



Elfsea Tidings

The Official Newsletter for the
Barony of Elfsea

Eighth Monthly Publication
September 2024
Being AS LIX

Table of Contents

A Message from Their Excellencies	3
Words from Elfsea Officers	4
Words from Guild Principals	6
The Bibliotheque	
Book Reviews for the Barony	8
Calendar of Continual Gatherings in Elfsea	9
Officer and Guild Principals	10
Upcoming Events	11
SEPTEMBER 2024	12
OCTOBER 2024	13
November 2024	13
Credits and Disclaimer	15

A Message from Their Excellencies

Greetings Elfseal

This past month has been a good one! With the help of the financial committee, we have completed the transition of goods from the dissolved Canton of Dragonsfire Tor into Elfsea Baronial storage. Thank you so much to our financial committee and chamberlain! It was hard work in the heat but we did it! Also, special thanks to Rande, he was not part of the financial committee but came to help anyways.

It was wonderful to see so many of Elfsea's populace out and showing support for our neighbors at Glaslyn Artisan!

At this past populace meeting, new regalia for the landed nobles of Elfsea was passed. His Excellency Aldric de Kerr will be creating leather mugs with metal inserts for the landed nobles of Elfsea. We are very excited for these new field mugs! We were also pleased to have a vote for a new member of the financial committee. Lady Elina will complete her service to the committee in October at which time His Excellency, Master William, will take her position. Thank you both for your service!

We are also very excited to announce that Door Prizes for populace are in full swing!

Here's how it works:

Send His Excellency Absolon an image of your personal heraldry, registered or not, it does not matter to Baron@Elfsea.Ansteorra.org

His Excellency will then laser cut a small wooden disc with your arms on it.

Come to populace to have your disc put into the bag and then a drawing will occur. There will be 2 prizes for 2 winners! The first winner will be the good gentle whose heraldry it is, and the second prize will go to the first person that can identify the owner of the heraldry!

Email your heraldry to:

Baron@elfsea.ansteorra.org

We are greatly looking forward to Elfsea Baronial College and we hope to see you there!!

Respectfully,

Absolon and Silvana

Words from Elfsea Officers

Herald

From Lord Eínarr Thorbjarnarson, Nautilus Pursuivant to the Barony Of Elfsea, greetings!

Let me say that it was great to see new folks at the populace meeting, both new comers and returning folks. It was great to see new people at our meeting, we are all happy to see you! For those who do not know, I'm the local Herald. My office has many duties, but one that I love the most is helping people register a name and device. One of the most fun parts of getting started, at least for me is picking a persona. My job is helping you document and register your name, so it is YOURS and yours alone and device, commonly known as a coat of arms. I am available through Facebook and the office email, herald@elfsea.ansteorra.org. Let's chat! I'm happy to help in anyway I can get you started in our group.

In service,
Ld. Eínarr.

Ld. Eínarr Thorbjarnarson

Nautilus Pursuivant
Barony of Elfsea

Chronicler

Greetings Elfsea,

Thank you for the opportunity to serve the Barony in this fashion. If you would like to submit articles for the next newsletter please feel free to email me at chronicler@elfsea.ansteorra.org. Submissions are due the 28th of the month for inclusion in the next month's newsletter.

As per Section II subsection B of the Ansteorran Chronicler's Handbook:

"Local Branch newsletters may not publish any of the following:

- 1) Personal attacks on individuals or groups
- 2) Harsh criticism of the behavior of individuals or groups
- 3) Copyrighted material used without permission
- 4) Use of racial or religious stereotypes
- 5) Offensive words, phrases or images
- 6) Any material that shows the SCA (at any level) in a bad light
- 7) Any article or statement that politicizes the office
- 8) Paid advertisement (only Corporate publications such as Kingdom newsletters and Tournaments Illuminated can accept paid advertisements).
- 9) Non-paid advertisements. Event announcements, notices of revels, parties and nonofficial events are acceptable. Advertisements that are not directly Society related are not acceptable.
- 10) Information about an individual or group divulged without consent."

Please include whichever of these release forms would be pertinent to your submission.

These forms are fillable PDFs; they can also be printed off and completed by hand

- [Creative Work Assignment / Grant of Use Form](#)
- [Model Release Form](#) (for subject in a photograph)
- [Combined Model Release Form](#) (for subject in multiple photographs)
- [Photograph Grant of Use Release Form](#)
- [Photographer/Videographer Release Form](#)
- [Technology Contributor License Release Form](#)
- [Personal Data Publication Release Form](#)

Yours in Service,
Thora Olafsdottir

Words from Guild Principals

FELLOWSHIP OF PRACTICAL COOKERY



We are the official Cook's Guild for the Barony of Elfsea. Our Facebook page is:

<https://www.facebook.com/groups/569349923192086/>

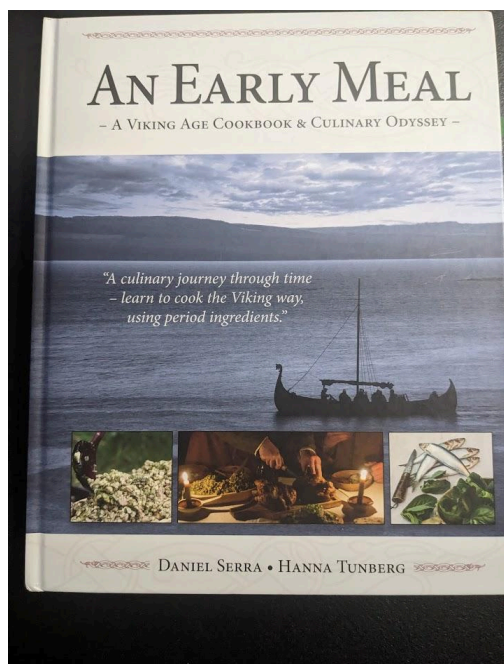
We meet quarterly for afternoon cooking events to apply the practical aspects of our research through open fire and coals.



Joining our Facebook group will give you access to other members of the Fellowship as we share our research and schedule our cook days.

The Bibliotheque

Book Reviews for the Barony



An Early Meal

A Viking Age Cookbook & Culinary Odyssey
A Review by Master William Palfrey, O.P.

An Early Meal is another must-have for historical cooks especially those focused on Viking age cooking. It is written by Daniel Serra and Hanna Tunberg, both culinary archeologists.

A struggle with the study of Viking age food is the lack of documentation. Viking age meals might be referenced but there is a lack of period recipes. The culinary researcher has to sort through archeological finds, academic papers and experiment with different techniques. This results in plausible dishes; something that could have or likely did exist. The recipes in this book are plausible.

Serra and Tunberg explore Scandinavia and do not limit themselves to just the main peninsula. They provide recipes from several different locations ranging from Birka in the East, Lofoten in the North, Hedeby on the continent and Jorvik in the West. The first thirty pages or so are dedicated to what was eaten, how it was prepared and how it was eaten.

The rest of the book discusses how the recipes were determined – research, trial and error – and the recipes by location. One of the things I like best about this is that Serra and Tunberg took season and location into consideration. Lofoten in the far northern coast of Norway had resource limitations. Cod was a primary source of protein along with other sea-life. Grains were limited to barley often with poor yields. The landscape did allow for the cattle, sheep and goats of which milk and its various by products were vital to the health of the culture. The recipes associated with Lofoten were built with these realities in mind.

Contrast this with the trade cities of Hedeby and Jorvik. Spices, vegetables and other products were available to the citizens of these areas that would have been expensive or hard to obtain by the people of Lofoten. There would also have been a diversity of dishes given their proximity to other societies.

An Early Meal is one of the more expensive cookbooks in a historical cook's collection. Daniel Serra is considered an authority on Viking Age food by museums and re-enactors. Hanna Tunberg has a master's degree in medieval archeology and has led workshops on historical cooking. This book is referenced throughout the Viking-age re-enactor community. Familiarizing yourself with these recipes will provide a basis for your own plausible recipes.

Calendar of Continual Gatherings in Elfsea

<https://ansteorra.org/elfsea/calendar/>

What	When	Where
Officer's & Populace Meeting	4th Monday 7pm Monthly	All Peoples Church Unitarian Universalist 1959 Sandy Lane Fort Worth, TX 76112 (817) 451-1505
Fighter Practice	Wednesday 7pm Weekly	Generations Park at Boys Ranch 2312 Lakeview Dr Bedford, 76021
Archery Practice	2nd & 4th Sunday 2pm – 6pm Monthly	Sokol Fort Worth 6500 Boat Club Rd, Fort Worth
Scribal Guild	*Check Facebook for upcoming meetings.	*Check Facebook for upcoming meetings
Fellowship of Practical Cookery	*Check Facebook for upcoming meetings.	*Check Facebook for upcoming meetings
Clothier Guild	*Check Facebook for upcoming meetings	*Check Facebook for upcoming meetings
Gardening Guild	*Check Facebook for upcoming meetings	*Check Facebook for upcoming meetings

Officer and Guild Principals

Office	Who	Email
Baron	Absolon of Hereford	baron@elfsea.ansteorra.org
Baroness	Silvana Corwin	baroness@elfsea.ansteorra.org
Archery Marshal	Open for Application	archery@elfsea.ansteorra.org
Chamberlain	Caelin on Andrede	chamberlain@elfsea.ansteorra.org
Chronicler	Thora Olafsdottir	chronicler@elfsea.ansteorra.org
Clothier's Guild	Gwenfrewi ferch Llewella	
Exchequer	Caelin on Andrede	treasurer@elfsea.ansteorra.org
Fellowship of Practical Cookery	William Palfrey	
Gardeners Guild	Floria Blackdragon	
Hospitaller	Elina Ljufvinudottir	hospitaller@elfsea.ansteorra.org
Knight Marshal	Rande Robertson	martial@elfsea.ansteorra.org
Minister of Arts & Sciences	Sigmund Ulfsson	moas@elfsea.ansteorra.org
Minister of Children's Activities	Open for Application	
Nautilus Pursuivant (Herald)	Einar Thorbjarnarson	herald@elfsea.ansteorra.org
Principal Scribe	Floria Blackdragon	
Rapier Marshal	Tomás Niállagáin	rapier@elfsea.ansteorra.org
Seneschal	Gwenllŷan verch Wilkin	seneschal@elfsea.ansteorra.org
Social Media Officer	Taty Toledano	social-media@elfsea.ansteorra.org
Webmaster	Thomas Grey	webminister@elfsea.ansteorra.org

If you are interested in holding an office in the Barony of Elfsea, contact the Seneschal, Baron, and Baroness via email.

Upcoming Events

Seribal Text Competition

YOUR WORDS WANTED!

At the Invitation of Their Highnesses Jean Paul and Gilyan

Their Royal Highnesses are looking for new, unique scroll texts to adorn and enliven the awards of the kingdom beginning in the upcoming reign!

1. ENTRY INFORMATION

Who Can Enter? Anyone! No experience necessary. Have you ever thought of something you thought would sound great being read up in court? This is your change to provide new ideas!

How many texts can I enter?

There is not a limit. You may submit multiple entries, though there will only be one official prize winning entry.

What is the Entry Period?

Entries are open now! They are due by **Oct 1st**

What do I submit and where?

Your entries should be submitted as an email containing all of the scroll texts you wish to submit, typed. Include a Kingdom Publication permission form giving rights to use the text over to the Ansteorran College of Scribes.

Send to: trh@coronet.ansteorra.org and star-signet@herald.ansteorra.org

2. WHAT AWARDS ARE INCLUDED?

This competition is for texts for Ansteorra's Grant Level awards.

Iris of Merit
Star of Merit
Blade of Merit
Centurion of the Sable Star
Arc d'Or
Golden Lance

BE SURE TO FOLLOW THE
GUIDELINES FOR ENTRY!

3. TEXT GUIDELINES

The Text should include: A reference to the crown giving the award, a reference to the person receiving the award, the name of the award, and the location, day, month, and year the award is being given.

Beyond that, the text should reflect the nature of the award. Be inventive, creative, and enjoy composing words that others will love hearing in court!

Please use creative but number-and-genderless terms when referring to the Crown (for example: "Stellar Crown of Ansteorra" "Enchanting Crown of Ansteorra"... etc). This will permit texts to be usable for multiple reigns.

4. WINNER AND PRIZES

The Winner will be announced at Coronation in October.

Prizes TBD! More information coming.

SEPTEMBER 2024

SEPTEMBER 07
ELFSEA BARONIAL COLLEGE
Activities:Arts & Sciences
Group:Elfsea

SEPTEMBER 12
KINGDOM SENESCHAL OPEN OFFICE
Type:Online Event/Meeting

SEPTEMBER 14
KINGDOM ARTS AND SCIENCES
14410 FM 1346 St Hedwig, TX 78152
Progress:Crown,Heirs
Circles:Centurions
Type:Kingdom,PED

SEPTEMBER 15
HOSPITALER OPEN OFFICE
EVERY MEMBER A HOSPITALER!
Type:Activities, Demos, Open Office Hours, etc,Online Event/Meeting

SEPTEMBER 20-22
RAVEN'S FORT - DEFENDER OF THE FORT
Progress:Crown
Group:Raven's Fort
Type:PED

SEPTEMBER 21
MOONESCHADOWE'S TRADE DAY
Progress:Heirs
Group:Mooneschadowe
Type:PED

SEPTEMBER 27-29
FFYNNON GATH - WAR OF AGES
Progress:Heirs
Group:Ffyntnon Gath
Type:PED

SEPTEMBER 27-29
ROSENFELD CHAMPIONS
"BEADS, BAUBLES AND STRING"
Progress:Crown
Group:Rosenfeld
Type:PED

SEPTEMBER 28

INTERNATIONAL FESTIVAL DEMO

501 NW Ferris Ave, Lawton OK, 73507

Activities:Arts & Sciences,Chivalric,Cut and Thrust,Dance,Rapier

Group:Eldern Hills

OCTOBER 2024

October 04-06

Namron Protectorate and Kingdom Coronation

Progress:Crown,Heirs,Vindheim Coronet

Group:Namron

Type:PED

October 15

Hospitaler Open Office

Every member a hospitaler!

Type:Activities, Demos, Open Office Hours, etc,Online Event/Meeting

October 18 - 20

Bjornsborg's Fall Event - Danse Macabre

Group:Bjornsborg

Type:PED

October 25 - 27

Eldern Hills - Samhain

Progress:Vindheim Coronet

Group:Eldern Hills

Type:PED

October 25 - 27

Seawinds - Defender

Group:Seawinds

Type:PED

November 2024

November 01-03

Vindheim Missile Academy II

508 N. 5th St Guthrie, OK 73044

Progress:Crown,Vindheim Coronet

Group:Namron,Wiesenfeuer

Type:PED

November 01-03

A Toast to Absent Friends: A Día de los Muertos Event

6785 FM 111, Deanville, TX 77852

Progress:Crown

Activities:Archery,Arts & Sciences,Bardic,Chivalric,Feast,Period Gaming,Rapier,Thrown Weapons

Group:Shadowlands

November 09

Queen's Champion

Progress:Crown,Vindheim Princess

Circles:Order of Defense,White Scarves

Type:Kingdom,PED

November 15-17

Bryn Gwlad Fall Baronial

2220 FM 466, Seguin, TX 78155

Progress:Crown

Activities:Archery,Camping,Children's Activities,Chivalric,Classes,Feast,Quiet Room,Rapier,Youth Activities

Group:Bryn Gwlad

November15

Hospitaler Open Office

Every member a hospitaler!

Type:Activities, Demos, Open Office Hours, etc,Online Event/Meeting

November 21-24

Bordermarch War of the Rams

Progress:Vindheim Coronet

Circles:Centurions,Chivalry,Golden Lance

Group:Bordermarch

Type:PED

Credits and Disclaimer

Officer Contact Information

Elfsea Website: <https://ansteorra.org/elfsea/officers>

Baronial Images

Elfsea Website: <https://ansteorra.org/elfsea/officers>

Kingdom Images:

Ansteorra Website: <https://ansteorra.org/>

Photo and Creative releases on file.

Thank you to all of the individuals that contributed to the content of this monthly newsletter. If you wish to submit SCA related content for the Elfsea Tidings, please email the Elfsea Chronicler at chronicler@elfsea.ansteorra.org

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