



The Drekkar
of the Barony of Storvik
February, A.S. XLIX (2015)



Happy St. Valentine's Day... Or Something.



Lupercalia, Domenico di Pace Beccafumi, 1519.

The Romans celebrated Lupercalia from 13-15 February. It honored the wolf that suckled Romulus and Remus (you can see her on the bottom right in the picture) but also a Pan-like god called Lupercus (up on the top right).

Plutarch describes it thus: “At this time many of the noble youths and of the magistrates run up and down through the city naked, for sport and laughter striking those they meet with shaggy thongs. And many women of rank also purposely get in their way, and like children at school present their hands to be struck, believing that the pregnant will thus be helped in delivery, and the barren to pregnancy.”

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Upcoming Events

February 7: [Winter University](#) (Dun Carraig)

Classes on a diverse range of topics.

February 14: [Bright Hills Baronial Birthday](#) (Bright Hills)

A Purim-themed celebration with many competitions. Their Highnesses shall attend.

February 21: [Brunch with the Bards](#) (Ponte Alto)

Classes on poetry, performing arts, and children's activities, interspersed with live performances.

Feb 27 – Mar 1: [Tournament of Ymir](#) (Reidsville, NC)

More activities than I can shake a stick at – a huge winter event in central Atlantia. Their Majesties and Highnesses shall attend.

March 7: [Kingdom Arts and Sciences Festival](#) (Wallace, NC)

The largest A&S showcase in the realm. Competitions, exhibitions. His Majesty to attend.

Baronial Activities

Locations to regular baronial activities on the last page.

Business Meeting: February 15, at a new site! 7981 Eastern Ave, Silver Spring, MD 20910 ([map](#)) (7-8pm) There is a parking garage behind the building. From the street, you'll see a building covered in vines with a courtyard. Walk to the back of the courtyard and there's the site.

Fight, Rapier Practice: February 2, 9, 16, 23 (7-9:30pm)

Dance Practice: February 2, 9, 16, 23 (8-10pm)

Archery Practice: Some Sundays (see Yahoo Group messages for details) (11:00am)

Sewing Night & Sock Class: None for February at this time; check the [Yahoo Group](#) or the [Facebook page](#) for updates.

Scribal Night: February 3, 17 (6-10pm)

Populace Party and Performing Arts: None this month

Early Northern European Adhocracy: February 10, 7-9pm

OYEZ! OYEZ!

Baronial News Highlights

Performer's Revel on April 18! Welcome warmer days of spring at Caer Bear in Bowie, MD, where Mistress Fevronia and Master Igor will host a day-long bardic jam session, followed by a delicious meal, followed by more bardic. A joyful Storvik tradition.

NEW! Storvik Scriptorium 1st and 3rd Tuesdays. Newly arrived in Storvik are Heather (coming from Bright Hills) and Connor (coming from the Midrealm). They are opening their Ft. Washington home for scribal nights, twice a month. Directions at the end of the Drekkar.

STORVIK NEEDS YOU! To find us **new event sites.** We're looking for parklike places we can camp, fight, and feast. Send site information, or statements of intent to **autocrat Novice Tournament**, to Rayhana, our seneschal (seneschal AT storvik.atlantia.sca.org).

Not too long from now, in a barony not so far away, there will be **Garb Wars** in April. The barony seeks gentles interested in forming a team to compete. Bonus! Volunteer as team captain, and next year the garb made at Garb Wars will be for you!

Want **literary or artistic fame and fortune?** Or at least fame? The Drekkar seeks articles and art of all kinds, so that Storvik's newsletter reflects the might and glory of her people! Contact the chronicler at chronicler AT storvik.atlantia.sca.org with submissions.

Minutes of the Monthly Business Meeting, January 2015

Attendees: Badouin, Griele, Graciela, Patches, Johanna, Teleri, Grazia, Emma, John, Rayhana, Patricia
Meeting start 7:06

Officer Reports

Seneschal - At Unevent, told that officers have to be careful discussing the SCA on Facebook/social media. Nothing disrespectful. Or they could be removed from office. Applies to posts under mundane or SCA name, personal account or baronial. Does NOT apply to anything outside the SCA. Inflammatory USA political posts - OK. Inflammatory SCA political posts - Not OK.

We have The Comfort Inn as a business meeting site until March. Need to look for new meeting site. Silver Spring site is free, but concern is what if Magnus and Isabella can't be there to allow us to use it. Gracie suggests if we had to, we could rent a place at need. We will have Feb meeting at new site to see how it works out, roll current reservation at Comfort Inn to April. Hanna will confirm with Magnus and Isabella that they are available. Want to keep 3rd Sunday timing.

Exchequer - \$7193.03 in bank statement. 2 checks to go out for St Andrews deposit, other for rental fee for Song and Dance. Doing Domesday this week.

Herald - went to Unevent - really needs another baronial herald. Rose/Elena thinking about doing it, Patches will follow up with her. Quarterly going in soon.

Webminister - Drekkar is up, website updated to new version of Wordpress.

Chatelaine - Last Thursday of the month is newcomer's night at Grazia's house.

Chronicler - Drekkar out, with Mistress Fevronia's poem. Send stuff, send links, send public domain pictures. Quarterly due this week. No Unevent meeting.

A&S - Smocking class January 18th. Heather in Ft Washington wants to host a scribal night, her roommate is master C&I person from the Midrealm. Looking for good nights, will post to Facebook, give feedback please. [Chronicler's Note: Date has since been settled as 1st and 3rd Tuesdays.] Went to Unevent - spoke highly of Song and Dance, flogged it. Importance of reporting was stressed. Please tell Hanna about A&S you are doing so she can report it. KASF coming up in March, asked each barony send a representative to compete. Quarterly due. Teleri: Please report Performing Arts. Badouin: Please report armoring.

Iron Key - Half dozen new fighters, 3 suits of armor. Emma has been talking with one of their wives about garb. Hanna asks if Garb 101 class is needed, Emma says yes... maybe in Feb.

Baronage - Talked to Egald, gave 5 different profiles for thrones. 3 Viking, English panel, Venetian S-chair styles. Getting an estimate this week. Went to Unevent. Baronial business must not be discussed on Facebook, especially money. People should come to business meetings to get business info, not do it over Facebook. Because Facebook is not official or secure.

Announcements are okay. Must never ever make it look like not the entire world is not invited. Best practice is to use the Storvik FB page to create event pages.

Will be at University. Do we want a Baronial cabin at Ymir? Must decide soon. Garb Wars approaching, must get team together. Looking to clean up shop and get armory up and running again.

Events

Song and Dance - New place (St Andrews) on 1/24 from 9am - 9pm. Big hall is \$900 for full day. Doesn't include kitchen. Grazia still doing lunch. Kitchen rental 2 hrs for Grazia to prep (\$35/hr) \$100 cash advance for Grazia for the lunch. Hanna will underwrite lunch costs, profits to go to barony. Gracie can provide a box at practice for Grazia to use as a cash box. Troll needs \$300 cash advance.

Looking for banners to decorate hall. Need to get refund from Comfort Inn - Gracie already has it in the works. It comes from corporate, but it's in process. Hanna recommends set up crew.

Novice - do not have Croom, need new site. Griele suggests American Legion site we did Tournament of Chivalry at. Emma has an American Legion near her. Rorik is a life member, may be a connection. Griele will ask Rorik to call them. May not be renting it anymore but worth asking. Will reach out to Marietta Mansion, see if they will be willing to sign a contract. Gracie suggests providing them a contract to see if they will sign it rather than generate one. Highland Foorde has offered several sites they could help us out with - Griele has a list, Rayhana would like to see it. We get good Eastern turn out so that's not bad. Gaithersburg area/Roxbury Mill is a possibility - the Sergeants and Scholars site. Henry West may autocrat. Ask around for autocrats.

Battle on the Bay - Do have the site. Date change OK with Lochmere. They are working their budget. Gracie to check in with them between now and next Business meeting. Calendar still has wrong date, Gracie will tell seneschal and ask her to change it.

8:19 meeting closed

Vivat!

Word-fame for those who sit in Storvik's mead-hall

Lady Sonya, whose good works as a dance mistress, ball organizer and newly-minted autocrat were recognized by their Excellencies, who brought her into the ranks of their Order of the Lozulet.

All the many musicians, dancers, thespians, and singers who made Storvik Song and Dance so succesful!

All the baronial officers and volunteers whose labors at gate, set up, clean up, and in the kitchen also made Storvik Song and Dance so successful!

Vivat Storvik!

Please send any and all worthy accomplishments to chronicler@storvik.atlantia.org. Include tales of service!

Lady Alicia's Cookery Booke: St. Valentine's Candies
by Lady Alicia

Greetings, all! February is soon upon us and there is already much bustling in the servants' hall about the upcoming St. Valentine's Day feast. As the story goes, good king Henry VIII was the first to establish St. Valentine's Day as a national holiday, back in 1537. Sadly, this is most likely apocryphal – the holiday long existed as a religious one, even Martin Luther cited February 14th as St. Valentine's Day in 1537.¹ While much has already been covered about Roman wolf-based fertility feasts and headless, note-passing saints, St. Valentine's day emerged as a romantic holiday from the medieval courts of love, based on the contemporary legend that birds chose their mates on February 14th. Chaucer was the first to cite this in his poem, *The Parlement of Foules*:

For this was on Seynt Valentynes day,
Whan every foul cometh there to chese his make.²

Courtly medieval couples would randomly select the name of a “sweetheart” to whom they would address poems, send small gifts and revere in the courtly style. Later, Tudor lovers would also exchange similar tokens of love including sweets and candy (though the heart-shaped box of chocolates wouldn't come along for several more centuries, alas).

Sugar grew in popularity in the later Tudor age, though initially it was used medicinally. According to Tudor Humoral Theory, sugar is a “warm” food, which made it desirable in the winter months to warm a person up. Flavored sugar-paste comfits and sugar-coated seeds were prescribed for many different conditions including indigestion, which is why they were also served at the end of Tudor dessert courses, to aid in processing the hefty feast you had just consumed. Eventually these sweets were consumed apart from their medicinal purposes as a sweet on their own.

One of the easiest Tudor candies to make is sugar-paste comfits. Sugar paste is a compilation of sugar, egg white, rosewater, lemon juice and gum tragacanth. Dame Alys has an excellent redaction of the recipe from Thomas Dawson's *The Second Part of the Good Hus-wives Jewell*,³ listed below. If you don't happen to have any gum tragacanth handy in your pantry, you can also purchase pre-made sugar paste at most large craft stores that have an extensive cake-decorating section.

However you get your sugar paste, you would then add your medicinal/flavoring/coloring components (you can use commercial food coloring and a couple drops of peppermint or other extracts, to your taste) and mix thoroughly until they are evenly spread throughout the paste. You can either roll the paste into small bean-sized balls or roll the paste out approximately ¼” thick and cut into ½” diamond lozenges. Place on a plate and allow the candies to dry undisturbed in a warm, dry spot until hardened. From-scratch sugar paste dries very quickly, while modern sugar paste contains glycerin, which allows for a longer work-time, but also a longer drying time. The finished product should be hard and dry, depending on weather conditions, within 24 hours or so. The final candies will have a taste similar to

1 Letter CCCLVI, *The Letters of Martin Luther*, trans, Margaret Currie, 1908.

2 Chaucer, Geoffrey, *The Parlement of Foules*, Lns 308-309, 1382.

3 <http://home.comcast.net/~morwenna/Cooks/dawson2.html>

modern conversation hearts or Necco wafers.

You may give your newly-made sweets as a St. Valentine's gift to your sweetheart. Or you can keep them all to yourself, for medicinal purposes, of course: You want to be sure all your humors stay in balance and you stay warm through the chilly winter months!

Enjoy! Go out and cook good food!

Dame Alys' Redaction of Sugar Paste/Plate (from *The Second Part of the Good Hus-wives Jewell*)

2-3 teaspoons lemon juice
1-3 tablespoons rosewater*
1/2 lightly beaten egg white
1/2 or 1 teaspoon gum tragacanth
up to a pound or so of powdered sugar (3 1/2 to 4 cups equals approximately one pound)

*The amount of liquid needed varies depending on the type of sugar used, the humidity of the day, how much tragacanth you used, etc. Be flexible. You can use water instead of large amounts of rosewater. The resulting tragacanth mixture should be slightly runny, not stiff or with lumps. Place the tragacanth at one side of the bowl with the liquid next to it. Slowly mix the powder into the liquid to avoid lumps. Add more liquid as needed.

Soak the gum tragacanth in the rosewater until it softens. (Warming the rosewater may facilitate the softening.) Mix it with the lemon juice and egg white. Add the powdered sugar bit by bit, mixing well. If it becomes too stiff and there is a great deal of sugar left, add the remaining part of the egg white. Knead the dough on a powdered-sugar-sprinkled board until it is smooth and stretchy. Then use it to shape what you will. Keep the unused portions and any scraps well covered under a glass jar, in a plastic bag, or under a slightly damp cloth. (If the cloth is too damp the paste will begin to dissolve. You can add more powdered sugar and re-knead.)⁴

Have a burning cookery question? Email Lady Alicia at ofnoimp@yahoo.com. Have a burning, itching sensation? Contact your barber-surgeon immediately!

⁴ <http://damealys.medievalcookery.com/CooksPlayDough.html>

Overheard and Unattributed

Things said at the baronial business meeting. We won't say by whom.

"Oh, just test the boundaries."

"All my Farmville crops are dying."

"You wanna wrestle me? Come on, let's go."

"I am not making pancakes on a turkey fryer."

"Did you say banana roll up?"

Important Notice:

This is the Drekkar, a publication of the Barony of Storvik of the Society for Creative Anachronism, Inc. The Drekkar is available from Jamie Lennon at chronicler@storvik.atlantia.sca.org. Subscriptions are free as all publications are available electronically. This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies.

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Vacant

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***Archery***

Cameron deGrey

***Arts & Sciences***

Tatsume

***Bardic***

Teleri the Well-Prepared

***Court Painter***

Richard Wyn

***Heavy Weapons***

Carlyle Jamesson

***Rapier***

Illaria de Gandia

***Youth***

Wulfgar of Skye

**Baronial Appointees**

***Warlord***

Lord Griffin Wharvager

Business meetings are held the 3<sup>rd</sup> Sunday of the month at 7pm at Comfort Inn Capital Beltway, 4050 Powder Mill Road, Beltsville MD 20705, Exit 29B off of I-95. **February's is in Silver Spring, see A&S in Silver Spring directions below.**

Fight practice (heavy and rapier) and dance practice are held each Monday at St. Andrew's Episcopal Church, 4512 College Ave., College Park, MD 20740, at the corner of College Ave and Princeton Ave. off of Route 1, south of Paint Branch Pkwy. 7 blocks from the College Park/U of MD Metro on the Green Line.

Archery practice on Sunday 11:00am at Adelphi archery range, 2800 University Blvd E, Adelphi, MD 20783; equipment-making at Lord Cameron's during inclement weather.

Performing Arts and a general populace potluck are held before the business meeting, 4-7pm, at the Comfort Inn. **Not in February.**

A&S in Silver Spring: 7981 Eastern Ave, Silver Spring MD 20910. Plenty of parking on the street and the Kennett Street Garage just behind building. One quarter mile from SS Metro. The building has vines on either side of the courtyard entrance. There is a loading zone directly in front of the courtyard to the building. Walk through the courtyard to the back, to the lobby (there are lots of trees/ plants - you can't see the lobby from the street).

Early Northern European Adhocracy: 9426 Canterbury Riding, Laurel, MD. Free unassigned parking. One cat.

Scriptorium: 9565 Fort Foote Rd, Fort Washington, MD 20744, can pickup from Huntington Metro with prior arrangements. On-street free parking. Two cats.

