

Il Tempo

Newsletter of the Barony of Ponte Alto—Volume 16, Issue 5 April 2007

Barony of Ponte Alto, Chroniclers 2nd Edition* Lady Wulfwyn Ælfwines dothor



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From the Chronicler

Spring has arrived, and with it all the wonderful events in May. I'll be among those making my way to the Shire of Isenfir for Crown Tournament to choose the new Heirs to the Atlantian thrones. I hope to see a grand and glorious turnout of the populace of Atlantia and our own glorious Barony to support the fighter and consort of your choice. Don't forget the Seneschal 101 and 102 classes being offered for those who are interested and Chatelaine 101 and 102; 101 is required to become a warranted Chatelaine.

Also, let's not forget Sapphire Joust at the end of the month. Sapphire is always a great event and this year promises to be full of fighting, Arts and Science displays, classes to attend, as well as try out a few of those interests that you may have. And of course, there's always great shopping with the merchants. So bring out your tents and pavilions, set up with you friends and enjoy the weekend.

As always, we're looking for articles, news, photos and anything that might be of interest to the gentles of the Barony. All you have to do is send them to my attention for inclusion in future issues of the Il Tempo. And if your document is long, that's no problem. We can publish it in parts. Just send those articles in! We want to spotlight your work.

In Service to the Kingdom and Barony,

Lady Wulfwyn Aelfwines dohtor
Chronicler, Barony of Ponte Alto

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Baronial Meeting Minutes

Business meeting minutes

April 22, 2007. **Starting time 6:00.**

Seneschal

Still accepting candidates for Baronage. Anyone interested needs to speak with Katharine.

Still looking for a deputy Seneschal. Tirloch still in position, but would like to have someone for the future.

Exchequer

Currently, there is \$10,132.78 in the Barony account. The quarter ended with a total of \$11,441.72. Net \$1,308.94.

Storage unit rent increased from \$72 to \$84.

The Kingdom requests \$60 for Webserver space, and she will be sending the check this coming week.

We have a new Chamberlain; Sian.

The grapevines from the storage unit did not make it back from Coronation.

Financial Policy reviewed; would like Autocrat to submit budget 6 months prior to event. Policy will be discussed/voted on at a later date.

Clerk of Law – 1C Policy needs to change to match Kingdom law changes.

Heavy Marshall

Waivers were sent the prior week. Sunday practice is still going well; there was a small turnout for that day's practice.

Archery Marshall

No report available

Rapier Marshall

The current practice was a little slow today. Nothing further to add.

Arts & Science

We were asked to provide approximately 2 minutes of Elizabethan. Mistress Anne and Lady Celia may have members perform at the demo on May 19th.

Chatelaine

The monthly newcomers meeting had two new attendees who showed great interest. There was a very good demo at Georgetown University. Lord James and Sir Thomas drew quite a crowd during their fighting demos. Lots of interest, but as the school year is ending, there probably won't be too many people attending soon, but may come when school resumes in the fall. We learned the demo made the University paper, and we are hoping to get a copy.

Two demos are set for June, further information will be provided as soon as available.

Herald

Heraldry report being submitted during the upcoming week. Nothing further to add.

MOL

Nothing to report.

Chronicler

The April issue of the Il Tempo came out in the new format, getting good reviews for new articles and design. Please send articles, news, etc., to the Chronicler.

Web Minister

James is in the process of updating the Barony Website. Officers, please check your information to make sure everything is correct. If there are any changes, please contact James ASAP.

Baron and Baroness

At Night on the Town, Geoffrey received the Coral Branch.

At Coronation, Denise became our newest Pelican. There were many awards given to Pontoons.

Belphoebe will be teaching at the Costumers Symposium.

Both B&B will be at Crown Tournament, will have a day shade for the Barony.

Will also be going to Sapphire Joust, June University, Highland River Melees, Pennsic, King's Assessments.

Always looking for recommendation to forward to TRM for Kingdom awards as well as for Baronial awards.

Geoffry was selected as a rapier guard for Her Majesty Arielle.

Warlord

There will be a War Practice May 6th in Storvik as well as Combat Archery practice.

Upcoming Events

Deadline for Sapphire Joust pre-registration is May 10th or camping with the Barony may not be possible.

Celia will check on date/place for next business meeting as it falls on the weekend of Sapphire Joust. She will advise when confirmed.

We are registered as Barony of Ponte Alto for Pennsic. Anyone wanting to camp with the Barony needs to pre-reg first with Pennsic, then contact the land agent.

Possible new name for Chalice of the Sun God this year is Athena's Challenge. Katherine will be sending in the \$100 reservation fee for the site. The exact camp site is yet to be determined, but the site will definitely be reserved.

November event this year will be held in conjunction with Dun Carraig and will be strictly a performer's event with no fighting.

Tournament of Love and Beauty is in the works, but there is nothing to report at this time.

Delphina has agreed to be the autocrat for Bloodbath next year.

Old Business

We will be receiving a quote for the making of the Barony Award medallions; we will be charge for materials only. There are so many scrolls backlogged for Barony awards, it was decided that medallions would be better.

Still looking into the idea of an Autocrat's Handbook.

New Business

None

Announcements

Tournoi des enfants in Sudentorre on May 12th

Sapphire Joust in Caer Mear on May 25-28

No further business. Meeting ended 6:37. 15 attendees.

Monthly Calendar

May 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mary 1 7 pm Scriptorium	2	3 6 pm Rapier Practice 6 pm Heavy Weapons Practice	4 *Spring Crown Tourney	5 *Spring Crown Tourney	6 *Spring Crown Tourney Noon Outdoor Heavy Weapons Practice SCA/Markland War Challenge
7 7:30 pm Alle Psallite	8	9 7 pm Weaving Night	10 6 pm Rapier Practice 6 pm Heavy Weapons Practice	11 4:30 pm Archery Practice	12	13 Noon Outdoor Heavy Weapons Practice
14 7:30 pm Alle Psallite Asian Night	15	16	17 6 pm Rapier Practice 6 pm Heavy Weapons Practice	18 4:30 pm Archery Practice	19 Sir Gunthar's NC War Practice	20 Noon Outdoor Heavy Weapons Practice
21 7:30 pm Alle Psallite	22	23 7 pm Armor Night	24 6 pm Rapier Practice 6 pm Heavy Weapons Practice	25 *Sapphire Joust 4:30 pm Archery Practice Stierbach/Ponte Alto Bardic 7:30 pm	26 *Sapphire Joust	27 *Sapphire Joust Noon Outdoor Heavy Weapons Practice Northern Regional War Practice
28 7:30 pm Alle Psallite	29	30	31 6 pm Rapier Practice 6 pm Heavy Weapons Practice			

* = Baronial Progress

Events

Baronial Progress for, May

Date	Event
May 4-6	Spring Crown Tourney
May 25-28	Sapphire Joust

May 2007 Calendar of Scheduled Events

Date	Event	Group	Location
4-6	Spring Crown (R)	Isenfir	Swope, VA
11-13	Below the Salt	Baelfire Dunn	Lenoir, NC
11-13	Feast of Saint Hermengild	Falcon Cree	Marietta, SC
12	Tournoi des enfants	Sudentorre	Stafford, VA
12	Return of the Merchants of Venice/Bright Hills 21 st Birthday	Bright Hills	Manchester, MD
18-20	Beyond Chivalry, Baronial Birthday of Hidden Mountain (R)	Hidden Mountain	Fairfax, SC
25-28	Sapphire Joust VII (R)	Caer Mear	Amelia, VA

Weekly Activities

Weaving night will resume in March on the Second Wednesday of the month at the home of Lord Jürgen van der Vols (Joorkin Volz) (jcfrench AT mac.com), whom you should contact for more information and directions.

Armoring night will resume in March on the Fourth Wednesday of the month at the home of Lord Jürgen van der Vols (Joorkin Volz) (jcfrench AT mac.com), whom you should contact for more information and directions.

SUNDAY	
Ponte Alto Baronial Business Meeting	Fourth Sunday of the month at 6 pm at St. Paul's Lutheran Church, Idylwood Road, Falls Church. Baronial Business Meeting (Fourth Sunday of each month, except December) The meeting is at St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church. Take your best route to I-66. Get off at the exit for Route 7 West (Tysons Corner). Turn left at the first light after the interchange onto Idylwood Rd. The church is up the hill on the right about 1/4 mile.
Outdoor Heavy Weapons Practice	Weather permitting, Noon - Dark, outdoors at Tysons-Pimmit Park, behind Tysons-Pimmit Library, Falls Church. Please contact the Baronial Knight Marshal for information. Sunday Fight Practice Directions. Practice is behind the Tysons-Pimmit Regional Library 7584 Leesburg Pike, Falls Church. Take your best route to I-495. Get off at the exit for Route 7 East (Falls Church). The library is on the left about 1 mile. Park in the library lot and go down the hill to the park.
MONDAY	
Alle Psallite (Vocal Music)	Every Monday, 7:30-9 pm in Herndon. Contact Mistress Anne of Carthew (anne AT ravenstreet.org) For more information or directions. Music files can be found at http://www.ravenstreet.org/Anne/alle_psallite/alle_psallite.htm and on the Yahoo Group AllePsallite.
Asian Night (Exploration of all things Asian)	Second Monday of every month, starts at 6:30 in Centreville. Contact Lady Áine Sindradóttir (ellen.m.davis AT att.net, (703) 815-0310 (H)) or Lord li Saburou Katsumori (logan AT modzer0.cs.uaf.edu) for information or directions.
TUESDAY	
Ponte Alto Scriptorium	Meets the first Tuesday of the month at 7 pm. Contact Lady Brigid O'Hara (mill3rs AT yahoo.com, (703) 620-4945 (H)) for information and directions.
WEDNESDAY	
Weaving Night	Second Wednesdays of every month from 7-9 pm, at the home of Lord Jürgen van der Vols (Joorkin Volz) (jcfrench AT mac.com). Contact Lord Jürgen van der Vols for information and directions.
Armoring Night	Fourth Wednesdays of every month from 7-9 pm, at the home of Lord Jürgen van der Vols (Joorkin Volz) (jcfrench AT mac.com). Contact Lord Jürgen van der Vols for information and directions.
THURSDAY	
Rapier Practice	Every Thursday at Shreveview Elementary school from 6 pm to 9 pm. Please use the rear entrance to the cafeteria. Please contact the Baronial Rapier Marshal for more information. Indoor Rapier Directions. This is a school location activity.
Heavy Weapons Practice	Lemon Road Elementary School on Idylwood Road, 6 pm - 9 pm. Practice is geared to developing beginning and intermediate fighters through intensive hands on training with experienced instructors, as well to providing ample opportunity for more advanced fighters to sparr with knight level combatants. All are welcome. Contact the Baronial Knight Marshal for more information. Indoor Heavy Directions. This is a school location activity.
FRIDAY	
Ponte Alto/Stierbach Archery Practice	Fridays from 4:30 pm until 8 pm, the indoor season archery practice site is Bull Run Regional Park's shooting center. Archery Practice Directions. Practices are jointly held with Stierbach. You may also contact the Baronial Archery Marshal for carpool or other information. Contact and practice time/location information for Stierbach practices can be found at the Stierbach Archery website: http://mysite.verizon.net/vze4ks38/archery/main.html .

Ponte Alto A&S Night	May meet on a Friday during the month, as posted at the top of this page. Contact Lady Perronelle la peintre (dwatsonirwin AT cox.net, (703) 455-0298 (H)) for information and directions.
Stierbach/Ponte Alto Bardic	Come and share your songs and stories! Meets the fourth Friday of the month at 7:30 pm. Contact Baroness Briana Maclukas (darbyjanieAT hotmail.com) for information.
MONTHLY	
SCA Newcomer Meetings	Newcomer Meetings occur once a month on a weeknight from 7-9 pm at the homes of various members of the Barony. Contact the Baronial Chatelaine for information, or check out the top of this page for the recently posted information.
Embroidery Night	Their Excellencies of Ponte Alto host a monthly embroidery night starting at 7:30 pm. Contact the Baron and Baroness for more information, or check out the top of this page for the recently posted information.

*** Note on school locations for activities:** There will be no activities at schools during school holidays or on other days when Fairfax County schools are closed or all nighttime school recreational activities are cancelled. Notification of cancellation or alternate site location will be posted on the web as soon as possible. You can visit the Fairfax County Public Schools Emergency Announcement page for school closure status: <http://fcps.edu/news/emerg.htm>

Special Thursday Night parking instructions at: We have received some complaints about lack of parking spaces from residents of the Peachtree of McClean apartment complex which adjoins our practice site. After some informal negotiations we have arrived at an agreement with the building management. We beseech those attending Thursday night practices to adhere to the following procedures from now on:

You may unload your gear from parking spaces adjoining our practice area. But then please move your car to another space either at least a block further away from Route 7 in the complex parking lot or in the library parking lot closer to Route 7. At the conclusion of practice you may once again move your car to a space adjoining the practice area in order to reload your gear before exiting the site. In this way we hope to be able to continue to use the parking facilities of the complex without inconveniencing the residents.

The Real Middle-Ages

Food in the Middle Ages (Part 9)

A little introduction...and more

Medieval Cuisine refers to the foods, eating habits, and cooking methods of various European cultures during the Middle Ages. During this period, diets and cooking changed across Europe, and these changes helped lay the foundations for modern European Cuisine.

Bread was the staple, followed by other foods made from cereals, such as porridge and pasta. Meat was more prestigious and more expensive than grain or vegetables. Common seasonings included verjuice, wine and vinegar. These, along with the widespread use of honey or sugar (among those who could afford it), gave many dishes a sweet-sour flavor. The most popular types of meat were pork and chicken, while beef, which required greater investment in land, was less common. Cod and herring were mainstays among the northern population, but a wide variety of other saltwater and freshwater fish were also eaten. Almonds, both sweet and bitter, were eaten whole as garnish, or more commonly ground up and used as a thickener in soups, stews, and sauces. Particularly popular was almond milk, which was a common substitute for animal milk during Lent and fasts.

Slow transportation and inefficient food preservation techniques prevented long-distance trade of many foods. For the most part, only the wealthy, especially the nobility, could afford imported ingredients such as spices, so their cuisine was more prone to foreign influence than the cuisine of poorer people. As each level of society imitated the one above it, innovations from international trade and foreign wars gradually disseminated through the upper middle class of medieval towns.

In a time when famine was commonplace and social hierarchies were often brutally enforced, food was an important marker of social status in a way that has no equivalent today in most industrialized nations. Aside from economic unavailability of luxuries such as spices, decrees outlawed consumption of certain foods among certain social classes, and sumptuary laws limited the conspicuous consumption among the nouveau riche who were not nobility. Social norms also dictated that the food of the working class be less refined, since it was believed there was a divine or natural resemblance between one's labor and one's food, so manual labor required coarser, cheaper food. Contemporary medicine similarly recommended expensive tonics and exotic spices for the maladies of the nobility, while relegating the more odorific, lower-ranked garlic to commoners.

Preparation

All types of cooking involved the direct use of fire. Stoves did not appear until the 18th century, and cooks had to know how to cook directly over an open fire. Ovens were used, but they were expensive to construct and only existed in fairly large households and bakeries. It was common for a community to have shared ownership of an oven to ensure that the bread baking essential to everyone was made communal rather than private. There were also portable ovens designed to be filled with food and then buried in hot coals, and even larger ones on wheels that were used to sell pies in the streets of medieval towns. But for most people, almost all cooking was done in simple stewpots, since this was the most efficient use of firewood and did not waste precious cooking juices, making potages and stews the most common dishes. Overall, most evidence suggests that medieval dishes had a fairly high fat content, or at least when fat could be afforded. This was considered less of a problem in a time of back-breaking toil and a greater acceptance of plumpness; only the poor or sick, and devout ascetics, were thin.

Fruit was readily combined with meat, fish and eggs. The recipe for Tart de brymlent, a fish pie from the recipe collection *Forme of Cury*, includes a mix of figs, raisins, apples, and pears with fish and pitted damson plums under the top crust. It was more



A medieval baker with his apprentice. The Bodleian Library, Oxford. Scanned from Maggie Black's "Den medeltida kokboken", Swedish translation of The Medieval Cookbook ISBN 91-7712-380-8.

important to make sure that the dish agreed with contemporary standards of medicine and dietetics. This meant that food had to be "tempered" according to its nature by an appropriate combination of preparation and mixing certain ingredients, condiments and spices. For example, fish was considered to be quite cold and moist, and best cooked in a way that heated and dried it, such as frying or oven baking, and seasoned with hot and dry spices; beef was dry and hot and should therefore be boiled; pork was hot and moist and should therefore always be roasted. In some recipe collections, alternative ingredients were assigned with more consideration to the humoral nature than similarity in taste. In a recipe for quince pie, cabbage is given as working equally well, and in another turnips are considered to be the equivalent of pears.

The Kitchen

In most households, cooking was done on an open hearth in the middle of the main living area, to make efficient use of the heat. This was the most common arrangement, even in wealthy households, for most of the Middle Ages, where the kitchen was combined with the dining hall. Towards the late middle ages, a separate kitchen area began to evolve. The first step was to move the fireplaces towards the walls of the main hall, and later to build a separate building or wing that contained a dedicated kitchen area, often separated from the main building by a covered arcade. This way, the smoke, odors and bustle of the kitchen could be kept out of sight of guests, and the fire risk lessened.

Many basic variations of cooking utensils available today, such as frying pans, pots, kettles and waffle irons, already existed, even if they were often too expensive for poorer households. Other tools more specific to cooking over an open fire were spits of various sizes, and material for skewering anything from delicate quails to whole oxen. There were also cranes with adjustable hooks so that pots and cauldrons could easily be swung away from the fire to keep them from burning or boiling over. Utensils were often held directly over the fire or placed into embers on tripods. To assist the cook there were also assorted knives, stirring spoons, ladles and graters. In wealthy households one of the most common tools was the mortar and sieve cloth, since many medieval recipes called for food to be finely chopped, mashed, strained and seasoned either before or after cooking. This was based on a belief among physicians that the finer the consistency of food, the more effectively the body would absorb the nourishment. It also gave skilled cooks the opportunity to elaborately shape the results. A typical procedure was to skin and dress an animal, grind up the meat and mix it with spices and other ingredients and return it into its own skin, or mold it into the shape of a completely different animal.

The kitchen staff of huge noble or royal courts occasionally numbered in the hundreds: bakers, waferers, saucier's, larders, butchers, carvers, page boys, milk maids, butlers and countless scullions. While an average peasant household often made do with firewood collected from the surrounding woodlands, the major kitchens of households had to cope with the logistics of daily providing at least two meals for several hundred people. Guidelines on how to prepare for a two-day banquet can be found in the 15th-century cookbook *Du fait de cuisine* ("On cookery") by Chiquart, master chef of Amadeus VII, Duke of Savoy. For a two-day banquet Chiquart recommends that the chief cook should have at hand at least 1,000 cartloads of "good, dry firewood" and a large barnful of coal.

Fasting

Apart from the regimen dictated by physicians, the medieval diet was heavily influenced by religious restrictions. Both the eastern and the western churches ordained that feast should be alternated with fast. In most of Europe, Wednesdays, Fridays, sometimes Saturdays and various other days on the calendar, including Lent and Advent, were fast days. Meat and animal products like milk, cheese, butter and eggs were not allowed, only fish. The fast was intended to mortify the body and invigorate the soul, to reinforce the medieval dogma that the flesh was inferior, and also to remind of Christ's sacrifice for humanity. The intention was not to portray certain foods as unclean, but rather that abstinence was a spiritual lesson in self-restraint. During particularly severe fast days, the number of daily meals was also reduced to one. Even if most people respected these restrictions and usually made penance when they violated them, there were also numerous ways of circumventing the problem, a conflict of ideals and practice eloquently summarized by scholar Bridget Ann Henisch:

"It is the nature of man to build the most complicated cage of rules and regulations in which to trap himself, and then, with equal ingenuity and zest, to bend his brain to the problem of wriggling triumphantly out again. Lent was a challenge; the game was to ferret out the loopholes."

While animal products were to be avoided during times of penance, pragmatic compromises often prevailed. The definition of "fish" was often extended to marine and semi-aquatic animals such as whales, barnacle geese, puffins and even beavers. The choice of ingredients may have been limited, but that did not mean that meals were smaller. Neither were there any restrictions against (moderate) drinking or eating sweets. Banquets held on fish days could be splendid, and they were popular occasions for serving illusion food that imitated meat, cheese and eggs in various ingenious ways; fish could be molded to look like venison and fake eggs could be made by stuffing empty egg shells with fish roe and almond milk and cooking it in coals. While Byzantine church

officials took a hard-line approach, and discouraged any culinary refinement for the clergy, their western counterparts were far more lenient. There are many accounts of members of monastic orders who flouted fasting restrictions through clever interpretations of the Bible. Since the sick were exempt from fasting, there often evolved the notion that fasting restrictions only applied to the main dining area, and many friars would simply eat their fast day meals in what would later evolve into the misericord rather than the refectory. Newly assigned Catholic monastery officials sought to amend the problem of fast evasion not merely with moral condemnation, but by making sure that well-prepared non-meat dishes were available on fast days.

There was also no lack of grumbling about the rigors of fast among the laity. During Lent, kings and schoolboys, commoners and nobility, all complained about being deprived of meat for the long, hard weeks of solemn contemplation of their sins. At Lent, owners of livestock were even warned to keep an eye out for hungry dogs frustrated by a "hard siege by Lent and fish bones".

Dietetics

Medieval scholars considered human digestion to be a process similar to cooking. The processing of food in the stomach was seen as a continuation of the preparation initiated by the cook. In order for the food to be properly "cooked" and for the nutrients to be properly absorbed, it was important that the stomach be filled in an appropriate manner. Easily digestible foods would be consumed first, followed by gradually heavier dishes. If this regimen was not respected it was believed that heavy foods would sink to the bottom of the stomach, thus blocking the digestion duct, so that food would digest very slowly and cause putrefaction of the body and draw bad humors into the stomach. It was also of vital importance that food of differing properties not be mixed.

Before a meal, the stomach would preferably be "opened" with an aperitif that was preferably of a hot and dry nature: confections made from sugar or honey-coated spices like ginger, caraway and seeds of anise, fennel or cumin, wine and sweetened fortified milk drinks. As the stomach had been opened, it should then be "closed" at the end of the meal with the help of a digestive, most commonly a dragee, which during the Middle Ages consisted of lumps of spiced sugar, or hypocras, a wine flavored with fragrant spices, along with aged cheese.

A meal would ideally begin with easily digestible fruit, such as apples. It would then be followed by vegetables such as lettuce, cabbage, purslane, herbs, moist fruits, light meats like chicken or goat kid with potages and broths. Later would be consumed heavy meats such as pork and beef, as well as vegetables and nuts like pears and chestnuts, both considered difficult to digest. It was popular (and recommended by medical expertise) to finish the meal with aged cheese and various digestives.

Next month in Part II: Meats, Vegetables, Drinks and Sweets—Oh My!

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Armoring and Warfare

Articles on the sport of fighting in the SCA. By Lady Marie-Thérèse Normand

Authorization

Yeay! This is a mystery to most beginners. It's like taking a test. You think you know the material, you've drilled in every way necessary and you're positive you have it all down, but once you hit the field, fill out the paper work, pay your \$5.00—or whatever your kingdom charges for the authorization card to be produced—and are standing on the field with the other fighter, and the marshals, the nervousness kicks in. You are not alone in this. For my first authorization (Sword and Shield) I nearly threw up on the way to the site, and I barely remember most of what went on except for my mentor saying, "Take a deep breath," and then a moment later, "let it out, for gods sakes!" or words to that effect.

Advice

To get around the authorization nerves do a couple of things before and at the event:

- Do Mock Authorizations at your local practice until you feel comfortable you understand what is involved in the authorization process. If you have questions or concerns address them at that time.
- Read the Rules of the List, and be confident in your understanding of them. I cannot stress this enough. Then ask yourself what you would want people to know if you were the Marshall. Putting yourself in the marshal's place takes some of the scary factor out of this event.
- Have a mentor near by so you can consult with them before the Authorization
- Warm up before you step onto the Authorization field
- Make sure your armor is comfortable and doesn't bind
- Work on developing 2 combinations that you know well enough that when pressed you don't have to think about them before throwing.
- Work on your defensive movements with your shield, and knowing when to cover up, step in, or just wait out the attack

With these suggestions you should do well on your authorization.

How the Authorization Process is Run

The authorization process is a full out fight between you and another fighter to evaluate your safety on the field and your reaction under situational stress. It begins with a round fought at the testing fighter's level of expertise where he or she calls the blows good and the position of the shot. An example of this would be: *Good leg! Good arm! Good head!* when hit in those positions. If the marshals like what they see there is a brief consult between them and the experienced fighter testing the person being authorized to ascertain that all agree on the decision to move the fight up to the next level. The next round is fought at the more experienced fighter's skill level. In both the first and second round of fighting the testing fighter is required to call their shots. If the shot is not good they are required to keep fighting, not call the shot until it is good and continue fighting. No light or tippy shots should be called, and there should be no pausing to think about it between hits. This is about the acknowledgement level and the speed in which you process it.

What are the Marshals looking for?

What the marshals are looking for is the ability of the fighter to be safe on the field. Not merely for herself, but for her opponent as well. If the marshals like what they see in the second round after another brief consultation, they move the potential fighter up to the next level of fighting, the tournament style round. This is where you fight as if in a tournament, going to your knees if legged and dying defensively when you are killed—or in rare cases when your opponent is killed—so that the Marshall can see you know how to die defensively when a press of fighters surrounds you. In the tournament round you don't need to call shots, you simply react to them, falling to the ground or losing use of that part of the body that is hit. At the end of this ordeal you will either be told you've passed or that you need more practice. If you pass you get the marshal signatures on a temporary fighters card and take it to the MOL's table where you should have filled out all the paperwork to fight your authorization bout and will now receive the temporary fighter card with both marshal's and MOL's signatures on them so that you may fight in the days tournament. At that point you are officially an Atlantian Fighter and may go out onto the field and fight.

Arts and Sciences

1st Century Leather Roman Pouch

By Lord James de Biblesworth (James Barker)

This drawstring pouch found at Bargercompascuum (a Roman site in modern day Netherlands) in the 1950s. It contained over three hundred denarii. The pouch size is about 22cm x 26 cm (8.7in x 10.2in). It is decorated with stamped work on the outside.

Would a Roman soldier use a pouch like this? There are all sorts of odd leather pouches from the Roman era that carried many different things in them. This pouch carried money, enough money to pay a company of soldiers for months. No soldier would carry that kind of money with him but a pouch of this size and shape could have many uses. Without a shoulder strap this pouch would have to be carried in another bag or packed up on a mule. Many accounts of Roman soldiers in the field describe the gear they carried and often it is written they had a leather bag over the shoulder with them on the march so a pouch like the Bargercompascuum could go into a larger bag. This is how I carry mine Bargercompascuum pouch while reenacting; I carry my grain rations wrapped in linen in the pouch.

My reconstruction is slightly off in shape; the sides curve in and create a bulb shaped at the bottom while the original is a round bottom and flairs outward going towards the top. I am missing two details in the stitching at the top; I did not add the loop of stitching around the first hole highlighted on the second plate from *Der römische Münzschatz von Bargercompascuum (Drenthe) II* on page four of this document. Also the original stamp work is two thin lines side by side, mine is one thick line. This work would have been done with a bone or wood stamp while the leather is slightly damp from a quick soaking; mine stamping was done this way but with a modern leather stamping tool instead of a hand made one.

The information about the pouch in *Der römische Münzschatz von Bargercompascuum (Drenthe) II* is that it was made of thin goat or sheep leather so I made my bag is made of 2oz vegetable tanned goat skin leather. The construction of the original is two main body pieces with a smaller third piece in the center making a divide at the bottom of the pouch. There is a strip of leather creating a reinforcement where the holes are on each body piece; the decorative stitching you see on the outside holds the reinforcements in place. A thin strip of leather is stitched to the outside edge of the body pieces and holds all three main parts together.

The original is stitched with a plant based thread, color and exact plant is unknown, I used a red linen (flax) thread to stitch my reconstruction. The original was stitched with a double running stitch (Figure 2 from Marc Carlson's show site) which I used for the reconstruction. It is unclear if an awl was used to make the stitching holes but we know awls were used in the Roman era (pictured bellow are several extant awls in the Museum of London); I used an awl to punch my stitching holes.

Figure 1. Drawstring pouch found at Bargercompascuum.



Figure 2. Stitches.

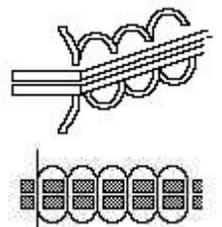


Figure 3. Roman Awls Found in London dating to the 1st Century, The Museum of London (pictures by James Bibleworth)



Figure 4. Stitching of the Reinforcement



Figure 5. The Divider Creating Two Chambers Inside



Figure 6. Detail of drawstring



The little handle part on the draw string (Figure 6) is made of two ovals and the cord is split and passed back through itself several times to create the effect shown on the third plate from *Der römische Münzschatz von Bargercompascuum (Drenthe) II* on page four.

Figure 7. Images from Der römische Münzschatz von Bargercompascuum (Drenthe) II

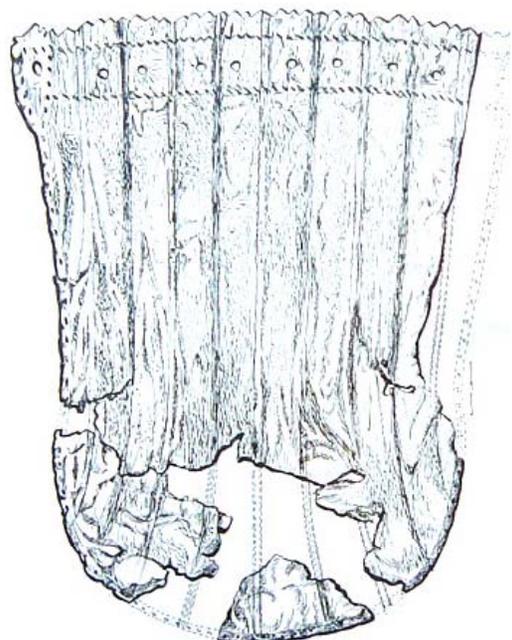


Abb. 17

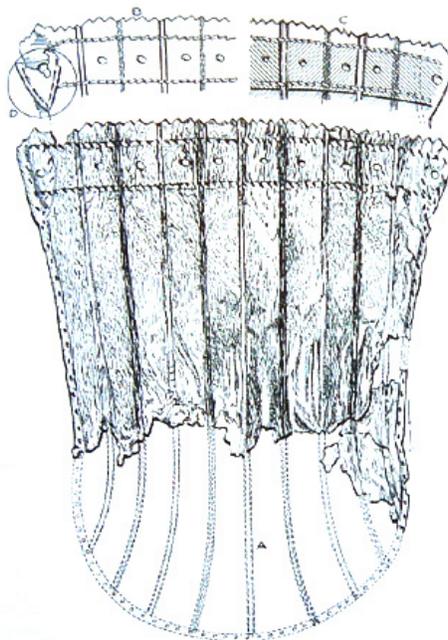


Abb. 18

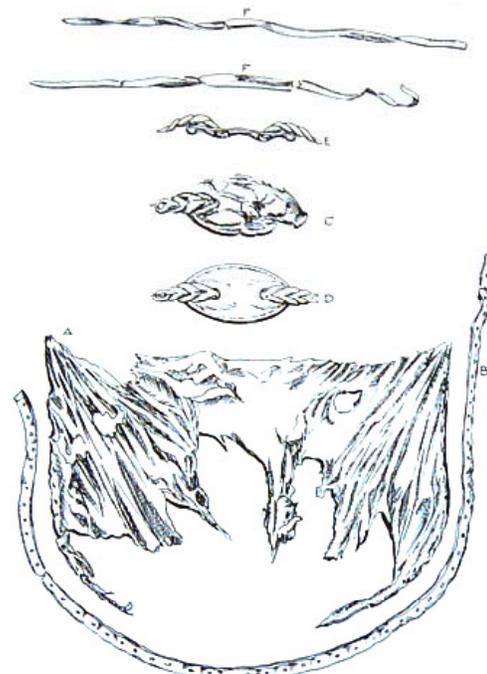


Abb. 19

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Games

PONTE ALTO—HIDDEN WORDS

BRIDGE, KNIGHT, ITALY, SQUIRE, ART, SCIENCE, SERVICE, BARONY, BARON.



Answers to Last Months Games

Crossword Answers

Across		Down	
First name of the last Atlantian principalities princess.	Kathryn	First King of Atlantia.	Michael of Bedford
The first of April is sometimes called.	April Fools Day	Ponte Alto's First Herald.	Herveus d'Ormond
A female peer may be referred to as Mistress or what?	Dame	The first Chronicler Ponte Alto had step up in April.	Anne of Carthew
Who was the last prince of Atlantia when it was a principality? (first name only.)	Bryetor	The only Baronial Artisan to hold the position for an entire Baronial reign.	Luce Antony Venus
A white belt, spurs and gold chain are a symbol of what order?	Chivalry	First Queen of Atlantia.	Carissa of Burgundy
Past Queens are inducted into what order?	The Order of the Rose	Atlantia became a Kingdom in what month?	May
Kings and Queens are instated by crowning them at what ceremony?	Coronation	First Ponte Alto Baronial Bard on record.	Celia of Rosedale
A Golden Dolphin is given for what?	Service	G.O.A.	Grant of Arms
A woman that wins crown tournament and is crowned queen is referred to as what?	Queen Combatant	SCA Accountant.	Exchequer
		A Laurel is given to those that excel in what?	Arts and Sciences
		Head administrator of a group in the SCA.	Seneschal

Trivia Answers

1. Arielle the Golden
2. Lucius Aurelius Valharic
3. Carissa of Burgundy
4. Green
5. Name three kings that have held the crown more the two times. (3pts)

Olaf Askoldsson (4), Michael of Bedford (8), Anton Tremayne (4), Galmr Ingolfsson (3), Logan Ebonwoulfe (4), Ragnarr Blackhammer (3), Cuan Macdaige (5)

6. Name a Ponte Alto Pelican.

Ysabeau Cameron, Denise Duvalier, Edward of Effingham, Allasondrea de Fano, Rowena of Avalon, Anne of Carthew, Elisabeth MacAlester of Kintyre, Tirloch of Tallaght, Kevin of Thornbury, Gwendolen ferch Cadwaladr ap Rhys, Caitlyn O'Duirnin, Greta Klusenaere.

7. Name a Ponte Alto Laurel.

Laeghaire O Laverty, Teleri Talgellawg, Cunen Beornhelm, Edward of Effingham, Allasondrea de Fano, Rowena of Avalon, Anne of Carthew, Aislynn of Jarrow, Elisabeth MacAlester of Kintyre, Findlaech MacAlasdair, Tirloch of Tallaght, Ranulf of Waterford

8. Name a Ponte Alto Garland.

**Awarded by Baron Niall McKennett
and Baroness Teleri Talgellawg**

Lady Winifred Corbet de Wynterwood (8/23/1992)
 Cedrin Etainnighean (8/23/1992)
 Lady Aislynn of Jarrow (2/20/1993)
 Count Laeghaire O Laverty (2/20/1993)
 Mistress Gwyneth Maeve of Falconguard (2/20/1993)
 Sir Strykar Geirhaldsson (2/20/1993)
 Duchess Ysabeau Cameron (2/20/1993)
 Mistress Meghan Pengwyn of Wynterwood (8/20/1993)
 Sir Brian du Bois Breton (8/20/1993)
 Lord Cosimo of Venice (8/20/1993)
 Lady Caitlyn O'Duirnin (12/18/1993)
 Lady Tehair MacDiarmada (2/19/1994)
 Lord Hreodbeorht MacBeath (11/19/1994)
 Lady Anne of Carthew (2/25/1995)
 Lord Thomas of Calais (3/25/1995)
 Lord Kenwrec FitzRaymund (9/30/1995)
 Lord Tirloch of Tallaght (9/30/1995)
 Lady Annys Reynard (2/24/1996)
 Lady Liadain ní Bhrollacháin (2/24/1996)

**Awarded by Baron Ranulf of
Waterford and Baroness Caitlyn
O'Duirnin**

Mistress Teleri Talgellawg (2/24/1996)
 Master Niall McKennett (2/24/1996)
 Sir Aelfred of Cres (11/9/1996)
 Mistress Allasondrea de Fano (11/9/1996)
 Lady Enid nic Eoin (11/9/1996)
 Thorin von der Schwarzrose (2/22/1997)
 Lady Alesia la Sabia de Murcia (2/22/1997)
 Lady Ysabel Farquhar (8/14/1997)
 Lord Donald MacGregor (2/28/1998)
 Lord Boroghul Khara (11/7/1998)
 Lady Agnes Daunce (1/23/1999)
 Lady Ælfwynn of Witebi (2/27/1999)
 Lady Gwendolen ferch Cadwaladr ap Rhys (8/18/1999)
 Lady Giuliana Salviati (8/18/1999)
 Lord Kevin of Thornbury (8/18/1999)
 Lord Dunstan of Manchester (2/26/2000)

**Awarded by Baron Donald
MacGregor and Baroness Winifred
Corbet de Wynterwood**

Baron Ranulf of Waterford (2/26/2000)
 Lord Andrew MacGregor (2/26/2000)
 Lord Maelgwyn y Trafeiliwr (2/26/2000)
 Lord Marcellus Capozziello da Napoli (3/11/2000)
 Lady Felina von Behren (7/15/2000)
 Lady Anastasia da Firenze (8/17/2000)
 Lady Celia of Rosedale (8/17/2000)
 Lord Thomas de Grey (3/24/2001)
 Lord Blaise de Cormeilles (3/24/2001)
 Lady Elizabeth of Hadley Hall (3/24/2001)
 Lady Nostas'ia Stepanova Kievskaiia (5/27/2001)
 Lady Sorcha de Glys (5/27/2001)
 Baron Corun MacAnndra (5/27/2001)
 Lady Renata von Hentzau (8/16/2001)
 Lady Belphoebe de Givet (2/23/2002)

**Awarded by Baron Thomas of Calais
and Baroness Denise Duvalier**

Lord Christopher Hare (8/16/2002)
 Lord Thomas Lyon of Braemar (8/16/2002)
 Lady Hrosvitha von Celle (11/16/2002)
 Lady Luce Antony Venus (2/21/2004)

**Awarded by Baron Marcellus
Capozziello da Napoli and Baroness
Belphoebe de Givet**

Baroness Denise Duvalier (2/21/2004)
Lord Miles de Locwode (8/17/2004)
Lady Perronelle la peintre (2/19/2005)
Lady Cassandra Arabella Giordani (9/17/2005)
Lady Marie Thérèse Normand (3/11/2006)
Lord Geoffrey ap Clywd (8/15/2006)
Lady Katharine Devereaux (8/15/2006)
Lady Millicent Chandler (9/17/2006)
Baroness Greta Klusenaere (11/11/2006)

9. Baron Marcellus Capozziello da Napoli & Baroness Belphoebe de Givet
10. Stierbach and Storvik. (2pts)
11. Seneschal, Exchecher, A&S officer or Herald, and Marshall. (4pts)
12. Tournament of Love and Beauty, St. Paddy's Day Bloodbath, Chalice of the Sun God, and the November Event. (4pts)
13. Baroness Greta Klusenaere
14. Alle Psallite (spelling counts)