

The Phoenix



January 2014
Anno Societas XLVI
Volume 28, Issue 1

THE PHOENIX

Barony of the Sacred Stone

January, 2014

Volume 28, Issue 1

Table of Contents

Baronial Calendar.....	pg 3
Canton Schedules	pg 4
Event Flier: Gesangs	pg 5
Event Bid: Baronial Birthday	pg 6
Officer Reports	pg 10
Article: Cutting Leather	pg 11
Article: Science and Benefits of Fermentation.....	pg 13
Baronial Appointments.....	pg 14
Baronial Order Principals.....	pg 15
Canton Seneschals.....	pg 16
Disclaimer.....	pg 16



**This month's cover art
courtesy of Lord Dreux
D'anjou**

Happy New Year, everybody!

Please welcome our new officers and deputy officers, and give them your full support:

Chirurgion: Alesander
Davidson

Deputy Minister of Sciences:
Annora Hall

Exchequer: Jdeke von
Kolberg

Herald: Andres Joyce

Marshal: Lorelei Greenleaf

Yours in Service,
Catherine Ambrose

January 2014

Sun Mon 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	

Baronial Schedule

January 18

Gesangs of the Stone — Hosted by the Canton of Middlegate, this latest in the series “...of the Stone” is German-themed. Come to enjoy news of the Holy Roman Empire, a novice garb competition, a fermented foods competition, as well as much more!

January 19

Business Meeting- Is taking place at the Star of Bethlehem Church in Winston Salem (2pm-4pm). 1355 Jonestown Road. Modern clothing is recommended.

Canton Schedules

Meetings

Aire Faucon— N/A

Baelfire Dunn - N/A

Charlesbury Crossing - First Monday of every month

Crois Brigitte - First Wednesday of every month, 6:30 PM

Middlegate - Second Sunday of every month, 2:00 PM

Salesberie Glen - N/A

A&S

Aire Faucon - Tuesday evenings at rotation locations

Baelfire Dunn - N/A

Charlesbury Crossing - Location to be announced.

Crois Brigitte - Dates and locations will be published

Middlegate - Tuesday 6-9- contact A&S Officer for address

Salesberie Glen –Occasional Wednesdays, contact Lady Mari for dates

Practices

Aire Faucon - Will be held on canton nights as location allows

Baelfire Dunn - Rapier practice: Sundays at Bunker Hill HS

Charlesbury Crossing - N/A

Crois Brigitte - Archery Practice on Sundays at rotating locations

Middlegate - Wed. and Sunday Heavy Fighter Practice

Salesberie Glen - N/A



Gesangs of the Stone

January 18th, 2014

This January, the Canton of Middlegate is journeying to the lands of the Holy Roman Empire. We hope that you will join us for a day of song, epic tales, camaraderie, feasting and combat. Good fun and friendship will be had by all.

Arts and Sciences Competitions

German-style Baronial backlog scroll competition
Literary Arts: the Black Eagle and the White Phoenix

German Garb/Headwear – novice
Populace vote beer-brewing competition

Activities

Bardic performances during the day and during feast.
Impress the Emperor-A&S project display.

Gluckshaus
Fermented Food Exhibition

Fighting

Heavy- Zufällige Waffen Turnier (Random weapons tournament).
Rapier - Round Robin, then Single Elim, then Double Elim tournaments.

Lunch & Feast

A light lunch is included in the site fee for the event.
Lady Murienne L'aloiere will be preparing what is bound to be a scrumptious German feast for our gastronomic pleasure. Feast is limited to 50 people and is sold through pre-registration only. All reservations must be received no later than Saturday, January 11th, 2014. Contact Lady Murienne at dragonfly78 at gmail.com with any dietary concerns. This year those who are legally able to imbibe are welcome to bring and enjoy the alcoholic beverage of their choice to enjoy with their feast.

Cost

	Site Fee	**Feast		Site Fee	**Feast
Adult Member	\$6.00	\$8.00	Adult Non-Member	\$11.00*	\$8.00
Youth (11-17)	\$3.00	\$8.00	Child (0-10)	\$0.00	\$8.00

Cost Notes

* Non-Member price includes \$6.00 Day Trip + \$5.00 Non-member surcharge.
** Feast will be sold by Pre-Registration only and is limited to the first 50 to register. Feast WILL NOT be sold at the gate.
Pre-Registrations for feast MUST be received no later than: Saturday, January 11th.
Make checks payable to: SCA, Inc., Canton of Middlegate

Pre-Registration

Mailed to: Troy Petersen, 2602 Guyer Street, High Point, NC 27265

Site: Star of Bethlehem Lutheran Church. 1355 Jonestown Rd, Winston-Salem, NC 27103
Site Opens 9:00 AM and closes at 10:00 PM.

Autocrat: Reginald de Beauchamp (David Thompson). 2602 Guyer St, High Point, NC 27265. Phone: (336) 887-3972.
Email: reginald1500 AT gmail.com

Sacred Stone Baronial Birthday 31:

New Blood

Camp Raven Knob

August 31, 2014

The Barony of the Sacred Stone is constantly growing and new people are always looking to play roles at events. Unfortunately, it can sometimes be tricky to break into the already established ranks of service junkies and crack monkeys. For this event, we went looking for individuals who were fairly new to the roles required to make an event happen but were anxious to try their hands.

Brian Sympson (who will be mentored by some of our more experienced cooks) will come up with a fabulous period feast, Andreas de Caunteton (assisted by his individual discipline deputies) will of Mid-legate will provide at least 2-3 A&S competitions, and Andres Joyce (backed up by Triton) will take care of our heralding needs.

Brought to you by:

Dreux d'Anjou & Etienne Le Mons d'Anjou

Potential Autocrats for the event

BARONY OF SACRED STONE PRELIMINARY BID GUIDELINES

Please complete this form and send copies to the following:

Baronial Seneschal/e Baronial Minister of Arts & Sciences
Baronial Exchequer Baronial Knights Marshal
Coronet/s

Event being bid upon for year: 2014

 X Baronial Birthday (last weekend Aug./2nd week Sept)
due: December 31
Date: August 31, 2014

*Event Stewards (Co-Autocrats)

SCA & Modern Name: Etienne Le Mons d'Anjou / Richard Le Mons

SCA & Modern Name: Dreux d'Anjou / Michael Edwards

Address: 3401 Old Vineyard Road, Apt. E2; Winston Salem, NC 27103

Telephone: 336-793-2935

Email Address: Etienne.Le.Mons@gmail.com

Email Address: Dreux.Danjou@gmail.com

SCA Member #s and Exp. Date: 204733 / 204734 - 04/30/2015

Deputy: Elizabeth Sabine de Northumberland / Sarah Mills

*Head Cook

SCA & Modern Name: Brian Sympson / Brian Sine

*Reservationist / Gate Steward

SCA & Modern Name: Jdeke von Kolberg / Robin Alison Leguillow

Email or phone: LadyJdeke@gmail.com

*Minister of the Lists

SCA & Modern Name: Benefse bint Zakariya / Jamie Epperson

Email or phone: jmichele1194@yahoo.com

*Marshal in Charge

SCA & Modern Name: Andreas de Caunteton / George Condon

Email or phone: scadiandreas@triad.rr.com

Armored Deputy: Talorgen nepos Wrguist / Randy Dees

Archery Deputy: Tristan di Lupo / Bryan Hubbard

Rapier Deputy: Open

Thrown Weapons Deputy: Eleanor of Grey / Carol Atkins

*Site Steward (Clean-up)

SCA & Modern Name: Aine O Grienan / Tammy Reid

Email or phone: twolfpax@yahoo.com

Chirurgion in Charge

SCA & Modern Name: Alesander Davidson / Anthony Davis

Email or phone: uncddragon@yahoo.com

Herald

SCA & Modern Name: Andres Joyce / Andrew Johnson

Email or phone: andresandisobel@gmail.com

Deputy: Gisela vom Kreuzbach / Kate Rauhauser-Smith

Consult Table: Reginald de Beauchamp / Dave Thompson

A&S

SCA & Modern Name: Rebecca of Middlegate / Rebecca Vinton

Deputy: Annora Hall / Kathy Murphy

Queen's/Baroness's Tea

SCA & Modern Name: Scribonia Sabina Mus / Sarah Shaffer

Email or phone: magistrashaffer@gmail.com

Deputy: Jana de Foresta / Roz Fulton

Hall Steward

SCA & Modern Name: Sadhbh ingen Diarmuid / Leigh Day

Newcomer's Point

SCA & Modern Name: Berra in svarta / Kelly Davis

Email or phone: ghostchicknc@yahoo.com

(Other positions may be filled as needed)

* These positions must be filled before bid is submitted

Proposed Budget

See separate budget (Excel spreadsheet)

\$ 750.00	Projected Site Costs (deposit, site fee, portajohns)
\$ 250.00	Projected Miscellaneous Costs (prizes, decorations, cleaning supplies, printing, postage, etc.)
\$ 750.00	Projected feast costs

175 Projected number of attendees

125 Break even Attendance (*calculate using adult member rates*)

Proposed Fee Schedule

Full Priced Adult: \$10.00 (\$8.00 through ACCEPS)

Child (5-17): \$7.00 (\$5.00 through ACCEPS)

Feast: \$10.00 (Only available through ACCEPS)

Site Information

Name of Site: Raven Knob Scout Reservation

Location/Address: 266 Raven Knob Rd.; Mt Airy, NC 27030

SCA Site Contact: Aine O Grienan / Tammy Reid

(If out of Barony please contact Baronial Seneschal and land's Baronial Seneschal about date and location to ask permission and attach copy of that correspondence. THIS INCLUDES KINGS MOUNTAIN STATE PARK)

Financial Arrangements

The hosting canton/group understands and agrees that all proceeds from Baronial level events are to be forwarded to the Baronial Exchequer within the time required by Atlantian Kingdom Law and the Baronial Charter.

The Barony's share will be forwarded to the Baronial Exchequer within the time required by Atlantian Kingdom Law and Policy and the Baronial Charter.

Richard Allen Le Mons (12/31/2013)

Legal Signature of Autocrat

Date

Michael Edwards Jr. (12/31/2013)

Legal Signature of Autocrat

Date

By signing this I certify that I have been a deputy event steward (autocrat) and have downloaded a copy of the Barony of Sacred Stone supplement which can be found on the Barony of Sacred Stone website.

Please Note: A budget spreadsheet is available upon request.

The Phoenix
January, 2014

There was no business meeting in December. Our business meeting this month will be on 1/19/2014 at the Star of Bethlehem Church in Winston Salem (2pm-4pm). 1355 Jonestown Road

Officer Reports

Baronial Webminister's Report

The Kingdom Webministers met at Unevent in December. Software for the Wordpress updates is now available for download. I still working through some problems with my personal system but hope to have these resolved soon. Also discussed during our meeting was the need for additional database administrators, artwork for the kingdom webpages, and openings for additional webministers for other groups including cantons and guilds. If you are interested, please contact Talorgen Hersir Melos Wrguist (Randy Dees) at webminister AT atlantia.sca.org.

In Service,
Lady Annora Hall

Chancellor of Minors

There have been limited youth activities — none scheduled at UnEvent. Activities for “In a Phoenix Eye” have already been reported in the previous issue of The Phoenix.

Arts and Sciences

Introduction:
Deputy Minister of Sciences

Our December meeting was full of decisions and discussions. The appointment of a new deputy may not have caught your eye. My name is Lady Annora Hall (Kathy Murphy) and I will be serving the Barony as the Deputy Minister of Sciences. This means you (and your cantons) have a new resource if you would like information, competitions, exhibitions or moral support when pursuing an interest in the “sciences” of our Arts and Sciences categories. These sciences may include but are definite-

ly not limited to alchemy, astronomy, mathematics, food preparation, fabric production, metallurgy, blacksmithing, forging, medicine / healing arts, glassworks, and on and on. I do not claim to be expert in any of these fields but I have an incurable curiosity to not only understand the science behind these arts (how and why it works) but to also understand what our ancestors understood about these sciences. If you have an interest in this, please introduce yourself to me. I am looking forward to promoting the sciences in our Barony and would love your input on how best to accomplish this goal.

In Service and Science,
Lady Annora Hall

Chirurgeon's Report

First off thank you for allowing me to serve you all in this capacity. Nothing to report as we have not had any events since I took over. On a good note Shrewlett will be stepping up to kingdom Chirurgeon at Ymir. I know we all wish her well on this new adventure and wish her the best of luck in her new home of Windmasters Hill.

In your service, Lord Alesander Davidson

Leather Working 101
Cutting Leather
THL Christophe of Grey

Leather is tough. That's why we make shoes and armor out of it. Therefore it is logical that it is also very tough to cut. So how do we successfully cut leather without cutting ourselves? Let's remember we are ALL covered in leather just waiting to be tanned (a little cordwainer's humor there!).

First and foremost, **MARK YOUR LEATHER ON THE BACKSIDE OF THE PROJECT**. Usually this is the rough side. Sharpies work just fine for this purpose. There are several tools on the market for leather cutting, leather shears and very heavy duty scissors. One kind looks just like blunt nosed scissors. Another type is similar but has small serrations on the cutting blades. These serrations make cutting thick leather easier as the serrations grab the leather preventing the cutting edges from forcing the shears backwards. There are other heavy duty scissors on the market and most will work for leather up to about 4 – 5 ounce. Above that you will need the “official” leather shears or a knife which is next.

A head knife is a half round knife with a straight handle. When you cut with this knife you draw towards yourself cutting with one of the edges. Other knives have slight hooks to them. Box openers also work well. One true fact about cutting leather, the tool must be very sharp. If you are using a knife, sharpen it as best you can then finish it off by stropping it on a piece of leather with some jeweler's rouge worked into it. If your cutting tools are dull you will mess up your cut. If using a knife you will get your best results by drawing the knife towards you. This also affords the best control of the blade.

Lay out your pattern on the backside of the leather. Backside would be the inside of the project. Trace around it with the sharpie. I've seen people use ball point pens and while they work you will get some ink residue that will smear over the project. You can count on that happening. As leather isn't cheap, I try a few arrangements before I settle on one and mark it. I'm trying to economize the wasted leather. Also check to be sure that the finish side of the project will not have a brand, tick mark, or fence scratch mark right in the middle of it.

If you are cutting out of a large piece of leather, i.e. an entire side, I like to rough out the piece I'm going for. That way I have a smaller piece I can do the finish cuts on.

Now a few tips on cutting. Let's assume you are using leather shears. For example purposes, think of a piece of paper with a square marked on it. Your objective is to cut out the square leaving a piece of paper with a square hole in the middle. If you just cut down to the corner in one direction then down the other side to finish the cut you will end up with small cuts extending beyond the edge of your cut. If there is stress on this point, ultimately the leather will rip. Instead punch a small hole right in the corner. Then cut down both edges finishing inside the small hole you punched. Now you have a corner that will not rip.

For cutting long straight edges, keep your eye on the line ahead of where you are cutting. Be sure to cut on a surface that can support the entire piece of leather you are cutting from and the piece you are cutting off. Without the support you have to juggle two pieces of leather and it will cause a wavy cut line.

If you are using shears with the serrations on the blades be very careful cutting around inside radiuses, i.e. cutting a circle out of the middle of a piece of leather. If you are not careful the serrations will leave scratch marks on your project.

If cutting thick leather with a knife or box cutter, it may take two or more passes to cut all the way through the leather. If you are cutting along a straight edge, i.e. a metal yard stick, it serves as a guide and allows you to make multiple passes over the same cut.

Now for straps and belts from a side or shoulder there is a special tool on the market that is worth its weight in gold. It's called a Strap Cutter, I know, go figure! You simply adjust for the thickness of leather you are cutting and the

width of the cut. Then you start the cut and keep a straight edge along one side of the cutter as you draw it down the original piece. Very nice, clean edged, straight belts strips or straps. This tool works really well on veg tanned leathers about 3 – 4 ounce up to about 8 – 10. Above 10 ounce it is really hard to get the strap cutter through the leather. I use a jig saw for armor leather which is any where from 10 to 20 ounce.

If you are cutting straps or strips from leather that is less than 3 ounce or deer, elk or furniture leather, any leather that is soft, there is another tool called the Aussy cutter. It only cuts up to about a $\frac{3}{4}$ inch wide strip but it fits over your finger and allows you to use both hands to feed the leather through the cutter for nice strips.

There is another type of strip cutter that looks something like a thick pencil with a razor blade in one end faced with slots. You cut a small hole in the center of a piece of leather, then using the tool, cut around the circle from the inside, spiraling around making larger and larger rotations and forming one continuous long piece of leather. Now this piece of leather will naturally want to assume its original shape of a spiral so wrap it around a large round object like a coffee can and leave it for a few days. When you come back the strip will have mostly straightened out. There is a story in history of some queen who was bad. She was told she could only have as much land as a hide from a cow could enclose. She made a very long single strip from the cow hide and won herself many acres of land! This tool does the same thing.

One final tip for cutting softer leathers. They tend to creep while being cut. It's generally not a good idea to try to cut two pieces of leather at the same time like you would if making something out of fabric.

Next we will discuss dying leather.

Article:

The Science and Benefits of Fermentation

Gesangs of the Stone has an exhibition for fermented foods. When I first saw this, I thought about sourdough and sauerkraut. I knew there was more to this category of foods but I was stuck. So I asked my friend Google for help. My first stop was with the amazing Ref Fiachson author of the www.vikingfoodguy.com website. He includes a paper on fermentation and the bacteria that makes it possible. According to Ref there are three main reasons you want to ferment food: (1) preservation; (2) make the raw food taste better; and (3) make the raw food easier to digest. I obviously have a lot more to learn about food fermentation. An interesting paradox was also uncovered during my review of additional articles and texts. Preservation techniques including drying, smoking, pickling, salting, curing, etc try to slow down decay which naturally occurs in food. Fermentation using healthy bacteria promotes the decay and reduces the pH of the food. Some examples include: lactobacilli and lactocci – create lactic acid; acetobacter – creates acetic acid; and *brevibacteria* – creates ammonia. This lower pH (more acidic) environment inhibits the growth of bad bacteria such as streptococci. Foodstuffs preserved by fermentation include milk, cheese, vegetables, fish, other meat products, and grains. Cultures who utilized fermentation for food preservation included Chinese, Korean, Indian, Byzantine, Ottoman, Persian, Egyptian, Roman, Greek, Germanic, Viking, Anglo-Saxon, Irish, Icelandic, Russian, and many more.

I hope this brief description of fermented foods encourages you to look at the exhibition at Gesangs with new eyes and taste buds. If you are inclined to display, please let Lady Stella know (stella@stelladalodi.org). More information about this exhibition can be found here: <http://gesangsofthestone.wordpress.com/activities-2/>.

Resources

Fiachson, Ref, “Fermentation in Theory and Practice,” *Viking Food Guy*, 2011. January 2, 2014. WEB.

Glick, Thomas F, Livesey, Steven John, and Wallis, Faith, Medieval Science, Technology, and Medicine: An Encyclopedia. Oxford: Routledge, 2005. Pg 177.

“How to Preserve Vegetables in Whey” by Waldetrudis, *Medieval Cheese Forum*, June 27, 2012. January 2, 2014. WEB.

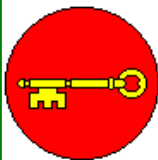
Lahne, Jake, “Serious Cheese: Know your Microbes,” *Serious Eats*, February 9, 2010. January 2, 2014. WEB.

Baronial Officers

Baronage: Baron Matsudaira Kentarou Toshiyori & Baroness Sine ni Dheaghaidh.

baron@sacredstone.atlantia.sca.org

baroness@sacredstone.atlantia.sca.org



Seneschal:

Lord Etienne Le Mons
etienne.le.mons@gmail.com



Minister of the List:

Lady Benefse Bint Zakariya
mol@sacredstone.atlantia.sca.org



Chatelaine:

Bera in Svarta
chatelaine@sacredstone.atlantia.sca.org



Minister of Arts and Sciences:

Lord Dreux D'Anjou
Dreux.danjou@gmail.com



Chancellor of Youth:

Thamira HaSopheret
mom@sacredstone.atlantia.sca.org



Exchequer:

Lord Edmund Hawkesworth
exchequer@sacredstone.atlantia.org



Herald:

Lady Prudence the Curious
herald@sacredstone.atlantia.sca.org



Chirurgion:

Lady Elizabeth of Rosewood
chirurgion@sacredstone.atlantia.sca.org



Heavy Marshal:

Lord Symon de Ipswich
heavymarshal@sacredstone.atlantia.sca.org



Chronicler:

Lady Catherine Ambrose
chronicler@sacredstone.atlantia.sca.org



Webminister:

Lady Annora Hall
webminister@sacredstone.atlantia.sca.org

Baronial Appointments

BARONIAL HEAVY CHAMPION Randall de Gloucester (Randall Howell)

BARONIAL RAPIER CHAMPION Vincenzo d'Este (Bradley Mills)

BARONIAL ARCHERY CHAMPION - Lady Lorelei Greenleaf

BARONIAL CAVALRY CHAMPION - OPEN

BARONIAL BARD

BARONIAL ARTISAN Lord Dreux D'Anjou (Mike Edwards)

dreux.danjou@gmail.com

BARONIAL SCRIBE - OPEN

BARONIAL BREWER OPEN

BARONIAL COOK

BARONIAL BEEKEEPER THL Lorelei Greenleaf (Lorelei Elkins)

loreleielkins AT aol.com

BARONIAL YOUTH COMBAT CHAMPION - OPEN

BARONIAL YOUTH ARCHERY CHAMPION - OPEN

BARONIAL YOUTH ARTISAN

Baronial Order Principals

PRINCIPAL, ORDER OF THE SACRED STONE

Lady Nuala ingen Magnusa
dalande@gmail.com

PRINCIPAL, ORDER OF THE PHOENIX' EYE

Lady Annora Hall (Kathy Murphy)
annorahall AT yahoo.com

PRINCIPAL, ORDER OF THE PHOENIX' CLAW

Lord Symon de Ipswich (Troy Peterson)

PRINCIPAL, ORDER OF THE YEOMEN OF THE SACRED STONE

Lady Lorelei Greenleaf

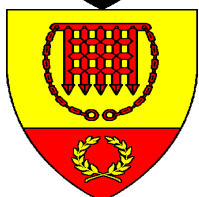
Canton Seneschals



Aire Faucon
Prudence the Curious
prudencecurious@aim.com



Charlesbury Crossing
Lady Zafira bint Miriam
Susan French
zafira1973@yahoo.com



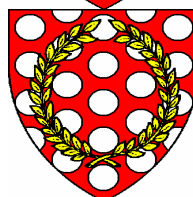
Middlegate
Lord Symon de Ipswich
Troy Petersen
symondeipswich@gmail.com



Baelfire Dunn
Lady Alexandria Chetwynd Mont-
gomery
pensicnorthwind@yahoo.com



Crois Brigitte
Lord Robyn A' Dearg
Robin Reid
twolfpax@yahoo.com



Salesberie Glen
Sir Axel
Wayne Remes

All photos and artwork published with permission of the photographers and artists.
For more information please contact the chronicler.

This is The Phoenix, a publication of the Barony of the Sacred Stone of the Society for Creative Anachronism, Inc. The Phoenix is available from Lady Catherine Ambrose (Bethany Nicholls) at 4016 Windspray Loop, Summerfield NC 27358 or Catherine.ambrose85@gmail.com. Subscriptions are free. This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies. (c) Copyright 2013, Society for Creative Anachronism, Inc.

For information on reprinting letters and artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece.

Please respect the legal rights of our contributors.