



# The Privy

Barony of Terra Pomaria



The Privy

March 1st, 2010

## Words from their Excellencies

So, this month Lady Fortune has had to repeatedly ask Us for our words for the Privy. Our lives have been exceedingly busy, and so any delay in her ability to publish the Privy rests solely on our shoulders. She has been diligent and gracious in her efforts to pry even a quick note from the hands of His Excellency, but his neglect of his station and his responsibilities have left her with nothing to print. What is a chronicler to do when the nobility she serves leaves her wordless? My recommendation is to beat the Baron with a stick.... and to her credit and to the benefit of the populace, she has done so via repeated and consistent urging and pleading. So here now are the words of His Excellency of Terra Pomaria, "AND, BUT, & OR."



Ok... So I like conjunctions, sue me. Conjunction junction what's your function.... it's my favorite School House Rock. What does that have to do with the SCA, our Barony, the Medieval era, history, recreation????? Nothing really. I just thought it would be funny to say I gave words, and I gave three of them, "AND, BUT, & OR"....

Oh.... **AND**. Congratulations to our lovely Baroness who was bestowed the honor of being elevated the Order of the Pelican this past weekend at the Grand Thing!! Huzzah!!!! I am very proud of her and she is humbled by the honor.

**BUT**, that's not all, I wanted to let everyone know that we are glad tourney and war season are finally here again and despite the recent weather, we hope to see you at one event **OR** another in the near future.

See what I did there.... I am a riot!!!! I really need to get out more..... See you all soon and blessings to you all,

Yours in Service to Terra Pomaria,

On Behalf of Her Excellency, Meistriem Emma von Bern and myself, Sir Ruland von Bern, Freiherr und Freiherrin von Terra Pomaria

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## Chronicler's Words

Greetings!

Well this is it! The June Edition of our fair Barony's Newsletter, The Privy. May was definitely a full month for us, and June is looking to be just as busy. As always I want to thank everybody who helped out with this months edition. The Photos were taken by Ben Mitchell, Jalid al-Banna' ibn Hyder, Melanie Mitchell, and myself. If you want copies, just ask.

I also want to congratulate Her Excellency Emma on her elevation to the order of the Pelican! I was so excited to be able to witness such a momentous event.

I'll stop typing now and let you get on to reading the rest of the newsletter. If there is anything that you would like to see, or if you have something you would like to submit, please let me know!

Yours in Service,

Lady Fortune verch Thomas





Upcoming Events

- June 4th-6th War of Trees II, Shire of Tymberhavene, Coos & Curry Counties, OR
- June 11th-13th Ancestral Remembrance Celebration, Shire of Myrtle Holt, Grants Pass, OR
- June 11th-13th Known World Herald's & Scribes Symposium, Shire of Dragon's Mist, Washington County, OR
- June 18th-20th— Summits Summer Investiture, Shire of Corvaria, Bend, Jefferson, Deschutes, & Crook Counties, OR
- June 19th— Three Mountains Baronial Champions, Barony of Three Mountains, Clackamas & Multnomah Counties, OR
- June 25th-27th— River's Bend Defender Tourney & War, Shire of River's Bend, Kelso & Longview-Cowlitz Counties, WA
- July 1st-5th An Tir— West War
- July 16th-18th July Coronation, Barony of Vulcanfeldt, Yakima—Yakima County, Wa
- July 23-25 A game of Thrones and Stormgods, Barony of Stromgard, Vancouver, WA
- August 6th-8th— Archery Academy, Barony of Three Mountains, Clackamas & Multnomah Counties, OR
- August 6th-8th— Briarook Bash, Shire of Briarook, Roseburg, OR
- August 13th-15th-Lebus, Shire of Cover du Val, Corvallis, Benton County, OR
- August 20th-22nd— Dragon's Mist Defender's Tourney, Shire of Dragon's Mist, Washington County, OR
- August 20th— 22nd— Harvest Tourney & Summits Archery Championship, Shire of Covaria, Bend, Jefferson, Deshutes & Crook Counties, OR
- August 27th-29th— Long and Short of It, Barony of Terra Pomaria, Marion, Polk and Lincoln Counties, OR
- August 27th-29th— William Tell XXV, Shire of Rivers Bend, Kelso & Longview-Cowlitz Counties, WA

**June 2010**

Sun	Mo	Tue	Wed	Thu	Fri	Sat
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**July 2010**

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**August 2010**

Sun	Mo	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



*Curia*

**Their Royal Majesties of An Tir**

Owain ap Einar and Adwen Wrenn

**Their Highnesses of the Summits**

Abu Nur Rustam Ibn Abdallah and Suvia filia Hereberti

**Tanist and Ban-Tanist of the Summits**

Viscount Gabriel Lueday and HL Sumayya min Yibna

**Excellencies of Terra Pomaria**

Roland and Emma von Bern

His Excellency Roland von Bern

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Her Excellency Emma von Bern [twyla\\_lawson@hotmail.com](mailto:twyla_lawson@hotmail.com)

*"...What a family is without a steward, a ship without a pilot, a flock without a shepherd, a body without a head, the same, I think, is a kingdom without the health and safety of a good monarch."*

*-Queen Elizabeth the First, to her brother King Edward c. 1550*

*Officers of Terra Pomaria*

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*Champions of Terra Pomaria***Heavy Defender:** Alail Horsefriend**Archery:** Maccus of Elgin**Arts & Sciences:** Geoffrey Albryght**Rapier:** Sean O'Sirin**Youth Champion:** Al Sayyid Aziza bint Rustam*Local Gatherings*

**Ceilidh:** 2nd Monday, October-May, 7pm, Pringle Community Hall, 606 Church St SE, Salem. Contact: [tpchatelaine@gmail.com](mailto:tpchatelaine@gmail.com) Wearing garb is requested, Gold Key is available

**Business Meeting:** 3rd Monday, 7pm, Round Table Pizza at Keizer Station, Contact: Countess Berengaria de Montfort de Carcassonne, OR, OP PO Box 7973, Salem OR 97303

**Scribal Night:** 1st Tuesday of the Month, 6pm. Contact Brigit of Guernsey for Address.

**Armoring:** Contact: Roland (Heath) SirRulandvonbern@hotmail.com (modern attire)

**Archery Practice:** For information contact: Cherise MacGill. [Curt-brandi@msn.com](mailto:Curt-brandi@msn.com)

**Heavy Weapons / Rapier Fencing Fighter Practice :** Wednesday evening at 7pm at Clearlake Elementary School

**A & S Day:** Contact Countess Berengaria de Montfort de Carcassonne, OR, OP .

**Open Castle :** This gathering is an opportunity for the members of Our Great Barony to gather at the home of the Baron & Baroness to have informal discussions, work on projects together, potluck, and just enjoy each other's company. It is also a chance for members of the Barony (both new and old) to get to know one another better. Please consider joining us, it always ends up being a fantastic time for all who attend. This gathering is generally held the 3rd Thursday of every month from 7-10 p.m. This gathering is in modern clothing. For further information, contact the Baroness, Emma von Bern at [twyla\\_lawson@hotmail.com](mailto:twyla_lawson@hotmail.com)

**Bardic Music Night**

Dates / times currently irregular, by appointment at the home of HL Juliana van Aardenburg. Learn the songs that are sung at bardic circles so you can participate at your next event or come to just listen to songs and stories. For more information contact HL Juliana van Aardenburg [julianavana@comcast.net](mailto:julianavana@comcast.net) at 503-363-7512. Dress is modern.

*Legal Stuff*

This is the June, 2010 issue of The Privy, a publication of the Barony of Terra Pomaria of the Society for Creative Anachronism, Inc. (SCA Inc.). The Privy is not a corporate publication of SCA Inc. and does not delineate SCA Inc. policies.

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**Submissions guidelines:** If you wish to submit articles or notices, they are welcomed and will be published as space permits. Please understand that all submissions are subject to formatting and spelling adjustments. The chronicler reserves the right to edit any submissions for inappropriate content and may make changes to the final copy to ensure entries meet all guidelines for acceptability. Submission deadline for the upcoming month's Privy is by Business Meeting (3rd Monday of the month) and may be sent by hardcopy, disk or email to the Chronicler.





## The Chivalry

by Baron Hrolf Herjolffsen OP

We state that we are oft greatly concerned, not with the actual military prowess of fighters on the field of combat, but with their “honour, courtesy and chivalry”. To us living in the last decade of the Twentieth Century, these words refer to an essence of honour and knightly virtue associated with the best of the Mallorian ideals. Given that the SCA is such a pastiche of elements taken from every different place and time, we must ask ourselves if this is what was meant by these terms within our chosen SCA period. What were the people we hold up as heroes really like and how were they viewed by those around them?

Let us examine this institution of Chivalry, and some its real and fictional members, more closely. I am mainly looking at the English position, but a similar task is easy to do for other countries. For a start, the word “chivalry” has changed its meaning somewhat since the Middle Ages: “[I]n Chaucer’s day (chivalry) was even more commonly used in a purely technical sense to denote cavalry officers or cavalry warfare in general” (Jones, 1984). Thus by referring to “the Chivalry” a period person oft referred only to “a mounted host”.

### The Pre-Feudal ‘Knights’

Through myth and legend the exploits of various successor Roman and pre-feudal household troops have been transmogrified into knightly legend. “King” Arthur’s deeds were moved from their true location in the north-east of England to accord with a desire to please a pseudo-historian’s patron. Likewise his troops were changed from being either Sarmatian or Byzantine equipped heavy cavalry to the “true” knights of Mallory’s time to reflect the undiminished glories of a past golden age and to help convey moral fables. St Gildas, writing almost contemporaneously to the Saxon invasion and Arthur, told

the same fables of declining morals from a Legendary Past.

Likewise a sheep stealing raid on the Basques that went wrong was, through the intervention of storytellers, transformed into a valiant and desperate defence of Christendom from the Muslim hordes. The efforts of Charles Martel at halting the Muslim thrust into

Europe became a needed boost to a Europe that was conscious of its own failures in this regard and the stories served to show that the great enemy could be beaten. Neither Arthur’s nor Charlemagne’s cavalry were knights, in any sense of the word. The medieval virtues attributed to this class were unknown (as a group) during the Dark Ages and they behaved (from what we know) no better, nor no worse than other warlords’ household guard of the period - although generally they

were more successful.

### The Original Knights

In transferring the feudal system from Normandy into England, where it was brought to its peak and then re-exported to Europe, William I made “knights” of a motley collection of huscarls and mercenaries. They were farmed out across the countryside in a deliberate attempt to keep a lid on rebellions from the conquered Saxons. They were enfeoffed of small parcels of land, spread all over England, in an effort to minimise the risk of rebellion from these new knights. Their armour was simple and yet effective against the unarmoured and lightly equipped peasants. At this stage usual equipment was a horse (not yet highly specialized, but of good quality), a mail byrnie and a simple nasal helm and a shield. The military system of the unit known as a lance and the large number of required retainers had not yet evolved. The only “higher law” acknowledged by most of these men was superior force.

It was during this period that the Peace of God movement attempted to ban Christians fighting and



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killing Christians. Failing in this it began to lay down, under pain of anathema, rules of warfare. While these were usually ignored, some of them were taken on board as ideals (never met) of chivalrous conduct.

Most of the knightly exploits we have from this period consist of attempts to gain land and wealth, either at the expense of their neighbours, the Muslims or the Byzantines. Some of these attempts were cloaked in a pious garb, but allowing *gesta non verba* (deeds not words) to speak, their true motivations shine forth. While on Holy War in the Middle East the average Crusader indulged in massacre and rape. Even before they left Europe, their institution of the pogrom tarnished any claims to a special status. Where they gained land, they held on, establishing dynasties not possible in a land-hungry West and treating the conquered land much the same as Saxon England was treated.

## The position in the Thirteenth Century

In England, the number of knight's fees (or pieces of land) was probably at no stage more than 6,500 (Denholm-Young, 1969: 84). With the increased cost of outfitting a knight since William I started the system, there is no doubt that this number (probably available soon after 1066) had declined to around 400 military knights. This figure peaked under Edward I (1272-1307) at around 500 due to an increase in the size of the King's Household (ie he carried the increased cost). This decline was so severe that the Counties had great difficulty assembling Assizes (or Courts) and were forced to knight non-military persons (burgesses, Lord Mayors, Guild Heads, shire reeves and anyone with enough property). Without these measures (which increased the number of knights by around 1,250 - counting those too ill or aged for military employment) it would have been impossible to administer justice or conduct Parliament. Thus in the thirteenth century the noble,

and military, knight was more likely to be analogous to a Pelican or Laurel than to those we now call knights. Outside England, there is no grounds to believe that the situation was any different (Contamine 1984). Note that a knight was paid 2s under John. Yet his costs were much higher. The actual knighting would cost around £36/10 (a year's wage), while a *dextrarius* (war-horse) cost £40 - £80 as opposed to the £5 of a sergeant's rouncey. Other equipment consisted of a surcoat, gambeson, mail hose and gloves, helm and, at least, partial plate.

This period marks the culmination of a continual attempt to instil "the Chivalrous virtues" in the Knightly class. The eminently practical reason for this was that a "true" knight was likely to be loyal to his overlord, unlikely to rebel and scrupulous in passing on taxes and in maintaining the privileges of their lord. As violence became gradually monopolised towards the State (in the person of the Crown), so attempts to civilise the military class increased.

## Chaucer's Knight: a fourteenth century paragon

Many people hold up the Knight from the *Canterbury Tales* as an ideal model for aspiring people to follow. Jones (a historian before and after he was a comedian) exposes the fallacy of this. In a period when England was suffering invasion and continual threat, when the Kings were banning overseas travel (of any sort) so that they could defend their realm, this mercenary was always abroad, and never fought on the side of his King. His campaigns were in Spain, Turkey, Africa, Lithuania and Russia. He took part, not in the famous battles of the day, but in those notorious for the rapine and pillage associated with them. He worked, for pay, for Christian and Muslim alike (serving the latter sometimes against Christians). He sets out to kill in tournaments (three times) and has oft partaken of raids that make Dili pale into the small scale of massacres. Chaucer's de-



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*The Chivalry cont...*

scription concentrates on the meaner of the knightly "virtues" (such as *franchise*) and tellingly fails to mention those regarded more nobly, such as *pitie* or *largesse*.

The Knight is a savage period parody on the growing trend to paid employment and the taking of the term 'knight' by those without the technicality of a knighting. The English knights abroad were viewed in the same fashion as today's English football hooligans - the worst of the worst - and it would be obvious to all of his readers that this is the behaviour that Chaucer refers to.

### Later period knights

As the feudal period slid into modernity, so did the military knights change into merchant adventurers. Drake, Frobisher and Raleigh were licensed pirates sent out to trade, plunder and to grab land for an absolutist and dictatorial Crown. The individualism of the earlier knights had been tamed to the service of their tyrant. Despite this, rebellions were frequent and Elizabeth I kept her knights on a short leash (executing as needed pour l'exemple etc).

### Conclusion

In this brief sketch I have indicated that the romantic visions we often have of knighthood are tarnished if exposed to reality. This does not mean that there were no loyal and true knights (William Marshal springs to mind), or even steady mercenaries (Sir John Hawkwood was just as bloody as Chaucer's Knight - but reliable and well regarded), whom we can hold as exemplars. We live in an age today where people are choosing the lifestyles and the images that they want to live by. We can actively choose to acknowledge the reality of our past and still accept the ideals (ignored and flawed as they are) that were handed on to us by Victorian romanticism and Tolkienian fantasy. Seeing that the Kingdom of the West may have in it more active knights than Thirteenth Century England, we can choose to find our

exemplars from amongst those who we see acting, not to a flawed historical model, but to those ideals we have chosen to endorse as being proper, courteous and right chivalrous within the context of the SCA.

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*Did You Know its Period? Part  
I.I.I: Satisfying Your Sweet Tooth*

by HL Rowan Houndskeeper

The end of an old year and the start of a new one brings the holidays and their emphasis on celebration, social gatherings, and the inevitable holiday dessert table. In period they liked their calorie-laden sweets just as much as we do today. In fact, according to the 1542 book *Dyetary of Helth*, "All meates and dringes the which is swete and that sugar is in, be nutrytyve [nutritive]" (as quoted in *To the Queen's Taste*). Various types of candies, puddings, and pies were prevalent throughout all of the times and cultures we recreate, and numerous recipes exist in the period cookbooks. They had cookies and cakes, too, but they were not quite what we are used to today.

The biggest thing to remember about medieval desserts is that they did not have either baking soda or baking powder. Instead, the leavening agent that allowed cakes and cookies to rise was yeast. Honey was a common sweetener, but sugar from cane sugar was also available in Europe, brought back from the Middle East after the Crusades. Here are some surprisingly modern medieval and renaissance desserts to add to your next holiday table.

**SUGAR PLATE = ROCK CANDY**

*Take a lb. of fayr clarefyde suger and put it in a panne and sette it on a furney, & gar it sethe the mouny-nance of a Ave Maria, whill evermore steryng wyth a spatour, and sette it of ageyne, but lat it noght wax over styfe for cause of powrynge. And loke thou have redy beforen a fair litel marbill stone and a litell flour of ryse in a bagge, shakyng over the marbill stone till it be overhilled, and than powre thi suger theron as thin as it may renne, for the thinnner the platen the fairer it is. If thou wiltt, put therein any diverse*

*flours, that is to say roses leves, violet leves, gilofre leves, or any other flour leves, kut them small and put them in whan the suger comes first fro the fyre. And if thou wilt mak fyne suger plate, put therto att the first sethyng ii unces of rose water, and if ye will make rede plate, put therto i unce of fine tournesole clene waschen at the fyrst sethyng.*

- Curye on Inglysch (14th c. English)

Translation

Take a pound of fair clarified sugar and put it into a pan, and set it on a flame and let it boil for the time it takes to say an Ave Maria prayer while stirring with a spatula, and set it off (the fire) again, but don't let it get too stiff for pouring. And look that you have ready beforehand a fair little marble stone and a little rice flour in a bag, shaking [the rice flour] over the marble stone till it is covered, and then pour the sugar thereon as thin as it may run, for the thinner the plate is the fairer it is. If you wish, put therein any diverse flowers, that is rose petals, violet petals, gillyflower petals, or any other flower petals, cut them small and put them in when the sugar first comes off the fire [and before pouring]. And if you wish to make fine sugar plate, at the first boil put in 2 ounces of rosewater, and if you wish to make red plate put in 1 ounce of fine tournesole, clean and washed, and add it at the first boil.

Redaction

- 2 c. Sugar (Sugar Cane sugar, not Beet sugar)
- 1/3 c. Water
- 1/3 c. Rosewater
- Rice flour or oil
- Food coloring (Optional)
- Diced flower petals (Optional)



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*Part 3 cont...*

Place rice flour in a thin muslin cloth bag and shake a thin layer of rice flour over a marble candy slab. If you don't have a marble candy slab, lightly oil a cookie sheet.

Combine sugar, water, and rosewater in a saucepan, place on highest heat, and stir with wooden spoon JUST until sugar is dissolved. Put in a candy thermometer and cook to hard-crack stage (310 degrees). Brush down sides with cold wet pastry brush, but DO NOT STIR sugar after crystals are dissolved or it will cause crystallization and a sugary mess.

At hard crack stage turn off the heat and quickly stir in food coloring (if desired). This is also the stage that you can quickly stir in flower petals if desired. Dip the base of the pan in cool water and allow sugar to stand just long enough for the bubbles to disappear. Pour out onto prepared slab or cookie sheet so that it forms broad thin disks, and let cool until brittle. Store in an air tight container.



**May Ceilidh, 2010**

Period Sugar Plate is nearly identical to modern recipes for clear hard candies such as rock candy and lollipops. The only difference between this redacted period recipe and a modern recipe in *The Complete Wilton Book of Candy* is that the flavoring is rosewater, substituted for half of the water in the modern recipe, instead of an oil based flavoring stirred in with the food coloring. Although this redaction calls for making "plates" you can also pour it into a form to make hard candies or "stained glass", or break it up to form slivers of sugar glass (rock candy).

Adding flower petals, as in the period recipe, can have an interesting effect, but if you choose to add flower petals be sure to use only organic, edible varieties of flower petals – and make sure they haven't been exposed to any pesticides.

**RICE PUDDING**

*Rice Puddings. Take halfe a pound of Rice, and steep it*

*in new Milk the whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyl it a little. Then set it to cool an hour or two, and after put in the yolkes of half a dozen eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt, and having mixt them well together, put in a grat store of Beef suet well beaten, and small shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.*

- The English Hous-wife (1683, English)

Translation:

It's Post-Elizabethan English, London dialect – I shouldn't need to translate it for anyone J

Redaction

6 c. Milk

1 c. White rice (not instant rice)

1/2 c. Sugar

1 c. Heavy cream

1/4 tsp Salt

2 Tbsp Butter

1/8 tsp Cloves

1/8 tsp Mace

1/4 c. Currants (or raisins)

1/4 c. Minced dates

Mix fruit and spices together well and set aside. Add to a large pot the milk, rice, sugar, butter and salt. Bring to a gentle boil over medium heat, stirring frequently. Reduce heat, cover pot, and allow to simmer for ~45 mins or until rice is tender, stirring occasionally. Drain off excess milk. Add cream, bring to a boil, and then immediately remove from heat. Refrigerate until chilled. Fold fruit and spice mix into the pudding so that it is evenly distributed. Serve either warm or cold.



To serve warm, simmer the pudding over gentle heat until warm.

Rice was an imported grain in England, and thus a luxury item listed in household accounts along with such items as spices. The "forms" or forms (molds) mentioned in the recipe allowed the puddings to be cooked, stored, and served in a single container. Alternatively, it is possible that the puddings were removed from the form for serving much the same way we use Jello molds today.

This recipe for rice pudding is actually from an out of period edition (1683) of the *English Housewife* (originally printed in 1615). It is a fancier dish than both many modern and earlier-period versions of rice pudding that I have seen. I've included a couple of other earlier period recipes here (below) for you to redact yourself.

I have omitted the eggs and pepper in the above redaction, making it closer to most modern rice pudding recipes, but it is also good with them, if a bit different to modern tastes. Beef suet is found in many period recipes, and most modern redactions substitute lard or butter (as was done here). But you can buy beef suet at a butcher's shop and process it in your food processor to get the "well beaten" consistency required by the recipe if you want.

**Two Earlier-Period Versions of Rice Pudding**

*Rys. Take a porcyoun of Rys, & pyke hem clene, & sethe hem welle, & late hem kele; þen take gode Mylke of Almaundys & do þer-to, & seþe & stere hem wyl; & do þer-to Sugre an hony, & serue f.*

- Two Fifteenth Century Cook Books (15th c. English)

**Translation**

Rice. Take a portion of rice, and pick it clean, and boil it well, and let it cool; then take good almond milk and do [add it] thereto, and boil [it], and stir it well; and do [add] thereto sugar and honey, and serve it

forth.

*Ryse of fische daye. Blaunche almaundes & grynde hem, & drawe hem vp wyt watur. Wesche þi ryse clene, & do þerto sugur roche and salt: let hyt be standyng. Frye almaundes browne, & floriche hyt þerwyt, or wyt sugur.*



The Grand Thing, 2010

- Curye on Inglysch (14th c. English)

**Translation**

Rice of Fish Day. Blanch almonds and grind them and draw them up with water [Make almond milk]. Wash your rice clean and do [add] thereto sugar, roche [the almond milk] and salt: let it stand. Fry almonds brown, and flourish [sprinkle] it therewith, or with sugar.

**TARTYS IN APPLIS = APPLE PIE**

*Tak gode applys & gode spycis & figys & reysons & perys, & wan they arn wel ybrayd colour wyth safroun wel & do yt in a cofyn, & do yt forth to bake wel.*

- Curye on Inglysch (14th c. English)

**Translation**

Take good apples and good spices and figs and raisins and pears, and when they are well brayed [ground, mixed, or mused] color with saffron well and put in a coffin [pie with both top and bottom crusts] and do it forth to bake well.

**Redaction**

- 3 Apples
- 2 Pears
- 1/2 c. Figs, chopped
- 1/2 c. Currants or raisins
- 1/4 c. Sugar
- 1/4 c. Brown sugar
- 1/4 tsp Each of nutmeg, mace, salt
- 1/8 tsp Ground cloves



*Part 3 cont...*

- 1/8 tsp Coarsely ground pepper
- 1/8 tsp Dried orange peel (or fresh orange zest)
- 1 to 1-1/2 tsp Cinnamon
- 1 Pie shell or tart shells (see below)

Preheat oven to 375 degrees . Peel and core apples and pears and chop them small – you want the pieces to be ~1/2" square or less. Mix together the sugar and all the spices. Mix all the fruit together in a bowl with approximately half of the sugar/spice mix. Put a layer of the fruit mix into a pie shell (recipe below) and sprinkle with some of the saved sugar/spice mix. Repeat layering fruit mix and sugar/spice mix until the pie shell is full, ending with sugar/spice mix sprinkled over the top. Bake for approximately 45 minutes. This makes a rather large pie (9"-10"), or ~20 tartlets (2"), but if making tarts reduce baking time to ~25 minutes.

#### Pie Dough Recipe

- 3 c. Flour
- 3/4 c. Canola or olive oil
- 3/8 c. Ice water

Mix water and oil together, stirring briskly, and then add them to the flour, mixing together to form a dough. Split the dough in two, and roll each half separately between 2 floured wax papers. Do not freeze dough to roll out later, although you may roll it out and freeze it in the pie pan. Makes a top and bottom crust for a 9-inch pie.

This particular period apple pie recipe calls for pears and other fruits as well as apples, resulting in a more complex taste than the standard modern apple pie. There are in fact numerous period recipes for apple-pie-type desserts. Some are quite different to modern tastes, containing cheese, meats, or vegetables, while others are closer to the classic American dessert.



May Ceilidh, 2010

In fact, my interest in redacting period recipes came from casually reading a translated (but not redacted) period German recipe and realizing "Hey, that sounds exactly like my grandma's recipe for applesauce pie!"

#### **TO MAKE SNOW = WHIPPED CREAM**

*To make a dissh full of Snow. Take a potell of swete thicke creame and the whites of eight egges & beate them al togider with a spone / then put them in youre creame and a saucer full of Rosewater and a disshe full of Suger with all / than take a sticke & make it cleane / and than cutte it in the ende foure square / and there with heate all the aforesayde thinges together / & ever as it ryseth take it of and put it into a Collander / this done / take one apple and set it in the myddes of it and a thicke busshe of Rosemary and set it in the middes of the plater / then cast your Snow upon the Rosemary & fyll your platter therewith. And if you have wafers cast some in with all and thus serue them forth.*

- A Propre new booke of Cokery (15th c. English)

#### Translation

To make a dish full of Snow. Take a pot of sweet thick cream, and the whites of eight eggs & beat them together with a spoon / then put them into your cream and a saucer full of Rosewater and a dish full of Sugar / then take a clean stick and then cut it in the end four square [make a whisk]/ and therewith heat all the aforesaid things [cream, egg whites, rosewater and sugar] together [while using the whisk to beat it] & ever as it rises take if off and put it into a colander / this done / take an apple and set it in the midst of it and a thick bush of Rosemary and set it in the middle of a platter / then cast your Snow upon the Rosemary & fill your platter therewith. And if you have wafers cast them around the edges and thus serve them forth.

#### Redaction





Take a half gallon of cream, along with eight egg whites, 8 tsps rosewater, and 2c sugar as mentioned and place in a pot. Gently heat ingredients together while whisking or beating until you get a meringue or whipped cream consistency. Serve on a platter with an apple and rosemary branch in the center and wafers around the perimeter.

### A Second Recipe for Snow

(55) *Ain schne zú machen*  
*Nitz ain milchram vnnd thú den jn den haffen/ vnnd nim*  
*ain klúxen vnd rier jn dúrchainander, bis es ain schne*  
*oben gewint/ vnnd bee ain semel*  
*vnnd legs jn ain schissel vnd see*  
*daraúff ain zúcker vnnd thú den*  
*schom aúff das brot, so jst es*  
*berait.*

- Das Kuchbuch der Sabina Welserin (1553 German)

### Translation

(55) To make a snow  
 Take dilute cream and put it in a pot. And take an eggbeater and stir it thoroughly, until it forms snowy foam on top. And toast a *Semmel* and lay it in a bowl and sprinkle sugar over it and put the foam on the bread, then it is ready.

### Redaction

Take a pint of half-and-half and whip it until fluffy. Place a warm glazed sweet roll on your platter and cover with the whipped cream.

The two period recipes presented here for "Snow" are fairly clear that this was meant as a sort of subtlety. In the simpler German recipe the whipped cream was served over a toasted and sugared *Semmel* [a mildly sweet bread roll] resulting in "snow" on a "hill" made of a hot, glazed sweet roll. The English recipe on the other hand indicates that it was served as a mound of whipped cream on a platter around an apple and a small rosemary plant to simulate a snow covered landscape complete with a "boulder" and "tree". In this recipe it was served with wafers for scooping up

the whipped cream and eating with it. Most modern tastes (at least the adult ones) might find eating straight whipped cream a bit much, so you can stick to mounding it on your apple pie from the recipe above.

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Gode Cookery website @ <http://www.godecookery.com/godeboke/godeboke.htm>





## Choosing a Name

by Modar Neznanich.

### Introduction

To get started in the SCA, you will need to create a persona. A persona is the fictional person you wish to have been, had you lived during the period of time the SCA covers (pre-17<sup>th</sup> Century). Deciding who to be is the single most important process you will go through when first joining the SCA. This will be the name you are known as to all your SCA friends.

Your persona story can be simple, consisting merely of your SCA name and the time/place your character is from (i.e. John the Smith from England in 1200AD). You can also make your persona story complex as time goes on by adding details of your character's life story, if you choose.

To be able to select a SCA name for yourself and begin creating your persona story, you must first decide what culture you desire to be from. There are many means useable to determine what culture you should choose. Some people look at the clothes worn by many cultures throughout various times and establish a selection based on what clothes they want to wear. Other people will think about what activities and crafts they are interested in and base a decision on the cultures known for expertise in those areas. Still others will investigate their personal lineage and choose the background of their family heritage as their SCA culture. Yet others will pick their SCA culture based from a historical interest on a particular society. Whatever means you choose to use is quite acceptable.

Once you have selected the culture you wish to take on for your persona, you are ready to select a name for yourself. Each culture had its own naming practices, or manner in which names were given. To fit into the persona you are creating, you should investigate the culture, read history on the area, and see what kind of names people associated with that era

utilized. It is best to be as authentic as possible when selecting a name, because your name and persona are the foundation upon which your activities and accomplishments will be based. The research you do to learn about names can also open doorways to activities and points of interest for you to investigate in developing your persona history.

### Concerning A Name

No matter what culture or time period, there is a basic make-up to names. Each name is composed of a minimum of a first name (also referred to as a given name) and a last name (sometimes referred to as a byname or a surname). Some names can have more parts (middle names), but all require at least these two parts. You will need to select at least a first name fairly soon so that other SCA members know what to call you. The rest of the name can wait, if needed, until you've done more research/determination of your persona.



May Crown, 2010

The best source to use when trying to find a first name is a book written about names that gives dates for the names. (This can include books written in foreign languages; all that is required is to find the name, followed by a date. If in doubt, copy the page and talk with the Kingdom Heralds. They should be able to verify the information for you.) Another good source are history books. However, note that many authors use modernized or Anglicized forms of the names. An example would be the name, King Charles of Spain. Charles is the English form of the Spanish name Carlos. Carlos is the name that he actually used. When using a history book, check any prefaces or Author's notes/introductions to see if the author discusses how they treated names in the book.

Books on period church records, parish rolls, consensus lists, or tax rolls are excellent sources. An exceptional on-line source is the Academy of Saint Gabriel Medieval Names Archive, located at: <http://www.s-gabriel.org/names/>

People were given last names to distinguish



## *Choosing a Name cont...*

them from other people in the area with the same first name. These last names are generally known as either bynames or surnames. Bynames were last names given to an individual, not a family, which were not passed from generation to generation. They were given by convenience and circumstance, not by birth. They were designators that were usually straightforward, chosen by the neighbors/family for the individual, not selected by the person themselves. Surnames were last names that a family took, and passed on to their offspring, generation after generation. Many surnames originated as bynames that the family kept. Surnames started in the 1300's in Western Europe and were in general use throughout most of Europe by about 1500.

Last names (whether a byname or a surname) fall into four basic types: relationship, occupational, locative and epithet. Relationship names are last names that denote being connected to a family. Examples of such names are: Larsson (Norse for Lar's son); mac Domhnaill (Scots for Domnall's son); Haraldsdottir (Norse for Harald's daughter); Ivanovna (Russian for Ivan's daughter) or Mastroguilio (Italian for Guilio's servant). Occupational names are last names derived from an occupation. Examples of such names are: Chapman (English for merchant); Cooper (English for a maker of barrels); Shumacher (German for shoemaker); Giardino (Italian for gardener). Locative names are last names that denote a particular place or general area (usually based on the person's place of origin). Examples of such names are: Ursula of York (English for "from the town of York"); al-Maghrebi (Arabic for "North African"); von Bayern (German for "Bavarian" or "of Bavaria"); "du Nord" (French for "from the north") or della Torre (Italian for "from the tower"). Epithets are not really true names but phrases or terms which describe a characteristic of the person. (Although over time some epithets did develop into surnames.) Epithets can represent a physical characteristic, a character trait or even an event in a person's life. Examples of such are: Barbarossa (German for "redbeard"); Heppni (Norse for "prosperous,

lucky"); Knockwalledowne (English for someone who has knocked a wall down).

Last names that are relationship, occupational or locative in nature are fairly easy to locate. If you find a period example of a male name, you can use it as the basis for a patronymic (relationship-type last name based on using your father's first name). If you locate a culture's name for a particular occupation, it can (usually) be used as an occupational last name. If you determine a place that existed in period, you can be "from" or "of" that place. Be aware that you may have to make some minor grammatical changes to the name of the person, occupation or place when forming the last name, to be consistent with how a particular language/culture forms names. But for the most part, these last names are easy to find.



The Grand Thing, 2010

Epithets seem to be a very easy concept. After all, an epithet is merely a descriptive phrase added on after a first name. But they can be difficult to work with correctly. This is due to the fact that not every descriptive phrase is likely to have been used in period as a descriptive

phrase. When looking for, or deciding on an epithet, remember that epithets were not chosen by the individual but by the community. And the epithet was chosen for convenience, not for dramatic effect. You would likely find in a town two people named John the Tall and John the Short rather than John Wolfkiller and John Bloodyaxe. Also, as a rule, metaphors generally weren't used to describe people. To a medieval person, a last name like Drakenhand would not mean "He strikes with a dragon's hand." it would instead mean "His hand looks like a dragon's claw." A wise person would have been called Thomas le Wyse not Thomas Quickmind.

There are many factors to take into account when doing something as simple as selecting your SCA name. But of all things the most important thing to remember is that you have help available. Each SCA group has a herald's office with a staff waiting to help. Part of what they do is to guide people in selecting names, by providing information, books and lists of



## *Choosing a Name cont...*

names.

ing.

### HELPFUL HINTS

Be authentic/historically accurate in selecting your name. It makes the SCA experience more fun in the long run because it allows you to "get into" your persona better.

Do not name yourself after an actual historical personage, a legendary personage, a literary character, copyrighted character or favorite role-playing character. These names are problematic. Some are protected and will not be registered, others cannot be proven to be historically correct and cannot be registered.

You may not take any title of nobility, or take a name that denotes a rank (i.e. Earl).

You may not use a name that would confuse you with someone already in the Society. (i.e. You can't be John James Smith if there is a person in the Society named John James Smith). The heralds have a list of names already registered, called the Armorial, if you have questions about a name.

Names must include at least one given name and a last name (byname, surname or epithet. (i.e. John Longfellow or James the Tall)

No more than two languages may be used in a name, and you can only use two languages if the cultures that used them had interaction in period.

Keep the size of your name in perspective. As a guideline a name should probably not exceed 52 characters, including spaces.

A name should fit your persona. A Chinese courtier named Sven Larsson just wouldn't work.

Avoid using "Name Your Baby" type books for names. Most of them list modern names that are not medieval in style. Check at Heraldic Consulting Tables held during events for books that are good sources for names or with your local herald.

When looking for a specific name, don't get caught up on details of the meaning of a name. Most medieval names weren't given because of their mean-

ing. Know that in period, the spelling of names did vary, but not randomly. Names were spelled to reproduce their pronunciation, but the sound assigned to each letter also varied from one language to another. To correctly determine period spelling variations, you have to understand how the letters correspond to sounds. Examples are: In medieval German, the letters "V" and "F" were pronounced the same. So the medieval German name Friedrich was also spelled Vriedrich.

Naming/spelling/pronunciation "rules" are not universal. A common mistake is assuming that modern English pronunciation and spelling rules can be applied to medieval names. Modern English pronounces "y" and "i" the same in many words, but in Middle English and Old Welsh, they represent different sounds.

Be aware that some first names in use today, were not always in use. Some names that are used as first names today, were used only as last names in period. Others modern first names are misinterpretations of period records. Yet other names were used in period only to refer to legendary people, not real people. Still other names sound period but are modern inventions. Just a few of the names problematical names are: Bethany, Branna, Brenda, Bruce, Corwin, Corwyn, Eilonwy, Fiona, Korwin, Korwyn, Liam and Megan.



The Grand Thing, 2010





Old Novgorod Birch-Bark Writings

Old Novgorod Birch-Bark Writings

by Posadnik

Based on articles & popular books about the history of literacy in Russia.

In 2001 Archaeology could celebrate a truly important jubilee: 50 years since the first birch-bark letters were discovered. Now the number of documents found has started its second thousand. Before that, the common belief among the scholars was that Russia was completely illiterate, as most books were written in monasteries or by order of church officials, which made some scientists think that the whole notion of culture in Russia started with Christening in 988. Especially known for such belief was academician Dmitri Likhachev, who (at the millenium jubilee of the event in 1988) stated that Christening marked the end of illiterate darkness and opened the history of great Russian culture.

So, the common knowledge in 1950s was that northern Russia was illiterate. The only question was where all those bone & metal sticks, found in huge numbers, came from. First they were considered religion-related artifacts: the idea looks too promising when you don't know what this or that is for.

But then about 1950, a humble (at the time) worker of Artemi Artsikhovski's archaeological expedition, Nina Akulova, found a birch-bark roll that looked scratched or something like that. After a closer look, the roll appeared to carry the text of letters, pressed into the bark. The sensation could be compared with finding Troy, or the recovering of the Avesta. A whole city of literate people, who just scratched notes to each other every now and then.

Due to these rolls the scientists were able to look into the everyday life of ordinary people of which the chronicles had little to say. Most writings were everyday ones, asking the wife to send clean underwear or the neighbor to lend some money, some love letters,

poems or election bulletins where only one name was written. Most known are probably the writings of a Novgorod teenager Onthim. He left us what look like some school exercises if it is such. He wrote some ABCs, also a very well-known text appeared to be his drill in composing a letter. The text started with "From Onthim to Danilo:" There was a "code" letter which was written by a teenager, maybe Onthim himself. It was written and not signed, obviously to make the reader spend time to put that into the correct form until he (she?) understands he was called something unpleasant. The text was written in two lines, but you were to read in vertically, pair of letters by pair of letters. The text went on like this: "an ignoramus wrote this, a fool showed it, and the person who read this..."

Besides just describing the life that bustled in the streets, the birch-bark writings were of great use in identifying the owners of the houses. As Russian cities were all of wooden construction, except for the churches in the big cities such as Kiev or Novgorod, every 50 years or so they simply burned down to the ground. As the country was rich with woods (the northern half, of course), and the people were extremely good at woodcraft, the citizens didn't even move away the ashes, and quickly built new houses over them. So everything lost in the fire was buried in coals & ashes. That's why the "cultural layer" in Russian cities gives us great evidence of the material culture at the time of the fire.

However, previously they could state only the profession and social position of the owner, like "boyar's manor", "the manor of a rich musician", etc. Now they are able to portray the person from the birch-bark letters that he had read and then dropped to the mud covering the non-sheltered part of the yard (in rich houses the roads to all the household facilities were paved with beams or boards, with a roof above). As a result, they are able to at least to say if the craftsman owning the house was a free man or if he belonged to a boyar.

Due to the analysis of the writings, it was established that the Novgorod manor territories were formed according to a clan system, as the excavations



May Crown, 2010





*Old Novgorod Birch-Bark Writings cont...*

in the Nereva end of the city showed that a huge mass of neighboring manors (12-15 ares each) belonged to heirs of the famous personality of 13th early 14th century boyar Yuri Mishinich. Their borders were stable since at least the 10th century, which means that the household and all the production in them were stable too. This in turn, explained why Novgorod, being one of the richest and powerful cities of Northern Europe (only one siege and it was never occupied in about 500 years, until Ivan III put an end to Novgorod's independence), had no guilds or corporations, like in German cities for example. The craftsmen were simply owned or hired by the boyars, so each boyar had the same universal team of craftsmen, who produced everything he/she needed, with all the extras stored or sold at the city market. The idea of guilds in old Novgorod was based mostly on streets' and ends' names like Shield-makers' street, Potters' end, etc.

Due to the writings, for the first time, old Russian frescos ceased being anonymous. As the manor of a rich 12th century artist Grechin Petrovich was excavated and linked with his name (by birch-bark sources mainly), it was found that he was the chief of the artists' team that painted the Church of the Saviour at Nereditsa, previously well known to historians.

With the help of the birch-bark writings it was stated that the so-called Manor E from the Troitzki excavation wasn't just someone's, but was a local community building. There the united trial by the prince and the city posadnik was held. In the 11th and early 12th century it served as a storehouse, collecting taxes & fares. Since 1126 the manor got the sheltered platform for the trial, which could be held there all year round. The birch bark documents recovered there, let us say firmly that since then all major decisions could be held by the prince only on condition the posadnik wouldn't say no (an important juridical system reform!).

Due to the writings as well, it was at another time proved that the Novgorod and Pskov Slovans

spoke a dialect that was very much unlike the Kievan region's mother tongue. So the population of the region was of another origin, and so the whole territory of Kievan Rus was inhabited by at least two branches of Slavonic people. BTW, academician Rybakov even supposed, bringing some proof, that the Slovans were actually the Western Slavs, and that the name is translated as "messengers of the Veneds" - "Sly Vene" (the Veneds was the general name of the Baltic Slavs even before they moved there from Central Europe).



The Grand Thing, 2010

So, lots of information still hides it the earth. Because of this, in 1969 the city administration forbade any unauthorized excavations. In 1970 the same

order of things was set in 114 more historic sites. The decision was reasonable; who knows if without it we would have recovered another historical sensation — a book of three wax-filled boards, the middle one double-sided (after first birch bark letters were found, it turned out that the city population was highly literate, and many important inscriptions were made on wax, leaving the cheaper birch bark to routine notes) containing the first ever known Russian book for studying reading and writing. There were psalms 75, 76 and (a part of) 67 of the Holy Bible, and an appendix that indicated that all of this was for those seeking knowledge, not for church services. It was excavated 13 June 2000, and is dated as the end of 10th century. Moreover, it is written not in Old Slavonic (Old Bulgarian) as were all the early religious texts, but in Old Russian, i.e. the language of the eastern Slavs. It caused a sensation comparable with the discovery of the original birch bark rolls in 1951.

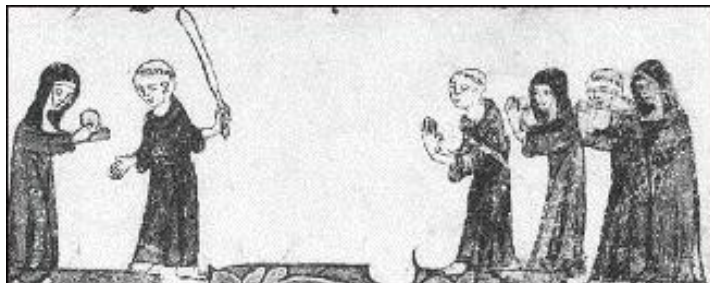
In 2000 the 1001th birch bark note was excavated, and it's far from the end of this story.

The recent information is from the interviews & articles of academician. Valentin Yanin, chair of archaeology, faculty of history of Moscow State University.



## *Stool ball: an early bat and ball game*

by Lady Wenyeva atte grene



pend.. But bats and running the bases were included in some versions, too.

This is a "historically plausible" version of the game. Since we don't know much about how the medieval game was played, I tried to extrapolate from what little we do know about stool ball and related historic bat and ball games, as well as making the game simple, friendly, and safe for players of all ages and abilities. The result is a game that bears some resemblance to both cricket and baseball, though it is much simpler than either, and is quite believable as a medieval game -- and it's a lot of fun!

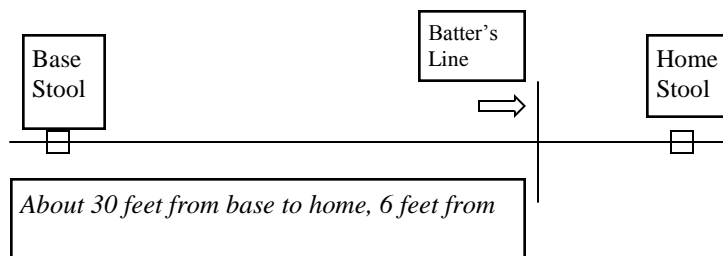
The game we know as baseball may be relatively modern, but it has medieval roots. Many bat-and-ball games were played throughout the Middle Ages at religious festivals and events. One game, stool ball (sometimes possibly stow ball, or stob ball, or stump ball) dates back at least to the 14th century, and many historians believe that it is the common ancestor of both baseball and cricket. It was also the first bat-and-ball-type game known to have been played in North America (at Plymouth in 1621 at Christmastime, no less, much to the chagrin of Governor Bradford). In this game, the pitcher tries to hit a stool or stump with the ball, while the batter tries to defend the target using bare hands or a bat.

Stool ball was known for being played by both women and men together, and there are indications that it was a sort of springtime ritual, played at Eastertime. Some of the poetic mentions of the game imply an undertone of sexuality; "playing at stool ball" was used at least once as an euphemism.

In many stool ball games, tansy-cakes were the traditional winners' prize. Tansy-cakes were a traditional Eastertime food (see here, and a recipe here), so this is another connection of stool ball to Easter celebrations.

Unfortunately, no one knows what the rules of the period versions of stool ball were. As a folk game, it was likely to have varying rules at various times and places. From post-period references to the game, we know that in some versions of the game, there was no bat, and hands were used instead. Other versions had no baserunning, just a single stool or stump base that the batter was expected to de-

### The field



The field dimensions aren't strict. This is just a suggested size. The game can be played in a smaller area or even indoors, though it's harder to score runs on a smaller field.

### The object of the game

A stool, chair, or stump is placed at Home, and another one (or a similar marker) as the Base. Mark the Batter's Line with something visible, like a stick or a strip of fabric, etc. The pitcher stands near the Base and throws the ball underhand toward Home, trying to hit the Home stool with the pitch. The batter stands at the Batter's Line and tries to prevent the pitcher's throw from hitting the Home stool, by hitting the ball away with the bat. If the batter hits the ball, he can run around the Base and back Home, and if he does this before the fielders can hit the Home stool with the ball, he scores a run. Team with the most runs wins!

### Rules (Sort of)



## *Stool ball: an early bat and ball game cont...*

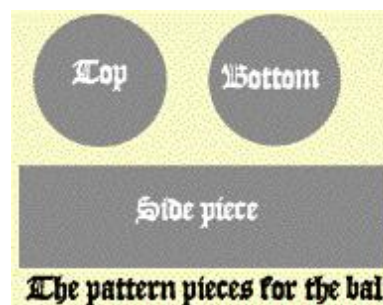
1. **Swing as much as you want!** There are no “strikes” or “balls”. The batter stays at bat until a hit is made or the pitcher hits the Home with the ball.
2. **Any contact is a hit.** There are no “fouls” or “foul tips”. RUN!
3. **On hitting the ball, the batter must run counter-clockwise around the outside of the Base.** The batter may not stop on the Base – once you start running, you have to run around the Base and all the way back home. *You must touch the Home stool when you get there, but you don't have to touch the Base.*
4. **Batter is out when:**
  5. The pitcher hits Home with the ball while the batter is at bat
  6. Any fielder catches the hit ball *in the air, without a bounce*
  7. Any fielder hits Home with the ball while the batter is running to Base and back to Home. But...
8. **Fielders must be on the Base side of the Batter's Line when throwing the ball to Home.** So if the batter hits the ball behind Home (what in baseball would be a foul), the batter runs, and the fielders can go get the ball... but they can't throw it at Home and put the batter out until they get back on the other side of the batter's line.
9. **Every player on the team gets one at-bat per inning.** Each team gets the same number of innings at bat, but other than that the game can go on until the teams mutually agree to quit.
10. **All players must have fun! J**

### Equipment

Equipment is simple. You need a very soft ball. (Not a softball or a baseball!) A soft ball can be walloped pretty hard, but no gloves or helmets are necessary for safe play. You can use a medieval pattern that will provide a ball of just about the perfect softness, though if you don't have time to make a ball, you will probably be able to find a ball at a

toy store that will work. A Nerf ball might work.

The ball pictured was made from a pattern that was used for many leather balls throughout medieval Europe. The pattern is pictured on the left (not to scale). The three pieces were cut from soft leather. They were sewn together inside-out until only a slit remained. Then the ball was turned rightside-out and stuffed with scraps of woven



wool fabric until it seemed to be the right amount, and has become ball-shaped instead of cylindrical. The last slit was then stitched up. Then I topstitched over the entire ball for durability.

Amazingly, this ball has some bounce to it, and it's easy to catch bare-handed because it has some give. With the topstitching, it has held up through several games so far, and I haven't had to resort to the spare toy store balls I brought in case of emergency.

The bat can be anything that seems to work for you. A baseball bat is probably overkill (as well as obtrusively modern), but in a pinch, it will work. I decided to make something that sort of resembled a cricket bat, or a bread paddle, or a butter paddle. The modern-day stool ball players in Sussex use something that looks like a table tennis paddle with a long handle. Early stool ball players just hit the ball with their hands, so you can do that too!

My stool ball bat, as seen in the photo to the right, is about 24 inches long, cut from a poplar board. I finished it with wood stain and







## *Stool ball: an early bat and ball game cont...*

painted my badge on it. The handle is wrapped with a strip of leather. The bat is fairly lightweight, so players of all ages have had no trouble with it.

You will also need a stool to serve as Home (a short three-legged stool, like a milking stool, works really well, but a tree stump works too. In a pinch we use camping chairs, but their larger size tends to make it easier to hit the stool with the ball, and so the game is more low-scoring), and something to mark the base (another stool, or a post, etc.). Something to mark the batter's line, such as a piece of string, is good to have as well.

That is all the equipment necessary!

### Alternative ways to play

Every village probably had its own way to play, just as many households today have their own "house rules" for Monopoly. So if you want to change the game, go right ahead! Here are some ideas, marked with a \* if they are period or likely-period variations:

- Use your bare hands to hit the ball instead of the bat. \*

- Add the "soak 'em" rule: Runners can be put out by hitting them with the ball (don't do this unless your ball is very soft!). \*
- Add the retaliation rule: When teams change sides, if the team that has just gone "out" can run onto the field, pick up the ball, and hit one of the other team's members before they leave the field, the "out" team gets to bat again! This can be really rowdy. It's an authentic rule from several early bat and ball games, including early baseball. \*
- Allow runners to stop at the base instead of having to run around it without stopping. Also, one might add multiple bases. \*
- Require that fielders only catch the ball in their clothing: their skirts or hats, for example.

### Sources for further information

*Baseball Before We Knew It: A Search For The Roots Of The Game*, David Block. University of Nebraska Press, 2005.

*Ball, Bat and Bishop: The Origin of Ball Games*, Robert W. Henderson. University of Illinois Press, 2001.

*Balls!*, Aelflaed of the Weald.

<http://aelflaed.homemail.com.au/doco/balls.html>



May Crown, 2010





## *Peach Coriander Brandy*

by Lady Constance de LaRose.

### THE REASON FOR THIS PROJECT:

Some time ago I became involved in a rather heated discussion on the Internet as to whether or not brandy and most especially infused brandy cordials or liqueurs were actually correct for any portion of the SCA time period.

The gist of the opposition was as follows:

- A. Brandy is not period.
- B. Even if period, it was not infused but simply used as a straight beverage.
- C. If it was added to other ingredients it was used only rarely and then ONLY as a medicine.
- D. The above was true because the brandy and any added ingredients would taste so nasty that only very sick people would be willing to drink it.
- E. It would taste nasty because cane sugar was unknown in period or was so rare as to not be used in such a mixture.

Although I felt strongly that the above conclusions were incorrect, I had neither reference to hand nor direct knowledge enough to be able to adequately refute the comments. This is not a condition that I enjoy. Therefore, I decided to research and experiment using what I found in the research so that I would be prepared the next time the subject came up.

### THE INGREDIENTS:

**BRANDY** - John Gerard describes brandy under the section on grapes in his Herbal giving it the common name of Aqua Vitae or Aqua Ardens. He says that it is distilled out of strong wine by use of a Limbeck. He goes further to state that it can be made more pure by often distilling.(1)

Brandy was called "burnt wine" in period. Flavored brandy was usually the effort of a physician to get a less than pleasant tasting herb into the pa-

tient. At least one physician, Discordes, was brought into a royal court and made the royal physician for providing "tasteful medicine".

Since distilling is illegal in the U.S.A, I purchased some Napoleon Brandy at the State Liquor Store.

**SUGAR** - Sugar Cane has been known of and used for making refined sugar since at least Early Roman days when they called it Arundo Saccharina Indica because it was first known or brought from India.(2)

Likewise the process for creating sugar from sugar cane is described in Gerard's Herbal (pg. 39). Following this description, I purchased some sugar cane and cut it into one-inch lengths, which I then proceeded to quarter lengthwise. Using a large bowl and a rock from the garden, I slowly crushed the cane pieces as much as I was able. I then put the pieces and the juices into a pot of water, which I boiled for about 2 hours. At this time, I strained the mixture through an unbleached muslin bag to remove all of the reed pieces. I then placed the liquid back in the pot and continued to boil it until it was very thick (almost like honey). This was then poured into a glass bowl and left 3 days until it had totally dried out. By turning the bowl over, I was able to remove the sugar mold, which I then placed into a mortar and pestle and ground into

a usable form.

**CORIANDER:** I chose to add coriander because of the description of its uses and virtues in Gerard's Herbal. He describes it as useful in aiding in the digestion of meat and directs that it is best taken after supper as it "prevaileth the more". He also directs that the seeds should be mixed in wine and left to steep, then later directs that the wine is what should be taken after supper.(3)

Since I presently have no coriander plants in my herb garden, I purchased the seeds at a natural foods market.

**PEACHES:** Again referring to Gerard and his



We may need to work on  
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*Peach Coriander Brandy cont...*

Herbal, he describes peaches as a digestive most especially for meats. He also suggests infusing the pulp of the fruit in distilled wine to be taken after the ingestion of meat to "loosen the belly" and to do so "without griefe or trouble, either to the stomacke, or lower parts of the body".(4)

Last autumn I was allowed to go to a peach orchard after their general harvest and glean as many peaches as I wished. I took these peaches home, peeled and stoned them, sliced them and put them into the freezer. These were the peaches used in this cordial.

**THE PROCESS:**

Following Gerard's procedures(5), I placed brandy and peaches in a glass jar in equal amounts of 2 cups each. Since he gave no quantities for the coriander, I put in 1/2 tsp. of coriander seeds. His instructions on sugar in aqua vitea were to "put some small amount within"; therefore I put in only 1/2 cup.

I then sealed the jar with a lid and placed it in the sun for two days. I have no historical documentation for this step. I have simply found over time that this makes a better final product.

After the 2 days in the sunlight, I put the jar away in a dark cupboard for 8 months.

Following the 8 months steeping in the dark, I opened the jar and strained it through an unbleached muslin bag three times. The three strainings were necessary to remove all of the pulp from the liquid and obtain a clear product.

The peaches and peach pulp which remained (with the coriander removed), we enjoyed over ice cream one evening. A delicious way to use the leftovers.

**THE RESULTS:**

The final product is a rather pleasant after din-

ner drink with the peach flavor rising and a hint of an almost vanilla taste from the coriander. Though I do not normally like the taste of brandy, I found that following Gerard's advice and drinking this particular one either with or following a meat dish makes a good combination and improves the taste of both the brandy and the meat. In addition, I have never had indigestion from meat when I drink this particular brandy, though I usually can not handle eating meat well.



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**SOME FINAL NOTES:**

As concerns the original reason for doing this project:

A. I can now show that brandy was period.

B. Back to Gerard, on page 883 concerning Aqua Vitea he states "If I should take in hand to write of every mixture, of each infusion, of the sundry colours, and every other circumstance that the vulgar people doe give unto this water, their divers use, I should spend much time but to small purpose". Therefore, brandy was indeed infused with other herbs and fruits.

C) Again referring to the above, there were many uses, so many that Gerard refuses to take the time to list them all.

D) By my own experience I can say that it does not taste "nasty" and that this mixture at least is worthy of drinking by other than sick people.

E) And finally, though sugar cane could indeed only be grown in hot regions, it was known and used in our time period. Gerard states that, by the time of his writing (late 1500's), it is "much used throughout Europe" and also places its use as early as the Roman Empire.(6)

**BIBLIOGRAPHY**

1. Mistress Casamira Jawjalny
2. Gerard, John. "The Herbal or General History of





*Peach Coriander Brandy cont...*

Plants", Dover Publications, London 1633

(3) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pgs. 1012-1013

Footnotes:

John Gerard's Herbal or General History of Plants is available in the Alchemy display area.

(4) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pg. 1447

(1) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pg. 882

(5) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pg. 1465

(2) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pg. 38

(6) Gerard, John. "The Herbal or General History of Plants", 1633 Dover Publications pg. 38



May Ceilidh, May Crown, and The Grand Thing, 2010





May Business Meeting Notes

Business Meeting start 7:07

Notes taken by: Alyna Trewpenny

Attendance: Fortune Verch Thomas, Ji'lid ibn Hyder, Catrine Quhiting, Marriota de Gray, Melanie Mitchell, Lucas von Brandenburg, Adrienne von Brandenburg, Jaimee von Brandenburg, Alail Horsefriend, Lindis, Berengaria de Montfort de Carcassonne, Finna Grimsdottir, Brigit Guernsey, Geoffery FitzHenrie, Ben Mitchell, Juliana von Aardenburg, Lady Tassi, Mike Parker, Matt Steiner, Mathea Volpelli de Perusia, Egen, Berte Le Webbere, Losir, Alyna Trewpenny

Seneschal:

Greetings to the Baron and Baroness, officers and populace of Terra Pomaria:

This will be my first report as seneschal of the excellent Barony of Terra Pomaria. As such, I may be missing some of the details that Maccus usually provided, or that you were expecting to hear; if that is the case, please mention it to me after the meeting.

The end of April saw our event of Bar Gemels at Camp Taloali well attended; thanks to the autocrats staff and all who worked to

make this even a success. We look forward to hearing a report on the event later in the meeting.

Summer is heating up, and that means An Tir's tourney season is upon us. Although the realities of the economy mean that man of us have non-essential items curtailed, I encourage you to travel as you are able and enjoy the benefits of living in this wonderful kingdom by meeting members of other branches. My lord and I will be

attending May Crown Tournament held in the Barony of Wastekeep, and I know a few other members of the Populace are going as well. Coming up in the Summits, we have Egils Tournament in the Barony of Adiantum at the end of the month, and then it's just a few weeks until Summits Investiture over in the Shire of Corvaria.

Closer to Home, Ceilidh is concluded for the season, and Arts and

Sciences night will be moving to the second Monday of the month until October. We still have some details to be ironed out with fighter Practice, but I hope that we will be able to put together some schemes for members of the barony to meet up and pursue their various interests in the months ahead. At the

then of the summer, we will once again be holding Long & Short, Hopefully as a camping event; again details will be provided later in this meeting.

Tonight, we will be selecting a fifth member for the baronial Financial Committee. I am hoping to receive applications for the now-vacant office of Chatelaine.

Thank you all for all of the service and support you provide to the Barony of Terra Pomaria.

Yours in Service to Crown, Kingdom and Society,

Countess Berengaria de Montfort de Carcassonne

Seneschal of Terra Pomaria

Baron and Baroness:

- Good evening
- Thanks for coming
- Baroness sorry not here – their teenagers decided to have a life
- Thank you to autocrats and all who contributed to Bar Gemels
- Great success
- Site very pleased with us
  - Important because pretty much out of state sites
- Cost crunch
- May see other branches wanting to host in TP more – cheaper
- Thanks for Ceilidh
  - Potluck great
- TP is growing



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*May Business Meeting Notes cont...*

- Three new fighters
- New people at ceilidh
- NEED chatelaine
- Will not be at crown
  - Too costly
  - Can't set up camp
- Will be at grand thing

**Chronicler:**

- Greetings!
- Everyone get the Privy? Yes
- Any changes? Yes
  - Amend notes to say Alail is A&S Minister, Mathea is Deputy Seneschal, Egan is Deputy A & S
  - Ayes for amendment

**Exchequer:**

- Hello!
- Balance is: 8754.34
- In process of switching signers on accounts
  - Still need principality ex to sign off –has gone to spring-field

**Chatelaine:**

- Hi
- Office is open
- Stuff is at Baron's
  - Will stay there until have someone in office

**Chirurgion:**

- Bar Gemels
- Three injuries
  - Two treated by deputy

- One by visitor

**Herald:**

- Great event
- Kudos to Ji'lid for field heralding
- Look up OP and correct as needed
- Working on ceremonial

**Heavy Marshal:**

- Has deputy – Egan
- Missed event –
  - Had youth champion selected
  - Couple people updated fighter cards
- Fighter practice hasn't been happening – events and life
  - Mid-Willamette – only two –Egan and Alail
  - Not publized well
  - Will try to do first wed at Clearlake elementary
- What about regular fighter practice?
  - Will it move back to wed?

**Archery Marshal:**

- HM hasn't heard from

**Equestrian Marshall:**

- Started building a lot
- Has new deputy
- Need umbrella bases – 16-20 at least
  - Are expensive
  - If see on sale – let Tassi know
- Need to be able to hold water
- Anticipated first practice June 12<sup>th</sup>
- Met two new horse people at ceilidh
- Hernandez Ranch
- Baron: get her in touch with Webminsister to put up when
  - Maybe advert on Craig's List to pull in more people?
- Need to run any advert past Seneschal

**A&S:**

- Moved because lost light and site
- Now have light – move back to Clearlake on wed nights
- Will be talking to Egan about possibly stepping down
- Life getting in way of fulfilling obligation



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*May Business Meeting Notes cont...*

- Had 10 people at A&S
- Thank you Bera for Title's and Styles
- Will be going to 2<sup>nd</sup> Monday of month in June 6:30-9 – 14<sup>th</sup>
- Same place
- Report to principality is in on time
- Juliana planning on doing Bardic on Tues June 8<sup>th</sup> at 7pm at her house

**List mistress:**

- Not much to report
- Many fun marshal activities
- Several people got re-authorize
- Still looking for dept

**Gold Key:**

- Still open

**Web Minister:**

- I have been uploading the regular monthly updates and made changes to the officers page as needed as new people step up in the positions.

**Librarian:**

- Nothing to report

**Grete Boke:**

- I have nothing spectacular to report for Grete Boke this month.
- I did get photos from Bar Gemels.

**Scribe:**

- Had meeting at Juliana's

- On 1<sup>st</sup> tues
- Will also be at A&S
- Any designs for principality please turn in asap
  - Especially need Arabic inspired designs
- Will be exploring painting techniques
- Good opportunities to practice before actually painting

**Dean of Pages:**

- Has to step down
- Deputies not able to take over just yet
- Has office stuff to return to TP
- Thanks for service
- Spontaneous applause

**Chamberlain:**

- Hopes we have everything back in shed
- Lindis: yes
- Brigit: did we ever find missing blue tablecloths?



May Crown, 2010

- Have the high table cloths
  - Baron: maybe the high table bags now have the blue tablecloths
  - Will return

**Other Business:**

**Bar Gemels:**

- Yea autocrats
- Autocrats: yea everyone who helped!
  - Thanks for the opportunity
  - Thanks lindys for doing paperwork stuff
- Anyone who wants to do Bar Gemels again let Vari know and she'll help
- Lindis: thank you entire barony
  - People really helped out a lot
  - day was made when someone said we'd created that medieval setting
- 259 people on site

- 16 tent campers
- Love site and working with site
- Recommends future autocrats figure out sign language or find someone who does
- Good for dealing with things on-site

- Encourages continuing work party before
- \$351 raised by impromptu donation jar
- Letter from Camp:

Dear Group:



May Business Meeting Notes cont...

On Behalf of Camp Talooi and it's campers, a big thank you for paying for a campership. This has been a very trying year with the economy at being able to raise the fund for campers. Surprises like this are wonderful.

Camp Talooi Has a need for an AED and by regulation we need to have one when groups come in over 100. The question being posed to your group is whether you would take on a project such as this to raise money to purchase the AED. Camp Talooi, because of the nature of who the camp serves, needs an Automated Defibrillator that is Digital since verbal commands would not be helpful. The cost of the Troll AED is about \$1650. If your group would take on this project to raise funds, the camp would be most grateful. If that is not a possibility, that is also understood. Again thank you so much for the campership and we look forward to continuing use of Camp Talooi.

Signed Vice Chair of Camp Talooi.

- Made \$.90
  - Attribute a lot of profit loss to negotiating snafu
  - Originally negotiated \$6 per tent
  - Went to \$16 per tent per night
  - Cost us \$
  - Really recommends raising site fees

- Normal state camping \$18 per night
- Why so high?
  - Damage to ground and way to raise money
  - Thinks could negotiate a better deal
  - Might want to charge a little more for cabins to help off-set the tent costs



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- Thoughts for next time
  - No kitchen pre-reg
  - Rules about dogs in cabins
  - Need more officers participating
    - Those who did were phenomenal
- Rapier
  - Went really well
  - Alail is cut and thrust marshal, so will be starting that up

Long and Short 2010:

- Marriota is putting in formal bid – get copy from her
- Erin will be supervising

- Will be at Cheetal Lake
  - Their prices also went up
    - Originally \$1200 – but lowered to \$800
    - Question of whether to raise entry
    - What is past attendance?
      - Varies by year
      - Also – people are cutting back
      - But by end of summer, people probably itching to go to event

- Also – don't have Sport of Kings happening this year
- Going up 1-2 might not be a problem; going up 5 will probably be a deal breaker
- Are other options to raise money
- Can also play it up to encourage more people to come
- Marketing
  - Maybe let merchants come for free to draw
  - Maybe also could lower site fee by 1 and point out is at end of season and is lower
- If do equestrian
  - Will draw more people from farther away



*May Business Meeting Notes cont...*

- Can recoup insurance by charging horse fee
- Couple years ago, Maccas got grant from the town
- That was \$400 already knocked off
- This year, not as many fringe events happening
- Try to pull them back in?
- Roll back quiet time later
- In last month's Crier – nothing else happening that weekend
- We own that weekend as of right now



**May Ceilidh, 2010**

**tee Member:**

- suggested arm-wrestling
- who interested?
- Adrianne and Juliana
- Hat draw: Adrianne

**Letter from Taloali:**

- Lindys: mea culpa – said “write your local non-profits”
- But behind it all the way
- Thinks could do fundraisers with help of Sir Brand and kingdom-wide

- How much of a deadline do we have on this?
- Don't know
- Camp not as experienced in fundraising
- Seneschal asks group to consider for next month, revisit at next meeting

**We also need to do fundraising for us, and site research:**

- Have outgrown Winter's End site - had to turn people away
- Need to find fundraisers that don't just hit us
- Are there restrictions on us writing grants?
- Brigit may have possible new site
  - Is in Linn county
  - Has biffs on site
  - What price tag are we looking for?
  - Lindys – think \$4 per person for weekend
  - Brigit says feels has “weird person” halo, and needs “normal person” to convince people
  - Everyone looks at Juliana
  - Juliana: boy do I have you fooled!
- Meeting adjourned 8:25p

- King Owain – suggests doing more prize tournaments
- Op for fighters to win something without having to assume dedicated responsibilities
- Would be additional draw for fighters to L&S
- Draws the support people
- Fortune motions to pass
  - Ben seconds
  - Unanimous ayes

- Beyond the good of it itself, may improve relations with Salem community
- Could offer to buy outright in exchange for negotiating concessions
  - But if just donating – don't have to worry about having to actually reach our goal
- Problem – sending a kid to camp has more appeal than buying a machine
- It doesn't have to be one or the other, does it?
- Better to do fundraiser for camp itself?

**New Business:**

**Selecting 5<sup>th</sup> Financial Commit-**





*May Crown 2010*



As always, If you see a picture in the Privy that you would like for yourself, please let me know. I have several that I was unable to include due to file size restrictions. I would be happy to email individual photos, or burn you copies onto a CD.







*The Grand Thing, 2010*







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