



Annals of Eplaheimr

Official newsletter of the Barony of Eplaheimr



ASLX, Issue 18, August 2025

NEWSLETTER

The Annals of Eplaheimr

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Please note that submission for publication constitutes your agreement for your work to be published in the Annals and on the Eplaheimr website.

Champions of Lough Debnaree

Clara Scout Camp, Co. Offaly

12th - 14th September

Come and compete for the title of Champion in your chosen field! There will be contests of Archery, Armoured Combat, Arts and Sciences (Adult & Youth) and Fencing!

Combatants Freshen up your Fletchings, Spruce up your Swords, and Prepare your Projects! CoLD comes to Eplaheimr!

Info and Booking



From Their Excellencies



Beannachtaí, ár gcairde dílse

We are elated to be writing this first letter to all of you this month. We had such a wonderful time at Baronial Investiture a few weeks ago in July, and we are looking forward to just as much joy and celebration of our Society in the two years to come. As we said at our first Court, we are incredibly grateful to all of you who voted for us to take these thrones, and we sincerely hope that we can live up to the highest of standards set by our predecessors. Our deepest and most sincere thanks to Their Excellencies Adele and Rogned, and we wish them every happiness and peaceful times ahead. Also to Their Celestial Highnesses, Prince Etienne and Princess Susannah, for gracing us with their radiance and for showing us the path ahead with kindness and good humour.

The event itself was a delight to be part of, and we are always amazed by how effortless you make these herculean tasks appear to be on the surface. We are indebted to Lady Kytte and her entire team for making it such a special occasion, especially our wonderful cooks THL Ünegen and THL Meadhbh (custard and pears abú!!). We were overjoyed to see new faces and old, and so many people stepping in to do all the unseen and invisible tasks that make our events run smoothly and create The Dream that we all aspire to. If we have not mentioned you by name, please do not think that we have not noticed or appreciated your hard work - it is a good complaint to admit that there can be too many to name at once! On that note, we are in need of award recommendations so that we can recognise these individuals and their efforts. Please do keep us informed of their actions, and their whereabouts so that we can plan our Progress and Courts accordingly.

We are heading into Demo Season with new hope for the future and an ever-growing pride in what we as a Society have to offer. His Excellency will be attending the Barony's stand at the Athlone River Festival with Her Highness Susannah during the August Bank Holiday weekend, and we hope to see as many of you as possible in your finest early period garb supporting this (Her Excellency will also attend when her mundane schedule permits). We will both be holding the fort at Athlone Castle on Saturday 16th of August at the beginning of National Heritage Week, and hope to both travel to Cluain Óir for Saint Nicholas' Church Faire the following Saturday. These dates are important to bring new members into our halls, and showcasing the genuine joy that we find in our various activities is the most effective recruitment tactic that we have.

Until next time - stay safe, and be excellent to each other!

Le meas agus céad míle buíochais,
Robert agus Fianna



SCA Name and Title

The Honorable Lady Meadhbh
Rois ineagh Uí Chaoimh

How long have you played?

15 years wow that long!



Photo credit: Ger Clarke

Do you have a preferred Time Period?

My preferred time periods are nearly always associated with food I like to cook. I like six and seventh century Ireland, the Viking hiberno-norse era, Anglo Norman era and 16th century. In reality any Gaelic Irish. When I first joined I took my persona from my Irish maiden surname O'Keeffe as it dates back to 6th century Ireland.

Do you have any Persona background story?

The women of Eplaheimr took a liking for Italian Renaissance clothes and when I wanted to wear this type of garb I just used the backstory that my brother was a bishop and asked me to accompany him to Italy as a newly widowed sister.

Now I know that my grandparents' names, two are based on Gaelic Irish, one from the Viking era and the other from 16th and 17th century during the plantation. It therefore makes it easy to make a back story for living in Ireland throughout any Irish age. Finally I am confident I can cook for any century so it makes my different personas interesting

What is your preferred SCA Activity or A&S, or both?

My preferred activity is anything Irish, or The Irish ages.

My interest in Irish stuff has created a keen interest in cooking and Irish archaeology through the ages. I have also developed a substantial library of academia-level books that resides in my sitting room, kitchens, hallways and my van - Irish stuff that I describe as many holes to burrow into a warren but all link together. They include proof of food, fauna and flora that existed in Ireland through the ages, the difference in both before and after the arrival of the new ecclesiastical orders in the 11th century and the Anglo Normans in the 12th century.

My library includes annals, social history, books about plants and herbs, tales and myths of Ireland, court admiralty and trade books. Books based on information from Brehon laws, manuscripts, trade of import and export in and out of Ireland, account rolls, books which are the bibles of how Irish dressed through the ages such as DunLevy and Mc Clintock.. Stories about Saints and scholars, Ceile Dé, which informs us of the types of foods allowed to be eaten during lent, feast days and ordinary days for example.

My favourite myth, Aislinn Meic Coinne Glinn, will allow me to develop at least 100 more feasts. The new papers that colleges have published in the last ten years place emphasis on food, analysis of foods, materiality, trade, the use of food to show power, and it all makes Irish food a very interesting subject area.

What keeps you coming back to the SCA?

The people, the friendship, and the place that allows me to discover more about myself, develop new and exciting interests. I describe the SCA as a place of 1000 clubs all rolled into one, always something new to be learned or shared.



What has been your best SCA experience so far?

My best SCA experience is watching others realising they have found a place that allows them to be unique. Watching people evolve and develop interests.

I am proud that I was one of the people who helped Eplaheimr achieve Baronial status, But one of my best experiences was becoming Seneschal, but probably the most rewarding is developing menus associated with Irish food through the Irish ages. Having the courage to say we cooked this and that, that we did not cook certain plants, fish during different time periods.

What is the SCA Achievement so far that means the most to you?

Receiving the Honorable lady title. Why? you may ask. It's because I spend a lot of my years in the kitchen and behind the scenes, and to think that people thought enough of me to nominate me for a wide variety of awards throughout the years. To be part of a society that is interested in the quieter people in Eplaheimr even though I am not that quite. Everyone is seen and appreciated.

This award just seems to make me very proud, but in fairness any reward I have received has made me proud. Also having many different tag names such as Meadhbh of the nine cauldrons, the mammy of the island, the diplomat etc. People just express what they see in me as a person. I will finish with saying that there are few opportunities to receive rewards as an adult or be recognised for achievements but the SCA does this, helping to build confidence and life long friendships.



Dispatches from the Court of the Áill Órga!

Final Court of Their Excellencies Adele and Rogned

New Awards

Tuatha d'Coire (Hospitality) – Unegen-Jin Eplaheimr, Scroll by Lady Kytte of the Lake

Tuatha d'Eala (Friends of the Barony) – Lord Jasper Rose (Postumous Award, no scroll)

Backlog Scrolls

Tuatha d'Eala (Friends of the Barony) – Baron Rodrigo Bernardez, Scroll by Órlaith Ildánach

Tuatha d'Eala (Friends of the Barony) – Lady Teresa of Dun in Mara, Scroll by Órlaith Ildánach

Other Business

Her Excellency Rogned Steingrimova called forth THL Meadhbh Rois inghean Uí Chaoimh and gave her a token of the Baroness' favour – HE Rogned's own Lindquistringe Ring. This was to recognise THL Meadhbh's personal service to the Baroness, but also her constant service, generosity and kindness to the populace of the Barony and the Barony itself. She was acclaimed as an example to all.

Their Excellencies dismissed their Retinue and Champions and thanked them for their service during their tenure.

First Court of Their Excellencies Robert and Fianna

Court Business

Their Excellencies invited all Baronial Officers present to swear Fealty.

The winners of the day's Tournaments were announced by the Marshal-in-charge Baron Etienne Fevre, and the Archery Marshal, Lord Kier of Eplaheimr. The Archery Shoot took the form of an Eplaheimr William Tell, where 25 points were deducted from anyone who shot the Apple, it being the primary charge of the Barony's heraldry and thus protected. Milord Æpelstan Weaver won the shoot and was formally asked by Their Excellencies to join their Court as Their Archery Champion, which he accepted. The Rapier Tournament was called "The Fog of War" and none of the participants were told what the criteria for winning was, or what weapon forms were to be used. Once completed, all participants were surveyed for their opinion on who was the most honourable on the field. Lord Petrc Monomachos was declared such, and therefore also the winner.

Their Excellencies then called forward Mistress Catherine Weaver and Lady Mór ni Bheag to thank them for facilitating and teaching the classes and A&S activities.

Their Excellencies took the opportunity to remind the populace of the need to put in recommendations for people who they saw doing good work.

Their Excellencies called into their Court, all newcomers present at the event, and gave them tokens, thanked them and encouraged them to continue exploring the SCA.

Their Excellencies then called into their Court Lord Brian the Courteous, who was brought forward in effigy form by the Brute Squad who were in attendance on Their Excellencies. Their Excellencies then told of how Lord Brian, formerly of the Barony, and now living in distant parts of the Kingdom, continued to serve the Barony. The currency of the Barony is the coin known as a "Core" all of which were minted by Lord Brian, who has now consented to sell his remaining stock of minted pewter cores to the Barony at just the cost of materials. He was publically thanked and acclaimed in Court.

THL Meadhbh Rois inghean Uí Chaoimh had business before Their Excellencies and was invited to speak in Their Court, whereby she brought largesse from the Lady Marina Claudia Alessandra de Grado who could not be present. This largesse was lace tokens made by her and included a personal gift to Her Excellency Fianna in the form of a pouch of traditional Clones Lace as Her Excellency hails from that town. The generosity and thoughtfulness of Lady Marina was acclaimed in Court.

Their Excellencies called Lady Kytte into Court and requested that she act as Their A&S Champion, which she accepted. They also appointed retinue by way of Baroness Melisende Fitzwalter as Their official Court Herald and Baron Etienne Fevre as Ollamh (Councillor).

Their Excellencies also called the Event Staff forward, and all who had aided them and provided service or entertainment at the event and gifted them with tokens of appreciation.

Feast Court

Their Excellencies briefly opened Court during Feast in order to perform the following pieces of Business:

Formally thank their predecessors Baronesses Adele de Chaddwyke and Rogned Steingrimova for their excellent service to the Barony.

To give out "The Hero's Portion" a tradition in the Barony, of gifting a cup of chose food or drink to the person at the event that had most stood out to Their Excellencies. They gifted it this time to Lady Kytte of the Lake, Event Steward, for her hard work in making the event a success.

Here endeth the Court Rolls for Eplabeimr Tionol Barunacht



This month in History

79 CE – August 24th, Mount Vesuvius erupts, burying Pompeii and Herculaneum

1100 – August 2nd – King William II (Rufus) of England, killed by a crossbow bolt while hunting.

1170 – August 23rd – Strongbow (Richard de Clare) lands in Waterford, an event described in the Annals of Ulster as “the beginning of the woes of Ireland”

1316 – August 10th – Battle of Athenry when the Irish rose in support of Edward Bruce of Scotland

1492 – August 3rd, Christopher Columbus sets sail from Palos, Spain.

1572 – August 24th St. Bartholomew's Day Massacre of Huguenots in Paris and throughout France.

1588 – August 8th – The Spanish Armada is defeated by the English.

1598 – August 14th, Hugh O'Neill defeats the English at the Battle of Yellow Ford

Source: onthisday.com, irishcultureandcustoms.com

Baronial News



It has been confirmed that our insurance has a “Come and have a go” clause that will allow us to let viewers at demos try things out, including combat and food.



Both our heritage week demos – Athlone Castle and St. Nicholas Fair, now feature on the heritageweek.ie website!



The Lady Kytte continues to host online Scribal evenings every Thursday from 6pm. Links are on the Drachenwald Calendar page



What's On

Cluain Oir Activity Day

Saturday July 19th

St. Nicholas Parochial School, Galway City

Come and join Cluain Oir's first day-Revel in garb. We will be doing lots of activities, dressing up and providing Pot luck Food for everyone to dig in. If you don't have garb, there will be loaner gear, so let us know!

[Info & Booking](#)

Athlone Castle Demo

16th August

Athlone Castle, Athlone

A day of dressing up and showing off the SCA to the public. Bring one thing that you want to use for "show and tell". The day is free to participate in, but will have to sort your own food and drink. There will be tables for A&S and combat demo times.

More info will be forthcoming. We do need to know numbers though, so please register your attendance.

[Info & Booking](#)

St. Nicholas Medieval Fair

23rd August

St. Nicholas Church, Galway

Another day to show off the SCA to the public and attract some newcomers! The usual demo instructions apply – bring one thing you are happy to demonstrate and talk about and there will be specific combat demos throughout the day.

The church usually offers us free teas and coffees, but you will have to bring your own food and drink. Please register to let us know you're coming, for planning purposes.

[Info & Booking](#)

Blogs and Vlogs



A selection of
Blogs and Vlogs
from Eplaheimr
and around the
Knowne World.

This Issue's Theme: Metalwork

Metal Armour on a Budget

How to make Lamelar Armour.

<https://www.instructables.com/Metal-Armor-on-a-Budget>

Dress Pins - Katafalk

How to make your own Medieval Dress Pins.

<https://katafalk.wordpress.com/medieval-dress-pins/>

Medieval York

How to make easy Pennanular Brooches

<https://medievalyork.com/penannular-brooches/>

The Knitted Raven

How to make viking wire knitting.

<https://www.theknittedraven.com/>

Historic Pewter

How to cast pewter using soapstone carved moulds.

<https://historicpewter.wordpress.com/resources/>

Beth Cyr

Lost wax casting method explained

<https://www.bethcyr.com/pages/lost-wax-casting>

Dates for Your Diary

Every Monday Baronial Zoom A&S Meeting - 7pm

Every Friday Limerick Fencing Practice - 7:30pm

12th Aug - Monthly Baronial Business Zoom - 8pm

13th Aug - Monthly Armouring Day



Barony

Baroness Fianna Rua Nic Mhathúna – baroness.eplaheimr@gmail.com

Baron Robert of Eplaheimr – baron.eplaheimr@gmail.com

Seneschal (Chairperson) – THL Eplaheimr-Jin Ünegen – seneschal.eplaheimr@gmail.com

Exchequer (Treasurer) – Lord Robaird of Eplaheimr – exchequer.eplaheimr@gmail.com

MoAS (Arts & Sciences)– Lord Toirdealbhach MacAmhlaoimh – eplaheimr.moas@gmail.com

Chronicler (Newsletter) – Baroness Melisende Fitzwalter – chronicler.eplaheimr@gmail.com

Marshal (Combar activities) – Lady Marina de Grado – knightmarshal.eplaheimr@gmail.com

Uisneach Herald (Voice Heraldry) – Lady Fianna Rua nic Mhathúna fiannarusca@gmail.com

Cruachán Herald (Book Heraldry) – Lord Nemet Arpad graylion@sm-wg.net



Tuatha

Canton of Cluain Óir (Galway City & County)

Sheriff: Lord David the Armourer – davidheneghan2@gmail.com

Báile Ceann an-tSionnan (Limerick)

Sheriff: THL Ünegen – coussotyann@gmail.com

Capall Uisce (Dromineer & North Tipperary)

Sheriff: Lady Marina de Grado – marinapostir@gmail.com

Tir Chroi (Athlone and surrounds)

Sheriff: Lord Robaird of Eplaheimr – roborourke@gmail.com

Eiscir Airgead (Clara and surrounds)

Sheriff: Lady Alice de la Wode – sheriffeiscirairgead@gmail.com

Name TBC (Longford Town and surrounds)

Sheriff: Lord Aodhán de Pairc – aodhanhudson@gmail.com