

The Journal of the Richard III Society of Canada

Volume 54, Number 2
Spring 2021

ISSN 1485-3558

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Notes from the Chair

I must admit, this COVID pandemic has had certain benefits, like getting to “meet” so many branch members from right across our great country, as well as socializing with Society members from overseas, some — like new Society Chairman Matt Lewis — being familiar names from the pages of the *Ricardian Bulletin*.

We’ve shared excellent research papers prepared by members and delivered to a wider audience, including Sheila Smith speaking on Richard de la Pole; Jamie Pratt on 15th century witchcraft; Sheilah O’Connor’s talk on Anne, Countess of Warwick; and Victoria Moorshead’s presentation on the Dukes of Gloucester.

The pandemic has also given us the unique opportunity to attend Zoom meetings hosted by the Society and other branches and groups, and I encourage you to participate as often as you can. There’s a whole world of Ricardian knowledge out there, and great opportunities to expand your Ricardian network.

Keep up with the Ricardian world on Twitter this summer (www.twitter.com) by following our Branch feed **@RichardIIICA**, the Society Twitter feed **@rsociety_iii**, the New South Wales Branch feed **@RichardIIINSW**, and that of our Chairman, Matt Lewis, **@MattLewisAuthor**. If you are a Facebook fan, the Society has a page at [Richard III Society](#).

The past few months have been busy with the Society continuing its progression as a Company Limited by Guarantee (CLG) under UK law. To this end, there was a meeting on April 10th to review the proposed Articles of Association (which replaces the old Society Constitution), and on May 29th, members from Branches and Groups (B&Gs) from all over the world met by Zoom to discuss the role of B&Gs in the Society. You will be able to read the outcomes of both these meetings in upcoming issues of the *Ricardian Bulletin*. We ourselves will need to make some minor administrative changes to how we operate our Branch, and update our Constitution, but overall, there will be very little impact to our operation as a Branch in Canada. And it certainly won’t affect your participation and enjoyment in all we have to offer!

After June, we’ll take a bit of a break from meetings as we will hopefully all be able to get out more and enjoy the summer. However, do look for our annual In Memoriam to commemorate King Richard and the fallen of Bosworth Field in the August 22nd edition of *The Globe and Mail*. If there is a Bosworth service this year, we will also make our annual donation to the wreath of white roses mounted alongside the memorial plaque in the Church of St. James at Sutton

Cheney, where King Richard is said to have heard Mass the evening before the battle.

We will resume with a Zoom meeting planned for September, but we will play it by ear for our **Annual General Meeting on Saturday, October 2nd**. Our thought at this early stage is that we hold the AGM by Zoom in the afternoon but may complement it with a communal dinner in Toronto later in the day, if pandemic protocols allow. We shall be sending you the Executive Committee officers' annual reports in advance of the meeting by post or email.

Finally, with this issue of *RIII* is our annual Society/Branch renewal form for 2021-2022. Please print out the remittance form and mail it to our Membership Secretary Sheilah O'Connor, at 156 Drayton Avenue, Toronto, Ontario, M4C 3M2, along with your cheque in Canadian funds, made payable to The Richard III Society of Canada. If you cannot print the form, please write the requested information on a piece of paper and mail it with your cheque to Sheilah. Do remember that your payment must be submitted by **October 2nd**, and post-dated cheques are accepted. If you wish to pay via PayPal or with a credit card, please contact Sheilah at membership@richardiii.ca for instructions.

If you have any questions about the Society or your membership, do not hesitate to contact me, or a relevant member of the Executive Committee, by the email or phone numbers listed in this edition of the *RIII*.

Vivat Rex Ricardus!

Tracy

From the Editor

On looking over the Contents list for this issue, I'm struck by the diversity of interesting topics represented through our members...all of which are justifiably part of the life and times of Richard III.

We have a look back at Richard's state of mind on the eve of Bosworth, a view into the closed life of an anchoress, personal reflections on the Stratford Festival, and some intriguing thoughts on cookery and cookbooks. I hope as Covid 19 gradually recedes from our lives and summer breezes blow, we can all enjoy the varied pleasures this season brings, in good health and good spirits.

Christine Hurlbut,
Editor

Membership inquiries

Please contact Sheilah O'Connor at membership@richardIII.ca.

Richard III — A study in grief and bereavement

— by the late Marguerite Johnson, Toronto, Ontario

The histories and biographies of Richard III have all had many theories to offer as to why Richard was not at his physical best on the morning of the Battle of Bosworth. This speculation has been going on down the centuries from More and Vergil, Holinshed and Shakespeare, Kendall and Cheetham, and the Croyland Continuator to the present day. However, both Kendall and Cheetham seem to be in agreement that the invasion of Henry Tudor, of itself, was not being taken all that seriously by Richard, and both make it clear that there really was nothing pre-ordained about it – Bosworth did not have to be fought at that particular moment in time.

The statements regarding Richard's actions and appearance on the morning of Bosworth are matters of importance in that they show a considerable strain which would, under the circumstances be only normal and typical of any man under the stress of a similar set of circumstances. Since he doesn't seem to have been too worried about it himself, one can only assume that it was apparently something to which he was accustomed. Apart from the actual treason of the Stanleys and Northumberland there are a number of symptoms evident that do point to another very good reason for this condition. The Croyland Continuator says that Richard spent a sleepless night and adds that at daybreak his drawn features were even more livid and ghastly than usual, that there were no chaplains present to perform divine services for the King, nor any breakfast prepared to refresh his flagging spirits. Why “flagging spirits?” Why the ghastly and livid drawn features?

Instead of thinking of Richard Plantagenet as King Richard III, and the monster dredged up by the Tudors and their propagandist Shakespeare, let us, for a change, consider him as a human being, and moreover as a father, husband and widower: a man bereft of wife, son, brother, uncle and aunt all within approximately 18 to 24 months time. I do not include the nephews in the Tower as I think they were still alive after Richard's death and therefore are not part of this study.

To begin with, Richard's unique actions immediately following the death of his brother, King Edward IV, have seemed difficult for some historians to understand. Personally, I find his actions normal enough to satisfy my curiosity. In the light of twentieth century psychology, I see Richard as suffering from a very severe case of grief, which is something that is not really understood even today, many years later, and grief is a very powerful emotion.

Some historians have even thought that Richard was close to a nervous breakdown by the time Bosworth was fought. It would not be too surprising if it

were true when one considers the evidence available. It is well known that a person's judgement may be impaired by severe grief, and it is quite possible that grief had distorted Richard's judgement. Grief is something no one escapes yet very little is known about it and as a result preparation for the day when grief is our own has been practically nonexistent. Grief may be composed of shock, suffering and recovery, three phases which may overlap in time yet still provide us with a very helpful framework for studying this phenomena. These symptoms may be only nature's way of protecting us against a pain too severe to be borne all at once, but they do cause complications.

One might also keep in mind that by the time Richard had reached the age of seven, death, illness, grief, and personal physical upheaval in the form of imprisonment, and exile were no strangers to him.

At the age of seven, he had lost his father, brother Edmund, and an uncle all in one small skirmish; from fifth in line to the throne he had become, overnight, third, and had been shipped off to Burgundy by his mother for his own safety. By the time he reached the age of twenty-six, his brother George had been executed in the now famous "butt of Malmsey" and at the age of thirty, in 1483 his brother King Edward died suddenly. As if this were not bad enough his own twelve year old son died at Easter 1484 exactly a year after Edward, and his wife Anne followed in March 1485. In 1484 he had lost also his father's sister, his aunt Isabel whose husband the Earl of Eu and Essex had died the week before Edward. In his short thirty-two years Richard had suffered most of the sorrows it would take the average man of today 65 or 80 years to experience. Grief! - One would have expected Richard III to have been a past master of the subject, but no one ever is.

The shock stage may last a week or two, possibly six, following the death of a loved one, with feelings of numbness, unreality, and being cut off from others. The suffering stage is sometimes called (and not without cause) the "roller coaster" - months of ups and downs, and this is the stage that I believe Richard had just reached as Henry Tudor landed and the Battle of Bosworth was about to be fought. It seems to me that Richard was in a "down" spell and had he waited for even one day or a week the results of that battle could have been totally different. Edward was ten years Richard's senior and in a case such as that there is also the possibility of his assuming a "father image" for Richard; after all, he had been at the impressionable age of seven when their father had been killed in battle.

Whatever the cause of his depression, it seems to have been from this time on that Richard had developed a decided hostility toward Henry Tudor, whom he recognized as his enemy and the disturber of his country's peace. Feelings of hostility and anxiety can arise out of regressive tendencies, as the death of a

loved one is interpreted as desertion. That the loss of Anne and his son who were very real and emotionally significant persons in Richard's life cannot be denied, their deaths were drastic personal separations; the loss of a spouse and child being considered the severest losses of all. At this point I would say that he was very deeply involved in the suffering stage, or as it has been called the "roller coaster," and right here I would say the roller coaster was going downhill.



1. Richard and Anne: stained glass window in Cardiff Castle

Normal grief reaction indications reported within a short time of the death of a close family tie are: depression, sleep disturbances, crying, difficulty in concentrating, loss of interest, anxiety attacks, irritability, tiredness and forgetfulness. Richard evidently was much the same model as twentieth century man in his reactions, for according to contemporary sources and some of his biographers he seems to have suffered from most of these symptoms including bad dreams when he did sleep. According to Vergil, the Croyland Continuator, and More, who for once may have been right, though not for the reasons he stated, Richard had become jumpy, bit his lips, fidgeted with his dagger and slept badly. These symptoms all fit together and were just the sort of thing that would be noticed by those around him.

The Duke of Norfolk is said to have complained that Richard had not kept him informed of the whereabouts of the royal troops and attributes this to forgetfulness. As said above forgetfulness is quite normal in the deeply bereaved person, however in this case it is somewhat out of place because Norfolk was one of Richard's most loyal and able supporters and was killed in the ensuing battle. It is just possible that the death of the man who had been his friend since boyhood days at Middleham could have been the final straw which caused Richard to throw caution to the winds and head for Henry Tudor, leaving himself wide open to the treachery of the Stanleys (if one believes the story of the “desperate charge”). It is my opinion that Richard was winning that battle, otherwise treachery would have been unnecessary. The so called “desperate charge” may have been a carefully laid plan that was thrown into the battle prematurely – a military tactic considered “brilliant” when it succeeds, and “desperate” when it fails. Also, a charge of this type could have been triggered by a fit of impatience, irritability, tiredness or simply hostility – a case of “let's get it over with as fast as possible,” especially if the plan was all ready and waiting to be used.

Our culture pressures the bereaved to “snap out of it” in a month or two, but those who have lost someone important, especially a spouse or child, know that their grief work has taken a year or two, perhaps more. Many report that the most difficult time comes six months to a year after one death, therefore it is difficult to imagine how much longer it would take to recover from five severe losses in quick succession, plus three at the age of seven, and one just four years before Edward. Friends of Richard might well have given some thought to the grieving process, because after all the flowers have faded and the initial rally of support has all drifted away, I am sure that Richard would have agreed with me, that the soreness and pain of the parting would still be extremely sharp.

Society has saddled men with a heavy burden in its expectations of the masking of the emotions of sorrow, affection and tenderness. As a result of this expectation the tendency to inhibit such emotions is built into many men on an unconscious level, and they do not give expression too openly. Richard scarcely had time to recover from the first blow before the second, third, fourth and fifth hit him. Each of these new deaths would also have the power to reopen the pain of others in years past that he thought he had recovered from. From personal experience and from observations of my friends, I would estimate that until the first year or anniversary is safely past the bereaved is unlikely to have recovered from the suffering stage to any large degree. One carries on, keeps a stiff upper lip, and the world goes about its' business as if nothing had ever happened and the bereaved is expected to pull up his socks and carry on; but the “roller coaster” continues to go up and down.

Above all, the loss of a child may take much longer, and the older the child the harder the parents take their loss. One can easily fit Richard into this outline, possibly he never did get over the loss of his son. It is only in the present century that the death of a child has become a rare event, and evidence suggests that during the centuries when most parents would expect to lose up to half their children in infancy or early childhood they accepted their losses more readily than we do today. Since we have fewer children per family today than in the past it may be that the tie between is correspondingly greater. In the case of Richard and Anne, who had only had the one child in 12 years of marriage the loss of their young son and heir must have been a major calamity. In all probability their attitude may have been similar to our own present day approach to the death of a child. The boy had always had delicate health but evidently no one had expected him to die of his complaint and coming so unexpectedly it would have the power of a heavy blow to his father, mother and country as a whole.



2. Edward of Middleham

Time of year has a great deal to do with how long a recovery may take. Days like Christmas or Easter etcetera all assume a new meaning for the deeply bereaved person. Birthdays may slip by unnoticed, perhaps not intentionally but in the pressure of day to day living they simply tend to disappear. Richard lost Edward IV at Easter of 1483, and his son at Easter of 1484, and had he lived till Easter of 1486 I don't doubt the memory of his son and brother would have been as fresh as ever in his mind. However, it seems to me that Richard would not need to be a very superstitious person in order to start looking on Easter as a time of bad luck for the House of York.

Following the death of his son, Richard is said to have been “near mad with grief.” Even so, someone had to take charge and it is extremely unlikely that Richard would ever have delegated to others so personal a duty as arranging for the funeral services and the burial of his son in Sheriff Hutton* church, Yorkshire. The final decisions would have to be made by Richard himself. Choosing and arranging for a suitable site or location, and the inscription on a tombstone or casket can be a most difficult and heart breaking experience for the newly bereaved person. At Sheriff Hutton church one can still see the alabaster tomb of Prince Edward, with its carving of the king kneeling before a crucifix. This tomb was restored some time ago, with the late Queen Mary being one of those contributing to its restoration. However painful this duty may have seemed to Richard it would still be the beginning of recovery. At this

point, one should take into account that while the father may appear to take the loss of his child more lightly than the mother, in actual fact it takes the father much longer to reach a complete recovery, and it is doubtful if this father ever did recover. An interesting aside at this point would be that among the many things blamed for the demise of Edward III in 1377, is that he died heartbroken at the death of his son the Black Prince in 1376.

Despair always seems to lie in wait; and with Anne's death in 1485 Richard seems to have reached the deepest despair. Yet, he must have had the presence of mind, resourcefulness - call it what you will, to arrange for her burial in Westminster Abbey and the memorial services. After that he is said to have immersed himself in the work of the country and whenever possible he found recreation outdoors hunting. He is known to have sent abroad all over Europe for falcons for hunting.

At this point he is said to have told Archbishop Rotherham, that he had now lost everything in life worth living for. When the bereaved person starts talking about the deceased it is a sure sign of recovery or recovering. Actually talking about the deceased is a very special need of the bereaved. There should be at least one friend willing to listen during the loneliness of this period. The listener may be bored to tears hearing the same story told over and over, but the mourner needs to tell the story of his loss and memories of the deceased over and over and over; it is all part of the long, involved process of recovery. This was where Archbishop Rotherham fit in, as the listener, but evidently he was also a gossip and did not keep the confidences entrusted to him.

At the time of a death, survivors are commonly torn between their feelings of love and grief. It is a common thing to recall their own shortcomings with respect to the deceased and to reproach themselves. Richard and Anne were no exception for they are known to have reproached themselves for not having had more children, and Richard in particular for not having been home sooner; the Progress around the country had taken so much longer than he had intended. Feelings of guilt and remorse are almost universal to grief. So are anger and hostility, which may be directed at anyone, including the deceased, who is seen as deserting the bereaved; however in this case it became Henry Tudor. The blaming of Henry Tudor for all his troubles is in itself a completely normal reaction, and Henry had become the focal point as far as Richard was concerned.

Those who have lost one of their immediate family are made aware of the great and neglected need to mourn for the loss, and to be encouraged to do so by those nearest to them. By August 22, 1485 Richard had lost all his immediate family – wife, son, brothers, father.... all were dead and there really wasn't anyone left to encourage him. Of his mother little is known or said except she

did live to be 80 and outlived most of her family. In short, the older family members from whom he would normally expect to receive help and comfort had died, or as he might well have felt, deserted him, leaving him to face things alone.

It says much for the strength of character shown by Richard in striving to overcome his grief with such determination. The recovery from grief starts with the first decision that must be made after a death and continues until the mourner has built a new life for himself. Richard seems to have gone into action almost immediately he heard of Edward's passing, for he arranged for his followers to go into mourning and then for a memorial service to be held in York Minster. Then he set out to go to the young king, of whom he was now Protector, according to Edward's will. Up to this point Richard was certainly acting to a very normal pattern, whatever his personal feelings may have been. However deeply he may have been shocked by Edward's death, he was unconsciously, safely on the road to recovery almost immediately he received the news.

Richard III certainly was no raving madman; he was just as human and sane as you and I, with exactly the same set of feelings and reactions towards his loved ones that we have towards our own families. Also, if one is to believe the educational pattern set out by Paul Murray Kendall in his biography of Richard, one might easily come to the conclusion that Richard may very well have had an IQ considerably higher than average, even by today's standards. Certainly he was highly sensitive towards the feelings of others and this could easily be attributed to education.

Although Richard was well on his way to recovery from his heavy losses when Henry Tudor arrived on the scene, he still seemed to feel he had nothing left to live for except to go "get" Henry, and settle the affair once and for all. At this point he blamed Henry for more and more of his troubles and this was quite a normal thing to do for a person who had sustained the deep losses he had. I feel that this shows that Richard's feelings were being relieved rather than being held back. He also seems to have given a very lucid and serious talk to his men prior to the battle, outlining the future of the country and what his policy would be should he win the battle. This alone shows, to my mind anyway, that Richard was not brooding over the past, but was definitely looking to the future.

Had his son, the Prince of Wales, lived, it is doubtful whether Bosworth would ever have happened, or that Henry Tudor would have ever got so much as a toe-hold on the country. Richard would have had someone and something to live for. His fortunes varied from being acclaimed King of England, to being betrayed and killed in battle. In his time of greatest need he could not even

count on those who, but a few months before, had accepted his every favour, and gladly looked for more.

Had Richard survived it seems to me most likely that he would have married again, raised a new family and reigned for another 20 or even 30 years. One should not forget that those Plantagenets who did not get killed off in battle, die of some obscure disease, or get murdered, managed to live fairly long lives, by 14th and 15th century standards, anyway. Edwards I and III lived into their late sixties, for example, while Richard's own mother, the Duchess of York, outlived all her sons and died at the ripe old age of 80 in 1495. Heredity could have played its part; with long lives on both sides of the family Richard could easily have lived to be 70ish at the least. The prospect of such a happening is intriguing – it could have answered so many of the unsolved questions posed today. One can say without much doubt, if Richard's spirits were “flagging” and his features more “drawn and ghastly than usual,” he certainly had plenty of reasons heaped upon him over the years.

Death of the young and vigorous, when they still have much to give, and the loss of the gifted and rare person in midstream, is comparatively unusual in good times, but at the time of the Wars of the Roses it became tragically frequent. To my mind, if Richard III had won that battle he was ready for a big step forward into a new era. However, I am certain that had Richard Plantagenet lived, John Cabot would have received considerably more for discovering America for England than the petty cash meted out to him by that parsimonious Henry “10 pounds, 12 pence” Tudor – Richard III was generous in more ways than one.

Bibliographical note

This is not intended to be a bibliography of the whole subject but simply a list of the more useful works I consulted.

- ⊗ Thomas Costain *The Last Plantagenets*. Exceedingly sympathetic to Richard III
- ⊗ Paul Murray Kendall *Richard III*
- ⊗ Anthony Cheetham *Life and Times of Richard III*
- ⊗ David K. Switzer *Dynamics of Grief*. While this book does not mention Richard or any other historic figures, it is a wonderful text on the subject.

The Library of the Religious Society of Friends (Quakers) was most helpful in supplying information on grief and bereavement.

—Marguerite Johnson, Toronto

Editor's note

*Marguerite was a valued and active member of the Society in Toronto, and Editor of the *RIII* for many years. She first gave this paper in 1975, so readers almost fifty years later will recognize some statements which reflect history as it was appreciated at the time, especially the information about the church at Sheriff Hutton. Many of her statements are classic and timeless.

To my mind, Marguerite's insights and personal thoughts make this one of the finest pieces of reflection (as opposed to heavy-duty research) our Branch of the Society has produced.

Images

1. Stained glass depiction of Richard III and Anne Neville, in Cardiff Castle. By VeteranMP - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=30408894>
2. Edward of Middleham. Original from the Rous Roll, by John Rous, 15th century



The fate of the princes in the Tower

— by Ian Yeates, Regina, Saskatchewan

I think we likely have to agree that the probability of finding definitive proof of the fate of Edward V and his brother, Richard, Duke of York, is low. Not impossible, but most unlikely. I accept that if you had asked me if Richard III's remains would have been found in Leicester I would have equally dubious but that happened so one never knows.

This particular issue well illustrates the historical process and the need to assess evidence and draw conclusions. That this is difficult is the reason the historical profession exists as there is always disputes or refinements in interpretation with quite straightforward events or situations of even quite recent questions. One thinks of the JFK assassination and all the stories, many seemingly fanciful, that swirl around that case. Occam's Razor is the notion that when seeking explanation for something, privilege the simplest option. Complicated and unwieldy alternatives are often poorly justified even if

attractive for a number reasons. In the case of the missing princes there are, in my view, two simple options. One is that Richard III did away with his two nephews largely for reasons of state and personal security. Their ongoing survival would provide a permanent focus for rebellion. This I think is the received view of most historians. A second is that he quietly moved the two boys to an undisclosed location, with the intention of letting them live out their lives on the grounds of humanity for his close relationship as an uncle. Supporting this alternative is the noteworthy fact that Richard III never revealed the fate of his nephews, which in the case of the first alternative would have been a necessary component of that drastic action. This odd failure, as it would have ended the debate over their fate, is only explicable as Richard III's reluctance to accept the opprobrium that would follow and perhaps set the scene for rebellion against such an unnatural uncle. I therefore think the second alternative more likely. That also explains Elizabeth Woodville's behaviour in 1483 in a more rational light. She would not be happy with their disinheritance, but likely relieved at their survival. Presumably Richard III reassured her as to some plan for their reintroduction into society and landed estates as adults, presumably reconciled to their fate as royal dukes. All speculations of course, but certainly possible.

In the event, matters came to a head much quicker than Richard III had allowed for and he died in the Battle of Bosworth as we all know. The possibility that Matt Lewis postulated, that the aristocracy was not happy with the direction of Richard III's kingship, is certainly a factor to consider given their failure to support him at the critical time. However, communications on the battlefield were very poor at this time – battles were more a case of two armed mobs than disciplined armies – and failure to co-ordinate can be explained that way. The ultimate decision to back the winner then followed, particularly as the loser was deceased. The two princes, wherever they were housed, would absolutely have kept their heads down because Henry's likely action had they fallen into his hands is straightforward – he'd have had to have surrendered his crown, won by right of conquest, but not descent. Such an act seems unlikely, the more so given that many considered his claim to the throne tenuous and immeasurably strengthened with his marriage to Elizabeth of York, the boys' sister. Had the two princes popped up, they likely would have been considered the rightful heirs to their father, Edward IV.

Anyway, there are my thoughts. I am impressed by the range of tidbits of information that have been unearthed over the last two or three decades that refine our views of Richard III's reign. It reinforces, in important ways, the potential explanation that appeals to my assessment of the information at hand.



Images

- *BBC History Magazine*, December 2011, page 74. The portraits of the three kings are taken from a panel at the College of St. George at Windsor Castle. From left to right they are Henry VII; Edward, Prince of Wales (Edward V); and Edward IV.

The original panel can be seen here:

https://www.stgeorges-windsor.org/image_of_the_month/the-panel-of-kings/

The story of a poster

— by **Doug Woodger, North York, Ontario**

You might be interested in the comments below about the poster on my wall with red and white colours symbolizing the Wars of the Roses. It was on display during our recent Zoom meeting.

I bought the poster that appeared behind me in 1966 and it hung in a basement for fifty years, secured by thumb tacks. In 2016, I took the poster to a picture framing store. I did so because of an August 6, 2016 article in the *Globe & Mail* by Michael Thompson of Wiarton, Ontario, paying tribute to Desmond Heeley — a set and costume designer (1931-2016).

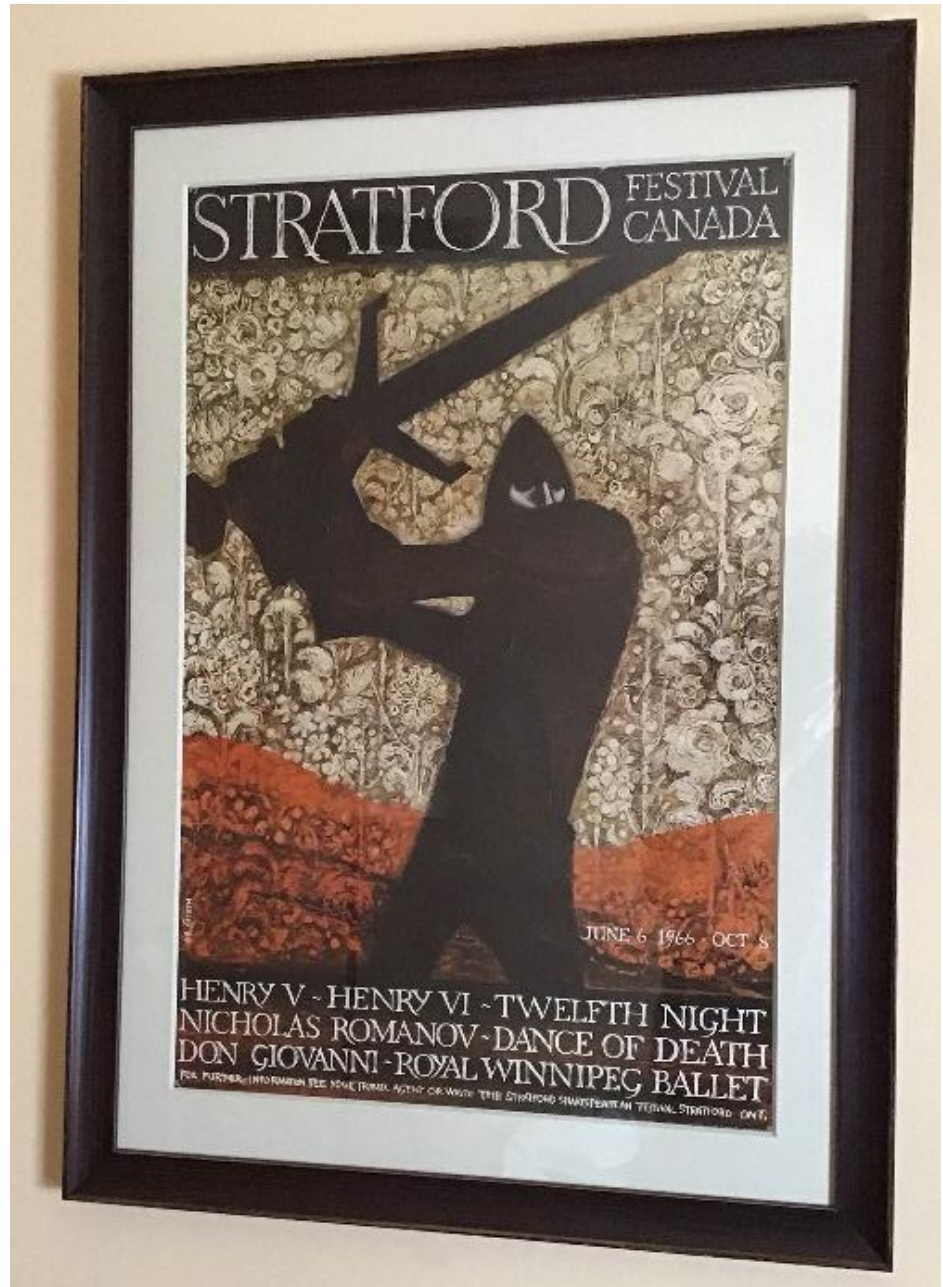
Excerpts from the article:

'I visited the Museum London, in London Ont. and discovered a striking poster for the Stratford Festival's 1966 season hanging in the gallery. The

poster depicts a dark, hooded figure with sword aloft and in mid swing — a private execution, perhaps, or a close-quarter battle.'

'When I learned that Desmond Heeley had created the poster, I sent him a letter asking if he could help me secure a copy of it.

...to create the poster Mr. Heeley 'had visited several art galleries, taking pictures of artworks depicting knights swinging swords. He then pinned up the pictures, and took a make-shift sword and held it in various positions before a mirror.



As for the poster, it hangs on my bedroom wall.'

My own poster now adorns my spare bedroom. ‘



My adventures with panforte – a sad tale (*but worth repeating!*)

— by Christine Hurlbut, Willowdale, Ontario

Can you read a recipe and get a fairly good sense of the taste and look of the finished product? Years ago, a local Toronto newspaper had a robust test kitchen and often published recipes designed to enchant and challenge the tastebuds of cosmopolitan readers. I clipped a story and recipe about Panforte, an Italian Christmas classic whose medieval roots featured a dazzling and yummy-sounding concoction of fruit, nuts, and spices. After all, who can resist a recipe with roots a millennium old, which we still find greatly appealing today!

Armed with a candy thermometer and all the appropriate gear, I set out to create my own Panforte one sunny day last summer “*Ha!*” I thought. “*Some folks spend Covid-time baking bread, but I’m going to bypass that and go straight for the toasted hazelnuts—far more fun!*” Well, I’m not sure just how I goofed, but the end result I created was like high-class peanut brittle....(except with hazelnuts and a lot of costly dried fruit). So it was consumed and enjoyed....eventually. Just a bit more chewing.

This version (*sans* candy thermometer—because how did they manage in 1100?) should bring delight to your kitchen and the tums of dessert-lovers. Don’t wait till Christmas to try it!

This makes about 20 slices of about 200 calories each.

Ingredients

- ☐ 3/4 cup whole almonds (100g) roasted (my husband is allergic to almonds, so I doubled the amount of hazelnuts)
- ☐ 3/4 cup (100g) whole hazelnuts, roasted (Roast on a cookie sheet in a 350F (180C) oven, for about 5 to 7 minutes. Do not over-roast!)
- ☐ 1 1/2 cups (280g) candied fruit
- ☐ 1/4 cup + 3 tbsp (150g) honey
- ☐ 1 tbsp water
- ☐ 1 cup + 2 tbsp (125g) granulated sugar
- ☐ 1 cup + 3 tbsp (160g) all-purpose flour
- ☐ 1 tsp cinnamon
- ☐ 3/4 tsp coriander powder
- ☐ 3/4 tsp ground cloves
- ☐ 3/4 tsp nutmeg
- ☐ 1 tbsp powdered or icing sugar
- ☐ Topping: 3 or 4 tbsp powdered or icing sugar



Instructions

1. Preheat oven to 300F (150C). Grease and flour parchment paper to fit 8" (20cm) cake pan.
2. In a large bowl, stir together nuts and candied fruit.
3. In a medium bowl, stir together flour and spices. Set aside.
4. In a small pot, stir the honey, water and sugar together. Heat on medium, stirring until mixture starts to boil, then lower the heat to slow boil for 2-3 minutes to completely dissolve sugar.
5. Add honey mixture to nuts and stir; add flour mixture and combine well.
6. Place this mix into cake pan and flatten till even. Dust the top with a tbsp of icing sugar and bake 35-40 minutes.
7. Let cool 10-15 minutes, then dust with remaining icing sugar.
8. Enjoy!



Ricardian quiz

We hope that you enjoy this quiz, designed by our chair, Tracy Bryce. Answers are on page 23.

1. From which daughter of Cecily Neville and Richard Plantagenet are Michael, Jeff, and Leslie Ibsen descended?

- A. Elizabeth, The Duchess of Suffolk
- B. Anne, The Duchess of Exeter
- C. Margaret, The Duchess of Burgundy

2. Which battle was won by the Yorkists on Easter Sunday 1471?

- A. Towton
- B. Lose-Coat Field (Empingham)
- C. Barnet

3. What title / honour did Richard of Gloucester NOT hold?

- A. Lord High Admiral of England
- B. Chief Justice of North Wales
- C. Lord Lieutenant of Ireland

4. Which castle did Richard Duke of York leave, only to be ambushed and defeated by Lancastrian forces?

- A. Sandal
- B. Pontefract
- C. Wakefield

5. In which tower in the Tower of London was Henry VI allegedly murdered?

- A. The Wakefield Tower
- B. The Garden Tower
- C. The Beauchamp Tower

6. How much older was Edward IV than his youngest brother Richard?

- A. 8 years
- B. 9 years
- C. 10 years

7. Which was Richard's first battle?

- A. Tewkesbury
- B. Lose-Coat Field (Empingham)
- C. Barnet

8. In which year was Edward IV's invasion of France?

- A. 1474
- B. 1475
- C. 1476

9. How many children did George and Isabel of Clarence have?

- A. 2
- B. 3
- C. 4

10. Who was intended to be Richard III's second wife?

- A. Joanna of Castile
- B. Joanna of Portugal
- C. Elizabeth of York



Isabella Beeton: domestic goddess or secret Ricardian?

— by Christine Hurlbut, Willowdale, Ontario

When you hear of Mrs. Beeton and her books of *Everyday Cookery* or *Household Management*, you probably conjure an image of a middle aged, slightly stout woman, who cheerfully ran her kitchen, and indeed her entire house, with a song in her heart, and high standards of cleanliness and proper allocation of energies to domestic tasks. While this image is certainly projected in her volumes, we need to adjust our thinking to appreciate the reality behind her life and success.



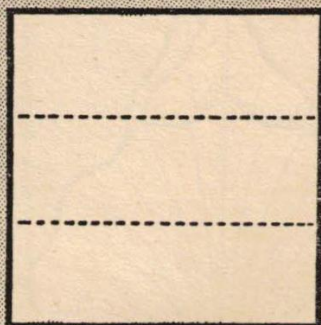
1 Isabella Beeton (public domain)

In fact, Isabella Beeton never had the opportunity to become a redoubtable, smiling kitchen goddess, because she died in 1865 from peritonitis and childbed fever, at the age of 28. While she did have considerable experience in running a home as the eldest daughter of a large brood, and mother of a number of offspring of her own, it is said that her ambitious publisher husband, Samuel Orchart Beeton, capitalized on her skills and helped to collect (or “borrow”) recipes from other popular sources to create a new genre of instructional manual. It's clear that the sheer number of recipes in books bearing her name could not have been attempted or perfected by one cook in her short lifetime!

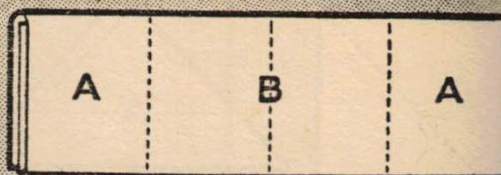
Putting that aside, I am the proud owner of “Mrs. Beeton’s *Everyday Cookery*” which, though undated, probably represents a version from the 1930s, judging from the many advertisements on endpapers. Following the bulk of recipes come useful instructions on preparing tasty treats for invalids, specimen menus, how to set an attractive table, manage staff, and *Bingo!* an entire chapter on folding table napkins!

Clearly, the lady of the house was prepared to welcome members of the upper clergy to the table, as two origami like variations are entitled “The Bishop” and “The Mitre” — but there is another fine example titled “THE BOAR’S HEAD!” Start with a 30” square of linen and impress guests at your next ‘affaire’ with this fine tribute to our favourite king!

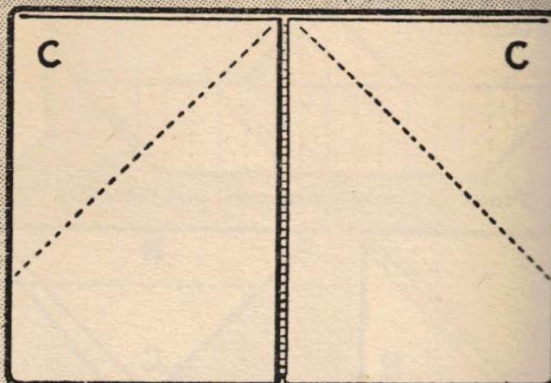
- Image: Isabella Beeton, *Mrs. Beeton’s Everyday Cookery*, c 1930, Page 728



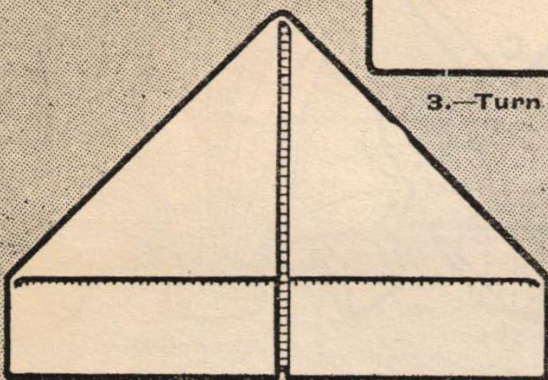
1.—Fold the Serviette into three.



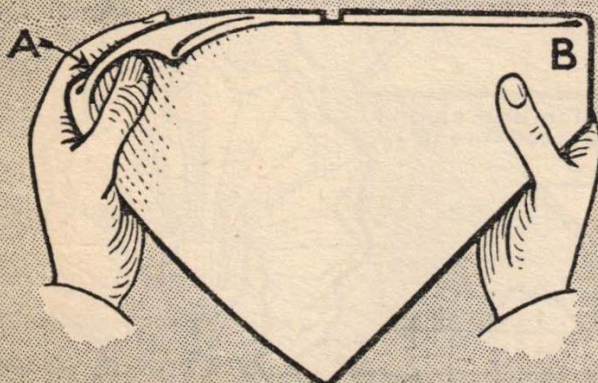
2.—Then the ends (A A) to the centre (B).



3.—Turn down the corners (C C).



4.—When this position is obtained, turn the plain side uppermost.



5.—Tuck one corner (B) into the opposite pleat on the other side (A).



6.—Then turn the point to the front.

THE BOAR'S HEAD.

Review of *Walled-up Woman*

— by **Elsbeth Ash, Thornhill, Ontario**

Matt Lewis introduced the play, written and acted by Georgina Lock. The actress is interested in shining a light on medieval women who have previously been ignored. Her choice this time is an anchoress, a woman who lives in a church in a walled up room, with two small windows where she can glimpse the church cross. She prays all day. When she dies, she is placed in a grave that she has dug with her own hands in order to be closer to her maker than the dead in the churchyard.



This is an all encompassing spiritual life, no room for other thoughts, no connection with the outside world, perpetually trying to do better and banish even the smallest sin, her thoughts if at all critical are cast aside as she strives to attain perfection to be worthy of her God.

The play is well written; we are not spared any details of a life and death entombed within four walls. The subject is interesting, a life fascinating in its dearth of any variety or companionship but with a spiritual depth almost impossible for a 21st Century mind to grasp.

Answers to Ricardian Quiz

1. B Anne, The Duchess of Exeter
2. C Barnet
3. C Lord Lieutenant of Ireland
4. A Sandal Castle
5. A The Wakefield Tower
6. C 10 years
7. C Barnet
8. B 1475
9. C 4: Margaret, Edward; also Anne & Richard (died in infancy)
10. B Joanna of Portugal

Reports on the 2021 Society AGM, London

Thanks to Sheilah O'Connor of Toronto and Rev James Scheer of Ottawa for sharing their impressions of the Zoom AGM on February 21. There were over three hundred people in attendance, mostly from the UK, but also from the USA, Australia, Canada and Germany. The usual Zoom-confusion ensued for a few minutes, while everyone was acknowledged and became comfortable with the process. This was the first large group meeting following the untimely death of Dr Phil Stone, but it appears that the Society is in good hands. A letter from our patron, the Duke of Gloucester, was read out, citing the gap that Dr. Stone's passing will leave.

The AGM this year was unique, as it marked the transition between two entities; the unincorporated Society, and the new entity, which is a corporation limited by guarantee, as is now required in the UK. There was no discussion of motions, resolutions, etc. as these had been voted prior to the event but there is a new Executive ready to guide the work through the transition process to its' new legal status. Zoom brought the meeting to members around the globe, instead of the usual crowd of about forty in London. Both of our attendees felt that they'd like to take part in future gatherings and share views across the vastness of the distances that once separated us.

Notice of Annual General Meeting



THE RICHARD III SOCIETY OF CANADA

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the 2021 Annual General Meeting of the Richard III Society of Canada will be held on **Saturday, October 2nd** at **2 p.m.** by Zoom.

The agenda will include reports from the Officers, the presentation of the annual accounts and the election of the Executive Committee for the next twelve months.

Nominations for the Executive Committee may be made and should reach our Elections Officer, Sheilah O'Connor, at membership@richardIII.ca, duly proposed and seconded, no later than September 18th. A written acceptance of such nomination must similarly reach the Elections Officer with or separately from the nomination. AGM attendees are permitted to make nominations from

the floor; these shall be valid if duly seconded from the floor and if the nominees signify their willingness to stand for election. In accordance with the branch constitution (Section 7 A (v)), executive committee members must be in a position to personally attend at least two of the minimum three required executive meetings held each year.

Additional items for the agenda, proposed and seconded, should reach the Chairman, Tracy Bryce, by September 18th. These may be submitted by phone to 905-634-4377 or email at chair@richardiii.ca.



Meetings

February meeting

We discussed the fate of Edward IV's sons, the Princes in the Tower, via Zoom.

March meeting

Sheilah O'Connor presented a paper on Anne, Countess of Warwick. In addition, we had a quiz of our Ricardian knowledge.

April meeting

Clement Carelse and Christine Hurlbut-Carelse read one of our classic papers, "Richard III — A Study in Grief and Bereavement," by the late Marguerite Johnson. We compared it to a research paper, "The Man Himself: Richard III – a psychological portrait," by Mark Lansdale and Julian Boon.

May meeting

Victoria Moorshead presented the Dukes of Gloucester – all five of them.

June meeting

Catya Hynard and Chris Dickie devised a rousing game of Ricardian Jeopardy for us.

Meeting schedule

During the pandemic, our meetings will be conducted remotely. Currently, we are using Zoom. It works on a computer with a Windows, Mac OS, or Ubuntu operating system, using the browsers Microsoft Edge, Firefox, Safari, or Chrome. It also works on smartphones, where you will want a Zoom app.

Meetings are usually on the second Sunday of the month and are at 2 p.m. Eastern time. Online meetings are hosted by Tracy Bryce and Jamie Pratt, with our thanks

Meeting Date, 2021 – 2022	Paper or Activity
September 12	Ray Rawlings — “Other Unjustly Maligned Dudes and maybe a Dudette” (via Zoom)
October 2	Annual General Meeting (via Zoom).
November 14	A paper by Elaine Duncanson
January 9	TBA
February 13	A paper by Sheila Smith
March 13	A paper by Chris Dickie
April 10	A paper by Victoria Moorshead
May 8	TBA
June 12	TBA

Please also look for our emails about remote meetings in other areas.

Richard III Society of Canada executive 2020-2021

Chair: Tracy Bryce, *Chair@richardIII.ca*

Vice-Chair: Andrea Reynolds, *ViceChair@richardIII.ca*

Sales Officer: Catya Hynard, *Sales@richardIII.ca*

Editor, *RIII*: Christine Hurlbut, *RIIIEditor@richardIII.ca*

Membership & Corresponding Secretary: Sheilah O'Connor,
Membership@richardIII.ca

Treasurer: Victoria Moorshead, *Treasurer@richardIII.ca*

Librarian: Victoria Moorshead, *Librarian@richardIII.ca*

Thank you to Mona Albano, *mona.albano@gmail.com*, for helping to produce the *RIII*.



Richard III Original Art Contest – Summer 2021

During the past year, many people have tried their hand at new skills or have dedicated more time to beloved hobbies, such as needlework, painting, or baking. Others have taken the opportunity to sort through photos and memorabilia, reminiscing over never-to-be-forgotten travels and sightseeing.

The Canadian Branch of the Richard III Society wishes to celebrate everyone's resilience and creativity during the Covid 19 pandemic through a contest which, in turn, celebrates King Richard III.

To Enter

Submit an image (*max digital image file size: 33mb, supported file types: jpg, jpeg, gif, tif, tiff, png*) of an original artwork inspired by or related to King Richard III, by email, to sales@richardiii.ca before 12:01 am, ET, Monday, August 16, 2021. Confirmation of receipt of submission will be sent by email. Please see Contest Rules below for entry details.

- Art can be in many forms: photographs, digitally created original designs and images of 3-D items are all welcome, as are photos of original paintings or needlework, etc.
- NOTE: Entries containing any of the following will not be accepted:
 - Tracings or copied designs.
 - Images of an offensive or questionable nature (as agreed by the Executive Committee).

Entries will be judged on originality and design and will be judged anonymously. The winning entry, selected by the branch's Executive Committee, will be depicted on unique RIII memorabilia that can be ordered through sales@richardiii.ca, such as a mug, mousepad, coaster set or playing cards.

The winning entry will be announced at the October 2021 Annual General Meeting and the winning entrant will receive a complimentary, unique RIII item depicting their original artwork. Finalists will see their entries appear in a future edition of the Canadian branch's newsletter, *The RIII*.

Contest Rules

- Members of the Canadian Branch of the Richard III Society (except for members of the Executive Committee and household family members of the Executive Committee) are permitted to enter.
- Original artwork must be by a member of the Canadian Branch of the Richard III Society, or close family members (including partner, children, grandchildren, parent, sister, brother, niece, or nephew).
- Two entries permitted per person (all entries must be submitted by a member of the Canadian Branch of the Richard III Society; only the first two email submissions will be accepted as entries).
- The original art remains the property of the artist.
- Artist of winning entry freely agrees to allow the image of their art to be depicted on contest-related memorabilia available for purchase by members of the Canadian Branch of the Richard III Society, without compensation or percentage of sales. The image will be used by the Canadian Branch for memorabilia produced and sold during the period of October 2021 to October 2022.
- The Executive Committee reserves the right crop/resize the winning image for the purposes of fitting/sizing, only if necessary and minimally, with the endeavor to retain the integrity of the originality and design of the winning entry.
- The decision of the Executive is final.
- Entering the contest signifies acceptance of the Contest Rules. Questions about the Contest? Please contact sales@richardiii.ca.

Image of Walker & Son's shop window, Leicester, 2015, by Catya Hynard