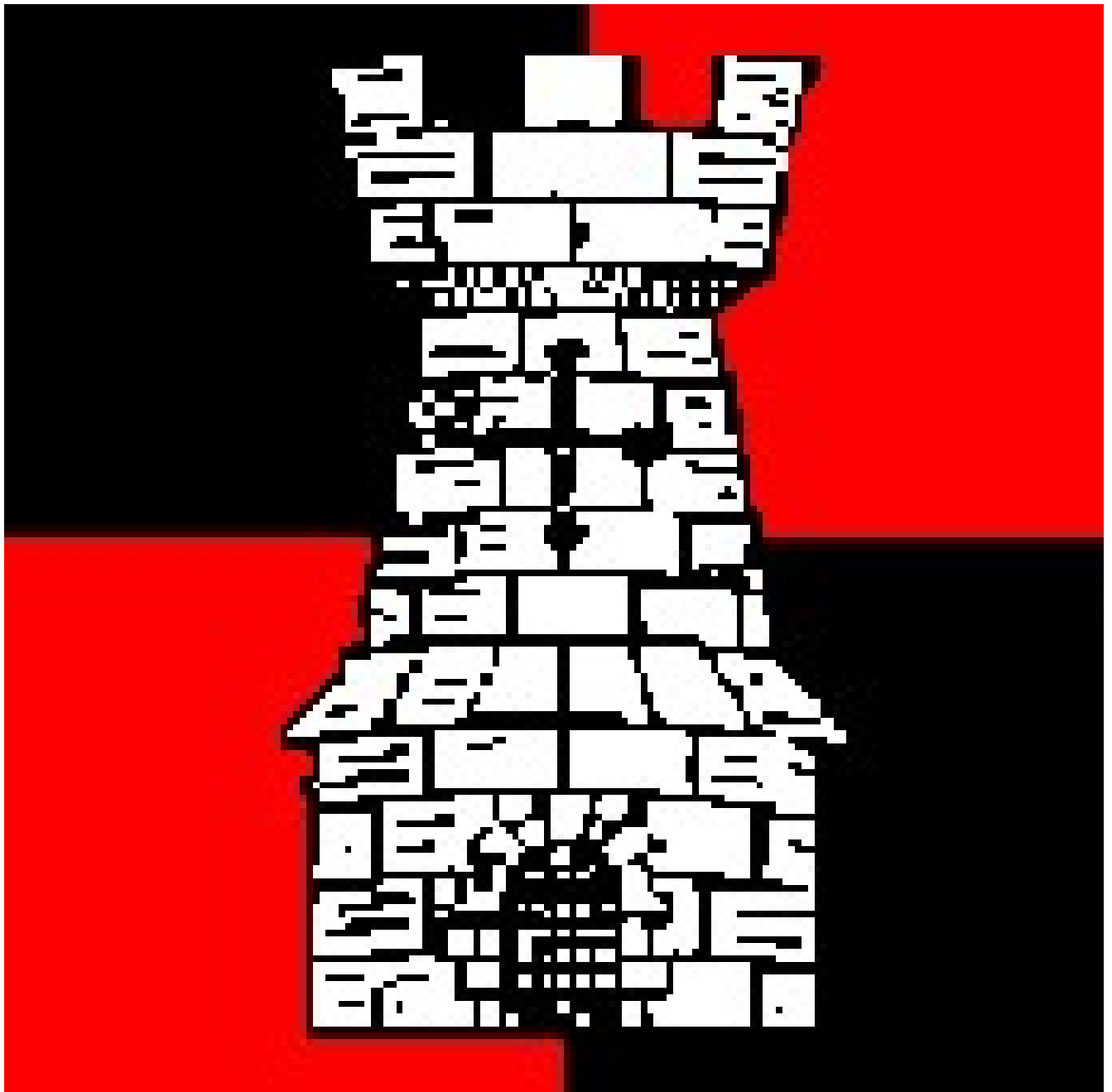
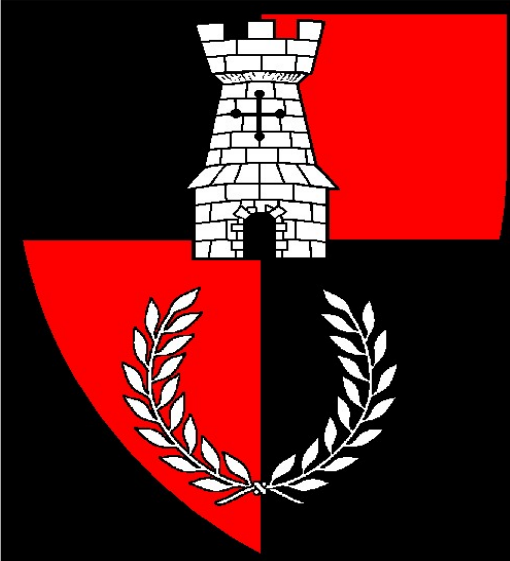


# The Banner

July 2020 A.S LIV

Volume 31 Issue 07





## Welcome to the Barony of the Lonely Tower!

Greetings and warmest wishes to all who have wandered into these lands of the Barony of the Lonely Tower.

The Barony of the Lonely Tower is the local SCA group for the Omaha/Council Bluffs metro and surrounding area and part of the Kingdom of Calontir, which covers most of Nebraska, Iowa, Kansas, Missouri and a small portion of Arkansas.

If you are unfamiliar with the Society of Creative Anachronism (SCA), you can find out more information by visiting the Society's introduction page. We would also encourage you to visit the SCA's Newcomer's Portal.

The best way to get involved with us is to attend as many local meetings and events as your mundane (modern) life allows - however, we understand life comes first and this is just a hobby. You may participate with us as much or as little as you like.

When you attend activities, be sure to introduce yourself and let us know what your interests are. Don't be afraid to ask lots of questions as our Barony is filled with members who would love to answer them for you.

To find out more about our events and activities, be sure to check out our website as well as the calendar at the back of this newsletter. For more information or to ask specific questions, feel free to contact one of our officers listed on the last page.

Welcome to the Current Middle Ages - We're excited to have you!

*Be sure to visit the Society for Creative Anachronism's Pinterest page.*

*They have over 75 boards and hundreds of pins to help in whatever you're interested in.*

## Disclosures

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This is the July 2020 issue of *The Banner*, a publication of The Barony of the Lonely Tower of the Society for Creative Anachronism, Inc. (SCA, Inc).

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Those outside the Barony wishing to receive a paper copy of *The Banner* may do so by sending a \$15 donation per year to cover mailing costs.

# Baronial Positions



Baron Augustin le Blinde &  
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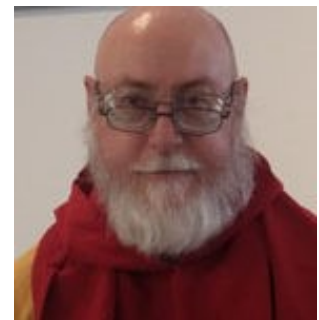
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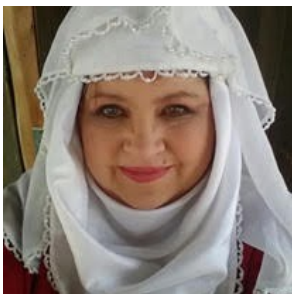
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## From the Baron and Baroness of the Lonely Tower

Unto the populace of the Barony of the Lonely Tower do We, Augustin & Aleit, in partnership with Her Ladyship Seneschal Anne, send warmest greetings on this beautiful day!

We hope this missive finds you healthy and safe during this plague. We know this has been a challenging time for most everyone mundanely, but also socially as we have not had the opportunity to revel in person with our dear friends both locally and across the society.

Their Most Royal Majesties Calontir have rendered Their decision regarding July in our Kingdom. For safety, events in July have been canceled - including Coronation here in BLT - and We support this wise decision for the safety and benefit of all. However, Their Majesties have heard Our recommendations to host local gathers with safety measures in place, and have graciously ruled that these gathers would be welcomed first steps toward a return to normalcy.

With that in mind, We, as your Baronage, and HL Anne, as Seneschal, are going to return to Elmwood Park on Tuesday nights, beginning July 7, and welcome you to gather with us for revelry, social distance style. Bring your chairs or blankets and be sure to maintain six feet of distance from those not in your immediate household. Masks are highly encouraged as well since we have several immuno-compromised members of the populace who may attend. Please know that if you feel uncomfortable in any way about returning to activities for any reason, no one will judge you for staying away longer. We absolutely, 100% support you in your decision.

In the June business meeting the topic of Archery was discussed. HE Kezia will be discussing the potential of returning to Wednesday night outdoor practices (with social distancing) with Lord Owain, the archery marshal. More details to come following their recommendations.

We also want to take a moment to thank everyone who participated in the June business meeting and the newcomers social that followed. We are such a welcoming group, and many of you were wonderful in answering the questions of the four newcomers who joined the virtual meeting. We are excited to see Our barony grow even during these challenging times.

Thank you all for your patience and understanding as we all together navigate this pandemic and work to ensure the safety of our fellow SCAdians. We look forward to seeing you all again when you feel the time is right. Until then, with HL Anne, we remain always

Yours in service,

Augustin & Aleit

Baron & Baroness

Greetings from the Seneschal.

This will be last entry as the Seneschal for the Banner. I am happy to announce that Sir Aleksandr Yaroslavovich Vyetikov has agreed to takeover my position as the Barony of the Lonely Tower's Seneschal.

If you haven't heard about it already from Their Majesties post, the month of July's event have been cancelled. The good news is that Their Majesties have allowed for local gatherings and archery, but unfortunately no heavy combat or cut and thrust practice. They did stipulate that social distancing of at least 6ft needs to be adhered to and masks are strongly recommended. On a personal note I would ask the Barony please use masks for the benefit of the group, and to protect our more immunocompromised members.

We will be having our gathering at Elmwood Park at the usual location on July 7th at 7:00pm. For more information please see the Events Calendar at [https://www.lonelytower.org/events/action~month/exact\\_date~1622523600/request\\_format~json/](https://www.lonelytower.org/events/action~month/exact_date~1622523600/request_format~json/). We hope to have these gatherings every week barring the weather and the Corona virus situation.

Have a wonderful 4th of July and I hope to see you the Gathering.

- HL Anne Von Weingarten

# Chatelaine Chat

## What to Do in Time of Plague? Episode 2: Calontir, The Singing Kingdom

Our kingdom is known as “the Singing Kingdom”. The reason is when we march in procession at many a war, or marching to the battlefield, we sing. We have a strong bardic tradition, even if all of our songs are about “Death, Doom, and Gloom”. For our newcomers it can be hard to learn all the songs that Calontir has and sings, especially when it seems, that the rest of the populace just knows the songs. However, we’ve all learned our favorites over our time in the SCA. In the web-minister section you’ll find one of our song’s lyrics to start your learning adventure. If you’re wanting to listen to some SCA music an excellent resource exists on YouTube.

<https://www.youtube.com/watch?v=KTfnSPgKJ14&list=PLWcHKOGpa3XuNsgoksgA6a5L2-es4EZ8K>

This playlist is curated by Sung Sai-erh and is listed as Calontir Songbook. There’s over 150 versions of songs that are regularly sung in Calontir on there.

Another excellent resource is Friday Night Bardic that starts at 8pm and is sponsored by Barony of Three Rivers. The link and password to the zoom based gathering is posted every Friday on the Calontir Facebook group, and we try to share it as well in the barony Facebook group. It’s become an international gathering featuring Bards from Drachenwald (Europe) and Lohac (Australia) even! It’s an excellent opportunity to just sit and work on other projects and listen to the music.

If you play an instrument or want to have lyrics in front of you to learn more easily, I suggest bookmarking <http://www.calonsong.org/songbook.html>

This is an online resource that has simple music in pdfs and lyrics for almost all of the songs of Calontir.

If you have any questions about bardic arts and singing in Calontir don’t be afraid to ask anyone. We all love our Calontir songs!

Lady Jorunna Refsdottir

# Exchequer Checking-In

Greeting from the Exchequer!

As a reminder—I am in search of a replacement come January. Letters of Intent should be sent to the Seneschal and the Baronage (and me if you like) prior to 10 August. There will be interviews of all candidates and a decision will be made.

Notes from CalonCon 2020:

Reminder: All officers are required to meet with the Kingdom Officer at least once per year. CalonCon fulfills this requirement—if you miss it, you must make arrangements with Kingdom to meet at another time/place.

There are open Kingdom positions: Exchequer Regional Deputies, NMR deputy, and Nebraska Tax Deputy. Please see the Kingdom page for more information and to apply.

Book Reviews: Must be done every 2-years and when a new exchequer takes office. BLT is overdue, but it will be delayed until the new officer takes the seat in January at the behest of Kingdom.

Warrants: Only the primary is warranted. Deputies are on file but not warranted unless needed. If the primary exchequer is going to be out of the area for longer than a few weeks, Kingdom must be notified and the deputy warranted.

Bank Account Requests: New form from Society May 2020 version 6. Use this one. Kingdom must be on the account; if there is a spot for a Beneficiary, it should be Kingdom. To get Kingdom's signature, secure email should be used.

Financial Policies: Society has published a new policy and format. It is posted on the Exchequer Google Drive—when doing your reviews this October, use this format. Remember, Kingdom must have it for review/approval by December.

Training: Thus far training for the position has not been formalized or documented. All exchequers (and deputies) need to reread the handbook and then report to Kingdom once finished. If there are any questions at all, Kingdom is happy to answer and will offer additional training as requested. Please ask for training. There is a training book coming—one for experienced exchequers and one for brand new ones. Hoping to be completed by the end of the year. In the mean time, please ask.

This isn't a hard job but it is detail oriented. Rumour has it that it is easy to get into trouble and banished/fined/jailed by taking this position. No and Yes...money laundering and borrowing from the account is bad—but that's about it. Honest mistakes are understandable and can be corrected.

Ledgers: they will be standardized. There is a new form on the Society webpage, use it. (I will be moving 2020 over to this over the next few weeks and the new form will be submitted with our Q2 report).

Use the LOCKED forms from Society to ensure you have the most updated one.

Storage fees go under Tab Income\_4 on your report.

Monthly reconciliation forms and Quarterly reports must always be signed by the Seneschal. It can be done via email—put it into a file, print it, or attach it somehow.

Q4 (the Domesday) must be physically signed, scanned, and filed both electronic and paper once approved by Society and Kingdom.

There can be no monies being handled at the Gate table but event fees—and feast can be considered part of the event fee. All donations etc. must be at an entirely different table.

In grace,

Cristina.

# Monthly Cryer Report

---

Greetings to the archers of the Barony of the Lonely Tower!

Their Royal Majesties have decreed that outdoor archery practice is now allowable, with certain restrictions.

We are required to wear masks, and practice social distancing when shooting on the line or retrieving our arrows. We should avoid contact with others' equipment. Due to the difficulties of sanitizing loaner equipment, we will, unfortunately, not be able to offer that service at this time.

Practice will begin at 7 pm on Wednesdays, bring your own equipment and mask. It will be hot, so think about bringing cold water and sunscreen as well.

The outdoor range is at 9100 Pawnee Road.

---

New Baronial A&S Minister Needed.

Lady Zafara's warrant as A&S minister has come to an end and the Barony is seeking a new A&S Officer to fill her shoes.

If you would like to be considered for the position please email Their Excellencies Lonely Tower, [blt.baronage@gmail.com](mailto:blt.baronage@gmail.com) along with the Seneschal, [blt.seneschal@gmail.com](mailto:blt.seneschal@gmail.com) . Letters are needed ASAP and interviews will be conducted at a time that works for both the interviewee, Their Excellencies and the Seneschal.

Thank you



# Garden Grotto & Cooking with Cristina



## Cormarye

This month's recipe redaction is not mine; it comes from Kainan. Many of our Barony may have had occasion to enjoy this roast pork at a feast a few years ago. I sampled it not long ago during a brief—and distant—visit and was enraptured. Delicious. Recommendation from the cook is to double the mushrooms and leeks just because they are so good with it.

Source [[Forme of Cury](#), S. Pegge (ed.)]: *Cormarye. XX.II. XIII. Take Colyandre, Caraway smale grounden, Powdour of Peper and garlec ygrounde in rede wyne, medle alle þise togyder and salt it, take loynes of Pork rawe and fle of the skyn, and pryk it wel with a knyf and lay it in the sawse, roost þerof what þou wilt, & kepe þat þat fallith þerfro in the rosting and seep it in a possynet with faire broth, & serue it forth witþ þe roost anoon.*

### Pork Tenderloin with Mushrooms and Leeks

1 pork tenderloin

Spice mix: 1 Tbl each cracked whole coriander, cracked caraway seeds, cracked black pepper, garlic powder, and salt.

8 oz red wine

2 cups each sliced mushrooms and leeks

1 cup chicken or vegetable stock

The night before: rinse and dry the tenderloin, prick it all over with a fork, rub well with the spice blend and put into a ziplock bag. Add the wine and place into the refrigerator for 12-24 hours, turning it over once [this ensures both sides get fully submerged].

When ready to cook, remove pork from the fridge and bring to room temperature. Preheat the oven to 450 degrees.

[SAVE THE MARINADE WHEN YOU REMOVE THE PORK]

Heat 2 Tbl olive oil in a cast iron or heavy steel skillet over high heat [needs to be oven safe to 450]; sear the tenderloin on all sides—takes about 10 minutes total.

Turn off the heat; leave the meat in the pan and add the marinade, mushrooms, leeks, and stock [yes, it is safe to add the marinade. It is going to boil at high temps for longer than 10 minutes, so anything that may be in it will be dead]. Place the pan in the oven for 20 minutes or until a meat thermometer stuck into the thickest part reaches 137 degrees.

Remove from oven and set the meat aside; put the pan back on the stove and bring it to a hard boil. Boil until it reaches desired thickness [it won't ever get syrupy thick, but it will reduce a bit—about half is nice].

Slice meat and serve with sauce and vegetables.

[my notes: this can be a rather intensely flavoured dish. If pepper is spicy for you (no judgement here!), reduce it to 1 tsp in the initial rub, or substitute it with up to the full Tbl of cracked grains of paradise. I don't always have leeks lying around, so onions sliced thick could be substituted, but the finished product doesn't look as nice or have the same mouth-feel. As this is such a fiery dish, a vinegar-based salate, sweet roasted carrots, and soft white bread (possibly with a thyme butter) would be grand accompaniments. I haven't tried this with anything but pork yet, but have a venison loin in the cold box that is earmarked—I will keep you informed]

Thank you Kainen for the fabulous recipe!

In grace,

Cristina.



*Allium cepa proliferum*, previously classified as *Allium cepa vivifarum* (among other things) is now believed to be a cross of an (*Allium cepa*) the cultivated onion, and a (*Allium fistulosum*) Welsh onion. This interesting onion has been known in the US since the 18<sup>th</sup> century, imported from Europe, and is believed to have originated in India. Commonly called Egyptian Walking Onion...not really sure why unless they are alluding to the Egyptian love of onions.

As the onion matures, the bulbils at the top get rather large and the main stem weakens, thus toppling the mother plant—no seeds, just the bulbils. As it topples over, the bulbils are brought into contact with the ground. If the conditions are right, they will root, sprout, and begin anew. Thus their name of “walking”...they will move down a hedgerow in short order if allowed.





A perennial, these fabulous beasts like full sun and damp but well-drained soil—just like their brethren the other Alliums. Give them space—at least 6 inches between plantings. They will bunch and multiply at the base; giving them room lets them do this and gives you room to get in there and harvest a few without lifting the entire colony.



These will grow fine in a container or in the ground. Hardy to zone 3; they are the first things up in spring in my zone 5 garden... even before the mint.

Harvest the small green shoots for green onions—they are very sweet. To pull the entire onion—grab at the base firmly and gently twist and rock back and forth as you lift slowly. If you yank, you'll lose the whole thing. These can be used as you would any onion. I have heard tell that they are more pungent than the common onions, but have not found that to be the case with mine—perhaps I keep mine too well watered for that to occur.



The bulbils can be used fresh in the fall (peel them), frozen for soup, or even pickled. The older, larger, green stalks are rather flavourless and woody—I do not recommend them; use the white parts though, they are good and spicy.

If this plant interests you, please contact me and I will obtain bulbils for you to plant.



Resources:

[https://www.canr.msu.edu/news/egyptian\\_walking\\_onions\\_what\\_are\\_these\\_strange-looking\\_plants](https://www.canr.msu.edu/news/egyptian_walking_onions_what_are_these_strange-looking_plants)

<https://sowtrueseeds.com/blogs/planting/egyptian-walking-onions-a-perennial-wonder-crop>

<https://www.egyptianwalkingonion.com/>

<https://wimastergardener.org/article/egyptian-walking-onions/>

<https://traditionalcookingschool.com/raising-food/forgotten-plants-egyptian-walking-onions/>

[https://en.wikipedia.org/wiki/Tree\\_onion](https://en.wikipedia.org/wiki/Tree_onion)

<https://www.thefield.co.uk/gardens/egyptian-walking-onions-24399>

<https://www.motherearthgardener.com/organic-gardening/egyptian-walking-onions-zb0z1706>

<https://lilyisay.wordpress.com/2012/06/26/plant-of-the-month-march-2012-walking-onion-alliumxproliferum/>

# Musical Notice

## We Are Calontir

Words and Music: [Elaisse de Garriques](#)

[MIDI](#) / [NWC](#) / [PDF](#)

As evening sets I hone my blade and think on how a hero is made,  
For though my armor's old and worn, war comes with the morn.  
Morning dawns in soggy mist but I'll not be deterred by this.  
War comes whether we will or no, so off to fight I go.

*The call of the war drum pounds in my heart.  
I'm armored for battle, ready to start.  
Let all our foes, both far and near,  
Tremble in fear for we're Calontir.*

I don my helmet, grab my spear, troubled by no doubt or fear.  
Let our enemies come if they will, more blood for us to spill.  
Our king has called us to his side. We muster there in fiercest pride.  
We'll stand together brave and true till the last battle's through.

*The call of the war drum pounds in my heart.  
I'm armored for battle, ready to start.  
Let all our foes, both far and near,  
Tremble in fear for we're Calontir.*

As we march into the fray our enemies are heard to say,  
"Grip your sword and raise your shield, the Falcon is on the field!"  
Our swords swing true. Our axes strike foreign knights and kings alike  
Till all that our eyes can see is Calontir victory.

*The call of the war drum pounds in my heart.  
I'm armored for battle, ready to start.  
Let all our foes, both far and near,  
Tremble in fear for we're Calontir.*

The battle is over, the day is near done,  
and whether this day we've lost or we've won,  
We'll gather together and be of good cheer for we are Calontir.

*The call of the war drum pounds in my heart.  
I'm armored for battle, ready to start.  
Let all our foes, both far and near,  
Tremble in fear for we're Calontir.*

## Baronial Awards

All members of the SCA are encouraged to send in award recommendations for those members of the populace that they believe are worthy of recognition. Below are the names and brief descriptions of awards given in the Barony of the Lonely Tower.

**The Cord** - The Cord is simply that, a cord in the Lonely Tower colors that denotes the person wearing it is an active member of the Barony.

**The Rose Window** - The beauty and craftsmanship required in the making of a rose window gives us the definition for this award. The Rose Window is given for promise in the pursuit of the Arts and Sciences.

**The Column** - The support needed to keep the Lonely Tower standing comes from its many Columns. This award is given to those who have helped serve the needs of the Barony of the Lonely Tower.

**The Defenders of the Gate** - *Cave Canes!* "Beware of the Dogs" is the motto of this fair Barony. And well said, the knights, huscarls, fyrdmen, fighters, archers and equestrians of this barony have given us ample reason to be proud of each area of endeavor in the martial arts. Thus this award is given to those who are a part of our martial presence at tournaments held in the Lonely Tower and throughout Calontir and the Known World.

**The Goose Migrant** - Where the goose flies, so it takes with it the spirit of this land. This award is for those who have traveled widely within or without Calontir, representing the Barony wherever their paths may lead them.

**The Keystone** - Given to those without whose presence the Barony would likely not have become nor likely remain the beloved place we all share. In this award we seek to honor those who enhance, embrace or support the Barony and by extension the Kingdom and Society.

## Baronial Champions

### Arts & Sciences Champion

(1st Quarter)

Aethelwyn aet Ulancombe

### Cut & Thrust Champion

(2nd Quarter)

Master Rolf Hobart

### Archery Champion

(3rd Quarter)

Lord Owain the Younger

### Armored Combat Champion

(4th Quarter)

Sir Bjarm Rorikson

### Officer's Warrants

10/2020 - Archery Marshal

01/2022 - Chronicler

01/2021 Exchequer

01/2021 - Anser Pursuivant (Herald)

01/2020 - Chancellor of the Exchequer

03/2020 - Minister of Arts & Sciences

06/2020 - Seneschal

01/2021 - Knights Marshal

08/2021 - Web Minister

## Credits

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# July Events

<< 2019   < JUN <b>JULY 2020</b> AUG >   2021 >>							Month ▾
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7 Summer Baronial Gather	8	9	10	11	
12	13	14 Summer Baronial Gather	15	16	17	18 Kingdom Arts & Sciences	
19	20 Business Meeting 7:00 pm	21 Summer Baronial Gather	22	23	24 Cancelled: Pennsic War 9:00 am	25 Cancelled: Feast of Eagle	
26 Cancelled: Pennsic War	27	28 Summer Baronial Gather	29	30	31		

# August Events

<< 2019   < JUL <b>AUGUST 2020</b> SEP >   2021 >>							Month ▾
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Cancelled: Pennsic War	
2 Cancelled: Pennsic War	3	4 Summer Baronial Gather	5	6	7	8	
9 Cancelled: Pennsic War	10	11 Summer Baronial Gather	12	13	14	15 Heraldshill Annual Event	
16	17 Business Meeting 7:00 pm	18 Summer Baronial Gather	19	20	21	22 Cattle Raids 9:00 am	
23 Cattle Raids	24	25 Summer Baronial Gather	26	27	28	29	
30	31						