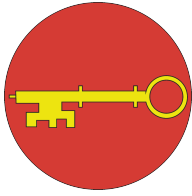


Volume 2009 #1 A.S. XLIII

Officers of Pentamere



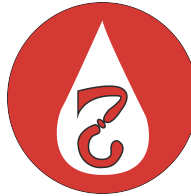
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Exchequer
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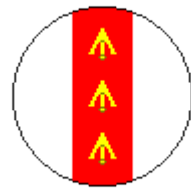
Knight's Marshal
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pentameremarshal@sbcglobal.net



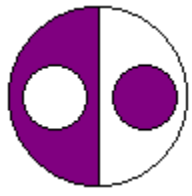
Rapier Marshal
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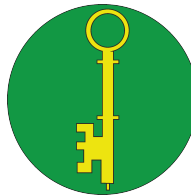
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Chatelaine
Open

This is the April 2009 (Volume 2009 Issue 1) issue of The Gauntlet, a publication of the region of Pentamere of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Gauntlet is edited by and available from Dan Peacock (Rijckaert vanUtrecht), 1162 North Trail Ct NE, Comstock Park, MI 49321. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2009 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Editor, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

From the Desk of the Chronicler

Greetings!

I am pleased to present the latest edition of The Gauntlet. I would like to thank THL Rosalyn McGregor for her service to the region as editor of the Gauntlet. Summer is just around the corner (despite what the weather has been doing lately) and that brings camping and fighting. This edition of the Gauntlet addresses issues with food safety at outdoor events and concussions, a concern for anyone that armors up for King and Kingdom.

I am always on the lookout for articles or artwork to include in future editions. I make a call to all of you who have entered items in previous A&S competitions to turn your documentation into an article for all to learn from. The point of articles is not to be a be-all-end-all guide to the subject matter, but rather a way for someone who has an interest to start exploring. If you need help, please either get in touch with your local chronicler or myself for tips on creating articles.

Lastly, the deadline for submissions for the July 15 edition of the Gauntlet is July 1st. You can email articles, artwork, poetry at peacocda@yahoo.com. I will reply to all inquiries, so if you don't hear from me in a day or two, I didn't get it.

In service to the Midrealm, I remain,

Lord Rijckaert (Richard) vanUtrecht, squire
Pentamere Regional Chronicler

From the Desk of the Minister of Arts & Sciences

Greetings Pentamere!

Another year has passed in the Regional A&S fair season for Pentamere. There were 3 gentles who brought cool stuff to fair this year. Thank YOU! And a big thank you to Northwoods and the Canton of Iron Oak for hosting. If you want to still enter this years fair, there is still a chance, you may place your entries in either the Constellation or Midlands fair. (per Kingdom A&S staff) Including those who were anticipating a pentathlon entry. For those wishing to enter a pentathlon this year and would like to still do so, please contact the Kingdom MOAS asap. Judges will also be needed for Kingdom fair in Whitewaters, and if you have not judged before, this would be an excellent time to try shadow judging.

Winter has passed and it is time to start the gardening season. Or for those who wish to garden on the field in battle, it is time for that as well. We turn our thoughts from the gentle arts to the more active ones. Pentamere is awash in things to do so there will be no problem finding something to stay active.

Have fun, make stuff, learn and teach!
Alaina

From the Desk of the Rapier Marshal

Greetings unto the Fencers of the Pentamere Region,

First I would like to introduce myself, I am Barekr "Bear" Silfri. I am the current Regional Officer for Fencing as of ValDay of this year. I, as many of you know am very approachable and would welcome any who wish to talk to me. I am going to be using the basic guidelines that Max set out in his stint as our KRM when it comes to issues in fencing. If you have issues with the conduct or items concerning a bout of fencing, talk to your opponent. Do this within a reasonable time frame from the particular bout. If you are approached by someone who has issues with you or your fencing, I ask that you hear them out and give their words fair time and consideration. If at this point there is not a satisfiable resolution talk to the MiC of the event, again using the same considerations as above. If again there is no reasonable solution do I then ask you to seek me out either in person, via e-mail or call me on the phone and I would be more than willing to talk over things and try to find a resolution to the issue. If you come to me be forewarned the first questions I ask you will be "did you talk to the person, did you talk to the MiC?" I will then hear you out and look into the matter. Remember, we are all here to play a game and if we aren't having fun we are doing something wrong!

I have been hearing complaints around the area from time to time of calibration. I ask that everyone evaluate their calibration and do the best you can to make it "touch" calibration. Remember when receiving shots, if you feel, it it is good.

I am also one of the two XO's for pennsic, something I would like to see is a show of solidarity among our region. I ask that Pentamere fencers ties a blue ribbon to the hilt of their primary weapon on the fields at pennsic. If you gett seperated from your unit at least you will know where you region is. I would encourage all Pentamere fencers to get out there and either prepare or help others prepare for Pennsic. There are many fencers in our region who strive to be on the champions team and they would appreciate the practice to get them ready for tryouts and eventually for Pennsic. The Regional tryouts for the team has been set for Clancy Day (July 10-12). I strongly suggest if you are interested in being on the team that you try to make this tryout.

In closing I hope people get out and fence, stay safe, practice well, and least of all have fun!

Barekr "Bear" Silfri
MKA. Jim Giles (on facebook as Jim Bear Giles)
barekrsilfri@gmail.com
519-735-1567

From the Desk of the Minister of Youth

To The Children of the Midrealm:

The Kingdom of the Future rules the day,
The children and youth of Weldlake (and
Northwoods!) say.
Breakfast will be served at half past eight
The Baron and Baronessa are waiting –
Don't be late!

Grab a lance and mount a steed
To run the gauntlet and test your speed.
Shoot the messenger – Fire at Will.
Hear the fables MacFinn will tell.

We'd like to see what you have done,
There're A and S prizes to be won.
Work alone or with a group,
Bring your entry – it could even be soup!

Learn chivalry on the list,
The Boffer Tourney should not be missed.
Youth Rapier, too will get a chance
And Mystic Lotus will teach the dance.

We'll close the day with a special court
And we promise that we'll keep it short.
Before we send you on your way...
Ice cream to ruin your dinner, a perfect day.

So ask mom and dad to be your guest,
We're quite sincere, we do not jest.
April 18th is the special day
To Raze a Village in the SCA.

It Takes My Child to Raze a Village

April 18, 2009 – 8:30am – 5:00pm

www.scakids.org

(Poem written by Lady Alia bat Assriel)



Concussions and How to Avoid them in SCA Combat

by Lord Rijckaert (Richard) vanUtrecht, CW

mka Dan Peacock

There has been some discussion about concussions on various on-line forums and e-lists recently. I personally don't know if I've ever had a concussion in the course of playing our game and it got me thinking, "How would you know if you had a concussion?" This document is what I've pulled together from various sources concerning concussions, what you should consider in the event of getting one, and how to avoid getting them in SCA combat. I will state up front, I am NOT a medical professional and you should always consult a physician or other medical professional in the event of an injury or think you have an injury. Also, consult with your local marshals regarding the condition and construction of your helmet and other armor.

What is a concussion?

Simply put, a concussion is a brain injury caused by a sudden blow to the head. Normally, the fluid around the brain (cerebrospinal fluid) provides a cushion in the event of such a blow, but there are limits to the shock the fluid will absorb and a sufficiently severe blow will allow the brain to hit the inside of the skull. This can disrupt the normal functioning of the brain in subtle or significant ways. Symptoms include¹:

- headache
- not being able to remember what happened just before or after the injury;
- confusion;
- inability to concentrate or carry out a simple set of instructions;
- vision disturbance (seeing "stars" or blurred vision);
- inability to stand, walk or other coordination problems;
- nausea or vomiting;
- loss of consciousness (though this is not necessary);

These symptoms can be mild or severe and may last several hours, several days, or in extreme cases several months². In the short term, these symptoms can develop into what is known as Post-Concussion Syndrome which can include the following effects^{3,4}:

- 1 Parnet, S., Lynn, C., Glass, R.M., "Concussions in Sports", Journal of the American Medical Association, 209 (Nov. 2003): 2628, <http://jama.ama-assn.org/cgi/content/full/290/19/2628?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=concussion&searchid=1&FIRSTINDEX=0&resource type=HWCIT>
- 2 McCrea, M, Guskiewicz, K.M. et al., "Accute Effect and Recovery Time Following Concussion in Collegiate Football Players: The NCAA Concussion Study", JAMA, 290 (Nov. 2003): 2556 – 2563, <http://jama.ama-assn.org/cgi/content/full/290/19/2556?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=concussion&searchid=1&FIRSTINDEX=0&resource type=HWCIT>
- 3 "Facts about concussion and brain injury". Centers for Disease Control and Prevention Web site. <http://www.cdc.gov/ncipc/tbi/default.htm>. 1999. Accessibility verified April 6, 2009
- 4 Nampiaparampil, D.E., "Prevalence of Chronic Pain After Traumatic Brain Injury", JAMA 300 (Aug, 2008):711-719,

- persistent low-grade headaches;
- cognitive deficits in attention, memory, judgment or reasoning;
- continuing headaches or blurry vision;
- changes in sleep patterns (sleeping more or less than normal);
- personality changes such as feeling sad, anxious or listless;
- becoming easily irritated for little or no reason

Only your doctor can accurately diagnose whether or not you have sustained a concussion and that may require advanced tests such as CT scans. That said, if you think you are exhibiting any of the above symptoms during a day of combat, you should stop fighting and seek assistance. Having sustained a concussion, a sustaining a second concussion before the first one heals can lead to what is being called Secondary-Impact Syndrome, greater concussion effects up to and including death (though this is rare)^{5,6}.

Long term effects of concussions are only starting to be understood and studied⁷. 20% of professional boxers have been subject to the condition called “Dementia pugilistica”, “Boxers' Dementia” or chronic traumatic encephalopathy (CTE)⁸. Depression, sleep disorders, and dementia are being reported⁹ in athletes in sports outside of boxing. These effects appear to correlate with the number of concussions sustained not necessarily with the severity of any particular concussion event. Clearly, caution in dealing with concussions is warranted.

Avoiding concussions in SCA Combat

To avoid the effects of a concussion, the best defense is prevention. Part of that is our training in ensuring that calibration of blows is not excessive. However, accidents do happen, especially in the large melees and wars in which hundreds of fighters are participating. So, we must then rely on our safety equipment, specifically the construction and padding of the helmets we wear. Society regulations require helms for armored combat to be constructed of 16-gauge mild steel (or equivalent) and padded with a minimum of one-half inch of closed cell foam (or equivalent). Helmets for rapier combat are only required to be of 20-gauge steel or mesh that can pass the 12kg punch test without any padding requirements. The mass of the helm is a major factor in absorbing the energy from a blow. What is rarely discussed is the fit of the helmet. Ill fitting equipment can be just as hazardous to the wearer as his opponent's weapon. The Consumers Product Safety Commission states this in regards to bicycle helmets:

A proper fit is as important as wearing the correct helmet in helping prevent head injuries. A helmet should be both comfortable and snug. Be sure that it is level on your

[http://jama.ama-assn.org/cgi/content/full/300/6/711?](http://jama.ama-assn.org/cgi/content/full/300/6/711?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=post-concussion+syndrome&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT#REF-JRV80011-11)

[maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=post-concussion+syndrome&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT#REF-JRV80011-11](http://jama.ama-assn.org/cgi/content/full/300/6/711?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=post-concussion+syndrome&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT#REF-JRV80011-11)

5 “Secondary-impact Syndrome”, Univeristy of Nebraska-Lincoln, Traumatic Brain Injury website maintained by Karen Hux, <http://tbi.unl.edu/savedTBI/sports/sis.html>

6 Cantu, R. C., “Head injuries in sport”, *British Journal of Sports Medicine*, 30(1996):289-296., <http://tbi.unl.edu/savedTBI/sports/cantu92.html>

7 Boston University Center for the Study of Traumatic Encephalopathy, <http://www.bu.edu/alzresearch/research/encephalopathy/index.html>

8 Jordan, B.D., “Chronic Traumatic Brain Injury Associated with Boxing”, *Seminars in Neurology*, 20(2000):179-186

9 Stepane Smith, “Dead athletes' brains show damage from concussions”, *CNN Online*, Jan. 27, 2009, <http://www.cnn.com/2009/HEALTH/01/26/athlete.brains/index.html>, Accessibility verified April 6, 2009.

head, not tilted back on the top of the head or pulled too low over the forehead. It should not move in any direction when adjusted properly. Make sure the chin strap is securely buckled so the helmet doesn't move or fall off during a fall or collision¹⁰.

The article addresses bicycle helmets directly, however, the advice it gives applies to the construction of padding in helmets. Here are things to be considered for padding and securing the helm:

1. The padding must be 1/2" thick or better. The padding is what prevents the transmission of the impact from the helm to your head. It should be resilient and in good repair. Foam will degrade over time due to sweat (the salt crystals essentially 'saw' through the cells) from the skin as well as after repeat compression of the foam cell structures¹¹. Regularly check your padding and replace it when it has lost its cushioning.
2. Your head shouldn't move around when the helmet is secured in place. A poor fit will greatly diminish the protection provided by a helmet. So instead of just one impact (the weapon with your helmeted head), there will be two (the weapon with the helmet and the helmet with the head). The fit should be snug (but not so snug as to greatly deform the padding) and the chinstrap should prevent the helmet from moving around. If your head can move around like a clapper in a bell, don't be surprised if you get your chimes rung.

Of particular concern is the use of loaner helmets for new people. Rarely do these helmets fit properly (one size fits most is the norm for loaner gear), so there is another reason to not blast the new folks until they have something that fits properly.

Fencing helmets are a bit more problematic to pad. First off, many are still wearing the Olympic style fencing masks. These weapons were designed to protect against foils and epees, not the heavy rapiers we use currently in the Society. The padding in these masks is minimal at best. Secondly, the nature of rapier combat means that there are more face directed thrusts than in armored combat and the force is concentrated on a very small spot (the 3/8" diameter tip), but the training is for touch calibration and for the most part, this does mitigate impact effects. If you do choose to pad your fencing mask, or have a more period helmet made, padding should be concentrated at the front of the helmet to help absorb the impact from the directed thrust.

Conclusions

Concussions are a serious health concern for those in the fighting community. The dangers of secondary-impact syndrome and the long term effects of multiple concussions are only starting to be understood, and the outlook doesn't appear particularly good. A properly padded and fitted helmet is your best protection against sustaining a concussion in the first place. So, how good is the padding in YOUR helmet? Have you checked lately?

10 U.S. Consumer Product Safety Commission, "Gear Up, Strap It On – Helmets Can Save Lives and Reduce Injuries", Mar. 29, 2006, Release #06-122, <http://www.cpsc.gov/CPSCPUB/PREREL/prhtml06/06122.html>

11 Totten, T.L., Burgess, G.J., Singh, S. P., "The Effects of Multiple Impacts on the Cushioning Properties of Closed-Cell Foams", *Packaging Technology and Science*, 3(1990), 117-112, <http://www3.interscience.wiley.com/journal/112599621/abstract>

Summer Food Safety

By THL Johnnae llyn Lewis

Also the diet in Summer must be much cooler and moister, than in Winter: for in that season we draw in by breathing farre hotter aire: the Sunne also infuseth into vs a burning heat, and sucketh out much of our moisture.

From *The copy of a letter written by E.D. Doctour of Physicke to a gentleman*, published in London 1606. pp. 9

likewise Head-akes, and Vomitings, caused by sharp Chorerick Humours, which the SummerDiet breeds

From *The worlds olio written by the Right Honorable, the Lady Margaret Newcastle*. 1655

With the summer season rapidly approaching, and the event calendar filling up with numerous outdoor events, the need to dine out doors is again upon us. Be it camping, a contributed dish potluck or a grill session after a combat melee practice, the summer season demands recipes suitable for the outdoors.

The adage that one often hears is: *Hot food hot; cold food cold* but what does this saying mean in practical terms and how does someone not inadvertently poison his or her family, household or the royal luncheon? In this case it means hold hot foods above 140° F and cold foods below 40° F. It turns out that food borne illnesses really do peak during the warm summer months. The following Food Safety and Inspection Service (FSIS) guide

http://www.fsis.usda.gov/FactSheets/Foodborne_Illness_Peaks_in_Summer/index.asp explains that by observing food preparation many of these illnesses can be avoided. Such simple steps as 1. Clean: Wash Hands and Surfaces Often; 2. Separate: Don't Cross-Contaminate; 3. Cook: Cook to Proper Temperatures; and 4. Chill: Refrigerate Promptly will prevent many outbreaks.

A number of these very helpful and very user-friendly FSIS guides can be used and even understood without a requisite degree in Nutrition or Food Sciences. One way to locate this information is to use the handy informative **Gateway to Government Food Safety Information** at: www.foodsafety.gov

The USDA also offers a number of these guidelines, which are updated as new information becomes available. It makes sense therefore to keep checking back from time to time to see what has been changed. For instance in 2006, it was announced that "For safety, when cooking poultry, use a food thermometer to check the internal temperature. Poultry should reach a safe minimum internal temperature of 165 °F throughout the product." This is actually a reduction from the 180° F, which was the previous advice. The **USDA** food page can be found here: <http://www.fsis.usda.gov/home/index.asp>

Other interesting FSIS guidelines include:

Seasonal Food Safety

http://www.fsis.usda.gov/fact_sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp

Camping Food Safety

http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_While_Hiking_Camping_&_Boating/index.asp

BBQ food safety

http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp

Handy chart on egg storage (& hard boiled eggs)

http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Shell_Eggs/index.asp

The poultry fact sheets are indexed at:

http://www.fsis.usda.gov/Fact_Sheets/Poultry_Preparation_Fact_Sheets/index.asp

Meats

http://www.fsis.usda.gov/Fact_Sheets/Meat_Preparation_Fact_Sheets/index.asp

Society members may also like this handy guide/.pdf file titled **Food Safety at Temporary Events:**

http://www.foodprotection.org/publications/Booklets/Food_Safety_Temp._Events.pdf

Another handy source is **FightBAC** as in Fight Bacteria : www.fightbac.org

Pamphlet on Food safety during and after an emergency situation in another .pdf:

http://www.foodprotection.org/publications/Booklets/Rev._Disaster_Strikes.pdf

Food Safety Throughout the Food System:

<http://foodsafety.cas.psu.edu/>

Many agriculture organizations also offer summer tips. Eating chicken? Try

<http://www.eatchicken.com/> for cooking tips and a consumer guide. Pork is at

<http://www.theotherwhitemeat.com/> Beef is at

<http://www.beefitswhatsfordinner.com/recipes/default.asp>

Weber Grills also offers recipes and notes that for their recipes *remember that cooking times in charts and recipes are approximate and based on 70°F (20°C) weather with little or no wind. (Cooking times for meat, poultry, and fish have been tested with the foods at refrigerator temperature.) Allow more cooking time on cold or windy days, or at higher altitudes, and less in extremely hot weather.* This is good basic advice when adjusting cooking times. <http://www.weber.com/recipes/Tips/>

Cooperative Home Extension is not what it used to be before the draconian budget cuts, and may not exist at all in the near future should there be more cuts. Relating to this topic of food safety, Michigan State University still offers information at: <http://www.fooddomain.msu.edu/consumerinfo.asp>

The one essential kitchen tool is the culinary thermometer. Buy a couple and take them with you when you camp or cook outdoors. (They aren't much good at events if they are buried in kitchen drawer back home.) <http://www.chefscatalog.com/> has them along with other cool grilling tools. Watch for sales in July as they clear the shelves. Lastly, try <http://www.ecookbooks.com/> for good outdoor, albeit mostly modern BBQ, grilling, and smoking books. (Discounts plus Free shipping and free books on larger orders.)

Contributed by THL Johnnae llyn Lewis, CE.

A version of this article appeared in *Artes Draconis: The Campaign Issue* in May 2008. That issue was quickly pulled because of production problems and remains out of stock.

Events around the Region of Pentamere

April 2009

- 18 - [Collegium Artium Vulgarum](#) {Donnershafen} [Gaylord, MI]
- [It Takes My Child To Raze A Village](#) {Weld Lake (Northwoods)} [Howell, MI]
- 25 - [Andelcrag Althing](#) {Three Hills} [Kalamazoo, MI]

May 2009

- 9 - [Saltatoris' Swingin' Soiree](#) {Ealdnordwuda} [Dimondale, MI]
- 16 - [Garden & Herb Symposium](#) {Rimsholt} [Grand Rapids, MI]
- Squires Tourney - Along the Pilgrim's Road {Ealdnordwuda} [Mason, MI]
- 29-31 - [Death and Taxes](#) {Dun Traigh} [Holland, MI]
- Tyger Hunt XXVII {Hawkland Moor} [Lake Orion, MI]

June 2009

- 19-21 - [Baronial Border War XXVI](#) {Rimsholt} [Ionia, MI]
- 26-28 - [Annual Howell Balloonfest Medieval Village \(Demo\)](#) {Weld Lake (Northwoods)} [Howell, MI]

July 2009

- 3-5 - [Siege of Talonval X](#) {Talonval} [Leslie, MI]
- 10-12 - [Clancy Day - Clancy Goes Camping](#) {Starleaf Gate} [Ray Township, MI]