

A.S. L

Flammeus Alles

Winter 2016



Drawing by Rene Richard



The Barony of Fenix



Winter Newsletter for the Barony of Fenix Contents:

Publication Information	Page 2
Baronial Officer Contact Information	Page 3
Baronial Calendar	Page 4
Upcoming Events	Page 4
12 th Night in the Barony of Fenix info	Page 5
Letter from the Baron & Baroness	Page 6
Letter from the Seneschal	Page 7
Letter from the Chronicler	Page 7
Letter from the Equestrian Marshal	Page 8
Ask Uncle Mahon	Page 9
Arts & Sciences Corner	Page 10

Submissions for the next quarterly issue are due by March 20th, June 20th, September 20th, or December 20th. Please send officer letters, educational or entertaining articles, artwork, calendar updates, etc. Please include a signed release form with your submission.



This is the Winter 2015 issue of Flammeus Alles, a publication of the Barony of Fenix of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Flammeus Alles is edited by and available from Amy Ryan, 215 Warwick Ave Apt B, Hamilton, OH 45013. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2015 Society for Creative Anachronism, Inc.

For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

Baronial Officers Page



Baron and Baroness

Baron Ulf von Greiffenburg and Baroness Sárnat ingen Chormeicc

FenixBaron@gmail.com

FenixBaroness@gmail.com



Seneschal

Melisande de Canonwald

FenixSeneschal@gmail.com



Heraldic Pursuivant

Mughain nic Cairt Ciannact

fenixherald@yahoo.com



Exchequer

Wilhelm von Glier

exchequerglier@gmail.com



Signet

Keara of Fenix

kearapeterson@hotmail.com



Chatelaine

Reinhold von Glier

david@goetta.com



Captain of Archers

Melissa di Constantino

baronyfenixarchery@yahoo.com



Marshal of Fence

Marcos de Ribera

vinyacam@gmail.com



Minister of Arts & Sciences

Reinhold von Glier

david@goetta.com



Thrown Weapons Marshal

Sven Karlsson

sean@twistedfire.com



Knight's Marshal

Angus Drummond

jdrummonds@hotmail.com



Chronicler

Elisabeth Fairchild called Lynnaea

lynnaea_fairchild@yahoo.com



Web Minister

Rose de la Cumbe

Kate.reis.7@gmail.com

Baronial Calendar

Populace Gathering & Fight Practice: every Tuesday from 8:00-9:30pm*

Baronial Court & Potential Tournament: 1st Tuesday of each month at 8:00pm*

Business Meeting: 2nd Tuesday of each month at 8:00pm*

A&S Class: 4th Tuesday of each month at 8:00pm*

** Held at Boys & Girls Club, 30 W 26th St, Covington, KY 41014*

Upcoming Events

January 9, 2016 – 12th Night in the Barony of Fenix (Elsmere, KY)

January 16, 2016 – Tree Girt Sea Twelfth Night (Chicago, IL)

January 23, 2016 – Twelfth Night (Westerville, OH)

February 6, 2016 – Candlemas (Lexington, KY)

February 6, 2016 – Better War Thru Archery (Danville, IN)

February 20, 2016 – Winged Hills Collegium (Dayton, OH)

February 20, 2016 – Masque of Courtly Love (Canton, OH)

March 5, 2016 – Terpsichore at the Tower XXII (Saline, MI)

March 13-20, 2016 – Gulf Wars XXV (Lumberton, MS)

April 2, 2016 – Grand Tournament of the Unicorn (Oxford, OH)

12th Night in the Barony of Fenix

Saturday, January 9, 2016 from 10 AM - 10 PM
at Elsmere Senior Center, 179 Dell St, Erlanger, Kentucky 41018

Autocrats: HE Hengist Hawardessune and HE Hypathia of Arainn Mhor
Feast-o-craft: Sir Odo Von Atzinger

Schedule:

10:00 AM: Site opens
10:00 AM: Social gathering, gaming, various activities
4:00 PM: Setup for feast
5:00PM: Feast
6:00PM (or at the discretion of Their Excellencies): Court
9:00 PM: Clean up
10:00 PM: Site closes

This site is extremely discreetly damp. Whatever adult beverages you bring with you make sure you take your empty and/or partially full containers home with you. Do not dispose of them in the trash cans at the site.

Sir Caveron will be hosting a photo booth. For those who do not know, he is an award winning photographer. He will have his equipment and props set up to do photos throughout the day, so wear your finest garb and say "Cheese".

The Peaceful Championships in Fenix:

Arts & Sciences: Bring at least one item to display; there is no minimum number of items, but a body of work is welcome. Items can be of any type, with the possible caveat about anything alcoholic brought onto a dry site. Documentation is encouraged, but not required. We would prefer to see projects started within the last two years, but something laid aside and then recently completed would not be disqualified, nor would works still in progress. Let us see what you've been working on!

Games: Marcos has agreed to run a contest of skill beginning at 11:00am. The game will be something relatively quick to learn, so entrants need not prepare anything special.

Bardic: Please prepare a piece with which to entertain all assembled during feast.

Letter from the Baron & Baroness

Unto the noble populace of Fenix, Greetings!

Our weekly Populace Gathering and Fight Practice continues to be well attended most weeks, and it is a joy to behold the teaching and learning of both rapier and heavy combat. Thank you to all who have engaged His Excellency in combat and Her Excellency in conversation and fellowship as she continues to recover from knee surgery.

Baronial archery practices have begun and will be held twice per month starting in January. Stay tuned to the Barony of Fenix Facebook page and the Baronial Website for these practices as they are scheduled. Our neighbors to the north also are holding monthly archery practices, to which we have been invited.

Our hard working and well loved Seneschal has announced that she must step down. To that end nominees for her replacement will be accepted at the January business meeting, and a vote will be taken at the February business meeting. Other officers are coming to the end of their terms as well, and deputies are almost always needed or desired. We want to hear your voice, and we would love for you to find a place to add your talents to the smooth operation of the Barony, so please attend these monthly meetings.

We look forward to 12th Night in Fenix on January 9 and the opportunity to see so many of our populace gathered together. As part of this event, we will again host the Peaceful Championships in Fenix with the assistance of our current Champions:

Arts and Sciences: Bring at least one item to display; there is no minimum number of items, but a body of work is welcome. Items can be of any type, with the possible caveat about anything alcoholic brought onto a dry site. (We can double check specifics if that will be an issue for anyone.) Documentation is encouraged but not required. We would prefer to see projects started within the past two years, but something laid aside and then recently completed would not be disqualified, nor would works still in progress. Let us see what you've been working on!

Games: Marcos has agreed to run a contest of skill beginning at 11:00 am. The game will be something relatively quick to learn, so entrants need not prepare anything special.

Bardic: Please prepare a piece with which to entertain all assembled during feast.

Thank you to our populace for your friendship and support.

Ever in service to you and to our collective Dream,

Ulf and Sárnat



Letter from the Seneschal

Seneschal's Report - December 2015

Since my last report, I am sorry to say that our time at the Boys and Girls Club has come to an end. The clubs are getting directives from their corporate office to have more activities for the kids in the evenings and we must stop using the facility effective December 31. So, once again, the search for a site to house our weekly practices and meetings begins. I am disappointed, but cannot truly say I am surprised.

However, we may have a potential site, thanks to Sir Amaranth's hard work. He has been in discussions with the Evendale Cultural Arts Center. They have a gymnasium we could use from 7-10PM. On the downside, it is smaller than the Boys & Girls Club gym, so we likely have to trade off heavy and rapier, as well as call a halt to fight practice while business meetings are going on (not necessarily a bad thing in my opinion). It is also further north, located off Glendale Milford Road. On the upside, it is lower cost, which will help the Barony's bottom line. If the group does not feel it works for us long term, it will at least give us a place to gather while we look for a better solution.

As I mentioned in the December business meeting, I have to step down from this office. Candidates interested in being the Barony's next seneschal should present themselves at the January business meeting. We will vote at the February meeting.

In Service,
Mistress Melisande

Letter from the Chronicler

The quarterly report has been submitted. A deputy or replacement is needed for this office. Please talk to me if you are interested!

Thank you to everyone who sent in submissions for this quarter's newsletter! Please keep the submissions coming! Officer letters, artwork, anything of interest, pictures, etc. would be fantastic!

In Service, Lady Elisabeth Fairchild called Lynnaea

Letter from the Equestrian Marshal

Though horses were a major part of the period we strive to recreate, they aren't quite as prevalent in the SCA. Currently, the closest practice to our barony is in Indianapolis, nearly two hours away. The kingdom had only 5 equestrian events in 2015 and has only 83 authorized riders. Being an avid equestrian, and now hooked on the SCA as well, I want to help increase the equestrian presence within the great dragon's kingdom! And now that I have fulfilled my commitment as Equestrian Champion by becoming a warranted Equestrian Marshal, I can begin working toward this goal.

For this, I not only need the support of current equestrians, but also anyone who has an interest in helping to add equestrian activities to more events. You don't have to know how to ride to be able to help plan an event or staff the ground crew - but if you want to learn to ride we welcome you to do that too! Starting small, I would like to get a feel for the number of members in the area who might be interested in participating in equestrian practices or helping to arrange equestrian activities at an event. If you are interested, please send me an email letting me know how you would like to get involved. If there is sufficient interest, I have a barn who is willing to work with us on practices. I would also like to have equestrian activities at our 2016 fall event, but will need a lot of support to make this happen. Thank you in advance for your support!

~ Lady Rose de la Cumbe
Kate Reis
kate.reis.7@gmail.com



Ask Uncle Mahon

Dear Uncle Mahon, What's the best way to train/practice for melee by yourself?

- *Desperately Seeking Engagement*

Dear Desperately,

I don't think you can train/practice for specifically melee by yourself. You certainly strengthen your fighting by staying fit, working at the pell, and maybe visualization. But, there is no substitute for training, drilling, and fighting with others.

I think a better question is: How can I prepare as an individual to be a better melee fighter outside of practice? At its core, for most of us, melee is a team activity. The better each member of the team performs, the better the team as a whole performs. Make yourself a better fighter, see above, and you are preparing yourself to be better at melee. There are mental, physical, and attitudinal characteristics that a good melee fighter brings to the field. I can't say to what degree those characteristics can be developed, if at all, if they don't exist in the first place. Maybe they can be tapped into, I don't know. If there is a quality above all others, I would have to say the ability to be able to act without hesitation. This applies to so many areas in melee: charging into another line, forming up on the move, taking charge when necessary and following orders or another's lead. "S/He who hesitates gets knocked on their backside by my shield wall."

Some people bring this ability to the field naturally, and/or from prior experience in a rough sport. If an individual doesn't come equipped with this characteristic, training and practicing can help develop the skill.

There is no substitute for practicing.

Arts & Sciences Corner

The Easybake Armor Process

by Reinhold & Wilhelm von Glier

Every plastic has a different orientation temperature -the temperature at which the polymer first becomes amorphous and will accept new shapes without causing internal stresses. Pickle Barrels are almost all made of HDPE (high density polyethylene). The thermoforming range for HDPE is between 300 and 400 degrees Fahrenheit. That's far too hot to form on the human body, no matter how insulated -trust me (ouch). So:

1. SCA armorers tend to struggle with forming complex shapes (ie: the shapes of period armor) in plastics because they are usually working **nearly one hundred degrees too cold**. Thus...
2. To effectively form complex armor shapes, we will need to make molds or forms. **Using forms, we can effectively imitate historic armor shapes in plastic**. With sufficient effort, we can tailor our results to well within ¼" tolerances, which can be further improved later. But...
3. By taking the time to make forms, **we can make a dozen pieces of armor almost as easily as we make one**. If we take the time to make *many* forms, not only will we have beautiful armor, but we will be able to make a *lot* of it, cheaply. What would it mean to our recruitment if every Barony had a half a dozen full suits of beautiful armor in various sizes, just waiting to armor newcomers?

Happily, all this can be done on a shoestring. The critical element is heat, and almost every one of us already has perfect tools for this. **We will heat the plastic in our kitchen ovens**. Before we start: know how your oven works. Does it run hot? Have particular hot spots?

- Helpful hint: **When making armor, never turn your oven above 350 F. Even for pre-heat**. Respect this tool, because we are heating things that will smoke and may smolder if mistreated. There is no more danger in making armor than there is in baking a turkey, but families and roommates are less understanding of smoldering plywood than they are of burnt food.

Step 1: Warming Boards

The maximum size of the armor you can make is determined by the size of your oven. Determine the interior size of your oven, and **cut your warming boards with at least 1" air gap** around all sides to allow even heating. Touching the oven walls leads to fires. **Protect the bottom of your plywood** from burning with a baking sheet, or layers of aluminum foil. The size of your warming board will be the maximum size of the plastic sheet you can conveniently thermoform. Large items like one piece globose or musculata breastplates will be problematic. Not that they can't be done, but because they will take a good bit of planning and experience, and they are a bad place to start.

- Plywood is a consumable item. You are drilling holes all over it -usually at least ten to twelve every heat, and each item requires two heats. Eventually it will wear out. Plywood will rapidly become useless if you allow it to smolder and char, but avoiding this does not change the fact that plywood will wear out.
- If you still have problems with burning the plywood, you can deflect direct radiant heat by leaving a baking sheet on the bottom rack of the oven.

Step 2: Forms

You will need to make a positive form or mold that looks like the armor you want. This may seem daunting, but keep in mind that you can **make your molds out of things that are comparatively easy to work** -wood, clay, terra cotta, plaster, body filler (bondo is okay, not great, others are), even metal. Your imagination and your oven temperature are your limits.

- Ignore the conventional shapes of plastic armor and *pursue historic shapes*. It is high time we completely reset our expectations from plastic.
- I have successfully used forms built from 1) hardware cloth and plaster for complex greave and vambrace forms 2) 2x4s and bondo for elbow and knee armor 3) duct work pipe adjusted with wedges and hose clamps for cuisses and simple limb armor in general.
- Your mold material should be able to stand up 300+ F temperatures. Some observations:
 - The ignition point of wood is ~500F, but wood (especially plywood) will boil off its volatiles well before that point. It will smoke the first time you bake it –and plywood will smoke a LOT. Open windows, turn on fans, turn off the smoke detector. Warn friends and family beforehand.
 - Bondo begins to lose cohesion above 180 F. In practice, if you do not pre-heat the mold, all that really happens is the bondo cracks and begins to pull away from the base material, but is still good for many uses. There are high temperature body fillers available. Specifically, **AdTech Marine P-77 High Heat Filler**, which is perfect for our application –but four times as expensive as normal bondo.
 - Plaster begins to break down at 400 F. If you follow recommendations and never heat your oven above 350F, this will never be a problem and plaster will work wonderfully for you. If you don't... you'll be repairing plaster.
 - Old armor can also be made into *excellent* forms, with modifications like brackets to allow the pieces stand on end.
- If the mold allows, consider making clamps. (See picture) If you are making more than one, it will be worth your time.

Step 3: Heating the Plastic

Heated to thermoforming temperatures, **barrel plastic will contract along its longest axis** – sometimes dramatically. I think it is trying to reduce its surface area, but it may be reacting to stresses created in producing the barrel. I don't know if virgin HDPE sheet will do this, or if any other plastics do either. This property actually makes for better armor, because when the plastic pulls away from its original shape, it thickens –again, sometimes dramatically. Thermoformed armor will often be much stouter than what one would expect from barrel plastic. So to work with barrel plastic, **we need to anchor the plastic down when we heat it. Screws or nails are most convenient** for this. Of the two, screws are much better.

To start you will cut a large rectangle from barrel plastic. There will no longer be any “patterning” as such; you will simply need to start with a sufficiently large rectangle to cover the form and allow for clamping (later you will go back and trim the flashing.) If you cut generous amounts of plastic you may not be bothered by moderate shrinking, and may be satisfied with three or four screws per side around the perimeter. If you are doing production and measuring your plastic to get the most out of every barrel, you will want to screw the plastic down to the warming board at least every four inches.

Place the warming board and plastic into the oven set somewhere around 325-350 F. Walk away and do something else for twenty minutes to a half hour. Don't forget about it, though!

You'll know the plastic is at thermoforming temperatures when it has the consistency of hot taffy. At that point the surface will look slick and glossy, and the plastic will be tugging against/pulling away from the screws/nails.

Step 4: Molding the Plastic

Work quickly now! Don't rush, but move with a purpose –you're losing heat. Take the plastic out of the oven. Using oven mitts or insulated gloves pull the plastic off the screws. The plastic will pull away with light tugging, and will stretch in your hands like taffy. If the plastic has shrunk too much, you can stretch it back in your hands at this point, but don't pull too aggressively, because you can "tear" the plastic and wind up with a spot as thin as a plastic bag.

Using your gloves or mitts, mold the plastic around the form. Smooth, squish or stretch as necessary. (see picture)

Next, secure the plastic around the mold. Clamping is a very good idea. If you have a part you are reproducing often and you spent the fifteen minutes to cut out and drill a plywood clamp beforehand, you can have your work piece clamped down in seconds with just a few screws. If you have *not* done this, use screws spaced as closely as possible. One to one and a half inch spacing is good. The danger of spacing your screws further apart is that the plastic may pull away from them in the oven.

- If you do not use clamps, you will want to make your molds taller than necessary so you can trim away the bottom area distorted by screw tracks and uneven bends.
- If you don't have a hand drill to use screws, nails **will** work. Roofing nails hold the plastic much better than screws will, but it tends to be inconvenient to drive them quickly and accurately into blazing hot plastic.
- Construction staples and brads will **not** work. We tried.

Put the whole thing back in the oven. Industry literature indicates there is a "soak" time that the polymer needs to be held at thermoforming temperatures, but we have not found how long this soak time needs to be. For convenience I toss them in for half an hour. By that point white plastic tends to be completely clear again, which indicates it has achieved orientation temperature.

Step 5: Trimming

Remove the work piece from the oven and set it aside to cool slowly. First, **trim away as much plastic as you dare while it is still hot**. Use any sharp knife for this and press firmly but not hard. The hot plastic will cut about as easily as raw meat, and trimming now will greatly simplify finishing.

When the plastic cools, remove it from the mold. You may need a mallet for this. Next, saw away the flashing.

Mark out the finished shape of your armor. This is an important step, but I can't tell you how to do it. You can freehand this with a sharpie, or lay it out perfectly evenly with a scribe block and marking gauge, or anything in between.

Saw out your finished shape. Again, this step is important, but I can't tell you how.

Step 6: Finishing

Most moldings will be uneven on the surface, so you will probably want to do some kind of surface treatment on your armor blank. A wood rasp will even the surface out very quickly, or you can use a spoke shave, or even a sanding block. I use a belt grinder because I have one handy.

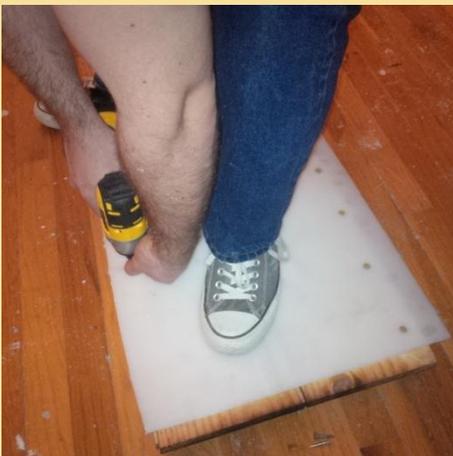
Gently brushing the plastic with an open flame will melt any plastic “fuzz” still on the surface. At this point, hidden armor pieces are about as good as they're going to get.

For exposed armor, we can imitate 14th-16th century armors with a textile covering. For that you can use a spray adhesive (Loctite and 3M tested the best) to glue a durable fabric to the plastic armor. To secure it, drill or punch evenly spaced holes for solid copper roofing nails, commonly available at hardware stores (you may have to place an order for in-store pickup) and online, and clip them close to peen as rivets over a washer. Copper roofing nails fit best inside a #6 washer. This can be a very decorative process.

Conclusion

Please share this process. Improve it if you can, and share your results and your creations. We are all known by our works, and every post matters. I firmly believe this can be a powerful tool to both improve the look of our game for each other, and to make SCA combat accessible and appealing when we share with newcomers.

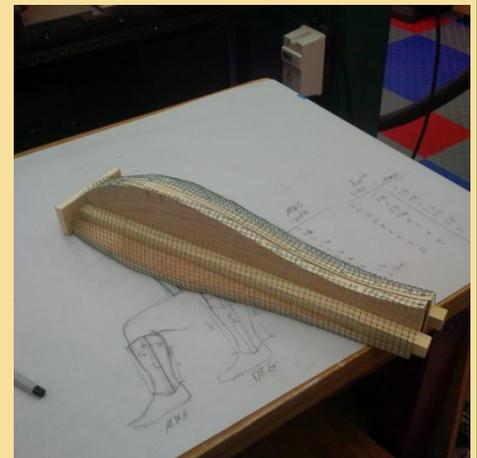
Reinhold von Glier
Wilhelm von Glier



Screwing plastic onto a warming board



Making elbow molds from wooden blocks and finishing with bondo.



Back half of a greave mold, made from hardware cloth tacked onto a plywood silhouette. In progress.



Front half of greave mold. Hardware cloth covered in plaster. Made in two parts to allow for different sized legs, adjust with wedges.



Pulling plastic off the warming board.



Molding hot plastic onto an elbow form.



Finished elbow mold using clamps, ready to go back in the oven. I use less excess plastic now.



Finished molding without clamps.



Finished greave mold, also without clamps. Fighting to dig out our screws convinced us to try making clamps.