



Volume 37

The Drekkar

Newsletter
of the Barony of Storvik
in the Kingdom of Atlantia,
branch of the SCA, Inc.

November, A.S. LI (2016)



Issue 12

What did that tree ever do to him?



Jean Pucelle, Detail from the [November calendar page from *The Hours of Jeanne d'Évreux*](#), ca. 1324–1328. From the Metropolitan Museum of Art, www.metmuseum.org, New York. [See the Collection Database](#) to learn more about this work of art.

The fellow in the image is exercising his right to pannage, or feeding his pigs in the lord's forest. He uses the stick to knock down more acorns for the pigs to eat – if you look, you can see that the tree has the leaves of an oak. This scene is often found in medieval calendars for the month of November. The pigs are being fattened up for slaughter later in the month; their meat will mostly be smoked, salted or otherwise preserved to last through the winter and spring. In Old English, this was Blōtmōnað, or literally “blood month.”

Contents

Calendar	2
Baronial Progress	3
Oyez! Oyez! (Baronial News)	3
Skol!	3
Overheard and Unattributed	4
Arabic Lesson	4
Between the Beltways	5
Lady Alicia's Sweet Potato Pie	6
Baronial Meeting Notes	9
Barony Officers	11

Our cover art is marked by the Met as being in the public domain, and labeled consistent with their [Terms and Conditions](#).

Upcoming Events

November 5: [Fall Crown Tournament](#) (Street, MD)

Their Majesties will select Their Heirs by right of arms. In nearby Lochmere.

November 12: Storvik Song and Dance (College Park, MD)

Enjoy live performances, learn medieval dances, and bring something for the potluck. Pre-order your lunch.

November 18-20: [Fabric, Fiber, Fighting, Fencing](#) (Lamar, PA)

Awesome weekend of classes and battles in neighboring Aethelmarc.

November 19: [Holiday Faire](#) (Manassas, VA)

Steirbach again holds their day of shopping. But wait, there's more! Viking-themed martial activities (including YOUTH!), A&S, and a silent auction.

December 3: [Unevent](#) (Kenansville, NC)

The annual Atlantian business meeting. Officers must attend or send a deputy.

Baronial Activities

Locations to regular baronial activities on the last page.

Dance practice is CANCELED November 7. Armored and rapier is NOT.

Business Meeting: November 20, 2016, 7pm at 9240 Canterbury Riding, Laurel, MD

Pre-Business Meeting A&S: 4-6pm ahead of the business meeting, topic TBD.

Armored, Rapier Practice: November 7, 14, 21, 28, 7-9pm.

Dance Practice: November 14, 21, 28, 8-10pm.

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

Newcomer's Meeting: TBD

Armoring: Sundays at 1pm at Quartermaster John West's home in Bowie. Pickup from Greenbelt Metro possible by [arrangement](#).

Early Northern European Adhocracy:

Annual SENEA potluck early medieval dinner being rescheduled due to Election Day. Contact [Teleri](#) if interested in attending.

Progress of Their Excellencies Celric and Ilaria

November

5	Fall Crown Tournament	Lochmere	Street, MD
12	Marinus Baronial Birthday	Marinus	Virginia Beach, VA
19	Holiday Faire	Stierbach	Manassas, VA

December

3	Unevent	Raven's Cove	Kenansville, NC
---	---------	--------------	-----------------

OYEZ! OYEZ!

Baronial News Highlights

Storvik Song and Dance is Go!: Our all-day event of dancing and other performance will be at St. Andrew's in College Park from 10am – 9pm. Potluck feast! [Sign up](#) for a delicious lunch by Lady Alicia. Contact [Master Rhuaidhri](#) if you would like to perform. Here's the [event website](#).

Newsletter Delivery Service: The chronicler will be setting up a service to deliver the electronic newsletter to your mailbox. It is opt-in only; email chronicler@storvik.atlantia.sca.org to subscribe.

The Awards of Atlantia series in the Drekkar will conclude next month with the martial awards. We apologize for the interruption, and encourage all to continue to send in award recommendations to Their Excellencies and Their Majesties.

Skol!

Word fame for those in Storvik's hall

Raise a cheer for our seneschal, Mistress Graciela, smacked mightily down, emerging triumphant at the Bardic Smackdown at War of the Wings. Skol!

In good Viking fashion, Team Storvik sailed into the Chalice of the Sun God Tournament in Ponte Alto, stormed the gates of Hades, and carried off the silver chalice to reside in Storvik evermore! As this was the last Chalice event, we get to keep it. I recommend filling it with silver coins and burying it somewhere archaeologists will find it in a few centuries. Raise a cheer for the team: Baroness Ilaria for A&S, Maestra Caitlin for rapier, Lord Wulfric, our armored Baronial Champion, for armored, Lord Cameron de Grey for archery, and Lady Teleri for bardic.

Perhaps inspired by his lady's example on the baronial team, Baron Celric also rose victorious as the individual victor of the Chalice rapier tournament. Skol!

Thanks to Lady Tibbie for her field reports of Storviki glory!

Overheard and Unattributed

Said at the business meeting – we won't say by whom

Yay for accounting terms.

Storvik's Monthly Arabic Lesson

*Each month, this column will feature a new Arabic word to use with fellow Scadians
by Sayyida Tala al Zahra*

SCA-Friendly Arabic Word-of-the-Month: MARKETPLACE

Arabic translation: سوق

English transliteration: souk OR souq

Pronunciation: *sooq* (The 'q' is pronounced the back of the throat, though pronouncing it with a 'k' will be understood.)

Arabic word root: س و ق

Possible words made from root letters: market, street, narrow, to be narrow

Suggested SCA-usage: "You're going to Pennsic, right? You have to check out the *souk* during Midnight Madness - it's so much fun!"

Between the Beltways

Local events of interest to Scadians

16th century tall ship: [El Galeón](#) visits Alexandria Nov 9-14. Hat tip: Lady Alicia of Cambion.

Free ebook: [Piety in Pieces: How medieval readers customized their manuscripts](#). Free in PDF, a charge for other formats. Hat tip: Lady Alicia of Cambion.

Shakespeare Theatre Company: [Romeo + Juliet](#), September 13 – November 6.

Folger Shakespeare Library: [Will & Jane: Shakespeare, Austen and the Cult of Celebrity](#): a look at how the two famous authors have been remembered. Exhibition through Nov 6.

Sackler Gallery:

- [Art of the Qur'an](#), October 15 – February 20.
- [Sky Blue: Color in Ceramics of the Islamic World](#), through July 2017.
- [Turquoise Mountain: Artists Transforming Afghanistan](#), through January 29, 2017.
- Permanent exhibits on [Iran](#) and [Vietnam](#) that include objects from our period.

Natural History Museum: [Primordial Landscapes – Iceland Revealed](#), through April 2017. Photographs to get your Viking on.

National Museum of the American Indian: [Cerámica de los Ancestros: Central America's Past Revealed](#). Through December 2017, a collection of Central American artifacts from 1000 BCE to the present.

Walters Art Museum: [A Feast for the Senses: Art and Experience in Medieval Europe](#) opens October 16. Hat tip: Lady Sabine.

Free online classes at EdX. Hat tip: Lady Alicia of Cambion.

- [Western Civilization: Ancient and Medieval Europe](#): Learn about the origins and development of Western societies and institutions from the ancient world through the Middle Ages.
- [The Book: Scrolls in the Age of the Book](#): Examine Medieval scrolls in detail, and gain an understanding of their uses and historical significance.
- [Hamlet's Ghost](#): An exploration of the haunting figure at the heart of one of William Shakespeare's most famous plays
- [The History of Medieval Medicine through Jewish Manuscripts](#): Learn about medieval Jewish medical training and thought by exploring and interpreting medical manuscripts.

Lady Alicia's Cookery Booke: Sweet Potato Pie

By Lady Alicia of Cambion

Gather around, children, gather round! Lady Alicia has a story to tell you about Sweet Potato Pie! You see, a very long time ago, Columbus brought Sweet Potatoes back from the New World and he said, "Wow, these are mighty delicious!" And then King Henry said, "Indeed, they are delicious! I shall have them in a pie!" And you get to eat the same kind of sweet potato pie as King Henry did. Isn't that exciting? Now come here so I can give you a pat on the head and send you off to beddie-bye! Toodles!

Are they gone yet?

Good. Because here's the real lowdown on Sweet Potato Pie: Sweet potatoes were considered more than just an exotic New World food. That classic pie spice blend had a very specific medicinal purpose. And why would you want to put sparrows' brains into a dessert? Oh, the real story behind that wholesome, Sweet Potato Pie?

It was basically Tudor Viagra.



Innocent plate of ingredients? Or seething pile of lust?

Some of that fairy tale I told the kids was true: Spanish explorers did discover the sweet potato in Peru and brought it to Spain. It is believed the sweet potato made its way to England because Catherine of Aragon missed the vegetable dishes of her homeland and had them brought over,¹ but Henry VIII apparently believed more in its attributed aphrodisiac powers, whether from its rare exoticism or its, thick, elongated shape, so he consumed large quantities of sweet potatoes in pies.² Shakespeare's Falstaff (thinking he's about to, let's say, "biblically know" two ladies) in *Merry Wives of Windsor*,³ notes "Let the sky rain potatoes...hail kissing-comfits and snow eringoes," all of which were known to the Elizabethans as stimulants to desire. Even Gerard, in his *Herball*, notes that sweet potatoes are known for "procuring bodily lust and that with greediness."⁴

My, is it getting warm in here?

The earliest available recipe for sweet potato pie is in Thomas Dawson's 1586 *The Good Huswife's Jewell*:

To make a tarte that is a courage to a man or woman. Take twoo Quinces, and twoo or three Burre rootes, and a potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they bee tender, & put in an ounce of Dates, and when they be boyled tender, Drawe them through a strainer, wine and all, and then put in the yolkes of eight Egges, and the braynes of three or foure cocke Sparrowes, and straine them into the other, and a little Rose Water, and seeth them all with suger, Cinamon and Gynger, and Cloues and mace, and put in a little sweet butter, and set it

1 Reader, Jon. *Potato: A History of the Propitious Esculent*. Yale University Press, New Haven, CT. 2009. P 114.

2 Zuckerman, Larry. *The Potato: How the Humble Spud Rescued the Western World*, North Point Press: New York, 1998 p. 9

3 Act V, Scene 5.

4 Gerard, John. *Herball*. 1633 Revised Edition.

vpon a chafingdish of coles betweene two platters, and so let it boyle till it be something bigge.

Obviously there were earlier recipes than this if Henry VIII was eating sweet potatoes in pies but this is the earliest recipe we have on record. Considering what we know about the reputation of sweet potatoes, however, this particular recipe is definitely *not* about building up one's *courage*. To explain this a little better, let me offer a quickie lesson in two ancient medical practices, humoral theory and the doctrine of signatures.

Humoral theory, codified by the Greek physician Galen, determined that the body was ruled by four humors (blood, phlegm, yellow bile and black bile). One kept these four humors in balance by consumption of foods that *also* had a humoral character (such as hot and dry or cold and wet, etc). So, if you were diagnosed as Melancholic, you had too much black bile (which is cold and wet) so you needed to balance that by eating something hot and dry (like ginger). You were what you ate and ate what you were. And, importantly, if you desired to enhance an aspect, you wanted to eat foods that promoted that aspect.

The doctrine of signatures also dates to ancient Greece and proclaimed that like went to like, so that herbs and other ingredients in a medicinal treatment should be of a shape or form similar to one's ailment or the part of your body that needed attention. For example, many cures for blood diseases contained beet juice, since it was expected that the red liquid would attach itself to and cure the blood. And a hard, protuding tuber...?



Ingredients before cooking and after being pulped.

Let's get back to Dawson and his pie...

But that's not all: The spice mix is what we have come to know as a traditional pie spice blend: Cinnamon, ginger, cloves and mace (or nutmeg). All of these spices (and, indeed, the burdock root) are all classified as "Hot and Dry" by Gerard,⁵ which corresponds to Choleric in humoral theory. But "Courage" is not an aspect of the Choleric humor. Passion, however, definitely is.

(Think about that the next time you're ordering a Pumpkin Spice Latte!)

Rosewater was distilled from the iconic flower of romantic and passionate love. And those poor cock (ahem!) sparrows – whatever did they ever do to deserve becoming pie-filling? Mythologically, the sparrow was sacred to Aphrodite (Sappho writes about her chariot being drawn by sparrows)⁶ so, by association, if you were a Tudor who wanted a little extra boost in the romance department, the brain of a lovebird would seem a good option. As sparrows

5 Ibid

6 See Sappho's "Hymn to Aphrodite"

are difficult to source currently and consuming their brains is of questionable sanitation, I omitted them from the recipe (though if you truly wanted, marrow might make a passable equivalent).

So, here we have a combination of several different aphrodisiacs with a blend of passion-inducing spices as well as other known love elixirs. Doesn't quite sound like something to serve at a pleasant family gathering, now does it?



Pie in and pie out, having grown "bigge."

The actual baking process is simple and very similar to a modern sweet potato pie. Peel and cut the potato, burdock, and quince (or equivalents) and boil with the dates in a quart of sweet red wine. When they are very soft and the wine is almost completely absorbed, press through a sieve or a food mill (or food processor) and season with the spices. Add 4 whole eggs (instead of just the yolks, as in the recipe) and enriched with sugar and a tablespoon of unsalted butter. Dawson's recipe, like many of the period, does not specify a pie crust, but the "tarte" in the title would indicate an open-topped pie so I prepared a pie shell and filled it. When baked, it puffed up to "be something bigge."

(Of course, I am assuming here that it is, indeed, the *pie* that Dawson intends to grow "bigge.")

Happy Thanksgiving!

Sweet Potato Pie

(Adapted from Thomas Dawson's *To make a tarte that is a courage to a man or woman* from *The Good Huswife's Jewell*)

1 large Sweet Potato
2 roots of burdock (or salsify, parsnips or carrots)
2 quinces (or apples or a combination of the 2)
1 oz pitted dates
1 quart sweet red wine
1-1/2 t Cinnamon
1 t Ground Ginger
¼ t ground cloves
¼ t ground mace
4 eggs
½ c sugar
1 t rosewater (or more, to taste)
1T butter
Single pie crust

1. Preheat oven to 350*. Peel and cut into 1" chunks the sweet potato, quinces and burdock root (or equivalents). Add dates and wine. Bring to boil and reduce to a simmer until completely soft and almost all the wine is absorbed.

2. Press through a strainer (or food mill or run through a food processor or immersion blender) until pulp is smooth. Add spices, sugar, rosewater, eggs and butter. Mix until thoroughly combined and butter is melted. Pour into prepared pie shell.

3. Bake until custard is puffed and pie is solid in the center (a toothpick inserted in the middle will come out clean). Allow to cool. The pie will settle somewhat with cooling.



Enjoy! Go forth and cook good food!

Do you have a cookery question you'd like to have answered? Email Lady Alicia at ofnoimp@yahoo.com. Do you know, I fed the rest of that pie to friends of mine at a party (and didn't even tell them about the aphrodisiacs!). No immediate romancing, that I noticed, sorry Dawson!

Baronial Meeting Notes, June 29, 2016

These notes appear to be MIA. If they turn up, they will be printed ASAP.

Baronial Meeting Notes, October 16, 2016

Morton, Tibbie, Rose, Sonya, Astrid, Teleri, Celric, Ilaria, Patricia in attendance.

Start 7:06

Officers' Reports

Acting Seneschal (via email): Report sent in.

Exchequer: As of end of quarter, \$10,300 approx in bank. Still have to pay Lochmere their share from last event. Several outstanding checks, including the thrones (thrones have not yet been received - Gracie may be picking them up this weekend). Paid up at St Andrew's for 4th Q. Will get a session refunded for canceled practice 10/31. Fight practice donations outstanding - Angeline to bring to next meeting. SSD expenses coming up.

Chatelaine: 7 new contacts this quarter. 2 newcomer meetings this quarter. Unofficial deputy for heavy fighting (Wulfric) to be made official deputy chatelaine. Tibbie unofficial deputy for fencers. AACC undergrad reaching out to local SCA for her cultural anthro class, trying to get to Crown. Quarterly report in early.

Chronicler: Drekkar went out apparently with errors for which Teleri apologizes.

Herald: Report in by end of month. Spoke with Tibbie about being herald; Rose now a member. Have to figure out who will become the herald.

Knight Marshal: (Ilaria reporting for Angeline): Needs to be added to officers mailing list

Youth Minister: Seeking clarification on which forms must be faxed and where. Brainstorming ideas for children. Leaning to hands on crafts or music.

Baronage: Love to hear about things people see other Storvikii doing. Will write that up for Drekkar. New king really wants recommendations through the baronage. Asking people to write on email or FB what events people are going to. ID once a quarter an event that many people wish to attend, go en mass.

Events

BOTB: Was successful, owe Lochmere money. Event report complete. Morton will send to Gracie along with quarterly for signing. Kudos from baronage for Patches doing her first event at huge event.

Postmortem:

- Parking - needed someone staffed to direct or else make it more foolproof (caution tape).
- Hard to get people offsite and equipment back where it needed to go - needed more people helping with packout. Need to get volunteers lined up in advance.

- Booklet to record lessons learned for this event used by Ruby, other events. Should do this for BOTB too, pass off between us and Lochmere.
- Dates will have to change for next year. Really need new sites. No really this time. Camping nice but not required. Tibbie has some ideas. Send to Ilaria, she will make a spreadsheet.
- Need to set a hard deadline on when feast refunds can happen and when people can cancel (say by 3pm)
- Need solutions for tents (especially light pop-ups) blowing away. One possible: use a jump cable to attach a weight to pop-up legs. Has worked well for others.
- Scheduling a performance after court did not work. Figure out better scheduling, publicize it better.
- Only have baronial dayshade for a tent. Big tent is no longer available. Would prefer a baronial tent. Astrid has a line on a big tent for sale, will check
- 2 newcomers for big event - can we do bring a newcomers, get a discount? Should work okay legally. Encourage enthusiasm, camaraderie
- Next year will be Lochmere's investiture

Song and Dance: Has: MC, Dance Master, Gate, Deputy Gate, Lunch, \$300 deposit

Need:

- \$1010 check for St Andrew's,
- Cash box check (\$12 gate) \$200 all aye, amended to \$250, made out to Hanna
- Volunteers for yard sale fundraiser shifts: Astrid, Ilaria, Patricia willing to take shifts

KWDMS:

- Have hotel, approved budget
- Acorn has pricing, next hurdle is Paypal approval
- Hanna is reservationist
- Once paypal is done, will do monthly meetings, all invited
- Ad swaps with conventions in area, check PR with Gracie
- Use Facebook page for arranging room buddies

Old Business

Chairs still outstanding. Baronage has ordered personal chairs in the interim, will be in by Holiday Fair.

List fence work day: Budget for new pieces? Table for another month - fences are not needed for events for the next few months. Could this be a newcomer activity?

Is there enough tableware for high table? Too much of other things? Also the stove about to die.

New Business

Business meeting next month: November 20. Open to all Storvikii.

Should Storvik consider doing diversity-focused outreach? e.g. informing ourselves about information such as at [Medieval POC](#) or the Walters' recent exhibition on [Revealing the African Presence in Renaissance Europe](#), so we can offer correct information to people who might be interested in honoring their non-European heritage in an SCA context.

End 8:30

Baronial Regnum
Baron and Baroness of Storvik
Baron Celric d'Ravelle & Baroness Ilaria de Gandia

baron<at>storvik.atlantia.sca.org, baroness<at>storvik.atlantia.sca.org

Officers & Deputies

Seneschal

Lady Rayhana bint Yusuf
seneschal<at>storvik.atlantia.sca.org

Deputy Seneschal

Mistress Graciela Esperanza de Seville

Minister of Arts & Sciences

Meisterin Johanna von Sudeborn
moas<at>storvik.atlantia.sca.org

Chronicler

Lady Teleri the Well-Prepared
chronicler<at>storvik.atlantia.sca.org

Deputy Chronicler

Lady Patricia of Trakai

Exchequer

Douglass Morton
exchequer<at>storvik.atlantia.sca.org

Quartermaster

Lord John West
ironkey<at>storvik.atlantia.sca.org

Herald

Lady Patricia of Trakai
herald<at>storvik.atlantia.sca.org

Castellan/Chatelaine

Lady Sonya Flicker
chatelaine<at>storvik.atlantia.sca.org

Knight Marshal

Angeline
knightmarshal<at>storvik.atlantia.sca.org

Minister of Lists

Lady Kunigunde von Darmstadt
mol<at>storvik.atlantia.sca.org

Deputy Minister of Lists

Dame Brenna of Storvik

Archery Marshal

Vacant

Rapier Marshal

rapiermarshal<at>storvik.atlantia.sca.org

Deputy Rapier Marshall

Lady Constanza de Talavera
rapiermarshal<at>storvik.atlantia.sca.org

Web Minister

Lord Carlyle Jamesson (pending warrant)
webminister<at>storvik.atlantia.sca.org

Deputy Web Minister for Yahoo Group

Lady Kunigunde von Darmstat
mol<at>storvik.atlantia.sca.org

Archery Marshal

Vacant

Youth Combat Marshal

Vacant

Minister of Minors

Astrid (pending warrant)

Baronial Champions

Archery

Sayyida Tala al-Zahra

Arts & Sciences

Vacant

Bardic

THL Teleri the Well-Prepared

Court Painter

THL Richard Wyn

Heavy Weapons

Wulfric Bjornson

Rapier

Lord Ffernfael Kymro

Youth

Wulfgar of Skye

Baronial Appointees

Warlord

Lord Griffin Wharvager

Business meetings are held the 3rd Sunday of the month at 7pm at the Canterbury Riding Clubhouse in Laurel, MD. Take your best route I-95 exit 35A, MD-216 East. Keep right off the exit, take the ramp for Stephens Road. First right onto N Laurel Rd. then first left into Canterbury Riding. Follow the road around and turn into the second courtyard. The address is 9240 Canterbury Riding.

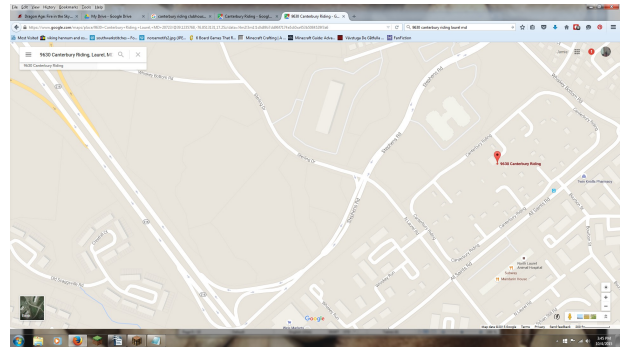
Fight practice (heavy and rapier) and **dance practice** are held each Monday at St. Andrew's Episcopal Church, 4512 College Ave., College Park, MD 20740, at the corner of College Ave and Princeton Ave. off of Route 1, south of Paint Branch Pkwy. 7 blocks from the College Park/U of MD Metro on the Green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

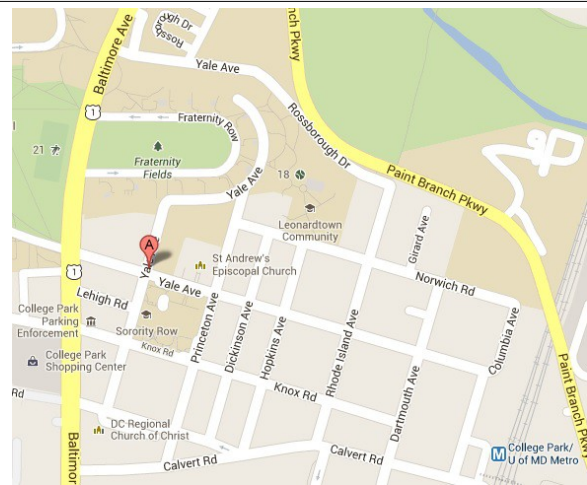
Newcomer's Night rotates on a monthly basis. Check the Drekkar and/or the [Yahoo Group](#).

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.



9240 Canterbury Riding, Laurel, MD (click for Google Map)



4512 College Ave., College Park, MD 20740

Important Notice:

This is the October 2016 issue of 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.

© Copyright 2016, Society for Creative Anachronism, Inc. For information on reprinting letters and artwork from this publication, please contact the Storvik Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

~~~~~