



Volume 46

The Drekkar

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

November, A.S. LX (2025)



Issue 11

In Her Excellency's Memory



Cover image: The memorial display for Thegn Graça Esperança de Sevilla at the celebration of her life at War of the Wings, October 13, 2025. Thegn Graça died on September 20, 2025. Photo by Baroness Cassair Warwick.

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Upcoming Events

November 7-9: [Fall Crown Tournament](#) (Courtland, VA) (Q, K, Pr, P). The Kingdom needs heirs! Candidates will vie to secure the future of Atlantia. See event announcement for tournament specifics. Tempore Atlantia (1350-1500 CE) and other A&S activities.

November 14-16: [Highland Havoc: Ride of Enbarr](#) (Ijamsville, MD). Equestrian, archery, and A&S activities at this Highland Foorde event. Primitive site with semi-rugged terrain. Camping limited to equestrians. Carpooling is strongly recommended.

November 22: [Holiday Faire](#) (Fredericksburg, VA) (Q). Shopping is only one of the activities! Dry site. A&S display and competition. Rapier, heavy fighting, archery, thrown weapons. Equestrian display. Lunch available by pre-registration only. No evening feast.

December 6-7: [Unevent](#) (Your Computer) (Q, K). The Kingdom's annual business meeting will be entirely virtual. Modern clothing. Schedule will be posted in early December.

December 20: [Storvik Yule Revel](#) (Cheverly, MD). Our Barony welcomes all to our afternoon celebration of the season. Free admission, no pets please. Potluck contributions welcomed.

January 10, 2026: [Atlantian Twelfth Night](#) (Trenton, NC) (Q, K, Pr, P). The Canton of Nimenefeld welcomes the Kingdom to celebrate the winter season. A&S competitions: Tempore Atlantia, Kingdom A&S Champion, Scrivener Royal, Royal Bard, and masks found in folklore.

For additional events farther from Storvik, see the [Kingdom Calendar](#).

Key to Royal attendance: Q=Queen, K=King, Pr=Princess, P=Prince.

Regular Baronial Activities

Locations of regular baronial activities appear on the last page. **We currently do not have a site for in-person populace gatherings.**

Populace Gathering: Next gathering Sunday, November 16. Virtual only, 6:30-9 PM. Zoom starts at 6:30, meeting at 7 PM. See the [Facebook event page](#) or watch the Storvik email list at <https://groups.google.com/g/storvik>.

Storvik Fighter Practice: Heavy and rapier. November 3, 10, and 17. CANCELED on November 24. 7-10 PM, St. Andrew's Episcopal Church, 4512 College Avenue, College Park.

Archery Practice: None at this time.

Equestrian Practice: Sunday, November 9, from 10 AM to around noon, followed by potluck snack. Location: Schooley Mill

Park, 12975 Hall Shop Road, Highland, MD.
All levels welcome. Fighters welcome too.
Please wear closed-toed shoes. See the
Storvik Facebook group or the Storvik email
list for further information.

Dance Practice: November 3, 10, and 17.
CANCELED on November 24. St. Andrew's
Episcopal Church. Usually gets going around
8 PM.

A&S: The Barony is looking for a new host for
monthly A&S gatherings. See the [Facebook
event page](#) for updates.

Baronial At-Home: Not at this current time.

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Participants engaging in this behavior are subject to
appropriate sanctions. If you are subjected to
harassment, bullying or retaliation, or if you become
aware of anyone being harassed or bullied, contact a
seneschal, President of the SCA, or your Kingdom's
Board Ombudsman.

Storvik's Yule Revel Is Coming!

WASSAIL! Come one and all to Storvik's Yule Revel! Enjoy a day of holiday merriment with friends.

Hospitality in Memory of Thegn Graçia

All who knew her, knew Thegn Graçia's dedication to the art of hospitality. Yule Revel is traditionally
a potluck revel, and we encourage all to remember Gracie and bring a spread to do her proud.

Baronial Travel Fundraiser

We will have opportunities to donate to our Baronial Travel Fund, to enable Thegn John to finish out
the last year of his reign and realize the vision that he and Thegn Graçia had for it.

Holiday Market

We are seeking up to six 10x10 decorated pop-ups to create a festive holiday "market" space in our
event hall. These are not for vending, but some of our hospitality offering may go under them. If
you are planning to participate in the pop-up decorating contest at Kingdom Twelfth Night, you can
do a test run here. Please contact the autocrat, Lady Teleri the Well-Prepared, if you would like to
display a pop-up (seneschal@storvik.atlantia.sca.org).

Classes

We are looking for instructors willing to teach classes appropriate to a midwinter's day! Please
contact Lady Mirabella Walmesley (moas@storvik.atlantia.sca.org) with your class ideas.

Children's Activities

Our Youth Minister, Lady Astrid Spakona, will provide children's activities for the young at this magical time of the year.

Dancing

There's always dancing in Storvik! Magistra Sonya Flicker will lead the dancing.

Holiday/Winter Singalong

Bring your songs of the season for a group sing.

WHERE: Cheverly Community Center, 6401 Forest Rd, Cheverly, MD, 20785

WHEN: December 20, 2025

TIME: Noon – 8 pm (Baronial Court will be at 6 pm. We assume gentles remaining past 8 pm have volunteered for cleanup.)

COST: **FREE**

WEBSITE: https://atlantia.sca.org/event/?event_id=68dd8b5f

PARKING:

There is additional parking on Forest Road and other neighborhood streets. NOTE: You need to park in the direction of traffic. The police are ticketing if you are not in the direction of traffic. Direction of traffic means that your right tires need to be next to the curb. This is only applicable for parallel parking.

DIRECTIONS:

Via Route 50 Eastbound: Take Route 50 over the DC line and exit at Cheverly Metro. Make a left at the traffic light on Columbia Park Road. Bear right at the next light to head up hill on Cheverly Avenue. Make a right on Forest Rd and proceed about 1/4 mile to Town Park on your right.

Via Route 50 Westbound and 295 (either direction): Exit at MD-202 Landover Road towards Bladensburg. This will put you heading east from 295 or west from Rt. 50. Turn onto Cheverly Avenue at the T-intersection. Proceed up the hill about 1 mile and turn left on Forest Road. Town Park will be about 1/4 mile down on the right side.

RESTRICTIONS:

No pets, please.

Garb is required for this event. If you need garb, please reach out to the Event Steward (seneschal@storvik.atlantia.sca.org).

ACCESSIBILITY:

This is an ADA-compliant indoor site. There is an accessible door on the side of the building. Please call or text Site Steward (number will be posted) if assistance is needed as sometimes this door is unintentionally blocked/propped to prevent full access. There are indoor, accessible bathrooms as

well. Parking near the left side will be reserved for those needing mobility accommodations or handicapped parking.



On October 21st Storvik hosted the 16th Salt and Steel Tournament and had 6 participants. Congratulations to Luminaria Salvadore de la Torres, our overall winner! Storvik's Punched Above Their Weight Class Winner was Lord Fritz von Lyndow!

Tune in next month for the 17th installment of the Salt and Steel Tournament!

Photo by Lady Caitilín Inghean Uí Ruaidhrí.

Lady Alicia's Cookery Booke: Sweet Potato Pie

By Baroness 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

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

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

3 Act V, Scene 5.

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 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, protruding tuber...?



Ingredients before cooking and after being pulped.

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

Looking at the fruit and vegetable components, we have sweet potatoes, which we have already identified as an aphrodisiac. Burdock root can be found dried and ground at some herbalists, but it can also be found fresh, a “signature” long, stiff root vegetable (it's similar to salsify, though you can also use parsnips or carrots). Quinces were a popular sweetening agent as were dates, but the latter were *also* known to have aphrodisiac properties: Gerard

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

notes that dates “procure lust of the body very mightily.”⁵

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,⁶ 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)⁷ 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 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*

⁵ Ibid.

⁶ Ibid.

⁷ See Sappho's “Hymn to Aphrodite.”

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 Baroness Alicia of Cambion 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!

OYEZ! OYEZ!

Baronial News Highlights

Notices from Lady Mirabella, Storvik's Minister of Arts and Sciences:

We are looking for someone to host monthly A&S nights! If you are interested, please contact Lady Mirabella.

Lady Mirabella also calls the populace's attention to this upcoming event outside of Atlantia:

- Known World Newcomers' Symposium, November 29, online event via Zoom, hosted by Kingdom of Atenveldt



Reminders from Master Celric, Storvik's Knight Marshal:

- 1) All non-members (those without a blue card) are ****required**** to sign the practice waiver prior to picking up a weapon.
- 2) If you are using loaner gear, especially armor, it needs to be inspected by a marshal to ensure it fits **your body** effectively prior to you fighting in it.
- 3) If there is a problem – i.e., weapon breaks, armor failures, injuries – Master Celric needs to be looped in every time.
- 4) If you are interested in becoming Storvik's next Knight Marshal, please contact Master Celric.



Maugie Concerts: Maugie's Odd Thursday Concerts happen on Zoom. Next one is on December 4. See [Maugie's group on Facebook](#) for more information, or ask him to put you on his email list.

Reminder about fighter/dance practice: Please do NOT park in the gravel lot next to St. Andrew's paved parking lot. Please park on pavement.

Praise the Praiseworthy: His Excellency welcomes recommendations for awards, as always. See the Regnum in this issue for His email address.

Remembering Thegn Graça: Storvik's Chronicler is putting together a special memorial edition of the Drekkar. Please send her any materials you wish to see in the special issue.

Skol!

Wordfame for those in Storvik's hall

At A Festival of Bones in the Barony of Dun Carraig, Queen Alianora made Storvik's Minister of Youth, Lady Astrid Spakona, a Companion of the Golden Dolphin for her service to the Kingdom. Vivat!



Also at A Festival of Bones, Lord Leone d'Amore won the heavy tournament and Master Brian de Moray won the rapier tournament. Vivant!

Want to see more folks listed here? Submit award recommendations to Their Majesties (for Kingdom-level awards) and to Thegn John (for Baronial awards)!

(Photo of Lady Astrid in Royal Court by Lady Patricia of Trakai, Storvik Chronicler.)

Baronial Meeting Notes, October 19, 2025

The meeting opened at 7:07 p.m. 9 adults were present.

Officers' Reports:

Seneschal

Lady Teleri Barod / J. Lennon

- Quarterly report has been submitted.
- Need to get updated membership information from officers. Some of them have sent in their information.
- Needs access to Storvik webpages.
- Baronial Polling process begins in October 2025.

Archery Marshal

Magistra Sonya / S. Gross

- Has a contact for a possible practice site in southern Prince George's County; must get it checked out.

Chatelaine

Lord William / B. Fisher

- Quarterly report has been submitted.
- Had a few newcomers/transplants reach out to chatelaine via email.
- Have a new regular at fighter practice that we were able to equip.
- May be getting some more loaner armor from the Debatable Lands, as they apparently have too much Iron Key. Still need an account of exactly what they have.

Chronicler

Lady Patricia / P. Daukantas

- Drekkar went out; it was a special memorial issue for Gracie.
- Would like to have more photos in November, like from the celebration of Gracie's life planned for War of the Wings.

Equestrian/Exchequer [via email]

Doña Zarra de la Vega / L. Churchill

- Equestrian: Next practice is on November 9 from about 10 a.m. to 1 p.m. Once again I would like to invite heavy and rapier fighters to join us, as we have plenty of space! Help us get the horses acclimated to the noise.
 - If you are interested in doing Mounted to Ground (MtG), you are invited to come to this practice as well as to meet with Doña Zarra, who is the MtG Marshal for Atlantia, so we can discuss what you need to do to participate. If you are not normally around horses, this will also give you the opportunity to meet some of the horses. Please note: if the Heavy/Rapier marshals can join us for this practice, you all will be provided space at this location and will be leading a normal practice. The fighters will not be doing MtG at this practice yet, as we have to get certified before fighters and horses can participate. During the potluck after the practices, I will go over anything of interest to people.
- Exchequer:
- Wrote Lochmere their check for Battle on the Bay.
- Quarterly report has been signed.

Herald

Lady Rose / E. Stark

- All quiet.

Knight Marshal

Master Celric / D. Bartlett

- Practices happen; no cancellations this month or next.
- Teleri will go tomorrow to help with clean-out.
- Archery nets have been lost for some time.

Minister of Arts and Sciences

Lady Mirabella / M. Gretsinger

- Looking for new host for A&S night.
- Dance continues.

Social Media

Magistra Sonya and Lady Rose / S. Gross and E. Stark

- Posting notifications.

Webminister

Lord Morgan / M. Lane

- Nothing to report.

Youth Officer

Lady Astrid / E. Whitlock

- No report for this month.

Baronage

Thegn John / J. Hutchings

- Safely returned from War of the Wings.
- Gracie's services was well attended; it was standing room only in Camp.

Events:

Battle on the Bay: September 5-7, 2025

- Check to Lochmere signed and sent.

Yule Revel, December 20, 2025

- Spiked.
- Could do classes, children's activities, games.

AwesomeCon, March 13-15, 2026

- Master Caitlyn will be our point person.
- Will need insurance information.

Performer's Revel, March 28, 2026 (Patches)

- Spiked, needs to do SCORES. (Patches is filling out SCORES form now.)
- Will conflict with Stierbach's Defending the Gate; they will not do any bardic.
- Will need help with decoration, ladder, hooks.
- Zarra will be the registrar.
- Need to decide what feast fee covers (lunch, dinner, both?).
 - Alicia is the cook.

Novice 2026 - Tirzah willing to help reserve

- \$1400
- Natalie may be interested to understudy
- Morgan can do field organization and layout.

Battle on the Bay 2006

- Informed Lochmere that the site is not available during the usual time frame (August through October).
- Lochmere autocrat is moving out of Kingdom and will not be able to autocrat.
- Teleri will attend Lochmere's business meeting.

2027 Dates for Novice and BotB

- One vote for late March because site might be super cheap, but people raised concerns about weather and Easter and potential difficulty getting the Performer's Revel site for later in the year.
- Ask AwesomeCon if they know their 2027 dates yet.
- 1st weekend in September?

Old Business:

- Church contract
- Storage contract

New Business:

- Teleri moves, Morgan seconds to reimburse Tirzah for the Novice 2026 reservation fee of \$1400. Motion passes.

- Archery nets need to be replaced. We should provide them at events. They help people avoid losing their arrows (at roughly \$10 an arrow lately) and makes rounds turn around faster. Cameron de Grey will get a price quote. Teleri moves to allocate \$500 toward an archery net. Tirzah seconds. Motion passes.
- Celric posted to Storvik Fighters' Chat to get more people to come to the business meeting. He got one person to come. He recommends more engagement to get people to attend.

The meeting was adjourned at 8:10 p.m. Next meeting: November 16 on Zoom.

Baronial Regnum

Baron and Baroness† of Storvik

Thegn John West & Thegn Graça Esperança de Sevilat
J. Hutchings and G. Hutchings†

baron<at>storvik.atlantia.sca.org

Officers & Deputies

Seneschal

Lady Teleri Barod

J. Lennon

seneschal@storvik.atlantia.sca.org

Deputy Seneschal

Marguerite Honoree d'Cheneau

J. Chenault

Minister of Arts & Sciences

Lady Mirabella Walmesley

M. Gretsinger, 410-868-1587

moas@storvik.atlantia.sca.org

Chronicler

Lady Patricia of Trakai

P. Daukantas, 301-523-5542

patoodle@aol.com

chronicler@storvik.atlantia.sca.org

Exchequer

Doña Zarra de la Vega

L. Churchill, 434-444-3560

exchequer@storvik.atlantia.sca.org

Quartermaster

ironkey@storvik.atlantia.sca.org

Herald

Lady Rose nic Galen

E. Stark, 703-409-2728

herald@storvik.atlantia.sca.org

Social Media Officer

Magistra Sonya Flicker called Patches

Castellan/Chatelaine

Lord William de Hirst

B. Fisher

chatelaine@storvik.atlantia.sca.org

Knight Marshal

Master Celric d'Ravelle

D. Bartlett

knightmarshal@storvik.atlantia.sca.org

423-747-7473

Armored Deputy

Sir Carlyle Jamesson

Minister of Lists

VACANT

mol@storvik.atlantia.sca.org

Archery Marshal

Magistra Sonya Flicker called Patches

archerymarshal@storvik.atlantia.sca.org

Rapier Marshal

rapiermarshal@storvik.atlantia.sca.org

Web Minister

Lord Morgan O'Lathlann

M. Lane

webminister@storvik.atlantia.sca.org

Youth Minister

Lady Astrid Spakona

E. Whitlock, 301-219-7557

youth@storvik.atlantia.sca.org

Baronial Champions

Archery

Magistra Sonya Flicker called Patches

Arts & Sciences

Baroness Alicia of Cambion

Bardic

Lord Charles Alexander

Equestrian

Lord William

Ethereal

Mistress Marguerite de Cheneau

Heavy Weapons

Sir Marcus de Rath

Rapier

Lady Marta de Lyon

Youth

Paul of Storvik

Populace meetings are held the 3rd Sunday of the month at 6:30pm via Zoom. Baronial business will be conducted at 7pm.

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 currently canceled: usually on Sunday 11:00am at Adelphi archery range, 2800 University Blvd E, Adelphi, MD 20783; equipment-making at Lord Cameron's during inclement weather (none scheduled at this time).

Storvik Arts & Sciences Society: 9426 Canterbury Riding, Laurel, MD. Right off I-95 exit 35A. Free unassigned parking.

Baronial At-Home: Not at the moment.



Release Forms

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

Please send submissions to
Patricia Daukantas
9219 Greenwood Lane
Lanham, MD 20706

patoodle@aol.com or chronicler@storvik.atlantia.sca.org

[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.