



Myrtleholt
of The Kingdom An Tir

THE LEAFLETTE

The official newsletter of the Incipient Barony of Myrtle Holt • FEBRUARY 2016 (AS L)

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Coloring Pages



No longer considered just a child's pastime, coloring books are now touted as stress-relievers for adults.

In fact, many museums are offering portions of their collections online for free viewing, including those from the Vatican. These historical illustrations make perfect coloring pages .

Here's a page from the Bodleian Libraries of the University of Oxford's 2016 coloring book; they partnered with other museums around the world to offer a coloring competition online earlier this month.

Ready, set, color and relax!

Don. d.104, fol. a1v, Leonardus Brunus Aretinus, Aquila volante. <http://bit.ly/1QnMAfr>.

Beau Cheval: Keeping it Personal

Article and Photos By HL Rathyen de Bures of Acton

It occurred to me that when I started these articles, I never really explained what they would, and would not, be about. Thought it would be a good time to explain.

First of all, what they will *not* be about.

There won't be any history lessons, such as "The Progression of Equestrian Armor in the Middle Ages", or "Medieval Remedies for Treating Parasites in Horses," or "Horse Breeding as Practiced by the Medici." There are hundreds and hundreds of sites on the Internet that can provide much more in depth articles on these types of topics, and with better illustrations than what I could show here.

There won't be any horse training, or riding lesson articles. No, "The Correct Way to Gain Medieval riding techniques", or "Classical Riding for the Modern Age." There are many different thoughts about training and riding, and these can be very personal and in some cases, very passionate, feelings—both in the mundane and the SCA horse community.

Second, what they *will* be about.

I want these articles to be about the day-to-day, "Good, Bad, and Ugly", life with horses, geared mainly toward those who don't have any experience with being around horses. It will be based on my own, and my husband's, personal trials and tribulations with our own three horses, and how that ties in with our EQ experiences within the SCA.

If I get really insane, and decide to make bardings for our horses, or new riding costumes, then yes, I might add a bit of history to show the source of the ideas. If I am working at getting my horses used to gaming or mounted archery, then yes, I will share the training technique I am using, with the caveat that I am not a professional horse trainer. I am doing what works for me and for our horses, and it may not work for others.

So, bottom line, not so much The History Channel or an Info-mertial, but more Human Interest, with me being the "human", and horses being the "interest."

I am also willing, to the best of my ability, to answer any questions those reading these articles may have. If I can't answer them, I may know someone who can. I could even do a Question & Answer section to these articles, which would be fun.

I hope, by keeping these articles personal, that it makes them more interesting than simply restating history or training techniques. Horses can be amazing, funny, frustrating, and maddening. But in the end, they can teach you a lot... especially about patience...but also about how wonderful it can be to connect with another living creature willing to put its trust, and its very life, into your hands.

MUD REDUOX

When I did the article on dealing with rain and mud, I only had a photo of our place under water. Since then, there has been more rain, and lots more mud. Lots of mud. And I have a filly who enjoys playing in the mud

more than just about anything. The other day, when I saw her out in her turnout totally slimmed with glistening mud, I had to run back to the house and get my camera. As I was getting ready to take her picture, she plopped to the ground and rolled again. So, here I present Tauriel in action, and the self-satisfied grin she had on her face after she was done. Pleased as punch at being totally covered, ears to tail, in wet, cold mud. I may have to invest in a fire hose.

With respect

R de B



Britain's Pompeii

Suggested by Emir Andar

A Press Release of the University of Cambridge

Large circular wooden houses built on stilts collapsed in a dramatic fire 3,000 years ago and plunged into a river, preserving their contents in astonishing detail. Archaeologists say the excavations have revealed the best-preserved Bronze Age dwellings ever found in Britain

Archaeologists have revealed exceptionally well-preserved Bronze Age dwellings during an excavation at Must Farm quarry in the East Anglian fens that is providing an extraordinary insight into domestic life 3,000 years ago. The settlement, dating to the end of the Bronze Age (1200-800 BC), would have been home to several families who lived in a number of wooden houses on stilts above water.

The settlement was destroyed by fire that caused the dwellings to collapse into the river, preserving the contents in situ. The result is an extraordinary time capsule containing exceptional textiles made from plant fibres such as lime tree bark, rare small cups, bowls and jars complete with past meals still inside. Also found are exotic glass beads forming part of an elaborate necklace, hinting at a sophistication not usually associated with the British Bronze Age.

The exposed structures are believed to be the best-preserved Bronze Age dwellings ever found in Britain and the finds, taken together, provide a fuller picture of prehistoric life than we have ever had before.

The major excavation is happening because of concern about the long-term preservation of this unique Bronze Age site with its extraordinary remains. The Cambridge Archaeological Unit (CAU) is carrying out the excavation of 1,100 square metres of the Must Farm site in Cambridgeshire, and is now half way through the project.

The excavation site is two metres below the modern ground surface, as levels have risen over thousands of years and archaeologists have now reached the river bed as it was in 1000-800BC. Clearly visible are the well-preserved charred roof timbers of one of the roundhouses, timbers with tool marks and a perimeter of wooden posts known as a palisade which once enclosed the site.

It is possible that those living in the settlement were forced to leave everything behind when it caught on fire. Such is the level of preservation due to the deep waterlogged sediments of the Fens, the footprints of those who once lived there were also found. The finds suggest there is much more to be discovered in the rest of the settlement as the excavation continues over the coming months.

CAU's Mark Knight, Site Director of the excavation, said: "Must Farm is the first large-scale investigation of the deeply buried sediments of the fens and we uncover the perfectly preserved remains of prehistoric settlement. Everything suggests the site is not a one-off but in fact presents a template of an undiscovered community that thrived 3,000 years ago 'beneath' Britain's largest wetland."

The £1.1 million four-year project has been funded by heritage organisation Historic England and the building firm Forterra. Duncan Wilson, Chief Executive of Historic England, said: "A dramatic fire 3,000 years ago combined with subsequent waterlogged preservation has left to us a frozen moment in time, which gives us a graphic picture of life in the Bronze Age."

After the excavation is complete, the team will take all the finds for further analysis and conservation. Eventually they will be displayed at Peterborough Museum and at other local venues. The end of the four year project will see a major publication about Must Farm and an online resource detailing the finds.

(Continued...)

Britain's Pompeii (continued)

The site, now a clay quarry owned by Forterra, is close to Whittlesey, Cambridgeshire and sits astride a prehistoric watercourse inside the Flag Fen basin. The site has produced large quantities of Bronze Age metalwork, including a rapier and sword in 1969, and more recently the discovery of nine pristinely preserved log boats in 2011.

Archaeologists say these discoveries place Must Farm alongside similar European Prehistoric Wetland sites; the ancient loch-side dwellings known as crannogs in Scotland and Ireland; stilt houses, also known as pile dwellings, around the Alpine Lakes; and the terps of Friesland, manmade hill dwellings in the Netherlands.

David Gibson, Archaeological Manager at CAU, added: "Usually at a Later Bronze Age period site you get pits, post-holes and maybe one or two really exciting metal finds. Convincing people that such places were once thriving settlements takes some imagination.

"But this time so much more has been preserved – we can actually see everyday life during the Bronze Age in the round. It's prehistoric archaeology in 3D with an unsurpassed finds assemblage both in terms of range and quantity," he said.

For a more detailed summary of the Must Farm discoveries, visit the project archive here: <http://www.mustfarm.com/bronze-age-timber-platform/progress/archive/>

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Investiture Recipes: Honey Rosemary Chicken

By Monique de Toulon and HL Aelfric Thorfasson

These recipes were used as source recipes and may have been "improved"

Honey Rosemary Chicken (*TasteofHome.com*)

Ingredients:

1/4 cup honey
 1/4 cup balsamic vinegar
 1/4 cup minced fresh rosemary
 2 tablespoons olive oil
 6 bone-in skinless chicken breast halves (7 ounces each)
 1 teaspoon salt
 1/4 teaspoon pepper

DIRECTIONS

In a small bowl, combine the honey, vinegar, rosemary and oil. Pour half of the marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 2 hours. Cover and refrigerate for 2 hours. Cover and refrigerate remaining marinade.

Drain and discard marinade from chicken. Place chicken bone side down in a 13-in. x 9-in. baking pan. Sprinkle with salt and pepper.

Bake, uncovered, at 350° for 55-65 minutes or until a thermometer reaches 170°, basting occasionally with reserved marinade. Yield:6 servings.

Investiture Recipes: Roast Pork Loin

By *Monique de Toulon* and *HL Aelfric Thorfasson*

These recipes were used as source recipes and may have been “improved”

Roast Pork Loin with Beer Sauce (*Epicurious.com*)

For marinade

1/2 cup Dijon mustard
1 large onion, chopped
1/2 cup honey
3 cups beer (not dark), preferably German

For meat

3 1/2-pound boneless pork loin, tied (3 to 3 1/2 inches wide)
2 tablespoons vegetable oil
A *beurre manié*, made by rubbing together 1 tablespoon softened unsalted butter and 1 tablespoon all-purpose flour

DIRECTIONS

In a large saucepan stir together marinade ingredients. Bring marinade just to a boil, stirring (marinade will rise and foam), and remove pan from heat. In a blender purée marinade in 2 batches, transferring it as puréed to bowl. Cool marinade to room temperature and spoon off any remaining foam.

In a large heavy resealable plastic bag combine pork and marinade and seal bag, pressing out any excess air. Put bag in a baking pan and marinate pork, chilled, turning bag once or twice, at least 8 hours and up to 24. Let pork in marinade come to room temperature, about 40 minutes. Transfer marinade to a saucepan and bring just to a boil.

Preheat oven to 375°F.

Pat pork dry with paper towels and season with salt and pepper. In a flameproof roasting pan heat oil over moderately high heat until hot but not smoking and brown pork on all sides. Roast pork in middle of oven, basting frequently with some marinade, until a meat thermometer registers 155°F. for slightly pink meat, 1 to 1 1/2 hours. Transfer pork to a cutting board, reserving juices in roasting pan and discarding string, and let stand, covered loosely with foil, about 15 minutes.

While pork is standing, skim and discard fat from pan and add remaining marinade. Deglaze roasting pan over moderately high heat, scraping up brown bits. Bring sauce just to a boil and strain through a fine sieve into another saucepan. Bring sauce to a simmer and whisk in *beurre manié*, bit by bit, whisking until sauce is combined well and thickened slightly.

Serve pork, sliced, with sauce.



Basic Armouring Chapter 2: Materials

Basic Armouring—A Practical Introduction to Armour Making
Copyright 2002 By Paul Blackwell

The material provided in these articles are excerpts from Basic Armouring, a book by Paul Blackwell. The contents and images are used with permission and courtesy of Paul Thane-Clarke (Richard the Rampant) of Brighthelm.org

Chapter 2: Materials (continued)

Leather

Leather is a wonderful material for making armour out of. It can be shaped, left soft to act as a pad, made hard so as to be armour in its own right or just cut into straps to hold everything together! Leather can be purchased from leather factors, warehouses, re-enactors markets (good cheap supplies) or through craft outlets. As with everything else shop around.

Leather for Armour	
Type	Explanation and Use
Rawhide	Untanned, makes good shield edging (dog chews are a good source). Soak in water to make pliable then allow it to dry to make it hard again.
Vegetable tanned	'Period style' leather tanned using natural tannin from tree bark. Straps, coats of plates etc. Can be dyed. Good idea to give it a waterproofing finish (wax, oil).
Chrome tanned	Modern curing process using chromium salts. Straps, coats of plates etc. Comes in a variety of colours.
Suede and Split	No smooth face - not very strong - avoid!
Tooling leather	Vegetable tanned leather without waterproofing finish. When wetted becomes soft and pliable. Can be moulded to shape when wet.
Sole leather	Thick leather; often compressed for extra rigidity. Good for plates etc. Expensive

Rivets






The vast majority of your armour is going to be held together by rivets. Look in Yellow Pages under fasteners. Ironmongers, DIY centres, craft shops and leather fittings retailers may also sell certain types. Rivets come very cheap if you buy in bulk (50 plus) rather than in little packers of 10 or so.

Mild steel rivets come in a variety of sizes and lengths — I've ended up with a huge variety! I mainly use 3/16 inch diameter, that's 4.8 mm for you metric types. Length wise I keep lots of 1/4 inch for riveting two pieces of metal together and 3/8 inch for riveting three bits, articulations and the like. It's also worth keeping a few really long ones, you can cut down, for that annoying job where the ones you have don't quite reach. The only other diameter I use a significant number of is 1/8 inch (2.4 mm), for fingers on gauntlets and other fine work.

Tubular rivets with a head size of around 1/2 inch (13 mm) are useful. There is a special tool for setting these things — I find that putting them onto something flat and hitting them with a hammer works fine! The double headed type are superior to the thin back type as they last longer and you can put them in upside down without going, "Darn, that looks wrong!"

Basic Armouring Chapter 2: Materials

Basic Armouring—A Practical Introduction to Armour Making
Copyright 2002 By Paul Blackwell

Rivets for Armour			
Type	Material	Use	Looks Like
Flat Head	Mild Steel	Helms (*cos they wreck rattan swords less!)	
Round Head	Mild Steel	Articulations (*cos they look nice!)	
Flat/Round	Brass	Decoration	
Tubular	Aluminium, often coated to give Brass effect)	Riveting onto leather or cloth. Not authentic but great for straps, buckles, etc.	
Nails	Mild Steel	Can't find a rivet? Cut a nail down!	
Roofing Nails	Mild Steel	Riviting onto leather or cloth —very cheap!	

Wood

Plywood makes good shields — obtainable from any DIY shop, builders merchant or the like.

Brass

Expensive, heavy and not strong enough for important pieces; brass is however great for decoration.

Aluminium

Not at all period. However sometimes turns up as scrap and can be used to make lightweight body plates or the like. Dural, aircraft grade aluminium alloy, is much tougher and can be used to make shields.

Thermoplastic

Not period, surprise! Ideal for lightweight body plates or hidden stiffeners under leather or cloth; sort of inauthentic hard leather. Great for keeping your total armour weight down so as to avoid excess baggage charges when flying to events around Europe. Can shatter if it gets too cold, for example, Finland in winter. Guess how I found that out?

Cloth

Used to make undergarments or to hold armour together as in coat of plates and the like. Markets, material remnant shops, re-enactors markets, charity shops, sewing shops and the like are good places to look for materials at reasonable prices. If you are looking for canvas you can also try a tent maker or camping shop.

Last Call

A&S Meetings are being scheduled at Jerome Prairie School for the second and fourth Tuesdays of the month. Combined A&S/Fighter Practice on the 3rd Sunday at 11am.

Baronial Customary work continues. Have any design ideas for crowns, thrones, etc? Still accepting designs on Facebook.

Watch for upcoming **GARBnGO** opportunities!

Next Business Meeting—We're back to Sunday!

Marie Hill Conference Room, Community Corrections, 510 NW 4th St, Grants Pass OR.
SUNDAY, March 6 at 1:00pm.

Officer Excerpts

Marshal: Fighter practices will be moving to the parks with nicer weather.
Check online for updates

Seneschal: Officer quarterly reports are now due on the 15th

MoAS: Jerome Prairie School, 2nd & 4th Tuesday evening, 3rd Sunday morning

Chronicler: Send suggestions, materials, drawings, recipes, etc.

Chatelaine: New business cards are now available
More detailed Officer Reports are posted in the Meeting Minutes on Facebook

Looking Forward

St. Egberts April 9 2016

Primary Event Steward: HL David de Rosier-Blanc
Secondary Stewards: Lord Tristan & Bronwyn Awbrey
Primary Feast Steward: Pending
Assistant Feast Steward: Lady Brynhildr Smidsdottir

Demo Elk Mountain Highland Games, May 2016

ARC Autumn 2016

Event Stewards: The Family of
Lord Uilliam Mag Dhuibhfhinn



Calendar

February 2016

Dates	Event	<u>Branch Locations</u>
06	Briaroak Birl	Shire of Briaroak
06	Candlemas	Barony of Blatha An Oir
06	First Court of Sebastiaen and Erika	Barony of Three Mountains
06-07	Winter's End (Event's Web Site)	Shire of False Isle
13	 Candlemas	Barony of Dragon's Laire
13	Carnevale	Barony of Dragon's Mist
13	Festival of the Red Lanterns	Shire of Dregate
13	The Masque and Steel	Barony of Vulcanfeldt
19-21	 Tir Righ February Investiture (Event's Web Site)	Principality of Tir Righ
20	Feast of Fools	Canton of Silverhart
20	  Founding Revel	Barony of Stromgard
20	Lunar New Year Tea	Canton of Bearwood
27	Canterbury Fayre	Barony of Lions Gate
27	Feast For Winter's End	Shire of Coill Mhor

March-2016

Dates	Event	<u>Branch Locations</u>
04-06	   Kingdom A&S/Bardic Championship	Barony of Glymm Mere
11-13	Danescome Academy	Shire of Danescombe
12	War In The Oasis	Shire of Ambergard
19	Daffodil Tournament and Feast	Barony of Seagirt
19	Madrone Arts & Sciences and Bardic Championship	Barony of Madrone
19	   March Coronet	Barony of Adiantum
19	Mountain Edge Defender's Tourney	Shire of Mountain Edge
25-27	 Spring Crown Council (per TRM's Option)	-Branch TBA-



Find These Events and Their Links at:

<http://antir.sca.org/Upcoming/index.php>

Myrtle Holt Officers



SENESCHAL
Lady Brynhildr Smidsdottir
(Megan Blattel)



ARTS & SCIENCES
HL David de Rosier-Blanc
(David Bianco)



GOLD KEY
Constance Campbell
(Christina Hager)



SCRIBE
HL Keara Rylyn Buchanan
(Loree Day)



HERALD
Lord Bjolan Bjornson
(Rev. James A. Otto Sr.)



HEAVY MARSHAL
Bowen Doyle
(Albert Wessels)



WEBMINISTER
Lord Thorlof Anarson
(Josh Plater)



EXCCHQUER
HL Caterine Mitchell
(Kattie Cole)



CHRONICLER
Lady Nim
(Sarah Givens)



DEPUTY GOLD KEY
Alina MacMurrich
(Amanda C. Cowin)



CHATELAINE
Lord Uilliam (Liam) Mag Duibhfhinn
(Morris Givens)



HERALD IN TRAINING
Eric Liefson
(Glenn Allen)



TARGET ARCHERY MARSHAL
Lord Uilliam (Liam) Mag Duibhfhinn
(Morris Givens)



EQUESTRIAN MARSHAL
(Vacant)

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This is the February 2016 issue of The Leaflette, a publication of
The Incipient Barony of Myrtle Holt,
A branch of the Society for Creative Anachronism, Inc. (SCA, Inc.)
and is published as a service to the SCA's membership.
The Leaflette is available online at <http://www.myrtleholt.antir.sca.org>



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