

The Flamebearer



Barony of Wiesenfeuer

February 2010

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Herald's Report

Greetings unto the Populace,

Well as the February populace draws near so does the end of my tenure as Baronial Herald. I think we have two wonderful candidates for the office. I would like to thank the barony for the opportunity to serve in this capacity. Please welcome the new herald which ever candidate receives the office with the same warmth as you have shown me.

Thank you.

HL Thomas Quilliam, CAO



Words from Their Excellencies

Greetings Wiesenfeuer,

We would like to express our gratitude and best wishes to the baronial succession candidate couples. Taking on the mantle is a great service to Wiesenfeuer and Ansteorra. Reports from Kingdom demonstrate our populace continues to demonstrate the honor that embodies the dream by their honesty and politeness when expressing their opinions and support to Their Majesties. Keep up the great work!

There are many offices currently or soon-to-be open. Please consider applying and helping make this wonderful game happen.

Gulf Wars is rapidly approaching. We will have heard from a few people about camping in the Kingdom and Regional lands. Please let us know immediately if you wish to do so too. That will enable us to request more and better lands.

In Service,
Elric Dracwin and Dominique Le Vesseur
Baron and Baroness

A & S Minister's Report

Poklon,



We had a wonderful turnout for A&S this month. Ly. Rosamund Blaun-
flur was kind enough to give us advice on a variety of scribal techniques de-
signed to embellish, touch-up or repair areas on a painted scroll. She also
brought some wonderful scans of the original manuscript pages that many of
the Ansteorran charters are based upon. This was an excellent aid for color
choice and detail.

There are several events coming up that are very A&S focused. Our cousins in Northkeep will
be hosting Winterkingdom on February 5-7. I haven't seen a class/workshop schedule, but I am
sure that will be posted soon. The following weekend, February 12-14, Steppes will host the
Kingdom A&S competition. Only the finest examples of Ansteorra's artisans will be asked to
represent our Kingdom at Gulf War in March.

As it stands right now, the February A&S meeting will be held on Tuesday, February 16th. At
this time, I haven't been able to arrange any classes, but if there are any volunteers...*hint*...I
would love to hear from you!

Vsegda k vashim uslugam,
B. Volkova

Archery Marshal's Report

Greetings from the Archery Marshal

With the wonderful weather practice has been nil, but
I would like to see about a Friday night gathering to do a
potluck and work night somewhere warm and cheap. If we can get it
worked out we need to do it before Gulf War. I will
keep info posted to the web site.



My office is coming open as of Baronial and
interested parties please apply.

Lord Ian MacEwan

Reeve's Report



Greetings,

I am the financial officer of the Barony sometimes known as the Reeve, Exchequer, or Treasurer. It is my job to ensure our assets are handled properly, and as 1/3 of the Financial Committee to oversee the spending of baronial funds.

As always we have funds available in our coffers for Baronial events, and projects funded by the Barony. Any questions regarding funds, policy, and/or budgets feel free to contact me.

My two years in this office are almost up! I will be stepping down at the end of April. I am opening this position to applications.

Go here to fill out form. <http://seneschal.ansteorra.org/forms/ApplicationJan08.pdf>
please CC myself, Seneschal, and Northern Regional Exchequer.

This job does require a fair amount of time, and paperwork, but is not as hard as some make it out to be. If you can balance your checkbook, and meet deadlines you are capable of doing this job. This is a perfect opportunity to do service to your Barony, and Kingdom.

I have very much enjoyed my time as Reeve, and look forward to serving the Barony in other ways.

Yours In Service,
Centurion D'Alder Camber

Chronicler's Report

Greetings Populace!

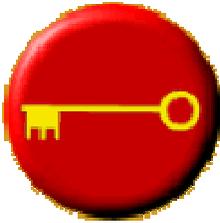


First and foremost I wish to thank everyone for their submissions.

I want to encourage any and all submissions for publication to the Flamebearer. I will guarantee all submissions will be included in the following month's Flamebearer if they are submitted to me no later than 7:00pm on the 23rd.

Lord Julius de Orso

Seneschal's Report



Greetings Wiesenfeuer,

The spring eventing season is just around the corner and with it comes Wiesenfeuer Baronial. As was announced on the website, HL Thomas Quilliam will autocrat Johann will feastacrat. Please volunteer to help out if you can.

We also have a number of offices open. The office of Herald was open for applications but we have already received two so it will close tonight at the February populace meeting. Likewise the office of Knight's Marshal was open but we have already received two applications for it as well so it will also close tonight. Other offices coming open include the Archery Marshal after Baronial and the Reeve's office after Baronial. If you wish to apply, please send copies of your application to myself, the Baron and Baroness, and the Northern Regional officer.

Here's looking forward to a great 2010 in the modern middle ages!

Yours in Service,
Caterina Giovanni di Gilead
Seneschal

Knight Marshal's Report

San Bian!



With Gulf War coming up, remember to get your new fighter card renewed before going.

Also, Thursdays will be armoring night at Fighter Practice. If you have any repairs to do or need help getting a suit together, come on by and we will help you get prepared for Gulf War.

Bagadur Cinoajin

KM Wiesenfeuer

Baronial Succession Candidates

We, Sir Cassius Lepus, Master of the Laurel and HL Khayra bint Tahir ibn Rashid, better known as Kajira Camber, protégé to Mistress Gilyan clon Macnoise, would like to take this opportunity to humbly offer you our services as the next Baron and Baroness of your awesome Barony of Wiesenfeuer.

The SCA has been a huge part of both of our lives for many years. We have and will continue to travel throughout the Kingdom, as well as traveling to Inter-Kingdom Wars. Cassius has been part of the SCA for 24 years in which 20 of those years has been in the Barony of Wiesenfeuer. He has held the offices of Knight Marshal, Northern Regional Knight Marshal, and Seneschal. Kajira has been part of the SCA for 13 years in which the last 9 years have also been in the Barony. She currently holds the Kingdom office of Marshallate Secretary. We both have been granted the awards of AoA, Thistle, Sable Crane, Iris of Merit, Flint and Steel, and Order of the Lanternarius. Cassius has also received the King's Gauntlet, Sable Falcon, Torsad of Namron, Order of the Centurion, Master of the Laurel, and Knighthood. Kajira has also been granted the Sable Talon for Archery and Kingdom Middle Eastern Dance Champion.

We believe that Wiesenfeuer's populace is what makes it such a wonderful place to live. Two people alone cannot grow a Barony, therefore it is our plan to nourish, inspire, and guide those of the populace to help increase the membership size, strength on the field, and knowledge of the Arts and Sciences. These items cannot happen without help, so we will request input of Wiesenfeuer to determine what is of utmost importance to them, for it is they we will serve in the Role of Baron and Baroness with the guidance and approvals of Their Royal Majesties.

Outside of the SCA, we have shown dedication to our professions. Cassius has been a High School Visual Arts Teacher in the OKC Public School System for the past 18 years. In this role, he has learned many things including conflict resolution and goal achievement through the use of teamwork and committees. He is currently the Teacher of the Year for Southeast High School. Kajira has worked as a Critical Care Registered Nurse at Edmond Medical Center since 2003. For the past 4 years, she has been the nursing director of a Critical Care Step-down Unit and is responsible for 30 staff members. In the years of working as a director, she has learned skills of conflict resolution, process development, communication, and delegation. She was awarded the Nursing Leadership Award in 2007.

Our mission will be to provide a mutually supportive and positive experience in which every adult and child has the opportunity to learn, grow, and become a part of the SCA. Some of our goals are to improve Baronial unity and enhance event ambiance, which, in turn, will improve event attendance by people Kingdom-wide as well as help identify Wiesenfeuer as a strong force of the Northern Region. We believe that our individual specializations have prepared us to be great candidates for the role of Baron and Baroness. Cassius' artistic background has developed a great ability for creative problem solving, and his ideas and guidance has been requested by many across the Kingdom. Kajira's organizational and process change skills will help mold current processes into more streamlined ones.

Our hope and desire is to become the next Baron and Baroness, but if it is determined that now is not our time, we will continue to support the Barony and Baronial Events in whatever way we are able. Our love for the Barony is not based on this position, but if you do choose us to be your next Baron and Baroness, we will make sure and serve you well.

Yours in Service,

Sir Cassius Lepus, Master of the Laurel and HL Kajira Camber, protégé to Mistress Gilyan clon Macnoise



Unto the Populace of the Barony of Wiesenfeuer,

Comes greetings from Lord Randel Lee Smith and Lady Castellana Donea.

Lord Randel worked as a process operator at a refinery in Tulsa for three years before injuring his back. Upon his injury though, he realized a full change in career was in order. Randel is now a full time student at UCO, working towards a B.S. in mathematics, and a B.S.Ed. in mathematic education. Randel's goal, upon finishing a masters in education, is to teach high school math. Before working at the refinery, Randel worked as a department manager at Wal-Mart where his vocation taught him great interpersonal and communication skills. He was required to work one-on-one with his employees, granting advancement in the department when due, and when necessary, taking disciplinary actions.

I, Lady Castellana, have worked at Hobby Lobby for three years now. My current position is head of the jewelry department. If working in a large craft store has taught me anything, it is patience. Hobby Lobby has taught me how to step back, analyze the situation and the goals of my customers, and then suggest what I believe to be the best course of action and/or product for their project. Before working at Hobby Lobby, I was the aquatics director for the Boys and Girls Club in Fayetteville, AR, where I oversaw and scheduled the lifeguards, organized pool activities and taught swimming lessons. There, it was my responsibility to oversee a large number of both patrons and employees. The job required me to get to know my employees and my patrons, learning their specific skills and requirements, and determining how they could best suit or be suited by our facilities activities.

Randel got his start in the SCA in the Barony of Eldern Hills in 1986. He met some people at the mall, who invited him and a friend to the local fighter practice. They showed up for the fighter practice and followed through by attending a few meetings. He begrudgingly couldn't get his mother to sign the minor release form, in order for him to attend events. At the age of sixteen he started attending bardic regularly at the house of Hannah of 4 corners. At 18, he started attending events, and made twelve in his first year. He lived in Eldern Hill until 1998 then was in Brad Leah for two years. He lived here in Wiesenfeuer from July 2000 to February 2002. In 2002, he moved to Northkeep and lived there, until moving back to Wiesenfeuer in the beginning of 2008.

Apart from his AoA, Randel has earned the Sable Crane, the Sable Talon for Chivalric Fighting, a Sable Comet for service to the Canton of Chemin Noir, the Vigilant troll of Eldern Hill, The Castle du Crie of Northkeep, and the queen's grace from the hand of Her Grace Ebergardis von Zell. Randel's resume within the society include, drop dead reeve and acting rapier marshal for Eldern Hill, knight's and rapier marshal for Brad Leah, knight's marshal for Chemin Noir, reeve for northkeep, and northern regional reeve.

Randel has a heavy desire to enrich the SCA and to do what he can to help keep it around and prosperous. He has a serious addiction to learning new arts & sciences. A love of fighting, both heavy and light fuel his fire to aid Ansteorra on the field of battle and help her on her quest for victory.

I started playing in the SCA here in the breathtaking barony of Wiesenfeuer. My first event was 'Mead Bees' in 2001. I was visiting a friend at her dorm on UCO campus. Her roommate was on the phone in the background, whining to her boyfriend how she missed him. Out of the blue, she hands the phone to my boyfriend at the time, proclaiming her man wished to speak with him. To make a long story short, the conversation ended with us taking a bribe. If we were to deliver her to him in Tulsa, we would be rewarded with food and a place to stay the weekend. After a rather relaxing weekend in Tulsa, our new friend Damon Xanthus looked at us and said... "You guys are pretty cool; you should come camping with us next weekend." Little did we know what we were getting into. Sadly, I only stayed in Wiesenfeuer for a little over a year before mundane life swept me off to the far shores of Calontir. Due to time constraints and other mundane pressures, I played sparsely with their local group, The Shire of The Grimmfells. I have been back in Wiesenfeuer for three years now and I can't describe the feelings I host, being home and active in the Barony that gave me my start.

My passions in the SCA include cultural anthropology, genealogy, period jewelry and bead making, dance, bardic, voice heraldry, and serving the dream.

The Flamebearer

Randel would like to develop more of a well-integrated, unified community, where people from all interest groups within the SCA can come together and to things as a whole. He wishes to organize gatherings that are not solely fighter practices, or arts & science nights but a get-together for anyone and everyone, whether their interests lie in a specific field or their passion is simply socialization.

Randel looks forward to working with our fighting communities, both chivalric and rapier, and leading them as a cohesive and devastating group on the field at war, bringing with it a support group that has no rival in the known world.

My greatest desire for the barony of Wiesenfeuer and for Ansteorra is a program that nurtures the growing interest both in and from our youth. As a mother, I wish to kindle an awareness of our children, in who lies our future and the future of this stellar kingdom. It is my wish to work with the Minister of Children to generate classes, equally for the youth and for those wishing to become more involved with them. The purpose of these classes would be to develop then feed our children's curiosities about our society and the different aspects within.

As well as seeing our Barony grow and come together from within itself, we wish to see her physically grow in number of memberships. It is no pipe dream to wish Wiesenfeuer one of the largest baronies in our kingdom. In order to accomplish this, we would like to work with our hospitler, and arrange for more public demonstrations. These can be large presentations at parks, involving heraldic displays, arts & science exhibits, fighting demos, etc., smaller displays at schools and libraries that may not allow actual fighting, or minimally showing up in garb to collegiate functions to talk about our society.

We hope this letter has accomplished its goal in lending insight into who we are and our wishes for the barony. As a final point, a joint aspiration is to be as personable and accessible as we can. We believe that the baron and baroness are not only the crowns representative to their people, but the people's representative to the crown. To accurately speak for you, you need to feel comfortable in approaching us and voicing any questions, ideas, or issues. Please feel free to e-mail us with any questions about what we have said here or any other inquiries you may have.

Thank You for your time and consideration.

Yours in Service,

Lord Randel Lee Smith and Lady Castellana Donea

Submission by Rois Bhallach aka Natasha McCoy

Cold Weather Issues

All you fighters hear it constantly, hydrate, Hydrate, HYDRATE!! But did you know that hydration is as important for everyone else also? This is very true in the winter as well as the summer. Often we don't think of winter as being all that important for hydration, but we need to realize that our bodies lose a tremendous amount of water through our breathing. As we breathe air in, our sinuses filter, warm and humidify the air we bring into our bodies. Colder air impacts our body in several different ways; first in order to prevent hypothermia it must be brought to a temperature closer to our normal body temperature in order for it to have less of an impact on our body core temperature, . Another major issue is the fact that colder air does not hold humidity well so it is considerably dryer than our bodies can deal with, so as we breathe this air in, our bodies provide the moisture for the humidification of the air. In that a person at rest will breathe in 12-20 times per minute, this adds up to a lot of moisture our bodies provide. When we are active, this amount goes up considerably and this amount combined with any perspiration we produce will add up to an amazing amount of water. So even if you are not all that active on the field of honor, it is very important to constantly replenish your body's moisture.

Getting cold is just a part of playing outdoors in our wonderful society; our ancestors had a much harder time being able to stay warm without central heating for their homes and high tech fibers for their clothing. Hypothermia is a real concern at any event where the temperatures are even mildly cold. An important issue we need to remember is that a higher level of heat will move to an area of lower heat in an attempt to equalize the temperature. There are a number of ways that cooling takes place. First is when moisture evaporates off the skin, this causes a cooling effect that can be accelerated by air moving across the area. Contact with a colder item, such as armor, which will conduct heat away from your skin. Sitting on the ground or a colder object will cause your body to lose its heat.

One important way to be able to regulate your body's temperature is to dress in layers. We often hear this but just as often ignore this rule. For the newer member's of our society this can be even more difficult when they have minimum amount of garb to wear to events. Wearing mundane underclothes under our garb is a very good start. Using some of those high tech fibers is a very good idea here; it is hidden and can do a wonderful job of keeping your skin dry in order to prevent hypothermia. Armor should be properly padded and insulated so that it does not come in direct contact with the skin in order to minimize the amount of heat your body loses. After combat, making sure your skin is dried and sweaty/wet clothing changed if at all possible is a very important consideration. This is especially true when the prevailing weather conditions are windy and cold. Extra socks are extremely important in order to prevent frostbite from occurring in the feet. Ensuring a deep layer of insulation between your body and the ground is a very important consideration in cold weather camping to minimize heat loss at night. A major source of heat loss is through the head, so proper headgear is very important, especially at night when you are sleeping. Proper headgear can not be stressed enough for our children in that their head's are proportionally larger than an adults head and thereby lose more heat.

Some ways to recognize hypothermia: the first sign of mild hypothermia is the body's shivering, this is the body's way of generating additional heat for the body by having rapidly repeating small muscular contractions. As hypothermia progresses the person will become

drowsy and their speech will possibly begin to slur, they will become more confused and lose their coordination (staggering/fumbling). As hypothermia becomes more severe, the shivering can stop, the skin becomes cold to the touch and can appear bluish, their mental deterioration becomes accelerated and they can become unconscious, eventually becoming stiff, rigid, not breathing and having no pulse; appearing to be dead. But remember, they aren't dead until they are warm and dead.

It is imperative that treatment begins as soon as possible in order to reverse hypothermia, this can be as simple as removing wet or damp clothing and giving the person something warm to drink if they are fully conscious. If you are more than 15 minutes from a hospital, then you should start GENTLE warming of the person by placing warm not hot packs to the head, neck, under the arms around the trunk area and in the groin area. Place the person in a sleeping bag or cover with blankets with another person next to them if needed as a heat source. As the person warms it is very important to be very gentle in moving or handling the person in order to prevent cardiac problems.

Frostbite is one more issue I would like to mention, while it is somewhat rare in our area, it is always a possibility for those who are outdoors for extended periods. Frostbite is where a portion of the body's tissue actually freezes. This is most common in exposed areas of the body such as the nose, ears, facial skin and areas of slower blood circulation such as the feet. For those persons with underlying medical conditions such as diabetes, it can affect them more than usual. As previously mentioned, contact with the ground is a large source of heat loss and so our feet have an important part of that issue. In addition to the loss from ground contact, as our bodies get colder, one way it conserves heat is to shunt blood away from the extremities and try to maintain it within the body's core area. This helps prevent cooling of the blood from the extremities, but reduces blood flow to those areas and allows it to get colder. So as you can see this can result in your feet and hands from getting enough heat and the danger then becomes frostbite to those areas. As frostbite progresses it can lead to ice crystals actually forming within the cellular walls causing extreme tissue damage which is a big reason to NOT rub frostbitten areas. These ice crystals act as microscopic knives cutting the cells up from within.

Frostbite can present with the following signs and symptoms: Very cold extremities, Numbness or clumsiness, Tingling, burning, aching sensation, Pain associated with warming, The area can look yellowish/white or a mottled blue, The area can feel firm/soft underneath the area, or It can feel solid underneath the area. Treatment includes NOT rubbing the area, remove constricting or wet clothing such as sweaty socks; you can also pad and splint the affected area. If you are within an hour of a hospital then do not attempt to re-warm the area and transport to the hospital as quickly as possible. It is very important to NOT expose the affected areas to cold again, so if you are going to possibly be in the cold again, do not thaw. If more than an hour away from a treatment facility, then re-warm rapidly by immersion in water that is 104-108 degrees Fahrenheit. If no water is available, then cover the person and area with warm blankets and if needed the you can provide your body heat by placing the part needing to be warmed under your arm, or next to a warm part of your body to supply a heat source if no other is available.

So in summary, remember to drink lots of fluids, wear layers of clothing in order to prevent perspiration as your activity level changes, stay dry and warm as much as possible. Remember, one of life's great joys is sitting around a fire with your friends boasting of challenges won on the Field of Honor, Loves in our lives, or simply contemplating the flames and coals of

the campfire as the warmth seeps into your body and soul to allow us a connection with our ancestors that few will ever know.



Baronial Champions

Chivalric ~ Syr Owen ap Aeddan ap Trehearn
Rapier ~ Lord Caelan Mac Rob
Archery ~ Lord Sam of Northkeep
Thrown Weapons ~ Lord Sam of Northkeep
Middle Eastern Dance ~ HLady Alanna a Becket
Middle Eastern Drumming ~ Lady Shanna Camber
Arts and Sciences ~ Lady Angelique Le Wolfe
Bardic ~ Lady Danielle de Marseilles



Baronial

Guard

Lord Dougal del Kiere
HL Aldric de Kerr
HL Keiron MacBride Camber
Lord Rorik Torsteinsson
Lord Orlando di Gilead

Kingdom Calendar

February 2010 (A.S. XLIV)

Summer Round Table Bids Due

5-7

  [Candlemas](#) - Bryn Gwlad
(Austin, TX) *PED*

12-14

  [Winter Kingdom](#) - Northkeep
(Tulsa, OK)

   [Kingdom A&S](#) - Steppes
(Dallas, TX)

19-21

   [Out of Kingdom: Estrella
War XXVI](#) - Kingdom of Atenveidt
(Florence, AZ)
Presidents' Day Weekend

26-28

  [Academy of Defense IV](#) - Bjornsborg
(San Antonio, TX)

 [Quest for the Round Table IV](#) - Tir
Medoin (Rockdale, TX)
Unofficial Event: [In the Company of
Wolves IX](#) - House Wolfstar (Oklahoma
City, OK)
Off-Calendar Event: [Equestrian War Col-
lege](#) - Ffynnon Gath (San Marcos, TX)

March 2010 (A.S. XLIV)

Laurel's Prize Tournament Bids Due

5-7

12-14

   [Out of Kingdom: Gulf War
XIX](#) (14th - 21st) - Gleann Abhann

19-21

   [Out of Kingdom: Gulf War
XIX](#) (14th - 21st) - Gleann Abhann

26-28

 [Off-Calendar Event: Medieval Fair
Demo](#) - Namron (Norman, OK)

Group Calendar

February 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Populace	2 Rapier Scribal	3	4 Chivalric	5	6
7 Archery	8	9 Rapier Scribal	10 Baronial Project Night	11 Chivalric	12	13
14 Archery	15	16 Rapier Scribal Arts & Sciences	17	18 Chivalric	19	20
21 Archery	22	23 Rapier Scribal	24 Baronial Project Night	25 Chivalric	26	27
28 Archery	1 Populace	2 Rapier Scribal	3	4 Chivalric	5	6

The Flamebearer

Denny Williams

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