



Myrtleholt  
of The Kingdom An Tir

# THE LEAFLETTE

The official newsletter of the Shire of Myrtle Holt • JANUARY 2015 (AS XLIX)

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## CALL FOR CONTENT

Lords and Ladies,

You are hereby invited to submit ideas, songs, recipes, stories, pictures, drawings, and any manner of content you wish to share with your fellow inhabitants of the Myrtle Holt.

Remember, this is YOUR Newsletter!

## Raising a Special Needs Child in the SCA

By Viscountess Sumayya min Yibna, OP

I have been playing in the SCA for about 15 years or so. I began playing in Atenveldt but soon after I received my AOA I moved to An Tir. It was here that I met my husband and we were married 7 years ago. He doesn't play often in the SCA so I found myself camping alone quite often which was easy.

Three years ago we were blessed with a beautiful little boy. From the first days in the NICU I noticed something very special about him. It wasn't until this past December that we had an "official" diagnosis- My son had Autism Spectrum Disorder (ASD for short). It is commonly said that if you meet one person with Autism, you've met one person with Autism. The spectrum, itself, varies so greatly. As any parent will tell you that camping with any young infant/toddler is challenging in so many ways but camping with an

infant/toddler on the spectrum is a whole other world. While there are many similarities, there are things that people who are not familiar with ASD should know. ON a side note I would like to make it very clear...I am very new to this and there are many within the SCA who are far more knowledgeable than I am. I can only touch on my own experience with my son and camping so bear with me.

*"They obviously don't know what they are doing, my child wouldn't be allowed to act that way".*

I began camping with my son when he was about 6 months old as he was born in December and March Coronet was just a little too cold! He did very well but was not crawling at that time. When he became more mobile is when this really became challenging. As with all toddlers the curiosity overwhelms them and they are oblivious to danger.

Children on the spectrum have a unique way of not hearing their parents when they call their name. So, for instance, when Tibor decided to take off in a full run because he saw something interesting I couldn't just call his name and have him stop. No, I had to run after him and grab him to get his attention. These children are very focused... to the point of complete oblivion. This is why I had to buy a leash for him so that I could set up or take down my encampment and know he would be safe. It has been difficult at events to keep him occupied/entertained as he doesn't play by himself very well so consequently I have to be the playmate.

There have been many times where I have been tempted to quit the SCA, simply being completely overwhelmed and thinking to myself "I could be doing this at home without near as much work".

## Special Needs (continued)

I am sure there are those parents who have had to leave an event because it can become too difficult to enjoy when all you are doing is playing with or comforting a toddler the entire time. Fortunately, I have had a couple of people assist me in watching him so I can attend a Pelican meeting or just for a brief respite. That in itself is wonderful!

Another challenge with many ASD children is the sensitivities they experience. Many have a very difficult time with loud noises (such as fighting, court, etc). You will see many on the spectrum walk around with ear protection on. My son, however, has the opposite problem. He is a sensory seeker, fancy term daredevil. Which brings me to another subject... Many ASD children do not understand boundaries. I cannot tell you how many times I have apologized when my son has just barged into someone's encampment or tent un-invited. When he has fondled someone's armor, grabbed food off of a table, or, well, you get the picture. You can explain over and over why, you can tell him no many times. He doesn't understand. It is dangerous because he also doesn't **understand "erics"**. Why you can't just run into one and look at the guys swinging sticks around.

Just recently my son kept running into the eric where the Rapier fighters were competing for Captain of Cats. Fortunately, Viscount Luciano (the marshal) was extremely patient as were the fighters and just kept smiling as



I would remove him. It only happened twice but was embarrassing none the less.

So given all of this and other challenges I have not touched on... how can the Society be more aware and accommodating to those with special needs? First and foremost... do not judge. That is the most important thing. Unlike children with physical challenges, ASD is not something you can see just by looking at a child. It's very easy to see a child having a meltdown (some people would just see a temper tantrum) and think

"Well, If I was that parent..." or "They obviously don't know what they are doing, my child wouldn't be allowed to act that way".

Let me make this perfectly clear... melt-downs occur because the child is overwhelmed with stimulation (auditory, visual, emotional). It's their way of letting their parent/guardian know they are hurting in some way.

My son is completely non-verbal. Sometimes it's the only way he can tell me something is wrong.

Secondly... lend a helping hand. Most people in the SCA are already very good at this, but there are times and situations that most of us don't think about regarding the parent/s of a special needs child. For example, setting up and tearing down. A very difficult time for me. Most likely I am already tired from the trip or from the event itself. The idea of having to keep my son safe and trying to pack everything up makes me cringe. Having someone say "Hey, let me run after him while you pack up." or offering to help in any way is so much appreciated.

Thirdly, don't mind your own business in regards to these children. As I mentioned previously, these toddlers are escape artists and are very prone to disappear. Just recently a 3 year old ASD child wandered from home and was found drowned in a pond 3 doors



## Special Needs (continued)

down from his house. If you see a toddler and a grown up isn't within 3 feet of that child, grab him/her. I would rather someone grab my son with me right there than for someone to just mind their own business and my son be lost. No matter how closely I watch him, it only takes a second.

Fourthly, Be a shoulder we can cry on. I can't tell you how often I have needed someone just to vent my frustrations and fears to. I never know when the feelings are gonna hit. Having a support system in the Society has really helped me accept and embrace this journey and I am very grateful.

Offer to watch the child for the parent so they can have some time to themselves. Maybe there is a class they wanted to take or a meeting to attend. There have been many times I haven't been able to participate as there was no one I felt I could ask but if someone would have just said to me "Hey, would you like me to watch him for an hour so you can do ...?" What a difference that would make.

If the parent says no, don't be offended. Just knowing there are people willing to help is such a heart-warmer.

Finally, talk to your children. Let them know there are children they may meet that have this special gift called Autism. They may see them do things that, perhaps, they aren't allowed to do. It's because they don't understand the rules the way you do. You can still be their friend, still play with them, and perhaps even teach them.

Tibor has a good friend in the SCA named Jack. Whenever they are at an event together and his parents and I can get them together, they have fun. Jack is a very intelligent child and he talks very well. Despite the fact that my son doesn't speak and really doesn't play with Jack just plays around Jack, Jack still was very accepting of Tibor and even called him "his best friend". Jack's parents are amazing and I don't know if they have really explained to Jack about Tibor but it warmed me to the very core that he was so accepting of my son without any reservations.



This is gonna be a fun and scary journey and the SCA is a big part of this. I have been told by his Occupational therapist and his Speech therapist that the SCA is one of the best things I can do for him as it keeps him engaged in the world.

I am so blessed and thankful that I have this in our lives. It has been said **that it takes a village to raise a child...**

I say it takes a Kingdom.



## Grail of the Summits Awarded to Robert O'Neill

This award is bestowed by the Coronet for notable contributions to the Arts and Sciences, Service, or Martial endeavors. Recipients are entitled to wear the symbol of the Order, an argent grail within an annulet on a colored field (Vert for Arts and Science, Gules for Service, Sable for Martial)





# The Fallen: Ragnar ThorBjornson

*Shared By Sverre and Vicountess Telisia Brutusdottr*



Ragnar ThorBjornson, even to his friends was not an easy man to quantify. So many hats and roles and facets to our departed friend. Father, Husband, brother, son, squire; the list goes on and on and these are just the simplest versions of who he was and still is to those who loved and knew him. Ragnar believed wholly in living an unfiltered and un-apologetic life, for some it could be a source of abrasion, others a spot of fresh air, and for everyone a clear no frills, honest and caring person, without any question of where you stood with him. Be it Armorsmithing, war fighting, all things regarding mining and stones, or just the SCA in general. Ragnar was there to help any and all who wanted or needed the help and he was truly happy to encourage others along their endeavours.

Personally, he was one of the closest friends I have ever known, and was my first mentor within the SCA. He was one of the first outside of my family to hold my daughter and he was close to her like a member of the family. For both us, the joy of sharing good news, and the comforting in hard times, he was the first to call.

When word came of the impending final battle that he fought within, we were able to have long and honest conversations about the finality of life, the joys that a life holds, and the memory of that time is a thing most dear. He fought as he was ought to do; all the way to the end; weapon in hand and with family at his side. After the battle was over and the fight done, his family and friends were able to send him off in a ship laden with treasure, and borne by those closest to him.

Ragnar ThorBjornson, was known by many and for certain a man of the Summits. His memory will reverberate amongst its high peaks and in the hearts of all who knew him.

Written by: Sverre (Matthew Veach)



Ragnar Thorbjornson! A man of An Tir! A man of The Summits! A man who stood with his hammer raised to the sky. Ragnar was a fierce fighter on the field, a fierce and loyal friend. He mined rock to find the beautiful stones which adorn many beautiful ladies of An Tir and The West. He fashioned armor and produced the famous FOG.... He lived by his own rules.

He began in the Kingdom of the West, then moved to An Tir where he lived with his Lady and his son. He resided in the barony of Adiantum. But, he lived most fervently in The Summits, on the war field, with his friends..... As a "negotiator" he was unsurpassed. As chief negotiator for Sumayya- after our fighters "rescued" the battle flag of the leader of our foes--He went to the Chief of their army and allowed him to assuage his shame, of having his foes possess his flag; by presenting Her Highness a generous gift. Sumayya was then presented a handcrafted chest with her arms on it. A natural negotiator he was.

He was a loyal member of Adiantum and The Summits, and he shall be missed.

Written by:  
Vicountess Telisia Brutusdottr



*We'll be taking a moment each month to remember those who have Fallen, whose names are read every year as part of our Ancestral Remembrance Celebration.*

*If you have stories and photos to share, please send them to your Chronicler or Viscountess Jennet MacLachlan of Loch Fyne.*



## Highland-Style Cowl (Knit Version)

*KNIT Instructions presented by Viscountess Jennet MacLachlan of Loch Fyne*

### COWL from the 1700's PATTERN

This is my good friend Simone and her daughter Maggie. Maggie is 7 and she made her own after never having even held a crochet hook. This is Simone's first knitting experience and boy did she pick it up. She has made five of these since then and loved the class.

You will need at least two balls of Lion Brand Homestead yarn and size 50 Knitting needles.

Cast on 16 stitches using two strands of the yarn.  
Knit plain until you have just enough yarn left to cast off.  
lay the piece flat and bring the top right point down to the bottom left corner so that the piece is twisted and sew the two ends together.

That is it. This is by far the easiest piece to make and it can be completed in about two hours.



## Myrtle Holt New Arrival!



Congratulations to Aurora Magdalene for arriving safely, if early, to her proud parents Bobby Ray and Andrea Fox!

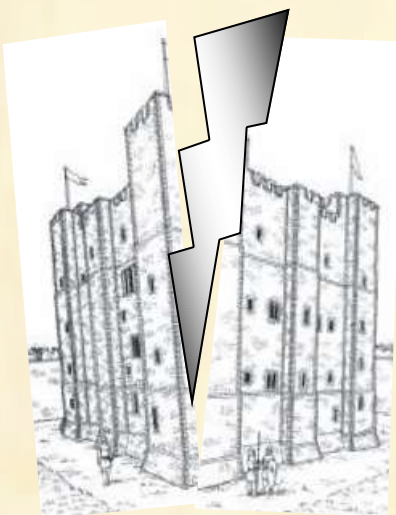
## Dayshade Challenge—Battle of the Blancos

### The Gull-Wing Party

Vicountess Jennet MacLachlan of Loch Fyne

Her Excellency proposes to raise funds to replace the current pavilion with a completely new gull-wing structure utilizing wooden support posts.

**Progress to date:**  
\$61.52



### The It's-Not-Dead-Yet Party

His Lordship David de Rosier-Blanc

His Lordship, the Minister of Arts & Sciences, proposes to replace the support posts of the current pavilion, keep it, and recondition it.

**Progress to date:**  
\$42.60 PLUS 2 Necklaces  
plus 26 cents

*The Chronicler apologizes for switching these numbers in last month's Leaflette and swears it wasn't meant to be a PLOT TWIST!*

# Highland-Style Cowl (Crochet Version)

**CROCHET** Instructions presented by Petronella Lockeheart

*Crochet a warm, soft cowl inspired by the one worn by Claire in STARZ TV series Outlander.*

Materials: (Time: 2-4 hours)  
 2-4 skeins of super-chunky yarn (weight 6)  
 Extra-thick crochet hook (U.S. 50, a blue plastic style)  
 Stitches used: chain (ch), slip (sl st), double crochet (dc),  
 front post double crochet (fpdc), back post double crochet (bpdc)

**Important notes:**

*To achieve a stretchy, soft project that drapes easily, keep your tension as loose as possible.*

*This is worked in a Mobius spiral. This style is also known as an “infinity scarf.”*

*If it is easier for you to work in the flat, crochet a rectangle 35-50 stitches wide and between 6-12” high, then sew the ends together to make a ring, with or without a twist.*

*These are right-handed instructions.*



1. **Ch 35-50.** (Exact size is up to you. It should be large enough that, when held to form a ring, it fits comfortably over your head and drapes around your collarbone.) The final project will be just a tad tighter than this ring, so do not make it too snug.

2. Lay the chain flat. (The “top/front” side looks a bit like a braid and the “bottom/back” side looks more like a chain or knots.) Bring the end around to form a ring with both “tops” facing you, then twist/flip the left (starting) end 180~ so you see the “bottom/chain” side on the left and the “top/braid” side on the right. **Join** with a slip stitch (**sl st**).

3. **Ch 1. Dc in every ch.** You will end up feeling like you went around twice, once in one side of the foundation chain and once in the other side. It sounds confusing, but the Mobius twist makes it work. Just keep crocheting until you wind up at your first (ch, dc). Halfway through, after you do the stitches in the first side of the foundation chain, you will have to decide whether to do the remaining dc’s in one or both remaining loops of the chain. It makes no structural difference, but it looks slightly different. Using one loop will give a solid look to the center of your project. Using both will give an airier line of spaces through the middle of your project.

4. When you reach your original (ch, dc), pause to **count** your dc stitches. There should be an even number (twice the number of foundation chains.) Do **one more dc in the (ch 1)** before the first dc, resulting in an **odd total of dc stitches**. If you counted and ended up with an odd number somehow, no worries, just do 2 dc in that (ch 1). Either way, you *need to end up with an odd total number of dc’s*.

5. This is where you “jump the track” and start working in a spiral instead of rows. That last dc-in-the-ch will bring you to the correct height to do a **fpdc** in the first dc. Then do a **bpdc** in the next stitch... and so on. Do **(fpdc, bpdc) all the way around...**

6. ...Lo and behold! When you get back around to the first fpdc, it will *look* to you like a bpdc because you’ll be on the opposite side of the fabric, which is perfect because your pattern will call for a bpdc on that stitch. Don’t overthink it – just **continue the (fpdc, bpdc) pattern**. When you see a stitch that looks like a fpdc, stack another fpdc on it...and stack a bpdc on the stitches that look like bpdc... etc. Keep going around until you are satisfied with the size and/or run out of yarn. There’s no seam, so you can stop at any point.

7. To **finish** the project, make your next-to-last stitch a front- or back-post *SINGLE* and then the last stitch a FP or BP *SLIP* stitch, to work in the height difference and make the end invisible. Tie off and work in the yarn ends.





## For to Bake a Gammon of Bacon...

**Kirstianna (Tina) and Chelsea have recently accomplished this recipe for the ARC event under the name Ham Pies.** They also made another batch using turkey ham and it was just as tasty! The “real” ham they used was a small boneless fully-cooked Black Forest ham. Two small food choppers were employed to mince the ham. Good job Ladies!

### **For to Bake a Gammon of Bacon:**

Boyle your gammon of Bacon, and stuffe it with Parsley and Sage, and yolkes of hard Eggs, and when it is boyled, stuffe it and let it boile againe, season it with Pepper, Cloves, and Mace, sticke whole Cloves fast in it: Then lay it so in your paste with salte butter, and so bake it.

From The good Huswifes Handmaide for the Kitchin, John Partridge, imprinted by Richard Jones, 1594.

Madge Lorwin’s redaction of this Elizabethan recipe is on pages 137-138 of her book Dining with William Shakespeare, Atheneum Press, NY, 1976, ISBN 0-689-10731-5. )

The ham in period was heavily smoked and likely very salty. It takes two good boil sessions to soften the meat and remove the excess flavoring. The closest U.S. ham to the one above is an old fashioned country ham. (Clifty Farms brand and etc.) I have used whole country ham in the past all boiled and boiled again once the hide lifted, but modified the pie recipe from a two inch slab to individual hand held pies using little slices of the ham. The crust recipe also from John Partridge entitled to make fine paste another way : Take butter and ale and seeth them together: then take your flower, and put thereinto three eggs, sugar, saffron and salt. (Madge’s recipe: Two cups flour, one teaspoon of salt, three-quarter cup of salted butter, half-teaspoon sugar, one-eighth teaspoon saffron, 1 egg separated, one-half cup of ale. (Sift all dry ingredients together, cut in the butter, beat the egg yolk and ale together and handle like any rich pastry, adding more ale if necessary.)

The current modified recipe:

For a boneless approximately one pound of solid fully cooked ham minced to bits in a processor add a half dozen hardboiled eggs hashed or hardboiled yolks run through a sieve, a cup of minced parsley, one-third pound of softened butter, a half-teaspoon each of mace and nutmeg, one-quarter teaspoon each of ground cloves, rubbed sage, and ground black pepper. (One may also add dry mustard about a quarter teaspoon.) All spices are checked by taste and more added if needed.

As far as the filling: add the softened butter to the hashed up ham/egg/spice-parsley mix then dole on the individual paste. Fold the crust over, seal the edges using beaten egg and a fork, make a single vent at the center, and shape them like fried apple pies or turnovers. Brush the top with beaten egg and sprinkle with sugar. Bake until golden at 350 degrees Fahrenheit. This recipe is not for those trying to control their cholesterol or their sugar/carbohydrate intake.

Grinding the ham is difficult for some to understand until one has tried to wrap odd slices of ham in pastry as Kirstianna and I tried to do several years ago. Her idea was to grind the ham and I love her for it to this day. I have suffered the sliced ham headache more than once in the past. As far as a two inch slab: It can be a mess and struggle to have portion control during feast. One small ham using the method above makes about one hundred individual pies; a two inch slab pie per table could play break the bank with a feast budget.

While the butter and ale crust is delicious the Crisco never-fail pie crust works very well too and is less costly to produce and is much lower in cholesterol. This is the crust that Kirstianna and Chelsea did to excellent effect!

Three-quarter cup butter flavor Crisco, two cups flour sifted with one teaspoon of salt, one-quarter cup of cold water mixed with one beaten egg and one teaspoon of vinegar.

This recipe has all the flavor of Elizabethan days without the fuss, excess cholesterol and expense!

Enjoy!

HL Felicia of the TrueLayne

## Last Call

### Polypropylene Swords Banned

From the Kingdom Earl Marshal's online posting to the fighters of An Tir.

There has been another incident of a failure with the polypropylene swords causing it to break apart. So after consulting with both TRM and TRH. It has been decided to discontinue the use of polypropylene swords in An Tir. This ban goes into effect immediately. Please pass this info on to all areas of our kingdom. Thank you for your support and understanding.— Sir Einar Knuteson, Kingdom Earl Marshal.

### Next Business Meeting

February 8, 11am at Abby's Pizza



## Officer Excerpts

Chatelaine: This position is still open/accepting applications

Seneschal: Waivers need to be signed if participating or visiting at any Fighter Practice site.

Marshall: Weather is affecting practices.  
Anyone have a lead on an indoor facility?

MoAS: A&S next weekend, painting charters,  
check the FB group for updates

Equestrian: Practices are still open

Scribe: Loree Day volunteered to Scribe

Chronicler: Submissions are needed in any form.  
More detailed Officer Reports are posted  
in the Meeting Minutes.

Youth: Fun stuff coming up at St. Eggberts!



Myrtle Holt Business Cards  
Now Available!  
Ask your Seneschal



## Looking Forward

### **St Eggberts April 2015**

Autocrat Team: HL David de Rosier-Blanc. Co-autocrats of Squee and Crystal Butler

Feast Team: Pending

### **ARC October 2015**

Autocrat Team: Needed!

Feast Team: Needed!

### **Investiture December 11-12, 2015**

Autocrat Team: Visc Jennet, Christiana, Squee, Loree, Morris

Feast Team: Monique and Aelfrich, Feastocrat in training: Edward Tanner (Benjamin)



# February 2015

Sun      Mon      Tue      Wed      Thu      Fri      Sat

1 <i>Superbowl Sunday</i>	2	3	4	5	6	7 <i>BriarOak Birl</i>
8 <i>BizMtg 11a Abby's Pizza</i>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Fighter Practice times and locations may be cancelled due to weather.

# March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>BizMtg 11a</i> <i>Abby's Pizza</i>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 <i>Summits</i> <i>Cornonet</i>	21 <i>Summits</i> <i>Cornonet</i>
22 <i>Summits</i> <i>Cornonet</i>	23	24	25	26	27	28
29	30	31				

Fighter Practice times and locations may vary due to weather.



# Shire Officers



SENECHAL  
Lady Brynhildr Smidsdottir  
(Megan Blattel)



ARTS & SCIENCES  
HL David de Rosier-Blanc  
(David Bianco)



GOLD KEY  
Constance Campbell  
(Christina Hager)



CHIURGEON  
Pending



SCRIBE  
HL Keara Rilyn Buchanan  
(Loree Day)



HERALD  
Lord Bjolan Bjornson  
(Rev. James A. Otto Sr.)



HEAVY MARSHAL  
Bowen Doyle  
(Albert Wessels)



WEBMINISTER  
Lord Thorlof Anarson  
(Josh Plater)



EXCCHOUER  
HL Rathyen de Bures of Acton  
(Sharon Chism)



CHRONICLER  
(Sarah Givens)



DEPUTY GOLD KEY  
Alina MacMurrich  
(Amanda C. Cowin)



DEPUTY CHIRURGEON



CHATELAINE  
Accepting Applications



HERALD IN TRAINING  
Eric Liefson  
(Glenn Allen)



TARGET ARCHERY MARSHAL  
Visc Jennet MacLachlan of Loch Fyne  
(Janet Bianco)



EQUESTRIAN MARSHAL  
HL Robert Buffle  
(Robert Chism)

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