



La Fontaine des Nouvelles

The Official Newsletter of the Barony of Fontaine dans Sable



Honoring Their Excellencies Mistress Mary and Master Duncan



January, 2007—AS XXXXI



The Barony of Fontaine dans Sable Nobility

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From the Baronial Seneschal

To the Populace of Fontaine,

Good Day!

As we bring in another new year, a time of change is creeping closer and closer. It is a conflicting time for me, since I am as comforted by the familiar as anyone; yet I am excited about the prospects that inevitably come with change. I know the burdens that those large chairs and Coronets can give to their bearers; yet part of me still cannot imagine anyone else in those chairs or under those Coronets. I have heard these sentiments echoed from many of you, so at least I know I am not alone.

Baron Duncan and Baroness Mary will be handing down a great legacy at Twelfth Night. The setup of retinue, the accumulation of regalia, and the establishment of awards...this list merely scratches the surface of their accomplishments over the past three years. They have both worked incredibly hard to set the foundation for all the future Barons and Baronesses. They cannot be commended enough for their work nor are any more deserving of a break. (Of course, I don't see that happening, but one is very much deserved.)

Sir Qara Gan and Her Ladyship Ceara have been at the backbone of this Barony from even before day one. In my mind, there cannot be a pair any better suited to carry on the expectations of this populace than they. Some things may be different over the coming years but the desire to see this Barony flourish will definitely not change. The diversity of their interests and abilities will only fortify all of the things they are already involved in.

Of course, last but not least, our Twelfth Night will be a fantastic event, with many great things planned. I hope each and every one of you will be able to attend and enjoy the day's festivities. There is much work to be done, and I know that many have already volunteered in one capacity or in many and you all have my thanks. For those few who have not yet found a way to help out, your help is still needed! Please find out how you can help from Lady Aedhagan or Lady Elyenora.

In Service,

Lady Mariah Abramsdottir
Seneschal,
Barony of Fontaine dans Sable

Fontaine dans Sable Baronial Retinue

Baron and Baroness
Their Excellencies, Duncan and Mary

Sable Warder
Sir Qara Gan

Azure Warder
Lord Raphael Sepultura

Argent Warder
Lord Anthony Fantino

Vert Warder
Sir Jochen von Balduinseck

Black Fountain Pursuivant
Lord Caelan MacKinnon

Charge Guard
Lord Angus Reid MacFarlane

Quartermistress
Anna Katherine the Spinner

Baronial Guard
Lady Anna MacTaggart
Lord Ragnvaldr Heljarskinn
Lord Seamus Abel Johnstone
Lord Argyle MacGreggor
M Lord Braidon Wilson

Head Attendant
Lady Julianne Journe

Attendants
Lady Sorcha
Lady Lasairiona Seanchaidhe
Lady Emily MacRae
Lady Sarah MacRae
Lady Dairine MacGregor
Lady Michelet MacRae
Lady Anna Katherine

La Maître des Robes
Lady Cairdwynn de Gurlington

*Unto the populace of Fontaine dans Sable do we, Master
Duncan and Mistress Mary, Baron and Baroness Fontaine
dans Sable send Greetings:*

We would like to thank the Barony of al-Barran for their Hospitality as Duncan traveled to their Mid-Winter celebration.

All of the Barony should be in preparation for WAR, Your King and Your Baron calls you to the Field of Battle at Estrella. Come join and follow Sir Qara Gan as he leads the forces of Fontaine for the good of the Outlands.

January 20th marks the start of a new era. We will be stepping down as your Baron and Baroness; but fear not, We will still be active and out and about in the Barony. We ask that you stand up and be counted as a supporter of Your New Baron and Baroness. Qara Gan and Ceara will need your support just as you have supported Us. We look forward to serving in what ever way we can be of use.

If We were to list everyone we owe a thank you to we would take up every page of this newsletter. To all the Ladies who have served as companions to Her Excellency; To the Guardsman who have protected us through 3 wars and countless battles; To everyone who has acted as our Officers; To those of you who over the past 3 years have given us your advice and council; To those who have fought besides us on the fields of battle, who have given of their time to teach and study the arts and sciences, who have carried water to us and others, who have seen that we are fed and that we arrive where and when we are supposed to. We say thank you.

As you look at the above list I think you will find that each and everyone of you have done your part in making our Reign a success. So, We say onto you THANK YOU FONTAINE. Thank you for making Fontaine dans Sable a shining jewel in the Crown of the Outlands

This is our last letter to you as your Baron and Baroness—we leave the Fountain Thrones as we approached them

In Service to The Dream, The Outlands, and to you the Barony of Fontaine dans Sable.

Vive Fontaine!

*Duncan
Baron*

*Mary
Baroness*

A Message from the Baron & Baroness

From the Heirs of the Barony of Fontaine dans Sable

To the populace of Fontaine do Sir Qara Gan and THL Ceara send our warmest greetings.

We would like to give a big Huzzah and thank you to Their Excellencies Duncan and Mary for their service, dedication, and setting the bar. We wish you the best in your retirement, but don't get to comfortable, there is always work to be done! We would like to invite everyone to come to Fontaine's Twelfth Night and Investiture to fight, feast and revel.

You no longer have to listen close to hear the drums of War howling on the winds. The King of the Outlands has called for his subjects, warriors and artisans to join him on the fields of Estrella, and we plan to answer his call in force. Now is the time to ready your weapons and start arranging your packs for the time to march draws nigh.

I would ask that all of those fighters who plan on fighting with the Barony to attend the remaining fighter practices and War Practices. We will caravan down to St. Goliath War Practice on Jan 27th. Anyone wishing to go please contact Lord Rowland, Lochlan, Lord Seamus or myself, Sir Qara Gan, to ensure your ride. Remember the pre-registration deadline for war is January 15th. If you plan on camping with the Barony you MUST be pre-registered no later than this date. We would like the rest of the world to see the might that we know as Fontaine!

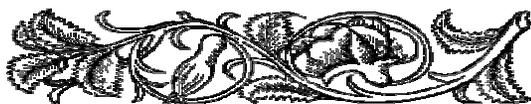
Sir Qara Gan

THL Ceara McCain

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Ceara McCain

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From the Baronial A&S Officer

Greetings to the Fair Populace of Fontaine dans Sable:

Our next A&S Workshop will be Tuesday, January 9th, 2007 at E³ Children's Museum at 6:30 p.m. (302 N. Orchard, F-Town). As WAR is approaching, we will concentrate on getting everyone in their WARMIES – cloaks, hoods, coats and the like will be on the docket. If you can teach, please come. If you don't know how to make the above, please come. I will post a supplies list to the list in the coming days. You may, of course, attend without the supplies to learn and make your items at home.

February's workshop is still to be determined. If we do have a workshop, count on it being at least a week PRIOR to WAR. Likely, we will concentrate on "wrapping up loose ends" in preparation for our journey to Atenveldt.

March's workshop will focus on the documentation process for those interested in entering the upcoming Kingdom Arts & Sciences Competition in April in al-Barran. See my second article in this month's newsletter for more on that.

Until next time, Happy Nerding!

**Yours for Love of the Dream,
Lady Dairine MacGregor (sometimes *inghean Griogair*)**



Of Interest to the Barony:

Websites of Interest for the Barony of Fontaine dans Sable:

Fontaine dans Sable's Website: <http://fontainesca.org>
Fontaine's Discussion List: fontainedanssable@yahoogroups.com
Fontaine's Largesse List: fontaine-largesse@yahoogroups.com
Fontaine's New Archery List: fontainearchers@yahoogroups.com
Fontaine's New Rapter List: fontaine-rapier@yahoogroups.com
Fontaine's Player's List: Fontaine-Players@yahoogroups.com
Outlands' Website: <http://www.outlands.org>
SCA Website: <http://www.sca.org>

Be sure to check the calendar in this newsletter for important information about Guild meetings, practices, demos and events taking place this month!

Warmies for War!!!

This month, the A&S Workshop is scheduled for Tuesday evening, 6:30 PM, January 9th at E3 Children's Museum --please see the announcement elsewhere in Nouvelles!

Don't forget our Twelfth Night and Baronial Investiture on Saturday, January 20th, 2007—in the Common Era...

War Practice is scheduled for that same day!!!

St. Goliath War Practice will be held on January 27th. Please contact the Knight Marshall or one of his Deputies if you would like to Day Trip and Carpool with others...

Sir Qara Gan is sponsoring a Baron's Speed Tournament at Fighter Practice on January 28th.

Weekday Fighter Practices will be held every Thursday evening at 6:30 PM during January at Apache Elementary School.



A Message from your Local Chirurgeon-in-Training

Greetings Fair Populace,

Another year has passed and to our fortune there were only very minor injuries throughout the year. A band aid here and an ice pack there. Let us repeat this in the New Year and have no major injuries or illnesses. In the month of December there were no injuries to report.

The History of Medicine

To add to the list of Ancient Egyptian herbal remedies compiled last month, here is a more comical list. Please do not try any of the remedies yourself. Medicine has come a long way from this as you can see.

Authentic Miscellaneous healing prescriptions taken from the Papyrus Ebers:

Cure for Diarrhea- 1/8th cup figs and grapes, bread dough, pit corn, fresh Earth, onion, and elderberry.

Cure for Indigestion- Crush a hog's tooth and put it inside of four sugar cakes. Eat for four days.

Cure for Burns- Create a mixture of milk of a woman who has borne a male child, gum, and, ram's hair. While administering this mixture say: Thy son Horus is burnt in the desert. Is there any water there? There is no water. I have water in my mouth and a Nile between my thighs. I have come to extinguish the fire.

Cure for Lesions of the Skin- After the scab has fallen off put on it: Scribe's excrement. Mix in fresh milk and apply as a poultice.

Cure for Cataracts- Mix brain-of-tortoise with honey. Place on the eye and say: There is a shouting in the southern sky in darkness, there is an uproar in the northern sky, The Hall of Pillars falls into the waters. The crew of the sun god bent their oars so that the heads at his side fall into the water, who leads hither what he finds? I lead forth what I find. I lead forth your heads. I lift up your necks. I fasten what has been cut from you in its place. I lead you forth to drive away the god of Fevers and all possible deadly arts.

I hope you have enjoyed this bit of information on the Ancient Egyptians. Next month I will move on to another culture and time period.

**In service to the Fine Barony of Fontaine dans Sable,
Lady Aili MacFarlane**

Reference Used:

<http://www.mnsu.edu/emuseum/prehistory/egypt/dailylife/medicine.html>
Brier, Bob. Ancient Egyptian Magic. Quill Press: New York, 1981.



The Rapier's Cut--PERIOD MASTER SERIES: Vincentio Saviolo

Saviolo arrived on the scene in London in 1590 with his brother Jeromino (another master). Although he came from Padua, Italy and taught a combined swordplay method from both Spanish and Italian styles, his book was written in the English of the day. His work, entitled simply **His Practice**, is written in two books. The first book is primarily a book detailing combat with rapier and dagger, while his second book is about honor and honorable quarrels.

His first book is written in the form of an interview. A student asks questions throughout the book and Saviolo, the master, answers them. His movements (footwork) is more Spanish in style than Italian, but he breaks down his cuts into categories (similar to Achille Marozzo, the Bolognese Rapier Master). Some of my favorite quotes from this master are:

“Others are so head-strong and rash, that they doo lyke rammes which kill themselves by running full but at theyr enemies.” (i.e. charging will get you killed because you can impale yourself on your opponents blade)

“for some set upon their enemies in running, and there are other which assaile them with rage and furye after the fashion of Rammes, and both these sortes of men for the moste parte are slaine and come to misfortune, as may be seene in many places of such like fights” (More of above)

“And this also I saye, that strength and valiant courage is not it which giveth victorie, but a skill and knowledge in the use of his weapon, and a certaine nimbleness and actiuitie aswell of the body as of the hand and the foot.” (i.e. Strength and courage alone will not make you victorious, but skill and knowledge in the use of your weapon, accompanied by athletic ability will.)

An interesting note about this master is that George Silver (another of the period masters) wrote his book for the sole purpose of attacking Vincentio Saviolo's work. I suppose even back in those days that everyone was a critic.

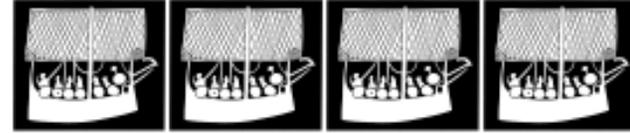
Once again, I have hardly scratched the surface of this master. If you have any further questions regarding Vincentio Saviolo, I will answer them to the best of my ability and will happily share my resources with you.

In Service to the Barony,

Lord Angus MacFarlane
Baronial Rapier Marshal

Resources:

<http://jan.ucc.nau.edu/~wew/fencing/masters.html>
<http://www.thearma.org/essays/saviolo.htm>
<http://www.cs.unc.edu/~hudson/saviolo/firstbook.html>
http://en.wikipedia.org/wiki/Vincentio_Saviolo
<http://www.musketeer.org/manuals/saviolo/second.rao.html>



From the Baronial Knight Marshall

Good Greetings to All:

That's right, that little event down south is happening in a month and a half – which means fighters need to be at the top of their game! But not just each fighter, Fontaine united as an effective fighting unit! That means we **NEED** to see your face at fighter practices from now until War.

Not authorized yet? You need to be by January 14th – By decree of the Kingdom Earl Marshal. With that in mind, we will be holding light and heavy authorizations on January 7th and 14th (Sunday's). Study Society armor and weapons requirements as well as the Outlands Rules of the List and all things fighting related! Got questions? Let the Knight Marshal know or any of the friendly and knowledgeable Deputies (AKA Lord Seamus, Lord Sa Cha and Lochlan).

There will also be weekday evening practices during January and early February. They will be held on Thursday's starting at 6:30 PM at Apache Elementary School.

On January 27th (Saturday) we will be car pooling down to St. Goliass (Socorro) for the largest War Practice of the season. We will leave early and return late (8-10 PM). If you are going to fight at War, heavy or lights, you do not want to miss this! Please contact your friendly neighborhood Knight Marshal for more details.

Special Note: Sir Qara Gan will be hold a Baron's (yes he will be the Baron by then ;-)) Speed Tourney on Sunday, January 28th (Apache Elementary, 1 PM).

This will be a ton of fun with the purpose of sharpening our fighting skills and having fun in the process.

Whoa! There's a lot going on for next month and half! Be a part of it – you won't be disappointed!

Rowland McCain
Knight Marshall, Fontaine dans Sable

Arts & Sciences within the SCA By Lady Dairine inghean Griogair Baronial A&S Minister

The Arts & Sciences are a substantial aspect within the SCA. As part of A&S, one can study period clothing, brewing, leatherworking, cooking, herbalism, and bookbinding. Many SCAdians research period poetry for bardic competitions, medieval court dancing for performance competitions, woodworking, jewelry, tent making... you get the idea. If the area of research fits within the time period of 600 – 1600 BCE, then you can certainly study it as part of the SCA, providing wonderful opportunities to learn and explore. I will attempt to address a portion of those options.

Science Faires: The Barony of Fontaine dans Sable actually hosts a Science Fair every two years (as part of each A&S Minister's 2-year warrant). These Science Faires are fairly informal and rarely feature a theme for entries. They are judged, based loosely on Kingdom A&S rubrics, and are an excellent opportunity for newcomers to try their hand at a new aspect within the Society. Faires are also a perfect testing ground for an entry before entering it into a more formal competition.

Collegiums: Collegiums are not competitions but rather a series of classes with a variety of themes. Every fall, a Queen's Collegium is offered within the Kingdom of the Outlands, typically alternating between the North and South – The Outlands' unofficial dividing point. Estrella War, in the Kingdom of Atenveldt (AZ) is also a great example; with HOURS of classes offered, Estrella War is likely the largest Collegium within our area. You can typically find a list of classes on the Estrella War website, giving you a chance to create a Wish Schedule.

Queen's Prize: Queen's Prize, also held alternately between the North and South, occurs every spring. While not an official competition and rarely with a theme, Queen's Prize is an opportunity to display one's work in a formal setting, giving our Queen the chance to see the Populace's interests and prowess. Her Majesty, at the end of the Queen's Prize, will then choose which entrant receives Her Prize. To enter into a Queen's Prize, one must be "sponsored" by a Lady of the Rose (former Queen) or by a member of the Laurel, a member of the Peerage of Arts & Sciences. Your local A&S Minister can certainly help you in finding contacts for sponsors. You'll find that those with strong ties to the A&S aspect of the SCA will be happy to help and guide.

Kingdom A&S Competitions: Competitions are the most formal and are divided into categories. Visit Fontaine dans Sable's Yahoo Group List; the Files section, A&S Folder will have many documents to help you along, including a list of Categories. Competitions are much more formal than the aforementioned, often with pre-chosen themes. (This is true of the Estrella War A&S Competition. Visit Estrella's website for more information.) Rules and expectations vary, but you can typically find pertinent information and a list of rules on that Competition's website. Or simply ask your A&S Minister for help.

No matter your level of experience or knowledge, there are plenty of chances to study the Middle Ages within the SCA. Never be afraid to enter your project into ANY competition. Through experience, you'll find you'll learn more and develop stronger relationships, perhaps finding your niche within the Society. Be careful, however, for the more you study, the more niches you may find!

Suggested Links:

Fontaine dans Sable Yahoo Group List: <http://groups.yahoo.com/group/fontainedanssable>

Estrella War: www.estrellawar.org

The Outlands: www.outlands.org

From the Baronial Scribe

Greetings Fontaine!

I have marked those individuals down that wish to do scroll assignments. I cannot guarantee that everyone will get to do one as it depends on how many there are. I will be getting in touch with you soon after our Populace meeting. I am also going to be working on trying to schedule a Scribal Workshop after War as one of our A&S activities. Look for further information and dates on that in future newsletters. Hope everyone's holidays were great and safe!!

Lady Aedhagan veih Min An Aoire Baronial Scribe



From the Autocrat of Twelfth Night/Investiture

Greetings unto the Populace!

Our wondrous event quickly approaches and we will need everyone to help and pitch in where they can. There are several committee leaders that are heading up events and activities throughout the day. If you have ideas or want to help and sign up for a committee, post your interest or thought to the list and we will direct you to the appropriate contact. Also, we will be needing help with tear down that evening so everyone who can, please stay and help clean up. There are no activities on Sunday so we need to have the Lodge cleaned up and set back up for them before we leave Saturday night. This should prove to be a wonderful event and a key point in the Barony's history.

Join us, help us, and have fun!!!!

Lady Aedhagan veih Min An Aoire

From the Black Fountain Pursuivant Herald

**Greetings from the Office of the Naysayer Extraordinary!
(At least, that's what I feel like a lot of the time.)**

At any rate, several members of the Barony still have names and devices at various points in the submissions process, but we haven't heard anything final on any of them over the past month. If you'd like to know the status of your submission, just ask and I'll find out for you.

Most of the order names were sent on to Laurel for final determination, with one (Order of the Hourglass) returned for a minor spelling anomaly. That anomaly was fixed and resubmitted to Kingdom with this month's submissions packet, and should be good to go.

I plan on hosting another Heraldry Consultation during this month's A & S workshop, if one is held. Check elsewhere in this newsletter or the list for time, date, and existence.

Thanks for a great year heraldically, and let's keep working on getting every member an official

**Lord Caelan MacKinnon
Black Fountain Pursuivant Herald**



From the Webminister

The site for Twelfth Night is up at <http://www.fontainesca.org/12thnight>. Check it out when you get a chance! It has the most current information about the event.

If you're browsing the web and run across a reference to our old site (the GeoCities site, or even the super-old Cyberport site) please let me know (webminister@fontainesca.org), so that I can get the link updated to our current website.

**Lord Caelan MacKinnon
Webminister**

From the Rapier Marshall

Greetings Unto All!

War is upon us! If you plan on fighting by our side at war this year, please ensure that your authorizations and your blue cards are up to date! We will be holding only TWO authorizations this year before war. One of these authorizations is this coming Sunday (the 7th) and the weekend after. Please study the rules before your authorization. Remember, the rules for Society changed earlier this year and the Kingdom Rules changed in late '05, so be sure you look at the current rule set!!!

There are two additional dates that I want you to all be aware of, as well. There is a War Practice the day of our Twelfth Night and investiture. Unless dead or in a serious emergency (or you are helping with event set up) I expect every fighter who intends on fighting at war to be there. It is our first chance to show the Kingdom what we, as a Barony can do. Another important day is the St. Goliath War Practice. I am warning you all now so that you can plan on being there. For this practice, we usually just throw whoever can go into as few of vehicles as we can and day trip it down there. This will be a KEY practice to attend to prepare you for the battles to come at Estrella War.

Also, if you intend on going to war and fighting with the glorious troops of Fontaine dans Sable and the Central Army, PLEASE come and practice with us so that we can effectively fight together as a unit on the fields of Estrella! There are not many practices left and whether you are a new or old fighter, it is imperative that you be as prepared as possible for the scenarios that do lay before you.

In Service to the Barony,

**Lord Angus MacFarlane
Rapier Marshal
Fontaine Dans Sable**



From the Deputy Captain of Archers

Well, it looks as though it's going to be tough to shoot during the winter; it's just too cold at the times of day that we have available to us!

Therefore, until April or so, we'll just cancel kids' archery by default, and only shoot if we're experiencing warmer than average weather. If I do decide to hold a practice, I'll post it to the list.

See ya when it warms up a bit,

**Lord Caelan (the popsicle) MacKinnon
Deputy Captain of Archers**



From the Baronial Waterbearer

Greetings Unto the Populace of this Fair Barony,

This month has been slow as far as Waterbearing goes; but no need to fear, there is much activity forthcoming. As you know, we are having WAR practice on January 20th. I, once again, have much going on and would greatly appreciate all the help I can get with the Waterbearing duties. There will be many thirsty fighters on the field!



Yours in Service,

Lady Louie



From the Representative of the Feastocrat for Twelfth Night/Investiture

Greetings unto the Populace,

Twelfth Night approaches! Come join in the celebration and lend your support unto Our new Baron and Baroness. There are still feast reservations available. You may email me at feast@fontainesca.org to make your reservations. Please make sure to let me know if you need a vegetarian meal.

Yours in Service,

Lady Louie



From the Baronial Chronicler

Greet the Day, Fontanese!

As the cold winter winds blow, our fine Barony prepares for the change in its leadership. It is the dawn of new beginnings and with it the winds of war begin to howl. Our King raises the battle cry and calls all Outlanders to attend him on the fields of Estrella.

I know, so much fun, so little time!

Much is happening this month in Fontaine—our archers, fighters and swordsmen hone their battle skills and our new Baron and Baroness prepare to lead us.

This newsletter is a tribute to Their Excellencies, Master Duncan and Mistress Mary and the fine leadership they have provided for this Barony during the last three years. Thank you so much for all you have done and for all you have sacrificed in service to the dream...

In Service,

Lady Evain Macrae
Chronicler



From the Baronial Chatelaine

Greetings to One and All!

I assumed the position of Chatelaine for our fair Barony at the December Populace Meeting. I look forward to a wonderful year in our Barony under our new Baron and Baroness, Sir Qara Gan and her Ladyship Ceara, who will be invested during our Twelfth Night Celebration on January 20th. Make plans to attend this wondrous event!

I would like to see our populace continue to grow and prosper in the coming New Year, and I would welcome comments and suggestions from anyone on ideas for demos and being seen in our mundane world.

I have access to newcomer information and if you have never received the "Forward Into the Past" booklet, please see me for a copy. It is a wealth of information.

I also am more than willing to speak with anyone who is interested in who we are and what we do – just let me know and I will contact them.

You may contact me on list elyenora@yahoo.com and my home phone is (505) 334-7148, after 5 PM and before 9 PM; anytime on weekends.

Thank you for this wonderful opportunity to be in service to my Barony.

Vive Fontaine !!
In Service to the Dream,
Lady Elyenora Danyel de la Roche
Chatelaine



Photos by Evain Macrae—Clip Art Compliments of Dover Graphics

The Fine Print:

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