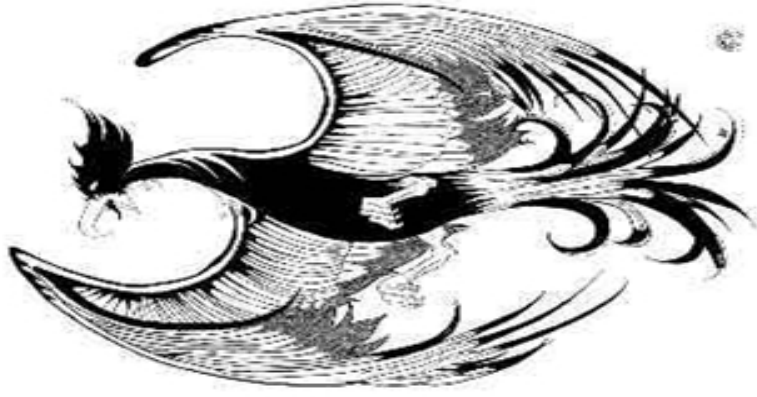


*The Barony of Sacred Stone Presents
unto the populace:*

The Phoenix



*November 2006 A. S. XLIX
Volume 20, Issue 11*

Barony of the Sacred Stone, SCA, Inc.
Nikole Harrington
2602 Guyer St
High Point, NC 2726

Unto the Populace

From the Baron and Baronne:

Greeting onto the noble populace of Sacred Stone, from Marc and Alianor.

It is hard to believe that six months have passed since our Investiture. It has been a very busy time, but one of great joy and much learning. We hope that you all have been enjoying this time, as much as we have. We cannot even begin to thank the populace for their ideas and hard work. It is because of you that this Barony is such a wonderful place, and why it gives us such great pride to say we are from the Barony of the Sacred Stone.

With the passing of the summer months we have seen much conflict. Pennsic and Kingdom Crusades have gone with a flash of light, and War of the Wings I has passed, but what memories were created that day. Much gratitude goes to each and every member of the staff. Each one of you has much to be proud of. The weekend was full of non-stop activity, and what a crowd it drew. Last count we were given topped over 650 people! Amazing for a first run!

The entire Barony made a great showing. It was certainly a learning experience for us. So many came to us and said what a wonderful time they had. Not only that, so many also stated how they were already making plans for the NEXT one! We concur, for those were the same thought in our minds.

Their Excellencies, Geoffrey and Maddelena did an awesome job in rallying their people around the Kittyhawk, and although Sacred Stone may have taken the day, Windmasters' hill has certainly shown they are not to be trifled with. We cannot sit upon victory hard won, and think that the next time they will not come back stronger and harder to try and claim victory from us, should this come around again, and we will be ready.

There are so many people we wish to thank for their hard work and dedication, not only to War of the Wings staff, but to the Barony as a whole. Many of you, we have spoken our thanks to, and we fear leaving anyone out. At this time, we would be remiss if we did not voice our thanks to Baroness Sine, Mistress Susanna, Mistress Jessamyn, Baron Giles, and Brenna for the hard work they put into helping Sacred Stone make the wonderful showing of green and white that was evident that day. Your help in making much of our vision a reality is greatly appreciated. (Don't even ask what ideas we have for the next time around)

As we close, soon Thanksgiving will be blowing in with the autumn winds, and the time for giving thanks will be foremost in everyone's mind. At this time, we wish to thank each and every one of you for your hard work, dedication and most of all your friendship. We have always known how wonderful the populace of this Barony is, but now experiencing it every day warms us and brings us a great sense of pride. Thank you! You each are what make the SCA not just a game, but a family.

In service to Crown and Lands, we remain,

Marc and Alianor

Baron et Baronne, Barony of the Sacred Stone



From the Chronicler:

Warm Greetings I send to you, Sacred Stone:

As this is my first newsletter for the Barony, I would like to introduce myself. Lady Muireann, proud member of the populace of Atlantia, Sacred Stone, and Hindscroft. My family and I, traveled to these fair lands less than a year ago from Trimarís. I am glad to report that all the "rumors" I heard before beginning our journey are true. We heard such things as "I visited there and went to an event, they treated me like family!", "They have great A&S, if you want to learn it somebody there knows it.", "Their fighters are thugs!". All of these things are true, Isn't it grand to know that we live in a place that is known for gracious hospitality, glorious talent, and fearsome fighters!

I would also like to let you all know about some additions to the newsletter:

- ☞ "Vivat" an awards page to recognize the achievements of our populace
- ☞ "Feasting with the Phoenix" a monthly page filled with recipes, tips, and articles from our Baronies wonderful feast-o-crats
- ☞ "Whirl like a Dervish" a dance page with local class listings, basic steps, and articles from those with "fancy feet" among us.
- ☞ "It happened This Month" a crossword puzzle filled with events that took place in the same month as that issue of the newsletter.

If you would like to contribute to any of these pages or have something you would like to see in the newsletter please contact me at chronicler@sacredstone.atlantia.sca.org.

happily In Service,
Lady Muireann

From the Knight's Marshal:

Greetings from Duke Logan Ebonwoulfe, Knight's Marshal to the Barony of the Sacred Stone.

Over the past 15 years I have either been the Knight's Marshal of this Barony or the Canton of Charlesbury Crossing. I have always prided myself in the job I have done in attempting to ensure a relatively safe environment for those that choose to participate in SCA sport combat. I have always followed, and enforced, the rules of the list and the conventions of combat. At this time, however, our new Society Earl Marshal has written some new rules that will be enforced as of December 1, 2006 that require redundant and unnecessary armours. Namely a requirement for a hard elbow behind a shield and padding behind a properly fitted aventail. These new requirements are not based on any documented injury, nor any outcry from the fighters on the field. With the support of many Knights from almost every Kingdom I have started two petitions requesting the Society Earl Marshal to recognize that most kingdoms have been fighting safely for two decades without his new rules and we ask to be allowed to continue to do so. Nothing more. To learn more please go to: <http://www.ebonwoulfe.com/elbow.htm>

To that end, it is not possible for me to enforce these rules as I personally feel they are redundant, done by fiat, do nothing to further our fighting experience, remove the responsibility of checking on safety from the marshals, are done purely based on personal preference, and give no faith at all to the proven track record of thousands of fighters over decades that have been safely engaging in martial contest without these restrictive rules.

Since I can not, in good faith, support these rules I can no longer remain a warranted marshal in this kingdom. As of December 1, 2006 I resign as a marshal in Atlantia after serving her for over 15 years. It would be disingenuous of me to retain a warrant if I refuse to enforce the rules.

Anyone interested and qualified to fill this position is urged to contact Jarl Timoch, the Kingdom Earl Marshal, immediately to express that interest.

Regards,
Logan

Regnum

Baron and Baronne

Marc d'Aubigny and Alianor atte Red Swanne

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Regnum

Baronial Champions

Heavy Champion

Lord Christian Tomas of York

Archery Champion

Christophe of Grey

Bardic Champion

Lady Graciella Esperanza de Seville

Scribal Champion

Lady Elanor of Grey

Youth Archery Champion

Rapier Champion

Lady Kellia Waugh

Arts & Sciences Champion

Lady Maeve Griffinsward

Baking Champion

Lord Talorgen nei Wurst

Brewing Champion

The honorable Lord Edward of Shirebrook

Youth Combat Champion

Samantha of Salisbury Glenn

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Janet Thompson; gryphon@carolina.rr.com

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Hindscroft

Sarah of Hindscroft
Sarah Shaffer; tigrill@hotmail.com

Baelfire Dunn

Mistress Azza al-Shirazi
Zoe Kuhn Williams, P.O. Box 332, Union Grove, NC
28689-0332; azzazazo@yahoo.com

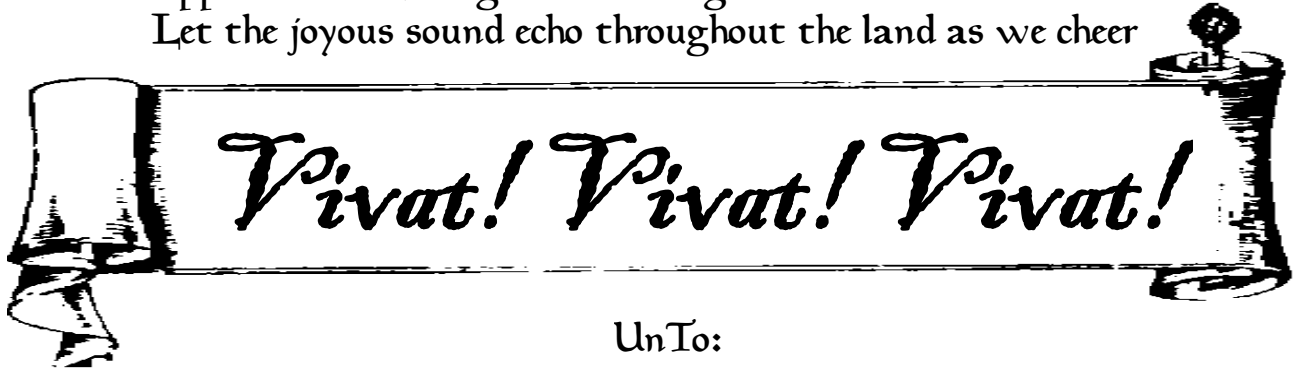
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Lady Annora Hall
Kathy Murphy

Salesberie Glsen

Madonna Apollonia Margherita degli Albizzi
Sarah Grochoski, 1079 Henderson Grove Church Rd.
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apollonia@carolina.rr.com

We the populace of the Barony of Sacred Stone,
wish to applaud those fine gentles among us whom have received acclaim.
Let the joyous sound echo throughout the land as we cheer



UnTo:

All of the talented lords and ladies
who spent countless hours
creating the many wonderful entries
for the A & S competition
at War of the Wings.

The fierce, yet chivalrous combatants,
be they heavy, rapier, archery, or youth,
whose honor and glory at WoW,
reflects well upon us all.

All the worthy nobles
who received acclaim for your good works,
from Their Royal Majesties or Their Excellencies
at events this past month.

Feasting With the Phoenix

November 11th marks the Feast of Saint Martin of Tours. St. Martin was often represented with geese, and goose was a popular dish at the feasts in his honor. So in keeping with that tradition I am including a recipe from [A Boke of Gode Cookery Recipes](#)

ORIGINAL RECEIPT:

Goce or Capon farced. Take parcill, Swynes grece, or suet of shepe, and parboyle hem in faire water and fresssh boyling broth; And þen take yolkes of eyeron hard y-sodde, and hew hem smale, with the herbes and the salte; and cast therto pouder of Ginger, Peper, Canell, and salte, and Grapes in tyme of yere; And in oþer tyme, take oynons, and boile hem; and whan they ben yboiled ynowe with þe herbes and with þe suet, al þes togidre, þen put all in þe goos, or in þe Capon; And then late him roste ynogh.

- Austin, Thomas. *Two Fifteenth-Century Cookery-Books. Harleian MS. 279 & Harl. MS. 4016, with extracts from Ashmole MS. 1429, Laud MS. 553, & Douce MS 55.* London: for The Early English Text Society by N. Trübner & Co., 1888.

GODE COOKERY TRANSLATION:

Goose or capon stuffed. Take parsley, swine's grease, or suet of sheep, and parboil them in water and fresh broth; And then take hard-boiled egg yolks, and cut them small, with the herbs and the salt; and add powder of ginger, pepper, cinnamon, and salt, and grapes in time of year; And in other times, take onions, and boil them; and when they have boiled enough with the herbs and with the suet, all these together, then put all in the goose, or in the capon; And then let it roast enough.

MODERN RECIPE:

- 1 goose or capon
- 2 dozen hard boiled egg yolks, chopped
- 2 lbs. seedless grapes
- 4 bunches fresh parsley, chopped
- 3-4 large onions, chopped
- 1 Tbs. each ginger, pepper, cinnamon, & salt
- 1/4 lb. (1 stick) butter

Sauté the onions and parsley together in the butter until the onion softens. Mix together the grapes, egg yolks, and spices; add the butter, onions, & parsley. Mix well. Stuff the goose or capon with this mixture and place in a roasting pan. Rub a little oil into the skin, sprinkle with salt & pepper, then roast at 400° F for 2-3 hours for the goose or for 1-2 hours for the capon, until the bird is tender and has turned a deep golden brown.

As you will have noticed, I have varied from the original recipe by not parboiling all the ingredients together, but instead have sautéed the onion & parsley and then mixed with the other items. My reason for this is personal: I have made the boiled version before, and simply do not like it! Feel free to boil the stuffing as described, but be assured that the modern recipe works just as well (if not better), and uses the same cooking procedure indicated in other, similar medieval stuffing recipes.

I've included both the onions & the grapes in the modern recipe, but using either one by itself is perfectly fine

Whirl Like a Dervish

"Dancing in the Glen"

Schedule of Events

Dance Practice on November 16th at 6:30pm

Pot Luck Dinner and Dancing Revel on December 2nd at 7:00pm


Dance Practice on December 14th at 6:30pm

*** These events will take place at the Fellowship hall at the
Gloria Dei Lutheran Church 1908 Statesville Boulevard, Salisbury, NC 28144.

Any questions should be directed to, Mistress Jeanmaire, at jremes@carolina.rr.com ***

(Further information on these events will be posted on the Sacred Stone Baronial List closer to the time that they happen.)





Buying a Used Bow

You have decided it's time to jump in and join those folks on the archery range who are having such a good time. You start browsing through catalogs looking at bows. First thing you notice is that there just are not a lot of outlets for traditional archery gear. And those that you do find, it seems the cost of the equipment is pretty expensive. All true statements. But let's not rule out the possibility of stumbling onto a fantastic find at a garage sale, flea market, or thrift store. Question is, how do you know it's a good bow?

If you have spent some time with the catalogs and/or web sites, you probably know some of the names of good and popular bowyers. Names like Bear and Pearson. Of course there are many, many more but these are two of the biggest. Often if you find one of their bows you can look it up on the internet to see it's original value and sometimes, present value.

But still, how do you know **THAT** bow is a good bow? Start by looking the bow over, checking for any obvious cracks or delaminating. Many bows are composite layers of wood and fiberglass. As the layers begin to delaminate, small gaps will form on the edge of the bow limbs. If you can get your finger nail in these gaps the bow is probably beginning to delaminate.

Running your fingers up and down the limbs will locate fiberglass that is about to break. As the fiberglass stresses to breakage some of the fibers begin to stick up. Often you can feel them before you can see them. Often fiberglass reinforced bows have what appear to be cracks that run in the same direction as the bow limb, not crosswise. These are not cracks and do not indicate bow limb failure.

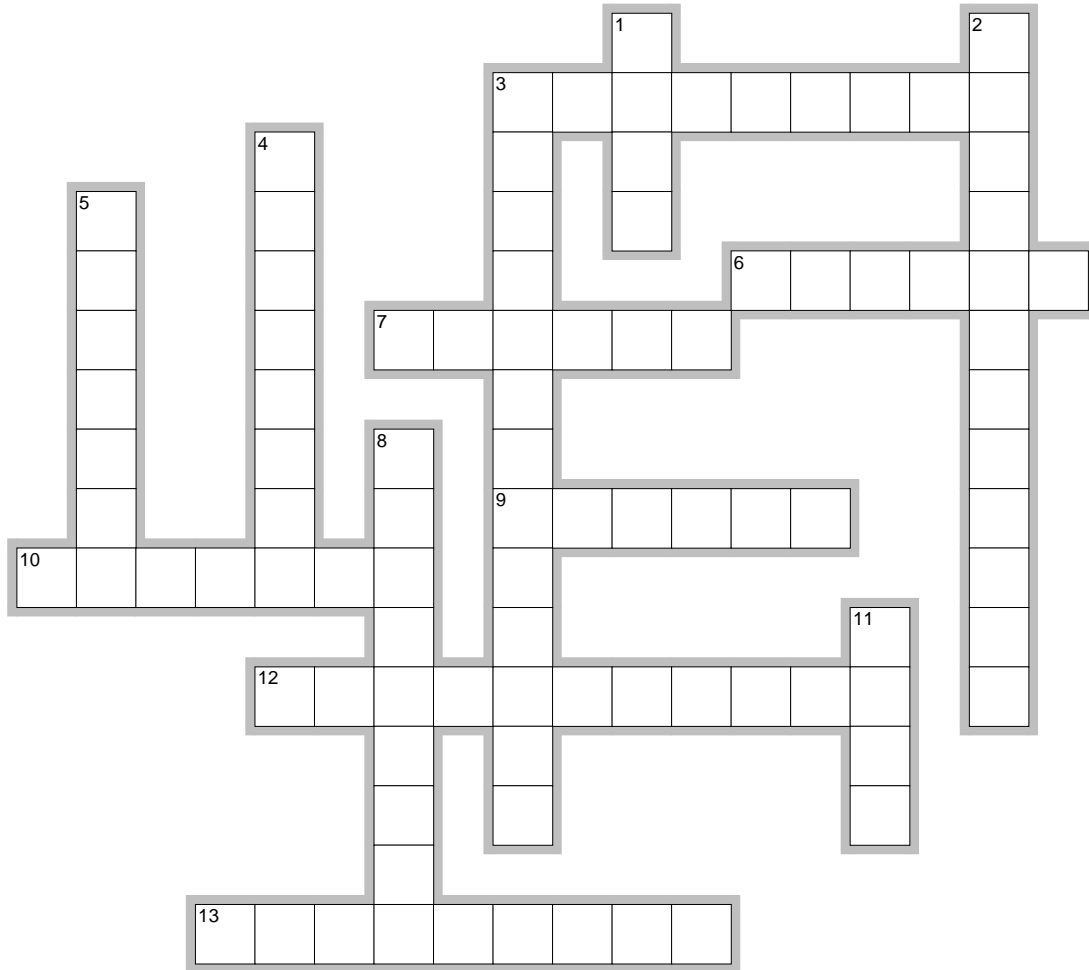
Next sight down the bow from limb tip to limb tip. You are looking for any twist to the bow limbs which will be most obvious towards the end of the limb tips. If the bow has a string, string it. Now slowly draw the bow and slowly relax it down. As you make that first draw, listen for any cracking, creaking noises in the bow. You are also looking to see that the string returns to the center of the bow limb tip. Do this several times. Bows with twisted limbs will actually "walk" the string to one side or the other of the limb tip. Now in full draw have someone else look at the bow sideways, or do this in a mirror. What you are looking for is do both limbs curve the same? You don't want one limb curving more than the other. If the string is in bad shape, don't worry about it, you can get a replacement. If there is no bow string, try to flex the limbs and look for any fibers sticking up. Leather grips and arrow rests can be replaced.

If the bow has a crack in the riser, handle built up part, it is possible to repair using bowyers epoxy. However, this takes a little expertise so consider that. I have three bows that have come to me through these outlets. One bow has a current market value of \$250 and I got it for \$20! It shoots very nice and is my current favorite bow. Look around; there are some amazing finds in garage sales and flea markets. Just know what you are buying!

Shoot Straight,
Christophe of Grey

It Happened This Month:

An Historic Crossword



Created with EclipseCrossword — www.eclipsecrossword.com

Across

3. French King crowned at age 12. (1380)
6. English cardinal Thomas _____ arrested. (1529)
7. Martin of church reform fame is born. (1483)
9. "London" river freezes. (1434)
10. Pope who called for first crusade. (1095)
12. Anne Hathaway marries "world's a stage" playwright. (1582)
13. Queen _____ Howard confined in the Tower of London. (1541)

Down

1. England's "Grey" lady accused of high treason. (1553)
2. Showed his pictures on the Sistine ceiling (1512)
3. Crowns his cousin Julianus, keizer of Britain. (355)
4. "Strait" man starts Pacific voyage. (1520)
5. _____ knights investigated by the Papal Commission. (1308)
8. English Queen after Mary. (1558)
11. "Archer" father of apple balancing son. (1307)

Answers will appear in next month's newsletter

Baronial Meeting Minutes

The October business meeting of the Barony of Sacred Stone
was cancelled due to weather.

Meeting Schedule

The baronial is held the 4th Sunday every month

Even months in Hickory
Odd months in Salisbury

Baronial meeting 1:00 - 2:00
For more information or directions contact
Master Robear de Bardoulf at
seneschal@sacredstone.atlantia.sca.org
or go to
<http://sacredstone.atlantia.sca.org/FP.htm>

Calendar

for the Barony of Sacred Stone
November

5th
Hindscrest- Canton Meeting

6th
Crois Brigitte- Canton Meeting
Charlesbury Crossing- Canton Meeting

12th
Balefire Dunn- Canton Meeting

14th
Aire Faucon- Canton Meeting

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