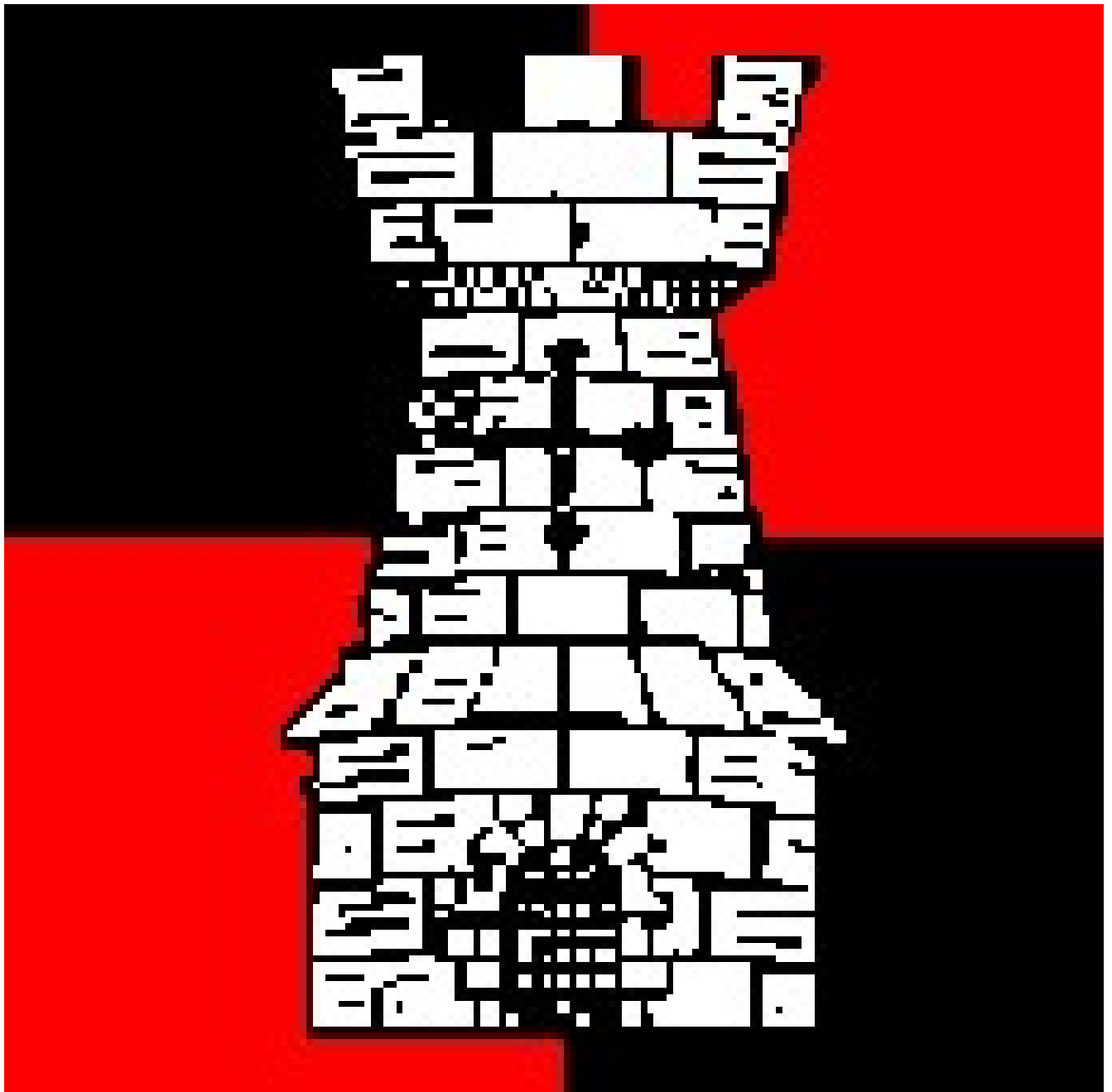
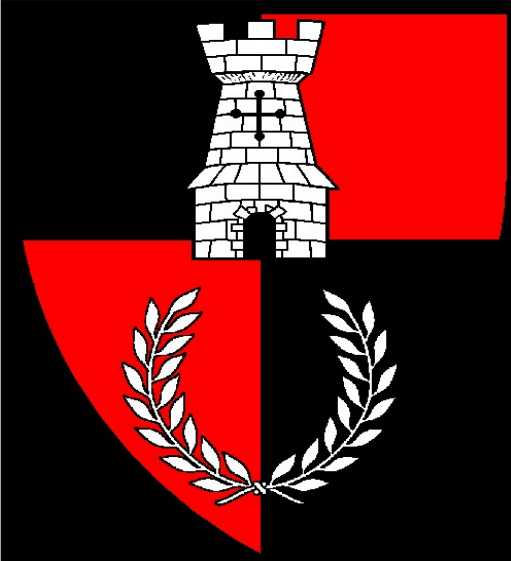


The Banner

September 2020 A.S LIV

Volume 31 Issue 09





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

The Banner is available from the BLT Chronicler, Gaius Cornelius Scipio Titianus (Robert Reinders), 1911 Crest Ridge Dr, Papillion NE, 68133 chronicler@lonelytower.org

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The Banner is received paperless copy and paper copy free of charge by all members of the Barony of the Lonely Tower, on a monthly basis.

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



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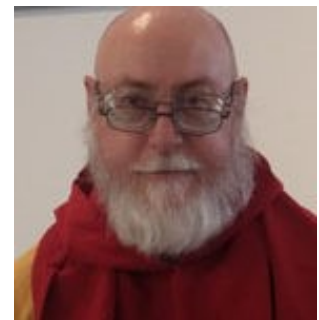
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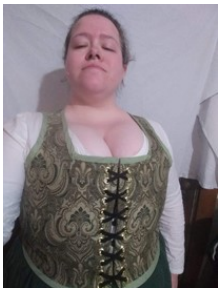
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From the Baron and Baroness of the Lonely Tower

Greetings Unto the Populace of the Lonely Tower!

Yet another month passes during this pandemic and we are still restrained from celebrating at big events. I'm sure every one of us wishes for things to return to normal so we can resume our activities and revel closely with our friends in garb around the fire. Those days will return, but in the meantime, We thank you for your understanding and your diligent efforts to remain healthy and safe.

As September begins, we will continue to gather on Tuesday nights in Elmwood Park (with proper social distancing and mask wearing) so we can share stories and enjoy crafts. Archery practice has been continuing outdoors and the archers have had plenty of time to take on the seemingly-never ending "spring challenge."

We have been holding business meetings via Zoom and all are welcome to join us the 3rd Monday of each month at 7 p.m. In addition, we held a Zoom Revel on Tuesday, August 25 since our Gathers were canceled for most of August, and enjoyed seeing many of your virtual faces and several photos from days of old!

We look forward to seeing you all again soon - whether virtual or physically - and we hope you are all thriving as best you can during these times.

Yours in service,
Augustin & Aleit,
Baron & Baroness.

Greetings from the Seneschal.

Greetings Barony,

This is your former!! Seneschal with her absolute final letter to you (I can hear the cheering...)

I wanted to thank everyone for being there as support to not only myself but also Their Excellencies and the Barony as a whole during my time as Seneschal. As always there were ups and downs, and I think we had more ups than usual, a good thing! I know that 2020 is a wash for everything, normal everyday life; work; travel; being with friends and enjoying hobbies, and getting to put on armor and hit people and camp! But, the bright side is we are on the downhill side of the year, and yes we are sliding faster at times, but 2021 will dawn a new year. Shake off this, and come February we can all hope that the SCA is back opened. Everyone will have spiffy new stuff, and we can look forward to Coronations and Crowns, and A&S gatherings and drinking around the fire at Lilies.

I know Sir Aleksandar will do an amazing job as Seneschal.

Anne

Chatelaine Chat

The Plague Times...Episode 4: Making Garb

So, you have nothing to wear to events. Well good news for you! Calontir just started an official costume challenge that runs from October 1st through January 31st, 2021! You have a challenge to keep you motivated and prizes to win! Make sure to sign up and join in the fun!

<https://calontirclothingchallenge.com/>

However, you may be new to sewing, or maybe never have sewn anything at all! It's ok! Learning something new is sometimes difficult, but it's also fun. Fortunately, making medieval garb isn't difficult. Also, there's a plethora of patterns and resources out there for the beginning sewer.

<http://socsen.sca.org/society-chatelaine/newcomer-resources-and-information/>

Has several sites listed under their section on What to Wear that give you sewing patterns and instructions.

One of the best listed, which has a wide variety of beginner to advanced sewing is from a fellow Calontiri!

<http://www.modaruniversity.org/briana/Briana3.htm>

Make sure to check this one out!

So what should you do if you're not sure what type of garb you want to sew? There's a few things you can do!

Check out your SCA friends' facebook pages to look over some of their garb for ideas/inspiration.

Talk with your local Arts and Sciences Minister: Lady Eadaoin inghean Chionoidha (Facebook under: Seana Dennis-Holmes)

Check out historical paintings online. Many museums have free online collections and tours you can use, especially now in times of Covid19

Ask questions on the Barony Facebook Group

I hope that this will help you get outfitted for our upcoming events! Happy Sewing!

L. Jorunna Refsdottir

Exchequer Checking-In

Greetings to the people of the Lonely Tower,
Our bank balance hasn't changed--\$4187.61.

The time for Letters of Intent for this position is done--
interviews will take place at Their Excellencies' and the
Seneschal's pleasure.

In grace,
Cristina.

Garden Grotto & Cooking with Cristina



Gardening Grotto:

Cucumbers (Cucurbitaceae)



Such a versatile creature, our fair cucumber. Though maligned by some as being flavourless and lacking, when grown fresh, with plenty of fresh air, sunshine, water, and food, these lovelies can be a delight.

Cucumbers are believed to have originated in the Indian and SE Asian continent about the time of the common era. It is difficult to tell as written or iconographical records are inconsistent or non-existent. Definitely, about 200CE, the Greeks were taking part in cucumber consumption. As firm believers that food was medicine, they are recorded as both. They wound Europe around their tiny vining tendrils, finding their way as far north as Denmark and Copenhagen, and into gorgeous manuscripts such as the *Tractatus de Herbis* and *Livre des Simples Médecines*.

Here I am going to focus on only two types of cucumbers, slicing and pickling, though there are many more that I do hope you will explore—even if only vicariously through research.

What is the difference between slicing and pickling cucumbers? Denseness of flesh, thickness of skin, seed development, size, and flavour. While I can recommend using a pickling cucumber as a slicer (they make amazing cucumber sandwiches), I cannot recommend pickling a slicing cucumber in anything but a quick dash of vinegar for use within a few hours—definitely not for making a jar of pickles for use many months from now.

Cucumbers are a moderately easy plant to grow, provided the conditions are right—high nutrient soil, full sun, good air flow, moderate and consistent water. Seems like a lot, doesn't it? It isn't, I promise.

Cucumbers are not at all frost hardy; they can be started from seed inside, but cannot be placed outside (at least here in Lonely Tower) until after the Day of Mothers. Truly. And if it looks like a frost could be coming unseasonable late, run out and cover them with a thick towel until the morning sun is shining upon them. I start my seeds in the kitchen (where it is warm and I can watch them) on the new moon in late March or early April. Timing it so that they go into the ground with no more than 2 sets of true leaves can be tricky, but can be done with practice. Reason for this is because their roots really do not like to be disturbed—it severely stunts their growth and they pout most unbecomingly. Elsewise, you can plant them directly into the soil about May Day, but be prepared to cover them when they sprout for fear of frost—this is what I ended up doing this year with both types.

Before putting anything (sprout or seed) into the ground, prepare for their arrival. Well drained earth, in a container or bed, with lots of organic matter, is vital. Cucumbers do not like wet feet—standing water causes root rot. They are voracious feeders—but, as always, too much nitrogen will cause all leaf and no fruit, so go with cow, rabbit, or horse manure instead of chicken. Next is something for them to grow up against. While cucumbers can be grown along the ground, they could rot, be eaten by things with more legs than you or I, or take over what garden space you have. They do trail nicely, so having a large container on a balcony and letting them hang over like wisteria or ivy is fun—though harvest can be challenging.

For these reasons, I suggest a trellis. Few rules with trellises—need to hold up to the weight of the plant, need to be anchored fully so that they don't fall over in the wind (ahem), and one needs to be able to harvest the fruit, therefore ensuring the trellis isn't too tall is a good idea (sheepish smile inserted here). I like using trimmed fencing panels—the snips are rough to use, but the panels can be used over and over and they hold up to hard use. They stand 6' tall and I cut them to fit my beds—about 4' across. If you've the ability to obtain and transport a livestock panel (5'x16'), they make stunning archways for vining plants.



Your seeds will sprout in about a week—watch out for mice. Growth is slow at first—second leaves should appear after another week; expect a new pair of leaves every 7-10 days after that. Until they are about 5 weeks old—then they take off. Start training them early to follow your trellis—weaving them through by hand, gentle tying with string, either work. The above picture is of beit alpha slicing cucumbers at about 3-weeks old.



This is about 8-weeks for the pickling cucumbers, and they are harvest ready.

Cucumbers are 95% water, stands to reason that they need a lot of it. There is always a catch—it has to be consistent. This means maintaining the moisture in the soil at an even level. A few ways to do this are: drip watering, thick mulch, daily inspections and watering. I tend to do all three and here is why. Drip watering keeps the water on the ground and is less likely to spread powdery mildew from one leaf to another if I haven't pruned off the offender yet—or don't yet recognize the infection. It also prevents splash up of dirt onto the vines, keeping all the pathogens (nasty humours of the earth) in the dirt where they belong. Thick mulch (1-2") does a lot more than just keep the water in the soil where it belongs, it also keeps the roots cool and encourages healthy soil microbe growth—let those mushrooms grow and die, they are good for the garden. I prefer wood chips, but chopped dry grass, straw, shredded paper, all work. Daily inspections and watering ensure a close relationship between you and your plants. Learn how they grow, watch how they climb, stand sentinel against pests (those nasty fluorescent yellow/green beetles).

Slicing cucumbers are ready when they look big enough to eat. I'm not talking the ginormous tasteless things from the grocer—think single serving sized, "That'd look good chopped up in my salad." Try to grab them before they are too much longer than your hand—though the Suyo long cucumber in the second photo is best at about 10-12 inches.

Pickling cucumbers need to be harvested before they start to get their yellow.



They should be solid green or green and white—depending on type—and still have their thorns. These aren't cactus thorns, they are little black or white bumps that can be pokey.

Check your plants daily—we call it playing Hide-and-Seek—and harvest. They will grow exponentially overnight—harvest too soon rather than too late. Cucumbers are the plant champions of the hide-and-seek world; not even joking. You'll miss a few, it always happens. You have two choices—pick them and feed them to something else (chickens, pigs, compost), or leave them for seed. Seedsaving cucumbers can be time-consuming, limiting to the harvest as it shuts down the vine, and irksome as even if all rules are followed, they may not be viable or pure to type. That being said, I do encourage you to try it—do some research, set aside a plant to practice on, and prepare to be patient.

In grace, Cristina.

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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

Baronial Positions photo page 3:

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September

<< 2019 < AUG SEPTEMBER 2020 OCT > 2021 >>							Month ▾
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Summer Baronial Gather	2 Archery Practice 7:00 pm	3	4	5 Canceled: Kings Comp	
6	7	8 Summer Baronial Gather	9 Archery Practice 7:00 pm	10	11	12 Canceled: Griffin's Fest	
13	14	15 Summer Baronial Gather	16 Archery Practice 7:00 pm	17	18	19 Cancel: Vertigo 9:00 an	
20 Cancel: Vertigo	21 Business Meeting 7:00 p	22 Summer Baronial Gather	23 Archery Practice 7:00 pm	24	25	26 Canceled: Masters of the	
27	28	29 Summer Baronial Gather	30 Archery Practice 7:00 pm				

October

<< 2019 < SEP OCTOBER 2020 NOV > 2021 >>							Month ▾
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	
4	5	6 Summer Baronial Gather	7 Archery Practice 7:00 pm	8	9	10	
11	12	13 Summer Baronial Gather	14	15	16	17	
18	19	20 Summer Baronial Gather	21	22	23	24	
25	26	27 Summer Baronial Gather	28	29	30	31	