

THE BARONY OF PONTE ALTO NEWSLETTER

IL TEMPO

VOLUME 22 ISSUE 1

JANUARY 2013, A.S. XLVI



This is *Il Tempo* (The Times), a publication of The Barony of Ponte Alto, in the Kingdom of Atlantia, of the Society for Creative Anachronism, Inc. *Il Tempo* is provided at no charge online and is available in PDF format on the baronial website. Printed copies are available from Theresa Crean, chronicler@pontealto.atlantia.sca.org.

Courtesy copies of *Il Tempo* are provided to Their Majesties of Atlantia, Their Highnesses, Kingdom Chronicler, and the Kingdom Seneschal in either electronic or paper format as requested. All Chroniclers in the Kingdom are invited to peruse the electronic version posted on the Baronial website.

This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies. Copyright 2012, Society for Creative Anachronism, Inc. For information on reprinting letters and artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

Artwork from <http://www.ClassroomClipArt.com>; accessed October 25, 2009.



<i>Il Tempo</i>	2
News / Announcements	3
Tidbits from The (Nice) Troll Under the Bridge	4
Regnum	5
Ponte Alto Notables	7
Baronial Progress	7
What We Want You to Know	8
Top Tips for Newbies	10
Um... What Did You Say??	11
Frankish Stew	12
Calendar	14
Weekly Events	15
<i>Il Tempo</i> S ubmissions and Links for Forms	16

IL TEMPO

Welcome to *Il Tempo* (The Times), the Newsletter of the Barony of Ponte Alto, one of the northern baronies in the Kingdom of Atlantia.

Il Tempo strives to be an informative read that you look forward to. To this end, we are always appreciative of any contributions to it; perhaps an article of a project you are working on or are interested in, how to make/play a period game, your experience at an event, how/what to prepare for a day trip, a recipe/piece of garb that you've made, documentation on an item you've competed, a how-to on documentation, a few words on a historical person/event, photos, a book review, something to share with a newcomer; perhaps a short autobiography of your persona or how you came to figure out your persona. The list can go on for ages and is only limited by the speed at which our hands can write out what our minds can think.

Come, share with us adventures in the great Barony of Ponte Alto, in the grand Kingdom of Atlantia, in this - the Current Middle Ages!

From the Chronicler

This month, we didn't have a Baronial Business Meeting, so I needed to fill the space usually reserved for meeting minutes. I chose to feature pieces for Newcomers in *Il Tempo*. We've had a number of fair gentles join our Barony in the past year, and we've been joined by others who have left other lands and moved into our Kingdom.

The pieces are just as very small sampling of information that is available from members of our populace or via SCA publications, SCA websites, or the Internet. When possible, I've tried to include website addresses where you can find information, or which points you to additional sources. Hope this is helpful and/or informative!

~Theresa

Reminder!!

KSAF Persona Pentathlon/Triathlon

To get started, send your SCA name, mundane name, your local group, and a list of your items by **18 January 2013** so that Mistress Branwen can ensure she has the appropriate judges and forms at the event. **Please note**, if you are entering a research paper, that must be received by Mistress Branwen by **2 January 2013**

The link to all the rules and categories is: <http://moas.atlantia.sca.org/forms.htm>. If you have any questions, please contact Mistress Branwen at rissaroo12@comcast.net.



News / Announcements

January Newcomer's Meeting

This month's meeting will be held at John Elliot's (Eoin) home. The address is 6300 Stevenson Avenue, Unit LL01, Alexandria. There is street parking only; attendees will need to be let into the building. Go to the Barony's website <http://pontealto.atlantia.sca.org/> and scroll to the bottom of the page for parking and entry tips. Information can also be found on the Barony's Facebook page.

~ Gwenthwyvar (Jennie), Deputy Chatelaine

Tournament of Love & Beauty Volunteers Needed

February 23rd may seem a long way away, but time is going to fly by! We need volunteers in the following areas—if you are able to assist, please contact Caitilin at ladypartypanther@gmail.com. We need:

- ♥ Armored (Heavy) Combat Marshals (Mistress Belphoebe is the MIC)
- ♥ Kitchen Help/Servers - contact Caitilin and she will put you in touch with the Feast Coordinator
- ♥ Parking - someone to arrive before Troll opens and put up Handicapped parking/Royalty parking signs, get the merchants unloaded and into parking spaces, and generally keep an eye on the upper lot. We'll need extra volunteers between 9:00 and 12:00 when most people will be arriving.
- ♥ People that are available on Friday, February 22nd to move the list fence and other supplies from storage and out to the site. Must have a trailer or be able to tow a trailer (Their Excellencies have a trailer that we can use). We need people to be able to lift/move the list fence and set it up. I would prefer to do this during the day so we aren't out there until all hours of the night - I will find out when we can get the key and be on site on Friday
- ♥ I have a head MOL (Lady Kel), but other MOL's or MOLITs would be greatly appreciated.

~Caitilin (Christine), Autocrat for Love & Beauty

Request from our MOAS...

Ponte Alto is working on revitalizing our online gallery of A&S projects. We are seeking submissions from our local artisans! Please send your photographs and a description to Lady Bevin at moas@pontealto.atlantia.sca.org.

~Bevin (Kristen), MOAS



Tidbits from The (Nice!) Troll Under the Bridge

There's a nice little troll who lives under the Ponte Alto bridges. Every once in a while, the troll will pass along anything it overhears while it lurks about.

The annual cookie competition was held December 15th at Daniel and Bronwen's home. Categories included: best traditional Christmas cookie, most creative, best chocolate, and best non-traditional cookie. Each year, a Pontoon is voted to be the King or Queen of Sweets. Bronwen (Lora Bensing) won the best in show category and is the new holder of the Antler Crown! Hail the Queen of Sweets!!

The Barony "invaded" the AMC Theater at Tysons Corner Center on December 14th to see *The Hobbit*. Several intrepid members of the populace dressed in garb to attend the opening night. While standing in line for tickets, many people asked for a picture with the Pon-toons. They were a small group, but I heard they had A LOT of fun. Vivat to Lady Bevin for organizing this outing!!



Photo from Kristen Moran (Lady Bevin)

Archery at the Ft. Belvoir range is really getting going. Cheers to Lord Naran for getting this rolling!!

With the holidays and no Baronial Business meeting, things were quiet around the Barony. I hope everyone had a great, restful, and warm time with friends and loved ones.



Regnum

Baron and Baroness

Barone Drogo Rainulf de Dragonera
Baronessa Adina von der Heide
Stephen and Liza Cicirelli
4214 Maylock Ln
Fairfax, VA 22033
(703) 349-6779 (H), no calls after 10 pm
baron AT pontealto.atlantia.sca.org
baroness AT pontealto.atlantia.sca.org
baronage AT pontealto.atlantia.sca.org



Gold Key (Loaner Costumes)

Gwenhwyvar y Dryw
Jennie Murphy
703-304-3303 (M)
gwenhwyvar.y.dryw AT gmail.com



Deputy for Demos

Lady Caitilin Irruis inghean ui Riada
Christine Menton
9824 Fairfax Square, Apt 376
Fairfax, VA 22031
703-786-6739 (M)
703-591-1795 (W)
demos AT pontealto.atlantia.sca.org

Seneschal (President)

Baron Marcellus Capozello da Napoli
Bob Capozello
(703) 975-9146 (H)
seneschal AT pontealto.atlantia.sca.org



Minister of Arts & Sciences

Lady Bevin an Broc Drannach
Kristin Moran
(571) 449-7694 (M)
moas AT pontealto.atlantia.sca.org



Deputy Seneschal

Lady Caitilin Irruis inghean ui Riada
Christine Menton
9824 Fairfax Square, Apt 376
Fairfax, VA 22031
703-786-6739 (H) 703-591-1795 (W)
ladypartypanther AT gmail.com

Deputy Ministers of Arts & Sciences

Mistress Belphoebe de Givet
Laura Martinez
(703) 625-3883 (H)
belfebe AT yahoo.com

Chancellor of the Exchequer (Treasurer)

Lord Daniel Warwick
Daniel Bensing
615 Meadow Lane, SW
Vienna, VA 22180
(703) 255-9895 (H)
exchequer AT pontealto.atlantia.sca.org



Chancellor for Youth Activities

Lady Annika Siltanen
Eliisa Harman
11130 Saffold Way
Reston, VA 20190
703-608-9558 (M)
mom AT pontealto.atlantia.sca.org



Deputy Chancellor of the Exchequer

Mistress Celia of Rosedale
Tamara Brown
(703) 378-2441 (H)
celia AT ravenstreet.org

Herald

Baron Brénainn MacShuibne
Matthew Torsky
6608 Netties Lane
Unit 1403
Alexandria, VA 22315
(703) 835-1479 (H)
herald AT pontealto.atlantia.sca.org



Chamberlain

Lady Sophia van der Werken
Lisbeth Monroe-Teopaco
3531 Country Hill Dr
Fairfax, VA 22030
(703) 901-1866 (H)
chamberlain AT pontealto.atlantia.sca.org

Chatelaine (Newcomers)

Lady Caitilin Irruis inghean ui Riada
Christine Menton
9824 Fairfax Square, Apt 376
Fairfax, VA 22031
703-786-6739 (M)
703-591-1795 (W)
chatelaine AT pontealto.atlantia.sca.org



Deputy Herald

Lady Sian verch Gwilim ap Lewelin
Nicole Miller
5368 Ashleigh Rd
Fairfax, VA 22030
703-815-0659 (H)
703-483-0896 (M)
schnauzer2 AT cox.net

(Continued on next page)

Deputy Chatelaine

Gwenhwyvar y Dryw
Jennie Murphy
703-304-3303 (M)
gwenhwyvar.y.dryw AT gmail.com



Regnum (continued)

Knight Marshal

Lord Charles the Bull
Gilbert Gordon
8171 Curving Creek Ct
Springfield, VA 22153
(703) 455-6235 (H)
marshal AT pontealto.atlantia.sca.org



Chronicler (Newsletter)

Lady Theresa O Cahir
Theresa Crean
7731 Carrleigh Parkway
Springfield, VA 22152
(703) 644-2930 (H)
chronicler AT pontealto.atlantia.sca.org



Deputy Knight Marshal

Lord Duncan the Elder
Duncan Cooper
(703) 801-6867 (H)
duncancooper AT earthlink.net

Deputy Chroniclers

Lord Simon Grimstone
Greg Kornis
gregkornis AT yahoo.com

Rapier Marshal

Lord Geoffrey ap Clywd
Jeff Williams
rapier AT pontealto.atlantia.sca.org



Lady Bevin an Broc Drannach
Kristin Moran
(571) 449-7694 (M)
snarlingbadger AT gmail.com

Deputy Rapier Marshals

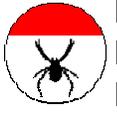
Lady Catalina dell'Acqua
Jennifer Marsten
akgnome AT yahoo.com

Lady Flora de Bayeaux
Jerri Lyn Mooney
3902 Persimmon Dr #204
Fairfax, VA 22031
(703) 343-3367 (M)
flora.bayeaux AT gmail.com

Baron Marcellus Capozziello da Napoli
Bob Capozello
(703) 975-9146 (H)
afpopa AT cox.net

Web Minister

Lady Giovanna Rossellini da Firenze
Rachael Storey
14797 Basingstoke Loop
Centreville, VA 20120
(240) 743-7355 (M)
webminister AT pontealto.atlantia.sca.org



Mistress Belphoebe de Givet
Laura Martinez
(703) 625-3883 (H)
belfebe AT yahoo.com

Archery Marshal

Lord Naran Numuchi
Nicholas Freer
(703) 836-5654 (M)
archery AT pontealto.atlantia.sca.org

Deputy Web Minister

Mistress Cassandra Arabella Giordani
Kim Jordan
cassandra AT jordanclan.net

Minister of the Lists

Lady Cellach Mór
Kari Dalton
1342 N. Lynnbrook Dr.
Arlington, VA 22201
(703) 655-6660 (H)
mol AT pontealto.atlantia.sca.org

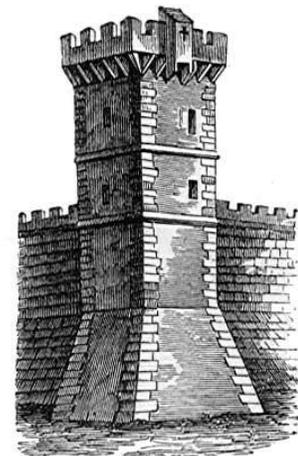


Deputy Ministers of the Lists

Mistress Celia of Rosedale
Tamara Brown
(703) 378-2441 (H)
celia AT ravenstreet.org

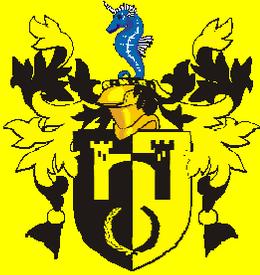
Mistress Cassandra Arabella Giordani
Kim Jordan
cassandra AT jordanclan.net

Mistress Allasondrea de Fano
Susan Lee



classroomclipart.com © 2001

Artwork from www.classroomclipart.com;
accessed October 25, 2009



Ponte Alto Notables

Baronial Warlord

Mistress Cunen Beornhelm
warlord AT pontealto.atlantia.sca.org

Baronial Heavy Champion

Master Kevin of Thornbury
Kevin Maxson
heavychamp AT pontealto.atlantia.sca.org

Baronial Rapier Champion

Lord William Gillecrist Ross
Chris Ross
rapierchamp AT pontealto.atlantia.sca.org

Baronial Archery Champion

Lord Naran Numuchi
Nicholas Freer
(703) 836-5654 (M)
archerychamp AT pontealto.atlantia.sca.org

Baronial Artisan

Baron Marcellus Capozello da Napoli
Bob Capozello
(703) 975-9146 (H)
artisan AT pontealto.atlantia.sca.org

Baronial Bard

Mistress Cassandra Arabella Giordani
Kim Jordan
bard AT pontealto.atlantia.sca.org

Baronial Brewer

Lady Bevin an Broc Drannach
Kristin Moran
(571) 449-7694 (M)
brewer AT pontealto.atlantia.sca.org



Photo by Theresa Crean (Lady Theresa O Cahir)

Baronial Progress

Date	Event	Barone/Baronessa
11-13 January	Twelfth Night	Drogo & Adina
26 January	Ice Castle	Drogo & Adina
15-17 February	Ymir	Drogo & Adina
23 February	Tournament of Love and Beauty	Drogo & Adina



What We Want You To Know

By Theresa O Cahir (Theresa Crean)

As I've attended Newcomer's Meetings during the past 4 months, I have enjoyed hearing the questions that newcomers ask and listening to the different pieces of advice that are passed along from the Barony's populace. Although I've been part of the SCA for 16 years, I still remember being new to the organization. Plus, since my husband is in the Army, we move often, so I become a "newbie" all over again as we relocate among Kingdoms.

This recently led me to ask the question: what are your top five pieces of advice for newcomers? After getting feedback from the populace, and asking some long-time SCA friends, I created a list of the top ten practical things to keep in mind—whether you're new to the SCA or new to the Kingdom of Atlantia. (They are in no particular order.)

1. People are generally friendly. Go up and introduce yourself, say you're new, and chat!
2. Don't be afraid to ask questions! Better yet, ask the same question to lots of people—you're likely to get different answers which is okay! If you come upon someone who doesn't seem receptive, don't take it personally! At events, people often are busy or are focused on other things and may not be able to take the time to chat.
3. Volunteer for small jobs such as serving feast, washing dishes, direct traffic and help with parking, help unloading or packing up at the site or for a merchant at events. Volunteering for small jobs gives you something to do so you don't feel like an outsider. Plus, it gives you a chance to meet other people and have something to talk about.
4. Go to the Barony's Business Meetings! They are more important than you realize and your presence and comments at those meetings are appreciated and welcomed!
5. Try everything! If you don't like it, that's okay. Down the road you may revisit it, or someone may be looking for a teacher for that skill, and you can point them in the right direction.

On the other hand, don't burn yourself out trying to do everything right away.



What We Want You To Know (continued)

6. One of the strengths of the SCA is that we cover a wide range of cultures. You can keep to a specific persona, or make garb from different time periods/regions. You can do all this and still call yourself a single name, or if you prefer, you can cultivate multiple personas (so long as you aren't surprised if people occasionally call you by the “wrong” name).

7. Start out slow! There's a tendency to jump right in and have everything perfect for your first event. Go to 4 to 6 events and just observe what people are wearing, what kinds of gear they have, etc. At my first camping event, I only took my pewter drinking vessel. I didn't take a coffee mug since I thought it would have been a faux pas... darn near burned my fingers after pouring my morning coffee into my pewter ware!

8. Most people suggest you wait to pick a persona, name and time period. You'll find lots of stuff you like, and it might take time for you to consider your decision and see what “fits” you.

9. Learning to make garb is not as scary as it seems. Only the most ardent seamstresses start out in the SCA making Burgundian, Tudor, or Elizabethan! It's easy to start out making tunics—for men and women—the trim and length of the tunic is what differentiates them. Once you've decided what types of garb to make, you can sort out how to do it. You can join a sewing circle, alter mundane patterns, and/or use period patterns or instructions from publications or online sources.

10. The Internet is a vast resource, and a great way to connect with other SCAdians doing the same thing you want to do. Blog about your process, Pin inspirational photos, chat on Facebook or GooglePlus about your ideas. Don't be afraid to talk to people you don't know, just because you haven't met them in real life!

The author wishes to thank Lady Bevin, Lady Caitilin, Lady Eliisa, Baroness Adina, and Countess Honor for their contributions to this article.

Great Places to Start

The Kingdom Chatelaine has a great set of webpage for beginners. Go to <http://chatelaine.atlantia.sca.org/index.html> and browse!

Mistress Jaella Armida wrote an article titled, “Titles, Precedence, Forms of Address and Regalia”. It's a quick primer on the hierarchical structure of the SCA and can be found at <http://www.drachenwald.sca.org/node/139>.



Top Tips for Newbies

- ◆ Don't be scared to try things you've never done before. You might like it—or find that you don't!
- ◆ Take snacks and drinks to events, even if there is lunch or feast. Sometimes, you won't like what's being served, service may be delayed, or food can run out. Years ago at an event in Drachenwald, the feast was burned and a total loss. We waited until cheese pizzas from a tiny German village were delivered at 11:00 p.m.!
- ◆ Shop at Goodwill, Salvation Army, and other thrift stores for feast gear, belts, jewelry pieces, etc. Once you've decided on a persona, then invest the money for items for your chosen period.
- ◆ Create a "largesse chest". When people help you out, give them a little something to say "thank you". It doesn't have to be SCA-related—something like Hershey's Kisses or chocolate gold coins, though you will want to keep peppermints or hard candy on-hand for summer months when chocolate melts (it makes a mess of the inside of a pouch!).
- ◆ Take along a small notepad to write down names of SCA people. It helps if you want to thank folks later or just want to remember who people are.
- ◆ Learn the practices of the Kingdom in which you live. Because of the long history of the SCA, there are slight differences in a few of the practices, customs, and traditions.
- ◆ Learn people's SCA names, but get to know their mundane names as well. People work hard on their personas, so it's a courtesy to learn their SCA name. Court business is conducted in SCA names and titles/ranks. But, the organization's business has to be conducted in real (a.k.a. mundane) names since it is often legally binding. This is why people's mundane names are used in meeting minutes from the Board of Directors (BoD) down to our Barony's meeting minutes.

~Compiled by Theresa

You Know You're in the SCA When...

...you can, and do, curse in Gaelic—
but you're not Scottish

...you watch old footage of the Coronation of Queen Elizabeth II and realize you recognize the ranks of nobility by the coronets they're wearing.



Photo by Theresa Crean
(Lady Theresa O Cahir)



Um... What's Did You Say??

There are many words and expressions that are unique to the SCA. The hard part about being new is learning what they are! Below are a few to get you started:

Event—a gathering, held on a weekend day or Friday through Sunday (unless it's a war). Garb is worn and a small fee is paid to attend. Activities can include fighting, archery, A&S displays, and Court.

ACCEPS—Ansteorra Credit Card Event Payment System allows you to prepay for events with a credit card. Event listings will indicate if ACCEPS is being used.

Feast—serving food, usually dinner, at an event

Wet Site— you can bring alcohol and pour it into a period container to drink

Dry Site—No alcohol is allowed

Troll—The person and place where you check-in at an event

Site Token—a small item given at Troll. They are often a token of some kind on a ribbon, yarn, or other cord that can be hung around your neck or on your belt. They aren't always given at events—it depends on the local group's budget.

Autocrat—the person in charge of organizing, coordinating and running an event; also known as an Event Steward

Chirurgion—in two words: First Aid. Also known as an injured fighter's friend!

Royalty—King, Queen, Prince or Princess. One becomes a royal by fighting in and winning a Crown Tournament.

Baronage—Barons and Baronesses who rule over a specific territory in a Kingdom. They conduct Court Business. But, Court Barons/Baronesses do not rule lands; they are awards given by The Crown.

Progress—events that royalty and nobility will be attending

Notables—people who have roles but do not fill an office. For example, Archery Champion, a Barony's Artisan, etc.

Officers—good gentles who serve in a volunteer position with a local group, Kingdom or the SCA. Examples are Seneschal (President) and Exchequer (Treasurer).

Favor—an item given by a gentle to one who holds their affection for that person to wear. This differs from, and is often confused with, a token which is given in friendship.

Largesse—items to give as gifts to people, often for "thanks" for helping or a job well-done

Gift Basket—a small basket of items given by our Baron and Baroness to Royalty and other Baronage.



Frankish Stew

Submitted by Elisande

(edited for space by Chronicler)

Source: Anthimus' *de obseruatione ciborum* is a dietetics manual written for the Frankish king Theuderic in the early 6th century C.E. Text and translation after: Anthimus; *de obseruatione ciborum. On the Observance of Foods*, translated and edited by Mark Grant, Prospect Books, Totnes 1996. No. 3 de carnibus.

Redacted Recipe

sufficient for about 10 people

Ingredients

3.5 lbs. of either a stewing beef, cut up pork roast, also chicken would work as would mushrooms for a vegetarian/lent version¹

4 stalks of leeks (one more or less doesn't actually hurt all that much)

1 bulb of fennel

6 stalks of celery (or one bulb)

2-3 cups of sharp vinegar

2-3 cups of honey

water or broth

Olive oil

1 Tbsp. Salt

2 Tbsp. penny royal

1 Tbsp. spikenard root (! do not use the oil, it is WAY too potent)

2 Tbsp. costmary (or substitute that with equal parts Caraway and spearmint)

50 Peppercorns

5 cloves

a dash of red wine

[Cook's Note: You can use regular stewing beef that you can get rather cheaply and it will yield a flavourful stew. But there is a risk that the meat will dry ever so slightly and become somewhat hard which impacts the texture of the dish. I try to get the striploin cut for the meat, or use pork. This dish would also be delicious as a lent/vegetarian dish with portabella or another mushroom substituted for the meat.]

Cut the meat into small cubes.² Here, take care of the classic techniques: dry your cleaned meat, heat the pan really well, and keep the metal hot. Fry the cubes in olive oil until they start smelling of cooked meat and giving off liquid. DO YOUR MEAT IN BATCHES. This amount of meat in a 12 -inch pan should take about three batches. Have a good big pot (or even an earthenware pot as Anthimus himself recommended) on stand by. You fry, then, add about 4 ounces of water (a little more than for a mere deglazing) take out the meat before the water has evaporated, pour the excess water with the meat into the pot. Make sure the pan is cleanish so that you don't get any charcoal aroma in the next batch. Reheat the pan, drizzle in the olive oil for the next batch and fry the next batch, again, when it gives off the liquid, add the water. Do not be afraid to use too much water since this will become a stew. When all the meat is fried, heat the meat in the pot and add a good tablespoon of salt.³

Let the liquid come to a small simmer, then, fill up the pot with vinegar until the meat is well covered (about a cup or two). The recipe calls for a sharp vinegar and a little more than about half that volume in honey, together with chopped leeks (no need to overchop, but clean them well), chopped celery and about 1 tablespoon finely ground (dried) penny-royal, and the chopped fennel. I only used the white flesh. You can use the arial, herby parts for flavouring but they will cook into oblivion if you add them at this point.

After another five minutes of simmering I mix cloves and pepper and add that with some chopped costmary⁴ with a dash of wine. You can crack the peppercorns cloves and costmary in a mortar but you don't have to, I just used my small food processor. Then add about a tablespoon of spikenard root which is surprisingly easy to get.^{5,6}

After this the dish has to stew. Let it cook; let it be. Check for liquid, making sure the meat is



Frankish Stew continued

covered. If the meat is drying a little too much, add water or broth. [Cook's Note: If you do the lent/vegetarian version you won't have the drying issue as the mushroom will just get juicier and more flavourful and you will be done earlier as the mushrooms cook much quicker, however, from the position of flavour it may well be a good idea to have some vegetable broth ready to use for keeping the mixture at the right consistency. In this version you also should be careful with the vinegar; use half the spices at first—you can always spike up the seasoning, reducing the acid in a dish without having a cucumber or potatoes ready.]

Taste your stew after about 30 minutes. If the flavours are off or out of balance, season it. If it is too sour, add more honey; if it needs more flavor, add some honey. If it tastes too bland, add more vinegar AND add more honey (there is a balance to be struck between the vinegar and the honey). You may want to add some more spikenard or costmary if you want more spicy taste; or more minty add more pepper if you want it hotter and add more cloves if you feel like the flavors are still all over the place rather than blending.

Taste. Season. Give it time. Taste again. The end result should be a fresh, spicy, hot stew which will give you an immediate intuitive understanding why this yummy dish was hidden in a health book at a time where doctors were operating on the four humors theory. It tastes lovely hot and even better also the next day cold.

Footnotes:

1. 3.5 lbs should be quite enough for 10 people. In a feast, as a course among many, this amount would be enough to serve even more as the intense aroma will have people feel full faster, however, they may not be aware of that and that will impact how much they will take for themselves. If I was cooking a lunch for a group of ten (fighting) fighters on the other hand, I would probably add a pound more. You can also make about half and serve it at a mundane setting with people going crazy over the unusual spicy flavour. There, you could serve it as a course over pearl barley or use some leftovers cold in these little cracker shells with a tiny bit of whipped cream and baby grapes as appetizers.
2. For SCA purposes you may even want to go smaller than your usual stew meat, because this makes it easier to eat with a spoon; and we are merely closing the pores of the cubes, not actually searing them to create a roasting aroma.
3. Salt is not mentioned in the original recipe. But was available, and Anthimus does not warn against it like he is warning against liquamen. The warning against liquamen however indicates that this was still rather commonly used in this period. It being very salty I would think that to be a good argument to use some salt as we know that salt is a flavor enhancer and that palates used to salt will find unsalted dishes rather bland. Also, it will help the meat to retain its juices during the stewing process if salt is already present in the stewing liquid. Frankly I haven't tried it without salt and it may well taste lovely that way (if anybody tries it saltless I would appreciate a comment with the results).
4. If you don't have really great costmary (also called bible leaf or alecost) trust me you can substitute it with equal parts caraway and spearmint. Chemically you will have about 80 the same aromatic component that way. And frankly, if you don't grow costmary or have some secret source it is hard to get for cooking.
5. www.mountainrose.com (be warned their website is WAY too tempting for the faint of heart) carries it as well as some other websites. Do not substitute this with Spikenard Oil without SIGNIFICANTLY diluting it. It will give you a very *weird* result.
6. I have cooked and served this dish with and without spikenard. The spikenard version was much better received but everybody agrees the difference is slight. A friend of mine has tried it with spikenardoil and has been warning against that ever since.

Elisande's original blog about this recipe, along with photos, can be found at: <http://elisandecooks.blogspot.com/2010/09/frankish-stew.html>



Calendar

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 Inter-Baronial Twelfth Night	6 1:30 Outdoor Heavy Weapons Practice
7 5 p.m. Outdoor Archery Practice	8	9 7 p.m. Cook's Guild	10 6 p.m. Indoor Heavy Weapons Practice 6 p.m. Indoor Rapier Practice	11 Kingdom Twelfth Night	12 Kingdom Twelfth Night	13 1:30 p.m. Outdoor Heavy Weapons Practice
14 5 p.m. Outdoor Archery Practice	15	16 5 p.m. Sewing Circle	17 6 p.m. Indoor Heavy Weapons Practice 6 p.m. Indoor Rapier Practice	18 7:00 p.m. Newcomer's Meeting	19 Lochmere's Winter Revel	20 1:30 p.m. Outdoor Heavy Weapons Practice
21 5 p.m. Outdoor Archery Practice	22	23 5 p.m. Sewing Circle	24	25	26 Ice Castle	27 1:30 p.m. Outdoor Heavy Weapons Practice 6 p.m. Baronial Business Meeting
28	29	30 5 p.m. Sewing Circle	31 6 p.m. Indoor Heavy Weapons Practice 6 p.m. Indoor Rapier Practice			



Weekly Events

- Sunday**
Ponte Alto
Baronial
Business
Meeting
- Fourth Sunday of the month at 6:00 p.m. at St. Paul's Lutheran Church, 7426 Idylwood Rd, Falls Church.
Directions: 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. Go ¼ mile; the church is up the hill on the right.
- Outdoor Heavy
Weapons and
Rapier
Practice
- Weather permitting, 1:30 to 4:00 p.m., outdoors at Tysons-Pimmit Park, behind TysonsPimmit Library, Falls Church. Please contact the Baronial Knight Marshal for more information.
- Outdoor
Archery
Practice
- Meets some Sundays 3:00 to 5:00 p.m. at Ft. Belvoir's Archery Range. Contact Baronial Archery Marshal or check the Barony's Facebook page for dates and times. The Archery Marshal can give you directions to the range.
- Monday**
Alle Psallite
(Vocal Music)
- Currently on hiatus. Please contact Mistress Anne of Carthew (anne AT ravenstreet.org) for more information.
Music files can be found at: http://www.ravenstreet.org/music/alle_psallite.php and on the Yahoo Group AllePsallite.
- Ponte Alto/
Stierbach
Archery
Practice
- 5:00 to 7:00 p.m. during Daylight Savings Time. The outdoor practice site is at Grimmsfield, 16132 Crusade Ct., Haymarket, VA 20169. Practices are held jointly with Stierbach. You may contact the Baronial Archery Marshal for carpool or other information.
- Wednesday**
Sewing Circle
- Every Wednesday at 7:00 p.m., alternating between Arlington and Reston. For details and to learn where the next meeting will be hosted, please join the Ponte Alto Sewing Circle Facebook Group, or you may email Lady Elisande at traumspindel AT gmail.com. Fitting questions, research issues and sewing projects are all welcome!
- Thursday**
Indoor Rapier
Practice*
- Every Thursday at Shreveewood Elementary School from 6:00 to 9:00 p.m. Please use the rear entrance to the cafeteria. Please contact the Baronial Rapier Marshal for more information. This is a school activity.*
- Indoor Heavy
Weapons
Practice*
- Haycock Elementary School at the corner of Haycock Road and Westmoreland Street in Falls Church from 6:00 to 9:00 p.m. Practice is geared to developing the beginning and intermediate fighters through intensive hands-on training with experienced instructors, as well as to provide ample opportunity for more advanced fighters to spar with knight-level combatants. All are welcome. Contact the Baronial Knight Marshal for more information. This is a school activity.*
- Friday**
Newcomers
Meetings
- Once a month, Newcomers Meetings occur from 7:00 to 9:00 p.m. at the home of various members of the Barony. Contact the Baronial Chatelaine or check the Facebook page for the date and host's address.

***= 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 website as soon as possible. You can visit the Fairfax County Public Schools Emergency Announcement page for school closure status at <http://fcps.edu/news/emerg.htm>



Il Tempo Submissions

Everyone is encouraged to consider contributing to *Il Tempo*.

Il Tempo is a publication of the Barony of Ponte Alto, of the Society for Creative Anachronism (SCA), Inc. Please send submissions to:

Lady Theresa O Cahir (Theresa Crean)
7731 Carleigh Parkway
Springfield, VA 22152
ladycahir96@yahoo.com or
Chronicler@PonteAlto.Atlantia.SCA.org

Please, remember that all submissions for *Il Tempo* must be accompanied by an SCA release form. Below are the links to the necessary forms. The first link leads you to the Society Chronicler's links for forms. The last three links are for the forms that can be submitted online via Internet Form Fills.

Society Chronicler forms

[http://www.sca.org/docs/library.html#release forms](http://www.sca.org/docs/library.html#release%20forms)

Release form for **writing or artwork**:

<http://www.sca.org/docs/pdf/ReleaseCreativeFillable.pdf>

Release form for **photographs**:

<http://www.sca.org/docs/pdf/ReleasePhotographerFillable.pdf>

Release form for **models** (the subject of your artwork or photograph):

<http://www.sca.org/docs/pdf/ReleaseModelFillable.pdf>