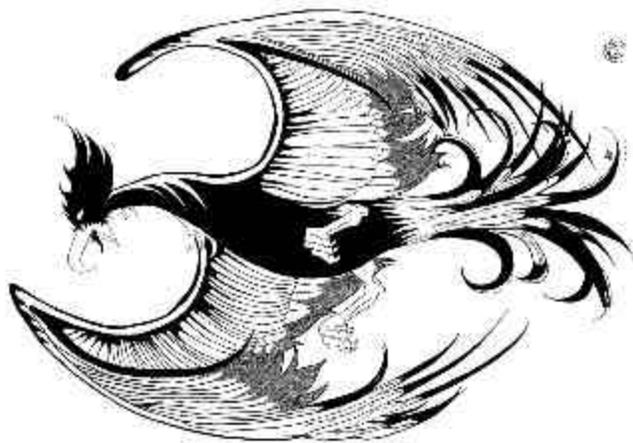


The Phoenix

The Barony of the Sacred Stone



October 2006 AS XLIX

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Barony of the Sacred Stone, SCA, Inc.
Kathryn Evans
4493 Leepers Street
Iron Station, NC 28080

Unto the Populace

From the Baron and Baroness

Good people of Sacred Stone. Where did the summer go? Seems such a short time ago the Barony was a buzz with Pennsic plans, and then Coronation, Baronial Birthday, now Kingdom Crusades and War of the Wings are knocking at the proverbial door. Fall is at presently upon us and winter all too soon on her heels.

With so much going on and family to consider, we have had to make the difficult decision to not attend Kingdom Crusades. For those making the trip, we wish you safe travels and good times and thank everyone for the support they give the Kingdom in this time of conflict. We look forward to hearing of the glory and honor the warriors of Sacred Stone, be they Marshal, Artisan or Service minded, always shine of this fair Barony.

After so much planning, hard work, excitement, banter, and challenges over the last year, War of the Wings is nearly here. We are greatly excited to participate in such a grand adventure and thank Lady Rozsa, Lord Alain and the countless staff members who have put so much time, talent and hard work into all that is to come.

Again, we would like to encourage folks to camp with the Barony at WoW. Lord Christian and Her Excellency are trying to plan a camp worthy of remembrance. Please contact either of them to let them know of your intentions to camp with us, so space can be made.

At this time, we would like to encourage each and every one of you to take a moment to thank all of the individuals involved for all the work they have done towards this event and so many others, and all of themselves they have put into it. Events on any scale take immeasurable time and patience. We all enjoy them, take home memories and look forward to the next one. Without the people who plan and work behind the scenes these events would have none of the excitement, none of the enjoyment, none of the magic that makes the SCA what it is. We thank each and every person who has worked on any event for without you the Dream would be so much less than it is.

One final thought we would like to leave you all with. Time is fleeting, but family, love and friendship are everlasting. Take every opportunity to spend time with those who mean the most to you. Hug often, laugh more, and remember that you can never tell anyone you care about them too much. The memories of these times will last a lifetime.

Till we meet again, we remain,

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

From the Chronicler

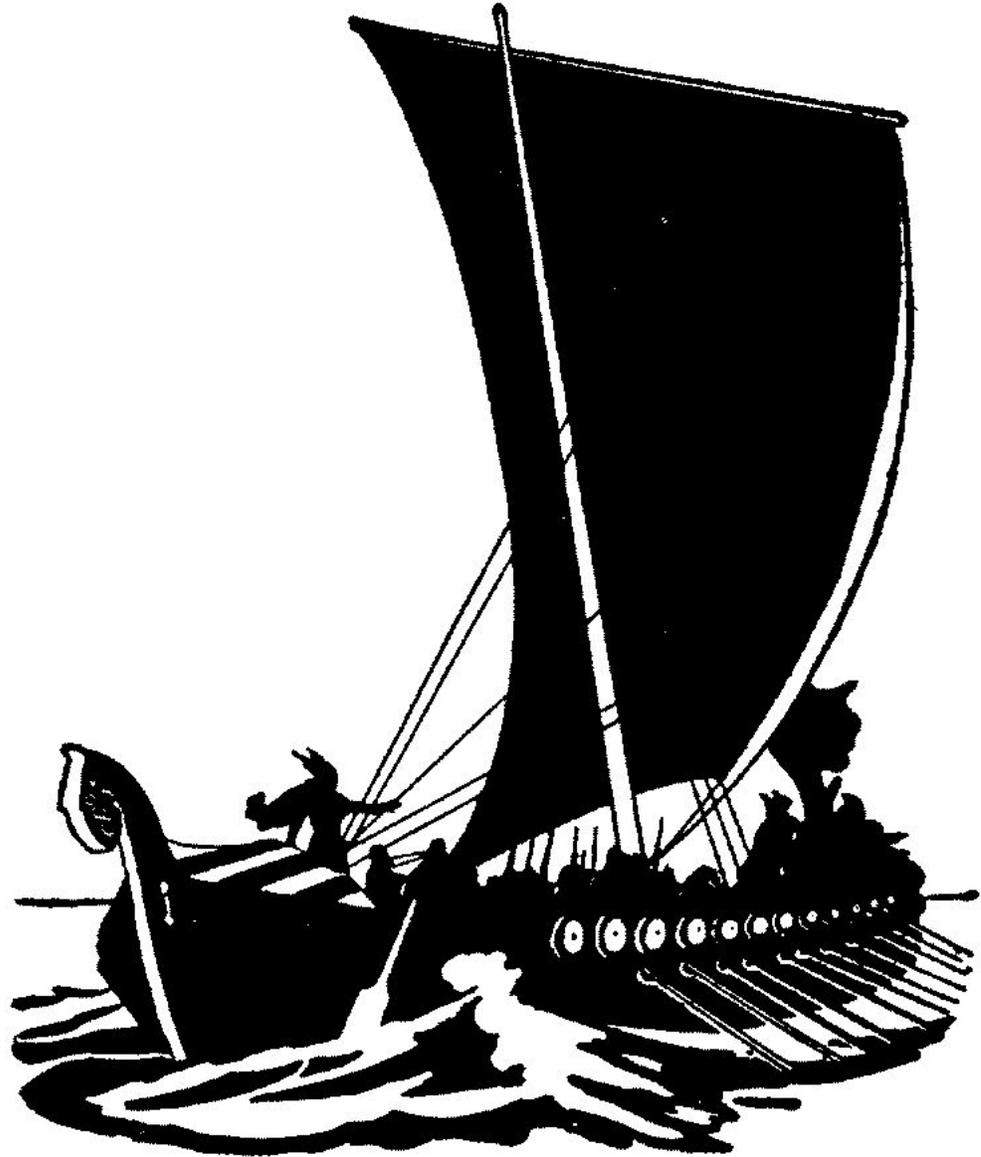
Greetings all.

My time as Baronial Chronicler is now at an end and I would just like to say that I have greatly enjoyed myself for the last two years. I would like to thank all the people who have contributed over that time by submitting their articles and stories. Lord Jonathan, Lord Christophe, Freiherrin Susanna, Lady Louise, Lord Cyriac, Mistress Azza, Lady Brianna, Lord Dunstan, Lord Olivier, Sayyid Asim, Lord Talorgen, Lady Eluned, and Lord Otto. Please forgive me if I've forgotten anybody.

I would also like to thank Lady Muireann who will be stepping up in my place. I know she will do a wonderful job and I hope everyone will show her the support and encouragement that I have received over the years.

Thank you to everyone who has encouraged and supported me during my time as chronicler. It has been a pleasure and I will truly miss it. Alas for real world obligations.

Forever in service,
Katerina



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Regnum

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Lord Christian Tomas of York

RAPIER CHAMPION

Lady Kellia Waugh

ARCHERY CHAMPION

Christophe of Grey

ARTS & SCIENCES CHAMPION

Lady Maeve Griffinsward

BARDIC CHAMPION

Lady Graciella Esperanza de Seville

BAKING CHAMPION

Lord Talorgen nei Wurst

SCRIBAL CHAMPION

Lady Elanor of Grey

BREWING CHAMPION

The Honorable Lord Edward of Shirebrook

YOUTH ARCHERY CHAMPION

Need Name

YOUTH COMBAT CHAMPION

Samantha of Salisbury Glenn

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Kathy Murphy

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Minutes for the Sacred Stone Meeting
Sept. 10th 2006
Held at Elchenburg Castle
(After Sacred Stone Baronial Birthday)

Seneschal: Not Present

Exchequer: Not Present

Knight's Marshal: Not Present

Herald: Not Present

MoAS: Not Present

MOL: Not Present

Castellan: there were many newcomers at SSBB, the newcomers point was a success, thanks sent to the staff especially Lady Una

Chronicler: (as reported my Mistress Susanna) as her warrant is up in October she sends a request that the person who takes over the office continue to publish the baronial court reports, also would like to see awards from Atlantia and abroad. The baronial directory is also a work in progress please send your information to the chronicler if you want to be included.

Webminister: Not Present

Coronet's Report's: A handout was given out listing baronial awards including new awards, and some updates to existing awards. The new awards listed will begin to be used at WoW in October

CANTON REPORTS

Aire Faucon: Flight of the Falcon was a great success, and profitable for the Canton.

Baelfire Dunn: Not Present

Charlesbury Crossing: Not Present

Crois Brigitte: SSBB went wonderfully, Canton also has a demo planned for Sept. 17 at the Celtic Café in Winston.

Hindcroft: A demo is scheduled for Sept 16th at the Stokes Stomp in Danbury, all are welcome to come enjoy the day.

Salisbury Glenn: Not Present

OLD BUSINESS

WoW needs volunteers for troll and waterbearing.

War points for A&S at WoW have been changed.

Every entry counts for point not just the winners of each category. Also the projects enter for the heraldry category need not be registered arms though submitted and passed by kingdom is recommended.

The kingdom MoL has offer to teach two MoL classes at WoW if there is enough interest.

The cost of making bigger, & better signs will be researched and added to the WoW budget.

NEW BUSINESS

Discussion of workdays at Elchenburg Castle event site

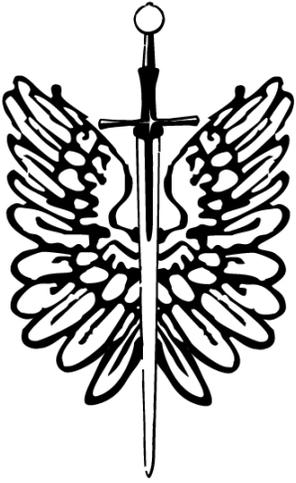
Suggestions:

- Elect site spokesperson/cheerleader
- Organize site workday "un-events" including A&S activities.
- Have a pre-WoW push, baronial working events to include pre-war A&S help such as documentation.

Proposed workdays for Sept. 30th and Oct. 7th

Several tiki torches have been donated to the Elchenburg Castle event site for future torch-light tournaments

A sideboard will be offered for those who help with A&S activities i.e. judges, set-up crew, herald. Contact Mistress Susanna for more information.



War of the Wings

End Game

By Katerina Sina Samovicha

As the days were shortening and the land began to fade from the green of summer into the gold and red of autumn, there was a cold wind blowing through this fair land of Atlantia. War was brewing between two of its denizens, a war that had been building for centuries.

In the high hills of Elchenburg, in the shadow of that mighty castle, two creatures met by the light of the moon while the citizens of Elchenburg slept. They flew out of the night and landed without the slightest noise to tell of their presence in the sleeping land.

The Phoenix and Kittyhawk greeted each other with calm civility and nothing more.

“You agree to let this settle the dispute?” the Phoenix asked.

“Agreed,” said the Kittyhawk. “We will let the people of these lands decide the matter and whomever prevails shall be considered the victor. Mine are the mightier, braver, and more talented people and surely they will carry the day.”

“You are full of wind,” the Phoenix scoffed. “My followers are truly the better. Fierce warriors, fine artisans, and far nobler gentles. Your people do not stand a chance.”

The two creatures almost began to quarrel right there, but having agreed to let the mortals decide for them, they calmed themselves.

“Our peoples shall meet on the feast day of Saint Ursula in this very place,” said the Kittyhawk. “Let them do battle and let the outcome finally settle this dispute.”

The creatures agreed and took their leave of each other. Soon the people of Sacred Stone and Windmaster’s Hill would test their skills against each other in the name of their two great patrons. All across Atlantia warriors were preparing and honing their skills. Artisans worked furiously and gathered their newest and finest masterworks to outshine their foes. Archers checked their fletching so that every arrow would fly true. Even the youth of the kingdom worked as diligently as their elders to defend the land they considered their own.

A battle cry had been sounded and all would answer the call.

To Make Cheesecakes

By Talorgen nei Wrguist

Greetings unto the Populace from Talorgen, your Baronial Baker. My entry into the baking competition at Baronial Birthday was a cheesecake, redacted from "To make cheesecakes" in Kenhelm Digby's "The Closet of Sir Kenhelm Digby, Opened". The receipt and Cariodoc's redaction from his Miscellany follows this missive, if our Chronicler finds the room to put it in. I discovered a modern recipe for home-made cream cheese which used all of the ingredients which went into Digby's cheese at <http://schmidling.com/ccheese.htm>, and was going to use a commercial cream cheese. At Coronation, Marlene from Mak Willie's Tavern gave me a modern recipe for cheese called "buttermilk quark", which I have also included after the receipt from Digby. This cheese had a somewhat lighter consistency than modern cream cheese, but tasted great and Marlene attested that it made a good cheesecake, though lighter and fluffier than the New York style to which we are accustomed. This cheese only required milk, buttermilk, and cream - no fancy chemicals or equipment. I substituted this for the milk, runnet and 6 egg whites from Digby's receipt.

I made the cream-laden version of quark, with good whole milk that had not been ultra-pasteurized. The process was not time-consuming except in the waiting. This was the first time that I had made any sort of cheese, and I was rather pleased with the result. It had a slight bitter bite from the buttermilk, but Marlene explained that the bite could be cut with a few drops of lemon juice, which I found worked wonderfully.

To the cheese I added a pound of butter, 2 eggs, some sugar, cloves, and nutmeg - I had left the mace behind and nutmeg has a similar taste and was well known in period cookery. I didn't measure the quantities, just used sufficient sugar to sweeten the mixture to my taste and sufficient of the spices to speckle the mixture well. For a cheesecake made in a 9" iron skillet, I believe that I used about 3 cups of cheese, 1 pound of butter, 3/4 cup sugar, 1 tbsp nutmeg & 1 tbsp cloves.

There are a few extant recipes for pastry in the various surviving cookery books, and I chose a simple one of flour cut with butter and mixed with water. 2 cups of water, 1/2 cup of butter, cut together with two knives until the butter is the consistency of fine meal. Add cold water slowly until you have the appropriate consistency. Knead this mixture for several minutes. Roll it out from the center to a thin crust. Pierce the crust with a fork and bake. When the crust is lightly golden, remove and fill the crust and bake until it is done.

I ran out of time at home while preparing for the feast. I made the pastry and baked the cheesecake onsite, in Master Robear's fine portable kitchen. I baked it for about 45 minutes @ measured 375 degrees.

To Make Cheesecakes

Digby p. 214/174

"Take 12 quarts of milk warm from the cow, turn it with a good spoonfull of runnet. Break it well, and put it in a large strainer, in which rowl it up and down, that all the whey may run out into a little tub; when all that will is run out, wring out more. Then break the curds well; then wring it again, and more whey will come. Thus break and wring till no more come. Then work the curds exceedingly with your hand in a tray, till they become a short uniform paste. Then put to it the yolks of 8 new laid eggs, and two whites, and a pound of butter. Work all this long together. In the long working (at the several times) consisteth the making them good. Then season them to your taste with sugar finely beaten; and put in some cloves and mace in subtle powder. Then lay them thick in coffins of fine paste and bake them."

Judging by the cottage cheese recipe in 'Joy of Cooking', 12 quarts of milk would yield about 4.5 lbs of cottage cheese. It sounds as though either creamed cottage cheese or farmer's cheese corresponds to what Digby is making. The following quantities are for half of Digby's quantity, with an adjustment for egg sizes.

2 lbs of creamed cottage cheese or ricotta
2 large eggs
1 egg yolk
2 pie crusts (this made 2 9" cheese cakes)
1/2 lb of butter
1/2 c sugar
1/4 t cloves
1/4 t mace

Cook at 350deg. for 70 minutes. Let cool 1 hour before serving.

Note: the version with ricotta comes out noticeably drier than that with cottage cheese

Buttermilk quark

(Use this instruction for larger amounts, and in warm climate only!)

Instructions are given in a day/time format with expected time of work involved.
(best for making Schichtkäse, which is used in baking recipes)

Here is what you need:

thermometer
a large strainer lined with a kitchen towel or other linen (avoid cheesecloth)
sauce pan
plastic spoon
two plastic containers with lid (one for 2 cups (300 ml) and one for 3
quarts (2.5 l)
1 gallon of regular milk
1 cup of buttermilk (as fresh as possible)

Making a starter culture:

(1 day evening-15 minutes)

In a small sauce pan heat 1 cup (250 ml) of milk to 158-163F (70-73C). Do not cook the milk or the proteins will be broken down. Hold the temperature for 30-45 seconds so that the milk is pasteurized. That step is important, even if the milk has already been pasteurized. Now the milk must cool down. Best done by putting the sauce pan in the sink with cold water around it. Cool it down to 75-82F (24-28C) degree. Now add 3-5 tablespoon buttermilk. Pour into a plastic bowl and cover with lid. Let stand for 12 hours in a warm place 75-82F (24-28C). This culture can be kept in the refrigerator for 2 week, or in the deep freezer for up to one year. This culture is enough for making 2 1/2 to 3 lbs (1200-1400 g) of Quark.

Quark making process:

(2nd day morning-5 minutes)

Heat 1/2 gallon (2 l) of milk to room temperature or 75-82F (24-28C), mix in half of the starter culture, pour into a plastic container with lid, and let it stand for 24 hours in a warm location 77-90F (25-32C). You might be tempted to leave the milk out overnight, so you will have the milk at room temperature. This is not a good idea, because there are always some live bacteria (good and bad) in the milk, which might spoil the end product.

(3rd day morning-5 minutes)

Take a big strainer, line with a kitchen towel (sterilized in boiling water), and pour the whole mixture into it. Place into the refrigerator for 6-10 hours to the draining. If the is too thin, just fill a plastic bowl with water and put it on top of the towel.

(3rd day afternoon--done)

This will give you 1 1/4-1 1/2 lbs. (600-700 g) Quark. You can store this for a week in the refrigerator.

This is simple and with little work to do, but it will take 3 days.

Cream Milk mixture: Used to make Sahnequark. Add to every 4 cups of milk 1 cup of heavy cream.

Tip: If Quark is too dry, add milk, half-and-half, or cream.

Variation

To get a creamy Quark (Sahnequark) make sure that your Quark is very dry, and then add heavy cream to it, or start Quark with cream milk mixture. .

A&S for Beginners

By Freiherrin Susanna von Schweissguth, OL

The Arts & Sciences is a part of everything that we do in the Society for Creative Anachronism.

Getting ready for your first (or second) event is the beginning of “doing” A&S...

1. Garb – Clothing, shoes, hats, overwear
 2. Food – (lunch/snacks) good at room temperature, easy to transport and eat, ‘period’ dishes.
 3. Activities – games, busy projects (sewing, whittling, leatherwork etc.)
 4. Carrying Stuff – baskets, boxes, cloths
- A place to sit and/or rest – blankets, benches, chairs (creative covers)

As we each find out more about our specific interests in the Middle Ages, our A&S projects can take us into many different directions.

There are several places to start our search for more information on the things we are interested in learning about, or learning how to make, or understanding how they work. Libraries, bookstores, your bookshelf, people at events, at A&S Nights, at SCA-sponsored Universities, on the Internet can all be places to start your quest for more knowledge.

There are many ways to let other people share in the joy of the information you have found...talking at meetings or events, displaying your work (or your resources) at events, entering competitions with written descriptions of your work, teaching at A&S nights, in classes, at Universities.

To quote Bilbo Baggins: It’s a dangerous thing to walk out your front door. There’s no telling where your feet might take you.

Garb

Look for fabric and clothing that look like they’re made from natural fibers: linen, wool, silk, cotton. Solids, woven stripes, are best. Choose plaids and checks once you’ve looked at what might be suitable in the time/place you are recreating. Patterned fabric needs to be looked at carefully if you want to avoid a ‘Time Machine’ theme.

Easy first clothes:

For him: T-tunics with belts, drawstring pants, leg binders, leather shoes/sandals, straw or felt hat, pouch, mantle/hood.

For her: Ankle-length cotton or linen underdress, over tunic, belt, skirt/peasant blouse with or without a bodice, leather shoes/sandals, straw hat, pouch or basket, veil/coif/hood.

Overwear: 3-yard length of wool or flannel, circular cloak, ½ circle cloak.

As you learn more about times/places that interest you, study portraits, paintings and archeological finds to create more authentic clothing that suits you more individually.

Food

It’s always good to bring lunch and/or snacks to events. (I get hungry during court and enjoy it more if I have a snack before it begins.)

There was no refrigeration during the Middle Ages...that provides a nice template for us. Bread, dried fruit, nuts, carrots, apples, etc. are easy to tote, easy to eat and ‘read’ medieval. If you bring a small cooler, you could add cheese, salami/summer sausage, grapes, etc.

One gallon of water per person, especially April-October is important. Many events provide drinks/water, but never depend on that. Avoid sugary drinks like too much pop and juice. Your body needs water. Heat stroke/dehydration is a serious health emergency.

How to carry your food? Use baskets, wooden boxes, cloth bags/totebags. Cover your coolers with custom made baskets/boxes or with cloths made to fit or draped over them.

How to serve and eat your food? Collect wooden or metal plates, bowls, cups from thrift stores, Pier One, SCA merchants, etc. Glass-like acrylic makes a good substitute to avoid breakage. One yard of white/off-white cloth makes a table. For utensils, look for small, simple wood or metal spoons and forks, small paring knives.

Activities

You have arrived, you're dressed, you're fed, and you're bored. What to do?

Go visiting – Introduce yourself. Ask folks about their garb, their interests, etc. Everybody likes to tell you what they have found out from their reading/research.

Offer to help – Baroness Mor: “Go to the kitchen.” You’ll meet friendly people, hear the best gossip, help prepare good food and learn a lot. If you’re shy, you can listen all day while you chop. If you’re a chatter, you can chat all day while you chop.

Baroness Alianor: “Many hands make light work.”

Freiherrin Susanna: “There are no ‘they’s’ in non-profit groups, there are only ‘we’s.’ “

Anyone putting up or taking down a dayshade or pavilion can use some help. Anyone carrying stuff to or from a location would at least enjoy some company, if not a helping hand.

If you're still bored... Bring along an activity bag or two, containing sewing (embroidery, hemming, darning, mending, fringing), craft projects (leatherwork, spinning, weaving, etc. How about doing some whittling?

Board games are great, and were found in lots of medieval homes and camps...checkers, chess, backgammon, nine-men's morris, go.

Learn some songs to sing or stories to tell. One of the nicest days I ever spent was at a small event where several of us were doing handwork: sewing, weaving, spinning and a bard came by and sang us a few wonderful songs. Then a storyteller told us several tales. It was a welcome change from regular conversation, and evoked a feeling of really being in a war camp (during peacetime).

Carrying Stuff

Baskets – Almost any natural material basket can be used to carry, hold or cover up your necessary stuff.

Boxes – Six board box projects are found in many basic woodworking books and classes, or on the Internet. Leave them plain, oil them, varnish them, paint them plain or fancy.

Cloths are an easy and inexpensive way to carry and cover things. You can use them to wrap gifts, food, extra clothes, etc. Totebags and drawstring bags are easy to make and make gathering up and transporting things easy. And a few extra lengths of cloth are always useful for covering up modern stuff, coolers, chairs, etc. A blanket can make a home base for the day.

Wagons – Countess Bera totes her food, projects, shopping in her little red wagon.

Some sites don't allow driving up to the field, or to cabins. It's always good to pack your stuff in small, easy-to-carry bundles.

A place to sit and rest

The easiest solution to this challenge is to talk to your Canton/Barony/Project friends with dayshades or pavilions and ask, “May we join you?”

Helping with setting up and taking down, offering to bring snacks or activities, and happy attitude all contribute to a nice day sharing a shady home base.

A blanket or bench makes an easy seat.

A chair and tote bag or basket can make a cozy 'home space' for the day. Coleman chairs are easy to tote, but cover them with a big flat cloth or a custom slipcover.

Day shades are fairly easy to construct, whether you start from scratch with canvas and poles, or with a commercial 'pop up' shade that is customized to look more medieval.

Canvas pavilions are beautiful, especially on a field, giving a very 'Middle Ages' look to a Tourney Day.

Vinyl Pavilions are a godsend in the rain!

Moving Forward in A&S

After you've got your basic Medieval "Kit" assembled, pay closer attention to the times and places in the Middle Ages that interest you. What do you know/like about those times or places. What *don't* you know about them?

Displays

As you modify and update (back date?) your original Kit, please let the rest of us know what you have learned or found out. What books, what paintings, what conversations, webpages, etc. have you found useful?

Do your sources sound reasonable, and well based historically? Do pieces of information conflict with other bits you have found?

As you develop skills to make your stuff more authentic, tell us what you learned, and where or how you found the information.

Competitions

Competitions in the SCA are meant to challenge you to put effort into creating specific items that combine creativity and authenticity. Most competitions require that you write down how you created your entry and what you based your work on.

Embrace and enjoy the challenge of entering a competition. Don't be thin-skinned, most judging sheets include comments and suggestions on improving your entry and expanding your sources of information. Conversations with judges at the end of a competition provide a great opportunity to clarify confusions, educate the judges, and learn about additional resources. Use these opportunities to find out what worked well; what didn't, what you would like to improve and how the judge(s) think you could improve your entry.

As a few people who have awards for their work in the Arts what their earliest entries were like.

Ask for help, learn to accept both compliments and criticism gracefully, keep nurturing your historical curiosity and you'll have even more enjoyment with this part of the SCA.

And remember, no one is ever *required* to participate in any SCA activities that they don't find pleasurable.

Freiherrin Susanna von Schweissguth, OL



Handbow versus Crossbow

Thus far in this series I have focused primarily on the handbow. There is always a “discussion” about crossbows versus handbows. Which is better, which shoots better, should crossbows and handbows shoot against each other. Which has an advantage over the other.

First, let's set the record straight. In the 10 years Atlantia has had an archery champion two used longbows, five used recurves and three used crossbows. Looking at the Atlantian Royal Round scores currently there are five names in the Grand Bowman Elite class, four crossbowmen, one recurve (also in this group using a crossbow). So who has the advantage?



Some may argue that handbows require more skill to use than a crossbow. With a handbow you have elevation as well as right and left aiming issues all while holding back the string. With a crossbow you also have the left/right and elevation issues but you are not stressed by holding back the string. You are more relaxed during the aiming process. Also according to Atlantian rules, crossbows may have rear sights while handbows may not.. However, handbows may have range marks on the limbs. Some cross bowmen sit while others stand, hand bowmen stand while shooting. Again who has the advantage?

When shooting static, untimed rounds cross bowmen typically score better than hand bowmen. In timed rounds typically hand bowmen out score cross bowmen. When shooting a clout shot, 100 yards out, often hand bowmen have an advantage over cross bowmen because they can lob the arrows into the clout whereas cross bows typically have a very flat trajectory. Again, who has the advantage?

So it seems the question of which bow is better is a lot like the question “Is that 12 items or a dozen?” I personally have out shot crossbowmen more than once in competitions, some timed, some not. In the archery community it is generally accepted that the reason there seems to be an advantage for crossbowmen has little to do with the actual weapon but all to do with the archer. Crossbows worth shooting are not cheap. An archer that owns a good crossbow has spent a fair amount of money for their weapon and are typically fairly serious about shooting AND shoot the weapon a lot. If a handbowman is using an equivalently expensive handbow they will most likely shoot it a lot. In archery, the more you shoot the better you become. So the generally accepted bottom line is that crossbowmen are more serious and shoot more. This does not mean archers who use handbows are not serious archers. It does say that ANY archer who is using a quality weapon is most likely a serious archer.

All that said, there are other reasons for choosing a crossbow over a handbow. Some archers simply cannot pull a bow over 20 pounds draw weight; shoulder injuries or other physical restrictions. Any bow with a higher poundage shoots a flatter trajectory and typically a more accurate shaft. It is easier to cock a higher poundage cross bow than hold the draw on a higher poundage handbow. Ladies tend to choose crossbows for a variety of reasons but the two main ones seem to be you don't have to hold the draw and, uh, well, it's just a fact, anatomical reasons. So which bow is best? The one you feel most comfortable with and shoot the most.

Shoot Straight,
Christophe of Grey

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