

The Phoenix

Newsletter of the Barony of the Sacred Stone

Jan 2016

Volume 30, Issue 01



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Letter from Their Excellencies

Unto the wonderful populace of Sacred Stone do we, Marc and Alianor send Greetings of thanks and contemplation, on this the last day of modern world 2015.. First off, a quick reminder that we are accepting Letters of Intent for Baronial Seneschal.

The end of another year is upon us. A time to reflect upon the past busy months and look forward to a bright, just as busy, future. At this juncture, we wanted to take the time to give thanks for all the wonderful individuals, of Sacred Stone and beyond, who have made this such a wonderful year for this Barony, as well as ourselves.

THANK YOU! To every individual who took the chance, stepped forward and put themselves on the line to autocrat or work on staff of every event held in Sacred Stone, this year. They are sometimes difficult, often times thankless, tasks to make sure that everyone in the Barony and the rest of the Kingdom have enjoyable, activity filled, events to attend. A chance to escape the ugliness of the real world, if only for a little while, and enjoy the presence of good people and awesome friends.

THANK YOU! To Meisterin Gisela, and the entire staff of War of the Wings, especially. This event is the biggest in the Kingdom, filled with challenges and its own fair share of issues. It is a beast, and they pulled it off wonderfully!

THANK YOU! To all the wonderful cooks in Sacred Stone. Each feast, potluck, lunch, sideboard provided at every event has been awesome. Lady Murienne, Lady Aine, Duchess Brianna, and so many others who have taken on this mantle or assisted in the kitchens. Thank you so much for your research, time and efforts. Your creations have been appreciated by so many....

THANK YOU! To all of the Marshals and MoL's. Again, you give up of your time so that others may enjoy the event, and for this we are grateful.

THANK YOU! To all of the Baronial Offices as well as Canton Officers. The Seneschals, the Exchequers, the Heralds, the Chancellors of Youth, the Arts Ministers, the Chroniclers, the Web Ministers, the Chatelaines, the Order Principals, the Baronial Chamberlin. Your hard work and dedication is what keeps us on the straight and narrow, and we very much appreciate all that you do.

THANK YOU! To all of the Baronial Champions. For representing this wonderful Barony so well, and with such pride. To the Archers. To the Armored Combatants. To the Artisans. To the Equestrians. To the Rapier Combatants. To the Thrown Weapons participants. To the Siege Combatants. To the Scribes. To those who give of their times in diverse areas of Service. Thank you all for everything you do for your Canton, for your Barony, for the Kingdom. Altogether, you are what makes the SCA such a wonderful place to belong.

We ask each and every soul in this Barony to please take a moment to thank all the individuals who have given of their time so that all can enjoy our chosen Society. Without their willingness to put aside their free time, and their own ability to enjoy events, where we would we be?.

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Cover Page Art Work: Contributed by Annora Hall (Kathy Murphy) and accredited to *The Phoenix* an Anglo-Saxon Poem selected and translated by RK Gordon, published by Everyman's Library in 1926.



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Personally, we wished to thank Lord Alesander for his service as Baronial Seneschal. We know that this is a difficult position and appreciate the time and work that you put into it, during your time.

To Lady Murienne, we owe a heart full of thanks. She has done her best to keep us straight, keep us organized, make sure we have assistance when needed, and been a dear friend when needed even more.

To all who have taken the time to retain for us, at any of the numerous events, over the course of the year. Thank you for giving of your time so that we can portray a sense of the positions we hold. Your help, confidence and the pleasure of your company makes this job all that much more enjoyable.

Thank you also to all who have given of their time to help us set up, break down, lug, load, haul, move, shift, arrange, organize, plan, and give of your time in any other numerous ways possible. We honestly could not do this job without you!

To everyone who stepped in to help with the Baronial Beautification Project. THANK YOU! The banners turned out wonderful, and we received compliments on how great they looked in procession at War of the Wings. We hope to take this a bit further, and encourage all of the households, fighting groups, etc. to join in as well. Our ultimate goal is to surround the Baronial encampment with heraldry of all shapes and sizes, and include as many possible in the efforts. To our families and our household. Thank you for being patient and understanding at the time we must now give to Sacred Stone. We know it is a challenge for all, but a worthwhile one that allows us to serve Sacred Stone in the highest capacity possible. We appreciate your assistance.

Love and wishes for an absolutely joyous and totally prosperous New Year, to one and all.

We remain in Service to the glorious Kingdom of Atlantia, and the awe-inspiring Barony of the Sacred Stone,

Marc and Alianor
Baron et Baronne, Sacred Stone

Did You Know? Release Forms

There are three release forms: Creative Work Copyright Assignment/Grant of Use Form (for use of your articles, poems, stories, songs, and original art), SCA Model Release Form (for subjects whose faces are recognizable in the photo), and SCA Photography Grant of Use Form (for pictures you take). There is also clarification for pictures used of members who have died. Please review if you or your Canton have memorials on your webpages. You can access that information here: <http://chronicler.atlantia.sca.org/Releases.html>

Shameless Plug: Do you know what would make our newsletter even more awesome than it already is???? **YOU!** If you have updates, pictures, games, or comments you would like included in the newsletter, please forward them to me (Annora Hall) at annorahall AT yahoo DOT com.

Seneschal's Report

I hope everyone is well after the holiday season. Very soon we will be posting a special issue of our Baronial newsletter with the intent of naming my possible replacements.

Things are going well at this point and I'll have more in the praise edition.

YIS, Alesander



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Baronial Recognitions for November

Submitted by Lady Ealasaid MacDonald, Deputy Baronial Herald

- ❖ Vivat! to the following residents of the Barony of the Sacred Stone:
 - ❖ at Buckston Birthday Bash
 - ❖ Pomestnik Alesksei Mikhailovich was made a Companion of Saint Aidan and received an Augmentation of Arms
 - ❖ at In A Phoenix's Eye
 - ❖ Lady Audrey Brant was given the Award of the Phoenix's Pyrite
 - ❖ Amathullah Luciano was give the Flame of the Phoenix
 - ❖ Guiseppe di Luciano was given the Flame of the Phoenix
 - ❖ Lady Annice Argent was made a Companion of the Phoenix Eye
 - ❖ Eithne ingen Ronain was given the Spark of the Phoenix
 - ❖ Brian Praether was given the Flame of the Phoenix
 - ❖ at UnEvent the following heralds were raised in rank within the College of Heralds and Scribes
 - ❖ Akiyama-san Kazuhiko raised to Pursuivant Extraordinary (2nd rank)
 - ❖ Lady Ealasaid MacDonald raised to Pursuivant (3rd rank)
 - ❖ Signore Vincenzo d'Este raised to Pursuivant (3rd rank)

*as listed in the Kingdom OP as of 12/23/2015

- ❖ Acceptances, Returns and Pendings from Laurel King of Arms:
Symon de Ipswich. Reblazon of device. Or, a fer-à-loup and on a chief embattled gules three goblets Or.
- ❖ If you or anyone you know should be included on this list, please email me at <ealasaid.macdonald AT gmail.com>
- ❖ Do you know someone that deserves an Award? To nominate someone for Kingdom Awards go to <http://award.atlantia.sca.org/> for Sacred Stone Baronial Awards go to <http://sacredstone.atlantia.sca.org/Recommend.htm>

Happenings at Elchenburg Castle!!

Submitted by Dubhghall mac Donnchaidh

This article is the third episode of this new adventure, written during the December holidays, the national Time of Reflection begun at Thanksgiving. And, as opposed to bucking the trend, we here at Elchenburg Castle have been doing some reflecting on the SCA. How appropriate is that as we kick off the celebration-worthy 50th year of the Society for Creative Anachronism?!?

And here is our eggnog-fueled proposal: The best and worst thing about the SCA is that it offers such breadth and depth of activities that, at a minimum, it threatens to evolve from a "hobby" into a "lifestyle." Think Activity A is interesting/fun? Why not delve as deeply as a Masters Thesis or a Black Belt into Activity A? Or why not also investigate/try closely-aligned Activities B or C? Etc. And before you know it, your SCA To-Do List is happily, and impossibly, long.

But, if care isn't taken, this same "endless fun" aspect is also the SCA's worst aspect. Many (all?) of these activities take years of attention. Add a few more activities, or strive for the highest level of even one, and years easily turns into handfuls of years. Meanwhile, the lifecycle of the participant relentlessly marches forward. Family demands and career demands continue to wind through their shifting-target paces.



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So, how does one keep the SCA a positive, controlled aspect of their lives? First and foremost, by taking a personal inventory of what you need to achieve a balanced life, and then using the SCA to achieve and maintain that balance. Go ahead, the SCA won't mind.* But how do I achieve Life Balance, you say? Glad you asked! (I.e., we're not out of eggnog yet!)

We propose** that happiness is encouraged (if not achieved) by living a balanced life. And the SCA, being sooo broad, is happily eager to accept whatever aspects of your life you need to offer it. In that spirit, here are four scales on which you can balance your life, and you'll see how the SCA stands ready to help you achieve balance all the way to happiness!***

Scale 1: Physical vs. Mental

Every fulfilling life needs a balance between physical and mental activity levels. Sure, your ideal level may not be the same as someone else's, but you have an ideal blend. And your career/family parts of your life may not achieve that balance. No worries! Fix the balance by using the SCA. There are too many physical and mental activities from which to choose, so no list here will be attempted.)

Scale 2: Focusing vs. Juggling

No matter your mental composition, every mind needs times of focusing only on one task and times of letting/encouraging your mind not, or to quickly switch among a variety of tasks. And this is commonly a source of imbalance. Children/pet/spouse responsibilities, and some careers (think receptionist, for example), make focusing (for more than a moment) a challenging prospect indeed. If that's you, then you can help correct the balance by using one of the SCA's focus-demanding tasks: draw scrolls, knit, weave lamellar, shoot a dozen arrows at the same target a dozen times, etc. Need to add juggling to achieve balance? Try autocrafting, or marshalling, or trying to fully participate in more than one activity at the same event.

Scale 3: Explorers vs. Guardians

Yeah, okay, perhaps these scales are listed in order of importance. And this is not one of the top two. But there are people who seem to relish attending every far-flung event, including the road-trip opportunities far-away events offer. Adventure, let's go, Explorers! And there are other people who seem to attend every event within a certain (relatively small) radius, and rarely anything further. Guardians, protect thy home base! Again, for optimal happiness*** people should strive to find and maintain their balance.

Scale 4: War-Mongers vs. Day-Trippers

Face it, we all know it, there are people who love the SCA for its camping opportunities, and people who love the SCA despite its recurring camping reliance. Your optimal blend is possible. Dying to get out of the city and spend time camping for to reconnect with nature? Attend longer events (commonly referred to as "wars"). Hate bugs, think people invented the "indoors" so they could stay there? Attend day-trip events. Either way, no matter your blend, the SCA has you covered.

To make these scales "come alive," the notion is to give a couple live examples. And to prevent picking on anyone unduly, we decided to pick on two of ourselves: Example 1 of Mistress Meadhbh the Handy (prior to moving to Elchenburg), and Example 2 of Lord Dubhghall mac Donnchaidh (with Elchenburg).

Scale 1: Physical vs. Mental

Meadhbh's life was very physical, featuring teaching massage therapy, working as a massage therapist, helping run the farm at which she lived, farm-sitting other farms, etc. Her approach to the SCA was more mental, centering on all things herb.



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Dubhghall's life was very mental, featuring working as a professor. His approach to the SCA was more physical, centering on spear-fighting and performing farm (Elchenburg) labor.

Scale 2: Focusing vs. Juggling

Meadhbh's life involved handling a variety of jobs, but in the SCA she could focus on herbs. There's a whole world in herbs!

Dubhghall's life was focused. Work was focused, and Suzy (yay!) handled the frenetic day-to-day family-chore variety-pack. Especially for Elchenburg, a wide variety of unexpected tasks were necessary. Just as with home ownership, with farm ownership there's always something demanding attention.

Scale 3: Explorers vs. Guardians

There didn't seem to be an event Meadhbh didn't attend. She was everywhere. While home, she was home, recharging and preparing for her next road trip.

It's hard to tell whether Dubhghall spent more time at Elchenburg or home, when he wasn't on campus. There were also road trips for his daughter's swim meets. Missing home already, additional road trips weren't in the cards.

Scale 4: War-Mongers vs. Day-Trippers

Like so many people, Meadhbh's schedule reliably permitted day-trip events, perhaps a couple extra days at War of the Wings, but attending Gulf Wars was very difficult.

Dubhghall's life, by contrast, featured sudden-notice late Friday or early Monday meetings, but advance-planned major events, such as Gulf Wars and Pennsic, were relatively easy.

The trick here, and the goal, is not only to see where you fall on these scales, but also to examine your mundane life versus your ideal balances, and then to weigh whether you're using the SCA to maximize fulfillment. In the pursuit of "success," it's all too easy to fall back to the strengths, the skills, you've built in your mundane life. The problem with doing so is that it runs the risk of further imbalancing your life, and preventing you from finding the joy the SCA obviously has to offer you. Instead, we suggest** using the SCA to purposefully move away from your comfort zones, and instead using the SCA to exercise those aspects which your mundane life lets atrophy. After all, if you're not pursuing happiness... Why not?

Thanks All! Please feel free to quote this article in its entirety, but also please cite its source: The Sacred Stone Baronial Newsletter.

*The authors of this piece in no way speak for the SCA. Shame on them for attempting to escape responsibility for assuming the voice of the SCA via a mere footnote of disclaimer. The whole affair reeks of elderberries!

**The authors are only authorized to propose how much they are enjoying their eggnog. So, if you lack the grain of salt with which to take this, the authors (esp. the two who live at Elchenburg) will be happy to supply you with one. Per requestor, while supplies last!

***Assuming you want Happiness. Some people, many in fact, prefer Denial. But sooner or later, Denial is a river which lands you low and dry.

...



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If you have any suggestions, questions, issues, etc. that you'd like for Dubhghall mac Donnchaidh (and his team, Lady Suzy, Mistress Meadhbh, and Syr Malcolm) to address, please feel free to write them at profstewart@gmail.com. Any and all factual errors and mistakes are the sole responsibility of Dubhghall. If you'd like to find Elchenburg Castle online, head to "ElchenburgCastle.com." If you'd like to find Elchenburg Castle in-person, set your gpa device to "North Carolina," then "Boonville," then "Elchenburg Castle."

Exchequer's Report (Lady Jdeke von Kolberg);

I'm pleased to tell you that the quarterly Exchequer report is complete and balanced. I will be bringing it, as well as two event reports and one bank statement, to the Baronial meeting for various and sundry signatures. We will see more money entering and leaving the account in relation to WOW.

- Total Funds in Bank \$ 22,855.12
 - Allocations
 - Baronial Travel Fund \$ 349.97
 - WoW X Fund \$ -
 - Baronial Cookware Fund \$ 125.00
 - Pennsic Fete Fund \$ 51.84
 - Newcomers' Fund \$ 333.30
 - Funds from Baelfire Dunn £ \$ 732.83
 - Total allocated \$ 1,592.94
 - Total Unallocated \$ 21,262.18
- £ Decisions still to be made regarding how these monies are to be handled.

\$200 was given to Lorelei Elkins to purchase archery nets while on sale

The War of the Wings fund is zeroed out at this point, since WoW X is over.

A motion was made at the November meeting to fund WoW XI at \$10,000, for vote in January. All bills for WoW X have been paid. Elchenburg was overpaid \$200, that should be returned next week.

In October, a motion was made to reset the Pennsic Fete fund to \$300, but no vote yet. A motion was made to purchase a large pavilion for \$3000, for vote in January.

Upcoming events

Feb. 13th: Bylina of the Stone (Lady Catherine and Lady Feadosia)

The next "of the Stone" event is based on Russian folk and fairy tales. We will meet at Star of Bethlehem. The flyer and website are both up. 60 feast sites are available only through pre-registration. Web information will be up by the end of the week.

We now have information on A&S competitions for Bylina of the Stone:

Come experience the Russian winter at Bylina of the Stone. Show off your skills and talents and imagination with arts and sciences competitions!

Our first competition is anything shiny. In the best tradition of Byzantine Russia, go for it. From jewelry to metalwork to beadwork, anything that shines will work for this competition. Documentation is required. EZ docs are okay.



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We are also looking for anything that will keep you warm during a cold Russian winter. Use your imagination. Anything that will keep you warm inside or outside is fair game. Documentation is required. EZ docs are okay.

Lastly we are looking for Russian headgear for men or women. Indoor or outdoor headgear can be displayed. This will be a populace vote competition so get creative and be prepared to display and wear your headgear for all to see.

Byzantium and Russian cultures – come out it will be great!

SADD, April 29 – May 1st.

Early May, Spring Crown 2016; 130 bed cabin space; AC - no heat but space heaters are welcome. Space for tent camping and water hook-ups will be available. The site is located in Randleman at Woodmen of the World Camp. Our bid was approved. Budget will be presented at the November meeting and voted upon in December.

Putt-putt golf fundraiser on Friday night.

Bunk is \$5 extra; cabin costs are inclusive with

Return to Crecy III, June 17-19th 2016;

Baronial Birthday 2016; Sept 9-11th 2016;

WOW; October 2106

Republication of surveys to develop action plans to address gaps in last years WOW.

Their Excellencies

Baron Marc (Mark Greene)

Phone #: 336-457-0235

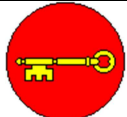







Email Address: mgreen92@triad.rr.com

Baronne Alianor (Jean Wagner)

Phone #: 336-549-6020

Email Address: a.redswanne@gmail.com

Baronial Officers


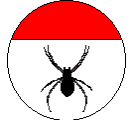

	SENESCHAL Lord Alesander Davidson (Anthony Davis); 336-413-5820 seneschal AT sacredstone.atlantia.sca.org		HERALD Lord Vincenzo D'Este herald AT sacredstone.atlantia.sca.org
	CHATELAINE Baroness Caitlin MacDonoghue (Ruth Harris) chataleine AT sacredstone.atlantia.sca.org		BARONIAL MARSHAL Mistress Lorelei Greenleafe (Lorelei Elkins) ladygreenleafe AT gmail.com
	CHANCELLOR OF YOUTH Rebbah Thamira ha Sopheret mom AT sacredstone.atlantia.sca.org		MINISTER OF THE LIST (Jamie Epperson) mol AT sacredstone.atlantia.sca.org
	MINISTER OF THE ARTS & SCIENCES Lady Annice Argent (Jennifer Argent) moas AT sacredstone.atlantia.sca.org		CHRONICLER Lady Annora Hall (Kathy Murphy) chronicler AT sacredstone.atlantia.sca.org



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	CHIRURGEON OPEN chirurgion AT sacredstone.atlantia.sca.org		BARONIAL WEBPAGE ADDRESS http://sacredstone.atlantia.sca.org/

To join the Barony's online discussion group, send a blank e-mail to: [Sacredstone AT atlantia.sca.org](mailto:Sacredstone_AT_atlantia.sca.org) or go to <http://seahorse.atlantia.sca.org/listinfo.cgi/sacredstone-atlantia.sca.org>

Baronial Appointments

BARONIAL HEAVY CHAMPION	Aleksei Mikhailovich
BARONIAL RAPIER CHAMPION	Feodosiia Alekseeva Zhena
BARONIAL ARCHERY CHAMPION	Floki
BARONIAL THROWN WEAPONS CHAMPION	Johannes of Middlegate
BARONIAL CAVALRY CHAMPION	Gallien O Hearne
PHOENIX GUARD Captain:	Jon Bart
BARONIAL BARD	Rebbah Thamira haSopheret
BARONIAL POET	Akiyama Kazuhiko
BARONIAL ARTISAN	Annora Hall
BARONIAL SCRIBE	Murienne L'aloiere
BARONIAL BREWER	Louis of Middlegate
BARONIAL COOK	Jenna Fairhaven
BARONIAL YOUTH COMBAT CHAMPION	Xavier Bulla
BARONIAL YOUTH ARCHERY CHAMPION	Noah bar Thamira
BARONIAL YOUTH ARTISAN	Noah bar Thamira
BARONIAL BEEKEEPER	Dorothea del Medieu

Baronial Orders

	PRINCIPAL, ORDER OF THE SACRED STONE Lady Annora Hall (Kathy Murphy) annorahall AT yahoo.com		PRINCIPAL, ORDER OF THE PHOENIX' EYE Lady Murienne L'aloiere dragonfly78 AT gmail.com
	PRINCIPAL, ORDER OF THE PHOENIX' CLAW Lord Vincenzo D'Este		PRINCIPAL, ORDER OF THE YEOMEN OF THE SACRED STONE Mistress Lorelei Greenleaf

Cantons and their Seneschals

Aire Faucon	Prudence the Curious	prudencecuri-ous@aim.com
Charlesbury Crossing	Giovanna Dragonetti (Dawn Ratz)	Dawn.Ratz@gmail.com
Crois Brigte	Lord Thomas of Salem (Thomas Luibrand)	ThomasBrantOf-Salem@yahoo.com
Middlegate	Lord Symone da Venezia (Troy Petersen)	canton.middlegate@gmail.com
Salesberie Glen	Sir Axel (Wayne Remes)	



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