



# *Undercurrents*

Barony of Highland Foorde, Kingdom Atlantia - Vol 22, III- Nov AS 55, 2020



## *Soups On!*

Check out pages 7-12 for all of the soups entered into Highland Havoc's "Souptacular Challenge"

Cover: Brie Soup, page 9

Have you checked out the updated website yet? You'll be able to find our updated calendar, past newsletters, event info and more!

**[Click here to be taken to the Highland Foorde homepage!](#)**





Bonjorn Highland Foorde!

Highland Havoc has officially come to a close and there were so many wonderful entries and classes taken! Be on the lookout for a Special Edition announcing all of the challenge winners!

With the cold season ahead of us, I felt this was a great time to really highlight what gets most of us thru - food! So instead of a “Repast” section, you’ll find more specific sections that are all about food. For the items with recipes, give it a try and let us know how it went!

Yours in service,

Aurri La Borgne  
Chronicler of Highland Foorde

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CURRENT PHASE OF OPENING:						
<h1>Phase 0</h1>						
CLOSED	0	1	2	3	4	5

**For more information on opening, click here!**

# The Regnum of Highland Foorde

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## Chatelaine

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## Chronicler

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## Exchequer

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## Deputy Exchequer

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**Archery Marshal**  
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**Rapier Marshal**  
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Lady Harper An Cu  
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**Deputy MoAS**  
VACANT

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**Deputy MoAS Brewing**  
Lady Ethel Lea Mouse  
Crystal Stitely

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**Deputy Web Minister**  
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*Contact Glynis if interested*

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**Youth Officer**  
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**Deputy Youth Officer**  
VACANT

*Contact Vilhjelm if interested*

# Highland Foarde Champions

**Arts and Sciences** - Baroness Glynis Gwynedd

**Archery** - Oger Funk

**Bardic** - Harper An Cu

**Brewing** - Ethel Lea Mouse

**Heavy Fighting** - VACANT

**Rapier** - Urraka al-Tha'labiyya

**Thrown Weapons** - Galen Telerisson



Steel fighting is coming to tournaments in the SCA! “Armored Combat with Rebated (Steel) Blades” has been added to the Marshall’s Handbook and will use only single and two handed swords, with no thrusting, and will also

open the doors to explore different kinds of tournament formats.

**To read more, check out this link here for the SCA’s official announcement and the Marshall’s Handbook!**



# Atlantian Activities



**Northern Atlantia A&S night:** November 11<sup>th</sup>, 6-9pm via Google Meet

**Monthly Business Meeting:** November 15<sup>th</sup> 1pm via Discord

**Compass Convergence Singers:** Come sing with a group of madrigals!

Times and locations change to match the convenience of the attendees. Contact Lady Thorve for more information

**Cooks Guild:** Brand new! Join Lady Caran in a safe space to discuss historical food facts and food related events within the SCA. No set meeting date or location as of yet. Contact Lady Caran for more information

**Silent Herald/ASL Practice Sessions:** Thursdays, 9-10pm

For those of you who are interested in Silent Heraldry / ASL, please consider joining our practice session this Thursday (and every Thursday) night at 9pm eastern.

[Click here for the Zoom link!](#)

**Stellar University of Northshield (SUN):** Nov 13<sup>th</sup>-Nov 15<sup>th</sup>

The kingdom of Northshield is holding their University session online! Come take classes across all three days with a wide range of topics!

[Click here for the Schedule of classes!](#)



For a full list, be sure to check out the  
**[Virtual Atlantia Activity Calendar](#)**

# Highland Soups

During Highland Havoc, a simple challenge was issued: Make your favorite soup! Clearly we like soup because 12 soups were entered! Here are all the soups and their recipes (if provided)



## **Cock-a-Leekie Soup:**

Makes 6 servings

### Ingredients:

2 pounds chicken thighs, bone in, skin removed  
5 cups water  
1/2 onion, chopped  
3 tablespoons  
1 (10.5 ounce) can condensed chicken broth  
3 leeks, sliced  
1 stalk celery, thickly sliced  
sprig fresh thyme, chopped  
chopped fresh parsley  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup half and half

### Directions:

In a large pot over high heat, combine the chicken, water, onion and barley. Bring to a boil, reduce heat to low and simmer for 1 hour. Remove chicken, discard the bones, chop meat into bite size pieces and return to the pot.

Add the chicken broth, leeks, celery, thyme, parsley, salt and ground black pepper. Simmer for 30 more minutes, or until all vegetables are tender. Add half and half and serve.

### **Chesapeake Bay Oyster Stew:**

#### Ingredients:

½ cup butter  
1 cup minced celery  
3 tablespoons minced shallots  
1 quart half-and-half cream  
2 (12 ounce) containers fresh shucked oysters, undrained  
salt and ground black pepper to taste  
1 pinch cayenne pepper, or to taste

#### Directions:

Melt the butter in a large skillet over medium heat, and cook the celery and shallots until shallots are tender.

Pour half-and-half into a large pot over medium-high heat. Mix in the butter, celery, and shallot mixture. Stir continuously. When the mixture is almost boiling, pour the oysters and their liquid into the pot. Season with salt, pepper, and cayenne pepper. Stir continuously until the oysters curl at the ends.(about 3 min) When the oysters curl the stew is finished cooking; turn off the heat and serve immediately. Don't overcook oysters!



### **Andalusian Egg Drop Soup:**

#### Ingredients:

6 boneless, skinless chicken thighs (The recipe calls for a whole chicken, but I think skinless, boneless chunks are more manageable.)  
2 tbsp olive oil  
2 tbsp onion juice  
1 tbsp cilantro juice  
10 almonds, peeled and ground  
1 clove garlic peeled and smashed  
1 tbsp white wine vinegar  
1 tbsp shoyu soy sauce (a substitute for "murri", a salty fermented wheat condiment)  
1 tbsp chopped basil  
1 to 4 tbsp nabidh (This is basically raisins steeped in hot water. Adjust quantity for how strong/sweet your brew comes out.)  
1 bundle of aromatic herbs (I didn't have the

ones in the recipe, so I substituted Italian parsley, a bay leaf, and a little ground fennel seed.)

- ¾ tsp ground cinnamon
- ¾ tsp ground cassia (Chinese cinnamon, or substitute another ¾ tsp of regular cinnamon)
- ¾ tsp ground black pepper
- ¾ tsp ground cloves
- ¾ tsp ground lavender (or ¼ tsp of extract)
- 4 eggs

#### Directions:

Cut the chicken into bite-sized chunks and put in the pot. Add the oil, onion juice, cilantro juice, ground almonds, and mashed garlic clove. Bring to a boil. Add the vinegar, soy sauce, basil, raisin wine, and aromatic bundle. Simmer until the chicken is cooked, about 30-60 minutes. Separate the yolks out of 2 or 3 of the eggs. Beat the whites and remaining yolks with the cinnamon, cassia, pepper, cloves, and lavender (yes, this is a LOT of spices). Remove the aromatic bundle, then gently ladle the eggs into the pot. You can garnish with the separated eggs yolks into the main pot or into individual bowls.

*This is a modern interpretation of the original recipe which can be found by following this [link](#)*

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### **Brie Soup**

#### Ingredients:

- 6 cups stock (veggie or chicken)
- ¼ cup butter
- 8 Tbsp flour
- 12 oz Brie cheese
- ¼ white wine
- ¼ c shredded carrots
- ¼ c chopped celery
- ¼ c sliced fresh mushrooms
- ¼ c heavy cream

Melt butter in sauce pan stir flour into melted butter and cook until golden (called a roux). Add stock, whisking in the roux until all is smooth. Bring to a boil, then reduce to a simmer until reduced to 2/3 of original amount and the consistency of heavy cream. Skimming as needed.

Add Brie stirring occasionally, until all the cheese is melted. Skim rind if desired. Add wine and vegetables and cook over a low heat until vegetables are soft.

Warm heavy cream and add to soup. Season with salt and pepper as desired.

Serve immediately





### Velvet Soup with Grapes

Taken from *Shakespeare's Kitchen*, this soup was made with a homemade stock containing thyme, savory, rosemary, and marjoram then enriched with egg yolks and butter with a touch of verjus.

### Tunisian Lamb Stew:

Known as koucha, this lamb stew is normally cooked in a clay jug but this entrant used their tagine instead. The recipe can be found by following [\*this link\*](#).



### Onion and Chestnut Beef Stew with homemade french bread

### **Baroness Sinn's Cheesy Bacon Potato Soup:**

Made in a cinch when craving soup, she combined homemade turkey stock, heavy cream, potato flakes, shredded cheese, and crumbled bacon.



### **Beef and Barley Soup:**

A simple soup with beef, carrots, and barley - but the trick is in the broth, which is a 48 hour homemade broth. Beef and ham bones were simmered for 24 hours then aromatics were added – lots of onions, celery, and bay leaf – for an additional 24 hours. The addition of ham bones gave it a smokey flavor, which really puts it all over the top.

The barley was cooked until al dente and then added to the broth with finely minced beef and 2 cups of sliced carrots. This was then cooked just long enough for the barley to finish cooking and the beef and carrots to cook.

### **Wing It Soup:**

This soup was created with whatever the entrant had in their fridge. This rendition includes pumpkin, white onions, red bell pepper, garlic, cinnamon, ginger, chili powder, salt, and ground pepper.





## Leek Potato Soup

### Ingredients:

6 onions, sliced  
8 leeks, sliced  
10 medium red potatoes, cubed  
64 oz. Chicken stock  
1 bunch kale, ribs removed  
Minced garlic, to taste  
Salt and pepper  
Cream, to taste  
Ghee  
Flour

### Directions:

Cook onions, leeks, and garlic in a generous amount of ghee until soft. Add flour and mix until pasty, brown like you would a roux. Add chicken stock and potatoes. Stir well and simmer for 45 minutes. Add kale and simmer for 15 more minutes. Serve and add cream, salt, and pepper to taste.

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### Tortellini in brodo:

This recipe is based on historical recipes. While the exact date of tortellini can't be identified, the ravioli was first documented in 14<sup>th</sup> century Venice, so many assume the tortellini soon followed.

The recipe includes how to make the pasta from scratch, like this entrant did, and can be found by following [\*\*this link\*\*](#).



# Farmer's Cheese



Fresh cheese with a ricotta flavor, this is delicious on toasted breads and crackers. It's spreadable consistency makes it easy to eat as a snack without the crumbly mess.

## Ingredients:

1/2 gallon whole pasteurized milk  
1/4 cup white vinegar  
Optional: fresh chopped dill, chives, or other fresh herbs  
1 teaspoon salt

In a large, heavy pot, bring the milk to a low boil. When small, foamy bubbles form on the surface, turn off the heat. Do not let come to a full boil. Add the vinegar to the milk. Curds will form right away. Let the milk rest for about 15 minutes.

Place cheesecloth over a colander, and place the colander over a bowl. Pour the curds into the cheesecloth lined colander. The whey will drain into the bowl below, and the solid curds will be caught in the cheesecloth. Gently squeeze out the remaining whey, but reserve it in case you want a creamier textured cheese. Add the salt at this point, and stir it together.

You can add fresh herbs at this point as well. I prefer dill.

The cheese can be shaped by forming the cheesecloth into a ball, or you can mold it by pressing into a ramekin or shaped cavity.

**Refrigerate up to 5 days**

# Parthian Chicken

A stick to your ribs kind of dish, Parthian Chicken is a 4<sup>th</sup> century recipe that became one of Rome's most popular dish.



## MODERN RECIPE

### Ingredients:

- 1 chicken (3-4lbs / 1.5kg)
- 1 1/2 Teaspoons Black Pepper plus extra for garnish
- 1 Tablespoons Chopped Lovage (or celery leaf)
- 1 1/2 Teaspoons Caraway Seeds
- 3 Tablespoons Garum/Liquamen (Colatura di Alici or Asian Fish Sauce can be used for this)
- 1 Cup (250ml) Wine (Red or White)
- 3/4 Teaspoons Asafoetida Powder
- 1/4 Cup Lukewarm water

### Method:

Spatchcock your chicken and place in an oven safe dish. (It can be left in the refrigerator overnight to dry out which will result in a crispier skin)

Preheat your oven to 450°F/230°C. Mix the lovage, ground black pepper, caraway seeds, garum, and wine in a bowl and pour it over the chicken. Dissolve the asafoetida in lukewarm water in a separate bowl and pour over the chicken.

Bake the chicken for 40-45 minutes or until an instant read thermometer measures 165°F/74°C. To prevent drying, you can baste the chicken several times during cooking, though this is not required.

When the chicken is cooked, remove it from the oven and allow it to rest for 10 minutes. Then serve with the sauce it was cooked in and ground pepper.

**Original Recipe:**

taken from De Re Coquinaria

Pullum Parthicum

Open the chicken at the rear end and in the square shape. Pound pepper, lovage, a little caraway, moisten with liquamen, blend with wine. Put the chicken in an earthenware pot and pour the sauce over it. Dissolve strong asafoetida in lukewarm water, pour it over the chicken, and let it cook. Sprinkle with pepper and serve.

# Non Traditional Titles in the SCA

## Greetings!

For those of you who don't know me, I am Epy Pengelly, Armiger. Yup, you read that right: my title comes after my name, which is partially what this article is about! I wanted to write this article to talk about titles, why using someone's correct title is important, and what people can do to be good community members which will help build the dream for everyone.

First off, new titles as a concept isn't new to the SCA— which is awesome! We are part of a live organization that adapts and changes as we collectively learn new things from the past and use them in the present to create unique, dynamic, and wholesome experiences.

So why would someone want a unique title? It may fit their persona better. For example, we've had "Sultan" instead of "King", we have "Ollam" instead of "Dame" or "Mistress", we've seen "Maestro" and "Duquessa"— the list goes on and on. Another reason is that someone may be uncomfortable using a historic title that has a more modern association. I have met two different peers who both avoid the title "Mistress"; one avoids it because it is a modern term connected with adultery, and the other avoids it because of its connotation with slavery and the American South. In another situation, I have met a Master of Defence (MOD) who prefers to be called "Master" because she wants it to be abundantly clear that she earned her peerage through martial ability/fencing rather than through service or teaching (Pelican or Laurel). There can be many reasons to have an alternative title, and at the end of the day, it is up to the individual to decide what title they want, and they don't owe you an explanation for their choice if they don't want to give you one. Similar for how someone picks a SCA name, picking a SCA title is personal and can vary from an easy process of "I like how it sounded" to being really personal and having ties to their heritage or family. It is neat if someone wants to share the reason for their title with you, but if you ask and they don't want to talk about it, don't press them.

Now, what is an "Armiger"? Well, "Armiger" is a gender-neutral title that is equivalent to "Lord" or "Lady"; it was first introduced as an option of in the fall of 2018 by the SCA College of Heralds and is defined as "a person who has been awarded the right to arms." It is still uncommon and its formatting is different from what people are used to. People not using it for me (as in they call me "Lady" instead) or not formatting it correctly has led to me being exhausted by constantly correcting people and my feelings being hurt.



Why hurt feelings? As we've discussed, titles can be a very personal choice, and it's painful and frustrating to have those choices disregarded. I am not claiming that anyone has used the wrong title for me simply to upset me-- far from it! But I can remember only once in two years when someone got my title correct, and what comes across as a general lack of care for my preference hurts. Even if I know people make mistakes and aren't trying to hurt my feelings, that doesn't stop my feelings from being hurt, even if it is just for a moment. When this happens, I always try to rein in my emotions, do my own quick emotional management to not get upset, and gently correct the person. But constant correction not only requires additional time and labor to explain—from a simple “Hey, it’s Epy Pengelly, Armiger ” to a full explanation of what an Armiger is, when the title was approved, and how to format the title—but also uses a great deal of emotional energy. For example, a peer once argued with me, derailing an unrelated discussion, by arguing “why would the heralds approve that format? It makes no sense” when my title came up in passing. Surely I'm an authority on my own title, so the comment was not only inappropriate and unnecessary, but the conversation quickly became exhausting. If you take away anything from this paragraph let it be that a person knows more about their own name and title than you probably do, and it should just be accepted.

As the SCA becomes more expansive there are new habits that people can get into to be more thoughtful when they talk about or to others:

**Address general missives to “Good gentles” or something else gender neutral, rather than “lords and ladies”.**

“To the beloved populace” is another good option.

**Before you write about someone, check their pronouns.**

It is becoming more common for people to have them on their social media platforms or to include it in their email signatures

**Check their name spelling and preferred title.**

Have they sent out an email before with these things included?

Have they posted it on social media? They probably know best what their name spelling and title is!

Through the hard work of our awesome volunteers, the Atlantian OP is also becoming more up to date and correct with preferred titles; you can also check there!

Some people also have a SCA persona wiki or blog which you can check.

If you're not sure, ask! I have certainly done this with people for whom I am unsure of their title. I would much rather receive a message of “Hey there, can you please remind me of your proper SCA name and title? I want to be sure to get it right” than find out later that someone got it wrong.

Correct other people if they make a mistake and use the wrong pronoun or title. It doesn't have to be a big deal or confrontational. A simple statement of "I think Epy uses 'Armiger', not 'Lady'" is easy to slide into conversation, and will help you and your conversation partner practice!

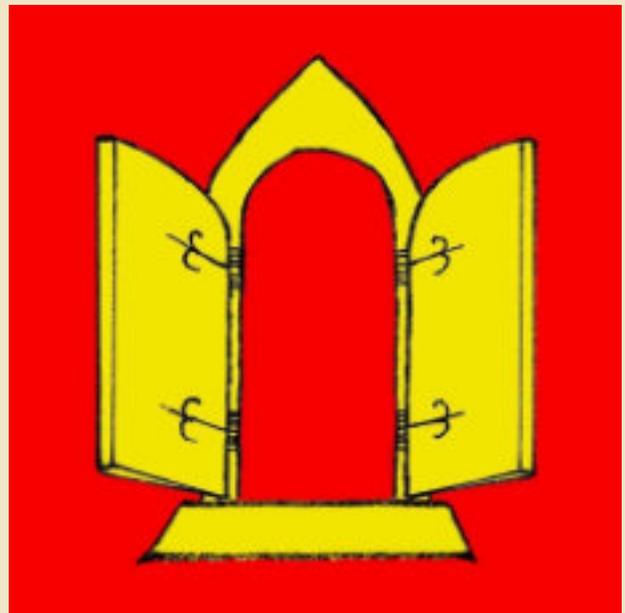
While this does add extra steps, it will mean a lot to those around you. Not making assumptions on name-spelling and titles is important! Just because you may not care about the spelling of your name, or someone else may not care about being called "Mistress" instead of "Dame", it doesn't mean everyone feels that way. And remember, it's okay to not know someone prefers a different title than what is traditional. We learn new things about our friends all the time! It doesn't make you a bad friend to be unaware of their choice; they may have just made it and it may not be common knowledge. And at that point, you get to be someone who helps teach others your friend's chosen self expression -- and that's pretty neat if you ask me. For some people the SCA is where they get to be more of their true self, and putting in a little extra effort will help them feel welcome and like they belong. Like all habits, it may take some time for you to get used to checking people's name-spelling and title, but I am sure that quickly it will become second nature to you, too.

If you've made it this far, I want to thank you for reading my article. I do not claim to be an expert on inclusivity in the SCA, nor are the ideas I have suggested here the end-all-be-all methods of being welcoming and thoughtful to all participants. That being said, I hope that readers can take insight from some of these topics, and build some new habits when it comes to talking about and to others in the SCA. That way, going forward, everyone can share more of the work and make others feel more included and recognized for who they are and want to be in our shared dream.

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Do you have questions?

What I wrote about today addresses some things covered by the SCA Diversity, Equity, and Inclusion office. They regularly have great round table discussions on their social media covering a wide range of topics, as well as having resources on their webpage. Their Facebook page is <https://www.facebook.com/SCADiversityEquityInclusion/> and their webpage is <https://www.sca.org/dei-office/> If you haven't yet, I really recommend checking them out!



Are you thinking of changing your title? Check out this link for approved options!

<http://heraldry.sca.org/titles.html>

# Populace Meeting Minutes

Meeting began at 2:00pm on Sunday, October 18<sup>th</sup> with 6 attendees: Ludwig, Sinn, Aurri, Scandal, Caran, Viljamaier

## Officer's Gave the Following Reports



### Chatelaine: Lady Caran DeBurg Present

- Nothing new in recruitment
- Quarterly report was sent
- Wants to move all gold key items to Tobin, who has the rest of gold/iron key. Wants to get climate controlled storage so it can be available to everyone
  - Suggested by Scandal to get at least a 10x15 unit so we can have storage on both sides and a walkable aisle in the middle
- Make an announcement about Quartermaster position



### Exchequer: Lady Thorve of Highland Foorde Not Present

- \$12,698.43 in Baronage account.
- Started to research accounts. Wells Fargo has an interest account but it must maintain a minimum balance of \$10k or a \$25 monthly fee.
  - Scandal brought up Nymeo as a

potential option. It doesn't accrue interest, and you can't deposit more than \$10,000 a month, but it is a free account.

- Next step up from that does accrue interest, but it does have a \$10 monthly fee and must maintain a minimum of \$5,000



### Knight's Marshal: Sir Gaius Tascius Severus Fabianus Not Present

- Nothing to report



### Herald: Baron Fergus of Hanna Not Present

- Nothing to report



### Minister of Arts and Sciences: Lady Harper An Cu Not Present

- Virtual A&S meeting was a discussion of various topics. 5 people attended.
- Highland Havoc A&S challenge with the theme of Horses and Archers from Myths and Legends announced, and

prize selected. Google submission has been complete. Third judge to be selected and announced this week.

- If you are taking SCA/Clover classes online, or teaching them, please let me know so I can share with our kingdom what our Barony is up to! Similarly, if you are doing a Facebook live stream about anything SCA, let me know
- Don't forget to post your projects, accomplishments, and experiments to the Virtual Atlantia gallery.
- Our next A&S night sees us merge with Roxbury Mill. This will help to reduce schedule conflicts, and brings us closer with our neighbors. They will be using google meets in lieu of zoom.



**Chronicer: Aurri La Borgne  
Present**

- Covid special edition will be sent out this evening!
- Let the Chronicer know what you've been doing so I can brag about it



**Web Minister: Scandal mac Rofir  
Present**

- New website is up and running
  - Waiting on officers to send in updates for their sections of the website



**Youth Officer - VACANT**



**Master of the Lists - Epy Pengelly, Armiger  
Not Present**

- My MOL warrant is expired as of the end of September, In contact with the Roster Deputy, Lady Quain Chaghan, about it as the normal way to re-up of "I did these events last year" isn't really an option.



**Seneschal: Viljamaier Larrenson  
Present**

- Still trying to figure out Spike so we can get virtual courts and events going
- Got verification from the Kingdom Seneschal about the email incident that occurred. She says we responded appropriately to the situation.



**Baron and Baroness:  
Baron Ludwig & Baroness Sinn  
Present**

- Please participate in the Havoc challenges. The more who participate, the better.
- Virtual court was great, can't wait to hold Baronial Courts and give out rewards.

**Old Business**

- HRM: Deposit was sent out
- Sinn would like to move the event to May for better weather and potentially better attendance
- Jacintha is going to drop off HRM binders to Sinn
- Highland Havoc: One more week left of submissions! The people who are participating seem to be enjoying it, but of course participation is low and participants are self-selecting. I've been trying to be more vocal on social media about it and would appreciate support from people for promoting challenges or classes. Also please participate in the challenges yourselves!

**New Business**

- No new business!

*Meeting was adjourned at 3:55pm. Motioned by Baron Ludwig, seconded by Scandal mac Rofir*

# New to the Barony or SCA?

First off, welcome! We are so happy that you are interested in joining our family of revelry and creativity. You can click the links below to find more information on what the SCA is, how it started, and how **YOU** can get started.

## **New to the SCA**

**SCA Newcomer's Portal**

**How to Get Started**

**What is the SCA?**

**Become a Member**

If we are your local Barony, reach out to our Chatelaine Lady Caran De Burg to get a jumpstart on your participation within the community! In addition to providing resources and information, the Chatelaine can also provide loaner gear such as feast ware, garb, and accessories to new members to use at events.

**You can contact Lady Caran by e-mailing her at [info@highland-foorde.atlantia.sca.org](mailto:info@highland-foorde.atlantia.sca.org)**

# How to Recommend an Award

Do you believe someone in the barony or society deserves an award or recommendation? Awards are given based on feedback from members. All members, no matter their current status, are encouraged to provide recommendations to their Crowns.

For award recommendations we have multiple options:

- Email the Baron or Baroness with your recommendation.
- The NEW Baronial Award recommendation system!
- Also Kingdom level recommendations!

Baron Ludwig & Baroness Sinn want to help with awards. Please notify them by email so they may offer input, especially regarding kingdom recommendations.

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**Credits:**

- Cover Photo: Brie Soup - Anne d'Evreux
- Armored Combat, pg 5: Chase James
- Soup Photos: Anne d'Evreux, Jessie Gagnon, Michael Baker, Nate Elbert, Sinn Larensdotter, Brittany Brain, Henry Holstein, Jenine Webb, Brad Fisher, Lucy Wigan, Mishee Kearney
- Farmer's Cheese: Caran Leahy
- Parthian Chicken: Michael Baker