



# Annals of Eplaheimr

Official newsletter of the Barony of Eplaheimr

ASLX, Issue 20, February 2026

# NEWSLETTER

## The Annals of Eplaheimr

Credits: Cover image of St. Brigid from MS. Ludwig IX 3. fol 106. French, circa 1300 at J.P Getty Museum.

Masthead in JSL blackletter and JSL Ancient. Internal Text in Tahoma. The Annals is created in Open Office. All stock images are royalty free.

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## Booking is Open!

Court of Love

21<sup>st</sup> February

Court of Eplaheimr this year will be full of ribaldry and (relative) lewdness! Come and let your earthy side out with classes on Medieval underwear and Love potions. The popular make a Sheela na gig in clay activity also returns! Fencing and feasting also included. Bring a contribution to the Fika (high tea)!

[More info and to Book](#)



## From Their Excellencies



### Beannachtaí, ár gcairde dílse

We sincerely apologise for the lack of letter last issue - if anybody finds the errant messenger please let them know that their services are no longer required.....

We hope that the winter season has been kind, or at least that the Grand Stretch will bring brighter days to you. Our thoughts have been with each of you, and we are greatly looking forward to seeing you soon.

We have just gotten home from a wonderful Imbolc celebration with our dear neighbours in Dun in Mara - such a warm and relaxed start to the event year is setting Us on the right path for the coming months!

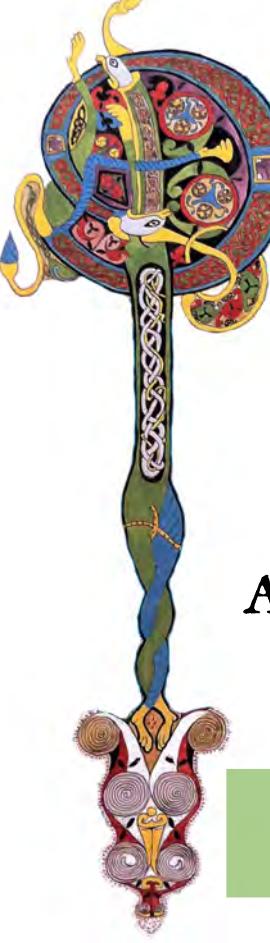
Next we are looking forward to Court of Love, and as many of Our Canton of Cluain Óir's Arts and Sciences days as possible. Big events like Strawberry Raid and Crown and Coronets are still far off, but now the ground is thawing (and floods are receding...) it is the perfect time to prepare.

As such, we are seeking award recommendations for all Baronial awards -- as well as scribes to make the necessary scrolls. If you are able, or at least curious, please do reach out to Us and we will assist as much as possible.

There are a number of Baronial offices that are due to change over in the coming months as well, with more details at our next business meeting. Please reach out to The Honourable Lord Ünegen, our Seneschal, for further details.

Keep being excellent to each other, keep the warmth and magic of The Dream alive, and we'll see you very soon!

Le meas agus céad míle buíochais,  
Robert agus Fianna



# People of Eplaheimr

An interview-style feature

## *SCA Name and Title*

Lady Mór ní Bheag

### *How long have you played?*

I consider myself a beginner and a long way from understanding what actually is going on, ever. The SCA is no exception despite playing for about 3 years now. That hasn't stopped me from being awarded the right to bear arms and being honoured to serve Eplaheimr as Minister of arts and science.



Photo credit: Fiona Scerri

The year of the plague coincided with the 700th anniversary of St. Nicholas Collegiate Church in Galway. A plan to make medieval costumes with an heraldic theme – representing the fourteen tribes of Galway was launched and attracted much enthusiasm and effort. But then the plague.... After the dust settled, and the tide of enthusiasm went out. there were a few outfits made; some garbed events; a solid relationship between the St. Nicholas' and Eplaheimr and a small but reliable coterie of interested folk in Galway.

### *Do you have a preferred Time Period?*

My preferred period is calculated by adding my age to the foundation of St. Nicholas' and is currently around 1388.

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

The martial arts would have been very attractive to me had I joined before the poor old knuckle bones morphed, but now I thoroughly enjoy the A&S side of things. There is so much to learn and so many people to learn from! I love the activities, and the people, and so far, that has made trucking so much stuff around the place worthwhile!



## *What keeps you coming back to the SCA?*

The first Court attended was a revelation. I came away (with gifts!) thinking this was a society whose sole purpose was to see people for who they were, and what they did, and thank them. Nothing has changed my mind since. I'm very grateful.

Fancy  
Teaching at  
Strawberry  
Raid?

Click [HERE](#) to signup and give a class on something you enjoy, know or have just discovered! Nothing is too big or too small a subject!



Article by Órlaith Ildánach Chaomhanách

Originally published in Cuallacht Ruameoirí Lídiach at [lidiandyers.org](http://lidiandyers.org)

Strawberry Raid at Sigginstown Castle happened then, and the very excellent Lady Gertrude Hoode of Dun in Mara had suggested we do a joint project for the weekend where we dyed samples every day at the event and ended up with a rainbow. We bought a gazebo to give us a base of operations, hired a van and roadtripped to a background of various clinks, jingles and the occasional whoosh around corners. We fondly believed we'd spend extra time doing our own experiments along with the classes we were giving (bless). There was so much to do at the event and people to meet, the time just flows away, but it was epic and I really should have written about it way back then, but, well, life keeps getting in the way.

So let's pretend it's mid June, we're all freshly home from a lovely event with great people and have said all our thank yous and passed on our compliments to the excellent event team. I am freshly excited with dyeing and teaching, and being extra delighted that Gertrude is now officially my student. We've home and are still slowly putting away stuff in a reluctant, tired way and remembering that we accomplished our rainbow, which turned out looking like this:



Coire Glas, or Green Cauldron, is what we have decided to call our fledgling household. I am very pleased that we can manage to work really well together despite I am definitely Chaos to Gertrude's Order. Gertrude planned out the classes and the order we did our colours in so we could make the combinations for our greens and purples. She's also \*excellent\* with mordants and presoaking fibres and by extension makes me pay more attention to what will make my projects as lightfast as possible rather than merely a nice colour on the day.

I adore that she is a very talented fibre artist, who knows what materials need to be and feel like to make sustainable, practical projects. And she heat sets when she should and doesn't leave wet fibre in a pot to be found a month later, which, you know, happens. \*cough\*

Our plan was to talk through a few aspects of dyeing for SCAdians – the practicalities, the materials required, the need to deal differently with protein and cellulose fibres, but also how to try it cheaply with easy to find materials – if you're going to just give something a go to see if you like it you shouldn't have to buy expensive materials and ingredients when you can use, for example, birch leaves or onion skins. I am very aware of the debate that onion skins are frequently cited as a medieval recipe without actual proof that they were ever used, but for the purposes of experimenting and getting a good, warm solid colour for cheap, they're wonderful. For actual medieval veracity we talked about the big three; weld, woad and madder. We used indigo for our classes but since the principles are the same we felt this was very reasonable. We talked about the colours that were available in early period and late period, and so how the fashion in colours changed, and how certain colours were associated with particular regions . We also used our pots on an open fire, with "friendly" smoke , always a useful medieval experience. We started with Fibre preparation and mordanting, then followed with separate classes on Red, Blue and yellow, experimenting with weld, madder, indigo, cochineal, birch leaves and onion skins.



We'll go through our recipes again and post them separately, but I think this is a good place to add Gertie's mordanting recipes – good mordanting gives great colours and long lasting results, it's worth taking the time to get good at this, even though it's for many people the most boring and tedious part.

### **Mordanting protein fibres**

- Alum 10%
- Cream of Tartar 5%

1. Fill pot with water
2. Dissolve alum in hot water, then add to the pot of water
3. Add cream of tartar directly to the pot, stir thoroughly
4. Add pre-soaked fibres to the pot
5. Heat pot to 85°C
6. Maintain temperature for 1 hour – do not boil
7. Let fibres cool in pot
8. Remove fibres, gently squeeze excess liquid out, then rinse thoroughly.
9. Fibres can be dyed right away, put in water to keep wet for dyeing soon, or dried for re-wetting and dyeing in the future.

## Mordanting cellulose fibres

- Oak gall 10%
- Alum 12%
- Soda Ash 1.5%

### Day one

1. Fill pot with water
2. Combine oak gall powder with a little bit of water. This works best with a blender.
3. Pour tannin mixture into the pot of water, stir thoroughly
4. Add pre-soaked fibres to the pot
5. Stir regularly, leave for a minimum of 2 hours (best left overnight)
6. Remove fibres, gently squeeze excess liquid out. DO NOT RINSE.



### Day two

1. Fill pot with water
2. In one small jug, dissolve alum in hot water. In another small jug, dissolve soda ash in hot water.
3. Pour both alum water and soda ash water into the pot of water. Stir to combine. The water will turn cloudy.
4. Add your fibres that have been soaked in oak gall water to the pot.
5. Stir occasionally, leave for a minimum of 1 hour or overnight.
6. Remove fibres. Rinse and wash.
7. Fibres can be dyed right away, put in water to keep wet for dyeing soon, or dried for re-wetting and dyeing in the future.

I should say more, but it's going to take me a while to remember how this blogging thing works. I remain delighted by the classes and collaborating with Gertrude, and I'm very much looking forward to future projects.



# This month in History

**506CE** – Alaric II, King of the Visigoths, promulgates the Lex Romania Visigothorum, a collect of Roman Law.

**960CE** – Coronation of Zhao Kuangyin as Emperor Taizu of the Song = 3 centuries of Song Dynasty in Southern China.

**1194** – Random of 100,000 pounds of silver is paid to release King Richard I of England, from capture by the Holy Roman Emperor Henry VI.

**1315** – Edward the Bruce of Scotland and his Irish allies win the battle of Skerries in Kildare.

**1428** – King Alfonso V orders Sicily's Jews to attend conversion sermons.

**1537** – Thomas FitzGerald, Lord of Offaly and 5 of his uncles are executed in London. This ends the FitzGeralds as a major power.

**1582** – Pope Gregory XIII announces the new Gregorian calendar, replacing the Julian calendar.

**1587** – Mary Stuarts, Queen of Scots beheaded at Fotheringhay Castle.

*Source: onthisday.com, irishcultureandcustoms.com*

## Baronial News



### Eplaheimr needs a new Seneschal!

THL Ünegen steps down this July after 4 years in office. As such, he needs to find a replacement.

Anyone who may be interested in volunteering for this role at the heart of our Barony, should get in contact with him on [seneschal.eplaheimr@gmail.com](mailto:seneschal.eplaheimr@gmail.com)

**The Barony is looking for a Baronial Marshal.** This is an admin position - no need to be an actual combatant. The job is to report what martial activities are taking place in the Barony, and to be a point of enquiry/encouragement of martial activities. Anyone interested should contact the Seneschal.

Both our Demos during Heritage week, will not be taking place this year. If anyone has any ideas of other Heritage-week based events we can take part in, please get in touch with the Seneschal.





# What's On

## Cluain Oir Activity Day

Saturday February 7<sup>th</sup>

St. Nicholas Parochial School, Galway City

Come and join Cluain Oir's February Activity Day. There will be all the usual crafting activities, music/dance practice and Fencing from 12 noon onwards. Teas and Coffees provided!

[Info & Booking](#)

## Court of Love

21<sup>st</sup> February  
Carmelite Centre, Moate

Join us for a day of bawdy fun and activities. There will be questionable classes, filthy fencing and fun and good company. Musicians are encouraged to bring their instruments to serenade us all!

Site opens at 10:00am and closes at 8:00pm. There will be a lunch Feast.

[Info & Booking](#)

## Strawberry Raid V

27<sup>th</sup> May -1<sup>st</sup> June  
Siginstown Castle, Wexford

Dun in Mara brings us the fifth edition of Strawberry Raid – 5 days of camping (or Airbnb!) beside Siginstown Castle. People can come for the full 5 days, or just the weekend. There will be dozens of classes, Archery Shoots, Armoured and Fencing tournaments, a Market, the Laurel-sponsored prize Display, bardic around camp fires and loads of other fun activities.

[Info & Booking](#)

# Blogs and Vlogs



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

## This Issue's Theme: Medieval Chandlery

### Sew historically

How to make a medieval coil candle

[www.sewhistorically.com/how-to-make-a-medieval-coil-candle/](http://www.sewhistorically.com/how-to-make-a-medieval-coil-candle/)

### Woodlark blog

DIY Hand-dipped Beeswax Candles

<https://woodlarkblog.com/diy-hand-dipped-beeswax-candles/>

### Instructables

How to make a Medieval Lantern

<https://www.instructables.com/Medieval-lantern/>

### Medievalists

How to make 14<sup>th</sup> century tallow Soap

<https://www.medievalists.net/2025/03/make-medieval-soap/>

### Korenhelbig

How to make Medieval Castile Soap

<https://korenhelbig.com/homemade-soap-traditional-castile/>

### ellicesblog

How to make Medieval Rope

<https://ellicesblog.wordpress.com/2018/01/04/making-rope/>

## Dates for Your Diary

Every Wednesday Baronial Zoom A&S Meeting - 7pm

Friday Limerick Fencing Practice - 7:30pm

3<sup>rd</sup> Feb/Mar, 7<sup>th</sup> April - Monthly Baronial Business Zoom - 8pm

Monthly Armouring Days - check website for updates



## Barony

Baroness Fianna Rua Nic Mhathúna – [baroness.eplaheimr@gmail.com](mailto:baroness.eplaheimr@gmail.com)  
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Seneschal (Chairperson) – THL Eplaheimr-Jin Ünegen – [seneschal.eplaheimr@gmail.com](mailto:seneschal.eplaheimr@gmail.com)

Exchequer (Treasurer) – THL Meadhbh Róis ingheah Uí Chaoimh – [exchequer.eplaheimr@gmail.com](mailto:exchequer.eplaheimr@gmail.com)

MoAS (Arts & Sciences) – Lady Mór ní Bheag – [eplaheimr.moas@gmail.com](mailto:eplaheimr.moas@gmail.com)

Chronicler (Newsletter) – Baroness Melisende Fitzwalter – [chronicler.eplaheimr@gmail.com](mailto:chronicler.eplaheimr@gmail.com)

Marshal (Combar activities) – Vacant – [knightmarshal.eplaheimr@gmail.com](mailto:knightmarshal.eplaheimr@gmail.com)

Uisneach Herald (Voice Heraldry) – Lady Fianna Rua nic Mhathúna [fiannaruasca@gmail.com](mailto:fiannaruasca@gmail.com)  
Cruachán Herald (Book Heraldry) – Lord Nemet Arpad [graylion@sm-wg.net](mailto:graylion@sm-wg.net)

## Tuatha

Canton of Cluain Óir (Galway City & County)  
Sheriff: Lord David the Armourer – [davidheneghan2@gmail.com](mailto:davidheneghan2@gmail.com)

Báile Ceann an-tSionnan (Limerick)  
Sheriff: THL Ünegen – [coussotyann@gmail.com](mailto:coussotyann@gmail.com)

Capall Uisce (Dromineer & North Tipperary)  
Sheriff: Lady Marina de Grado – [marinapostir@gmail.com](mailto:marinapostir@gmail.com)

Tir Chroi (Athlone and surrounds)  
Sheriff: Lord Robaird of Eplaheimr – [roborourke@gmail.com](mailto:roborourke@gmail.com)

Eiscir Airgead (Clara and surrounds)  
Sheriff: Lady Alice de la Wode – [sheriffeiscirairgead@gmail.com](mailto:sheriffeiscirairgead@gmail.com)

Name TBC (Longford Town and surrounds)  
Sheriff: Lord Aodhán de Pairc – [aodhanhudson@gmail.com](mailto:aodhanhudson@gmail.com)

