

# THE NORTHERN SENTINEL



A PUBLICATION OF THE PRINCIPALITY OF TIR RIGH · KINGDOM OF AN TIR

MARCH 2026 · AS LX



A Royal gathering following Investiture Court at 12th Night. From left to right, Their Highnesses Summits, Seraphina and Finris; Their Majesties An Tir, Ulfgar and Juahara; Their Highnesses Tir Righ, Sina and Magnus; and Their Royal Excellencies of Tir Righ, Tanists Eduardo and Finn. Photo by Frank Eager

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## ROYALS OF AN TIR AND TIR RIGH

### King and Queen of An Tir

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crown@antir.org

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Princess Sina Erdeneva  
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### Heirs to the Storm Thrones

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## CHAMPIONS OF TIR RIGH

### Heavy Champion

*The Guardian of the Spear, The Scourge of Tir Righ;  
August Investiture*

Duke Ian Gower (Lionsdale)

heavy.champion@tirrigh.org

### Rapier Champion

*The Guardian of the Rapier, The Scar of Tir Righ;  
February Investiture*

Master Enoch Jacobsz van Zuidenland (Danescombe)

rapier.champion@tirrigh.org

### Archery Champion

*The Guardian of the Bow, The Scorer of Tir Righ;  
August Investiture*

HL Gunnar Stigandsson (Lions Gate)

archery.champion@tirrigh.org

### Thrown Weapons Champion

*The Guardian of the Axe, The Skeggøx of Tir Righ;  
June Coronet*

Lord Fergus "Rory" Cynericson (Lions Gate)

thrown.champion@tirrigh.org

### Arts & Sciences Champion

*The Guardian of the Book, The Scholar of Tir Righ;  
Arts & Sciences and Bardic Championships*

Mistress Yrsa Kettildottir (Seagirt)

artsnschi.champion@tirrigh.org

### Bardic Champion

*The Guardian of the Horn, The Skald of Tir Righ;  
Arts & Sciences and Bardic Championships*

Lady Sabina Blackwell (Danescombe)

bardic.champion@tirrigh.org

## Principality Land Acknowledgement

We acknowledge that the Principality of Tir Righ spans the traditional, ancestral, and unceded lands of many Indigenous Nations across what is now western British Columbia, northern Washington, the Yukon, and the Northwest Territories.

We honour the diverse First Nations, Tribal Nations, and Indigenous peoples who have stewarded these lands since time immemorial, maintaining deep cultural, spiritual, and ecological relationships with them.

We recognize their enduring presence, their resilience in the face of historical and ongoing challenges, and their vital contributions to the living history of these regions. We offer our respect to Elders past, present, and emerging, and extend that respect to all Indigenous participants and visitors who join us in our shared pursuits of community, craft, and historical exploration.

May our activities within Tir Righ be guided by gratitude, sincerity, and a commitment to learning from and honouring the peoples whose lands we are privileged to gather upon.

## UPDATE TO FIGHTING AUTHORIZATIONS

Please note these two important things that will affect all disciplines.

1. Initial authorizations now require 2 people to sign off on the new fighter.
2. The crown is no longer in the direct line of appeal.

The society has decided that all initial authorizations will require two people to sign off on any newly authorized fighter. One of those people must be a Sr marshal, the other person can be either a marshal or another fighter authorized in the discipline.

Fighters' renewals can be done with just a Sr marshal.

Why the change? To ensure the integrity of the authorization process is maintained. It also requires two people to take responsibility for the training of a person. So if you're a fighter or marshal who is authorizing someone, remember you bear some responsibility for that fighter.



Sir Duncan of Hartwood vs Lord Sergei Illyich of Seagirt at Hartwood's Buy-a-Life Tournament. Photo by Duchess Meagan

Removing the Crown from the direct line brings the marshallate in line with other offices, so it's not that big of a change. The Crown is not always a subject matter expert on every discipline and in the past in other kingdoms it has muddied the water. Now any appeal past the KEM or relevant deputy goes to society; the Crown is still in the loop when it comes to knowing what is going on but they can no longer override a marshal's decision.

Any questions should be directed to your Principality Marshal or their deputies

Submitted by Viscountess Gemma, Principality Rapier Marshall

## CALL FOR ARTISANS



Photo by Valka Wright

Wearing beautiful garb made by the talented artisans of our Principality is one of the true perks of serving as Royalty. HL Rosalind McAllister is leading the garb team for Their Royal Excellencies Finn and Eduardo, and preparations for the upcoming reign are already well underway. One of the first group efforts is a principality-wide project to create Tir Righ stars that will be added to Their stepdown garb.

Rose has prepared a star template and has several designs already traced onto linen, ready to be distributed to members of the populace who wish to participate. If you would like to contribute a star to this collaborative project and be part of adorning our future Royals, please join the Facebook group (<https://www.facebook.com/share/g/19b4ai2miJ/>) to get involved, to download your template and share your finished project.

## TIR RIGH EVENTS SCHEDULE

Please note that Their Highnesses have requested all new bids be submitted as two-day events to comply with Principality Law.

### 2026

February Investiture, February 21, Barony of Seagirt, Cowichan Exhibition Grounds

Tir Righ Scribal & Heraldic Symposium, April 11, Shire of Lionsdale, Atchellitz Farmer's Institute

June Coronet, June 5-7, Shire of Coill Mhor, Northwood Lodge and Resort

August Investiture, August 28-31, **Open For Bids**

Tir Righ Arts & Sciences and Bardic Championship, September 25-27, **Open For Bids**

November Coronet, November 6-8, **Open For Bids**

### 2027 – all events are open for bids

February Investiture, February 19-21

June Coronet, June 11-13

August Investiture, August 27-29

Tir Righ Arts & Sciences and Bardic Championship, September 24-26

November Coronet, November 5-7

Please contact the Event deputy for more information at: [events@tirrigh.org](mailto:events@tirrigh.org)

## TIR RIGH UPCOMING EVENTS

### Salon Artificum

Event Steward: Yrsa Ketilsdottir  
Event Date(s): March 7, 2026 9am–7pm  
Event site: The Hub at Cowichan Station, 2375 Koksilah Rd, Duncan, BC

This event offers a non-competitive opportunity to display your artistic abilities and receive valuable feedback and commentary from experienced artists/artisans in a relaxed atmosphere. Whether it be calligraphy, illumination, fibre arts, glass work, pottery, music or bardic we would love to have you. This also offers an opportunity for members of the populace to view and learn about a wide range of artistic pursuits and perhaps find a new and exciting rabbit hole to fall down. TUTR classes will also be offered. To reserve your table, please complete <https://forms.gle/pUriNKcgyK9YSf53A>

### Daffodil Tournament and Feast

Event Steward: Darnell  
Event Date(s): March 21, 2026 9am–10pm  
Event site: Cowichan Exhibition Grounds, 7380 Trans Canada Hwy, Duncan, BC  
Annual tournaments to choose heavy and rapier defenders followed by a feast

### Tournament of Roses

Event Steward: Gawain Gray  
Event Date(s): March 28, 2026 9am–8pm  
Event site: Peachland Community Center, 4450 – 6th St., Peachland, BC  
Danescombe's annual Tournament of Roses where we celebrate Inspirations and hold the shire Defenders tournaments for Armoured, Rapier, Cut and Thrust, Arts and Sciences and Bardic.

### Tir Righ Heraldic and Scribal Symposium

Event Steward: Adelheid Wyss  
Event Date(s): April 11, 2026, 9am–7pm  
Event site: Atchellitz Farmer's Institute, 6542 Lickman Rd., Chilliwack, BC

Welcome to the Tir Righ Heraldic and Scribal Symposium 2026! This biennial event, hosted this year by the Shire of

Lionsdale, offers a welcoming space for artisans and scholars to come together in the shared pursuit of heraldry and the scribal arts. A full day of classes will foster learning, creativity, and connection as we celebrate these enduring, time-honoured traditions side by side. Their Highnesses Tir Righ will also be present. More information will be added to the An Tir Calendar as we finalize classes and the schedule. We are looking forward to seeing you!

### Quest for the Golden Fleece

Event Steward: Sibán ingen Cianáin  
Event Date(s): April 17, 3pm until 3pm April 19, 2026  
Event site: North Thompson Fall Fair Hall, 693 Barriere Lakes Rd, Barriere, BC

Spring is here and our beloved Beaugard, the Fabulous Golden Fleece of Ramsgaard, is off on another adventure. Friends, the Shire is in dire need of a new Ram's Guardian to be protector to Beaugard on his journey. Come compete in the multiple challenges required to become Ram's Guardian! As well there will be an Arts & Sciences Competitions for the makers and performers and Martial Tournaments for the fighters and Ranged-Weapon Competitions. Don't forget the \*The Omnipresent Quiz Game!\* ... and so much more!

### St. Catherine's TUTR

Event Steward: Catherine Rose d'Evreux  
Event Date(s): April 25, 2026, 9am–5pm  
Event site: Evergreen Hall, 9291 Corbould St, Chilliwack, BC V2P 4A6

This event includes the following activities and/or services: Merchants, classes, Bardic activities and Arts & Sciences activities



### Sir Edward's Memorial Tournament

Event Steward: Li Yan  
Event Date(s): May 2, 2026 8am–7pm  
Site opens at: 8:00 am on May 2, 2026  
Site closes at: 7:00 pm

This is a Level 1 event.

### May Crown Tournament

Event Steward: Pompeia Rufina  
Event Date(s): May 15, 2 pm until May 17, 2026, 2 pm  
Event site: Grandview Country Park/ Yakima Valley Fair & Rodeo Grounds, 812 Wallace Way, Grandview, WA 98930

Prepare yourselves for an unforgettable weekend as May Crown returns to the Grandview Country Park / Yakima Valley Fairgrounds! This is your chance to fight in or witness the thrilling tournament that will determine the next Heirs to the Sable Lion Throne. Don't miss out on this celebration of tradition, skill, and pageantry! The weekend will include exciting activities for all ranges of interests, including Inspiring Arts and Sciences Classes, Equestrian events, Fighting of all disciplines, and Merchants. This is an event you won't want to miss. Come for the excitement, stay for the camaraderie, and experience the pageantry of An Tir like never before!

### Lions Gate Champions

Event Steward: Thorbjorn of Lions Gate  
Event Date(s): May 23, 2026  
Event Site: Warner Loat Park, 4212 Piper Ave, Burnaby, BC

Join the Barony of Lions Gate and friends as we find new baronial champions!

### Sealion War

Event Steward (Branch Seneschal): Jacomina van Vossenbrouck  
Event Date(s): May 29–31, 2026  
Event Site: TBD

Join us for the friendliest war of the year as the Barony of Lions Gate and the Barony of Seagirt battle it all out! More details including war points to come.

## CURRENT PRINCIPALITY JOB OPENINGS



We're currently looking for principality officers to join our team. If you're interested in helping out and taking on a more involved role, we'd like to hear from you.

### Office of the Chatelaine

The Chatelaine's office is currently vacant. It is responsible for introducing the Current Middle Ages to new or prospective members; for advising newcomers of the conventions of the Society, their Kingdom and branch; and for encouraging participation in the group.

Primary duties of this office include:

- Quarterly Reporting: Collect branch quarterly reports and submit one compiled report to the Kingdom Chatelaine.
- Support to branch Chatelaines: Providing training or simply responding to questions and requests that come via email.

If you are interested in supporting the Principality in this important role, please send an email to the Coronets, Seneschal, and Heirs (see page 2). Training and support to allow any interested candidate to succeed in this office is available.

### Governor of The University of Tir Righ

Governor of The University of Tir Righ (TUTR) is a major office in the principality. This position will become open in the fall of 2026.

The TUTR Governor provides administrative support and training to TUTR session stewards, who organize TUTR classes at events. This includes providing class lists and registration forms, setting up online pre-registration when desired, and maintaining a list of available classes and teachers.

TUTR classes are not limited to Arts and Science, but also include fighting and weapons courses, and classes in SCA organization and administration.

The TUTR Governor also makes recommendations to the Curia about what functions and services TUTR should provide, and what resources are needed to provide them.

If you think that you may be interested in this position and would like more information, please contact the current TUTR Governor, Einarr Karlsson, at [tutrgovernor@tirrigh.org](mailto:tutrgovernor@tirrigh.org).

### Office of the Webminister

This office oversees maintaining the Tir Righ website (currently in WordPress) and connections with and support for the Baronial and Shire webministers. This includes problem solving, collaboration, and staying in communication with the Tir Righ branches. You will have to collect quarterly reports from the Baronial and Shire webministers and report to Kingdom every quarter. Lease term is 2 years.

This office needs an organized person who is confident with technology. Knowledge of WordPress is a plus, although many resources are available. Knowledge of web design, web development, cPanel or ftp is a plus.

You can have a look at the An Tir Webminister Handbooks on this page: <https://antir.org/offices/kingdom-webminister/>

If you are interested in this position, or have questions, please contact us via [webminister@tirrigh.org](mailto:webminister@tirrigh.org).

### Silver Pillar Herald

Silver Pillar Herald is the primary protocol herald to the Principality. Responsibilities are as follows:

- maintaining the Order of Precedence SQL
- teaching the Precedence of Tir Righ
- submitting a quarterly report
- monitoring kingdom and principality sources to gather news that affects the OP of Tir Righ
- ensuring that all new Tir Righ Principality awards and their official descriptions are added to Principality Law.

To support the Road to Kingdom, preference will be given to candidates who are familiar with SQL, have a passion for Precedence, and experience supervising others. Training will be provided.

Interested parties for this position within the College should send an SCA resumé or equivalent CultureWiki link to the Silver Yale Herald at [herald@tirrigh.org](mailto:herald@tirrigh.org) by the 21st of February 2026.

## NOTA BENE

On January 10, 2026 Their Majesties, Ulfgar and Juahara, of An Tir issued the sanction of Exile from the Kingdom against Kevin Sass, also known in the Society as Bryn Fitz Savaric. This sanction precludes attendance or participation in any manner at any SCA activity, event, meeting, practice, or official gathering for any reason, at any time within the Kingdom of An Tir. This includes a ban on participation in officially recognized SCA social media sites, officially recognized SCA electronic email lists, and officially recognized SCA webpages for the Kingdom of An Tir and its branches.

On January 16, 2026 Their Majesties, Ulfgar and Juahara, of An Tir issued the sanction of Exile from the Kingdom against Jayson John, also known in the Society as Jayson of House Werner. This sanction precludes attendance or participation in any manner at any SCA activity, event, meeting, practice, or official gathering for any reason, at any time within the Kingdom of An Tir. This includes a ban on participation in officially recognized SCA social media sites, officially recognized SCA electronic email lists, and officially recognized SCA webpages for the Kingdom of An Tir and its branches.

## LAND ACKNOWLEDGEMENTS IN THE SCA

By Viscountess Tatiana Alexievna

Land acknowledgements are becoming an important practice within the SCA, offering a meaningful way to recognize the Indigenous peoples on whose lands we gather. This article provides an overview of why these acknowledgements matter, how they align with the SCA's values of courtesy, inclusion, and historical awareness, and how different regions within the Society approach them. By offering context, examples, and guidance, it aims to help members craft sincere, informed, and respectful acknowledgements that honour local Indigenous Nations and contribute to a more welcoming and conscientious community.

Land acknowledgements honour Indigenous peoples as the traditional stewards of the land and reflect the SCA's commitment to diversity, equity, and inclusion. They help create a respectful and welcoming environment, acknowledge historical truths, and encourage ongoing learning and action. Including them at events or in newsletters demonstrates sincerity and fosters stronger community connections.

The SCA does not maintain a global policy on land acknowledgements, but several regional branches, particularly within Australia, have adopted guidance on making meaningful acknowledgements at events. At SCA events in Lochac, it's standard for the event's presiding officer to deliver an Acknowledgement of Country. A typical statement is:

*“Good Nobles, we come here together in a spirit of fellowship, deepening of our skills, sharing of our knowledge, and a shared interest in the search to find truth through experimental archaeology and historical inquiry. It is in this context, on behalf of my Kingdom, we acknowledge the traditional owners of the lands upon which we gather. We recognise their continuing connection to land and culture and We pay Our respects to their Elders, past, present and emerging, and the Elders from other communities who may be here today ...”*

Lochac provides sample scripts and encourages adapting them to reflect the specific Traditional Owner group relevant to the event location.

The **DEI Officer Handbook** emphasizes fostering an inclusive, respectful environment aligned with justice, equity, and diversity principles. These include

acknowledging the histories and rights of underrepresented groups.

Land acknowledgements reflect the SCA's DEI values by honouring Indigenous peoples as traditional stewards of the land and fostering respect and inclusion at events and in communications. They can be simple in nature but should be sincere, and reflective of the local Nations by using specific names instead of general terms. It is important to research local Indigenous Nations for accuracy.

An Tir's DEIB officer, Baroness Genevieve de Longavalle, OP, says a land acknowledgment without action is performative at best. A good land acknowledgment is written with the Indigenous group whose lands are stood upon, acknowledging the past while restoring the future through active engagement.

### FAQ: Are Land Acknowledgements Political?

**Q:** Could including a land acknowledgment at an SCA event be considered political?

**A:** No. Land acknowledgements are not political statements – they are acts of respect. They recognize Indigenous peoples as the traditional stewards of the land and align with the SCA's core values of courtesy, inclusivity, and historical awareness.

**Q:** Why does it matter?

**A:** Acknowledging the land honours the history and ongoing connection of Indigenous communities. It helps create a welcoming environment and reflects our commitment to diversity, equity, and inclusion.

**Q:** How do we keep it non-political?

**A:**

- Use factual, respectful language.
- Avoid commentary on current policies or political issues.
- Focus on honouring culture and history, not advocacy.

*Example:*

“We acknowledge that we gather on the traditional lands of the [Nation(s) name]. We honour their enduring relationship

with this land and pay respect to Elders past, present, and emerging.”

## Templates

### Formal Event

“At this gathering, we acknowledge that we meet on the traditional lands of the [insert Nation(s) name]. We honour their enduring relationship with this land and pay respect to Elders past, present, and emerging. As members of the Society for Creative Anachronism, we commit to fostering respect, learning, and inclusion in all our activities.”

### Newsletter

“We recognize that our activities take place on the traditional lands of the [insert Nation(s) name]. We honour their history and ongoing connection to this land and strive to create a welcoming and inclusive community.”

### Social Media

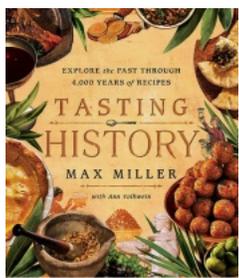
“We acknowledge the [insert Nation(s) name] as the traditional stewards of the land where we gather. We honour their history and culture and commit to fostering respect and inclusion.”

*This article was written by Viscountess Tatiana Alexievna, Chronicler of Tir Righ. For further information and questions about land acknowledgements in the SCA, please reach out to our Kingdom DEIB Officer via email: dei@antir.org*



# EAT THIS BOOK

By Tanist Eduardo Lucrezia



Book cover off public site

Max Miller, of YouTube fame (<https://www.youtube.com/c/tastinghistory>), made himself available for an interview with me for “Eat This Book”. We talked about his new book

*Tasting History: Explore the Past Through 4,000 Years of Recipes* by Max Miller with Ann Volkwein, Simon Element, 2023. I highly recommend it and hope that after reading this column you will share it with your friends and recommend it too! This book is an excellent addition to all reenactors’ libraries. Tasting History, the YouTube channel, has 1.71 million subscribers and 206 videos for you to explore\*. I would encourage you to use it as a supplement to this new cookbook. *Tasting History* the book pulls from the Web series, but there is plenty of new information to warrant a purchase. The book was released April 18, 2023 and it already has more than 300 reviews and a star rating of 4.9 on Amazon. It is also #1 on Amazon in its category\*.

*Tasting History* has five sections which are organized by place: 1) The Ancient World 2) The British Isles 3) Continental Europe 4) The Near & Far East and 5) The New World. It includes 64 recipes and, lucky for those of us who love pre-1650 recipes, 49 of them fit the bill! Each recipe includes the original text “from History”, along with some very interesting contextual comments and a modern recipe produced with the help of Ann Volkwein. Mr. Miller told me that, “My Patreon subscribers gave lots of feedback on the recipes I selected for the book and Ann would translate my notes, and their comments, into a cookbook style recipe”. The book also includes a preface and introduction with a brief, but good, guide to the more unusual ingredients from the recipes. All the recipes from the “Ancient World” section look delicious. The “Globi” recipe on page 34, adapted from Cato the Elder’s “De agricultura”, are cheesy dough balls with a honey and

\*As of when this column was written

poppy seed coating. They are first on my list of must try. More than half the recipes in the “British Isles” section are pre-1600. The recipes include some standards such as “Gingerbread” from the 14th Century cookbook *Curye on Inglysh*, “Tart de Bry” from the 1390’s cookbook *The Forme of Cury* and “Douce Ame” which is included below. A good two thirds of the recipes in the “Continental Europe” section are pre-1600 and include many delicious recipes like the “Pumpkin Tourte” which is also included below. The 9 recipes in the “Near & Far East” are all from the time period we research and some of the first redacted recipes from this place and time. Take some time and explore recipes from India, the Mughal Empire, China, Japan and more. Unfortunately, the “New World” section only has two pre-1600 recipes. But I will be trying the “Tamales” and the “Aztec Chocolate” immediately.

All the recipes in *Tasting History* are immediately accessible to the home cook. Mr. Miller told me he wants to make sure, “people will be able to make these dishes even if they don’t have access to a pipkin or other equipment.” He went on to say, “I want them to be able to make the recipes from ingredients from a modern grocery store. I want them accessible for a modern person, in a modern kitchen.” He more than hit the mark. Even some of the more esoteric ingredients (long pepper, galingale, garum, etc.) are now easy to source on the internet or at your favorite spice store.

I would be remiss if I don’t mention the illustrations which complement the material beautifully. Most of the recipes have full color, gorgeous photos of the finished dishes by Andrew Bui. Also included are photographs of pottery, marbles, paintings, woodcuts, etchings, manuscripts etc. which support the recipes included in the book. While *Tasting History* does not include a bibliography it does reference each original source used. The book also includes a comprehensive index which is helpful and easy to use.

During our discussion Mr. Miller said he started his YouTube channel as, “a creative outlet that was all my own.” He was inspired by the likes of Alton Brown and Bill Nye because there is “nothing more influential as a good teacher.” It should also be noted that the SCA is acknowledged in *Tasting History*. Mr. Miller told me his “first interaction with the SCA was when I was a little kid.” He writes in his book, “a huge thank-you to

all of you wonderful fellow food history nerds” and he thanks the SCA and other groups “who devote their life to keeping the past alive” and who “have done so much of the heavy lifting when it comes to research throughout the years”. We also talked about his process for creating both his YouTube segments and the book. He says he almost always “starts with the history. I find an interesting character or story and then find a recipe that tells that story. History is the main focus for me and the food is the way to experience it.” When the topic of where food history and historic cooking are going came up Mr. Miller said, “from the reception I have received I think food history is, and can be, more main stream. It can be just as interesting as tales of war and great men. Food history is more accessible and becoming more popular.” Let us all hope so!

I am so grateful to Max Miller for allowing me to share with you two recipes from his cookbook. I am also grateful our editor, Kendryth Filia Gerald, has allowed for an expanded version of “Eat This Book” this month so there is room to include them! During our chat I asked Mr. Miller what advice he would have for people who want to do historic cooking and he said, “Just get started. Make mistakes! Sometimes with historic cooking things don’t work out. Just do it, have fun.” You surely will have lots of fun with the recipes in *Tasting History*.

You will find the recipes on the following page.

*Before creating his “viral digital series” Max Miller was an employee of Walt Disney Studios where he worked in the marketing and film distribution departments. Born in California, he earned a degree at California State University in History. He currently lives in the Los Angeles area with his husband, Jose, and their two cats. Mr. Miller let me know that his passion for food and history will continue with more on his YouTube channel. If we are lucky there will be a second book too! Mr. Miller is still on his book tour. If you can catch him in person DO IT! Mr. Miller also has a Patreon site where you can support his work on a monthly basis. Check it out at <https://www.patreon.com/tastinghistory>. When I asked him about his favorite time and place in history he replied, “England and Normandy are my favorite from a history*

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standpoint, but there isn't really enough food information. From a food perspective I love whatever I am reading at the moment. I bounce around. But I do love England in the 13th and 14th century."



Author photo by Viscountess Tessina

"Eat this book" is a syndicated column which can be read in An Tir's Kingdom newsletter The Crier, Tournaments Illuminated and Tir Righ's The Northern Sentinel. It will help you build your food history library one or two books at a time. If you have a book, a country, or a time period you would like explored please write the author, [info@vastrepast.com](mailto:info@vastrepast.com).

Visconti Eduardo Lucrezia is a mid-15th Century Italian Renaissance Court and Kitchen Punk. He is obsessed with the food from the Iberian Peninsula, specifically the recipes of Martino and Platina. He is a Companion of the Order of the Laurel, Order of the Pelican and a Lion of An Tir. He is also currently the Tanist of Tir Righ.

David Huffman-Walddon owns a technology consulting company and a health and wellness business. He has written on food history for The Journal of Italian Food and Wine and Petits ProposCulinaires. He has given papers at the Oxford Symposium on Food and Cookery and the Renaissance Society of America. His weekly food history and tradition column, "The Vast Repast", was syndicated in Washington, Oregon, California and British Columbia.

The following recipes are copyright 2023 by Tasting History LLC.

## Featured Recipes

The first recipe I am sharing is found on page 139 of *Tasting History*. It is from Bartolomeo Scappi's *Opera dell'Arte Cucinare* and is one of Mr. Miller's favorites. It is also one of the first recipes for a new world food product, pumpkin is a post-Columbus European product. One of the best things about Max Miller's *Tasting History* is he includes the original recipe and the source for each of the recipes. If you have been reading this column you will know this is one of my "most important" traits in books I recommend for your library. Mr. Miller says, "Scappi's Recipes are great! You don't need to change much for a modern audience. He knew what he was doing!" Miller went on to say the "flavor palate of the past is what is important. I don't mess with the quantities. Scappi, for instance, is spice heavy. I don't change that."

**To Prepare a pumpkin tourte** without a shell. When the pumpkin is scraped, cook it in a good meat broth or else in salted water and butter. Then put it into a strainer and squeeze the broth out of it. Grind it in a mortar along with, for every two pounds of it, a pound of fresh ricotta and a pound of creamy cheese that is not too salted. When everything is ground up. Put it through a colander, adding in ten well beaten eggs, a pound of ground sugar, an ounce of ground cinnamon, a pound of milk, four ounces of fresh butter and half an ounce of ginger. Have a tourte pan ready with six ounces of very hot butter in it and put the filling into it. Bake it in an oven or braise it, giving it a glazing with sugar and cinnamon. Serve it hot.

## Pumpkin Tourte

MAKES ONE 9-INCH TOURTE

COOK TIME: 6 HOURS 30 MINUTES

### FOR THE PUMPKIN PUREE:

2 quarts (2 liters) beef broth  
or 2 quarts (2 liters) water

2 tablespoons salted butter

1 tablespoon kosher salt

1 (3 to 5-pound) (1.25 to 2.25 kg)  
pumpkin or squash (see Cook's Note)

### FOR THE FILLING:

1 cup (240 g) ricotta cheese

1 cup (225 g) mascarpone or cream  
cheese

6 large eggs

1½ cups (250 g) light brown sugar

2 tablespoons of cinnamon

4 teaspoons ground ginger

1 teaspoon kosher salt

½ cup (120 ml) whole milk

4 tablespoons (55 g) unsalted butter

2 tablespoons (30 g) salted butter

### FOR THE TOPPING:

1 tablespoon granulated sugar

1 teaspoon ground cinnamon

1. Preheat the oven to 350°F/175°C.

2. Make the pumpkin puree: Heat the beef broth or water with the butter and salt in a large pot over high heat. Chop the stem and bottom off the pumpkin, then slice the pumpkin in two. Peel each half and remove the seeds and any string bits. Cut the pumpkin into small pieces 1 to 1½ inches (2.5 to 3.5 cm) square. Once the broth or water is boiling, add the pumpkin and boil for 20 minutes or until easily skewered with a knife.

3. Strain the pumpkin into a colander, then mash or blend the pumpkin into a smooth puree. Place a fine-mesh sieve over a large pot and transfer the puree to the sieve and let the liquid drain from the puree for 5 minutes. You can gently stir the puree to release more liquid, but do not press the puree through the sieve.

4. Make the filling: Once the puree is drained, put it in a medium bowl and mix in the ricotta and mascarpone until smooth. Whisk the eggs separately, then add them to the bowl with the pumpkin and mix until fully incorporated. Add the brown sugar, cinnamon, ginger, and salt and mix. Finally, pour in the milk and the 4 tablespoons of unsalted butter and beat the mixture until smooth.

5. Melt the salted butter in a small saucepan over medium heat, then pour it into a deep pie pan or cake pan and roll it around the pan to coat the bottom and sides. Pour the pumpkin filling into the pan. Mix the sugar and cinnamon, then sprinkle it on top of the tourte.

6. Set the tourte on the middle rack of the oven and bake until the filling has puffed up and there is a slight wobble in the center, about 1 hour and 15 minutes. Turn off the oven and allow the cheesecake to stay in the oven to slowly cool for another 45 minutes. Then remove it from the oven and set it on a cooling rack to cool completely, about 4 hours. Do not cut the tourte until it is

fully cooled. If it is to be served warm, reheat it in a low oven for 15 minutes.

*Cook's Note:* The pumpkin will be used to make 2 cups of puree. Alternatively, use 2 cups (450 g) of canned pumpkin.

The second recipe is one I got to pick. It is from the *Forme of Cury*. It is a delicious and tasty chicken dish which will be familiar to the modern palate, is easy to make, but has a few twists that clearly anchors it as a Medieval dish. Again, the original and Mr. Miller's redacted recipe are included below.

**Douce Ame** – Take good cow's milk and warm it in a pot. Take parsley, sage, hyssop, savory and other good herbs. Chop them and add them to the milk and cook them. Take capons, half roasted, and cut them in pieces and add pine nuts and clarified honey. Salt it and color it with saffron and serve it forth.

## Douce Ame (Capon in Milk & Honey)

MAKES 4 SERVINGS

COOK TIME: 1 HOUR

2 to 3 pounds (1 to 1½ kg) chicken (or capon) cut into large pieces (legs and wings kept whole, breast and thigh cut in two or three pieces)

3 or 4 tablespoons extra-virgin olive oil or melted unsalted butter

2 cups (475 ml) whole milk

1 cup (235 ml) heavy whipping cream

½ cup (80 ml) honey

3 tablespoons chopped fresh parsley

3 tablespoons chopped fresh sage

3 tablespoons chopped fresh hyssop or mint

1 tablespoon dried savory

1½ teaspoons sea salt

Pinch of saffron

½ cup (50 g) pine nuts

1. Preheat the oven to 300°F/150°C.

2. Lightly coat the chicken in the olive oil or melted butter, then place the chicken, a few pieces at a time, in a skillet set over medium heat until lightly browned. Repeat until all the chicken is browned, then set aside, keeping any drippings in the pan.

3. In a small saucepan, combine the milk, cream, honey, parsley, sage, hyssop, savory, salt, and saffron and set over medium heat until simmering. Simmer for 5 minutes watching to make sure it does not boil. Add the pine nuts and the drippings from the pan the chicken was fried in, stir, and let simmer for 2 more minutes.

4. Layer the chicken in an oven-safe dish and pour the milk and honey mixture over it. Cover and set in the oven to cook for 30 minutes, or until the chicken is cooked through.

5. Remove from the oven and serve the chicken in the sauce.



## TIR RIGH ROAD TO KINGDOM

Unto the populace of Tir Righ, greetings from the Road to Kingdom Steering Committee.

I would like to take a moment to thank those of you who have reached out with offers to assist our subcommittees in these past months; many hands really do make the work lighter, and your time and talents are appreciated.

As you know, in November of 2025, we had a survey to determine how the populace felt about the journey to Kingdom, and the response was overwhelmingly positive. With your support, we have continued onto the next steps. In keeping with the desire to move forward – guided by the feedback of the populace – we have once again posted a survey, this time from our Road to Kingdom Heraldry subcommittee. This poll has only three questions, but they are vital and will guide the direction of the work that the Heralds of our Principality undertake. These questions ask for your input on our Name, our Arms, and our Awards. Once we have your feedback on these questions, there will be more specific polls in these areas to continue to guide us. I cannot stress enough how important it is for the populace to take a few moments and respond to these polls. Your answers will provide us with the fundamental base we need to move forward through this process with the wishes of the populace being our guide. Please visit this page for information: <https://tirrigh.org/rtk/>

I've had many messages from people across our Principality during these past months, which has been wonderful! I'm always

happy to answer questions or address concerns, so please keep bringing them. One of the most common questions I'm asked is "how can I help?" Not everyone has the time nor inclination to do committee work but there are other ways you can contribute. Filling out the polls would be one lol. Another would be taking on a Principality office. One of the concerns that I keep hearing is that Tir Righ doesn't have the officer core needed to be a Kingdom.... I don't believe that is the case at all. Obviously, we have the talent, as many of our citizens are holding Kingdom officer positions right now; and if new people were willing to step up, it would help immeasurably. I know that for many, it's an intimidating thought, but once you know what the office entails it really does demystify the job. Another option would be to become a deputy to an existing officer; it's a brilliant way to learn about the office and there is no obligation to take over the office when it becomes vacant. If anyone has questions about the different offices and would like someone to talk to about them, I am always happy to answer questions and find out the answers to those I don't know myself.

Within our Principality and, one day, Kingdom, we also have amazing Shires and Baronies, all of which are struggling to find officers and deputies, so please consider this option as well.

As always, I'm here to answer any questions and address any concerns. Please feel free to email me at [dcooking@shaw.ca](mailto:dcooking@shaw.ca) or via Messenger through Dawn Malin (Arianna).

# A MEDIEVAL CALENDAR

In the Middle Ages, time was braided into the rhythms of the Church and the changing seasons, creating a calendar that shaped every aspect of daily life. Feast days, fasts, and saints' celebrations offered a sacred structure that guided work, rest, and community gatherings, while the turning of the agricultural year, from planting to harvest, dictated survival. For medieval people, the passage of time was not measured by clocks or schedules, but by the ringing of church bells, the lengthening and shortening of days, and the cycle of holy observances that gave the year its pulse. These monthly calendars are included here in the hope of helping you, the reader, become grounded in the Middle Ages through the very rhythms and observances that shaped the lives of so many people at that time. The following excerpt has been used with permission from the author.

On the following calendar, major feasts are listed in **boldface**: these are the days that people would most likely have as holidays, although customs and terms of employment varied from place to place\*. In addition to the fixed feasts listed here there were two important holidays that varied from community to community. The first was the Dedication Day of the parish church (that is, the day of the saint to whom the church was dedicated), the other was Fair Day, since many towns had a certain day or days in the year when they were permitted to hold a fair. Fairs were most often held during the summer, but some took place during the winter months. Not every saint's day is listed in this calendar, and some that are listed were not necessarily very familiar outside of ecclesiastical circles.

\*These are based on the holidays listed in a Masons' Ordinance of 1474 [L. F. Salzman, *Building in England Down to 1540* (Oxford: Clarendon Press, 1952), 64-65] and on those mentioned in the journals of John Dernell and John Boys, two Norfolk carters of the early 15th century [*Norfolk Archaeology* 14 (1904), 125-57].

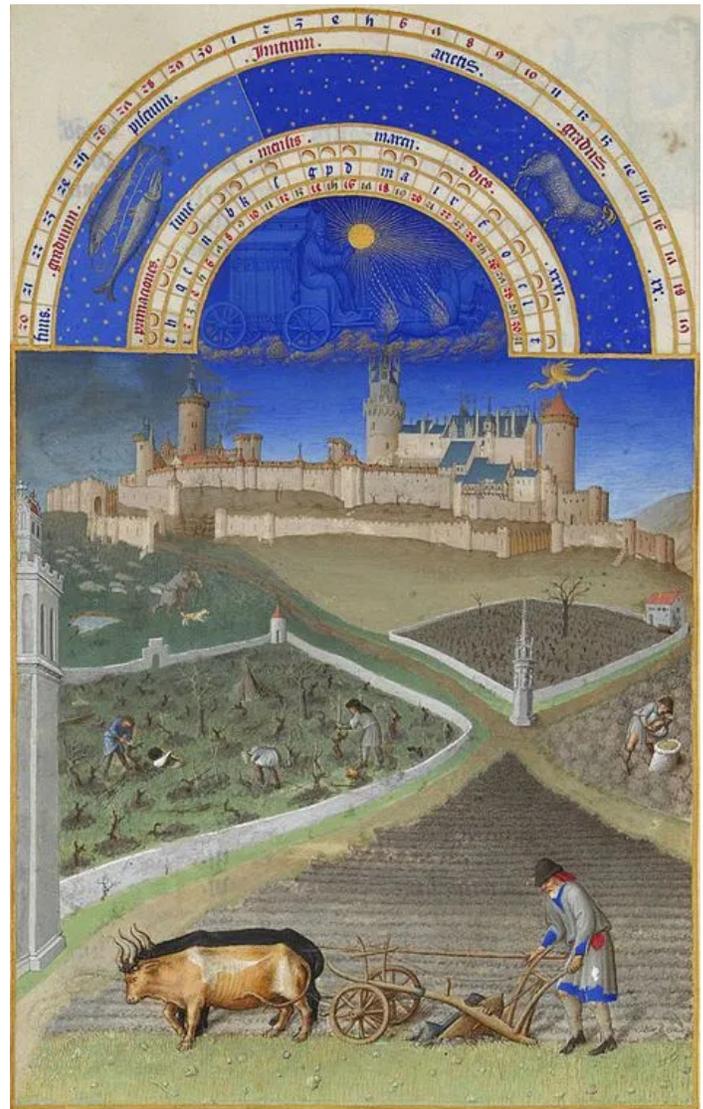
## MARCH

The work of planting the Lenten crops continued in this month; they were to be sown by Annunciation or Easter. Military campaigns tended to begin in March or April after the harsh winter weather had subsided. At about Easter time, the sheep were put out to their pastures once again.

- 1 *St. David.*
- 7 *Sts. Perpetua and Felice the Virgins.*
- 12 *St. Gregory.*
- 17 *St. Patrick.*
- 18 **St. Edward the King and Confessor.**
- 20 *St. Cuthbert the Bishop and Confessor.*
- 21 *St. Benet (Benedict) the Abbot and Confessor.*
- 25 **The Annunciation** (*Feast of Our Lady in Lent*).

In England the number of the year changed on this day.

- **Palm Sunday:** This day was one week before Easter. It commemorated the arrival of Christ into Jerusalem just before the Crucifixion: the parishioners would bear rushes or willow wands into church (palm leaves being hard to come by in medieval England).
- **Shereth Thursday:** The Thursday before Easter. This was traditionally a day for almsgiving.



– **Good Friday:** The Friday before Easter.

– **Holy Saturday:** The day before Easter.

– **Easter:** The date of Easter is variable because it is based on the Jewish calendar. This calendar follows the cycles of the moon rather than the solar year of the calendar we inherited from the Romans. Easter falls on the first Sunday after the first full moon on or after 21 March; if the full moon is on a Sunday, Easter is the next Sunday. This means that Easter comes between March 22 and April 25. Easter marks the end of Lent. It was commonly a quarter-day, on which one-quarter of the annual rent for a landholding was due.

– **Hocktide:** Hocktide consisted of Hock Monday (also called Rope Monday), Hock Tuesday (also called Hockday), and Hock Wednesday, the three days a week after Easter. Hocktide was apparently celebrated, as in later centuries, by the young men and maidens of the village catching people in the street with a rope and forcing them to pay a small ransom.

This piece has been reproduced with the gracious permission of the author, Jeffrey L. Singman. It is adapted from *Daily Life in Chaucer's England* (1995), part of the Greenwood Press *Daily Life Through History* series.

## TURNING INWARD: LENT

By Hawise le Wollemongere

Today, many people view Lent as that mysterious and seemingly interminable period between Mardi Gras and Easter. It's a time when, although the days are getting longer, the weather is still unpredictable and the days are often dark. I wanted to write about Lent because I feel that being familiar with it can give you insight into what a large part of the year was like for a Christian during medieval times. While we don't often act out the religious aspects of life in the SCA, this can help us understand more about our personas.

Lent was originally a season in the medieval agricultural year that lasted from Epiphany (January 6) to Easter. The word itself referred to the "lengthening"



of days and is from the Anglo-Saxon word for Spring. It was the time of year when the first "Lenten" crops were planted. The medieval church started to use the term "Lent" to describe a time of religious observation that took place between Shrove Tuesday (Mardi Gras), and Easter. This year, Lent starts on Wednesday, February 18 and ends on Thursday, April 2.

For Christians, Lent was a time of abstinence and religious penance, a turning inwards. Restrictions varied, but mostly included diet, and, according to some sources, sexual contact. On Ash Wednesday – the first day of Lent – the custom was to put ashes on one's head as a sign of penance. Ember Days (days for fasting of which there were four sets during the year) were even more strict during Lent.

Perhaps the most obvious part of Lent was the restriction on eating meat, poultry, eggs, and dairy. The number and size of meals was also decreased. As luck would have it, Lent coincided with a time of year when food was scarce anyway. The previous year's crops were almost gone, there was little yield in the dairy, and many people relied on root vegetables, dried fruits and what grain remained.

Fish was permitted during Lent and at other times of abstinence, as well as Fridays throughout the year, hence the familiar phrase "fish on Friday." Cooks in wealthy households got creative with fish and other ingredients that were available to them, providing their lord and his family with a varied diet far from the daily gruel of grains, peas, beans, and dried fruit consumed by the commoners during Lent. This creativity extended to eating beaver tails because, being scaly, they were obviously fish.

One of my favourite Lenten recipes is Lenten eggs, in which you replace the egg yolk and white with an almond filling, using the emptied egg shell as the serving vessel. Some of the earliest recipes contained fish roe, but I prefer almonds! Ember Days were days of particular fasting and penance; some occur during Lent, and some at other times of year. Below are websites at which you can find recipes for both Lenten eggs and Ember Day tarts, should you wish to try your hand at cooking a Lenten dish.



Lenten eggs with almond yolks, made from the recipe at the Coquinaria website. Hawise le Wollemongere photo

### Mock Eggs for Lent

<http://www.coquinaria.nl/english/recipes/12.2ahistrecipe.html>

Do visit the Coquinaria website for this recipe, as well as a lot of interesting information about cooking in past times. There is also a page dedicated to the author's cats.

### Tart in Ymbre Day

<http://www.godecooking.com/goderec/grec20.htm>

This article was originally printed in the Spring 2016 issue of the *Northern Sentinel*.

### References

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- Klemettilä, H., *The Medieval Kitchen: A Social History with Recipes*. Reaktion Books, 2012.
- Singman, J. and MacLean, W., *Daily Life in Chaucer's England*. Greenwood Press, Westport, Connecticut, 1995.

## AN TIR TWELFTH NIGHT



Clockwise from top left: In a touching moment, King Ulfgar II crowns His Queen Juahara II.

An Tir's new Bardic Champion is Morgan Woodsende of Hoghton.

Congratulations to the new Kingdom Equestrian Champion, Duchess Miranda Faoltiarna.

Newcomers approach the Thrones to be welcomed by Their Majesties at 12<sup>th</sup> Night.

Frank Eager photos



## AWARDS AND ORDERS IN THE PRINCIPALITY OF TIR RIGH

**Award recommendations:** To recommend someone for an award, please visit the An Tir website: <https://antir.org/our-people/award-recommendation/>, or email [prince@tirrigh.org](mailto:prince@tirrigh.org) and [princess@tirrigh.org](mailto:princess@tirrigh.org).

To check whether an individual has been awarded a certain award, please visit the An Tir Order of Precedence at <https://op.antirheralds.org/>.

### Armigerous Awards

#### Award of Arms (General)

*May be recommended by the populace*

The first level of armigerous rank awarded by the Crown generally to those who have become recognized integrated participants in the Society. The Crown of An Tir has granted Principality Coronets the privilege of bestowing AAs to subjects of Their Principalities in the name of the Crown.

#### Award of Arms (Specific Disciplines):

- Order of the Sanguine Thorn – AoA for Service
- Ordre de la Griffé et du Lion – AoA for Arts & Sciences
- Ordre de L'Esperon et du Lion – AoA for Martial Activity
- Order of the Sable Pheon – AoA for Ranged Martial Arts

### Service & Leadership Awards

*May be recommended by the populace*



#### Order of the Silver Wolf

*Badge: Azure, a wolf's head cabossed and a bordure argent*

First level service award; can be awarded prior to an AoA. A “we see you, keep going!” recognition.



#### Order of the Silver Pillar

*Badge: Azure, an Ionic pillar between two mullets of eight points argent*

Awarded for longstanding and continued service and exceptional contributions to the Principality. The highest Principality service award.



#### Order of the Cornucopia of Tir Righ

*Badge: Azure, a cornucopia effluent contourny maintaining a suspended mullet of eight points argent*

Awarded for continuous donations of time, treasure, and service in the creation of largesse, clothing for the Coronet, Principality scrolls, Principality regalia, and anything else created on behalf of the Coronet or Principality.



#### Order of the Silver Hand

*Badge: (Fieldless) On a mullet of eight points azure fimbriated, a hand argent*

Given for consistent and significant contributions and participation to the Principality for 20 years or more.

### Youth Awards

*May be recommended by the populace*



#### Order of the Silver Sparkes

*Badge: (Fieldless) A mullet of eight points azure estencely and fimbriated argent*

Awarded to children to recognize their chivalry, honour and service to the Principality, and to fan and nurture their potential.



#### Order of the Torch of Tir Righ

*Badge: Azure, in pale a mullet of eight points voided above the flames of a torch argent*

Awarded to youth for recognized service to the Principality.

### Inspiration Awards

*May be recommended by the populace*



#### Order of the Silver Heron

*Badge: (Fieldless) A heron azure maintaining a mullet of eight points argent*

Given to those individuals who enrich our lives by their display of an enthusiastic and exuberant joyful disposition. Those who bring great joy to the Principality and her people.



#### Order of the Amaranth of Tir Righ

*Badge: (Fieldless) An Amaranth azure*

Bestowed by the Tir Righ Companions of Valourous Estate and Companions of the Rose, to someone they respect and admire, and see as having a visible state of grace in our Society.

### Martial Awards

*May be recommended by the populace*



#### Order of the Hafoc

*Badge: (Fieldless) A Lisbjerg gripping-beast gules*

Awarded for excellence in promoting the growth of the martial areas within the Principality. The areas of steel, missile, heavy fighting, equestrian, marshalling youth combat, and rapier shall be considered of equal value.



#### Order of the Shattered Spear

*Badge: Argent, on a chevron azure a spear fractured argent*

Given to the fighter showing the most ferocity on the Coronet tournament field.

*continued on next page*

continued from previous page

## Arts, Sciences & Persona Awards

May be recommended by the populace



### Ordre de l'Etoile d'Argent

Badge: (Fieldless) A mullet of eight points argent within and conjoined to an annulet azure

Given for exceptional Arts & Sciences efforts done to further the Principality.



### Order of the Red Flame

Badge: (Fieldless) A flame gules

Awarded for persona development, encampments, clothing, and other ways that encourage and further the image of medievalism within the Principality.



### Order of the Silver Lyre

Badge: Azure, a mullet of eight points and a lyre conjoined by chains argent

Encompassing all forms of the bardic arts, the Silver Lyre is awarded for efforts to further the bardic arts within the Principality.

## Community & Welcome Awards



### Order of the Silver Wing

Badge: (Fieldless) In bend sinister a sinister wing argent conjoined to a mullet of eight points azure

Awarded for continuous service in the mentoring and guidance of SCA newcomers.

## Reign-Based Favours, Awards & Champion Awards

These are only given by the Coronets



### Order of the Raven of Tir Righ

Badge: (Fieldless) A raven rising sable maintaining in its beak a mullet of eight points azure

Traditionally awarded once per reign to an individual who embodies the ideals of the Society.



### Blue Lily

Badge: (Fieldless) A lily azure within and conjoined to a mascle argent]

Given by the Coronet to the inspiration of the fighter who finished second in the Coronet List of Tir Righ.



### Blue Spear

Badge: (Fieldless) A spear azure within and conjoined to a mascle argent

Given by the Coronet to the fighter who finishes second in the Coronet list.



### Guardian of Tir Righ

Badge: (Fieldless) On a saltire couped argent, four daggers points to center sable

Bestowed by the Coronet to Champions who have successfully fulfilled all the duties and responsibilities as Champion and abided by all laws and customs of a Champion of Tir Righ.



### Princess' Talon of Favour

Badge: (Fieldless) A bird's foot couped argent sustaining a hurt

Given by the Territorial Consort as a token of appreciation to those They have found of great personal aide in Their reign.

### Prince's Favour

[No badge registered]

Given by the Territorial Sovereign to those who have greatly aided Them during the reign.

### Coronet's Favour

[No badge registered]

Given by the Coronet to those who have provided significant assistance during Their tenure.

## TIR RIGH HERALDIC SUBMISSIONS

These Names, Devices, and Badges from Tir Righ were passed by the College of Heraldry as of the September and October 2025 Letters

### Tadhg mac Dubghall. Device



Per fess wavy Or and azure, a sea-dog rampant counterchanged.

Home Branch: Lions Gate

### Muireningenui Briain. Badge



(Fieldless) A clenched gauntlet maintaining a feather argent.

Home Branch: Hartwood

### Muireningenui Briain. Badge



(Fieldless) A triquetra per pale sable and argent.

Home Branch: Hartwood

### Alienor de Montserrat. Badge



(Fieldless) A four-lobed quadrangle cornice vert.

Home Branch: Hartwood

### Lia Westhill. Device



Argent, an oak tree fructed and eradicated proper, in chief three periwinkles purple.

Home Branch: Hartwood

## BRANCHES OF TIR RIGH



**Principality (Western BC & NW WA)**  
Seneschal: Mistress Desiree Aurelia Chiarestella  
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Tir Righ Deputy Seneschals:  
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Morweena goch Bengrych  
Yrsa Kettilsdottir  
Caemgen mac Garbith ui Andrais  
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<https://www.sca.org/wpcontent/uploads/2020/07/Bullying-Policy-April-2020.pdf>, <https://antir.org/offices/kingdom-seneschal/>



### SCA Officers and Contacts

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Fax 408-263-0641

Member Services Office, Registrar and Insurance:  
Louise Du Cray – ext. 202

### Quarterly Board Meetings

*Please note:* Unless otherwise noted, virtual quarterly meetings are held on Sundays. Live quarterly meetings are held on Saturdays to accommodate necessary travel. Saturday meetings will still be both streamed live and recorded for viewing later. All meeting dates are tentative and subject to possible change. Groups interested in hosting a meeting should contact the

Executive Assistant ([ea@sca.org](mailto:ea@sca.org)) for information on meeting requirements and how to submit a bid.

### Quarterly meeting tentative schedule:

*April 25, 2026* – Hybrid – Location TBA

*July 19, 2026*

*October 17, 2026* – Hybrid – Location TBA

### Society Seneschal

Stacy Hall  
Gwennodolynn ni hAilleachain  
[seneschal@sca.org](mailto:seneschal@sca.org)

### An Tir Kingdom Seneschal

Lærifaðir Phelan Tolusmiðr  
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### Ombudsman for An Tir

Director: Keith Howard (Baron Hengist Hawardessune, KSCA)  
[Seat F – October 2025 to April 2029]  
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Editor-in-Chief Viscountess Tatiana Alexievna



Hawise le Wollemongere, Deputy Editor