



The Murmurs

Unto Aquaterra, Bearwood, and other reaches of An Tir, do we Geirleikr and Zahra send our greetings and well wishes for the new year.

As our year begins anew we want to state that at every event We are camping there will be a baronial camp where all are invited to join. We will be sending out reminders through appropriate channels of when tent dimensions are due to us so that we may reserve enough space for all. Additionally when we have the baronial pavilion set up near the erics or war field, all are invited to find shade and hospitality.

We look forward to sharing another glorious year with you.

Geirleikr Vedrson hersir and Sheika Zahra bint al-Rammah

2020 Progress

March 21, 2020 - Sheika Zahra will be attending Feast of St Bubba in Wyewood

March 28, 2020 - Sheika Zahra will be attending Lyeceum in Glymm Mere

April 3-5, 2020 - Baroness War in Vulcanveldt. There will be a group camp & baronial pavilion will be set up.

April 18, 2020 - Sheika Zahra will be attending Madrone's A&S in Madrone

April 25, 2020 - Sheika Zahra will be attending Embers & Ambrosia in Blatha an Oir

May 2, 2020 - Geirleikr hersir and Sheika Zahra will be attending Sir Eddie's in Thornwood

May 15-17, 2020 - May Crown in Vulcanveldt. There will be a group camp & baronial pavilion will be set up.

May 29-31, 2020 - Boars Hunt!



Photo credit: Jessica Pearson

Upcoming Events for 2020

Boar's Hunt – May 29th – 31st, 2020 – Granite Falls,
WA

Event Steward: Lady Camilla

Champions – August 21st – 23rd, 2020 Granite Falls,
WA

OPEN FOR BIDS

Banner War – September 11th-13th, 2020 – Granite
Falls, WA

OPEN FOR BIDS

An Tir Collegium – November 13th-15th – Everett,
WA

Event Steward: Lady Elizabeth Pendarvis

Good Yule – December 5th, 2020 – Stillaguamish,
WA

OPEN FOR BIDS

Many thanks to Armin Elfsten for continuing to provide us with delicious period recipes to try!

Cherry Yule Gröt

Gröt or porridges were a staple of the Viking diet and probably eaten on a daily basis. There are countless combinations and regional variations of both sweet and savory gröts. This is a healthy Viking Age dessert option. Made with ingredients available in the winter. Sweet and tart flavors that make a good addition to your holiday table. The cherries of the time were sweet cherries. Super simple to make and also is fantastic for breakfast.

2c dry sweet cherries

2 qt black cherry juice or whey from making skyr. (I like a 1 to 1 ratio if possible)

2c pearl barley (can sub steel cut oats for gluten free option)

Pinch of salt

4T butter

1c crushed hazelnuts

2c plain skyr (can sub Greek yogurt or chevre)

Honey to drizzle

Add the cherry juice and dried cherries to a pot. Bring to a boil over medium heat (important so the cherries have time to plump).

Add pinch of salt, butter, and barley/oats. Stir until it returns to a boil.

Put on a lid, reduce heat to low, put a lid on it, do other things for 45 mins.

After the 45 minutes, give it a stir. Serve topped with skyr, hazelnuts, and a drizzle of honey.

Serves 8 for breakfast, 16 as a side dish.

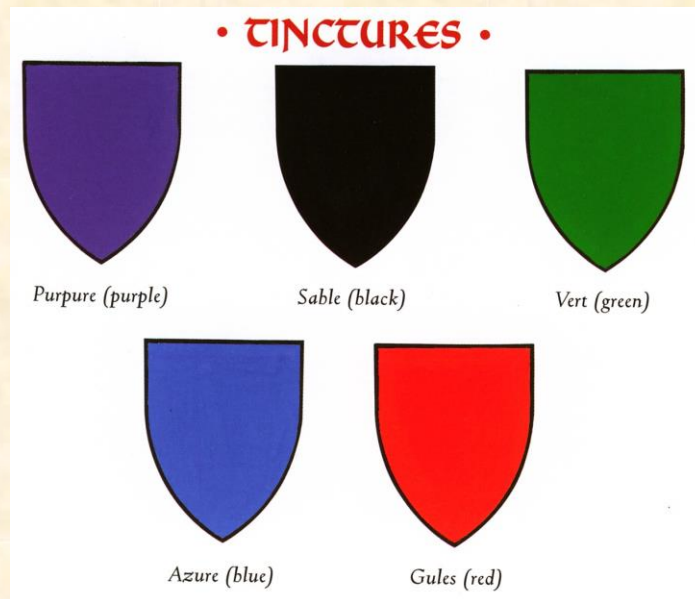
Armin Elfsten

James Bushell 2019 james@vikingcuisine.com

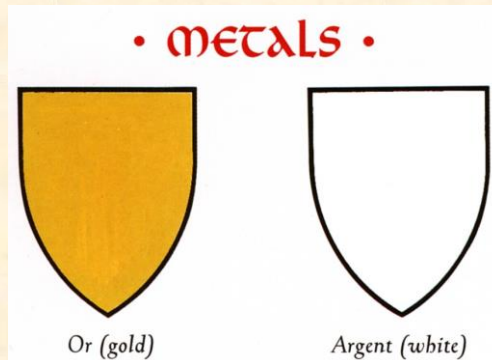
SCA Heraldry – Tinctures

Courtesy of our Gorges Herald, Biørn Atlason
(Images courtesy of Susan Laflin)

Within SCA Heraldry we have primarily 7 tinctures (excluding furs) that are permissible. These are the two metals argent (which is white or silver), Or (which is yellow or gold and when blazoned is capitalized), and the 5 colors sable (black), vert (green), gules (red), purpura (purple) and azure (blue).



SENA requires that charges have suitable contrast between themselves and the fields or ordinary that they are placed on. For contrast a metal must be placed on a color and a color must be placed on a metal, with either being able to be placed onto a neutral field that does not use the tincture of the charge.



Some examples would be: Argent, a lion rampant sable (color on metal). Sable a moon in her plenitude argent (metal on color). Per fess argent and sable a sun in its splendor overall Or (metal on neutral)

Next time we will discuss furs.



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Baron Geirleikr Vedrsdon Hersir
Baroness Sheika Zahra bint al-Ramma
Chatelaine: HL Arianne of Falconmoore
Webminister: Lady Birsa of Aquaterra
Chronicler: M'lady Michelle of Aquaterra



Canton of Bearwood Contact Information

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If you want to provide content for the Newsletter or Supplement, here are all the forms you may need and an FAQ!

Models in portraits -

<http://www.sca.org/docs/pdf/ReleaseModelFillable.pdf> Photographs -

<http://www.sca.org/docs/pdf/ReleasePhotographerFillable.pdf> Other

Creative Works -

<http://sca.org/docs/pdf/ReleaseCreativeFillable.pdf>

FAQ -

<http://www.sca.org/docs/pdf/ReleaseFormsFAQsWEB.pdf>

These are all PDFs with fillable blanks. You can either sign and scan or use an e-Signature (YouTube has some great videos for creating a digital signature).

Laflin, Susan. "Project No: 6." Project No: 6,

<https://www.cs.bham.ac.uk/~slb/StudentProjects/project6.html>.