



THE BARONY OF PONTE ALTO'S NEWSLETTER

IL TEMPO

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EMPEROR XUANZONG'S FLIGHT TO SHU

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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 completed - 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 - only limited by the speed at which our hands can write out what our minds can think of.

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



POPULACE GATHERING MINUTES

Date: February 26, 2023

Began: 5:07 PM

Location: Zoom Virtual Meeting

Adjourned: 5:43 PM

Notes: Juliana le Webbe

Attendees: 17 people

OFFICER'S REPORTS

Seneschal – Lord Hákon brimill (David Hultman)

- Thanks for showing up!
- Not a lot of big shifts
- Caporia notice has come out, Seneschal & Baronage required attendees, 26th of March

Exchequer – Lady Astrid for Lord Mowgli of Anglesey (Aaron Parness)

- \$10,427.20
- \$paid Astrid for storage, paid Hákon
- \$5,184.00
- Looked at the bb budget, and it looks good to me
- Hákon - once it's ready, we'll show it to the committee

Knight Marshal – Lord Hákon for Lord Jacques Gonse

- Practices are back on
- 4 new fighters since the turn of the year
- Rapier has had consistent attendance
- Resuming outside archery at Grimmsfield after daylight savings time.

Arts and Sciences – Noble Sæunn hima (Evie Miller)

- I need to step down - in the fall I'm going to be attending university full time.
- I will work with the new person for the transfer
- This February we had 2 classes - period hair pieces with 9-10 attendees
- Early Rus garb had like 30 attendees.
- We had classes scheduled the next few months, cooking and cadastral surveying

Social Media Officer – Lord Hákon for VACANT

- We're still looking, but a few folks reached out. 😊

Chatelaine – Lord Hákon for Lady Delphina the Mad (Charlene Ratliff)

- Continues
- Contacted by 3 newcomers in the last month

Herald – Lord Hákon for Lady Johanna le Paumer (Sarah Stango)

- Heraldry continues!
- A few devices have gone out

Chronicler – Lady Juliana le Webbe (Jillian Browning)

- In progress
- SUBMIT TO ME your articles or other content you would like to have in IL TEMPO



Web Minister – Lord Rónán mac Ímair (Ron Hanagan)

- Continues
- If there are any updates to the calendar or the website, please let me know

Baron and Baroness - Their Excellencies Noyon Naran Numuchi & Baroness Marie-Therese Normand (Nicholas Freer & Mary Bowles)

- Naran
 - Went to bright hills, went to Ymir, am now a pelican
 - KASF maybe; Hidden Mountain, Blood Bath, Coronation (Archery Running), Revenge of The Stitch Maybe, Crown Tourney, On Target, Ruby Joust maybe, Scarlet Guard Inn in Æthelmearc , maybe Highland River Melees
- MT
 - Defending the gate, KASF, Coronation, Blood Bath, BAWT3, Crown Tourney, Storvik Novice
 - In 12 months we're stepping down, so if you're interested contact us so you know what goes into the office.

EVENTS

- BBB - Susan Kruger
 - Plans going smoothly
 - Budget is pretty much completed
 - Hákon - List fence is really big, so please put it in the budget, just in case.
 - Susan - Will do!
 - Mowgli - Who would be interested in volunteering for Troll?

OLD BUSINESS

- n/a

NEW BUSINESS

- n/a

ANNOUNCEMENTS

- n/a

LOOKING FOR LARGESSE

We are in need of largess for the upcoming year! Please contact Her Excellency about your donations. 😊



HISTORICAL ORIGINS OF THE SHOT PUT

By THL Tegan of Anglesey, Collegiate Shot Putter

If you're looking for a historical sport to integrate into your household's medieval athletic games look no further than the shot put.



Tegan in 1993 (Common Sense Newspaper, T.S. Wootton High School):

The shot put has been in the modern Olympic Games since it first debuted in 1896. Many people think that it was part of the ancient Olympiad, but they are wrong! Homer mentions competitions of rock throwing by soldiers during the Siege of Troy but there is no record of any dead weights being thrown in the original Greek sporting competitions:

Then Achilles offered as prize a huge lump of pig-iron that the powerful Eëtion used to hurl. Achilles had carried it off, aboard ship, with other of his possessions, after he had killed him. Now he announced the next competition, calling for entrants: 'The winner of this will have iron enough for five years, and even if his farmland is remote, he won't need to send a ploughman or a shepherd into town for lack of it, this will supply all his needs. Up leapt steadfast Polypoetes; godlike and powerful Leonteus; Telamonian Ajax; and noble Epeius. They lined up, and first Epeius grasped the mass of iron and hurled it, but the Achaeans mocked his feeble effort. Then Leonteus, offshoot of Ares, tried and his mark was quickly passed by Ajax, whose mighty throw won him the lead. But when stalwart Polypoetes, grasped and flung it, he sent it far beyond them all, like a herdsman hurling his crook and sending it whirling past his herd of cows. There was a great shout, and Polypoetes' friends ran to carry off the royal prize to the hollow ships.

The Iliad, Bk XXIII:826-849 The throwing competition.

We know that the Greeks placed a high value on physical fitness, but when it comes to hurling stones as part of athletic competition, we can actually look to Gaelic culture. The earliest documented evidence of the tradition can be found in an Irish book titled the "Book of Leinster," which was written in the 12th century but describes the events of the Tailteann Games which are thought to have begun between 1800 and 1600 BC. The Games were instituted as a tribute in honor of the dead. The first such games were a mourning ceremony in honor of Tailltiu, the foster mother of Ollam Erenn, a master craftsman and doctor of sciences:



So Tailltiu died in Tailltiu, and her name gave thereto and her grave is from the Seat of Tailltiu north-eastward. Her games were performed every year and her song of lamentation, by Lugh. With gessa and feats of arms were they performed, a fortnight before Lughnasadh and a fortnight after: under dicitur Lughnasadh, that is, the celebration or the festival of Lugh.

Book of Leinster, The Book of Invasions §57. The book is now kept at the Library of Trinity College in Dublin. One of the events included is stone throwing, but there is very little detail beyond the name, and it is not clear how much further back in history the tradition might stretch. But since the Tailteann Games are thought to have begun *prior to* the events of Troy in 1250 BC and the first ancient Olympics in 776 BC, the Greeks could have gotten athletic competition ideas from the proto-Celts and not the other way around! Sadly, the Tailteann Games stopped at the time of the Norman invasion. They were resurrected in 1924, but only lasted until 1932.

The concept of a festival of athleticism and games are reported to have crossed into Scotland from Ireland during the 4th and 5th century migrations of the Scotti into Dalriada (Argyll) and beyond. The term “put” actually comes from the concept of “putting the stone”, which, according to Scottish folklore, was used by clan chieftains to help them identify their strongest men for battle purposes. King Malcom III of Scotland (1031-1093) is reported to have competitions where bravest soldiers in Scotland would be tested in trials of strength which is the basis of the Highland Games.

The first events resembling the modern shot put likely occurred in the Middle Ages when soldiers held competitions in which they hurled cannonballs. This started in England by British military sporting groups and spread across Europe. The term “shot” derived from this period because of the use of cannonballs. Shot put competitions were part of the British Amateur Championships beginning in 1866 using an 18 lb. stone. Around this time, the throwing area was a rectangular, slightly raised board, which precluded any other type of throwing style other than standing still and heaving the shot across the field.

The shot used in the first modern Olympics was made of lead, while the modern-day shot is made of smooth iron or brass. The men’s shot weighs 7.26 kg (16 lbs.) and the women’s shot, an Olympic event since 1948, weighs 4 kg (8.8 lbs).

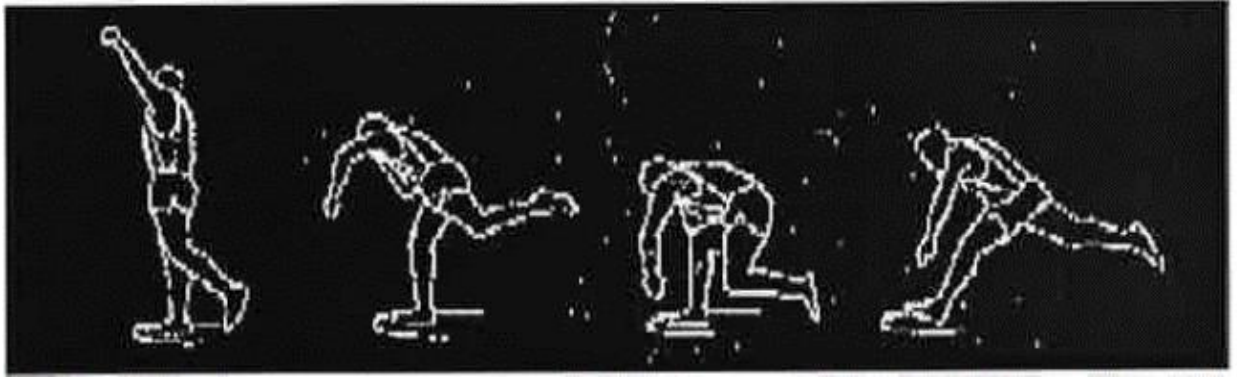
A key factor in all modern shot put styles is that the shot must be put as opposed to thrown. This is achieved by keeping the ball in close proximity to the chin in all movements prior to its release. In the modern event, the shot is put from a 2.135 meter (7 foot) circle which allows for a variety of different throwing techniques. The glide technique debuted in 1951 and the spin technique, also used in modern discus throwing, debuted in 1976. For the shot put, the glide technique is most prevalent, which is why it is discussed below.

The Glide Technique

In this technique, the thrower accelerates his body from the back to the front of the circle as depicted in positions 1-4. As the thrower lands in the middle position, the legs drive forward and up and the hips and torso rotate to the front of the circle (position 5). Simultaneously, the throwing arm further accelerates the shot as it pushes away from the body (positions 8 and 9). The optimum angle for release for the shot put is roughly 40 degrees.



Positions 1-4:



Positions 5-9:



Stone “putting” is an easy competition to integrate into your households’ medieval athletic competitions and is documentable for a number of different historical periods. Happy throwing!

Sources:

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ART SPOTLIGHT: EIGHT-POINTED STAR TUNIC

Inca, ca. 1460–1540



From the Met's website:

Inca tunics, called unku in the Quechua language of the Andes, are usually longer than they are wide. They were made from a single piece of cloth, the loom length being the width of the shirt--that is, they were woven sideways, with the warp in the short direction, and then folded over. The sides were sewn together, leaving holes for the arms at the top. The slot for the neck was woven with discontinuous warps. Fine tapestry tunics like the present example were items of great prestige and value during Inca times.

To Find out more, visit The Met website [here](#).

Do you have an A&S project you'd like to share with your fellow Pontooners?

We'd love to publish it! Contact our [Minister of A&S](#), Noble Sæunn Hima!



WEEKLY/MONTHLY EVENTS

<i>SUNDAY</i>	
Outdoor Heavy Weapons	Weather permitting, 12:00 noon until dark, outdoors at Tysons-Pimmit Park, behind Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Contact the Baronial Knight Marshal for information (see Regnum). (cancellations posted on the Ponte Alto e-list) Directions: Take your best route to I-495. Get off at the exit for Route 7 East (Falls Church). Go about 1 mile; the library is on the left. Park in the library lot and walk down the hill to the park.
<i>MONDAY</i>	
Stierbach/Ponte Alto Archery Practice	Practice is held at Grimmsfield. 16132 Crusade Ct. Haymarket, VA 20169. 5:00pm until dusk. If you need loaner gear, or would like more information, please contact the Archery Marshal, Lord Rónán mac Ímair.
<i>THURSDAY</i>	
Heavy Weapons Practice	Summer, outdoors at Tysons-Pimmit Park, 6pm (see Outdoor Heavy Weapons and Rapier Practice above).
Rapier Practice	Summer, outdoors at Tysons-Pimmit Park, (see Outdoor Heavy Weapons and Rapier Practice above) Winter, Shrevevood Elementary school cafeteria (7525 Shreve Rd, Falls Church), 6:30pm-9pm (cancellations posted on the Ponte Alto e-list)
<i>FRIDAY</i>	
Stierbach/Ponte Alto Winter Archery Practice	ON HOLD
<i>MONTHLY</i>	
SCA Newcomer Meetings	Newcomer Meetings are held the <u>4th Tuesday</u> of the month at 7:30 p.m. via either Zoom or Google Meets. Contact the Baronial Chatelaine for information (chatelaine@pontealto.atlantia.sca.org) or check out the Events/ Activities page on the website for the most recent information.
Ponte Alto Baronial Populace Gathering	Populace Gathering (and Business) Meeting, usually the <u>4th Sunday</u> of the month at 5:00 p.m. virtually on Zoom. The Zoom link is posted on the Ponte Alto calendar. Everyone is welcome to attend.
A&S Projects Night	<u>1st & 3rd Tuesday</u> , via Zoom or at private residences. Address will be posted on a private site (Facebook A&S Event) to preserve the privacy of the host. If you'd like to host or don't have a Facebook account and need the address, please contact Noble Sæunn hima (mka Evie Miller) moas@pontealto.atlantia.sca.org .

*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 canceled. 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>

* A reminder to those to attend marshal activities and practice at Fairfax County Public Schools:

NO FORM of real weapons, even Swiss Army knives, box cutters, etc. are to be brought onto school property.*



UPCOMING EVENTS IN ATLANTIA

Date	Event
3/4	<u>Kingdom Arts & Sciences Festival</u> : Hampstead MD (Bright Hills) (Q K)
3/11 - 3/20	<u>Gulf Wars</u> : (Gleann Abhann) (K Pr P)
3/24 - 3/26	<u>Hidden Mountain Baronial Birthday and Investiture</u> :Bennetsville SC (Hidden Mountain) (Q K Pr P)
3/25	<u>Defending the Gate</u> :Spotsylvania VA (Sudentorre)
3/31 - 4/2	<u>Spring Coronation 2023</u> :Upper Marlboro MD (Storvik) (Q K Pr P)
4/8	<u>Dragon's Fire II: Tribute for the Dragon</u> :Easley SC (Saint Georges) (Q K)
4/15	<u>Ponte Alto's Baronial Birthday Bloodbath</u> :Vienna VA (Ponte Alto)
4/15	<u>St. Clare "Lite"</u> : (Aethelmearc)
4/20 - 4/23	<u>BAWT III</u> :North Myrtle Beach SC (Moorhaven) (Q K)
4/21 - 4/23	<u>Revenge of the Stitch VIII</u> :Chestertown MD (Spiaggia Levantina)
4/29	<u>Tir-y-Don Baronial Birthday</u> :Yorktown VA (Tir-y-Don)
5/5 - 5/7	<u>Atlantian Spring Crown Tournament</u> :Boonville NC (Atlantia) (Q K)
5/13	<u>On Target</u> :Annapolis MD (Lochmere)
5/13	<u>Day in the Park</u> :Charlotte NC (Charlesbury Crossing)
5/19 - 5/21	<u>Hawkwood Baronial Birthday</u> :Old Fort NC (Hawkwood) (Q K)
5/20	<u>Not Quite Quarterly Bragging Rights Tournament III Demo</u> :Aiken SC (Ritterwald)
5/26 - 5/29	<u>Ruby Joust</u> :Ashland VA (Caer Mear) (Q K)
6/2 - 6/4	<u>STORVIK NOVICE AND UNBELT TORUNAMENT</u> :Upper Marlboro MD (Storvik) (Q K)
6/3	<u>Festival of Elvegast: The Great Hunt</u> :Hillsborough NC (Elvegast)
6/10 - 6/11	<u>Summer University of Atlantia</u> :Lincolnton NC (Aire Faucon)

*Note that these dates and links are subject to change. For a full and updated list, please visit the Atlantia Kingdom Calendar at <https://atlantia.sca.org/calendar/>.



PONTE ALTO NOTABLES



Archery Champion: Sof'ia Dolgorukaia
acherychamp@pontealto.atlantia.sca.org



A&S Champion: Briana Morgan of the Valley
artisan@pontealto.atlantia.sca.org



Bardic Champion: Celia of Rosedale
bard@pontealto.atlantia.sca.org



Brewing Champion: Heinrich von Holstein
brewer@pontealto.atlantia.sca.org



Heavy Champion: Hákon brimill
heavychamp@pontealto.atlantia.sca.org



Rapier Champion: Colette Vitalis
rapierchamp@pontealto.atlantia.sca.org



Thrown Weapons Champion: Rónán mac Ímair
twchamp@pontealto.atlantia.sca.org

WE REALLY COULD USE YOUR HELP!

There are several positions in our Barony that could use a Deputy; actually, all of the positions that we have could benefit by having at least one deputy.

Why a Deputy? Well, it is easy for any one of us to intend to do something if we don't consider that the SCA is what we do with our time after we are finished doing what we do to pay the bills.

With deputies, the workload can be shared, allowing more work to be accomplished with less time and stress for any one individual.

Besides, it is a great way to work with others to do something different to help make yours, and others', SCA experience that much better!



BARONIAL PROGRESS

Date	Event	Progress
3/4	Kingdom Arts & Sciences Festival	Naran, MT
3/24 - 3/26	Hidden Mountain Baronial Birthday and Investiture	Naran
3/25	Defending the Gate	MT
3/31 - 4/2	Spring Coronation 2023	Naran, MT
4/15	Ponte Alto's Baronial Birthday Bloodbath	Naran, MT
4/20 - 4/23	BAWT III	MT
4/21 - 4/23	Revenge of the Stitch VIII	Naran
5/5 - 5/7	Atlantian Spring Crown Tournament	Naran, MT
5/13	On Target	Naran
5/26 - 5/29	Ruby Joust	Naran
6/2 - 6/4	Storvik Novice & Unbelt Tourney	MT

LOOKING FOR A WAY TO GET INVOLVED? WHY NOT TRY RETAINING!

What is retaining?

Their Excellencies need help with taking notes (e.g. for gifts or to-do stuff), staying hydrated, reminders to stay on schedule, fetching things, and otherwise keeping Their Excellencies comfortable and out of trouble (especially the Mongol one)!

Who can retain?

Anyone can retain! If you've got free time at an event, Their Excellencies will be very appreciative of your assistance. Plus, it's a great way to learn more about what it means to be part of the pageantry of the SCA!

How can I volunteer?

If you are interested in volunteering, or even just finding out more, reach out to our head retainer!

headretainer@pontealto.atlantia.sca.org



REGNUM

Baron and Baroness

Noyon Naran Numuchi & Baroness Marie-Therese Normand

(Nicholas Freer and Mary Boyles)

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Deputy Seneschal

Master Marcellus Capozziello da Napoli

(Bob Capozello) 703-975-9146 (H)

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Chancellor for Youth Activities

VACANT

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Deputy Chancellor of the Exchequer

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Please send submissions to:

Juliana le Webbe

Chronicler@PonteAlto.Atlantia.SCA.org

Please, remember that all submissions for *Il Tempo* must be accompanied by an SCA release form.

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

Society Chronicler forms.

<http://chronicler.atlantia.sca.org/Releases.html>

Release form for **writing or artwork**:

<http://chronicler.atlantia.sca.org/ReleaseCreativeFillable.pdf>

Release form for **photographs**:

<http://chronicler.atlantia.sca.org/ReleasePhotographerFillable.pdf>

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

<http://chronicler.atlantia.sca.org/ReleaseModelFillable.pdf>