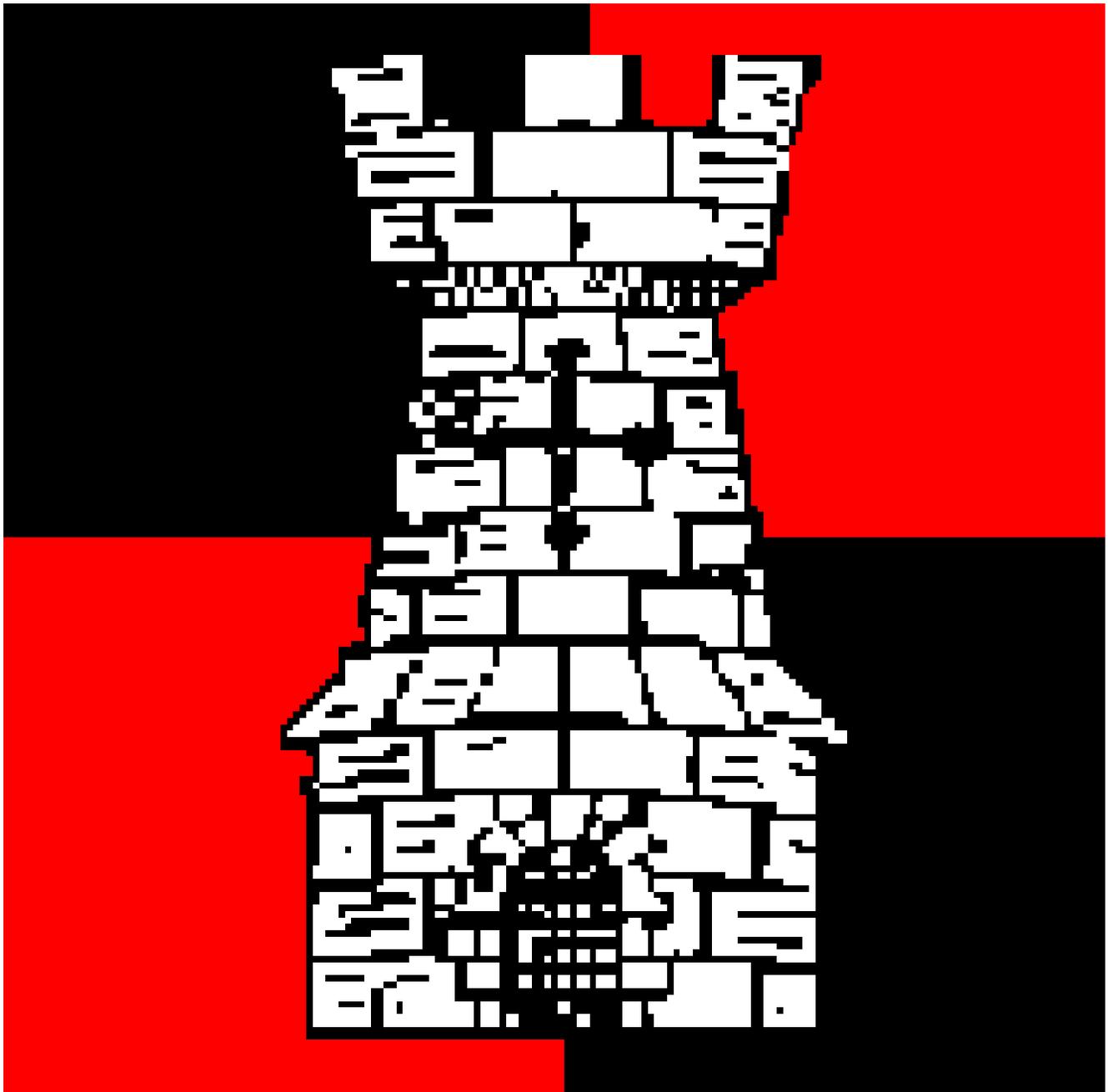
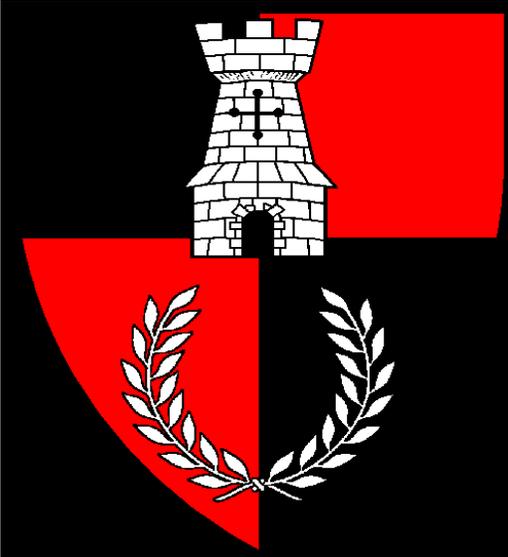


The Banner

February 2022 A.S LIVI

Volume 33 Issue 2





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 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

Inside This Issue

Welcome.....	2
Disclosures.....	2
Baronial Officers.....	3
From the Baron and Baroness.....	4
From the Seneschal.....	5
A Note From the Chronicler	5
Gardening Grotto.....	6
Baronial Awards.....	7
Baronial Champions.....	7
Officer's Warrants.....	7
Credits.....	7
Calendar.....	8

This is the February, 2022 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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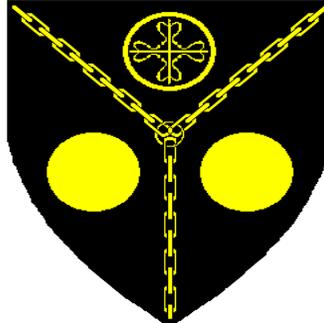
The Banner is received as a paperless copy or paper copy free of charge by all members of the Barony of the Lonely Tower, on a monthly basis.

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.

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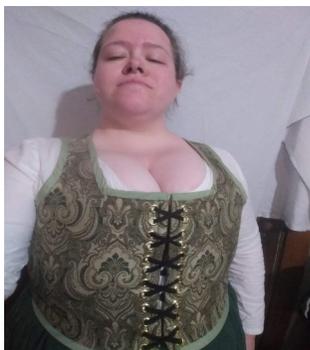
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From the Baron and Baroness of the Lonely Tower

Greetings unto the Barony of the Lonely Tower!

We are so glad to have been able to host the Coronation of Their Royal Majesties to start the new year. Our deepest gratitude to HL Anne and her staff for all the planning, replanning, hard work, and perseverance. We had a wonderful time and, despite the limited attendance, are grateful that we were able to see and visit with so many of you. The day brought many surprises, not least of which were the 310 scroll cases that HL Cristina and M Nesscia donated with the Baronial Largesse to the Crown. We were also able to present numerous buttons (L Kathleen, HL Cristina, Fleur, and HE Aleit), medallions (L Charles), leather bags (HL Gervase), jewelery, candles, scissors, mugs, and other trinkets. Thank you to all those involved in any way, many hands make light work!

Congratulations are in order for the newest nobility, as Lord Sata and Lady Eva were both granted their Award of Arms. Also to HL Cearr who received his Golden Calon Swan for his incredible artistry, and to L Gaius who was recognized for his extensive service to the Barony with a Torse! Taryn received her new-comer mug as well.

While some local activities moved virtual this month, and some upcoming Kingdom events have been postponed due to the most recent outbreak of plague, We continue to look forward to our next opportunity to meet in person, should it remain safe to do so, and remain hopeful for an exciting year ahead!

With warm hearts and cold noses,

Augustin & Aleit.

Baron & Baroness

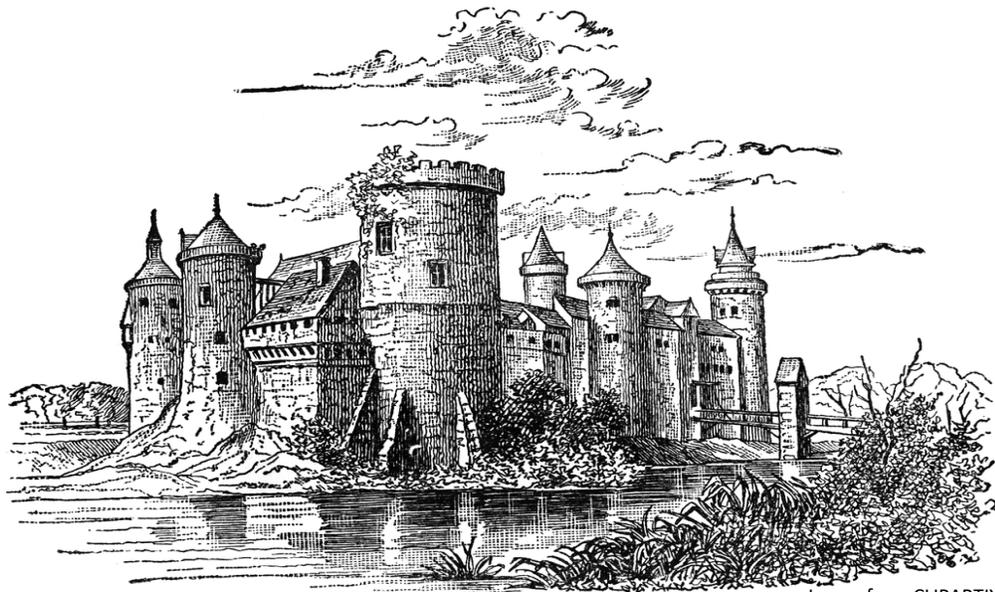


Image from CLIPARTIX.COM

Sage Words from the Seneschal

To the people of The Barony of The Lonely Tower

Greetings.

I decided to change things up and move all the Covid related links to the bottom and that will probably be their home from this point on.

First I would like to thank those that applied for the position of chronicler. We are blessed to have several, talented and caring individuals that found the time to talk with us as we went through the process of finding Gaius a replacement so he can go back to having only one job. After much discussion it was decided to ask Mistress Tatiana if she would take on this burden and she graciously accepted. I have no doubt that she will do an amazing job and I hope everyone shows her support.

Next, Coronation has come and gone. In spite of events, it was a success and Their Royal Majesties Hirsch and Magdalena have taken the throne. I want to thank all those that helped make the day a success, we would not be able to enjoy such wonderful events without your efforts. Thank you all so very much.

Now we must look to the future. There are a few things in the works but I will not say much about them until plans firm up and the situation with covid becomes more clear. I hope to have more information soon and I will let you all know as soon as I do. So, keep an eye on this space.

Now the Covid stuffs.

COVIDSafe Policy requires that any person of age 12 or over show verification of full vaccination or a negative test taken within 72 hours of the start of the event. If you have questions about this, please check the FAQ at

<https://www.sca.org/wp-content/uploads/2021/09/20210829-Proof-of-Vaccination-or-Negative-Test-Policy-FAQs.pdf> .

Calontir specific information can be found at

<https://www.calontir.org/covidsafe/>
<https://www.calontir.org/covid-guidelines/>

If you still have questions about this, let me know. I can't say I can answer all the questions you may have right away, but I will do my best to find the answers for you.

In service
Aleksandr

A Note From the Chronicler

Zdorovat'sya Lonely Tower! I am Tatjana Nikonovna and I am your new Chronicler. I want to thank Lord Gaius for all his hard work on the newsletter over the last few years, and for helping me so much with the transition. You'll still find him working on the web page, so he's not retiring altogether!

As I said, I am **your** chronicler, and this is **your** newsletter. As such, I am interested in what you might like to see included in these pages. Please let me know if you have ideas, articles, or artwork you'd like me to consider. You can reach me at: blt.chronicler@gmail.com

Until next month,

Татьяна

Gardening Grotto with Cristina



Caraway (*Carum carvi*)

When asked, many people offer rye bread or Irish soda bread as example of when caraway is used in cooking. A few more adventurous souls may refer to modern Indian cooking as a play to find it.

What we normally eat, we call “seeds”—though it is technically the fruit of the plant. It also being that which germinates and grows another plant is a nuance I am told. *ahem*

Caraway is a member of the Umbellifers—carrots, parsley, dill, cumin, fennel, etc. Like them, it is biennial; plant it this year and harvest it after two growing seasons. For those that have not have the pleasure of growing carrots, we eat the root, thereby making it an annual plant. But if we want seed from it (fruit as it may be called) we must leave that carrot in the ground for another growing season in order for the plant to flower and seed.

It is known all through Europe and Western Asian, as far back as the Roman Empire and Egyptian Dynasties. Even Shakespeare mentions it in Henry VI as an accompaniment to apples; the modern day Scots serve it with buttered bread for dipping—salt-water jelly. Remembering that food was frequently considered medicine in early history, caraway was used almost interchangeably with fennel as a digestive or a gas-relieving agent.

Left alone, caraway will grow 18-24” tall; offering white blossoming umbrels in June that will become the “seeds” in August. All parts of the plant are edible; the seeds and leaves hold the same oil—making chewing a leaf of two of the plant a common remedy for a bubbly stomach.

Fresh seeds are best, though carefully preserved seeds will be fine. Plant them preferably in late summer so that they may overwinter and offer fruit the following harvest. There is always an exception; we can attempt to cheat a bit here in the Lonely Tower by planting them early, before the last frost—try for a mid-March. Plant ½” deep in decent soil and keep moist. Once the seeds are sprouted—after 7-10 days, thin to about 8” apart and keep well mulched. If luck is with you, you might get seeds that first year—though it will be a lighter crop as we are gambling with Mother Nature.

Once the “seeds” are fully formed, just before the plant starts to die back, cut off the heads and hang them upside down in a mesh or paper bag to catch the seeds as they fall. Store them in a cool place once dry and use or replant.

Baker Creek heirloom seeds: <https://www.rareseeds.com/store/vegetables/cara/caraway>

Arrowsmith, N. (2009). *Essential Herbal Wisdom: A Complete Exploration of 50 Remarkable Herbs*. Llewellyn Publications; Woodbury, MN.

Grieve, M. (April 9, 2013). *A Modern Herbal*, Vol.1. Dover Publications.

Malhotra, S. (January 2012). *Caraway*. *Handbook of Herbs and Spices*. Ed.2. pp.225-248. Woodhead Publishing Limited.

Watts, D. (May 2, 2007). *Dictionary of Plant Lore*. Elsevier. Academic Press; United States of America.

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 Ulancumbe

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

01/2024 - 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 Officers photos—page 3:

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February Events

« 2021 < JAN FEBRUARY 2022 MAR > 2023 »					 Month	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Baronial Gathering	2 Archery Practice 6:30	3	4	5 Clothier's Seminar
6	7	8 A & S Get Together	9 Archery Practice 6:30	10	11	12 Queen's Prize 8:00
13	14	15 Baronial Gathering	16 Archery Practice 6:30	17	18	19 Winter War Manuev
20	21 Business Meeting 7	22 A & S Get Together	23 Archery Practice 6:30	24	25	26 Chieftans 8:00 am
27	28					

March Events

« 2021 < FEB MARCH 2022 APR > 2023 »					 Month	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Baronial Gathering LI	2 Archery Practice 6:30	3	4	5
6	7	8 A & S Get Together C	9 Archery Practice 6:30	10	11	12 Gulf War
13 Gulf War	14	15	16	17	18	19
		Baronial Gathering LI	Archery Practice 6:30			
20 Gulf War	21	22 A & S Get Together C	23 Archery Practice 6:30	24	25	26
27	28	29 Baronial Gathering LI	30 Archery Practice 6:30	31		