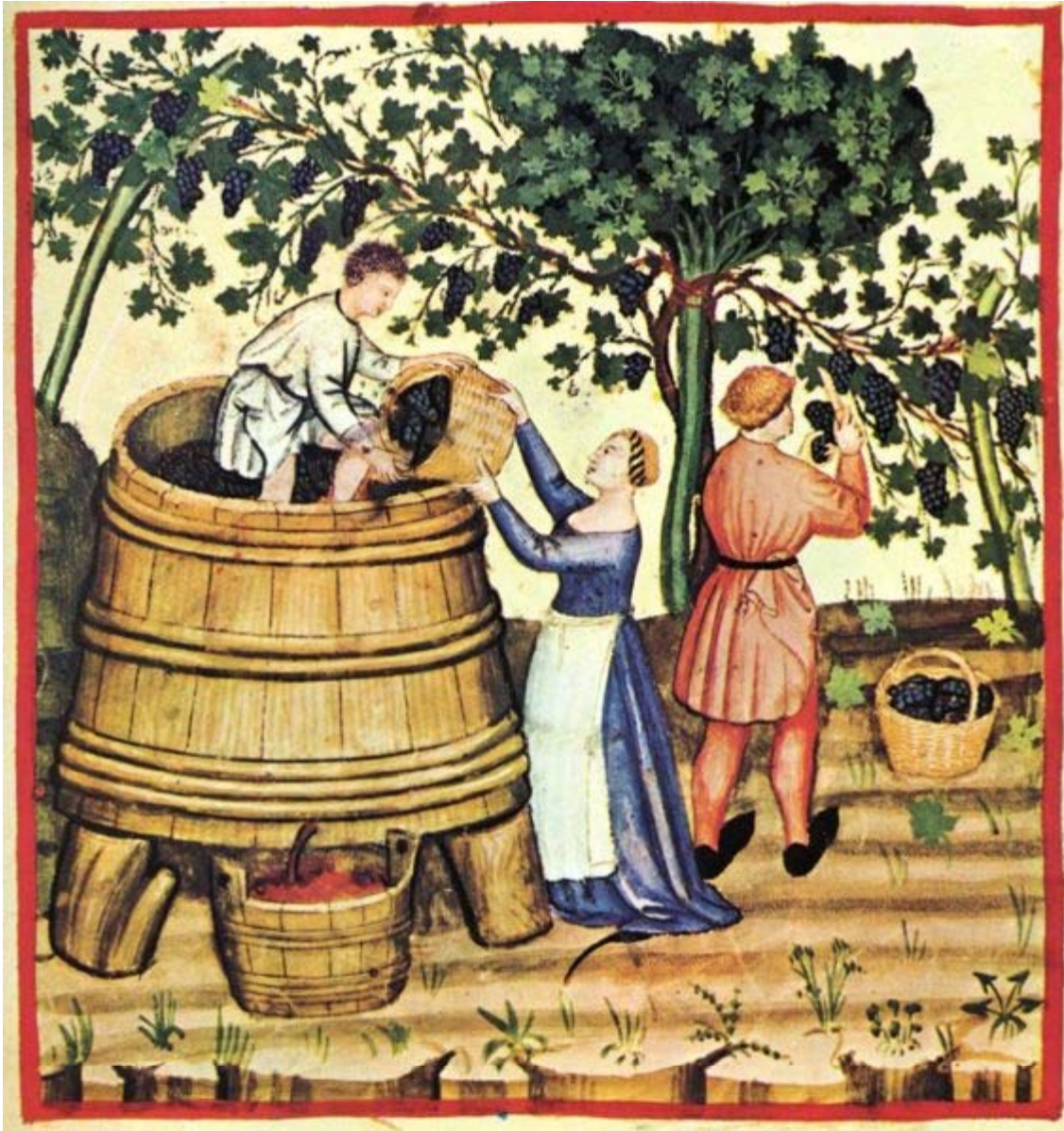


Il Tempo

Newsletter of the Barony of Ponte Alto—Volume 16, Issue 6 ☞ June 2007

Barony of Ponte Alto, June 2007, Chroniclers 2nd Edition* Lady Wulfwyn Ælfwines dothor



Pressing wine after the harvest; Tacuinum Sanitatis, 14th century.

This is Volume 16 #6 of Il Tempo (The Times). Il Tempo is provided at no charge online and in [PDF format](#) on the Baronial web site. Any member of the Barony of Ponte Alto who does not have Internet access may request a printed copy of Il Tempo at no charge. Please notify the [Baronial Chronicler](#) if you require a printed copy.

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

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From the Chronicler...

Another month has come and gone, and with it the chance to get together with old friends and new at all the great events here in Atlantia.

This past weekend, we all suffered through the oppressive heat at Sapphire Joust and still managed to have a great time. Our Barony, once again, did us all proud, not just on the fighting fields, but in service to their Majesties and their Highnesses as well. Everywhere I looked, I saw helping hands and familiar faces. The cool evenings were full of bardic, dance, storytelling and general merrymaking. It was a wonderfully full, if warm, time.

June promises to be yet again a busy month. Summer University, Highland River Melees, Steirbach Baronial Birthday, Challenge of the Heart and The Crescent Guard's Atlantian Games all coming up and keeping us busy during our weekends, and I hope to see many of you at these events. It's always so good to see our Barony represented by so many friendly faces.

And soon enough Pennsic War XXXVI will be upon us. If you plan on going, and we hope you will, be sure to register and contact the Barony land agent, Dame Aislynn, as soon as possible. Her e-mail can be found on the Baronial web site.

*Lady Wulfwyn Aelfwines dohtor
Chronicler, Barony of Ponte Alto*

Baronial Officers

Baron and Baroness of Ponte Alto

Baron Marcellus Capozziello da Napoli (Bob Capozello) &
Baroness Belphoebe de Givet (Laura Martinez)
(H) (703) 625-3883
baron AT pontealto.atlantia.sca.org
baroness AT pontealto.atlantia.sca.org
baronage AT pontealto.atlantia.sca.org

Seneschal (President)

Lady Katharine Devereaux (Kimberly Barker)
181 E Reed Ave. #107
Alexandria, VA 22305
(M) (571) 239-2183
seneschal AT pontealto.atlantia.sca.org

Deputy Seneschal

Master Tirloch of Tallaght (Tom Bilodeau)
13456 Cobra Court
Oak Hill, VA 20171
(H) (703) 437-6271
GMT53 AT ravenstreet.org

Chancellor of Youth Activities (Children's Activities)

Lady Talitha of Avalon (Talitha Powell)
Lorton, VA
(H) (703) 690-2732
mom AT pontealto.atlantia.sca.org

Chancellor of the Exchequer (Treasurer)

Lady Millicent Chandler (Melanie Cozad)
976 Holborn Court
Sterling, VA 20164
(H) (703) 430-3675
exchequer AT pontealto.atlantia.sca.org

Deputy Chancellor of the Exchequer

Lady Celia of Rosedale (Tamara Brown)
3714 Sudley Ford Court
Fairfax, VA 22033-4811
(H) (703) 378-2441
celia AT ravenstreet.org

Chamberlain

Lady Millicent Chandler (Melanie Cozad)
976 Holborn Court
Sterling, VA 20164
(H) (703) 430-3675
chamberlain AT pontealto.atlantia.sca.org

Knight Marshal

Lord Duncan the Elder (Duncan Cooper)
(H) (703) 801-6867
marshal AT pontealto.atlantia.sca.org

Deputy Knight Marshal

Lord Christopher Hare (Chris Harrop)
harrophare AT aol.com

Deputy Knight Marshal

Baroness Agnes Daunce (Nellie Miller)
14201 Arbor Forest Drive #301
Rockville, MD 20850
(H) (301) 309-0419
agnes_daunce AT yahoo.com

Deputy Knight Marshal

Lord Connor Sinclair (Kevin Houghton)
connorsinclair AT yahoo.com

Rapier Marshal

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

Deputy Rapier Marshal

Mistress (Baroness) Greta Klusenaere (Barbara Reed)
(H) (703) 960-5388
bereed26 AT yahoo.com

Deputy Rapier Marshal

Baroness Catalina dell'Acqua (Jennifer Marsten)
akgnome AT yahoo.com

Deputy Rapier Marshal

Baron Marcellus Capozziello da Napoli (Bob Capozello)
(H) (703) 625-3883
afpopa AT cox.net

Deputy Rapier Marshal

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

Archery Marshal

Lord Miles de Locwode (Mike Emrich)
10106 Copper Court
Oakton, VA 22124
(H) (703) 242-2339, (M) (703) 395-9487
archery AT pontealto.atlantia.sca.org

Deputy Archery Marshal

Lady Brigid O'Hara (Karen Miller)
11416 Bronzedale Dr
Oakton, VA 22124
(703) 620-4945 (H)
mill3rs AT yahoo.com

Minister of Arts & Sciences

Lady Renata von Hentzau (Clare Cronin)
3304 Willow Crescent Drive, Apt. 34
Fairfax, VA 22030
moas AT pontealto.atlantia.sca.org

Deputy Minister of Arts & Sciences

Lady Millicent Chandler (Melanie Cozad) (music deputy)
976 Holborn Court
Sterling, VA 20164
(H) (703) 430-3675

Deputy Minister of Arts & Sciences

Lady Perronelle la peintre
7588 Seabrook Lane
Springfield, VA 22153
(H) (703) 455-0298

Chatelaine (Newcomers)

Lord James de Biblesworth (James Barker)
(H) (703) 338-4057
flonzy AT hotmail.com
chatelaine AT pontealto.atlantia.sca.org

Deputy Chatelaine

Flora de Bayeaux (Jerri Lyn Mooney)
(M) (703) 343-3367
flora.bayeaux AT gmail.com

Gold Key (Loaner Costumes)

Lord James de Biblesworth (James Barker)
(H) (703) 338-4057
demos AT pontealto.atlantia.sca.org

Deputy for Demos

Lord James de Biblesworth (James Barker)
(H) (703) 338-4057
demos AT pontealto.atlantia.sca.org

Herald

Lady Katharina von Bayern (Tracy Fussell)
(703) 994-3960 (H)
herald AT pontealto.atlantia.sca.org

Deputy Herald

Lord Connor Sinclair (Kevin Houghton)
connorsinclair AT yahoo.com

Minister of the Lists

Lady Delphina the Mad (Charlene Ratliff)
mol AT pontealto.atlantia.sca.org

Deputy Minister of the Lists

Countess Denise Duvalier (Denise Hundley)
(H) (703) 339-4114
DCADenise AT aol.com

Chronicler (Newsletter)

Lady Wulfwyn Ælfwines dohtor (Patricia Cheshire)
Snoleopard4 AT aol.com
chronicler AT pontealto.atlantia.sca.org

Deputy Chronicler

Lady Marie-Therese Normand (Mary Bowles)
6039 Terrapin Pl., Alexandria, VA 22310
mariatheresapontoon@yahoo.com

Web Minister

Lord James de Biblesworth (James Barker)
(H) (703) 338-4057
flonzy AT hotmail.com
webminister AT pontealto.atlantia.sca.org

Deputy Web Minister

Lady Brigid O'Hara (Karen Miller)
11416 Bronzedale Dr
Oakton, VA 22124
(703) 620-4945 (H)
mill3rs AT yahoo.com

Members of the Baronial Guard

Baroness Catalina dell'Acqua (Captain)
Lord Geoffrey Clywd
Myghell O'Kelly

Baronial Noteables

Baronial Warlord, Lord Connor Sinclair (Kevin Houghton)
warlord AT pontealto.atlantia.sca.org
Baronial Heavy Champion, Matthew Dredge (Mathew Toone)
heavychamp AT pontealto.atlantia.sca.org
Baronial Rapier Champion, Kaid
rapierchamp AT pontealto.atlantia.sca.org
Baronial Archery Champion, Anais Enderwick (RJ Crocker)
archerychamp AT pontealto.atlantia.sca.org
Baronial Artisan, Lord James de Biblesworth (James Barker)
artisan AT pontealto.atlantia.sca.org
Baronial Bard, Lady Talitha of Avalon (Talitha Powell)
bard AT pontealto.atlantia.sca.org

Baronial Meeting Minutes

Date: May 20, 2007 **Start time:** 6:00

Seneschal

Still looking for Baronial candidates, currently only Luce and Miles running. Need 3 sets of candidates. Contact Katharine for more information.

Looking for Deputy Seneschal, see Katharine if interested.

Exchequer

No money was spent this month, currently \$9833.72 in account.

Looking for another Deputy Exchequer; Celia will be stepping up in February and she will need a deputy.

Proposed changes to financial policy will be voted on in June meeting.

Heavy Marshall

Practice went well this month, no official Mother's Day practice. Visit from Duke Paul was well attended.

Rapier

Practice continues in park on Sundays and school on Thursdays

Archery

No practice on Friday due to Sapphire Joust, Friday nights practice continues in Manassas, Sunday practices in Roxbury Mill in Stierbach, working with Fairfax County Park Services to get local practice area. Miles received Archery Elite at Kingdom Archery.

Arts & Science

Quarterly report submitted. Apparently, Ponte Alto "cleaned up" at Crown Tourney competition. Cooks Guild starting up again. Please send anything of interest to Renata.

Chatelaine

Had new people come to Newcomers Meeting, new fighters coming as well. Time and date of next meeting TBD.

Herald

Quarterly report sent, nothing new to add.

Chronicler

Quarterly report sent. As always, please send any articles, ideas of information to Wulfwyn.

MOL

Nothing new.

Web Minister

Nothing new. Please check the current website for incorrect information and report to James any changes.

Website is being redesigned and changes to be coming soon.

Baron and Baroness

Crown Tourney went well, enjoyed having member of the Barony visit in the day shade.

Both will be attending University, Challenge of the Heart. Marcellus will be attending Assessments.

Luce received her Golden Dolphin and Belpheobe and Marcellus received the Yew Bow at Crown Tourney.

Received tokens and will be handing out at Sapphire Joust. Send recommendation for Baronial and Kingdom awards.

Artisan

Nothing new to add.

Events

Sapphire Joust: 25 people registered to camp with Barony.

Pennsic: anyone going needs to register with Cooper's Lake and the Barony, also contact the land agent. Make sure when registering that footprint and actual tent size are different.

Redd will be donating a sump pump to the barony, and loaning a 12 volt marine battery.

Chalice: Prince William Forest has us registered for Camp 4 and Camp 1 for the day, will pay the \$125 day fee for 2nd camp. Will send announcement for A&S, bardic and static, War and Peace at the themes.

Need volunteers. Geoffrey will run Rapier; need someone to run Youth Rapier. Celia will be reservationist.

November Event: Budget needs to be approved. There will be 2 seatings for feasts, seating for 75 people maximum each, can pay for 1 or both seating, \$4 for each seat per feast. Tirloch gave a budget of \$450 - added \$50 for safety, \$25 for advertising for extra flyer in the Acorn. Expected income if numbers are met will be \$725. Budget approved.

Old Business

Pewter tokens, Belpheobe heard from Chris and he is asking for \$25 for soapstone for mold, only wants to charge for materials. Would like 100 of each. Would need about \$75 award budget, budget approved.

Autocrat Handbook

Katharine still collecting information to compile handbook.

New Business

None

Announcements

Waiting to hear on site for Performing Arts. Anyone interested in performing, contact Celia.

Meeting ended 6:27, Attendees 21

Exchequer's Report

Greetings to the Barony from the Chancellor of the Exchequer:

The first quarter report is complete and ready to be sent to the Regional Exchequer. We enjoyed yet another outstanding quarter with profitable events and successful fund-raisers for the Royal Travel Fund. Here is a snapshot of the Comparative Balance Statement for the end of the first quarter of 2007.

Comparative Balance Statement

I. Assets:

la) Undeposited and Non-Interest Bearing Cash....	\$10,609.18
le) Regalia & Non-Depreciated Equipment.....	\$ 895.00
i) TOTAL ASSETS.....	\$11,504.18

II. Liabilities

IIb) Payables.....	\$ 62.46
d) TOTAL LIABILITIES.....	\$ 62.46

III. Net Worth.....\$11,441.72

Change in Net Worth.....\$ 1,308.94

During the month of April, the Barony reviewed our Branch Financial Policy and suggested changes. The following three updates will be voted upon at the May business meeting:

1. Ponte Alto Financial Policy

c. Ponte Alto Financial Policy is superseded by: Kingdom Exchequer Policy, Kingdom Law, Kingdom Financial Policy, Society Exchequer Policy, Corpora, Federal, and State Law.

[We are swapping the position of State and Federal law to bring Ponte Alto's Financial Policy in line with Kingdom Financial Policy.]

2. Financial Committee

b. The Emergency Financial Committee

iii. Members of the Emergency Financial Committee shall have one vote.

Should a member recuse himself/herself from a vote in which there is a conflict of interest or appearance of impropriety, a Ponte Alto Deputy Exchequer shall cast the third vote.

[We are changing the wording from "the Deputy Exchequer" to "a Ponte Alto Deputy Exchequer" in case there is more than one deputy.]

5. Events

a. The autocrat shall present a written, itemized budget for an event to the Financial Committee six (6) months prior to the event date and before any expenditure for the event is made and before the event flyer has been published.

[We are adding the words "written" and the phrase "six (6) months prior to the event date" to give event stewards plenty of time to reserve sites and advertise events.]

Please note that you must be a paid member of the Society for Creative Anachronism to vote upon financial matters, but all members of the Baronial populace may vote upon the Financial Policy.

As always, if you are curious about the workings of the Exchequer office or would like to peruse the books, please contact me via email or phone (my contact information is on the Officer's page) and I will be happy to schedule an appointment.

In Service,
Lady Millicent Chandler
Chancellor of the Exchequer

Monthly Calendar

June 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 Noon Outdoor Heavy Weapons Practice
4 7:30 pm Alle Psallite	5 7 pm Scriptorium	6	7 6 pm Rapier Practice 6 pm Heavy Weapons Practice	8 Highland River Melees 4:30 pm Archery Practice	9 Highland River Melees	10 Highland River Melees Noon Outdoor Heavy Weapons Practice
11 7:30 pm Alle Psallite Asian Night	12	13 7 pm Weaving Night	14 6 pm Rapier Practice 6 pm Heavy Weapons Practice	15 Stierbach Baronial Birthday 4:30 pm Archery Practice	16 Stierbach Baronial Birthday	17 Stierbach Baronial Birthday Noon Outdoor Heavy Weapons Practice
18 7:30 pm Alle Psallite	19	20	21 6 pm Rapier Practice 6 pm Heavy Weapons Practice	22 4:30 pm Archery Practice	23	24 Noon Outdoor Heavy Weapons Practice
25 7:30 pm Alle Psallite	26	27 7 pm Armor Night	28 6 pm Rapier Practice 6 pm Heavy Weapons Practice	29 4:30 pm Archery Practice 7:30pm Ponte Alto/Steirbach Bardic	30 St Anne's Clothier's Guild Costumer's Symposium	1 Noon Outdoor Heavy Weapons Practice

* = Baronial Progress

Events

Baronial Progress for June 2007

Date	Event
June 2	University
June 22-24	Challenge of the Heart
July 6-8	Assessments

June 2007 Calendar of Scheduled Events

Date	Event	Group	Location
2	Summer University (R)	Storvik	College Park, MD
8-10	Highland River Melees (Pr)	Highland Foorde	Hagerstown, MD
8-10	A Midsummer Twilight Tourney	Buckston-on-Eno	Leasburg, NC
15-17	Stierbach Baronial Birthday (Pr)	Stierbach	Locust Grove, VA
16	Warrior Games	Tear-Sea's Shore	Harleyville, SC
22-24	Marinus Baronial 20th Birthday	Marinus	Norfolk, VA
22-24	Wastelands 2007 (R)	Hindscroft	Booneville, NC
22-24	Challenge of the Heart	Dun Carraig	Huntingtown, MD
29-1	The Crescent Guard's Atlantian Games (R,Pr)	Bright Hills	Glen Arm, MD
30	Hawkwood's Inter-Baronial Collegium	Hawkwood	Candler, NC

WAR PRACTICE—the day after CHALLENGE OF THE HEART!!!!

ARCHERY PRACTICE NEEDS A NEW SITE—Archery practices are still on Friday night - but we need to put in a plea that if anyone knows of any land that we can use to practice archery on, please have them contact Lord Miles de Locwode (archery AT pontealto.atlantia.sca.org) or Lady Brigid O'Hara (mill3rs AT yahoo.com). ARchery is still shooting indoors at Bull Run and can only shoot 20 yards - most events have 20, 30 and 40 yard targets but that is not available to us with the indoor range. I believe we need over an acre and no houses to hit in the path!

Weekly Activities

Weaving night 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 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 Idlywood 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 Idlywood 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 Shreveewood 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 99:

Meats, Vegetables, Drinks and Sweets—Oh My!



Queen Esther and King Ahasuerus depicted dining on, among other things, a fish dish and a pretzel; illustration from Hortus deliciarum, Alsace, late 12th century.

Meats, Poultry, Fish and Seafood

Meats were more expensive than plant foods. Though rich in protein, the calorie-to-weight ratio of meat was less than that of plant food. Meat could be up to four times as expensive as bread. Fish was up to 16 times as costly, and was still expensive even for coastal populations. This meant that fasts could mean an especially meager diet for those who could not afford alternatives to meat and animal products like milk and eggs. It was only after the Black Death had eradicated up to half of the European population that meat became more common even for poorer people. The drastic reduction in many populated areas resulted in a labor shortage, meaning that wages shot up. It also left vast areas of farmland untended, making them available for pasture and putting more meat on the market.

While all forms of wild game were popular among those who could obtain it, most meat came from domesticated animals. Beef was not as common as today because raising cattle was labor-intensive, requiring pastures and feed, and oxen and cows were much more valuable as draught animals and for producing milk. Animals slaughtered because they were no longer able to work were not particularly appetizing and were therefore less valued. Far more common was pork, as pigs required less attention and cheaper feed. Domestic pigs often ran freely even in towns and could be fed on just about any organic kitchen waste, and suckling pig was a sought-after delicacy. Mutton and lamb were fairly common, especially in areas with a sizeable wool industry, as was veal. Unlike most of the modern Western world, just about every part of the animal was eaten, including ears, snout, tail, tongue, and womb. Intestines, bladder and stomach could be used as casings for sausage or even illusion food such as giant eggs. Among the meats that today are rare or even considered inappropriate for human consumption were hedgehog and porcupine,

occasionally mentioned in late medieval recipe collections. Both were considered lesser forms of pig, hence their names.

A wide range of birds was eaten, including swans, peafowl, quail, partridge, storks, cranes, larks and just about any wild bird that could be hunted. Swans and peafowl were often domesticated, but were only eaten by the social elite, and more praised for their fine appearance than for their meat. As today, geese and ducks had been domesticated but were not as popular as chicken, the fowl equivalent of the pig. Curiously enough the barnacle goose was believed to reproduce not by laying eggs like other birds, but by growing in barnacles, and was hence considered acceptable food for fast and Lent.

Although less prestigious than other animal meats, and often seen as merely an alternative to meat on fast days, seafood was still the mainstay of many coastal populations. "Fish" to the medieval man was also a general name for anything not considered a proper land-living animal, including marine mammals such as whales and porpoises. Also included were the beaver, due to its scaly tail and considerable time spent in water, and barnacle geese, due to lack of knowledge of where they migrated. Such foods were also considered appropriate for fast days. Especially important was the fishing and trade in herring and cod in the Atlantic and the Baltic Sea. The herring was of unprecedented significance to the economy of much of Northern Europe, and it was one of the most common commodities traded by the Hanseatic League, a powerful north German alliance of trading guilds. Kippers, made from herring caught in the North Sea, could be found in markets as far away as Constantinople. While large quantities of fish were eaten fresh, a large proportion was salted, dried, and, to a lesser extent, smoked. Stockfish, cod that was split down the middle, fixed to a pole and dried, was very common, though preparation could be time-consuming, and meant beating the dried fish with a mallet before soaking it in water. A wide range of mollusks including oysters, mussels and scallops were eaten by

coastal and river-dwelling populations, and freshwater crayfish were seen as a desirable alternative to meat during fish days. Compared to meat, fish was much more expensive for inland populations, especially in Central Europe, and therefore not an option for most. Freshwater fish such as pike, carp, bream, perch, lamprey and trout were common.

Vegetables and Fruits

While grains were the primary constituent of most meals, vegetables such as cabbage, beets, onions, garlic and carrots were common foodstuffs. Many of these were eaten daily by peasants and workers, but were less prestigious than meat. The cookbooks, intended mostly for those who could afford such luxuries, which appeared in the late Middle Ages, only contained a small number of recipes using vegetables other than side dishes and the occasional potage. Carrots were available in two variants during the Middle Ages: a tastier reddish-purple variety and a less prestigious green-yellow type. The orange variety of carrot that is most common today did not appear until the 17th century. Various legumes, like chickpeas, fava beans and peas were also common and important sources of protein. With the exception of peas, they were frowned on by contemporary dietetics, partly because of their tendency to cause flatulence. The importance of vegetables to the common people is illustrated by accounts from 16th-century Germany stating that many peasants ate sauerkraut three to four times a day.

Fruit was popular and could be served fresh, dried, or preserved, and was a common ingredient in many meat dishes. The practice of eating raw fruit was disfavored by physicians because of the belief that they were generally too cold or moist to be eaten uncooked. Since sugar and honey were expensive, it was common to include many types of fruit in dishes that called for sweeteners of some sort. The fruits of choice in the south were lemons, citrons, bitter oranges (the sweet type was not introduced until several hundred years later), pomegranates, quinces, and grapes. Further north, apples, pears, plums and strawberries were more common. Figs and dates were eaten all over Europe, but remained rather expensive imports in the north.

Drinks

In the Middle Ages, concerns over purity, medical recommendations and its low prestige value made alcoholic beverages were always preferred. They were seen as more nutritious and beneficial to digestion than water, with the invaluable bonus of being less prone to putrefaction due to the alcohol content. Wine was consumed on a daily basis in most of France and all over the Western Mediterranean wherever grapes were cultivated. Further north it remained the preferred drink of the nobility who could afford it, and far less common among peasants and workers. The drink of commoners in the northern parts of the continent was primarily beer or ale. Because of the difficulty of preserving this beverage for any time, it was mostly consumed fresh; it was therefore cloudier and perhaps had a lower alcohol content than the typical modern equivalent. Milk was not consumed by adults except the poor or sick, being reserved for the very young or elderly, and then usually as buttermilk or whey. Fresh milk was overall less common than other dairy products because of the lack of technology to keep it from spoiling.

Juices, as well as wines, of a multitude of fruits and berries had been known at least since Roman antiquity and were still consumed in the Middle Ages: perry, cotignac from medlars or quince, wine from pomegranate, mulberries, blackberries and cider, which was especially popular in the north where both apples and pears were plentiful. Medieval drinks that have survived to this day include prunellé from wild plums, mulberry gin and blackberry wine. Many variants of mead have been found in medieval recipes, with or without alcoholic content. However, the honey-based drink became less common as a table beverage towards the end of the period and eventually wound up primarily as a sick-potion. Kumis, the fermented milk of mares or camels, was known in Europe, but as with mead was mostly something prescribed by physicians. When agreeing on treaties and other important affairs of state, mead was often presented as a ceremonial gift. It was also common at weddings and baptismal parties, though in limited quantity due to its high price. In medieval Poland, mead had a status equivalent to that of imported luxuries, such as spices and wines.

Wine was commonly drunk and was also regarded as the most prestigious and healthy choice. Unlike water or beer, consumption of wine in moderation (especially red wine) was, among other things, believed to aid digestion, generate good blood and brighten the mood. The quality of wine differed considerably according to vintage, the type of grape and more importantly, the number of grape pressings. The first pressing was made into the finest and most expensive wines which were reserved for the upper classes. The second and third pressings were subsequently of lower quality and alcohol content. Common folk usually had to settle for a cheap white from a second or even third pressing, meaning that it could be consumed in quite generous amounts without leading to heavy intoxication. For the poorest (or the most pious), watered-down vinegar would often be the only available choice.

The aging of high quality red wine required specialized knowledge as well as expensive storage and equipment, and resulted in an even more expensive end product. Judging from the advice given in many medieval documents on how to salvage wine that bore signs of going bad, preservation must have been a widespread problem. Even if vinegar was a common ingredient, there was only so much of it that could be used. Spiced or mulled wine was not only popular among the affluent, but was also considered

especially healthy by physicians. Wine was believed to act as a kind of vaporizer and conduit of other foodstuffs to every part of the body, and the addition of fragrant and exotic spices would make it even more wholesome. Spiced wines were usually made by mixing an ordinary (red) wine with an assortment of spices such as ginger, cardamom, pepper, nutmeg, cloves and sugar. These would be contained in small bags which were either steeped in wine or had liquid poured over them to produce hypocras. By the 14th century, bagged spice mixes could be bought ready-made from spice merchants.

While wine was the most common table beverage in much of Europe, this was not the case in the northern regions where grapes were not cultivated. Those who could afford it drank imported wine, but even for nobility in these areas it was common to drink beer or ale, particularly towards the end of the Middle Ages. In England, northern Germany, Poland and Scandinavia, beer was consumed on a daily basis by people of all social classes. However, the heavy influence from Arab and Mediterranean culture on medical science meant that beer was often heavily disfavored. For most medieval Europeans, it was a humble brew compared with common southern drinks and cooking ingredients, such as wine, lemons and olive oil. Even comparatively exotic products like camel's milk and gazelle meat generally received more positive attention in medical texts. Beer was just an acceptable alternative and was assigned various negative qualities. In 1256, the Sieneese physician Aldobrandino described beer in the following way:

"But from whichever it is made, whether from oats, barley or wheat, it harms the head and the stomach, it causes bad breath and ruins the teeth, it fills the stomach with bad fumes, and as a result anyone who drinks it along with wine becomes drunk quickly; but it does have the property of facilitating urination and makes one's flesh white and smooth."

The intoxicating effect of beer was believed to last longer than that of wine, but it was also admitted that it did not create the "false thirst" associated with wine. Though less prominent than in the north, beer was consumed in northern France and the Italian mainland. Perhaps as a consequence of the Norman conquest and the traveling of nobles between France and England, one French variant described in the 14th-century cookbook *Le Lenagier de Paris* was called *godale* (most likely a direct borrowing from the English "good ale") and was made from barley and spet, but without hop. In England there were also the variants *poset ale*, made from hot milk and cold ale, and *brakot* or *braggot*, a spiced ale prepared much like hypocras.

Sweets and Desserts

The term "dessert" comes from the Old French *desservir*, "to clear a table", literally "to un-serve", and originated during the Middle Ages. It would typically consist of dragees and mulled wine accompanied by aged cheese, and by the Late Middle Ages could also include fresh fruit covered in sugar, honey or syrup and boiled-down fruit pastes. There was a wide variety of fritters, crepes with sugar, sweet custards and *darioles*, almond milk and eggs in a pastry shell that could also include fruit and sometimes even bone marrow or fish. German-speaking areas had a particular fondness for *krapfen*: fried pastries and dough with various sweet and savory fillings. *Marzipan* in many forms was well-known in Italy and southern France by the 1340's and is assumed to be of Arab origin. Anglo-Norman cookbooks are full of recipes for sweet and savory custards, *potages*, sauces and tarts with strawberries, cherries, apples and plums. The English chefs also had a penchant for using flower petals of roses and elderberries. An early form of *quiche* can be found in a 14th-century recipe collection as a *Torte de Bry* with a cheese and egg yolk filling.

In northern France, a wide assortment of waffle and wafers was eaten with cheese and hypocras or a sweet *malmsey* as *issue de table* ("departure from the table"). The ever-present candied ginger, coriander, aniseed and other spices were referred to as *épices de chambre* ("parlor spices") and were taken as *digestables* at the end of a meal to "close" the stomach. Like their Muslim counterparts in Spain, the Arab conquerors of Sicily introduced a wide variety of new sweets and desserts that eventually found their way to the rest of Europe. Just like Montpellier, Sicily was once famous for its *comfits*, *nougat candy* and almond clusters. From the south, the Arabs also brought the art of ice cream making that produced *sherbets* and several examples of sweet cakes and pastries; *cassata alla Siciliana* (from Arabic *qas'ah*, the term for the terra cotta bowl with which it was shaped), made from *marzipan*, sponge cake and sweetened *ricotta* and *cannoli alla Siciliana*, originally *cappelli di turchi* ("Turkish hats"), fried, chilled pastry tubes with a sweet cheese filling.

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Armoring and Warfare

Articles on the sport of fighting in the SCA, By Lady Marie-Thérèse Normand and
Edited By Emma Barfoot.

The Heat of Battle

Now that summer is here, the heat of the day and the heat of battle vie for dominance. We are Atlantians and therefore considered immortal on the field. The gods, being what they are, have put above us a reminder that we are not unconquerable—the sun. During the summer months of June thru August, the sun beats down with its mighty rays and high humidity to sap the energy and enthusiasm out of us for the sport of SCA fighting. There are a few things you can do to combat the heat and continue fighting while summer is upon us.

- **Cover your helmet while in the sun.** Make a helmet veil, crest, or hat that will keep the metal of your helm from soaking up the sun's rays and thereby baking your brain in it. This should include covering the helmet while it is not in use. Put the helmet under a shield or a cloak, but keep it out of the sun as much as possible. You'll feel better about putting it back on if you follow this advice.
- **Drink lots of water and Gatorade before, during, and after battle.** Keeping hydrated is one way to keep from passing out and being hospitalized. The most extreme of condition if you should ignore hydrating yourself is kidney failure and hospitalization and possibly death. The least of these conditions is headaches, nausea, and embarrassment when you pass out. So don't ignore your water intake. If approached by a waterbearer, drink what they offer. Never turn down water or Gatorade, you may regret it later.
- **Less layers.** In the winter we don't feel it so much, but in the summer every layer of fabric acts like insulation to keep our body heat in. A gambeson is okay, but make a summer gambeson of lighter, naturally breathable fabrics. Retaining less heat is the name of the game.
- **Lighten your armor.** Your armor is suppose to protect you not harm you. In the summer, metal can act as a weapon against those that wear it. You can get burnt by it, it can heat areas unintentionally left bare, and it can make itself seem heavier because of the heat. If you change out each piece for plastic or leather, cover the armor in fabric, or change your armor set up for the summer months, you will find you last longer on the field with less fatigue. Any one of these choices is fine as long as you know the difference between lighter armor and unprotective armor.
- **Seek the shade,** even in a fight. Never stand out in the sun while humidity is high and the temperatures are above 90 degrees. Staying in the shade drops the effect of the sun on you by about 20 degrees. Direct sunlight leaves you feeling tired and burnt and with little breath, the shade even without a breeze helps diffuse this feeling and can be the difference between finishing a tournament or not.
- **Cool down by any means necessary.** Pour water down the front of your armor, on your neck, or over your head and wrists. These areas act as heat regulators and will quickly bring down the feel of overheating. If you are overheated, seek shade, and put a damp cloth over your head or around your neck. Use a neck snake/wash cloth from a cold water bath or a bit of ice in a rag to get your temperature under control, and always be aware of how hot you are at all times.
- **And, Pace your fight.** Just because you want to win doesn't mean you have to kill yourself to do it. With the heat being what it is, you need to think about how much of it you can take before you drop. Base your fight on this information and either quickly finish your opponent off with a speedy death or wait him out and fight a slow calculated fight. The fifteen to thirty second engagement is less stressful if you have a plan.

Hopefully, armed with the above information no-one will end up with heat stroke, and everyone will enjoy the coming fight season.

Arts and Sciences

Keeping Cool the Modern SCA Way.

By Lady Marie-Thérèse Normand and Edited By Emma Barfoot.

Summer is finally here. With it comes the chore of staying cool while enjoying an event. Some of the ways I've learned to keep cool have involved everything from wearing light breathable fabrics to using hand fans or neck snakes. So let me show you how the neck snake is made. These are simple, easy to make projects that will keep you cool for hours.

Materials:

Cotton fabric, needle, thread, and hydroponic crystal are needed to complete this project.

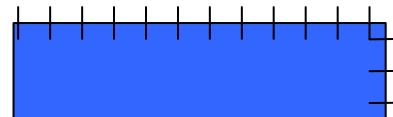
Step 1. First cut a piece of cotton fabric 18 inches in length, by 5 inches wide.



Step 2. Fold the material in half with the pattern on the inside of the fold like so.



Step 3. Pin the material in place on two of the open sides and sew the now rectangle fabric up one short end and one long end (not the fold side) so that you now have a sack.



Step 4. Turn the fabric inside out and fill with a cup of hydroponic crystals.

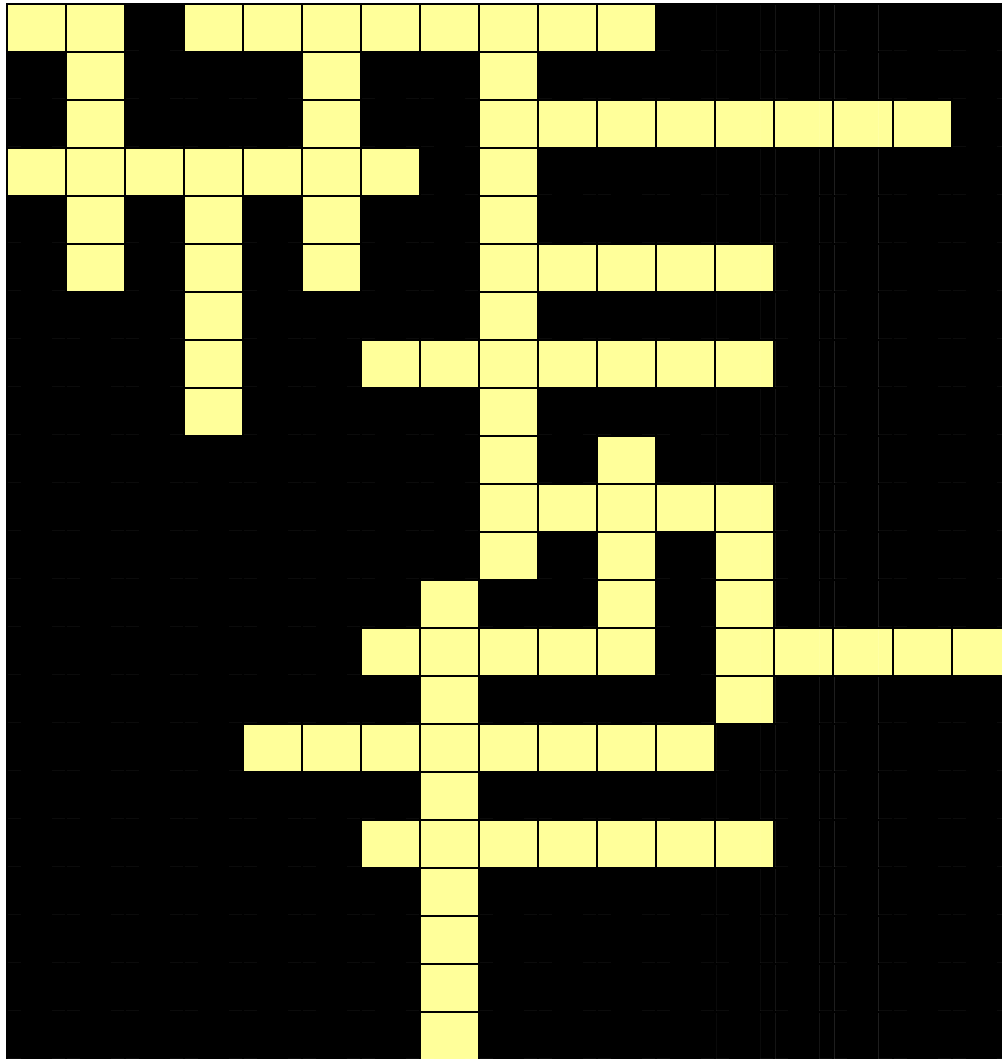


Step 5. When the fabric is filled with the crystals, sew the final end shut. What you should have is a long thin sack filled with hydroponic crystals. Hydroponic crystals retain cold and so all you need to do is dip them in ice water to use. These neck snakes feel wonderful on a hot day.



CAUTION: Hydroponic crystals suck moisture out of the air. If left for long periods of time in water, or a moist area, they will saturate and grow until they explode out of the fabric. Store in a very dry place for long-term use. Also make sure they are dry when storing.

Games



Across

1. Shortest Roman Numeral for the year 40.
2. The prince or princess is addressed as 'your _____'.
3. SCA weapon that uses targets and bolts.
4. Running of the dogs is called....
Three triads and a commander are called a _____.
5. In traditional jousting on horseback the weapon of use is a _____.
6. At an event for entertainment you can find gaming, singing and _____.
7. A weekend of SCA fun is usually termed an _____.
8. A competitive or celebratory tournament in the middle ages was called a _____.

9. Something given for service, arts and sciences and fighting.

10. The traditional past time for dancers (hint it's not dancing) _____.

11. Fighting is a form of _____.

Down

12. Master or Mistress of the Arts and Sciences

13. Queens Spears are sometimes referred to as the Queens _____, because they protect her.

14. When addressing both the baron and baroness you usually refer to them both as _____.

15. Dogs are referred to as _____.

16. Evening meal at an event.

17. Three person fighting unit.

18. The name for an event in the middle ages.