

hAPPY hOLIDAYS



Birkebeinerne på Ski over Fjeldet med Kongsbarnet (Knud Bergslien 1869)

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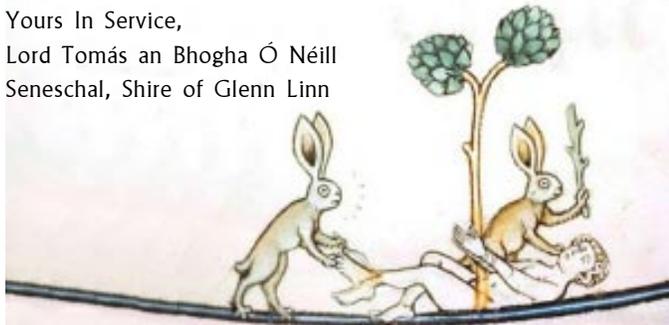


The Seneschal Says....

Greetings to all Gentles, welcome to this issue of The Cascadian A little about myself: In the year 1171, an army of Norman, Welsh, disaffected Irish, and other mercenaries invaded the land that became known as "Eire," and reclaim it for His Majesty, King Henry II. These invaders included the grandfather of my portrayal character, a longbow man and forester of minor nobility in the year 1271.

Things have calmed a bit since that invasion 100 years prior. Even so, we descendants are always ready to defend our homes, enforce rightful order where we are able in the forests and throughout the lands, and, of course, fight for the honor and glory of Their Royal Majesties. As for my own life, now that I'm older, I myself am able to see that, long ago, when I was young and foolish, I was young and foolish. Now, I'm older.

Yours In Service,
Lord Tomás an Bhogha Ó Néill
Seneschal, Shire of Glenn Linn



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From The Chroniclers Desk

Greetings Gentles,

It is with great pleasure that I present to you the first issue of The Cascadian formed under my direction. None of this would have been possible without the support of the members of the Shire of Glenn Linn and the hard work of my deputy, Hrotgar the Goth.

Though I am new to the shire, I spent many of my early years kicking around the Shire of the Northern Outpost. With my longing to return to the SCA and a young family in tow, I found my new home in the Shire of Glenn Linn and jumped in with both feet. I am excited by the level of commitment and enthusiasm by the good people of Glenn Linn and look forward to many enjoyable years.

It is my sincere hope to produce a newsletter that is both informative and entertaining, showcasing the best our shire has to offer. Because I cannot speak for the shire without your input, please know that I am always here to listen to your suggestions and to peruse your submissions.

I can be reached at 0245050@members.eastkingdom.org with questions, comments, or to wow me with your talent.

Happy reading!
Uallch O'Slatara

Curious? Want More SCA?

TO LEARN MORE ABOUT OUR THE SHIRE OF GLENN LINN, OUR ACTIVITIES AND THE "CURRENT MIDDLE AGES," CONTACT US. WE OFFER FREE PRESENTATIONS AND DEMONSTRATIONS FOR CHURCH GROUPS, SCHOOLS, YOUTH GROUPS, CLUBS, CIVIC ORGANIZATIONS, ETC.

FOR INFORMATION ABOUT THE SHIRE OF GLENN LINN:
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Uallch O'Slatara (mka Colleen Maloney) is the shire's incoming Chatelaine for 2019. She portrays a twelfth century Irish woman and matriarch of her family of five. She is constantly distracted by shiny new interests and is currently taking turns with heavy combat, garb making, medieval cooking, and the bardic arts. In her mundane life, Colleen is a published writer of fiction and poetry and an avid gardener. If you are in need of finding you feet in the SCA, please feel free to contact her at 00245050@members.eastkingdom.org



The Sword Is Sharper Than The Pen

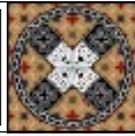
- Words from the Knight Marshal -

A few words on the life and times of Will Shirley. I am 68 years old and originally from Kentucky, but was raised in Arizona, coming to New York in the late 70's. I also spent a year in Washington state. I am a retired CADD tech with a background in surveying, as well as a parallel career as an artist/sculptor/photographer. I joined the SCA in 1969 in Atenveldt and established the Associated Guilds of Atenveldt and the Corporate College of Sciences (prior to its being merged with the Arts). I was made a belted fighter in 1972, and received an Order of the Pelican from the BOD for my work in the Sciences and an Order of the Laurel from Atenveldt for my work in play writing and acting. I had a lapsed membership for some time due to health and employment issues but recently rejoined the Shire of Glenn Linn to continue my persona of a 7th-8th century Swedish artist/craftsman, Helm Egilsson of Birka. With a chronic back injury I am no longer able to compete in heavy combat but as a belted fighter, a Master at Arms, I try to maintain my skill set and as Knight Marshal will be training fighters, especially in Norse styles (centergrip shields, axes, swords, spears, etc). At Helm's Hold I have wood fired kilns for ceramic studies, a foundry for metal casting, and next spring will have a power hammer to enable a blacksmiths studio. We have a good set of woodworking and wood carving tools, ceramics tools such as wheels and slab roller, a small enameling electric kiln and a large modern electric kiln for glazes. We'll have classes in making shoes and hats, brewing, games and so forth. I want to help grow the Shire while having a good time with good friends.





ELECTION RESULTS 2017



The results for the Nov 2018 officer elections (along with some minor notes) are provided below. All newly elected officers officially take office Jan 1, 2019. In the case of offices that were vacant, the newly elected officers have un-officially taken on the duties of that office following the election.

Seneschal: Wilhelm Un Bergrekk stepped down at the end of 2017 and Lady Serafina Della Torre was elected to the position. Lady Serafina stepped down at the end of August 2018 and Lord Tomás an Bhogha Ó Néill was elected to the position and reconfirmed on the November ballot.

Exchequer: Lady Arnleif The Red stepped down and Hrotger the Tervingi was elected... reluctantly.

Chatelaine: Lady Lisabetta vedova di Alessandro stepped down at the end of 2017 and Lord William O'Donovan of Monmouth was elected. Medical complications prevented Lord William from filling the roll until he stepped down in August of 2018. The position was vacant until Uallch O'Slatara was elected on the November ballot.

Mistress of Arts & Sciences: Lady Saffir Weaver continued in the position being unopposed in the election.

Chronicler: Lord Tomás an Bhogha Ó Néill stepped down and Uallch O'Slatara was elected.

Minister Of The Lists: Hrotger the Tervingi stepped down and Samantha Brannan was elected.

Webminister: Hrotger the Tervingi remained in the position.

Herald: Samantha Brannan was elected to the position.

Knight Marshal: Master Helm was elected to the position.

Tossin It Out There

Words from the thrown Weapons Marshals

The Glenn Linn Thrown Weapons Program has been around for three years now and is an accessible activity to children and adults of all ability levels. Practices are normally held in conjunction with archery. Keep an eye on the calendar to see when and where our next practices will be held.

Hrotger the Tervingi



State Of The Arts And Sciences

Greetings All;

Please allow me a moment of your time to introduce myself and give you some information. I am Lady Saffir Weaver, the current Mistress of Arts & Sciences for the Shire of Glenn Linn. We are currently holding Shire of Glenn Linn Arts and Science sessions on the first and fourth Sundays of the month during; the months of April to September and then, when the weather is colder and snowy from Oct to March, we will have A&S sessions on the first Sunday of the month, unless a holiday or other event interferes (All classes and times are subject to change at my discretion). Classes were held at the American Red Cross building, in Glens Falls, NY 12801, from 6:30pm-8:30pm. I am currently looking into a new location. I will announce the Nov and Dec A&S sessions when I am sure of times and locations.

I am beginning to plan A&S sessions for 2019. If you would like to teach a class please feel free to email me at: moas@glennlinn.eastkingdom.org, with what you would like to teach, what date you would like to teach and a list of supplies/costs per student.

Thank you, and I hope to see you at an A&S session soon.

Yours in Service,

Lady Saffir Weaver, MoAS for the Shire of Glenn Linn



Words From The Web

Greetings all,

Many changes have been occurring in the Shire over the past couple of years including a change of Web Ministers (twice) and a new Web Page to go along with that. While I designed and scripted the new web page it was my immediate predecessor, Lord Duncan Fletcher who implemented it, and likely fixed a lot of my scripting faux pas' to get it up and running within the specifications of the East Kingdoms guidelines.

Going forward, it is my intention to make the official Web page our hub for communication and dissemination of information in the Shire and hopefully move away from the use of Facebook and the Yahoo group, which have, for several years now, filled these roles. To that end I will be adding new features to the web site as well as adding content useful to both new comers and long term members alike.

Hrotger the Tervingi (Your Sexy Web Minister)





TALLIES, TABLES, LOGS & LISTS

A WORD OR TWO FROM THE MOL

The Shire, like all organizations, has changed its direction as it has changed the composition of its membership. The past few years have seen both a growth and then decline in our Archery and thrown weapon programs, the loss of our youth combat program and the continued absence of both heavy list and fencing from the Shire. All of these activities have enjoyed various levels of support of the course of the Shire's history.

Change, or course, is inevitable. As we move forward and increase our membership and the participation of our current members, we will have the ability to reestablish both our heavy list and youth combat programs. In addition, we are on the very cusp of introducing siege, combat archery and possibly equestrian activities into Glenn Linn as well.

While my duties as the Shire MOL over the past few years were only ever called upon for our Northern Region War Camp event, as I leave the office I hope to see our next MOL be a bit more busy as the Shire grows and expands its activities. I will remain an MOL at large and will always be available to lend a hand at the list table when needed.

Hrotger the Tervingi

OYEZ! OYEZ!

What is the Valiance Proposal?

The Valiance proposal is designed to provide a pathway to peerage recognition for those individuals in each kingdom who excel in both quality and skill in archery, thrown weapons, siege, equestrian, or any other SCA martial

TO FIND OUT WHAT THE MOVEMENT IS ABOUT

<http://endlesshills.net/valianceproposal.pdf>



What's On YOUR Calendar?

You're invited! Every member of the public is invited to take part in our activities, workshops, meetings, or events. Workshops sometimes require a material fee. Entry fees, if any, for some events are reduced for registered members. However, formal membership is NOT required.

MEETINGS & ACTIVITIES

Business Meetings: Held the second Sunday of the month in the Crandall Room at Crandall Library, 251 Glen St, Glens Falls, NY 12801, from 14:30 to 17:00. The upcoming dates are Jan 13, Feb 10 and Mar 10.

Arts & Sciences: The A&S workshops usually have a pre-scheduled class or activity, such as for making garb (clothing), accessories or crafts, Medieval Games Night, or Glenn Linn Minstrels singing practice. Time & Location TBA

Cooking Guild: The Glenn Linn cooking guild meets sporadically to cook and eat dishes from various cultures and time periods. Participants have the opportunity to take the lead on selecting and researching a particular culture and / or time period. Time & Location TBA

PRACTICES

Seasonal Outdoor Activities are currently on hiatus but Look for them to return with the nice weather.

Archery Practice: 1 May through 31 October, Sundays, 13:00 - 15:00, Community Recreational Area, 55 Main Street, Argyle, NY.

Thrown Weapons Practice: 1 May through 31 October, Sundays, 13:00 - 15:00, Community Recreational Area, 55 Main Street, Argyle, NY.

Heavy Combat Practice:
Time & Location TBA

Youth Combat Practice:
Time & Location TBA

Fencing Practice:
Time & Location TBA

Seige Engine Practice:
Time & Location TBA

Please Note: Specific information on all activities date, time and location can be found on the official Shire Calendar on our Web Site. The official Shire of Glenn Linn Web Site is the only "official" source for information about the Shire and its activities.





History of the Royal Round

By Sir Jon FitzRauf

Long, long ago in the Kingdom of the West when I was their kingdom royal archery officer, I felt there was a need for a way to track the archers' improvement in their shooting ability. It seemed that a good way of doing this was to track their scores. A short competition was needed that would be shot at different distances and also include speed shooting.

Given the tourney sites we frequently used seldom offered a space that would allow more than forty yards for a safe archery range, I made forty yards the maximum. And then used thirty and twenty yards as the shorter distances. I used six arrows as the number for an end, because it a common number for a longer end. The thirty seconds for the speed/ timed end was because at the time, most of our archers could barely manage to get off six arrows in that time.

After it had been used for a while just to track individual improvement in scores, I decided to post the top twenty scores each month with the archers names in our kingdom newsletter "The Page".

When new kingdoms were being formed our seneschal would send them information packs, which included my information on archery and the rules for the Royal Round as well as the archery skill ranks we were using based upon royal round scores. This established the royal round rules and the archery ranking system in many of the kingdoms.

The Royal Round also served as the basis for the Inter Kingdom Archery Competition. I just doubled it and added timed ends to the thirty and forty yard distances. The IKAC was created as an archery challenge from the archers of the West to all the archers of the Known World.



The Kid's Corner

Q: How did the Vikings send secret messages?

A: Norse code.

Q: Why did the Viking buy an old boat?

A: Because he couldn't afford a new one!

Q: Who is Thor's favorite singer?

A: MC Hammer

Q: What do Eric the Red and Jabba the Hut all have in common?

A: They both have the same middle name.

Q: Who was the librarian at the Viking library?

A: Erik the Read

Q: Who always liked to rake the Viking's lawn?

A: Leaf Erikson

Q: What has 6 arms, 6 legs and 6 eyes?

A: 6 Vikings.



The Gathering of the Knitters

Please come and join us at our monthly gathering of knitters! Feel free to bring any knitting project you are working on!



If you are new to knitting, we would be happy to help you learn more! All are welcome!

Come enjoy an afternoon of knitting companionship. And learning! Period knitting...any knitting..we love knitting!

For information about our scheduled meetings, directions or if you have any other questions, please email me at:

redlioncanoe77@gmail.com

I wish everyone near and far happy knitting!

Lady Arnleif the Red



EPICURIA



The Problem with Icelandic Chicken - By Ullach O'Slatara

Oh, Icelandic chicken. Tender poultry wrapped in bacon and sage and cooked in a carb-tastic blanket of bread.

I had it once. The place is lost to me, but the anticipation was sweet. My friend described the wonder as we carefully nibbled the first offering at feast, saving generous room for the golden course. When it was served, it was beautiful- glistening crust begging to be opened and reveal the treasure locked with in.

And it was locked. The bread was more like a rock that we had to chip away only to find a limp strip of fatty bacon wrapped around sodden chicken. What went wrong?!

I decided that the cooks erred on the side of caution and overcooked the dish in order to insure the chicken reached the proper temperature. Years later, I realized that what was missing was a farmer's perspective.

The recipe for Icelandic chicken comes from An Icelandic Medical Miscellany, purportedly a fifteenth century document found in Dublin, Ireland, translated from the old Icelandic and published in 1931. The recipe is written as: "One shall cut a young chicken in two and wrap about it whole leaves of salvia, and cut up in it bacon and add salt to suit the taste. Then cover that with dough and bake like bread in the oven."

I have read grapevine style claims that the recipe cannot be Icelandic at all due to the use of sage, the fact that the manuscript was a daughter document to begin with (leaving the age in

question), along with various other complaints. But, for the sake of argument, let's assume the recipe is period and might have been eaten by some Vikings. With that out of the way, let's take a deeper look at the ingredients.

The chicken. Icelandic chicken is, in fact, a breed of chicken that can trace its lineage back almost 1,000 to- you guessed it- Iceland. Icelandic chickens are one of the hardest breeds still available to the home producer. The Livestock Conservancy says:

"Icelandic chickens originated with the settlement of Iceland in the tenth century...selection favored breeders capable of feeding themselves on Icelandic smallholdings...active, naturally healthy fowl adapted to harsh conditions, on the small side (mature cocks weigh 4½ to 5¼ pounds; hens, 3 to 3½ pounds), with good egg production, even in winter."

That weight is the live weight, which is different from the carcass weight- live chicken minus head, feet, feathers, and innards. This puts hens lighter than the average redacted recipe weight of 3 pounds. Even if these dual purpose birds (used for both egg and meat production), were to be slaughtered at a young age, all of their self-sustaining foraging would have rendered them lean and tough. The best option for cooking a bird of this type is low and slow, preferably in some kind of sauce or with the addition of fat, such as- BACON!

The bacon. Every redaction of this recipe I encounter utilizes store bought bacon wrapped around the chicken. This presents a few problems. Firstly, the skin of a chicken will act as something of a barrier to the entrance of fat into the meat of the bird, the melted fat to drip down the side. This fat would be put to greater use inside the chicken. The recipe even says "...cut up in it bacon". Secondly, our idea of what bacon is has changed. Our modern bacon comes from the belly of the pig, sometimes called 'side bacon'; where the medieval version of bacon is what is now referred to as 'back bacon', a much leaner product.

(Note: "The word "bacon" may have come from various sources, particularly from the French word "bako," the common Germanic "bakkon," and the Old Teutonic word "backe," all of which refer to the back of the pig, and date back before the 12th century" - baconscouts.com)

A leaner, meatier bacon would cook much better under a bread casing and eliminate the undercooked feel of store bought 'side bacon'.

The sage. Sage was used all over Europe and was known in ancient Greece to aid in the digestion of fatty foods. Its inclusion in this dish seems suitable, not only for the pallet, but for the valuable digestive aid. But was sage grown in Iceland?

Iceland's USDA growing zone is 6 in the interior and 7 near



the coast. This unexpected warmth comes from the fact that the island lies in the path of the North Atlantic Current, which makes its climate more temperate than would be expected for its latitude, as well as the numerous geothermal vents present in the country. Sage grows as a perennial in zones 5-8 (Bonnie plants). Any warmer, and it's an annual, allowing you to harvest seeds and grow more sage. Even without the benefit of seed production, let us not forget that the Vikings traded with many people and could have acquired either dried sage or seeds to grow fresh sage at home. Though sage is not listed in many of the, admittedly non-comprehensive, herb lists I found for Viking age Scandinavia and is not grown in Ribe Vikingecenter herb garden; there is a case for Sage. "Sage (*Salvia* sp.) was probably cultivated (in Scandinavia) for the aromatic leaves and shoots and was most likely often harvested before setting seeds. This means that there is little chance for sage to be detected in the archaeological record" (Sloth).

Furthermore, sage was a valued medicinal herb, being used as both a sore throat tonic and to stop bleeding (Herbal Academy). In the middle ages, most monks relied on 16 primary herbs for their medicinal properties, sage among them (Herbal Academy). Iceland's conversion to Christianity (and establishment of monasteries) further makes a valid claim for the inclusion of sage. I think we can justify its place on the shopping list and move on.

The bread. This is the big one. Every redaction I have seen has incorporated a bread made using only modern white flour. While wheat was available in Viking age Europe, it was a different variety and contained less gluten- the protein that makes bread dough stretchy and the baked bread chewy (medievalyork.com). Rye and barley were the flours likely used for bread making. "...in the Viking Age, rye became the predominant type of grain" (ribevikingecenter).

While both rye and barley contain proteins very similar to the gluten in wheat, they are not in sufficient quantity to give that chewy, satisfying bread texture that is derived from modern wheat.

The experiment. Armed with my new research, I could not resist making some Icelandic chicken. As I could not find a two pound chicken, and I decided smaller was better for this recipe, I procured two Cornish game hens. Though this would not offer me the toughness of a free range hen, it at least gave me a closer size. Fresh sage was easy to find, but back bacon proved elusive. I used 'Canadian bacon' which is a type of back bacon, though overly processed in my opinion, and also prosciutto- technically an Italian ham, but which looked to be similar in fat distribution to pictures of back bacon. I chopped them and used one meat inside each half of chicken.

I wrapped the chicken in a rye sourdough bread (tempered with a small amount of whole wheat flour for texture) and cooked

it at a temperature appropriate for a medieval bread oven (450 F). The bread was done before the chicken, and another fifteen minutes in the oven made the bread a bit darker than I wanted. Though the bread was crusty on the outside, the juices from the chicken kept it soft on the inside and left me wishing only for a kind of gravy to dip the bread in. The prosciutto worked much better as a bacon than the Canadian bacon, which oddly enough, tasted more like ham.

It was nagging at me that I had cooked the chicken for a mere hour, though I knew a tough bird would need to take her time in the oven to be palatable. That is when I stumbled on Icelandic thunder bread.

This wonderfully named rye bread (supposedly a nod to the god Thor and the gastrointestinal fireworks produced from eating such a high fiber bread), was cooked in pots buried beside geothermal vents and slow cooked for hours. I could not find any period examples of this bread, though thespruceeats.com claims it was served at Thorrabolt, a viking festival in honor of Thor. So, why not?



The current 'traditional' recipe is very high in sugar, similar to Boston brown bread, and uses baking soda as a leavener. I tweaked the recipe to use less sugar, gave it a sour dough leavener, and replaced the small amount of wheat flour with barley flour. I lined buttered cans with dough, placed the chicken inside and put more dough on top. These cans went into a 300 degree oven, sitting in a water bath to simulate the moisture of the geothermal vents, and cooked for almost four hours.

I let them cool and they came out as a nice loaf. The bread was soft and the chicken done to perfection. Taste wise, I was disappointed with the flavor of my thunder bread, but I am intrigued by the technique and would like to make it again as the sweet bread it is intended to be.

As I was conducting this experiment, I could not help but think that this recipe would save cooking time in a communal



oven; cooking two birds in one bread, so to speak. Further investigation of this dish will lead me to cook the bird in the rye sourdough loaf but at a lower temperature for longer; something between the two methods.

Sadly, I did not find the perfect Icelandic chicken recipe, but this culinary adventure led me down a path that perfectly embodies the SCA- find, research, experiment, learn. Having a knowledge of cooking will help in the quest to understand the brief recipes offered us from the past, but understanding the actual ingredients is key to making an authentic dish. I started out wanting to make this recipe better, with a basic understanding of chicken breeds. I ended up learning about bacon, grains, and best of all, thunder bread.

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WHAT NEWS?

A QUARTERLY COLUMN OF CURRENT COGNIZANCE

Greetings and Well-met onto the Gentlefolk of our Shire,

It has been a while since the last issue of the Cascadian managed to escape into the wilds and much has happened. In 2016 we saw the departure of Lord Gage Ormesby from the position of Seneschal which was then filled by his Deputy Lord Wilhelm. Many archery practices were held and the Shire's big event, Northern Region War Camp was held. It was also in 2016 that Glenn Linn granted the Barony of Concordia of the Snows use of the Schaghticoke fair ground site within our Shire as a temporary home for their War of the Roses event while they searched for a new permanent home, their old site having become unusable for various reasons.

In 2017 the shire held Northern Region War Camp and combined Archery / Thrown Weapons practices. At the end of the year we also lost several active members who, for various personal reasons, were forced to become inactive or take a break from the hobby. These included Duncan Fletcher (our youth marshal and webminister), Wilhelm Un Bergrekk (our seneschal), Lisabetta vedova di Alessandro (our chatalane), Lisette Fournier, Esperanza Zamora DeLaquava and Brynjolf of Dragonwyck.

Over the course of 2018 we experienced an ebb in activities dues to the membership loss. In addition Northern Region War Camp was preempted by the kingdom's EK 50 year event being held on Glenn Linn lands near our normal time slot, and so no actual events were held in 2018 although we did hold several well received demo's including one at the Crandall Library and one at Fort William Henry. In addition, we lost three more members to personal and medical issues that caused them to relocate out of the Shire. Master Liam St. Liam (our chatalane), Duchess Althea Eastriding and Lady Serafina Della Torre (our seneschal) all departed of the summer of 2018. At the same time that we were loosing members we slowly gained so new, interested and active member to help fill the loss.

That is, to the best of my recollection, the most interesting and noteworthy things to have impacted the Shire since the last publication. If anyone can think of additional facts that should be recorded, please submit them to the Chronicler.



THE LAST KING

- A Review by Colleen Maloney

From director Nils Gaup, who gave us the dark ages Sami film *Pathfinder* in 1987, we have *The Last King* or *Birkebeinerne* as it was called in it's home country of Norway. It is a mostly historical account of the rescue of Haakon Haakonson, who would later become Norway's greatest king.



I picked this up recently in a discount bin and decided \$7, even for someone as cheap as I am, was a bet worth taking. It is subtitled, but that never sacres me. The chance to fill my ears with Norwegian for two hours is something I actually looked forward to.

The movie opens with the written announcement of the Baglers as a threat. Men backed by the wealthy Catholic church, they were one side of the civil war that was plaguing Norway in the early 13th century. They ride in on dark horses under grey skies to burn down a village and we instantly know them as the villains. Though they are clothed exclusively in black and metal, there is thankfully no 'bad guy uniform' and a closer look will reveal different types of armor on Bagler warriors.

The Birkebeiner, the other side of the conflict, are clothed mostly in browns and natural fibers like wool, leather, and fur. This helps set up a visual distinction, and further reinforces the Bagler's connection with the church by playing on the modern idea of priestly black.

Landscapes shots during the opening credits expose Norway as a vast and formidable wilderness. The entire movie feels cold. There are no scantily clad warriors bounding through the snow, or doors left open to the outside so we can benefit from the entrance of natural light. And there is a reason for this- the entire movie was shot outdoors. Even the blizzard in the film took place during an actual blizzard. What interior shots there are were filmed in the Maihagaun open air museum in Lillhammer, Norway, in buildings dating as far back as the twelfth century. According to actor Kristofer Hivju (Thorvald) no sets were built for the film.

Director Nils Gaup allows his actors to convey emotional weight in the moments between dialogue, giving them control over their characters and allowing them to be distinct people. This is especially true of Kristofer Hivju (also from *Game of Thrones*) who creates romantic tension without saying a word. Actors were even asked to tweak scenes to accommodate the temperament of baby Haakon during filming.

The lighting is dark, especially interior lighting, and helps to

convey a sense of doom and secrecy. All covert actions take place indoors. This is contrasted by the brilliant starkness of the snow, which holds the chance of freedom for the young king.

The details are painstakingly cared for, with authentic touches like a logs that have been chopped by an axe, an iron pot hanging over a central fire, and stout, shaggy Icelandic horses.

There is no need to have a background in Norwegian history to understand the film, though it will carry a deeper meaning if you do. Screenwriter Ravn Lanesskog took some liberties with history (Haakon the Mad is renamed Gisel to avoid three Haakons in one movie, intrigue is amped up, and rivalries dug deeper). The plot becomes a bit contrived as one character leaves the protection of his king's son to go home to his wife and child to start life as a farmer, but in the end, I find it forgivable.

As much as we are used to bravado in these types of movies, the screenwriter makes death a more authentic threat. The characters are human and the heroes flawed. Though that deep character development does not follow into the villains, who are one dimensional and have limited screen time. Skjervald (played by Jacob Oftbro- also of *Kon-Tiki*) does the very unheroic thing of outing the son of the king's whereabouts in order to save his wife and child. His emotional journey starts with this uncomfortable act and ends with his eventual redemption. We have no perfect heroes, which allows us greater acceptance of them as historical figures.

The battles are more like small skirmishes, which may disappoint some. But I promise no spinning swordsmen or enemies politely waiting in a circle for their turn to be slaughtered by the hero. What we do get are Birkebeiner jumping over a snow bank on skis and reigning down on their enemy with axes. Combat Skiing? Can we do this?

The end feels a bit anti-climatic, as we do not get the final battle scene that American's are so used to.

A few extras are included on the DVD. There is an interview with Kristofer Hivju which is worth watching if only for the way he describes the difference between wielding a sword in *Game of Thrones* and an axe in *The Last King*. There is a video for the end credit song called "Bifrost" which is sung by haunting Helene Boksle. Subtitles are included for the song as well, which makes it all the more enjoyable.

The movie is rated R, though I'm not sure how. The violence is plentiful, but not graphic and kids who understand basic movie magic should be able to handle it easily. Parents should be warned that there is a small sex scene and the death of an infant. Preview the movie if you are on the fence about making it a family affair.



The winter is coming





A QUICK LESSON ON NORSE POETRY

By: Ullach O'Slatara

Norse poetry can be divided into two types- Eddic poetry and Skaldic poetry. Time and difficulty are what separate the two.

Eddic poetry was passed down orally from person to person, the author of the poem lost to time. These poems are usually, though not always, of a more simplistic nature.

Skaldic poems were usually written for a patron and were designed to show off not only the patron's deeds, but the ability of the skald or poet. These poems relied on complex forms of meter and literary acrobatics in order to achieve that goal.

Both varieties rely on alliteration (also known as front rhyme) rather than end rhyme to tie the poem together. 'Stand strong' is an alliteration as both words begin with the same 'st' sound.

kennings are another important feature of both Eddic and Skaldic poetry, though are used more liberally and are of a more complex nature in Skaldic poetry. A kenning is basically a short metaphor. "Whale road" is a kenning that means the ocean. In the poem at right, "battle broken" is meant to indicate the wounded.

Line length for both forms was generally short, usually carrying between three and six syllables per line. At times, especially in Skaldic poetry, these counts could be strict and rely on a mandated pattern of stressed and unstressed syllables, as well as required rhyme patterns.

Each type of Norse poetry was further broken down into forms with complex rules that make sonnets look lazy and give me a new appreciation for the skalds of old.

This poem 'Northern Star' is humbly offered to you as a piece inspired by Norse poetry.

PRITHEE PAY HEED...

The Cascadian is the quarterly news letter of the Shire of Glenn Linn. That means it is your news letter. There are details that are required to be included (the boring bits), but almost anything else you (yes, ANY and ALL of you) would like to see can be included in these pages (the potentially fun, entertaining, and informative bits). But you need to tell us what you would like to see, or even consider contributing something.

NORTHERN STAR

By
Ullach O'Slatara

Now the field lies still. Snaked with wooden worm
Of shields mirror faced, Hungry spear toothed borne.

Thegns do call Rise Northern Star,
Steak victory To false flagged men.

March a thousand feet, Force freedom home.
Clash of sword on shield; Music of the feared.

Fierce the fire Of valiant men,
Of women armed Beside them.

Feral taught, The wall stands strong
Of those who wear The Northern Star.

Eager enemy Comes before them
Warriors sword swift And spear skilled

On blooded field, The battle broken
Lie helpless Among the dead.

Push the wall! Though courage wanes.
Weary shield Now brother borne.

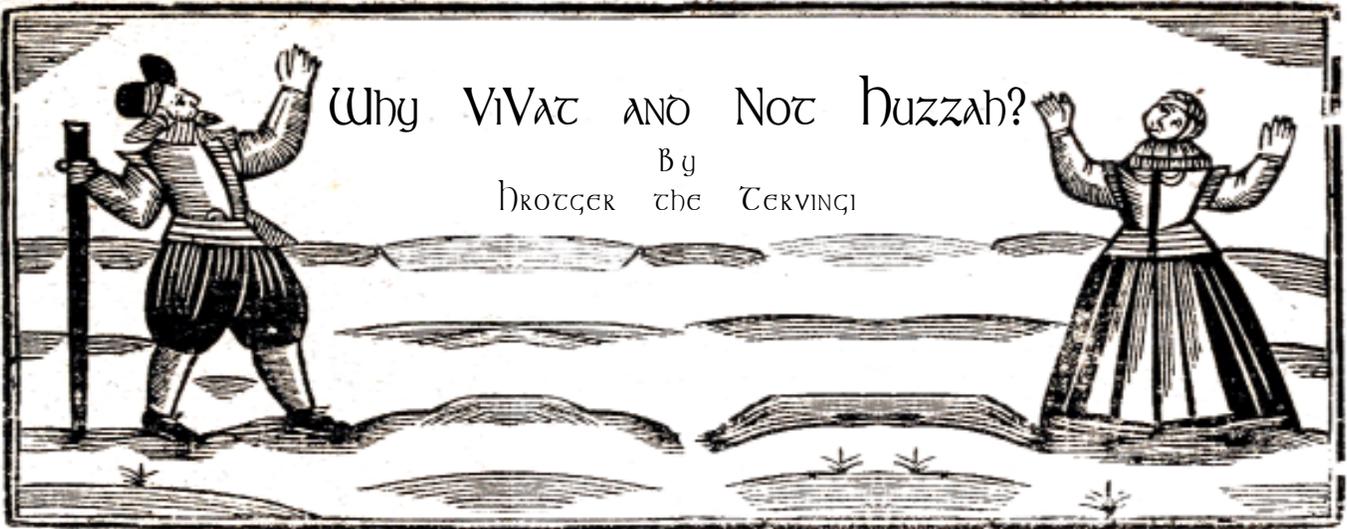
Rally once more, Call the battle cry!
The field secured With each burning step.

No enemy blade Can rear against
The raging sea Of black and white.

Now the field lies still. Blade song silenced.
The fighting ground, A crow's feat table

Rise Northern Star! For living fighter
And Valkyrie flown, Victor's ring is won.





If you are in the SCA and live in the East Kingdom you have likely encountered the cheer of "Vivat!" (or "Vivant") when an individual is celebrated for some form of achievement. On the other hand, if you have had the opportunity to visit several kingdoms during your tenure in the SCA, or ever simply visited a Renaissance fair, or seen an old medieval movie, you may also be more familiar with the oft used cheer of "Huzzah!" The cry of vivat (singular) or vivant for several people means "Long Life" (from the Latin) and is attested as early as the De Brevitate Vitae of 1287 ("Vivat academia!" , "Vivant professores!" etc.). Huzzah'ing was an established custom by Elizabethan times and may have originated as a sailor's shout of exaltation, encouragement, or applause. It appears in In Shakespeare's Henry IV (1591): "Huzza! Huzza! Huzza! Long live the King!"

The first time you heard vivat you may have thought, as I did, "Huh...strange" and just went along with the crowd not giving it much thought. I was well acquainted with the occasional hardy huzzah, and when exposed to the, in my opinion, less exuberant and more equivocal vivat, I began to wonder why. As all who have ever asked the question "why?" about any SCA subject knows, the answer always starts with a history lesson...

Once upon a time there was the West, and the West was what there was because there was nothing else. That was the SCA. But in 1968, the lands east of The Great Muddy was declared The East. So, now we had West and East. But the West also had the BOD (Board of Directors) and the East... well, the East did not, and was just a kingdom.

In 1969, both the Kingdom of the East and the Kingdom of the West (in the guise of the BOD), chartered groups in the middle, as it were. There was some confusion about exactly who was empowered to charter new groups. And while the East struck first in the region, the BOD struck last. Luckily, the two newly formed groups chose to ignore the politics of their parents and

joined together to become the Kingdom of the Middle. Keep in mind that there were not exactly a lot of feet on the ground back then, so having a cluster of folk brave enough to dress up, run around acting silly, and hit each other with sticks, was reason enough to become a kingdom. In this case, a kingdom made up of lands granted from both the East and West, proud parents of their new offspring.

Two years later, in 1971, the West (or BOD, if you prefer) decided to both thumb its nose at the East and git rid of some potential trouble makers from Arizona and created the Kingdom of Atenveldt, which stretched from Arizona straight across the country to the Atlantic coast, absorbing large chunks of both the West and East kingdom (proving that the BOD could do what they want, even taking land back away from a kingdom).

At this point the SCA had created its four great incubator kingdoms- West, East, Middle, and Atenvelt. Every other kingdom from this point on would originate from one of these four kingdoms or from one of their offspring Kingdoms. Let us keep that in mind.

So in the West, when everything was new, 'Hip hip hooray' was the cheer of the day. The East, born of the West followed its traditions, also crying 'Hip hip hooray' for a while until the reign of King Gyrth and Queen Melisande (04/01/1978 - AS XII). Upon concerns that the term was significantly post-period, and that there was some speculation (now considered spurious) that its origin is anti-Semitic with the word word "hip" stemming from a medieval Latin acronym, "Hierosolyma Est Perdita" ("Jerusalem is lost"), Gyrth asked the people to switch to "Vivat/Vivant," (as told to me by Melisande). Incidentally, it was never their intention to have it chanted three times - that being a carryover from the older cheer. It would appear that around this time, perhaps under the same concern over anti-Semitism, the West switched to 'Huzzah'.



Now this is where the lineage of each kingdom comes into play. In 1978, the Kingdom of Meridies was formed out of Atenveldt lands and invested by the Atenveldt court. As Atenveldt was a huzzah kingdom, so also became Meridies. Also in 1978, the Kingdom of Caid was born from the West, inheriting the use of huzzah. In 1979, Atenveldt created another huzzah kingdom with the birth of Ansteorra. 1981 brings us the Kingdom of Atlantia, which separated from the East and therefore cry's "ViVat!" Another huzzah kingdom is created in 1982 by the West in the form of An Tir and then comes an odd ball.

The Middle Kingdom, the love child of bickering parents, repudiated both and uses either huzzah or vivat. Instead, they yell "hoobah" as an expression of acclamation and joy. Why? Well, legend has it that an early king of the Middle, upon being presented with a troupe of belly-dancers, exclaimed "Hubba hubba!" In 1984, the Kingdom of Calontir, born from the Middle, became the second "hoobah" using kingdom. In 1985, we return to the normal order with the creation of the Kingdom of Trimarís out of the huzzah using Meridies. The huzzah using Kingdom of Outlands separated from Atenveldt in 1986 and Drachenwald, being born of the East in 1993, carried on the vivat tradition.

In 1997, we encounter another odd bird. The Kingdom of Artemisia is formed out of Atenveldt, with bits of the kingdom of Outlands and the Middle thrown in. Among all the confusion, they become a vivat kingdom. Why? Go ask them. Also in 1997, Æthelmearc is spawned as a vivat using child of the East. Ealdormere separates from the Middle in 1998 and, being completely against the grain, immediately begins using "Wassail". The year 2002 sees the creation of Lochac out of the West and Ciad, both passing along the use of huzzah. Northshield, created from the middle in 2004, is a vivat user because the first Prince by right of arms was nurtured in Atlantia, a vivat kingdom. Gleann Abhann, which sprang from Meridies in 2005 is on the huzzah standard, while the final kingdom, Avacal adopted huzzah from its parent An Tir, when created in 2015.

For those who were keeping count, that is ten for huzzah, six for vivat, two hoobahs, and a single wassil, most of whom were predictable based upon their lineage. So, now you know.

Note: There is at least one anecdotal reference to the Barony of Carolingia using vivat prior to the request of King Gyrrh, however no evidence has been presented to substantiate the claim.

Sources:

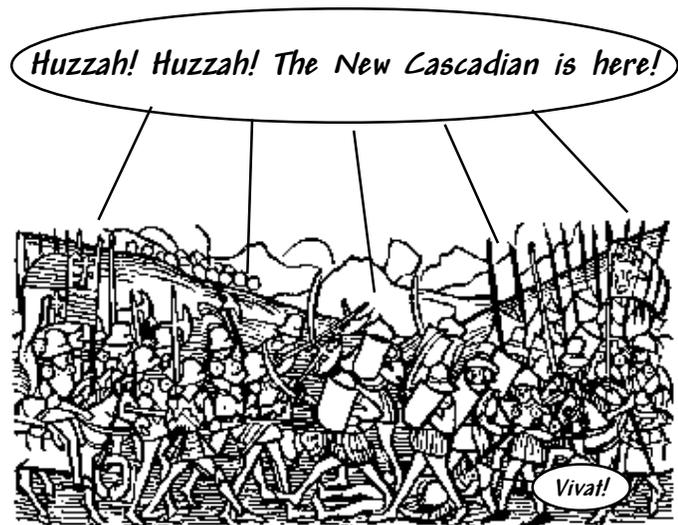
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Keepers' of Athena's Thimble
East Kingdom Embroidery Guild



Did you know anyone can become part of Athena's Thimble!
 All are welcome at any meeting to learn something new or to show off your own talents and to meet friends and relax!

 We normally meet in Albany at Lady Ruth's home.

 We can be found on...

 Website: <http://www.athenasthimble.com/index.htm>
 Facebook: <https://www.facebook.com/KeepersOfAthenasThimble/>

 If you need directions, please email Arnliof at: redlioncanoe77@gmail.com

 The CASCADIAN: Official Newsletter of the Shire of Glenn Linn
<http://glennlinn.eastkingdom.org/>

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THE BOUNTIFUL SHIRE OF GLENN LINN

BUSINESS MEETING MINUTES

10 - 14 - 2018
6:30 – 7:45 pm
Glens Falls New York



Meeting start 6:36 pm

OFFICER REPORTS

Exchequer

- Exchequer reported a balance of over \$9,000 in the Shire account and brought forth the proposed budget for 2019, in line with Kingdom requirements.
 - Allotment of funds are set up in different line items, but balances in these line items can be adjusted. For example, there is an allotment for an inside fighting space for winter. As we have a lack of active fighters in the shire, this item will be deleted and those funds can be put into another budget item, such as archery. Not all funds need to be used.
- There was discussion of a miscellaneous fund or an increase in Arts and Sciences budget, which could cover most conceivable needs. The Minister of Arts and Sciences needs be made aware of any purchases so that she may document it in her report.
- The archery Budget stands at \$300. There only equipment need is for bow strings at the moment, but there was discussion of using some of the budget for shelves in the storage unit for the archery equipment.
 - The space of the Red Cross building costs us \$300 a year, and is subject to the good will of the Red Cross. There is a possibility we may lose the site. They asked for proof of insurance from the Shire and were given a generic form.
 - There is an EZ-up that was offered to the Shire and a tax credit value amount of \$40 was agreed upon.

Minister of Arts and Sciences

- Went over monthly A&S meeting schedule.
 - September 16th was cancelled due to lack of interest.
 - October 7th was an open A&S night.
 - Remaining classes are November 7th and December 2nd.
- A shoe workshop was discussed with the ability to make shoes for earlier period personas. Will showed an example of a pair he made and said they were quite comfortable. They appeared authentic to the time.
- The Minister of Arts and Sciences said anyone could hold a class as long as she was aware and the class could be published on the website or newsletter by the minister of Arts and Sciences. Classes cannot conflict with one another and preference will be given on a first come first serve basis. Head counts and feedback should be reported to the Minister of Arts and Sciences so that they may be included in her report.

Chatelaine

- Demo "Storm on the Fort" The fort staff loved us being there. We had approximately 37 total participants from five different groups including: Glenn Linn, Concordia, Mountain Freehold, Anglespur and Nordhall (non-SCA group). A thank you letter will be sent to Nordhall for their support of our activity.
- Upcoming Demos
 - Cradle Library Bardic Circle- coordinated by the teen center. October 28th, Cradle Library Community Room 2-4. Plan an hour on either end for set up/take down. They will provide tables, some food, and some story tellers. We send bards. They will also have a flaming fountain. Everyone should be dressed in garb and have stories geared towards families.
 - Saturday, Nov. 3rd Pumpkin Chuckin' at the Adirondack Brew Pub parking lot in Lake George. We bring the trebuchet and they will provide the pumpkins. We could make a small demo out of it, especially if we had some fighters. We might be able to bring the ballista for display.
- We need to be a constant presence within the shire areas. Flyers were discussed as a way to generate interest. If we could have fight practices outside of the library, that would generate a lot of interest.
- Concordia would like to use the Washington County Fairground as an event site. The Girl Scouts of America has contacted the SCA to have a medieval themed jamboree on June 8th, 2019. Concordia was assigned to the task, but needs our permission to use the site. There is still debate over the contract. The seneschal of Concordia was contacted via phone during the meeting and has said things are moving forward. There will be approximately 1,500 people at this event. A letter of permission will be drafted and sent within the next couple of days stating that we give permission for the use of our lands but in no way give up any sovereignty over said lands.

Herald

- We have none and it was stated we do not need one, excepting the occasional need for a voice herald. We are still waiting on shire documents held by the person who was last herald.

Knight Marshal

- We do not have one, but we do have a marshal at large. There is a possibility we will have a rapier marshal this summer.

Youth Marshal

- Nothing to report.



Archery Marshal

- no practices or demos to report. This year we have 2 people from the shire on the Royal Round ranking, last year we had 12. Kingdom wide there are 126 and last year, there were 200. We could have archery practices on Sundays through October and we can use the fish and game club in the colder weather, but spacing is limited. It was asked if we could do royal round ranking on scale, where smaller targets are used to simulate longer distances, but the request was denied because the arrows would not arch properly. It was suggested we just shoot at the 20-yard range. It was also suggested that lessons could be offered to improve shooting.

Thrown weapons

- There are two broken ax handles that need replacing. The transportable target stands worked well.

Minister of the Lists

- Nothing to report.

Web Minister

- People are having a hard time using the calendar.

Chronicler

- Interest was shown in the position and a letter of intent will be sent.
- It is hoped the Cascadian will be available in December with a Viking issue.
- Submissions are welcome, reports from the officers are appreci-

ated. Deadline is November 15th.

OTHER BUSINESS

Officer Nominations

- Hrotger was nominated for Exchequer nomination was seconded and approved.
- Minister of the List is up- Hrotger will be a MOL at large.
- Seneschal- Thomas (acting seneschal) was nominated. Nomination was seconded and approved.
- Knight Marshal- Will was nominated. Nomination was seconded and approved.
- Offices of Herald and Chatelaine will remain empty as they are deemed unnecessary and covered by the Seneschal.

Northern Region War Camp bid

- Hrothgar would like to make this annual event centered around activities rather than having a war camp. Roses is now a war camp, and it is believed unnecessary. This event will have a Viking theme including fighting tournaments and non-fighting competitions. There was some discussion about whether or not we need a certain number of war camps to prepare the troops before the War at Pennsic. Also discussed was the fact that if we do not host a royal championship, we would not have to split the money with the crown. Rather a regional championship, like a five shires A&S championship, could be conducted. There will be giveaways of multiple prizes.

Meeting adjourned



THE MUNIFICENT SHIRE OF GLENN LINN

BUSINESS MEETING MINUTES

11 - 11 - 2018
6:30 – 8:30 pm
Glens Falls New York



As transcribed by Ullach O'Slatara MKA Colleen Maloney

(This meeting was conducted at a member's house. The previous site of the Red Cross building in Glens Falls having been sold. It was discussed we could use the Crandall Library for our monthly meetings and possibly make a donation to the library in gratitude.)

OFFICER REPORTS

Exchequer

- Balance is \$9,169.21. No activity this month.
- Budget for 2019 passed unanimously with addenda, such as the possible donation to the Crandall Library.

Arts and Sciences

- October 7th was an open Arts and Sciences night. November 4th was cancelled due to loss of location. No A&S dates can be added to

the calendar until we secure a new location for classes. A location in Glens Falls would be ideal.

- A one time location for the shoe building workshop is being looked into.
- If anyone is interested in hosting a class, please contact Sandi and let her know if you have any needs and times. Please insure you receive a response from Sandi regarding your email as she has been having some difficulty in that area.
- A reminder that all classes need to be posted, sponsored by a member of the shire and have at least one member in attendance. Classes do not have to make an item, but can also be a lecture style class.

Chatelaine

- Our participation in The Pumpkin' Chunkin' demo at the Adirondack Taproom was cancelled. The offer still stands for next year.
- Frontier town is being taken over by Paradox Brewery and it might



be a good place for an event. Horse riding trails and camping is available.

Herald

- We are still trying to get the books back from the previous herald.

Knight Marshal

- No current knight marshal.

Archery marshal

- Nothing new to report.

Thrown weapons marshal

- Nothing new to report.

Chronicler

- Letter of intent sent to and received by the seneschal. The new chronicler is Ullach (MKA Colleen Maloney).
- Articles for The Cascadian are going forward. Some officer introductions have been received, and we hope to gather more within the next few days. If anyone would like to submit an article for the December issue, please be aware that the deadline is November 15th. The theme for this issue is Vikings.

Web Minister

- The web minister is still working on switching Tomas over to the email seneschal@glennlinn@eastkingdom.org For now, please use the official SCA email of 188377@members@eastkingdom.org
- Everyone has an email attached to their member number. An officer will have their email (office@glennlinn....) routed to their member email.
- If you are having trouble opening that email, you may need to close everything out so that your login matches the Glenn Linn server.

OLD BUSINESS

Nominations

- Office of Herald- Samantha nominated, seconded
- Minister of the Lists- Samantha nominated, seconded

Reminder: all officers need to submit SCA name, mundane name, member number and expiration date, along with address, phone number and email. All information, including quarterly reports, that are sent to kingdom level officers need to be cc to our seneschal Tomas.

ELECTION OF OFFICERS

8 active members voting

- Seneschal- Tomas 7 yes 1 abstain- approved
- Herald- Sam approved unanimously (8 votes)
- Minister of the Lists- Sam approved unanimously (8 votes)
- Chronicler- Colleen approved unanimously (8 votes)

- Exchequer- Sean 7 yes 1 abstain- approved
- Knight Marshal- Will approved unanimously (8 votes)
- Chatelaine- Colleen approved unanimously (8 votes)

Letters of acceptance (or intent) need to be submitted to appropriate Kingdom level officers.

Girl Scout Demo

- The Girl Scout Jamboree is moving along. The \$2000 fee asked by them to insure we do not back out of the jamboree has been squared away.
- Concordia is running this demo in our shire but is seeking help from any nearby group, including groups in the Kingdom of Aethelmearc
- Originally, the Girl Scouts requested a few stations that all girls could visit at once, but with an expected attendance of 1,500, they have decided to break it up into smaller classes that run continuously and allow the girls to visit whichever classes they prefer.
- Hrotgar is teaching a story telling class and we may be able to do a class on siege weapons.
- Anyone wishing to help must pass a background check. Interested parties should speak to Tomas who can get in touch with John, the seneschal from Concordia.

Lights on Learning Demo

- Lights on learning is a home school education enrichment program that meets on Sundays in the Cambridge Library. They would like us to do a demo on May 21st. There should be a hands on activity as the children range from age 2-12. Colleen is the point person for this demo.
- Any budget needs for this demo should be directed to Sandi.
- Other possible demo locations include area libraries in Salem, Easton, Argyle, and Greenwich.

NEW BUSINESS

Event Proposal for The Great Northern Thyng July 5-8

- submitted by Sean (Hrotgar)
- This will not be a war camp. The regional knight marshal has been advised of this, but has sent no reply. This correspondence was cc'd to Tomas.
- This event will include a few scheduled battles for heavy list, rapier, foam fighters (for groups similar to but not incorporated within the SCA) and youth combat as well as tournaments for each. There will be competitions in artillery, archery and thrown weapons, arts and sciences, bardic arts, and dance. Several classes will be taught and a mead tasting is planned.
- Some construction has been done on the site, so we will need to walk out there and see what has changed.

Event bid vote- 7 yes 1-abstain Event bid passed.

Meeting Adjourned



EVERYONE IS GOING TO...

THE GREAT NORTHERN THING



JULY 5TH-8TH

WASHINGTON COUNTY FAIRGROUNDS
392 Old Schuylerville Rd, Greenwich, NY 12834
2019



Shire of **30** Glenn Linn
YEARS