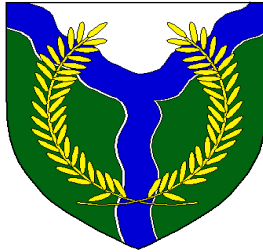


# THE BARONIAL BARGE



Barony of Three Rivers: September, 2015



*Edited and published by  
Fiondel Songspinner*



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## UPCOMING, IN OUR BARONY!

### EVENTS:

**SEPTEMBER 26-27TH, BARDIC BEDLAM, PUDDLEFORD.  
WARRENTON, MO**

See full description, on page 4.

**OCTOBER 24-25TH, WAR OF THE RIVER BARONIES, GREY NICHE STRIKES BACK!  
LAKE, AR**

Many fun and fabulous activities to be enjoyed at this event, being held at a Roman fort! Please see accompanying photos of The Castrum, page 11.

### OFFICER'S MEETING

Scheduled for the 1st and 3rd Mondays, 9/7 and 9/21, at Joseph and Slaine's home.

### CLASSES:

September 10, HG Anton has offered to teach a class in drumming. This is an excellent opportunity for anyone who has ever wanted to try drumming to learn how to get started. Class immediately following meeting.

September 27th, at Bardic Bedlam. Special opportunity! Lord Franz will be setting up a forge, and helping anyone who wants to learn the basics of blacksmithing. Everything from making tent stakes and "S"-hooks to armor repair will be available!

### SITE DINNER:

Thursday, September 3rd. This is the special "Fighter Site Dinner." Immediately following the business meeting on Thursday the 3rd.

### ARCHERY PRACTICE

Dammo's house, Tuesday nights at 6:30 pm.

### BARONY MEETING/FIGHTER PRACTICE

Fighter practice typically begins around 6:30 (during warm weather, fighter practice is held outside). The business meeting begins at some time between 7:00 and 7:15, and fighter practice continues after the meeting. Classes are typically held after the meeting. Olivette Community Center, 9723 Grandview Drive; 63132.

## ***From the Coronet***

Good people of the Barony of Three Rivers,

As the summer winds to a close and the fall begins, a number of events coming up beckon to those who would gain glory in many different areas:

On August 29, the Vikings attacked Al Andalus in the Siege of Seville in the Shire of Standing Stones. Armored and unarmored fighters, archers, and equestrians will contend during the day, as well as kitchen crews of the Orders of the Calon Lily and Silver Hammer.

On the weekend of September 5, the 36th Tournament of Valor will be held in the Barony of Vativia. Armored and unarmored fighters as well as archers will compete in great tournaments during the day, while bards will compete in the evening.

On the weekend of September 12, the King's Company of Archers event will be held at the site of Lilies War. Anyone interested in archery will have a great time at this event.

On September 19th, the Queen's Prize Tournament will be held in the Shire of Shadowdale. This is a great event for all artisans. Entrants can be sponsored by a member of the order of the Calon Lily, Silver Hammer, or Laurel. All who participate get a prize; Her Royal Majesty also awards a prize or prizes for those entries of her choice.

On September 26th, Bardic Bedlam will be held here in the Barony of Three Rivers, at Puddleford. In addition to a number of classes during the day, there will be a competition for the best story verse, or song about the wars Three Rivers has had with Grey Niche. In addition, the Baronial Equestrian Champion will be found on what Sir Sato has described as the "World's largest and most difficult SCA Equestrian Challenge course of all time!"

Late in October, there is yet another chance for glory as we contend with the Barony of Grey Niche in The War of the River Baronies! Fighters and archers, to arms! Let us march south to the Castrum to defend these Calon lands from those whose claims we deny!

Remember that while much is going on within the Barony, events all over is where the SCA really is. Go out to strive for glory at events near and far. Bring along those who might not be able to make it there on their own. The tales will be told of those who make the journey.

In service,

Josef and Slaine

Baron and Baroness of Three Rivers



## Singing and Story-telling and Bardic Fires

At the end of this month, Three Rivers will be hosting “Bardic Bedlam.” This is an annual, Kingdom event, that goes from group to group. (See further information on Page 4).

Group singing is a long-established and integral of the Calontir “Kingdom Identity.” We are known for singing to and from the battlefields at “foreign wars.” Learning the songs, however, can be a bit daunting, for the new person, when surrounded by people who all “know all the songs.” In addition to that, what if you **want** to jump right in and try performing at one of our Bardic Fires?

Here are a couple of helpful places to get you started.

The **first** place to look, is here: <http://www.calonsong.org/songbook.html>

This is Mistress Katriana’s Songbook. A **large** percentage of the songs you will hear, sung around the fire, are listed here. This songbook provides lyrics, and (for most of the songs) a “midi” file of the tune for that song. There are also a number of recordings of our songs under the “Calon Sound Project.” Many of these recordings feature the original authors/composers of the songs. It can be found here:

[calonsound.gladiusgractus.com](http://calonsound.gladiusgractus.com) Another place to look, would be under “SCA songs” on Youtube. A quick glance showed several playlists, one of which had 60 songs. Some of these folk songs in common usage, some “filk” songs, and some authentic, period songs. If you do look on Youtube, make sure and check out Shava Sue’s channel, which has a lot of recorded performances.

## Officer’s Meeting Highlights

### **8/3/15: Meeting Cancelled**

### **8/21/15: Items Discussed**

Bid presented for Winter Court: Kedivor, Event Steward; Lucia, Feast Steward

Theme for the event is “Walk through time: A look at 40 years of the Barony”

Bid approved.

Discussion of potential site for Chieftains, Overland Community Center.

Huge gym space, multi-purpose room, (2) classrooms, activity room.

Also has showers. No functional kitchen. Ovens available, but no burners.

Cost to use site (all rooms) \$1,200. We *\*cannot\** charge any admission.

Donations would be accepted in lieu of site fee. Bids for Chieftains due 10/19

Interviews held for Chatelaine. Two applicants, Johanna and Lucia.

Johanna will be Chatelaine and Lucia will be Quest coordinator.

# ***We Learn From Each Other***

## **Brewing Vinegar in Medieval Times**

Lady Emeline de Moulineaux

### **BACKGROUND**

Vinegar is one of the most ubiquitous ingredients throughout history. The origins of its discovery have been lost in time, but it is likely that the creation of vinegar coincided with the creation of alcoholic beverages. One of the earliest examples of vinegar use is the Sumerians who used it to preserve food around 5000 BC ([www.vinegartips.com](http://www.vinegartips.com)). Hippocrates around 400 BC prescribed apple cider vinegar mixed with honey to relieve coughs and colds to his patients (<http://www.enzyme-facts.com/vinegar-history.html>). References to vinegar are in the Bible. ""At mealtime Boaz said to her, "Come here, that you may eat of the bread and dip your piece of bread in the vinegar." "" (Ruth 2:14, New American Standard version) Recipes from ancient Rome include vinegar as an ingredient. In fact, the first written evidence of vinegar comes from *Apicius*, originally titled *de re Coquinaria*, which is a collection of Roman recipes from 4th-5th century (*Around the Roman Table* by Patrick Faas). Japan codified regulations for the preservation of food using vinegar in 702 AD (*The Food Chronology* by James Trager). The first written evidence of balsamic vinegar occurred in 1046 when Duke Boniface of Canossa gave Emperor Henry III of Italy a barrel as a coronation gift (*The Food Chronology* by James Trager). In Orleans, the first vinegar makers' guild was formed in 1394 (*Visual Food Encyclopedia* by Francois Fortin and Serge D'Amico).

Because vinegar is such a common ingredient, both during ancient and medieval times, I had a difficult time finding a primary source in period on how to brew vinegar. It appears the medieval world assumed everyone knew how to make vinegar! Of course, I was able to find many recipes from all over the known world on how to use the vinegar once it has been brewed. During my research, I found a period test to determine the quality of vinegar. Bartolomeo Platina, an Italian writer in the 1400's, described good vinegar as being able to break rock that fire hasn't broken down in his book *De honesta voluptate et valetudine* ([www.wikipedia.com](http://www.wikipedia.com)). Aldobrandino da Siena's test is to drop a little on the ground and the vinegar is good if it "boils and froths" (*The Art of Cookery* by Terence Scully).

### **WHAT IS VINEGAR?**

Vinegar is the end result of a bacteria eating alcohol and converting it to acetic acid. The type of alcohol used determines the kind of vinegar created.

### **MATERIALS**

Alcoholic beverage of any kind  
Vinegar mother  
Large glass container (could also be pottery or water-tight wooden container)  
Water  
Cheesecloth & Rubber band

### **PROCESS**

Vinegar making is very easy. Pour the alcohol into your container. Add the vinegar mother. Pour in a cup or two of water to dilute the alcohol. Cover the opening with cheesecloth and secure with a rubber band. Wait for 1-6 months. Warmth and oxygen are needed.

### **RESOURCES**

<http://www.wikihow.com/Make-Your-Own-Vinegar>  
<http://recipes.howstuffworks.com/how-vinegar-works2.htm>  
<http://medievalcookery.blogspot.com/2011/08/alan-coxon-and-alear.html>  
<http://survivallife.com/2013/01/24/mothers-milk-how-to-make-your-own-vinegar>  
the website *Stefan's Florilgium*



(We Learn from Each Other, con't)

#### VINEGAR MOTHER

Vinegar mother is what makes the magic happen. One can buy vinegar mother off the internet (use Amazon or Google). Any commercial vinegar that still has the mother in it will work as well (Bragg's Apple Cider Vinegar is what I use). For my latest attempt at vinegar brewing, I wanted to try to catch my own vinegar mother. There are several methods for this. I found a more active process that appealed to me more. Following the directions on a website called *Survival Life*, I caught my own vinegar mother. First, I had to attract and catch flies which transport acetic acid bacteria by creating a trap made from a 2L bottle, banana peel, honey water, and a splash of apple cider vinegar. This trap was hung outside for 2 weeks in a spot protected from rain and weather.



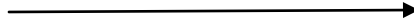
Then, I opened the bottle and removed and cleaned the mother.



*OUR BARONIAL HISTORY*  
*"WHOSE DEVICE IS THAT?"*

Whenever we hold an event, a large number of banners "come out to play." Many of them are from the earliest members of the Barony (and we'll get to those, in a future article!). But, for this month, we're featuring the ones that are specific to the Barony, itself, or to the gentles who first wore the coronet of Three Rivers.

First, obviously, the Barony, itself:



This one can only be used by the current coronet, or on things that belong to the Barony. Populace of the Barony may use this device, provided they remove the Laurel Wreath.



← The Hippocryph, as shown here, is a registered Three Rivers "populace badge." This device can be used or worn by any member of the Populace of Three Rivers. The design comes from a "mingling" of the devices of the two people who first held the Coronet, Arwyn Antaradi and Stephen Ironhand. And those devices are....



← Stephen Ironhand, Founding Baron

Arywn Antaradi, Founding Baroness →



In our next issue, we will look at the heraldry of all the other luminaries who have worn the Coronet of Three Rivers.



## *PHOTOS FROM "THE CASTRUM"*

On Saturday, August 1st, a number of the people from Three Rivers took a trip to look at the Roman fort where the "War of the River Baronies" will be held on October 23-25. Here, are some of the pictures that were taken during that visit.

The Longhouse, in the Celtic Village section of the site.



The kitchen "service bar", from whence will come loads of deliciousness!

Some of our folks, sizing up the fortifications!



And, of course, the Lion Fountain.



## BARDIC BEDLAM

September 25-27

*The Village of Puddleford*

18683 Highway CC, Warrenton, MO 63383

Site Fee: \$10/adult member, \$5 children 5 to 17

(Children under 5 are free). \$5/non-member surcharge

<http://www.puddleford.com/BardicBedlam/>

Challenges and classes begin at 9:30 am Saturday.

The Barony of Three Rivers is pleased to host this event for bards and interested others. There will be challenges and classes designed for all, from the person just becoming interested to those with more advanced bardic skills.

The Dueling Kitchens of Wayne and Malice will have food available for \$5 each meal for Friday evening arrivals, and breakfast lunch and dinner on Saturday. The Baronial Equestrian Championship will be organized by Sir Sato. Melees will be marshalled by Amba Allrasystir in prep for upcoming Gray Niche War.

This is a camping event at a wet, primitive site. Water, potties and hot showers are available. Ground cook fires are permitted (please replace sod.)

### Challenges to prepare for include:

**Baroness Slaine ni Chiarain - These Are Fighting Words.** In preparation for the upcoming "War of the River Baronies"

**HL Hanne Abendschein - First Time SCA Performance:** Find and perform a piece (spoken or sung) that takes less than 5 minutes to present. Generally, this is not something you've written and there is no documentation required. NOT a competition, you win for participating!

**HL Hanne Abendschein - Exciting Extant Interpretations:** Read/perform a period piece of poetry or prose. May be read or memorized. English translated and/or original language. Spoken or sung. 5 minutes or less.

**Master Dolan Madoc - Songs That Need Singin' or Tales That Need Tellin':** Platform for songwriters or poets to get their work in public.

**Mistress Dorcas Whitecap - Worth Their Salt!:** To be "worth one's salt" is to be worthy of one's pay. Perform a piece in praise of another: their deeds, virtues or other quality, in whatever form pleases you. Salt references encouraged.

**Lord Franz Gottskrieger - Bardic Version of Whose Line:** On the card is "Known World's worst step", "props", "scenes from a helm", "Irish drinking song"

**HL Fiondel Songspinner: Period Marching Song:** Find and perform a period song, suitable for marching!

### Directions to Site from Hwy I-70:

Take your best route to Hwy I-70 & Warrenton MO. Exit #193 (Hwy 47). Go South on Hwy 47 to Hwy CC (about 7.5 miles). Turn Left/East onto Hwy CC. Go East about 2 miles to 18683 Hwy CC, Warrenton, Missouri 63383. On the left, you will see a green barn with a white roof.

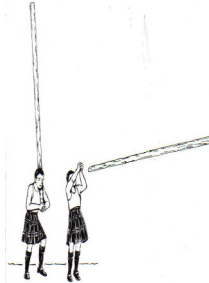
**Event Steward:** Hanne Abendschein <johnoffd@yahoo.com>

## “WHAT’S NEW, IN WHAT’S OLD?”

OR

### WHERE DO I GO TO LEARN MORE ABOUT MY FAVORITE TIME PERIOD?

This month, we feature two special events that are not “specifically medieval”. Both, however, have what might be called “crossover appeal.” The first is the Scottish Games and Cultural Festival.



This year, the St. Louis Games will host the 2015 Masters World Championship. The festival will include *“more than 150 highland athletes from around the world, bagpipes, Celtic rock and folk music, food, drink, crafts, goods, highland dancing, kids activities, sheepdog trials, sword fighting, birds of prey and much more.”*

For more information, see the website at:  
[stlouis-scottishgames.com](http://stlouis-scottishgames.com)

The games will be located at Spirit Airpark West Drive, in Chesterfield. Tickets range from a \$10/one-day Friday adult pass, to a \$50/family, all weekend pass.

#### Kirkwood Greentree Festival

The second “it’s not really medieval” event is the Greentree Festival. Go for the “Folklife” section, where you will find dedicated people, wearing the clothing and demonstrating the crafts of early America. You will also find wrought iron, hand-turned wood items, baskets, hand-spun wool, and all kinds of other goodies! (Including the best home made ice cream ever!) **Free Admission!**

Kirkwood Park, Geyer Rd & Adams Ave

Friday, 9/18: 5:00-10:00 pm

Saturday, 9/19: 9:00 am-7:00 pm

Saturday, 9/20: 10:00 am-5:00 pm

#### Road Trip!

Viking Exhibit, Chicago Field Museum

Through October 4th

The museum is hosting an exhibit of over 500 artifacts (some never seen outside of Scandinavia!) including jewelry, carvings, descriptions of longhouses and personal items. Cost for the day, for just the Viking exhibit is \$25.  
[www.fieldmuseum.org](http://www.fieldmuseum.org)

The Viking Club, Lenape Indian organizations, and the Scandinavian organizations in St. Louis, are hosting a joint symposium at the Missouri History Museum. These diverse groups will discuss the merging of the Norse and Native American cultures for several hundred years. Aspects under consideration will be archeological and linguistic interpretations of Viking/Norse/Native American rune stones and history sticks; Inuit and Viking contacts; navigation and sun sighting, and the Christian influences of the Norse Vikings on Native American cultures from 1,000 to 1,500.

Missouri History Museum

5700 Lindell Blvd in Forest Park, 63122

Saturday, September 26, 10:00 AM

Sunday, September 27, 2015 at 4:00 PM

#### Violent Religion in China’s Golden Age

(1,000 CE-1,400CE)

##### Free Lecture!

Given by Dr. Geoffrey Goble, Post-doctoral teaching Fellow in East Asian Religions at Washington Univ. This lecture is open to the public. For more information, contact the Religious Studies program at [religiousstudies@wustl.edu](mailto:religiousstudies@wustl.edu) or (314) 935-8677.



**Cover Art:** *Battle of Meloria*, (1241), in an image taken from the 14th century *Nuova Cronica* of Giovanni Villani.



**Caption this!**

Last Month's "Caption This" winner:



I honestly could not decide:

From Ld. Ozurr: "Quit dragon your feet, we're gonna miss the parade!"

From Master Harald of Bearshaven:

"Yeah, sure, your pipe gets caught in your sleeve, and your drum makes your back hurt. I still say you've got the easier part!"

Who's going to win next month!?

This is the Baronial Barge for the month of September, a publication of the Barony of Three Rivers of the Society for Creative Anachronism, Inc. (SCA, Inc.). *The Barge* is available from Fiondel Songspinner at [chronicler@threeriver.org](mailto:chronicler@threeriver.org) or [michelle.m.heitman@gmail.com](mailto:michelle.m.heitman@gmail.com), or Michelle M. Heitman, 11417 Manchester Rd; St. Louis, MO 63122. *The Barge* is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies.

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**"Bard" (pg 10),** Pubic Domain PNG image, from wpclipart.com

**Our Baronial History:** Three Rivers, Arwyn Antaradi, and Stephen Ironhand devices are those on the Baronial tablecloth, as made and photographed by Fiondel Songspinner, used with permission. Hippogryph drawn by Fiondel Songspinner, used with permission.