

A.S. L

Flammeus Alles

Spring 2016



Drawing by Rene Richard



The Barony of Fenix



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Submissions for the next quarterly issue are due by June 20, 2016. Please send officer letters, educational or entertaining articles, artwork, calendar updates, etc. Please include a signed release form with your submission. Thanks!



This is the Spring 2016 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 © 2016 Society for Creative Anachronism, Inc.

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Baronial Officers Page



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Baronial Calendar

Populace Gathering & Fight Practice: every Tuesday from 7:00-10:00pm*

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

Business Meeting: 2nd Tuesday of each month at 7:30pm*

** Held at Evendale Cultural Arts Center, 10500 Reading Rd, Cincinnati, OH 45241*

Upcoming Events

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

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

April 9, 2016 – Martial RUM (Louisville, KY)

April 16, 2016 – South Oaken Regional A&S Faire (Louisville, KY)

April 23, 2016 – Keep Calm and Ceilidh On (Gettysburg, OH)

April 28-May 1, 2016 – Blackstone Raid XXV (Ripley, WV)

May 6-8, 2016 – Spring Coronation (Bluffton, IN)

May 20-22, 2016 – Border Raids (Elizabethtown, KY)

May 28-29, 2016 – Crown Tournament & Kingdom A&S (Martinsville, IN)

June 17-27, 2016 – SCA 50 Year Celebration (Danville, IN)

July 8-10, 2016 – Push for Pennsic (Hamilton, OH)

Letter from the Baron & Baroness

Unto the noble populace of Fenix, Greetings!

While we have not quite left behind the last snowflake, we are beginning to look forward to the coming seasons (spring and WAR, of course!).

We heartily congratulate our dear Cousins Dafydd and Meriel on a successful reign and the selection of their Heirs to the Gryphony. We look forward to witnessing the investiture of Edward and Allegra in just a few short weeks at Grand Tournament of the Unicorn.

Registration is open for both 50 Year and Pennsic! Please plan to camp with the Barony of Fenix as you are able; we will attend both events.

Our weekly Populace Gathering and Fight Practices at our new site have been going very well, thanks to the generosity of His Excellency Sir Amaranth. Despite a slightly longer drive for some of us, we have found the site very accessible and well suited – and, of course, an easier drive for some including our friends to the north. We have enjoyed seeing emerging new fighters, older fighters returning, and visits from esteemed neighbors. These weekly gatherings help to increase our sense of continuity and community with you, our Fenix Family. The Barony is also settling into an archery practice schedule, and we look forward to attending a practice soon.

It is now two full years that we have had the privilege of being your Baron and Baroness. We are grateful for your continued friendship and support. Our officer corps remains solid with the transition to a new Seneschal, and it appears we will have qualified volunteers for some offices that will require replacements soon. However, we would like to see yet a broader base of involvement in the Barony. The dedication of our officers and volunteer corps has been impressive, yet deputies are still needed, as are event stewards and staff. You also increase the renown of the Fenix and the Dragon when you serve in a regional or higher office; when you teach a class or work as retinue at an event elsewhere; and when you are recognized in Royal Court. You make us proud to be your Baron and Baroness of Fenix.

Ever in service to you and to our collective Dream,

Ulf and Sárnat



Letter from the Seneschal

Greeting members of Fenix,

I am honored that you have entrusted me with this office. I look forward to serving you in the future and continue to help this Barony grow and thrive.

I want to thank Mistress Melisande for the amazing job she has done over the years. I could not have even fathomed taking this office without the built in support system I have in her. I would like to announce and thank Coleta for agreeing to be my deputy.

If you need anything please feel free to contact me through email (patricktheobald@yahoo.com) or my phone (360-536-1284).

Lastly many of our officers are nearing the end of their terms. I'd like to encourage everyone to get out there and become a deputy or take over an office.

Thank you again,
Warder Marcos de Ribera
Fenix Seneschal

Letter from the Chronicler

A deputy or replacement is needed for this office. Please talk to me if you are interested!

The quarterly report has been submitted. 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 Chatelaine

We have new people. Hurray!

Letter from the Herald

It has been my honor and privilege to serve as Fenix Pursuivant for more than two years now, and per the charter, it is time that I start looking for a replacement. Therefore, I am looking for a deputy / deputies that would like to learn to be the voice of Their Excellencies and be of assistance to those wanting to register names and devices. If you have ever wondered what it is all about, please see me!

Most importantly, we have so many good gentles in the Barony doing great things, and the Crown needs our help in making sure that recognition is given. They will be near to us at the Grand Tournament of the Unicorn, at our neighbor Barony of Flaming Gryphon, on April 2nd. TRM need time to consider and assign to scribes, so the deadline for submissions for Unicorn is March 10th. Award recommendations are online at www.midrealm.org/op/recommend. An account is required, but easy to make. If you have any questions or need help to make those recommendations, please let me know, as I am more than happy to assist.

Letter from the Minister of A&S

I am looking for a replacement. My term of service has elapsed, but I will continue to perform the responsibilities until a replacement is found. When we have candidates, we will hold an election and I will be a very happy man!

We are entering A&S season. I would love to see a good representation of Fenix at the South Oaken A&S Faire. If you are interested, please talk to me. I will happily look over your documentation and make sure that you have a good A&S experience. Depending on the project, I am available to advise or assist on the project itself. I am always available to help with research.

Anglo-Saxons. . . . First in Flight?

By, Baron Hengist Hawardessune, C.G.M., C.S.O., A.P.F., C.R.C., A.O.A.

I would assume nearly all of you are familiar with the Wright brothers, and even the multiple sketches of flying machines by the great Leonardo Da Vinci, but have you ever heard of Brother Eilmer of Malmesbury?

Eilmer, sometimes referred to as Oliver (the spelling inconsistency is attributed to a scribal error), was born around 984AD. As an old man, limping around the abbey, Brother Eilmer was thought of as a distinguished scholar. He had written on Astrology and it is believed that he witnessed Haley's Comet twice in his life, first in 989AD and then again in 1066AD.

However, as a young monk at the abbey at Malmesbury he is believed to have had a more adventurous side. It is said as a young man he read, and believed, the Greek fable of Daedalus. Eilmer is said to have climbed to the top of the abbey's tower, attached wings to his hands and feet, and jumped. It is reported that he glided approximately 200 meters before he crash landed, breaking both of his legs. He attributed the instability of his flight to the lack of a tail, and was rumored to be planning a second flight until his abbot forbade any other attempts.

The story of Eilmer was first recorded as an aside by William of Malmesbury around 1125 in his *Gesta regum Anglorum* (Deeds of the English Kings). Although this was written nearly 100 years after Eilmer's flight, William was a monk of the same abbey and it can safely be speculated that he heard the stories of the flight from people who knew Eilmer directly. William's account is as follows:

"He was a man learned for those times, of ripe old age, and in his early youth had hazarded a deed of remarkable boldness. He had by some means, I scarcely know what, fastened wings to his hands and feet so that, mistaking fable for truth, he might fly like Daedalus, and, collecting breeze upon the summit of a tower, flew for more than a furlong. But agitated by the violence of the wind and the swirling air, as well as by the awareness of his rash attempt, he fell, broke both his legs and was lame ever after. He used to relate as the cause of his failure, his forgetting to provide himself a tail."

Although there is evidence that Eilmer's astrological treatises were still circulated as late as the 16th century, nothing remains of Eilmer's lifelong work as a monk other than William's story of the flight.

Modern calculations have been done which show the feasibility of Eilmer's flight. By launching himself off of the tower he could have gained enough speed to glide on the air currents. So, if you ever find yourself in Malmesbury, and you happen to be standing at High Street and "Oliver's Lane", you might just be standing on the landing spot of the earliest human powered flight.

Ask Uncle Mahon

Dear Uncle Mahon,

With camping events soon to begin this year, how much sleep would you recommend a fighter get after a night of parties and/or haflas before showing up on the field ready to fight the next day?

- A Partying Fighter

Dear Party Girl,

There's a bit of graffiti on the Temple of Apollo in Delphi; it roughly translates as "Know Thyself". What was true in the third century BCE is true today. The SCA battlefield requires varying levels of physical fitness/condition depending on the role you play within your unit. If you are a little jackrabbit planning on running out onto a bridge at the whistle, you need to be ready for that. If you are shield wall beast on which the enemy breaks upon as waves on the rocks, like me, you need to be ready for that.

How much sleep do you need to keep your wits about you, safe to yourself and others, and your temper in possibly heated situations, for 3-4 hours? I think most of us could get by with a couple hours as long as it's just one night. If you're at a multi-day event, you may need to schedule a post battle nap if you're going to burn the midnight oil every night. The same goes for alcohol consumption. I've fought with a hangover a few times. I think it gave me an edge. I've seen much younger, partiers moaning on a park bench the morning after while my unit was smashing into shield walls.

"Know thyself" if you're lucky, you're me. Wink.

Dear Uncle Mahon,

How much water or Gatorade would you recommend a fighter drink per hour to stay hydrated, especially during the hot summer days in the middle of a battle?

- Water Bearer and former Valkyrie

Dear Thirsty,

Please apply the previous quote. Also, use some sense. Even on a cool day, the wind and the sun will dehydrate us. The human body also needs food to process fluids well, so eat before you fight an appropriate amount for you. I tank up a couple hours before I fight, and then don't eat at all while fighting, unless I start craving. If an orange looks good, I eat it. One time, somebody's lady brought out a bag of cut up grilled cheese sandwiches. That little wedge of fried cheesy goodness was exactly what the Gods of War ordered up for me. I treat Gatorade the same way as food. Its value to fight dehydration is dubious for me, but perfect someone else.

If I crave the sweet, I have a couple pulls of sport drink. Water is what I recommend. Before fighting, every fighter needs to start sipping while arming, and continue to drink a mouthful every few minutes until fighting starts. I think thereafter a fighter should always be hydrated to just shy of having to visit the little fighters room. As the day continues, fighters should have a drink at every break. If you are thirsty, you have been dehydrated for a few minutes. Gulping down copious amounts of anything is usually a bad idea, as it may come right back up. Remember to keep replenishing after fighting. Listen to your cravings. Drink.

-M