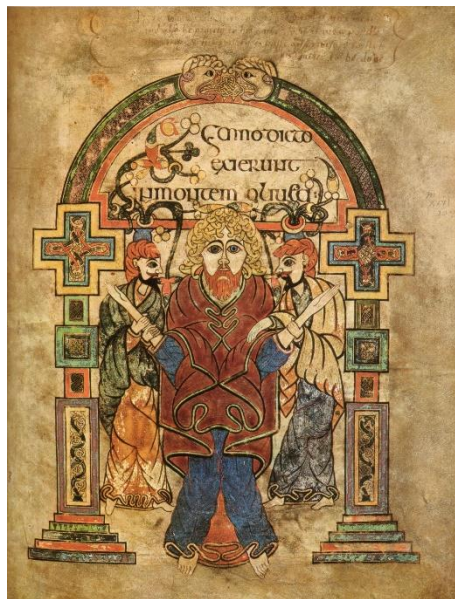
This has been long journey to get to this point, but it really is only the Beginning as we have taken our first steps as fully fledged Barony, I hope we will continue every step together, laughing together, playing together, crying together probably too at times, but

mostly having fun together. I will finish by congratulating his Excellency Baron Etienne and her Excellency Baroness Melisende on all our behalf.
A humbled Seneschal at your service

I finish with our call

Eplaheimr Abú

Our meeting and Calendar planning will take place on 13th March 2021 at 11:00, also chat and food together online Zoom for those who wish to remain online after meeting at 12:30.



Investiture Court Report

Court Report – Tíonol Barúnach Eplaheimr

Eplaheimr Baronial Court the First

Ruling Nobles: Baron Etienne Fevre and Baroness Melisende Fitzwalter

Herald: Lady Fianna Rua Nic Mhathúna

Their Excellencies thanked Their Majesties and Their Highnesses, and spoke of the kind of Barony Eplaheimr intends to be. They swore fealty to Their Majesties and paid homage to Their Highnesses during Drachenwald Court.

TE the Baron and Baroness of Knight's Crossing, William Gifford and Katherina Mornewegh, offered greeting and congratulations to Their Excellencies Eplaheimr.

The Baron and Baroness thanked the officers, friends, and artesans who helped and supported the Barony on our journey to Investiture.

Mistress Rogned Steingrimovna, Event Steward, thanked all the event staff and technical team for their hard work. Their Excellencies added their own thanks in addition.

Her Excellency spoke of the Bardic Arts, their future appointment of an Ard Ollamh (Bardic champion) and announced a competition to compose an Eplaheimr marching song. The winner will be named among the Filí Eplaheimr and recorded in the Annals.

Her excellency also thanked all attendees for coming to witness the Investiture and reminded gentles of the remaining scheduled events.

AWARDS:

Tuatha de Charbhad Óir, for service

Mistress Rogned Steingrimovna (Premier)
Scroll presented.

Tuatha de Lámh Airgid, for excellent example

Lady Meabh Róis inghean Uí Chaoimh (Premier)
Scroll presented.

Tuatha de Dillon, for exceptional Youth

Clodagh of Eplaheimr (Premier)
Scroll presented.

His Excellency spoke of a future event, Heroes of Eplaheimr, to be held in July 2022, and named **Lady Marina Claudia Alessandra de Grado** as the first recipient of the **Hero's Portion** for her work on banners for the Barony and members of the populace.

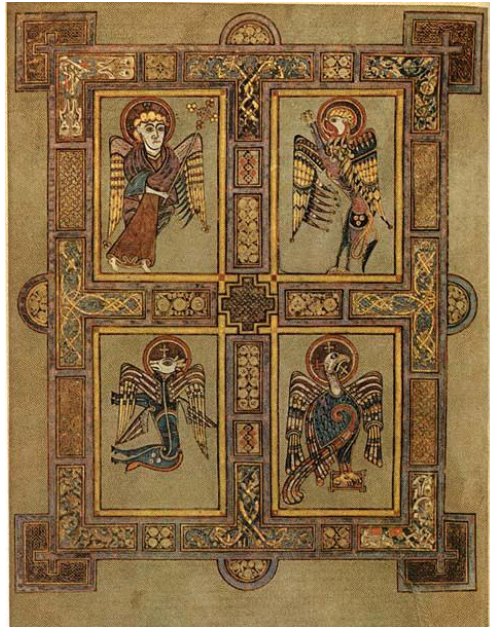
Awards from the Court of Insulae Draconis

Order of the Winged pouch for youth	Clodah Of Eplaheimr (pouch coming in post)
Award of arms	Lord Wolf Patrikksen (Two scrolls)

Awards from the Court of Drachenwald

Order of Panache	Lord Unegen of Eplaheimr
	Lady Adele de Chadwykke

If your humble Chronicler has forgotten anyone, please let me know for the next newsletter and now is the time to put in your recommendations for people that you know that deserve awards from Barony, Principality, and Kingdom



From the Chronicler,

Good Morrow Good Gentles,

We have had a very busy month leading up to the investiture on the 13th of February. Now we can look forward to the end of lockdown and getting together for events. On that note, A&S is every Monday night on Zoom and the Chronicler, or the Seneschal posts the information for logging on. You can get some great ideas for food and garb, have a chat, or just hang out.

Things to look forward to: A major get together in July to celebrate our Barony, a contest for an Eplaheimr Marching song, and genuine cráic together.

Your Newsletter is looking for articles for publication. Funny ones, serious ones, pictures from the past or present, A&S projects, Illuminations, and blogs.

Calendar of events:

Spring Crown tourney on the 9th of April is cancelled.

March 13th - 11 am meeting Zoom with food and chat after.

For other dates see the Insulae Draconis and Drachenwald Calendars at:

<https://drachenwald.sca.org/events/calendar/#/>

<https://www.insulaedraconis.org/Events/#/>

Breads of life

Meadhbh Rois Ineagh Ui Chaoimh



Flatbreads

As you can see, we are in the midst of wild garlic season in March 2020. When you think of bread in Ireland, you think of wheaten bread, soda bread and even currant bread. You do not think of flatbreads. Due to the hearth style cooking of Ireland through the ages, flatbreads were the norm. Oven cooking was not the norm unless you lived in a monastery, castle, or urban area. The hunter gather mixed its roughly ground cereal of oats with some liquid and allowed it to dry out/ cook on a hot stone just as those did in the earliest huts with a hearth for its cooking. Cereals mixed with was available locally, hazelnuts, wild garlic, maybe seaweed could be put through the mix. We have no cookbook or recipes to tell us what to do. As you can see from the salad foraged leaves of wild garlic and Dandelion leaves added extra nutrients to the diet. There is no right or wrong to making flatbreads, it is a cereal mixed with a liquid and dried out on a heat source. The cross on the flat breads aids even cooking. It's a habit of a lifetime of baking and watching three generations in my childhood baking.



It's all in the taste.

If you enjoyed this short blog join [Meadhbh Rois Ineagh Ui Chaoimh](https://theirishages.home.blog/) on her blog at <https://theirishages.home.blog/>



Officers of the Barony of Eplaheimr

Exchequer: Lady Hikka Susinen (Hilde Sinboeck)

Web minister: Lord Sigtrygg (Timothy Green)

Chatelaine: Lord Culainn of St.Elmo's fire (Ian Healy)

Seneschal: Lady Meadhbh Róis Ineagh Uí Chaoimh (Ger Clarke)

Moas: Lady Fianna Rua Nic Mhathúna (Vina Mc Mahon) **Deputy-** Viscountess Sagadis (Melodi Grundy)

Herald: Baron Merlin Sparhawk (John George)

Chronicler: Viscountess Susannah of York (Sue Callaghan)

Knight Marshal: Lord Unegen of Eplaheimr (Yan Coussot)

Our Officers can be reached by their title.eplaheimr@gmail.com

Credits

Photos: front cover, by permission of the Baron and Baroness, Blog photos by Lady Meadhbh Róis Ineagh Uí Chaoimh (Ger Clarke) Book of Kells illustrations (non-copywrite) from Wikipedia and Chronicler's Pinterest. Font- Calibri (body)