



The Clarion

Newsletter for the
Barony of Ben Dunfirth



April 18, 2022 - AS 56

Barony of Ben Dunfirth, Kingdom of Ealdormere

April 18, 2022 - AS 56

Honours and Awards: Coming Soon

The Study of philosophy is not that we may know what men have thought, but what the truth of things is. - Thomas Aquinas

Events Calendar: Events as listed on the Kingdom of Ealdormere Calendar:

Date: Saturday, April 30, 2022: 9am-close

Event: **Lady Mary Memorial Tournament**

Location: 2360 First St Louth, St. Catherines ON

Description: Armoured Combat, Fencing, Archery, and Thrown Weapons Tournaments, plus A&S activities

Hosted By: The Barony of Rising Waters

Date: May 20-23, 2022

Event: **Fruits of Our Labour (FOOL)**

Location: Camp Impeesa, Drumbo ON

Description: An entire weekend of classes, workshops, and other events (camping onsite)

Hosted By: Bryniau Tywynnog

Date: Saturday May 28, 2022 9am-7pm

Event: **Crown Tournament**

Location: Campbellford and District Curling Club, 381 Front Street North, Campbellford, ON

Description: The heavy-armor battle for supremacy and the Crown! Will a worthy contestant from Ben Dunfirth once again rise above the rest?

Hosted by: Petrea Thule

Date: June 16-19, 2022

Event: **(Murder) Melee in the Meadow**

Location: Binbrook Conservation Area, 5050 Harrison Rd, Binbrook, ON

Description: Join us for fighting, fencing, thrown weapons, archery, camping and carousing with friends. New improvements to the Binbrook Conservation Area, more facilities!

Hosted by: The Barony of Ben Dunfirth

Please refer to the Kingdom website www.ealdormere.ca for the most recent and updated information with regard to events & meetings.

Rules on what will be permitted at in-person events (number of attendees, meal prep and food distribution, etc.) may also change on short notice. Please check the website and the Ealdormere Re-Opening plan for details, and event site links for updated event details.

Ben Dunfirth Business Meetings/Fight Practices for Spring 2022:

In Spring of 2022 (and hopefully onwards), meetings have moved back to Mondays at Dundas Community Centre, plus select Thursdays at the Paris fairgrounds.

Dundas: Monday, April 25, May 2/9/16/30, June 6/13/20/27

Dundas Lions Memorial Community Centre (10 Market Street, Dundas ON)

Paris: Thursday, May 12 (large central hall)

Paris Fairgrounds (139 Silver Street, Paris, ON)

****The above dates are subject to potential future COVID-19 in-person meeting restrictions****

Spring Fling

Please enjoy this Spring edition of the first Ben Dunfirth Clarion of 2022!

As of this writing, Spring has been teasing us with warm, sunny days, yet annoyingly plagued by the occasional freak snowstorm, as is right and proper for Ben Dunfirth's geographical boundaries.

Despite our hermetic ways being somewhat enhanced for this second year in a row, we are hopeful to see the end of this period of Plague soon; some of our Kingdom's Spring events being held out of doors should be just the ticket for shaking off the last of our winter blues.

Happily, the next series of scheduled events are a handy mix of indoor and outdoor activities: the Crown Tournament to name the successor to Ben Dunfirth's own King Roak and Queen Hyrrokin in late May has seen our recent fight practice attendance swell in numbers! And of course our own hosted event, Murder Melee in the Meadow this coming June is always a good time...and with a newly-renovated property in Binbrook, what's not to love? As always, stay tuned to the Ealdormere website for more information regarding potential restrictions on in-person events.

- **Meredyth, Ben Dunfirth Chronicler**

Territories Claimed

Territories claimed by the far roving members of the Barony of Ben Dunfirth:

- Punta Cana, Dominican Republic
- High Commission in Skraeling Althing
- Several more of the 999 islands, Ontario/
NYS
- Waimea Canyon, Hawaii
- Joshua Tree National Park's "Skull Rock", CA
- Palm Springs Air Museum, CA
- The Hague, Netherlands
- Holguin, Cuba
- Ben Braha, Prague, (Orloj)
- The Rock of Gibraltar, Drachenvald (Spain)
- The North East Fountain, Louisville,
Kentucky
- Tekit Easy Island, Jamaica
- Rincón de la Vieja Volcano, Costa Rica
- A newly declared Ben Dunfirth bar, the Bastion of An Tir, and a little land along the trail nearby
- The Hall of lights in the Laurel Caverns, PA
- The 3rd Red Rock on the Right, Denver CO
- Isla De Jocea, Cuba
- Fumarole at NÁMAFJALL, Iceland
- Den of Evil, Blood Moor (Diablo)
- New Ben Dunfirth, Neo-Ealdormere (No Man's Sky)
- Mind Palace, Ealdormere proper
- Spooky Hallway, Gatineau, QC The Moon (in Lunar Eclipse only), Earth
- H62C (H-Block), Howard Springs Quarantine Facility, Darwin, Northern Territory, Australia
- Steak & Shake, Erie PA

From Their Excellencies

Greetings Ben Dunfirth from Your Benevolent Baroness and One-Thumbed Baron,

The air is getting warmer, and that means Murder Melee will be upon us soon! Please spread the word and tell your compatriots in arms from all groups, whether fighters or fencers, or archers, to gather their gear and present themselves on the fields of Binbrook to test their mettle. It will be so good to see everyone again in person, it has been far too long.

As well, because camping season is upon us, make sure you check your tents, your cots and blankets, your sheds and basements – it's been three long years since we've been able to camp, and Melee will be one of the first camping events of the season ... make sure nothing is broken, mossy green, or mislaid.

See you all very soon,

*Brand & Jocea
Dominus Domine Arx*



Meredyth's Cookery Corner: Spring Pottage

Simply put, a pottage (taken from old French *pottage*, or "food cooked in a pot") is a thick soup or stew made by boiling various ingredients in broth such as vegetables and grains (wheat, barley, rye or oats), and, rarely, some scraps of meat in a cast-iron cauldron over a fire. Extra flavouring for the average peasant's pottage was not created with expensive spices, but from easily-grown herbs such as parsley, sage, rosemary and thyme. When wealthier people (such as merchants) ate pottage, they would add more expensive ingredients available as per their status such as various meats and spices; these pottages were much more like modern-day soups.

Pottage was an everyday staple in the Medieval English peasant's diet throughout most of the 9th to 17th-century Europe, since it was filling, inexpensive, vastly versatile, and kept the working peasant full during many hours of toil. It was often accompanied by a hearty loaf of brown bread for sopping up the last of the pottage from the bowl.

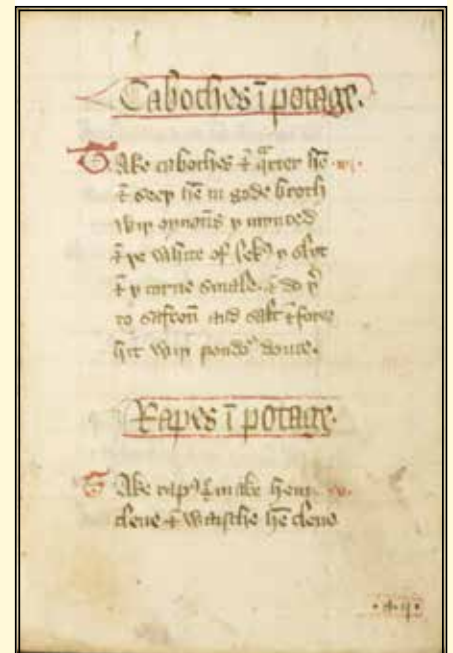
As produce was very seasonal in Europe in the Medieval era, it should come as no surprise that a "spring" pottage would contain very different ingredients than an "autumn" pottage. In fact, this mixture was likely ever-changing in flavour and consistency as it was normally kept over the fire for a period of days, during which time some of it could be eaten and more ingredients added to the pot over time. A Spring pottage, given that most produce had just been planted and was not ready for harvest, would have been made with the last of the winter-stored vegetables and herbs. Cabbage, mushrooms, leeks, carrots, parsnips, turnips and onions would have been heavily used in the spring version of this dish.

Spring Pottage

Original recipe adapted from "Caboges Potage", *The Forme of Cury*, ~1393

- 1 cup green cabbage, chopped
 - 1 cup carrots, sliced
 - 1 cup parsnips, peeled and diced
 - 1 cup onions, diced
 - 1 cup turnips, diced
 - 1 cup mushrooms, sliced
 - 1 cup leeks, thinly sliced
 - 8 cups chicken or vegetable broth
 - 1/2 tsp rubbed sage
 - 1/2 tsp dried thyme
 - 1/2 tsp dried rosemary
 - 1/2 tsp black pepper
 - 3/4 tsp salt
 - 1/2 cup red wine
 - 1/2 cup steel-cut oats
 - 1/2 cup pot or pearl barley
1. Peel and chop all vegetables.
 2. Add carrots, parsnips, onions, and turnips to a large stew pot with about 1/4 cup broth; saute for 10 minutes or until softened.
 3. Add mushrooms, leeks and cabbage, and simmer for an additional 5 minutes
 4. Add remaining broth, seasonings and wine and stir well.
 5. Bring to a boil, lower heat, and cover. Simmer for 30 minutes.
 6. Stir in barley and oats and continue simmering, uncovered, for an additional 20-30 minutes or until grains are cooked.
 7. Adjust seasonings to taste, and serve hot.

[The Forme of Cury, published in 1780 from a 14th century manuscript]



Knoweth Thy Officers: Bellatrix Hespeler

Hello, my name is Bellatrix Hespeler. I have been in the SCA since 2015 and I am Ben Dunfirth's Seneschal, or as I call it, the Huneschal (same as a Seneschal except I ask for my hand to be stamped with the Baronial Seal once a year as payment for services and loyalty).

As a Huneschal, I do the administrative aspects of running the barony. This includes running meetings, advising the group of societal rules and requirements, and handling any other administrative requirements that arise. Think of me as Ben Dunfirth's office manager.

I joined the SCA as an armored fighter as I grew up dreaming of being the heroic fighter, battling dragons and goblins and here I get that chance, except we battle friends and fiends. What better way to express friendship than to hit each other with sticks! As I learned more of the hobby, I became squired to Sir Evander, Autocrated, started doing leather work as a hobby (it's more fun to make your own armor), and recently acquired a bow.

But my favourite aspect of the SCA is sharing stories and laughs with all my dear friends.

In terms of persona, I took on the role of a Hun, as I love the idea of combining Dane, Byzantine, Persian and Mongol into a hodgepodge that's both gaudy and jingly! And honestly, who doesn't want to be a mercenary?

Hespeler



Photo by Meredyth



Photo by Meredyth

Call For Entries

Last year's Clarion editions are a perfect example of what can be done when we all contribute article ideas and A&S Project Show and Tells. Let's keep the participation flowing, as I'm always happy to include your suggestions in the next edition of the Clarion.

This is your invitation to share; please contact me about photos you may have taken at events, stories (new and old) you want to tell, and other article ideas that involve Ben Dunfirth.

Please contact me (Meredyth Llwellyn) at bdchronicler@gmail.com and make sure to include your SCA name and contact info where I can best respond to your message.

Baronial Officer Contact Info

Baron & Baroness of Ben Dunfirth:

Brand Thorwaldsen & Jocea Valente
(Blair & Joleen DeMarco-Wettlaufer)
226-868-7067
grandduchyofbendunfirth@gmail.com

Seneschal:

Bellatrix Hespeler (Glenn Shilletto)
seneschal.bendunfirth@gmail.com

Castellan & Social Media:

Gaius Publius Varrus (Warren Morrison)
bendunfirth.chatelaine@gmail.com

Exchequer:

Manik (Jeffrey Frank)
jeff.frank@hotmail.com

Armoured Combat Marshal:

Tristham of the Barbarians
jonogubba@hotmail.com

Fencing Marshal:

David of Ben Dunfirth
reflexbow@hotmail.com

Archery Marshal :

THL Don the Duckman (Don Intini)
905-921-0906

Herald/Pursuivant:

Jørgen Lennertson (George Bird)
bd.pursuivant@gmail.com

Thrown Weapons Marshall:

Baroness Augusta Weyfare (Desiree Kern)
augustasca@gmail.com

Chronicler:

Meredyth Llwellyn (Alicia York-Bird)
bdchronicler@gmail.com

Arts & Sciences Minister:

Juliana Scrivner (Anrya Foubert)
bdartsandscience@gmail.com

Web Minister:

Fischer of Ben Dunfirth (Robin McConnell)
bendunfirthwebminister@gmail.com

Facebook: www.facebook.com/groups/5148693885/

Twitter: twitter.com/bendunfirth

Website: <http://bendunfirth.ca>

Although the SCA complies with all applicable laws to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

The website is the most up to date source for announcements, dates and information.

This is the quarterly issue of The Ben Dunfirth Clarion, a publication of the Barony of Ben Dunfirth of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Clarion is available from THL Augusta, bdchronicler@gmail.com or the Ben Dunfirth website. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright (c)2022 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece.

Please respect the legal rights of our contributors.