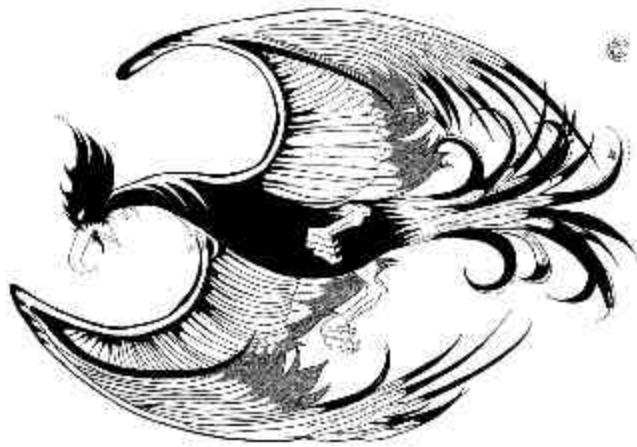


# *The Phoenix*

*The Barony of the Sacred Stone*



*September 2006 ASXLI*

*Volume 20, Issue 9*

Barony of the Sacred Stone, SCA, Inc.  
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# *Unto the Populace*

## **From the Baron and Baroness**

Unto the gracious people of Sacred Stone do we, Marc and Alianor, send warm greetings. We hope that all who attended the Pennsic War arrived home safely and with no mishaps. It warmed our hearts to see all those who took time out of their busy week to come to court and the luau after. A great time was had by all, and we look forward to trying to do it again next year.

By the time this goes out, Coronation will be happening or already past. VIVAT to Duke Michael and Duchess Seonaid for a magnificent reign. VIVAT to King Ragnarr and Queen Anneke. Long may your reign in peace and prosperity.

We are so incredibly proud of the people of Sacred Stone and how they have been stepping up to the plate time and time and time again. To all those who have already been, or will be in the future, staff at events we thank you all. Without you, the Dream would not be what it is, and your time, hard work and talented efforts make it real for so many. We cannot praise you nearly enough. Thank you!

The second week of September sees Sacred Stone celebrating Her Baronial Birthday. We cannot even begin to convey how excited we are, and how much we look forward to seeing you all at Elchenburg Castle. In looking at the schedule it will be a full day filled with much to do for every interest be it Marshal or Artistic in nature. There is to be a fantastic feast prepared by TH Lady Brianna and Lord Talorgen, to tempt the pallet, and even if you are not seeking to enter into the Baronial Bardic Challenge, we open the offer to entertain at feast to any who are interested in sharing their talents with the populace.

Again, we ask that you all consider placing your hat in the ring for one of the Baronial Champions. This year sees many new additions, so there is something for just about every area (and there have already been questions about adding additional ones next year – More on that AFTER Birthday).. Please note that we have added the provision that each person desiring to be a Baronial Champion must make the effort to enter more than one competition. We realize that many are unable to enter the marshal arenas, so for this year are leaving it open to the gentles choice. For example – If you wish to compete for any of the marshal champions, you can also enter in another marshal capacity or A&S. A&S champions can also compete in a marshal capacity or in another form of A&S, as long as it is different from the one you wish to be champion of (ie A&S Champion and Manessa Codex competition, or the brewing competition). Please note that we understand physical limitations, and so do not ask anyone to do something that they are physically unable (or not authorized) to do. Please speak with us either prior to or on the day of Birthday to inform us of your intention to compete for champion, in which area and which other area you wish to compete in. At some time during the day we would like the opportunity to speak with each competitor as to what you would like to do, if you should be chosen.

The champions to be chosen are as follows:

- v Heavy Champion
- v Archery Champion
- v Rapier Champion
- v Bardic Champion (Competition to be held during feast)
- v A&S Champion (General Static)
- v Brewing Champion
- v Scribal Champion
- v Bakery (Culinary) Champion
- v Youth A&S Champion (to be chosen from all entrants)
- v Youth Combat Champion (From the Division 2 and higher age brackets and this is a 6 month position, to be held again at Novice Tournament)
- v Youth Archery Champion

Sunday after Birthday will be the Baronial meeting. Due to the number of requests we will not be holding order meetings on the Friday or Sunday of this event, but we are looking into holding them with the members of all the orders before and after the October Baronial meeting (date to be decided and announced on the Baronial mail list). We ask that order members please try to be there, for there will be much to discuss.

Once again we ask the populace to look around you. Do you know of a particular member of your Canton who is deserving of recognition? Does “Bob” work in the kitchen at every event you’ve attended? Has “Sue” been helping people in the Canton with “X, Y & Z”? Does little Tina run errands for anyone who needs help, or Little Tommy help people unpack their vehicles and set up their camp? Has “John” been attending practices every week, building on his kit, and working hard to look better on the field in skill and kit? Or has

“Oliver” been giving of his own time to help teach and outfit new fighters in your area? These are the types of people, adult and child, who deserve recognition, both great and small. Please note that this is not just a request on the Baronial level. We have found that very few recommendations have been sent on the Kingdom level as well. There is little that gladdens the heart of a Monarch or Coronet more than to be able to reward deserving individuals for their work and talents of many types. If you know of such individuals PLEASE make them known to Their Majesties and/or to us. If you have sent in recommendations via the on line submission forms, but are uncertain if they ever were received by the intended recipients, please email us directly. Be they Kingdom or Baronial, just note “award recommendation” in the subject line, to make it easier for us to pick them out. For Kingdom level awards (and this does not just have to be for a Grant or Peerage level, mind you), we would be happy to add our voices to those of the populace in gaining recognition for someone from Sacred Stone. Please do not discontinue the use of the on-line award recommendation forums. We ask this just as added assurance that everyone’s voice is being heard loud and clear. We just need to be made aware of the request. Your help in this endeavor is most appreciated.

Baroness Sine ni Dheaghaidh has graciously agreed to become the first Baronial Regalia Coordinator. Since our Investiture, we have received many offers of assistance in “spiffing-up” the presence of Sacred Stone on a multitude of levels. If you can lend assistance in this area, please contact Baroness Sine at sinebee-at-triad.rr.com, or Baronne Alianor at redswanne-at-bellsouth.net. There is a great deal we would like to do, and many hands make light work. Your help in this area will be met with our deepest gratitude and show the Knowne world the pride of Sacred Stone shine in dazzling green and white..

Lastly, and certainly not least of all, War of the Wings is coming upon us with the speed of the Phoenix herself. Finish those last stitches on that garb, shine your armor, re-tape that word, re-fletch those arrows, and put the last touches on that documentation. Come out in support of your Barony as we defend the good name of Sacred Stone, and help make the Phoenix a force to reckon with. There are plans in the works for opening Court/Ceremonies in which we would ask all those participating in the days events to take part in. At this time, if you are competing that day and would like to take part, please contact Baronne Alianor and you’ll be given all the information you need.

We will be holding a Baronial encampment, and if you are interested in camping with us please send a note to Baronne Alianor, to let us know of your intentions, so we can go about setting up camp.

We hope that everyone has been having as busy and enjoyable a summer as we have. We look forward to seeing you all throughout this busy fall season.

We remain,

Marc and Alianor  
Baron et Baronne, Barony of the Sacred Stone

## **From the Castellan**

Greetings unto the People of Sacred Stone.

I just need some basic tunics for both men and women. Let me know if you need garb for events ahead of time.

Demos! If you need help with demos.. Please let me know. I want to help.

Newcomers point. I need assistance at Newcomers point. It will be just for a few hours. Please help me help new people.

Achbar

## **From the Chronicler**

Greetings all,

Well, fall is upon us and I am sure we all busy preparing for numerous events as well for War of the Wings. Be sure to read the description of the War Points in this month’s issue and learn all the various ways you can compete and help Sacred Stone beat those kittens over in Windmaster’s Hill.

You’ll notice in this month’s issue that I’ve included some baronial court reports and this is something that I hope will continue so that the barony will be able to keep track of the accolades of its citizens. In that same vein, I’d also like to start a section announcing awards received on a kingdom level or even from other baronies, so if you or someone you know receives an award please pass on the information so that it can be included in the newsletter.

I'd like to remind everyone that I am still trying to compile a baronial directory and if you would like to be included please send me your information. This can include; SCA and mundane name, email address, phone number, street address. The directory will be distributed at baronial meetings to anyone who asks for one and will not be published on the Internet. It is my hope to finish this before I step down in October so please let me know if you want to be included, even if you think I already have your information. Which brings me to my next reminder. October will be my last issue as chronicler so if you would like to be considered or would like to know more about the job please email or call either myself or Master Robear.

Always in service to the Arts,  
Katerina

## From the Minister of Arts and Sciences

It's war!

With War of the Wings fast approaching, we need to get those A&S projects finished and ready for display and competition! There are a great number of wonderful artisans, spanning many interesting arts and sciences, in our barony. Come join in the fun, and bring your best work to enter for points against our friendly foe, Windmaster's Hill!

If you're having trouble coming up with documentation or need help with a display, please contact myself or your local MoAS, and we'll be thrilled to help you come up with something clever and imaginative.

It's all about the Phoenix! Let's get those needles, shears, mallets, fires, and whatever other medium you work with, working, and lets kick some Kittyhawk tail! :)

If you have ideas for an upcoming workshop, or are interested in a particular A&S area, please contact your local MoAS or myself, and we'll see what we can do to get the ball rolling.

Also, there have been a couple of groups talking about possibly hosting a University in this area in the next year or so. This is a WONDERFUL thing! If you've never taught at Atlantian University, now would be a great time to think about doing so. Get your documentation, articles, kits, etc, together, and really give some thought to coming out and teaching your fellow Atlantians about your favorite art or science!

There are a number of folks in the barony who have taught at this level, and would be happy to help you figure out what you need to do, in order to be ready to teach. Don't hesitate to ask any of us, if you have questions or concerns. I'd love to see a large contingent of Sacred Stone artisans teaching at the next University, especially if it's on our home turf!

One last note... It's never too late to start thinking about Kingdom A&S Festival. Now's the time to start planning, if you haven't already, your project/s for KASF. KASF is a wonderful place to have your A&S be seen, and to get great feedback and possibly even network with others who will have access to more documentation and information than you might have. Don't be afraid to enter or display, and leave comment cards or a notebook for folks to jot down their impressions of your work. You'll be amazed at how much more information you can get, once you allow others to see what you're up to. :)

In service to The Dream and our fair Barony,  
THL Oddny Knarrarbringa, CP  
Minister of Arts and Sciences, Sacred Stone

## From the Warlord

This was a nice Pennsic war. In as much as we need heavy fighters, we need combat archers. This past Pennsic, we had several battles in which combat archers could have made a big difference. Let me know if you would like to try combat archery.

Achbar



# Regnum

Baron and Baroness, Marc d'Aubigny and Alianor atte Red Swanne  
D. Mark Green and Jean A. Wagner 616 North Mendenhall Street, Greensboro, NC 27401  
(336) 273-4931 (no calls after 10:00 pm, please)

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**HERALD** - Madonna Apollonia  
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**KNIGHTS MARSHAL** - Duke Logan Ebonwoulfe  
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**Deputy Marshal** - Baron Achbar ibn Ali  
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**RAPIER MARSHAL** Lord Christian von Nuremberg  
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**ARCHERY MARSHAL** Lord Elys Storm  
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Aric Benedict; lordwolfram@hotmail.com

**EXCHEQUER** - Lady Lidia de Ragusa  
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**Quartermaster** - Lord Alain ap Daffyd  
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**CHIRURGEON** - Vacant

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**Deputy for Baronial E-List** - Lord Jonathan Blackbow  
David Ritterskamp, 515 East Ohio Ave. Bessemer City  
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# Regnum

## Baronial Champions

**HEAVY CHAMPION** - Sir Axel of Tavastia  
wremes@carolina.rr.com

**RAPIER CHAMPION** - Raphael de la Rosa  
Chuck Farnsworth, raphael\_delarosa@yahoo.com  
(828) 238-0240 no later then 10pm

**ARCHERY CHAMPION** - Christophe of Grey  
John Atkins , (336) 969-6206; cogworks@triad.rr.com

**ARTS & SCIENCES CHAMPION** -  
Lady Maeve Griffinsward  
Janet Thompson; gryphon@carolina.rr.com

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**Order of the Sacred Stone** - Madonna Apollonia  
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apollonia@carolina.rr.com

**Order of the Phoenix' Eye** - Louise de La Mare  
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with SCA business, or after 10 pm)

**Order of the Phoenix Claw** - Lord Jonathan Blackbow  
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## Canton Seneschals

**AIRE FAUCON** - Lady Maeve Griffinsward  
Janet Thompson; gryphon@carolina.rr.com

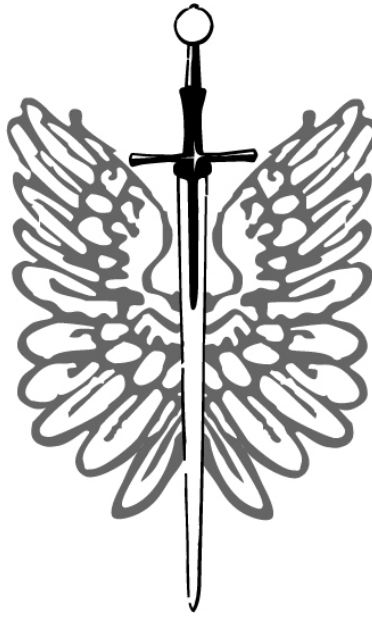
**BAELFIRE DUNN** - Mistress Azza al-Shirazi  
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Union Grove, NC 28689-0332; azzazazo@yahoo.com

**CHARLESBURY CROSSING** - Lady Alesia Gillefalyn  
Bonnie Harvey; alesiaalfyn@juno.com

**CROIS BRIGTE** - Lady Annora Hall  
Kathy Murphy

**HINDSCROFT** - Sarah of Hindscroft  
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**SALESBERIE GLEN** - Madonna Apollonia Margherita  
degli Albizzi  
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# War of the Wings

## War Points

When autumn graces this land, before the cold winter sets in, war shall be fought between the baronies of the Sacred Stone and Windmaster's Hill in the names of their beloved Phoenix and Kittyhawk.

On the weekend of October 20-22 at Elchenburg Castle in the lands of Elkin, North Carolina these two foes will finally confront each other and the victor will earn the right to fly their baronial standard over the walls of Elchenburg. In order to settle this dispute, the two baronies welcome all citizens of fair Atlantia (and beyond) to declare and fight for either the Phoenix or Kittyhawk. 18 war points shall be awarded over the weekend and so determine the victor. The points shall be awarded as follows;

The Baron of Windmaster's Hill has challenged the Baron of Sacred Stone to a series of martial competitions. They will compete in heavy, rapier, archery, and cavalry throughout the weekend. The Baron who wins the most competitions will receive the war point towards His Barony.

A Baronial Champions Tourney. This is a heavy tourney. The Baronage of Sacred Stone and Windmaster's will each select a series of fighters for one-on-one fights - a total of 10 fights will be fought with the side claiming the most victories taking the war point. In the event of a tie - a tie-breaking fight will be fought by each side's reigning Baronial Heavy Champion.

A point each will be awarded for a Castle Battle for both Heavy and Rapier fighters. A 30-minute timed battle fought in Elchenburg Castle. Attackers resurrect, defenders do not, and are also encouraged to stay where they fall, within safe reason. Each side defends/attacks. Timed battles, best time wins war point.

A point each will be awarded for a Woods Battle for both Heavy and Rapier fighters. A 30-minute timed battle. Presiding coronets will place three fixed banners, at their pleasure, in the woods of Elchenburg. Army holding most banners at end wins war point - this will be a resurrection battle.

A point each will be awarded for a Grand Melee for both Heavy and Rapier fighters. A traditional field battle fought outside the castle walls. Best of three, un-timed, last man standing. Winner gets war point.

Contests in Target Archery. The archers of Atlantia will be given a chance to shoot a variety of targets such as animals, moving targets, distance shots, dueling archers. The war point will be determined by totaling the scores for archers shooting for each side. Every archer that shoots for the war point shall receive a custom made metal token and there will also be a prize for best archer of the day.

Contests in Thrown Weapons. A war point shall also be awarded for those projectilely inclined but are not archers.

Tournaments in Cavalry. For lovers of equestrian activities a war point will be awarded.

A point each will awarded for both Youth Combat and Youth Arts and Sciences. The fierce bravery and beautiful arts of Atlantia's youth are the future of this land and so they shall also help determine the outcome of this war and the future of the land.

A static display of Arts and Sciences. The gifted artisans of Atlantia will be able to shine and display their work in 14 different categories. The entries should be documented, original, and never entered prior to the war. The War Point will go to the Barony with most Total Judging Points. First Place Prizes will also be awarded in each category.

Period Encampments. A point shall be awarded for the best display of a period encampment and judges will be looking at cover, furniture, accessories, food, recreational activities such as board games, a written description of why your encampment is so spiff, period references, and use of the theme of Wings and/or War.

A Performing Arts Competition. The singers, storytellers, dancers and all lovers of the bardic arts are welcome to perform and compete for the barony of their choice. The judging shall be done by unknown judges in the audience. Written documentation for each piece is required and may also be spoken orally if the performer wishes.

A display of Baronial Pageantry. This point shall be determined by the whim of Their Royal Majesties during evening court.

So come one and all to Elchenburg and help decide the final outcome of the rivalry between Phoenix and Kittyhawk. Every point counts and whether your strength is in combat or art, whether you are young or advanced in years, you can help decide the victor in this War of the Wings.



# Baronial Court Report

## Pennsic 35

Herein find the report of Their Excellencies' court held on the Feast of St. Arnold being the 15th day of August A.S. 41 called 2006 during the recent troubles of the Pennsic Wars.

Baron Marc and his lady the Baronne Alianor were lead into the common yard of the Atlantian Royal encampment by Lord Talorgen nei Wrguist who called the populace to order and bid them take their ease as the sun waned and the clock struck half past seven.

Their Excellencies did greet the populace and ask if all were enjoying the gathering thus far to which the assembled replied positively. Then commenced the business at hand.

Talorgen first called Dianne of Salisbury Glen forward as she had made it known she bore a gift. She said she believed her nobles had been too busy to visit the Cooper's store and, therefore, she'd made the pilgrimage herself and returned with the much sought after Pennsic Chocolate Milk as a gift.

Next Brenna Trentavasi was called from behind the chairs of state where she was serving as a retainer to Alianor. In gratitude for the many donations of items for gift baskets and favors and for giving of her time to wait upon Her Excellency, Brenna was given a token of the Flame of the Phoenix.

Next did Talorgen call forward Ulf, known as Matthew. Ulf also emerged from behind the chairs where he stood with the Spear of State, on guard for Marc who made it known to those assembled that Ulf had been a great help during that current unrest. He'd helped raise pavilions, dug ditches, firepits and sumps for water. He'd stood guard and proven himself to be generally useful and cheerful. For all this Marc conferred a Feather of the Phoenix upon the young man.

Once more did Talorgen call forth one standing behind the coronets, however, upon hearing his name called out, did Sir Axel of Tavistia startle as a deer in the hunting dense, peer from under his eye-patch and thence take flight with the declaration, "It's not my fault!" At this utterance did the great bearded man make a break for the gate. Finding this blocked by Hidden Mountain guards, he cleared the encampment walls only to find that the guards, diligent in their duties, awaiting him. Thus was he herded unceremoniously back into the yard through the gate as one guard glowered holding his spear and the other brandished her knitting needles at him. (Those Hidden Hillians are tough!) And he was thus given no choice but to kneel before Their Excellencies in supplication, at the mercy of their beneficence.

All of this and he comes to find that far from being headed for the baronial dungeons, his dedication, generosity of time and talents in teaching and guiding the youth fighters of the barony, not to mention the good humor he exhibits whilst doing it and, of course, occasional bubbings of Cheerwine, were to be rewarded. Noting his commitment to chivalry, honor and truth, Marc and Alianor inducted Axel into the esteemed Order of the Heart of the Phoenix.

Next was the name Mistress Jeanmaire Illiaria Beatrice do re Mi cried out. Escorted by her recently fugitive husband, she knelt before Alianor and Marc who proceeded to inform the populace that Jeanmaire had crafted a banner for the barony in response to Their Majesties' call for heraldic display at this Spring's celebration of Atlantia's 25th Anniversary. In thanks for this service of the creation of beauty, Jeanmaire was given a Token of Appreciation. As Axel escorted her from the baronial presence he saw fit to add his own token of appreciation for this good lady and kissed her soundly.

Now did Lord Christophe of Grey bring business before the court. After a moment's conference, Marc and Alianor had Talorgen call forward those members of their Canton of Crois Brigitte who were present and a goodly number were.

"As everyone knows there have been many insults made," Christophe declared. In response to these, the folks of Crois Brigitte presented Their Excellencies with arrows, leather quivers and arm guards emblazoned with Marc and Alianor's personal arms so they might practice and answer the insults in person at the coming war.

After the cheers of acclimation faded was Graciella Esperanza de Seville commanded into court. Escorted by Baron Achbar, good Gracie knelt and awaited the pleasure of the coronets as they made official the will of the populace to create this lady a member of the Barony of Sacred Stone.

"We've spoken of this many times, Graciella," said Alianor. "You've given a great deal to this barony. We brought it to the populace and everyone was very happy with the idea of you becoming part of us.

"There is no ceremony for a person becoming a member of the populace of a barony where they do not live," she added. "In the days of our grandfathers they awarded such people lands. We are unable to grant you a manor or a house or even a plot of land to plant a flower in."

His Excellency Marc drew forth a smooth gray rock the size of a small apple and continued. "This is a piece of our lands at the Elchenburg Castle and we give it to you to keep with you always. Even when you are not in our lands you will hold a piece of Sacred Stone with you."

Talorgen called out the name Asszony Bessenyi Rozsa who was handed forth by Asim. "Any time someone asks a question about heraldic banners, clothing, display . . . anything, you are always willing to offer help and guidance," noted Alianor. "You've done a great deal of research and you share that knowledge. You've made beautiful works that improve our barony and our kingdom."

At that time Their Excellencies bid Talorgen to call forth the Order of the Phoenix Eye. Eleven members hurried forth and gave a resounding "Aye!" to the inclusion of this good lady to their ranks.

It was at this moment that Master Robear de Bardoulph and the Honorable Lady Alesia Gillefalyn entered the gate. Robear was not given opportunity to sit elsewhere as his name had been called out earlier in his absence.

As he knelt before the chairs of state Their Excellencies noted the good works Robear has done to the benefit of the barony, offering assistance to the populace, cooking, creating events and now serving as seneschal. For all this and more was he given a token of the Flame of the Phoenix.

Lastly, did Talorgen call forth the Honorable Lady Alesia Gillefalyn who, after some confusion, was escorted forward by her husband Robear. Before the populace did Their Excellencies note her great generosity of time and talent, holding office in her canton and generally exemplifying the spirit of our game. "You have helped wherever possible," Alianor pointed out. In recognition of this was the Order of the Sacred Stone called into court, of which were present eight members . . . then made nine.

This being the conclusion of court business, court was closed and all those assembled retreated to the baronial encampment where were found many wonders of beverage and decoration the likes of which I cannot tell you as you would not credit the telling truthful.

Here ends this report. I stand ready to be corrected in any errors and own all errors as mine own alone.

In service,

Herrin Gisela vom Kreuzbach



# Baronial and Royal Court Report

## Flight of the Falcon II

At Flight of the Falcon, in the Canton of Aire Faucon, both a Baronial and a Royal court were held on 26 August, AS XLI, being the year 2006 in the Gregorian calendar.

Marc and Alianor, Baron et Baronne of Sacred Stone, did open their court by welcoming into their presence the children of the realm there assembled and giving them gifts.

After a brief respite while the toys were being cleaned up, their Excellencies called THL Jonathan Blackbow and recognized him with their token in appreciation for the hard work in making the event happen.

Josh of Clan Roanwoulfe was then brought forward and awarded a Drakken Egg for his service in the kitchen. He was lauded for choosing a path of service by his second event.

Lady Miriel Crawford was also awarded a token from the hands of their Excellencies, for her work in welcoming newcomers to the society and specifically at this event.

Lord Talorgen nei Wrguist was called forth from his post as herald to receive a token of appreciation for his efforts on behalf of the Barony

Queen Seonaid then opened her court by calling all newcomers forth to receive a token of the event, as is her custom. Their Excellencies distributed their own tokens as well, and Lord Jonathan Blackbow made awards to two of the newcomers of unadorned leather pouches with a quest to find others in their groups to help them decorate the pouches appropriately.

Marc and Alianor's court was then closed, and Her Majesty proceeded with her business by awarding Elizabeth Taylor atte Red Swan the Sea Urchin.

Her Majesty chose to bestow an Award of the Fountain upon Lady Gisela vom Kreuzbach next, for her exemplary service at Heralds Point during the Pennsic War.

Isabella de Lyon was also called forth and awarded a Sea Urchin.

Lady Miriel Crawford was awarded the Silver Nautilus for her craftsmanship, specifically in her jewelry arts.

THL Jonathan Blackbow then came forth once more, awarding prizes for the day's activities to Lord Afshin Darius for the heavy weapons contests, Lord Philip Yaeger for the rapier, and a newcomer named Dan for his showing on the archery field.

Brandon d'Aubigny was called forth and awarded the Sea Urchin.

Therein closed the court of Her Majesty at Flight of the Falcon.

This is my report of the business conducted at this event, and is true and complete to the best of my knowledge. Typos and misspellings are all of my doing.

Lord Talorgen nei Wrguist

## Which Bow Is Best

There was an interesting question posed on the SCA Archery list lately, "All things being equal, which type of bow is most accurate?" Or this question could be asked, "Which bow is best?" Given any group of archers you will have considerable disagreement to the answers to these questions.

Let's start with the part about all things being equal. Simply stated, they aren't and can't be. There are basically two types of handbows, recurves and long bows. I will include modern reflex/deflex bows in the long bow class for this discussion. Recurve bows are typically center cut which means the arrow passes through the center line of the bow. Long bows may or may not have an arrow shelf but all have a degree of off set so that the shaft of the arrow is  $\frac{1}{2}$  to  $\frac{3}{4}$  inch off center of the bow.

When an archer releases the string the energy stored in the bow limbs is transferred to the back of the arrow which starts moving before the front causing the arrow shaft to bend. This is called Archer's Paradox and accounts for the matching of arrow spine weights to bow draw weights. Recurve bows, due in part to the center cut, typically result in less bending of the arrow shaft upon release. For recurve bows arrow spine is generally 10 pounds greater than bow draw weight. Long bows require more shaft bend around the bow handle upon release therefore match spine to draw weight.

How a bow transfers energy to the arrow is also very different. Recurve bows, due to the curving back of the limb tips deliver more energy earlier in the release than long bows. This generally results in more arrow speed from equivalent draw weight recurve bows versus long bows. Long bows deliver the bow energy over a more consistent period of string recovery. To simplify this; recurve bows snap whereas long bows stroke upon release. Arrow speed off a bow determines how flat the arrow trajectory will be. Just for the record, horse bows have even more snap as they are in essence extreme recurve bows.

Now on to the part of the question about which is best or which is most accurate. There really is only one answer to this part of the question: which is your favorite and which do you shoot best? Some of the best archers in the world use long bows while others use recurves. The best or most accurate bow is the bow you practice with the most. Becoming familiar with your equipment, having it tuned correctly and using arrows matched to your bow all contribute to accuracy of a bow. The real key to the "best" or "most accurate" bow is the one you like to shoot and practice with. All of this assumes that you are also using a quality bow. A high quality bow is typically made out of better materials and has a higher degree of craftsmanship in its construction. The biggest issues is limb stability. That means the bow limbs do not twist upon recovery which would result in inconsistent arrow release and shooting.

Inexpensive bows, while good for starting, typically don't shoot well compared to higher quality bows. But when I say quality bow it does not mean you have to spend thousands of dollars for a bow. The Victory or Bull'sEye recurve bow is a very good bow for about \$100. Excellent quality good shooting bows can be had new for up to \$500. Of course you can pay more, but it becomes a personal choice.

Shoot Straight,  
Christophe of Grey

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