

THE BICRANIAL BEAR

FEBRUARY 2023

Greetings to the Citizens of Adiantum!

Welcome to the first BiCranial Bear of 2023.

Between running 12th Night and getting started on Egil's Tourney, I haven't had much energy left over for the first of the four annual newsletters. Hint . . . your Chronicler is supposed to edit it, not write all the articles. So here's a little but more of An Tir and Adiantum's history and a delicious recipe contributed by Muirenn.

In service to Adiantum,
Yseult of Broceliande, Chronicler

The BiCranial Bear is the official newsletter of the Barony of Adiantum

HAVE YOU EVER EXPLORED THE AN TIR CULTUREWIKI?

You can find it at http://antir.sca.wiki/index.php?title=Main_Page where you will find this explanation:

WELCOME

This is the new home of the An Tir Culturewiki. A wiki is a website anyone can edit. (Yes, you too.)

The purpose of this wiki is to provide a way for the people of An Tir to cooperatively collect and describe our history and culture. (For inspiration, drop in on the [West Kingdom's Annotated History](#) project.)

The history of our Kingdom is not just one person's memories, but all our memories together.

The culture of our Kingdom is not the habits and practices of just one person or branch, but all of us together.

Please read the [Policy Guidelines](#) before creating or editing pages.

NEW Oct 2017 [Photo upload policy has changed](#). Uploads have been enabled again. Please also see [Blanket Media Grants](#) if you are willing to make your photos available for general use on the wiki.

The links at the bottom of this page will help you get started editing.

Please feel free to join in and help: We welcome your contributions!

Just create a user ID and start writing!

There are all sorts of interesting articles to browse. For example, do you know what the WOAW is, the Whimsical Order of the Ailing Wit? It's a self-regulating order of punsters. Details at http://antir.sca.wiki/index.php?title=Whimsical_Order_of_the_Ailing_Wit

The entire Wiki is searchable – just enter your word(s) and see what you find – try the names of shires or baronies, people or events. What's there is whatever people have put there. It's a nicely random way to learn about An Tir and its history.

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the lthrotir and the three pillars competitions

Egil's Tourney is coming up in May. Our Three Pillars competition is an evolution of the lthrotir Competition that Mistress Chimene de CinqTours and Master Gerek the Farseeing created for Egils Tourney 16 in 1990. Seven years after its first appearance the lthrotir Competition was considered "traditional". Here's how it was described in the Egil's Tourney site book in 1997.

lthrotir Rules from the Egil's Tourney 1997 Site Handout

This is a traditional eight event contest for the cultured Norse gentle. Entrants must participate in at least six of the eight events to be considered overall winner. To encourage participation, the two most physically demanding events will be split into men's & Women's divisions. Winning a first place in an event gains four points; a second gains three points; a third gains two points. Entrants will receive one point for each event entered & a point will be awarded for entering all eight events. Judges may decline to award first, second or third place prizes in any event if, in their judgment, the level of competition warrants. The overall prize will be awarded to the highest number of points, and the highest number of highest placings will prevail. Ties in individual competitions will be permitted, but the judges at their discretion, may award only one person the prize in a given contest. The judges' decisions are final.

The Contests

1. **Skaldspar (poetry)** — As many poems may be entered by an individual as they desire; however, only the best poem will be counted. Poems will be evaluated on the basis of a maximum of 10 points for technical skills, 10 points for artistic merit, and 5 points for Norse emphasis, (1 point for Norse theme, 3 points Old Norse form, 5 points Old Norse with translation) poems must be in writing; winning poem will be read.
2. **Boggaslrot (bow shooting)** — Royal An Tir Rounds will be the rules followed for this completion
3. **Spojtsskot (speat throwing)** — There will be a men's and women's division for this competition. We will provide the spears. Each contestant will have three attempts to hit the target in each round. Spear must penetrate target sufficiently to stick in the target to count. The target will start at 10 yards and will increase by 5 yards in each successive round. Anyone failing to hit the target in any given round is out, all those that succeed in hitting the target may continue to the next round. In the event that all surviving participants in a round fail to hit the target, the placings will be determined by the number of hits in the previous round. If it is not readily determinable, the judge may change the distance to the target intermediate between those of the last two rounds, or have the contestants recast the previous round.
4. **Smid (Decorated useful object)** — May be in any material, including calligraphy & illumination. Scoring will be divided accordingly: 10 points for decoration, 10 points for workmanship, 5 points for usefulness, 5 points for Old Norse forms/ runes. The person entering must have made the object.
5. **Brugg (brewing)** — No new world ingredients. Judging will be based on taste and other usual brewing criteria.
6. **Glima (wrestling)** — There will be men's & women's divisions in this event. First to touch the ground with any body part but feet is out. No striking or gouging. No deliberate grabbing of hair or private parts. Double-elimination. Two fields will be used.

7. **Tpfl (Board games)** — Mylla (9 man morris) is the game of the day. Players may agree upon rules between themselves for individual games. In the event of a disagreement, the following standard rules will prevail: no dice are used in regular play. Players will determine, in a random selection method, who will go first. In succession, each player will place upon the board one of his/her pieces. No movement of pieces will be permitted until all pieces have been placed on the board, except for the removal of pieces due to the formation of a mill by the opposing player. The opposing player has the right to pick what pieces of his opponent will be removed. Mills consist of 3 pieces of one player in a connected row, not including angles, which have not been used in a previous mill in the same location unless they have been moved. Pieces may be used in mills that merely intersect but are not identical without moving shared pieces. When all pieces are down, in succession, each player must move one of his pieces, along the connecting lines between squares, one square per turn. In the event that a player is reduced to two pieces, the game is lost. Players may resign games when it is apparent that they are going to lose. Any disputes to be settled by the judge.

8. **Fot (Costuming)** — Norse & neighbors. Costumes are to be from the period 800-1050, and from a culture known to have had contact with the Norse, i.e. Scandinavia, Iceland, Finn, Lapp, Norman, Russia/Baltic, Steppe dwellers, Byzantine & the British Isles. Documentation is required. Extra points will be awarded for items made by the entrants themselves. Entries may be made at the Baronial Pavilion during Friday & Saturday morning. You must be a paid member of the SCA to win, & we request that all entrants donate at least an hours service to the Egil's event. A little gate duty, anyone?

In 2008, at Egil's Tourney 34, the lthrotir was replaced by the Three Pillars Competition, created by Marian Staarveld and Raven Qara ton, showcasing the qualities desirable in a well-rounded SCAdian.

For a complete history of Egil's Tourney, see the BiCranial Bear from April 2022 in the Files section of the Barony's Facebook chat group.

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Whole Wheat, Herbed Sourdough

contributed by Muirenn inghean Ui Cléirigh

Whole Wheat Sourdough Starter:

Ingredients:

1. 3 cups whole wheat flour, divided
2. 3 cups water, divided
3. 1/2 cup elderberries

Soak elderberries in water overnight to leech the natural yeast. Strain and use elderberries in another recipe or freeze for later. Mix 1c water with 1c flour in a large jar and cover tightly with cheesecloth or linen, allowing to rest in warm place. Each day for the next 4 days, remove 1/2c to use in a separate recipe and stir in a new 1/2c flour and 1/2c water. Then use for following bread recipe or store in the fridge, repeating the feeding process once per week, allowing rest in warm place for at least 4 hours.

Whole Wheat Herbed Sourdough:

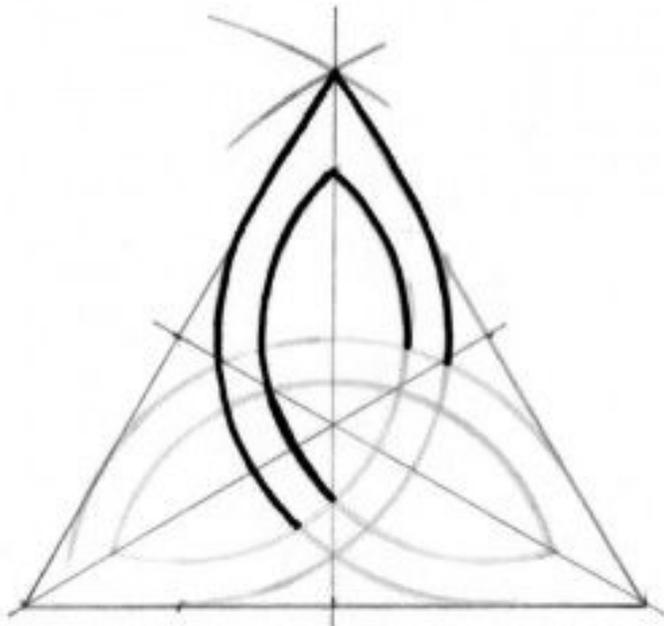
Ingredients:

1. 3 1/2 cups whole wheat flour
2. 1 cup water
3. 1 Tbsp salt
4. 4 Tbsp dried herbs (I used rosemary, thyme, and lemon balm)

5. 1 cup starter (at least 4 hours past last feeding)

1. Mix all ingredients: dough will absorb more water over time. Adjust adding flour or water until it's just thicker than batter, but very moist dough. (Morning, day before)
2. Fermentation: once mixed, cover bowl with towel and rest in warm place 30 min. Stretch and fold, then rest 30 more minutes.* Repeat stretch, fold, and rest 30 min two more times. After the third time, allow dough to continue to rest another 4 1/2 hours in warm place. *If dough is too runny to stretch and fold, slowly add more flour, 1/4 c at a time. (Morning, day before)
3. Shaping: remove dough from mixing bowl and shape on counter. May continue to dust with flour to keep from sticking. Rest 30 min, then flip seam-side-up into large bowl. (Evening, day before)
4. Proofing: cover in linen and allow the dough to proof overnight or up to 24 hours in fridge or cold place. (Evening, day before)
5. Scoring: preheat oven to 450°F with lidded dutch oven inside. Remove dough from fridge and flip it out onto parchment paper. Score as desired, at least once. May sprinkle with additional herbs at this time. When dutch oven is to temp, carefully remove from oven and set parchment paper with dough inside. Cut off excess paper and replace lid (Day of)

Baking: Place lidded dutch oven inside preheated oven and bake at 450°F for 20 min, then remove lid and bake another 20 minutes. Remove from oven and allow to cool at least 1 hr. Before slicing.



How to Draw a Triquetra with 10 Steps a...

(Source unknown, a file from Yseult's collection of nifty how-tos)