

The Mountain Mayhem

THE SOCIETY FOR CREATIVE ANACRONISM • THE KINGDOM OF ATLANTIA • THE BARONY OF HIDDEN MOUNTAIN

Volume XL • Issue 5 • AS LVIII



“They sat long at the table with their wooden drinking bows filled with mead” *The Hobbit*

Then Art of Making Mead

By Aleyln Brus



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From Their Excellencies

Baroness Isabella Arabella Daughter



Baron Hrothgar Ravensson

Photo by Eva Bogart

Greetings unto Hidden Mountain! We have heard many good tidings from across the lands! Our King and Queen will soon come to ending their travels and rest in their home castle. We have recovered from the Pennsic War, having traveled many moons and returned to our home lands with beautiful fabrics and precious artifacts. We are looking forward to seeing everyone at Silver Chalice and sharing stories of our crusades. This will be our royals last southern event. As always, we seek recommendations for those good gentiles who do great works throughout our Barony. Please let us know of such deeds.

Yours in service,

Baron Hrothgar Baroness Isabella

Upcoming Events Near Us

September 2023

09-01 - 09-04	Sacred Stone Baronial Birthday	Boonville NC (Sacred Stone) (Q K P)
09-09 - 09-09	Duke Uni. SCA Demo	Durham NC (Windmasters' Hill)
9/10 SUNDAY	Baronial Business Meeting 6 pm Zoom – Link on HM FB Page	Hidden Mountain
09/14-09/14	Scribal group email for more info	Moorhaven, Myrtle Beach, SC
09-16 - 09-17	Fall University	Durham NC (Kapellenberg) (P)
09-23 - 09-23	Silver Chalice	Harleyville SC (Hidden Mountain) (Q K P)
09/28-09/28	Scribal group email for more info	Moorhaven, Myrtle Beach, SC

October 2023

10/12- 10/12	Scribal group email for more info	Moorhaven, Myrtle Beach, SC
10-17 - 10-22	War of the Wings	Boonville NC (Atlantia) (Q K)
10-28 - 10-28	A&S Workshop: Music and Dance	Spartanburg, SC (Nottinghamhill Coill
	Baronial Business Meeting 6 pm Zoom – Link on	Hidden Mountain

Check with the [Baronial calendar](#) and the [Kingdom calendar](#) to see what has been added since the newsletter was published.

Meet the Artist



Aleyn Brus, Clayton Walker, started playing with the SCA about three years ago as a heavy fighter thanks to Volkhart von Landshut's encouragement. He is now a Man-at-Arms for Bevan. Besides making mead for many events, he serves as the Canton of Moorhaven's Exchequer.

Alynn started making mead two years ago, and it has become a passion with him. He recently expanded his brewing skills to include ciders, which presents new challenges as well as new rewards for his work.

He uses locally sourced ingredients, those he finds around the Barony of Hidden Mountain. Although some ingredients have been difficult to find, the results are well worth the hunt.

Aleyn's mead has been seen at Hidden Mountains Baronial Birthday, War of the Wings and Silver Chalice last year, winning the Novice Tournament at Silver Chalice. He is currently making mead for this year's Silver Chalice and War of the Wings Competitions. If there is any available you can get a taste at the Stomping Grounds Elephant Camp. Aleyn's documentation of his mead making follows



Photo's by Aleyn Brus

Blackberry Metheglin Mead

Blackberry Metheglin Mead (Mountain Mead)

Aleyn Brus / Clayton Walker

Barony of Hidden Mountain, Canton of Moorhaven

Introduction —

Throughout history and around the world, human societies at every level of complexity discovered how to make fermented beverages from sugar sources available in their local habitats. This nearly universal phenomenon of fermented beverage production is explained by ethanol's combined analgesic, disinfectant, and profound mind-altering effects. Moreover, fermentation helps to preserve and enhance the nutritional value of foods and beverages. Because of their perceived pharmacological, nutritional, and sensory benefits, fermented beverages thus have played key roles in the development of human culture and technology, contributing to the advance and intensification of agriculture, horticulture, and food-processing techniques. ¹

Mead is an alcoholic drink made by fermenting honey and water with yeast becoming a staple of Celtic, Anglo-Saxon, Medieval and Renaissance Britain.³ For this mead, I have chosen to use the recipe found in the “Tractatus de magnete et operationibus eius folio 20r” ^(figure 1). Which reads as such (translated):

For to make mead. Take 1 gallon of fine honey and to that 4 gallons of water and heat that water til it be as lenth [?]. Then dissolve the honey in the water, then set them over the fire and let them boil and ever scum it as long as any filth rises thereon. Then take it down off the fire and let it cool in another vessel til it be as cold as milk when it comes from the cow. Then take lees from the finest ale or else yeast and cast it into the water and honey and stir all well together, but first look before putting your yeast in that the water with the honey be put in a clean tub and then put in your yeast or else the lees for that is best and stir well together. Lay straw or else cloths about the vessel and above if the weather is cold and so let it stand 3 days and 3 nights if the weather is cold. And if it is hot weather, 1 day and 1 night is enough at the full. But ever after 1 hour or 2 at the most assay thereof and if you will have it sweet take it the sooner from the lees and if you will have it sharp let it stand the longer therewith. Then draw it from the lees as clear as you may into another vessel clean and let it stand 1 night or 2 and then draw it into another clean vessel and serve it forth. ²

Blackberry Metheglin Mead, cont.

Translated into our English, as translated by Rhys Terafan Greydragon:

For to make mead. Take 1 gallon of fine honey and to that 4 gallons of water and heat that water til it be as lenth [?]. Then dissolve the honey in the water, then set them over the fire and let them boil and ever scum it as long as any filth rises thereon. Then take it down off the fire and let it cool in another vessel til it be as cold as milk when it comes from the cow. Then take lees from the finest ale or else yeast and cast it into the water and honey and stir all well together, but first look before putting your yeast in that the water with the honey be put in a clean tub and then put in your yeast or else the lees for that is best and stir well together. Lay straw or else cloths about the vessel and above if the weather is cold and so let it stand 3 days and 3 nights if the weather is cold. And if it is hot weather, 1 day and 1 night is enough at the full. But ever after 1 hour or 2 at the most assay thereof and if you will have it sweet take it the sooner from the lees and if you will have it sharp let it stand the longer therewith. Then draw it from the lees as clear as you may into another vessel clean and let it stand 1 night or 2 and then draw it into another clean vessel and serve it forth.

Thanks to Rhys Greydragon, we now have a recipe as follows:

1. Add 4 parts water to a pot and boil
2. Add 1 part honey to dissolve, stir and boil.
3. Take the mixture off the heat and let cool in a different clean container till its the temperature of fresh milk (or 95 degrees F).
4. Add yeast to the mixture.
5. Then,
 - a. If it is cold, cover the container and let it sit for 3 full days.
 - b. If it is hot then let it sit for 1 day.
6. Draw the liquid from the sediment and into a new container.

This, I have use as my base for modification to better enhance it for the purpose of assisting in the relief of certain ailments using roots. Though, having to make additional modifications for equipment, ingredients available, and overall adding to the mead.

Blackberry Metheglin Mead, cont.

Ingredients

1. Spring Water
2. 1.5 handfuls of blackberries
3. 1 cup of blackberry puree
4. 1 handful of New Jersey Tea Root
5. 1/2 handful of Arrowleaf ginger
6. 1 lemon
7. ½ tsp Vanilla Extract
8. 3.3 lbs of Honey
9. 1 packet of Lalvin D47 Yeast

Equipment

- 2 gallon glass jugs
- Pot
- A large stirring spoon
- Funnel
- Siphon
- Bung and Airlock
- Screw-on cap
- Thermometer

New Jersey Tea root is commonly used as an additive to teas to help with blood circulation, while arrowleaf ginger aids in digestive issues like nausea.^{4,5} Lemon, vanilla, and raisins are more modern additives for making the most out of the wine.

All the main ingredients (Honey, Ginger, New Jersey Tea root, and blackberries) were all locally sourced from the Carolinas.

At the end, you are left with a mead of around 14%.

Process —

1. Thoroughly Clean All Equipment
2. Prepare and measure your ingredients Figures 2-6
 - a. Slice your lemon
 - b. Peel and cut up your ginger.
 - c. Measure out your red root and raisins.
 - d. Add your blackberries to a mortar and pestle to squish

Blackberry Metheglin Mead, cont.

3. Using your 1-gallon jug to measure your spring water to just at the point where the jug begins to move in at the top.
4. Add the water to your pot to boil.
5. Add your Red root and your ginger to make the tea.
6. Add your honey to the tea and let it dissolve. ^{Figure 7}
7. Take your mixture off the heat and add to your 1-gallon jug using the funnel as needed. Do not add too far above that point where the jug begins to move in.
8. Let the mixture cool. Using your thermometer to make sure its at least 95 degrees or less.
9. Follow the directions on the packet of D47 Yeast. Then, add to your container.
10. Squeeze out your lemon into the container.
11. Add all other ingredients. ^{Figure 8}
12. Add your bung to the top of the jug, close it off and start shaking it to add air to the mixture. This will give the yeast air that it needs to grow.
13. Add your airlock to the bung.
14. Let the jug sit for 5 days or until the bubbles in the airlock slow down.
15. Take out the bung and screw on your cap. Then, put your jug in the fridge for one day to help the yeast die and settle. This is known as Cold Crashing. ^{Figure 9}
16. Get your siphon and another clean 1-gallon jug. Siphoning your mead from the sediment at the bottom. ^{Figure 10}
17. Here you can either serve as is or store in a fridge to cool then serve

Conclusion —

As my first try at a metheglin, I think keeping to a theme of Locally Sourced was a good attempt. I would want to change the red root to something akin to like the ginger so as not to be trying to do too much and focus on one ailment. Also, finding a good honey that matched the blackberries in taste would also have helped subtly.

Blackberry Metheglin Mead, cont.

I would also have used a different yeast like Lalvin K1-V1116 to keep some of the fruity notes of the blackberries. It would also lower the alcohol volume of the mead to be at more like 11% versus the 14% which is more bearable for those that do not drink much.

Lastly, I would have enjoyed keeping to a more period accurate representation of this recipe but since I did not have a batch of ale being made or a container that allows for separating of the mead and sediment modern techniques were required.

Bibliography

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Blackberry Metheglin Mead, cont.

Figure 1:

91
20

¶ For to make mede. Tak .j. galon of fyne hony and to
pat .v. galons of water and hete it wth til it be as
lengthe same dissolve ye hony in ye water thame set be
on ye fier & let hem boyle and en stowe it as longe as
any fute the wyseth y^e on. And yame tak it dou of ye fier
and let it kole in op^r vessel til it be as cold as well
whan it cometh from ye boyle than tak fyne drestis
of ye fynest ale or elt berme and kast in to ye chate
& ye hony and stere al wel togedre but first loke er
y^e put y^e berme in th^{at} ye chate chate ye hony be put
in a fyne stoude & yame put in y^e berme or elt y^e
drestis for y^e is best & stow chate togedre and ley strath
or elt clothis a bolde ye vessel a loun gif ye chate
be cold and so let it stoude .j. dayes & .j. nyghts gif
ye chate be cold And gif it be hote chate .i. day and
.i. nyght is a nocht at ye fulle but en aft^r .i. houre or
.2. at ye moste a sayp of and gif y^e chate hane it sebere
til it ye some from ye drestis & gif y^e chate hane it sharp
let it stand ye longer y^e chate. Thame dralb it from
ye drestis as cler as y^e may in to an op^r vessel clene & let
it stoude .i. nyght or .2. yame dralb it in to an
op^r clene vessel & serue it forth. And gif y^e chate
make mede eglyn. tak sauge. yspre. rosmaryn. sore
moyne. sm. esinge. betayme. Centorys. huanichert
is tonge. Tyne. marubna. albu. herbeys. of ache of
an handful gif y^e make .12. galons and gif y^e make .12.
tak ye less of herbis and to .v. galons of y^e water & .j. galon of
drestis.

Blackberry Metheglin Mead, cont.

Figure 2



Figure 3



Figure 4

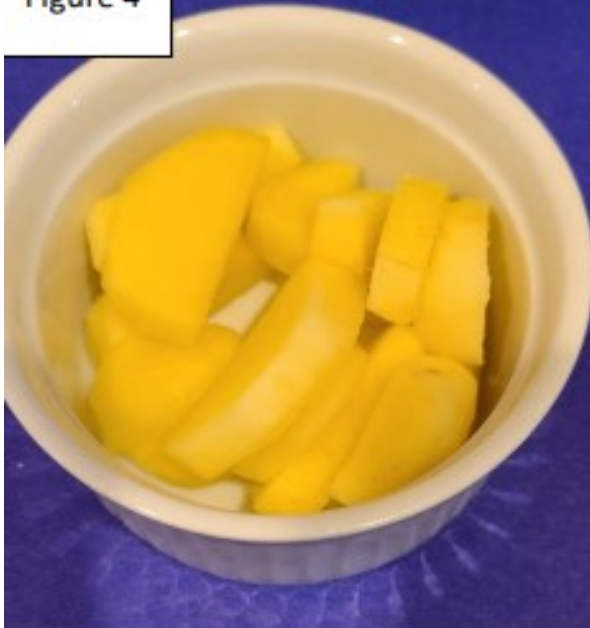


Figure 5



Blackberry Metheglin Mead, cont.

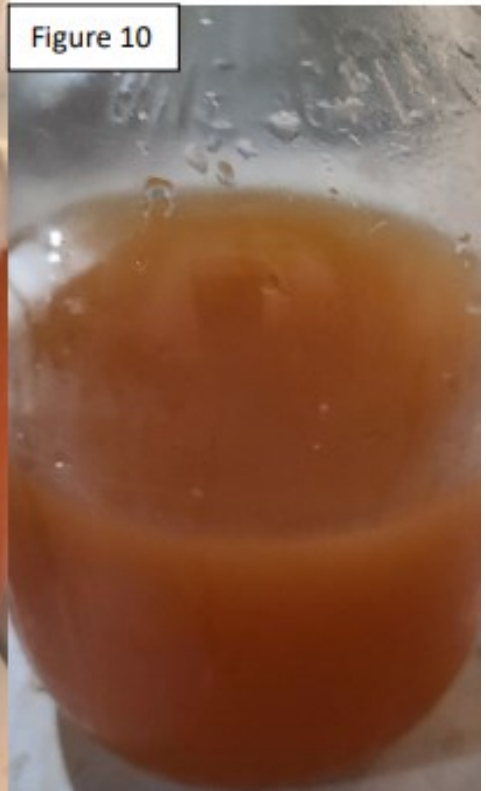
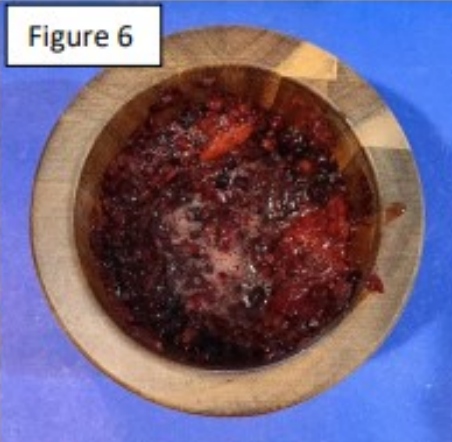


Figure 8

Figure 9

Figure 10

Figure 6

Figure 7

Pennsic Pics



From the Chronicler

Greetings and good cheer to all!

It was a somewhat slow month due to Pennsic hogging the spotlight!Spoken as someone who could not go this year... None the less some things did happen here in the Barony. Canton's held their A&S meetings and business meeting occurred.

YIS

[Umm Samin](#)



The winner of the July Cross Word was Kristina Dannelley

There was no winner for August

Information on Submissions



**THE MAYHEM
WANTS YOU**

I want to thank Ian Bell, Volkhart Von Landshut Catherine of the Doves, Thamira HaSopheret and Leslie Pippin for contributing to this issue.

**Submission deadline is
the 25th of the month.**

Please remember that all submissions for publication in the Mayhem must be accompanied by one of the three appropriate release forms.

These forms **MUST be signed**, an electronic signature is OK. Here is one (of many sites) where you can add electronic signatures: <https://www.adobe.com/sign.html>

- The Grant of Use Form is used by an author or artist for articles, poems, stories, songs, etc. or for original artwork (not clip art). Note that no form is needed for correspondence from officers or auto-crats, for event notices, or for captions:
<http://chronicler.atlantia.sca.org/ReleaseCreativeFillable.pdf>
- The Photographic Release Form is used for photographic materials:
<https://www.sca.org/photo-video-release-form/>
- The Model Release Form must be signed by any identifiable individual who appears in a submitted photograph or piece of artwork:
<http://chronicler.atlantia.sca.org/ReleaseModelFillable.pdf>

Submit material for the Mayhem by **emailing** to the Chronicler at:

chronicler@hiddenmountain.atlantia.sca.org

Dear Beda Venerabilis

Beda venerabilis



From Nuremberg Chronicle, 1493

Dear Beda, I need some documentation help. I have pictures of something I want to make, How do I know it is an actual item from period and not just some artists rendering? How do I find out where the item is from, and the timeframe? How do I find this out without spending months of time that could have been spent actually making it?

You can start by doing a search of the image. There are several ways to do this. Google lets you search for an image, as well as various apps. I like "Reversee". Often you will get many choices to select from. Many will be dead ends, but keep checking. Some maybe in a foreign language, so you may have to translate them. There are many sites on Internet to help you translate. Once you have some

information, it will usually lead you to more information. There is no "easy or fast" way to do this, it takes a bit of time and work.

Dear Beda, I read that medieval peasants worked fewer days each year than the average American today. Is that really true?

The average peasant worked, worked extremely hard, plowing and harvest were done without modern machines etc. BUT, the average peasant had 8 weeks off a year, up to almost half a year of free time. The Church, in an effort to keep the peasants from rebelling set frequent, mandatory holidays. According to economist, Juliet Shor, in 14th century England a peasant might work only 150 day of the year. <https://www.reuters.com/article/us-column-great-debate-idUKBRE97SOKU20130829>

HOWEVER- That is not the entire picture. These minimal days of work were in reference to work performed for the Lord, in return for living there and having some land to work for himself. In addition to his "regular work" he also had household chores, spinning and weaving, cooking over an open fire (gathering fire wood). He also had to work his own garden/farm land for his household's food. If he had animals, they had to be tended everyday. So to answer your question, in my opinion, those peasants and modern people probably work about the same amount of time. <https://www.adamsmith.org/blog/regulation-industry/medieval-peasants-really-did-not-work->

Hidden Mountain Baronial Meeting

Report by Umm Samin

Seneschal: There were no formal notes taken due to the remote location of this zoom meeting.

Exchequer: As of this date, the checking account holds \$9,650.08.

The check for reserving Camp Sandy Ridge for Baronial Birthday has been cashed by the Girl Scouts.

The movement of the Baronial Account to First Citizens is on hold until all have recovered from Pennsic. Meanwhile the addition of the Kingdom Exchequer as a signatory on our Wells Fargo account is proceeding.

An inventory was conducted of the contents of the Florence Storage Locker, prior to its being moved to the new Storage Locker in Myrtle Beach. A report of the inventory will happen at some point (really). Via email.

I am attempting to fill in the points that I recall from this meeting.

The upcoming events, Silver Chalice and War of the Wings were discussed.

The sheet wall that was started a few years ago was discussed. A committee of three, Baron Hrothgar, Siegfried and Lady Qulan Chaghan was appointed by the Seneschal to make decision and get the project going again.

The next meeting will be Sunday, 9/10 via Zoom

Submitted by Umm Samin

Regular Meetings



Barony of Hidden Mountain – In person meetings will be added soon, for the date and venue, contact the seneschal seneschal@hiddenmountain.atlantia.sca.org



Misty Marsh by the Sea - for the date and venue contact the seneschal seneschal@tearsseashore.atlantia.sca.org



Moorhaven—for the date and venue, contact the seneschal caeletnox@yahoo.com

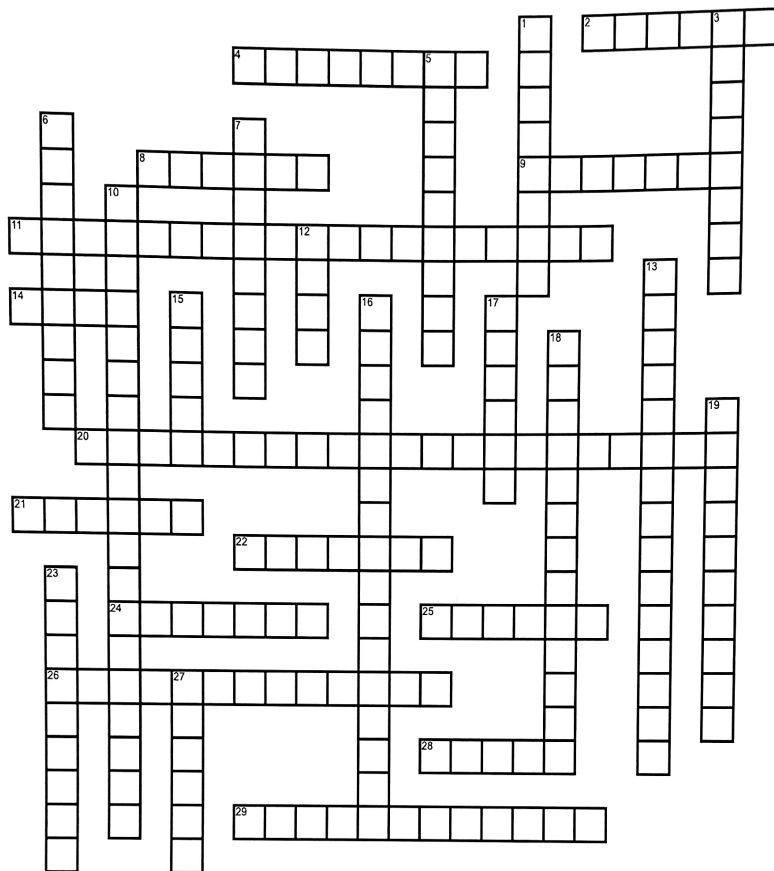


Tear-Sea's Shore - Typically at 6 PM on the 3rd Sunday of the month. Contact the seneschal for confirmation and details seneschal@tearsseashore.atlantia.sca.org
Tuesday Night Bardics will now be held on **Mondays effective 4/17/2023.**



Now and Then Crossword

Now and Then, Sept 2023 - Carry over from August



This can be completed and submitted online by using the link below

<https://mycrosswordmaker.com/1223151/Now-and-Then-August-2023>

or

You can take a screenshot and send it to me by email, instead of joining the website.

chronicler@hiddenmountain.atlantia.sca.org

Across

- 2 What country had a dog for a king in 6th century?
- 4 Famous knight who battled dragons
- 8 A man's "underpants" were called
- 9 A thick stew of grains vegetables
- 11 Who named the SCA
- 14 The barrier between two opposing jousters
- 20 Who was the first Pelican of Atlantia
- 21 A sandal with a raised sole for walking through mud
- 22 Waterbird with long bill
- 24 What Atlantian Duke was never a Count
- 25 Bed enclosed in a cupboard
- 26 Invented by Gutenberg
- 28 What was used to make a ferrule for a medieval paintbrush
- 29 Several volcanic eruptions 1257 through the end of the century caused the

Down

- 1 Weapon used to throw rocks
- 3 Persian doctor and mathematician who developed the idea of germ theory, in his "Canon of Medicine" a thousand years ago.
- 5 Defense for a mam's derriere
- 6 The Italian word for knight
- 7 When looking at a shield with a star on the right side, the star is said to be
- 10 Earliest written account of King Author
- 12 In a village, a court to hold a trial for a criminal was called a
- 13 First "Fairy God Mother of Atlantia" in April 2020
- 15 Period during which a sovereign rules
- 16 Harry Potter's Divination Stairwell was filmed where
- 17 What ancient culture used oils for cleansing skin?
- 18 Where can this quote be found? "In war we test our honor, courage and strength. Let no man strike in anger. Let no man lie in pain."
- 19 What gets it's own zip code in July and August?
- 23 A decorative pattern used in art on shields and other places
- 27 Small towers on castle corners

Important Notices

HIDDEN MOUNTAIN BARONIAL TRIM FOR

\$2.50 A YARD



To order, contact Baronial Exchequer Geoffrey d'Ayr of Montalban at Rob Himmelsbach, 199 Cabrill Drive, Charleston, SC 29414
Make all checks out to "SCA Inc, Barony of Hidden Mountain"

Help Wanted

The barony is in need of an officer

Rapier Marshal


To learn about requirements of these offices or to apply, contact the Seneschal at seneschal@hiddenmountain.atlantia.sca.org

Baron

Baroness

Hrothgar Ravensson







Isabella Arabella Daughter

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	Vice Chancellor of Youth	. Vacant	

Baronial Regum

Misty Marsh at the Sea Regum



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	Chatelaine	Vacant	

Moorthawen Regum



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	Exchequer	Aleyn Brus	walkerclaytona@gmail.com
	Knight Marshal	Baron Hrothgar Ravensson	Baron@hiddenmountain.atlantia.sca.org
	Minister of Arts and Sciences	Aleyn Brus	walkerclaytona@gmail.com
	Chatelaine	Vacant	

Moorhaven Business Report

By Katherine of the Doves

Greetings unto the populus,

We are still searching for an indoor location to hold our business meetings so we can be out of bad weather. Hopefully we will find the right place soon.

The Sheet wall project is in full swing here in Moorhaven. Many members have agreed to take panels home and start working on them over the next few weeks.

Our scribal group is active with meetings on alternate Thursday, thanks to Lady Umm Samine. Those who attend have given positive feedback.

We had two Pennsic Pity parties/A & S meetings in August were very productive, and a lot of fun.

We have \$\$ in our coffers.

Moorhaven is scheduled to do a demo for two weekends at the Medieval and Mythical Fest. If you are interested in participating, contact Lord Alyn Brus.

We are also working to get the fourth BAWT on the schedule.



Photo by Umm Samin



Photo by Carey Sperling



Photo by Umm Samin

Tear-Sea's Shore Regum



Crusader's Ships circa 1100

	Seneschal.	Seiffrid Wolfhart	sene- schal@tearseashore.atlantia.sca. org
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	Exchequer	Aodh Marland called Adendra	excheq- uer@tearseashore.atlantia.sca.or g
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	Web Minister	Jorunn nic Lochlainn	
	Minister of the list	William Costello	mol@tearseashore.atlantia.sca.or g
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STATEMENT OF OWNERSHIP

This is Volume 40, Issue 5, June AS LVIII (2023) of The Mountain Mayhem, a publication of the Barony of Hidden Mountain in the Kingdom of Atlantia, a branch of the Society for Creative Anachronism, Inc. (SCA, Inc.). This newsletter is not a corporate publication of the SCA, Inc. nor does it delineate SCA policies. Copyright 2023 Society for Creative Anachronism, Inc.

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Paper copies of The Mountain Mayhem are normally available only to members of the Society for Creative Anachronism. Memberships are available online in the members services of the Society website at sca.org.

For information on reprinting letters, articles, or artwork from this publication, please contact the Chronicler, who will assist you with contacting the original creator of the piece.

A copy of the newsletter can be sent to your in-box by providing your email address to the chronicler. It will not be shared.

Learn more about Atlantia: The Kingdom newsletter, The Acorn, can be found here [Society for Creative Anachronism \(neoncrm.com\)](http://Society for Creative Anachronism (neoncrm.com))

Please respect the legal rights of our contributors.



Photo by Mistress Tegan

A few Useful Links

Society for [Creative Anachronism](#)

Society Website: <http://www.sca.org/>

Society Newcomer Resources: <http://welcome.sca.org/>

Kingdom of Atlantia: Website: <http://atlantia.sca.org/>

Calendar: <http://atlantia.sca.org/events/atlantia-calendar-events>

Newcomer's Page: <http://chatelain.atlantia.sca.org/>

Kingdom Regnum: <http://atlantia.sca.org/ofces/ofcers/regnum>

Order of Precedence: <http://op.atlantia.sca.org>

Atlantian History: <http://history.atlantia.sca.org/>

Barony of Hidden Mountain Website: <http://hiddenmountain.atlantia.sca.org/>

Facebook: <https://www.facebook.com/groups/HiddenMountainSCA>

Canton of Tear-Sea's Shore

Website: <http://tearseashore.atlantia.sca.org/>

Facebook: <https://www.facebook.com/groups/tearsseashore>

Canton of Misty Marsh by the Sea

Website: <http://mistymarsh.atlantia.sca.org/>

Facebook: <https://www.facebook.com/groups/MistyMarsh/>

Canton of Moorhaven

Website: <http://moorhaven.atlantia.sca.org/>

Facebook: <https://www.facebook.com/groups/moorhaven>