



Volume 39

**The Drekkar**  
Newsletter  
of the Barony of Storvik  
in the Kingdom of Atlantia,  
branch of the SCA, Inc.  
December, A.S. LIII (2018)



Issue 13

**Season's Greetings**



*"The Biblical king David was regarded as the author of psalms and hence the father of medieval music. He frequently appears within illuminated music manuscripts. Sheltered within the letter A, he holds a stringed instrument known as a psaltery. "To thee have I lifted up my soul" (Ad te levavi animam meam) begins Psalm 24, seen here, which was sung on the first Sunday of Advent, the season leading up to Christmas." SOURCE: The [Metropolitan Museum of Art Digital Database](#), under a Creative Commons [Open License](#).*

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## Upcoming Events

December 7-9: [Yule Toy Tourney XIII](#) (RP)  
(Pickens, SC)

Barony of Nottingham Coill's annual charity event. Admission to site and each separate tournaments/competition entered is one new, unwrapped toy. Heavy, Light, Archery, Thrown Weapons, A&S competitions. Camping available.

December 8: [Highland Foorde Holiday Party](#)  
(Frederick, MD)

This is a pot-luck event. A&S, Bardic, and Brewing Champions will be selected at the event. No site fee, but donations accepted for site hall rental.

December 16: Holiday Populace Gathering With Cookies.

(Bowie, MD)  
The populace meeting this year will double as a social event, featuring a cookie bake-off. Categories include (potentially): period cookie, most festive looking, best tasting, and a youth bracket.

January 11-13: [12<sup>th</sup> Night: A 1001 Atlantian Nights](#) (RP)

(Virginia Beach, VA)

The Barony of Sacred Stone hosts its annual 12<sup>th</sup> Night at the Founders Inn and Spa hotel/convention center. A&S, Kingdom's Bardic Championship, merchants, feast on Saturday.

## Regular Baronial Activities

Locations to regular baronial activities on the last page.

**December Populace Gathering December 16, 2018**, 6:30-9pm, 13501 Steeplechase Dr, Bowie MD 20715. See "Upcoming Events" for more details. **THE MEETING PLACE HAS TEMPORARILY CHANGED, BECAUSE OF THE HOLIDAY SEASON. DO NOT GO THERE IN JANUARY 2019.**

**Armored, Rapier Practice:** December 3, 10, 17 7-9pm.

**Dance Practice:** December 3, 10, 17 8-10pm. Join the [Dance listserv](#) for the latest news.

**Archery:** December 2nd, 16th, 1-3pm, if the weather is good. December 9<sup>th</sup> practice canceled. December 16<sup>th</sup> will be the last practice of the archery season.

**Early Northern European Adhocracy:** December 18<sup>th</sup>. See Baronial News for location.

## OYEZ! OYEZ!

### *Baronial News Highlights*

Washington Revels: This year's Christmas Revels is set in Elizabethan England: performances are December 8<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>-16<sup>th</sup>, at the GW Lisner Auditorium in Washington, DC. SCAdians will be attending the 2 PM performance on December 9. See the Washington Revels [site](#) for details.

Battle on the Bay: Battle on the Bay 2019 needs a deputy autocrat from Storvik (who will be the autocrat for BotB 2020); a Marshal in Charge who is willing to be trained up would also be helpful. Contact the Senechal if interested. The event will be the 4<sup>th</sup> weekend of September 2019.

**Everything needs to be ready to go by January 2<sup>nd</sup>.**

Praise the Praiseworthy: Their Excellencies welcome recommendations for awards, as always.

Byzantium Symposium: There will be a Byzantine Studies Symposium at the Dumbarton Oaks research library (Music Room) in Washington DC, on [April 12-13, 2019](#). "For the 2019 Dumbarton Oaks Byzantine Symposium, speakers will examine texts, artifacts, and images in order to develop a new understanding of medieval urban life across multiple social registers. "

A Message from their Excellencies: "This month (December) we're going to do something slightly different for the monthly SENEА meeting. Our beautifully made Baronial Thrones are sturdy, but unornamented – and that's fine for some other Baronies. However, we've seen time and again, the wonderful artistic ability of our populace and have heard their desire to see these seats travel the kingdom reflecting that skill.

"And so, we're going to be hosting the monthly meeting at our home, combining the At-home with the SENEА meeting to brainstorm, make tracings, and start the process of allowing these seats to really showcase the glory of our Barony. Please join us if you want to help out, have ideas, or just come for the seasonal camaraderie. 1204 Canberwell Rd in Catonsville is our address. December 18<sup>th</sup> is the date of the meeting, and the start time is 7:30. We look forward to seeing you there."

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## Skol!

*Wordfame for those in Storvik's hall*

From our intrepid field reporter, Lady Tibbie Crosier:

At Holiday Faire, **Baroness Janina**, former Baroness of Storvik, now in Highland Foorde, was given a writ for elevation to the **Order of the Laurel**, at a future date to be determined.

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## Overheard and Unattributed

*Said at the populace meeting; we won't say by whom*

"We have the best fighter practice in the North of the Kingdom. Prove me wrong."

## Baronial Meeting Notes, November 18 , 2018

Meeting start 7:08pm, 17 adults in attendance

### Officers' Reports

#### Seneschal

*Lady Marguerite Honoree d'Cheneau/J. Chenault*

- Baronial Email now working!

#### Minister of Arts and Sciences

*Lady Mirabella/M. Gretsinger*

- Reports are in.
- Talked with Lochmere to set up dance classes at fighter practices.

#### Exchequer

*Lord Morton/S. Graf*

- 340 attendance at Battle on the Bay. Lochmere still needs to be reimbursed.

#### Quartermaster

*Lord John West/J. Hutchings*

- Not present.

#### Chatelaine

*Lady Sonya/S. Gross*

- Finalized space for rapier/fighting storage at St. Andrews (will get three keys for closet).
- Running Demo with St. Andrews (date TBD, but may be February/March),
- Doing dance workshop at Chessiecon/Balticon.

#### Chronicler

*Lord Morgan O'Lathlann*

- Drekkar went out.
- **HUNGERS FOR CONTENT FOR THE DREKKAR. IT IS A RAW NEED, UNSLAKED AND UNSLAKABLE.** Or 'unslakeable,' if you prefer; the online dictionaries are as confused as how that word should be spelled as everyone else is.

#### Webminister

*Lady Tatsume/C. Flessas*

- Not present
- Plans afoot to shut down Yahoo Groups.

#### Social Media Officer

*Lady Sonya/S. Gross*

- Needs email to set up Twitter account,

#### Knight Marshal

*Lady Angeline/L. Madan*

- Fighter practice is going great.

#### Herald

*Lady Rose/E. Stark*

- Reminder: cash may not be used to pay for submissions.
- Planning to do heraldry videos.

### Youth

*Astrid Spakona/E. Whitlock*

- Nothing to report

### MOL

*Lady Kunigunde/R. Green*

- Helping in other events.
- Christmas/NYE fighter practices likely canceled.

### Baronage

*Baron Celric and Baroness Ilaria/D. And M. Bartlet*

- Next month's meeting switched to different location because of holiday cookie bake-off.
- May have model version of mead hall to show at Spring Faire.

### **Events**

Performers Revel: March 30<sup>th</sup>.

Spring Fair (Gracie): Easter/Passover Weekend, April 19-21. People needed for small jobs.

### **Old Business:**

Bow request still up in the air.

Awesome con still up in the air.

Demoing at other cons still up in the air.

Crown/coronation bids still up in the air; a site with a kitchen is necessary.

### **New Business**

Calendars were given to new members. A request for reimbursement for \$50 to pay for the calendars was passed, but please remember to ask ahead of time and get a donation receipt.

Cameron wants to set up archery practice (for Girl Scouts). Youth/participation/medical waivers would be necessary, and it has to be a practice. There must be different people for marshal and for running the activity. GS activities require at least two women present with background checks. There's also archery training from the GS involved. This would be in early spring at earliest. Other youth archery programs (non SCA) to be looked into.

Meeting ends at 8:05.

## Baronial Regnum

### Baron and Baroness of Storvik

Baron Celric d'Ravelle & Baroness Ilaria de Gandia  
D. Bartlett and M. Bartlett

baron<at>storvik.atlantia.sca.org, baroness<at>storvik.atlantia.sca.org  
423-747-7473 (Baron Celric), 423-737-5284 (Baroness Ilaria)

## Officers & Deputies

### **Seneschal**

Margarite Honoree d'Cheneau  
J. Chenault  
seneschal<at>storvik.atlantia.sca.org

### **Deputy Seneschal**

### **Minister of Arts & Sciences**

Lady Mirabella Walmesley  
M. Gretsinger, 410-868-1587  
moas<at>storvik.atlantia.sca.org

### **Chronicler**

Lord Morgan O'Lathlann  
M. Lane, 301-483-3691  
chronicler<at>storvik.atlantia.sca.org

### **Exchequer**

Lord Douglass Morton  
S. Graf  
exchequer<at>storvik.atlantia.sca.org

### **Quartermaster**

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

### **Herald**

Lady Rose nic Galen  
E. Stark, 703-409-2728

herald<at>storvik.atlantia.sca.org

### **Castellan/Chatelaine**

Lady Sonya Flicker  
S. Gross, 301-772-0499  
chatelaine<at>storvik.atlantia.sca.org

### **Knight Marshal**

Lady Angeline Falconis  
L. Madan  
knightmarshal<at>storvik.atlantia.sca.org

### **Armored Deputy**

Lord Carlyle Jamesson

### **Minister of Lists**

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

### **Archery Marshal**

### **Rapier Marshal**

rapiermarshal<at>storvik.atlantia.sca.org

### **Web Minister**

Lady Kanamori Tatsume  
C. Flessas  
webminister<at>storvik.atlantia.sca.org

***Equestrian Marshal***

Griffin Wharvager  
ggriffin924+sca<at>gmail.com

***Youth Minister***

Astrid Spakora  
E. Whitlock, 301-219-7557  
storvikyouthofficer<at> gmail.com

**Baronial Champions**

***Archery***

Eadgyth the Archer

***Arts & Sciences***

Maestra Emma West

***Bardic***

Astrid Spakona and Irena

***Heavy Weapons***

Lady Eleanor Bywater

***Rapier***

Lord Jeffry Thorn

***Youth***

Vacant

**Baronial Appointees**

***Warlord***

Lord Griffin Wharvager

## Dinner from the Lacnunga

*Meals inspired by an Old English medical text  
by Mistress Teleri the Well-Prepared*

On November 27, 2018, the Storvik Early Northern European Adhocracy celebrated three years of research into early period arts and history with an Anglo-Saxon supper for eight. The challenge: no Old English recipe books survive. While Ann Hagen has examining the foodstuffs available in England at the time (1995, 1998), being a responsible scholar, she didn't provide conjectural recipes. Mary Savelli did (2002), also based on medical texts, but there are some problems with her reconstructions (Friedman 2002). I don't know if I've entirely avoided those same problems, but I think these are a bit closer to the mark.

One thing we do have are Anglo-Saxon medical texts: the *Lacnunga*, *Bald's Leechbook*, and the *Herbarium* (Pollington 2000). They provide recipes for various cures. They are not recipes for meals; however, lacking other sources, I decided to see if I could use ingredient combinations suggested by the cures to put together a menu. I drew mainly from the *Lacnunga*. The menu and recipes follow.

Dinner was well-received with almost no leftovers. I learned a few things:

- This was fun! I enjoyed coming up with recipes based on the texts, even if they're conjectural.
- This was work! Just the preparations Monday and Tuesday nights took approximately 4 hours; that doesn't count the shopping and the trial runs. All praise to our SCA feast cooks, who do this not for eight but for eighty or more, and not for one course but for three or four!
- *It has to taste good.* My original plan called for pounded or mashed parsnips, per my source, but they just weren't very good. So they got roasted instead.

- You don't have to be an expert to do a thing and have fun with it. Cooking is not my art, but I'm good enough to provide a pleasant evening for some friends. And that's enough!

My thanks to those who offered me counsel and advice as I stumbled toward an edible offering: Mistress Linette de Gallardon, Meisterin Johanna von Sudeborn, Lady Damiana "Booty" of Ravenspittle, and Lord Faolán MacRaghnaill. And of course to my husband, Lord Morgan O'Lathlann, who without complaint made store runs and helped get the house ready for a dinner that was my pet project.

### Apertif: Fresh Blackberry Juice

The illness when one sweats greatly is called cardiacus; for that one must make purgative drinks, and make poultices... and let the sick man drink often of crushed bramble berries.  
--- Lacnunga cure #21 (Pollington 185)

I bought 2 pounds of frozen blackberries and let them thaw. Then I forced them through a fine mesh seive, collecting the juice. Caveat: I couldn't get all the bits of blackberry out of the seive afterwards; some sort of liner might be a good idea. The yield was about 12 oz, which let everyone have about a shot's worth.

### Appetizer: Bread and Cheese



...If you wish to cure an insane man, take a cask full of cold water, drip it three times into the drink [previously described], bathe the man thrice in the water and have him eat hallowed bread, and cheese, and garlic, and cropleek...  
--- Bald's *Leechbook*, Book III, Cure 41 (Pollington 393)

You know how you're supposed to do the information search first, and then the art project? I knew I wanted to serve bread and cheese because they're staples. I lucked out with this reference to them in the *Leechbook* that I could use to justify their inclusion on the menu.

I used two storebought loaves of bread (white and sourdough) and two selections of cheese (cheddar and Havarti, about 8 oz each). About half got eaten, but just one loaf of bread would not have felt like enough.

#### Main Course: Steak Skewers with Pepper-Wine Sauce



The medical texts are thin on meat dishes. Bald recommends chicken soup, but I wanted to do something a little more special. Happily, the Bayeux tapestry shows the Normans dining on, among other things, skewers of campfire-roasted small birds and chunks of mystery meat.

I cut 3.8 lbs of boneless NY strip steak into roughly 1" cubes, threaded them on skewers, and

grilled them over charcoal. There were 19 skewers of 3-4 pieces each, and no leftovers.

Eye salve: wine and pepper; put them into a horn, and into your eyes when you wish to rest.  
--- Lacnunga cure #5 (Pollington 181)

Wine and pepper in the eyes does not sound restful, but it makes a good sauce. I made a simple wine reduction with peppercorns. I took 3 cups of a sweet red wine and 4 Tb of black peppercorns, then simmered on medium-low heat until there was only 1 cup of liquid. Then I strained out the peppercorns. Served in a small pitcher at the table. One cup was way more than we needed.

#### Side: "Beet Greens" Sauteed in Honey and Butter



A pottage [against lung disease]: Boil beet thoroughly in butter and honey until it be as thick as a pottage; let him eat three portions thus hot having fasted for a night.  
--- Lacnunga cure #61 (Pollington 197)

The only way I could get beet greens was to buy bunches of beets, which wasn't going to work in quantity. Instead, I bought two pounds of baby spinach, which has a similar taste when cooked. Working in batches of about 1/3 lb (what my pan would hold), I sauteed the spinach with about 1 Tb of butter and 1 tsp of honey. I didn't cook it quite so thoroughly as the cure instructs; it was well wilted, but the stems still had some crunch.

I cooked one entire bag and 2/3 of the other; we had about ¼ cup of spinach as leftovers. The honey flavor is not pronounced, but gives the spinach a slight sweetness that offsets its natural bitterness.

#### Side: Roasted Parsnips with Ale



[For lung disease:] Take parsnips; pound thoroughly; lay it in wine or in ale; let it stand for one or two nights; give it to drink having fasted for a night  
--- Lacnunga cure #58 (Pollington 197)

I used two pounds of parsnips, trimmed and peeled. I chopped the thin 'tails' into rounds, the length depending on the thickness of the parsnip. The thinner the root, the longer the chunk. The first 1-2" of the root, near the top, where the woody center is most pronounced, I sliced off the outer portion of the parsnip in four slabs. Very long slabs (2" or so) I cut in half. The goal was to get all these variously-shaped bits of parsnip to cook at about the same rate. I soaked the parsnips in a pint of Ayinger's Urweisse beer, plus a small amount of water to cover the parsnips, for 48 hours. Then I drained off the beer, tossed the parsnips with oil and some salt, and roasted in the oven at 350 F until soft and slightly browned, 30-40 min.

I did save the beer, which might be what the patient was actually given (not sure how you'd

drink a parsnip), but no one wanted to try it. Just as well. Two-day-old parnsip-flavored beer is not exactly a flavor taste treat sensation.

No leftovers.

#### Digestif: Sliced Salted Radish with Vinegar

Against heaviness of the stomach: give a radish with salt to eat, and vinegar to sip; soon will his mind be lighter  
--- Lacnunga cure #132 (Pollington 223)

I sliced 10-12 red radishes into thin rounds, lightly sprinkled them with salt, and served them forth. Apple cider vinegar was offered, per the recipe, but few were interested. There were some left over, and that's not counting the rest of the radishes in the 1 lb bag.

Sources for Difficult Ingredients: I found frozen blackberries at Giant Foods, and the Urweisse beer at Total Wine. Everything else was readily available.

#### References

David Friedman (Duke Sir Cariadoc of the Bow). "A Review of *Tastes of Anglo-Saxon England*." Online, copyright 2002, accessed 2018.

<http://dialup.pcisys.net/~mem/savelli.html>

Ann Hagen. *A Handbook of Anglo-Saxon Food: Processing and Consumption*. Anglo-Saxon Books; Norfolk, England, 1992, revised 1998.

Ann Hagen. *A Second Handbook of Anglo-Saxon Food and Drink: Production and Distribution*. Anglo-Saxon Books: Norfolk, England, 1995.

Stephen Pollington. *Leechcraft: Early English Charms, Plantlore and Healing*. Anglo-Saxon Books: Norfolk, England, 2000.

Mary Savelli. *Tastes of Anglo-Saxon England*. Anglo-Saxon Books: Norfolk, England, 2002.

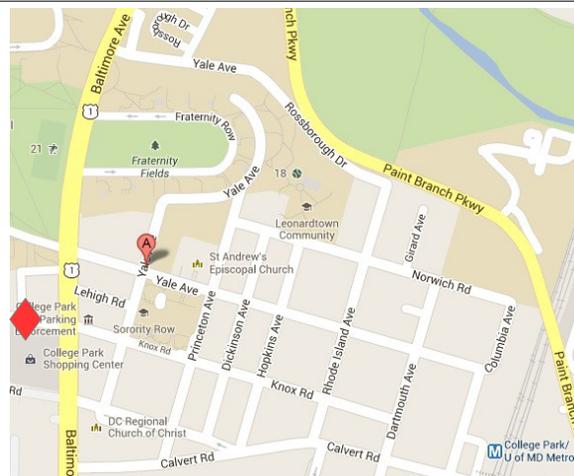
**Populace meetings** are held the 3<sup>rd</sup> Sunday of the month at 6:30pm at Jason's Deli in College Park, MD. Baronial business will be conducted at 7pm. Take your best route to US-1 S in College Park. Go past the university main gates; a few lights down is Knox Rd, with a Peri-Peri chicken place on your right. Turn right and then turn left into the parking lot of the mall. Jason's Deli is near the entrance where you came in. 7356 Baltimore Ave, College Park, MD. 301-779-3924.

**Fight practice** (armored 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.

**Early Northern European Adhocracy:** 9426 Canterbury Riding, Laurel, MD. Right off I-95 exit 35A. Free unassigned parking. One cat.

**Baronial At-Home:** 1204 Canberwell Rd, Catonsville MD



Jason's deli located by red diamond. Monday practice at 4512 College Ave., College Park, MD 20740 is at the letter "A" in the map pin.

## Release Forms

Want to share something in the Drekkar? Give me legal permission to do so!

[Grant of Use Form](#): For articles, non-photograph artwork, most other contributions

[Model Release Form](#): People appearing in photographs must sign this if:

1. The image is portrait-style
2. The photograph is taken in a private space at an event (such as a personal encampment)
3. The photograph is taken at a non-public venue (such as an armor-making workshop at a home)

No model release form is needed when the photograph is taken at a public place and in a public forum

(where there is no expectation of privacy), including:

- any SCA contest or competition, merchants' row, court, class, etc.

[Photo Release Form](#): The photographer who takes a picture (of anything or anyone) must sign a release form.