

The Official Newsletter of The Principality of the Summits



The Echoes

Featured In This Issue:

- Words From Their Highnesses
- An In-Depth Look At Helium Hand
- Gothic Fitted Dress In An Augmented Form
- The Alpine Codex - Winter Edition

January, AS LX (2025)

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Please send any announcements, news, etc you would like published in the Echoes to summitschronicler@antir.org!

Greetings from your Summits Chronicler



Hello, Summits! I'm so excited to bring you this issue, with not only another great scholarly paper from the Alpine Codex, but several informative and thought-provoking articles as well! Please keep your ideas, feedback, and SUBMISSIONS coming - I want to feature your art, articles, photos, and anything else SCA-related that you'd like to share with the Principality! I'd love to spotlight YOUR talent. Please send submissions to summitschronicler@antir.org.

In Service,
HL Elizabeth Chandler

Their Alpine Highnesses

Prince Ivan and Princess Mina



Greetings unto the Greatest Principality of the Known World! Their Alpine Highnesses, in their wisdom look to the future, and know that they may grow weary and wish to retire to their estates at some point in the future. Being ever concerned about the well-being of the Summits, they can not retire without knowing they have capable heirs. However will they choose?! A tournament of course! March Coronet, in the Shire of Mountain Edge, March 29th! Tournament Information: Double elimination Each round is bring your best Each round will be best two out of three Finals will be best three of five. Pre-registration is required (Look for the link to come!) Pre-registration will close a week before Coronet. Come enter and give Their Alpine Highnesses peace of mind knowing their lands are in good hands.

Entrance Requirements:

- Combatants and Inspirations must be Summits residents, register with lists prior to the lists closing March 21st, and be present at the tournament
- Authorizations must be obtained prior to the beginning of the event, no "day-of" authorizations. Please come prepared
- Shield boards are required for all Combatants and Inspirations

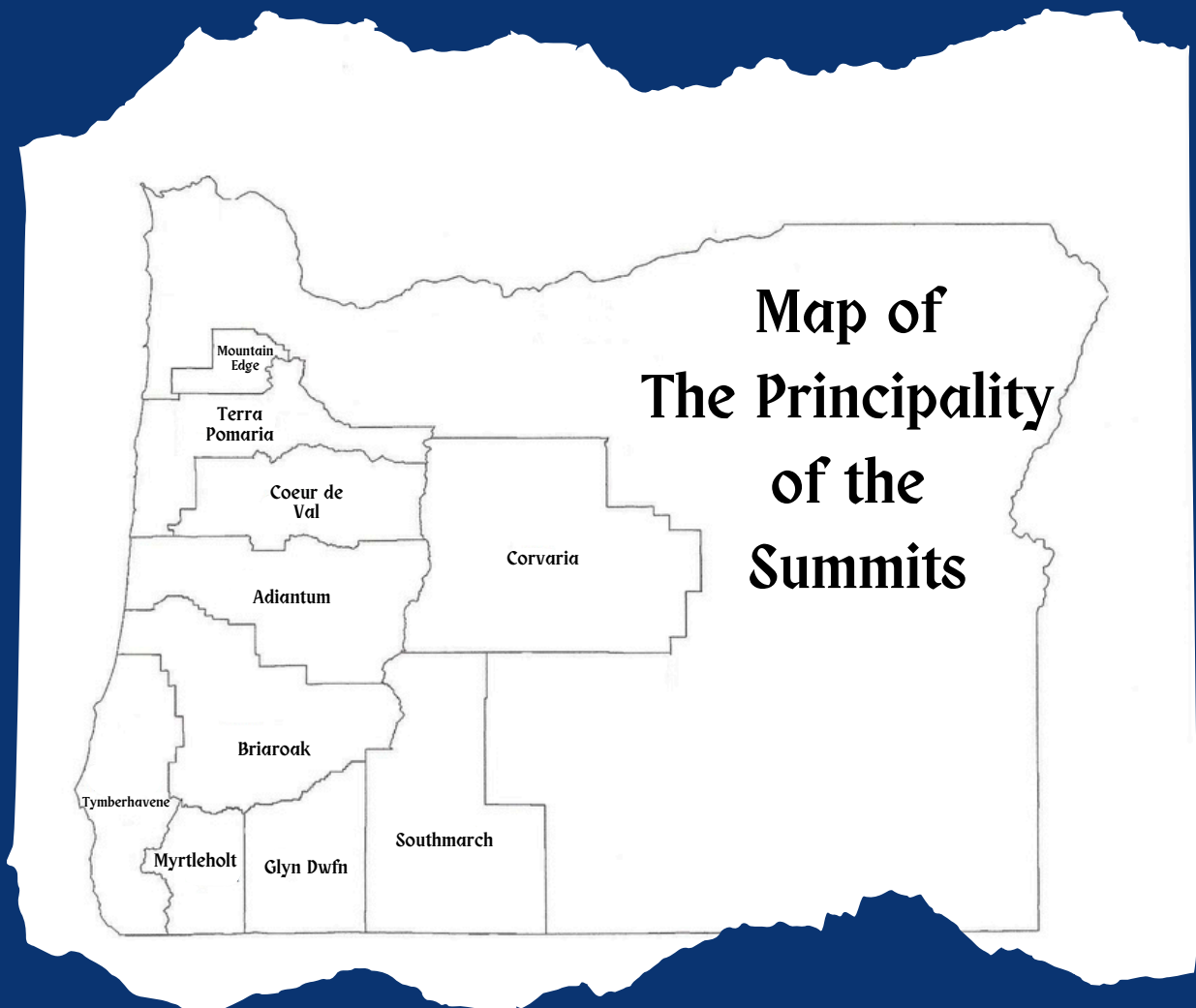


Adiantum Birthday Bash

Please join us as we celebrate the birthday of our fair Barony and welcome newcomers with this free event! Come to support our candidates as they demonstrate their readiness to join the ranks of the Sergeantry. There will also be a tournament to determine our Cut & Thrust Champion as well as morning and evening Courts to recognize achievements, plenty of demos and displays, a day board of food, Bardic Circle, and a Scribal Table.
Location: Pleasant Hill Lutheran Church from 10am to 6 pm on March 22, 2025.

8421 Gaupp Lane
Pleasant Hill, OR, USA
97455

Muirenn inghean Uí Cléirigh
Event Steward



An In-Depth Look at Helium Hand **(and how to avoid the effects and consequences of spreading yourself too thin)**

By Baroness Ainslee Goldheart

Preface

This class provides guidelines for the “helium handed” among us to help prevent the frustration and burnout associated with passionate volunteerism. This is not to scare anyone away from volunteering. Everyone is susceptible to getting overworked and burned out. It is about balance. For me, it was a combination of poor communication and time management and overestimating my skills and abilities. It not only let down someone I value and respect, but it also tarnished my self-worth. For a time, it made me question my skills. It is a struggle that I am working past, and I am finding satisfaction in my work again. Being genuine with yourself is a strong way to help avoid or at least ease the struggle.

Volunteering

The SCA is a wonderful organization and a magnet for volunteer-type personalities. Participants can always find opportunities to step up and join in the fun. Whether it is dishwashing, running an event, sharing skills and knowledge, serving as an officer or a royal, we all volunteer a portion of our time and sometimes our lives to this “game” we love. The ideal SCA should epitomize the saying, “Many hands make light work.” However, what is often true is that others are content to allow a few volunteers to carry a significant load, repeatedly. These individuals are relied upon to get things done, repeatedly. They do not know how to say no. Knowing how much work is involved, some people volunteer to do it in order to save others from stress. Also, because they know they will get it done. I have heard this condition fondly referred to as Helium Hand.

Helium Hand

What do we mean by helium hand and how does it happen? It’s the ability for one’s hand to volunteer for something before the brain has fully engaged in the conversation. Often, the offer is made in the heat of the moment. Someone needs help, and we jump at the chance. Usually it applies to bigger undertakings, such as being a steward or an officer, as example. However, it can apply to nearly every aspect of the SCA.

Volunteerism can result in some wonderful opportunities to serve and thrive. However, helium hand can lead to disappointment, burn out, and hard-learned lessons. Get into the habit of pausing before saying yes. This does not need to be a drawn-out process.

This class is intended to provide you, the volunteer, with a systematic approach for considering whether you have the time and energy to put into a project. The secret is balance and communication. The goal is to keep the fun and games and avoid the negative effects.

Taking Stock

Time:

The first step in assessing your ability to take on a project is taking a hard look at yourself and your time. What are your current obligations? The reality is that there are real world commitments in everyone's life and only so many hours in a day. Time is an essential element. The obvious priorities include family, job, pets, self-care, sleep, and food. When you consider those time commitments, you may find that you have significantly less 'spare time' than you think. Many of us are people pleasers and do not want to let others down by saying no, but wishful thinking about our time and availability is not reality and will likely lead to stress.

Next, make an educated decision about the time you might need to spend on the project. How many hours a day would you need to work on the project? For how many weeks? Do you have the time for a lengthy commitment like serving for the duration of a royal reign? If possible, ask others who have done similar projects to say how much time they took. Take the time you think you will need and double it. Life happens and unforeseen things come up.

Obligations:

Closely related to time is other obligations. Take a hard look at your obligations. What prior obligations do you currently have? Do you have art projects on your board? Are you already on an event team or a current officer, for example? Do you have a contingency plan for someone to take over some of those obligations if you win the tournament?

These are things to be considered. Rather than try to do all the things, take a deep look at those prior obligations. This is a vital time for increased communication. Talk to the relevant others who would be impacted by taking on further obligations. Are the existing projects time sensitive? Can you add people to your event team to lessen the load or put together a team to take up the slack when you reign?

Skills or Experience:

In addition to time and commitment, it is vital to know whether you have the skill set needed to do the project. This is where we need to be brutally honest with ourselves. This may not be the easiest task.

Is this something you have done before or is it shiny and new? If it is not new, look to your experience and add to it. If it is new to you, look for guidance or assistance from others. In some things it is a matter of not reinventing the wheel. If you are acting as a steward, reach out to others who have done the job. No need to call a dozen biffy companies if the last steward has all the information and a good suggestion of who to use. Is this art project something you have experience with? Do not overestimate yourself. Take in all the factors. To excel at the task takes information and communication regardless of the arena. Be honest with yourself and seek help when you need it before you drown. Pride is a good thing unless it costs your integrity.

Cost

Cost can mean more than financial, but that is what we are referring to here. As with all volunteer jobs. They do not come with a paycheck. Frankly, many of them come with out-of-pocket expenses. Have you taken these into account as well? Projects are expensive, some more than others. The project may require special materials or extensive time. This is a particularly important time to communicate. Do you plan to donate your time? Your materials? No one wants to go in the hole for our hobby.

Scenarios

Let us look at several scenarios. Each of these tries to address an area that corresponds to some of the aspects of Service, Arts, and Marshallate. It is not meant to reflect in any way on those peerages. It is intended only to cover a wider range of situations.

Scenario A.

You are exploring a new art, and someone asks you "Hey can you do this thing?" They are your friends and of course you want to help them out and are excited for the opportunity. You say yes and dive right in. You realize that may be more complex than you anticipated. Do you try anyway? Do you tell your friend you cannot do it? This is the time for communication.

Scenario B

You are somewhat new to the local group. You have attended a dozen events, and you learn they are having trouble finding someone to run an event. Not wanting to see the event cancelled, you step up and offer to do the job. You have a plan and no lack of ideas. You work to do all the things by yourself. You start to worry about how everything will come together. This is the time to ask for help. There rarely is any intent that these are one person jobs. Even when they are, if you struggle, ask for help. It is ok, really.

Scenario C

You want to fight in the Big Tournament. You think it will be the best thing ever. You enter and win. You begin to realize that you do not have the vacation time to go to all the events and your finances are not keeping up. You are beginning to feel like you are doing an inadequate job. This would have been a good opportunity to look at reality vs. wishful thinking.

The takeaway

So now we have investigated all the nooks and crannies of volunteering our time. Let us look back on our scenarios. We will show potential negative and positive outcomes. There are lessons we can learn from both. Life is full of learning if we take the opportunities.

Scenario A

You are exploring a new art, and someone asks you “Hey can you do this thing?” They are your friends and of course you want to help them out and are excited for the opportunity. You say yes and dive right in. You realize that may be more complex than you anticipated. Do you try anyway? Do you tell your friend you cannot do it? This is the time for communication.

Negative outcome

You take on their project which is new to you. You fall down endless rabbit holes that eat up your time. You never get the hang of what it is they want. You are not able to complete the project and did not communicate well. It nearly costs you a friendship and can make you appear unreliable to others.

Positive outcome

You have talked with your friend, evaluated your skill set, inventoried your supplies, and decided who is paying. You run into numerous snags here and there, but you maintain effective communication throughout. You produce an exceptional piece of art. You learned along the way and have something to be extremely proud of that spreads your word fame.

Scenario B

You are somewhat new to the local group. You have attended a dozen events, and you learn they are having trouble finding someone to run an event. Not wanting to see the event cancelled, you step up and offer to do the job. You have a plan and plenty of ideas. You work to do all the things by yourself. You start to worry about how everything will come together. This is the time to ask for help. There rarely is any intent that these are one person jobs. Even when they are, if you struggle, ask for help. It is ok, really.

Negative outcome

You take on the job. Your staff does not feel as though they have much guidance because your job and family are using the time you thought you had available. Several things fall through the cracks, like not enough buffies for the event. People feel let down by the event and many do not enjoy it. Your integrity suffers as does the trust others have in you.

Positive outcome

You talk to people who have run the same event before and borrow their notes so to speak. Put together a dedicated team to cover all the bases. You make contingency

plans in case of varied issues that could come up. The event was a tremendous success with few issues that were all learning experiences, and it was an opportunity to lift others up and let them shine.

Scenario C

You want to fight in the Big Tournament. You think it will be the best thing ever. You enter and win. You begin to realize that you do not have the vacation time to go to all the events and your finances are not keeping up. You are beginning to feel like you are doing an inadequate job. This would have been a good opportunity to look at reality vs. wishful thinking.

Negative outcome

You throw care to the wind and enter the tournament thinking you cannot possibly win. You do win. You learn quickly that your time is not your own as much as it was. You are not able to go to all the events you should go to due to mixed work schedules. You forgot to plan for the kids and pets while you hold court. Events are full of stress that seems never ending and you can only keep on the game face for so long. It leaves a bad taste for you when you step down. It harms you socially and financially.

Positive outcome

After reviewing the needed considerations. You work out a plan that includes coverage for the things needing it. You have created both time and financial budgets. You enter the tournament and win. You surround yourself with supportive folks and factor in self-care to not step down burnt out. You can create opportunities to let others be a part of the dream in their own ways and shine.

Looking back at these scenarios and their potential outcomes, though somewhat exaggerated, shows us the cause and effect of prudent planning and consideration. We look at the negative outcomes that could be avoided. The positive outcomes for the scenarios let us see that with a bit of patience and pause we can endeavor to have successful experiences with hopefully few negative side effects.

Summary

The SCA is an amazing dream to play in if you do not get yourself stuck in a mire of obligations you cannot possibly keep up with. There will always be another project, another event to steward, and another tournament. You do not have to do all the things all the time. Slow down and reflect. Enjoy the process. If you cant enjoy it, don't do it. Breath in. Breath out. Repeat as necessary..... then jump in.

Gothic Fitted Dress on an Augmented Form

The 14th Century Fitted "Cotehardie" or "Gothic Fitted Dress" has found its way back into fashion within the Kingdom of An Tir. This versatile and feminine dress fits a number of shapes and sizes as well as providing many style options. However, given the nature of how the gown pattern is draped, each pattern is unique unto the individual. None more so than those created for an augmented body.

I had the unique opportunity to take a class a number of years ago from Robin Netherton, who is arguably the foremost academic expert on period construction of the Gothic Fitted Dress. During this class we discussed appropriate fabrics, construction methods, and draping¹ techniques. It was stressed that each body is different and therefore no two people were likely to have the same pattern pieces. I have since made a number of these dresses for many shapes of bodies and can tell you that this is absolutely true.

In the summer of 2019, I was commissioned to make a Gothic Fitted Dress for a breast cancer survivor. During the course of their battle, they had a unilateral mastectomy². After treatment and a fair amount of healing, they chose to undergo unilateral augmentation³. This means that one side of their body had natural breast tissue and the other did not. They had expressed that since undergoing this experience, they preferred to not have to wear modern breast support. They were hoping that the nature of this garment would allow them to wear a garment that showed off their feminine form without needing to wear additional support. I was excited to take on this project for a number of reasons.

In preparation for the draping, I had a few questions and hypotheses about how draping this person's form would differ from the other patterns I had made. First, I had little doubt that due to the difference in density and malleability of the two breasts, the stress on the fabric would be different. Second, I anticipated that one of the front panels would end up being significantly smaller along the horizontal grain than the other. Additionally, I anticipated that the overall strap length on one front panel would be shorter, to provide more lift and support, on one side. I also wondered how exactly I was going to prevent all the vertical lines from twisting around the body. Finally, I suspected that this fitting was going to take longer than normal and a fair amount of patience for both the client and myself.

The draping method laid out by Netherton involves four panels of heavy linen, which together are large enough to encircle the widest part of the body and long enough to extend from the neck to below the hip line. Throughout the process, while making sure to keep the grainlines

¹ **Draping** for fashion design is the process of positioning and pinning fabric on a dress form or body to develop the structure of a garment design.

² A **unilateral mastectomy** is the surgical removal of one breast, either partially or completely.

³ Single breast implant.

straight, there is a fair amount of squishing and hoisting and adjusting and laying down and standing back up again. The process often takes an hour or more to do correctly. In the end, you have four pieces of fabric that are shaped to make the correct fit for the body you have just draped. More often than not, it is noticeable that each piece is a different shape from its counterpart on the other side of the body. Sometimes, the difference between the left and right side of the body is rather significant. This is to be expected. After all, very few bodies are symmetrical. So long as the dress lays correctly, the vertical seams don't twist around the torso, and you don't end up with strange puckering, you've come out the other end of this hokey pokey a winner.

I approached the fitting with the decision to use the curved-front method rather than the straight-front method. This looks exactly like it sounds. Rather than leaving the center-front seam straight, it curves into the ribcage below the weight of the breast. I hoped that this would create a band of tension across the ribcage so that the breasts would sit evenly across the horizontal axis as well as provide the ability to lift each side individually as needed to produce a more balanced look. A straight front seam creates a slightly different silhouette, though it makes adjusting the pattern for buttons easier.

We spent a fair amount of time working on the horizontal tension. It is important to keep the center front seam from shifting off the centerline of the body. During the part of the fitting where the client lays on their back and lifts their bosom toward the collarbone, it became rather clear that there was much more movement in the natural breast than the augmented one. Unfortunately, after about an hour of trying, there was no way to keep the centerline completely vertical without the side seams twisting around the torso and visa-versa.

In an attempt to relieve some of the horizontal stress and move the weight of the breast tissue upwards as is done in a regular fitting for larger-busted figures, I unpinned the shoulder seams and lifted the front fabric. This did, in fact lift the bustline. However, it also caused more twisting in the vertical seams.

At the end of the fitting session, we were both exhausted and the client looked at the rather unattractive bits of linen safety-pinned within an inch of its life with a dubious eye. I was entirely unhappy with the form and convinced I should give up sewing altogether. I marked all the seam lines, neckline, and armscye⁴ with a marker as if nothing had gone wrong and took out all the pins. I told the client to not worry, that no matter what it took, we would make her a garment that did everything she wanted it to do. In the studio, I laid out the linen pattern pieces, ironed them well, and let them cool to room temperature. As linen expands when it gets warm, I wanted to make sure I was working with linen that would be in the same state as the actual dress fabric to prevent distortion.

⁴ In sewing, the armscye is the armhole, the fabric edge to which the sleeve is sewn.

What I had was 4 pieces of linen with strangely squiggly lines. None of the pieces looked dress-quarter shaped. I did notice, however, that all the lines zipped and zagged together. After measuring everything, I discovered that where the side seam on one side bowed out, the side seam on the other side curved in the same amount. While I had been taught, as well as experienced, how every individual body is different and that generally adjusting the pattern pieces to be symmetrical was not necessary (and often detrimental to the fit), I went out on a limb. I adjusted the side seams on the two front panels to the median between the two. I did the same with the back panels.

I struggled with whether or not to schedule an entirely different fitting session to start over. On most other figures, if I ended up with pattern pieces with this amount of discrepancy, I would assume that I had fitted the client incorrectly or carelessly. In the end, I chose to use it as a learning moment and see where the project took me. If it ended up not working out, I would have learned a valuable lesson, and I could always remake the dress.

The decision was made to make a single layer, sleeveless, 10oz linen, lace-up undergown out of this draped and adjusted pattern. Many of the paintings of the fitted gown of the 14th Century do not depict a garment of this style. Rather, you will see long sleeved gowns, lined, and laced up the front. This long sleeved, laced gown would then go under a button-front gown or a houppelande. While not strictly period, the decision to do a single layer offered some attributes for the post-cancer body. It helped with thermal regulation by not requiring all the layers for a period gown. It meant that if the supportive layer did end up twisting around the torso due to the natural and augmented breasts creating stress on the linen in different ways, then the outer gown, which is cut ever-so-slightly larger would hang and flow nicely over the top. It allowed the client to have a soft support garment to wear under other dresses, should she want to. It also meant that the armhole could be opened up on the under gown without affecting the over gown.

The undergown did not end up twisting in any way. While I could not adjust the gown so that both the natural and augmented sides were the same shape, I do not know if such a thing would be possible. The hypothesis that the fabric would be under different stress on either side of the gown was accurate but only made a difference/difficulty in the fitting stage.

Adjustment of the armhole on the undergown did end up being necessary. The Netherton method of fitting includes a very small armhole that sits right at (or near to) the shoulder point. This created an uncomfortable pressure on the augmented side and a tightness overall across the shoulders that the client did not like.

With the advancement and miracle of modern medicine, we are presented with new and unique tailoring opportunities while recreating history. In this instance, I found that this method of tailoring technique held true for the most part. The augmented side was more rigid and had less movement overall, which made the initial draping more difficult and required adjustment to the final pattern.

From the Staff

It is winter here in our beloved Principality of the Summits. Snow-capped peaks dominate the brisk seasonal sky. Coteries retire to their lord's halls for winter revels. Artists artisans and alchemists alike all toil upon their chosen crafts. Les chantures chantent... as the bakers must bake... les amoureux aiment... as the jilted must weep... et les rêveurs rêvent... as the writers must write...and this winter much writing was done.

Though our mission is to find and publish works from inside and outside the Summits, but it is also our goal to help these papers become the best possible versions of themselves. Thus I think it best that we take this moment to talk about rewrites.

As writers, we are well aware that a piece of work is not written. It is rewritten. Edits, feedback, and revisions are the bedrock of true academic rigor. We here at the Codex received several submissions this quarter. All of these were and are works of great scholarly merit and are very much worthy of publication, however, the panel of peers decided to send these projects back to their authors for a round of revisions so that they may be even stronger entries for next quarter.

I would like to thank all of those who submitted this quarter and please keep 'em coming. So in Lieu of publishing nothing we the staff have decided to feature a very fine paper by our very own Seamus O'Caellaigh.

About the Author

Viscount Séamus O'Caellaigh OL OP loves all things pre-modern medicine. Herbals are some of his favorite books to read. He is currently working on a transcription of a handwritten medical text from the court of Henry VIII. He loves the weird and the wacky treats and loves to share all the way not to really treat someone. He lives in the Shire of Tymberhavene and loves traveling all over the Summits.

THE ALPINE CODEX

is a quarterly arts and sciences journal wherein research and process papers are published.

HOW DOES IT WORK, AND CAN I SUBMIT?

Absolutely! Anyone can submit their paper for review. To Submit just send an email to Summitschronicler@antir.org with the words "Codex submission" and (Authors Name)" subject line. Please send all papers in the pdf if formatted with pictures or docx if just text.

DO I HAVE TO LIVE IN THE SUMMITS TO SUBMIT A PAPER?

Not at all! The goal is to publish between 1-3 papers in each issue: one of the "slots" to be designated for a featured Summits Scholar.

The Alpine Codex Peer Review Panel

Viscomt Antoine a la Langue d'Or
(Administrator)

Baroness Yseult of Broceliande
Companion of the Laurel and Pelican

Vicaria Vesta Antonia Aurelia
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Viscount Seamus O'Caellaigh
Companion of the Laurel and Pelican

Viscountess Temperance Trellove
Companion of the Laurel and Pelican

The Bloody Flux

A Process from Diagnosis to Treatment

Viscount Seamus O'Caellaigh, O.L.

Kingdom Arts and Science Championship

March 2nd AS LIII (2019)

"Men dying here in the streets of the sickness and the bloody flux, both contagious diseases, it is no marvel if some made excuses to fly from the town" - Signed by Duke of Norfolk and other Privy Councillors – 11 October 1545



It is March the 2nd, in the year Elizabeth 37, being 1596 Gregorian. I have been called to a home of well to do man who is ill. He has just returned from a trip and is in need of treatment. I want to show you the process I would engage in to determine that he has the bloody flux and treatments that would be appropriate for a mid to late 16th century physician to treat this patient. The bloody flux took many lives during our period including Henry the Young King, King John of England, Saint Louis IX of France, King Edward I of England, King Henry V of England, countless soldiers, and many more nobles and commoners alike. The process will include:

- What symptoms would I, the physician observe?
- The use of uroscopy to determine the severity of the fever.
- A quick overview of humoral theory, to show what the physicians believed was causing the illness.
- Using an almanac and the zodiac man to help determine correct treatments.
- Apothecary treatments.
- “Airs”, clothing and food that, per Humoral Theory, I will recommend to the patient to help with healing.

I chose mostly sources from around 1540 to the 1580 to determine all of the above. Some of the sources include a text written by William Bulleins, Nurse-Surgeon to Henry VIII, the *Tacuinum Santitatis*, the “Medieval Health Handbook”, and William Turner’s *Herbal* published in 1551. By following a “diagnosis to treatment” process of a mid 15th century physician, we can get a snapshot of Tudor and Elizabethan medicine.

What symptoms would I observe?

The symptoms for a person who has contracted the bloody Flux usually begins a day or two after contact with the bacteria shigella, but can take up to a week to develop. Though my patient does not know this, and neither would I, not knowing of the existence of bacteria, he ingested shigella after drinking contaminated water on his trip. The symptoms I observe include diarrhea containing blood, abdominal pain, cramps, and fever. The symptom which gives the disease its name, is bloody diarrhea. Though it was not known at the time, shigella can be passed through contact with infected stool, passed in contaminated food, swimming in contaminated water, or by drinking that same water. This last way of contraction is often the down fall of armies with poor water supplies. With proper care modernly, most patients will have the disease clear up without treatment. In period, however, due to lack of knowledge and proper care it was more likely complications would occur. Per the Mayo Clinic the complications that can affect a person are:

-Dehydration- Caused by continual diarrhea. Symptoms of dehydration can include dizziness and lightheadedness, no tears, no urination, dark urine, sunken eyes, and in cases of severe dehydration shock and death.

-Seizures- In the cases that involve children, some will run a high fevers, and these high fevers can cause seizures.

-Rectal prolapse- Due to the repeated straining during the bowel movements, this may cause the lining of the rectum to move out of the anus.

-Hemolytic uremic syndrome- In very severe and rare cases, the repeated lost of blood will cause a low red blood cell count, low platelet count, and kidney failure.

-Toxic megacolon- A very rare complication can happen where the colon becomes paralyzed. This will prevent the patient from having a bowel movement or passing gas. Signs that a patient has this complication include: abdominal pain, abdominal swelling, fever, and weakness. If left untreated the colon may rupture causing infection.

Observing the above symptoms, hopefully I have been called soon enough that I will not observe the severe complications, I know that our patient is troubled by the bloody flux. The next question I must ask myself is how severe is the fever is, and unfortunately a digital thermometer is not an option.

How to use uroscopy to determine severity of a fever or diagnose?

Uroscopy was the closest thing to lab work that a late period physician had at their disposal. Uroscopy is the examination of the urine in order to diagnosis or determine the severity of a disease. Examining urine dates back to Hippocrates and is one of the oldest forms of diagnostic testing. In some cases physicians had to observe the urine to diagnose all forms of illness on a patient because they could not, due to the status of the patient, or gender of a patient, perform an examination of a patient's body, or disrobe the patient.

The colour of the urine, as well as cloudiness, precipitates, and particles in the urine, was believed to indicate the cause of a disorder. Variants of the above wheel can be found in all sorts of medical texts. Most commonly the wheel contains 20 vials of urine, and the colors include:

- White as Well water
- Light Blue/Green/Grey as lucid horn
- Milky as Whey of milk
- Bluish – Grey as Camel Skin
- Slightly Pale as not reduced juice of meat
- Reduced Pale as reduced juice of meat
- Pale Yellow as of a not reduces lemon
- Yellow as a reduced lemon
- Slightly ruddy as an alloy of gold
- Ruddy as pure intense gold
- Slightly red as occidental saffron
- Red as oriental saffron
- Slightly red as a lowered flame of fire
- Red as a flame of a fire not lowered
- Wine-red as of animal liver
- Deep blue as very dark wine –
- Green as Green Cabbage
- Livid as lead
- Black as ink
- Black as very dark horn

Some of these colors seem impossible, yet there are urinary tract infections that can make your urine appear to be whey, green, or blue, as well as genetic disorders. In the case of the bloody flux, a person often has serious dehydration from the uncontrollable diarrhea, and thus his urine, after he was finally able to urinate, is dark and ruddy.



What is Humoral theory?

Most often the physician in period believed that an illness was due to a humoral imbalance. Humoral derives from the word humor, which means fluid. It was believed that the human body contained a mix of the four humors: black bile, yellow bile, blood, and phlegm. Each individual had a particular humoral makeup, an imbalance of the humors resulted in disease. The balance however was different for each person. The development of humoral theory can be traced back to Hippocrates (ca. 460–370 BCE). In the second century CE, Galen elaborated on this theory, then Arabic writers began in the 9th century and by 11th it was written about by European scholars and medical authors.

Each Humour was considered to have characteristic qualities of hotness, coldness, dryness, and wetness. They also had connections to the seasons, elements, major organs, and a person's temperament. Because each individual's humoral balance was connected with other things—such as weather, diet, occupation, location, alignment of the planets, sex, age, and social class—what was healthy for one person might not be so for another. Humoral treatments were thought to restore the proper humoral balance by bloodletting, vomits, enemas, and other purges, and they were accompanied by diet and lifestyle changes and by medications that were based on a person's humoral disposition and its relationship to the rest of the environment.

What does my Almanac tell me about the survival of my patient and what tools does it include?

By the late 1500's in parts of Europe it was illegal for a physician to treat a patient without properly referencing the position of the stars and moon. Many physicians would carry a text that they could use to reference that as well as other references they could use to better determine the best treatment, like uroscopy wheels or humoral references. These reference books were called medical almanacs. The genre of almanacs dates at least to the period of Ramses II (1304-1168 BCE) and include books, pamphlets, single sheets, and folded mini books. Almanacs were not only written for medical readers, but for weavers, constables, merchants, grocers, husbander, and many more. With the invention of the printing press in the 1400's almanacs moved more commoningly from handwritten to printed. Medical almanacs often contained some combination of the following:

Bloodletting man- a diagram to show proper places to bleed a patient.

Astrologo-physical discourse- reminders of physical and astrological aspects of the patient that should be taken into account before treatment, and how the years astrology will factor with a person's, age, gender, size and constitution.

Zodiac man- a diagram that shows the effects the zodiac houses have on each part of the body.

Uroscopy chart- a diagram showing 20 different colors that urine made take as well as what that means for the health of the patient.

Eclipse / Moon diagrams- Charts to show the phases of the moon and when eclipse are.

Sphere of Apuleius- A chart that allows the user to determine the likelihood of survival for the patient, based on the numerology of their name and day they became ill.

Dates of feasts- The religious holidays and the feasts.

Tide-tables- a table showing all the high and low tides.

Historical Chronologies- a list of the rulers of a country, or other important dates

Calendar- a chart showing months, weeks, and days.

Should I purge or bleed this patient? Is now the right time?

In 1562, William Bullien wrote about the proper time for purging in his book titled *The Booke of the vse of sicke men and medicines*, which is included with his *Bulwark of Defense*, though a bit repetitive as a bulwark is something that defends or protects. When determining the best time to purge a patient it is important to take into account the time of the day, the season, the humor that you are trying to return to balance and the region in which you live. He writes:

“Three thyngs are to bee noted, Tyme, Humour, and Region: where purgacion is to bee ministred. Fyrste, as touching Tyme, there be two dyuersityes: The one is the tyme of the yeare, and the other is the tyme of the Day, and Night, in whych euery Humour hath hys being. For according to the variation, and alteracion of the time of ye yeare, the maner of the purgacion must be altered and chaunged. And Hippocrates sayth, we must purge the vpper partes of the body in Summer, & the neather or lower partes in Wynter. The humours do folowe the property of time. In Sūmer purge wyth Uomits, in Winter by the stoole, & not without a good cōsideration of ye time, age, & kinde of disease, & habite of ye body. For they, which haue strayght throates, may not be purged wyth, or by Uomit, for feare the spirite & breath of lyfe be stopped and strangled, & so through choaking, ye body be killed. Agayne, purge not olde men, by the reason of the coldnes of their complexion. In Sūmer purge aboue, earely in the morning. In Winter purge beneath, late at night. In the Equinoctial time, prepare at euen, and the next morning after your preparatyue, purge by Electuarie. In extreeme hoat Regions, no purgacions: in extreeme cold Regions, none also. Neyther in the dayes, whych be not temperate, as to hoat wyth the Sunne, or to colde wyth Frost. nor in the Cauculer dayes, except great neede requyre.

How must the day, and the night be considered, in purgacions?

Whereas the time of the day and nyght, be in length .xxiiij. houres, whych is called the artificiall day, & artificiall night, which .xxiiij. houres, make but one naturall day, deuided into foure times sixe for the foure complexions. For euery Complexion hath hys gouernment, & dominion sixe houres. Fyrst the bloud beginneth at nyne at night, & continueth vntill three in the morning. And choler from three after midnichte, vntill nyne before noone. And so the other two humours: fyrst melancholy, & phlegme, haue eche of them syxe houres, wherein they doe raygne, & gouerne the body. Now if it be Sūmer, & then you bee mynded to purge choler by vomyt, then you must geue the sayd vomit, a little before ye houre of the day. So that when it hath remayned, and stayed it selfe a whyle in the stomacke, it may woorke in ye houres of choler, to purge the same. In ye lyke

appoynced houres, so purge melancholy downward, in his houre and make euacuation of it. If thou wilt purge phlegme, let the pacient rest a Gods name, by the space of three or foure houres in the night, & then wake, and take his pocion, or medicine, a little before Midnight, & not sleepe after it, vntil it be purged. Now if you will purge bloud, in the morning open a Ueyne, except very olde, or yongue, or people consumed, or women with childe, wyth sutch I dare not haue to doe. If you will purge humours, otherwayes than thus, that is obseruing the houres, yea, & the mansions, or course of the Moone: you shall greatly erre, & do more hurt than good.

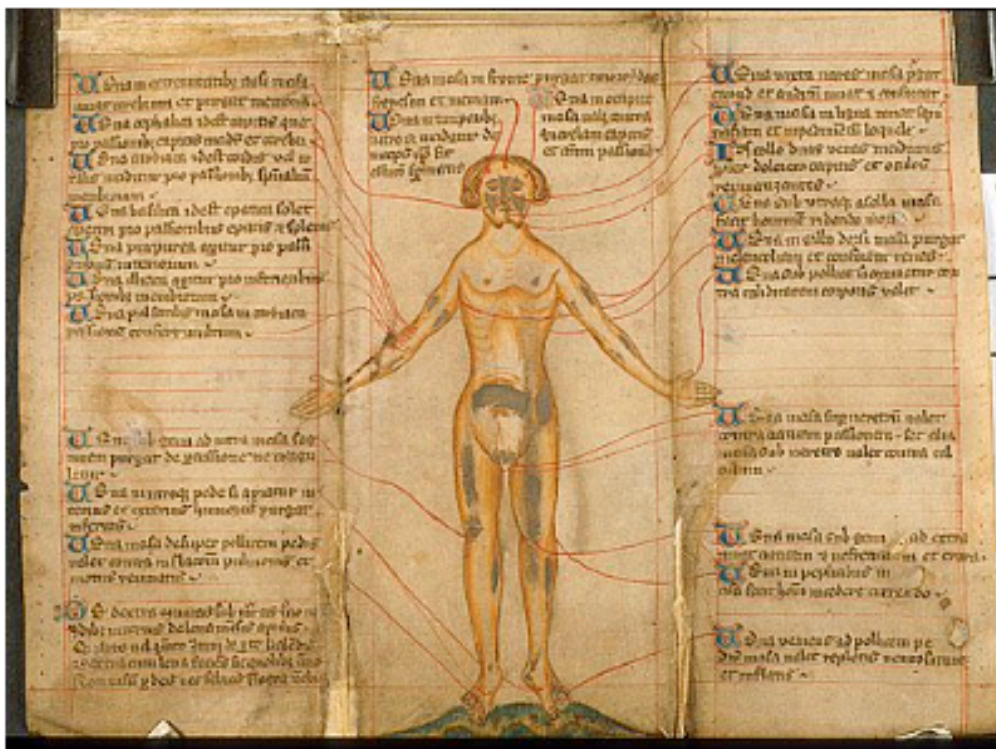
Furdermore, consider the diuersity of humours, if bloude abounde, hee must be letten forth by ye veyne, Cephalica, or Mediana. If Choler bee to mutch aboue nature, then purge by vomite: but if choller bee mixed with bloud, then let bloud as I haue sayd, vnles the matter be contayned in the neather partes of the Belly, then purge by Clister or pocion. If flegme or melancholy be beneath, purge downwarde vnles it be about ye mouth, or entrance of the stomacke, or ye vpper parts of ye body: marke & wisely cōsider the tyme, in all these things, for that is the chiefest poynt of all. For euery thyng, sayd the wyseman, hath his proper time vnder heauen. And regions by which here in this place, the humours be considered: also the places of purging, the vpper part, the neather part, the nostrelles, roofe of the mouth, pores of sweatyng, and veines of bleedying.”
(Bullein 6)

In the first paragraph he wrote, “First, as touching time, there be two diversities: The one is the time of the year, and the other is the tyme of the Day, and Night,” and “we must purge the upper parts of the body in Summer, & the nether or lower partes in Winter.” As it is March 2nd and before the spring equinox, it means that we should purge via the lower parts. He also writes, “In Summer purge with Vomits, in Winter by the stool”, and “In Winter purge beneath, late at night.” In the second paragraph he writes about the proper time, if the blood is the humor out of balance, “beginneth at nine at night, and continue until three in the morning.” As for the regions he writes that if the region is extremely cold or hot then no purging should be done, however southern An Tir is not extremely hot or cold in March, so purging is safe. This patient will be purged by glyster, starting at 9 in the evening until 3 in the morning, per the recommendation of Bullein.

As well as purging, bleeding may be used and he says, “Now if you will purge blood, in the morning open a vein, except very old, or young, or people consumed, or women with child.” However, it was believed that only certain days and times during those days were good for the patient to be bleed. If we take a look at the writings of Llywelyn Sion (c.1540-c.1615) his unnamed manuscript lists a series of dates and times that is advantageous for bleeding a patient.

For example, 11th in the evening, 16th in the morning, 5th before anterth, meaning before the zenith, 18th at the third hour, and 20th after dusk. He also talks about the first day after the golden number in each month, bleed before noon. As it turns out the golden number for the year 1596 is 1, making today the 2nd of March a good day to bleed if it is before noon. The golden number is based on your position in the Metonic cycle, which is 19 years. This the is cycle that the moon takes to have the new and full moons return to the same days of the year, and is the cycle that is still used today to determine the day of Easter. The year 1596 divided by 19 leaves no remainder, meaning we are in the first year of the Metonic Cycle. (Breverton 89)

Bloodletting can be broadly separated into two types venesection and scarification. Venesection is done by opening the veins with a knife or fleam. Scarification includes cupping, scarification tools, and leeches. Previously I had a small group of leeches, however they did not appear to enjoy travel, and died during a trip from northern An Tir. I decided instead to use a fleam to bleed this patient. A fleam is a tool that is used to make small holes and would be easy to limit the blood released. Below is a manuscript from the Harley collection as the Royal British Library. Harley 5311 shows the various locations on the human body that can be bled. This particular sheet came from a folding almanac, like previously talked about.



What apothecary treatments could I use?

As well as bleeding a patient I can use a whole slough of medicines. Just like going to the pharmacy modernly, filled with hundreds different types of pills, there were many herbal treatments to choose from, and sometimes it can be overwhelming. I recreated three treatments, from three different medical texts, to give an idea of what was available, and included one purging glyster as that was recommended by William Bullein. The first treatment however is not a purge but to help bring down the fever and is from, *Bulleins bulwarke of defence against all sicknesse, soarenesse, and vvoundes that doe dayly assaulte mankinde: which bulwarke is kept with Hilarius the gardener, [and] Health the phisicion, with the chirurgian, to helpe the wounded soldiours. Gathered and practised from the most worthy learned, both olde and new: to the great comfort of mankinde.* His book, as well as the section we read about purging, contains an entire section on simples, treatments that use only active ingredient. The book contains a barley water treatment which he recommends to help cool a fever. William writes:

“Now I pray you, what is Barly of nature?
Commonly knowen al this Realme, it is the mother of the best Malt, whero both Bere and Ale is made: there is Barire double, or with fower set, and syngle two set The greattest and whytest is best, and it is colde and dry in the fyrste degree: and doth not noryshe so mucche as Wheate. Of this Barlye, being hulled and clenched from the rynde, beaten or broken, is made the noble drynke called Ptisana: apound beyng put into ten poundes of Cleane water, sodden vnto halfe, into a stone pot, or tynned vessel, close in the mouth, standing vntil it be colde, and then let it runne through a strayner, and so drynk simple of this, for it wil quench hoat burninge Choller aboue nature, in vehe | ment feuers...” (Bullein 27)

Passage altered for ease of reading: “Commonly known all this realm, it is the mother of the best malt, where both beer and ale is made: there is barrier double, or with flower set, and single two set. The greatest and whitest is best, and it is cold and dry in the first degree: and doth not nourish so much as wheat. Of this barley, being hulled and cleansed from the rind, beaten or broken, is made the noble drink called Ptisana: around being put into ten pounds of clean water, sodden unto half, into a stone pot, or tinned vessel, close in the mouth, standing until it be cold, and then let it run through a strainer, and so drink simple of this, for it will quench hot burning above nature, in vehement fever”

The second treatment is from William Turner’s Herbal, *A New Herball*, part one published in 1551, and part two published 1568. William Turner lived a tumultuous life, between being being exiled or invited back into England depending on who was sitting the throne. His herbal was the first English herbal, a book on herbs and plants and their medical uses, with any real claim to being a scientific text. In Turner’s chapter on marsh mallow he writes, “The broth of the root drunken with wine helpeth them that cannot well make water and the rawness of them that have the stone, the bloody flux, the sciatica, the trembling of any member and the bursting.”(Turner 227)

The third and final apothecary treatment I recreated is from John Gerard's medical text, *Herball, or Generall Historie of Plantes*. Though it was published in 1597, most of the treatments included in his herbal, except for the passages he wrote on the plants coming back from the new world, were copies of the treatments included in Dodon's *Herbal*, published in 1554. Gerard's herbal is most well known for the first illustration of potatoes and passages on tomatoes and their uses. The treatment I recreated is from the 25th chapter of the second book containing a description, virtues, temperature, place and names of Shepherd's Purse. Gerard wrote that, "In a Clyfter it cureth the bloody flix: it health greene and bleeding wounds: it is maruellous good for inflammations new begun, and for all difeafes which muft be checked backe and cooled." (Gerard 276) A clyster is what modernly is called a enema. In period it was often achieved by using a pig bladder as the reservoir and attaching it to a tube that was inserted into the rectum, and as we know from William's writings this treatment should be given at nine in the evening.

The three treatments that I chose give a good idea of three different methods for treatment. Barley water to calm the fever, a drink of marsh mallow to treat the illness from the stomach down, and a glyster to treat it from the rectum up. It is also interesting to point out that Gerard considers Barley to be cooling and drying, mallow to be drying, and Shepherd's Purse to be cold and drying. These would most definitely be believed to be of great good for my patient. However, there is more I can do for my patient.

Below are three woodcuts from *Plantarum seu stirpium icones* published in 1581. From left to right they are barley, marsh mallow, and shepherd's purse.



How do the “airs”, cloth, and diet affect the humors of my patient?

The above apothecary treatments, bleeding, and/or purging were not the only things used by Tudor physicians to try and balance a person’s humors and bring them back from illness. I will also recommend to the patient and his family that the “Airs”, clothing, and food he comes incontact with are the best for his particular imbalance. According to the Tacuinum Sanitatis, nicknamed the medieval handbook, based on *Taqwīm as-siḥḥah (Maintenance of Health)*, I have included various food, as well as the proper air and cloth to be used to balance the blood. The *Maintenance of Health* was written in the 11th Century, but the Tacuinum Sanitatis was written in 14th Century, and then published in 1531 and approx 7 more times over the next decade. A person that is suffering from too much blood should sit in autumn air, as the season is not autumn being March, then I will recommend that my patient should sit in the northerly wind. He should also be put in linen fabrics, which are “cold and dry in the second degree”, and is “light, splendid, and moderates the heat of the body”(Arano 95). His diet is also important for his health. Per the Tacuinum Sanitatis the following foods would be beneficial for him to help counter too much blood: sour apples, acorns, millet, barley soup, rose, rye, pears, quince, medlar, tripe, grape juice, vinegar, barley water, dates, sour cherry, mandrake fruit, sorghum, panic grass, unleavened bread, and rice bread. *A Proper newe Booke of Cokerye* written in 1557, contains the following recipes that could very well be on the menu for a person with too much blood:

“To make pyes of grene apples. - Take your apples and pare them cleane and core them as ye wyll a Quince, then make youre coffyn after this maner, take a lyttle fayre water and half a dyche of butter and a little Saffron, and sette all this upon a chafyngdyshe tyll it be hoate then temper your flower with this sayd licuor, and the whyte of two egges and also make your coffyn and ceason your apples with Sinemone, Gynger and Suger ynoughe. Then putte them into your coffin and laye halfe a dyshe of butter above them and so close your coffin, and so bake them.” (Oxford 29)

“To make a tarte of damsons.- Take damsons and boyle theym in wyne, eyther red or claret, and put there to a dosen of peares, or els whyte bread, too make them styffe wyth all, then drawe them up wyth the yolkes of syxe egges and swete butter and so bake it.” (Oxford 39)

“To frye Trypes. Take your Tripes and cutte them in small peces and put them into a panne and put therto an onyon or two and a dysche of swete butter, and let them frye tyll they be browne, and then take them oute and set them upon a chaffindysh and put thereto a lyttle verges and gynger and serue it.” (Oxford 44)

To summarize the process, based on the Tudor/Elizabethan medical beliefs my diagnosis is: Patient suffers from too much blood, causing an imbalance and the bloody flux to form. We see this through the body purging the blood in his stool and as blood is hot and moist, we see his body hot with fever. Best course of treatment: Bring level of blood back into alignment with the patient's natural balance. Bleed patient before noon, and purge between 9pm and 3 am "from below" using a shepherd's purse glyster. Also patient should drink barley water, a ptisana, to cool the fever, and a mixture of marsh mallow water and wine to help treat the imbalance from the inside. Post treatment care: The patient should be placed in northern winds, with linen cloths covering him, and should eat a diet of cool and dry foods, such as apples, pears and tripe.

Through this process we have seen what symptoms a physician would see when faced with a patient who has contracted the bloody flux, what tools a physician had to determine the "best" treatment, treatments from mid century medical texts, as well as the correct "airs", cloth, and diet to help the patient balance their humors. Looking back we know that the medical theories of the time are somewhat ridiculous, but the process a mid-16th century physician went through was not simple, and even in the case of charting the stars for a patient, required by law. I am hopeful that my patient will make a full recovery, as he is home and able to return to balance.



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