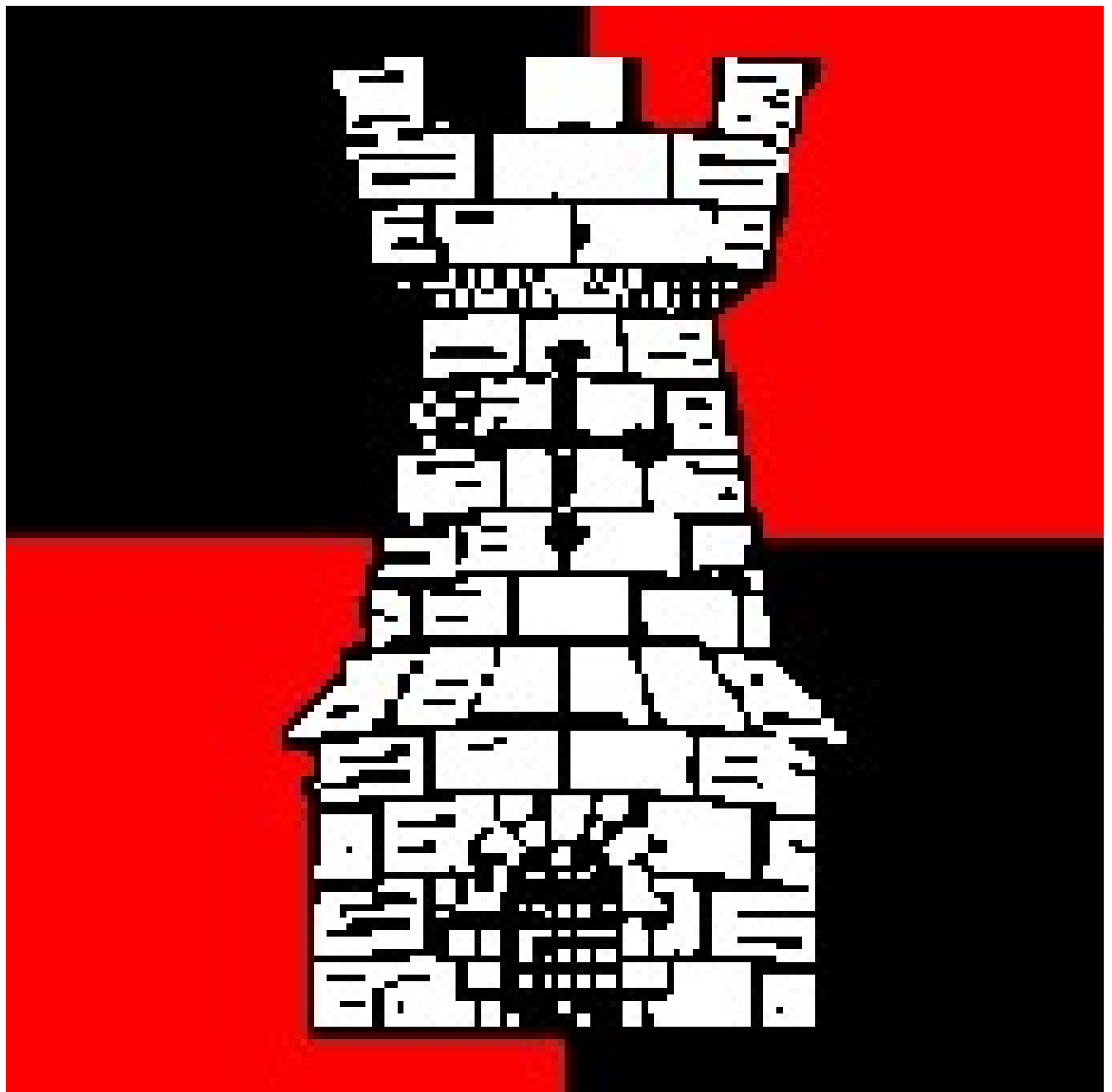
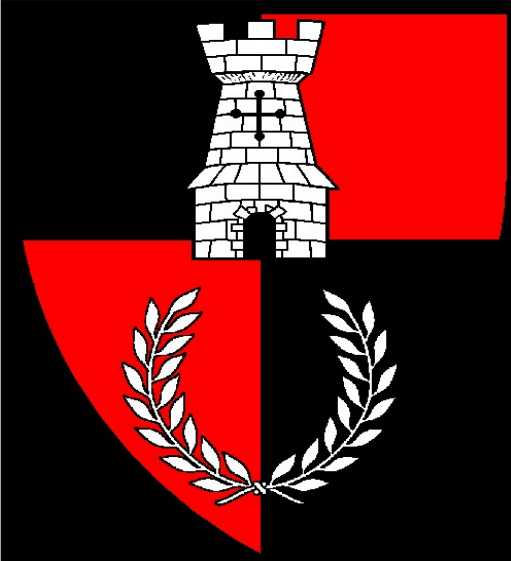


# The Banner

December 2020 A.S LIV

Volume 32 Issue 1





## 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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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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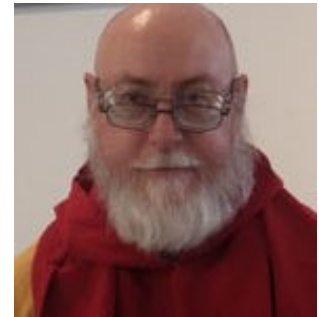
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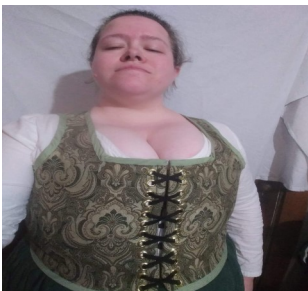
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# From the Baron and Baroness of the Lonely Tower

Warm tidings do We bid the Populace of the Barony of the Lonely Tower!

We hope this holiday season has been a happy one for you all, at the end of a tumultuous year. May the coming new year be one filled with joy and prosperity and that you may all be of good health.

While we are sad to miss another Twelfth Night, we hope that come summer we will share in good company once again, with revelry and merriment befitting such an anticipated reunion.

We have been glad to see that many of you are finding ways to stay connected despite our distance, with online classes, meetings, videos, and participating in some of the many ongoing local and interkingdom challenges. We are proud of the efforts that have been made to encourage participation, find new opportunities to engage with one another, and foster this community which is so important to so many.

Though we may not be together, know that each of you are in our thoughts and hearts, as ever.

In Service to the Dream,

Augustin and Aleit

Baron and Baroness

# Sage Words from the Seneschal

To the people of The Barony of The Lonely Tower

Greetings.

Last Tuesday we had our first Virtual Gathering/Trivia night and I am happy to say that it seemed to go quite well. In fact it seemed to go well enough that we will be doing it again, on the 5th of January. For those who don't know, we use an online system called Kahoot. It's a simple program that you can use on your phone or on a computer. Don't worry if you have never used it before, we will help you with it that night. I hope to see you all there.

We will be moving the January business meeting from Monday the 18 th to Tuesday the 19 th at 6PM and running until 6:45PM. The meeting will be followed by the Virtual Gathering, which starts at 7PM. I will be trying very hard to hold the meeting part of the night to the 6 – 6:45 time box.

I am sure most, if not all, of you have heard that Corporate has extended the no in-person meetings until the 1st of June. This of course means that we will not be able to host the planned event on May 1st . This is truly sad news, but trying to keep our members safe and healthy takes priority over any event.

This last point is for all the officers, even with the shut down, reports are still due on the 15 th of January. Please get them in to kingdom on time and please, please forward a copy to myself. As always, if there are any questions, feel free to contact me and I will try to get them answered.

In service

Aleksandr

# Chatelaine Chat

he Plague Times...Episode 7: Recap!

The year 2020 has been interesting. SCA events (in-person) have been on hiatus since March now, and will be on hold until May 31st, 2021. This does not mean that we've been idle, nor does it mean that nothing is happening. In fact quite the opposite! Today I'm going to recap some of my previous articles for this year because I feel it would be helpful to all of our newcomers to have an index if you will of what's been previously shared this year, and allow for an easy reference guide to go back into our digital Banners to find the information you need based on the topic of your interest.

Topic	Months	Description
Demo/Recruiting	March and April	These months covered proper recruiting methods for our in person demos and for online recruitment. Great resources on how to introduce your friends to the SCA!
Online Classes/Participation	August and December	These articles talk about all the cool things that are being offered online. August has a link to a google spreadsheet of online groups and their area of interests. December highlights the importance of participating in virtual SCA events as a way of learning and expanding your SCA interests and experiences.
Persona/Heraldry	June	This article focused on how to get a name and device in the SCA. It gives guidance on who to talk with in regards to narrowing your focus for your SCA persona.
Garb	September	This article is all about making clothing. While it focuses on some basic pieces that anyone can make and use, there are sources for more complex outfits as well.
War Prep	October	What to bring to those week long and two week long camping events.
Bardic	July	This provides an overview of our kingdom's nickname and resources for music and songs that are an essential part of our kingdom.

If you're still feeling lost, feel free to message me on Facebook or email me at [chatelaine@lonelytower.org](mailto:chatelaine@lonelytower.org).

Welcome to the Barony of the Lonely Tower!  
Lady Jorunna Refsdottir

# Exchequer Check-In

Exchequer article

Greeting to the people of the Lonely Tower.

This is my final report as your exchequer.

Our bank balance remains at \$6187.61. A check for the annual storage fee for 2021 in the amount of \$1115.88 was written on the 26th of December, but has yet to be cashed. We look to begin the new year with a balance of \$5071.73.

The Domesday report will be done shortly as a joint effort between myself and your new exchequer Lord Oisin; the deadline is January 30 th . Once it is approved at the Kingdom level, it will be posted.

Thank you for allowing me to serve you.

In grace,

Cristina.

# Garden Grotto & Cooking with Cristina





## Gardening Grotto

### Nasturtiums

Yes, it is still full winter here in the Lonely Tower; but that just means we get to dream about spring for that much longer. Dream of the bright greens of fresh sproutlings and the furious bursts of color from those first spring blooms.

One of the first things I put into the garden is the nasturtiums. These plants have a long, decorated history...but not on the European continent. These are native to the Americas and were cherished by the Incas. It wasn't until the 16<sup>th</sup> century that they made their way to European gardeners' hands.

Though they are a glorious flower with a dizzyingly rich honey scent, they have true power as a spring vegetable. The succulent, peppery leaves are rich in vitamin C and lutein (believed to aid in sight and retinal maintenance) making them a welcome fresh food after winter's stews and preserved foods.



Now, nasturtiums as we know them are typically genus *Tropaeolum majus*, *minus*, and *peltophorum*. The *Nasturtium officinale* is actually water cress—a vegetable from India. Though the leaf structure and taste are very similar. These plants can trail up to a dozen feet nearly taking over the garden spaces, or be small, compact rounds of lily-pad-esque leaves shading flame-coloured blossoms.

All parts of the plant can be eaten. Leaves and flowers are delightfully peppery and fresh in salads and sandwiches. The blossoms—fresh or dried—can be brewed into a tea high in vitamin C and believed to have antibiotic properties—many references to aiding in the relief of urinary tract infections has been found (though not verified by modern medicine). The dried seeds were ground and used as pepper substitute. Fresh seeds can even be pickled and used as capers...so lovely with smoked salmon.

Growing nasturtiums is child-like in its simplicity—push the seed into just about any kind of dirt and wait. They can be planted outside up to 2 weeks prior to the last frost date—about May Day here in Lonely Tower. Plant them about half an inch deep and keep moist but not wet. Nasturtiums aren't picky about soil—in fact they don't seem to be fond of highly fertile soil, giving few blooms but loads of leaves. A lighter soil is best, but truly, they will grow most any place that has mostly sun (6-8 hours) and moderate amounts of water. They will sprout in about a week with small, almost hexagonal leaves.

As a companion plant, there are no vegetables I have found that do not benefit from having nasturtiums in close proximity. They draw pollinators and predatory insects in droves—bumblebees love them almost as much as they love cucumber blossoms. Plant them between long-term crops such as kale and squash and beans for a lovely living mulch.

As the blooms fade—if you aren't picking them for food or tea—do not deadhead them as is recommended with so many other flowers. For these flower stems is where we obtain the glorious seeds for later plantings.



Seeds are normally triple-lobed and look like little pale green brains. When they are ripe, they will roll off the stem into your hands with no pressure at all—if you have to tug at all, they aren't ripe and may not be viable enough to sprout. These seeds can be picked and dried for later use as plantings or seasonings, pickled as capers, or even left on the plant to ripen and fall; letting nature do its thing in the garden is never a poor choice.

If you choose to dry the flowers for later use, do so out of direct sunlight. Needle and string method works well, or a very low heat in a dehydrator. Then store them in a sealed container out of the light—make sure they are fully dry else they may mildew and spoil the lot.

Happy dreaming.

In grace, Cristina.

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## 2020 Archery Doomsday Report

### 8 Active Archers in BLT

Group Marshal - Owain

Dolan Madoc  
Gaius Cornelius Scipio Titianus  
Grete Traurnicht  
Jorunna Refsdottir  
Kezia von Holzenhaus  
Makayla Dingman  
Michael de Lundie  
Owain the Younger

### Society Seasonal Archery Challenges

#### Winter—Quarterly & Saltire

Name	Overall Standing	Score	Category
Dolan	25 of 204		55 4 of 9 PX
Dolan	26t of 204		54 4 of 6 OX
Owain	63t of 204		40 43t of 152 OH
Gaius	86t of 204		33 60t of 152 OH
Jorunna	97t of 204		30 69t of 152 OH
Makayla	198t of 204	4	148 t of 152

#### Spring/Summer—Yin Yang

Name	Overall Standing	Score	Category
Dolan	17t of 70		37 3 of 7 PX
Michael	19t of 70		36 12t of 50 OH
Owain	28t of 70		33 18t of 50 OH
Michael	28t of 70		33 3 of 4 OX
Michael	31 of 70	32	4 of 7 PX
Kezia	38t of 70		27 6 of 9 PH
Dolan	38t of 70		27 4 of 4 OX
Kezia	50 of 70	18	33 of 50 OH
Gaius	67 of 70	1	47 of 50 OH
Grete	68t of 70		0 48t of 50 OH

(It should be noted that this score had negative points—the lowest score was -13)

#### Fall

Cancelled due to Covid

#### IKAC

Cancelled due to Covid

#### Royal Rounds

Cancelled due to Covid

#### Gwyntarian Winter Challenge 2019/2020 (scores as of 3/17/2020)

Name	Overall Standing	Score	Category
Dolan	10 of 114		156 2 of 6 X
Owain	61t of 114		69 16 of 28 LB

#### King's Companie of Archers

Cancelled due to Covid

#### Baronial Championship

Cancelled due to Covid

Augustin894t	(not currently active)
Galti	1007t (not currently active)
Puck	1036t (not currently active)
Carven	1239t (not currently active)
Makayla 1335t	
Brynjolf	1658t (not currently active)

**Crossbow of 170**

Dolan	2
Michael	23

**Both of 42**

Michael	15
---------	----

It should be noted that in this year of the Pandemic, many of our archers were unable to be active in the shoots that are tracked for scoring purposes in the Grand Archery Tournament

## 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

10/2019 - 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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# January Events

<< 2020 < DEC <b>JANUARY 2021</b> FEB > 2022 >> <span style="float: right;">Month ▾</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Virtual Baronial Gatherin	6 Archery Practice 6:30 pm	7	8	9
10	11	12	13 Archery Practice 6:30 pm	14	15	16
17	18 Business Meeting 7:00 p	19 Virtual Baronial Gatherin	20 Archery Practice 6:30 pm	21	22	23
24	25	26	27 Archery Practice 6:30 pm	28	29	30
31						

# February Events

<< 2020 < JAN <b>FEBRUARY 2021</b> MAR > 2022 >> <span style="float: right;">Month ▾</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Virtual Baronial Gat	3 Archery Practice 6:3	4	5	6
7	8	9	10 Archery Practice 6:3	11	12	13
14	15 Business Meeting 7	16 Virtual Baronial Gat	17 Archery Practice 6:3	18	19	20
21	22	23	24 Archery Practice 6:3	25	26	27
28						