

The Dreiburgen News

April 2022

AS LVI



All The News That Fits We Print

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A letter from their Excellencies

Greetings unto the Populace of Dreiburgen;

As we Spring forward into the new season, there is much to be excited about. Our fair Kingdom is celebrating their Royal Heirs Adam II and Stæina II. **Experimental events are shaping a new future for Caid. And a full year of exciting events stretches out before us.**

Team Dreiburgen has submitted their entries to this year's Pentathlon. Will our Premier Artisans prevail and bring home yet another championship? Individuals have also taken the bold Pentathlon Plunge, submitting unique entries to five categories. We look forward to seeing all the entries, admiring your skills, and celebrating the champion(s), whoever they may be!

Thank you to our many volunteers who continue to contribute largesse, host monthly meetings, practices, and step forward as event stewards! Planning for our next two baronial events is well underway.

Dreiburgen Summer Arts is happening Saturday, July 30. For your amusement, and our own, We have put an interesting twist on the categories this year. Details will be shared soon.

The return of the St. Corrigan's Day event shall prove to be everything you remember from years past, and then some. We are excited to spend a relaxing weekend with you. Start planning now for this mountain get-away!!

Your Baron and Baroness will be taking up arms to fight for Dreiburgen at Potrero War this year. Anyone who would support our forces and represent the Barony will be celebrated and handsomely rewarded. Her Excellency may even write a song about you!

Basteltag – our monthly baronial crafting day and official fighter practice – has been a lot of productive fun! We are working on new baronial banners, creating largesse and sharing good food with great people. Thank you to our marshals, and our marshals in training, for supporting our fighters. See you at the next one Sunday, April 3 from 1-5pm.

We want you to remember, or realize, that your contributions matter. At a monthly meeting, or fighter practice, your presence enriches the game for everyone around you. Together we create the storyline for this game we play, and your part is *epic*. Thank you for sharing your creativity, your time, and your ideas with us!

In Glorious Service to the Dream,

Baron Ramvoldus Kröll and Baroness Kungund Benehonig

Ramvoldus Kröll

Baron

Kungund Benehonig

Baroness

Upcoming Events

Dun Or Anniversary - April 2nd

Pentathlon (Wintermist) - April 9th-10th

Artisans and Scientists in the Kingdom of Caid are invited to take part in this year's Arts and Sciences Fair and Pentathlon. The competition will be held at Buttonwillow Union School, 42600 Hwy 58, Buttonwillow, CA 93206

Al-Sahid Anniversary – April 16th

Starkhafn Anniversary – April 23rd

Nordewache Anniversary & Investiture – April 29th-May 1st

Lyndemere Art and Archery – April 30th

Darach Anniversary – May 7th

Summergeate Anniversary – May 7th

Altavia Anniversary – May 14th

Wintermist Anniversary – May 21st

Potrero War (Calafia) – May 26th-May30th

Gyldenholt Anniversary – June 4th

Collegium – June 11th-12th

St. Corrigan's "Day" (Dreiburgen) – June 18th-19th

Lyndemere Anniversary – June 25th

A W A R D S

Several awards were presented at recent events. Let the following members of the populace be recognized for their outstanding achievements:

Coronation/12th Night:

Sarah Ballin Award of Arms
Mary Dedwydd verch Gwallter Augmentation of Arms

Queens's Champion Ranged:

Pagnaus Grimlove..... Queen's Champion
Asta of Ashwood..... Queen's Champion

Festival of the Rose:

Apel von Mulln Lux Caidis (Costuming)
Rekon of Saaremaa.....Furison of Caid
Ramvoldus Kroll..... Argent Arrow
Sancha Castellanos Award of Arms

Meetings & Practices



BastelTag! - In Person

When: 1:00PM - 5:00PM—1st Sunday of the month

Where: 3025 Appaloosa St. Norco, CA. 92860 BastelTag translates from modern German to “Tinkering Day”. An Open Event with plenty of space both indoors and outside to craft together, work on Baronial Group projects, Get help on your personal projects, and More! Please join the facebook group for more information on monthly activities.

<https://www.facebook.com/events/2893062134340817/2893112907669073/>

Brewing Guild - In Person

When: 7:30PM—9:30PM—3rd Monday of the month

Where: At the home of Yngvildr in Írská and Jarmarr Randviðsson This event is for anyone interested in brewing, fermenting foods, or becoming a judge. Sample different brewed and fermented foods, or try some homebrews. Every month is different. Please join the facebook group for more information on monthly activities.

<https://www.facebook.com/groups/169670283212489>

Culinary Guild - In Person

When: 7:30PM—9:30PM—1st Thursday of the month

Where: Monthly Zoom Meetings hosted by Geral de Riera with In person activities scheduled throughout the year. Explore and discuss period foods, recipes, and techniques. And come make plans to cook together at War and Select Day Events

<https://www.facebook.com/groups/1102487329838674>



Bardic Circle (Hybrid—Online and In person)

When: 7:30pm-9:00pm—4th Thursday of the month; Meeting will be virtual February, June, and October via Zoom.

Hosted by Mistress Mary Dedwydd verch Gwallter

This meeting is for anyone interested in Period style song, music, and storytelling. Come just to listen, or come to perform in a relaxed and casual setting.

<https://www.facebook.com/events/652780089320442/652780815987036>

Dreiburgen Armory

When: 1:00pm-9:00pm—1st Monday of the month

Where: At the home of Lord Ivar Krigsvin

Hosted by Lord Ivar Krigsvin

The Baronial Armory is open for anyone who needs help designing, building, or fixing armor for SCA combat.

<https://www.facebook.com/groups/11945555427339>

Riverside Fighter Practice

When: Every Wednesday Night beginning at 7:30 p.m.

Where: Andulka Park, 5201 Chicago Ave. Riverside, CA 92501

We are located beside the Parking Lot at the Northern edge of the Baseball fields.

<https://www.facebook.com/events/518294319373634/518294402706959/>

Archery and Thrown Weapons Practice

Where: Please contact Ramvoldus Kröll or Aldgytha of Ashwood for location.

When: Sundays from 10am-12pm

Hosted by Kenari Aldgytha of Ashwood

Practices may not be held during Major SCA Events, Wars, or Archery Tournaments.

Please join the Facebook group for the most current information and scheduling.

<https://www.facebook.com/groups/499722391518663>



Old Norse Dolphins

By Hallr brjost Starsson

I cannot track down an Old Norse word which means dolphin. The Icelandic word is höfrungur, and Icelandic is a direct descendant of the Old Norse language. After further digging I found where the Viking Society for Northern Research has a publication saying that hafrhvalr from the Prose Edda means dolphin. If we break down the compound word hafrhvalr into hafr and hvalr we get the terms (he)goat and whale.

So, how is a goat-whale a dolphin? Poetically, the Norse loved their kennings (concise compound or figurative phrase replacing a common noun). A whale, that jumps around like a billy goat, sounds like a description of a dolphin leaping out of the water as it swims.

All that said, to present this stanza of Norse Poetry from Snorri Sturluson:

Hafrhvalr geirhvalr
ok hafgufa
hnísa hafstrambr
ok hnýðingar
reyðr reyðarkálfr
ok rauðkemingr
bunungr rostungr
blæjuhvalr

And my very “quick and dirty” translation:

Dolphin narwhal
and ocean-steam
porpoise sea-monster
and grabbing-beast
fin-whales red-calf
and red-comber
bottom-dweller walrus
humpback-whale

Another translation of this stanza I found had commas between each term. I don't disagree with that decision, because this truly seems to be just a list of sea animals.

<http://www.vsnrweb-publications.org.uk/Edda-2b.pdf>

Porpoising is the popular name for the high-speed surface piercing motion of dolphins and other species, in which long, ballistic jumps are alternated with sections of swimming close to the surface. - <https://academic.oup.com/icb/article/42/5/1071/659889>

<http://www.vsnrweb-publications.org.uk/Edda-2a.pdf>

Dreíburgen Poetry Challenge

There once was a dolphin of white,
Who leapt from the sea like a kite,
He jumped up so high,
He got stuck in the sky,
And became a star in the night.

By: Megan deBarri



A Rubáiyát inspired by Dolphins **By: Baroness Kungund Benehonig**

What disturbs calm seas, and, rising above,
Lifts the spirit, and gives progress a shove?
From what depths do they rise, and secrets know?
Their song is a marvel poets write of.

What mirth and merriment, creature aglow!
The gift of inspiration they bestow.
Joyful, yet careful, a force of wonder
Filled by their vibrance, together we grow.

Dolphins of Caid, over and over
Make waves, alight hearts, and cause quite a stir.
Ahead of great ships going new places,
For that far horizon, always eager.



Poetry Challenge (Continued)

Dolphins of Caid

A poem in ljóðaháttir meter
By Hallr brjost Starsson

Dancing dolphins
diving through waves
frolicking in the froth
Spirited sea-thing
soaring above waves
laughing with the longship crew

Determined dolphins
diving deep below the waves
finding fish to eat
Stalking sea-thing
searching the depths
lurking below the longship crew

Dedicated Dolphins
deserving of praise
filling offices and roles
Serving seen and unseen things
selflessly giving of self
laboring for the longship crew of Caid



The Dolphins of Caid

By Lynnette de Sandoval del Valle de los Unicornios

Cheers for the dolphins of Caid!!
Who we address so many needs!
They frolic and play,
And enjoy the day;
While helping with SO many deeds!

Poetry Challenge (continued):

The Dolphins

By Marianna Lightwood (Valerie Worley)

As I stand on the bow of the ship,
My eyes gazing over the far horizon,
I catch a sudden glimpse of a creature
After much pondering, I realize
There are many, elegant dolphins
Leaping and laughing as they glide
Through the salty waters of the sea
Their majestic bodies both sturdy and swift
Blue and green waves crash and splash
Around them as they play, swimming ever
Closer to the ship, curious to know
More about this vessel approaching them
Appearing playful but inside swift and deadly
The dolphins leap through the waters
They drive away other predators, ensuring
Alone, to be the rulers of the sea
With a snort and a cry, they laugh and give
One last jump, cutting through the water,
Almost waving good-bye before speedily
Swimming away, diving deep into the sea
Leaving the ocean to appear serene once more

Cooking Corner:

Spiced Bread

by Geral de Riera

This recipe is based on a recipe found in *For Maids Who Brew & Bake: Rare & Excellent Recipes from 17th Century Newfoundland* by Sheilah Roberts, which was redacted from the following recipe from Lord Patrick Ruthven's *The Ladies Cabinet Opened: Wherein Is Found Hidden Severall Experiments in Preserving and Conserving, Physicke, and Surgery, Cookery and Huswifery*, first published in 1639:

To make spiced bread.

Take two pound of Manchet Paste, sweet Butter halfe a pound, Currants halfe a pound, Sugar a quarter, and a little Mace (if you will put in any) and make it in a loafe, and bake it in an Oven no hotter then for Manchet.

I further modified Roberts' recipe to include some additional spiced mentioned in *Maison Rustique, or the Countrie Farme*, which was first written in French by Charles Estienne and Jean Liébault in 1564:

[Spiced bread] is made of the flower of meale, and it is usuall to put to the paste thereof sugar, cinnamom, pepper or ginger, and sometimes annise seedes, and it serueth to eate in the time of abstinence as Lent and such other. At Reyns they use to make spiced bread with honie and a little quantity of pepper or cinnamom. The bakers of the Court make their bread with milke.

The recipe is thus as follows:

Ingredients

- 1–1½ cups of warm water
- 2¼ teaspoons of yeast
- 1 teaspoon of sugar
- 4 cups of all-purpose flour
- 1 cup of currants
- 1 teaspoon of mace
- 1 teaspoon of cinnamon
- 1 teaspoon of ginger
- ½ teaspoon of anise seeds
- ½ teaspoon of salt
- ¼ cup of butter, melted
- 1 egg

Directions

- Combine warm water with sugar and yeast in a small bowl.
- Combine dry ingredients and currants in a bowl.
- Combine the flour mixture with the yeast mixture, melted butter, and egg.
- Knead and let rise for one hour.
- Punch down and shape into two round loaves.
- Let rise for another hour before baking at 350° for 30–40 minutes.

Brewing Corner:

How to Make Fermented Fruit

By Lynnette de Sandoval del Valle de los Unicornios

Until recently in history, preserving the harvest was an important task. One method was preserving fresh fruit in alcohol to provide lovely off season treats. This method of fruit preservation has many names: Fermented fruit, Rumtopf (translates to Rum Pot), Tutti Frutti, Fruit Compote, and more.

There were several methods of accomplishing the preservation in period, my favorite was to use a large crock and layer fresh fruit with sweeteners as each fruit came into season. The pot was either kept until the Christmas holidays where it made a festive addition to the holiday celebrations. Or the pot was kept for a year and its consumption was spread out over the next year, as you're putting down the next large crock full of fresh fruit.

The recipe I share here is based on the Friendship Fruit my mom had on the kitchen counter in the 1970s. It was kept in a loose lidded jar and used for a topping on ice cream, pudding, cakes, and just plain eaten as is. The friendship fruit was also used in Friendship Fruit Cake, recipes for which can be found all over the internet.

As you use the fruit and syrup, you feed the jar by adding more sugar and/or fruit as needed. The reason for the name Friendship Fruit is that you can easily remove a couple of cups of your fruit, put it into another loose lidded jar, and share it with a friend to feed up and use as desired.

BASIC RECIPES

I have used 3 methods of making fermented fruit and have decided to name them accordingly:

Rumtopf: Add equal amounts of fresh fruit and sugar in a loose lidded jar and add enough rum, wine, or brandy to cover the fruit. Stir often until sugar dissolves.

Fermented Fruit (canned fruit): Add equal amounts of drained, canned fruit and sugar in a loose lidded jar. Add one package of baking yeast and stir until sugar dissolves.

Fermented Fruit (fresh fruit): Start the syrup first: Mix 1 cup sugar, 2 cups water, and 1 package baking yeast in a loose lidded jar; stir often until sugar dissolves. When foam appears on top of the liquid, fermentation has started; let the mixture ferment for three or four days and then add equal amounts of fresh fruit and sugar.

FERMENTATION

Yeast changes sugar into alcohol and, in the process, produces carbon dioxide gas. The gas bubbles to the top of the liquid and escapes into the air.

The Fermented Fruit recipes will have the most active fermentation. Bubbles on top of your fermenting fruit mean the yeast is alive and active.

How to Make Fermented Fruit (continued)

FERMENTATION (continued)

Rumtopfs are started with alcohol and will show little or no fermentation. Small bubbles trapped under the fruit and a few on top mean that fermentation is taking place. Introduction of yeast into a Rumtopf will cause more active fermentation.

Yeast does not like extreme heat or cold. Heat will kill the yeast and cold will cause it to go dormant. This means ... store in a cool place — if the room temperature is OK for you, it's OK for the fruit.

CARE AND FEEDING

The lid of the jar should be loose enough to allow the gas to escape but firmly seated to keep insects out.

When starting, do not fill the jar over 3/4 full; the fermentation will cause the volume to expand -- all over your counter if the jar is too full!

Let the basic recipe mellow for a week and then adjust the amounts as your taste dictates. Add flavorings if desired.

Keep at room temperature, away from heat. If you think the yeast has died, add a cup or two of sugar and stir often until dissolved. If bubbles do not appear in two to three days add another package of yeast.

Store in refrigerator, if you wish, during heat spells or when you will not be using it for a while. BUT fermentation will not take place while in the fridge, so do not keep it there permanently. When you remove it from the fridge, watch it for a few days to see if the yeast becomes active again; if not, treat as above for dead yeast.

Add more fruit as needed. When you run low on syrup or the alcohol tastes too harsh, add more sugar. If the Rumtopf (third recipe) tastes flat or stale, add 1/2 teaspoon yeast per gallon of mixture. Add new spices and flavorings as desired.

Always leave at least 1 1/2 cups of mixture in the jar.

FRUITS

Berries: Any can be used, although blackberries have an overabundance of seeds and fresh strawberries and raspberries tend to bleach out. I've heard from someone who uses thawed, frozen strawberries, she says they hold their color and their shape well!

Cherries: Should be pitted for easier eating.

Peaches, apricots, plums: Should be peeled and sliced. They are easier to peel if you dip them in boiling water for one or two minutes and then dip them in cold water.

Grapes: Should be pierced with a needle or cut in half to allow the syrup to soak in. Seedless or not is your choice.

Apples: Will turn brown. Perhaps dipping the peeled, cut fruit in boiling water for one or two minutes will prevent this.

How to Make Fermented Fruit (continued)

FRUITS (Continued)

Bananas: Seem impractical, but I have not tried them ☹️ they might work!

Citrus: I have not used these, but it seems you would want to keep the sections whole in their membranes, or, at most, cut in half, to prevent their disintegrating. Make sure you remove the white pith.

Pears: Peel and slice them.

Pineapple: Peel, remove eyes, chop.

Dried fruit: One recipe I have suggests using dried fruit in moderation and says to use 1/2 cup sugar for each cup of raisins used.

Experiment with different fruits. If you are unsure how well a fruit will work, put some of your mixture in another jar and add the new fruit to that. If you don't like the result, you can throw that away and still have your "mother" batch.

With all fruit: Use firm, ripe fruit, free from bruises and bad spots. Remove any blemishes.

SUGGESTED FLAVORINGS

Cinnamon sticks, fresh mint, vanilla beans, whole allspice, whole cloves, orange peel, almond extract ... what do you like?

Don't use powdered spices, they stick to the sides of your jar and look bad.

Test any liquid flavorings in a small jar of fruit before you use them in your full jar. I had some orange flavoring that just tasted nasty when added to the fruit.

READY TO SERVE?

Your fruit is ready to serve after two to three weeks, although the longer you let it sit, the better it will be.

As the fruit ages, it will shrivel, darken, and become infused with the syrup. This is the best type of fruit — if you can wait! The fruit will keep for a year or more if you don't add more to it. If you are constantly removing and replacing fruit, it will last indefinitely. (My mother kept hers going for several years.)

SERVING SUGGESTIONS

Serve over ice cream, angel food or pound cake, meringue shells, pudding, custard, etc.

JUST FOR FUN:

Kingdom of Caid

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| C | L | L | E | A | S | G | T | N | R | S | D | A | N |
| A | N | E | A | D | T | E | T | D | A | T | E | H | O |
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Western Seas

Wintermist

Dreiburgen

Gyldenholt

Lyondemere

Nordewache

Starkhafn

Carreg Wen

Naevehjem

Altavia

Isles

Calafia

Al-Sahid

Angels

Dun Or

Darach

Caid



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Chronicler's Notes

Unto the Populace of Dreiburgen;

If you have any ideas or if there is something you would like to see published in the Dreiburgen News, feel free to contact me at chronicler.officer@dreiburgen.sca-caid.org. All types of submission are welcome. Photos, drawings, stories, poems, and even recipes.

Yours in Service;

Tracy the Gray

Chronicler, Barony of Dreiburgen



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Pg. 2: Vertical border; detail of a page from *Horaes*, Paris (Pigouchet for Vostre) 1496/97 . Courtesy of godecooking.com.

Pg. 7: Vector image of medieval swordsman: <https://publicdomainvectors.org/en/free-clipart/Medieval-warrior-with-sword/41979.html>