Annals of Eplaheimr

Official newsletter of the Barony of Eplaheimr



ASLXI, Issue 22, August 2026



NEWSLETTER

The Annals of Eplaheimr

Credits: Cover Photo of Máistreás Meadhbh in her vigil for elevation to the Order of the Laurel at Strawberry Raid, photo property of Melisende Fitzwalter.

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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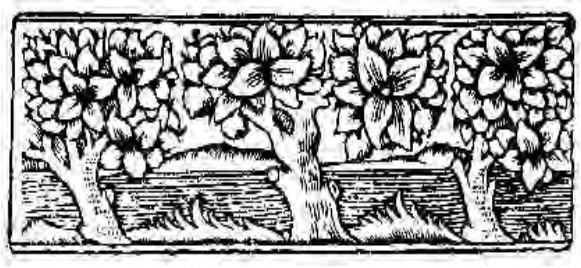
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chronicler.eplaheimr@gmail.com

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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.

Special Cluain Dir Day!

Galway Demo - Vox Orbis 23rd May 2026

As part of the St. Nicholas Coffee Concerts and part of the Galway Early Music Festival, the concert of Vox Orbis will include participation/demo from the SCA. The concert starts at 11am and the demo will start when the concert ends at 12:00pm, although people might like to attend the concert itself in garb (€10 ticket at the door).

More information to come

From Their Excellencies

Beannachtaí, ár gcairde dílse

Well, the sun has certainly been doing it's job lately! We hope that each of you have been keeping well and protecting yourself from the challenges that such unprecedented radiance may present.

We had a wonderful and productive time at Strawberry Raid in the lands of Dun in Mara, where we were delighted to witness not one but TWO peerage elevations – Our friend Master Aodhan Dhá Cheist of Dun in Mara to the Order of the Pelican for his tireless service, and the Barony's favourite mammy figure Máistreás Meadhbh Róis inghean Uí Chaoimh to the Order of the Laurel for her research and sharing of Irish foods and gardening (not to mention her extensive library).

A few short weeks ago We celebrated the half-way point of Our reign with Laochra Barúntacht, AKA Baronial Games. Yet again we were blessed in abundance by the presence of the Great Golden Eye bearing witness to the events of the weekend. We are grateful to Our new and returning champions, as well as the winner of this year's Poc Fada, Viscomte Etienne the Younger. May the Golden Sliotar bring you luck, and may we find some longer hurls for next year...

On the subject of elevations, We are overjoyed that Mistress Melisende Fitzwalter was presented with a writ to sit vigil for the Order of the Pelican at Kingdom University later this year. Anyone who knows her will share our delight in this, and We would love to see as many of you in attendance as possible.

With the turning of the seasons, the ranks of Our Baronial officers are also changing. THL Eplaheimr-jin Unegen has stood down as Our Seneschal after two consecutive terms, and in his stead We now have co-Seneschals. Mistress Melisende and Ildánach Órlaith Chaomhánach will be sharing the workload between them, and we look forward to working with them to make these lands even greater. We thank Unegen for all of his hard work in making Our lands flourish, and long may he enjoy his retirement from office.

As August looms, so too does the annual "Demo Season". We will start the month with Athlone River Festival from Friday 31st July to Sunday 2nd August, where we will participate in the Friday parade and have a stand below the walls of Athlone Castle. Later on and as part of National Heritage Week, We will also have a presence at Athenry Walled Towns Day on Sunday 16 th August, which will be Our first appearance in this locale. For more information on both, please do keep reading this issue!

In relation to these events we will be celebrating Lughnasa with a day-revel in Clara on Saturday where newcomers from the aforementioned demos can experience what we do in a more authentic setting. Your presence is invaluable at all of these events, and if We can help with this matter please don't be afraid to reach out. Better yet, if you would like to be part of an event team there are always many tasks that need willing volunteers!

Until next time - stay safe, trust Us on the sunscreen, and be excellent to each other!

Le meas agus céad míle buíochais,

Robert agus Fianna

Meet Máistreás Meadhbh Rós Ingeagh Uí Chaoimh, the newest Peer in Eplaheimr and Companion of the Order of the Laurel.

Máistreás Meadhbh is the second Peer and Laurel made since Eplaheimr became a Barony. She was elevated at Strawberry Raid V in Dun in Mara. The Annals catches up with her now that she has settled into her new status.

What title have you decided to use?

I'm keeping it nice and simple and just using Máistreás, and Irish title in keeping with our Barony

Your elevation was planned as a surprise, was that a positive experience?

Yes, I decided several years ago, that I wanted it to be a surprise should it ever happen, simply because I am usually a background person, in the kitchen for example.



Meadhbh with her household, at her elevation at Strawberry Raid
photo credit: Duchess Angharad Banadaspus Drakenhelf.

I decided it was less fuss and in fairness I like no fuss. The day vigil I absolutely loved and I remember saying that I like that instead of nighttime. I have a habit of celebrating big birthdays, the ones with a zero at the end, during the day rather than nighttime. My friends knows this.

What was the piece of advice you got that you remember the most and why?

To be who I am on the first day I joined.

I take this to mean that I was so excited to find people like me who had the same interests, love of the past and a society that I could grow old in and never be bored. The SCA has given me a 1000 hobbies and as many friends.

What stands out for you, from the whole experience?

The beautiful words people spoke about me. My 'isms' and sayings coming back at me in the speeches.

Meeting a Laurel in the vigil room who I once promised to cook for years ago - a group of three from Aarnimetsä who were extremely disappointed that there was no Irish medieval food. L have promised Irish food the next time we meet.

My experience at my vigil.

What stands out is the people who also travelled to speak and the love in the words of all.



Meadhbh's Elevation ceremony. Photo Credit: Eadbald æt Underbrycge

You have been elevated for cooking, specifically Irish cooking which is your primary interest. What aspect of it do you most enjoy doing and teaching most?

I love connecting the living history of cooking, using the time and place, the landscape, story and legends, trade and laws. Irish food connects people, culture and society.

I also love the experimental part and making other people excited about cooking Irish, Viking Irish, Gaelic, Dublin, Cook street Dublin, Tudor times in Ireland.

The ability to make an arguement and support it. We don't have recipes but we have laws, church rulings, myths and legends, account rolls, rent, myths and legends, brillant Brehon laws, annals and of course archaeology. Sharing this is my greatest pleasure.

Do you have any goals yet as a new Peer??

To continue to be who I am, share my knowledge and help others to become cooks on the island. To encourage others in their endeavours, to share my time.And as a peer - to be a good peer.

Do you have any goals yet as a new Peer??

To keep doing what you are passionate about. To stay focused and to share your passion with others.

I fell in love with Irish food which I kept doing, so keep going. Your passion belongs to you but do not be afraid to share, sometimes I was afraid to speak.

Simply put ,you own your journey. Keep doing what makes you happy.





Dispatches from the Court of the Ill Orga!

Court of Their Excellencies Fianna and Robert
At Court of Love

New Awards

Tuatha de Charbahd Oir (Service) – Lady Gertrude Hoode
Tuatha de Dheise (Sciences) – Lord Kier of Eplaheimr
Tuatha de Lunula (Arts) – THL Nemet Arpad

Court Business

Their Excellencies the Baron and Baroness of Eplaheimr opened their Court by gracious consent of Their Celestial Highnesses the Prince and Princess of Insulae Draconis who presided over the whole.

Their Excellencies had words for the assembled populace, welcoming them to the Baronial Games and the celebration of all fun things in Eplaheimr.

Their Excellencies then bade all newcomers to come forth. A visiting family from the Kingdom of Atlantia who were welcome visitors to our shores were duly welcomed and given tokens of thanks for their attendance.

Their Excellencies then called forth the Lady Gertrude Hoode and for that she has done great service to the Barony, Their Excellencies named her as one of the Tuatha de Charbahd Oir. This was done to great acclaim from the populace.

Their Excellencies then called forward the Lord Kier of Eplaheimr and named him as one of the Tuatha de Dheise for his work in the science of arrowmaking and all to do with Archery and the makings of such things.

Their Excellencies then called forward Their Champions who had served their year in office and thanked them for their service and support. They were then released from office.

The Baronial Seneschal had business before Their Excellencies Court. THL Unegen jin-Eplaheimr having served two full terms of office, being 4 years in total, was now stepping back from his role as Baronial Seneschal. Stepping into that position are two gentles sharing the role - Mistress Orlaith Ildanach and Baroness Melisende Fitzwalter. THL Unegen handed the Torcs of office to Their Excellencies, who then bestowed them upon the new officers who immediately swore fealty to Their Excellencies. An Abu was given for the outgoing and incoming Officers.

Their Excellencies called forward the Charioteers - those who provided or offered transportation to others, such that those others were thus able to attend the event. These generous gentles were given tokens of appreciation.

Here closed the Court of Their Excellencies Robert and Fianna of Eplaheimr

Report from the Feast Court

Their Excellencies reopened Their Court during the great Feast at Baronial Games.

Their Excellencies called forward those who had won the various Baronial Games and named them the new Champions for the coming year. These gentles were:
Archery: Lord Aethelstan Weaver
Fencing: Baron Etienne Fevre
A&S: Baroness Adele de Chaddwyke
Viscount Etienne was further acknowledged as being the winner of the Poc Fada (Long Puck), a competition that was energetically attempted by most of the populace as is right and proper.

Their Excellencies then called forth the members of the Event Team and their crew of helpers. They were duly thanked for their hard work and given tokens of appreciation.

Their Excellencies bethought themselves as to who They wished to gift the traditional Hero's Portion of this Event. There could be no other, and Master Aodhan Dha Cheist was thus lauded and recognised as such.

Their Excellencies then called forth THL Nemet Arpad and for the feasts that he provided for the delectation of all, They named him one of the Tuatha de Lunula. The Scroll was made by Her Excellency Fianna's own hand.

This closes the Feast Court of Their Excellencies Robert and Fianna of Eplaheimr.



This quarter in History

CE79 – August 24th, Vesuvius erupts and destroys the cities of Pompei, Herculaneum and Stabiae.

1192 – September 2nd King Richard I of England and Saladin sign the Treaty of Jaffe ending the third Crusade.

1268 – October 29th Conradin, last legitimate male heir of the Hohenstaufen dynasty of Holy Roman Emperors is executed by Charles I of Sicily.

1356 – September 19th English forces under Edward the Black Prince, defeat the French at Poitiers and capture French King John II.

1415 – October 25th, Battle of Agincourt sees Henry VI defeat a larger force with the use of the longbow

1492 – August 3rd Columbus set sail from Palos, Spain, with his 3 famous Ships: Nina, Pinta and Santa Maria.

1520 – September 30th Suleiman the Magnificent succeeds his father as Ottoman ruler, ruling till 1566.

1572 – August 24th, The St. Bartholome's Day Massacre in Paris and other parts of France, where Huguenots were killed by Catholics.

Source: historyplace.com, onthisday.com



What's On

Athlone Riverfest

31st July - 2nd August
Banks of Shannon by Athlone Castle.

Join in the Athlone Riverfest as the SCA sets forth their stall and invites the public to come and see what we do. Just come for one morning or for one day and bring a craft/activity to show off. Contact Viscountess Susannah for more details on:
callaghan.sue@gmail.com

Athenry Castle Demo

Sunday August 16th
Athenry Castle, Co. Galway

Cluain Oir is taking part in the Heritage Event in Athenry Castle on the afternoon of the 16th of August. Setup is from 10am, the event runs from 13:30 – 17:30. Bring a craft or other activity that you are happy to show off and talk about to the public!

Info & Booking

Lughnasa Fair

28th - 30th August
Clara Scout Den, Co. Offaly

A weekend of fun, market stalls, Fairground activities such asa beheading with axes (turnips not people!) in a country fair type atmosphere. This event will bt Pot Luck.

Until such a time as the website is updated, please contact the co-Seneschal Órlaith for more information: orlaithcaomhanach@gmail.com

Blogs and Vlogs



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

This Issue's Theme:
Camping Medieval-style

Handcrafted History
Want to live in a Medieval Tent?
https://handcraftedhistory.blog/

DeCaversham Household
Medieval Camp Cooking
https://thedecavershamhousehold.wordpress.com

Medieval Cookery
Making a Medieval Camp Kitchen
https://medievalcookery.blogspot.com

Rowantree Workshop
Make a Medieval Food cupboard for your camp
https://rowantreeworkshop.com.au

Battlemerchant
DIY your own Camp Accessories
https://www.battlemerchant.com/en/blog

Baronial News

Máistreás Meadhbh Róis inghean Uí Chaoimh was elevated to the Order of the Laurel at Strawberry Raid V, making her the second one since Eplaheimr went Barony. Abú!!

THL Unegen Jin-Eplaheimr has stepped down as Baronial Seneschal after admirably fulfilling two terms in office. The new Baronial Seneschals, sharing the role are: Mistress Órlaith Ildánach and Baroness Melisende Fitzwalter.

Baronial Directory



Barony

Baroness Fianna Rua Nic Mhathúna – baroness.eplaheimr@gmail.com
Baron Robert of Eplaheimr – baron.eplaheimr@gmail.com

Seneschal (Chairperson) – Mistress Órlaith Ildánach & Baroness Melisende Fitzwalter – seneschal.eplaheimr@gmail.com

Exchequer (Treasurer) – THL Meadhbh Rois Inghean Uí Chaoimh – exchequer.eplaheimr@gmail.com

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

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

Marshal (Combat activities) – Vacant – knightmarshal.eplaheimr@gmail.com

Uisneach Herald (Voice Heraldry) – Vacant
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 – sheriffeisciraírgead@gmail.com

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