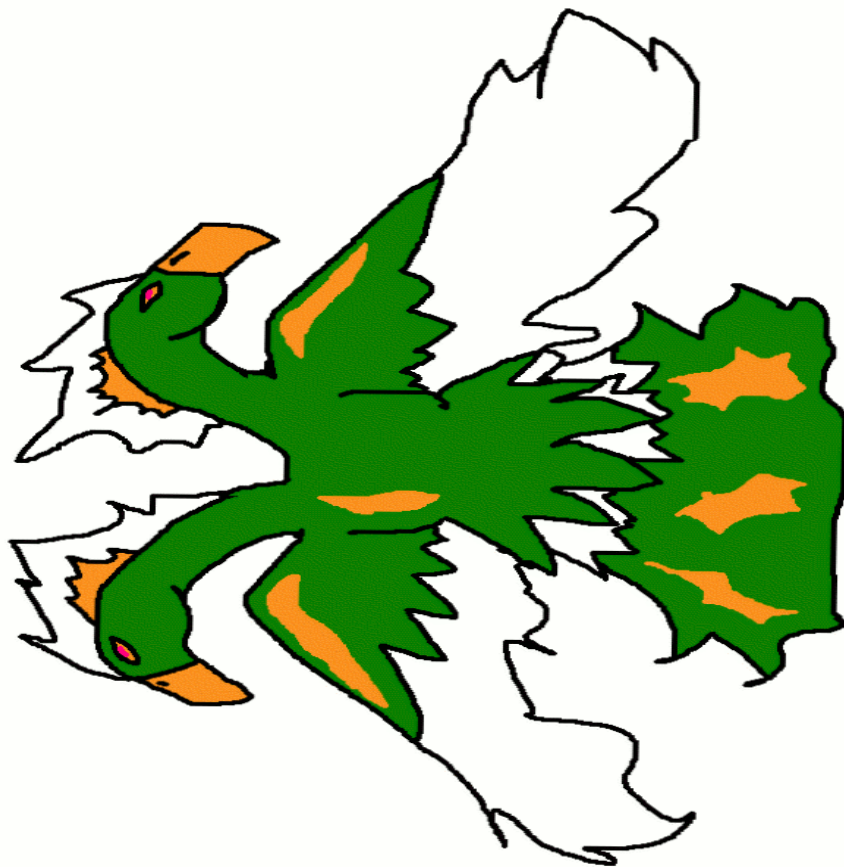


*The Barony of Sacred Stone Presents
unto the populace:*

The Phoenix



*April 2007 A.S. XLJ
Volume 21, Issue 4*

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

Unto The Populace...

From The Baron and Baronne:

Warm greetings to the populace of Sacred Stone from Mare and Alianor.

While the birds and flowers are trying to herald in spring, Old Man Winter is fighting to keep us within his grip a little while longer.

We wish to cry from the hills of Sacred Stone a mighty VIVAT to the newest Crowns of glorious Atlantia, Valharie and Arielle!! Knowing that the welfare of this Kingdom is in the hands of such a noble warrior and lady with a heart fairer than gold will have us all resting easy at night. We also wish to say Vivats to Duke Ragnarr and Countess Anneke. Thank you for the time and effort you gave forth to this Kingdom during your reign. The hard work and heart you gave Atlantia is so appreciated by all of Her subjects. We hope that you will enjoy a much-deserved rest.

A most heart felt thank you to all who worked so hard to help Dame Anne with Coronation. It is gratifying to see the talents of everyone shine time and time again. It warms our hearts to hear how highly the Kingdom speaks of any event held in Sacred Stone, and how forward they look towards the next one.

Gulf Wars was a renowned success for the people of this barony, and we are immensely proud of everyone. From hand crafted gifts given by our generous Queen to the prowess, honor and chivalry shown on all fields of battle at the command of our brave King, you good people made such a wonderful showing. It never ceases to be a source of pride in the talents and heart of the people of the Phoenix.

Lastly, now with Gulf Wars behind us, we turn our sights towards the glory that is Pennsie. The camp name has been submitted (Barony of Sacred Stone), and everyone can start sending in his or her reservations at any time. Please keep in mind the size of your tent/pavilion, the 250 sq foot per person allotment, and kicking land back to the camp, when making your reservations.

At this time we wish to announce that we will be holding meeting for the Order of the Sacred Stone, Order of the Phoenix Eye, and Order of the Phoenix Claw at the event Wastelands, to be held at the Elehlenburg Castle in June. As we get closer to the event, times will be announced, but please make every effort to attend.

Vivat to the good people of Sacred Stone.

We remain,

Mare and Alianor

Baron et Baronne, Barony of the Sacred Stone

From the Baronial Chronicler:

Greetings Sacred Stone,

I am happy to say that both the "Feasting with the Phoenix" and the monthly Crossword Contest are back!

There will not be meeting minutes since the baronial meeting was cancelled, but there is a fabulous contribution by our very own Sir Axel!

Enjoy! And remember to send me your completed crosswords and you too could be a winner!!!

In Service,

Lady Muirgann

Baronial Meeting Minutes

The March Baronial meeting was cancelled

Meeting Schedule

*The baronial meeting for the month of March
will be held on
the fourth Sunday of April in Hickory, NC*

Baronial meeting 1:00p.m.

*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>

March Calendar for the Barony of Sacred Stone

Events

6-8	<u>Spring Coronation</u>	Sacred Stone	Reidsville, NC
13-15	<u>Night on the Town IX</u>	Lochmere	Annapolis, MD
13-15	<u>Birthday of the Black Prince</u>	Black Diamond	Bland, VA
20-22	<u>Tournament of Chivalry</u>	Cyddlain Downs	Bennettsville, SC
21	<u>Kingdom Archery Championship</u>	Roxbury Mill	Mt Airy, MD
27-29	<u>Hawkwood Baronial Birthday</u>	Hawkwood	Arden, NC
28	<u>St. Anne's Guild Costumers Symposium</u>	Black Diamond	Charlottesville, VA
28-30	<u>Beltane XXV</u>	Berley Cort	Sedley, VA

Baronial Regnum

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	Minister of the Lists	lady Alexandria Montgomery	(828) 459-1534	mol@sacredstone.atlantia.sca.org
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	Rapier Marshal	Lord Christian von Nurtemberg		rapiermarshal@sacredstone.atlantia.sca.org
	Archery Marshal	Lord Elys Storm	(704) 262-7124	archerymarshal@sacredstone.atlantia.sca.com
	Chirurgion			
	Minister of Minors	OPEN		

Regnum

Baronial Champions

Heavy Champion

Lord Christian
Tomas of York

Rapier Champion

Lady Kellia Waugh

Archery Champion

Christophe of Grey

A&S Champion

Lady Mæve Griffinsward

Bardic Champion

Lady Gracella Esperanza
de Seville

Baking Champion

Lord Talorgen nei Wurst

Scibal Champion

Lady Elnor of Grey

Brewing Champion

The Honorable Lord Edward of
Shirbrook

Youth Archery Champion

Basam of Crois Brigitte

Youth Combat Champion

Samantha of Salisbury Glenn

Baronial Warlord

Lord Jonathan Blackbow
blackbow@carolina.rr.com

Order Principals

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Crois Brigitte

Lady Annora Hall
Kathy Murphy

Hindcroft

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Salesberie Glen

Madonna Apollonia
Margherita degli Albizzi
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Whirl Like a Derwish



Music! Music! Music!

Join Aminah in Concord, every other Tuesday evening,
for a Jam session with a Turkish/Middle Eastern flavor!

Bring an instrument (period or not) and a sense of humor.

There will be sheet music available to use,
and if you want to take it with you its just \$2
(cost of downloading and printing).

For more information
(such as time, and directions)
e-mail Aminah at
kathygrimes@gmail.com



Over the next few months we will have the pleasure of reading Sir Axel's award winning poetry. This month is the first installment of "The Atlantiavala" and the documentation, which goes with it.

Enjoy!

The Atlantiavala By Sir Axel of Tavastia

Introduction Runo

Some have asked me where we came from,
Of those times so long forgotten,
That we'd know of things that happened,
Remember things of long ago.

Now I'm driven by my urges,
By my sharp wit and my knowledge,
To impart my understanding,

From my mouth words flow like water,
Thru the grass they run like fire,
In the air they rage like thunder,
To your heart they strike like lightning;
To create a joyous passion,

Now here starts the mighty poem,
That we might rejoice together,
Learn of those who came before us,

Of the beauty of the Ladys,
Of the noble Knights and Laurels,
Pelicans of noble stature,

How they wielded mighty weapons,
Faced great hosts with few in number,
And received high recognition,

Hear now stories of Atlantia's glory,
Their names engraved upon our history,
Drank deep the cup of martial glory,
Sipped the wine of grace inspired,
Though it seems time passed quite quickly,
Strong and Rich remains their legacy.

In the early days we fought here,
Feel our duct tapped weapons slashing,
See our shields of wood and rubber,
Hear our helms of Freon ringing,
Atlantian swords always at the fore,
Here begins my recitation.

On the shores of the Atlantic,
By the shining big sea waters,
Stands the Kingdom of Atlantia,
Mightiest of all, Atlanita

The Atlantiavala's documentation

By Sir Axel of Tavastia

The Atlantiavala is based on the Finnish National Epic "The Kalevala" The Kalevala is a compilation of oral Finnish Folk stories and magic Rune Songs collected in the early and mid 1800s by Elias Lonnrot of the Finnish Literature Society. The Rune Songs were collected from Finnish Rune Singers, mostly from the Karelian and Archangel areas of Finland and down into Estonia. Most scholars believe many of the Rune songs date to pre-Christian and Dark Age times in Finland. MA Branch in his introduction to the Kaleva says that the Myth poems were probably created prior to the birth of Christ (1), and that the Magic and Shaman poems from around 500-600AD (2).

The online page of the Finnish Ministry of Foreign Affairs, Virtual Finland also states that "The archaic song tradition was a vital living tradition throughout Finland until the 1500."(3) The early Lutheran church in Finland banned them as being entirely Pagan.

The Kalevala is composed in a form of trochaic tetrameter called the kalevala metre. Pentti Leino says "It has been fairly well established that the Kaleva metre dates from the Pro-Finnic period, ie: 2000 years ago." (4) Outside of Finland the metre is most often associated with Longfellow's poem the Song of Hiawatha.

I have endeavored to put stories from Atlantia past into a sort of Atlantia National Epic following the Kalevala metre pattern. That is generally keeping 8 syllables to a line. The Intro Runo talks mostly about performing the poems, which is what the beginning Runos of the Kalevala are also about. The first Runo is inspired by the Kalevala Runos involving Lively Lemminkainen. The 2nd Runo casts myself as Wainomoinen the main hero of the Kalevala. Both the 1st and 2nd Runos are true stories of Atlantia's past.

- (1) Kalevala The Land of Heroes Introduction page xx
- (2) Kalevala The Land of Heroes Introduction page xxi
- (3) Songs Behind the Kalevala online article
- (4) The Kalevala Metre and it's Development page 1

Bibliography:

Kalevala The land of Heroes Trans W.F Kirby, Intro by M.A. Branch
The Kalevala Metre and its Development, Songs Beyond the Kalevala Studia Fennica
Folkloristica 2, Pentii Leino 1994
The Kalevala, Songs behind the Kalevala, Ministry of Foreign Affairs of Finland

Feasting with The Phoenix

In honor of the coronation of TRM Valharic and Arielle, this month article will focus on the roman style of feasting.

For the majority of persons dining in Ancient Rome, meals were centered around corn (grain), oil and wine, and, for the wealthy, different types of exotic foods. Cereals were the staple food, originally in the form of husked wheat (*far*) being made into porridge (*puls*), but later naked wheat (*frumentum*) was made into bread. Bread was the single most often eaten food in Ancient Rome, and was sometimes sweetened with honey or cheese and eaten along with sausage, domestic fowl, game, eggs, cheese, fish, or shellfish. Fish and oysters were especially popular; meat, particularly pork, was in high demand as well. Elsewhere in Rome, delicacies, such as snails or dormice, were specially bred. A variety of cakes, pastries, and tarts was baked commercially and at home, often sweetened with honey. Vegetables, such as cabbage, parsnips, lettuce, asparagus, onion, garlic, marrows, radishes, lentils, beans, and beats was imported. Fruits and nuts were also available to the consumer, as was a variety of strongly flavored sauces, spices, and herbs, which became very popular in Roman cuisine.

Our knowledge of Romans' dieting habits comes from literary references, archeological evidence, and paintings. The only true literary source ever devoted to Roman food was a cookbook attributed to Apicus.

Romans loved wine, but they drank it watered down, spiced, and heated. Undiluted wine was considered to be barbaric, and wine concentrate diluted with water was also common.

Pasca was probably popular among the lower classes. It was a drink made from watering down *acetum*, low quality wine similar to vinegar. Beer and mead were most commonly drunk in the northern provinces. Milk, typically from sheep or goats, was considered to be barbaric and was therefore reserved for making cheese or medicines.

Romans generally ate one large meal daily. Breakfast (*ientaculum*), if taken, was a light meal at best, often nothing more than a piece of bread. This was followed by the main meal of dinner (*cena*) at midday, and a small supper (*vesperna*) in the evening. Later, however, it came to pass that dinner was eaten as a large meal in the evening, replacing supper and adding a light lunch, or *prandium*.

The Romans sat upright to eat, but the wealth often reclined on couches at dinner parties, or ate outside in gardens, with the weather permitting. For the poor, tableware probably consisted of coarse pottery, but for those willing to spend a slightly prettier penny, tablewares could be purchased in fine pottery, glass, bronze, silver, gold, and pewter.

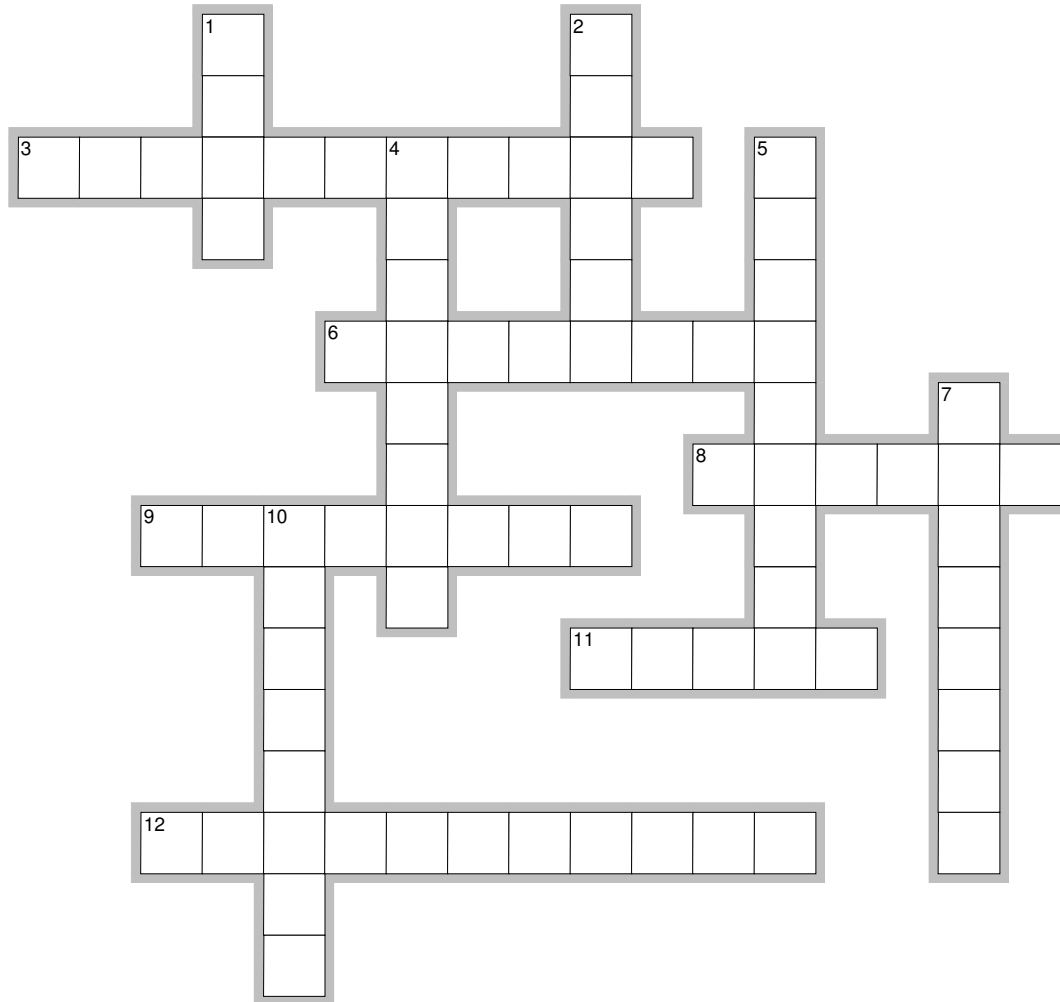
Food was eaten with the fingers and cut with knives crafted from antler, wood, or bronze with an iron blade. Bronze, silver, and bone spoons existed for eggs and liquids. These spoons had pointed handles that could be used to extract shellfish and snails from their shells.

The expression "you are what you eat" could not have been more true than at Ancient Rome. While plebeians sustained themselves on cereals and bread, members of the senatorial class dined on exotic foods from far away lands and enjoyed three course meals over luxurious dinners.

Wine, anyone?

It Happened this Month

An Historic Crossword



Created with EclipseCrossword — www.eclipsecrossword.com

Across

3. Leo III made him the first Holy Roman Emperor. (Born 742)
6. Ottoman Sultan whose seige of Constantinople lasted over 50 days before breaching the walls. (1453)
8. Scottish ruler and father of Mary, Queen of Scots. (Born 1512)
9. English King with the "heart of a lion"(Died 1199)
11. Comet that caused panic across Europe (1066)
12. Searched for fountain of youth, found swamp full of 'gators.(Born 1460)

Down

1. Brian _____ long lived High King of Ireland. (1014)
2. Watery Italian city founded (912)
4. Explorer who tried to go around the world, but died in the Phillipines. (Died 1521)
5. Monarch of France and England, Eleanor of _____. (Died 1204)
7. _____ of Castile, patron of Columbus (Born 1451)
10. Pope _____ dissolves the Kinghts Templar. (1312)

Answers to March Crossword Puzzle

There was no Crossword Puzzle in March

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